

Mid-Atlantic Conference Championships • Collegeville, PA • May 1-2, 1987

MEN: 1. Ursinus 94; 2. Susquehanna 88; 3. Moravian 77; 4. Messiah 72; 5. Haverford 59; 6. Swarthmore 39; 7. Delaware Valley 34; **T8.** Dickinson, Franklin & Marshall 25; **10.** Juniata 23; **11.** Gettysburg 22; **12.** Lebanon Valley 12; **13.** Western Maryland 8; **14.** Muhlenberg 6; **15.** Widener 4; **16.** Albright 2; **17.** Lycoming 1.

WOMEN: 1. Messiah 184; 2. Moravian 66; 3. Gettysburg 52; 4. Dickinson 44; **T5.** Delaware Valley, Ursinus 28; **T7.** Franklin & Marshall, Albright 22; **9.** Widener 17; **10.** Susquehanna 12; **11.** Johns Hopkins 11; **T12.** Lebanon Valley, Swarthmore 10; **14.** Juniata 8; **15.** Lycoming 6; **16.** Western Maryland 4.

MEN

100m

1. Spangler, Mike	Susquehanna	10.95
2. Williams, Calvin	Dickinson	11.26
3. Glackin, Chris	Moravian	11.35
4. Phelps, Frank	Juniata	11.43
5. Williams, Robard	Haverford	11.51
6. Lovett, Kenneth	Gettysburg	11.56
7. Waplinger	Widener	11.68
8. Dunlap	Ursinus	11.74

200

1. Spangler, Mike	Susquehanna	21.92
2. Reason, Marc	Delaware Valley	22.84
3. Glackin, Chris	Moravian	22.87
4. Gunn, Geoff	Moravian	22.89
5. Williams, Robard	Haverford	22.90
6. Phelps, Frank	Juniata	23.17
7. Dunlap	Ursinus	23.38
8. Lovett, Kenneth	Gettysburg	23.41

400

1. Spangler, Mike	Susquehanna	48.01
2. Gunn, Geoff	Moravian	49.04
3. Reason, Marc	Delaware Valley	49.06
4. Cloak, Ray	Widener	49.30
5. Fogelsanger, Dale	Messiah	49.58
6. Goebel, Ed	Moravian	50.94
7. Collingford	Moravian	51.43
8. Bomgardner	Messiah	51.72

800

1. Whorral, Gregory	Franklin & Marshall	1:54.46
2. Persick, Mike	Haverford	1:55.14
3. Lent, Dale	Ursinus	1:55.21
4. Lent, Dean	Ursinus	1:55.23
5. Kasko, Greg	Susquehanna	1:55.77
6. Benner, Robert	Delaware Valley	1:56.05
7. Hibshman, John	Lebanon Valley	1:57.12
8. Fortner	Swarthmore	2:02.85

1500

1. Whorral, Gregory	Franklin & Marshall	3:57.98
2. Graham, Thomas	Swarthmore	3:58.74
3. Persick, Mike	Haverford	3:58.94
4. Hibshman, John	Lebanon Valley	4:00.89
5. Burton, Mike	Susquehanna	4:02.35
6. Hendricks, James	Gettysburg	4:02.87
7. Ndlovu, Shylock	Messiah	4:04.27
8. Mellody	Ursinus	4:04.85

5K

1. Ndlovu, Shylock	Messiah	15:08.58
2. McElligott, Seamus	Haverford	15:09.27
3. Griffin, Michael	Ursinus	15:15.28
4. Graham, Thomas	Swarthmore	15:29.37
5. Burton, Mike	Susquehanna	15:39.72
6. Lehr, Robert	Swarthmore	15:50.24
7. Spotts, David	Delaware Valley	15:57.83
8. Heinze, James	Ursinus	16:05.29

10K (race hand-timed)

1. Ndlovu, Shylock	Messiah	31:50.2
2. McElligott, Seamus	Haverford	31:53.1
3. Mears, Dan	Haverford	32:47.7
4. Lehr, Robert	Swarthmore	33:20.0
5. Heinze, James	Ursinus	33:21.7
6. Maranhao, Andre	Albright	33:31.3
7. Spotts, David	Delaware Valley	33:52.0
8. Clifford	Franklin & Marshall	nt

110 HURDLES

1. Kuriger, Ted	Haverford	15.42
2. Spayd, Douglas	Juniata	15.80
3. Martin, Ben	Messiah	15.93
4. Elvidge, Chris	Susquehanna	15.97
5. Trosino, Vince	Muhlenberg	15.99
6. Brinsky, Mark	Delaware Valley	16.03
7. Ryan, Michael	Franklin & Marshall	16.31
<i>Mike Herb - Messiah - DQ'd</i>		

400 HURDLES

1. Williams, Calvin	Dickinson	53.91
2. Emma, Steve	Messiah	54.75
3. Boehm, Chris	Susquehanna	55.36
4. Spayd, Douglas	Juniata	56.23
5. Wood, Mark	Susquehanna	56.44
6. Pollock, Bradford	Franklin & Marshall	57.77
7. Martin, Ben	Messiah	57.9
8. Daniels	Albright	58.8

3K STEEPLECHASE (race hand-timed)

1. Griffin, Michael	Ursinus	9:27.4
2. Graham, Thomas	Swarthmore	9:41.1
3. Quackenboss, Todd	Susquehanna	9:43.8
4. Ehrenhaft, Jim	Haverford	9:55.2
5. Vigue, Kevin	Gettysburg	9:55.9
6. Johnston, Adam	Haverford	9:57.7
7. Hacker, Robert	Ursinus	10:05.0
8. Yerger	Franklin & Marshall	nt

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MEN

400 RELAY

1. Susquehanna	43.31
2. Moravian	43.32
3. Delaware Valley	43.56
4. Messiah	43.79
5. Juniata	44.32
6. Swarthmore	44.61
7. Gettysburg	44.64
Widener - DNF	

1600 RELAY

1. Susquehanna	3:17.46
2. Ursinus	3:19.44
3. Messiah	3:19.83
4. Delaware Valley	3:20.31
5. Moravian	3:22.55
6. Franklin & Marshall	3:24.57
7. Moravian	3:25.05
8. Swarthmore	3:26.67

HIGH JUMP

1. Lowe, Richard	Ursinus	6' 4"
2. Hubley, Steve	Messiah	6' 4"
3. Bridgeman, Andy	Dickinson	6' 4"
4. Swain, Dan	Messiah	6' 2"
5. Charnetski, Jim	Gettysburg	6' 2"
6. Wascavage, Brian	Lycoming	6' 2"

POLE VAULT

1. Hooton, Jeffrey	Gettysburg	14-0
2. Langford, Ethan	Western Maryland	13-3
3. Baer, Dallas	Messiah	13-0
4. Sadd, Kevin	Messiah	13-0
5. Lombardo, Joe	Susquehanna	12-6
6. Wallach, David	Franklin & Marshall	12-6
7. Waldron	Widener	12-6
8. Reagle	Moravian	12-6

LONG JUMP

1. Pollock, Jeff	Moravian	22-3 ³ / ₄
2. Reichenbach, Dan	Lebanon Valley	21-0 ³ / ₄
3. Hess, Richard	Ursinus	20-9 ¹ / ₄
4. Jackson, Damien	Swarthmore	20-8 ¹ / ₂
5. Wandall, Walt	Moravian	20-6 ¹ / ₂
6. Elvidge, Chris	Susquehanna	20-5 ³ / ₄
7. Schwartz, Dwight	Messiah	20-3 ¹ / ₂
8. Herb, Mike	Messiah	20-3 ¹ / ₂

TRIPLE JUMP

1. Rounsavill, Brian	Moravian	46-2 ¹ / ₄
2. Jackson, Damien	Swarthmore	45-3 ¹ / ₄
3. Hess, Richard	Ursinus	45-2 ¹ / ₄
4. Kuriger, Ted	Haverford	44-4 ¹ / ₄
5. Herb, Mike	Messiah	43-11 ¹ / ₄
6. Holmes, Joseph	Dickinson	43-10
7. Wandall, Walt	Moravian	43-6
8. Psolka	Johns Hopkins	43-5 ³ / ₄

MEN

SHOT PUT

1. Wood, John	Ursinus	52-2 ¹ / ₂
2. Delbaugh, Cris	Susquehanna	47-7
3. Metzgar, Pharon	Moravian	45-11 ¹ / ₄
4. Pfund, Dave	Muhlenberg	45-5 ³ / ₄
5. Derstine, Doug	Moravian	44-9 ¹ / ₂
6. Quiggle, Brian	Susquehanna	44-7 ¹ / ₂
7. VanSaders, Richard	Franklin & Marshall	43-8 ³ / ₄
8. Chilicki, Andy	Dickinson	42-11 ³ / ₄

DISCUS

1. Wood, John	Ursinus	149-3
2. Metzgar, Pharon	Moravian	141-8
3. Hughes, Trevor	Ursinus	138-5
4. Martin, Randy	Juniata	133-8
5. VanSaders, Richard	Franklin & Marshall	131-11
6. Tranchina, Sal	Swarthmore	129-9
7. Shaw, Bob	Susquehanna	127-8
8. Derstine, Doug	Moravian	127-0

JAVELIN

1. Wood, John	Ursinus	194-10
2. Flukey, Jim	Delaware Valley	189-10
3. Wallace, Thomas	Gettysburg	179-7
4. Krouse, Rick	Moravian	177-4
5. Schmidt, Eric	Susquehanna	175-1
6. Guadagno, Ralph	Albright	171-1
7. Bauzon, Jim	Delaware Valley	168-8
8. Ricci	Ursinus	158-9

WOMEN

100m

1. Shotwell, Denise	Dickinson	12.76
2. Betz, Michelle	Moravian	12.91
3. Parent, Marjory	Messiah	13.16
4. Strine, Angi	Messiah	13.20
5. Hoffmeier, Rita	Moravian	13.28
6. Gazda, Mary Ellen	Franklin & Marshall	13.52
7. Weaver, Marsia	Franklin & Marshall	13.57
8. Fisher, Kristen	Swarthmore	13.75

200

1. Shotwell, Denise	Dickinson	25.50
2. Betz, Michelle	Moravian	26.60
3. Kegarise, Kelly	Messiah	26.92
4. Wansley, Joy	Messiah	26.93
5. Parent, Marjory	Messiah	26.95
6. Wolfe, Sue	Gettysburg	27.20
7. Hoffmeier, Rita	Moravian	27.69
8. Fisher, Kristen	Swarthmore	28.15

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WOMEN

400

1. Dady, Sarah	Albright	59.81
2. Wolfe, Sue	Gettysburg	60.37
3. Kegarise, Kelly	Messiah	61.43
4. Wansley, Joy	Messiah	61.59
5. Reaid, Bena	Susquehanna	61.63
6. Horenkamp, Elizabeth	Franklin & Marshall	62.07
7. James, Dierdre	Dickinson	63.14
8. Cornelison, Erin	Swarthmore	nt

800

1. Wederrecht, Rebecca	Messiah	2:18.24
2. McGinn, Suzi	Johns Hopkins	2:20.03
3. Sladek, Cindy	Lebanon Valley	2:21.49
4. Ray, Joy	Messiah	2:21.50
5. Fetrow, Jackie	Messiah	2:24.20
6. Harden, Amy	Dickinson	2:26.45
7. Stackhouse, Debbie	Delaware Valley	2:27.28
8. Reinman, Terry	Gettysburg	2:39.35

1500

1. Walsh, Tammy	Messiah	4:44.07
2. O'Donohue, Gwen	Ursinus	4:46.95
3. Fetrow, Jackie	Messiah	4:49.24
4. Stackhouse, Debbie	Delaware Valley	4:49.93
5. Metz, Sandy	Western Maryland	4:52.56
6. Reinman, Terry	Gettysburg	4:52.87
7. Harden, Amy	Dickinson	4:52.87
8. Jeanneney, Emilie	Franklin & Marshall	4:55.96

3K

1. O'Donohue, Gwen	Ursinus	10:16.39
2. Teufel, Kelly	Messiah	10:24.73
3. Walsh, Tammy	Messiah	10:35.86
4. Duffy, Sharon	Moravian	10:47.37
5. Harley, Gecole	Swarthmore	10:49.25
6. Jeanneney, Emilie	Franklin & Marshall	10:50.66
7. Hershey, Mari	Messiah	10:52.23
8. Keller, Kitty	Swarthmore	11:00.04

5K (race hand-timed)

1. Teufel, Kelly	Messiah	17:55.8
2. Jeanneney, Emilie	Franklin & Marshall	18:39.3
3. Hershey, Mari	Messiah	18:59.8
4. Harley, Gecole	Swarthmore	19:12.2
5. Keller, Kitty	Swarthmore	19:19.6
6. Segar, Terri	Moravian	19:21.0
7. Holtz, Christine	Franklin & Marshall	19:51.9
8. Mitchell	Gettysburg	nt

10K (non-scoring)

1. Shaw, Amanda	Franklin & Marshall	37:32.8
2. Hemmingway, Deidra	Franklin & Marshall	38:30.2
3. Painter, Kristy	Lebanon Valley	44:43.1
4. Gallagher, Eileen	Lycoming	50:52.4

WOMEN

100H

1. Strine, Angi	Messiah	15.89
2. Meekins, Becky	Messiah	16.28
3. Gazda, Mary Ellen	Franklin & Marshall	16.43
4. Lain, Candance	Susquehanna	16.75
5. Rollins, Beth	Gettysburg	16.82
6. Farrell, Erin	Gettysburg	17.07
7. Smith, Laurie	Dickinson	17.30
8. Giannittino, Joann	Lebanon Valley	17.38

400H

1. Meekins, Becky	Messiah	65.93
2. Giannittino, Joann	Lebanon Valley	67.03
3. Lain, Candace	Susquehanna	67.06
4. Schrack, Jenny	Messiah	67.42
5. Horenkamp, Elizabeth	Franklin & Marshall	68.00
6. Thorpe, Donna	Widener	68.32
7. Magill, Mary	Moravian	70.10
8. Shuke, Julie	Messiah	72.94

400 RELAY

1. Messiah	50.60
2. Moravian	51.12
3. Dickinson	51.13
4. Susquehanna	52.01
5. Swarthmore	53.08
6. Johns Hopkins	53.68
7. Gettysburg	53.70

1600 RELAY

1. Messiah	4:03.62
2. Gettysburg	4:06.24
3. Dickinson	4:08.58
4. Moravian	4:11.67
5. Juniata	4:20.34
6. Delaware Valley	4:20.96
7. Albright	4:21.94
8. Swarthmore	4:22.30

HIGH JUMP

1. Lee, Tracy	Gettysburg	5-3
2. O'Malley, Dorothy	Ursinus	5-2
3. Kunkel, Randi	Delaware Valley	5-1
4. Farrell, Erin	Gettysburg	5-1
5. Twiford, Kris	Western Maryland	5-1
6. Wishousky, Sharon	Moravian	5-0
7. Lain, Candy	Susquehanna	5-0
8. Yingst, Sue	Lebanon Valley	5-0

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WOMEN

LONG JUMP

1. Kegarise, Kelly	Messiah	16-6
2. Kunkel, Randi	Delaware Valley	16-3
3. Lee, Tracey	Gettysburg	16-2
4. Shotwell, Denise	Dickinson	16-0 $\frac{1}{4}$
5. Giannittino, Joann	Lebanon Valley	15-11 $\frac{1}{4}$
6. Cabrera, Carisa	Moravian	15-10 $\frac{1}{4}$
7. Snow, Laurie	Juniata	15-5
8. Smith, Laurie	Dickinson	15-0 $\frac{3}{4}$

TRIPLE JUMP

1. Kunkel, Randi	Delaware Valley	35-2 $\frac{3}{4}$
2. Farrell, Erin	Gettysburg	34-11 $\frac{3}{4}$
3. Cabrera, Carisa	Moravian	34-6 $\frac{1}{4}$
4. Kegarise, Kelly	Messiah	34-3 $\frac{3}{4}$
5. Johnson, Krista	Johns Hopkins	33-8
6. Gazda, Mary Ellen	Franklin & Marshall	33-8
7. Barlett, Stephanie	Dickinson	33-0 $\frac{1}{2}$
8. Miller, Bethany	Messiah	32-3 $\frac{1}{2}$

SHOT PUT

1. Wilson, Jocelyn	Messiah	39-5 $\frac{1}{4}$
2. Krouse, Donna	Albright	38-7 $\frac{3}{4}$
3. Sisco, Missy	Messiah	36-2 $\frac{3}{4}$
4. Long, Nedra	Albright	35-7 $\frac{1}{2}$
5. Jones, Ruth	Widener	34-9
6. Rittenhouse, Jamie	Moravian	34-0 $\frac{1}{4}$
7. Werkheiser, Ann	Widener	33-6 $\frac{1}{2}$
8. Santangelo, Monica	Ursinus	33-5 $\frac{3}{4}$

DISCUS

1. Becker, Jodi	Moravian	123-3
2. Rittenhouse, Jamie	Moravian	113-7
3. Wilson, Jocelyn	Messiah	112-0
4. Jones, Ruth	Widener	110-0
5. Santangelo, Monica	Ursinus	106-1
6. Mckiney, Sue	Messiah	104-9
7. Bloss, Patricia	Lycoming	103-8

JAVELIN

1. Bowers, Donna	Widener	137-9
2. Baldwin, Susan	Dickinson	135-1
3. Snow, Laurie	Juniata	120-1
4. Rittenhouse, Jamie	Moravian	118-4
5. Johnson, Denise	Gettysburg	118-0
6. Blank, Mim	Messiah	113-9
7. Kunkel, Randi	Delaware Valley	108-3
8. Possesky	Susquehanna	106-6