**Northeast Conference**

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**For Immediate Release**
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# 2009 NEC Indoor Championships: Monmouth Women Clip Long Island in Battle of Birds to Win Back-to-Back Team Titles

**Landover, MD —** Monmouth held off Long Island for the second consecutive year to capture the 2009 Northeast Conference Women's Indoor Championship team title. After denying Long Island a chance for a three-peat at the 2008 installment of the championship meet presented by *Road Runner Sports*, the Hawks tallied 140.5 points to best the Blackbirds' team score of 134. Sacred Heart, the reigning NEC outdoor champion, claimed third place by virtue of it 132 points. Mount St. Mary's (56) finished fourth followed by Saint Francis (PA) (42) in fifth place.

The team title went to Monmouth, but it was Long Island that nearly completed a clean sweep of the meet's major individual awards thanks to freshman sensation **Jessie Gaines (Chespeake, VA/Western Branch)**. The three-time *Road Runner Sports* NEC Rookie of the Week piled up the accolades. Gaines claimed the NEC Most Valuable Performer award while also being named the NEC Most Outstanding Track Performer and the meet's Most Outstanding Rookie Performer. Her honors came on the heels of her triumphs in both the 60-meter dashes and 60-meter hurdles as well as a runner-up finish in the triple jump and a fourth-place showing in the long jump.

The winner of both horizontal jumps was Gaines' senior teammate **Heather Patton (Bowie, MD/CH Flowers)**. Giving her hometown Prince George's County crowd much to cheer about, she claimed the NEC Most Outstanding Field Performer award for the second consecutive year.

Hawks' head coach **Joe Compagni** denied LIU a clean sweep of the awards by claiming his second straight NEC Coach of the Year honor.

Compagni's Hawks withstood a late Long Island surge that began in the triple jump pit. Patton spearheaded a 1-2-3 Blackbirds' finish in the event by triple jumping 12.50m (41-00.25). Gaines (11.93m) was right behind in second followed by sophomore **Danay Spencer (West Babylon, NY/St. John the Baptist)** in third (11.83m). All three LIU marks surpassed the qualifying standard for the ECAC Championships, and, more importantly, brought the Blackbirds within 4.5 points of Monmouth head into the 1600-meter relay.

Monmouth stifled LIU's title hopes and locked up a repeat crown by finishing second in the 4x400, about four seconds ahead of the Blackbirds' third-place relay squad.

The Hawks scored a victory in the day's first running event, totaling 20 team points in the mile run. Monmouth juniors **Cailin Lynam (Sparta, NJ/Sparta)** and **Laura Embrey (West Long Branch, NJ/Shore Regional)** accounted for a one-two finish. Lynam, who was seeded second, turned the silver she won in last year's mile into gold by clocking in at 5:08.61.

Monmouth junior **Crystal Stein (Stewartstown, PA/Susquehannock)** joined Lynam atop the medal stand by claiming victory in the 500-meter run (1:16.42).



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

The Blackbirds answered Monmouth with a one-two finish in the 60-meter hurdles led by Gaines. Coming within .02 seconds of the meet record, the NEC MVP clocked in at 8.59s with her LIU classmate **Torrie Saunders (Annapolis, MD/Annapolis)** right behind in second place.

Gaines was far from done. After setting the meet record (7.58) in Saturday's trials, Gaines bested the 60-meter final field by clocking in at 7.60s.

Monmouth piled on more points in the 400-meter dash where **Michelle Losey (Piscataway, NJ/Piscataway)** successfully defended her title. Losey spearheaded a 1-2-5 Hawks' finish by posting an ECAC-qualifying time of 56.62. Senior **Illiana Blackshear (West Orange, NJ/West Orange)** claimed silver.

Losey added a seventh-place finish in the 60-meter dash before claiming bronze in the 200-meter event.

Sacred Heart junior **Kerry Ojeda (Coram, NY/Newfield)** dethroned sophomore **Liz DeMedal (New Wilmington, PA/Wilmington Area)** of Saint Francis (PA) in the pole vault. Ojeda cleared 3.30m (10-10.00) to claim victory while the defending champion finished sixth.

Saint Francis (PA) junior **Anna Hoffman (Grove City, PA/Mohawk)** completed a triumphant 3K-5K double. A year after she set the 5000-meter meet record (17:33.64), Hoffman completed the same race in 17:54.05 to beat out Quinnipiac senior **Abbey Gosling (Meredith, NH/Inter-Lakes)**.

Sacred Heart senior **Jamie Kilis (Marlborough, CT/Marlborough)** followed up her victory in Saturday's weight throw by producing an ECAC-qualifying mark (13.66m) to win the shot put. Her freshman teammate **Carol Cress (Butler, PA/Knoch)** claimed the runner-up spot.

Mount St. Mary's sophomore **Ashlynn DeCruise (Rockville, MD/Richard Montgomery)** won the 200-meter dash by upsetting the top-seeded Losey and dethroning her twin sister **Ashley DeCruise (Rockville, MD/Richard Montgomery)**, the 2008 NEC champion, in the process. Ashlynn clocked in under the ECAC standard at 24.94s with her twin Ashley following in second. Losey, who took silver last year, claimed third place.

Long Island junior **Aniecia Williams (St. Thomas, Virgin Islands/Ivanna Eudora Kean)** earned a repeat title in the 800-meter run, clocking in at 2:19.00.

The lone gold medal for Quinnipiac came in the distance medley relay where the team of **Katie Beam (South Windsor, CT/South Windsor)**, **Alexandra Jacob (Ridgefield Park, NJ/Ridgefield Park)**, **Morgan Roche (Clifton Park, NJ/ Shenendehowa)** and **Kristen Stevens (Succasunna, NJ/Roxbury)** clocked in with a winning time of 12:32.87.

**2009 NEC Indoor Women's Individual Champions**

| | | | | |
|---|---|---|---|---|
| **60m:** | Jessie Gaines | Long Island | Fr. | 7.60s |
| **200m:** | Ashlynn DeCruise | Mount St. Mary's | So. | 24.94s |
| **400m:** | Michelle Losey | Monmouth | Jr. | 56.58s |
| **500m:** | Crystal Stein | Monmouth | Jr. | 1:16.42 |
| **800m:** | Aniecia Williams | Long Island | Jr. | 2:19.00 |
| **Mile:** | Cailin Lynam | Monmouth | Jr. | 5:08.61 |
| **3000m:** | Anna Hoffman | Saint Francis (PA) | Jr. | 10:07.06 |
| **5000m:** | Anna Hoffman | Saint Francis (PA) | Jr. | 17:54.05 |
| **60m Hurdles:** | Jessie Gaines | Long Island | Fr. | 8.59s |
| **4x400 Relay:** | | Mount St. Mary's | | 3:53.83 |
| **DMR:** | | Quinnipiac | | 12:32.87 |
| **Long Jump:** | Heather Patton | Long Island | Sr. | 5.64m (18' 6") |
| **High Jump:** | Brittany Dexter | Sacred Heart | Jr. | 1.76m (5' 9.25") |
| **Triple Jump:** | Heather Patton | Long Island | Sr. | 12.50m (41' 0.25") |
| **Pole Vault:** | Kerry Ojeda | Sacred Heart | Jr. | 3.30m (10' 10") |
| **Shot Put:** | Jamie Kilis | Sacred Heart | Sr. | 13.66m (44' 9.75") |
| **Weight Throw:** | Jamie Kilis | Sacred Heart | Sr. | 17.24m (56' 6.75") |

**Women's Team Standings (17 Events Scored)**

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|---|---|
| 1. Monmouth | 140.50 |
| 2. Long Island | 134 |
| 3. Sacred Heart | 132 |
| 4. Mount St. Mary's | 56 |
| 5. Saint Francis (PA) | 42 |
| 6. Robert Morris | 41.50 |
| 7. Quinnipiac | 34 |
| 8. Fairleigh Dickinson | 31 |
| 9. Wagner | 27 |
| 10. Central Conn. St. | 18 |
| 11. Bryant | 4 |
| 12. St. Francis (NY) | 3 |

**2009 Women's Performers of the Meet**

| | | |
|---|---|---|
| **Outstanding Field Performer:** | Heather Patton | Long Island |
| **Outstanding Track Performer:** | Jessie Gaines | Long Island |
| **Rookie of the Meet:** | Jessie Gaines | Long Island |
| **Most Valuable Performer:** | Jessie Gaines | Long Island |
| **Coach of the Year:** | Joe Compagni | Monmouth |