



NEW JERSEY ATHLETIC CONFERENCE

WOMEN'S INDOOR TRACK & FIELD ATHLETES OF THE WEEK

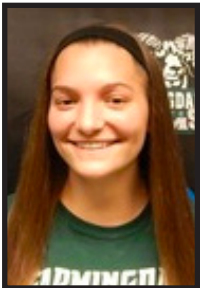
WEEK ENDING 1/6/19



TRACK ATHLETE OF THE WEEK

JENNIFER HOLOWNIA • St. Joseph's College (LI)
Senior • Miller Place, NY/Miller Place

Holownia picks up her first NJAC Indoor Track Athlete of the Week honor of the season after competing in two events at the Wagner College Invitational. She set a new school record in the 400 meters, clocking a 1:01.61 to finish in the top seven in a field that included athletes from all three NCAA divisions. That time is also the seventh-fastest in the NJAC this year. She also ran leadoff of the 4x4 relay which finished in 4:34.60.



FIELD ATHLETE OF THE WEEK

MARINA MAGOULAS • Farmingdale State College
Sophomore • Islip, NY/Isip

Magoulas collects her first NJAC Indoor Field Athlete of the Week honor after a pair of strong performances at the Wagner College Invitational to open the new calendar year. She tossed a 12.27 meters in the weight throw, where she was the top Division III competitor in the event that included athletes from all three NCAA divisions. That mark is also the fifth-farthest toss so far this season in the NJAC. She also posted a shot put throw of 8.68 meters, marking the second-farthest shot put toss by a Ram this season.