

LIBERTY LEAGUE

INDOOR TRACK & FIELD HISTORY

Event Winners by Year

MEN

WOMEN

Weight Throw

| | | | | | | |
|------|----------------------|----------|--------------|---------------------|----------|--------------|
| REC | Bryan Tolscer | S | 17.35 | Felicia Tsai | R | 15.36 |
| 1996 | Hanrahan | R | 14.84 | Heim | R | 11.99 |
| 1997 | Josh Black | R | 15.92 | Jessica Fisher | R | 12.45 |
| 1998 | Josh Black | R | 15.15 | Leslie Wilmert | UR | 12.31 |
| 1999 | Jeff Needham | H | 13.90 | Leslie Wilmert | UR | 14.53 |
| 2000 | Bill Monette | R | 15.31 | Agatha Vastakis | R | 13.09 |
| 2002 | Bryan Tolscer | S | 14.31 | Kate Worden | R | 12.08 |
| 2003 | Mike Johnson | R | 16.35 | Becky Rourke | S | 13.63 |
| 2004 | Bryan Tolscer | S | 17.35 | Felicia Tsai | R | 15.36 |

Shot Put

| | | | | | | |
|------|----------------------|----------|--------------|--------------------|----------|--------------|
| REC | Eamonn O'Neil | S | 16.21 | Sue Madden | R | 12.44 |
| 1996 | Kirk Winters | S | 13.57 | Lisa Walz | R | 10.98 |
| 1997 | Bob Fish | H | 13.89 | Jennifer Lenox | UR | 10.06 |
| 1998 | Bob Fish | H | 14.48 | Lisa Walz | R | 10.40 |
| 1999 | Malcolm Beaton | S | 14.08 | Sherri Hamlette | H | 10.81 |
| 2000 | Malcolm Beaton | S | 14.85 | Carolyn Cieslowski | U | 11.19 |
| 2002 | Justin Sievert | U | 15.53 | Becky Rourke | S | 11.81 |
| 2003 | Justin Sievert | U | 16.04 | Becky Rourke | S | 11.60 |
| 2004 | Eamonn O'Neil | S | 16.21 | Sue Madden | R | 12.44 |

High Jump

| | | | | | | |
|------|-------------------|----------|-------------|--------------------------------|-----------|-------------|
| REC | Pete Basta | S | 1.99 | Tie-Karen LaMora | S | 1.52 |
| | | | | Tie-Jacqueline Billings | UR | 1.52 |
| | | | | Tie-Lavigne | R | 1.52 |
| 1996 | Pete Basta | S | 1.98 | Lavigne | R | 1.52 |
| 1997 | Pete Basta | S | 1.99 | Karen LaMora | S | 1.52 |
| 1998 | Pete Basta | S | 1.88 | Sarah Smith | S | 1.42 |
| 1999 | Pete Basta | S | 1.91 | Sarah Smith | S | 1.50 |
| 2000 | Ian Gilhooly | R | 1.88 | Jacqueline Billings | UR | 1.52 |
| 2002 | Trevor Tersmette | R | 1.94 | Kate De Puy | S | 1.47 |
| 2003 | Brian Hetzel | S | 1.94 | Mary Guillot | S | 1.47 |
| 2004 | Trevor Tersmette | R | 1.90 | Jennifer Orbaker | H | 1.48 |

Pole Vault

| | | | | | | |
|------|--------------------|----------|-------------|-----------------------|----------|-------------|
| REC | Mike Gordon | R | 4.57 | Greta Elliott | S | 3.22 |
| | | | | Allison Benson | R | 3.22 |
| 1996 | Michael Gordon | R | 4.27 | Not yet contested | | |
| 1997 | Michael Gordon | R | 3.35 | Not yet contested | | |
| 1998 | Dave Johnson | R | 3.96 | Laurie Dubois | R | 2.14 |
| 1999 | Dave Johnson | R | 3.88 | Jordanna Mallach | U | 2.49 |
| 2000 | Michael Gordon | R | 4.57 | Lauren Leaman | S | 2.74 |
| 2002 | Jeff Banks | R | 4.22 | Allison Benson | R | 2.89 |
| 2003 | Jeff Banks | R | 4.27 | Jessica Pearson | R | 3.20 |
| 2004 | Jason Langley | R | 4.28 | Greta Elliott | S | 3.22 |
| | | | | Allison Benson 2nd | R | 3.22 |

Long Jump

| | | | | | | |
|------|----------------------|----------|-------------|------------------------------------|----------|-------------|
| REC | Chris Burgess | S | 7.06 | Tie-Kate De Puy/Alissa Bibb | S | 5.43 |
| 1996 | Chris Burgess | S | 7.06 | Reili Liiva | S | 5.14 |
| 1997 | Chris Burgess | S | 6.74 | Reili Liiva | S | 5.12 |
| 1998 | Walt Sosa | H | 6.56 | Autumn Renn | U | 4.80 |
| 1999 | Brian Dipasquale | R | 5.97 | Ekene Udeoji | UR | 4.76 |
| 2000 | Michael Gordon | R | 6.40 | Julie Elmuccio | H | 5.04 |
| 2002 | Derek McGough | R | 6.64 | Kate De Puy | S | 5.33 |
| 2003 | Brian Hetzel | S | 6.49 | Kate De Puy | S | 5.43 |
| 2004 | Ohene Cornelius | S | 6.91 | Carol Scalice | R | 4.96 |

Triple Jump

| | | | | | | |
|------|-----------------------|----------|--------------|----------------------|----------|--------------|
| REC | Dwaine Alleyne | R | 14.17 | Emily Scursso | H | 10.83 |
| 1996 | Chris Burgess | S | 13.23 | Reili Liiva | S | 10.90 |
| 1997 | Chris Burgess | S | 13.42 | Reili Liiva | S | 10.68 |
| 1998 | Walt Sosa | H | 13.13 | Stephanie Perry | UR | 9.95 |
| 1999 | Bryan Roy | U | 12.69 | Laura Rogers | R | 10.26 |
| 2000 | Jim Sears | R | 12.93 | Emily Scursso | H | 10.83 |
| 2002 | Dwaine Alleyne | R | 14.17 | Laura Rogers | R | 10.56 |
| 2003 | Dwaine Alleyne | R | 13.33 | Alissa Bibb | S | 10.74 |
| 2004 | Dwaine Alleyne | R | 13.33 | Jennifer Dias | R | 10.44 |

55 Meters

| | | | | | | |
|------|------------------------|----------|-------------|-----------------------|----------|-------------|
| REC | Sean Washington | U | 6.45 | Angela Nortz | S | 7.46 |
| 1996 | Krishawn Gilmore | R | 6.48 | Heather Reichhart | H | 7.93 |
| 1997 | Krishawn Gilmore | R | 6.51 | Heather Reichhart tie | H | 7.73 |
| | | | | Rachel Feinberg tie | UR | 7.73 |
| 1998 | Krishawn Gilmore (45m) | R | 5.51 | Asia Jackson (45m) | R | 6.46 |
| 1999 | Fred Wiebke | S | 6.67 | Ekene Udeoji | UR | 7.51 |
| 2000 | Tim Kachur | R | 6.83 | Jenn Amyot | R | 7.75 |
| 2002 | Sean Washington | U | 6.45 | Angela Nortz | S | 7.46 |
| 2003 | Sean Washington | U | 6.52 | Kara Simpson | S | 7.65 |
| 2004 | Sean Washington | U | 6.49 | Kara Simpson | S | 7.52 |

55 Meter Hurdles

| | | | | | | |
|------|-----------------------|----------|-------------|----------------------|----------|-------------|
| REC | Dwaine Alleyne | R | 7.80 | Alissa Bibb | S | 8.3h |
| 1996 | Kirk Winters | S | 8.63 | Steele | U | 9.22 |
| 1997 | Jonothon Stickel | R | 8.69 | Reili Liiva | S | 8.78 |
| 1998 | Frank Wood (50m) | R | 7.77 | Michelle Pease (50m) | S | 8.37 |
| 1999 | Bryan Roy | U | 8.50 | Michelle Pease | S | 9.14 |
| 2000 | Matt Trexler | R | 8.46 | Julie Elmuccio | H | 9.19 |
| 2002 | Dwaine Alleyne | R | 7.83 | Catherine Mayer | S | 9.03 |
| 2003 | Dwaine Alleyne | R | 7.93 | Alissa Bibb | S | 8.3h |
| 2004 | Dwaine Alleyne | R | 7.80 | Catherine Mayer | S | 9.04 |

200 Meters

| | | | | | | |
|------|-------------------------|----------|--------------|---------------------|----------|--------------|
| REC | Olamide Harrison | H | 22.46 | Angela Nortz | S | 26.56 |
| 1996 | Krishawn Gilmore | R | 23.05 | Tiffany Chappell | H | 28.08 |
| 1997 | Krishawn Gilmore | R | 22.96 | Heather Reichhart | H | 27.68 |
| 1998 | Ed Kupiec | S | 24.30 | Bridget Reichhart | S | 28.21 |
| 1999 | James Matarese | R | 23.63 | Ekene Udeoji | UR | 27.51 |
| 2000 | Tim Kachur | R | 23.78 | Jenn Amyot | R | 27.72 |
| 2002 | Bernard Carey | U | 22.86 | Angela Nortz | S | 26.56 |
| 2003 | Paul Salazynk | R | 23.47 | Angela Nortz | S | 27.21 |
| 2004 | Olamide Harrison | H | 22.46 | Jennifer Dias | R | 26.81 |

400 Meters

| | | | | | | |
|------|-------------------------|----------|--------------|----------------------|----------|--------------|
| REC | Olamide Harrison | H | 50.49 | Jennifer Dias | R | 59.78 |
| 1996 | Rob Whelen | H | 52.44 | Jenna Kozerowitz | H | 1:03.10 |
| 1997 | Paul Campbell | R | 51.68 | Karen LaMora | S | 1:00.51 |
| 1998 | Kevin Knight | R | 52.31 | Bridget Reichhart | S | 1:02.24 |
| 1999 | James Matarese | R | 51.54 | Sarah Smith | S | 1:02.36 |
| 2000 | James Matarese | R | 51.59 | Alissa Bibb | S | 1:03.82 |
| 2002 | Jeff Homer | S | 50.8h | Angela Nortz | S | 1:00.00 |
| 2003 | Steve Coffin | S | 51.91 | Angela Nortz | S | 1:00.59 |
| 2004 | Olamide Harrison | H | 50.49 | Jennifer Dias | R | 59.78 |

800 Meters

| | | | | | | |
|------|-----------------|----------|----------------|---------------------|----------|----------------|
| REC | Joe Otto | R | 1:55.15 | Amanda Chase | H | 2:20.35 |
| 1996 | Peter Flynn | U | 2:02.75 | Deborah Danehy | S | 2:25.89 |
| 1997 | Doug Lewis | S | 2:01.79 | Karen LaMora | S | 2:25.43 |
| 1998 | Jeff Cann | S | 2:03.00 | Amy Farrell | S | 2:29.92 |
| 1999 | Phil Jennings | H | 2:00.40 | Amy Farrell | S | 2:24.03 |
| 2000 | Kris Enwright | S | 1:57.94 | Amanda Chase | H | 2:24.30 |
| 2002 | Kris Enwright | S | 1:58.31 | Jen Cammarano | H | 2:25.36 |
| 2003 | Kris Enwright | S | 1:55.53 | Amanda Chase | H | 2:20.35 |
| 2004 | Joe Otto | R | 1:55.15 | Alyssa Coffey | R | 2:20.60 |

1500 Meters

| | | | | | | |
|------|-------------------------|----------|----------------|-------------------------|----------|----------------|
| REC | Andy Dana | S | 3:58.62 | Deborah Danehy | S | 4:41.67 |
| 1996 | Shin Ozeni | R | 4:13.77 | Deborah Danehy | S | 5:04.64 |
| 1997 | Doug Lewis | S | 4:09.92 | Deborah Danehy | S | 4:41.67 |
| 1998 | Mark George (extra lap) | S | 4:43.84 | Amy Farrell (extra lap) | S | 5:30.44 |
| 1999 | Jeff Cann | S | 4:09.56 | Amy Farrell | S | 4:47.29 |
| 2000 | Sam Brown | H | 4:04.35 | Maggie Hanson | H | 4:48.28 |
| 2002 | Andy Dana | S | 3:58.62 | Maggie Hanson | H | 4:46.91 |
| 2003 | Kris Enwright | S | 3:59.83 | Rebecca Rosenberg-Beran | R | 4:50.54 |
| 2004 | Andy Dana | S | 4:01.70 | Amy Barr | S | 4:47.70 |

3000 Meters

| | | | | | | |
|------|--------------------------|----------|----------------|-------------------------|----------|-----------------|
| REC | Adam Van Nortwick | S | 8:51.96 | Cathy Moran | R | 10:15.43 |
| 1996 | Knight | R | 9:01.30 | Cathy Moran | R | 10:15.43 |
| 1997 | Doug Lewis | S | 9:21.66 | Jeanne Gualtieri | UR | 10:53.27 |
| 1998 | Jeff Cann | S | 9:14.10 | Katie Roden | R | 10:38.73 |
| 1999 | Steve Folsom | S | 9:08.65 | Katie Roden (lap short) | R | 9:46.55 |
| 2000 | Brendan Hogan | S | 8:57.42 | Maggie Hanson | H | 10:15.71 |
| 2002 | Andy Dana | S | 8:54.44 | Maggie Hanson | H | 10:31.76 |
| 2003 | Adam Van Nortwick | S | 8:51.96 | Rebecca Rosenberg-Beran | R | 10:39.26 |
| 2004 | Jon French | S | 9:02.23 | Amy Barr | S | 10:44.83 |

5000 Meters

| | | | | | | |
|------|---------------------|----------|-----------------|-----------------|----------|-----------------|
| REC | Matt Migonis | S | 15:16.60 | Ann Toth | H | 17:58.08 |
| 1996 | Dwight Raby | S | 15:59.9h | Nicole Purick | S | 19:16.19 |
| 1997 | Jeffrey Cann | S | 16:01.68 | Deborah Danehy | S | 18:55.57 |
| 1998 | Aaron Imlah | R | 15:43.83 | Michelle Apland | R | 18:07.23 |
| 1999 | Peter Flynn | U | 15:34.70 | Tara Woolford | H | 18:17.59 |
| 2000 | Matt Migonis | S | 15:37.12 | Jesslyn Kennedy | R | 18:53.94 |
| 2002 | Matt Migonis | S | 15:16.60 | Ann Toth | H | 17:58.08 |
| 2003 | Jon French | S | 15:18.78 | Claire Lears | R | 19:56.41 |
| 2004 | Andy Dana | S | 15:53.32 | Kerry Banazek | S | 18:36.96 |

4 x 400 Meter Relay

| | | | | | | |
|------|---|----------|----------------|--|----------|----------------|
| REC | Rensselaer | R | 3:25.29 | Rensselaer | R | 4:08.67 |
| | Paul Legac, Verne Sylvestre, Owen Kellett, Joe Otto | | | Rebecca Lock, Erin Coffey, Alysia Evanitsky, Jennifer Dias | | |
| 1996 | Union | U | 3:35.36 | Hamilton | H | 4:22.17 |
| 1997 | Rensselaer | R | 3:29.87 | St. Lawrence | S | 4:12.56 |
| 1998 | Rensselaer | R | 3:32.18 | St. Lawrence | S | 4:29.47 |
| 1999 | Rensselaer | R | 3:34.99 | St. Lawrence | S | 4:15.62 |
| 2000 | Hamilton | H | 3:36.33 | St. Lawrence | S | 4:23.02 |
| 2002 | Rensselaer | R | 3:31.39 | St. Lawrence | S | 4:16.71 |
| 2003 | St. Lawrence | S | 3:29.67 | St. Lawrence | S | 4:17.55 |
| 2004 | Rensselaer | R | 3:25.29 | Rensselaer | R | 4:08.67 |

4 x 800 Meter Relay

| | | | | | | |
|------|--|----------|----------------|---|----------|----------------|
| REC | St. Lawrence | S | 7:59.97 | Rensselaer | R | 9:44.08 |
| | John Milanese, Lati Lelelit, Ryan Pollock, Kris Enwright | | | Cara Dodge, Heidi Dwyer, Korin DeAcetis, Amy Barr | | |
| 1996 | Union | U | 8:16.58 | St. Lawrence | S | 10:00.82 |
| 1997 | St. Lawrence | S | 8:22.90 | U of Rochester | UR | 10:23.31 |
| 1998 | Hamilton | H | 8:25.10 | Rensselaer | R | 10:16.42 |
| 1999 | Hamilton | H | 8:24.83 | Hamilton | H | 10:10.54 |
| 2000 | St. Lawrence | S | 8:12.92 | U of Rochester | UR | 10:14.42 |
| 2002 | St. Lawrence | S | 7:59.97 | St. Lawrence | S | 9:56.58 |
| 2003 | St. Lawrence | S | 8:16.57 | Hamilton | H | 10:09.49 |
| 2004 | St. Lawrence | S | 8:05.60 | Rensselaer | R | 9:44.08 |

| Team Name | Abbreviation |
|-------------------------|--------------|
| HAMILTON | H |
| RENSELAER | R |
| ST. LAWRENCE | S |
| UNION | U |
| UNIVERSITY OF ROCHESTER | UR |

Team Scores by Year

| Year Host | Team Scores by Year |
|--------------|---|
| 1996 SLU | Men: 1. RPI 74 , 2. SLU 56, 3. UC 33, 4. HAM 32 Women: 1. SLU 68 , 2. RPI 66, 4. HAM 37, 5. UC 12 |
| 1997 HAM | Men: 1. RPI 66 2/3 , 2. SLU 60 1/3, 3. HAM 34, 4. UC 13 Women: 1. SLU 94 , 2. UR 57.5, 3. RPI 42, 4. HAM 37, 5. UC 7.5 |
| 1998 RPI | Men: 1. RPI 73.5 , 2. SLU 48, 3. HAM 38.5, 4. UC 14 Women: 1. SLU 80 , 2. RPI 61, 3. UR 57, 4. HAM 25, 5. UC 13 |
| 1999 SLU | Men: 1. RPI 178 , 2. SLU 157, 3. HAM 123, 4. UC 78 Women: 1. SLU 161 , 2. UR 158, 3. HAM 126, 4. RPI 94, 5. UC 30 |
| 2000 HAM | Men: 1. RPI 186.5 , 2. SLU 135.5, 3. HAM 90.5, 4. UC 78 Women: 1. HAM 157.5 , 2. SLU 111.5, 3. RPI 95, 4. UR 74 4. UC 25 |
| 2001 RPI | POWER OUTAGE AT RENSELAER = MEET CANCELED |
| 2002 SLU | Men: 1. SLU 203.5 , 2. RPI 174, 3. UC 80.5, 4. HAM 32 Women: 1. SLU 213 , 2. RPI 129, 3. HAM 124, 4. UC 23 |
| 2003 HAM | Men: 1. SLU 209 , 2. RPI 177, 3t. UC 52, 3t. HAM 52 Women: 1. SLU 268 , 2. RPI 136, 3. HAM 55, 4. UC 20 |
| 2004 SLU | Men: 1. SLU 200 , 2. RPI 182.5, 3. HAM 64.5, 4 UC 39 Women: 1. RPI 228 , 2. SLU 198, 3. HAM 32, 4 UC 28 |

Team Championships

| | | | |
|--------------|---|--------------|---|
| Rensselaer | 5 | St. Lawrence | 6 |
| St. Lawrence | 3 | Hamilton | 1 |
| | | Rensselaer | 1 |

Individual Champions by Team

| | | | |
|--------------|----|----------------|----|
| Rensselaer | 46 | St. Lawrence | 48 |
| St. Lawrence | 46 | Rensselaer | 31 |
| Hamilton | 10 | Hamilton | 19 |
| Union | 10 | U of Rochester | 10 |
| | | Union | 4 |

Record Holders by Team

| | | | |
|--------------|---|----------------|---|
| St. Lawrence | 8 | Rensselaer | 8 |
| Rensselaer | 5 | St. Lawrence | 7 |
| Hamilton | 2 | Hamilton | 3 |
| Union | 1 | U of Rochester | 1 |

Relay Champions by Team

| | | | |
|--------------|---|----------------|---|
| St. Lawrence | 6 | St. Lawrence | 8 |
| Rensselaer | 5 | Hamilton | 3 |
| Hamilton | 3 | Rensselaer | 3 |
| Union | 2 | U of Rochester | 2 |

Most Career Individual Championships

| | | | | |
|-----|---------------------------------------|---|---|---|
| RPI | Dwayne Alleyne (3-55H, 3-TJ) | 6 | SLU Angela Nortz (1-55, 2-200, 2-400) | 5 |
| RPI | Krishawn Gilmore (3-55, 2-200) | 5 | SLU Reili Liiva (2-LJ, 2-TJ, 1-55H) | 5 |
| SLU | *Pete Basta (4-HJ) | 4 | SLU Deborah Danehy (1-800, 2-1500, 1-5k) | 4 |
| SLU | Chris Burgess (2-LJ, 2-TJ) | 4 | SLU Amy Farrell (2-800, 2-1500) | 4 |
| SLU | Jeff Cann (1-800, 1-1500, 1-3k, 1-5k) | 4 | HAM Maggie Hanson (2-1500, 2-3k) | 4 |
| SLU | Andy Dana (2-1500, 1-3k, 1-5k) | 4 | | |
| SLU | Kris Enwright (3-800, 1-1500) | 4 | | |
| RPI | Mike Gordon (3-PV, 1 LJ) | 4 | | |

*only 4 Time Single Event Champion

Most UCAA Records Held by an Individual

| | | | | |
|-----|-----------------------------|---|-------------------------------|---|
| RPI | Dwayne Alleyne (55H, TJ) | 2 | SLU Angela Nortz (55, 200) | 2 |
| HAM | Olamide Harrison (200, 400) | 2 | SLU Alissa Bibb (55H, LJ tie) | 2 |

Most Individual Championships in the Same Meet

| | | | | | | |
|-----|---|---|------|--|---|------|
| SLU | *Doug Lewis (800m, 1500m, 3K) | 3 | 1997 | SLU *Angela Nortz (55, 200, 400) | 3 | 2002 |
| | *also anchored winning 4x800 relay and ran on 2nd place 4x400 | | | RPI *Jennifer Dias (FR) (200, 400, TJ) | 3 | 2004 |
| | | | | *also anchored winning 4x400 relay | | |

Team Domination in an Event

| | |
|--|--|
| Rensselaer (Pole Vault) - 8 Straight Ind. Titles | St. Lawrence (400m) - 6 Straight Ind. Titles |
| St. Lawrence (3000m) - 7 Straight Ind. Titles | St. Lawrence (4 x 400m Relay) - 6 Straight Ind. Titles |

Created by John Newman - St. Lawrence University