



NEW JERSEY INSTITUTE OF TECHNOLOGY

MEN'S & WOMEN'S

CROSS COUNTRY/TRACK & FIELD

2014-15 MEDIA GUIDE



# HIGHLANDERS

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









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## MEN'S & WOMEN'S CROSS COUNTRY/TRACK & FIELD

**Head Coach:** Al Alonso

(Stevens '83, '85; Fairleigh Dickinson '88)

**Phone/Email:** 973-596-8379; alonso@njit.edu

**Assistant Coach:** John Crawford

## QUICK FACTS

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

**Founded:** 1881

**Enrollment:** 10,130 (total) 7,286 (undergraduate)

**NJIT website:** www.njit.edu

**Nickname/Colors:** Highlanders/  
Red and White (Blue accent)

**Affiliations:** NCAA Division I, ECAC

**University President:** Dr. Joel Bloom, EdD

**Director of Athletics:** Lenny Kaplan

**Athletic Department Phone:** 973-596-3636

## WHY HIGHLANDERS?

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

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

## MEDIA RELATIONS

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## MEDIA INFORMATION

This guide is designed to assist in coverage of NJIT men's and women's cross country and track and field. For home matches, the NJIT sports information office will provide an official box score following each match. Coach Al Alonso and requested athletes will be available for interviews on the field following a 10-minute cooling off period. Radio broadcast requests should be made at least 10 business days prior to the contest. Requests for coach and athlete interviews on nongame days should be made through the NJIT sports information office (973-596-8461).

## CREDITS

The 2014-15 NJIT Men's and Women's Cross Country/Track & Field Media Guide is a production of the NJIT Sports Information Office in cooperation with the Office of Strategic Communications. Written and edited by Tim Camp and Stephanie Pillari. Cover and interior design by Karyn Olsen. NJIT photographs and information courtesy of Office of Strategic Communications. All interior team and action photography by Larry Levanti. Red Bull Arena photo (p. 29) courtesy of Getty Images/RBNY.



# 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 shaping 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 tens of millions of dollars toward new and improved buildings and facilities on the 48-acre campus, including biomedical engineering labs

and a campus center.

## **Instructional Programs**

NJIT offers an ever-expanding array of educational programs, with many new programs added in the last five years and more to come. In 2014 NJIT lists 125 undergraduate and graduate degree programs through six schools:

- Newark College of Engineering
- College of Architecture and Design
- College of Science and Liberal Arts
- School of Management
- Albert Dorman Honors College
- College of Computing Sciences

NJIT has 277 tenured or tenure track faculty; 99 percent of whom hold doctoral degrees or the highest degree attainable in their field. The student-faculty ratio is 16:1, with over 7,000 undergraduate students and nearly 3,000 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.

With nearly 50,000 alumni, NJIT is an acclaimed institution.

- *BuzzFeed.com* ranked NJIT as the #1 higher education value nationally when considering annual tuition cost and average starting salary of graduates.
- Top one percent for return on investment and eighth in alumni earning potential among public universities nationwide – *PayScale.com*
- Top 10 percent nationally for return on investment and one of four best buys in New Jersey higher education – *Bloomberg Businessweek*
- Third in nation among America's Most Underrated Colleges – *BusinessInsider.com*
- Top National University – *U.S. News and World Report*
- 149th among national universities overall for its range of undergraduate majors and master's and doctoral degree programs and commitment to groundbreaking research - *U.S. News and World Report*
- An "America's Top College" – *Forbes.com*
- A *Princeton Review* Best College
- Top 200 American research universities – *The Center for Measuring University Performance at Arizona State*
- Top 50 among colleges without a medical school for research expenditures and top 10 among universities whose main research is in engineering – *National Science Foundation*
- Top 10 among technological universities in faculty scholarly productivity – *Academic Analytics*
- Top 100 producers of minority degrees, including fifth in the nation for bachelor's degrees in engineering technologies to all minority students – *Diverse: Issues in Higher Education*



# About NJIT

## Research

NJIT's research expenditures totaled more than \$110 million in FY2014 and faculty members welcome student collaboration on research projects.

As of September 1, 2014, NJIT had 185 issued U.S. Patents and 133 pending U.S. patent applications.

## Economic Development

NJIT is committed to economic development for Newark and the region. The university operates several outreach centers that provide direct technical assistance to the state's businesses with the goal of helping small and medium-sized companies. NJIT is also the home of New Jersey's oldest and largest incubator facility, and was one of the first institutions in the nation to adopt economic development as a fourth mission element, together with instruction, research and community service.

The Enterprise Development Center (EDC) at NJIT is New Jersey's largest high technology and life science business incubator, and one of the largest in the nation. EDC resident companies have attracted more than \$80 million in third-party funding since entering the incubator, and generated revenues of \$50 million last year. The approximately 90 member companies employ roughly 500 people.

## The Career Edge

- NJIT was named in the top 1 percent for return on investment and 8th in alumni earning potential among public universities nationwide by *Payscale.com*.
- Students get a head start on their careers through cooperative education, salaried internships that relate specifically to their field of study.
- The 10 fastest-growing occupations for college graduates include NJIT's newest program areas—physician assistant and physical therapy—as well as computer-related occupations.
- Among the CEOs of the S&P 500 companies, engineering is the single most common undergraduate degree (22 percent of the group). More than half of the CEOs have undergraduate degrees in engineering, business management, science, math, or computing.

## The Global Edge

The diversity in NJIT's student body and faculty prepares graduates to understand and succeed in the global marketplace.



## The Technology Edge

NJIT has been designated one of the nation's most technologically sophisticated universities by *Forbes.com* and a *Princeton Review* survey and the university has received major funding from the National Science Foundation and the National Security Agency in recent years.

## The Academic Edge

- NJIT named a Most Wired College by *Princeton Review*.
- NJIT was the first recipient of the Excellence in Technology Education Award presented by New Jersey Technology Council (NJTC), which annually recognizes outstanding technology companies and individuals who contribute to "growth, achievement, and excellence in diverse technology sectors of New Jersey."
- *Forbes.com* and a *Princeton Review* survey designated NJIT as one of the nation's most technologically sophisticated universities based on factors such as the ratio of computers to students, campus-wide and wireless networks, and technology-enhanced learning.
- NJIT has received major National Science Foundation (NSF) funding to define the next generation of computing applications. Most notable is the creation of *SmartCampus*, a wireless peer-to-peer, location-aware community system that immerses students in a world of wearable computers.
- NJIT has been designated a Center of Academic Excellence in Information Assurance (Homeland Security) Education by the **National Security Agency**.
- NJIT partners with Iowa State University in the Center for Information Protection (Homeland Security), an NSF-supported cooperative research center in information assurance.



# About NJIT



## The Regional Edge

New Jersey, with America's highest concentration of pharmaceutical, hi-tech, biotech, and medical device companies is the place to study technology. It has the nation's highest per capita number of engineers and scientists as residents, while also leading in per capita rate of patents issued. Further, the Newark-New York region is a living laboratory for architecture and building sciences, environmental engineering and transportation. .

## The Research Edge

NJIT has been designated by the State of New Jersey as the Homeland Security Technology Systems Center and NJIT operates the world-renowned Big Bear Solar Observatory.



## A History of NJIT

From the Industrial Revolution to the Information Age, New Jersey Institute of Technology has a rich history with its beginnings developing from the industrial age.

In 1881, an act of the New Jersey State Legislature, recognizing an urgent need, sought a home for what would be the state's technical school. The efforts of Newark's public and private sectors resulted with the opening of Newark Technical School, addressing the state's need.

Over time, the university expanded its curriculum and mission. In 1919, the university established baccalaureate programs in three engineering fields. By the middle of the 20th century, Newark Technical School was transformed into the robust Newark College of Engineering.

The post-war period was one of enormous activity with regular expansion of the campus, as well as the introduction of doctoral level programs. In 1975, with the addition of the New Jersey School of Architecture, the institution had evolved into a technological university, emphasizing a broad range of degrees and dedication to significant research and public service. Newark College of Engineering, stronger than ever, remained intact, but a new university name -- New Jersey Institute of Technology -- reflected the institution's expanded mission.

A broadened mission called for the creation of a residential campus and the opening of NJIT's first dormitory in 1980 began a period of steady growth that continues. Two new schools were established during the 1980s--the College of Science and Liberal Arts (1982) and the School of Industrial Management (1988). The Albert Dorman Honors College was established in 1994, and the College of Computing Sciences, was created in 2001. Beginning in 2009 the College of Architecture and Design was created to house the New Jersey School of Architecture and the new school of Art and Design.



# Administration

## Dr. Joel Bloom

### *President, New Jersey Institute of Technology*

Appointed President of New Jersey Institute of Technology on January 12, 2012 by unanimous



vote of NJIT's Board of Trustees, Joel S. Bloom started his career in industry working as an economist.

He subsequently became an educator and administrator for the New York City public schools. Prior to coming to New Jersey, he worked as a research director and instructor at Teachers College, Columbia University.

In New Jersey, he managed state and federally-funded curriculum development and training centers for the state. From 1983 through 1990, Dr. Bloom served as assistant commissioner in the NJ Department of Education for the Division of General Academic Education. He was responsible for managing many of the education department's initiatives including competency testing, curriculum content standards, pre-school programs, establishment of 17 model effective schools, over 300 grants and contracts, and a \$24 million budget.

Immediately prior to his appointment as President, he served as Interim President from September 2011 until January 2012.

Prior to that, he was NJIT's Vice President for Academic and Student Services, as well as founding dean of the Albert Dorman Honors College.

Indeed, since joining NJIT in July 1990, Dr. Bloom has served the university in many capacities.

Promoted in 1996 to Vice President for Academic and Student Services, he was responsible for nine divisions of the university, including pre-college programs, enrollment management, continuing professional education, career development services, dean of student services, freshman studies, educational opportunity programs, library services, physical education and athletics.

Dr. Bloom was appointed as the first dean of the Albert Dorman Honors College in 1998, in addition to his vice president responsibilities. The Honors College enrolls over 650 students who come from 15 states and several foreign countries. The average SAT score is over 1340 and the majority of the incoming freshman class members graduated in the top 15 percent of their high school class. More than 50 percent of the Honors College students maintain a grade-point average higher than 3.5.

Dr. Bloom is chair of the Science Park Board, treasurer of the NJ President's Council, and treasurer of the NJEDge.Net Board. In addition, he serves as a member of the following boards: the Board for Communities and Schools, Newark Alliance, Philadelphia Alliance for Minority Participation, La Casa de Don Pedro, and the Association of Public and Land-grant Universities Presidents Council. Dr. Bloom has been the recipient of national and state education awards, as well as federal, foundation and corporate grant awards. He has published journal articles and presented papers on school improvement, curriculum development, college transition and student assessment.



Dr. Bloom holds a master's degree and a doctorate from Teachers College, Columbia University. He also earned master's and bachelor's degrees from Hunter College of the City University, New York City.

## Charles J. Fey

### *Vice President for Academic and Student Services*



Dr. Fey joined NJIT in September 2012 with 39 years of leadership experience in student services as Vice President of Academic Support and Student Affairs.

At NJIT, he continues his commitment to creating a campus climate that promotes student achievement and student success. His personal philosophy of student engagement extends to the development of innovative programs that inspire challenging and engaging student experiences and encourage each student to reach for his/her dream and work until it is achieved.

Dr. Fey's strong record of accomplishments demonstrates his deep understanding of emerging issues and trends that affect metropolitan campuses and the students who attend them. In addition to his direct involvement with students, Fey oversees numerous offices and departments at NJIT, including including Intercollegiate Athletics, Recreation and Intramurals, Physical Education.

Fey actively participates in student affairs business on a national level and holds or has held board positions in ACPA, NASPA, and APLU. He was the founding president of the Massachusetts College Personnel Association and was president of the Texas Association of College and University Personnel Association. Fey has received numerous awards including the Esther Lloyd Jones Professional Service Award from ACPA; is a Diamond Honoree of ACPA's Foundation; twice received the Outstanding Service award from the Commission on Administrative Leadership of ACPA; and an exemplary service award from MCPA.

Fey earned his bachelor's degree in liberal arts and his masters of education degree in counselor education, college student personnel services, both from The Pennsylvania State University. He holds a doctorate in higher education administration from Texas A&M University.

Prior to NJIT, he was the Vice President for Student Affairs at The University of Akron; was Vice President for Student Affairs at University of Maryland, Baltimore County (UMBC); Dean of Students at the University of Texas at El Paso; served as Vice President and Dean of Student Life at Our Lady of the Lake University in San Antonio; Dean of Students at St. Mary's University, also in San Antonio; Associate Dean of Student Affairs at Keene (NH) State College; Director of Housing/Resident Life at Catholic University of America; and in numerous student affairs and other administrative posts at Newbury Junior College in Boston.

Married to Melba Ann Fey since 1985, Charlie and Melba have two daughters, Kelly Prestel, living in Boston, and Chelsea Fey, living in Arlington, VA and two sons, Lloyd Lopez and Matt Lopez, who live in San Antonio.

# Administration

## Lenny Kaplan *Director of Athletics*



Since taking over as head of NJIT's division of physical education and athletics in August 2000, Lenny Kaplan has been instrumental in guiding NJIT's reclassification to NCAA Division I.

First, Kaplan helped stabilize and expand a program that was entering its fourth year in Division II when he arrived in Newark. In late 2002, after discussions with then-President Dr. Robert A. Altenkirch and then-Vice President Dr. Joel Bloom, Kaplan took on the task of steering NJIT's programs into Division I, a process that reached fruition with the NCAA's granting active Division I status, with full championship eligibility effective September 1, 2009.

Throughout Kaplan's tenure, NJIT has enhanced the athletics program, particularly in areas that benefit the student-athletes directly. A hallmark in achieving that aim was the Highlanders Athletics Campaign, which announced in the summer of 2009 that it had raised \$5.4 million against a goal of \$5 million. Of the \$5 million in the goal, \$3 million was for facilities, \$1.5 million for athletics scholarships, and \$500,000 for program support.

The sports offerings have expanded to its current 19 varsity programs, with the newest, men's lacrosse set to debut in 2015. Since 2004, NJIT has renovated its two main on-campus venues—Lubetkin Field at Mal Simon Stadium and the Estelle and Zoom Fleisher Athletic Center. Further, the newest facility, the Naimoli Family Athletic and Recreational Facility, a 25,600-square foot building opened in March 2011 as a heated and air conditioned space that includes indoor tennis courts used for intercollegiate competition.

On Kaplan's watch, the school signed a 10-year partnership to play all home baseball in the professional Bears and Eagles Riverfront Stadium and later agreed to host basketball in the Prudential Center, the downtown Newark home of the NHL's New Jersey Devils.

Under Kaplan's leadership, many teams achieved regional and national Division II ranking. Success for several women's teams was unprecedented, with basketball, tennis and soccer all reaching postseason play for the first time under his administration.

Additionally, men's volleyball captured a 2007 divisional championship in the Eastern Intercollegiate Volleyball Association and the next year reached the EIVA playoff semifinals hosted by eventual 2008 national champion Penn State.

In 2009-10, NJIT's first full year as an active member of NCAA Division I, the women's volleyball team and senior Sabrina Baby became the school's first national statistical champions at the Division I level, as team and individual leaders, respectively in digs per set. Baby was honored as NJIT's first CoSIDA Academic All-America in the Division I era, earning third-team national honors.

Christian Baumbach made history in 2009 when he was NJIT's first Division I individual sport conference champion, taking first place in the Great West Conference cross country race and in the prestigious IC4A University Division race, a competition held for the 101st time in 2009.

Kaplan guided the Highlanders into the all-sports Great West Conference and the women's tennis team won back-to-back GWC titles in 2011 and 2012. In 2012-13, both NJIT basketball teams captured GWC crowns, with the men winning their regular season title and the women's winning the GWC postseason tournament.



Two Highlanders men's basketball standouts—Isaiah Wilkerson (Class of 2012) and Chris Flores (Class of 2013)—received honorable mention on the Associated Press All-America team, the first such national honorees for NJIT at the Division I level.

Wilkerson continued his career as a professional in the NBA D-League and Flores and women's basketball star Rayven Johnson (Class of 2013) went overseas to professional careers in Germany.

In 2012-13, baseball pitcher Mark Leiter, Jr., was selected by the Philadelphia Phillies organization in the Major League Baseball First-Year Player draft and fellow pitcher Tripp Davis signed as a free agent with the Kansas City Royals organization.

In 2013-14, Marko Drljic became the first NJIT men's soccer player to be selected to the All-Region season honors from the NSCAA at the highest level, earning NSCAA/Continental Tire Division I Men's All-North Atlantic Region honors, while men's tennis player Markus Schultz advanced to the round of 16 at the 2013 USTA/ITA National Regional Championships, the furthest any NJIT tennis player has advanced at the ITA tournament.

Two members of the NJIT men's basketball team, Terrence Smith and Damon Lynn finished the 2013-14 season ranked in the top 4 in the nation—Smith third in individual field-goal percentage and Lynn fourth in 3-point field goals made.

NJIT men's fencer David Kong whose weapon is the foil, earned a 16-place finish at the US National Championships and ranks 24th in the nation and 14th under 20. He placed 18th in the men's foil competition at the 2014 NCAA Fencing Championships, becoming the first NJIT fencer in 10 years to advance to the championships.

John Porteous became the first NJIT track and field athlete to qualify to the 2014 NCAA Track and Field Regional, earning a spot in the men's 400-meter hurdles.

Two NJIT sports, women's tennis and men's soccer, were invited to join automatic qualifying Division I conferences in their respective sports. Women's tennis is in the America East Conference, reaching the AEC final in 2014 and men's soccer is one of programs in the Sun Belt Conference, which is sponsoring the sport in 2014 for the first time since 1995.

Before coming to NJIT, Lenny Kaplan served 11 years at Manhattan College, where he began as Manhattan's director of operations and was assistant athletics director from 1991-2000.

Kaplan, a 1988 graduate of St. John's University with a degree in athletics administration, resides in Merrick, NY, with his wife, Nancy, and their sons, Michael and Joshua.

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## Athletics Senior Staff



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# Administration

## Sports Medicine

NJIT sports medicine is moving forward with the growth of the Highlanders program. Head trainer Matt Koscs, MS/ATC, oversees the program, ably assisted by assistant trainers Paul Grayner, MED/ATC; Melissa Maskery, MS, ATC; Brittany Vondran, MS/ATC; and, Kyle Tuohy, BS/ATC.



**Matt Koscs, ATC, Head Athletic Trainer**

Matt Koscs, who earned both his bachelor's and master's degrees from University of Delaware, has served NJIT as head trainer since July 2009, a year after he joined the staff as an assistant trainer.

As an undergraduate at Delaware, he was recipient of the Paris Delligatti Memorial Award for Excellence in Athletic Training. He earned his MS in Exercise Science from Delaware in 2008.

Prior to his arrival at NJIT, Matt served three years as the head athletic trainer at Hodgson Vocational Technical High School in Newark, DE, from 2005 to 2008.

In addition to his work at the high school level, he was head athletic trainer for the Delaware Dynasty semi-pro soccer team in Wilmington, as well as with the Kirkwood Soccer Club in New Castle in 2005 and 2006.

He was employed from 2005 to 2008 at Christiana Care Physical Therapy Plus, in Newark, DE, where he was an athletic trainer and was the Director of Athletic Training Services in a clinical setting.

He is a NATABOC certified athletic trainer, as well as holding additional certifications as a professional rescuer and in first aid.

He resides in Metuchen, NJ with his wife Kristin and daughters Eloise, Claire and Madeleine.



**Paul Grayner, ATC, Assistant Athletic Trainer**

Paul Grayner, who joined the NJIT staff as an assistant athletic trainer late in the 2008 calendar year, has a diverse background in athletic training, having served at the college and professional levels, as well as in a fitness center setting.

A graduate of Saint Leo College in Florida and holder of a master's degree from American University in Washington, DC, Grayner has served as both a head and assistant trainer in the past.

From the mid-1970s to the mid-1980s, he was a trainer in the minor league systems of the New York Yankees and New York Mets from 1977 to 1985 and in 1984 he was assistant trainer with the Mets. He later worked with the Long Island Knights professional basketball team.

At the collegiate level, he was head trainer at Division I Fairleigh Dickinson University in Teaneck, NJ from 1989 to 1998 and he earlier worked as an assistant trainer at Hofstra (1982-85) and Adelphi (1985) on Long Island before joining FDU as an assistant (1986-89).

In addition to his work in athletic training, Grayner is a financial services representative and a life insurance sales representative.

He resides in Dumont, NJ.



**Brittany Vorndran, ATC, Assistant Athletic Trainer**

Brittany Vorndran, who joined the NJIT staff as an assistant athletic trainer in the summer of 2012, earned her bachelor's degree, majoring in athletic training, from Bridgewater (MA) State University in 2010 and was the school's 2008-09



Athletic Training Student of the Year.

She earned her master's in Kinesiology at James Madison University in Harrisonburg, VA, in May 2012.

At James Madison, she worked with the cross country, track and field, tennis and cheerleading teams.

A resident of Millville, NJ, she has worked as a substitute teacher for the Millville Board of Education.



**Melissa Maskery, ATC,  
Assistant Athletic Trainer**

Melissa Maskery, who joined the NJIT staff as an assistant athletic trainer in the summer of 2013, earned her bachelor's degree, majoring in athletic training and minoring in strength and conditioning, from the

University of Delaware in 2011.

She earned her master's in athletic training at Temple University in May 2013.

As a graduate assistant, she worked in Philadelphia with several Division I teams at Drexel University and as an undergraduate, on the medical staff for Delaware's 2010 Division I Football Championship Series (formerly known as Division I-AA) national runner-up.

She has worked as a trainer at numerous summer camps and before coming to NJIT, she earned the 2013 Merit Award for Research in the College of Health Sciences & Social Work and was the recipient of Drexel University Dragon Award for Leadership.

She is married to Mark Mackey.



**Kyle Tuohy, ATC, Assistant  
Athletic Trainer**

Kyle Tuohy, a 2014 summa cum laude graduate of East Stroudsburg (PA) University, joined the NJIT athletic training staff in September 2014.

Tuohy, who will attend graduate school while working

at NJIT, won multiple awards from his alma mater, including the David Caryl Athletic Training Outstanding Student Award in May 2014.

He had varied clinical internship experience starting in the Fall Semester 2012 and continuing through his senior year.

His internships included stints with the East Stroudsburg women's basketball team; Parkland High School and Pen Argyl High School, both in Pennsylvania; the Tennessee Smokies professional baseball team, Class AA minor league affiliate of the Chicago Cubs; and Lafayette College in Easton, PA, where he worked closely with the Leopards football team in season and also worked with athletes from all in-season sports in the Fall Semester.

He holds several profession-related certifications, including from the National Athletic Trainers Association.



**Louis Rizio, MD, Team  
Physician**

Dr. Rizio is a board certified orthopedic surgeon and is fellowship trained in the field of sports medicine. He is a graduate of Rutgers and after earning his medical degree from the UMDNJ/New Jersey Medical School (recently

reorganized and renamed Rutgers Biomedical and Health Sciences), Dr. Rizio completed his orthopaedic residency at Tufts University in Boston.

# Administration

He then completed a sports medicine fellowship at the University of Miami. During his fellowship, he was assistant team physician of the Miami Dolphins, University of Miami Hurricanes, and the Florida Marlins.

Dr. Rizio, who specializes in sports-related injuries, practices at the Sports Medicine and Orthopaedic Center in Livingston, NJ. Prior to starting his own practice, Dr Rizio was the Chief of Sports Medicine at the NJ Medical School from 2000-2005. He currently is a professional, college, and high school team physician.

In 2013, Dr. Rizio was honored by the magazine New Jersey Monthly on its "Jersey Choice Top Doctors" list.

## Strength and Conditioning

There are many ways to make a team better and a vital path to improvement comes with the mantra "bigger, stronger, faster."

It's how teams get better from within by maximizing individual and team performance in competition. The Strength and Conditioning staff also works closely with the Athletic Training Staff in the areas of injury prevention and rehabilitation.

In the summer and fall of 2014, NJIT's Strength and Conditioning took new direction with the appointment of Bobby Fisk as Head Strength and Conditioning Coach and Drew Culp as Fisk's Assistant Coach.



**Bobby Fisk, Head Strength & Conditioning Coach**

Bobby Fisk, who was a basketball player in his own college days and coached the sport after college, comes to NJIT from Xavier University in Cincinnati, where he was assistant coach of strength and conditioning for

the entire Musketeers' program, which competes in the Big East Conference.

Fisk, a native of Schenectady, NY, spent over two years at Hobart and William Smith Colleges in Geneva, NY, where, as head strength and conditioning coach, he worked with successful teams, including women's soccer (William Smith College), which won the 2013 NCAA Division III National Championship; football (Hobart), which advanced to the 2012 Division III national quarterfinals and the regional finals in 2011 and 2013; and basketball, where Hobart reached the second round of the 2012 NCAA Tournament.

Moving to the Division I level with Xavier in 2013-14, Fisk worked with all 16 of the school's teams, with a primary assignment to women's basketball, men's and women's soccer, baseball, and men's and women's tennis.

He is a graduate of the State University of New York College at Oneonta (BS, Business Economics, 2008), Averett University of Danville, VA (MBA, 2010), and California University of Pennsylvania (MS in Exercise Science, Performance Enhancement & Injury Prevention, 2013)

As a student-athlete, Fisk was a men's basketball player at NCAA Division I UMBC in Baltimore for three years before transferring to Oneonta, where he was on the team for two years, serving as captain as a senior and earning All-State University of New York Athletic Conference honorable mention.

As a senior for Oneonta's Red Dragons, he finished 16th in the nation in Division III in 3-point shooting percentage (.441) and 22nd in 3-pointers made per game (3.2) as a senior at Oneonta.

After graduation from Oneonta, he entered coaching while pursuing his master's degree at Averett, serving that program as assistant men's basketball coach (two years) and head strength and conditioning coach (one year).

Having received his master's degree from



Averett in December 2010, he returned home to the Schenectady area and worked April 2011 to July 2011 as assistant strength and conditioning coach at nearby Siena College and with the minor professional basketball Albany Legends (head strength and conditioning coach).

Fisk holds multiple certifications and professional memberships.



### **Drew Culp, Assistant Strength & Conditioning**

NJIT's head strength and conditioning coach Bobby Fisk named Drew Culp to be his assistant coach in September 2014.

Culp, who earned his bachelor's degree from Penn State University in 2010 and his master's degree from

Penn State in 2012, most recently served as a volunteer assistant strength and conditioning coach at nearby Seton Hall prior to accepting his position with NJIT.

At Seton Hall, Culp worked with the school's Big East Conference men's and women's basketball teams, as well as with the men's soccer team.

Between college and coming to New Jersey, Culp worked at Velocity Sports Performance in Irvine, CA. He was a Sports Performance Coach and Assistant Sports Performance Director. Specifically, he was the Head Strength and Conditioning Coach for the El Toro High School football team and also assisted in training National Football League combine athletes. He also offered private training to athletes in a range of sports and age levels.

Drew Culp was a graduate assistant strength and conditioning coach at Penn State, working with the Nittany Lions football team for over a year through preseason 2012 and working with 11 Olympic Sports teams in his final semester.

He holds multiple certifications, including both strength and conditioning and first aid and CPR.

## **Academic Enrichment**



### **Sandra Taylor, Director of The Learning Center**

Sandra Taylor was appointed as Director of The Learning Center in late September 2014 after serving as Interim Director for the previous 16 months.

She joined NJIT in January 2010 as Academic Advisor for Student-

Athletes working in NJIT's Center for Academic and Personal Enrichment (CAPE), which has since been renamed as The Learning Center.

She mentored student-athletes in the areas of academic support, personal development, leadership, and community service. She was instrumental in bringing the Chi Alpha Sigma Honor Society for student-athletes to campus and has been individually certified from the N4A (National Association of Academic Advisors for Athletics) as an academic advisor for student-athletes.

In May 2013, she was elevated to Interim Director of CAPE and presided over its transition to the Learning Center in August of 2014. The Learning Center provides academic support to all students, mentoring and workshops, tutoring in areas outside of math and writing, and testing accommodations for students with disabilities. She has served on NJIT's Strategic Planning, Academic Advising, Retention and Persistence, Customer Service, Student Satisfaction, and Athletic Oversight Committees.

Prior to joining NJIT, Taylor spent 17 years as a key member of the Manhattan College Department of Athletics. She earned both her bachelor's degree in secondary education and her master's degree in special education from Manhattan College and is working on her doctorate in educational leadership at St. Mary's University in Winona, MN.

Working in the athletics department at Manhattan, a founding member of the Metro Atlantic Athletic Conference, Taylor was Associate Director of Athletics and Senior Woman Administrator, having filled those posts from 1996 until joining NJIT in 2010,

# Administration

For much of her time on the Manhattan staff (1995 to 2003), she was Chief Athletic Department Compliance Officer, with responsibility for Manhattan's adherence to NCAA Division I, MAAC and college regulations. She began her service at Manhattan as Athletic Department Ticket Manager, serving in that capacity from 1993 to 2003.

In her time at Manhattan, she served on numerous NCAA, conference and internal college committees, including service on the NCAA Division I Management Council from 2004 to 2007 and as chair of the NCAA Women's Lacrosse Committee from 2002 to 2006.

At the conference level, she chaired the MAAC Women's Basketball Committee from 1997 to 2009 and also served on four other sport committees, as well as on the MAAC Committee on Athletic Administration, with service as vice-chair in 2008-09.

Internally at Manhattan, her assignments included service on the Middle States Review in 2000 and on the NCAA Certification Committee.

Sandra and her husband, Ken, who is Associate Commissioner for Men's Basketball and Baseball at the MAAC, reside in Monroe Township, NJ, with their daughters, Katherine, who was born in May 2004, and Samantha, who was born in July 2009.



**Mike Spisto, Eligibility Certification Officer/Academic Advisor for Athletics**

Mike Spisto moved to administration as NJIT's Eligibility Certification Office/ Academic Adviser for Athletics in the Spring of 2013, working in the Center for Academic and Personal Enrichment (CAPE), now named

The Learning Center.

For the previous five years, he was the top assistant coach on the men's basketball staff, working with head coach Jim Engles in an association that culminated with the Highlanders capturing the 2013

regular season championship of the Great West Conference.

In addition to 14 years college coaching—five at NJIT—he served as Director of Athletics at the State University of New York at Delhi in the two years before he joined Engles' coaching staff with the Highlanders.

He had two stints as head coach at SUNY at Delhi sandwiched around three years as a Division I assistant with Rider and Albany (NY). He began his coaching career with two years as an assistant at his alma mater, Division III SUNY Oneonta.

At Delhi, which is also an alma mater, he was head coach from 1999 to 2001, left to become a Division I assistant and then returned for another two-year stint as head coach from 2004 to 2006 before becoming AD at Delhi.

His head coaching record in four years at SUNY Delhi was 86-31 and both stints included championships and coaching awards. His first Division I coaching assignment came at Rider University in 2001-02, where he worked alongside Jim Engles as an assistant when Rider captured its first-ever Metro Atlantic Athletic Conference regular season championship.

Heading to the University at Albany (NY), he helped recruit the team that would win back-to-back America East Conference championships.

Spisto's coaching career began at Oneonta State following his 1997 graduation. In addition to his bachelor's degree from Oneonta, he earned an associate's degree from SUNY Delhi, as well as an MSS from United States Sports Academy.

He played at both Delhi and Oneonta and was all-region twice at Delhi, where he is the career assists leader. At Oneonta he was captain as a senior after winning an ECAC title his junior year.

Mike and his wife, Katie-Lynn, reside in Staten Island, NY, with their young children: sons Michael (9) and Christopher (6), and daughter Alyssa (2).



# Remembering Joe Caiola



On June 29, 2014, NJIT athletics lost one of its top administrators, Assistant Director of Athletics Joe Caiola, who passed away unexpectedly at the age of 57 in Fort Myers, Florida.

As hard-working and vital a contributor as he was the department's day-to-day operation, more important to the many that knew him was the way Joe touched so many lives with his warm personality and kind spirit.

Born in Newark on February 16, 1957, Joe Caiola earned two degrees from NJIT, a Bachelor of Science, cum laude, with a major in engineering technology in 1980, and a Master of Science in Management in 1984. He previously earned an Associate in Applied Science in 1978 from Brookdale Community College (Lincroft, NJ) in 1978.

While he was an undergraduate at NJIT, Caiola was a two-year member of the men's basketball team. In his final college game on February 29, 1980, Joe exploded for a career-high 40 points against Concordia of New York. In addition to being Joe's personal career-best, that 40-point total is sixth on the all-time list for the Highlanders, who have fielded intercollegiate basketball teams since 1922.

Upon graduation from NJIT, Caiola embarked on a career in marketing and management in technical staff augmentation and contract engineering services. He held that position full-time for over a decade and later began working as a developer of single-family homes.

However, sports remained a passion for Joe and, along with his full-time work, he became a part-time coach in boys basketball in the mid-1990s.

Not long after, he returned to NJIT as an assistant men's basketball coach in 1997 and soon added responsibilities as an Assistant Director of Athletics. Having spent 17 years on the staff at NJIT, he was the longest-tenured employee of the department among administrators and coaches. At the time of his passing, Joe held the title of Assistant Athletics Director for Business, Facilities, and Events Management.

In addition to his work for NJIT, he was active in youth basketball and baseball in Edison, NJ, his hometown for the last 29 years of his life.

An avid bike rider who, on more than one occasion, rode from Edison to Newark and back, a round-trip of nearly 50 miles, Joe also continued to play recreational basketball in his 50s and played every year in the annual NJIT Alumni basketball games, which he helped organize. He played

throughout the most recent alumni game, held in February 2014.

Joe Caiola was a special person, universally well-liked among his NJIT co-workers and his friendliness and his kind spirit were evident almost immediately when he met new people.

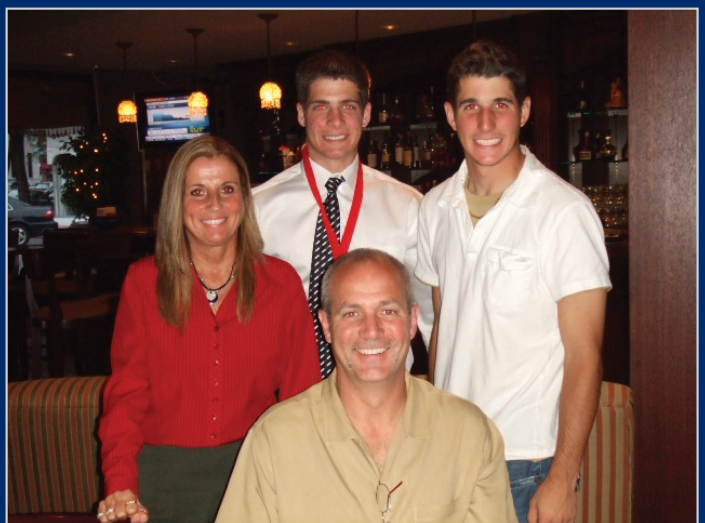
He enthusiastically took on new tasks on the job, no matter how difficult, and he was always the first to help others. Many a co-worker could tell personal stories of how Joe helped them in a time of need.

He worked especially closely with the Highlander baseball program and often traveled to the team's away games. He was the administrator-in-charge at several away Great West Conference baseball tournaments across the country and when NJIT hosted the 2013 Great West Conference Tournament, the last one for the GWC, he was Tournament Director, a post he also held when NJIT hosted previous baseball and soccer championship tournaments. Joe also accompanied other Highlander teams when they traveled to far away tournaments.

He is survived by his wife Carol and their two sons, Joe and Anthony. Both sons followed in their father's path, attending and graduating from NJIT. Joe, the elder of the Caiola brothers earned both bachelor's and master's degrees, while Anthony earned a bachelor's degree and played as member of the Highlanders baseball team for four years, completing his playing career in 2012.

His sons and their accomplishment were a special source of pride and joy for Joe. If you knew Joe well enough to speak to him regularly, you would hear news about all that his boys were doing as their lives progressed from high school all the way through college and entering the job market.

Joe is also survived by his parents, Nicholas and Filomena, and by his brother, Nicholas, Jr., in addition to numerous in-laws, nieces, nephews and cousins.



# Athletic Administration & Coaching Staff

## SENIOR ADMINISTRATION

Lenny Kaplan	Director of Athletics
Andrew Schwartz	Senior Associate Athletic Director
Alexis Schug	Associate Athletic Director/ Senior Women Administrator
Jayson Smikle	Assistant Athletic Director for Compliance
Tim Camp	Assistant Athletic Director for Sports Information
Mike Siegel	Faculty Athletic Representative
Brian Callahan	Senior Women Administrator Assistant Director of Physical Education

## ACADEMIC SUPPORT

Sandra Taylor	Director of The Learning Center; Academic Advisor
Mike Spisto	Athletics Eligibility Certification Officer/Academic Advisor for Athletics

## ATHLETIC TRAINING

Matt Koscs	Head Athletic Trainer
Paul Grayner	Assistant Athletic Trainer
Brittany Vorndran	Assistant Athletic Trainer
Melissa Mackey	Assistant Athletic Trainer
Kyle Tuohy	Assistant Athletic Trainer
Dr. Louis Rizio	Team Physician

## COMPLIANCE

Alexis Schug	Associate Athletic Director/ Senior Women Administrator
Jayson Smikle	Assistant Athletic Director for Compliance
Raquel Green	Compliance Coordinator

## DEVELOPMENT

Tim Paul	Assistant Development Director for Intercollegiate Athletics/Newark College of Engineering
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## FLEISHER ATHLETIC CENTER

Shannon Abraham	Operations Manager
Jonathan Walker	Front Desk
Danielle Dundas	Receptionist

## SPORTS INFORMATION

Tim Camp	Assistant Athletic Director for Sports Information
Stephanie Pillari	Assistant Sports Information Director
Courtney Caden	Assistant Sports Information Director

## STRENGTH AND CONDITIONING

Bobby Fisk	Head Strength and Conditioning Coach
Drew Culp	Assistant Strength and Conditioning Coach

## COACHING STAFF DIRECTORY

### BASEBALL

Brian Guiliana	Head Coach
Robbie McClellan	Assistant Coach
Grant Neary	Assistant Coach

### MEN'S BASKETBALL

Jim Engles	Head Coach
Brian Kennedy	Assistant Coach
Jesse Agel	Assistant Coach
Dino Presley	Assistant Coach
Jared Czech	Director of Basketball Operations

### WOMEN'S BASKETBALL

Steve Lanpher	Head Coach
Mark McCaleb	Assistant Coach
LaKea Jones	Assistant Coach
Epiphany Smith	Assistant Coach

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

Al Alonso	Head Coach
John Crawford	Assistant Coach

### MEN'S AND WOMEN'S FENCING

Yefim Litvan	Head Coach
Jason Henderson	Assistant Coach
Henry Kennard	Assistant Coach
Danielle Henderson	Assistant Coach

### MEN'S LACROSSE

Travis Johnson	Head Coach
Brad Conlon	Assistant Coach
Brian Tironi	Assistant Coach
Jay Card	Assistant Coach

### MEN'S SOCCER

Didier Orellana	Head Coach
David Janezic	Assistant Coach
Evan Brandsdorfer	Assistant Coach
Chris Condon	Volunteer Assistant

### WOMEN'S SOCCER

Mandi Ridsen	Head Coach
Scott Waddell	Assistant Coach
Tim Verschuren	Volunteer Coach

### MEN'S SWIMMING & DIVING

Michael Lawson	Head Coach
Mark Albright	Assistant Coach
Shawn Bryan	Assistant Coach
Anthony Cacella	Volunteer Diving Coach

### MEN'S AND WOMEN'S TENNIS

Ira Miller	Head Coach
Livia Gherman	Assistant Coach

### MEN'S AND WOMEN'S TRACK AND FIELD (INDOOR & OUTDOOR)

Al Alonso	Head Coach
John Crawford	Assistant Coach
Robert Willmott	Volunteer Coach

### MEN'S VOLLEYBALL

Danny Goncalves	Head Coach
Brennon Dyer	Assistant Coach

### WOMEN'S VOLLEYBALL

Pete Volkert	Head Coach
Ariel Scott	Assistant Coach
Anthony Valbrun	Assistant Coach
Alicja Pawelec	Volunteer Coach



# NJIT & NCAA Division I



*Jason Chippy*

**Beginning on September 1, 2009, the entire NJIT athletics program officially gained across-the-board active membership in NCAA Division I, completing a process that began officially in 2003.**

**NJIT, its teams and student-athletes enjoy the full benefits of Division I membership, including eligibility for Division I postseason championship competition and the inclusion of the Highlanders among the national Division I leaders in statistics maintained by the NCAA.**

Within months of NJIT's active Division I membership, the school won its first national Division I statistical championships, as women's volleyball players Sabrina Baby led the nation in digs per set and her teammates captured the team crown for digs, as well.

The NCAA's decision to make NJIT a full member of Division I completed a specific timetable that required NJIT and its Department of Athletics to meet a series of annual benchmarks before proceeding to the next step in the process.

NJIT, which competed in NCAA Division II beginning in 1997-98 and in NCAA Division III for more than two decades before that, made its first formal move toward Division I reclassification with men's soccer paving the way in 2003. That move grew out of November 2002 meetings among then-President Robert A. Altenkirch, then Vice President Joel Bloom (who would later succeed Altenkirch as NJIT's President) and Director of Athletics Lenny Kaplan. From there came a proposal for Dr. Altenkirch to the Board of Trustees, which unanimously approved in February 2003 a plan to reclassify men's soccer to Division I. Little more than two years later, the NCAA approved NJIT's proposal to begin advancing its entire program to Division I.

Men's soccer achieved active Division I status in 2005 and NJIT women's soccer became postseason-eligible in 2007. The remaining programs also began reclassifying in 2005, with active status taking longer for an entire athletics

# NJIT & NCAA Division I



*Alexis Caufield*

program than under the single-sport- per-gender track used for the two soccer programs.

In 2005-06 the lion's share of the competition for all but the men's soccer program came at the Division II level. In 2006-07, 2007-08, and 2008-09, NJIT's teams competed at the Division I level and fully complied with NCAA Division I rules, but were not eligible for championships at the top level.

Every facet of the program has been enhanced in the move to Division I with a special emphasis placed on student-athlete welfare. Facility upgrades have gone along with sports medicine staff expansion, a strength and conditioning program, and academic enrichment.

NJIT has built a model NCAA Division I rules compliance regimen within its athletics program and across the entire university.

Further, the Board of Trustees embraced the transition to Division I as part of the University's strategic plan to enhance the quality of campus life for all students as NJIT makes the transition to being a residential university.

NJIT's teams have competed throughout the United States, taking on opponents from schools that are instantly recognizable for their stature in academics and athletics.

NJIT student-athletes have faced opponents every Ivy League institution, as well as the Patriot League, including Army and Navy, Buckell, Lafayette, and Lehigh.

The Highlanders have also competed against teams from every Division I conference with teams either in the Northeast or Mid-Atlantic States, including the America East, American Athletic, Atlantic 10, Big East, Colonial Athletic Association, Metro Atlantic Athletic, Mid-Eastern Athletic, and Northeast.

The eighth New Jersey-based institution in Division I, NJIT has competed against all seven of its home state peers, including Rutgers and Seton Hall.

In addition, Highlander teams have taken on squads from power conferences such



as the ACC, Big Ten, Big 12, and Pac-12.

Two high-profile opponents, Maryland in men's soccer in 2005 and Penn State in men's volleyball in 2008, won national championships following the same regular seasons in which they faced NJIT.

NJIT joined its first Division I conference in 2009-10 when the Great West became an all-sports conference and women's tennis captured back-to-back league titles in 2011 and 2012. In 2012-13, the final year of the GWC, NJIT men's basketball was regular season champion and NJIT women's basketball was GWC Tournament champion.

Moving on from the Great West, NJIT women's tennis joined the America East Conference in 2013-14 and finished as conference runner-up in 2014, the Highlanders' first try at the AEC title. NJIT men's soccer began play as a member of the Sun Belt Conference in 2014, with the Sun Belt champion earning an automatic qualifying berth in the Division I College Cup field.

Also in 2013-14, NJIT men's swimming became one of three new members in the Coastal Collegiate Swimming Association (CCSA), a 15-member Division I association.



*Blake Brancato*

# Athletics Facilities

**The New Jersey Institute of Technology teams play home games and practice in a combination of facilities on campus and off.**

**The on-campus facilities include Lubetkin Field at Mal Simon Stadium for outdoor sports and the Estelle and Zoom Fleisher Athletic Center for indoor sports. In addition, NJIT in 2011 opened is the Naimoli Family Athletic and Recreational Facility, a multi-purpose indoor facility on the site of the former outdoor tennis courts.**

**Off-campus venues include Bears and Eagles Riverfront Stadium, a professional minor league stadium that is the home of NJIT baseball; the Prudential Center, home of the NHL Devils and NBA Nets, which has hosted selected NJIT basketball games; and, Branch Brook Park in Newark and Van Cortlandt Park in the Bronx, home sites for NJIT cross country. All except for Van Cortlandt Park are less than two miles from the NJIT campus.**

## Lubetkin Field at Mal Simon Stadium

The men's and women's soccer teams play their home games and practice on campus at Lubetkin Field at Mal Simon Stadium, a first-class venue for college soccer.

The field on the west end of NJIT's University Heights campus is an all-weather facility, with 24/7 availability for competition or practice. Outfitted with SprinTurf artificial grass in the summer of 2004, Lubetkin Field at Mal Simon Stadium also includes lighting for night contests, bleacher seating for more than 1,200 spectators, a press box and scoreboard.

The fully-enclosed facility, with its entrance a few feet opposite the entrance of the indoor Estelle and Zoom Fleisher Athletic Center, can take its place alongside any college soccer facility in the Northeast.

The home of Highlanders soccer served as the host site for the first-ever Great West Conference women's soccer championship tournament in November 2009. Previously, NJIT hosted the three-day 2005 ECAC Division II women's soccer championship tournament.

In the fall of 2005, when the Northeast was hit with record rainfall, games went on without a hitch at Lubetkin Field, thanks to the quality of the surface. Indeed, with the rain disrupting schedules around the region, some crucial Big East contests involving Seton Hall were moved to NJIT's home field. Those games, too, went off without a hitch.



*Lubetkin Field at Mal Simon Stadium*



## Estelle and Zoom Fleisher Athletic Center

The NJIT men's and women's basketball teams and men's and women's volleyball teams play their home games in the Fleisher Athletic Center gymnasium, while the swimming and diving team competes and practices in building's pool. The Fleisher Center also houses intercollegiate fencing, as well as all athletic department offices, varsity and general weight and fitness rooms, and the athletic training room.

In the summer of 2006, the gym underwent renovation to include installation of a new floor and baskets, new lighting, new sound system and new scoreboards, along with entirely new seating for approximately 1,500 spectators after the first phase of renovation. The back bay 'C gym' can be sectioned off from the main competition floor, making the facility useful for intramurals, physical education classes and campus recreation time, while being able to host multiple simultaneous events.

A six-lane swimming pool in Fleisher Athletic Center is home to the NJIT swimming team. Fencing has its own area on the second floor of the building.

In addition to all athletic department offices, the Fleisher Athletic Center also houses the sports medicine staff in the Athletic Training Room and the varsity weight room, supervised by the head strength and condition coach. The building's third floor is home to a fitness center, which is open for use by all students and staff.



# Athletics Facilities

## The Naimoli Family Athletic & Recreation Facility

Opened in 2011, the facility is approximately 25,600 square feet. The Naimoli Family Center will be a multi-purpose space for athletics, community recreation, and gatherings involving large numbers of people.

Built on top of the old outdoor tennis courts adjoining the Fleisher Athletic Center, construction of this new building has been made possible, in part, by a generous gift from Vincent Naimoli '62, Chairman and CEO of Anchor Industries International and Chairman Emeritus/Founder of the Tampa Bay Rays major league baseball team.

The facility houses courts for tennis and is available for other athletic and recreational activities, including practice for basketball and volleyball. It is heated and air conditioned, with flooring appropriate for the intended athletics and recreational activities.

Its indoor tennis courts offer vital year round practice and playing opportunities for NJIT's intercollegiate tennis teams, which have been consistently successful in the transition to Division I. In 2011, the women's tennis team became NJIT's first conference championship team in the Division I era.



*The Naimoli Family Athletic & Recreation Facility*

## Branch Brook Park and Van Cortlandt Park

A hallmark of the NJIT cross country program under veteran coach Al Alonso is its ability to host cross country competition that have made Highlander-sponsored races a popular destination for schools from throughout the New York/New Jersey area.

In 2009, NJIT hosted the Great West Conference championships at Van Cortlandt Park in the Bronx, and the course, which is home to some of the most prestigious events in the sport, is also the home venue for other annual NJIT-hosted races. Branch Brook Park, which is a public park of Essex County, reaches into several towns, including Newark, with the park entrance less than a mile from the NJIT campus.



*NJIT Athletics Weight Room at Estelle and Zoom Fleisher Athletic Center*

## Track Facilities

The NJIT men's and women's indoor track & field team trains at the Jersey City Armory which is home to a 6-lane indoor 200m track while the outdoor track & field team trains at the Nat Turner Park 6-lane outdoor 400m track.





## Prudential Center

In October 2007, the Prudential Center ushered in a new era in sports and entertainment in Newark and the entire northern New Jersey area.

Prudential Center is the cornerstone in the revitalization and renaissance of downtown Newark. In addition to the arena, Newark will soon add scores of condominiums, restaurants, themed bars and mixed retail establishments. Prudential Center, one of the finest arenas in the country, is New Jersey's home for hockey, basketball, concerts and numerous other events.

A public/private partnership between the City of Newark and Devils Arena Entertainment made the \$375 million Prudential Center a reality that is changing the face of downtown Newark and making it a destination place for sports and live entertainment in the region.

"The Rock" is located about a mile from NJIT's University Heights campus and is known best as the home of the National Hockey League New Jersey Devils and the former home of the National Basketball Association New Jersey Nets.

The arrival of the spectacular Prudential Center nearly coincided with NJIT's arrival as an NCAA Division I institution--the first in Newark and the newest in New Jersey in more than 20 years. The Rock opened one year after NJIT began Division I competition as part of its NCAA reclassification which is now complete.

In the arena's inaugural year, NJIT played host to six basketball games on four dates, including four men's basketball games and two women's games. Included was the first women's basketball game in the building's history, when the Highlanders entertained Cornell on January 15, 2008.

The Highlanders hosted additional basketball games in subsequent years and have played there each year of the building's existence. Further, NJIT's club ice hockey team plays all of its home games

in the full-size Devils practice rink facility (AmeriHealth Pavilion), which adjoins the main arena and has an 800-seat capacity. And one of the special events held in the main arena is NJIT's annual commencement.



# Athletics Facilities

## Bears and Eagles Riverfront Stadium: Home of the NJIT Highlanders

Joe Torre, then the manager of the New York Yankees, visited New Jersey Institute of Technology on December 8, 2005 to herald a new partnership between NJIT's baseball team, the Highlanders, and Newark professional baseball.

Torre was on hand as the Highlanders signed a 10-year contract to play their home games at Bears & Eagles Riverfront Stadium in Newark.

"I think this partnership is nothing but aces," Torre said during a press conference at NJIT. "It's a partnership between two class organizations that will make for nothing but a lot of fun for everyone."

For the previous two years, the Highlanders played their home games at the stadium. But the team's longer-term commitment to play at the stadium came as NJIT elevated its baseball program to Division I.

"NJIT is bringing Division I baseball to this great stadium," said NJIT President Robert A. Altenkirch, "which will generate the highest level of

excitement. It's a great partnership that allows NJIT to play intercollegiate baseball in a great facility, maybe the best for college baseball in the country."

Bears and Eagles Riverfront Stadium, the \$30 million state-of-the-art home of professional baseball in Newark, officially opened to the public on July 16, 1999.

With a seating capacity of 6,200 Bears and Eagles Riverfront Stadium affords everyone in attendance an up-close view of the action. The ballpark also has 20 luxury suites, a picnic area, a party deck, a concert stage situated behind the outfield wall and a major league-caliber press box featuring two radio booths and two television booths.

The name, Bears and Eagles Riverfront Stadium, honors Newark's rich baseball history. The original Bears were a farm team for the New York Yankees up until 1949 and the Eagles were a very successful Negro League team that played in Newark until 1950.

*Bears and Eagles Riverfront Stadium*



# About Newark



## Newark: The Renaissance City

NJIT is located in the heart of New Jersey's largest city, Newark, with a population of over 300,000, making it the 65th-largest city in the United States. A major urban center, Newark is a city on the move.

Attractions in Newark include:

- The Prudential Center, a major indoor entertainment and sports venue housing New Jersey Devils hockey and major concerts and other premier events
- New Jersey Performing Arts Center
- The Newark Museum
- The Newark Public Library
- Symphony Hall
- Branch Brook Park
- Art galleries, restaurants, shopping
- The Ironbound neighborhood, renowned for its dining and vibrant nightlife
- An urban architectural laboratory



## Newark: New Jersey's College Town

Some 30,000 undergraduate, graduate, and professional students attend classes in the University Heights section, which is home to NJIT, Rutgers-Newark, Rutgers Biomedical and Health Services, and Essex County College.

Adjacent to NJIT to the east, is the Newark campus of Rutgers University and the two schools enjoy an exceptionally close and productive relationship. NJIT and Rutgers students have library privileges at both campuses. NJIT students may also enrich their educational experience by enrolling in Rutgers-Newark courses and in full degree programs in disciplines not offered by NJIT, such as art, music, geology, and psychology.

Each year, the two universities co-sponsor a common season of theatrical productions, as well as 'World Week', a joint program of honors colloquia, and a variety of other cultural and social activities.

NJIT also enjoys a cooperative relationship with its neighbor to the west in the University Heights area, UMDNJ, with several joint degree programs.



## New Jersey/New York Metropolitan Region

NJIT and Newark are a part of a region that is a magnet not only to the rest of the United States, but also to the world.

In Newark and neighboring northern New Jersey alone, attractions such as the Prudential Center, New Jersey Performing Arts Center, Meadowlands Sports Complex, Red Bull Arena, Liberty Science Center, and numerous others are minutes away by car and in most cases accessible by public transportation. Literally dozens of shopping malls are within a 20-minute drive of Newark, as well.

Midtown Manhattan, with all that it and the rest of New York City offer, is less than 15 miles from the NJIT campus.

NJIT students have regular access to discount tickets for Broadway shows, museums, concerts, and sporting events.

The school also sponsors weekend trips throughout the northeastern United States, with activities such as skiing, boating, swimming, hiking, and more.

The spectacular Jersey shore is less than an hour away by car and winter sports are within a couple of hours drive to the west and north.



# Sports & Entertainment Around Newark

**NJIT, with its campus in Newark, NJ, sits in a region that abounds with major professional sports unlike any other in the United States and perhaps in the world. There are nine teams in the major professional leagues (MLB, NFL, NBA, and NHL) located in New York City, northern New Jersey and Long Island.**

**Only one of nine major teams is more than 25 miles from Newark, but most, including MetLife Stadium (Giants and Jets NFL football), Madison Square Garden (NBA Knicks, NHL Rangers), are much closer.**

**The three closest professional sports venues (listed below) are within three miles of NJIT's campus and can be accessed in a matter of minutes at low cost by public transportation, beginning with Newark Light Rail, from campus.**

## Prudential Center

The home of the National Hockey League New Jersey Devils is in downtown Newark at the corner of Mulberry and Edison streets, about one mile from the NJIT's University Heights campus.

Opened in October 2007, 'The Rock' is the centerpiece of the city's Downtown Core Redevelopment Project. In addition to NHL hockey, it has hosted numerous entertainment and sporting events, including NJIT basketball.

NJIT played basketball in the Rock in the inaugural year and in each year since. Indeed, NJIT hosted the first women's basketball game ever played in the Prudential Center on January 15, 2008 (NJIT vs. Cornell).

The arena, with full-capacity seating for 18,500 spectators, features a 4,800 square-foot exterior LED screen, as well as the latest in ice-surface technology and a gourmet restaurant overlooking the ice for Devils games. The building contains 850,000 square feet of space, 9,000 tons of steel, eight million pounds of structural steel and 25,000 cubic yards of concrete.





# Sports & Entertainment Around Newark



## Red Bull Arena

Located in Harrison, NJ, just across the Passaic River from Newark and less than three miles from the NJIT campus, the new home of the New York Red Bulls (opened in March 2010) sets the standard for soccer venues across North America.

The state-of-the-art soccer-specific facility is a major component of a multi-billion dollar development.

Red Bull Arena has a number of key design elements which give its seating bowl a close-to-the-action feeling and the unique stadium roof design extends from its leading edge over the entire seating bowl and then curve down to the concourse.

The overall seating capacity for soccer is 25,000, including 30 luxury suites (20 lower level and 10 upper level) and 1,116 club seats. Other amenities include three stadium clubs and two retail outlets.



## Bears and Eagles Riverfront Stadium

Bears and Eagles Riverfront Stadium, the \$30 million state-of-the-art home of professional baseball and, since 2004, the home of NJIT Highlanders baseball, officially opened to the public on July 16, 1999. With a seating capacity of 6,200, "The Den" affords fans an up-close view of the action. The ballpark also has 20 luxury suites, a picnic area, a party deck, a concert stage situated behind the outfield wall and a major league-caliber press box.

In December 2005, NJIT and the Bears held a joint press conference to herald a new partnership that includes a 10-year deal that extends Bears and Eagles Riverfront Stadium as the home of NJIT Highlanders baseball.

## Head Coach Al Alonso



When NJIT revived its men's cross-country program and added a women's team for the first time ever, Adalberto M. Alonso, P.E., was the ideal candidate to coach both programs.

Alonso spent the last 19 years as the head men's coach at Stevens Institute of Technology, and was the only coach in

the 11-year history of the Ducks' women's program. He was the youngest head coach at Stevens and among the youngest collegiate coaches in the nation. Stevens'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.

Alonso was named Independent Athletic Conference Coach of the Year in 1993, 1995 and 1996, and has produced 34 all-conference runners. He was also the head men and women's track and field coach at Stevens for the last six years.

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

Alonso was recognized for his athletic accomplishments as a student and coach by being inducted into the Stevens Athletics Hall of Fame in 2006.

Coach Alonso enters his fourth year at the helm of the Highlanders. In just 3 years, the cross country team had climbed to the top of the 12-member CACC conference including CACC MVP and Newcomer awards. So far, the

men and women teams have combined to break 33 cross country school records, 5 CACC All Conference, 3 CACC All Academic, 1 individual and team NCAA All Academic, and culminating with our first ECAC All East recipient, Umar Saeed.

Community service has always been close to coach Alonso's heart. Athletes should be role models and therefore should be involved in community service projects. In the last 3 years, NJIT cross country and track athletes have been involved in no less than 8 projects. The highlight came in the spring of 2006 when the team organized their first "24 hour Make-A-Wish" relay to raise funds towards the CACC Conference foundation goal. This single event raised more funds than any of the other 11 Universities in the conference. Coach Alonso believes that the combination of academics and athletics are instrumental for success in the corporate world. The team members are assigned duties within the program, which allow them to develop leadership/management skills that will serve as a foundation for future development.

In his first year at NJIT coaching cross country, coach Alonso started a self funded track & field club team coached by volunteers. Although the Athletic department did not foresee adding any new varsity teams in the near future (and if they did, other sports would be given priority over track & field since there was no facilities available), coach Alonso felt that if he developed a turnkey operation and an opportunity arose, the program could quickly move to the top of the list. He quickly put to work his vast meet management/fundraising skills and hosted no less than 3 cross country meets and 2 track & field invitationals (even though NJIT did not even have their own facilities). Today, this is a different story with NJIT's new synthetic turf field with a jogging track around the outside (and coach Alonso's "make a track" tool for the outdoor 200m turf oval on the inside). NJIT will also benefit from the new Mondo outdoor track & field complex at West Side Park less than a 2 mile jog from campus as well as the use

## Assistant Coach John Crawford

of the newly Mondo resurfaced Jersey City Armory indoor track complex. With NJIT's move to Division 1, new sports had to be added. Varsity Indoor and Outdoor Track & Field for men and women became the first 4 sports to be added and they did not have to look far for a new Head Track & Field coach either.

Alonso earned a bachelor of engineering degree in electrical engineering from Stevens in 1983, MS in Computer Science in 1985 (Stevens) and an MBA from Fairleigh Dickinson University in 1988. He is member of Tau Beta Pi honor society as well as a licensed professional engineer in the state of New Jersey and has Level-2 coaching certifications from United States of America Track & Field (USATF). As a Senior Principal Engineer with Kearfott Guidance & Navigation Corporation (A world-class developer and quality producer of precision state-of-the-art navigation & guidance systems), Alonso has worked on sophisticated electronic projects for the NASA Space Shuttle, B1-B, B2, Centaur/Titan, Trident and other Space/Air/Land/Sea military programs. He resides in West New York, New Jersey.



John Crawford joined the NJIT Cross Country and Track and Field coaching staff for the 2012-13 season after eight seasons as the head coach of the Stevens Men's and Women's Cross Country and Track Programs.

During his stint at Stevens, Crawford has coached numerous All-Conference, All-ECAC and Academic All-Americans (men and women).

Since arriving in Hoboken in 2004, a majority of the school's Track and Field records have been smashed by members of Crawford's teams.

Crawford also coached 18 NCAA qualifiers, two All-Americans and one National Champion (in the women's 400 hurdles). He coached the 2008 Male ECAC/IC4A Athlete of the Year (from all sports and divisions) and most recently the 2011 NCAA Woman of the Year (from all sports and divisions) – the highest individual award given by the NCAA.

Prior to Stevens, Crawford coached at SUNY Cortland from 2002-04. In his first season there, he led the Red Dragons' cross country team to their best finish in five years, while the women's squad were ranked 17th in the nation at the NCAA Division III Championships.

During the indoor track season, the men's team finished second in the State University of New York Athletic Conference and No. 29 at the ECAC Indoor Championships.

Crawford, a two-time SUNYAC Coach of the Year, led SUNY Cortland to its first-ever indoor and outdoor track and field championship. In addition, Crawford helped produce 31 NCAA qualifiers, four All-Americans, and one national champion while placing 18th at the NCAA Outdoor Championships.

Before going to Cortland, Crawford spent three years working as a collegiate assistant track and field coach at the Virginia Military Institute in Lexington, Va. During his tenure at VMI, Crawford helped the men's team to two Southern Conference championships in 2000 and 2001. He also coached the league title-holders in the 800, 5,000 and 10,000-meter events.

In 1992, Crawford took a position as the first varsity cross country coach at Seattle University and within three years, the program produced its first All-American. Under Crawford's tutelage, the women's team earned 12th and 13th-place finishes at the NAIA National Cross Country Championships in 1994 and 1996, respectively.

Crawford holds five USATF Level II coaching certifications (endurance, jumps, multi-events, sprint/hurdle and throws). He also owns a USATF Level I instructor certification and USA Weight-Lifting Club Coach Level I certification.



## 2014-15 Rosters

## MEN'S ROSTER

NAME	YR.	HT.	EVENT	HOMETOWN/HIGH SCHOOL
Emmanuel Agyen	So.	5-4	S	South Brunswick / Monmouth Junction, NJ
Nathaniel Bailey II	Jr.	6-1	XC/S	Bloomfield, NJ / Bloomfield
Kwadwo Banahene	So.	5-9	S	Hackensack, NJ
Joe Boyles	So.	5-9	MD	Brick, NJ / Mates
Blake Brancato	So.	6-2	XC/D	Rutherford, NJ / Rutherford
Jason Chippy	Sr.	5-11	S	Brooklyn, NY / George Westinghouse
Theodore Conover	So.	5-9	XC/MD	Rumson, NJ / Rumson
Danny Cordeiro	Fr.	5-11		North Arlington, NJ / North Arlington
Raj Das	Jr.	6-3	TH	Old Bridge, NJ / Old Bridge
Timothy Daudelin	Jr.	5-7	XC/D	Hackettstown, NJ
Royce DeLeon	So.	5-9	HH/J	Clifton, NJ / Clifton
Zakaria Fouad	So.	5-6	XC/D	Clifton, NJ / Passaic County Technical Institute
Patrick Gavin	So.	6-4	J/D	West Caldwell, NJ / James Caldwell
Norman Hamilton	Jr.	5-10	XC/D	Ewing, NJ / Ewing
Lucas Lamb	Sr.	6-1	XC/D	West Milford, NJ / West Milford
Julian Lenartowicz	Fr.	6-1	XC	Metuchen, NJ / Metuchen
Michael Martins	Jr.	5-6	XC/D	Newark, NJ / East Side
Erick McNamara	Fr.	6-2	J	Pompton Lakes, NJ / Pompton Lakes
Liam McSpirtt	Fr.	6-0	XC	East Brunswick, NJ / East Brunswick
Justin Newkirk	Fr.	6-2	XC	Bridgeton, NJ / Cumberland Regional
Joshua Olayinka	Fr.	6-1	XC	Freehold, NJ / Freehold
Alex Ortega	Fr.	5-11	XC	North Bergen, NJ / North Bergen
Michael Parada	Jr.	5-11	H	Scotch Plains, NJ / Scotch Plains
Trentino Pezzano	So.	5-9	TH	Hopatcong, NJ
Jason Poppe	Jr.	5-11	D	Jackson, NJ / Jackson Memorial
John Porteous	Sr.	5-11	S/J	Wood-Ridge, NJ / Wood-Ridge
Eric Prebor	Gr.	5-6	S	Rockaway, NJ / Morris Hills
Kevin Ratigan	Jr.	5-6	XC/D	Jersey City, NJ / McNair Academic
Scott Rizzo	Gr.	5-11	D	Staten Island, NY / Staten Island Technical
David Singer	Fr.	5-10		Basking Ridge, NJ / Ridge
Gursimran Singh	So.	5-10	XC	Belleville, NJ / Belleville
Pritinder Singh	Fr.	6-3	J	Parlin, NJ / Matawan
Arthur Smith	So.	5-10	XC/MD	Howell, NJ / Howell

## WOMEN'S ROSTER

NAME	YR.	HT.	EVENT	HOMETOWN/HIGH SCHOOL
Basma Abukuaik	Fr.	6-2	XC	West Caldwell, NJ / Al-Ghazaly
Esther Alfaro	Sr.	5-6	XC/S	Kearny, NJ / Kearny
Alexandra Arnold	Sr.	5-5	XC/D/J	Rutherford, NJ / Rutherford
Cristina De Cristofaro	So.	5-3	XC/S/J	Clark, NJ / Union County Academy for Performing Arts
Kimberly DeLuca	Fr.	5-4	XC	Tinton Falls, NJ / Mount Saint Dominic Academy
Aya Elsekhely	Gr.	5-11	MD	Clark, NJ / Arthur L. Johnson
Maryam Haque	Sr.	5-2	XC/D	Edison, NJ / J.P. Stevens
Tiaja Harley	Fr.	5-3	XC	Bloomfield, NJ / North Star Academy (Newark, NJ)
Mary Henshaw	Fr.	5-8	XC	Longmeadow, MA / Longmeadow
Kelli Hesse	So.	5-5	XC/H/J	Lincoln Park, NJ / Boonton
Katy Nyby	Fr.	5-5	XC	Hopewell, NJ / Hopewell Valley Central
Whitney Randolph	Fr.	5-0	XC	South Plainfield, NJ / South Plainfield
Trish Roche	Fr.	5-5	XC	Middletown, NJ / Middletown North
Alison Schroeder	Jr.	5-8	S	Hackettstown, NJ / Mount Olive
Delaney Silvestri	Fr.	5-4	XC	Westerly, RI / Chariho Regional
Kayleigh Stark	Fr.	5-9	XC	Egg Harbor Township, NJ / Ocean City High

# Program History

## SPRING TRACK & FIELD RECORDS VARSITY – MEN

EVENT	RECORD	NAME/CLASS	DATE	LOCATION
110m HH	14.68	John Porteous	4-5-14	Ramapo
100m	10.68	John Porteous	3-21-14	Charlotte, NC
200m	21.05	John Porteous	4-5-14	Ramapo
400m	47.45	John Porteous	4-12-14	Rider
400IH	51.67	John Porteous	5-11-14	Princeton
800m	1:55.97	Michael Gurlacz	5/13/10	GW, SD
1500m	4:01.70	Dan Rondon	5-2-14	Vassar
3000m	8:50.12	Scott Rizzo	3-21-14	Charlotte, NC
2000m SC	6:43.97	Michael Martins	3-21-14	Charlotte, NC
3000m SC	9:53.15	William Brancato	5-2-14	Vassar
3000m RW	21:06.5	Doug Colaizzo	4/18/09	CTC
5000m	14:47.61	Christian Baumbach	4/23/09	PENN Relays
10000m	30:58.15	Christian Baumbach	5/13/10	GW, SD
Shot Put	15.41	Josh-Erik Dolisca	4/25/10	Yale
Discus	40.88	Josh-Erik Dolisca	4/2/11	Wagner
Javelin	59.00	Josh Ugwueri	5/12/12	GW, TX
Hammer	52.03	Josh-Erik Dolisca	5/12/11	GW, Utah
High Jump	1.90	Xavier Lee	4-10-10	EDU
		Jason Poppe	5-2-14	Vassar
Long Jump	6.93	John Porteous	5-5-13	GW, TX
Triple Jump	13.57	Jason Poppe	3-21-14	Charlotte, NC
Pole Vault	4.10	Steve Schreyer	4-12-08	MERCHANT
Decathlon	4981	Jason Poppe	5-2-14	Vassar
Shuttle Hurdles				
4X100m	41.06	Agyen, Porteous, Chippy, Morgan	5-10-14	Princeton
4X200m	1:55.58	Lavache, Lee, Lanao, Rosado	4/30/05	BCC
4X400m	3:21.09	Morgan, Conover, Hamilton, Porteous	5-3-14	Princeton
4X800m	8:08.86	Thomas, Brown, Mendez, Rondon	4-20-13	CTC
4X1600m				
Sprint Medley	3:38.44	Morgan, Porteous, Akins, Thomas	3/24/12	Monmouth
Distance Medley	12:14.78	Magnifico, Garbie, Pennyfeather, Kloc	4/30/05	BCC
2X Shot Put	19.08m	M. Lavache '06, A. Lanao '06	4/30/05	BCC
2X Javelin	76.46m	D. Tran '08, A. Lanao '06	4/30/05	BCC
2X High Jump	3.19m	M. Magnifico, J. Rosado	4/30/05	BCC
2X Long Jump	10.07m	M. Magnifico, J. Rosado	4/30/05	BCC
2X Triple Jump	22.49m	M. Magnifico, J. Rosado	4/30/05	BCC
Mile	4:40.07	Umar Saeed	4/12/08	MERCHANT



## SPRING TRACK & FIELD RECORDS VARSITY – WOMEN

EVENT	RECORD	NAME/CLASS	DATE	LOCATION
100m LH	15.29	Esther Alfaro	4-19-14	CTC
100m	12.76	Kelsey Jackson	4/9/11	EDU
200m	25.49	Kelsey Jackson	5/1/11	Yale
400m	57.72	Kelsey Jackson	5/1/11	Yale
400IH	66.27	Esther Alfaro	5-4-13	GW, TX
800m	2:21.14	Anna Jezewska	5-5-13	GW, TX
1500m	4:48.74	Megan Higgins	4/9/11	EDU
Mile	5:46.90	Amanda Hefferan	4/12/08	MERCHANT
3000m	10:48.19	Ewelina Marut	5/1/11	Yale
3000m SC	11:50.17	Amanda Hefferan	4/27/09	Yale
3000m RW	26:25.7	Daisy Gallegos	4/19/08	De Sales
5000m	17:57.07	Ewelina Marut	5/12/12	GW, TX
10000m	38:29.71	Ewelina Marut	5/12/12	GW, TX
Shot put	12.59	Ettime Ebewo '07	4/30/06	YALE
Discus	31.36	Gabrielle Whalen	4-19-14	CTC
Javelin	26.55	Lauren Dupuis	5/12/12	GW, TX
Hammer	38.08	Breanna Gunnarson	4-19-14	CTC
High Jump	1.6	Kelsey Jackson	5-4-13	GW, TX
Long Jump	5.22	Cristina DeCristofaro	4-5-14	Ramapo
Triple Jump	10.57	Victoria Creque-Steele	4/7/12	Wagner
	10.57	Kelly Smith	4/29/12	Yale
Pole Vault	9'-0"	Nicole Vazquez	3/26/11	Monmouth
Heptathlon	3222	Alison Schroeder	4-19-14	CTC
Shuttle Hurdles				
4X100m	49.40	Caufield, DeCristofaro, Alfaro, K. Jackson	4-19-14	CTC
4X200m				
4X400m	4:06.66	K. Jackson, V. Jackson, Vazquez, Escalera	5/13/11	GW, Utah
4X800m	10:09.07	Jezewska, Marut, C. Cohen, Haque	4-20-13	CTC4X1600m
Sprint Medley	4:37.57	Steele, Alfaro, Arnold, Higgins	3/24/12	Monmouth
Distance Medley				



# Program History

## SPRING TRACK & FIELD RECORDS FRESHMEN – MEN

EVENT	RECORD	NAME/CLASS	DATE	LOCATION
110m HH	15.77	John Porteous	4-7-12	Wagner
100m	10.98	Emmanuel Agyen	3-21-14	Charlotte, NC
	11.08	John Porteous	4-29-12	Yale
200m	22.28	John Porteous	4-29-12	Yale
400m	50.83	Mark Givens	4-5-08	Lincoln Park
400IH	53.43	John Porteous	5-12-12	GW, TX
800m	1:57.33	Adam Morgan	5-13-10	GW, SD
1500m	4:02.90	Moheb Thomas	4-9-11	EDU
3000m	10:07.61	Stefan Montalvo	4-12-08	MERCHANT
2000m SC	6:53.58	William Brancato	3-21-14	Charlotte, NC
3000m SC	9:53.15	William Brancato	5-2-14	Vassar
3000m RW	23:04.5	Doug Colaizzo	4-19-08	DeSales
5000m	14:47.61	Christian Baumbach	4-23-09	Penn Relays
10000m	32:01.11	Umar Saeed '09	5-12-06	Princeton
Shot Put	14.62	Josh-Erik Dolisca	4-27-08	Yale
Discus	37.82	Josh-Erik Dolisca	5-10-08	BYU, Utah
Javelin	162'2"	Kyle Petermann '07	4/3/04	Wagner
Hammer	37.76	Trentino Pazzano	5-2-14	Vassar
High Jump	1.84	Jason Poppe	4-20-13	CTC
Long Jump	6.42	Ruben Santos	5-14-09	GW, TX
Triple Jump	13.17	Jason Poppe	5-5-13	GW, TX
Pole Vault	3.95	Eric Prebor	4-17-11	CTC
Decathlon	4536	Jason Poppe	4-20-13	CTC
Shuttle Hurdles				
4X100m	51.1		4-18-04	USMAPS
4X200m				
4X400m	3:40.13	Hamilton, Poppe, T. Daudelin, Bailey	4-13-13	Rider
4X800m	8:41.23	Rondon, Scheideler, Thomas, Claudio	4-2-11	Wagner
4X1600m				
Sprint Medley	3:54.70	Prebor, Williams, Scheideler, Thomas	3-26-11	Monmouth
Distance Medley				
2X High Jump	3.19m	M. Magnifico, J. Rosado	4/30/05	BCC
2X Long Jump	10.07m	M. Magnifico, J. Rosado	4/30/05	BCC
2X Triple Jump	22.49m	M. Magnifico, J. Rosado	4/30/05	BCC
2X Pole Vault				



## SPRING TRACK & FIELD RECORDS FRESHMEN – WOMEN

EVENT	RECORD	NAME/CLASS	DATE	LOCATION
100m LH	16.28	Esther Alfaro	5-12-12	GW, TX
100m	12.76	Kelsey Jackson	4-9-11	EDU
200m	25.49	Kelsey Jackson	5-1-11	Yale
400m	57.72	Kelsey Jackson	5-1-11	Yale
400IH	1:07.05	Chelsea Chamra	4-13-13	Rider
800m	2:21.14	Anna Jezewska	5-5-13	GW, TX
1500m	5:05.06	Ewelina Marut	4-25-10	Yale
Mile	5:46.90	Amanda Hefferan	4-12-08	MERCHANT
3000m	10:58.73	Amanda Hefferan	4-12-08	MERCHANT
3000m SC	11:50.17	Amanda Hefferan	4-27-09	Yale
3000m RW	26:25.7	Daisy Gallegos	4-19-08	DeSales
5000m	19:05.31	Ewelina Marut	4-18-10	CTC
10000m	41:04.23	Ewelina Marut	5-13-10	GW, SD
Shot put	11.49	Ettime Ebewo '07	4-18-04	USMAPS
Discus	30.52	Gabrielle Whalen	5-13-11	GW, Utah
Javelin	26.40	Angelica Sepulveda '07		
Hammer	20.99	Gabrielle Whalen	4-2-11	Wagner
High Jump	1.51	Kelly Smith	4-7-12	Wagner
	1.51	Alison Schroeder	4-13-13	Rider
Long Jump	5.22	Cristina DeCristofaro	4-5-14	Ramapo
Triple Jump	10.57	Kelly Smith	4-29-12	Yale
Heptathlon	3053	Alison Schroeder	5-4-13	GW, TX
Pole Vault	9'-0"	Nicole Vazquez	3-26-11	Monmouth
Shuttle Hurdles				
4X100m	50.12	K. Jackson, V. Jackson, Gunnarson, Vazquez	5-13-11	GW, Utah
4X200m				
4X400m				
4X800m	10:30.07	Cohen, Elsekheily, Hollenbach, Jackson	4-2-11	Wagner
4X1600m				
Sprint Medley	4:51.45	Gunnarson, Vazquez, K. Jackson, V. Jackson	3-26-11	Monmouth
Distance Medley				



# Program History

## WINTER TRACK & FIELD RECORDS VARSITY – MEN

EVENT	RECORD	NAME/CLASS	DATE	LOCATION
55m HH	7.6h	Pierre Damis	12-4-11	EDU
55m HH	7.86	John Porteous	2-2-14	ESU
60m HH	8.34	John Porteous	2-8-14	CTC
55m	6.60	John Porteous	2-2-13	East Strouds
60m	6.98	John Porteous	2-23-14	Princeton
200m	21.97	John Porteous	2-23-14	Princeton
300m	34.55	John Porteous	12-8-13	EDU
400m	48.94	John Porteous	2-2-14	ESU
500m	1:06.15	John Porteous	1-28-12	Armory II
600m	1:26.9h	Michael Gurlacz	12-7-08	EDU
800m	1:58.27	Moheb Thomas	3-2-13	Armory
1000m	2:36.99	Moheb Thomas	2-12-11	CTC
1500m	4:13.95	Brian Mendez	2-x-10	Armory
Mile	4:17.57	Daniel Rondon	3-8-14	Armory II
3000m	8:31.61	Daniel Rondon	3-2-13	Armory
5000m	15:05.72	Daniel Rondon	2-25-12	GW, Chicago
3000 RW	17:18.07	Michael Gurlacz	2-10-07	CTC
Shotput	15.32	Josh-Eric Dolisca	2-27-11	Great West
35# Wt.	16.49	Josh-Eric Dolisca	2-27-11	Great West
High Jump	1.93	Jason Poppe	1-25-14	Princeton
Long Jump	6.70	John Porteous	1-25-14	Princeton
Triple Jump	13.82	Jason Poppe	2-8-14	CTC
Pole Vault	3.90	ERIC PREBOR	1-5-13	ARMY
Pentathlon	2715	Tim Esposito	2-13-10	CTC
Heptathlon	3569	Jason Poppe	2-24-13	GW, Houston
Mile RW	13:16.01	Matt Magnifico	12-3-06	SCSU
3000 RW	17:18.07	Michael Genauer	2-10-07	SCSU
Shuttle Hurdles				
4X55M	27.72	Akins, Craig, Prebor, Santos	12-4-10	Monmouth
4X200m	1:33.3h	Porteous, Cruz, Walton, Brown	12-4-11	EDU
4X400m	3:27.04	Morgan, T.Daudelin, Porteous, Singh	3-8-14	Armory
4X800m	8:17.0h	Tlatelpa, Thomas, Rizzo, Mendez	12-4-11	EDU
4X1600m	18:09.48	Saeed, Baumbach, Mendez, Singleton	12-5-09	Monmouth
Sprint Medley	3:43.9h	Akins, Damis, Morgan, Thomas	12-2-11	Fordham
Distance Medley	10:33.25	Rizzo, Porteous, Thomas, Rondon	2-1-13	Armory, NB
2XShot Put	11.49	Michaelec (7.17), Elsamra (4.32)	12-3-06	SCSU
2Xweight Throw	19.95	Michaelec (10.47), Elsamra (9.48)	12-3-06	SCSU
2XTriple Jmp	20.87	Magnifico (11.37), Wilkens (9.50)	12-3-06	SCSU
2XPole Vault	7.49	Prebor(3.84), Craig(3.65)	12-4-10	Monmouth
2XWalk	26:51.12	Magnifico (13:16), Pennyfeather (13:35)	12-3-06	SCSU



## WINTER TRACK & FIELD RECORDS VARSITY – WOMEN

EVENT	RECORD	NAME/CLASS	DATE	LOCATION
55m HH	9.4h	Esther Alfaro	12-4-11	EDU
60m HH	9.4h	Esther Alfaro	12-7-12	Fordham
55m	7.2h	Vincia Jackson	12-5-10	EDU
60m	8.22	Kelsey Jackson	2-25-12	GW, Chicago
200m	25.75	Kelsey Jackson	2-27-11	GREAT WEST
300m	43.51	Kelsey Jackson	12-8-13	EDU
400m	58.22	Kelsey Jackson	2-27-11	GREAT WEST
500m	1:19.26	Vincia Jackson	1-15-11	NYRR I
600m	1:46.25	Alexandra Arnold	12-8-13	EDU
800m	2:18.77	Vincia Jackson	2-5-11	Monmouth
1000m	3:10.53	Vincia Jackson	2-12-11	CTC
1500m	5:13.1h	Amanda Hefferan		
Mile	5:20.35	Ewelina Marut	2-18-12	Monmouth
3000m	10:37.95	Ewelina Marut	2-27-11	GREAT WEST
5000m	18:22.96	Ewelina Marut	2-1-13	ARMORY, NB
Shotput	11.52	Eti Ebewo	2-2-08	Yale
20# Wt.	12.02	Breanna Gunnarson	3-8-14	Armory
High Jump	1.60	Kelsey Jackson	1-8-11	ARMY
Long Jump	4.93	Cristina DeCristofaro	12-8-13	EDU
Triple Jump	10.49	Cristina DeCristofaro	2-8-14	CTC
Pole Vault	2.80	Nicole Vazquez	1-8-11	ARMY
Pentathlon	2383	Allison Schroeder	2-8-14	CTC
Mile RW	15:25.29	Daisy Gallegos	2-14-10	CTC, CT
Shuttle Hurdles				
4X55M	30.52	V. Jackson, Creque-Steele, K. Jackson, Gunnarson	12-4-10	MONMOUTH
4X200m	1:50.5h	Gunnarson, K. Jackson, Steele, Vasquez	12-5-10	EDU
4X400m	4:08.27	V. Jackson, K. Jackson, Hendricks, Escalera	2-27-11	GREAT WEST
4X800m	10:13.06	Hague, Cohen C, Elsekhely, Marut	1-25-13	Armory II
4X1600m	23:01.34	Marut, Higgins, Howell, Johnson	12-4-10	MONMOUTH
Sprint Medley	4:39.0h	Gunnarson, Creque-Steele, K Jackson, Higgins	12-2-11	Fordham
Distance Medley	12:57.70	Jackson, Jackson, Cohen, Marut	2-5-11	Monmouth
2XShot Put	19.26	Whalen(11.09), Dupuis(8.17)	12-4-10	MONMOUTH
2Xweight Throw	16.32	Whalen(8.40), Dupuis(7.92)	12-4-10	MONMOUTH
3200	12:32.6h	Amanda Hefferan	12-7-08	EDU



# Program History

## WINTER TRACK & FIELD RECORDS FRESHMEN – MEN

EVENT	RECORD	NAME/CLASS	DATE	LOCATION
55m HH	7.9h	John Porteous	12-4-11	EDU
60m HH	8.47	John Porteous	1-28-12	Armory II
55m	6.75	Emmanuel Agyen	12-08-13	EDU
60m	7.21	Emmanuel Agyen	3-8-14	Armory
200m	22.89	Mark Givens	2-10-08	Yale
300m	37.0h	Mark Givens	12-1-07	Manhattan
400m	50.44	Mark Givens	2-10-08	Yale
500m	1:06.15	John Porteous	1-28-12	Armory II
600m	1:28.4h	Moheb Thomas	12-5-10	EDU
800m	2:00.89	Chadwick Munroe	2-10-08	Yale
1000m	2:36.99	Moheb Thomas	2-12-11	CTC
1500m	4:13.95	Brian Mendez	2-x-10	Armory
Mile	4:29.35	Daniel Rondon	1-29-11	NYC
3000m	8:52.76	Daniel Rondon	3-5-11	Columbia
5000m	15:21.38	Christian Baumbach	3-1-09	South Dakota
Shotput	12.78m	Paul Caravaglia	12-4-11	EDU
35# Wt.	10.58	Trentino Pezzano	2-26-14	Monmouth
High Jump	1.86 m	Jason Poppe	2-24-13	GW, Houston
Long Jump	6.18	Emmanuel Agyen	2-26-14	Monmouth
Triple Jump	13.00	Royce DeLeon	2-8-14	CTC
Pole Vault	3.84	ERIC PREBOR	12-4-10	Monmouth
Pentathlon	2715	Tim Esposito	2-13-10	CTC
Heptathlon	3569	Jason Poppe	2-24-13	GW, Houston
Shuttle Hurdles				
4X55M				
4X200m	1:33.3h	Porteous, Cruz, Walton, Brown	12-4-11	EDU
4X400m	3:35.8h	Porteous, Cruz, Walton, Brown	12-4-11	EDU
4X800m	8:34.3h	Esposito, Morgan, Singleton, Tlatelpa	12-6-09	EDU
4X1600m	20:15.35	Rizzo, Scheideler, Manole, O'Brien	12-4-10	Monmouth
Sprint Medley	4:01.5h	Porteous, Walton, Brown, Nashed	12-2-11	Fordham
Distance Medley	11:35.86	T.Daudelin, Hamilton, Bailey, Martins	2-2-13	ESU

Emmanuel Agyen



## WINTER TRACK & FIELD RECORDS FRESHMEN – WOMEN

EVENT	RECORD	NAME/CLASS	DATE	LOCATION
55m HH	9.4h	Esther Alfaro	12-4-11	EDU
60m HH	10.32	Esther Alfaro	1-28-12	Armory II
55m	7.2h	Vincia Jackson	12-5-10	EDU
60m	8.35	Nicole Vazquez	1-15-11	NYRR I
200m	25.75	Kelsey Jackson	2-27-11	Great West
300m	44.1h	Vincia Jackson	12-5-10	EDU
400m	58.22	Kelsey Jackson	12-27-11	Great West
500m	1:19.26	Vincia Jackson	1-15-11	NYRR I
600m	1:47.4h	Nicole Kerrison	12-1-07	Manhattan C
800m	2:18.77	Vincia Jackson	2-5-11	Monmouth
1000m	3:10.53	Vincia Jackson	2-12-11	CTC
Mile	5:23.55	Catherine Cohen	1-15-11	NYRR I
3000m	11:03.2h	Catherine Cohen	12-5-10	EDU
5000m	19:36.89	Breanne Hollenbach	2-27-11	Great West
Shotput	11.09	Gabrielle Whalen	12-4-10	Monmouth
20# Wt.	8.53	Gabrielle Whalen	2-27-11	Great West
High Jump	1.60	Kelsey Jackson	1-8-11	Army
Long Jump	4.93	Cristina DeCristofaro	12-8-13	EDU
Triple Jump	10.49	Cristina DeCristofaro	2-8-14	CTC
Pole Vault	2.80	Nicole Vazquez	1-8-11	ARMY
Pentathlon	2355	Esther Alfaro	2-11-12	CTC
Shuttle Hurdles				
4X55M	30.52	V. Jackson, Creque-Steele, K. Jackson, Gunnarson	12-4-10	Monmouth
4X200m	1:50.5h	Gunnarson, K. Jackson, Steele, Vasquez	12-5-10	EDU
4X400m	4:18.33	Jackson, Creque-Steele, Jackson, Vazquez	1-8-11	Army
4X800m	10:57.3h	Alfaro, Smith, Arnold, Haque	12-4-11	EDU
4X1600m	23:32.08	C. Cohen, Y. Cohen, Elsekhely, K. Jackson	12-4-10	Monmouth
Sprint Medley	4:47.0h	Alfaro, Smith, Arnold, Haque	12-2-11	Fordham
Distance Medley				

*Cristina DeCristofaro*



# Program History

## AWARDS — MEN

### CROSS COUNTRY

<b>All-Region</b>	
1987	Cesar Gaudin
<b>All-East (All Divisions)</b>	
2005	Umar Saeed
2008	Umar Saeed
2009	Saeed/Baumbach
<b>Independent Athletic Conference Champions</b>	
1976, '85, '86, '87, '88, 1990, 1991	
<b>Individual Champions</b>	
1984	Doug Lischick
1985	Mike Brake
1986	Doug Lischick
1987	Cesar Gaudin
1988	Cesar Gaudin
1990	Jason Tand
<b>Coach of the Year</b>	
1991	Bill Eisenring
<b>All-Conference</b>	
1984	Mike Brake
	Doug Lischick
1985	Mike Brake
	Doug Lischick
1986	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 Nolau
	Jason Tand
1991	Joao Nolau
	Jason Tand
1993	Anton Musto
1994	Rodney Carroll

<b>Central Atlantic Athletic Conference Champion</b>	
2005	Umar Saeed
<b>Central Atlantic Athletic Conference Newcomer of the Year</b>	
2005	Umar Saeed
<b>Central Atlantic Athletic Conference All-Conference</b>	
2005	Umar Saeed
2004	Matthew Magnifico
<b>Collegiate Track Conference Cross Country Championships</b>	
2011	Brian Mendez
<b>Collegiate Track Conference All-Tournament</b>	
2007	Stefan Montalvo
	Matt Magnifico
<b>IC4A Cross Country Championships</b>	
2009	Christian Baumbach
<b>Great West Conference Male Athlete of the Year</b>	
2009	Christian Baumbach
<b>Great West All-Conference First Team</b>	
2009	Umar Saeed
	Christian Baumbach
2008	Umar Saeed
<b>Second Team</b>	
2008	Christian Baumbach

### TRACK & FIELD

<b>NCAA East Regional</b>	
2014	John Porteous (400-meter hurdles)
<b>Great West Conference All-Conference</b>	
2009	Umar Saeed (Indoor 5k)
2009	Josh Dolisca (Indoors shot/ weight throw)
2008	Christian Baumbach; Umar Saeed (Indoor 5k) Mark Givens (Outdoors 400m)
2008	Umar Saeed (Outdoors 10k)
2008	Christian Baumbach (Outdoors 5k)
2008	Duc Tran (Outdoors Javelin)
<b>Great West Conference All-Academic</b>	
2010-11	Aamir Ahmed
	Jonathan Daudelin
	Josh Dolisca
	Tim Esposito
	Joe Ju
	Adam Morgan
	Jonathan Nunez
	Ruben Santos
2009-10	Aamir Ahmed
	Josh Dolisca
	Michael Gurlacz
	Joe Ju
	Jonathan Nunez
	Ruben Santos

*John Porteous*



## CROSS COUNTRY RECORDS – MEN

### 5 Mile Sub 30 Club @ Van Cortlandt Park

25:32	Umar Saeed '10	11/22/08	28:23	Miguel Tlatelpa '13	11/20/10
25:36	Christian Baumbach '12	11/21/09	28:25	Moheb Thomas '14 (F)	09/19/10
26:09	Umar Saeed '10	11/31/09	28:27	Daniel Sapienza '12(F)	11/22/08
26:11	Umar Saeed '10	09/30/06	28:29	Mike Brake	10/23/85
26:13	Brian Mendez '13	11/20/10	28:32	Miguel Tlatelpa '13	09/10/11
26:16	Daniel Rondon '14	11/23/13	28:33	Miguel Tlatelpa '13	09/19/10
26:17	Christian Baumbach '12	11/17/12	28:34	Bryan Louvado '10(F)	11/18/06
26:20	Brian Mendez '13	09/10/11	28:34	Joseph Ju '12(F)	11/22/08
26:23	Brian Mendez '13	11/19/11	28:37	Radzee Zaman	10/23/85
26:24	Daniel Rondon '14	11/17/12	28:37	Joseph Ju '12	09/10/11
26:29	William Brancato '17	11/22/14	28:38	Miguel Tlatelpa '13	11/19/11
26:31	Christian Baumbach '12(F)	09/21/08	28:40	Jean Nolan	09/28/91
26:31	Umar Saeed '10	09/21/08	28:41	Moheb Thomas '14	11/17/12
26:33	Scott Rizzo '14	11/23/13	28:42	Joseph Ju '12	11/20/10
26:41	Umar Saeed '09(F)	11/19/05	28:44	Joseph Ju '12	11/21/09
26:47	Brian Mendez '13	11/16/12	28:46	Jonathan Daudelin '13	11/17/12
26:51	Brian Mendez '13(F)	11/21/09	28:49	Joseph Ju '12(F)	09/21/08
26:59	Christian Baumbach '12	11/19/11	28:54	Moheb Thomas '14	09/10/11
27:09	Christian Baumbach '12(F)	11/22/08	28:55	Moheb Thomas '14	11/19/11
27:11	Scott Rizzo '14	11/19/11	28:55	Scott Rizzo '14	09/10/11
27:11	Umar Saeed '09	09/20/09	28:58	Hilton Gooding '13 (F)	09/20/09
27:15	Brian Mendez '13	09/19/10	29:00	John Bryjak	10/27/96
27:20	Daniel Rondon '14	09/10/11	29:00	Moheb Thomas '14 (F)	11/20/10
27:34	Scott Rizzo '14	11/17/12	29:01	Scott Rizzo '14 (F)	11/20/10
27:39	Kevin Ratigan '16	11/23/13	29:02	Louis Scheideler '14	11/23/13
27:46	William Brancato '17	11/23/13	29:02	Brad Leonhardt '10	11/22/08
27:50	Daniel Rondon '14 (F)	09/19/10	29:03	Stefan Montalvo '11	09/21/08
27:57	Daniel Sapienza '12(F)	09/21/08	29:05	Scott Rizzo '14 (F)	09/19/10
27:58	Pedro Claudio '14 (F)	11/20/10	29:06	Joseph Ju '12	09/19/10
27:59	Daniel Sapienza '12	10/31/09	29:06	Stefan Montalvo '11(F)	11/17/07
28:02	Benjamin Singleton '13	09/19/10	29:09	Daniel Rondon '14	11/19/11
28:07	Zakaria Fouad '17	11/23/13	29:09	Patrick Granitski '12(F)	09/21/08
28:09	Kevin Ratigan '16	11/22/14	29:12	Joseph Ju '12	09/20/09
28:09	Pierre Bastie '07	10/30/05	29:13	Dave Conti	10/29/86
28:12	Hilton Gooding '13(F)	10/31/09	29:14	Joseph Ju '12	11/19/11
28:13	Benjamin Singleton '13(F)	10/31/09	29:18	Daniel Sapienza '12(F)	09/20/09
28:13	Doug Lischick	10/29/86	29:22	Babatunde Basari '09	09/17/06
28:14	Moheb Thomas '14	11/23/13	29:23	Kyle O'Brien	11/23/13
28:15	Brian Mendez '13 (F)	09/20/09	29:25	Benjamin Singleton '13(F)	09/20/09
28:19	Duc Tran '08	11/18/06	29:30	Jonathan Daudelin '13	09/10/11
28:20	Arthur Smith '17	11/22/14	29:34	Hilton Gooding '13	09/19/10
28:21	Doug Troast	10/12/85	29:36	Louis Scheideler '14	11/17/12
			29:39	Tchaz Amavor '10(F)	09/30/06



# Program History

## CROSS COUNTRY RECORDS — MEN

29:40	Louis Scheideler '14 (F)	09/19/10		<b>8 Km Top 5 Individuals @ ALL COURSES</b>	
29:44	Miquel Tlatelpa '13 (F)	11/21/09	24:37	Brian Mendez '13	10/30/10
29:45	Andrew Nashed '15	11/17/12			(Texas)
29:47	Pedro Claudio '14	09/10/11	24:42	Christian Baumbach '12	10/13/12
29:48	Doug Colaizzo	11/21/09			(Princeton)
29:51	Jonathan Daudelin '13	11/19/11	24:46	Umar Saeed '09	10/18/08
29:54	Kyle O'Brian '14 (F)	11/20/10			(Princeton)
29:55	Hugo Ortega 1	10/29/86	25:09	Daniel Rondon '14 (F)	10/30/10
29:59	Michael Martins '16	11/17/12			(Texas)

### 5 Mile Top 10 Individuals @

#### Van Cortlandt Park

25:32	Umar Saeed '10	11/22/08		25:51	Scott Rizzo '14	10/19/13
25:36	Christian Baumbach '12	11/21/09	26:06.0	Brancato, William '17	10/04/14	(Branch Brook)
26:13	Brian Mendez '13	11/20/10		Zakaria Fouad '17	09/13/14	(Branch Brook)
26:16	Daniel Rondon '14	11/23/13				

26:29	William Brancato	11/22/14		<b>10 Km Top 5 Individuals @ ALL COURSES</b>	
26:33	Scott Rizzo '14	11/23/13	32:05	Daniel Rondon '14	11/09/12
27:39	Kevin Ratigan '16	11/23/13			(NCAA, PA)
27:57	Daniel Sapienza '12(F)	09/21/08	32:07	Brian Mendez '13	11/12/11
27:58	Pedro Claudio '14 (F)	11/20/10			(NCAA, MD)
28:02	Benjamin Singleton '13	09/19/10	32:28	Christian Baumbach '12	11/12/11

### 5 Mile Top Frosh Individuals

#### @ Van Cortlandt Park

26:31	Christian Baumbach '12(F)	09/21/08	32:30	Scott Rizzo '14	11/15/13
26:41	Umar Saeed '09(F)	11/19/05	33:16	William Brancato '17	11/15/13
26:51	Brian Mendez '13(F)	11/21/09			(NCAA, PA)
27:46	William Brancato '17	11/23/13			(NCAA, PA)
27:50	Daniel Rondon '14 (F)	09/19/10			

### 8 Km Top 5 Individuals

#### @ Branch Brook Park, Newark, NJ

25:20	Saeed, Umar	10/12/08
25:23	Mendez, Brian	10/09/11
25:33.1	Baumbach, Christian	10/09/11
25:47.	Brancato, William	10/4/14
26:06.0	Fouad, Zakaria	09/13/14
26:07.4	Rondon, Daniel	09/14/13



## AWARDS — WOMEN

### CROSS COUNTRY

#### Independent Athletic Conference

##### Individual Champion

1996 Jannina Alvarez

##### All-Conference

1995 Jannina Alvarez

1996 Jannina Alvarez

#### Central Atlantic Collegiate

##### Conference Champion

2003 Jady Alvarez

2004 Elizabeth Mayo; Jaclyn Thomforde

#### Great West Conference

##### All-Academic

2011 Catherine Cohen  
Ybrahina Cohen  
Breanne Hollenbach

Vincia Jackson  
Ewelina Marut  
Megan Higgins  
Kelsey Johnson

2010 Daisy Gallegos  
Megan Higgins  
Kayla Howell  
Kelsey Johnson  
Ewelina Marut

2009 Cara Constantino  
Iulia Doci  
Daisy Gallegos  
Kelsey Johnson

2008 Cara Constantino  
Daisy Gallegos

### TRACK & FIELD

#### Great West Conference

##### All-Academic

2010-11 Lauren Dupuis  
Vanessa Escalera  
Daisy Gallegos  
Megan Higgins  
Kelsey Johnson  
Catherine Karnas  
Ewelina Marut  
Zoey Tham  
2009-10 Cara Constantino  
Iulia Doci  
Lauren Dupuis  
Daisy Gallegos  
Megan Higgins  
Katrina Hornstein  
Zoey Tham

#### 5 Km Sub 25 Club @ Van Cortlandt Park

19:16 Ewelina Marut '12 11/19/11  
19:39 Ewelina Marut '12 11/17/12  
19:46 Ewelina Marut '12 09/11/10  
19:57 Amanda Hefferan '11 (F) 09/16/07  
20:06 Ewelina Marut '12 11/20/10  
20:10 Ewelina Marut '12 09/10/11  
20:22 Breanne Hollenbach '14 (F) 09/11/10  
20:26 Megan Higgins '12(F) 09/21/08  
20:26 Catherine Cohen '14 (F) 11/20/10  
20:31 Amanda Hefferan '11 11/22/08  
20:37 Megan Higgins '12(F) 11/17/12  
20:39 Catherine Cohen '14 (F) 11/17/12  
20:40 Breanne Hollenbach '14 11/23/13  
20:43 Catherine Cohen '14 11/23/13  
20:44 Kayla Howell '13 11/20/10  
20:51 Catherine Cohen '14 (F) 09/11/10  
20:54 Amanda Hefferan '11 09/21/08  
20:56 Ybrahina Cohen '14 11/17/12  
21:03 Ybrahina Cohen '14 11/23/13  
21:05 Kayla Howell '13 11/19/11  
21:08 Ybrahina Cohen '14 11/19/11  
21:09 Catherine Cohen '14 09/10/11  
21:09 Elizabeth Mayo '06 11/19/05

21:14

Catherine Cohen '14 11/19/11  
21:17 Ewelina Marut '13(F) 09/12/09  
21:17 Anna Jezewska '16 (F) 11/17/12  
21:18 Maryam Haque '15 11/17/12  
21:18 Kayla Howell '13 09/10/11  
21:27 Ybrahina Cohen '14 (F) 11/20/10  
21:28 Maryam Haque '15 (F) 11/19/11  
21:29 Megan Higgins '12 09/11/10  
21:33 Breanne Hollenbach '14 11/19/11  
21:44 Breanne Hollenbach '14 11/17/12  
21:44 Amanda Hefferan '11 09/11/10  
21:48 Kelsey Johnson '11 09/11/10  
21:50 Jaclyn Thomforde'GS 10/31/04  
21:54 Maryam Haque '15 11/22/14  
22:00 Amanda Hefferan '11 11/19/11  
22:01 Cara Constantino '10 09/12/09  
22:05 Kelli Hessi '17 (F) 11/23/13  
22:10 Amanda Hefferan '11 09/10/11  
22:11 Breanne Hollenbach '14 09/10/11  
22:14 Ybrahina Cohen '14 09/10/11  
22:16 Jady Alvarez '06 09/21/03  
22:16 Kelsey Johnson '11 11/20/10  
22:16 Vincia Jackson '14 (F) 09/11/10  
22:22 Janina Alvarez '99 09/30/95  
22:24 Jackie McCaffrey '09 11/18/06  
22:26 Esther Alfaro '15 (F) 11/19/11  
22:29 Cara Constantino '10 09/21/08  
22:32 Ybrahina Cohen '14 (F) 09/11/10  
22:35 Alexandra Arnold '14 11/23/13  
22:38 Cara Constantino '10 11/17/07  
22:40 Kelsey Johnson '11 09/12/09  
22:49 Aya Elsekhely '14 11/19/11  
22:50 Alexandra Arnold '15 (F) 11/19/11  
22:52 Christina Roque '13(F) 09/12/09  
22:53 Aya Elsekhely '14 11/17/12  
22:55 Cara Constantino '10(F) 09/17/06  
23:08 Alexandra Arnold '15 (F) 09/10/11  
23:10 Alexandra Arnold '15 11/22/14  
23:15 Katherine Joseph '11 (F) 09/16/07  
23:23 Caitlin Carroll '09(F) 10/30/05  
23:23 Kayla Howell '13 09/11/10  
23:30 Jennifer Dorn '04 11/02/03  
23:40 Vanessa Escalera '12 09/11/10  
23:44 Daisy Gallegos '11 (F) 11/17/07

# Program History

## CROSS COUNTRY RECORDS — WOMEN

23:55	Kelsey Johnson '11	09/10/11
23:56	Megan Higgins '12	09/10/11
23:57	Kelsey Jackson '14 (F)	09/11/10
24:00	Daisy Gallegos '11	09/21/08
24:01	Daisy Gallegos '11	09/12/09
24:05	Catherine Karnas '13	09/10/11
24:18	Nicole Kerrison '11 (F)	09/16/07
24:20	Nicole Kerrison '11	09/21/08
24:21	Catherine Large '04	11/02/03
24:35	Shawntel Young '10	09/12/09
24:36	Kayla Howell '13(F)	09/12/09
24:58	Shawntel Young '10	09/21/08

### 5 Km Top 10 Individuals @

#### Van Cortlandt Park

19:16	Ewelina Marut '12	11/19/11
19:57	Amanda Hefferan '11 (F)	09/16/07
20:22	Breanne Hollenbach '14 (F)	09/11/10
20:26	Megan Higgins '12(F)	09/21/08
20:26	Catherine Cohen '14 (F)	11/20/10
20:44	Kayla Howell '13	11/20/10
20:56	Ybrahina Cohen '14	11/17/12
21:09	Elizabeth Mayo '06	11/19/05
21:17	Anna Jezewska '16 (F)	11/17/12
21:18	Maryam Haque '15	11/17/12

### 5 Km Top 5 Freshman Individuals @

#### Van Cortlandt Park

19:57	Amanda Hefferan '11 (F)	09/16/07
20:22	Breanne Hollenbach '14 (F)	09/11/10
20:26	Megan Higgins '12(F)	09/21/08
20:26	Catherine Cohen '14 (F)	11/20/10
21:17	Ewelina Marut '13(F)	09/12/09
21:17	Anna Jezewska '16 (F)	11/17/12

### 6 Km Top 5 Individuals @

#### Van Cortlandt Park

24:28	Amanda Hefferan '11 (F)	09/22/07
24:31	Ewelina Marut '13	09/19/10
25:47	Catherine Cohen '14 (F)	09/19/10
26:51	Vincia Jackson '14 (F)	09/19/10
27:12	Kelsey Johnson '11	09/19/10

### 5 Km Top 5 Individuals @

#### Branch Brook Park, Newark, NJ

18:42	Marut, Ewelina	10/09/11
19:04	Breanne Hollenbach	09/14/13
19:14	Higgins, Megan	10/07/12
19:18	Cohen, Catherine	10/07/12
19:36	Hague, Maryam	10/07/12

### 5 Km Top 5 Individuals @ ALL COURSES

18:28	Ewelina Marut '13	10/30/10 (Texas)
19:04	Breanne Hollenbach	09/14/13
19:10	Catherine Cohen '14 (F)	10/30/10 (Texas)
19:14	Megan Higgins '12	10/07/12 (BBP)
19:19	Vanessa Escalera '12	10/30/10 (Texas)

### 6 Km Top 5 Individuals @ ALL COURSES

23:01	Breanne Hollenbach '14	10/05/13 (Lehigh, PA)
23:03	Ewelina Marut '13	11/09/12 (NCAA, PA)
23:40	Amanda Hefferan '11 (F)	10/27/07 (Texas)
23:44	Catherine Cohen '14	11/15/13 (NCAA, PA)
23:54	Megan Higgins '12	11/09/12 (NCAA, PA)



## COURSE RECORDS – VARSITY MEN'S CROSS COUNTRY

COURSE	NAME	DATE	TIME
Bard, NY	Jao Nolan	10/26/91	30:01
Bethpage(Hofstra),NY(5K)	Umar Saeed	09/05/09	15:39
Branch Brook Park (5K)	Moheb Thomas '14	11/6/11	16:57
Branch Brook Park (3.7)	Brian Courtney	11/xx/53	20:27
Branch Brook Park (8K)	Umar Saeed '09	10/12/08	25:20
Clove Lakes Park, NY(5.1)	John Nolan	9/15/90	29:20
DeSales, PA	Umar Saeed '09	10/14/06	26:35
Drew(Arboritium)	John Nolan	10/12/91	28:12
Fort Wayne, IN	Umar Saeed '09	10/28/06	26:33
Garret Mtn.(4.7)	Al Siuta		26:03
Garret Mtn.(5.0)	Cesar Gaudin	10/21/87	26:43
Homdel Pk	Cesar Gaudin		25:48
Indiana Univ. ,PA (10K)	Matthew Magnifico	11/06/04	38:25
Kings, NY	Cesar Gaudin	9/26/87	26:09
Ramapo	Cesar Gaudin	10/31/87	25:50
Van Cortlandt Pk, NY (8k)	Umar Saeed '09	11/22/08	25:32
Van Cortlandt Pk, NY (6k)	Pedro Claudio '14	11/07/10	20:39
Belmont Plateau, PA	Umar Saeed '09	10/22/05	26:39
Vassar, NY	Umar Saeed '09	9/10/05	27:12
Sunken Meadow, NY	Umar Saeed '09	10/16/05	27:33
Liberty State Pk	Umar Saeed '09	9/30/05	25:59
Fairfield, CT	Umar Saeed '09	9/27/08	25:41
Pomona, NJ (6k)	Daniel Sapienza '12	10/18/08	21:16
Princeton, NJ	Christian Baumbach 13	10/13/12	24:42
Edinburg, TX (8k)	Umar Saeed '09	11/01/08	26:02
Paul Short, PA (8k)	Umar Saeed '09	12/02/09	25:06
Princess Anne, MD (10k)	Brian Mendez '13	11/12/11	32:07
Edinburg (Los Lagos), TX (8k)	Brian Mendez '13	10/30/10	24:37
State Park, PA (10k)	Dan Rondon '14	11/09/12	32:21
Ray Richard Golf Course(USD) 8K	Christian Baumbach '13	10/29/11	25:53
Montrose Harbor, Chicago, IL (8K)	Christian Baumbach '13	10/27/12	25:34
Stanley Quarter Park New Britain, CT (8k)	William Brancato '17	9-27-14	28:13.69



# Program History

## COURSE RECORDS – FRESHMEN MEN'S CROSS COUNTRY

COURSE	NAME	DATE	TIME
Bard, NY			
Bethpage(Hofstra),NY(5K)	Christian Baumbach '11	09/06/08	16:04
Branch Brook Park (5K)	Michael Martins '16	11/11/12	17:20
Branch Brook Park (3.7)			
Branch Brook Park (8K)	Umar Saeed '09	10/09/05	25:53
Clove Lakes Park, NY(5.1)	John Nolau	9/15/90	29:20
DeSales, PA	Tchaz Amevor '10	10/14/06	29:27
Drew(Arboritium)	Zaman	10/19/85	29:20
Fort Wayne, IN	Tchaz Amevor '10	10/28/06	29:15
Garret Mtn.(4.7)			
Garret Mtn.(5.0)	Cesar Gaudin	10/21/87	26:43
Homdel Pk	Cesar Gaudin		25:48
Indiana Univ. ,PA (10K)	Matthew Magnifico	11/06/04	38:25
Kings, NY	Cesar Gaudin	9/26/87	26:09
Ramapo	Cesar Gaudin	10/31/87	25:50
Van Cortlandt Pk, NY (8k)	Christian Baumbach '11	9/21/08	26:31
Van Cortlandt Pk, NY (6k)	Pedro Claudio '14	11/07/10	20:39
Belmont Plateau, PA	Umar Saeed '09	10/22/05	26:39
Vassar, NY	Umar Saeed '09	9/10/05	27:12
Sunken Meadow, NY	Umar Saeed '09	10/16/05	27:33
Liberty State Pk	Umar Saeed '09	9/30/05	25:59
Fairfield, CT	Christian Baumbach '11	9/27/08	25:53
Pomona, NJ (6k)	Daniel Sapienza '12	10/18/08	21:16
Princeton, NJ	Christian Baumbach '11	10/18/08	25:24
Edinburg, TX (8k)	Christian Baumbach '11	11/01/08	26:57
Paul Short, PA (8k)	Ben Singleton	12/02/09	26:30
Princess Anne, MD (10k)	Brian Mendez '13	11/14/09	35:22
Edinburg (Los Lagos), TX (8k)	Daniel Rondon '14	10/30/10	25:09
State Park, PA (10k)	Pedro Claudio '14	11/13/10	34:06
Ray Richard Golf Course(USD) 8K			
Montrose Harbor, Chicago, IL (8K)	Kevin Ratigan '16	10/27/12	28:24
Stanley Quarter Park New Britain, CT (8k)	Liam McSpiritt '18	9/27/14	30:49.23

Michael Martins



## COURSE RECORDS – VARSITY WOMEN'S CROSS COUNTRY

COURSE	NAME	DATE	TIME
Branch Brook Park (5K)	Ewelina Marut	10/9/11	18:42
Bethpage(Hofstra),NY(5K)	Ewelina Marut'13	09/08/12	20:05
Drew (Campus, 3miles)	Heather Mc Gee	10-15-88	19:16
DeSales, PA	Cara Constantino '10	10/14/06	21:56
Fairfield, CT	Megan Higgins '12	09/27/08	21:14
Fort Wayne, IN (6K)	Cara Constantino '10	10/28/06	26:38
Garrett Mtn.(5K)	Elizbeth Mayo '06	10/02/04	21:54
Homdel Pk	Elizbeth Mayo '06	10/16/04	22:17
Indiana Univ. ,PA (6K)	Elizbeth Mayo '06	11/06/04	24:35
Kings, NY	Heather Mc Gee	9-24-88	21:11
Ramapo	Heather Mc Gee	10-29-88	21:01
Van Cortlandt Pk, NY-5K	Ewelina Marut '13	11/19/11	19:16
Van Cortlandt Pk, NY-6K	Amanda Hefferan '11	09/22/07	24:28
Van Cortlandt Pk, NY (4k)	Ewelina Marut '13	11/07/10	16:12
Clove Lakes Park, NY	Elizbeth Mayo '06	09/10/05	22:03
Paul Short (Lehigh), PA (6K)	Breanne Hollenbach '14	10/5/13	23:01
Princeton, NJ (6k)	Breanne Hollenbach '14	10/19/13	23:19
Princess Anne, MD (6k)	Ewelina Marut '13	11/12/11	25:15**
Belmont Plateau, PA	Ewelina Marut '13	10/23/04	20:55
Pomona, NJ (4k)	Ewelina Marut '13	10/14/08	17:07
Sunken Meadow, NY	Elizbeth Mayo '06	10/16/05	22:23
Edinburg, TX (6k)	Amanda Hefferan '11	11/01/08	25:55
Edinburg(Los Lagos), TX (5k)	Ewelina Marut '13	10/30/10	18:28
State Park, PA (6k)	Ewelina Marut '13	11/09/12	23:04
St John's, Long Island campus, NY(4K)	Breanne Hollenbach '14	9/7/13	15:27.9
St John's, Long Island campus, NY(5K)	Maryam Haque '15	9/7/14	21:50.0
Ray Richard Golf Course(USD) 5K	Ewelina Marut '13	10-29-11	18:41
Stanley Quarter Park New Britain, CT (5k)	Maryam Haque '15	9/27/14	21:22.49
Montrose Harbor, Chicago, IL (5K)	Ewelina Marut'13	10-27-12	19:23

*\*\* course was 500m longer due to lead vehicle error*

# Program History

## COURSE RECORDS — FRESHMEN WOMEN'S CROSS COUNTRY

COURSE	NAME	DATE	TIME
Branch Brook Park (5K)	Catherine Cohen	10/10/10	19:50
Bethpage(Hofstra),NY(5K)	Anna Jezewska '16	09/08/12	20:48
Drew (Campus, 3miles)	Heather Mc Gee	10-15-88	19:16
DeSales, PA	Cara Constantino '10	10/14/06	21:56
Fairfield, CT	Megan Higgins '12	09/27/08	21:14
Fort Wayne, IN (6K)	Cara Constantino '10	10/28/06	26:38
Garrett Mtn.(5K)	Aileen Davila '09	10/01/05	25:18
Homdel Pk			
Indiana Univ. ,PA (6K)			
Kings, NY	Heather Mc Gee	9-24-88	21:11
Ramapo	Heather Mc Gee	10-29-88	21:01
Van Cortlandt Pk, NY-5K	Amanda Hefferan'11	09/16/07	19:57
Van Cortlandt Pk, NY-6K	Amanda Hefferan'11	09/22/07	24:28
Van Cortlandt Pk, NY (4k)	Catherine Cohen '14	11/07/10	17:06
Clove Lakes Park, NY	Barbara DeLaCruz '09	9/10/05	26:12
Paul Short (Lehigh), PA (6K)	Kelli Hessi '17	11/15/13	25:33
Princeton, NJ (6k)	Catherine Cohen	10/16/10	25:27
Princess Anne, MD (6k)	Ewelina Marut	11/14/09	27:00
	Maryam Haque '15	11/12/11	27:26**
Belmont Plateau, PA	Caitlin Carroll '09	10/22/05	22:36
Pomona, NJ (4k)	Megan Higgins '12	10/14/08	17:07
Sunken Meadow, NY	Caitlin Carroll '09	10/16/05	23:25
Edinburg, TX (6k)	Megan Higgins '12	11/01/08	26:14
Edinburg(Los Lagos), TX (5k)	Catherine Cohen '14	10/30/10	19:10
State Park, PA (6k)	Catherine Cohen '14	11/13/10	24:43
St John's, Long Island campus, NY(4K)	Kelli Hesse '17	9/7/13	17:49.5
St John's, Long Island campus, NY(5K)	Kathryn Nyby '18	9/7/14	25:18.6
Ray Richard Golf Course(USD) 5K	Maryam Haque '15	10-29-11	20:32
Stanley Quarter Park New Britain, CT (5k)	Kathryn Nyby '18	9/27/14	23:30.32
Montrose Harbor, Chicago, IL (5K)	Anna Jezewska '16	10/27/12	21:19

\*\* course was 500m longer due to lead vehicle error



## TEAM STATS — MEN'S CROSS COUNTRY

### NJIT CLASSIC

YEAR	TEAM PLACE	TEAM AVERAGE	TOP PERFORMER 'YR (TIME, PLACE)	LOCATION
2009	Dual (4-0)	28:34.8	Umar Saeed '10(27:11, 1st )VCP	
2010	Dual (5-0)	28:01.4	Brian Mendez '13(27:15, 3rd )	VCP
2011	Dual (2-0)	26:56.7	Brian Mendez '13(25:42, 1st )	BBP
2012	Dual (4-0)	27:33.4	Moheb Thomas '14(26:46, 1st )	BBP
2013	Dual (1-0)	26:50.2	Daniel Rondon '14(26:07.4,1st)	BBP
2014	Dual (1-0)	27:11.2	Zakaria Fouad '17(26:06,1st)	BBP

### HIGHLANDER INVITATIONAL

YEAR	TEAM PLACE	TEAM AVERAGE	TOP PERFORMER 'YR (TIME, PLACE)	LOCATION
2009		27:27.6	Hilton Gooding '13(26:53, 4th)	BBP
2010		26:37.9	Brian Mendez '13(25:35, 3rd )	BBP
2011		26:30.3	Brian Mendez '13(25:23, 3rd)	BBP
2012		26:31.5	Brian Mendez '13(25:26, 4th )	BBP
2013	1st D1 (21)	28:11.4	Zakaria Foud '17(26:48, 15th)	BBP
2014	1st D1 (15)	27:06.1	William Brancato '17 (25:47, 5th)	BBP

### GREAT WEST CHAMPIONSHIP

YEAR	TEAM PLACE	TEAM AVERAGE	TOP PERFORMER 'YR (TIME, PLACE)	LOCATION
2008	5th (112)		Umar Saeed '10(26:02, 3rd )UV	
2009	4th (99)	27:18	Christian Baumbach'13(25:57, 1st )	VCP
2010	7th (169)	25:54	Brian Mendez '13(24:37, 11th )	UTPA
2011	4th (92)	26:28	Christian Baumbach'13(25:53, 9th )	ND
2012	2nd (63)	26:53	Christian Baumbach'13(25:34, 3rd )	IL

### NCAA REGIONAL

YEAR	TEAM PLACE	TEAM AVERAGE	TOP PERFORMER 'YR (TIME, PLACE)	LOCATION
2009	19th (514)	34:53	Christian Baumbach'13(33:08, 35th)	UMES
2010	23th (673)	34:01	Brian Mendez '13(32:21, 80th )	PENN
2011	15th (451)	33:01	Brian Mendez '13(32:07, 63rd)	UMES
2012	18th (527)	33:23	Dan Rondon '14(32:05, 65th )	PENN
2013	18th (600)	33:12	Dan Rondon '14(32:24, 93rd )	Lehigh

### IC4A @ VAN CORTLANDT PARK

YEAR	TEAM PLACE	TEAM AVERAGE	TOP PERFORMER 'YR (TIME, PLACE)	LOCATION
2009	11th (281)	27:09.6	Christian Baumbach'13(25:36, 1st)	VCP
2010	17th (459)	28:03.6	Brian Mendez '13(26:13, 16th)	VCP
2011	9th (247)	27:37.2	Brian Mendez '13(26:23, 13th)	VCP
2012	6th (163)	27:09.0	Christian Baumbach '13(26:17,4th)	VCP
2013	13th (304)	27:16.5	Daniel Rondon '14 (26:16, 9th )	VCP
2014	15th (388)	28:52.3	William Brancato '17 (26:29, 18th)	VCP

# Program History

## TEAM STATS — WOMEN'S CROSS COUNTRY

### NJIT CLASSIC

YEAR	TEAM PLACE	TEAM AVERAGE	TOP PERFORMER 'YR (TIME, PLACE)	LOCATION
2009	Dual (0-4)	29:05.2	Ewelina Marut'13(26:55, 11th)	VCP(6K)
2010	Dual (2-2-1)	26:22.6	Ewelina Marut'13(24:31, 1st )	VCP(6K)
2011	Dual (3-0)	20:03.8	Ewelina Marut'13(19:12, 1st)	BBP(5K)
2012	Dual (4-0)	19:58.2	Ewelina Marut'13(19:39, 2nd )	BBP(5K)
2013	Dual (1-0)	20:21.2	Breanne Hollenbach '14(19:04,1st)	BBP(5K)
2014	Dual (1-0)	21:44.7	Maryam Haque '15(20:20,1st)	BBP(5K)

### HIGHLANDER INVITATIONAL

YEAR		TEAM AVERAGE	TOP PERFORMER 'YR (TIME, PLACE)	LOCATION
2009		22:09.9	Ewelina Marut'13(20:31, 6th )	BBP
2010		20:20.6	Ewelina Marut'13(19:09, 3rd )	BBP
2011		19:56.7	Ewelina Marut'13(18:42, 3rd )	BBP
2012		19:27.1	Ewelina Marut'13(18:42, 4th )	BBP
2013	1st D1 (26)	21:28.4	Ybrahina Cohen '14 (20:25, 24th)	BBP
2014	Tied 1st D1 (28)	23:54.1	Maryam Haque (20:18 31st)	BBP

### GREAT WEST CHAMPIONSHIP

YEAR	TEAM PLACE	TEAM AVERAGE	TOP PERFORMER 'YR (TIME, PLACE)	LOCATION
2008	6th (166)	(6K)	Amanda Hefferan '11(25:55, 30th)	UV
2009	7th (225)	28:59(6K)	Ewelina Marut '13(26:27, 40th)	VCP
2010	7th (207)	19:13	Ewelina Marut '13(18:28, 36th)	UTPA
2011	6th (154)	20:14	Ewelina Marut '13(18:41, 10th)	ND
2012	4th (109)	20:29	Ewelina Marut '13(19:23, 11th)	IL

### NCAA REGIONAL

YEAR	TEAM PLACE	TEAM AVERAGE	TOP PERFORMER 'YR (TIME, PLACE)	LOCATION
2009	27th (889)	29:39	Ewelina Marut '13(27:00, 181th)	UMES
2010	28th (820)	24:39	Ewelina Marut '13(23:45, 144th)	PENN
2011	29th (858)	26:21(7K)	Ewelina Marut '13(25:15, 148th)	UMES
2012	28th (791)	24:15	Ewelina Marut '13(23:03, 109th)	PENN
2013	29th (868)	24:52	Breanne Hollenbach '14(23:02,148th)	Lehigh
2014	29th (984)	27:31	Maryham Haque '15 (26:05, 197th)	PENN

### ECAC @ VAN CORTLANDT PARK

YEAR	TEAM PLACE	TEAM AVERAGE	TOP PERFORMER 'YR (TIME, PLACE)	LOCATION
2009	No participation	NA	No participation	VCP
2010	21st (575)	21:00.1	Ewelina Marut '13(20:06, 86th)	VCP
2011	21st (548)	20:50.2	Ewelina Marut '13(19:16, 39th)	VCP
2012	17th (442)	20:38.2	Ewelina Marut '13(19:39, 44th)	VCP
2013	17th (484)	21:25.6	Breanne Hollenbach '14 (20:44, )	VCP
2014	NA (<5 finishers)	NA	Maryham Haque '15 (21:54, 155th)	VCP



# Hall of Fame

Name	Grad. Year	Contribution	Sport (s)	Years Active	Year of Induction	Name	Grad. Year	Contribution	Sport (s)	Years Active	Year of Induction
BAKUN, Andrew I.	1982	Athlete/Asst. Coach	M-Soccer	1978-81/ 90-91	2005	IRIS, Herb	1951	Benefactor	--	--	2007
BAKUN, Myron	1967	Athlete	M-Soccer	1964-66	1991	KAMINSKY, Nicholas J.	1978	Athlete	Baseball	1975-78	2006
BARTH, Roland E.	1960	Athlete	M-Fencing	1957-59	2009	KASBARIAN, Raymond P.	1966	Founder/Athlete	Judo	1962-66	1989
			M-Soccer	1956-59		KETZNER, Robert Shelby	--	Coach	Rifle	1962-86	1987
BAUDER, Fred "Coach"	--	Coach	M-Basketball	1932-61	1989	KHOWAYLO, Alex	1969	Athlete	M-Soccer	1960-63	1996
BLUM, Raymond E.	1950	Distinguished Alumnus	Speedskating/ Cycling	--	1996	LUBETKIN, Charles "Tudy"	1953	Athlete	M-Basketball/ M-Track	1949-52	1994
						LYNCH, Robert K.	1984	Athlete/Coach	M-Fencing	1977-80/ 86-91	1993
BORJA, Hernan "Chico"	1981	Athlete	M-Soccer	1977-80	1986	MacDONALD, Dan	1984	Athlete	Baseball	1981-84	1992
BORNAKO, Gregory "Egor"	1970	Athlete	M-Fencing	1966-70	1987	OLSEN, Richard J.	1969	Athlete	M-Basketball	1965-69	1988
BOWSER, Hamilton V.	1952	Athlete	M-Fencing	1948-52	1989	OLSON, George R.	1977	Athlete	Baseball	1974-77	1987
BRADLEY, Thomas	1978	Athlete	M-Swimming	1974-78	1990	PAULIUS, Raymond V.	1985	Athlete	M-Soccer	1980-83	2006
BROWN, Andrew D.	1963	Athlete	M-Soccer	1956-59	2006	RODGERS, Tarik	1996	Athlete	M-Volleyball	1992-95	2010
CRIMMINS, David	1952	Athlete	M-Fencing	1948-52	2007	ROGERS, Warren	1988	Athlete	M-Basketball	1983-87	1993
CRUZ, Edward	1963	Athlete	M-Soccer	1959-62	1995	ROMULUS, Rudy	1991	Athlete	M-Volleyball	1988-91	1996
DAWSON, Marilyn E.	1986	Athlete	WVB/WBKB/SB	1982-86	1991	ROSS, Jonathan A.	1956	Athlete	M-Soccer	1953-55	2010
DeNICOLA, Carmine P.	1978	Athlete	Baseball	1975-78	2005	SARLO, Paul A.	1992	Athlete	Baseball	1989-91	2005
DeNURE, Dave	--	Coach	M-Volleyball W-Volleyball W-Basketball	1982-98 1986-90 1987-88	2009	SCHMID, John "Gene"	--	Asst Coach/Coach	Baseball	1968-72/ 73-97	2002
DeVITO, Louis	1960	Athlete	M-Soccer/ M-Fencing	1956-60	1992	SIMON, J. Malcolm	--	Coach	M-Soccer	1955-83	1994
								Director of Athletics	--	1983-94	
DIAS, Joe A.	1977	Athlete	M-Soccer	1973-76	1993	SKURLA, Peter J.	1941	Athlete	Bowling	1937-41	1992
DRURY, Eugene M.	1963	Athlete	M-Tennis	1960-63	1988	SORIANO, Gregory	1975	Athlete	M-Fencing	1968-72	2010
ENG, Katherine	1993	Athlete	W-Volleyball	1989-92	2007	SWANSON, Robert F.	--	Director of Athletics	--	1947-82	1986
ETIENNE, Yves	1979	Athlete	M-Volleyball	1976-78	1990	TAETZSCH, Robert	1952	Athlete	M-Fencing	1948-52	2007
FEHN, Gilbert F.	1940	Athlete	M-Basketball/ M-Tennis	1936-40	1992	TAETZSCH, William	1952	Athlete	M-Fencing	1948-52	2007
FITZGERALD, Joseph M.	--	Coach/Asst. Coach	M-Basketball	1961-66/ 52-61	1986	TOSATO, Lawrence P.	1956	Athlete	M-Basketball/ Baseball	1952-56	1987
FLEISHER, Seymour "Zoom"	1951	Athlete	M-Basketball	1947-51	1992	TUBELLO, Jeffrey	1976	Athlete	Rifle	1972-76	1988
GAGLIARDO, Salvatore A.	1985	Athlete	M-Basketball	1981-85	1995	VAN WRIGHT, Nevea	1997	Athlete	W-Basketball	1991-96	2005
GALLAGHER, Thomas G.	1985	Athlete	M-Basketball	1981-85	1991	WALSH, John J.	1966	Athlete	MSoc/MBKB/ Baseball	1962-66	1986
GIOVANNOLI, Arnold L.	1953	Athlete	M-Basketball	1950-53	1993	WASNIEWSKI, Frank	1980	Athlete	M-Tennis	1977-80	1990
GOLDRICK PITT, Elizabeth M.	1990	Athlete	W-Volleyball/ Softball/WBKB/WTen	1985-90	1995	WELGOS, Bob	1962	Athlete	M-Basketball/ Bowling	1959-62	2005
GRAZIANO, Jean M.	1989	Athlete	Softball	1986-89	2009	WOROBEC, Myron S.	1966	Athlete	M-Soccer	1962-65	1994
GRUENEWALD, Wendy A.	1997	Athlete	WBKB/Softball/ W-Volleyball/W-Soccer	1992-96	2003	YONEZUKA, Yoshishada	--	Founder/Coach	Judo	1962-?	1991
HAASE, Jay W.	1975	Athlete	M-Fencing	1971-75	1988	ZORN, Werner	1962	Athlete	M-Soccer	1958-61	1988
HAMMOND, Kenneth W.	1979	Athlete	M-Soccer	1974-77	2003						
HANDWERKER, Andy	1963	Athlete	M-Soccer	1959-62	2002	<b>Teams</b>	<b>Year</b>	<b>Accomplishments</b>		<b>Year of Induction</b>	
HAUSSER, Paul C.	--	Administrator Coach	-- Fencing/Baseball	1953-91 1954-88/53-72	1990	Men's Soccer	1960	NAIA co-National Champion		1988	
HUBEY, Ali	1972	Athlete	M-Soccer	1968-71	1990	Men's Basketball	1981-82	NJIT's first ECAC and IAC champion		1990	
HURTADO, Fabian	1975	Athlete	M-Soccer	1970-74	1987	Baseball	1982	NJIT's second ECAC and IAC champion		1993	

## Directions

### FOR GPS USERS

The address for Lubetkin Field at Mal Simon Stadium, the Estelle and Zoom Fleisher Athletic Center, and the Naimoli Family Athletic and Recreational Facility is 80 Lock Street, Newark, NJ, 07102.

### BY CAR

**New Jersey Turnpike: Driving North from South Jersey:** Take NJ Turnpike to Exit 13A Newark Airport. After toll stay to left and follow signs to Rt. 1 & 9 North. You will merge onto Rt. 1 & 9 North. Airport will be on right. Follow signs for downtown Newark and Rt. 21 North-(left lane exit ramp). Downtown Newark will be in front of you. NYC will be off to your right. Follow Rt. 21 North (McCarter Highway). Turn left on Raymond Blvd. Follow Raymond Blvd. past Warren Street traffic light and Fleisher Athletic Center, Naimoli Center, and Lubetkin Field at Mal Simon Stadium will be to your right (one soccer goal line runs along Warren Street and the soccer sideline parallels Lock Street).

**New Jersey Turnpike: Driving South from North Jersey:** Take exit 15W to Route 280 West, then follow Route 280 West directions.

**Route 280 West:** After drawbridge, take Exit 15A (Rt. 21 South - McCarter Highway). Follow Rt. 21 South to Raymond Blvd. Turn right on Raymond Blvd. Follow Raymond Blvd. past Warren Street traffic light and Fleisher Athletic Center, Naimoli Center, and Lubetkin Field at Mal Simon Stadium will be to your right (one soccer goal line runs along Warren Street and the soccer sideline parallels Lock Street).

**Route 280 East:** Take Exit 15 (Rt. 21 South - McCarter Highway). Follow Rt. 21 South to Raymond Blvd. Turn right on Raymond Blvd. Follow Raymond Blvd. past Warren Street traffic light and Fleisher Athletic Center, Naimoli Center, and Lubetkin Field at Mal Simon Stadium will be to your right (one soccer goal line runs along Warren Street and the soccer sideline parallels Lock Street).

**Garden State Parkway (North & South bound):** Take exit 145 to Route 280 East, then follow Route 280 East directions.

**Route 1 & 9 North & South:** Take exit marked Newark, Rt. 21 North (McCarter Highway). Follow Rt. 21 North (McCarter Highway). Turn left on Raymond Blvd. Follow Raymond Blvd. past Warren Street traffic light and Fleisher Athletic Center, Naimoli Center, and Lubetkin Field at Mal Simon Stadium will be to your right (one soccer goal line runs along Warren Street and the soccer sideline parallels Lock Street).

**Route 78 East:** Take Route 78 East to Rt. 21 North. Turn left on Raymond Blvd. Follow Raymond Blvd. past Warren Street traffic light and Fleisher Athletic Center, Naimoli Center, and Lubetkin Field at Mal Simon Stadium will be to your right (one soccer goal line runs along Warren Street and the soccer sideline parallels Lock Street).

**Route 22 East:** Take Route 22 East to Route 21 North. Turn left on Raymond Blvd. Follow Raymond Blvd. past Warren Street traffic light and Fleisher Athletic Center, Naimoli Center, and Lubetkin Field at Mal Simon Stadium will be to your right (one soccer goal line runs along Warren Street and the soccer sideline parallels Lock Street).



Stadium will be to your right (one soccer goal line runs along Warren Street and the soccer sideline parallels Lock Street).

**Route 21 North:** Follow Rt. 21 North to Raymond Blvd. Turn left onto Raymond Blvd. Follow Raymond Blvd. past Warren Street traffic light and Fleisher Athletic Center, Naimoli Center, and Lubetkin Field at Mal Simon Stadium will be to your right (one soccer goal line runs along Warren Street and the soccer sideline parallels Lock Street).

**Route 21 South:** Follow Rt. 21 South (McCarter Highway) to Raymond Blvd. Turn Right on Raymond Blvd. Follow Raymond Blvd. past Warren Street traffic light and Fleisher Athletic Center, Naimoli Center, and Lubetkin Field at Mal Simon Stadium will be to your right (one soccer goal line runs along Warren Street and the soccer sideline parallels Lock Street).

**New York Thruway:** Thruway to Exit 14A, Garden State Parkway. Follow Garden State Parkway directions above.

**George Washington Bridge:** NJ Turnpike South to Exit 15W. Follow Route 280 West directions above.

**Lincoln Tunnel:** West on Rt. 3 to Rt. 21 South. Turn right onto Raymond Blvd. Follow Raymond Blvd. past Warren Street traffic light and Fleisher Athletic Center, Naimoli Center, and Lubetkin Field at Mal Simon Stadium will be to your right (one soccer goal line runs along Warren Street and the soccer sideline parallels Lock Street).

**From Brooklyn, Queens and Long Island:** Take Verrazano-Narrows Bridge (Interstate 278) and follow 278 across Staten Island. Cross Goethels Bridge. Follow signs to New Jersey Turnpike North then follow New Jersey Turnpike directions above.

### PARKING

**Bus/Van Parking:** Visiting buses and vans may usually park on Lock Street adjacent to the athletic center. Please be careful not to block the parking space reserved for the doctor.

**Visitor Parking:** Visitor parking may be reserved in advance through your host. Otherwise, visitor parking at NJIT is available in the NJIT parking deck. Turn right onto Warren Street. Turn right onto Colden Street and proceed around the block to Summit Street. Parking Deck entrance is located to your right before the intersection with Warren Street.

**Parking for on-campus athletic contests:** NJIT is offering free off-street parking for fans attending regular season home soccer and volleyball matches and basketball games. The parking entrance, marked by a yellow sign is located on New Street.

### OTHER TRANSPORTATION SYSTEMS

**Newark Liberty International Airport:** Minutes from the NJIT campus. A minibus (Newark Airlink) or taxi service connects the airport with Penn Station in Newark. Bus, Newark Light Rail, and taxi connections are available at the station.

**Newark Penn Station:** Located in downtown Newark, connections to the NJIT campus may be made by bus, Newark Light Rail, or taxi.

**Morris & Essex Broad Street Station:** A five-block walk to the NJIT campus via MLK Boulevard to Central Avenue. Taxi service is also available.

**Newark Light Rail:** From Penn Station in Newark, take the Warren Street stop for the NJIT campus. The Warren Street stop is on the sidewalk behind the press box for Lubetkin Field at J. Macolm Simon Stadium.

### HOTELS DOWNTOWN

#### Hilton Newark Gateway

Gateway Center, Raymond Boulevard & McCarter Highway  
Newark, NJ, 973/622-5000

#### Robert Treat Hotel

50 Park Place, Newark, NJ, 973/622-1900

#### Hampton Inn & Suites Newark Riverwalk

100 Passaic Ave, Harrison, NJ, 973/483-1900

### NEAR NEWARK LIBERTY INTERNATIONAL AIRPORT

#### Best Western Newark Airport West

101 International Way, Newark, NJ, 973/621-6200

#### Hilton Newark Airport

1170 Spring Street, Elizabeth, NJ, 908/351-3900

#### Holiday Inn Newark Liberty International Airport

160 Frontage Road, Newark, NJ, 973/589-1000





### **2014-15 Highlanders Men's Cross Country**

Back Row (l-r): Timothy Daudelin, Justin Newkirk, Joshua Olayinka, Nathaniel Bailey II, Blake Brancato, Julian Lenartowicz, Lucas Lamb, Head Coach Al Alonso  
 Kneeling Row (l-r): Kevin Ratigan, Norman Hamilton, Alex Ortega, Liam McSpiritt, Arthur Smith, Michael Martins



### **2014-15 Highlanders Women's Cross Country**

Back Row (l-r): Alexandra Arnold, Katy Nyby, Kayleigh Stark, Mary Henshaw, Kelli Hesse, Kimberly DeLuca, Head Coach Al Alonso  
 Kneeling Row (l-r): Tiaja Harley, Trish Roche, Cristina De Cristofaro, Delaney Silvestri, Whitney Randolph



## 2014 HIGHLANDERS MEN'S & WOMEN'S CROSS COUNTRY

### AUGUST

Fri. 29 ALUMNI MEET

### SEPTEMBER

Sun. 7 SJU-Hofstra Fall XC Festival (at St. John's)

*NJIT Classic*

Sat. 13 SAINT PETER'S

Sat. 27 Ted Owen Invitational (at CCSU)

### OCTOBER

*Technology XC Challenge*

Sat. 4 SAINT PETER'S

Sat. 18 Princeton Invitational

### NOVEMBER

Sun. 2 NICK RUSSO HALLOWEEN CLASSIC

Fri. 14 Women—NCAA Mid-Atlantic Regional (at Penn State)

Sat. 22 IC4A/ECAC Championships  
Bronx, NY - Van Cortlandt Park

## 2014-15 HIGHLANDERS MEN'S & WOMEN'S TRACK & FIELD

### DECEMBER

Fri. 5 Christmas Classic (at Fordham)

Sun. 7 Fairleigh Dickinson Knights Classic

### JANUARY

Sat. 10 Fairleigh Dickinson Knights Classic #2

### FEBRUARY

Sat. 7 DeShriver Invitational (at East Stroudsburg)

Sat. 14 Monmouth Invitational

Sat. 21 Penn State Track and Field Tune-Up

Sun. 22 Princeton Invitational

### MARCH

Sat.-Sun. 7-8 IC4A/ECAC (Boston, MA)

Fri.-Sat. 13-14 NCAA Nationals (New Mexico)

Sat. 21 Wake Forest Open

Sat. 21 Wagner Invitational

Fri.-Sat. 27-28 Monmouth Invitational

### APRIL

Fri.-Sat. 3-4 Sam Howell Invitational (at Princeton)

Sat. 11 Rider Invitational

Fri.-Sat. 17-18 CTC Championships (at Rowan)

Thu.-Sat. 23-25 Penn Relays (Philadelphia, PA)

Sun. 26 **Brick City Track & Field Classic**  
(Newark, NJ - Newark Schools Stadium)

### MAY

Fri.-Sat. 1-2 Princeton Elite (Princeton, NJ)

Fri.-Sun. 15-17 IC4A/ECAC (at Princeton)

Thu.-Sat. 28-30 NCAA East Regionals (Jacksonville, FL)

### JUNE

Wed.-Sun. 10-13 NCAA Nationals

Head Coach: Al Alonso

Assistant Coach: John Crawford

Volunteer Assistant: Robert Willmott