

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	18:35.6	Sarah Ohanesian	'14	10/6/12
6	18:40.3	Lainie Smith	'16	10/6/12
7	18:43.0	Annie Toth	'02	10/30/99
8	18:44.8	Meredith FitzPatrick	'11	10/6/07
9	18:52.8	Becky MacKenzie	'08	10/8/05
10	18:57.6	Jen McGowan	'08	10/9/04
11	18:58.1	Abby King	'11	10/10/09
12	19:01.6	Juliana Allport	'05	10/12/02
13	19:02.2	Liz Herring	'08	10/8/05
14	19:04.0	Emily Hill	'01	9/18/99
15	19:04.3	Allie Gurney	'14	10/6/12
16	19:04.4	Sarah Bardenett	'04	11/4/00
17	19:06.8	Perry Ryan	'12	10/11/08
18	19:13.0	Leslie Vars	'00	10/30/99
19	19:14/7	Hannah Lyons	'14	10/6/12
20	19:17.6	Margo Rockwell	'05	10/12/02

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

Senior, jumps and sprints

Auburn, Maine/Edward Little HS

Major: Neuroscience



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

2012 T&F: Named to the 2011-12 Capital One Academic All-District women's track & field/cross country team for District 3 by CoSIDA ... Made the NYSCTC all-conference indoor team for second place finish in long jump ... Member of the NESCAC winter and spring all-academic teams. **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.



Hannah Jaiven

Junior, pole vault

Holland, Mich./West Ottawa HS

Major: Chemistry

2012 T&F: Placed eighth in pole vault at NESCAC championships. **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.

Sarah Ohanesian

Junior, cross country/track & field

Saratoga Springs, N.Y./Emma Willard Sch.

Majors: Hispanic Studies, Psychology



2012 T&F: ECAC & NYSCTC all-conference for indoor 4x800m relay... NESCAC winter and spring all-academic team. **2011 XC:** NESCAC fall all-academic team. **2011 T&F:** NYSCTC all-conference for indoor 4x800m relay.

Student-Athlete Profiles



Hannah Lyons

Junior, cross country/track & field

Darien, Conn./Darien HS

Major: Biology

2012 T&F: Finished fifth in the 5000m at the NYSCTC indoor championships ... Finished eighth in the 3000m at the NYSCTC indoor championships ... NESCAC winter and spring all-academic team. **2011 XC:** NESCAC fall all-academic 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

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2012-13

Coaching Staff



Head Coach Ellen Hull

Ellen Hull is in her 20th season as head coach of the Hamilton women's cross country and track and field programs.

Hull 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 Track & Field Championships. Bond is one of five athletes Hull has coached to

14 All-America honors. Maggie Hanson '02 became Hamilton's first female national champion in any sport at the 2001 NCAA indoor meet, where she captured first place in the 5,000-meter run.

In cross country, Meredith FitzPatrick '11 qualified for the NCAA championships in 2007, and Abby King '11 earned all-region honors in 2009. 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 44 track and field events since Hull arrived in 1993. Academic excellence is also important to Hull. Eleven athletes were placed on 2011-12 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 second season as an assistant coach for the Hamilton cross country and track & field teams. Ostler coaches the hurdlers for the indoor and outdoor track & field teams. He was an assistant cross country and track & field coach at U-32 High School in Montpelier, Vermont, from 2009 to 2011. Ostler 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 NYSCTC all-conference performer for cross country in 2007. Ostler 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 team captain as a junior and a senior.

Jerry Tine

Track and Field Assistant Coach - Pole Vault/Horizontal Jumps

Jake Tyksinski

Track and Field Assistant Coach - Throws

Program Highlights

CROSS COUNTRY

<u>2008</u>
NYSCTC Championships - 3rd place
NCAA Atlantic Regional Championships - 8th
<u>2001</u>
NCAA Division III Championships - 9th
NCAA Atlantic Regional Championships - 2nd
Liberty League Championships - 1st
<u>2000</u>
NCAA Division III Championships - 15th
NCAA Atlantic Regional Championships - 3rd
NESCAC Championships - 3rd
Liberty League Championships - 1st
<u>1999</u>
NCAA Division III Championships - 7th
NCAA Atlantic Regional Championships - 2nd
NYSCTC Championships - 2nd
Liberty League Championships - 1st
<u>1998</u>
NYSCTC Championships - 2nd
Liberty League Championships - 1st
<u>1996</u>
NYSCTC Championships - 2nd
Liberty League Championships - 1st
<u>1995</u>
NCAA Division III Championships - 21st
NCAA Atlantic Regional Championships - 3rd

TRACK AND FIELD

<u>2009</u>
NCAA Division III Indoor Championships - 54th place
<u>2007</u>
NCAA Division III Indoor Championships - 46th
<u>2006</u>
Liberty League Outdoor Championships - 1st
<u>2002</u>
NCAA Division III Outdoor Championships - 47th
<u>2001</u>
NCAA Division III Outdoor Championships - 21st
NCAA Division III Indoor Championships - 16th
<u>2000</u>
NCAA Division III Outdoor Championships - 17th
NCAA Division III Indoor Championships - 30th
ECAC Division III Indoor Championships - 5th
Liberty League Indoor Championships - 1st
<u>1999</u>
Liberty League Outdoor Championships - 1st

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)
	Long Jump	18'2.25" (5.54m)	Muriel Schwinn '13	2/27/10
	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	13:21.03	Watkins '12, Hult '12, Boak '12, Choinski '15	3/31/12
	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	5.33m	Muriel Schwinn '13	4/20/10
	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 2012-13 Schedule



Cross Country		
Sept. 8	Hamilton Short Course Meet	Noon
Sept. 15	at Rensselaer	11:15 a.m.
Sept. 22	Williams College Invitational	12:45 p.m.
Oct. 6	Hamilton Invitational	11 a.m.
Oct. 20	NYSCTC Championships at Center Park; Fairport, N.Y.	11 a.m.
Oct. 27	NESCAC Championships at Bowdoin College	1 p.m.
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.
	at St. Lawrence Invitational	11 a.m.
Jan. 19	Hamilton Invitational	10 a.m.
Jan. 26	at SUNY Brockport Invitational	11 a.m.
Feb. 2	Hamilton Invitational	10 a.m.
Feb. 9	at RIT Tiger Invitational	4 p.m.
Feb. 15	NYSCTC Championships at Ithaca College	2 p.m.
Feb. 22	NYSCTC Championships at Ithaca College	10 a.m.
Feb. 23	ECAC Division III Championships at New York City Armory	2 p.m.
March 1-2	NCAA Division III Championships at North Central College (Naperville, Ill.)	1 p.m.
March 8-9		

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	
	NYSCTC Championships at St. Lawrence University	
May 4	ECAC Division III Championships at Springfield College	
May 16-17	NCAA Division III Championships at Wisconsin-La Crosse	
May 23-25		