2003 Men's and Women's Indoor and Outdoor Heps Champions
Both the men's and women's track teams captured the 2003 indoor Heps team championships. It was only the second time in the history of the Heptagonal Games (Princeton was the other in 1998) that the same program has won both team titles in the same indoor meet.

The women scored 114 points to repeat as indoor champions and to win their third consecutive Heps track team title, while the men scored 130.5 to win their first indoor Heps crown since 1978 and their first outdoor track Heps title since 1985!

There were many heroes on both squads, but the common denominator was unmatched depth as both teams produced multiple scorers in nearly every event and across all the event groups.

In the end, the women captured wins in two events, one by Katy Jay '03 in the 400-meter dash, and one by the unmatchable 4X400 relay team. The Big Red women were only shut out of the scoring in two events and produced 23 ECAC qualifying performances, defeating second-place Yale on the strength of a true team effort. The men won four events: the high jump, long jump, pole vault and the 4X400 relay. The Big Red also boasted at least 21 IC4A qualifying marks, and defeated a Princeton team that had won five straight indoor Heps crowns.

The meet was extremely exciting as both team competitions came down to the relay events. On the women's side, the Big Red trailed Yale 90-89 with four events remaining, but a clutch fifth-place finish by Kalifa Pilgrim '04 in the triple jump, a second-place finish for tri-captain Sarah Herskée '03 and a sixth-place finish by Becky Tucker '05, both in the shot put, gave Cornell a scant six-point cushion going into the two relays. A fine competitive effort by a tired quartet (three had run in the 800-meter finals only an hour earlier) of Natalie Gingerich '04, Ann Hansgate '04, Lauren Graham '05, and tri-captain Natalie Whelan '03 finished fourth in the 4x800 to set the stage for a dominating showing in the 4X400. Kari Steed '05, Jessica Brown '05 and Shonda Brown '05 gave Jay a commanding lead as all ran 56.6 splits to win the 4X400 for the second straight year, securing the Big Red's 15-point margin of victory over the Elis.

The men's team competition proved to be even more dramatic. A definitive 18.5 point gain by Cornell in the final events leading up to the relays gave the Big Red a 10.5-point lead with three relays to go.

As the meet was winding down, Ryan Schmidt '05 came up with a big PR to win the Heps high jump, while Pat McDonough '06 tied for sixth. On the track, Dan Dombroski '03 ran an inspired 5000-meter race, placing second and leaving the Big Red with an unexpected cushion as the relays began. With momentum on our side entering the relays, Cornell still had much to do as defending champion Princeton was the top seed in two of the remaining races. In the DMR,
Barry Kahn '03, Greg Simonds '06, and Oliver Tassinari '05 ran well, setting the stage for an inspired effort from fifth-year senior Geoff Van Fleet '03. Hobbled by injury for the past year, Van Fleet made up a five-second deficit and even briefly took the lead before finishing third with an outstanding 4:07 leg as the team ran 9:55.48.

In the 4X800, the quartet of Gordon Hall '06, Sam Mackenzie '05, Ed Palermo '06 and Mike Allen '05 placed fourth. With only the 4X400 remaining, Cornell clung to a 2.5-point lead. Princeton needed to defeat Cornell by two places to win the meet.

An aggressive start from Mike Nanaszko '04 and a strong leg from Mike Kiselycznyk '03 put Cornell ahead. Kenan Goggin '05 tripped slightly in the first 50 meters of his leg but recovered gamely, handing off the lead to Brian Eremita '05, who sealed Cornell’s victory in storybook fashion, giving the Tigers their first taste of defeat at the indoor Heps since 1997. Cornell ended the meet with 130.5 points to Princeton’s 122.

The reaction from the Cornell faithful after the final race had been clinched was delirium. For the first time in the program’s history, both the men’s and women’s teams claimed titles in the same year. The drama provided by the relays would have been for nothing, however, if not for a number of key performances earlier to build the excitement heading into Sunday’s finale.

Head coaches Lou Duesing and Nathan Taylor handed out awards at the annual year-end track banquet on May 7. The banquet also honored our many volunteer officials.

**Fleet Morse Award**  
Most Improved, Women  
Sarah Coseo '05

**Dr. George Ladas Award**  
Best Thrower  
Sarah Herskee '03

**Shorty Lawrence Award**  
Most Improved  
Field Event, Men  
Ryan Schmidt '05

**Walker Smith Award**  
Best Hurdler  
Caitlin Ramsey '03

**Marc Deneault Award**  
Outstanding Freshman  
Jamie Greubel  
Greg Simonds

**Theo Smith Award**  
Outstanding Track, Men  
Emory Mort '05

**Theodota Ladas Award**  
Best Mid-Distance  
Natalie Whelan '03

**Senior who has done the most for Cornell Track**  
Katy Jay '03

**Theodota Ladas Award**  
Best Jumper  
IB Stanley '04

**Senior who has scored the most points during four years**  
Katy Jay '03

**Spindler Award**  
Coaches’ Award  
Sarah Herskee '03

**2003-04 captains:**  
Hannah Garrity '04

**2003-04 captains:**  
Aldo Gonzalez '04

2003-04 captains:  
Ann Hansgate '04

2003-04 captains:  
Merili Mosley '04

2003-04 captains:  
Stacey Nadolny '05

2003-04 captains:  
Giles Longley-Cook '04

2003-04 captains:  
Sarah Herskee '03
Bringing a historic season to a thrilling conclusion, both the Cornell men’s and women’s track and field teams won the outdoor Heeps team championships at Yale. Repeating the teams’ feat from the indoor season, Cornell became the first program to have BOTH the men and women win indoor AND outdoor Heeps titles in the same year. The men won their first outdoor team championship since 1985, while the women repeated their triumph from last year, acquiring their fourth consecutive Heeps title and continuing a string of victories that is unprecedented in league history on the women’s side.

Both meets were filled with plenty of drama as the men’s team title remained in doubt going into the last relay, while the women demolished the field on the second day by defeating a tough Yale team. The women won nine of the 23 events, and were shut out of only three events, while the men claimed one event and scored in all events except two. The Heeps, as always, provided high caliber competition, and both Big Red squads rose to the occasion. The women garnered 38 ECAC qualifying performances and 15 NCAA regional qualifiers, while the men earned 20 IC4A qualifying marks and 11 NCAA regional qualifiers.

The Big Red women stepped up to “answer the bell” time and time again on Sunday despite the persistent efforts of the Elis. A one-hour stretch early on the second day set the tone: the foursome of Shonda Brown, Jan Seale ’06, tri-captain Merili Mosley ’04 and Jay ran away from Yale to win the 4X100 in a meet record 46.32. The Cornell squad then witnessed tri-captain Sarah Herskee set a school record while placing second in the javelin.

Ib Stanley ’04 grabbed third-place in the triple jump at 37-7 3/4. In the 3K steeplechase, both Carlan Gray ’03 and sophomore Alyssa Simon ’05 put together 14 second PRs and NCAA Regional qualifiers, as well as new No. 1 and No. 2 marks in school history to provide 10 valuable points for Cornell.

Sarah Coseo ’05 surprised the field with an outstanding run of 4:30.12 to place third in the 1500. The Big Red knew the day was going to be a good one, however, when blurs of red and white dominated the lead at the 400-meter event. Jay blasted to victory in a school record of 53.78, while Jessica Brown and Steed completed the 1-2-4 finish for Cornell.

After this great start, the Big Red would not be denied the rest of the day. Caitlin Ramsey ’03 made her comeback from ACL surgery complete with an inspiring win in the 100 hurdles, running the No. 2 time in school history. With only 30 minutes of rest after her effort in the 400 meter, Jay came back to place second in the 100-meter event, and was joined in the scoring by Seale, who established a new freshman school record by placing sixth. Cornell continued to pull away from the field with a nicely run third-place finish in the 800 meters by Whelan. Shonda Brown then ran a brilliant 400 hurdles race to lower her own school record, winning her first individual Heeps championship title. The nail was then firmly hammered into the coffin by Jay, who asserted her dominance over
the other Heps sprinters with a commanding victory in the 200 meters, garnering her eighth individual Heps championship title in her storied career.

Even as the track was unfolding in fine fashion, Cornell was performing great in the field. Jamie Greubel '06 emerged as a Heps champions, scoring 4,837 points to win the heptathlon. Jessica Brown had no sooner finished second in the 400-meter event before placing second in the high jump. In the throwing circles, Stacey Nadolny '05 won her second Heps discus title, throwing 150-1.

With only the 4X800 and 4X400 left and the meet in hand, the Big Red went for an unprecedented sweep of the relay races. Carrie Richards '05, Gingerich, Jessica Brown and Whelan ran 8:52.77 to win by three seconds, and the 4X400 of Jill Crispell '04, Shonda Brown, Linda Trotter '06 and Jay won the 4X400 going away in 3:44.45.

With the women dominating their competition, the men found themselves in a tightly contested battle with Princeton, but stubbornly held on to the lead throughout the two days. After the relay quartet of Quinton Carew '03, captain Jason Hart '04, Nanaszko and captain Rahim Wooley '04 impressively won the 4X100, the rest of the Big Red team took care of business. Despite not winning any other events, Cornell scored in nearly every remaining event to hold off Princeton and the rest of the field. The short sprint combo of Wooley and Carew had a great weekend as they finished second and fifth in both the 100 and 200. Meanwhile, the long-sprint duo of Nanaszko and Eremita scored in the 400, while Aldo Gonzalez '04 came through in the 800. Cornell also had a presence in the hurdle races. Eric Pedersen '04 scored an important point in the 110 hurdles, while Simonds placed fourth in the 400 hurdles. Heading into the final individual races of the day, Cornell upset pre-meet form charts with inspired performances. Daryn Johnson '03 and Emory Mort '05 qualified for the NCAA regionals in the 3K steeple. The men’s 4X400 crossed the finish line first but were disqualified in a controversial ruling for bumping with Princeton soon after the exchange on the last leg. Despite this DQ, Princeton was not able to muster enough points to overtake Cornell.

Even as the Cornell men were having a competitive day on the track, they were making huge strides in the field as well. Schmidt and McDonough earned 10 points in the high jump, while senior captain Scott Benowicz '03 placed third in the javelin. In the discus, Derek Kingrey '03 took second, while classmate Brett Coffing '03 garnered fourth-place. In the triple jump, Tyler Kaune '04 notched a third-place finish with a throw of 49-1.

The athletes from both the men’s team and the women’s team shared a number of characteristics that enabled them to bring all four 2003 Heps track and field trophies to Ithaca: deep and balanced teams that relied on multiple scorers in nearly every event, and strong senior leadership ensuring that both teams performed well when it mattered.

The sight of both Big Red squads taking a victory lap together, trophies in hand, and plunging head coaches Lou Duesing and Nathan Taylor into the steeplechase water-pit, will remain etched in everyone’s minds for a long time!
**more season highlights (men)**

1. **Men's 4X400 sets Heps record at indoor IC4As.**
   The Cornell men's track team completed one of its most successful indoor campaigns ever by establishing an all-time Heps record of 3:11.01 in the 4X400 at the IC4As. The men's 4X400 quartet of Mike Nanaszko '04 (47.6), Mike Kiselycznyk '03 (48.3), sophomore Kenan Goggins '05 (47.2) and sophomore Brian Eremita '05 (47.1) dropped five seconds off their Heps championship performance to demolish school and League records in the prelims of the prestigious IC4A meet.

2. **Tyler Kaune '04 comes through in the clutch.**
   The king of big jumps on his final attempts, Kaune won the triple jump at the Long Beach Collegiate Classic on his last effort. With Cornell trailing going into the last event of the meet, Kaune came up big to give the Big Red the overall team title. Additionally, Kaune won the prestigious Eastern triple jump at the Penn Relays, also on his last jump!

3. **Scott Benowicz '03 sets a school record in the javelin and competes at the NCAA championships.**
   Throwing the javelin a remarkable 232-4 at the Sea Ray Relays, Benowicz finished the season ranked as the 14th-best collegiate javelin thrower. A Heps scorer and All-East performer, the team captain ended his career competing at the NCAAs.

*Mike Nanaszko '04, Kenan Goggins '05*
Oliver Tassinari '05 runs third-best 1500 in school history.

In addition to his solid competitive showings at the Heps, where he placed fourth in the indoor mile and seventh in the outdoor 1500 meters, Tassinari ran an outstanding 3:46.28 in the 1500 to place fifth at the IC4As and earn All-East status, qualifying for the NCAA Regionals.

Men's 4X800 earns All-East status at IC4As.

Aldo Gonzalez '05 broke out with a 1:50.93 in the 800 outdoors to lead a young and talented middle distance group to success at the end of the season. Gonzalez ran a critical leg on the 4X800 team that placed eighth to earn All-East status. Along with Ed Palermo '06 (1:54.1), Gonzalez (1:52.0), Gordon Hall '06 (1:54.5) and Sam Mackenzie '05 (1:52.9) ran an inspired 7:33.88, notching a No. 6 spot in the Cornell record books.

Throwing corps dominant.

Whenever the Big Red needed points or a lift from a big performance, the throwers were up to the challenge. Giles Longley-Cook '04 moved to No. 7 all-time in both the indoor weight and outdoor hammer, earning All-East status in both while garnering two silver medals at the Heps. Derek Kingrey '03, Brett Coffing '03 and Zach Beadle '05 re-wrote the all-time top-10 lists in the shot put and discus, with Kingrey reaching the No. 2 position in school history in the indoor shot and No. 4 in the discus.

Daryn Johnson '03 shines in the steeplechase.

On top of his surprise third-place showing at the Heps, Johnson placed an impressive ninth at the NCAA regionals in the 3K steeplechase, ending his career with a flurry of PRs that made him the No. 5 in Cornell's record books.

Mike Harbeck '03 consistently excelled in his senior season in the pole vault.

Having improved remarkably throughout his four years, Harbeck won the indoor Heps pole vault, was the runner-up outdoors, and earned All-East accolades both indoors and outdoors. Harbeck graduated as the third-best pole vaulter in Cornell history and one of the most decorated.

Taylor named Northeast Indoor Coach of the Year by the USTCA.

In his fourth year at Cornell, Taylor led the men to their first indoor Heps crown since 1978 and the first outdoors since 1985, capping a remarkable resurgence that saw the Big Red turn into a formidable team. It was competitive not only on the dual meet level but at the Eastern and national levels as well.

Men nationally ranked among the top 25.

Undefeated in dual and tri-meet competition, the men were victorious at both the UC Irvine Invitational and the Long Beach Collegiate Classic, earning a final ranking of 25 by the national Team Power rankings.

Rahim Wooley '04
Women Take Fifth at Indoor ECACs and Eighth at Outdoor ECACs.

At the indoor ECACs held at the Reggie Lewis Center in Boston, the team set three school records, while Natalie Whelan '03 earned an ECAC championship in the 1000. The Big Red women garnered a remarkable 34 points, their most ever at the ECACs, while the team finished fifth out of 86 teams, a program record. At the outdoor meet at Princeton, the women finished in eighth-place with an impressive 36 points and in the process brought 20 All-East certificates back to Ithaca as well as six NCAA regional qualifying marks.

Women’s 4X400 continues to shine

Continuing to shatter the program’s record books, the 4X400 quartet of Kari Steed '05, Shonda Brown '05, Jessica Brown '05 and Katy Jay '03 (with Jill Crispell '04 and Linda Trotter '06 making valuable contributions as well) placed second at the indoor ECACs, third outdoors at the ECACs, won two Penn Relays wheels and both indoor and outdoor Heps titles, emerging as one of the best relay teams in the nation. The relay finished its season in style at the NCAA regional championships by placing 10th with a school-record time of 3:38.67.

Sarah Herskee '03, Becky Tucker '05 and Stacey Nadolny '05 continue to shatter Cornell throwing records.

Herksee scored in every single Heps event. She’s now ranks among the top five Cornell bests in all six throwing disciplines, while setting new standards in the javelin and hammer. Tucker emerged as one of the East Coast’s best athletes in both the hammer and weight. Nadolny added a silver medal at the ECAC championships in the discus to her two Heps titles in that event.

Carlan Gray ’03 leads steeplechase and distance runners

Gray, already a fixture in the top 10 among distance record holders at Cornell, improved her school record to 10:41.96 in the 3K steeplechase at the Heps despite being hampered by an injured achilles tendon. Gray was joined by Alyssa Simon ’05, who holds the school’s No. 2 mark in the steeplechase at 10:46.35 and qualified for the NCAA regionals. Both ranked among the top 45 steeplechase athletes nationally. Meanwhile, Kate Boyles ’05 emerged in spectacular form after an injury-plagued freshman year, becoming one of the top runners in the East. In addition to her clutch scoring performances at the indoor Heps, Boyles earned All-East status in the outdoor 3K with a great run of 9:37.32. She now sits in the top five in Cornell history.

Heps Championship T-Shirts

Heps championship t-shirts, commemorating both the men’s and the women’s indoor AND outdoor victories are available in long-sleeve and short-sleeve varieties on www.ivysport.com

Women’s Class of 2003:
Natalie Whelan, Carlan Gray, Katy Jay, Caitlin Ramsey, and Sarah Herskee
in the indoor and outdoor 5K, and ranks among the top 10 in both the indoor and outdoor 3K, as well as the 10K.

5 **Ib Stanley '04 breaks through in the triple jump**

Stanley emerged again as a reliable big-meet performer, qualifying for the NCAA East Regionals in the triple jump. Stanley led a young and improving horizontal jumps group that also included Heps scorers Kalifa Pilgrim '04 and Karen Snyder '06.

6 **Cornell women ranked No. 17 in the nation at the end of the season!**

Undefeated in dual and tri-meet competition, the team also won titles at the Irvine Invitational and Long Beach Collegiate Classic, ending the season ranked No. 17 out of 320 Division I programs in the nation in the Team Power rankings.

7 **Natalie Whelan '03 leads national-caliber middle distance group.**

In addition to winning the ECAC indoor 1000-meter title, Whelan moved into the Cornell all-time top 10 lists in the indoor 800-meter, 1000-meter, mile and outdoor 800-meter and 1500-meter. An NCAA regional qualifier in two events, Whelan was a crucial part of a 4X800 team that was again among the top in the nation. Great carries by Jessica Brown '05 (2:07 at Penn Relays), Natalie Gingerich '04 (2:08 at ECACs) as well as nice breakthroughs by Ann Hansgate '04, Alison Koplar '05, Carrie Richards '05, Lauren Graham '05, and Kinsy Miller '04 made this one of the deepest middle distance groups in the East.

8 **Caitlin Ramsey '03 returns from ACL surgery.**

In one of the more inspiring stories of the year, Ramsey returned from a serious knee injury suffered in the fall of 2001 while playing for the Cornell soccer team. She not only won a Heps title but reclaimed her place in the all-time Cornell top-five lists in the short hurdles, qualifying for the NCAA regional championships.

9 **Duesing named Northeast Outdoor Coach of the Year**

For the second consecutive year, Coach Lou Duesing was named the Northeast Region Outdoor Track and Field Coach of the Year, as the women won their 13th and 14th Heps titles during his 13-year career as the Big Red’s head coach.

10 **Katy Jay '03 leaves her mark all over Cornell record books**

The holder of more Heptagonal wins (14!) than any other Cornellian, Jay holds every indoor and outdoor sprint record at Cornell and outdid herself this year by setting personal bests in every event.
Women

Brittany Anderson
Lakewood, Wash.
College of Agriculture and Life Sciences
Middle Distance
PRs: 2:20 800

Stephanie Burt
West Seneca, N.Y.
College of Human Ecology
Sprints/Hurdles
PRs: 12.47 100, 25.17 200, 5-3
High Jump

Lauren Broadnax
Dayton, N.J.
College of Arts and Sciences
Sprints
PRs: 25.11 200, 57.68 400

Christina Cossell
Indianapolis, Ind.
College of Engineering
Sprints
PRs: 58.4 400, 2:17 800

Casey DePasquale
Pittsburgh, Pa.
College of Human Ecology
Middle Distance
PRs: 2:19 800

Megs DiDario
Berkeley Heights, N.J.
College of Arts and Sciences
Middle Distance/Distance
PRs: 2:16 800, 5:10 1600, 11:24 3200

Danielle Dufresne
Providence, R.I.
College of Arts and Sciences
Throws
PRs: 175-10 Hammer (ranked 4th in the nation), 50-2.5 in the weight (ranked 6th in the nation)

Robyn Ellerbrock
Ithaca, N.Y.
College of Agriculture and Life Sciences
Jumps/Hurdles/Steeplechase
PRs: 37-1 triple jump, 64.5 400 hurdles, 7:09 2K steeplechase

Caroline Hill
Lexington, Mass.
College of Engineering
Distance and Cross Country
PRs: NEPSTA cross country runner-up

Nyam Kagwima
Lutherville, Md.
College of Agriculture and Life Sciences
Middle Distance/Distance
PRs: 2:16 800, 5:01 1600

Stephanie King
Turnersville, N.J.
College of Human Ecology
Hurdles
PRs: 14.74 100 hurdles, 63.73 400 hurdles

Erin Linehan
Pleasantville, N.Y.
College of Agriculture and Life Sciences
Middle Distance
PRs: 2:16.1 800, 4:44 1500

Julie Maier
Rochester, N.Y.
College of Human Ecology
Pole Vault
PRs: 10-9

Shannon Miller
Belfast, Maine
College of Engineering
Pole Vault
PR: 10-6

Katie O'Regan
Wyomissing, Pa.
College of Architecture, Art, and Planning
Distance and Cross Country
PRs: 11:17 3200

Christy Paul
Hood River, Ore.
College of Agriculture and Life Sciences
Distance and Cross Country
PRs: 4:45 1500, 10:08 3K, state XC champion

Shawna Rossini
Holliston, Mass.
College of Agriculture and Life Sciences
High Jump/Hurdles
PRs: 5-7, 15.56 100 hurdles

Hayden Shelby
Sunbury, Ohio
College of Arts and Sciences
Throws
PRs: 39-0 shot put, 125-0 discus

Morgan Uceny
Plymouth, Ind.
College of Arts and Sciences
Middle Distance
PRs: 57.0 400, 2:13.04 800, state champion 800

Cameron Washington
Los Angeles, Calif.
College of Agriculture and Life Sciences
Sprints
PRs: 12.09 100, 24.26 200, 55.52 400

Sarah Wilfred
Brockton, Mass.
College of Arts and Sciences
Sprints/Jumps
PRs: 12.45 100, 25.17 200, 5-4 high jump
Men

Aaron Arlinghaus
North Olmsted, Ohio
College of Agriculture and Life Sciences
Distance
PRs: 4:18 1600, 9:11 3200, state champion

Brad Baird
Lake Lehman, Pa.
School of Industrial and Labor Relations
Distance
PRs: 9:26 3200, 6th at States

Steven Bakke
Tucson, Ariz.
College of Arts and Sciences
Distance
PRs: 4:25 1600, 9:31 3200, 25:36 8k XC.

Thomas Caswell
Yorktown, N.Y.
College of Arts and Sciences
Distance
PRs: 4:22 1600

Thomas Hoover
N. Kitsap, Ore.
College of Engineering
Hurdles
PRs: 37.8h, state champ, nationally ranked.

Ricky Koontz
Glenview, Ill.
College of Engineering
Sprints
PRs: 10.8 100, sprinter with potential

Rick Lader
Southern Cayuga, N.Y.
College of Agriculture and Life Sciences
Distance
PRs: 9:23 3200, 6th at Feds.

Kenneth Martin
Plainwell, Mich.
College of Human Ecology
Hurdles
PRs: 14.8 110h, NE prep star also playing football.

Shane Messner
Gilbertsville, Pa.
School of Industrial and Labor Relations
Throws
PRs: 167-8 discus, 4th at state meet.

Brian Mongeon
Rice Mem., Vt.
College of Agriculture and Life Sciences
Middle Distance
PRs: 1:55.6 800, state champion.
Kofi Ofori Ansah  
Taft School, Conn.  
College of Engineering  
Jumps  
PRs: 46'8" (TJ), NE Prep runner-up

David Pell  
Highland Park, Ill.  
College of Engineering  
Jumps  
PRs: 6'7 HJ, state qualifier.

Joe Pucci  
Classical, R.I.  
College of Arts and Sciences  
Throws  
PRs: 181-0 (hammer), 3rd at state meet.

Will Seidel  
St. Paul’s, N.H.  
College of Arts and Sciences  
Middle Distance  
PRs: 1:55.9 800, 4-time ISL champ.

David Shenk  
Essex, Vt.  
College of Agriculture and Life Sciences  
Distance  
PRs: 9:32 3200, state champ in track and XC.

Ed Somerville  
Liberty, Colo.  
College of Arts and Sciences  
Middle Distance  
PRs: 1:54 800, 4:04 1500 @ altitude. state scorer before going to Oregon

Matt Strasberg  
Clarkstown S., N.Y.  
College of Engineering  
Middle Distance  
PRs: 4:23 1600.

Rayon Taylor  
Seton Hall Prep, N.J.  
School of Industrial and Labor Relations  
Jumps  
PRs: 46-1 (TJ), 21-10 (LJ), state champ

Heath Vincent  
White Mountain, N.H.  
College of Agriculture and Life Sciences  
Distance  
PRs: 4:23 1600, 9:43 3200, State champ in track/xc.

Matt White  
Starpoint, N.Y.  
College of Arts and Sciences  
Middle Distance/Distance  
PRs: 1:57 800, 4:23 1600, 9:35 3200.

Evan Whitehall  
Cashmere, Wash.  
College of Arts and Sciences  
Pole Vault  
PRs: 15-9 PV, two-time state champ
### Indoor 2003 ECAC Qualifiers

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Time</th>
<th>Date</th>
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<td>60</td>
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### Indoor 2003 IC4A Qualifiers

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<td>4X800</td>
<td>7:33.88</td>
<td>5/17/03</td>
<td>#6 AT</td>
</tr>
<tr>
<td>Tassinari, Simonds, Gonzalez, Van Fleet</td>
<td>DMR</td>
<td>9:47.83</td>
<td>4/12/03</td>
<td>#2 AT</td>
</tr>
<tr>
<td>Giles Longley-Cook '04</td>
<td>Hammer</td>
<td>193’11”</td>
<td>5/3/30</td>
<td>#7 AT</td>
</tr>
<tr>
<td>Scott Benowicz '03</td>
<td>Javelin</td>
<td>232’6”</td>
<td>4/12/03</td>
<td>SR</td>
</tr>
<tr>
<td>Derrick Bass '06</td>
<td>Javelin</td>
<td>200’5”</td>
<td>4/27/03</td>
<td>#5 AT, FR</td>
</tr>
<tr>
<td>Chris Friedrich '04</td>
<td>Javelin</td>
<td>199’7”</td>
<td>4/19/03</td>
<td></td>
</tr>
<tr>
<td>Derek Kingrey '03</td>
<td>Shot Put</td>
<td>55’9.25”</td>
<td>5/3/03</td>
<td>#6 AT</td>
</tr>
<tr>
<td>Brett Coffing '03</td>
<td>Shot Put</td>
<td>54’0.50”</td>
<td>5/3/03</td>
<td>#8 AT</td>
</tr>
<tr>
<td>Zach Beadle '05</td>
<td>Shot Put</td>
<td>54’4”</td>
<td>1/18/03</td>
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</tr>
<tr>
<td>Derek Kingrey '03</td>
<td>Discus</td>
<td>171’7”</td>
<td>5/4/03</td>
<td>#4 AT</td>
</tr>
<tr>
<td>Didier Lecorps '04</td>
<td>Discus</td>
<td>159’7”</td>
<td>3/22/03</td>
<td></td>
</tr>
<tr>
<td>Brett Coffing '03</td>
<td>Discus</td>
<td>159’2”</td>
<td>5/4/03</td>
<td></td>
</tr>
<tr>
<td>Tyler Kaune '04</td>
<td>Long Jump</td>
<td>24’1.75”</td>
<td>4/25/03</td>
<td></td>
</tr>
<tr>
<td>Tyler Kaune '04</td>
<td>Triple Jump</td>
<td>50’1.75”</td>
<td>3/22/03</td>
<td></td>
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<tr>
<td>Jason Hart '04</td>
<td>Triple Jump</td>
<td>47’9.25”</td>
<td>3/22/03</td>
<td></td>
</tr>
<tr>
<td>Ryan Schmidt '05</td>
<td>High Jump</td>
<td>6’9.75”</td>
<td>5/23/03</td>
<td>#8 AT</td>
</tr>
<tr>
<td>Travis Offner '04</td>
<td>Pole Vault</td>
<td>17’2.75”</td>
<td>2/15/03</td>
<td></td>
</tr>
<tr>
<td>Mike Harbeck '03</td>
<td>Pole Vault</td>
<td>16’0.75”</td>
<td>3/22/03</td>
<td></td>
</tr>
<tr>
<td>Ethan Albrecht-Carrie '04</td>
<td>Decathlon</td>
<td>6161 pts.</td>
<td>4/23/03</td>
<td>#3 AT</td>
</tr>
</tbody>
</table>
Women

★ Indoor All-Ivy

→ First Team
Katy Jay '03, 400
4X400
Kari Steed '04, Jessica Brown '05, Shonda Brown '05, Katy Jay '03

→ Second Team
Katy Jay '03, 60, 200
Jessica Brown '05, 400
Becky Tucker '05 20-lb Weight
Sarah Herskee '03 Shot Put

★ Indoor All-East
Natalie Whelan '03, 1000, ECAC champion
Linda Trotter '06, Kari Steed '04, Jessica Brown '05, Shonda Brown '05, Katy Jay '03
Kinsic Miller '04, 4X400
Ruth Morgan '06, Ann Hansgate '04, Lauren Graham '05, Carrie Richards '05, Alison Koplar '05, Natalie Whelan '03, 4X800

★ Outdoor All-Ivy

→ First Team
Katy Jay '03, 200, 400
Caitlin Ramsey '03 100 Hurdles
Shonda Brown '05 400 Hurdles
Stacey Nadolny '05 Discus
Shonda Brown '05, Jan Seale '06, Merili Mosley '04, Katy Jay '03, 4X100
Jill Crispell '04, Linda Trotter '06, Shonda Brown '05, Katy Jay '03, 4X400
Carrie Richards '05, Natalie Gingerich '04, Jessica Brown '05, Natalie Whelan '03, 4X800

→ Second Team
Katy Jay '03, 100
Jessica Brown '05, 400
Carlan Gray '03 3K Steeplechase
Sarah Herskee '03 Javelin, Hammer

★ Outdoor All-East
Katy Jay '03, 400
Shonda Brown '05 400 Hurdles
Kate Boyles '05, 3000
Stacey Nadolny '05 Discus, ECAC runner-up
Sarah Herskee '03 Javelin
Becky Tucker '05 Hammer

Men

★ Indoor All-Ivy

→ First Team
Ryan Schmidt '05 High Jump
Tyler Kaune '04 Long Jump
Mike Nanaszko '04, Mike Kiselycnyk '03, Kenan Goggins '05, Brian Eremita '05 4X400

→ Second Team
Dan Dombroski '03 5000
Giles Longley-Cook '04 35 lb Weight
Travis Offner '04 Pole Vault
Derek Kingrey '03 Shot Put
Jason Hart '04 Long Jump

★ Indoor All-East
Mike Harbeck '03 Pole Vault
Outdoor All-Ivy

→ First Team
Quinton Carew '03, Jason Hart '04, Mike Nanaszko '04, Rahim Wooley '04, 4X100

→ Second Team
Rahim Wooley '04 100, 200
Dan Dombroski '03, 10,000
Derek Kingrey '03 Discus
Jason Hart '04 Long Jump
Mike Harbeck '03 Pole Vault
Ryan Schmidt '05 High Jump
Giles Longley-Cook '04 Hammer

Other Achievements

USTCA Men's Northeast Indoor Coach of the Year
★ Nathan Taylor

USTCA Women's Northeast Outdoor Coach of the Year
★ Lou Duesing

NCAA Qualifiers
★ Scott Benowicz '03

Credits
Men's and Women's Track & Field
Cornell University
Teagle Hall
Ithaca, NY 14853