

## 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	18:58.1	Abby King	'11	10/10/09
10	19:01.6	Julianna Allport	'05	10/12/02
11	19:02.2	Liz Herring	'08	10/8/05
12	19:04.0	Emily Hill	'01	9/18/99
13	19:04.4	Sarah Bardenett	'04	11/4/00
14	19:06.8	Perry Ryan	'12	10/11/08
15	19:13.0	Leslie Vars	'00	10/30/99
16	19:17.6	Margo Rockwell	'05	10/12/02
17	19:23.8	Abby Jones	'09	11/5/05
18	<b>19:26.7</b>	<b>Tory Grieves</b>	<b>'12</b>	<b>10/10/09</b>
19	19:30.4	Eleni Venturas	'05	10/9/04
20	19:32.9	Sarah Taylor	'03	10/12/02
20	<b>19:32.9</b>	<b>Emily Potter</b>	<b>'12</b>	<b>10/9/10</b>

## 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

### Muriel Schwinn

*Junior, jumps and sprints*  
Auburn, Maine/Edward Little HS



*Program record-holder in indoor 55m, 60m and both indoor and outdoor long jump.*

**2011 T&F:** Earned Liberty League all-league indoor honors for a third place finish in the 55m and 200m, and second in long jump at league championships... All-conference indoor honors for third place finishes in the 55m and 200m at the NYSCTC championships... For second straight year, made NYSCTC all-conference outdoor team for first place in the 100m dash at the championships... NESCAC spring all-academic team. **2010 T&F:** Voted Liberty League Indoor Rookie of the Year.. Received Liberty League all-league indoor honors for a first place finish in the 55m, second in the long jump and first as part of the 800m relay at the league championships...Earned all-conference indoor honors for third place finishes in the 55m dash and long jump at the NYSCTC championships...Made NESCAC all-conference team with a third place finish in the long jump.

### Emily Potter

*Senior, cross country/track & field*  
Austin, Texas/Westwood HS  
Major: Hispanic Studies



*Tied for the 20th fastest time on the home cross country course (19:32.9).*

**2010 XC:** NESCAC fall all-academic team. **2009 T&F:** Made the all-conference outdoor team for finishing second in the 3000m steeplechase at the NYSCTC championships. **2008 XC:** Named NESCAC Performer of the Week (9/15)... Made second team all-conference at the NYSCTC championships... Earned USTFCCA all-academic honors.



### Hannah Jaiven

*Sophomore, pole vault*  
Holland, Mich./West Ottawa HS

**2011 T&F:** Earned all-conference outdoor honors and cleared a season-best 3.25 meters for third place in pole vault at NYSCTC championships...

Finished fifth in pole vault at NESCAC championships... Competed in Eastern College Athletic Conference Division III outdoor championships in the pole vault. **Other:** Member of the Hamilton women's ice hockey team.

## Student-Athlete Profiles

### Molly Brooks

*Sophomore, throws*  
Florence, Mass./Northampton HS



**2011 T&F:** Finished fifth in the weight throw at the Liberty League indoor championships... Finished eighth in the weight throw at the NYSCTC indoor championships... Finished fifth in the hammer throw at the NYSCTC outdoor championships. **Other:** Starting goalie for the Hamilton field hockey team.



Hannah Jaiven '14 finished fifth in the pole vault at the 2011 NESCAC championships and competed in the 2011 Eastern College Athletic Conference Division III championships.

## Numbers to Know

Admission Office  
Ellen Hull, Head Coach  
E-mail address

1-800-843-2655  
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2011-12

## Coaching Staff



### Head Coach Ellen Hull

Ellen Hull is in her 19th season as head coach of the Hamilton women's cross country and track and field programs.

Hull 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. Abby King '11 earned all-region cross country honors under Hull in 2009. Hull coached Maggie Hanson '02, who became Hamilton's first female national champion at the 2001 NCAA indoor meet, where she captured first place in the 5,000-meter run.

Hull's cross country teams have made four NCAA championship appearances and won five Liberty League titles. She 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. Hull and her track and field assistants were selected the Liberty League coaching staff of the year in 2006 after they guided Hamilton to victory at the league's outdoor championships. School records have been broken in 45 track and field events since Hull arrived in 1993. Academic excellence is also important to Hull. Ten athletes were placed on 2010-11 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 Conference. She is an accredited Level II USA track and field coach.

### Assistant Coach John Ostler

John Ostler is in his first season as an assistant coach for the Hamilton College cross country and track & field teams. Ostler was an assistant cross country and track & field coach at U-32 High School in Montpelier, Vermont, from 2009 to 2011. He trained 1,600- and 3,200-meter relays that qualified for the 2010 New England championship.

Ostler was a four-year member of the cross country and track & field teams at St. Lawrence University. He was an NCAA Atlantic Region all-region and New York State Collegiate Track Conference all-conference performer for cross country in 2007. He set the Liberty League outdoor championship meet record in the 5,000-meter run in 2007 with a time of 15:08.29 -- a record that still stands. He was a captain for both the cross country and track & field teams as a junior and a senior. He graduated from St. Lawrence in 2008 with a bachelor's degree in English and a minor in educational studies.

### Jerry Tine

Track and Field Assistant Coach - Pole Vault/Horizontal Jumps

### Jake Tyksinski

Track and Field Assistant Coach - Throws

## Program Highlights

### CROSS COUNTRY

#### 2008

NYSCTC Championships - 3rd  
NCAA Atlantic Regional Championships - 8th

#### 2001

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

#### 2000

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

#### 1999

NCAA Division III Championships - 7th  
NCAA Atlantic Regional Championships - 2nd  
NYSCTC Championships - 2nd  
Liberty League Championships - 1st

#### 1998

NYSCTC Championships - 2nd  
Liberty League Championships - 1st

#### 1996

NYSCTC Championships - 2nd  
Liberty League Championships - 1st

#### 1995

NCAA Division III Championships - 21st  
NCAA Atlantic Regional Championships - 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 Division III 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	7.43	Muriel Schwinn '13	2/26/10
60m	8.25	Muriel Schwinn '13	12/5/09
55m Hurdles	8.64 (ht)	Chris Culver '85	2/26/83
200m	26.42	Alexandra Americanos '10	3/8/08
300m	44.34	Liz Wahl '10	12/5/09
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)
<b>Long Jump</b>	<b>18'2.25" (5.54m)</b>	<b>Muriel Schwinn '13</b>	<b>2/27/10</b>
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
<b>OUTDOOR</b>			
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, Cuniff '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
<b>Long Jump</b>	<b>5.33m</b>	<b>Muriel Schwinn '13</b>	<b>4/20/10</b>
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 2011-12 Schedule



### Cross Country

Sept. 10	Hamilton Short Course Meet	Noon
Sept. 17	SUNY Oneonta Airfield Invitational	11 a.m.
Oct. 1	SUNY Geneseo Invitational (at Letchworth State Park)	11 a.m.
Oct. 8	<b>Hamilton Invitational</b>	<b>11 a.m.</b>
Oct. 22	NYSCTC Championships (at St. Lawrence)	11 a.m.
Oct. 29	NESCAC Championships at Amherst	11 a.m.
Nov. 12	NCAA Atlantic Regional Championships (at St. Lawrence)	11 a.m.
Nov. 19	NCAA Division III Championships (at Lake Breeze GC; Winneconne, Wisc.)	TBA

### Indoor Track and Field

Dec. 3	Cornell Relays	10 a.m.
Jan. 21	<b>Hamilton Invitational</b>	<b>11 a.m.</b>
Jan. 28	Colgate Class of '32 Invitational	10 a.m.
Feb. 4	<b>Hamilton Invitational</b>	<b>11 a.m.</b>
Feb. 11	Cornell Invitational	9 a.m.
Feb. 18	RIT Invitational	9 a.m.
Feb. 24	<b>NYSCTC Championships at Hamilton</b>	<b>1 p.m.</b>
Feb. 25	<b>NYSCTC Championships at Hamilton</b>	<b>9 a.m.</b>
March 2-3	ECAC Division III Championships at New York City Armory	9 a.m.
March 9-10	NCAA Division III Championships at Grinnell College (Grinnell, Iowa)	TBA

### Outdoor Track and Field

March 22	RPI Invitational	11 a.m.
March 31	<b>Hamilton Invitational</b>	<b>11 a.m.</b>
April 7	Cornell Invitational	10 a.m.
April 14	University of Rochester Invitational	9 a.m.
April 21	<b>Continental Invitational</b>	<b>11 a.m.</b>
April 28	NESCAC Championships at Bates	9 a.m.
April 29-30	NYSCTC Multis at RPI	TBA
May 4	NYSCTC Championships at University of Rochester	2 p.m.
May 5	NYSCTC Championships at University of Rochester	9 a.m.
May 17-18	ECAC Division III Championships at RPI	10 a.m.