INDOOR RECAP
CORNELL RELAYS
Dec. 5, 1992

The indoor track campaign once again began with the Cornell Relays. This meet traditionally has allowed many New York schools the opportunity to come to Barton Hall and compete in a top-notch facility. It has also allowed the Big Red track and field squad an opportunity to compete at the end of its fall training period. Not only does it provide a goal, it also gives the athletes a chance to see what benefits their work throughout the fall has brought. It's hoped that the results from the meet will encourage people to make the most of their winter break so as not to lose ground! Usually high quality performances aren't expected, but the Big Red was in for a surprise as both Matt McLean (7.50 in the 55 hurdles) and Scott Perkins (50-7 1/4 in the shot put) won their respective events with IC4A qualifying efforts! Another surprising performer was Charles Shimooka in setting a personal best in the pole vault (15-0 1/4). Event winners were McLean (55 dash), Chris Wren (800, 1:56.6), Julie Wojcik (55HH, 8.48), Sue Culler (HJ and LJ), Wendy George (SP) and Tina Rankin (20#WT).

GEORGETOWN & GEORGE MASON
Jan. 16, 1993

In an effort to improve the quality of competition, the Big Red squad hosted perennial track and field powers like the Georgetown men and women and the George Mason women. Classes were still over a week away and many people had just returned from winter break, so the team was a long way from being ready. Georgetown and George Mason, however, had already competed and had a good week of practice under their belts. The scores reflected this advantage as both Matt McLean (7.50 in the 55 hurdles) and Scott Perkins (50-7 1/4 in the shot put) won their respective events with IC4A qualifying efforts! Another surprising performer was Charles Shimooka in setting a personal best in the pole vault (15-0 1/4). Event winners were McLean (55 dash), Chris Wren (800, 1:56.6), Julie Wojcik (55HH, 8.48), Sue Culler (HJ and LJ), Wendy George (SP) and Tina Rankin (20#WT).

VILLANOVA, PENN, FORDHAM,
MANHATTAN (W), PRINCETON (W) & ALBANY (M)
Jan. 23, 1993

Things didn't get any easier for the Big Red! People love to compete in Barton Hall, but the Red didn't plan on all of this quality showing up at such an early date.

Once again, I was very impressed with the squad's competitive efforts. As with the previous meet, there were many outstanding performances. Forty-one IC4A/ECAC qualifying marks were achieved, a fourth and fifth Barton Hall record fell; Villanova women in the 4x300 relay (8:42.86, one of four NCAA qualifying marks) and 17-0 3/4 in the pole vault by McGuire of Princeton. For the Big Red, McLean (55HH, 7.49), Mooney (1,000, 2:51.55) and Perkins (SP, 49-9 3/4) were event winners. Joining them with IC4A/ECAC qualifying marks were Brian Clas (mile, 4:13.62), Mike Franks (800, 1:54.09) and Pam Hunt (3,000, 9:57.90). Impressive performers included Jessica Traynor (55, 7.51), Ogi (PV, 15-1), Laura Woeller (mile, 5:01.89), Brown (55, 6.48), Wren (800, 1:54.55) and Deasy (3,000, 9:58.51). It was also great to have Heps scorers Amy Brod and Jen Watkins back in action.

For the women, points were hard to come by. Michelle Deasy was the only event winner (5,000, 17:23.3). She was followed closely by Martina Hopp (17:23.9). Also finishing second was a rapidly improving Rankin (20#WT, 46-2 1/2). Loren Mooney placed third in the 3,000 (9:45.35), while Kristin Davis did the same in the 800 (2:18.54). An indication of how tough these meets were is that there were 47 IC4A/ECAC qualifying marks and three Barton Hall records (Kevin McMahon from Georgetown threw 69-8 1/4 in the 35#WT, Diane Guthrie from George Mason long jumped 20-11 1/4 and Karen Pittman, also from George Mason, triple jumped 42-9). All three of those marks were NCAA qualifying performances. For the Big Red, Cunningham, Perkins, Mooney, Deasy and Hoppe all achieved IC4A/ECAC qualifying standards.
Brod spent the first semester in Moscow, Russia (not Idaho or Vermont) and Watkins was returning from summer knee surgery.

**CORNELL INVITATIONAL**
**Jan. 30, 1993**

It was time to take a breather!! The Red didn't want to play the World Series three weekends in a row, so most of the team stayed home for a low-key invitational meet. This respite did have its advantages! PR's in the mile by Matt Daniels (4:18.2), Tyson Sacco (4:19.9) and Chris Shields (4:20.4), a PR by McLean (7.46) in the hurdles, along with Rankin (20#WT, 48-9 1/2) led the way for the Red.

Eight people did travel to Boston University for the Terrier Classic. A new school record was set by Franks (1,000, 2:24.74). NCAA provisional qualifying times were turned in by Mooney (mile, 4:47.15) and Hunt (5,000, 16:43.26) and IC4A/ECAC marks by Clas (3,000, 8:16.00), Cunningham (mile, 4:11.1), Woeller (3,000, 9:43.66) and Deasy (5,000, 17:00.7). All in all, a very satisfying and productive weekend!

**SYRACUSE INVITATIONAL**
**Feb. 6, 1993**

The Big Red "journeyed" to Manley Field House in Syracuse to meet Georgetown, Penn State, Villanova, the Ottawa Lions and the host school. In the men's meet, Penn State won (156 1/2) followed by Ottawa (142), Syracuse (94 1/2), Georgetown (48), Cornell (47) and Villanova (34). Matt McLean was the lone event winner, turning in a PR-equalling 7.46 in the hurdles. The distance medley relay team (Matt Daniels, Paul Belcher, Joel Hollenbeck and Tyson Sacco) qualified for the IC4A meet (10:09.2) and finished third. Daniels' 3:04 on the 1,200 leg and Sacco's PR of 4:16 in the mile were the highlights.

Mike Franks qualified for the IC4A championships in finishing fifth in the mile (4:14.4). Other scorers included Scott Perkins in the shot (3rd, 51-2 1/4) with teammate Matt Beers (5th, 46-1 1/2); Jeff Brown in the 55 (4th, 6:53), Nathan Sacco in the 5,000 (6th, 15:07.3), Randy Ogi in the pole vault (5th, 14-7 1/4), Ryan Chaplinski in the 400 (6th, 51.68), Antoine Bryant in the 200 (5th, 23.35), Brian Clas in the 3,000 (6th, 8:25.0), the 4x800 (3rd, 7:53.59) and the 4x400 (4th, 3:26.27). It was also great to see Chris Shields continue to improve, as he just missed IC4A qualifying in the 3,000 with a PR of 8:33.7.

The women finished sixth (46) behind Ottawa (139), Syracuse (111), Villanova (71) and Georgetown (57.5). Cornell had no event winners, but got scoring contributions from Pam Hunt in the 5,000 (2nd, 16:49.8), along with teammates Martina Hoppe (3rd, 17:08.7) and Michelle Deasy (4th, 17:13.4); Beth Farrell in the long jump (6th, 16-9 1/4); Kristin Davis in the 800 (5th, 2:17.3); Nsenga Bansfield (5th, 26.48) and Kristy Harris (6th, 26.65) in the 200; Laura Woeller in the 3,000 (4th, 9:43.40); and the relay teams, where the distance medley (4th, 12:52.9), 4x800 (4th, 10:00.60) and 4x400 (3rd, 3:59.86) all scored.

Conspicuous by their absence were Ginny Ryan and Sue Culler who both achieved ECAC qualifying marks in the pentathlon the night before. Culler was first (3,451) with Ryan close behind in second (3,332).

Both Loren Mooney and Rob Cunningham traveled to New York City for the Millrose Games. Poster child—his picture was on the Millrose Games poster throughout the city!—Cunningham was disappointed with his sixth-place finish (4:17.1) in the IC4A mile, as was Mooney (7th, 4:52.2) in the inaugural ECAC mile.

**CORNELL INVITATIONAL**
**Feb. 13, 1993**

The Red returned to the friendly confines of Barton Hall for a low-key invitational and saw some outstanding performances. A meet highlight was in the hurdles with two school records—Julie Wojcik equalled her school record of 8.29 and Matt McLean had a breakthrough performance with a 7.37, topping Curt Hampstead's '85 7.43 from 1986. In addition, McLean provisionally qualified for the NCAA Championships!

Impressive performances were also turned in by Loren Mooney in the mile (4:55.9), 800 (2:14.3) and mile relay (59.2). Mike Franks (4:14.3), Matt Daniels (4:14.4) and Chris Shields (4:19.0) all ran PR's in going 1-2-3 in the mile; Chris Wren won the 1,000 (2:30.6); Kristin Davis was second in the 800 (2:17.6); Jen Watkins was second in the shot (38-8) as was Sue Culler in the high jump (5-4 1/4). Other event winners and placers included a 1-2 finish in the vault as Randy Ogi (15-3) and Don Vibbert (15-3) both PR'ed; Miek van Zante and Linda Scheu went 1-2 in the 3,000; Scott Perkins won the shot (50-10 3/4); Amy Brod (45-9 1/4), Tina Rankin (44-8), Vicky Schmidt (40-9 1/2) and Casey Call (40-2 1/4) went 1-2-3-4 in the 20#WT; Brian Clas (14:46.2) won the 5,000; Laura Woeller was second in the mile (5:04.9) and third in the 800 (2:22.7); while the men's 4x400 of Matt McLean, Ryan Chaplinski, Craig McConnell and Paul Belcher enjoyed it's best time of the year with a 3:21.6.

**KANE INVITATIONAL**
**Feb. 20, 1993**

Traditionally, this has been a "tune-up" for the Heps and this year was no exception. Close to 30 schools descended on Barton Hall, causing local hotels, motels and eating establishments to get a little excited. The Big Red, too, were excited with the results at the meet. There were 16 event winners alone! The top performance was a new school record by Nsenga Bansfield in the 400 meters (57.0) which broke the record of 57.25 set by Stephanie Best '91 at the '91 Heps. PR performances were accomplished by a host of people, including Chris...
Shields (4:16.3) who’s IC4A qualifying mark led a 1-2-3-4 finish in the mile with Nathan Sacco (4:18.2), Tyson Sacco (4:19.3) and Brian Clas (4:21.4). Amy Brod had an ECAC qualifying mark in the 20#WT (47-6 1/2) and was followed by Tina Rankin (2nd, 45-1 3/4) and Vicky Schmidt (4th, 44-6). In the 55 hurdles, Julie Wojcik (8.48) led a 1-2-3-4 sweep, and was followed by Ginny Ryan (8.83), Sue Culler (8.83) and Lori Harris (8.84). Loren Mooney (2:12.4), Laura Woeller (2:19.1) and Cindy Friers (2:21.8) went 1-2-3 in the 800 and Mike Franks (1:53.5), Chris Wren (1:54.7) and Dean Bowles (1:56.1) did the same on the men’s side. Not to be outdone, the vaulters swept the top three spots as Randy Ogi and Don Vibbert both cleared 14-9 and Charles Shimooka cleared 14-3 1/4. Carl Anstrom’s 8:47.3 in the 3,000 was good for first place as well as a PR. Michelle Deasy PR’ed as well in the mile (1st, 5:06.8), while Giana Angelo (10:26.1) and Mieke van Zante (10:26.3) went 1-2 in the 3,000. The team felt that it was as ready as it could be, going into the next week’s Heptagonal championships.

HEPTAGONAL CHAMPIONSHIPS
Feb. 27 & 28, 1993
The U.S. Naval Academy was the site for this year’s Heps. With one glaring exception, the Big Red felt that it was as ready and as healthy as it could be going into the meet. That exception was Pam Hunt. The many-time Heps’ champion would have to sit this one out as she tried to recover from an Achilles tendon strain. Even without Hunt, the women were expected to be very competitive in the meet. The favorite had to be last year’s champion, Brown University. The women did not disappoint, as they racked up 101 points to finish second behind Brown (156). Villanova (60) went 1-2 in the meet.

The old reliables were just that. Loren Mooney won both the mile (4:55.95) and the 800 (2:11.46) and anchored the second-place 4x800 team (9:14.10); and Sue Culler won the pentathlon (3,556) and the high jump (5-7 1/4), then scored sixth in the long jump (17-11). This senior leadership set the tone as many people enjoyed an outstanding meet. Laura Woeller (9:37.97) unleashed a devastating kick to win the 3,000 in an NCAA provisional qualifying time and then came back to run a leg on the 4x800 team. Michelle Deasy had two third-place finishes, the 5,000 (16:56.73) and the 3,000 (9:42.87) both of which were PR’s. Martina Hoppe was also a double scorer, earning a second in the 5,000 (16:50.19) and a sixth in the 3,000 (9:58.63).

Other Heps scorers included Ginny Ryan (2nd, 3:48) in the pentathlon, Nsenga Bansfield (3rd, 57.89) in the 400, Julie Wojcik (5th, 8.45) in the hurdles, Amy Brod (5th, 47-9 3/4) in the 20#WT and Giana Angelo (5th, 17:40.15) in the 5,000. The 4x400 relay (6th, 4:05.24) joined the 4x800 relay (2nd, 9:14.10) in the scoring column. Brown had too much depth in the sprints and hurdles and enjoyed some surprisingly good performances in the field events.

The men finished eighth (43), one point behind Yale, as Navy (128 1/3) rolled to an impressive win over Army (82), Penn (73 1/3), Princeton (64), Brown (56) and Dartmouth (52 5/6), with Harvard (42) and Columbia (31/2) rounding out the team scores. The Red had one Heps champion, as Matt McLean equalled his PR by winning easily in the hurdles, 7.37 (7.63 was the second-place time). Brian Clas earned All-Ivy honors in finishing second in the 5,000 (14:21.58) to Navy All-American Todd Washburn (14:20.00) and also scored in the 3,000 (6th, 8:22.59). Rob Cunningham was third in the mile (4:07.27) with a PR, while Randy Ogi set a school record with a fourth-place finish (15-7) in the pole vault. Jeff Brown (5th, 6.54), Scott Perkins (5th, 51-5 1/2) and Mike Franks (6th, 2:28.02) scored in the dash, shot and 1,000, respectively. The Red was also very pleased that all of the relay teams scored, led by the All-Ivy team of Franks, McLean, Chris Wren and Cunningham, who combined to finish third (10:09.06) in the distance medley. Joining them were the 4x800 team (5th, 7:46.83) of Joel Hollenbeck, Eric Gaalaas, Chris Ormond and Dean Bowles, and the 4x400 team (3:23.66) of Ryan Chapinski, Craig McConnel, Paul Belcher and Malcolm Lias. I believe this marks the first time that all five relay teams scored at the Heps.

IC4A CHAMPIONSHIPS
March 6 & 7, 1993
Nine men traveled to the Gordon Track at Harvard to compete at the 72nd IC4A Indoor Championships. This group proved to be very competitive, as Cornell finished a respectable 23rd with 11 points. Georgetown (67) and Villanova (60) went 1-2 in the meet.

Leading the way for the Red were Matt McLean (hurdles-6th, 7.51), Rob Cunningham (mile-6th, 4:08.00), Brian Clas (5,000-5th, 14:19.17) and Scott Perkins (shot-8th, 51-6 1/4). All four gentlemen were All-East. For Clas, this marked a PR performance. Mike Franks just missed making the final in the mile, but did have a three-second improvement, as he ran 4:11.35. Wren also PR’ed in the 1,000 with a 2:28.98. Chris Shields competed well in the 3,000 (8:36.28), as did Nathan Sacco in the 5,000 (14:53.45). Randy Ogi was not able to clear the opening height in the pole vault.

ECAC CHAMPIONSHIPS
March 6 & 7, 1993
The 17th ECAC Indoor Championships were also held in Boston, at the BU Armory. The top finisher among the six women who represented the Red was Loren Mooney in the mile (5th, 4:49.40). Laura Woeller (9th, 9:42.5) and Michelle Deasy (12th, 9:48.0) competed in the 3,000. Julie Wojcik (8.48) did not advance to the semifinals in the hurdles race, nor did Amy Brod (12th, 47-5) or Tina Rankin (19th, 44-6 3/4) advance to the final...
in the 20#WT.

NCAA CHAMPIONSHIPS
March 12 & 13, 1993

While Loren Mooney (mile), Laura Woeller (3,000), Pam Hunt (5,000) and Matt McLean (55HH) all achieved provisional qualifying times, only Mooney made it to Indianapolis. Her mile preliminary race was the slower of the two sections and her time of 4:47.95 missed qualification for the final by one place and .8 seconds. Had she made the final, her time would have earned her an eighth-place finish. Those are the breaks!

OUTDOOR RECAP
SPRING TRIP
March 19-28, 1993

Speaking of breaks, thanks to the generosity of alumni and friends, the Big Red returned to sunny southern California for nine days of training and competition. This may have been the most cooperative weather the squad had seen and it made excellent use of the opportunity.

The first meet was the Long Beach State Collegiate Classic, where the women were third (82) to Cal State Northridge (148) and Long Beach State (89) and ahead of San Diego State (81), USC (66), Mankato State (51) and Fullerton State (25). The women won every race from 800 to 10,000!! Leading the way was Martina Hoppe who ran an NCAA provisional qualifying time in the 1000 (35:00.7). Loren Mooney won the 800 (2:11.50), Laura Woeller the 1,500 (4:38.51), Giana Angelo the 3,000 (10:32.66) and Mieke van Zante the 5,000 (18:39.98). This was quite an impressive display by the middle distance/distance crew! Tina Rankin was an event winner as well, tossing the hammer 143-7. Kristy Harris ran a very nice 100 (12.63) and the 4x100 team of Kristy Harris, Jessica Traynor, Julie Wojcik and Beth Harris came back to run an impressive 200 (4th, 21.8). Charles Shimooka set a freshman record in the steeplechase (2nd, 9:35.3), Ryan Chaplinski in the 400 (49.19) and Brian Clas in the 1,500 (14:45.79). Rob Cunningham was second in the 1,500 (3:57.49), Randy Ogi and Don Vibbert shared that same place in the pole vault (14-6) and Jeff Brown did the same in the 100 (11.17). Third-place points were contributed by Craig McConnel in the 400 (50.23) and fourth-places included Chris Wren in the 800 (1:56.44), Paul Belcher in the 400H (56.42) and Scott Perkins in the discus (134-2).

The women won the meet in a close battle with Weber State 88-86. UC Irvine (47), Cal Poly Pomona (27) and Fullerton (12) followed. Once again the Red dominated the distance events with winning performances from Loren Mooney in the 1,500 (4:32.47), Laura Woeller in the 3,000 (9:49.75) and Michelle Deasy in the 5,000 (17:07.81). Not to be outdone, the throwers followed suit with Amy Brod in the hammer (146-3), Jen Watkins in the javelin (118-4) and Brod again in the discus (142-5). We went 1-2-3-4 in the javelin (Watkins, Lori Harris, Sue Culler and Ginny Ryan); 3-4-5 in the 400H (Julie Wojcik, Kristin Davis and Cindy Friers); 1-2-3-4 in the 3,000 (Laura Woeller, Martina Hoppe, Mieke van Zante and Giana Angelo); and 2-4-5 in the shot put (Watkins, Harris and Ryan). Other top performers were Tina Rankin in the hammer (2nd, 136-5), Julie Wojcik in the 100H (2nd, 15.03),Nsenga Bansfield in the 400 (4th, 59.13), and Beth Farrell in the long jump (1st, 16-9 1/2). Even though people were a bit flat and didn’t run the times or throw or jump as far or as high as they wanted, we were very pleased with the way people competed. Once again, a terrific and fruitful spring trip to the left coast.

UNIVERSITY OF VIRGINIA
April 10, 1993

After a weekend away from competition, the Big Red took an extended bus trip down to Charlottesville, Va., for the Lou Onesty Invitational. Both the men and the women finished third in the meet. Kent State (88) won the men’s meet, followed by Virginia (70), Cornell (59.5), Rutgers (53.5) and Virginia Commonwealth (26). The host team (193) won the women’s meet, followed by Penn State (131), Cornell (83), Kent State (67), Rutgers (49) and Virginia Commonwealth (29). The men had four event winners: Mike Franks in the 1,500 (3:52.8), McLean in the 110HH (14.2), Carl Anstrom in the 3,000SC (9:34.8) and Brian Clas in the 5,000 (14:32.1). Matt McLean came back to run an impressive 200 (4th, 21.8). Charles Shimooka set a freshman record in the vault (14-7) and tied with Don Vibbert for second place. Dan Anderson returned from an ankle injury to place in the high jump (2nd, 6-4), Chris Shields improved in the steeplechase (2nd, 9:35.2), Ryan Chaplinski competed...
out, as the Red won comfortably, 88-53. We had two sweeps, Julie Wojcik (14.91), Lori Harris (15.25) and Sue Culler(15.29) in the 100HH, and Michelle Deasy (9:40.4), Martina Hoppe (9:57.4), and Mieke van Zante (10:22.8) pulled the same trick in the 3,000. The 1-2 finishes in the hammer by Rankin (152-1) and Amy Brod (150-9); the discus by Jen Watkins with a new school record (156-5) and Amy Brod (148-2); the 400 by Nsenga Bansfield (58.08) and Lori Harris (60.09); the 800 by Loren Mooney (2:13.98) and Kristin Davis (2:17.85); and the 1,500 by Loren Mooney (4:38.2) and Laura Woeller (4:38.6) salted the meet away. Still and all, the Red women dominated the shot put with a 1-3 finish (Jen Watkins, 40-7 3/4 and Lori Harris 35-0), as well as the high jump (Sue Culler 5-6 and Ginny Ryan 5-4). The 4x100 team of Kristy Harris, Jessica Traynor, Julie Wojcik and Lori Harris won in their best time of the year to date (49.4). Kristy Harris (12.57) and Jessica Traynor (12.71) also contributed with a 1-3 finish in the 100, and Kristy Harris placed second in the 200 (25.99). Other scorers included Sue Culler in the long jump (3rd, 17-4), Cindy Friers in the 400H (3rd, 66.21) and Renata Braudy in the triple jump (2nd, 37-2 1/4). The women did a terrific job in not only competing well, but in putting up some very impressive marks!

**PENN RELAYS**

*April 22-24, 1993*

Cornell took a fairly sizable contingent to the 99th running of the Penn Relays Carnival. The women's races and the distance races opened the action on Thursday. The Red women ran two Championship of America Races, placing seventh (11:45.32) in the distance medley (Loren Mooney, Nsenga Bansfield, Kristin Davis and Laura Woeller) and eighth (62.07) in the shuttle hurdle race (Julie Wojcik, Lori Harris, Ginny Ryan and Sue Culler). The latter established a school record.

In the other relay events, the 4x100 team of Kristy Harris, Jessica Traynor, Wojcik and Lori Harris ran 49.77 and finished second in its heat, and the 4x400 team (Lori Harris, Nsenga Bansfield, Kristin Davis and Rebecca Akano) placed fourth (4:03.03) in the Hept event.

Individually, Amy Brod tossed the hammer in the championship event, finishing seventh (151-4). Tina Rankin threw a bit further (152-4) in finishing second in the college event. Jen Watkins placed fifth (148-11) in the college discus and Wojcik was fourth in her heat of the 400H (64.68). In the distance races, Woeller doubled back under extremely adverse conditions (low 30's, very windy, ugh!) to run an NCAA provisional qualifying time and finished fourth (16:38.16) in the 5,000, while the weather caught up to Michelle Deasy (18th, 17:25.16). Martina Hoppe ran the 10,000 (6th, 35:22.30) and, on Saturday, Mooney placed ninth in the Olympic Development 1,500 with an NCAA provisional qualifying time of 4:19.3.

The distance races opened the men's foray into this year's Carnival. Brian Clas ran an impressive 5,000 (12th, 14:18.53), as did Nathan Sacco in the 10,000 (20th, 30:44.63). Both were IC4A qualifying marks and
for Clas it represented a PR, while Sacco was only twelve seconds away from his PR and believe me, the weather was dreadful!

The relays on Friday and Saturday did not go particularly well. The 4x100 (Jason Berk, Ryan Chaplinski, Jeff Brown and Matt McLean) finished fifth in its heat (43.54). The sprint medley team of Brown, Berk, Malcom Lias and Chris Ormond was seventh in its heat (3:25.04). The 4x800 team (Chris Wren, Mike Franks, Ormond and Rob Cunningham) did not look sharp in finishing 12th (7:39.63). The distance medley team (Matt Daniels, Chaplinski, Franks and Cunningham) ran a bit better, finishing 14th overall (9:56.69). The 4x400 (Chaplinski, McLean, Paul Belcher, Lias) was seventh (3:22.27) in the Heps contest. Individually, McLean (14.45) missed by one place making the final in the 110HH and Scott Perkins recorded no mark in the college shot put. I would have to call this a good, not a great, Penn Relays. The Big Red had some outstanding performances as well as some disappointments. Next stop, the Heps!

HEPTAGONAL CHAMPIONSHIPS
May 8-9, 1993

Brown University served as the host institution for this year's Heps. For the men, most schools had conceded the meet to Navy. The feeling was that either a war had to be declared very quickly or their ship would have to sink in order to keep them from winning, and win the Middies did with 146 points. Penn (112), Brown (73), Princeton (69), Yale (43), Army (43), Cornell (42), Dartmouth (38), Harvard (32) and Columbia (21) followed. The Red were two points from a top five finish and I was very proud of the way the team competed. The Red had three individual Heps champions. Matt McLean, sore hip and ankle notwithstanding, just held off the late rush of Levine from Yale and won the 110HH and Scott Perkins recorded no mark in the college shot put. I would have to call this a good, not a great, Penn Relays. The Big Red had some outstanding performances as well as some disappointments. Next stop, the Heps!

In a fantastic race, Rob Cunningham won the 1,500 with a season's best 3:46.91. He positioned himself well, patiently waited to make his final move, surged to the front and coasted in for the victory. Matt Daniels set a PR in the prelims to qualify for the final and promptly set a five-second PR in the final to finish fourth (3:48.39)! Mike Franks also made the final and set a 2 1/2 second PR with a 3:50.20. All three marks were IC4A qualifying efforts. Cornell's third Heps champion was Brian Claas in the 5,000. After twice finishing second in the indoor 5,000 and scoring in every 5,000 he's run at the Heps, he certainly earned this championship. His six-second victory (14:33.27) was secured by a 1:31 final 600 (:61, :30)!!

The Big Red's other scores came in the shot put as Scott Perkins, on his final toss, took third (52-2) with a one-foot improvement!! That's coming through in the clutch. The 4x400 team of McLean, Paul Belcher, Craig McConnel and Ryan Chaplinski ran its best time of the year in taking fifth (3:18.41). Particularly impressive was Chaplinski's anchor (48.4) in keeping Princeton at bay.

To most, the measure of success is in points scored and places earned. The majority of those who compete at the Heps, though, don't score. As a coach, all you can ask from your athletes is to give their very best, compete with intensity and determination and be a supportive and appreciative team member. By those standards, I couldn't have been happier with the Red's performance. In the 100, Jeff Brown ran his two fastest times this season and missed the final by .03. In the 400, Chaplinski fell victim to the six-lane track and was seventh, like Brown missing the final by .03. In the 800, Chris Ormond (1:53.14), Dean Bowles (1:55.58) and Malcom Lias (1:54.18) all enjoyed significant PR's and Chris Wren had his best time of the outdoor season (1:54.70).

In the 3,000SC, Chris Shields had a 17-second PR (not a misprint) to finish 12th (9:18.18) while Tyson Sacco improved by 19 seconds to finish 14th (9:21.27). Nathan Sacco was well on his way to his third consecutive scoring effort in the 10,000, only to be tripped just after the mid-way point in the race. He gamely got back up and finished ninth (31:44.90). His time from last year would have won this year's race! Don Vibbert cleared 15-0 in the vault and was one bar clearance from fourth place! The same was true of Dan Anderson in the high jump. He cleared 6-6 3/4 and the next height earned a tie for fourth. This is a terrific group of young men and their respective competitive efforts were outstanding.

Similarly, the women were nothing short of fantastic with the number of times they really went after things! Brown was the overwhelming favorite and didn't disappoint its fans. The Bruins scored the most points ever (187) in leading the way, but Cornell (156 1/2) set a record of sorts in that no team has ever scored that many points and not won! In fact, the Red were only 2 1/2 points off the mark achieved last year!! The team did everything that it could, Brown had a near perfect meet and no one helped the Red as Princeton (68) led the rest of the teams, which included Penn (50), Dartmouth (46), Harvard (44), Army (38), Navy and Yale (28) and Columbia (6).

Add six individual Heps champions for the women to the three earned by the men! Loren Mooney doubled up again in winning the 1,500 (4:30.01) and the 5000 (2:12.14). Sue Culler earned yet another multi-event title with a school record 4,865 points. Laura Woeller repeated her indoor victory in the 3,000 by edging teammate Michelle Deasy 9:47.96 to 9:48.46. Deasy, not to be outdone, in her first-ever 10K, won in a national qualifying mark of 34:59.68. Jen Watkins blew the field away with a 10-foot victory in the discus (152-10).

Senior Julie Wojcik had a terrific meet with a third in the 100HH (14.61) and a fifth in the 400H (64.12). She set a new school record (14.57) in the semifinals. The supporting cast of contributors is extensive. The Big Red
has come to expect, and be spoiled by lots of points in the distance races and this meet was no exception. After Deasy in the 10K, Martina Hoppe equalled her time from last year in taking second (35:17.61) and Erica Sofianek was a surprise sixth (37:26.78). In the 5,000, Pam Hunt showed teammates courage in taking second (17:04.93), with Hoppe doing a minor super-women imitation by taking third (17:16.71). After the Woeller/Deasy tandem in the 3,000, Mieke van Zante took sixth (10:24.29). Woeller’s victory in the 3,000 came after a fourth-place finish in the 1,500 (4:35.17). The 76 points just in the distance races was enough to beat all teams except Brown!

But these points were less than half of the total count, so what you have is an awesome team effort here! The next most supportive area was the throws. Cornell scored and scored impressively in each event. After Watkins’ win, the Red saw Amy Brod take third (139-6) in the discus. Watkins scored again in the shot by saving her best throw for her final one and placing fifth (40-3 1/4). Watkins wasn’t through, however, as she had her best throw of the year in the javelin to finish fourth (130-0) and Lori Harris was a big surprise with her best heave of the year and took sixth (126-10). In the hammer, Tina Rankin set the school record (157-3) and earned a second-place finish, a mere one inch from being the champion. Brod threw very well to take fifth (151-7).

Sue Culler didn’t stop with the heptathlon win. She also competed in the long jump where she had her best leap of the year and placed fifth (18-0). Then, she went over to the high jump and tied for second with a 5-6 1/2 clearance. Nine events in two days!! Sophomore Lori Harris wanted to emulate the senior and add what she could, and was outstanding in finishing third in her second-ever heptathlon (4,474), a 200-point improvement!! She won the shot put in the heptathlon with a PR 37-7 3/4, won the javelin (113-8) and immediately following her 800 she jogged over to the open javelin and set a five-foot PR to earn sixth.

On the track, the Big Red got some terrific performances in some unlikely events. Going into the meet, the Red 4x100 relay was seeded seventh. The anchor leg, the ubiquitous Lori Harris, had to do the long jump and couldn’t run in the relay. Beth Farrell replaced her at anchor and joined two freshmen Kristy Harris and Jessica Traynor, along with stalwart Wojcik to shock the field and finish third in Cornell’s best time of the year (48.76). Traynor then went on to score in the 100 (6th, 12.58) with a PR performance.Nsenga Bansfield also chipped in with a sixth in the 400 (59.54).

In the 4x800 relay, LaShawn Richburg, Kristin Davis, Kristen Hauser and Mooney combined to finish a very respectable third. Traynor, Farrell, Cindy Friers and Rebecca Akano finished seventh in the 4x400, but in Traynor and Farrell we saw two sub-60 legs and future suspects for more 4x400’s.

All told, this was a tremendous team effort by both the men and the women. Where people were able to, they scored and scored well. If they didn’t score, they made sure that they did well and that they forced others to be better in that event on that day.

**ECAC CHAMPIONSHIPS**

May 14-16, 1993

The women barely had a chance to catch their collective breaths from such a group of outstanding efforts at the Heps when it was off to Fairfax, Va., for the ECAC meet. Exams and “post-Heps blues” dwindled the numbers somewhat, but eight athletes competed at the 17th version of this meet. Leading off were Sue Culler and Ginny Ryan in the heptathlon. It was difficult for both to be on top of their respective games, but they competed well and went seventh (4,517) and 12th (3,997), respectively, in a tough field of 16 athletes. Culler’s finish earned her a third All-East honor! The discus event saw Amy Brod earn her second All-East honor with a seventh place finish (145-9) and Jen Watkins, for the second year in a row, finished ninth (141-10). Brod’s good fortune did not hold for the hammer, though, as she finished 12th with a toss of 149-2.

On the track, the women got to the three-quarter point of their respective races and had little left with which to punch. Still, Martina Hoppe earned All-East honors by way of a second-place finish in the 10,000 (35:33.61). Michelle Deasy was on pace through four miles to improve her NCAA qualifying mark, but did not finish the race. Loren Mooney was with the lead pack in the 1,500 and seemed to have a blowout in the last 300. She held her position and finished sixth (4:27.15). The same fate affected Laura Woeller in the 5,000. She was on a PR pace to the 3,200 mark and just seemed to lose it. She finished sixth (17:07.32) and, with Loren Mooney, achieved All-East honors. Certainly, five All-East performances is nothing to be disappointed with, and Cornell tied for 13th which is impressive in its own right. It’s just that expectations were high and the team was clearly emotionally and physically tired from the previous week’s Heps and exams.

**IC4A CHAMPIONSHIPS**

May 21-23, 1993

While the men had an extra week to recover from the Heps, they still had to contend with exams and a nine-hour drive down to Williamsburg. Seven athletes went to Williamsburg where we enjoyed mixed results. Our only points were scored by Brian Clas in the 5,000 (6th, 14:17.99) in a PR performance. Here again, expectations were for Brian to qualify for the NCAA meet and he was two seconds shy of that accomplishment. Rob Cunningham had the same goal in the 1500, but a veritable “who’s who” made the qualifying trials races a game of roulette. Rob (3:47.8) was nosed out at the tape and failed to make the finals. Matt Daniels ran his second-best time (3:51.45), but also failed to advance.
Mike Franks (4:01.75) suffered the same fate and, as with Matt Daniels, felt very flat. Nathan Sacco (18, 31:28.7) did not have a strong race in the 10,000, while Scott Perkins (19th, 47-8) felt very rusty in the shot put. Randy Ogi vaulted well, cleared opening height (15-0 1/4) but failed to clear the second height. He was, however, the fifth Hepts placer in the event.

GEORGE MASON
May 26, 1993

Rob Cunningham and I were both frustrated by the disappointment at the IC4A meet. We both were convinced that he had a much faster race in his legs and lungs, so he journeyed to Fairfax, Va., for a last chance to qualify meet. Are we ever glad he had that opportunity!! He smashed Bill Rathbun's school record by running 3:41.48! He not only got the school record, it was also fast enough to assure him a trip to New Orleans for the NCAA Championships.

NCAA CHAMPIONSHIPS
June 2-5, 1993

The Big Red was well-represented at the NCAA Championships in steamy, hot and humid New Orleans. This is not a distance runner's paradise. We came from cool, crisp nights and comfortable, warm days in Ithaca to the sticky heat of the bayou. Four Cornellians made the journey and they included Rob Cunningham in the 1500, Loren Mooney in the 1500, Laura Woeller in the 5,000 and Michelle Deasy in the 10,000. Also qualifying but missing the top 15 by one place, was Martina Hoppe in the 10,000.

Loren started off and ran well, (4:27.00) to qualify for the final. Her time in the first heat was faster than everyone in the second heat, which made up in part for the disappointment at the Indoor Championships. Rob was very competitive in his heat, running 3:45.75, but he did not qualify for the final. (He needed to run 3:43.) He ended up 17th overall in the 1500. Laura, in her first ever NCAA track championships, gained valuable experience. She was seeded 16th and that's where she finished. Her time of 17:27.43 was her slowest, but the combination of her neophyte status, the excessive heat and humidity, an hour and one-half delay in the start of the race, and the fact that everyone ran significantly slower than their respective qualifying times, indicates that her effort was much better than the time might indicate.

If it was tough on the 5,000 people, one is allowed to feel sorry for the 10,000 people. Michelle came into the meet ranked 15th and finished 11th! Her time of 36:44 was also her slowest, but that was the case for all others in the race as well. Unlike Austin last year, only one runner failed to finish this year. Many learned their lesson and were more conservative in New Orleans.

Loren ran her final on Saturday and did not have her best race. It was a slow, strategic race through 1,000; and when the surge came Loren was at the back of the pack, was the last to react and had no real zip left. Her 12th place finish was a disappointment for her, but was good enough to earn her a third All-American award.
STATS CORNER

CROSS COUNTRY

All-American
Brian Clas
Pam Hunt
Loren Mooney

All-East
Brian Clas
Rob Cunningham
Loren Mooney
Pam Hunt
Michelle Deasy
Laura Woeller

All-Ivy
Brian Clas
Rob Cunningham
Loren Mooney
Pam Hunt
Michelle Deasy
Laura Woeller

All-American Academic
Loren Mooney

All-East Academic
Amy Brod
Brian Clas
Sue Culler
Rob Cunningham
Martina Hoppe
Loren Mooney
Laura Woeller

All-Ivy Academic
Matt McLean (2)
Loren Mooney (2)
Julie Wojcik
Ginny Ryan

School Records
Indoor
Matt McLean 55HH 7.37
Julie Wojcik 55HH 8.29
Randy Ogi PV 15-7
Nsenga Bansfield 400 57.0
Mike Franks 1,000 2:24.74

Outdoor
Matt McLean 110H 13.8
Tina Rankin Hammer 157-3
Rob Cunningham 1,500 3:41.48
Jen Watkins Discus 156-5
Julie Wojcik 100H 14.57
Sue Culler Heptathlon 4,865
Sue Culler High Jump 5-7 3/4
Julie Wojcik Shuttle Hurdle Relay 62.07

Cross Country Academic All-American
Loren Mooney

NCAA QUALIFIERS
Indoor
Matt McLean 55H
Loren Mooney Mile
Laura Woeller 3,000
Pam Hunt 5,000

Outdoor
Rob Cunningham 1500
Loren Mooney 1,500
Laura Woeller 5,000
Michelle Deasy 10,000
Martina Hoppe 10,000

July 1993
IC4A/ECAC QUALIFIERS

**Indoor**

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<thead>
<tr>
<th>Event</th>
<th>Qualifiers</th>
<th>Weight</th>
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<tbody>
<tr>
<td>Mile, 3,000, 5,000</td>
<td>Amy Brod</td>
<td></td>
</tr>
<tr>
<td>Mile, 3,000</td>
<td>Ginny Ryan</td>
<td></td>
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<tr>
<td>1,000</td>
<td>Julie Wojcik</td>
<td>55H</td>
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<tr>
<td>Mile</td>
<td>Laura Woeller</td>
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<td>55H</td>
<td>Loren Mooney</td>
<td>800, 1,000, Mile, 3000</td>
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<td>800, 1,000, Mile</td>
<td>Martina Hoppe</td>
<td>3,000, 5,000</td>
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<td>Mile, 3,000</td>
<td>Michelle Deasy</td>
<td>3,000, 5,000</td>
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<td>Shot Put</td>
<td>Pam Hunt</td>
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<td>Pole Vault</td>
<td>Tina Rankin</td>
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<td>Distance Medley Relay</td>
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**Outdoor**

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<td>100</td>
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<td>Martina Hoppe</td>
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<td>Michelle Deasy</td>
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<td>Erica Sofianek</td>
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<td>Shot Put</td>
<td>Sue Culler</td>
<td>100H, High Jump, Heptathlon</td>
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<td>4x100 Relay</td>
<td>Pam Hunt</td>
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<td>Nsenga Bansfield</td>
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1994 Captains: Brian Clas, Matt McLean, Ginny Ryan

APOLOGY!

Due to an oversight on my part, appropriate credit and recognition were denied the great cross county team of 1977, which traveled to Spokane for the NCAA Championships. The 20th-place finish by Doug Calby '81, Andy Fischer '79, Dave Pannel '79, Pete Pfitzinger '79, Dave Washburn '78 and Mike Wyckoff '80 was a tremendous accomplishment. I apologize for not being more thorough in my research, which is not a good trait for a history major!
### Track and Field Awards

<table>
<thead>
<tr>
<th>Award</th>
<th>Category</th>
<th>Recipient</th>
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<tr>
<td>Shorty Lawrence Award</td>
<td>Most Improved Field Event Man</td>
<td>Randy Ogi</td>
</tr>
<tr>
<td>Clarence Morse Award</td>
<td>Most Improved Track Event Man</td>
<td>Matt McLean</td>
</tr>
<tr>
<td>Fleet Morse Award</td>
<td>Most Improved Woman</td>
<td>Tina Rankin</td>
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<tr>
<td>Hank Russell Award</td>
<td>Best Sprinter (55-400)</td>
<td>Matt McLean</td>
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<tr>
<td>Theodota Ladas Award</td>
<td>Best Mid-Distance (500-1,500)</td>
<td>Loren Mooney</td>
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<td>Dr. George Ladas Award</td>
<td>Best Distance Runner (3,000-10K)</td>
<td>Brian Clas</td>
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<tr>
<td>Theodota Ladas Award</td>
<td>Best Jumper</td>
<td>Sue Culler</td>
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<tr>
<td>Dr. George Ladas Award</td>
<td>Best Thrower</td>
<td>Jen Watkins</td>
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<tr>
<td>&quot;Jinky&quot; Crozier Award</td>
<td>Most Valuable Woman</td>
<td>Jeff Brown</td>
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<tr>
<td>Gatling Award (Men)</td>
<td>The senior who has done the most for</td>
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<tr>
<td>Gatling Award (Women)</td>
<td>Same criteria as above</td>
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<tr>
<td>Francis M. Blanford Award</td>
<td>The senior who has scored the most</td>
<td>Loren Mooney</td>
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<tr>
<td>Charles J. Blanford Award</td>
<td>points over her four years</td>
<td>Ryan Chaplinski</td>
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<tr>
<td>Walker Smith Award</td>
<td>Best Hurdler</td>
<td>Matt McLean</td>
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<tr>
<td>Clarence Spindler Award (Male)</td>
<td>The senior who has always been unselfish,</td>
<td>Nathan Sacco</td>
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<td></td>
<td>does the workouts, is a good team</td>
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<tr>
<td></td>
<td>person, and a good competitor</td>
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<tr>
<td>Clarence Spindler Award (Female)</td>
<td>Same criteria as above</td>
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<td></td>
<td>Shared!</td>
<td>Loren Mooney</td>
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<td></td>
<td></td>
<td>Julie Wojcik</td>
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**CORNELL TRACK ASSOCIATION**

Cornell track and field owes many thanks to Bob Mealey. Bob was the key force in seeing that the Cornell Track Association was established several years ago. His energy and leadership have already led to some exciting changes for the Cornell program.

In a relatively short time, the association was able to "drive home" the track center project, which was first conceived in 1985. Work in Barton Hall will begin next summer, with completion of the track center scheduled for the fall of '94. The track center will be located on the south side of Barton, next to the ROTC building. Included in the facility will be a modern weight room, a meeting room capable of holding 100 people, and an office for the coaching staff. The many pictures, medals and trophies that were in the locker room in Schoellkopf Hall (no longer used by the team) will be displayed in the track center.

The next big project on the agenda will be to address the need for a new outdoor track and field facility. The track at Schoellkopf is currently in unusable condition. Members of the association's executive committee have been working with the athletic department and the university to consider options and explore fund raising potential. At the very least, $500,000 will be needed. If a proposed site on Upper Alumni Field is used, the figure will approach $1,000,000.

The Cornell track and field program remains successful in large part due to generous support of alumni. Most of the program's budget now comes out of the Moakley and Track Development Funds. The Heekin Fund covers the salary of the coach each year and will continue to do so indefinitely.

Unfortunately, pressures on the funding of college athletics show no signs of easing in the near future. If you are interested in being more involved in supporting the program, so that today's Cornell track and field athletes have the same opportunities you did, please contact the track office or me.

Jon Anderson '71  
Chair, Cornell Track Association
### Cornell Cross Country Schedule 1993

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tr>
<td>September 10</td>
<td>Syracuse, Army, et al</td>
<td>Home</td>
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<tr>
<td>September 18</td>
<td>Fordham Invitational</td>
<td>Van Cortlandt Park</td>
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<tr>
<td>October 2</td>
<td>Huskie Invitational</td>
<td>Seattle, Wa.</td>
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<tr>
<td>October 2</td>
<td>Colgate Invitational</td>
<td>Hamilton, N.Y.</td>
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<td>October 17</td>
<td>National Invitational</td>
<td>State College, Pa.</td>
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<tr>
<td>October 22</td>
<td>Reif Memorial Run</td>
<td>Home</td>
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<tr>
<td>October 29</td>
<td>Heptagonal Championships</td>
<td>Van Cortlandt Park</td>
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<tr>
<td>November 13</td>
<td>IC4A/ECAC Championships</td>
<td>Leesburg, Va.</td>
</tr>
<tr>
<td>November 22</td>
<td>NCAAA Championships</td>
<td>Bethlehem, Pa.</td>
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