



BETSYGRANEY
JUNIOR • MIDDLE DISTANCE



NATALIEBAIRD
SOPHOMORE • THROWS

TRACK AND FIELD



CROSS COUNTRY



2008 CAA CHAMPIONS
WOMEN'S CROSS COUNTRY
WILLIAM & MARY

2009 CAA CHAMPIONS
WOMEN'S CROSS COUNTRY
WILLIAM & MARY



NICOLEKAZUBA
SENIOR • POLE VAULT



EMILYANDERSON
SENIOR • DISTANCE

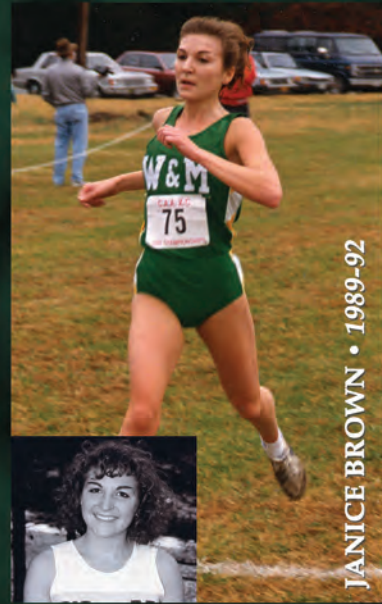


TRIBE CROSS COUNTRY CAA SILVER ANNIVERSARY TEAM MEMBERS

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



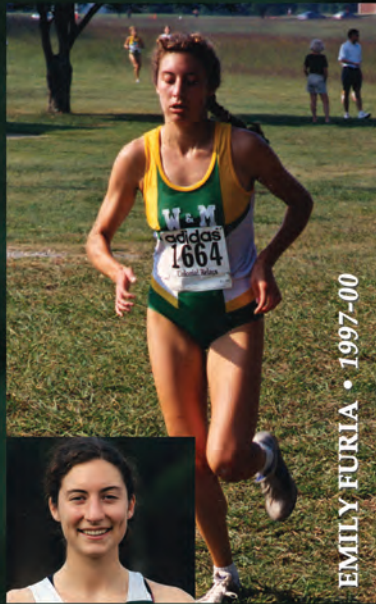
MEGHAN BISHOP • 2003-06



JANICE BROWN • 1989-92



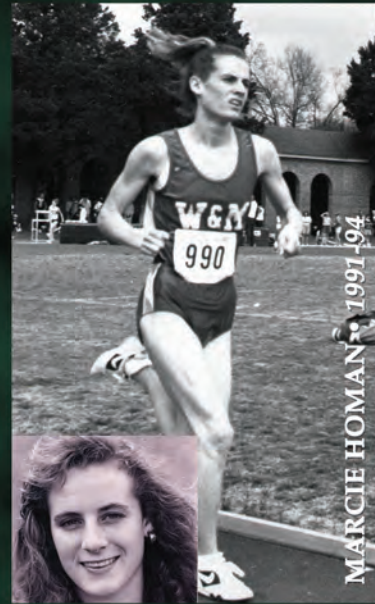
JULIA CATHCART • 2003-05



EMILY FURIA • 1997-00



ALI HENDERSON • 2000-03



MARCIE HOMAN • 1991-94



JACKIE KOSAKOWSKI • 2001-04



KATHY NEWBERRY • 1996-99



CATHY STANMEYER • 1988-90



Emily Anderson '10 won the 1,500m and 5,000m at last year's CAA Championships, and was named CAA Performer of the Meet (presented by Associate Commissioner JP Williams).

The College

Location Williamsburg, Virginia
 Founded 1693
 Enrollment 7,625
 President W. Taylor Reveley (Princeton, 1965)
 Chancellor Sandra Day O'Connor (Stanford, 1950)

Athletics

Nickname Tribe
 Colors Green, Gold, and Silver
 Conference Colonial Athletic Association
 Director Terry Driscoll (Boston College, 1969)
 SWA Pam Mason (SMU, 1994)
 First Year of XC/Track 1922-23 (87 Years)
 Track Zable Stadium at Cary Field (9,021)
 Stimson Throwing Events Area
 Dept. Phone 757-221-3340
 Mailing Address W&M Athletics
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 Williamsburg, VA 23187
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 Ed Moran (W&M, 2003)

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 Website www.TribeAthletics.com

2009-10 Outlook.....2-4
 2008-09 produced two conference titles and a pair of All-America awards, but this season looks to better even that with national-class performances across all three seasons.

The Team.....5-22
Coach Kathy Newberry..... 5
 Kathy Newberry has the Tribe program clicking on all cylinders, with eight of the past nine conference championships and the last three Rookies of the Year.

Director Dan Stimson..... 6
 A fixture in the Green and Gold for more than 20 years, Dan Stimson has his throwers in rare form this season and the Tribe poised to burst onto the national scene in 2010.

Assistant Coaches..... 7
 W&M's assistants have played a key role in the team's dominance over the years, and with several new faces look to propel the team even further in 2009-10.

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 Women at W&M first began track and field in 1922-23, and more than 600 young women have been proud to wear the Green and Gold since.

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(Inter)National 24
 Long a recognized center of academic excellence, recent exploits on the national and international scene have made the College one

of the nation's top up-and-coming track programs.

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 William and Mary has never known a conference other than the CAA, and has established itself as the dominant program in the conference over the past 10 years.

The College.....28-32
 An experience in excellence since 1693.

CREDITS

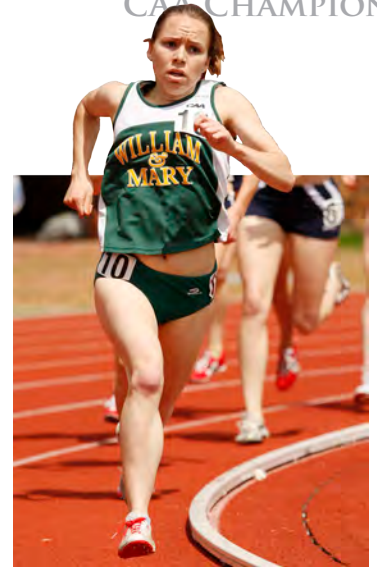
The 2009 W&M Women's Track and Field Media Guide is a publication of the W&M sports information office. Layout, design, and writing by associate SID Jacob Skipper. Cover design by associate SID Kris Sears. Editing by the sports information staff. Photography by Bob Keroack, Randy Hawthorne, Jacob Skipper, and Pete Clawson. Printing by Worth Higgins and Associates in Richmond, Va.

DANA HARVEY
SENIOR HURDLER



KELLY MCELROY
ALL-EAST

MEGHAN BURNS
CAA CHAMPION



A program-best three athletes qualified for the NCAA Championships in the spring of 2009 and the Tribe won five of the six major awards in the Colonial Athletic Association between both cross country and track and field last school year, but head coach **Kathy Newberry '00** and director of track and field **Dan Stimson** have the team poised and believing they can better that performance in 2010. One of the most decorated senior classes in school history returns for one final campaign and terrific recruiting added nine athletes ready to make their own mark on the College.

Sprints/Hurdles

Fully recovered from an ankle injury suffered last winter, senior **Alyssa Gaeto** is one of several athletes aiming to make an impact on Tribe's sprint and hurdle efforts. Also very talented in the horizontal jumps, Gaeto has run 8.10 for 60m and 26.32 for 200m before, and will be aiming for the top of the College's all-time lists in every race under 200m. Junior **Elizabeth Crowley** will also be a stalwart in the short sprints as she tries to surpass the very good 12.28 she ran in her first 100m wearing the Green and Gold.

In the hurdles and long sprints, senior **Dana Harvey** looks to complete her journey to the top of the record books, entering the year second all-time in the 400m hurdles at 1:02.64. She also holds top-10 marks in the open 400m, 500m, and 600m races. Junior **Sarah Rybarczyk** only competed twice last year, but is at full strength entering the fall and looks to force her way into scoring position in the 400m hurdles at the CAA Championships while providing depth at 800m.

Middle-Distance

A very strong group of middle-distance seniors look to lead the Tribe this year, and several relay records as well as open records could fall as a result. Three-time All-American **Emily Anderson** enters her final year poised to become the program leader for All-America certificates. With a full summer able to focus entirely on training, Anderson looks to become a national contender on the cross country trails as well as continue her excellence on the track, where she can range from 1,500m up to 5,000m and is

the two-time defending CAA Athlete of the Year.

Junior **Betsy Graney** will also be looking to match her success on the track with equal accomplishments in cross country this fall. She qualified for the NCAA outdoor meet in the steeplechase last May and was an All-East performer in cross country, but will be looking for an NCAA qualification in all three seasons this year. Senior **Meghan Burns** was the Tribe's best cross country runner last November, earning all-region and All-Academic accolades, but was unable to replicate her outstanding regional performance in track from the year before. Like Anderson, she has the range to run qualifying times from the 1,500m up to 5,000m, and could also place an important role on every distance relay.

Senior **Kelly McElroy** is the team's leading 800m/1,000m runners, finishing third at last year's CAA Championships in the 800m and qualifying for the ECAC Championships both indoors and out. McElroy was All-East indoors on the 4x800m relay and outdoors in the open 800m, becoming the 10th woman in school history to run sub-2:10 in the preliminaries at the ECAC Championships. She will be expected to continue her progression on the track as well as be a top competitor for the varsity cross country squad this fall. Classmate **Keely Murphy** was All-East two years ago on the 4x800m relay, and after recovery from injuries this past spring will be looking to give the team three of the top half-milers in the region.

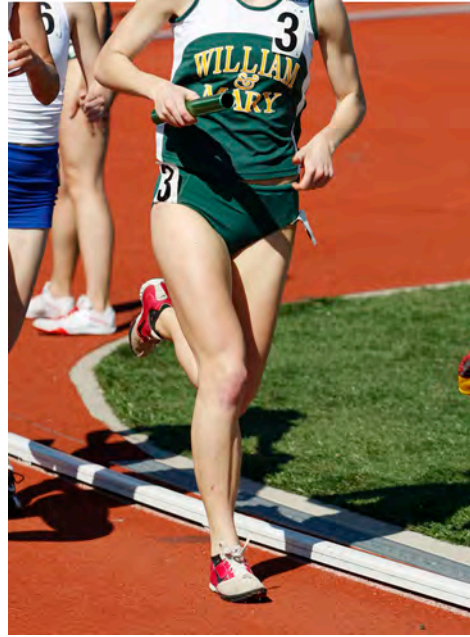
Veterans **Glennis Lofland**, **Avery Mattingly**, and **Brittany Sevachko** will help round out the relay teams, and are expected by Coach Newberry to push the seniors ahead of them in all three seasons as they more fully develop their speed and racing ability. Lofland was All-East indoors on the 4x800m relay, and will also be a strong option on the 4x400m and distance medley relays. Sevachko improved her half-mile time every weekend outdoors, down to 2:15 in May and a spot on the outdoor ECAC 4x800m, and Mattingly also progressed well, dropping her season's-best time by six seconds and running on the 4x800m at the Colonial Relays.

New to the Tribe are a pair of very strong freshmen, **Liz Barclay** and **Katie Buenaga**. Barclay was the Virginia AAA 1,600m champ outdoors at Albemarle High School, and had a total of

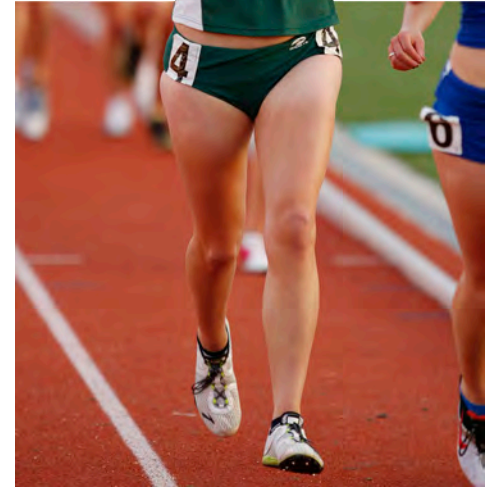
SARA LASKER
SOPHOMORE
DISTANCE



HEATHER BEICHNER
ALL-EAST
DISTANCE



SALLIE FORD
ALL-EAST
DISTANCE



six all-state accolades while running 2:17 for 800m and 4:43 for 1,500m. Buenaga led her team to third-place finish at the NXN cross country championship in November, and holds five Delaware State relay records while running for the Tatnall School. The 20th overall finisher at NXN, Buenaga has prep-best times of 2:14 (800m) and 4:55 for the 1,600m race outdoors.

Distance/Cross Country

The distance program gained a significant addition this fall not only through the tremendous recruiting efforts of coach Newberry and her staff, but also through the transfer of **Darcy McDonald** to finish out her eligibility while getting her master's degree at the College. A 2009 graduate of Dickinson College, McDonald was a three-time NCAA qualifier in cross country for the Devils and ran 17:04 for 5,000m last spring, the seventh-fastest time all year in Division III. She went on to finish 11th at the NCAA Championships, and will have eligibility in all three seasons this year.

Also at the top of the distance roster in both accomplishments and seniority is **Kayley Byrne**. A mainstay on the Tribe cross country teams during her three years so far, Byrne broke through on the track last spring with a giant personal-best run of 16:46.20 to take third in the 5,000m at the CAA Championships, and also earned All-East honors in the 3,000m. This fall, she will contend for All-East and all-region honors in cross country, while looking to shave off even more time on her track efforts. Classmate **Sallie Ford** had her own standout performance on the track, taking third at the ECAC 10,000m championship and shaving nearly three minutes off of her best in that event over the course of the spring. This fall she will be expected to challenge for a spot in the cross country top-seven, as well as continue to improve her times in track.

Sophomores **Heather Beichner** and **Sara Lasker** will be looking to follow-up on strong rookie campaigns with a trip to Indiana in November with the cross country team. Beichner was the 2008 CAA Rookie of the Year in cross country, and also was part of the Tribe's top-seven at the Southeast Regional and ECAC Championships. An ECAC qualifier indoors and outdoors, she concentrated on the 1,500m and 3,000m last year and will be

looking to move up in distance to challenge at the 5,000m this spring. Lasker had a quieter fall and winter, but came into her own during the spring season in the 10,000m. She took third at the CAA Championships with a career-fast 36:45 and was just seconds from All-East honors at the ECAC meet. This fall, Lasker will be looking to translate that success to the 6K cross country courses and earn a spot on the top squad.

Providing depth in the distance events and competing for race time in cross country will be a pack of five veteran runners. Senior **Robin Vanneman** has run at the CAA track championships at 10,000m each of the past two years, and took fifth in the Tribe Open cross country race last fall. **Kelsey Budd** has competed sparingly over the past two years, but enters this fall in prime position to contend for all-conference honors. **Kristen Dietz**, **Amelia Emerson**, and **Shannon Ralston** will all be looking to make a mark in their sophomore seasons after entering W&M with impressive prep credentials.

W&M's six freshmen recruits will also be looking to hit the ground running, and possess the talent to immediately challenge the upperclassmen and aim for top finishes at the conference and ECAC meets. **Melissa DiVecchia** was high school teammates with Sevachko at Westfield High in northern Virginia, and was part of the surprise 4x800m relay team indoors that took the Northern Region crown and qualified for the state championships. **Megan Fitzpatrick** was the Virginia private school cross country champion in 2007, and also won six state crowns at the Virginia Catholic Championships in track while running for Bishop O'Connell. **Kiah Hardcastle** medaled at the Pennsylvania state meet twice in cross country and three times in track, including 4x800m gold as a junior. Last summer, she finished in the top-10 of the 5,000m at the Nike Outdoor Nationals, and has also run 5:12 for 1,600m.

Rebecca Kassabian was the three-time cross country MVP at Oakton High School, including her junior year when she led the team to a runner-up finish at the Virginia AAA championships. Also an all-state athlete in outdoor track, she has run 5:14 at 1,600m and 11:14 for 3,200m. **Krissa Loretto** was a four-time state champion in New Jersey and earned all-state honors each of her final three years in both cross country and outdoor track.

ALYSSA GAETO
SENIOR SCHOOL RECORD-HOLDER

ASHLEY WILLIAMS
CAA CHAMPION



The anchor on Monsignor Donovan's all-divisions champion DMR team as a senior, Loretto has prep-best efforts of 5:05 at 1,600m and 10:55 at 3,200m. **Charlotte Tregelles** earned first-team all-county honors every season of her career at Northern Highlands Regional in New Jersey, and was the league champion at 3,200m and county champ at 1,600m during the 2009 indoor season.

Jumps

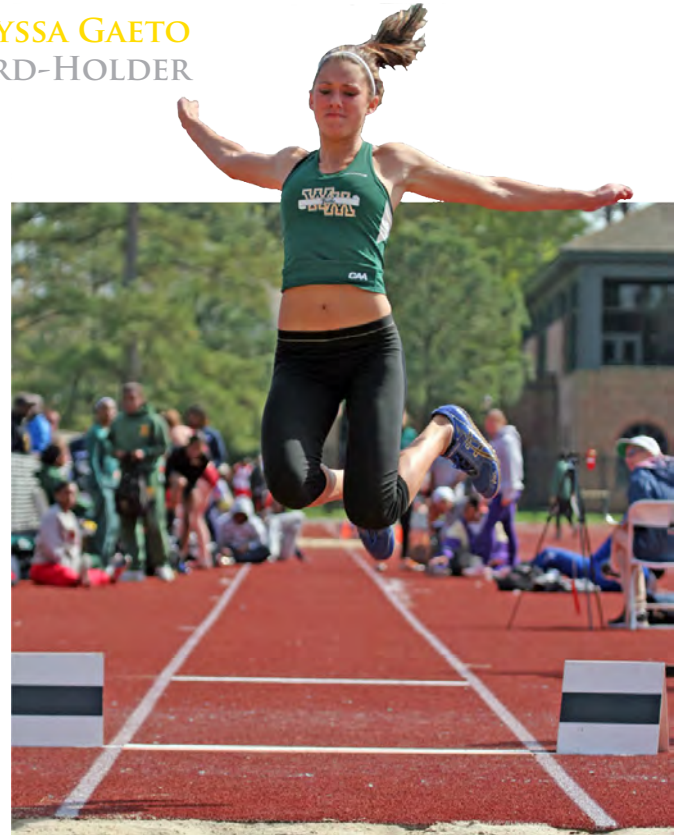
The pole vault group again looks to be one of the top units not just for the Tribe, but across the region as well with three vaulters back for a third year together. Senior **Nicole Kazuba** will be looking for a breakthrough at the national level after making the NCAA outdoor meet each of the past two years. Owner of 20 of the Tribe's all-time top-30 vaults, she has been first or second at each of the last four ECAC meets and is the three-time defending CAA Champion and conference record holder.

Also looking to move onto the national scene is junior **Emily Jeremiah**, after earning All-East accolades each of the past two years. Jeremiah has improved her personal-best more than 33 inches over her first two seasons, and will try to continue that improvement this year as Kazuba's only significant challenger in the CAA. Senior **Jen Garrott**, alongside her teammates, is also ranked among the W&M top-10 both indoors and outdoors and will aim to give the College a sweep of all-conference honors at the CAA Championships this spring.

In the horizontal jumps, sophomore **Lynn Bresnahan** will be joined by Gaeto and heptathlete Katie Guevel to bolster the Tribe's team score. Bresnahan concentrated on the triple jump during the spring, jumping a career-best 36-2 in May to post the team's best mark since 2001. Gaeto is the school-record holder in the long jump indoors, and will be counted on to requalify for the ECAC Championships both indoors and outdoors in that event. Guevel can provide depth in the long jump, and will also be the main threat for W&M in the high jump when she isn't competing in a multi-event.

Throws

Three seniors make up the bulk of the throwing squad's roster, but the future is also bright with the presence of reigning



CAA Rookie of the Year **Natalie Baird**. Baird broke the College's 27-year-old discus record in her second meet of the spring, and ended the year as the freshman record-holder in all five events she contested during the year (indoor and outdoor shot put, discus, hammer, and weight throw). All-CAA in two events and All-East in the discus last spring, Baird will be looking to challenge for all three conference titles available in the weight events as well as ECAC and regional qualifications in 2010.

Perhaps her stiffest competition in the shot put and discus will come from teammates **Carly Morse** and **Ashley Williams**. Morse was the CAA Champion in the shot put two years ago and runner-up last season to Williams, and also posted the best put of the season with an ECAC-qualifying 45-3 at George Mason in March. Going on to earn All-East honors indoors, Morse will try to duplicate that feat this winter and add an outdoor certificate next May. Williams led the Tribe sweep of the top three places in the shot put at the conference championships in April, and twice threw one millimeter under the automatic qualifying limit for the ECAC championships. Her best event is the hammer throw, however, where she ranks second in school history and just missed All-East honors after throwing 173-0 for ninth at the ECAC Championships in May.

Providing depth in the discus behind Baird will be senior **Rebecca Allred**, who ranks sixth all-time at the College in the event. Allred will be aiming to get above the 140-foot plateau in her final campaign and to challenge for all-conference honors at the CAA Championships in April. Guevel will represent the Tribe in the javelin as part of her multi-event training, and was the bronze-medallist at the 2008 CAA meet.

Multi

As mentioned elsewhere, junior **Katie Guevel** will represent the College in the pentathlon and heptathlon for the third year in 2009-10, and will look to reach the NCAA automatic standard in each event. The two-time defending CAA Champion in the heptathlon, Guevel also holds every school hurdle record except the 400m hurdles, and will be an integral part of the Tribe's sprint relay squads.

HEAD WOMEN'S COACH

KATHY NEWBERRY

Entering her fourth full year as the head coach of the women's cross country and track and field programs, Kathy Newberry has established herself as one of the top coaches and recruiters in the region, leading her teams to eight Colonial Athletic Association titles and winning five CAA Coach of the Year awards.

Over the past two years, Newberry and her athletes have solidified their dominance at the conference level, winning all four CAA titles and taking 8 of the 12 major awards given out. Beginning with the 2008 track championships, Newberry has taken each of the last three coach of the year awards and the last three Rookie of the Year winners have also competed for the College.

Three-time All-American Emily Anderson was part of Newberry's first full recruiting class, and has perhaps epitomized the success of her coaching at the College. An all-state high school runner in Illinois, Anderson has grown over the past three years into one of the most complete middle-distance stars in the NCAA, able to challenge for the national title in every event from 1,500m to 5,000m. A 2008 Olympic Trials semifinalist at 1,500m, Anderson stepped up in distance to the 5,000m in 2009, and earned All-America honors both indoors and out. She has won each of the last two Athlete of the Year awards for track and field in the CAA, and was the CAA Champion and Scholar-Athlete of the Year in 2008 for cross country.

Junior Betsy Graney has also experienced a tremendous growth in her athletics career during her two years at the College, taking up the steeplechase for the first time as a freshman and reaching the world junior championships later that summer before competing at the NCAA Championships as a sophomore. In 2007, her first year at W&M, Graney broke the College's freshman record in the 3,000m steeplechase in her first attempt, and improved over the course of the year to 10:31.47 to stand as the second-best performer in school history. She was

events she contested, including the discus where she earned All-East accolades and broke the College's 27-year-old school record.

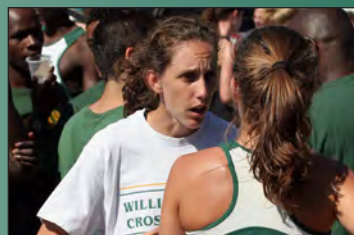
In the fall of 2008, the cross country squad took its sixth-consecutive CAA title behind the championship run of Anderson, and finished fifth at the Southeast Regional, upsetting No. 30 Wake Forest in the process. Meghan Burns was the star of the regional, finishing 23rd for all-region honors and a spot on the All-Academic team, and was also one of four athletes to be named All-East as the Tribe finished third at the ECAC Championships. Freshman Heather Beichner was one of those four, and was the first Tribe runner to be named Rookie of the Year since 2003 after taking 10th at the CAA Championships.

Newberry took the helm of the program in March of 2005, and promptly led the team to the CAA title one month later. Seven more titles have followed in eight tries, and between cross country and track, athletes have won 35 individual titles. The athletes have produced off the track as well, with three earning Phi Beta Kappa designations, four being named All-Academic six times by the USTFCCA, and Anderson and 2007 graduate Meghan Bishop combining for five CAA Scholar-Athlete of the Year awards. In 2008-09, both the cross country and track and field teams earned Team Academic awards from the USTFCCA, and the program has shown a 100% graduation success rate (GSR) for each of the last two years' NCAA reports.

After graduating from the College in 2000, Newberry has continued to compete professionally under the guidance of her husband, W&M's men's coach Alex Gibby. In 2009 she represented the United States for the fifth time at the World Cross Country Championships by taking third at the national championships, and was elected by her teammates as the team captain for the event. Her best finish at the world meet came in 2008, when she finished 24th in the mud and muck



70	All-East Awards
35	Conference Champions
11	All-Region Awards
8	CAA Titles
5	times CAA Coach of the Year
3	CAA Rookies of the Year



named CAA Rookie of the Year that first season, and qualified to the USAT&F Junior National Championships. At the Junior National meet, Graney finished second and earned a spot on the U.S. team for the world junior championships in Poland, where she ran against many of tomorrow's brightest stars and finished 16th overall. As a sophomore she built upon that experience to earn all-conference and All-East honors in cross country, and became the CAA Champion in the steeplechase before lopping nearly 16 seconds off of her best time at the ECAC Championships, finishing in 10:15.99. Fourth at the NCAA Regional, she advanced to the NCAA Championships and was named to the Academic All-District second team by CoSIDA and *ESPN The Magazine*.

Athletes under Newberry's tutelage have shown both marked improvement in personal-bests for familiar events, and outstanding debut efforts at new distances. In 2008, senior Lynn Morelli attempted the 10,000m for the first time after four years with Newberry, and ran an NCAA provisional-qualifying mark of 34:42.13. The time stands as the fourth-fastest in school history, and the second-fastest debut behind only three-time All-American Ali Henderson. Current senior Kayley Byrne registered a massive improvement at 5,000m over the course of the spring, improving her career-best from 17:25.50 last May to 17:05.93 at the season's first outdoor race, and another 20-seconds downwards to 16:46.20 at the CAA Championships in April.

The 2009 track season was a banner effort for the Tribe, which took three athletes to the NCAA Outdoor Championships and produced two All-America certificates in addition to its ninth CAA Championship. Anderson, Graney, and pole vaulter Nicole Kazuba advanced to the national meet with automatic bids, and Morelli was mere seconds from qualifying in the 10,000m. For the second year in a row, W&M swept the conference awards, with Anderson and Newberry retaining their crowns as Athlete and Coach of the Year, and Natalie Baird being tabbed as Rookie of the Year after setting freshman records in all five throwing

of Scotland as the fourth-fastest American.

On the track, Newberry has qualified for the last two Olympic Trials, finishing 13th in the 5,000m and 14th in the 10,000m at the 2004 Trials, and 23rd in the 10,000m at the 2008 Trials. The last national rankings of 2003 found Newberry ranked 17th in the 5,000m, and in 2004, she improved to 10th in the 10,000m. Since competing professionally, she has lowered her personal-best at 5,000m to 15:45.32, and 32:45.78 for 10,000m.

As an undergraduate from 1996-2000, Newberry was one of the College's all-time great runners, a status recently confirmed when she was selected to the CAA Silver Anniversary Women's Cross Country team in August as one of the top-25 runners of the past 25 years. She achieved the rare double of winning both the 3,000m and 5,000m at the 2000 CAA Track Championships, and was three-times All-East at the ECAC Championships in track. On the cross country trails, she earned All-CAA and all-region honors each of her four years, and finished 43rd at the 1998 NCAA Championships to lead the Tribe to a program-record 10th-place finish.

Prior to returning to Williamsburg, Newberry was a volunteer assistant at Stephen F. Austin, helping the Lumberjacks sweep the conference titles in both men's and women's cross country and mentoring several conference titlists and a national qualifier. Newberry was married in the summer of 2005 to the Tribe's head men's track and cross country coach, Alex Gibby, and the two reside in Williamsburg with their dogs, Oskar and Atlas.

DIRECTOR OF TRACK AND FIELD

DAN STIMSON

In his 24th year as Director of Track and Field at William and Mary, Dan Stimson oversees a program that has demonstrated success both in the classroom and on the track, and has served as an exemplary model for what collegiate athletics should be all about. In recognition of his years of service, the College honored Coach Stimson in 2007 by naming the new throwing facility in his honor, the Stimson Throwing Events Area. Made possible through a generous donation from Mr. and Mrs. Joe Showker, the facility includes an Olympic throwing cage with circles for both the hammer and discus, two shot put circles, and javelin runway.

The men's and women's programs have combined for 21 Colonial Athletic Association titles out of 28 possible since the 2002-03 school year, and have garnered numerous CAA Athlete and Rookie of the Year awards. In 2008-09, the teams won three of four conference titles for the second year in a row, and in May, sent six athletes to the NCAA Outdoor Championships, the most since 1975. The men's cross country team also extended a streak of its own, making the NCAA Championships for the 12th consecutive season and winning its ninth regional title. To date, Stimson's programs have produced 59 All-Americans and one Olympian while winning 45 CAA team titles, nearly half of the conference championships awarded in his 24 years.

Stimson, who works primarily with the throwers, jumpers, and multi-eventers, has mentored many W&M athletes to national prominence in his tenure. Due to the absence of the javelin or the hammer throw at the high school level in Virginia and other nearby states, Stimson has earned a reputation for his ability to develop young talent.

His coaching credits include W&M hammer throw record-holder Mike Howell, who started with the hammer in his rookie season at W&M, and progressed through the ranks until his senior year, when he posted the eighth-best mark by an American collegian (206'1"). Decathlon record-holder Todd Doughty (7,240 points) benefited from his time with Stimson as well, working his way from a walk-on to one of the top 20 decathletes in the country over the course of his career at W&M.

and third amongst all American Juniors (19 and under). After taking seventh at the NCAA East Regional, he was the first at-large athlete selected to the NCAA Championships, setting W&M records for best finish (19th) and best throw at the national meet (208-7).

More Stimson-guided athletes litter the W&M and CAA record books. In 2005, Ayanna Jones claimed her second shot put title at the CAA Championships, the fifth-consecutive year a Tribe woman had won the event. She would go on to shatter the 23-year-old school record in the event, putting the shot 48' 6" in the ECAC Championships. 2006 graduate Andy Smith became one of only two athletes in school history to claim four CAA crowns in one event (joining Tyler Steel, winner of the hammer throw from 1997-2000) after winning the javelin for the fourth time at the 2006 conference meet.

Perhaps no event in recent years shows the effect of Stimson's tutelage more than the women's heptathlon, where five athletes in the Green and Gold have won the last seven CAA titles, and eight of the nine ever contested, along with two ECAC crowns. Alarice Cesareo earned a pair of titles in 2001 and 2003, and Phi Beta Kappa-graduate Sarah McHale won in 2004. In 2005, Bonnie Meekins won her first title with a then-record score of 4,763 points, before giving way to classmate Brenna Blevins in 2006, who scored 4,806 points.

In 2007, Meekins came back again with another meet record, 5,192 points. Similarly, Blevins won the 2006 ECAC crown with a then-school record total of 5,229, the highest point total not invited to the NCAA Championships that year. Meekins provided the breakthrough the following spring, powering to a score of 5,457 to claim the Eastern title, and a trip to the NCAA meet, where she would place 16th. In 2008, freshman Katie Guevel won the CAA title with a Zable Stadium record 5,158 points, and defended her crown in 2009 with another NCAA provisional-qualifying mark. Guevel set 15 school records and 15 freshman records during her first stellar year at the College.

In 2009, the women's throwing team swept the shot put at the CAA Championships with the top three showings as Ashley Williams won her first conference title. Williams also qualified to the ECAC Championships in the hammer throw



59 All-Americans
45 CAA Titles
29 CAA Athletes of the Year
24 Years at the College
3-time CAA Coach of the Year
1 Olympian

On the women's side, Stimson coached All-America high jumper Lisa Rayner to an 11th-place finish at the NCAA Championships and a school-record mark of 5'11.25" in 1994. Wendy Warren, the school record-holder in the javelin (153'6"), was discovered in a physical education class and went on to earn All-East honors and place sixth at the ECAC Championships. Stimson coached pole vaulter Charlotte LaRoche to second place in the ECAC Championships and a then-record of 13'1" in her freshman season. He then guided steady improvement throughout her career, culminating in 2004 with her second conference title and double All-East honors. Stimson has had numerous All-East performers in all of the field events.

A recent example of Stimson's coaching ability can be seen in 2004 graduate Chris Parsons. As a freshman, Parsons made a powerful debut, winning CAA titles in both the shot put and the javelin, enabling him to be selected for the United States Junior National Team. He followed up his impressive freshman season with a sophomore campaign that featured top CAA finishes in the discus (fourth), javelin (third), hammer (second) and a second straight first-place showing in the shot put. Parsons went on to garner All-East honors in the hammer at the IC4A meet. In 2003 Parsons was named CAA Scholar-Athlete of the year, after earning a pair of all-conference honors by finishing second in both the shot and the hammer at the CAA Championships. Parsons capped his career in style, winning the 2004 CAA title in the shot and hammer and breaking the NCAA Regional mark in both events.

Freshmen Natalie Baird and Brandon Héroux continued Stimson's string of success at developing young talent in 2009, with both athletes being named Rookie of the Year in the CAA. Baird set the W&M freshman record in all five events she contested last season, and broke the 27-year-old school record in the discus at her second meet. She earned all-conference honors in both the discus and the shot put, and was named All-East after finishing sixth in the discus. This past summer, Baird competed at the USAT&F Junior National Championships in both the discus and the hammer, achieving another sixth-place finish in the discus.

Héroux proved one of the best javelin throwers in the nation when he demolished the school, freshman, and conference records with a throw of 227-5 to win the CAA title. That effort ranked among the nation's top-20 last year,

last spring, just missing All-East honors after placing ninth with a career-best throw of 173 feet. Carly Morse, second in the CAA shot put, earned All-East honors indoors with her sixth-place put at the ECAC meet. On the men's side, high jumper Cam Shriver brought the CAA title to William and Mary for the first time since 1991, and became the first Tribe athlete with both an indoor (2008 IC4A) and outdoor conference title to his credit since 1977. Shriver went on to the NCAA East Regional, where he made himself eligible for the NCAA Championships with his 11th-place finish, and was named CAA Scholar-Athlete of the Year as well as to the CoSIDA/ESPN The Magazine Academic All-District first team.

Stimson began his career at perennial national powerhouse Tennessee, where he helped Volunteer athletes finish in the nation's top-10 on seven occasions and collect 12 Southeastern Conference titles. His coaching career started at Tennessee as a graduate assistant, helping the Vols win the 1972 NCAA cross country championship. From Knoxville, he moved to J.E.B. Stuart High School in Falls Church, Virginia for one year, then on to Miami University (Ohio) for nine years and back to Tennessee for four more years as the top assistant before coming to Williamsburg.

A native of Falconer, New York, Stimson graduated with honors from Ohio University in 1971 and holds a master's degree from Miami (Ohio). As an undergraduate, he was the All-Ohio and Central Collegiate shot put champion, as well as a two-time MAC shot put champion. He concluded his athletic career by competing in both the NCAA and AAU national championships in the shot put.

Dan and his wife Rosemary, also a Falconer native, have two children. Their son, Clare, is a local college student. Daughter Krista Crider graduated from W&M in 1996 with a B.S. in biology and earned her master's degree at the College in 1998. She earned a Ph.D. in the field of genetics and molecular biology at Emory University, and works for the Centers for Disease Control. Krista is a former W&M record holder in the hammer throw, and is the proud mother of two future Tribe record-holders in three-year-old Samuel Daniel Crider, and Kara Elizabeth Crider, born in the spring of 2009.

Emil Davis has spent the past nine seasons mentoring athletes at his alma mater, primarily responsible for the sprinters, jumpers, and multi-eventers for both the College's track teams.

Prior to joining W&M, Davis coached the Bruton High School (Williamsburg) girl's track and field team for 12 seasons. In his time with Bruton, where he continues to teach biology, his teams accumulated an impressive 82 victories, including two state championships (1996 and 1997), state runner-up (1998), and numerous invitational victories.

Davis graduated in 1985 with a degree in biology, after earning All-East honors his senior year at W&M by placing second in the pentathlon at the indoor IC4A Championships. He still holds the Tribe record in that event (3,840). He is number two on the all-time lists in both the 200m (21.17) and the decathlon (6,819) and was a member of three record-setting relay teams. Davis holds the U.S. Masters age-group record for 40-44 year-old competitors in the double-decathlon (11,178 points).

Davis and his wife, Lynda, currently reside in Toano, Virginia and are the proud parents of three daughters: Elizabeth, a 2008 graduate of Virginia; Samantha, a 2009 graduate of James Madison; and Hannah, a third-year swimmer at Virginia.



Dave Fritz begins his third season coaching the pole vaulters at William and Mary this fall, and has helped develop the College's program into one of the best on the East Coast in that short amount of time.

Over the past two years, Fritz has coached Nicole Kazuba into two consecutive appearances at the NCAA Outdoor Championships, and to 20 of the top 30 vaults all-time at W&M. In the same amount of time, Emily Jeremiah has added nearly a full meter to her personal best, and is a two-time All-East performer after entering school with only one year of vaulting experience.

From 2002-07, Fritz worked as the assistant jumps coach at Suhr Sports in New York, helping both professional and amateur pole vaulters to unprecedented heights. Most notably, he helped to develop Jennifer Stuczynski from an absolute novice to become the reigning U.S. record holder in the women's pole vault (16-0) and the second-best vaulter in the world. Along the way, Stuczynski also captured four national titles, indoors in 2005 and 2007, and outdoors in 2006 and 2007.

Among amateur athletes, his success has been equally compelling, helping to produce the top-two high school girl's pole vaulters. Mary Saxer was the first high school girl to clear 14 feet, and set the national high school girl's record indoors of 14-3.25. Tiffany Maskulinski also cleared 14-0 under Fritz' tutelage, only the second girl to do so. At the collegiate level, he coached at the Rochester Institute of Technology during the 2006-07 year, producing a pair of school records and the school's first NCAA qualifier in the pole vault.

A three-time All-Big East vaulter at Virginia Tech, Fritz graduated in 2004 with a bachelor's degree in computer science. In the summer of 2006, he was the head clinician for pole vault at the Region II Junior Olympics clinic. Fritz is a USAT&F Level II coach in the jumps, and this season added a Level II certification in the sprints, hurdles, and relays. He is also nationally certified by the Pole Vault Safety Board.



Ryan Murphy begins his first season with William and Mary this fall as the program's full-time assistant for middle-distance and distance events after an All-East career at George Mason.

Murphy, the brother of current Tribe senior Keely Murphy, began his collegiate career at the University of Virginia, where he ran both cross country and track for the Cavaliers. Graduating after just three years with a degree in English, he ranked among the top 15% of all third- and fourth-year students in 2007.

Murphy transferred to George Mason to complete his eligibility, ranking in the top-five cross country runners on the team in both 2007 and 2008. He earned All-East accolades in 2008 on the Patriots' outdoor 4x800m relay team, helping produce the nation's 13th-fastest performance in 7:28.30. Twice scoring at the CAA Championships in the 1,500m run, Murphy qualified to the IC4A Championships both indoors and outdoors both of his years in Fairfax, and was a CAA Commissioner's Award recipient.

In addition to his 2007 undergraduate degree from Virginia, Murphy graduated from George Mason in 2009 with a Master of Arts degree in Literature.



Ed Moran is in his fifth season on the William and Mary staff, moving into the volunteer ranks after four years as a full-time assistant. A four-time All-American for the College, Moran has continued his career as a professional runner with five appearances on the U.S. National Team, achieving the Olympic "A" qualifying standard at 5,000m and 10,000m in 2007 and winning the 5,000m gold medal at the 2007 Pan-American Games. This summer, he was one of 16 W&M alumni named to the CAA Silver Anniversary Cross Country team.

A professionally-sponsored runner with Nike, Moran raced unsponsored at the 2005 USAT&F Track and Field Championships shortly after earning his fourth All-America nod. He boasted an impressive debut, running well below his previous personal record in the 5,000m (13:39.70, second-best in school history, set a scant month-and-a-half earlier) to finish in 13:25.87. This time placed him only 49 hundredths of a second shy of the school record, running as the fastest amateur in the field of 24 runners. In 2007, he won the gold medal at the Pan-American Games with a meet-record time of 13:25.60, and in 2008, finished fourth at the U.S. Olympic Trials in the 10,000m run.

In his six-year collegiate career, Moran racked up three all-conference and All-Southeast honors (never finishing worse than third), and was twice conference champion and Athlete of the Year in cross country. On the track, he earned multiple all-conference nods, was named the 2003 CAA Male Athlete of the Year and was the 2005 IC4A and CAA champion in the 5,000m. He earned dual degrees in government and finance in 2003 and a Masters in Public Policy from the College in 2005, and is currently enrolled in the MBA program at the Mason School of Business.



Todd Doughty begins his second stint on the Tribe coaching staff this fall after serving as an assistant during the 1999-00 school year. His responsibilities will be assisting with all athletes of the program outside of the distance and middle-distance athletes.

An account manager at Apex Technologies in Chesapeake, Doughty graduated from W&M in 1997 as the school record-holder in the decathlon with 7,240 points, and was a four-time All-East performer in the multi-events. After graduation he continued competition, setting personal bests of 7,592 in the decathlon in 2000 and 5,425 in the heptathlon that same year. During the run-up to the 2000 Olympic Trials, he set the Zable Stadium record of 7,300 points in the decathlon.

After graduating with a degree in biology, Doughty spent two years as an assistant at Duke University, tutoring multi-eventers to the first, fourth, and fifth all-time decathlon performances and to the 1999 ECAC indoor heptathlon title.



<u>Name</u>	<u>XC</u>	<u>Ind.</u>	<u>Out.</u>	<u>Event</u>	<u>Hometown</u>	<u>High School</u>
Alyssa Gaeto	--	Sr.	Jr.	Sprints/Jumps	Brentwood, Tenn.	Ravenwood
Dana Harvey	--	Sr.	Sr.	Sprints/Hurdles	Mechanicsville, Va.	Atlee
Elizabeth Crowley	--	Jr.	Jr.	Sprints	Blue Point, N.Y.	Bayport-Blue Point (Davidson)
Sarah Rybarczyk	--	Jr.	Jr.	Sprints/Hurdles	Snohomish, Wash.	Monroe
Emily Anderson	Sr.	Sr.	Sr.	Middle Distance	Golf, Ill.	Glenbrook South
Meghan Burns	Sr.	Sr.	Sr.	Middle Distance	Coopersburg, Pa.	Allentown Central Catholic
Kelly McElroy	Sr.	Sr.	Jr.	Middle Distance	Wyomissing, Pa.	Holy Name
Keely Murphy	Jr.	Sr.	Jr.	Middle Distance	Owings, Md.	Northern
Betsy Graney	Jr.	Jr.	Jr.	Middle Distance	Harper Woods, Mich.	Grosse Pointe North
Glennis Lofland	--	So.	So.	Middle Distance	Crozier, Va.	St. Catherine's
Avery Mattingly	So.	So.	So.	Middle Distance	Blacksburg, Va.	Blacksburg
Brittany Sevachko	So.	So.	So.	Middle Distance	Centreville, Va.	Westfield
Liz Barclay	Fr.	Fr.	Fr.	Middle Distance	Charlottesville, Va.	Albemarle
Katie Buenaga	Fr.	Fr.	Fr.	Middle Distance	Greenville, Del.	The Tatnall School
Darcy McDonald	Sr.	Sr.	Sr.	Distance	Lititz, Pa.	Warwick (Dickinson)
Kayley Byrne	Sr.	Sr.	Sr.	Distance	Oak Hill, Va.	Oakton
Sallie Ford	Sr.	Sr.	Sr.	Distance	Lynchburg, Va.	E.C. Glass
Robin Vanneman	Jr.	Jr.	Sr.	Distance	Stafford, Va.	Brooke Point
Kelsey Budd	So.	Jr.	Jr.	Distance	Oakton, Va.	Paul VI
Heather Beichner	So.	So.	So.	Distance	Cary, N.C.	Cardinal Gibbons
Kristen Dietz	So.	So.	So.	Distance	Springfield, Va.	Robert E. Lee
Amelia Emerson	So.	So.	So.	Distance	Nokesville, Va.	Brentsville District
Sara Lasker	So.	So.	So.	Distance	Fredericksburg, Va.	Riverbend
Shannon Ralston	So.	So.	So.	Distance	Virginia Beach, Va.	Landstown
Melissa DiVecchia	Fr.	Fr.	Fr.	Distance	Centreville, Va.	Westfield
Megan Fitzpatrick	Fr.	Fr.	Fr.	Distance	Ashburn, Va.	Bishop O'Connell
Kiah Hardcastle	Fr.	Fr.	Fr.	Distance	Lewisburg, Pa.	Lewisburg Area
Rebecca Kassabian	Fr.	Fr.	Fr.	Distance	Oakton, Va.	Oakton
Krissa Loretto	Fr.	Fr.	Fr.	Distance	Toms River, N.J.	Monsignor Donovan
Charlotte Tragelles	Fr.	Fr.	Fr.	Distance	Allendale, N.J.	Northern Highlands Regional
Jennifer Garrott	--	Sr.	Sr.	Pole Vault	Burke, Va.	Lake Braddock (Mary Washington)
Nicole Kazuba	--	Sr.	Sr.	Pole Vault	Chantilly, Va.	Chantilly
Emily Jeremiah	--	Jr.	Jr.	Pole Vault	Mechanicsville, Va.	Atlee
Lynnne Bresnahan	--	So.	So.	Jumps	Orange, Va.	Orange County
Rebecca Allred	--	Jr.	Sr.	Throws	Troutville, Va.	Lord Botetourt
Carly Morse	--	Sr.	Sr.	Throws	Sumerduck, Va.	Liberty
Ashley Williams	--	Sr.	Sr.	Throws	Williamsburg, Va.	Bruton
Natalie Baird	--	So.	So.	Throws	Sterling, Va.	Park View
Katie Guevel	--	Jr.	Jr.	Multi-Events	Burlington, Kan.	Burlington

Director of Track and Field: Dan Stimson (Ohio, 1971)

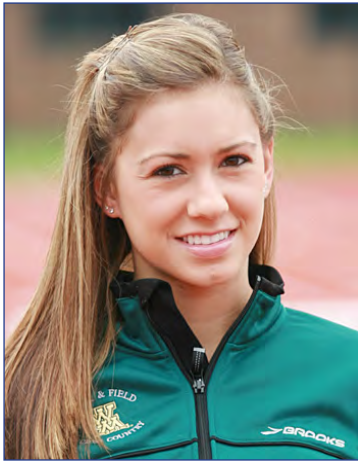
Head Men's Coach: Kathy Newberry (William and Mary, 2000)

Assistant Coach: Emil Davis (William and Mary, 1985)

Assistant Coach: Dave Fritz (Virginia Tech, 2004)

Assistant Coach: Ryan Murphy (Virginia, 2007)

Volunteer Assistants: Todd Doughty (William and Mary, 1997), Ed Moran (William and Mary, 2003)



ALYSSA GAETO
B.B.A. Accounting 2010

Brentwood, Tenn.
Ravenwood

Personal Best Marks

Indoors:
55m.....7.49.....2/9/08
60m.....8.10.....2/22/08
LJ.....5.81m.....2/9/08
.....19-0.75

Outdoors:
200m.....26.32.....4/6/07
LJ.....5.50m.....4/18/08
.....18-0.5

2008-09

Indoor: Jumped a season-best 18-1 in December at CNU ... Ran season-fast times in both the 60m and 200m dashes at CNU in January ... Timed 8.14 seconds for ninth place in the 60m, and 27.13 for 11th in the 200m.

Outdoor: Redshirted.

2007-08

Jumped at both the indoor and outdoor ECAC Championships ... Became the first Tribe athlete to break 19 feet in the long jump with her winning effort at the Vince Brown Invitational ... Jumped 19-0.75 to qualify for the ECAC Championships ... Broke her own career-best by nearly four inches ... Also ran the 55m dash in 7.49 seconds, tying for ninth all-time at the College ... Runner-up in her first pentathlon, scoring 3,009 points at the Liberty Kickoff ... Surpassed that effort with 3,024 points at the CNU Captain's Invitational, placing third ... Ranks 10th on the Tribe's all-time top performers list ... Ran 8.10 seconds in the 60m dash at Virginia Tech to move up to eighth on the Tribe's all-time performer's list.

2006-07

Missed scoring at the CAA Championships by 18 points ... Scored 3,921 points in her first heptathlon, good for ninth ... Landed in the W&M All-Time Top-10 with her personal-best effort in the 60m dash at the Vince Brown Invitational ... Time of 8.22 seconds ranks 10th in school history ... Opened her rookie season by jumping 17-8.25 in the long jump, taking second at the CNU Holiday Open ... Won the triple jump at the Tribe Invitational ... Finished 20th in the Colonial Relays 200m dash with a season-best time of 26.32.

At Ravenwood

Earned a pair of all-state honors as a senior ... Took third in both the long jump and triple jump ... Top points-scorer on the track team in 2005 and 2006 ... Also was a varsity cheerleader ... Member of the National Honor Society and Mu Alpha Theta ... Treasurer of the Habitat for Humanity group.

Personal

Daughter of Patricia and Paul Gaeto ... Born May 2, 1988 in Elmhurst, Illinois ... Enjoys cliff jumping ... Attended school in Geneva, Switzerland, in the 1st and 2nd grades.



DANA HARVEY
B.S. Kinesiology 2010

Mechanicsville, Va.
Atlee

Personal Best Marks

Indoors:
500m.....1:17.07.....3/1/09
600m.....1:38.97.....12/6/08

Outdoors:
400m.....57.23.....5/3/08
400m H....1:02.64.....4/18/09

2008-09

Indoor: Improved her personal-best mark in the 600m dash after winning the event in 1:38.97 at CNU in December ... Ran 1:17.07 for 500m at Virginia Tech ... Ran 59.58 for an indoor personal-best at CNU in February in the 400m dash.

Outdoor: Reset her personal-best in the 400m hurdles three times in one week ... Just missed qualifying for the ECAC Championships ... Ran 1:02.76 for a one-second PR at Virginia on April 11 ... Lowered her best to 1:02.72 in the prelims of the CAA Championships on April 17, and placed sixth in the finals with a time of 1:02.64 ... Ranks second all-time at W&M ... Ran 25.97 in the 200m at Richmond to lower her personal-best in that event ... Qualified for the ECAC Championships as part of the Tribe's 4x100m and 4x400m relays ... Led off the 4x100m at the Colonial Relays that qualified for ECACs in 48.34, and again led the 4x100m at the CAA Championships ... Led the second-fastest 4x200m in school history, finishing in 1:41.09 at the Colonial Relays ... Led-off the 4x400m relay both at Virginia (qualifying for ECACs in 3:50.93) and at the CAA Championships.

2007-08

Member of 4x400 relay team that broke the school outdoor record at the CAA Championships ... Set a personal record of 26.41 in the 200m dash at the VCU Ram Invitational ... Set a personal best of 57.23 in the 400m dash at the George Mason Invitational ... Set a personal best of 1:03.89 in the 400m hurdles at the Fred Hardy Invitational ... Ranks seventh all-time at the College in the 400m dash and 400m hurdles ... Ran lead-off on the ECAC-qualifying 4x400m relay indoors at Virginia Tech that set the school record by more than three seconds (3:51.12) ... Ranks third in school history at 600m after running 1:40.07 at Virginia Tech ... 10th in school history after finishing second in the 500m at George Mason in 1:18.21.

2006-07

Ran a career-best 1:05.47 in the preliminaries of the 400m hurdles at the CAA Championships ... Ran on both the 4x100m and 4x400m relays at the CAA Championships ... Runner-up in the 400m hurdles at the JMU Invitational ... Took seventh in the 400m dash at the Vince Brown Invitational with a season-fast time of 1:02.03.

At Atlee

Totalled 11 district titles, three region titles, and five all-state honors in Virginia's highest classification in indoor and outdoor track ... Fifth in the state at 400m outdoors in 2005 ... Eighth in the state indoors at the long jump in 2004 ... 2004 District Runner of the Year outdoors ... 2005 District Runner of the Year indoors ... Also played field hockey for three years, earning second-team all-region and all-met honors as a senior ... 2006 *Richmond Times-Dispatch*/Sports Backers Scholar-Athlete finalist ... Member of the National Latin Honor Society ... Member of the Atlee Honor Council.

Personal

Daughter of Theresa and Kevin Harvey ... Born July 8, 1988 in Richmond, Virginia ... Father played baseball at Richmond and in the Kansas City Royals organization ... Mother is in the VCU Hall of Fame for field hockey ... Sister, Caroline, ran track at UVA ... Brother, Keith, played baseball and football at Randolph-Macon ... Enjoys shopping and going to the beach.



ELIZABETH CROWLEY
B.B.A. Business 2011

Blue Point, N.Y.
Bayport-Blue Point (Davidson)

Personal Best Marks

Indoors:
55m.....7.52.....12/1/07
60m.....8.20.....1/30/09

Outdoors:
100m.....12.28.....3/21/08

2008-09

Indoor: Improved her personal-best to 8.20 at 60m in January at CNU ... Opened the year at CNU running 7.60 in the 55m dash.

Outdoor: Rushed out of the gates to win the 100m dash at the Tribe Open in 12.28 seconds, the fourth-fastest time in school history ... Qualified for the ECAC Championships as part of the 4x100m relay at the Colonial Relays ... Ran the 100m and 200m at the CAA Championships ... Also part of the 4x100m relay at CAAs ... Season-best time of 26.46 in the 200m came at Virginia in April.

2007-08 (at Davidson)

Competed at four meets indoors ... Ran a lifetime-best 60m dash with a time of 8.22 at the Patriot Games ... Ran the 55m dash in 7.52 seconds at the Appalachian State Invitational to open the year ... Also ran her season-best in the 200m dash at Appalachian State, crossing the line in 28.12.

At Bayport-Blue Point

Named Outstanding Athlete at Bayport-Blue Point during her senior year ... Finished second twice at the New York State Meet in the 100m dash ... Placed fifth in the 55m at the New York State Meet ... Four-year member of the field hockey team.

Personal

Daughter of Karen and James Crowley ... Born July 17, 1989 in Bay Shore, New York ... Father, James, ran cross country and track at Iona College ... Transferred to the College to experience one of the best academic schools in the country.



SARAH RYBARCZYK
B.A. International Relations 2011

Snohomish, Wash.
Monroe

Personal Best Marks

Indoors:
400m.....1:03.19.....1/19/08
800m.....2:22.67.....12/6/08

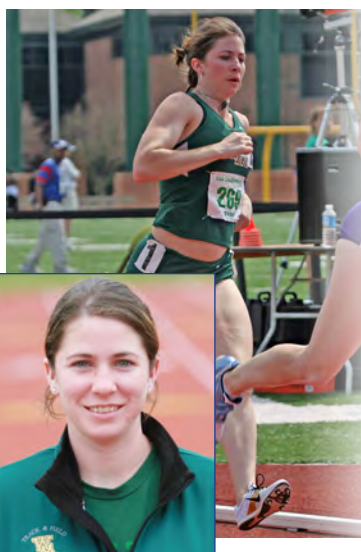
Outdoors:
800m.....2:25.50.....3/29/08
400m H1:07.22.....3/28/08

2008-09
Indoor: Opened the year running 2:22.67 for the 800m at CNU in December.
Outdoor: Ran the 4x800m relay at Richmond in March.

2007-08
Set two personal records at the Fred Hardy Invitational ... Ran 1:07.22 in the 400m hurdles and 2:25.50 in the 800m run.

At Monroe
Three-time state qualifier ... Earned a pair of top-10 showings in 2006 ... Two-time district champion ... First-team all-conference ... Team Captain as a senior ... Earned "Most Inspirational" award in 2004 and 2006 ... School record-holder in the 200m dash and 300m hurdles, having run 26.5 and 47.1, respectively ... Ran cross country as a senior, earning the team's "Most Inspirational" award ... Honorable Mention all-conference ... Earned three letters in volleyball ... Helped the team to the state tournament ... Sportsman-ship Award honoree by the WIAA ... Treasurer and President of the National Honor Society ... Dance Instructor in the Spanish Club ... Member of the KEY Club ... Founder and President of Safe Ride.

Personal
Daughter of Cheryl and Rick Rybarczyk ... Born March 3, 1989 in Wiesbaden, Germany ... Enjoys hiking, scrap-booking, and equitation ... Favorite "sporting" event is the British Parliament Question Time ... Craziest ambition is to hike the Continental Divide.



2008-09
Cross Country: Redshirted.
Indoor: Competed four times at 800m and 1,000m ... Ran 2:21.39 in the 800m at Navy.
Outdoor: Redshirted.

2007-08
Cross Country: Thirty-fifth at the ECAC Championships ... Seventh runner for W&M at the Southeast Regional ... 28th at the CAA Championships ... Fifth at the Cavalier Open ... Seventh at the Tribe Open. Track: Won the 1,500m run at the George Mason Invitational ... Ran on both the Distance Medley and 4x800 relay teams at the ECAC Championships ... Set a personal best of 2:15.73 in the 800m run at the CAA Championships.

2006-07
Cross Country: Forty-seventh at the CAA Championships ... Eleventh at the Cavalier Open ... Twenty-eighth at the Lou Onesty Invitational ... Twentieth at the Colonial Inter-Regional. Track: Earned **All-East** accolades as part of the fifth-place indoor 4x800m relay team ... Just missed advancing to the 800m final at the CAA Championships ... Finished ninth with a time of 2:17.17 (top eight advance) ... Set collegiate-best time in the 800m running unattached at the Colonial Relays ... Timed 2:16.88 for 14th place ... Indoors, was just off of ECAC-qualifying pace in the 1,000m run ... Ran 2:58.85 for second place at the Virginia Tech Challenge, only 1.3 seconds shy of qualifying ... Hit 5:07.68 in the mile indoors at the Vince Brown Invitational ... Part of the seventh-place 4x800m relay team at the Penn Relays.

At Northern
Five-time Maryland state champion at 1,600m, three indoor and two outdoor ... Also earned five runner-up honors combined between 800m and 1,600m ... Named conference MVP in track as a

KEELY MURPHY
B.B.A. Accounting 2009
M. Accounting 2010

Owings, Md.
Northern

Personal Best Marks

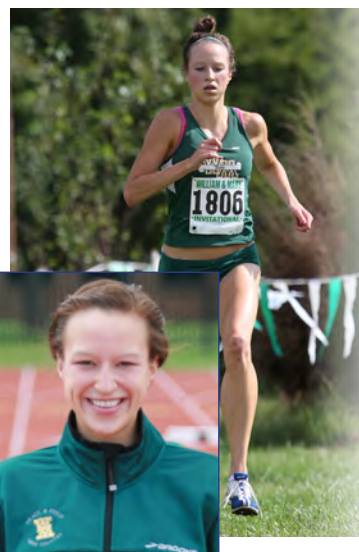
Indoors:
800m.....2:19.04.....2/16/07
1,000m.....2:58.85.....2/17/07

Outdoors:
800m.....2:15.73.....4/18/08
1,500m.....4:43.56.....5/6/07

ALL-EAST
2007 Indoor 4x800m

junior and senior and in cross country as a senior ... Member of the National Honor Society.

Personal
Daughter of Vickie and Martin Murphy ... Born March 20, 1988 in Niskayuna, New York ... Brother, Ryan, ran at GMU and Virginia and is currently an assistant coach with the Tribe ... Enjoys shopping and listening to music ... Graduated in May of 2009 with a bachelor's of business administration in accounting, and is currently enrolled in the Master's of Accounting program.



EMILY ANDERSON
B.S. Kinesiology 2010

Golf, III.
Glenbrook South

Personal Best Marks

Indoors:
3,000m.....9:26.33.....3/9/08
5,000m.....16:03.15.....3/13/09
Mile.....4:43.33.....2/23/08

Outdoors:
800m.....2:12.52.....3/29/08
1,500m.....4:14.73.....6/14/08
5,000m.....16:08.18.....5/29/09

U.S. Olympic Trials
2008 1,500m Semifinalist

ALL-AMERICAN
2009 Indoor 5,000m
Outdoor Track
2008 • 2009

ALL-ACADEMIC
2007 Cross Country
2009 Track

NCAA Qualifier
Indoor Track
2008 (P) • 2009 (A)
Outdoor Track
2008 (A) • 2009 (A)

USAT&F Junior Qualifier
2007 Outdoor 1,500m

ALL-REGION
2007 Cross Country
Outdoor Track
2008 • 2009

ECAC Champion
2008 Indoor Track
2008 Outdoor Track

2008-09
Cross Country: **CAA Champion** ... **CAA Scholar-Athlete of the Year** ... Fourth at the Colonial Inter-Regional ... Led W&M at the Pre-National Invitational ... Fourth for the Tribe at the Southeast Regional.

Indoor: **ALL-AMERICAN** ... Ninth at the NCAA Championships in the 5,000m ... Ran 16:03.15 in just her second 5,000m race, the fastest time ever at W&M ... **Automatic qualifier** to the national meet after running 16:08.49 in her 5,000m debut ... **Provisional qualifier** in both the mile (4:43.50) and 3,000m (9:29.01).

Outdoor: **ALL-AMERICAN** ... **CAA Athlete of the Year** ... **USTFCCCA All-Academic** ... **Track Athlete of the Meet** at the CAA Championships ... Finished ninth in the 5,000m at the NCAA Championships for All-American accolades ... Third at the NCAA East Regional with an outdoor-best of 16:08.18 at 5,000m ... Became the first woman and just second athlete ever to win both the 1,500m and 5,000m titles at the CAA Championships ... Broke the meet record in the 5,000m with an easy run of 16:40.99 ... **All-East**, timing 4:23.15 for third place in the 1,500m at the ECAC Championships.

2007-08
Cross Country: Led the Tribe to the silver medal at the ECAC Championships, placing fourth individually for **All-East** honors ... Earned **All-Southeast** Region accolades after finishing 20th at the region championships ... **All-conference** after finishing seventh at the CAA Championships ... Led the Tribe at the Pre-National Invitational, placing 66th ... Seventh at the Colonial Inter-Regional ... Tenth at the Lou Onesty Invitational ... Named **All-Academic** by the USTFCCCA. Track: **CAA Athlete of the Year** ... Named **ALL-AMERICAN** after running a personal best 4:14.73 and finishing fifth at the NCAA Championships in the 1,500m ... **Semi-finalist at the Olympic Trials** in the 1,500m ... Finished fourth at the NCAA East Regional in the 1,500m ... **ECAC Champion** at both the indoor and outdoor 3,000m run ... First time that has been accomplished in W&M history ... NCAA **Provisional Qualifier** indoors after breaking the school indoor mile record with a time of 4:43.33 at the Virginia Tech Challenge ... Broke Emily Furia's indoor record by three seconds ... Member of the Colonial Relays Distance Medley Relay championship team ... Set a personal best of 2:12.52 in the 800m at the Fred Hardy Invitational ... Cleared the NCAA provisional-qualifying barrier ... Broke the NCAA provisional-qualifying standard indoors in the 3,000m at the Vince Brown Invitational, timing 9:27.88 ... Time ranks fourth all-time at the College ... Race was her first collegiate track effort longer than the mile ... Broke the facility record set by Coach Newberry four years earlier ... Ran the mile leg of the DMR that won at North Carolina in an ECAC-qualifying time of 11:48.36 ... Ran third on the school-record and ECAC-qualifying 4x400m relay at Virginia Tech.

2006-07
Cross Country: Seventh at the Cavalier Open ... Eighteenth at the Tribe Open

ALL-EAST

2007 Cross Country
Indoor Track
2007 • 2008
Outdoor Track
2008 • 2009

**CAA Scholar-Athlete
of the Year**

2008 Cross Country

CAA Athlete of the Year

Outdoor Track
2008 • 2009

CAA Athlete of the Meet

2009 Outdoor Track

CAA Champion

2008 Cross Country
Outdoor 1,500m
2007 • 2009
2009 Outdoor 5,000m

ALL-CAA

Cross Country
2007 • 2008
Outdoor Track
2007 • 2009 (twice)

... All-conference in track and cross country all four years ... Qualified for the state cross country championships in 2003 and 2005 ... MVP of cross country and track her last three years ... Member of the choir and junior class board.

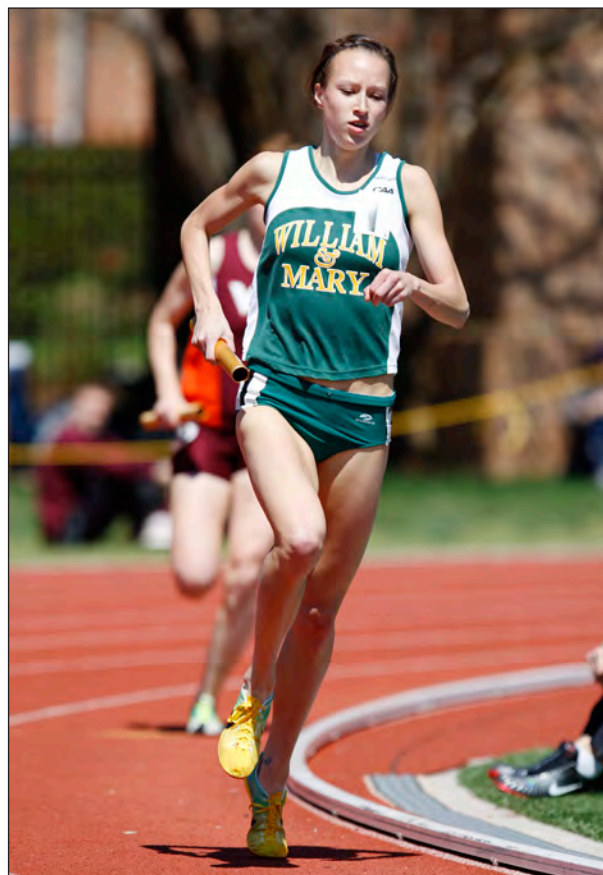
Personal

Daughter of Mary and Kenneth Anderson ... Born February 14, 1988 in Detroit, Michigan ... As a freshman at Glenbrook, wanted to quit track for the badminton team.

... Ran at the Lou Onesty Invitational and the Colonial Inter-Regional. Track: **CAA Champion** at 1,500m ... Her win was the fourth for W&M at 1,500m in the past five years, and the third time in that span a freshman had won ... At the Colonial Relays, ran the team's season-best time of 4:31.26 to take 12th place ... Performance ranks ninth all-time at the College ... Her time qualified her for the ECAC Championships and the USAT&F Junior Nationals ... 28th at the NCAA East Regional in 4:33.53, the third-fastest time on the team ... **All-East** indoors as part of the fifth-place 4x800m relay ... Ran the anchor leg of the 4x800m at the Penn Relays, bringing the team into a seventh-place finish in the College Division (9:02.16) ... Broke the Christopher Newport indoor facility record in the mile in her first collegiate race, running 5:06.79 to win the mile at the CNU Holiday Open ... Runner-up at 800m at the Tribe Invitational in 2:13.87 ... Ran 2:16.02 in the 800m at the CNU Holiday Open to set the College's indoor freshman record ... Ran the lead-off leg of the 4x1,500m relay team that took 12th in the Championship of America at the Penn Relays.

At Glenbrook South

Third in the state at 800m as a sophomore ... Also earned all-state honors in the 800m as a junior, taking sixth

**MEGHAN BURNS**

B.S. Kinesiology 2010

Coopersburg, Pa.
Allentown Central Catholic

Personal Best Marks**Indoors:**

3,000m..... 10:03.21.....2/9/08
Mile 4:59.19.....3/8/08

Outdoors:

800m 2:14.12.....5/9/08
1,500m..... 4:24.83.....5/30/08
5,000m..... 16:57.28.....4/23/09

ALL-ACADEMIC

2008 Cross Country

NCAA QUALIFIER

2008 Outdoor Provisional

ALL-REGION

2008 Cross Country

ALL-EAST

2008 Cross Country
2009 Indoor 4x800m

CAA CHAMPION

2008 Outdoor 1,500m

ALL-CAA

2008 Cross Country
2008 Outdoor 1,500m

2008-09

Cross Country: USTFCCA **All-Academic** selection ... Led the Tribe at the Southeast Regional, finished 22nd for **all-region** honors ... Named **All-East** after finishing 14th at the ECAC Championships ... Third at the CAA Championships for **all-conference** honors ... Second for W&M at Pre-Nationals ... Finished 13th at the Colonial Inter-Regional.

Indoor: **All-East** after leading off the Tribe's 4x800m relay at the ECAC Championships ... Just missed qualifying in the mile at Virginia Tech, running 5:01.47.

Outdoor: Fourth in the 1,500m at the CAA Championships ... Qualified to the ECAC meet, where she ran a season-best 4:30.41 in the prelims ... Also qualified to the ECAC Championships at 5,000m, running a career-best 16:57.28 at the Penn Relays ... Led the Tribe's 4x800m relay at ECACs and the DMR at the Colonial Relays.

2007-08

Cross Country: Thirty-ninth at the ECAC Championships ... Twenty-third at the Lou Onesty Invitational ... Ran unattached at the Cavalier Open, finishing sixth. Track: At-Large eligible after running a personal best of 4:24.83 in the 1,500m run at the NCAA East Regional ... Set a personal record of 4:59.19 in the mile run at the ECAC Indoor Championships ... **CAA Champion** in the 1,500m run ... Member of the Colonial Relays Distance Medley Relay championship team ... Set a personal best of 2:14.12 in the 800m run at the Carolina Outdoor Classic ... Qualified to the ECAC Championships in the mile after running 4:59.20 at the Liberty Kickoff ... Ran the opening 1,200m leg on the DMR that won at North Carolina in an ECAC-qualifying time of 11:48.36.

2006-07

Cross Country: Fifth at the Tribe Open ... Eighth at the Cavalier Open ... Twenty-ninth at the Lou Onesty Invitational ... Forty-sixth at the Colonial Inter-Regional. Track: Set her personal best at 1,500m in three consecutive races ... Qualified for the finals at the CAA Championships with a time of 4:44.48, a best-mark by over three seconds ... The next day, ran 4:39.01 to finish sixth and score points for the Tribe ... Two weeks later, ran 4:38.67 to finish fifth at the Duke Twilight Invitational ... Ran anchor on the 4x800m relay in the outdoor ECAC preliminaries ... Ran third on the 4x1,500m that finished 12th at the Penn Relays in 18:31.27.

At Allentown Central Catholic

Three-time conference all-star in cross country ... Also earned all-star status three times in track ... District champ

at 1,600m in 2006 ... Was on the newspaper and yearbook staffs ... Key member of the school's interpretive dance program and school musical.

Personal

Daughter of Tracy and Frank Burns ... Born November 2, 1988 in Allentown, Pennsylvania ... Enjoys shopping, watching movies, and reading ... Wanted to be a marine biologist growing up.



2008-09
 Cross Country: Seventh for W&M at both the Southeast Regional and ECAC Championships ... Finished 22nd at the CAA Championships ... Won the Cavalier Open ... Seventh for the Tribe at the Colonial Inter-Regional, finishing 19th overall ... Finished 33rd in the open race at the Pre-National Invitational.

Indoor: **All-East**, anchoring the 4x800m relay to eighth place at the ECAC Championships ... Bowled in the prelims of the ECAC 1,000m with a career-best 2:54.84 ... Ranks seventh in school history.

Outdoor: **All-East** at 800m, placing eighth in the finals at the ECAC Championships ... Also ran on the 4x800m at ECACs ... **All-CAA** in the 800m after taking third at the conference championships ... Ran a career-best 2:09.98 in the prelims of the ECAC Championships to rank seventh all-time at W&M ... Led the 4x800m relay at the Penn Relays that ran 8:53.97.

2007-08

Cross Country: Twenty-sixth at the Cavalier Open ... Thirty-first at the Tribe Open ... Thirty-seventh at the Colonial Inter-Regional. Track: Named **All-CAA** after finishing third in the 800m at the CAA Championships ... Qualified for the ECAC outdoor championships after setting a personal best of 2:10.23 at 800m at the Carolina Outdoor Classic ... Qualified for ECACs in the 1,000m after running 2:55.05 for second place at the Mason Last Chance meet ... Ranks seventh all-time at the College.

2006-07

Cross Country: Twenty-sixth at the Cavalier Open ... Thirty-sixth at the Tribe Open ... Also ran at the Colonial Inter-Regional. Track: Redshirted, competing at only one meet indoors ... Fourth in the mile at the season-opening CNU Holiday Open, running 5:18.66 ... Eighth in the 800m at that meet, finishing in 2:24.65.

At Holy Name

KELLY MCELROY

B.S. Neuroscience 2010

Wyomissing, Pa.
 Holy Name

Personal Best Marks

Indoors:
 800m 2:15.83 12/6/08
 1,000m 2:54.84 3/7/09

Outdoors:
 800m 2:09.98 5/16/09

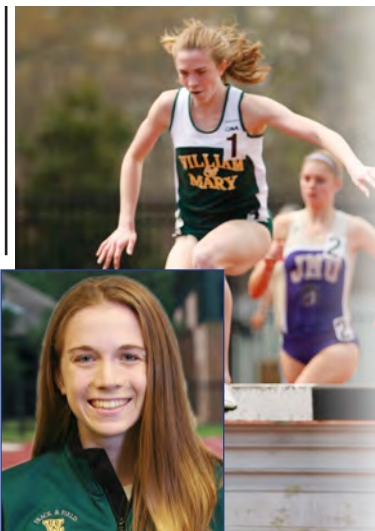
ALL-EAST
 2009 Outdoor 800m
 2009 Indoor 4x800m

ALL-CAA
 Outdoor 800m
 2008 • 2009

Track MVP in 2005 and 2006 ... Set school records in the 400m, 800m, 1,600m, and 3,200m ... Also was a midfielder on Holy Name's field hockey team for four years ... Named Most Ideal Athlete in 2006 ... Member of the National Honor Society ... Student Ambassador.

Personal

Daughter of Catherine and Brian McElroy ... Born March 10, 1988 ... Father ran track at Villanova from 1970-74 ... Sister, Michaela, graduated from W&M in 2007 ... Fondlest sports thrill was winning districts for the first time ... Enjoys cooking and reading.



BETSY GRANAY

B.S. Kinesiology 2011

Harper Woods, Mich.
 Grosse Pointe North

Personal Best Marks

Indoors:
 800m 2:20.81 2/1/08

Outdoors:
 1,500m 4:38.77 4/19/08
 3K SC 10:15.99 5/16/09

TEAM USA
 2008 World Jr. Championships
 Outdoor 3K Steeplechase

ALL-ACADEMIC
 2009 Track

Academic All-District
 2009 Second Team

NCAA Qualifier
 2009 Outdoor 3K Steeplechase

USAT&F Senior Qualifier
 2009 Outdoor 3K Steeplechase

USAT&F Junior Qualifier
 2008 Outdoor 3K Steeplechase
 2008 Outdoor 1,500m

ALL-REGION
 Outdoor 3K Steeplechase
 2008 • 2009

CAA Rookie of the Year
 2008 Track

CAA CHAMPION
 2009 Outdoor 3K Steeplechase

ALL-EAST
 2008 Cross Country
 Outdoor 3K Steeplechase
 2008 • 2009

ALL-CAA
 2008 Cross Country
 Outdoor 3K Steeplechase
 2008 • 2009

2008-09
 Cross Country: **All-East**, finishing 10th at the ECAC Championships ... Named **all-conference** after taking sixth at the CAA Championships ... Just missed all-region honors, finishing 30th at the Southeast Regional. Indoor: Did not compete.

Outdoor: USTFCCCA **All-Academic All-District** by CoSIDA/ESPN *The Magazine* ... **NCAA qualifier** in the 3,000m steeplechase ... Finished 24th at the national championships ... Fifth at both the NCAA East Regional and ECAC Championships, earning **all-region** and **All-East** honors, respectively ... Ran 10:15.99 at the ECAC Championships to smash her own personal-best by nearly 16 seconds, the school record by eight seconds, and to provisionally qualify for the U.S. Senior Championships ... Ran 10:22.86 at the regional, giving her the top two performances in W&M history ... Won the CAA title in the steeplechase ... Defended her Colonial Relays crown ... Ran 4:39.12 for 1,500m at North Carolina in May ... Ninth in the 1,500m at the CAA meet.

2007-08

Cross Country: Twenty-seventh at the CAA Championships ... Fifty-eighth in the Pre-Nationals open race ... Twenty-ninth at the Colonial Inter-Regional ... Tenth at the Cavalier Open ... Eighteenth at the Lou Onesty Invitational. Track: **CAA Rookie of the Year** ... Runner-up in the 3,000m steeplechase at the USA Junior Championships ... Selected to the **US World Junior Team**, finishing sixteenth at the IAAF World Junior Championships ... Finished seventh at the NCAA East Regional in the 3,000m steeplechase with a personal best time of 10:31.47 ... Second fastest steeplechaser in W&M history ... Performance was the seventh time she broke the freshmen record ... Finish made her eligible for selection to the NCAA Championships ... Earned **All-East** recognition after finishing third in the steeplechase at the ECAC Championships ... Earned **all-conference** honors for her second place finish in the steeplechase at the CAA Championships ... College Champion in the steeplechase at the Penn Relays ... Colonial Relays champion in the steeplechase ... Finished sixth at the CAA Championships in the 1,500m run with a time of 4:38.77 ... Time qualified her for USA Track and Field Junior Championships.

At Grosse Pointe North

Earned three all-state honors in cross country ... Also named academic all-state for three years ... Four-time region champion ... All-conference all four years of high school ... Conference champion as a freshman ... Team was named the Academic State champions in 2005 ... National Honor Society member ... Branch Leader for Women in Leadership Leading our World.

Personal

Daughter of Therese and Jerry Graney ... Born October 23, 1989 in Detroit, Michigan ... Cousin, Blake Terhune, ran cross country and track at Grand Valley State ... Cousin, Kevin Elliot, plays football at Concordia University ... Is an amateur photographer ... Wants to fly her own plane someday.



2008-09
 Indoor: **All-East**, running the third leg of the 4x800m relay both in the prelims and finals ... Ran 2:59.91 in the 1,000m at Virginia Tech ... Timed 2:21.14 in the open 800m at Navy.
 Outdoor: Ran the 4x800m at the Colonial Relays ... Finished 23rd in the 800m at the CAA Championships ... Outdoor-best of 2:21.36 came at Richmond in March.
At St. Catherine's School
 Named All-LIS in indoor track 2004-2007 ... Named All-LIS outdoor track 2003-2007 ... Named All-LIS in cross country in 2005 and all-state in outdoor track in 2004.
Personal
 Daughter of Jan and Gary Lofland ... Born September 19, 1989 in Richmond, Virginia ... Brother, Kiernan, is a senior on the track team at the College ... Enjoys reading and taking pictures in her spare time ... Came to W&M because she can get a great liberal arts education and run track.

GLENNIS LOFLAND

B.A. English 2012

Crozier, Va.
 St. Catherine's

Personal Best Marks
Indoors:
 800m.....2:21.14.....1/17/09
 1,000m.....2:59.91.....2/21/09
Outdoors:
 800m.....2:21.36.....3/28/09

ALL-EAST
 2008 Indoor 4x800m



AVERY MATTINGLY

B.A. Sociology 2012
 B.A. Psychology 2012

Blacksburg, Va.
 Blacksburg

Personal Best Marks
Indoors:
 500m.....1:19.66.....H.S.
Outdoors:
 800m.....2:18.08.....H.S.

2008-09
 Cross Country: Seventh at the Tribe Open ... Finished 16th at the Cavalier Open ... Also ran at the Colonial Inter-Regional.

Indoor: Season-best 800m mark came CNU in February, when she ran 2:23.30.

Outdoor: Ran 2:21.47 for 800m at Virginia in April ... Finished 21st at the CAA Championships ... Ran the 4x800m relay at Richmond and at the Colonial Relays.

At Blacksburg
 Captured the district, region, and state championships in the indoor 500m run in 2008 ... Named All-Region and All-State in outdoor track in the 800m run in 2008 ... Member of the 4x800 state relay championship team in 2008... Won the 500m indoor district championship in 2007 ... Named to the All-District team in 2007 ... Member of the French National Honor Society.

Personal
 Daughter of Susan and Stephen Mattingly ... Born December 10, 1989 in Arlington, Virginia ... Enjoys reading, watching movies, and baking key lime pies.



BRITTANY SEVACHKO

B.A. Sociology 2012
 B.A. Psychology 2012

Centreville, Va.
 Westfield

Personal Best Marks
Indoors:
 800m.....2:23.48.....2/20/09
Outdoors:
 800m.....2:14.37.....H.S.
 1,500m.....4:56.61.....4/3/09

2008-09
 Cross Country: Ran at the Lou Onesty Invitational and the Colonial Inter-Regional.

Indoor: Ran 2:23.48 in the 800m at Virginia Tech ... Won the 1,000m at the Mason Last Chance meet in 3:02.29.

Outdoor: Improved her 800m time at every meet during the spring ... Ran 2:15.45 at North Carolina in May ... Finished 17th at the CAA Championships ... Only performance at 1,500m came at the Colonial Relays, where she timed 4:56.61 ... Ran at the ECAC Championships on the Tribe's 4x800m relay ... Led off W&M's 4x800m relay at the Colonial Relays.

At Westfield
 Three-time Nike Indoor Championships All-American ... Four-time All-State in indoor track and three-time All-State in outdoor track ... Four-time all-region and four-time All-District in indoor track ... Three-time All-Region and three-time All-District in outdoor track ... NSIC Academic All-American in 2008 ... Honorable mention in the *Washington Post* for both indoor and outdoor track in 2008.

Personal
 Daughter of Hanne and Doug Sevachko ... Born May 21, 1990 in Fairfax, Virginia ... Loves to travel to tropical beaches and exotic places with her family and friends, especially Hawaii and the Bahamas.



LIZ BARCLAY
B.A. Religious Studies 2013

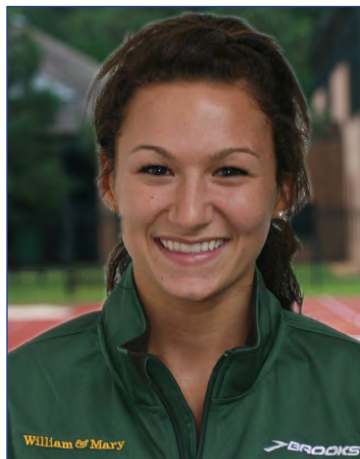
Charlottesville, Va.
Albemarle

Personal Best Marks	
Indoors:	
1,000m	2:56.....H.S.
Outdoors:	
800m	2:17.....H.S.
1,500m	4:43.....H.S.

At Albemarle
Six-time all-state selection in Virginia's highest classification ... 2009 outdoor 1,600m state champion ... Runner-up indoors at 1,000m in 2009 ... Fourth in the state cross country championships

as a sophomore ... Region champion at 800m in 2006 and 2008 ... Seventh-time district champion ... Member of Albemarle's Show Choir and Vocal Jazz Choir.

Personal
Daughter of Margaret and Bruce Barclay ... Born November 16, 1990 in Charlottesville, Virginia ... Brother, John, is also a freshman at W&M ... Enjoys reading, baking, and collaging.



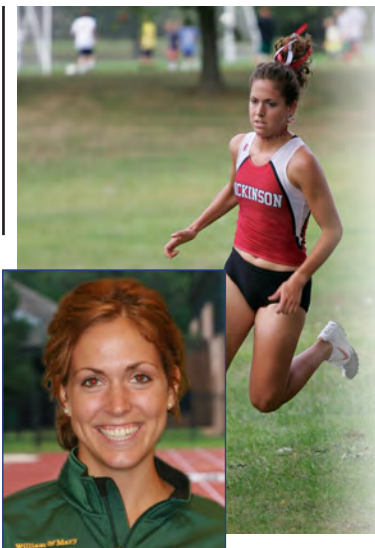
KATIE BUENAGA
B.A. Psychology 2013

Greenville, Del.
The Tatnall School

Personal Best Marks	
Outdoors:	
800m	2:14.....H.S.
1,600m	4:55.....H.S.
3,200m	11:09.....H.S.

At Tatnall
Led her team to third place at the NXN championships, finishing 20th overall ... Three-time all-state in cross country, including a seventh-place finish in 2007 ... Tatnall won state cross country championships all three years she ran for them ... Spent 2006-07 at Bishop Kenny High in Florida ... Helped set five Delaware state relay records in the past two years ... All-American outdoors in 2009 after timing 9:03 in the 4x800m relay ... Won the Penn Relays Championship of America in the DMR with a record time of 11:49 ... Ran the opening leg (1,200m) in 3:33 ... Set the state record in the 4xMile both indoors (20:46) and outdoors (20:42) ... Also set the state 4x800m record outdoors in 2008, timing 9:12.83 ... State titlist indoors in 2008 in the 4x800m relay ... Took third in the open 800m ... Won the Florida state 4x800m outdoors in 2007 ... At the 2006 Delaware outdoor state meet, took silver in the 800m and 1,600m while teaming to win the 4x800m ... Won the Kohler Cup as a senior at Tatnall, emblematic of leadership in athletics, academics, and community service ... Completed over 300 hours of community service in high school, including volunteering at a soup kitchen and serving as a CCD teacher for her church.

Personal
Daughter of Debra and Edward Buenaga ... Born January 12, 1991 in San Francisco, California ... Full name is Kaitlin Elizabeth Buenaga ... Enjoys spending time with friends and family, and volunteering at church and in the community.



DARCY MCDONALD

At Dickinson College
B.A. Sociology 2009
B.A. Psychology 2009
At W&M
M.Ed. School Psychology 2011

Lititz, Pa.
Warwick (Dickinson)

Qualified for the NCAA Championships all three years ... Named to the USTFCCA All-Academic squads three times in cross country, and once in track ... Earned a total of eight all-conference awards ... Graduated in 2009 with degrees in sociology and psychology.

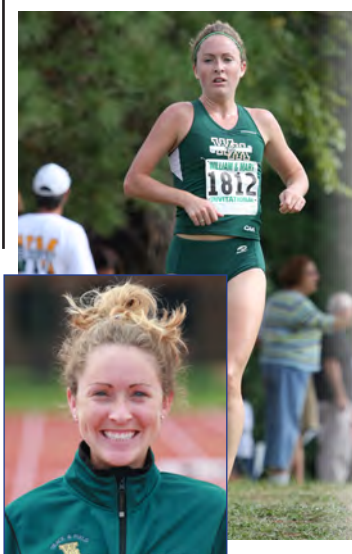
Personal
Daughter of Peg Gerhart and Jerry McDonald ... Born April 11, 1987 in Lancaster, Pennsylvania ... Enjoys swimming, yoga, and going to the beach.

Personal Best Marks	
Indoors:	
Mile	5:10.....2008
Outdoors:	
1,500m	4:43.....2008
3,000m	10:06.88.....3/13/09
5,000m	17:04.27.....5/11/09

ALL-ACADEMIC	
Cross Country	
2006 • 2007 • 2008	
2009 Track	
NCAA Qualifier	
Cross Country	
2006 • 2007 • 2008	
2009 Outdoor 5,000m	
ALL-REGION	
Cross Country	
2006 • 2007 • 2008	
ALL-CENTENIAL	
Cross Country	
2006 • 2007 • 2008	
5x Track and Field	

At Dickinson (2005-09)
Competed three years for Dickinson ... NCAA qualifier outdoors at 5,000m in 2009, finishing 11th ... Career-best 17:04.27 was the seventh-fastest time in Division III last season ... Three-time all-region honoree in cross country ...

... Earned a total of eight all-conference awards ... Graduated in 2009 with degrees in sociology and psychology.



KAYLEY BYRNE
B.B.A. Business 2010

Oak Hill, Va.
Oakton

Personal Best Marks	
Indoors:	
3,000m	9:48.55.....3/8/09
5,000m	17:29.10.....11/30/07
Outdoors:	
1,500m	4:41.00.....5/8/09
3,000m	9:54.33.....5/17/09
5,000m	16:46.20.....4/17/09

2008-09
Cross Country: Earned all-conference honors for the first time, placing eighth at the CAA Championships ... 58th overall and fifth for the Tribe at the Southeast Regional ... 33rd at the ECAC meet ... Third for W&M at the Pre-National Invitational ... Finished sixth overall at the Colonial Inter-Regional as the Tribe's second runner.

Indoor: Ran 9:56.41 in the 3,000m at Virginia Tech to qualify for the ECAC Championships ... At ECACs, timed a career-best 9:48.55 for 14th. Outdoor: All-East at 3,000m after finishing seventh in 9:54.33 at the ECAC Championships ... Ran a career-fast 16:46.20 for 5,000m at the CAA Championships for third place and all-conference honors ... Also qualified for the NCAA Regional with that performance ... Lowered her personal-best at 1,500m to 4:41.00 at North Carolina in May ... Ran the second leg of the winning 4x1,500m relay at the Colonial Relays.

2007-08
Cross Country: All-East after finishing 20th at the ECAC Championships ... Twenty-fifth at the CAA Championships ... Fourth finisher for W&M at the Pre-National Invitational ... Twenty-third at the Colonial Inter-Regional ... Sixth at the Lou Onesty Invitational ... Eighth at the Cavalier Open. Track: Qualified for the ECAC indoor championships after timing 17:29.10 in the 5,000m at the Liberty Kickoff ... Qualified for the ECAC outdoor championships after setting a personal best of 9:55.21 in the 3,000m run at the Penn Relays.

2006-07
Cross Country: Won the Cavalier Open in 18:37.3 ... Sixty-fourth at the ECAC

USAT&F Junior Qualifier2007 Outdoor Track
3,000m • 5,000m**ALL-EAST**2007 Cross Country
2009 Outdoor 3,000m**ALL-CAA**2008 Cross Country
2009 Outdoor 5,000m

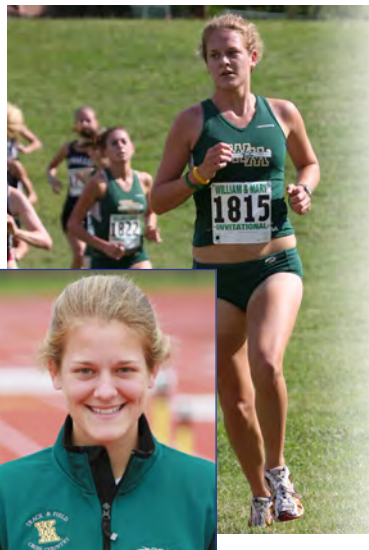
als and finished just behind the ECAC outdoor standard at the Penn Relays, timing 10:00.04 ... Ran 5:09.33 in the mile indoors at the Vince Brown Invitational.

At Oakton

All-American as part of Oakton's 4x800m relay team that took sixth at Nationals ... Relay also holds the Virginia AAA record of 9:06 ... All-district and all-region in cross country last three years, and in track the last two years ... All-state in cross country as a junior ... Earned Washington Post First-Team All-Metro honors in cross country ... Named Runner of the Year in cross country by the Washington Examiner.

Personal

Daughter of Carol and Bill Byrne ... Born February 26, 1988 in Washington, D.C. ... Favorite athlete is Clinton Portis ... Enjoys reading Nicholas Sparks, going to the beach, and fishing.

**SALLIE FORD**

B.A. Classical Civilizations 2010

Lynchburg, Va.
E.C. Glass**Personal Best Marks**

Indoors:
3,000m 10:30.49 2/9/08
5,000m 18:08.16 12/6/08

Outdoors:

3,000m 10:26.11 3/29/08
5,000m 17:46.47 5/2/09
10,000m 36:37.71 5/15/09

ALL-EAST

2009 Outdoor 10,000m

ALL-CAA

2009 Outdoor 10,000m

the National Latin Exam.

Personal

Daughter of Sue and Garry Ford ... Born September 3, 1987 in Lynchburg, Virginia ... Plays the violin and piano ... Enjoys reading and playing soccer with her dog.

Championships ... Ninth at the Tribe Open ... Thirty-sixth at the Lou Onesty Invitational ... Forty-third at the Colonial Inter-Regional. Track: ECAC and Junior Nationals qualifier outdoors at 5,000m ... Ran a career-best time of 17:25.50 while finishing fourth at the Duke Twilight Invitational ... Scored for the College by finishing fifth at the CAA Championships ... Finished 10th in the 5,000m at the Colonial Relays ... Improved her best-time at 3,000m by almost a minute over the course of the season ... Qualified for Junior Nation-

als and finished just behind the ECAC outdoor standard at the Penn Relays, timing 10:00.04 ... Ran 5:09.33 in the mile indoors at the Vince Brown Invitational.

2008-09

Cross Country: Ran at the CAA Championships ... Finished 10th at the Cavalier Open ... Also competed at the Lou Onesty Invitational and the Colonial Inter-Regional.

Indoor: Won the 5,000m at CNU twice, the season-opener in December and again in January ... Ran 18:08.16 in the first win.

Outdoor: All-East and All-CAA at 10,000m ... Runner-up at the CAA Championships in 36:44.66 ... Won bronze at the ECAC Championships with a personal-best time of 36:37.71 ... Ranks 10th in school history ... Won the 5,000m at George Mason in May with a personal-best time of 17:46.47 ... Fourth in the 5,000m at the Colonial Relays.

2007-08

Cross Country: Runner-up at the ECAC Coaches' Race ... Thirty-second at the Colonial Inter-Regional ... Ninth at the Tribe Open ... Eleventh at the Cavalier Open ... Twentieth at the Lou Onesty Invitational. Track: Set a personal best of 10:26.11 in the 3,000m run at the Fred Hardy Invitational ... Set a personal best of 17:50.78 in the 5,000m run at the George Mason Invitational.

2006-07

Cross Country: Twentieth at the Cavalier Open ... Forty-third at the Tribe Open ... Ran at the Lou Onesty Invitational and Colonial Inter-Regional. Track: Finished 12th in the 10,000m run at the CAA Championships ... Third in the 3,000m run at the Tribe Invitational, timing 10:49.82 ... Ran 18:32.10 for 5,000m at the Colonial Relays ... Ran 5:24.78 in the indoor mile at Patriot Games.

At E.C. Glass

Went to all three state meets every year of high school ... E.C. Glass' top runner in all three sports during her four years ... Member of the National Honor Society, History Honors Club, and Math Honors Club ... Co-President of the Latin Club ... AP Scholar with Honors ... Earned Cum Laude distinction on

**ROBIN VANNEMAN**

B.A. East Asian Studies 2010

Stafford, Va.
Brooke Point**Personal Best Marks**

Indoors:
3,000m 11:07.49 3/1/09

Outdoors:

3,000m 11:01.69 3/21/09
10,000m 39:37.83 4/17/09

2008-09

Cross Country: Fifth at the Tribe Open ... Finished 18th at the Cavalier Open ... Also ran at the Colonial Inter-Regional.

Indoor: Ran 11:07.49 in the 3,000m at

George Mason in March.

Outdoor: Fourth in the 10,000m at the Colonial Relays ... Ran a personal-best 39:37.83 at the CAA Championships ... Lowered her best-mark in the 3,000m to 11:01.69 with her third-place finish at the Tribe Open.

2007-08

Cross Country: Twenty-fourth at the Tribe Open ... Thirty-first at the Cavalier Open ... Also ran at the Colonial Inter-Regional. Track: Ran the 10,000m run at the CAA Championships.

2006-07

Cross Country: Did not compete. Track: Walked-on for the outdoor season ... Ran 18:29.11 for 11th place at the Duke Twilight Invitational 5,000m ... Ran 5:13.06 in the 1,500m at the Lou Onesty Invitational ... Seventh in the Tribe Invitational 3,000m with a time of 11:04.40.

At Brooke Point

Ran at the Virginia state championships each of her last three years ... All-region in cross country as a junior ... Earned all-district honors three times ... President of the National Honor Society ... Historian of the Spanish Honor Society ... Member of the Art Honor Society ... Academic Achievement Award-winner for maintaining a GPA of better than 3.8 ... Also graduated from the Washington Japanese Language School.

Personal

Daughter of Akemi and Thomas Vanneman ... Born August 16, 1988 in Bethesda, Maryland ... Uncle was a member of the Japanese national soccer team from 1965-67 ... Craziest ambition is to visit all of the continents (except Antarctica) ... Enjoys traveling and sightseeing, politics, and learning new languages.

**KELSEY BUDD**

B.A. Government 2011

B.A. Economics 2011

Oakton, Va.
Paul VI**Personal Best Marks**

Outdoors:
1,500m 4:59.22 5/2/09
3,000m 10:47.09 3/21/09

2008-09

Cross Country: 15th at the Tribe Open. Indoor: Ran 11:11.10 in the 3,000m at CNU in January.

Outdoor: Won the steeplechase at the Lou Onesty Invitational ... Runner-up in the 3,000m at the Tribe Open with a time of 10:47.09 ... Competed in the steeplechase at the CAA meet.

2007-08

Cross Country: Redshirted. Track: Ran once indoors and once outdoors.

At Paul VI

Captained Paul VI to Virginia Independent Schools and Virginia Catholic Schools state championships in both her junior and senior years ... Earned a total of four all-state nods ... As a junior, took ninth at the VIS state championships and fifth at the VCS state meet ... As a senior, finished sixth and fourth, respectively ... Led Paul VI to the Washington Catholic Athletic Conference title as a junior, finishing seventh for all-conference honors ... Also earned all-conference accolades a senior, finishing 11th at the WCAC championship meet ... Runner-up at 3,200m at the Virginia Catholic Championships as a junior and a senior ... An accomplished musician, was the principal violinist for the Vienna Trio and Concert Mistress for Paul VI ... National Honor Society ... Spanish Honor Society.

Personal

Daughter of Karen and David Budd ... Born August 11, 1989 in Boston, Massachusetts ... Father played basketball and baseball at Iona ... Uncle, George, played football and basketball at Lehigh ... Uncle, Robert, ran track at Northeastern ... Growing up, wanted to be either a meteorologist or a superhero ... Most prized possession is a framed desiderata ... Enjoys reading, going to the beach, and playing violin.



HEATHER BEICHERNER
Class of 2012

Cary, N.C.
Cardinal Gibbons

Personal Best Marks
Indoors:
Mile5:01.13.....2/20/09

Outdoors:
1,500m.....4:30.84.....5/8/09
3,000m.....9:53.29.....4/23/09

USAT&F Junior Qualifier
2009 Outdoor Track
1,500m • 3,000m

ALL-EAST
2008 Cross Country

CAA Rookie of the Year
2008 Cross Country

ALL-CAA
2008 Cross Country

2008-09

Cross Country: **CAA Rookie of the Year** ... **All-East**, taking 24th at the ECAC Championships ... **All-conference** after running 10th at the CAA Championships ... Finished 58th at the Southeast Regional ... Fifth for the Tribe at Pre-Nationals ... 20th at the Colonial Inter-Regional ... Second for W&M at the Lou Onesty Invitational.

Indoor: ECAC qualifier in the mile ... Timed a season-best 5:01.13 at Virginia Tech to qualify for ECACs ... Won the mile in her track debut at CNU in December.

Outdoor: Fifth at the CAA Championships in the 1,500m ... ECAC qualifier at both 1,500m and 3,000m ... Ran 4:30.84 in the 1,500m at North Carolina in May ... Finished the 3,000m in 9:53.29 at the Penn Relays ... Also qualified for the U.S. Junior Championships in both events.

At Cardinal Gibbons

2006 and 2007 NCHSAA 2A State Champion in cross country ... In 2007, set course record and recorded best time in state ... Three-time state champion in the 1,600m ... Recorded best time in 1,600m in the state ... Performance was tenth fastest in North Carolina history ... 2008 800m state champion ... Ran anchor leg on 2008 4x400 relay state championship team ... Ran anchor leg on three-time state champion 4x800 relay team ... 2007 1,000m indoor state champion ... Member of the National Honor Society.

Personal

Daughter of Nancy and Kevin Beichner ... Born January 22, 1990 in Poughkeepsie, New York ... Grandfather, Will Currier, played four years of baseball at Cortland State College ... Enjoys reading and shopping.



KRISTEN DIETZ
B.A. Government 2012

Springfield, Va.
Robert E. Lee

Personal Best Marks
Indoors:
5,000m.....19:36.20.....1/30/09

Outdoors:
3,000m.....11:13.98.....3/21/09
5,000m.....19:19.42.....5/2/09

2008-09

Cross Country: Finished 14th at the Cavalier Open ... Also ran at the Lou Onesty Invitational and CIRC.

Indoor: Ran the 5,000m at CNU.

Outdoor: Fourth in the 3,000m at the

Tribe Open ... Ran the 5,000m three times, including at the Colonial Relays.

At Robert E. Lee

Was named all-district all four years in cross country ... MVP of the track team in 2006 and 2008 ... Broke the school's mile record in 2008 ... Was named all-district in soccer in 2007 and 2008.

Personal

Daughter of Patty and Stephen Dietz ... Born October 10, 1989 in New Haven, Connecticut ... Sister, Jenn, ran cross country and track for four years at Virginia Tech ... Member of the National Honor Society ... Enjoys water skiing, hiking, and listening to live music.



AMELIA EMERSON
B.S. Kinesiology 2012

Nokesville, Va.
Brentsville District

Personal Best Marks
Indoors:
Mile5:24.61.....3/1/09
5,000m.....11:15.84.....1/30/09

Outdoors:
1,500m.....5:01.38.....5/2/09
3,000m.....11:06.06.....3/27/09

2008-09

Cross Country: Sixth at the Tribe Open ... Finished 15th at the Cavalier Open ... Also ran at the Colonial Inter-Regional.

Indoor: Ran the mile in 5:24.61 at George Mason in March.

Outdoor: Set best-marks of 5:01.38 in the 1,500m and 11:06.06 in the 3,000m.

At Brentsville District

Named All-District and All-Region in 2005, 2006, and 2007 ... Named All-State in cross country in 2006 and 2007 ... District champion in the 800m run in 2006 ... Member of the 4x800 indoor track championship team.

Personal

Daughter of Rannveig Krieger and David Emerson ... Born November 25, 1989 in East Lansing, Michigan ... Enjoys hiking, hanging out with friends, and dancing ... Came to the College because she loves the campus and the atmosphere of the school.



SARA LASKER
B.S. Mathematics 2012
B.A. Education 2012

Fredericksburg, Va.
Riverbend

Personal Best Marks
Indoors:
3,000m.....10:52.58.....3/1/09
5,000m.....18:26.89.....2/20/09

Outdoors:
5,000m.....18:19.20.....5/2/09
10,000m.....36:45.06.....4/17/09

ALL-CAA
2009 Outdoor 10,000m

2008-09

Cross Country: Third at the Tribe Open ... 11th at the Cavalier Open ... Also ran at the Colonial Inter-Regional.

Indoor: Ran the 5,000m twice, with a best time of 18:26.89 at Virginia Tech.

Outdoor: Named **All-CAA** after taking third in the 10,000m at the CAA Championships ... Timed a personal-best 36:45.06 in the race ... Qualified for the ECAC Championships, where she finished 11th ... Ran 18:19.20 for 5,000m at George Mason in May ... Finished 11th in the 3,000m at Richmond in March, timing 10:49.32.

At Riverbend

Captained the cross country, indoor, and outdoor track teams each of her last three years ... All-State in the 4x800m relay in 2006 ... Three-time state qualifier in cross country ... Five-time qualifier in track ... As a junior, won the regional 3,200m both indoors and outdoors ... Also won the 3,200m at the district outdoor championships ... Led Riverbend cross country to the district title from 2004-06, and the regional title in 2006 ... Member of the National Honor Society and Spanish Honor Society.

Personal

Daughter of Janice and Eric Lasker ... Born June 21, 1990 in Arlington, Virginia ... Enjoys playing board games, making pancakes, and spending time with family.



SHANNON RALSTON

B.A. English 2012
B.A. Philosophy 2012

Virginia Beach, Va.
Landstown

Personal Best Marks
Outdoors:

1,600m.....	5:28.....	H.S.
3,200m.....	11:39.....	H.S.

2008-09
Cross Country: Did not compete.
Indoor: Did not compete.
Outdoor: Did not compete.
2007-08
Cross Country: Redshirted. Track: Redshirted.
At Landstown

State and national qualifier in cross country and track ... First female athlete in school history to qualify for states ... Multiple all-region and all-district honors ... Team captain as a junior and senior ... Holds Landstown's distance records ... Member of the FBLA and National Honor Society ... Student government senator and Executive Council member.

Personal
Daughter of Allyson and Stephen Speirs ... Born January 1, 1989 in Portsmouth, Virginia ... Enjoys running and listening to music ... Growing up, wanted to be a veterinarian ... Favorite athlete is Paula Radcliffe.



MELISSA DIVECCHIA

Class of 2013

Centreville, Va.
Westfield

Personal Best Marks
Indoors:

800m.....	2:23r.....	H.S.
1,000m.....	3:11.....	H.S.

Outdoors:

1,600m.....	5:12.....	H.S.
3,200m.....	11:29.....	H.S.

At Westfield
Earned four letters in outdoor track and three each indoors and in cross country ... Part of the cross country team that won the Iolani Invitational in Hawai'i in 2006 ... Westfield went on to take fourth in the state that season ... Part of the 4x800m relay squad that won the Arcadia Invitational in California in 2008 ... Part of the darkhorse 4x800m relay that earned all-region honors and ran at the 2009 indoor state championships ... Beginning with indoor track as a junior, won five-straight Scholar-Athlete awards ... Member of the French Club and Math Honor Society.

Personal
Daughter of Marikay and Michael DiVecchia ... Born February 8, 1991 in Fairfax, Virginia ... Father earned his MBA from William and Mary in 1984 ... Enjoys listening to music, juggling a soccer ball, and dessert.



MEGAN FITZPATRICK

B.A. Hispanic Studies 2013
B.A. Education 2013

Ashburn, Va.
Bishop O'Connell

Personal Best Marks
Outdoors:

1,600m.....	5:06.23.....	H.S.
3,200m.....	11:05.51.....	H.S.

At Bishop O'Connell
Virginia Independent Schools state champion in cross country as a junior ... Runner-up at the VIS meet as a sophomore ... Led O'Connell to the VIS, WCAC, and Arlington County team titles the past two years ... Named first-

team All-Met in cross country by the *Washington Post* both as a junior and as a senior ... Champion at the WCAC meet and Arlington County championships each of the past two years ... In track, won six individual titles at the Virginia Catholic Championships, three each at 1,600m and 3,200m

... Named MVP of the Virginia Catholic League in 2007 and again in 2009 ... Won the 1,600m and 3,200m at the WCAC Championships the last two years ... National Merit Scholarship Commended Scholar ... USMC Distinguished Student-Athlete ... O'Connell's Female Student-Athlete of the Year as a senior ... National Honor Society ... Vice President of the Spanish Honor Society.

Personal
Daughter of Lynn and John Fitzpatrick ... Born March 15, 1991 in Arlington, Virginia ... Father graduated from W&M in 1984 ... Enjoys reading, writing, and yoga.



KIAH HARDCASTLE

B.S. Neuroscience 2013
B.S. Mathematics 2013

Lewisburg, Pa.
Lewisburg Area

Personal Best Marks
Outdoors:

3,000m.....	10:24.....	H.S.
5,000m.....	18:00.....	H.S.

At Lewisburg Area
Finished in the top-10 at the Nike Outdoor Nationals 5,000m in 2008 ... State champion in the 4x800m relay in 2008 ... Medalist at the state level twice in cross country and three times in track ... Three-time state qualifier in track, and four-time qualifier in cross country ... Finished in the top-10 at the state cross country meet in 2006 ... Won the individual district title that season as well ... Lewisburg won the district cross country title in 2006, 2007, and 2008, and finished third in the state each of the last two seasons ... Violinist in the Lewisburg Orchestra from 2005-09 ... Member of the National Honor Society and the Spanish and French Honor Societies.

Personal
Daughter of Gary and Valerie Hardcastle ... Born December 14, 1990 in San Diego, California ... Enjoys spending time with friends, reading, and cooking.



REBECCA KASSABIAN

B.A. Psychology 2013

Oakton, Va.
Oakton

Personal Best Marks
Indoors:

1,000m.....	3:05.....	H.S.
Mile.....	5:09.....	H.S.

Outdoors:

800m.....	2:21.....	H.S.
5,000m.....	18:48.....	H.S.

At Oakton
Helped Oakton earn runner-up honors at the Virginia cross country championships as a junior ... Also earned all-state accolades outdoors that year ... Three-time MVP of Oakton's cross country team ... District runner-up four times as a senior ... All-district and all-region in all three seasons as a junior and senior ... Named honorable mention All-Met by the *Washington Post* in the fall of 2007 ... Member of the National English Honor Society and National Society of High School Scholars.

Personal
Daughter of Jackie and Brett Kassabian ... Born July 7, 1991 in Fairfax, Virginia ... Aunt, Lynne, graduated from W&M in 1979 ... Enjoys playing the piano, reading, and jumping on trampolines.



KRISSA LORETTO

B.S. Kinesiology 2013

Toms River, N.J.
Monsignor Donovan

Personal Best Marks
Outdoors:

1,600m.....	5:05.59.....	H.S.
3,200m.....	10:55.86.....	H.S.

At Monsignor Donovan
Won three New Jersey Catholic state titles in the 3,200m run ... Two-time runner-up at the distance at the overall state meet ... Ran the mile anchor on Msgr. Donovan's state-champion DMR during the 2009 indoor season ... Race was all-division, all-public and private ... Each of her three years at Msgr. Donovan saw her earn all-county, all-conference, and all-state honors in both cross country and track ... Ran the invitational mile at the New Balance Games in 2009, finishing seventh in a nationally-elite field ... Named Most Outstanding Female Athlete at Msgr. Donovan as a senior ... Named by the New Jersey Education Association and *News 12* as a Distinguished Scholar-Athlete ... National Honor Society.

Donovan saw her earn all-county, all-conference, and all-state honors in both cross country and track ... Ran the invitational mile at the New Balance Games in 2009, finishing seventh in a nationally-elite field ... Named Most Outstanding Female Athlete at Msgr. Donovan as a senior ... Named by the New Jersey Education Association and *News 12* as a Distinguished Scholar-Athlete ... National Honor Society.

Personal
Daughter of Judith and Robert Loretto ... Born August 19, 1991 in Long Branch, New Jersey ... Enjoys going to the beach, baking, and reading.



CHARLOTTE TREGELLES

Class of 2013

Allendale, N.J.
Northern Highlands Regional

Personal Best Marks
Outdoors:

Mile.....	5:11.....	H.S.
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At Northern Highlands
Captained the cross country and track teams her senior year ... Earned first-team all-county honors every season in high school ... Won the NBIL title at 3,200m and the Bergen County championship at 1,600m indoors as a senior.

Personal
Daughter of Jane and Patrick Tregelles ... Born December 12, 1990 in Frankfurt, Germany ... Enjoys biking, hiking, and making s'mores.



JENNIFER GARROTT

B.A. History 2010

Burke, Va.
Lake Braddock (M. Washington)

Personal Best Marks
Indoors:

PV.....	3.45m.....	2/7/09
.....	11-3.75.....

Outdoors:

PV.....	3.35m.....	5/9/09
.....	10-11.75.....

CAC CHAMPION
2007 Outdoor Pole Vault

ALL-CAC
2007 Outdoor Pole Vault

2008-09
Indoor: Improved to sixth on the College's indoor pole vault list, clearing the bar at 11-3.75 at CNU in February.
Outdoor: Tied her best outdoor mark at CNU in May, vaulting 10-11.75 ... Finished 11th at the CAA Championships ... Stands eighth all-time at W&M outdoors.
2007-08
Scored for the Tribe at the CAA Championships, tying for eighth in pole vault ... Set a personal best and finished third at the George Mason Invitational after clearing 10-11.75 ... Vaulted 10-6 at the CNU Holiday Open in December.
2006-07 (At Mary Washington)
Capital Athletic **Conference champion** in the pole vault as a freshman, clear-

ing 10-7 ... Holds the Mary Washington outdoor pole vault record after clearing 10-8.75 at the Washington & Lee Invitational.

At Lake Braddock
Six-time all-district, all-region, and all-state honoree ... District champion in the pole vault outdoors as a senior ... Helped Lake Braddock to seven district titles and six region crowns during her four years on the team ... Member of the National Honor Society ... Volunteered as a coach for middle-school basketball team each of her final three years ... Girl's State ... Competitor in the George Mason Young Playwrights competition.

Personal
Daughter of Susan and John Garrott, Jr. ... Born March 22, 1988 in Arlington, Virginia ... Enjoys summer triathlons, making movies, and break-dancing ... Minor in film studies.



NICOLE KAZUBA

B.A. Psychology 2010

Chantilly, Va.
Chantilly

Personal Best Marks
Indoors:

PV.....	4.00m.....	3/8/09
.....	13-1.5.....

Outdoors:

PV.....	4.01m.....	5/29/09
.....	13-1.75.....

NCAA Qualifier
2009 Indoor Pole Vault (P)
Outdoor Pole Vault
2008 • 2009

ALL-REGION
Outdoor Pole Vault
2008 • 2009

ECAC CHAMPION
2008 Outdoor Pole Vault

CAA CHAMPION
Outdoor Pole Vault
2007 • 2008 • 2009

ALL-EAST
Indoor Pole Vault
2008 • 2009
Outdoor Pole Vault
2008 • 2009

ALL-CAA
Outdoor Pole Vault
2008 • 2009

2008-09
Indoor: **NCAA Provisional Qualifier** ... **All-East** after taking second at the ECAC Championships ... Cleared the bar at 13-1.5, becoming the school indoor-record holder ... Won five of her eight competitions.

Outdoor: **NCAA qualifier** for the second year in a row ... Tied for 21st at the national championships ... Runner-up at the NCAA East Regional and ECAC Championships, earning **all-region** and **All-East** accolades ... Jumped 13-1.75 at the NCAA Regional to break her own school record ... Won the **CAA Championship** for the third year in a row with a conference-record and school-record height of 13-1.5 ... After having jumped higher than 3.86 only twice entering the spring, cleared 3.95 or better six times over the final two months of the season ... Owns nine of the top-10 vaults in school history, and 13 of the top-15.

2007-08
ECAC Outdoor Champion after setting a personal best of 13-1.5 in the pole vault ... Vault made her the first woman in school history to break the four-meter barrier ... **NCAA qualifier** after finishing fourth at the East Regional Outdoors ... Earned **All-East** honors after finishing second at the indoor ECAC Championships in pole vault ... Defended her **CAA championship** with a jump of 12-7.5 ... Set a Zable Stadium record with jump and tied the CAA conference record ... Colonial Relays pole vault champion ... Won the pole vault at the CNU Holiday Open with a personal-best indoor height of 12-7.5, qualifying for the ECAC Championships ... Cleared 12-1.5 at North Carolina and at the Vince Brown Invitational ... Also broke the ECAC-qualifying height at Navy.

2006-07
Stunned the field by capturing the **CAA pole vault title** as a freshman ... Cleared a career-best 12-1.5 to win the crown ... Performance ranked her second all-time at W&M, behind only Charlotte LaRoche ... Also topped 12 feet at the NCAA East Regional, finishing in a tie for 18th ... Won the pole vault competition at the Mason Last Chance Invitational with a vault of 11-5.75 ... Finished first or second in five of eight meets during the season.

At Chantilly
Virginia AAA state champion in the pole vault both indoors and outdoors as a senior ... Earned all-state honors both indoors and outdoors as a junior, and outdoors as a sophomore ... Earned four district and two regional championships in her final two years of high school ... *Washington Post* First-Team All-Met both indoors and outdoors as a senior ... Also swam for two years as a sprint-freestyler ... Member of the National Honor Society.

Personal
Daughter of Diane and Dennis Kazuba ... Born May 11, 1988 in Washington, D.C. ... Father was a three-sport athlete at Montclair State ... Enjoys reading and writing.



2008-09
Indoor: **All-East** after tying for sixth at the ECAC Championships ... Topped the bar at 12-5.5 at the ECAC meet ... Became the third-best vaulter indoors ever at W&M after clearing 12-8 at Virginia Tech in February ... Vault was the sixth-best in school history.
Outdoor: Runner-up at the CAA Championships, earning **all-conference** accolades ... Bested the previous conference record with her vault of 12-9.5, qualifying for the ECAC Championships and NCAA East Regional ... Ranks second all-time outdoors at W&M ... At the time, it was the fourth-best outdoor vault ever at W&M.

2007-08
Earned **All-East** recognition after finishing fifth at the ECAC Outdoor Championships in the pole vault ... Cleared 12-3.5 to set the freshman outdoor record at the College ... Qualified for the ECAC Championships at the Fred Hardy Invitational with a massive personal-best of 11-11.75, 21 inches higher than her previous best-effort ... Tied for fifth at the CAA Championships ... Cleared 10-2 for fifth place indoors at the Vince Brown Invitational.

At Atlee
Despite picking up pole-vaulting only as a senior, took second in the district and 11th at the state championships in 2007 ... Has a personal-best vault of 10 feet ... Also an elite Level 10 gymnast ... Three-time Central Region uneven bars champion ... 2007 region vault champion ... 2006 region all-around champion ... Member of the Key Club ... Scored *Magna Cum Laude* on the National Latin Exam in 2006 and 2007.

Personal
Daughter of Kimberly and Thomas Jeremiah ... Born March 7, 1989 in Richmond, Virginia ... Mother swam for Alleghany College ... Father ran track at Alleghany College ... Brother, Ian, plays soccer at Hampden-Sydney ... Enjoys watching movies, going to the beach, and spending time with family and friends.

EMILY JEREMIAH

B.S. Kinesiology 2011
B.A. English 2011

Mechanicsville, Va.
Atlee

Personal Best Marks	
Indoors:	
PV	3.86m.....2/7/09
.....	12-8
Outdoors:	
PV	3.90m.....4/17/09
.....	12-9.5

ALL-EAST
2009 Indoor Pole Vault
2008 Outdoor Pole Vault

ALL-CAA
2009 Outdoor Pole Vault



LYNNIE BRESNAHAN

B.A. English 2012

Orange, Va.
Orange County

Personal Best Marks	
Indoors:	
60m.....	8.51.....1/30/09
Triple.....	10.54m.....1/17/09
.....	34-7
Outdoors:	
Triple.....	11.02m.....5/9/09
.....	36-2

2008-09
Indoor: Leapt a season-best 34-7 in the triple jump at Navy in January ... Also ran the 60m dash several times, topping out at 8.51 seconds at CNU in January.
Outdoor: Saved her best for last, leaping 36-2 in the triple jump at CNU in the final meet of the year ... Performance ranks her tied for eighth all-time at W&M ... Best triple-jump performance for the Tribe since 2001 ... Second-best mark of the year came at the CAA Championships, where she leapt 35-8.75.

At Orange County
2008 Nike Indoor Nationals Qualifier in the pentathlon ... 2008 Indoor Long Jump Regional Champion ... 2008 Indoor Long Jump District Champion ... 2005 Gatorade Rookie of the Year in outdoor track ... Was president of her senior class ... Member of the National Honor Society.

Personal
Daughter of Nicole and Thomas Breshnahan ... Born November 4, 1989 in Charlottesville, Virginia ... Full name is Margaret Lynn Breshnahan ... Enjoys reading, baking, and playing backgammon.



REBECCA ALLRED

B.S. Chemistry 2010

Troutville, Va.
Lord Botetourt

Personal Best Marks	
Outdoors:	
Discus	42.24m.....3/28/08
.....	138-7

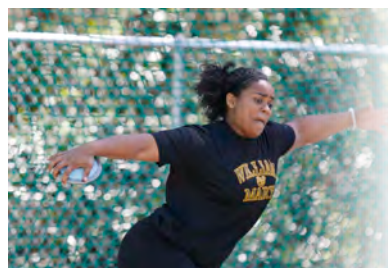
2008-09
Competed solely in the discus ... Finished 11th at the CAA Championships with a season-best throw of 117-10.

2007-08
Set a personal best with a throw of 138-7 in the discus at the Fred Hardy Invitational ... Ranks sixth all-time at the College.

2006-07
Had a break-through meet at the CAA Championships, throwing the discus 127-3 for 11th place ... Effort was almost 10-feet past her previous best ... Threw the weight 38-1.5 at the Vince Brown Invitational.

At Lord Botetourt
Second in the state in the discus as a senior ... Third in the state in the discus as a junior ... Two-time district and region discus champion ... 2005 region shot-put champion ... Also a stand-out in basketball and volleyball ... Led the basketball team to a 53-5 record in her two years, including a pair of district titles, the 2005 region crown, and the state final four both seasons (state runner-up in 2005) ... Averaged 11 points, 10.2 rebounds, and 2.3 assists per game as a senior ... All-district and all-region as a senior ... In volleyball, led team to a pair of district titles, leading the team in blocks and kills both years ... Earned two all-district and two all-region honors in volleyball ... Won the school Science and Math awards as a senior ... Member of the National Honor Society ... Wendy's High School Heisman nominee.

Personal
Daughter of Janet and John Mikulas ... Born May 7, 1989 in Salem, Virginia ... Married Jacob Allred in the spring of 2009 ... Grandfather, Hower Bitler (Jr.), played football and basketball at Lehigh ... Enjoys sewing, reading, and cooking.



Personal Best Marks	
Indoors:	
Shot Put ...	13.79m.....3/1/09
.....	45-3
Outdoors:	
Shot Put ...	13.81m.....4/18/08
.....	45-3.75
Discus	41.31m.....3/28/08
.....	135-6

CAA CHAMPION
2008 Outdoor Shot Put

ALL-EAST
2009 Indoor Shot Put

ALL-CAA
Outdoor Shot Put
2008 • 2009



CARLY MORSE

B.S. Kinesiology 2010

Sumerduck, Va.
Liberty

Outdoor: Runner-up in the shot put at the CAA Championships, earning **All-CAA** honors ... Also scored for the Tribe in the discus, throwing 127-3 for seventh place ... Best outdoor performance in the shot put was 44-4 at GMU in May ... Just missed All-East honors at the ECAC Championships, taking 10th with a put of 44-3.25.

2007-08
CAA Champion in the shotput after throwing a personal best 45-3.75 at the CAA Championships ... Ranks fourth all-time at the College ... Qualified for both the ECAC Championships and the NCAA East Regional ... Set an indoor-best at the Mason Last Chance Invitational, putting the shot 44-5.25 feet to take second.

2006-07
Catapulted herself onto the all-time top-10 in the shot put during the indoor season ... Put the shot 43-0.5 at North Carolina, placing fourth ... Mark

ranked the eighth-best in school history, and also set the W&M indoor freshman record ... Set the outdoor freshman record in the shot with a put of 41-8.75 at the Fred Hardy Invitational ... Scored for the Tribe at the CAA Championships, placing eighth with a put of 40-11.75 ... Had puts of longer than 40 feet in six of eight appearances ... Set her season-best mark in the discus with a second-place effort of 125-6 at the JMU Invitational.

At Liberty

Two-time all-state honoree in the shot put ... Competed at the Nike Outdoor Nationals in both the shot put and the discus ... All-region as a senior ... Four-time all-district ... Selected to the district all-tournament team in basketball as a sophomore.

Personal

Daughter of Pamela and Archie Morse ... Born November 11, 1987 in Olympia Fields, Illinois ... Brother, Ashton, graduated from W&M in 2009 ... Craziest ambition is to go sky-diving ... Enjoys arts and crafts, lifting weights, and playing basketball.



ASHLEY WILLIAMS

B.S. Kinesiology 2010

Williamsburg, Va.
Bruton

GMU in March and at CNU in February ... Improved her indoor-best in the shot put to 43-10.50 at CNU in February.

Outdoor: **CAA Champion** in the shot put, tying her career-best with a put of 44-7 ... Automatically qualified for the ECAC Championships and the NCAA East Regional with the win ... First put the shot 44-7 earlier in the season, taking third at the Colonial Relays ... Runner-up in the hammer throw at the CAA Championships and at the Colonial Relays ... Qualified for the ECAC Championships ... Just missed All-East honors at the ECAC meet, throwing a career-best 173-0 for ninth place ... Ranks second all-time at W&M in the hammer throw.

2007-08

Qualified for the ECAC Championships after throwing a personal best of 163-0 in the hammer throw at the Fred Hardy Invitational ... Ranks second in school history with the throw ... Set a personal record of 42-1.25 in the shotput at the Fred Hardy Invitational ... Moved into the all-time top performer's list in the weight throw ... Threw 41-4.5 at Navy to become the eighth-best thrower in school history ... Put the shot a career indoor-best distance of 41-2.25 at the Vince Brown Invitational.

2006-07

Ranks eighth all-time in the hammer throw at W&M ... Career-best throw of 142-7 came during the CAA Championships, propelling her to a sixth-place finish ... Performance capped a five-week, five-meet stretch where she improved her personal-best every time out ... Broke 40 feet indoors in the shot put at Patriot Games ... Recorded a put of 40-0.25, good for sixth place.

At Bruton

Went to the state meet indoors and outdoors all four years of high school ... All-state in 2005 after placing fourth in the shot put indoors ... District and region shot put champion ... *Daily Press* Athlete of the Year for the shot put indoors in 2005 ... Led the Panthers to three consecutive district championships ... Secretary of the Senior Class ... Member of the National Honor Society and FBLA.

Personal

Daughter of Cheryl and H. Reno Williams ... Born July 10, 1988 in Plainfield, New Jersey ... Enjoys going bowling, to the movies, and to Busch Gardens ... Would like to have dinner with Maya Angelou.

Personal Best Marks

Indoors:

Shot Put ... 13.37m.....2/7/09
.....43-10.5
Weight 16.06m.....2/21/09
.....52-8.25

Outdoors:

Shot Put ... 13.59m.....4/18/09
.....44-7
Hammer ... 52.74m.....5/16/09
.....173-0

CAA CHAMPION

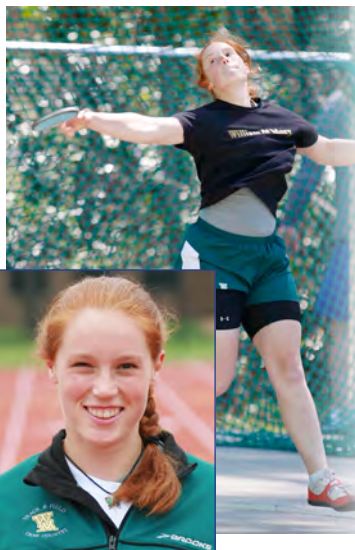
2009 Outdoor Shot Put

ALL-CAA

2009 Outdoor Shot Put
2009 Outdoor Hammer Throw

2008-09

Indoor: ECAC qualifier in the weight throw ... Unleashed a career-best throw of 52-8.25 at Virginia Tech to qualify ... Ranks second all-time at W&M with the effort ... Won the weight throw at



NATALIE BAIRD

Class of 2012

Sterling, Va.
Park View

Personal Best Marks

Indoors:

Shot Put ... 13.42m.....2/7/09
.....44-0.5
Weight 15.52m.....2/21/09
.....50-11

Outdoors:

Shot Put ... 13.33m.....4/10/09
.....43-9
Discus 47.72m.....5/2/09
.....156-7
Hammer ... 48.74m.....6/21/09
.....159-11

USAT&F Junior Qualifier

2009 Outdoor Discus
2009 Outdoor Hammer

CAA Rookie of the Year

2009 Outdoor Track and Field

ALL-EAST

2009 Outdoor Discus

ALL-CAA

2009 Outdoor Discus
2009 Outdoor Shot Put

2008-09

Indoor: Broke the freshman records in both the shot put and weight throw ... Won the shot put at CNU in January ... Set her personal-best the following week at CNU again, putting the shot 44-0.5 ... Best weight throw came at Virginia Tech, with a distance of 50-11. Outdoor: **CAA Rookie of the Year** ... **U.S. Junior Nationals qualifier** in both the discus and hammer ... Set W&M's school record in the discus, and freshman records in the discus, hammer, and shot put ... **All-East** after finishing sixth in the discus at the ECAC Championships ... Named **All-CAA** twice, finishing third in both the discus and shot put at the CAA Championships ... Also took fifth in the hammer at the conference meet ... Broke W&M's school record in the discus that had survived 27 years on the second weekend of the season ... Won the discus at Richmond with a throw of 152-9 ... Reset the record three more times, until it stood at 156-7 after she won at George Mason in May ... Also won at CNU in May, the Colonial Relays, and the Tribe Open ... Put the shot 43-9 at Virginia in mid-April ... Gained the freshman hammer record and a U.S. Junior qualification in June at a USAT&F qualifier, throwing for 159-11 ... At the Junior National meet, finished 19th in the hammer and sixth in the discus.

At Park View

Four-time Virginia AA State Champion and record-holder in the discus throw ... Three-time AA State Champion in the shot put ... Holds the Virginia state record in the discus with a throw of 161-7 ... Throw is the best ever by a female high school student ... Three-time Penn Relays Champion in the discus ... Only female high school student to accomplish feat ... Named to the All-USA track team by *USA Today* as a sophomore ... USAT&F Junior Olympic national discus record holder for intermediate girls ... Four-time Nike All-American ... Named to the All-Met team by the *Washington Post* three times ... Named All-Met Track Athlete of the Year in 2008 ... Gatorade Virginia Girls' Track Athlete of the Year ... Finished second as a sophomore, fourth as a junior, and third as a senior at the Nike Outdoor Nationals in the discus ... Finished fifth as a senior in the weight throw at the Nike Indoor Nationals ... Member of the National Honor Society ... Also a member of the Spanish Honor Society ... Salutatorian of her class.

Personal

Daughter of Donna and Brian Baird ... Born May 13, 1990 in Reston, Virginia ... Mother, Donna, attended the College ... Enjoys singing, music, and swimming.



KATIE GUEVEL
B.S. Biology 2011

Burlington, Kan.
Burlington

2008-09
Indoor: **All-East** in the 60m hurdles, finishing fourth at the ECAC Championships ... Broke her own school record for the second time in a week, timing 8.65 seconds ... Qualified for the ECAC meet with a school-record 8.67 performance at the GMU Last Chance meet.
Outdoor: USTFCCA **All-Academic** ... **Provisional qualifier** to the NCAA Championships after winning the CAA heptathlon with 5,051 points ... Just missed All-East honors and the likely ECAC title in the heptathlon, finishing ninth after injury forced her out of the 800m run ... Was the dominant performer at the season-opening Tribe Open ... Won the 100m hurdles, 400m hurdles, long jump, and javelin ... Helped W&M earn ECAC qualifications in both the 4x100m relay and 4x400m relay ... At the Colonial Relays, ran third on the 4x100m relay that qualified for ECACs in 48.34, and anchored the 4x200m relay that ran the second-fastest time in school history (1:41.09) ... Ran second on the 4x400m relay that qualified for ECACs at Virginia in April with a season-fast time of 3:50.93 ... Also ran second on the 4x400m relay at the CAA Championships.

2007-08
CAA Champion in the heptathlon with a personal best score of 5,158 ... Her score qualified her provisionally for the NCAA Championships ... Her score also broke her own freshman record and set a Cary Field record ... Also at the CAA Championships, earned **all-conference** honors in the javelin with her third-place throw of 130-3 ... Throw places her sixth all-time at the College ... At the Lou Onesty Invitational in April set school and freshman records in the 100m hurdles (14.01) and the 200m dash (24.90) ... Finished the year with 15 school records and 15 freshman records ... Earned **All-East** recognition in the heptathlon after finishing sixth at the ECAC Championships ... Earned **All-East** acclaim after finishing fifth in the pentathlon at the ECAC Indoor Championships ... Ran 8.72 in the finals of the 60m hurdles at the Carolina

Personal Best Marks	
Indoors:	
Pentathlon	3,530.....1/25-26/08
55m H	8.17.....2/9/08
60m H	8.65.....3/8/09
200m	25.38.....2/23/08
800m	2:23.73.....3/8/08
HJ	1.65m.....1/19/08
.....	5-5
LJ	5.15m.....1/25/08
.....	16-10.75.....
Shot Put	10.85m.....2/7/09
.....	35-7.25.....
Outdoors:	
Heptathlon	5,158.....4/18-19/08
100m	12.47.....3/29/08
100m H	14.01.....4/12/08
200m	24.90.....4/12/08
800m	2:25.63.....4/19/08
HJ	1.63m.....5/16/08
.....	5-4.25.....
LJ	5.48m.....3/21/09
.....	17-11.75.....
Shot Put	11.86m.....4/17/09
.....	38-11.....
Javelin	39.71m.....4/18/08
.....	130-3.....

Invitational for her sixth school record in the event ... Won three events during the pentathlon at the CNU Captain's Invitational en route to qualifying for the ECAC Championships with 3,530 points ... Score set another freshman record for W&M, and set the CNU field house record in the pentathlon ... Claimed another school record at the Vince Brown Invitational, running 8.17 in the 55m hurdles ... Ranks third in school history in the 55m dash after running 7.28 seconds for third-place at the Vince Brown Invitational ... Ran 7.89 seconds in the 60m dash at Virginia Tech to tie Kathleen Woody's freshman record in the event ... Ran 25.38 in the 200m at Virginia Tech to break Torae Artis' 12-year old school and freshman records.

At Burlington
Bronze medalist in the girl's heptathlon at the 2007 USAT&F Junior Nationals, scoring 4,996 points ... 12-time state champion at the 3A classification ... Earned 15 regional and league championships ... Four-time state champ in the 100m hurdles, three-time in the 100m dash and 200m dash, and two-time in the 300m hurdles ... Winning time of 14.82 seconds in the 100m hurdles as a sophomore broke the nine-year state record Won four titles in each of her last two years, only the 11th athlete in state history to do so even once ... Has run 11.84 in the 100m dash, 24.71 for 200m, 14.10 in the 100m hurdles, and 1:00.6 in the 400m ... Also earned three letters on the varsity basketball team, helping lead Burlington to the state title game as a sophomore and junior ... Named first-team all-league as a senior ... Team also captured a pair of league titles ... Three-time letterwinner in volleyball ... All-league as a junior and senior while leading Burlington to a pair of league championships ... Honorable Mention Academic All-State ... President of the FBLA and Spanish Honor Society ... Officer in the National Honor Society, Brothers and Sisters in Christ, and the Class Cabinet ... Scholar's Bowl Captain.

Personal
Daughter of Jan and Pat Guevel ... Born September 24, 1988 in Chicago, Illinois ... Enjoys watching movies, reading, and cooking ... Is deathly afraid of the dentist ... Growing up, wanted to be a nuclear engineer.

NCAA Qualifier
Outdoor Heptathlon (Provisional)
2008 • 2009

CAA CHAMPION
Outdoor Heptathlon
2008 • 2009

ALL-EAST
2008 Indoor Pentathlon
2009 Indoor 60m Hurdles
2008 Outdoor Heptathlon

ALL-CAA
Outdoor Heptathlon
2008 • 2009
2008 Outdoor Javelin

All-Time Roster

This is the Tribe's first attempt at compiling an all-time roster for women's cross country and track and field. Your help would be greatly appreciated if you or someone you know competed for the Tribe but are not listed. Please send an email to Jacob Skipper at jcskip@wm.edu.

- A • A •
- Ellen Abbey
- Allison Abbott
- Adeola Abisogun
- Jennie Abolins
- Melissa Abrams
- Alicia Adams
- Emily Adams
- Jeannie Addison
- Kim Aitken
- Jenny Alkema
- Stacy Allen

- Jessica Allred
- Rebecca Allred**
- Lindsay Ambrecht
- Michelle Amirkhanian
- Emily Anderson**
- Pam Anderson
- Katie Andres
- Emily Arena
- Liz Arnold
- Sheila Arries
- Torae Artis
- B • B •
- Nadia Baadj
- Melissa Bailey
- Natalie Baird**
- Sue Ballard
- Liz Barclay**
- Kristin Barcus
- Kimberly Barletto
- Amanda Barley
- Jenn Barnes
- Taylor Barr
- Ashlea Barrett
- Lindsey Barton
- Cheryl Bauer

- Kim Baumbach
- Kim Bean
- Karin Behrmann
- Heather Beichner**
- Lucille Bell
- Amy Benner
- Wendy Bernath
- Meghan Bishop
- Sherri Black
- Stephanie Blake
- Brenna Blevins
- Melissa Bochiario
- Meghan Bohren
- Abby Booker
- Kathryn Born
- Nicole Bost
- Meredith Bowden
- Tressa Breindel
- Meredith Brendley
- Mary Brennan
- Nicole Brennehan
- Lynnne Bresnahan**
- Hana Brilliant
- Sabrina Brinkley
- Anna Brousell
- KB Brower

- Janice Brown
- Laura Buchanan
- Kelsey Budd**
- Paige Budd
- Amanda Buell
- Sandra Buell
- Katie Buenaga**
- Ariel Burbey
- Rusty Burgener
- Linda Burke
- Nancy Burke
- Meghan Burns**
- Kayley Byrne**
- C • C •
- Margaret Cabell
- Peggy Cabell
- Erin Callahan
- Cathy Caputo
- Eileen Cardillo
- Tracey Cardwell
- Nancy Carlin
- Eleanor Carroll
- Caryn Carson
- Cheredia Carter
- Julia Cathcart

- Debbie Cattell
- Maura Cavanagh
- Alarice Cesareo
- Whitney Chandler
- Alice Chewing
- Ellen Childress
- Lisa Clark
- Sallie Cogle
- Tammy Compton
- Lauren Connolly
- Mary Ann Connors
- Jamie Cornish
- Traci Coughlan
- Zahra Cox
- Lisa Cronin
- Elizabeth Crowley**
- Loren Cutright
- D • D •
- Angela Dalke
- Jeri Daniels
- Christy Dannenberg
- Julia Davidson
- Susan Davidson
- Ashley Davies
- Driana Davies

- Elizabeth Davis
- Haven Davis
- Jenna Dee
- Carmen DeGraffenreid
- Amanda DeMilt
- Nicole Denman
- Jessica Depew
- Nancy Detris
- Jen Deubner
- Amy Devereaux
- Jill DiCalogero
- Crystal Dick
- Kristen Dietz**
- Melissa DiVecchia**
- Pam Dolan
- Robin Donnelly
- Ashley Dorroh
- Brigid Dorsey
- Dania Douglas
- Leslie Drake
- Emilie Dubois
- Valeria Duguay
- Lara Dusek
- E • E •
- Laura Edge

Susan Elliot Amelia Emerson Katie Endres	Margaret Harned Cassidy Harris DeTreas Harrison Billie Hart Gwen Hartman Dana Harvey Gillian Haskell Alison Hawley Diane Hawley Susan Haynie Elise Helgesen Ali Henderson Trish Henry Lauren Heron Katie Herrell Kari Hill Kathleen Hinnebusch Maureen Hinnebusch Amy Hodge Mallory Hogan Rebecca Hoggund Meredith Holaday Megan Holden Gayle Holt Marcie Homan Nancy Hood Jenny Horrocks Laura Hostetler Beth Ann Hull Angela Hunter Kait Hurley	Lori Kochansky Lori Ann Koons Jackie Kosakowski Heather Kosalkowski Kristin Krejmas Michelle Krisel Margret Kurisky	Jen Monk Deborah Monroe Katie Mook Sabrina Moran Jennifer Moreci Lynn Morelli Amy Morris Cory Morris Carly Morse Keely Murphy Sharon Murphy Allison Muth	Valerie Roeder Sarah Roessler Jane Romanczyk Claire Romanski Pam Rosato Robin Roughton Erin Ryan Kristen Ryan Sarah Rybarczyk	Meredith Tighe Claire Torchia Lara Toscani Charlotte Tragelles Stephanie Trost Nellie Troy Katie Turner Cari Tusing Ann Tysiak
• F • F • Funke Fagbami Aryn Fahey Barbara Fallon Meredith Faulkner Casey Feiling Maureen Feldbaum Mary Feltovic Elizabeth Femenia JoAnne Fenity Jamie Fields Stephanie Finelli Debbie Fitzgerald Megan Fitzpatrick Trisha Flaherty Becky Flowers Virginia Floyd Angie Fogle Sallie Ford Debbie Fordyce Amber Forrester Martha Forsyth Marcia Francisco Courtney French Sonja Friend Elaine Fry Emily Furia	• L • L • Kristi LaCourse Tiffany Lane Anne Larmore Charlotte LaRoche Susan Larson Sara Lasker Cheryl Laslo Karen Laslo Hahn Le Claire LeBlanc Abby Lemon Andrea Lengi Bridget Leonard Andrea Lesie Kathy Leslie LaTara Lesure Allie Lewis Glennis Lofland Catriona Logan Krissa Loretto Beth Lorimer Kelly Lowery Ruth Loyer Megan Luczko Jeanne Lull Judith Lysher	• N • N • Eileen Naylor Beth Nealon Kari Nelson Kathy Newberry Marianne Newell Stephanie Nichols Kate Norako Lynn Norenberg Jamie Norris	• S • S • Diane Sammons Melissa Sampson Rita Sampson Cathy Sardo Laura Sardo Alison Saunders Drew Saylor Diane Scarlet Kathie Ellen Scherer Catherine Schmierer Amanda Schroeder Emily Schroeder Beth Schuette Hillary Schwab Heather Scott Nancy Scott Danielle Sepulveda Brittany Sevachko Caroline Sheffield Erica Shifflett Jennifer Shingleton Kristyn Shiring Jen Showker Jill Shumaker Rachel Sigsbury Maggie Silver Elizabeth Simmons CC Sinclair Julie Small Chris Smith Kathy Smith Kristi Smith Theresa Snell Jennifer Snodgrass Kelsey Snowden Kara Snyder Shelley Solheim Laura Sommer Trista Spurrier Julia Stafford Julie Stall Cathy Stanmeyer Keri Stedman Amy Lynn Stempshoski Heather Stevenson Krista Stimson Diane Stocks Suzane Straus Melissa Stuart Laurie Sturgell	• U • U • Jessica Unger Uche Uwah	
• G • G • Lauri Gabig Alyssa Gaeto Sarah Gainer Jennifer Garrett Bert Gary Julie Gauthey Julie Gaydos Shelly Gentry Pamela George Karen Giles Beth Gleeson Kate Glover Erin Gnass Amanda Gomaa Debbie Gordon Kellie Gordon Mary Gottwald Emily Gousen Betsy Graney Emily Greene Karen Griffith Eileen Grissmer Kendra Groff Tara Guelig Katie Guevel Kristin Gunderson	• I • I • Jennifer Isherwood	• M • M • Deborah Mackler Ashley Madonick Amy Maier Chris Maisto Candi Major Lydia Malley Linda Malone Sarah Maloney Katie Malooly Ali Mann Kat Markell Laura Mason Erin Masterson Avery Mattingly Naomi Mattos Katie McCullough Darcy McDonald Kelly McElroy Michaela McElroy Cybelle McFadden Molly McGinnis Kristin McGough Sarah McHale Christine McKallip Elizabeth McLeod Maura McMahon Elizabeth McMorrow Maureen McNulty Debbie Meek Bonnie Meekins Lora Meekins Katrina Menard Linda Mentasana Martha Meres Sally Michael Liz Milewski Korin Miller Sarah Miller Leslie Minnix Kristin Monaco	• O • O • Katie O'Brien Jen O'Connor Kelly O'Connor Rachel Ohm Karin Ohman Brownie Osmond	• V • V • Sheila Van Cuyk Angela Vanderhoof Robin Vanneman Becca Velarde Michelle Vigilence Janice Voorhies	
• J • J • Erica Jackson Theresa Jacoby Kristie Jamison Emily Jeremiah Shannon Jeter Erica Johnson Margie Johnson Rhoda Johnson Silica Johnson Val Johnson Whitney Johnson Hannah Johnston Ayanna Jones Erin Jones Jennifer Jones	• P • P • Chris Paradis Adrienne Parker Anna Parker Holly Parker Dana Pascarella Cindy Paseur Melle Patrick Rebecca Patten Lyndsey Paul Lindsay Pearson Kristin Pedersen Carolyn Peel Kelly Phagan Kim Phillip Juliet Planicka Laura Portasik Antonia Powell Lisa Price Rebecca Mary Price Erin Prillaman Rebecca Pucheu Jennifer Pugh Karen Pulliam Allison Puryear Joanna Puryear Lynn Putnam	• R • R • Melissa Raddatz Shannon Ralston Robyn Ramirez Abhi Rao Lisa Rayner Rachel Reda Jennie Reigleman Virginia Reves Pearle Reynolds Anne Riddle Lauren Riley Barbara Robb Cindy Robinson Kelli Robinson Astrid Rodgers	• W • W • Bridget Wagner Jennifer Walker Eileen Walling Rebecca Ward Lynne Warner Wendy Warren Sarah Wells Beth West Mary Whitehead Edith Wilkins Kristen Will Noelle Willett Kate Willever Ashley Williams Kathy Williams Tracy Williams Jen Wilson Jill Wilson Joan Wilson Laura Wilson Agnes Winn Michelle Wolf Jessica Wolfe Emily Wood Kathleen Woody Colleen Wrenn Mary Anne Wright	• Y • Y • Amy Yenyo Debbie Younger	
• H • H • Sarrah Hadiji Sharon Haegele Jen Hafner Liz Hager Heather Haines Kristin Halizak Sarah Hallenbeck Emily Halm Terry Halpin Kate Ham Kim Hamilton Karen Hansen Laura Hanson Kiah Hardcastle Lisa Harding	• K • K • Jennifer Kampmeier Rebecca Kassabian Alice Kassens Micki Kaylor Nicole Kazuba Katie Keally Rebecca Keaney Paige Keck Joy Kelly Kaylan Kemink Issy Kemp Jamie Kenedy Jackie Kerr Sameena Khan Aquadine Khasidis Martha Kidder Holly King Sarah Kingston Kathleen Kissane Lauren Kloss Shelly Knewstep Kelly Knight Meghan Kober	• T • T • Carla Tademy Angela Taliaferro Bups Tanner Megan Tapper Julie Taylor Teed Christel Temple Kirsten Teschauer Elizabeth Testwuide Liz Thelen Janet Thomas Olive Thomas Janet Thompson Jennifer Thompson	• Z • Z • Harriet Zimmerman Julie Zydron		

NCAA/ECAC STANDARD EVENTS

Event	Freshman Indoor Record	Indoor Record
55m	DeTrease Harrison, 7.09 (1989)	DeTrease Harrison, 7.09 (1989)
55m hurdles	Katie Guevel, 8.17 (2/9/08)	Katie Guevel, 8.17 (2/9/08)
60m	Katie Guevel, 7.89 (2/23/08)	Erica Johnson, 7.76 (2/18/06)
	Kathleen Woody, 7.89 (2/13/04)	
60m hurdles	Katie Guevel, 8.72 (2/16/08)	Katie Guevel, 8.65 (3/8/09)
200m	Katie Guevel, 25.38 (2/23/08)	Katie Guevel, 25.38 (2/23/08)
400m	Uche Uwah, 57.8 (1984)	Uche Uwah, 56.37 (1985)
500m	Stephanie Blake, 1:16.70 (2/17/01)	Ashley Madonick, 1:13.54 (3/8/09)
800m	Emily Anderson, 2:16.02 (12/3/06)	Allie Lewis, 2:09.68 (3/8/08)
1,000m	Meghan Bishop, 2:56.84 (2/29/04)	Amy Morris, 2:49.60 (3/8/98)
Mile	Meghan Bishop, 4:52.87 (3/6/04)	Emily Anderson, 4:43.33 (2/22/08)
3,000m	Angela Dalke, 9:44.79 (3/7/93)	Ali Henderson, 9:23.20 (3/9/03)
5,000m	Laurie Sturgell, 17:24.93 (2/16/97)	Emily Anderson, 16:03.15 (3/13/09)
High Jump	Lora Meekins, 1.69m (2/23/00)	Lisa Rayner, 5-11.25 (1995)
Pole Vault	Nicole Kazuba, 3.35m (12/3/06)	Nicole Kazuba, 4.00m (3/8/09)
	Robyn Ramirez, 3.35m (1/21/00)	
Long Jump	Kathleen Woody, 18-4 (12/7/03)	Alyssa Gaeto, 5.81m (2/9/08)
Triple Jump	Jennifer Walker, 12.17m (12/14/96)	Jennifer Walker, 12.95m (2/7/98)
Shot Put	Natalie Baird, 13.42m (2/7/09)	Ayanna Jones, 14.38m (3/6/04)
20-lbs Weight Throw	Natalie Baird, 15.52m (2/20/09)	Ashley Williams, 16.06m (2/20/09)
Pentathlon	Katie Guevel, 3,520 (1/25/08)	Bonnie Meekins, 3,757 (12/1/06)
4x400m Relay	--	Dana Harvey, Allie Lewis, 3:51.12 (2/23/08)
		Emily Anderson, Ashley Madonick
4x800m Relay	--	Adrienne Parker, Emily Furia, 8:54.56 (2/27/99)
		Katie Herrell, Ali Mann
Distance Medley Relay	--	Ali Mann, Gwen Hartman, 11:39.85 (2/26/00)
		Colleen Wrenn, Kathy Newberry
Event	Freshman Outdoor Record	Outdoor Record
100m	DeTrease Harrison, 12.23 (1989)	Erica Johnson, 12.09 (4/15/06)
100m hurdles	Katie Guevel, 14.01 (4/12/08)	Katie Guevel, 14.01 (4/12/08)
200m	Katie Guevel, 24.90 (4/12/08)	Katie Guevel, 24.90 (4/12/08)
400m	Uche Uwah, 56.55 (1984)	Ashley Madonick, 55.11 (4/18/09)
400m hurdles	Sarah Hallenbeck, 1:02.48 (1995)	Kim Baumbach, 1:01.14 (1990)
800m	Ali Mann, 2:13.40 (4/18/97)	Allie Lewis, 2:08.30 (5/30/08)
1,500m	Kathy Newberry, 4:28.37 (4/4/97)	Emily Anderson, 4:14.73 (6/14/08)
Mile	--	Emily Furia, 4:41.06 (4/26/01)
3,000m	Kathy Newberry, 9:38.13 (4/24/97)	Janice Brown, 9:18.25 (1992)
3,000m Steeplechase	Betsy Graney, 10:31.47 (5/31/08)	Betsy Graney, 10:15.99 (5/15/09)
5,000m	Laurie Sturgell, 16:59.96 (5/23/97)	Marcie Homan, 16:04.63 (1994)
10,000m	Laurie Sturgell, 34:45.02 (4/24/97)	Ali Henderson, 33:55.23 (3/27/03)
High Jump	Bonnie Meekins, 1.75m (4/12/03)	Lisa Rayner, 5-11 (1994)
Pole Vault	Emily Jeremiah, 3.75m (5/18/08)	Nicole Kazuba, 4.01m (5/29/09)
Long Jump	Cheredia Carter, 18-2.5 (4/26/97)	Bonnie Meekins, 5.77m (5/12/07)
Triple Jump	Lisa Rayner, 38-10.25 (1992)	Jennifer Walker, 12.08m (4/17/98)
Shot Put	Natalie Baird, 13.33m (4/11/09)	Ayanna Jones, 48-6 (4/2/05)
Discus	Natalie Baird, 47.72m (5/2/09)	Natalie Baird, 47.72m (5/2/09)
Hammer Throw	Natalie Baird, 48.74m (6/21/09)	Abby Lemon, 175-0 (4/18/08)
Javelin	Brenna Blevins, 42.40m (4/16/04)	Wendy Warren, 153-6 (1988)
Heptathlon	Katie Guevel, 5,158 (4/18-19/08)	Bonnie Meekins, 5,457 (5/11-12/07)
4x100m Relay	--	Mary Whitehead, Naomi Mattos, 46.85 (5/14/04)
		Kathleen Woody, Erica Johnson
4x400m Relay	--	Dana Harvey, Allie Lewis, 3:47.94 (4/19/08)
		Mallory Hogan, Ashley Madonick
4x800m Relay	--	Adrienne Parker, Katie Herrell, 8:46.37 (5/20/00)
		Gwen Hartman, Ali Mann

NCAA Cross Country Appearances (6)

YEAR	PLACE
1990	20th
1992	16th
1996	17th
1998	10th
2002	23rd
2005	23rd

NCAA/AIAW Outdoor Track and Field Team Finishes (6)

YEAR	PLACE	POINTS
1981	T21 of 47	8
1982	14th of 72	14
1992	T43 of 64	4
1993	T55 of 60	1
1994	T34 of 69	6
2008	T53 of 64	4

NCAA Indoor Track and Field Team Finishes (3)

YEAR	PLACE	POINTS
1992	T34 of 43	2
1994	T43 of 55	2
2003	T51 of 53	1

USTFCCCA Cross Country Team All-Academic (12)

1994, 1996, 1997, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2008

USTFCCCA Track and Field Team All-Academic (12)

1994, 1996, 1997, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2009

Cross Country All-Americans

1991	Janice Brown	15th
1992	Janice Brown	4th
1993	Marcie Homan	11th
1994	Marcie Homan	10th
2002	Ali Henderson	38th
2003	Ali Henderson	30th

Indoor All-Americans

1992	Janice Brown	5,000m
1994	Marcie Homan	5,000m
2003	Ali Henderson	3,000m
2009	Emily Anderson	5,000m

Outdoor All-Americans

1981	Jeri Daniels	Discus
		Shot Put
1982	Jeri Daniels	Discus
		Shot Put
1992	Janice Brown	5,000m
1993	Janice Brown	5,000m
	Marcie Homan	5,000m
1994	Marcie Homan	5,000m
	Lisa Rayner	High Jump
2000	Emily Furia	1,500m
2001	Emily Furia	1,500m
2008	Emily Anderson	1,500m
2009	Emily Anderson	5,000m

Outdoor National Champions

1982	Jeri Daniels	Shot Put
------	--------------	----------



The Tribe squad that took 10th at the 1998 NCAA Championship:
(L to R) Amy Lynn Stemphoski, Amanda Buell, Emily Furia, Dana Pascarella, Kathy Newberry, Ali Mann and Candi Major.

USAT&F Indoor National Champions

1933	Pearle Young	50m, Mile Relay
------	--------------	-----------------

Indoor World Records

Pearle Young	50m	6.8	1933-35
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International Competitors

2004	Kathy Newberry	World XC
2005	Kathy Newberry	World XC
2007	Kathy Newberry	World XC
2008	Kathy Newberry	World XC
2008	Betsy Graney	World Jr.
2009	Kathy Newberry	World XC

Olympic Trials Qualifiers

1992	Janice Brown	5,000m
1996	Leslie Minnix	Marathon
2000	Sonja Friend	1,500m
2004	Kathy Newberry	5,000m
		10,000m
	Megan Holden	Marathon
2008	Kathy Newberry	5,000m
		10,000m
	Cheryl Bauer	Marathon
	Megan Holden	Marathon
	Emily Anderson	1,500m

Rhodes Scholars

1999	Eileen Cardillo
------	-----------------

Marshall Scholars

1992	Danielle Sepulveda
------	--------------------

Southland Olympia Award

1984	Jeri Daniels '82
------	------------------

Phi Beta Kappa

1987	Elaine Fry
1989	Joan Wilson
1990	Cathy Stanmeyer
1992	Danielle Sepulveda
1994	Caryn Carson
1995	Jen Alkema

1997	Cybelles McFadden
------	-------------------

1998	Eileen Cardillo
	Becky Flowers
	Jessica Unger

1999	Amy Morris
------	------------

2001	Colleen Wrenn
------	---------------

2002	Maureen Feldbaum
------	------------------

2003	Anne Larmore
------	--------------

	Kari Hill
--	-----------

2004	Meredith Faulkner
------	-------------------

2005	Becca Velarde
------	---------------

	Katie Andres
--	--------------

2006	Sarah McHale
------	--------------

Academic All-America (Team)

1997	Becky Flowers (2)
------	-------------------

1998	Becky Flowers (2)
------	-------------------

USTFCCCA All-Academic

1990	Cathy Stanmeyer
------	-----------------

1992	Janice Brown
------	--------------

1996	Becky Flowers
------	---------------

1997	Aryn Fahey
------	------------

1998	Emily Furia
------	-------------

	Amy Morris
--	------------

2000	Emily Furia
------	-------------

2001	Emily Furia
------	-------------

2002	Ali Henderson
------	---------------

2003	Ali Henderson
------	---------------

2005	Meghan Bishop (xc)
------	--------------------

2007	Emily Anderson (xc)
------	----------------------------

2008	Meghan Burns (xc)
------	--------------------------

2009	Betsy Graney (track)
------	-----------------------------

	Katie Guevel (track)
--	-----------------------------

	Emily Anderson (track)
--	-------------------------------

CAA Cross Country

Scholar-Athlete of the Year

2002	Ali Henderson
------	---------------

2003	Ali Henderson
------	---------------

2005	Meghan Bishop
------	---------------

2006	Meghan Bishop
------	---------------

2008	Emily Anderson
------	-----------------------

CAA Track and Field

Scholar-Athlete of the Year

- 2005 Meghan Bishop
- 2006 Meghan Bishop

W&M Athletics Hall of Fame

- 1976 Pearle Y. Reynolds '32
- 1978 Agnes Paschall '31
- 1992 Lynn Norenberg Barry '81
- 1994 Jeri Daniels-Elder '82
- 1998 Chris Paradis '84
- 2004 Janice Brown Martin '93
- 2006 Marcie Homan Heil '95

CAA 25th Anniversary

Cross Country Team

- Meghan Bishop
- Janice Brown
- Julia Cathcart
- Emily Furia
- Ali Henderson
- Marcie Homan
- Jackie Kosakowski
- Kathy Newberry
- Cathy Stanmeyer

NCAA East Regional Track and Field

Team Finishes

YEAR	PLACE	POINTS
2003	T39 of 51	2
2004	T51 of 53	1
2005	--	0
2006	--	0
2007	--	0
2008	T15 of 51	12
2009	13th of 55	18

Southeast Cross Country Championship

All-Region

- 2000 Emily Furia
Emily Halm
- 2002 Ali Henderson
Maura McMahon
- 2003 Ali Henderson
- 2004 Julia Cathcart
Jackie Kosakowski
- 2005 Meghan Bishop
Julia Cathcart
- 2007 **Emily Anderson**
- 2008 **Meghan Burns**

East Regional Track and Field

All-Region

- 2003 Cheryl Bauer 5,000m
- 2004 Ali Henderson 3,000m SC
- 2008 **Emily Anderson** 1,500m
Betsy Graney 3,000m SC
Nicole Kazuba Pole Vault
- 2009 **Emily Anderson** 5,000m
Betsy Graney 3,000m SC
Nicole Kazuba Pole Vault

ECAC Indoor Track and Field

Individual Champions

1,000 meter Run

- 1998 Amy Morris

Mile Run

- 1999 Emily Furia

3,000 meter Run

- 1992 Janice Brown
- 1993 Janice Brown
- 1994 Marcie Homan
- 2003 Ali Henderson
- 2008 **Emily Anderson**



Cheryl Bauer '03 was the first Tribe runner to earn all-region honors, finishing seventh in the 5,000m in 2003.

ECAC Outdoor Track and Field Individual Champions

1,500 meter Run

- 2000 Emily Furia

3,000 meter Steeplechase

- 2003 Ali Henderson
- 2005 Jackie Kosakowski

3,000 meter

- 2008 **Emily Anderson**

Pole Vault

- 2008 **Nicole Kazuba**

Heptathlon

- 2006 Brenna Blevins
- 2007 Bonnie Meekins

ECAC Cross Country Championships

All-East

- 2004 Julia Cathcart
Meghan Bishop
Jackie Kosakowski
Kristyn Shiring
- 2006 Meghan Bishop
Emily Gousen
Kaitlin Hurley
Anna Brousell
- 2007 **Emily Anderson**
Erin Prillaman
Emily Gousen
Anna Parker
Kayley Byrne
- 2008 Lynn Morelli
Betsy Graney
Meghan Burns
Heather Beichner



Jeri Daniels-Elder '82 is presented with the 1984 Southland Olympia Award by Rene Henry (l) and Millie West (r).

CAA Cross Country Championships (16)

1987, 1988, 1990, 1991, 1992, 1993, 1994, 1996, 1997, 1998, 2003, 2004, 2005, 2006, 2007, 2008

CAA Track and Field Championships (9)

Year	Points	Runner-Up	Points
1999	162	George Mason	148
2001	186	George Mason	128
2002	197.5	George Mason	187
2003	241.5	George Mason	175
2004	196	George Mason	195
2005	218	Va. Commonwealth	163
2006	174.5	Northeastern	129.5
2008	162	Northeastern	122.5
2009	181	UNC Wilmington	122

CAA Cross Country

Athlete of the Year

- 1990** Cathy Stanmeyer
- 1992** Janice Brown
- 1993** Marcie Homan
- 1994** Marcie Homan
- 2000** Emily Furia
- 2003** Ali Henderson

CAA Track and Field

Athlete of the Year

- 1990** Kim Baumbach
- 2001** Emily Furia
- 2003** Ali Henderson
- 2008** **Emily Anderson**
- 2009** **Emily Anderson**

CAA Track and Field

Performer of the Meet

- 1994** Lisa Rayner
- 2001** Emily Furia
- 2003** Ali Henderson
- 2009** **Emily Anderson (Track)**

CAA Cross Country

Rookie of the Year

- 1997** Emily Furia
- 2000** Emily Halm
- 2001** Jeannie Addison
Jackie Kosakowski
- 2003** Meghan Bishop
Julia Cathcart
- 2008** **Heather Beichner**

CAA Track and Field

Rookie of the Year

- 2000** Lora Meekins
- 2008** **Betsy Graney**
- 2009** **Natalie Baird (co-)**

CAA Cross Country

Champion

- 1990 Cathy Stanmeyer
- 1992 Janice Brown
- 1993 Marcie Homan
- 1994 Marcie Homan
- 2000 Emily Furia
- 2003 Ali Henderson
- 2008** **Emily Anderson**

CAA Track and Field Champions

100 meter Hurdles

- 1993** Billie Hart
- 2003** Kara Snyder

400 meter Hurdles

- 1990** Kim Baumbach

800 meter Run

- 1992** Sonja Friend
- 1993** Sonja Friend
- 2001** Emily Furia
- 2006** Lydia Malley
- 2008** Allie Lewis



Bonnie Meekins '07
2005 CAA Heptathlon
Champion

2007 CAA Heptathlon
Champion

2007 ECAC Heptathlon
Champion

2007 NCAA Heptathlon
16th Place

1,500 meter Run

- 1993** Janice Brown
- 1994** Marcie Homan
- 1995** Becky Patten
- 2000** Emily Furia
- 2001** Emily Furia
- 2003** Lauren Heron
- 2004** Meghan Bishop
- 2005** Meghan Bishop
- 2007** **Emily Anderson**
- 2008** **Meghan Burns**
- 2009** **Emily Anderson**

3,000 meter Run

- 1990** Katie McCullough
- 1991** Janice Brown
- 1992** Janice Brown
- 1993** Janice Brown
- 1994** Marcie Homan
- 1995** Cybelle McFadden
- 2000** Kathy Newberry

3,000 meter Steeplechase

- 2003** Ali Henderson
- 2007** Kate Willever
- 2008** Emily Arena
- 2009** **Betsy Graney**

5,000 meter Run

- 1991** Silica Johnson
- 1995** Claire Torchia

1997 Laurie Sturgell

- 1998** Jackie Kerr
- 2000** Kathy Newberry
- 2003** Ali Henderson
- 2006** Julia Cathcart
- 2007** Meghan Bishop
- 2009** **Emily Anderson**

10,000 meter Run

- 2003** Katrina Menard
- 2004** Maura McMahon
- 2007** Emily Gousen
- 2008** Emily Gousen

High Jump

- 1994** Lisa Rayner
- 2001** Angela Taliaferro
- 2002** Anne Larmore

Pole Vault

- 1998** Susan Larson
- 1999** Emily Greene
- 2002** Charlotte LaRoche
- 2004** Charlotte LaRoche
- 2007** **Nicole Kazuba**
- 2008** **Nicole Kazuba**
- 2009** **Nicole Kazuba**

Long Jump

- 1990** Kim Baumbach

Shot Put

- 1998** Dania Douglas
- 2001** Haven Davis
- 2002** Ayanna Jones
- 2003** Cassidy Harris
- 2004** Cassidy Harris
- 2005** Ayanna Jones
- 2008** **Carly Morse**
- 2009** **Ashley Williams**

Discus

- 2004** Jen Showker
- 2006** Jen Showker

Hammer Throw

- 2000** Kellie Gordon

2008 Abby Lemon

Javelin Throw

1996 Lisa Cronin

1999 Lyndsey Paul

Heptathlon

2001 Alarice Cesareo

2003 Alarice Cesareo

2004 Sarah McHale

2005 Bonnie Meekins

2006 Brenna Blevins

2007 Bonnie Meekins

2008 **Katie Guevel**

2009 **Katie Guevel**

4x400 meter Relay

2005 Mary Whitehead

Brenna Blevins

Lydia Malley

Naomi Mattos

The 3,000m race was replaced by the 3,000m steeplechase starting in 2001.

CAA Cross Country All-Conference

1984 Maureen Hinnebusch

1985 Sue Haynie

1986 Sue Haynie

Katie McCullough

Eleanor Carroll

1987 Janice Voorhies

Sue Haynie

Stephanie Finelli

Kristi LaCourse

Katie McCullough

Debbie Fordyce

1988 Katie McCullough

Cathy Stanmeyer

Janice Voorhies

Karen Laslo

Amy Devereaux

Eleanor Carroll

1989 Cathy Stanmeyer

Janice Brown

Katie McCullough

Kristi LaCourse

Stephanie Finelli

1990 Cathy Stanmeyer

Janice Brown

Megan Holden

Silica Johnson

Andrea Lengi

Karen Laslo

1991 Janice Brown

Sonja Friend

Karen Laslo

Silica Johnson

Marcie Homan

Maggie Silver

1992 Janice Brown

Marcie Homan

Sonja Friend

Andrea Lengi

Heather Haines

Allison Abbott

1993 Marcie Homan

Cybelle McFadden

Barb Fallon

Heather Haines

Silica Johnson

Maggie Silver

Allison Abbott

1994 Marcie Homan

Barb Fallon

Cybelle McFadden

Allison Abbott

1995 Claire Torchia

1996 Kathy Newberry

Laurie Sturgell

Becky Flowers

Julia Davidson

Cybelle McFadden

Claire Torchia

Tressa Breindel

1997 Kathy Newberry

Aryn Fahey

Tressa Breindel

Emily Furia

Dana Pascarella

Jackie Kerr

1998 Kathy Newberry

Emily Furia

Dana Pascarella

Ali Mann

Candi Major

Amanda Buell

1999 Emily Furia

Kathy Newberry

Ali Mann

Cheryl Bauer

2000 Emily Furia

Emily Halm

Adrienne Parker

Lara Toscani

2001 Cheryl Bauer

Maura McMahon

Lara Toscani

Jackie Kosakowski

Ali Henderson

Jeannie Addison

2002 Ali Henderson

Maura McMahon

Tara Guelig

Jackie Kosakowski

Kristyn Shiring

Lauren Heron

2003 Ali Henderson

Emily Halm

Julia Cathcart

Jackie Kosakowski

Maura McMahon

Meghan Bishop

Katrina Menard

Kristin McGough

2004 Jackie Kosakowski

Julia Cathcart

Meghan Bishop

Kristyn Shiring

Karen Pulliam

2005 Meghan Bishop

Julia Cathcart

Erin Prillaman

Julie Taylor

Tracy Williams

Kaitlin Hurley

2006 Meghan Bishop

Kaitlin Hurley

Emily Schroeder

Anna Brousell

Anna Parker

Emily Gousen

2007 Erin Prillaman

Anna Parker

Emily Anderson

Emily Gousen

2008 **Emily Anderson**

Meghan Burns

Betsy Graney

Kayley Byrne

Lynn Morelli

Heather Beichner

CAA Cross Country Coach of the Year

1987 Pat Van Rossum

1988 Pat Van Rossum

1990 Pat Van Rossum

1991 Pat Van Rossum

1992 Pat Van Rossum

1993 Pat Van Rossum

1996 Pat Van Rossum

1998 Pat Van Rossum

2003 Pat Van Rossum

2005 Kathy Newberry

2008 Kathy Newberry

CAA Track and Field Coach of the Year

1999 Pat Van Rossum

2001 Pat Van Rossum

2002 Pat Van Rossum

2003 Pat Van Rossum

2004 Pat Van Rossum

2006 Kathy Newberry

2008 Kathy Newberry

2009 Kathy Newberry



Ayanna Jones '05

Two-time CAA Champion



"Hottest Small State University"

"Small, Smart & Public"

"Top Small Public University"

"Public Ivy"

11-to-1 Student-to-Faculty Ratio

Princeton Review: Best in the Southeast School

"Alma Mater of a Nation"

The College of William & Mary

Williamsburg, Va.

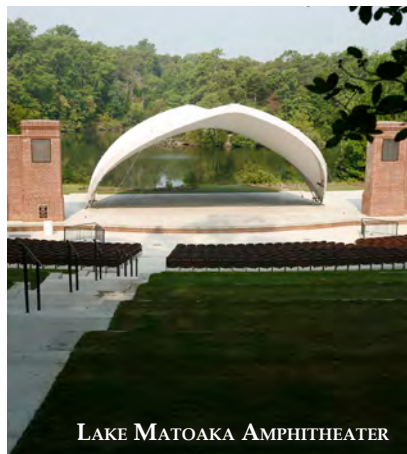
THE WREN BUILDING

The College of William and Mary is a public university located in Williamsburg, Va. Founded in 1693 by Royal Charter issued by King William III and Queen Mary II of England, William and Mary is the second oldest college in the country after Harvard. William and Mary has a long history of liberal arts education and a growing research and science curriculum that demonstrates a strong commitment to undergraduate research. The College, which became a state university in 1906, has been designated a "Public Ivy," and for nine straight years has been ranked by U.S. News & World Report as the sixth-best public university in the country - and the nation's top small public university.

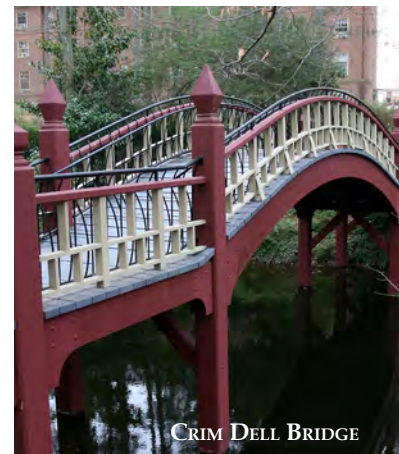
Also referred to as "the alma mater of a nation," the College has educated four U.S. Presidents - George Washington, Thomas Jefferson, James Monroe and John Tyler, which is the third most of any college in the country. William and Mary also claims several firsts, including the 1776 creation of Phi Beta Kappa - the country's first academic honor society - the first honor code of conduct for college students, and the first collegiate law school, established in 1779. William and Mary is also home to the Sir Christopher Wren Building - the country's oldest academic building still in use - and the President's House, the oldest home of a university president still in use.



A WINDOW LOOK AT CAMPUS



















LAKE MATOAKA AMPHITHEATER



CRIM DELL BRIDGE

2009-10

WILLIAM & MARY FACTS

-  Second oldest educational institution in the U.S.
-  In addition to four U.S. Presidents, W&M has educated a number of this country's key historical figures, including U.S. Supreme Court Chief Justice John Marshall and 16 signers of the Declaration of Independence.
-  W&M is one of only eight U.S. institutions of higher education designated a "Public Ivy." A Public Ivy is a state-assisted institution that offers a superior education at a cost far below that of Ivy League schools.
-  *U.S. News* ranked W&M sixth among all public colleges and universities and 32nd among both public and private institutions in 2009.
-  *Newsweek* named W&M "hottest small state university" in 2006.
-  *U.S. News and World Report* rated the School of Education 48th in the country in 2010.
-  W&M ranked 18th in graduation rates for national universities in 2009.
-  *The Princeton Review* named W&M a the 'Best of the Southeast' school in 2009.
-  The W&M Law School ranked 30th in the nation in 2008.
-  The History Department's doctoral program ranked fourth in the nation for U.S. Colonial History in 2010.
-  W&M ranked as the sixth-best public university in the country in the inaugural guide, "America's Best Colleges 2008" by *Forbes Magazine*.
-  *The Princeton Review* rated W&M the third among the top 50 best value public colleges nationally in 2009.
-  Phi Beta Kappa, the premier academic honor society in America, was founded by W&M students in 1776.
-  W&M's 11-to-1 student-faculty ratio is the lowest among the top public universities. Nearly 50 percent of William and Mary's classes have fewer than 20 students.
-  W&M libraries, including the main Earl Swem Library, were rated the eighth best College Library in the Country by the Princeton Review in 2008.
-  *Business Week* rated the W&M Undergraduate Business Program in the top 10 among Public Institutions in the country.
-  *Forbes Magazine* ranked W&M's MBA program in the top 50.



SUNKEN GARDENS



GRADUATES OUTSIDE THE WREN BUILDING



EARL SWEM LIBRARY



STUDENT RECREATION CENTER



LAKE MATOAKA



THE WREN CHAPEL



SAM SADLER CENTER



WOMEN'S SWIMMING AND DIVING
2007 CAA Champions

KATIE RADLOFF
Two-Time CAA Swimmer of the Year



WOMEN'S GYMNASTICS
SAAC CHAMPS Team Award



MEN'S SOCCER
2008 NCAA Second Round



TRIBE ATHLETICS: An Experience in Excellence

LACROSSE
Back-to-Back CAA Regular Season Champions

34 | All-America Honors in 2008-09

197 | All-Conference Honors in 2008-09



FIELD HOCKEY
National Academic Team Award

ADRIAN TRACY
All-American Football

The College of William and Mary sponsors 23 varsity sports and provides students with a unique and successful balance of athletics and academics. The Tribe Athletics Department finished 117th nationally in the Learfield Sports Directors' Cup Standings for 2008-09, a number that ranked second among Colonial Athletic Association (CAA) programs and fourth in the state of Virginia. The Directors' Cup, which was created by the NACDA and USA Today in 1993-94, is a program that honors institutions maintaining a broad-based program, achieving success in many sports, both men's and women's. W&M has placed among the top 100 nationally in 12 of the program's 16 years, while leading the CAA on seven occasions.

W&M has produced more CAA Championships than any program in the league's history. The College owns 95 league crowns, nearly 40 more than its closest competitor. The Tribe raked in the awards in 2008-09 as well, tallying a combined 197 all-conference honors, 34 All-America honors and six league players of the year. During the 2008-09 season, the Green and Gold produced an overall athletics winning percentage of 68.2, while racking up a combined 888 wins.

Along with its accomplishments on the field of play, the Tribe is just as successful in the classroom, epitomizing the term student-athlete. In the NCAA's inaugural Academic Progress Report in 2005, W&M ranked fourth among Division I teams, which was the highest of any athletic scholarship-granting school and of any public school. Since the inception of the CAA Scholar-Athlete of the Year, W&M has produced 28 honorees, more than any school in the conference.



WOMEN'S SOCCER
23 NCAA Appearances

HEAD COACH JOHN DALY
Eclipsed 300-win mark in 2008



MEN'S BASKETBALL
2008 CAA Finalists



RAGINI ACHARYA
ITA East Region Singles Champion
Women's Tennis

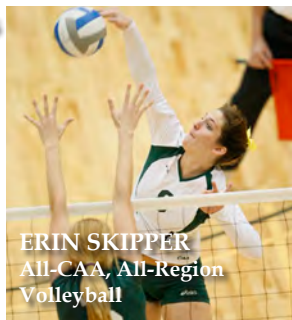
W&M: A COLLEGE OF CHAMPIONS

NCAA Championships (2)
Men's Tennis (2)

CAA Championships (95)
Baseball (1)
Men's Cross Country (16)
Women's Cross Country (16)
Men's Golf (1)
Women's Lacrosse (1)
Men's Soccer (6)
Women's Soccer (9)
Women's Swimming (1)
Men's Tennis (3)
Women's Tennis (20)
Men's Track and Field (4)
Women's Track and Field (9)
Volleyball (8)

CAA Football Championships (3)

ECAC Championships (7)
Men's Gymnastics (3)
Women's Gymnastics (4)



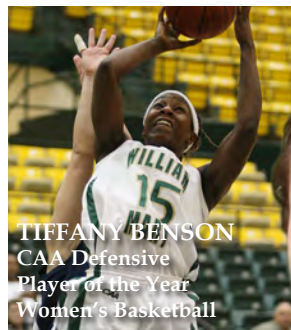
ERIN SKIPPER
All-CAA, All-Region
Volleyball



MEN'S GYMNASTICS
13-Time USAG National Champions
2008 National Academic Champions



ALEX GIBBY
Region Coach of the Year
Men's Cross Country








TIFFANY BENSON
CAA Defensive
Player of the Year
Women's Basketball

EMILY ANDERSON
All-American
Track and Field

7 | CAA Athletes of the Year
in 2008-09

.690 | Overall 2008-09 Athletics
Winning Percentage

WILLIAM & MARY ATHLETICS FACTS

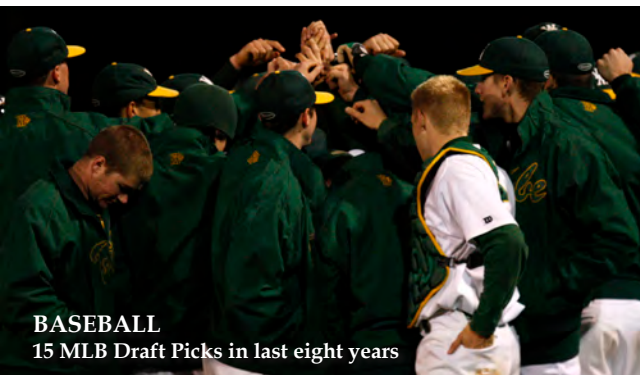
-  W&M ranked fourth, the highest of any athletic scholarship-granting school and of any public school, among the Division I teams in the NCAA's inaugural APR report
-  W&M's student-athlete graduations success rate is 95 percent
-  46 student athletes elected to Phi Beta Kappa in the past 11 years
-  Four Rhodes Scholars were W&M student-athletes
-  Won 28 CAA Scholar-Athlete of the Year Awards in the last seven years



KEZIEL JUNEAU
Ranked No. 103 in
Final ITA poll
Men's Tennis

TOTAL CAA CHAMPIONSHIPS

WILLIAM AND MARY	95
James Madison	58
Old Dominion	47
George Mason	43
VCU	36
UNC Wilmington	32
Hofstra	24
East Carolina	24
Navy	21
Richmond	20
Towson	9
American	8
Loyola	8
Georgia State	7
Delaware	4
Northeastern	3
Virginia Tech	2
Drexel	1
UMass	1
Villanova	1



BASEBALL
15 MLB Draft Picks in last eight years





ZABLE STADIUM TRACK



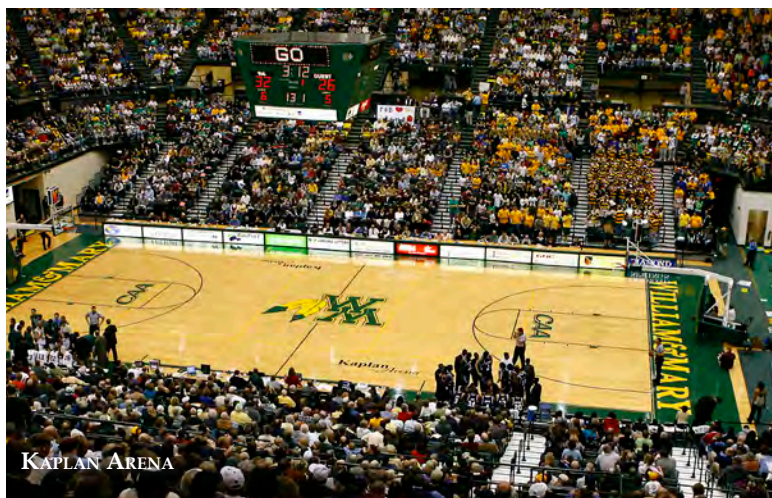
BUSCH TENNIS COURTS

William and Mary is committed to building and maintaining outstanding facilities for all 23 of its varsity athletic teams. The College has demonstrated this commitment by investing approximately \$16 million toward the construction and upgrade of its athletics facilities during just the last six years. Among W&M's recent projects were extensive improvements to Zable Stadium and the surrounding area over the past four years, including a brand-new all-weather track, permanent lights, video scoreboard, and moving the track team lockers into the stadium.

In the spring of 2007, the College constructed and dedicated the Stimson Throwing Events Area, a \$100,000 project that gave the Tribe a national-class facility for the shot put, discus, hammer, and javelin events. The facility includes three shot put circles, a full-length javelin runway, and an Olympic throwing cage for the discus and hammer, all located a short walk away from Zable Stadium.

In 2005, Kaplan Arena received an upgrade with the installation of 6,900-square foot permanent wood floor along with rubberized sports flooring on the open end of the arena to accommodate track and field and other multi-purpose activities. A year earlier, the home of Tribe soccer and lacrosse, Albert-Daly Field was dedicated, providing the programs with a \$1 million all-natural grass facility.

TRIBE ATHLETICS FACILITIES



KAPLAN ARENA



ALBERT-DALY FIELD



TRACK AND FIELD *Tribe* CROSS COUNTRY



2009-10 TRIBE CROSS COUNTRY/TRACK AND FIELD



KAYLEYBYRNE
SENIOR • DISTANCE



KATIEGUEVEL
JUNIOR • MULTI

2009-10 SCHEDULE

CROSS COUNTRY

Sept 5	Spider Alumni Open St. Catherine's Park	Richmond, Va.
SEPT. 19	51ST W&M HIGH SCHOOL INVITATIONAL EASTERN STATE HOSPITAL	WILLIAMSBURG
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	25th ECAC Championships Van Cortlandt Park	Bronx, N.Y.
Nov. 23	30th 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	

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

TRACK AND FIELD

Dec. 4	Navy Invitational	Annapolis, Md.
Dec. 4-5	Liberty Multi-Event	Lynchburg, Va.
Jan. 22-23	Hampton Invitational	Hampton, Va.
Jan. 29-30	CNU Captain's Invitational	Newport News, Va.
Jan. 30	GMU Invitational	Fairfax, Va.
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	33rd ECAC Indoor Championships	Boston, Mass.
Mar. 12-13	28th 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	27th ECAC Outdoor Championships	Princeton, N.J.
May 28-29	NCAA East Regional	TBA
June 9-12	29th 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 Zable Stadium and the Stimson Throwing Area.
Schedule subject to change.