

**SARAH LAWRENCE COLLEGE
CROSS COUNTRY
RECORD BOOK**



Last Updated
April 25, 2017
Pb

Cross Country existed as a varsity sport from 1997 to 2000
and was reinstated in 2008.
Club era results (2001-2007) are excluded from the record book.
Corrections should be submitted to SLC Sports Information Director.



WOMEN'S CROSS COUNTRY

**HVWAC
CHAMPIONS**

1997

YEAR-BY-YEAR SUMMARY

Year	Women	Men	Head Coach(es)
	HVWAC	HVMAC	
1997	1st/3	-	Joe Iannoti, Mary Alice Rocks, Karen Broadway
1998	5th/6	5th/5	Joe Iannoti, Karen Broadway
1999	4th/4	-	Karen Broadway
2000	-	-	Gina Washington

Club team from 2001 to 2007

	HVWAC	HVMAC	
2008	-	-	Erica Weisberg
2009	2nd/6	-	Erica Weisberg
2010	6th/7	-	Maria Vallejo, Erica Weisberg
2011	5th/7	5th/6	Lindsey Scherf
2012	3rd/8	4th/5	Nephi Tyler

	HVIAC	HVIAC	
2013	4th/8	5th/7	Erin Pomykala

	Skyline	Skyline	
2014	4th/10	8th/10	Erin Pomykala
2015	2nd/9	8th/11	Erin Pomykala
2016	5th/12	8th/10	Erin Pomykala

NCAA ATLANTIC REGIONAL CHAMPIONSHIP

Year	Women	Men	Site
2015	36th/37	Did not compete	Mount Morris, N.Y. (Letchworth State Park)
2016	39th/43	42nd/44	Glassboro, N.J. (Rowan University)

WOMEN'S TEAM RECORDS

5,000 Meters

Name	Time	Date	Loc
1. Mary Kauffman	18:37	10/20/2013	BD
2. Natalie Grieco	20:53	10/20/2013	BD
3. Rosa Mykyta-Chomsky	21:07	9/10/2016	COB
4. Molly Walsh	21:09	10/8/2016	BB
5. Isabel Edmonds	21:42	9/19/2015	BD
6. Elizabeth Emery	21:54	9/21/2013	BD
Tiffany Meier	21:54	9/12/2015	COB
8. Pauline Stanfiel	21:59	10/20/2013	BD
9. Allyson Panton	22:12	10/8/2016	BB
10. Laura Viegas	22:19	10/7/2000	OW
11. Erika Nichols	22:32	10/25/2009	PC
12. Katie Shepard	22:36	9/28/2014	CL
13. Grace Poudrier	22:52	10/9/2011	BB
14. Eliza Hurwitz	22:53	10/11/2008	VC
15. Laura Bete	22:57	9/17/2011	BD
16. Hillary Bernhardt	23:14	10/20/2013	BD
17. Sarah Janosky	23:19	9/22/2012	BD
18. Katherine Labadie	23:35	10/8/2016	BB
19. Nawshin Abanti	23:41	9/12/2015	COB
20. Mei Takehana	23:42	10/8/2016	BB

6,000 Meters

Name	Time	Date	Loc
1. Mary Kauffman	23:22	9/29/2013	VC
2. Tiffany Meier	25:18	11/12/2016	RU
3. Molly Walsh	25:19	10/30/2016	BA
4. Rosa Mykyta-Chomsky	25:23	11/12/2016	RU
5. Natalie Grieco	26:19	10/12/2014	VC
6. Pauline Stanfiel	26:33	10/13/2012	HM
7. Katie Shepard	27:06	10/12/2014	VC
8. Allyson Panton	27:12	10/30/2016	BA
9. Elizabeth Emery	27:33	10/12/2014	VC
10. Isabel Edmonds	27:58	11/12/2016	RU
11. Katherine Labadie	28:02	11/12/2016	RU
12. Erika Nichols	29:49	9/27/2009	VC
13. Mei Takehana	29:53	10/30/2016	BA
14. Nawshin Abanti	30:11	10/11/2015	VC
15. Emelyn Hicks	30:24	10/13/2012	HM
16. Grace Poudrier	30:29	10/16/2011	VC
17. Katie Zimmermann	30:37	10/13/2012	HM
Taylor Zansberg	30:37	10/13/2012	HM
19. Nina Sparling	30:43	10/16/2011	VC
20. Anna Qu	30:48	9/26/2010	VC

Location Key

BA	Broadway Avenue Park, Sayville
BB	Branch Brook Park, Newark, N.J.
BD	Bard College, Annandale-on-Hudson
CC	Cedar Crest College, Allentown, Pa.
CHD	Chadwick Lake Park, Newburgh
CL	Cloves Lake Park, Staten Island
COB	SUNY Cobleskill, Cobleskill
HM	Harkness Memorial Park, Waterford, Conn.
HP	Holmdel Park, Holmdel, N.J.
HV	Hudson Valley Sports Dome, Milton
LIP	LIU Post, Brookville
LSP	Letchworth State Park, Mount Morris

OW	SUNY Old Westbury, Old Westbury
PC	Purchase College, Purchase
RAM	Ramapo College, Mahwah, N.J.
RU	Rowan University, Glassboro, N.J.
SSP	Saratoga State Park, Saratoga
STN	Stanley Park, Westfield, Mass.
SUM	Sunken Meadow Park, Smithtown
VC	Van Courtlandt Park, Bronx
VSR	Vassar College, Poughkeepsie
WIC	Wickham Park, Hartford, Conn.
WM	Williams College, Williamstown, Mass.

*Each student-athlete is listed only once (personal best).
Courses with disputed distances are not included.*

MEN'S TEAM RECORDS

5,000 Meters

Name	Time	Date	Loc
1. Daniel Higinbotham	18:17	9/28/2014	CL
2. Caleb Jaster	18:41	11/3/2013	BB
3. Pat Newsom	19:04	11/2/2014	BB
4. Rob Cook	19:25	9/25/2011	VC
5. Stian Lothe	19:59	11/3/2013	BB
6. Tim Riordan	20:22	9/27/1997	RAM
7. Tom Hitchner	20:47	9/26/1999	VC
8. Asher Morse	20:59	9/25/2011	VC
9. Joshua Gannon	21:10	9/26/1999	VC
10. Justin Heftel	21:21	11/2/2014	BB
11. Jules Christeson	22:10	10/9/2014	VC
12. Moshe Maizels	22:11	9/25/2011	VC
13. Jacob Zhu	22:23	9/28/2014	CL
14. Zach Brady	22:26	9/25/2011	VC
15. Michael Kawi	23:37	10/11/2008	VC
16. Luc Mitchell	24:01	10/9/2011	BB
17. Sabiel Chapnick	25:21	10/9/2014	VC
18. Kemal Rana	25:47	9/26/1999	VC
19. Zack Roccaforte	26:50	11/8/2015	BB
20. Vili Lehmann Boddicker	26:51	11/8/2015	BB

8,000 Meters

Name	Time	Date	Loc
1. Daniel Higinbotham	28:07	9/20/2014	BD
2. Zack Roccaforte	28:50	11/12/2016	RU
3. Pat Newsom	29:06	9/20/2014	BD
4. Caleb Jaster	29:58	10/20/2013	BD
5. Nick Richardson	30:20	10/31/1998	VC
6. Rob Cook	31:19	9/17/2011	BD
7. Tim Riordan	31:34	10/10/1998	WIC
8. Coleman Durkee	31:48	10/25/2009	PC
9. Nathaniel Gabor	32:12	11/12/2016	RU
10. Matthew Cole	32:48	9/18/1999	VSR
11. Asher Morse	33:10	10/13/2012	HM
12. Jack Califano	33:53	9/8/2012	PC
13. Ari Runanin-Telle	33:57	10/25/2015	HV
14. Jules Christeson	34:00	10/12/2014	VC
15. Jacob Zhu	34:02	9/20/2014	BD
16. Cassidy Bernstein	34:04	10/6/2012	SSP
17. Vili Lehmann Boddicker	34:07	9/19/2015	BD
18. Justin Heftel	34:10	10/12/2014	VC
19. Riley Smith	34:51	10/13/2012	HM
20. Joshua Gannon	34:52	9/30/2000	BD

Location Key

BA	Broadway Avenue Park, Sayville
BB	Branch Brook Park, Newark, N.J.
BD	Bard College, Annandale-on-Hudson
CC	Cedar Crest College, Allentown, Pa.
CHD	Chadwick Lake Park, Newburgh
CL	Cloves Lake Park, Staten Island
COB	SUNY Cobleskill, Cobleskill
HM	Harkness Memorial Park, Waterford, Conn.
HP	Holmdel Park, Holmdel, N.J.
HV	Hudson Valley Sports Dome, Milton
LIP	LIU Post, Brookville
LSP	Letchworth State Park, Mount Morris

OW	SUNY Old Westbury, Old Westbury
PC	Purchase College, Purchase
RAM	Ramapo College, Mahwah, N.J.
RU	Rowan University, Glassboro, N.J.
SSP	Saratoga State Park, Saratoga
STN	Stanley Park, Westfield, Mass.
SUM	Sunken Meadow Park, Smithtown
VC	Van Courtlandt Park, Bronx
VSR	Vassar College, Poughkeepsie
WIC	Wickham Park, Hartford, Conn.
WM	Williams College, Williamstown, Mass.

*Each student-athlete is listed only once (personal best).
Courses with disputed distances are not included.*

TEAM RECORDS BY LOCATION

Branch Brook Park; Newark, N.J.

Women's 5K

1. Mary Kauffman	19:19	11/3/2013
2. Molly Walsh	21:09	10/8/2016
3. Rosa Mykyta-Chomsky	21:21	10/8/2016
4. Tiffany Meier	21:58	10/8/2016
5. Allyson Panton	22:12	10/8/2016

Men's 5K

1. Caleb Jaster	18:41	11/3/2013
2. Pat Newsom	19:04	11/2/2014
3. Daniel Higinbotham	19:05	11/2/2014
4. Stian Lothe	19:59	11/3/2013
5. Justin Heftel	21:21	11/2/2014

Bard College; Annandale-on-Hudson, N.Y.

Women's 5K *[excludes 2013 modified course]*

1. Mary Kauffman	19:48	9/22/2012
2. Isabel Edmonds	21:42	9/19/2015
3. Tiffany Meier	22:27	9/19/2015
4. Pauline Stanfiel	22:44	9/22/2012
5. Katie Shepard	22:46	9/19/2015

Men's 8K *[excludes 2013 modified course]*

1. Daniel Higinbotham	28:07	9/20/2014
2. Pat Newsom	29:06	9/20/2014
3. Zack Roccaforte	30:20	9/19/2015
4. Rob Cook	31:19	9/17/2011
5. Caleb Jaster	31:31	10/21/2012

Chadwick Lake Park; Newburgh, N.Y.

Women's 5K

1. Mary Kauffman	21:18	9/26/2012
2. Pauline Stanfiel	23:58	9/26/2012
3. Grace Poudrier	25:00	10/1/2011
4. Elizabeth Emery	25:02	9/26/2012
5. Sarah Janosky	25:12	10/1/2011

Chadwick Lake Park; Newburgh, N.Y. (cont'd)

Men's 8K

1. Rob Cook	33:13	10/1/2011
2. Caleb Jaster	33:35	9/29/2012
3. Coleman Durkee	33:36	10/3/2009
4. Asher Morse	35:39	9/29/2012
5. Riley Smith	37:02	9/29/2012

Hudson Valley Sports Dome; Milton, N.Y.

Women's 5K

1. Mary Kauffman	20:52	10/5/2013
2. Natalie Grieco	22:02	10/25/2015
3. Katie Shepard	23:00	10/26/2014
4. Elizabeth Emery	23:01	10/4/2014
5. Isabel Edmonds	23:21	10/25/2015

Men's 8K

1. Zack Roccaforte	31:30	10/25/2015
2. Daniel Higinbotham	31:35	10/26/2014
3. Pat Newsom	31:53	10/25/2015
4. Ari Runanin-Telle	33:57	10/25/2015
5. Caleb Jaster	34:13	10/5/2013

Purchase College; Purchase, N.Y.

Women's 5K

1. Erika Nichols	22:32	10/25/2009
2. Eliza Hurwitz	23:40	10/26/2008
3. Sarah Cree	24:24	10/25/2009
4. Sarah Janosky	24:28	10/23/2011
5. Tanya Ortiz	24:38	10/23/2011

Men's 5K

1. Coleman Durkee	31:48	10/25/2009
2. Rob Cook	32:12	10/23/2011
3. Caleb Jaster	33:36	9/7/2013
4. Jack Califano	33:53	9/8/2012
5. Asher Morse	36:09	10/23/2011
Luc Mitchell	36:09	10/23/2011

*Each student-athlete is listed only once (personal best).
Includes all undisputed courses raced at least three times.*

TEAM RECORDS BY LOCATION

Sunken Meadow State Park; Smithtown, N.Y.

Women's 5K

1. Rosa Mykyta-Chomsky	21:56	10/15/2016
2. Mary Kauffman	21:57	10/17/2015
3. Tiffany Meier	22:44	10/15/2016
4. Natalie Grieco	22:55	10/17/2015
5. Allyson Panton	23:17	10/15/2016

Van Courtlandt Park; Bronx, N.Y.

Women's 5K

1. Mary Kauffman	21:08	9/15/2013
2. Laura Viegas	22:41	10/28/2000
3. Eliza Hurwitz	22:53	10/11/2008
4. Katie Shepard	23:42	10/9/2014
5. Kate Berenson	24:08	10/25/1997

Women's 6K

1. Mary Kauffman	23:22	9/29/2013
2. Natalie Grieco	26:19	10/12/2014
3. Rosa Mykyta-Chomsky	26:24	9/25/2016
4. Katie Shepard	27:06	10/12/2014
5. Molly Walsh	27:15	9/25/2016

Men's 5K

1. Daniel Higinbotham	18:26	10/9/2014
2. Rob Cook	19:25	9/25/2011
3. Pat Newsom	20:01	10/9/2014
4. Tom Hitchner	20:47	9/26/1999
5. Asher Morse	20:59	9/25/2011

Men's 8K

1. Pat Newsom	29:54	10/12/2014
2. Daniel Higinbotham	30:13	10/12/2014
3. Nick Richardson	30:20	10/31/1998
4. Zack Roccaforte	30:31	9/25/2016
5. Tim Riordan	32:55	10/31/1998

OTHER COURSES (fewer than 3 races)

Bard College; Annandale-on-Hudson, N.Y.

Women's 5K (modified 2013 course)

Mary Kauffman	18:37	10/20/2013
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Women's 6K (distance disputed)

Natalie Grieco	19:33	9/20/2014
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Men's 8K (modified 2013 course)

Pat Newsom	29:57	10/20/2013
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Branch Brook Park; Newark, N.J.

Men's 8K

Zack Roccaforte	29:11	10/8/2016
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Broadway Avenue Park; Sayville, N.Y.

Women's 6K

Molly Walsh	25:19	10/30/2016
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Men's 8K

Zack Roccaforte	29:24	10/30/2016
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Cedar Crest College; Allentown, Pa.

Women's 5K (distance disputed)

Natalie Grieco	17:23	9/13/2014
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Men's 6K (distance disputed)

Daniel Higinbotham	17:36	9/13/2014
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Cloves Lake Park; Staten Island, N.Y.

Women's 5K

Natalie Grieco	21:56	9/28/2014
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Men's 5K

Daniel Higinbotham	18:17	9/28/2014
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SUNY Cobleskill; Cobleskill, N.Y.

Women's 5K

Mary Kauffman	20:13	9/12/2015
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Men's 5 miles (8K+)

Zack Roccaforte	32:23	9/10/2016
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TEAM RECORDS BY LOCATION

OTHER COURSES (fewer than 3 races)

Harkness Memorial Park; Waterford, Conn.

Women's 6K
Mary Kauffman 24:27 10/13/2012

Men's 8K
Caleb Jaster 31:10 10/13/2012

Holmdel Park; Holmdel, N.J..

Women's 5K
Anna Qu 25:55 9/18/2010

Men's 5 mile
Rob Cook 35:29 9/18/2010

Hudson Valley Sports Dome; Milton, N.Y.

Women's 6K
Molly Walsh 28:01 10/1/2016

Letchworth State Park; Mount Morris, N.Y.

Women's 6K
Mary Kauffman 26:23 11/14/2015

LIU Post; Brookville, N.Y.

Women's 5K
Mary Kauffman 20:36 9/15/2012

Men's 8K
Caleb Jaster 32:50 9/15/2012

NYIT - Old Westbury; Old Westbury, N.Y.

Women's 5K
Rosa Mykyta-Chomsky 23:28 9/17/2016

Men's 8K
Zack Roccaforte 31:29 9/17/2016

SUNY Old Westbury; Old Westbury, N.Y.

Women's 5K
Laura Viegas 22:19 10/7/2000

OTHER COURSES (fewer than 3 races)

Ramapo College; Mahweh, N.J.

Women's 5K
Shakira Provasoli 24:40 9/27/1997

Men's 5K
Tim Riordan 20:22 9/27/1997

Rowan University; Glassboro, N.J.

Women's 6K
Tiffany Meier 25:18 11/12/2016

Men's 8K
Zack Roccaforte 28:50 11/12/2016

Saratoga State Park; Saratoga, N.Y.

Women's 3.04 Mile
Mary Kauffman 19:59 10/6/2012

Men's 8K
Caleb Jaster 31:55 10/6/2012

Sunken Meadow State Park; Smithtown, N.Y.

Men's 8K
Zack Roccaforte 30:33 10/15/2016

Vassar College; Poughkeepsie, N.Y.

Women's 5K
Laura Viegas 23:08 9/18/1999

Men's 6K
Rob Cook 25:18 9/3/2011

Men's 8K
Matthew Cole 32:48 9/18/1999

Wickham Park; East Hartford, Conn.

Men's 8K
Nick Richardson 30:49 10/10/1998

Williams College; Williamstown, Mass.

Women's 5K
Mary Delorie 27:38 9/26/1998

Men's 8K
Tim Riordan 34:22 9/26/1998

WOMEN'S AWARDS

HVWAC All-Conference

2011
Grace Poudrier

2012
Mary Kauffman
Pauline Stanfiel

2013 (HVIAC)
Mary Kauffman
Natalie Grieco

HVWAC Championship Medalist

2008 (top 10)
Eliza Hurwitz (5th)

2009
Erica Nichols (2nd)
Sarah Cree (8th)

2010 (top 20)
Anna Qu (19th)

2011
Sarah Janosky (19th)
Tanya Ortiz (20th)

2012
Mary Kauffman (2nd)
Pauline Stanfiel (6th)
Elizabeth Emery (17th)

HVIAC Championship Medalist

2013
Mary Kauffman (2nd)
Natalie Grieco (8th)
Elizabeth Emery (19th)
Pauline Stanfiel (20th)

HVWAC Runner of the Week

2012
Mary Kauffman

2013 (HVIAC)
Mary Kauffman

HVWAC Rookie of the Week

2011
Sarah Janosky
Grace Poudrier

2012
Mary Kauffman
Alyssa Sprague
Pauline Stanfiel

2013 (HVIAC)
Natalie Greico

Skyline All-Conference

2014
Natalie Grieco (11th place, 2nd team)

2015
Mary Kauffman (6th place, 1st team)
Natalie Grieco (10th place, 2nd team)

2016
Molly Walsh (7th place, 1st team)

Skyline Runner of the Week

2014
Natalie Grieco

2015
Mary Kauffman

Skyline Rookie of the Week

2014
Katie Shepard

Skyline All-Sportsmanship Team

2014
Elizabeth Emery

2015
Mary Kauffman

2016
Katie Shepard

WOMEN'S AWARDS**All-Academic****2010 - HVWAC**

Taylor Zansberg

2011 - HVWAC

Laura Bete
Britney Debnam
Moshe Maizels
Nina Sparling
Taylor Zansberg

2012 - HVWAC

Britney Debnam
Elizabeth Emery
Sarah Janosky
Eliza Myers
Maria Snellings
Alyssa Sprague
Taylor Zansberg

2013 - HVIAC

Hillary Bernhardt
Kate Cassirer
Elizabeth Emery
Mary Kauffman
Pauline Stanfiel

Skyline Academic Honor Roll**2014**

Elizabeth Emery
Katie Shepard

2015

Marisa Acosta
Isabel Edmonds
Natalie Grieco
Mary Kauffman
Katherine Labadie
Allyson Panton
Katie Shepard
Pauline Stanfiel

2016

Dani Dyen-Shapiro
Katherine Labadie
Tiffany Meier
Melissa Molina
Rosa Mykyta-Chomsky
Allyson Panton
Katie Shepard
Mei Takehana
Zhe Wu
Natalie Wyse

MEN'S AWARDS

HVMAC All-Conference

2011
Rob Cook

2012
Caleb Jaster

2013 (HVIAC)
Pat Newsom

HVMAC Championship Medalist

2009
Coleman Durkee (10th)

2011
Rob Cook (16th)

2012
Caleb Jaster (11th)

2013 (HVIAC)
Pat Newsom (16th)
Caleb Jaster (17th)

HVMAC Runner of the Week

2011
Rob Cook

2012
Caleb Jaster

HVMAC Rookie of the Week

2012
Jack Califano
Caleb Jaster

All-Academic Team

2010 - HVMAC
Rob Cook

2011 - HVMAC
Dominick Boyle
Rob Cook

2012 - HVMAC
Andy Clark
Asher Morse
Riley Smith

2013 - HVIAC
Caleb Jaster
Luc Mitchell

Skyline Academic Honor Roll

2014
Sabiel Chapnick
Jules Christeson
Justin Heftel
Pat Newsom

2015
Justin Heftel
Vili Lehmann Boddicker
Pat Newsom
Ari Runanin-Telle

2016
Bill Chang
Pat Newsom
Zack Roccaforte

Skyline All-Sportsmanship Team

2014
Pat Newsom

2015
Pat Newsom

2016
Pat Newsom

WOMEN'S ALL-TIME RESULTS

1997			2011			2016		
9/27	Stanley Marcus Race ^{RAM}	NTS	9/3	Vassar Invitational ^{VSR}	9th of 11	9/4	Baruch Invitational ^{VC}	2nd of 13
10/4	Bard Invitational ^{BD}	1st	9/10	Purchase Invitational ^{PC}	8th of 9	9/10	Warde Invitational ^{COB}	6th of 9
10/25	HVWAC Champ. ^{VC}	1st of 3	9/17	Bard Invitational ^{BD}	11th of 14	9/17	NYIT Invitational ^{NYT}	3rd of 4
1998			9/25	Hunter Develop. ^{VC}	7th of 17	9/25	York Invitational ^{VC}	2nd of 23
9/19	CCNY Invitational ^{VC}	1st	10/1	Knight Invite ^{CHD}	11th of 14	10/1	Knight Invite ^{HV}	7th of 21
9/26	Williams Invitational ^{WM}	Unknown	10/9	Highlander Challenge ^{BB}	11th of 15	10/8	Highlander Challenge ^{BB}	11th of 20
10/3	Bard Invitational ^{BD}	3rd	10/16	York Invitational ^{VC}	NTS	10/15	St. Joseph's Invite ^{SUM}	6th of 17
10/10	Trinity Bantam Invite ^{WIC}	NTS	10/23	HVWAC Champ. ^{PC}	5th of 7	10/30	Skyline Champ. ^{BA}	5th of 12
10/31	HVWAC Champ. ^{VC}	5th of 6	2012			11/12	NCAA Atlantic Reg. ^{RU}	39th of 43
1999			9/8	Purchase Invitational ^{PC}	NTS	Location Key		
9/18	Vassar Invitational ^{VSR}	13th	9/15	LIU Post Invite ^{LIP}	15th of 20	BA	Broadway Ave. Park, Sayville	
9/26	Fred Lebow 5K ^{VC}	NTS	9/22	Bard Invitational ^{BD}	6th of 14	BB	Branch Brook Park, Newark, N.J.	
10/2	Bard Invitational ^{BD}	Unknown	9/29	Knight Invite ^{CHD}	6th of 15	BD	Bard College, Annandale-on-Hudson	
10/16	Westfield State Invite ^{STN}	Unknown	10/6	RPI Saratoga Invite ^{SSP}	11th of 12	CC	Cedar Crest College, Allentown, Pa.	
10/30	HVWAC Champ. ^{VC}	4th of 4	10/13	Conn. Coll. Invite ^{HM}	19th of 20	CHD	Chadwick Lake Park, Newburgh	
2000			10/21	HVWAC Champ. ^{BD}	3rd of 8	CL	Cloves Lake Park, Staten Island	
9/30	Bard Invitational ^{BD}	NTS	2013			COB	SUNY Cobleskill, Cobleskill	
10/7	Old Westbury Invite ^{OW}	NTS	9/7	Purchase Invitational ^{PC}	NTS	HM	Harkness Memorial Park, Waterford, Conn.	
10/22	Sunken Meadow Invite ^{SUM}	NTS	9/15	Queensborough Invite ^{VC}	4th of 12	HP	Holmdel Park, Holmdel, N.J.	
10/28	HVWAC Champ. ^{VC}	NTS	9/21	Bard Invitational ^{BD}	10th of 16	HV	Hudson Valley Sports Dome, Milton	
2001-2007			9/29	CSI Develop. ^{VC}	6th of 17	LIP	LIU Post, Brookville	
Club Era			10/5	Knight Invite ^{HV}	7th of 14	LSP	Letchworth State Park, Mount Morris	
2008			10/20	HVIAC Champ. ^{BD}	4th of 8	NYT	NYIT-Old Westbury; Old Westbury	
10/11	Harry Murphy 5K ^{VC}	NTS	11/3	Nick Russo Classic ^{BB}	2nd of 2	OW	SUNY Old Westbury, Old Westbury	
10/26	HVWAC Champ. ^{PC}	NTS	2014			PC	Purchase College, Purchase	
2009			9/7	Baruch Invitational ^{VC}	10th of 11	RAM	Ramapo College, Mahwah, N.J.	
9/19	Bard Invitational ^{BD}	7th of 11	9/13	Mule/Falcon Invite ^{CC}	3rd of 8	RU	Rowan University, Glassboro, N.J.	
9/27	York Invitational ^{VC}	5th of 13	9/20	Bard Invitational ^{BD}	10th of 19	SSP	Saratoga State Park, Saratoga	
10/3	MSMC Invite ^{CHD}	11th of 15	9/28	Staten Island Invite ^{CL}	5th of 18	STN	Stanley Park, Westfield, Mass.	
10/11	Brooklyn Invite ^{VC}	7th of 9	10/4	Knight Invite ^{HV}	10th of 20	SUM	Sunken Meadow Park, Smithtown	
10/25	HVWAC Champ. ^{PC}	2nd of 6	10/9	Maritime Dual ^{VC}	W, 27-28	VC	Van Courtlandt Park, Bronx	
2010			10/12	CCNY Classic ^{VC}	2nd of 16	VSR	Vassar College, Poughkeepsie	
9/12	Purchase Invitational ^{PC}	7th of 8	10/26	Skyline Champ. ^{HV}	4th of 10	WIC	Wickham Park, Hartford, Conn.	
9/18	Monmouth Invitational ^{HP}	6th of 6	11/2	Nick Russo Classic ^{BB}	NTS	WM	Williams College, Williamstown, Mass.	
9/26	Hunter Develop. ^{VC}	11th of 12	2015			NTS = No Team Score		
10/2	Knight Invite ^{CHD}	12th of 13	9/6	Baruch Invitational ^{VC}	3rd of 10			
10/10	Brooklyn Invitational ^{VC}	6th of 10	9/12	Warde Invitational ^{COB}	3rd of 8			
10/24	HVWAC Champ. ^{PC}	6th of 7	9/19	Bard Invitational ^{BD}	4th of 12			
			10/3	Knight Invite ^{HV}	12th of 19			
			10/11	CCNY Classic ^{VC}	5th of 19			
			10/17	St. Joseph's Invite ^{SUM}	9th of 18			
			10/25	Skyline Champ. ^{HV}	2nd of 9			
			11/8	Nick Russo Classic ^{BB}	NTS			
			11/14	NCAA Atlantic Reg. ^{LSP}	36th of 37			

MEN'S ALL-TIME RESULTS

1997			2011			2016		
9/27	Stanley Marcus Race ^{RAM}	NTS	9/3	Vassar Invitational ^{VSR}	10th of 10	9/4	Baruch Invitational ^{VC}	8th of 13
10/4	Bard Invitational ^{BD}	NTS	9/10	Purchase Invitational ^{PC}	NTS	9/10	Warde Invitational ^{COB}	6th of 9
10/25	HVWAC Champ. ^{VC}	NTS	9/17	Bard Invitational ^{BD}	NTS	9/17	NYIT Invitational ^{NYT}	3rd of 4
1998			9/25	Hunter Develop. ^{VC}	NTS	9/25	York Invitational ^{VC}	10th of 22
9/19	CCNY Invitational ^{VC}	1st	10/1	Knight Invite ^{CHD}	14th of 15	10/1	Knight Invite ^{HV}	14th of 18
9/26	Williams Invitational ^{WM}	NTS	10/9	Highlander Challenge ^{BB}	16th of 16	10/8	Highlander Challenge ^{BB}	16th of 21
10/3	Bard Invitational ^{BD}	NTS	10/16	York Invitational ^{VC}	NTS	10/15	St. Joseph's Invite ^{SUM}	13th of 19
10/10	Trinity Bantam Invite ^{WIC}	NTS	10/23	HVMAC Champ. ^{PC}	5th of 6	10/30	Skyline Champ. ^{BA}	8th of 10
10/31	HVMAC Champ. ^{VC}	5th of 5	2012			11/12	NCAA Atlantic Reg. ^{RU}	42nd of 44
1999			9/8	Purchase Invitational ^{PC}	NTS	Location Key		
9/18	Vassar Invitational ^{VSR}	NTS	9/15	LIU Post Invite ^{LIP}	NTS	BA	Broadway Ave. Park, Sayville	
9/26	Fred Lebow 5K ^{VC}	NTS	9/22	Bard Invitational ^{BD}	11th of 12	BB	Branch Brook Park, Newark, N.J.	
10/2	Bard Invitational ^{BD}	Unknown	9/29	Knight Invite ^{CHD}	14th of 16	BD	Bard College, Annandale-on-Hudson	
10/16	Westfield State Invite ^{STN}	Unknown	10/6	RPI Saratoga Invite ^{SSP}	16th of 16	CC	Cedar Crest College, Allentown, Pa.	
10/30	HVMAC Champ. ^{VC}	NTS	10/13	Conn. Coll. Invite ^{HM}	22nd of 22	CHD	Chadwick Lake Park, Newburgh	
2000			10/21	HVMAC Champ. ^{BD}	4th of 5	CL	Cloves Lake Park, Staten Island	
9/30	Bard Invitational ^{BD}	NTS	2013			COB	SUNY Cobleskill, Cobleskill	
10/28	HVMAC Champ. ^{VC}	NTS	9/7	Purchase Invitational ^{PC}	NTS	HM	Harkness Memorial Park, Waterford, Conn.	
2001-2007			9/15	Queensborough Invite ^{VC}	15th of 19	HP	Holmdel Park, Holmdel, N.J.	
Club Era			9/21	Bard Invitational ^{BD}	20th of 22	HV	Hudson Valley Sports Dome, Milton	
2008			9/29	CSI Develop. ^{VC}	19th of 23	LIP	LIU Post, Brookville	
10/11	Harry Murphy 5K ^{VC}	NTS	10/5	Knight Invite ^{HV}	14th of 16	MSM	Mt. St. Mary College, Newburgh	
10/26	HVMAC Champ. ^{PC}	NTS	10/20	HVIAC Champ. ^{BD}	5th of 7	NYT	NYIT-Old Westbury; Old Westbury	
2009			11/3	Nick Russo Classic ^{BB}	3rd of 3	PC	Purchase College, Purchase	
9/19	Bard Invitational ^{BD}	16th of 16	2014			RU	Rowan University, Glassboro, N.J.	
9/27	York Invitational ^{VC}	10th of 12	9/7	Baruch Invitational ^{VC}	10th of 13	SSP	Saratoga State Park, Saratoga	
10/3	MSMC Invite ^{CHD}	NTS	9/13	Mule/Falcon Invite ^{CC}	NTS	SUM	Sunken Meadow Park, Smithtown	
10/11	Brooklyn Invite ^{VC}	NTS	9/20	Bard Invitational ^{BD}	17th of 20	VC	Van Courtlandt Park, Bronx	
10/25	HVMAC Champ. ^{PC}	NTS	9/28	Staten Island Invite ^{CL}	11th of 21	VSR	Vassar College, Poughkeepsie	
2010			10/4	MSMC Knight Invite ^{HV}	14th of 16	NTS = No Team Score		
9/12	Purchase Invitational ^{PC}	NTS	10/9	Maritime Dual ^{VC}	L, 33-24			
9/18	Monmouth Invitational ^{HP}	NTS	10/12	CCNY Classic ^{VC}	11th of 13			
9/26	Hunter Develop. ^{VC}	NTS	10/26	Skyline Champ. ^{HV}	8th of 10			
10/2	Knight Invite ^{CHD}	NTS	11/2	Nick Russo Classic ^{BB}	NTS			
10/10	Brooklyn Invitational ^{VC}	NTS	2015					
10/24	HVMAC Champ. ^{PC}	NTS	9/6	Baruch Invitational ^{VC}	4th of 8			
			9/12	Warde Invitational ^{COB}	3rd of 8			
			9/19	Bard Invitational ^{BD}	11th of 15			
			10/3	Knight Invite ^{HV}	14th of 17			
			10/11	CCNY Classic ^{VC}	10th of 17			
			10/17	St. Joseph's Invite ^{SUM}	14th of 20			
			10/25	Skyline Champ. ^{HV}	8th of 11			
			11/8	Nick Russo Classic ^{BB}	NTS			

WOMEN'S ALL-TIME ROSTER

<u>Student-Athlete</u>	<u>Season(s)</u>	<u>Student-Athlete</u>	<u>Season(s)</u>	<u>Student-Athlete</u>	<u>Season(s)</u>
Nawshin Abanti.....	2014-15	Elizabeth Koscianski.....	2008	Lassiter Williams	1997-98
Marisa Acosta.....	2014-15	Katherine Labadie.....	2015-16	Zhe Wu.....	2016
Anna Amezcua.....	1999	Genevieve Langdon	1999	Natalie Wyse	2016
Alison Anuzis.....	2008	Julia Leonard.....	2008	TAYLOR ZANSBERG.....	2009-12
Kate Berenson.....	1997	Valentina Mann	2010	Katie Zimmermann	2012-13
Hillary Bernhardt	2013	Tatianna McKinney.....	2010		
Laura Bete.....	2009, 11	Tiffany Meier	2014-16		
Katrina Brown.....	2010	Harley Meyer	2009		
Tammy Burch.....	1997-98, 2000	MELISSA MOLINA.....	2013-16		
Sarada Calabro-Voss	1997	Molly Moody	2008		
Kate Cassirer	2013	Naomi Murphy.....	2008		
Georgia Cohen	2014	Eliza Myers.....	2012		
Sarah Cree.....	2008-09	Rosa Mykyta-Chomsky	2016		
Britney Debnam.....	2011-12	Erika Nichols	2009		
Mary T. Delorie.....	1998	Tanya Ortiz.....	2011		
Ali Diemecke	2009-10	Janet Oshiro	2008		
Haley Donovan	2012	Allyson Panton.....	2015-16		
Samantha Dunn.....	1998	Grace Poudrier	2011		
Dani Dyen-Shapiro	2014-16	Daisy Press.....	1998		
Isabel Edmonds.....	2015-16	Shakira Provasoli	1997		
Leigh Elliott	2009	Anna Qu.....	2010		
ELIZABETH EMERY.....	2011-14	Kate Rappaport	1997		
Anna Fisher.....	2009	Brooke Remsen.....	2016		
Kiley Ford.....	2008	Michelle Ridenhour	2010		
Bianca Frisby	2000	Elizabeth Rowe.....	2008		
Ashley Getting	2009	Kayleigh Salstrand.....	2009		
Ciara Gilmartin	2000	Camille Sanandaji	2009		
Natalie Grieco	2013-15	Janine Schall-Emden.....	1997		
Kia Hall.....	1997	Katie Shepard.....	2014-16		
Rebecca Hayes.....	1999	Victoria Smolkin	1998		
Sabrina He.....	2011	Maria Snellings.....	2012		
Emelyn Hicks.....	2012	Nina Sparling	2010-11		
Mayra Hidalgo Salazar	2013	Alyssa Sprague.....	2012		
Katy Howard.....	2000	Pauline Stanfiel	2012-13, 15		
Eliza Hurwitz	2008	Beth Stratton	1997		
Sarah Janosky.....	2011-12, 14	Mei Takehana.....	2016		
Meryl Job	1999	Laura Viegas	1999-2000		
Monica Judge.....	1997	Maddy Waldrep.....	2009-10		
Mary Kauffman.....	2012-13, 15	Molly Walsh.....	2015-16		
Heba Khan	1999	Brielle Weber	2011-12		
Caroline Kjellberg.....	2012	Sophie Weiss.....	2009		

Four-year student-athletes
in **BOLD CAPS**

MEN'S ALL-TIME ROSTER

<u>Student-Athlete</u>	<u>Season(s)</u>	<u>Student-Athlete</u>	<u>Season(s)</u>
Joseph Bensimon	2012	Matthew Smerling.....	2011
Cassidy Bernstein.....	2012	Riley Smith	2012
Dominick Boyle	2010-11	Nikhil Wadhwani	2008
Zach Brady	2011	Tanay Warekar	2009
Jack Califano.....	2012	Jacob Zhu	2013-14
Bill Chang	2016		
Jeff Chang	1998		
Sabiel Chapnick	2014		
Jules Christeson	2014-15		
Andy Clarke	2012		
Ryan Clayburn	1999		
Andrew Cohn.....	2011		
Matthew Cole.....	1999		
Robert Cook	2009-11		
Evan Denno	2000		
Rahul Dhakal	2012		
Coleman Durkee	2009		
Nathaniel Gabor	2016		
Patrick Gallagher	2009		
Josh Gannon.....	1999-2000		
Ian Harkey.....	2009		
Justin Heftel	2013-15		
Daniel Higinbotham.....	2014-16		
Tom Hitchner	1999-00		
Caleb Jaster	2012-13, 15		
Michael Kawi.....	2008		
Vili Lehmann Boddicker.....	2015		
Ben LoPiccolo.....	2012		
Stian Lothe	2013		
Moshe Maizels	2011		
Luc Mitchell.....	2011, 13		
Asher Morse.....	2011-12		
PAT NEWSOM	2013-16		
Seth Partner	2009		
Kemal Rana.....	1997-99		
Adam Reger	1998		
Nick Richardson.....	1998		
Tim Riordan	1997-98		
Zack Roccaforte	2015-16		
Jason Rosen.....	2000		
Ari Runanin-Telle	2015		

Four-year student-athletes
in **BOLD CAPS**