

Top Home XC Course Times

Rnk	Time	Name	Yr.	Date
1	17:20.7	Maggie Hanson	'02	10/6/01
2	17:44.6	Kate Nelson	'01	11/4/00
3	17:47.8	Jen Cammarano	'03	11/3/01
4	18:22.8	Alyson Grant	'04	11/4/00
5	18:43.0	Annie Toth	'02	10/30/99
6	18:44.8	Meredith FitzPatrick	'11	10/6/07
7	18:52.8	Becky MacKenzie	'08	10/8/05
8	18:57.6	Jen McGowan	'08	10/9/04
9	19:01.6	Julianna Allport	'05	10/12/02
10	19:02.2	Liz Herring	'08	10/8/05
11	19:04.0	Emily Hill	'01	09/18/99
12	19:04.4	Sarah Bardenett	'04	11/4/00
13	19:06.8	Perry Ryan	'12	10/11/08
14	19:13.0	Leslie Vars	'00	10/30/99
15	19:17.6	Margo Rockwell	'05	10/12/02
16	19:19.8	Abby King	'11	10/11/08
17	19:23.8	Abby Jones	'09	11/5/05
18	19:30.4	Eleni Venturas	'05	10/9/04
19	19:32.9	Sarah Taylor	'03	10/12/02
20	19:36.4	Emily Potter	'12	11/8/08

All-Americans

Akilah Bond

2009 Indoor Track and Field (Triple Jump)
2007 Indoor Track and Field (Triple Jump)

Jennifer Cammarano

2001 Cross Country

Gail Campbell

1986 Outdoor Track and Field (Javelin)

Amy Gurney

1981 Cross Country

Maggie Hanson

2002 Outdoor Track and Field (10,000m)
2001 Cross Country

2001 Outdoor Track and Field (3,000m/5,000m)

2001 Indoor Track and Field (NCAA Champion - 5,000m)

2000 Outdoor Track and Field (3,000m/5,000m)

2000 Indoor Track and Field (1,500m)

1999 Cross Country

Kate Nelson

2000 Cross Country

Martha Perkins

1986 Outdoor Track and Field (10,000m)

Ann Toth

1999 Cross Country

Student-Athlete Profiles



Alexandra Americanos

Senior, sprints & sprint relays
Queens, N.Y./Francis Lewis HS
Major: World Politics

School record-holder in indoor 55m, 200m, and 800m relay, and outdoor 400m relay.

2008-09: Studied abroad in South Africa and continued to train. **2008 T&F:** Liberty League All-Academic Team. ... Liberty League indoor 55m champion, 200m runner-up, 800m relay runner-up, outdoor 100m champion. ... All-ECAC performer with sixth place in 880-yard relay. ... All-NESCAC in 100m with third place finish. **2007 T&F:** Liberty League runner-up in outdoor 100m, 400m relay.

Meredith FitzPatrick

Junior, cross country, distance
Greenwich, Conn./Greenwich Academy
Major: Sociology



2007 NCAA Division III Championship Meet Qualifier

Holds sixth best time (18:44.8) in program history on the 5,000-meter home cross country course

2009 T&F: Made the all-state team for finishing second in the outdoor 1500m run at the NYSCTC Championships. **2008 XC:** Made the all-region team at the NCAA Atlantic Regional Championships..Made the second team all-state at the NYSCTC Championships...Earned USTFCCCA all-academic honors. **2008 T&F:** Liberty League champion in outdoor 1500m, third place in indoor 800m, 1 mile. **2007 XC:** All-Atlantic Region. ... NYSCTC All-State Second Team (10th place). ... Liberty League All-League First Team (7th place).



Lauren Horesta

Sophomore, javelin
Pompton Plains, N.J./DePaul Diocesan HS

2009 T&F: Finished sixth of 23 athletes at the NESCAC Championships with a career best throw of 35.05m...Finished second of ten athletes at the University of Rochester Invitational...In her first collegiate meet, finished seventh of 20 athletes at the Ithaca College Invitational.

Student-Athlete Profiles



Lauren Peters-Collaer

Junior, high jump
Middlebury, Vt./Middlebury Union HS
Major: Mathematics

2009 T&F: Made all-NESCAC team for finishing second in the high jump...Tied a school record for the high jump (5-feet-3) at the NESCAC Championship ...Earned Liberty League all-academic honors.

Emily Potter

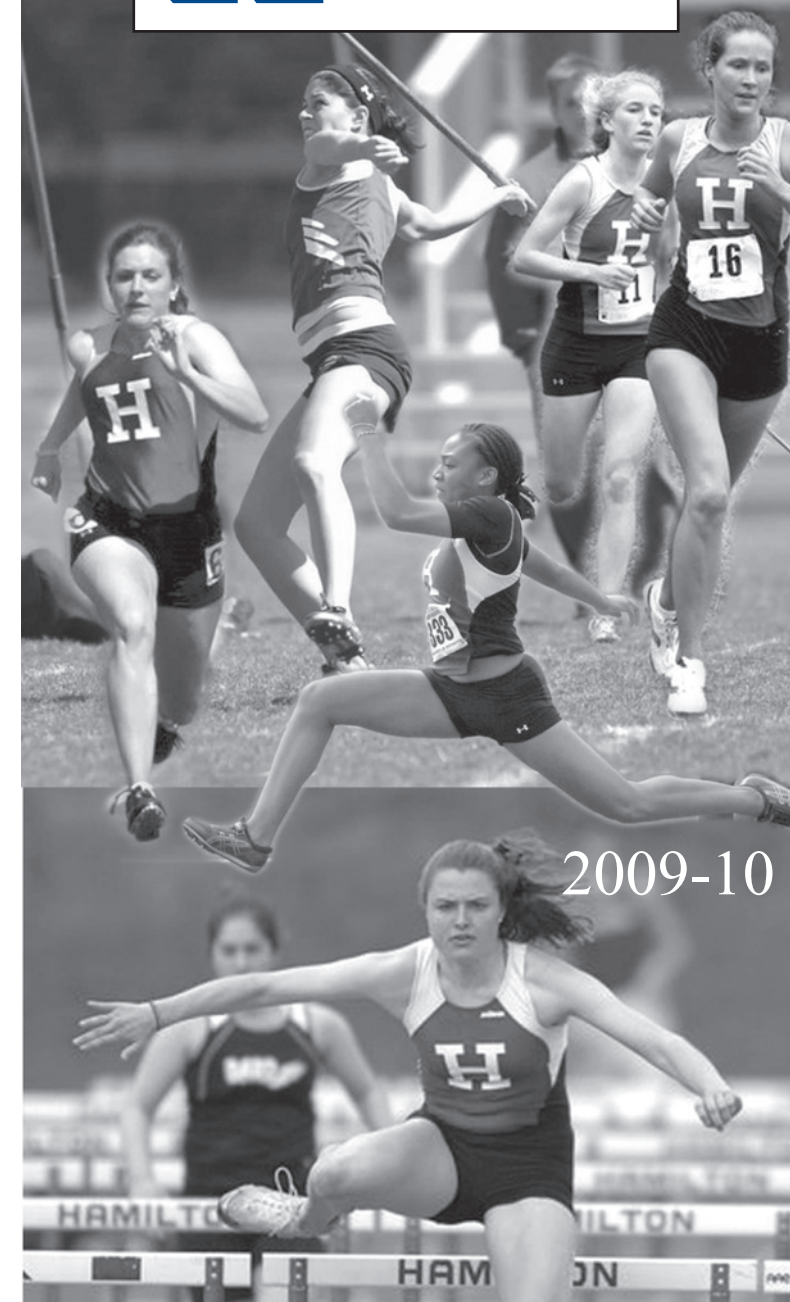
Sophomore, steeplechase, cross country
Austin, Texas/Westwood High School



2009 T&F: Made the all-state team for finishing second in the 3000m steeplechase at the NYSCTC Championships. **2008 XC:** Top five runner on team as a first year. ... Named NESCAC Women's Performer of the Week on Sept. 15... Made the second team all-state at the NYSCTC Championships... Earned USTFCCCA all-academic honors.



The Walter H. Pritchard Track is the home of Hamilton College Outdoor Track and Field



2009-10

Coaching Staff

Head Coach Ellen Hull

Ellen Hull is in her 17th season as head coach of the Hamilton women's cross country and track and field programs.

Hull has most recently mentored two-time triple jump All-American Akilah Bond '09. Hull helped Bond to seventh place finishes at the 2007 and 2009 NCAA Division III indoor championships. Bond is one of five athletes Hull has coached to 14 All-America honors. In cross country,

Meredith FitzPatrick '11 qualified for the NCAA Championships in 2007. FitzPatrick and Gen Flanders '09 earned all-region cross country honors under Hull in 2008. Hull coached Maggie Hanson '02, who became Hamilton's first female national champion at the 2001 NCAA indoor meet where she won the 5,000-meter run.

Hull and her assistants were selected Liberty League Coaching Staff of the Year in 2006 after they guided Hamilton to victory at the league's outdoor championships. Her cross country teams have made four NCAA championship appearances and have won five Liberty League titles. Hull was named the 1999 NCAA Atlantic Region Cross Country Coach of the Year after Hamilton finished in second place -- one point behind the winners -- at the regional championships. School records have been broken in 43 track and field events since Hull arrived in 1993. Academic excellence is also important to Hull. Eight athletes were placed on 2008-09 New England Small College Athletic Conference All-Academic Teams.

Hull currently serves on the ECAC Cross Country/Track and Field Committee and has been president of the New York State Collegiate Track and Field Conference. She is an accredited Level II USA track and field coach. Hull received her bachelor's degree from SUNY Plattsburgh and her master's from Ithaca College. She was an assistant coach at both schools and head coach for men's and women's track and field at SUNY Morrisville.

Assistant Coach Caitlin Bradley

Cait Bradley is in her first season as an assistant coach for the Hamilton College men's and women's cross country and track and field programs. Bradley was a seven-time All-American in cross country, indoor and outdoor track and field at Dickinson College. Bradley is one of just 58 athletes to earn at least three All-America honors in NCAA Division III cross country championships history. She finished in the top 10 twice at the national meet, including second in 2006. Bradley's finest moment in track and field came in 2008, when she finished first in the 3,000-meter steeplechase with a time of 10:22.6 at the NCAA outdoor championships.

Numbers to Know

Admission Office	1-800-843-2655
Ellen Hull, Head Coach	315-859-4641
E-mail address	ehull@hamilton.edu

Program Highlights

CROSS COUNTRY

2008

New York State Championships - 3rd
NCAA Atlantic Regionals - 8th

2001

NCAA Division III Championships - 9th
NCAA Atlantic Regional Championships - 2nd
Liberty League Championships - 1st

2000

NCAA Division III Championships - 15th
NCAA Atlantic Regionals - 3rd
NESCAC Championships - 3rd
Liberty League - 1st

1999

NCAA Division III Championships - 7th
NCAA Atlantic Regionals - 2nd
New York State Championships - 2nd
Liberty League - 1st

1998

New York State Championships - 2nd
Liberty League - 1st

1996

New York State Championships - 2nd
Liberty League - 1st

1995

NCAA Division III Championships - 21st
NCAA Atlantic Regionals - 3rd

TRACK AND FIELD

2009

NCAA Division III Indoor Championships - 54th place

2007

NCAA Division III Indoor Championships - 46th place

2006

Liberty League Outdoor Championships - 1st

2002

NCAA Division III Outdoor Championships - 47th

2001

NCAA Division III Outdoor Championships - 21st
NCAA Division III Indoor Championships - 16th

2000

NCAA Division III Outdoor Championships - 17th
NCAA Division III Indoor Championships - 30th
ECAC Indoor Championships - 5th
Liberty League Indoor Championships - 1st

1999

Liberty League Outdoor Championships - 1st place

Track and Field Records

INDOOR

Event	Record	Name	Date
55m	7.50	Alexandra Americanos '10	2/16/08
55m Hurdles	8.64 (ht)	Chris Culver '85	2/26/83
200m	26.42	Alexandra Americanos '10	3/8/08
300m	44.65	Liz Wahl '10	2/23/08
400m	59.78	Rachel Bennek '07	2/24/07
500m	1:19.83	Rachel Bennek '07	3/4/06
600m	1:43.18	Tammy Koch '96	1/28/95
800m	2:14.73	Amanda Chase '03	3/8/03
1000m	2:59.27	Jen Cammarano '03	3/4/00
1500m	4:36.35	Maggie Hanson '02	3/4/00
Mile	5:11.65	Maggie Hanson '02	12/4/99
3000m	9:58.5	Sarah Grygiel '83	2/27/82
5000m	16:59.07	Maggie Hanson '02	3/10/01
800m Relay	1:48.40	Wahl '10, Americanos '10, Wuelfing '10, Bond '09	2/29/08
1600m Relay	4:08.74	Wahl '10, Dressler '09, Mann '10, Bennek '07	3/3/07
3200m Relay	9:28.45	Dropkin-Frank, Chase '03, Venturas, Stroud	3/8/03
DMR	11:57.24	Cammarano '03, Hanson '02, Chase '03, Dropkin-Frank	2/22/02
Pole Vault	10'8" (3.25m)	Rebecca Yaguda '09	2/28/09
High Jump	5'2.25" (1.58m)	Jen Orbaker '07	2/23/07 (most recent)
Long Jump	17'3.5" (5.27m)	Akilah Bond '09	2/28/09
Triple Jump	38'8.25" (11.79m)	Akilah Bond '09	3/6/09
Shot Put	39'0.5" (11.90m)	Chris Culver '85	2/13/83
20-lb. Weight	48'1.75" (14.67m)	Kary Pardy '08	2/29/08
Pentathlon	3,384 points	Chris Culver '85	3/3/84
OUTDOOR			
100m	12.50	Naomi Krakower '07	4/30/04
100m Hurdles	15.80	Kristen Selden '09	5/1/09
200m	26.04	Liz Wahl '10	4/26/08
400m	59.46	Rachel Bennek '07	5/18/07
400m Hurdles	1:07.12	Kristen Selden '09	5/19/06
800m	2:13.51	Amanda Chase '03	5/4/02
1,500m	4:35.34	Amanda Chase '03	4/19/03
3,000m	9:42.32	Maggie Hanson '02	5/26/00
3,000m Steeple	11:03.54	Jen Cammarano '03	5/4/02
5,000m	16:53.85	Maggie Hanson '02	5/27/00
10,000m	35:31.88	Maggie Hanson '02	4/27/02
400m Relay	49.36	Asimovic '11, Bond '09, Americanos '10, Wahl '10	4/19/08
1,600m Relay	4:04.20	Hoek '03, Chase '03, Stroud '03, Dropkin-Frank '05	5/3/03
3,200m Relay	9:29.11	Cammarano '03, Hanson '02, Chase '03, Hopkins '04	5/4/01
DMR	13:38.24	Koch '96, Nasta '95, Levin '96, Cunniff '94	4/16/94
Shot Put	38'8" (11.78m)	Chris Culver '85	4/22/80
Discus	34.96m	Kristen Selden '09	4/18/09
Javelin	35.85m	Laura Belden '07	3/31/07
High Jump	5'3" (1.60m)	Lisa Eaton '92	5/5/90
		Jen Orbaker '07	4/28/07
		Lauren Peters-Collaer '11	4/25/09
Long Jump	5.31m	Akilah Bond '09	5/4/07
Triple Jump	11.66m	Akilah Bond '09	4/19/08
Hammer	45.71m	Kary Pardy '08	4/14/07
Pole Vault	10'9" (3.29m)	Jess DeMichiel '08	4/5/08
Heptathlon	4,024 points	Kate Clark '02	4/29-4/30/00

The 2009-10 Schedule



Cross Country

Date	Event	Time
Sept. 12	Hamilton Short Course Meet	12:00 PM
Sept. 18	SUNY Oneonta Airfield Invitational	5:00 PM
Oct. 2	Lehigh Invitational	TBA
Oct. 3	SUNY Geneseo Invitational	TBA
Oct. 10	Hamilton Invitational	11:00 AM
Oct. 24	NYSCTC Championships at Genesee Valley Park (Rochester, NY)	11:00 AM
Nov. 1	NESCAC Championships at Trinity College (Hartford, Conn.)	12:00 PM
Nov. 14	NCAA Atlantic Regional Championships at Letchworth State Park (Geneseo, NY)	11:00 AM
Nov. 21	NCAA Division III Championships (Berea, Ohio)	TBA

Indoor Track and Field

Dec. 5	at Cornell Relays	TBA
Jan. 16	at RIT	TBA
Jan. 23	at St. Lawrence	TBA
Jan. 30	at Colgate	TBA
Feb. 6	at Syracuse	TBA
Feb. 13	Liberty League Championship at St. Lawrence	TBA
Feb. 20	Cornell Invite	TBA
Feb. 26-27	NYSCTC Championships at RIT	TBA
March 5-6	ECAC Division III Championship at Smith College	TBA
March 12-13	NCAA Division III Championships at DePauw	TBA

Outdoor Track and Field

March 27	Ithaca College Invite	TBA
April 3	Hamilton Continental Invite	TBA
April 10	U. Rochester Invite	TBA
April 17	Hamilton College Invite	TBA
April 24	NESCAC Championships at Tufts	TBA
April 30	NYSCTC Championships at RPI	TBA
May 1	NYSCTC Championships at RPI	TBA
May 13-14	ECAC Division III Championship at Springfield	TBA
May 20-22	NCAA Division III Championships at Baldwin Wallace	TBA

Home events in **bold**