

78th Annual Men's
MIDDLE ATLANTIC CONFERENCE TRACK AND FIELD
CHAMPIONSHIPS

At Gettysburg College's Musselman Stadium -- May 4-5, 1990

Team Scoring:

1-	Messiah	119
2-	Moravian	93
3-	Haverford	61
4-	Susquehanna	55
5-	Gettysburg	50
6-	Ursinus	32
7-	Delaware Valley	31
8-	Lebanon Valley	30
9-	Swarthmore	28
10-	Dickinson	21
11-	Widener	20
12-	Franklin & Marshall	13
13-	Johns Hopkins	12
14-	Albright	11
15-	Western Maryland	7
16-	Juniata	5
17-	Muhlenberg	0

David B. Eavenson Award - 400-meter hurdles:

Dave Wiederrecht, Messiah

Men's Most Outstanding Athlete Award

Arif Husain, Gettysburg

		COLLEGE - M. A. C. Championships		05/05/90	
Men	100 Meters				
	COMP	NAME	YEAR	TEAM	PL MIN SEC
1.	73	Fine, Jonathan	1991	F. & M.	0 0 .00
2.	430	Sweeley, Joe	1991	Widener	0 0 11.15
3.	110	Husain, Arif	1993	Gettysburg	0 0 11.27
4.	397	Johnson, Robert B.	1993	Western Maryland	0 0 11.32
5.	113	Lovett, Kenneth L.	1990	Gettysburg	0 0 11.35
6.	32	King, Jerry	1993	Delaware Valley	0 0 11.36
7.	263	Somefun, Olumide A.	1992	Messiah	0 0 11.39
8.	194	Shelley, Ray	1991	Juniata	0 0 11.39
9.	371	Sam, Olato	1991	Swarthmore	0 0 11.46
10.	346	Lloyd, Kwame W.	1992	Susquehanna	0 0 11.46
11.	55	James, Stuart	1992	Dickinson	0 0 11.65
12.	381	Haenel, Louis C.	1990	Ursinus	0 0 11.70
13.	187	Giachetti, Brian	1992	Juniata	0 0 11.90
14.	35	Lewis, Dietrick	1990	Delaware Valley	0 0 11.91
15.	424	Love, Joe	1992	Widener	0 0 11.91
16.	181	Williams, Eric	1992	Johns Hopkins	0 0 11.96
17.	118	Rusnak, Martin R.	1992	Gettysburg	0 0 11.97
18.	399	Kenney, Jeremy L.	1993	Western Maryland	0 0 12.05
19.	230	yingling, Rich	1992	Lebanon Valley	0 0 12.33
20.	12	Martinic, Daniel	1993	Albright	0 0 12.37

		COLLEGE - M. A. C. Championships		05/05/90		
Men	100 Meters					
HEAT 1						
	LANE	COMP	NAME	YEAR	TEAM	PL MIN SEC
1	263	Somefun, Olumide A.	1992	Messiah	0 0 11.39	
2	32	King, Jerry	1993	Delaware Valley	0 0 11.36	
3	397	Johnson, Robert B.	1993	Western Maryland	0 0 11.32	
4	430	Sweeley, Joe	1991	Widener	0 0 11.15	
5	110	Husain, Arif	1993	Gettysburg	0 0 11.27	
6	113	Lovett, Kenneth L.	1990	Gettysburg	0 0 11.35	
7	194	Shelley, Ray	1991	Juniata	0 0 11.39	
8	346	Lloyd, Kwame W.	1992	Susquehanna	0 0 11.46	

FINAL RESULTS

		COLLEGE - M. A. C. Championships		05/05/90	
Men	100 Meters FINAL				
	COMP	NAME	YEAR	TEAM	PL MIN SEC
1.	113	Lovett, Kenneth L.	1990	Gettysburg	0 0 .00
2.	110	Husain, Arif	1	1993 Gettysburg	0 0 10.92
3.	430	Sweeley, Joe	2	1991 Widener	0 0 11.00
4.	397	Johnson, Robert B.	3	1993 Western Maryland	0 0 11.18
5.	194	Shelley, Ray	4	1991 Juniata	0 0 11.27
6.	32	King, Jerry	5	1993 Delaware Valley	0 0 11.31
7.	263	Somefun, Olumide A.	6	1992 Messiah	0 0 11.32
8.	346	Lloyd, Kwame W.	7	1992 Susquehanna	0 0 11.33

		COLLEGE - M. A. C. Championships		05/05/90			
Men		200 Meters					
	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	230	Yingling, Rich	1992	Lebanon Valley	0	0	.00
2.	110	Husain, Arif	1993	Gettysburg	0	0	22.54
3.	303	Zieqler, Barret	1993	Moravian	0	0	22.65
4.	263	Somefun, Olumide A.	1992	Messiah	0	0	22.68
5.	194	Shelley, Ray	1991	Juniata	0	0	22.74
6.	113	Lovett, Kenneth L.	1990	Gettysburg	0	0	22.90
7.	397	Johnson, Robert B.	1993	Western Maryland	0	0	22.91
8.	430	Sweeley, Joe	1991	Widener	0	0	22.96
9.	381	Haenel, Louis C.	1990	Ursinus	0	0	23.21
10.	264	Standford, Greg J.	1992	Messiah	0	0	23.22
11.	371	Sam, Olato	1991	Swarthmore	0	0	23.45
12.	338	Disante, Tom J.	1990	Susquehanna	0	0	23.57
13.	377	Bunnell, William D.	1992	Ursinus	0	0	23.60
14.	55	James, Stuart	1992	Dickinson	0	0	23.80
15.	293	Martino, Thomas	1992	Moravian	0	0	23.86
16.	346	Lloyd, Kwame W.	1992	Susquehanna	0	0	24.04
17.	393	Brown, Matthew	1990	Western Maryland	0	0	24.69

		COLLEGE - M. A. C. Championships		05/05/90				
Men		200 Meters						
HEAT 1								
	LANE	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
	1	430	Sweeley, Joe	1991	Widener	0	0	22.96
	2	113	Lovett, Kenneth L.	1990	Gettysburg	0	0	22.90
	3	397	Johnson, Robert B.	1993	Western Maryland	0	0	22.91
	4	110	Husain, Arif	1993	Gettysburg	0	0	22.54
	5	303	Ziegler, Barret	1993	Moravian	0	0	22.65
	6	194	Shelley, Ray	1991	Juniata	0	0	22.74
	7	263	Somefun, Olumide A.	1992	Messiah	0	0	22.68
	8	381	Haenel, Louis C.	1990	Ursinus	0	0	23.21

FINAL RESULTS

		COLLEGE - M. A. C. Championships		05/05/90			
Men		200 Meters FINAL					
	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	397	Johnson, Robert B.	1993	Western Maryland	0	0	.00
2.	110	Husain, Arif	1993	Gettysburg	0	0	22.69
3.	263	Somefun, Olumide A.	1992	Messiah	0	0	23.00
4.	430	Sweeley, Joe	1991	Widener	0	0	23.02
5.	303	Ziegler, Barret	1993	Moravian	0	0	23.06
6.	113	Lovett, Kenneth L.	1990	Gettysburg	0	0	23.19
7.	194	Shelley, Ray	1991	Juniata	0	0	23.21
8.	381	Haenel, Louis C.	1990	Ursinus	0	0	23.83

Men		COLLEGE - M. A. C. Championships		05/05/90	
400 Meters					
	COMP NAME	YEAR	TEAM	PL	MIN SEC
1.	303 Ziegler, Barret	1993	Moravian	0	0 49.73
2.	377 Bunnell, William D.	1992	Ursinus	0	0 50.07
3.	42 Reason, Marc	1990	Delaware Valley	0	0 50.20
4.	338 Disante, Tom J.	1990	Susquehanna	0	0 50.36
5.	293 Martino, Thomas	1992	Moravian	0	0 50.86
6.	64 Rowsey, Patrick	1990	Dickinson	0	0 51.45
7.	89 Taffet, Jeffrey	1991	F. & M.	0	0 51.50
8.	237 Burnside, Paul W.	1993	Messiah	0	0 51.74
9.	431 Walley, Robert	1991	Widener	0	0 51.91
10.	51 Ellis, Bryan	1991	Dickinson	0	0 51.93
11.	156 Collins, Robert	1993	Johns Hopkins	0	0 51.94
12.	265 Studt, Dan J.	1993	Messiah	0	0 51.96
13.	25 Brinsky, Mark	1990	Delaware Valley	0	0 52.37
14.	304 Baker, Richard	1991	Muhlenberg	0	0 53.37
15.	151 Wingate, Rob	1991	Haverford	0	0 53.54

Men		COLLEGE - M. A. C. Championships		05/05/90	
400 Meters					
HEAT 1					
LANE	COMP NAME	YEAR	TEAM	PL	MIN SEC
1	89 Taffet, Jeffrey	1991	F. & M.	0	0 51.50
2	293 Martino, Thomas	1992	Moravian	0	0 50.86
3	338 Disante, Tom J.	1990	Susquehanna	0	0 50.36
4	303 Ziegler, Barret	1993	Moravian	0	0 49.73
5	377 Bunnell, William D.	1992	Ursinus	0	0 50.07
6	42 Reason, Marc	1990	Delaware Valley	0	0 50.20
7	64 Rowsey, Patrick	1990	Dickinson	0	0 51.45
8	237 Burnside, Paul W.	1993	Messiah	0	0 51.74

FINAL RESULTS

Men		COLLEGE - M. A. C. Championships		05/05/90	
400 Meters FINAL					
	COMP NAME	YEAR	TEAM	PL	MIN SEC
1.	303 Ziegler, Barret	1993	Moravian	0	0 48.63
2.	42 Reason, Marc	1990	Delaware Valley	0	0 48.83
3.	377 Bunnell, William D.	1992	Ursinus	0	0 50.29
4.	338 Disante, Tom J.	1990	Susquehanna	0	0 50.32
5.	237 Burnside, Paul W.	1993	Messiah	0	0 51.29
6.	89 Taffet, Jeffrey	1991	F. & M.	0	0 51.35
7.	64 Rowsey, Patrick	1990	Dickinson	0	0 51.51
8.	293 Martino, Thomas	1992	Moravian	0	0 53.18

COLLEGE - M. A. C. Championships

05/05/90

Men 800 Meters

	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	144	Peabody, Brian	1993	Haverford	0	1	54.57
2.	274	Cullingford, Jeffrey	1990	Moravian	0	1	55.25
3.	425	Matics, Gerry	1991	Widener	0	1	55.36
4.	119	Slonski, Keith M.	1991	Gettysburg	0	1	55.50
5.	273	Chadwick, Brian	1993	Moravian	0	1	55.63
6.	296	Patten, Robert	1991	Moravian	0	1	55.65
7.	389	McMullin, Michael	1991	Ursinus	0	1	55.89
8.	284	Hoch, Charles	1991	Moravian	0	1	56.95
9.	140	Martin, Jeremy	1990	Haverford	0	1	57.10
10.	390	Nellody, John M.	1990	Ursinus	0	1	57.69
11.	66	Weitzmann, Todd	1991	Dickinson	0	1	58.72
12.	249	Jacobs, Joel A.	1991	Messiah	0	1	58.96
13.	344	Hughes, Dan A.	1991	Susquehanna	0	1	59.07
14.	68	Stevenson, Peter	1991	F. & M.	0	1	59.20
15.	165	Hostin, Emmanuel	1992	Johns Hopkins	0	2	.68
16.	308	Ferry, Sean	1993	Muhlenberg	0	2	.94
17.	728	Topinka, Mark	1990	Swarthmore	0	2	1.47
18.	158	Fillyaw, Tyrone	1992	Johns Hopkins	0	2	1.64
19.	729	Roth, Will	1993	Swarthmore	0	2	2.25
20.	82	Hyers, Timothy	1993	F. & M.	0	2	2.48
21.	342	German, Mark J.	1993	Susquehanna	0	2	3.53
22.	241	Emple, Kent M.	1991	Messiah	0	2	7.95
23.	37	Hav, Cliff	1993	Delaware Valley	2	2	3.77

COLLEGE - M. A. C. Championships

05/05/90

Men 800 Meters

HEAT 1

LANE	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1	273	Chadwick, Brian	1993	Moravian	0	1	55.63
2	144	Peabody, Brian	1993	Haverford	0	1	54.57
3	140	Martin, Jeremy	1990	Haverford	0	1	57.10
4	274	Cullingford, Jeffrey	1990	Moravian	0	1	55.25
5	119	Slonski, Keith M.	1991	Gettysburg	0	1	55.50
6	425	Matics, Gerry	1991	Widener	0	1	55.36
7	284	Hoch, Charles	1991	Moravian	0	1	56.95
8	296	Patten, Robert	1991	Moravian	0	1	55.65

FINAL RESULTS

COLLEGE - M. A. C. Championships

05/05/90

Men 800 Meters FINAL

	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	284	Hoch, Charles	1991	Moravian	0	1	52.61
2.	274	Cullingford, Jeffrey	1990	Moravian	0	1	53.19
3.	144	Peabody, Brian	1993	Haverford	0	1	54.25
4.	273	Chadwick, Brian	1993	Moravian	0	1	54.55
5.	140	Martin, Jeremy	1990	Haverford	0	1	54.79
6.	425	Matics, Gerry	1991	Widener	0	1	55.28
7.	119	Slonski, Keith M.	1991	Gettysburg	0	1	55.73
8.	296	Patten, Robert	1991	Moravian	0	2	2.03

FINAL RESULTS

COLLEGE - M. A. C. Championships

05/05/90

Men 1500 Meters

COMP NAME	YEAR TEAM	PL	MIN	SEC
1. 138 Leighninger, Matt	1992 Haverford	0	3	56.55
2. 242 Entenmann, David E.	1993 Messiah	0	3	57.29
3. 374 Warshawsky, Matt	1992 Swarthmore	0	3	59.17
4. 296 Patten, Robert	1991 Moravian	0	3	59.40
5. 367 Maines, Scott	1990 Swarthmore	0	4	.07
6. 389 McMullin, Michael	1991 Ursinus	0	4	.88
7. 290 Lindenmuth, James	1990 Moravian	0	4	1.31
8. 99 Colflesh, Jared L.	1993 Gettysburg	0	4	7.30
9. 257 Schrock, Eric J.	1991 Messiah	0	4	10.27
10. 340 Flores, Richard A.	1993 Susquehanna	0	4	13.98
11. 313 Heilemann, Erich	1992 Muhlenberg	0	4	14.69
12. 78 Kasper, Michael	1990 F. & M.	0	4	16.03
13. 217 Galvin, John	1990 Lebanon Valley	0	4	16.72
14. 727 Embrey, Joe	1990 Western Maryland	0	4	17.50
15. 125 Brennan, Will	1991 Haverford	0	4	17.60
16. 422 Kremer, Keith	1993 Widener	0	4	20.07
17. 379 Drummond, Brian D.	1991 Ursinus	0	4	23.64

FINAL RESULTS

COLLEGE - M. A. C. Championships

05/05/90

Men 3000 M. Steeplechase

COMP NAME	YEAR TEAM	PL	MIN	SEC
1. 138 Leighninger, Matt	1992 Haverford	0	9	18.83
2. 173 Robinson, John	1992 Johns Hopkins	0	9	21.95
3. 380 Hacker, Robert T.	1990 Ursinus	0	9	25.41
4. 367 Maines, Scott	1990 Swarthmore	0	9	25.98
5. 290 Lindenmuth, James	1990 Moravian	0	9	37.81
6. 142 Mosher, Glenn	1990 Haverford	0	9	53.73
7. 379 Drummond, Brian D.	1991 Ursinus	0	10	16.71
8. 363 Harrison, Paul	1990 Swarthmore	0	10	18.58
9. 252 Martin, James E.	1992 Messiah	0	10	22.13
10. 96 Bresnahan, Erik A.	1993 Gettysburg	0	10	31.98
11. 283 Hess, James	1990 Moravian	0	10	47.08

FINAL RESULTS

Men COLLEGE - M. A. C. Championships 05/05/90
5000 Meters

COMP NAME	YEAR TEAM	PL	MIN	SEC
1. 43 Ruediger, Art	1991 Delaware Valley	0	0	.00
2. 132 Forrest, Tuomi	1992 Haverford	0	0	.00
3. 213 Anderson, Jon	1992 Lebanon Valley	0	0	.00
4. 138 Leighninger, Matt	1992 Haverford	0	0	.00
5. 1 141 McElligott, Seamus	1991 Haverford	0	15	24.03
6. 2 133 Frieder, Elliott	1992 Haverford	0	15	31.84
7. 3 231 Young, Scott	1992 Lebanon Valley	0	15	32.36
8. 4 388 Martin, John J.	1991 Ursinus	0	15	32.67
9. 5 173 Robinson, John	1992 Johns Hopkins	0	15	34.51
10. 6 242 Entenmann, David E.	1993 Messiah	0	15	43.46
11. 7 378 Driscoll, Timothy P.	1991 Ursinus	0	15	49.36
12. 8 374 Warshawsky, Matt	1992 Swarthmore	0	15	56.00
13. 9 76 Harmatz, Michael	1991 F. & M.	0	15	56.40
14. 10 370 McKee, Guian	1992 Swarthmore	0	16	.40
15. 11 159 Gliatto, Pete	1993 Johns Hopkins	0	16	4.50
16. 12 380 Hacker, Robert T.	1990 Ursinus	0	16	9.50
17. 13 290 Lindenmuth, James	1990 Moravian	0	16	11.70
18. 14 362 Graham, Dave	1992 Swarthmore	0	16	16.00
19. 15 278 Donohue, David	1993 Moravian	0	16	29.20
20. 16 384 Kerschner, Joseph H.	1992 Ursinus	0	16	43.30

FINAL RESULTS

Men COLLEGE - M. A. C. Championships 05/05/90
10,000 Meters

COMP NAME	YEAR TEAM	PL	MIN	SEC
1. 141 McElligott, Seamus	1991 Haverford	0	30	29.25
2. 231 Young, Scott	1992 Lebanon Valley	0	31	44.49
3. 388 Martin, John J.	1991 Ursinus	0	31	50.49
4. 384 Kerschner, Joseph H.	1992 Ursinus	0	32	23.03
5. 133 Frieder, Elliott	1992 Haverford	0	32	26.84
6. 386 Larmore, Matthew W.	1993 Ursinus	0	32	48.13
7. 43 Ruediger, Art	1991 Delaware Valley	0	33	6.40
8. 76 Harmatz, Michael	1991 F. & M.	0	33	13.71
9. 378 Driscoll, Timothy P.	1991 Ursinus	0	33	26.80
10. 236 Sandler, Dave	1991 Lebanon Valley	0	33	30.60
11. 270 Carducci, Bob	1992 Moravian	0	33	48.72
12. 297 Pierotti, Paul	1993 Moravian	0	33	54.50
13. 336 Dietzel, Ron L.	1993 Messiah	0	34	4.52
14. 406 Ripley, Douglas A.	1990 Western Maryland	0	34	19.34
15. 157 Dahiyat, Bassil	1990 Johns Hopkins	0	34	25.91
16. 3 Collins, Aaron T.	1993 Albright	0	34	29.23
17. 102 Gardner, Daniel S.	1993 Gettysburg	0	34	56.54
18. 189 Larmore, Andy	1991 Juniata	0	35	59.09

Men		COLLEGE - M. A. C. Championships		05/05/90		110 Meter Hurdles	
	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	426	McDonald, Ed	1993	Widener	0	0	.00
2.	347	Mabry, Cory P.	1991	Susquehanna	0	0	15.18
3.	246	Herb, Mike L.	1990	Messiah	0	0	15.25
4.	259	Seymour, Jon P.	1991	Messiah	0	0	15.40
5.	434	Williams, Rob	1991	Widener	0	0	15.47
6.	111	Kavanagh, Greg J.	1992	Gettysburg	0	0	15.50
7.	25	Brinsky, Mark	1990	Delaware Valley	0	0	15.51
8.	32	King, Jerry	1993	Delaware Valley	0	0	15.62
9.	301	Wandall, Walt	1990	Moravian	0	0	15.77
10.	364	Henderson, Robert	1992	Swarthmore	0	0	15.96
11.	334	Brouse, Dwayne A.	1992	Susquehanna	0	0	16.02
12.	302	Zatorski, Brian	1993	Moravian	0	0	16.41
13.	50	Deshaw, Justin	1993	Dickinson	0	0	16.54
14.	224	Miskewitz, Tom	1993	Lebanon Valley	0	0	16.89
15.	299	Sayenga, Matt	1992	Moravian	0	0	16.93
16.	31	Jones, Scott	1991	Delaware Valley	0	0	17.03
17.	9	Krow, Chris A.	1990	Albright	0	0	17.17
18.	155	Chiari, Thomas	1991	Johns Hopkins	0	0	17.31
19.	214	Bailor, Plummer	1992	Lebanon Valley	0	0	17.79

Men		COLLEGE - M. A. C. Championships		05/05/90		110 Meter Hurdles	
HEAT 1							
	LANE	COMP	NAME	YEAR	TEAM	PL	MIN SEC
1	32	King, Jerry	1993	Delaware Valley	0	0	15.62
2	111	Kavanagh, Greg J.	1992	Gettysburg	0	0	15.50
3	259	Seymour, Jon P.	1991	Messiah	0	0	15.40
4	347	Mabry, Cory P.	1991	Susquehanna	0	0	15.18
5	246	Herb, Mike L.	1990	Messiah	0	0	15.25
6	434	Williams, Rob	1991	Widener	0	0	15.47
7	25	Brinsky, Mark	1990	Delaware Valley	0	0	15.51
8	301	Wandall, Walt	1990	Moravian	0	0	15.77

FINAL RESULTS

Men		COLLEGE - M. A. C. Championships		05/05/90		110 Meter Hurdles FINAL	
	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	25	Brinsky, Mark	1990	Delaware Valley	0	0	.00
2.	246	Herb, Mike L.	1	1990	Messiah	0	0 14.73
3.	347	Mabry, Cory P.	2	1991	Susquehanna	0	0 15.02
4.	301	Wandall, Walt	3	1990	Moravian	0	0 15.28
5.	259	Seymour, Jon P.	4	1991	Messiah	0	0 15.39
6.	111	Kavanagh, Greg J.	5	1992	Gettysburg	0	0 15.39
7.	434	Williams, Rob	6	1991	Widener	0	0 15.46
8.	32	King, Jerry	7	1993	Delaware Valley	0	0 15.67

		COLLEGE - M. A. C. Championships		05/05/90	
Men	400 Meter Hurdles				
	COMP	NAME	YEAR	TEAM	PL MIN SEC
1.	259	Seymour, Jon P.	1991	Messiah	0 0 54.37
2.	267	Wiederrecht, Dave E.	1991	Messiah	0 0 54.70
3.	246	Herb, Mike L.	1990	Messiah	0 0 54.88
4.	282	Hart, Andrew	1990	Moravian	0 0 55.44
5.	434	Williams, Rob	1991	Widener	0 0 55.46
6.	31	Jones, Scott	1991	Delaware Valley	0 0 55.56
7.	136	Jones, Dave	1990	Haverford	0 0 55.56
8.	334	Brouse, Dwayne A.	1992	Susquehanna	0 0 56.15
9.	123	Atkins, Charles	1990	Haverford	0 0 56.37
10.	83	Padrusch, David	1992	F. & M.	0 0 56.73
11.	426	McDonald, Ed	1993	Widener	0 0 57.35
12.	99	Colflesh, Jared L.	1993	Gettysburg	0 0 57.39
13.	27	Glozzer, Pat	1990	Delaware Valley	0 0 58.24
14.	356	Znotens, Craig M.	1993	Susquehanna	0 0 58.47
15.	31	Jones, Scott	1991	Delaware Valley	0 1 .02

		COLLEGE - M. A. C. Championships		05/05/90		
Men	400 Meter Hurdles					
HEAT 1						
	LANE	COMP	NAME	YEAR	TEAM	PL MIN SEC
1	334	Brouse, Dwayne A.	1992	Susquehanna	0 0 56.15	
2	434	Williams, Rob	1991	Widener	0 0 55.46	
3	246	Herb, Mike L.	1990	Messiah	0 0 54.88	
4	259	Seymour, Jon P.	1991	Messiah	0 0 54.37	
5	267	Wiederrecht, Dave E.	1991	Messiah	0 0 54.70	
6	282	Hart, Andrew	1990	Moravian	0 0 55.44	
7	136	Jones, Dave	1990	Haverford	0 0 55.56	
8	123	Atkins, Charles	1990	Haverford	0 0 56.37	

FINAL RESULTS

		COLLEGE - M. A. C. Championships		05/05/90	
Men	400 Meter Hurdles FINAL				
	COMP	NAME	YEAR	TEAM	PL MIN SEC
1.	267	Wiederrecht, Dave E.	1991	Messiah	0 0 52.89
2.	259	Seymour, Jon P.	1991	Messiah	0 0 53.46
3.	246	Herb, Mike L.	1990	Messiah	0 0 54.03
4.	282	Hart, Andrew	1990	Moravian	0 0 54.84
5.	136	Jones, Dave	1990	Haverford	0 0 55.33
6.	434	Williams, Rob	1991	Widener	0 0 56.24
7.	334	Brouse, Dwayne A.	1992	Susquehanna	0 0 57.36
8.	123	Atkins, Charles	1990	Haverford	0 0 58.18

FINAL RESULTS

Men COLLEGE - M. A. C. Championships 05/05/90
4 x 100 Meters

COMPETITORS	TEAM	PL	MIN	SEC
1. 743	Widener	0	0	.00
2. 740	Swarthmore	0	0	.00
3. 733	Gettysburg *	0	0	42.30
4. 737	Messiah	0	0	42.80
5. 730	Delaware Valley	0	0	43.00
6. 739	Susquehanna	0	0	43.11
7. 738	Moravian	0	0	43.39
8. 742	Western Maryland	0	0	45.36

* (Lovett, Howell, Rusnak, Husain)

FINAL RESULT

Men COLLEGE - M. A. C. Championships 05/05/90
4 x 400 Meters

COMPETITORS	TEAM	PL	MIN	SEC
1. 738	Moravian*	0	3	19.49
2. 737	Messiah	0	3	20.48
3. 730	Delaware Valley	0	3	21.33
4. 739	Susquehanna	0	3	24.09
5. 731	Dickinson	0	3	24.43
6. 740	Swarthmore	0	3	26.32
7. 733	Gettysburg	0	3	26.42
8. 734	Haverford	0	3	27.17
9. 732	F. & M.	0	3	28.39
10. 743	Widener	0	3	28.44
11. 741	Ursinus	0	3	28.47
12. 735	Johns Hopkins	0	3	30.53

* (Ziegler, Chadwick, Hoch, Cullingford)

FINAL RESULTS

COLLEGE - M. A. C. Championships

05/05/90

Men	Shot Put	COMP NAME	YEAR TEAM	PL	FEET	INCH
1.	48	Chilicki, Andrew	1990 Dickinson	0	0	14.32
2.	59	Miller, Stephen	1992 Dickinson	0	0	14.23
3.	337	Delbaugh, Cris A.	1990 Susquehanna	0	0	14.00
4.	279	Dunmeyer, Abraham	1992 Moravian	0	0	13.97
5.	175	Sabin, Glenn	1991 Johns Hopkins	0	0	13.85
6.	30	Jones, Jeff	1991 Delaware Valley	0	0	13.74
7.	400	Kling, Benjamin T.	1991 Western Maryland	0	0	12.64
8.	350	Nicholas, Mark H.	1992 Susquehanna	0	0	12.57
9.	191	Macrina, Frank	1992 Juniata	0	0	12.30
10.	92	Banner, Kenneth	1991 Gettysburg	0	0	12.20
11.	289	Lewis, Daniel	1993 Moravian	0	0	9.94
12.	228	Tackett, Mike	1993 Lebanon Valley	0	0	.00

FINAL RESULTS

COLLEGE - M. A. C. Championships

05/05/90

Men	Discus	COMP NAME	YEAR TEAM	PL	FEET	INCH
1.	244	Fasnacht, Matt J.	1992 Messiah	0	0	44.62
2.	92	Banner, Kenneth	1991 Gettysburg	0	0	44.16
3.	40	McElwee, Ted	1990 Delaware Valley	0	0	43.72
4.	258	Schwartz, Maurice E.	1990 Messiah	0	0	42.52
5.	275	Czepukaitis, Vince	1990 Moravian	0	0	41.74
6.	65	Wernersbach, Thomas	1991 Dickinson	0	0	41.70
7.	295	Newsome, Mark	1993 Moravian	0	0	41.58
8.	175	Sabin, Glenn	1991 Johns Hopkins	0	0	40.48
9.	71	Clayton, Ken	1992 F. & M.	0	0	39.66
10.	191	Macrina, Frank	1992 Juniata	0	0	38.26
11.	353	Snyder, Todd E.	1993 Susquehanna	0	0	37.70
12.	168	Grubb, Peter	1990 Juniata	0	0	36.40

FINAL RESULTS

COLLEGE - M. A. C. Championships

05/05/90

Men	Javelin	COMP NAME	YEAR TEAM	PL	FEET	INCH
1.	281	Graham, Andrew	1992 Moravian	0	0	62.48
2.	215	Davis, Scott	1993 Lebanon Valley	0	0	58.40
3.	16	Mulroe, Thomas P.	1990 Albright	0	0	57.44
4.	385	Kimmel, Ronald E.	1990 Ursinus	0	0	56.44
5.	24	Allen, John	1991 Delaware Valley	0	0	55.24
6.	7	Guadagno, Ralph A.	1990 Albright	0	0	54.30
7.	272	Cosner, Duane	1993 Moravian	0	0	53.98
8.	175	Sabin, Glenn	1991 Johns Hopkins	0	0	53.38
9.	124	Botti, John	1992 Haverford	0	0	52.98
10.	170	Psolka, Max	1990 Johns Hopkins	0	0	51.38
11.	195	Shue, Frank	1991 Juniata	0	0	50.06
12.	240	Edsell, Greg T.	1992 Messiah	0	0	49.96
13.	352	Schmidt, Eric K.	1990 Susquehanna	0	0	46.98
14.	234	Barrett, Dave	1991 Messiah	0	0	.00

FINAL RESULTS

Men		COLLEGE - M. A. C. Championships		05/05/90		
		Long Jump				
	COMP	NAME	YEAR	TEAM	PL	FEET INCH
1.	264	Standford, Greg J.	1992	Messiah	0	0 6.64
2.	301	Wandall, Walt	1990	Moravian	0	0 6.58
3.	87	Sterling, Robert	1990	F. & M.	0	0 6.36
4.	351	Rux, Ron J.	1993	Susquehanna	0	0 6.33
5.	246	Herb, Mike L.	1990	Messiah	0	0 6.30
6.	346	Lloyd, Kwame W.	1992	Susquehanna	0	0 6.20
7.	77	James, Marisano	1991	F. & M.	0	0 6.17
8.	93	Barnds, Kent	1992	Gettysburg	0	0 6.05
9.	9	Krow, Chris A.	1990	Albright	0	0 5.99
10.	321	Peterson, Douglas	1991	Muhlenberg	0	0 5.96
11.	381	Haenel, Louis C.	1990	Ursinus	0	0 5.93
12.	224	Miskewitz, Tom	1993	Lebanon Valley	0	0 5.92
13.	291	Luisser, Stephen	1992	Moravian	0	0 5.91
14.	358	Clarke, Jamey	1990	Swarthmore	0	0 .00
15.	174	Russell, Chris	1993	Johns Hopkins	0	0 .00

FINAL RESULTS

Men		COLLEGE - M. A. C. Championships		05/05/90		
		Triple Jump				
	COMP	NAME	YEAR	TEAM	PL	FEET INCH
1.	347	Habry, Cory P.	1991	Susquehanna	0	0 14.50
2.	264	Standford, Greg J.	1992	Messiah	0	0 14.28
3.	332	Boozer, Greg D.	1993	Susquehanna	0	0 13.80
4.	9	Krow, Chris A.	1990	Albright	0	0 13.73
5.	351	Rux, Ron J.	1993	Susquehanna	0	0 13.39
6.	246	Herb, Mike L.	1990	Messiah	0	0 13.36
7.	364	Henderson, Robert	1992	Swarthmore	0	0 13.13
8.	174	Russell, Chris	1993	Johns Hopkins	0	0 13.11
9.	170	Psolka, Max	1990	Johns Hopkins	0	0 13.08
10.	77	James, Marisano	1991	F. & M.	0	0 12.91
11.	275	Crepukaitis, Vince	1990	Moravian	0	0 12.85
12.	87	Sterling, Robert	1990	F. & M.	0	0 12.77
13.	291	Luisser, Stephen	1992	Moravian	0	0 12.76
14.	428	Moscowitz, Jay	1992	Widener	0	0 12.52
15.	321	Peterson, Douglas	1991	Muhlenberg	0	0 12.47
16.	224	Seddon, Tom	1993	Lebanon Valley	0	0 12.28

FINAL RESULTS

COLLEGE - M. A. C. Championships 05/05/90

Men	High Jump		YEAR TEAM	PL	FEET	INCH
	COMP	NAME				
1.	372	Vischak, Mike	1990 Swarthmore	0	0	1.98
2.	102	Cunningham, Mark J.	1993 Gettysburg	0	0	1.98
3.	87	Sterling, Robert	1990 F. & M.	0	0	1.88
4.	275	Czepukaitis, Vince	1990 Moravian	0	0	1.88
(tie)	420	Jones, John	1993 Widener	0	0	1.88
6.	94	Bechtold, Robert J.	1993 Gettysburg	0	0	.00
7.	332	Boozer, Greg D.	1993 Susquehanna	0	0	.00
8.	348	Mann, Mike T.	1992 Susquehanna	0	0	.00
9.	67	Walko, Daniel	1993 Dickinson	0	0	.00
10.	246	Herb, Mike L.	1990 Messiah	0	0	.00
11.	27	Glozzer, Pat	1990 Delaware Valley	0	0	.00

FINAL RESULTS

COLLEGE - M. A. C. Championships 05/05/90

Men	Pole Vault		YEAR TEAM	PL	FEET	INCH
	COMP	NAME				
1.	232	Baer, Dallas G.	1990 Messiah	0	0	4.31
3	220	Kreider, Rob	1993 Lebanon Valley	0	0	4.17
4	345	Krantz, Frank X.	1993 Susquehanna	0	0	4.17
2	359	Collins, Chris	1990 Swarthmore	0	0	4.17
5.	269	Brown, Pete	1990 Moravian	0	0	4.10
6.	333	Boyer, Jerrel H.	1991 Susquehanna	0	0	3.96
7.	221	Kutz, Greg	1993 Lebanon Valley	0	0	3.81
8.	8	Kazmierczak, William L.	1991 Albright	0	0	3.66
9.	435	Young, Ped	1992 Widener	0	0	3.66
10.	260	Sherer, Jim E.	1992 Messiah	0	0	3.66
11.	391	Sprankle, Kenyon	1990 Ursinus	0	0	3.66
12.	18	Reynolds, Robert T.	1993 Albright	0	0	3.66
13.	185	Crilly, Ferris	1993 Juniata	0	0	.00
14.	418	Groth, Dave	1992 Widener	0	0	.00
15.	80	Kinter, Chris	1991 F. & M.	0	0	.00
16.	358	Clarke, Jamey	1990 Swarthmore	0	0	.00

8th Annual Women's
MIDDLE ATLANTIC CONFERENCE TRACK AND FIELD
CHAMPIONSHIPS

At Gettysburg College's Musselman Stadium -- May 4-5, 1990

Team Scoring:

1-	Messiah	131
2-	Moravian	105
3-	Ursinus	58
4-	Susquehanna	50
5-	Haverford	40
6-	Swarthmore	37
7-	Delaware Valley	28
8-	Johns Hopkins	27
9-	Gettysburg	26
10-	Muhlenberg	18
11-	Franklin & Marshall	17
12-	Widener	11
13-	Lebanon Valley	10
14-	Dickinson	1
	Albright	0
	Juniata	0
	Lycoming	0
	Western Maryland	0

David B. Eavenson Award - 100-meter hurdles:

Michele Duffy, Susquehanna

Women's Most Outstanding Athlete Award:

Michele Duffy, Susquehanna

Women		COLLEGE - M. A. C. Championships	05/05/90		
		100 Meters			
COMP	NAME	YEAR	TEAM	PL	MIN SEC
1.	653 Hollander, Julia L.	1992	Susquehanna	0	0 .00
2.	617 Hoffmeier, Rita	1990	Moravian	0	0 13.05
3.	626 Piazza, Christy	1991	Moravian	0	0 13.20
4.	614 Apgar, Tammy	1991	Moravian	0	0 13.28
5.	486 Long, Amanda	1993	F. & M.	0	0 13.35
6.	589 Grover, Anne M.	1991	Messiah	0	0 13.41
7.	525 Washington, Ramona L.	1991	Gettysburg	0	0 13.54
8.	587 Frey, Sheila D.	1991	Messiah	0	0 13.61
9.	581 Bauerlein, Mindi D.	1991	Messiah	0	0 13.62
10.	579 Baker, Elizabeth A.	1993	Messiah	0	0 13.68
11.	701 Warner, Dawn M.	1992	Ursinus	0	0 13.70
12.	528 Cunnane, Mary Beth	1992	Haverford	0	0 13.87
13.	692 Kampherstein, Jennifer A.	1993	Ursinus	0	0 13.89
14.	544 Glendinning, Mary	1992	Johns Hopkins	0	0 13.97
15.	570 Grube, Michelle	1990	Lebanon Valley	0	0 14.01
16.	436 Angello, Toni M.	1991	Albright	0	0 14.02
17.	715 Messina, Donna	1991	Widener	0	0 14.05
18.	451 Reason, Kamili	1993	Delaware Valley	0	0 14.12
19.	541 Eckstein, Elizabeth	1992	Johns Hopkins	0	0 14.28
20.	446 Douglass, Kim	1992	Delaware Valley	0	0 14.30
21.	654 Naravalli, Kristie C.	1993	Susquehanna	0	0 14.34

Women		COLLEGE - M. A. C. Championships	05/05/90		
		100 Meters			
HEAT 1					
LANE	COMP	NAME	YEAR	TEAM	PL MIN SEC
1	587	Frey, Sheila D.	1991	Messiah	0 0 13.61
2	589	Grover, Anne M.	1991	Messiah	0 0 13.41
3	614	Apgar, Tammy	1991	Moravian	0 0 13.28
4	617	Hoffmeier, Rita	1990	Moravian	0 0 13.05
5	626	Piazza, Christy	1991	Moravian	0 0 13.20
6	486	Long, Amanda	1993	F. & M.	0 0 13.35
7	525	Washington, Ramona L.	1991	Gettysburg	0 0 13.54
8	581	Bauerlein, Mindi D.	1991	Messiah	0 0 13.62

FINAL RESULTS

Women		COLLEGE - M. A. C. Championships	05/05/90		
		100 Meters FINAL			
COMP	NAME	YEAR	TEAM	PL	MIN SEC
1.	617 Hoffmeier, Rita	1990	Moravian	0	0 12.79
2.	589 Grover, Anne M.	1991	Messiah	0	0 13.16
3.	614 Apgar, Tammy	1991	Moravian	0	0 13.17
4.	626 Piazza, Christy	1991	Moravian	0	0 13.27
5.	486 Long, Amanda	1993	F. & M.	0	0 13.28
6.	581 Bauerlein, Mindi D.	1991	Messiah	0	0 13.45
7.	525 Washington, Ramona L.	1991	Gettysburg	0	0 13.52
8.	587 Frey, Sheila D.	1991	Messiah	0	0 13.65

COLLEGE - M. A. C. Championships 05/05/90

Women	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	617	Hoffmeier, Rita	1990	Moravian	0	0	26.55
2.	614	Apgar, Tammy	1991	Moravian	0	0	26.70
3.	589	Grover, Anne M.	1991	Messiah	0	0	26.73
4.	446	Douglass, Kim	1992	Delaware Valley	0	0	26.76
5.	626	Piazza, Christy	1991	Moravian	0	0	26.77
6.	525	Washington, Ramona L.	1991	Gettysburg	0	0	27.21
7.	653	Hollander, Julia L.	1992	Susquehanna	0	0	27.34
8.	486	Long, Amanda	1993	F. & M.	0	0	27.46
9.	544	Glendinning, Mary	1992	Johns Hopkins	0	0	27.51
10.	722	Smuda, Debra	1993	Widener	0	0	27.95
11.	608	Severin, Tyson R.	1992	Messiah	0	0	28.03
12.	506	Grunden, Margaret E.	1993	Gettysburg	0	0	28.28
13.	436	Angello, Toni M.	1991	Albright	0	0	28.35
14.	528	Cunnane, Mary Beth	1992	Haverford	0	0	28.67
15.	703	Wehner, Susan	1991	Ursinus	0	0	29.22

COLLEGE - M. A. C. Championships 05/05/90

Women	LANE	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
HEAT 1								
1	653		Hollander, Julia L.	1992	Susquehanna	0	0	27.34
2	626		Piazza, Christy	1991	Moravian	0	0	26.77
3	525		Washington, Ramona L.	1991	Gettysburg	0	0	27.21
4	617		Hoffmeier, Rita	1990	Moravian	0	0	26.55
5	614		Apgar, Tammy	1991	Moravian	0	0	26.70
6	446		Douglass, Kim	1992	Delaware Valley	0	0	26.76
7	589		Grover, Anne M.	1991	Messiah	0	0	26.73
8	486		Long, Amanda	1993	F. & M.	0	0	27.46

FINAL RESULTS

COLLEGE - M. A. C. Championships 05/05/90

Women	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	617	Hoffmeier, Rita	1990	Moravian	0	0	26.70
2.	589	Grover, Anne M.	1991	Messiah	0	0	26.80
3.	614	Apgar, Tammy	1991	Moravian	0	0	27.00
4.	446	Douglass, Kim	1992	Delaware Valley	0	0	27.10
5.	626	Piazza, Christy	1991	Moravian	0	0	27.50
6.	486	Long, Amanda	1993	F. & M.	0	0	27.70
7.	525	Washington, Ramona L.	1991	Gettysburg	0	0	28.10
8.	653	Hollander, Julia L.	1992	Susquehanna	0	0	28.20

ALL HAND TIME

Women		COLLEGE - M. A. C. Championships		05/05/90			
		400 Meters					
	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	653	Hollander, Julia L.	1992	Susquehanna	0	0	.00
2.	608	Severin, Tyson R.	1992	Messiah	0	1	.43
3.	446	Douglass, Kim	1992	Delaware Valley	0	1	1.41
4.	587	Frey, Sheila D.	1991	Messiah	0	1	2.14
5.	589	Grover, Anne M.	1991	Messiah	0	1	2.26
6.	527	Bruner, Erika S.	1992	Haverford	0	1	2.30
7.	492	Shybunko, Anne	1993	F. & M.	0	1	2.46
8.	584	Dearborn, Alice M.	1990	Messiah	0	1	2.50
9.	703	Wehner, Susan	1991	Ursinus	0	1	2.55
10.	630	Williams, Rebecca	1991	Moravian	0	1	3.06
11.	506	Grunden, Margaret E.	1993	Gettysburg	0	1	3.32
12.	634	Duin, Jennifer	1992	Muhlenberg	0	1	3.46
13.	454	Ward, Tamiko	1991	Delaware Valley	0	1	3.64
14.	571	Haeusler, Tricia	1991	Lebanon Valley	0	1	3.80
15.	526	Woodside, Donna M.	1993	Gettysburg	0	1	4.89
16.	667	Dunn, Catherine	1993	Swarthmore	0	1	6.39
17.	640	Pasquarello, Lisa	1993	Muhlenberg	0	1	10.03

Women		COLLEGE - M. A. C. Championships		05/05/90			
		400 Meters					
HEAT 1							
LANE	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1	584	Dearborn, Alice M.	1990	Messiah	0	1	2.50
2	527	Bruner, Erika S.	1992	Haverford	0	1	2.30
3	589	Grover, Anne M.	1991	Messiah	0	1	2.26
4	608	Severin, Tyson R.	1992	Messiah	0	1	.43
5	446	Douglass, Kim	1992	Delaware Valley	0	1	1.41
6	587	Frey, Sheila D.	1991	Messiah	0	1	2.14
7	492	Shybunko, Anne	1993	F. & M.	0	1	2.46
8	703	Wehner, Susan	1991	Ursinus	0	1	2.55

FINAL RESULTS

Women		COLLEGE - M. A. C. Championships		05/05/90			
		400 Meters FINAL					
	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	608	Severin, Tyson R.	1992	Messiah	0	1	0.71
2.	589	Grover, Anne M.	1991	Messiah	0	1	1.68
3.	587	Frey, Sheila D.	1991	Messiah	0	1	2.11
4.	703	Wehner, Susan	1991	Ursinus	0	1	2.67
5.	492	Shybunko, Anne	1993	F. & M.	0	1	2.75
6.	584	Dearborn, Alice M.	1990	Messiah	0	1	2.97
7.	527	Bruner, Erika S.	1992	Haverford	0	1	3.01
8.	446	Douglass, Kim	1992	Delaware Valley	0	1	3.56

		COLLEGE - M. A. C. Championships		05/05/90	
Women		800 Meters			
	COMP	NAME	YEAR	TEAM	PL MIN SEC
1.	619	Johnson, Kathleen	1993	Moravian	0 2 23.49
2.	546	Logan, Diana	1990	Johns Hopkins	0 2 25.60
3.	610	Spaan, Tracy K.	1991	Messiah	0 2 25.87
4.	709	Richard, Jill K.	1990	Western Maryland	0 2 26.27
5.	679	Santos, Maricel	1991	Swarthmore	0 2 26.38
6.	493	Studzinski, Christine	1992	F. & M.	0 2 26.89
7.	508	Janowitz, Elizabeth L.	1990	Gettysburg	0 2 28.34
8.	674	Licking, Ellen	1992	Swarthmore	0 2 29.12
9.	646	Stelwagon, Marjorie	1992	Muhlenberg	0 2 29.67
10.	532	Hanson, Amy E.	1992	Haverford	0 2 30.00
11.	652	Hayes, Wendy L.	1993	Susquehanna	0 2 30.23
12.	492	Shybunko, Anne	1993	F. & M.	0 2 31.07
13.	511	Lynch, Jill A.	1992	Gettysburg	0 2 32.87
14.	625	Ottens, Helene	1993	Moravian	0 2 32.96
15.	605	Olson, Amy K.	1992	Messiah	0 0 .00

		COLLEGE - M. A. C. Championships		05/05/90	
Women		800 Meters			
HEAT 1					
LANE	COMP	NAME	YEAR	TEAM	PL MIN SEC
1	619	Johnson, Kathleen	1993	Moravian	0 2 23.49
2	610	Spaan, Tracy K.	1991	Messiah	0 2 25.87
3	493	Studzinski, Christine	1992	F. & M.	0 2 26.89
4	508	Janowitz, Elizabeth L.	1990	Gettysburg	0 2 28.34
5	674	Licking, Ellen	1992	Swarthmore	0 2 29.12
6	709	Richard, Jill K.	1990	Western Maryland	0 2 26.27
7	679	Santos, Maricel	1991	Swarthmore	0 2 26.38
8	546	Logan, Diana	1990	Johns Hopkins	0 2 25.60

FINAL RESULTS

		COLLEGE - M. A. C. Championships		05/05/90	
Women		800 Meters FINAL			
	COMP	NAME	YEAR	TEAM	PL MIN SEC
1.	546	Logan, Diana	1990	Johns Hopkins	0 2 19.09
2.	619	Johnson, Kathleen	1993	Moravian	0 2 21.12
3.	508	Janowitz, Elizabeth L.	1990	Gettysburg	0 2 22.63
4.	679	Santos, Maricel	1991	Swarthmore	0 2 25.23
5.	610	Spaan, Tracy K.	1991	Messiah	0 2 25.65
6.	674	Licking, Ellen	1992	Swarthmore	0 2 26.02
7.	493	Studzinski, Christine	1992	F. & M.	0 2 26.51
8.	709	Richard, Jill K.	1990	Western Maryland	0 2 26.76

FINAL RESULTS

COLLEGE - M. A. C. Championships 05/05/90
1500 Meters

Women

COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	546	Logan, Diana	1990 Johns Hopkins	0	4	48.69
2.	610	Spaan, Tracy K.	1991 Messiah	0	4	52.80
3.	534	Lave, Tamara R.	1990 Haverford	0	4	53.62
4.	679	Santos, Maricel	1991 Swarthmore	0	5	0.10
5.	493	Studzinski, Christine	1992 F. & M.	0	5	1.78
6.	487	Matten, Pamela	1992 F. & M.	0	5	2.49
7.	710	Snyder, Tracey L.	1991 Western Maryland	0	5	4.86
8.	522	Steiner, Rebecca M.	1991 Gettysburg	0	5	6.67
9.	461	Ferguson, Susan	1992 Dickinson	0	5	7.82
10.	599	Kurtz, Nancy A.	1993 Messiah	0	5	8.13
11.	469	McCleary, Lislle	1993 Dickinson	0	5	10.01
12.	620	Knecht, Noel	1991 Moravian	0	5	11.00
13.	510	Lang, Christine	1992 Gettysburg	0	5	11.24
14.	713	Weible, Kendra K.	1993 Western Maryland	0	5	14.48
15.	538	Bamforth, Anna Lee	1990 Johns Hopkins	0	5	18.47

FINAL RESULTS

COLLEGE - M. A. C. Championships 05/05/90
3000 Meters

Women

COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	653	Stinson, (wendolyn L.	1990 Ursinus	0	10	14.43
2.	707	Wagner, Kris L.	1992 Ursinus	0	10	20.67
3.	610	Spaan, Tracy K.	1991 Messiah	0	10	28.50
4.	671	Kelner, Kitty	1990 Swarthmore	0	10	39.62
5.	580	Bauer, Darla M.	1992 Messiah	0	10	48.81
6.	470	Hench, Sarah	1991 Dickinson	0	11	00.56
7.	514	Newton, Lavinia M.	1991 Gettysburg	0	11	15.05
8.	713	Weible, Kendra K.	1993 Western Maryland	0	11	17.83
9.	512	Hitchell, Jennifer A.	1990 Gettysburg	0	11	24.19
10.	454	Bailey, Michelle	1993 Dickinson	0	11	32.81
11.	484	Cornett, Cynthia	1991 F. & M.	0	11	41.17

FINAL RESULTS

Women COLLEGE - M. A. C. Championships 05/05/90
5000 Meters

COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	693	O'Donohue, Gwendolyn L.	1990 Ursinus	0	17	46.79
2.	534	Lave, Tamara R.	1990 Haverford	0	17	56.46
3.	702	Wagner, Kris L.	1992 Ursinus	0	18	6.32
4.	659	Baily, Dayna	1991 Swarthmore	0	18	19.97
5.	671	Keller, Kitty	1990 Swarthmore	0	18	32.31
6.	580	Balmer, Darla M.	1992 Messiah	0	18	34.81
7.	616	Duffy, Sharon	1990 Moravian	0	19	11.48
8.	512	Mitchell, Jennifer A.	1990 Gettysburg	0	19	21.51
9.	611	Warehime, Robbin M.	1991 Messiah	0	19	34.94
10.	514	Newton, Lavinia A.	1991 Gettysburg	0	19	54.63
11.	484	Cornett, Cynthia	1991 F. & M.	0	19	59.71

FINAL RESULTS

Women COLLEGE - M. A. C. Championships 05/05/90
10,000 Meters

COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	534	Lave, Tamara R.	1990 Haverford	0	37	24.90
2.	659	Baily, Dayna	1991 Swarthmore	0	37	40.10
3.	616	Duffy, Sharon	1990 Moravian	0	39	13.50
4.	611	Warehime, Robbin M.	1991 Messiah	0	40	13.00
5.	697	Springer, Teresa M.	1991 Ursinus	0	40	49.30
6.	450	McGough, Kathleen	1990 Delaware Valley	0	41	22.70
7.	491	Robinson, Tracy	1992 F. & M.	0	41	36.50
8.	472	Pappalardo, Christine	1991 Dickinson	0	43	23.60
9.	500	Clark, Tracey L.	1990 Gettysburg	0	44	47.40

FINAL RESULTS

Women COLLEGE - M. A. C. Championships 05/05/90
4 x 400 Meters

COMPETITORS	TEAM	PL	MIN	SEC
1. 756	Moravian *	0	4	5.10
2. 755	Messiah	0	4	8.42
3. 754	Johns Hopkins	0	4	12.92
4. 750	Delaware Valley	0	4	13.55
5. 759	Swarthmore	0	4	14.88
6. 753	Haverford	0	4	15.64
7. 751	F. & M.	0	4	16.28
8. 752	Gettysburg	0	4	17.02
9. 762	Dickinson	0	4	19.65
10. 757	Muhlenberg	0	4	24.64

* (Apgar, Williams, Johnson, Hoffmeier)

COLLEGE - M. A. C. Championships 05/05/90
 Women 4 x 100 Meters

COMPETITORS	TEAM	PL	MIN	SEC
1. 754	Moravian	0	0	.00
2. 755	Messiah	0	0	51.54
3. 750	Delaware Valley	0	0	52.04
4. 758	Susquehanna	0	0	52.47
5. 752	Gettysburg	0	0	52.57
6. 760	Ursinus	0	0	52.77
7. 761	Widener	0	0	52.79
8. 754	Johns Hopkins	0	0	53.17
9. 757	Muhlenberg	0	0	53.25
10. 751	F. & M.	0	0	53.64
11. 759	Swarthmore	0	0	53.75
12. 753	Haverford	0	0	54.42

COLLEGE - M. A. C. Championships 05/05/90
 Women 4 x 100 Meters

HEAT 3

LANE	COMPETITORS	TEAM	PL	MIN	SEC
1	754	Johns Hopkins	0	0	53.17
2	760	Ursinus	0	0	52.77
3	758	Susquehanna	0	0	52.47
4	755	Messiah	0	0	51.54
5	750	Delaware Valley	0	0	52.04
6	752	Gettysburg	0	0	52.57
7	761	Widener	0	0	52.79
8	757	Muhlenberg	0	0	53.25

FINAL RESULTS

COLLEGE - M. A. C. Championships 05/05/90
 Women 4 x 100 Meters FINAL

COMPETITORS	TEAM	PL	MIN	SEC
1. 755	Susquehanna	0	0	.00
2. 755	1 Messiah *	0	0	50.59
3. 750	2 Delaware Valley	0	0	51.27
4. 761	3 Widener	0	0	51.69
5. 752	4 Gettysburg	0	0	52.53
6. 757	5 Muhlenberg	0	0	52.91
7. 754	6 Johns Hopkins	0	0	53.25
8. 760	7 Ursinus	0	0	53.40

* (Bauerlein, Severin, Frey, Grover)

COLLEGE - M. A. C. Championships 05/05/90

Women	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	649	Duffy, Michele L.	1993	Susquehanna	0	0	15.76
2.	531	Grimes, Marcia F.	1991	Haverford	0	0	16.46
3.	453	Slanker, Sandra	1992	Delaware Valley	0	0	16.82
4.	699	Taylor, Jennifer L.	1993	Ursinus	0	0	17.10
5.	719	Purnell, Kelsey	1992	Widener	0	0	17.11
6.	681	Spear, Rachel	1992	Swarthmore	0	0	17.17
7.	594	Hughey, Michaelaele L.	1992	Messiah	0	0	17.26
8.	455	Ward, Terry	1991	Delaware Valley	0	0	17.27
9.	583	Cameron, Debbie J.	1990	Messiah	0	0	17.31
10.	578	Baer, Effie L.	1993	Messiah	0	0	17.41
11.	667	Dunn, Catherine	1993	Swarthmore	0	0	17.47
12.	631	Barber, Sherry	1992	Muhlenberg	0	0	17.61
13.	725	Slavin, Jennifer	1993	Moravian	0	0	17.63
14.	519	Rodenberger, Wendy G.	1993	Gettysburg	0	0	17.64
15.	549	Wilson, Valerie	1991	Johns Hopkins	0	0	17.72
16.	635	Eberhart, Katherine	1992	Muhlenberg	0	0	17.90
17.	524	Waddington, Elizabeth H.	1990	Gettysburg	0	0	17.91
18.	467	Hyde, Jessica	1992	Dickinson	0	0	18.12
19.	489	Piercy, Doreen	1993	F. & M.	0	0	18.31
20.	554	Murnyack, Jenn	1993	Juniata	0	0	18.34
21.	692	Kampherstein, Jennifer A.	1993	Ursinus	0	0	18.58
22.	457	Byron, Pamela	1993	Dickinson	0	0	19.03
23.	598	Krawiec, Elizabeth A.	1991	Messiah	0	0	.00

COLLEGE - M. A. C. Championships 05/05/90

Women	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1	681	Spear, Rachel	1992	Swarthmore	0	0	17.17
2	699	Taylor, Jennifer L.	1993	Ursinus	0	0	17.10
3	455	Ward, Terry	1991	Delaware Valley	0	0	17.27
4	649	Duffy, Michele L.	1993	Susquehanna	0	0	15.76
5	531	Grimes, Marcia F.	1991	Haverford	0	0	16.46
6	453	Slanker, Sandra	1992	Delaware Valley	0	0	16.82
7	719	Purnell, Kelsey	1992	Widener	0	0	17.11
8	594	Hughey, Michaelaele L.	1992	Messiah	0	0	17.26

FINAL RESULTS

COLLEGE - M. A. C. Championships 05/05/90

Women	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1.	649	Duffy, Michele L.	1993	Susquehanna	0	0	15.52
2.	531	Grimes, Marcia F.	1991	Haverford	0	0	15.98
3.	453	Slanker, Sandra	1992	Delaware Valley	0	0	16.76
4.	681	Spear, Rachel	1992	Swarthmore	0	0	16.81
5.	719	Purnell, Kelsey	1992	Widener	0	0	16.89
6.	594	Hughey, Michaelaele L.	1992	Messiah	0	0	16.95
7.	455	Ward, Terry	1991	Delaware Valley	0	0	16.96
8.	699	Taylor, Jennifer L.	1993	Ursinus	0	0	17.42

Women		COLLEGE - M. A. C. Championships		05/05/90			
		400 Meter Hurdles					
COMP	NAME	YEAR	TEAM	PL	MIN	SEC	
1.	583	Cameron, Debbie J.	1990	Messiah	0	1	5.87
2.	569	Giannettino, Joann	1990	Lebanon Valley	0	1	6.02
3.	531	Grimes, Marcia F.	1991	Haverford	0	1	7.18
4.	665	Dempsey, Liz	1993	Swarthmore	0	1	7.20
5.	723	Thorpe, Donna	1990	Widener	0	1	7.42
6.	590	Heckman, Lara A.	1992	Messiah	0	1	8.31
7.	607	Schrock, Jenni L.	1990	Messiah	0	1	8.56
8.	681	Spear, Rachel	1992	Swarthmore	0	1	9.01
9.	507	Hamil, Margaret E.	1991	Gettysburg	0	1	9.57
10.	453	Slanker, Sandra	1992	Delaware Valley	0	1	9.71
11.	489	Piercy, Doreen	1993	F. & M.	0	1	9.94
12.	485	Hutson, Rachel	1991	F. & M.	0	1	11.15
13.	621	Martin, Hilary	1993	Moravian	0	1	11.76
14.	467	Hyde, Jessica	1992	Dickinson	0	1	12.08
15.	726	Ugarte, Sara	1993	Johns Hopkins	0	1	12.76
16.	554	Munnyack, Jenn	1993	Juniata	0	1	13.34
17.	439	Kalma, Christine M.	1991	Albright	0	1	14.38
18.	455	Ward, Terry	1991	Delaware Valley	0	1	15.68
19.	497	Bonos, Stacy A.	1993	Gettysburg	0	1	16.40
20.	463	Gaffney, Patricia	1990	Dickinson	0	1	16.48
21.	700	Ugoretz, Tonya I.	1993	Ursinus	0	1	18.88

Women		COLLEGE - M. A. C. Championships		05/05/90			
		400 Meter Hurdles					
HEAT 1							
LANE	COMP	NAME	YEAR	TEAM	PL	MIN	SEC
1	607	Schrock, Jenni L.	1990	Messiah	0	1	8.56
2	723	Thorpe, Donna	1990	Widener	0	1	7.42
3	531	Grimes, Marcia F.	1991	Haverford	0	1	7.18
4	583	Cameron, Debbie J.	1990	Messiah	0	1	5.87
5	569	Giannettino, Joann	1990	Lebanon Valley	0	1	6.02
6	665	Dempsey, Liz	1993	Swarthmore	0	1	7.20
7	590	Heckman, Lara A.	1992	Messiah	0	1	8.31
8	681	Spear, Rachel	1992	Swarthmore	0	1	9.01

FINAL RESULTS

Women		COLLEGE - M. A. C. Championships		05/05/90			
		400 Meter Hurdles FINAL					
COMP	NAME	YEAR	TEAM	PL	MIN	SEC	
1.	569	Giannettino, Joann	1990	Lebanon Valley	0	1	4.72
2.	583	Cameron, Debbie J.	1990	Messiah	0	1	5.14
3.	531	Grimes, Marcia F.	1991	Haverford	0	1	5.93
4.	665	Dempsey, Liz	1993	Swarthmore	0	1	5.99
5.	723	Thorpe, Donna	1990	Widener	0	1	6.45
6.	607	Schrock, Jenni L.	1990	Messiah	0	1	6.53
7.	590	Heckman, Lara A.	1992	Messiah	0	1	8.74
8.	681	Spear, Rachel	1992	Swarthmore	0	1	10.22

FINAL RESULTS

Women		COLLEGE - M. A. C. Championships		05/05/90	
		Shot Put			
COMP	NAME	YEAR	TEAM	PL	FEET INCH
1.	629 Walsh, Shawn	1992	Moravian	0	0 11.97
2.	633 Collins, Tamara	1992	Muhlenberg	0	0 11.83
3.	655 Nicodemus, Lizabeth R.	1993	Susquehanna	0	0 10.61
4.	521 Sheerin, Colleen E.	1992	Gettysburg	0	0 10.55
5.	588 Gorsline, Deidre Y.	1991	Messiah	0	0 10.45
6.	696 Santangelo, Monica A.	1990	Ursinus	0	0 10.37
7.	572 Moyer, Beth	1993	Lebanon Valley	0	0 10.22
8.	627 Rittenhouse, Jamie	1991	Moravian	0	0 9.64
9.	552 DeChano, Lisa	1993	Juniata	0	0 9.36
10.	577 Blass, Pat A.	1990	Lycoming	0	0 9.36
11.	537 Van Zee, Liese E.	1991	Haverford	0	0 8.78
12.	603 McCue, Candy S.	1993	Messiah	0	0 8.72
13.	656 Sheriff, Heather R.	1991	Susquehanna	0	0 8.65
14.	675 Martin, Pam	1990	Swarthmore	0	0 8.54
15.	568 Fenty, Maria	1990	Lebanon Valley	0	0 8.41
16.	690 Decencio, Stacie L.	1990	Ursinus	0	0 8.37
17.	642 Rieger, Deanna	1993	Muhlenberg	0	0 8.23
18.	707 Mansperger, Sherri L.	1992	Western Maryland	0	0 .00

FINAL RESULTS

Women		COLLEGE - M. A. C. Championships		05/05/90	
		Discus			
COMP	NAME	YEAR	TEAM	PL	FEET INCH
1.	615 Becker, Jodi	1990	Moravian	0	0 35.90
2.	629 Walsh, Shawn	1992	Moravian	0	0 35.24
3.	655 Nicodemus, Lizabeth R.	1993	Susquehanna	0	0 35.13
4.	521 Sheerin, Colleen E.	1992	Gettysburg	0	0 35.01
5.	633 Collins, Tamara	1992	Muhlenberg	0	0 34.98
6.	537 Van Zee, Liese E.	1991	Haverford	0	0 34.41
7.	696 Santangelo, Monica A.	1990	Ursinus	0	0 34.21
8.	706 Leith, Jonelle E.	1992	Western Maryland	0	0 34.08
9.	627 Rittenhouse, Jamie	1991	Moravian	0	0 33.56
10.	577 Blass, Pat A.	1990	Lycoming	0	0 31.18
11.	572 Moyer, Beth	1993	Lebanon Valley	0	0 30.34
12.	552 DeChano, Lisa	1993	Juniata	0	0 30.13
13.	690 Decencio, Stacie L.	1990	Ursinus	0	0 30.13
14.	656 Sheriff, Heather R.	1991	Susquehanna	0	0 29.68
15.	494 Tingley, Lisa	1993	F. & M.	0	0 27.21
16.	567 Cavanaugh, Amy	1993	Lebanon Valley	0	0 26.52
17.	591 Herb, Cathy L.	1993	Messiah	0	0 26.45
18.	523 Tischler, Elisabeth H.	1993	Gettysburg	0	0 25.66
19.	662 Chisholm, Barbara	1993	Swarthmore	0	0 25.40
20.	588 Gorsline, Deidre Y.	1991	Messiah	0	0 .00

FINAL RESULTS

COLLEGE - M. A. C. Championships

05/05/90

Women

Javelin

COMP	NAME	YEAR	TEAM	PL	FEET	INCH
1.	627 Rittenhouse, Jamie	1991	Moravian	0	0	40.08
2.	597 Kidder, Tara L.	1991	Messiah	0	0	38.80
3.	641 Popp, Melissa	1991	Muhlenberg	0	0	36.72
4.	453 Slanker, Sandra	1992	Delaware Valley	0	0	34.38
5.	655 Nicodemus, Lizabeth R.	1993	Susquehanna	0	0	33.48
6.	623 Norcross, Carie	1993	Moravian	0	0	32.60
7.	708 Miller, Jaqueline S.	1993	Western Maryland	0	0	30.96
8.	521 Sheerin, Colleen E.	1992	Gettysburg	0	0	30.08
9.	690 Decencio, Stacie L.	1990	Ursinus	0	0	27.68
10.	570 Grube, Michelle	1990	Lebanon Valley	0	0	27.56
11.	662 Chisholm, Barbara	1993	Swarthmore	0	0	27.44
12.	445 Wissler, Krista N.	1993	Albright	0	0	27.20
13.	680 Scurto, Teresa	1990	Swarthmore	0	0	27.14
14.	567 Cavanaugh, Amy	1993	Lebanon Valley	0	0	24.54
15.	593 Hooper, Lauri L.	1992	Messiah	0	0	21.14
16.	577 Blass, Pat A.	1990	Lycoming	0	0	.00
17.	515 Paulin, Lindsey A.	1991	Gettysburg	0	0	.00

FINAL RESULTS

COLLEGE - M. A. C. Championships

05/05/90

Women

Long Jump

COMP	NAME	YEAR	TEAM	PL	FEET	INCH
1.	587 Frey, Sheila D.	1991	Messiah	0	0	5.12
2.	649 Duffy, Michele L.	1993	Susquehanna	0	0	5.08
3.	589 Grover, Anne M.	1991	Messiah	0	0	5.05
4.	614 Apgar, Tammy	1991	Moravian	0	0	5.05
5.	658 Warner, Karen L.	1993	Susquehanna	0	0	5.04
6.	701 Warner, Dawn M.	1992	Ursinus	0	0	5.02
7.	699 Taylor, Jennifer L.	1993	Ursinus	0	0	4.99
8.	626 Piazza, Christy	1991	Moravian	0	0	4.80
9.	592 Herry, Bridget E.	1992	Messiah	0	0	4.77
10.	670 Ives, Jennell	1993	Swarthmore	0	0	4.70
11.	581 Bauerlein, Mindi D.	1991	Messiah	0	0	4.70
12.	584 Dearborn, Alice M.	1990	Messiah	0	0	4.69
13.	480 Zelno, Jaqueline	1991	Dickinson	0	0	4.61
14.	483 Borosky, Patricia	1991	F. & M.	0	0	4.60
15.	694 O'Malley, Dorothy M.	1990	Ursinus	0	0	4.60
16.	498 Bray, Tammy L.	1993	Gettysburg	0	0	4.60
17.	571 Haeusler, Tricia	1991	Lebanon Valley	0	0	4.49
18.	635 Eberhart, Katherine	1992	Muhlenberg	0	0	4.29
19.	488 Murphy, Kimberly	1991	F. & M.	0	0	4.28
20.	528 Cunnane, Mary Beth	1992	Haverford	0	0	4.22
21.	553 Gessner, Angie	1992	Juniata	0	0	4.18
22.	715 Messina, Donna	1991	Widener	0	0	4.08
23.	722 Smuda, Debra	1993	Widener	0	0	3.82
24.	598 Krawiec, Elizabeth A.	1991	Messiah	0	0	.00

FINAL RESULTS

COLLEGE - M. A. C. Championships 05/05/90

Women	CONP	NAME	YEAR	TEAM	PL	FEET	INCH
1.	649	Duffy, Michele L.	1993	Susquehanna	0	0	11.49
2.	483	Borosky, Patricia	1991	F. & M.	0	0	10.70
3.	600	LeFevre, Meghan E.	1993	Messiah	0	0	10.61
4.	694	O'Malley, Dorothy M.	1990	Ursinus	0	0	10.58
5.	699	Taylor, Jennifer L.	1993	Ursinus	0	0	10.43
6.	722	Smuda, Debra	1993	Widener	0	0	10.43
7.	701	Warner, Dawn M.	1992	Ursinus	0	0	10.36
8.	658	Warner, Karen L.	1993	Susquehanna	0	0	10.32
9.	488	Murphy, Kimberly	1991	F. & M.	0	0	10.16
10.	592	Herry, Bridget E.	1992	Messiah	0	0	10.15
11.	480	Zelno, Jaqueline	1991	Dickinson	0	0	10.01
12.	670	Ives, Jennell	1993	Swarthmore	0	0	9.85
13.	503	Farrell, Erin E.	1990	Gettysburg	0	0	9.58
14.	574	Petruska, Alicia	1993	Lebanon Valley	0	0	9.57
15.	571	Haessler, Tricia	1991	Lebanon Valley	0	0	9.50
16.	553	Gessner, Angie	1992	Juniata	0	0	9.48
17.	530	Bourley, Jennifer L.	1992	Haverford	0	0	9.45
18.	598	Krawiec, Elizabeth A.	1991	Messiah	0	0	.00

FINAL RESULTS

COLLEGE - M. A. C. Championships 05/05/90

Women	CONP	NAME	YEAR	TEAM	PL	FEET	INCH
1.	694	O'Malley, Dorothy M.	1990	Ursinus	0	0	1.66
2.	507	Laird, Yolanda L.	1993	Gettysburg	0	0	1.63
3.	658	Warner, Karen L.	1993	Susquehanna	0	0	1.52
4.	613	Worlander, Stacey J.	1993	Messiah	0	0	1.52
5.	607	Schrock, Jenni L.	1990	Messiah	0	0	1.52
6.	449	Kelley, Bridget	1993	Delaware Valley	0	0	1.47
7.	604	Engel, Tammy	1991	Moravian	0	0	1.47
8.	485	Hutson, Rachel	1991	F. & M.	0	0	1.47
9.	651	Freimanis, Dena P.	1991	Susquehanna	0	0	1.47
10.	464	Gade, Ann	1992	Dickinson	0	0	1.47
11.	503	Farrell, Erin E.	1990	Gettysburg	0	0	1.47
12.	457	Byron, Pamela	1993	Dickinson	0	0	1.42
13.	547	Fahrenbrock, Kimberly	1993	Johns Hopkins	0	0	1.42
14.	550	Winfield, Nikie	1992	Johns Hopkins	0	0	1.42
15.	477	Sutton, Wendy	1993	Dickinson	0	0	.00
16.	494	Tingloy, Lisa	1993	F. & M.	0	0	.00
17.	703	Wahner, Susan	1991	Ursinus	0	0	.00