



# NORTHEASTERN TRACK & FIELD

GoNU.com

BRITTANY  
MORIARTY

CONSANDRIA  
WALKER

NATE  
HUNTER



# HUSKIES 2009-10

MEDIA GUIDE & YEARBOOK



Teddy Vrontas

## Inside...

1. Contents/Media
2. Quick Facts/Directory
3. Colonial Athletic Association
4. Head Coach Sherman Hart
5. Coaching Staff
7. Facilities
8. Women's Outlook/Roster
9. Women's Profiles
13. Women's Newcomers
14. Women's Records
16. Women's Champions/Honors
20. Men's Outlook/Roster
21. Men's Profiles
25. Men's Newcomers
26. Men's Records
28. Men's Champions/Honors
32. Northeastern
34. Boston
35. Support Services
36. Cooperative Education

### CREDITS

The media guide was produced by the Office of Sports Information. Writing, editing and layout by Assistant Director Mark Majewski. Editing and layout by Associate Director Thomas Chen. Editorial assistance by student assistants Michael Baptist and Mike Ollen. Cover design by Adam Polgreen. Photos by Jim Pierce, Jon Litchfield, Gary Brittain, Robert Klein, Tim Winn (Rapid Eye), Jet Photo and J.D. Levine.

### COVER PHOTO CREDITS...

**Front, Inside Front and Back:** All photos by Jon Litchfield. **Inside Back:** Missy Elumba by Josh Gibney, Learn to Read by Victoria Wancel, soccer camp courtesy of Northeastern Athletics, Husky Wish Gift by Craig Bailey.

## Primary Media Outlets

### NEWSPAPERS/WIRE SERVICES

#### ASSOCIATED PRESS

184 High Street  
Boston, MA 02110  
Phone: (617) 357-8100  
Fax: (617) 338-8125

#### BOSTON GLOBE

135 Morrissey Boulevard  
Boston, MA 02125  
Phone: (617) 929-3235  
Fax: (617) 929-2872  
Joe Sullivan, Sports Editor

#### BOSTON HERALD

One Herald Square  
Boston, MA 02106  
Phone: (617) 619-6651  
Fax: (617) 619-6430  
Hank Hryniewicz, Sports Editor  
John Connolly, College Editor

#### BOSTON METRO

320 Congress St.  
Boston, MA 02210  
Phone: (617) 210-7905  
Fax: (617) 357-4706  
Adam Smartschan, Sports Editor

#### BROCKTON ENTERPRISE

60 Main Street  
Brockton, MA 02303  
Phone: (508) 427-4049  
Fax: (508) 586-6506  
Mark Torpey, Sports Editor

#### LAWRENCE EAGLE-TRIBUNE

100 Turnpike Street  
North Andover, MA 01845  
Phone: (978) 685-1000 x2222  
Fax: (978) 687-6045  
Bill Burt, Sports Editor

### METROWEST DAILY NEWS

33 New York Avenue  
Framingham, MA 01701  
Phone: (508) 626-3987  
Fax: (508) 626-4420  
Art Davidson, Sports Editor

### DAILY NEWS TRANSCRIPT

254 Second Avenue  
Needham, MA 02914  
Phone: (781) 433-8371  
Fax: (781) 433-8375  
Tom Fargo, Sports Editor

### HUNTINGTON NEWS

295 Huntington Avenue  
Boston, MA 02115  
Phone: (857) 362-7325  
Fax: (857) 362-7326  
Patrick McHugh, Sports Editor

### THE PATRIOT LEDGER

400 Crown Colony Drive  
Quincy, MA 02169  
Phone: (617) 786-7057  
Fax: (617) 786-7335  
Mark Torpey, Sports Editor

### RADIO STATIONS

#### HUSKIES RADIO NETWORK

Rob Rudnick  
143 Rumford Ave.  
Newton, MA 02466  
Phone: (617) 969-1550  
Fax: (617) 969-1283

#### WBZ-FM (98.5 FM)

83 Leo Birmingham Parkway  
Boston, MA 02135  
Phone: (617) 746-1300  
Fax: (617) 931-1010

#### WBZ-RADIO (1030 AM)

1170 Soldiers Field Road  
Brighton, MA 02135  
Phone: (617) 787-7250  
Fax: (617) 787-7060

#### WEEI-RADIO (850 AM)

20 Guest St., 3rd Floor  
Brighton, MA 02135  
Phone: (617) 779-3500  
Fax: (617) 779-3557

#### WRBB-RADIO (104.9 FM)

360 Huntington Avenue  
Boston, MA 02115  
Phone: (617) 373-8400  
Fax: (617) 373-5095

#### WWZN-RADIO (1510 FM)

308 Victory Road  
Quincy, MA 02171  
Phone: (617) 237-1177  
Fax: (617) 787-7348

### TELEVISION STATIONS

#### WBZ-TV CHANNEL 4-CBS

1170 Soldiers Field Road  
Boston, MA 02135  
Phone: (617) 787-7047  
Fax: (617) 254-6383

#### WCVB-TV CHANNEL 5-ABC

5 TV Place  
Needham, MA 02192  
Phone: (781) 433-4700  
Fax: (781) 433-4510

#### WHDH-TV CHANNEL 7-NBC

7 Bulfinch Place  
Boston, MA 02114  
Phone: (617) 725-0800

#### WFXT-TV CHANNEL 25-FOX

25 Fox Drive  
PO Box 9125  
Dedham, MA 02027  
Phone: (781) 467-2525  
Fax: (781) 467-7213

#### NEW ENGLAND CABLE NEWS

160 Wells Avenue  
Newton, MA 02159  
Phone: (617) 630-5000  
Fax: (617) 630-5055

#### COMCAST SPORTSNET

42 3rd Avenue  
Burlington, MA 01803  
Phone: (781) 270-7252

#### NEW ENGLAND SPORTS NETWORK

480 Arsenal St., Building #1  
Watertown, MA 02472  
Phone: (617) 536-9233, x1360  
Fax: (617) 536-7814

## Use the Web...

Information about college track & field and Northeastern is available on the internet. Several of the most abundant sources of information on the web are listed below:

### Official NU Web site

GoNU.com/mtrack  
GoNU.com/wtrack  
GoNU.com/mcrosscountry  
GoNU.com/wcrosscountry

### Colonial Athletic Association

caasports.com

### New England Championships

neicaaa.org

### ECAC/IC4A

ecac.com

### NCAA Championship

ncaa.com

### TrackShark

trackshark.com

### USA Track & Field

usatf.com

### NU Photos

digitalvideocreation.com



# NORTHEASTERN



## QUICK FACTS/DIRECTORY

### Northeastern Quick Facts...

#### GENERAL

Founded: 1898

Located: Boston, MA 02115

Enrollment: 15,339

Nickname: Huskies

Colors: Red & Black

#### TRACK & FIELD

Affiliation: NCAA-I

Conference: Colonial Athletic Association

Home Outdoor Track: Solomon Track

Solomon Capacity: 1,000

Home Indoor Track: Reggie Lewis Track & Athletic Center

RLTAC Capacity: 3,500

Head Coach: Sherman Hart

Assistant Coaches:  
Brenner Abbott  
Adam Carpenter  
Joe Donahue  
Nacny Rowe  
Tramaine Shaw  
Renny Waldron

Men's Captains:  
Jonathan Hall  
Nate Hunter  
Teddy Vrontas

Women's Captains:  
Brittany Moriarty  
Katie Sherman  
Consandria Walker



**President**  
Dr. Joseph Aoun



**Athletics Director**  
Peter Roby



**Head Coach**  
Sherman Hart

#### ATHLETICS DEPARTMENT

Main Athletics Phone: (617) 373-2672 All four-digit extensions begin with (617) 373-

Title	Name	Ext.
Director of Athletics & Recreation	Peter Roby	2672
Faculty Athletics Representative	Dr. Fred Wiseman	2672
Senior Associate Athletics Director	Amanda Braun	8360
Associate Athletics Director, Communications	Jack Grinold	2691
Associate Athletics Director, Operational Services	Mike Winsor	8225
Associate Athletics Director, External Affairs	George Gardner	8948
Assistant Athletics Director, Business Operations	John Gruppo	7409
Assistant Athletics Director, Development	Devin Crosby	4466
Director of Campus Recreation	Gene Grzywna	4926
Director of Sports Medicine	Ben Miller	8205
Director of Student-Athlete Support Services	Lauren DeSantis	2315
Associate Director of Sports Information	Thomas Chen	4154
Assistant Director of Sports Information	Mark Majewski	3643
Assistant Director of Development	Mark Harris	2523
Assistant Director of External Affairs	Chris Marshall	2515
Athletics Operations Manager	Craig Lee	4532
Ticket Manager	Mike Bishop	4700
Senior Academic Coordinator	Elizabeth Johnson	4799
Senior Academic Coordinator	Gavin Potter	5018
Director of Compliance & Enrollment Services	Kelly Scafariello	7792
Assistant Director of Compliance & Student-Athlete Welfare	Taryn Provencher	2707
Coordinator of Speed, Strength & Conditioning	Joel St. Cyr	4383
Assistant Coordinator of Speed, Strength & Conditioning	Mike Zawilinski	2047
Assistant Coordinator of Speed, Strength & Conditioning	Dan Boothby	6078
Head Athletics Equipment Manager	Matt Nareski	7934
Equipment Managers	Tony Ramirez, Sandra Menee	2669
Athletics Office Manager	Cindy White	2146
Assistant Athletics Office Manager	Stefanie Brewer	2672
Administrative Assistant	JB Robichau	2631
Administrative Assistant	Steve Scalzi	7590

#### TRACK & FIELD/CROSS COUNTRY OFFICE

Head Coach	Sherman Hart	3555
Assistant Coach	Brenner Abbott	7228
Assistant Coach	Tramaine Shaw	5341
Assistant Coach	Adam Carpenter	7228
Assistant Coach	Joe Donahue	3555
Assistant Coach	Renny Waldron	5341
Assistant Coach	Nancy Rowe	5341

#### SPORTS INFORMATION OFFICE

Title	Name	Ext.	Cellular/Home	E-Mail Address
Associate Athletics Director, Communications	Jack Grinold	2691	(617) 782-5268-h	jackgrinold@GoNU.com
Associate Director, Sports Information	Thomas Chen	4154	(914) 843-7185-c	chen@GoNU.com
Assistant Director, Sports Information/Track & Field Contact	Mark Majewski	3643	(734) 812-5480-c	markmajewski@GoNU.com
Graduate Intern	Asha Michener	3643	(267) 261-4474-c	asha@GoNU.com
Graduate Intern	Matt Moore	4154	(802) 881-3033-c	mattmoore@GoNU.com
Student Assistant	Steven Kesler '13	2691	(425) 330-8307-c	stevenkesler@GoNU.com
Student Assistant	Taylor Avery '12	2691	(603) 846-6296-c	tayloravery@GoNU.com
Sports Information Fax			(617) 373-3152	

#### ADDRESSES

Athletics Department/Track & Field Office ..... 219 Cabot Center, 360 Huntington Ave. — Boston, MA 02115  
Sports Information ..... 111 Matthews Arena, 238 Saint Botolph St. — Boston, MA 02115  
Web site ..... <http://www.GoNU.com>

## The Colonial Athletic Association

The Colonial Athletic Association celebrates its 25th Anniversary in 2009-10 with memories of a proud and storied past and visions of an exciting future.

Regarded as one of the nation's top collegiate conferences, the CAA encompasses five of the nation's nine largest metropolitan areas with a geographic footprint that stretches from Boston to Atlanta. The conference has produced 16 national team champions in five different sports, 33 individual national champions, 12 national players of the year, 12 national coaches of the year and 12 Honda Award winners. Just as impressive, however, are the honors accumulated away from competition, which include five Rhodes Scholars and 20 NCAA post-graduate scholars.

In 2008-09, the CAA had more than 1,700 of the league's 4,000 student-athletes received the Commissioner's Academic Award after posting at least a 3.2 grade point average while lettering in a varsity sport. The conference ranked in the top 10 in the nation in 12 of its 23 sports in the latest APR report released by the NCAA.

The landscape of the conference stretches along the majority of the East Coast, and includes six of the nation's top 25 media markets - New York (1), Philadelphia (4), Boston (7), Atlanta (8), Washington, D.C. (9) and Baltimore (25). The number of television homes in the CAA market exceeds 20 million.

The CAA currently sponsors 23 sports with the addition of a 12-team football league in 2007 and women's rowing in 2009. Male athletes compete for championships in baseball, basketball, cross country, football, golf, lacrosse, soccer, swimming & diving, tennis, track & field and wrestling. Female athletes battle for conference titles in basketball, cross country, field hockey, golf, lacrosse, rowing, soccer, softball, swimming & diving, tennis, track & field and volleyball. In 2008-09, 28 teams earned NCAA Tournament berths and 45 student-athletes received All-America honors.

The conference has made its presence known nationally in men's basketball with a league-record five teams advancing to postseason play in 2008-09. Conference champion VCU made its third NCAA Tournament appearance in the last six years, while George Mason reached the postseason for the seventh time in

a decade in the NIT. Old Dominion, making its fifth straight postseason trip, captured the inaugural CIT championship, while James Madison made the CIT semifinals. Northeastern reached the quarterfinals of the CBI. In 2006, George Mason captured the nation's imagination by becoming the first mid-major program since 1979 to reach the Final Four, knocking off powerhouses Michigan State, North Carolina, Wichita State and Connecticut along the way. The Patriots were ranked No. 8 in the final ESPN/USA Today Top 25 poll, which was the highest ever for a CAA team.

The conference also excels in many other sports. CAA squads have combined to win 10 field hockey national titles since the championship began in 1981. Delaware and Towson have each reached the Final Four of the NCAA Men's Lacrosse Championship. In men's cross country, William & Mary placed 16th nationally as a team in 2008 and Georgia State's Mark Steeds earned All-America status after a 12th-place individual effort. The CAA has sent multiple teams to the NCAA Baseball Championship in nine of the last 12 years and has had 12 or more players selected in the last seven Major League Baseball drafts. The conference also boasts numerous All-Americans in tennis, golf, track and field and swimming and diving.

Commissioner Thomas E. Yeager has guided the CAA since its inception. The conference traces its roots back to 1983 when three of its current members - George Mason, James Madison, and William & Mary - were aligned with East Carolina, Navy and Richmond as a basketball league (ECAC South). During the next two years, the league added 11 sports, acquired two new members (UNC Wilmington and American) and decided to form a new association. The transformation from ECAC South to CAA took place on June 6, 1985.

Charter members George Mason, James Madison, UNC Wilmington and William & Mary were joined by Old Dominion in 1991 and by Virginia Commonwealth in 1995. The conference added Delaware, Drexel, Hofstra and Towson in 2001. Georgia State and Northeastern became members of the conference on July 1, 2005.

Celebrating its 25th Anniversary, the CAA takes great pride in producing student-athletes who stand out on the playing field and in the classroom.



### Hunter, Northover and Shaw named to CAA Silver Anniversary team

Current Huskies' thrower Nate Hunter and former student-athletes Zara Northover and Tramaine Shaw were named to the CAA Men's and Women's Track & Field Silver Anniversary Team, respectively. Hunter earned indoor and outdoor All-America credentials in the shot put in 2009 and was the CAA's Track & Field Athlete of the Year. Northover was undefeated in the shot put at the conference level and set the CAA record of 53'2.25 in the shot put. She was named CAA Championship Most Outstanding Field Performer in 2007 while Shaw earned CAA Championship Co-Most Outstanding Track Performer laurels the same season. Shaw won CAA championships in the 100 hurdles, 400 hurdles, long jump and relays.



**Zara Northover**  
2002-07



**Nate Hunter**  
2005-10



**Tramaine Shaw**  
2004-08

### Member Institutions

Delaware  
Drexel  
George Mason  
Georgia State  
Hofstra  
James Madison  
Northeastern  
Old Dominion  
Towson  
UNC Wilmington  
Virginia Commonwealth  
William & Mary

### Staff Directory

Commissioner  
Thomas E. Yeager

Deputy Commissioner  
for Basketball  
Ron Bertovich

Sr. Associate Commissioner  
Marketing & Development  
Robert Goodman

Sr. Associate Commissioner  
Internal Operations/SWA  
Kathleen Batterson

Associate Commissioner  
Broadcast Services  
Peter Hock

Associate Commissioner  
Communications  
Rob Washburn

Assistant Commissioners  
Championships  
Melissa Conti  
J.P. Williams

Administrative Assistant  
Pamela Stone

Director of Communications  
Niki DeSantis

Director of Football  
Communications  
Scott Meyer

Director of Basketball  
Strategies  
Katie Lowe

Director of Video Services  
Kelly Bowmaster

### Contact the CAA

Phone Number  
(804) 754-1616

Fax Number  
(804) 754-1830

Mailing Address  
8625 Patterson Avenue  
Richmond, VA 23229

Web site  
CAAsports.com



# NORTHEASTERN



**HEAD COACH**



## Head Coach Sherman Hart

**Alma Mater:**  
Northeastern '74

**At Northeastern:**  
22nd season

### HONORS

**CAA Coach of the Year**  
Women's Outdoor  
2007

**America East  
Coach of the Year:**

Women's Indoor  
1993, 1994, 1995  
1996, 1998

Women's Outdoor  
1991, 1994, 1995  
1996, 1997, 1999

Men's Indoor  
2000, 2001

Men's Outdoor  
2001

**America East  
Coaching Staff  
of the Year:**

Women's Indoor  
2003, 2004, 2005

Women's Outdoor  
2003, 2004, 2005

Men's Indoor  
2002, 2005

Men's Outdoor  
2004

**UMass Boston  
Hall of Fame**  
2006

Head coach Sherman Hart is in his 22nd season at Northeastern University and has his teams primed for success once again in 2009-10. The Northeastern women's track & field team is ready to contend for the CAA title once again after posting finishes of second, first, second and fourth in the team's first four seasons in the league. The Huskies return 2009 CAA 10K champion junior Kristen Martin, along with 5K record-holder senior Brittany Moriarty. Veterans Consandria Walker and Katie

Sherman bolster a deep roster that will contend in the short game, hurdles, jumps and throws. Hart's women's track & field team made history in 2007 when it became the first Northeastern team to win a CAA Championship. Hart was named CAA Coach of the Year for his efforts.

The men's track & field team picked up sixth place at last year's CAA Championship after successive finishes of fifth place and two fourth-place performances. Hart returns his strongest squad in several seasons to compete for the title in 2010. Two-time All-American shot putter Nate Hunter will stage his last go-round with the Huskies and is considered one of the top throwers in the country. The men will also benefit from senior Jonathan Hall, who won the 400-meter hurdles at the CAA Championship last year, in addition to 2008 CAA high jump champ Adrian Li and 2008 New England and 2009 CAA pole vault champion Jordan Thull.

Hart has led the women's squad since 1988-89 and transformed the team into a perennial conference and New England power. The program was ranked 20th in New England when he arrived on the scene, and three years later the team won its first America East title. In America East indoor meets from 1990-2005, the women's team won indoor titles in 1993, '94, '95, '96, '98, 2003, '04 and '05. In outdoor championships from 1989-2005, NU's women's track & field team was champion in 1991, '92, '94, '95, '96, '97, '98, '99, 2002, '03, '04 and '05. In addition to the conference titles, the team has been a force on the New England stage, capturing indoor championships in 1996, '97, '99 and 2003, while taking outdoor titles in 1996 and '99. Hart was named America East Coach of the Year a total of 11 times, five indoors and six outdoors. In 2002, the award was changed to "Coaching Staff of the Year" and his staff swept both the indoor and outdoor awards in 2003, '04 and '05.

Northeastern competed in its first CAA Championship in 2006, with the women's team placing second. Just a year later, the Huskies won the CAA title. Hart was named women's District I Div. I Coach of the Year for the fourth time during the indoor 2002-03 season. He was also named District I Div. I indoor and outdoor Coach of the Year from 1994-97. Under Hart, Husky athletes have been named All-America 12 times, All-East over 100 times and have won countless conference and New England titles.

Northeastern's men's program has continually improved

under Hart since he became its leader during the 1998-99 season. During the 2000 indoor season, just a year after Hart started coaching the men, the team won its first America East Championship since 1996. He added indoor and outdoor conference titles in 2001 and won both again in 2002. After a run of second and third-place finishes, Hart got his team back to the top with a win at the 2004 America East outdoor title meet and the team continued its success by defeating favorite Albany for the



2005 indoor title. Hart won conference Coach of the Year honors for indoor track in 2000 and 2001 and his staff won "Coaching Staff of the Year" honors in 2002, '04 and '05. The team won the New England Outdoor Championship in 2002. Northeastern began competing in the highly-competitive Colonial Athletic Association in 2006 and has a pair of fourth-place finishes and one fifth-place showing in three meets.

Northeastern has been a regional track & field power for decades but in the past several seasons, the Huskies have broken new ground at the national level. Under Hart's watch, seven Huskies

have competed in NCAA championships a total of 20 times between them since 2002. Most recently, Hunter earned All-America status in both indoor and outdoor shot put competition. Hunter cleared 61'4.75 for seventh at the 2008 NCAA Indoor Championship and followed it with an eighth-place performance of 60'5.0 at the 2009 NCAA Outdoor Championship. Northover placed 10th in the shot put at the NCAA Championship in 2007, her fifth NCAA Championship appearance. She went to compete for Jamaica in the 2008 Olympic Games in Beijing.

Before he came to Northeastern, Hart coached at UMass Boston and turned the program into a powerhouse on the national scene. The Beacons won three NCAA Div. III titles, were national runners-up four times and ECAC champions seven times. From 1985-88, Hart's UMass Boston teams competed at the New England Championship against Div. I, II and III competition and never finished lower than third. He coached 48 Div. III All-Americans and earned NCAA Div. III National Coach of the Year four times while at UMass Boston. Hart was inducted to the UMass Boston Hall of Fame in 2006. All three of his NCAA champion teams have been inducted to the UMass Boston Hall of Fame as well as six of his former athletes.

Besides his work at the collegiate level, Hart founded the Boston International Track Club while he was an NU student in 1974 and has been director ever since. It was founded as a way for local youths to get involved in athletics, but amateur athletes, such as former Husky Jordine Kimbrel, also compete for the club. Hart has extensive experience as a social worker in the Boston area.

Hart lettered in football at NU, graduating in 1974 with a degree in Economics and Humanities. He attended Archbishop Carroll High in Washington D.C., graduating in 1969. He was a member of the school's record-setting mile relay team and served as a team captain.



## **BRENNER ABBOTT** Assistant Coach • 10th season • Maine '98

Brenner Abbott is in his 10th season on coach Sherman Hart's staff. He assists in all aspects of the program and specializes in the pole vault, javelin and high jump. Under Abbott's tutelage, the Husky men's and women's vaulting programs have risen to regional and national prominence.

Abbott's most recent success story was Nancy Rowe's 2009 CAA Championship in the javelin with a mark of 138'1.

Abbott also directed Jordan Thull, who set the NU pole vault record of 17'0.75 and was runner-up at the New England indoor championship as a freshman. Thull won the indoor New England title as a sophomore before redshirting the outdoor season. On the women's side, Abbott oversaw Olivia Kalinowska set the CAA record of 12'7.5 in the pole vault while winning the meet in 2006.

Abbott coached Laura Chmielewski, who earned All-America honors in the pole vault and set the NU record of

13'9.25 in 2005. The previous record holder was another of Abbott's pupils, Joanelle Bailey-Chandler. Abbott coached New England Championship record-setter Wesley Shaw as well as America East pole vault champs Mike Couch, Ryan Cahill and Aaron Hill and javelin champ Adam Crossman.

In addition to his work at NU, Abbott has been a featured clinician for six years with the "On the Road" Track & Field World Tour. He has also been the Director of Pole Vaulting at the Winged Foot Track & Field Camp for nine years, the Director of Javelin Training at the Mass. Track & Field Academy for 11 and has been a pole vault clinician at the M-F Athletic Jumps Camp for 10 years.

Prior to joining the Huskies, Abbott coached at his high school alma mater, Milford High. As an athlete, he was a captain of the track & field team at the University of Maine, where he set the pole vault record and was All-IC4A twice in the javelin. Abbott resides in Charlestown.



## **TRAMAINE SHAW** Assistant Coach • Second season • Northeastern '09

Tramaine Shaw enters her second season as an assistant coach following a stellar collegiate career for Northeastern. Shaw joins her Zara Northover as one of 25 members to be named to the 25th Anniversary CAA women's track and field team in December 2009.

Shaw wrapped up her Northeastern career with Husky records in the 100 hurdles (13.58) and pentathlon (3,685), Colonial Athletic Association (CAA) records in the 100 hurdles (13.71) and 400 hurdles (59.88) and the America East record in the pentathlon (3,607). She was also part of the Huskies' record-setting indoor 4x400 relay and outdoor



4x100, 4x200 and 4x400 relays.

However impressive that sounds, Shaw's forte was not record-setting performances, it was championship wins. She was named America East Rookie of the Year both indoors and outdoors as a freshman. NU then switched to the CAA, and over three outdoor championships, Shaw went on to win CAA titles in the 100 hurdles, 400 hurdles, long jump and relays. She was named CAA Co-Most Outstanding Track Performer in 2007 after helping the team win NU's first CAA title in any sport.

Shaw earned her degree in Psychology from Northeastern in May 2009.



## **ADAM CARPENTER** Assistant Coach • Second season • Northeastern '02

Northeastern alum Adam Carpenter starts his second season on head coach Sherman Hart's staff after five seasons coaching at Newton North High School, where he was an assistant to Jim Blackburn, a multiple-time Massachusetts Coach of the Year and a member of the Mass. State Track Coaches Association Hall of Fame.

Carpenter was one of the Huskies' best triple jumpers. His collegiate-best leap of 50'9.25 ranks No. 2 on NU's all-time indoor list, but his consistency was an even more important attribute. He bested 50'0 in seven of his final nine meets, including wins at the America East and New England indoor championships in 2000. Carpenter won three indoor and three outdoor America East titles in the triple jump and was



three-time New England indoor champ. Outdoors, Carpenter's mark of 49'8.5 in the triple jump stands as fourth best in NU history. As team captain in 2000, Carpenter led Northeastern to the America East indoor title and a runner-up finish at the New England Championship.

Carpenter's brothers, Jared and Jed, are both accomplished jumpers. Jared graduated from NU in 2002 and was America East champ in the long jump and triple jump and competed in the sprints, high jump and pentathlon. Jed was a standout triple jumper at Newton North

and attended Virginia.

Carpenter majored in English at NU and also works as a teacher at Newton North. He resides in West Roxbury.





# NORTHEASTERN



## ASSISTANT COACHES



### **RENNY WALDRON** *Assistant Coach • Fourth season*

The 2009-10 season is Renny Waldron's fourth on the Northeastern staff as cross country coordinator and distance coach. Waldron works primarily with the men's and women's middle- and long-distance runners while overseeing all cross country activities. Waldron's coaching approach is very individualized and stresses progressive aerobic development and periodized training. Every athlete has shown improvement under Waldron's tutelage over the past two seasons.

In Waldron's first season on staff in 2006-07, Kristie Gagnon set the NU record for the indoor 5,000 (18:11.32) and outdoor 10,000 (37:14.86). That progress continued in 2007-08 as Gagnon broke her own record in the indoor 5,000 (17:40.99) and Brittany Moriarty broke the 23-year-old Northeastern record in the outdoor 1,500 with her time of 4:33.72 at the CAA Championship in 2008. The Huskies' men's distance

runners have also shown marked improvement.

Prior to NU, Waldron coached at Cambridge Rindge & Latin for three years. During those three years, Waldron guided the track teams to several undefeated seasons and championships. The Rindge & Latin cross country team finished fifth in the All-State meet in 2005. In high school, Waldron was a two-time Massachusetts Div. I champion in the mile and two-mile and led his teams to two state championships. Those accolades earned Waldron a scholarship at national powerhouse Iona College. He later transferred to Massachusetts.

Waldron has served as counselor and staff coach at Nike Green Mountain Running Camp in Lyndonville, Vt. for several years. He has also served as advisor and organizer for the New England Chapter of USA Track & Field. He is certified as a USATF Level 1 coach.



### **JOE DONAHUE** *Assistant Coach • 41st season • Northeastern '63*

Joe Donahue is in his 41st season of coaching at Northeastern and his sixth under head coach Sherman Hart. Donahue was the throwing coach at NU from 1963-99, making it the top throwing school in New England and one of the best in the East, and rejoined the NU staff for the 2004-05 season. Donahue is recognized as one of the top technical coaches in the United States and has spoken at various track & field conferences.

The Huskies' throwing corps has always been very strong and Donahue's teachings over the past five seasons have continued the tradition. On the men's side, Donahue's most recent success story is two-time All-American Nate Hunter. Hunter completed the 2008-09 season with 13 wins in the shot put. During the indoor season, he won eight times, including the New England and IC4A titles. He is only the fifth-ever Husky to throw the shot put 60 feet indoors, a feat he accomplished three times. In outdoors, Hunter won the CAA and New England titles in the shot put and became the CAA champion in the discus. His shot put throw of 60'10.50 set a new conference record and was named the CAA's Most

Outstanding Field Performer. At season's end, Hunter was also named the CAA's Track & Field Athlete of the Year.

Donahue also coached Derek Anderson, who set NU records in the shot put (65'2.75) and discus (197'3) and earned All-America honors in the shot put in 2006.

He also coached Zara Northover, who set NU and ECAC records of 55'0.75 and placed 10th at the NCAA Championship in 2007, her fifth and final appearance at the national championship. Northover then went on to compete for Jamaica in the 2008 Olympic Games in Beijing.

From 1964-99 when Donahue was coaching at NU, Husky throwers won 42 New England titles and 12 IC4A titles and were named All-American several times. Boris Djerassi, who won the NCAA hammer title in 1975, is the only NCAA champ in any sport at Northeastern. Several of Donahue's athletes have been inducted to the NU Hall of Fame, including Djerassi and three-time All-American Bill Johnston.

As an athlete, Donahue set several NU throwing records, all of which were broken by athletes he coached. Donahue was inducted to the NU Hall of Fame in 1993.

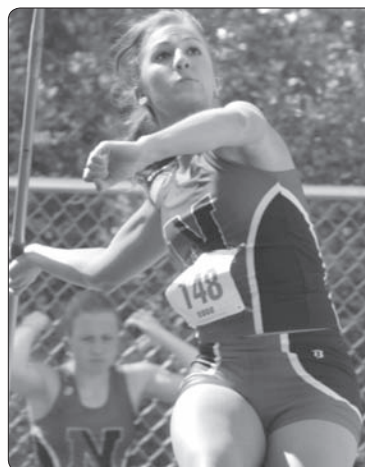


### **NANCY ROWE** *Assistant Coach • First season*

Nancy Rowe begins a new chapter as an assistant coach for the Northeastern track & field team in 2009-10. Rowe will earn her bachelor's degree in Mechanical Engineering from Northeastern in May 2010.

Rowe touts an accomplished four-year career in the field as a Husky, primarily in the javelin and high jump. The Pine Beach, N.J. native has won seven javelin titles, including the 2009 CAA Championship, and one high jump crown.

As a senior, Rowe claimed the 2009 CAA Championship with a pitch of 138'1 in the javelin. Two years prior, Rowe was the runner-up in the same event, clearing 142'2 in 2008 and registered a career-best



of 142'6 in 2007. Rowe's career-long throw also stands as the Northeastern javelin record by over five feet.

Rowe found her comfort zone on Husky soil as she earned victories at the Husky Spring Invitational in 2009 (133'1) and 2008 (128'9), the Solomon Husky Invitational in 2009 (123'4) and 2008 (128'9) and the Northeastern Spring Open (129'0) in 2007. She also won the high jump at the Husky Spring Invitational (4'11.75) as a senior.

Rowe's career best in the javelin at the 2007 CAA Championship played an integral part in the women's 2007 CAA Outdoor Track & Field title, the first conference championship for Northeastern since joining the league.



## Solomon Outdoor Track

Surrounded by towering pines and sparkling brooks, Northeastern's outdoor track facility is one of New England's finest. Nestled in the Boston suburb of Dedham, it is home to one of the region's most successful track programs. The bucolic facility was dedicated Bernard and Jolane Solomon Track, in honor of University trustee/benefactor Bernard "Bunny" Solomon and his wife, on May 17, 1986 at the 99th running of the New England Championship. Northeastern's No. 1 fan, Solomon passed away in the fall of 2006. The Solomon track and field facility is the perfect site for dual meet and championship competition. It is within jogging range of the University's Boston-based track athletes and is the permanent practice site for the

Huskies' outdoor meets. With the track's opening in 1986, NU reaffirmed its commitment to serve the greater Boston and New England collegiate and scholastic track community with an accessible, quality facility. Features of the track include an eight-lane, Action Track 200 running surface and an expansive area for all jumping and throwing events. For the purpose of workouts and varsity championship competition, the track is an easy target from the main campus and all points in the metropolitan area. The Solomon Track is also located within earshot of Route 128/95, which connects traffic from all New England states.



## Reggie Lewis Center

The Reggie Lewis Track & Athletic Center is on the campus of Roxbury Community College and the site of NU's home indoor track meets. The Huskies also have access to the center for indoor practices. It is one of the finest indoor track & field facilities in the nation. The center is named after the local humanitarian and Northeastern alum Reggie Lewis, who starred for the Huskies and then professionally for the Boston Celtics. Lewis was revered not only for his athletic prowess, but also for his dedication and advocacy for the Boston community. The Reggie Lewis Track & Athletic Center contains a 200 meter Mondo Super-X Oval Track, an eight lane 55-meter dash runway, provisions for high jump, long and triple jumps and pole

vault on the infield. There is also a shot put and weight throw facility. The 70,000 square foot field house provides permanent seating for 3500 people, but with extra seating can hold over 5000 spectators. The Mondo Super-X surface is one of the fastest surfaces in the world. Several indoor world records and American records have been set at the Reggie Lewis Track & Athletic Center, which holds the annual Reebok Boston Indoor Games and has hosted the USATF Indoor Championship on multiple occasions.



## Solomon Indoor Track

Northeastern University's Solomon Indoor Track was recently renovated with a new indoor track surface surrounding a turf infield. Work was done by Turner Construction and the facility was re-opened to Northeastern student-athletes on Nov. 17, 2008. The two surfaces provide an excellent indoor area for running, drills, and many sport-specific training and practices. The Solomon Indoor Track, named for Northeastern's No. 1 fan, the late Bernard "Bunny" Solomon, now has a state-of-the-art Benyon BSS 1000 track surface. It has embedded granules that create a shock-absorbing cushion. The track features a four-lane straightaway, two-lane oval and pole vault pit. On the infield of the track, a high-quality OmniGrass 41 surface was installed

that will benefit all teams for practice and workouts. OmniGrass 41 has a two-inch pile-height that delivers consistency and durability. The indoor track & field facility was first renovated and named after Solomon in 1971.

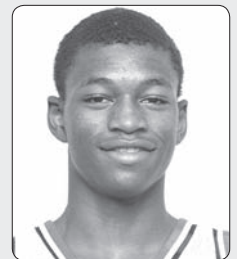


### Bernard Solomon

Bernard "Bunny" Solomon was instrumental in Northeastern athletics

Northeastern  
Class of '46

NU Hall of Fame  
1988



### Reggie Lewis

Reggie Lewis played basketball for the Huskies and Celtics, and was a Boston community advocate

Northeastern  
Class of '87

NU Hall of Fame  
1995

### Directions...

Check [www.GoNU.com](http://www.GoNU.com) for directions to all NU Athletics facilities.



# NORTHEASTERN



## WOMEN'S OUTLOOK/ROSTER



Brittany Moriarty

A veteran-laden roster bolstered by some impressive young talent has the Northeastern women's track & field team ready to make a run at the Colonial Athletic Association championship in 2010. The Huskies joined the CAA in 2006 and sent shockwaves through the league with a runner-up finish before claiming Northeastern's first CAA title in school history in 2007. Northeastern earned another runner-up finish in 2008 before taking fourth in last year's championship.

Across the board, the Huskies have the ammunition in place to contend in every race this season. Seniors Consandria Walker and Celeste Holder will anchor the short distance and jumps contingent in their final season. Walker won the long jump at last year's New England Championship (18'6.5) and was a member of the winning 4x100-meter relay team (46.44). As a sophomore, Walker captured second place at the conference championship with a career-best of 40'9 in the triple jump. Holder grabbed four top-three finishes in the long jump last season and utilized her dexterity for fifth place (4,073 points) in the heptathlon at the 2009 CAA Championship. Veteran Katie Sherman will be called upon to lead the Huskies in the hurdles and

the high jump. Sherman finished fifth in the 100-meter hurdles (14.36) and 400-meter hurdles (1:02.55) and tied for fifth in the high jump (5'3) at the conference meet in 2009. As a sophomore, Sherman placed third in the 400-meter hurdles (1:02.73) and the high jump (5'5). Sophomore Saleena Abdur-Rashed looks to make some good impressions early on in hurdles events.

Northeastern boasts a strong middle and long-distance squad as junior Kristen Martin and Brittany Moriarty lead the charge. Last year, Martin experienced a breakthrough by setting the school record and winning the 10,000-meter challenge in 36:35.57 at the CAA Championship. In the 5K, Martin lowered her NU record to 17:23.60 while placing second at the New England Championship. Moriarty returns after breaking the 20-year old outdoor school record in the 5,000-meter run with a second-place performance of 16:44.03 at CAAs last season. She also owns the second-fastest indoor mile mark in school history (4:54.45). Juniors Seri Gordon and Courtney Mortimer along with sophomore Christina Izzicupo provide speed in the mid-distance portion. Izzicupo was a fourth-place finisher (2:16.03) in the 800-meter at last year's CAA Championship. Gordon grabbed sixth in the same race (2:17.10) before claiming the runner-up spot in 208 (2:13.47). As a freshman, Mortimer took 14th in the 800-meter with a season-best of 2:21.25 at the CAA Championship.

When it comes time for the steeplechase, juniors Jessica Barton and Annie Scully are a threat to win every time they toe the line. Barton was runner-up at the CAA Championship last year, lowering her school record to 10:55.83. Scully placed fourth in the same race with a season-best time of 11:10.44.

The Huskies always tout a deep talent in the pole vault and this season is no different. Junior Ashley Furlong and sophomore Lauren Bennett return after both cleared 10'6 at the 2009 conference meet for 11th place.

Junior Althea Charles is always a threat to conquer in the weight throw, hammer throw and shot put. Last season, Charles took sixth in the hammer throw (149'4) and eighth in the shot put (42'3.75) at the CAA Championship before claiming fourth in the shot put (44'4.25) at the New England Championship.

This year, Northeastern will call upon its incoming class to contribute points. Julia Westover will assist in the throwing department as the Lebanon, N.H. native was a five-time All-State track & field member in addition to a pair of shot put crowns and one discuss title. Eryn Wheeler, from Coventry, R.I., owns state championship titles in the 600, 800 and 1,500-meter races. Jillena DeCarteret is a three-time Massachusetts pole vault champion and took home the New England title in 2009. Nicole Cuhna was a two-time pole vault state champion and was also a two-time winner in the 400-meter challenge.

### Top returners...

Northeastern's returning top-three finishers at championship events:

### New England indoor

Consandria Walker  
Long Jump, 1st (18'6.5)

Brittany Moriarty  
Mile, 2nd (4:54.45)

Kristen Martin  
5000m, 2nd (17:23.60)

Seri Gordon,  
Angelique Marcus and  
Brittany Moriarty  
4 x 800m relay, 2nd (9:06)

CAA outdoor  
Kristen Martin  
10000m, 1st (36:35.57)

Brittany Moriarty  
5000m, 2nd (16:44.03)

Jessica Barton  
Steeplechase, 2nd  
(10:55.83)

Serena Allen,  
Sarah Trotman and  
Consandria Walker  
4 x 100m relay, 3rd (46.50)

New England outdoor  
Serena Allen,  
Sarah Trotman and  
Consandria Walker  
4 x 100m relay, 3rd (46.44)

Consandria Walker  
Triple jump, 3rd (39'10)

## 2009-10 Northeastern Women's Track & Field Roster

Name	Cl.	Events	Hometown	High School (Previous Coll.)
Saleena Abdur-Rashed	So.	Sprinter/Hurdler	Bronx, N.Y.	Bishop Loughlin
Serena Allen	Jr.	Sprinter	Dayton, Ohio	Chaminade (Jackson State)
Katie Barrett	Fr.	Distance	Norfolk, Mass.	Bishop Feehan
Jessica Barton	Jr.	Distance	Newton, Mass.	Newton North (Wake Forest)
Lauren Bennett	So.	Vaulter/Hurdler	East Lyme, Conn.	East Lyme
Jillian Buck	Jr.	Distance	Gwynedd, Pa.	Gwynedd Mercy Academy
Ida Cance	So.	Sprinter/Jumper	Windsor, Conn.	Northwest Catholic
Rachel Cassata	Jr.	Vaulter/Multi	Rye, N.Y.	Somers (Monmouth)
Althea Charles	So.	Thrower	West Orange, N.J.	West Orange
Regan Cleminson	So.	Jumper	York, Maine	York
Laura Coyne	Fr.	Distance	Freehold, N.J.	Freehold
Heather Crocker	Jr.	Thrower	Reading, Mass.	Reading
Nicole Cunha	Fr.	Sprinter/Vaulter	Tewksbury, Mass.	Tewksbury
Jillena DeCarteret	Fr.	Vaulter	East Templeton, Mass.	Naragansett Regional
Ashley Furlong	Jr.	Vaulter/Multi	Manahawkin, N.J.	Southern Regional
Christi Gallagher	So.	Middle Distance	Southborough, Mass.	Marian
Seri Gordon	Jr.	Middle Distance	Loudonville, N.Y.	Shaker
Andrea Govatsos	Sr.	Jumper	Salem, N.H.	Central Catholic
Kristen Hafford	Sr.	Vaulter	Washington, N.J.	Warren Hills Regional
Christine Hall	Fr.	Distance	Latham, N.Y.	Shaker
Sara Hancock	Fr.	Jumper	Mt. Laurel, N.J.	Lenape Regional
Celeste Holder	Sr.	Sprinter/Jumper	Parsippany, N.J.	Parsippany
Christina Izzicupo	So.	Sprinter/Jumper	Stoneham, Mass.	Stoneham
Marissa Jackson	Fr.	Sprinter/Hurdler	Powhatah, Va.	Maggie L. Walker Governor's
Susannah Janik	Fr.	Sprinter/Jumper	Holden, Mass.	Wachusett Regional
Erin Johnson	Sr.	Sprinter	Camden, N.J.	Camden
Meegan Joly	Jr.	Distance	Lisbon, Conn.	Norwich Free Academy
Kathleen Keen	So.	Distance	Harleysville, Pa.	Gwynedd Mercy Academy
Christine Kennedy	So.	Hurdler	Dix Hills, N.Y.	Half Hollow Hills West
Lindsay Kosinski	Jr.	Distance	Buffalo, N.Y.	West Seneca West
Camille Liberatore	Fr.	Vaulter/Multi	Los Angeles, Calif.	Palisades Charter
Kelly Madigan	So.	Sprinter	Milton, Mass.	Milton
Kayleigh Maher	So.	Distance	Warwick, N.Y.	Warwick Valley (LaSalle)
Karissa Mako	Fr.	Distance	North Andover, Mass.	North Andover
Angelique Marcus	Jr.	Middle Distance	Brentwood, N.Y.	St. John the Baptist
Brittney Martin	Jr.	Sprinter/Jumper	Sanford, Fla.	Seminole (Wisconsin)
Kristen Martin	Jr.	Distance	Dracut, Mass.	Central Catholic
Brittney McDonald	Sr.	Distance	Rockland, Mass.	Rockland
Brittany Moriarty (C)	Sr.	Middle Distance	Andover, Mass.	Andover
Courtney Mortimer	Jr.	Middle Distance	Haverhill, Mass.	Haverhill
Shaina Pettit	Jr.	Thrower/Multi	Berkley, Mass.	Somerset
Kamilah Rowe	So.	Sprinter	Dorchester, Mass.	John D. O'Bryant
Annie Scully	Jr.	Distance	Niantic, Conn.	East Lyme
Katie Sherman (C)	Sr.	Hurdler/Jumper	Dennis, Mass.	Dennis-Yarmouth (Boston College)
Samantha Stabile	Fr.	Sprinter/Jumper	Bradford, Mass.	Haverhill
Rachel Taback	Fr.	Thrower	Newtown, Conn.	Newtown
Sarah Trotman	So.	Sprinter	Cambridge, Mass.	Cambridge Rindge & Latin
Caitlin Ude	Fr.	Distance	Babylon, N.Y.	St. Anthony
Consandria Walker (C)	Sr.	Jumper/Sprinter	Hackensack, N.J.	Hackensack
Lauren Ward	So.	Distance	Peabody, Mass.	Peabody
Julia Westover	Fr.	Thrower	Lebanon, N.H.	Lebanon
Eryn Wheeler	Fr.	Distance	Coventry, R.I.	Coventry

Captains: Brittany Moriarty, Katie Sherman, Consandria Walker



## JESSICA BARTON

*Junior • Distance • Newton, Mass. • (Newton North/Wake Forest)*

**2008-09:** Opened the cross country season placing 12th at the Dartmouth Invitational in 20:59 (6K)...38th in the George Mason Invitational clocking in at 23:37 (6K)...ran a time of 18:25 to place 18th in the New England Championship...placed 21st in the CAA Championship clocking with a time of 22:19 (6K)...outdoors, won the 5,000 in 17:48.64 at the Husky Spring Invitational...broke the NU record in the 3,000-meter steeplechase with her time of 11:07.47 to place third at the USF Quad Meet...at the CAA Championship, was runner-up and lowered her NU record to 10:55.83 in the steeplechase. **Before NU:** Attended Wake Forest for one year before transferring to Northeastern. **High School:** Competed in indoor and outdoor track for four years and cross country for one...two-time *Boston Globe* Runner of the Year and five-time *Boston Globe* and *Boston Herald* All-Scholastic...won state cross country championship in 2006 and '04 and placed third in 2005...ran on outdoor state champ 4x800 relay in 2007...set Newton North records in the mile (4:57) and two mile (10:37) and ran on record-setting 4x800 and distance medley relays...team was 2004 indoor state champ...also played soccer one season. **Personal:** Born April 11, 1989...majoring in Athletic Training with hopes to be a college coach...Class of 2012.



## ALTHEA CHARLES

*Junior • Thrower • West Orange, N.J. (West Orange)*

**2008-09:** Opened the indoor season with a runner-up finish in the weight throw (52'10) and a third-place showing in the shot put (43'4.5) at the Husky Winter Carnival...won the weight throw (50'0.75) and took third in the shot put (43'3) at the Harvard Open...won the weight throw (56'3.25) and took third in the shot put (40'11.5) at the Battle of Beantown...won the shot put (43'10) and weight throw (58'3.25) at the Colonial Invitational...outdoors, won the hammer with a throw of 167'7 at the Skyhawk Invitational...at the CAA Championship, placed sixth in the hammer (149'4) and eighth in the shot put (42'3.75)...took fourth in the shot put (44'4.25) and 10th in the hammer (154'11) at the New England Championship. **2007-08:** Indoors, second in both the shot put (39'3.75) and weight throw (46'6) at the Battle of Beantown...outdoors, won the shot put (43'7.5) at the Seahawk Invitational...placed fifth in the hammer (148'0) and ninth in both the shot put (41'10.75) and discus (121'10) at the CAA Championship. **High School:** Competed in track and field for four years, captaining the team for two...captained the volleyball team for two out of three years...first-team All-County and All-Conference twice in track as well as second-team All-State...first-team All-Conference twice in volleyball...set the school record for the indoor shot put (42'6) and the outdoor shot put (41'3)...state sectional champion in the shot put and the discus...won Most Outstanding Female Athlete at West Orange High in 2007...team was conference champ three times and state sectional champ in 2004. **Personal:** Born Dec. 10, 1989...majoring in History and Secondary Education...hopes to become a high school teacher and coach...Class of 2012.



## SERI GORDON

*Junior • Middle Distance • Loudonville, N.Y. (Shaker)*

**2008-09:** Opened the cross country season placing 43rd at the Dartmouth Invitational with a time of 22:03 (6K)...took 44th at the George Mason Invitational in 23:53 (6K)...144th at the New England Championship clocking in at 19:58...finished 51st in the CAA Championship with a time of 23:28 (6K)...indoors, placed third in the 500m (1:20.05) at the Colonial Invitational...ran on NU's runner-up 4x800 relay at the New England Championship...at the CAA Championship, ran a season-best 2:15.55 to qualify for the 800-meter final, where she placed sixth in 2:17.10...ran a split of 2:14.9 on the Huskies' 4x800 relay (9:05.81) at the Penn Relays. **2007-08:** During the cross country season, placed 11th with a time of 25:13 (6K) at the Hofstra Invitational...crossed the line in 23:16 (6K) for 35th at the CAA Championship...indoors, finished seventh in the 1,000 at the Husky Winter Carnival with a time of 2:58.19...placed 10th in the 800 (2:19.40) at the Reebok Boston



Indoor Games...placed 18th in the 500 (1:17.95) at the Valentine's Invitational...at the New England Championship, ran a season-best 2:56.06 in the preliminaries of the 1,000, placed eighth in the final and ran on the runner-up 4x800 relay (9:14.57)...outdoors, won the 1,500 (4:57.00) and took second in the 800 (2:23.69) at the Husky Spring Open...placed sixth in the 800 (2:13.08) and ran on the runner-up 4x800 relay (9:09.68) at the Florida State Relays...runner-up in the 800 in 2:13.47 at the CAA Championship...placed third in the 800 (2:15.49) at the Patriot Open Invitational. **High School:** Competed in cross country, indoor and outdoor track for four years...2007 Section 2 and Class A All-Star...set 12 school records, including the 600-meter, 800-meter and 4x400...three-time team MVP of both indoor and outdoor track teams...cross country team MVP in 2005...Rookie of the Year in all three sports. **Personal:** Born Feb. 16, 1989...Physical Therapy major...Class of 2012.



# NORTHEASTERN



## WOMEN'S PROFILES

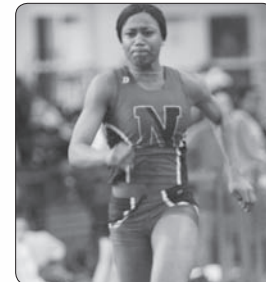


### CELESTE HOLDER

*Senior • Sprinter/Jumper • Parsippany, N.J. (Parsippany)*

**2008-09:** Indoors, placed third in the long jump (17'11.75) and ran on NU's 4x400 relay (3:57.48) at the Husky Winter Carnival...second in the long jump (18'2.25), 12th in the 55m (7.51) and ran on the runner-up 4x400 relay at the Boston Indoor Games...outdoors, won the long jump at the Husky Spring Invitational...placed fifth in the heptathlon with a score of 4,073 at the CAA Championship. **2007-08:** Took third in the long jump (17'2.75) and ran on the winning 4x400 relay (3:52.87) at the Reebok Boston Indoor Games...outdoors, ran on the eighth-place 4x400 relay (3:51.11) at the CAA Championship.

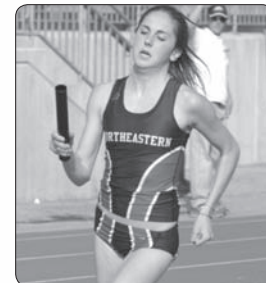
**2006-07:** Anchored the winning 4x400 relay and placed third in the long jump with a leap of 17'10.25 at the Husky Winter Carnival...won the long jump (18'1.5) at the dual-meet against Harvard...took top honors in the long jump with a leap of 18'3.25 at the Reebok Boston Indoor Games...placed seventh in the long jump (17'11) at the New England Championship...outdoors, placed eighth in the long jump (18'9.25) at the CAA Championship. **High School:** Played and captained her track team all four years of high school...named All-American, All-State, All-County, All-Conference and Morris County Scholar Athlete...holds over 40 indoor/outdoor first place records and outstanding athlete awards...four-time MVP in both indoor and outdoor...named Athlete of the Year by two different newspapers...long jump national indoor champion...long jump runner-up at the Penn Relays...long jump record holder for NY Army Staner Games, Varsity Classic, and Hall of Fame Classic...two time NJ state long jump champion...top 3 "All-Time" NJ long jumpers at 19'8"...NJ Group, Sectional, County and Conference indoor/outdoor long jump record holder...county indoor record holder in 300m and 400m...holds school record in 10 individual events and four relays...competed in the AAU and USATF Junior Olympics. **Personal:** Born July 13, 1988...majoring in Behavioral Neuroscience...Class of 2010.



### CHRISTINA IZZICUPO

*Sophomore • Sprinter/Jumper • Stoneham, Mass. (Stoneham)*

**2008-09:** In her collegiate debut, placed third in the 400 (59.56) at the Husky Winter Carnival...outdoors, took fourth in the 800 in 2:16.03 at the CAA Championship...placed 16th in the 800-meter with a time of 2:14.78 at the New England Championship. **High School:** Four-year member of the indoor and outdoor track teams...*Boston Globe* and *Boston Herald* All-Scholastic in 2006, '07 and '08...earned Athlete of the Meet honors at the MSTCA freshman/sophomore meet in 2006, Bob McIntyre Relays in 2007 and MSTCA Coaches Elite Invitational in 2008...set Stoneham High records in 11 events, including the 200 (25.2), 300 (40.30), 300 hurdles (45.6) and high jump (5'7)...also set several Middlesex League records...team as 2006 outdoor Middlesex League champ and Class C relay champ...2007 indoor Div. III state champ and state relay champ...competed in the USATF national championship. **Personal:** Born Dec. 17, 1989...high honors student...majoring in Nursing...Class of 2013.



### ANGELIQUE MARCUS

*Junior • Middle Distance • Brentwood, N.Y. (St. John the Baptist)*

**2008-09:** Began the indoor season with a fourth-place finish in the 500 (1:19.48)...ran on NU's runner-up 4x800 relay (9:06.00) at the New England Championship...outdoors, placed fifth in the 800m in 2:16.65 at the CAA Championship...19th in 2:16.81 in the 800m at the New England Championship. **2007-08:** During the indoor season, took sixth in the 400m (1:00.96) at the Battle of Beantown...took 14th in the 500 (1:18.67) and ran on the runner-up 4x800 relay (9:14.57) at the New England Championship. **High School:** Ran for three years at St. John the Baptist High School...earned All-League honors all three years...named All-State as a junior...ran on school-record setting 4x400 and 4x800 relays. **Personal:** Born Aug. 27, 1988...majoring in Political Science...hopes to be a lawyer...Class of 2011.

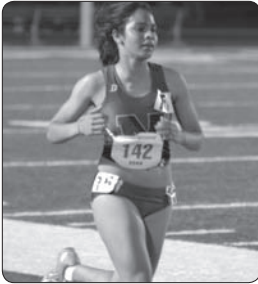


### BRITTNEY MARTIN

*Junior • Sprinter/Jumper • Sanford, Fla. (Seminole/Wisconsin)*

**2007-08:** Indoors, placed second in the 200 in 25.76 and ran on the winning 4x400 relay (3:52.87) at the Reebok Boston Indoor Games...at the New England Championship, was runner-up in the 400 (56.15), ran on the winning 4x400 relay (3:47.03)...outdoors, ran on the fifth-place 4x100 relay (46.60) and eighth-place 4x400 relay (3:51.11) at the CAA Championship. **Before NU:** Attended Wisconsin in 2006-07 before transferring to Northeastern...in high school, competed in track & field as a sprinter and long jumper all four years...two-year team captain...All-Conference selection every season...also competed for the AAU Central Florida Track Club 2006. **Personal:** Born April 12, 1988...uncle, Clifford Martin, was an All-American in football at Grambling State...majoring in Behavioral Neuroscience...Class of 2011.





## KRISTEN MARTIN

*Junior • Distance • Dracut, Mass. (Central Catholic)*

**2008-09:** In cross country, finished 18th at the Dartmouth Invitational in 21:12.7 (6K)... took 30th at the New England Championship, clocking in at 18:31...placed 14th at the CAA Championship with a time of 21:59 (6K)...finished the NCAA Northeast Regional Championship in 74th place with a time of 23:12.8 (6K)...indoors, set the NU record of 17:28.97 in the 5,000 while placing third in the Husky Winter Carnival...lowered her NU record to 17:23.60 while placing second in the 5,000 at the New England Championship... outdoors, won the 10,000 in an NU-record 36:35.57 at the CAA Championship. **2007-08:** In cross country, clocked in at 24:28 (6K) for 72nd overall at the CAA Championship... indoors, placed 12th in the 3,000 (10:29.30) at the New England Championship...outdoors,

took 19th in the 10,000 (40:16.57) at the CAA Championship. **High School:** Competed in track & field for four years and cross country for three...team captain for one year...All-Conference in cross country in 2004, '05 and '06...All-Conference in track in 2005 and '07...set school record in the two mile with a time of 11:17...member of Div. 2 indoor state champ team in 2005, '06 and '07...named Central Catholic High School Distance Runner of the Year in 2005 and '07. **Personal:** Born Feb. 22, 1989...majoring in Nursing...Class of 2012.



## BRITTANY MORIARTY CAPTAIN

*Senior • Middle Distance • Andover, Mass. (Andover)*

**2008-09:** Led Northeastern at every race during the cross country season, ran the second-best indoor mile (4:54.45) in NU history during the indoor season and set Husky outdoor records in the 1,500 (4:31.82) and 5,000 (16:44.03)...began the cross country season placing fourth at the Dartmouth Invitational...finished as the top runner from any CAA school (10th overall) at the George Mason Invitational with a time of 22:14 (6K)... ninth in the New England Championship...earned All-CAA honors by placing fifth at the CAA Championship in a time of 21:30 (6K)...placed 41st in the NCAA Northeast Regional Championship with a time of 22:35...indoors, won the mile (5:06.84) at the Husky Winter Carnival...won the 1,000-meter in 2:57.14 at the Colonial Invitational...ran a career-best

4:54.45 in the mile, just 0.25 off the winner, to place second at the New England Championship...outdoors, won the 5,000-meter in 17:35.63 at the Seahawk Invitational...broke her own Northeastern record with a time of 4:31.82 to place second in the 1,500 at the USF Quad Meet...broke the 20-year-old Northeastern record in the 5,000, running a time of 16:44.03 to place second at the CAA Championship. **2007-08:** During the cross country season, placed third with a time of 24:01 (6K) at the Hofstra Invitational...second Husky to cross the line at the CAA Championship, clocking in at 22:33 (6K) for 30th place...indoors, broke five minutes in the mile for the first time, running 4:59.84 for seventh at the New England Championship...broke the 23-year-old Northeastern outdoor record in the 1,500, running a 4:33.72 to place third at the CAA Championship. **2006-07:** In cross country, placed 24th at the CAA Championship with a 6K time of 23:13.55...redshirted the indoor season...outdoors, finished second in the 1500 (4:46.40) at the Snowflake Classic. **2005-06:** In cross country, placed 38th (23:58.04) in the CAA Championship...outdoors, won the 1500 in 4:46.40 at the Mason Spring Classic...placed 18th in the 800 (2:21.18) at the CAA Championship. **High School:** Member of outdoor track team all four years...team captain as a senior...also played soccer and basketball...Div. I state champ in the 800 her junior and senior year...also state champ in the 4x800 as a senior...earned All-Conference honors in 800 and 4x800 her final two years...a *Boston Globe* and *Boston Herald* All-Scholastic...set school records in 800 and 4x800...team was Div. I state champ in 2003 and 2005 and All-State champ in 2005...MIAA Outstanding Female Athlete of the Year as a senior...conference All-Star in soccer as a senior. **Personal:** Born Aug. 22, 1986...father, William, played baseball and was captain of the football team at Bates College... uncle, Brien, played football at Northeastern from 1982-86, earning three letters...majoring in Communications...Class of 2010.



## COURTNEY MORTIMER

*Junior • Middle Distance • Haverhill, Mass. (Haverhill)*

**2008-09:** In her only race of the year, placed fourth in the 800-meter in a time of 2:23.29 at the Husky Winter Carnival. **2007-08:** In cross country, finished 44th at the Quinnipiac Invitational with a time of 22:08...indoors, finished 16th in the 800 (2:25.80) at the Husky Winter Carnival...outdoors, placed third in the 800 (2:26.70) at the Husky Spring Open... took 14th in the 800 in a season-best 2:21.25 at the CAA Championship. **High School:** Competed in cross country, indoor and outdoor track for four years...served as captain in each sport her senior year...All-Conference three times in cross country...named Merrimack Valley Conference MVP for Haverhill High...set school record in 1000-meter (3:00.45)... member of cross country MVC champ in 2005 and '06...Finished third at the Division I Championship and fourth at the All-State meet in 2007. **Personal:** Born April 17, 1989...majoring in Criminal Justice...father, Tom, was an All-American middle distance runner for Northeastern and was inducted to the NU Hall of Fame in 1997...Class of 2012.





# NORTHEASTERN



## WOMEN'S PROFILES



### ANNIE SCULLY

*Junior • Distance • Niantic, Conn. (East Lyme)*

**2008-09:** In cross country, finished 50th in the CAA Championship clocking in at 23:25 (6K)...indoors, placed fourth in the steeplechase (11:10.44) at the CAA Championship...13th in the steeplechase (11:27.49) at the New England Championship.

**2007-08:** In cross country, finished 34th at the New England Championship (19:10)... finished 31st with a time of 23:08 (6K) at the CAA Championship...finished 78th at the NCAA Northeast Regional Championship (22:31)...indoors, placed fifth in the steeplechase (11:19.84) at the CAA Championship. **High School:** Four-year member of outdoor track and soccer teams...competed in indoor track for three seasons...captained all three teams her senior year...named All-State three times and All-New England twice...All-Eastern Connecticut Conference for all four years...named Track Athlete of the Year in 2006...won the 1600 (5:08) and 3200 (11:12) and at the ECC championships...All-ECC in soccer for twice and team MVP once. **Personal:** Born March 13, 1989...Political Science major...brother, Roger, was a goalkeeper for Vermont men's soccer team...enjoys playing guitar...Class of 2012.

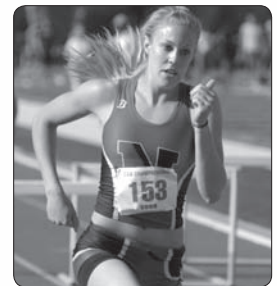


### KATIE SHERMAN CAPTAIN

*Senior • Thrower/Jumper • Dennis, Mass. (Dennis-Yarmouth/Boston College)*

**2008-09:** Outdoors, won the 100 hurdles (15.25) and 400 hurdles (1:06.19) at the Husky Spring Invitational...won the high jump at the Solomon Husky Invitational...at the CAA Championship, finished fifth in the 100 hurdles (14.36) and 400 hurdles (1:02.55) and tied for fifth in the high jump (5'3).

**2007-08:** Made NU debut at the Dartmouth Relays, placing second in the 60 hurdles (9.05), third in the high jump (5'4.25) and third in the heptathlon (3,378 points)...outdoor, won the 100 hurdles (14.69) and the high jump (5'6) at the Solomon Husky Invitational. **Before NU:** Competed at Boston College for two years. **High School:** Member of indoor and outdoor track teams at Dennis-Yarmouth for four years...won eight individual All-State titles, eight New England titles and two state pentathlon titles...set Massachusetts record in 100 hurdles (14.34)...set state meet record in 55 hurdles (8.11)...named *Boston Globe* Runner of the Year in 2004...earned All-America honors in the high jump and pentathlon...also played four years of varsity soccer and was named captain three times...two-time league MVP and Eastern Mass. All-Star. **Personal:** Born Dec. 16, 1986...majoring in Nursing...brother, Jack, ran for the Northeastern men's track team...sister, Melissa, was a New England champ at Boston College...Class of 2010.



### SARAH TROTMAN

*Sophomore • Sprinter • Cambridge, Mass. (Cambridge Rindge & Latin)*

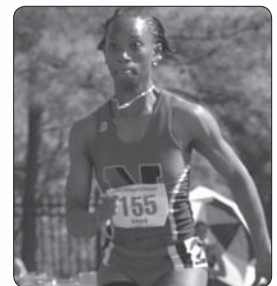
**2008-09:** Second in the 55m in 7.65 at the RCC Tigers All-Comers meet...ran on the winning 4x200 relay at the Dartmouth Relays...won the 200m (25.40) at the Boston Indoor Games...outdoors, at the CAA Championship, ran on the third-place 4x100 relay (46.50)...ran on the winning 4x100 relay (46.44) at the New England Championship. **High School:** Played indoor and outdoor track all four years at Cambridge Rindge and Latin...named GBL All-Star all four years in both indoor and outdoor...received the Coaches Award...named MVP...*Boston Globe* and *Boston Herald* All-Scholastic in the 4x200 team (twice) and the 200m her junior year...team was league champions, 4x200 D1 Champions, 4x200 All-State and 4x200 New England Champions...started competing in the Junior Olympics at age 10. **Personal:** Born Feb. 12, 1990...majoring in Business...enjoys shopping and traveling...Class of 2013.



### CONSANDRIA WALKER CAPTAIN

*Senior • Jumper/Sprinter • Hackensack, N.J. (Hackensack)*

**2008-09:** Opened the season with a win in the triple jump (39'1.75) at the Husky Winter Carnival...won the 55m (7.18) and long jump (18'9.75) at the Boston Indoor Games...won the long jump (18'6.5) at the New England Championship...outdoor, at the New England Championship, ran on the winning 4x100m relay (46.44). **2007-08:** Indoors, won the triple jump (37'11.5) at the Dartmouth Relays...outdoors, won the 100m (12.15) and triple jump (39'4.5) at the Solomon Husky Invitational...at the CAA Championship, took second in the triple jump with a career-best (40'9). **2006-07:** Indoors, won the 55m dash (7.27) at the Husky Winter Carnival...made the finals of the 60m at the ECAC Championship, finishing seventh (7.68)...outdoors, won the long jump (18'11.75) at the Snowflake Classic...took third in the triple jump (39'4), sat the CAA Championship. **High School:** Three-year track & field member and volleyball for one season...captained the track team for two years...named All-County, All-League, All-State and All-American...posted best marks in triple jump (39'8), long jump (18'7), 100-meter (12.1) and 200-meter (25.3). **Personal:** Born Aug. 17, 1988...majoring in Human Services with a minor in Sociology...Class of 2011.





NEWCOMERS

# TRACK & FIELD

GoNU.com

## SALEENA ABDUR-RASHED

*Sophomore • Hurdler • Bronx, N.Y. (Bishop Loughlin)*

**High School:** Four-year track and field member and captained one...*New York Daily News* CHSAA All-City All-Stars...holds the CHSAA indoor and outdoor hurdle record...three-time CHSAA indoor and outdoor champion in the 100m hurdle and the 55m hurdles...NSIC All-America in 2007 for the 60m hurdles and the 4x4...once a *New York Daily News* Athlete of the Week.

**Personal:** Born April 24, 1989...majoring in African American Studies...hopes to be a teacher...Class of 2012.



## KATIE BARRETT

*Freshman • Distance • Norfolk, Mass. (Bishop Feehan)*

**High School:** Four-year member of the cross country, indoor, and outdoor teams...captained the cross country and indoor teams her senior year...named a *Sun Chronicle* all-star all four years in cross country and track...set records in the 4 x mile and the distance medley relay her senior year...helped team to a Class C championship all four years. **Personal:** Born Jan. 7, 1991...plans to major in Psychology...enjoyed volunteer work throughout high school including weekly work at a daycare for underprivileged children...Class of 2013.



## JILLEENA DECARTERET

*Freshman • Vaultler • East Templeton, Mass. • Narragansett Regional*

**High School:** Four-year member on the indoor and outdoor track teams...was a three-time state champion in the pole vault from 2007-09...was the 2009 New England pole vault champion...two-time league champion in the pole vault...holds the pole vault records for her school, league and district...also set the New England record. **Personal:** Born August 16, 1991...plans to major in Nursing in hopes of becoming a pediatric nurse...Class of 2014.



## SARA HANCOCK

*Freshman • Jumper • Mt. Laurel, N.J. (Lenape Regional)*

**High School:** Two-year indoor track & field member and three-year outdoor track & field member...All-State indoor and outdoor track in 2007...All-American in the shuttle hurdles in '07...holds the county record in the triple jump...holds the school record in shuttle hurdles and 3x400 hurdles...varsity soccer for three years, captain for one...All-State in 2006-07...state champions in '07. **Personal:** Born Jan. 9, 1990...plans to major in Biology...hope to make a career in physical therapy...Class of 2012.



## SAMANTHA STABLE

*Freshman • Sprinter • Bradford, Mass. (Haverhill)*

**High School:** Four-year member of the indoor and outdoor track & field team...captained team for two...team's Most Outstanding Performer from 2006-09...Merrimack Valley Conference champion in 2009...All-Scholastic in 2008...holds the school record in the 100m (12.34)...holds the league record in the 50-yard dash (6.0)...personal record in the high jump (5'5)...2008 state champion in the 200m. **Personal:** Born June 25, 1991...plans on majoring in Physical Therapy...hopes to become a physical therapist...Class of 2015.



## JULIA WESTOVER

*Freshman • Thrower • Lebanon, N.H. (Lebanon)*

**High School:** Three-year outdoor and two-year indoor member of the track & field team...captained both the indoor and outdoor teams for one season...also a member of the field hockey team for two years and the basketball team for one...five-time All-State...won the state championship in the shot put in her junior and senior years...won the discus state championship as a senior...finished fifth in the weight throw at the Nike Nationals as a senior...member of the *Union Leader* All-State indoor team as a senior...holds every throwing record at Lebanon, including indoor shot put (37'10), outdoor shot put (38'0), discus (122'0) and weight throw (51'1)...member of the state champion indoor (2007-08) and outdoor track & field teams (2007-09). **Personal:** Born Feb. 4, 1991...father, David, was a distance runner at Northeastern in 1982...intends to major in Physical Therapy...Class of 2014.



## ERYN WHEELER

*Freshman • Distance • Coventry, R.I. (Coventry)*

**High School:** Four-year member of indoor and outdoor track teams...captained both teams her senior year...also ran three years for the cross country team, captaining one...Rhode Island distance MVP...Gatorade Player of the Year in 2009...Cox Communications Track Player of the Year in 2009...named team outdoor track MVP in 2008...won state 600m championship in 2008 and '09...won outdoor 1500m and 800m championship in 2009...set school records in the 4x2, 4x4, 1500, 400, 600, and 800...helped team win the state cross country championship in 2005...led team to indoor division championship in 2007. **Personal:** Born Oct. 10, 1991...mother, Phebe, ran track & field at Vermont in 1986...majoring in Psychology...Class of 2014.





# NORTHEASTERN



## INDOOR RECORDS



Kristie Gagnon

### NU's Indoor Championship Records

#### America East...

##### 55 Meter

Jackie Smith, 6.98 (1992)

##### 60 Meter

Nikiya Reid, 7.70 (1999)

##### 200 Meter

Ahndraea Allen, 24.15 (2004)

##### 60 Meter Hurdles

Nikiya Reid, 8.93 (1999)

##### High Jump

Nicole Parker, 5'8 (2001)

Janel Kozlowski, 5'8 (2003)

##### Pole Vault

Laura Chmielewski, 12'3.5 (2004)

##### Shot Put

Zara Northover, 52'9.5 (2004)

##### Pentathlon

Tramaine Shaw, 3607 (2005)

##### 4x400 Relay

3:48.46 (2005)

#### New England...

##### Shot Put

Zara Northover, 52'4 (2006)

##### 4x400 Relay

3:44.83 (2006)

## All-Time Women's Indoor Track & Field Lists

### 55 METER

1. 6.93	Jackie Smith	1991
2. 6.94	Shanae Henry	2/24/07
3. 6.99	Jordine Kimbrel	2/24/06
6.99	Porshe Giddings	1/23/09
5. 7.01	Ebony Jack	2/16/02

### 60 METER

1. 7.49	Jordine Kimbrel	1/5/02
7.49	Porshe Giddings	3/7/09
3. 7.53	Ebony Jack	1/5/02
4. 7.55	Nikiya Reid	1/6/01
5. 7.56	Shanae Henry	2/10/07

### 200 METER

1. 23.93	Jordine Kimbrel	3/5/06
2. 24.03	Shanae Henry	2/24/07
3. 24.15	Ahndraea Allen	2/21/04
4. 24.33	Joanna Russell	3/2/96
5. 24.35	Porshe Giddings	2/28/09

### 400 METER

1. 53.49	Ahndraea Allen	3/7/04
2. 55.73	Alison Warren	3/4/06
3. 55.96	Jordine Kimbrel	1/30/04
4. 56.15	Brittney Martin	2/29/08
5. 56.34	Yvonne Thomas	1992

### 500 METER

1. 1:13.75	Cheri Selby	1998
2. 1:15.05	Natalee Pennicooke	2/24/06
3. 1:15.45	DaviAnn Brown	1/19/03
4. 1:15.69	Teresa Brown	2/28/98
5. 1:16.58	Christina Hector	2/26/00

### 800 METER

1. 2:09.84	Joane Merlain	3/4/00
2. 2:12.28	Yasheka Taylor	2/26/94
3. 2:12.86	Sue Madden	1987
4. 2:13.33	Erin Ballard	2/19/05
5. 2:14.61	Christi Gallagher	2/28/08

### 1,000 METER

1. 2:51.04	Yasheka Taylor	1996
2. 2:54.13	Erin Ballard	3/5/06
3. 2:55.51	Amy Hicks	2/19/05
4. 2:56.05	Laura McCloskey	2/24/06
5. 2:56.06	Seri Gordon	2/28/08

### 1,500 METER

1. 4:30.43	Donna Petrsoch	1987
2. 4:49.1	Kate Kennedy	1/19/85
3. 4:53.4	Jeanne Hand	1982
4. 4:55.3	Yasheka Taylor	12/3/94

### MILE

1. 4:53.31	Donna Petrsoch	1986
2. 4:54.45	Brittany Moriarty	2/29/09
3. 5:01.03	Yasheka Taylor	2/5/94
4. 5:01.9	Mia Mahedy	2/4/84
5. 5:06.53	Stephanie Morrison	2/28/04

### 3,000 METER

1. 9:32.55	Donna Petrsoch	1986
2. 10:08.15	Kristen Martin	2/7/09
3. 10:14.54	Annie Scully	2/28/09
4. 10:14.6	Maryellen Ernst	1/12/85
5. 10:18.31	Jessica Barton	12/6/09

### 5,000 METER

1. 17:23.60	Kristen Martin	2/27/09
2. 17:40.99	Kristie Gagnon	12/1/07
3. 17:41.14	Maryellen Ernst	2/2/85
4. 17:49.65	Annie Scully	12/1/07
5. 18:16.12	Amber Cullen	2/21/03

### 55 METER HURDLES

1. 7.84	Kelly Toole	1984
2. 7.89	Tramaine Shaw	2/29/08
3. 7.90	Nikiya Reid	1/14/01
4. 7.91	Aquila Williams-Judge	1/16/05
5. 8.09	Lanyka Brown	2/22/97

### 60 METER HURDLES

1. 8.48	Nikiya Reid	2/27/99
2. 8.57	Aquila Williams-Judge	2/14/04
8.57	Tramaine Shaw	2/2/08
4. 8.79	Katherine Sherman	2/2/08
5. 8.85	Nubia Newsome	3/6/05

### HIGH JUMP

1. 5'8.75	Nicole Parker	1/6/01
5'8.75	Janel Kozlowski	2/7/04
3. 5'8	Andrea Clarke	2/28/98
5'8	Lisa Markland	12/4/93
5. 5'7	Katherine Sherman	2/2/08

### POLE VAULT

1. 13'9.25	Laura Chmielewski	3/12/05
2. 12'5.5	Olivia Kalinowska	2/24/06
2. 12'4.25	J. Bailey-Chandler	2/23/02
4. 12'1.5	Courtney MacLaren	3/1/03
5. 11'6	Brooke Borso	1/26/07

### LONG JUMP

1. 19'11	Dion Gardner	2/1/97
2. 19'8.75	Stephanie Pavao	3/6/94
3. 19'7.5	Aquila Williams-Judge	1/30/04
4. 19'3.75	Stephanie Pavao	1994
5. 19'2.25	Andrea Clarke	2/1/97

### TRIPLE JUMP

1. 41'7.25	Theresa Williams	2/23/02
2. 40'4.25	Lorna Barrett	2/16/91
3. 40'2	Andrea Clarke	2/28/98
4. 40'4.5	Stephanie Pavao	3/6/94
5. 39'9.75	Consandria Walker	2/10/07

### SHOT PUT

1. 53'11.75	Sandy Burke	1982
2. 52'9.5	Zara Northover	2/21/04
3. 47'7.5	Jacquelyne Sedgwick	2/23/96
4. 46'11.75	Theresa Findlay	3/5/95
5. 46'3.5	Crystal Corbeil	2/5/94

### WEIGHT THROW

1. 62'4.5	Theresa Findlay	1996
2. 58'4.75	Zara Northover	2/24/07
3. 58'3.25	Althea Charles	2/21/09
4. 56'10.25	Jacquelyne Sedgwick	2/22/97
5. 55'11.25	Crystal Corbeil	1/29/94

### PENTATHLON

1. 3685	Tramaine Shaw	1/13/08
2. 3643	Katherine Sherman	3/9/08
3. 3615	Andrea Clarke	2/27/98
4. 3538	Rosemary Harris	2/5/94
5. 3406	Nicole Parker	1/12/02

### 4x200 METER RELAY

1. 1:40.12	Gardner, Reid, Selby, Miller	1998
2. 1:40.17	Allen, Kimbrel, Brown, Jack	3/1/03
3. 1:40.41	Miller, Gardner, Reid, Selby	2/27/98

### 4x400 METER RELAY

1. 3:43.88	Briggs, Shaw, Warren, Allen	3/6/05
2. 3:44.02	Merlain, Kimbrel, Brown, Allen	3/9/03
3. 3:44.83	Kimbrel, Warren, Shaw, Briggs	2/24/06

### 4x800 METER RELAY

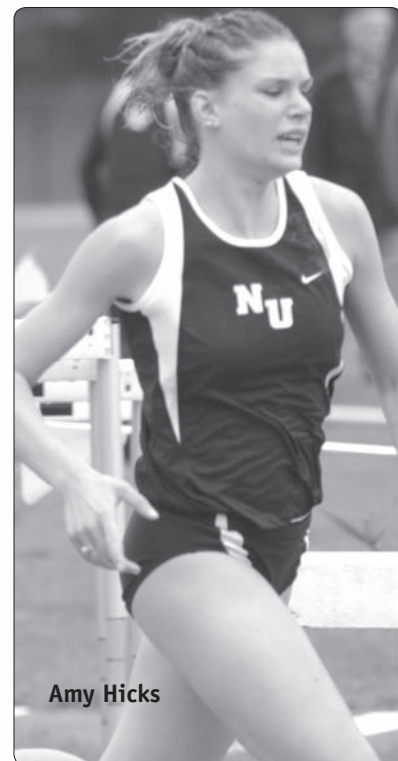
1. 9:00.22	McCloskey, Hicks, Bordwell, Ballard	2/26/05
2. 9:02.98	Pennicooke, Hicks, Bordwell, Ballard	2/28/04
3. 9:06.00	McCloskey, Gordon Marcus, Moriarty	2/28/09

### DISTANCE MEDLEY RELAY

1. 11:55.68	Hicks, Bynoe, Ballard, Watson	2/18/05
2. 11:59.32	Hicks, Warren, Ballard, Watson	2/4/05
3. 12:04.29	Moriarty, Wilson, McCloskey, Ballard	2/10/06



Laura Chmielewski



Amy Hicks

See the women's track & field archives on [www.GoNU.com](http://www.GoNU.com) for expanded all-time lists.



# OUTDOOR RECORDS

# TRACK & FIELD

GoNU.com

## All-Time Women's Outdoor Track & Field Lists

### 100 METER

1. 11.57	Porshe Giddings	4/18/09
2. 11.68	Jordine Kimbrel	4/1/06
3. 11.72	Ahndraea Allen	5/1/04
4. 11.78	Ebony Jack	4/21/01
5. 11.87	Nikiya Reid	5/5/01

### 200 METER

1. 23.80	Nikiya Reid	5/20/01
2. 23.92	Ahndraea Allen	5/1/04
3. 23.98	Jordine Kimbrel	5/14/06
4. 24.18	Porshe Giddings	3/28/09
5. 24.21	Shirley Licorish	1996

### 400 METER

1. 52.77	Ahndraea Allen	5/15/05
2. 55.82	Alison Warren	4/1/06
3. 56.34	Charity Briggs	5/8/05
4. 56.38	Sara Gilman	5/15/99
5. 56.47	Cheri Selby	1997

### 800 METER

1. 2:08.37	Joane Merlain	5/22/99
2. 2:11.04	Yasheka Taylor	1996
3. 2:11.3	Kate Kennedy	1983
4. 2:12.48	Amber Gibney	4/21/07
5. 2:12.60	Erin Ballard	4/21/06

### 1,500 METER

1. 4:31.81	Brittany Moriarty	3/28/09
2. 4:36.2	Donna Petrsorich	1985
3. 4:39.26	Yasheka Taylor	4/2/95
4. 4:40.61	Jessica Barton	4/11/09
5. 4:41.7	Mia Mahedy	1984

### 3,000 METER

1. 9:36.75	Donna Petrsorich	5/7/88
2. 9:52.4	Mia Mahedy	1983
3. 10:04.73	Brittany Moriarty	3/29/08
4. 10:22.49	Yasheka Taylor	4/20/96
5. 10:33.77	Kristen Martin	3/28/09

### 5,000 METER

1. 16:44.03	Brittany Moriarty	4/17/09
2. 16:44.2	Donna Petrsorich	1988
3. 17:00.81	Jessica Barton	4/17/09
4. 17:28.1	Mia Mahedy	1983
5. 17:42.51	Meaghan Shaw	5/9/03

### 10,000 METER

1. 36:35.57	Kristen Martin	4/17/09
2. 37:03.57	Kristie Gagnon	5/11/07
3. 38:08.48	Amber Cullen	5/3/03
4. 38:19.04	Jill, Buck	4/17/09
5. 38:35.87	Jamie Stewart	5/6/88

### 100 METER HURDLES

1. 13.58	Tramaine Shaw	5/17/08
2. 13.72	Nikiya Reid	5/15/99
3. 13.77	Aquila Williams-Judge	5/15/04
4. 13.98	Shirley Licorish	1996
5. 14.00	Kelly Toole	1984

### 400 METER HURDLES

1. 59.01	Shirley Licorish	1995
2. 59.88	Tramaine Shaw	4/19/08
3. 59.97	Cheri Selby	5/16/98
4. 1:01.35	Katherine Sherman	4/5/08
5. 1:02.0	Kelly Toole	1985

### 3,000 METER STEEPCHASE

1. 10:55.83	Jessica Barton	4/18/09
2. 11:08.45	Emily Watson	4/23/05
3. 11:10.44	Annie Scully	4/18/09
3. 11:26.42	Meaghan Shaw	4/19/03
4. 11:36.21	Kristie Gagnon	4/21/08

### HIGH JUMP

1. 5'10.5	Nicole Parker	2/24/04
2. 5'10	Lisa Markland	4/17/92
3. 5'8	Janel Kozlowski	3/22/03
4. 5'6.5	Nathalee Hayden	5/9/92
5'6.5	Andrea Clarke	4/3/98

### POLE VAULT

1. 13'3.75	Laura Chmielewski	5/8/04
2. 12'7.5	Olivia Kalinowska	4/21/06
3. 12'1.5	J. Bailey-Chandler	5/19/02
4. 12'0	Courtney MacLaren	5/10/03
5. 11'6.25	Brooke Borso	3/31/07

### LONG JUMP

1. 20'4.5	Dion Gardner	1997
2. 19'11.75	Tramaine Shaw	4/20/07
3. 19'11	Stephanie Pavao	5/14/94
4. 19'4.25	Aquila Williams-Judge	5/16/04
5. 19'3.25	Consandria Walker	4/18/08
19'3.25	Andrea Clarke	4/11/98

### TRIPLE JUMP

1. 41'11.25	Theresa Williams	4/7/00
2. 41'3.75	Stephanie Pavao	5/6/95
3. 40'9	Consandria Walker	4/21/08
4. 40'6	Lorna Barrett	4/13/91
5. 39'4	Dion Gardner	4/13/96

### SHOT PUT

1. 55'0.75	Zara Northover	5/13/07
2. 53'11.75	Sandy Burke	1982
3. 48'2.75	Jacquelyne Sedgwick	5/24/98
4. 47'6.5	Crystal Corbeil	1992
5. 46'6.25	Michelle Millane	1987

### DISCUS

1. 168'3.5	Theresa Findlay	1996
2. 162'3	Sandy Burke	1982
3. 155'10	Michelle Millane	1984
4. 145'6	Zara Northover	4/20/07
5. 136'3	Patricia Harrison	4/23/05

### HAMMER

1. 197'0	Theresa Findlay	6/1/96
2. 183'0	Crystal Corbeil	5/6/95
3. 167'7	Althea Charles	4/4/09
4. 163'11	Jacquelyne Sedgwick	5/16/98
5. 157'5	Zara Northover	4/20/07

### JAVELIN

1. 156'2	Eileen Crehan	1986
2. 142'6	Nancy Rowe	4/21/07
3. 137'0	Rosemary Harris	4/15/95
4. 134'1	Glenda Fernside	1982
5. 132'9	Colleen Sorenson	4/21/07

### HEPTATHLON

1. 4882	Nicole Parker	5/16/03
2. 4720	Rosemary Harris	1995
3. 4340	Ashley Wilson	4/21/07
4. 4127	Shaina Petit	5/9/09
5. 4073	Celeste Holder	4/18/09

### 4x100 RELAY

1. 45.59	Allen, Kimbrel, Shaw, Henry	5/15/05
2. 46.28	Allen, Kimbrel, Williams-Judge, Henry	5/1/04
3. 46.37	Allen, Jack, Jourdan, Kimbrel	4/5/03

### 4x200 RELAY

1. 1:37.82	Williams-Judge, Kimbrel, Shaw, Briggs	4/24/04
------------	---------------------------------------	---------

### 4x400 RELAY

1. 3:39.21	Allen, Kimbrel, Shaw, Briggs	3/15/05
2. 3:42.16	Henry, Jourdan, Williams-Judge, Allen	5/29/04
3. 3:43.62	Allen, Brown, Merlain, Kimbrel	3/22/03

### 4x800 RELAY

1. 8:59.98	Pennicooke, Hicks, Bordwell, Ballard	5/16/04
2. 9:00.74	Allen, Hicks, Jones, Merlain	4/26/03
3. 9:03.27	Izzicupo, Moriarty, Marcus, McCloskey	4/4/09

### SPRINT MEDLEY RELAY

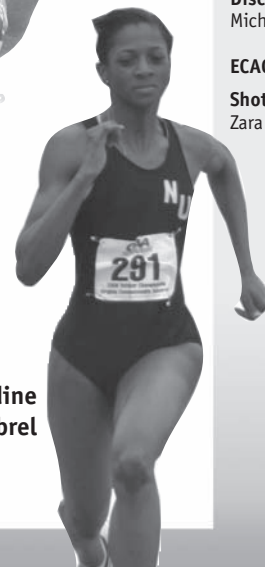
1. 3:57.41	Licorish, Gardner, Gill, Taylor	4/27/95
2. 4:05.88	Gilman, Jack, Reid, Hector	4/28/01

### DISTANCE MEDLEY RELAY

1. 12:31.06	Hicks, Warren, McCloskey, Watson	4/28/05
-------------	----------------------------------	---------



Theresa Williams



Jordine Kimbrel

## NU's Outdoor Championship Records

### CAA...

**100 Meter**  
Porshe Giddings, 11.57 (2009)

**100 Meter Hurdles**  
Tramaine Shaw, 13.71 (2007)

**400 Meter Hurdles**  
Tramaine Shaw, 59.88 (2008)

**Pole Vault**  
Olivia Kalinowska, 12'7.5 (2007)

**Shot Put**  
Zara Northover, 53'2.25 (2007)

### America East...

**100 Meter**  
Nikiya Reid, 11.87 (2001)

**200 Meter**  
Ahndraea Allen, 23.79 (2003)  
(set in preliminaries)

**400 Meter**  
Ahndraea Allen, 53.55 (2004)

**High Jump**  
Nicole Parker, 5'8 (2004)  
•Tied with champion

**Pole Vault**  
Laura Chmielewski, 13'1.5 (2004)

**Shot Put**  
Zara Northover, 48'10.25 (2004)

**Discus**  
Theresa Findlay, 160'1 (1994)

**Heptathlon**  
Nicole Parker, 4754 (2003)

**4x100 Relay**  
46.10 (2005)

**4x400 Relay**  
3:44.85 (2003)

### New England...

**Pole Vault**  
Laura Chmielewski, 13'3.75 (2004)

**Shot Put**  
Sandy Burke, 52'2.75 (1981)

**Discus**  
Michelle Millane, 155'10 (1984)

### ECAC...

**Shot Put**  
Zara Northover, 55'0.75 (2007)



# NORTHEASTERN



## AMERICA EAST HISTORY



**Ahndraea Allen**

### NU Women's Track America East Honors...

#### Indoor Track

Coach of the Year  
Sherman Hart  
1993, '94, '95, '96, '98

Coaching Staff of the Year  
Northeastern  
2003, '04, '05

Performer of the Year  
Joanna Russell, 1996  
Nikiya Reid, 2000, '01

Track Performer of the Year  
Ahndraea Allen, 2003, '04, '05

Field Performer of the Year  
Tramaine Shaw, 2005

Rookie of the Year  
Tramaine Shaw, 2005

Coaches Award  
Ahndraea Allen, 2005

#### Outdoor Track

Coach of the Year  
Sherman Hart  
1991, '94, '95, '96, '97, '99

Coaching Staff of the Year  
Northeastern  
2003, '04, '05

Scholar-Athlete of the Year  
Lidia Berdnikova, 1998, '99

Most Outstanding Performer  
Stephanie Pavao, 1995  
Dion Gardner, 1996, '98  
Nikiya Reid, 1999, 2000, 01

Track Performer of the Year  
Ahndraea Allen, 2003, '04, '05

Field Performer of the Year  
Meredith O'Connor, 2005

Rookie of the Year  
Tramaine Shaw, 2005

Coaches Award  
Ahndraea Allen, 2005

### Women's Indoor Track America East Champions

#### 55 Meter

1992 Jackie Smith, 6.98\*  
1994 Shirley Licorish, 7.26  
1995 Carolyn Gill, 7.25  
1996 Joanna Russell, 7.15  
1998 Dion Gardner, 7.15  
2000 Nikiya Reid, 7.05  
2001 Ebony Jack, 7.06  
2002 Ebony Jack, 7.01  
2003 Ebony Jack, 7.12  
2004 Ahndraea Allen, 7.06  
2005 Ahndraea Allen, 7.11

#### 60 Meter

1999 Nikiya Reid, 7.70\*

#### 200 Meter

1990 Rocquelle Gilmore, 25.89  
1991 Yvonne Thomas, 25.50  
1992 Yvonne Thomas, 25.19  
1994 Shirley Licorish, 25.14  
1996 Joanna Russell, 24.84  
1997 Carolyn Gill, 25.13  
1998 Shirley Miller, 24.95  
1999 Nikiya Reid, 25.01  
2000 Nikiya Reid, 24.99  
2001 Nikiya Reid, 25.38  
2002 Ahndraea Allen, 24.69  
2003 Ahndraea Allen, 24.49  
2004 Ahndraea Allen, 24.15\*  
2005 Ahndraea Allen, 24.35

#### 400 Meter

1990 Yvonne Thomas, 56.88  
1994 Carolyn Gill, 59.64  
1995 Carolyn Gill, 59.61  
1996 Cheri Selby, 57.60  
1998 Cheri Selby, 57.27  
2003 Ahndraea Allen, 56.71  
2004 Ahndraea Allen, 55.70  
2005 Ahndraea Allen, 55.23

#### 500 Meter

1990 Patrice Leahy, 1:17.23

#### 55 Meter Hurdles

1991 Al-Nisa Tucker, 8.38  
1992 Al-Nisa Tucker, 8.37  
1993 Simone Scott, 8.47  
1994 Simone Scott, 8.55

#### 55 Meter Hurdles (continued)

1996 Shirley Licorish, 8.44  
1998 Nikiya Reid, 8.17  
2000 Nikiya Reid, 8.08  
2001 Nikiya Reid, 8.11  
2004 Aquila Williams-Judge, 8.00  
2005 Tramaine Shaw, 8.09

#### 60 Meter Hurdles

1999 Nikiya Reid, 8.94

#### 4x400 Relay

1990 NU, 3:52.76  
1992 NU, 3:53.54  
1996 NU, 3:54.39  
1997 NU, 3:57.70  
1998 NU, 3:49.84  
1999 NU, 3:58.19  
2004 NU, 3:50.75  
2005 NU, 3:48.46\*

#### 4x800 Relay

1990 NU, 9:46.55

#### High Jump

1993 Lisa Markland, 5'7  
1995 Lisa Markland, 5'5  
1997 Andrea Clarke, 5'6  
1998 Andrea Clarke, 5'6  
2001 Nicole Parker, 5'8\*  
2002 Nicole Parker, 5'6  
2003 Janel Kozlowski, 5'8\*

#### Pole Vault

2004 Laura Chmielewski, 12'3.5\*  
2005 Laura Chmielewski, 11'3.75

#### Long Jump

1993 Erin Edwards, 18'5.75  
1994 Stephanie Pavao, 18'11.75  
1995 Dion Gardner, 17'11  
1996 Dion Gardner, 17'6.75  
1997 Dion Gardner, 18'11.75  
1998 Dion Gardner, 19'1.5  
1999 Andrea Clarke, 18'5.75  
2004 Aquila Williams-Judge, 18'5.75

#### Triple Jump

1991 Lorna Barrett, 40'4.25  
1994 Stephanie Pavao, 39'3.25  
1996 Dion Gardner, 38'2

#### Triple Jump (continued)

1998 Andrea Clarke, 38'6.75  
1999 Theresa Williams, 40'1.5  
2000 Theresa Williams, 38'11  
2001 Theresa Williams, 40'4.75

#### Shot Put

1991 Crystal Corbeil, 43'5  
1992 Crystal Corbeil, 45'0.25  
1993 Rosemary Harris, 45'1  
1994 Rosemary Harris, 44'7  
1995 Rosemary Harris, 44'11  
1996 Jacquelyne Sedgwick, 45'10  
1997 Jacquelyne Sedgwick, 46'10.25  
1998 Jacquelyne Sedgwick, 46'2.5  
1999 Jacquelyne Sedgwick, 46'9  
2003 Zara Northover, 51'8.5  
2004 Zara Northover, 52'9.5\*  
2005 Meredith O'Connor, 43'10.5

#### Weight Throw

1990 Sherri Herrer, 47'9.25  
1991 Crystal Corbeil, 43'5  
1992 Crystal Corbeil, 45'0.25  
1994 Theresa Findlay, 53'8.5  
1995 Theresa Findlay, 56'6  
1996 Theresa Findlay, 59'0.25  
1997 Jacquelyne Sedgwick, 55'7  
1998 Jacquelyne Sedgwick, 55'3.75  
1999 Jacquelyne Sedgwick, 55'10.25

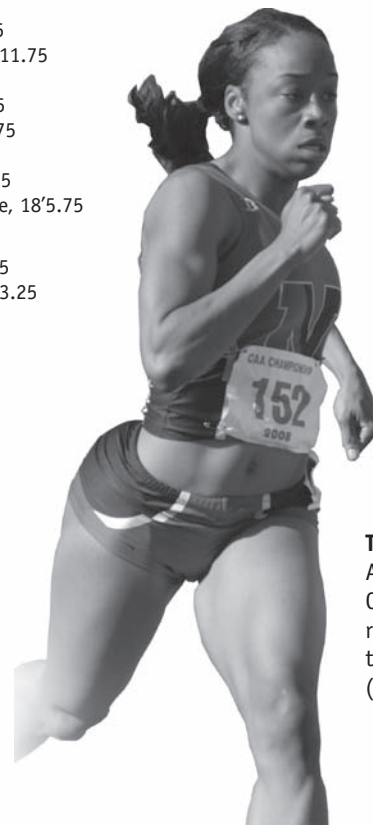
#### Pentathlon

2003 Nicole Parker, 3295  
2005 Tramaine Shaw, 3607\*

\*America East Championship record



**Lisa Markland**



**Tramaine Shaw**  
America East  
Championship  
record holder in  
the pentathlon  
(3,607 points).



## Women's Outdoor Track America East Champions

### 100 Meter

- 1989 Christine Corr, 12.1
- 1990 Christine Corr, 12.3
- 1991 Jackie Smith, 12.14
- 1992 Jackie Smith, 11.7
- 1994 Carolyn Gill, 12.35
- 1995 Carolyn Gill, 12.76
- 1996 Dion Gardner, 12.23
- 1998 Dion Gardner, 12.94
- 1999 Jamie Sims-Bello, 12.21
- 2000 Nikiya Reid, 11.94
- 2001 Nikiya Reid, 11.87\*
- 2002 Ebony Jack, 11.66w
- 2005 Jordyne Kimbrel, 11.69w

### 200 Meter

- 1989 Christine Corr, 25.9
- 1991 Jackie Smith, 24.5
- 1992 Yvonne Thomas, 25.19
- 1994 Carolyn Gill, 25.53
- 1995 Carolyn Gill, 25.82
- 1996 Carolyn Gill, 25.82
- 1998 Nikiya Reid, 25.25
- 1999 Nikiya Reid, 24.86
- 2000 Nikiya Reid, 24.56
- 2001 Nikiya Reid, 24.44
- 2002 Ahndraea Allen, 24.69
- 2003 Ahndraea Allen, 24.25
- 2004 Ahndraea Allen, 23.92
- 2005 Ahndraea Allen, 24.04

### 400 Meter

- 1990 Rocquell Gilmore, 57.60
- 1994 Lisa Markland, 58.75
- 1996 Cheri Selby, 57.71
- 1999 Sara Gilman, 56.99
- 2002 Ahndraea Allen, 56.36
- 2003 Ahndraea Allen, 54.58
- 2004 Ahndraea Allen, 53.55\*
- 2005 Ahndraea Allen, 53.98

### 800 Meter

- 1989 Ruth O'Hara, 2:17.0
- 1999 Joane Merlain, 2:11.13
- 2000 Joane Merlain, 2:11.64
- 2003 Joane Merlain, 2:09.98

### 1,500 Meter

- 1990 Ruth O'Hara, 4:43.40
- 1994 Yasheka Taylor, 4:49.07

### 5,000 Meter

- 1990 April Beaulieu, 19:23.6

### 10,000 Meter

- 1991 Nicole Arpiarian, 45:29.8

### 100 Meter Hurdles

- 1996 Shirley Licorish, 15.07
- 1997 Lanyka Brown, 14.79
- 1998 Nikiya Reid, 14.13
- 1999 Nikiya Reid, 14.41
- 2000 Nikiya Reid, 14.56
- 2001 Nikiya Reid, 14.33
- 2005 Tramaine Shaw, 14.03\*

### 400 Meter Hurdles

- 1995 Shirley Licorish, 1:00.74
- 1996 Shirley Licorish, 1:02.65
- 1997 Cheri Selby, 1:03.71
- 1998 Cheri Selby, 1:03.43
- 1999 Cheri Selby, 1:02.87
- 2005 Tramaine Shaw, 1:01.36

### 4x100 Relay

- 1990 NU, 48.40
- 1991 NU, 47.89
- 1992 NU, 48.42
- 1994 NU, 48.70
- 1995 NU, 47.53
- 1996 NU, 47.58
- 1997 NU, 47.84
- 1998 NU, 47.97
- 1999 NU, 47.04
- 2000 NU, 46.63
- 2001 NU, 46.88
- 2002 NU, 48.28
- 2003 NU, 46.71
- 2004 NU, 46.28
- 2005 NU, 46.10\*

### 4x400 Relay

- 1995 NU, 3:58.90
- 1998 NU, 3:53.53

### 4x400 Relay (continued)

- 1999 NU, 3:53.87
- 2000 NU, 3:50.91
- 2001 NU, 3:54.34
- 2002 NU, 3:53.38
- 2003 NU, 3:44.85\*
- 2004 NU, 3:44.88
- 2005 NU, 3:46.03

### High Jump

- 1992 Nathalee Hayden, 5'3
- 1993 Lisa Markland, 5'4
- 1994 Lisa Markland, 5'6
- 1995 Erin Kotel, 5'4
- 1997 Andrea Clarke, 5'6
- 2003 Nicole Parker, 5'7

### Pole Vault

- 2004 Laura Chmielewski, 13'1.5"
- 2005 Laura Chmielewski, 12'9.5"

### Long Jump

- 1991 Stephanie Pavao, 19'0.75
- 1992 Stephanie Pavao, 18'9.5
- 1994 Stephanie Pavao, 19'2
- 1995 Stephanie Pavao, 19'4.75
- 1996 Dion Gardner, 18'1.5
- 1997 Dion Gardner, 17'11.5
- 1998 Dion Gardner, 18'10

### Triple Jump

- 1991 Lorna Barrett, 40'6
- 1992 Stephanie Pavao, 38'0
- 1994 Stephanie Pavao, 40'10.5
- 1995 Stephanie Pavao, 41'3.75
- 1996 Dion Gardner, 37'1.75
- 1997 Andrea Clarke, 37'1.25
- 1998 Dion Gardner, 36'4
- 1999 Theresa Williams, 40'1.25
- 2000 Theresa Williams, 39'3.25
- 2001 Theresa Williams, 40'0

### Shot Put

- 1991 Crystal Corbeil, 44'7
- 1992 Crystal Corbeil, 44'8.25
- 1993 Theresa Findlay, 43'6.5
- 1994 Theresa Findlay, 45'4.25
- 1995 Crystal Corbeil, 46'6.75
- 1996 Rosemary Harris, 46'0
- 1997 Jacquelyne Sedgwick, 44'0
- 1999 Lidia Taylor, 43'10.5
- 2003 Zara Northover, 48'3.25
- 2004 Zara Northover, 48'10.25\*
- 2005 Meredith O'Connor, 42'8.75

### Discus

- 1993 Theresa Findlay, 143'1
- 1994 Theresa Findlay, 160'1\*
- 1996 Theresa Findlay, 149'7
- 2005 Meredith O'Connor, 135'7

### Hammer

- 1991 Crystal Corbeil, 151'7
- 1992 Crystal Corbeil, 162'1
- 1994 Theresa Findlay, 172'10
- 1995 Crystal Corbeil, 183'0

### Heptathlon

- 2003 Nicole Parker, 4754\*
- 2004 Nicole Parker, 4543
- 2005 Ashley Wilson, 4094

\*America East Championship record  
'w' indicates wind-aided time



Ashley Wilson

## America East Team Finishes...

With point totals in parentheses

### Indoor

- 1990 2nd (91)
- 1991 2nd (107)
- 1992 2nd (135)
- 1993 1st (160)
- 1994 1st (178)
- 1995 1st (180)
- 1996 1st (169.5)
- 1997 2nd (138)
- 1998 1st (180.5)
- 1999 2nd (171)
- 2000 3rd (97.5)
- 2001 3rd (103)
- 2002 2nd (111.5)
- 2003 1st (163)
- 2004 1st (179)
- 2005 1st (173.5)

### Outdoor

- 1989 4th (54)
- 1990 2nd (170)
- 1991 1st (170.5)
- 1992 1st (166.5)
- 1993 2nd (123)
- 1994 1st (212.5)
- 1995 1st (206)
- 1996 1st (179)
- 1997 1st (139)
- 1998 1st (149)
- 1999 1st (190)
- 2000 2nd (129)
- 2001 2nd (145)
- 2002 1st (139)
- 2003 1st (183.5)
- 2004 1st (193)
- 2005 1st (192)

## America East Cross Country...

Scholar-Athlete of the Year  
1998 Jill Sauro

Fastest NU time in an America East Championship:  
Yasheka Taylor 18:22.0  
(1994 at Orono, ME)



### Nikiya Reid

Winner of 19 conference titles and 12 New England titles



# NORTHEASTERN



## NEW ENGLAND HISTORY



**Jacquelyne Sedgwick**

### New England Indoor Finishes

Year	Place (Pts.)
1981	13th (13)
1982	6th (29)
1983	9th
1984	8th (27)
1985	5th (47)
1986	9th (13)
1987	8th (27)
1988	9th (31)
1989	10th (24)
1990	5th (47)
1991	6th
1992	3rd (67.33)
1993	2nd (72)
1994	2nd (101)
1995	2nd (107.5)
1996	1st (139)
1997	1st (130)
1998	2nd (123)
1999	1st (151)
2000	3rd (71)
2001	2nd (92)
2002	2nd (104)
2003	1st (140)
2004	7th (43)
2005	18th (12)
2006	2nd (116)
2007	2nd (107.5)
2008	2nd (80.5)
2009	2nd (61)

### New England Outdoor Finishes

Year	Place (Pts.)
1981	9th (29)
1982	10th (29)
1983	8th
1984	8th (34)
1985	2nd (70)
1986	2nd
1987	8th (39)
1988	9th (34)
1989	6th
1990	7th (40)
1991	3rd (61)
1992	2nd (88)
1993	3rd (82)
1994	2nd (115)
1995	2nd (79)
1996	1st (119.5)
1997	3rd (78)
1998	2nd (75.5)
1999	1st (81)
2000	4th (86)
2001	DNC
2002	2nd (95.5)
2003	13th (25.33)
2004	4th (61)
2005	26th (6)
2006	26th (6)
2007	DNC
2008	27th (6)
2009	3rd (57.5)

### Women's Indoor Track New England Champions

#### 55 Meter

1992	Jackie Smith, 6.97*
1996	Joanna Russell, 7.08
1999	Jamie Sims-Bello, 7.22
2001	Nikiya Reid, 7.15
2002	Ebony Jack, 7.07

#### 200 Meter

1995	Shirley Licorish, 24.88
1997	Carolyn Gill, 24.99
1999	Nikiya Reid, 25.25
2000	Nikiya Reid, 24.96
2001	Nikiya Reid, 25.16
2003	Jordine Kimbrel, 24.70
2006	Jordine Kimbrel, 24.07

#### 400 Meter

1997	Cheri Selby, 56.90
1998	Cheri Selby, 56.88
2003	Ahndraea Allen, 55.78
2006	Alison Warren, 55.77

#### 800 Meter

1996	Yasheka Taylor, 2:15.56
2003	Joane Merlain, 2:16.28
2006	Erin Ballard, 2:55.57

#### 1,000 Meter

2006	Erin Ballard, 2:55.57
------	-----------------------

#### 55 Meter Hurdles

1983	Kelly Toole, 8.04
1984	Kelly Toole, 8.03
1985	Kelly Toole, 8.14
1997	Lanyka Brown, 8.09
1999	Nikiya Reid, 7.95
2000	Nikiya Reid, 8.00
2001	Nikiya Reid, 7.96
2006	Tramaine Shaw, 8.08
2007	Aquila Williams-Judge, 8.00
2008	Tramaine Shaw, 7.89

#### 4x200 Relay

1996	NU, 1:40.76
1999	NU, 1:41.36
2000	NU, 1:42.68

#### 4x400 Relay

1990	NU, 3:51.85
2000	NU, 3:53.98
2006	NU, 3:44.83*
2008	NU, 3:47.03

#### 4x800 Relay

2004	NU, 9:02.98
------	-------------

#### High Jump

2003	Janel Kozlowski, 5'7
------	----------------------

#### Pole Vault

2004	Laura Chmielewski, 12'9.5
2006	Laura Chmielewski, 12'9.5
2007	Olivia Kalinowska, 12'2.5

#### Long Jump

1993	Stephanie Pavao, 18'5.25
1994	Stephanie Pavao, 19'3.75
1995	Dion Gardner, 18'7.25
1996	Dion Gardner, 19'9
1997	Dion Gardner, 18'11
1998	Dion Gardner, 19'1.25
1999	Andrea Clarke, 18'11.25
2009	Consandria Walker, 18'6.50

#### Triple Jump

1996	Dion Gardner, 39'1.5
1998	Andrea Clarke, 40'2
1999	Theresa Williams, 39'1.25
2000	Theresa Williams, 38'11
2001	Theresa Williams, 41'1.75

#### Shot Put

1980	Sandy Burke, 50'11
1981	Sandy Burke, 49'1.5
1982	Sandy Burke, 51'3
1985	Michelle Millane, 45'4.5
1987	Michelle Millane, 45'4

#### Shot Put (continued)

1994	Rosemary Harris, 46'0.5
1995	Theresa Findlay, 46'5.5
1996	Jacquelyne Sedgwick, 47'7.5
1997	Jacquelyne Sedgwick, 46'6
1998	Jacquelyne Sedgwick, 46'5.25
1999	Jacquelyne Sedgwick, 46'9.5
2003	Zara Northover, 50'8
2006	Zara Northover, 52'4*
2007	Zara Northover, 48'10

#### Weight Throw

1992	Crystal Corbeil, 52'1.75
1994	Theresa Findlay, 55'11.5
1995	Theresa Findlay, 59'11.75
1996	Theresa Findlay, 61'7
1998	Jacquelyne Sedgwick, 55'10.5
1999	Jacquelyne Sedgwick, 54'6.5
2007	Zara Northover, 58'4.75

#### Pentathlon

1998	Andrea Clarke, 3615
1999	Andrea Clarke, 3481
2002	Nicole Parker, 3325

\*Championship meet record

### Women's Outdoor Track New England Champions

#### 100 Meter

1990	Christine Corr, 12.16
1999	Jamie Sims-Bello, 12.05
2000	Nikiya Reid, 12.08
2009	Porshe Giddings, 11.57*

#### 200 Meter

1999	Nikiya Reid, 24.70
2000	Nikiya Reid, 24.39

#### 400 Meter

1996	Cheri Selby, 57.28
1999	Sara Gilman, 56.38

#### 880 Yard

1983	Kate Kennedy, 2:11.3
------	----------------------

#### 3,000 Meter

1987	Donna Petrsorich, 9:53.7
1988	Donna Petrsorich, 9:36.75

#### 10,000 Meter

2004	Amber Cullen, 38:16.60
------	------------------------

#### 100 Meter Hurdles

1984	Kelly Toole, 14.17
1997	Lanyka Brown, 14.27
1999	Nikiya Reid, 13.72
2000	Nikiya Reid, 14.03

#### 400 Meter Hurdles

1998	Cheri Selby, 59.97
------	--------------------

#### 4x100 Relay

1991	NU, 48.26
1996	NU, 47.05
2000	NU, 47.07
2009	NU, 46.44

#### 4x400 Relay

1996	NU, 3:52.69
1999	NU, 3:50.44

#### 4x800 Relay

2004	NU, 9:01.58
------	-------------

#### High Jump

1992	Nathalee Hayden, 5'6.5
1993	Lisa Markland, 5'6.5
1994	Lisa Markland, 5'6.5
2004	Nicole Parker, 5'8

#### Pole Vault

2002	Joanelle Bailey-Chandler, 12'0
2004	Laura Chmielewski, 13'3.75*

#### Long Jump

1992	Stephanie Pavao, 19'3.75
1994	Stephanie Pavao, 19'11
1995	Stephanie Pavao, 19'4.25
1996	Dion Gardner, 18'2.75
1997	Dion Gardner, 19'0.25

#### Triple Jump

1991	Lorna Barrett, 40'4.25
1992	Stephanie Pavao, 39'2.25
1994	Stephanie Pavao, 41'3.25
1995	Stephanie Pavao, 41'2.5
1997	Dion Gardner, 38'10.5
1999	Theresa Williams, 40'1.5
2000	Theresa Williams, 39'5.25
2002	Theresa Williams, 40'7

#### Shot Put

1980	Sandy Burke, 50'7.5
1981	Sandy Burke, 52'2.75*
1982	Sandy Burke, 50'8
1987	Michelle Millane, 46'6.25
1993	Theresa Findlay, 45'4.5
1994	Theresa Findlay, 45'4.5
1998	Jacquelyne Sedgwick, 45'11.25
2003	Zara Northover, 50'2
2004	Zara Northover, 51'2.25

#### Discus

1981	Sandy Burke, 154'4
1982	Sandy Burke, 149'8
1984	Michelle Millane, 155'10*
1985	Michelle Millane, 149'4
1987	Michelle Millane, 155'9
1996	Theresa Findlay, 153'6

#### Hammer

1994	Theresa Findlay, 179'0
1995	Crystal Corbeil, 176'7.75
1996	Theresa Findlay, 183'7

#### Heptathlon

2002	Nicole Parker, 4659
------	---------------------

\*Championship meet record



**Zara Northover**  
Four-time CAA  
Outdoor Champion



# TRACK & FIELD

GoNU.com

## CHAMPIONSHIP HISTORY

### Women's Outdoor Track CAA Champions

<b>100 Meter Dash</b>	<b>Long Jump</b>
2009 Porshe Giddings, 11.57*	2006 Tramaine Shaw, 19'4.75
	2007 Tramaine Shaw, 19'11.75
<b>100 Meter Hurdles</b>	<b>Shot Put</b>
2007 Tramaine Shaw, 13.71*	2006 Zara Northover, 51'7.75
2008 Tramaine Shaw, 13.74	2007 Zara Northover, 53'2.75*
<b>400 Meter Hurdles</b>	<b>Discus</b>
2007 Tramaine Shaw, 1:01.12	2007 Zara Northover, 145'6
2008 Tramaine Shaw, 59.88*	
<b>10,000 Meter</b>	<b>Hammer</b>
2009 Kristen Martin, 36:35.57	2007 Zara Northover, 157'5
<b>Javelin</b>	<b>4x400 Relay</b>
2009 Nancy Rowe, 138'1	2006 NU, 3:49.27
<b>Pole Vault</b>	
2006 Olivia Kalinowska, 12'7.5*	

\*Championship meet record

### CAA Championship finishes

Year	Finish	Points	Champion (Pts.)
2006	2nd	129.5	William & Mary (174.5)
2007	1st	163	Runner-up: William & Mary (156)
2008	2nd	122.5	William & Mary (162)
2009	4th	119.5	William & Mary (181)

### CAA Awards

Most Outstanding Track Performer: Tramaine Shaw (2007)  
 Most Outstanding Field Performer: Zara Northover (2007)  
 Coach of the Year: Sherman Hart (2007)

### ECAC Champions

#### Indoor

<b>200 Meter</b>
2006 Jordine Kimbrel, 23.93
<b>400 Meter</b>
2003 Ahndraea Allen, 53.97
2004 Ahndraea Allen, 53.49
2005 Ahndraea Allen, 54.07
<b>Shot Put</b>
2003 Zara Northover, 52'6.75
2004 Zara Northover, 51'4.25
2006 Zara Northover, 52'4
<b>Weight Throw</b>
1994 Theresa Findlay, 57'3
1995 Theresa Findlay, 61'7

#### Outdoor

<b>400 Meter</b>
2005 Ahndraea Allen, 52.77
<b>100 Meter Hurdles</b>
1997 Nikiya Reid, 14.21
<b>Shot Put</b>
1981 Sandy Burke, 51'9.5
1992 Crystal Corbeil, 47'6.5
2007 Zara Northover, 55'0.75
<b>Hammer</b>
1995 Crystal Corbeil, 178'10
1996 Theresa Findlay, 181'7

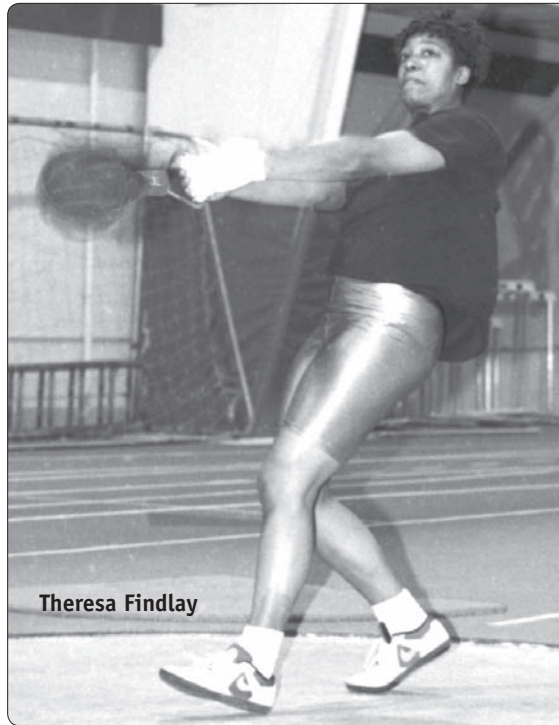
### NCAA Place-winners

#### Indoor

<b>Pole Vault</b>
2005 Laura Chmielewski 6th (13'9.25)
<b>Weight Throw</b>
1996 Theresa Findlay 5th

#### Outdoor

<b>Shot Put</b>
1982 Sandy Burke 6th (51'11)
<b>Hammer</b>
1996 Theresa Findlay 4th (197'0)



Theresa Findlay

#### Below:

The Huskies' women's track & field team became the first Northeastern University team to win a Colonial Athletic Association Championship when the team won the title at James Madison University in Harrisonburg, Va. Northeastern scored 163 points to edge William & Mary (156).

Northeastern was led in the field events by senior Zara Northover and in the track events by Tramaine Shaw. Northover was named CAA Field Athlete of the Year after winning the shot put, discus and hammer throw. Her winning throw of 53'2.25 in the shot put broke the CAA Championship record. Shaw won the 100 hurdles, 400 hurdles, long jump and ran the lead-off leg of the runner-up 4x400 relay. Her winning time of 13.71 in the 100 hurdles broke her Northeastern record of 13.74 from 2005 and broke the CAA Championship record of 13.73 set in 1997.

### CAA Cross Country

<b>2005</b>
Champ: William & Mary (35)
NU finish: 5th (163)
Top NU finisher: Emily Watson, 23rd (23:37.07)
<b>2006</b>
Champ: William & Mary (25)
NU finish: 6th (159)
Top NU finisher: Kristie Gagnon, 16th (22:53.09)
<b>2007</b>
Champ: William & Mary (40)
NU finish: 5th (133)
Top NU finisher: Kristie Gagnon, 14th, (22:33.8)
<b>2008</b>
Champ: William & Mary (27)
NU finish: 4th (95)
Top NU finisher: Brittany Moriarty, 5th (21:30)
<b>2009</b>
Champ: William & Mary (33)
NU finish: 7th (154)
Top NU finisher: Kristen Martin, 25th (22:27.72)

