

# St. Lawrence University NCAA Championship and Finalist Teams

*(updated June 18, 2025)*

## **1976 Football Team – Semifinalist**

The first team in program history to be awarded an NCAA tournament bid, the 1976 football team set a record for victories in a season with nine and finished with a 9-2 record after a memorable 38-36 loss to Towson State in Maryland in the NCAA semifinals. Mitch Brown, Kirk Dempsey and Ron Pelligra were named All-Americans.

## **1976 Men's Swimming Team – National Champion**

The 1976 Men's Swimming Team used two relay and two individual national titles to clinch the NCAA Division III national championship. Scott Frame won the 200 free and Jeff Cook won the 100 free, while the team of Doug Arthur, Brad Porter, Cook and Frame won the 400 medley relay. Jim Brush, Cook, Frame and Garry Weischedel won the 800 free relay.

## **1980 Men's Swimming Team – Third Place**

Three years after winning the 1976 NCAA Division III national championship, head coach Bob Northrup's 1980 squad finished third in the nation amongst a field of 104 teams. Nick Nichols won three individual national titles and earned All-America honors in six events. Also earning All-America finishes were Stuart Whiteside, Tim Malach, Paul Edwards, Jim Clary, Sean Keane and Mike Quinn.

## **1982 Football Team – Semifinalist**

The second St. Lawrence football team to go undefeated and untied in the regular season, the 1982 team staged a thrilling comeback in the NCAA quarterfinal game against Wagner to set the record for wins in a season with 10. The season ended in a highly competitive loss to Augustana College in the semifinal game. Jim Smith, Ed Szott, Steve Kuno, Mark Ferrante and Craig Gleason were named All-Americans.

## **1982 Men's Swimming Team – Third Place**

The 1982 men's swimming program continued to impress as it earned its third top-three finish at the NCAA Championships in eight years. Nick Nichols, Fritz Bedford, Mike Quinn, Sean Keane, Tom Corper and Jim Clary each earned All-America honors.

## **1987 Men's Indoor Track & Field Team – Second Place**

The 1987 Men's Indoor Track & Field Team led the competition into the final event at the NCAA Div. III Championship before Wisconsin-LaCrosse placed three in the top-five in the triple jump to edge the Saints by 1.5 points. Tim McCrossen and Jukka Tammissuo were national champions in the 400 meter and 1500 meter, respectively, and were All-Americans. Joining McCrossen and Tammissuo in garnering All-America honors were Jarri Kiiski, Rich Wright, Chris Dunlay, Marty Dumoulin, Tom Plimpton, Jay Disotelle and Ben Garfield.

## **1987 Men's Outdoor Track & Field Team – Third Place**

The 1987 team had four individuals compete in the NCAA Outdoor Championships, and all four earned All-America honors in the team's third place finish. Tim McCrossen was the outdoor 100 meter champion, while Marty Doumolin was All-America in the 10,000 to become the first three-season All-America in Saints cross country and track and field history. Chris Dunlay and Rich Wright also earned All-America finishes, each setting St. Lawrence records in the throw.

## **1988 Wrestling Team – National Champion**

The "Iron Five", made up of Brian Read, Dan Keating, Pat Conners, Kevin Bishop and John Canty, won the 1988 NCAA Division III Wrestling championship to become the second team in St. Lawrence history to earn an NCAA title. Conners was a heavyweight champion and head coach John Clark garnered national Coach of the Year honors, while all five Saints earned All-America honors.

### **1988 Men's Indoor Track & Field Team – Second Place**

The 1988 men's indoor track & field team continued the success of the year before, finishing second in the NCAA Div. III Indoor Championships. Alexander Grelland set an NCAA Division III record in winning the pole vault, while Tim McCrossen and Wright repeated All America finishes and were joined by Dean Burns in the 1500

### **1989 Women's Field Hockey Team – Semifinalist**

The first team to earn a win in the NCAA Division III tournament in program history, the 1989 field hockey team beat Muhlenberg 1-0 in the opening round. After it defeated Bloomsburg 2-1 in the quarterfinals, St. Lawrence fell to the eventual tournament champion Lock Haven by the score of 4-0. Rinna Carroll earned All-America honors as she was named to the honorable mention team.

### **1989 Women's Lacrosse Team – Semifinalist**

The 1989 women's lacrosse team topped Johns Hopkins 9-7 in the NCAA quarterfinal before it fell to Trenton State 11-7 in the semifinal. Andrea Ribaud and Lisa Sher were named First Team All-Americans, while Alison Rogers and Vickie Pierce were tabbed for the Second Team. Head coach Dotty Hall earned NCAA Division III Coach of the Year as she led the young Saints squad, which set several program records during the season, to a 13-3 overall record.

### **1990 Women's Lacrosse Team – Finalist**

The first St. Lawrence women's team to appear in a national title game, the 1990 women's lacrosse team took a 15-game win streak into the finals, but fell in a heartbreaking 7-6 loss to Ursinus. Andrea Ribaud, Alison Rogers, Lisa Sher and Vicki Pierce earned First Team All-America honors.

### **1999 Men's Soccer Team – National Champion**

The 1999 men's soccer team became the first Division III squad to finish a season with a perfect 22-0-0 record en route to the national championship. The Saints defeated Alma 2-0 in the semifinal before they topped Wheaton by the same score to cap the unblemished season in the NCAA title game. Dan Annan Jr. was named the National Player of the Year, while head coach Bob Durocher earned national Coach of the Year honors. Ali Montacer joined Annan Jr. as a first team All-American, while Ryan Carruth and Nick Hillary earned a spot on the second team.

### **2002 Men's Soccer Team – Semifinalist**

The 2002 men's soccer team defeated Ithaca (2-1), Amherst (1-0) and Arcadia (2-0) before it fell to the eventual tournament champion Messiah by the score of 3-0. Head Coach Bob Durocher led the Saints to a 16-2-3 record despite losing 11 players from the year before and was selected as NSCAA/Adidas Northeast Region Coach of the Year. Shawn Watson '03 was named a first team All-American.

### **2001-02 Women's Basketball Team – Finalist**

The 2001-02 St. Lawrence women's basketball team rode a 14-game win streak into the NCAA Tournament Championship game but fell in a 67-65 heartbreaker to Wisconsin-Stevens Point. The Saints finished the season with a 28-4 overall record. Meredith Eisenhut was named the WBCA's Player of the Year and also earned All-American honors.

### **2009 Women's Cross Country Team – Second Place**

The 2009 women's cross country team, led by Wendy Pavlus' individual national championship, posted a second place finish at the NCAA Division III Championship race. Johannah Ludington and Jenna Hulton placed 12th and 15th, respectively, joined Pavlus in garnering All-American honors.

### **2010 Men's Cross Country Team – Third Place**

The St. Lawrence University men's cross country team posted a third place overall finish at the 2010 NCAA Championship race and the program's best finish ever. Leading the Saints was Steve Kiplagat who earned fourth place overall as well as All-American honors. John Johnston and Jeremy Mwenda also finished in the top-20 to earn All-America status.

### **2010 Women's Indoor Track & Field – Third Place**

Alyssa Pirinelli and Wendy Pavlus won individual national championships in the shot put and the 5000 meters, respectively, to give the St. Lawrence University women's track and field program a third place overall finish in a 59-team field at the NCAA Div. III Indoor Championship. The duo earned All-America honors as they combined for 24 total points.

### **2016 Men's Lacrosse Team - Semifinalist**

The first St. Lawrence men's lacrosse team to advance to the NCAA Tournament semifinals since 1979, the Saints earned an at-large bid to the tournament after posting a 15-1 record in the regular season that included a program record 8-0 start. The Saints beat New England College, Springfield College and Amherst College in the first three rounds, all at home on North Country field, before falling to Tufts in the semifinal game. Conor Healey, Charlie Duprey, Ryan Fisher and Jack Roberts earned All-America honors.

## **St. Lawrence University Individual National Champions**

*(updated June 18, 2025)*

|                      |             |      |   |
|----------------------|-------------|------|---|
| Jo Newhouse '74      | Riding      | 1974 | (Walk-Trot)   |
| Ron Pelligra '76     | Wrestling   | 1976 | (Heavyweight)   |
| Jeff Cook '78        | Swimming    | 1976 | (100 freestyle); 1978 (50 freestyle)  |
| Scott Frame '76      | Swimming    | 1976 | (200 Freestyle)   |
| Cathy Sweeney '79    | Riding      | 1977 | (Walk-Trot-Canter)  |
| Mitch Brown '78      | Wrestling   | 1977 | (158 lbs.)  |
| Carol Schneible '80  | Riding      | 1978 | (Novice on the Flat)  |
| Laurie Peterssen '81 | Swimming    | 1978 | (100 freestyle – national record time)  |
| Lisa Ashton '79      | Riding      | 1978 | (Walk-Trot-Canter)  |
| Audrey Sparre '78    | Riding      | 1978 | (Open Chest Fences)   |
| Nanette Wachter '82  | Riding      | 1980 | (Walk-Trot)   |
| Hilary Simons '83    | Riding      | 1980 | (Novice Over Fences)  |
| Nick Nichols '82     | Swimming    | 1980 | (100 Back, 200 Back, 200 IM, 400 Free Relay);<br>1981 (100 Back); 1982 (200 IM) |
| Phil Lanzatella '83  | Wrestling   | 1982 | (190 lbs.)  |
| Jane Turner          | Riding      | 1983 | (Walk-Trot-Canter)  |
| Tod Northrup '85     | Wrestling   | 1983 | (167 lbs)   |
| Heather Collins '86  | Riding      | 1984 | (Walk-Trot-Canter)  |
| Kirk Dixon '86       | Outdoor T&F | 1984 | (400m)  |
| Sue Merchant '87     | Riding      | 1984 | (Walk-Trot-Canter)  |
| Mike Conners '84     | Wrestling   | 1984 | (Heavyweight)   |
| Lelan Rogers         | Wrestling   | 1985 | (190 lbs)   |
| Mark Shortsleeve '87 | Wrestling   | 1986 | (134 lbs)   |

|                        |               |           |   |
|------------------------|---------------|-----------|---|
| Jukka Tammissuo '87    | Indoor T&F    | 1986/1987 | (1500m)   |
| Jukka Tammissuo '87    | XC            | 1987      |   |
| Erin Davis '90         | Riding        | 1987      | (Open Over Fences)                                |
| Tim McCrossen '88      | Indoor T&F    | 1987      | (400m)  |
| Tim McCrossen '88      | Outdoor T&F   | 1987      | (100m)  |
| Pat Conners '88        | Wrestling     | 1988      | (Heavyweight)                                     |
| Kim Cardinale '90      | Riding        | 1988      | (Novice on the Flat)                              |
| Rich Wright '88        | Outdoor T&F   | 1988      | (Hammer)  |
| Alexander Grellend     | Indoor T&F    | 1988      | (Pole Vault); 1989 (Pole Vault)                   |
| Christine Cognetti     | Riding        | 1989      | (National High Point Rider, Stock Seat)           |
| Alexander Grellend     | Outdoor T&F   | 1989      | (Pole Vault)                                      |
| Jason Bovenzi '94      | Wrestling     | 1993      | (190 lbs.)  |
| Mary Harris '94        | Tennis        | 1993      | (Rolex Doubles Champion with Nicole Andreson '95) |
| Nicole Andreson '95    | Tennis        | 1993      | (Rolex Doubles Champion with Mary Harris '94)     |
| Karen Lamora           | T&F           | 1997      | (400 Hurdles)                                     |
| Bridget Hawley '99     | Riding        | 1997      | (Walk-Trot-Canter)                                |
| Sarah Lott '00         | Riding        | 1998      | (Walk-Trot)                                       |
| Allison Karkut '00     | Riding        | 1998      | (Intermediate Flat)                               |
| Danielle Crowe '99     | Riding        | 1999      | (Novice on the Flat)                              |
| Jesse Lewis '03        | Riding        | 2000      | (Novice on the Flat)                              |
| Allison Karkut '00     | Riding        | 2000      | (Open Flat)                                       |
| Ashley Dann '03        | Riding        | 2001      | (Novice Over Fences)                              |
| Kristin Putnam '10     | Riding        | 2008      | (Walk-Trot-Canter)                                |
| Lindsay Cone '12       | Alpine Skiing | 2009      | (Giant Slalom)                                    |
| Wendy Pavlus '11       | XC            | 2009/2010 |   |
| Alyssa Pirinelli '10   | Indoor T&F    | 2010      | (Shotput)   |
| Alyssa Pirinelli '10   | Outdoor T&F   | 2010      | (Shotput)   |
| Wendy Pavlus '11       | Indoor T&F    | 2010/2011 | (5000m)   |
| Eric Jones '10         | Indoor T&F    | 2010      | (Weight Throw)                                    |
| Casey Zuraitis '13     | Riding        | 2011      | (Intermediate Fences)                             |
| Jenna Gunnell '13      | Riding        | 2011      | (Walk Trot)                                       |
| Emily D'Alessandro '15 | Riding        | 2012      | (Intermediate Flat)                               |
| Amr Khaled Khalifa '17 | Men's Squash  | 2013      | (CSA Individual Pool Trophy A Division)           |
| Mackenzie Alderman '16 | Riding        | 2014      | (Intermediate Equitation on the Flat)             |
| Emily D'Alessandro '15 | Riding        | 2014      | (Open Equitation on the Flat)                     |
| Divya Biswal '15       | Outdoor T&F   | 2014      | (Triple Jump)                                     |
| Divya Biswal '15       | Outdoor T&F   | 2015      | (Long Jump)                                       |
| Jesse Fortier '16      | Riding        | 2016      | (Open Equitation on the Flat)                     |
| Caitlin Doocy '19      | Riding        | 2017      | (Equitation Over Fences)                          |
| Fenn Noviki '22        | Riding        | 2022      | (Individual Limit Fences)                         |
| Nick Lyndaker          | Indoor T&F    | 2025      | (Mile)  |

### **National Championship Relay Teams**

|  |          |      |                    |
|--|----------|------|--------------------|
| Jim Brush, Jeff Cook, Scott Frame, Garry Weishodel     | Swimming | 1976 | (800 Free Relay)   |
| Doug Arthur, Brad Porter, Jeff Cook, Scott Frame       | Swimming | 1976 | (400 Medley Relay) |
| Tom Malach, Jim Clary, Garry Weishodel, Marshall Cline | Swimming | 1979 | (400 Free Relay)   |
| Nick Nichols, Tom Malach, Jim Clary, Stuart Whiteside  | Swimming | 1980 | (400 Free Relay)   |

### **National Championship Riding Teams**

1973, 1976, 1977, 1981, 2012, 2013

**Reserve National Champions:** 2001, 2008, 2011

**American National Riding Commission Champions:** 1998