

2005-06 NAVY WOMEN'S TRACK & FIELD

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QUICK FACTS

NAVAL ACADEMY

Location	Annapolis, Md.
Founded	October 10, 1845
Enrollment	4,000
Nickname	Midshipmen, Mids
Colors	Navy Blue and Gold
Superintendent	Vice Adm. Rodney P. Rempt, USN
Commandant	Capt. Joe Leidig, USN
Director of Athletics	Chet Gladchuk
Home Indoor Facility	Halsey Field House
Home Outdoor Facility	Ingram Field
Academy Web Site	www.usna.edu
Athletics Web Site	www.navy sports.com

WOMEN'S TRACK & FIELD

STAFF

Head Coach	Carla Criste (Penn State '86)
Record at Navy	162-43-1 (14 years)
Career Record	162-43-1 (14 years)
Assistants	Karen Boyle (Bowling Green '79) Carmen Mann (Penn State '90)
Women's Track Office Phone	(410) 293-5580
Athletic Trainer	Amanda Culton

SPORTS INFORMATION

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Annapolis, MD 21402

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Associate SID Stacie Michaud

Assistant SID Justin Kischevsky

Assistant SID Chris Forman

2005-06 SCHEDULE

INDOOR

Dec. 1	American, Mount St. Mary's, Towson	Annapolis, Md.	6 p.m.
Jan. 7	at UMES Invitational	Princess Anne, Md.	11 a.m.
Jan. 14	Robert Morris, UNC-Wilmington	Annapolis, Md.	3 p.m.
Jan. 28	at Throwers Classic	Princeton, N.J.	6:30 p.m.
Jan. 28	at Columbia, Connecticut, Princeton	New York, N.Y.	4 p.m.
Feb. 4	Army (Star Meet)	Annapolis, Md.	2 p.m.
Feb. 17-19	Patriot League Championship	Annapolis, Md.	11 a.m.
March 4-5	at ECAC Championship	Boston, Mass.	11 a.m.
March 10-11	at NCAA Championship	Fayetteville, Ark.	12 p.m.

OUTDOOR

March 18	at Point Loma Invitational	Point Loma, Calif.	TBA
March 25	American, Delaware, Maine, Maryland	Annapolis, Md.	2:30 p.m.
April 1	at UNC-Charlotte, North Carolina, North Carolina St.	Charlotte, N.C.	10 a.m.
April 8	at Blue Hen Invitational	Newark, Del.	11 a.m.
April 14	at Army (Star Meet)	West Point, N.Y.	1 p.m.
April 27-28	at Penn Relays	Philadelphia, Pa.	10 a.m.
May 5-6	at Patriot League Championship	Worcester, Mass.	11 a.m.
May 12-14	at ECAC Championship	Princeton, N.J.	11 a.m.
May 26-27	at NCAA East Regional	Greensboro, N.C.	11 a.m.
June 7-10	at NCAA Championship	Sacramento, Calif.	12 p.m.

All times Eastern, Home meets in **bold italics**

2004-05 RESULTS

INDOOR (11-2)

Dec. 1	Navy Lidlifter	1st of 4 teams
Jan. 7	at Delaware Invitational	NTS
Jan. 15	UNC-Wilmington, Bowie St., Mount St. Mary's, VCU, Robert Morris	1st of 6 teams
Jan. 29	at Armory Invitational	2nd of 5 teams
Feb. 5	at Army (Star Meet)	L, 89-92
Feb. 18-20	at Patriot League Championship	2nd of 8 teams
March 5-6	at ECAC Championship	20th of 48 teams

OUTDOOR (14-0)

March 26	Maryland, Maine, Colgate, American	1st of 5 teams
April 2	at Charlotte Invitational	NTS
April 9	at Delaware Invitational	1st of 10 teams
April 16	Army (Star Meet)	W, 110-92
April 28-29	at Penn Relays	NTS
May 6-7	at Patriot League Championship	3rd of 8 teams
May 13-15	at ECAC Championship	24th of 45 teams
May 27-28	at NCAA East Regional	NTS

Home meets in **bold italics**

HEAD COACH CARLA CRISTE

15th Year at Navy • Penn State '86



Carla Criste takes the helm of the Navy women's track & field team for her 15th season in 2005-06. Since joining the program in the 1991-92 season, she has amassed a Division I record of 162-43-1.

She came to the Academy after spending three years as an assistant women's track & field coach at George Mason. As a member of the Patriots' staff, Criste worked with the

jumps, sprints, hurdles and multi-events. Five athletes earned All-America status and two became NCAA champions under Criste's tutelage. The Patriots also captured the Eastern College Athletic Conference (ECAC) Division I Championship in each of the three years she was associated with the program.

Criste has also been recognized on the national scene. She was selected as the field events coach for the 1993 U.S. Olympic Festival and coached the East team to victory, marking the East's first-win in the history of the festival. In 1999, Criste was named head coach for that year's Pan Am Games in Winnipeg, Manitoba, Canada. She also

was named head coach of the 1995 U.S. National Track & Field Team, which consisted of men's and women's junior and senior teams for a series of meets against Canada. Criste guided the U.S. team to wins in all four meets that were contested between the two countries.

A standout performer in her own right, Criste was a four-year letterwinner in track at Penn State, serving as captain of the squad in 1985-86. She was an NCAA qualifier in the triple jump and was a national qualifier and ECAC record holder in the pentathlon and heptathlon. Criste also earned All-East honors in the pentathlon (4011), heptathlon (5677), long jump (19'11-3/4"), triple jump (40'7"), high jump (5'10"), hurdles (13.98), 800 meters (2:10.03), and 4x100-meter, 4x400-meter and 4x800-meter relays.

After graduating from Penn State with a degree in nutritional science in 1986, she went on to earn her master's degree in exercise physiology from West Virginia in 1988.

While at West Virginia, Criste served as an assistant track & field coach, handling the Mountaineers' jumps, sprints, hurdles and multi-events.

After concluding her own collegiate career, Criste continued competing at the national level. For three years (1986-89) she competed at the U.S. Olympic Festival and was a member of the U.S. National Team from 1986-91. She was nationally ranked in both the triple jump and multi-events, representing the United States in several international team competitions.

The daughter of Joan and Dave Criste (USNA '60), Criste also serves as Assistant Athletic Director and Senior Women's Administrator as well as a professor at the Academy.

Naval Academy Duties

- Navy women's track & field head coach
- Assistant Athletic Director and Senior Women's Administrator
- Professor

Coaching Career

- **West Virginia (1987-88)**
Assistant Coach
*Earned master's degree in exercise physiology
- **George Mason (1989-91)**
Assistant Coach
*Coached five athletes to NCAA All-America honors
- **Navy (1991-Present)**
Head Coach
*Has totaled a 162-43-1 career record
- **U.S. Olympic Festival (1993)**
Field Events Coach
- **U.S. Olympic Festival East Team (1994)**
Head Coach
*Guided the East team to its first-ever win in the event
- **U.S. Pan Am Team (1999)**
Head Coach

Athletic Career

- **Penn State**
*Graduated in 1986 with a bachelor's degree in nutritional science.
*Four-year letterwinner in track and an NCAA qualifier in the triple jump.
*ECAC record holder in the pentathlon and the heptathlon.



ASSISTANT COACHES



KAREN BOYLE

**ASSISTANT COACH
BOWLING GREEN '79**

Karen Boyle enters her 19th season as a Navy women's track & field assistant coach. In addition to her assistant coaching duties for the track & field team, Boyle also serves as the head coach of the Navy women's cross country squad. She guided the team to a fifth-place finish in the Patriot League Championship last fall and

owns a 98-19 (.838) record as head coach.

Boyle has led the Mids' cross country teams to successes on both the Division II (1987-1990) and Division I (1991-present) levels. In Navy's final four years of Division II competition, Boyle coached the Mids to four-straight undefeated seasons and top-five finishes in the NCAA Division II Championship, with five runners garnering All-America honors. Boyle was also named Eastern Region Coach of the Year three-consecutive times (1988-90).

Boyle guided the program into the Division I ranks in 1991 and immediately the Mids achieved success by capturing the Eastern Collegiate Athletic Conference (ECAC) championship.

During her tenure at Navy, Boyle has coached four NCAA qualifiers, including Kerry O'Neill who became the school's first NCAA Division I qualifier in 1992. Jackie Hayes and Rebecca Cline each reached the NCAA's in back-to-back years in the mid-1990's and, in 2000, Melissa Foon earned a spot at the NCAA Championship in Ames, Iowa.

Boyle was named Navy's Fall Coach of the Year in 1997 when she led the Mids to an undefeated season.

In 2001, the cross country team won the Academic Leadership Award for carrying the highest GPA of all the varsity teams at Navy.

In 1995, Boyle was selected as team leader for the USA Ekiden International Marathon in Beijing, China. She was also selected to help rewrite the Level I Track and Field Certification Curriculum at the USA Training Center in Colorado Springs, Colo. In 1999, she received her nationally accredited Certified Strength and Conditioning Specialist certification. The summer of 2001 saw Boyle serve as an assistant track & field coach for Team USA in the Deaf World Games, held in Rome, Italy.

Her coaching career began at Heidelberg College in Tiffin, Ohio, where she coached the women's cross country and track & field teams from 1984 to 1986, developing one national champion and nine All-Americans.

A 1979 graduate of Bowling Green, Boyle received her degree in physical education, and earned her master's degree in athletic administration and recreation from her alma mater three years later.

She competed in both track and lacrosse at Bowling Green. Boyle specialized in the 400 and 4x400-meter relay on the track and was a leading scorer for the Falcons' lacrosse squad.

Boyle is also a tenured professor in the Physical Education Department, teaching personal conditioning, rock climbing, kayaking and the adventure challenge. Boyle also participates in road races and adventure races and is currently training for the Tri-America Triathlon with "Team in Training," benefiting the Leukemia Society.

Administratively, Boyle served as a committee member on the USA Track & Field Coaching Education Board and the United States Track Coaches Association Long Distance Advisory Board.



CARMEN MANN

**ASSISTANT COACH
PENN STATE '90**

Carmen Mann begins her eighth season as an assistant coach at the Naval Academy equipped with experience on the track and in the coaching ranks. After one season of coaching high school track, she quickly moved up to the collegiate level.

Mann came to Annapolis after assisting at national track & field powerhouse Louisiana State for two seasons, while also training for the 1996 Olympic Trials.

Prior to her stint at LSU, Mann was an assistant at Penn State from 1992-1995, where she coached the field events, sprints and hurdles. During her tenure at Penn State, Mann also served as assistant coach for the United States Olympic Festival Women's East Team. Mann's coaching career began when she served as head coach at her former high school in Falls Church, Virginia, for one season.

As an extension of her full-time coaching responsibilities, Mann has also spent time as a volunteer with the Youth Education Through Sports Program (YES) and with the Pennsylvania Special Olympics.

Mann was a two-time All-American in the heptathlon (5430 points) and the triple jump (42'10"), having also qualified for the NCAA's in the long jump (9th place, 20'10"). Mann was also honored as the 1990 Penn State Female Athlete of the Year, and was a three-time U.S. Olympic Festival qualifier from 1989-1991.

A 1991 USA National Track and Field Team member, she competed in the heptathlon, long jump, triple jump, high jump and hurdles over the course of her career.

Mann earned a Bachelor of Science degree in business from Penn State in 1990. She currently is an instructor in the Physical Education Department at the Academy, teaching kayaking, rock combatives and adventure challenge. Mann is also a big sister with the Southern Maryland Big Brothers/Big Sisters program.

OUTLOOK

Last year's women's track & field team enjoyed a great deal of success, posting an overall 25-2 record, including a perfect 14-0 outdoor mark and an N-Star victory over Army.

While looking at the results from last season and viewing the returning cast complimented by skilled newcomers in 2005-06, it's no surprise that head coach **Carla Criste** can't wait to start the new season.

"We were a well-rounded team last year," stated Criste. "I expect some of our younger competitors to step up for us. I am looking forward to this season."

SPRINTS/HURDLES

With the graduation of four-time All-East sprinter Tineisha Davis, Navy will have to replace its top-performer in five sprint events from last season. Despite the loss, the Midshipmen are deep and talented in many of the sprints and have its top-hurdles performers returning in 2005-06.

Showcasing the group in the sprints this season is junior **Loni Forsythe**, who smashed two school records and assisted in another during her sophomore season. Forsythe set the standard in the indoor 60-meter dash and outdoor 100-meter dash, in addition to running the second-leg of the record-setting 4x100-meter relay unit. She also earned First-Team All-Patriot League honors in the outdoor 100-meter dash, as well as second-team recognition in the indoor 60-meter dash and outdoor 200-meter dash.

Senior indoor captain **Yasmin Sauls** will also be called upon to help guide the Midshipmen in the sprint events. Sauls ran as a member of the Second-Team All-Patriot League 4x100-meter outdoor relay in 2003-04. The Mids can also turn to junior **Priscilla Lewis**, who has shown significant improvement in fall workouts.

"I look for Loni to continue dominating the league in the sprinting events," Criste commented. "Yasmin has an incredible leadership presence on and off the track which will benefit us greatly this year. Priscilla posted our team's fastest 400-meter time this fall and could step up and provide us with scoring."

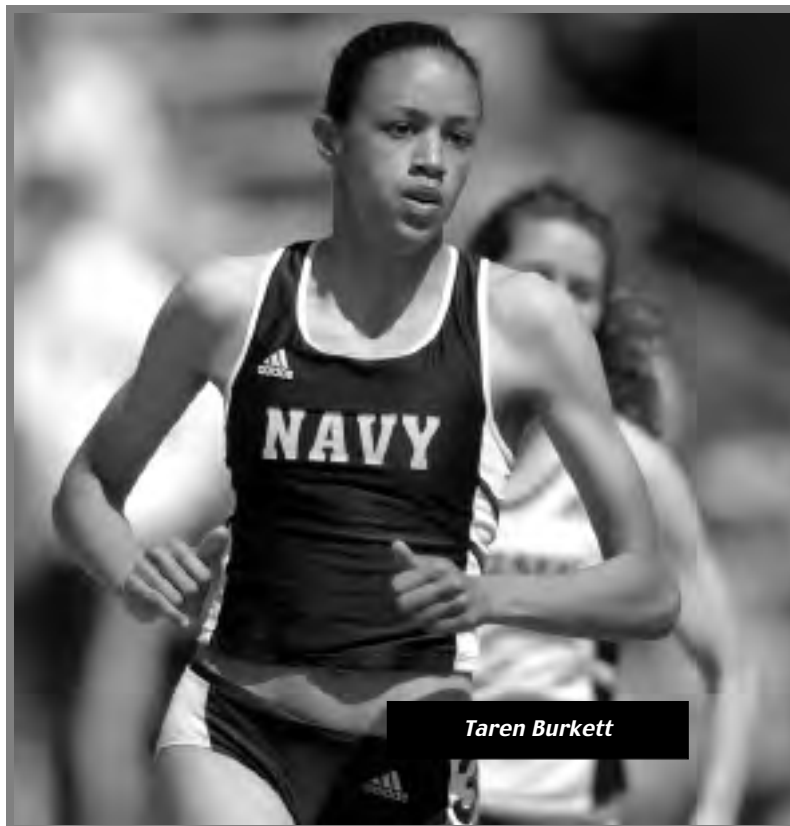
Competing in the third leg of the Academy-best 4x100-meter relay was junior **Danielle Still**. A talented multi-event athlete who won the Patriot League Outdoor Championship in the heptathlon during the 2004 season, Still earned second-team all-league distinction in the outdoor 100-meter hurdles last season. She also competed at the ECAC Championships in that event, and holds the Patriot League record in the 60-meter hurdles.

The Patriot League indoor and outdoor 4x400-meter relay champions featured a young cast of runners donning the Navy blue and gold. Sophomores **Jessica Orr** and **Taren Burkett** performed the first- and second-leg of both relays, while classmates **Michelle Bostic** and **Vicki Moore** ran the third-leg in the indoor and outdoor relay, respectively.

Bostic held the Mids' fastest time in the indoor 55-meter hurdles and outdoor 400-meter hurdles. In addition to Still and Bostic at hurdles, junior **Kirsten Andrews** earned First-Team All-Patriot League recognition in the indoor 60-meter hurdles as she captured the gold during the 2005 league championship.

"We are exceptionally strong in the hurdles this year," said Criste. "Danielle, Michelle and Kirsten should continue to lead the league at the hurdles event."

Navy may also look to newcomer **Angelique Martin** to step in and provide additional scoring in the hurdles. Martin comes to the



Taren Burkett

Academy with high school all-conference honors in the 100-meter hurdles event.

MIDDLE DISTANCE/DISTANCE

Fresh off a successful cross country season this fall, plus many runners back from last season, this year's distance events are shaping up to be a strong area for the Midshipmen.

Junior **Justine Whipple** emerged as Navy's top-runner during the cross country season, registering the team's best mark in each of the races she ran in. Against Army in the Star Meet, Whipple topped the field of runners by more than a half-minute. Whipple also earned First-Team All-Patriot League honors for her third-place finish at the league championship. In addition to cross country duties, the junior also won the 2005 ITU World Age Group Triathlon Championship in Hawai'i back in October.

"Justine's triathlon training has given her a solid base to bring with her during the indoor and outdoor season," Criste stated. "I am really looking forward to see her in the 10,000 meters as a result of her training."

Fellow classmates **Allison Barlow**, **Emily Castro** and **Erin Demchko** each had solid seasons with the cross country team during the fall, serving as Navy scorers or placeholders in every meet they ran in during the 2005 campaign. In addition to their exploits with the cross country team, they each own notable results with the track & field squad.

Barlow posted Navy's best time in the outdoor 5,000 and 10,000 meters. She garnered Second-Team All-Patriot League honors and advancing to the ECAC Championship in the 10,000 meters. Castro led the team in the 3,000-meter run during the indoor season, while Demchko topped the squad in the indoor mile and outdoor 3,000-meter run and 3,000-meter steeplechase.

As well as her efforts on Navy's 4x400-meter relay last season, Moore also ran well with cross country in 2005. The sophomore also produced the track team's best effort in the indoor 1,000 meters and outdoor 800 meters last season.

"I'm excited to see them make the transition from cross country to indoor and outdoor track," commented Criste. "They are seasoned veterans that will lead our distance runners in 2005-06. I fully expect Vicki to make All-East in the middle distance this year."

Newcomers looking to provide additional depth and experience from the fall this year are freshmen **Maureen Dooley** and **Tara Lenn**.

JUMPS/POLE VAULT

The future looks bright for this season's jumps and pole vaults, as all of the top-competitors from last season seek to improve upon their marks in 2005-06.

"We are looking for big points out of our jumps and pole vault this year," said Criste. "This area is perennially one of our fortes."

In addition to competing in the hurdles, Andrews serves as the top-performer in the pole vault. The junior earned First-Team All-Patriot League recognition, as well as All-East honors during the indoor season. Andrews racked up four first-place marks in the pole vault during her sophomore campaign. Senior **Tina Terry**, a 2003 Patriot League pole vault champion, also contributes to Navy's strong performance in the event.

"I am looking forward to see Kirsten (Andrews) defend her Patriot League title," said Criste. "Tina (Terry) is an incredibly tenacious athlete who will make a model Marine."

Sophomore **Jacquelyn Charnigo** seeks another solid season after registering an outstanding first year at the Academy. Charnigo captured Patriot League Rookie-of-the-Meet accolades for a pair of second-place efforts in both the pole vault and high jump. The sophomore tied the team's best mark in the indoor high jump and outdoor pole vault last season.

"Jacquelyn is a very versatile athlete who will battle for the league title in both vertical jumps," Criste stated. "She has so much talent, the sky is the limit for her."

As well as Charnigo in the high jump, fellow sophomore **Elizabeth Wrona** looks to provide similar success. Wrona boasted the team's best high jump during last year's outdoor season, while sharing the team's best mark with Charnigo in the indoor season.

Senior **Michelle Schiller** and junior **Jessica Goetz** comprise Navy's best returning scoring threats in the triple jump. Schiller, who set the school's outdoor long jump record as a sophomore, registered the best outdoor triple jump mark for the Mids. Goetz owned the squad's best jump during the indoor season, also collecting Second-Team All-Patriot League honors.

"Michelle looks very strong this year," commented Criste. "I expect her to rewrite her own record in the long jump."

While Schiller posted the best outdoor long jump, junior **Rochelle Gandy** notched the longest indoor jump for the Midshipmen. Classmate **Ebony Miller** also collected valuable scoring marks in the long jump last season and will be called upon to do so again in 2005-06.

The Midshipmen also have freshmen **Colleen Conley** and **Carmen Meier** to rely upon this season. Conley looks to compete in the jumps, while Meier will primarily serve in the pole vault.

THROWS

Just as with the jumps and pole vault, Navy will enjoy returning its core throwers from 2004-05, in addition to some young arms to help score significant points for the Mids this season.

Not only an outstanding competitor in the hurdles, Still boasts an impressive resume in the javelin and shot put. Last season, the junior earned First-Team All-Patriot League and All-East accolades in the javelin. Navy's competitor in the pentathlon and heptathlon also led the team with the longest throws in the shot put during the indoor and outdoor season.

"Danielle is one of the strongest, fastest and most competitive athletes on the East Coast," Criste commented.

Anchoring the Midshipmen in the weight and hammer throws is senior outdoor captain **Cayanne McFarlane**. During her junior campaign, McFarlane set career bests in both events, in addition to amassing three first-place efforts and qualifying for the ECAC Championship.

"Cayanne has been extremely focused in the weight room," stated Criste. "Her increased strength base should result in some impressive performances."

Classmate **Mary Nell** returns as Navy's top-performer in the discus event this season. Nell posted the team's best effort, a personal career best, against Army.

Newcomers **Meg Joyce** and **Jamie Latta** look to assist Navy's collegiate-experienced throwers immediately this year. Joyce comes to



the Academy as a three-time All-American selection in the hammer throw. Latta has a strong arm that could push her into significant scoring roles as a freshman.

"Meg should be a shining addition to the hammer throw," said Criste. "She and Cayanne should provide a one-two scoring punch in the event. Jamie could emerge in a lot of throwing events this year."

"Coach (Carmen) Mann is a great technical coach. She has the uncanny ability to transform average throwers into great competitors," Criste added.

INDOOR SCHEDULE

Four home meets, including the Patriot League Championship and the annual Star Meet against Army, appear on the 2005-06 indoor schedule for Navy.

"It's going to be very challenging this season," stated Criste. "Our schedule has many national powers, which should elicit great performances out of our team."

The Midshipmen kickoff the season with a home meet against American, Georgetown and Towson on Dec. 1 in Halsey Field House. Navy bested American and Towson in the season-opener last year at the Navy Lidlifter.

After a month off due to the semester break, the Mids head to Princess Anne, Md., to compete at the Maryland-Eastern Shore Invitational. The Midshipmen return home on the following weekend to host Robert Morris and UNC-Wilmington on Jan. 14. Both schools competed at Navy's home meet last season in which the Mids topped the field of six teams.

Navy takes a week off before heading to Throwers Classic in Princeton, N.J., on Jan. 28. Immediately afterwards, the team will trek to New York in competing against Columbia, Princeton and Connecticut.

The Mids look the following weekend to capture the coveted N-Star against Army on Feb. 4 in Halsey Field House. Navy aims to bring the N-Star back to Annapolis after the Black Knights edged the Mids 92-89 last season.

"Last year was a real tight meet with Army on their turf," commented Criste. "We look forward to having home track advantage this season."

Over a three-day stretch two weeks later, Navy plays host to the Patriot League Championship from Feb. 17-19. The Midshipmen placed second, only behind Bucknell, at the 2005 league indoor championship.

The ECAC Championship on March 4-5 in Boston, Mass., appears next for the Midshipmen, Navy's final opportunity to advance to the NCAA Championship.

"The conditions are ideal for advancement at the ECAC Championship," Criste stated. "With a banked track, everyone looks to make a last-second qualifier effort to qualify."

Those surpassing the qualifying standards conclude the indoor

season at the NCAA Championship in Fayetteville, Ark., on March 10-11.

OUTDOOR SCHEDULE

One week after the indoor season wraps up, Navy embarks on its outdoor season with a 3,000-mile trip to the Point Loma Invitational in Point Loma, Calif., on March 18.

Navy comes back home on the following week for its only home meet of the season against American, Delaware and Maine at Ingram Field. The Mids defeated American and Delaware in the 2005 outdoor season-opener in Annapolis.

The Midshipmen travel to Charlotte, N.C., on April 1 to take on a trio of North Carolina schools: UNC-Charlotte, North Carolina and North Carolina State.

Then Navy heads back north to compete in the Blue Hen Invitational in Newark, Del., one week later. Navy bested the field of 10 schools at last season's meet at Delaware.

The Midshipmen next battle the Black Knights of Army up at West Point, N.Y., on April 14 in the annual Star Meet. Navy claimed the N-Star last outdoor season with a 110-92 victory over Army in Annapolis.

"We look forward to bring the N-Star back to Annapolis," Criste stated. "Army has a fast track and the head-to-head competition always results in achieving great performances."

Two weeks later, the Penn Relays appear on the docket before traveling to Holy Cross in Worcester, Mass., for the Patriot League Championship. The Midshipmen landed third behind Bucknell and Army at the 2005 outdoor league championship at Lafayette College.

Navy next heads to Princeton, N.J., for the

ECAC Championship from May 12-14 in advance of the NCAA East Regional in Greensboro, N.C. on May 26-27. On June 7-10, the regional qualifiers advance NCAA Championship, which will be held in Sacramento, Calif.



Tina Terry

2005-06 ROSTER



Erin Demchko



Rochelle Gandy

Name	Year	Event	Hometown / High School
Sarah Albi	So.	Distance	Eugene, Ore. / South Eugene
Lauren Andretti	So.	Sprints/Jumps	Oak Park, Mich. / Ferndale
Kirsten Andrews	Jr.	Hurdles/Jumps	New Holland, Pa. / Garden Spot
Sammy Jo Andrews	Fr.	Distance	Pewaukee, Wis. / Catholic Memorial
Allison Barlow	Jr.	Distance	Orange Park, Fla. / Clay
Rachel Barton	Jr.	Jumps	Sterling Heights, Mich. / Adali Stevenson
Jade Baum	Jr.	Distance	Columbia, Pa. / Hempfield
Arwyn Becker	So.	Distance	Avon, Colo. / Western State College
Katie Berkey	Fr.	Hurdles/Jumps	Tempe, Ariz. / Horizon Schools
Jodi Bierman	So.	Sprints	Leesburg, Va. / Heritage
Michelle Bostic	So.	Multi-Events	Rockwall, Texas / Rockwall
Taren Burkett	So.	Middle Distance	Virginia Beach, Va. / Kempsville
Lauren Burmeister	So.	Jumps	Brownsdale, Minn. / Hayfield
Antoinette Carter	Fr.	Sprints	Pasadena, Texas / Deer Park
Emily Castro	Jr.	Distance	Centennial, Colo. / Cherry Creek
Beth Catherwood	Jr.	Distance	Bethesda, Md. / Bethesda-Chevy Chase
Jacquelyn Charnigo	So.	Jumps	Medina, Ohio / Buckeye
Debbi Choi	Fr.	Sprints	Clarksville, Md. / River Hill
Joanna Clark	So.	Middle Distance	Harpersferry, W.Va. / Jefferson
Colleen Conley	Fr.	Jumps	Woodstock, Md. / Mount Hebron
Sheivon Davis	Sr.	Sprints	Baltimore, Md. / Baltimore Polytechnic Institute
Chelsea Decker	Fr.	Distance	Middlebrook, Va. / Riverheads
Erin Demchko	Jr.	Distance	Nanuet, N.Y. / Pearl River
Gina DiPiero	Sr.	Distance	Sagamore Hills, Ohio / Western Reserve Academy
Maureen Dooley	Fr.	Distance	Durham, Conn. / Coginchaug Regional
Loni Forsythe	Jr.	Sprints	Chattanooga, Tenn. / School for the Arts & Sciences
Sabrina Gambill	So.	Hurdles	Bridgewater, Mass. / Bridgewater-Raynham
Rochelle Gandy	Jr.	Jumps/Sprints	Sacramento, Calif. / Sheldon
Jessica Goetz	Jr.	Jumps	Collegeville, Pa. / Methacton
Amanda Gragg	So.	Hurdles	El Dorado Hills, Calif. / Loretto
Carleigh Gregory	So.	Distance	Herndon, Va. / Herndon
Caitlyn Harrington	Jr.	Distance	Lavaca, Ark. / Lavaca
Stephanie Hamilton	So.	Throws	Canton, Ohio / Canton
Gloria Hill	So.	Sprints/Jumps	Mitchville, Md. / National Cathedral
Carolynn Hine	So.	Throws	Wilmington, N.C. / Homeschool
Sade Holder	Fr.	Sprints	Brooklyn, N.Y. / Murry Bergtraum
Laura Honan	Fr.	Distance	Fairfax, Va. / W.T. Woodson
Juliann Jordan	Jr.	Distance	Kaneohe, Hawai'i / Punahou
Meg Joyce	Fr.	Throws	West Kingston, R.I. / South Kingstown
Bethany Kauffman	Jr.	Distance	Bethel Park, Pa. / Bethel Park
Ashley Kemp	Fr.	Sprints	Pittstown, N.J. / Delaware Valley Regional
Stephanie La Liberté	Fr.	Middle Distance	Kissimmee, Fla. / Poinciana
Anna Latorre	Sr.	Distance	White Marsh, Md. / Towson Catholic
Jamie Latta	Fr.	Throws	Annapolis, Md. / St. Mary's
Tara Lenn	Fr.	Distance	Mobile, Ala. / St. Paul's Episcopal
Priscilla Lewis	Jr.	Sprints/Jumps	St. Andrews, Jamaica / Ardenne
Shanta Makona	So.	Sprints	Kansas City, Kan. / Summer Academy of Arts & Science
Angelique Martin	Fr.	Hurdles	Lexington Park, Md. / Great Mills
Cayanne McFarlane**	Jr.	Throws	Fairbanks, Alaska / Lathrop
Carmen Meier	Fr.	Pole Vault	Warrenville, Ill. / Wheaton Warrenville South
Kyleigh Millhouse	So.	Distance	Boiling Springs, Pa. / Boiling Springs
Ebony Miller	Jr.	Hurdles/Jumps	Moreno Valley, Calif. / Woodcrest Christian
Jamie Molson	Fr.	Distance	Parker, Colo. / Ponderosa
Vicki Moore	So.	Distance	Burke, Va. / James W. Robinson Jr.
Allie Moreland	Fr.	Distance	Ocean City, N.J. / Ocean City
Charlene Morrow	Fr.	Jumps	Levittown, N.Y. / Kellenberg Memorial
Mary Nell	Sr.	Throws	Dillsburg, Pa. / Northern York
Sarah Newport	So.	Distance	Pennington, N.J. / Northfield Mount Herndon School
Jessica Orr	So.	Sprints/Hurdles	New Holland, Pa. / Garden Spot
Courtine Paschall	So.	Throws	29 Palms, Calif. / Kadena (Japan)
Michele Perez	Jr.	Sprints	Lodi, N.J. / High Tech
Stefanie Peskosky	So.	Distance	Charlotte, N.C. / South Mecklenburg
Lindsay Pirek	Fr.	Middle Distance	Granby, Conn. / Granby Memorial
Alli Pulver	Jr.	Distance	Chippewa Falls, Wis. / McDonell Central
Shannon Reese	So.	Distance	Lancaster, Pa. / Manheim Township
Yasmin Sauls*	Sr.	Sprints	Raleigh, N.C. / Ravenscroft
Michelle Schiller	Sr.	Jumps	Glendale, Ariz. / T.F. South
Lori Simerly	Jr.	Sprints	Knoxville, Tenn. / Farragut
Chelsea Smith	Jr.	Distance	Ledyard, Conn. / Ledyard
Megan Staterler	Fr.	Distance	Manissa, Ill. / Freeburg
Danielle Still	Jr.	Multi-Events	Lawnsdale, N.J. / Bishop Eustice
Katie Sudhoff	Fr.	Distance	Maryville, Mo. / Maryville
Tara Sutcliffe	Fr.	Jumps/Middle Distance	Garden City, N.J. / Garden City
Tina Terry	Sr.	Pole Vault	Coeur D'Alene, Idaho / Valley Christian
Rebecca Tucker	So.	Sprints/Jumps	Oregon City, Ore. / Damascus Christian
Dawn Weaver	So.	Distance	Stevensville, Md. / Kent Island
Justine Whipple	Jr.	Distance	Duxbury, Mass. / Duxbury
Katherine Wirtz	Fr.	Distance	Willoughby Hills, Ohio / Laurel School
Jess Wood	Fr.	Distance	Klamath Falls, Ore. / Klamath Union
Elizabeth Wrona	So.	Sprints/Jumps	Fairfax Station, Va. / Hayfield Secondary School
Dianna Zempel	So.	Sprints	Conrad, Mont. / Conrad

* - Indoor Track Captain, ** - Outdoor Track Captain

Head Coach: Carla Criste (Penn State '86)

Assistant Coaches: Karen Boyle (Bowling Green '79), Carmen Mann (Penn State '90)

Managers: MIDN 1/C Toni Gaither, MIDN 3/C Mika Feagans

Officer Representatives: Lt. Kathy N. Storm, USN (Indoor); Lt. Nicki Pearce, USN (Outdoor)

Faculty Representative: Prof. Priscilla Zotti

MIDSHIPMEN PROFILES



YASMIN SAULS

INDOOR CAPTAIN

SENIOR ☆ SPRINTS

RALEIGH, N.C.

2004-05: Set a personal record with a showing of 8.53 seconds in the 60 meters at the Armory Invitational ... also recorded season-best indoor time in the 200-meter dash at the Armory Invitational ... posted season-best outdoor marks at the Delaware Invitational in the 100 meters and 200 meters. **2003-04:** Earned Second-Team All-Patriot League honors in outdoor track as a member of Navy's 4x100-meter relay team that placed second at the league meet (48.01) ... placed fourth out of 16 runners in the 200 meters (26.96) at the Point Loma Invitational ... finished in fourth-place out of 13 runners in the 100 meters (12.90) versus Loyola, Maine, Ohio. **2002-03:** Ran the 55 meters in a time of 7.60 twice during the indoor season ... opened the season with her best-time at the Lidlifter and matched it at the Patriot League Championship ... also ran her best indoor season time in the 200 meters at the league meet with a 26.50 ... peaked at the outdoor Patriot League Championship as well ... recorded the team's top-time (12.75) in the 100 meters and a personal-best time of 25.99 in the 200 meters. **High School:** Attended Ravenscroft High School ... lettered in basketball, track and volleyball. **Personal:** Daughter of Derrick and Vera Sauls ... born July 9, 1984, in Boston, Mass. ... majoring in mathematics.

SAULS' CAREER BESTS

Event	Time	Meet	Date
55m (I)	7.60	2x, last at PL Championship	Feb. 23, 2003
60m (I)	8.53	at Armory Invite	Jan. 29, 2005
200m (I)	26.50	at PL Championship	Feb. 23, 2003
400m (I)	1:00.49	vs. Del., Fordham, LaSalle, St. Joe's	Feb. 8, 2003
100m (O)	12.75	at PL Championship	May 3, 2003
200m (O)	25.99	at PL Championship	May 3, 2003
Triple jump (O)	14'10" (4.52m)	at Charlotte Invitational	April 12, 2003



CAYANNE MCFARLANE

OUTDOOR CAPTAIN

SENIOR ☆ THROWS

FAIRBANKS, ALASKA

2004-05: Named to the Patriot League Academic Honor Roll after posting a 3.67 grade point average in the spring ... owned Navy's top-efforts in the weight and hammer throws ... set career high in the shot put (37'10-3/4") at the Navy Home Meet ... also registered career-high marks in the javelin (125'4") and hammer throw (163'2") at the Patriot League Outdoor Championship ... responsible for two first-place hammer throw efforts in the Delaware Invitational (149'7") and against Army (159'6") ... claimed first-place in the 20-pound weight throw (44'8-3/4") at the Navy Lidlifter. **2003-04:** Posted season-high indoor marks in the shot put (37'6") and the 20-pound weight throw (40'10-1/4") versus Army ... recorded career-best outdoor perform-

ances in the 400 meters (1:01.85) and the javelin (125'4") at the Patriot League Championship. **High School:** Attended Lathrop High School ... earned four letters each in track and basketball. **Personal:** Daughter of Alexander McFarlane and Ditsi Dominick-McFarlane ... born March 25, 1983, in Fairbanks, Alaska ... majoring in mathematics.

MCFARLANE'S CAREER BESTS

Event	Time/Mark	Meet	Date
Shot put (I)	37'10-3/4" (11.55m)	Navy Home Meet	Jan. 15, 2005
20-lb. throw (I)	46'7-1/4" (14.20m)	at Army	Feb. 5, 2005
400m (O)	1:01.85	at PL Championship	April 30, 2004
Javelin (O)	125'4" (38.21m)	at PL Championship	April 30, 2004
Hammer (O)	163'2" (49.73m)	at PL Championship	May 6, 2005



Yasmin Sauls



Cayanne McFarlane



SHEIVON DAVIS

SENIOR ☆ SPRINTS
BALTIMORE, MD.

2004-05: Recorded a career-best showing in the 200 meters in the Navy Home Meet ... posted a season-best outdoor time of 1:01.71 in the 400-meter event at Army.

2003-04: Posted a season-best indoor time in the 400 meters (1:02.65) versus Columbia

... recorded a career-best outdoor time in the 400 meters (1:01.21) at the Charlotte Invitational. **2002-03:** Ran a season-best indoor time of 28.40 in the 200 meters at the Navy Lidlifter ... posted a career-best indoor time of 13.43 in the 100 meters at the Charlotte Invitational ... ran the 200 meters in a career-best outdoor time of 27.40 at the Navy Tri-Meet. **High School:** Attended Baltimore Polytechnic Institute ... earned three letters in track and one in cross country ... served as team captain of her outdoor track and cross country teams during the 2001 season. **Personal:** Daughter of Theodore Shearin and Pamela Tardy ... born Oct. 29, 1982, in Baltimore, Md. ... majoring in mathematics.

DAVIS' CAREER BESTS

Event	Time	Meet	Date
200m (I)	28.25	Navy Home Meet	Jan. 15, 2005
400m (I)	1:02.65	at Columbia	Jan. 31, 2004
100m (O)	13.43	at Charlotte Invite	April 12, 2003
200m (O)	27.40	Navy Tri-Meet	March 22, 2003
400m (O)	1:01.21	at Charlotte Invite	April 10, 2004



MARY NELL

SENIOR ☆ THROWS
DILLSBURG, PA.

2004-05: Earned a 3.40 grade point average in being named to the Patriot League Academic Honor Roll ... set three collegiate-career records during her junior year ... posted indoor-best throw of 34'3-1/2" in the shot put at the Navy Home Meet ... one

week earlier at the Delaware Invitational, registered a 39'3-1/4" showing in the 20-pound weight throw ... smashed previous career-mark in the hammer throw with a 128'6" effort at the Charlotte Invitational ... boasted Navy's top-mark in the discus, recording a 130'8" toss against Army. **2003-04:** Posted a season-best indoor throw of 30'10-1/4" at the Navy Lidlifter ... recorded outdoor career-best in the discus (133'0") versus Army and season-high in the hammer throw (102'5") at the Charlotte Invitational. **High School:** Attended Northern York High School ... earned two letters each in track & field and cross country, while earning a letter as a sophomore in track at Cumberland Valley High School ... finished in sixth place in the discus at the 2001 Pennsylvania State Championship and followed that by placing fifth at the 2002 state meet. **Personal:** Daughter of Carl and Cynthia Nell ... born Nov. 18, 1982, in Harrisburg, Pa. ... majoring in English.

NELL'S CAREER BESTS

Event	Mark	Meet	Date
Shot put (I)	34'3-1/2" (10.45m)	Navy Home Meet	Jan. 15, 2005
20-lb. throw (I)	39'3-1/4" (11.97m)	at Delaware Invite	Jan. 7, 2005
Discus (O)	133' (40.54m)	at Army	April 17, 2004
Hammer (O)	128'6" (39.18m)	at Charlotte Invite	April 2, 2005



MICHELLE SCHILLER

SENIOR ☆ JUMPS
GLENDALE, ARIZ.

2004-05: Earned Patriot League Academic Honor Roll recognition for the second-straight season ... pulled down a 3.35 grade point average in the spring semester ... registered

a first-place mark of 38'10-1/2" in the triple jump in the outdoor meet against Army ... the effort was the longest of her career and for Navy in 2005 ... set a season-best mark in Navy's indoor home meet, covering 17'1-1/2" in the long jump event ... competed at the ECAC Championship in the triple jump ... provided the Midshipmen's best long jump of the outdoor season, a 17'11" mark at the Patriot League Championship. **2003-04:** Named to the Patriot League Academic Honor Roll with a 3.32 grade point average ... posted team-best marks in the long jump during both the indoor (17'9-3/4") and the outdoor (18'11-1/4") seasons ... set the school-record for the outdoor long jump, besting the previous mark by 1/4" ... also posted the best team mark in the outdoor triple jump (37'7-1/4") ... recorded a second-place finish in the long jump in three different indoor meets. **2002-03:** Recorded her indoor season-best mark of 17'6-1/4" in the long jump at the Patriot League Championship ... registered a second-place finish with an indoor career-best mark of 37'1/4" against Army in the triple jump ... took second in the long jump at the outdoor league meet with a mark of 18'1". **High School:** Attended T.F. South High School ... lettered in track, cross country and basketball. **Personal:** Daughter of Peter and Pamela Schiller ... born Sept. 28, 1983, in Phoenix, Ariz. ... majoring in international relations.

SCHILLER'S CAREER BESTS

Event	Mark	Meet	Date
Long jump (I)	17'9-3/4" (5.43m)	at Columbia	Jan. 31, 2004
Triple jump (I)	37'1/4" (11.28m)	at Army	Feb. 15, 2003
Long jump (O)	18'11-1/4" (5.77m)	at PL Championship	April 30, 2004
Triple jump (O)	38'10-1/2" (11.85m)	vs. Army	April 16, 2005



TINA TERRY

SENIOR ☆ POLE VAULT
COEUR D'ALENE, IND.

At Navy: Also a member of the Navy women's cross country team ... did not race in 2005 due to IFS training during the fall semester. **2004-05:** Named to Patriot League Academic Honor Roll after posting a 3.82 grade point average during the spring ...

set two career bests in her junior campaign ... ran the indoor 400 meters in 1:01.20 at the Armory Invitational ... crossed the finish line in career-record time 1:03.86 in the outdoor 400-meter hurdles versus Army ... the effort was Navy's third-best showing of the outdoor season ... recorded a season-best 11'5-3/4" showing in the indoor pole vault at the Armory Invitational. **2003-04:** Earned a spot on the Patriot League Academic Honor Roll and was one of just four women's track student-athletes in the league to attain a perfect 4.0 grade point average during the spring semester ... recorded the three-fastest outdoor team times in the 400-meter hurdles, including the top-mark of 1:04.94, which was good enough for a first-place finish versus Army ... posted Navy's best outdoor mark in the pole vault (12'), which gave her a first-place finish versus Loyola, Maine, Ohio ... posted the team's second-highest indoor mark in the pole vault (11'9-3/4"). **2002-03:** Captured the Patriot League Indoor Championship in the pole vault with a mark of 10'11" ... was an indoor ECAC qualifier ... finished in the top-three in the pole vault seven times during the indoor season ... set an indoor season-best mark of 11'6-1/4" against Army ... took second-place at the outdoor Patriot League Championship with a mark of 10'10" ... posted a season-best mark of 11'1/4" at the Towson Open as she tied for first-place ... also ran the 400-meter hurdles. **High School:** Attended Valley Christian High School. **Personal:** Daughter of Michael and Viki Terry ... born July 15, 1984, in Bremerton, Wash. ... majoring in history.

TERRY'S CAREER BESTS

Event	Mark/Time	Meet	Date
400m (I)	1:01.20	at Armory Invite	Jan. 29, 2005
Pole vault (I)	11'9-3/4" (3.60m)	vs. Army	Feb. 7, 2004
400m hur. (O)	1:03.86	vs. Army	April 16, 2005
Pole vault (O)	12' (3.66m)	vs. Loyola, Maine, Ohio	March 27, 2004



KIRSTEN ANDREWS

JUNIOR ☆ HURDLES/JUMPS
NEW HOLLAND, PA.

2004-05: Earned First-Team All-Patriot League indoor honors for claiming the gold in the 60-meter hurdles and pole vault ... set season-mark with a 8.89 in the semifinal round of the 60-meter hurdles before posting a 8.91 showing to claim the title ...

cleared 12'3-1/2" in the pole vault to lead all competitors ... captured All-East recognition at the ECAC Indoor Championship after surpassing her previous career-mark with a 12'6" effort in the pole vault ... named to Patriot League Academic Honor Roll after registering a 3.85 grade point average in the spring ... owned Navy's top-efforts in the indoor and outdoor pole vault events ... recorded four first-place showings in the indoor pole vault event ... claimed first in the pole vault versus Army in the outdoor meet ... set a career-best time in the

outdoor 100-meter hurdles with a 14.75 effort. **2003-04:** Won the Patriot League Outdoor Championship in the 100-meter hurdles with a time of 15.17 ... earned Second-Team All-Patriot League honors during the indoor season by placing second in both the 60-meter hurdles (8.87) and pole vault (11'9-3/4") at the league championship ... named to the Patriot League Academic Honor Roll with a 3.63 grade point average ... posted the team's top-indoor height in the pole vault with a mark of 12'3-1/2" versus Army ... also ran an indoor career-best time of 8.31 against Army in the 55-meter hurdles ... posted an indoor career-best time of 17'5" in the long jump versus Columbia ... ran a season-best outdoor time of 14.91 in the 100-meter hurdles versus Army. **High School:** Attended Garden Spot High School ... earned four letters in track and three in volleyball ... won three medals at the 2002 Pennsylvania State Championship ... set league records in the pole vault and hurdles ... was crowned a district pole vault champion in 2003. **Personal:** Daughter of Wolfram and Arlene Andrews ... born May 31, 1985, in Lancaster, Pa. ... majoring in quantitative economics.

ANDREWS' CAREER BESTS

Event	Time/Mark	Meet	Date
55m hur. (I)	8.31	vs. Army	Feb. 7, 2004
60m hur. (I)	8.87	at PL Championship	Feb. 21, 2004
Pole vault (I)	12'5-1/2" (3.80m)	at ECAC Champ.	March 5, 2005
Long jump (I)	17'5" (5.31m)	at Columbia	Jan. 31, 2004
100m hur. (O)	14.75	Md., Maine, Colg., Amer.	March 26, 2005
Pole vault (O)	11'9-3/4" (3.60m)	at Charlotte Invite	April 10, 2004



Kirsten Andrews



ALLISON BARLOW

JUNIOR ☆ DISTANCE
ORANGE PARK, FLA.

At Navy: Competed with the Navy women's cross country team in first three fall seasons at the Academy ... earned First-Team All-Patriot League honors as a freshman in 2003 ... Navy's third-best runner against Army in 2005. **2004-05:** Garnered

Second-Team All-Patriot League honors for finishing second in the outdoor 10,000 meters ... followed up with a career-best time of 36:27.52 at the ECAC Championship ... named to Patriot League Academic Honor Roll after posting a 3.61 grade point average during the spring ... boasted a first-place effort versus Army in the outdoor 5,000 meters, setting a career-best time of 17:47.28 ... also set career-times in two indoor events ... ran a 10:19.05 in the indoor 3,000 meters at Army ... raced to a 17:56.69 showing in the 5,000 meters in the Patriot League Indoor Championship ... possessed Navy's top-times in the indoor and outdoor 5000 meters, as well as the outdoor 10,000 meters. **2003-04:** Recorded the team's second-fastest indoor time in the 3,000 meters (10:23.46) ... posted the team's second-fastest outdoor time in the 5000 meters (18:28.85) ... placed first in the 3,000 meters with a time of 10:33.06 in the indoor meet against American, Robert Morris and VCU ... posted an indoor season-best time of 10:23.46 in the 3,000 meters versus Columbia. **High School:** Attended Clay High School ... was a four-year letterwinner in track ... also lettered in weightlifting, cross country and swimming ... won the 3,200 meters district championship as a senior ... named to all-conference and all-county squads during her last two seasons. **Personal:** Daughter of Gary and Cynthia Barlow ... born Oct. 28, 1985, in Charleston, S.C. ... majoring in honors oceanography.

BARLOW'S CAREER BESTS

Event	Time	Meet	Date
3,000m (I)	10:19.05	at Army	Feb. 5, 2005
5,000m (I)	17:56.69	at Patriot League Champ.	Feb. 19, 2005
5,000m (O)	17:47.28	vs. Army	April 16, 2005
10,000m (O)	36:27.52	at ECAC Championship	May 13, 2005



EMILY CASTRO

JUNIOR ☆ DISTANCE
CENTENNIAL, COLO.

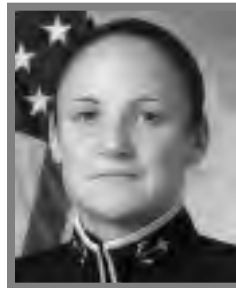
At Navy: Three-year member of the Navy women's cross country team ... earned First-Team All-Patriot League honors by placing third at the 2004 Patriot League Cross Country Championship ... also named to first-team all-league in 2003. **2004-05:**

Attained Navy's best time in the indoor 3,000-meter event and second-best showings in the outdoor 3,000 meters and indoor and outdoor 5,000 meters ... set career-best times in four events during her sophomore campaign ... placed second in the indoor 3,000 meters with a 10:16.78 time at Army ... finished sixth at the Patriot League Outdoor Championship with a time of 37:45.37 ... landed second in the 5,000 meters with a 18:02.18 effort versus Army at the outdoor Star Meet ... completed the outdoor 3,000 meters in 10:39.80 at the Charlotte Invitational ... recorded a first-place effort at Navy's indoor home meet in the 5,000-meter event. **2003-04:** Posted the team's fastest indoor time and a career-best in the 5,000 meters (17:54.05) ...

finished fourth out of 24 runners in the 3,000 meters at the Delaware Invitational with a season-best time of 10:28.59. **High School:** Attended Cherry Creek High School ... lettered in track and cross country ... earned all-state honors in cross country as a senior and named team MVP. **Personal:** Daughter of Michael and Susan Castro ... born March 28, 1985, in Lakewood, Colo. ... majoring in English.

CASTRO'S CAREER BESTS

Event	Time	Meet	Date
3,000m (I)	10:16.78	at Army	Feb. 5, 2005
5,000m (I)	17:54.05	at Columbia	Jan. 31, 2004
3,000m (O)	10:39.80	at Charlotte Invitational	April 2, 2005
5,000m (O)	18:02.18	vs. Army	April 16, 2005
10,000m (O)	37:45.37	at Patriot League Champ.	May 6, 2005



ERIN DEMCHKO

JUNIOR ☆ DISTANCE
NANUET, N.Y.

At Navy: Runs with the Navy women's cross country team ... posted Navy's best time at the Roy Griak Invitational ... owned the Mids' second-fastest time against Army. **2004-05:** Recorded Navy's best times in three events (indoor mile, outdoor 3,000

meters and 3,000-meter steeplechase) ... raced on three of Navy's top-relays (indoor and outdoor 4x800-meter and indoor distance medley relay) ... set five personal-best efforts, four of which were outdoor events ... finished fifth at the Patriot League Outdoor Championship with a time of 4:42.93 in the 1,500 meters ... also set a career-best time in the 800 meters at the league outdoor championship, crossing the finish line in 2:19.70 ... ran the 3,000-meter steeplechase in 11:13.29 against Maryland, Maine, Colgate and American ... ran the outdoor 3,000 meters in 10:32.62 at the Charlotte Invitational ... set an indoor personal-best time in the 500-meter event with a 1:20.35 showing at the Armory Invitational. **2003-04:** Member of Navy's 4x800-meter relay team that won the Patriot League Indoor Championship with a time of 9:05.34 ... recorded Navy's fastest indoor times in the 1,000 meters (2:58.59) and the mile (5:07.14) ... posted team's fastest outdoor times in the 1,500 meters (4:46.50), 2,000-meter steeplechase (7:04.49) and the 3,000-meter steeplechase (11:27.10) ... finished first in the mile at the Navy Indoor Lidlifter (5:07.27) ... recorded first-place finishes in the 1,500 meters, 2,000-meter steeplechase and the 3,000-meter steeplechase during the outdoor season. **High School:** Attended Pearl River High School ... earned seven letters in track ... also lettered in soccer and basketball ... won the 2002 New York State Championship in the 2,000-meter steeplechase ... earned All-America honors in the steeplechase from 2001-03 ... captained her track and soccer teams as a senior. **Personal:** Daughter of Peter and Catherine Demchko ... born March 29, 1985, in Hackensack, N.J. ... majoring in American politics & law.

DEMCHKO'S CAREER BESTS

Event	Time	Meet	Date
500m (I)	1:20.35	at Armory Invitational	Jan. 29, 2005
800m (I)	2:20.88	Navy Lidlifter	Dec. 1, 2004
1,000m (I)	2:58.59	at Patriot League Champ.	Feb. 21, 2004
Mile (I)	5:07.14	at Patriot League Champ.	Feb. 21, 2004
800m (O)	2:19.70	at Patriot League Champ.	May 7, 2005
1,500m (O)	4:42.93	at Patriot League Champ.	May 7, 2005
3,000m (O)	10:32.62	at Charlotte Invitational	April 2, 2005
3,000 steeple. (O)	11:13.29	Md., Maine, Colgate, Amer.	March 26, 2005



LONI FORSYTHE

JUNIOR ☆ SPRINTS
CHATTANOOGA, TENN.

2004-05: Registered a tremendous sophomore season, setting three Academy records in the process ... set program-record in the 60 meters with a 7.73 time at Army ... topped the previous outdoor 100 meters record by .21 second with a 11.74 showing

versus Army ... ran second on Navy's record-setting 4x100-meter outdoor relay team (47.24) in the Patriot League Championship ... crowned the league champion in the outdoor 100 meters ... earned Second-Team All-Patriot League honors in the indoor 60 meters, outdoor 200 meters and 4x100-meter relay ... named an All-East runner after a top-eight effort at the ECAC Championship ... recorded Navy's top-time in the indoor 55- and 60-meter events and outdoor 100 and 200 meters ... ran a career-best 7.19 in the indoor 55 meters in Navy's Home Meet ... tallied a total of nine first-place finishes (six outdoor, three indoor). **2003-04:** Won the Patriot League Outdoor Championship in the 200-meter dash in a time of 25.45 ... also earned second-team all-league honors by placing second as a member of 4x100-meter relay team (48.01) and by finishing second in the 60-meter dash (7.75) ... posted the team's four-fastest indoor times in the 60 meters ... recorded the team's fastest outdoor times in the 100 meters (12.20) and the 200 meters (24.60) ... posted season-best indoor times in the 55 meters (7.20) versus Army and the 200 meters (25.45) versus Columbia ... recorded season-best outdoor times in the 100 meters (12.20) and the 200 meters (24.60) versus Loyola, Maine and Ohio. **High School:** Attended Chattanooga School for the Arts & Sciences ... lettered in track and cross country. **Personal:** Daughter of Neville and Marilyn Forsythe ... born Dec. 17, 1984, in Atlanta, Ga. ... majoring in English.

FORSYTHE'S CAREER BESTS

Event	Time	Meet	Date
55m (I)	7.19	Navy Home Meet	Jan. 15, 2005
60m (I)	7.73	at Army	Feb. 5, 2005
200m (I)	25.45	at Columbia	Jan. 31, 2004
100m (O)	11.74	vs. Army	April 16, 2005
200m (O)	24.60	vs. Loyola, Maine, Ohio	March 27, 2004



JESSICA GOETZ

JUNIOR ☆ JUMPS
COLLEGEVILLE, PA.

2004-05: Named to Patriot League Academic Honor Roll with a spring grade point average of 3.50 ... earned Second-Team All-Patriot League in the indoor triple jump ... jumped a career-best 37'6" at the league indoor championship ... set career mark in

the outdoor triple jump with a 37'6-1/2" effort at the Patriot League Championship ... recorded top-triple jump effort at Armory Invitational. **2003-04:** Primarily competed in the triple jump ... posted season-best mark of 35'8-3/4" at the Patriot League Outdoor Championship ... jumped 34'3/4" at Patriot League Indoor Championship ... ran a 9.54 in 55-meter hurdles at the Navy Lidflifer. **High School:** Attended Methacton High School ... earned four letters in track and one in cross country ... captured league title in the 100-meter hurdles during her senior season ... named team MVP and team captain. **Personal:** Daughter of Donald and Catherine Goetz ... born July 14, 1985, in Hackensack, N.J. ... majoring in oceanography.

GOETZ'S CAREER BESTS

Event	Time/Mark	Meet	Date
55m hur. (I)	9.54	Navy Lidflifer	Nov. 24, 2003
Triple jump (I)	37'6" (11.43m)	at PL Championship	Feb. 20, 2005
Triple jump (O)	37'6-1/2" (11.44m)	at PL Championship	May 7, 2005



PRISCILLA LEWIS

JUNIOR ☆ SPRINTS/JUMPS
ST. ANDREWS, JAMAICA

2004-05: Finished third in the Navy Lidflifer with a 27.11 showing in the indoor 200 meters ... set career-best outdoor time in the 400 meters with a 1:00.73 ... matched career-mark with a 4'11" effort in the high jump at Navy's Home Meet. **2003-04:**

Competed twice in the high jump event ... posted career-best 5'1/4" showing in the outdoor high jump at Charlotte Invitational. **High School:** Went to Ardenne High School ... captained her soccer team ... named to All-Jamaica team in 2000. **Personal:** Daughter of Maj. Neil (Ret.) and Janice Lewis ... brother Noel is a class of 2004 graduate ... born Jan. 1, 1985 ... majoring in general engineering.

LEWIS' CAREER BESTS

Event	Time/Mark	Meet	Date
200m (I)	27.11	Navy Lidflifer	Dec. 1, 2004
High jump (I)	4'11" (1.50m)	2x, last at Navy Home Meet	Jan. 15, 2005
400m (O)	1:00.73	vs. Army	April 16, 2005
High jump (O)	5'1/4" (1.53m)	at Charlotte Invite	April 10, 2004



EBONY MILLER

JUNIOR ☆ HURDLES/JUMPS
MORENO VALLEY, CALIF.

2004-05: Tied for team's second-best effort in the indoor long jump ... covered 17'3-1/4" in Navy's Home Meet ... set career-records in the indoor 55 meters (7.59) and 60 meters (8.26). **2003-04:** Recorded the team's third-highest indoor (17'8-3/4") and outdoor

(17'7") marks in the long jump ... posted season-best indoor time in the 55-meter hurdles (9.26) versus American, Robert Morris and VCU ... recorded career-best outdoor times in the 100-meter hurdles (16.42) at the Point Loma Invitational and the 400-meter hurdles (1:06.95) versus Army. **High School:** Attended Woodcrest Christian High School ... lettered four times in track and twice in basketball ... named the track team MVP as a junior and a senior ... helped her 4x100-meter relay team to a regional title in 2001. **Personal:** Daughter of Leroy Jr. and Gwendolyn Miller ... born Nov. 5, 1984, in Riverside, Calif. ... majoring in international relations.

MILLER'S CAREER BESTS

Event	Time/Mark	Meet	Date
55m (I)	7.59	Navy Home Meet	Jan. 15, 2005
60m (I)	8.26	at Delaware Invite	Jan. 7, 2005
55m hur. (I)	9.26	vs. AU, BSU, RMU, VCU	Jan. 17, 2004
Long jump (I)	17'8-3/4" (5.40m)	vs. Army	Feb. 7, 2004
100m hur. (O)	16.42	at Pt. Loma Invite	March 20, 2004
400m hur. (O)	1:06.95	at Army	April 17, 2004
Long jump (O)	17'7" (5.36m)	at PL Championship	April 30, 2004
Shot put (O)	36'6-1/4" (11.13m)	Navy Lidlifter	Dec. 1, 2004



DANIELLE STILL

JUNIOR ☆ MULTI-EVENTS
LAWNSIDE, N.J.

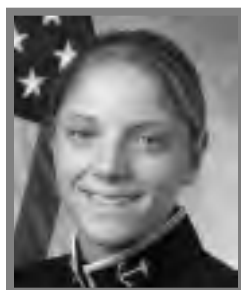
2004-05: Assisted in shattering an Academy record in the 4x100-meter outdoor relay team ... ran third-leg of a group that posted a 47.24 effort at the Patriot League Championship ... earned First-Team All-Patriot League outdoor honors for winning

the javelin and 4x100-meter relay ... Second-Team All-Patriot League in the 100-meter hurdles ... recognized as All-East in the javelin competition ... advanced the semifinal round of the ECAC 100-meter hurdles Championship ... possessed Navy's top-efforts in the indoor 60-meter hurdles, 100-meter hurdles, javelin and shot put ... finished only .02 second off the school record in the 100-meter hurdles with a 14.26 showing at the ECAC Championship ... recorded a career-best shot put of 42'11-1/2" in the indoor meet at Army ... registered career-best mark of 146'6" in the javelin at the Patriot League Outdoor Championship ... accounted for 11 first-place finishes and three top-efforts in preliminary rounds. **2003-04:** Won the Patriot League Outdoor Championship in the heptathlon and earned second-team All-Patriot League outdoor honors by placing second as a member of 4x100-meter relay team (48.01) ... recorded the team's fastest indoor times in the 55- (8.17) and 60-meter hurdles (8.72) ... recorded the team's fastest outdoor time in the 100-meter hurdles (14.49) and the best mark in the javelin (143'6"). **High School:** Attended Bishop Eustace High School ... earned six letters in track ... captained her out-

door squad to the New Jersey State Parochial Championship as a senior ... earned All-America honors in the javelin in 2002 and '03 with sixth-place finishes at the Adidas National Outdoor Championship ... two-time outdoor team MVP. **Personal:** Daughter of Malcolm and Sandra Still ... born May 22, 1985, in Philadelphia, Pa. ... majoring in physics.

STILL'S CAREER BESTS

Event	Time/Mark	Meet	Date
55m (I)	7.47	Navy Lidlifter	Dec. 1, 2004
200m (I)	26.09	at Army	Feb. 5, 2005
55m hur. (I)	8.17	vs. Army	Feb. 7, 2004
60m hur. (I)	8.84	at Army	Feb. 5, 2005
Pentathlon (I)	3,058 points	at PL Championship	Feb. 18, 2005
Shot put (I)	42'11-1/2" (13.09m)	at Army	Feb. 5, 2005
200m (O)	25.40	vs. Loyola, Maine, Ohio	March 27, 2004
100m hur. (O)	14.26	at ECAC Championship	May 13, 2005
Heptathlon (O)	4,525 points	at PL Championship	April 30, 2004
Javelin (O)	146'6" (44.66m)	at PL Championship	May 7, 2005
Shot put (O)	42'7" (12.98m)	vs. Loyola, Maine, Ohio	March 27, 2004



JUSTINE WHIPPLE

JUNIOR ☆ DISTANCE
DUXBURY, MASS.

At Navy: Competes with the Navy women's cross country team ... registered Navy's best time in each race she competed in during the 2005 season ... named to First-Team All-Patriot League after a third-place finish at the league championship ... won 2005 ITU

World Age Group Triathlon Championship on Oct. 9 in Hawai'i ... five days later, landed first among all runners in the Star Meet against Army. **2004-05:** Posted career-best times in three events ... finished second at Navy's Home Meet with a 18:23.75 time in the indoor 5,000 meters ... registered an outdoor 5,000-meter run time of 18:16.99 ... placed eighth in the Patriot League Outdoor Championship with a 38:06.94 showing in the 10,000 meters. **2003-04:** Set career-best indoor time of 10:53.21 in the 3,000 meters at the Delaware Invitational ... finished sixth in the 10,000-meter run at the Patriot League Outdoor Championship. **High School:** Attended Duxbury High School ... four-year letterwinner in cross country and track ... competes in triathlons ... has climbed Mt. Rainier in Washington. **Personal:** Daughter of Roger and Nancy Whipple ... born Sept. 27, 1985, in Boston, Mass. ... majoring in oceanography.

WHIPPLE'S CAREER BESTS

Event	Time	Meet	Date
3,000m (I)	10:53.21	at Delaware Invitational	Jan. 9, 2004
5,000m (I)	18:23.75	Navy Home Meet	Jan. 15, 2005
5,000m (O)	18:16.99	vs. Md., Maine, Colgate, Amer.	March 26, 2005
10,000m (O)	38:06.94	at PL Championship	May 6, 2005



MICHELLE BOSTIC

SOPHOMORE ☆ MULTI-EVENTS
ROCKWALL, TEXAS

2004-05: Member of the First-Team All-Patriot League 4x400-meter indoor relay ... ran third-leg of relay that posted a time of 3:56.16 at league championship ... owned Navy's top-time in the 55-meter hurdles with a 8.37 showing in the Navy Lidlifter ... member

of the Mids top-finishing 4x400-meter and distance medley relays ... possessed team's best effort in the outdoor 400-meter hurdles ... crossed the finish line first with a 1:01.77 time against Army ... also competed at the Patriot League Indoor Championship in the 60-meter hurdles and 400 meters. **High School:** Attended Rockwall High School ... earned four letters in track ... served as team captain of her track team during her senior year and was named the team's MVP ... school-record holder in the 100- and 300-meter hurdles and the mile relay ... three-time district champion in the 100- and 300-meter hurdles and a four-time champion in the mile relay. **Personal:** Daughter of Linda Bostic ... born April 1, 1986, in Dallas, Texas ... majoring in English.

BOSTIC'S CAREER BESTS

Event	Time/Mark	Meet	Date
400m (I)	59.40	at Army	Feb. 5, 2005
55m hur. (I)	8.37	Navy Lidlifter	Dec. 1, 2004
60m hur. (I)	9.04	at Army	Feb. 5, 2005
Shot put (I)	33'10" (10.31m)	Navy Lidlifter	Dec. 1, 2004
100m hur. (O)	15.08	vs. Md.,Maine,Colg.,Amer.	March 26, 2005
400m hur. (O)	1:01.77	vs. Army	April 16, 2005



TAREN BURKETT

SOPHOMORE ☆ MIDDLE DISTANCE
VIRGINIA BEACH, VA.

2004-05: Garnered First-Team All-Patriot League honors as a member of the league championship-winning 4x400-meter indoor and outdoor relay teams ... ran the second-leg in both relays ... indoor 4x400-meter relay crossed the finish line in 3:56.16, while

the outdoor unit registered a 3:50.64 time ... also ran with Navy's top-outdoor distance medley relay ... participated in second-portion of relay group that recorded a time of 12:25.66 at the Penn Relays ... posted season-best times in the indoor 500 meters (1:19.40) and outdoor 400 meters (57.44) against Army. **High School:** Attended Kempsville High School ... earned five letters in track ... also lettered in cross country, basketball and soccer ... named team MVP and captain of track team ... named to track all-district and all-region teams ... went to Naval Academy Preparatory School for a year. **Personal:** Daughter of Michael and Barbara Lambert ... born July 25, 1985, in Philadelphia, Pa. ... majoring in history.

BURKETT'S CAREER BESTS

Event	Time/Mark	Meet	Date
500m (I)	1:19.40	at Army	Feb. 5, 2005
800m (I)	2:33.52	Navy Lidlifter	Dec. 1, 2004
High jump (I)	4'11" (1.50m)	Navy Home Meet	Jan. 15, 2005
400m (O)	57.44	vs. Army	April 16, 2005
High jump (O)	4'9" (1.45m)	at Delaware Invite	April 9, 2005



JACQUELYN CHARNIGO

SOPHOMORE ☆ JUMPS
MEDINA, OHIO

2004-05: Named 2005 Patriot League Indoor Championship Rookie-of-the-Meet ... earned a pair of Second-Team All-Patriot League indoor honors in the high jump and

pole vault ... cleared 5'5" in the high jump ... in the pole vault, posted a height of 11'9-3/4" ... tied team-best mark in the indoor high jump and outdoor pole vault ... cleared 11'5-3/4" in meet against American, Ohio, Colgate and Delaware ... recorded Navy's second-best high jump result in same meet with a 5'3" effort ... responsible for five first-place event finishes during her rookie campaign. **High School:** Attended Buckeye High School ... earned four letters each in track and gymnastics ... served as team captain and named MVP of her track team during her senior year ... placed fourth in the high jump at the 2004 Ohio State Championship. **Personal:** Daughter of William and Maureen Charnigo ... born Jan. 18, 1986, in Cleveland, Ohio ... majoring in mathematics.

CHARNIGO'S CAREER BESTS

Event	Mark	Meet	Date
High jump (I)	5'5" (1.65m)	4x, last at PL Champ.	Feb. 19, 2005
Pole vault (I)	11'9-3/4" (3.60m)	2x, last at PL Champ.	Feb. 20, 2005
High jump (O)	5'3" (1.60m)	vs. Md.,Maine,Colg.,Amer.	March 26, 2005
Pole vault (O)	11'5-3/4" (3.50m)	vs. Md.,Maine,Colg.,Amer.	March 26, 2005



KYLEIGH MILLHOUSE

SOPHOMORE ☆ DISTANCE
BOILING SPRINGS, PA.

At Navy: Member of the Navy women's cross country team ... 2004 Patriot League Rookie of the Year and Second-Team All-Patriot League runner ... competed in every

race during the 2005 season. **2004-05:** Registered Navy's top-showing in the 2,000-meter steeplechase with a time of 7:58.00 at the Charlotte Invitational ... effort was good for a first-place finish ... possessed team's third-fastest 3,000-meter steeplechase time with a 11:51.09 effort against Army ... posted fastest indoor 3,000 (10:52.88) and 5,000 (18:55.30) meters times at Patriot League Championship. **High School:** Attended Boiling Springs High School ... earned four letters in cross country, track and field and swimming ... won the Mid-Penn Championship in cross country ... also won the Mid-Penn Championship in the 1,600 and 3,200 meters in 2003 and '04 ... was a member of the swim team which claimed the Mid-Penn title in 2002 and '03. **Personal:** Daughter of John and Cindy Millhouse ... born June 29, 1986, in Camp Hill, Pa. ... majoring in ocean engineering.

MILLHOUSE'S CAREER BESTS

Event	Time	Meet	Date
3,000m (I)	10:52.88	at PL Championship	Feb. 20, 2005
5,000m (I)	18:55.30	at PL Championship	Feb. 19, 2005
5,000m (O)	18:30.76	vs. Md.,Maine,Colg.,Amer.	March 26, 2005
2,000m steeple. (O)	7:58.00	at Charlotte Invite	April 2, 2005
3,000m steeple. (O)	11:51.09	vs. Army	April 16, 2005



VICKI MOORE

SOPHOMORE ☆ DISTANCE
BURKE, VA.

At Navy: Runner on the Navy women's cross country team ... ran in every race during the 2005 season ... Navy's third-best performer in the Salty Sea Dog Open. **2004-05:** One of only 16 women's track & field student-athletes in the Patriot League to earn a

4.0 grade point average in the spring ... for her efforts in the classroom, she was named to the Patriot League Academic Honor Roll ... athletically, she pulled down First-Team All-Patriot League honors as a member of the outdoor 4x400-meter relay team ... completed third-leg of relay team that crossed the finish line in 3:50.64 ... posted team's best time in the indoor 3,000 meters and outdoor 800 meters ... only runner to complete the 3,000 meters in less than three minutes ... raced to a 2:56.18 at the ECAC Indoor Championship ... member of Navy's top-outdoor 4x400-meter, 4x800-meter and distance medley relay teams ... captured first-place finishes in four different events (indoor 1000 and 1,600 meters, outdoor 800 and 1,500 meters). **High School:** Attended James W. Robinson High School ... earned four letters in outdoor track and field and three letters each in indoor track and cross country ... was a member of cross country team that claimed the Virginia State Championship in 2001 ... part of the 4x800-meter relay team that won a state championship in outdoor track ... two-time Athletic Booster Award winner in both cross country and track. **Personal:** Daughter of Edmund and Lisa Moore ... born June 10, 1986, in London, England ... majoring in information technology national security affairs.

MOORE'S CAREER BESTS

Event	Time	Meet	Date
800m (I)	2:21.32	Navy Lidlifter	Dec. 1, 2004
1,000m (I)	2:56.18	at ECAC Championship	March 6, 2005
Mile (I)	5:16.56	at Armory Invitational	Jan. 29, 2005
5,000m (I)	19:19.74	at Armory Invitational	Jan. 29, 2005
800m (O)	2:11.74	at PL Championship	May 7, 2005
1,500m (O)	4:41.75	at Delaware Invitational	April 9, 2005
10,000m (O)	40:11.29	at Delaware Invitational	April 9, 2005



Vicki Moore



JESSICA ORR

SOPHOMORE ☆ SPRINTS/HURDLES
NEW HOLLAND, PA.

2004-05: Earned First-Team All-Patriot League recognition as a member of the outdoor 4x400-meter relay ... ran the first 400 meters of a group that finished in 3:50.64 at the league championship ... part of Navy's top indoor and outdoor 4x400-meter relay

units ... one of three runners to run the indoor 400 meters under a minute ... crossed the finish line in 59.50 at the Armory Invitational. **High School:** Attended Garden Spot High School ... earned four letters in track and two in tennis ... received her track team's outstanding freshman award and was given the coaches award during her sophomore season ... was a member of her 2002 track team which was crowned district champions. **Personal:** Daughter of Ernest and Anne Orr ... born May 20, 1986, in Lancaster, Pa. ... majoring in oceanography.

ORR'S CAREER BESTS

Event	Time	Meet	Date
200m (I)	27.01	Navy Home Meet	Jan. 15, 2005
400m (I)	59.50	at Armory Invitational	Jan. 29, 2005
500m (I)	1:18.60	at Army	Feb. 5, 2005
55m hur. (I)	8.78	Navy Home Meet	Jan. 15, 2005
60m hur. (I)	9.42	at Armory Invitational	Jan. 29, 2005
100m hur. (O)	15.90	vs. Md.,Maine,Colg.,Amer.	March 26, 2005
400m hur. (O)	1:03.92	vs. Army	April 16, 2005



ELIZABETH WRONA

SOPHOMORE ☆ SPRINTS/JUMPS
FAIRFAX STATION, VA.

2004-05: Owned Navy's top-outdoor high jump mark ... cleared 5'3-1/4" at the Penn Relays ... tied the team's best effort in the indoor high jump ... recorded a 5'5" effort in Navy's Home Meet and at Army ... also ran the 55- and 60-meter indoor hurdles, as well

as the 100-meter outdoor hurdles. **High School:** Attended Hayfield Secondary School ... totaled five letters in indoor and outdoor track & field and four in cheerleading ... named 2003 MVP for her track & field team ... named 2003 Hayfield Secondary School Sportswoman of the Year. **Personal:** Daughter of Kenneth and Susan Wrona ... born Aug. 20, 1984, in Portsmouth, N.H. ... majoring in chemistry.

WRONA'S CAREER BESTS

Event	Time/Mark	Meet	Date
55m hur. (I)	9.18	Navy Home Meet	Jan. 15, 2005
60m hur. (I)	10.40	at Delaware Invite	Jan. 7, 2005
High jump (I)	5'5" (1.65m)	2x, last at Army	Feb. 5, 2005
100m hur. (O)	17.26	vs. Md.,Maine,Colg.,Amer.	March, 26, 2005
High jump (O)	5'3-1/4" (1.61m)	at Penn Relays	April 28, 2005



COLLEEN CONLEY

FRESHMAN ☆ HURDLES/JUMPS
WOODSTOCK, MD.

High School: Attended Mount Hebron High School ... picked up six letters in track and three in soccer ... ranked second in Maryland in the 55-meter hurdles as a junior ... placed third in Maryland in the outdoor triple jump as a junior, second as a senior ...

earned All-Howard County recognition in both indoor and outdoor track as a senior. **Personal:** Daughter of Thomas and Joy Conley ... born Sept. 19, 1986, in Grosse Pointe, Mich.



MAUREEN DOOLEY

FRESHMAN ☆ DISTANCE
DURHAM, CONN.

At Navy: Ran with the Navy women's cross country team during freshman season ... posted Navy's third-fastest time at the Patriot League Championship. **High School:** Attended Coginchaug High School ... lettered in cross country and track ... four-year selection to all-county in cross country and track ... her freshman year cross country squad won the state championship ... three-time all-state runner ... part of state champion 4x800-meter relay team in 2002 and '03 ... captained the track team during her senior season. **Personal:** Daughter of Joseph and Maureen Dooley ... born June 7, 1987, in Renton, Wash.

... her freshman year cross country squad won the state championship ... three-time all-state runner ... part of state champion 4x800-meter relay team in 2002 and '03 ... captained the track team during her senior season. **Personal:** Daughter of Joseph and Maureen Dooley ... born June 7, 1987, in Renton, Wash.



MEG JOYCE

FRESHMAN ☆ THROWS
WEST KINGSTON, R.I.

High School: Went to South Kingstown High School ... earned four letters in track and field ... three-time All-America selection ... all-class and all-division in each of her four years ... named team captain and team MVP as a senior. **Personal:** Daughter of Stephen and Rosemary Joyce ... born Feb. 26, 1987, in Weymouth, Mass.

and Rosemary Joyce ... born Feb. 26, 1987, in Weymouth, Mass.



TARA LENN

FRESHMAN ☆ DISTANCE
MOBILE, ALA.

At Navy: Competed with Navy women's cross country team in freshman fall season ... placed 11th overall in the Salty Sea Dog Open. **High School:** Attended St. Paul's Episcopal School ... earned six letters in cross country and outdoor track, as well as

five in indoor track ... team won cross country state championship in 2000 and '03 ... won state championship in 1600- and 3200-meter events in both indoor and outdoor track ... named a 2002 cross country All-American ... six-time all-state outdoor track selection ... all-state in cross country five time and indoor track on four occasions.

Personal: Daughter of Thomas and Terri Lenn ... born April 8, 1987, in Pensacola, Fla. ... brother Tyler is a 2/C Midshipman.



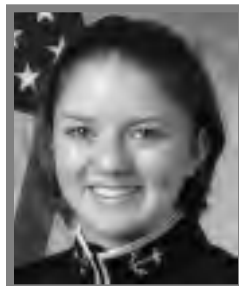
ANGELIQUE MARTIN

FRESHMAN ☆ HURDLES
LEXINGTON PARK, MD.

High School: Attended Great Mills High School ... earned four letters in track and field and soccer ... first-team all-conference runner in the 100-meter hurdles ... served as

team captain on her soccer team ... named all-county defender as a senior ... went to Naval Academy Preparatory School for a year.

Personal: Daughter of Joseph Jr. and Florentina Martin ... born Dec. 12, 1985, in Willingboro, N.J.



CARMEN MEIER

FRESHMAN ☆ POLE VAULT
WARRENVILLE, ILL.

High School: Attended Wheaton Warrenville South High School ... received three letters in track and gymnastics ... member of conference-winning 4x100-meter relay squad ... named all-conference as a senior ... won conference all-around in gymnastics as a

sophomore and senior ... captained gymnastics team as a senior.

Personal: Daughter of Ron and Karen Meier ... born March 1, 1985, in Ann Arbor, Mich.

2004-05 TOP INDOOR TIMES/MARKS

55 METERS

L. Forsythe	7.19	vs. VCU, UNCW, RMU, Bowie St., Loyola
D. Still	7.47	Navy Lifter
E. Miller	7.59	vs. VCU, UNCW, RMU, Bowie St., Loyola

60 METERS

L. Forsythe	7.73	at Army
K. Scotidas	8.14	at Army
L. Simerly	8.21	at Armory Invitational
E. Miller	8.26	at Delaware Invitational

200 METERS

T. Davis	25.41	at Patriot League Championship
L. Forsythe	25.89	at Armory Invitational
D. Still	26.09	at Army
L. Simerly	26.65	at Armory Invitational

400 METERS

T. Davis	55.90	at Army
M. Bostic	59.40	at Army
J. Orr	59.50	at Armory Invitational

500 METERS

T. Davis	1:12.39	at ECAC Championship
J. Orr	1:18.60	at Army
T. Burkett	1:19.40	at Armory Invitational
E. Demchko	1:20.35	at Armory Invitational

800 METERS

T. Davis	2:18.24	at Army
S. Peskosky	2:19.03	at Army
K. Kern	2:20.08	at Army
E. Demchko	2:20.88	Navy Lifter
V. Moore	2:21.32	Navy Lifter
V. Guthrie	2:21.54	at Patriot League Championship

1,000 METERS

V. Moore	2:56.18	at ECAC Championship
E. Demchko	3:01.58	at Army
C. Gregory	3:07.41	at Patriot League Championship
C. Harrington	3:11.48	at Patriot League Championship
S. Peskosky	3:14.57	at Delaware Invitational
V. Guthrie	3:14.63	at Delaware Invitational

MILE

E. Demchko	5:07.30	at Army
V. Guthrie	5:13.20	at Army
K. Kern	5:16.21	at Armory Invitational
V. Moore	5:16.56	at Armory Invitational
C. Harrington	5:21.30	at Army

3,000 METERS

E. Castro	10:16.78	at Army
A. Barlow	10:19.05	at Army
G. DiPiero	10:39.29	at Armory Invitational
J. Baum	10:42.65	at Army
S. Reese	10:47.06	Navy Lifter

5,000 METERS

A. Barlow	17:56.69	at Patriot League Championship
E. Castro	18:08.00	at Armory Invitational
J. Whipple	18:23.75	vs. VCU, UNCW, RMU, Bowie St., Loyola
J. Baum	18:31.24	at Armory Invitational
K. Millhouse	18:55.30	at Patriot League Championship
A. Pulver	19:08.42	at Armory Invitational

55-METER HURDLES

M. Bostic	8.37	Navy Lifter
K. Andrews	8.42	Navy Lifter
D. Still	8.58	Navy Lifter
K. Scotidas	8.58	vs. VCU, UNCW, RMU, Bowie St., Loyola
J. Orr	8.78	vs. VCU, UNCW, RMU, Bowie St., Loyola
S. Gambill	8.92	vs. VCU, UNCW, RMU, Bowie St., Loyola

60-METER HURDLES

D. Still	8.84	at Army
K. Andrews	8.89	at Patriot League Championship
M. Bostic	9.04	at Army
K. Scotidas	9.09	at Patriot League Championship
J. Orr	9.42	at Armory Invitational

HIGH JUMP

J. Charnigo	5'5" (1.65m)	at Delaware Invitational
E. Wrona	5'5" (1.65m)	vs. VCU, UNCW, RMU, Bowie St., Loyola
R. Tucker	5'1" (1.55m)	vs. VCU, UNCW, RMU, Bowie St., Loyola
T. Burkett	4'11" (1.50m)	vs. VCU, UNCW, RMU, Bowie St., Loyola

LONG JUMP

R. Gandy	17'4-1/4" (5.29m)	vs. VCU, UNCW, RMU, BSU, LC
E. Miller	17'3-1/4" (5.26m)	vs. VCU, UNCW, RMU, BSU, LC
M. Schiller	17'3-1/4" (5.26m)	vs. VCU, UNCW, RMU, BSU, LC

TRIPLE JUMP

J. Goetz	37'6" (11.43m)	at Patriot League Championship
L. Burmeister	36'5" (11.10m)	at Army
M. Schiller	35'8" (10.87m)	at Patriot League Championship
G. Hill	35'7" (10.85m)	at Armory Invitational

20-LB. WEIGHT THROW

C. McFarlane	46'7-1/4" (14.20m)	at Army
L. Schneider	44'3/4" (13.43m)	at Patriot League Championship
M. Nell	39'3-1/4" (11.97m)	at Delaware Invitational
S. Coleman	37'11" (11.56m)	at Armory Invitational

SHOT PUT

D. Still	42'11-1/2" (13.09m)	at Army
L. Schneider	39'1/4" (11.89m)	at Army
C. McFarlane	37'10-3/4" (11.55m)	vs. VCU, UNCW, RMU, BSU, LC
L. Brand	37'4" (11.38m)	at Patriot League Championship
E. Miller	36'6-1/4" (11.13m)	Navy Lifter

POLE VAULT

K. Andrews	12'5-1/2" (3.80m)	at ECAC Championship
J. Charnigo	11'9-3/4" (3.60m)	at Patriot League Championship
T. Terry	11'5-3/4" (3.50m)	at Armory Invitational

4X400-METER RELAY

3:56.16 at Patriot League Championship (Orr, Burkett, Bostic, Davis)

4X800-METER RELAY

9:12 at Patriot League Championship (Guthrie, Kern, Demchko, Davis)

DISTANCE MEDLEY RELAY

11:59.47 at Armory Invitational (Demchko, Bostic, Davis, Guthrie)

PENTATHLON

D. Still 3058 points at Patriot League Championship

Returning Midshipmen in Bold Italics

2004-05 TOP OUTDOOR TIMES/MARKS

100 METERS

L. Forsythe	11.74	vs. Army
K. Scotidas	12.74	vs. Army
L. Simerly	12.94	vs. Army

200 METERS

L. Forsythe	24.92	at Delaware Invitational
T. Davis	25.11	vs. Army
D. Still	26.23	at Charlotte Invitational
L. Simerly	26.64	at Delaware Invitational

400 METERS

T. Davis	54.16	vs. Army
T. Burkett	57.44	vs. Army
P. Lewis	1:00.73	vs. Army

800 METERS

V. Moore	2:11.74	at Patriot League Championship
T. Davis	2:11.84	at Delaware Invitational
S. Peskosky	2:17.64	vs. Army
J. Clark	2:18.80	vs. Army
E. Demchko	2:19.70	at Patriot League Championship
V. Guthrie	2:20.19	at Delaware Invitational
K. Kern	2:22.69	vs. Maryland, Maine, Colgate, American

1,500 METERS

K. Kern	4:30.44	vs. Army
V. Guthrie	4:30.46	vs. Army
K. Osborn	4:31.05	vs. Army
V. Moore	4:41.75	at Delaware Invitational
E. Demchko	4:42.93	at Patriot League Championship

2,000-METER STEEPLECHASE

K. Millhouse	7:58.00	at Charlotte Invitational
M. Wedlund	8:01.26	at Charlotte Invitational

3,000-METER STEEPLECHASE

E. Demchko	11:13.29	vs. Maryland, Maine, Colgate, American
K. Millhouse	11:51.09	vs. Army

3,000 METERS

E. Demchko	10:32.62	at Charlotte Invitational
E. Castro	10:39.80	at Charlotte Invitational

5,000 METERS

A. Barlow	17:47.28	vs. Army
E. Castro	18:02.18	vs. Army
J. Whipple	18:16.99	vs. Maryland, Maine, Colgate, American
J. Baum	18:24.68	vs. Army
K. Millhouse	18:30.76	vs. Maryland, Maine, Colgate, American

10,000 METERS

A. Barlow	36:27.52	at ECAC Championship
E. Castro	37:45.37	at Patriot League Championship
J. Whipple	38:06.94	at Patriot League Championship
A. Latorre	39:41.79	at Delaware Invitational

100-METER HURDLES

D. Still	14.26	at ECAC Championship
K. Andrews	14.75	vs. Maryland, Maine, Colgate, American
K. Scotidas	14.84	at Patriot League Championship
M. Bostic	15.08	at Delaware Invitational
S. Gambill	15.11	at Patriot League Championship

400-METER HURDLES

M. Bostic	1:01.77	vs. Army
T. Terry	1:03.86	vs. Army
J. Orr	1:03.92	vs. Army

HIGH JUMP

E. Wrona	5'3-1/4" (1.61m)	at Penn Relays
J. Charnigo	5'3" (1.60m)	vs. Maryland, Maine, Colgate, American

LONG JUMP

M. Schiller	17'11" (5.46m)	at Patriot League Championship
E. Miller	17'3" (5.26m)	vs. Army
R. Gandy	16'11-1/2" (5.17m)	vs. Army

TRIPLE JUMP

M. Schiller	38'10-1/2" (11.85m)	vs. Army
J. Goetz	37'6-1/2" (11.44m)	at Patriot League Championship
L. Burmeister	35'5-1/4" (10.80m)	vs. Army

POLE VAULT

K. Andrews	11'5-3/4" (3.50m)	vs. Maryland, Maine, Colgate, American
J. Charnigo	11'5-3/4" (3.50m)	vs. Maryland, Maine, Colgate, American
T. Terry	10'11-3/4" (3.35m)	vs. Maryland, Maine, Colgate, American

HAMMER THROW

C. McFarlane	163'2" (49.73m)	at Patriot League Championship
L. Schneider	133'2" (40.58m)	at Patriot League Championship

SHOT PUT

D. Still	40'7-1/2" (12.38m)	vs. Army
L. Brand	39'5" (12.01m)	at Patriot League Championship
L. Schneider	37'5" (11.40m)	vs. Army

DISCUS

M. Nell	130'8" (39.82m)	vs. Army
C. Hine	116'9" (35.58m)	vs. Army

JAVELIN

D. Still	146'6" (44.66m)	at Patriot League Championship
C. McFarlane	119'11" (36.56m)	at Patriot League Championship

4X100-METER RELAY

47.24	at Patriot League Championship (Scotidas, Forsythe, Still, T. Davis)
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4X400-METER RELAY

3:50.64	at Patriot League Championship (Orr, Burkett, Moore, T. Davis)
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4X800-METER RELAY

8:54.59	at Patriot League Champ. (Demchko, Peskosky, Moore, T. Davis)
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DISTANCE MEDLEY RELAY

12:25.66	at Penn Relays (Moore, Burkett, T. Davis, Kern)
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Returning Midshipmen in Bold Italics

INDOOR/OUTDOOR RECORDS

INDOOR

55 meters	7.13	Chantelle Nagbe (2000)
60 meters	7.73	Loni Forsythe (2005)
200 meters	25.25	Tineishia Davis (2002)
400 meters	55.33	Tineishia Davis (2002)
500 meters	1:12.39	Tineisha Davis (2005)
800 meters	2:09.49	Carol Womack (1986)
1,000 meters	2:51.9	Erin O'Marr (2000)
Mile	4:51.21	Kim McGreevy (1995)
3,000 meters	9:34.2	Melissa Foon (2000)
5,000 meters	17:04.40	Melissa Foon (2000)
55-meter hurdles	8.17	Danielle Still (2004)
60-meter hurdles	8.77	Danielle Still (2004) Joanna Helm (2000)
High jump	5'8" (1.73m)	Suzanne Dondero (1997)
Pole vault	12'10-1/4" (3.92m)	Amanda Hasenauer (2003)
Long jump	19'1/4" (5.80m)	Chantelle Nagbe (2000)
Triple jump	38'11-1/2" (11.87m)	Chantelle Nagbe (1998)
Shot put	47'7" (14.52m)	Jen Leatherman (2004)
20-lb. weight	60'9-1/4" (18.52m)	Jen Leatherman (2004)
Pentathlon	3,467 pts.	Joanna Helm (2000)
4x400 relay	3:52.00	M. Flack, A. Stokes, J. Butcher, J. Helm (2000)
4x800 relay	9:05.17	E. O'Marr, M. Carr, C. Williams, A. Baxter (2000)
Distance medley relay	11:54.03	L. Proccacini, K. Jossis, S. Waters, M. Foon (2001)



OUTDOOR

100 meters	11.74	Loni Forsythe (2005)
200 meters	24.60	Loni Forsythe (2004)
400 meters	54.16	Tineishia Davis (2005)
800 meters	2:07.31	Stephani Green (1984)
1,500 meters	4:25.71	Kim McGreevy (1995)
3,000 meters	9:32.12	Kim McGreevy (1995)
3,000-meter steeplechase	10:24.01	Amy Baxter (2001)
5,000 meters	16:29.77	Melissa Foon (2001)
10,000 meters	35:08.27	Melissa Foon (2001)
100-meter hurdles	14.24	Joanna Helm (2000)
400-meter hurdles	58.44	Joanna Helm (2000)
High jump	5'7" (1.70m)	Shannon Crites (2002, '03)
Pole vault	13'1/4"	Amanda Hasenauer (2003)
Long jump	18'11-1/4" (5.77m)	Michelle Schiller (2004)
Triple jump	39'6-1/2" (12.05m)	Chantelle Nagbe (2000)
Shot put	46'11" (14.30m)	Jen Leatherman (2004)
Discus	156'2" (47.60m)	Jen Leatherman (2004)
Hammer	192'11" (58.81m)	Jen Leatherman (2004)
Javelin	149'4" (45.52m)	Susan Smith (1999)
Heptathlon	4,756 pts.	Jenna Hausvik (1993)
4x100 relay	47.24	K. Scotidas, L. Forsythe D. Still, T. Davis (2005)
4x200 relay	1:46.04	R. Williams, H. Mealey, J. Rangtisch, M. Wright (1987)
4x400 relay	3:44.27	K. Jossis, A. Stokes, E. Tukarski, T. Davis (2002)
4x800 relay	8:50.13	E. O' Marr, A. Baxter, T. Lehmann, R. Ware (1998)
4x1,500 relay	19:23.7	A. Colvin, L. Fitzpatrick, S. Stewart, S. Colvin (1989)
4x1,600 relay	21:20.6	N. Olson, L. Kelley M. Moroney, K. McGreevy (1994)
Distance medley relay	11:48.47	T. Davis, K. Jossis, A. Stokes, L. Proccacini (2003)

INDIVIDUAL HONORS

TAMARA ALLEN

1997 Patriot League Outdoor Champion (4x100)

KRISTEN ANDREWS

2004 Patriot League Outdoor Champ. (100 hurdles)
2005 Patriot League Indoor Champ. (60 hurdles)
2005 Patriot League Indoor Champ. (Pole vault)

MARCIA BAILEY

1994 Patriot League Indoor Champion (DMR)

LAUREN BAKER

2003 Patriot League Outdoor Champion (Pole vault)

MARY BALCH

1987 ECAC Outdoor Champion (DMR)

AMY BAXTER

2001 Patriot League Indoor Champion (Mile)

ALICIA BERLWOSKI

1995 Patriot League Indoor Champion (DMR)

MICHELLE BOSTIC

2005 Patriot League Indoor Champion (4x400)



Amy Baxter

TAREN BURKETT

2005 Patriot League Indoor Champion (4x400)
2005 Patriot League Outdoor Champion (4x400)

LAURA BUSH

1989 ECAC Outdoor Champion (10,000)

JACQUELYN CHARNIGO

2005 Patriot League Indoor Rookie of the Meet

REBECCA CLINE

1997 Patriot League Indoor Champion (3,000)
1997 Patriot League Outdoor Champion (5,000)

AMY COLVIN

1988 ECAC Indoor Champion (1,000)
1988 ECAC Indoor Champion (1,500)
1988 ECAC Indoor Champion (DMR)
1988 ECAC Indoor Champion (4x800)

SARAH COLVIN

1988 ECAC Indoor Champion (DMR)
1988 ECAC Indoor Champion (4x800)

NORA CONNELLY

1991 ECAC Outdoor Champion (DMR)

SHANNON CRITES

2000 Patriot League Indoor Champion (High jump)
2003 Patriot League Outdoor Champion (High jump)

SARAH CROUSE

1991 ECAC Indoor Champion (4x800)

TINEISHA DAVIS

2003 Patriot League Indoor Champion (500)
2003 Patriot League Indoor Champion (4x400)
2003 Patriot League Outdoor Champion (400)
2003 Patriot League Outdoor Champ. (4x400)
2003 Patriot League Outdoor Champ. (4x800)
2004 Patriot League Indoor Athlete of the Meet
2004 Patriot League Indoor Champion (200)
2004 Patriot League Indoor Champion (500)
2004 Patriot League Indoor Champion (4x800)
2004 Patriot League Outdoor Champion (400)
2005 Patriot League Indoor Champion (200)
2005 Patriot League Indoor Champion (500)
2005 Patriot League Indoor Champion (4x400)
2005 Patriot League Outdoor Athlete of the Meet
2005 Patriot League Outdoor Champion (400)
2005 Patriot League Outdoor Champion (4x400)

ERIN DEMCHKO

2004 Patriot League Indoor Champion (4x800)

GINA DIPIERO

2004 Patriot League Indoor Champion (4x800)



Melissa Foon

SUZANNE DONDERO

1994 Patriot League Indoor Champion (High jump)
1996 Patriot League Indoor Champion (High jump)

ALYSSA DONOVAN

1996 Patriot League Indoor Champion (4x800)

MARIA FILONCZUK

1987 ECAC Indoor Champion (DMR)
1987 ECAC Outdoor Champion (DMR)
1987 ECAC Indoor Champion (4x800)

KATHY FITZPATRICK

1990 ECAC Indoor Champion (DMR)
1991 ECAC Indoor Champion (DMR)

LIZ FITZPATRICK

1988 ECAC Indoor Champion (4x800)
1991 ECAC Outdoor Champion (3,000)

MARCIA FLACK

2001 Patriot League Indoor Champion (200)

MELISSA FOON

2001 Patriot League Indoor Champion (3,000)
2001 Patriot League Indoor Champion (5,000)

LONI FORSYTHE

2004 Patriot League Outdoor Champion (200)
2005 Patriot League Outdoor Champion (100)

TRACEY FUCHS

1987 ECAC Outdoor Champion (DMR)

STEFANI GREEN

1982 EAIWA Indoor Champion (600)
1982 EAIWA Outdoor Champion (400)
1982 EAIWA Outdoor Champion (400 hurdles)
1983 EAIWA Outdoor Champion (400 hurdles)
1983 ECAC Indoor Champion (800)
1983 Heps Outdoor Champion (400 hurdles)
1984 ECAC Indoor Champion (800)
1984 ECAC Outdoor Champion (800)
1984 Heps Outdoor Champion (400 hurdles)
1985 ECAC Indoor Champion (800)
1985 ECAC Outdoor Champion (800)
1985 ECAC Outdoor Champion (400 hurdles)
1985 ECAC Outdoor Most Outstanding Athlete

TRISHETTE HALL

1996 Patriot League Indoor Champion (55)
1997 Patriot League Outdoor Champ. (4x100)

AMANDA HASENAUER

2000 Patriot League Indoor Champion (Pole vault)
2001 Patriot League Indoor Champion (Pole vault)
2002 Patriot League Indoor Performer of the Meet

LAURA HATCHER

1989 ECAC Indoor Champion (4x200)

JENNA HAUSVIK

1993 Heps Outdoor Champion (200)

JACKIE HAYES

1996 Patriot League Indoor Champion (3000)
1996 Patriot League Indoor Champion (5000)

JOANNA HELM

2000 Patriot League Indoor Champion (Pentathlon)
2000 Patriot League Indoor Champion (55 hurdles)

DAWN HILLMAN

1987 ECAC Indoor Champion (DMR)
1988 ECAC Indoor Champion (DMR)
1988 ECAC Indoor Champion (4x800)

SUE HONAN

1983 ECAC Indoor Champion (400)

LAEL HOUSE

1990 ECAC Indoor Champion (DMR)
1991 ECAC Indoor Champion (4x800)

BECKY INGRAHAM

1994 Patriot League Indoor Champion (4x400 relay)

NAOMI JACKSON

1994 Heps Outdoor Champion (Javelin)

KACEE JOSSIS

2001 Patriot League Indoor Champion (500)
2003 Patriot League Indoor Champion (4x400)
2003 Patriot League Outdoor Champ. (4x400)
2003 Patriot League Outdoor Champ. (4x800)
2004 Patriot League Indoor Champion (4x800)

KRISTI KEFFER

1989 ECAC Indoor Champion (4x200)

LORI KELLEY

1996 Patriot League Indoor Champion (4x800)

SONJA KNIGHT

1995 Patriot League Indoor Champion (Long jump)
1995 Patriot League Indoor Champion (Triple jump)

JENNIFER LEATHERMAN

2004 Patriot League Indoor Champion (20-lb. weight)
2004 Patriot League Outdoor Champion (Discus)

TANYA LEHMANN

1996 Patriot League Indoor Champion (4x800)

RHONDA LEVERETT

1994 Heps Outdoor Champion (400)
1994 Patriot League Indoor Champion (4x400)
1995 Patriot League Indoor Champion (DMR)
1997 Patriot League Indoor Champion (500)
1997 Patriot League Outdoor Champ. (4x100)

MAUREEN MAGNAN

1989 ECAC Outdoor Champion (Hammer throw)
1990 ECAC Outdoor Champion (Discus)
1991 ECAC Outdoor Champion (Hammer throw)
1991 ECAC Outdoor Champion (Discus)
1991 ECAC Indoor Champion (20-lb. weight)

KIM MCGREEVY

1994 Patriot League Indoor Champion (DMR)
1995 Patriot League Indoor Champion (DMR)
1995 Heps Indoor Champion (Mile)
1995 Patriot League Indoor Champion (Mile)

HONORE MEALEY

1988 ECAC Indoor Champion (600)

MICHELLE MONTGOMERY

1991 ECAC Outdoor Champion (10,000)

VICKI MOORE

2005 Patriot League Outdoor Champion (4x400)





Marty Shue

MAUREEN MORONEY

1996 Patriot League Indoor Champion (800)
1996 Patriot League Indoor Champion (4x800)

CHANTELLE NAGBE

1997 Patriot League Indoor Champion (Triple jump)
1997 Patriot League Outdoor Champion (100)
1997 Patriot League Outdoor Champ. (4x100)
2000 Patriot League Champion (Long jump)
2000 Patriot League Champion (Triple jump)

MAUREEN O'DELL

1991 ECAC Outdoor Champion (DMR)

KERRY O'NEILL

1990 ECAC Indoor Champion (DMR)
1991 ECAC Indoor Champion (5,000)
1991 ECAC Outdoor Champion (5,000)

NANCY OLSON

1994 Patriot League Indoor Champion (DMR)
1995 Patriot League Indoor Champion (DMR)
1995 Patriot League Indoor Champion (1,000)

JESSICA ORR

2005 Patriot League Outdoor Champion (4x400)

GRETCHEN OTTO

1986 ECAC Indoor Champion (4x800)

MORGAN PAUL

1991 ECAC Indoor Champion (DMR)
1991 ECAC Outdoor Champion (DMR)
1991 ECAC Indoor Champion (4x800)

TAWNY PETRICK

1987 ECAC Outdoor Champion (400 hurdles)

ALEXIS PETROSKY

1989 ECAC Indoor Champion (600)

LISA PROCACCINI

2003 Patriot League Outdoor Champion (4x800)

BETH SCHUTTE

1994 Patriot League Indoor Champion (4x400)

KATIE SCOTIDAS

2005 Patriot League Outdoor Champ. (100 hurdles)

MARTY SHUE

1990 ECAC Indoor Champion (3,000)
1990 ECAC Outdoor Champion (3,000)
1991 ECAC Indoor Champion (1,500)
1991 ECAC Outdoor Champion (1,500)
1991 ECAC Indoor Champion (3,000)
1991 ECAC Outdoor Champion (DMR)
1991 NCAA Div. II Outdoor Champion (1,500)
1991 NCAA Div. II Outdoor All-American

LORI SIMERLY

2005 Patriot League Indoor Champion (4x400)

ROCHELLE SMITH

1989 ECAC Outdoor Champion (Javelin)
1991 ECAC Outdoor Champion (Javelin)

SUSAN SMITH

1999 Heptagonal Outdoor Champion (Javelin)

SUSIE STEWART

1989 ECAC Indoor Champion (3,000)
1989 ECAC Indoor Champion (5,000)
1989 ECAC Outdoor Champion (5,000)
1990 ECAC Outdoor Champion (5,000)
1990 ECAC Outdoor Champion (10,000)
1990 ECAC Outdoor Most Valuable Runner

DANIELLE STILL

2004 Patriot League Outdoor Champion (Heptathlon)
2005 Patriot League Outdoor Champion (Javelin)

AMY STOKES

2002 Patriot League Indoor Champion (500)
2003 Patriot League Indoor Champion (4x400)
2003 Patriot League Outdoor Champ. (4x400)
2003 Patriot League Outdoor Champ. (4x800)

TINA TERRY

2003 Patriot League Indoor Champion (Pole vault)

EVA TUKARSKI

2003 Patriot League Indoor Champion (4x400)
2003 Patriot League Outdoor Champ. (4x400)

JOANNE UWUJAREN

2003 Patriot League Outdoor Champion (Long jump)
2003 Patriot League Outdoor Champion (Triple jump)

MICHELLE VAN EXEL

1987 ECAC Indoor Champion (DMR)
1989 ECAC Indoor Champion (4x200)

JANET WALTERS

1985 ECAC Indoor Champion (1,000)
1986 ECAC Indoor Champion (4x800)
1987 ECAC Indoor Champion (1,000)
1987 ECAC Indoor Champion (4x800)

SONJA WASHINGTON

1994 Heps Indoor Champion (20-lb. weight)

BETH WATT

1986 ECAC Indoor Champion (4x800)

CHRISTINE WESTRICH

1994 Patriot League Indoor Champion (4x400)

RACQUEL WILLIAMS

1989 ECAC Indoor Champion (4x200)
1991 ECAC Indoor Champion (DMR)
1991 ECAC Indoor Champion (4x800)

CAROL WOMACK

1986 ECAC Indoor Champion (4x800)
1986 Heps Outdoor Champion (800)
1987 ECAC Indoor Champion (1000)
1987 ECAC Indoor Champion (DMR)
1987 ECAC Outdoor Champion (DMR)
1987 ECAC Indoor Champion (4x800)
1987 ECAC Outdoor Champion (800)
1987 ECAC Outdoor Athlete of the Meet
1988 ECAC Indoor Champion (DMR)
1989 ECAC Indoor Champion (800)
1989 ECAC Outdoor Champion (800)

KARRI ZAREMBA

1994 Patriot League Indoor Champion (DMR)



Carol Womack

2006 NCAA QUALIFYING STANDARDS

INDOOR (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 meters	6.75@	-	6.92@	-
60 meters	7.27@	-	7.44@	-
55-meter hurdles	7.58@	-	7.86@	-
60-meter hurdles	8.15@	-	8.43@	-
200 meters				
(Under 200m/220 yds)*	23.70	-	24.30	-
(200m/220 yds)*	23.50	-	24.10	-
(Banked or over 200m/220 yds)*	23.30	-	23.90	-
400 meters				
(Under 200m/220 yds)*	53.00	52.7	55.00	54.7
(200m/220 yds)*	52.70	52.4	54.70	54.4
(Banked or over 200m/220 yds)*	52.40	52.1	54.40	54.1
800 meters				
(200m/220 yds or less)*	2:06.10	2:05.8	2:09.40	2:09.1
(Banked or over 200m/220 yds)*	2:05.70	2:05.4	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:39.10	4:38.8	4:47.60	4:47.3
(Banked or over 200m/220 yds)*	4:38.50	4:38.2	4:47.00	4:46.7
3,000 meters#				
(200m/220 yds or less)*	9:16.80	9:16.5	9:35.80	9:35.5
(Banked or over 200m/220 yds)*	9:16.00	9:15.7	9:35.00	9:34.7
5,000 meters#				
(200m/220 yds or less)*	16:11.60	16:11.3	16:46.60	16:46.3
(Banked or over 200m/220 yds)*	16:10.00	16:09.7	16:45.00	16:44.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:35.90	3:35.6	3:42.40	3:42.1
(200m/220 yds)*	3:34.70	3:34.4	3:41.20	3:40.9
(Banked or over 200m/220 yds)*	3:33.50	3:33.2	3:40.00	3:39.7
Mile relay				
(Under 200m/220 yds)*	3:37.10	3:36.8	3:43.70	3:43.4
(200m/220 yds)*	3:35.90	3:35.6	3:42.50	3:42.2
(Banked or over 200m/220 yds)*	3:34.70	3:34.4	3:41.40	3:41.0
Distance medley relay-meters#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:30.00	11:29.7
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7	11:28.00	11:27.7
Distance medley relay-yards#				
(200m/220 yds or less)*	11:14.50	11:14.2	11:34.20	11:33.9
(Banked or over 200m/220 yds)*	11:12.50	11:12.2	11:32.20	11:31.9
		METRIC	METRIC	
High jump		1.84	1.78	
Pole vault		4.20	3.95	
Long jump		6.40	6.10	
Triple jump		13.30	12.65	
Shot put		16.90	15.40	
20-lb. weight		21.00	19.00	
Pentathlon		4,050 points	3,700 points	

@Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds.
Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

*—Size of track. #—Altitude adjustment available.

•FAT – Fully Automatic Timing

•MT – Manual Time

OUTDOOR (REGIONAL LEVEL)

Event	FAT	MT	Altitude
			Adjustment 3k-5,999/6k+
100 meters	11.75	-	+03/+07
200 meters	23.96	-	+07/+14
400 meters	54.61	54.3	+11/+21
800 meters	2:09.80	2:09.5	
1,500 meters#	4:27.80	4:27.5	
Mile#	4:49.60	4:49.3	
3,000-meter steeplechase#	10:50.25	10:50.0	
5,000 meters#	16:52.00	16:51.7	
100-meter hurdles	13.92	-	+04/+08
400-meter hurdles	1:00.82	1:00.5	+11/+21
400-meter relay	45.70	45.4	+12/+28
440-yard relay	45.90	45.6	+12/+28
1,600-meter relay	3:42.00	3:41.7	+44/+84
Mile relay	3:43.20	3:42.9	+44/+84

METRIC

High jump	1.75
Pole vault	3.80
Long jump	5.97
Triple jump	12.32
Shot put	14.30
Discus	47.30
Javelin	43.45
Hammer	54.15

- Altitude adjustment available

NATIONAL QUALIFYING STANDARDS (NATIONAL CHAMPIONSHIP)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
10,000 meters#	33:55.00	33:54.7	35:00.00	34:59.7
Heptathlon	5,500 pts		5,000 pts	

- Altitude adjustment available

THE PATRIOT LEAGUE

Team Postseason Achievements:

- ◆ Bucknell men's basketball, Colgate women's soccer, American field hockey, American men's soccer, Navy men's lacrosse and Army baseball all won games in their respective NCAA Tournaments.
- ◆ Holy Cross men's basketball won a first-round game in the National Invitation Tournament.
- ◆ The Patriot League received multiple postseason bids in three sports - Lafayette (automatic) and Lehigh (at-large) football into the NCAA Division I-AA playoffs; Bucknell (automatic) and Holy Cross (at-large) men's basketball into the NCAA Tournament and NIT, respectively; and Navy (automatic) and Army (at-large) men's lacrosse into the NCAA Tournament.

Team Regular-Season Achievements:

- ◆ The following teams broke into the national rankings at some point during their respective seasons - Lehigh, Lafayette and Colgate football; American field hockey; and Navy, Army and Bucknell men's lacrosse.
- ◆ The following teams defeated nationally-ranked non-league opponents during their respective seasons - Bucknell men's basketball; American field hockey; and Navy and Army men's lacrosse.

Individual Athletic Accomplishments:

- ◆ Twelve student-athletes were either drafted or signed professional free agent contracts.
- ◆ Twenty student-athletes were named All-Americans.
- ◆ Six cross country and track & field student-athletes qualified for NCAA Championships.
- ◆ Lauren Wible of Bucknell softball led the nation in batting average, and Chris Cara of Bucknell men's lacrosse led the nation in points per game and assists per game.

Record Breakers:

- ◆ The following five student-athletes set Patriot League career records in their respective sports - Joe McCourt, Lafayette football (rushing touchdowns and points scored); Daris Wilson, Bucknell football (rushing yards by a quarterback); Emily Ling, Lehigh softball (wins and strikeouts); Lauren Gobar, Army softball (stolen bases) and Chris Cara, Bucknell men's lacrosse (points).
- ◆ A total of 28 records were broken at the Cross Country, Indoor Track & Field, Outdoor Track & Field and Swimming & Diving Championships.
- ◆ Navy won the first-ever Patriot League Women's Rowing Championship.

League Academic Recognition:


- ◆ For the sixth-consecutive year, the Patriot League led all reporting Division I conferences in overall student-athlete graduation rates.
- ◆ The Patriot League and all eight of its full-time member institutions reported above average scores in the new Academic Progress Rate (APR), a tool used by the NCAA to measure academic eligibility, retention and graduation of student-athletes.
- ◆ A UCF/Lapchick study showed that the Patriot League's NCAA Tournament teams in basketball, the Bucknell men and Holy Cross women, both led the nation with 100 percent graduation rates for their basketball student-athletes.

Individual Academic Honors:

- ◆ Thirty-seven Patriot League student-athletes were cited by *ESPN The Magazine/CoSIDA* for academic excellence.
- ◆ Lafayette football's Stephen Bono was one of two recipients of the Division I-AA Athletic Directors' Association Postgraduate Scholarship.

Television Exposure:

- ◆ The Patriot League's national television package for basketball placed a total of 10 men's and women's games on CSTV, the men's championship game was shown on ESPN2 and all five postseason games involving the Bucknell men and the Holy Cross men and women were either shown on CBS, ESPN or ESPN2.
- ◆ Additional events in football, volleyball, baseball, men's lacrosse and track & field were televised on CSTV.



Executive Director: Carolyn Schlie Femovich

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**AMERICAN UNIVERSITY
BUCKNELL UNIVERSITY
COLGATE UNIVERSITY
COLLEGE OF THE HOLY CROSS
LAFAYETTE COLLEGE
LEHIGH UNIVERSITY
UNITED STATES MILITARY ACADEMY
UNITED STATES NAVAL ACADEMY**



UNITED STATES NAVAL ACADEMY

Secretary of the Navy George Bancroft laid the foundation for the Naval Academy when, in 1845, he established the Naval School at Fort Severn in Annapolis. Commander Franklin Buchanan served as the first Superintendent. His faculty consisted of four officers and three civilian professors. There were 50 students. Initially, the academic and professional instruction required five years—the first and last at Annapolis, with the intervening three at sea.

In 1850, the Naval School became the United States Naval Academy. The following year, the Academy adopted its current course of instruction which includes four consecutive years at Annapolis, with at-sea training provided during the summers.

The Naval Academy moved to Newport, R.I., during the Civil War. In 1865, it was re-established at Annapolis under the leadership of Vice Admiral David Dixon Porter. During these early years, the Academy was one of the few institutions of higher learning offering a sophisticated undergraduate course in technical education.

The late 19th century saw immense changes in naval technology with the conversion from sail-powered, wooden ships to steam-powered vessels of steel, which also resulted in rapid developments in naval weaponry and tactics. With the Spanish-American War in 1898, the United States became a world naval power, and early Naval Academy graduates like George Dewey and Alfred Thayer Mahan made significant contributions to our national heritage.

The new century saw the nation's undergraduate naval college grow in size and academic prowess. The Class of 1895 had produced 41 graduates. By World War I, there were nearly 200 graduates each year, along with 2,500 reserve officers who received their training at the Academy.

With the entry of the United States into World War I, courses were shortened to three years, a program which remained in effect until 1921.

Between the two world wars, the curriculum and training equipment were modernized to keep pace with rapid advances in the naval profession and American education. In 1930, the Association of



American Universities accredited the Naval Academy, and in 1933, an act of Congress authorized the Naval Academy to confer the degree of bachelor of science on graduates, beginning with the Class of 1931. Congress authorized award of the degree to all living graduates in 1939. The Middle Atlantic States Association of Colleges and Secondary Schools first accredited the Academy in 1947.

During World War II, summer sessions were instituted and the course was again shortened to three years. As during World War I, reserve officers, along with reserve midshipmen, also trained at the Academy.

In 1963, the Academy initiated the Trident Scholar Program, under which a number of exceptional students are permitted to pursue independent research during the first class (senior) year.

The 1964-65 academic year saw the civilian positions of academic dean and dean of admissions established and far-reaching changes made to the curriculum. The number of required core courses was reduced and, for the first time, each midshipman was allowed to pursue academic areas of individual interest for minor or major. Additional changes, introduced in the 1969-70 academic year, now require every midshipman to complete a major.

In 1975, President Gerald R. Ford signed legislation authorizing admission of women to the service academies. The first women midshipmen entered the Academy in July 1976 and graduated with the Class of 1980.

MIDSHIPMEN LIFE

It all begins with fourth class year. From their first day at the Academy, the fourth class midshipmen, or plebes, undergo an intensive and unabated program of military training and indoctrination. Physical and mental demands on them and their time seem never-ending. But it all has a purpose: the development of leadership ability, motivation, moral strength, physical skills and stamina.

Plebe Summer is a time which most midshipmen will remember for many years. New midshipmen are kept constantly busy learning basic skills in seamanship, navigation and marksmanship. Their pride and company spirit are boosted through infantry drill, small arms training, sailing Navy yawls and cruising in yard patrol craft. Their competitive spirit and desire to win are developed in activities such as athletics, dress parades and seamanship.

Plebe Summer is highlighted in August during Parents' Weekend,

NAVAL ACADEMY LEADERSHIP



**VICE ADM.
RODNEY P. REMPT,
USN**
Superintendent



**CAPT. BRUCE GROOMS,
USN**
*Commandant of
Midshipmen*

MISSION OF THE NAVAL ACADEMY

TO DEVELOP MIDSHIPMEN MORALLY, MENTALLY AND PHYSICALLY AND TO IMBUE THEM WITH THE HIGHEST IDEALS OF DUTY, HONOR AND LOYALTY IN ORDER TO PROVIDE GRADUATES WHO ARE DEDICATED TO A CAREER OF NAVAL SERVICE AND HAVE POTENTIAL FOR FUTURE DEVELOPMENT IN MIND AND CHARACTER TO ASSUME THE HIGHEST RESPONSIBILITIES OF COMMAND, CITIZENSHIP AND GOVERNMENT.

when parents visit the Academy and witness the progress of their sons and daughters.

The arrival of the upperclassmen in mid-August heralds the beginning of the academic year. The plebes embark on a four-year course of study while plebe indoctrination continues.

September brings the excitement of football and other fall sports. During the football season, only selected units of the brigade travel to away games, but the entire brigade attends all home games and the annual fall classic, the Army-Navy game.

Commissioning Week, in May, brings the graduation of the first classmen and the end of plebe year. Plebes signify the end of the first year at the Academy by scaling the smooth granite sides of Herndon Monument to replace, at its summit, a plebe cap with an upperclass cover.

Between plebe and third class years, midshipmen get their first taste of life at sea and their introduction to the enlisted men whom they will lead when commissioned as officers. Joining ships around the world, midshipmen perform a host of shipboard duties including standing deck, gunnery, operations and engineering watches. Midshipmen also have their first opportunity to visit foreign countries and experience different cultures.

Third classmen begin work in their academic majors and assume more responsibility in the military regimen at the Academy. Less emphasis is placed on indoctrination, leaving more time for studies, sports and extracurricular activities. It's a welcome change from the rigors of plebe year.

During their third summer, midshipmen get their first training in four warfare specialties which comprise the naval service. They learn about submarines at New London, Conn.; surface warfare at Norfolk, Va.; naval aviation at Pensacola, Fla.; and the Marine Corps at Quantico, Va.

Second class midshipmen are assigned still additional military responsibilities. They are selected and trained to direct the Brigade of Midshipmen during absences of the first class. They are also assigned an important role in indoctrination of the new plebe class, which develops their leadership skills. In academics, the second class midshipmen enter increasingly advanced areas of study.

During their final year at the Academy, first class midshipmen complete the core curriculum and their academic majors' course requirements. Many undertake independent research projects, and some begin graduate-level studies at nearby universities. The first class midshipmen also take over the

responsibilities for plebe indoctrination. They also lead the brigade at parades, formal ceremonies and daily formations. They are responsible for the conduct, military smartness and competitive records of their units. The skills which the first class midshipmen develop this year will help them when they assume their leadership responsibilities in the Navy and Marine Corps following graduation.

One common denominator which binds the four years into a unit which will forever shape the life of an Academy graduate is the Honor Concept.

Established and administered by midshipmen, the Honor Concept is based on the principle that honorable individuals do not lie, cheat or steal. All midshipmen are expected to conduct their lives in accordance with the Honor Concept so that their decisions as midshipmen, naval officers and civilians reflect the highest levels of honorable conduct.

THE CURRICULUM

With the aid of academic and military advisors, midshipmen design their own blend of the curriculum's three elements:

- Courses providing the professional and leadership skills required in the naval service.
- "Core" requirements in engineering, social sciences, natural sciences and the humanities to ensure breadth in education.
- Completion of a major program in an academic subject chosen by each midshipman to develop individual interests and talents in depth.

The Naval Academy offers major programs in 19 subject areas: eight in engineering; seven in sciences and mathematics, including computer science, as well as information technology, the most recent addition; and four in the humanities and social sciences. Seven of the engineering majors are accredited professionally by the Engineering Accreditation Commission of the Accreditation Board of Engineering and Technology.

Selected humanities and social science majors with excellent records are invited to enter the rigorous honors programs offered by the departments of Economics, English, History and Political Science.

Outstanding students also have the opportunity to engage in independent study and research during their senior year. Those selected as Trident Scholars carry a reduced formal course load so they can pursue a major research project and prepare a thesis. They are assisted by one or



more faculty advisors who specialize in the field of study.

A number of first class midshipmen who complete academic requirements early are encouraged to enroll in graduate classes at area universities. This Voluntary Graduate Education Program gives them the chance to graduate and receive commissions with their classmates, finish their graduate studies locally and then go to their first assignments with a master's degree.

All midshipmen undertake professional military training, beginning on the first day of Plebe Summer and continuing through first class year. This includes classroom studies, drills and practical training at the Naval Academy and with Navy and Marine Corps units during summer programs. Navigation, seamanship, tactics, naval engineering, weapons, leadership and military law are among the areas studied. To advance and graduate, midshipmen must pass professional competency examinations covering general knowledge and subjects related to their service selection.

The Naval Academy's physical education program complements academic and professional development of midshipmen. Instruction and training aim to develop individual skills and competitive spirit, life-long habits of physical fitness, and the capability to withstand physical hardship when necessary. All midshipmen must complete the four-year program which includes the Physical Readiness Test (twice annually), water survival, physical development, personal defense and lifetime carryover sports. Women participate in the same curriculum, including boxing, wrestling and judo.

COMMISSIONING WEEK

Six days of parades, athletic events, colorful ceremonies, formal dances and receptions bring to a climax four years of challenging education and training.

One highlight of Commissioning Week is Color Parade. Each year, intra-brigade competition is conducted to determine which of the 30 companies stands highest overall on the basis of academics, intramural sports, professional drills and parade performance. During the parade, the color girl, who is selected by the Color Company commander, transfer the flags from the past Color Company to the new one.

The biggest social event of Commissioning Week is the ring dance for the second class midshipmen. An elegant formal affair, it is at this event that the midshipmen begin wearing their class rings.

First class midshipmen and their families attend the superintendent's garden party and reception, plus other social events. Athletic, academic and professional awards are presented in Alumni Hall. The evening before graduation, everyone is invited to attend the farewell ball.

On graduation day, friends and relatives gather with the midshipmen at Navy-Marine Corps Memorial Stadium. After the diplomas are presented and the oath of office is administered, the senior midshipman of the new first class leads three cheers for "those about to leave us." The graduates, led by the class president, reply with three cheers for "those we leave behind." On the last hooray of this cheer, the 1,000 graduates toss their midshipmen covers into the air. According to tradition, the honor of putting on the new Navy Ensign and Marine Corps Second Lieutenant shoulder devices is shared by mothers and Commissioning Week dates.

NAVY BLUE & GOLD

**NOW, COLLEGES FROM SEA TO SEA
MAY SING OF COLORS TRUE;
BUT WHO HAS BETTER RIGHT THAN WE
TO HOIST A SYMBOL HUE?
FOR SAILORS BRAVE IN BATTLE FAIR,
SINCE FIGHTING DAYS OF OLD,
HAVE PROVED THE SAILOR'S RIGHT TO WEAR
THE NAVY BLUE AND GOLD**

**FOUR YEARS TOGETHER BY THE BAY,
WHERE SEVERN JOINS THE TIDE,
THEN BY THE SERVICE CALLED AWAY
WE'RE SCATTERED FAR AND WIDE;
BUT STILL WHEN TWO OR THREE SHALL MEET
AND OLD TALES BE RETOLD
FROM LOW TO HIGHEST IN THE FLEET
WE'LL PLEDGE THE BLUE AND GOLD.**





CHET GLADCHUK

DIRECTOR OF ATHLETICS

In four years on the job, Naval Academy Director of Athletics Chet Gladchuk has overseen a renaissance of Navy athletics.

Last fall, the Navy football team completed one of its most successful seasons in school history as the Midshipmen recorded a 10-2 record, won the Commander-In-Chief's Trophy for the second-consecutive year and won the Emerald Bowl. The 10 wins equaled the most in school

history and were the most wins in 99 years, while it was just the second time in school history that Navy has won the Commander-In-Chief's Trophy two-straight years. Navy ended the year ranked 24th in the country in both polls, marking the first time since 1978 that the Midshipmen finished the year ranked in the top 25. Head coach Paul Johnson was named National Coach of the Year by the Bobby Dodd Foundation.

The football team wasn't the only successful squad at the Naval Academy as Navy athletic teams won 62 percent of their contests (284-174-6) during the 2004-05 academic year. Twelve Midshipmen garnered All-America honors, while six different teams won conference championships. The rifle (fifth at the NCAA Championship), wrestling (33rd at the



NCAA Championship) and lacrosse teams (NCAA Quarterfinals) joined the football squad in bringing national recognition to the Naval Academy. Two Navy athletic teams performed in front of record crowds as the football team drew a school record 186,099 fans to Navy-Marine Corps Memorial Stadium, while the lacrosse team ranked No. 1 in the nation in averaged attendance (6,526). Navy athletics was also successful in the classroom, ranking No. 1 in the country in the NCAA's Academic Progress Report among the 117 schools with Division IA football programs. Navy was No. 7 overall out of 328 Division I institutions and first among the three service academies. Gladchuk was able to parlay Navy's athletic success into an exclusive television deal with College Sports Television that will significantly increase Navy's television exposure over the next five years. CSTV, the first 24-hour college sports network, will televise every Navy home and select neutral site football games (excluding Notre Dame and Army which will be televised nationally by CBS), as well as other Navy men's and women's athletic events, original programming and documentaries centered around the storied Navy athletic program starting next fall. The long-term multi-media agreement includes internet streaming, broadband and video-on-demand rights and high definition rights starting in 2006. A major part of the agreement was that all home football games would be played on Saturday for the convenience of the Navy Alumni.

Gladchuk also added radio giant WBAL (1090) in Baltimore to Navy's radio network. WBAL Radio, which is also the voice of the Baltimore Orioles, is Maryland's dominant and most powerful radio station. Since 1925, generations of Marylanders have turned to WBAL Radio for news, weather, thought-provoking discussions and sports. As Maryland's only 50,000-watt AM station, WBAL's signal travels substantially further than any other station in the state.

Since being introduced as the Academy's 28th Director of Athletics on Sept. 4, 2001, Gladchuk has hit the ground running. From the hiring of Paul Johnson as head football coach to the renovation of Navy-Marine Corps Memorial Stadium, Gladchuk has

2004-05 NAVY ATHLETICS: A SEASON TO REMEMBER

OVERALL RECORD

284-174-6 (.623)

N-STAR RECORD VS. ARMY

12-9-1 (.568)

12 ALL-AMERICANS

FOUR ACADEMIC ALL-AMERICANS

EIGHT CONFERENCE ATHLETES OF THE YEAR

ONE NATIONAL COACH OF THE YEAR

Paul Johnson-Football

FIVE CONFERENCE COACHES OF THE YEAR

SIX CONFERENCE CHAMPIONSHIPS

NATIONAL HONORS

Ranked No. 1 in the nation among all Division IA Schools in the APR

Football-Emerald Bowl Champions, ranked 24th in the nation

Rifle-Fifth at the NCAA Championship

Wrestling-33rd at the NCAA Championship

Lacrosse-Advanced to the Elite Eight

made improvements in several key areas that will prove more success on the athletic fields for years to come.

In Gladchuk's first-four years at the Naval Academy, he has seen Navy teams win 59 percent of their contests. The baseball, lacrosse (twice), women's soccer, men's swimming & diving (twice), men's indoor track & field (twice), women's outdoor track & field, golf, women's soccer (three times), rifle (four times), sprint football (three times), women's crew and water polo (twice) teams all have won conference titles over the past four years, while the baseball, golf, lacrosse (twice), rifle (four times), women's soccer, men's swimming & diving and water polo teams have advanced to the NCAA Tournament during his tenure at the Academy. In addition, the football team has gone to two bowl games.

Gladchuk has also worked tirelessly to bring back school spirit, working in conjunction with school officials to encourage midshipmen to attend events for all sports.

Gladchuk immediately embraced the local community and alumni base, and is an often-requested speaker. His regular 'Ask the AD' column on navysports.com is one of the most popular features on Navy's internet site.

Gladchuk's biggest impact on the Academy in his first year was the hiring of Paul Johnson as a head football coach. Johnson came to the Naval Academy from Georgia Southern where he posted a 62-10 (.861) record, won two-straight I-AA National Championships (1999 and 2000) and was named the Division I-AA National Coach of the Year four-consecutive times (1997-2000).

After hiring Johnson, Gladchuk set his sights on Navy-Marine Corps Memorial Stadium where he completely refurbished the football stadium over a four-year time frame. The addition of 6,500 permanent seats on the sidelines and in the end zones, luxury boxes, dropping the field eight feet and moving the sidelines closer, two video scoreboards, a memorial plaza, upgraded restroom and concession

areas, a perimeter walking path, new lighting, a new sound system, landscaping the grounds and storm water management highlight the list of renovations. Gladchuk has worked closely with the city, county, state and neighborhood associations to ensure proper communication and sensitivity to issues that benefit both the NAAA and community at large.

Gladchuk and the NAAA were awarded the Green Star award by Annapolis Mayor Ellen Moyer for commitment to the environment during the ongoing renovation of Navy-Marine Corps Memorial Stadium.

Other highlights of Gladchuk's tenure at the Naval Academy include the renegotiation of the Army-Navy contract through 2009 which will bring over \$25 million to the two schools over the six games, scheduling Maryland and Notre Dame at M&T Bank Stadium in Baltimore to promote Navy football in the community and negotiating the extension of the Navy-Notre Dame football game television contract with CBS through 2008.

Gladchuk is also Chairman of the Executive Committee in the Patriot League and is on the NCAA Olympic Sport Liaison Committee.

Gladchuk came to the Naval Academy from the University of Houston, where he had been the Director of Athletics since July 18, 1997. Recognized as one of the nation's top leaders in intercollegiate athletics management, he guided the Cougars to 19 Conference USA Championships, while making significant strides in the academic success of their student-athletes, gender equity and fiscal management.

Gladchuk came to Houston after serving more than seven years as the Director of Intercollegiate Athletics, Intramurals and Recreation at his alma mater, Boston College. Under Gladchuk, Boston College emerged as one of the NCAA's elite programs of the 1990s. The school's graduation rate for all student-athletes was over 90 percent and the Eagles won the College Football Association's Academic Achievement Award for the highest graduation rates among all Division I schools in three of his last five years at Boston College.

Prior to rejoining Boston College, Gladchuk served as AD at Tulane University from 1987-90. During his tenure, he directed the reinstatement of the Green Wave basketball program to Division I status. In addition, he oversaw the construction of new facilities for the athletics administration as well as baseball, track and field and tennis teams after a \$25 million athletics campaign was successfully completed.

From 1985-87, he served as Associate AD at Syracuse University, heading operations, NCAA compliance, financial aid and facility operations. Gladchuk lettered in football at Boston College and graduated with honors in business management in 1973. He earned a master's in sports administration from the University of Massachusetts-Amherst in 1974, where he began his career in intercollegiate athletics, including serving for seven years as Director of General Physical Education, Assistant and Associate Athletic Director for the university. He also has served as Director of Athletics and head football coach for the New Hampton (Prep) School in New Hampshire prior to leaving for UMass.

He and his wife, Kathy, have four children: John, a graduate of Loyola Marymount; Katie, a graduate of Boston College; Christie, a graduate of Trinity and Julie, who is a junior at North Carolina and a member of the women's lacrosse team.

PAST ATHLETIC DIRECTORS

Harris Laning 1895	1910-12
Arthur P. Fairchild '01	1912-15
Charles Earle Smith '03	1915-17
William F. Halsey Jr. '04	1917-18
Douglas L. Howard '06	1918-23
Byron McCandless '05	1923-25
Jonas H. Ingram '07	1925-30
Henry D. Cook Jr. '03	1930-31
John W. Wilcox Jr. '05	1931-34
Robert C. Giffen '07	1934-37
Ernest W. McKee '08	1937-40
Thomas S. King II '11	1940-42
Harvey E. Overesch '15	1942
Lyman S. Perry '20	1942-43
John E. Whelchel '20	1943-44
Harles O. Humphreys '22	1944-46
Edmund B. Taylor '25	1946-48
Thomas J. Hamilton '27	1948
Henry H. Caldwell '27	1949-51
Ian C. Eddy '30	1951-54
Charles Elliott Loughlin '33	1954-57
Slade Cutter '35	1957-59
Asbury Coward '38	1959-62
William S. Busik '43	1962-65
Alan R. Cameron '44	1965-68
J. O. Coppedge '47	1968-88
Jack Lengyel	1988-2001
Chet Gladchuk	2001-present

BEAT ARMY!

At the Naval Academy, beating Army is important. Plebes yell "Beat Army!" in Bancroft Hall, "Beat Army" is on every weight in the Naval Academy weight room and alums and fans alike scream "Beat Army!" at the end of Blue & Gold, the Naval Academy alma mater.

Navy has dominated Army over the last 30-plus years, posting a winning record against the Black Knights 31 of the last 34 years and winning the N-star series nine-consecutive years.

Over the past eight years the Midshipmen have won 67 percent of all athletic contests played against West Point, including an astounding 70 percent of all N-Star contests.

2004-05 Record Against Army14-16-1 (.468)
2004-05 N-Star Record Against Army12-9-1 (.568)
Eight-Year Record Against Army166-80-5 (.671)
Eight-Year N-Star Record Against Army.120-49-5 (.704)

Taj Mathews closed out his career against his arch rival by scoring a career-high 26 points and leading Navy to an 84-69 Star Game victory over Army, Navy's 12th in the last 13 played. Mathews broke the Navy record for most three-pointers made (6) and attempted (14) in an Army-Navy contest.



Navy defeated Army in the outdoor season in dramatic fashion with the meet decided by the final event of the day. The 4x400-meter relay team defeated the Black Knights by four seconds and anchorman, plebe William Ricks, captivated the audience with a salute as he ran through the finish line.



Aubra Thomas has yet to lose an individual or relay race against Army, putting together a two-year 6-0 individual mark to go along with a 2-0 relay record. Thomas claimed wins last season in the 100 and 200-yard breaststroke events, along with the 200-yard individual medley. The victory over Army extended Navy's win streak to 16 straight over the Black Knights.





Led by the senior class, the Navy rifle team captured its 12th-consecutive N-Star against Army. Matt Albright, the recipient of Navy's 2005 Sword for Men, was the Mids' highest scorer in both the smallbore (587) and air rifle (586).

MIDSHIPMEN IN THE COMMUNITY

One of the challenges we continue to face is helping our children understand the importance of education and helping them realize that lofty goals are attainable. With an increasing number of collegiate athletes dropping out of school early to pursue lucrative contracts in the professional arena, we are left with the question "who are our children's role models?"

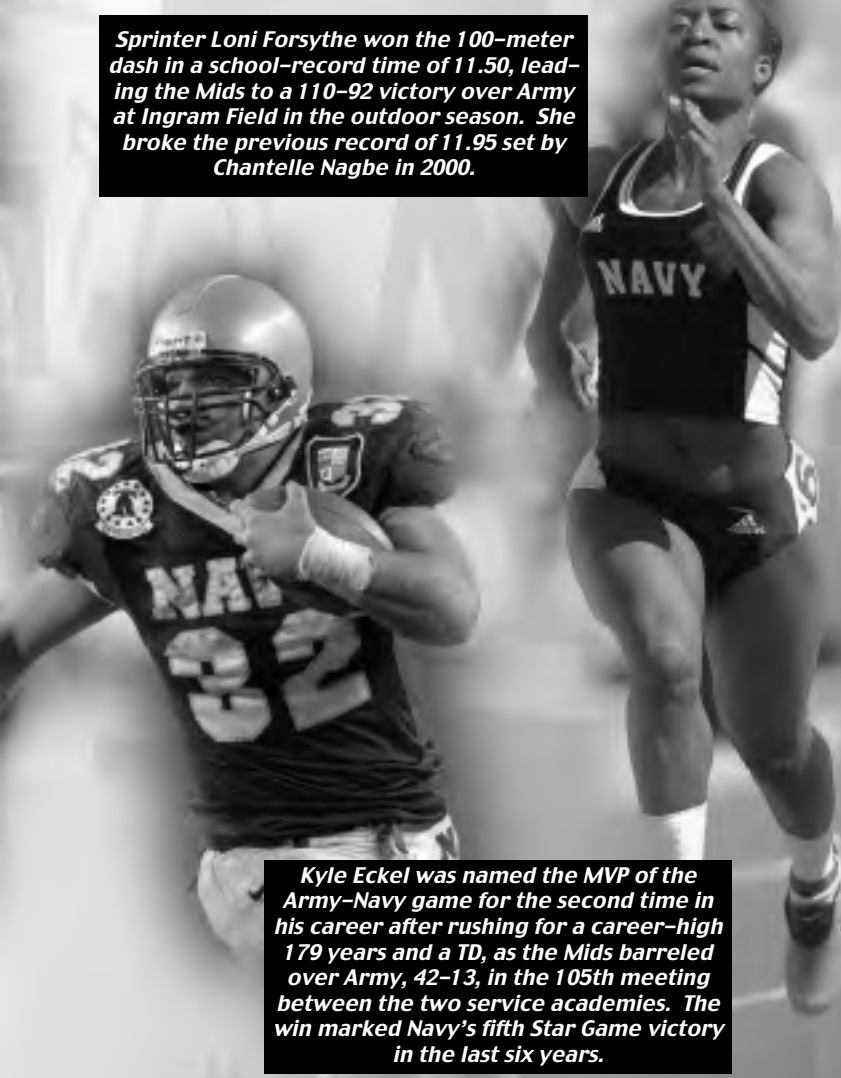
At the United States Naval Academy, the Midshipmen have to balance the rigorous requirements of education, athletics and basic military training. With Navy athletes competing at the Division I level, the demands of their sports heighten the importance of maintaining solid grades. Navy is one of the few Division I schools in which all athletes must meet stringent academic expectations. This is what makes our Midshipmen such tremendous role models, successfully maintaining that balance between athletics and academics at a highly competitive level.

The Naval Academy Athletic Association works with local schools to expose youth to the Midshipmen, with the hope of providing a lasting impression.

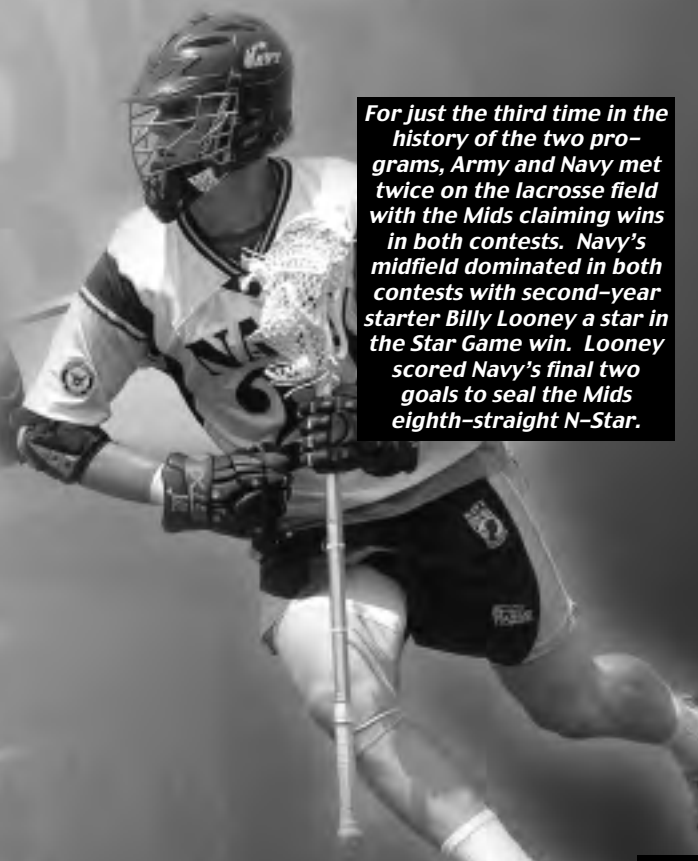
Typically, in assembly style, the Midshipmen speak to the students about life at the Academy, the experiences of competing in Division I athletics and what they've learned while at Navy, in addition to answering the multitude of questions that the students have.



Sprinter Loni Forsythe won the 100-meter dash in a school-record time of 11.50, leading the Mids to a 110-92 victory over Army at Ingram Field in the outdoor season. She broke the previous record of 11.95 set by Chantelle Nagbe in 2000.



Kyle Eckel was named the MVP of the Army-Navy game for the second time in his career after rushing for a career-high 179 yards and a TD, as the Mids barreled over Army, 42-13, in the 105th meeting between the two service academies. The win marked Navy's fifth Star Game victory in the last six years.



For just the third time in the history of the two programs, Army and Navy met twice on the lacrosse field with the Mids claiming wins in both contests. Navy's midfield dominated in both contests with second-year starter Billy Looney a star in the Star Game win. Looney scored Navy's final two goals to seal the Mids eighth-straight N-Star.

TRACK & FIELD FACILITIES



HALSEY FIELD HOUSE

(LEFT) Completed in 1957, and newly renovated in 2003, the 80,000-square foot Halsey Field House is the home of Navy men's and women's indoor track and field teams.

Halsey boasts squash and tennis courts, a 5,000-spectator basketball court, a 200-meter MONDO track and a display of sports trophies.

The field house proper is 200 feet wide, 370 feet long and is sheltered by a 70-foot high roof. The main floor is surrounded a running track.

The North Wing houses the multi-purpose gymnasium in which five basketball courts are installed. In addition, the wing houses five squash courts, dressing room facilities, a conditioning room, classrooms for physical education, athletic gear storage and office space for instructors.

The field house was named after Fleet Admiral William (Bull) Halsey Jr., a 1904 Naval Academy graduate and a World War II Naval hero.

INGRAM FIELD

(BELOW) The all-weather MONDO track located northeast of Michelson Hall and Chauvenet Hall is the site of Navy's outdoor track and field meets. Considered to be one of the premier facilities in the United States, it is named in honor of Vice Admiral Jonas H. Ingram, who commanded the U.S. South Atlantic Fleet during World War II. He was also the Naval Academy Director of Athletics from 1925-1930.

The track underwent a complete overhaul in the fall of 2001, with new all-weather surfacing placed on the quarter-mile oval and jump areas.

