



CORNELL THE WASTEBASKET

CORNELL CROSS COUNTRY & TRACK NEWSLETTER

Lou Duesing, Head Coach

Alberding Field House

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INDOOR TRACK

CORNELL RELAYS December 3, 1994

The 1995 version of the indoor track season began just like the previous indoor seasons-with the Cornell Relays. Typically, most of the distance runners were recovering from the rigors of cross country. For the rest of the team having this meet provided an incentive for the two months of fall training. First, it gave them a chance to see what the fall training had done for them. Second, it provided an incentive to either keep things going in the right direction because they were happy with where they were with their fitness, or to get busy because they were behind in their training.

Marc Duquella was a double event winner with a toss of 47-3 in the shot put and a 43-3 heave in the 35# weight. We had an impressive 1-2-3 finish in the pole vault with Don Vibbert (15-5) leading the way, followed closely by Charles Shimooka (15-0) and Jason Rivera (14-6). The same type of sweep was accomplished in the 20# weight by Tina Rankin (48-8), Casey Cadile (45-7) and Chris Kervaski (40-10), the triple jump by Anita Jakelic (38-0), Jessica Funk (37-1) and Madhuri Putta (36-0) and the shot put by Jen Watkins (41-9), Lori Harris (36-9) and Kervaski (34-3).

Other event winners included Rod Wiltshire (triple jump, 44-8), Chad Hunter (55, 6.49) and a 1-2 finish in the women's 55 dash by Jessica Traynor (7.41) and Kristy Harris (7.49). Julie Roth enjoyed an excellent debut as she led a 2-3-4-5-6 finish in the long jump (17-5) and had a second in the 55 hurdles (8.69). Close behind her in the long jump were

Jakelic (17-4), Kristy Harris (17-3), Natalia Cortes (17-3) and Putta (17-3).

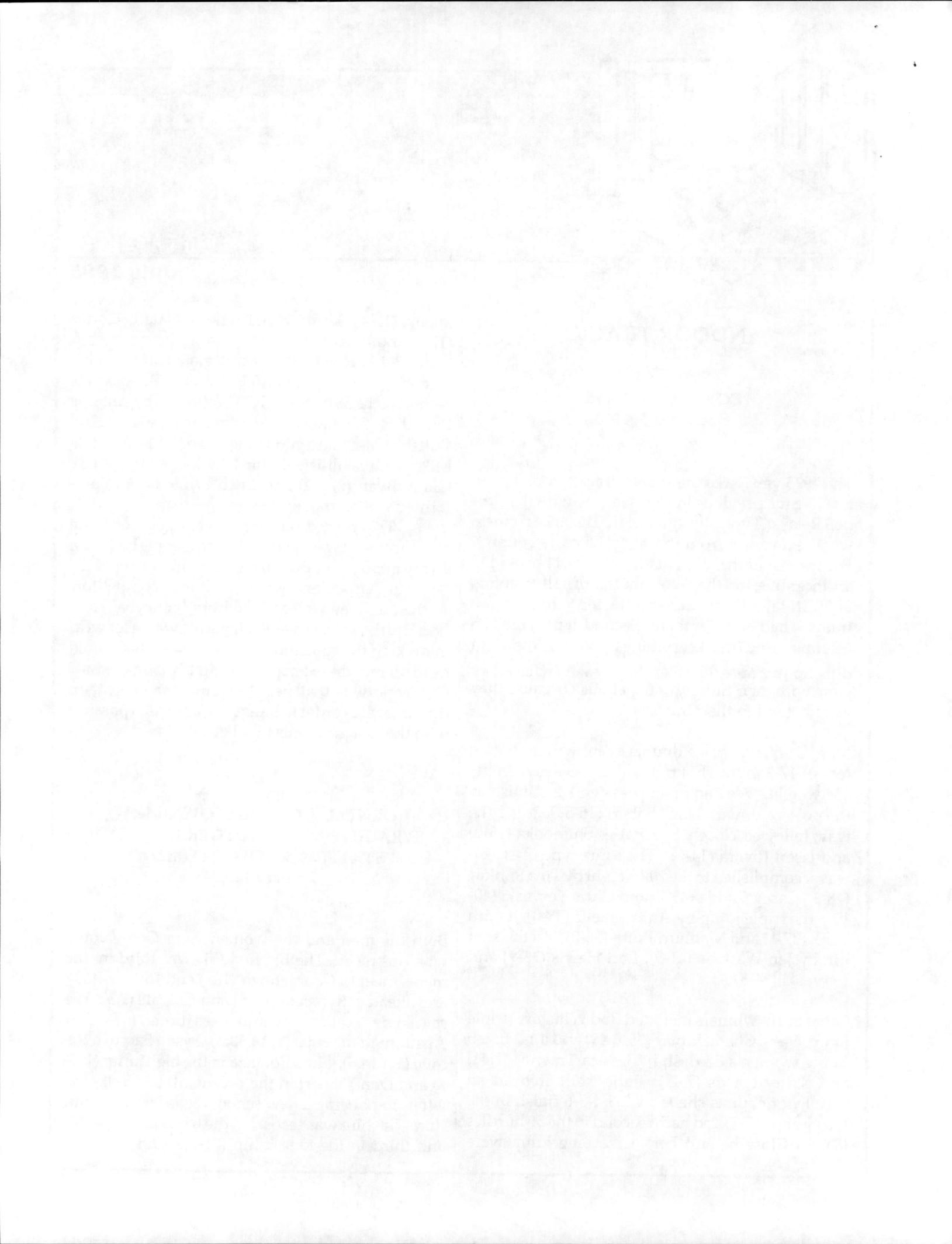
Chris Potenza opened his collegiate career with a second in the high jump (6-6), Trenton Bullock was second in the 55 hurdles (7.73), followed by Antoine Bryant (4, 7.97) and Matt Worster (7, 8.45). Rod Wiltshire also had a good long jump (2, 21-10), while Mike Padilla finished third in the 3000 (9:04.3). Ginny Ryan (2, 5-2) and Ellen White (4, 5-2) performed well in the high jump.

This turned out to be a very good opening competition. It was clear that many people had done a very good job of preparing over the course of the fall. In particular, two multi-sport competitors seemed to open well as Julie Roth (volleyball) and Lori Harris (soccer) seemed none the worse for wear in making the transition to track. Next we would head off into the exam period and Christmas break. Our hope was that people would maintain their fitness level in order to be as competitive as possible with the inaugural meet on January 14.

CORNELL v. GEORGETOWN(M&W), SYRACUSE(M&W), RUTGERS(M), PENN STATE(W) & COLGATE(M&W)

January 14, 1995

Both the men and the women from Georgetown won this meet. The Big Red (51) was third in the men's meet to Georgetown (106) and Rutgers (68), and ahead of Syracuse (46.5) and Colgate (9.5). We saw some excellent performances turned in by Carl Anstrom in the 5000 (1, 14:53.8), Tyson Sacco in the mile (1, 4:14.5), Chris Potenza in the high jump (1, 6-7) and Don Vibbert in the pole vault (2, 15-9) - the latter mark being a new school record in the vault! Rod Wiltshire was second in the triple jump (44-10) and third in the long jump (21-7). Other double



scorers included Marc Duquella in the 35# weight (3, 44-10) and the shot (3, 47-1), Antoine Bryant in the 55 dash (5, 6.94) and the 200 (4, 23.01) and William Bentley in the same events (3, 6.64) and (6, 23.38) respectively. Other scorers for the men were Charles Shimooka in the vault (4, 14-2), Jon Simon in the 400 (5, 52.4), Jacques Laguerre in the 500 (3, 1:06.3) and Dean Bowles in the 1000 (5, 2:31.5).

The women (45) were fourth to Georgetown (83), Penn State (80) and Syracuse (51). Colgate scored 1 point. Cornell's sole event winner was Kate Walker in the 3000 (10:17.5). Despite the dearth of winning performances there were several very impressive marks achieved in this meet. ECAC qualifying status was attained by Laura Woeller in the 5000 (2, 17:22.7), Anita Jakelic (3, 38-11) and Julie Roth (4, 38-7) in the triple jump and Casey Cadile in the 20# weight (2, 49-6). Scorers in the meet included Megan Kilbride in the 5000 (6, 18:37.9), Kristy Harris in the long jump (5, 17-3), the 55 dash (3, 7.49) and the 200 (5, 27.31), Jessica Traynor in the 55 dash (2, 7.48) and the 200 (3, 26.67). Julie Roth (3, 8.69) and Ginny Ryan (4, 9.23) scored in the 55 hurdles, while Nsenga Bansfield did double-duty in the 55 dash (6, 7.71) and the 200 (4, 26.87). Tina Rankin (3, 46-6), Jen Watkins (5, 43-2) and Chris Kervaski (6, 42-1) chipped in with points in the 20# weight, while Aruna Boppana was second in the 800 (2:19.2), Becky Dennison was sixth in the 1000 (3:05.5), Jen Watkins was fifth in the shot put (41-10) and Allison Mulcahy was fifth in the 3000 (10:46.8).

This was a very challenging way to begin the 1995 indoor campaign. We enjoyed some excellent performances. Many personal bests were achieved and people competed very well. Overall, we were pleased with what we had accomplished. If people continue to work as they have and compete as they have to this point, we should have a successful indoor season.

**CORNELL v. VILLANOVA(M&W),
FORDHAM(M&W), ST. JOE'S(M&W) &
PENN(M)**
January 21, 1995

Things did not get any easier for us in our second meet of the season. The men (60) were second to Penn (133) and ahead of Villanova (46), St. Joe's (23) and Fordham (23). The Red had no event winners.

Scorers included Marc Duquella in both the 35# weight (2, 49-0) and the shot put (5, 45-8); Rod Wiltshire in both the long (3, 21-8) and triple jump (2, 45-11); William Bentley in the 55 dash (3, 6.53) and 200 (3, 23.05); Chris Wilkens in the 5000 (4,

16:18.1), Trenton Bullock (2, 7.87) and Antoine Bryant (4, 7.96) in the 55 hurdles, Chris Potenza in the high jump (6-7), John Steed (2, 4:20.2), Jeff Nason (3, 4:20.5) and Mike Padilla (5, 4:23.9) in the mile, Don Vibbert (2, 15-3) and Charles Shimooka (5, 14-3) in the vault, Tyson Sacco (3, 1:56.3) and Dean Bowles (5, 1:57.8) in the 800, Carl Anstrom in the 3000 (3, 8:37.7) and Wan Park in the 1000 (5, 2:35.7). Once again, we saw some very good marks achieved even though they might not have garnered a lot of points. For instance, Carl Anstrom set two personal bests with a 4:24.3 in the mile and an 8:37.7 in the 3000, but scored only one point.

The team scores were better for the Big Red in the women's meet, as Cornell (87) defeated St. Joe's (36), Villanova (34) and Fordham (13). The meet started well for the women as we swept the first four places in the 20# weight. Tina Rankin (50-10) led the way, and was followed by Casey Cadile (48-9), Chris Kervaski (45-1) and Jen Watkins (40-11). Not to be outdone, the long jumpers actually went one better as they took the first five places. Julie Roth was the winner (17-3) and was challenged by Kristy Harris (17-3), Natalia Cortes (16-10), Madhuri Putta (16-6) and Lori Harris (14-8). Roth led the charge in the 55 hurdles, as the Red went 1-2-3-4-5 in that event. Her 8.78 bettered the marks of Lori Harris (9.02), Sarah Wieland (9.06), Cortes (9.10) and Erin Cole (9.98). We swept the 55 as well, with Kristy Harris (7.46) leading Jessica Traynor (7.53) and Nsenga Bansfield (7.73). Bansfield (26.34) and K. Harris (26.69) placed second and third respectively in the 200. Other winning performances were turned in by Jen Watkins in the shot put (41-3), Ellen White in the high jump (5-0) and the 4X400 relay. Impressive non-winning performances were achieved by Laura Woeller (2, 4:59.2) and Kate Walker (3, 5:06.4) in the mile, along with Aruna Boppana (4, 2:16.5) in the 800. Completing the scoring for the Big Red were Chris Kervaski in the shot (4, 37-2), Rebecca Akano in the 400 (3, 64.1),



Kristin Davis in the 500 (2, 1:21.1) and Sophie Hartshorn in the 3000 (2, 10:43.7).

CORNELL V. HARVARD
January 29, 1995

This meet in Cambridge helped us in a number of ways. First, it gave us a chance to travel to an outstanding, fast facility with our entire team so that all could benefit. Second, it got us back into a dual meet situation. I would never want to have our schedule dominated by dual meets. Still, there is something afforded by the competitiveness of a dual meet that just is not found in any other situation. Third, the meet renewed a long-standing rivalry that has been beneficial to both teams through the years.

This proved to be a very competitive meet, with the Harvard men edging Cornell 70-66, while the Cornell women bettered the Crimson 65-53. The men had seven event winners led by two double winners-Rod Wiltshire in the long jump (21-5) and triple jump (44-5), and Marc Duquella in the shot put (47-6) and the 35# weight (48-7). Carl Anstrom (8:34.06) and Jeff Nason (8:35.40) led a 1-2 charge in the 3000, while Antoine Bryant (7.88) and Trenton Bullock (7.89) did the same in the 55 hurdles. The other winning performance was the two-mile relay (8:04.21). Strong second place performances were turned in by Dan Traver (800, 1:58.86), Dean Bowles (1000, 2:29.57), Tyson Sacco (mile, 4:22.22), Chad Hunter (55, 6.61), Chris Potenza in the high jump (6-5) Charles Shimooka and Don Vibbert in the vault (14-9) and Travis Kluegel in the long jump (20-4).

The women rode the crest of the winning wave as they won 10 events! The strongest event for us was the triple jump as we went 1-2-3. Anita Jakelic (39-11), Julie Roth (38-8) and Madhuri Putta (35-11) gave us nine big points there, then Roth turned around and won the long jump (17-8) and the hurdles (8.59). Other event winners were Laura Woeller (3000, 10:04.72), Kate Walker in the mile (5:05.39), Aruna Boppana in the 800 (2:16.91), Kristy Harris in the 55 (7.35), Ginny Ryan in the high jump (5-6), Jen Watkins in the shot (43-5) and Tina Rankin in the 20# weight (51-9 - a new school record!). Scorers included Laura Woeller in the mile (2, 5:06.54), Casey Cadile in the weight (2, 49-8), Jessica

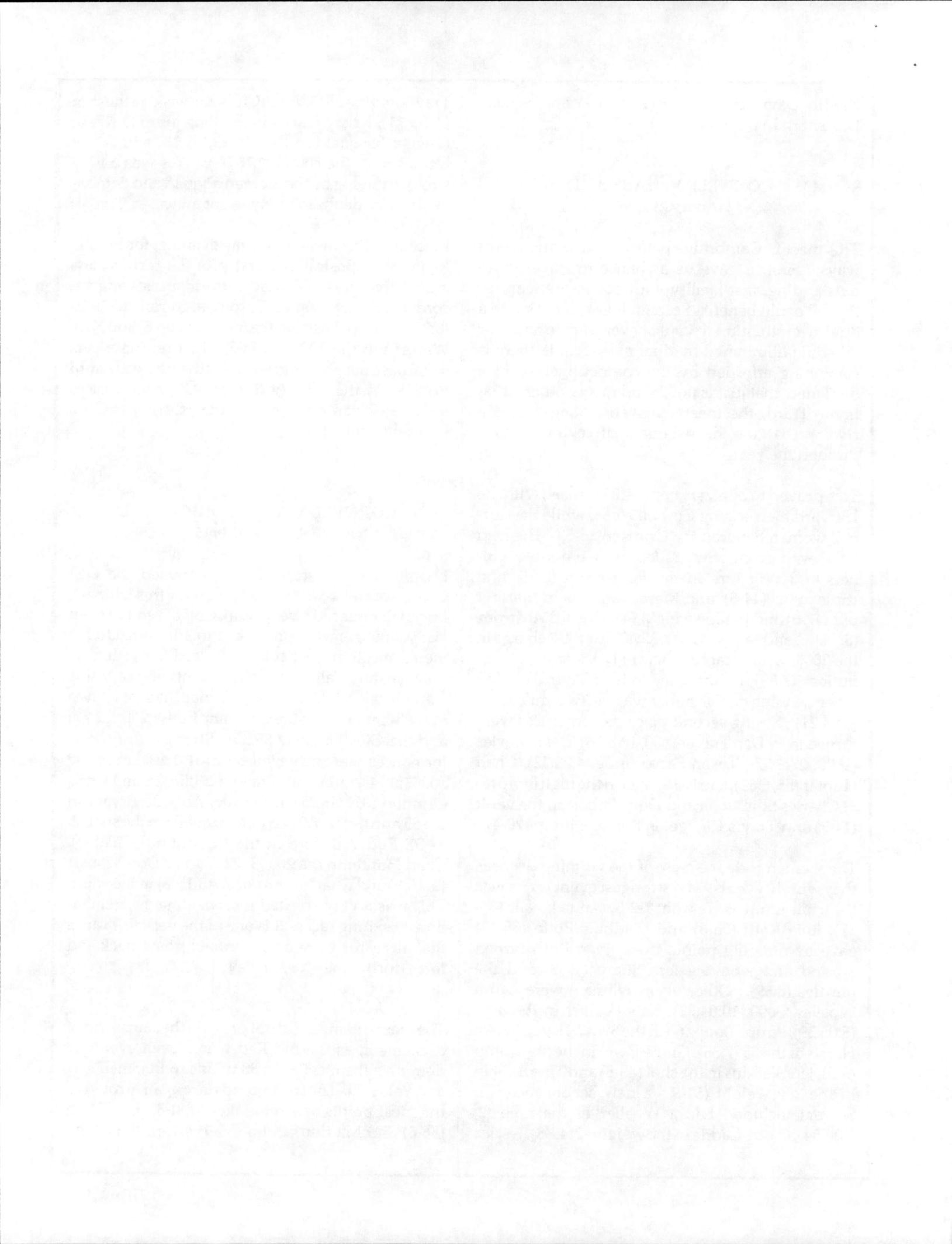
Traynor in the 55 (3, 7.47), Chris Kervaski in the shot (3, 36-11), Kristy Harris in the long jump (3, 17-4), Nsenga Bansfield in the 400 (3, 59.13) and Becky Dennison in the 800 (3, 2:18.07). This was a very strong showing by the women's squad and demonstrated our depth in many event areas.

Preceding this meet on Friday evening, four of the Red went to Boston University for the Terrier Classic. Three personal best performances were recorded on that oval as Tyson Sacco ran the 3000 (8:25.63), Carl Anstrom the 5000 (14:39.08) and Kate Walker ran the 3000 (9:57.05). Not setting a personal best, but running well nonetheless, was Laura Woeller in the 3000 (9:48.77). All performances qualified people for either the IC4A or ECAC Championships!

CORNELL V. YALE & BUCKNELL
February 4, 1995

Despite a snow storm that pummeled the East Coast, we trekked to New Haven for this tri-meet. Bucknell replaced a very weak Colgate squad from last year's tri-meet and looked to add much to the men's meet in particular. Indeed they did, as Bucknell and Yale tied with 76 points apiece, while Cornell tallied 40 points. Cornell had only two event winners - Antoine Bryant in the 200 (22.77) and the 4X800 relay (7:58.35). Strong scoring performances were achieved by Carl Anstrom in the 5000 (2, 14:47.91), Dan Traver (2, 1:58.02) and Chris Ormond (3, 1:58.25) in the 800, Antoine Bryant in the 55 hurdles (2, 7.91), Marc Duquella in the shot (2, 47-3), Rod Wiltshire in the triple jump (2, 45-3), Chad Hunter in the 200 (3, 22.98) and Don Vibbert (2, 15-9) and Charles Shimooka (3, 15-3) in the vault. This was a very spirited meet with some tremendously exiting races. It is one of the very few times that all teams were on the infield going back and forth during the 4X800 race!!

The women's meet did not provide the same kind of excitement, as the Big Red won eleven events to dominate the meet with 88 points to Bucknell's 31 and Yale's 29. The triple jump once again provided the most points as Anita Jakelic (40-3), Julie Roth (36-6) and Madhuri Putta (35-4) swept the event.



Not to be outdone, Sophie Hartshorn (10:27.47), Allison Mulcahy (10:38.37) and Colleen Costello (1043.46) also swept the 3000. Coming close to a sweep were Kate Walker (5:01.07) and Laura Woeller (5:02.12) going 1-2 in the mile, as Julie Roth (18-1) and Anita Jakelic (17-10) turned the same trick in the long jump. Other event winners were Nsenga Bansfield in the 400 (60.56), Aruna Boppana in the 800 (2:18.24), the ubiquitous Julie Roth in the hurdles (8.59), Jen Watkins in the shot (43-4), Tina Rankin in the weight (50-6), Ginny Ryan in the high jump (5-4) and the 4X800 relay team (9:35.58). Scoring performances were turned in by Kristy Harris (2,7.43) and Jessica Traynor (3,7.48) in the 55 and the same duet in the 200 (26.56 and 26.97), Casey Cadile in the weight (3, 48-2) and Ellen White in the high jump (3, 5-2). Two weeks in a row against Heps opponents the Big Red displayed power and depth, two important attributes that would be needed in three weeks at the Heptagonal Championships.

CORNELL V. TORONTO, WATERLOO, YORK, PENN STATE(M) AND PENN(W)

February 11, 1995

It was nice to host a meet again in familiar territory -and not have the worry of hazardous travel. It was also nice to host our friends from Canada as well as a very strong Penn State men's team and a young but impressive women's team from Penn. As expected, the Penn State men won easily with 129 points, ahead of Cornell (69), Toronto (37), York (33) and Waterloo (16). There were several highlights for the men; none more impressive than a new school record by Don Vibbert in the pole vault, as he soared over 16 feet to win the event. Marc Duquella enjoyed a personal best as well, as he won the weight with a toss of 50-7. Trenton Bullock had a seasonal-best, and IC4A-qualifying hurdles race as he won in 7.66. Carl Anstrom achieved that standard and set a personal best as well in winning the 3000 in 8:27.2. Another personal best was achieved by fellow-senior Tyson Sacco in the mile (2, 4:13.1). Chad Hunter ran well in the 55 (3, 6.54) and the 200 (3, 22.72). Other strong scoring performances were contributed by Dean Bowles in the 1000 (2, 2:29.6), Rod Wiltshire in the triple jump (2, 45-10), Jeff Nason (3, 8:34.6) and John Steed (5, 8:36.6) in the 3000, Marc Duquella in the shot (4,44-8), Chris

Ormond in the 800 (4, 1:56.0), Charles Shimooka in the vault (3, 15-3), Jon Simon in the 400 (3, 52.3) and Jacques Laguerre in the 500 (4, 1:07.2).

The Penn women proved too much for the Big Red as they won fairly easily with 83 points to Cornell's 67.5. They were followed by York (56), Toronto (43) and Waterloo (19.5). As with the men, a school record was a real highlight with Tina Rankin throwing the weight 52-7 for a winning performance. Almost as impressive was the NCAA provisional qualifying performance by Anita Jakelic in the triple jump, as she bounded 41-0 to finish second. The only other winning performance was achieved by Laura Woeller in the 3000 (10:00.5). Nonetheless, strong scoring performances were turned in by Casey Cadile (2,48-3) and Chris Kervaski (3, 47-0) in the weight, Julie Roth in the long jump (3, 18-6) and the hurdles (3, 8.51), Kristy Harris in the 55 (3, 7.32) and the 200 (3, 26.30), Kate Walker (2, 2:16.6) and Aruna Boppana (3, 2:17.3) in the 800, Jen Watkins (2, 43-9), Lori Harris (3, 38-6) and Chris Kervaski (4, 37-7) in the shot and Nsenga Bansfield in the 200 (4, 26.61).

THE KANE INVITATIONAL

February 18, 1995

This non-scoring meet served as an excellent tune-up for the Heptagonal Championships the following week. Typically close to 30 colleges and universities come to this meet to achieve fast times and quality performances. It also allows us to run people out of their events to sharpen them for the championships to come. This year's edition of the Kane Invite worked out extremely well for the Big Red. At least 37 Cornellians enjoyed seasonal-best or personal-best performances! Event winners included Tina Rankin in the weight (51-9), followed by Casey Cadile (48-2) and Jen Watkins (47-5), Kristy Harris in the 55 (7.52) and the long jump (18-5), with supporting performances by Julie Roth (2, 18-3), Anita Jakelic (3, 17-10) and Madhuri Putta (4, 17-4). Laura Audette won the mile (5:19.8), Becky Dennison won the 1000 (3:03.0) and Kate Walker (2:16.7) led a 1-2-5 finish in the 800, followed by Laura Woeller (2:17.6) and Kristin Davis (2:19.1). Jessica Traynor led the way in the 200 (26.8), as did Aruna Boppana in the 500 (1:17.8), Madhuri Putta

in the triple jump (36-4) and Jen Watkins (43-8) in the shot.

Winners for the men included Charles Shimooka in the vault (15-9) and Trenton Bullock in the 55 hurdles (7.73). Personal bests were recorded by Carl Anstrom in the mile (3:42.25) as well as Tyson Sacco (1:55.7) and Dean Bowles (1:56.1) in the 800. We also saw some real improvement from Jon Simon (51.6) and Paul Belcher (51.8) in the 400, Eric Larson (8.24) and Matt Worster (8.27) in the hurdles, and Chris Ormond (1:06.7) in the 500.

THE HEPTAGONAL CHAMPIONSHIPS February 25-26, 1995

The Heps were back at Barton Hall - where they should be!! The meet also served as a backdrop for a reunion of Cornellian tracksters (close to 100 attended!!). In addition, we took time to dedicate the new H. Hunt Bradley '26 Track Center in Barton Hall. What a special weekend!

The men's championships looked to be a battle between Princeton (the favorite coming into the meet), Penn and Dartmouth - though most felt that only Penn had any real chance to upset the Tigers. The form chart held true as Princeton (117) defeated Penn (106), Dartmouth (105), Harvard (77), Brown (72), Navy (42), Cornell (37), Yale (29) and Columbia (12) to finish on top.

The Big Red enjoyed some excellent performances in the pole vault as the Don Vibbert/ Charles Shimooka tandem placed 3-4 respectively, both with 15-9 clearances. Rod Wiltshire broke into the scoring column in the triple jump (4, 47-7), as did Dean Bowles in the 1000 (3:29.75), Chad Hunter in the 55 (3, 6.47) and Tyson Sacco in the mile (5:41.82). One of the most exciting races of the meet was in the 55 hurdles which saw .01 seconds separate 1-2-3 in the race. Unfortunately, Trenton Bullock was one of those .01 away from the win, as he finished sec-

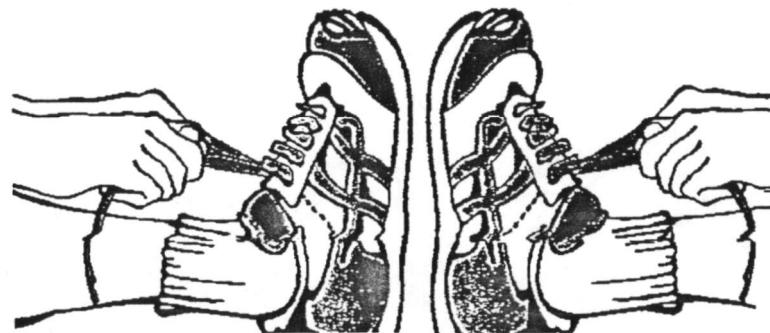
ond in 7.58. We had some excellent non-scoring performances, including Marc Duquella who was a finalist in the 35# weight.

The women's meet was a bit more difficult to handicap. Brown had won the meet three years in a row and was returning a very strong contingent this year. They appeared to be very potent in the dash races, the hurdles, the 800 and both relays. Penn and Harvard were potent as well, with Penn having a deep group of jumpers, sprinters and hurdlers, while Harvard would return a Heps champion in the 800 and strong performers in the high jump, sprint events and other middle distance races. On paper, the Big Red looked to have a strong group of throwers, and potential scorers in a lot of events. Our fate was in our own hands - we had to step up and cover the events, but we also needed to have Brown, Penn and Harvard beat-up on one another.

The women from Cornell were simply awesome!! We scored in every event but two - one of which we didn't enter - and won going away, with 128 to Brown's 94. Penn was third with 85 followed by Harvard (84), Dartmouth (52), Navy (34), Princeton (15), Yale (3) and Columbia (1). The women started well, finished the first day with a very impressive lead and were never headed after that. They demonstrated power by having six individual Heptagonal champions, and showed their strength by having multiple scorers in several events.

Leading the way was double winner, and Outstanding Female Performer of the meet, Laura Woeller. At the end of the first day, she matched Dartmouth All-American Maribel Sanchez stride-for-stride through 24 laps of the 5000 meters, then sprinted away from her over the final 200 to win the race (16:37.56) by three seconds and qualify for the NCAA meet. Laura came back on the second day and ran a similar race, sprinted in the final 500 meters and won the 3000. As part of her warm-down she also ran a leg of the fourth place 4X800 relay team.

Also receiving votes as one of the meet's truly outstanding performers was Tina Rankin, as she set a new Heps record and school





record in the weight with a heave of 56 feet. Our third winning performance on the first day was an inspirational come-from-behind victory in the pentathlon by Ginny Ryan. In third place going into the final event (the 800) Ginny stormed to a win in that race, set a personal best (2:16) and set a Barton Hall and school record of 3707 points in the multi-event. Our two winners on Sunday were Anita Jakelic in the triple jump (39-11) and an amazing, upset win in the 55 by Kristy Harris in a personal best of 7.31!

Sixty points is a lot of points, but not enough to win. The Big Red women piled up more than twice that amount with some amazing support from many different quarters. Starting with Saturday and the weight, Casey Cadile was a very strong second, with a personal best of 50-8. In the long jump, we went 2-3, with Kristy Harris (18-2) and Julie Roth (18-1) doing the honors. In the pentathlon, Lori Harris (4, 3284) also set a personal best, as did Megan Kilbride (5, 18:09.13) in the 5000. Sunday began as well as Saturday ended with Julie Roth capturing second in the triple jump (38-9) and Kate Walker earning a third in the mile (5:00.31). The shot put proved a pleasant surprise as the Cornell throwers placed 2-4-6, with Jen Watkins leading the way (44-6), followed by Lori Harris (39-3) and Chris Kervaski (36-7). Julie Roth scored in her third individual event by placing fifth in the 55 hurdles (8.43), also a personal best. Aruna Boppana scored in the 800 (2:16.43), then came back with a strong leg in the 4X400, as she was joined by Nsenga Bansfield, Lori Harris and Ginny Ryan (4:35:7.64). Ellen White shared fifth place in the high jump (5-4) and the 4X800 team of Kate Walker, Kristin Davis, Becky Dennison and Laura Woeller placed a very strong fourth (9:14.38).

This was a fantastic team effort by the Big Red women, and it was especially nice to win the title in front of the home crowd made up of so many track alumni. It marked the second time that the women have won the indoor crown, and in this case it was a bit sweeter since Brown was expected to win again.

IC4A CHAMPIONSHIPS March 4-5, 1995

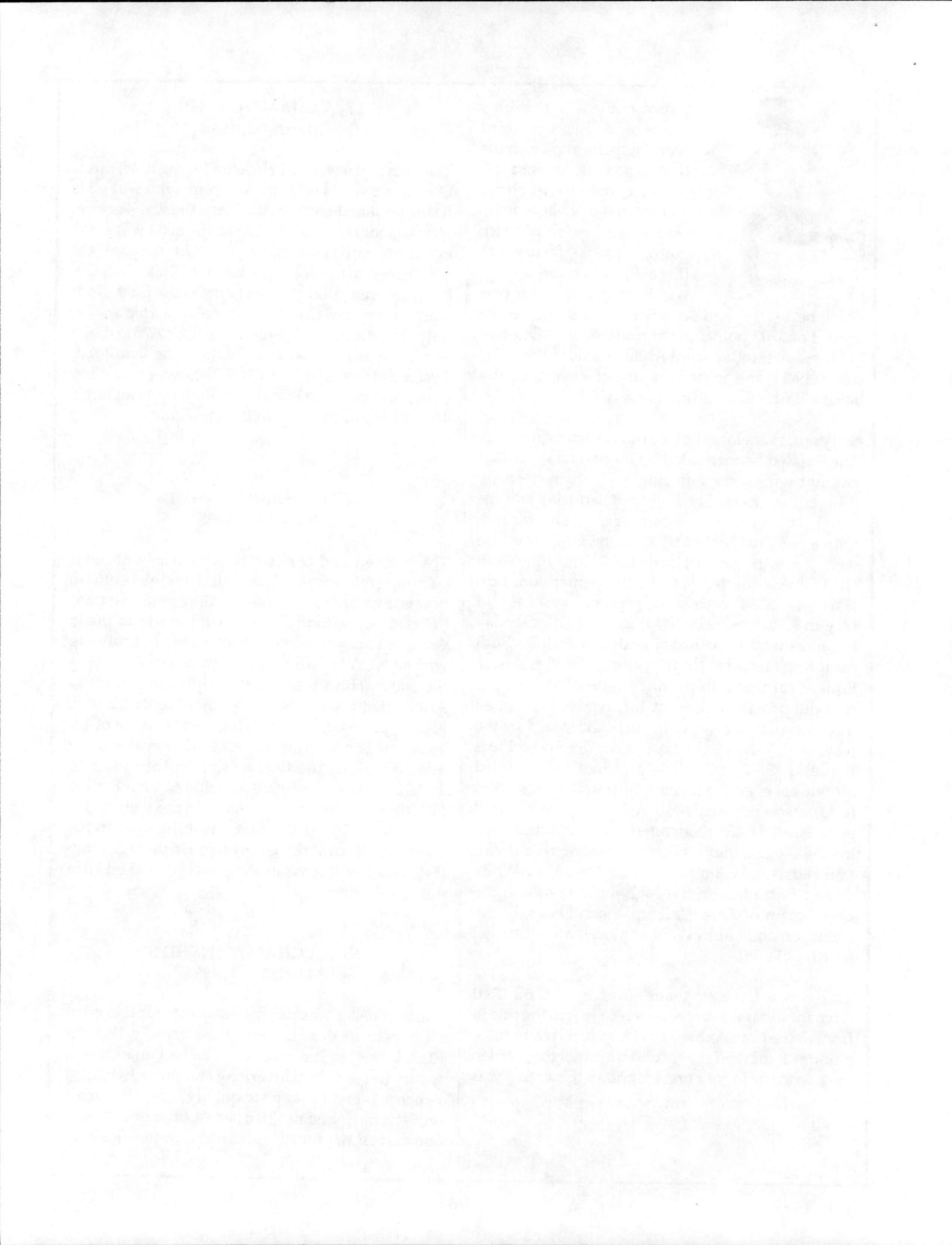
The men journeyed to Princeton for the IC4A meet. Our lone scorer was Carl Anstrom, who was a bit healthier than he was at the Heps the week before. His personal best of 14:31.55 in the 5000 was good enough to earn eighth place. Another personal best was turned in by Dean Bowles in the 1000 (2:28.79), but it was not good enough to make the final. Both Don Vibbert and Charles Shimooka cleared 15-5 in the pole vault, while Trenton Bullock's 7.75 in the 55 hurdles was .01 away from making the semi-final. Tyson Sacco's 8:34.79 in the 3000 was not good enough to make the final and Rodney Wiltshire's 46-1 triple jump met with the same fate.

ECAC CHAMPIONSHIPS March 4-5, 1995

The women had a much shorter trip with their commute to Syracuse. Cornell finished eleventh (16 points) by virtue of two outstanding performances. We had our second ECAC champion in as many years as Laura Woeller continued her hot running with an NCAA qualifying performance of 9:33.39 in the 3000. Third place in the triple jump went to Anita Jakelic, who also set a school record and an NCAA provisional qualifying performance of 41-2!! Aruna Boppana ran her fastest time ever and just missed making the final as she finished ninth in 2:14.92. Other non-finalists included Tina Rankin (49-10) and Casey Cadile (48-5) in the weight, Jen Watkins (41-10) in the shot and Julie Roth in the triple jump (no mark). Ginny Ryan in the highjump (5-4) and Lori Harris in the pentathlon (3168) did not score either.

NCAA CHAMPIONSHIPS March 10-11, 1995

Laura Woeller was our sole-qualifier for this great meet held in the Hoosier Dome (now called the RCA Dome) in Indianapolis. She had an excellent run in the semi-final on Friday and posted a 9:33.84 which was good enough to qualify her for the finals on Saturday. She ran her fastest time of the year, and earned her fourth All-American certificate by



finishing eighth (9:31.35). This ended Laura's indoor season and indoor career - and what a tremendous senior year it was. A dual Heptagonal champion, the most valuable performer of the meet, an ECAC champion and an All-American! WOW!!

OUTDOOR TRACK

COLLEGIATE TRACK CLASSIC LONG BEACH, Calif. March 18, 1995

With little or no time to catch our collective breaths, we travelled out to California for our annual Spring Trip. The first meet, the day after we arrived, was in Long Beach. The men competed very well and placed second (144 points) to Utah State (145 points) and ahead of Cal State Northridge (139.5), Long Beach State (134.5), Cal State Fullerton (124), UC Irvine (97), Cal State LA (83), Simpson College (34), Nippon College of Japan (26) and USC (17). World Cup scoring was used in this meet, so that only one person per school could score in an event, and as long as you entered someone in the event, every team scored at least one point. The Red were led by a 1-2 finish in the steeplechase as Tyson Sacco (9:18.69) and Jeff Nason (9:19.91) opened impressively, 14 seconds ahead of third place. The 4X100 relay finished fourth (42.96), while two personal bests were set by Dean Bowles (3:54.8) and John Steed (3:57.1) as they finished 3-4 respectively in the 1500. Trenton Bullock qualified for the IC4A championships with a third place finish in the 110 hurdles (14.6). Chad Hunter went 5-3 in the 100 and 200, cruising through in 10.98 and 21.85, while Rod Wiltshire did the same in the long jump (21-6) and triple jump (44-9). Chris Ormond competed very well with a second place finish in the 800 (1:54.57) and Carl Anstrom ran comfortably and won easily in the 5000 (14:39.35). Another event-winner was Chris Potenza in the high jump (6-8). This was a terrific team performance by the men! They competed very well and enjoyed several personal best performances. Good things seem to happen when we head west!

The women also had a good meet, finishing with an impressive total (151) over Cal State Northridge

(149), Utah State (147), San Diego State (123), Long Beach State (72), UC Irvine (54), Cal State Fullerton (45), Simpson College (43) Nippon (37) and USC (23). We started off with five winning performances, including Tina Rankin in the hammer (162-4), Kate Walker in the 3000 (10:05.33), Laura Woeller in the 1500 (4:38.06), Julie Roth in the 100 hurdles (14.7) and Anita Jakelic in the triple jump (40-2). Equally impressive were some second place finishes. The 4X100 opened the outdoor campaign with a quick 48.76. Nsenga Bansfield (400, 56.69) and Aruna Boppana (800, 2:12.8) both ran their best performances since being at Cornell, with Aruna's being an all-time personal best and Giny Ryan earned second place points in the high jump (5-4). Kristy Harris went 4-3 in the 100 and 200 (12.41 and 25.22, respectively), while Jen Watkins had a very busy day in placing 3-4-3 in the javelin (130-11) shot put (41-10) and discus (145-7). Julie Roth added valuable points in the long jump as well, posting a 17-9 for third place. Non-scoring performances that were impressive included a personal best by Becky Dennison (1500, 4:41.11), a 17-8 by Kristy Harris in the long jump, a 150-6 by Casey Cadile in the hammer and Lori Harris's time of 15.3 in the 100 hurdles. The women seemed to maintain a very high level of competitiveness coming into the outdoor part of the season, and demonstrated again how strong a team they are!

UC IRVINE INVITATIONAL March 25, 1995

The men faced nine teams in this traditionally-scored contest. Big Ten heavyweight Iowa (157) won in a close battle with Air Force (154), followed by the Big Red (88), Cal State Fullerton (79), UC Santa Barbara (72), UC Irvine (71), Cal Poly Pomona (45) Cal State Bakersfield (41) and Long Beach State (28). Our lone win came in the 5000 as Carl Anstrom won by seven seconds in 14:49.13. Outstanding performances were turned in by Charles Shimooka in the pole vault (as he set a new school record with a 16-0 jump) and Trenton Bullock, with a personal best in the 400 hurdles (53.07). Point scorers included Tyson Sacco (3, 9:21.2) and Jeff Nason (4, 9:23.77) in the steeplechase, Dean Bowles (3, 3:57.36) in the 1500, Trenton Bullock in the 110 hurdles (6, 14.96), Chad Hunter in the 100 (4, 11.15)

and 200 (6, 22.59), John Steed in the 5000 with a personal best (5, 15:09.21), Mark Duquella in the shot put (3, 45-1) and discus (7, 128-7), Rod Wiltshire in the triple jump (3, 45-3), Chris Potenza in the high jump (5, 6-6) and Chris Ormond in the 800 (5, 1:57.47).

It was the same cast of characters for the women, minus the Hawkeyes of Iowa. If the win at Long Beach was impressive, this win was amazing! The Big Red rolled up 254 points over Air Force (125), UC Irvine (92), UC Santa Barbara (60), Cal Poly Pomona (49), Cal State Bakersfield (28), Long Beach State (17) and Cal State Fullerton (14).

We started off well with a 1-2-3 sweep in the hammer led by Tina Rankin (156-2), Casey Cadile (146-0) and Jen Watkins (131-6). Kate Walker (4:37.85) and Becky Dennison (4:38.61) went 1-2 in the 1500 (another personal best for the rapidly improving Dennison) and we finished 1-2 in the triple jump, as Anita Jakelic (39-6) and Julie Roth (38-0) were jumping after the sun had set at the unlit stadium. Winning marks were posted by both relay teams, 48.8 for the 4X100 and 4:02.13 by the 4X400, as well as Nsenga Bansfield in the 400 (57.68), Aruna Boppana in the 800 (2:15.27), Jen Watkins in the shot put (43-9), Kristin Davis in the 400 hurdles (64.51) and Laura Woeller in the 3000 (9:53.53). Strong and deep support was provided in the high jump with Ellen White (third) and Ginny Ryan (fifth). Both cleared 5-4 and the difference in place was due to misses. Kristy Harris went 3-2-3 in the 100 (12.54), 200 (25.48) and long jump (18-2). Julie Roth was also busy as she placed in the 100 hurdles (2.14.87) and long jump (4, 17-8) in addition to her exploits in the triple jump and 4X100 duties. Another multi-eventer was the ubiquitous Jen Watkins, as she added to her success in the hammer and shot put with a strong showing in the discus (2, 143-1) and javelin (3, 122-11). Just about every one of the 22 women who travelled to California scored points in this meet!

Once again, this was a fabulous trip that provided a number of things for our student-athletes: a great training environment for nine days, allowing us to start the outdoor season in a positive way; two very good and appropriate meets which gave us the opportunity to test ourselves against competition that we otherwise might not have had the chance to

see; and a great environment in which to relax over spring break and get the batteries charged for the final push of the year. We cannot thank you enough for the support you have provided which allows us to have this great opportunity. There is no question that having this experience pays dividends later in the season!!

QUAKER INVITATIONAL April 9, 1995

Most of those who went to California took the weekend of April 2 off. Some of the throwers, and those who needed a meet opportunity, went up to Ithaca College that weekend. But from a team standpoint, our next major competition occurred in our home away from home - Franklin Field. For the men tracksters, the highlight may have been a new school record in the pole vault by Don Vibbert (16-1). The competition between Vibbert and Charles Shimooka has been friendly, but intense nonetheless. Both work hard together in practice and help one another during meets. Because of this mutual support and cooperation, both have enjoyed marked improvement this year. Vibbert's mark qualified him for the IC4A meet, as did a personal best by Trenton Bullock in the 400 hurdles (52.67). Also qualifying for the post-season meet were Chad Hunter in the 200 (21.69) and the 4X100 relay (42.7). Chris Ormond ran a very good race to finish second in the 800 (1:55.16), Rod Wiltshire improved on his recent triple jump efforts with a leap of 47-0 and Paul Belcher improved in the 400 hurdles (54.77) to finish fourth. Dan Sherry won the steeplechase with a 12-second personal best (9:33.5). Two other winners were Chad Hunter in the 100 (11.01) - his second of the day - and Eric Ollila in the 10K (34:20).

On the distaff side, solid performances by many people made this a very good meet for this early in the season. Event winners included Tina Rankin in the hammer (160-8) and Anita Jakelic in the triple jump (38-5). Second-place finishes went to Ellen White in the high jump (5-4), Julie Roth in the long jump (18-1) and triple jump (36-8), Kristin Davis in the 400 hurdles (64.33) and the 4X100 relay team (48.7). Kristy Harris was third in the 200 (25.54) and the 100 (12.47), and finished fourth in the long jump (17-7). Jen Watkins had two thirds as well, with a 40-7 in the shot put and a 132-0 in the discus. A nice improvement was enjoyed by Chris Kervaski in the

discus (131-0). Another freshman to achieve personal best status was Laura Audette in the 1500 (4:47.66). Two third-place sophomores were Julie Roth in the 100 hurdles (14.96) and Megan Kilbride in the 5000 (18:27.31).

SEA - RAY RELAYS
Knoxville, Tenn.
April 7-8, 1995

Four men and four women tested their mettle in Tennessee as we returned to what was once called the Dogwood Relays. Friday was the day for individual races, and Cornell had a good day. Jeff Nason qualified for the IC4A Championships despite a fall in the steeplechase (9:13.59). It seems he had difficulty negotiating a barrier on the fourth lap. Dean Bowles ran a very solid 1:54.49 in the 800, while Tyson Sacco (3:56.5) and John Steed (3:57.03) did the same in the 1500. For the women on that day Aruna Bopanna continued to impress with a very competitive 2:13.50 in the 800, while Laura Woeller (4:37.28), Kate Walker (4:39.00) and Becky Dennison (4:39.98) ran solid 1500s.

The men lined up in the 4X1500 relay and finished a very credible fifth in 16:02.27. The conditions were very windy, similar to what we experienced last year, and many of the legs were more tactical than fast. The women qualified for the ECAC Championships in the 4X800 (9:09.80) with a surprising second-place finish to Seton Hall. We gained some valuable experience on this trip, and hope we are able to continue to send a contingent to this prestigious meet.

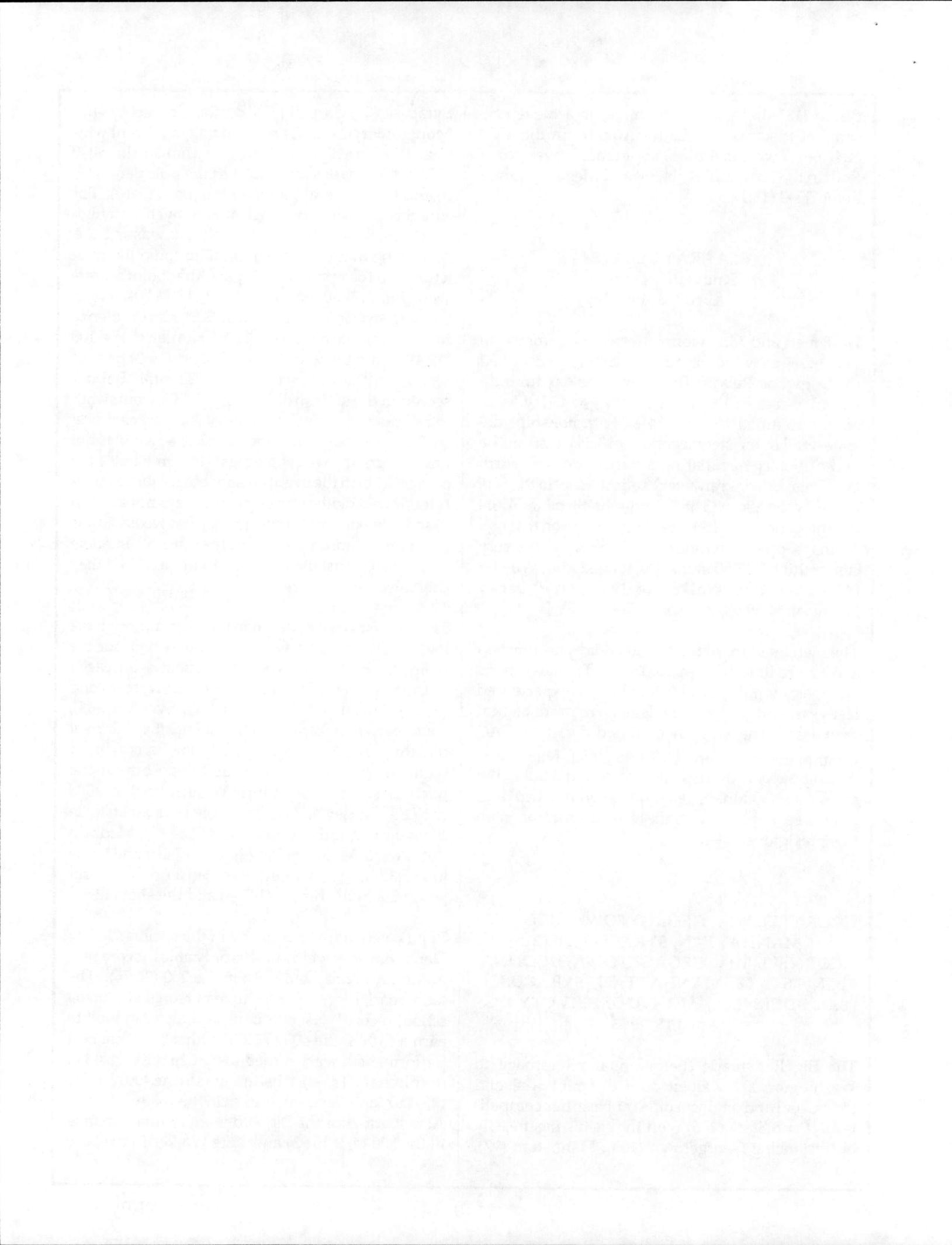
**CORNELL(W) v. GEORGETOWN, UCONN,
MANHATTAN, SYRACUSE, B.C.**
**CORNELL(M) v. GEORGETOWN, UCONN,
PENN STATE, MANHATTAN, SYRACUSE,
B.U., BUCKNELL, MONTGOMERY CTY C.C.**
April 15, 1995

The Big Red made their annual pilgrimage to Washington D.C., albeit on a different weekend than usual and against some much stiffer competition. Penn State (205) won the men's meet easily outdistancing Georgetown (103), Manhattan (93),

Syracuse (81) Cornell (77), Boston University (10), Montgomery CCC(7) and Bucknell (5). Event winners for Cornell were Carl Anstrom in the 5000 (15:03.89), Charles Shimooka in the pole vault (15-3) and Darth Vaughn in the high jump (6-10). For Vaughn, a sophomore basketball player with high school track experience in Kansas, this was an IC4A qualifying mark and meant that he could likely be a threat in the upcoming Heps! Other point scorers were John Steed in the 5000 (3, 15:11.10), Tyson Sacco in the steeplechase (4, 9:26.5), Chris Potenza in the high jump (3, 6-6). Chad Hunter in the 100 (11.49) - into the wind! Don Vibbert (15-3) tied for second in the pole vault, while Trenton Bullock scored in the 400 hurdles (4, 54.46). One outstanding non-scoring performance was a personal best by Dean Bowles in the 1500 (3:52.8). This was not one of our stronger showings. In some cases the competition in the events was at the national-qualifying level; in other cases people were not entered to score maximum points given what we had done and were planning to do in the future. In some cases, people just did not have good races. But they can't all be good days!!

The women fared better than the men, although the level of competition was not quite as high for the women. Eastern-power Connecticut won easily with 169 points. The Big Red women were second (91), followed by Manhattan (77), Syracuse (68), Georgetown (55) and Boston College (54). Cornell had three event-winners, led by Tina Rankin in the hammer (162-6), along with Julie Roth in the hurdles (14.99) and Laura Woeller in the 3000 (9:57.35). Casey Cadile had a big personal best in the hammer and finished third (158-0). Madhuri Putta went 3-6 in the long jump (17-10) and triple jump (36-3), Jen Watkins was also a double scorer going 2-3 in the discus (147-4) and the shot (42-6).

Points were hard to come by in the sprints. Kristy Harris ran very well, but was only able to score fifth in the 100 (12.54) and sixth in the 200 (24.76). The latter mark represented a huge personal best and a school record! Nsenga Bansfield also ran well to earn a fifth in the 400 (57.83). Other personal best performances were turned in by Chris Kervaski in the discus (4, 135-0), Kristin Davis in the 400 hurdles (2, 64.07) and Becky Dennison in the 1500 (5, 4:39.5). Also scoring for the Big Red were Aruna Bopanna in the 800 (4, 2:15.93) and Kate Walker in the 3000



(3:10:25.73). As was the case with the men, some people did not compete, competed in events that were not their best events or they just had what can best be described as a so-so meet. It was nice to see, however, that several people did have personal best performances.

CORNELL v. PENN
Franklin Field
April 22, 1995

In the past, this meet has provided a great opportunity for people to step up, score some points or perform at a level that helps to provide future opportunities. As you know, it is easy to get excited about this traditional dual meet.

The Penn men have a very strong team, and were expected to challenge for the Heps title in two weeks. Their depth and strength in the field events are more than enough to make up for any deficiencies they might have on the track. Penn won the meet 104-59. They swept all four of the throwing events, building up a 36 point advantage that we could not overcome. There were several bright spots, however. Cornell went 1-2 in the pole vault, with Don Vibbert setting a new school record at 16-3. Charles Shimooka was second with a vault of 15-9. Another 1-2 finish was recorded in the steeple-chase, where Jeff Nason (9:16.5) ran comfortably and was followed by frosh Dan Sherry (9:31.0). Two more 1-2 finishes were achieved in the 400 hurdles and the 5000. With the hurdle race, Trenton Bullock cruised to an easy win (53.13), while Paul Belcher ran his personal best (54.41). The 5000 was a Cornell runaway as John Steed (14:55.2) and Carl Anstrom (15:02.2)

traded laps and finished over 200 meters in front of the next runner! Winning marks were turned in by Chris Potenza in the high jump (6-9), and Chris Ormond (1:53.42) who ran away with the 800. Rod Wiltshire was a double-scorer taking seconds in the long jump (22-2) and the triple jump (47-9), and Chad Hunter did the same in the 100 (10.90) and the 200 (21.73). The Big Red scoring closed out with a 2-3 finish in the 1500 by Tyson Sacco (3:56.0) and Dean Bowles (3:59.3) and Trenton Bullock's third in the high hurdles (15.02).

The women had not lost to the Quakers in this dual meet in four years. We thought our field event points would more than make up for their sprint/hurdle points, especially since we felt we could stay with them in those events. In the end, the Big Red women had their largest victory margin ever against Penn, winning convincingly, 103-42. Cornell enjoyed three event sweeps: the shot put with Jen Watkins (42-11), Lori Harris (40-6) and Chris Kervaski (36-6) doing the damage; the discus led by Jen Watkins (150-4), Chris Kervaski (127-5) and Casey Cadile (125-9); the triple jump where we had three 37-footers in Anita Jakelic (37-10), Julie Roth (37-8) and Madhuri Putta (37-0); and the long jump as Julie Roth (18-5) bettered the marks of Kristy Harris (18-1) and Madhuri Putta (17-4). Two events saw us go 1-2: the hammer, where Tina Rankin (162-6) bettered Casey Cadile (152-5), and in the 100 as Kristy Harris sped to a 12.54 and was followed closely by Jessica Traynor (12.77). That sprint tandem went 1-3 in the 200, as Harris (25.2) led Traynor (26.0). Other 1-3 event finishes were in the javelin, where Jen Watkins won her third event (150-4) and Lori Harris scored with a 114-3; the 3000 where Laura

*C*ELEBRATING
A PROUD TRADITION



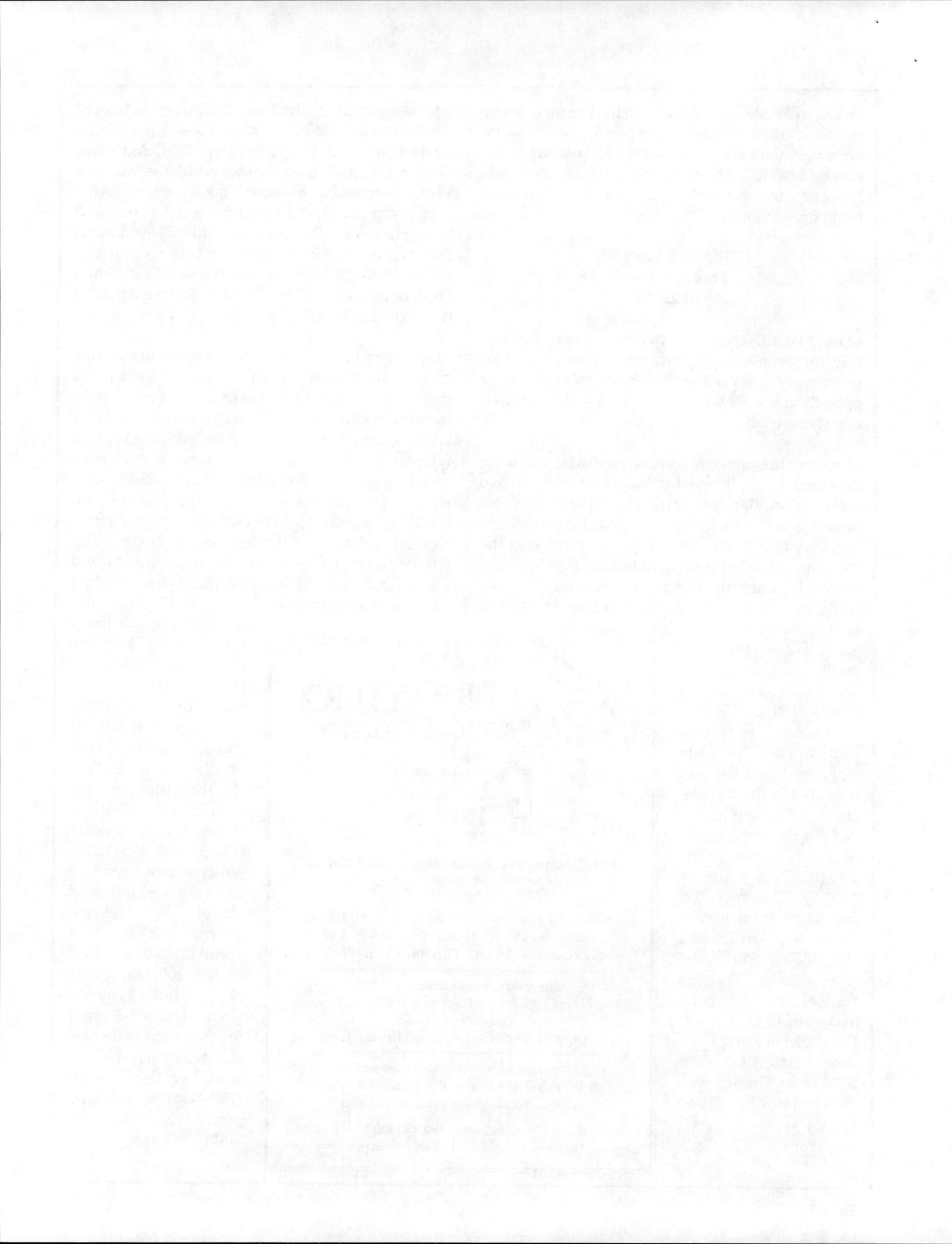
The Department of Physical Education and Athletics and the Cornell Club of Boston are delighted to announce a gala celebration to:

Honor the proud tradition of Cornell Athletics,
Recognize Cornell teams and athletes, and
Introduce our new Athletic Director, Charles Moore '51

Thursday, September 28, 1995
The Harvard Club of Boston • 6:00 ~ 9:00 p.m.
Celebration dinner
Auction of vintage Cornell athletic memorabilia

All Cornell Alumni and Friends are invited.
Bostonians-Your invitation will be included in the club's annual membership mailing in August.

If you do not live in the Boston area, call Ralph Scala at the Regional Northeast Office, 617-237-5300 to receive an invitation.



Woeller (10:16.06) jogged to a 30-second win and Megan Kilbride(10:48.63) scored; the 400 hurdles as Kristin Davis (64.45) outdualled Sarah Wieland (66.32); and, the 800 where Becky Dennison pulled off the biggest surprise in the meet with a personal best 2:13.74 and Aruna Boppana scored with a 2:17.28. Ellen White qualified for the ECAC Championships by winning the highjump and clearing 5-6. Nsenga Bansfield ran a very relaxed and fast 400 to win in 56.67, and the 4X100 relay started the meet off with a nice win in 48.3. The 1500 proved to be a very exciting race, and was as surprising as Dennison's win in the 800 as Maggie Morrow from Penn edged Kate Walker (4:33.74) by .2 seconds, with Laura Woeller (4:34.11) very close behind. For Walker, this was also a personal best! Julie Roth kept busy with a second in the 100 hurdles (15.16). This was a very strong team effort by the Cornell women, and was nice to see with Heps just two weeks away!

PENN RELAYS April 27-29, 1995

Cornell's participation in the 100th Anniversary of the running of the Penn Relay Carnival met with mixed results. On Thursday, the women won their heat of the 4X100 as Lori Harris, Kristy Harris, Julie Roth and Jessica Traynor sped to a 49.04 - without blocks! Equally impressive was the outstanding performance of the 4X800 team of Kate Walker, Aruna Boppana, Kristin Davis and Becky Dennison who finished third in an impressive 8:59.02, narrowly missing qualifying for the Championship of America race on Saturday.

Not to be outdone, the 4X400 team of Lori Harris, Nsenga Bansfield, Aruna Boppana and Becky Dennison ran their fastest time in several years (3:52.27), finishing third in the Heps race. Individually, Tina Rankin (163-8) finished fifth in the Championship Hammer, while Casey Cadile (150-6) finished ninth in the collegiate hammer. Jen Watkins (151-1) improved a bit and finished fifth in the collegiate discus, while Julie Roth competed in the triple jump, jumped well (38-5), but missed making the final. At the distance carnival on Thursday night, Tyson Sacco had a season's best in the steeplechase (9:13.29). Jeff Nason was cruising along with Tyson, but twisted an ankle coming off

the water jump and was unable to finish. In the women's 3000, Kate Walker ran a personal best time of 9:51.98. Laura Woeller ran in the 5000, provisionally qualifying for the NCAA Championships in 16:42.78. Unfortunately, she went out very hard and faded in the last few laps, costing her several spots in the race and a faster time. Carl Anstrom closed out a very long and busy day with a good run in the 5000 (14:39.04).

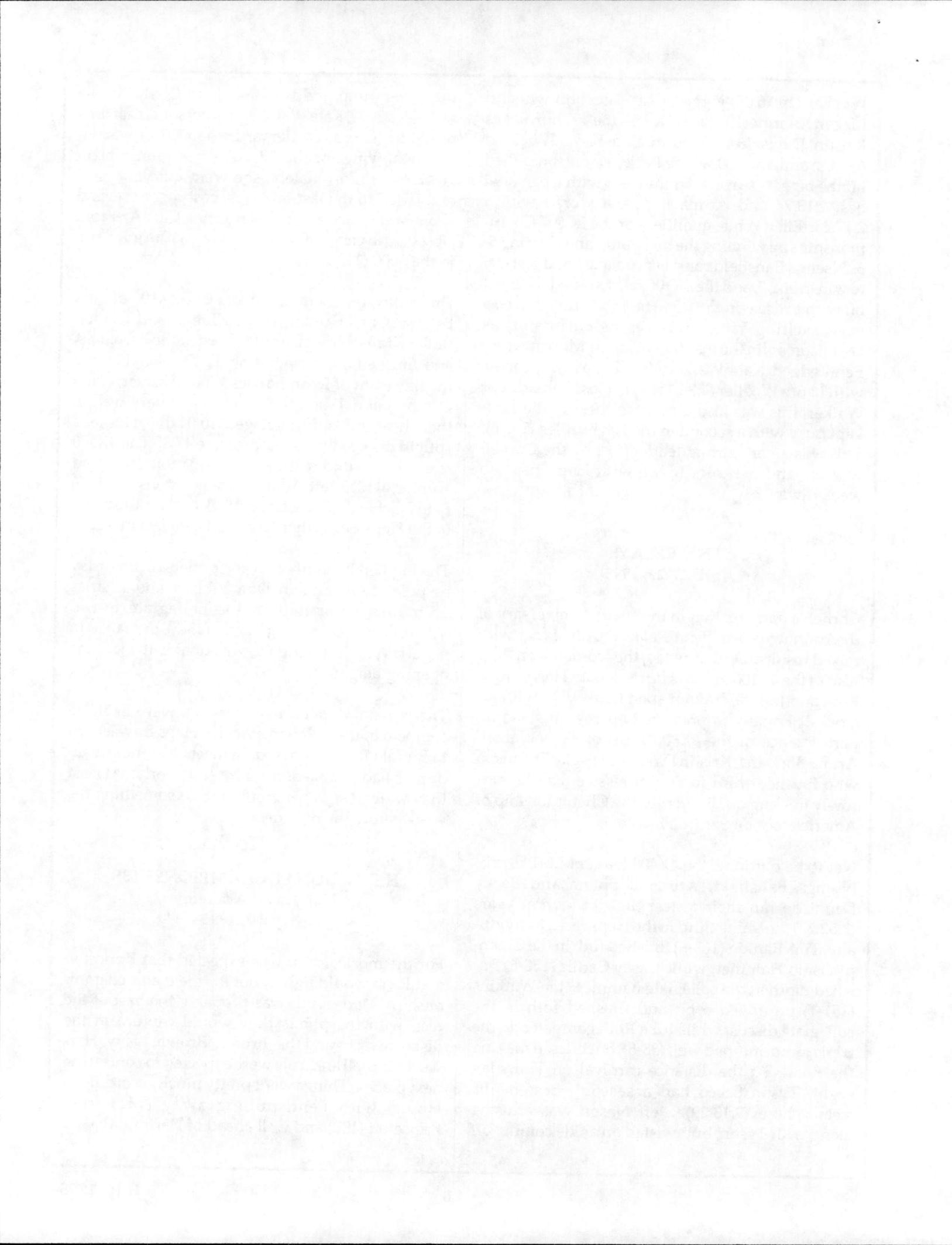
On Friday, the men took over. The 4X100 of Paul Belcher, Chad Hunter, Travis Kluegel and Trenton Bullock ran very well until the last baton exchange, and finished a disappointing 43.19. The distance medley team of Dean Bowles, Chad Hunter, Chris Ormond and Tyson Sacco competed very well in their heat but only managed 10:04.01. Hunter's split in the 400 was an impressive 47.8! The 4X400 team was without the services of top leg Chad Hunter, which left Adam Zucker, Travis Kluegel, Paul Belcher and Trenton Bullock to carry the baton in the Heps race, where they finished last in 3:22.5.

The Big Red had only two performers on Saturday as pole vault tandem Don Vibbert and Charles Shimooka competed in the collegiate event. Vibbert cleared opening height (15-7), but failed to negotiate 16-1. Shimooka was unable to clear the opening height.

The remaining team members wh were likely to compete in the following week's Heps traveled up to Buffalo for an invitational meet. Miserable conditions had people perform rather poorly. At least they were able to get a out and do something the week before the big one.

HEPTAGONAL CHAMPIONSHIPS U.S. Naval Academy May 6-7, 1995

For the most part, it was expected that Princeton and Penn would fight it out for the men's championship. Dartmouth was probably the best of the rest, with the points they would capture in the distance races and the throws. Brown, Navy, Harvard, Cornell and Yale were expected to contest the next places. Things went pretty much according to Hoyle, with Penn pulling away (151) from Princeton (132) and well ahead of Dartmouth (90),



Brown (65), Navy (52), Harvard (41), Cornell (38), Yale (27) and an improving Columbia (24). The Big Red got good performances from the 4X100 team which finished third (42.11) - improving dramatically from the week before. Trenton Bullock earned a fourth in the 400 hurdles (53.42). Paul Belcher also qualified for the final and finished seventh (54.35).

Rod Wiltshire triple jumped very well and finished third (47-11), a mere one centimeter out of second. Trenton Bullock had a nice double and finished third in the 110 hurdles (14.89), .01 out of second and .1 out of first!! Don Vibbert kept his streak alive and finished third in the pole vault (16-5) in a new school record. He cleared the same height as the second place finisher, but missed the higher place due to more misses. Chad Hunter, like Bullock, had a very competitive double, taking fourth in the 100 (11.35) and third in the 200 (22.17). The sprint races and sprint hurdles were run into a stiff head wind. While we had no more scoring from the men, I was still impressed with the improvement of some people. In particular, Rod Wiltshire jumped 23-0 in the long jump to finish seventh - his personal best. The 4X400 relay team ran its fastest time of the year to finish seventh in 3:19.62. Another personal best was posted by Marc Duquella as he tossed the discus 146-2 to finish seventh. Chris Ormond also set a personal best in the 800 final, finishing seventh (1:53.05).

The women's meet looked like a replay of indoor Heps as far as the cast of characters was concerned. We thought we had a stronger outdoor team as the track campaign started. Nothing that had happened as the season progressed gave any indication that we would not have a very strong contingent compete. The greater questions were how much would Brown improve from indoor to outdoor, how much would the improvement of the Dartmouth distance group impact on our points in those events, and to what extent those that were unhealthy might bounce back in time to do damage to us. Harvard also shaped up as a very competitive group, especially since this was the year for them to go to England, and they come out of the woodwork to make that trip! This was not a smooth meet for the Big Red. As with indoor we jumped out to a very good (and unexpected) first day which, as it turned out, was sufficient to stem any challenges. The women were impressive in winning (141) over

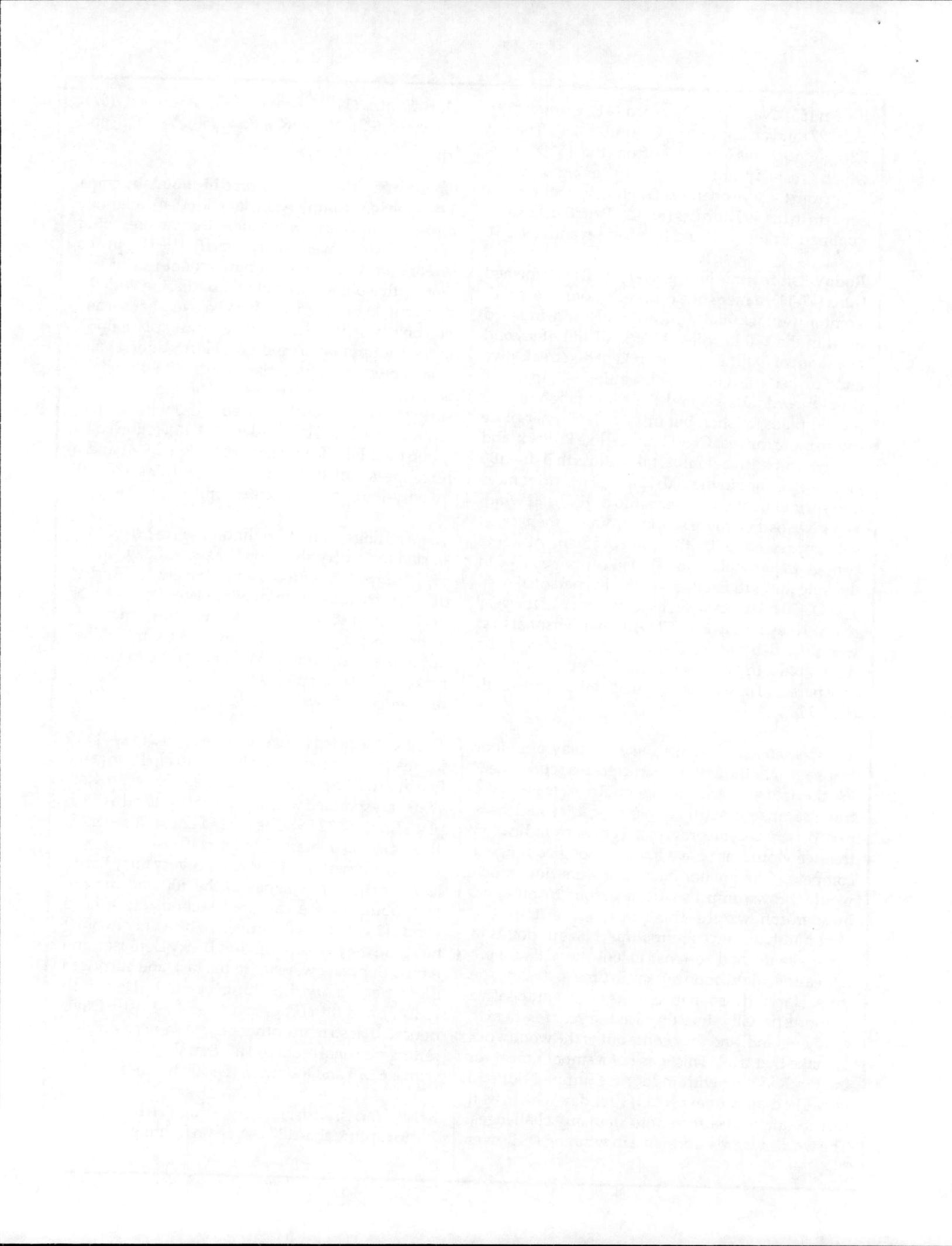
Dartmouth (113), Brown (95), Harvard (87), Princeton (73), Navy (63), Penn (50), Yale (16) and Columbia (12).

On Saturday, the women scored big points by going 1-4 in the long jump - Anita Jakelic (18-4), after two fouls, put the winner out there that no one could better. Fourth was Kristy Harris (18-1). In the javelin, Jen Watkins set a new school record and won with a big toss of 149-8! Continuing with the throwing events, Jen Watkins enjoyed her second personal best of the day with a second place finish in the shot put (45-0) and Lori Harris added valuable points with a fifth-place heave (39-8). And the best was last - the hammer. The Big Red were simply awesome as they swept 1-2-3 with another school record for Tina Rankin (171-10), followed by a personal best from Casey Cadile (159-4) and a huge personal best from Jen Watkins (154-0). Twenty-four points in one event!!

Just as things went so right on the first day, they started to be very shaky on the second day. In the triple jump at the indoor Heps we went 1-2. Today, disaster struck as Anita Jakelic twisted her foot, was unable to continue and failed to score, and Julie Roth suffered a stress fracture and we pulled her out of the competition. We were going to have to make up those lost points somewhere, and the team responded very well.

The 4X100 started things off with a third (48.49) and Jessica Traynor came from behind to nip Penn at the line by .01. The next event was the 1500, where Kate Walker responded with a personal best and a third-place finish (4:32.59). She passed Laura Woeller (5, 4:33.64), 100 meters from the finish. It was Woeller's best time of the year. A very busy Kristy Harris carried our hopes in the 100 and did not disappoint, as she captured second into a head wind (12.65). The 800 proved to be a very exciting race, and the two sophomores Becky Dennison and Aruna Boppana were up to the task and surprised most people by finishing second (Dennison 2:12.40), and fifth (Boppana 2:13.84). Kristin Davis noticed that so many other people were having fun setting personal bests and all, that she followed suit with a 62.98 and a sixth in the 400 hurdles.

Kristy Harris, on her last legs, struggled home in the 200 to capture sixth (27.04), again fighting that head



wind, but competing like a trouper. Laura Woeller faced a stiff challenge in the 3000, lining-up against a fast-improving tandem from Dartmouth who were trying to exact a measure of revenge for Woeller's successes indoor. She competed well and placed third in 9:46.14.

In the field, we had one throwing event left, and we needed something for Jen Watkins to do that day. Her response was to win her second Heps title in as many days with an easy win (148-5) in the discus. Chris Kervaski joined the feeding frenzy and garnered a valuable third (133-4) and Casey Cadile surprised everyone by taking fifth (117-2). Ellen White tied for sixth in the high jump with a 5-4 clearance. That left two relays and the two-day heptathlon to be completed. An unlikely scenario, (but you have to consider all options), of Dartmouth winning both relays and us not scoring would have them overtake us. That was all the incentive the young 4X800 team needed, and they went on to win in 9:03.66, four seconds ahead of second place. Dartmouth did not score, and the meet was over. The Heps champions at 4X800 were Kate Walker, Kristin Davis, Aruna Boppana and Becky Dennison.

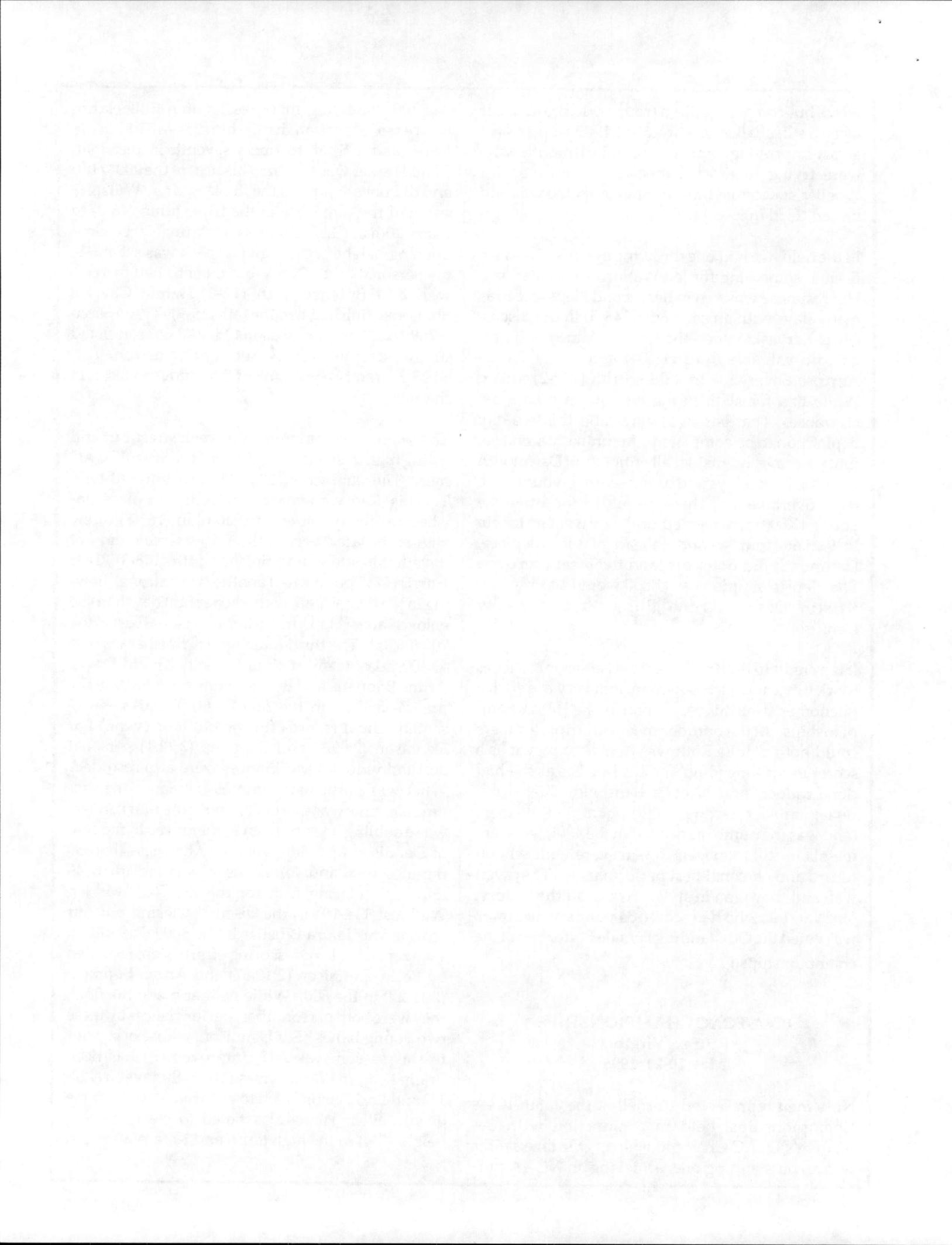
It is a credit to this track team and assistant coaches Mark Bilyk and Rich Bowman, that they did such a phenomenal job this year at both of the Heps Championships. At the outdoor meet, our triple jumpers could not go, Julie Roth was unable to repeat as a scorer in the long jump and the hurdles as she had done indoor, and Nsenga Bansfield, due to her review in Architecture, could not attend the meet (and was the number one seed in the 400!), yet team members still managed to persevere with school-record and personal-best performances. They won well and they won in style. To cap off the victory, Jen Watkins, who had scored 34 points on her own, was voted the Outstanding Female Performer at the championships!!

IC4A/ECAC CHAMPIONSHIPS
Fairfax, Virginia
May 19-22, 1995

Nine men represented Cornell at the 118th IC4A Championships, held in conjunction with the women's ECAC Championships. Our lone scorer was an outstanding one, achieving an NCAA pro-

visional qualifying mark, as Trenton Bullock ran two personal bests in the 400 hurdles - a 51.85 in the heats, and a 51.68 to finish seventh in the final! Chad Hunter was fourth in his heat of the 200 (21.9) and did not advance to the final. Rodney Wiltshire suffered the same fate in the triple jump (46-0) to place 20th. Chris Potenza was unable to clear opening height in the high jump - it was set at 6-9, his personal best. Don Vibbert continued to vault well and finished 10th (16-2), while Charles Shimooka finished tied for 14th (15-9). Tyson Sacco (17, 9:16.83) and Jeff Nason (25, 9:43.64) competed in the steeplechase, while Carl Anstrom (21, 14:38.27) ran his best time of the outdoor season in the 5000.

The women, coming off of a week's rest but still riding high from Heps, had a very successful ECAC meet. The team scored 21 points and finished 12th. The Big Red women had three fourth-place finishes. In the hammer, Tina Rankin (162-8) threw well and placed very well. Casey Cadile did not have her best day and finished 14th (148-3). Lori Harris (4747 points) had another very strong showing in the heptathlon, with a better first day than she enjoyed at the Heps, including a personal best in the 200 (26.05). The third fourth-place finisher was the 4X800 relay team of Kate Walker, Kristin Davis, Aruna Boppana and Becky Dennison (8:56.02 in the prelim, 8:55.08 in the final). Both marks represented school records for the outdoor event. For Dennison (2:09.9) and Boppana (2:12.1) personal best individual performances were also recorded. What was particularly impressive about the preliminary time was that every one of the four runners was doubling back from an earlier race. In the case of Dennison and Boppana, they had less than 50 minutes rest, and for Davis it was less than 40 minutes! Placing fifth for the Big Red was Jen Watkins (144-10) in the discus. Closing out our scoring was Laura Woeller in the 3000 (7, 9:47.29). Two remarkable non-scoring efforts were recorded by Becky Dennison (2:10.67) and Aruna Boppana (2:12.27) in the 800. While neither made the final, they were both personal best performances by these two young ladies. For Dennison, whose best prior to this season was 2:17, improvement has been dramatic!! Jen Watkins was 11th in the javelin (128-11) and Lori Harris failed to get a mark in that same event. Ellen White also failed to clear opening height (5-4) in the high jump and Kate Walker did



not advance in the 1500 (4:43.8), which was a fate shared by Kristin Davis in the 400 hurdles (64.21).

NCAA CHAMPIONSHIPS
Knoxville, Tenn.
May 31-June 3, 1995

Only two Cornellians qualified for the NCAA meet - Trenton Bullock (51.68) in the 400 hurdles and Laura Woeller (16:42.78) in the 5000. Laura was the only one to be chosen to compete in Knoxville, and her preliminary race did not go particularly well as she failed to advance to the final, running 17:25.71. For Woeller, this meet concluded a remarkable career at Cornell. The ultimate honor, perhaps, was the recognition by the Cornell Daily Sun as the Senior Athlete of the Year!

MEET THE BIG RED

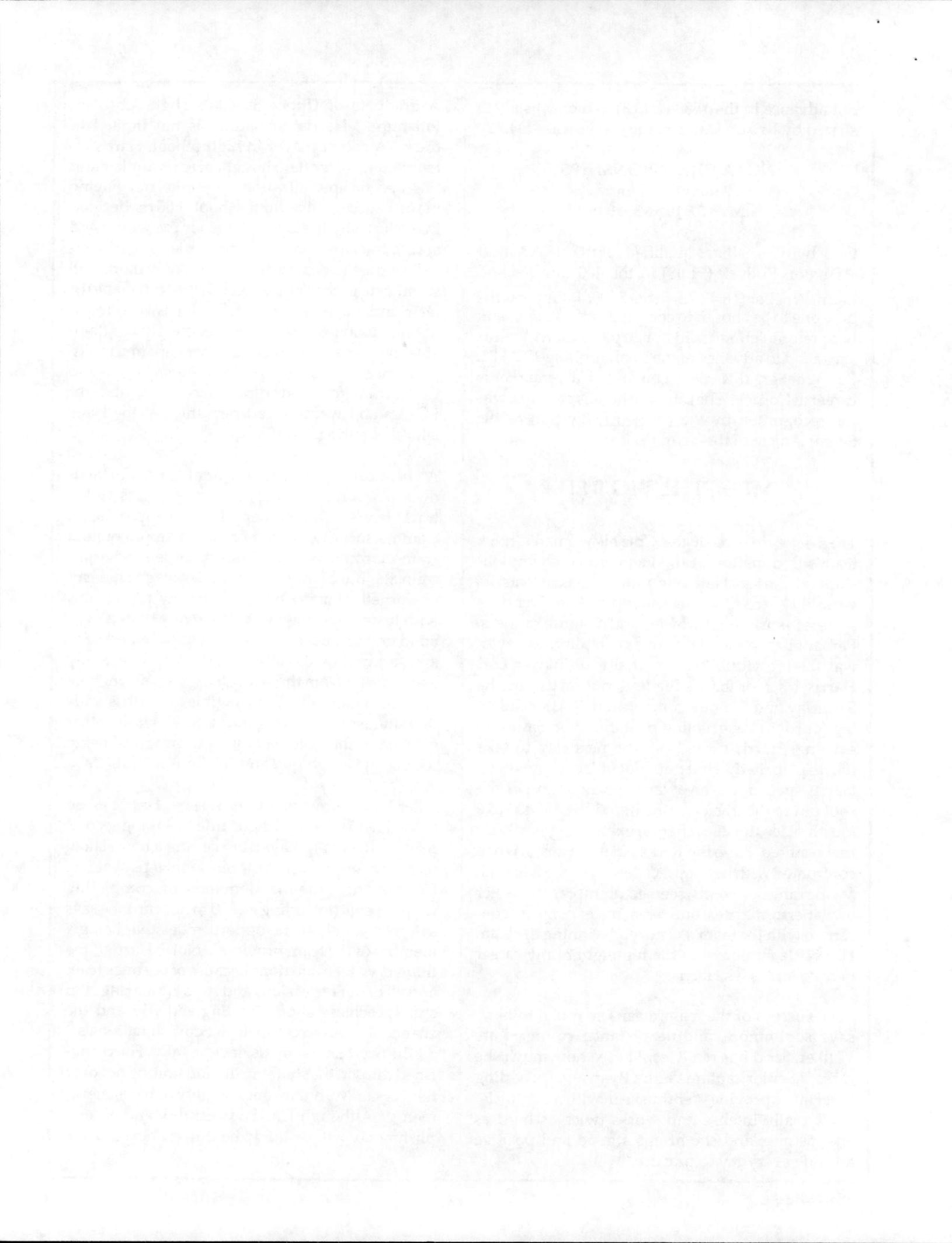
The best evidence of the Cornell women's track team's domination of the Heptagonal championships at Barton Hall this indoor season was its versatility, from league champions to first-time scorers to sprinters, throwers and distance runners. Perhaps best symbolizing this versatility, however, was the individual display that team player Lori Harris, a senior for the Big Red, put on during the Saturday and Sunday competitions. After finishing fourth in the grueling pentathlon on Saturday evening, Harris came back the next day to take fourth place in the shot put. Not finished, however, Harris sped from the awards presentation of the shot put to the track and anchored the 4 X 400 to a fourth place finish. After an exhausting weekend that resulted in the Big Red's victory, Harris, when confronted with her unprecedented success in such a wide range of events, seemed unimpressed by her own performances and was instead more concerned with the team's victory. "Winning the team Heps title indoors was the highlight of my career here so far," says Harris.

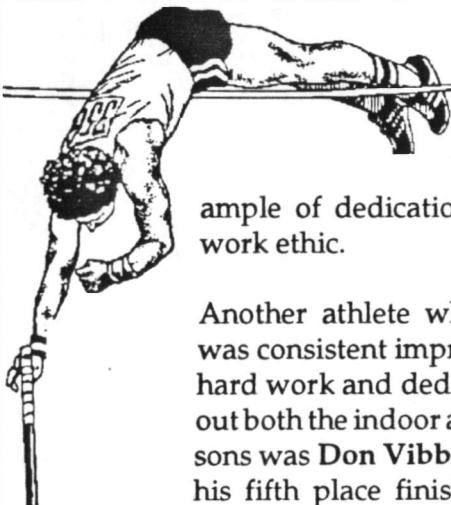
"The success of the team means so much to her," says sophomore middle distance runner Kate Walker, "and it is really cool to see how much she cares." Senior captain Ginny Ryan agrees, adding that Harris provides "enthusiasm with a capital 'E.' She's really intense and works twice as hard as anyone else, and she brings a good and positive attitude everyday to practice."

A graduate of Upper St. Clair High School in Pittsburgh, Harris' versatility is not limited to track. A soccer player in high school, Harris attempted what is often thought of as unthinkable in this age of specialization. Despite not having played soccer since high school, Harris decided that a fun way to stay in shape for the winter and spring track season would be to play for the Cornell women's soccer team. She not only trained all summer to get back in "soccer shape" but made the team and played this past fall. Harris, it seems, is not one to avoid attempting seemingly unattainable challenges. Competing in her very first multi-event her sophomore year on the spring trip to California, for example, Harris qualified for ECACs and went on to finish third at the Heps later that spring.

A chemical engineering major at Cornell, Harris does not confine her legendary energies to the track team. A member of the Kappa Kappa Gamma sorority, Harris has been an orientation counselor and has worked on student advisory councils. But of the many experiences she has had at Cornell, Harris says, "I value my friendships with teammates the most. We really have a tight bond on the team and it is great to have people to joke around with and confide in. I've really learned a lot from them too; they keep me mellow and straighten me out sometimes." Harris adds that she also enjoys the good-natured kidding that goes on. She notes wryly, "I'm proud of being seen as the tough guy and the 'musclehead.'".

After a phenomenal indoor season, Harris again helped her team to a league title by taking second place in the heptathlon and setting a new school record in the process at the outdoor Heps at Navy. Despite the grueling demands of completing seven events (including an 800 meter run) she says she relished all of the opportunities that being a member of the team provided. Notes Harris, "the things I've seen and done because of the track team and all of our excursions and trips is amazing. I'm still speechless about the England trip and the chance we had to compete at Scottish nationals." At the Scottish nationals, incidentally, Harris finished third in the shot put, demonstrating not only her versatility, but the high quality of her achievements. Although Harris' versatility and accomplishments will certainly be missed next season,





the women's team is hoping to continue to build on her example of dedication and strong work ethic.

Another athlete whose trademark was consistent improvement due to hard work and dedication throughout both the indoor and outdoor seasons was **Don Vibbert**. Building on his fifth place finish at the indoor

Heps last year, as well as qualifying and competing at IC4As last year, Vibbert twice broke the school pole vault record this past winter. After achieving success in the Heps and establishing himself as one of the league's top pole vaulters last year, Vibbert continued his steady improvement by breaking a number of important barriers. He took the school record to a new level in the first meet in January by vaulting 15 feet, nine inches and then finally broke a long-time personal barrier by vaulting 16 feet in February. Vibbert's successful and consistent indoor season was capped off by a third place finish at the indoor Heps at Barton Hall. "I had a taste of winning," reminisced Vibbert after the indoor Heps, "and that really motivated me to keep improving. I think I have a lot of room left to vault a lot higher."

Never willing to back down from a challenge, Vibbert was confident that his technique, as well as his recent switch to a bigger pole (sixteen feet and 185 pounds), indicated that "I can squeeze out a few more inches" in the pole vault. His faith in himself paid off as, building on his success from the indoor season, Vibbert raised the outdoor school pole vault record to the new level of sixteen feet, five inches and again took third place at the Heps.

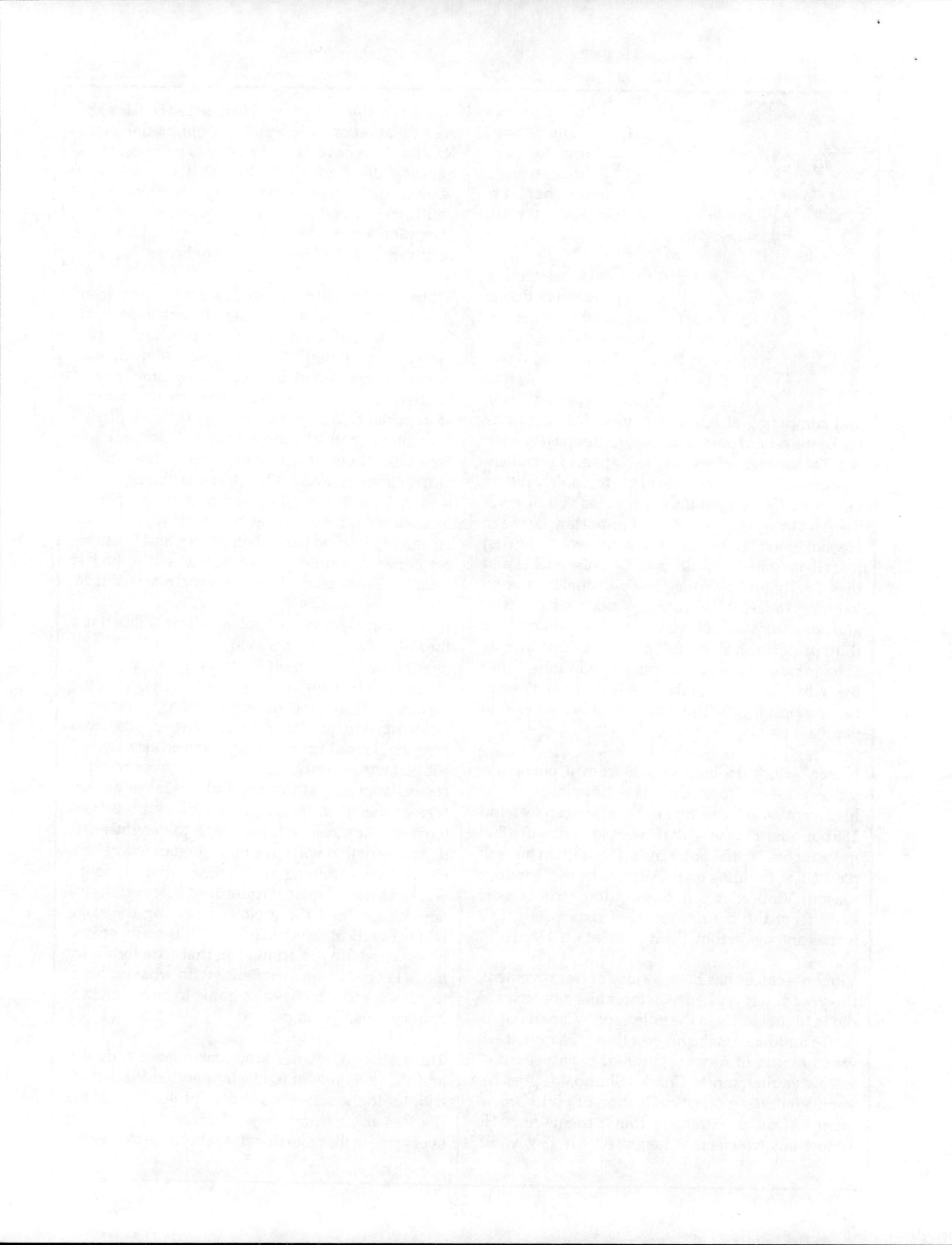
Vibbert's career has been a story of improvement: this year he has vaulted over three feet more than he did in high school. In the pole vault, Vibbert noted, "self-confidence is the biggest thing. In my case, it was a matter of focusing more this past season." Fellow vaulter, junior Charles Shimooka, goes beyond Vibbert's modest evaluation of his improvement. "Don is extremely tough mentally. He almost always clears a height on his first vault,

which is really important. He is just so consistent." Agrees another pole vaulter, sophomore Jason Rivera, "Don never has a bad day of practice. He is always full of energy." In fact, when the pole vaulters held their intra-squad "handicapped" vaulting competition, Vibbert came out as the champion again, an indication not only of his competitiveness but of his mental toughness.

Vibbert, a mechanical engineering major from Audubon, Pa. and a graduate of Methacton High School, claims he could talk about pole vaulting for hours. Says Vibbert, "Pole vaulting is more than an event. There is sort of a cult thing among pole vaulters. It also appeals to me because technique is so important. In the pole vault, my technique helps overcome my athletic shortcomings." According to Shimooka, however, Vibbert doesn't have many athletic shortcomings. "In addition to being a great leader, Don is a really good athlete (he played football and dove for the swim team in high school). He is a really good basketball player, and I remember a meet a couple of years ago where at the last minute he entered the long jump and placed third."

In addition to his love of pole vaulting, Vibbert has thoroughly enjoyed his years at Cornell. "Engineering here at Cornell is extremely demanding, but the fact that engineering can coexist among the six other colleges and among the many extremes of academia is great. There is so much to choose from here that I wouldn't have experienced elsewhere." Vibbert has not only noted the wide range of experiences available at Cornell, but has taken advantage of them. In the past year, Vibbert has been working on a research project in the engineering department that will have important practical benefits. Vibbert, along with some other students, worked to develop a computerized suspension system for cars and the project is nearing the stage where practical tests can begin. "It is really neat to be involved in a project like this that actually allows me to get hands-on experience with what we learn in school, and which is also going to have practical applications," he said.

The ability to balance academic-related activities and the demands of track competition Vibbert attributes to the self-motivational philosophy of the Big Red track team. Says Vibbert, "I like it that everyone on the team does track because they enjoy



it. We have incredible facilities and the team really takes advantage of them and we have fun. We are extremely competitive, and yet the focus here is on self-motivation. There is no negative pressure from the coaches; all of the pressure comes from within each of us and I think that is why our team has been so successful." With his positive attitude and continued focus on improvement, Vibbert stepped up as a strong leader for the Big Red this past season and was a major reason for the men's team's success this year.

The split second rush of adrenaline that comes with the glory of a sprint race or the grueling intensity of a long distance battle are often the events and spectacles which grab most of the spotlight in the world of track and field. Often obscured by these "glamour" events, and lost amidst other field events, are the throwers. As the Cornell women's track team has learned at the past two Heptagonals, however, a vital and instrumental part of any successful track team is its weight throwers. Within the confines of Barton Hall and "The Cage," a close-knit group of throwers has established a tradition of excellence that has been a fundamental part of the Big Red's recent successes.

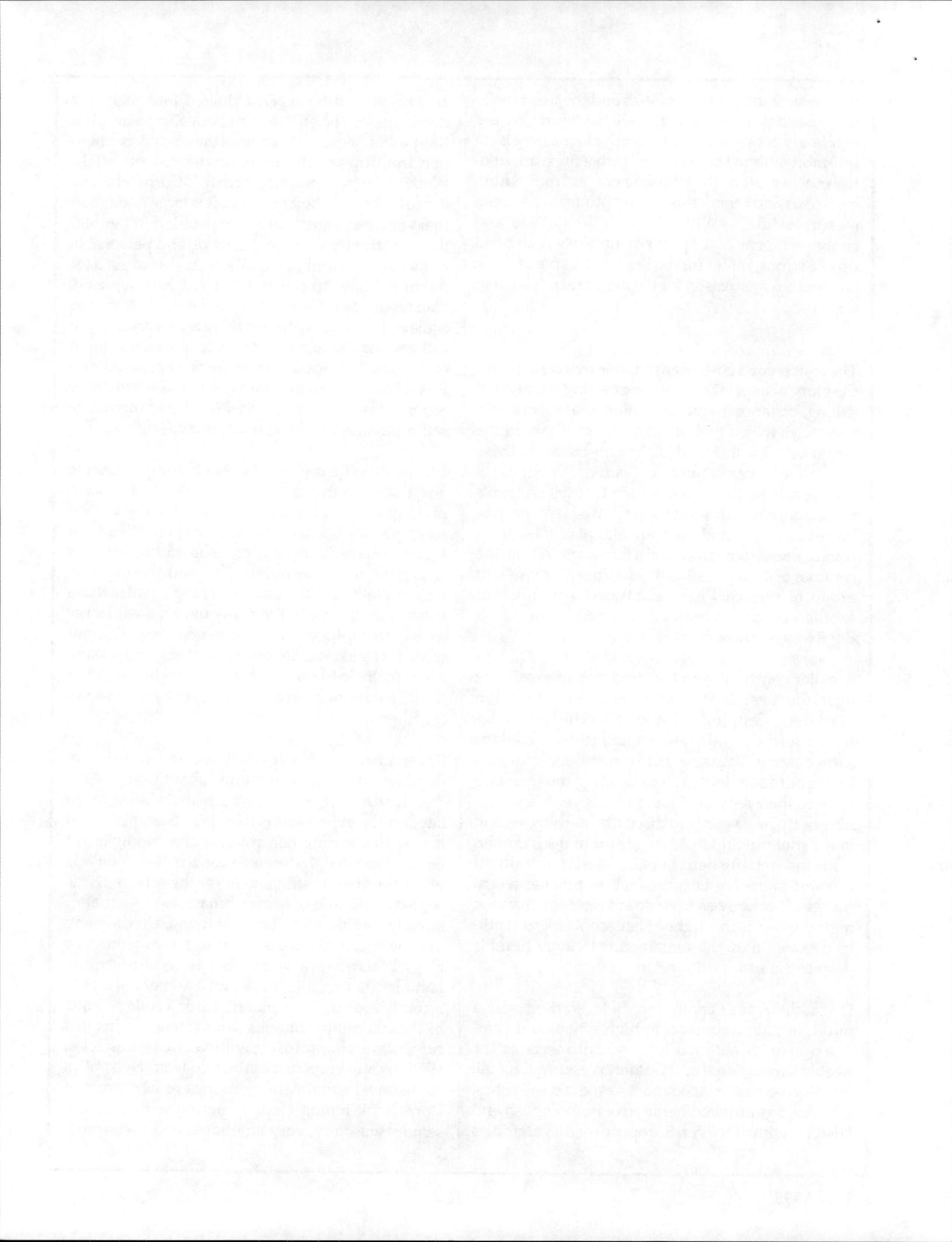
A major contributor to that tradition of excellence over the past four years has been senior **Jen Watkins**. Capping off a career which includes school records in the javelin and discus, Watkins earned Most Valuable Performer honors at this May's outdoor Heptagonals, leading the women's team to their second Heps title this year. By winning both the javelin and discus, by earning second in the shot put and by taking third in the hammer, Watkins established herself as the dominant thrower in the Ivy League. Yet despite her recent success, Watkins has been no stranger to achieving high standards throughout her scholastic and athletic career, and has remained extremely humble despite the sudden attention.

Originally from Pennington, N.J., Watkins was a multiple state champion in high school and competed at such national high school meets as the Keebler Invitational and Golden West Invitational. Equally focused on academics as she is on athletics, Watkins has pursued her love of both English and History, with a focus on European medieval studies

at Cornell, and has been inducted into such academic honor societies as Phi Beta Kappa and Phi Kappa Phi. Modestly attempting to deflect attention from these substantial academic credentials, Watkins instead praises Cornell. "Cornell turned out to be a great choice for me. It is large enough so that you meet a great variety of people, but I've had the opportunity to make it as small and personable as I've wanted and I've really been able to get a lot out of it." Says freshman thrower Chris Kervaski, "Jen would be the last to tell you how much she has achieved. She just keeps working and working. We call her the "Energizer" because she keeps going and going." Adds senior track captain Ginny Ryan, "In her own quiet way, Jen makes everyone around her feel happy and I think her incredible self-motivation really rubs off on others."

When confronted with all of her accomplishments and praise from her teammates, Watkins embarrassingly brushes such compliments aside and instead praises her friends and coaches. "I've been lucky to have had good coaches and teammates who have really encouraged a good work ethic," muses Watkins. "I think I'm going to miss those teammates the most. We really have a great locker room atmosphere. The throwers have different workouts and experiences from others on the team, but it really is like a family because when we're in the locker room or on buses, everyone really comes together."

Beyond her impressive scholastic and athletic credentials, what stands out most about Watkins' career for the Big Red has been her ability to go beyond the expectations that have been placed on her. After tearing her anterior cruciate ligament before her very first season for the Red, Watkins was nevertheless still able to set the school discus record by the end of her freshman year. Also, after already having won the javelin and after already placing second in the shot at this year's outdoor Heps, Watkins set a twenty-foot personal best in the hammer (her least favorite event and one she only recently took up) and placed third. While any one of these accomplishments would stand out in most careers as a triumph of the will over major obstacles, Watkins still emphasizes the two team Heps titles as the most prominent memories of her career at Cornell. "Winning Heps in Barton with so many seniors was very, very emotional and then some-



how winning again outdoors really, really stands out," says Watkins. As a central part of the team's success, not only as a scorer, but as a representative of determination and hard work, Watkins has been instrumental to the team's success.

In addition to the all-around excellence of Watkins, however, another major contributor to the phenomenal success of the throwers, and to the Big Red women's track team in general, has been senior Tina Rankin. A mechanical engineer from Woodbine, Maryland, Rankin has achieved national success as a hammer thrower and has brought notoriety to the Big Red. After placing seventh at last summer's Senior USA Track and Field championships, however, Rankin continues to maintain a very down-to-earth approach to competing.

Agreeing with Watkins about the family-like atmosphere of the track team in general, Rankin adds that "another special memory comes from the tradition we've established among the throwers. Ever since I've been throwing for Cornell, we've been really close and this little family of ours has taught me so much. I owe everything I've achieved in track to Coach Bilyk and to them."

Rankin is quick to point out that she did not come to Cornell as a highly-touted recruit. She did not even come to Cornell with the intention of being a thrower. As captain of a state championship cross country team in high school, Rankin hoped to contribute to the Big Red as an 800 meter runner her freshman year. Because of her self-described desire to compete at the highest level possible, however, Rankin agreed to become a weight and hammer thrower. Three months after making the switch, with one throw of the hammer, she gave a sign of accomplishments to come by breaking the hammer cage in Barton Hall. Ever since she has been affectionately known by other throwers on the team as "Danger."

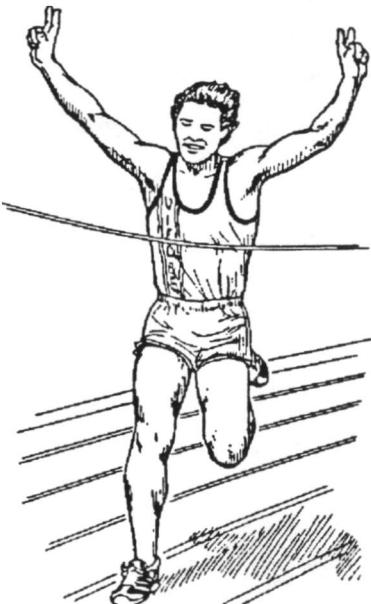
Rankin, however, has been more dangerous to opponents of the Big Red than to her teammates and friends. Nevertheless, despite being the winner of the twenty pound weight throw at the indoor Heps and the winner of the hammer at the outdoor Heps (setting school records in both in the process), Rankin, similar to Watkins, refuses to take credit for her success. "Any success I've had is really due to Coach Bilyk. I knew nothing when I started and it

really is a testimony to all of his knowledge that I've come as far as I have." Rankin also credits attending a development camp for elite weight throwers in North Carolina this past November as being a major motivating force. But, according to Kervaski, Rankin does have a number of unique and important qualities that have contributed greatly to her success. "The key to the hammer," says Kervaski, "is not strength, but getting the body to relax. Tina has the incredible ability to relax and completely ignore pressure."

Thinking back to most recent Heps title, Rankin smiles about the and excitement she felt as events unfolded before her eyes. She says, "I was done with the hammer on Saturday and I was in the unique position of just watching people and not having to worry about my event. Instead, I was worrying about everyone else! But so many people stepped up and our team really had a great attitude. Those attitudes, and the ability to step up, are the real keys to championships and it gave me a great feeling to watch."

Looking ahead to the summer, Rankin is not done competing. Along with fellow hammer thrower Casey Cadile, Rankin will be heading off to Sacramento, Calif. for another attempt at USA Track and Field Nationals. After graduation, Rankin, a member of the Dean's List, will also be settling into a job. Despite these exciting possibilities, she still holds strong feelings for the Big Red track team. "The team is hard to define, since there is something about it that goes beyond statistics. There is a caring attitude between coach and athlete. More importantly, there is a real connectedness among the athletes that really holds everyone together." A major part of that connectedness, not only as performers, but as people, have been the examples and performances of Rankin and Watkins.

By: Artie Smith



HONORS AND AWARDS

Phi Beta Kappa - Jen Watkins



NCAA Post Graduate Scholarship
Ginny Ryan

CoSIDA/GTE Academic All-American - Jen Watkins and Ginny Ryan

All-East (Indoor Track)

Laura Woeller, Anita Jakelic and
Carl Anstrom

All American (Indoor Track)

Laura Woeller

All-Ivy (Cross Country) - Laura Woeller,
Kate Walker and Carl Anstrom

All-East (Cross Country)

Laura Woeller

All-Ivy (Indoor Track) - Ginny Ryan,
Anita Jakelic, Tina Rankin, Laura
Woeller (2) and Kristy Harris

All-East (Outdoor Track)

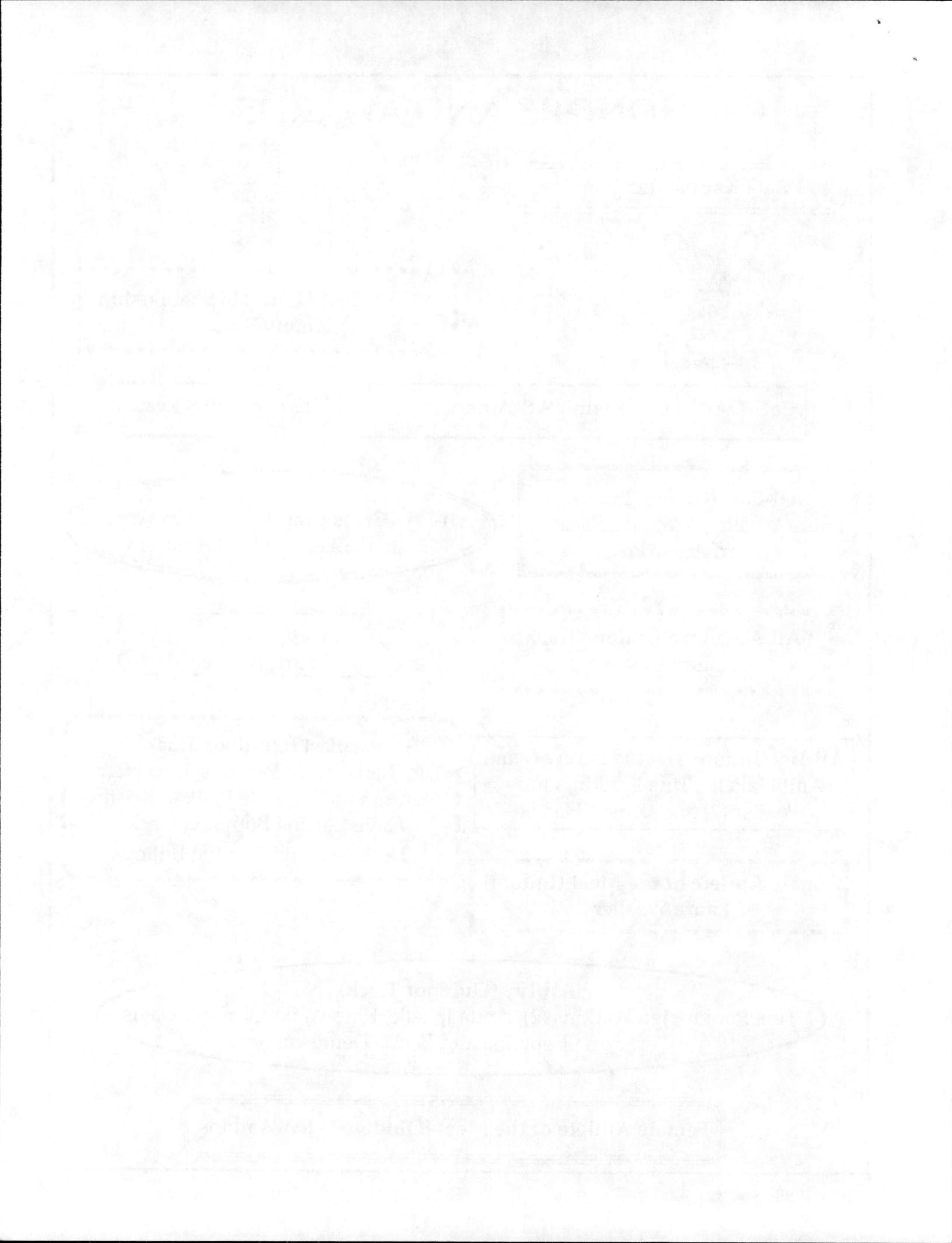
Tina Rankin, Jen Watkins, Lori Harris,
Laura Woeller, Kate Walker, Kristin
Davis, Aruna Boppana, Becky
Dennison and Trenton Bullock

Female Athlete of the Meet (Indoor)
Laura Woeller

All-Ivy (Outdoor Track)

Tina Rankin, Jen Watkins (2), Anita Jakelic, Kate Walker, Kristin Davis,
Aruna Boppana and Becky Dennison

Female Athlete of the Meet (Outdoor) - Jen Watkins



Fall '94 Honors

All Ivy
Laura Woeller
Kate Walker
Carl Anstrom
All District
Laura Woeller
All East
Laura Woeller
Kate Walker
Carl Anstrom
All Ivy
Laura Woeller
Kate Walker
Carl Anstrom
All District
Laura Woeller
All Schue
Linda Schue
Kate Walker
Jeff Nasson

Track/Cross Country
Cornell University

Teagle Hall
Ithaca, N.Y. 14853

FIRST CLASS MAIL

