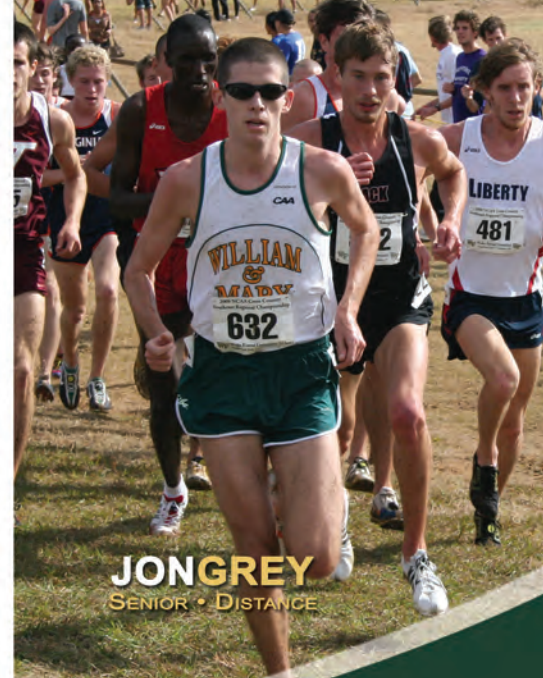


CHRISTOLANDRY
SENIOR • DISTANCE

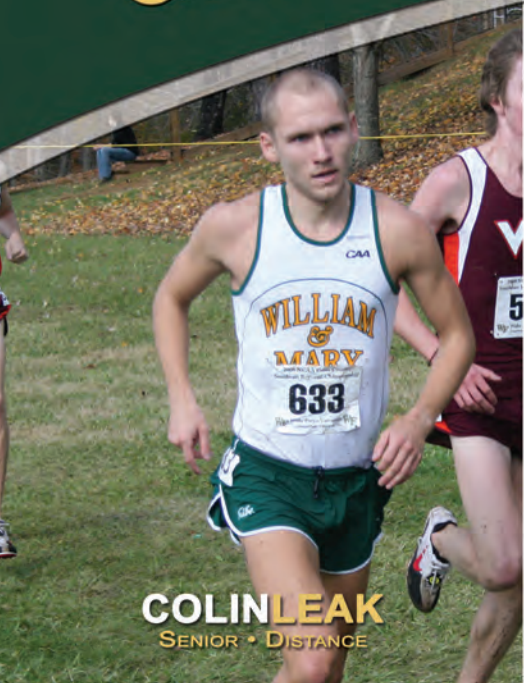


BRANDONHEROUX
SOPHOMORE • THROWS

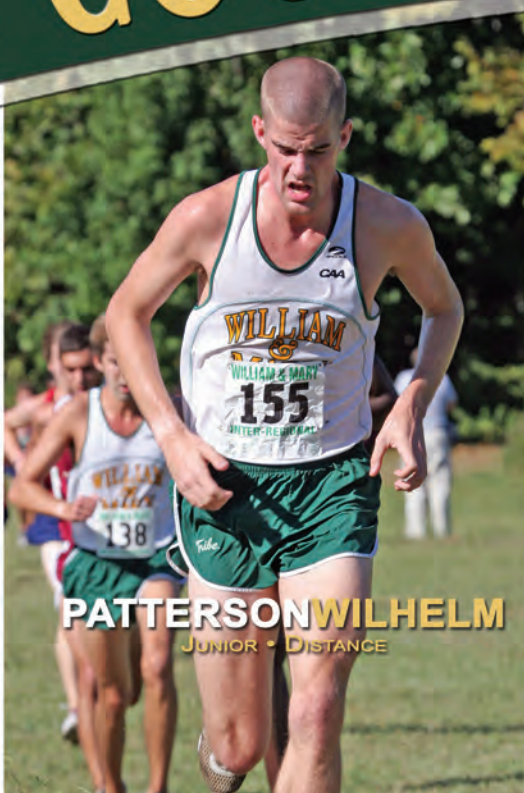


JONGREY
SENIOR • DISTANCE

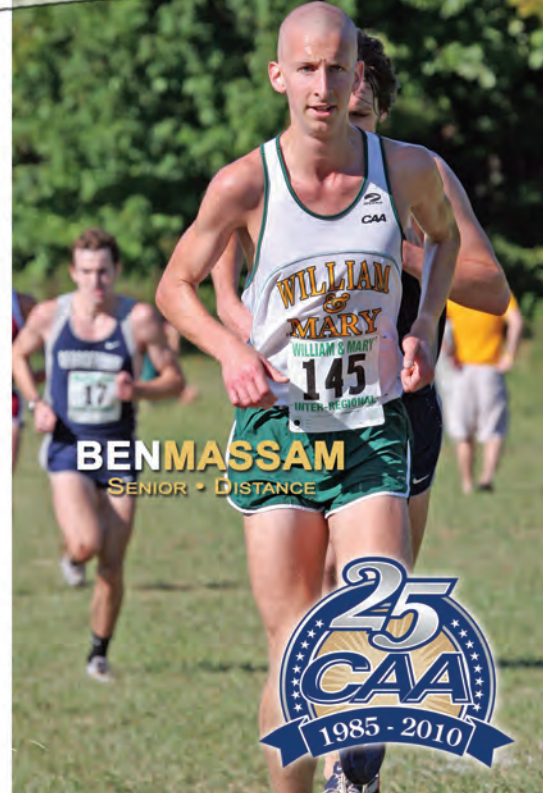
WILLIAM & MARY 09 TRACK AND FIELD / 10 CROSS COUNTRY MEDIA GUIDE



COLINLEAK
SENIOR • DISTANCE



PATTERSONWILHELM
JUNIOR • DISTANCE



BENMASSAM
SENIOR • DISTANCE



TRIBE CROSS COUNTRY CAA SILVER ANNIVERSARY TEAM MEMBERS

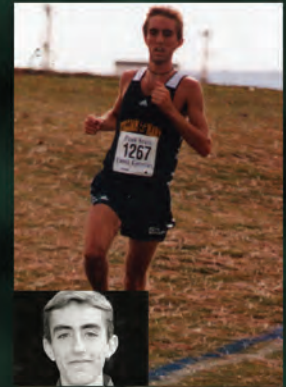
W&M leads the league with 15 of the 25 honorees



MIKE BROWN • 1994-97



JACOB FREY • 1999-02



SEAN GRAHAM • 1998-02



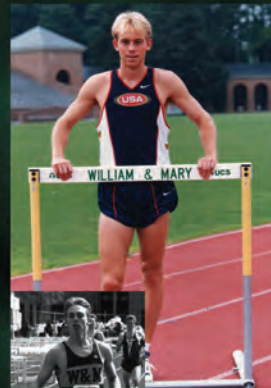
KEN HALLA • 1982-85



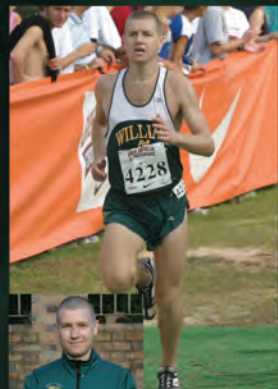
JEFF HEDLEY • 2002-05



CHARLIE HURT • 2001-04



BRIAN HYDE • 1991-94



MATT KEALLY • 2002-05



KEVIN KRAUSE • 1988-91



CHRISTO LANDRY • 2004-07



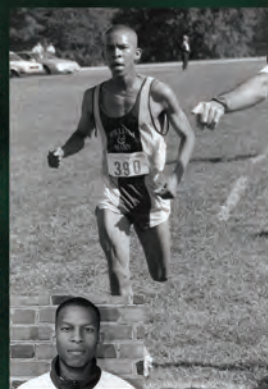
MATT LANE • 1996-00



ED MORAN • 1999-03



STEVE SWIFT • 1990-93



HOWARD TOWNSEND • 1994-97



PAUL VANDEGRIFT • 1988-91



TRACK AND FIELD *Tribe* **CROSS COUNTRY**





KIERNAN LOFLAND
SENIOR • POLE VAULT



DANKLATZKIN
SENIOR • THROWS



HARRY MILLER
SENIOR • MIDDLE DISTANCE

2009-10 SCHEDULE

CROSS COUNTRY

Sept 5	Spider Alumni Open St. Catherine's Park	Richmond, Va.
SEPT. 26	COLONIAL INTER-REGIONAL CHALLENGE EASTERN STATE HOSPITAL	WILLIAMSBURG
Oct. 3	Cowboy Jamboree OSU Cross Country Course	Stillwater, Okla.
Oct. 17	Pre-National Invitational Wabash Valley Family Sports Center	Terre Haute, Ind.
OCT. 17	TRIBE OPEN EASTERN STATE HOSPITAL	WILLIAMSBURG
Oct. 31	27th CAA Championships Newmarket Battlefield State Park	Newmarket, Va.
Nov. 6	Cavalier Open Panorama Farms	Charlottesville, Va.
Nov. 14	Southeast Region Championships Tom Sawyer State Park	Louisville, Ky.
Nov. 21	101st IC4A Championships Van Cortlandt Park	Bronx, N.Y.
Nov. 23	71st NCAA Championships Wabash Valley Family Sports Center	Terre Haute, Ind.
Feb. 13	USAT&F Cross Country Championships Spokane, Wash.	
Mar. 27	IAAF World Cross Country Championships Bydgoszcz, Poland	

TRACK AND FIELD

Dec. 4-5	Liberty Multi-Event	Lynchburg, Va.
Dec. 5	CNU Lidfliter	Newport News, Va.
Jan. 22-23	Hampton Invitational	Hampton, Va.
Jan. 29-30	CNU Captain's Invitational	Newport News, Va.
Jan. 30	Navy Quad	Annapolis, Md.
Feb. 6	Vince Brown Invitational	Newport News, Va.
Feb. 12	Liberty Invitational	Lynchburg, Va.
Feb. 13	Husky Invite	Seattle, Wash.
Feb. 19-20	Virginia Tech Challenge	Blacksburg, Va.
Mar. 1	Mason Last Chance	Fairfax, Va.
Mar. 6-7	88th IC4A Indoor Championships	Boston, Mass.
Mar. 12-13	45th NCAA Indoor Championships	College Station, Texas
MAR. 20	TRIBE OPEN	WILLIAMSBURG
Mar. 25-26	Alabama Relays	Tuscaloosa, Ala.
Mar. 26-27	Fred Hardy Invitational	Richmond, Va.
APR. 2-3	45TH COLONIAL RELAYS	WILLIAMSBURG
Apr. 10	GMU Invitational	Fairfax, Va.
Apr. 10	Mt. SAC Relays	Walnut, Calif.
Apr. 17	JMU Invitational	Harrisonburg, Va.
Apr. 22-24	116th Penn Relays	Philadelphia, Pa.
Apr. 30-May 1	21st CAA Championships	Fairfax, Va.
May 8	CNU Captain's Invitational	Newport News, Va.
May 9	Duke Twilight	Durham, N.C.
May 14-16	134th IC4A Outdoor Championships	Princeton, N.J.
May 28-29	NCAA East Regional	TBA
June 9-12	89th NCAA Outdoor Championships	Eugene, Ore.
June 25-27	USAT&F Junior/Senior Nationals	Des Moines, Iowa
July 20-25	IAAF World Junior Championships	Moncton, Canada

All home events are in **BOLD** and will be held at the Eastern State Hospital.
Schedule subject to change.

All home events are in **BOLD** and will be held at Zable Stadium and the Stimson Throwing Area.
Schedule subject to change.