



hard work in practice helps team win numerous individual

# TITLES

Distance runner sophomore Jonathan Grey focuses on the finish at the Colonial Relays held at the College. Grey's times ranked him as third in the school's history.

Zach Jordan warms up with the shot put at the Colonial Relays. Although he did not compete at the Relays, Jordan still ranked seventh in the school's history in the throws category.



The Tribe Men's Track and Field Team pushed through to perform well at the NCAA Championships, and various team members won a number of important titles.

Although practices were often strenuous, team members recognized their importance and grew closer. Freshman Liam Anastasia-Murphy admits he was worried about the demands placed on Tribe athletes. "I was nervous about the workload, nervous about being a student athlete, and nervous about fitting in on the team," Murphy said. "From the first workout I realized that there was only really one thing I needed to be nervous about: working hard."

Their efforts in practices showed as the team competed in numerous events. Four athletes qualified for the IC4A Championships alone in their first meet at CNU: senior Ian Fitzgerald, junior Ben Massam, junior Colin Leak, and sophomore Jonathan Grey. The team continued to place members in various other meets.

Many different associations recognized individual Tribe track and field athletes as the season progressed. Fitzgerald earned All-American Honors at the NCAA Championships, and ESPN named Cam Shriver to the Academic All-District III First Team and the CAA voted him Scholar-Athlete of the year. Grey won CAA Athlete of the Meet at the Conference Championships, and Brandon Heroux earned two Field Athlete of the Week

Awards from the CAA. Tribe athletes also broke a handful of records. Heroux set the freshman record at the Fred Hardy Invitational, Grey ran the third fastest 10K at William & Mary, and Shriver won the first high jump for William & Mary since 1991.

Even though individuals performed well, the team as a whole won titles. The team won only one gold medal at the Colonial Relays, but strong efforts helped the Tribe win the team title for its second consecutive year. Although the Tribe was not able to hold a CAA conference championship, it remained an important event to team members. "Personally, my favorite meet of the year was the conference meet," Heroux said, "because even though track is primarily an individual sport, it's the one meet of the year where everyone comes together and works toward a team championship."

Overall, through all the wins and losses, most team members look forward to next year to improve their skills and work hard as a team. "The program here at William & Mary has such great success because of the work that is put in at the beginning of the season and the tough racing done at the end," Murphy said. Heroux also looked forward to next season. "Hopefully we can build on this year's performances and work toward a championship next year."

>Gianna Darbin

Leaping in the water at the Colonial Relays, Bryce Wilk and Sean Sewell continue in the steeplechase race. The Tribe beat out 24 other teams to win the Relays with a score of 81 points.



Closely followed by his Iona competitor over the hurdle, freshman Liam Anastasia-Murphy prepares to leap into the water of the steeplechase at the Colonial Relays. Murphy came in second out of 24 competitors in the 3,000 meter steeplechase.

## <SCHEDULE>

W&M > CNU OPENER W&M > NAVY QUAD W&M > HAMPTON INVITATIONAL W&M > CNU INVITATIONAL W&M > VINCE BROWN INVITATIONAL W&M > HUSKY INVITATIONAL W&M > VT INVITATIONAL W&M > GMU LAST CHANCE W&M > 88TH IC4A INDOOR CHAMPIONSHIP  
 W&M > 44TH NCAA INDOOR CHAMPIONSHIP W&M > TRIBE OPEN W&M > FRED HARDY INVITATIONAL W&M > RALEIGH RELAYS W&M > 44TH COLONIAL RELAY W&M > LOU ONESTY INVITATIONAL W&M > 20TH CAA CHAMPIONSHIP  
 W&M > 115TH PENN RELAYS CARNIVAL W&M > GMU INVITATIONAL W&M > PAYTON JORDAN INVITATIONAL W&M > CAROLINA OUTDOOR INVITATIONAL W&M > NEW CAPTAINS CLASSIC W&M > 133RD IC4A OUTDOOR CHAMPIONSHIP  
 W&M > NCAA EAST REGION CHAMPIONSHIP W&M > 88TH NCAA OUTDOOR CHAMPIONSHIP W&M > USA T&F SENIOR CHAMPIONSHIP