

2011 NJCAA INDOOR TRACK AND FIELD NATIONAL CHAMPIONSHIPS

Eight SUNY Delhi track and field athletes traveled to Lubbock, TX to compete in the 2011 NJCAA Indoor Track and Field National Championships. The Broncos were led by sophomore Zavior Brown (Pine Bush) with a 3rd place finish in the 800 m run with a school record time of 1:53.00. The previous record was held by Coach Wood set in 2004 with a time of 1:54.3. The Distance Medley Relay team of Zavior Brown, Rob Graham, Dylan Lowry, and Lyle Haywood finished 8th overall with a time of 10:44.67. [Full Results](#)



2011 NJCAA Region III Championships - 2/18/2011

The Men's Track and Field team successfully defended their Region III title from 2010 barely edging out Alfred State by 8 points. Several Region Champions were crowned including: Lyle Haywood 1 Mile, Zavior Brown 500 m, Dylan Lowry 1000 m, Evan VanOsdol 5000 m, Jason Phillips 3000 m, and Quentin Ortiz LJ. The DMR, 4 X 800, and 4 X 400 relays were Region III Champions. The Lady Bronco's finished a close 3rd and had several Region III Champions as well. Deb Howard 500 m, Lauren Schuppel 1000 m, Andrea Sonnacchio LJ, Myla Allen TJ, and the 4 X 800 relay of Lauren Schuppel, Britleigh Levens, Meghan Visser, and Kristin Callaghan.

[Men's Results](#)
[Women's Results](#)

Cornell Kane Invitational - 2/12/2011

The Region III schools used the Kane Invitational to compete the heptathlon. Freshman Andre Adkins earned his 1st regional title with a school record breaking mark of 4168 (Previous record held by Adam Wilson -- 4054). Tim Scudds qualified for the Indoor NJCAA National Championships with a 2:37.05 1000 m run, Dylan Lowry qualified in the 800 m run with a time of 1:59.24. Jason Phillips ran a 24 second personal best in the 3000 with a time of 8:56.84. The Lady Broncos were led by Deb Howard in the 500 m run with a time of 1:27.05. The 4 X 800 team of Lauren Schuppel, Taryn Van Valen, Kristin Callaghan, and Meghan Visser ran 10:39.85.

[Full Results](#)

East Stroudsburg University - 2/5/2011

Zavior Brown, Rob Graham, Dylan Lowry, and Lyle Haywood teamed up to run 10:25.64 in the Distance Medley Relay finishing 1st overall and qualifying for the NJCAA Indoor National Championships. Other event winners included Zavior Brown in the 500 with a time of 1:05.95 and Lyle Haywood in the 1000 with a time of 2:35.23. The 4 X 400 relay team of Zavior Brown, Lyle Haywood, Andre Adkins, and Rob Graham ran 3:25.74, the fastest time of the season. Freshman Andrea Sonnacchio finished 5th in the triple jump with a mark of 10.59, freshman Meghan Visser finished 8th in the 1000 with a time of 3:22.29. The DMR team of Lauren Schuppel, Deb Howard, Kristin Callaghan, and Meghan Visser ran 13:46.95, just 7 seconds off the national qualifying mark.

Full results: <http://www.directathletics.com/results/track/18713.html>

SUNY Cortland Winter Invite - 1/29/2011

The SUNY Delhi Men and Women Track and Field teams had a strong showing with several event winners. Lyle Haywood lowered his season best time in the 800 to 1:57.82.

Rob Graham ran a season best 7.19 in the 60 m dash finishing 3rd overall. Freshman Andre Adkins vaulted a season best 4.10 m in addition to running 7.45 in the 60 and shot putting 11.71 m. Tyler Foulds threw a season best mark in the weight throw of 13.31 m.

Freshman Dylan Lowry was the top collegiate finisher in the men's mile with a time of 4:36.69. The men's 4 X 800 team of Zavior Brown, Lyle Haywood, Dylan Lowry, and Jason Phillips finished 1st overall with a time of 8:12. On the women's side freshman Andrea Sonnacchio won the Triple Jump with a mark of 10.65 m, a personal best. Deb Howard finished 4th overall in the 60 m with a time of 8.56. Kristin Callaghan ran a season best 2:43 in the 800 to finish 4th.

Full Results: <http://www.directathletics.com/results/track/18702.html>

UAlbany Great Dane Classic - 1/21/2011

Lyle Haywood lead the Broncos running 2:33.81 in the 1000 m run which ranks 3rd in NJCAA Indoor Track and Field marks. Zavior Brown finished 7th overall in the 800 with a time of 1:56.22. Zavior Brown, Rob Graham, Zavior Brown, and Dylan Lowry teamed up to run 3:26.77 in the 4 X 400 relay marking the fastest time of the 2011 season. Full

Results can be found here:

https://admin.xosn.com/attachments1/92322.htm?DB_OEM_ID=15800 Next up the Broncos travel to SUNY Cortland on 1/29

ST. LAWRENCE HOLIDAY RELAYS - 12/10

The Broncos traveled to St. Lawrence University in Canton, NY to compete at the 2010 Holiday Relay Invitational. The men were led by Zavior Brown who won the 800 m run with a NJCAA qualifying time of 1:56.03. Zavior also put moved the 4 X 400 team into 1st place on his 3rd leg which resulted in a meet record time of 3:26.77. Leighton Francis placed 3rd in the Long Jump (21'02") and 1st in the Triple Jump (44'9.075'). Full results

can be found here:

[RESULTS](#)

CORNELL RELAYS - 12/5

SUNY Delhi's men and women opened up the 2010-2011 Indoor Track and Field season at the Cornell Relays in Ithaca, NY. Full results can be found here:

http://www.cornellbigred.com/documents/2010/12/4/Cornell_Relays_2010_Results.pdf?id=3393