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Tracey Armstead, Division I All-American



CORTLAND STATE

Located atop one of the many hills in central New York's "City of Seven Valleys", the State University College at Cortland was founded in 1868 as the Cortland Normal School. Over the decades, the campus expanded and in 1941, by an act of the legislature and the Board of Regents, the institution officially became a college, providing four-year courses leading to the bachelor's degree. In 1948, the state legislature incorporated Cortland College into the new State University of New York.

Today, more than 5,400 undergraduate and 600 graduate students are pursuing degrees within the College's two academic divisions—Arts and Sciences and Professional Studies. Twenty-three departments with a faculty of more than 300 offer the Cortland State student body some 40 majors from which to choose, including liberal arts, elementary and secondary education, health and physical education, recreation education, speech education and speech & hearing handicapped education.

The College's main campus covers 191 acres and includes 30 major buildings. Thirteen of these structures are residence halls and provide on-campus housing for 2,600 students.

At Cortland State, athletics are viewed as having an important role in the educational mission of the College. During the fall, winter and spring seasons, Cortland State participates in 24 intercollegiate sports—12 men's and 12 women's—in an attempt to provide a broad program of athletics which will meet the needs, interests and abilities of its students.

The stated objective of the College's athletic program is the development and welfare of the student. In the coaching of individual sports as well as in the direction of the overall athletic program, the College endeavors to provide a high calibre of professional leadership which is consistent with the goals of the institution.

Cortland State is particularly proud of its long tradition of intercollegiate athletics and its high standing in small college athletic circles. In support of this heritage, the College offers its student-athletes a number of outstanding indoor and outdoor facilities which are used for intercollegiate competition as well as educational and recreational purposes. The Park Center for Physical Education and Recreation, opened in 1973, features a main gymnasium with a seating capacity of 3,600, an Olympic-size swimming pool with gallery seating for 1,500, and an ice arena which can accommodate 2,500 spectators.

In addition, Lusk Field House provides an extensive area for indoor practice sessions and activity classes and is the home of the men's and women's indoor track teams. The College has approximately 50 acres of athletic fields. Davis Field, with a seating capacity of 5,000, is the home of the Red Dragon football and lacrosse squads. Adjacent to Davis Field and the Park Center are 24 tennis courts.

1983 CORTLAND STATE WOMEN'S TRACK PREVIEW

The 1983 Red Dragon Indoor and Outdoor Track squads have the ingredients to be ranked among the best in NCAA Division III.

Last season the C-State thinclads posted a 14-2 indoor mark en route to the New York State championship and a second place finish behind Villanova in the Eastern AIAW Regionals. Then-freshman Tracey Armstead went on to compete in the Division I championships in Iowa, where she earned All-American status as the eighth fastest woman in the nation in the 60-yard dash.

In 1982 outdoor track action, Cortland State won the nine-team Binghamton Invitational and the 16-team Cortland Invitational titles, took second behind Division I power St. John's in the 25-team New York State Meet and finished third in the Eastern AIAW Regionals behind Villanova and West Chester. Four Red Dragons qualified in six events for the AIAW Division II Nationals at Austin Peay University in Clarksville, Maryland.

A mixture of talented incoming freshmen and skilled returning athletes will make Cortland State a NCAA Division III national power in 1983, said C-State head coach Debbie Aitken. "Despite our track team's success last year, we still had our weaknesses," said Aitken. "These were primarily in the 400 and 800 meter events. We've got a lot of new people with a lot of talent to fill these spots. In fact, we're deep in almost every event and should be better than ever. The team is setting its sights on the national meet."

The strongest argument for Division III supremacy in 1983 is the return of sophomore Tracey Armstead, one of the premier women collegiate sprinters in the United States. The tiny - 5'2" - Monticello, N.Y., native remained unbeaten in the 55-meter and 100-meter dashes, while eclipsing school records in the 55-meter, 60-meter, 100-meter, and 200-meter dashes, as well as, in the long jump and as a member of the 4 X 100 relay team.

The sprint events, although led by Armstead, will have Christine Lenehan, sophomore Celia Parnell and the frosh tandem of Sue Yarsinske and Wendy Longo to provide depth and spearhead C-State in the 400 meter.

Sophomore Liz Taber, the school record holder in the 1000 meters and 1500 meters, returns along with 1982 NCAA Division III cross country All-American Nancy Nicholson as the strength of Cortland's middle distance crew. The Red Dragons woes in the 800 meters last year should be alleviated by the return of school-record holder Deb Schmitt and the addition of freshman Barbara McCarthy from Ridgefield, Connecticut.

Junior Eilyn Block, hampered by injuries throughout the 1982 campaign, should continue to dominate the distance events. She has a formidable supporting cast. Joining Block, the school record holder and a national qualifier in the 10,000 meters, will be NCAA Division III cross country All-American Melissa Lacasse, junior Nora Doyle, senior Noreen White, sophomore Daina O'Kane and freshman Diane Schmitt — all members of the Cortland State cross country team which placed fifth nationally in 1982.

Senior Adrean Zoschke and freshman Lisa Baird are expected to be the leaders in the hurdles, with senior Mary Pustay and newcomer Katie Hoult bolstering the 400-meter hurdle effort.

Armstead will again be a standout in the jumps. Mary Schneider and Lisa Baird are expected to provide depth in the long jump and triple jump. School record holder in the high jump, Judy Ingham may not be available for competition until the spring season as a result of an injured ankle.

The throws, once Cortland's weakest events, may now prove to be one of the Dragons' most consistent and strongest. Junior Karen Hand, the school record holder and national qualifier in the shot put, has set her sights on All-American status in that event in '83. In addition to Hand, C-State will have junior Laura Martin in the shot put, freshman Jeannie Jones and seniors Patty George and Debbie Piotrowski in the discus and javelin.

CORTLAND STATE INDOOR TRACK RECORDS

(Updated Jan. 1, 1983)

50 Meter Hurdles - Jan Gregoire, 7.9 seconds, 2/27/82 at Plattsburgh
 60 Yard Hurdles - Jan Gregoire, 8.7 seconds, 3/12/82 at Univ. of Maine
 55 Meter Hurdles - Jan Gregoire, 8.7. seconds, 2/20/82 at West Point
 50 Meter Dash - Tracey Armstead, 6.0 seconds, 2/27/82 at Plattsburgh
 60 Yard Dash - Tracey Armstead, 6.94 seconds, 3/12/82 at Univ. of N. Iowa
 55 Meter Dash - Tracey Armstead, 6.9 seconds, 2/20/82 at West Point
 220 Yards - Kyle Berkes, 28.01 seconds, 2/16/81 at Cortland
 200 Meters - Tracey Armstead, 25.8 seconds, 2/27/82 at Plattsburgh
 300 Yards - Jan Gregoire, 38.8 seconds, 3/7/82 at Univ. of Maine
 300 Meters - Tracey Armstead, 43.4 seconds, 2/13/82 at Cortland
 440 Yards - Sue Ehmann, 60.7 seconds, 3/3/79 at Cortland
 400 Meters - Sue Ehmann, 60.5 seconds, 2/14/81 at Cortland
 500 Meters - Sue Searle, 1:24.2, 2/7/82 at Vermont
 600 Yards - Sue Searle, 1/30.7, 3/7/82 at Univ. of Maine
 600 Meters - Debi Schmitt, 1:39.0, 2/27/82 at Plattsburgh
 880 Yards - Debi Schmitt, 2:18.1, 3/7/82 at Univ. of Maine
 800 Meters - Debi Schmitt, 2:14.9, 3/8/81 at Boston College
 1000 Meters - Liz Taber, 3:03.7, 2/7/82 at Vermont
 1 Mile - Liz Taber, 5:13.6, 3/7/82 at Univ. of Maine
 1500 Meters - Liz Taber, 4:44.6, 2/20/82 at West Point
 2 Mile - Betsy Shillito, 11:04, 3/2/80 at Harvard
 3000 Meters - Betsy Shillito, 10:15.6, 1/24/81 at Cornell
 3 Mile - Betsy Shillito, 16:46.7, 3/2/81 at Harvard
 5000 Meters - Betsy Shillito, 17:18.0, 3/8/81 at Boston College
 4 X 220 Relay - Gregoire/Lenehan/Schmitt/Armstead, 1:47.3, 3/7/82 at Univ. of Maine
 4 X 200 Relay - Armstead/Gregoire/Lenehan/Jones, 1:48.7, 12/21/81 at Syracuse
 4 X 440 - Wolcott/Bellavia/Taber/Schmitt, 4:12.8, 2/7/82 at Vermont
 4 X 400 Relay - Jackson/Berkes/Ehmann/Schmitt, 4:01.9, 3/8/81 at Boston College
 4 X 880 Relay - Nicholson/Doyle/Taber/Schmitt, 9:57.1, 2/27/82 at Plattsburgh
 4 X 800 Relay - Carroll/Payne/Nicholson/Schmitt, 10:02.5, 2/28/81 at Rochester
 Shot Put - Karen Hand, 13.11 meters, 1/24/82 at Cornell
 Long Jump - Tracey Armstead, 19'6", 2/6/82 at Univ. of Maine
 High Jump - Judy Ingham, 1.66 meters (5'5½"), 2/20/82 at West Point

1983 INDOOR TRACK SCHEDULE

January		
23	Cornell Invitational	Away
28	Albany, Binghamton at Cortland	Home
February		
6	Vermont	Away
12	Cortland Invitational	Home
19	Bucknell Invitational	Away
26-27	New York State AIAW Championships at Union	

CORTLAND STATE OUTDOOR TRACK RECORDS

(Updated Jan. 1, 1983)

- 80 Yard Hurdles - K. Blaufuss, 12.0 seconds, 1973
 100 Meter Hurdles - Jan Gregoire, 15.1 seconds, 1981
 100 Yard Dash - Margaret Mack, 11.1 seconds, 1974
 100 Meter Dash - Tracey Armstead, 11.7 seconds, 1982
 220 Yard Dash - Chris Schilly, 25.3 seconds, 1975
 200 Meter Dash - Tracey Armstead, 24.2 seconds, 1982
 440 Yard Dash - Chris Schilly, 56.0 seconds, 1975
 400 Meter Dash - Sue Ehmann, 59.0 seconds, 1979
 440 Yard Hurdles - Michelle Featherly, 1:12, 1979
 400 Meter Hurdles - Debi Schmitt, 62.8 seconds, 1981
 880 Yard Run - Chris Schilly, 2:14.6, 1975
 800 Meter Run - Mary Rybinski, 2:15.3, 1978
 1 Mile Run - Mary Rybinski, 5:10.5, 1979
 1500 Meter Run - Nancy Nicholson, 4:47.8, 1982
 Liz Taber, 4:47.8, 1982
 2 Mile Run - Betsy Shillito, 11:12, 1980
 3000 Meters - Betsy Shillito, 10:07, 1981
 3 Mile Run - Betsy Shillito, 16:47, 1980
 5000 Meter Run - Betsy Shillito, 16:53.3, 1981
 10,000 Meter Run - Ellyn Block, 36:45, 1982
 440 Yard Relay - Pam Wolcott/Chris Lenehan/Tracey Armstead/Jan Gregoire, 49.9, 1982
 400 Meter Relay - Pam Wolcott/Chris Lenehan/Tracey Armstead/Jan Gregoire, 49.8, 1982
 Sprint Medley - Tracey Armstead/Chris Lenehan/Jan Gregoire/Sue Searle, 1:53.0, 1982
 2 Mile Relay - Kathy Amato/Nancy Nicholson/Gertrude Jackson/Debi Schmitt, 9:38.42, 1981
 1 Mile Relay - Sue Ehmann/Kyle Berkes/Betsy Jackson/Debi Schmitt, 3:59.07, 1981
 1600 Meter Relay - Sue Ehmann/Kyle Berkes/Betsy Jackson/Debi Schmitt, 4:01.07, 1981
 Javelin - Lynda Lyman, 146'9", 1976
 Discus - Jean Bauco, 121'10³/₄", 1979
 Shot Put - Karen Hand, 12.43 meters, 1982
 Long Jump - Tracey Armstead, 5.74 meters, 1982
 High Jump - Ann Szary 1.67 meters (5'5³/₄"), 1982

1983 OUTDOOR TRACK SCHEDULE

March		
26	James Madison	Away
April		
1-2	Davidson Relays	Away
9	Bucknell, East Stroudsburg, Lock Haven at Bloomsburg	Away
16	Albany Invitational	Away
23	Cortland Invitational	Home
30	East Stroudsburg	Away
May		
7-8	New York State AIAW at Rochester	

1983 CORTLAND STATE WOMEN'S TRACK ROSTER

Name	Yr.	Event(s)	Hometown/High School
Kathy Amato	Jr.	Middle Distance	Pine Plains/Stissing Mountain
Tracey Armstead	So.	Sprints, Jumps	Monticello/Monticello
Lisa Baird	Fr.	Sprints, LJ, Hurdles	Yorktown Hgts./Yorktown
Ellyn Block	Jr.	Distance	Ardsley/Ardsley
Nora Doyle	Jr.	Distance	Watertown/Immaculate Heart
Karen Dutot	Fr.	Middle Distance	Northport/Northport
Cathy Farrell	Fr.	Middle Distance	Binghamton/Seton Catholic
Suzy Gaughran	Fr.	Distance	Delhi/Delaware Academy
Shelia Geer	So.	Distance	Morris/Gilbertsville
Patty George	Jr.	Discus, Javelin	Utica/Notre Dame
Jennifer Guder	Sr.	Heptathlon	Syosset/Syosset
Karen Hand	Jr.	Shot, Discus, Javelin	Endicott/Union-Endicott
Lisa Henry	Fr.	Sprints	S. Burlington, VT/S. Burlington
Kati Hoult	Jr.	Sprints, Hurdles	Troy/Columbia
Deanne House	Jr.	Sprints	Penn Yan/Marcus Whitman
Marsha Huguet	Fr.	Sprints	Brooklyn/Bushwick
Jeanne Jones	Fr.	Shot, Javelin	Phelps/Midlakes
Amy Keifer	So.	Sprints	Lyons/Lyons
Diahann Kelly	Jr.	Middle Distance	Ozone Park/John Adams
Susan Kelly	Fr.	Hurdles	Valhalla/Valhalla
Melissa Lacasse	Fr.	Distance	Berlin, NH/Berlin
Jean Lawrence	So.	Sprints	Ithaca/Ithaca
Christine Lenehan	So.	Sprints, Hurdles	Poughkeepsie/Roosevelt
Susan Lockyer	So.	Distance	Smithtown/Smithtown West
Wendy Longo	Fr.	Sprints	Clifton Park/Shenendehowa
Julie Lyons	Jr.	Middle Distance	New Hyde Park/New Hyde Park
Kathy MacDonald	Fr.	Sprints	Scotia/Burnt Hills
Laura Martin	Jr.	Heptathlon, Shot	Wanakena/Clifton-Fine
Barbara McCarthy	Fr.	Middle Distance	Ridgefield, CT/Ridgefield
Dianne Merrigan	Fr.	Distance	Carmel/Carmel
Stacy Nencetti	Jr.	Middle Distance	Ilion/Ilion
Cheryl Nicholson	Fr.	Sprints	Glens Falls/Queensbury
Nancy Nicholson	Jr.	Middle Distance	Glens Falls/Queensbury
Daina O'Kane	So.	Distance	Wappingers Falls/Roy C. Ketcham
Celia Pannell	So.	Sprints	Elmira/Elmira Free Academy
Shelia Paprocki	Jr.	Sprints	Salamanca/Salamanca
Jennifer Parker	Fr.	Distance	Clay/Cicero
Donna Pelkowski	So.	Distance	Bay Shore/Bay Shore
Mary Pustay	Jr.	Hurdles, 400 Meters	West Winfield/Mount Markham
Debi Schmitt	Jr.	Middle Distance	Gloversville/Gloversville
Diane Schmitt	Fr.	Sprints, Mid. Distance	New City/Clarkstown North
Mary Schneider	Jr.	Jumps	East Concord/Pioneer
Maryann Simoniello	So.	Heptathlon	Staten Island/Totenville
Liz Taber	So.	Middle Distance	Rochester/Penfield
Suzy Walsh	Fr.	Middle Distance	Mahopac/Mahopac
Julie Warnes	So.	Shot, Javelin	Endicott/Union-Endicott
Noreen White	Sr.	Distance	Syracuse/Bishop Grimes
Sue Yarsinske	Fr.	Sprints	East Northport/Northport
Adrean Zoschke	Sr.	Hurdles, Jumps	Tonawanda/Kenmore East

Head Coach: Debbie Aitken
Trainer: Mary Lynn Ketchell

Asst. Coaches: Sue Searle, Jim Monaco
Managers: Judy Wolfe, Sandy Hoffman

CORTLAND STATE WOMEN'S CROSS COUNTRY: FIFTH IN THE NATION IN 1982

The youthful Cortland State women's cross country team established itself as a national power by finishing fifth in the nation at the 1982 NCAA Division III Cross Country Championship Meet at Fredonia, N.Y., in November. Two Red Dragon harriers, junior Nancy Nicholson and freshman Melissa Lacasse, earned All-American honors after completing the 5,000 meter course among the top 25 runners.

Nicholson paced the C-State contingent with her 21st place showing of 20:00 while Lacasse was right behind in 22nd at 22:02. Cortland junior Elynn Block finished 43rd in 20:36. C-State's fourth and fifth runners, sophomore Daina O'Kane and freshman Diane Schmitt, took 71st and 72nd, respectively. The other Cortland runners at the NCAA meet finished among the top 100 harriers. Freshman Suzy Gaughran took the 80th spot and teammate Liz Taber, a sophomore, was 100th.

Dragon junior Nora Doyle, who helped lead Cortland State to the New York State and Regional cross country championships, injured her foot in the Regional Qualifier and could not compete in the national championship.

"The girls did a super job," said Cortland cross country coach Tom Steele. "They've got great potential — they'll all be back next year. Coming in fifth place among the 12 best teams in the country was great."



**Nancy Nicholson, 1982
NCAA Division III All-American**



**Melissa Lacasse, 1982
NCAA Division III All-American**

FINAL 1982 NCAA DIVISION III STANDINGS

1. St. Thomas (Minn.), 44 points
2. University of Wisconsin-LaCrosse, 83 points
3. Occidental (Cal.), 106 points
4. Southeast Massachusetts, 107 points
5. CORTLAND STATE (N.Y.), 144 points
6. Trenton State (N.J.), 181 points
7. University of Wisconsin-Oshkosh, 185 points
8. Franklin & Marshall, 191 points
9. Ohio Wesleyan, 214 points
10. St. Scholastica, 227 points
11. Catholic University, 241 points
12. Pomona-Pitzer (Cal.), 305 points



HEAD COACH DEBBIE AITKEN

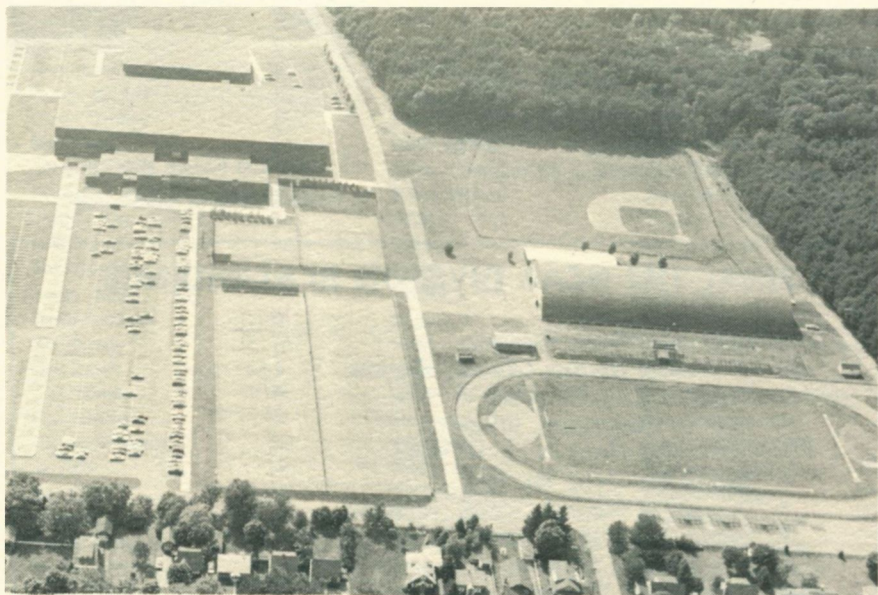
A native of Skowhegan, Maine, Debbie attended local schools before enrolling at the University of Maine-Presque Isle. She received her physical education degree in 1973 from Plymouth State (N.H.), where she competed as a gymnast.

Upon graduation, Debbie taught and coached for three years at Waterville (ME) High. Her field hockey, gymnastics and track squads captured league and state titles in the tough large-school division in Maine.

In 1976, Debbie moved to Frostburg State (MD) with her husband, Mike, now the Cortland State assistant athletic trainer and clinic supervisor. While there, Debbie coached gymnastics at the College and the local YMCA Club. She earned a master's degree from Frostburg State in physical education with an emphasis on cardiac rehabilitation.

Debbie came to Cortland in 1978 as a part-time coach. She headed the field hockey unit, initiated the women's indoor track program, and was an assistant outdoor track coach that first year. From 1979-81, she was head coach of all three. At the start of the 1981 fall season, Debbie concentrated her efforts entirely on the two track programs and served briefly as assistant women's athletic director.

For further information on the Cortland track program, write Debbie Aitken, Women's Track Coach, Cortland State, Box 2000 Cortland, N.Y. 13045



An aerial view of the Cortland State athletic facilities, considered to be among the finest of any Division III College in the nation. (Left) The Park Center. (Right) The Lusk Field House which boasts a brand new six-lane textured tartan surface for indoor track.