



CROSS COUNTRY WEEKLY REPORT

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September 22, 2009 Week 3

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NORTHEAST-10 MEN'S ATHLETE AND FRESHMAN OF THE WEEK



Glarius Rop, American International (Fr., Eldoret, Kenya) - Freshman Glarius Rop won the 37th Annual Shriners' Invitational, hosted UMass Dartmouth, with a school and course-record time of 24:05 on the 8K course. He finished the race 35 seconds ahead of the field.

NORTHEAST-10 WOMEN'S ATHLETE AND FRESHMAN OF THE WEEK



Julie Collignon, American International (Fr., Orvault, France) - Freshman Julie Collignon placed eighth overall at the Shriners' Invitational, hosted by UMass Dartmouth, with a school-record time of 18:29 on the 5K course.

NE-10 MEN'S ATHLETE OF THE WEEK

Sept. 8 Jake McAndrew - LEM
Joseph Poulsen - SCS
Sept. 15 Jake McAndrew - LEM
Sept. 22 Glarius Rop - AIC
Sept. 29
Oct. 6
Oct. 13
Oct. 20
Oct. 27

NE-10 WOMEN'S ATHLETE OF THE WEEK

Sept. 8 Danielle Matteo - ADE
Sept. 15 Kelsey Proctor - SCS
Sept. 22 Julie Collignon - AIC
Sept. 29
Oct. 6
Oct. 13
Oct. 20
Oct. 27

NE-10 MEN'S FRESHMAN OF THE WEEK

Sept. 8 Andrew Coelho - ADE
Sept. 15 Glarius Rop - AIC
Sept. 22 Glarius Rop - AIC
Sept. 29
Oct. 6
Oct. 13
Oct. 20
Oct. 27

NE-10 WOMEN'S FRESHMAN OF THE WEEK

Sept. 8 Emma D'Ambro - LEM
Gina Cristaldi - ADE
Sept. 15 Kelsey Proctor - SCS
Sept. 22 Julie Collignon - AIC
Sept. 29
Oct. 6
Oct. 13
Oct. 20
Oct. 27

WEEK 3 HONOR ROLL

MEN: Adam Clark, Adelphi (Jr., Wantagh, N.Y.), Kyle Higgins, Assumption (So., Braintree, Mass.), Jake McAndrew, Le Moyne (Sr., Oswego, N.Y.), Danny Wang, UMass Lowell (So., Haverhill, Mass.), Macky Lloyd, Saint Rose (So., Voorheesville, N.Y.) and Kevin Gill, Stonehill (Jr., Brockton, Mass.)

WOMEN: Danielle Matteo, Adelphi (Sr., Valley Stream, N.Y.), Haley Catarius, UMass Lowell (Sr., Marshfield, Mass.), Brianna Cano, Pace (Fr., Franklin Square, N.Y.), Jessica Edwards, Saint Michael's (Sr., Lyndonville, Vt.), Meaghan Lucie, Saint Rose (Jr., West Islip, N.Y.), Emma Lundberg, Southern New Hampshire (So., Vinalhaven, Maine) and Kristen Veit, Stonehill (Fr., Easthampton, Mass.)

NCAA DIVISION II POLL

USTFCCCA Division II Poll
September 16, 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. Edinboro
11. Harding
12. Southern Indiana
13. Stonehill
14. UMass Lowell
15. Alaska Anchorage
16. Lock Haven
17. Central Missouri
18. Southwest Baptist
19. Augustana
20. Western Oregon
21. Shippensburg
22. Hillsdale
23. Pittsburgh State
24. Drury
25. Southern Connecticut

USTFCCCA Division II Poll
September 16, 2009
Women

School

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

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

Men

Team	PRE	W1
UML	14	14
SCS	25	25
STO	13	13

Women

Team	PRE	W1
STO	22	21

2009 NORTHEAST-10 CROSS COUNTRY WEEKLY INFORMATION



ADELPHI: The Adelphi University cross-country teams traveled to UMass-Dartmouth on September 19 to compete in the UMass-Dartmouth Shriners Invitational. Both teams placed fifth overall, the men competing against 37 teams, the women 42 teams. The men placed five runners among the top 40, while the women placed three among the top-20 and four among the top-50. Adelphi will return to action on Friday, October 2 when they participate in the Paul Short Run at Lehigh University.



AMERICAN INTERNATIONAL: AIC placed 12th of 37 teams at the 37th Annual Shriners' Invitational, hosted by UMass Dartmouth. Freshman Glarius Rop won the race with a school and course record time of 24:05 on the 8K track. Redshirt Freshman Victor Kemboi placed sixth with a time of 25:05 and freshman Julien Devanne clocked in with a time of 25:44, good for 34th overall. The Yellow Jackets placed 25th of 42 teams on the women's side, led by freshman Julie Collignon who finished eighth with a school-record time of 18:29 on the 5K circuit.



BENTLEY: After a week off, the Bentley cross country teams will be back in action this Saturday with the 42nd annual Codfish Bowl at Franklin Park.



LE MOYNE: The men's team finished in a tie for fifth place at Mansfield's First Annual Mountaineer Flatland Invitational on Saturday, while the women's squad finished in eighth place. Senior Jake McAndrew (Oswego, N.Y.) led the men's team with a fifth-place finish in 32:19.90 with freshman Emma D'Ambro (Schaghticoke, N.Y.) finishing with a time of 22:40.80 to place 11th. The Dolphins return to action on Friday, Oct. 2nd at the Paul Short Run hosted by Lehigh University starting at 11:00 AM.



MERRIMACK: The Merrimack cross country teams were idle this past week. They will take part in the Codfish Bowl this weekend.



NEW HAVEN: The New Haven men's and women's cross country teams did not compete this past week, but finished third and fifth at the Fairfield Invitational two weeks ago. They return to action on Saturday, September 26 at the Victor F. LEEBER, S.J. Invitational hosted by Fairfield University.



PACE: Freshman Brianna Cano led the Pace women's team to a fifth place finish at the NYIT Invitational. Cano took third place with a time of 19:30, setting the school record. Juniors Michele Tanzi (19th place) and Sarah Rodriguez (21st place) each posted solid finishes with times of 21:00 and 21:02 respectively.



SAINT ANSELM: The Saint Anselm men's and women's cross country teams took part in the UMass Dartmouth Shriners Cross Country Invitational last Saturday in North Dartmouth, Mass. The men's team placed 26th, while the women's team finished 19th out of 42 teams. Christopher Powers was the top men's finisher in 103rd place in a time of 27:13, while Jessica St. Laurent led the women's team in 88th place with a time of 20:17. The teams return to action on September 26th as they travel to the Connecticut College Invitational.



SAINT MICHAEL'S: The Purple Knights cross country team brought good news back with them from their meet, with the women placing third and the men fourth out of their six opponents in the Panther's Invitational at Middlebury. Senior Jessica Edwards (Lyndonville, Vt.) led the women's team, placing 13th. Freshman Julie Saliy (Nizhny Novgorod, Russia) followed close behind at 19th, giving the Purple Knights 75 points to place them well ahead of Norwich University and Vermont Technical College. Sophomore Matthew Smith (Winchester, Mass.) led the men's team to their fourth place finish, placing 23rd and ahead of Vermont Tech.



SAINT ROSE: The Golden Knights showed their depth in the men's race with five of the top-15 place holders to win the NYIT Running of the Bears Saturday at Bethpage State Park. It marked the third consecutive team victory for Saint Rose. Sophomore Macky Lloyd ran the second swiftest 8k time in school history, crossing the line third overall among 100 entries with a 25:45.90 clocking. The Saint Rose women's contingent wound up second overall with junior Meaghan Lucie spearheading the effort. Lucie covered the 5k trek in 20:02.10 to take eighth place while leading seven Golden Knights who finished among the top-18 in a field featuring 87 competitors.



SOUTHERN NEW HAMPSHIRE: Sophomore Emma Lundberg (Vinalhaven, Maine) shattered the school 5K record at the UMass Dartmouth Invitational on Saturday. Her time of 19:17 bested the previous record by 31 seconds. That mark of 19:48 was set by Vanessa Picone at the 2004 Northeast-10 Championship.



STONEHILL: MEN: Stonehill remained ranked 13th in last week's USTFCCA Division II national poll and the organization's top-ranked team in the East Region. The Skyhawks turned in a second-place finish at Saturday's UMass Dartmouth Shriners' Invitational. All of Stonehill's scoring runners finished within two seconds of each other, led by juniors Kevin Gill (Brockton, Mass.) and Pat Fullerton (Bradford, Mass.) with identical times of 25:26. **WOMEN:** The Skyhawks moved up one spot to No. 21 in last week's USTFCCA Division II national poll and remained the organization's top-ranked team in the East Region. Stonehill placed fourth for the second-straight week at the UMass Dartmouth Shriners' Invitational on Saturday. Freshman Kristen Veit (Easthampton, Mass.) led the Skyhawks with a 16th-place finish out of 301 individual entries with a time of 18:47. Sophomore Jill Alves (Whitman, Mass.) was just two seconds behind in 19th place.

NCAA DIVISION II REGION RANKINGS

USTFCCCA Men's East Region
September 15, 2009

1. Stonehill
2. UMass Lowell
3. Southern Connecticut
4. Adelphi
5. American International
6. Bentley
7. Saint Rose
8. Felician
9. New York Tech
- t-10. Merrimack
- t-10. Wilmington
- t-10. New Haven

NCAA DIVISION II REGION RANKINGS

USTFCCCA Women's East Region
September 15, 2009

1. Stonehill
2. Adelphi
3. Southern Connecticut
4. UMass Lowell
5. Philadelphia
6. Saint Rose
7. Bentley
8. Merrimack
9. Le Moyne
10. Georgian Court

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



NCAA 2009 CROSS COUNTRY
CHAMPIONSHIPS

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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)

Rank	Athlete	School	Time	Site
1	Glarius Rop	American Int'l	24:05	UMD Shriners
2	Victor Kemboi	American Int'l	25:05	UMD Shriners
3	Daniel Wang	UMass Lowell	25:10	UMD Shriners
4	Adam Clark	Adelphi	25:19	UMD Shriners
5	Eric McDonald	UMass Lowell	25:21	UMD Shriners
6	Ryan Pezzulo	Adelphi	25:23	UMD Shriners
t-7	Jason DeDonato	UMass Lowell	25:26	UMD Shriners
t-7	Kevin Gill	Stonehill	25:26	UMD Shriners
t-7	Pat Fullerton	Stonehill	25:26	UMD Shriners
t-10	Dan Pilz	Stonehill	25:27	UMD Shriners
t-10	Steve Polito	Stonehill	25:27	UMD Shriners
12	Ben Rumery	Stonehill	25:28	UMD Shriners
13	Carlos Techera	Adelphi	25:31	UMD Shriners
14	Sean Gelinis	UMass Lowell	25:32	UMD Shriners
15	Josh Andrews	Stonehill	25:37	UMD Shriners
16	Julien Devanne	American Int'l	25:44	UMD Shriners
17	Macky Lloyd	Saint Rose	25:45	NYIT Invt.
18	Andrew Coelho	Adelphi	25:46	UMD Shriners
19	Angel Ortega	Adelphi	25:49	UMD Shriners
20	Jake McAndrew	Le Moyne	26:07	Binghamton
21	Erik Dunn-Gaudet	UMass Lowell	26:08	UMD Shriners
22	Jason Lynch	Stonehill	26:10	UMD Shriners
23	Justin Thompson	Saint Rose	26:22	NYIT Invt.
24	Jake McAndrew	Le Moyne	26:25	St. Rose Joust
25	Joseph Poulsen	So. Connecticut	26:32	CCSU Invt.
26	Kyle Higgins	Assumption	26:37	UMD Shriners
27	Tom Clark	Adelphi	26:49	UMD Shriners
28	Tom Eickelberg	Adelphi	26:50	UMD Shriners
29	Brendan Devlin	UMass Lowell	26:53	UMD Shriners
30	Macky Lloyd	Saint Rose	26:59	Shacklette
31	Chris Traajkovski	Assumption	26:59	UMD Shriners
32	Zachary Sylvestre	UMass Lowell	27:01	UMD Shriners
t-33	Jason O'Connell	UMass Lowell	27:04	UMD Shriners
t-33	Brandon Madigan	Saint Rose	27:04	NYIT Invt.
35	Matthew Dunham	New Haven	27:07	Fairfield Invt.
36	Tyler Gantz	Saint Rose	27:08	NYIT Invt.
37	Chris Croff	So. Connecticut	27:09	CCSU Invt.
38	Macky Lloyd	Saint Rose	27:12	St. Rose Joust
39	Christopher Powers	Saint Anselm	27:13	UMD Shriners
40	Mike Carrado	Saint Rose	27:17	NYIT Invt.
41	Daniel Gaunya	So. Connecticut	27:18	CCSU Invt.
42	Rob Dextrateur	Bentley	27:20	Shacklette
43	Justin Thompson	Saint Rose	27:25	Shacklette
44	Teddy Farley	Bentley	27:30	Shacklette
45	Samuel Montclair	New Haven	27:31	Fairfield Invt.
46	Patrick Martucci	So. Connecticut	27:33	CCSU Invt.
47	Peter Jusseaume	Assumption	27:37	UMD Shriners
48	Josh Perry	So. Connecticut	27:41	CCSU Invt.
49	Ryan Freitas	New Haven	27:43	Fairfield Invt.
50	Nick Provost	Saint Anselm	27:45	UMD Shriners

Updated Through 9/22/09

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

Rank	Athlete	School	Time	Site
1	Julie Collignon	American Int'l	18:29	UMD Shriners
t-2	Danielle Matteo	Adelphi	18:37	UMD Shriners
t-2	Gina Cristaldi	Adelphi	18:37	UMD Shriners
4	Kristen Veit	Stonehill	18:47	UMD Shriners
t-5	Kristen Wojuniak	Adelphi	18:50	UMD Shriners
t-5	Jill Alves	Stonehill	18:50	UMD Shriners
7	Kelsey Proctor	So. Connecticut	19:01	CCSU
8	Haley Catarius	UMass Lowell	19:02	UMD Shriners
9	Danielle Matteo	Adelphi	19:03	Hofstra Invt.
10	Lynley Joynt	Stonehill	19:12	UMD Shriners
t-11	Emma Lundberg	So. New Hampshire	19:17	UMD Shriners
t-11	Sarah Bonomo	UMass Lowell	19:17	UMD Shriners
t-13	Gina Cristaldi	Adelphi	19:18	Hofstra Invt.
t-13	Emma D'Ambro	Le Moyne	19:18	St. Rose Joust
15	Jess Jarrard	Stonehill	19:19	UMD Shriners
16	Kelly Walton	UMass Lowell	19:20	UMD Shriners
17	Gina Butler	UMass Lowell	19:25	UMD Shriners
18	Catherine Connors	Adelphi	19:26	UMD Shriners
t-19	Gina Micaroni	Le Moyne	19:35	St. Rose Joust
t-19	Stephanie Wilson	Stonehill	19:35	UMD Shriners
21	Kristen Wojtuniak	Adelphi	19:39	Hofstra Invt.
22	Lindsey Booth	Stonehill	19:43	UMD Shriners
23	Melissa Bredice	Saint Rose	19:50	St. Rose Joust
24	Jennifer Nicoloro	UMass Lowell	19:53	UMD Shriners
t-25	Gina Micaroni	Le Moyne	19:56	Binghamton
t-25	Emma D'Ambro	Le Moyne	19:56	Binghamton
t-25	Jaclyn Sullivan	So. Connecticut	19:56	CCSU
28	Jenilee Fuertes	Adelphi	19:59	UMD Shriners
29	Melissa Bredice	Saint Rose	20:02	Shacklette
30	Cassie Papandrew	Adelphi	20:05	UMD Shriners
31	Danielle Lyons	Adelphi	20:06	Hofstra Invt.
32	Lauren Lesniak	Bentley	20:09	Shacklette
33	Rachel Graham	Bentley	20:10	Shacklette
t-34	Catherine Connors	Adelphi	20:14	Hofstra Invt.
t-34	Jessica Edwards	Saint Michael's	20:14	Panther Invt.
t-36	Katie Meagher	Merrimack	20:16	Shacklette
t-36	Katie DiBello	Saint Rose	20:16	NYIT Invt.
t-36	Jill Alves	Stonehill	20:16	Bryant Invt.
t-36	Kristen Mahoney	Stonehill	20:16	UMD Shriners
40	Jessica St. Laurent	Saint Anselm	20:17	UMD Shriners
t-41	Lauren DiMitruck	New Haven	20:20	Fairfield Invt.
t-41	Melissa Hurley	So. New Hampshire	20:20	UMD Shriners
43	Jessica Marzik	Saint Anselm	20:21	Shacklette
t-44	Katie Rossentini	Saint Rose	20:24	NYIT Invt.
t-44	Emma Lundberg	SNHU	20:24	Shacklette
46	Mary Ann Ford	UMass Lowell	20:26	UMD Shriners
47	Brianna Cano	Pace	20:27	Hofstra Invt.
t-48	Jennifer D'Angelo	American Int'l	20:28	UMD Shriners
t-48	Kristen Veit	Stonehill	20:28	Bryant Invt.
50	Nicole Skotz	UMass Lowell	20:30	UMD Shriners

Updated Through 9/22/09