## NE10 Men's Track Athlete of the Week

**Ruvens Exantus, Southern Connecticut**  
**Sophomore, Stratford, Conn.**  
Exantus competed at the USC Open and ran in the 400 meter hurdles, where he placed second with a time of 52.90 (an NCAA Provisional mark). He also helped the 4x400 relay team place fourth (3:17.17).

## NE10 Women's Track Athlete of the Week

**Nicole Borofski, Stonehill**  
**Senior, Plymouth, Mass.**  
Borofski earned her second-second automatic bid qualifying her for the NCAA Championships in the 3000-meter steeplechase. She finished 4th at the Larry Ellis Invitational, clocking in at 10:16.06, and is currently ranked 7th in Division II.

## NE10 Men's Field Athlete of the Week

**Holt Sihvonen, Bentley**  
**Junior, Lebanon, Conn.**  
Sihvonen threw the javelin 209’ 4” (63.81) during the UC San Diego Triton Invitational to finish 8th among 35 competitors and third among Division II athletes. It was the second-best throw in the conference this season, trailing only his 214’ 10” achieved at Bryant earlier this month.

## NE10 Men's Track Rookie of the Week

**Justin Ireland, Assumption**  
**Freshman, Norton, Mass.**  
Ireland claimed the 200 meter dash with a time of 22.69 seconds at MIT on Saturday, while placing second in the 100 meter dash where he finished in 11.10 seconds. Ireland was also a member of the 4x100 meter relay team that won the event.

## NE10 Women's Track Rookie of the Week

**Catherine Purves, Franklin Pierce**  
**Freshman, Dalkeith, Scotland**  
At UMass Lowell, Purves posted the East Region's fastest time to win the 400-meter hurdles (1:00.88). The time ranks 17th in the nation, meets an NCAA provisional mark and established a new school record. On Friday at ECSU, she moved up to 10th in the NE10 and set another school record while winning the 200-meter dash (25.83). Also at ECSU, won the 100-meter dash in 14.74 seconds, just 0.01 off her season best.

## NE10 Men's Field Rookie of the Week

**Alex Arnold, Bentley**  
**Freshman, Saco, Maine**  
At the MIT Collier Invitational, Arnold finished first in the long jump with his 21’ 6.25” (6.56m) sixth best in the NE10 this season and ninth best in program history. He was also seventh of 30 in the 100 meters (11.59), 11th of 34 in the 200 (23.81), and a member of Bentley’s 4x100 that finished in 45.86.

## NE10 Women's Field Rookie of the Week

**Caroline Leonard, Assumption**  
**Freshman, Northborough, Mass.**  
Leonard placed second in the javelin throw at MIT on Saturday, registering a distance of 123 feet, 6-inches.
Victoria Major, Adelphi
Fr., Deer Park, N.Y.
Major competed in the 400-meter event at the All-American Invite hosted by East Stroudsburg. She took first place finish with a 58.59.

Alyssa Guyon, American International
So., Ludlow, Mass.
Guyon won the discus at the Springfield Classic, with a throw of 133’ 11”, a winning mark by more than 18 feet. That mark ranks second best in the NE10 this season. Also placed third in the shot put.

Leakey Kipkosgei, American International
So., Kapsabet, Kenya
Kipkosgei led the way for AIC at this weekend’s Larry Ellis Invitational in the men’s 3,000 meter steeplechase, with a sixth-place finish in a time of 9:04.60. That time is an NCAA provisional mark.

Alex Cerbo, Assumption
Jr., Cranston, R.I.
Cerbo won the hammer throw at the Sean Collier Invitational, finishing with a distance of 164 feet, 5-inches. Cerbo also placed fourth in the shot put with a distance of 44’ .75”.

Steph Mattsson, Bentley
So., Smithfield, R.I.
At the UC San Diego Triton Invitational, Mattsson shattered former All-America Amy Varsell’s school record in the 400 meters by 0.75 seconds, finishing eighth overall in 57.08 seconds. That was a PR by 1.71 seconds and third best in the NE10 in 2017. She also excelled in the field events, bettering her previous best in the triple jump by more than two feet with her 36’ 9” - third best in program history and in the NE10 this spring. In addition, she was 11th of 44 in the long jump with a mark of 17’ 10.25”.

Julia Morena, Bentley
Sr., Boylston, Mass.
On the opposite coast during the UC San Diego Triton Invitational, Morena led all the way while capturing the 5,000 meters in 18:01.47, winning by 21.5 seconds. That was the third-best time recorded in the NE10 this spring.

Dage Minors, Franklin Pierce
Sr., Hamilton Parish, Bermuda
At the Larry Ellis Invitational, Minors laid down a school-record time of 1:49.39 to finish ninth in the 800 meters. The time met the NCAA provisional mark (and is just 0.39 off the automatic mark), ranks first in both the NE10 and East Region. This was tied for first in New England, across all three divisions. Saturday, he took 24th in the 400 meters, with a time of 50.17 seconds, which moved him to ninth in the NE10. He also anchored the 4x400-meter relay team to a fourth-place finish (3:19.88), with the NE10’s second-best time on the year.

Rinald Pierre-Canal, Franklin Pierce
Jr., Randolph, Mass.
On Saturday at UMass Lowell, Pierre-Canal won both the long jump (6.75m) and the triple jump (13.74m). The long jump mark was good for third in the NE10 and fourth in the East Region.