

Centennial Conference Indoor Track and Field Championship • May 6-7, 1995

Dickinson College

Men: 1. Haverford 248; 2. Western Maryland 127; 3. Gettysburg 121; 4. Franklin & Marshall 81; 5. Ursinus 49; 6. Johns Hopkins 45; 7. Swarthmore 39; 8. Dickinson 35; 9. Muhlenberg 19.

Women: 1. Haverford 148; 2. Gettysburg 120; 3. Franklin & Marshall 105 4. Western Maryland 88; 5. Ursinus 86; 6. Dickinson 75; 7. Swarthmore 67; 8. Johns Hopkins 28; 9. Muhlenberg 17.

| Men | Men | Men |
|--|---|--|
| 100m | | 10K |
| 1. Donte Abron Western Maryland 10.95 | 1. Aaron Wolpert Haverford 32:31.44 | 2. Marc Balcer Haverford 33:26.77 |
| 2. Bill Tyrrell Western Maryland 10.98 | 3. Peter Strauss Haverford 33:28.83 | 4. Lowell Ladd Dickinson 33:47.75 |
| 3. Chris Hall Muhlenberg 11.00 | 5. Alan Speicher Gettysburg 34:18.19 | 6. Paul DiCamillo Johns Hopkins 35:13.45 |
| 4. Peter Landon Haverford 11.11 | 7. Stephen Avillo Franklin & Marshall 35:20.46 | 8. Ryan Savitz Ursinus 35:30.5 |
| 5. Derek Sykora Haverford 11.32 | | |
| 6. Alejandro Welch Western Maryland 11.37 | | |
| 7. Hari Lymon Johns Hopkins 11.49 | | |
| 8. Bryan Sentz Gettysburg 11.80 | | |
| 200 | | 110 High Hurdles |
| 1. Peter Landon Haverford 22.59 | 1. Bill Tyrrell Western Maryland 14.70 | 2. Russell Ney Franklin & Marshall 15.15 |
| 2. Chris Hall Muhlenberg 22.61 | 3. Pat Polinski Haverford 15.70 | 4. Kevin Stratton Ursinus 15.97 |
| 3. Derek Sykora Haverford 22.70 | 5. Sean Davis Gettysburg 16.80 | 6. Peter Krecioch Haverford 17.54 |
| 4. Eric Widmaier Ursinus 23.09 | 7. Phil Dinterman Franklin & Marshall 18.25 | |
| 5. Alejandro Welch Western Maryland 23.12 | | |
| 6. Derek Van Benthuyzen Gettysburg 23.47 | | |
| 7. Chad Vorbeck Gettysburg 23.60 | | |
| 8. Matthew Teeter Dickinson 23.63 | | |
| 400 | | 400 Hurdles |
| 1. Kent Lightbourn Western Maryland 49.52 | 1. Kent Lightbourn Western Maryland 54.08 | 2. Pat Polinski Haverford 56.04 |
| 2. Wakengo Mahaniah Haverford 50.08 | 3. Phil Sidell Dickinson 56.93 | 4. Kevin Stratton Ursinus 57.77 |
| 3. Derek Van Benthuyzen Gettysburg 50.37 | 5. Matthew Caia Ursinus 58.75 | 6. Sean Davis Gettysburg 58.88 |
| 4. Zaki Alam Johns Hopkins 50.71 | 7. Peter Krecioch Haverford 60.68 | 8. Bill Tyrrell Western Maryland 61.60 |
| 5. Chad Vorbeck Gettysburg 50.82 | | |
| 6. Chris Coulston Haverford 51.33 | | |
| 7. Bryan Snyder Haverford 51.50 | | |
| 8. Jason Kitchen Haverford 51.62 | | |
| 800 | | 3K Steeplechase |
| 1. Karl Paranya Haverford 1:56.54 | 1. Nate Suter Haverford 9:38.03 | 2. Luke Kiskaddon Franklin & Marshall 9:57.54 |
| 2. Ntobeko Ntusi Haverford 1:57.21 | 3. Dan Zabara Haverford 10:01.96 | 4. Aaron Cooper Haverford 10:02.02 |
| 3. Bill Gray Gettysburg 1:57.25 | 5. Erick Chase Dickinson 10:03.02 | 6. Jason Smith Gettysburg 10:14.05 |
| 4. Arn Davis Haverford 1:58.83 | 7. Graham Lucks Swarthmore 10:18.64 | 8. Brian Rusignuolo Gettysburg 10:52.01 |
| 5. Chip Loutrel Haverford 2:00.19 | | |
| 6. Andrew Gray Haverford 2:00.52 | | |
| 7. Jim Clarius Western Maryland 2:01.76 | | |
| 8. Jonathan Coldren Dickinson 2:03.20 | | |
| 1500 | | 4x100 Relay |
| 1. Karl Paranya Haverford 3:57.17 | 1. Western Maryland 42.54 | 2. Haverford 43.23 |
| 2. Bill Gray Gettysburg 3:58.36 | 3. Gettysburg 44.40 | 4. Swarthmore 44.86 |
| 3. Chip Loutrel Haverford 4:02.59 | 5. Franklin & Marshall 45.51 | 6. Dickinson 46.53 |
| 4. Luke Kiskaddon Franklin & Marshall 4:03.20 | <i>Johns Hopkins - DNF</i> | |
| 5. Nate Suter Haverford 4:07.37 | | |
| 6. Jonathan Coldren Dickinson 4:09.96 | | |
| 7. Dan Reichman Franklin & Marshall 4:12.47 | | |
| 8. Greg Davis Western Maryland 4:16.20 | | |
| 5K | | 4x400 Relay |
| 1. Mark Gyandoh Haverford 15:20.81 | 1. Haverford 3:20.42 | 2. Western Maryland 3:25.99 |
| 2. Anthony Belber Haverford 15:31.19 | 3. Gettysburg 3:31.38 | 4. Franklin & Marshall 3:31.44 |
| 3. Aaron Wolpert Haverford 15:42.51 | 5. Ursinus 3:32.27 | 6. Johns Hopkins 3:34.13 |
| 4. Marc Balcer Haverford 15:48.13 | 7. Muhlenberg 3:36.08 | 8. Dickinson 3:37.80 |
| 5. Peter Strauss Haverford 15:50.08 | <i>Swarthmore - DQ'd</i> | |
| 6. Dan Zabara Haverford 15:59.59 | | |
| 7. Jason Smith Gettysburg 16:04.33 | | |
| 8. Alan Speicher Gettysburg 16:19.39 | | |

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7. Swarthmore 67; 8. Johns Hopkins 28; 9. Muhlenberg 17.

| | | | | | |
|------------------------------------|---------------------|------------|----------------------------|---------------------|------------|
| | | <u>Men</u> | | | <u>Men</u> |
| 4x800 Relay | | | | | |
| 1. Haverford | 7:59.25 | | 1. Charlie Kind | Gettysburg | 136-6 |
| 2. Franklin & Marshall | 8:04.76 | | 2. Jeff Smith | Franklin & Marshall | 132-8 |
| 3. Swarthmore | 8:13.18 | | 3. Marty Kazanjian | Gettysburg | 125-5 |
| 4. Dickinson | 8:14.90 | | 4. Derrick Wood | Johns Hopkins | 124-1 |
| 5. Gettysburg | 8:29.97 | | 5. Victor Carter-Bay | Johns Hopkins | 120-0 |
| 6. Muhlenberg | 8:35.74 | | 6. Shan Sutherland | Swarthmore | 112-10 |
| 7. Johns Hopkins | 8:37.71 | | 7. Tim Leary | Johns Hopkins | 112-6 |
| | | | 8. Eric Walton | Swarthmore | 111-8 |
| High Jump | | | | | |
| 1. Troy Gehert | Ursinus | 6-5½ | Discus | | |
| 2. Josh Fabian | Franklin & Marshall | 6-4¼ | 1. Carl Vontobel | Western Maryland | 198-3 |
| 3. Alejandro Welch | Western Maryland | 6-3¼ | 2. Bill Pierznik | Haverford | 184-8 |
| 4. Randy Kaupus | Gettysburg | 6-2 | 3. Eric Lam | Dickinson | 170-5 |
| 5. Ben Heuston | Swarthmore | 5-11½ | 4. Eric Walton | Swarthmore | 164-11 |
| 6. Chris Koch | Gettysburg | 5-9¼ | 5. Bryan Sentz | Gettysburg | 160-4 |
| 7. Adam Sorce | Franklin & Marshall | 5-8 | 6. Troy Gehert | Ursinus | 155-9 |
| <i>Noel Watson, Haverford - NH</i> | | | 7. Eric David | Franklin & Marshall | 152-5 |
| | | | 8. Charlie Kind | Gettysburg | 147-11 |
| Pole Vault | | | | | |
| 1. Shan Sutherland | Swarthmore | 12-6 | Javelin | | |
| 2. David Myers | Ursinus | 10-6 | 1. Carl Vontobel | Western Maryland | 198-3 |
| 3. Chris Koch | Gettysburg | 10-6 | 2. Bill Pierznik | Haverford | 184-8 |
| 4. Joel Sayres | Haverford | 9-6 | 3. Eric Lam | Dickinson | 170-5 |
| Long Jump | | | | | |
| 1. Masilo Grant | Haverford | 22-0¾ | 4. Eric Walton | Swarthmore | 164-11 |
| 2. Donte Abron | Western Maryland | 21-1¼ | 5. Bryan Sentz | Gettysburg | 160-4 |
| 3. Alejandro Welch | Western Maryland | 21-6¾ | 6. Troy Gehert | Ursinus | 155-9 |
| 4. Chris Koch | Gettysburg | 19-9¾ | 7. Eric David | Franklin & Marshall | 152-5 |
| 5. Hari Lymon | Johns Hopkins | 19-8¼ | 8. Charlie Kind | Gettysburg | 147-11 |
| 6. Gary Payinda | Johns Hopkins | 19-7½ | Women | | |
| 7. Sam Paschel | Swarthmore | 19-1¼ | 100m | | |
| 8. Shan Sutherland | Swarthmore | 18-11¾ | 1. Stacy Spencer | Gettysburg | 12.55 |
| Triple Jump | | | | | |
| 1. Donte Abron | Western Maryland | 45-5¾ | 2. Danielle Duffy | Swarthmore | 12.90 |
| 2. Masilo Grant | Haverford | 45-1½ | 3. Jenny Spahr | Western Maryland | 13.06 |
| 3. Alejandro Welch | Western Maryland | 44-9 | 4. Erin Murphey | Western Maryland | 13.35 |
| 4. John Leiser | Franklin & Marshall | 41-1½ | 5. Opal Taylor | Johns Hopkins | 13.40 |
| 5. Steve Eckstrom | Western Maryland | 40-6 | 6. Jennifer Bromberg | Franklin & Marshall | 13.80 |
| 6. Adam Sorce | Franklin & Marshall | 40-4¾ | 7. Yolande Thompson | Haverford | 13.81 |
| 7. Chris Koch | Gettysburg | 39-9¼ | 8. Danielle May | Haverford | 14.33 |
| 8. Ben Barnhart | Gettysburg | 38-2¼ | 200 | | |
| Shot Put | | | | | |
| 1. Victor Carter-Bay | Johns Hopkins | 46-4¼ | 1. Stacy Spencer | Gettysburg | 26.14 |
| 2. Damian Guelakis | Franklin & Marshall | 44-2 | 2. Danielle Duffy | Swarthmore | 26.75 |
| 3. Marty Kazanjian | Gettysburg | 44-0 | 3. Erin Murphey | Western Maryland | 27.04 |
| 4. Charlie Kind | Gettysburg | 43-0½ | 4. Jenny Spahr | Western Maryland | 27.62 |
| 5. T.J. Siggelakis | Ursinus | 41-5¼ | 5. Jennifer Bromberg | Franklin & Marshall | 28.24 |
| 6. Nathan Grim | Gettysburg | 40-3¼ | 6. Danielle May | Haverford | 28.46 |
| 7. Tim Leary | Johns Hopkins | 39-5¾ | 7. Jackie Klug | Gettysburg | 28.54 |
| 8. Jeff Smith | Franklin & Marshall | 39-5 | 8. Jill Wildonger | Swarthmore | 28.59 |
| 400 | | | | | |
| | | | 1. Holly Shaginaw | Dickinson | 60.35 |
| | | | 2. Erin Murphey | Western Maryland | 61.15 |
| | | | 3. Stephanie Galloway | Johns Hopkins | 62.68 |
| | | | 4. Danielle May | Haverford | 64.76 |
| | | | 5. Tori Washington | Swarthmore | 65.05 |
| | | | 6. Jill Wildonger | Swarthmore | 66.24 |
| | | | 7. Frances Bourne | Haverford | 66.86 |
| | | | 8. Missy Cotton | Dickinson | 67.94 |
| 800 | | | | | |
| | | | 1. Kate Dempsey | Swarthmore | 2:21.06 |
| | | | 2. Holly Shaginaw | Dickinson | 2:22.63 |
| | | | 3. Emily Dorean | Haverford | 2:24.82 |
| | | | 4. Laura Gillim | Haverford | 2:27.53 |
| | | | 5. Joanna Salapska | Muhlenberg | 2:29.17 |
| | | | 6. Keely Cheslack-Postava | Haverford | 2:30.31 |
| | | | 7. Frances Bourne | Haverford | 2:31.21 |
| | | | 8. Jennie Corinne-Baublitz | Franklin & Marshall | 2:45.40 |

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Women

1500

| | | |
|---------------------|------------------|---------|
| 1. Meredith Unger | Haverford | 4:53.23 |
| 2. Holly Shaginaw | Dickinson | 4:55.95 |
| 3. Sarin Wiedle | Gettysburg | 5:04.22 |
| 4. Laura Gillim | Haverford | 5:05.94 |
| 5. Kathleen Heyman | Haverford | 5:07.61 |
| 6. Kelly Parrish | Western Maryland | 5:12.12 |
| 7. Colleen Madden | Haverford | 5:14.64 |
| 8. Jessie Desforges | Haverford | 5:17.56 |

3000

| | | |
|--------------------|---------------------|----------|
| 1. Meredith Unger | Haverford | 10:48.04 |
| 2. Jamie Kendig | Franklin & Marshall | 10:59.24 |
| 3. Kristen Hull | Gettysburg | 11:09.38 |
| 4. Darby Kiley | Gettysburg | 11:14.87 |
| 5. Kathleen Heyman | Haverford | 11:20.14 |
| 6. Kelly Parrish | Western Maryland | 11:21.66 |
| 7. Jennifer Doran | Haverford | 11:22.53 |
| 8. Christa Kohler | Haverford | 11:33.42 |

5K

| | | |
|-----------------------|---------------------|----------|
| 1. Jamie Kendig | Franklin & Marshall | 18:24.78 |
| 2. Shoshanah Pearlman | Swarthmore | 18:37.67 |
| 3. Katie Terry | Haverford | 19:16.61 |
| 4. Wendy Johnston | Gettysburg | 19:50.67 |
| 5. Jennifer Doran | Haverford | 20:00.25 |
| 6. Kris Messner | Muhlenberg | 20:06.32 |
| 7. Anne Kenderine | Haverford | 20:15.79 |
| 8. Toni Smith | Western Maryland | 20:55.97 |

10K

| | | |
|---------------------|---------------------|----------|
| 1. Jamie Kendig | Franklin & Marshall | 38:41.30 |
| 2. Katie Terry | Haverford | 40:48.96 |
| 3. Wendy Johnston | Gettysburg | 41:25.80 |
| 4. Jessie Desforges | Haverford | 43:00.07 |
| 5. Anne Kenderine | Haverford | 43:37.56 |
| 6. Toni Smith | Western Maryland | 43:58.47 |
| 7. Amy Phillips | Gettysburg | 44:31.22 |
| 8. Katie McGinn | Muhlenberg | 46:29.00 |

100 Hurdles

| | | |
|----------------------|---------------------|-------|
| 1. Jackie Klug | Gettysburg | 15.75 |
| 2. Kathy Kavulak | Franklin & Marshall | 17.02 |
| 3. Sam Caggiano | Ursinus | 17.10 |
| 4. Christy Parkhurst | Dickinson | 17.28 |
| 5. Vasudha Bhavaraju | Franklin & Marshall | 17.71 |
| 6. Emily Dorean | Haverford | 17.76 |
| 7. Megan Telfair | Haverford | 19.24 |
| 8. Regina Lee | Muhlenberg | 20.11 |

400 Hurdles

| | | |
|---------------------------|---------------------|-------|
| 1. Stephanie Galloway | Johns Hopkins | 70.37 |
| 2. Emily Dorean | Haverford | 70.60 |
| 3. Vasudha Bhavaraju | Franklin & Marshall | 71.24 |
| 4. Megan Telfair | Haverford | 73.25 |
| 5. Laurie Zipper | Franklin & Marshall | 74.69 |
| 6. Christine Keyes | Ursinus | 74.82 |
| 7. Keely Cheslack-Postava | Haverford | 77.52 |
| 8. Christy Parkhurst | Dickinson | 85.26 |

Women

4x100 Relay

| | |
|------------------------|-------|
| 1. Swarthmore | 51.91 |
| 2. Gettysburg | 52.96 |
| 3. Western Maryland | 53.03 |
| 4. Haverford | 53.62 |
| 5. Dickinson | 55.46 |
| 6. Franklin & Marshall | 56.03 |

4x400 Relay

| | |
|------------------------|---------|
| 1. Swarthmore | 4:12.97 |
| 2. Haverford | 4:18.02 |
| 3. Western Maryland | 4:22.19 |
| 4. Dickinson | 4:25.94 |
| 5. Gettysburg | 4:27.87 |
| 6. Franklin & Marshall | 4:28.03 |

4x800 Relay

| | |
|------------------------|----------|
| 1. Haverford | 10:08.66 |
| 2. Muhlenberg | 10:29.58 |
| 3. Western Maryland | 10:31.65 |
| 4. Swarthmore | 10:33.60 |
| 5. Dickinson | 10:46.28 |
| 6. Gettysburg | 10:48.87 |
| 7. Franklin & Marshall | 10:52.67 |

High Jump

| | | |
|----------------------|---------------------|-------|
| 1. Kathy Kavulak | Franklin & Marshall | 5-2½ |
| 2. Annie Guzek | Dickinson | 4-11½ |
| 3. Vasudha Bhavaraju | Franklin & Marshall | 4-11½ |
| 4. Sam Caggiano | Ursinus | 4-11½ |
| 5. Jackie Klug | Gettysburg | 4-10¼ |
| 6. MaryAlice Green | Gettysburg | 4-7¾ |
| 7. Alexandra Georges | Johns Hopkins | 4-7¾ |
| 8. Pauline McAlonan | Western Maryland | 4-7¾ |

Long Jump

| | | |
|----------------------|---------------------|--------|
| 1. Stacy Spencer | Gettysburg | 17-2¾ |
| 2. Sam Caggiano | Ursinus | 16-10 |
| 3. Jackie Klug | Gettysburg | 16-2½ |
| 4. Kathy Kavulak | Franklin & Marshall | 16-1¾ |
| 5. Christy Parkhurst | Dickinson | 14-11¾ |
| 6. Ali Navarro | Haverford | 14-11½ |
| 7. Rachele Pecovsky | Ursinus | 14-7¼ |
| 8. Pauline McAlonan | Western Maryland | 14-7 |

Triple Jump

| | | |
|----------------------|---------------------|-------|
| 1. Sam Caggiano | Ursinus | 35-8¾ |
| 2. Pauline McAlonan | Western Maryland | 33-2 |
| 3. Opal Taylor | Johns Hopkins | 32-6½ |
| 4. Christy Parkhurst | Dickinson | 32-1½ |
| 5. Ali Navarro | Haverford | 31-7½ |
| 6. Betsy Graybar | Franklin & Marshall | 31-7¼ |
| 7. Amanda Allen | Franklin & Marshall | 31-2½ |
| 8. Ellana Rodriguez | Ursinus | 30-9¾ |

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7. Swarthmore 67; 8. Johns Hopkins 28; 9. Muhlenberg 17.

Women

Shot Put

| | | |
|---------------------|---------------------|--------|
| 1. Rachele Pecovsky | Ursinus | 41-8½ |
| 2. Skye Laidlaw | Ursinus | 36-4¾ |
| 3. Julie Cox | Western Maryland | 34-9½ |
| 4. April Brown | Ursinus | 31-0 |
| 5. Sarah Haynes | Franklin & Marshall | 30-3¾ |
| 6. Amy Sheriff | Western Maryland | 30-0¾ |
| 7. Dawn Simecek | Dickinson | 29-11¼ |
| 8. Meggan Nolan | Gettysburg | 29-0½ |

Discus

| | | |
|---------------------|---------------------|--------|
| 1. April Brown | Ursinus | 117-5 |
| 2. Meggan Nolan | Gettysburg | 105-10 |
| 3. Dawn Simecek | Dickinson | 100-8 |
| 4. Rachele Pecovsky | Ursinus | 99-2 |
| 5. Kristen Brauer | Gettysburg | 89-3 |
| 6. Amy Sheriff | Western Maryland | 88-0 |
| 7. Julie Aultman | Franklin & Marshall | 87-7 |
| 8. Cove Johnstone | Haverford | 82-4 |

Javelin

| | | |
|-------------------|---------------------|-------|
| 1. April Brown | Ursinus | 114-9 |
| 2. Melanie Phipps | Western Maryland | 110-4 |
| 3. Meggan Nolan | Gettysburg | 101-1 |
| 4. Nicole Fox | Franklin & Marshall | 98-8 |
| 5. Annie Guzek | Dickinson | 98-7 |
| 6. Jen Seng | Ursinus | 95-1 |
| 7. Julie Aultman | Franklin & Marshall | 87-6 |
| 8. Kristen Brauer | Gettysburg | 84-4 |