

Saxons prepare for ECAC indoor track and field championships

3/01/10



ALFRED, NY - Several members the Alfred University men's and women's indoor track and field teams have qualified to compete at the Eastern College Athletic Conference (ECAC) indoor championships this weekend. The ECAC meet will be held Friday and Saturday, March 5 and 6, at Smith College in Northampton, MA. The AU men's and women's squads will each send a relay team, and four members of the Alfred men's team will compete in individual events. The men's team of seniors Lee Consolo (Pleasantville, NY/Pleasantville) and Matt Phillips (Kinderhook, NY/Ichabod Crane), freshman Jeremy Weaver (Lancaster, PA/Lancaster Catholic) and sophomore Rich Scott (Eden, NY/Eden) will compete in the 4X400-meter relay. The team set a new school record (3:25.22) in a third-place finish at last weekend's New York State championship meet. Scott will also compete in the 200-meter dash and 400-meter dash at the ECAC meet. He set a new school record in the 400 meters (50.39 seconds) at the state championships. Junior Shawn Ross (Ticonderoga, NY/Ticonderoga) will compete in the shot put, the event in which he won a state title last weekend. Consolo and Phillips will each compete in the 500-meter run at the ECAC championships. For the AU women, senior Rachel Gaylord (Elmira, NY/Horseheads), freshman Amy Morrissey (Hornell, NY/Hornell), junior Melissa Haahr (Owego, NY/Tioga) and senior Megan Crimmins (Big Flats, NY/Horseheads) will compete in the distance medley relay at the ECACs. Gaylord (1,200 meters), Morrissey (400 meters), Haahr (800 meters) and Crimmins (1,600 meters) set a new school record in the event (12:56.03) in their fourth-place finish at the state championships.