

# coachtarello - History of Championships & Significant Performances

## Team Championships

|             |                              |                                         |                           |                                      |
|-------------|------------------------------|-----------------------------------------|---------------------------|--------------------------------------|
| 2015        | Outdoor                      | MAAC Women's Champions                  | Monmouth University       | 260 pts                              |
| 2015        | Outdoor                      | MAAC Men's Champions                    | Monmouth University       | 266 pts                              |
| 2014-15     | Indoor                       | IC4A Men's Champion's                   | Monmouth University       | 58 pts (Georgetown 2nd 51 pts)       |
| 2014-15     | Indoor                       | MAAC Women's Champions                  | Monmouth University       | 166.5 pts                            |
| 2014-15     | Indoor                       | MAAC Men's Champions                    | Monmouth University       | 220 pts                              |
| 2014        | Outdoor                      | MAAC Women's Champions                  | Monmouth University       | 306 pts                              |
| 2014        | Outdoor                      | MAAC Men's Champions                    | Monmouth University       | 271 pts                              |
| 2013-14     | Indoor                       | MAAC Women's Champions                  | Monmouth University       | 215.5 pts                            |
| 2013-14     | Indoor                       | MAAC Men's Champions                    | Monmouth University       | 169 pts                              |
| 2013        | Outdoor                      | NEC Women's Champions                   | Monmouth University       | 218 pts                              |
| 2013        | Outdoor                      | NEC Men's Champions                     | Monmouth University       | 173 pts                              |
| 2012-13     | Indoor                       | NEC Women's Champions                   | Monmouth University       | 162.5 pts                            |
| 2012-13     | Indoor                       | NEC Men's Champions                     | Monmouth University       | 164.5 pts                            |
| 2012        | Outdoor                      | NEC Women's Champions                   | Monmouth University       | 159.25 pts                           |
| 2012        | Outdoor                      | NEC Men's Champions                     | Monmouth University       | 183 pts                              |
| 2011-12     | Indoor                       | NEC Women's Champions                   | Monmouth University       | 143 pts (2nd LIU 142)                |
| 2011-12     | Indoor                       | NEC Men's Champions                     | Monmouth University       | 170 pts                              |
| 2011        | Outdoor                      | NEC Women's Champions                   | Monmouth University       | 185 pts                              |
| 2011        | Outdoor                      | NEC Men's Champions                     | Monmouth University       | 143.5 pts                            |
| 2010-11     | Indoor                       | NEC Women's Champions                   | Monmouth University       |                                      |
| 2010-11     | Indoor                       | NEC Men's Champions                     | Monmouth University       |                                      |
| 2010        | Outdoor                      | NEC Women's Champions                   | Monmouth University       | 202 pts                              |
| 2010        | Outdoor                      | NEC Men's Champions                     | Monmouth University       | 214.5 pts                            |
| 2009        | Outdoor                      | NEC Women's Champions                   | Monmouth University       | 160.66 pts                           |
| 2009        | Outdoor                      | NEC Men's Champions                     | Monmouth University       | 232 pts                              |
| 2008-09     | Indoor                       | NEC Women's Champions                   | Monmouth University       | 123 pts                              |
| 2007-08     | Indoor - Girls               | Massachusetts Class "A" Champions       | Lincoln Sudbury HS        |                                      |
| 2007-08     | Indoor - Girls               | DCL Conference Champions                | Lincoln Sudbury HS        |                                      |
| <b>2007</b> | <b>Cross Country - Girls</b> | <b>Nike Team Nationals NE Champions</b> | <b>Lincoln Sudbury HS</b> | <b>8th Place Nike Team Nationals</b> |
| 2007        | Cross Country - Girls        | Massachusetts All State Champions       | Lincoln Sudbury HS        |                                      |
| 2007        | Outdoor - Girls              | Massachusetts All State Champions       | Lincoln Sudbury HS        |                                      |
| 2007        | Outdoor - Girls              | Massachusetts Class "A" Champions       | Lincoln Sudbury HS        |                                      |
| 2007        | Outdoor - Girls              | DCL Conference Champions                | Lincoln Sudbury HS        |                                      |
| 2006-07     | Indoor - Girls               | Massachusetts All State Champions       | Lincoln Sudbury HS        |                                      |
| 2006-07     | Indoor - Girls               | Massachusetts Class "A" Champions       | Lincoln Sudbury HS        |                                      |
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|---------|-----------------------|-----------------------------------|--------------------|
| 2006-07 | Indoor - Girls        | DCL Conference Champions          | Lincoln Sudbury HS |
| 2006    | Cross Country - Girls | DCL Conference Champions          | Lincoln Sudbury HS |
| 2006    | Cross Country - Girls | Massachusetts Class "A" Champions | Lincoln Sudbury HS |
| 2006    | Cross Country - Girls | DCL Conference Champions          | Lincoln Sudbury HS |
| 2006    | Outdoor - Girls       | Massachusetts All State Champions | Lincoln Sudbury HS |
| 2006    | Outdoor - Girls       | Massachusetts Class "A" Champions | Lincoln Sudbury HS |
| 2006    | Outdoor - Girls       | DCL Conference Champions          | Lincoln Sudbury HS |
| 2005-06 | Indoor - Girls        | DCL Conference Champions          | Lincoln Sudbury HS |
| 2004    | Cross Country - Girls | Olympic Conference Champions      | Cherokee HS        |
| 2003    | Cross Country - Girls | South Jersey Group IV Sectional   | Cherokee HS        |
| 2000    | Cross Country - Girls | Olympic Conference Champions      | Cherokee HS        |
| 1999    | Outdoor - Girls       | South Jersey Group IV Sectional   | Shawnee HS         |
| 1999    | Outdoor - Girls       | New Jersey Group IV Champions     | Shawnee HS         |
| 1999    | Outdoor - Girls       | Olympic Conference Champions      | Shawnee HS         |
| 1999    | Outdoor - Girls       | Burlington Country Champions      | Shawnee HS         |
| 1998    | Cross Country - Boys  | New Jersey Group IV Champions     | Cherokee HS        |
| 1998    | Cross Country - Boys  | South Jersey Group IV Champions   | Cherokee HS        |

**27 College Team Championships**

**25 High School Team Championships**

**52 TOTAL TEAM CHAMPIONSHIPS**

## Individual Champions

|         |                          |                                        |                     |           |           |
|---------|--------------------------|----------------------------------------|---------------------|-----------|-----------|
| 2015    | Outdoor - NCAA REG       | Dylan Capwell                          | Monmouth University | 800m HEAT | 1:47.20f  |
| 2015    | Outdoor - MAAC           | Tionna Garner                          | Monmouth University | 800m      | 2:11.77f  |
| 2015    | Outdoor - MAAC           | Wilson-Hand-Cupp-Garner                | Monmouth University | 4x800m    | 8:49.15f  |
| 2015    | Outdoor - MAAC           | Dylan Capwell                          | Monmouth University | 800m      | 1:47.24f  |
| 2015    | Outdoor - MAAC           | Langille-D'Agostino-Leight-Capwell     | Monmouth University | 4x800m    | 7:39.07f  |
| 2014-15 | Indoor - MAAC            | Dylan Capwell                          | Monmouth University | 800m      | 1:46.82f  |
| 2014    | Outdoor - IC4A           | Langille-D'Agostino-Leight-Capwell     | Monmouth University | 4x800m    | 7:23.56f  |
| 2014    | Outdoor - MAAC           | Tionna Garner                          | Monmouth University | 800m      | 2:12.19f  |
| 2014    | Outdoor - MAAC           | A.Baker-Naumov-Cupp-Garner             | Monmouth University | 4x800m    | 8:58.73f  |
| 2014    | Outdoor - MAAC           | Dylan Capwell                          | Monmouth University | 800m      | 1:51.87f  |
| 2014    | Outdoor - MAAC           | Langille-D'Agostino-Leight-Capwell     | Monmouth University | 4x800m    | 7:27.43f  |
| 2013-14 | Indoor - IC4A            | Dylan Capwell                          | Monmouth University | 800m      | 1:50.16f  |
| 2013-14 | Indoor - MAAC            | Dylan Capwell                          | Monmouth University | 800m      | 1:50.52f  |
| 2013-14 | Indoor - MAAC            | Zoya Naumov                            | Monmouth University | 800m      | 2:12.38f  |
| 2013    | Outdoor - IC4A           | Langille - Reyes - Leight - Palmer     | Monmouth University | 4x800m    | 7:35.54f  |
| 2013    | Outdoor - NEC            | Andrew Langille                        | Monmouth University | 800m      | 1:54.52f  |
| 2013    | Outdoor - NEC            | Ford Palmer                            | Monmouth University | 1500m     | 3:49.19f  |
| 2013    | Outdoor - NEC            | Langille - Reyes - Leight - Palmer     | Monmouth University | 4x800m    | 7:36.00f  |
| 2013    | Outdoor - NEC            | Amanda Eller                           | Monmouth University | 1500m     | 4:38.38f  |
| 2013    | Outdoor - NEC            | Toritto - MacEwen - Hand - Eller       | Monmouth University | 4x800m    | 9:12.47f  |
| 2012-13 | Indoor - IC4A            | Langille - Boyd - Leight - Palmer      | Monmouth University | DM        | 9:46.80f  |
| 2012-13 | Indoor - NEC             | Ford Palmer                            | Monmouth University | Mile      | 4:16.88f  |
| 2012-13 | Indoor - NEC             | Amanda Eller                           | Monmouth University | 800m      | 2:15.56f  |
| 2012-13 | Indoor - NEC             | Amanda Eller                           | Monmouth University | Mile      | 5:07.78f  |
| 2012-13 | Indoor - NEC             | MacEwen - Spann - Toritto - Eller      | Monmouth University | DM        | 12:07.06f |
| 2012    | Outdoor - NEC            | Ford Palmer                            | Monmouth University | 1500m     | 3:49.39f  |
| 2012    | Outdoor - NEC            | Hehn, Toritto, MacEwen, Eller          | Monmouth University | 4x800m    | 9:15.76f  |
| 2012    | Outdoor - NEC            | Amanda Eller                           | Monmouth University | 800m      | 2:13.21f  |
| 2012    | Outdoor - NEC            | Amanda Eller                           | Monmouth University | 1500m     | 4:27.91f  |
| 2011-12 | Indoor - NEC             | Amanda Eller                           | Monmouth University | 800m      | 2:15.18f  |
| 2011-12 | Indoor - IC4A            | Ford Palmer                            | Monmouth University | 1000m     | 2:25.09f  |
| 2011    | Outdoor - NEC            | Amanda Eller                           | Monmouth University | 1500m     | 4:42.14f  |
| 2011    | Outdoor - NEC            | Toritto - MacEwen - Montefusco - Eller | Monmouth University | 4x800m    | 9:15.87f  |
| 2010-11 | Indoor - NEC             | Christina Nelson                       | Monmouth University | Mile      | 5:06.73f  |
| 2010-11 | Indoor - NEC             | Eller - Yanora - MacEwen - Nelson      | Monmouth University | DM        | 12:09.43f |
| 2008    | Outdoor - Mass All State | Hylton, Arthur, Keklak, Mephram        | Lincoln Sudbury HS  | 4x800m    | 9:22.84f  |
| 2008    | Outdoor - Mass Class A   | Emily Mephram                          | Lincoln Sudbury HS  | 800m      | 2:13.78f  |

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|-------------|------------------------------------|----------------------------------------|---------------------------|---------------|-----------------|
| 2008        | Outdoor - Mass Class A             | Hylton, Arthur, Keklak, Mephram        | Lincoln Sudbury HS        | 4x800m        | 9:25.19f        |
| 2008        | Outdoor - DCL Conference           | Molly Binder                           | Lincoln Sudbury HS        | 400m          | 58.45f          |
| 2008        | Outdoor - DCL Conference           | Emily Mephram                          | Lincoln Sudbury HS        | 800m          | 2:16.24f        |
| 2008        | Outdoor - DCL Conference           | Andrea Keklak                          | Lincoln Sudbury HS        | Mile          | 5:08.87f        |
| 2008        | Outdoor - DCL Conference           | Hylton, Arthur, Keklak, Mephram        | Lincoln Sudbury HS        | 4x800m        | Unknown         |
| <b>2008</b> | <b>Outdoor - Penn Relays Large</b> | <b>Hylton, Binder, Arthur, Mephram</b> | <b>Lincoln Sudbury HS</b> | <b>4x800m</b> | <b>9:06.44f</b> |
| 2007-08     | Indoor - Mass All State            | Emily Mephram                          | Lincoln Sudbury HS        | 1000m         | 2:53.0f         |
| 2007-08     | Indoor - Mass All State            | Griffin, Binder, Mephram, Jamieson     | Lincoln Sudbury HS        | 4x400m        | 3:59.7f         |
| 2007-08     | Indoor - Mass Class A              | Emily Mephram                          | Lincoln Sudbury HS        | 1000m         | 2:56.9f         |
| 2007-08     | Indoor - Mass Class A              | Unknown                                | Lincoln Sudbury HS        | 4x800m        | 9:29.1f         |
| 2007-08     | Indoor - DCL Conference            | Dana Jamieson                          | Lincoln Sudbury HS        | 600m          | 1:36.6f         |
| 2007-08     | Indoor - DCL Conference            | Emily Mephram                          | Lincoln Sudbury HS        | 1000m         | 2:57.1f         |
| 2007-08     | Indoor - DCL Conference            | Andrea Keklak                          | Lincoln Sudbury HS        | Mile          | Unknown         |
| 2007-08     | Indoor - DCL Conference            | Unknown                                | Lincoln Sudbury HS        | 4x800m        | 9:30.7f         |
| 2007-08     | Indoor - DCL Conference            | Unknown                                | Lincoln Sudbury HS        | 4x400m        | Unknown         |
| 2007-08     | Indoor - Mass State Relay          | Jamieson, Mephram, Binder, Griffin     | Lincoln Sudbury HS        | 4x800m        | 9:16.6f         |
| 2007-08     | Indoor - Mass State Relay          | Hylton, Reed, Arthur, Keklak           | Lincoln Sudbury HS        | DM            | 12:29.4f        |
| 2007-08     | Indoor - Mass State Relay          | Griffin, Binder, Mephram, Jamieson     | Lincoln Sudbury HS        | 4x400m        | 3:59.2f         |
| 2007        | Cross Country - DCL Conf           | Andrea Keklak                          | Lincoln Sudbury HS        | XC            | Unknown         |
| 2007        | Outdoor - Mass All State           | Dana Jamieson                          | Lincoln Sudbury HS        | 400m          | 55.8f           |
| 2007        | Outdoor - Mass All State           | Molly Binder                           | Lincoln Sudbury HS        | 800m          | 2:11.88f        |
| 2007        | Outdoor - Mass All State           | Binder, Mephram, Reed, Jamieson        | Lincoln Sudbury HS        | 4x400m        | 3:57.1f         |
| 2007        | Outdoor - Mass Class A             | Dana Jamieson                          | Lincoln Sudbury HS        | 400m          | 56.21f          |
| 2007        | Outdoor - Mass Class A             | Molly Binder                           | Lincoln Sudbury HS        | 800m          | Unknown         |
| 2007        | Outdoor - Mass Class A             | Binder, Mephram, Reed, Jamieson        | Lincoln Sudbury HS        | 4x400m        | 3:57.8f         |
| 2007        | Outdoor - DCL Conference           | Dana Jamieson                          | Lincoln Sudbury HS        | 800m          | 2:15.7f         |
| 2007        | Outdoor - DCL Conference           | Emily Mephram                          | Lincoln Sudbury HS        | 2 Mile        | 11:21.7f        |
| 2007        | Outdoor - DCL Conference           | Binder, Mephram, Reed, Jamieson        | Lincoln Sudbury HS        | 4x400m        | 4:00.1f         |
| 2006-07     | Indoor - Mass All State            | Molly Binder                           | Lincoln Sudbury HS        | 1000m         | 3:01.4f         |
| 2006-07     | Indoor - Mass All State            | Griffin, Mephram, Pappas, Binder       | Lincoln Sudbury HS        | 4x800m        | 9:25.4f         |
| 2006-07     | Indoor - Mass Class A              | Molly Binder                           | Lincoln Sudbury HS        | 1000m         | 2:57.8f         |
| 2006-07     | Indoor - Mass Class A              | Unknown                                | Lincoln Sudbury HS        | 4x400m        | 4:02.1f         |
| 2006-07     | Indoor - DCL Conference            | Dana Jamieson                          | Lincoln Sudbury HS        | 300m          | 40.95f          |
| 2006-07     | Indoor - DCL Conference            | Molly Binder                           | Lincoln Sudbury HS        | 1000m         | 2:58.3f         |
| 2006-07     | Indoor - DCL Conference            | Unknown                                | Lincoln Sudbury HS        | 4x400m        | 4:04.0f         |
| 2006-07     | Indoor - Mass State Relay          | Griffin, Mephram, Binder, Jamieson     | Lincoln Sudbury HS        | 4x800m        | 9:16.7f         |
| 2006-07     | Indoor - Mass State Relay          | Griffin, Mephram, Binder, Jamieson     | Lincoln Sudbury HS        | 4x400m        | 3:59.2f         |
| 2006        | Cross Country - DCL Conf           | Dana Jamieson                          | Lincoln Sudbury HS        | XC            | Unknown         |

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|-------------|------------------------------------|-----------------------------------------|--------------------|-------------|----------------|
| 2006        | Outdoor - Mass All State           | Binder, Mephram, Reed, Jamieson         | Lincoln Sudbury HS | 4x400m      | 3:59.96f       |
| 2006        | Outdoor - DCL Conference           | Molly Binder                            | Lincoln Sudbury HS | 400m        | 59.9f          |
| 2006        | Outdoor - DCL Conference           | Binder, Mephram, Reed, Jamieson         | Lincoln Sudbury HS | 4x400m      | 04:07.0        |
| 2005-06     | Indoor - DCL Conference            | Kate Donaldson                          | Lincoln Sudbury HS | 2 Mile      | Unknown        |
| 2005-06     | Indoor - DCL Conference            | Unknown                                 | Lincoln Sudbury HS | 4x800m      | Unknown        |
| 2005-06     | Indoor - Mass State Relay          | Merwin, Griffin, Donaldson, Mephram     | Lincoln Sudbury HS | 4x800m      | Unknown        |
| 2005        | Catholic Conference                | Megan Lawrie                            | Ursuline Academy   | 300 IH      | Unknown        |
| 2005        | Catholic Conference                | Kate O'Malley                           | Ursuline Academy   | 400m        | Unknown        |
| 2005        | Catholic Conference                | O'Malley, Schlesinger, Hourihan, Lawrie | Ursuline Academy   | 4x400m      | Unknown        |
| 2004        | Cross Country - Burl Co            | Megan O'Leary                           | Cherokee HS        | XC          | Unknown        |
| 2004        | Outdoor - SJ Group 4               | Lisa Burkholder                         | Cherokee HS        | 3200m       | 11:06.4f       |
| 2004        | Outdoor - Olympic Conf             | Lisa Burkholder                         | Cherokee HS        | 800m        | 2:15.4f        |
| 2004        | Outdoor - Olympic Conf             | Megan O'Leary                           | Cherokee HS        | 3200m       | Unknown        |
| 2004        | Outdoor - BurlCo                   | Lisa Burkholder                         | Cherokee HS        | 1600m       | 5:10.1f        |
| 2004        | Outdoor - BurlCo                   | Lisa Burkholder                         | Cherokee HS        | 3200m       | 11:20.5f       |
| 2003        | Cross Country - SJ Group 4         | Lisa Burkholder                         | Cherokee HS        | XC          | Unknown        |
| 2003        | Cross Country - Olym Conf          | Lisa Burkholder                         | Cherokee HS        | XC          | Unknown        |
| <b>2003</b> | <b>Outdoor - FR National Champ</b> | <b>Lisa Burkholder</b>                  | <b>Cherokee HS</b> | <b>Mile</b> | <b>5:00.1f</b> |
| 2003        | Outdoor - Olympic Conf             | Lisa Burkholder                         | Cherokee HS        | 1600m       | 5:12.4f        |
| 2003        | Outdoor - Olympic Conf             | Malia Lyles                             | Cherokee HS        | 3200m       | 11:18.2f       |
| 2003        | Outdoor - BurlCo                   | Lisa Burkholder                         | Cherokee HS        | 1600m       | 5:08.4f        |
| 2003        | Outdoor - BurlCo                   | Malia Lyles                             | Cherokee HS        | 3200m       | 11:18.5f       |
| 2001        | Outdoor - BurlCo                   | Michelle Bilicki                        | Cherokee HS        | 800m        | Unknown        |
| 1999        | Outdoor - NJ Group 4               | Jenna Darcy                             | Shawnee HS         | 3200m       | 11:11.8f       |
| 1999        | Outdoor - SJ Group 4               | Jenna Darcy                             | Shawnee HS         | 3200m       | 11:23.1f       |
| 1999        | Outdoor - SJ Group 4               | Jenna Darcy                             | Shawnee HS         | 1600m       | 5:14.4f        |
| 1999        | Outdoor - Olympic Conf             | Jenna Darcy                             | Shawnee HS         | 1600m       | Unknown        |
| 1999        | Outdoor - BurlCo                   | Jenna Darcy                             | Shawnee HS         | 1600m       | Unknown        |
| 1999        | Outdoor - BurlCo                   | Jenna Darcy                             | Shawnee HS         | 3200m       | Unknown        |
| 1998-99     | Indoor - NJ State Relay            | Palumbo, Pickard, O'Brien, Darcy        | Shawnee HS         | DM          | Unknown        |
| 1998        | Outdoor - SJ Group 4               | Lauren Anders                           | Shawnee HS         | 1600m       | 5:12.4f        |
| 1998        | Outdoor - Olympic Conf             | Lauren Anders                           | Shawnee HS         | 1600m       | Unknown        |
| 1998        | Outdoor - Olympic Conf             | Betsy White                             | Shawnee HS         | 3200m       | Unknown        |
| 1998        | Outdoor - BurlCo                   | Lauren Anders                           | Shawnee HS         | 1600m       | Unknown        |
| 1998        | Outdoor - BurlCo                   | Betsy White                             | Shawnee HS         | 3200m       | Unknown        |
| 1997-98     | Indoor - NJ Group 1                | Adrienne Alexander                      | Sacred Heart HS    | 1600m       | Unknown        |
| 1997        | Cross Country - Parochial B        | Tim Callinan                            | Sacred Heart HS    | XC          | Unknown        |
| 1997        | Cross Country - Parochial B        | Adrienne Alexander                      | Sacred Heart HS    | XC          | Unknown        |

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|------|-------------------------|--------------------|-----------------|----|---------|
| 1997 | Cross Country - Cumb Co | Tim Callinan       | Sacred Heart HS | XC | Unknown |
| 1997 | Cross Country - Cumb Co | Adrienne Alexander | Sacred Heart HS | XC | Unknown |
|      | 29 College Conference   | 5 IC4A (college)   |                 |    |         |

## Significant Championship Performances

|                |                                |                                        |                            |                  |                     |
|----------------|--------------------------------|----------------------------------------|----------------------------|------------------|---------------------|
| <b>2015</b>    | <b>Outdoor - US CHAMPS</b>     | <b>Dylan Capwell</b>                   | <b>Monmouth University</b> | <b>800m</b>      |                     |
| <b>2015</b>    | <b>Outdoor - NCAA ALL AMER</b> | <b>Dylan Capwell</b>                   | <b>Monmouth University</b> | <b>800m</b>      |                     |
| 2015           | Outdoor - ECAC - 2nd           | Wilson-Hand-Cupp-Garner                | Monmouth University        | 4x800m - 8:46.08 | (Upenn 8:46.06)     |
| <b>2014-15</b> | <b>Indoor - NCAA - 2nd</b>     | <b>Dylan Capwell</b>                   | <b>Monmouth University</b> | <b>800m</b>      | <b>1:46.70f</b>     |
| 2014-15        | Indoor - ECAC - 3rd            | Wilson-Leavitt-Cupp-Garner             | Monmouth University        | 4x800m           | 8:46.56f            |
| 2014-15        | Indoor - IC4A - 2nd            | Dylan Capwell                          | Monmouth University        | 500m             | 1:01.87f            |
| 2014-15        | Indoor - MAAC - 2nd            | Allie Wilson                           | Monmouth University        | 800m             | 2:11.86f            |
| <b>2014</b>    | <b>Outdoor - US JR CHAMPS</b>  | <b>Dylan Capwell</b>                   | <b>Monmouth University</b> | <b>800m</b>      |                     |
| <b>2014</b>    | <b>Outdoor - NCAA ALL AMER</b> | <b>Dylan Capwell</b>                   | <b>Monmouth University</b> | <b>800m</b>      |                     |
| 2014           | Outdoor - NCAA REG - 5th       | Dylan Capwell                          | Monmouth University        | 800m             | 1:47.68f            |
| 2014           | Outdoor - ECAC - All East      | A.Baker-Naumov-Cupp-Garner             | Monmouth University        | 4x800m           | 9:01.70 (8:55.38 T) |
| 2014           | Outdoor - MAAC - 2nd           | Jenna Cupp                             | Monmouth University        | 800m             | 2:13.19f            |
| 2014           | Outdoor - MAAC - 3rd           | Zoya Naumov                            | Monmouth University        | 800m             | 2:13.42f            |
| 2014           | Outdoor - MAAC - 2nd           | Andrew Langille                        | Monmouth University        | 800m             | 1:52.86f            |
| 2014           | Outdoor - MAAC - 3rd           | Alex Leight                            | Monmouth University        | 800m             | 1:53.35f            |
| 2014           | Outdoor - PennRel COA - 8th    | Langille-D'Agostino-Leight-Capwell     | Monmouth University        | 4x800m           | 7:27.16f            |
| 2013-14        | Indoor - IC4A - 2nd            | Langille-D'Agostino-Leight-Capwell     | Monmouth University        | 4x800m           | 7:23.75f            |
| 2013-14        | Indoor - MAAC - 2nd            | Jenna Cupp                             | Monmouth University        | 800m             | 2:14.44f            |
| 2013-14        | Millrose Games - 3rd           | Langille-D'Agostino-Leight-Capwell     | Monmouth University        | 4x800m           | 7:32.16f            |
| 2013           | Outdoor - NCAA REG             | Ford Palmer                            | Monmouth University        | 1500m            | Unknown             |
| 2012-13        | Indoor - NEC 2nd               | Ford Palmer                            | Monmouth University        | 800m             | 1:52.96f            |
| 2012           | Outdoor - NEC 2nd              | Ford Palmer                            | Monmouth University        | 800m             | 1:52.59f            |
| 2012           | Outdoor - NEC 3rd              | Andrew Langille                        | Monmouth University        | 800m             | 1:53.09f            |
| 2011-12        | Indoor - ECAC - All East       | MacEwen, Toritto, Hehn, Eller          | Monmouth University        | 4x800m           | 9:02.34f            |
| 2011-12        | Indoor - NEC 2nd               | Ford Palmer                            | Monmouth University        | Mile             | 4:14.06f            |
| 2011-12        | Indoor - NEC 2nd               | Bernardo, Rutherford, DeBlasio, Palmer | Monmouth University        | DM               | 10:12.39f           |
| 2011-12        | Indoor - NEC 2nd               | Emily MacEwen                          | Monmouth University        | 800m             | 2:16.84f            |
| 2011-12        | Indoor - NEC 2nd               | Amanda Eller                           | Monmouth University        | Mile             | 5:01.44f            |
| 2011-12        | Indoor - NEC 2nd               | MacEwen, Walsh, Toritto, Eller         | Monmouth University        | DM               | 12:11.87f           |
| 2010-11        | Indoor - NEC - 2nd             | Christina Nelson                       | Monmouth University        | 800m             | 2:20.47f            |
| 2010-11        | Indoor - ECAC - All East       | Eller - Rutecki - MacEwen - Nelson     | Monmouth University        | DM               | 11:52.24f           |
| 2010           | Outdoor - NEC - 2nd            | Eller - Lantigua - Toritto - MacEwen   | Monmouth University        | 4x800m           | 9:32.58f            |

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|----------------|--------------------------------|-------------------------------------------|---------------------------|---------------|-----------------|
| 2009-10        | Indoor - NEC - 4th             | Laura Embry                               | Monmouth University       | Mile          | 5:08.58f        |
| 2009           | Outdoor - NEC 2nd              | Danica Krivanos                           | Monmouth University       | 800m          | 2:17.71f        |
| 2009           | Outdoor - NEC 3rd              | Laura Embry                               | Monmouth University       | 1500m         | 4:46.63f        |
| 2009           | Outdoor - NEC 2nd              | Krivanos, Lantigua, Embrey, Lynam         | Monmouth University       | 4x800m        | 9:23.98f        |
| 2008           | Outdoor - MA All State 2nd     | Emily Mephram                             | Lincoln Sudbury HS        | 800m          | 2:14.96f        |
| 2008           | Outdoor - Mass Class A 2nd     | Andrea Keklak                             | Lincoln Sudbury HS        | 1 Mile        | 5:06.22f        |
| 2008           | Outdoor - Penn Relays          | Hylton, Binder, Arthur, Mephram           | Lincoln Sudbury HS        | 4x800m        | Unknown         |
| 2007-08        | Indoor - Mass Class A 2nd      | Andrea Keklak                             | Lincoln Sudbury HS        | 1 Mile        | Unknown         |
| 2007-08        | Indoor - Mass Class A 2nd      | Holly Clarke                              | Lincoln Sudbury HS        | 2 Mile        | Unknown         |
| 2007           | Cross Country - All State 7th  | Andrea Keklak                             | Lincoln Sudbury HS        | XC            | Unknown         |
| 2007           | Cross Country - All State 11th | Dana Jamieson                             | Lincoln Sudbury HS        | XC            | Unknown         |
| 2007           | Cross Country - All State 12th | Claire Arthur                             | Lincoln Sudbury HS        | XC            | Unknown         |
| <b>2007</b>    | <b>Outdoor - All Americans</b> | <b>Jamieson, Binder, Arthur, Mephram</b>  | <b>Lincoln Sudbury HS</b> | <b>4x800m</b> | <b>9:05.11f</b> |
| 2007           | Outdoor - Penn Relays          | Jamieson, Binder, Arthur, Mephram         | Lincoln Sudbury HS        | 4x800m        | 9:11.03f        |
| <b>2006-07</b> | <b>Indoor - All American</b>   | <b>Emily Mephram</b>                      | <b>Lincoln Sudbury HS</b> | <b>800m</b>   | <b>2:12.68f</b> |
| <b>2006-07</b> | <b>Indoor - All Americans</b>  | <b>Griffin, Mephram, Jamieson, Binder</b> | <b>Lincoln Sudbury HS</b> | <b>4x800m</b> | <b>9:11.79f</b> |
| 2006-07        | Indoor - Mass All State 2nd    | Jessica Griffin                           | Lincoln Sudbury HS        | 1000m         | 3:01.9f         |
| 2006           | Cross Country - All State 3rd  | Dana Jamieson                             | Lincoln Sudbury HS        | XC            | Unknown         |
| 2006           | Cross Country - All State 15th | Emily Mephram                             | Lincoln Sudbury HS        | XC            | Unknown         |
| 2004           | Cross Country - MOC 9th        | Lisa Burkholder                           | Cherokee HS               | XC            | Unknown         |
| 2004           | Outdoor - MOC Top 10           | Lisa Burkholder                           | Cherokee HS               | 1600m         | 5:01.7f         |
| 2004           | Outdoor - Penn Relays          | O'Leary, Keller, Pelerin, Burkholder      | Cherokee HS               | DM            | Unknown         |
| 2003-04        | Indoor - NJ MOC 2nd            | Lisa Burkholder                           | Cherokee HS               | 1600m         | 5:00.4f         |
| 2003           | Cross Country - MOC 8th        | Lisa Burkholder                           | Cherokee HS               | XC            | Unknown         |
| 2003           | Outdoor - NJ MOC Top 10        | Lisa Burkholder                           | Cherokee HS               | 1600m         | 5:02.8f         |
| 2002           | Cross Country - MOC 13th       | Malia Lyles                               | Cherokee HS               | XC            | Unknown         |
| 2000           | Outdoor - Penn Relays          | Chiarulli, Razo, Harms, Bilicki           | Cherokee HS               | 4x800m        | Unknown         |
| 1999           | Outdoor - NJ MOC Top 10        | Jenna Darcy                               | Shawnee HS                | 3200m         | 11:19.6f        |
| 1999           | Outdoor - NJ MOC Top 10        | Kim Pickard                               | Shawnee HS                | 800m          | Unknown         |
| 1999           | Outdoor - Penn Relays          | Pickard, Darcy, O'Brien, Pricskett        | Shawnee HS                | 4x800m        | Unknown         |
| 1998           | Outdoor - NJ MOC Top 10        | Lauren Anders                             | Shawnee HS                | 1600m         | Unknown         |
| 1997           | Cross Country - NJ MOC 18th    | Adrienne Alexander                        | Sacred Heart HS           | XC            | Unknown         |

11 All East

## Notes

2015 - Women's 4x800m team of Wilson, Hand, Cupp, Garner sets a new MAAC Outdoor record running 8:49.15.

2015 - Dylan Capwell's MAAC Outdoor Championship time of 1:47.24 sets a new MAAC record.

2015 - Dylan Capwell Receives MAAC Outdoor MVP

2014-2015 - Dylan Capwell's NCAA Indoor Runner Up time of 1:46.70 ranked him #1 in US and #9 in the World.

2014-2015 - Dylan Capwell's Indoor MAAC Championship time of 1:46.82 broke Robbie Andrew's NY Armory Collegiate Record.

2014-2015 - Dylan Capwell's Indoor MAAC Championship time of 1:46.82 sets a new MAAC record.

2014-2015 - Dylan Capwell Receives MAAC Indoor MVP

2014 - Men's 4x800m team of Langille, D'Agostino, Leight, Capwell sets a new 4x800m MAAC Outdoor record running 7:27.43.

2013 - Ford Palmer's Outdoor NEC Championship time of 3:49.19 sets new NEC Record.

2013 - Men's 4x800m team of Langille, Reyes, Leight, Palmer sets a new NEC Outdoor record running 7:36.00

2013 - Ford Palmer Receives NEC Outdoor MVP

2012 - Ford Palmer's Outdoor NEC Championship time of 3:49.39 sets new NEC Record.

2012 - Amanda Eller's Outdoor NEC Championship time of 4:27.91 sets new NEC Record.

2011-2012 - Ford Palmer's IC4A 1000m Championship is first IC4A Title on the track in Monmouth History.

2007 - Lincoln Sudbury Girls Cross Country attain All American status by placing 8th at Nike Team Nationals in Portland Oregon.

2007 - Girl's 4x800m team of Griffin, Mephram, Jamieson, Binder set Mass State Record running to All American status - 9:05.11

2006-2007 - Girl's 4x800m team of Griffin, Mephram, Jamieson, Binder set Mass State Record running to All American status - 9:11.79

## CURRENT MONMOUTH SCHOOL RECORDS BY ATHLETES I HAVE COACHED

### INDOOR MEN

500m Dylan Capwell - 1:01.87  
600m Dylan Capwell - 1:21.43  
800m Dylan Capwell - 1:46.70  
1000m Dylan Capwell - 2:23.12  
Mile Ford Palmer - 4:00.46  
4x8m Langille, D'Agostino, Leight, Capwell - 7:23.75  
DM Langille, Boyd, Leight, Palmer - 9:46.68

### OUTDOOR MEN

800m Dylan Capwell - 1:47.20  
1500m Ford Palmer - 3:46.39  
4x8m Langille, D'Agostino, Leight, Capwell - 7:23.56  
SM Kahana, Boyd, Dupree, Capwell - 3:23.28  
DM Langille, Malespina, Leight, Palmer - 9:48.26

### INDOOR WOMEN

500m - Tionna Garner - 1:13.41  
600m - Tionna Garner - 1:38.06  
800m - Amanda Eller - 2:10.79  
1000m - Jenna Cupp 2:49.38  
Mile  
4x8m - Wilson, Leavitt, Cupp, Garner - 8:46.56  
DM - MacEwen, Frye, Toritto, Eller - 11:44.56

### OUTDOOR WOMEN

800m - Tionna Garner - 2:09.17  
1500m - Amanda Eller - 4:27.91  
4x8m - Wilson, Hand, Cupp, Garner - 8:46.08  
DM - Eller, Hehn, MacEwen, Nelson - 11:58.75