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Cross Country/Track Guide

2018

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CCRI COMMUNITY COLLEGE OF RHODE ISLAND

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www.ccri.edu/athl

Ryan Pagliaro (far right) finishes off the final kick at the NJCAA Division III Cross Country Championships in November.

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ABOUT CCRI

The Community College of Rhode Island opened its doors in 1964 with 325 students in temporary space on Promenade Street in Providence as Rhode Island Junior College. Today, with four campuses throughout the state, CCRI enrolls an average of more than 15,000 credit students each semester, making it the largest comprehensive community college in New England. Thirty-three percent of its students identify themselves as part of a minority group, many of whom are the first in their families to attend college.

AT A GLANCE

Year founded: 1964

Locations: Warwick, Lincoln, Providence and Newport with satellite facilities in Providence and Westerly

Enrollment: 14,146

Nickname: Knights

Color: Green

Affiliations: National Junior College Athletic Association (NJCAA) Region XXI

Accredited by the New England Association of Schools and Colleges, CCRI offers more than 80 degree and certificate programs in the arts, business, computer studies, engineering, health sciences, human services, liberal arts and science departments taught by faculty who are experts in their field. Each year, Rhode Islanders fill more than 30,000 seats in our professional development, skill enhancement, job retraining and noncredit personal enrichment courses offered by CCRI's Center for Workforce and Community Education.

CCRI students are active participants in campus life and in the community. The college offers a varsity athletic program with sports and a diverse selection of student clubs and organizations, including student government. Annually, students, faculty and staff volunteer for a variety of Rhode Island nonprofit organizations, making life better for those less fortunate.

Since its inception, CCRI has graduated nearly 68,000 students, with 95 percent of them living and working in Rhode Island. The college is the No. 1 provider of nurses and other health care workers in the state. Annually, more than 1,000 CCRI students transfer to Rhode Island College and the University of Rhode Island to continue their education.

CCRI's tuition is the most affordable in Rhode Island. A full-time student pays about half, or less, of tuition and fees charged at any other college in the state. According to a recent survey given to exiting students, when graduates were asked, "Would you recommend CCRI to a friend or family member?" nearly 99 percent said yes. By preparing students for continued education or to enter the state's work force, the Community College of Rhode Island provides its students with the opportunity to change their lives and achieve their dreams.

MISSION OF THE CCRI ATHLETIC DEPARTMENT

The Community College of Rhode Island Department of Athletics, Physical Education and Recreation, an integral part of the curriculum, is dedicated to each physical education student and student-athlete. CCRI provides a high quality, nationally acclaimed and accredited program that promotes academic and athletic excellence. The college excels in sportsmanship, team play and competitive spirit while providing a strong academic foundation and support program.

CCRI ATHLETIC FACILITIES

Knight Campus
400 East Ave., Warwick

The CCRI Knight Campus is home to the Vincent A. Cullen Field House with four basketball courts, four tennis courts, three volleyball courts and a fully-equipped weight room. The men's and women's basketball teams play their home games on the center wood court. Athletic Department administration, coaches and staff have offices at this location.

The CCRI baseball team plays its home games at Harold "Whitey" Fell Field, named in honor of the college's former head baseball coach.

The Knight Campus has two additional outdoor fields for team practice and recreational use.

Flanagan Campus
1762 Louisquisset Pike, Lincoln

The CCRI Flanagan Campus has a field house with four basketball courts, four tennis courts, four volleyball courts, a six-lane swimming pool, an indoor track, a modern dance studio and a fully-equipped weight room. The women's volleyball team plays its home matches in the Flanagan Campus Field House. Athletic Department administration, coaches and staff have offices at this location.

The Flanagan Campus has several outdoor fields for team practice and competition as well as recreational use. The cross country team and the men's and women's soccer teams host their home meets and matches at this site.

Additional sites

Some CCRI teams play their home games at nearby off-campus locations. The softball team plays its home games at Winslow Park Field in Warwick and the golf team competes and practices at Cranston Country Club. The coed tennis team and the indoor and outdoor track teams travel to their opponent's site or a neutral site for matches.

For hours of operation of campus athletic facilities and more information, go to www.ccri.edu/athl/facilities.html.

CCRI'S STUDENT-ATHLETE ACADEMIC SUPPORT PROGRAM (SAASP)

The Student-Athlete Academic Support Program at the Community College of Rhode Island provides a support system for academic success in college. This mandatory program prepares student-athletes for transfer to four-year institutions where they can continue their education and athletic careers.

During the first semester of their freshman year, student-athletes are required to complete academic placement tests in reading, writing and mathematics and enroll in a one-credit CCRI student success course. The program requires student-athletes to attend two, one-hour study sessions each week during the semester, including the off-season, at the college's academic success centers. The Department of Athletics compliance officer schedules session times for each student-athlete and monitors their progress every five weeks during the semester. The program also provides daily academic advising, counseling and tutorials as well as transfer counseling.

Prospective student-athletes are encouraged to visit staff, coaches and advisors at CCRI's Warwick and Lincoln campuses to learn more about the program and the college's varsity teams. Call the Department of Athletics at 401-825-2114 for an appointment.

STUDENT-ATHLETES ACHIEVE ACADEMIC SUCCESS IN 2016–17

Many student-athletes were honored for their academic achievements in the 2016–17 academic year. One student-athlete earned scholarship to Mercyhurst University and one earned a scholarship to the University at Albany-SUNY. Another student earned a partial academic scholarship to Bryant University. Many others will be moving on to play sports at Division II and III schools.

In May, ten CCRI student-athletes and one alumnus (see photo) were recognized for their achievements during the Scholar-Athlete Awards Reception hosted by Speaker Nicholas A. Mattiello and the Rhode Island House of Representatives at the Rhode Island State House. These awards are given to exceptional student-athletes who are leaders on and off the field and have demonstrated success in academics and athletics.

A number of student-athletes will be transferring to four-year institutions like University of Massachusetts Dartmouth, Rhode Island College, University of Rhode Island, New Mexico Highlands University, Johnson & Wales University, Bryant University, University of Virginia, University at Albany-SUNY and Mercyhurst University.

Back row (L to R): Kevin Salisbury, Chairman Nicholas Mattiello and Edvaldo Ferreira. Middle row (L to R): alumnus Kevin Rooney, Tho Mith Chin, Josh Sandin, Piotr Szewczyk and Meghan Rocheleau. Front row (L to R): CCRI President Meghan Hughes, Billy Bostick, Courtney Sheridan, Kaitlin Murrin, Mackenzie Easterbrooks and Dylan Brooks.

WHERE ARE THEY NOW?

Dylan Brooks '17 accepted a full baseball scholarship to play at the University at Albany- SUNY.

Amanda LaCroix transferred to University of Massachusetts Dartmouth to play for her former CCRI coach Sam Amaral.

Edvaldo Ferreira '17 earned a full athletic scholarship to attend Mercyhurst University.

Madison Cooper will play softball at DIII powerhouse Johnson & Wales University.

Piotr Szewczyk '17 this athlete earned a partial academic scholarship and will attend Bryant University and try out for the soccer team

Meghan Rocheleau '17 will tryout for the golf team at Rhode Island College.

AN OVERVIEW OF CCRI ATHLETICS PAST AND PRESENT

The Community College of Rhode Island is home to one of the Ocean State's finest and most successful intercollegiate athletic programs. Since its inception in 1965, the CCRI program has long been considered a front-runner in New England community college and junior college athletic circles.

The basketball, baseball, tennis, volleyball, cross country, golf and soccer teams have all been nationally ranked. The 2002 women's soccer team captured the school's first national championship, while a number of other squads, including men's basketball and women's soccer, were national runners-up. With nearly 5,500 victories, 222 All-Americans, 127 Region XXI championships and 828 All-Region selections, CCRI leads the way among all New England community colleges.

Great coaching has been the key to CCRI's success. From the athletic department's humble beginnings in 1965, the school has always featured legendary coaches. From Hall of Fame athletic director and men's basketball coach Vin Cullen to baseball coaches Ken Hopkins, Whitey Fell and Art Pontarelli, tennis coach Ray Carr and volleyball coach Gail Davis, the tradition of great coaches and top-flight teaching has extended through the years and continues through the present day.

The college holds membership in the National Junior College Athletic Association and is an associate member of the National Collegiate Athletic Association.

CCRI fields intercollegiate men's teams in baseball, basketball, soccer, cross country, indoor and outdoor track and golf and intercollegiate women's teams in volleyball, basketball, cross country, indoor and outdoor track, soccer and softball. The college has a coed tennis team.

The Community College of Rhode Island has proven to be a steppingstone for many student athletes who have moved on to complete their academic and athletic careers at four-year colleges and universities throughout the nation.

Vin Cullen
Athletic Director
Men's basketball coach
1965–2002

Harold "Whitey" Fell
Baseball coach
1965–1982

Ken McDonald '90
Played at Providence; current head coach at Western Kentucky

Rheal Cormier '88
Pitched in the major leagues for 16 seasons

Jasmine Jennings '06
Competed for URI in track and field

Marvin Owens '06
Played for Rollie Massimino at Northwood

2016–17 ACADEMIC ALL-AMERICANS

First Team 4.0 GPA:

– Igor Almeida
Praia, Cape Verde

Second Team 3.80 – 3.99 GPA:

– Allison Lenox
North Kingstown, RI

– Tho Mith Chin
Battambang, Cambodia

Third Team 3.60 – 3.79 GPA:

– Piotr Szewczyk
Warsaw, Poland

– Isabella Rinne
Richmond, RI

– Edvaldo Ferreira
Praia, Cape Verde

– Tyler Boisclair
West Warwick, RI

Colin Cabral

Mike Dutka

Sherilyn Nicholas

Allison Lenox (center) and Saramarie Cerullo (far right)

Ryan Pagliaro (far right)

Jordan Barboza

Olivia Emerick

COACHING STAFF *for indoor track, outdoor track and cross country*

Gregg Cornell '84
Head Coach

CCRI alumnus **Gregg Cornell**, the school's longest-tenured coach, enters his 30th season as the cross country and outdoor track and field coach and his 17th as the indoor track coach since the latter program began in 2002. His drive, knowledge and teaching skills have combined to produce several standout athletes at the college.

During his career, Cornell has coached 12 NJCAA Division III All-Americans and more than 25 All-District runners. The men's team has placed in the top three at the Northeast District Meet five times and in the top 10 at the NJCAA Division III National Championship three times.

Cornell has been a runner for more than 30 years. As a student at CCRI, he was the college's first All-New England cross country runner in 1982 and was named to the All-New England team for two consecutive seasons. Cornell was a member of CCRI's first two New England title teams and was voted CCRI Athlete of the Year in the 1983-84 season. He is still recognized as one of the best runners in the college's history.

Cornell continued his running career at Bridgewater State University, where he earned Division III All-American honors in 1986 and was named Bridgewater State's Athlete of the Year in the 1986-87 season. His success carried over to marathons, and he became one of the state's best long-distance runners by winning the Cape Cod Marathon in 1995 and the Ocean State Marathon in 1991.

The college presented Cornell with the Distinguished Alumnus Award during the Rhode Island Legislative Scholar-Athlete Awards ceremony at the State House in April of 2010. He previously received special recognition in 1989 when he was inducted into the CCRI Athletic Hall of Fame.

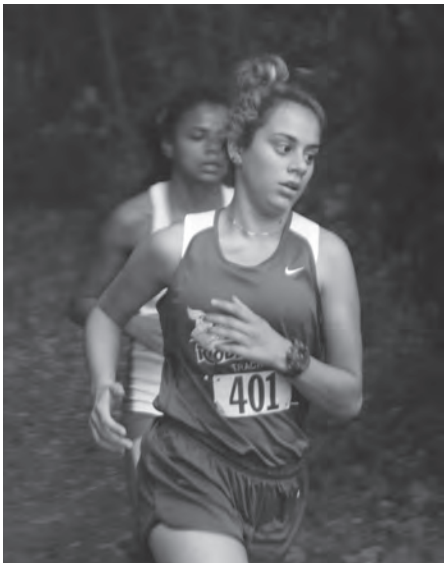
Hunter Stewart '07
Assistant Coach

Hunter Stewart, who competed for CCRI's cross country and indoor and outdoor track and field teams, will serve as assistant coach of the cross country squad for his eighth year.

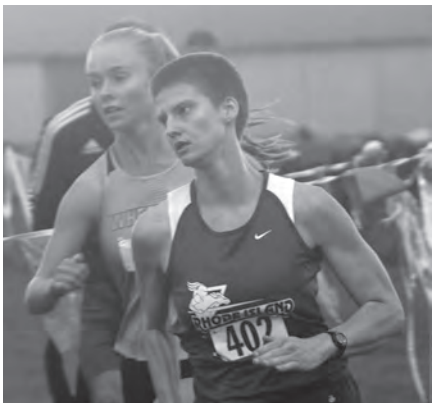
At CCRI, Stewart was a member of the 2005 Northeast District Championship cross country team and the first-ever CCRI indoor track Northeast District Championship team in 2006. He was the indoor track 600m district champion in 2006 and 2007, and the outdoor track 800m and 4x800m district champion in 2007. He also received All-District honors in cross country in 2006 and in the outdoor track 800m event in 2007. Stewart holds CCRI indoor track records in the 500m (1:08.75) and the 600m (1:25.15). He shares the 4x800m relay record (8:41.25) with Kevin White, Joe Hannon, and Bryan Galvin.

An excellent student, Stewart was a recipient of the Rhode Island Legislative Scholar-Athlete Award while at CCRI. He transferred to Rhode Island College to compete in all three running sports, earning All-Alliance/Little East honors as a junior and senior. As a senior, he was named captain and junior assistant coach of the cross country and indoor track teams. He graduated from RIC with a bachelor's degree in English in 2010. Stewart runs for the Providence Cobras racing and track and field teams.

Ryan Pagliaro



Saramarie Cerullo



Allison Lenox

CROSS COUNTRY RACES AT CCRI

Though a bit undermanned on both the men's and women's side, CCRI's cross country teams still celebrated a handful of career-best times by several runners this past season, culminating with a strong performance at the NJCAA Division III National Championships in November.

After opening the season on the road at UMass-Dartmouth and in Boston for the Codfish Bowl Invitation, CCRI returned home Sept. 30th to host the 2017 CCRI Tri-State Invitational with 10 area schools competing amongst one another. Highlighting a competitive performance for CCRI's runners, freshman **Ryan Pagliaro** (Smithfield, RI) placed fourth with a time of 28 minutes, 36 seconds in the 8K race, slightly behind overall winner **Joseph Santese** of Nichols College, who clocked in with a time of 28:08. CCRI's **Kelder Cardoso** (Pawtucket, RI) also ran well, placing 27th with a time of 30:47.

Allison Lenox (North Kingstown, RI) led the women with a time of 23:11 on the 5K course, placing 34th overall, while **Saramarie Cerullo** (Smithfield, RI) earned a 52nd-place finish with a time of 25:38. Salve Regina's **Olivia Wilson** won the race with a time of 19:43.32, just 19 seconds ahead of teammate **Alex Dimeo**. Salve won the overall team title in both the men's and women's races.

Later in the season, CCRI hosted the 2018 JUCO Northeast Invitational on Oct. 21st. **Cerullo** ran her best time of the year, clocking in at 24:22 in the 5K race and finishing 13th overall, while **Lenox** finished right behind her teammate in 14th place with a time of 24:43.

Pagliaro again led the men with a time of 29:24 on the 8K course, good enough for fifth overall behind winner Mike Dowd of Rowan College, who clocked in at 27:21. Cardoso placed eighth with a time of 30:51. Monroe College placed first overall in team competition in both the men's and women's races.

The Knights closed out the season with four runners racing at the National Championships at Holyoke Community College, led by **Pagliaro** finishing 18th among a competitive field with a career-best time of 27:29, saving his most efficient performance for the most important meet of the season. **Cardosa** also recorded a season-best time, finishing 94th overall with a time of 30:21.

Lenox continued the trend on the women's side with a season-best 22:59, good enough for 65th overall. **Cerullo** placed 82nd with a season-best time of 23:53.

2017 CROSS COUNTRY SCHEDULE

9/16	Sat.	UMass-Dartmouth Invitational	11 a.m.
9/23	Sat.	Codfish Bowl Invitational	11 a.m.
9/30	Sat.	Tri State Invitational	11 a.m.
10/13	Fri.	Emanuel College Saints Invitational	3 p.m.
10/21	Sat.	JUCO Northeast Championship	10 a.m.
11/4	Sat.	NJCAA D-III Championship	10 a.m.

2017–18 CROSS COUNTRY TEAM

Back row (L-R): Assistant Coach Hunter Stewart, Kelder Cardoso, Christian Jackson, Stephen Couture Jr., Head Coach Gregg Cornell; Front Row (L-R): Victoria Anderson, Allison Lenox

TEAM ROSTER

NUMERICAL ROSTER NAME	HGT.	CLASS	HOMETOWN
Men			
Cardoso, Kelder	5'7"	FR	Pawtucket, RI/Shea High School
Couture Jr., Stephen	6'1"	FR	North Kingstown, RI/Bishop Hendricken
Jackson, Christian	5'10"	FR	Providence, RI/Academy for Career Exploration
Pagliaro, Ryan	5'9"	FR	Smithfield, RI/Smithfield High School
Tapia, Alejandro	5'6"	FR	Providence, RI/Mount Pleasant High School
Women			
Cerullo, Saramarie	5'3"	FR	Smithfield, RI/Smithfield High School
Lenox, Allison	5'6"	FR	North Kingstown, RI/North Kingstown High School

ALL-TIME RECORDS

Cross Country All-Americans

WOMEN

Kristin Cox	1993 NJCAA	Second Team
Karen Niles	1995 NJCAA	Academic
Danielle Audette	1996 NJCAA	Honorable Mention
Erin Bailey	2003 NJCAA	First Team
Erin Bailey	2004 NJCAA	First Team
Saundra Barbosa	2004 NJCAA	Honorable Mention
Sherilyn Nicholas	2005 NJCAA	First Team
Jackie Hurteau	2010 NJCAA	First Team

MEN

Gregg Cornell	1982 NJCAA	First Team
Ken Skelly	1994 NJCAA	Honorable Mention
Joshua Smith	1996 NJCAA	Honorable Mention
Erik Russo	1997 NJCAA	First Team
Mike Daniels	1997 NJCAA	Honorable Mention
Arthur Entwhistle	1999 NJCAA	Academic
Tim Rudd	2000 CCCAA	Academic
Mike Basilico	2000 CCCAA	Academic
Ron Guenard	2005 NJCAA	Second Team
Ron Guenard	2006 NJCAA	Honorable Mention
James Sylvestre	2007 NJCAA	Second Team
James Sylvestre	2008 NJCAA	First Team
Bobby Allen	2011 NJCAA	First Team
Bobby Allen	2012 NJCAA	D-1 First Team
Kody Sankey	2016 NJCAA	Honorable Mention

Kody Sankey

CROSS COUNTRY NATIONAL RECORD

Bobby Allen (Cranston, RI) finished first in the NJCAA Division III Cross Country National Championship race in 2012. Allen ran an 8,000-meter course at Holyoke Community College in Holyoke MA, in an NJCAA-record time of 25 minutes, 23.46 seconds, giving him the win and First Team All-American honors.

NATIONAL CHAMPION

Bobby Allen	2012 NJCAA Division III First Team All-American

Ryan Pagliaro (No. 55) gets CCRI going at the start of the NJCAA Division III Cross Country Championships in November.

The women's teams begin the final race of the cross country season at November's NJCAA D-III Championships.

The women are off and running at this year's Tri-State Invitational, hosted by CCRI's Flanagan Campus.

The men's race kicks off at the 2017 Tri-State Invitational at CCRI's Flanagan Campus.

Jordan Barboza (far right)

2017–2018
INDOOR TRACK AND FIELD SCHEDULE

12/2	Sat.	UMass-Boston Winter Open	9:30 a.m.
12/9	Sat.	Rhode Island College Indoor Invitational	11 a.m.
1/21	Sun.	Greater Boston Track Club Indoor Open	10 a.m.
1/27	Sat.	Boston University Terrier Invite	10 a.m.
2/10	Sat.	Boston University Valentine Invite	10 a.m.

2017–18
INDOOR TRACK AND FIELD SEASON HIGHLIGHTS

Several CCRI student-athletes set personal bests and school records this season as both the Knights men's and women's indoor track and field teams competed against the region's best.

The Knights opened strong in their season debut at the UMass-Boston Winter Open on December 2nd with two of their eight runners placing among the top 25 in their respective events.

Sophomore **Allison Lenox's** (North Kingstown, RI) ninth-place finish in the 800m with a career-best performance of 2 minutes, 35.83 seconds highlighted the women's meet while **Cristian Figueroa** (Providence, RI) led the men with a time of 2:13.99, finishing 22nd overall.

Next up at the Rhode Island College Indoor Invitational, each CCRI runner finished with at least a personal best or season-best performance, led by **Lenox's** personal-best time of 1:43.42 in the 600m. **Victoria Anderson** (Manville, RI) ran a personal best in the 60m hurdles at 10.31 seconds.

On the men's side, **Kelder Cardoso** (Pawtucket, RI) finished fourth in the 800s with a time of 2:11.81 while **Dariel Santana-Baez** (Providence, RI) and **Alexander Mowry** (Warwick, RI) both recorded season-best finishes in the 60m dash at 7.76 seconds (43rd overall) and 7.85 seconds (47th), respectively.

Following the semester break, the CCRI team returned with a smaller, yet dedicated, roster and competed in three more events before preparing for the outdoor track and field season. The second half began January 21st at the Greater Boston Track Club Open with **Ryan Pagliaro** (Smithfield, RI) winning both of his heats in the mile run and the 800m. **Pagliaro's** time of 4:48.62 in the mile placed him 23rd overall and his finished 24th in the 800m with a time of 2:14.22.

The Lady Knights also fared well in Boston with **Anderson** finishing seventh in the 60m hurdles with a career-best time of 10.18 seconds. **Lenox** finished 11th in the 800m with a time of 2:36.87 and freshman **Courtney Ludovici** (Burrillville, RI) placed 18th in the shot put with a toss of 5.48m.

Six days later at the Boston University Terrier Invite, **Lenox** highlighted CCRI's afternoon with a career-best time of 1:20.6 in the 500m, earning her a 22nd-place finish. **Pagliaro** led the men at 142nd in the mile with a season-best time of 4:43.40.

Lenox also ended CCRI's Indoor Track season on a high note in the season finale at the Boston University Valentine Invite with a new school-record time of 1:20.12 in the 500m run, placing her 27th overall. Lenox broke the record of 1:20.53 set by **Sherilyn Nicholas** in 2005. For the men, **Pagliaro** ran a season-best in the mile, placing 292nd overall with a time of 4:39.01. **Mowry** placed 190th in the 200m with a season-best time of 24.76.

2017–18 INDOOR TRACK AND FIELD TEAM

Back row (L-R): Head Coach Gregg Cornell, Kelder Cardoso, Courtney Ludovici, Dariel Santana Baez, Alex Mowry, Assistant Coach Hunter Stewart; Front Row (L-R): Ryan Pagliaro, Kaitlin Murrin, Allison Lenox, Cristian Figueroa

TEAM ROSTER

NUMERICAL ROSTER NAME	HGT.	CLASS	HOMETOWN
Men			
Cardoso, Kelder	5'7"	FR	Pawtucket, RI/Shea High School
Figueroa, Cristian	5'4"	FR	Providence, RI/Juanita Sanchez
Michel, Teddy	5'9"	FR	Cranston, RI/Cranston High School East
Mowry, Alexander	5'10"	FR	Warwick, RI/Toll Gate High
Pagliaro, Ryan	5'9"	FR	Smithfield, RI/Smithfield High School
Rainey, Wayne	5'10"	SO	Hope Valley, RI/Chariho High School
Santana, Dariel	5'5"	SO	Providence, RI/Juanita Sanchez
Women			
Anderson, Victoria	5'3"	SO	Manville, RI/Lincoln High School
Cerullo, Saramarie	5'3"	FR	Smithfield, RI/Smithfield High School
Dias, Gabrielle	5'4"	FR	Coventry, RI/Coventry High School
Lenox, Allison	5'6"	SO	North Kingstown, RI/North Kingstown High School
Ludovici, Courtney	5'6"	FR	Burrillville, RI/Burrillville High School
Murrin, Kaitlin	5'1"	FR	Norton, MA/Norton High School

INDOOR TRACK RECORDS

WOMEN'S RECORDS

Event	Name	Mark	Year
55m	Michele Krol	7.76	2011
60m	Michele Krol	8.34	2011
55m H	Elisa Semedo	8.94	2005
60m H	Temi Oyekoya	10.04	2005
200m	Shenelle Teixeira	26.77	2014
400m	Haley Beausoleil	1:01.31	2014
500m	Sherilyn Nicholas	1:20.53	2005
600m	Sherilyn Nicholas	1:44.00	2006
800m	Sherilyn Nicholas	2:26.76	2006
1000m	Rachael Procter	3:28.47	2006
1500m	Lani Pollack	6:41.18	2005
Mile	Jackie Hurteau	5:40.03	2011
3000m	Jackie Hurteau	10:57.79	2011
5000m	Jackie Hurteau	19.31.73	2011
Shot	Ashley Noons	39'68"	2010
Weight	Amanda Kelley	51'25"	2008
TJ	Elisa Semedo	36'05.5"	2005
HJ	Sherilyn Nicholas	5'4"	2006
LJ	Elisa Semedo	16'09"	2005
PV	Haley Beausoleil	2.45m	2014
4x400	Johnson, Oyekoya Procter, Nicholas	4:33.16 1	2005

Jackie Hurteau

MEN'S RECORDS

Event	Name	Mark	Year
55m	Mario Miranda	6.3ht	2002
	Lawrence Aidoo	6.3ht	2004
	Blest Norris	6.49	2010
60m	Blest Norris	6.93	2010
55m H	Matthew Zompa	8.66	2004
60m H	Jordan Barboza	9.12	2013
200m	Blest Norris	22.26	2010
300m	Justin Dalton	37.98	2003
400m	Justin Dalton	51.56	2005
500m	Hunter Stewart	1:08.75	2006
600m	Hunter Stewart	1:25.15	2007
800m	Dan Duquette	1:58.00	2013
1000m	Bobby Allen	2:35.23	2013
1500m	Brian McGuire	4:26.87	2003
Mile	Bobby Allen	4:06.62	2013
3000m	Bobby Allen	8:29.27	2012
5000m	James Sylvestre 1	5:39.08	2008
Shot	Colin Cabral	41'09.75"	2014
Weight	Tim Phok	52'09.25"	2011
TJ	Jamaal Munir	40'08.5"	2006
HJ	Stephen Vasquez	6'8.75"	2013
LJ	Mario Miranda	22'03"	2002
PV	Garrett Grenier	3.35m	2011
Hepta.	Garrett Grenier	3,699pts.	2011
4x200	Jean-Louis, Lafleur Akinbi, Norris	1:37.11	2009
4x400	Miranda, McNamee McGill, VanderVoste	3:34.12	2002
4x800	White, Hannon, Galvin, Stewart	8:41.25	2/06
Distance Medley	Dormer, Dohoney, Maguire, Grenier	12:05.00	2011

Steven Vasquez

INDOOR TRACK ALL-AMERICANS

WOMEN

Jasmine Jennings	2004–05	Second Team-Weight Throw
Jasmine Jennings	2004–05	Coaches Association-Shot Put
Nicole Sauer	2004–05	Coaches Association-Weight Throw
Jasmine Jennings	2005–06	Second Team-Weight Throw

MEN

Michael Handy	2003–04	Distinguished Academic
Bobby Allen	2011–12	3,000m-National Champion
Bobby Allen	2011–12	Mile-National Champion
Bobby Allen	2012–13	3,000m-National Champion
Bobby Allen	2012–13	Mile-National Champion

During his career at CCRI, Bobby Allen won two indoor track national championships in the mile and 3,000m in addition to earning All-American honors.

Bobby Allen stills boasts school-record finishes in the mile run (4:06.62) and the 3,000m (8:29.27).

Jasmine Jennings

2018 OUTDOOR TRACK AND FIELD OUTLOOK

CCRI's men's and women's outdoor track and field teams hope to carry over their success from the indoor season and compete among the best at this year's NJCAA Division III National Championships in May despite fielding a smaller roster than their indoor teams.

Leading the charge for CCRI will be defending NJCAA Division III Triple Jump National Champion and First Team All-American Allison Lenox (North Kingstown, RI), who also qualified for the DIII National Championships last year in both the 400m and triple jump. Lenox hopes for a repeat performance in 2018 at the D-III National Championships at Mohawk Valley Community College.

Likewise, Victoria Anderson (Manville, RI) is gunning for a return trip to the DIII Championships after qualifying last year in the 100m and 400m hurdles, finishing fourth and ninth, respectively. Joining Lenox and Anderson is middle-distance specialist Saramarie Cerullo (Smithfield, RI) and thrower Courtney Ludovici (Burrillville, RI). Cerullo looks to qualify for the 800m at the DIII Championships while Ludovici hopes to qualify in the shot put.

On the men's side, the Knights will once again lean on middle-distance specialist Ryan Pagliaro (Smithfield, RI) and sprinter Alexander Mowry (Warwick, RI). Pagliaro hopes to improve his time in the mile and qualify as a serious threat the DIII Championships while Mowry is focusing on the 200m, where he steadily improved his time during the indoor season.

With a talented roster, CCRI could field several champions and medal-winners at this year's DIII Championships in May.

2018 OUTDOOR TRACK AND FIELD SCHEDULE

3/24	Sat.	Bridgewater State Univ. Bears Invitational	9 a.m.
3/31	Sat.	SNHU Spring Invitational	10 a.m.
4/7	Sat.	UMass-Dartmouth Corsair Classic	10 a.m.
4/14	Sat.	Penmen Relays	10 a.m.
4/21	Sat.	Eric Loeschner Memorial Invite	10 a.m.
4/29	Sun.	Yale Springtime Invitational	9 a.m.
5/10–5/12	Fri.–Sun.	NJCAA D-III Championships Hosted by Mohawk Valley Community College	

2017 OUTDOOR TRACK AND FIELD SEASON SUMMARY

CCRI's men's and women's track and field teams finished a strong 2017 season with five student-athletes qualifying or the NJCAA Division III National Championships at Howard Community College in May and one performer earning First Team All-American honors.

The Knights kicked off the spring at the UMass-Dartmouth Invitational in April with Lincoln Robinson (Stonington, CT) qualifying for the National Championships in his first meet with a time of 58.60 seconds in the 400m hurdles, good enough for fourth overall. Allison Lenox (North Kingstown, RI) qualified for the 400m on the women's side with a 10th-place finish in a time of 1 minute, 3.83 seconds. Victoria Anderson (Manville, RI) finished 11th in the hurdles with a National Championships-qualifying time of 17.98 seconds.

One week later at the Regis College Spring Classic, Justin Lucier (West Warwick, RI) placed fourth in the 200m with a qualifying time of 23.51 while Anderson qualified in the 400m hurdles with a time of 1:16.62. At the Fitchburg State Eric Loechner Invitational, Cristian Figueroa (Providence, RI) qualified for the 800m with a 14th-place time of 2:03.12.

CCRI closed the regular season April 30th at the Regis College Pride Invitational, where Lenox finished second in the triple jump with a leap of 34 feet (10.36m), ranking her at the top of the NJCAA D-III performance list, an impressive feat considering the meet was the first time Lenox jumped all season.

At the National Championships the following month, Lenox completed her remarkable spring with a first-place finish in the triple jump, leaping a total of 10.21m, eclipsing her previous season best and earning her First Team All-American honors. She became the first CCRI outdoor track athlete to earn All-American honors since Jackie Hurteau in 2011. Lenox also placed fourth in the 400m run with a season-best time of 1:02.19.

Anderson also performed well at the D-III Championships, placing fourth in the 100m hurdles with a season-best time of 17.16 and later finishing ninth in the 400m hurdles in 1:15.50.

Leading the way for the men, Figueroa ran a 2:02.74 in the 800m for a sixth-place finish, just a shade below his season-best time of 2:01.15 the previous day in the preliminaries. Robinson placed eighth in the 400m hurdles with a time of 1:01.62 despite falling down at the 300m-mark during the race. Robinson also ran a 57.08 the day before in the preliminaries. Lucier finished ninth in the 400m with a season-best time of 51.70 seconds and also placed 15th in the 200m dash with a time of 23.75.

2017–18 OUTDOOR TRACK AND FIELD TEAM

Back Row (L-R): Assistant Coach Hunter Stewart, Victoria Anderson, Saramarie Cerullo, Allison Lenox, Head Coach Gregg Cornell; Front Row (L-R): Mike Dutka, Alex Mowry

TEAM ROSTER

NUMERICAL ROSTER

NAME	HGT.	CLASS	HOMETOWN
Mens			
Mowry, Alexander	5'10"	FR	Warwick, RI/Toll Gate High School
Paglario, Ryan	5'9"	FR	Smithfield, RI/Smithfield High School
Dutka, Mike	5'6"	FR	Chepachet, RI/Ponaganset High School
Cardoso, Kelder	5'7"	FR	Pawtucket, RI/Shea High School
Women			
Anderson, Victoria	5'3"	SO	Manville, RI/Lincoln High School
Lenox, Allison	5'6"	SO	North Kingstown, RI/North Kingstown High School
Ludovici, Courtney	5'6"	FR	Burrillville, RI/Burrillville High School

Alicia Moran

Mike Dutka

Giovanni Colon

OUTDOOR TRACK AND FIELD RECORDS

MEN'S RECORDS

Event	Name	Mark	Year
100m	Dave Federico	10.5ht	1992
200m	Dave Federico	21.6ht	1992
400m	Kenneth Olivieri	49.09	2010
800m	Mike Daniels	1:55.44	1999
1,500m	Bobby Allen	3:54.45	2013
5,000m	Bobby Allen	14:34.08	2013
10,000m	Francisco Trejo	33:01.0ht	1998
3,000m	**Steeplechase**		
	Eric Russo	9:51.87	1998
110mH	Kevin White	15.82	2007
400mH	Kevin White	55.01	2007
4x100	Aidoo, McGill, Dalton, Estrada	43.37	2004
4x400	Dalton, Estrada, Hannon, Llewellyn	3:28.96	2005
4x800	Dalton, Estrada, Hannon, Llewellyn	8:19.08	2005
Shot	Darius Dziadkiewicz	48'4"	1996
Discus	Darius Dziadkiewicz	132'3"	1996
Hammer	Mark Piette	51.63m	2002
Javelin	Dennis Carley	174'1"	1997
Pole Vault	Carl Barton	13'6"	2001
TJ	Miguel Castillo	45'1.75"	1998
HJ	Dave Federico	6'10"	1992
LJ	Mark Wyman	22'6.5"	2001

WOMEN'S RECORDS

Event	Name	Mark	Year
100m	Michelle Krol	13.33	2011
200m	Jenny McCormack	26.48	2004
400m	Sherilyn Nicholas	58.44	2006
800m	Danielle Audette	2:27.0ht	1996
1,500m	Danielle Audette	5:00.89ht	1996
3,000m	Danielle Audette	11:09.90	1996
5,000m	Jackie Hurteau	19:11.53	2011
110mH	Elisa Semedo	15.67	2006
400mH	Elisa Semedo	1:05.89	2006
4x100	Cullen, Dellay, McCormack, Simas	54.43	2004
4x400	Proctor, Oyekoya, Semedo, Nicholas	4:16.90	2006
4x800	Nicholas, Bailey, Barbosa, Pollack	10:42.84	2005
Heptathlon	Sherilyn Nicholas	3702pts	2006
Shot	Ashley Noons	40' 9.37"	2010
Discus	Orlagh Cullen	42.09m	2003
Hammer	Jasmine Jennings	51.72m*	2005
Javelin	Haley Beausoleil	37.85m	2015
TJ	Mary Oyekoya	10.70m	2006
HJ	Sherilyn Nicholas	1.54m	2005
LJ	Elisa Semedo	5.26m	2006

**Division III NJCAA National Record*

Haley Beausoleil

Jasmine Jennings

OUTDOOR TRACK AND FIELD ALL-AMERICANS

WOMEN

Sara Johnson	1999-00	NJCAA	First Team-Hammer
Sara Johnson	2000-01	NJCAA	First Team-Hammer
Orlagh Cullen	2003	NJCAA	First Team-Discus
Orlagh Cullen	2003	NJCAA	First Team-Shot Put
Orlagh Cullen	2003	NJCAA	Second Team-Javelin
Orlagh Cullen	2003	NJCAA	Second Team-Hammer
Orlagh Cullen	2004	NJCAA	First Team-Hammer
Orlagh Cullen	2004	NJCAA	First Team-Discus
Jennifer Bento	2004	NJCAA	Second Team-Hammer
Jasmine Jennings	2005	NJCAA	First Team-Hammer
Jasmine Jennings	2005	NJCAA	First Team-Shot Put
Jasmine Jennings	2005	NJCAA	Honorable Mention-Javelin
Saundra Barbosa	2005	NJCAA	Second Team-5,000 meters
Sherilyn Nicholas	2005	NJCAA	Second Team-Heptathlon
Mary Oyekoya	2005	NJCAA	Second Team-100m Hurdles
Sherilyn Nicholas	2006	NJCAA	First Team-Heptathlon, 400 meters
Elisa Semedo	2006	NJCAA	First Team-Long Jump, 400m Hurdles
Michelle MacNamee	2006	NJCAA	First Team-Javelin
Elisa Samedo	2006	NJCAA	Second Team-100 meter Hurdles
Mary Oyekoya	2006	NJCAA	Second Team-Triple Jump
Mary Oyekoya	2006	NJCAA	Academic-3.68 GPA
Alison Peter	2006	NJCAA	Academic-3.68 GPA
TEAM AWARD	2006	NJCAA	Academic-3.15 GPA
Michelle McNamee	2006	NJCAA	First Team-Javelin
Michelle McNamee	2007	NJCAA	Second Team-Javelin
Amanda Kelly	2008	NJCAA	First Team- Javelin
Amanda Kelly	2008	NJCAA	Honorable Mention-Shot Put
Amanda Kelly	2008	NJCAA	Honorable Mention-Discus
Amanda Kelly	2008	NJCAA	Honorable Mention-Hammer
Ashley Noons	2010	NJCAA	First Team- Shot Put
Ashley Noons	2010	NJCAA	First Team- Hammer
Ashley Noons	2010	NJCAA	Second Team- Discus
Tiphani Comena	2010	NJCAA	Second Team-Triple Jump
Jackie Hurteau	2011	NJCAA	Second Team-10,000 meters
Jackie Hurteau	2011	NJCAA	Honorable Mention-5,000 meters
Allison Lenox	2017	NJCAA	NJCAA-First Team-Triple Jump

MEN

Erik Russo	1998	NJCAA	First Team-10,000 meters
Francisco Trejo	1998	NJCAA	Second Team-10,000 meters
Chris Charette	1998	NJCAA	Second Team-Javelin
Ekuudayo Osimboni	1998	NJCAA	Academic
John Viera	1999	NJCAA	Triple Jump
John Viera	1999	NTCAA	4x100 meter, Relay
Ryan Collins	1999	NTCAA	4x100 meter Relay
Mario Miranda	1999	NTCAA	4x100 meter Relay
Graham Ermer	1999	NTCAA	4x100 meter Relay
Mike Daniels	1999	NTCAA	800 meters
Ken Deblois	2003	NJCAA	Second Team-Hammer
Justin Dalton	2004	NJCAA	Second Team-400 meter Hurdles
Billy Kao	2004	NJCAA	Second Team-Javelin
Jaimaal Munir	2005	NJCAA	First Team-High Jump
Mike Dolan	2006	NJCAA	First Team-Hammer
Sarean Kao	2006	NJCAA	Second Team-Hammer
Jaimaal Munir	2006	NJCAA	Second Team-High Jump
Kevin White	2007	NJCAA	First Team-400 meter Hurdles
Kenneth Olivieri	2010	NJCAA	First Team-400 meters
Blest Norris	2010	NJCAA	Second Team-100 meters
Blest Norris	2010	NJCAA	Second Team-200 meters
Tim Phok	2011	NJCAA	First Team-Hammer
Bobby Allen	2012	NJCAA	First Team-1,500 meters

National Champion

Bobby Allen	2012	NJCAA	Second Team-5,000 meters
Bobby Allen	2013	NJCAA	Honorable Mention

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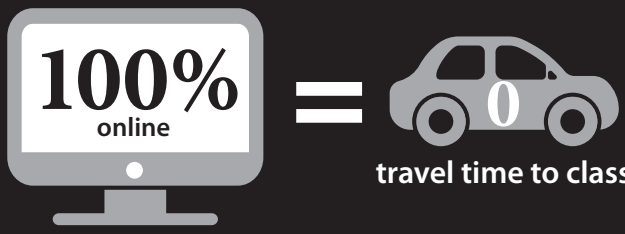

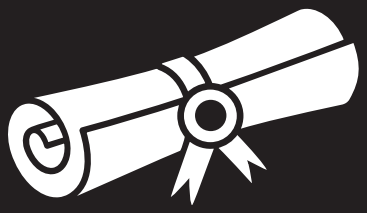

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