



FOR IMMEDIATE RELEASE - Saturday, April 20  
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**PROVIDENCE COLLEGE OUTDOOR TRACK WRAPS-UP AT MT. SAC RELAYS  
Quinn posted a personal best time for the men, while Collins finished with a personal best in the 5K for the women.**

**WALNUT, Calif.-** The Providence College outdoor track and field team finished competition at the Mt. Sac Relays in Walnut, Calif. on Friday, April 19. All six women competing for the Friars posted ECAC and BIG EAST Championship qualifying times. Both runners for the men posted qualifying times for the IC4A and BIG EAST Championships.

Four of the six competitors from the women's side ran in the 5000 meter run on Friday, April 19. Junior Emily Sisson (Chesterfield, Mo.) led the pack with an 8th place finish in the Invite Elite division with a time of 15:39.80. Senior Sam Roecker (Charlton, N.Y) and junior Erin Murphy (Easton, Mass.) both ran the 5000 meter run in the Open-A division. Roecker finished with a time of 17:04.53, while Murphy finished in a time of 16:59.30. The last Friar to compete in the 5000 meter run was freshman Sarah Mary Collins (Basel, Switzerland), who finished with a personal best time of 16:19.80 in the Olympic Division Elite.

Two Friars competed for the women on Thursday, April 18. Senior Shelby Greany (Suffern, N.Y.) ran the 3000 meter steeplechase in the Invite Elite division where she finished seventh with a time of 10:39.00. Junior Laura Nagel (Napier, New Zealand) competed in the 10,000 meter run on Thursday where she finished second in the Invite Elite division with a time of 33:46.69.

On the men's side sophomore Shane Quinn (Waterford, Ireland) and senior Dominic Channon (Nelson, New Zealand) ran in the men's 5000 meter run. Quinn posted a personal best time of 13:48.90 for a fourth place finish in the Olympic Elite division, while Channon ran the event in a time of 14:00.89 for a second place finish in the Open-A division.

The Friars are back in action Thursday, April 25 to Saturday, April 27 when they compete in the Penn Relays in Philadelphia, Pa.

--GO FRIARS--