Haverford College offers one of the finest liberal arts educations in the world and attracts bright and dedicated students from nearly every state and 40 foreign countries. Located just eight miles from the vibrant city of Philadelphia, life at Haverford is campus-centered and the community is close-knit. Haverford provides a rigorous and intensely personal undergraduate education and also features a broad-based athletic program with teams regularly contending for conference championships and competing at the NCAA Division III national championships. As an athlete at Haverford, you can compete and challenge yourself at the highest level without sacrificing your identity as a student, scholar, or community member.

For details about the admission process, interviews, and campus tours, visit haverford.edu/admission.

November 15: Early Decision I Application Deadline
January 1: Early Decision II Application Deadline
January 15: Regular Decision Application Deadline

For more information about Haverford women’s track & field, please contact:

Fran Rizzo
Head Women’s Cross Country and Track & Field Coach
(610) 896-4997
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Haverford Athletics
370 Lancaster Avenue
Haverford, PA 19041
(610) 896-1117

Fran Rizzo
Head Women’s Cross Country and Track & Field Coach


Rizzo, no stranger to coaching accolades, was named Centennial Conference Women’s Cross Country Coach of the Year in 2009, 2012, and 2013. He was voted Centennial Conference Track & Field Coach of the Year for the 2009–10, 2014–15, and 2015–16 indoor seasons, along with the 2013 outdoor season. In 2004, Rizzo was named NCAA Division III MidEast Region Coach of the Year in both indoor and outdoor track & field.

Under Rizzo’s direction, Kristen Wilson ’03 was named Centennial Conference Indoor Track & Field Athlete of the Year in 2000 and Centennial Conference Cross Country Runner of the Year in 2001. Thirteen runners—Tamara Lave ’90, Jen Maranzano ’94, Danielle Wolfrom ’94, Emily Dorreen ’93, Meredith Unger ’97, Rachel Mosher ’99, Kate Westfall ’01, Jane Steinemann ’04, Aislinn Sowash ’07, Annick Lamar ’08, Jessie Belden ’09, Nora Weathers ’16, Katie Sullivan ’18, Amelia Keyser-Gibson ’19, and Kerry Quigley ’19—have earned All-America status. Unger and Mosher were five-time cross country and track honorees, while Maranzano accomplished the same feat four times. More recently, Belden (2009) and Kylie Lipinski ’11 (2011) earned Centennial Conference Most Outstanding Field Performer honors for both indoor and outdoor.

Rizzo, who earned a Bachelor of Science degree in elementary education from West Chester University, has extensive teaching and coaching experience in the Philadelphia area. He guided the cross country and track teams at Devon Preparatory School to several league championships in the seventeen years he spent there before arriving at Haverford. He also coached at the Main Line Day School and in the Philadelphia Recreation Department.

Rizzo is assisted by Doug Mason ’81, who specializes in sprints, hurdles, and jumps, and former Westtown School head coach Rob Upton, who specializes in strength training, jumps, and throwing events.

Kate Reese ’06 specializes in recruiting and coaches multiple events.
2018–19 SCHEDULES

INDOOR
- Villanova Pyrah Invitational
- Danny Curran Invitational
- Widener Dual Meet
- Princeton Distance I
- Franklin & Marshall Invitational
- West Chester Invitational
- Collegeville Invitational
- Princeton Distance II
- Columbia Invitational
- Widener Invitational
- Villanova Invitational
- Widener Dual Meet
- McElligott Invitational
- Penn Relays
- Keogh Invitational
- Centennial Conference Championships
- Swarthmore Last Chance Meet
- NCAA Championships
- Widener NCAA Qualifier
- NCAA Championships

OUTDOOR
- Danny Curran Invitational
- Princeton Distance I
- West Chester Invitational
- Princeton Distance II
- Widener Invitational
- Widener Dual Meet
- Centennial Conference Championships
- Swarthmore Last Chance Meet
- NCAA Championships

For a complete schedule visit: HaverfordAthletics.com

2017–18 HIGHLIGHTS

INDOOR
- The Fords had six athletes named to the All-Mideast Region team.
- Haverford placed second as a team at the Centennial Conference Championships.
- Amelia Keyser-Gibson ‘18 became a three-time Centennial Conference champion as she won the mile.
- Claire Sargent ‘18 won her second indoor shot put championship with a school record throw of 42 feet, two inches.
- 12 athletes were named to the All-Centennial Conference team for placing in the top three of their respective events.
- Claire Sargent ’18 set the school record in the weight throw with a mark of 40 feet, five and a half inches (12.33m).

OUTDOOR
- Varsity Cup recipient Katie Sullivan ’18 advanced to the NCAA Outdoor Track & Field Championships (1,500m), making a total of seven appearances at the national meet over her three seasons.
- Amelia Keyser-Gibson ‘18 became a three-time Centennial Conference champion as she won the mile.
- Claire Sargent ’18 won her second indoor shot put championship with a school record throw of 42 feet, two inches.
- 12 athletes were named to the All-Centennial Conference team for placing in the top three of their respective events.
- Claire Sargent ‘18 set the school record in the weight throw with a mark of 40 feet, five and a half inches (12.33m).

“This team is special because each athlete puts in an incredible amount of effort individually, but I always feel like we’re competing for something more than just ourselves. When we join together as a dedicated and powerful group of women, the team becomes so much greater than a simple sum of individual talents, and we push ourselves harder than we ever thought possible. Not a day goes by where I don’t appreciate the community of support and inspiration that I have found in my teammates.”

— Julia Smith ’19