### NE10 Men's Track Athlete of the Week

**Ruvens Exantus, Southern Connecticut**  
*Junior, Stratford, Conn.*

Exantus took the second spot in the 400 meter hurdles with a time of 52.82, which is an NCAA Provisional time. He placed 10th (14.81) in the 110 meter hurdles and was 1/4 of the quartet in the 4x400 meter relay that took third with a time of 3:16.94.

### NE10 Women's Track Athlete of the Week

**Briana Burt, Southern Connecticut**  
*Senior, Meriden, Conn.*

Burt competed in the 100 meter hurdles at the Miami Hurricane Alumni Invitational where she placed seventh with a time of 13.78 seconds (NCAA Provisional Time). She broke the school record that she previously broke during last year's outdoor season.

### NE10 Men's Field Athlete of the Week

**Holt Sihvonen, Bentley**  
*Senior, Lebanon, Conn.*

Sihvonen finished first in the javelin during the 8th annual Yellow Jacket Invitational at American International with a throw of 196’ 4” (59.84m) on his first attempt of the day. His winning margin was nearly 10 feet.

### NE10 Women's Field Athlete of the Week

**Kathryn Heacox, Southern Connecticut**  
*Senior, Lakeville, Conn.*

Heacox won the hammer throw at the Mark Young Invitational with a toss of 52.29 meters. It's an NCAA Provisional mark in the event.

### NE10 Men's Track Rookie of the Week

**Felipe Custodio, Adelphi**  
*Junior, Valley Stream, N.Y.*

At the Howell Invite hosted by Princeton, Custodio took home two first place medals, qualifying for IC4A/ECAC marks in both the 100m and 200m. He clocked in at 10.81 to claim first in the 100m, and posted a time of 21.59 in the 200m.

### NE10 Women's Track Rookie of the Week

**Casey Gannon, Stonehill**  
*Freshman, Warwick, R.I.*

Gannon competed in three events at the Colonial Relays and qualified for New England's in the 400m hurdles where her time of 1:04.71 placed her 21st out of 58 competitors. Her time is currently third in the conference. She also competed in the 100m hurdles where she clocked in at 15.62, good for 39th out of 54 competitors and her time is fifth in the conference. She also competed in the 4x400-meter relay, where the squad posted a time of 4:01.77, good for sixth out of eight teams and a ranking of second in the conference.

### NE10 Men's Field Rookie of the Week

**Mekhi Barnett, Southern Connecticut**  
*Freshman, Stamford, Conn.*

The freshman Barnett took the top spot in the discus with a throw of 43.10 meters to lead the way for the SCSU outdoor track and field squad at the Mark Young Invitational on Saturday.

### NE10 Women's Field Rookie of the Week

No Nominees

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**SCSU 4x100 Meters**

The 4x100 meter relay consisting of Yakabu Ibrahim, Brian Sappleton, Orrin Parke and Nigel Green took second place with a time of 42.10 seconds at the Miami Hurricane Alumni Invitational.

**Stonehill 4x200 Meters**

The quartet of Alison Tobin, Emily Polvere, Krista Fernandes, and Olivia Dexter finished second in the 4x200-meter relay out of 13 teams clocking in at 1:42.44. The time also broke a school record.
MEN’S TRACK

Kendall Streets, American International (Sr., Stratford, Conn.)
Streets won both the long jump and triple jump at the 8th Annual AIC Yellow Jacket Invitational on Saturday. Both his marks - 6.75 meters in the long jump and 13.86 in the triple - sit atop the NE10 for this outdoor season, and his triple jump showing is an outdoor personal best.

Cody Murphy, Bentley (Jr., Dunbarton, N.H.)
Murphy captured the 10,000 meters during the 8th Annual Yellow Jacket Invitational with a time of 32:41.81 putting him at number two on the Northeast 10 performance list. He crossed the line 59.27 seconds before the runner-up, Hartford’s Wally Pierce.

Jack Ehhardt, Franklin Pierce (So., Point Pleasant, N.J.)
On Saturday at the Coast Guard Invitational, Ehhardt won the javelin (51.64m).

Hugo Arlabosse, Franklin Pierce (Fr., Marseille, France)
Arlabosse had a big day on Saturday at the Coast Guard Invitational. Individually, he won the 1500 meters (4:03.60) and finished second in the 800 meters (2:05.75). He also anchored the 4x400-meter relay team to a second-place finish (3:25.86).

Nicholas Jacques, Franklin Pierce (Sr., Westport, Mass.)
On Saturday at the Coast Guard Invitational, Jacques picked up a win in the 100-meter dash (11.03). He was also a part of a pair of second-place relay runs, on the 4x400-meter team (3:25.86) and the 4x400-meter (4:10.59).

Michael Kandolin, New Haven (Sr., Columbia, Conn.)
Kandolin was the first of two Chargers to finish among the top-six in the hammer throw. His distance of 52.75 meters was good for second place overall and was the best of Division II competitors.

Mason Tallman, Saint Rose (Jr., Rotterdam, N.Y.)
Tallman registered a trio of top-six placings at the AIC Yellow Jacket Invitational Saturday. The junior won the shot put with a mark of 10.80m. The distance ranks third in program history. He finished fourth in the discus (39.45m) and sixth in the hammer (41.49m).

Anthony Innamorati, Stonehill (Sr., Clinton, Mass.)
Placed fifth in the championship flight for the pole vault at the 53rd Colonial Relays at William & Mary. He cleared a height of 15 feet, 1 inch, on his second try to earn four points for Stonehill in the team standings. It makes the highest vault in the NE10 this season.

Mark Connolly, Stonehill (Jr., Wilmington, Mass.)
Connolly posted a pair of PRs while competing at the Colonial Relays. He finished tenth out of 64 entries in the 100-meter dash in a personal-best time of 10.84 seconds - surpassing his previous PR set at the same event in 2016 and posting the fourth-fastest time in the NE10 this season to date. Connolly was also 16th in the 200-meter dash championship flight out of 75, with a personal-best time of 22.08 seconds that currently ranks second on the NE10 performance chart.

Jon Naval, Stonehill (Sr., Stratford, Conn.)
Naval placed fifth in the triple jump championship flight at the Colonial Relays at William & Mary, with a distance of 49 feet, 10 inches. He earned four points for the Skyhawks in the team standings with his performance after clearing his longest distance on his third attempt, marking the second-longest triple jump in the NE10 this spring to date.

Lucas Tacket, Stonehill (Jr., Bradville, Mass.)
Tacket finished 21st out of 87 entries at the 53rd Colonial Relays at William & Mary, including four from Stonehill, in the championship flight of the 1500-meter run with a time of 3:55.70, ranking eighth among non-Division I runners in the event and posting the second-fastest time in the NE10 this spring. He also ran the lead leg of Stonehill’s 4x1500-meter relay team took third out of ten entries and was tops among NCAA Division II teams with a time of 16:15.67.

Stephen Vercollone, Stonehill (Jr., Pembroke, Mass.)
Vercollone finished 12th out of 84 entries in the 800-meter dash at the 53rd Colonial Relays at William & Mary in 1:53.04, good for second among non-Division I entries in the event and second on the NE10’s outdoor performance chart. He also ran the lead leg for Stonehill’s 4x800-meter relay team turned in a sixth place finish in 7:58.39.

Kevin Wheeler, Stonehill (Fr., Melrose, Mass.)
Finished 23rd out of 68 runners in the championship flight of the 5000-meter run at the 53rd Colonial Relays at William & Mary this weekend in 15:03.41 - the fastest time in the NE10 this spring to date.

WOMEN’S TRACK

Kayla Pollock, Adelphi (So., Middle Island, N.Y.)
At the TCNJ Lions Invite, Pollock took the top spot in the event in her first outing of the outdoor season, with a mark of 1:60m.

Stephanie Mattson, Bentley (Jr., Smithfield, R.I.)
Mattson was a double-winner at American International’s Yellow Jacket Invitational, capturing the 400 meters in 57.79 seconds, more than 3 seconds ahead of the number two runner, and the triple jump in 36’11.75” (11.27m) with a winning margin of seven-and-a-half inches. Both of those performances put her at number two in the season’s NE10 performance list. She also ran a leg on the Falcons’ 4x400 relay that was second in 4:11.81.

Emily Quinn, Franklin Pierce (Sr., West Bridgewater, Mass.)
Quinn notched a win in the hammer throw on Saturday at the Coast Guard Invitational, with a throw of 1:51.39 meters.

Laura MacGregor, Merrimack (Sr., Salem, N.H.)
MacGregor finished second in the long jump (5.31m) and triple jump events (11.08m) at the Yellow Jacket Invitational this weekend. She is currently third in the NE10 performance list in both events.

Riley Knebes, New Haven (Sr., Salem, Ore.)
Knebes captured two first place victories and was a part of a third, first winning the 400-meter dash at the Yale Mark Young Invitational, posting a time of 57.25 seconds before claiming her second victory of the day in the 400-hurdles with a time of 1:03.39, beating out Danielle Olevia of Dartmouth who finished in second, 3.62 seconds behind Knebes. She was also part of the 4x100 relay team that finished in first place.

Alanna Robinson, New Haven (Jr., Montclair, N.J.)
Robinson posted two personal-bests, including a fourth-place finish in the shot put at the Yale Mark Young Invitational with a throw of 12.80 meters. Robinson also claimed and a fifth-place finish in the hammer throw with a distance of 47.38 meters, bettering her previous personal-best by over five meters.

Valerie Hinds, Saint Rose (So., Kingston, N.Y.)
Hinds set the school record at the Yellow Jacket Invitational on Saturday as she heaved the hammer 44.63m, clearing the previous best by more than a meter and a half. She also placed second in the shot put with a mark of 11.52m.

Christine Myers, Saint Rose (So., Altamont, N.Y.)
Myers won the 10,000 meter run at the AIC Yellow Jacket Invitational with a time of 36:47.81. The time, which broke the meet record by 20 seconds, ranked second in program annals.

Olivia Dexter, Stonehill (Jr., East Calais, Vt.)
Dexter competed in four events this weekend at the 53rd Colonial Relays, qualifying for New England’s in two events. Her time of 12.31 in the 100-meter dash is the second-fastest time in the conference as she placed 17th overall, and her time of 25.00 in the 200-meter sprint is also the second-fastest time in the conference, as she took home 20th overall. The junior also competed in the 4x100m and 4x200m. The 4x100m relay posted a time of 49.57 good for fifth out of 17 teams, and the time is ranked second in the conference. The 4x200m relay team finished second with a time of 1:42.44.