



William & Mary's Rome Named CAA Women's Track and Field Athlete of the Year

RICHMOND, Va. (June 27, 2016) – William & Mary sophomore **Regan Rome** was picked as the 2016 Colonial Athletic Association (CAA) Women's Track and Field Athlete of the Year after a vote by the league's head coaches, the conference announced on Monday.

The CAA also awarded two other major honors for the 2016 season in women's track and field. **Olivia Viparina** of James Madison became the first Duke since 1998 to win the Rookie of the Year honor, while Elon head coach **Mark Elliston** was named Coach of the Year for the second time in as many years.

Rome's most-recent accolade is one of many she acquired over the course of a stellar sophomore campaign for the Tribe.

At the CAA Championships in May, the Dallas, Pa., native won her first conference individual title, capturing gold in the 5,000m race with the second-best time in the meet's history. Just a few weeks later, Rome outlasted the competition in the 5,000m at the NCAA East Prelims and punched her ticket to Eugene for the 2016 NCAA Track and Field Championships.

Once at the NCAA finals, Rome's momentum continued as she finished seventh overall in the 5,000m to earn First Team All-American honors. Her time of 16:06.50 was nearly six seconds faster than her previous best. Rome, who on June 23 was named CAA Women's Track and Field Scholar Athlete of the Year, is the fourth consecutive Tribe student-athlete to pick up the league's highest women's track and field individual honor.

Viparina is the second JMU Duke to ever earn the league's Rookie of the Year honor. This spring in her first-ever CAA Championship, the New Jersey native won gold in the 3,000m steeplechase in 10:24.58, which was the third-fastest time in Madison program history for the event.

In Elon's first two seasons in the CAA, the Phoenix has won back-to-back conference team titles, and Elliston has now been named Coach of the Year twice. Under Elliston's guidance, the Phoenix obtained 193 points to win the crown this year, while senior Sydney Griffin was named Most Outstanding Track Performer of the Meet after winning a pair of individual gold medals. Elliston is the first back-to-back Women's Track and Field Coach of the Year honoree since 2009-10.

In addition to the 2016 major award winners in women's track and field, the following individuals and relay teams received All-CAA accolades based on their respective performances at the CAA Championships. The conference also announced the All-Academic team for women's track and field, which can be seen below.

2016 Women's Track and Field All-Conference Honorees:

100m: Zanae Freeland (Towson), Sydney Griffin (Elon), Meredith Willis, JMU)
200m: Sydney Griffin (Elon), Zanae Freeland (Towson), Meredith Willis (JMU)
400m: Tyra Reid (Delaware), Tyrah Burrow (JMU), Patrice Williams (Northeastern)
800m: Meredith Bozzi (UNCW), Corinne Myers (Northeastern), Kimberly Johansen (Elon)
1,500m: Carol Strock (JMU), Kimberly Johansen (Elon), Regan Rome (W&M)
5,000m: Regan Rome (W&M), Kathleen Stewart (JMU), Coralea Geraniotis (Elon)
10,000m: Emily Stites (W&M), Meghan McGovern (W&M), Shelby Cuddeback (Elon)
100m hurdles: Sydney Griffin (Elon), Aereale Scott (JMU), Emily Dixon (Elon)
400m hurdles: Jennifer Esposito (Elon), Lydia Laws (Elon), Samantha Brown (Elon)
3,000m Steeplechase: Olivia Viparina (JMU), Tereza Novotna (Elon), Lucy Young (Northeastern)
4x100m relay: Elon (Simone Jackson, Jennifer Esposito, Desiree Ross, Sydney Griffin); James Madison (Annie Johnson, Kennedy King, Meredith Willis, Aereale Scott); Delaware (Paige Thompson-Charles, Tyler Jackson, Tyra Reid, Latazah Coleman)
4x400m relay: Elon (Desiree Ross, Lauren Brzozowski, Lydia Laws, Jennifer Esposito); Towson (Megan Kelly, Amanda Famularo, Arianna Waller, Liz Reid); Northeastern (Camille Gooden, Patrice Williams, Kathryn Hanlon, Delaney Wickman)
High Jump: Julisa Tindall (CofC), Abigail Jones (W&M), Emerald Vickers (Towson)
Pole Vault: Maggie Rampolla (Towson), Brynn Warrington (Towson), Ashley Bailey (Delaware)
Long Jump: Ebony Owusu-Sampah (JMU), Nicole Genard (Northeastern), Jessica Scott (Northeastern)
Triple Jump: Jayna Coyle (Elon), Carrie Abraham (Elon), RoShani Glover (CofC)
Shot Put: Amber Monroe (JMU), Rochelle Evans (W&M), Bryanna Hames (Elon)
Discus: Amber Monroe (JMU), Bryanna Hames (Elon), Rochelle Evans (W&M)
Hammer: Leia Mistowski (W&M), Rochelle Evans (W&M), Alexandra Rose (Northeastern)
Javelin: Nicole Genard (Northeastern), Ashleigh Stallings (Towson), Kristina Valko (Delaware)
Heptathlon: Emily Dixon (Elon), Bri Miller (W&M), Anna Ranly (Towson)

2016 CAA Women's Track and Field All-Academic Team

Meredith Bozzi, UNCW	Sr.	Basking Ridge, N. J.
Cara Butcher, College of Charleston	Jr.	North Massapequa, N.Y.
Shelby Cuddeback, Elon	Jr.	Attleboro, Mass.
Zanae Freeland, Towson	Jr.	Chesapeake Beach, Md.
Kathleen Stewart, James Madison	Sr.	Holland, Pa.
Emily Stites, William & Mary	Sr.	Wyoming, Ohio
Brooke Wojeski, Northeastern	So.	East Greenbush, N.Y.
Lauren Zodl, Delaware	Fr.	Little Egg Harbor Twp., N.J.