NE10 MEN’S TRACK ATHLETE OF THE WEEK

Luke Velez, Southern Connecticut
Junior, Killingworth, Conn.

Velez helped the Owls to a first place finish at the 2016 Elm City Challenge as the junior not only set a new personal best, but he set a new meet record with a time of 49.72 seconds in the men’s 400 meter run. He also collected a second place finish in the men’s 55 meter dash with a time of 6.48 seconds.

NE10 WOMEN’S TRACK ATHLETE OF THE WEEK

Adriana Carrasco, Southern Connecticut
Senior, Hamden, Conn.

Carrasco was impressive at the 2016 Elm City Challenge as she opened the year with a fourth-place finish in the SS meter dash (7.93 seconds). She then posted back-to-back first place finishes in the 200 and 400 meter run, respectively. She recorded an NCAA provisional time of 25.38 seconds in the 200 and a time of 57.78 seconds in the 400.

NE10 MEN’S FIELD ATHLETE OF THE WEEK

John Braga, Merrimack
Senior, North Reading, Mass.

At the UMass Boston Indoor Open, Braga recorded a third-place finish in the pole vault (4.10m) and a second-place finish in the high jump (2.00m), both of which qualified for NE-10’s while his high jump qualified for New England’s. He also added a personal-best 1.72m throw in the shot put.

NE10 MEN’S TRACK ROOKIE OF THE WEEK

Justin Ireland, Assumption
Freshman, Norton, Mass.

Ireland made his collegiate debut at the Aldon Invitational on Saturday. He raced his way to a school record in his very first race, finishing the 300-meter dash in 36.94 seconds, good for an 11th place finish. Ireland also registered a sixth place finish in the 60-meter dash with a time of 7.18 seconds.

NE10 WOMEN’S TRACK ROOKIE OF THE WEEK

Paige Fehskens, Bentley
Freshman, Wareham, Mass.

In her collegiate indoor debut, Fehskens finished 1st of 13 in the 3,000 meters at the UMass-Boston Invitational with her time of 10:51.98 ranking first in the NE10 over the weekend.

NE10 MEN’S FIELD ROOKIE OF THE WEEK

Michael Agyeman, Southern Connecticut
Freshman, Manchester, Conn.

In his season debut, Agyeman recorded an impressive first place finish in the long jump to help the Owls to a first place finish at the Elm City Challenge. The rookie recorded a jump of 14.32 meters. He also helped the men’s 4x400 relay team to a third place finish after coming in with a time of 3:32.26.

NE10 WOMEN’S FIELD ROOKIE OF THE WEEK

Victoria Major, Adelphi
Freshman, Deer Park, N.Y.

In her first collegiate meet Major won the high jump and posted an NCAA provisional mark at the Elm City Challenge. Major’s leap of 1.70 meter (5 feet 7 inches) was two inches better then second place and puts her on the NCAA list for the National Championship.

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NE10 MEN’S RELAY TEAM OF THE WEEK

Franklin Pierce 4x400 Relay
The Ravens were winners at the Smith Snowflake Invitational over the weekend, with a time of 3:25.87. The team consisted of: Trevor Guay, Cory Cataldo, Nicholas Jacques, Dage Minors.

NE10 WOMEN’S RELAY TEAM OF THE WEEK

Southern Connecticut 4x400 Relay
The SCSU 4x400 relay team of Teyah Green, Sonia Morant, Emily Maffeo and Brianna Rocha opened the year with a first place finish in the 4x4 relay team at the 2016 Elm City Challenge on Saturday. The quartet finished the event with a time of 4:06.09.
### NE10 HONOR ROLL - WEEK 1

- **Mary Camarano, Adelphi**  
  Sr., Wantagh, N.Y.  
  In her first meet of the season, Camarano placed first in the 55 meter hurdles with a time of 8.31 in the finals, and placed fourth in the 800 meter run, clocking 2:30.21. She was also a member of Adelphi’s fourth place finishing 4,400 meter relay that stopped the clock at 4:08.05.

- **Abby Jones, Assumption**  
  Jones set a new school record in the high jump at the Aldon Invitational this Saturday, placing sixth with a height of 5 feet, 3.75 inches.

- **Nicole McMorrow, Assumption**  
  Fr., Milford, N.H.  
  McMorrow opened her collegiate career at the Aldon Invitational by breaking a ten year old school record in the triple jump, leap-ping 33-feet, 10.75 inches to finish in eighth place.

- **Greta Scott, Assumption**  
  So., Little Compton, R.I.  
  Scott had an impressive showing at the Aldon Invitational, smashing the school record in the 300-meter dash by over four seconds, finishing in seventh place with a time of 42.43 seconds.

- **Tim Bolick, Bentley**  
  Sr., Hopkinton, Mass.  
  At the UMass-Boston Inv, Bolick finished first in the mile at the UMass-Boston Invitational with his time of 4:21.49 a PR by 3.63 seconds and the best in the conference during the opening weekend.

- **Stephanie Mattson, Bentley**  
  So., Smithfield, R.I.  
  Mattson posted a trio of second-place finishes at the UMass-Boston Invitational; 1:21.02 500 meters, 17' 2.25” long jump and 35' 0.5” triple jump. Her 500 time set a PR by 0.89 seconds and she also was part of Falcons’ 4x400 relay that finished fifth (4:25.09). On the NE-10 performance list for the weekend, she was first in the 500, fourth in the long jump and eighth in the triple jump.

- **Mary Camarano, Adelphi**  
  Sr., Wantagh, N.Y.  
  On Saturday at the Smith Snowflake Invitational, Camarano placed fourth in the 800 meter race, clocking 2:30.21. She also was a member of Adelphi’s fourth place finishing 4,400 meter relay that stopped the clock at 4:08.05.

- **Cory Cataldo, Franklin Pierce**  
  Sr., Tewksbury, Mass.  
  On Saturday at the Smith Snowflake Invitational, Cataldo turned in a leap of 6.85 meters in the long jump, which was good enough to win the event and meet the NEICAAA Championships qualifying mark in the process.

- **Jen Iozzi, Franklin Pierce**  
  Fr., Cranston, R.I.  
  On Saturday at the Smith Snowflake Invitational, Iozzi won the shot put, with a heave of 11.31 meters, which was good enough to set a new school record.

- **Dage Minors, Franklin Pierce**  
  Sr., Hamilton Parish, Bermuda  
  On Saturday at the Smith Snowflake Invitational, Minors met the NEICAAA qualifying mark in the 600 meters, by running a time of 1:21.43, which was good for the win in the event.

- **Breigh Souliere, Franklin Pierce**  
  Sr., Cumberland, R.I.  
  On Saturday at the Smith Snowflake Invitational, Souliere won the 60-meter hurdles, with a time of 9.22 seconds.

- **Lauren MacGregor, Merrimack**  
  Jr., Salem, N.H.  
  At the UMass-Boston Indoor Open, MacGregor recorded the lone first-place finish for the women, nabbing the win in the triple jump to open her junior campaign. She posted a 10.86m jump for the victory, while also adding a sixth-place finish in the long jump (5.06m).

- **Jack Brown, Southern Connecticut**  
  So., Lyndon Center, Vt.  
  Brown opened up the 2016 campaign with a first place finish in the men’s pole vault with a height of 4.40 meters at the 2016 Elm City Challenge. He also placed fifth in the men’s 400 meter run with a mark of 51.19 seconds.

- **Olivia Dexter, Stonehill**  
  So., East Calais, Vt.  
  Stonehill opened up at the UMass Boston Invitational, where Dexter kicked off the season qualifying for New Englands with a 60-meter dash time of 7.84, which also placed her first among a field of 80. She also placed fifth in the long jump with a distance of 16 feet, 9.25 inches.

- **Jason Dimmick, Stonehill**  
  Jr., Sutton, Mass.  
  Dimmick was a part of two second place finishes at Saturday’s season-opening meet at UMass Boston. He placed second in the 1000-meter run with a time of 2:35.95 as Stonehill swept the top two positions. He was also a member of the Skyhawks 4x400-meter relay which finished second in 3:26.05, among three teams that broke the previous meet record.

- **Stephen Vercollone, Stonehill**  
  So., Pembroke, Mass.  
  Vercollone led the Skyhawks at Saturday’s season-opening UMass Boston Invitational with his first place finish in the 1000-meter run. He posted a time of 2:35.69 as the Skyhawks placed three in the top five in the event.