

NEWS RELEASE

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University of Saint Mary Track & Field and Cross Country Programs Announce First Signings

(Leavenworth, Kan.)—The University of Saint Mary has signed the first two student-athletes for the university's new track & field and cross country programs set to begin competition this coming fall.

Nick Haines, a top runner from Cuyamaca College in San Diego, and Cameron Avilez, a championship competitor from Palomar College in San Marcos, Calif., will compete for the University of Saint Mary this fall. Haines and Avilez will participate in both cross country and track & field.

"These are high-character student athletes," said David Dominguez, head coach of USM's men's and women's cross country and track & field programs. "They're the kind of student athletes we want to build the foundation of our programs on. These signings represent the beginning of a proud new USM Spires tradition."

Haines was Cuyamaca's no. 1 runner for most of the past season and the team's top finisher at the California Community College State Championship. He was also honored as the team's runner of the year.

During the most recent track season, Haines set school records four times in three events, posting a 9:38 and later a 9:28 in the 3,000 meter steeplechase; a 8:48 in the 3,000 meter; and a 15:30 in the 5,000 meter. Haines has also run the 800 meter in 2:00 and broke the 4:00 mark on the 1,500 meter.

Avilez, in high school, was first team all-conference, first team all-league, and a California High School Cross Country State meet qualifier. In college, he qualified twice for the California Community College Cross Country Championship, was named first team all-conference, and was named Pacific Coast Conference athlete of the week for his course record 1:15:34 win at the Safari Park Half Marathon. He also has personal records of 16:19 in the 5,000 meter and 21:16 for four miles.

Avilez also made the dean's list at Palomar.

Saint Mary has 12 varsity sports programs—football, volleyball, baseball, softball, men's and women's basketball, men's and women's soccer, cross country, and track & field—along with co-ed cheerleading and dance. Visit www.gospire.com to learn more about USM athletics.

The University of Saint Mary is a Catholic co-educational applied liberal arts university founded and sponsored by the Sisters of Charity of Leavenworth. The University of Saint Mary is located at 4100 South 4th Street, Leavenworth, Kan., with additional locations in Overland Park and Kansas City, Kan. Visit www.stmary.edu for more information.

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