2011 Cross Country Awards

**NESCAC 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

**NYSCTC 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 Blackbum ’13
- Sam Dupuis ’13
- Scott Etkin ’14
- James Grebey ’12
- Todd Woodworth ’12
- Hashem Zikry ’13

**ECAC Indoor All-Conference**
- James Grebey ’12 (High Jump, T-5th place)

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

### Top Home XC Course Times

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**NESCAC 2011-12 Track & Field Awards**

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

**NESCAC 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 Blackbum ’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)

**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)
- 1997 - NESCAC Champions

1975 - New York State Champions

**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: blhull@hamilton.edu
- Mailing Address: 198 College Hill Road Clinton, NY 13323

**2012-13**

**All-Americans**

- Victor Morganthaler (Hammer Throw, 1984)
- Jon Schmeyer (Cross Country, 1975)
- Tom Carr II (Track and Field, 1971)
- Drew Ramsey (440-yard dash, 1966)

**Cross Country Awards**

- 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.
Head Coach Brett Hull

Brett Hull earned 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 earned 19 national championships during his career. Peter Kosgei ’11 was a nine-time All-American and Indoor track 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 cross country 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 ECAC all-conference track & field championships, and earned all-conference honors for his performance. Sadler made the Eastern College Track Conference (ECTC) all-academic 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 five times at regionals, including eighth in 1998, 2000 and 2007, and 10th twice. The program also finished 16th at the NCAA cross country championships in 2011. In each conference race, the team led by Will Tifft 

Coaching Staff

Jimmy Alexis
Senior, pole vault
Jacksonville, Fla./Samuel W. Wolfson Sr. HS
2012 T&F: Placed first in the 400m...at the NYSCTC outdoor championships...Sixth in the pole vault at the NYSCTC championships. 2011 T&F: Placed first in the pole vault at the NYSCTC indoor championships and earned all-conference honors...Earned Liberty League all-academic honors for a first place finish in the pole vault at the indoor championships...Liberty League field performer of the week (1/27, 2/7). 2010 T&F: Liberty League all-academic team. 2009 T&F: Liberty League Rookie of the Week (1/25). Finished fourth in the pole vault at the Liberty League Indoor championships. 2008 T&F: Finished sixth in the pole vault at the NYSCTC championships...Sixth in the pole vault at the NYSCTC championships.

Student-Athlete Profiles

Hashem Zikry
Senior
New York, N.Y./College School
2012 T&F: NYSCTC all-conference for outdoor 200m...NYSCTC winter and spring all-academic team. 2011 XC: NYSCTC all-conference third team...Liberty League all-academic team. Fifth in the 400m. Personal record of time 26.33 at the SUNY Oneonta Invitational (9/17). 2011 T&F: NYSCTC spring all-academic team...Liberty League all-academic team. 2010 XC: NYSCTC all fall and academic team.

Will Tifft
Junior, throws
Fairfield, Vt./Rivendell Academy
2012 T&F: Finished ninth in hammer throw with a mark of 42.10 meters at the NESCAC championships...Finished seventh in the 35-pound weight throw with a distance of 13.92 meters at the NESCAC indoor championships.

Sam Reider
Junior, sprints
Seligman, Mo./Bethlehem Central HS
2011 T&F: Placed first in the 400m at the NYSCTC indoor championships to earn all-conference honors...Earned Liberty League all-academic honors for finishing second in 400m at championship meet...Liberty League Rookie of the Week (1/27, 2/7, 2/28).

Outdoor 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. 22 NYSCTC Championships at Ithaca College 2 p.m.
Feb. 23 at Ithaca College 2 p.m.
March 1-2 2012 ECAC Division III Championships at New York City Armory 2 p.m.
March 8-9 NCAA Division III Championships at Rose-Hulman (Naperville, Ill.) 1 p.m.

Indoor Track and Field
March 30 Hamilton Invitational 10 a.m.
April 6 Nazareth Invitational 10 a.m.
April 13 NCAA Division III Championships
April 16 Hamilton Mid-Week Meet 10 a.m.
April 19-20 SUNY Cortland Invitational 10 a.m.
April 27 NYSCTC Championships at Tufts 5 p.m.
May 3 NCAA Division III Championships 5 p.m.
May 4 NYSCTC Championships at SUNY Brockport Invitational 10 a.m.
May 16-17 ECAC Division III Championships at Springfield College 2 p.m.
May 23-25 NCAA Division III Championships at Wisconsin-La Crosse

Track and Field Records

Cross Country
Sept. 15 Saratoga Short Course Meet 12:30 p.m.
Sept. 15 at Saratoga Invitational 10:45 a.m.
Sept. 22 Williams College Invitational Noon
Oct. 6 NYSCTC Championships Noon
Oct. 20 NYSCTC Championships Noon
Oct. 27 NYSCTC Championships Noon

Field Events
Nov. 10 at SUNY Brockport Regional Championships at Geneseo Valley Park; Rochester, N.Y. 11 a.m.
Nov. 17 at Rose-Hulman; Terre Haute, Ind. 11 a.m.

Schedule
December 10, 2012

Will Tifft, Hashem Zikry, and Sam Reider are some of the student-athletes highlighted in the report. They have achieved various levels of success, from All-American recognition to conference championships. The report also includes a section on Track and Field Records, detailing notable achievements in outdoor track and field events, such as personal and collegiate records. The schedule for the 2012-13 season is also provided, with events scheduled from September to May, covering both indoor and outdoor track and field competitions.