

Northeast Conference

399 Campus Drive • First Floor • Somerset, NJ 08873
(732) 469-0440 • Fax (732) 469-0744 • www.northeastconference.org



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Monmouth Women Take Sixth Team Title This Decade at 2009 NEC Outdoor Championships

West Long Branch, NJ — The second one should seem much sweeter for Monmouth's **Michelle Losey (Piscataway, NJ/Piscataway)**. The back-to-back Northeast Conference Most Outstanding Track Performer has a team title to celebrate this time along with her second major individual honor in as many outdoor seasons. With help from Losey's triumphant 200-400 sprint double, the Monmouth women (160.67 points) dethroned Sacred Heart (132) to win the 2009 NEC Outdoor Track & Field Championships presented by Road Runner Sports. Long Island scored 118.50 points to finish third in the 11-team field.

The NEC Most Valuable Performer (MVP) award along with Most Outstanding Field Performer honors went to Wagner senior **Alaina Alfano (Hanover Park, NJ/East Hanover)** for her extraordinary scoring efforts. The senior Seahawk accounted for 66 percent of her team's point total. Long Island freshman **Jessie Gaines (Chesapeake, VA/Western Branch)** followed up her MVP indoor performance by claiming the NEC Outdoor Most Outstanding Rookie accolade.

Monmouth's Joe Compagni claimed NEC Coach of the Year honors for a sixth time in his 15-year career while the team title was the Hawks' sixth dating back to 2000.

The Hawks had already secured the team title when Losey carried the baton to victory in the 4x400 relay, crossing the line in 3:47.33. The win was one of three that the junior sprinter produced Sunday.

Losey and a classmate **Crystal Stein (Stewartstown, PA/Susquehannock)** teamed up for a one-two finish in the 400-meter dash. Losey (55.21) and Stein (56.00) both came in under the ECAC qualifying standard while picking up 18 points for Monmouth's team score.

After making it back-to-back 400-meter titles, Losey flew to a second-consecutive 200-meter crown in 24.50s.

Scoring 31.25 of Wagner's 47.50 points, Alfano won the long jump, placed second in the triple jump, shared fourth place in the high jump, and was the runner-up in the 100-meter hurdles.

Gaines scored in four individual events (100 hurdles, 100m, long jump, triple jump) as well in addition to her contributions on a meet-record-setting 400-meter relay team.

Gaines and Alfano posted the top two times in yesterday's 100-meter hurdles trials and were the top two finishers in Sunday's final. The Long Island rookie was .06 quicker in taking the title. St. Francis (NY) freshman **Dominique Burrus (Queens, NY/Jamaica)** took bronze to complete the NEC New York City circuit.

(2009 NECWomen's Outdoor Day One; 1-of-3)

Central Connecticut State University • Fairleigh Dickinson University • Long Island University
Monmouth University • Mount St. Mary's University • Quinnipiac University
Robert Morris University • Sacred Heart University • St. Francis (NY) College
Saint Francis (PA) University • Wagner College • Bryant University (2012-13)

Long Island put up 17 points in triple jump as senior **Heather Patton (Bowie, MD/CH Flowers)** was once again over the NCAA Regional qualifying standard to claim the crown in front of Wagner's Alfano, who hit an ECAC mark of 12.06m. Gaines took sixth.

Their seed times said they were, as did their trial times, but Mount St. Mary's twin sisters **Ashley and Linnie DeCruise (Rockville, MD/Richard Montgomery)** left no doubt that they are the two fastest women the Northeast Conference has to offer. The formerly mentioned DeCruise crossed the line first with her twin sister a step behind. Although the weather conditions may have prevented them from doing so on Sunday, both second-year Mountaineers have posted ECAC qualifying performances on a number of occasions.

Quinnipiac senior **Abbey Gosling (Meredith, NH/Inter-Lakes)** made it back-to-back championships in the steeple chase. The fourth-year Bobcat built a 25-meter lead by the bell lap and pulled away for a comfortable victory in 11:04.58, nearly 15 seconds under her prior seasonal best.

Sacred Heart junior **Brittany Dexter's (Ballston Lake, NY/Burnt Hills)** third appearance at the NEC Outdoor Championships resulted in her third title. The three-time conference champion, both indoors and out, cleared 1.64m (5' 4.50") for a wet, windy win.

Two teams smashed a two-year-old 4x100 relay record. Long Island claimed victory as Gaines outlasted Ashley DeCruise in the anchor leg, clocking in at 46.86. The Mount's official time was 46.94, .06 under the old record (47.00). Monmouth, which set the former record in 2007, clocked in at 47.88 to claim third, meaning the top three quartets fought off the unfriendly elements to post ECAC qualifying performances.

Now a three-year veteran of the NEC Outdoor Championships, junior **Anna Hoffman (Grove City, PA/Mohawk)** has built quite an eclectic distance resume at the annual meet. She won the steeple chase as a freshman and followed with a 5K victory during her sophomore appearance. This year she completed a winning 1500-5K double.

Only one of two freshmen to win titles, Robert Morris rookie **Gabriella Rinehart (Norristown, PA/Norristown)** won the hammer throw that exceeded 160 feet. She joined two other Colonial champions. Sophomore **Samantha Simile (Washington, PA/Chartiers)** won the 400-meter hurdles (1:04.03) one day after **Erica Schmidt's (Pittsburgh, PA/Baldwin)** pole vault triumph.

Sophomore **Christin Bridge (Gibsonia, PA/Pine Richland)** gave the Red Flash a double-winner in the field, too. A day after winning the discus, Bridge braved poor conditions to put the shot 13.08m (42' 11").

2009 NEC Indoor Women's Individual Champions

100m:	Ashley DeCruise	Mount St. Mary's	So.	12.14
200m:	Michelle Losey	Monmouth	Jr.	24.50
400m:	Michelle Losey	Monmouth	Jr.	55.21
800m:	Selina Munoz	Long Island	Jr.	2:14.68
1500m:	Anna Hoffman	Saint Francis (PA)	Jr.	4:42.93
5000m:	Anna Hoffman	Saint Francis (PA)	Jr.	17:22.68
10000m:	Lindsey Pierret	Quinnipiac	Jr.	37:39.01
100 Hurdles:	Jessie Gaines	Long Island	Fr.	14.57
400 Hurdles:	Samantha Simile	Robert Morris	So.	1:04.03
3000m Steeple:	Abbey Gosling	Quinnipiac	Sr.	11:04.58
400m Relay:	Long Island			46.86
1600m Relay:	Monmouth			3:47.33
3200m Relay:	Sacred Heart			9:17.82
Long Jump:	Alaina Alfano	Wagner	Sr.	5.81m (19' 0.75")
Triple Jump:	Heather Patton	Long Island	Sr.	12.43 (40' 9.50")
Pole Vault:	Erica Schmidt	Robert Morris	Jr.	3.30m (10' 10")
High Jump:	Brittany Dexter	Sacred Heart	Jr.	1.64 (5' 4.50")
Shot Put:	Christin Bridge	Saint Francis (PA)	So.	13.08m (42' 11")
Discus:	Christin Bridge	Saint Francis (PA)	So.	42.94m (140' 10")
Hammer Throw:	Gabriella Rinehart	Robert Morris	Fr.	49.22m (161' 6")
Javelin:	Mary Wilks	Monmouth	So.	40.96m (134' 4")

Women's Team Standings (21 Events Scored)

1. Monmouth	160.66
2. Sacred Heart	132
3. Long Island	118.50
4. Mount St. Mary's	89
5. Robert Morris	70.33
6. Saint Francis (PA)	68
7. Wagner	47.50
8. Central Conn. St.	42
9. Quinnipiac	38
10. Fairleigh Dickinson	32
11. St. Francis (NY)	21