

Cross Country Track



Program Overview



Head Coach

Sean Kibrick

4th Season

ECC South Campus
4041 Southwestern Blvd.
Orchard Park, NY 14127
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Kibrick@ecc.edu

Sean is entering his fourth season as the head cross country and track coach.

Sean previously served as an assistant coach at ECC for cross country and track for two years and one year at Fredonia State College.

As an ECC athlete, he was a five-time regional champion and national qualifier. He was a captain of the cross country team. He then went to Fredonia where he was an individual and team champion. During this time he was also an NCAA qualifier.

Assistant Coach

Justin Allen

Program Accomplishments

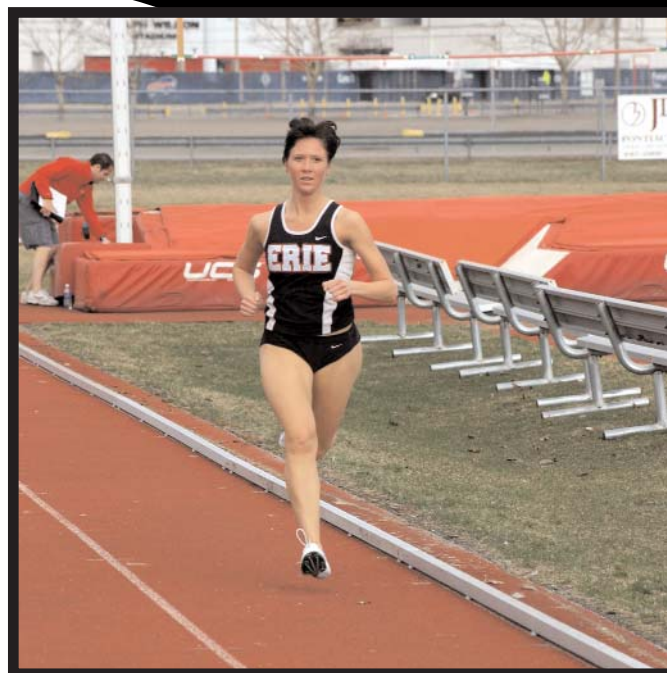
With very promising results in 2006-07, hopes are very high for the track program.

The men's cross country team finished off their season with third place finish in the Region III meet and sixth at the NJCAA national meet. Sophomore Jack Dafgard was an All-Region runner for the second straight season.

Freshman Anna Bogdanets was the star of the women's program as she was first team All-Region and first team All-American.

The men's indoor track team won a distance medley regional championship and Bogdanets won two regional championships and was a coaches All-American as the top American finisher at the NJCAA National meet.

The outdoor season saw the men's 4x800 relay finish second at regionals, Cam Gallson finished second at regionals in the Decathlon. Anna Bogdanets won two region championships and two national championships in the 5K and 10K, setting a national meet record in the 5K.



Freshman Anna Bogdanets was a four-time All-American.

Schedule

Cross Country

Alfred State
Roberts Wesleyan College
Geneseo State
University Of Rochester
Houghton College

Alfred, NY
North Chili, NY
Geneseo, NY
Rochester, NY
Houghton, NY

Indoor Track

University of Rochester
Fredonia State
Syracuse University
Cornell University
Regionals @ HVCC

Rochester, NY
Fredonia, NY
Syracuse, NY
Ithaca, NY
Troy, NY

Outdoor Track

Alfred State
Legends Relay
Alfred State
Houghton
University of Rochester
Roberts Wesleyan
UB
Penn Relays

ECC South
ECC South
Alfred, NY
Houghton, NY
Rochester, NY
North Chili, NY
Buffalo, NY
Philadelphia, PA

All practices are held at City Campus and South Campus
For more info call 851-1220