

# GENERAL INFORMATION

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND

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### MEMO TO THE MEDIA

Publicity and media information for the Massachusetts women's track and field team will be handled by Media Relations Assistant Mary Motzko. Photographs, game results, statistics and feature ideas are available from the UMass Media Relations Office. For coach and player interviews, please contact Motzko in the office at (413) 545-1744.

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### QUICK FACTS

#### UNIVERSITY & ATHLETICS

Location . . . . .Amherst, MA 01003  
 Founded . . . . .1863  
 Enrollment . . . . .23,673  
 Nickname . . . . .UMass, Minutewomen  
 Colors . . . . .Maroon & White  
 National Affiliation . . . . .NCAADivision I  
 Conference . . . . .Atlantic 10  
 President . . . . .William Bulger  
 Chancellor . . . . .John V. Lombardi  
 Athletic Director . . . . .Jan McCaw  
 Athletic Department Phone . . . . .(413) 545-9652  
 Athletic Department Fax . . . . .(413) 545-1727

#### WOMEN'S TRACK and FIELD

Head Coach . . . . .Julie LaFreniere (Massachusetts, 1977)  
 Years at UMass . . . . .16  
 Career Years . . . . .Same  
 Assistant Coaches . . . . .Bob Otrando,  
 Antoinette O'Carroll,  
 Hossein Baghdadi  
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 University of Massachusetts  
 Amherst, MA 01003

2002 Indoor A-10 Finish / Points . . . . .Seventh / 74  
 2002 Outdoor A-10 Finish / Points . . . . .Second / 118  
 Letterwinners Returning / Lost . . . . .47 / 8

### ON THE COVERS

**FRONT:** Julie McGee (left), Kristen Ford (center) and Jen Freemas. Designed by Mary Motzko  
**INSIDE FRONT:** Alexis Anzelone (right) and Loren Donohue (left). Designed by Motzko.  
**BACK:** Crystal Therrien (top), Nastaran Shams (bottom). Designed by Motzko.  
**INSIDE BACK:** Designed by Ryan Nadeau.  
**PHOTO CREDITS:** Photos courtesy of Steven Frischling, UMass Photo Services and the A-10 Conference.



# SEASON OUTLOOK

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK

Coming off a second-place finish in the 2002 Atlantic 10 Outdoor Championships, UMass head coach Julie LaFreniere and her track and field squad are poised to make another run for the conference title this year. With the return of conference champion Brandy Green in the pole vault, along with competitive performers in Jen Freemas, Christina Huff, Chante Soares, Shannon Jackson and Crystal Therrien, the Minutewomen are looking to recapture the A-10 indoor track and field title they won in 1998, along with the outdoor conference title they held in 2001. Here's an event by event preview of the 2003 Minutewomen:

### **JUMPS**

The Minutewomen will be looking to a versatile group of athletes to perform well in the jumping events this season.

In the long jump the Minutewomen will be led by junior Chante Soares and sophomore Corinne Mathews. Last season Soares recorded an 18' 7-1/4" mark at the A-10 Indoor Championships and a 19'3-1/2" mark at the Atlantic 10 Outdoor Championships. Mathews also scored points for Massachusetts at the conference meet, finishing eighth with a jump of 18' 3 3/4" at the Atlantic 10 Indoor Championships. Their finishes in last year's postseason meet makes them two of the top returning competitors in the Atlantic 10 this year.

Sophomore Kay Callahan will be competing in the triple jump for UMass this season. Last year she placed sixth at the A-10 Outdoor Championships and the UMass coaching staff is expecting a higher finish for her this year.

"She improved a lot last year and we're looking for more improvement this year," said UMass assistant coach Antoinette O'Carroll.



*Nastaran Shams will be competing in the heptathlon this season.*

In the high jump, UMass will be looking for freshman Ashley Creel to make an immediate impact. LaFreniere is also expecting senior Crystal Therrien and freshman Jennifer Zolga to perform well.

### **POLE VAULT**

Last year Massachusetts claimed the conference title in the pole vault and this year its sights are set just as high. Junior Brandy Green captured the A-10 title in the event last year, clearing 11'5-3/4" in the conference finals to finish first.

"Brandy Green should repeat as the conference winner," said LaFreniere. "She's starting out very well again this year."

Also competing for Massachusetts in the pole vault are Christina Huff and Shannon Williams. Newcomers to the event, this is the first year both Huff and Williams have competed in the pole vault.

"It's something that they really wanted to do," LaFreniere said. "They're both good enough athletes to do well."

### **MULTI-EVENTS**

Senior Crystal Therrien and Nastaran Shams will be representing Massachusetts in the heptathlon year.

Last season Therrien placed at the A-10 Outdoor Championships with 4,148 points and Shams finished in fifth place with 3 points. In 2003 Therrien is expected to once again be one of the top competitors in the conference, and Shams is looking to improve on her fifth-place finish.

### **SPRINTS**

After placing second in the dash at the 2002 Atlantic 10 Outdoor Championships, sophomore Christina Huff is expected to be Massachusetts' top sprinter this season.

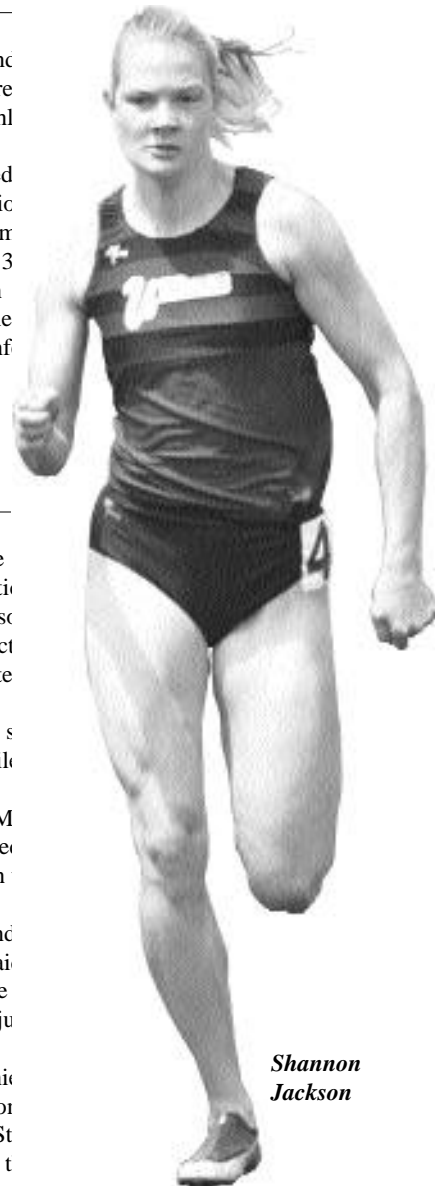
"She is probably the best sprinter we have. She's very versatile," said O'Carroll.

After finishing the 100M dash in 12.22 seconds, Huff recorded a second-place finish in the 200M dash with a time of 25.53.

"She has a nice range and is a strong athlete," LaFreniere said.

Also expected to compete in the 100M and 200M events is junior Hudson.

In the 400M dash LaFreniere is expecting Kyanna Stallings, Shannon Elisabeth Budd. Last year Stallings finished eighth in the 400M dash at the



*Shannon Jackson*

# SEASON OUTLOOK

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND



*Crystal Therrien will be one of UMass' high jumpers this season.*

While sophomore Williams and freshman Budd don't have a lot of experience behind them in the event, LaFreniere is expecting them to make an immediate impact.

"They both have the capabilities to score points," LaFreniere said.

### HURDLES

Heading into the 2003 season, LaFreniere is expecting the hurdle events to be the strength of her team. At the center of the hurdling squad are Jen Freemas, Shannon Jackson, Jen Leahy and Staceann Brown, all of whom will be competing in the 400M hurdles.

Last season Jackson and Freemas finished second and third, respectively, in the event at the Atlantic 10 Outdoor Championships, with Jackson turning in an inspiring performance to reach the finish line in 1:03.70 while Freemas claimed third place.

"Jen missed the first two meets of the season with an injury, but she really came on during the Atlantic 10 Championships," LaFreniere said. "She was tearing up the track. She did a great job and grabbed third."

After finishing in second place last year, Jackson is setting her sights on the A-10 400M hurdles title this season.

"Shannon's done really well," LaFreniere said. "She and Jen (Freemas) have worked hard all fall. They both want to win the Atlantic 10 title this year."

With the experience of Freemas and Jackson, along with the talents of Leahy and Brown, the 400M hurdlers should be competitive this season.

"There's a good group there in the 400M hurdles," O'Carroll said. "If they train well they could really do well at the A-10's this year."

Jackson, along with Brandy Green, will be representing UMass in the 100M hurdles as well.

Last year Jackson placed fourth in the event at the A-10's with a time of 14.71 and Green finished seventh at 15.01.

Freshman Ashley Creel may also be a contender in the 100M hurdles.

### THROWS

UMass will be looking for a small group of throwers to tally points for its squad this season.

"We don't have a lot of throwers, but the ones we do have are high in quality," LaFreniere said.

Representing Massachusetts in the throwing events will be sophomore Jennifer Iasiello, junior Sara Johnson, and freshmen Abbey Ahearn and Billieann Kelly.

Iasiello will be competing in the 20-lb. weight, hammer and discus, while Johnson will be participating in the shot put, discus, hammer and weight throw. Johnson, a transfer student, was the 2001 junior college national champion, but has been forced to sit out of competition for the last two semesters due to NCAA requirements.

Both Ahearn and Kelly will be competing in the javelin. Kelly was fourth in the Massachusetts state high school meet last year, and looks to be the Minutewomen's top performer in the javelin this season.

### DISTANCE

With a relatively young squad in the distance events, UMass will have to look for those athletes to step up in competition.

Julie McGee, a sophomore, will be competing in the 5,000M and 10,000M events for the Minutewomen.

"McGee has the potential to do well this season," LaFreniere said.

In the 1,000M and 2,000M events, LaFreniere will be looking to Kriste Ford, Loren Donohue and Lauren Fowler to score points for UMass.

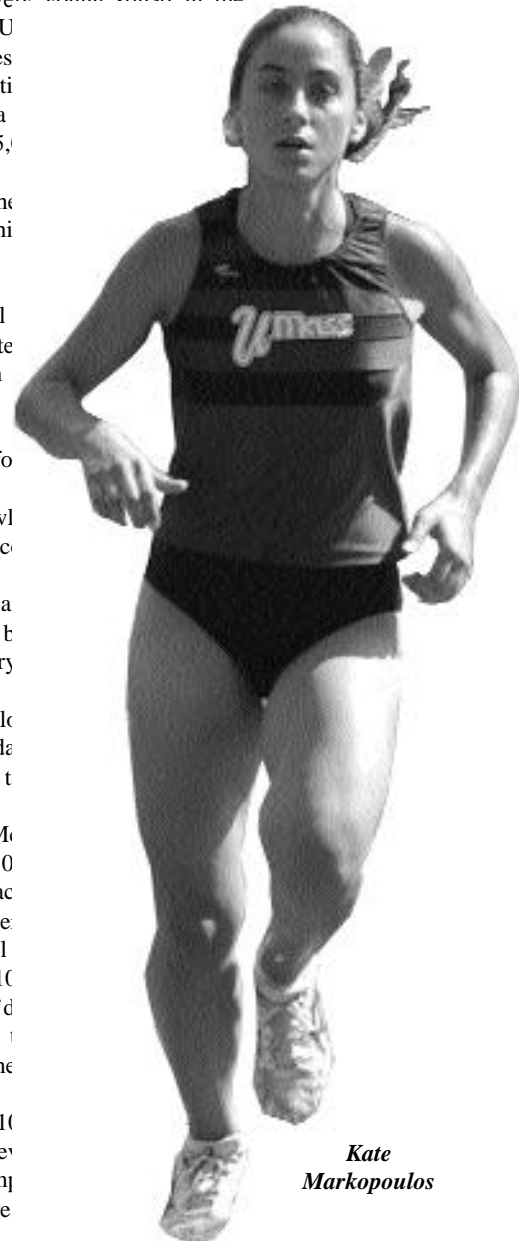
Ford and Fowler are also expected to compete in the 1,000M.

In the 3,000M and 5,000M events, LaFreniere will be looking to cross country runner Julie McGee, Katie Markopoulos, Kate Korlacki, Amanda and Tricia Silva to score points for UMass.

Last year McGee was UMass' top A-10 performer in the 5,000M, placing second with a time of 19:03.26. Dahlberg and Korlacki will also be participating in the 10,000M event.

While UMass' distance runners are strong, they will be challenged by the top performers from other teams.

"The Atlantic 10 is a tough conference in the distance events," LaFreniere said. "We will be tough competition for other teams," LaFreniere said.



*Kate Markopoulos*

# COACH JULIE LAFRENIERE

UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK

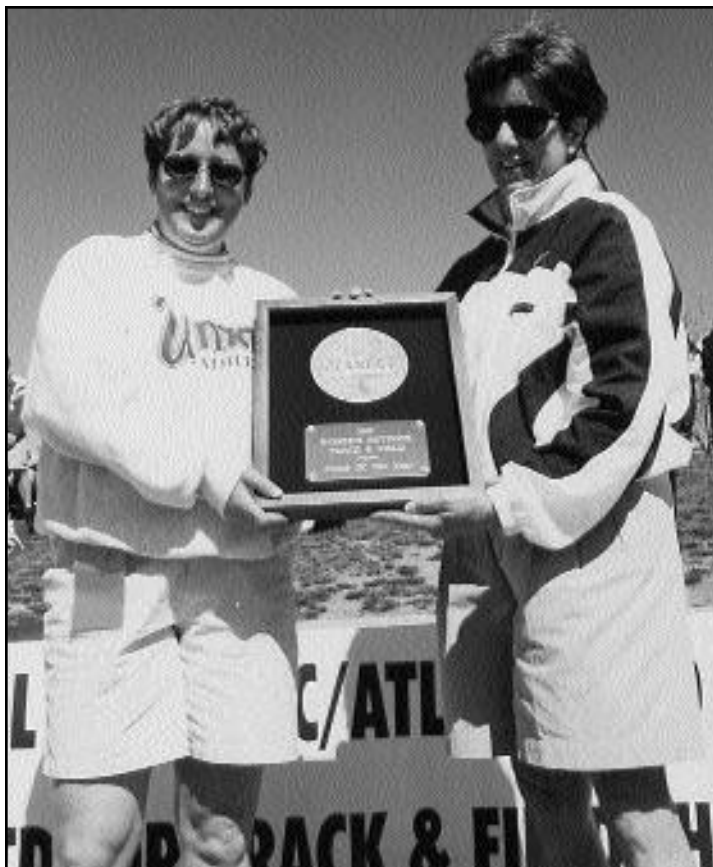


**Julie  
LaFRENIERE**

Head Coach  
16th Season  
Cross Country and  
Track and Field

Julie LaFreniere has been a part of the foundation of the UMass women's cross country and track and field teams, playing an instrumental role in both programs' rise to prominence since the beginning of their existence at Massachusetts. As a student-athlete LaFreniere helped lead the UMass women's cross country team to the New England championship and a ninth-place finish at the first AIAW women's national championship. She left her mark on the Minutewoman squad when she set school records in the half-mile and mile, and received MVP awards for both cross country and track and field in 1976 and 1977.

After graduating from UMass in 1977, LaFreniere held head coaching positions at the high school level for four years. She later returned to UMass to pursue a master's degree in Sport Management. Upon receiving her graduate degree in 1986, LaFreniere was named the Minutewomen's head cross country and track & field coach in 1987.



LaFreniere led UMass to the 2001 A-10 outdoor track and field title.

While at the helm of the UMass teams, LaFreniere has accumulated several coaching and team accolades. She was named the Atlantic 10 women's cross country Coach of the Year six times (1991, 1992, 1995, 1996, 1997 and 1999) and led the Minutewomen to seven A-10 cross country championships. In 1995, she added an NCAA qualifier to her list of accomplishments when Rebecca Donaghue qualified for the NCAA Championship, finishing 50th in the national competition. Donaghue qualified again in 1996 under LaFreniere's tutelage. Recently, LaFreniere added another runner to her list of NCAA qualifiers, when Kristir Cisowski competed in the 2000 and 2001 NCAA Cross Country Championship.

In addition to her cross country accomplishments, LaFreniere has also accumulated success in track and field. She led the Minutewomen to their first-ever A-10 outdoor track and field championship in 1999, and was named Atlantic 10 outdoor track and field Coach of the Year in the same season. LaFreniere led the Minutewomen back to another title in 2001, and once again received Coach of the Year honors from the A-10.

LaFreniere has also found success while coaching the UMass indoor track and field team. She was named the 1996 Atlantic 10 indoor track and field Coach of the Year, and led the Minutewomen to A-10 indoor titles in 1996 and 1998. In addition to competing in the Atlantic 10, LaFreniere's squads have also participated in the New England and ECAC championships. In 1995, she coached the first UMass track and field All-American when Kelly Liljebblad placed fifth in the 10,000M at the NCAA Championship.

LaFreniere was recently inducted into the Gardner (Mass.) High School Athletic Hall of Fame, and currently resides in Orange, Mass.

Cross Country		Indoor Track & Field		Outdoor Track & Field	
Year	Place	Year	Place	Year	Place
1988	NC	1988	NC	1988	NC
1989	3rd	1989	NC	1989	NC
1990	3rd	1990	NC	1990	NC
1991	1st	1991	NC	1991	NC
1992	1st	1992	NC	1992	NC
1993	2nd	1993	2nd	1993	NC
1994	3rd	1994	Cancelled	1994	NC
1995	1st	1995	2nd	1995	NC
1996	1st	1996	1st	1996	NC
1997	1st	1997	2nd	1997	2nd
1998	1st	1998	1st	1998	2nd
1999	1st	1999	2nd	1999	1st
2000	2nd	2000	5th	2000	3rd
2001	4th	2001	3rd	2001	1st
2002	8th	2002	7th	2002	2nd

7 Championships      2 Championships      2 Championships

\*NC indicates a year in which the A-10 did not sponsor a championship

# ASSISTANT COACHES

UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND FIELD



**Antoinette  
O'CARROLL**

Assistant Coach  
2nd Season  
Men's and Women's  
Track & Field

Antoinette O'Carroll begins her second season as an assistant coach for the University of Massachusetts men's and women's track and field programs. She is responsible for the hurdles and sprints events, multi-events, as well as jumps.

Prior to coming to Massachusetts, O'Carroll served as an assistant at the University of Cincinnati from 1999-2001. She also coached at the University of Buffalo from 1997-1999, where she assisted the school's first All-American in 1998. She has also served as an assistant at Smith College, Rutgers University and the U.S. Naval Academy.

A 1987 graduate of Penn State University, she was one of the top conference finishers in the heptathlon and pentathlon. O'Carroll was also an NCAA qualifier in the high jump as a senior. She received her master's degree in Movement Science (Biomechanics / Exercise Physiology) from Springfield (Mass.) College.



**Bob  
OTRANDO**

Assistant Coach  
Throws  
3rd Season  
Head Strength & Conditioning

Entering his 10th year with the University of Massachusetts, Bob Otrando has become one of the most valuable people in the UMass athletic department. Otrando supervises the strength and conditioning program for some 600 student-athletes who compete in UMass' 22 varsity sports, and is in his third year working with UMass' male and female throwers.

Virtually every coach who has worked with Otrando credits him with preparing their respective teams for a full season of all-out competition, both in practice and on game day. Otrando was named the 1994-1995 Atlantic 10 Conference Strength and Conditioning Professional of the Year by the National Strength and Conditioning Association.

Otrando came to UMass from the New England Patriots staff, where he served as the assistant strength and conditioning coach from 1992 to 1993 under Dick MacPherson. Prior to his stint with the Patriots, he was an assistant track and field coach at the University of Washington (1986-1992), Kent University (1985-1986) and Brown University (1984-1985). During his collegiate coaching career, Otrando coached one NCAA champion, seven All-Americans and two Olympic trials qualifiers.

Otrando himself was a 1984 Olympic trials qualifier in the shot put, and holds the world indoor record (53'11") in the masters 45-49 age group. He also holds the record for the longest shot put throw by a native New Englander at 65'4" and captured the national title at the 1998, 2000 and 2001 USANational Masters for the 40-45 age group.

Otrando served as the National Chairman for USA Track and Field men's shot put from 1991-1995. During this time, U.S. athletes claimed the gold and silver medals in the shot put at the 1992 Barcelona Olympics. In addition, Otrando was a coach at the 1991 Olympic Festival and an assistant coach at the 1993 World University Games. He has had several articles pertaining to training and performance published in track and field magazines.

Otrando graduated from Northeastern University in 1979, and was inducted into the Northeastern University Hall of Fame in May of 1999. He is single and resides in Sunderland.



**Hossein  
BAGHDADI**

Graduate Assistant  
1st Season  
Track and Field

Hossein Baghdadi is entering his first year as a graduate assistant coach with the UMass track and field team. A former track and field and cross country performer, Baghdadi competed for both Whitman (Wash.) College and Washington University in St. Louis, Mo., serving as a captain for each team.

Baghdadi's specialty is middle distance, but he occasionally competed in the 1,500M, 800M, 3,000M and 5,000M.

Baghdadi earned a bachelor of arts degree in Chemistry from Whitman College and received a bachelor of science degree in Chemical Engineering from Washington University. Baghdadi is now pursuing a graduate degree in Chemical Engineering at the University of Massachusetts.

Prior to coming to UMass, Baghdadi took time off from school and worked for Nike in its polymer research lab in Portland, Ore. During this time Baghdadi competed for the Nike Portland running team.

# 2002-03 ROSTER

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK

<u>Name</u>	<u>Year</u>	<u>Event</u>	<u>High School</u>	<u>Hometown</u>
Abbey Ahearn	Fr.	Distance / Javelin	St. Peter Marian H.S.	Paxton, Mass.
Alexis Anzelone	So.	Distance / Steeple	Westfield H.S.	Westfield, N.J.
Lauren Barrett*	So.	Cross Country	Braintree H.S.	Braintree, Mass.
Amy Bergen*	Sr.	Cross Country	Falmouth H.S.	East Falmouth, Mass.
Katherine Blais	Sr.	Distance / Steeple	Andover H.S.	Andover, Mass.
Staceann Brown	Sr.	Sprints / Hurdles	Weaver H.S.	Hartford, Conn.
Elisabeth Budd	Fr.	Sprints / Hurdles	Central H.S.	Springfield, Mass.
Marissa Callahan	So.	Jumps / Hurdles	McLean H.S.	Bangkok, Thailand
Catherine Ciccolo	So.	High Jump	Braintree H.S.	Braintree, Mass.
Ashley Creel	Fr.	High Jump	Sandwich H.S.	Sandwich, Mass.
Blair Curran	Jr.	Sprints / Mid Distance	Nashua H.S.	Nashua, N.H.
Sarah Daggett	So.	Mid Distance	Ichabod Crane H.S.	Kinderhook, N.Y.
Amanda Dahlberg	So.	Distance	Gardner H.S.	Gardner, Mass.
Denise DiPaolo	So.	Mid Distance	North Bergen H.S.	North Bergen, N.J.
Loren Donohue	So.	Mid Distance / Steeple	Millbrook H.S.	Millbrook, N.Y.
Stacie Ferriera	Fr.	Throws	Oliver Ames H.S.	North Easton, Mass.
Maggie Fitzpatrick	Fr.	Throws	Bourne H.S.	Pocasset, Mass.
Kristen Ford	Jr.	Mid Distance	Lindenhurst H.S.	Lindenhurst, N.Y.
Lauren Fowler	Fr.	Mid Distance	Academy For Med Sci Tech	Englewood, N.J.
Jessica Franklin	Fr.	Long Jump	Old Rochester Reg H.S.	Marion, Mass.
Joanne Fredette	Fr.	Distance	West Springfield	West Springfield, Mass.
Jennifer Freemans	Sr.	400M Hurdles	Strath Haven H.S.	Wallingford, Pa.
Alycia Gailey	Fr.	Distance	Mansfield H.S.	Mansfield, Mass.
Brandy Green	Jr.	Hurdles / PV	Fitchburg H.S.	Fitchburg, Mass.
Melanie Hastings	Sr.	High Jump	Ludlow H.S.	Ludlow, Mass.
Emma Horton	Fr.	Distance	Newburyport H.S.	Newburyport, Mass.
Kishana Hudson	Jr.	Sprints	Deer Park H.S.	Deer Park, N.Y.
Christina Huff	So.	Sprints / Jumps	Central H.S.	Springfield, Mass.
Jennifer Iasiello	So.	Throws	Barrington H.S.	Barrington, R.I.
Shannon Jackson	Jr.	Hurdles / Sprints	Bridgewater H.S.	Bridgewater, Mass.
Sara Johnson	Jr.	Throws	Mt. Pleasant H.S.	Providence, R.I.
Danielle Kelleher	Fr.	Distance	Natick H.S.	Natick, Mass.
Billieann Kelly	Fr.	Throws	Mansfield H.S.	Mansfield, Mass.
Grace Kibe	Fr.	Cross Country	Medford H.S.	Medford, Mass.
Kristy Kime	Jr.	400M-800M	Canastota H.S.	Canastota, N.Y.
Katie Knowles	Jr.	Distance	Ludlow H.S.	Ludlow, Mass.
Sherri Korlacki	Fr.	Distance	Seekonk H.S.	Seekonk, Mass.
Jennifer Leahy	So.	400M Hurdles	Jackson Memorial	Jackson, N.J.
Katelyn Mackenzie	Fr.	Distance	King Philip Reg. H.S.	Wrentham, Mass.
Jennifer Marine	Fr.	PV	Wachusett Regional	Holden, Mass.
Kate Markopoulos	Jr.	Distance	Saratoga Springs	Porter Corner, N.Y.
Corinne Mathews	So.	Jumps / Sprints	East Lyme H.S.	Niantic, Conn.

# 2002-03 ROSTER

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK

<u>Name</u>	<u>Year</u>	<u>Event</u>	<u>High School</u>	<u>Hometown</u>
Julie McGee	Sr.	Distance	Needham H.S.	Needham, Mass.
Kristen McGonagle	So.	Hurdles	Whitman-Hanson	Hanson, Mass.
Eileen McRae	Fr.	Throws	North Central H.S.	Spokane, Wash.
Kristin Mikita	Sr.	400M Hurdles	Franklin H.S.	Somerset, N.J.
Emily Moses	So.	Mid Distance	Needham H.S.	Needham, Mass.
Candice Murray	Fr.	High Jump	Sycamore H.S.	Cincinnati, Ohio
Maura Murray	Jr.	Distance	Whitman-Hanson	Hanson, Mass.
Rebecca Rufo	So.	HJ / Multi	Wilmington H.S.	Wilmington, Mass.
Nastaran Shams	Jr.	Multi / Hurdles	Swamscott H.S.	Swamscott, Mass.
Tricia Silva	Jr.	Distance	Amesbury H.S.	Amesbury, Mass.
Suzanne Simmons	Fr.	Distance	Marblehead H.S.	Marblehead, Mass.
Chante Soares	Jr.	Long Jump / Sprints	New Bedford H.S.	New Bedford, Mass.
Kyanna Stallings	Jr.	Sprints	Newburyport H.S.	Newburyport, Mass.
Crystal Therrien	Sr.	Multi	Fairhaven H.S.	Fairhaven, Mass.
Mary Warren	Fr.	Distance	Amity H.S.	Orange, Conn.
Lindsay Wiedenkeller	So.	Distance	New Paltz H.S.	New Paltz, N.Y.
Shannon Williams	So.	Sprints	Strath Haven H.S.	Swarthmore, Pa.
Jennifer Zolga	Fr.	High Jump	Bridgewater-Raynham	Raynham, Mass.

**Head Coach:** Julie LaFreniere (Massachusetts, 1977)

**Assistant Coaches:** Antoinette O'Carroll, Bob Otrando, Hossein Baghdadi

**Captains: Cross Country:** Julie McGee

**Track & Field:** Julie McGee, Jen Freemas, Crystal Therrien

\* Denotes athletes who only compete on the cross country team.

Seniors.....	8
Juniors.....	20
Sophomores.....	19
Freshmen.....	20
Letterwinners Returning.....	47
Letterwinners Lost.....	8

Connecticut.....	3
Massachusetts.....	37
New Hampshire.....	1
New Jersey.....	5
New York.....	7
Ohio.....	1
Pennsylvania.....	2
Rhode Island.....	2
Thailand.....	1
Washington.....	1

# THE MINUTEWOMEN

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND



Alexis  
ANZELONE

Sophomore • Distance  
Westfield, N.J.  
Westfield H.S.

**As a Sophomore in Fall 2002:** Ranked second on the UMass cross country team in overall performance, finishing with team-best times against New Hampshire, Boston University and Vermont and at the Meet of Champions, recording times of 21:26, 19:13 and 23:53, respectively ... finished 34th at the Atlantic 10 Cross Country Championships ... **As a Freshman in 2001-2002:** Led off for the second place distance medley relay team that finished in 12:35.50 at the Atlantic 10 Indoor Championships ... finished 20th in the steeplechase at the New England Outdoor Championships with a mark of 11:55.46 ... named to the Atlantic 10 Commissioner's Honor Roll and the UMass Athletic Director's Honor Roll ... **Before UMass:** Four-year letterwinner in cross country as well as indoor and outdoor track and field at Westfield (N.J.) H.S. ... cross country champion as a freshman and senior ... indoor champion in the mile and two-mile as a junior ... member of New Jersey's first team All-Group four ... *Star Ledger* All-Area in cross country and outdoor track ... received team award for most cross country races won in a year ... **Personal:** Born September 17, 1983, in Elizabeth, N.J. ... daughter of Peter and Ivette Anzelone ... majoring in Journalism.

### ANZELONE'S BEST TIMES

Events	Time
Steeplechase	11:55.29
3,000M Run	10:49.40

### UNIVERSITY OF MASSACHUSETTS



Staceann  
BROWN

Senior • Sprints  
Hurdles  
Hartford, Conn.  
Weaver H.S.

**As a Junior in 2001-2002:** Member of the distance medley relay team that finished second in a time of 12:35.50 at the Atlantic 10 Indoor Championships ... was a member of the 4 x 400M relay team at Atlantic 10 Outdoor Championships after battling nagging injuries ... **As a Sophomore in 2000-2001:** Did not compete ... **As a Freshman in 1999-2000:** Recorded the team's fourth-best time in the 400M (1:04.93) during the indoor season and second-best time during the outdoor season at 1:02.25 ... **Personal:** Born April 13, 1981, in Jamaica ... daughter of Verona Thomas ... pursuing a BDIC.

### BROWN'S BEST TIMES

Event	Time
400M Run	1:00.00

### UNIVERSITY OF MASSACHUSETTS



Kay  
CALLAHAN

Sophomore • Jumps /  
Hurdles  
Bangkok, Thailand  
McLean H.S.

**As a Freshman in 2001-2002:** Placed sixth in the triple jump at the A-10 Outdoor Championships with a mark of 37'2-1/4" ... finished 15th in the triple jump at the Atlantic 10 Indoor Championships ... placed 11th in the triple jump with a mark of 36' 7-1/2" at the New England Outdoor Championships ... named to the Atlantic 10 Commissioner's Honor Roll and the UMass Athletic Director's Honor Roll ... **Before UMass:** Two-year letterwinner in cross country and track and field at McLean H.S. ... a team captain as a senior ... a first-team All-District 100M high hurdles and 300M low hurdles selection ... named team Most Valuable Player as a senior ... **Personal:** Born October 10, 1982, in Bangkok, Thailand ... majoring in Chemistry.

### CALLAHAN'S BEST MARKS

Event	Distance
Triple Jump	37'2-1/4"
55M Dash	7.72

### UNIVERSITY OF MASSACHUSETTS



Ashley  
CREEL

Freshman • High  
Sandwich, Mass  
Sandwich H.S.

**High School:** Competed in track and field at Sandwich (Mass.) H.S. ... finished second in the high jump at the New England Championships with a mark of 5'6" and fifth at the Massachusetts state meet at 5'4" ... **Personal:** Born October, 26, 1983, in Middletown, Conn. ... daughter of John and Sharon Creel ... majoring in Exercise Science.



# THE MINUTEWOMEN

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK



**Kristen  
FORD**

Junior • Middle  
Distance  
Lindenhurst, N.Y.  
Lindenhurst H.S.

**As a Sophomore in 2001-2002:** Finished third in the 500M at 1:19.08 at the Atlantic 10 Indoor Championships ... part of the fourth place 4 x 400M relay team at the A-10 Indoor Championships ... member of the eighth place 4 x 400M relay team that finished in a time of 3:57.64 at the New England Indoor Championships ... anchored the fourth place 4 x 800M relay team at the Atlantic 10 Outdoor Championships, recording a time of 2:16.49 in her leg ... member of the sixth place 4 x 800M relay team at the New England Outdoor Championships ... finished 14th in the 800M at 2:18.19 and eighth in the 4 x 400M relay at a mark of 3:57.64 at the New England Outdoor Championships ... named to the UMass Athletic Director's Honor Roll ... **As a Freshman in 2000-2001:** Established a UMass season-best in the 800M run with a time of 2:16.49 at the A-10 Outdoor Championships ... member of the 11th-place distance medley team at the ECAC Indoor Championships with a mark of 11:57.04 ... part of the team that won the distance medley title at the New England Indoor Championships posting a time of 12:00.90 ... **Before UMass:** Received four letters in outdoor track and three in indoor track at Lindenhurst (N.Y.) H.S. ... was the pentathlon county champion as a senior and finished 20th overall in the state meet ... participated three times in the N.Y. state meet ... named Athlete of the Year in 2000 ... All-County 1998-2000 ... All-League 1996-97 ... also received letters in basketball and soccer ... a member of National Honor Society ... **Personal:** Born November 14, 1982, in East Meadow, N.Y. ... daughter of Thomas and Evelyn Ford ... majoring in Economics.

### FORD'S BEST TIMES

Events	Time
500M	1:18.52
800M	2:16.49

### UNIVERSITY OF MASSACHUSETTS



*Kristen Ford*



**Jennifer  
FREEMAS**

Senior • 400M  
Wallingford, Pa.  
Strath Haven H

**As a Junior in 2001-2002:** Placed seventh in the 400M at the Atlantic 10 Indoor Championships ... finished third in the 400M intermediate hurdles with a time of 1:03.83 at the Atlantic 10 Outdoor Championships ... placed fifth in the 400M hurdles at 1:05.33 at the New England Outdoor Championships ... **As a Sophomore in 2000-2001:** Won the 400M hurdles at the 2001 Atlantic 10 Outdoor Championships with a time of 1:01.31, the second-fastest mark in school history ... placed third with a time of 1:02.54 in the 400M hurdles at the New England Outdoor Championships ... ran the 400M leg of the distance medley relay teams which won the crown at both the A-10 Indoor Championships and the New England Indoor Championships ... **As a Freshman in 1999-2000:** Finished fourth in the 400M hurdles at 1:07.20 at the A-10 Outdoor Championships ... **Before UMass:** Four-year letterwinner in track at Strath Haven (Pa.) H.S. ... captained track teams during her junior and senior years ... owns the school 300M hurdles record ... also lettered for four seasons in field hockey ... **Personal:** Born July 25, 1979, in Parkside, Pa. ... daughter of Roland Freemason and Francie Goldstein ... an Apparel Marketing major.

### FREEMAS' BEST TIMES

Events	Time
400M Hurdles	1:01.31
400M	58.50

### UNIVERSITY OF MASSACHUSETTS



**Brandy  
GREEN**

Junior • Hurdles  
Fitchburg, Mass.  
Fitchburg H.S.

**As a Sophomore in 2001-2002:** Set a school record in the pole vault at 12' 0" ... Atlantic 10 Indoor champion in the pole vault at 11'5-3/4" ... second in the 55M hurdles in 8.33 seconds and third in the pole vault at 11'8-1/2" at the New England Indoor Championships ... finished 14th in the pole vault at 11' 3-3/4" at the ECAC Indoor Championships ... placed fourth in the pole vault with a mark of 11'6-1/4" and sixth in the 100M hurdles at 14.99 seconds at the New England Outdoor Championships ... A-10 Outdoor champion in the pole vault with a 11'5-3/4" mark ... finished seventh in the 100M high hurdles at 15.01 at

# THE MINUTEWOMEN

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND

the Atlantic 10 Outdoor Championships ... named to both the first team Atlantic 10 Indoor Track and Atlantic 10 Outdoor Track All-Conference teams ... a second team All-Atlantic 10 Indoor Track selection in the 55M hurdles ... **As a Freshman in 2000-2001:** Finished fifth in the 55M hurdles and third in the pole vault at 10' 8 1/2" at the Atlantic 10 Indoor Championship ... finished second to teammate Rhianna DaCruz in the pole vault at the A-10 Outdoor Championships ... second at the New England Outdoor Championships with a mark of 11'01 1/2" in the pole vault ... **Before UMass:** Four-year letterwinner in outdoor track at Fitchburg (Mass.) H.S. ... also lettered for two seasons each in cross country and indoor track ... finished in third place in the pole vault at the 2000 New England Championships and the Massachusetts state meet ... placed fourth at the 2000 indoor Massachusetts state championships in the 55M hurdles ... was team's top scorer and MVP all four years ... **Personal:** Born February 14, 1982, in Fitchburg, Mass. ... daughter of Jerry Green and Priscilla Marien ... enrolled in the College of Arts and Sciences.

### GREEN'S BEST MARKS

Events	Time
55M Hurdles	8.33
100MHurdles	14.85
Pole Vault	12'0"

### UNIVERSITY OF MASSACHUSETTS



Kishana  
HUDSON

Junior • Sprint  
Deer Park, N.Y.  
Deer Park H.S.

**As a Sophomore in 2001-2002:** Finished 19th in the 200M dash at the Atlantic 10 Outdoor Championships ... competed in two meets during the indoor season before sitting out with an injury ... **As a Freshman in 2000-01:** Recorded UMass' best time of the season in the 100M dash at 12.84 ... **Before UMass:** Four-year letterwinner in track and field at Deer Park (N.Y.) H.S. ... broke the Suffolk County record in the 55M dash at 7.24 seconds as a senior ... a member of the fastest 4 x 100M relay team in Suffolk County at 49.3 seconds ... a three-year team captain ... participated in the Empire State Games in 1999 ... named to the All-League team in 1997-2000 ... selected to the All-Division team in 1998-2000 ... a member of the All-Academic team in 2000 ... member of National Honor Society ... **Personal:** Born April 7, 1982, in Long Island, N.Y. ... daughter of Francine and Ronald Hudson ... majoring in Economics.

### HUDSON'S BEST TIMES

Events	Time
55MDash	7.34
100M Dash	12.82
200M Dash	26.16

### UNIVERSITY OF MASSACHUSETTS



Christina  
HUFF

Sophomore • S  
PV  
Springfield, Ma  
Central H.S.

**As a Freshman in 2001-2002:** Finished seventh in the 55M dash in 7.35 and eighth in the 200M dash at the Atlantic 10 Indoor Championships ... member of the seventh place 4 x 200M relay team that finished in 1:45.85 and eighth place 4 x 400M relay team at the New England Indoor Championships ... placed second in the 100M dash and sixth in the 200M dash at the Atlantic 10 Outdoor Championships ... finished eighth in the 100M dash in 12.68 and 13th in the 200M dash at 25.66 at the New England Outdoor Championships ... **Before UMass:** Four-year letterwinner in track and field at Springfield Cathedral (Mass.) H.S. ... set school records in the 100M dash as well as a member of the 400M and 800M relay teams ... two-year captain ... first team All-Western Massachusetts for four seasons ... three-time Western Massachusetts champion in the 100M dash ... also lettered in soccer and basketball ... three-time first team All-Western Massachusetts in soccer ... captain of basketball squad as a senior ... **Personal:** Born May 12, 1983, in Springfield, Mass. ... daughter of Adrian C. Johnson ... enrolled in the College of Arts and Sciences.

### HUFF'S BEST MARKS

Events	Time
100M Dash	12.22
55M Dash	7.14
200M Dash	25.53

### UNIVERSITY OF MASSACHUSETTS



Jennifer  
IASIELLO

Sophomore • Thro  
Barrington, R.I.  
Barrington H.S.

**As a Freshman in 2001-2002:** Placed fourth in the hammer throw at 147' 3" at the Atlantic 10 Outdoor Championships ... placed sixth in the 20 lb. weight throw at the Atlantic 10 Indoor Championships at 45' 1" ... finished 15th in the weight throw with a mark of 46' 2-1/2" at the New England Indoor Championships ... finished 10th in the hammer with a mark of 151' 0" at the New England Outdoor Championships ... **Before UMass:** Four-year letterwinner in track and field at Barrington (R.I.)

# THE MINUTEWOMEN

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK

H.S. ... set the school record in the hammer throw (151'7") and the weight throw (47'0") ... All-Division 1998-2001 ... All-Class 1998-2001 ... All-State in 1999 ... team captain senior year ... **Personal:** Born April 19, 1983, in Providence, R.I. ... daughter of Anthony and Susan Iasiello ... an Exercise Science major.

### IASIELLO'S BEST MARKS

Event	Distance
Discus	107' 11"
Hammer Throw	151'0"
Weight Throw	46'2-1/2"

### UNIVERSITY OF MASSACHUSETTS



Shannon  
JACKSON

Junior • Hurdles  
Sprints  
Bridgewater, Mass.  
Bridgewater H.S.

**As a Sophomore in 2001-2002:** Placed seventh in the 55M high hurdles in 8.72 at the A-10 Indoor Championships ... finished eighth in the 55M hurdles in 8.57 at the New England Indoor Championships ... placed second in the 400M hurdles at 1:03.70 and fourth in the 100M hurdles in 14.71 at the Atlantic 10 Outdoor Championships ... finished fourth in the 400M hurdles in 1:04.70 at the New England Outdoor Championships ... **As a Freshman in 2000-2001:** Lead-off leg of second place 4 x 200M relay at Atlantic 10 Outdoor Championships ... Placed fourth in the 100M hurdles at the New England Outdoor Championships with a time of 14.90 ... finished fourth at the A-10 Outdoor Championships with a time of 15.32 in the 100M hurdles ... **Before UMass:** Three-year letterwinner in both indoor and outdoor track at Bridgewater-Raynham (Mass.) H.S. ... won the 400M, 1,600M and 100M hurdles at the state championship meet as a senior ... named school's 1999-2000 Athlete of the Year ... inducted into Bridgewater's Hall of Fame ... **Personal:** Born November 7, 1982, in Brockton, Mass. ... daughter of Robert Jackson ... a Sociology major.

### JACKSON'S BEST TIMES

Events	Time
55M Hurdles	8.57
400M	1:03.70
100MHurdles	14.71

### UNIVERSITY OF MASSACHUSETTS



Sara  
JOHNSON

Junior • Throws  
Providence, R.I.  
Mt. Pleasant H.S.

**Before UMass:** Competed for the Community College of Rhode Island in the hammer ... was the 2000 and 2001 junior college national champion in the hammer ... reached the distance of 160' in the hammer and 51' in the 20 lb. weight ... named Community College of Rhode Island's Most Valuable Athlete as a freshman and a sophomore ... three-year letterwinner in track and field at Mt. Pleasant (R.I.) H.S. ... also competed in basketball and tennis at Mt. Pleasant H.S. ... a member of National Honor Society ... **Personal:** Born August 7, 1980, in Wareham, Mass. ... daughter of Christobelle and Andrew Johnson ... majoring in Biology.

Billieann  
KELLY

Freshman • Throws  
Mansfield, Mass.  
Mansfield H.S.

**Before UMass:** A three-year letterwinner in track and field at Mansfield (Mass.) H.S. ... finished third at the Massachusetts state championships in the javelin with a mark of 121'3" ... finished first in the javelin at the Hock-o-Mock League meet ... was a Hock All-Star and *Brockton Enterprise* All-Star in the javelin as a senior ... a team captain as a senior ... a four-year letterwinner in soccer and basketball ... received the Most Improved Soccer award in 1999 and 2000 ... named Most Improved Basketball Player in 2002 ... **Personal:** Born May 5, 1984, in Norwood, Mass. ... granddaughter of Phyllis Kelly ... enrolled in the College of Arts and Sciences.



Katie  
KNOWLES

Junior • Distance  
Ludlow, Mass.  
Ludlow H.S.

**As a Junior in Fall 2002:** Finished third on the team at the Atlantic 10 Cross Country Championships in 19:13 ... recorded the team's fourth-best time of 19:56 at the New England Cross Country Championships and third-best time of 24:15.7 at the NCAA Northeast Regional Cross

# THE MINUTEWOMEN

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND FIELD

Country meet ... **As a Sophomore in 2001-2002:** Finished 13th in the 10,000M run in a time of 41:04.66 at the Atlantic 10 Outdoor Championships ... named to the UMass Athletic Director's Honor Roll ... **Before UMass:** Transferred from Wheaton College ... four-year letterwinner in cross country and track and field at Ludlow (Mass.) H.S. ... set the school record in the two-mile at 11:33 and one-mile at 5:28 ... a team captain as a junior and senior ... named to the All-Western Massachusetts team as a senior ... member of National Honor Society ... **Personal:** Born February 21, 1982, in Springfield, Mass. ... daughter of John and Karen Knowles ... majoring in Food Sciences.

### KNOWLES'S BEST TIMES

Events	Time
5,000M Run	19:42.75
10,000M Run	41:04.66

### UNIVERSITY OF MASSACHUSETTS



Jennifer  
LEAHY

Sophomore • 400M  
Hurdles  
Jackson, N.J.  
Jackson Memorial H.S.

**As a Freshman in 2001-2002:** Competed in the 500M run against Boston University and the 4 x 400M relay against BU, Tufts and Rhode Island ... participated in the 400M hurdles against Southern Connecticut, Connecticut and New Hampshire ... named to the Atlantic 10 Commissioner's Honor Roll and the UMass Athletic Director's Honor Roll ... **Before UMass:** Four-year letterwinner in track and field at Jackson Memorial (N.J.) H.S. ... as a senior placed sixth in the South Jersey Group IV Championships in the 400M hurdles ... was an Ocean County champion in 400M hurdles with a time of 1:04.10 as a junior ... a three-year team captain ... was named to the second-team All-Shore and first-team All-County in the 400M hurdles as a senior ... received the team's Most Valuable Player award as a junior and senior ... also a four-year letterwinner in tennis ... member of National Honor Society ... **Personal:** Born November 9, 1982, on Long Branch, N.J. ... daughter of Brendon and Susan Leahy ... enrolled in the College of Arts and Science.

### LEAHY'S BEST TIMES

Events	Time
400M Hurdles	1:04.10

### UNIVERSITY OF MASSACHUSETTS



Kate  
MARKOPOULOS

Junior • Distance  
Porter Corner, N.Y.  
Saratoga Springs

**As a Junior in Fall 2002:** Recorded the team's second-best time at the NCAA Northeast Regional meet with a 24:08.8 finish ... **As a Sophomore in 2001-2002:** Part of the 16th place 4 x 800M relay team that finished in 9:52.37 and 12th in the distance medley relay at 12:50.12 at the New England Indoor Championships ... member of the fourth place 4 x 800M relay team that finished in 9:20.90 at the Atlantic 10 Outdoor Championships ... member of the sixth place 4 x 800M relay team that recorded a 9:26.70 finish at the New England Outdoor Championships ... named to the Atlantic 10 Commissioner's Honor Roll and the UMass Athletic Director's Honor Roll ... **As a Freshman in 2000-2001:** Did not compete ... **Personal:** Born May 18, 1982, in Schenectady, N.Y. ... daughter of Dan and Linda Markopoulos ... majoring in History.

### MARKOPOULOS' BEST TIMES

Events	Time
800M Run	2:25.98
1,600M Run	3:13.08
3,000M Run	10:49.63
Steeplechase	12:14.86

### UNIVERSITY OF MASSACHUSETTS



Corinne  
MATHEWS

Sophomore • Jumps /  
Sprints  
Niantic, Conn.  
East Lyme H.S.

**As a Freshman in 2001-2002:** Placed fifth in the long jump at 19' 1/4" at the New England Indoor Championships ... finished eighth in the long jump at the Atlantic 10 Outdoor Championships ... named to the UMass Athletic Director's Honor Roll ... **Before UMass:** Four-year letterwinner in both indoor and outdoor track at East Lyme (Conn.) H.S. ... set school indoor records in the long jump, 800M relay and 1,600M relay as well as outdoor records in the long jump, 400M relay and the 1,600M relay ... All-Area indoor and outdoor track 1999-2001 ... All-State indoor track 1998 and 2000 ... All-State outdoor track 2000-2001 ... All-Conference indoor track 1998-99, 2000 ... All-Conference outdoor track 1999-2001 ... All-New England 1998, 2000 ... recipient of the team's

# THE MINUTEWOMEN

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK

Excellence In Sprints award as a sophomore and junior ... also lettered for four seasons in field hockey, where she was team MVP in 2000 ... **Personal:** Born July 9, 1983, in Tucson, Ariz. ... daughter of Susan Mathews ... majoring in Sociology.

### MATHEWS' BEST MARKS

<u>Event</u>	<u>Distance</u>
Long Jump	18'3 3/4"

### UNIVERSITY OF MASSACHUSETTS



Julie  
McGEE

Senior • Distance  
Needham, Mass.  
Needham H.S.

**As a Senior in Fall 2002:** Was UMass' top finisher at the A-10 Cross Country Championship in 19:01 ... led the team at the NCAA Northeast Regional meet with a time of 24:01.1 ... **As a Junior in 2001-2002:** Finished 12th in the 5,000M at 19:03 and 14th in the steeplechase at 12:45.42 at the Atlantic 10 Outdoor Championships ... finished 12th in the 3,000M run with a time of 10:36.49 at the New England Outdoor Championships ... named to the Atlantic 10 Commissioner's Honor Roll and the UMass Athletic Director's Honor Roll ... **As a Sophomore in 2000-2001:** Finished 12th in the 3,000M at 11:25.36 at the A-10 Indoor Championships ... **As a Freshman in 1999-2000:** Did not compete ... **Personal:** Born June 15, 1981, in Boston, Mass. ... daughter of Christine and Donald McGee ... majoring in Exercise Science.

### MC GEE'S BEST TIMES

<u>Events</u>	<u>Time</u>
3,000M Run	10:36.49
5,000M Run	18:04.90

### UNIVERSITY OF MASSACHUSETTS



Nastaran  
SHAMS

Junior • Multi  
Hurdles  
Swamscott, Mas  
Swamscott H.S.

**As a Sophomore in 2001-2002:** Placed fifth in the heptathlon with 3,719 points at the Atlantic 10 Outdoor Championships ... finished seventh in the heptathlon with 3,593 points at the New England Outdoor Championships ... **As a Freshman in 2000-2001:** Placed fourth in the heptathlon with 3,243 points at the 2001 A-10 Outdoor Championships ... set a then-personal-best with 3,634 points at the Holy Cross

Heptathlon qualifying for the New England Championships ... finished ninth in the heptathlon at the New England Outdoor Championships with 3,203 points ... **Before UMass:** Attended Swamscott (Mass.) H.S. ... **Personal:** Born December 26, 1982, in Santo Domingo, Dominican Republic ... daughter of Nasser and Victoria Shams ... majoring in Biology.

### SHAMS' BEST MARKS

<u>Events</u>	<u>Time</u>
Heptathlon	3,719
Long Jump	16'7"

### UNIVERSITY OF MASSACHUSETTS



Tricia  
SILVA

Junior • Distance  
Amesbury, Mass.  
Amesbury H.S.

**As a Junior in Fall 2002:** Finished first on the team at the New England Cross Country Championships ... **As a Sophomore in 2001-2002:** Named to the Atlantic 10 Commissioner's Honor Roll ... **As a Freshman in 2000-01:** Did not compete ... **Before UMass:** A four-year letterwinner in cross country and three-year letterwinner in track and field at Amesbury (Mass.) H.S. ... recorded a 5:47 mile as a senior ... team captain her senior year ... named Most Valuable Player in 1998 ... a member of National Honor Society ... **Personal:** Born August 18, 1981, in Newburyport, Mass. ... daughter of Kathleen and Richard Silva ... majoring in Psychology.



Chante  
SOARES

Junior • Long Jump /  
Sprints  
New Bedford, Mas  
New Bedford H.S.

**As a Sophomore in 2001-2002:** Finished eighth in the long jump with a mark of 17'6-1/4" at the New England Indoor Championships ... placed second in the long jump at 17'11-3/4" at the Atlantic 10 Outdoor Championships ... placed 12th in the long jump with a mark of 17'3-3/4" at the New England Outdoor Championships ... finished 12th in the long jump at 18'1/4" at the ECAC Outdoor Championships ... named Atlantic 10 Track Performer of the Week on April 23 ... named to the UMass Athletic Director's Honor Roll ... **As a Freshman in 2000-2001:** Did not compete ... member of the A-10 Commissioner's Honor Roll and the UMass Athletic Director's Honor Roll ... **Before UMass:** Was cap-

# THE MINUTEWOMEN

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND

tain her senior year as she was a New England champion in the long jump (18'10") and a third team All-State selection ... also ran the 100M dash in 12.2 ... holds the long jump record at New Bedford (Mass.) H.S. ... **Personal:** Born December 10, 1981, in Boston, Mass. ... the daughter of Debra Soares ... pursuing a BDIC.

### SOARES' BEST TIMES

Event	Time
Long Jump	19'3-1/2"

### UNIVERSITY OF MASSACHUSETTS



**Kyanna  
STALLINGS**

Junior • Sprint  
Newburyport, Mass.  
Newburyport H.S.

**As a Sophomore in 2001-2002:** Finished 13th in the 200M dash in 26.98 at the Atlantic 10 Indoor Championships ... member of the seventh place 4 x 200M relay team that finished in 1:45.89 at the New England Indoor Championships ... placed eighth in the 400M dash with a time of 58.98 at the Atlantic 10 Outdoor Championships ... turned in a career-best time of 7.57 in the 55M dash at the Valentine Invitational at BU on February 9 ... **As a Freshman in 2000-2001:** Participated in the A-10 Championships ... **Before UMass:** Was the 50M dash indoor champion in state and New England her senior year ... outdoor champion of 100M dash in state, second place in New England ... **Personal:** Born June 24, 1982, in Boston, Mass. ... daughter of Francine and Wayne Cole ... enrolled in the College of Arts and Sciences.

### STALLINGS' BEST TIMES

Events	Time
55MDash	7.57
200M Dash	26.83
400M Dash	58.98

### UNIVERSITY OF MASSACHUSETTS



**Crystal  
THERRIEN**

Senior • Multi  
Fairhaven, Mass.  
Fairhaven H.S.

**As a Junior in 2001-2002:** Finished fourth in the high jump with a mark of 5' 1" at the Atlantic 10 Indoor Championships ... placed fifth in the pentathlon with 3,084 points at the New England Indoor Championships

... placed second in the heptathlon with 2,528 points and eighth in the 100M high hurdles at the Atlantic 10 Outdoor Championships ... finished fourth in the heptathlon with 4,025 points at the New England Outdoor Championships ... named to the Atlantic 10 Commissioner's Honor Roll and the UMass Athletic Director's Honor Roll ... **As a Sophomore in 2000-2001:** Turned in a season-best performance in the 55M hurdles at UConn ... had her top performance of the season in the shot put of 29'2" at Southern Connecticut ... member of the A-10 Commissioner's Honor Roll and UMass Athletic Director's Honor Roll ... **As a Freshman in 1999-2000:** Participated in the A-10 Championship ... **Before UMass:** Was on the soccer team that went 14-3-1 her senior year... captain of the track team and set 11 school records at Fairhaven (Mass.) H.S. ... set the state Class D record in the high jump at 4' 10" ... named the 1998-1999 *Standard Times* (New Bedford) Athlete of the Year and was a member of National Honor Society ... **Personal:** Born May 26, 1981, in New Bedford, Mass. ... daughter of Wally and Linda Therrien ... an Exercise Science major.

### THERRIEN'S BEST MARKS

Events	Marks
Heptathlon	4,148
High Jump	5'3-3/4"
55M Hurdles	8.79
100M Hurdles	15.53
Shot Put	32' 11-3/4"

### UNIVERSITY OF MASSACHUSETTS



**Shannon  
WILLIAMS**

Sophomore • S  
Swarthmore, Pa.  
Strath Haven H

**As a Freshman in 2001-2002:** Finished 12th in the 200M dash at 26.95 seconds at the Atlantic 10 Indoor Championships ... member of the seventh place 4 x 200M relay team that finished in 1:45.89 at the New England Indoor Championships ... **Before UMass:** Four-year letterwinner in track at Strath Haven (Pa.) H.S. ... holds school records in the 55M dash at 7.2, 100M dash at 12.3, and 200M split at 25.3 ... state medal winner 1999-2001 ... league champion in 2001 ... four-time conference relay champion ... All-County 2000-01 for both indoor and outdoor seasons ... four-time MVP sprinter ... **Personal:** Born January 1, 1984, in Downingtown, Pa. ... daughter of Waine and Carla Williams ... majoring in Political Science.

### WILLIAMS' BEST TIMES

Events	Time
100M Dash	13.02
400M Dash	1:01.59

### UNIVERSITY OF MASSACHUSETTS

# 2001-02 SEASON RECAP

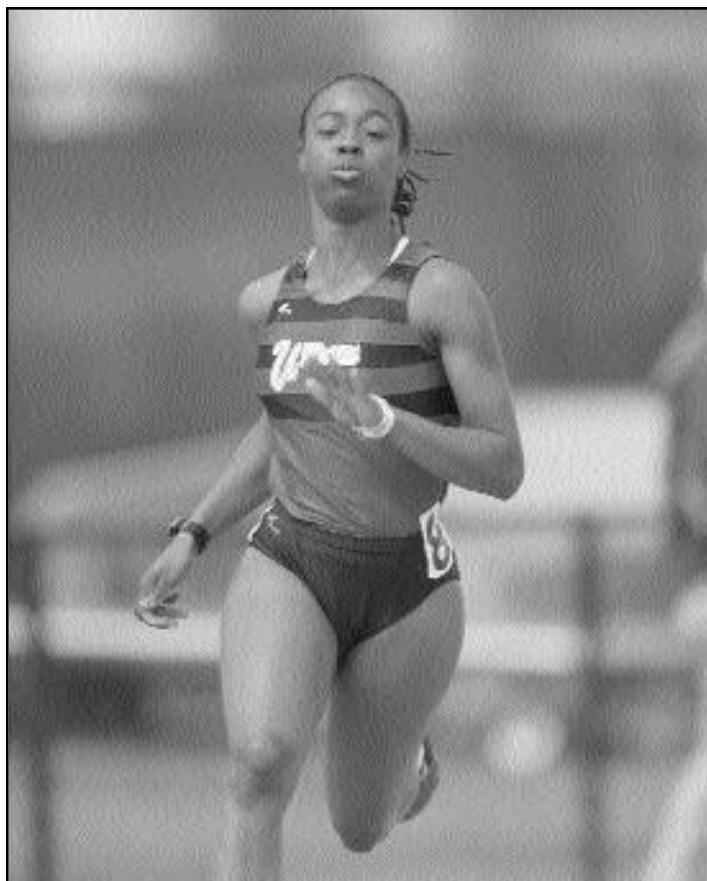
UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND

## INDOOR SEASON RESULTS

<u>Date</u>	<u>Opponent</u>	<u>Outcome</u>
Dec. 1	Boston University, Maine, Central Connecticut	First of four
Dec. 7	Rhode Island (Pentathlon Only)	NTS
Jan. 19	Tufts Invitational	First of seven
Feb. 2	URI Invite	Fourth of seven
Feb. 9	Valentine Invitational	NTS
Feb. 16	Atlantic 10 Championships	Seventh of nine
Feb. 22 & 23	New England Championships	Eighth of 32
March 2 & 3	ECAC Championships	NTS

## INDOOR SEASON HIGHLIGHTS

- Sophomore Brandy Green led UMass to a seventh-place finish at the A-10 Championships. Green finished second in the 55M hurdles and first in the pole vault.
- Sophomore Rhianna DaCruz was named A-10 Indoor Track and Field Athlete of the Week on Feb. 5 for her performance at the URI Invitational. Green received the honor on Jan. 28.
- DaCruz set a school record in the pole vault after clearing 11'9-3/4" at the Valentine Invitational.
- UMass won eight events to finish first at the Tufts Invitational.



*Kyanna Stallings*



*Nastaran Shams*

<u>Events</u>	<u>Name</u>	<u>Time / Distance</u>
<b>Shot Put</b>	Kembra Gray	36'5"
<b>Weight Throw</b>	Christina Bizon	51' 11"
<b>Triple Jump</b>	Marissa Callahan	35' 9-1/4"
<b>Long Jump</b>	Chante Soares	18'7-1/4"
<b>High Jump</b>	Catherine Ciccolo	5'1"
	Crystal Therrien	5'1"
	Rebecca Rufo	5'1"
<b>Pole Vault</b>	Rhianna DaCruz	11'9-3/4"
<b>55M Dash</b>	Christina Huff	7.14
<b>55M Hurdles</b>	Brandy Green	8.33
<b>200M Dash</b>	Christina Huff	25.74
<b>400M Run</b>	Jen Freemas	1:00.03
<b>500M Run</b>	Kristen Ford	1:18.52
<b>600M Run</b>	Kristen Ford	1:43.18
<b>800M Run</b>	Kate Markopoulos	2:25.98
<b>1,000M Run</b>	Kate Markopoulos	3:13.08
<b>1,500M Run</b>	Sarah Thoms	5:10.76
<b>One Mile Run</b>	Sarah Thoms	5:19.83
<b>3,000M Run</b>	Julie McGee	10:36.49

TWO-TIME A-10 INDOOR CHAMPIONS

# 2002 OUTDOOR / CROSS COUNTRY

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK

<u>Events</u>	<u>Name</u>	<u>Time / Distance</u>
<b>Shot Put</b>	Crystal Therrien	32' 11-1/4"
<b>Hammer Throw</b>	Christine Bizon	167' 3"
<b>Discus Throw</b>	Jen Iasello	107' 11"
<b>Javelin</b>	Rhianna DaCruz	138' 8"
<b>Triple Jump</b>	Marissa Callahan	37' 2-1/4"
<b>Long Jump</b>	Chante Soares	19' 3-1/2"
<b>High Jump</b>	Crystal Therrien	5' 3-3/4"
<b>Pole Vault</b>	Brandy Green	12' 0"
<b>Heptathlon</b>	Crystal Therrien	4,148
<b>100M Dash</b>	Christina Huff	12.22
<b>100M Hurdles</b>	Shannon Jackson	14.71
<b>200M Dash</b>	Christina Huff	25.53
<b>400M Dash</b>	Kyanna Stallings	58.98
<b>400M Int. Hurdles</b>	Shannon Jackson	1:03.55
<b>800M Dash</b>	Kristen Ford	2:18.19
<b>1500M Run</b>	Sarah Thoms	4:55.96
<b>3,000M Steeplechase</b>	Loren Donohue	11:42.86
<b>3,000M Run</b>	Julie McGee	10:32.29
<b>5,000M Run</b>	Julie McGee	18:04.90
<b>10,000M Run</b>	Maura Murray	40:01.80

### OUTDOOR SEASON RESULTS

<u>Date</u>	<u>Opponent</u>	<u>Outcome</u>
April 6	SCSU, Fordham, St. John's	First of four
April 13	Brown Invitational	Sixth of seven
April 17	Holy Cross Heptathlon	NTS
April 19	UConn, Brown, Southern Conn.	Third of four
April 27	New Hampshire	Third of four
May 5	Atlantic 10 Championship	Second of eighth
May 13	New England Championships	Fifth of 32
May 17	ECAC Championships	NTS

### OUTDOOR SEASON HIGHLIGHTS

- Sophomore Chante Soares placed second in the high jump at the Atlantic 10 Outdoor Championship. She was named A-10 Track Performer of the Week on April 23 for her 19'3-1/2" mark in the long jump at the UConn Invitational, a mark that ranked third in UMass' all-time records.
- Brandy Green won the pole vault at the Atlantic 10 Outdoor Championships at 11'5-3/4". In the first meet of the season she set a school record in the event when she cleared 12'0".
- Bizon and Green were selected to the first team All-Atlantic 10 team while DaCruz, Huff and Shannon Jackson were named to the second team.



*The Massachusetts women's outdoor track team finished second at the 2002 Atlantic 10 Outdoor Championships.*

### SEASON RESULTS

<u>Date</u>	<u>Opponent</u>	<u>Outcome</u>
Sept. 6	New Hampshire	Fourth of four
Sept. 14	Boston University & Vermont	Third of three
Sept. 28	Meet of Champions	20th out of 25
Oct. 11	New England Championship	26th out of 42
Oct. 19	Albany Invitational	11th out of 22
Nov. 2	Atlantic 10 Championship	Eighth of eight
Nov. 16	NCAA Regional	27th out of 36

### SEASON HIGHLIGHTS

- Senior Julie McGee led the Minutewomen in the NCAA Regionals after running the course in 24:01.1.
- McGee was the Minutewomen's top finisher at the A-10 Championship. She finished the course in 18:50.
- Junior Tricia Silva led UMass at the New England Championships with a time of 19:11.
- Alexis Anzelone was the Minutewomen's top finisher at the Meet of Champions, finishing in 112th place with a time of 23:53.
- The Minutewomen placed third in their only home meet of the season at Totman Field on Sept. 14. UMass had three runners finish in the top 10 in the 3.0 mile race. Anzelone led the Minutewomen with a seventh-place finish.



# UMASS RECORDS

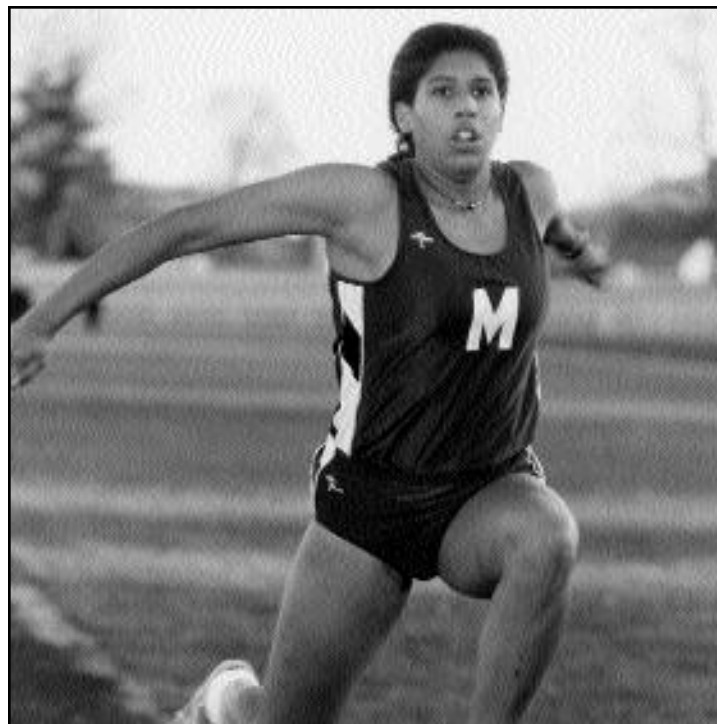
## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND

<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>
<b>Shot Put</b>	Carole LaPlante	43'0-1/2"	1999
<b>20 lb. Weight</b>	Shana Mitchell	53'1-1/2"	1997
<b>Triple Jump</b>	Janey Meeks	40'4"	1995
<b>Long Jump</b>	Pam Hughes	19'1-3/4"	1986
<b>High Jump</b>	Andrea Comeau	5'10-1/2"	1999
<b>Pole Vault</b>	Rhianna DaCruz	11'9-3/4"	2002
<b>Pentathlon</b>	Andrea Comeau	3,658	1999
<b>55 Meter</b>	Kayla Morrison	7.04	1987
<b>55 Meter Hurdles</b>	Rose Bryan	7.94	1999
<b>200 Meter</b>	Shelanda Irish	25.14	1998
<b>400 Meter</b>	Lee Ann Ambrose	54.57	1990
<b>500 Meter</b>	Lee Ann Ambrose	1:12.95	1992
<b>600 Meter</b>	Barbara Cullinan	1:22.34	1987
<b>800 Meter</b>	Barbara Cullinan	2:12.34	1987
<b>1,000 Meter</b>	Nicole Way	2:50.59	1999
<b>1,500 Meter</b>	Judy McCrone	4:37.30	1980
<b>Mile</b>	Rebecca Donaghue	4:50.07	1996
<b>3,000 Meter</b>	Kelly Liljeblad	9:35.67	1995
<b>Two Mile</b>	Judy McCrone	10:23.11	1981
<b>5,000 Meter</b>	Kelly Liljeblad	16:44.73	1995
<b>4 x 200 Meter Relay</b>	Keri Fleischmann Wendy Marshall Pam Hughes Kayla Morrison	1:42.30	1986
<b>4 x 400 Meter Relay</b>	Christine Bates Wendy Marshall Barbara Cullinan Kayla Morrison	3:50.59	1986
<b>4 x 800 Meter Relay</b>	Kerry Aker Lennice Johnson Kim Liljeblad Rebecca Johnson	9:01.71	1993
<b>Distance Medley Relay</b>	Cyndi Martin Shelana Irish Lisa Flood Rebecca Donaghue	11:53.54	1999

<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>
<b>Shot Put</b>	Natalie Hart	43'9 1/2"	1993
<b>Hammer</b>	Shana Mitchell	169'3"	1998
<b>Discus</b>	Natalie Hart	153'8 "	1993
<b>Old Rules Javelin</b>	Heather Brown	161'3"	1995
<b>New Rules Javelin</b>	Rhianna DaCruz	139'0"	2001
<b>Triple Jump</b>	Janey Meeks	40'5 1/4"	1995
<b>Long Jump</b>	Shelanda Irish	20'2 1/4"	1999
<b>High Jump</b>	Andrea Comeau Sharon Lassard	5'8" 5'8"	1997 1984

<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>
<b>Pole Vault</b>	<b>Brandy Green</b>	<b>12'0"</b>	<b>2002</b>
<b>Heptathlon</b>	Andrea Comeau	4,800	1999
<b>100 Meter</b>	Keri Fleischmann	12.00	1988
<b>100 Meter Hurdles</b>	Rose Bryan	13.76	1999
<b>200 Meter</b>	Pam Hughes	24.38	1986
<b>400 Meter</b>	Lee Ann Ambrose	54.2	1990
<b>400 Meter Hurdles</b>	Silifa Kenku	1:00.56	1998
<b>800 Meter</b>	Lee Ann Ambrose	2:09.42	1991
<b>1,500 Meter</b>	Rebecca Donaghue	4:22.13	1996
<b>Mile</b>	Kathy Contini	4:58.50	1979
<b>3,000 Meter</b>	Judy McCrone	9:39.10	1980
<b>Two Mile</b>	Tina Francario	10:54.80	1979
<b>5,000 Meter</b>	Trish Moores	16:28.81	1982
<b>Three Mile</b>	Julie Burke	17:17.40	1979
<b>10,000 Meter</b>	Kelly Liljeblad	35:10.97	1995
<b>4 x 100 Meter Relay</b>	Rose Bryan Raqueil Shelton Abby Rubino Shelanda Irish	46.82	1999
<b>4 x 400 Meter Relay</b>	Andrea Comeau Silifa Kenku Michelle Cooper Shelanda Irish	3:47.71	1998
<b>4 x 800 Meter Relay</b>	Kerry Aker Jen Waeger Lennice Johnson Rebecca Johnson	9:01.59	1993
<b>Sprint Medley Relay</b>	Melanie Bell Kendy Amazan Nicole Roberts Rebecca Donaghue	4:03.55	1996

**Bold** indicates a current UMass athlete



*Janey Meeks*

# TOP INDOOR PERFORMERS

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK

### SHOT PUT

1. Carole LaPlante	.43'0-1/2"	1999
2. Natalie Hart	.42'3-1/4"	1993
3. Liz Patterson	.42'1-3/4"	1984
4. Alison Tostevin	.42'2-3/4"	2000
5. Simone Marisseau	.42'0"	1992

### 20 LB. WEIGHT

1. Shana Mitchell	.53'1-1/2"	1997
2. Stephanie Townson	.52'0"	1997
3. Christina Bizon	.51'11"	2002
3. Giselle Nicholas	.50'4"	1999
4. Christie Martin	.50'3/4"	1996

### TRIPLE JUMP

1. Janey Meeks	.40'4"	1995
2. Rose Bryan	.39'2-1/4"	1998
3. Nicole Way	.37'1"	1996
4. Tiffany Chaplin	.36'1-1/4"	2000
5. Jen Piccoli	.36'1/2"	1990

### LONG JUMP

1. Pam Hughes	.19'1-3/4"	1986
2. Shelanda Irish	.19'1-1/2"	1998
3. Rose Bryan	.19'1/4"	1996
4. Chante Soares	.18'7-1/4"	2002
5. Corinne Mathews	.18'3-3/4"	2002

### HIGH JUMP

1. Andrea Comeau	.5'10-1/2"	1999
2. Janey Meeks	.5'6"	1995
3. Melissa Ward	.5'4-1/2"	1998
4. Sharon Lassard	.5'4"	1984
Melissa Golembewski	.5'4"	1987
Tina Smith	.5'4"	1987

### POLE VAULT

1. Rhianna DaCruz	.11'9-3/4"	2002
2. Brandy Green	.11'8-1/2"	2002
3. Johanna Lelke	.10'1/2"	1999
4. Heather Palmer	.9'8"	1999

### PENTATHLON

1. Andrea Comeau	.3,658	1999
2. Melissa Ward	.3,516	2000
3. Nicole Roberts	.3,311	1996
4. Megan O'Neill	.3,236	1995

### 55 METERS

1. Kayla Morrison	.7.04	1987
2. Kari Fleischmann	.7.14	1988
3. Pam Hughes	.7.17	1986
4. Shelanda Irish	.7.18	1998
5. Bridgette Booker	.7.20	1985

### 55 METER HURDLES

1. Rose Bryan	.7.94	1999
2. Anya Forrest	.8.06	1996
3. Andrea Comeau	.8.24	1997
Joyce Baten	.8.24	1986
5. Chrystal Murphy	.8.29	1999

### 200 METERS

1. Shelanda Irish	.25.14	1998
2. Nicole Roberts	.25.23	1996
3. Rose Bryan	.25.31	1996
4. Lee Ann Ambrose	.25.32	1990
5. Pam Hughes	.25.40	1986

### 400 METERS

1. Lee Ann Ambrose	.54.57	1990
2. Silifa Kenku	.56.82	1998
3. Kayla Morrison	.57.03	1986
4. Leah Loftis	.57.07	1983
5. Nicole Roberts	.57.09	1996

### 500 METERS

1. Lee Ann Ambrose	.1:12.95	1992
2. Barbara Cullinan	.1:14.38	1987
3. Lennice Johnson	.1:16.50	1992
4. Leah Loftis	.1:17.00	1985
5. Andrea Comeau	.1:17.23	1998

### 600 METERS

1. Barbara Cullinan	.1:22.34	1987
2. Lee Ann Ambrose	.1:22.38	1992
3. Lennice Johnson	.1:25.31	1992
4. Leah Loftis	.1:25.52	1985
5. Susan Goldstein	.1:26.44	1987

### 800 METERS

1. Barbara Cullinan	.2:12.34	1987
2. Cyndi Martin	.2:13.04	1979
3. Rebecca Donaghue	.2:13.54	1996
4. Sonja Vaughan	.2:13.63	1986
5. Rebecca Johnson	.2:13.94	1991

### 1,000 METERS

1. Nicole Way	.2:50.59	1999
2. Rebecca Johnson	.2:51.47	1992
3. Rebecca Donaghue	.2:52.93	1997
4. Megan McCormick	.2:53.54	2001
5. Shana Smith	.2:55.17	1987



Shana Mitchell

# TOP INDOOR PERFORMERS

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND

### 1,500 METERS

1. Judy McCrone	4:37.30	1980
2. Precious Hill	4:37.50	1988
3. Kelly Liljebblad	4:37.70	1992
4. Sarah Kittchell	4:39.85	1985
5. Rebecca Donaghue	4:41.44	1997

### MILE

1. Rebecca Donaghue	4:50.07	1996
2. Kelly Liljebblad	4:50.22	1995
3. Kathy Contini	4:55.98	1979
4. Jen Waeger	4:56.50	1996
5. Judy McCrone	4:56.54	1989

### 3,000 METERS

1. Kelly Liljebblad	9:35.67	1995
2. Rebecca Donaghue	9:49.04	1998
3. Precious Hill	9:52.10	1989
4. Judy McCrone	9:54.34	1981
5. Trish Moores	9:57.54	1982

### TWO MILE

1. Judy McCrone	10:23.10	1981
2. Kelly Liljebblad	10:45.90	1992
3. Julie Burke	10:46.00	1980
4. Tina Francario	10:46.80	1979
5. Cathy Petrick	10:59.20	1980

### 5,000 METERS

1. Kelly Liljebblad	16:44.73	1995
2. Judy McCrone	17:04.84	1980
3. Julie Burke	17:17.84	1979
4. Sally Hirsch	17:33.90	2000
5. Maureen Meldrim	17:38.49	1991

### 4 x 200 METERS

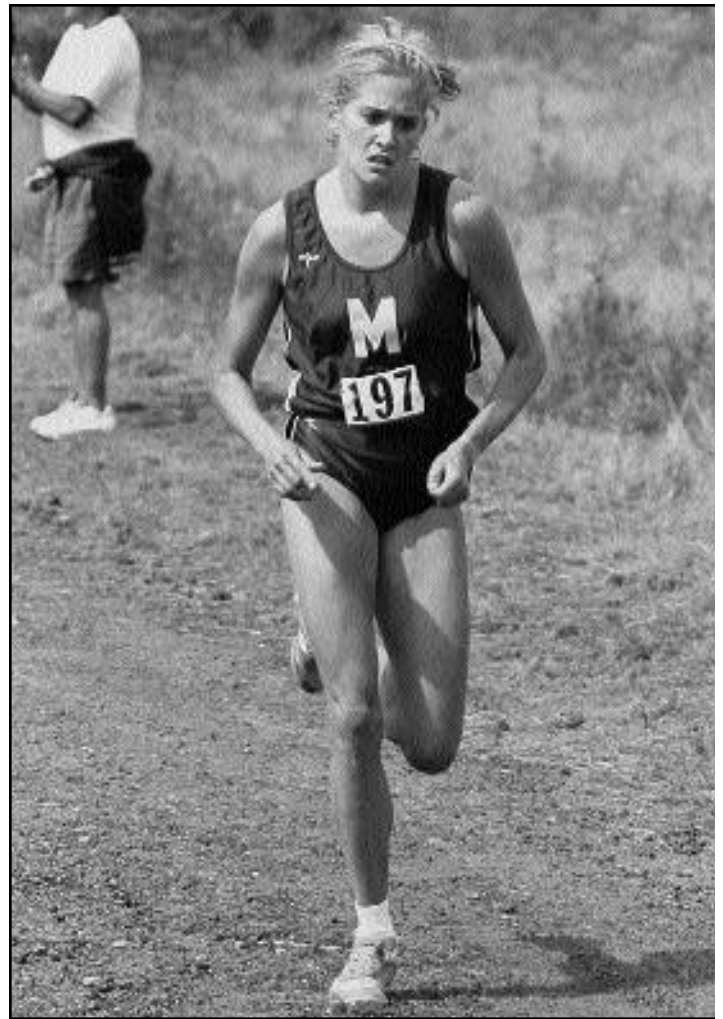
1. Keri Fleischmann, Wendy Marshall, Pam Hughes, Kayla Morrison	1:42.30	1986
2. Rose Bryan, Taneka Miller, Aandrea Comeau, Shelanda Irish	1:42.64	1999
3. P. Booker, Keri Fleischmann, Leah Loftis, Kayla Morrison	1:42.84	1985
4. P. Booker, Keri Fleischmann, Pamela Carter, Kayla Morrison	1:43.03	1987
5. Keri Fleischmann, Wendy Marshall, Pam Hughes, Kayla Morrison	1:43.14	1985

### 4 x 400 METERS

1. Christine Bates, Wendy Marshall, Barbara Cullinan, Kayla Morrison	3:50.59	1986
2. Sonja Vaughan, Susan Goldstein, Barbara Cullinan, Kayla Morrison	3:50.77	1987
3. Sonja Vaughan, Kayla Morrison, Wendy Marshall, Barbara Cullinan	3:50.84	1987
4. Michelle Cooper, Silifa Kenku, Andrea Comeau, Shelanda Irish	3:52.22	1997
5. Leah Loftis, Susan Goldstein, Barbara Cullinan, Kayla Morrison	3:52.79	1985

### 4 x 800 METERS

1. Kerry Aker, Lennice Johnson, Kim Liljebblad, Rebecca Johnson	9:01.71	1993
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*Kelly Liljebblad*

2. Kerry Aker, Maureen Meldrim, Kim Liljebblad, Rebecca Johnson	9:15.45	1992
3. Lee Ann Ambrose, Kerry Aker, Kim Liljebblad, Rebecca Johnson	9:15.84	1992
4. Maureen Meldrim, Cathy Crocker, Shana Smith, Rebecca Johnson	9:16.51	1990
5. Maureen Meldrim, Kerry Aker, Kim Liljebblad, Rebecca Johnson	9:17.16	1992

### DISTANCE MEDLEY RELAY

1. Cyndi Martin, Shelanda Irish, Lisa Flood, Rebecca Donaghue	11:53.54	1997
2. Shana Smith, Susan Goldstein, Barbara Cullinan, Julie Ott	11:56.64	1987
3. <b>Kristen Ford, Jen Freemas,</b> Melissa Henderson, Megan McCormick	11:57.04	2001
4. Melissa Henderson, Erin Hankard, Shelanda Irish, Kristin Cisowski	11:58.64	1999
5. Nicole Way, Kandy Amazan, Melissa Henderson, Rebecca Donaghue	12:01.27	1998

**Bold** indicates current UMass athlete

# TOP OUTDOOR PERFORMERS

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK

### SHOT PUT

1. Natalie Hart	.43'9-1/2"	1993
2. Christie Martin	.42'6-1/4"	1996
3. Carole LaPlante	.42'2"	1999
4. Alison Tostevin	.41'10-3/4"	1999
5. Simone Marisseau	.41'6"	1989

### HAMMER

1. Shana Mitchel	.169'3"	1998
2. Christina Bizon	.165'6"	2002
3. Diane Ozzolek	.161'3"	1993
4. Stephanie Townson	.160'7"	1997
5. Christie Martin	.159'1"	1996

### DISCUS

1. Natalie Hart	.153'8"	1993
2. Shana Mitchell	.147' 11"	1998
3. Maggie Curry	.144'1"	2000
4. Nadine Jackson	.141'2"	1981
5. Stephanie Townson	.133' 5"	1997

### OLD RULES JAVELIN

1. Heather Brown	.161'3"	1995
2. Carla DeSantis	.158'8"	1988
3. Karen Snow	.149'7"	1981
4. Tara Reece	.135'9"	1987
5. Cindy Krupa	.131'10"	1983

### NEW RULES JAVELIN

1. Rhianna DaCruz	.139'0"	2001
2. Sharyn Harrison	.133'6"	2000
3. Neille Giffune	.129'1"	2001
4. Katelyn Carrette	.117'9"	2001

### TRIPLE JUMP

1. Janey Meeks	.40'5-1/2"	1995
2. Mercedes Milligan	.38' 5-1/2"	1988
3. Rose Bryan	.38'2-3/4"	1998
4. Melissa Ward	.37'10-1/2"	1997
5. Marissa Callahan	.37'2"	2002

### LONG JUMP

1. Shelanda Irish	.20'2-1/4"	1999
2. Kari Fleischmann	.19'4-3/4"	1988
3. Chante Soares	.19'3-1/2"	2002
4. Melanie Bell	.18'9-1/4"	1997
Rose Bryan	.18'9-1/4"	1996

### HIGH JUMP

1. Andrea Comeau	.5'8"	1997
Sharon Lassard	.5'8"	1984
3. Melissa Golembewski	.5'6"	1988
Kathy Harrington	.5'6"	1979
Patricia Owen	.5'6"	1979

### HEPTATHLON

1. Andrea Comeau	4,800	1999
2. Melissa Ward	4,704	2000
3. Nicole Roberts	4,313	1996
4. Crystal Therrien	4,148	2002
5. Micki Callahan	4,123	1981



Pam Hughes

### POLE VAULT

1. Brandy Green	.12'0"	2002
2. Rhianna DaCruz	.11'6-1/4"	2002
3. Heather Palmer	.10'1/2"	1999

### 100 METERS

1. Keri Fleischmann	12.00	1988
2. Pam Hughes	12.10	1987
3. Abby Rubino	12.12	1999
4. Shelanda Irish	12.15	1998
5. Nicole Roberts	12.21	1995
Kayla Morrison	12.21	1984

### 100 METER HURDLES

1. Rose Bryan	13.76	1999
2. Anya Forrest	14.01	1998
3. Chrystal Murphy	14.38	1998
4. Andrea Comeau	14.49	1997
5. Kim Baten	14.63	1987

### 200 METERS

1. Pam Hughes	24.38	1986
2. Nicole Roberts	24.70	1996
3. Lee Ann Ambrose	24.76	1990
4. Shelanda Irish	24.94	1997
5. Kayla Morrison	24.95	1984

### 400 METERS

1. Lee Ann Ambrose	54.2	1990
2. Kayla Morrison	56.14	1986
3. Nicole Roberts	56.74	1996
4. Diane Sealey	56.74	1980
5. Susan Goldstein	56.85	1984

### 400 METER HURDLES

1. Silifa Kenku	1:00.56	1998
2. Jennifer Freemas	1:01.31	2001
3. Julie Muccini	1:02.23	1988
4. Shannon Jackson	1:03.55	2002
5. Lennice Johnson	1:03.98	1992

**Bold** indicates current UMass athlete

# TOP OUTDOOR PERFORMERS

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND

### 800 METERS

1. Lee Ann Ambrose .....2:09.42 ...1991
2. Leah Loftis .....2:10.10 ..1985
3. Barbara Cullinan .....2:11.24 ...1986
4. Cyndi Martin .....2:11.64 ...1980
5. Rebecca Donaghue .....2:12.64 ...1996

### 1500 METERS

1. Rebecca Donaghue .....4:22.13 ...1996
2. Nicole Way .....4:28.25 ..1999
3. Jen Waeger .....4:30.36 ...1996
4. Rebecca Johnson .....4:31.95 ...1993
5. Kathy Contini .....4:32.74 ...1979

### MILE

1. Kathy Contini .....4:58.50 ...1979
2. Judy McCrone .....4:58.70 ...1980
3. Linda Welzel .....5:01.40 ...1979
4. Julie LaFreniere .....5:02.00 ...1977
5. Julie Banks .....5:02.70 ...1979

### TWO MILE

1. Tina Francario .....10:54.80 ...1979
2. Kathy Contini .....10:57.80 ..1979
3. Julie Burke .....11:05.40 ...1979
4. Deborah Farmer .....11:07.60 ...1978
5. Judy McCrone .....11:15.40 ...1980

### 5,000 METERS

1. Trish Moores .....16:28.81 ...1982
2. Kelly Liljebld .....16:49.90 ..1992
3. Judy McCrone .....17:07.30 ...1981
4. Sally Hirsch .....17:18.83 ...1999
5. Chris Pratt .....17:34.71 ...1985

### THREE MILE

1. Julie Burke .....17:17.40 ...1979
2. Jane Welzel .....17:38.00 ..1976
3. Sue Swartz .....17:49.00 ...1977

### 10,000 METERS

1. Kelly Liljebld .....35:10.97 ...1995
2. Cate Dean .....37:25.30 ..1992
3. Julie Moreau .....37:34.30 ...1992
4. Amy St. Pierre .....37:47.64 ...1989
5. Molly Dunlap .....37:58.20 ...1996

### 4 x 100 METERS

1. Rose Bryan, Raqueil Shelton, Abby Rubino, Shelanda Irish .....46.82 ...1999
2. Nicole Roberts, Rose Bryan, Melanie Bell, Shelanda Irish .....47.21 ..1996
3. Jamie Hedgecock, Anya Forrest, Raqueil Shelton, Shelanda Irish .....47.32 ...1998
4. Anya Forrest, Emma Gardiner, Rose Bryan, Nicole Roberts .....47.41 ...1995
5. Emma Gardiner, Melanie Bell, Raqueil Shelton, Shelanda Irish .....47.45 ...1997

### 4 x 400 METERS

1. Michelle Cooper, Andrea Comeau, Silifa Kenku, Shelanda Irish .....3:47.71 ...1998
2. Michelle Cooper, Silifa Kenku, Andrea Comeau, Silifa Irish .....3:48.28 ..1997
3. Leah Loftis, Kayla Morrison, Susan Goldstein, Barbara Cullinan .....3:48.50 ...1985
4. Rebecca Donaghue, Andrea Comeau, Silifa Kenku, Shelanda Irish .....3:48.56 ...1998
5. Susan Goldstein, Kayla Morrison, Barbara Cullinan, Dana Smith .....3:49.30 ...1984

### 4 x 800 METERS

1. Kerry Aker, Jen Waeger, Lennice Johnson, Rebecca Johnson .....9:01.59 ...1993
2. Lee Ann Ambrose, Kelly Liljebld, Cathy Crocker, Dana Smith .....9:06.10 ..1991
3. Lee Ann Ambrose, Lennice Johnson, Rebecca Johnson, Kerry Aker .....9:07.69 ...1992
4. Kerry Aker, Kelly Liljebld, Lennice Johnson, Rebecca Johnson .....9:07.95 ...1992
5. Rebecca Johnson, Lee Ann Ambrose, Shana Smith, Cathy Crocker .....9:08.17 ...1990

### SPRINT MEDLEY RELAY

1. Melanie Bell, Kendy Amazan, Nicole Roberts, Rebecca Donaghue .....4:03.55 ...1996

### DISTANCE MEDLEY RELAY

1. Kristin Cisowski, Shelanda Irish, Melissa Henderson, Nicole Way .....11:52.29 ...1999
2. Maureen O'Reilly, Barbara Cullinan, Leah Loftis, Sarah Kitchell .....12:03.80 ..1985
3. Maureen O'Reilly, Leah Loftis, S. Anderson, Caroline Gardiner .....12:04.00 ...1982



Silifa Kenku

# ATLANTIC 10 CONFERENCE WINNERS

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK



<u>Year</u>	<u>Team Champion</u>	<u>Coach</u>	<u>UMass Finish</u>
2002	Rhode Island	Laurie Feit-Melnick	2nd
<b>2001</b>	<b>Massachusetts</b>	<b>Julie LaFreniere</b>	<b>1st</b>
2000	Virginia Tech	Roosevelt Lofton	3rd
<b>1999</b>	<b>Massachusetts</b>	<b>Julie LaFreniere</b>	<b>1st</b>
1998	Virginia Tech	Lori Taylor	2nd
1997	Virginia Tech	Lori Taylor	2nd

### 2002

**Hammer Throw**.....Christina Bizon, 165'6"  
**Pole Vault**.....Brandy Green, 11'5-3/4"

### 2001 — CONFERENCE CHAMPIONS

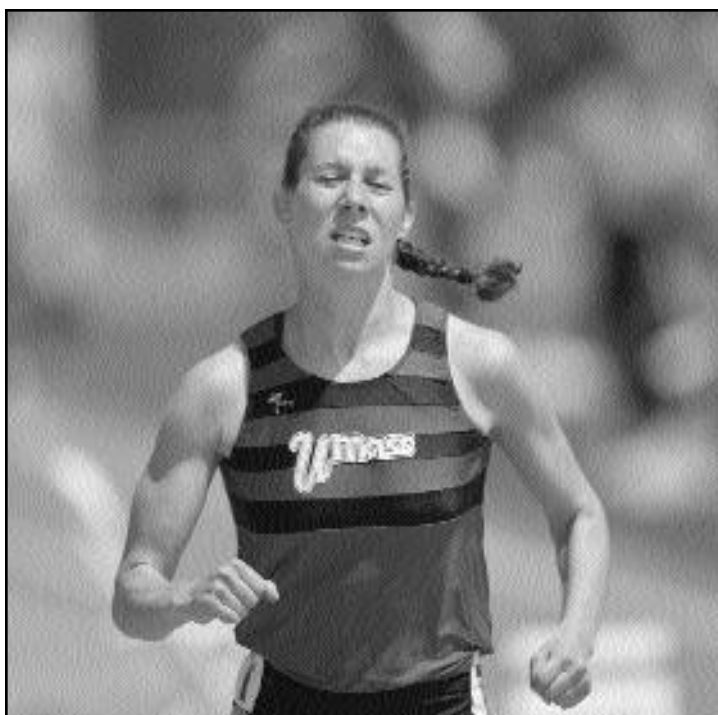
**400M Hurdles**.....Jennifer Freemas, 1:01.31  
**Javelin**.....Rhianna DaCruz, 139'0"  
**Pole Vault**.....Rhianna DaCruz, 10' 11-3/4"

### 2000

**10,000M Run**.....Lizzie Sheptych, 38:13.80  
**Hammer Throw**.....Giselle Nicholas, 148'6"  
**Heptathlon**.....Melissa Ward, 4,582

### 1999 — CONFERENCE CHAMPIONS

**5,000M Run**.....Sarah Hirsch, 17:22.68  
**4 x 100M Relay** ..R. Bryan, R. Shelton, A. Rubin, S. Irish, 47.56



Jen Freemas won the Atlantic 10 400-meter hurdles title in 2001.

**Long Jump**.....Shelanda Irish, 20'2-1/4"

### 1998

**Hammer Throw**.....Shana Mitchell, 165'10"

### 1997

**400M Hurdles**.....Silifa Kenku, 1:02.90  
**Triple Jump**.....Melissa Ward, 37'10-1/2"

### 2002

**Christina Huff**.....100M Dash  
**Shannon Jackson**.....400M Hurdles  
**Chante Soares**.....Long Jump  
**Christina Bizon**.....Hammer Throw  
**Rhianna DaCruz**.....Javelin, Pole Vault  
**Brandy Green**.....Pole Vault  
**Crystal Therrien**.....Heptathlon

### 2001

**Melissa Henderson**.....3,000M Run  
**Jennifer Freemas**.....400M Hurdles  
**S. Jackson, B. Curran, J. Freemas, K. Hudson**....4 x 100M relay  
**Melissa Ward**.....Triple Jump, Heptathlon  
**Carole LaPlante**.....Shot Put  
**Rhianna DaCruz**.....Javelin, Pole Vault  
**Brandy Green**.....Pole Vault

### 2000

**Lizzie Sheptych**.....10,000M Run  
**Giselle Nicholas**.....Hammer Throw  
**Melissa Ward**.....Heptathlon

### 1999

**Sarah Hirsch**.....5,000M Run  
**R. Bryan, R. Shelton, A. Rubin, S. Irish**.....4 x 100M Relay  
**Shelanda Irish**.....Long Jump

### 1998

**Shana Mitchell**.....Hammer Throw

### 1997

**Silifa Kenku**.....400M Hurdles  
**Melissa Ward**.....Triple Jump



<u>Year</u>	<u>Team Champion</u>	<u>Coach</u>	<u>UMass Finish</u>
2002	Rhode Island	Laurie Feit-Melnick	7th
2001	Rhode Island	Laurie Feit-Melnick	3rd
2000	Rhode Island	Laurie Feit-Melnick	5th
1999	Virginia Tech	Lori Taylor	2nd
<b>1998</b>	<b>Massachusetts</b>	<b>Julie LaFreniere</b>	<b>1st</b>
1997	Virginia Tech	Lori Taylor	2nd
<b>1996</b>	<b>Massachusetts</b>	<b>Julie LaFreniere</b>	<b>1st</b>
1995	West Virginia	Martin Pushkin	2nd
1994		Cancelled due to weather	
1993	West Virginia	Martin Pushkin	T-2nd

# ATLANTIC 10 CONFERENCE WINNERS

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND

### 2002

20 lb. Weight Throw .....Christina Bizon, 51' 11"  
Pole Vault .....Brandy Green, 11'5-3/4"

### 2001

1,000M Run .....Megan McCormick, 2:58.42  
55M Hurdles .....Chrystal Murphy, 8.41  
Distance Medley Relay .....K. Ford, J. Freemas,  
M. Henderson, M. McCormick, 12:09.93  
Shot Put .....Carole LaPlante, 41'3-1/4"  
Pole Vault .....Rhianna DaCruz, 11'2-1/5"

### 2000

3,000M Run .....Sally Hirsch, 10:04.28  
Distance Medley Relay .....M. Henderson, C. Murphy,  
S. Thoms, K. Cisowski, 12:20.26

### 1999

1,000M Run .....Nicole Way, 2:53.78  
Mile Run .....Nicole Way, 5:03.31  
55M Hurdles .....Rosemarie Bryan, 7.94  
Distance Medley Relay .....M. Henderson, E. Hankard,  
S. Irish, K. Cisowski, 12:22.43  
High Jump .....Andrea Comeau, 5'8-3/4"

### 1998 — CONFERENCE CHAMPIONS

1,000M Run .....Nicole Way, 2:55.94  
Distance Medley Relay .....N. Way, Y. Amazon,  
M. Henderson, R. Donaghue, 12:20.06  
Triple Jump .....Rosemarie Bryan, 39'1-3/4"  
20 lb. Weight Throw .....Shana Mitchell, 51'5-1/2"

### 1997

400M Dash .....Silifa Kenku, 57.23  
800M Run .....Lisa Flood, 2:15.65  
Mile Run .....Rebecca Donaghue, 4:57.66

### 1996 — CONFERENCE CHAMPIONS

400M Dash .....Nicole Roberts, 57.64  
800M Run .....Rebecca Donaghue, 2:16.48  
Mile Run .....Rebecca Donaghue, 4:55.19  
55M Hurdles .....Anya Forrest, 8.06  
4 x 800M Relay .....J. Waeger, C. Lyons,  
R. Donoghue, C. Martin, 9:26.96  
Long Jump .....Rosemarie Bryan, 18'4-1/2"  
Triple Jump .....Nicole Way, 37'1"

### 1995

800M Dash .....Rebecca Donaghue, 2:15.58

Mile Run .....Kelly Liljebblad, 4:58.45  
Distance Medley Relay .....12:16.79  
Triple Jump .....Janey Meeks, 38'1-1/2"

### 1994

No Championship

### 1993

800M Run .....Kerry Aker, 2:17.77  
1,000M Run .....Rebecca Johnson, 2:54.48

### 2002

Brandy Green .....55M Hurdles  
A. Anzelone, S. Brown, .....Distance Medley Relay  
K. Markopoulos, S. Thoms  
Chrissy Bizon .....20 lb. Weight Throw  
Brandy Green .....Pole Vault  
Rhianna DaCruz .....Pole Vault

### 2001

Megan McCormick .....1,000M Run  
Chrystal Murphy .....55M Hurdles  
K. Ford, J. Freemas, .....Distance Medley Relay  
M Henderson, M. McCormick  
Shannon Hamilton .....20 lb. Weight Throw  
Carole LaPlante .....Shot Put  
Rhianna DaCruz .....Pole Vault

### 2000

Sally Hirsch .....3,000M Run  
M. Henderson, C. Murphy, .....Distance Medley Relay  
S. Thoms, K. Cisowski

### 1999

Nicole Way .....1,000M Run, Mile Run  
Rosemarie Bryan .....55M Hurdles  
M. Henderson, E. Hankard, .....Distance Medley Relay  
S. Irish, K. Cisowski  
Andrea Comeau .....High Jump

### 1998

Nicole Way .....1,000M Run  
N. Way, Y. Amazon, .....Distance Medley Relay  
M. Henderson, R. Donaghue  
Rosemarie Bryan .....Triple Jump  
Shana Mitchell .....20 lb. Weight Throw

### 1997

Silifa Kenku .....400M Dash



Aker



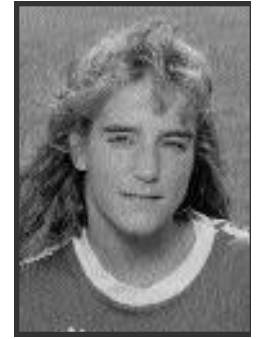
Kenku



Meeks



Mitchell



Roberts

# ATLANTIC 10 CONFERENCE WINNERS

## UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK

**Lisa Flood** .....800M Run  
**Rebecca Donaghue** .....Mile Run  
**1996**  
**Nicole Roberts** .....400M Dash  
**Rebecca Donaghue** .....800M Run, Mile Run  
**Anya Forrest** .....55M Hurdles  
**J. Waeger, C. Lyons, R. Donaghue, C. Martin**...4 x 800M Relay  
**Rosemarie Bryan** .....Long Jump  
**Nicole Way** .....Triple Jump  
**1995**  
**Rebecca Donaghue** .....800M Run  
**Kelly Liljelblad** .....Mile Run  
**J. Waeger, Y. Amazon,** .....Distance Medley Relay  
**R. Donaghue, Kelly Liljelblad**  
**Janey Meeks** .....Triple Jump  
**1994**  
 No Championship held.  
**1993**  
**Kerry Aker** .....800M Run  
**Rebecca Johnson** .....1,000M Run



Year	Champion, Points	UMass Finish	Top UMass Finisher
2002	La Salle, 52	8th, 198	Julie McGee, 27th
2001	La Salle, 55	4th, 122	Kristin Cisowski, 3rd
2000	Saint Joseph's, 55	2nd, 74	Kristin Cisowski, 2nd
<b>1999</b>	<b>Massachusetts, 44</b>	<b>1st, 44</b>	<b>Nicole Way, 3rd</b>
<b>1998</b>	<b>Massachusetts, 35</b>	<b>1st, 35</b>	<b>Kristin Cisowski, 1st</b>
<b>1997</b>	<b>Massachusetts, 28</b>	<b>1st, 28</b>	<b>Rebecca Donaghue, 1st</b>
<b>1996</b>	<b>Massachusetts, 35</b>	<b>1st, 35</b>	<b>Rebecca Donaghue, 1st</b>
<b>1995</b>	<b>Massachusetts, 46</b>	<b>1st, 46</b>	<b>Rebecca Donaghue, 2nd</b>
1994	West Virginia, 35	3rd, 60	Melissa Langevin, 1st
1993	Saint Joseph's, 41	2nd, 68	Melissa Langevin, 7th
<b>1992</b>	<b>Massachusetts, 38</b>	<b>1st, 38</b>	<b>Kelly Liljelblad, 2nd</b>
<b>1991</b>	<b>Massachusetts, 59</b>	<b>1st, 59</b>	<b>Michelle St. Laurent, 8th</b>
1990	Penn State, 29	3rd, 91	Kelly Liljelblad, 7th
1989	Penn State, 32	3rd, 71	Shana Smith, 2nd



**2002**  
 None  
**2001**  
**Kristin Cisowski** .....third  
**2000**  
**Kristin Cisowski** .....second  
**Melissa Henderson** .....fourth  
**1999**  
**Kristin Cisowski** .....fourth  
**Sharon Tillotson** .....seventh

**Melissa Henderson** .....eighth  
**1998**  
**Kristin Cisowski** .....first  
**Sarah Hirsch** .....third  
**Melissa Henderson** .....sixth  
**1997**  
**Rebecca Donaghue** .....first  
**Christy Martin** .....fourth  
**Melissa Henderson** .....sixth  
**Nicole Way** .....eighth  
**Sarah Hirsch** .....ninth  
**1996**  
**Rebecca Donaghue** .....first  
**Christy Martin** .....fifth  
**Katie Greenia** .....sixth  
**1995**  
**Rebecca Donaghue** .....second  
**Jen Waeger** .....fourth  
**Katherine Greenia** .....10th  
**1994**  
**Melissa Langevin** .....first  
**Rebecca Donaghue** .....eighth  
**1993**  
**Melissa Langevin** .....seventh  
**Jen Waeger** .....10th  
**1992**  
**Kelly Liljelblad** .....second  
**Rebecca Johnson** .....seventh  
**1991**  
**Michelle St. Laurent** .....eighth  
**Kim Liljelblad** .....ninth  
**1990**  
**Kelly Liljelblad** .....seventh  
**1989**  
**Shana Smith** .....second



**2001**  
**Kristin Cisowski** .....237th  
**2000**  
**Kristin Cisowski** .....137th  
**1996**  
**Rebecca Donaghue** .....83rd  
**1995**  
**Rebecca Donaghue** .....50th

