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NJIT Highlanders Cross Country/Track & Field 2009-2010 Media Guide

New Jersey Institute of Technology Athletic Department

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2009-2010



CROSS COUNTRY/ TRACK & FIELD

njithighlanders.com





Quick Facts

NEW JERSEY INSTITUTE OF TECHNOLOGY (NJIT)

GENERAL

Location: University Heights, Newark, NJ

Founded: 1881

Enrollment: 5,380 (undergraduate)

NJIT website: www.njit.edu

Nickname: Highlanders

Colors: Red and White (Blue Accent)

Affiliations: NCAA Division I, ECAC

Conference: Great West Conference

University President:

Dr. Robert A. Altenkirch

Director of Athletics: Lenny Kaplan

Athletic Department Phone: 973-596-3636

Athletic Department Fax: 973-596-8295

COACHING STAFF

Head Coach (alma mater, year): Al Alonso (Stevens '83)

Alonso email: Alonso@njit.edu

Career men's record (cross country):

80-22 (23)

Record at NJIT: 24-3 (6)

Career women's record (cross country):

50-20 (17)

Record at NJIT: 22-8 (5)

Assistant Coaches: Dave Czeizinger (cross country), King Perry (track and field)

Volunteer Coach: Al Siuta (cross country/track and field)

Women's Cross Country Captain:

Cara Constantino

Men's Cross Country Captain: Umar Saeed

Women's Track & Field Captain:

Lesley Hendricks

Men's Track & Field Captain: Umar Saeed

First year of men's program: 1975

First year of women's program: 2003

Home Courses: Van Cortlandt Park, Branch Brook Park

SPORTS INFORMATION

NJIT Athletics website:

www.njithighlanders.com

Assistant AD for Sports Information:

Tim Camp

Phone/Email: 973-596-8461/

timothy.camp@njit.edu

Assistant SID: Stephanie Pillari

(cross country contact)

Phone/Email: 973-596-8324/pillari@njit.edu

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Front Cover: (t-b) *Sophomore Christian Baumbach; Freshman Ewelina Marut; . Inside front cover:* *Back view of the Estelle & Zoom Fleisher Athletic Center & NJIT Campus.*
Back cover: (l-r) *Christina Roque, Xavier Lee, Nicole Kerrison, Ruben Santos* **Inside back cover:** *2009-10 schedules; women’s cross country team (all cover photos by Larry Levanti)*

WHY THE HIGHLANDERS?

The home of NJIT, University Heights, was formerly known as the Newark Highlanders and NJIT’s mailing address used to be High Street, until the thoroughfare was renamed in memory of Martin Luther King, Jr.



In 2006-07, NJIT athletics, in keeping with its move to NCAA Division I, unveiled a new graphic identity, which includes a new Highlanders logo (shown). Developed by CN Foundry for NJIT, the logo depicts the traditional Highlander, whose ferocity and bravery against all odds are the stuff of the legend.

CREDITS

The 2009-10 NJIT Men’s & Women’s Cross Country/Track & Field guide is a production of the NJIT Sports Information Office in cooperation with the Office of University Communications. Written, compiled and edited by Tim Camp and Stephanie Pillari. Interior design by Stephanie Pillari. Cover design by Blu Hand Design Studio, Rahway, NJ. All team, action and campus photography by Larry Levanti. Printing by Marange Printing, Belleville, NJ.

ABOUT NJIT

NJIT is New Jersey's Science & Technology University. With roots going back to 1881, when it was founded as Newark Technical School, New Jersey Institute of Technology observed its 125th anniversary in 2006.

Located in University Heights, Newark, NJ, home to more than 30,000 college students, NJIT's campus is just 10 miles from New York City.

Playing a critical role in reshaping New Jersey's future, NJIT, as a major public technological university, is an important pipeline for the flow of technology into society. The university's educational programs prepare students to be leaders in the technology-dependent economy of the 21st century. University researchers seek new knowledge to improve processes and products for industry. Through public and private partnerships and economic development efforts, the university helps to grow new business ventures that fuel the economy.

In recent years, NJIT has put more than \$83 million toward new and improved buildings and facilities on the 45-acre campus, including biomedical engineering labs and a campus center.



Eberhardt Hall, the oldest building on NJIT campus

NJIT offers 92 degree programs, 33 undergraduate, 40 master's and 19 doctoral programs, through six schools: Newark College of Engineering, New Jersey School of Architecture, College of Science and Liberal Arts, School of Management, Albert Dorman Honors College and College of Computing Sciences.

NJIT has 416 full-time faculty; more than 98 percent of whom hold the highest degree in their field. The student-faculty ratio is 13:1; with more than 5,200 undergraduate students and nearly 2,800 graduate students. Our students hail from 33 states and more than 100 countries to rank eighth in the nation for diversity. Albert Dorman Honors College enrolls more than 500 students who take advantage of honors courses, research opportunities, advising and mentoring. Honors College students have SAT scores ranking in the top 10 percent nationally.

COACHING STAFF

AL ALONSO

Head Coach



In 2003, when NJIT revived its men's cross country program and added a women's team for the first time, Adalberto M. Alonso, PE, was the ideal candidate to coach both programs.

With NJIT's move to Division 1, he added responsibility as head coach of the new men's and women's indoor and outdoor track and field teams.

Prior to NJIT, Alonso spent 19 years as the head men's coach and 11 as head women's coach at Stevens. He was the first coach of the Ducks' women's program. Steven's men's teams won their final 53 dual meets under Alonso, and never had a losing season. His women's teams were 28-12 and won their last 18 dual meets.

He was the youngest head coach in Stevens history in any sport and ranks first all-time at the school in winning percentage in any sport. He was inducted into the Stevens Hall of Fame in 2006.

Alonso was named Independent Athletic Conference Coach of the Year in 1993, 1995, and 1996, and has produced 39 all-conference runners, including five at NJIT.

As an undergraduate at Stevens, Alonso was instrumental in making cross country a varsity sport. He was president of the Ducks' club team his first two years. Then as a junior, he led the inaugural varsity squad to the IAC championship.

Alonso also earned a bachelor of engineering degree in electrical engineering from Stevens in 1983 and an MBA from Fairleigh Dickinson University in 1988. He is a licensed professional engineer in the state of New Jersey and has Level-2-certification from United States of America Track & Field (USATF). He resides in West New York, NJ.

DAVID CZEIZINGER

Assistant Coach - Cross Country



David Czeizinger has been a collegiate assistant coach for 15 years, including five with the Highlanders.

Czeizinger's coaching career started as a volunteer assistant at Stevens under coach Alonso. After one season, Alonso hired him to help build the women's team to a conference championship level.

The Ducks, who struggled to a 5-8 dual meet record in the first year before his arrival, went 23-4 over the next seven seasons. In that time, they won the first conference title in school history and had an individual league champion for the first time. Czeizinger has been an avid runner for more than 25 years and still competes in the master's division from the mile to the marathon. He is a 1978 graduate of Stevens, with a degree in materials engineering.

KING PERRY

Assistant Coach - Track & Field

King Perry, a former outstanding track athlete, who previously coached at four different New Jersey high schools, joined the NJIT cross country and track and field coaching staffs for the 2006-07 season.

A resident of Passaic, NJ, Perry was a star hurdler in high school (Passaic Tech) and college (Long Island University-Brooklyn).

He was an Olympic Trials qualifier in 2000 and ranked 14th in the United States among high school hurdlers.

He owns the fourth-best 400-meter hurdles time for Passaic County in the decade of the 1990s and the sixth-best time at 110-meter high hurdles for the county in the decade. In field events, he owns the decade's second-best long jump, fourth-best triple jump and eighth-best high jump.

In college, he is the Northeast Conference record holder for the indoor 55-meter high hurdles (7.47) and he was NEC champ in both the 55 and 110-meter high hurdles.

He has served as coach at Lincoln High School in Jersey City, NJ, as well as at Bishop Francis Essex Catholic High in East Orange, at Hawthorne HS and at Passaic High. He has coached five individual champions, most recently the state Group IV outdoor long jump champion and the top two boys 55-meter Passaic County finishers in 2006. He has also coached football at the high school and middle schools levels.

AL SIUTA

Volunteer Coach - Cross Country/Track & Field



Al Siuta, a former runner for NJIT, joins the Highlanders coaching staff in 2008-09 as a volunteer assistant coach with the cross country, indoor track and field and outdoor track and field teams.

Siuta, who also ran at Roselle (NJ) Catholic High School, remains an active runner at the Masters level, competing in middle distance and long distance races.

He has 10 years experience coaching at the youth level (11-14 years old) and coached four teams to their age group national championships.

He coached teams that won their state age group championships in AAU competition and numerous individual runners went on to win championships as high as the state level.

Siuta has worked since 1999 with the x-TREME RUNNING CAMP as a distance running counselor, speaker and coordinator of residential services. He also has extensive experience in race management with road races and track and field.

2009-10 WOMEN'S CROSS COUNTRY/TRACK & FIELD ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Event</u>	<u>Hometown/High School</u>
Fanny Aizier	Jr.	5'4	S	Aix-en-Provence, France / Lycee Vauvenargues
Kim Barrera	So.	5'	S	Passaic, NJ/Passaic
Yvesna Blaise	Jr.	5'5	TH	Orange, NJ/Orange
Cara Constantino	Sr.	5'9	X/D	Bloomfield, NJ/Bloomfield
Iulia Doci	Sr.	6'1	S	Bistrita, Romania/British School of Barcelona
Lauren Dupuis	Fr.	5'4	TH	Tuckerton, NJ/Pinelands Regional
Vanessa Escalera	Jr.	5'4	X/MD	San Juan, PR/Antilles
Daisy Gallegos	Jr.	4'11	X/D	Jersey City, NJ/William L. Dickinson
Amanda Hefferan	Jr.	5'3	X/MD	Parsippany, NJ/Parsippany
Arieta Giokas	Fr.	5'5	MD	Parsippany, NJ/Parsippany
Lesley Hendricks	Sr.	5'7	X/MD	Cranford, NJ/Union Catholic
Megan Higgins	So.	5'5	X/MD	Whiting, NJ/Manchester Twp.
Katrina Hornstein	Sr.	5'10	J/S	Duluth, MN/Marshall School
Rynisha Horton	Fr.	5'6	S	East Orange, NJ/East Orange
Kayla Howell	Fr.	5'7	X/MD	Hamburg, NJ/Vernon Twp.
Kelsey Johnson	Jr.	5'8	X	Point Pleasant, NJ/Point Pleasant Boro
Katherine Joseph	So.	5'6	X/MD	Jersey City, NJ/St. Dominic Academy
Catherine Karnas	Fr.	5'3	MD	Burlington, NJ/Burlington
Nicole Kerrison	Jr.	5'3	X/MD	Yonkers, NY/Saunders
Ewelina Marut	Fr.	5'4	X/D	East Rutherford, NJ/Becton
Agnieszka Pregowska	Sr.	5'11	S	Bridgewater, NJ/Bridgewater-Raritan
Caity Ragni	So.	5'10	TH	Mechanicsburg, PA/Trinity
Christina Roque	Fr.	5'5	MD	Fair Haven, NJ/Rumson
Christi Taylor	Jr.	5'6	S	Hackensack, NJ/Hawthorne Christian Academy
Zoey Tham	Fr.	5'6	X/MD	Lawrence, NJ/West Windsor
Shawntel Young	So.	5'6	X/MD	Brownington, VT/Lake Region

Head Coach: Al Alonso (Stevens '83); **Assistant Coach – Cross Country:** Dave Czeizinger;

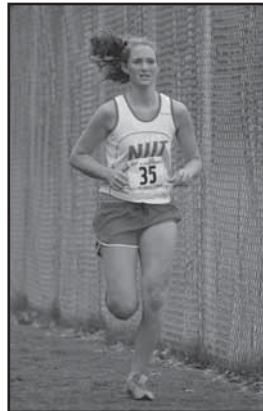
Assistant Coach – Track & Field: King Perry; **Volunteer Coach – Cross Country/Track & Field:** Albert Siuta

Event Key:

D: Distance H: Hurdles J: Jumps S: Sprints PV: Pole Vault
 TH: Throws X: Cross Country RW: Race Walk MD: Middle Distance



DAISY GALLEGOS



KELSEY JOHNSON



ZOEY THAM

2009-10 MEN'S CROSS COUNTRY/TRACK & FIELD ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Event</u>	<u>Hometown/High School</u>
Aamir Ahmed	Jr.	5'9	X/S	Teaneck, NJ/Teaneck
Leif Baumbach	Fr.	5'2	X/D	Hopewell, NJ/Hopewell Valley
Christian Baumbach	So.	5'10	X/D	Hopewell, NJ/Hopewell Valley
Keifer Celestino	Fr.	5'3	S	Wayne, NJ/Wayne Hills
Doug Colaizzo	Jr.	5'10	X/MD	Caldwell, NJ/Caldwell
Martin Craig	So.	5'10	PV	Estell Manor, NJ/Buena Regional
Pierre Damis	So.	5'11	H	West New York, NY/Memorial
Jonathan Daudelin	Fr.	5'10	MD	Hackettstown, NJ/Home schooled
JoshDolisca	Jr.	6'0	TH	Maplewood, NJ/Oratory Prep
Tim Esposito	Fr.	6'0	X/D	Kearny, NJ/Kearny
Brian Frayko	Fr.	5'9	S	Hamburg, NJ/Wallkill Valley Regional
Mark Givens	Jr.	5'10	X/MD	Roselle, NJ/Roselle
Hilton Gooding	Fr.	6'0	X	Somerset, NJ/Franklin
Michael Gurlacz	Jr.	5'8	X/MD	Lake Hopatcong, NJ/Jefferson Twp
Joe Ju	So.	5'10	X/D	Scotch Plains, NJ/Mainland Regional
Xavier Lee	Jr.	6'1	J	Cliffside Park, NJ/Cliffside Park
Brad Leonhardt	Jr.	6'0	X/MD	Milford, NJ/Delaware Valley
Brian Mendez	Fr.	5'9	X/D	Kearny, NJ/Kearny
Mark Mestres	Fr.	6'0	H	Wayne, NJ/Wayne Hills
Stefan Montalvo	So.	5'7	X/D	Roselle, NJ/Roselle
Adam Morgan	Fr.	5'10	MD	Toms River, NJ/Toms River
Chadwick Munroe	So.	5'10	X/MD	Jersey City, NJ/William L. Dickinson
Scott Nelson	Fr.	5'11	X	Point Pleasant, NJ/Point Pleasant
Jonathan Nunez	So.	5'9	H	Springfield, NJ/Jonathan Dayton
Michael Ricigliano	Fr.	5'11	TH	Carlstad, NJ/St. Peter's Prep
Umar Saeed	Sr.	5'10	X/D	Parlin, NJ/Old Bridge
Ruben Santos	So.	6'0	S/J	North Arlington, NJ/North Arlington
Dan Sapienza	So.	5'10	X	Fanwood, NJ/Scotch Plains Fanwood
Ben Singleton	Fr.	6'0	X/MD	Jersey City, NJ/University Academy
Miguel Tlatelpa	So.	5'8	X/MD	Jersey City, NJ/Dickinson
Jamil Wilkins	Sr.	6'3	MD	Irvington, NJ/Irvington

Head Coach: Al Alonso (Stevens '83)
Assistant Coach – Cross Country: Dave Czeizinger
Assistant Coach – Track & Field: King Perry
Volunteer Coach – Cross Country/Track & Field: Albert Siuta

Event Key:

D: Distance H: Hurdles J: Jumps S: Sprints PV: Pole Vault
 TH: Throws X: Cross Country RW: Race Walk MD: Middle Distance

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WOMEN'S CROSS COUNTRY RECORDS

<u>COURSE</u>	<u>NAME</u>	<u>DATE</u>	<u>TIME</u>
Branch Brook Park (5k)	Amanda Hefferan	12.12.08	19:55
Bethpage, NY (Hofstra) (5k)	Ewelina Marut	09.05.09	21:00
Drew (3 miles)	Heather McGee	10.15.88	19:16
DeSales, PA	Cara Constantino	10.14.06	21:56
Fairfield, CT	Megan Higgins	09.27.08	21:14
Garret Mountain (5.0)	Elizabeth Mayo	10.02.04	21:54
Holmdel Park	Elizabeth Mayo	10.16.04	22:17
Van Cortlandt Park, NY	Megan Higgins	09.21.08	20:26
Clove Lake Park, NY	Elizabeth Mayo	09.10.05	22:03
Belmont Plateau, PA	Elizabeth Mayo	10.23.04	20:55
Sunken Meadow, NY	Elizabeth Mayo	10.16.05	22:23

MEN'S CROSS COUNTRY RECORDS

<u>COURSE</u>	<u>NAME</u>	<u>DATE</u>	<u>TIME</u>
Belmont Plateau, PA	Umar Saeed	10.22.05	26:39
Bethpage, NY (Hofstra) (5k)	Christian Baumbach	08.31.08	16:04
Branch Brook Park (3.7)	Brian Courtney		20:27
Branch Brook Park (8k)	Umar Saeed	10.12.08	25:20
Clove Lake Park, NY (5.1)	John Nolan	09.15.90	29:20
DeSales, PA	Umar Saeed	10.08.06	26:35
Drew (Arboretium)	John Nolan	10.12.91	28:12
Garret Mountain (4.7)	Al Siuta		26:03
Garret Mountain (5.0)	Cesar Gaudin	10.21.87	26:43
Holmdel Park	Cesar Gaudin		25:48
Liberty State Park	Umar Saeed	09.30.05	25:59
Paul Short, PA	Umar Saeed	10.02.09	25:06
Princeton, NJ	Umar Saeed	10.18.08	24:46
Sunken Meadow, NY	Umar Saeed	10.16.05	27:33
Van Cortlandt Park, NY	Umar Saeed	11.22.08	25:32

Top 5 at Van Cortlandt Park

MEN (8K)

<u>NAME</u>	<u>DATE</u>	<u>TIME</u>
Umar Saeed	11.22.08	25:32
Christian Baumbach	11.21.09	25:36
Brian Mendez	11.21.09	26:51
Dan Sapienza	09.21.08	27:57
Pierre Bastie	10.30.05	28:09

WOMEN (5K)

<u>NAME</u>	<u>DATE</u>	<u>TIME</u>
Amanda Hefferan	09.16.07	19:57
Megan Higgins	09.21.08	20:26
Elizabeth Mayo	11.19.05	21:09
Jaclyn Thomforde	10.31.04	21:50
Jady Alvarez	09.21.03	22:16

WOMEN'S TRACK & FIELD RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Date</u>	<u>Location</u>
100m LH	17.82	Katherine Joseph	4.12.08	Merchant
100m	13.27	Ettime Ebewo	4.3.04	Wagner
200m	26.11	Lesley Hendricks	5.14.09	GWC
400m	60.39	Lesley Hendricks	5.14.09	GWC
400IH	69.02	Nicole Kerrison	5.14.09	GWC
800m	2:25.05	Vanessa Escalera	3.27.10	Monmouth
1500m	5:06.24	Amanda Hefferan	4.5.08	Lincoln Park
Mile	5:23.93	Amanda Hefferan	3.2.08	Seton Hall
3000m	10:58.73	Amanda Hefferan	4.12.08	Merchant
3000 SC	11:50.17	Amanda Hefferan	4.27.09	Yale
3000 RW	26:25.7	Daisy Gallegos	4.19.08	De Salle
5000m	19:39.59	Ewelina Marut	4.10.10	FDU
10000m	43.42.0	Amanda Hefferan	4.19.08	FDU
Shotput	12.59m	Eti Ebewo	4.30.06	Yale
Discus	28.85m	Denaya Hemmingway	4.30.06	Yale
Javelin	26.40m	Angelica Sepluveda	5.10.08	GWC
Hammer	24.76m	Denaya Hemmingway	5.10.08	GWC
High Jump	5'0"	Jady Alvarez	4.10.04	BCC
Long Jump	4.30m	Jady Alvarez	4.10.04	BCC
Triple Jump	9.90m	Elyse McArthur	4.19.09	CTC
Heptathlon	3081	Katherine Joseph	4.19.09	CTC
4x100	52.11	McArthur, Hendricks, Kerrison, Joseph	5.14.09	GWC
4x400m	4:15.10	McArthur, Hendricks Kerrison, Joseph	5.14.09	GWC

MEN'S TRACK & FIELD RECORDS

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Date</u>	<u>Location</u>
110m HH	15.85	Robert Manning	4.30.06	Yale
100m	11.08	Ruben Santos	5.14.09	GWC
200m	22.33	Ruben Santos	4.10.10	FDU
400m	49.16	Mark Givens	5.14.09	GWC
400IH	57.96	Jamil Wilkins	5.10.08	GWC
800m	1:57:01	Michael Gurlacz	5.14.09	GWC
1500m	4:04.88	Umar Saeed	3.27.09	Monmouth
3000m	8:48.33	Umar Saeed	3.1.09	GWC
3000m SC	10:30.43	Dan Sapienza	5.14.09	GWC
3000m RW	23:04.5	Doug Colaizzo	4.19.08	CTC
5000m	14:47.61	Christian Baumbach	4.23.09	Penn Relays
10000m	32:01.11	Umar Saeed	5.12.06	Yale
Shotput	14.56m	Josh Dolisca	2.7.09	ESU
Discus	39.90m	Josh Dolisca	3.20.10	SPC
Javelin	53.61m	Duc Tran	4.19.09	CTC
Hammer	46.66m	Josh Dolisca	4.10.10	FDU
High Jump	1.90m	Xavier Lee	4.10.10	FDU
Long Jump	6.42m	Ruben Santos	5.14.09	GWC
Triple Jump	13.54m	Xavier Lee	4.10.10	FDU
Pole Vault	4.10m	Steve Schreyer	4.12.08	Merchant
Decathlon	3660	Martin Craig	5.14.09	GWC
4x100	44.90	Wilkins, Page, Oyawusi, Monroe	5.9.08	GWC
4x400m	3:26.27	Givens, Gurlacz, Monroe, Tlatelpa	5.14.09	GWC

GWC - Great West Conference Championships

2009-10 MEN'S PROFILES



Josh Dolisca



Christian Baumbach



Ruben Santos



Michael Gurlacz

JOSH DOLISCA

Jr. * 6'0 * TH * Maplewood, NJ/Oratory Prep

2009-10: Claimed the men's weight throw title at the 2009 T&F GWC Championships (16.16m); holds five NJIT school records (two indoor; three outdoor). **2008-09: T&F** -- top weight thrower, holds the school-record in the shotput. **Prior to NJIT:** 2007 Union County Scholar Athlete of the Year and Most Valuable Player for head coach Gary Burns at Oratory Prep. **Personal:** Josh-Erik Dolisca. ... son of Wilner and Michelle Dolisca. ... electrical engineering major. ... born 2/19/89 in Newark, NJ.

CHRISTIAN BAUMBACH

So. * 5'10 * X/MD * Hopewell, NJ/Hopewell

2009-10: XC -- Captured the men's 2009 Great West Conference Championships (25:57.95) and placed first at the 101st annual IC4A Cross Country University Division Championships (25:36). ... Baumbach was also named Great West Conference Male Athlete of the Year. **2008-09:** Holds the outdoor track and field record for the 5k in 14:47.67 set a the prestigious Olympic Development race at Penn Relays. ... named Great West Conference Athlete of the Month for September after capturing two first place finishes (Hofstra Invitational - 5,000 meter race (16:04); NJIT Invitational - 8,000 meter race (26:81). ... Baumbach was also recognized as Great West Conference Runner of the Week (9.16.08). **Prior to NJIT:** Meet of Champions (3rd place), set a high school record in the 3200 and 1600 meter run at Hopewell HS. ... all-State second-team in the 3200 meter run. **Personal:** Christian August Baumbach. ... son of William and Gail Baumbach. ... biomedical engineering major enrolled in NJIT's Albert Dorman Honors College. ... born 5/17/89 in Flemmington, NJ.

RUBEN SANTOS

So. * 5'11 * S * North Arlington, NJ/North Arlington

2009-10: T&F -- Holds the indoor school-records in the 55m, 60m, high jump and long jump. **2008-09: T&F** - - Holds two school-records in outdoor track and field (100m and 200m). **Prior to NJIT:** State Sectional Champion (100m; 200m and long jump). ... first-team all-League (100m; 200m; long jump; 4 x 400 relay) for John Orovio and Tim Moratti coaches at North Arlington HS. ... member of the soccer team. **Personal:** Ruben Silva Santos. ... son of Joe and Luis Santos. ... major is construction engineering technology. ... born 1/31/90 in Belleville, NJ.

MICHAEL GURLACZ

Jr. * 5'8 * X/MD * Lake Hapatcong, NJ/Jefferson Township

2009-10: T&F -- Holds the indoor track and field records in 600m, 800m, 1000m, 4x400, sprint and distance medley. **2008-09: T&F** -- Holds outdoor track and field records in 800m, 4x400 and 4x800. **Prior to NJIT:** Team MVP for coach John Notte at Jefferson Township HS. ... Coaches Award and Honorable Mention for Sussex County. **Personal:** Michael Richard Gurlacz. ... son of Rick and Judy Gurlacz. ... information technology major. ... born 10/5/87 in Paterson, NJ.

2009-10 WOMEN'S PROFILES



Lesley Hendricks



Vanessa Escalera



Amanda Hefferan



Megan Higgins

LESLEY HENDRICKS

Sr. * 5'7 * X/Sprints * Cranford, NJ/Union Catholic

2009-10: T&F -- Top sprinter for NJIT. ... holds the outdoor track and field record in the 200m and 400m. **2008-09:** XC - Season-best 5k run, 23:55, at Highlanders Invite (10.12); T&F team captain. **2007-08:** Top short sprinter. ... holds indoor school record in the 200 and 300 meter race ... played women's basketball for NJIT in 2006-07 ... **Prior to NJIT:** Three-year varsity letter winner in track and field and competed in the New Jersey Meet of Champions. ... Second-team all-Union County in basketball, playing for coach Kathy Matthews at Union Catholic High in Scotch Plains, NJ. ... received Union County Coaches Award for basketball and track and field. ... National Honor Society, academic medallion and numerous academic awards. .. **Personal:** Lesley Nicole Hendricks ... daughter of Harold and Brenda Hendricks ... chemistry major.

VANESSA ESCALARA

Jr. * 5'4 * X/D * San Juan, PR/Antilles

2009-10: T&F -- First year competing at NJIT. ... holds the indoor track and field records in the 800m and distance medley. ... she also holds two outdoor track and field records in the 800m and 4x800. **Prior to NJIT:** Ran cross country and track and field for coach Robert Martinez at Antilles High School. **Personal:** Vanessa Escalera. ... daughter of Robert and Angela Escalera. ... biomedical engineering major. ... born May 15, 1990 in St. Louis, Missouri.

AMANDA HEFFERAN

So. * 5'3 * X/D * Parsippany, NJ/Parsippany

2009-10: XC -- Did not participate due to injury. **2008-09: XC** -- Holds school record in 5k race at Branch Brook Park. **2007-08: XC** -- Top finisher and broke the school records for NJIT in five XC meets. ... T&F -- top distance runner, she has already set the school records in 1000, 1500, mile, 3000, and 5K events ... **Prior to NJIT:** Third-team all-State for coach Walter Blueler at Parsippany. ... State Group 2 1600 Champions. ... first-team all-Conference. ... **Personal:** Amanda Leigh Hefferan ... daughter of Linda Hefferan. ... Aunt (Peg Hefferan) is Assistant Athletic Director at Wagner College.

MEGAN HIGGINS

So. * 5'5 * X/D * Whiting, NJ/Manchester Twp.

2009-10: XC -- Did not participate due to shin injury. **Prior to NJIT:** Two-year captain for coach Thomas Resch at Manchester Twp. ... three time MVP in cross country. ... T&F -- two-year captain. ... two-time MVP. ... member of the soccer team. **Personal:** Megan Marie Higgins. ... daughter of Jay and Virginia Higgins. ... biomedical engineering major enrolled in NJIT's Albert Dorman Honors College. ... sister (Teresa) is a member of the NJIT women's swimming team. ... born 12/4/89.

CROSS COUNTRY/TRACK & FIELD PROGRAM HISTORY

MEN
All-Region
 1987 Cesar Gaudin

All-East (all divisions)
 2005 Umar Saeed
 2008 Umar Saeed
 2009 Umar/Christian B.

Independent Athletic Conference Champions
 1976, '85, '86, '87, '88, 1990, 1991

Individual Champions
 1984 Doug Lischick
 1985 Mike Brake
 1986 Doug Lischick
 1987 Cesar Gaudin
 1988 Cesar Gaudin
 1990 Jason Tand

Coach of the Year
 1991 Bill Eisenring

All-Conference
 1984 Mike Brake
 Doug Lischick
 1985 Mike Brake
 Doug Lischick
 1986 Mike Brake
 Dave Conti
 Doug Lischick
 Hugo Ortega
 1987 Cesar Gaudin
 John Grube
 Steven Jaskot
 Radzee Zaman
 Cesar Gaudin
 Steve Jaskot
 1988
 Chris Lambert

1990 Hiep Nguyen
 Joao Nolau
 Jason Tand
 1991 Joao Nolau
 Jason Tand
 1993 Anton Musto
 1994 Rodney Carroll

Central Atlantic Coll. Conf. Champion
 2005 Umar Saeed

All-Conference
 2004 Matthew Magnifico
 2005 Umar Saeed

Newcomer of the Year
 2005 Umar Saeed

CTC All-Tournament
 2007 Stefan Montalvo;
 Matt Magnifico

Great West Conference Male Athlete of the Year
 2005 Christian Baumbach

Great West All-Conference First-team
 2008 Umar Saeed
 2009 Umar Saeed
 Christian Baumbach

Second team
 2008 Christian Baumbach

Great West Conference All-Academic
 2009 Cara Constantino, Iulia Doci, Daisy Gallegos, Kelsey Johnson

2008 Cara Constantino, Daisy Gallegos

WOMEN
Independent Athletic Conf. Individual Champion
 1996 Jannina Alvarez

All-Conference
 1995 Jannina Alvarez
 1996 Jannina Alvarez

Central Atlantic Coll. Conf. Champion
 2003 Jady Alvarez
 2004 Elizabeth Mayo
 Jaclyn Thomforde

Great West All-Conference (T&F) (Indoor 5k)

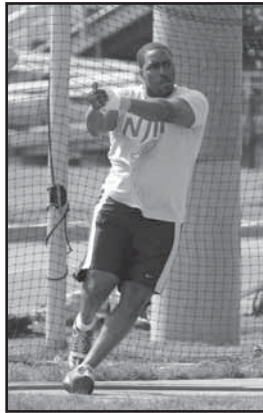
2008 Christian Baumbach
 Umar Saeed
 2009 Umar Saeed
 (Indoors shot/weight throw)
 2009 Josh Dolisca

Great West All-Conference (T&F) (Outdoors 400m)

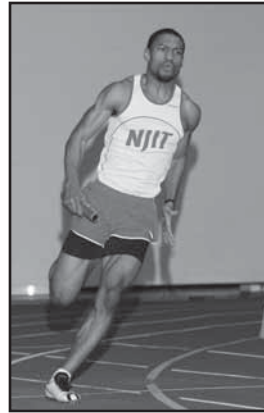
2008 Mark Givens
 (Outdoors 10k)
 2008 Umar Saeed
 (Outdoors 5k)
 2008 Christian Baumbach
 (Outdoors Javelin)
 2008 Duc Tran



JOE JU



JOSH DOLISCA



PIERRE DAMIS

ATHLETIC FACILITES

The NJIT cross country and track and field teams host meets at the famed Van Cortlandt Park in the Bronx, NY and Branch Brook Park in Newark, NJ.

The teams also have a full access to all the facilities in the Estelle and Zoom Fleisher Athletic Center. These include the fitness area (containing computer-controlled biking equipment, cybex resistance units, and an indoor track), two weight rooms (free-weight and hammer strength), four racquetball courts, a martial arts/fencing center, a six-lane swimming pool and four lighted outdoor hardcourt tennis courts.

The Estelle and Zoom Fleisher Athletic Center gym, home to NJIT's basketball and volleyball teams, underwent renovation in the summer of 2006.

Included in the makeover were: installation of a new floor and baskets and a repositioning of the main playing court. The gym also got new lighting, a new sound system and new scoreboards along with entirely new seating for more than 1,000 spectators after the first phase of the renovation.

Lubetkin Field, home to the men's and women's soccer teams, recently underwent a 1.2 million renovation project, including the installation of SprinTurf artificial grass and a rubberized running track. It contains lights for night competition and practice, a midfield scoreboard and pressbox facilities, and its bleachers seating can hold approximately 1,000 spectators.

In 2005, NJIT and the Newark Bears announced a 10-year partnership that cemented the downtown stadium as home of all Highlander home games.



Aerial view of NJIT campus; Estelle and Zoom Fleisher Athletic Center; Lubetkin Field

2009 MEN'S & WOMEN'S CROSS COUNTRY SCHEDULE

Date	Day	Opponent	Time	Date	Day	Opponent	Time
<u>September</u>							
1	Tue.	ALUMNI VS. VARSITY (&)	6:30pm	11	Sun.	HIGHLANDER INVITATIONAL (&)	10:30/11:30am
5	Sat.	Hofstra Invitational	11:00/11:45am	17	Sat.	CTC Championships	11:00am
12	Sat.	Fordham Invitational	10:00am	31	Sat.	Great West Conference Championships	9:30/10:30am
20	Sun.	NJIT CLASSIC (#) vs. SAINT PETER'S, LONG ISLAND SAINT FRANCIS (NY), FDU	10:15/11:00am	<u>November</u>			
<u>October</u>							
2	Sat.	Paul Short Invitational	1:00pm	8	Sun.	NICK RUSSO HALLOWEEN CLASSIC (#)	12:30/1:30pm
				21	Sat.	IC4A/ECAC Championships	11:45/12:15pm

Head Coach: Al Alonso (Stevens '83)

Assistant Coach: David Czeizinger

Volunteer Coach: Albert Siuta

(&) – Home Meets (**Bold/CAPS**) at Branch Brook Park – Newark, NJ

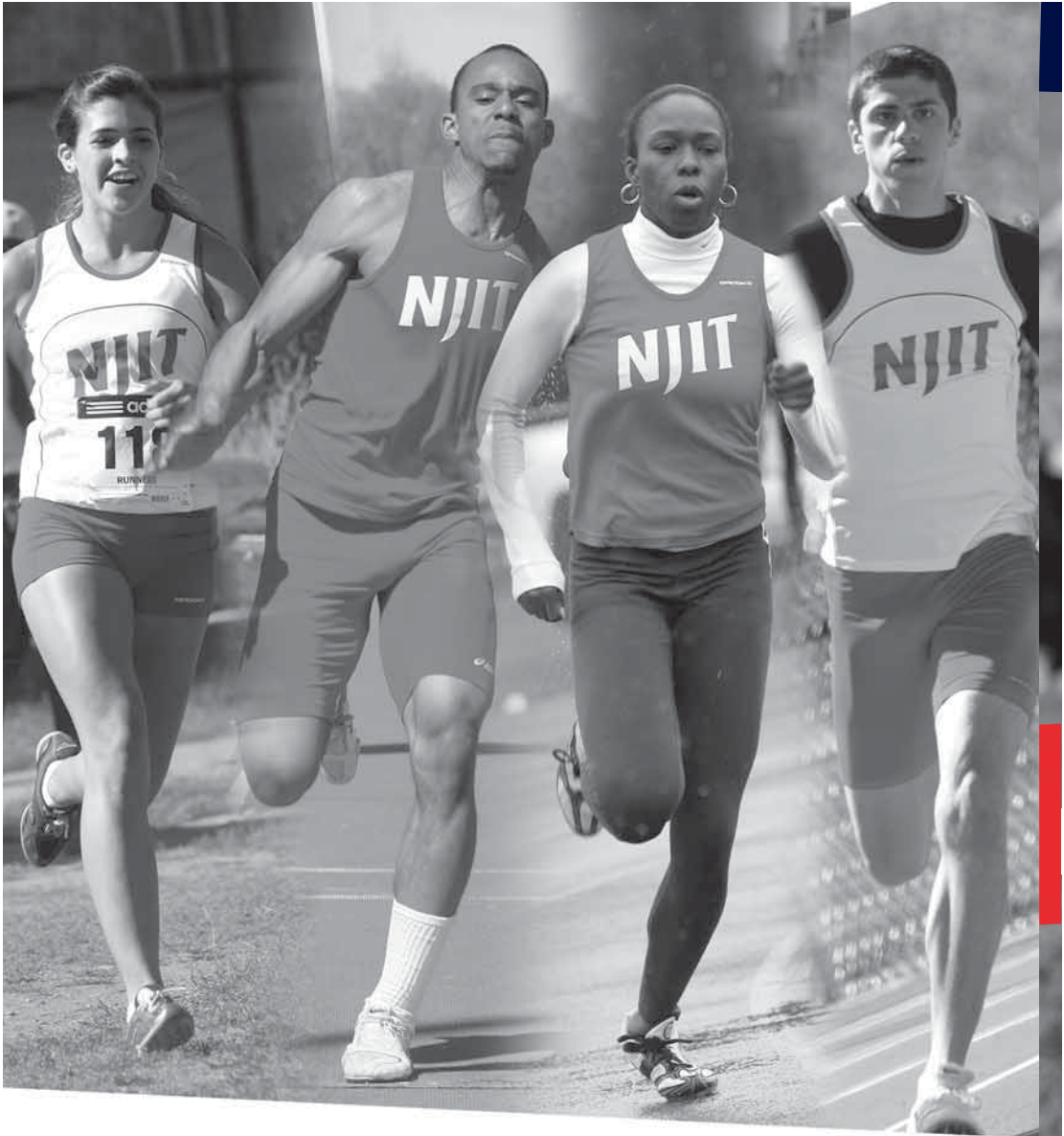
(#) – Home Meets (**Bold/CAPS**) at Van Cordtlandt Park – Bronx, NY

2009-10 MEN'S & WOMEN'S TRACK & FIELD SCHEDULE

— INDOOR SEASON —				— OUTDOOR SEASON —			
Date	Day	Opponent	Time	Date	Day	Opponent	Time
<u>December</u>							
1	Tue.	Saint Peter's/NJIT Opener	All Day	21	Sat.	SAINT PETER'S/ ST. FRANCIS (NY)	All Day
5	Fri.	Monmouth Meet	All Day	27-28	F-Sa	Monmouth Invitational	All Day
6	Sun.	CTC Indoor Relays PATCH Meet	All Day	<u>April</u>			
<u>January</u>							
9	Sat.	Army Open	All Day	4	Sat.	Wagner Invitational	All Day
22	Fri.	Albany Invite	All Day	11	Sat.	FDU Invite	All Day
30	Sat.	Thomson Invitational	All Day	18-19	Sa-Su	CTC Outdoor Championship	All Day
<u>February</u>							
6	Sat.	Collegiate Invite	All Day	23-25	Th-Sa	Penn Relays	All Day
12-13	F-Sa	CTC Indoor Championship	All Day	26	Sun.	Yale Invitational	All Day
<u>March</u>							
7-8	Sa-Su	IC4A/ECAC	All Day	14-16	Th-Sa	Great West Conference Championships	All Day
				15-17	F-Su	IC4A/ECAC (M/W)	All Day

Head Coach: Al Alonso (Stevens '83) | **Assistant Coach:** King Perry





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Technology University