

WILLIAM AND MARY MEN'S TRACK & FIELD

GET YOUR GAME FACE ON.



Junior Chris Parsons



Senior Sean Graham



Senior Sean Conway



Senior Curtis Smith

T
R
I
B
E

2003





TRIBE



2002-03 William and Mary Men's Track and Field Roster

Name	Class	Event	Hometown/High School
Phil Agee	SR	Multi/PV	Stafford, VA/Brooke Point
Sean Anastasia-Murphy	FR	Distance	Gloucester, MA/Gloucester
Justin Benabdallah	FR	Sprints/Jumps	Natick, MA/Xaverian Brothers
Wes Boone	FR	Distance/MD	Cary, NC/Apex
Billy Bylund	FR	Distance	Great Falls, VA/Langley
Trevor Cable	SO	Distance	Frewsburg, NY/Frewsburg Central
Nathan Chubb	FR	Multi/PV	Doylestown, PA/Central Bucks East
Patrick Comstock	SO	Distance	Portsmouth, VA/Churchland
Jesse Contario	SO	Distance	Newark, NY/Newark
Sean Conway	SR	MD	Massapequa, NY/Massapequa
Paul Costello	SO	Distance	Springfield, VA/Paul VI
Allen Denson	JR	MD	Birmingham, AL/Mountain Brook
Brian Doherty	FR	Distance	Roanoke, VA/Roanoke Catholic
Mike Dominguez	FR	Distance	Herndon, VA/Herndon
Jacob Frey	SR	Distance	Oakton, VA/Oakton
Noah Gabriel-Landis	FR	Multi/Jumps	Underhill, VT/Mount Mansfield Union
Brendan Gaffney	JR	Distance	Western Springs, IL/Lyons Township
West Garrett	SR	Distance	Mathias, WV/East Hardy
Sean Graham	SR	MD/Distance	Stillwater, MN/Stillwater
Chris Healey	SO	MD	Wayne, NJ/Wayne Valley
Jon Healey	SO	MD	Wayne, NJ/Wayne Valley
Nick Hecker-Thompson	SO	Throws	Seattle, WA/Seattle Prep
Jeff Hedley	SO	MD	Virginia Beach, VA/Kempsville
James Hipolit	FR	Hurdles	Lititz, PA/Manheim Township
Charlie Hurt	SO	Distance	Charlottesville, VA/Western Albemarle
Scott Ickes	SO	MD	Rochester, NY/Gates-Chili
Matt Keally	FR	Distance	Virginia Beach, VA/Ocean Lakes
Michael Keeling	SR	Distance	Fredericksburg, VA/Chancellor
Tyler Kirk	SR	Distance	River Forest, IL/Oak Park-River Forest
Matt LaFauci	SO	Throws	Demarest, NJ/Northern Valley Regional
Matt Maline	SO	Distance	Herndon, VA/Oakton
Aaron Mitchell	SO	Throws	Buffalo, NY/Sweet Home
Scott Moorhead	SR	Hurdles/MD	Centerville, OH/Centerville
Ed Moran	SR	Distance	Dayton, NJ/Notre Dame
John O'Connor	SR	MD	Yorktown Heights, NY/Yorktown
Tim Oliver	JR	MD	Fairfax Station, VA/Lake Braddock
Adam Olstot	JR	Distance	Richmond, VA/Mills Godwin
Chris Parsons	JR	Throws	Dunkirk, MD/Northern
Bill Patchak	FR	MD	Newtown Square, PA/Great Valley
Kyle Pawlaczyk	SO	Distance	Orchard Park, NY/Hamburg
Robert Pitts	FR	MD	Washington, D.C./St. John's Prospect Hall
Matt Roughton	SO	MD	Fairfax Station, VA/Hayfield
Jason Schoener	FR	Distance	Grand Blanc, MI/Grand Blanc
Andy Smith	SO	Throws	Raleigh, NC/Leesville Road
Curtis Smith	SR	Sprints/Jumps	Lorton, VA/Tower Hill School (DE)
Aaron Spicer	JR	Multi/PV	Woodbridge, VA/Gonzaga
Garrett Spitz	FR	Jumps	Manhasset, NY/Manhasset
Bill Tarantino	SO	MD	Woodbridge, VA/Woodbridge
Josh Watson	SR	MD	New Martinsville, WV/Magnolia
Chris Wilber	SR	MD	Reston, VA/South Lakes
Kyle Wisian	JR	Hurdles	Radford, VA/Radford
Matt Wolak	FR	MD	Richmond, VA/Mills Godwin

William and Mary

2002-03 Men's Track & Field

Tribe Coaching Staff

Cross Country/Track & Field Director

Dan Stimson (Ohio, 1971)

Stimson's E-mail: dgstim@wm.edu

Cross Country/Track & Field Head Coach

Andrew Gerard (Colgate, 1990)

Gerard's E-mail: algera@wm.edu

Assistant Coaches

Viet Do (Columbia, 1997)

Beth Nealon (W&M, 2002)

Clinton Binder (Tennessee, 2002)

Emil Davis (W&M, 1985)

Michael Ryan (US Naval Academy, 1999)

XC/Track Office Phone: (757) 221-3398

XC/Track Office Fax: (757) 221-2989

Table of Contents

Team Roster	Inside Front Cover
Director of Track & Field Dan Stimson	2
Head Coach Andrew Gerard	3
Assistant Coaches	4
2003 Track & Field Preview	5
Athlete Profiles	6-9
Newcomers	10
All-time Top Performers	11
Frosh Records/ All Americans	12
Support Staff	13
The College of William and Mary	14
W&M Athletics	15
Facilities	16
Track & Field Records	Inside Back Cover
2002-03 Schedule	Back Cover

W&M Quick Facts

Location	Williamsburg, VA
Founded	1693 (second oldest college in U.S.)
Enrollment	5,560
Size of Campus	1,200 acres
Nickname	Tribe
School Colors	Green, Gold and Silver
Affiliation	NCAA Division I
Conference	Colonial Athletic Association
President	Timothy J. Sullivan
Athletics Director	Terry Driscoll
Associate Athletics Director	Barbara Blosser

Sports Information

Track & Field SID	Laura Bodine
Phone	(757) 221-3344
Sports Info Fax	(757) 221-3412
W&M Athletics Website	www.TribeAthletics.com
Mailing Address	P.O. Box 399
.....	Williamsburg, VA 23187

Directions to William and Mary

Take I-64 to Lightfoot exit #234 (Rt. 199 East). Stay on 199 East to Monticello Avenue. Exit on Monticello and bear left on exit ramp. At bottom of ramp, turn left at light onto Monticello (pass under Rt. 199). Stay straight at light crossing Ironbound Road and continue about a half mile. Take first right onto Compton Dr. (before light at hospital and shopping centers-**caution**-there may not be a street sign). Continue on Compton until first stop sign (intersection of Brooks Rd.). Make right at stop sign onto Brooks Rd. The large building on the left is William and Mary Hall with coaches' offices on the second floor (rooms 230 and 231).



To The Media: This booklet is primarily intended to assist our recruiting efforts. Nonetheless, we hope you will find it useful. Updated information will be available throughout the season on the W&M athletics website, www.TribeAthletics.com. Photos and information on feature stories will be provided whenever possible. If you are interested in covering a W&M athletic event or writing a feature story, please contact Laura Bodine in the sports information office at (757) 221-3344.

Credits: The 2002-03 William & Mary Men's Track & Field Media Guide was prepared by the sports information office. Writing, layout and design by Laura Bodine. Covers designed by Laura Bodine. Editing by the sports information department, Andrew Gerard and Randy Hawthorne. Photography by Randy Hawthorne, Bob Keroack, Tim Oliver, Tim O'Dowd. Printing by Colonial Printing of Richmond, Virginia.

Coaching Staff



Director of Track & Field DAN STIMSON

In his 17th 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.

On the track, Stimson's teams have met with great success. The men's track and field team finished

second in the conference last year, adding to a legacy that includes 47 All-Americans, one Olympian and two conference titles in the 1990s. The women's track and field team pulled off an unprecedented feat in 1999, dethroning nine-time CAA champion George Mason. The championship was the first CAA title for the women, a feat the program duplicated in 2001 and 2002.

Stimson also oversees the men's and women's cross country programs, both of which competed at the 2002 NCAA Championships. The men and women placed 14th and 23rd, respectively, with one athlete honored as an All-American on each squad. The men's cross country team has finished among the nation's top-16 for the last five seasons, including its second-highest finish ever in 1999 (ninth). The men's and women's cross country teams have captured a combined 20 CAA titles since 1987, winning a combined 12 CAA Athlete and Rookie of the Year awards in the last five years.

Stimson, who works primarily with the throwers, pole vaulters and multi-eventers, has mentored many W&M athletes to national prominence. 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 learned to throw 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 benefited from his work 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.

On the women's side, Stimson coached All-American high jumper Lisa Rayner to an 11th-place finish at the NCAA Championships and a school-record mark of 5'11". 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 sixth-place at the ECAC Championships. Stimson coached freshman pole vaulter Charlotte LaRoche to second place in the ECAC Championships and a school record of 13'1". She is also the CAA meet record holder in the event.

A current example of Stimson's coaching ability can be seen in junior Chris Parsons. As a freshman, Parsons made a powerful debut, winning CAA titles in both the shot and the javelin. He followed those successes 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. Parsons then went on to garner All-East honors in the hammer throw at the IC4A meet. He has personal records of 54'0" in the shot, 223'2" in the javelin and 188' in the hammer.

Stimson came to William and Mary from a perennial national powerhouse, the University of Tennessee, where he helped Volunteer athletes finish in the nation's top-10 on seven occasions and collect 12 South-

eastern 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, VA for one year, then on to Miami University (Ohio) for nine years.

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 champion, as well as a two-time MAC shot champion. He concluded his athletic career by competing in both the NCAA and AAU national championships in the shot.

Dan and his wife Rosemary, also a Falconer native, have two children. Their son, Clare, is a 20-year old local college student. Recently married daughter Krista Crider, 28, graduated from W&M in 1996 with a B.S. in biology and got her master's at the College in 1998. She is currently a Ph.D. candidate on a fellowship at Emory University in the field of genetics and molecular biology. Krista is a former W&M record holder in the hammer throw.

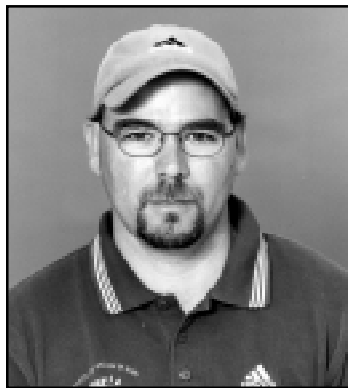


Stimson By The Numbers

- 47 All-Americans in indoor and outdoor track and field and cross country
- 25 CAA Titles
- 17 CAA Athletes of the Year
- 16 Seasons at William and Mary
- 2 CAA Coach of the Year Honors (1992 and 1996)



Coaching Staff



Head Coach ANDREW GERARD

In his six years at William and Mary, head coach Andrew Gerard has made the men's track and cross country teams into one of the College's most successful athletic programs. A direct reflection of his athletes' successes, Gerard has garnered numerous honors for his coaching and has produced results that consistently

rank his middle distance and distance teams among the best in the nation.

Gerard's athletes have excelled on the track, most notably 2001 graduate Matt Lane and 1999 graduate Anders Christiansen, both of whom finished their college careers with multiple All-America honors. In his first season as the Tribe's head coach, Gerard mentored Christiansen in the 800m, helping him chop 11 seconds off his previous personal best to place second at the 1997 NCAA Championships, running a stellar 1:46.66. Lane, who finished his W&M career with 11 All-America honors, laid claim to seven school records at W&M while posting the fourth-fastest American collegiate 5,000m time in history during the spring of 2001 (13:25.38). That spring, he was also named the USTCA National Athlete of the Year for his accomplishments during the 2001 season. A three-time CAA Track and Field Athlete of the Year, Lane was further honored as Eastern Track Magazine's Collegiate Athlete of the Year for 2000 and 2001. Both Lane and Christiansen were members of U.S. national teams while undergrads, with Christiansen traveling twice to Europe with the U.S. Middle Distance Development squad, while Lane was the top American finisher (fourth) in the 5,000m at the World University Games in Beijing in the summer of 2001.

While Gerard's ability to guide young athletes to the elite, international level has been well established, his developmental approach has also nurtured many lesser known high school competitors to the top level. This fact is underscored by the Tribe's history of success in the relay events over the last six years. In 1998, the indoor distance medley was so honored, after winning the collegiate section at the prestigious Penn Relays. Two years ago, the Tribe's DMR of Lane, along with W&M standouts Sean Conway, Chris Wilber and Sean Graham, broke the 30-year-old school record, which at the time was also a world record, with a time of 9:36.53. Shifting gears, literally, in 1999, W&M's sprint medley relay blazed to the fifth-fastest collegiate time in the country (3:18.09 at the Colonial Relays). Most recently, Tribe squads have been noted for attacking the longest event, the 4xmile relay, in the process finishing second (2000) and third (2001) at the Penn Relays. In 2000, the squad comprised of Sean Graham, Mike Hoglund, Matt Lane and Todd Swenson clocked a stellar 16:19.69, the sixth-fastest time in Penn Relays history. That time knocked off a 27-year-old school record and, ultimately, was the third-fastest time in the nation.

In addition to their magnificent feats on the track, Gerard's athletes also excel in cross country. Most recently, the 2002 men's cross country squad advanced to the NCAA championships for a sixth-straight time. After strong performances throughout the season, including a first-place finish at the Paul Short Invitational, Gerard has continued to prepare his squad for postseason excellence. Dominating the CAA Championships, seven W&M runners were named to the all-conference squad. Placing second regionally, W&M then went on to qualify for an automatic berth

in the NCAA Championship, where the squad placed 14th, led by two-time All-American Ed Moran, who finished 30th. Further proving the depth of the cross country team, another pack of Tribe runners took second at the IC4A Championships, as two athletes from W&M were named to the All-East squad.

A five-time CAA Cross Country Coach of the Year (1997, '99-'02) and the 2000 Southeast Region Coach of the Year in cross-country, Gerard has twice guided the cross country team to a top-10 finish at the NCAA Championships. The 2001 season also marked the sixth consecutive year the squad has posted a top-16 finish at the NCAA Championships. With almost 40 All-CAA, 25 all-region and five All-American selections to his credit in cross-country, Gerard's athletes have not been without individual success as well. Most notably, Lane garnered three CAA Athlete of the Year selections, to go along with two Southeast Regional Athlete of the Year accolades. Senior Sean Graham added his name to the list in 2001, earning both titles as well and becoming the Tribe's third individual regional champion in five years. In 2002, Ed Moran was named the CAA Athlete of the Year after winning the conference championships and earned All-America status after a 30th-place finish at the NCAA Championships.

In 1997, Gerard led the cross country team to a ninth-place finish at the NCAAs, the team's highest finish since a fourth-place finish in 1973. At the 1999 NCAAs, Lane hammered out a fifth-place finish, the highest ever by a male Tribe runner.

No stranger to strong academic institutions, Gerard's teams have also excelled in the classroom. In 1999, Geoff Williamson and Erik Musiek were selected to the College's Alpha Chapter of Phi Beta Kappa, and senior Josh Watson earned the accolade in 2002. Tribe track and field and cross-country athletes have been named Academic All-Americans almost a dozen times for their accomplishments in both arenas. Additionally, the track squad has earned Academic All-America honors from 1998-2002.

Prior to taking the head coaching position at W&M, Gerard served as an assistant for four years with the men's and women's cross country teams at Stanford University. In the fall of 1996, just before his departure, both teams won NCAA titles, earning Gerard Co-National Coach of the Year honors for his work with the men's team. Prior to his stint on the west coast, Gerard was an assistant coach at Dartmouth College.

A 1990 Cum Laude graduate of Colgate University with a degree in biology and an emphasis on human physiology, Gerard was a four-year letterwinner with the Red Raider cross country and track and field squads and, in 1992, was ranked in the top 50 in the U.S. in the steeplechase.



Gerard's Coaching Highlights

- Five-time CAA Cross Country Coach of the Year and 2000 Southeast Region Coach of the Year
- Six consecutive top-16 NCAA team finishes in cross country
- 16 All-America honors for indoor and outdoor track and cross country in six years
- Four CAA cross country titles (1997, 2000, 2001, 2002)
- 13 current indoor and outdoor track and field records established under his tutelage

Coaching Staff



Assistant Coach Viet Do

Viet Do is in his third season as an assistant coach with the William and Mary men's track and field and cross country staff. He has helped the cross country team to three top-20 finishes at the NCAA Championships (10th in 2000, 16th in 2001 and 14th in 2002) and is primarily responsible for training and developing the middle distance corps on the track. Under Do's direction, William and Mary middle distance athletes have earned numerous individual and relay All-East honors, including the DMR's automatic berth to the NCAA Championships in 2001, setting a school record (9:36.53).

Prior to joining the Tribe, Do served a year as the recruiting coordinator and assistant coach in charge of men's and women's middle distance for the University of Buffalo. Before that, he spent two years as a graduate assistant coach at UB. Under his direction, Buffalo middle distance athletes broke eight school records, hit nine ECAC/IC4A qualifying standards, earned two All-East certificates and achieved an NCAA provisional mark in the 800m.

Along with his coaching duties, Do has served on several national championship meet management committees. Do was responsible for the track and field event schedule at the 1998 NCAA Division I Outdoor Championships and helped organize the Junior College National Championships (1998 and 2000), the Junior Olympic National Championships (1998 and 2000), and the New York City Marathon as a radio correspondent with ABC (1993-96).

A standout student-athlete for the Columbia University cross country and track and field teams, Do specialized in events from 400m to 1,500m. Do earned All-East, All-Ivy and All-Mets honors and was also the team captain in his senior year.

A 1997 Columbia graduate, Do received his bachelor's of science degree in industrial engineering. He furthered his education by earning his master's degree in higher education administration while coaching at the University of Buffalo in 1999.



Assistant Coach Emil Davis

Former Tribe runner Emil Davis returned to W&M in 2000 to assume the role of assistant coach. Davis is primarily responsible for the sprinters, jumpers and hurdlers. Davis had been the Bruton High School (Williamsburg) girls' track and field coach for 12 seasons, and also teaches biology at the school. In his time with Bruton, his teams accumulated an impressive 82 victories, including two state championships (1996 & 1997), state runner-up (1998), and numerous invitational victories. Several of Davis' athletes have gone on to become standout multi-eventers in college.

Davis earned All-East honors his senior year at W&M, placing second in the pentathlon at the indoor IC4A Championships. He still holds the school 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.



Assistant Coach Michael Ryan

Michael Ryan, in his first season as an assistant coach with the William and Mary men's track and field/cross country staff, helped coach the cross country team to a 14th-place finish at the 2002 NCAA Championships and has helped with recruiting and administrative duties. Prior to coming to W&M, Ryan served as a volunteer assistant distance coach at the University of Georgia, coaching five runners to All-SEC honors.

One of the top middle distance runners in the country, Ryan is currently training with an eye towards qualifying for the 2004 Olympic Games. In 2000, Ryan placed 10th at the US Olympic Trials in the 1,500m (3:40.46) and was the runner-up in the 3,000m at the US Indoor Track and Field Championships (7:57.11). He has twice qualified for the World Military Cross Country Championships and was a member of the Reebok Enclave from 1999 to 2000. Additionally, Ryan has PRs of 4:00.69 in the mile and 14:07 for the 5,000m.

A 1999 graduate of the US Naval Academy, Ryan earned a B.S. in oceanography and captained the cross country team his senior year. There, he earned All-American honors in the mile, was an IC4A Champion in the DMR and was a four-time heptagonal champion. In addition to his coaching duties, Ryan is serving as a Supply Officer on the aircraft carrier USS Dwight D. Eisenhower, stationed in Newport News, Virginia.



Assistant Coach Beth Nealon

Beth Nealon begins her first season as an assistant coach with W&M after helping to lead the track and field squad to three conference championships as an athlete. After graduating last May with a degree in biology, Nealon brings her experiences as a standout student-athlete at W&M to lead the team as a coach. Nealon will work primarily with sprinters, jumpers, hurdlers and multi-eventers.

A co-captain her senior season, Nealon competed in the long jump and triple jump for her first three years on the squad and in the high jump, heptathlon and pentathlon during her final year. Nealon, an All-East and All-CAA high jumper, is currently the third-best triple jumper and the second-best high jumper in Tribe history. Nealon is a native of Northern Virginia and works at the Williamsburg Hospital when she is not coaching.



Assistant Coach Clinton Binder

Clinton Binder enters his first year with the Tribe as an assistant coach. He will primarily work with the pole vaulters, bringing his experience competing in the event to the W&M athletes. A two-time NCAA provisional qualifier in the pole vault at the University of Tennessee, Binder most recently placed third and fifth in the 2002 indoor and outdoor Southeastern Conference Championships, respectively. A member of the 2001 and 2002 SEC outdoor championship squads, Binder reached a PR of 17'3". He was also awarded Tennessee's Most Improved Athlete award in 2002. A native of Gloucester, Virginia, Binder graduated from Gloucester High School.



2003 Preview

The William and Mary men's track and field squad awaits the start of the season with the potential to reach the highest levels of success. Returning several experienced athletes, introducing several accomplished newcomers, and boasting a heritage of triumphs, the Tribe looks to move up in the conference and national rankings. The team is led by Director of Track and Field Dan Stimson and head coach Andrew Gerard, who have tallied a combined 22 years at W&M, earning six Colonial Athletic Association Coach of the Year awards and 23 CAA titles. In the 2001-02 season, the Tribe produced four individual conference champions, 16 all-conference honorees, six All-East performers and a second-place team finish at the CAA Championships. With a busy and competitive schedule, the Tribe should have ample opportunity to shine once again.

The distance events, traditionally among the strongest for the squad, contain numerous gifted athletes, including seniors Jacob Frey, West Garrett, Sean Graham, Ed Moran, and sophomore Matt Maline. Graham, the Southeast Region and CAA Cross Country Runner of 2001, competes after redshirting the 2002 seasons. In previous years, he qualified for NCAAs in the 3,000m and ran in the school-record breaking DMR that finished 11th nationally. Maline redshirted the outdoor season last year but broke the 3,000m freshman indoor school record in 2002. He was also selected as the 2001 CAA Cross Country Rookie of the Year after finishing third at CAAs, and competed at NCAAs with the Tribe after individually placing in the top-40 at the NCAA Southeast Regional meet. Moran, a two-time cross country All-American, finished 10th in the 3,000m at the indoor IC4As. Frey returns this season after claiming his first CAA title in the 5,000m and earning All-East honors at the IC4A indoor (5,000m, 5th) and outdoor (10,000m, 5th) championships. Garrett also saw a breakthrough year in 2002, competing at the IC4A championships in all three seasons, finishing fourth in cross country and competing in the 5,000m indoors and the 10,000m outdoors.

Bolstering the front-runners will be a very able line-up of returnees with significant conference and regional level experience. Senior Michael Keeling finished second at CAAs in the 3,000m steeplechase, earning all-conference honors, while junior Adam Otstot finished third in that event. Senior Tyler Kirk ran to a fifth-place finish at CAAs in the 5,000m, with sophomores Jesse Contario and Patrick Comstock close behind, finishing seventh and 10th, respectively. Sophomores Trevor Cable and Jeff Hedley scored at the conference meet in the 1,500m, placing seventh and eighth, respectively. Also look for improvements from junior Brendan Gaffney, an All-CAA (third) honoree in the 10,000m last spring, sophomores Paul Costello, Jon Healey, Charlie Hurt, and Kyle Pawlaczkyk and newcomers Sean Anastasia-Murphy, Wes Boone, Billy Bylund, Brian Doherty, Mike Dominguez, Matt Keally and Jason Schoener.

Dropping down in distance, seniors Sean Conway, John O'Connor, Josh Watson and Chris Wilber will likely anchor the middle-distance crew. Wilber redshirted both seasons in 2002, but previously participated as the 400m leg of the record-setting DMR relay, finished fourth in the 800m at CAAs and earned All-East honors in the 4x800 relay as a junior. Conway represented the Tribe well during Wilber's redshirt seasons, finishing third in the 800m at CAAs after a fifth-place showing at the indoor IC4As in the 1,000m. O'Connor excels at the 1,500m, winning the 2002 CAA title with his bold, front-running style. Senior Josh Watson has also competed numerous times at the IC4A level, most recently qualifying individually in the indoor mile.

Junior Scott Ickes should also be major con-

tributor in the middle distance events. After a solid season in 2002, he looks to jump ahead again this winter and spring. Watch for the following athletes to contribute: junior Tim Oliver, sophomores Chris Healey, Matt Roughton and Bill Tarantino, and freshmen Bill Patchak, Robert Pitts and Matt Wolak.

The Tribe's sprinters and jumpers are led by the versatile senior Curtis Smith. Smith ran his fastest 400m at CAAs to finish in seventh place and anchored the Tribe's 4x400m relay on numerous occasions. Fellow senior Phil Agee and newcomer Justin Benabdallah will also be solid sprinters for W&M.

In addition to his sprinting duties, Smith will anchor the horizontal jumps. Smith competed in the triple jump at IC4As both indoors and out, jumping to a 12th-place finish outdoors. He also finished second in that event and fifth in the long jump at CAAs and looks poised to challenge the 50' barrier in his specialty, the triple jump, this season. Freshman Garrett Spitz will contribute in the high jump after a very solid high school career, while Benabdallah is expected to contribute immediately at the collegiate level, primarily as a long jumper.

Senior Scott Moorhead returns as the top 400m hurdler after his third-place finish at CAAs, while Agee and junior Kyle Wisian return as the top short hurdlers. Agee, an experienced hurdler, is expected to team up with Wisian, who finished 11th in the 110m hurdles and 13th in the 400m hurdles at the CAA Championships. Adding to this crew will be frosh James Hipolit, a 400m hurdling specialist.

Moving to the field events, versatile junior Chris Parsons leads a parade of young, but very effective throwers. A national caliber javelin thrower, Parsons placed first (shot), second (hammer), third (javelin), and fourth (discus) at the 2002 CAA Championships. He finished eighth at both the outdoor and indoor IC4As in the hammer and shot put, respectively, after placing as a frosh in the javelin. Parsons returns as the school record holder in the javelin (223'2") and a two-time CAA champion (javelin and shot) as a freshman.

W&M will also rely heavily on a quartet of versatile sophomores, Andy Smith, Nick Hecker-Thompson, Matt LaFauci and Aaron Mitchell. Smith returns this season as the defending CAA Champion in the javelin, while Hecker-Thompson and Mitchell will provide solid depth. Hecker-Thompson had three impressive throws at the conference meet, finishing eighth (discus), 10th (shot) and 11th (hammer), while Mitchell finished in second (shot) and seventh (hammer). LaFauci has improved remarkably and should also add depth in the hammer, javelin and discus.

The multi-event/pole vault duo of Agee and junior Aaron Spicer will be enriched by newcomers Nathan Chubb and Noah Gabriel-Landis. Agee took top honors in the decathlon at CAAs, beating the competition by over 1,000 points and capped off the outdoor season with an eighth-place finish at IC4As, earning All-East honors. Spicer was also a major contributor last year in the decathlon, finishing fifth in the conference. Chubb was primarily a vaulter in high school but is learning the other multi-event disciplines, as is the versatile Gabriel-Landis.

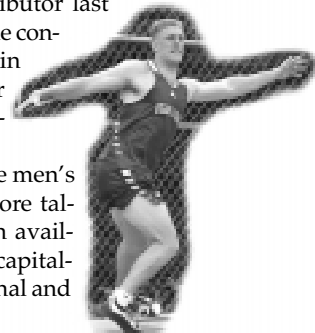
All together, the 2003 version of the men's track and field team should feature more talent, depth and potential than has been available in a number of years and looks to capitalize on that at top level conference, regional and national level meets.



Phil Agee



Sean Graham (left) and John O'Connor (right)



Chris Parsons

Athlete Profiles



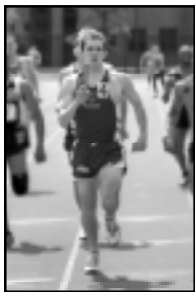
Phil Agee

SR • PV/Multi • Stafford, VA

2002: Competed in IC4As, finishing eighth and earning All-East honors in the decathlon with a personal best of 6,573 points ... CAA Champion in the same event, blowing away the competition by over 1,000 points and earning all-conference honors ... Scored a personal record of 3,353 points in the pentathlon at the CNU Winter Frolic. **2001:** Reached a mark of 14'6" in the pole vault during the indoor season ... Jumped 6'2" in the high jump, the best on the squad ... Finished first in the high jump at the W&M Invitational ... Saw limited action in the decathlon outdoors due to a strained hamstring. **2000:** Was an IC4A qualifier as a member of the squad's 4x100m relay team ... Won the CAA Title in the decathlon, and placed 10th at IC4As ... Placed fourth in the high jump at the CAA Championships ... Posted two first-place finishes in the high jump, and one in the long jump ... Saw 12 top-five finishes overall in the 110m hurdles, high jump, pole vault, long jump, discus and decathlon.

W&M PRs

400m – 49.1r
Pole Vault – 14'8"
Long Jump – 22'4"
Pentathlon – 3,448i
Decathlon – 6,573



Sean Conway

SR • MD • Massapequa, NY

2002: Competed at IC4As, during both the indoor and outdoor season, finishing fifth and earning All-East honors indoors in the 1,000m in a time of 2:26.55 (2:25.78 prelims) ... Outdoors, placed 13th in the 800m (1:52.24) ... All-conference athlete, finishing third in the 800m with a time of 1:50.14 at the CAA Championships ... Achieved a personal-best time at the George Mason Invitational, running a 1:50.10 800m for a fifth-place finish ... Ran to a first-place finish at the VCU Ram Invitational in the 800m. **2001:** Eighth in the 800m at the CAA Championships ... Was a fixture on the Tribe 4x800m and 4x400m relay squads, and was a member of the All-East 4x800 relay that took third at IC4As ... Won the 1,500m at the Tribe Invitational, at a then PR of 4:00.85 ... Indoors, ran the 800m leg of the squad's school-record breaking DMR, and on the DMR that finished 11th at the NCAA Championships ... Ran an IC4A qualifying time in the 800m at the Virginia Tech Challenge (1:54.39). **2000:** Was a mainstay on the squad's 4x400 and 4x800 relays, both of which were IC4A qualifiers ... Was a member of the indoor 4x800m relay that took first in its heat at the IC4A Championships ... Ran to four top-ten finishes in the 800m, including ninth at the CAA Championships ... Ran an IC4A qualifying time in the 1,000m.

W&M PRs

400m – 48.3r
800m – 1:50.10
1,000m – 2:25.78
1,500m – 3:57.7r



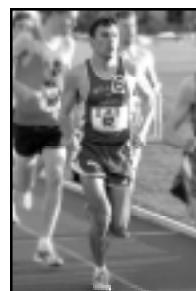
Jacob Frey

SR • Distance • Oakton, VA

2002: CAA Champion in the 5,000m, running a time of 14:50.32 ... Turned in two fifth-place finishes at IC4As, one outdoors in the 10,000m (30:33.60) and the other indoors in the 5,000m (14:27.24) ... Achieved a personal-best time of 30:06.93 in the 10,000 at the Penn Relays ... Saw a first-place finish in the CNU Winter Frolic in the 5,000m... Also competed in the 3,000m during the indoor season, finishing fifth at that UNC Fast Times Invitational. **2001:** Indoors, reeled off IC4A qualifying times in the 3,000m and 5,000m, and finished eighth in the 5,000m at the IC4A Championships with a mark of 14:33.58 ... Redshirted outdoor season. **2000:** Broke the freshman school record in the 5,000m both indoors and outdoors ... Was an IC4A qualifier in the 5,000m in both the indoor and outdoor seasons ... Took a sixth-place finish at that distance at the CAA Championships, and a 13th-place finish at the IC4A Championships. **2002 XC:** Member of NCAA team which finished 14th at the national championship meet ... All-conference and all-region after finishing fourth at the CAA Championships and 20th at the NCAA Southeast Regional meet. **2001 XC:** All-CAA runner, taking eighth with a time of 24:57.8. **2000 XC:** Earned All-Southeast Region and All-CAA honors in the cross country season ... Ran as the fifth man in the Tribe's 10th-place finish at the NCAA Championships. **1999 XC:** Alternate for the Tribe at the NCAA Cross Country Championships... Was the seventh man for the Tribe at the CAA Cross Country Championships.

W&M PRs

3,000m – 8:24.56i
5,000m – 14:27.24i
10,000m – 30:06.93



West Garrett

SR • Distance • Mathias, WV

2002: Competed at IC4A, finishing 15th in the 10,000m ... Ran a season-best 30:57.58 in the 10,000 at the Penn Relays ... Saw a personal best time of 14:43.50 in the 5,000m at the indoor IC4As Championships ... Finished sixth in the conference in the 5,000m ... Finished second in the CNU Lid Lifter in the 5,000m.

2002 XC: Ran at NAAs, helping the team to a 14th-place finish ... Ninth-place finisher at the CAA Championships, earning all-conference honors ... Finished 27th at NCAA Southeast Regionals, barely missing all-region honors. **2001 XC:** Anchored the team to a third-place showing at IC4A Championship ... Finished fourth overall at IC4As with a time of 25:09.60, earning All-East honors.

W&M PRs

5,000m – 14:43.50i
10,000m – 30:57.58



Athlete Profiles

Sean Graham

SR • Distance/MD • Stillwater, MN



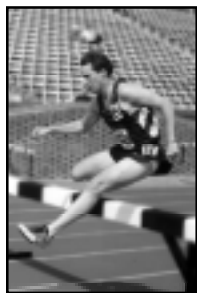
2002: Redshirted both the indoor and outdoor seasons. **2001:** Ran a PR in the 5,000m of 14:02.81 in the elite Cardinal Invitational ... Finished third in the 1,500m at the CAA Championships, and 13th at the IC4A Championships ... Indoors, blazed an NCAA provisional qualifying mark in the 3,000m (8:10.77) ... Ran the 1,200m leg on the Tribe's school-record breaking DMR and on the DMR that earned 11th place at the NCAA Championship. **2000:** Member of the school-record breaking 4xmile relay squad at the Penn Relays ... Fourth at the CAA Championships in the 1,500m. **1999:** Indoors, clipped a big PR at 3,000m and saw action in the heats at the IC4A Championships in the DMR where he anchored the qualifying team, earning All-East distinction for his performance ... Nearly recorded a freshman record in the 5,000m (14:40.26) at the Colonial Relays ... Led off the 4x800m relay at the IC4A Outdoor Championships, splitting 1:54.1. **2001 XC:** Southeast Region Athlete of the Year and regional champion ... Named CAA Athlete of the Year by virtue of placing first overall at the CAA Championships ... Set a course record at the CAA Championships with a 24:25.9 clocking on the 8,000 meter Eastern State Course in Williamsburg ... Finished as the top runner in four of the events he competed in this season. **2000 XC:** Earned All-Southeast Region honors during the cross country season ... Top Tribe finisher in the squad's first-place performance at the Penn State Spiked Shoe Invitational. **1999 XC:** Competed at the CAA and NCAA Cross Country Championships.

W&M PRs

800m – 1:52.1r
1,500m – 3:46.01
Mile – 4:03.6r
3,000m – 8:10.77i
5,000m – 14:02.81

Michael Keeling

SR • Distance • Fredericksburg, VA



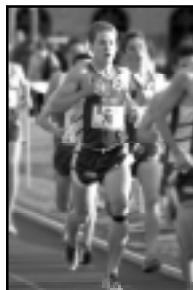
2002: Saw a successful junior campaign, finishing second at the CAA Championships in the 3,000m steeplechase ... Ran his fastest time in the same event at the James Madison Invitational with a 9:19.62 ... Achieved a season-best time of 14:55.42 in 5,000m indoors. **2001:** Placed second in the steeplechase, earning all-conference honors with his 9:24.03 effort. **2002 XC:** All-CAA honoree after finishing 10th at the conference championships ... Alternate for the Tribe at the NCAA Championships. **2001 XC:** Earned All-CAA honors following an 11th-place showing at the conference championships ... Placed 13th to earn All-East honors at the IC4A Championships ... Was the top W&M runner at the Colonial Cross Country Invitational, finishing fourth overall.

W&M PRs

5,000m – 14:55.42i
3,000m SC – 9:19.62

Tyler Kirk

SR • Distance • River Forest, IL



2002: Achieved a personal-best time of 31:29.11 in the 10,000m ... Placed fifth in the 5,000m at the CAA Championships with a personal-best time of 15:09.12 ... Finished fifth at CAAs in the 5,000m ... Also competed in the 3,000m at the James Madison Invitational, finishing 10th with a time of 8:45.39. **2001:** Redshirted both the indoor and outdoor track seasons. **2000:** Just missed all-conference honors in the 10k, placing fourth overall. **2002 XC:** Finished 27th at the IC4A Championships ... Finished third in the Cavalier Open, leading the Tribe to a team victory ... Finished 13th in the open race at the Paul Short Invitational. **2001 XC:** Earned All-CAA honors finishing ninth, with a 25:03.9 (8,000m) clocking. **2000 XC:** All-CAA runner, placing 12th overall at the CAA Championships ... An alternate for the Tribe at regionals and was a member of the NCAA Championships in cross country.

W&M PRs

3,000m – 8:45.39
5,000m – 15:09.12
10,000m – 31:29.11

Matt Maline

SO • Distance • Herndon, VA



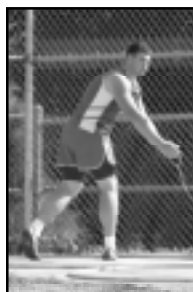
2002: Redshirted the outdoor season ... Indoors, competed in the George Mason Invitational, breaking the freshman school record in the 3,000m with an IC4A qualifying time of 8:16.97. **2002 XC:** Redshirted. **2001 XC:** CAA Rookie of the Year as the top-finishing freshman at the conference championships, finishing third with a time of 24:39 ... Placed 40th at the NCAA Southeast Regional ... Helped the Tribe to a 10th-place finish in the NCAA Championships.

W&M PRs

3,000m – 8:16.97

Aaron Mitchell

SO • Throws • Buffalo, N.Y.



2002: Impressive freshman campaign, with a second-place finish at CAAs in the shot ... Finished first at the George Mason Invitational in the shot, throwing 49'5.75" ... Saw his season-best shot effort come at the University of North Carolina, throwing for 49'8.25" ... Also finished first in that same event at the Tribe Open ... Finished seventh at CAA in the hammer, but saw his season best in that event at the Tribe Open, throwing for 142'11" ... Threw for 47'4.75" in the weight throw at the CNU Indoor Classic.

W&M PRs

Shot Put – 49'8.25"
Discus – 119'9"
Hammer – 142'11"
Wt. Throw – 47'4.75"i

Athlete Profiles



Scott Moorhead

SR • Hurdles/MD • Centerville, OH

2002: Earned all-conference honors in the 400m hurdles, finishing third with a season-best time of 55.41 ... Also finished third at the Tribe Open in the same event ... Competed in the 500m over the winter, with a season-best time of 1:07.39 in his sixth-place finish at the GMU Collegiate Invite. **2001:** Ran

the top time on the team in the 400m IH ... Fifth at the CAA Championships in the 400m IH at 55.59 ... Ran a personal record in the 400 IH of 55.11 at the GMU Invitational ... CAA Scholar-Athlete. **2000:** Finished seventh at CAAs in the 400 IH in 55.30.

W&M PRs
400m - 49.2r
500m - 1:07.39i
800m - 1:55.9r
400m IH - 55.11

East selection in the indoor DMR and the outdoor 4x800m relay. **2002 XC:** Placed 82nd at the NCAA Championships as the second runner for the 14th place Tribe ... All-region honoree after finishing 15th at Southeast Regionals, running 30:38.7 for the 10,000m ... Finished second in the conference championships, earning all-conference honors. **2001 XC:** Earned all-region honors for performance at the NCAA Southeast Regionals ... Finished fifth, earning all-conference honors at the CAA Championships, running a time of 24:46.

W&M PRs
1,500m - 3:46.63
1,600m - 4:05.2r
3,000m - 8:18.93i
5,000m - 14:29.49



Ed Moran

SR • Distance • Dayton, N.J.

2002: Competed in the 3,000m at the indoor IC4A Championships, finishing 10th and running a 8:19.61 ... Ran the 5,000m at the Raleigh Relays, finishing sixth with a personal-best time of 14:24.70 ... Also ran the 1,600m at VCU in 4:11.40. **2000-2001:** Redshirted. **2002 XC:** Earned All-America honors after plac-

ing 30th at the NCAA Championships, leading the team to a 14th-place finish ... CAA Athlete of the Year ... Finished first at the conference championships and second at the NCAA Southeast Regional meet (29:50.7) ... Finished 14th in the white race at the NCAA Preview Invitational. **2001 XC:** Redshirted. **2000 XC:** Earned his first All-America honor with a 32nd-place finish at the NCAA Cross Country Championships ... Placed third at the NCAA Regionals, earning All-Southeast Region honors ... All-CAA honors.

W&M PRs
1,500m - 3:54.62
3,000m - 8:19.61
5,000m - 14:24.70



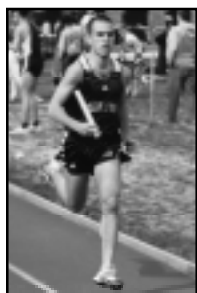
Chris Parsons

JR • Throws • Dunkirk, MD

2002: Among the top-40 javelin throwers in the U.S. last year, throwing 223'2" for a 36th-place ranking ... Standout at the CAA Championships, finishing first in the shot (50'7.25"), second in the hammer (177'1"), third in the javelin (169'5") and fourth in the discus (141'4") ... Turned in an eighth-place finish

in the hammer at IC4As, throwing 188', shattering his previous personal record and earning All-East honors ... Achieved personal records in both the discus and javelin, throwing the discus 146'1" and the javelin 223'2", an NCAA provisional qualifying mark and a school record ... Achieved numerous first-place finishes throughout the outdoor season, including two first-place finishes in the javelin ... Impressive indoor season, including an eighth-place finish at IC4As in the shot (an indoor season best of 53'5.5"), and four individual first place finishes throughout the season ... Achieved an indoor best performance in the weight throw of 54'02.75" ... Earned a spot on the United States Junior National Team in the javelin ... Placed second in javelin competition between the United States and Great Britain. **2001:** Broke the school record with a javelin throw of 207'6" ... Double title-winner at CAAs, claiming both the shot and the javelin ... Threw an IC4A qualifying mark of 52'8.5" in shot his first collegiate meet ... Reached a personal-best mark of 54'0" at the CNU College Classic ... Four first-place finishes in the shot.

W&M PRs
Shot Put - 54'0"i
Wt. Throw - 54'2.75"i
Discus - 146'1"
Hammer - 188'0"
Javelin - 223'2"



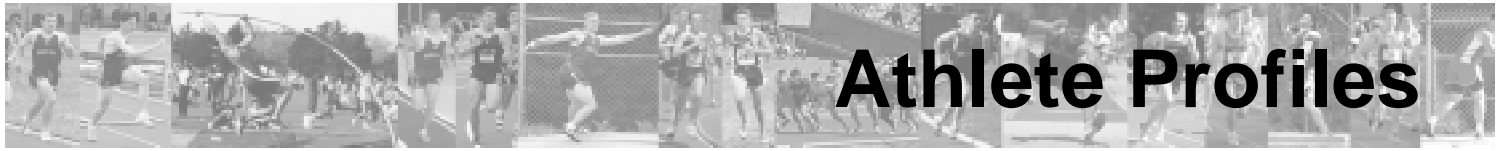
John O'Connor

SR • MD • Yorktown Heights, NY

2002: Successful outdoor season culminated in a personal best time in the 1,500m at Stanford, clocking a 3:46.63 ... Achieved a 14th-place finish at IC4As in the 1,500m ... CAA Champion in that same event, running a time of 3:47.71 ... Awarded the Athlete of the meet at the Colonial Relays after win-

ning the 1,500m and anchoring the winning DMR team ... Ran the 5,000m at the Raleigh Relays in 14:29.49 ... Competed in the indoor IC4A Championships in the 3,000m, finishing 12th in the finals after running a personal-best (8:18.93) in the preliminaries ... Placed first in the CNU Lid Lifter in the 3,000m, setting the fieldhouse record with a time of 8:29.37. **2001:** All-





Athlete Profiles



Andy Smith

SO • Throws • Raleigh, NC

2002: A promising young javelin performer who finished first at the CAA Championships, throwing 188'5" ... Threw 192'09" at the Lou Onesty Invitational, a personal-record distance, good enough for a fifth-place finish ... Placed fifth at the George Mason Invitational, throwing

178'11" in the first event of his collegiate career.

W&M PR
Javelin – 192'9"



Curtis Smith

SR • Sprints/Jumps • Lorton, VA

2003: Set a personal record in the triple jump before the New Year, leaping to 49'0.5" at CNU. **2002:** Well-rounded athlete, finishing 12th at IC4As in the triple jump (47'09.75) setting his personal record ... Successful at the conference meet, finishing second in the triple jump (47'2.25"), fifth in the long jump (22'3.75") and seventh in the 400m (48.54) ... The 400m race at CAAs was also a personal best ... Ran his fastest 200m race at the Lou Onesty Invitational with a time of 22.71 ... Best long jump was recorded indoors at the Blue Haven T&F Rumble with a 23'0.5" effort ... Won the 400m at the Tribe Open and achieved five top-three individual finishes during the outdoor season. **2001:** Sixth in the triple jump at CAAs ... Jumped a PR 47'0" at the JMU Invite ... Squad's leading horizontal jumper, with marks of 21'10" in the long jump and 47'0" in the triple jump. **2000:** Made key contributions in the jumping events ... Placed fifth in the triple jump and eighth in the long jump at the CAA Championships... Was a member of the squad's IC4A-qualifying 4x100m relay team ... Won the triple jump at the W&M Invitational.

W&M PRs
60m – 7.43i
200m – 22.71
400m – 48.54
Long Jump – 23'0.5"i
Triple Jump – 49'0.5"



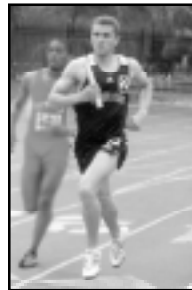
Josh Watson

SR • MD • New Martinsville, WV

2002: Contributed in the mile and 800m ... Ran an outdoor-best of 1:56.48 in the 800m at the Colonial Relays ... Competed in the mile at the indoor IC4A meet, running a 4:17.87 despite losing his shoe in the first lap ... Qualified for IC4As at the Virginia Tech Last Chance meet with a personal-best time of

4:14.02 ... Narrowly missed qualifying for IC4As in the 1,000m with a time of 2:29.88 at the GMU Collegiate Invite. **2001:** Ran the 800m leg of the Tribe's All-East DMR that placed fourth at the indoor IC4A Championships. **2000:** Member of the Tribe's ninth-place 4x800m relay at the indoor IC4A Championships ... Ran a PR in the 1,000m of 2:32.23 at the Last Chance Invitational.

W&M PRs
800m – 1:56.02i
1,000m – 2:29.88i
Mile – 4:14.02



Chris Wilber

SR • MD • Reston, VA

2002: Redshirted. **2001:** Fourth in the 800m at the CAA Championships ... Earned All-East honors as a member of the Tribe's third-place 4x800m relay ... Was a member of the Tribe's school-record breaking indoor DMR, and also participated on the DMR that took 11th place at the NCAA Championships ... Individually, qualified for IC4As in the 500m and 800m, placing 15th in the 500m in a personal-best time of 1:04.51. **2000:** Member of the indoor 4x800m relay team that took first in its heat at the IC4A Championships, took seventh in the 800m at the CAA Championships, and set a PR in the event at the JMU Invitational. **1999:** Indoors, starred on multiple relays including the 4x800m which competed at the IC4A Indoor Championships ... Also legged out the 400m stretch on the IC4A qualifying Distance Medley Relay ... Outdoors, came into his own both individually and as a relay performer ... Won the second heat at the CAA Championships ... Best baton carry of the year was at the Colonial Relays, as he split 1:52.0 on the nationally-ranked 4x800 (7:28.19) ... Cranked a personal best of 1:52.99 at the UNC Invitational and followed that with 1:53.19 time at the JMU invitational.

W&M PRs
400m – 48.1r
500m – 1:04.51
800m – 1:50.1r



Four Tribe athletes have broken the four-minute mile in competition. From left to right: Paul Vandegrift '92 (3:59.60), Ron Martin '74 (3:58.9), 1996 Olympian Brian Hyde '96 (3:59.16i) and 1970 indoor national champion Howell Michael '70 (3:59.0).

Key for Athletes' PRs
i = indoor time / distance
r = relay split time



Tribe Newcomers

Sean Anastasia-Murphy • Distance
Gloucester, MA • Gloucester

2002 XC: All-East honoree after finishing 17th at the IC4A Championships in a time of 25:48 ... Placed fifth in the Cavalier Open, helping the Tribe to a first-place finish ... Placed seventh in the Tribe Open and eighth in the open race at the Paul Short Invitational. **Prep:** Runner-up in Massachusetts Division I cross country championships in 2002 ... Third in state championships in 1,600m with a PR of 4:21.63 ... Placed fourth at the New England Indoor Track and Field Championships in the mile.

Justin Benabdallah • Sprints/Jumps
Natick, MA • Xaverian Brothers

Prep: New England and state champion as a member of the 4x400m relay ... Two-time all-state performer ... Four-time all-league ... Conference champion two years ... PRs include 22.0 in the 200m, 50.0 in the 400 and 21'6" in the long jump.

Wes Boone • Distance/MD
Cary, NC • Apex

2002 XC: Placed 27th in the open race at the Paul Short Invitational, running a season-best 26:35 in the 8,000m race. **Prep:** Two-time cross country all-state honoree ... Finished fifth in 2000 state cross country meet, and sixth in 2002 ... PRs include 4:22.6 in the 1,600m, 9:43.0 in the 3,200m and 6:22.22 in the 2,000m steeplechase.

Billy Bylund • Distance
Great Falls, VA • Langley

Prep: All-state performer in senior year of cross country ... All-region, finishing seventh in the Northern Region (15:37 at Burke Lake) ... Liberty District runner-up, leading Langley to a team title ... PRs include 9:51.45 in the 3,200m.

Nathan Chubb • PV/Multi
Doylestown, PA • Central Bucks East

Prep: Two-time all-league performer in the pole vault ... PRs include 13'0" in the pole vault.

Brian Doherty • Distance
Roanoke, VA • Roanoke Catholic

2002 XC: Was the Tribe's fifth runner at IC4As, placing 38th ... Placed sixth in the Cavalier Open ... Finished 13th in the Tribe Open, running his best time on an 8,000m course (26:00). **Prep:** 2001 Virginia Catholic School champion in cross country ... Also won the 2000 Virginia State Independent School cross country title, followed by a runner-up finish in the same meet in 2001 ... Holds PRs of 4:25.20 in the 1,600m and 9:33.68 in the 3,200m.

Mike Dominguez • Distance
Herndon, VA • Herndon

2002 XC: Placed 36th in the open race at the Paul Short Invitational, running a time of 26:44. **Prep:** Member of Herndon's All-American distance medley relay ... PRs include 4:30.40 in the 1,600m and 9:42.25 in the 3,200m.

Noah Gabriel-Landis • Multi/Jumps
Underhill, VT • Mount Mansfield Union

Prep: Second in the 2001 state meet in high hurdles, high jump, long jump and triple jump to key MMU to Division I State Runner-up spot ... 2000 state champion in the triple jump.

James Hipolit • Hurdles
Lititz, PA • Manheim Township

Prep: Pennsylvania State AAA semifinalist in the 110 high hurdles ... District runner-up in the 110 high hurdles ... Personal bests include 14.9 in the 110m hurdles and 38.9 in the 300m hurdles

Matt Keally • Distance
Virginia Beach, VA • Ocean Lakes

2002 XC: CAA Rookie of the Year ... Third runner for the Tribe in its 14th-place finish at the NCAA Championships ... Awarded All-Southeast honors after placing 24th at the NCAA Southeast Regional meet. **Prep:** Two-time high school All-American ... Captured the state indoor and outdoor championships in the 3,200m in 2002 ... Finished as the runner-up in Class AAA cross country meet in 2001 ... Named a Foot Locker National Cross Country finalist representing the south region in 2001 ... Placed fifth in the USA 2002 Track and Field Junior National Championships in the 5,000m ... PRs include 1,600m time of 4:19.09, 3,200m time of 8:58.30 and 5,000m time of 14:36.23.

Bill Patchak • MD
Newtown Square, PA • Great Valley

Prep: State finalist indoors and outdoors in the 1,600m ... Anchored Great Valley DMR to fourth place at indoor national championships ... Personal-bests include 4:20.55 in the 1,600m at the Pennsylvania AAA State Meet.

Robert Pitts • MD
Washington, D.C. • St. John's Prospect Hall

Prep: All-state honoree in the 800m at the Catholic State Championships ... Personal-bests include 2:01.0 in the 800m.

Jason Schoener • Distance
Grand Blanc, MI • Grand Blanc

2002 XC: Finished 21st at the CAA Championships ... Placed 18th in the open race at the Paul Short Invitational ... Ran 25:37 in his sixth-place finish at the Tribe Open. **Prep:** Three-time high school All-American ... Captured third place in 3,200m event at Michigan outdoor championships ... Fourth-place finisher at 2002 National Scholastic Indoor Championships in 3,200m event ... Anchored second place DMR team in the same meet ... Holds PRs of 4:17.60 in the 1,600m and 9:12.41 in the 3,200m.

Garrett Spitz • Jumps
Manhasset, NY • Manhasset

Prep: Two-time county champion in the high jump ... Accomplished hurdler, earning all-conference honors three times in the events ... PR in the high jump is 6'5".

Matt Wolak • MD
Richmond, VA • Mills Godwin

Prep: 2002 state runner-up and Central Region champion in the 800m outdoors ... Placed third in the 1,000m and 1,600m at the indoor state championships. Personal records include 1:52.79 in the 800m, 2:33.39 in the 1,000m, 4:17.35 in the 1,600m and 9:30.14 in the 3,200m.

All-time Top Performers

100 Meters

1. Mike Fratkin	10.4	1968
2. Bob Keroack	10.4c	1976
3. Jay Cunningham	10.65	1992

200 Meters

1. Mike Fratkin	20.8	1968
2. Emil Davis	21.17	1985
3. Jeff Powell	21.28	1984

400 Meters

1. Steve Boone	47.45	1983
2. Bill Findler	47.7c	1969
3. Fred Anspach	47.8c	1967

800 Meters

1. Juris Luzins	1:45.8c	1969
2. Anders Christiansen	1:46.66	1997
3. Paul Vandegrift	1:47.48	1990

1,500 Meters

1. Brian Hyde	3:35.84	1995
2. Paul Vandegrift	3:38.21	1990
3. Hiram Cuevas	3:41.88	1988

Mile

1. Ron Martin	3:58.9	1974
2. Howell Michael	3:59.0	1970
3. Brian Hyde	3:59.16i	1995

Three Miles

1. Ron Martin	13:14.0	1973
2. Bill Louv	13:34.6	1973
3. Chris Tulou	13:38.6	1974

5,000 Meters

1. Matt Lane	13:25.38	2001
2. Brian Hyde	13:52.01	1995
3. Ron Martin	13:53.6	1973

10,000 Meters

1. Matt Lane	28:28.97	2001
2. Ken Halla	28:35.2	1986
3. Jeff Hough	29:01.2	1992

3,000m Steeplechase

1. Jim Shields	8:44.6	1978
2. Jason Dunn	8:45.9	1996
3. Terry Donnelly	8:46.2	1968

110m High Hurdles

1. Charles Dobson	13.5	1975
2. Jeff Powell	13.90	1984
3. Mark Decot	14.2	1969
Doug Griffith	14.2	1969

400m Intermediate Hurdles

1. Bill Becker	51.1c	1975
2. Bob Keroack	51.3	1978
3. George Ashton	51.76	1998

High Jump

1. Al Irving	7'11"	1975
2. John Schilling	7'0"	1977
3. Pat MacElroy	6'11.5"	1995

Pole Vault

1. Dave Lipinski	16'8.5"	1977
2. Charles Strode	16'6"	1972
3. Chris Harvey	16'1"	1971

Long Jump

1. John Jones	25'4.25"	1975
2. Monk Little	25'0"	1935
Sean Malloy	25'0"	1990

Triple Jump

1. John Jones	50'11"	1975
2. Ryan Harris	50'9.5"	1992
3. Bryan Delsite	50'3.25"	1990

Shot Put

1. Drexell George	57'7"	1976
2. George Dippold	55'10.5"	1983
3. Rich Stuart	54'11.5"	1979

Discus

1. Mike Schay	172'0"	1978
2. John Farrell	166'3"	1984
3. Bill Helsley	159'0"	1982

Hammer

1. Mike Howell	206'1"	1993
2. Adam Williams	195'1"	1995
3. Marlin Mattis	193'5"	1985

Old Style Javelin

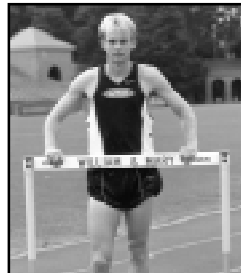
1. Bob Daniel	236'6"	1970
2. Dave Ruch	218'3"	1975
3. Monk Little	205'10.5"	1934

New Style Javelin

1. Chris Parsons	223'2"	2002
2. Mike Berry	205'7"	1991
3. John Hanley	205'1"	2000

Decathlon

1. Todd Doughty	7,240	1996
2. Emil Davis	6,819	1981
3. Chris Benjamin	6,429	1982



Brian Hyde, a three-time NCAA All-American for the Tribe, pictured as a member of the United States Olympic team. In 1995 Hyde ran a mark of 3:35.84 in the 1,500m that tied the American collegiate record.

4x100m Relay

1. Griffith, Fratkin, Anspach, Griffin	41.04c	1968
2. Cooper, Davis, Willacey, Cousins	41.17	1985
3. Delsite, Malloy, Cunningham, Jones	41.78	1990

4 x 400m Relay

1. Doughty, Musiek, Ashton, Christiansen	3:12.6	1997
2. Wiggins, Davis, Peck, E. Jackson	3:12.78	1985
3. Boone, E. Jackson, Beckles, Satterley	3:12.7	1983

4 x 800m Relay

1. Wiggins, Gibbons, Peck, Hoey	7:23.70	1984
2. Lawyer, Campbell, Cuevas, Vandegrift	7:24.25	1989
3. Campbell, Cuevas, Ryan, Vandegrift	7:24.3i	1988

4 x 1,500m Relay

1. Logsdon, Cuevas, Ryan, Noble	15:14.54	1986
2. Brown, Eigel, Hyde, Mendez	15:19.52	1996
3. Hough, Wilson, Reilly, Vandegrift	15:21.2	1992

4 x 1,600m Relay

1. Graham , Hoglund, Lane, Swenson	16:14.49c	2000
2. Jenkins, Graham , O'Connor, Lane	16:16.88c	2001
3. Moore, Clark, Collins, Martin	16:21.8	1974

Sprint Medley Relay

1. Musiek, Bates, Ashton, Christiansen	3:18.09	1999
2. Cooke, Ryce, Helmandollar, Clark	3:19.9c	1972
3. E. Jackson, Davis, Cousins, Wiggins	3:20.9	1985
Fleming, Cunningham, Delsite, Vandegrift	3:20.9	1990

Distance Medley Relay

1. Cuevas, Waggoner, Campbell, Vandegrift	9:34.76	1989
2. Graham, Wilber, Conway, Lane	9:36.53i	2001
3. Ryan, Waggoner, Campbell, Cuevas	9:37.9	1988

Background photos: (Left to Right) Matt Lane, USTCA National Athlete of the Year, 2001; Andy Christiansen, 1997 NCAA runner-up, 800m; Brian Hyde, 1996 Olympian.

c = converted time from yards
i = indoor time

Active athletes in bold italics

Frosh Records/All-Americans

Freshmen Records-Outdoor

100 Meters	10.4c	Mike Fratkin	1968
200 Meters	20.8	Mike Fratkin	1968
400 Meters	48.6	Nelson Stortz	1974
1,500 Meters	3:44.2	Paul Vandegrift	1988
1 Mile	4:04.8	Howell Michael	1968
5,000 Meters	14:34.76	Jacob Frey	2000
10,000 Meters	30:28.0	John Greenplate	1973
3,000m Steeple	9:02.2	John Greenplate	1973
110m Hurdles	14.04	Jeff Powell	1982
400m Hurdles	53.3c	Bill Becker	1974
High Jump	6'10.75"	John Schilling	1975
Pole Vault	16'0"	Dave Lipinski	1975
Long Jump	24'7"	John Jones	1972
Triple Jump	47'10"	Al Irving	1974
Shot Put	55'6"	George Dipold	1983
Discus Throw	156'6"	John Farrell	1981
Hammer Throw	160'4"	Tyler Steel	1997
Old Javelin	198'10"	Bob Daniel	1969
New Javelin	207'6"	Chris Parsons	2001
Decathlon	6,818	Emil Davis	1981

Tribe junior Chris Parsons, holder of both the freshmen and team records in the javelin.

Freshmen Records-Indoor

50 Yards	5.54	Jeff Powell	1981
55 Meters	6.44	Forrest Palmer	1979
300 Yards	32.2	Chris Walker	1982
400 Meters	50.47	Kevin Toomer	1984
500 Meters	1:05.0	Kevin Toomer	1984
600 Yards	1:11.2	Charles Duckworth	1971
800 Meters	1:52.0c	Paul Vandegrift	1988
880 Yards	1:52.7	Paul Vandegrift	1988
1,000 Yards	2:12.6	Reggie Clark	1972
1,000 Meters	2:28.13	Mike Brown	1995
1500 Meters	3:49.3	Paul Vandegrift	1988
Mile	4:06.3	Mac Collins	1973
3000 Meters	8:16.97	Matt Maline	2002
2 Miles	9:04.01	Jim Shields	1977
3 Miles	14:04.1	John Greenplate	1973
5000 Meters	14:45.39	Jacob Frey	2000
50y Hurdles	6.0	Charles Dobson	1972
55m Hurdles	7.34	Charles Dobson	1972
High Jump	6'11"	John Schilling	1975
Pole Vault	16'0.5"	Adolph Brown	1988
Long Jump	23'5"	John Jones	1972
Triple Jump	48'6.75"	Kenechi Ezekwe	1995
Shot Put	55'10.5"	George Dipold	1983
35 lb. Weight	49'6.5"	Chris Parsons	1982

Jacob Frey, freshman record holder in the 5,000m both indoors and outdoors.

Matt Maline, 2001 CAA Cross Country Rookie of the Year and the freshman indoor record holder in the 3,000m.

Indoor All-Americans

2001	Matt Lane	5,000m
2000	Matt Lane	5,000m
1999	Matt Lane	5,000m
	Anders Christiansen	800m
1998	Matt Lane	3,000m
1995	Bryan Hyde	Mile
1994	Bryan Hyde	3,000m
1989	Paul Vandegrift	Mile
1988	4x800m Relay (Campbell, Cuevas, Ryan, Vandegrift)	
1984	Jeff Powell	55m HH
1975	Distance Medley Relay (Courtney, Becker, Collins, Clark)	
1975	Al Irving	High Jump
	Reggie Clark	880 yards
1974	Reggie Clark	880 yards
1970	Howell Michael	Mile
1969	Juirs Luzins	1,000 yards

Tribe

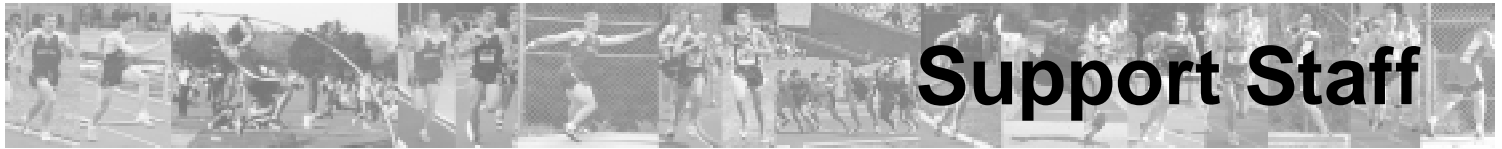
Outdoor All-Americans

2001	Matt Lane	5,000m
2000	Matt Lane	5,000m
1999	Matt Lane	5,000m
	Anders Christiansen	800m
1998	Matt Lane	5,000m
1997	Anders Christiansen	800m
1995	Brian Hyde	1,500m
1994	Steve Swift	10,000m
1992	Jeff Hough	10,000m
1992	Paul Vandegrift	1,500m
1991	Jeff Hough	10,000m
	Paul Vandegrift	1,500m
	Paul Vandegrift	1,500m
1990	Paul Vandegrift	1,500m
1989	Paul Vandegrift	1,500m
1988	Hiram Cuevas	1,500m
1986	Ken Halla	10,000m
1985	Ken Halla	10,000m
1974	Ron Martin	3-mile
1970	Howell Michael	Mile
1969	Juris Luzins	880 yards
1968	Terry Donnelly	Steeplechase
1936	Monk Little	Long Jump
1935	Monk Little	Long Jump

*Left: Howell Michael, 1970 NCAA Champion in the mile.
Right: Reggie Clark, NCAA Champion in the 880 yards.*

International Team

Mike Fratkin	1969 Maccabiah Games
Juris Luzins	1970 Europe and USSR
Howell Michael	1970 Europe and USSR
Charles Dobson	1975 Pan-Am Games
Rich Rothschild	1977 Maccabiah Games
Ira Meyers	1981 Maccabiah Games
Jeff Powell	1982 Junior Pan-Am Games
Mitch Cooper	1985 Maccabiah Games
John Malone	1987 USA-England Indoor
Paul Vandegrift	1988 World Junior Champs, 1990-91 Europe, 1992 USA-England Indoor
Bryan Delsite	1990 World Junior Champs
Brian Hyde	1995 World Champs, 1996 Olympics
Anders Christiansen	1997 USAT&F Development Team, 1999 USAT&F Development Team
Steve Swift	1999 World Champs
Matt Lane	2001 World University Games
Chris Parsons	2001 US Junior National Team, US vs. England
Matt Maline	2001 US Junior National Cross Country Team



Support Staff

Goals

We take pride in the many achievements of William and Mary athletes, both in the classroom and on the playing field. These support services and many others are in place to help each student-athlete achieve their goals. It is our hope that at the completion of their undergraduate career they can reflect upon:

1. An academic experience that prepared them for a successful career.
2. An athletic challenge that brought many rewards.
3. A feeling of loyalty and pride in identifying themselves as a varsity athlete with a degree from The College of William and Mary.

Compliance and Academic Support

As members of the Colonial Athletic Association and NCAA Division I, the College is committed to full compliance with all NCAA and conference regulations. The department has a fulltime Director of Compliance committed to assisting students, staff and coaches through education and monitoring of compliance issues.

All entering students are assigned a faculty academic advisor through the Academic Advising Office, directed by Dr. Randolph Coleman. Students remain with this advisor until they declare a major at which time they select a faculty advisor in their major field of concentration. The Academic Advising Office provides support and guidance to students as they plan their academic progress to graduation.

Within the athletic department, the Academic Support Coordinator is a valuable resource for student-athletes serving in a liaison role with the various student service offices throughout the campus community. The College has offices for Volunteer Services, Career Services, a Writing Resource Center and Oral Communication Studio, to name a few.

The department offers a variety of study, life and career building skills programs, but holds firm to the concept of self-determination—each student must take responsibility for his or her collegiate experience. Our goal is to assure that there is a support system in place to assist students to make positive and informed decisions.

Strength, Speed and Conditioning

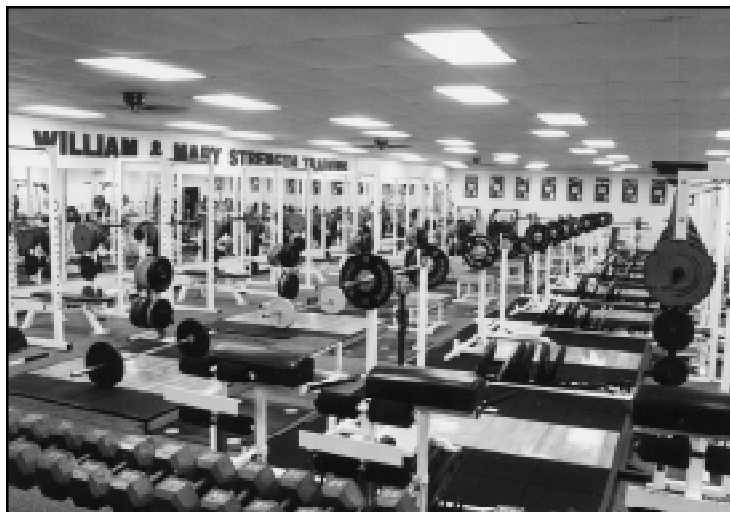
Tribe athletics is very proud of the Joseph W. Montgomery Strength Training Center, a 5,000 square foot weight training facility. Under the guidance of the Head and Assistant Strength Coach, each sport is provided with a program designed to enhance individual strength and to develop flexibility specific to the skills and movements required for their sport. Individuals are educated on proper lifting techniques and workouts are monitored to assure safety at all times.

Sports Psychology

The athletic department has on staff a sports psychologist, who holds a Ph.D. in sports psychology. All consultations are confidential and all student-athletes, teams or coaches are welcome regardless of the issues they wish to discuss. Consultation is available for sport psychology education, performance enhancement skills training, strategies for dealing with stress or injury, or for personal issues that may affect performance. The sports psychology consultant is considered a member of the Counseling Center and refers individuals to the Center when appropriate.



Training Room



Joseph W. Montgomery Strength Training Center

Sports Medicine

The Division of Sports Medicine provides a comprehensive health care program for the department of intercollegiate athletics. The staff consists of a team physician, six fulltime certified athletic trainers, graduate and undergraduate student trainers and medical specialists from the local community. The College is also in the process of evaluating and pursuing CAAHEP accreditation of its entry-level athletic training education program. The team physician has overall responsibility for supervision of the sports medicine program.

The priority for the athletic training staff is to enhance and assure lines of communication and cooperation among its staff, student-athletes, parents, coaches, the Student Health Center and involved medical specialists. Through a team approach to health care the sports medicine program can offer comprehensive health care services to the student-athletes in a caring and cooperative manner.

W&M: Tradition...

W&M: Into The Fourth Century

For more than 300 years, the College of William and Mary has been a symbol of academic distinction in America. Now in its fourth century, the College is prepared to educate the leaders of the 21st century.

The College of William and Mary was chartered February 8, 1693, by King William III and Queen Mary II of England to bring education to a growing number of British colonists and Christianity to the Native Americans. Today, William and Mary is a public, four-year, co-educational residential university, with a nationally recognized liberal arts program. Although it has retained the college name in its title, William and Mary is now a modern university.

Many of America's early leaders were educated at William and Mary, including U.S. Presidents Thomas Jefferson, James Monroe and John Tyler, and renowned U.S. Chief Justice John Marshall. George Washington served as the college's first American chancellor from 1788 until his death in 1799.



William and Mary students founded Phi Beta Kappa, the premier academic honor society in America, in 1776. The College was the first to offer elective courses and to use the honor code system of conduct. The first chair of law in America was established at William and Mary in 1779. In addition, the College awarded the first degree in law in 1793.

The College's historic campus includes the Sir Christopher Wren Building (1695), the oldest college building in the nation where classes are still conducted. This and other 18th-century structures of William and Mary were restored to their original appearance through grants from philanthropist John D. Rockefeller during the restoration of Colonial Williamsburg in the late 1920s.

Although polls, rankings and guidebooks cannot fully capture the character of any educational institution, they do provide useful indications of the quality that students can expect. For years, the academic excellence of the College of William and Mary has been widely recognized by the growing raft of magazines and guidebooks that annually rank American colleges and universities. From *U.S. News and World Report* to *The Princeton Review*, William and Mary and its programs are listed among the nation's strongest.



U. S. News and World Report (2002)

- W&M ranked sixth among all public universities
- W&M ranked 33rd among national universities that offer the best value
- W&M ranked 30th overall among the nation's best universities
- W&M ranked 17th in graduation rates for national universities

Fiske Guide to Colleges (2002)

- W&M given the highest rating of academics - five stars
- W&M designated a "Best Buy" because of its combination of quality and cost
- A junior reported to *Fiske* of the professors: "We are being led and constantly motivated by passionate people."
- "The W&M formula of blending the old and the new has been working for more than 300 years, and it's only getting better with age."

Princeton Review: Best 331 Colleges (2002)

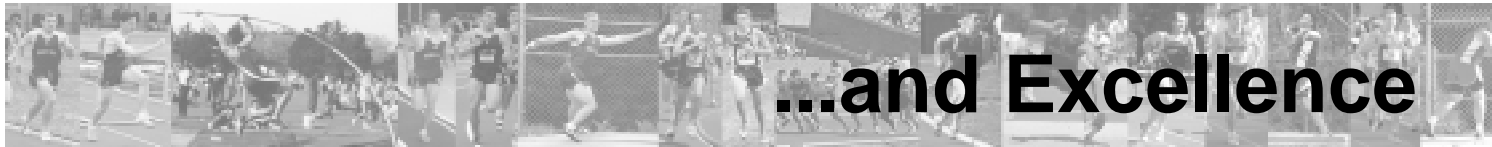
- W&M is "a small public university with a big reputation ... one of the best and most competitive public schools in the nation."
- W&M "admission is ultra-competitive", comparable to such institutions of higher education as Yale, Stanford, Duke, Georgetown and Harvard.
- W&M offers an "excellent location and a down-to-earth attitude ... Its students are certainly aware of this traditional liberal arts college's strengths and express them with intelligence and ease: 'William and Mary is an undiscovered gem', writes one student."



Did You Know That:

- William and Mary ranks first among American public universities in terms of commitment to undergraduate teaching, according to *U.S. News and World Report*. It is also the highest ranked small public university in the country.
- William and Mary is one of only eight U.S. institutions of higher education designated a "Public Ivy." A Public Ivy is a state-assisted institution, which offers a superior education at a cost far below that of Ivy League schools.
- A recent study shows that only William and Mary and Stanford University reported student-athlete SAT scores of at least 1,000 in eight categories based on gender and sport.
- More than 90 percent of all undergraduate courses are taught by full-time faculty.
- W&M's 12-1 student-faculty ratio is among the lowest of national public universities.
- The Campus is located approximately 150 miles south of Washington, D.C., midway between Norfolk and Richmond, Virginia.
- There are 7,560 students enrolled in the College (5,560 are undergraduates) who populate a 1,200 acres scenic campus setting that includes picturesque Lake Matoaka and the College Woods.





...and Excellence

Over the last 300 years, William and Mary has developed a sterling national reputation for its academic standard of success. And for the last century, the Tribe athletics program has been working just as diligently to maintain its position as one of the top athletics departments in the nation ...

When the College's stringent academic standards are taken into consideration, the accomplishments of W&M's athletic programs are even more amazing. Over 500 student-athletes participate in 23 intercollegiate sports, and last year, those teams won over 57 percent of their competitions en route to a combined record of 205-154-2.

The 2001-02 athletic year was a typically strong one for the Tribe. Five Colonial Athletic Association titles, one East Coast Athletic Conference championship, a share of the Atlantic 10 football crown and a first place showing at the USA Collegiate Gymnastics meet are examples of William and Mary's strong season.

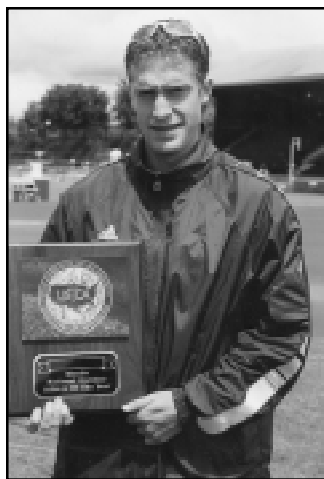
The women's tennis team captured its 16th CAA Championship, while the women's soccer squad qualified for the NCAA Tournament for the 10th straight season. Perennial powerhouses like the cross country and track and field squads didn't disappoint, either, challenging for conference titles yet again in 2001.

The success isn't limited to just those programs. The volleyball and men's gymnastics teams earned their first berths in NCAA postseason action, while the men's golf team earned a bid to the NCAA East Regional, showing that improvement is occurring across the board.

Since the merger of the men's and women's athletics departments in 1986, William and Mary has seen more than its fair share of success on and off the field. With graduates of the program running major corporations or running down the opposition in a National Football League game, a degree from W&M has proven to be a stepping-stone to a successful future.

William and Mary fields Division I teams for both men and women in basketball, cross country, golf, gymnastics, soccer, swimming and diving, tennis, and indoor and outdoor track and field.

WILLIAM AND MARY ATHLETICS MISSION STATEMENT:
"To provide academically qualified student-athletes with the best qualitative and quantitative athletic experience within the available resources."



Matt Lane, USTCA's 2001 Division I Male Track and Field Athlete of the Year. Lane earned 11 All-American honors in track and cross country, the highest total by an individual in school history.

There are also field hockey, lacrosse and volleyball squads for women, while there are two additional sports (baseball and football) for men.

Continuity is emphasized in the W&M athletics department. As the shaded box below shows, William and Mary has a history of stability with its head coaches. The current head coaches at W&M have been with the program for an average of 12.5 years. This retention rate leads to better performances on the field and a better overall experience for the student-athlete.

From the administration to the training staff to the coaches, the Tribe sports family is committed to providing each student-athlete at the College with the best possible experience, both academically and athletically, for his or her collegiate career.

Nine W&M head coaches have been in their current positions for 15 or more years: Al Albert - men's soccer (31 years), Cliff Gauthier - men's gymnastics (29 years), Debbie



WILLIAM AND MARY ATHLETICS BY THE NUMBERS

- 225 - Combined years of coaching experience with the Tribe by all current head coaches
- 205 - Wins by W&M teams in 2001-02
- 134 - Conference, state or regional championships won by W&M teams since 1983-84
- 130 - Athletes named to all-conference squads (CAA, ECAC, Atlantic 10) in 2000-01
- 110 - Academic All-Americans in the last 21 seasons
- 65 - Number of NCAA appearances by William and Mary teams since 1987-88
- 40 - Percent of William and Mary's Rhodes Scholars who have been athletes
- 7 - Tribe sports teams that qualified for NCAA postseason action in 2001-02
- 6 - Coach of the Year awards won by Tribe coaches in 2001-02
- 5 - William and Mary athletes who have earned their sport's National Player of the Year award since 1995
- 2 - Tribe squads that earned their first NCAA tournament appearances in 2001-02 (volleyball, men's gymnastics)
- 1 - The College's rank among all CAA schools in terms of number of conference titles captured, as W&M's count of 67 championships cannot be matched.



hockey (15 years), John Sauer - strength and conditioning (15 years).

Hill - volleyball (25 years), Jimmye Laycock - football (22 years), Dan

Stimson - director of track and field (16 years), Pat Van Rossum - women's cross country (16 years), John Daly - women's soccer (15 years), Peel Hawthorne - field



Facilities

William and Mary boasts some of the finest athletic arenas in the nation, from its newest venue, Busch Tennis Courts, to the oldest, Walter J. Zable Stadium at Cary Field, a campus landmark since 1935. The College is committed to providing the student-athlete the most enjoyable and rewarding atmosphere possible.

Below are a few of the highlights of the athletic facilities that the College has to offer:



- * Home of the Tribe's football and track and field teams
- * Campus landmark since 1935
- * Seating for more than 13,000
- * Eight-lane 400 meter track surrounds the field and is home to the prestigious Colonial Relays
- * Joseph Montgomery football practice facility is located adjacent to the stadium



- * Home of the Tribe's tennis teams
- * Six indoor courts
- * Houses the ITA Women's Tennis Hall of Fame
- * Mezzanine and Stadium seating areas
- * Built with a gift from W&M graduate Mark McCormack and his wife Betsy Nagelsen
- * State-of-the-art lighting system and scoreboard

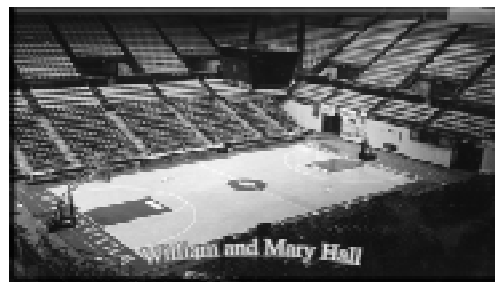


- * Home of the Tribe's soccer, lacrosse and field hockey teams
- * Made possible by a generous grant from the Anheuser-Busch Corporation
- * Playing surface is a unique combination of a poured pad with an Astroturf playing surface
- * Seats over 2,200
- * State-of-the-art computerized lighting system and an elevated press box



- * Home of the Tribe's tennis teams for the outdoor season
- * The College's newest venue, completed in September, 2001
- * Eight individual hard court surfaces
- * Features California Corners, a unique design that includes quarter fences that run along the sidelines to allow uninterrupted play
- * Stadium seating for approximately 500
- * State-of-the-art lighting system to accommodate night matches

- * Home of Tribe baseball-made possible by a generous grant from Joe Plumeri
- * Seating for over 1,000
- * Indoor and outdoor batting cages
- * Fully lit for night games
- * Locker room, box seats and concessions



- * Home of the Tribe's basketball, gymnastics and volleyball teams
- * Seats over 8,500
- * Three level building includes 12 locker room areas, a spacious training room, 5,000 square foot weight room and a gymnastics training center
- * The concourse and lower levels house administrative and coaching staff offices

Men's Track & Field Records

Outdoor Records

100 Meters	10.4	Mike Fratkin	1968
	10.4c	Bob Keroack	1976
200 Meters	20.8	Mike Fratkin	1968
400 Meters	47.45	Steve Boone	1983
800 Meters	1:45.8c	Juris Luzins	1969
1,000 Meters	2:18.61	Brian Hyde	1995
1,500 Meters	3:35.84	Brian Hyde	1995
1 Mile	3:58.9	Ron Martin	1974
2,000 Meters	5:06.64	Paul Vandegrift	1992
3,000 Meters	7:48.02	Matt Lane	2001
3 Mile	13:14.0	Ron Martin	1973
5,000 Meters	13:25.38	Matt Lane	2001
10,000 Meters	28:28.97	Matt Lane	2001
3,000m Steeplechase	8:44.6	Jim Shields	1978
110m High Hurdles	13.5	Charles Dobson	1975
400m Intermed. Hurdles	51.1c	Bill Becker	1975
High Jump	7'0"	Al Irving	1975
		John Shilling	1977
Pole Vault	16'6"	Charles Strode	1972
Long Jump	25'4 1/4"	John Jones	1975
Triple Jump	50'9 1/2"	Ryan Harris	1992
Shot Put	57'5 3/4"	Drexell George	1976
Discus	172'0"	Mike Schay	1978
Javelin	223'2"	Chris Parsons	2002
Hammer	206'1"	Mike Howell	1993
Decathlon	7,240	Todd Doughty	1996
4x100 Relay	41.04c	Griffith, Fratkin, Anspach, Griffin	1968
Shuttle Hurdle Relay	59.0c	Ryan, Poling, McCutcheon, Dobson	1972
4x200 Relay	1:25.9c	Griffin, Fratkin, Findler, Anspach	1968
4x400 Relay	3:12.6	Doughty, Musiek, Ashton, Christiansen	1997
4x800 Relay	7:23.70	Wiggins, Gibbons, Peck, Hoey	1984
4x1,500 Relay	15:14.54	Logsdon, Cuevas, Ryan, Noble	1986
4x1,600 Relay	16:14.49c	Graham, Hoglund, Lane, Swenson	2000
Sprint Medley Relay	3:18.09	Musiek, Bates, Ashton, Christiansen	1999
Distance Medley Relay	9:34.76	Cuevas, Waggoner, Campbell, Vandegrift	1989

Indoor Records

55 Meters	6.18	Jeff Powell	1984
55m Hurdles	7.13	Jeff Powell	1984
200 Meters	22.04	Jay Cunningham	1992
300 Meters	34.41	Jeff Powell	1984
400 Meters	48.97	Steve Boone	1983
500 Meters	1:03.71	George Ashton	1998
800 Meters	1:47.19	Anders Christiansen	1999
1,000 Meters	2:20.93	Brian Hyde	1995
1,500 Meters	3:49.3	Paul Vandegrift	1988
1 Mile	3:59.16	Brian Hyde	1995
3,000 Meters	8:00.40	Matt Lane	1998
2 Miles	8:42.0	Rob Martin	1975
5,000 Meters	13:43.36	Matt Lane	2001
Pentathlon	3,840	Emil Davis	1985
High Jump	7'1"	Al Irving	1975
Pole Vault	16'8 1/2"	Dave Lipinski	1977
Long Jump	23'11"	John Jones	1975
Triple Jump	50'11"	John Jones	1975
Shot Put	57'7"	Drexell George	1976
35 lb. wt.	59'5"	Marlon Mattis	1984
		Adam Williams	1996
4x400 Relay	3:16.15	Musiek, Ashton, Christiansen, Finlan	1998
4x800 Relay	7:24.3	Campbell, Ryan, Cuevas, Vandegrift	1988
Sprint Medley Relay	3:29.9	McEaddey, Satterley, Palmer, Hopke	1980
Distance Medley Relay	9:36.53	Graham, Wilber, Conway, Lane	2001

c- converted time from yards

Matt Lane, competing at the 2000 NCAA Indoor Championships, where he finished second in the 5,000m.



Distance Medley Relay record holders with coaches (Left to right: Coach Viet Do, Sean Graham, Chris Wilber, Sean Conway, Matt Lane, and Head Coach Andy Gerard).



TRIBE

College of William and Mary

Men's Track & Field Schedule



Senior John O'Connor

Indoor Track

Date:	Event:	Location:
Dec. 6-7	CNU Lid-Lifter	Newport News, VA
Jan. 11	GMU Father Diamond Open	Fairfax, VA
Jan. 18	Navy Quadrangular	Annapolis, MD
Jan. 24-25	UNC Tarheel Classic	Chapel Hill, NC
Jan. 24-25	CNU College Indoor Classic	Newport News, VA
Feb. 1	Patriot Games	Fairfax, VA
Feb. 7-8	Carolina Heels Challenge	Chapel Hill, NC
Feb. 7-8	CNU Winter Frolic	Newport News, VA
Feb. 14-15	NY Road Runner Armory Invite	New York, NY
Feb. 15	GMU Collegiate Invite	Fairfax, VA
Feb. 15-16	USAT&F World XC Trials	Houston, TX
Mar. 1	Virginia Tech Last Chance Meet	Blacksburg, VA
Mar. 7-9	IC4A Indoor Championships	Boston, MA
Mar. 14-15	NCAA Indoor Championships	Fayetteville, AR

Outdoor Track

Date:	Meet:	Location:
Mar. 21-22	VCU Ram Invitational	Richmond, VA
Mar. 28-29	N.C. State Raleigh Relays	Raleigh, NC
Mar. 29	Tribe Open	Williamsburg, VA
April 4-5	Colonial Relays	Williamsburg, VA
April 12	UVA Lou Onesty Invitational	Charlottesville, VA
April 18-19	CAA Championships	Richmond, VA
April 24-26	Penn Relays	Philadelphia, PA
April 26	CNU Invitational	Newport News, VA
May 2	Cardinal Qualifier	Palo Alto, CA
May 3	GMU Patriot Open	Fairfax, VA
May 11	JMU Invitational	Harrisonburg, VA
May 15-18	IC4A Outdoor Championships	Princeton, NJ
May 30-31	NCAA East Regional Championships	Fairfax, VA
June 11-14	NCAA Outdoor Championships	Sacramento, CA
June 19-22	USAT&F National Championships	Palo Alto, CA

TRIBE

2002-03

Senior Phil Agee

