



CROSS COUNTRY WEEKLY REPORT

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September 8, 2009 Week 1

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NORTHEAST-10 CO-MEN'S ATHLETE OF THE WEEK



Jake McAndrew, Le Moyne (Sr., Oswego, N.Y.) - Won the 5th Annual Golden Knights Joust hosted by Saint Rose on Saturday with a time of 26:25 over the five-mile course to lead the Dolphins to a second-place finish.



Joseph Poulsen, Southern Connecticut (Jr., Oxford, Conn.) - Won the Bryant Invitational on Friday with a time of 16:35 in the team's first meet of the season.

NORTHEAST-10 WOMEN'S ATHLETE OF THE WEEK



Danielle Matteo, Adelphi (Sr., Valley Stream, N.Y.) - Matteo was the second runner across the line and the first Panther finisher as she stopped the clock at 19:03, a new personal best. Her finish helps Adelphi to a first place finish and a team score of 23.

NORTHEAST-10 MEN'S FRESHMAN OF THE WEEK



Andrew Coelho, Adelphi (Fr., Wantagh, N.Y.) - Coelho was the fourth Panther across the line as he set a new personal best over 5K, placing 12th overall in a time of 16:23. His finish helped pace Adelphi to 20 points and a first place finish.

NORTHEAST-10 CO-WOMEN'S FRESHMEN OF THE WEEK



Gina Cristaldi, Adelphi (Fr., Broadalbin, N.Y.) - Cristaldi helped the Panthers to a first place finish and a score of 23 points as she placed third overall in her Adelphi debut. Her time of 19:18 made her the second Panther finisher across the line.



Emma D'Ambro, Le Moyne (Fr., Schaghticoke, N.Y.) - Won the 5th Annual Golden Knights Joust hosted by Saint Rose on Saturday with a time of 19:18 over the three-mile course to lead the Dolphins to a second-place finish.

NE-10 MEN'S ATHLETE OF THE WEEK

Sept. 8 Jake McAndrew - LEM
Joseph Poulsen - SCS

Sept. 14

Sept. 21

Sept. 28

Oct. 5

Oct. 12

Oct. 19

Oct. 26

NE-10 WOMEN'S ATHLETE OF THE WEEK

Sept. 8 Danielle Matteo - ADE

Sept. 14

Sept. 21

Sept. 28

Oct. 5

Oct. 12

Oct. 19

Oct. 26

NE-10 MEN'S FRESHMAN OF THE WEEK

Sept. 8 Andrew Coelho - ADE

Sept. 14

Sept. 21

Sept. 28

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Oct. 12

Oct. 19

Oct. 26

NE-10 WOMEN'S FRESHMAN OF THE WEEK

Sept. 8 Emma D'Ambro - LEM
Gina Cristaldi - ADE

Sept. 14

Sept. 21

Sept. 28

Oct. 5

Oct. 12

Oct. 19

Oct. 26

WEEK 1 HONOR ROLL

MEN: Angel Ortega, Adelphi (So., Astoria, N.Y.), Chris Trajkovsky, Assumption (So., Wilbraham, Mass.), Harry Mullin, Merrimack (Fr., West Hartford, Conn.), Macky Lloyd, Saint Rose (So., Voorheesville, N.Y.), Kevin Gill, Stonehill (Jr., Brockton, Mass.)

WOMEN: Lyra Clark, UMass Lowell (Jr., Nashua, N.H.), Katelyn Meagher, Merrimack (So., Mansfield, Mass.), Brianna Cano, Pace (Fr., Franklin Square, N.Y.) and Jill Alves, Stonehill (So., Whitman, Mass.)

NCAA DIVISION II POLL

Preseason USTFCCA Preseason Division II Poll
August 26, 2009
Men

School

1. Adams State
2. Western State
3. Chico State
4. Abilene Christian
5. Grand Valley State
6. Queens of Charlotte
7. Western Washington
8. Colorado School of Mines
9. Minnesota State
10. Harding
11. Edinboro
12. Southern Indiana
13. Stonehill
14. UMass Lowell
15. Alaska Anchorage
16. Wayne State (Mich.)
17. Augustana (S.D.)
18. Metro State
19. Lock Haven
20. Southwest Baptist
21. Pittsburg State
22. Western Oregon
23. Drury
24. Missouri Southern State
25. Southern Connecticut

Preseason USTFCCA Preseason Division II Poll
August 26, 2009
Women

School

1. Adams State
2. Grand Valley State
3. Seattle Pacific
4. Shippensburg
5. Augustana (S.D.)
6. Western State
7. Chico State
8. Minnesota Duluth
9. Alaska Anchorage
10. Western Washington
11. Slippery Rock
12. Tampa
13. Missouri Southern State
14. Southern Indiana
15. Edinboro
16. Midwestern State
17. Cal State LA
18. Ferris State
19. Harding
20. UAH
21. Mesa State
22. Stonehill
23. UC San Diego
24. Dallas Baptist
25. Pittsburg State

TOP 25 USTFCCA DIVISION II COACHES' POLL NE-10 BREAKDOWN

Men

Team	PRE
UML	14
SCS	25
STO	13

Women

Team	PRE
STO	22

2009 NORTHEAST-10 CROSS COUNTRY WEEKLY INFORMATION



ADELPHI: Adelphi University cross-country defended their Hofstra Invitational titles from 2008 as the men scored 20 points and the women scored 23. The women placed five runners in the top-nine, while the men placed five in the the top 16. The Adelphi men are currently ranked fourth in the region, while the women sit at number two behind Stonehill. The Panthers will return to action on Saturday, September 19 when they travel to Dartmouth, Massachusetts to compete in the UMASS-Dartmouth Invitational.



BENTLEY: For the fourth straight year, Bentley opened the cross country season by running a dual meet against Brandeis University. The Falcons' top finishers were senior Steve Bergantino (Guilford, Conn.), with a time of 19:56 for 6,000 meters, and junior Lauren Lesniak (Dracut, Mass.), who ran the 4,000 meters in 16:05. Bergantino and senior Andy Watson (New Milford, Conn.) will be the men's team captains for the second straight year, and senior Barbara Powell (Granby, Mass.) will handle the duties for the women. This weekend, Bentley will compete in the Shacklette Invitational.



LE MOYNE: The men's and women's teams each placed second at the 5th Annual Golden Knights Joust hosted by Saint Rose on Saturday. Junior Jake McAndrew (Oswego, N.Y.) won the men's race in 26:25, while freshman Emma D'Ambro (Schaghticoke, N.Y.) topped the women's field in 19:18. The Dolphins return action on Saturday at the Binghamton Invitational.



MERRIMACK: MEN: Freshman Harry Mullin (West Hartford, Conn.) led all Merrimack runners at their season-opening meet at the Bryant Invitational, finishing 31st overall in a time of 17:52.33. Five Warrior runners were in the top-50. The Warriors will compete in the Shacklette Invitational next weekend, a race they have won the last two seasons. **WOMEN:** Sophomore Katie Meagher (Mansfield, Mass.) placed 24th, tops among Merrimack runners, at the Bryant Invitational on Friday. The Warriors had four runners in the top-50 including freshman Christina Fisher (Mansfield Center, Conn.).



NEW HAVEN: The Chargers took on Fairfield University in a head-to-head meet in Fairfield. The men's team had four runners finish in the top 10, including Samuel Montclair in sixth place and Ryan Freitas in eighth place. The women's team had three runners finish in the top 10, including Dominique Stasulli in first place and Lauren Dimitruck in second place. The Chargers next meet is on Saturday, September 12 when they travel to the Fairfield Invitational.



PACE: The men's and women's cross country teams opened their 2009 at the Hofstra Invitational with solid individual times. The men's team finished in eighth place, while the women's team took seventh place. On the men's side, senior Ali Naveed was the Setters' top finisher, taking 57th place with a time of 19:18.24. For the women's team, freshman Brianna Cano led the Setters with a seventh place finish with a time of 20:27.50. Junior Sarah Rodriguez took 21st place with a time of 22:16.43, while junior Michele Tanzi took 30th place, posting a time of 22:55.80.



SAINT ROSE: The Saint Rose men's team sent across three of the top-five and five of the top-10 finishers en route to a first place showing among seven complete institutions at the fifth annual Golden Knights Joust that was hosted by the College at The Crossings of Colonie Saturday. In the women's race, Saint Rose also had five of the top-10 performers to place first among six complete entries to sweep the team titles.



SOUTHERN CONNECTICUT: Opened the 2009 season on Friday at the Bryant Invitational. Junior Joseph Poulsen won the meet with a time of 16:35. In total, five Owls finished within the top-20. The meet featured two division I schools - Northeastern and Bryant and two Northeast-10 members - Stonehill and Merrimack.



STONEHILL: MEN: Stonehill is ranked 13th in the U.S. Track & Field and Cross Country Coaches Association (USTFCCA) Division II preseason national poll and first in the organization's East Regional rankings. Junior Kevin Gill (Brockton, Mass.) posted a second place finish at Friday's Bryant Invitational with a time of 16:42.02 over 5K. Sophomore Stephen Polito (Worcester, Mass.) took fourth with a time of 16:48.46. **WOMEN:** The Stonehill women's cross country team, ranked 22nd in the USTFCCA Division II preseason national and first in the organizations East Region preseason poll, opened its 2009 season at the Bryant Invitational on Friday. Sophomore Jill Alves (Whitman, Mass.) was the top DII finisher (12th overall) with a time of 20:16.95 over 5K. Alves was followed by three freshmen, Kristen Veit (Easthampton, Mass.) in 17th, Lynley Joynet (Guilderland, N.Y.) in 25th and Jessica Jarrard (Shrewsbury, Mass.) in 26th overall.

NCAA DIVISION II REGION RANKINGS

NCAA Men's Regional Poll Coming Soon.

NCAA DIVISION II REGION RANKINGS

NCAA Women's Regional Poll Coming Soon.

NE-10 CHAMPIONSHIP

Sunday, October 25
Hosted By Saint Michael's College

More Details to Follow.

**NCAA DIVISION II TOURNAMENT****November 7 or 8***Regionals**Hosted By UMass Lowell at Franklin Park***November 21****NCAA CHAMPIONSHIP***Hosted By Univ. of Southern Indiana***NE-10 CROSS COUNTRY CONTACTS****Northeast-10****Greg Pellegrino**

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FOR THE LATEST INFORMATION VISIT THE NE-10 WEBSITE AT WWW.NORTHEAST10.ORG

NE-10 TOP 50 MEN'S PERFORMANCES OF THE YEAR (8K)**NE-10 TOP 50 WOMEN'S PERFORMANCES OF THE YEAR (5K)**

Rank	Athlete	School	Time	Site
1	Jake McAndrew	Le Moyne	26:25	St. Rose Joust
2	Macky Lloyd	Saint Rose	27:12	St. Rose Joust
3	Justin Thompson	Saint Rose	27:55	St. Rose Joust
4	Tyler Gantz	Saint Rose	28:27	St. Rose Joust
5	Brandon Madigan	Saint Rose	28:29	St. Rose Joust
6	Evan Oustrich	Le Moyne	28:29	St. Rose Joust
7	Michael Corrado	Saint Rose	28:39	St. Rose Joust
8	Nicholas Cutter	Le Moyne	28:51	St. Rose Joust
9	Chris Trajkovsky	Assumption	29:09	St. Rose Joust
10	Brandon Krupunich	Saint Rose	29:58	St. Rose Joust
11	Brendan Danaher	Assumption	30:07	St. Rose Joust
12	Chris McDermott	Assumption	30:21	St. Rose Joust
13	Nathan Bub	Saint Rose	30:34	St. Rose Joust
14	Matthew Carey	Le Moyne	30:35	St. Rose Joust
15	Patrick Micaroni	Le Moyne	30:39	St. Rose Joust
16	Kyle Higgins	Assumption	30:40	St. Rose Joust
17	Marc Shackett	Assumption	30:42	St. Rose Joust
18	Peter Jesseaume	Assumption	30:47	St. Rose Joust
19	Mike Murtagh	Saint Rose	30:52	St. Rose Joust
20	DJ Racette	Saint Rose	30:58	St. Rose Joust
21	Christopher Allin	Saint Rose	31:09	St. Rose Joust
22	Nicholas Sadlocha	Le Moyne	31:12	St. Rose Joust
23	Kevin Flynn	Saint Rose	31:45	St. Rose Joust
24	Estefan Cortez	Saint Rose	31:50	St. Rose Joust
25	Josh Graves	Le Moyne	32:26	St. Rose Joust
26	John Conley	Assumption	32:57	St. Rose Joust
27	Patrick Shaffer	Le Moyne	33:04	St. Rose Joust
28	John Gamrat	Saint Rose	33:22	St. Rose Joust
29	Charlie Deragon	Le MOyne	33:39	St. Rose Joust
30	Justin Trombetta	Le Moyne	36:35	St. Rose Joust
31	Dylan Carroll	Le Moyne	37:24	St. Rose Joust

Rank	Athlete	School	Time	Site
1	Danielle Matteo	Adelphi	19:03	Hofstra Invit.
t-2	Gina Cristaldi	Adelphi	19:18	Hofstra Invit.
t-2	Emma D'Ambro	Le Moyne	19:18	St. Rose Joust
4	Gina Micaroni	Le Moyne	19:35	St. Rose Joust
5	Kristen Wojtuniak	Adelphi	19:39	Hofstra Invit.
6	Melissa Bredice	Saint Rose	19:50	St. Rose Joust
7	Danielle Lyons	Adelphi	20:06	Hofstra Invit.
8	Catherine Connors	Adelphi	20:14	Hofstra Invit.
9	Jill Alves	Stonehill	20:16	Bryant Invit.
10	Brianna Cano	Pace	20:27	Hofstra Invit.
11	Kristen Veit	Stonehill	20:28	Bryant Invit.
12	Kaitlyn DiBello	Saint Rose	20:43	St. Rose Joust
t-13	Katie Meagher	Merrimack	20:54	Bryant Invit.
t-13	Alison Vogelien	Saint Rose	20:54	St. Rose Joust
t-13	Katie Rossetini	Saint Rose	20:54	St. Rose Joust
t-16	Lynley Joynt	Stonehill	20:56	Bryant Invit.
t-16	Jessica Jarrard	Stonehill	20:56	Bryant Invit.
18	Cassie Papandrew	Adelphi	21:03	Hofstra Invit.
19	Jenilee Fuertes	Adelphi	21:11	Hofstra Invit.
20	Kristen Meyer	Adelphi	21:15	Hofstra Invit.
21	Lindsey Booth	Stonehill	21:17	Bryant Invit.
22	Meaghan Lucie	Saint Rose	21:20	St. Rose Joust
23	Jessica Pickett	Stonehill	21:24	Bryant Invit.
24	Emily Moore	Adelphi	21:27	Hofstra Invit.
25	Erin Hudson	Le Moyne	21:31	St. Rose Joust
26	Jennifer Richard	Merrimack	21:38	Bryant Invit.
27	Caroline McBride	Stonehill	21:41	Bryant Invit.
28	Joanna Silva-Jones	Assumption	21:47	St. Rose Joust
29	Kelsey Blatzell	Assumption	21:55	St. Rose Joust
30	Christina Fisher	Merrimack	22:05	Bryant Invit.
31	Emma Cohen	Saint Rose	22:06	St. Rose Joust
32	Chelsea Gibson	Le Moyne	22:12	St. Rose Joust
33	Sarah Rodriguez	Pace	22:16	Hofstra Invit.
t-34	Rebecca Ainscow	Merrimack	22:25	Bryant Invit.
t-34	Julie Binney	Merrimack	22:25	Bryant Invit.
36	Grace Giampaglia	Saint Rose	22:26	St. Rose Joust
37	Jessica Chmielewski	Assumption	22:29	St. Rose Joust
t-38	Melissa Hambley	Assumption	22:30	St. Rose Joust
t-38	Erynn Sweeney	Assumption	22:30	St. Rose Joust
t-38	Kimberly Thompson	Le Moyne	22:30	St. Rose Joust
41	Cathy Griffin	Assumption	22:35	St. Rose Joust
42	Lindsay Scheon	Assumption	22:41	St. Rose Joust
43	Heather Troutman	Adelphi	22:49	Hofstra Invit.
44	Michele Tanzi	Pace	22:55	Hofstra Invit.
45	Kaitlin Brondum	Le Moyne	23:02	St. Rose Joust
46	Lauren Walters	Le Moyne	23:07	St. Rose Joust
47	Liz Penta	Assumption	23:11	St. Rose Joust
48	Monica Hastedt	Saint Rose	23:15	St. Rose Joust
49	Katie Hundertmark	Adelphi	23:16	Hofstra Invit.
50	Angelina Bagetta	Le Moyne	23:20	St. Rose Joust