2011 Cross Country Awards

NYSCTC All-Conference
James Grebey '12 (first team)
Hashem Zikry '13 (third team)

NESCAC Fall All-Academic Team
James Grebey '12
Robert Hayden '14
Will Robertson '14
Dylan Thayer '13
Todd Woodworth '12
Hashem Zikry '13

Cross Country Highlights

2008 - NYS (4th); Regionals (10th)
2007 - Liberty League Championships (2nd); NYS (5th); Regionals (8th)
2000 - NYS (5th); Regionals (8th)
1999 - Liberty League Championships (2nd); NYS (3rd); Regionals (10th)
1998 - NYS (5th); Regionals (8th)
1988 - NESCAC Champions
1975 - New York State Champions

Top Home XC Course Times

Rnk	Time	Name	Yr	Date
1	24:39.9	Peter Kosgei	'11	10/11/08
2	26:53.6	Mac Weiss	'02	11/4/00
3	26:57.4	Scott Bickard	'11	10/9/10
4	27:00.4	Allan Guiney	'08	10/8/05
5	27:04.8	Luke Thornblade	'07	10/8/05
6	27:06.2	Will Reid	'10	10/11/08
7	27:13.9	Chris Dunn	'05	10/9/04
8	27:15.4	Keith Gross	'09	9/30/06
9	27:22.6	Devon Lynch	'11	10/9/10
10	27:23.3	Scott Taylor	'01	10/7/00
11	27:27.0	Nathan Arnold	'03	9/18/99
12	27:28.3	James Grebey	'12	10/8/11
13	27:31.1	Brendan Petty	'09	10/8/05
14	27:36.0	Ryan Murelli	'02	10/6/01
15	27:39.4	Rob Taylor	'07	10/8/05
16	27:45.8	Kevin Kerr	'10	10/11/08
17	27:46.1	Doug Zeyak	'02	11/4/00
18	27:47.4	Cuffie Winkler	'10	10/11/08
19	27:52.2	Andrew Downey	'06	10/8/05
20	27:58.5	John Damaske	'02	11/4/00

2011-12 Track & Field Awards

NESCAC All-Conference
Graham Sadler '14 (High Jump, 1st place)

NYSCTC Outdoor All-Conference
James Grebey '12 (1,500m, 3rd place)
Hashem Zikry '13 (5,000m, 3rd place)

NESCAC Spring All-Academic Team
Ethan Ayres '13
Jeffrey Blackburn '13
Sam Dupuis '13
Scott Etkin '14
James Grebey '12
Todd Woodworth '12
Hashem Zikry '13

ECAC Indoor All-Conference
Graham Sadler '14 (High Jump, T-5th place)

NYSCTC Indoor All-Conference
Graham Sadler '14 (High Jump, 3rd place)
James Grebey '12 (5,000m, 3rd place)

NESCAC Winter All-Academic Team
Ethan Ayres '14
Jeffrey Blackburn '13
Sam Dupuis '13
James Grebey '12
Dylan Thayer '13
Todd Woodworth '12
Hashem Zikry '13

NESCAC
NEW ENGLAND SMALL COLLEGE ATHLETIC CONFERENCE

All-Americans

Peter Kosgei (Cross Country, 2007/2008/2010; 3,000-meter steeplechase, 2007/2008/2009; Outdoor 5000m, 2008/2009; Mile, 2008/2009; Indoor 800m, 2008)
Victor Morganthaler (Hammer Throw, 1984)
Jon Schmeyer (Cross Country, 1975)
Tom Carr III (Track and Field, 1971)
Drew Ramsey (440-yard dash, 1966)

Peter Kosgei '11 captured nine NCAA Division III titles and 11 All-America honors. He holds 10 track & field school records and the fastest 8K time on Hamilton's cross country course.

Numbers to Know

Admission Office	1-800-843-2655
Financial Aid	1-800-859-4413
Athletics	315-859-4114
Athletics Department FAX	315-859-4117
Brett Hull, Head Coach	315-859-4759
E-mail address	bhull@hamilton.edu
Mailing Address	198 College Hill Road Clinton, NY 13323

Coaching Staff

Head Coach Brett Hull

Brett Hull is in his 22nd year as the head men's cross country and track & field coach at Hamilton College. Hull has developed 21 all-Americans who have garnered 10 national championships during his career. Peter Kosgei '11 was a nine-time NCAA Division III champion in cross country and track & field at Hamilton. The U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) selected Kosgei the Division III athlete of the year for cross country and indoor track in 2008, and for outdoor track in 2008 and 2009.

Hull guided his athletes to eight all-conference honors and one school record in 2011-12. Most recently, Graham Sadler '14 finished first in the high jump at the 2012 NESCAC outdoor track & field championships, and earned all-conference honors for his performance. Sadler made the Eastern College Athletic Conference (ECAC) all-conference indoor team for the high jump. Earlier during the indoor season, Sadler set a school record in the event. Sadler, James Grebey '12 and Hashem Zikry '13 all competed at the 2012 ECAC outdoor championships.

Hamilton cross country has placed in the top 10 five times at regionals, including eighth in 1998, 2000 and 2007, and 10th twice.

Hull's program also focuses on solid academic performance. Hamilton men's cross country and track & field athletes earned 20 NESCAC all-academic selections in 2011-12. Each honoree has a cumulative grade point average of at least 3.35 and must have reached sophomore academic standing at his institution. Hull's squad has earned a USTFCCCA all-academic team award in each of the past four years.

Hull previously was the head cross country and track & field coach at SUNY Cortland and SUNY Plattsburgh. He was named the 1985-86 SUNYAC Coach of the Year while at Cortland. Hull has developed 16 all-Americans, including national champions in the 800, 1,500 and 5,000-meter run, the mile and the steeplechase.

Hull earned bachelor's and master's degrees from Frostburg State University. He resides in New Hartford with his wife Ellen and their daughters, Emily and Juliet.

Steve Bellona

Track and Field Assistant Coach - Distance

John Ostler

Cross Country & Track and Field Assistant Coach/Intern

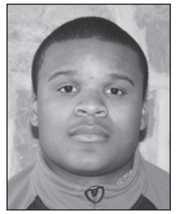
Jerry Tine

Track and Field Assistant Coach - Pole Vault/Jumps

Jake Tyksinski

Track and Field Assistant Coach - Throws

Student-Athlete Profiles



Jimmy Alexis
Senior, pole vault
Jacksonville, Fla./Samuel W. Wolfson Sr. HS

2012 T&F: Placed fourth in the pole vault at the NYSCTC outdoor championships ... Sixth in the pole vault at the NESCAC championships. **2011 T&F:** Placed first in the pole vault at the NYSCTC indoor championships and earned all-conference honors... Earned Liberty League all-league honors for a first place finish in the pole vault at the indoor championships ... Liberty League field performer of the week (12/6, 2/7) ... Liberty League all-academic team. **2010 T&F:** Liberty League Rookie of the Week (1/25) ... Finished fourth in the pole vault at the Liberty League indoor championships ... Fifth in the pole vault at the NYSCTC outdoor championships ... Sixth in the pole vault at the NESCAC championships.

Hashem Zikry
Senior, distance
New York, N.Y./Collegiate School

2012 T&F: NYSCTC all-conference for outdoor 5000m ... NESCAC winter and spring all-academic team. **2011 XC:** NYSCTC all-conference third team ... NESCAC fall all-academic team ... Personal record time of 26:33 at the SUNY Oneonta Invitational (9/17). **2011 T&F:** NESCAC spring all-academic team ... Liberty League all-academic team. **2010 XC:** NESCAC fall all-academic team.

Will Tifft
Junior, throws
Fairlee, Vt./Rivendell Academy

2012 T&F: Finished ninth in hammer throw with a mark of 42.10 meters at the NESCAC championships ... Finished 10th in hammer throw at the NYSCTC outdoor championships ... Finished seventh in the 35-pound weight throw with a distance of 13.92 meters in the NYSCTC indoor championships.

Sam Reider
Junior, sprints
Slingerlands, N.Y./Bethlehem Central HS

2011 T&F: Placed first in the 400m at NYSCTC indoor championships to earn all-conference honors... Earned Liberty League all-league indoor honors for finishing second in 400m at championship meet... Liberty League Rookie of the Week (1/24, 2/7, 2/21, 2/28).

Track and Field Records

Event	Time	Name	Date
INDOOR			
55m	6.51	Ron Simmons '82	3/20/82
60m	7.14	Jay Russell '06	2/22/03
55m Hurdles	7.8 (ht)	Tony Richardson '93	3/6/93
60m Hurdles	8.58	Tony Richardson '93	2/12/93
200m	22.45	Olamide Harrison '04	2/28/04
300m	36.1	Andy Wertz '83	2/14/81
400m	49.59	Olamide Harrison '04	2/28/04
500m	1:06.70	Roy Sabo '00	3/4/00
800m	1:51.97	Peter Kosgei '11	3/15/08
1000m	2:25.51	Peter Kosgei '11	2/2/08
1500m	3:56.82	Andrew Bartlett '89	3/4/89
Mile	4:08.58	Peter Kosgei '11	3/14/09
3000m	8:19.44	Peter Kosgei '11	2/6/09
5000m	14:26.66	Peter Kosgei '11	12/1/07
800m Relay	1:32.10	Harrison, Schwam, Russell, Lynch	3/4/05
1600m Relay	3:26.15	Schwam, Harrison, Dunn, Gaylord	2/28/04
3200m Relay	7:55.47	Rest, Berkes, Brower, Tortolani	3/17/84
DMR	10:10.85	Gaylord, Winkler, Gross, Kosgei	2/27/09
Long Jump	7.11m	Waltnel Sosa '00	1/16/99
Shot Put	15.83m	Tom Jasinski '81	3/8/80
High Jump	**1.99m**	**Graham Sadler '14**	**1/28/12**
Triple Jump	14.60m	TiDelco Ductan '09	2/28/09
Pole Vault	4.57	James Russell '09	1/24/09
35# Weight	15.31m	Scott Fisher '89	3/4/89
Pentathlon	3,181 pts.	Mike Alleyne '87	3/10/85
OUTDOOR			
100m	10.6 (ht)	Ron Simmons '82	4/28/82
	10.84	Olamide Harrison '05	4/30/04
110m Hurdles	14.70	Tony Richardson '93	5/8/93
200m	22.02	Olamide Harrison '05	4/10/04
400m	49.38	Will Lynch '06	5/5/06
400m Hurdles	54.4 (ht)	Harold Welch '79	4/22/79
800m	1:48.72	Peter Kosgei '11	5/3/08
1,500m	3:50.78	Peter Kosgei '11	4/12/08
3,000m Steeple	8:43.78	Peter Kosgei '11	4/24/08
5,000m	14:30.35	Peter Kosgei '11	5/8/08
10,000m	31:36.70	Scott Bickard '11	4/30/11
400m Relay	42.43	Russell, Harrison, Huling, Schwam	4/10/04
1,600m Relay	3:19.92	Thompson, Schwam, Dunn, Harrison	5/03/03
3,200m Relay	7:52.12	Guiney '08, Gaylord, Dunn, Sullivan	5/6/05
DMR	10:29.0 (ht)	Bartlett, Welch, Duncan, Button	4/15/89
Long Jump	7.11m	Ron Simmons '82	5/7/82
Triple Jump	14.06m	Tyrone Brown '64	5/4/91
High Jump	1.98m	Pete Sheehan '83	5/8/82
		Christian Falkenberg '92	4/8/92
Pole Vault	4.74m	James Russell '09	4/25/09
Shot Put	15.93m	Tom Jasinski '81	5/10/80
Discus	45.44m	Scott Fisher '89	5/8/87
Hammer	53.70m	Victor Morganthaler '84	5/1984
Javelin	52.30m	Paul Bopp '87	5/2/97
Decathlon	6,003 pts.	William Romaine '79	5/15/76

The 2012-13 Schedule

Cross Country

Sept. 8	**Hamilton Short Course Meet**	**12:30 p.m.**
Sept. 15	Saratoga Invitational	10:45 a.m.
Sept. 22	Williams College Invitational	Noon
Oct. 6	**Hamilton Invitational**	**Noon**
Oct. 20	NYSCTC Championships at Center Park; Fairport, N.Y.	11 a.m.
Oct. 27	NESCAC Championships at Bowdoin College	Noon
Nov. 10	NCAA Atlantic Regional Championships at Genesee Valley Park; Rochester, N.Y.	11 a.m.
Nov. 17	NCAA Division III Championships at Rose-Hulman; Terre Haute, Ind.	11 a.m.

Indoor Track and Field

Dec. 1	Can Am Invitational at St. Lawrence University	10 a.m.
Jan. 19	at St. Lawrence Invitational	11 a.m.
Jan. 26	**Hamilton Invitational**	**10 a.m.**
Feb. 2	at SUNY Brockport Invitational	11 a.m.
Feb. 9	**Hamilton Invitational**	**10 a.m.**
Feb. 15	at RIT Tiger Invitational	4 p.m.
Feb. 22	NYSCTC Championships at Ithaca College	2 p.m.
Feb. 23	NYSCTC Championships at Ithaca College	10 a.m.
March 1-2	ECAC Division III Championships at New York City Armory	2 p.m.
March 8-9	NCAA Division III Championships at North Central College (Naperville, Ill.)	1 p.m.

Outdoor Track and Field

March 30	**Hamilton Invitational**
April 6	Nazareth Invitational
April 13	Rochester Invitational
April 16	**Hamilton Mid-Week Meet**
April 19-20	SUNY Cortland Invitational
April 27	NESCAC Championships at Tufts
May 3	NYSCTC Championships at St. Lawrence University
May 4	NYSCTC Championships at St. Lawrence University
May 16-17	ECAC Division III Championships at Springfield College
May 23-25	NCAA Division III Championships at Wisconsin-La Crosse