

WOMEN'S CROSS COUNTRY RECORD BOOK

Updated 12/10/09 *jjm*

Year-By-Year										
1992	3-1	Adalberto Alonso		1999	0-0	Adalberto Alonso		2006	0-0	John Crawford
1993	1-3	Adalberto Alonso		2000	0-0	Adalberto Alonso		2007	0-0	John Crawford
1994	1-4	Adalberto Alonso		2001	0-0	Adalberto Alonso		2008	0-0	John Crawford
1995	4-1	Adalberto Alonso		2002	0-0	Adalberto Alonso		2009	0-0	John Crawford
1996	5-3	Adalberto Alonso		2003	0-0	Kevin McGinn		2010		
1997	6-0	Adalberto Alonso		2004	0-0	John Crawford		2011		
1998	8-0	Adalberto Alonso		2005	0-0	John Crawford		2012		

Coaching Records					
Coach	# of Years	Years	Record	Meets	W-L%
Adalberto Alonso	11	1992-2002	28-12	40	0.700
Kevin McGinn	1	2003	0-0	0	0.000
John Crawford	6	2004-09	0-0	0	0.000
Totals	18		28-12	40	0.700

Team Records		
Wins	8	1998
W-L%	100.0	1998
Consecutive Wins	8	1998

Course Records for Stevens Runners				
Allentown College	21:27	Maureen Amador	5,000-Meter Run	1998
Bard College	23:22	Eugenia Kowalski	5,000-Meter Run	1993
Bayonne Park	22:15	Gina Del Casale	5,000-Meter Run	1981
Branch Brook Park	18:58	Melissa Franzese	5,000-Meter Run	10/12/09
Carlisle College	21:23	Laura Monchinski	5,000-Meter Run	1997
Clove Lake Park	21:40	Laura Monchinski	5,000-Meter Run	1997
Drew University	21:06	Laura Monchinski	5,000-Meter Run	1997
Drew University	27:09	Karen O'Shea	6,000-Meter Run	9/28/02
Garret Mountain	21:25	Maureen Amador	5,000-Meter Run	1999
Holmdel Park	21:15	Karen O'Shea	5,000-Meter Run	10/8/04
King's College (N.Y.)	22:29	Eugenia Kowalski	5,000-Meter Run	1992
Letchworth State Park	21:21	Yelena Havryliuk	5,000-Meter Run	1999
Letchworth State Park	24:05	Ashley Princiotta	6,000-Meter Run	2009
Lehigh University (Paul Short)	23:42	Ashley Princiotta	6,000-Meter Run	2009
Liberty State Park	15:43	Shanna Bearisto	4,000-Meter Run	2009
Liberty State Park	21:12	Rebecca Dougherty	5,000-Meter Run	2001
Liberty State Park	23:16	Ashley Princiotta	6,000-Meter Run	2009
Lincoln Park	24:00	Leslie Tyrrie	5,000-Meter Run	1994
Loantaka Brook Park	21:39	Eugenia Kowalski	5,000-Meter Run	1992
Manhattanville College	26:27	Gina Del Casale	5,000-Meter Run	1981
Marywood University	25:15	Sara Amitrani	6,000-Meter Run	9/1/07
Ramapo College	22:32	Tara Master	5,000-Meter Run	1990
Saratoga Springs State Park	18:57	Sara Amitrani	5,000-Meter Run	10/20/07
St. Lawrence University	24:19	Melissa Franzese	6,000-Meter Run	2008
Stanley Park	20:49	Laura Monchinski	5,000-Meter Run	1997
Stockton College	16:46	Sara Amitrani	4,000-Meter Run	2008
Stockton College	24:36	Shanna Bearisto	6,000-Meter Run	2009
Sunken Meadow Park	21:37	Rebecca Dougherty	5,000-Meter Run	2001
Tufts University	21:27	Maureen Amador	5,000-Meter Run	1998
University of Albany	20:59	Laura Monchinski	5,000-Meter Run	1997
University of Massachusetts – Dartmouth	23:07	Harmony Semf	5,000-Meter Run	1996
University of Rochester	21:23	Rebecca Dougherty	5,000-Meter Run	2000
Van Cortlandt Park	20:10	Sara Amitrani	5,000-Meter Run	2008
Van Cortlandt Park	23:04	Melissa Franzese	6,000-Meter Run	11/10/07
Vassar College	19:55	Sara Amitrani	5,000-Meter Run	9/8/07
Vassar College	20:27	Karen O'Shea	6,000-Meter Run	9/13/03
Washington Crossing Park	26:53	Karen O'Shea	6,000-Meter Run	11/16/02
White Clay Creek (U. of Del.)	20:17	Ashley Princiotta	5,000-Meter Run	2009
Williams College	21:57	Maureen Amador	5,000-Meter Run	2001
Williams College	26:48	Karen O'Shea	6,000-Meter Run	2002

Under 26 6K at Van Cortlandt Park										
Maureen Amador	21:12	1999		Daphne Aronovits	23:10	2003		Erica Bakelmun	24:50	11/10/07
Seema Dixit	21:12	1995		Melissa Franzese	23:11	2006		Melissa Franzese	24:56	9/15/07
Laura Monchinski	21:24	1997		Sara Amitrani	23:14	11/10/07		Harmony Semf	25:09	1996
Karen O'Shea	21:32	2003		Megan Rzepski	23:25	2000		Mildred Santos	25:09	1998
Maureen Amador	21:33	1998		Leslie Tyrie	23:30	1994		Winnie Yau	25:24	1997
Karen O'Shea	21:37	2002		Veronica Smith	23:30	2006		Regina Pynn	25:37	2006
Allison Donnelly	21:39	2003		Rebecca Dougherty	23:31	1999		Minita Patel	25:38	1996
Karen O'Shea	21:44	2004		Eugenia Kowalski	23:41	1992		Natalie Paz	25:40	2005
Karen O'Shea	21:49	2003		Sara Amitrani	23:45	9/15/07				
Yelena Havryliuk	21:58	1998		Nancy Wu	23:54	1992				
Rebecca Dougherty	22:12	2000		Joanna Welenc	23:54	1995				
Maureen Amador	22:36	2000		Louise Firner	24:06	2000				
Daphne Aronovits	22:38	2006		Melissa McAvoy	24:24	1999				
Melissa McAvoy	22:39	2000		Lauren Spingler	24:26	2002				
Allison Donnelly	22:41	2003		Bitia Guerra	24:32	1992				
Daphne Aronovits	22:49	2005		Anne Krone	24:32	2000				
Erica Bakelmun	22:54	2006		Gina Del Casale	24:38	1981				
Natalie Vanatta	22:57	1998		Megan Tataro	24:42	2006				
Melissa Franzese	23:04	11/10/07		Rebecca Dougherty	24:46	1998				

Top-Five Team Averages	
21:46	1999
22:14	2001
22:26	1998
22:42	1997
22:46	2000

Stevens Institute of Technology Invitational										
Year	Finish	Top Finisher	Placement	Time	Year	Finish	Top Finisher	Placement	Time	
1995	1 st /2	Seema Dixit	1 st Place	22:09	2005	3 rd /4	Daphne Aronovits	4 th Place	17:06	
1996	4 th /9	Minita Patel	9 th Place	22:28	2006	1 st /7	Veronica Smith	2 nd Place	28:11	
1997	7 th /20	Laura Monchinski	11 th Place	21:16	2007	1 st /6	Melissa Franzese	1 st Place (6k)	24:47	
1998	3 rd /19	Maureen Amador	6 th Place	21:37	2007	2 nd /8	Sara Amitrani	2 nd Place (4k)	15:35	
1999	2 nd /9	Maureen Amador	2 nd Place	21:30	2008	1 st /9	Sara Amitrani	1 st Place (6k)	23:44	
2000	2 nd /18	Rebecca Dougherty	11 th Place	22:41	2008	1 st /9	Melissa Franzese	1 st Place (4k)	15:25	
2001	3 rd /12	Rebecca Dougherty	14 th Place	21:12	2009	2 nd /11	Ashley Princiotta	8 th Place	23:16	
2002	7 th /10	Louise Firner	15 th Place	24:53	2009	2 nd /11	Shanna Bearisto	2 nd Place (4k)	15:43	
2003	2 nd /9	Karen O'Shea	6 th Place	25:35						

New Jersey Institute of Technology Highlander Invitational				
Year	Finish	Top Finisher	Placement	Time
2005	Inc.	Daphne Aronovits	8 th Place	21:11
2006	1 st Place	Erica Bakelmun	4 th Place	22:12
2007	1 st Place	Sara Amitrani	1 st Place	19:04
2008	1 st Place	Melissa Franzese	1 st Place	18:58
2009	1 st Place	Ashley Princiotta	2 nd Place	19:12

Collegiate Track Conference Championships	
Year	Finish
1997	10 th Place
1998	10 th Place
1999	11 th Place
2006	9 th Place
2008	2 nd Place
2009	6 th Place

Women's Intercollegiate Athletic Conference Championships										
Year	Finish	Top Finisher	Placement	Time	Year	Finish	Top Finisher	Placement	Time	
1996	Inc.	Harmony Semf	6 th Place	25:09	2001	1 st /5	Rebecca Dougherty	1 st Place	21:37	
1997	Inc.	Laura Monchinski	2 nd Place	22:16	2002	2 nd /3	Karen O'Shea	5 th Place	22:10	
1998	2 nd /4	Maureen Amador	3 rd Place	21:27	2003	1 st /4	Karen O'Shea	3 rd Place	22:09	
1999	Inc.	Maureen Amador	2 nd Place	21:30	2004	2 nd /4	Karen O'Shea	4 th Place	22:21	
2000	2 nd /8	Rebecca Dougherty	7 th Place	22:43						

Independent Athletic Conference Championships			
Year	Top Finisher	Placement	Time
1993	Eugenia Kowalski	2 nd Place	24:27
1994	Leslie Tyrie	1 st Place	24:46
1995	Seema Dixit	1 st Place	22:18
1996	Harmony Semf	2 nd Place	25:09

Skyline Conference Championships				
Year	Finish	Top Finisher	Placement	Time
2000	2 nd /5	Rebecca Dougherty	5 th Place	23:43
2001	2 nd /4	Rebecca Dougherty	2 nd Place	21:37
2002	2 nd /4	Karen O'Shea	3 rd Place	23:10
2003	1 st /5	Karen O'Shea	3 rd Place	22:09
2004	3 rd /4	Karen O'Shea	4 th Place	22:21
2005	N/T/S	Daphne Aronovits	8 th Place	24:30
2006	2 nd /4	Erica Bakelmun	7 th Place	22:54

Empire 8 Championships				
Year	Finish	Top Finisher	Placement	Time
2007	5 th /7	Sara Amitrani	23 rd Place	18:57
2008	3 rd /7	Melissa Franzese	15 th Place	18:34
2009	5 th /7	Ashley Princiotta	13 th Place	19:34

ECAC Championships									
Year	Finish	Top Finisher	Placement	Time	Year	Finish	Top Finisher	Placement	Time
1996	Inc.	Harmony Semf	158 th Place	23:07	2005	Inc.	Daphne Aronovits	127 th Place	26:27
1997	29 th /50	Laura Monchinski	86 th Place	20:49					
1998	20 th /34	Maureen Amador	81 st Place	21:27					
1999	22 nd /35	Yelena Havryliuk	75 th Place	21:44					
2000	23 rd /36	Rebecca Dougherty	105 th Place	22:01					
2001	19 th /45	Maureen Amador	93 rd Place	21:57					
2002	27 th /43	Karen O'Shea	91 st Place	26:48					

NCAA Regional Championship Team Finishes				
1994	29 th /33		2003	25 th /30
1995	Inc.		2004	N/T/S
1996	36 th /43		2006	29 th /30
1997	31 st /43		2007	16 th /37
1998	27 th /50		2008	18 th /30
1999	24 th /33		2009	20 th /42
2000	26 th /34			
2001	23 rd /27			
2002	28 th /34			

NCAA Regional Championship Top Individual Finishes				
Year	Name	Location	Event	Time
1994	Leslie Tyrie	Allentown College	5,000-Meter Run	24:20
1995	Joanna Welenc	Dickinson College	5,000-Meter Run	25:24
1996	Minita Patel	Dickinson College	5,000-Meter Run	24:28
1997	Laura Monchinski	Dickinson College	5,000-Meter Run	21:23
1998	Maureen Amador	Allentown College	5,000-Meter Run	21:28
1999	Yelena Havryliuk	Letchworth State Park	5,000-Meter Run	21:21
2000	Rebecca Dougherty	University of Rochester	5,000-Meter Run	21:23
2001	Rebecca Dougherty	Van Cortlandt Park	5,000-Meter Run	21:47
2002	Karen O'Shea	Washington State Park	6,000-Meter Run	26:53
2003	Karen O'Shea	Letchworth State Park	6,000-Meter Run	25:57
2004	Karen O'Shea	St. Lawrence University	6,000-Meter Run	25:35
2006	Erica Bakelmun	Letchworth State Park	6,000-Meter Run	26:27
2007	Melissa Franzese	Van Cortlandt Park	6,000-Meter Run	27:50
2008	Melissa Franzese	St. Lawrence University	6,000-Meter Run	24:19
2009	Ashley Princiotta	Letchworth State Park	6,000-Meter Run	24:05

All-Independent Athletic Conference			
1993	Eugenia Kowalski	1995	Joanna Welenc
1994	Leslie Tyrie	1996	Minita Patel
1994	Sheila Moya	1996	Harmony Semf
1995	Seema Dixit	1996	Daniella Kranjac

All-Collegiate Track Conference	
1998	Maureen Amador
1999	Maureen Amador
1999	Yelena Havryliuk
1999	Laura Monchinski
2008	Sara Amitrani
2008	Melissa Franzese

All-New Jersey "9"	
1992	Eugenia Kowalski
1993	Eugenia Kowalski

All-Skyline Conference			
2000	Rebecca Dougherty	2003	Allison Donnelly
2000	Maureen Amador	2004	Karen O'Shea
2001	Rebecca Dougherty	2004	Daphne Aronovits
2001	Maureen Amador	2005	Daphne Aronovits
2001	Karen O'Shea	2006	Erica Bakelmun
2002	Karen O'Shea	2006	Melissa Franzese
2003	Karen O'Shea	2006	Veronica Smith

All-Empire 8		
2007	Sara Amitrani	Second-Team & Sportsperson of the Year

Empire 8 Presidents' List	
Sara Amitrani	Fall 2007
Jamie Brabston	Fall 2007

All-Women's Intercollegiate Athletic Conference			
1996	Harmony Semf	1999	Yelena Havryliuk
1996	Minita Patel	2000	Maureen Amador
1996	Daniella Kranjac	2000	Rebecca Dougherty
1997	Laura Monchinski	2001	Maureen Amador
1997	Yelena Havryliuk	2001	Rebecca Dougherty
1997	Natalie Vanatta	2001	Karen O'Shea
1997	Harmony Semf	2002	Karen O'Shea
1997	Winnie Yau	2002	Michelle Devlin
1998	Maureen Amador	2002	Louise Firner
1998	Yelena Havryliuk	2003	Karen O'Shea
1999	Rebecca Dougherty	2003	Allison Donnelly
1999	Maureen Amador	2003	Daphne Aronovits
1999	Melissa McAvoy	2003	Lauren Spingler

NCAA Regional All-Academic Award Recipients			
1994	Joanna Welenc	1997	Yelena Havryliuk
1994	Leslie Tyrie	1998	Yelena Havryliuk
1995	Joanna Welenc	1998	Natalie Vanatta
1995	Mildred Santos	1998	Mildred Santos
1996	Minita Patel	1999	Yelena Havryliuk
1996	Joanna Welenc	1999	Dorothy White
1996	Daniella Kranjac	2000	Megan Rzepski
1997	Winnie Yau	2000	Louise Firner
1997	Harmony Semf	2000	Melissa McAvoy

USTFCCCA Division III All-Academic Team Awards		
1994		2000
1996		2001
1997		2007
1998		2008
1999		

NCAA/USTFCCCA Division III Women's All-Academic Team	
2007	Sara Amitrani
2008	Sara Amitrani

College Athletic Administrators of New Jersey Scholar-Athlete	
2004	Allison Donnelly

College Sports Information Directors of America Academic All-District		
2004	Allison Donnelly	First-Team
2008	Sara Amitrani	Second-Team

College Sports Information Directors of America Academic All-America		
2004	Allison Donnelly	First-Team

Stevens Team Awards		
2005	Daphne Aronovits	Most Valuable Player
2005	Megan Tatara	Coach's Award
2006	Erica Bakelmun	Most Valuable Player
2006	Megan Tatara	Coach's Award
2007	Melissa Franzese	Most Valuable Player
2007	Erica Bakelmun	Coach's Award
2008	Melissa Franzese	Most Valuable Player
2008	Carolyn Brady	Coach's Award

Stevens Athletic Hall of Fame	
Adalberto Alonso	Inducted September 2006