



# CROSS COUNTRY/ TRACK & FIELD

2008-09



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## Quick facts

### NEW JERSEY INSTITUTE OF TECHNOLOGY (NJIT)

**Location:** University Heights, Newark, NJ

**Founded:** 1881

**Enrollment:** 5,380 (undergraduate)

**NJIT website:** [www.njit.edu](http://www.njit.edu)

**Nickname:** Highlanders

**Colors:** Red and White (Blue Accent)

**Affiliations:** NCAA Division I, ECAC

**Conference:** Great West Conference

**University President:**

Dr. Robert A. Altenkirch

**Director of Athletics:** Lenny Kaplan

**Athletic Department Phone:**

973-596-3636

**Athletic Department Fax:** 973-596-8295

**Head Coach (alma mater, year):**

Adalberto M. Alonso, P.E. (Stevens '83)

**Alonso email:** [Alonso@njit.edu](mailto:Alonso@njit.edu)

**Career Men's Record (cross country):** 74-22 (22)

**Record at NJIT:** 18-3 (5)

**Career Women's Record (cross country):** 47-17 (16)

**Record at NJIT:** 19-5 (4)

**Assistant Coaches:** David Czeizinger (Cross Country), King Perry (Track and Field)

**Volunteer Coach:** Albert Siuta (Cross Country/Track and Field)

**Women's Cross Country Captain:**

Cara Constantino

**Men's Cross Country Captain:** Umar Saeed

**Women's Track & Field Captain:**

Lesley Hendricks

**Men's Track & Field Captain:**

Matt Michalec

**First year of Men's Program:** 1975

**First year of Women's Program:** 2003

**Home Courses:** Van Cortlandt Park, Branch Brook Park

## Sports Information

**NJIT Athletics website:**

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

**Assistant AD for Sports Information:**

Tim Camp

**Phone/Email:**

973-596-8461/[timothy.camp@njit.edu](mailto:timothy.camp@njit.edu)

**Assistant SID:** Stephanie Pillari

Phone/Email: 973-596-8324/[pillari@njit.edu](mailto:pillari@njit.edu)



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**Front Cover: (l-r)** *Sophomore Amanda Hefferan; junior Umar Saeed. Inside front cover: Back view of the Estelle & Zoom Fleisher Athletic Center & NJIT Campus. Back cover: (l-r) Junior Lesley Hendricks; freshman Megan Higgins; sophomore Chadwick Munroe; freshman Christian Baumbach. Inside back cover: 2008-09 schedules; men's cross country team (all cover photos by Larry Levanti)*

### WHY THE HIGHLANDERS?

The home of NJIT, University Heights, was formerly known as the Newark Highlanders and NJIT's mailing address used to be High Street, until the thoroughfare was renamed in memory of Martin Luther King, Jr.



In 2006-07, NJIT athletics, in keeping with its move to NCAA Division I, unveiled a new graphic identity, which includes a new Highlanders logo (shown). Developed by CN Foundry for NJIT, the logo depicts the traditional Highlander, whose ferocity and bravery against all odds are the stuff of the legend.

### CREDITS

The 2008-09 NJIT Men's & Women's Cross Country/Track & Field guide is a production of the NJIT Sports Information Office in cooperation with the Office of University Communications. Written, compiled and edited by Tim Camp and Stephanie Pillari. Interior design by Stephanie Pillari. Cover design by Samantha Horning Graphic Design. All team, action and campus photography by Larry Levanti. Printing by Marange Printing, Belleville, NJ.

## ABOUT NJIT

NJIT is New Jersey's Science & Technology University. With roots going back to 1881, when it was founded as Newark Technical School, New Jersey Institute of Technology observed its 125th anniversary in 2006.

Located in University Heights, Newark, NJ, home to more than 30,000 college students, NJIT's campus is just 10 miles from New York City.

Playing a critical role in reshaping New Jersey's future, NJIT, as a major public technological university, is an important pipeline for the flow of technology into society. The university's educational programs prepare students to be leaders in the technology-dependent economy of the 21st century. University researchers seek new knowledge to improve processes and products for industry. Through public and private partnerships and economic development efforts, the university helps to grow new business ventures that fuel the economy.

In recent years, NJIT has put more than \$83 million toward new and improved buildings and facilities on the 45-acre campus, including biomedical engineering labs and a campus center.



*Eberhardt Hall, the oldest building on NJIT campus*

NJIT offers 92 degree programs, 33 undergraduate, 40 master's and 19 doctoral programs, through six schools: Newark College of Engineering, New Jersey School of Architecture, College of Science and Liberal Arts, School of Management, Albert Dorman Honors College and College of Computing Sciences.

NJIT has 416 full-time faculty; more than 98 percent of whom hold the highest degree in their field. The student-faculty ratio is 13:1; with more than 5,200 undergraduate students and nearly 2,800 graduate students. Our students hail from 33 states and more than 100 countries to rank eighth in the nation for diversity. Albert Dorman Honors College enrolls more than 500 students who take advantage of honors courses, research opportunities, advising and mentoring. Honors College students have SAT scores ranking in the top 10 percent nationally.

## COACHING STAFF

### AL ALONSO *Head Coach*



In 2003, when NJIT revived its men's cross country program and added a women's team for the first time, Adalberto M. Alonso, PE, was the ideal candidate to coach both programs.

With NJIT's move to Division 1, he added responsibility as head coach of the new men's and women's indoor and outdoor track and field teams.

Prior to NJIT, Alonso spent 19 years as the head men's coach and 11 as head women's coach at Stevens. He was the first coach of the Ducks' women's program. Steven's men's teams won their final 53 dual meets under Alonso, and never had a losing season. His women's teams were 28-12 and won their last 18 dual meets.

He was the youngest head coach in Stevens history in any sport and ranks first all-time at the school in winning percentage in any sport. He was inducted into the Stevens Hall of Fame in 2006.

Alonso was named Independent Athletic Conference Coach of the Year in 1993, 1995, and 1996, and has produced 39 all-conference runners, including five at NJIT.

As an undergraduate at Stevens, Alonso was instrumental in making cross country a varsity sport. He was president of the Duck's club team his first two years. Then as a junior, he led the inaugural varsity squad to the IAC championship.

Alonso also earned a bachelor of engineering degree in electrical engineering from Stevens in 1983 and an MBA from Fairleigh Dickinson University in 1988. He is a licensed professional engineer in the state of New Jersey and has Level-2-certification from United States of America Track & Field (USATF). He resides in West New York, NJ.

### DAVID CZEIZINGER *Assistant Coach - Cross Country*



David Czeizinger has been a collegiate assistant coach for 15 years, including five with the Highlanders.

Czeizinger's coaching career started as a volunteer assistant at Stevens under coach Alonso. After one season, Alonso hired him to help build the women's team to a conference championship level.

The Ducks, who struggled to a 5-8 dual meet record in the first year before his arrival, went 23-4 over the next seven seasons. In that time, they won the first conference title in school history and had an individual league champion for the first time. Czeizinger has been an avid runner for more than 25 years and still competes in the master's division from the mile to the marathon. He is a 1978 graduate of Stevens with a degree in materials engineering.



## KING PERRY

### *Assistant Coach - Track & Field*

King Perry, a former outstanding track athlete, who previously coached at four different New Jersey high schools, joined the NJIT cross country and track and field coaching staffs for the 2006-07 season.

A resident of Passaic, NJ, Perry was a star hurdler in high school (Passaic Tech) and college (Long Island University-Brooklyn).

He was an Olympic Trials qualifier in 2000 and ranked 14th in the United States among high school hurdlers.

He owns the fourth-best 400-meter hurdles time for Passaic County in the decade of the 1990s and the sixth-best time at 110-meter high hurdles for the county in the decade. In field events, he owns the decade's second-best long jump, fourth-best triple jump and eighth-best high jump.

In college, he is the Northeast Conference record holder for the indoor 55-meter high hurdles (7.47) and he was NEC champ in both the 55 and 110-meter high hurdles.

He has served as coach at Lincoln High School in Jersey City, NJ, as well as at Bishop Francis Essex Catholic High in East Orange, at Hawthorne HS and at Passaic High. He has coached five individual champions, most recently the state Group IV outdoor long jump champion and the top two boys 55-meter Passaic County finishers in 2006. He has also coached football at the high school and middle schools levels.

## AL SIUTA

### *Volunteer Coach - Cross Country/Track & Field*



Al Siuta, a former runner for NJIT, joins the Highlanders coaching staff in 2008-09 as a volunteer assistant coach with the cross country, indoor track and field and outdoor track and field teams.

Siuta, who also ran at Roselle (NJ) Catholic High School, remains an active runner at the Masters level, competing in middle distance and long distance races.

He has 10 years experience coaching at the youth level (11-14 years old) and coached four teams to their age group national championships.

He coached teams that won their state age group championships in AAU competition and numerous individual runners went on to win championships as high as the state level.

Siuta has worked since 1999 with the x-TREME RUNNING CAMP as a distance running counselor, speaker and coordinator of residential services. He also has extensive experience in race management with road races and track and field.

## 2008-09 WOMEN'S CROSS COUNTRY/TRACK & FIELD ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Event</u>	<u>Hometown/High School</u>
Fanny Aizier	So.	5'4	S	Aix-en-Provence, France / Lycee Vauvenargues
Ali Baumlín	Sr.	6'4	TH	Monroe Township, NJ/Monroe Twp.
Jacqueline Bunner	So.	5'7	J	Raritan, NJ/Bridgewater-Raritan
Cara Constantino	Jr.	5'9	X/D	Bloomfield, NJ/Bloomfield
Ashley Craig	Sr.	5'6	J/S	Laurel, MD/Laurel
Iulia Doci	Sr.	6'1	S	Bistrita, Romania/British School of Barcelona
Daisy Gallegos	So.	4'11	X/D	Jersey City, NJ/William L. Dickinson
Amanda Hefferan	So.	5'3	X/MD	Parsippany, NJ/Parsippany
Lesley Hendricks	Jr.	5'7	X/MD	Cranford, NJ/Union Catholic
Megan Higgins	Fr.	5'5	X/MD	Whiting, NJ/Manchester Twp.
Katrina Hornstein	Jr.	5'10	J/S	Duluth, MN/Marshall School
Katherine Joseph	So.	5'6	X/MD	Jersey City, NJ/St. Dominic Academy
Nicole Kerrison	So.	5'3	X/MD	Yonkers, NY/Saunders
Elyse McArthur	Fr.	5'2	X/D	Garfield, NJ/Garfield
Samantha Moran	Fr.	5'2	TH	Manalapan, NJ/Manalapan
Chanelle Preradovich	Fr.	5'10	S/J	Burlington, Ontario/Assumption
Shawntel Young	So.	5'6	X/MD	Brownington, VT/Lake Region

**Head Coach:** Al Alonso (Stevens '83); **Assistant Coach – Cross Country:** Dave Czeizinger; **Assistant Coach – Track & Field:** King Perry; **Volunteer Coach – Cross Country/Track & Field:** Albert Siuta

### Event Key:

D: Distance      H: Hurdles      J: Jumps      S: Sprints      PV: Pole Vault  
 TH: Throws      X: Cross Country      RW: Race Walk      MD: Middle Distance



DAISY GALLEGOS



ELISE McARTHUR



NICOLE KERRISON

## 2008-09 MEN'S CROSS COUNTRY/TRACK & FIELD ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Event</u>	<u>Hometown/High School</u>
Christian Baumbach	Fr.	5'10	X/D	Hopewell, NJ/Hopewell
Doug Colaizzo	So.	5'10	X/MD	Caldwell, NJ/Caldwell
Martin Craig	Fr.	5'10	PV	Estell Manor, NJ/Buena Regional
Josh Dolisca	So.	6'0	TH	Maplewood, NJ/Oratory Prep
John Fernandes	Fr.	5'9	MD	Summit, NJ/Summit
Wesley Gittens	Fr.	5'5	H	Trenton, NJ/Trenton
Mark Givens	So.	5'10	X/MD	Roselle, NJ/Roselle
Patrick Granitzki	Fr.	5'8	X	Succasunna, NJ/Roxbury
Michael Gurlacz	Jr.	5'8	X/MD	Lake Hopatcong, NJ/Jefferson Twp
Joe Ju	Fr.	5'10	X/D	Scotch Plains, NJ/Mainland Regional
Seo Jung Kim	Fr.	5'10	MD	Ridgefield, NJ/Bergen County Acd.
Brad Leonhardt	Jr.	6'0	X/MD	Milford, NJ/Delaware Valley
Evan Manganaro	Fr.	5'9	X	Cedar Grove, NJ/Cedar Grove
Warren McDonald	Fr.	5'8	S	Dover, NJ/Dover
Matt Michalec	Sr.	6'0	TH	Elmwood Park, NJ/Elmwood Park
Stefan Montalvo	So.	5'7	X/D	Roselle, NJ/Roselle
Chadwick Munroe	So.	5'10	X/MD	Jersey City, NJ/William L. Dickinson
Brett Noel	Fr.	5'10	H	East Brunswick, NJ/East Brunswick
Jonathan Nunez	Fr.	5'9	H	Springfield, NJ/Jonathan Dayton
Kwaku Owusu-Achampong	Fr.	5'7	S	Lake Hopatcong, NJ/Jefferson Twp.
Jeff Pierik-Page	So.	6'2	D	Plainfield, NJ/St. Joseph's
Juan Restrepo	Sr.	5'9	TH	Bergenfield, NJ/Bergenfield
Umar Saeed	Jr.	5'10	X/D	Parlin, NJ/Old Bridge
Christopher Sam	Fr.	6'0	H	East Orange, NJ/Immaculate Concep.
Ruben Santos	Fr.	6'0	S/J	North Arlington, NJ/North Arlington
Dan Sapienza	Fr.	5'10	X	Fanwood, NJ/Scotch Plains Fanwood
Lorenz Schmid	Fr.	6'6	TH	Ramsey, NJ/Ramsey
Steven Schreyer	Jr.	5'11	S	East Brunswick, NJ/East Brunswick
Jamil Wilkins	Jr.	6'3	MD	Irvington, NJ/Irvington
John Zawisa	Sr.	5'10	X/MD	Fair Lawn, NJ/Fair Lawn

**Head Coach:** Al Alonso (Stevens '83)

**Assistant Coach – Cross Country:** Dave Czeizinger

**Assistant Coach – Track & Field:** King Perry

**Volunteer Coach – Cross Country/Track & Field:** Albert Siuta

### **Event Key:**

D: Distance	H: Hurdles	J: Jumps	S: Sprints	PV: Pole Vault
TH: Throws	X: Cross Country	RW: Race Walk	MD: Middle Distance	



## WOMEN'S CROSS COUNTRY RECORDS

<u>COURSE</u>	<u>NAME</u>	<u>DATE</u>	<u>TIME</u>
Branch Brook Park (5k)	Amanda Hefferan	12.12.08	19:55
Bethpage, NY (Hofstra) (5k)	Megan Higgins	09.6.08	21:14
Drew (3 miles)	Heather McGee	10.15.88	19:16
DeSales, PA	Cara Constantino	10.14.06	21:56
Fairfield, CT	Megan Higgins	09.27.08	21:14
Garret Mountain (5.0)	Elizabeth Mayo	10.02.04	21:54
Holmdel Park	Elizabeth Mayo	10.16.04	22:17
Van Cortlandt Park, NY	Megan Higgins	09.21.08	20:26
Clove Lake Park, NY	Elizabeth Mayo	09.10.05	22:03
Belmont Plateau, PA	Elizabeth Mayo	10.23.04	20:55
Sunken Meadow, NY	Elizabeth Mayo	10.16.05	22:23

## MEN'S CROSS COUNTRY RECORDS

<u>COURSE</u>	<u>NAME</u>	<u>DATE</u>	<u>TIME</u>
Bethpage, NY (Hofstra) (5k)	Christian Baumbach	08.31.08	16:04
Branch Brook Park (3.7)	Brian Courtney		20:27
Branch Brook Park (8k)	Umar Saeed	10.12.08	25:20
Clove Lake Park, NY (5.1)	John Nolan	09.15.90	29:20
DeSales, PA	Umar Saeed	10.08.06	26:35
Drew (Arboretum)	John Nolan	10.12.91	28:12
Garret Mountain (4.7)	Al Siuta		26:03
Garret Mountain (5.0)	Cesar Gaudin	10.21.87	26:43
Holmdel Park	Cesar Gaudin		25:48
Van Cortlandt Park, NY	Umar Saeed	11.22.08	25:32
Belmont Plateau, PA	Umar Saeed	10.22.05	26:39
Sunken Meadow, NY	Umar Saeed	10.16.05	27:33
Liberty State Park	Umar Saeed	09.30.05	25:59

### Top 5 at Van Cortlandt Park

#### MEN (8K)

<u>NAME</u>	<u>DATE</u>	<u>TIME</u>
Umar Saeed	11.22.08	25:32
Christian Baumbach	09.21.08	26:31
Dan Sapienta	09.21.08	27:57
Pierre Bastie	10.30.05	28:09
Doug Lischick	10.29.86	28:13

#### WOMEN (5K)

<u>NAME</u>	<u>DATE</u>	<u>TIME</u>
Amanda Hefferan	09.16.07	19:57
Megan Higgins	09.21.08	20:26
Elizabeth Mayo	11.19.05	21:09
Jaclyn Thomforde	10.31.04	21:50
Jady Alvarez	09.21.03	22:16

## WOMEN'S TRACK & FIELD RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Date</u>	<u>Location</u>
55m HH	10.59	Katherine Joseph	2.13.09	CTC
60m HH	11.00	Katherine Joseph	3.1.09	Great West
55m	7.40	Elyse McArthur	12.7.08	FDU
60m	8.45	Elyse McArthur	1.31.09	Delaware
200m	27.58	Lesley Hendricks	2.7.09	ESU
300m	44.4	Lesley Hendricks	12.9.07	FDU
400m	1:01.07	Nicole Kerrison	3.1.09	Great West
500m	1:23.45	Nicole Kerrison	2.13.09	CTC
600m	1:47.4	Nicole Kerrison	12.1.07	Manhattan
800m	2:30.80	Megan Higgins	3.1.09	Great West
1000m	3:16.60	Amanda Hefferan	3.2.08	Seton Hall
Mile	5:23.93	Amanda Hefferan	3.2.08	Seton Hall
3000m	11:22.23	Amanda Hefferan	2.10.08	Yale
5000m	19:39.81	Amanda Hefferan	2.9.08	Yale
Shotput	11.52m	Eti Ebewo	2.2.08	Yale
20# Wt.	6.74m	Alison Baumlin	3.1.09	Great West
High Jump	1.46m	Katherine Joseph	3.1.09	Great West
Triple Jump	9.88m	Elyse McArthur	3.1.09	Great West
Long Jump	4.45m	Elyse McArthur	12.7.08	FDU
4X400m	4:15.10	McArthur, Hendricks		
		Kerrison, Joseph	2.13.09	Great West
Pentathlon	2312	Katherine Joseph	2.13.09	CTC

## MEN'S TRACK & FIELD RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Date</u>	<u>Location</u>
55m HH	8.0	Joel Rosado	12.9.07	FDU
60m HH	9.15	Joel Rosado	2.25.07	Seton Hall
55m	6.60	Ruben Santos	12.7.08	FDU
60m	7.37	Akitunde Oyawusi	3.2.08	Seton Hall
200m	22.89	Mark Givens	2.10.08	Yale
300m	36.6	Jeff Pierik-Page	12.9.07	FDU
400m	50.44	Mark Givens	2.10.08	Yale
500m	1:08.0	Mark Givens	12.2.07	Seton Hall
600m	1:26.90	Michael Gurlacz	12.7.08	FDU
800m	2:00.89	Chadwick Munroe	2.10.08	Yale
1000m	2:41.66	Umar Saeed	2.7.09	ESU
Mile	4:25.14	Umar Saeed	2.13.09	CTC
3000m	8:48.33	Umar Saeed	3.1.09	Great West
5000m	15:21.00	Umar Saeed	3.1.09	Great West
Shotput	14.56m	Josh-Erik Dolisca	2.7.09	ESU
35# Wt.	11.10m	Juan Restrepo	2.13.09	CTC
High Jump	1.82m	Ruben Santos	2.13.09	CTC
Triple Jump	12.21m	Matt Magnifico	2.10.07	SCSU
Long Jump	6.21m	Ruben Santos	12.7.08	FDU
Mile RW	13:16.01	Matt Magnifico	12.3.06	SCSU
3000 RW	17:18.07	Michael Genauer	2.10.07	SCSU
4X400m	3:29.79	J. Page, M. Gurlacz,		
		M.Givens, C. Munroe	2.2.08	Yale

## 2008-09 MEN'S PROFILES



**Umar Saeed**



**Mark Givens**



**Christian Baumbach**



**Josh Dolisca**

### **UMAR SAEED**

**Jr. \* 5'10 \* X/D \* Parlin, NJ/Old Bridge**

**2008-09:** XC - Set a school-record at the IC4A University Division I 5-mile race with a time of 25:32, placing 2nd. ... Great West Conference Runner of the Week (Sept. 28) **2007-08:** Redshirt in cross country ... **2006-07:** XC— all-East honors with a 14th-place finish in the season-ending IC4A University Division 5-mile race. ... top-finisher for NJIT (13th; 26:33.3) in the national Division I Independent championship race in Fort Wayne, IN ... selected as co-MVP for NJIT's first varsity track team and set the school records in the 1500, 3000, 5000 and 10K events. **2005-06:** co-Newcomer of the Year for NJIT athletics ... capped a splendid freshman cross country season by earning All-East honors with a 24th-place finish in the IC4A University men's championship race ... first in the CACC championship race, finishing nearly 47 seconds ahead of the defending champion ... **Prior to NJIT:** All-state, finished 7th in the NJ Meet of Champions ... county champion for coach Richard Gebour at Old Bridge ... top finisher for his 2004 team that won Group 4 state championship and place third in the state. ... **Personal:** Umar Saeed ... son of Yawar Saeed and Shehnaz Kausar ... majoring in civil engineering ... father played for Pakistan's national hockey team.

### **MARK GIVENS**

**So. \* 5'10 \* X/MD \* Roselle, NJ/Roselle**

**2008-09:** XC - Personal-best 8k run, 35:29, at Leeber Invitational (9.27.08). **2007-08:** T&F--top long sprinter, he has set the school records in the 200, 400, 500 and 600 meter events. **Prior to NJIT:** Letterwinner for coach Paul Irwin at Roselle Catholic. ... **Personal:** Mark J. Givens. ... son of Jacquelyn Givens and Larry Stevens. ... majoring in mechanical engineering.

### **JOSH DOLISCA**

**So. \* 6'0 \* TH \* Maplewood, NJ/Oratory Prep**

**2008-09:** T&F -- top weight thrower, holds the school-record in the shotput. **Prior to NJIT:** 2007 Union County Scholar Athlete of the Year and Most Valuable Player for head coach Gary Burns at Oratory Prep. **Personal:** Josh-Erik Dolisca. ... son of Wilner and Michelle Dolisca. ... electrical engineering major. ... born 2/19/89 in Newark, NJ.

### **CHRISTIAN BAUMBACH**

**Fr. \* 5'10 \* X/MD \* Hopewell, NJ/Hopewell**

**2008-09:** Named Great West Conference Athlete of the Month for September after capturing two first place finishes (Hofstra Invitational - 5,000 meter race (16:04); NJIT Invitational - 8,000 meter race (26:81). ... Baumbach was also recognized as Great West Conference Runner of the Week (9.16.08). **Prior to NJIT:** Meet of Champions (3rd place), set a high school record in the 3200 and 1600 meter run at Hopewell HS. ... all-State second-team in the 3200 meter run. **Personal:** Christian August Baumbach. ... son of William and Gail Baumbach. ... biomedical engineering major enrolled in NJIT's Albert Dorman Honors College ... born 5/17/89 in Flemington, NJ.



## 2008-09 WOMEN'S PROFILES



*Cara Constantino*



*Lesley Hendricks*



*Katherine Joseph*



*Amanda Hefferan*

### **CARA CONSTANTINO**

**Jr. \* 5'8 \* X/D \* Bloomfield, NJ/Bloomfield**

**2008-09:** XC Team captain. ...named to the Great West Conference all-Academic team. ... finished 42nd at the Great West Conference Championships. **2007-08:** Represented NJIT in the season-ending ECAC 5k race placing 187th, covering the course in 22:38, recording a personal-best as the Highlanders participated in its first IC4A/23rd ECAC race as a full Division I team. **2006-07:** Top finisher for NJIT at the national Division I Independents cross country championship hosted by Indiana-Purdue University Fort Wayne, Constantino was 40th overall, ninth among freshman (26:38). ... **Prior to NJIT:** First-team all-County, all-League for coach Gene Leporati in Bloomfield. ... Scholar Athlete. ...2005 Essex County XC Champions. ... **Personal:** Cara Jennie Constantino. ...daughter of John and Valerie Constantino. ... architecture major enrolled in the Albert Dorman's Honor College.

### **LESLEY HENDRICKS**

**Jr. \* 5'7 \* X/Sprints \* Cranford, NJ/Union Catholic**

**2008-09:** XC - Season-best 5k run, 23:55, at Highlanders Invite (10.12); T&F team captain. **2007-08:** Top short sprinter. ... holds the school record in the 200 and 300 meter race ... played women's basketball for NJIT in 2006-07 ... **Prior to NJIT:** Three-year varsity letter winner in track and field and competed in the New Jersey Meet of Champions. ...Second-team all-Union County in basketball, playing for coach Kathy Matthews at Union Catholic High in Scotch Plains, NJ. ... received Union County Coaches Award for basketball and track and field. ... National Honor Society, academic medallion and numerous academic awards. ... **Personal:** Lesley Nicole Hendricks ... daughter of Harold and Brenda Hendricks ... chemistry major.

### **KATHERINE JOSEPH**

**So. \* 5'6 \* X/MD \* Jersey City, NJ/St. Dominic Academy**

**2008-09:** T&F - Holds four school records (55m HH, 60m HH, high jump, pentathlon). **2007-08:** NJIT's top middle distance runner. ... set the school record in the 800 meter event ... **Prior to NJIT:** Second-team all-County runner for John Nagel at St. Dominic Academy. ... member of the basketball team. ... **Personal:** Katherine Alexis Joseph. ... daughter of Sandra Cruz. ... civil engineering major.

### **AMANDA HEFFERAN**

**So. \* 5'3 \* X/D \* Parsippany, NJ/Parsippany**

**2008-09:** XC --Holds school record in 5k race at Branch Brook Park. **2007-08:** XC--Top finisher and broke the school records for NJIT in five XC meets. ...T&F--top distance runner, she has already set the school records in 1000, 1500,mile,3000, and 5K events ... **Prior to NJIT:** Third-team all-State for coach Walter Blueier at Parsippany. ... State Group 2 1600 Champions. ... first-team all-Conference. ... **Personal:** Amanda Leigh Hefferan ...daughter of Linda Hefferan. ... Aunt (Peg Hefferan) is Assistant Athletic Director at Wagner College.

## CROSS COUNTRY PROGRAM HISTORY

### MEN

#### All-Region

1987 Cesar Gaudin

#### All-East (all divisions)

2005 Umar Saeed

(IC4A, 24th place)

2008 Umar Saeed

(IC4A, 2nd place)

#### Independent Athletic Conference Champions

1976, '85, '86, '87, '88, 1990,

1991

#### Individual Champions

1984 Doug Lischick

1985 Mike Brake

1986 Doug Lischick

1987 Cesar Gaudin

1988 Cesar Gaudin

1990 Jason Tand

#### Coach of the Year

1991 Bill Eisenring

#### All-Conference

1984 Mike Brake

Doug Lischick

1985 Mike Brake

1986 Doug Lischick

Mike Brake

Dave Conti

Doug Lischick

Hugo Ortega

1987 Cesar Gaudin

John Grube

Steven Jaskot

Radzee Zaman

1988 Cesar Gaudin

Steve Jaskot

Chris Lambert

1990 Hiep Nguyen

Joao Nola

Jason Tand

1991 Joao Nola

Jason Tand

1993 Anton Musto

1994 Rodney Carroll

#### Central Atlantic Coll.

##### Conf. Champion

2005 Umar Saeed

#### All-Conference

2004 Matthew Magnifico

2005 Umar Saeed

#### Newcomer of the Year

2005 Umar Saeed

### Great West All-Conference

#### First-team

2008 Umar Saeed

#### Second team

2008 Christian Baumbach

### Great West Conference

#### All-Academic

2008 Cara Constantino

2008 Daisy Gallegos

### WOMEN

#### Independent Athletic Conf.

##### Individual Champion

1996 Jannina Alvarez

#### All-Conference

1995 Jannina Alvarez

1996 Jannina Alvarez

#### Central Atlantic Coll.

##### Conf. Champion

2003 Jady Alvarez

2004 Elizabeth Mayo

Jaclyn Thomforde



RUBEN SANTOS



STEVE SCHREYER



JOSH DOLISCA

## ATHLETIC FACILITIES

The NJIT cross country and track and field teams host meets at the famed Van Cortlandt Park in the Bronx, NY and Branch Brook Park in Newark, NJ.

The teams also have a full access to all the facilities in the Estelle and Zoom Fleisher Athletic Center. These include the fitness area (containing computer-controlled biking equipment, cybex resistance units, and an indoor track), two weight rooms (free-weight and hammer strength), four racquetball courts, a martial arts/fencing center, a six-lane swimming pool and four lighted outdoor hardcourt tennis courts.

The Estelle and Zoom Fleisher Athletic Center gym, home to NJIT's basketball and volleyball teams, underwent renovation in the summer of 2006.

Included in the makeover were: installation of a new floor and baskets and a repositioning of the main playing court. The gym also got new lighting, a new sound system and new scoreboards along with entirely new seating for more then 1,000 spectators after the first phase of the renovation.

Lubetkin Field, home to the men's and women's soccer teams, recently underwent a 1.2 million renovation project, including the installation of SprinTurf artificial grass and a rubberized running track. It contains lights for night competition and practice, a midfield scoreboard and pressbox facilities, and its bleachers seating can hold approximately 1,000 spectators.

In 2005, NJIT and the Newark Bears announced a 10-year partnership that cemented the downtown stadium as home of all Highlander home games.



*Arial view of NJIT campus; Estelle and Zoom Fleisher Athletic Center; Lubetkin Field*



## 2008 MEN'S & WOMEN'S CROSS COUNTRY SCHEDULE

Date	Day	Opponent	Time	Date	Day	Opponent	Time
<u>August</u>				<u>October</u>			
31	Sun.	ALUMNI VS. VARSITY (&)	11:00am	18	Sat.	CTC Championships	11:00am
<u>September</u>				<u>November</u>			
6	Sat.	Hoftstra Invitational	10:00am	1	Sat.	Independents XC Championships	8:30am
21	Sun.	NJIT CLASSIC (#) vs. SAINT PETER'S, LONG ISLAND SAINT FRANCIS (NY), FDU	10:15am	9	Sun.	NICK RUSSO HALLOWEEN CLASSIC (#)	12:30pm
27	Sat.	Fairfield Invitational	10:00am	22	Sat.	IC4A/ECAC Championships	10:00am
<u>October</u>							
12	Sun.	HIGHLANDER INVITATIONAL (&)	10:30am				

**Head Coach:** Al Alonso (Stevens '83)

**Assistant Coach:** David Czeizinger

(&) - Home Meets (Bold/CAPS) at Branch Brook Park - Newark, NJ

(#) - Home Meets (Bold/CAPS) at Van Cortlandt Park - Bronx, NY

## 2008-09 MEN'S & WOMEN'S TRACK & FIELD SCHEDULE

Date	Day	Opponent	Time	— Outdoor Season —			
<u>November</u>				<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>Time</u>
29	Sat.	Saint Peter's/NJIT Invite	All Day	March			
<u>December</u>				21	Sat.	SAINT PETER'S/ ST. FRANCIS (NY)	All Day
7	Sat.	FDU Patch Meet	All Day	April			
<u>January</u>				4	Sat.	Wagner Invitational	All Day
10	Sat.	Army Open	All Day	11	Sat.	FDU Invite	All Day
31	Sat.	Delaware Invite	All Day	18-19	Sat.-Sun.	CTC Outdoor Championship	All Day
<u>February</u>				23-25	Thu.-Sat.	Penn Relays	All Day
7	Sat.	Deschriver Invite	All Day	26	Sun.	Yale Invitational	All Day
13-14	Fri.-Sat.	CTC Indoor Championship	All Day	May			
<u>March</u>				14-16	Thu.-Sat.	Great West Conference Championships	All Day
1-2	Sun.-Mon.	Great West Conference Championships	All Day	15-17	Fri.-Sun.	IC4A/ECAC	All Day
7	Sat.	IC4A/ECAC	All Day				

**Head Coach:** Al Alonso (Stevens '83)

**Assistant Coach:** King Perry

**Volunteer Coach:** Albert Siuta





**NJIT**<sup>TM</sup>

New Jersey's Science &  
Technology University