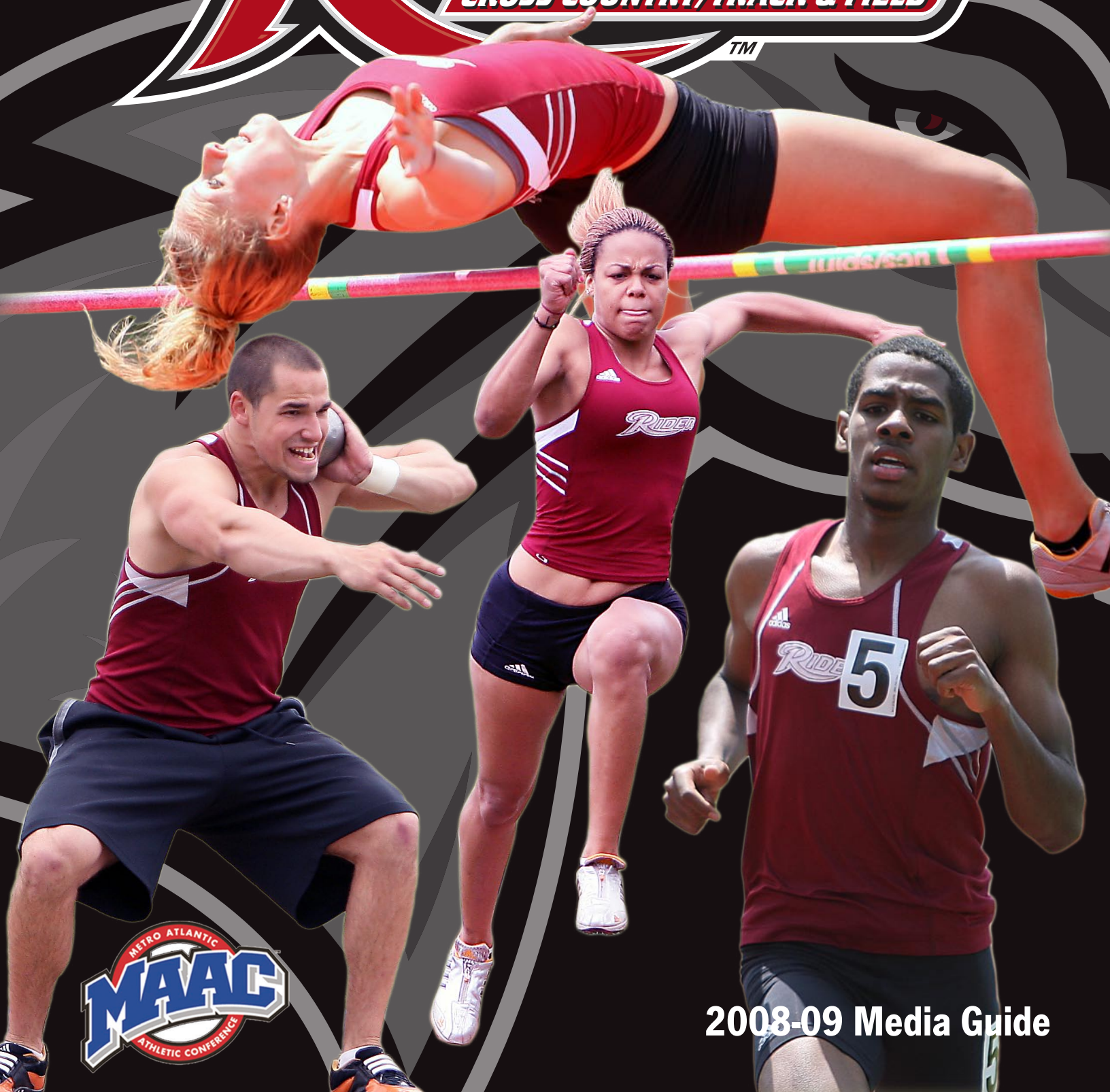


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# RIDER








CROSS COUNTRY/TRACK & FIELD









2008-09 Media Guide










# 2009 T.V./Radio Roster



 <b>Sprints</b> Senior 5'10" 170 lbs	 <b>Distance</b> Freshman 5'8" 140 lbs	 <b>Hurdles/Sprints</b> Freshman 5'8" 145 lbs	 <b>Throws</b> Freshman 5'5" 180 lbs	 <b>Distance</b> Junior 5'9" 128 lbs	 <b>Throws</b> Sophomore 6'3" 240 lbs	 <b>Distance</b> Senior 6'0" 143 lbs
<b>Terrell Anderson</b>	<b>Tom Banafato</b>	<b>Mike Bartoli</b>	<b>Steven Busch</b>	<b>Phillip Capaldi</b>	<b>John Clark</b>	<b>Matt Dahl</b>







 <b>Throws/PV</b> Freshman 5'8" 155 lbs	 <b>Distance</b> Sophomore 5'11" 143 lbs	 <b>Jumps/Hurdles</b> Freshman 6'1" 160 lbs	 <b>Pole Vault</b> Sophomore 5'9" 145 lbs	 <b>Distance</b> Freshman 5'11" 145 lbs	 <b>Hurdles/Sprints</b> Senior 6'3" 200 lbs	 <b>Distance</b> Junior 5'7" 126 lbs
<b>Jonathan Doyle</b>	<b>Christian Gonzalez</b>	<b>Adam Haun</b>	<b>Brian Leggett</b>	<b>Michael Lindner</b>	<b>Marcellus Manning</b>	<b>Robert McCullough</b>

 <b>Hurdles/Sprints</b> Freshman 6'2" 175 lbs	 <b>Sprints/Jumps</b> Senior 6'2" 180 lbs	 <b>Distance</b> Freshman 6'0" 150 lbs	 <b>Sprints</b> Sophomore 5'8" 160 lbs	 <b>Distance</b> Sophomore 6'0" 154 lbs	 <b>Distance</b> Freshman 5'8" 140 lbs	 <b>Distance</b> Sophomore 5'10" 135 lbs
<b>Ron Moore</b>	<b>A. J. Parillo</b>	<b>David Richardson</b>	<b>Derek Rodgers</b>	<b>Michael Soroko</b>	<b>David South</b>	<b>Peter Wandell</b>

 <b>Throws</b> Junior 6'1" 210 lbs	 <b>Throws</b> Junior 5'6"	 <b>Distance</b> Sophomore 5'2"	 <b>Distance</b> Junior 5'7"	 <b>Distance</b> Sophomore 5'5"	 <b>Sprints</b> Sophomore 5'0"	 <b>Distance</b> Senior 5'7"
<b>Brandon Wolf</b>	<b>Jennifer Alksmant</b>	<b>Chelsea Callan</b>	<b>Dominique Carnevale</b>	<b>Johanna Clarke</b>	<b>Shaylah Counts</b>	<b>Megan Crowe</b>

 <b>Sprints/Hurdles</b> Junior 5'8"	 <b>Distance</b> Junior 5'7"	 <b>Distance</b> Freshman 5'2"	 <b>Jumps/Hurdles</b> Senior 5'9"	 <b>Distance</b> Freshman 5'7"	 <b>Jumps/Hurdles</b> Senior 5'7"	 <b>Distance</b> Junior 5'7"
<b>Karlise Cureton</b>	<b>Kelly Dissinger</b>	<b>Heather Giovagnoli</b>	<b>Tabatha Haskins</b>	<b>Kelli Kaelin</b>	<b>Kelly Kajunski</b>	<b>Kelsey Kohler</b>

 <b>Distance</b> Junior 5'7"	 <b>Distance</b> Senior 5'10"	 <b>Hurdles/Sprints</b> Senior 5'7"	 <b>Sprints</b> Freshman 5'2"	 <b>Distance</b> Sophomore 5'4"	 <b>Distance</b> Freshman 5'6"	 <b>Throws</b> Junior 5'7"
<b>Lauren Lester</b>	<b>Patrice Mahoney</b>	<b>Ashley Maynard</b>	<b>Alexandria Nelson</b>	<b>Ashley O'Brien</b>	<b>Kristen Perrine</b>	<b>Alicia Price</b>

 <b>Distance</b> Freshman 5'2"	 <b>Sprints</b> Sophomore 5'4"	 <b>Distance</b> Senior 5'9"	 <b>Sprints</b> Sophomore 5'0"	 <b>Sprints/Jumps</b> Senior 5'4"	 <b>Distance</b> Freshman 5'6"	 <b>Distance</b> Senior 5'4"
<b>Amanda Quinones</b>	<b>Tiera Rice</b>	<b>Rebecca Riedel</b>	<b>Jullian Rubbico</b>	<b>Elizabeth Spokony</b>	<b>Laura Staples</b>	<b>Kelly Wojciehowski</b>

## Directions to Rider

### From New York and North Jersey:

From the New Jersey Turnpike: Take the NJ Turnpike South to Exit 7A (I-195 West). Follow I-195 West to the exit for I-295 North (Princeton). I-295 North will become I-95 South. Take Exit 7A off of I-95 South to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

From U.S. Route 1 South: take the exit for I-95 South (sign says "To Pennsylvania"). Bear right at junction, following signs for I-95 South (Pennsylvania). Take exit 7A off of I-95 South to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

### From Pennsylvania:

Take I-95 North, straight over the Delaware River into New Jersey. Take Exit 7A off of I-95 to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

From the Pennsylvania Turnpike: take the PA Turnpike east to Exit 28 (Philadelphia) and take U.S. Route 1 North to I-95 North. Continue on I-95 North, straight over the Delaware River into New Jersey. Take Exit 7A off of I-95 to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

### From the South:

Take I-295 North. I-295 North will become I-95 South. Continue on I-95 South and take Exit 7A off I-95 South to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

### From the East:

Take the Garden State Parkway to Exit 98 (I-195 West). Follow I-195 West to the exit for I-295 North (Princeton). I-295 North will become I-95 South. Take Exit 7A off of I-95 South to U.S. Route 206 South (Trenton). Rider is a quarter mile on the right.

**Location:** Lawrenceville, New Jersey

**Enrollment:** 5,757 (4,543 undergraduate)

**Founded:** 1865

**Academic Units:** College of Business Administration; College of Liberal Arts, Education and Sciences; College of Continuing Studies; and Westminster College of the Arts

**Colors:** Cranberry, White, Gray

**Nickname:** Broncs

**Athletic Affiliations:** NCAA Division I, ECAC

**Conference:** Metro Atlantic Athletic Conference (MAAC)

**President:** Dr. Mordechai Rozanski

**Athletic Director:** Don Harnum 609-896-5054

**Associate Athletic Director/SWA:** Karin Torchia 609-896-5249

**Associate Athletic Director:** Greg Busch 609-895-5642

**Faculty Athletics Representative:** Jonathan Husch, Ph.D.

**Coordinator Academic Support:** Sonya Hurt

**Manager Athletic Business Operations:** Lucy Sech 609-895-5650

**Head Coach:** Bob Hamer (Penn State '95)

**Assistant Coach:** Dudley Dorival

**Assistant Coach:** Joshua Russell

**Assistant Coach:** Shelly Hollingsworth

**Team Physician/Medical Consultant:** Tom Lardner, M.D.

**Head Athletic Trainer:** Tim Lengle, A.T.C.

**Assistant Athletic Trainers:** Henry Minarick, A.T.C., Karen Cote, A.T.C., Gina Dain, A.T.C.

**Home Course/Track:** Rider campus course, Rider campus track

**Sports Information Director:** Bud Focht 609-896-5138

**Assistant SID:** Brian Solomon 609-896-5135

**Athletics FAX:** 609-896-0341

**Athletics Hotline:** 609-219-2000, then #2

**Athletics Home Page:** [www.gobroncs.com](http://www.gobroncs.com)

## THE RIDER HOME CROSS COUNTRY COURSE

Although the course on the Rider campus was renovated in recent years, the history of the Bronc cross country program has never been more evident. Several former Rider greats are remembered on the course, made up almost entirely of grass and wooded trails, with a creek thrown in as a water hazard. The creek is now known as Breeden Brook, named for Jesse Breeden '96, the winner of the Northeast Conference Championship Meet in 1995.

After an open-area start, the course runs into the woods where the competitors will run down Anderson Alley, named for Tim Anderson '82 who still holds the Rider record of 17 career first-place finishes. Once the runners cross Lipkus Lane, named for Bill Lipkus '84, who held the record for the fastest time on the old 5.0 mile Rider course of 23:55, they run around Wheat's Meadow, named for Rider's first NCAA National cross country qualifier, Terence Wheat '87, and down Armstrong Avenue. Terrance Armstrong '94 was the Rider male athlete of the year in 1993-94, and still holds many Rider track records. The second loop of the course begins after crossing the Rivera Ravine, named for Hector Rivera '89, who won the New Jersey State Championship race and missed qualifying for the '87 Nationals by just ten seconds. The newest addition to the course is the first to be named for a woman, as the harriers have to scale Hilser Hill, named for Diana Hilser '96, the MVP of the original Rider women's cross country team. The course, which is run on the back of the campus behind the track, soccer fields and tennis courts, is fan-friendly, providing a large viewing area.

# ▶ HEAD COACH **BOB HAMER**

Rider University Cross Country/Track & Field Media Guide • 2009



**Bob Hamer**

Bob Hamer, the assistant coach of the Rider University cross country and track & field teams since 2003, was promoted to head coach in July of 2008.

"After a national search that produced over 80 applicants, it became clear that Bob Hamer is the best person to lead the men's and women's cross country/track & field program," said Rider Director of Athletics Don Harnum. "He has done a terrific job with the cross country and distance runners and I am confident that he can lead a broad based program at Rider to new competitive heights both in the classroom and in competition."

As an assistant coach, Hamer's primary duties were with the cross country and distance runners, as he is a USA Track & Field Level II certified coach for endurance events. In 2007 his men's cross country team placed a best-ever third in the Metro Atlantic Athletic Conference and 14th at the NCAA Regional while the women's cross country team placed a best-ever 22nd at the NCAA Regional.

"I am really excited about the opportunity to lead the men and women of the Rider cross country/track & field programs," said Hamer, who was twice a Track & Field All-American at Penn State University. "I look forward to contributing to the strong tradition and building a program that will be a great representation of the University and the Rider community. I want to thank Don Harnum for having the confidence in me as the person who can conquer the challenges for this great opportunity."

In his first year at Rider, the men's cross country team improved from seventh to fourth place in the MAAC Championship and the women distance runners contributed valuable points in winning the Outdoor MAAC Track & Field Championship. On the track his athletes have set men's records in the indoor 800m, indoor distance medley relay and indoor 4 x mile relay, and women's records in the indoor 1000, indoor mile, indoor 5000, indoor 4x800 and indoor 4 x mile relay.

In 2006, his men's cross country team placed 18th of 28 teams at the NCAA Regional and had two runners earn All-MAAC honors. His women's cross country team had an All-MAAC performer and was named All-Academic by the USTFCCCA.

"I am really proud of the academic accomplishments of our student-athletes," Hamer said. "They are dedicated and committed to academics and athletics and that is one of the reasons for our success at Rider. We try to recruit student-athletes who have academics as a priority and we are continually rewarded by their accomplishments in the classroom."

Hamer came to Rider from Saint Joseph's University, where he was an assistant coach. Before coaching at Saint Joseph's, Hamer was the head track & field coach at the Devon Preparatory School.

A 1995 graduate of Penn State, Hamer won the Big Ten Conference Championship in the 5000 meters. He twice helped the Nittany Lions finish among the top 15 teams in the nation in cross country.

Hamer received his master's degree in Sports Administration in 2000 from West Chester University.

Hamer and his wife Allison and daughters Kylie and Brynn reside in Phoenixville, Pa.



# ▶ ASSISTANT COACHES

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**Dudley Dorival**

Dudley Dorival of Ewing, a three-time Olympian, was hired as the Rider University Assistant Track & Field/Cross Country Coach in 2008.

"I am real excited to have Dudley join the staff at Rider," said Rider Head Coach Bob Hamer. "He has excelled at the highest competitive levels of track & field and will be a tremendous coach and mentor for our student-athletes."

A 1997 graduate of the University of Connecticut, where he was a four-time All-American, Dorival was a quarterfinalist at the Beijing Olympics in the 110m hurdles, a finalist at the Sydney Olympics in 2000 and a semifinalist at the Athens Olympics in 2004. He won a bronze medal at the 2001 World Championships and was a semifinalist at the 2003 World Championships.

"I've had great mentors and teachers in my career," said Dorival, who has also coached at Princeton University and Princeton High School, "and this position offers me an opportunity to give something back. I'm looking forward to it."

"He has a passion, enthusiasm, and excitement that will impact all areas of the track & field program at Rider,"

said Hamer, who was twice an All-American distance runner at Penn State.

Born in Elizabeth, New Jersey, Dorival represented Haiti in the Olympics.

"The chance to share the things I've learned has been a goal of mine," Dorival said. "I want to thank Coach Hamer and Rider University for this opportunity to contribute to the Rider tradition."



**Joshua Russell**

Joshua Russell of Neptune was hired as an assistant coach of the Rider University track & field team in 2008. Russell, a 2004 graduate of Wagner College, where he was the Northeast Conference Indoor Performer of the Year, works with the Rider throwers.

"Coach Russell will do an outstanding job coaching the throwers," said Rider head coach Bob Hamer. "He was a very accomplished student-athlete in college and he brings a tremendous amount of enthusiasm and competitive experience that will greatly benefit our student-athletes."

Russell was an NCAA qualifier in the shot put, winning the event at the NEC Championships and the IC4A Championships.

Russell was the Camp Strength and Conditioning Assistant at Wagner before spending a year in the United States Marine Corps.

"I am real excited to have him join the staff," Hamer said.



**Shelly Hollingsworth**

Shelly Hollingsworth of Somerset was hired as an assistant coach of the Rider University track & field team in 2008.

Hollingsworth came to Rider from Kean College, where she was the head coach of the men's and women's cross country and track & field teams 2000-2006, winning the New Jersey Athletic Conference Women's Coach of the Year award in 2005.

"Shelly is a very successful coach and she primarily works with the jumpers and vaulters," said Rider head coach Bob Hamer, "but she can also help the team in any event area."

Hollingsworth was an All-American at Penn State University in the Heptathlon, competing in the 1992 Olympic Trials in the hurdles. She set the Penn State record in the high jump. At Lakewood High School Hollingsworth was the New Jersey State Champion in the high jump and the 400 hurdles.

"Shelly was a tremendous high school and collegiate student-athlete who will be a great mentor to our student-athletes," said Hamer, who was twice an All-American at Penn State in the 1500 and medley relay.

"I am excited to have her on staff and I look forward to learning from her on a daily basis," Hamer said.

# ► WOMEN'S CROSS COUNTRY ROSTER

Rider University Cross Country/Track & Field Media Guide • 2009

Name	Ht.	Cl.	Hometown (High School)
Chelsea Callan	5-2	So.	Hazlet, N.J. (Raritan)
Dominique Carnevale	5-7	Jr.	Oceanport, N.J. (Shore Regional)
Johanna Clarke	5-5	So.	Laurelton, N.Y. (Mary Louis Academy)
Megan Crowe	5-7	Sr.	Philadelphia, Pa. (St. Hubert's)
Kelly Dissinger	5-7	Jr.	Landisville, Pa. (Hempfield)
Heather Giovagnoli	5-2	Fr.	Royersford, Pa. (Spring-Ford)
Kelli Kaelin	5-7	Fr.	Little Egg Harbor, N.J. (Pinelands Regional)
Kelsey Kohler	5-7	Jr.	Southampton, Pa. (Saint Basil's Academy)
Lauren Lester	5-6	Jr.	Schenectady, N.Y. (Mohonasen)
Patrice Mahoney	5-10	Sr.	Staten Island, N.Y. (Port Richmond)
Ashley O'Brien	5-4	So.	Edison, N.J. (John P. Stevens)
Kristen Perrine	5-6	Fr.	Brick, N.J. (Brick Township)
Amanda Quinones	5-2	Fr.	Trumbull, Conn. (Trumbull)
Kelly Wojciehowski	5-4	Sr.	Fair Haven, N.J. (Rumson-Fair Haven)

**Head Coach:** Bob Hamer (Penn State '95), 1st season

**Assistant Coach:** Dudley Dorival (Connecticut '97), 1st season

**Assistant Coach:** Shelly Hollingsworth (Penn State '92), 1st season

**Assistant Coach:** Josuah Russell (Wagner '04), 1st season

## WOMEN'S CROSS COUNTRY RECORDS

Fastest Time on Rider Course:

Amy O'Donnell (College of NJ) 18:00 1998

Fastest Time by a Bronc on Rider Course:

Keya Holmes 19:10 1996

Fastest Time by a Bronc on 5k:

Ulrike Bromme (Disney) 18:30.3 2000

Fastest Time by a Bronc on 6k:

Ulrike Bromme (Lehigh) 22:36 2000

Best Individual Finish at Conference Championship:

Ulrike Bromme 5th place 2000



# ► WOMEN'S TRACK & FIELD ROSTER

Rider University Cross Country/Track & Field Media Guide • 2009

<b>Name</b>	<b>Event(s)</b>	<b>Ht.</b>	<b>Cl.</b>	<b>Hometown (High School)</b>
Jennifer Alksmant	Throws	5-6	Jr.	Forked River, N.J. (Lacey Township)
Chelsea Callan	Distance	5-2	So.	Hazlet, N.J. (Raritan)
Dominique Carnevale	Distance	5-7	Jr.	Oceanport, N.J. (Shore Regional)
Johanna Clarke	Distance	5-5	So.	Laurelton, N.Y. (Mary Louis Academy)
Shaylah Counts	Sprints	5-0	So.	Newark, N.J. (Malcolm Shabazz)
Megan Crowe	Distance	5-7	Sr.	Philadelphia, Pa. (St. Hubert's)
Karlise Cureton	Hurdles/Sprints	5-8	Jr.	Harrisburg, Pa. (Susquehanna Twp.)
Kelly Dissinger	Distance	5-7	Jr.	Landisville, Pa. (Hempfield)
Heather Giovagnoli	Distance	5-2	Fr.	Royersford, Pa. (Spring Ford)
Tabatha Haskins	Jumps/Hurdles	5-9	Sr.	Medford, N.J. (Shawnee)
Kelli Kaelin	Distance	5-7	Fr.	Little Egg Harbor, N.J. (Pinelands Regional)
Kelly Kajunski	Jumps/Hurdles	5-7	Sr.	Glenmore, Pa. (Downington East)
Kelsey Kohler	Distance	5-7	Jr.	Southampton, Pa. (Saint Basil's Academy)
Lauren Lester	Distance	5-6	Jr.	Schenectady, N.Y. (Mohonasen)
Patrice Mahoney	Distance	5-10	Sr.	Staten Island, N.Y. (Port Richmond)
Ashley Maynard	Hurdles/Sprints	5-7	Sr.	Pen Argyl, Pa. (Pen Argyl)
Alexandria Nelson	Sprints	5-2	Fr.	Trenton, N.J. (Trenton Central)
Ashley O'Brien	Distance	5-4	So.	Edison, N.J. (John P. Stevens)
Kristen Perrine	Distance	5-6	Fr.	Brick, N.J. (Brick Township)
Alicia Price	Throws	5-7	Jr.	Voorhees, N.J. (Eastern)
Amanda Quinones	Distance	5-2	Fr.	Trumbull, Conn. (Trumbull)
Tiera Rice	Sprints	5-4	So.	Tappan, N.J. (Tappan Zee)
Rebecca Riedel	Distance	5-9	Sr.	Milton, Del. (Cape Henlopen)
Jillian Rubbico	Sprints	5-0	So.	Plains, Pa. (Coughlin)
Elizabeth Spokony	Sprints/Jumps	5-4	Sr.	Woodstown, N.J. (Woodstown)
Laura Staples	Distance	5-6	Fr.	Horsham, Pa. (Appalachian State) (Hatboro-Horsham)
Kelly Wojciehowski	Distance	5-4	Sr.	Fair Haven, N.J. (Rumson-Fair Haven)

**Head Coach:** Bob Hamer (Penn State '95), 1st season

**Assistant Coach:** Dudley Dorival (Connecticut '97), 1st season

**Assistant Coach:** Shelly Hollingsworth (Penn State '92), 1st season

**Assistant Coach:** Josuah Russell (Wagner '04), 1st season

# ► MEN'S CROSS COUNTRY ROSTER

Rider University Cross Country/Track & Field Media Guide • 2009

Name	Ht.	Wt.	Cl.	Hometown (Previous School)
Tom Banafato	5-8	140	Fr.	Bridgewater, N.J. (Bridgewater-Raritan)
Phillip Capaldi	5-9	128	Jr.	Woxall, Pa. (Souderton)
Matt Dahl	6-0	143	Sr.	West Keansburg, N.J. (Raritan)
Christian Gonzalez	5-11	143	So.	Somerset, N.J. (Franklin Twp.)
Michael Lindner	5-11	145	Fr.	White House Station, N.J. (Hunterdon Central)
Robert McCullough	5-7	126	Jr.	Plymouth Meeting, Pa. (La Salle)
David Richardson	6-0	150	Fr.	Fairless Hills, Pa. (Harry S. Truman)
Michael Soroko	6-0	154	So.	Kinnelon, N.J. (Kinnelon)
David South	5-8	140	Fr.	Sergeantsville, N.J. (Hunterdon Central)
Peter Wandell	5-10	135	So.	State College, Pa. (State College)

## MEN'S CROSS COUNTRY RECORDS

Fastest Time on old Rider Course:

Bill Reifsnnyder (Bucknell) 23:19 1983

Fastest Time by a Bronc on old Rider Course:

Bill Lipkus 23:55 1983

Fastest Time on new Rider Course:

Jason Capelli, TCNJ 25:12 1998

Fastest Time by a Bronc on new Rider Course:

Scott Keyser 25:39 1998

Best Individual Finish at Conference Championship:

Terence Wheat (ECC) 1st place 1985

Lance Hess (ECC) 1st place 1990

Jesse Breeden (NEC) 1st place 1996

Most First Place finishes

Tim Anderson 17 1979-82



# ► MEN'S TRACK & FIELD ROSTER

Rider University Cross Country/Track & Field Media Guide • 2009

Name	Event(s)	Ht.	Wt.	Cl.	Hometown (High School)
Terrell Anderson	Sprints	5-10	170	Sr.	Kansas City, M.O. (Belton)
Tom Banafato	Distance	5-8	140	Fr.	Bridgewater, N.J. (Bridgewater-Raritan)
Mike Bartoli	Hurdles/Sprints	5-8	145	Fr.	Millstone, N.J. (Allentown)
Steven Busch	Throws	5-5	180	Fr.	Montville, N.J. (Montville)
Phillip Capaldi	Distance	5-9	128	Jr.	Woxall, Pa. (Souderton)
John Clark	Throws	6-3	240	So.	Pennsville, N.J. (Pennsville)
Matt Dahl	Distance	6-0	143	Sr.	West Keansburg, N.J. (Raritan)
Jonathan Doyle	Throws-PV	5-8	155	Fr.	Staten Island, N.Y. (Susan Wagner)
Christian Gonzalez	Distance	5-11	143	So.	Somerset, N.J. (Franklin Twp.)
Adam Haun	Jumps/Hurdles	6-1	160	Fr.	Holland, Pa. (Council Rock South)
Brian Leggett	Pole Vault	5-9	145	So.	Old Chatham, N.Y. (Chatham)
Michael Lindner	Distance	5-11	145	Fr.	White House Station, N.J. (Hunterdon Central)
Marcellus Manning	Hurdles/Sprints	6-3	200	Sr.	Richland, N.J. (Buena)
Robert McCullough	Distance	5-7	126	Jr.	Plymouth Meeting, Pa. (La Salle)
Ron Moore	Hurdles/Sprints	6-2	175	Fr.	Nashville, Tenn. (John Overton)
Anthony (AJ) Parillo	Sprints/Jumps	6-2	180	Sr.	South River, N.J. (South River)
David Richardson	Distance	6-0	150	Fr.	Fairless Hills, Pa. (Harry S Truman)
Derek Rogers	Sprints	5-8	160	So.	Williamstown, N.J. (Winslow Township)
Michael Soroko	Distance	6-0	154	So.	Kinnelon, N.J. (Kinnelon)
David South	Distance	5-8	140	Fr.	Sergeantsville, N.J. (Hunterdon Central)
Peter Wandell	Distance	5-10	135	So.	State College, Pa. (State College)
Brandon Wolf	Throws	6-1	210	Jr.	Lititz, Pa. (Warwick)

**Head Coach:** Bob Hamer (Penn State '95), 1st season

**Assistant Coach:** Dudley Dorival (Connecticut '97), 1st season

**Assistant Coach:** Shelly Hollingsworth (Penn State), 1st season

**Assistant Coach:** Josuah Russell (Wagner '04), 1st season



## Jennifer Alksmant

Junior • Forked River, N.J. • Archbishop Ryan

Won the discus (39.71m) and placed third in the shot put (10.67m) and was fourth in the hammer (36.06m) at the 2008 MAAC Outdoor Championships...placed 22nd in the discus (41.45m) at the ECACs last spring... was fifth in the weight throw (11.73m) and seventh in the shot put (9.88m) at the 2008-09 MAAC Indoor Championships.



## Chelsea Callan

Sophomore • Hazlet, N.J. • Raritan

Placed third in the mile with a Rider record time (5:06.94) at the 2008-09 MAAC Indoor Championships...placed 16th overall (23:02.89) at the 2008 MAAC Cross Country Championships...holds the Rider Indoor record for the 1000 meters (3:02.22)... placed fifth in the 3000m Steeplechase (11:45.66) and eighth in the 800m (2:23.34) at the 2008 MAAC Outdoor Championships...placed eighth in the mile (5:17.84) at the MAAC Indoor Championships as a freshman..



## Megan Crowe

Senior • Philadelphia, Pa. • St. Hubert's

Placed third in the 3000m (10:30.91) at the 2008-09 MAAC Indoor Championships...placed seventh overall, covering the 6,000 meter course in 22:33.90 at the 2008 MAAC cross country championships, earning All-MAAC honors...cross country and track & field team captain... placed sixth in the 3000m Steeplechase (12:22.32) and 12th in the 800m (2:26.18) at the 2008 MAAC Outdoor Championships.



## Karlise Cureton

Junior • Harrisburg, Pa. • Susquehanna Twp.

Set a Rider record in winning the 100 hurdles (14.75) and placed ninth in the 200 meter (28.25) at Lafayette's Five-Way meet last spring...named the MAAC Performer of the Week for all competition January 28-February 4, 2008...broke the Rider record in the 60 meter hurdles (9.04) at Delaware's Thompson Invitational last winter...broke the Rider record in the 55 meter hurdles, running an 8.37 in the preliminaries at the 2007-08 Great Dane Invitational... was seventh in the 55 meter hurdles (8.79) and 11th in the 200 meter (27.34) at the 2008-09 MAAC

Indoor Championships.



## Tabatha Haskins

Senior • Medford, N.J. • Shawnee

Track & field team captain...placed second in the triple jump with a Rider record distance (11.63m) at the 2008-09 MAAC Indoor Championships, and was also second in the long jump (5.53m), third in the 55 meter hurdles (8.61), fifth in the shot put (10.16m) and fifth in the high jump (1.55m)... at the 2008 MAAC Outdoor Championships was second in the 100m hurdles (15.47), second in the triple jump (11.14m), fourth in the high jump (1.60m), fifth in the long jump (5.00m), and seventh in the discus (28.82m)...spent January 2008 studying in the Galapagos Islands...set the Rider outdoor records in the 100m hurdles (14.88, since been broken) and the triple jump (38'1.5")...placed second in the triple jump (11.26m), third in the 55m hurdles (8.57), fifth in the long jump (5.07m) and seventh in the high jump (1.50m) at 2007-08 MAAC Indoor Championships...placed second in the 100m hurdles (14.89) and third in the triple jump (11.10m) at the 2007 MAAC Outdoor Championships and also won a bronze medal in the 4 x 100 relay team...placed second in the 100m hurdles (15.54m), second in the triple jump (11.31m) and 11th in the shot put (9.52m) at the 2006 MAAC Outdoor Championships...at the 2005-06 MAAC Indoor Championships placed second in the 55m hurdles (8.47), second in the triple jump (11.47m) and third in the long jump (5.04m).



## Kelly Kajunski

Senior • Glenmore, Pa. • Downington East

Captain of the Track & Field team... finished tied for seventh in the high jump at the 2008-09 Indoor ECAC Championships, earning All-East honors for the fifth time...at the 2008 MAAC Outdoor Championships won the high jump (1.70m), was third in the long jump (5.16m), tied for fourth in the pole vault (2.15m) and was sixth in the triple jump (10.49m), 10th in the hammer (16.72m) and 13th in the javelin (17.32m), accounting for 24 team points to earn the Most Outstanding Female Field Performer of the Meet... placed 11th out of 21 in the high jump at the NCAA East Regional hosted by Florida State...at the 2007-08 ECAC Indoor Championships tied for fifth in the high jump, earning All-East honors for the third time...named the Most Outstanding Performer for field events at the 2007-08 MAAC Indoor Championships, winning the high jump (1.75m) while placing third in both the long jump (5.17m) and the triple jump (10.99m)...won the high jump (1.7m) at the NYU Fast Track Invitational, and high jumped 5'8.5" at the New Balance Invitational, just one quarter of an inch shy of her own Rider team record...high jumped 5'10" at the Outdoor ECAC Championships in 2007 to win the event...won the women's high jump with a MAAC Championship record of 1.75m at the 2007 Outdoor Championships...placed second in the high jump, fourth in the triple jump (10.95m), fourth in the pole vault (2.30m) and sixth in the long jump at the 2008-09 MAAC Indoor Championships.



Committee Chair Don Harnum presents Kelly Kajunski with the MAAC Championship Most Outstanding Performer Award in Spring 2008.



## Kelsey Kohler

Junior • Southampton, Pa. • Saint Basil's Academy

Finished third in the 5000m with a Rider record time (18:19.33) at the 2008-09 MAAC Indoor Championships...placed fourth in the 5000m at the 2008 MAAC Outdoor Championships...set the Rider Outdoor record in the 5000m (18:10.29)...placed fourth among Broncs, 69th overall of 225 runners in 20:09 at the 2008 ECAC Cross country Championships...placed sixth among Broncs, 36th out of 123 runners (23:42.36) at the 2008 MAAC Cross Country Championships.



## Lauren Lester

Junior • Schenectady, N.Y. • Mohanosen

Placed fourth in the mile with a Rider record time of 5:12.36 at the 2007-08 MAAC Indoor Championships...placed fifth in the mile (5:11.19) at the 2008-09 MAAC Indoor Championships...at the 2008 MAAC Outdoor Championships was sixth in the 1500m (4:56.95) and 14th in the 800m (2:26.39).



## Alicia Price

Junior • Voorhees, N.J. • Eastern

Won the weight throw (15.69m) and was third in the shot put (11.17m) at the 2008-09 MAAC Indoor Championships...won the hammer (45.48m) and placed second in the shot put (12.06m) and fifth in the discus (31.80m) at the 2008 MAAC outdoor Championships...won the weight throw (14.95m) and placed third in the shot put (11.67m) at the 2007-08 MAAC Indoor Championships...placed 17th in the weight throw with a distance of 13.70m at the 2007-08 ECAC Indoor Championships



## Elizabeth Spokony

Senior • Woodstown, N.J. • Woodstown

Track & Field team captain...placed second in the long jump (5.25m), third in the triple jump (11.07m) and eighth in the high jump (1.45m) at the 2008 MAAC Championships...set the Rider record in the triple jump at Princeton's Larry Ellis Invitational with a jump of 38'7.5", and also won the triple jump at the Rider Invitational with a jump of 38'.

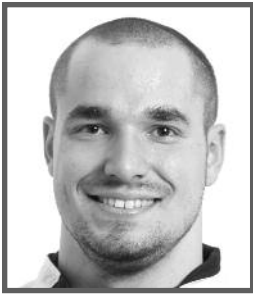


## Kelly Wojciehowski

Senior • Fair Haven, N.J. • Rumson Fair Haven

Captain of the Cross country and Track & field teams...placed eighth among the 123 women runners in 22:38.17 to earn All-MAAC cross country honors in 2008...placed 16th of 225 runners at the 2008 ECAC cross country championships, covering the 5,000m course in 19:09, setting a new Rider record for the Van Cortlandt course, breaking the old mark by 26 seconds... placed fourth in the 5000m (18:32.23) at the 2008-09 MAAC Indoor Championships...was fourth in the 10,000m (38:59.57) at the 2008 MAAC Outdoor Championships...at the 2008 NCAA

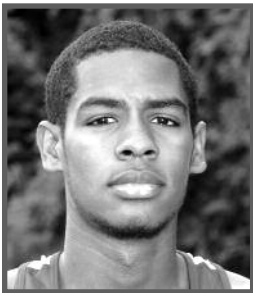
Regional cross country meet placed first for the Broncs, 77th overall among the 188 runners, covering the 6,000 meter course in 24:13...named to the MAAC All-Academic team during the winter of 2007-08 and again in the spring of 2008 and the fall of 2008...placed fourth in the 5,000m with a Rider record time of 18:21.86 at the 2007-08 MAAC Indoor Championships...placed fifth in the 3,000 with a personal record (10:36.84) at the Great Dane Classic last winter...placed first for the Broncs at the 2007 MAAC cross country championships, 13th overall, covering the 6k race in 23:26.2 to earn All-MAAC honors.



## John Clark

Sophomore • Pennsville, N.J. • Pennsville

Won the discus (47.44m) and placed second in the shot put (14.66m) and was fourth in the hammer (43.46m) at the 2008 MAAC Outdoor Championships...placed 10th in the discus (47.96 m) at the IC4As last spring, just missed qualifying for the finals... won the discus (47.19m) at the Rider Invitational last spring and at the Lafayette (47.42m) Five Way... was second in the shot put (14.93m) and third in the weight throw (16.82m) at the 2008-09 MAAC Indoor Championships.



## Christian Gonzalez

Sophomore • Somerset, N.J. • Franklin Twp.

All-MAAC honors in cross country in 2008, placing seventh, covering the 8,000 meter course in 24:50.29 and was just the second non-Iona runner to finish...set the Rider cross country record for the Lehigh course at the Paul Short Run, covering the 8,000m course in 24:43...ran on Rider-record setting Distance Medley Relay at the Indoor IC4As...finished first among Broncs in every cross country race he ran in 2008... placed fifth in the mile (4:15.72) at the 2008-09 MAAC Indoor Championships...was sixth in the 1500m (4:00.67) and 11th in the 800m (2:01.27) at the 2008 MAAC Outdoor Championships...won the 3000 meter (9:00.92) at Lafayette's Five Way meet last spring.



## Matt Dahl

Senior • West Keansburg, N.J. • Raritan

Cross Country and Track & Field team captain...placed second among Broncs, 22nd (26:18.84) overall at the 2008 MAAC Cross Country Championships...placed 56th in 26:55 at the 2008 IC4A Cross country Championships... placed second among Broncs, 130th (27:30) overall out of 301 at the Penn State National cross country meet... placed eighth in the 5000m (15:34.38) at the 2008-09 MAAC indoor Championships.



## Brian Leggett

Sophomore • Old Chatham, N.Y. • Chatham

Won the pole vault (4.42m) at the 2008-09 MAAC Championships...was sixth in the pole vault (3.82m) at the 2008 MAAC Outdoor Championships.



## Marcellus Manning

Senior • Richland, N.J. • Buena

Won the 55m hurdles (7.77) at the 2008-09 MAAC Indoor Championships...placed ninth in the 200m dash (23.67)...an IC4A qualifier in the 55m hurdles...as a freshman finished third in the 110m hurdles and fourth in the 400m hurdles (57.41) at the 2006 MAAC Outdoor Championships...placed fourth in the 55m hurdles (7.93) at the 2005-06 MAAC Indoor Championships.



## A.J. Parillo

Senior • South River, N.J. • South River

Won the 400m (48.95) and placed third in the 200m (22.51) at the 2008 MAAC Outdoor Championships...ran on Rider record setting DMR at the 2007-08 IC4A Indoor Championships...named to the MAAC All-Academic team again last spring...placed third in the 400m at the 2006 MAAC Outdoor Championships...won the 400 (49.87) at the 2007 Lafayette Invitational...a member of the Rider varsity soccer team in the fall.



## Mike Soroko

Sophomore • Kinnelon, N.J. • Kinnelon

Rider's top finisher at the 2008 IC4A Cross country Championships, placing 47th of 235 runners, covering the five mile course in 26:46...placed fifth among Broncs 35th (27:00.37) overall at the 2008 MAAC Cross Country Championships...placed third among Broncs, 131st (27:32) overall among the 301 runners at the Penn State National cross country meet...placed 10th in the mile (4:33.81) at the 2008-09 MAAC Indoor Championships.



## Brandon Wolf

Junior • Lititz, Pa. • Warwick

Track & Field team captain... placed fourth in the weight throw (16.13m) and fourth in the shot put (13.66m) at the 2008-09 MAAC Indoor Championships...was fourth in the shot put (12.73m) and fifth in the discus (36.66m) was fifth in the hammer (39.68m) and sixth in the javelin (45.66m) at the 2008 MAAC Outdoor Championships.

# ► WOMEN'S INDOOR RECORDS

Rider University Cross Country/Track & Field Media Guide • 2009

Event	Athlete	Performance	Meet/Place	Date
55m	Katrina Brown	7.30	MAAC-Manhattan	2/17/01
60 yd.	Katrina Brown	7.34	Lafayette	12/2/00
60m	Katrina Brown	7.88	Penn State	1/26/01
55m hurdles	Karlise Cureton	8.37	Armory	1/25/08
60m hurdles	Karlise Cureton	9.04	at Delaware Inv.	2/2/08
200m	Carla Wynter	25.31	Rider/Laf. Armory	2/13/05
300m	Sheree Duval	41.01	Princeton	12/11/99
400m	Sheree Duval	56.41	Boston	2/13/99
500m	Sheree Duval	1:13.17	Penn State	2/12/00
800m	Jennifer Gramata	2:18.62	East Stroudsburg	2/4/01
1000m	Chelsea Callan	3:02.22	Armory	2008
1500m	Kathleen Evans	5:05.68	NEC-FDU	2/19/94
1 mile	Chelsea Callan	5:06.94	Armory-MAAC	2008-09
2 miles	Uli Bromme	11:44.64	Lafayette	12/2/00
3000m	Uli Bromme	10:33.64	Armory Inv.	2/8/02
5000m	Kelsey Kohler	18:19.33	Armory-MAAC	2008-09
High Jump	Kelly Kajunski	5'8.75"		2007
Long Jump	Ashley Miller	18' 4.25"		2006
Triple Jump	Tabatha Haskins	11.63m	Armory-MAAC	2008-09
Pole Vault	Rebecca Clatch	10'10"	Armory	2008
Shot Put	Jazmine Fenlator	48' 6.75"		2007
20 lb. weight	Jazmine Fenlator	57' 11.75"	Princeton	2006
4x55m Hurdles	Cureton, O'Connor, Kajunski, Haskins	33.53		2007
4x 400m	Reid (58.6), White (59.5), Wynter (58.6), Gramata (57.5)	3:54.02	Armory Inv.	2/14/04
4x 200m	Cureton (26.8), Crotty (26.7), Spokony (26.6), Chin (27.0)	1:47.44		2007
4x 800m	Crowe, Dissinger, Callan, Clarke	9:45.85		2008
DMR	Alexander (3:53.9), Duval (57.3), Gramata (2:20.6), Bromme (5:17.8)	12:29.56	Penn State	2/12/00
4xmile	Lester, Kohler, Crowe, Wojciehowski	22:28.35		2008

# ► WOMEN'S OUTDOOR RECORDS

Rider University Cross Country/Track & Field Media Guide • 2009

Event	Athlete	Performance	Meet/Place	Date
100m	Lillian Laboy	12.01	George Mason/ECAC	5/21/94
200m	Sheree Duval	24.75	Monmouth	3/26/00
400m	Sheree Duval	54.30	George Mason/ECAC	5/22/99
800m	Sheree Duval	2:15.30	Virginia	4/10/99
1500m	Adrienne Alexander	4:47.81	Virginia	4/15/00
3000m	Ulrike Bromme	10:31.64		2002
3000m SC	Ulrike Bromme	11:38.50		2002
5000m	Kelsey Kohler	18:10.29		2008
10,000m	Ulrike Bromme	38:35.02		2002
100m hurdles	Tabatha Haskins	14.75		2008
400m hurdles	Genesis Small	62.46	Princeton	5/8/99
Pole Vault	Jen Riley	10'7"	Rider/MAAC's	5/4/03
High Jump	Kelly Kajunski	5'10"		2007
Long Jump	Mechea Medine	18' 1.50"		2005
Triple Jump	Liz Spokony	38' 7.50"		2008
Shot put	Jazmine Fenlator	48' 8.25"		2006
Discus	Jazmine Fenlator	164'7"		2007
Hammer	Jazmine Fenlator	178'7"		2007
Javelin	Rebecca Clatch	141'4"		2007
4 x 100m	Duval, Wilson, Small, Humphrey	48.61	James Madison	5/16/98
4 x 200m	Wilson, Small, Rak, O'Neill	1:45.14	Colonial Relays	4/5/97
4 x 400m	Johanson (60.3), Duval (54.2), Vaughan (58.3), Small (55.8)	3:48.92	Princeton	5/8/99
4 x 800m	Duval (2:17.1), Alexander (2:21.5), Holmes (2:22.8), Raymond (2:25.8)	9:27.81	Penn Relays	4/22/99
SMR	Antoine (26.5), Cirillo (26.4), Vaughan (60.2), Gramata (2:16.9)	4:10.43	Penn Relays	4/27/01
DMR	Alexander (3:50.9), Vaughan (59.3), Johanson (2:28.4), Bromme (5:17.5)	12:36.23	Duke	4/7/00
SHR	Cirillo (15.3), Sura (14.9), Diana (15.3), Clement (15.9)	61.35		2002

# ► MEN'S INDOOR RECORDS

Rider University Cross Country/Track & Field Media Guide • 2009

Event	Athlete	Performance	Date
55m	David Payne	6.36	2007
60yds	Stan Darby	6.38	1984
60m	David Payne	6.81	2006
55m h hurdles	Charles Lackey	7.38	1989
60m h hurdles	Justin Lindsey	7.95	2/12/00
200m	David Payne	21.35	2006
300yds	Elliot Benson	31.74	1984
300m	David Payne	34.88	2006
400m	Bruce Johnson	48.28	1/25/96
500m	Ayo Owodunni	1:03.65	2006
600yds	Dave Maggette	1:12.70	1983
800m	Andre Fearon	1:52.69	2007
800yds	Marc McKithen	1:53.39	1996
1000yds	Ken Lehman	2:14.10	1982
1000m	Ron Brock	2:25.54	1991
1500m	Terence Wheat	3:53.80	1986
1 mile	Terrance Armstrong	4:09.11	1994
2 miles	Terence Wheat	9:05.00	1986
3000m	Terence Wheat	8:14.20	1985
3 miles	Bill Lipkus	14:00.80	1985
5000m	Bill Lipkus	14:32.70	1985
High Jump	Bill Pearson	7'0.25"	1988
Long Jump	Dwayne Robinson	23'11"	1993
Triple Jump	Mavis Polk	49'2.50"	12/13/02
Pole Vault	Chris Giaculli	15'6"	1/20/01
Pentathlon	Randy Woodard	3,512 pts	1988
Shot Put	Adam Slaninko	51'2.25"	1/19/96
35 lb. weight	Olushola Ijalana	56'6.75"	2/3/03
Shuttle Hurdle	Lackey, McFarlane, Cardona, Woodard	29.24	1993
Mile Relay	Johnson, Tarello, McKithen, Lopez	3:16.51	2/95
SMR	Slusher, Joseph, Herr, Smith	3:32.24	1988
DMR	Gonzalez (3:03.57), Parillo (48.86), Wandell (1:55.21), Smith (4:12.65)	10:00.61	2008
2 mile relay	Armstrong, Aschmies, Calhoun, Vinson	7:44.0	1991
4x200	Nixon (22.3), Hamilton (22.1), Parillo (21.7), Payne (21.9)	1:28.40	2007
4x800	Owodunni (1:55.4), Mesina (1:54.5), Lado (1:55.6), Ramos (1:52.6)	7:38.29	3/6/04
4xMile	Smith (4:17.35), Soroko (4:22.55), Gonzalez (4:25.70), Dahl (4:42.33)	17:48.46	2008

# ► MEN'S OUTDOOR RECORDS

Rider University Cross Country/Track & Field Media Guide • 2009

Event	Athlete	Performance	Date
100m	David Payne	10.46	2007
200m	David Payne	21.10	2007
400m	Bruce Johnson	47.84	5/95
800m	Marc McKithen	1:50.68	5/95
1500m	Terrance Armstrong	3:46.02	5/95
	Ken Lehman	3:46.00 (h)	1982
5000m	Terence Wheat	14:05.60	1986
10,000m	Bill Lipkus	29:34.70	1985
3000m steeplechase	Terrance Armstrong	8:56.15	4/94
110m high hurdles	Charles Lackey	14.04	1988
400m inter. hurdles	Jose Lopez	50.36	5/94
Pole Vault	Chris Giaculli	16'4"	2000
High Jump	James Murray	6'11.5"	2000
Long Jump	Desmond Hamilton	25'8.25"	2007
Triple Jump	Marcus Edghill	51'3"	1986
Shot put	Doug Beck	52'6"	2006
Discus	Doug Beck	172'4"	2005
Old Javelin Wt. Composition	Jeff Tice	204'2"	1981
Current Javelin Wt. Composition	Andrew Dagenais	202'0"	2005
Hammer	Danny Enck	176'4"	2007
Decathlon	Bob Schultz	6,509 pts	1971
4 x 100m	Payne, Harris, Reid, Hicks	41.11	2004
4 x 200m	Payne, Hill, Hamilton, Harris	1:26.24	2006
4 x 400m	Lopez (46.5), Tarello (47.5), McKithen (47.1), Johnson (46.6)	3:08.20	1995
	Loughran (1:53.2), Lampert (1:52.8), Breedon (1:52.8), McKithen (1:51.5)	7:30.26	1996
4 x 1500m	Brock, Breedon, Armstrong, S. McGhee	16:20.9	1994
SMR	Pearson, Lackey, Gant, Joseph	3:24.26	1989
DMR	Armstrong, Lopez, Johnson, S. McGhee	9:50.1	1994
Shuttle hurdles	McFarlane, Cardona, Lackey, Lackey	58.88	1989



**2008-09**

**Back row:** Laura Staples, Robert McCullough, Brian Leggett, Alicia Price, David South, Mike Bartoli, Ashley Maynard, Rebecca Riedel, Tabatha Haskins, Kristen Perrine, Jonathan Doyle, Tom Banafato, Steven Busch, Kelli Kaelin.

**Middle row:** Head Coach Bob Hamer, Amanda Quinones, Derek Rogers, Terrell Anderson, Ron Moore, Adam Haun, Kelly Kajunski, Marcellus Manning, Karlise Cureton, John Clark, Matt Dahl, Brandon Wolf, Michael Soroko, David Richardson, Michael Lindner, Phillip Capaldi, Heather Giovagnoli, Assistant Coach Joshua Russell, Assistant Coach Dudley Dorival.

**Front row (sitting):** Alexandria Nelson, Jillian Rubbico, Tiera Rice, Shaylah Counts, Elizabeth Spokony, Ashley O'Brien, Kelly Dissinger, Kelsey Kohler, Lauren Lester, Johanna Clarke, Chelsea Callan.

# RIDER

CROSS COUNTRY/TRACK & FIELD

## Schedule • 2008-09

### CROSS COUNTRY SCHEDULE

#### September

Sat.	6	Fordham Invitational	Van Cortlandt Park, N.Y.
Sat.	13	The Old Nassau Run	Princeton, N.J.

#### October

Fri.	3	Paul Short Invitational	Bethlehem, Pa.
Fri.	17	Penn State National Invite	University Park, Pa.

#### November

Sat.	1	MAAC Championships	Lake Buena Vista, Fla.
Sat.	15	NCAA Mid-Atlantic Regional Championship	Princeton, N.J.
Sat.	22	IC4A/ECAC Championships	Van Cortlandt Park, N.Y.
Mon.	24	NCAA Championships	Terre Haute, Indiana

### INDOOR TRACK & FIELD SCHEDULE

#### December

Sat.	6	New Year's Invitational	Princeton, N.J.
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#### January

Sat.	10	Penn State Relays	University Park, Pa.
Fri.	16	NYC Gotham Cup	168th Street Armory, N.Y.
Fri.	23	Great Dane Classic	168th Street Armory, N.Y.
Sat.	31	Thomson Invitational	Newark, Del.

#### February

Fri-Sat	6-7	New Balance Invitational	168th Street Armory, N.Y.
Fri.	13	Rider/Lafayette Invitational	168th Street Armory, N.Y.
Fri.	20	MAAC Championships	168th Street Armory, N.Y.
Fri.	27	NYU Fast Track Invite	168th Street Armory, N.Y.

#### March

Sat-Sun	7-8	IC4A/ECAC Championships*	Boston, Mass.
Fri-Sat	13-14	NCAA Championships*	College Station, Texas

### OUTDOOR TRACK & FIELD SCHEDULE

#### March

Sat.	28	at Lafayette 5-Way	Easton, Pa.
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#### April

Fri.-Sat.	3-4	at Duke Invitational	Durham, N.C.
Sat.	11	RIDER INVITATIONAL	Lawrenceville, N.J.
Fri.-Sat.	17-18	at Larry Ellis Invitational	Princeton, N.J.
Thu.-Sat.	23-25	at Penn Relays	Philadelphia, Pa.
Sat.	25	at TCNJ Invitational	Ewing, N.J.

#### May

Sat.-Sun.	2-3	MAAC CHAMPIONSHIPS	Lawrenceville, N.J.
Fri.-Sun.	15-17	at ECAC/IC4A Championships *	Princeton, N.J.
Sat.-Sun.	29-30	at NCAA Regional Championships *	Greensboro, N.C.

#### June

Wed.-Sat.	10-13	at NCAA Championships*	Fayetteville, Arkansas
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HOME MEETS IN CAPS

\*Qualifiers Only

