



Yolanda Flamino Fourth Season Head Coach Trinity '99

Yolanda Flamino begins her fourth season as head coach of the United States Merchant Marine Academy Men's and Women's Cross Country and Track and Field teams.

In the 2003-04 campaign, Coach Flamino helped lead the indoor track and field team to its first Collegiate Track Conference (CTC) championship since 1968 (Feb. 7-8, 2004) at the New York City Armory. The Mariners scored 101 points in the two-day affair, besting the other 23 teams in the championship. The next-closest competitor, Division I Sacred Heart, scored 93.33 points.

Under Flamino's leadership, the Kings Point men's squad garnered the Skyline Conference title (Nov. 27, 2002), and the next year, earned its highest ever regional placing (Nov. 15, 2003), securing an eighth-place finish at the 2003 NCAA Division III Atlantic Regional Cross Country Championships, all run on a muddy 6K course at Letchworth State Park.

Before coming to Kings Point, Flamino served as the assistant coach of men's and women's cross country and indoor and outdoor track & field at the University of North Carolina-Greensboro). While there, she recruited, performed administrative duties, oversaw student-athletes' academic progress, and designed and implemented workouts for the cross country and track & field teams.

Flamino holds USATF Levels I and II Coaching Education certifications and is a member of the US Women's Track and Field Coaches Association.

Flamino earned her Bachelor of Science degree with honors in Biochemistry from Trinity College in 1999. She went on to earn a Master of Science degree in Exercise and Sport Studies from Smith College in 2001.

She resides in Elmont, NY and is the daughter of Douglas and Randi Flamino of Ellington, CT.



Greg Wisser Second Season Assistant Coach Allegheny '04

Wisser is entering his second season as the assistant coach for the men's and women's cross country and track and field teams at the U.S. Merchant Marine Academy.

Prior to his arrival at Kings Point, Wisser served as the assistant Pole Vault coach at Meadville High School and was a two-year student assistant coach for the men's basketball team at Allegheny College. He was a four-year letterwinner as a member of the Gators' track and field team in the decathlon and was a two-year member of the Gators men's basketball team.

Wisser earned a Bachelor of Science degree in Mathematics and Bachelor of Arts in Economics from Allegheny College in 2004. A native of Pittsburgh, Pa., he now resides in Kings Point, NY.

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Affiliations: NCAA, ECAC, IC4A, CTC, Skyline
Conference Champions: Women's XC:2001, 2004, 2005
Men's XC:1999, 2000, 2002, 2004, 2005
Indoor T&F:1963, 1968, 2004
Outdoor T&F:1963, 1967, 2001

For the Record...

WOMEN'S OUTDOOR TRACK & FIELD RECORDS

EVENT	NAME	MARK	YR	LOCATION
100m	Anna Maly	13.4	1992	Stony Brook
	Kristina Davies		1997	Lehigh
100m h	Anna Maly	15.90	1993	Baldwin-Wallace
200m	Anna Maly	26.49	1993	Baldwin-Wallace
400m	Anna Maly	62.30	1993	USMMA
400m IH	Deidre Magnifico	1:21.5	1990	USMMA
800m	Anna Maly	2:25.29	1992	Colby College
1500m	Callie Beeler	4:47.41	2005	Springfield Coll.
Mile	Callie Beeler	5:13.59	2005	USMMA
3000m	Samanth Skeens	11:03.09	2005	USMMA
3000m SC	Samanth Skeens	11:45.59	2005	TCNJ
5000m	Samanth Skeens	19:04.21	2005	Trinity College
10,000	Mary Riege	46:52.0	1980	Central Park
Long Jump	Anna Maly	17-07.25	1993	Stony Brook
Triple Jump	Anna Maly	34-10.00	1990	East Side Park
High Jump	Anna Maly	5-00.50	1992	Univ. of Albany
Pole Vault	Christal Hall	9-06.25	2004	DeSales, Oneonta
Discus	Julia Johnston	103-01.50	1976	MET Seniors
Javelin	Anna Maly	134-08.00	1992	Colby College
Shot Put	Anna Maly	41-03.75	1993	Baldwin-Wallace
Hammer	Laura Boswell	102-00.00	1999	PAC
Heptathlon	Anna Maly	4603	1993	Baldwin-Wallace
4x100m	Carpenter, Rydzewski, Grabowski, Maly	58.1	1993	USMMA
4x400m	Aley, Rydzewski, Grabowski, Maly	4:43.5	1993	USMMA
4x800m	USMMA	10:26.73	2002	DeSales

MEN'S OUTDOOR TRACK & FIELD RECORDS

EVENT	NAME	MARK	YEAR	LOCATION
100m	Wayne Allen	10.78	2000	Princeton
200m	Wayne Allen	21.14	2000	Richard Stockton
400m	Todd Hoyt	48.74	2003	MIT
800m	Chris Keane	1:52.09	1987	NCAA
1500m	Kris Houghton	3:52.52	2001	Boston High
3000m	Kris Houghton	8:20.05	2001	Boston High
5000m	L. Hadley	14:18.65	1984	NCAA
10,000m	L. Hadley	29:58.4	1984	Penn Relays
3000m SC	Thomas Trace	9:23.5	1988	Princeton
110m HH	Steven Dziko	14.74	1980	METS
400m IM	C. Canty	54.8	1979	CTC
4x100m	A. Hsiao, T. Hoyt, L. Barbieri, A. Walker	43.39	2003	MIT
4x400m	L. Barbieri, Wa. Hall, T. Hoyt	3:18.67	2004	Williams
Long Jump	Levi Nunley	22'11.25"	2001	West Point
Triple Jump	Rodney Caines	45'6"	1994	Yale
High Jump	Joseph Rella	6'6.5"	1984	NCAA
Pole Vault	Dan Russel	15'9.75"	1983	NCAA
Shot Put	Maggioncalda	48'6.5"	1979	CTC
Discus	D. Fitzgerald	155'1"	1981	IC4A
Hammer	Blake Miller	191'0"	1981	St. John's
Javelin	Chris Pecherek	238'9"	1990	USMMA
Decathlon	Adam Poitte	6618	2005	Penn Relays

2005 Cross Country Recap

The 2005 Cross Country season brought much success for the Mariners, with a repeat performance as Skyline Conference Champions, and high marks at their successive important meets.

On Oct. 16, the Mariners successfully defended their Skyline Title at the conference tournament in Kings Park, NY. Led by Callie Beeler, the women finished with five runners in the top-ten. The Mariner women swept the top-three with senior Marissa Basic and junior Maria Wiener placing directly behind Beeler. The men finished with five runners in the top-10, giving the Mariners the necessary points to stay ahead of runner-up Stevens Tech. Jason Neiman, Adam Rapacki and Michael Budesa finished third, fourth and sixth respectively.

At the CTC Championships, on Oct. 23 the Mariner women placed fifth in the 5K race, while the men placed sixth in the 8K. Beeler paced the women with a fifth place finish of 19:59.27. Basic finished 17th in 21:05.62. On the men's side, Kevin O'Sullivan and Robert Edsall were the top finishers, placing 21st and 23rd respectively. Beeler, Basic, O'Sullivan and Edsall all earned All-CTC honors.

On Nov. 6, the Mariners finished 13th at the ECAC Championships hosted by Connecticut College in Waterford, CT.

With a 20th place finish at the Nov. 13 NCAA Regional Championships in Rochester, NY, the Mariner men wrapped up their season. Edsall, John Stockert and O'Sullivan crossed the tape 105-107th respectively. On the women's side, Basic crossed the tape for 70th place. Laura Ladd and Ashley Richardson placed 158th and 205th respectively.

THIS IS KINGS POINT



The United States Merchant Marine Academy was dedicated on September 30, 1943, at the former Walter P. Chrysler estate in Kings Point, NY.

Kings Point, which is one of the five federal academies, has grown in stature and has become one of the world's foremost institutions in the field of maritime education. Midshipmen select their major course of study from among six major programs: Marine Transportation, Marine Operations and Technology, Marine Engineering, Marine Engineering Systems, Shipyard and Marine Engineering Management, and Logistics and Intermodal Transportation. Upon graduation, Midshipmen will receive a degree in their chosen major, a Coast Guard License to sail in the above capacities, and a commission as an Ensign in the United States Naval Reserve.

An integral part of the Academy curriculum is the training Midshipmen receive at sea. During their four years, Midshipmen spend approximately half of their sophomore and junior years aboard merchant vessels, sailing the trade routes of the world. This experience allows Midshipmen to explore the maritime field and travel the world.

Today, graduates are serving with distinction in all sectors of the maritime industry - as ship's officers, steamship company executives, admiralty lawyers, marine underwriters, naval architects, oceanographers, and career officers in the United States Navy, Coast Guard, Army, Air Force, and Marine Corps.

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U.S. MERCHANT MARINE ACADEMY



2005-06 Cross Country Track & Field KINGS POINT MARINERS

2006 OUTDOOR TRACK AND FIELD SEASON OUTLOOK

The 2006 team is looking to build off their success in the indoor season and peak as many Mariners as possible to qualify for ECAC and NCAA competition.

The spring track team uses the fall cross country and the winter track seasons to help build a base for the spring. With the academy's sea requirement, the year-long consistency is broken up, but the team uses the winter and fall to improve upon their current athletes.

This year's CTC Championships will be a competitive meet, with teams participating from Division I - Division III teams. With a solid team effort from everyone, the Mariners hope to finish in the top-5. The conference competition will take place from April 22-23 at DeSales University in Center Valley, PA. In 2004, the Mariner track and field team took third at the CTC Championships.

Some other key meets to keep in mind will be the Coach "O" Invitational at home on April 15. More than twenty teams from across divisional lines will be competing at the April invitational, including: Fordham University, New York University, DeSales and C.W. Post. At the Invitational last season, sophomore Callie Beeler set her mark by breaking the academy record in the mile, and graduated senior Samantha Skeens set the record in the 3000m.

The Penn Relays, taking part on April 25-28, will also be an important meet for the Mariners. Last season at the Penn Relays, senior Adam Polite finished fourth in the Penn Relays Decathlon, qualifying for NCAA competition and breaking the academy's 21-year old decathlon record.

Seasoned Veterans

Polite, an important returnee for the Mariner men, is the Mariners' senior captain and decathlete whose goal is to return to Nationals and earn All-American status this year. In late April 2005, Polite set the school's record in the decathlon at 6,618 points. In the 2005-2006 indoor season, he has the school record of 3,471 points in the pentathlon and 22-4.25" in the long jump. Last outdoor season, Polite automatically qualified for the national competition in the decathlon with the seventh-best qualifying mark in the country. His freshman season, he was one point away from national qualification. Due to sea requirements, Polite did not compete his sophomore year.

Another key returnee on the men's side is junior sprinter Ben Hayes. Hayes will help earn important points for the Mariners in the 400 meter and 400m-hurdle events. In his freshman season, Hayes has a personal record in the 400m-IH at 55.66 seconds. He will be shooting to break the school record of 54.8 seconds. This indoor season, the Colorado native has set personal records in the open 400m (52.72 seconds) and 800m (2:05.27) sprints. Hayes also spent his sophomore spring season at sea.

Other key returnees to the men's spring team are Charlie Mayrer, Aaron Reimer and Adam Rapacki. Mayrer is the Mariners' senior discus thrower, whose goal for the season is to break the Academy's record of 155'1" set in 1981 by D. Fitzgerald at the IC4A Championships. Prior to this season, Mayrer's personal best is 141'1".

Reimer is a junior pole vaulter who is three quarters of an inch shy of the indoor academy record in pole vaulting. At the Frank Golden Invite on Feb. 4, he set his personal best of 13' 11.25," qualifying him for ECAC competition.

Rapacki will be a solid middle distance runner and steeple chaser. He was

a major point scorer at the conference meet his sophomore year.

On the women's side, sophomores Callie Beeler and Sarah Jones will be helping to earn major points in this season's meets. Beeler currently holds the outdoor academy records in the 1500m (4:47.41) and the mile (5:13.59), and is looking to break the academy's record in the 800m, held by Anna Maly since 1992 (2:25.29). Prior to the season, her personal best in the 800m is 2:25.8.

Jones is looking to improve upon her personal bests in the pole vault (8.0' indoor) and 200m (30.32 seconds) events.

New Faces

With their success and experience during the indoor season, Flaminio is looking for fresh faces to make a significant impact on this outdoor season.

Freshman Laura Ladd, is a distance runner from Tampa, FL, who has been steadily improving her times in the distance events during the cross country and indoor season. Fellow classmate Christine MacMillan, will complement the Mariners with her versatility, competing in the hurdles and sprints while also dabbling in the other field events. The Texas native's long term goal is to hold the academy record in the hurdles, which are currently both set by Anna Maly in 1993 (100m H: 15.90, 400m H: 62.30).

For the men, new faces to the outdoor track will be Robert Edsall, Scott Britton, Michael Budesca, Daniel Feeney, Chris Millon and Michael Newsom.

Edsall, a freshman from Lakehead, CA, was one of the Mariners' top indoor distance runners, and top cross country runners this past season. He will be a versatile player in the middle distance and distance events. His main focus will be on the steeple chase.

Britton, Budesca and Feeney will help add strength and distance to the team. They have all participated in the indoor and cross country seasons and are looking to make an impact for the Mariners on the outdoor track. They will be a strong combination in the 400m, 800m, and mile runs, with similar personal records from high school.

Millon is a freshman javelin thrower whose high school personal best was 176.9." Newsom will be joining the Mariners as a high jumper, whose personal record so far is 6'8." He will be very competitive within the conference and at ECACs, with a hopeful look at NCAA qualification.

The first home meet for the Mariners will be the Coach "O" Invitational on April 15. The Mariners will also host the Kings Point Invitational on Saturday, May 6.



2006 Outdoor Track and Field Schedule

Mar. 24-25	West Point Decathlon	West Point, NY
Mar. 25	Dick Shea Open	West Point, NY
Apr. 1	Trinity Invitational	Hartford, CT
APR. 15	COACH "O" INVITATIONAL	BROOKS STADIUM
Apr. 22-23	CTC Championships	Center Valley, PA
Apr. 25-28	Penn Relays	Philadelphia, PA
Apr. 29	Lions Invitational College of NJ	Ewing, NJ
MAY 6	KINGS POINT INVITATIONAL	BROOKS STADIUM
May 18-19	ECAC Championships	Springfield, MA
May 25-27	NCAA Championships	Lisle, IL

2005-2006 Indoor Track and Field Schedule

Dec. 3	Wesleyan Invitational	Middletown, CT
Jan. 13	NY Gotham Cup	New York, NY
Jan. 21	Coast Guard Invitational	New London, CT
Jan. 28	Army Open	West Point, NY
Feb. 4	Frank Golden Invitational	Collegeville, PA
Feb. 11	CTC Championships	New Haven, CT
Feb. 12	CTC Championships	NYC, NY
Feb. 24	NYU Fastrack Invitational	NYC, NY
Mar. 3-4	ECAC Championships	Collegeville, PA
Mar. 10-11	NCAA Championships	Northfield, MN

2005 Cross Country Schedule

Sept. 2	Army Invitational	West Point, NY
Sept. 10	Connecticut College Invite	New London, CT
Sept. 17	NYU Invitational	Bronx, NY
Sept. 24	MIT Harrier Classic	Boston, MA
Sept. 30	Stevens Invitational	Jersey City, NJ
Oct. 16	Skyline Championships	Kings Park, NY
Oct. 22	CTC Championships	Center Valley, PA
Nov. 5	ECAC Championships	New London, CT
Nov. 12	NCAA Division III Atlantic Regional Championships	Rochester, NY
Nov. 19	NCAA Division III Championships	Delaware, OH

CAPS indicate home contests

2006 Track and Field Roster

MEN'S ROSTER

Name	Cl.	Event	Hometown/High School
Joe Bosco	SR	Pole Vault	Sunland, CA/Verdugo Hills
Benjamin Bauman	FR	XC	Chehalis, WA/Adna
Scott Britton	FR	400/800, XC	Monmouth Beach, NJ/Shore Regional
John Brunetti	FR	Throws	Locust Valley, NY/Chaminade
Mark Bulaciac	FR	XC, Mid-Dist	Victorville, CA/Silverado
Michael Budesca	FR	XC	Pine Beach, NJ/Toms River
Dylan Carrara	FR	XC	Leesburg, NJ/Milville Senior
Chris Clausen	SO	Hurdles/Jumps	Columbus, IN/Columbus North
Eric Deetjen	JR	Mid-Dist	Green Bay, Wis./Green Bay West
Ryan Denton	FR	XC, Sprints/Jumps	Hackensack, NJ/Bahrain
Robert Edsall	FR	XC, Distance	Lakehead, CA/Central Valley
Daniel Feeney	FR	XC, Sprints	Marcellus, NY/Marcellus
David Gilles	SR	Throws	Richlad, WA/Richland
David Gilmartin	FR	XC	Knoxville, TN/North Allegheny
Ben Hayes	JR	Sprints	Wheat Ridge, Colo./Lakewood
Reed Kobemik	JR	XC	Tuscon, AZ/Sabino
Patrick Lee	SR	XC	West Chester, PA
James Losee	FR	Mid-Dist	West Hartford, CT/William H. Hall
Charles Mayrer	FR	Throws	East Schodack, NY/La Salle Institute
Chris Millon	FR	Throws	Harahan, LA/Br. Martin
Michael Newsom	FR	Jumps/Throws	Oakland Park, FL/Westminster Acad.
Jason Neiman	SR	XC	China Township, MI/St. Clair
Kevin O'Sullivan	SR	XC	Lynnfield, MA/Lynnfield
Henry Peterson	SR	Sprints/Throws	New Orleans, LA/Jesuit
Michael Pieretti	SO	XC	Toms River, NJ/Toms River South
Adam Polite	SR	Multi-Events	Westport, CT/Staples
Adam Rapacki	SO	XC, Distance	Hauppauge, NY/St. Anthony's
Aaron Reimer	JR	Pole Vault	Crown Point, IN/Crown Point
Chris Rowley	SR	XC	East Longmeadow, MA/East Longmeadow
Nathan Schroeder	FR	XC, Mid-Dist	Plano, TX/Plano Senior East
John Sgarfala	SR	XC	Fredericksburg, VA/Faith Baptist
Tim Scott	SO	XC, Distance	Salt Lake City, UT/Judge Memorial Catholic
Peter Spencer	FR	XC, Mid-Dist	Phoenix, MD/Dulaney
Shawn Strawbridge	SR	XC	Millersville, MD/Severyn Park
David Vasquez	SO	XC, Distance	Centennial, CO/Cherry Creek
Chris Voss	JR	XC	Monroeville, NJ/Woodstown
James Wade	SO	Multi-Events	Atlanta, GA/Creekside
Keith Wagner	FR	XC, Mid-Dist	Long Beach, MS/Long Beach
Eric Warner	SO	Multi-Events	Morris Plains, NJ/Parsippany Hills
Rich White	SO	XC, Distance	Bloomington, NJ/Butler
Matt Williams	FR	Throws/Sprints	Poway, CA/Poway

WOMEN'S ROSTER

Marissa Basic	SR	XC	Staten Island, NY/Tottenville
Callie Beeler	SO	XC, Mid-Dist	Brighton, CO/Brighton
Julie Edsall	SR	XC	Lakehead, CA/Central Valley
Kelly Edwards	JR	XC	Mt. Airy, MD/Glenelg
Lauren Fulton	JR	Throws	Pascagoula, MS/Pascagoula
Kristen Hatton	SO	Throws	Loveland, CO
Sarah Jones	SO	PV/Sprints	Metairie, LA/St. Martin's Episcopal
Laura Ladd	FR	XC, Distance	Tampa, FL/Admiral Farragut Acad.
Christine MacMillan	FR	Sprints	Lake Hills, TX/Our Lady of Hills
Ashley Richardson	FR	XC	Aurora, CO/Eaglecrest
Maria Wiener	JR	XC	Charlottesville, VA/American International
Katherine Woods	SO	Distance	Pasadena, CA/Polytechnic