

Track and Field at Trinity

A fifth-place finish at the 2008 New England Indoor Track and Field Championships highlighted another strong year for the Trinity College men's track and field squad. A number of talented athletes, led by senior captain **Hunter Norte**, in the distance and steeplechase, and junior captains **Alex Baillargeon**, in the middle distance, **Bill Monahan**, in the hurdles, and **Zach Lusk**, in the throws, should propel the Bantams to another strong finish in 2008-09.

Norte holds the program's all-time record in the steeplechase and has the ability to qualify for Nationals in the distance events, while classmate **Sam Moorhead** was an All-American in the 800 meters in 2007 and a national qualifier in the 1,500 meters last spring. Moorhead, Baillargeon, and sophomore **Brendan Powers** make up three-fourths of Trinity's All-American indoor distance medley relay squad, while Baillargeon and Powers. Both Baillargeon and Powers have scored points in Championship meets and Powers is the reigning indoor 800-meter champion, while sophomore **Wesley Halstead** won the 2008 indoor 5,000-meter title.

Monahan is a scoring threat in the 400-meter hurdles, while junior **Sam Pegram** cleared the College's all-time record distance with an All-ECAC performance in the long jump. Lusk, who excels in the hammer throw, and sophomore **Mike Goulet**, who scored at Championship meets in both the shot put and the discus, give the Bantams a pair of top-notch throwers.

The 2007-08 season was another productive one for the Trinity College women's track and field teams, as the Bantams finished 14th in the NCAA Division III New England Indoor Championships. Senior co-captain and NESCAC All-Academic selection **Alison Lemire** has been an all-New England honoree in the middle distance events during her career, while sophomore co-captain **Rachel Lynch** is a tremendous leader and a scoring threat in the hammer throw.

Lynch and classmates **Laura Komarek**, who set new Bantam records in both the shot put and the discus while collecting numerous points at championship meets, and Monete Johnson make throwing a position of strength for the Bantams. Lemire and junior **Giselle Harrington** are solid in the middle distance and distance events, and junior **Amelia Shister** showed promise as a sprinter in her first season on the squad.



Welcome to the Trinity College track and field program as we prepare for another successful season. Track and field at Trinity begins in November with an indoor season that concludes in March. The outdoor season, which overlaps with the indoor season, begins in February and concludes in late May at the Division III National Championships. The College has an all-weather, eight-lane track that is the site for both college and high school track meets.

Head Coach **George Sutor**, who is also Trinity's cross country coach, works closely with the distance competitors. Sutor is supported by an experienced and knowledgeable staff. **Kristina Miner**, also an assistant cross country coach, oversees the distance runners. **Brian Hartley**, a former Temple University assistant, enters his second season with the Trinity throwers. **Bill Kelleher**, the former head coach at the University of Connecticut, lends his technical expertise to the jumps, while **Michael Pilger** and **Denver Williams** work with the sprinters.

Trinity's track and field program continues to grow and develop. The coaching staff seeks to gradually develop each athlete through workout programs that are structured to meet the needs of each individual. This approach has resulted in 36 athletes qualifying for the NCAA Championships in the past seven seasons.

The program is looking for athletes who love the sport, who have the desire to compete, and who are willing to work hard over four years. Led by one of the elite coaching staffs in Division III track, Trinity athletes have every opportunity to excel.

Indoor Track and Field Records

Name	Time/Score	Year	Event
Sean Langton (Men)	6.63	2007	55 meters
Mike Campanella			
James Porter		2001	
Michelle Miller (Women)	7.60	1997	
Justin Harris	22.46	2007	200 meters
Amanda Rival	26.92	2000	
Sean Langton	50.49	2004	400 meters
Kristi Wallin	1:00.34	2005	
Ryan Bak	1:51.55	2003	800 meters
Kristina Miner	2:13.94	2005	
Ryan Bak	2:27.42	2003	1,000 meters
Christina Kane	3:00.83	2003	
Ryan Bak	4:01.45	2003	Mile
Thania Benios	4:55.11	1999	
Ryan Bak	8:19.48	2003	3,000 meters
Elizabeth Brown	10:14.21	2004	
Ryan Bak	14:18.99	2003	5,000 meters
Elizabeth Brown	17:38.12	2004	
Elijah Heckstall	8.21	2006	55 m HH
Amanda White	8.47	2006	
Houston Gossett	21'06.75"	2005	Long Jump
Jerod Bullock		2004	
Amanda Rival	17'06.00"	2001	
Taylor Frank	44'0.00"	1996	Triple Jump
Jen Villa	34'10.50		
Steve Logan	6'8.50"	1991	High Jump
Amanda Rival	5'06.00"	2001	
Josh Griffis	47'08.50"		Shot Put
Ashley Yanyac	35'07.25"		
Alvin Chon	51'10.75"	2004	Weight Throw
Beth Doran	45'00.25"		
Oliver Page	14'03.25"	2001	Pole Vault
Amber Smith	6'06.00"	2002	
Men	3:25.63	2004	4x400 meters
(Chris Orr, Lewis Evans, James Porter, Sean Langton)			
Women	4:17.98	2003	
Men	7:39.39	2008	4x800 meters
(Matt Anderson, Alex Baillargeon, Sam Moorhead, Brendan Powers)			
Women	9:22.76	2005	
(Amanda Williams, Kristina Miner, Christina Kane, Haley McConaghy)			
Men	9:59.18	2008	DMR
(Matt Anderson, Alex Baillargeon, Sam Moorhead, Brendan Powers)			
Women	11:57.03	2004	
(Kristina Miner, Haley McConaghy, Karen Roy, Christina Kane)			
Chris Orr	3,461	2006	Pentathlon
Amanda Rival	3,310	2001	

Outdoor Track and Field Records

Name	Time/Score	Year	Event
Olufemi Obi (Men)	6.20 (yds)	1983	55 meters
Kay McGowan (Women)	7.76	1988	
J. R. Faget	10.94	1996	100 meters
Ron Duckett	9.60 (yds)	1973	
Michelle Miller	12.49	1996	
Olufemi Obi	21.44*	1985	200 meters
Michelle Miller	25.88	1996	
Scott Isaac	47.25	1988	400 meters
Rhenita Brade	57.75	2008	
Sam Moorhead	1:52.41	2006	800 meters
Marisa Eddy	2:14.27	2001	
David Barry	2:11.8 (yds)	1984	1,000 meters
Meredith Lynch	2:49.9 (yds)	1987	
Ryan Bak*	3:44.61	2003	1,500 meters
Yolanda Flamino	4:34.98	1999	
Jon Drappi	8:58.45	2002	3,000 meters
Yolanda Flamino	10:02.36	1999	
Ryan Bak	14:00.53	2003	5,000 meters
Elizabeth Amrien	17:17.00	1983	
Jim Emord	30:32.63	2003	10,000 meters
Yolanda Flamino	35:41.66	1999	
Greg Hill	8.06	1986	55 m HH
Women	-----	-----	
Greg Hill	15.14	1987	110 m HH
Amanda White	14.57	2007	100 m HH
Chris Orr	52.94	2006	400 m IH
Jesse Brewer	53.10 (yds)	1967	
Elizabeth McKay	1:05.18	1985	
Hunter Norte	9:11.89	2007	Steeplechase
Christina Kane	11:22.65	2002	
Sam Pegram	22'11.25"	2008	Long Jump
Christine Siegfried	17'3.25"	1993	
Ray Jones	47'50"	1995	Triple Jump
Beth Landry	36'08.50"	2000	
Jen Villa		2002	
Ben Goss	6'05.50"	1998	High Jump
Amanda Rival	5'05"	1999	
Darrell Burstein	52'05.75"	1969	Shot Put
Laura Komarek	40'01.50"	2008	
Jeff Mather	163'07"	1980	Discus
Laura Komarek	126'04"	2008	
Rick Hayber	209'01"	1985	Javelin
Jessica Martin	113'01"	1999	
Dom Rapini	176'11"	1984	Hammer
Beth Doran	149'02"	1999	
Bob Hill	13'06.00"	2006	Pole Vault
Amber Smith	7'00.00"	2002	
Men	42.50	2006	4x100 meters
(Sean Langton, James Harris, Justin Harris, Mike Campanella)			
Women	49.36	1995	
(Valerie Walker, Michelle Stone, Ebony Roundtree, Michelle Miller)			
Men	3:18.34	2004	4x400 meters
(Hayes Miller, James Porter, Chris Orr, Sean Langton)			
Women	4:03.55	1987	
(Woodford, Lynch, McKay, Patricia Taffuri)			
Men	7:47.29	2006	4x800 meters
(Thomas Walsh, Matt Anderson, Sam Moorhead, Hunter Norte)			
Women	9:28.24	1999	
(Yolanda Flamino, Marisa Eddy, Thania Benios, Nicole Hanley)			
Ben Goss	6,099	2000	Decathlon
Amanda Rival	4,658	2001	Heptathlon

*converted hand time

Top Individual Performances

Over the past 16 seasons under Head Coach **George Sutor**, the Trinity indoor and outdoor track teams have enjoyed tremendous success on the regional and the national level. Listed below are several of the top individual performances over the last year.

2008 Outdoor Men

- * Hunter Norte - All-ECAC (3rd-3,000 steeplechase)
- * Sam Moorhead - All-ECAC (7th-800 m)
- * Brendan Powers - All-ECAC (8th-800 m)
- * Hunter Norte - All-New England Open (3rd-3,000 steeple)
- * Sam Pegran - All-New England Open (4th-long jump)
- * Mike Goulet - All-New England Open (8th-discus)
- * Matt Anderson - All-New England (2nd-800 m)
- * Sam Moorhead - All-New England (4th-800 m)
- * Mike Goulet - All-New England (6th-shot put, 8th-discus)
- * Bill Monahan - All-New England (6th-400 hurdles)
- * Hunter Norte - All-New England (7th-5000 m)
- * Trinity - All-New England (7th-DMR)
- * Brendan Powers - All-NESCAC (2nd-800 m)
- * Mike Goulet - All-NESCAC (3rd-discus)
- * Trinity - All-NESCAC (3rd-4x100 m)

2008 Outdoor Women

- * Kristina Miner - All-ECAC (3rd-5000 m)
- * Rhenita Brade - All-ECAC (4th-400 m)
- * Laura Komarek - All-ECAC (6th-shot put)
- * Amanda White - All-New England Open (4th-100 hurdles)
- * Amanda White - All-New England (2nd-100 hurdles)
- * Laura Komarek - All-New England (2nd-discus, 5th-shot)
- * Amanda White - All-NESCAC (2nd-100 hurdles)
- * Lauara Komarek - All-NESCAC (2nd-shot put)

2008 Indoor Men

- * Trinity - All-American (8th-DMR)
- * Brendan Powers - All-ECAC (3rd-800 m)
- * Houston Gossett - All-ECAC (4th-long jump)
- * Sam Moorhead - All-ECAC (4th-1,000 m)
- * Trinity - All-New England Open (2nd-DMR)
- * Brendan Powers - New England Champion (800 m)
- * Wesley Halstead - New England Champion (5000 m)
- * Alex Baillargeon - All-New England (2nd-600m)
- * Tim Murphy - All-New England (2nd-high jump)
- * Matt Anderson - All-New England (2nd-800 m, 3rd-mile)
- * Sam Moorhead - All-New England (2nd-mile)
- * Houston Gossett - All-New England (3rd-long jump)
- * Sam Pegram - All-New England (4th-long jump)
- * Mike Goulet - All-New England (8th-shot put)
- * Trinity - All-New England (7th-DMR)

2008 Indoor Women

- * Amanda White - All-ECAC (3rd-55 hurdles)
- * Alison Lemire - All-ECAC (4th-1,000)
- * Kristina Miner - All-ECAC (5th-1,000)
- * Amanda White - All-New England (2nd-55 m hurdles)

Trinity Athletics Mission

Athletics contributes to the overall educational experience at Trinity College by providing comprehensive and varied athletic programs to all students. The Physical Education/Athletic Department is committed to the following:

* An elective physical education program for all students that stresses good health, physical fitness, and life-time sport activities.

* An intramural program that encourages students of varied abilities and skills to participate in a wide range of recreational athletic activities.

* Club sports that offer students the opportunity for intercollegiate competition in a less structured environment.

* A vigorous, equitable intercollegiate men's and women's sports program that strives for achievement and excellence with an emphasis on the health and personal development of the student-athlete.

Trinity College embraces intercollegiate athletics as an educational experience that is an integral component of the academic mission of the College. Additionally, we pursue a competitive level of athletic excellence for each student-athlete and seek national achievement. We provide the necessary resources for each sport to assure equity in programs and to promote and facilitate high levels of performance. The College attracts a diverse group of student-athletes who will contribute academically, athletically, and socially to the life of our campus. Our athletic staff conducts all programs in an ethical manner in accordance with goals of the New England Small College Athletic Conference and the National Collegiate Athletic Association. We expect our student-athletes, as representatives of the College, to exhibit the highest ethical standards on and off the playing fields.



College Information

Founded in Hartford, Connecticut, in 1823, Trinity College (www.trincoll.edu) is an independent, nonsectarian liberal arts college with over 2,200 students from 44 states and 28 countries. It is home to the eighth-oldest chapter of Phi Beta Kappa in the United States. Trinity students integrate meaningful academic and leadership experience at all levels on the College's celebrated campus, in the capital city of Hartford, and in communities all over the world.



TRINITY COLLEGE

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TRINITY COLLEGE Track & Field

