

# All-Time Outdoor RECORDS

## Shot Put

1. Edwin Arcaro '71	55` 0"	1971
2. Steve Hyder '83	54` 4"	1983
3. Eric Uliano '03	53` 11 1/4"	2003
4. Jan Stevens '99	53` 7 3/4"	1999
5. Vic Morency	52` 3 3/4"	2000

## Hammer

1. B.J. Cardoza '99	197` 11"	1999
2. Edwin Arcaro '71	190` 8"	1971
3. Dick Ward '63	183` 6"	1963
4. Rob Dalton '96	173` 7"	1996
5. Thomas Pirro '83	165`	1982

## Discus

1. Vic Morency '00	183` 9"	2000
2. Dennis Boisvert '73	182`	1973
3. Sean McDole '99	170` 9"	1998
4. Ronald Farber '85	161` 2"	1982
5. Mark Lefebure '96	157` 11"	1996

## Pre-1986 Javelin

1. James Shea '76	215` 1"	1976
2. Gil Sylvia '73	214` 10"	1972
3. Paul Derby '81	212` 8"	1978
4. Al Madonna '84	212`	1985
5. Rocco Petitto '71	209` 5"	1971

## Post-1986 Javelin

1. Vic Morency '00	229` 7"	1999
2. Chad Schwarz '01	210` 11"	2001
3. Mike Carr '05	209` 0"	2005
4. Jesse Austin '01	206` 1"	2001
5. Mike Antonio '05	193` 4"	2003

## Triple Jump

1. Ferde Adoboe '87	49` 1/4"	1987
2. Tom Gillams '75	48` 8 1/2"	1973
3. Tom Galligani '95	48` 5 1/2"	1995
4. Bob Adamson '76	48` 3 1/2"	1973
5. Mike Geraghty '75	48` 2 3/4"	1974

## Long Jump

1. Ken Adamson '77	23` 10 1/2"	1975
2. Bob Adamson '76	23` 6"	1974
3. John Medeiros '66	23` 5 1/2"	1966
4. Mike Geraghty '75	23` 5"	1974
5. Derek Swart '05	23` 4"	2004

## High Jump

1. Ryan Fortune '99	6` 8"	1997
Robert Skibiski '89	6` 8"	1987
Don Dowden '82	6` 8"	1979
Robert Fitzgerald '79	6` 8"	1976
Joseph Martens '78	6` 8"	1975

## Pole Vault

1. Ken Schneider '03	15` 9-1/4"	2003
2. Wes Shaw '02	15` 5-3/4"	1999
3. Albie Vasquez '99	14` 11"	1998
4. David Blakeslee '93	14` 6-1/4"	1992
5. Eric Gudman '77	14` 4"	1976

## 100-Yard Dash

1. Paul Metallo '73	9.4	1972
2. Toney Pendleton '73	9.6	1973
3. Six tied	9.8	

## 100 Meters

1. K. Frimpong-Boateng '04	10.30	2003
2. K. Frimpong-Boateng '04	10.42	2004
3. Adrian Zullo '03	10.43	1999
4. Tom Toyé '99	10.58	1999
5. Scott Price '98	10.70	1998

## 110-Meter Hurdles

1. John Wright '84	13.8	1983
2. Ben Baraldi '99	14.44	2000
3. Gerry Spellman '71	14.4	1970
4. Peter Famulari '76	14.6	1976
James Hennessey '74	14.6	1974
James Graves '71	14.6	1971

## 200 Meters

1. K. Frimpong-Boateng '03	20.9	2003
Steve Chase '68	20.9	1968
2. Scott Price '98	21.19	1998
3. Tom Toyé '99	21.22	1999
4. Tony Pendleton '73	21.5	1971
Dave Marble '71	21.5	1968

## 400 Meters

1. Marc Sylvander '01	47.30	2000
2. Joe Martens '78	47.2	1975
3. Hugh Reid '01	47.70	2001
4. Steve Brown '92	47.87	1990
5. Bob Hasselbaum '69	47.7	1969

## 400-Meter Hurdles

1. Mark Healy '78	52.9	1976
John Richards '78	52.9	1976
Gerry Spellman '71	52.9	1970
4. Curt Stegerwald '76	53.0	1975
5. Chris Nelson '77	53.3	1976

## 800 Meters

1. James Hunt '77	1:50.3	1977
2. David Evans '71	1:50.7	1971
3. Mark Themea '86	1:51.4	1984
4. Steve Brown '92	1:51.65	1992
5. John Keelan '85	1:51.8	1984

## 1,500 Meters

1. Steve Tolley '88	3:46.2	1986
2. Mark Themea '86	3:47.7	1986
3. Paul Beaulieu '82	3:48.34	1982
4. Steve MacDougall '80	3:48.73	1980
5. Tom Carleo '86	3:49.0	1984

## Mile

1. Chris Farmer '76	4:06.5	1976
2. Mike Quinn '79	4:08.0	1979
3. Paul Hoss '68	4:10.2	1968
4. Kyle Martin '80	4:10.4	1977
5. Jon Korhonen '05	4:10.47	2005

## 5,000 Meters

1. John Panaccione '86	13:52.0	1985
2. Mike Quinn '79	14:00.0	1979
3. Rick Dioron '83	14:09.5	1984
4. Randy Thomas '75	14:15.1	1974
5. John McGrail '77	14:16.5	1976

## 10,000 Meters

1. John McGrail '77	28:47.1	1977
2. Paul Segersten '74	30:02.9	1974
3. John Corso '91	30:15.45	1991
4. Gerry Squires '91	30:15.80	1991
5. Frank Prial '82	30:28.0	1981

## Steeplechase

1. Bill Gillin '75	8:44.6	1975
2. Tom Wilson '76	8:52.6	1976
3. Kevin McCusker '79	8:54.9	1978
4. Chet Mysliwicz '77	8:58.2	1978
5. Ryan Carrara '98	8:59.17	1998

## Decathlon

1. Todd Johnson '85	6,520	1984
2. Greg Mader '83	6,455	1983
3. Paul Doyle '94	6,174	1993
4. John O'Neil '04	6,115	2004
5. Andrew McCarron '05	6,065	2003

## 4x100-Meter Relay

1. T. Toyé '99	41.02	1997
C. Abbott '97		
N. Concepcion '99		
S. Price '98		
2. T. Toyé '99	41.09	1998
E. LaFlamme '99		
N. Concepcion '99		
S. Price '98		
3. T. Toyé '99	41.44	1999
A. Zullo '03		
N. Concepcion '99		
M. Harris '02		
4. T. Ortega '03	41.55	2001
H. Reid '01		
M. Harris '01		
K. Frimpong - Boateng '03		
5. T. Pendleton '71	41.7	1971
R. Harris '71		
W. Mayo '71		
D. Busa '71		

## 4x400-Meter Relay

1. T. Toyé '99	3:10.36	1998
N. Concepcion '99		
D. Cahill '98		
S. Price '98		
2. T. Toyé '99	3:11.59	1999
M. Sylvander '01		
M. Howell '02		
N. Concepcion		
3. T. Toyé '99	3:14.13	1997
S. Price '98		
C. Conner '98		
N. Concepcion '99		
4. T. Toyé '99	3:14.32	1997
S. Price '98		
D. Cahill '98		
N. Concepcion '99		
5. T. Toyé '99	3:14.57	1998
N. Concepcion '99		
D. Cahill '98		
S. Price '98		

**Bold** denotes current UMass athlete



**Kwesi Frimpong-Boateng**



**Vic Morency**



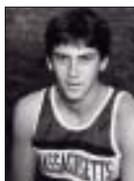
**Randy Thomas**



**B.J. Cardoza**



**Ferde Adoboe**



**John Panaccione**



**Ben Baraldi**



**Todd Johnson**



**UMASS**  
TRACK & FIELD  
Chris Farmer's 1976  
time of 4:06.5 still  
stands as the all-time  
mark in the outdoor  
mile at UMass.

# All-Time Indoor RECORDS

## Shot Put

1. Vic Morency '00	56' 11.5"	2000
2. Jan Stevens '99	53' 9 3/4"	1997
3. Steve Hyder '83	53' 2"	1983
4. Edwin Arcaro '71	52' 8 1/2"	1969
5. Dick Ward '63	52' 5 3/4"	1963

## 35 lb. Weight Throw

1. Dick Ward '63	61' 9 1/2"	1963
2. Vic Morency '00	60' 9 1/2"	2000
3. B.J. Cardoza '99	58' 4"	1999
4. Tom Pirro '83	54' 7"	1982
5. Steve Anderson '00	54' 3"	2000

## Triple Jump

1. Ferde Adoboe '87	48' 3"	1987
2. Mark Grasso '82	48' 1/2"	1983
3. Tom Galligani '95	47' 11 1/4"	1995
4. Andre Roach '99	47' 9"	1997
5. Mike Geraghty '75	47' 8 3/4"	1975

## Long Jump

1. Ken Adamson '77	23' 8 3/4"	1976
2. Bob Adamson '76	23' 5 3/4"	1976
3. Mike O'Neal '79	23' 1"	1979
4. John Johnson '94	23' 1/2"	1993
5. Toney Pendleton '73	23' 1/4"	1978

## High Jump

1. Joe Martens '78	7' 0"	1975
2. Stefan Russ	6' 9"	2000
3. Don Dowden '82	6' 8"	1978
4. Wes Shaw '02	6' 7"	1999
Ron Tauro '97	6' 7"	1996
Bob Fitzgerald '79	6' 7"	1977

## Pole Vault

1. Ken Scheider	15' 9"	2002
2. Wes Shaw '02	15' 3"	1999
3. Albie Vasquez '99	15'	1998
4. Paul Doyle '94	14' 6"	1994
Ben Vik	14' 6"	2000

## Pentathlon

1. Todd Johnson '85	3,514	1984
2. Greg Mader '83	3,484	1983
3. Paul Doyle '94	3,475	1993
4. Dave Borges '91	3,452	1991
5. Joe Kourafas '93	3,327	1991

## 55 Meters

1. K. Frimpong-Boateng '03	6.28	2004
2. Adrian Zullo '03	6.40	2000
3. Scott Price '98	6.41	1998
4. Steve Burrell '68	6.2	1968
Bill DeVarney '82	6.2	1980
Rawle Crichlow '87	6.2	1986

## 55-Meter Hurdles

1. John Wright '84	7.36	1982
2. Ben Baraldi '99	7.61	1997
3. James Graves '71	7.4	1971
Kurt Stegerwald '76	7.4	1975
5. Mark LeFever '67	7.5	1967
Geny Spellman '71	7.5	1970

## 200 Meters

1. Scott Price '98	21.46	1998
2. Tom Toye '99	21.60	1999
3. Adrian Zullo '03	22.03	2000
4. Stefan Russ	22.22	2000
5. Kevin Walters '93	22.37	1992

## 400 Meters

1. Tom Toye '99	48.27	1996
2. Neil Concepcion '99	48.51	1998
3. Rick Cady '81	48.63	1981
4. Marc Sylvander '01	48.85	2000
5. Steve Brown '92	49.23	1991

## 500 Meters

1. James Godhino '06	1:02.98	2005
2. Brian Osborne '84	1:03.83	1984
3. Neil Concepcion '99	1:04.06	1999
4. Steve Brown '92	1:04.17	1992
5. Hugh Reid '01	1:04.53	2000

## 600 Yards

1. Brian Osborne '84	1:11.09	1984
2. Steve Levine '73	1:12.1	1973
3. Steve Crimmin '74	1:12.3	1972
Francis O'Keefe '78	1:12.3	1978
5. Mark Healy '78	1:12.59	1978

## 800 Meters

1. Bill Stewart '88	1:52.58	1988
2. Paul Blodorn '98	1:52.71	1996
3. Steve Tolley '88	1:52.74	1987
4. James Hunt '77	1:52.8	1977
5. Steve MacDougall '80	1:53.52	1979

## 1,000 Yards

1. John Keelan '85	2:10.50	1984
2. Steve MacDougall '80	2:11.63	1978
3. Tom Carleo '86	2:12.20	1984
4. Dave Evans '70	2:12.1	1970
5. James Hunt '77	2:12.4	1977

## 1,000 Meters

1. Bill Stewart '88	2:24.46	1987
2. Steve Tolley '88	2:26.40	1987
3. John Keelan '85	2:26.4	1984
4. Tom Carleo '86	2:26.8	1984
5. Ethan Nedeau '96	2:27.16	1995

## 1,500 Meters

1. Paul Stanislawzyk '87	3:48.51	1986
2. Steve Tolley '88	3:50.3	1987
3. Bill Stewart '88	3:51.24	1986
4. Jan Novak '87	3:53.61	1987
5. Jack Marinelli '85	3:54.1	1985

## vMile

1. Paul Beaulieu '82	4:04.95	1981
2. Randy Thomas '75	4:08.2	1975
3. Jon Korhonen '05	4:08.50	2005
4. Bill Gillin '75	4:08.8	1975
Steve MacDougall '80	4:08.8	1980

## 3,000 Meters

1. Paul Stanislawzyk '87	8:08.11	1986
2. John Panaccione '86	8:11.3	1986
3. Mike Quinn '79	8:13.7	1978
4. Art Smith '91	8:15.97	1989
5. Rick Doiron '83	8:16.7	1983

## 5,000 Meters

1. Wayne Levy '87	14:21.6	1987
2. John Panaccione '86	14:23.7	1986
3. Rodney LaFlamme '84	14:25.8	1983
4. John Corso '91	14:29.3	1991
5. Gerry Squires '91	14:32.2	1989

## 4 x 400-Meter Relay

1. T. Toye '99	3:13.45	1998
N. Concepcion '99		
M. Sylvander '01		
S. Price '98		
2. T. Toye '99	3:13.75	1998
S. Price '98		
D. Cahill '98		
N. Concepcion '99		
3. N. Concepcion '99	3:13.97	1998
T. Toye '99		
M. Sylvander '01		
N. Concepcion '99		
4. T. Toye '99	3:15.22	1997
S. Price '98		
D. Cahill '98		
N. Concepcion '99		
5. T. Toye '99	3:15.89	1999
H. Reid '01		
M. Howell '02		
N. Concepcion '99		

## Distance Medley Relay

1. C. Farmer '76	9:48.6	1975
M. Healy '78		
B. Gillin '75		
R. Thomas '75		
2. C. Farmer '76	9:52.2	1975
B. Gillin '75		
M. Healy '78		
R. Thomas '75		
3. J. Hunt '77	9:52.4	1977
J. Richards '78		
F. Carroll '77		
C. Farmer '76		
4. J. Hunt '77	9:53.6	1979
G. Herman '79		
S. MacDougall '80		
M. Quinn '79		
5. J. Hunt '77	9:53.8	1979
R. Cady '81		
S. MacDougall '80		
M. Quinn '79		

## 4 x 800-Meter Relay

1. J. Hunt '77	7:32.2	1977
S. MacDougall '80		
M. Healy '78		
J. King '80		
2. M. Therna '86	7:35.6	1985
M. Schrebler '85		
C. Moburg '88		
B. Stewart '88		
3. T. White '86	7:36.3	1984
J. Novak '87		
T. Carleo '86		
J. Keelan '84		
4. B. Hunt '80	7:38.3	1978
K. Martin '80		
S. MacDougall '80		
S. Arnold '79		
5. S. MacDougall '80	7:38.6	1977
F. O'Keefe '78		
C. Farmer '77		
M. Healy '78		

Bold denotes current UMass athlete



Bill Stewart



Scott Price



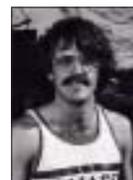
Wayne Levy



Joe Martens



Ryan Fortune



Mark Healy



John Keelan



Steve Tolley

**UMASS**  
CROSS COUNTRY

Edwin Arcaro holds the outdoor shot put record, is second in the hammer, and fourth in the indoor shot put all-time.

# UMass In The ATLANTIC 10

Outdoor Team Champions			
Year	Champion	Coach	UMass Finish
2005	Rhode Island	John Copeland	6th
2004	Rhode Island	John Copeland	3rd
2003	Rhode Island	John Copeland	3rd
2002	Rhode Island	John Copeland	2nd
2001	Rhode Island	John Copeland	2nd
2000	Virginia Tech	Russ Whitenack	T2nd
1999	Virginia Tech	Russ Whitenack	2nd
1998	Virginia Tech	Russ Whitenack	2nd
1997	Virginia Tech	Russ Whitenack	2nd

## Individual Outdoor Champions

2005	
Javelin	Mike Carr, 204' 9"

2004	
Triple Jump	Henry Smith, 46-10.25
Decathlon	John O'Neil, 6,115 points

2003	
100M	Kwesi Frimpong-Boateng, 10.30
200M	Kwesi Frimpong-Boateng, 20.90

2002	
100M	Kwesi Frimpong-Boateng, 10.71
Decathlon	John O'Neil, 5,796 points

2001	
400M	Hugh Reid, 47.95
4 x 100	41.55
Javelin	Jesse Austin, 196-5
Pole Vault	Ken Scheider, 13-9 1/4
Decathlon	Eric Peterson, 5,340 points

2000	
400M	Marc Sylvander, 47.30
Discus	Vic Morency, 182-6
Javelin	Vic Morency, 217-9

1999	
3,000M SC	Brendan Sullivan, 9:28.26
Discus	Vic Morency, 172-2
Javelin	Vic Morency, 229-7

1998	
5,000M	Ryan Carrara, 14:51.81
3,000M SC	Ryan Carrara, 9:17.95

1997	
100M	Scott Price, 10.87
4 x 100	41.57
Triple jump	Andre Roach, 47-6 1/2
Shot put	Jan Stevens, 52-9 1/4

**Bold** denotes current athlete

## All-Conference Outdoor Performers

2005	
Mike Carr	Javelin

2004	
Kwesi Frimpong-Boateng	100M
Derek Swart	Long Jump
Henry Smith	Triple Jump
John O'Neil	400M Hurdles, Decathlon

2003	
Kwesi Frimpong-Boateng	100M, 200M
Mike Carr	Javelin, High Jump
Ken Scheider	Pole Vault
Eric Uliano	Shot Put
John O'Neil	Decathlon

2002	
Kwesi Frimpong-Boateng	100M
Eric Uliano	Shot Put
Ken Scheider	Pole Vault
John O'Neil	Decathlon

2001	
Hugh Reid	400M
	4 x 100
	4 x 400
Jeff Jason	Shot Put, Discus
Jesse Austin	Javelin
Chad Schwarz	Javelin
Ken Scheider	Pole Vault
Eric Peterson	Decathlon
John O'Neil	Decathlon

2000	
Marc Sylvander	400M
Vic Morency	Discus, Javelin

1999	
Brendan Sullivan	3,000M SC
Vic Morency	Discus, Javelin

1998	
Ryan Carrara	5,000M, 3,000M SC

1997	
Scott Price	100M
	4 x 100-meter relay
Andre Roach	Triple Jump
Jan Stevens	Shot Put

## Indoor Team Champions

Year	Champion	Coach	UMass Finish
2005	Rhode Island	John Copeland	5th
2004	Rhode Island	John Copeland	5th
2003	La Salle	Charles Torpey	No Team
2002	Rhode Island	John Copeland	4th
2001	Rhode Island	John Copeland	4th
2000	Virginia Tech	Russ Whitenack	2nd
1999	Virginia Tech	Russ Whitenack	3rd
1998	Virginia Tech	Russ Whitenack	5th
1997	Virginia Tech	Russ Whitenack	4th
1996	La Salle	Charles Torpey	3rd
1995	West Virginia	Martin Pushkin	4th
1994	Cancelled due to weather		—
1993	West Virginia	Martin Pushkin	6th

## Individual Indoor Champions

2005	
800M	John Jacobson, 1:56.11
<b>4x800</b>	<b>7:53.57</b>
	John Jacobson, <b>Wes Jones</b> , <b>Kevin Murphy</b> , Dave McMenamy

2004	
55M	Kwesi Frimpong-Boateng, 6.36
4x400	3:20.31

2003	
No Team	

2002	
55M	Kwesi Frimpong-Boateng, 6.30

2000	
3,000M	Kevin Curtin, 8:29.93
High Jump	Stefan Russ, 6-9
Shot Put	Vic Morency, 56-11 1/2

1998	
Pole Vault	Alberto Vazquez, 14-9

1997	
4 x 400	3:17.77
Pole Vault	Alberto Vazquez, 14-9
Shot Put	Jan Stevens, 50-6 3/4

1995	
Triple jump	Thomas Galligani, 47-11 1/4

1994	
No Championship	

## All-Conference Indoor Performers

2005	
Joe McCormack	55M
John Jacobson	800M
Jon Korhonen	Mile
Sean Calicchio	Shot Put
John Jacobson, <b>Wes Jones</b>	<b>4x800</b>
<b>Kevin Murphy</b> , Dave McMenamy	

2004	
Kwesi Frimpong-Boateng	55M
4x400 Team	

2003	
No Team	

2002	
Kwesi Frimpong-Boateng	55M
Eric Uliano	Shot Put
Kevin Curtin	3,000M
Mike Pieck	5,000M
Henry Smith	Triple Jump

2001	
Marc Sylvander	400M
David Greco	Long Jump

2000	
Kevin Curtin	3,000M
Vic Morency	Shot Put
Stefan Russ	High Jump

1998	
Alberto Vazquez	Pole Vault

1997	
4 x 400 Team	
Alberto Vazquez	Pole Vault
Jan Stevens	Shot Put

1995	
Thomas Galligani	Triple Jump

1994	
No Championship	

**Bold** denotes current UMass athlete



Mike Carr



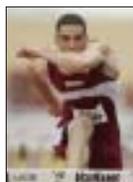
Tom Galligani



John Jacobson



Joe McCormack



John O'Neil



Henry Smith

**UMASS**  
TRACK & FIELD

Tom Toge holds the indoor 400 meters record and helped set three relay records.

# Cross Country YEARLY FINISHES

## 1980

1. Rutgers	19
2. UMass	55
3. Rhode Island	85
4. Pittsburgh	97
5. West Virginia	109
6. St. Bonaventure	188
7. Duquesne	205

## 1981

1. Rutgers	24
2. West Virginia	62
3. UMass	67
4. Rhode Island	84
5. Pittsburgh	150
6. St. Bonaventure	188
7. Duquesne	191

## 1982

1. Penn State	30
2. Saint Joseph's	57
3. Rutgers	80
4. West Virginia	85
5. UMass	116
6. Rhode Island	134
7. Temple	199
8. St. Bonaventure	254
9. Duquesne	264

## 1983

1. West Virginia	17
2. Penn State	55
3. Saint Joseph's	84
4. UMass	105
5. Rutgers	105
6. Temple	181
7. Duquesne	204

## 1984

1. West Virginia	15
2. Penn State	42
3. Saint Joseph's	89
4. UMass	106
5. Temple	135
6. Rutgers	160
7. Rhode Island	208

## 1985

1. West Virginia	30
2. Penn State	61
3. UMass	81
4. Saint Joseph's	91
5. Rhode Island	130
6. Rutgers	148
7. Temple	153
8. St. Bonaventure	259

## 1986

1. Penn State	27
2. West Virginia	58
3. UMass	68
4. Saint Joseph's	103
5. Rutgers	135
6. Rhode Island	158
7. St. Bonaventure	214
8. Duquesne	236

## 1987

1. Penn State	21
2. UMass	54
3. Rutgers	86
4. West Virginia	95
5. Saint Joseph's	107
6. St. Bonaventure	200
7. Rhode Island	220
8. Duquesne	227

## 1988

1. Penn State	25
2. UMass	36
3. West Virginia	84
4. Rutgers	122
5. Rhode Island	155
6. St. Bonaventure	198
7. Duquesne	207

## 1989

1. Penn State	19
2. West Virginia	64
3. UMass	71
4. Saint Joseph's	101
5. Rhode Island	144
6. Rutgers	144
7. St. Bonaventure	225
8. Duquesne	243

## 1990

1. Penn State	19
2. Saint Joseph's	64
3. UMass	65
4. West Virginia	84
5. Rutgers	148
6. Rhode Island	207
7. Duquesne	213
8. St. Bonaventure	226

## 1991

1. West Virginia	34
2. UMass	62
3. Rutgers	90
4. Rhode Island	93
5. Saint Joseph's	101
6. Duquesne	131
7. George Washington	190
8. St. Bonaventure	248

## 1992

1. Saint Joseph's	29
2. West Virginia	48
3. UMass	61
4. Rutgers	119
5. George Washington	140
6. Rhode Island	160
7. St. Bonaventure	217

## 1993

1. West Virginia	24
2. Saint Joseph's	55
3. UMass	72
4. George Washington	115
5. Duquesne	117
6. Rutgers	132
7. St. Bonaventure	214
8. Rhode Island	inc.

## 1994

1. West Virginia	35
2. UMass	73
3. Saint Joseph's	75
4. Duquesne	115
5. George Washington	123
6. Rutgers	140
7. Rhode Island	175
8. St. Bonaventure	255

## 1995

1. UMass	42
2. Virginia Tech	60
3. Saint Joseph's	61
4. La Salle	107
5. Dayton	145
6. George Washington	189
7. Duquesne	201
8. Fordham	202
9. Xavier	217
10. Rhode Island	295
11. St. Bonaventure	343

## 1996

1. Virginia Tech	28
2. Saint Joseph's	58
3. UMass	62
4. La Salle	110
5. Dayton	153
6. Rhode Island	180
7. George Washington	203
8. Fordham	213
9. Duquesne	213
10. Xavier	223
11. St. Bonaventure	362

## 1997

1. Virginia Tech	19
2. La Salle	67
3. Saint Joseph's	84
4. Rhode Island	139
5. UMass	144
6. Dayton	163
7. Duquesne	174
8. George Washington	183
9. Fordham	220
10. Xavier	279
11. St. Bonaventure	326

## 1998

1. Saint Joseph's	29
2. Virginia Tech	69
3. La Salle	92
4. Rhode Island	103
5. UMass	157
6. Dayton	172
7. Duquesne	180
8. Fordham	181
9. George Washington	224
10. Xavier	283
11. St. Bonaventure	338

## 1999

1. La Salle	35
2. Virginia Tech	70
3. Saint Joseph's	94
4. UMass	137
5. Rhode Island	156
6. Duquesne	158
7. Fordham	196
8. Dayton	197
9. Xavier	217
10. George Washington	224
11. St. Bonaventure	360

## 2000

1. Saint Joseph's	27
2. La Salle	44
3. Duquesne	75
4. UMass	89
5. Rhode Island	155
6. Fordham	165
7. Dayton	174
8. George Washington	188
9. Xavier	261
10. St. Bonaventure	261

## 2001

1. La Salle	16
2. Saint Joseph's	52
3. UMass	80
4. Duquesne	99
5. George Washington	174
6. Fordham	175
7. Dayton	191
8. Richmond	224
9. Rhode Island	244
10. Xavier	257
11. St. Bonaventure	365

## 2002

1. LaSalle	19
2. Saint Joseph's	69
3. Duquesne	80
4. Dayton	135
5. George Washington	157
6. UMass	158
7. Xavier	179
8. Richmond	180
9. Fordham	240
10. Rhode Island	299
11. St. Bonaventure	341

## 2003

1. La Salle	29
2. Saint Joseph's	68
3. Duquesne	109
4. Richmond	112
5. Dayton	117
6. George Washington	184
7. UMass	191
8. Xavier	198
9. Rhode Island	218
10. Fordham	235
11. St. Bonaventure	362

## 2004

1. La Salle	49
2. Duquesne	57
3. Xavier	106
4. Richmond	143
5. UMass	146
6. Fordham	159
7. Dayton	176
8. Saint Joseph's	193
9. Rhode Island	219
10. George Washington	259
11. St. Bonaventure	354

## Atlantic 10 Cross Country Champions

Year	Team Champion	Score	Individual Champion	Time
2004	La Salle	24	John Ciccarella (UR)	25:30
2003	La Salle	29	Andre Laboy (SJU)	24:46.7
2002	La Salle	19	Todd Witzleben (LAS)	25:22
2001	La Salle	16	Todd Witzleben (LAS)	25:00.3
2000	Saint Joseph's	27	Karl Savage (SJU)	24:52
1999	La Salle	35	Chris Seaton (VT)	25:01.0
1998	Saint Joseph's	29	John Williams (SJU)	25:13
1997	Virginia Tech	19	Matt Zacharias (VT)	25:34.7
1996	Virginia Tech	28	Matt Byrne (SJU)	25:24.7
1995	Massachusetts	42	Matt Byrne (SJU)	25:23.54
1994	West Virginia	35	Mike Dudley (WVU)	25:15
1993	West Virginia	24	Bob Donker (WVU)	26:08.91
1992	Saint Joseph's	29	Bob Donker (WVU)	25:05.82
1991	West Virginia	34	Bob Donker (WVU)	25:37.32
1990	Penn State	19	Mark Wimmer (PSU)	25:18.4
1989	Penn State	19	Jeff Novak (PSU)	25:18
			Doug Walter (PSU)	
1988	Penn State	25	Brian Laird (PSU)	24:48.6
1987	Penn State	21	Eric Carter (PSU)	24:46
1986	Penn State	27	Eric Carter (PSU)	23:51
1985	West Virginia	30	Jean-Pierre Ndayisenga (WVU)	23:42.7
1984	West Virginia	15	Jean-Pierre Ndayisenga (WVU)	25:13.5
1983	West Virginia	17	Steve Taylor (WVU)	25:51
1982	Penn State	30	Jeff Adkins (PSU)	26:04.7
1981	Rutgers	24	Jim Casey (RU)	31:32
1980	Rutgers	19	Tony Uzwiak (RU)	24:38
1979	Villanova	23	Kip Korir (VU)	25:49.2
1978	Penn State	28	Sydney Maree (VU)	25:19.0



John Keelan holds the UMass indoor 1,000 meter record (2:10.50) which he set in 1984.

# Hall Of Fame MEMBERS



## Michael QUINN CLASS OF '79

Michael Quinn was a four-year member of the UMass cross country and track and field teams from 1975-1979. He earned All-America honors in cross country in both 1976 and 1977, while qualifying for the NCAA Championship five times in his career (three times in cross country and twice for the 5,000 meters in outdoor track).

A six-time All-Yankee Conference selection, Quinn captured individual cross country titles at the league championship meets in 1976, 1977 and 1978, while leading UMass to team titles every season. He also captured the Yankee Conference title in the indoor mile run in 1979, and was third in the indoor two mile (1976) and third in the outdoor three mile (1976).

A four-time All-New England selection, Quinn was the New England outdoor 5,000-meter run champion in 1979 and finished second at the 1976 New England cross country meet. A six-time All-IC4A performer, his best finish was third in the 5,000 at the 1979 IC4A outdoor meet. Quinn captained the UMass cross country team as a junior and senior, and led the program to NCAA appearances as a team both years.

Quinn still has times which rank among UMass' all-time top performances in the outdoor mile run (second), the 5,000 meters (second) and three mile (third), while owning the school's second-best indoor mile time and third best 3,000 meter mark. He also anchored distance medley relay teams that own the fourth and fifth-fastest times in school history.

Following his time at UMass, Quinn went on to compete in numerous international competitions around the world. He recorded first-place finishes in both the 1984 Hong Kong International and Hong Kong national cross country championships, and the 1985 Hong Kong national cross country championship. He is currently employed by Nike in Beaverton, Ore., where he serves as the company's director of product creations for the women's footwear division.



## John THOMAS CLASS OF '75

A four-time letterwinner in both cross country and track and field, John Thomas competed at UMass from 1972-75, captaining the team to four Yankee Conference championships, the 1973 New England title, and the 1974 IC4A championship. The IC4A title was the first by a New England school in over 30 years.

He won seven Yankee Conference titles, winning the 1972 cross country title, the one-mile from 1972-74, and the two-mile from 1973-75. He was the New England champion in the three-mile in 1975.

He was named All-East in both cross-country and track and field during his junior and senior years.

In 1973, he led UMass to a 15th place finish at the NCAA cross country championship, and he led the 1974 squad to an eighth place finish at that same meet. In 1974, he became UMass' first All-American in cross-country.

After his time at UMass, Thomas continued his track career. He set world records in 10-mile running and in 30k running. He set an American record in the half marathon. In 1978, he finished fifth in the Boston Marathon with a time of 2:11.25.

Thomas earned three trips to the U.S. Olympic team's marathon trials (1980, '84, '88) finishing fifth in 1980 and tenth in 1988. He was inducted into the UMass Athletic Hall of Fame in 1982.



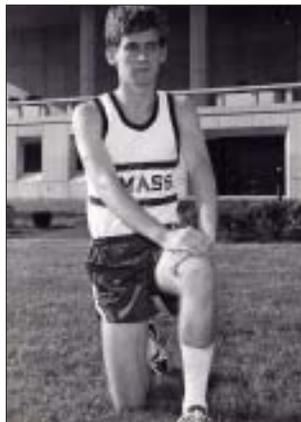
## All-AMERICANS



**Stetson Arnold**  
Cross Country, 1977



**William Guillin**  
Cross Country, 1974



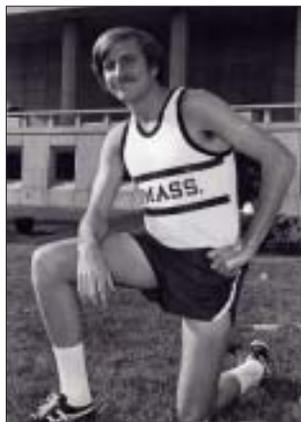
**John McGrail**  
Cross Country, 1975



**Vic Morency**  
Javelin, 1999



**Michael Quinn**  
Cross Country, 1976, 1977



**John Thomas**  
Cross Country, 1974

**UMASS**  
TRACK & FIELD  
John Thomas is one  
of the most  
decorated cross  
country/track athletes  
in UMass history.