

# PATRIOT LEAGUE TRACK & FIELD 2009-10



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AMERICAN • ARMY • BUCKNELL • COLGATE • HOLY CROSS • LAFAYETTE • LEHIGH • NAVY

## M/F ATHLETIC MALE TRACK PERFORMER OF THE WEEK

**KYLE CLAYTON, LAFAYETTE** Sr., Manasquan, N.J.

Clayton had a banner week individually as he helped the Leopards edge rival Lehigh. He posted victories in the 60-meter dash (6.87), 200-meter dash (22.40) and the long jump (7.43 m). All three marks qualified him for IC4As.



## M/F ATHLETIC FEMALE TRACK PERFORMER OF THE WEEK

**ELISE DEROO, COLGATE** So., Newton, Conn.

DeRoo ran a personal-best 5:00.85 in the mile, helping the Raiders take first in the Class of '32 Invitational in Hamilton. Her time also qualified her for ECACs and is the top mark in the event in the Patriot League this season.



## M/F ATHLETIC MALE FIELD PERFORMER OF THE WEEK

**MARK VAN ORDEN, NAVY** Sr., Morris Plains, N.J.

Van Orden remained undefeated in the weight throw this season after posting a first-place 18.31-meter toss at the Wesley A. Brown Invitational. The mark is his season best and also tops in the League, and he further improved his IC4A standing.



## M/F ATHLETIC FEMALE FIELD PERFORMER OF THE WEEK

**ASHLEY ATWELL, LEHIGH** Sr., Sugar Land, Texas

Atwell finished first in the pole vault in Lehigh's victory over Lafayette, reaching 3.60 meters, which is tied for League-best in the event this season. Atwell also qualified for ECACs.



## M/F ATHLETIC MALE ROOKIE OF THE WEEK

**ALEX LYONS, AMERICAN** Fr., LaGrange, Ill.

Lyons set a personal best in the 1,000-meter run, breaking the tape in an IC4A-qualifying time of 2:28.46. His time was good for second place at the George Mason Patriot Games.



## M/F ATHLETIC FEMALE ROOKIE OF THE WEEK

**SASHA HORNOCK, BUCKNELL** Fr., Dover, Pa.

Hornock improved on her personal best in the long jump for the second week in a row, taking first at the Bison Open with a 5.39-meter effort. She also finished second in the 60-meter dash with a time of 7.93.



Feb. 2, 2010

## UPCOMING SCHEDULE

### Friday, February 5

American at New Balance Invitational	9 a.m.
Lafayette at New Balance Invitational	9 a.m.
Lehigh at New Balance Invitational	9 a.m.
Colgate at Yale Invitational (M)	11 a.m.

### Saturday, February 6

American at New Balance Invitational	9 a.m.
Lafayette at New Balance Invitational	9 a.m.
Lehigh at New Balance Invitational	9 a.m.
Holy Cross at Maine Open	9 a.m.
Army at Navy (M)*	11 a.m.
Colgate at Yale Invitational (M)	11 a.m.
Colgate at Syracuse Invitational	11 a.m.
Army at Navy (W)*	2 p.m.

\* - Patriot League meet

## LATEST RESULTS

### Friday, January 29

Holy Cross 15th/18 (M), 9th/17 (W) at Boston Indoor Games
Bucknell at Penn State National Invitational, NTS
Bucknell at Bison Open, NTS

### Saturday, January 30

Bucknell at Penn State National Invitational, NTS
Bucknell at Bison Open, NTS
Colgate 1st/17 (M), 1st/16 (W) at Class of '32 Invitational
Lafayette 93, Lehigh 88 (M)
Lehigh 100, Lafayette 81 (W)
Navy (M) at Wesley A. Brown Invitational, NTS
Navy (W) at Patriot Games, NTS
American at Patriot Games, NTS
Army 8th/11 (M), 8th/8 (W) at Armory Invitational

### "TODAY'S SCHOLAR-ATHLETES, TOMORROW'S LEADERS"

The Patriot League continually demonstrates that student-athletes can excel at both academics and athletics without sacrificing its high standards. The Patriot League's athletic success is achieved while its member institutions remain committed to its founding principle of admitting and graduating student-athletes that are academically representative of their class. Participation in athletics at Patriot League institutions is viewed as an important component of a well-rounded education.

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## HONORABLE MENTION PERFORMANCES LAST WEEK

### ANDREW HANKO, NAVY

*Jr., Montville, N.J.*

Hanko's 14:21.50 in the 5,000 meters at the Wesley A. Brown Invitational was a personal best, Academy record and IC4A qualifier.

### SARAH MONIZ, BUCKNELL

*Jr., Topsfield, Mass.*

Moniz took first in the 3,000 meters at the Penn State National Invitational. Her time of 9:55.35 surpassed the ECAC-qualifying mark.

### NICK RAY, LEHIGH

*Sr., Charlotte, N.C.*

Ray hit a personal best in the shot put (16.29 meters) against Lafayette, improving his IC4A standing.

### ALEXANDRA DOERSAM, LEHIGH

*So., Islip, N.Y.*

Doersam won two events (60-meter dash, long jump) and took second in the 200 meters as the Mountain Hawks defeated Lafayette.

### NICK ORZOL, LAFAYETTE

*Fr., Mercerville, N.J.*

Orzol finished second in the 60-meter hurdles against Lehigh, but his time of 8.24 gets him into the IC4As.

## MEDIA SERVICES

### PATRIOT LEAGUE ON THE WEB

[www.patriotleague.com](http://www.patriotleague.com)

PatriotLeague.com features the latest news and stories on all eight Patriot League members. In addition, the site also contains the 2009 Patriot League media guide, up-to-date statistics, schedules, results and archives.

### WEEKLY RELEASE

Media can access a downloadable Adobe Acrobat PDF file of the complete Patriot League weekly track and field release on the Patriot League Track and Field page.

### E-MAIL DISTRIBUTION

Media may contact the Patriot League office to be included on the Patriot League's e-mail lists for track and field releases and information (or any of the Patriot League's sports). Please contact Patriot League Media and External Relations Asst. James Greene ([jgreene@patriotleague.com](mailto:jgreene@patriotleague.com)/610.289.1960) with requests or questions.

## PATRIOT LEAGUE NOTEBOOK

### NAVY, BUCKNELL RANKED IN REGIONAL POLL

Both the Navy and Bucknell men appear in the USTFCCCA's first regional rankings of the indoor season, which were released yesterday. Navy debuted at No. 4 in the Mid Atlantic rankings with 193.88 points. Bucknell follows closely at No. 5 on the Mid Atlantic list with 157.80 points.

### QUALIFICATIONS ABOUND

It was another busy week for Patriot League scholar-athletes relative to IC4A and ECAC qualifications. Army had an especially productive weekend, with six athletes qualifying for IC4As and Domonick Sylve improving his standing in the 60-meter dash. Colgate's Dan Gleason and Elise DeRoo qualified for IC4As and ECACs, respectively, in the mile. Andrew Hanko's record-breaking performance for Navy also qualified him for IC4As in the 5,000-meter run. Kyle Clayton of Lafayette posted three IC4A-qualifying marks against Lehigh (60-meter dash, 200 meters and long jump). Isaiah Bell (Bucknell, 60-meter dash), Sarah Moniz (Bucknell, 3,000 meters), Ashley Atwell (Lehigh, pole vault), Alex Lyons (American, 1,000 meters), Darren Harris (Bucknell, DMR) and Nick Orzol (Lafayette, 60-meter hurdles) were other League competitors who eclipsed qualifying marks in this week's events. In addition, Nick Ray of Lehigh (shot put), Mark Van Orden of Navy (weight throw) and Bucknell's Chelsey Musante (shot put, weight throw) surpassed IC4A or ECAC marks, though they had already qualified earlier this season.

### LYONS, DEROO HONORED FOR FIRST TIME

Alex Lyons, this week's M/F Athletic Male Rookie of the Week, is the first award winner from American this season. The honors are also noteworthy because he is the first winner of the award so far this year not to be from Bucknell. Three different Bison had captured the award previously. Similarly, Colgate sophomore Elise DeRoo is the first Raider to capture a weekly honor this season, as she was named M/F Athletic Female Track Athlete of the Week.

### LEAGUE CHAMPIONSHIPS ARE ALMOST HERE

Don't look now, but the regular season is rapidly drawing to a conclusion for Patriot League schools. Most institutions are scheduled for competition leading right up to the League Championships at Army on Feb. 19-21, but not all. American concludes its regular season this weekend at the New Balance Invitational in New York, N.Y. Bucknell is idle until the Bison Winter Classic next weekend. All other schools are booked right up until the championship weekend at West Point.

### ARMY MEN, BUCKNELL WOMEN PICKED

Army has been selected to successfully defend its men's League crown this season, while Bucknell has been voted as the top team in the women's poll. The voting was done by head coaches and sports information directors around the League. Army, who won its 13th men's Patriot League Championship last season and three of the last four, topped the preseason voting with 96 points and 12 first-place votes. The Bucknell women, who finished second at the Patriot League Championship last season behind Navy, received 11 first-place votes and 93 points. The Midshipmen received five first-place votes and finished second overall in the preseason voting with 89 points.

## ALL-TIME PATRIOT LEAGUE CHAMPIONS

### MEN

<b>13</b>	<b>ARMY</b>	1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2006, 2007, 2009
<b>3</b>	<b>BUCKNELL</b>	1991, 1992, 1993
<b>3</b>	<b>NAVY</b>	2004, 2005, 2008

### WOMEN

<b>12</b>	<b>BUCKNELL</b>	1992, 1993, 1998, 1999, 2000, 2002, 2003, 2004, 2005, 2006, 2007, 2008
<b>4</b>	<b>ARMY</b>	1994, 1995, 1996, 1997
<b>2</b>	<b>NAVY</b>	2001, 2009
<b>1</b>	<b>FORDHAM</b>	1991
<b>2</b>	<b>COLGATE</b>	2008, 2009

## TEAM NOTEBOOKS



**AMERICAN** The men dominated the distance events at the George Mason Patriot Games, going 1-2-3 in the mile, taking the top four spots in the 1,000-meter run and Josh Olson winning the 3,000-meter event. Erin Koch won the women's 1,000-meter event, while the Eagles also took second and fifth in the 3,000-meter. The Eagles head to New York, N.Y. on Friday and Saturday for the New Balance Invitational.



**ARMY** Both the men and women finished eighth at the College Invitational at the Armory in New York, N.Y. Domonick Sylve set a personal best in the 60-meter dash, and five members of the men's team eclipsed IC4A-qualifying standards. McKenzie Majchrzak tied a career best in the high jump. On Saturday the Black Knights visit Annapolis, Md., for the Star Meet at Navy.



**BUCKNELL** Sarah Moniz won the 3,000-meter run at the Penn State National Invitational, while Sasha Hornock, Casey Krause and Lindsay Appel were winners at the Bison Open in Lewisburg. Heptathletes Ryan White finished third at Penn State and Andrew Powell finished fourth at the Bison Open to lead the men over the weekend. John Picardo also finished seventh in the 500-meter run during the weekend's events.



**COLGATE** Dan Gleason won the mile with a personal best, Dan Schwaibold took first in the 500-meter run and Elise DeRoos ran the best mile in the Patriot League this season as both teams won the Class of '32 Invitational in Hamilton. Chelsea Burns and Kendall Lyons also went 1-2 in the 1,000-meter run, and Ashley Niness was tops in the 500-meter dash. Both are back in action at the Syracuse Invitational on Saturday. The men will also be represented at the Yale Invitational.



**HOLY CROSS** Six women posted New England Championship-qualifying times as the Crusaders took ninth at the Boston Indoor Games. Erin Linnehan qualified in the 55-meter hurdles and Paige Sutherland did so in the mile. Senior Timothy Richard also qualified for New Englands in the 5,000-meter run. Both squads head to the Maine Open on Saturday.



**LAFAYETTE** The men notched a close five-point win over Lehigh, while the women dropped a 100-81 decision to the Mountain Hawks in Bethlehem. Kyle Clayton was a quadruple winner (60- and 200-meter dashes, long jump and 4x400 meter relay). Kerriann Borke also won the 60-meter hurdles and triple jump for Lafayette, and the women also picked up wins in the 200-meter dash, the mile and the shot put. The New Balance Invitational is next for the Leopards on Friday and Saturday in New York, N.Y.



**LEHIGH** The Mountain Hawks split a dual meet with Lafayette, with the women taking the victory while the men dropped a tight five-point decision. Alexandra Doersam set a new indoor record in the long jump (18-5) while also winning the 60-meter dash and finishing runner-up in the 200 meters. Nick Ray swept the shot put and weight throw and Franklin Johnson qualified for IC4As while winning the triple jump. The Mountain Hawks head to New York City for the New Balance Invitational on Friday and Saturday.



**NAVY** The men won seven events and produced 10 IC4A-qualifying marks at the Wesley A. Brown Invitational in Annapolis. Mark Van Orden improved on his standing again in the weight throw, eclipsing 60 feet for the first time this year. Andrew Hanco also set a facility record in the 5,000-meter run. Meanwhile, the women took three victories at the Patriot Games in Fairfax, Va. Jess Palacio won the 800 meters, Amanda Phelps took first in the weight throw and Kristin Smith won the high jump. A freshman, Smith is now 4-0 in the high jump this year.

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## PATRIOT LEAGUE HEAD COACHES

### MATT CENTROWITZ, AMERICAN

Year at American/Overall .....11th/11th

### TROY ENGLE, ARMY

Year at Army/Overall.....Second/13th

### KEVIN DONNER, BUCKNELL

Year at Bucknell/Overall.....Ninth/24th

### ART MCKINNON, COLGATE (M)

Year at Colgate/Overall .....7th/8th

### LAURA NARDELLI, COLGATE (W)

Year at Colgate/Overall .....12th/18th

### JIM KAVANAGH, HOLY CROSS (M)

Year at Holy Cross/Overall .....38th/38th

### EGETTA ALFONSO, HOLY CROSS (W)

Year at Holy Cross/Overall .....11th/11th

### JULIO PIAZZA, LAFAYETTE

Year at Lafayette/Overall.....23rd/30th

### MATT UTESCH, LEHIGH

Year at Lehigh/Overall.....12th/12th

### STEPHEN COOKSEY, NAVY (M)

Year at Navy/Overall.....21st/26th

### CARLA CRISTE, NAVY (W)

Year at Navy/Overall .....18th/18th

## MEN'S PRESEASON POLL

1. Army	96 (12)
2. Navy	87 (4)
3. Bucknell	75
4. American	70
5. Lehigh	58
6. Lafayette	48
7. Colgate	21
8. Holy Cross	20

## WOMEN'S PRESEASON POLL

1. Bucknell	93 (11)
2. Navy	89 (5)
3. Army	76
4. Holy Cross	56
5. Lehigh	45
6. Colgate	40
7. Lafayette	35
8. American	14

## ATHLETES OF THE WEEK

### MALE TRACK ATHLETE OF THE WEEK

- 12.8.09** MATTHEW EVERS, *Navy, So.* One second-place finish, one facility record
- 1.12.10** MARLON WOODS, *Bucknell, Jr.* One first-place, one IC4A qualifier
- 1.19.10** DOMONICK SYLVE, *Army, Jr.* One first-place finish, one IC4A qualifier
- 1.26.10** CODY ROME, *Navy, So.* Ran seventh-best time in the nation in the mile
- 2.2.10** KYLE CLAYTON, *Lafayette, Sr.* Three first-place finishes and IC4A qualifiers

### FEMALE TRACK ATHLETE OF THE WEEK

- 12.8.09** TIFFANY REID, *Holy Cross, Sr.* One first-place finish, two school records
- 1.12.10** CARISSA HAUCK, *Army, Jr.* Two first-place finishes, one individual
- 1.19.10** JENNIFER PIERCE, *Bucknell, Sr.* One ECAC qualifier
- 1.26.10** TIFFANY REID, *Holy Cross, Sr.* Two first-place finishes
- 2.2.10** ELISE DEROO, *Colgate, So.* One ECAC qualifier, one personal best

### MALE FIELD ATHLETE OF THE WEEK

- 12.8.09** DREW FITZGERALD, *Bucknell, Jr.* One first-place finish, one IC4A qualifier
- 1.12.10** MICHAEL HUTCHINS, *Army, So.* One first-place finish, one IC4A qualifier
- 1.19.10** KHALIL UQDAH, *Lehigh, Sr.* Broke school record, qualified for IC4As
- 1.26.10** KYLE ANTHONY, *Bucknell, Sr.* One first-place finish, two season bests
- 2.2.10** MARK VAN ORDEN, *Navy, Sr.* One season best, improved IC4A standing

### FEMALE FIELD ATHLETE OF THE WEEK

- 12.8.09** CHELSEY MUSANTE, *Bucknell, Sr.* Two ECAC-qualifying marks
- 1.12.10** AMANDA PHELPS, *Navy, So.* Qualified for ECACs in weight throw
- 1.19.10** CHELSEY MUSANTE, *Bucknell, Sr.* Two top-three finishes
- 1.26.10** SARAH BELLA, *Bucknell, So.* One first-place finish, one ECAC qualifier
- 2.2.10** ASHLEY ATWELL, *Lehigh, Sr.* One first-place finish and ECAC qualifier

### MALE ROOKIE OF THE WEEK

- 12.8.09** JUSTIN HICKS, *Bucknell, Fr.* Two top-four finishes
- 1.12.10** JUSTIN HICKS, *Bucknell, Fr.* One first-place finish
- 1.19.10** ROBERT YAMNICKY, *Bucknell, Fr.* Improved best mile run by five seconds
- 1.26.10** QUINTEN MARCOTT, *Bucknell, Fr.* Second-best performance in shot put
- 2.2.10** ALEX LYONS, *American, Fr.* One IC4A qualifier and personal best

### FEMALE ROOKIE OF THE WEEK

- 12.8.09** KHAALIEDAH SMITH, *Lehigh, Fr.* Three first-place finishes, two individual
- 1.12.10** MCKENZIE MAJCHRZAK, *Army, Fr.* One first-place finish in collegiate debut
- 1.19.10** KRISTIN SMITH, *Navy, Fr.* Broke facility record, qualified for ECACs
- 1.26.10** SASHA HORNOCK, *Bucknell, Fr.* Two top-six finishes
- 2.2.10** SASHA HORNOCK, *Bucknell, Fr.* Two top-two finishes, one personal best

# PATRIOT LEAGUE TRACK & FIELD 2009-10

Feb. 2, 2010

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page 5

## AMERICAN EAGLES

12.1	at Navy Lid-Lifter (W)	.5th/5
12.5	at Navy Invitational (M)	.NTS
1.8	at Delaware Invitational (M)	.2nd/4
1.16	at Maryland Invitational	(M) 3rd/19; (W) 10th/13
1.30	at George Mason Invitational	.NTS
2.5-6	at New Balance Invitational	.All Day

## ARMY BLACK KNIGHTS

1.8-9	Crowell Open	.NTS
1.16	at Armory Invitational	(M) 2nd/7; (W) 7th/9
1.30	at Armory Invitational	(M) 8th/11; (W) 8th/8
2.6	at Navy (Star Meet)*	.11 a.m. (M); 2 p.m. (W)
2.13	at Armory Invitational	.TBA

## BUCKNELL BISON

12.4-5	Bison Opener	.NTS
1.9	Gulden Relays	.NTS
1.15	at Akron Quad	(M) 2nd/3; (W) 4th/4
1.23	Bucknell Heptagonal	(M) 1st/6; (W) 2nd/7
1.29-30	Bison Open and Multi	.NTS
	at Penn State National Invitational	.NTS
2.13	Bucknell Winter Classic	.TBA

## COLGATE RAIDERS

12.5	at Cornell Relays	.NTS
1.8	at Cornell Open (W)	.NTS
1.15-16	at PSU Northeast Invitational (M)	.NTS
1.16	at Syracuse Invitational (W)	.NTS
1.23	at Cornell Invitational	(M) 4th/6; (W) 4th/6
1.30	Class of '32 Invitational	(M) 1st/17; (W) 1st/16
2.5-6	at Yale Invitational (M)	.11 a.m.
2.6	at Syracuse Invitational	.11 a.m.
2.12	at Lafayette Invitational (W)	.4 p.m.
2.13	at Boston Univ. Invitational (M)	.9 a.m.

## HOLY CROSS CRUSADERS

12.4	at Rhode Island Pentathlon (W)	.NTS
12.5	at Alden Invitational	.NTS
12.12	at Harvard Open	.NTS
12.19	at Boston Univ. Mini Series	.NTS
12.26	at Boston Univ. Mini Series	.NTS
1.2	at Boston Univ. Mini Series	.NTS
1.9	at Yale Invitational	.NTS
	at Crowell Open (M)	.NTS
1.15	at Sorlien Invitational (W)	.NTS
1.16	at Harvard Invitational (M)	.NTS
1.23	at New Hampshire	(M) L 124-51; (W) L 103-74
1.29	at Boston Indoor Games	(M) 15th/18; (W) 9th/17
2.6	at Maine Open	.9 a.m.
2.12	at Valentine Invitational (W)	.1 p.m.
2.13	at Valentine Invitational (M)	.9 a.m.

## LAFAYETTE LEOPARDS

12.4	Lafayette Invitational	.NTS
1.16	at Armory Invitational	(M) 6th/7; (W) 9th/9
1.22	at Great Dane Classic	(M) 25th/25; (W) 19th/27
1.22-23	at Lehigh Covert Classic	(M) 4th/8; (W) 3rd/9
1.30	at Lehigh*	(M) W 93-88; (W) L 100-81
2.5-6	at New Balance Invitational	.9 a.m.
2.12	at Lafayette/Rider Invitational	.4 p.m.

## LEHIGH MOUNTAIN HAWKS

12.4	Lehigh Season Opener	.NTS
1.8	at Crowell Open	.NTS
1.16	at Navy Invitational	(M) 4th/5; (W) 6th/6
1.22-23	Lehigh Covert Classic	(M) 2nd/8; (W) 1st/9
1.30	Lafayette *	(M) L 93-88; (W) W 100-81
2.5-6	at New Balance Invitational	.All Day
2.13	at Armory Invitational	.TBA

## NAVY MIDSHIPMEN

12.1	Navy Lid-Lifter (W)	.1st/5
12.5	Navy Invitational (M)	.NTS
1.8	at Delaware Invitational (W)	.1st/6
1.9	Princeton (M)	.L 98-83
1.16	Navy Invitational	(M) 1st/5; (W) 1st/6
1.23	Rutgers, Temple, Maryland (M)	.11 a.m.
1.30	at Patriot Games (W)	.11 a.m.
	Wesley A. Brown Invitational (M)	.11 a.m.
2.6	Army (Star Meet)*	.11 a.m. (M); 2 p.m. (W)
2.11	Sweetheart Meet (W)	.4 p.m.
2.12-13	at Iowa State Classic (M)	.3 p.m./11 a.m.

NTS - No Team Scoring

\* - Patriot League Meets

All Times and Dates Subject to Change