MEN’S & WOMEN’S TRACK & FIELD All-Conference Teams - May 1, 2019 FOR IMMEDIATE RELEASE

**NESCAC Men’s & Women’s Track & Field Awards Announced**

**HADLEY, Mass.** - Following the completion of the NESCAC Men’s and Women’s Track & Field Championships on April 27 at Middlebury, the 2019 NESCAC Track & Field individual award winners have been selected as voted on by the conference coaches. Additionally, the top three finishers and top three relay teams in each event at the championship received All-NESCAC recognition.

**ALL-NESCAC HONOREES**

Middlebury’s senior **Nicholas Hendrix** (East Molesey, United Kingdom) won the Sabasteanski Award as the Most Outstanding Male Performer. Hendrix, who is the third Middlebury athlete to win the award, defended his title in the men’s 100-meter dash and earned a second title in the 200-meter race. He was also a member of Middlebury’s 4x100 relay team that took first place by .01 second to help the Panthers capture the NESCAC Championship for the second straight year and the second time in program history.

Hamilton senior sprinter **Cat Berry** (Mansfield, Ohio) is the recipient of the Sabasteanski Award as the Most Outstanding Female Performer and the first Hamilton athlete to win the award. Berry won conference titles in the women’s 200-meter and 400-meter races. She finished with a time of 58.22 seconds in the 400 meters and defended her 2018 NESCAC title in the 200 meters with a time of 25.60 seconds. Berry also ran the second leg of Hamilton’s winning 4x100-meter relay.

The Sabasteanski Award is named in honor of the late Frank Sabasteanski, who graduated from Bowdoin and later led the cross country and track and field programs at the college for 28 years.

Most Outstanding Rookie Performer honors went to **Henry Buren** (Kansas City, Mo.) of Amherst and **Lydia Pitts** (New Haven, Vt.) of Bowdoin. Buren was runner-up in the 100-meter and 200-meter races and anchored Amherst’s 4x100 relay team that placed fourth. He is the first Mammoths in program history to earn the most outstanding rookie distinction. Pitts is the first Polar Bear to earn the award after finishing as the NESCAC Runner-up in the triple jump and placing fifth in the 100-meter hurdles.

**2019 NESCAC Track & Field Individual Honors**

**Men’s Track & Field**

**Sabasteanski Award (Most Outstanding Performer):** Nicholas Hendrix, Middlebury

**Most Outstanding Rookie Performer:** Henry Buren, Amherst

**Coaching Staff of the Year:** Middlebury College

Head Coach: Martin Beatty; Assistants: Nicole Wilkerson, Bruce Ingersoll, Luke Hotte, Peter Kim, Jason McCallum, Cassie Marion

**Women’s Track & Field**

**Sabasteanski Award (Most Outstanding Performer):** Cat Berry, Hamilton

**Most Outstanding Rookie Performer:** Lydia Pitts, Bowdoin

**Coaching Staff of the Year:** Bowdoin College

Head Coach: Peter Slovenski; Assistants: Lynn Ruddy, Lara-Jane Que, Matthew Harmon

**Peter Slovenski** and the Bowdoin staff earned Women’s Track & Field Coaching Staff of the Year honors. The Polar Bears took third place at the NESCAC Championships, marking their best NESCAC finish since 1993. It is the first time the Bowdoin staff has garnered the award.

The Middlebury men’s coaching staff, led by head coach **Martin Beatty**, was selected as the Men’s Track & Field Coaching Staff of the Year for the second year in a row. Beatty directed the Panthers to their second consecutive NESCAC title, as the team won nine events. It is the fourth time the Middlebury staff has been honored.