### NE10 MEN'S TRACK ATHLETE OF THE WEEK

**Dage Minors, Franklin Pierce**  
Senior, Hamilton Parish, Bermuda  

On Friday, won the 800 meters, in a facility-record time of 1:56.45 at the PSU Winter Classic. On Saturday at the Jay Cariisella Invite, he posted an NEICAAA Championship qualifying time of 2:25.04 to finish second in the 1000 meters, with the NE10’s fastest time in the event thus far. Also on Saturday, Minors anchored the Ravens 4x400-meter relay team, which ran a 3:23.94 to finish second.

### NE10 WOMEN'S TRACK ATHLETE OF THE WEEK

**Adriana Carrasco, Southern Connecticut**  
Senior, Hamden, Conn.  

At the 2016 Yale Season Opener, Carrasco set a new personal best in the 500 meter run as she crossed the finish line with a time of 1:15.54, placing first overall. She also assisted the SCSU (A) 4x400 relay team to a second place finish with a time of 3:52.32. It’s the second consecutive week she’s been honored.

### NE10 MEN'S FIELD ATHLETE OF THE WEEK

**Michael Cuesta, Merrimack**  
Sophomore, South Portland, Maine  

Cuesta won the triple jump event at the Jay Cariisella Invite with an NE10-best 14.72m jump, which is an NCAA provisional qualifier. The jump is also a school record and marks his second straight meet with a first-place finish.

### NE10 WOMEN'S FIELD ATHLETE OF THE WEEK

**Lyzandra Fernandes, Southern Connecticut**  
Senior, Danbury, Conn.  

Fernandes matched her personal best of 3.35 meters in the women’s pole vault at the 2016 Yale Season Opener on Saturday afternoon. She finished the event with a second place finish overall behind Sacred Heart’s Kerstyn Ciulla and it’s the top mark in the NE10 so far this winter.

### NE10 MEN'S RELAY TEAM OF THE WEEK

**4 x 400 Meter Relay**  
The Southern Connecticut 4x400 relay team of Sachin Manning, Orrin Parke, Brian Sappleton and Jack Brown recorded a first place finish in the men’s 4x400 at the 2016 Yale Season Opener on Saturday. The quartet finished the event with a time of 3:21.77.

### NE10 WOMEN'S RELAY TEAM OF THE WEEK

**4 x 400 Meter Relay**  

### NE10 MEN'S TRACK ROOKIE OF THE WEEK

**Aidan Gilbride, Franklin Pierce**  
Freshman, Kilbride, Scotland  

On Friday at the PSU Winter Classic, Gilbride ran a 1:57.56 to finish second in the 800 meters. On Saturday at the Jay Cariisella Invite, he posted the NE10’s fastest time of the season in the mile, as he ran a 4:19.71, to finish second. Also on Saturday, ran the second leg of the 4x400-meter relay, which finished second, with a time of 3:23.94.

### NE10 WOMEN'S TRACK ROOKIE OF THE WEEK

**Savanna Spencer, Merrimack**  
Freshman, Seabrook, N.H.  

Spencer registered a third-place finish in the 400m at the Jay Cariisella Invite with a personal-best time of 1:00.21 to qualify for NE10’s.
**Saturday, February 18**  
Reggie Lewis Center  
Boston, Mass.

**NE10 HONOR ROLL - WEEK 2**

**Lilian Baah, Franklin Pierce**  
(So., Danielson, Conn.)

On Saturday at the Jay Carisella Invite, turned in a program-record mark of 11.48 meters in the triple jump, to finish second. The jump also met the NEICAA Championships qualifying mark in the event, though Baah had already qualified earlier in the season.

**Rindal Pierre-Canel, Franklin Pierce**  
(jr., Randolph, Mass.)

On Saturday after the Jay Carisella Invite, turned in an NEICAAA qualifying mark in the long jump, where he posted a mark of 6.83 meters to finish third.

**Breigh Souliere, Franklin Pierce**  
(Sr., Cumberland, R.I.)

At the PSU Winter Classic, Souliere finished second in the 60-meter hurdles, with a time of 9.27 seconds. On Saturday at the Jay Carisella Invite, set a program record in the 60-meter hurdles in the prelims with a 9.18, and followed up with a 9.18 in the final, to finish second.

**John Braga, Merrimack**  
(Sr., North Reading, Mass.)

Braga recorded a second-place finish in the long jump at the Jay Carisella Invite with an NE10-best 7.18m jump. The jump goes as an NCAA provisional qualifier.

**Michael Kandolin, New Haven**  
(So., Columbia, Conn.)

Kandolin won his first event of the season, taking the top spot in the weight throw with a distance of 16.22 meters at the Yale Season Opener on Saturday.

**Ianna McGregor, New Haven**  
(jr., Paterson, N.J.)

McGregor won the triple jump at the Yale Season Opener on Saturday, claiming the event at a distance of 10.99 meters.

**Darryl McNeil, New Haven**  
(So., Arvene, N.Y.)

McNeil had a pair of top-five finishes at the Yale Season Opener. He placed second in the 500-meter dash with a time of 1:05.56 before crossing the tape in 22.68 in the 200-meter dash, finishing fourth.

**George Murray II, New Haven**  
(Sr., Newark, Del.)

Murray had a pair of top-two finishes at the Yale Season Opener on Saturday. He won the long jump with a distance of 6.84 meters before taking second in the triple jump with a leap of 14.42 meters.

**Ruvens Exantus, Southern Connecticut**  
(So., Stratford, Conn.)

On Saturday at the 2016 Yale Season Opener, Exantus set a NCAA provisional mark in the men’s triple jump, by setting a new personal best of 14.56 meters, which was good for the win in the event.

**Luke Velez, Southern Connecticut**  
(jr., Killingworth, Conn.)

Velez led the Owls at the 2016 Yale Season Opener on Saturday afternoon with his first place finish in the 500-meter run. He recorded a new personal best time of 1:04.88.