

Heartland Collegiate Athletic Conference Office

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Heartland Collegiate Athletic Conference

**Franklin's Waterman, Mount's Hastings Earn  
HCAC Women's Track & Field Honors**

**GREENWOOD, IN** – Franklin College's **Heather Waterman (Shelbyville, Ind./Morristown)** and College of Mount St. Joseph's **Lauren Hastings (Okeana, Ohio/Ross)** have been named 2010 Heartland Collegiate Athletic Conference Track Athlete of the Year and Field Athlete of the Year, respectively. Waterman led the Grizzlies to the school's first ever HCAC women's track and field title, while Hastings helped the Lions place fourth at the meet held at Mount St. Joseph on April 30-May 1.

Waterman, a junior for the Grizzlies, won two events at the HCAC Championships and finished second in another. She won the 1,500-meter run in a first place time of 4:51.47 and the 5,000-meter run in 18:46.65, while finishing second in the 800-meters (2:20.64). Waterman was also named Track Athlete of the Year following last spring's meet.

Hastings, a sophomore on the Mount squad, claimed two first place finishes at the meet helping the Lions to a fourth place finish. The sophomore won the long jump with a leap of 5.11 meters and claimed first in the triple jump with a jump of 11.19 meters.

Also receiving recognition for their efforts at the meet are Defiance's **Shavonda Price (Ft. Wayne, Ind./South Side)** and **Ashlyn Howell (Fenton, Mich./Lake Fenton)** and Mount St. Joseph's **Katie Jerek (Boardman, Ohio/Cardinal Mooney)**. The trio shared the Freshman Athlete of the Year award after the meet.

Franklin's **Paul Sargent** was named the HCAC Coach of the Year after leading the Grizzlies to the team title. Sargent led the blue and gold to their first ever women's track and field conference championship, garnering 154 points to hold off second place Defiance (121.5 points).

**Most Outstanding Female Track Athlete:** Heather Waterman, Franklin College

**Most Outstanding Female Field Athlete:** Lauren Hastings, College of Mount St. Joseph

**Co-Most Outstanding Freshman Female Athlete:** Shavonda Price, Defiance College

**Co-Most Outstanding Freshman Female Athlete:** Ashlyn Howell, Defiance College

**Co-Most Outstanding Freshman Female Athlete:** Katie Jerek, Mount St. Joseph

**Coach of the Year:** Paul Sargent, Franklin College

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**All-HCAC (Event Winners)**

Megan Neal, So., Bluffton  
Marlea Rolander, So., Defiance  
Shavonda Price, So., Defiance  
Kaitlin Switzer, Jr., Defiance  
Ashlyn Howell, Fr., Defiance  
Kristin Goldstein, Sr., Defiance  
Courtney Swabb, So., Defiance  
Heather Waterman, Jr., Franklin  
Kendall Paris, Sr., Franklin  
Jennifer Beakas, Jr., Manchester  
Jessica Bremer, Jr., Manchester  
Kailey Honn, Jr., Manchester  
Lindsey Machamer, Sr., Manchester  
Katie Jerek, Fr., Mount St. Joseph  
Kristin George, Sr., Mount St. Joseph  
Emily Babel, Sr., Mount St. Joseph  
Maddie Hirsch, Fr., Mount St. Joseph  
Lauren Hastings, So., Mount St. Joseph  
Creasy Clauser, Fr., Rose-Hulman  
Tanya Colonna, Fr., Rose-Hulman  
Rebecca Fehribach, Sr., Rose-Hulman

**Honorable Mention All-HCAC (Athlete must accumulate 16 points at HCAC Championships)**

Shelby Johnston, So., Franklin  
Lexi Vincz, Fr., Hanover  
Melissa Rogers, Sr., Rose-Hulman

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