## NE10 Men's Track Athlete of the Week

Yakabu Ibrahim, Southern Connecticut

Senior, Somerset, N.J.

Ibrahim competed at the USC Open where he took third place in the 110 meter hurdles with a time of 13.87, an NCAA Division II automatic qualifying mark.

## NE10 Men's Field Athlete of the Week

Holt Sihvonen, Bentley

Senior, Lebanon, Conn.

The Falcon senior All-America finished first in the javelin at MIT’s Sean Collier Invitational, posting a throw of 201 feet, 6.5 inches. It was his third 200-yard distance of the year and second victory of the season.

## NE10 Women's Field Athlete of the Week

Destiny Coward, Southern Connecticut

Senior, East Haven, Conn.

Coward competed at the George Davis Invitational where she took first in the hammer throw with a throw of 62.18 meters, an NCAA DII automatic qualifying mark.

## NE10 Women's Track Rookie of the Week

Alyssa Harris, Franklin Pierce

Freshman, Billerica, Mass.

Harris set a pair of school records on Saturday at the UAlbany Spring Classic. She finished fourth in the 100-meter dash (12.63) and sixth in the 200-meter dash (25.45). She ran a faster preliminary time in the 100-meter dash (12.58), which currently stands as the program record. The 200-meter time currently ranks fourth in the NE10.

## NE10 Men's Relay Team of the Week

Stonehill 4x100

Stonehill's relay team finished second as the lone non-Division I program competing at Saturday’s Holy Cross Invitational. Inched closer to a school record with its season-best time of 42.16-seconds on Saturday. Freshman Desmond Bernal ran the lead leg, followed by sophomore Justin Ireland and senior Joshua Hubbell, before junior Joe Connolly completed the anchor leg.

## NE10 Women's Relay Team of the Week

Franklin Pierce 4x100

The team of Lilian Baah, Alyssa Harris, Evaline Rodrigues, and Nicole Galewski turned in a time of 50.86 seconds to finish third on Saturday at the UAlbany Spring Classic.
MEN
Felipe Custodio, Adelphi (Jr., Valley Stream, N.Y.)
At the Larry Ellis Invitational, Custodio placed in the top 10 of his signature events, as well as landing in CAA/ECAC times in both. The sprinter clocked in at 21.58 in the 200m, and 10.85 in the 100m events, finishing fifth and 10th
Chad Miller, American International (Jr., Spanish Town, Jamaica)
Miller placed third in the 400 meter dash at the Larry Ellis Invitational at Princeton, posting a provisional time of 47.35s. That mark currently sits 10th in the nation. He also contributed to a third-place finish in the 4x400 meter relay, posting a time of 3:16.22, currently the second-fastest time in the NE10.
Kevin Hack, Assumption (Sr., Uxbridge, Mass.)
At the Holy Cross Decathlon, Hack finished second overall with a new school record point total of 5771, good for the second spot in the conference. During the meet he won the 110 meter hurdles in a school record time of 15.34 seconds.
Everett Pirtle, Assumption (Fr., Northborough, Mass.)
Pirtle was a part of two school records in the hounds dual meet win over Merrimack, winning the 400 meter dash in 49.00 seconds, before winning the 4x400 relay in 3:21.33. Pirtle now ranks fifth in the conference in the 400 meters.
Josh Gettings, Bentley (Sr., Lowell, Mass.)
Gettings finished first among 20 student-athletes in the 400 hurdles with his 55.41 in the Sean Collier Invitational at MIT. Fourth best achieved by an N100 performer this season. He also helped Bentley finish first in the 4x400 relay in 3:28.02.
Hugo Arlabosse, Franklin Pierce (Fr., Marseille, France)
On Friday at Princeton’s Larry Ellis Invitational, Arlabosse won his heat in the 800 meters, with a time of 1:53.79. The time was good for a 32nd-place finish overall in the 62-runner field.
Rinald Pierre-Canel, Franklin Pierce (Sr., Randolph, Mass.)
On Saturday at the UAlbany Spring Classic, Pierre-Canel finished sixth in the long jump, with a leap of 6.75 meters. The distance is currently good enough to tie for seventh in the NE10.
Doge Minors, Franklin Pierce (Sr., Hamilton Parish, Bermuda)
At the talent-laden Mt. SAC relays in southern California, Minors finished fifth in a 40-runner field in the 800 meters, with a time of 1:50.79.
John Braga, Merrimack (Sr., North Reading, Mass.)
At Merrimack’s inaugural track meet, Braga finished first in the Long jump event, with a leap of 7.11 meters. It landed him at the top of the NE10 performance list for that event.
Stefan Balestra, Stonehill (Sr., Lincoln, R.I.)
Balestra led two first place finishes for Stonehill as the lone non-Division I program competing at Saturday’s Holy Cross Invitational by winning the hammer throw with a school-record distance of 179-feet, even. He broke his own school record of 177-05 set at the UMass Lowell Invitational last month. The distance ranks second on the NE10 performance list. He also placed 12th in the discus throw with a distance of 109-feet, 9-inches.
Ethan Famiano, Stonehill (Fr., Warwick, R.I.)
Famiano helped the Skyhawks to a second place team finish as the lone non-Division I program competing at the Holy Cross Invitational. He finished fourth in the 110-meter high hurdles with a personal-best time of 15.05 seconds.
Jimmy Murphy, Stonehill (Sr., Mansfield, Mass.)
Murphy posted one of two first place finishes for the Skyhawks as the lone non-Division I program competing at the Holy Cross Invitational on Saturday. Led a sweep of the top two spots in the 3000-meter steeplechase with a first place finish, posting a time of 9:54.63, which ranks third on the NE10 performance chart.
Kenny Vinacco, Stonehill (Sr., Situate, R.I.)
Vinacco helped the Skyhawks to a second place finish as the lone non-Division I program at Saturday’s Holy Cross Invitational. He finished second out of 13 competitors in the 5000-meter run with a personal-best time of 15:12.98, which ranks fifth on the NE10 performance list.

WOMEN
Emily Hagarty, Adelphi (Sr., Bellmore, N.Y.)
Hagarty competed at the All-American Invitational hosted by East Stroudsburg. She broke an Adelphi school record in the javelin throw, landing a mark of 375.9m and placing fifth overall.
Abby Jones, Assumption (Jr., Arlington, Mass.)
Jones had a huge meet at the Holy Cross Heptathlon, breaking four school records. She won the meet with a new school record point total of 476, placing her first in the conference and in the East Region. She won the long jump with a distance of 18 feet, 6-inches which is the third best mark in the conference, before placing second in the high jump (5 feet, 4.5-inches) which puts her first in the conference, and second in the 100 meter hurdles (15.16 seconds), both school records.
Miranda Gagnon, Franklin Pierce (Sr., Rollinsford, N.H.)
Gagnon won the javelin on Saturday at the UAlbany Spring Classic, with a throw of 37.82 meters. The distance currently ranks fifth in the NE10 and sixth in the East Region.
Lauren MacGregor, Merrimack (Sr., Salem, N.H.)
During the Warrior’s first-ever track meet, MacGregor was the top performer during the weekend among the conference in the triple jump event. Her final jump was 11.57 meters.
Valerie Hinds, Saint Rose (So., Kingston, N.Y.)
Hinds bettered her school record in the hammer throw with a mark of 45.76m. Hinds placed fifth in the hammer and seventh in the discus with a 33.57m toss.
Christine Myers, Saint Rose (So., Altamont, N.Y.)
Myers won the 5000m at the UAlbany Spring Classic. The sophomore clocked in at a personal-best 17:56.24 to earn the event victory. The time ranks third in program records.
Sonia Morant, Southern Connecticut (Jr., Hartford, Conn.)
Morant competed at the USIC Invitational where she took first place on the podium in the 400 meter hurdles with a time of 1:00.98.
Kiah Strickland, Southern Connecticut (Jr., Uncasville, Conn.)
Strickland competed at the George Davis Invitational where she took first place in the javelin with a throw of 42.20 meters.
Alison Tobin, Stonehill (Sr., Hudson, Mass.)
Tobin qualified for New England’s in her second event this season on Saturday’s Holy Cross Invitational. She posted a time of 12.38, good for seventh, in the 100-meter dash. She also took home her second-straight title in the pole vault clearing a mark of 11 feet, 11.75 inches.