

EMMANUEL COLLEGE

CROSS COUNTRY

RECORDS

Women

CROSS COUNTRY:

3K	Betsy Suda	13:43	Elms College Invitational	9/28/02
2 Miles	Ameena Dye	12:40	Fens Classic	9/3/11
Fr.	Ameena Dye	12:40	Fens Classic	9/3/11
3 Miles	Cathryn LaRiviere	18:52	Mass Maritime	9/13/08
Fr.	Ameena Dye	19:40	Mass Maritime	9/10/11
3.05 Miles	Cathryn LaRiviere	18:32	Pop Crowell	10/4/08
5K	Cathryn LaRiviere	18:55	UMD	9/20/08
Fr.	Christine Gasper	19:50	Conn College Inv.	9/10/05
6K	Betsy Suda	23:30	NCAA Regional (Westfield)	11/16/02
Fr.	Christine Gaspar	24:42	ECAC (Conn College)	11/5/05

Men

CROSS COUNTRY:

5K	Abdi Ibrahim	16:21	Emmanuel / Emerson Dual	9/4/10
4.8 Miles	Carlos Escobar	26:58	Rivier Invitational	9/30/05
8K	Abdi Ibrahim	25:35	Mass Maritime	9/11/10
4.8	Fr. TJ Griffis	27:31	GNAC's (Rivier)	10/30/04
8K	Fr. Stephen Armstrong	27:06	Mass. Maritime Invitational	9/13/08

INDOOR

Women

55m	Simone Ford	7.62	USM Invitational	1/30/10
60m	Simone Ford	8.22	Harvard Open	12/12/09
55m H	Shannon McCabe	9.58	Reggie Poyau Invite	1/16/10
60m H	Shannon McCabe	10.17	Terrier Classic	1/27/12
200m	Lauren Atkins	27.05	New England D3 Champ	2/19/11
400m	Katasi Kulubya	60.55	USATF-New England	2/20/11
500m	Katasi Kulubya	1:23.09	Harvard Open	12/11/10
600m	Brittany Sorice	1:43.30	USM Invitational	1/30/10
800m	Julie Young	2:28.81	NU Carsella Invitational	12/3/11
1000m	Cathryn Lariviere	3:21.59	Brandeis Invitational	1/19/08
1500m	Dorothy Shanahan	5:42.65	Tufts Invite #1	1/14/06
1 Mile	Cathryn Lariviere	5:28.02	USM Coed Invitational	1/31/09
3000m	Cathryn Lariviere	10:59.82	Tufts Invite #1	1/17/09
5000m	Betsy Suda	18:31.20	N.U. Husky Invitational	12/7/02
4 X 200m	Kulubya, Limgenco, Victoria, Ford,	1:49.02	USM Invitational	1/30/10
4 X 400m	Kulubya, Young, Limgenco, Sorice	4:13.93	Harvard Open	12/11/10
4 X 800m	Young, DelSignore, Martin, Maugher	11:06.07	Tufts Invite #1	1/14/12
DMR	Gaspar, Lynch, McCaffrey, Lariviere	13:42.80	New England D 3 Champ	2/23/08
Shot Put	Laura Mason	34'10.50"	Coast Guard Acad. Inv.	2/5/05
Weight Throw	Laura Mason	43'2.50"	MIT Coed Invite	2/11/06
Long Jump	Simone Ford	17' 6"	Harvard Open	12/12/09
Triple Jump	Kaitlyn Murphy	34' 0"	USM Invitational	1/28/12
High Jump	Ariana Nelson	5'1"	Harvard Open	12/12/09
	Sarah Soldano	5'1"	Harvard Invitational	12/10/07
	Ashley Dion	5'1"	Harvard Invitational	12/10/05

Men

55m	James Ferdenzi	6.83	Reggie Poyau Invite	1/16/10
55m H	Chris Conway	7.72	New England D3 Champ	2/21/09
60m	Rob Allen	7.39	Harvard Invitational	12/9/06
60m H	Chris Conway	8.39	USATF NE Champ	2/22/09
200m	Serghino Rene	22.97	GBTC Invitational	1/02
400m	Andrew Heath	51.06	USATF-New England	2/20/11
500m	Nate Bruno	1:06.42	ECAC Championship	3/5/11
600m	Nate Bruno	1:24.46	USM Invite	1/29/11
800m	Nate Bruno	1:57.40	BU Mini Meet #1	12/18/11
1000m	TJ Griffis	2:43.43	Wesleyan Cardinal Invite	2/10/07
Mile	Abdi Ibrahim	4:21.53	ECAC Championship	3/5/11
3000m	Stephen Armstrong	9:04.22	BU Mini Meet 3	1/2/11
5000m	Abdi Ibrahim	16:11.18	Carsella Invite (NU)	12/4/10
Long Jump	Rob Allen	21'0.75"	N.U. Husky Invitational	12/3/05
Triple Jump	Michael Thurnauer	39'8"	Tufts Stampede	2/12/05
High Jump	Sam Ferraro	6' 0"	USM Invitational	1/28/12
Shot Put	Brett Adell	36' 7"	Harvard Invitational	12/9/06
Weight Throw	Greg Brown	34' 10.50"	USM Invitational	1/28/12
4X 200m	Julien, Purdue, Allen, Bruno	1:36.04	Tufts Invite #1	1/14/12
4 X 400m	Heath, Brooks, Cowles, Cleveland	3:29.67	Harvard Open	12/11/10
4 X 800m	Ibrahim, Cowles, Morris, Turco	8:45.37	USM Invitational	1/29/11
Dist Medley	Escobar, Thurnauer, Hickey, Griffis	11:16.25	Brandeis Invitational	1/21/06
Pentathlon	Jordan Coulombe	2651point	MIT Alumni	1/9/10

OUTDOOR TRACK & FIELD

Women

100m	Lauren Atkins	12.73	MIT Spring Invite	4/16/11
200m	Lauren Atkins	26.70	New England D 3 Champ	5/7/11
400m	Katasi Kulubya	59.31	New England D 3 Champ	5/7/11
800m	Katasi Kulubya	2:26.60	Regis Pride Classic	4/9/11
1500m	Cathryn Lariviere	5:04.00	Brown Invitational	4/26/09
3000m	Joslyn DelSignore	11:48.89	Regis Pride Classic	4/9/11
3K Steeple	Emily McCaffrey	12:29.23	Brown Invitational	4/27/08
5000m	Cathryn Lariviere	18:41.46	Fitchburg Spring Invite	4/18/09
10000m	Cathryn Lariviere	39:30.12	ECAC Championship	5/14/09
100m H	Shannon McCabe	16.56	Sheehan Invitational	4/3/11
400m H	Meaghan Mauer	75.66	Brown Invitational	5/1/11
Triple Jump	Kelly Ulf	34' 1.50"	Brown Invitational	5/1/11
Long Jump	Lauren Atkins	16' 7.25"	Sheehan Invitational	4/3/11
Shot Put	Laura Mason	35' 5.25"	Brown Invitational	4/30/06
Discus	Laura Mason	114' 10"	MIT Coed Invitational	4/23/05
Javelin	Brittany Bushman	120' 2"	MIT Coed Invitational	4/21/07
High Jump	Ashley Dion	5' 2.50"	New England D3 Champ	5/7/05
Hammer	Kathleen King	95' 10"	Brown Invitational	5/1/11
4 x 400m	Kulubya, Victoria, Young, Limplengco	4:08.19	ECAC Championship	5/20/11
4 X 800m	Young, DelSignore, Martin, Kellett	11:03.34	MIT Spring Invite	4/16/11

Men

100m	Benjamin Cleveland	11.03	UMass Dart. Corsair Classic	4/11/09
200m	Benjamin Cleveland	22.63	Tufts Snowflake Classic	3/28/09
400m	Benjamin Cleveland	49.69	New England D3 Champ	5/2/09
800m	Nate Bruno	1:57.20	Regis Pride Classic	4/9/11
1500m	Abdi Ibrahim	4:10.70	Sheehan Invitational	4/3/11
3000m	Maurizio Turco	9:32.23	Brown Invitational	4/25/10
3k Steeple	Justin Clements	11:30.21	N.U. Solomon Invitational	4/20/02
5000m	Stephen Armstrong	16:32.01	Brown Invitational	5/1/11
10000m	Stephen Armstrong	33:42.64	Silfen Invite	4/23/11
110m H	Chris Conway	15.18	ECAC Championship	5/15/09
400m H	Nate Bruno	55.31	ECAC Championship	5/20/11
Triple Jump	Jairus Oxendine	44' 3.5"	N.U. Snowflake Classic	3/27/04
Long Jump	Rob Allen	21' 2"	New England D 3 Champ	5/7/05
High Jump	Jordan Coulombe	6' 0"	Jerry Gravel Classic	3/27/10
	Jairus Oxendine	6' 0"	N.U. Snowflake Classic	3/27/04
Shot Put	Ryan Maher	34' 5.75"	MIT Spring Invite	4/17/10
Discus	Brian Anderson	105' 8"	Fitchburg Spring Invite	4/18/09
Hammer	Greg Brown	103' 7"	Brown Invitational	5/1/11
Javelin	Curtis Abram	163' 11"	Brown Invitational	4/25/10
4 X 100m	Thurnauer, Littleton. Maher, Allen	44.72	UMass Dart. Corsair Classic	4/12/08
4 X 400m	Heath, Bruno, Donnelly, Cleveland	3:20.56	ECAC Championship	5/20/11
4 X 800m	Ibrahim, Heath, Cleveland, Bruno	8:35.25	Regis Pride Classic	4/9/11