SUNY Women’s Outdoor Track and Field at Muhlenberg Invitational; Allentown, Pa.; Saturday, April 5, 2003

ALLENTOWN, P.A. – Sophomore Kerri Trendowicz (Orangeburg/Tappan Zee) won the shot put and junior Annessa Melnick (Accord/Rondout Valley) won the 800 meters as the SUNY Cortland women’s track and field team opened its season at the Muhlenberg College Invitational.

Trendowicz qualified for the ECAC Division III Championships with her shot put distance of 39’ 3.25” and also was an ECAC qualifier in the discus, placing second at 119’ 10”. Three Red Dragons qualified for the ECAC’s in the 800 meters – Melnick with her winning time of 2:20.75, freshman Brianne Capasso (Corinth) with her second-place showing of 2:22.77 and senior Mirriah Vitale (Red Creek) with a fourth-place time of 2:23.89.

Capasso also qualified for the ECAC’s in the 1,500 meters (fourth, 4:51.51) and senior Amanda Penepent (Batavia) reached ECAC qualifying status in the 100-meter hurdles (fourth, 16.50).

Cortland’s 4x400-meter relay of junior Kerri Gannon (Sparkill/Tappan Zee), freshman Angela Granger (Pike/Letchworth), freshman Laura Sheldon (Cheektowaga/West Seneca East) and Vitale finished third with a time of 4:27.00. Other top-four finishes included sophomore Jen Hart (Newark) in the high jump (fourth, 4’ 8”) and Penepent in both the long jump (fourth, 15’ 10.5”) and the javelin (fourth, 90’ 0”).

Cortland Highlights at Muhlenberg Invitational; April 5, 2003

**Shot Put**
Kerri Trendowicz, 1st, 39’ 3.25” (11.97 m) (ECAC qualifier)

**800 meters**
Annessa Melnick, 1st, 2:20.75 (ECAC qualifier)
Brianne Capasso, 2nd, 2:22.77 (ECAC qualifier)
Mirriah Vitale, 4th, 2:23.89 (ECAC qualifier)

**Discus**
Kerri Trendowicz, 2nd, 119’ 10” (36.52 m) (ECAC qualifier)

**1,500 meters**
Brianne Capasso, 4th, 4:51.51 (ECAC qualifier)

**100-meter hurdles**
Amanda Penepent, 4th, 16.50 (ECAC qualifier)

**High Jump**
Jen Hart, 4th, 4’ 8” (1.42 m)

**Long Jump**
Amanda Penepent, 4th, 15’ 10.5” (4.84 m)
Jordan Dawson, 6th, 15’ 6.25” (4.73 m)

**Javelin**
Amanda Penepent, 4th, 90’ 0” (27.44 m)

**4x400-meter relay**
Kerri Gannon, Angela Granger, Laura Sheldon, Mirriah Vitale, 3rd, 4:27.00

**4x800-meter relay**
Boogie Germano, Kristen Gott, Joan Kelly, Annessa Melnick, 6th, 10:34.00

**400-meter hurdles**
Angela Granger, 6th, 1:11.39

**3,000-meter steeplechase**
Boogie Germano, 6th, 13:16.25

**5,000 meters**
Joan Kelly, 7th, 20:20.85

**100-meter dash**
Laura Sheldon, 8th, 14.09

**Triple Jump**
Jordan Dawson, 8th, 32’ 0.75” (9.77 m)