Cortland’s Jon Frechette Named ECAC Division III Male Track Athlete of the Week

SUNY Cortland senior Jon Frechette (Oswego) has been selected as the Eastern College Athletic Conference (ECAC) Division III Male Track Athlete of the Week for the week ending Dec. 7. The award covers the entire ECAC region, which includes approximately 170 Division III schools from Maine to Maryland.

Frechette defeated a primarily Division I field in the 60-meter hurdles at the season-opening Cornell University Relays on Saturday. His ECAC-qualifying time of 8.33 seconds converts to a 55-meter hurdle time that would have equaled the previous school record (7.81 by Jeff VanHoover in 1991).

Last spring, Frechette broke a 23-year old school record in the 110-meter hurdles with a time of 14.88 seconds at the ECAC Division III Outdoor Track and Field Championships. Frechette has also been a four-year member of Cortland’s football team. He was the Red Dragons’ second-leading receiver this past fall with 29 catches for 380 yards and a touchdown.

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