TO: Mr. G. Thomas Lawson
    Director of Athletics

From: Terry Aldrich
    Head Cross Country Coach

Date: Dec 5, 1994

Subject: 1994 Cross Country Year End Report

OVERVIEW:
Although the 1994 Cross Country teams did not set school records for most wins in a season or highest placing in Championship meets, the individual runners did improve dramatically throughout the season and 13 of 14 runners ran their fastest time of the year in the final meet of the season. The men's team had a strong nucleus of seniors who, although they lacked a real strong front-runner, ran well as a team and were the fourth NESCAC team in the Div. 3 New England Championships. The women's team, which qualified as a team for NCAA's in '93 was hit hard by graduation, sickness and injury. The oldest team member in the top seven was a sophomore. What the team lacked in experience, they made up in desire and talent and were very competitive (3rd in ECAC's). Next year's team certainly has the ability to advance to the NCAA's.

Participation:
Women's team - 19
Men's team - 22

MEN'S RESULTS

Dual Meet Record: 2-1
    Williams 16 - Middlebury 45
    Middlebury 31, St. Michaels 47, St. Rose 48

VERMONT State Meet:
1. Middlebury 34
2. St. Michaels 43
3. Johnson St. 59
4. Norwich 98
5. So. Vermont 155

INVITATIONALS:
    Williams 3/15 teams
    Albany 13th/25 teams

NESCAC Championships
1. Williams 19
2. Bates 98
3. Tufts 102
4. Bowdoin 109
5. Colby 114
6. Middlebury 149
7. Wesleyan 159
8. Trinity 224
9. Hamilton 244
10. Conn. College 254
11. Amherst 278

ECAC CHAMPIONSHIPS:
7th - 26 Teams

DIV. 111 NEW ENGLANDS
8th - 29 Teams

INDIVIDUAL HONORS:
"MOST IMPROVED" - John "Cisco" Heller

WOMEN'S RESULTS

DUAL MEET RECORD: (W-2, L-2)
WILLIAMS 37, Bates 38, MIDDLEBURY 47,
MIDDLEBURY 27, St. Rose 41, St. Michaels 69

VERMONT STATE MEET:
1. MIDDLEBURY 19
2. St. Michaels 52
3. Norwich 83
4. Lyndon St. 87
5. So. Vt. 144

INVITATIONALS:
Williams: 3rd/9 teams
Albany: 8th/26 teams

NESCAC CHAMPIONSHIPS:
1. COLBY 53
2. BOWDOIN 54
3. WILLIAMS 91
4. MIDDLEBURY 121
5. TRINITY  122
6. BATES  143
7. WESLEYAN  158
8. TUFTS  200
9. CONN. COLLEGE  258
AMHERST  no score
Hamilton  did not race

ECAC CHAMPIONSHIPS:
3rd/23 TEAMS

DIV. 111 NEW ENGLANDS:
6th/33 TEAMS

INDIVIDUAL HONORS:
NCAA Qualifier: Katie Masselam (63rd/184)
ALL ECAC: Katie Masselam
ALL NEW ENGLAND: Katie Masselam
"MOST IMPROVED" - Hillery Hinds
DENHARTOG AWARD - Katie Masselam

PROGRAM NEEDS:

SCHEDULE:
I feel the schedule has improved dramatically with the inclusion of the Williams and Albany Invitationals. Both the men's and women's teams get an opportunity to see teams early in the season that we normally wouldn't see until the Championship meets. We currently have two open dates and I suggest we try to fill Sat Sept. 30th which is Parents Weekend 1 with a home dual meet.

PRESEASON
The preseason camp continues to be a very essential part of our program. I would like to start preseason with 10 women and 10 men on Tues. Sept 5th, 1995.

RECRUITING
Because of the recent success of both programs, I spent more time recruiting runners this year than ever before. Admission's was very supportive of my efforts and ended up admitting several quality runners, (i.e. Katie Masselam). Overall, the program is very healthy and I am optimistic about our chances next fall. The women's team has a legitimate chance to qualify for NCAA's.