



# **FITCHBURG STATE COLLEGE**

## **SPORTS INFORMATION DEPARTMENT**

160 Pearl Street  
Fitchburg, MA 01420  
P: 978.665.3343; F: 978.665.3710  
E: mdeplacido@fsc.edu



## **FALCONS IN STRIDE AT TUFTS MEET**

**MEDFORD, Mass.** – After a five-week hiatus from competition, the Fitchburg State College men’s and women’s track & field teams were ready to regain their form at Tufts University Saturday afternoon.

Transfer student DJ Trinque had little rust as he quickly qualified for the post season with DIII entry mark of 13.39m (43' 11") in the men's shot put. Julie Almstrom, who has already qualified for the DIII meet, lowered her season best effort in the 55m Hurdles with a blazing time of 7.47.

Other men turning in strong season best performances include: Eric Perdomo and Zach Hertel-Therrien in the 55M; Chris Grubel - 400m; Tim Wood - 800M; Phil McCormack, Albert Wong and Kyle Schaeffer in the 1000m; Adam Parslow and Wong -3000m and Brandon Jean - Shot and Weight.

Other women turning in strong season best performances include: Almstrom and Marla Cavaretta in the 55M; Ali Landry- 200m; Emily Sullivan- 800M and Lindsey Suprenant in the Shot.

Several athletes will be competing at the BU Invitational the weekend of 1/25-26 while the rest will be tuning up for the next full team competition the following week.