

Centennial Conference Indoor Track and Field Championship • May 4-5, 1996

Swarthmore College

Men: 1. Haverford 230; 2. Swarthmore 131; 3. Franklin & Marshall 109; 4. Gettysburg 73; 5. Muhlenberg 61; T6. Johns Hopkins, Western Maryland 54; 8. Dickinson 44; 9. Ursinus 15.

Women: 1. Dickinson 138½; 2. Haverford 128; 3. Gettysburg 116; 4. Swarthmore 104; 5. Western Maryland 82; 6. Ursinus 63; 7. Franklin & Marshall 36; 8. Johns Hopkins 29½; 9. Muhlenberg 7.

100m	<u>Men</u>		10K	<u>Men</u>	
1. Russell Zeigler	Franklin & Marshall	11.08	1. Chris Hood	Haverford	33:11.10
2. Russell Ney	Franklin & Marshall	11.49	2. Marc Balcer	Haverford	33:11.15
3. Duane Campbell	Western Maryland	11.60	3. Peter Strauss	Haverford	33:11.33
4. Lionel Rush	Muhlenberg	11.62	4. Stephen Avillo	Franklin & Marshall	33:13.85
5. Brian Baird	Swarthmore	11.85	5. Shale Rosen	Haverford	33:16.53
6. Bryan Sentz	Gettysburg	11.86	6. Brian Holden	Gettysburg	33:27.19
7. Ron Miller	Western Maryland	11.87	7. James Smith	Gettysburg	33:34.24
8. Flavian Freedman	Muhlenberg	11.88	8. Bill Muccifori	Johns Hopkins	34:55.96
200			110 High Hurdles		
1. Russell Zeigler	Franklin & Marshall	22.22	1. Russell Ney	Franklin & Marshall	15.39
2. Mike Turner	Swarthmore	22.29	2. Mason Tootell	Swarthmore	16.17
3. Russell Ney	Franklin & Marshall	22.92	3. Mark Mogavero	Muhlenberg	16.70
4. Derek Sykora	Haverford	23.13	4. Troy Sheaffer	Haverford	16.95
5. Lionel Rush	Muhlenberg	23.31	5. Dalton Hamilton	Muhlenberg	17.00
6. Wakengo Mahaniah	Haverford	23.41	6. Brian Baird	Swarthmore	17.09
7. Flavian Freedman	Muhlenberg	23.86	7. Mike Bogart	Western Maryland	17.35
8. Bryan Sentz	Gettysburg	23.96	8. David Rakoff	Haverford	17.59
400			400 Hurdles		
1. Wakengo Mahaniah	Haverford	48.99	1. Eric Pakurar	Swarthmore	55.19
2. Mike Turner	Swarthmore	49.05	2. Ntobeko Ntusi	Haverford	55.31
3. Zaki Alam	Johns Hopkins	50.24	3. Mason Tootell	Swarthmore	56.92
4. Chris Coulston	Haverford	50.00	4. Ron Miller	Western Maryland	57.51
5. Scott Sebastian	Franklin & Marshall	50.72	5. Mike Bogart	Western Maryland	57.99
6. Robert Birdsall	Western Maryland	51.76	6. Reuben Canada	Swarthmore	59.13
7. George Rajkovic	Franklin & Marshall	52.36	7. Al Molar	Swarthmore	60.59
8. Sam Paschel	Swarthmore	52.96	8. Dalton Hamilton	Muhlenberg	61.70
800			3K Steeplechase		
1. Karl Paranya	Haverford	1:54.77	1. Ian Fraser	Haverford	9:23.95
2. Bill Gray	Gettysburg	1:55.07	2. Ntobeko Ntusi	Haverford	9:33.83
3. Luke Kiskaddon	Franklin & Marshall	1:55.90	3. Aaron Cooper	Haverford	9:35.37
4. Aryn Davis	Haverford	1:57.35	4. Jim Mangan	Haverford	9:42.24
5. Kris Weum	Gettysburg	1:58.94	5. Lowell Ladd	Dickinson	9:45.86
6. Chip Loutrel	Haverford	1:59.95	6. Graham Lucks	Swarthmore	9:54.79
7. Hilton Robinson	Franklin & Marshall	1:59.60	7. Erick Chase	Dickinson	9:59.37
8. Jonathan Coldren	Dickinson	1:59.62	8. Jason Smith	Gettysburg	10:09.32
1500			4x100 Relay		
1. Karl Paranya	Haverford	3:52.12	1. Franklin & Marshall	43.43	
2. Bill Gray	Gettysburg	3:53.55	2. Haverford	43.44	
3. Ian Fraser	Haverford	3:54.86	3. Western Maryland	44.53	
4. Luke Kiskaddon	Franklin & Marshall	4:00.91	4. Swarthmore	44.55	
5. Nate Brown	Haverford	4:02.42	5. Muhlenberg	44.99	
6. Chip Loutrel	Haverford	4:04.36	6. Johns Hopkins	46.86	
7. Andy Ritting	Franklin & Marshall	4:05.20	7. Dickinson	47.03	
8. Jonathan Coldren	Dickinson	4:05.48			
5K			4x400 Relay		
1. Mark Gyandoh	Haverford	15:15.44	1. Haverford	3:19.08	
2. Scott Reents	Swarthmore	15:18.73	2. Swarthmore	3:21.24	
3. Ian Fraser	Haverford	15:21.81	3. Gettysburg	3:22.30	
4. Lowell Ladd	Dickinson	15:26.62	4. Franklin & Marshall	3:22.53	
5. Aaron Cooper	Haverford	15:31.57	5. Johns Hopkins	3:27.74	
6. Jeremy Weinstein	Swarthmore	15:34.92	6. Dickinson	3:30.51	
7. Marc Balcer	Haverford	15:49.57	7. Western Maryland	3:31.67	
8. Shale Rosen	Haverford	15:52.73	8. Ursinus	3:34.97	

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		Men			Men
4x800 Relay			Discus		
1. Haverford	7:46.32		1. Marty Kazanjian	Gettysburg	138-1
2. Franklin & Marshall	7:50.33		2. D. Williams	Muhlenberg	128-7
3. Swarthmore	7:50.35		3. Derrick Wood	Johns Hopkins	127-10
4. Dickinson	7:58.33		4. John Buskirk	Gettysburg	121-5
5. Gettysburg	8:10.53		5. Dan Fanaras	Swarthmore	119-6
6. Johns Hopkins	8:26.92		6. John Knapp	Muhlenberg	117-9
7. Muhlenberg	8:36.28		7. Tim Leary	Johns Hopkins	117-5
			8. Ricco Magni	Haverford	115-9
High Jump			Javelin		
1. Ryan Bobko	Johns Hopkins	6-6¼	1. Carl Vontobel	Western Maryland	190-11
2. Mark Mogavero	Muhlenberg	6-1	2. Anthony O'Hara	Ursinus	176-1
3. Ben Heuston	Swarthmore	5-8	3. Eric Lam	Dickinson	167-2
4. Adam Sorce	Franklin & Marshall	5-8	4. Brian Kaywork	Western Maryland	166-1
5. Brian Baird	Swarthmore	5-8	5. Paul Kim	Dickinson	162-9
6. Ben Barnhart	Gettysburg	5-6	6. Joe Butler	Johns Hopkins	160-7
7. Steven DeArment	Dickinson	5-6	7. Eric Walton	Swarthmore	160-3
<i>Noel Watson, Haverford - NH</i>			8. Ed Brennan	Gettysburg	158-6
<i>Bob Siek, Western Maryland - NH</i>					
<i>Erick Chase, Dickinson - NH</i>					
Pole Vault			100m		
1. Brian Baird	Swarthmore	13-6	1. Jeanne Mayer	Gettysburg	13.32
2. Nathaniel Mason	Swarthmore	13-6	2. Catherine Laine	Swarthmore	13.44
3. Devon Shedlock	Ursinus	11-6	3. Nicole Zito	Haverford	13.47
4. Neil Kelley	Franklin & Marshall	11-0	4. Opal Taylor	Johns Hopkins	13.62
5. Matt Helfrich	Western Maryland	10-6	5. Ali Navarro	Haverford	13.62
<i>David Myers, Ursinus - NH</i>			6. Kare Fisher	Western Maryland	13.76
<i>Sam Paschel, Swarthmore - NH</i>			7. Juliette DeCarlo	Haverford	14.11
			8. Monica Jushchysyn	Ursinus	14.13
Long Jump			200		
1. Masilo Grant	Haverford	22-0¾	1. Danielle Duffy	Swarthmore	26.20
2. Greg Arcuri	Muhlenberg	21-9	2. Jeanne Mayer	Gettysburg	27.15
3. Troy Sheaffer	Haverford	21-5¼	3. Erin Murphey	Western Maryland	27.23
4. Brian Baird	Swarthmore	20-7¾	4. Catherine Laine	Swarthmore	27.43
5. Steven DeArment	Dickinson	20-2¼	5. Jill Wildonger	Swarthmore	27.56
6. Lionel Rush	Muhlenberg	19-11¾	6. Jen Harrell	Dickinson	27.93
7. David Rakoff	Haverford	19-9¾	7. Nicole Zito	Haverford	28.12
8. Steve Eckstrom	Western Maryland	19-6¼	8. Opal Taylor	Johns Hopkins	28.76
Triple Jump			400		
1. Masilo Grant	Haverford	45-6¼	1. Danielle Duffy	Swarthmore	58.40
2. David Rakoff	Haverford	44-3½	2. Jill Wildonger	Swarthmore	59.36
3. Eric Pakurar	Swarthmore	43-9	3. Erin Murphey	Western Maryland	60.08
4. Steven DeArment	Dickinson	41-11¼	4. Stephanie Galloway	Johns Hopkins	61.76
5. Steve Eckstrom	Western Maryland	40-5	5. Jen Harrell	Dickinson	62.00
6. Troy Sheaffer	Haverford	39-9¼	6. Michelle Shanahan	Haverford	63.68
7. John Leiser	Franklin & Marshall	39-6½	7. Nicky Galbraith	Gettysburg	65.20
8. Adam Sorce	Franklin & Marshall	39-5¼	8. Amanda Gerard	Dickinson	67.75
Shot Put			800		
1. Victor Carter-Bay	Johns Hopkins	47-9¼	1. Holly Shaginaw	Dickinson	2:16.52
2. Marty Kazanjian	Gettysburg	46-10¾	2. Meredith Unger	Haverford	2:19.73
3. Nathan Grim	Gettysburg	45-11¾	3. Laura Gillim	Haverford	2:21.43
4. Chris Baugh	Johns Hopkins	44-0¾	4. Adrienne Kiley	Franklin & Marshall	2:24.27
5. Ricco Magni	Haverford	43-10½	5. Kathleen Heyman	Haverford	2:24.72
6. Toyja Kelley	Franklin & Marshall	43-9	6. Amy Havener	Western Maryland	2:26.63
7. Jeffrey Theil	Muhlenberg	43-8½	7. Sarin Wiedle	Gettysburg	2:27.95
8. Tim Leary	Johns Hopkins	40-7¾	8. Danielle Hall	Swarthmore	2:31.10

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Women

1500

1. Meredith Unger	Haverford	4:39.01
2. Holly Shaginaw	Dickinson	4:41.21
3. Kathleen Heyman	Haverford	4:48.93
4. Wendy Johnston	Gettysburg	4:49.86
5. Sarin Wiedle	Gettysburg	4:55.42
6. Laura Gillim	Haverford	5:01.11
7. Darby Kiley	Gettysburg	5:03.28
8. Amy Havener	Western Maryland	5:06.40

3000

1. Jamie Kendig	Franklin & Marshall	10:36.38
2. Sarin Wiedle	Gettysburg	10:39.70
3. Darby Kiley	Gettysburg	10:45.25
4. Kathleen Heyman	Haverford	10:49.36
5. Amy Trethewey	Dickinson	10:50.99
6. Jennifer Doran	Haverford	11:02.52
7. Alison Schirmer	Swarthmore	11:23.18
8. Ingrid Spies	Swarthmore	11:30.62

5K

1. Jamie Kendig	Franklin & Marshall	18:19.1
2. Rachel Mosher	Haverford	18:43.78
3. Wendy Johnston	Gettysburg	18:50.36
4. Amy Trethewey	Dickinson	19:06.81
5. Jennifer Doran	Haverford	19:15.40
6. Colleen Madden	Haverford	20:42.80
7. Martie Calello	Gettysburg	20:52.10
8. Jeanne Kanovich	Franklin & Marshall	21:07.09

10K

1. Rachel Mosher	Haverford	40:14.86
2. Martie Calello	Gettysburg	42:56.57
3. Colleen Madden	Haverford	46:19.67

100 Hurdles

1. Julie Cox	Western Maryland	15.15
2. Catherine Laine	Swarthmore	16.07
3. Jackie Klug	Gettysburg	16.20
4. Kare Fisher	Western Maryland	16.21
5. Nikki Manna	Dickinson	16.56
6. Sam Caggiano	Ursinus	16.77
7. Tomoko Jensen-Otsu	Dickinson	16.99
8. Stephanie Galloway	Johns Hopkins	17.04

400 Hurdles

1. Tomoko Jensen-Otsu	Dickinson	65.22
2. Stephanie Galloway	Johns Hopkins	67.87
3. Nikki Manna	Dickinson	68.91
4. Betsy Davis	Swarthmore	69.83
5. Kate Lagana	Gettysburg	71.20
6. Kare Fisher	Western Maryland	72.05
7. Stephanie Herring	Swarthmore	72.50
8. Nikki Matso	Dickinson	76.24

4x100 Relay

1. Western Maryland	51.31
2. Haverford	52.50
3. Gettysburg	52.77
4. Dickinson	52.89

Swarthmore - DQ'd

Women

4x400 Relay

1. Swarthmore	4:04.96
2. Dickinson	4:08.61
3. Haverford	4:12.42
4. Gettysburg	4:17.26
5. Western Maryland	4:19.65

Franklin & Marshall; Johns Hopkins - DNS

4x800 Relay

1. Haverford	10:10.14
2. Swarthmore	10:21.36
3. Franklin & Marshall	10:26.68
4. Dickinson	10:31.14
5. Gettysburg	10:38.99

Western Maryland - DNS

High Jump

1. MaryAlice Green	Gettysburg	5-0
2. Sam Caggiano	Ursinus	5-0
3. Katherine duFosse	Muhlenberg	4-10
4. Pauline McAlonan	Western Maryland	4-8
5. Sara Johnston	Franklin & Marshall	4-8
6. Nikki Manna	Dickinson	4-6
6. Alexandra Georges	Johns Hopkins	4-6
8. Tara Kelly	Western Maryland	4-6

Long Jump

1. Sam Caggiano	Ursinus	16-2¼
2. Tomoko Jensen-Otsu	Dickinson	15-10¼
3. Jackie Klug	Gettysburg	15-6¼
4. Nicole Zito	Haverford	15-2
5. Tara Kelly	Western Maryland	15-2
6. Stephanie Herring	Swarthmore	14-11½
7. Ali Navarro	Haverford	14-7¼
8. Pauline McAlonan	Western Maryland	14-5¼

Triple Jump

1. Catherine Laine	Swarthmore	34-4
2. Sam Caggiano	Ursinus	34-3½
3. Tomoko Jensen-Otsu	Dickinson	33-3¾
4. Tara Kelly	Western Maryland	31-10¾
5. Ali Navarro	Haverford	31-8½
6. Pauline McAlonan	Western Maryland	31-4½
7. Jackie Klug	Gettysburg	30-8¼
8. Katherine duFosse	Muhlenberg	30-3¾

Shot Put

1. Rachelle Pecovsky	Ursinus	39-3¼
2. Valerie Latchford	Dickinson	34-11¼
3. Jenn Latchford	Dickinson	34-2¼
4. Julie Cox	Western Maryland	32-5
5. Heather Mateyak	Swarthmore	31-6
6. Sansei McDuffy	Johns Hopkins	31-1¾
7. Erin Breitigan	Gettysburg	31-1¼
8. Angie Caine	Ursinus	29-10¾

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Women

Discus

1. Jenn Latchford	Dickinson	105-11
2. Rachelle Pecovsky	Ursinus	104-9
3. Valerie Latchford	Dickinson	104-2
4. Dawn Simecek	Dickinson	101-4
5. Heather Mateyak	Swarthmore	97-10
5. Sansei McDuffy	Johns Hopkins	97-10
7. Lucy Hunt	Swarthmore	90-10
8. Angie Caine	Ursinus	88-8

Javelin

1. Kelly McCarthy	Ursinus	119-9
2. Sarah Sweterlitsch	Gettysburg	114-11
3. Julie Cox	Western Maryland	111-7
4. Valerie Latchford	Dickinson	107-10
5. Jenn Latchford	Dickinson	105-0
6. Jen Seng	Ursinus	104-7
7. Claire Osborne	Dickinson	101-4
8. Melanie Phipps	Western Maryland	100-5