

# *William and Mary Track and Field 2004*



**Adam Otstot**



**Chris  
Parsons**



**Ed Moran**



**Jacob  
Frey**





# 2004 ROSTER



CAA Champion  
Andy Smith



CAA Champion  
Aaron Mitchell

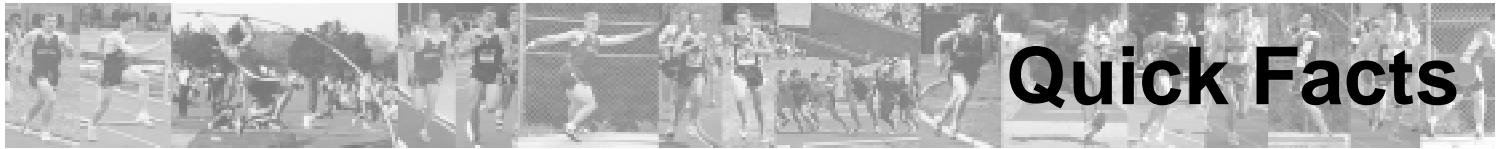


IC4A Qualifier  
Charlie Hurt



IC4A Qualifier  
Jason Schoener

NAME	CLASS	EVENT	HOMETOWN
SEAN ANASTASIA-MURPHY	SO	DISTANCE	GLOUCESTER, MA
TOMMY ANTENUCCI	FR	DISTANCE	ABINGDON, VA
ANTHONY ARENA	FR	DISTANCE	MANASSAS, VA
KEITH BECHTOL	FR	DISTANCE	ALEXANDRIA, VA
BEN BEITER	FR	DISTANCE	OAK HILL, VA
JUSTIN BENABDALLAH	SO	JUMPS	NATICK, MA
BILLY BYLUND	SO	DISTANCE	GREAT FALLS, VA
STEVEN CASON	SO	SPRINTS	RICHMOND, VA
NATHAN CHUBB	SO	JUMPS	DOYLESTOWN, PA
PAT COMSTOCK	JR	DISTANCE	PORTSMOUTH, VA
PAUL COSTELLO	SO	DISTANCE	SPRINGFIELD, VA
SAM CROCKER	FR	DISTANCE	YARMOUTH, ME
BRIAN DOHERTY	SO	DISTANCE	ROANOKE, VA
MIKE DOMINGUEZ	SO	DISTANCE	HERNDON, VA
JACOB FREY	SR	DISTANCE	OAKTON, VA
CHARLES FRITSCHNER	FR	POLE VAULT	AUBURN, AL
NOAH GABRIEL-LANDIS	SO	JUMPS	UNDERHILL, VT
STEVE GILLARD	FR	MIDDLE DISTANCE	HERNDON, VA
CHRIS HEALEY	JR	MIDDLE DISTANCE	WAYNE, NJ
JON HEALEY	JR	DISTANCE	WAYNE, NJ
NICK HECKER-THOMPSON	JR	THROWS	SEATTLE, WA
JEFF HEDLEY	JR	DISTANCE	VIRGINIA BEACH, VA
JAMES HIPOLIT	SO	HURDLES	LITITZ, PA
STEVE HOOGLAND	FR	DISTANCE	SPRINGFIELD, VA
DAVID HRYVNIK	FR	DISTANCE	SPENCERPORT, NY
STEVE HUNTZINGER	FR	THROWS	FAIRFAX, VA
CHARLIE HURT	JR	DISTANCE	CHARLOTTESVILLE, VA
SCOTT ICKES	SR	MIDDLE DISTANCE	ROCHESTER, NY
GEORGE INGHAM	FR	DISTANCE	HERNDON, VA
MATT KEALLY	SO	DISTANCE	VIRGINIA BEACH, VA
GRAHAM KEARNEY	SO	MIDDLE DISTANCE	RICHMOND, VA
SPENCER KIRK	FR	MIDDLE DISTANCE	RIVER FOREST, IL
MATT MALINE	JR	DISTANCE	HERNDON, VA
AARON MITCHELL	JR	THROWS	BUFFALO, NY
ED MORAN	GS	DISTANCE	DAYTON, NJ
DAVID MURPHY	FR	DISTANCE	WARWICK, RI
DAN NALLY	FR	DISTANCE	WARRENTON, VA
ADAM OTSTOT	SR	DISTANCE	RICHMOND, VA
JOEL PARKER	FR	MIDDLE DISTANCE	PORTSMOUTH, VA
CHRIS PARSONS	SR	THROWS	DUNKIRK, MD
BILL PATCHAK	SO	DISTANCE	NEWTON SQUARE, PA
KYLE PAWLACZYK	JR	DISTANCE	ORCHARD PARK, NY
ROBERT PITTS	SO	MIDDLE DISTANCE	WASHINGTON, DC
JONNA REINHARDT	FR	DISTANCE	WILLIAMSBURG, VA
JASON SCHOENER	SO	DISTANCE	GRAND BLANC, MI
ANDY SMITH	JR	THROWS	RALEIGH, NC
AARON SPICER	SR	MULTI	WOODBIDGE, VA
BILL TARANTINO	JR	MIDDLE DISTANCE	WOODBIDGE, VA
ADAM TENEROWICZ	FR	DISTANCE	BLACKSTONE, MA
MATT WARCO	FR	MIDDLE DISTANCE	MCMURRAY, PA
MATT WOLAK	SO	MIDDLE DISTANCE	RICHMOND, VA
JUSTIN ZAMORSKI	FR	JUMPS	VIRGINIA BEACH, VA
TIM ZECKER	FR	DISTANCE	BOULDER, CO



# Quick Facts

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# 2004 William and Mary Men's Track and Field Media Guide

## The College of William and Mary

**Location:** Williamsburg, Virginia

**Mailing Address:** P.O. Box 399, Williamsburg, VA 23187

**Founded:** 1693 (second-oldest college in U.S.)

**Enrollment:** 5,560

**Nickname:** Tribe

**School Colors:** Green, Gold and Silver

**Affiliation:** NCAA Division I

**Conference:** Colonial Athletic Association

**President:** Timothy J. Sullivan (William and Mary, 1966)

**Athletics Director:** Terry Driscoll (Boston College, 1969)

**Associate Athletics Director:** Barbara Blosser (Ohio State, 1975)

## Directions to W&M

**From the North/West:** Take I-64 East to Lightfoot Exit 234 (Route 199 East). At top of exit ramp, take a right onto Route 199 East. Stay on 199 East until Monticello Avenue exit. Exit at Monticello Avenue, and bear left on exit ramp. At bottom of ramp, turn left at light onto Monticello (pass under 199). Go straight through first stoplight (at Ironbound Road). After the light, continue straight for about half a mile and take the first right onto Compton Drive (before light at hospital and shopping centers) There may not be a street sign! The road is heavily wooded on both sides. Continue on Compton Drive and turn right at the first stop sign onto Brooks Road. William and Mary Hall will be on your left.

**From the South/East:** Take I-64 West to Exit 242A (Route 199 West). Follow 199 to fourth light. At the fourth light, take a right onto Jamestown Road. Follow Jamestown Road 1.1 miles (past Lake Matoaka on left), then take a left onto Campus Drive. Take a left at the next stop sign and continue to follow Campus Drive while bearing right until you reach William and Mary Hall up the hill on your left.

## W&M Men's Track & Field

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

**18th Year**

**Phone:** (757) 221-3397

**E-mail:** dgstim@wm.edu

**Head Coach:** Alex Gibby (William and Mary, 1997)

**First Year**

**Phone:** (757) 221-3398

**Email:** amgibb@wm.edu

**Assistant Coach:** Brian Cunningham (William and Mary, 1998)

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

**Assistant Coach:** Matt Shelton (Tennessee, 1994)

## W&M Sports Information

**Track & Field Contact:** Paul Ring

**E-mail:** ppring@wm.edu

**Phone:** (757) 221-3344

**Fax:** (757) 221-3412

**Web site:** www.TribeAthletics.com

**Credits:** This media guide is a publication of the W&M sports information office. Writing, layout and design by Paul Ring. Editing by Pete Clawson, Mario Machi, Chris Poore and Dan Wakely. Cover designed by Paul Ring. Photography by Pete Clawson, Randy Hawthorne, Bob Keroack and Scott Kirk.

## To The Media:

This booklet is primarily intended to assist our recruiting efforts. Nonetheless, we hope you will find it useful. Updated information is available by accessing the W&M Athletics web site at [www.TribeAthletics.com](http://www.TribeAthletics.com). We are always happy to provide you with information for feature stories and often we can supply photographs. Please contact Paul Ring in the sports information office for more information.

# Coaching Staff



## Director of Track and Field DAN STIMSON

In his 18th 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.

The men's and women's cross country teams have combined to capture 15 of the last 22 CAA crowns, and have garnered numerous CAA Athlete and Rookie of the Year awards. The 2003 season was another banner year for the squads, with the men four-peating as conference champions while the women reclaimed the CAA title. Capping the fall was the men's seventh-straight appearance at the NCAA Championships and Ali Henderson's All-America honor at the race.

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, 2002 and 2003. Meanwhile, the men's track and field team captured the 2003 CAA crown, downing powerhouse UNCW with a record-setting score. The success of Stimson's program has garnered 51 All-Americans and one Olympian.

Stimson, who works primarily with the throwers, pole vaulters 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 only 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.

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 5'11.25". 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 pole vaulter Charlotte LaRoche to second place in the ECAC Championships and a school-record of 13'1" in her freshman season, and has guided steady improvement throughout her career. Stimson has had numerous All-East performers in all of the field events.

A current example of Stimson's coaching ability can be seen in senior 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 then 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 also qualified for the IC4A Championships yet again in the weight throw and hammer and also earned a berth to the NCAA Southeast Regional 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 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, 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 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 21-year-old local college student. Recently married daughter Krista Crider, 28, graduated from W&M in 1996 with a B.S. in biology and earned her master's degree at the College in 1998. She recently earned a Ph.D. in the field of genetics

and molecular biology at Emory University. Krista is a former W&M record holder in the hammer throw.



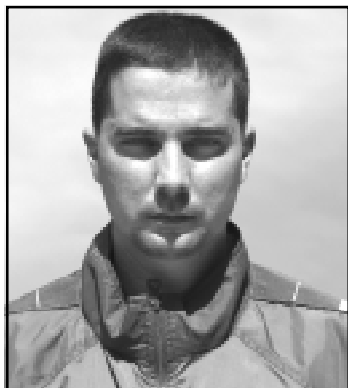
### Stimson By The Numbers

- 51 All-Americans in indoor and outdoor track and field and cross country
- 29 CAA Titles
- 23 CAA Athletes of the Year
- 18 Seasons at William and Mary
- 2 CAA Coach of the Year Honors (1992 and 1996)





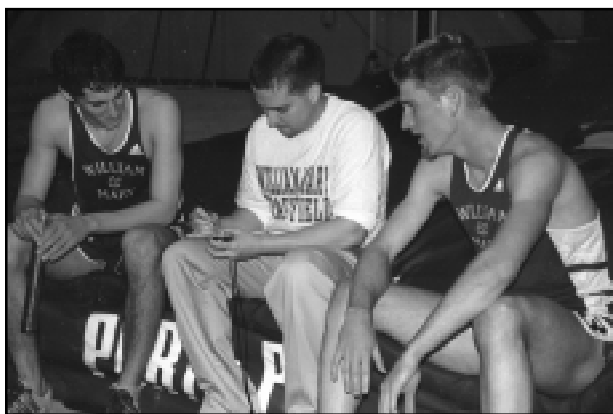
# Coaching Staff



## Head Coach ALEX GIBBY

Former Tribe distance ace Alex Gibby returned to William and Mary in 2003 to assume the head coaching position for men's cross country and track and field. Gibby, a Tribe assistant from 1997-2000, took control of a cross country program which has won 10 of the last

13 CAA titles and had qualified for six straight NCAA Championships. Gibby continued the tradition of championship excellence at the College by leading his team to its fourth-consecutive, and 11th all-time, conference title. With the squad taking four of the top-five and seven of the top-10 positions, Gibby proved the program had not missed a step from last season as seven runners grabbed All-CAA honors. Gibby followed that performance by guiding his team to four all-region performances and a solid third place overall at the NCAA Southeast Regional, positioning the team for an at-large selection to the NCAA Championship, its seventh-straight qualification to the prestigious meet. For his performance Gibby was honored as the CAA Coach of the Year, leading a sweep for the Tribe in the postseason awards as Ed Moran claimed Athlete of the Year and David Murphy captured Rookie of the Year honors. Another of Gibby's distance aces, Adam Otstot, was named the CAA Scholar-Athlete of the Year, highlighting the combined academic and athletic success of the program.



Gibby came to the College from Division I Stephen F. Austin State University, where he was the head men's and women's cross country coach and an assistant track coach for three seasons. At SFA, he brought the Lumberjack cross country squads to unprecedented levels of success. Under his guidance, the men's team won its first Southland Conference Championship in 2001, then repeated the feat in 2002. In 2002 Gibby also led the women's cross country squad to its first SLC Championship since 1990. Gibby also mentored the conference's individual champion for both the men and women, the first sweep in conference history of all four titles. For his outstanding efforts, Gibby was honored as both the men's and women's cross country coach of the year by the SLC.

Working with the SFA middle distance and distance runners as an assistant track coach, Gibby saw the athletes under his supervision improve greatly. Under his leadership, 18 school records were established in six events (men's 800m, 5,000m and 10,000m and 3,000m steeplechase and women's 5,000m and 3,000m steeplechase) and the women's team captured the 2003 SLC Outdoor Track and Field Championship. In three years, Gibby coached 38 all-conference and four all-region athletes who combined for 18 individual SLC championships.

During his tenure at SFA, Gibby had success developing high school athletes into championship runners. Two prime examples are Nathan Flores and Ana Rodriguez. Flores became one of the most

dominant runners in the SLC under Gibby's tutelage, winning the 2002 Outdoor Track and 2002 Cross Country Athlete of the Year awards. Winner of the 5,000, 10,000m and steeplechase at the 2002 SLC Outdoor Championships, where he was the meet's high scorer, Flores is also the SLC and school record holder in the 10,000m, with a sterling 29:27.29 at the Mt. SAC Relays. Flores won the 5,000m at the 2003 SLC Indoor Championships and was the SLC individual champion in cross country in 2002. He also set school records in the 5,000m and steeplechase.

Gibby led Rodriguez to the NCAA Outdoor Track and Field Championships, where she finished 21st in the 5,000m run. Rodriguez was the first distance runner in SFA history to compete at the NAAs. A seven time all-conference runner, Rodriguez racked up five SLC titles, including the 2003 outdoor 5,000m and 10,000m, the 2003 indoor 3,000m and 5,000m, and the 2002 cross country individual title. Rodriguez was tabbed as the SLC Athlete of the Year in cross country in 2002 for her win and was also the track team's MVP in 2003.

As an assistant for the Tribe for three seasons, Gibby helped the cross country team place ninth and 13th (twice) at the NCAA Championships. During his first stint at W&M, Gibby had the opportunity to work with Matt Lane, an eleven-time All-American and a fourth-place finisher at the 2000 Olympic trials in the 5,000m and Anders Christiansen, a three-time All-American and the 1997 NCAA runner-up in the 800m. Gibby also coaches former W&M distance standout Kathy Newberry, who ranked 17th in the nation in the 5,000m in 2003. Newberry went on to finish 12th at the 2003 USAT&F Outdoor Track and Field National Championship.

Running for the Tribe from 1992 to 1997, Gibby was a four-time All-CAA honoree, CAA champion in the 5,000m, and IC4A qualifier in the 5,000m and 10,000m. Also an NCAA provisional qualifier and All-East performer in the 10,000m, Gibby was a member of two NCAA-qualifying cross country squads (1994 and 1995). Gibby is a native of McLean, Virginia.

### Gibby By The Numbers

- 57 All-Conference Runners**
- 21 Individual Conference Champions**
- 8 All-Region Athletes**
- 5 Conference Titles**
- 5 Athletes of the Year**
- 4 Coach of the Year Honors**

# Coaching Staff



## Assistant Coach Brian Cunningham

Brian Cunningham is in his first year as an assistant men's and women's track and men's cross country coach after returning to his alma mater in August of 2003.

Previously, as the head coach for cross country and track and field at the private all-girls Winsor School in Boston, Massachusetts, Cunningham directed the creation of a cross country program. Producing results early, his team won the conference championship and took the individual title in its first season. Honored as the 2001 Eastern Independent League Coach of the Year in cross country for his success, Cunningham molded 10 all-region athletes during his three years at Winsor, leading four to individual New England titles.

While coaching at Winsor, Cunningham also worked for three years with the John Hancock Elite Athletes for the Boston Marathon. Additionally, through the FILA Boston Training Camp, he accompanied Kenyan athletes to different road races around the country, acting as their manager.

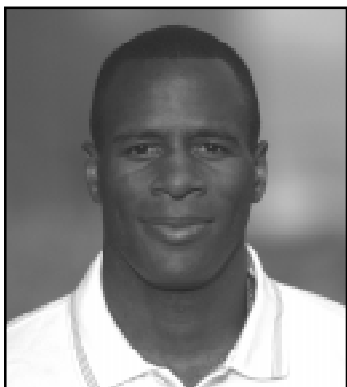
As a middle distance and distance competitor for the Tribe, Cunningham was an IC4A qualifier and conference scorer in the 800m. A 1998 graduate of the College with a B. S. in kinesiology, the Centreville, Virginia, native has also worked as a marketing representative for the Brooks Shoe Company.



## Assistant Coach Emil Davis

Former Tribe multi-eventer and runner Emil Davis has spent the past three seasons mentoring athletes at his alma mater. Davis is primarily responsible for the sprinters, jumpers and hurdlers. Davis had previously 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, a 1985 graduate of the College, earned All-East honors his senior year at W&M, 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. Still an active competitor, Davis recently set a U. S. age-group record in the double decathlon while competing at USA Double Decathlon Championship at Liberty University in May 2003. Davis scored 11,178 points over the two-day, twenty-event competition to establish the record mark in the Masters Age 40-44 group.



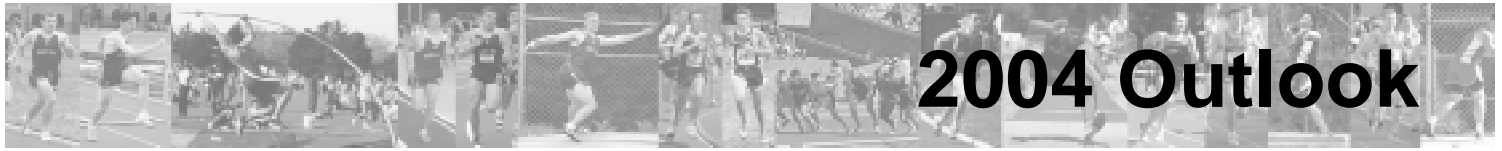
## Assistant Coach Matt Shelton

Former three-time All-American Matt Shelton, in his first year as an assistant coach for both the men's and women's programs, came to the College with a diverse background in both coaching and conditioning. Shelton will work primarily with the sprinters, jumpers and multi-eventers.

Shelton most recently operated Shelton's Speed-Strength-Enhancement in Pittsburgh, PA, where he had the opportunity to coach a 2000 Olympic 400m sprinter and 2003 Indoor World runner-up. He also trained some of the region's top high-school sprinters and jumpers, including one state champion and runner-up. Additionally, Shelton developed cardiovascular and weight training programs for high school and college football athletes.

Previously, Shelton was an assistant track and field coach and physical education instructor at Duke from 1999 until 2001. Charged with leading the sprinters and multi-eventers of both the men's and women's team, Shelton saw 30 school records fall under his tutelage. Shelton also spent three years at Southeastern Louisiana University, where he was a strength and conditioning coach in addition to an assistant for the track program working with sprinters, field-eventers and multi-eventers. He also spent one season as a high school assistant coach in Knoxville, TN.

A 1994 graduate of the University of Tennessee with a B.A. in economics and a minor in sports management and health education, Shelton ran for four seasons with the Vols, earning three All-American honors, all in the decathlon. Setting the NCAA and Olympic trials decathlon 400m record (47.08), and the same mark in the SEC (47.44), Shelton was an integral part of the Vols' 1991 NCAA Championship squad. A five-time member of the Visa Gold Decathlon program, where he trained with world class athletes Dan O'Brien and Dave Johnson, Shelton was also a wide receiver with the Oakland Raiders for two years.



# 2004 Outlook

William and Mary track and field enters the 2004 season poised for another stellar campaign. Director of Track and Field Dan Stimson and first year head coach Alex Gibby have assembled a deep, talented team which will once again challenge for the conference title in addition to sending athletes to post-season championships. With its depth, the Tribe looks to repeat its dominance in the CAA, which saw the squad set a record score at the 2003 championship meet on the strength of eight individual titlists. With a team packed with conference champions, scorers and all-conference honorees, the Tribe is positioned to continue its success.

Traditionally the hallmark of the program, the distance corps is primed for another season of excellence. Led by three-time All-American **Ed Moran**, a wealth of proven veterans and talented up-and-comers will continue the Tribe's elite distance racing.

Racing to All-America status with a fifth-place finish in the 5,000m at the outdoor NCAAs last year, Moran aims to better the performances which earned him the title of CAA Male Athlete of the Year. An All-East performer with a runner-up finish in the 5,000m at outdoor IC4As, the graduate student bettered his personal record in the event by 30 seconds last season.

Senior **Jacob Frey** makes a much-anticipated return to the lineup for the track season, after not competing in cross country. Frey, an All-East honoree after an impressive fourth in the 10,000m at outdoor IC4As, will anchor the Tribe's distance effort along with Moran. A spectacular 2003 campaign saw Frey claim the CAA title in the 5,000m in addition to qualifying for the NCAA Regionals.

After making a huge impact as a freshman, **Matt Keally** is primed to ascend to the top levels of the conference, having already accumulated championship experience with his NCAA Regional qualification. Last year's CAA Rookie of the Year, Keally raced to All-East honors as a freshman, earning the accolade in 5,000m at the indoor IC4As. The runner-up in the 5,000m at the CAAs, Keally shattered freshman records, setting Tribe marks for the best time in the indoor 5,000m (14:17.87) and outdoor 5,000m (14:22.08).

**Jeff Hedley**, a multiple-time IC4A qualifier in 2003, will be another distance pillar for the team. An all-conference runner, Hedley will challenge for a conference title after a strong cross country season in which he netted all-region accolades.

Three more outstanding veterans complete the Tribe's formidable distance front. Junior **Charlie Hurt**, an IC4A qualifier in the 10,000m and CAA scorer in the 5,000m in 2003, is coming off an all-region cross country season. **Adam Otstot**, an all-conference harrier this cross country season, claimed third in the 3,000m steeplechase at CAAs last year and won twice during the season. **Matt Maline**, a former IC4A qualifier, won the 1,500m at the CNU Invite last year, headlining a number of strong postings.

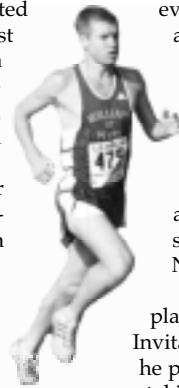
Four sophomores, all of whom scored at conferences as rookies, aim to break through into the upper echelons of the collegiate ranks. **Jason Schoener**, fourth at CAAs in the 10,000m, claimed fourth at this year's CAA cross country championship for all-conference honors and was also the squad's fifth runner at the Southeast Regional. In strong freshman performances, **Mike Dominguez** captured fourth in the 3,000m steeplechase at conferences, while **Brian Doherty** took fifth in the 10,000m, and **Sean Anastasia-Murphy** claimed sixth in the 1,500m.

Other distance veterans to watch include **Trevor Cable**, **Patrick Comstock**, an All-CAA cross country honoree, **Paul Costello**, **Jon Healey** and **Kyle Pawlaczyk**.



**Jeff Hedley, (left), and Sean Anastasia-Murphy**

A strong incoming freshman crop, which has already asserted itself in the cross country season, complements this abundance of veteran talent. CAA Rookie of the Year **David Murphy**, **Tommy Antenucci**, **Keith Bechtol**, **Dan Nally** and **Adam Tenerowicz** all ran for the Tribe in cross country and aim to turn success on the grass into results on the track. Additionally, an elite collection of high school runners with championship credentials, including **Anthony Arena**, **Ben Beiter**, **Steve Hoogland**, **David Hryvniak**, **George Ingham**, **Jonna Reinhardt** and **Tim Zeckser**, look to make a strong debut for the College.



**Matt Keally**

The middle distance lineup faces the most turnover for the Tribe. Standouts **Sean Conway**, **John O'Connor**, **Josh Watson** and **Chris Wilber** were all lost to graduation, but a group of maturing veterans is set to take their place. With **Hedley** and **Maline** expected to split time between distance and middle distance events, **Scott Ickes** leads the middle distance contingent. A proven veteran, Ickes put together a number of solid finishes in the 800m last season, including an eighth at CAAs. Also headlining the contingent is sophomore **Matt Wolak** who scored for the team with a fifth in the 800m at conferences. A member of the All-East outdoor 4x800m relay team, Wolak aims to breakthrough in his second year of collegiate running. **Robert Pitts**, another sophomore, aims to build on a solid season which saw him compete in the 4x800m relay at indoor IC4As while junior **Bill Tarantino** looks to continue his solid improvement. Bolstering these veterans will be a pedigreed unit of newcomers that includes **Steve Gillard**, **Graham Kearney**, **Spencer Kirk**, **Joel Parker** and **Matt Warco**.



**Matt Wolak**

The team's sprint effort is strengthened by the addition of **Stephen Cason**, a defensive back on the Tribe's football team, who will be one of the squad's specialized sprinters. After a year working the long jump, sophomore **Justin Benabdallah** will concentrate more on the sprints this season while still contributing in the jumps. Sophomore **Nathan Chubb** and senior **Aaron Spicer** are also expected to see some action in the dashes outside of their primary events. In the hurdles, sophomore **James Hipolit** will anchor the squad, after a season highlighted by a runner-up finish in the 400m hurdles at the CNU Invitational.

The jumps contingent is another area where the team will rely on youth. With the graduation of standout **Curtis Smith**, the squad looks to a duo of sophomores to make an impact. **Noah Gabriel-Landis** heads the group after a solid freshman campaign that included a third in the long jump at the Tribe Open and a fifth in the triple jump at the VCU Invite. **Benabdallah** could see action in the long jump after specializing in the event last season, with a best effort of fifth at the Navy meet.

In the pole vault, the College will look to **Spicer** and **Chubb** to replace graduate **Phil Agee**. **Spicer**, runner-up in the pole vault at the CNU Invitational, finished no worse than ninth in any meet last season in which he posted a height. **Chubb** had a strong season of vaulting as a freshman, taking fifth place at conferences to score for the team. Newcomers **Charles Fritschner** and **Justin Zamorski** are expected to contribute immediately in the event.

In the throws, senior **Chris Parsons** fronts a deep contingent. A three-time CAA Champion, Parsons qualified for the NCAA Regionals in the hammer last season in addition to earning three IC4A qualifications. Parsons won the shot twice during the indoor season while collecting one win in each the hammer and discus and aims to reclaim a CAA title after finishing second in both the shot and hammer and fifth in the discus in 2003. **Aaron Mitchell**, the 2003 CAA Champion in the shot, netted one NCAA Regional and two IC4A qualifications last year, in addition to posting an amazing four event wins in the indoor shot in only six meets. Just missing All-East honors with a ninth place in the shot at indoor IC4As, Mitchell is expected to challenge at the highest levels of the conference and region. **Andy Smith** returns to lead the javelin throwers on the squad, expecting to better an outstanding season that witnessed him capture the CAA title in the javelin in addition to posting NCAA Regional and IC4A qualifications. Adding further depth in the throwing events is **Nick Hecker-Thompson**, who scored for the team at conferences with a fourth in the shot and sixth in the discus. A versatile thrower, Hecker-Thompson aims to qualify for IC4As after adding distance to his throws during the offseason. **Steve Huntzinger**, one of the best high-school throwers in the nation, will join these veterans as a six-time state champion.

**Spicer**, all-conference as runner-up to **Agee** in the decathlon at the CAA Championship, will anchor the multi-events.

**Stimson**, enthusiastic about the Tribe's prospects, concluded, "We lost some great seniors, but coming off last season, we've already had a number of underclassmen step up to score at conferences, and combining our incoming class with our veterans, we're looking forward to another conference title."

# Athlete Profiles



**Sean  
Anastasia-Murphy**  
SO • Distance  
Gloucester, MA • Gloucester

**Track: 2003:** Clocked a PR of 3:55.87 in the 1,500m at CAAs for sixth place, scoring for the team ... Won the 3,000m at the GMU Open and also took

W&M PRs	
1,500m -	3:55.87
3,000m -	8:30.48i

second in the event at the CNU Lid Lifter ... Shaved five seconds off his PR in the 1,500m over the course of the season ... Captured fifth in his only attempt at the 800m, coming at the Tribe Open.



**Mike Dominguez**  
SO • Distance  
Herndon, VA • Herndon

**Track: 2003:** Scored for the Tribe at the CAAs, where his fourth place in the 3,000m SC just missed all-conference honors ... Runner-up in the 2,000m SC at the Tribe Open ... Ran a PR of 9:35.15 in the 3,000m SC at the

W&M PRs	
1,500m -	4:08.53
3,000m -	8:52.92i
3,000m SC -	9:35.15

JMU Invite to take sixth ... Fourth place in the 3,000m at Navy highlighted the indoor season. **Cross Country: 2003:** Fourth runner for the Tribe at the IC4A Championships ... Took 31st in Tribe's win at George Washington.



**Pat Comstock**  
JR • Distance  
Portsmouth, VA • Churchland

**Track 2003:** Competed only twice with a best of 10th in the 5,000m at the CNU Winter Frolic. **2002:** IC4A qualifier in the indoor 5,000m ... Runner-up in the 3,000m at the CNU Classic ... Raced to fifth in the 5,000m at CNU

W&M PRs	
3,000m -	8:47.98i
5,000m -	14:49.09i

Winter Frolic ... Took 17th in the 5,000m at Colonial Relays. **Cross Country: 2003:** Earned all-conference honors at the CAA Championship with a strong 10th place finish ... Fifth Tribe runner at NCAA Championship ... Ran a season-best 8,000m time (25:11.9) in the Open Race at Pre-Nationals for ninth place ... Alternate on the squad's NCAA Regional lineup.



**Jacob Frey**  
SR • Distance  
Oakton, VA • Oakton

**Track: 2003:** All-East in the outdoor 5,000m with a fourth-place finish at IC4As ... CAA Champion in the 5,000m, pacing a 14:32.65 ... NCAA Regional Qualifier in the 5,000m ... Clocked a PR of 29:40.41 to claim fifth in the 10,000m at the prestigious Penn Relays ... Ran to third in the 5,000m at the Colonial Relays ...

W&M PRs	
3,000m -	8:24.56i
5,000m -	14:27.24i
10,000m -	29:40.41

Took eighth in the 10,000m at the Raleigh Relays. **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.



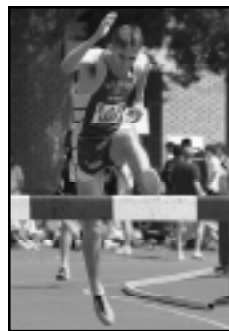
**Brian Doherty**  
SO • Distance  
Roanoke, VA • Roanoke Catholic

**Track: 2003:** CAA scorer in the 10,000m with a PR of 31:40.82, placing fifth ... Runner-up in the 3,000m at the Tribe Open ... Kicked off the outdoor season with a fourth in the 5,000 at the VCU Invite, running a PR of 15:10.75 ... Also posted a fourth in the 1,500m at CNU ...

W&M PRs	
3,000m -	8:46.88
5,000m -	15:10.75
10,00m -	31:40.82

Made a strong debut to his collegiate career with a fifth place effort in the 5,000m at the CNU Lid Lifter ... Capped an abbreviated indoor season with a seventh in the 3,000m at the CNU Classic.

**Cross Country: 2003:** Second best team finisher at the Tribe Open, taking 17th. ... Took 28th at the Tribe's win at George Washington.



**Jon Healey**  
JR • Distance  
Wayne, NJ • Wayne Valley

**Track: 2003:** Two impressive showings in his only two indoor races ... First took fifth in the 3,000m at the CNU Lid-Lifter, followed by a runner-up finish in the 1,500m at the CNU Classic ... Captured third in his first foray into the steeplechase, competing in the

W&M PRs	
1,500m -	3:59.46i
3,000m -	8:53.59

2,000m setup at the Tribe Open. **2002:** Raced to a strong third in the 3,000m at the CNU Invite ... Also posted a sixth in the 3,000m at the Tribe Invitational. **Cross Country: 2003:** Second runner for the Tribe in the Open Race at Pre-Nationals, finishing 31st ... Competed for the team at the IC4A Championships ... Claimed 19th at the CAA Championship.

i = indoor performance







# Athlete Profiles



## Nick Hecker-Thompson

JR • Throws  
Seattle, WA • Seattle

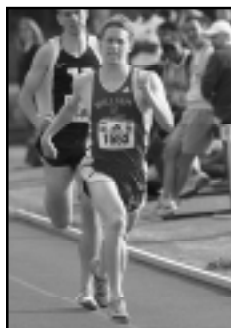
**Track: 2003:** Had a strong showing at the CAAs with a fourth-place performance in the shot (46-8.25) and a sixth-place effort in the discus (143-9) ...

### W&M PRs

Discus - 144-11  
Hammer - 114-4  
Shot - 47-11.75  
Weight - 52-3

Runner-up in both the shot and discus at the Tribe Open ... Also snared second in the discus at the CNU Invite and had a third in the event at the VCU Ram Invite ... Runner-up in his only attempt at the weight throw, coming at the CNU Winter Invite ... Claimed third in the shot at GMU's Patriot Games in addition to a trio of fourths in the event ... Threw for 143-11 at UVA's Lou Onesty invite to take fifth in the discus. **2002:** Threw for a PR of 139-4 at CNU Invite for second-place in the discus ... Solid meet at the Tribe Open, taking sixth in the shot, ninth in the hammer and 11th in the discus ... Also claimed seventh at GMU in the discus.

All-conference at the CAA Championship with a ninth-place finish ... Ran a season-best 25:19.6 for 8,000m at Pre-Nationals, as the team's fifth runner in Gold Race.



## Scott Ickes

SR • Middle-Distance  
Rochester, NY • Gates-Chili

**Track: 2003:** Part of winning 4x800m relay team at the CNU Winter Frolic ... Ran a PR of 1:56.10 in the 800m at CAAs for a solid eighth place ... Claimed third at the VCU Ram Invite in the 800m ... Raced to fifth in the 800m at the GMU Open in addition to notching a pair of sevenths in the event at CNU's Lid-Lifter and Classic ... Also took seventh in the 1,500m at the CNU Lid Lifter. **2002:** Posted three runner-up finishes on

### W&M PRs

800m - 1:56.10  
1,000m - 2:33.22i  
1,500m - 3:59.96

the year ... Raced to second twice in the 800m, at the Tribe Invite and CNU Classic ... Also claimed second in the 1,500m at the CNU Lid-Lifter ... Scored for the team at the Carolina Elite Invite, taking seventh in a competitive mile field. **2001:** Strong freshman campaign was capped by win in the 4x800m relay at the CNU Winter Frolic ... Also had three solid finishes while on the DMR squad: second (CNU Winter Frolic), third (CNU Lid-Lifter) and fifth (Navy Lid-Lifter) ... Ran to sixth in the 1,000m at Prince Georges Invite.



## Jeff Hedley

JR • Middle-Distance/Distance  
Virginia Beach, VA • Kempsville

**Track: 2003:** All-conference with a third in the 1,500m at the CAAs with a PR of 3:51.55 ... IC4A qualifier in the 3,000m and outdoor 1,500m ... Won the 3,000m at the CNU Lid-Lifter ... Raced to third in the 3,000m at GMU's Patriot Games ... Claimed fifth in the 1,500m at the Colonial Relays and ran to fourth in the event at VCU ...

### W&M PRs

1,500m - 3:51.55  
3,000m - 8:21.60i  
5,000m - 14:54.01

Part of 4xMile relay team that took seventh at the prestigious Penn Relays. **2002:** Raced to a convincing win in the 5,000m at the CNU Invite, crossing the line 15 seconds ahead of second place ... Claimed runner-up honors in the 3,000m at the CNU Lid-Lifter ... Part of 4x1,500m relay team that took sixth at the competitive Raleigh Relays. **Cross Country: 2003:** Ran to all-region honors by finishing 23rd at the NCAA Southeast Regional as the Tribe's third runner ... Third Tribe runner at NCAA Championship ... Second Tribe runner at Pre-Nationals, taking 43rd in the Gold Race by clocking a season-best 8,000m time of 24:28.9 ... Grabbed eighth place at George Washington, powering the Tribe to victory.



## Matt Keally

SO • Distance  
Virginia Beach, VA • Ocean Lakes

**Track: 2003:** CAA Rookie of the Year ... NCAA Regional qualifier in the 5,000 ... All-East in indoor season with a fifth in the 5,000m at IC4As ... Just missed another All-East designation with ninth-place run in the 5,000m at outdoor IC4As ... Earned all-conference honors as runner-up in

### W&M PRs

5,000m - 14:17.87i

the 5,000m at CAAs ... Set freshman school record in both the indoor (14:17.87) and outdoor (14:22.08) 5,000m ... Won the 5,000m at the CNU Winter Frolic. **Cross Country: 2003:** Earned second career all-region honors by running to 16th at the Southeast Regional as the Tribe's second runner ... Fourth Tribe runner at NCAA Championship ... All-conference honoree after capturing third place at the CAA Championship ... Opened the season with a fourth place at the Tribe Open.



## Charlie Hurt

JR • Distance  
Charlottesville, VA • Western Albemarle

**Track: 2003:** IC4A qualifier in the 10,000m ... IC4A qualifying time came at the prestigious Penn Relays where a 30:46.75 landed him in 17th-place in the 10,000m ... Runner up in the 5,000 at the CNU Lid-Lifter ... Scored for the team with a fifth in

### W&M PRs

3,000m - 8:47.60i  
5,000m - 14:59.28  
10,000m - 30:46.75

the 5,000m at the CAAs by running a PR of 14:59.28 ... Raced to third in the 3,000m at CNU's Indoor Classic. **2002:** Raced to fifth in the 5,000m at VCU Invite. **Cross Country: 2003:** Earned all-region honors as the squad's fourth runner at the Southeast Regional, claiming 25th ... First Tribe runner at NCAA Championship ...



## Matt Maline

JR • Middle-Distance/Distance  
Herndon, VA • Oakton

**Track: 2003:** Won the 1,500m at the CNU Invite ... Raced to runner-up honors at Virginia Tech in the 3,000m ... Ran a PR of 3:54.73 to claim fourth in the 1,500m at the GMU Open ... Took fifth in the 3,000m at GMU's Patriot Games. **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. **Cross Country:**

### W&M PRs

1,500m - 3:54.73  
3,000m - 8:16.97i

**2003:** Opened the season with a solid 25:00.2 at the Lou Onesty Invitational to take sixth place ... Claimed third at George Washington power the Tribe's upset win of Georgetown ... Former CAA Rookie of the Year battled injury late in the season, but finished 24th at the CAA Championships.

# Athlete Profiles



## Aaron Mitchell

JR • Throws

Buffalo, NY • Sweet Home

**2003:** CAA Champion in the shot ... NCAA Regional and indoor and outdoor IC4A qualifier in the shot ... Placed a solid 14th at outdoor IC4As in the shot, following that with a 22nd-place effort at the NCAA Regionals ... Just missed All-East honors in the shot at indoor IC4As by claiming ninth place ... Impressive streak of four shot wins in a row during the indoor season ... Captured third in

the shot at the prestigious Penn Relays and runner-up honors in the event at Colonial Relays ... Won the hammer at the Tribe Open, but PR (160-0) came in a second-place effort at the VCU Invite ... CAA scorer in the hammer with a fifth-place throw ... Posted two top-fives in his only weight throw action. **2002:** Impressive freshman campaign, with a second-place finish at CAAs in the shot ... Finished first at the GMU Invitational in the shot ... Saw his season-best shot effort come at UNC, 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.

### W&M PRs

Hammer - 160-0

Shot - 53-7.75

Weight - 52-2i



## Ed Moran

GS • Distance

Dayton, NJ • Notre Dame

### THREE-TIME ALL-AMERICAN

**Track: 2003:** All-American with fifth (13:54.46) in the 5,000m at the NCAA Outdoor Championships ... CAA Male Athlete of the Year ... NCAA Regional and indoor and outdoor IC4A qualifier ... All-East with second in the 5,000m at outdoor IC4As ... Clocks a 14:07.99 for a strong eighth in the 5,000 at

NCAA Regionals ... CAA scorer with a fourth in the 1,500m at conferences ... Won the 5,000m at the Colonial Relays ... Set new PRs in all events contested, including breaking his 5,000m mark by half a minute ... Ran a PR in runner-up showing at the Armory Invite in his only indoor meet of the season. **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.

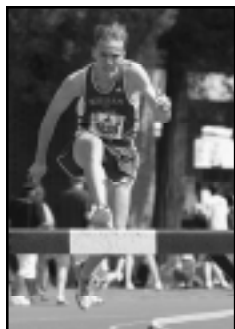
**2000-2001:** Redshirted. **Cross Country: 2003:** CAA Athlete of the Year ... Earned all-region accolades with third place run at the Southeast Regional ... Broke foot on home stretch of the Southeast Regional, preventing him from contesting the NCAA Championship ... Named Performer of the Meet at the CAA Championship with second-straight victory in the race ... Awarded CAA Runner of the Week twice ... Won the George Washington Invitational, leading the team to victory ... Was among the leaders at the halfway point of Pre-Nationals Gold Race, where he ended up sixth to lead the squad ... Opened the season with a third at the Lou Onesty Invitational.

### W&M PRs

1,500m - 3:52.06

3,000m - 8:10.81i

5,000m - 13:54.46



## Adam Otstot

SR • Distance

Richmond, VA • Mills Godwin

**Track: 2003:** Raced to All-CAA accolades with a third in the 3,000m SC at conferences ... Won the 2,000m SC at the Tribe Open ... Ran a PR of 15:03.15 to win the 5,000m at the CNU Lid-Lifter ... Ran a PR of 9:26.45 in fourth-place finish in the 3,000m SC at the JMU Invitational. **2002:** Grabbed all-conference honors with third-place showing at CAAs in the 3,000m steeplechase ... Posted runner-up finishes in the

3,000m at the CNU Invite and CNU Classic ... Claimed third in the 3,000m at the CNU Lid-Lifter and in the 3,000m steeplechase at the VCU invite ... Part of the 4x1500m relay that took a solid sixth at the competitive Raleigh Relays. **2001:** Solid rookie season highlighted by win on the 4x800m relay at the CNU Winter Frolic ... Raced to an impressive eighth at conferences in the 3,000m steeplechase, clocking a PR of 9:50.46 ... Runner-up in the 2,000m steeplechase at the Tribe Invite ... Part of two strong DMR efforts: the third-place squad at the CNU Lid-Lifter and fifth place team at the Navy Lid Lifter ... Posted three additional top-ten performances on the year. **Cross Country: 2003:** CAA Scholar-Athlete of the Year ... Sixth Tribe runner at NCAA Championship ... Raced to all-conference honors at the CAA Championship with a fifth place showing ... Third Tribe runner at Pre-Nationals, finishing 93rd ... Ran to 57th at the Southeast Regional ... Took 12th place at George Washington.

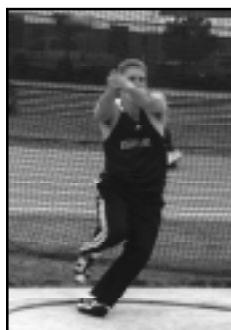
### W&M PRs

1,500m - 4:00.99

Mile - 4:24.99i

3,000m SC - 9:26.45

5,000m - 15:03.15i



## Chris Parsons

SR • Throws

Dunkirk, MD • Northern

**2003:** NCAA Regional and outdoor IC4A qualifier in the hammer ... CAA Scholar-Athlete of the Year ... Season-best hammer throw (181-6) came at CAAs, which earned second place and all-conference honors ... Had a strong conference meet, earning All-CAA honors in his only shot throw of the season and placing fifth in the discus to score for the team ... IC4A qualifier in the outdoor shot ... Posted wins in the hammer at the

VCU Invite and the discus at the Tribe Open ... Upped his distance in the weight throw nearly every time he competed, taking two wins (CNU Lid-Lifter and CNU Winter Frolic) along with an IC4A qualification ... Finished 11th at the indoor IC4A meet in the weight throw ... Bruce Davidson Memorial Scholarship Winner. **2002:** Among the top-40 javelin throwers in the U.S., 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 188-0, 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 ... 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 ... Four first-place finishes in the shot.

### W&M PRs

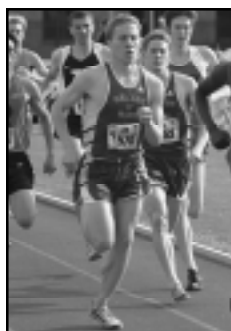
Discus - 146-1

Hammer - 188-0

Javelin - 223-2

Shot - 54-0i

Wt. Throw - 55-9.75i



## Robert Pitts

SO • Middle-Distance

Washington, DC •

St. John's Prospect Hall

**2003:** Ran as part of the 4x800m relay at indoor IC4As ... Ran almost exclusively in the 800m, shaving nearly 10 seconds off his best time over the course of the season ... 800m PR of 1:55.03 came in strong third-place showing at the CNU Invite.

### W&M PRs

800m - 1:55.03

# Athlete Profiles



## Jason Schoener

SO • Distance

Grand Blanc, MI • Grand Blanc

**Track:** 2003: IC4A qualifier in the 10,000m, taking tenth at outdoor IC4As to just miss All-East designation ... Just missed All-CAA honors with a fourth place, PR (14:57.02) run in the 5,000m at the conference championships to score for the team ... Finished ninth in the 10,000m at USAT&F Junior Championships ... Won the 3,000m at CNU Classic ... Ran a PR of 4:01.68 as runner-

up in the 1,500m at CNU Invite ... Also finished second in the 3,000m at the JMU Invite ... Six top-five finishes. **Cross Country:** 2003: All-conference honors after capturing fourth place at the CAA Championship ... Second Tribe runner at the NCAA Championship ... Team's fifth runner at the Southeast Regional, taking 34th ... Ran to ninth place at George Washington, helping the Tribe take a close win over Georgetown ... Opened the season with a solid 13th-place effort at the Lou Onesty Invitational ... Competed for the squad at Pre-Nationals, finishing 131st in the Gold Race.

**W&M PRs**  
3,000m - 8:30.99i  
5,000m - 14:57.02  
10,000m - 30:37.66



## Bill Tarantino

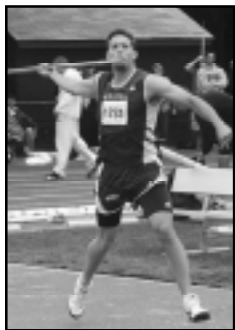
JR • Middle-Distance

Woodbridge, VA • Woodbridge

**Track:** 2003: Chopped six seconds off his best 800m time, capping the season with a PR of 1:55.70 in a fifth place showing at the CNU Invite ... Raced to runner-up honors in the 1,500m at the CNU Lid-Lifter while taking third in the event at GMU ... Claimed 11th at CAAs in the

1,500m. **2002:** Solid freshman campaign included runner-up honors in the 1,500m at the W&M Invite and fifth in the 1,500m at VCU.

**W&M PRs**  
800m - 1:55.70  
1,500m - 3:59.96



## Andy Smith

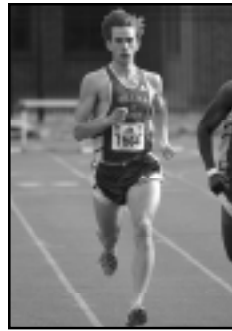
JR • Throws

Raleigh, NC • Leesville Road

**Track:** 2003: Repeated as CAA Champion in the javelin with a distance of 189-11 ... NCAA Regional and IC4A qualifier in the javelin ... Took 15th at the outdoor IC4As and 22nd at the NCAA Regional ... Trio of runner-up finishes highlighted by PR throw of 205-4 at JMU Invite which shattered his mark

last season by over 12 feet ... Also took second at VCU Invite and Tribe Open. **2002:** Finished first at the CAA Championships, throwing 188-5 ... Threw 192-9 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 PRs**  
Javelin - 205-4



## Matt Wolak

SO • Mid-Distance

Richmond, VA • Mills Godwin

**2003:** Member of All-East 4x800m relay team that claimed fourth at outdoor IC4As ... Also a member of the runner-up 4x800m relay team at Penn Relays ... Conference scorer by racing to fifth in the 800m at CAAs, two-hundredths of a second off his PR ... Won the 800m at the Tribe Open ... Part of victorious DMR team at

Patriot Games ... Posted a third in the 800m at the VCU Invite ... Ran a strong 1,500m at the Tribe Open to finish fourth with a PR of 3:58.76 ... Third in the 1,500m at the CNU Lid-Lifter.

**W&M PRs**  
800m - 1:54.48  
Mile - 4:19.62i  
1,500m - 3:58.76

## NEWCOMERS

### Tommy Antenucci

FR • Distance

Abingdon, VA • Abingdon

**Cross Country:** 2003: Made the travel squad, competing three times for the team with a best of 26th at the Cavalier Open. **Prep:** State Champion indoor 3,200m ... Four-time all-state medallist (one cross country, three track) ... Eight-time all-region medallist (three cross country, five track) ... Nine-time all-district selection (three cross country, six track) ... PRs include 4:35 (1,600m), 9:45 (3,200m), 16:09 (5,000m) and 33:49 (10,000m).

### Keith Bechtol

FR • Distance

Alexandria, VA • Thomas Jefferson

**Cross Country:** 2003: First runner for the Tribe at the IC4A Championships, claiming 26th ... Squad's seventh runner at Pre-Nationals ... 17th at the CAA Championships ... 18th in the team's win at George Washington. **Prep:** 2003 indoor state champion in the 3,200m ... Three-time state finalist in the outdoor 3,200m ... Team captain of Thomas Jefferson's state champion cross country team ... PRs include 4:24.15 (1,600m) and 9:13.55 (3,200m).

### Charlie Fritschner

FR • Pole Vault

Auburn, AL • Auburn

**Prep:** Fifth at states in the pole vault as a senior ... Claimed sixth at state meet in the pole vault in junior year ... Twice named to the *Birmingham News* all-state academic team ... PR of 13-0 in the pole vault.



## Aaron Spicer

SR • Multi

Woodbridge, VA • Gonzaga

**Track:** 2003: Runner-up at conferences in the decathlon to earn All-CAA honors ... Had a strong Tribe Open in the jumps, claiming second in the high jump and third in the pole vault ... Cleared 13-6 in the pole vault at the CNU Invite to take runner-up honors ... Runner-up in the 110m hurdles the

Tribe Open ... Claimed second in the pentathlon at the CNU Lid-Lifter ... Posted four top-10s in the pole vault during the indoor campaign. **2002:** Runner-up in the pole vault at CNU Classic ... Fifth in the pole vault at the VCU Invite. **2001:** All-conference pole vaulter with a third at CAAs ... Won the pole vault at the CNU Classic.

**W&M PRs**  
Pole Vault - 13-9.25  
High Jump - 5-8.5i  
Long Jump - 19-7  
Pentathlon - 2,568  
Decathlon - 5,292  
100m - 11.90

i = indoor performance



# Athlete Profiles

## Steve Gillard

FR • Middle-Distance

Herndon, VA • Herndon

**Prep:** Northern Region champion in the 300m ... Two-time district champion in the 500m ... Runner-up at AAA state meet in the 300m and third in the 500m ... All-state in the outdoor 400m and 4x800m relay ... All-Met honorable mention for winter 2003 ... PR's include 22.5 (200m), 35.37 (300m), 49.7 (400m), 1:05.82 (500m) and 1:56 (800m).

## Steve Hoogland

FR • Distance

Springfield, VA • Lake Braddock

**Prep:** Winner of the 3,200m outdoor AAA championship ... All-state performances in cross country and indoor and outdoor track during 2002-03 season ... Sixth at the Class AAA State Cross Country Championships ... Captured third place in the 3,200m indoor track AAA championships ... PRs include 4:20.73 (1,600m) and 9:18.25 (3,200m).

## David Hryvniak

FR • Distance

Spencerport, NY • Aquinas Institute

**Prep:** 11-time section five event champion ... Three-time all state and all-section five first team selection in cross country ... Eighth place in New York State Cross Country Championships ... Qualifier and top-20 finisher at National Nike Indoor Classic two-mile race ... PRs include 4:25 (1,600m), 9:26 (3,200m) and 15:25 (5,000m).

## Steve Huntzinger

FR • Throws

Fairfax, VA • Robinson

**Prep:** T&FN High School All-American ... Capped stellar high school career by capturing the discus and shot at the 2003 AAA outdoor state championships ... 2003 indoor state shot champion ... National runner-up in the indoor shot ... *Washington Post* 2003 Athlete of the Year and four-time All-Met selection ... State champion in the outdoor shot (2001 and 2002) and discus (2002) ... Most Outstanding Performer at 2003 Colonial Relays after shattering the meet record in the shot (62-8.5) and winning the discus (177-1) ... PR's include 64-1.5 (shot) and 181-5 (discus).

## Graham Kearney

SO • Mid-Distance

Richmond, VA • Douglas Freeman

**Prep:** Multiple time all-state, all-region and all-district honoree ... Raced to fourth in the 1,600m at the 2002 AAA state meet, earning all-state honors ... Took ninth at the 2001 AAA state cross country meet in an all-state performance ... PR's include 1:53.54 (800) and 4:17.8 (1,600m).

## Spencer Kirk

FR • Middle-Distance

River Forest, IL • Oak Park-River Forest

**Prep:** Two-time state qualifier in cross country ... Twice all-conference in cross country ... All-state in 4x800m relay ... Twice state qualifier in track ... Six conference event titles in track ... 12 all-conference performances in indoor track ... 11 all-conference honors in outdoor track ... MVP in 2003 outdoor track season ... PRs include 50.4 (400m), 1:56.4 (800m), 4:17.7 (1,600m) and 9:51 (3,200m).

## David Murphy

FR • Distance

Warwick, RI • Bishop Hendricken

**Cross Country: 2003:** CAA Rookie of the Year ... Top freshman at the CAA Championship, claiming seventh and all-conference honors ... Solid debut in the NCAA Southeast Regional, finishing sixth among freshmen for 40th overall ... Competed for the Tribe at the NCAA Championship ... Led the squad at

the Tribe Open, taking third. **Prep:** Five-time state champion in cross country and track and field ... 2002 New England Indoor Champion in the 3,200m ... PRs include 4:00 (1,500m), 4:15.08 (mile) and 8:40 (3,000m).

## Dan Nally

FR • Distance

Wrentham, VA • Liberty

**Cross Country: 2003:** Made the travel squad to compete three times for the team ... Best finish (25th) came at the Tribe Open ... Also claimed 26th in the Tribe's win at George Washington ... **Prep:** All-state AA cross country in 2002 (10th) ... Two-time all-state (2002, 2003) in AA track in the 3,200m (sixth) ... PR's include 4:26.35 (1,600m), 9:33 (3,200m) and 16:06 (5,000m).

## Joel Parker

FR • Middle-Distance

Portsmouth, VA • Churchland

**Prep:** Virginia state runner-up in the 1,600m ... Finished 17th at Virginia AAA cross country championships ... Two-time state finalist in the 1,600m ... PRs include 1:59.94 (800m) and 4:19.84 (1,600m).

## Jonna Reinhardt

FR • Distance

Williamsburg, VA • Jamestown

**Prep:** Regional champion in cross country (2002), indoor 1,600m and 3,200m (2002) and indoor 1,600m (2003) ... Placed fifth at the AA State Cross Country Championships in 2002 ... Five-time all-state honoree ... PRs include 4:25.67 (1,600m) and 9:36.62 (3,200m).

## Adam Tenerowicz

FR • Distance

Blackstone, MA • Blackstone-Mill River

**Cross Country: 2003:** Fourth W&M runner in Pre-National Gold Race ... Sixth at George Washington, powering the Tribe to victory ... Took ninth at the Lou Onesty Invitational in first collegiate meet ... Claimed 15th at CAA Championship ... Also ran at the IC4A Championship. **Prep:** 2002 runner-up at the Massachusetts State Division II Cross Country Championships ... Four-time all-state selection in cross country ... Two-time district champion ... PRs include 4:20 (1,600m) and 9:26 (3,200m).

## Matt Warco

FR • Middle-Distance

McMurray, PA • Peters Township

**Prep:** 2003 state champion in the outdoor 800m ... Also raced to third in the outdoor 800m in 2002 ... Two-time state meet indoor qualifier and four-time qualifier for outdoor state championships ... PRs include 49.3 (400m), 1:53.34 (800m), 4:25 (1,600m).

## Justin Zamorski

FR • Jumps

Virginia Beach, VA • Kempsville

**Prep:** Claimed third with height of 14-0 at the 2003 outdoor AAA state championships ... Qualified for the pole vault at indoor AAA states by placing third in the pole vault at the 2003 AAA Eastern Regionals ... Took third in the pole vault at the 2002 AAA Eastern Regionals to qualify for states.

## Tim Zeckser

FR • Distance

Boulder, CO • Fairview

**Prep:** *Boulder Camera* first team all-region track and field ... Top team finisher (eighth overall) for two-time 5A state cross country champions ... Has PR of 9:40.38 (3,200m) at altitude, which converts to 9:22 at sea level.



# 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	1992
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
4. Paul Vandegrift	3:59.60	1992

## 5,000 Meters

1. Matt Lane	13:25.38	2001
2. Sean Graham	13:49.76	2003
3. Brian Hyde	13:52.01	1995
4. Ron Martin	13:53.6	1993
5. Ed Moran	13:54.46	2003

## 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	7'1"i	1975
2. John Schilling	7'0"	1977
3. Pat MacElroy	6'11.5"	1995

## Pole Vault

1. Dave Lipinski	16'8.5"i	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"i	1975
2. Ryan Harris	50'9.5"	1992
3. Bryan Delsite	50'3.25"	1990

## Shot Put

1. Drexell George	57'7"i	1976
2. George Dippold	55'10.5"i	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

## New Style Javelin

1. <i>Chris Parsons</i>	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. Phil Agee	6,443	2003

## 4x100m Relay

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

## 4x400m 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

## 4x800m 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

## 4x1,500m 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

## 4x1,600m 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

## 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



*Matt Lane*

*11-Time All-American  
2001 USTCA National Athlete of the Year*

*Background photos: (Left to Right) Steve Swift, All-American; 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 Outdoor Records

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
<b>5,000 Meters</b>	<b>14:22.08</b>	<b>Matt Keally</b>	<b>2003</b>
10,000 Meters	30:28.0	John Greenplate	1973
3,000m Steeplechase	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	49'1"	Bryan Delsite	1990
Shot Put	55'6"	George Dipold	1983
Discus Throw	156'6"	John Farrell	1981
Hammer Throw	160'4"	Tyler Steel	1997
<b>New Javelin</b>	<b>207'6"</b>	<b>Chris Parsons</b>	<b>2001</b>
Decathlon	6,818	Emil Davis	1981
50 Yards	5.54	Jeff Powell	1981

*Tribe senior Chris Parsons, holder of both the freshmen and team records in the javelin*

## Freshmen Indoor Records

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
1,000 Yards	2:12.6	Reggie Clark	1972
1,000 Meters	2:28.13	Mike Brown	1995
1,500 Meters	3:49.3	Paul Vandegrift	1988
Mile	4:06.3	Mac Collins	1973
<b>3,000 Meters</b>	<b>8:16.97</b>	<b>Matt Maline</b>	<b>2002</b>
<b>5,000 Meters</b>	<b>14:17.87</b>	<b>Matt Keally</b>	<b>2003</b>
50m 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
<b>35 lb. Weight</b>	<b>49'6.5"</b>	<b>Chris Parsons</b>	<b>1982</b>

*Seven-time All-American Paul Vandegrift, holder of four freshmen records*

*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	Brian Hyde	Mile
1994	Brian 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)	
	Al Irving	High Jump
	Reggie Clark	880 yards
1974	Reggie Clark	880 yards
1970	Howell Michael	Mile
1969	Juirs Luzins	1,000 yards

*Left: Howell Michael, 1970 NCAA Champion in the mile*

*Center: Reggie Clark, NCAA Champion in the 880 yards*

*Right: Sean Graham, All-American in the outdoor 5,000m*

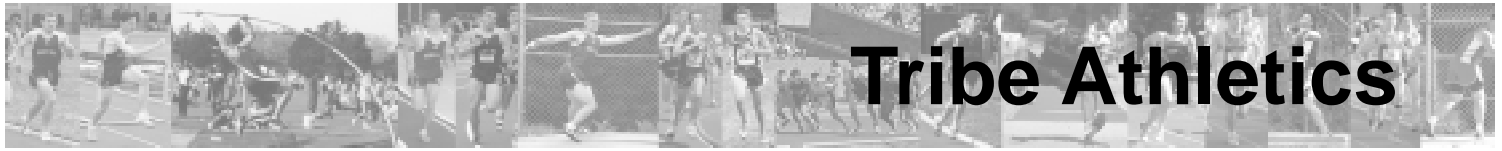
## Outdoor All-Americans

2003	<b>Ed Moran</b>	<b>5,000m</b>
	Sean Graham	5,000m
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
	Paul Vandegrift	1,500m
1991	Jeff Hough	10,000m
	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

## 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
<b>Chris Parsons</b>	<b>2001 US Junior National Team, US vs. England</b>
<b>Matt Maline</b>	<b>2001 US Junior National Cross Country Team</b>





# Tribe Athletics

**“Exercise and recreation ... are as necessary as reading;  
I will say rather more necessary, because health is worth more than learning.  
A strong body makes the mind strong.”  
—Thomas Jefferson, W&M Class of 1762**

Few colleges in America can boast of the combination of athletic and academic excellence that is found at the College of William and Mary. Each year, more than 500 Tribe student-athletes, competing on 23 Division I teams, prove that it is possible to simultaneously excel at the highest levels of athletics and academics.

### Athletic Excellence

The 2002-03 season was one of the best in W&M history, as the Tribe had a school-record 10 teams compete in the NCAA Tournament. Four teams won conference championships, while six teams ended the season nationally ranked in the top-25. Each year the goal of the athletics department is to finish in the top-100 nationally in the NACDA Directors' Cup standings and this season W&M far exceeded that standard, ending the 2002-03 campaign ranked 58th. It marked the eighth time in the last 10 years that the Tribe finished in the top-four in Virginia and first or second in the Colonial Athletic Association.

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. There are also

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

Overall, the College has proven dominant in the CAA, leading the league with 73 conference titles, 24 more than the next closest school. In recent years, it has become typical for W&M to win at least five conference championships and send seven or more teams to the NCAA Tournament each season.

### Academic Success

The Tribe's athletic accomplishments do not come at the expense of its students' academic responsibilities. In the 2002-03 season, W&M student-athletes, who make up close to 10% of the entire student body, compiled a 3.03 grade point average.

In 2002-03 the CAA began a Scholar-Athlete of the Year award for each of the league's 21 sports. Not surprisingly, W&M set the pace with five athletes winning the honor—Tara Flint (women's soccer), Ali Henderson (women's cross country), Adam Hess (men's basketball), Chris Parsons (men's track and field) and Ann Schnell (women's golf)—more than any other school.

## William and Mary - A College of Champions

**NCAA Championships (2)**  
**Men's Tennis (2)** 1947, 1948

**CAA Championships (73)**  
**Baseball (1)** 2001

**Men's Cross Country (11)** 1990, 1991, 1993, 1994, 1995, 1996, 1997, 2000, 2001, 2002, 2003

**Women's Cross Country (11)** 1987, 1988, 1990, 1991, 1992, 1993, 1994, 1996, 1997, 1998, 2003

**Men's Golf (1)** 1985

**Women's Lacrosse (1)** 1992

**Men's Soccer (6)** 1983, 1987, 1995, 1996, 1999, 2000

**Women's Soccer (9)** 1993, 1994, 1996, 1997, 1998, 1999, 2000, 2001, 2003

**Men's Tennis (2)** 1988, 1990

**Women's Tennis (16)** 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2002

**Men's Track and Field (3)** 1992, 1993, 2003

**Women's Track and Field (4)** 1999, 2001, 2002, 2003

**Volleyball (8)** 1985, 1986, 1987, 1988, 1989, 1990, 1991, 2001

**Atlantic 10 Football Championships (2)**  
1996, 2001

**ECAC Championships (6)**

**Men's Gymnastics (2)** 1992, 1994

**Women's Gymnastics (4)** 1999, 2001, 2002, 2003

**Southern Conference Championships (48)**

**Men's Cross Country (15)** 1955, 1956, 1957, 1963, 1964, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975

**Football (4)** 1942, 1947, 1966, 1970

**Men's Soccer (1)** 1976

**Men's Indoor Track and Field (11)** 1957, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975

**Men's Outdoor Track and Field (12)** 1957, 1958, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975

**Wrestling (5)** 1968, 1969, 1970, 1971, 1977



**William and Mary Men's Track and Field  
2003 CAA Champions**

# Student-Athlete Support

## 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 to a faculty academic advisor assigned by the director of Academic Advising. Students remain with this advisor until their sophomore year at which time they select a faculty advisor in their chosen major.

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 flexibility development 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.

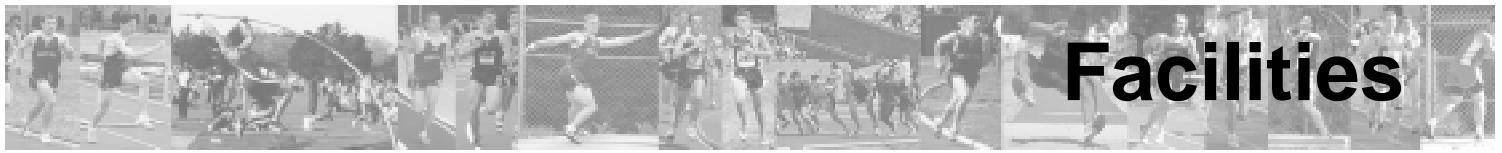


## Sports Medicine

The Division of Sports Medicine provides a comprehensive health care program for the department of intercollegiate athletics. The staff consists of a team physician, seven full time certified athletic trainers, two graduate assistant athletic trainers and medical specialists from the local community. The team physician has overall responsibility for supervision of the sports medicine program. Tribe athletes have the luxury of rehabilitating and treating injuries in a state-of-the-art athletic training facility.

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.





# Facilities

The College of William and Mary and its student-athletes take a great deal of pride in the quality of its athletic facilities. Over the last several years, the College has bolstered its lineup of venues to match the success that the Tribe has shown in the athletic arena, which has been unmatched in the Colonial Athletic Association. William and Mary boasts some of the finest athletic arenas in the nation, from its newest venue, Albert-Daly Field, 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.



- 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 to cross country and track practices
- Bermuda grass surface set in one of collegiate athletics' most scenic and unique campus environments
- Multi-purpose field has hosted soccer and lacrosse games



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



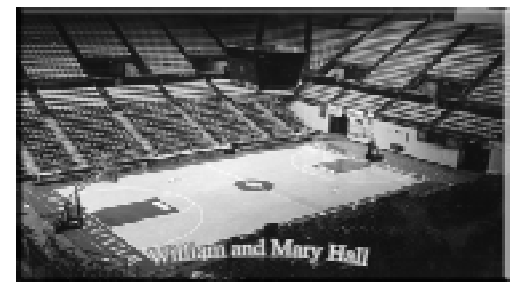
- Home of the Tribe's tennis teams for the outdoor season
- One of the College's newest venue, completed in September, 2001
- Eight individual hard court surfaces
- Features California Corners, a unique design that includes quarter fences that run along the sidelines to allow uninterrupted play
- Stadium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



- Home of the Tribe's field hockey team
- 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
- 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 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



# W&M At A Glance

## The College of William and Mary - The Best Small Public University in the United States

For more than 300 years, 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 founded in 1693 by King William III and Queen Mary II of England. Four Presidents of the United States received their education at the College - George Washington, Thomas Jefferson, James Monroe and John Tyler. The current chancellor of the College is former Secretary of State Henry Kissinger, and he took over the post from former British Prime Minister Margaret Thatcher.

William and Mary was the first college to institute an honor code of conduct. The premier academic society, Phi Beta Kappa, was founded by William and Mary students in 1776. The Society of the Alumni, founded in 1842, is the sixth oldest alumni group in the nation. Now the College is designated as a "Public Ivy", and ranks 15th among the best regional business schools.



*The Wren Building is the oldest one in the United States in which classes are still taught.*

### Did You Know?

- W&M is the best small public university in the nation, according to an analysis by *U.S. News and World Report*.
- W&M ranked sixth among all public universities in the analysis.
- W&M ranked 30th overall among the nation's best universities.
- The average freshman retention rate is 96 percent.
- The College's student/faculty ratio is 12/1.
- Over 46 percent of the classes at W&M have less than 20 students.
- The maximum enrollment for freshman seminars is 17 students.
- W&M ranked 17th in graduation rates for national universities.
- Over 20,000 internships are posted on the school's web site.
- 10,400 high school students applied for 1,300 spots in the freshman class for the 2003-04 school year.
- More W&M graduates go on to earn doctorates than any other university in the state of Virginia.
- Over 83 percent of freshmen at W&M were in the top 10 percent of their high school graduating class.



*Lake Matoaka provides an on-campus field laboratory and recreational activities, and includes an amphitheatre to host concerts.*

**In addition to the historic Williamsburg setting of the College, there are many other attractions offered within a reasonable driving distance from campus. W&M is located within three hours of Washington, D.C. Whether you like surfing at Virginia Beach (one hour away) or skiing at Massanutten (less than three hours away), there is something for everyone in the W&M vicinity.**

#### Amusement Parks

Busch Gardens (Williamsburg, 10 min.)  
Water Country (Williamsburg, 10 min.)  
Kings Dominion (Ashland, 45 min.)  
Ocean Breeze (Virginia Beach, 60 min.)

*You can watch the sunrise at Virginia Beach (below) or watch your life pass before your eyes on one of the thrilling roller coasters at Busch Gardens (right).*

#### Sports/Concerts

Norfolk Scope (Norfolk, 45 min.)  
Chrysler Hall (Norfolk, 45 min.)  
Harbor Park (Norfolk, 45 min.)  
Verizon Wireless Amphitheatre (Virginia Beach, 60 min.)  
Hampton Coliseum (Hampton, 30 min.)  
Richmond Coliseum (Richmond, 45 min.)  
Richmond International Raceway (Richmond, 45 min.)  
The Diamond (Richmond, 45 min.)



# RECORDS

## OUTDOOR RECORDS

## INDOOR RECORDS

100m	10.4	Mike Fratkin	1968
	10.4c	Bob Keroack	1976
200m	20.8	Mike Fratkin	1968
400m	47.45	Steve Boone	1983
800m	1:45.8c	Juris Luzins	1969
1,000m	2:18.61	Brian Hyde	1995
1,500m	3:35.84	Brian Hyde	1995
Mile	3:58.9	Ron Martin	1974
2,000m	5:06.64	Paul Vandegrift	1992
3,000m	7:48.02	Matt Lane	2001
3 Mile	13:14.0	Ron Martin	1973
5,000m	13:25.38	Matt Lane	2001
10,000m	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	25'4.25"	John Jones	1975
Triple Jump	50'9.25"	Ryan Harris	1992
Shot Put	57'5.75"	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
4x100m Relay	41.04c	Griffiin, Fratkin, Anspach, Griffith	1968
Short Hurdle Relay	59.0c	Ryan, Poling, McCutcheon, Dobson	1972
4x200m Relay	1:25.9c	Griffin, Fratkin, Findler, Anspach	1968
4x400M Relay	3:12.6	Doughty, Musiek, Ashton, Christiansen	1997
4x800m Relay	7:23.70	Wiggins, Gibbons, Peck, Hoey	1984
4x1,500m Relay	15:14.54	Logsdon, Cuevas, Ryan, Noble	1986
4x1,600m 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

55m	6.18	Jeff Powell	1984
55m Hurdles	7.13	Jeff Powell	1984
200m	22.04	Jay Cunningham	1992
300m	34.41	Jeff Powell	1984
400m	48.97	Steve Boone	1983
500m	1:03.71	George Ashton	1998
800m	1:47.19	Anders Christiansen	1999
1,000m	2:20.93	Brian Hyde	1995
1,500m	3:49.3	Paul Vandegrift	1988
Mile	3:59.16	Brian Hyde	1995
3,000m	8:00.40	Matt Lane	1998
2 Miles	8:42.0	Ron Martin	1975
5,000m	13:43.36	Matt Lane	2001
Pentathlon	3,840	Emil Davis	1985
High Jump	7'1"	Al Irving	1975
Pole Vault	16'8.5"	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
4x400m Relay	3:16.15	Musiek, Ashton Christiansen, Finlan	1998
4x800m Relay	7:24.3	Campbell, Ryan	1988
		Cuevas, Vandegrift	
Sprint Medley Relay	3:29.9	McEaddey, Satterley	1980
		Palmer, Hopke	
Distance Medley Relay	9:36.53	Graham, Wilber	2001
		Conway, Lane	

c - converted time from yards



**11-TIME ALL-AMERICAN  
MATT LANE**



**OLYMPIAN  
BRIAN HYDE**



# 2004 SCHEDULE

## Indoor Schedule

Date	Day	Meet	Location
Dec. 7	Sun.	CNU Lid-Lifter	Newport News, VA
Jan. 10	Sat.	GMU Father Diamond Open	Fairfax, VA
Jan. 23-24	Fri.-Sat.	CNU Indoor Classic	Newport News, VA
Jan. 31	Sat.	GMU Patriot Games	Fairfax, VA
Feb. 7	Sat.	UNC Carolina Classic	Chapel Hill, NC
Feb. 8	Sun.	CNU Winter Frolic	Newport News, VA
Feb. 13-14	Fri.-Sat.	Virginia Tech Open	Blacksburg, VA
Feb. 28	Sat.	UNC Last Chance Meet	Chapel Hill, NC
Feb. 29	Sun.	GMU Invitational	Fairfax, VA
Mar. 6-7	Sat.-Sun.	IC4A Indoor Championships	Boston, MA
Mar. 12-13	Fri-Sat.	NCAA Indoor Championships	Fayetteville, AR

## Outdoor Schedule

Mar. 19-20	Fri.-Sat.	VCU Ram Invitational	Richmond, VA
Mar. 26	Fri.	NC State Raleigh Relays	Raleigh, NC
Apr. 2	Fri.	Duke Invitational	Durham, NC
Apr. 3	Sat.	Liberty Invitational	Lynchburg, VA
Apr. 9-10	Fri.-Sat.	UVA Invitational	Charlottesville, VA
Apr. 16-17	Fri.-Sat.	CAA Championships	Richmond, VA
Apr. 22-24	Thurs.-Sat.	Penn Relays	Philadelphia, PA
Apr. 24	Sat.	CNU Invitational	Newport News, VA
Apr. 30-May 1	Fri.-Sat.	Cardinal Invitational	Stanford, CA
Apr. 30-May 1	Fri.-Sat.	Liberty Heptathlon	Lynchburg, VA
May 1	Sat.	GMU Invitational	Fairfax, VA
May 8	Sat.	UNC Blue Heaven Classic	Chapel Hill, NC
May 8-9	Sat.-Sun.	JMU Invitational	Harrisonburg, VA
May 14-16	Fri.-Sun.	IC4A Outdoor Championships	New Haven, CT
May 28-29	Fri.-Sat.	NCAA East Regional	Gainesville, FL
Jun. 9-12	Wed.-Sat.	NCAA Outdoor Championships	Austin, TX
Jun. 26	Sat.	UNC Summer Track & Field Games	Chapel Hill, NC
Jul 9-18	Fri.-Sun.	US Olympic Team Trials	Sacramento, CA