

Men's Track Performer of the Week

Charlie Lang, Wesleyan

(Senior - Brooklyn, N.Y.)

Lang finished 14th in the 10,000-meter run at the Sam Howell Invitational on Friday at Princeton. He posted a time of 30:57.67.

Men's Field Performer of the Week

David Pless, Bates

(Sophomore - Atlanta, Ga.)

Pless placed first in the shot put and the discus throw during a dual meet with the University of Maine on Sunday. He had a throw of 15.95 meters in the shot put and achieved a distance of 45.77 meters in the discus. Pless was also fourth in the hammer (48.25 meters). He won the NCAA indoor shot put title back in March.

Notes:

Women's Track Performer of the Week

Margo Cramer, Middlebury

(Junior - Seattle, Wash.)

Cramer finished first among 21 runners in the 1,500-meter run at the Mangrum Invitational at Cal State San Marcos on Saturday afternoon. She completed the race in a time of 4:38.05.

Women's Field Performer of the Week

Sara Ellen Godek, Bates

(Senior - Gilford, N.H.)

Godek turned in a first place performance in both the hammer throw (46.50 meters) and the shot put (12.26 meters) at the University of Maine Invitational over the weekend. She was also second in the discus with a toss of 30.76 meters.

Notes: Amherst first year Naomi Bates (Washington, D.C.) posted a time of 15.96 seconds in the 100-meter hurdles at the American International College Yellow Jacket Invitational last week...**Connecticut College** first year Manya Swick (Niantic, Conn.) took first place in the 5,000-meter run at the Coast Guard Invitational with a time of 18:30.23...**Middlebury** junior Mia Martinex (Ridgewood, N.J.) had a time of 15.32 seconds in the 100-meter hurdles at the Cal State San Marcos Invitational over the weekend. Sophomore Sarah O'Brien (Wellesley, Mass.) recorded a time of 2:17.57 in the 800-meter run at the meet, while sophomore Juliet Ryan Davis (Newton, Mass.) posted a time of 26.73 in the 200-meter dash and 59.23 in the 400-meter run...**Trinity** junior Sarah Ciarlegio (Waterbury, Conn.) took first place in the javelin at the Coast Guard Invitational with a throw of 38.77 meters...**Tufts** first year Jana Hieber (Goffstown, N.H.) recorded a time of 15.84 seconds in the 100-meter hurdles at the Snowflake Classic. Senior Kanka Kabongo (Abington, Mass.) was first in the long jump (5.40 meters). Sophomore Kelly Allen (Norton, Mass.) placed second in the hammer (42.86 meters), second in the discus (40.79 meters), and second in the shot put (11.75 meters)...**Wesleyan** first year Sierra Livious (Kenner, La.) took first place in the shot put at the Coast Guard Invitational with a throw of 11.77 meters.