

1995 MAC TRACK & FIELD CHAMPIONSHIP

MEN

<u>TEAM</u>	<u>OFFICIAL SCORE</u>
1) Susquehanna.....	153.5
2) Moravian	139.5
3) Lebanon Valley.....	129
4) Widener	124
5) Messiah	86
6) Albright.....	28
7) Delaware Valley.....	26
8) Juniata	24
9) Lycoming	11

WOMEN

<u>TEAM</u>	<u>OFFICIAL SCORE</u>
1) Messiah	122
1) Moravian	122
3) Susquehanna	105.5
4) Lebanon Valley.....	104
5) Widener	90.5
6) Juniata	48
7) Albright.....	27
8) Delaware Valley.....	12
9) Lycoming	10

David B. Eavenson Sr., Awards

Men: Bob Thear (Moravian) - Winner of the 3,000 Meter Steeplechase
Women: Mandi Hoover (Messiah) - Winner of the 400 Meter Dash

Outstanding Athletes

Men: Ross DeNisco (Lebanon Valley)
Women: Gina Gonzalez (Widener)

ECAC BASEBALL PLAYOFFS

Saturday, May 13, 1995 - 4:00 pm

Albright vs Bethany (WV) at Quakertown

Middle Atlantic Conference Track and Field Championships
Widener University
May 5-6, 1995
Team Scores

Men's Scoring

	Points
Susquehanna	153.5
Moravian	138.5
Lebanon Valley	128
Widener	124
Messiah	86
Delaware Valley	30
Albright	28
Juniata	24
Lycoming	11

Women's Scoring

	Points
Moravian	130 122
Messiah	120 122
Susquehanna	104.5 105.5
Lebanon Valley	104
Widener	87.5 90.5
Juniata	48
Albright	27
Delaware Valley	12
Lycoming	10

David B. Eavenson Sr., Awards

Men:	Bob Thear, Moravian	Winner of the 3,000 Meter Steeplechase
Women:	Mandi Hoover, Messiah	Winner of the 400 Meter Dash

Outstanding Athletes

Men:	Ross DeNisco, Lebanon Valley
Women:	Gina Gonzalez, Widener

MEN'S 100 Meter Dash

1994 Champion Scot Sechler, Susquehanna 11.12
 MAC Record Dave Bell, Widener 1981 10.77

Qualifying Standards

MAC 11.5
 NCAA "A" 10.7
 NCAA "B" 10.85

Heat 1	Entrant	Aff	Seed Time	Heat Time
Lane 1	Matt Shedlock	JUN	11.37	11.69
Lane 2	George Jones	WID	11.24	11.26 Heat Winner
Lane 3	Darby Graybill	MES	11.54	11.45
Lane 4	Kyle Sweitzer	JUN	11.53	11.75
Lane 5	Robert Dekle	LVC	10.89	11.52
Lane 6	Kerry Miller	MES	11.34	11.67
Lane 7	Keith Costello	DVC	11.74	11.74
Lane 8	Ernie Rehrig	SUS	11.24	11.32

Heat 2	Entrant	Aff	Seed Time	Heat Time
Lane 1	Kimathi Choma	MES	11.64	11.35
Lane 2	Wahab Shah	JUN	11.44	11.39
Lane 3	Mike Vottero	SUS	11.2	11.18
Lane 4	Jeff Hess	DVC	11.34	11.5
Lane 5	Kamief Jenkins	SUS	11.25	11.19
Lane 6	Jason Falvo	JUN	11.38	11.34
Lane 7	Ian Smith	SUS	11.13	11.02 Heat Winner
Lane 8	Tom Austin	MES	11.74	11.8

Finals	Entrant	Aff	Heat Time	Final Time
Lane 1	Kimathi Choma	MES	11.35	11.57
Lane 2	Ernie Rehrig	SUS	11.32	11.22
Lane 3	Mike Vottero	SUS	11.18	11.17
Lane 4	Ian Smith	SUS	11.02	10.97
Lane 5	George Jones	WID	11.26	11.18
Lane 6	Kamief Jenkins	SUS	11.19	11.37
Lane 7	Jason Falvo	JUN	11.34	11.28
Lane 8	Wahab Shah	JUN	11.39	11.36

Places	Entrant	Aff	Heat Time	Final Time	Points
.1.	Ian Smith	SUS	11.02	10.97	10
.2.	Mike Vottero	SUS	11.18	11.17	8
.3.	George Jones	WID	11.26	11.18	6
.4.	Ernie Rehrig	SUS	11.32	11.22	5
.5.	Jason Falvo	JUN	11.34	11.28	4
.6.	Wahab Shah	JUN	11.39	11.36	3
.7.	Kamief Jenkins	SUS	11.19	11.37	2
.8.	Kimathi Choma	MES	11.35	11.57	1
.9.	Darby Graybill	MES	11.54	11.45	
.10.	Jeff Hess	DVC	11.34	11.5	
.11.	Robert Dekle	LVC	10.89	11.52	
.12.	Kerry Miller	MES	11.34	11.67	
.13.	Matt Shedlock	JUN	11.37	11.69	
.14.	Keith Costello	DVC	11.74	11.74	
.15.	Kyle Sweitzer	JUN	11.53	11.75	
.16.	Tom Austin	MES	11.74	11.8	

MEN'S 200 Meter Dash

1994 MAC Champion	Dan Cregan, Susquehanna		22.33
MAC Record	Mike Spangler, Susquehanna	1992	21.37

Qualifying Standards

MAC	23.5
NCAA "A"	21.6
NCAA "B"	21.9

Heat 1	Entrant	Aff	Seed Time	Heat Time
Lane 1	Kerry Miller	MES	23.44	23.67
Lane 2	Kyle Sweitzer	JUN	23.74	23.93
Lane 3	Pete Amme	SUS	23.44	23.13
Lane 4	Mark Vottero	SUS	22.82	22.32 Heat Winner
Lane 5	Darby Graybill	MES	22.84	22.7
Lane 6	Kimathi Choma	MES	23.24	22.71
Lane 7	Ian Smith	SUS	22.94	22.46
Lane 8	Bill Kott	MOR	22.15	22.59

Heat 2	Entrant	Aff	Seed Time	Heat Time
Lane 1	Grant Willman	WID	23.54	23.48
Lane 2	Ernie Rehrig	SUS	23.37	23.08
Lane 3	George Jones	WID	22.74	22.95
Lane 4	Kamief Jenkins	SUS	22.9	22.68 Heat Winner
Lane 5	Jeff Hess	DVC	22.94	23.02
Lane 6	Doug Goldblatt	SUS	23.31	23.18
Lane 7	Jason Falvo	JUN	23.5	23.19
Lane 8	Dan Cregan	SUS	22.38	scratch

Finals	Entrant	Aff	Heat Time	Final Time
Lane 1	George Jones	WID	22.95	22.9
Lane 2	Darby Graybill	MES	22.7	22.82
Lane 3	Ian Smith	SUS	22.46	22.44
Lane 4	Mark Vottero	SUS	22.32	41.3
Lane 5	Kamief Jenkins	SUS	22.68	23.26
Lane 6	Bill Kott	MOR	22.59	22.65
Lane 7	Kimathi Choma	MES	22.71	23.3
Lane 8	Jeff Hess	DVC	23.02	23.72

Places	Entrant	Aff	Heat Time	Final Time	Points
.1.	Ian Smith	SUS	22.44	22.44	10
.2.	Bill Kott	MOR	22.65	22.65	8
.3.	Darby Graybill	MES	22.82	22.82	6
.4.	George Jones	WID	22.9	22.9	5
.5.	Kamief Jenkins	SUS	23.26	23.26	4
.6.	Kimathi Choma	MES	23.3	23.3	3
.7.	Jeff Hess	DVC	23.72	23.72	2
.8.	Mark Vottero	SUS	41.3	41.3	1
.9.	Ernie Rehrig	SUS	23.08	23.08	
.10.	Pete Amme	SUS	23.13	23.13	
.11.	Doug Goldblatt	SUS	23.18	23.18	
.12.	Jason Falvo	JUN	23.19	23.19	
.13.	Grant Willman	WID	23.48	23.48	
.14.	Kerry Miller	MES	23.67	23.67	
.15.	Kyle Sweitzer	JUN	23.93	23.93	
	Dan Cregan	SUS	scratch	scratch	

MEN'S 400 Meter Dash

1994 MAC Champion	Dan Cregan, Susquehanna	49.39	
MAC Record	Dave German, Susquehanna	47.02	1983

Qualifying Standards

MAC	53.5
NCAA "A"	48.1
NCAA "B"	48.8

Heat 1	Entrant	Aff	Seed Time	Heat Time	
Lane 2	Nathan Hillegas	LVC	49.69	49.92	Heat Winner
Lane 3	Jesse Merscher	WID	52.74	52.43	
Lane 4	Kevin Webster	MES	53.04	54.5	
Lane 5	Doug Goldblatt	SUS	52.13	51.31	
Lane 6	Andy Shirlow	WID	51.74	51.59	

Heat 2

Lane 2	Phil Tramel	WID	53.64	scratch	
Lane 3	Brian Blanford	LVC	51.24	51.84	
Lane 4	Shawn Devlin	JUN	52.64	52.84	
Lane 5	Larry Sabia	MOR	52.69	52.46	
Lane 6	Bill Kott	MOR	50.04	50.86	Heat Winner
Lane 7	Pat Caulden	WID	53.24	53.26	

Heat 3

Lane 2	Jeff Burdick	WID	53.64	53.52	
Lane 3	Pete Amme	SUS	50.9	51.37	Heat Winner
Lane 4	Kevin Byma	MES	51.19	51.83	
Lane 5	Frank Gensemer	WID	52.64	52.48	
Lane 6	Aaron Rush	LVC	53.34	54.03	
Lane 7	Grant Willman	WID	52.64	53.48	

Finals

			Heat Time	Final Time
Lane 1	Brian Blanford	LVC	51.84	53.05
Lane 2	Andy Shirlow	WID	51.59	DQ
Lane 3	Pete Amme	SUS	51.37	51.65
Lane 4	Nathan Hillegas	LVC	49.92	49.78
Lane 5	Bill Kott	MOR	50.86	50.57
Lane 6	Doug Goldblatt	SUS	51.31	52.44
Lane 7	Kevin Byma	MES	51.83	51.82
Lane 8	Jesse Merscher	WID	52.43	53.81

Places

				Points
.1.	Nathan Hillegas	LVC	49.78	10
.2.	Bill Kott	MOR	50.57	8
.3.	Pete Amme	SUS	51.65	6
.4.	Kevin Byma	MES	51.82	5
.5.	Doug Goldblatt	SUS	52.44	4
.6.	Brian Blanford	LVC	53.05	3
.7.	Jesse Merscher	WID	53.81	2
	Andy Shirlow	WID	DQ	
.9.	Larry Sabia	MOR	52.46	
.10.	Frank Gensemer	WID	52.48	
.11.	Shawn Devlin	JUN	52.84	
.12.	Pat Caulden	WID	53.26	
.13.	Grant Willman	WID	53.48	
.14.	Jeff Burdick	WID	53.52	
.15.	Aaron Rush	LVC	54.03	
.16.	Kevin Webster	MES	54.5	
	Phil Tramel	WID	scratch	

MEN'S 800 Meter Run

1994 Champion Marcus Sanger, Messiah 1:58.40
 MAC Record Kevin Foley, Haverford 1:51.79 1982

Qualifying Standards

MAC 2:03.00
 NCAA 'A' 1:52.00
 NCAA 'B' 1:53.50

Heat 1	Entrant	Aff	Seed Time	Heat Time	
Lane 2	Dave Harris	WID	2:01.74	2:02.41	
Lane 3	Brandon Snyder	LVC	2:00.04	2:01.82	
Lane 4	Marcus Sanger	MES	1:58.38	2:01.68	
Lane 5	Donnie Augustin	SUS	2:00.64	2:01.12	
Lane 6	Mike Angelo	SUS	1:57.43	2:00.90	Heat Winner

Heat 2	Entrant	Aff	Seed Time	Heat Time	
Lane 2	Matt Ollikainen	SUS	1:57.79	2:01.83	
Lane 3	Ian Wallace	MES	2:00.47	2:02.25	
Lane 4	Dave Mullen	MOR	2:00.40	2:01.95	
Lane 5	Dan Palopoli	LVC	2:02.24	2:10.45	
Lane 6	Rodney Clark	WID	1:57.66	2:01.00	Heat Winner

Finals	Entrant	Aff	Heat Time	Final Time
Lane 1	Dave Mullen	MOR	2:01.95	2:00.50
Lane 2	Brandon Snyder	LVC	2:01.82	2:00.28
Lane 3	Donnie Augustin	SUS	2:01.12	2:00.93
Lane 4	Mike Angelo	SUS	2:00.90	1:57.58
Lane 5	Rodney Clark	WID	2:01.00	1:58.70
Lane 6	Marcus Sanger	MES	2:01.68	1:59.83
Lane 7	Matt Ollikainen	SUS	2:01.83	1:59.39
Lane 8	Ian Wallace	MES	2:02.25	2:01.4

Places	Entrant	Aff	Heat Time	Final Time	Points
.1.	Mike Angelo	SUS	1:57.58	1:57.58	10
.2.	Rodney Clark	WID	1:58.70	1:58.70	8
.3.	Matt Ollikainen	SUS	1:59.39	1:59.39	6
.4.	Marcus Sanger	MES	1:59.83	1:59.83	5
.5.	Brandon Snyder	LVC	2:00.28	2:00.28	4
.6.	Dave Mullen	MOR	2:00.50	2:00.50	3
.7.	Donnie Augustin	SUS	2:00.93	2:00.93	2
.8.	Ian Wallace	MES	2:01.4	2:01.4	1
.9.	Dave Harris	WID	2:02.41	2:02.41	
.10.	Dan Palopoli	LVC	2:10.45	2:10.45	

MEN'S 1,500 Meter Run

1994 Champion Chuck Holiday, Delaware Valley 4:02.70
MAC Record Kevin Foley, Haverford 3:44.50 1982

Qualifying Standards

MAC 4:25.00
NCAA 'A' 3:54.04
NCAA 'B' 3:55.64

Heat 1	Entrants	Aff	Seed Time	Finals
Lane 1	Rodney Clark	WID	4:05.04	4:10.59
Lane 2	Donnie Augustin	SUS	4:08.15	4:10.44
Lane 3	Dave Sanders	WID	4:10.54	4:08.95
Lane 4	Dave Harris	WID	4:11.84	4:18.76
Lane 5	Greg Jacoby	MES	4:11.94	4:09.31
Lane 6	Bob Thear	MOR	4:15.77	4:19.41
Lane 7	Walt Zeller	WID	4:17.84	4:18.45
Lane 8	Dan Polopoli	LVC	4:19.74	4:18.69
Lane 9	Dan Bellissimo	ALB	4:20.24	4:22.36
Lane 10	Mark Price	MOR	4:24.19	4:30.70

Places

				Points
.1.	Dave Sanders	WID	4:08.95	10
.2.	Greg Jacoby	MES	4:09.31	8
.3.	Donnie Augustin	SUS	4:10.44	6
.4.	Rodney Clark	WID	4:10.59	5
.5.	Walt Zeller	WID	4:18.45	4
.6.	Dan Polopoli	LVC	4:18.69	3
.7.	Dave Harris	WID	4:18.76	2
.8.	Bob Thear	MOR	4:19.41	1
.9.	Dan Bellissimo	ALB	4:22.36	
.10.	Mark Price	MOR	4:30.70	

MEN'S 3,000 Meter Steeplechase

1994 Champion Phil Koser, Messiah 10:07.50
 MAC Record Matt Leighninger, Haverford 9:09.13 1991

Qualifying Standards

MAC 11:15.00
 NCAA 'A' 9:14.44
 NCAA 'B' 9:23.44

Heat 1	Entrant	Aff	Seed Time	Final Time
Lane 1	Craig Neiman	MOR	10:03.84	10:30.59
Lane 2	Phil Koser	MES	10:07.94	10:22.56
Lane 3	Bob Thear	MOR	10:12.73	9:59.49
Lane 4	Walt Zeller	WID	10:14.34	10:11.60
Lane 5	Dan Andrus	SUS	10:25.40	10:04.00
Lane 6	Andy Plantz	WID	10:33.34	10:33.17
Lane 7	Ed Brignole	LVC	10:34.24	10:31.11
Lane 8	Jason Switzer	MOR	10:46.24	10:52.19
Lane 9	Brent Endicott	MES	11:03.64	11:35.27
Lane 10	Jason Badman	LVC	11:13.84	11:28.80
Lane 11	Robert Horn	LVC	11:15.04	10:52.73

Places				Points
.1.	Bob Thear	MOR	9:59.49	10
.2.	Dan Andrus	SUS	10:04.00	8
.3.	Walt Zeller	WID	10:11.60	6
.4.	Phil Koser	MES	10:22.56	5
.5.	Craig Neiman	MOR	10:30.59	4
.6.	Ed Brignole	LVC	10:31.11	3
.7.	Andy Plantz	WID	10:33.17	2
.8.	Jason Switzer	MOR	10:52.19	1
.9.	Robert Horn	LVC	10:52.73	
.10.	Jason Badman	LVC	11:28.80	
.11.	Brent Endicott	MES	11:35.27	

MEN'S 5,000 Meter Run

1994 Champion Patrick Egan, Moravian 15:19.90
 MAC Record Mike Shelly, Haverford 14:46.62 1982

Qualifying Standards

MAC 16:45.00
 NCAA 'A' 14:40.94
 NCAA 'B' 14:54.44

Heat 1	Entrant	Aff	Seed Time	Final Time
Lane 1	Jeff Koegel	LVC	15:29.34	15:35.35
Lane 2	Patrick Egan	MOR	15:58.94	16:06.72
Lane 3	Dave Sanders	WID	16:04.54	16:25.89
Lane 4	Craig Neiman	MOR	16:05.77	16:26.66
Lane 5	Ed Brignole	LVC	16:14.84	16:22.84
Lane 6	Mark Bersheim	WID	16:26.34	16:43.44
Lane 7	Jerry DeNight	WID	16:29.64	16:20.32
Lane 8	John Friedl	MOR	16:31.29	16:06.26
Lane 9	Greg Jacoby	MES	16:38.84	17:05.19
Lane 10	Dan Andrus	SUS	16:40.17	16:49.16
Lane 11	Jason Badman	LVC	16:43.34	17:26.10
Lane 12	Brian Frank	MES	16:44.24	16:54.56
Lane 13	Robert Horn	LVC	16:45.04	17:26.47

Places				Points	
.1.	Jeff Koegel	LVC	15:35.35	10	
.2.	John Friedl	MOR	16:06.26	8	
.3.	Patrick Egan	MOR	16:06.72	6	
.4.	Jerry DeNight	WID	16:20.32	5	
.5.	Ed Brignole	LVC	16:22.84	4	
.6.	Dave Sanders	WID	16:25.89	3	
.7.	Craig Neiman	MOR	16:26.66	2	
.8.	Mark Bersheim	WID	16:43.44	1	
.9.	Dan Andrus	SUS	16:49.16		
.10.	Brian Frank	MES	16:54.56		
.11.	Greg Jacoby	MES	17:05.19		
.12.	Robert Horn	LVC	17:26.47		Hand Time
.13.	Jason Badman	LVC	17:26.10		

MEN'S 10,000 Meter Run

1994 Champion James Hubbard, Messiah 32:30.60
MAC Record Seamus McElligott, Haverford 30:29.25 1990

Qualifying Standards

MAC 38:00.00
NCAA 'A' 30:45.24
NCAA 'B' 31:29.24

Heat 1	Entrant	Aff	Seed Time	Final
Lane 1	Jeff Koegel	LVC	31:45.44	32:09.01
Lane 2	Brian Frank	MES	34:50.04	34:59.63
Lane 3	Lonnie Hockenbury	MES	36:10.44	36:19.43
Lane 4	Mike Squarcia	MOR	37:26.36	37:27.36
Lane 5	Mark Bersheim	WID	no time	35:07.86
Lane 6	Jerry DeNight	WID	no time	35:28.14
Lane 7	Patrick Egan	MOR	no time	34:30.24

Places				Points
.1.	Jeff Koegel	LVC	32:09.01	10
.2.	Patrick Egan	MOR	34:30.24	8
.3.	Brian Frank	MES	34:59.63	6
.4.	Mark Bersheim	WID	35:07.86	5
.5.	Jerry DeNight	WID	35:28.14	4
.6.	Lonnie Hockenbury	MES	36:19.43	3
.7.	Mike Squarcia	MOR	37:27.36	2

MEN'S 110 Meter Hurdles

1994 Champion	Greg O'Neil, Moravian	14.73	
MAC Record	Mike Herb, Messiah	14.73	1990
	Greg O'Neil, Moravian	14.73	1994

Qualifying Standards

MAC	16.3
NCAA 'A'	14.71
NCAA 'B'	14.9

Heat 1	Entrant	Aff	Seed Time	Finals
Lane 1	Chris Buck	LVC	16.54	17.51
Lane 2	Greg Sawicki	SUS	16.28	DQ
Lane 3	Sean Stoner	WID	15.64	15.71
Lane 4	Charles Moore	ALB	15.56	15.44
Lane 5	Josh McDowell	MES	15.62	15.82
Lane 6	Nate McNitt	SUS	15.84	16.03
Lane 7	Nate Groff	MOR	16.3	16.21

Places			Finals	Points
.1.	Charles Moore	ALB	15.44	10
.2.	Sean Stoner	WID	15.71	8
.3.	Josh McDowell	MES	15.82	6
.4.	Nate McNitt	SUS	16.03	5
.5.	Nate Groff	MOR	16.21	4
.6.	Chris Buck	LVC	17.51	3

MEN'S 400 Meter Hurdles

1994 Champion	Nathan Hillegas, Lebanon Valley	56.16	
MAC Record	Cal Williams, Dickinson	52.18	1988

Qualifying Standards

MAC	59
NCAA 'A'	53.4
NCAA 'B'	54.5

Heat 1	Entrant	Aff	Seed Time	Final
Lane 1	Sean Stoner	WID	58.64	56.96
Lane 2	Dan Waskom	MOR	58.5	59.01
Lane 3	Charles Moore	ALB	57.84	56.92
Lane 4	Nathan Hillegas	LVC	55.34	55.48
Lane 5	Frank Gensemer	WID	56.44	56.66
Lane 6	Andy Huber	MES	58.41	57.56
Lane 7	Doug Goldblatt	SUS	58.64	57.52

Places

				Points
.1.	Nathan Hillegas	LVC	55.48	10
.2.	Frank Gensemer	WID	56.66	8
.3.	Charles Moore	ALB	56.92	6
.4.	Sean Stoner	WID	56.96	5
.5.	Doug Goldblatt	SUS	57.52	4
.6.	Andy Huber	MES	57.56	3
.7.	Dan Waskom	MOR	59.01	2

MEN'S 400 Meter Relay

1994 Champion	Susquehanna	42.05	
MAC Record	Susquehanna	41.75	1983

Qualifying Standards

MAC	-
NCAA 'A'	42.1
NCAA 'B'	42.5

Heat 1	Entrant	Seed Time	Final
Lane 1	Delaware Valley	no time	44.99
Lane 2	Moravian	44.52	46.94
Lane 3	Lebanon Valley	43.84	45.43
Lane 4	Susquehanna	42.47	42.54
Lane 5	Widener	43.44	43.64
Lane 6	Messiah	43.94	43.83
Lane 7	Juniata	44.94	44.07

Places			Points
.1.	Susquehanna	42.54	10
.2.	Widener	43.64	8
.3.	Messiah	43.83	6
.4.	Juniata	44.07	5
.5.	Delaware Valley	44.99	4
.6.	Lebanon Valley	45.43	3
.7.	Moravian	46.94	2

MEN'S 1,600 Meter Relay

1994 Champion	Moravian	3:25.40	
MAC Record	Delaware Valley	3:15.72	1982

Qualifying Standards

MAC	-
NCAA 'A'	3:16.54
NCAA 'B'	3:18.54

Heat 1	Entrant	Seed Time	Finals
Lane 2	Moravian	3:30.89	DQ
Lane 3	Messiah	3:26.91	3:30.1
Lane 4	Susquehanna	3:23.70	3:25.3
Lane 5	Lebanon Valley	3:25.24	3:28.5
Lane 6	Widener	3:28.04	3:29.7

Places

.1.	Susquehanna	3:25.3
.2.	Lebanon Valley	3:28.5
.3.	Widener	3:29.7
.4.	Messiah	3:30.1
.5.	Moravian	DQ
.6.		

MEN'S High Jump

1994 Champion Greg O'Neil, Moravian 6-5
MAC Record Lance Kern, Susquehanna 6-8.25 1989

Qualifying Standards

MAC 6-2
NCAA 'A' 6-10.25
NCAA 'B' 6-9

Order	Entrant	Aff	Seed	Final
.1.	Matt Wines	MOR		6-2
.2.	Colin O'Hara	MOR		5-10
.3.	Nate McNitt	SUS		5-10
.4.	Owen Zimmerman	MOR		6-6
.5.	Matt Shedlock	JUN		5-10
.6.	Erik Olson	LVC		6-4
.7.	Andy Huber	MES		6-2
.8.	Ben Cartwright	MES		6-2
.9.	Chris Biever	SUS		6-4

Places			Finals	Points
.1.	Owen Zimmerman	MOR	6-6	10
.2.	Chris Biever	SUS	6-4	8
.3.	Erik Olson	LVC	6-4	6
.4.	Ben Cartwright	MES	6-2	5
.5.	Matt Wines	MOR	6-2	4
.6.	Andy Huber	MES	6-2	3
.7.	Nate McNitt	SUS	5-10	1.5
.7.	Colin O'Hara	MOR	5-10	1.5
.9.	Matt Shedlock	JUN	5-10	

MEN'S Pole Vault

1994 Champion	Nate Groff, Moravian	13-3.5	
MAC Record	Frank Krantz, Susquehanna	15-3	1993

Qualifying Standards

MAC	11-6
NCAA 'A'	15-9
NCAA 'B'	15-3

Order	Entrant	Aff	Seed	Final
.1.	Ed Wolford	DVC	11-6	x
.2.	Sean Stoner	WID	12-0	x
.3.	Jeremy Lothian	DVC	12-0	x
.4.	John Sakoff	ALB	12-6	13-1.5
.5.	Charles Moore	ALB	12-6	13-7.25
.6.	Mike Morano	MOR	13-0	12-7.5
.7.	John Merritt	WID	13-6	x
.8.	Jacob Tshudy	LVC	14-0	14-1.25
.9.	Nate Groff	MOR	14-0	13-7.25
.10.	C.J. Brown	MOR	15-0	14-7.25

Places

.1.	C.J. Brown	MOR	14-7.25	10
.2.	Jacob Tshudy	LVC	14-1.25	8
.3.	Nate Groff	MOR	13-7.25	6
.4.	Charles Moore	ALB	13-7.25	5
.5.	John Sakoff	ALB	13-1.5	4
.6.	Mike Morano	MOR	12-7.5	3
	John Merritt	WID	x	
	Ed Wolford	DVC	x	
	Sean Stoner	WID	x	
	Jeremy Lothian	DVC	x	

MEN'S Long Jump

1994 Champion Gregg Barrett, Widener 22-10.5
MAC Record Dan Reichenbach, Moravian 24-3 1989

Qualifying Standards

MAC 20-4
NCAA 'A' 23-10.25
NCAA 'B' 23-3.25

Flight 1	Entrant	Aff	Seed	Trials
.1.	Jimmy Burton	WID	21-4.75	20-2.75
.2.	Sean Stoner	WID	21-2.25	20-8
.3.	Andy Shatto	LVC	21-1	19-2.75
.4.	Jeff Hess	DVC	20-7	19-0.5
.5.	Nate McNitt	SUS	21-4.25	19-9
.6.	Wahab Shah	JUN	20-7	20-1
.7.	Josh McDowell	MES	22-6.25	22-2

Flight 2

.1.	Kamief Jenkins	SUS	20-10	21-1
.2.	Brad Lamm	MOR	22-1	20-8.5
.3.	Ed Baniak	DVC	22-4.5	21-2.75
.4.	Chris Biever	SUS	20-7.25	19-11
.5.	Erik Olson	LVC	21-3.5	18-9.25
.6.	Gable Dixon	SUS	21-4	19-9.75
.7.	Wes Rich	JUN	20-4	19-6

Places

			Trials	Finals	Points
.1.	Josh McDowell	MES	22-2	22-5.5	10
.2.	Jimmy Burton	WID	20-2.75	21-4.25	8
.3.	Ed Baniak	DVC	21-2.75	21-2.75	6
.4.	Kamief Jenkins	SUS	21-1	21-1	5
.5.	Brad Lamm	MOR	20-8.5	20-8.5	4
.6.	Sean Stoner	WID	20-8	20-8	3
.7.	Wahab Shah	JUN	20-1	20-1	2
.8.	Chris Biever	SUS	19-11	19-11	1
.9.	Nate McNitt	SUS	19-9		
.10.	Andy Shatto	LVC	19-2.75		
.11.	Jeff Hess	DVC	19-0.5		
.12.	Erik Olson	LVC	18-9.25		
.13.	Gable Dixon	SUS	19-9.75		
.14.	Wes Rich	JUN	19-6		

MEN'S Triple Jump

1994 Champion Sam Kimmel, Messiah 46-10.75
 MAC Record Mike Willaims, Widener 51-1.5 1975

Qualifying Standards

MAC 41-0
 NCAA 'A' 48-2.75
 NCAA 'B' 46-9.5

Order	Entrant	Aff	Seed	Trials
.1.	Kamief Jenkins	SUS	44-0.75	43-10
.2.	Ed Baniak	DVC	44-6	43-9.75
.3.	Mike Bennett	SUS	43-3	43-0
.4.	Gia Pham	ALB	41-11.5	41-8
.5.	Wes Rich	JUN	43-6	43-1
.6.	Nate McNitt	SUS	47-7.5	45-5.5
.7.	Brad Lamm	MOR	45-4	44-1.25
.8.	Jimmy Burton	WID	45-6	44-7.75
.9.	Jeremy Tomaschik	SUS	42-9.75	42-9.5
.10.	Josh McDowell	MES	43-10	43-0.5
.11.	Andy Shatto	LVC	41-3.75	40-5

Finalists			Trials	Finals	
.1.	Nate McNitt	SUS	45-5.5	45-5.5	10
.2.	Jimmy Burton	WID	44-7.75	44-7.75	8
.3.	Brad Lamm	MOR	44-1.25	44-1.25	6
.4.	Josh McDowell	MES	43-0.5	44-0.25	5
.5.	Kamief Jenkins	SUS	43-10	43-10	4
.6.	Ed Baniak	DVC	43-9.75	43-9.75	3
.7.	Wes Rich	JUN	43-1	43-1	2
.8.	Mike Bennett	SUS	43-0	43-0	1
.9.	Jeremy Tomaschik	SUS	42-9.5		
.10.	Gia Pham	ALB	41-8		
.11.	Andy Shatto	LVC	40-5		

MEN'S Shot Put

1994 Champion	Ross DeNisco, Lebanon Valley	49-3.75	
MAC Record	Odd Haugen, Western Maryland	55-1.25	1973

Qualifying Standards

MAC	38-0
NCAA 'A'	52-6
NCAA 'B'	50-0

Flight 1	Entrant	Aff	Seed	Trials
.1.	Eric Huyett	LVC	46-3.75	44-3.5
.2.	Tom King	WID	40-0.5	39-11
.3.	Dennis Condomitti	MOR	43-2.25	41-6
.4.	Dave Cole	WID	46-3	42-5
.5.	Jeff Angelo	SUS	42-4	41-6
.6.	Sam Bussey	JUN	43-4	38-7.5
.7.	Ross DeNisco	LVC	50-10	48-3

Flight 2	Entrant	Aff	Seed	Trials
.1.	Jon Long	JUN	43-5	39-4
.2.	Jason Long	JUN	45-6	46-5
.3.	Lloyd Hill	WID	39-3.5	38-4
.4.	Ron Zukley	DVC	43-0	38-10
.5.	Mike Hopstetter	DVC	48-7	46-3.5
.6.	Dave Herkalo	MOR	49-6.5	48-7
.7.	Joe McGinley	LYC	43-1.75	44-2

Places	Entrant	Aff	Trials	Finals	Points
.1.	Ross DeNisco	LVC	48-3	49-5.5	10
.2.	Dave Herkalo	MOR	48-7	48-7	8
.3.	Jason Long	JUN	46-5	46-5	6
.4.	Mike Hopstetter	DVC	46-3.5	46-3.5	5
.5.	Eric Huyett	LVC	44-3.5	45-1	4
.6.	Joe McGinley	LYC	44-2	44-2	3
.7.	Dave Cole	WID	42-5	43-3	2
.8.	Jeff Angelo	SUS	41-6	41-6	1
.9.	Jason Long	JUN	46-5	46-5	
.10.	Dennis Condomitti	MOR	43-2.25	41-6	
.11.	Tom King	WID	40-0.5	39-11	
.12.	Ron Zukley	DVC	43-0	38-10	
.13.	Sam Bussey	JUN	43-4	38-7.5	
.14.	Lloyd Hill	WID	39-3.5	38-4	

MEN'S Discus

1994 Champion	Ross DeNisco, Lebanon	142-1	
MAC Record	Knut Hleltness, Western Maryland	169-6.5	1973

Qualifying Standards

MAC	115-0
NCAA 'A'	161-3
NCAA 'B'	154-9

Flight 1	Entrant	Aff	Seed	Trials
.1.	Ross DeNisco	LVC	150-8	149-5
.2.	Dave Cole	WID	129-0.5	108-4
.3.	Jon Long	JUN	139-5	126-10
.4.	John Zemruski	SUS	123-7	123-6
.5.	Joe McGinley	LYC	141-5	147-4
.6.	Jeff Angelo	SUS	119-3	118-5
.7.	Lloyd Hill	WID	116-0	121-5
.8.	Cory Rider	SUS	132-6.5	123-7

Flight 2	Entrant	Aff	Seed	Trials
.1.	Mike Hopstetter	DVC	147-9	139-10
.2.	Eric Huyett	LVC	134-2	127-5
.3.	Ron Zukley	DVC	126-0	118-11
.4.	Andy Shatto	LVC	128-10	117-4
.5.	Tony Bernarduci	LVC	118-10	102-10
.6.	Matt Wines	MOR	137-3.25	132-2
.7.	Brian Derrer	SUS	141-11	125-2
.8.	Sean Houseknect	JUN	116-9	107-1

Finalists	Entrant	Aff	Trials	Finals	Points
.1.	Ross DeNisco	LVC	149-5	149-5	10
.2.	Joe McGinley	LYC	147-4	147-4	8
.3.	Mike Hopstetter	DVC	139-10	144-7	6
.4.	Matt Wines	MOR	132-2	132-2	5
.5.	Eric Huyett	LVC	127-5	131-1	4
.6.	Brian Derrer	SUS	125-2	128-11	3
.7.	Jon Long	JUN	126-10	126-10	2
.8.	Cory Rider	SUS	123-7	125-6	1
.9.	John Zemruski	SUS	123-6		
.10.	Lloyd Hill	WID	121-5		
.11.	Ron Zukley	DVC	118-11		
.12.	Jeff Angelo	SUS	118-5		
.13.	Andy Shatto	LVC	117-4		
.14.	Dave Cole	WID	108-4		
.15.	Sean Houseknect	JUN	107-1		
.16.	Tony Bernarduci	LVC	102-10		

MEN'S Javelin

1994 Champion Ron Zukley, Delaware Valley 202-4
 MAC Record John Wood, Ursinus 222-9 1989

Qualifying Standards

MAC 150-00
 NCAA 'A' 200-1
 NCAA 'B' 190-3

Flight 1	Entrant	Aff	Seed	Trials
.1.	Wayne Sallurday	LVC	167-6	160-3
.2.	Mark Smith	LVC	162-2	154-10
.3.	Jason Brechbill	MOR	156-7	151-2
.4.	Chris Young	LYC	151-11	156-3
.5.	Mike Natale	MOR	206-1	193-1
.6.	Ron Beers	LVC	164-2	155-9
.7.	Mike Hannan	SUS	173-0	159-2
.8.	Mark Coldren	ALB	174-0	159-8

Flight 2	Entrant	Aff	Seed	Trials
.1.	Jim Snelbaker	LVC	163-9	165-10
.2.	Marty Pinter	SUS	171-3	172-0
.3.	Dave Stansbury	MES	153-3	152-3
.4.	Tony Bernarduci	LVC	192-2	185-11
.5.	Nate McNitt	SUS	154-0	156-8
.6.	Rich Miller	WID	162-4	143-8
.7.	Ron Zukley	DVC	173-0	166-7

Finals	Entrant	Aff	Trials	Finals	Points
.1.	Mike Natale	MOR	193-1	193-1	10 NCAA B
.2.	Tony Bernarduci	LVC	185-11	185-11	8
.3.	Marty Pinter	SUS	172-0	172-0	6
.4.	Jim Snelbaker	LVC	165-10	171-10	5
.5.	Ron Zukley	DVC	166-7	170-11	4
.6.	Mark Coldren	ALB	159-8	163-5	3
.7.	Wayne Sallurday	LVC	160-3	160-3	2
.8.	Mike Hannan	SUS	159-2	159-2	1
.9.	Nate McNitt	SUS	156-8		
.10.	Chris Young	LYC	156-3		
.11.	Ron Beers	LVC	155-9		
.12.	Mark Smith	LVC	154-10		
.13.	Dave Stansbury	MES	152-3		
.14.	Jason Brechbill	MOR	151-2		
.15.	Rich Miller	WID	143-8		

WOMEN'S 200 Meter Dash

1994 Champion Anne Bolt, Messiah 26.46
 MAC Record Denise Shotwell, Dickinson 24.8 1988

Qualifying Standards

MAC 28.9
 NCAA 'A' 25.3
 NCAA 'B' 25.88

Heat 1	Entrant	Aff	Seed Time	Heat Time		
Lane 2	Lauren Summa	ALB	28.54	28.33		
Lane 3	Nicole Pringle	WID	27.34	26.59		
Lane 4	Robin Newbegin	SUS	28.52	28.15		
Lane 5	Mandi Hoover	MES	27.44	27.36		
Lane 6	Jennifer Nauss	LVC	25.69	25.84	Heat Winner	NCAA B

Heat 2						
Lane 2	Amy Cashman	SUS	27.6	scratch		
Lane 3	Janine Shirk	MES	26.84	26.78		
Lane 4	Michelle Kauffman	SUS	28.2	27.77		
Lane 5	Rose Marie Regan	JUN	28.85	28.53		
Lane 6	Tammy Litts	SUS	26.68	26.21	Heat Winner	

Finals			Heat Time	Finals
Lane 1	Robin Newbegin	SUS	28.15	28.67
Lane 2	Mandi Hoover	MES	27.36	27.66
Lane 3	Nicole Pringle	WID	26.59	26.43
Lane 4	Jennifer Nauss	LVC	25.84	25.67
Lane 5	Tammy Litts	SUS	26.21	26.07
Lane 6	Janine Shirk	MES	26.78	26.37
Lane 7	Michelle Kauffman	SUS	27.77	27.71
Lane 8	Lauren Summa	ALB	28.33	28.41

Places				Points
.1.	Jennifer Nauss	LVC	25.67	10 NCAA B
.2.	Tammy Litts	SUS	26.07	8
.3.	Janine Shirk	MES	26.37	6
.4.	Nicole Pringle	WID	26.43	5
.5.	Mandi Hoover	MES	27.66	4
.6.	Michelle Kauffman	SUS	27.71	3
.7.	Lauren Summa	ALB	28.41	2
.8.	Robin Newbegin	SUS	28.67	1
.9.	Rose Marie Regan	JUN	28.53	
	Amy Cashman	SUS	scratch	

WOMEN'S 400 Meter Dash

1994 Champion	Anne Bolt, Messiah	59.97	
MAC Record	Nancy Jacoby, Gettysburg	58.36	1992

Qualifying Standards

MAC	1:07.00
NCAA 'A'	57.7
NCAA 'B'	58.7

Heat 1	Entrant	Aff	Seed Time	Heat Time
Lane 2	Nicole Deinarowicz	SUS	1:05.57	1:07.3
Lane 3	Shea Foster	MOR	1:03.17	1:01.9
Lane 4	Alyssa Strausberger	MOR	59.27	1:00.8 Heat Winner
Lane 5	Lisa Mueller	JUN	1:02.14	1:01.6
Lane 6	Tanja Schnek	SUS	1:05.56	1:06.0

Heat 2	Entrant	Aff	Seed Time	Heat Time
Lane 2	Megan Williams	JUN	1:05.14	1:04.6
Lane 3	Kathy Stiely	MOR	1:00.37	1:01.5 Heat Winner
Lane 4	Jennifer Smith	LVC	1:06.54	1:06.3
Lane 5	Julie Kornbau	MES	1:03.53	1:05.1
Lane 6	Heather Newbegin	SUS	1:06.64	scratch
Lane 7	Mandi Hoover	MES	1:00.50	1:01.5

Finals	Entrant	Aff	Heat Time	Final Time
Lane 1	Julie Kornbau	MES	1:05.1	1:05.34
Lane 2	Shea Foster	MOR	1:01.9	1:04.09
Lane 3	Mandi Hoover	MES	1:01.5	1:01.43
Lane 4	Alyssa Strausberger	MOR	1:00.8	1:01.85
Lane 5	Kathy Stiely	MOR	1:01.5	1:02.39
Lane 6	Lisa Mueller	JUN	1:01.6	1:01.95
Lane 7	Megan Williams	JUN	1:04.6	1:05.33
Lane 8	Tanja Schnek	SUS	1:06.0	1:06.40

Places	Entrant	Aff	Heat Time	Final Time	Points
.1.	Mandi Hoover	MES	1:01.43	1:01.43	10
.2.	Alyssa Strausberger	MOR	1:01.85	1:01.85	8
.3.	Lisa Mueller	JUN	1:01.95	1:01.95	6
.4.	Kathy Stiely	MOR	1:02.39	1:02.39	5
.5.	Shea Foster	MOR	1:04.09	1:04.09	4
.6.	Megan Williams	JUN	1:05.33	1:05.33	3
.7.	Julie Kornbau	MES	1:05.34	1:05.34	2
.8.	Tanja Schnek	SUS	1:06.40	1:06.40	1
.9.	Jennifer Smith	LVC		1:06.3	
.10.	Nicole Deinarowicz	SUS		1:07.3	
	Heather Newbegin	SUS		scratch	

WOMEN'S 800 Meter Run

1994 Champion Joan Ginder, Messiah 2:15.18
MAC Record Rebecca Weiderrecht, Messiah 2:14.06 1989

Qualifying Standards

MAC 2:39.00
NCAA 'A' 2:15.30
NCAA 'B' 2:18.00

Heat 1	Entrant	Aff	Seed Time	Finals
Lane 1	Jennifer Bachmann	LVC	2:38.24	2:35.41
Lane 2	Rebecca Erde	MES	2:35.54	2:32.81
Lane 3	Lauren Summa	ALB	2:26.24	2:27.21
Lane 4	Shannon McDonald	MOR	2:15.55	2:15.89
Lane 5	Amy Henry	MES	2:24.04	2:23.75
Lane 6	Nykki Krepps	SUS	2:31.00	2:30.44
Lane 7	Alison Carrigan	ALB	2:36.24	2:31.00

Places

				Points
.1.	Shannon McDonald	MOR	2:15.89	10 NCAA B
.2.	Amy Henry	MES	2:23.75	8
.3.	Lauren Summa	ALB	2:27.21	6
.4.	Nykki Krepps	SUS	2:30.44	5
.5.	Alison Carrigan	ALB	2:31.00	4
.6.	Rebecca Erde	MES	2:32.81	3
.7.	Jennifer Bachmann	LVC	2:35.41	2

WOMEN'S 1,500 Meter Run

1994 Champion Amy Henry, Messiah 4:39.30
MAC Record Joan Ginder, Messiah 4:38.57 1993

Qualifying Standards

MAC 5:35.00
NCAA 'A' 4:41.04
NCAA 'B' 4:46.14

Heat 1	Entrant	Aff	Seed Time	Finals
Lane 1	Tracy Wartman	MOR	4:37.65	4:40.25
Lane 2	Justine Johnson	MOR	4:50.50	4:49.81
Lane 3	Amy Henry	MES	4:51.24	4:50.14
Lane 4	Kasi Hornberger	MOR	4:56.76	4:51.44
Lane 5	Lori Choynowski	ALB	5:04.24	5:07.33
Lane 6	Maggie Ward	ALB	5:12.44	5:13.50
Lane 7	Rebecca Erde	MES	5:19.05	5:19.10
Lane 8	Jen Makem	MOR	5:19.22	5:33.36
Lane 9	Angela Stetler	MOR	5:22.43	5:47.83
Lane 10	Jennifer Smith	LVC	5:27.74	5:30.72
Lane 11	Alyson Simpson	ALB	5:29.24	5:24.24
Lane 12	Jennifer Bachmann	LVC	5:32.04	5:25.22

Places				Points
.1.	Tracy Wartman	MOR	4:40.25	10 NCAA B
.2.	Justine Johnson	MOR	4:49.81	8
.3.	Amy Henry	MES	4:50.14	6
.4.	Kasi Hornberger	MOR	4:51.44	5
.5.	Lori Choynowski	ALB	5:07.33	4
.6.	Maggie Ward	ALB	5:13.50	3
.7.	Rebecca Erde	MES	5:19.10	2
.8.	Alyson Simpson	ALB	5:24.24	1
.9.	Jennifer Bachmann	LVC	5:25.22	
.10.	Jennifer Smith	LVC	5:30.72	
.11.	Jen Makem	MOR	5:33.36	
.12.	Angela Stetler	MOR	5:47.83	

WOMEN'S 3,000 Meter Run

1994 Champion Carla Thomas, Moravian 10:04.38
 MAC Record Carla Thomas, Moravian 10:04.38 1994

Qualifying Standards

MAC 13:00.00
 NCAA 'A' 10:08.74
 NCAA 'B' 10:22.74

Heat 1	Entrant	Aff	Seed Time	Heat Time
Lane 1	Tracy Wartman	MOR	9:49.24	10:12.90
Lane 2	Amy Henry	MES	10:21.84	10:31.27
Lane 3	Kasie Hornberger	MOR	10:22.36	10:39.90
Lane 4	Justine Johnson	MOR	10:34.84	10:25.27
Lane 5	Lori Choynowski	ALB	11:05.24	10:59.35
Lane 6	Jen Altizio	SUS	11:45.24	11:51.31
Lane 7	Maribeth Fives	SUS	11:59.24	12:13.65
Lane 8	Jennifer Smith	LVC	12:01.24	12:50.58

Places

.1.	Tracy Wartman	MOR	10:12.90	NCA A B	10
.2.	Justine Johnson	MOR	10:25.27		8
.3.	Amy Henry	MES	10:31.27		6
.4.	Kasie Hornberger	MOR	10:39.90		5
.5.	Lori Choynowski	ALB	10:59.35		4
.6.	Jen Altizio	SUS	11:51.31		3
.7.	Maribeth Fives	SUS	12:13.65		2
.8.	Jennifer Smith	LVC	12:50.58		1

WOMEN'S 5,000 Meter Run

1994 Champion Carla Thomas, Moravian 17:20.87
 MAC Record Carla Thomas, Moravian 17:20.87 1994

Qualifying Standards

MAC 22:00.00
 NCAA 'A' 17:39.04
 NCAA 'B' 18:05.54

Heat 1	Entrant	Aff	Seed Time	Final Time
Lane 1	Justine Johnson	MOR	18:35.70	18:24.90
Lane 2	Tara Wartman	MOR	18:44.40	18:57.45
Lane 3	Kate Spires	WID	19:10.04	19:08.31
Lane 4	Kim Westergom	WID	19:45.54	19:22.96
Lane 5	Lori Choynowski	ALB	19:47.24	19:35.30
Lane 6	Jen Makem	MOR	20:27.83	21:00.69
Lane 7	Jen Altizio	SUS	20:38.24	20:17.49
Lane 8	Maribeth Fives	SUS	20:48.24	20:41.71

Places				Points
.1.	Justine Johnson	MOR	18:24.90	10
.2.	Tara Wartman	MOR	18:57.45	8
.3.	Kate Spires	WID	19:08.31	6
.4.	Kim Westergom	WID	19:22.96	5
.5.	Lori Choynowski	ALB	19:35.30	4
.6.	Jen Altizio	SUS	20:17.49	3
.7.	Maribeth Fives	SUS	20:41.71	2
.8.	Jen Makem	MOR	21:00.69	1

WOMEN'S 10,000 Meter Run

1994 Champion Jenny Miller, Moravian 37:49.57
MAC Record Tamara Lave, Haverford 37:24.90 1989

Qualifying Standards

MAC 48:00.00
NCAA 'A' 37:10.74
NCAA 'B' 38:25.24

Heat 1	Entrants	Aff	Seed Time	Final Time
Lane 1	Jen Makem	MOR	41:45.24	41:52.07
Lane 2	Andrea Lanier	MES	43:32.04	44:46.72
Lane 3	Nicole Brady	MES	no time	48:51.45
Lane 4	Kate Spires	WID	no time	40:05.28
Lane 5	Kim Westergom	WID	no time	41:59.61
Lane 6	Christel Yudt	SUS	no time	44:57.83
Lane 7	Tara Wartman	MOR	no time	39:38.93

Places				Points
.1.	Tara Wartman	MOR	39:38.93	10
.2.	Kate Spires	WID	40:05.28	8
.3.	Jen Makem	MOR	41:52.07	6
.4.	Kim Westergom	WID	41:59.61	5
.5.	Andrea Lanier	MES	44:46.72	4
.6.	Christel Yudt	SUS	44:57.83	3
.7.	Nicole Brady	MES	48:51.45	2

WOMEN'S 400 Meter Hurdles

1994 Champion	Cherie Solomon, Messiah	1:06.74	
MAC Record	Joanne Giannettino, Lebanon Valley	1:04.66	1989

Qualifying Standards

MAC	1:20.00
NCAA 'A'	1:03.70
NCAA 'B'	1:04.90

Heat 1	Entrants	Aff	Seed Time	Finals
Lane 1	Colette Drumheller	LVC	1:19.24	1:17.6
Lane 2	Kathy Saggio	WID	1:12.84	1:10.7
Lane 3	Cori Nolen	LVC	1:12.15	1:09.6
Lane 4	Kasia Brodka	SUS	1:09.03	1:07.3
Lane 5	Bryn Metcalf	LVC	1:09.24	1:10.7
Lane 6	Daphne Rhoton	MOR	1:12.30	1:14.5
Lane 7	Nicole Deinarowicz	SUS	1:13.16	1:12.5

Places				Points
.1.	Kasia Brodka	SUS	1:07.3	10
.2.	Cori Nolen	LVC	1:09.6	8
.3.	Kathy Saggio	WID	1:10.7	6
.4.	Bryn Metcalf	LVC	1:10.7	5
.5.	Nicole Deinarowicz	SUS	1:12.5	4
.6.	Daphne Rhoton	MOR	1:14.5	3
.7.	Colette Drumheller	LVC	1:17.6	2

WOMEN'S 400 Meter Relay

1994 Champion	Messiah	49.83	
MAC Record	Moravian	48.89	1989

Qualifying Standards

MAC	-
NCAA 'A'	49.1
NCAA 'B'	49.9

Heat 1	Entrants	Seed Time	Finals
Lane 2	Moravian	no time	52.19
Lane 3	Messiah	51.68	51.87
Lane 4	Susquehanna	51.23	52.48
Lane 5	Widener	51.64	50.97
Lane 6	Lebanon Valley	51.94	51.2

Places		Points	
.1.	Widener	50.97	10
.2.	Lebanon Valley	51.2	8
.3.	Messiah	51.87	6
.4.	Moravian	52.19	5
.5.	Susquehanna	52.48	4

WOMEN'S 1,600 Meter Relay

1994 Champion	Moravian	4:01.50	
MAC Record	Messiah	4:00.14	1984

Qualifying Standards

MAC	-
NCAA 'A'	3:57.44
NCAA 'B'	4:01.64

Heat 1	Entrants	Seed Time	Finals
Lane 2	Moravian	4:00.31	4:05.0
Lane 3	Susquehanna	4:19.00	4:14.4
Lane 4	Messiah	4:09.95	4:16.8
Lane 5	Lebanon Valley	4:24.24	4:21.7
Lane 6	Widener	4:19.24	4:18.4
Lane 7	Albright	no time	4:27.2

Places			Points
.1.	Moravian	4:05.0	10
.2.	Messiah	4:16.8	8
.3.	Susquehanna	4:14.4	6
.4.	Widener	4:18.4	5
.5.	Lebanon Valley	4:18.4	4
.6.	Albright	4:27.2	3

WOMEN'S Long Jump

1994 Champion Jen Frantz, Moravian 18-3
MAC Record Kelly Kegarise, Messiah 18-6 1989

Qualifying Standards

MAC 15-5
NCAA 'A' 18-6.5
NCAA 'B' 17-11

Order	Entrant	Aff	Seed	Trials
.1.	Jennifer Nauss	LVC	18-3.25	17-3.5
.2.	Jessica Herb	MES	16-1.5	13-8.25
.3.	Janine Shirk	MES	18-0.75	17-1.75
.4.	Marla Zuariano	DVC	15-10	14-10.5
.5.	Jen Frantz	MOR	18-1.75	16-2.5
.6.	Adaugo Azonobi	WID	16-8	16-2.25
.7.	Gina Gonzalez	WID	17-6.25	17-8.75

Places	Entrant	Aff	Trials	Finals	Points
.1.	Gina Gonzalez	WID		18-0.75	10 NCAA B
.2.	Jennifer Nauss	LVC	17-3.5	17-10.5	8
.3.	Janine Shirk	MES	17-1.75	17-6.25	6
.4.	Adaugo Azonobi	WID	16-2.25	16-8.75	5
.5.	Jen Frantz	MOR	16-2.5	16-2.5	4
.6.	Marla Zuariano	DVC	14-10.5	15-3.5	3
.7.	Jessica Herb	MES	13-8.25	14-1.25	2

WOMEN'S Triple Jump

1994 Champion Jen Frantz, Moravian 37-3.75
 MAC Record Michelle Duffy, Susquehanna 37-8.5 1990

Qualifying Standards

MAC 31-6
 NCAA 'A' 37-5.75
 NCAA 'B' 36-5.5

Order	Entrant	Aff	Seed	Finals
.1.	Julie Kornbau	MES	32-8	31-4
.2.	Gina Gonzalez	WID	35-6.5	36-11
.3.	Jen Frantz	MOR	37-3.25	36-4.5
.4.	Amy Cashman	SUS	33-8	32-7.5
.5.	Kate Polinski	SUS	31-10	31-0
.6.	Janine Shirk	MES	36-2.5	36-10
.7.	Jill Robinson	LVC	31-7.5	30-9.25
.8.	Jessica Herb	MES	32-1.5	31-9
.9.	Lauren Summa	ALB	30-7	30-3

Places			Trials	Finals	Points
.1.	Gina Gonzalez	WID	36-11	36-11	10 NCAA B
.2.	Janine Shirk	MES	36-10	36-10	8 NCAA B
.3.	Jen Frantz	MOR	36-4.5	36-4.5	6
.4.	Amy Cashman	SUS	32-7.5	32-7.5	5
.5.	Julie Kornbau	MES	32-8	32-3	4
.6.	Jessica Herb	MES	31-9	31-9	3
.7.	Kate Polinski	SUS	31-0	31-0	2
.8.	Jill Robinson	LVC	30-9.25	30-9.5	1
.9.	Lauren Summa	ALB	30-3	30-3	

Shot Put

1994 Champion	Jess Beal, Moravian	38-4.25	
MAC Record	Shawn Walsh, Moravian	42-4	1990

Qualifying Standards

MAC	30-0
NCAA 'A'	42-8
NCAA 'B'	40-8.25

Flight 1	Entrant	Aff	Seed	Trials
.1.	Jessica Wheeler	JUN	30-2	29-3
.2.	Kelly Zimmerman	LVC	31-2.5	28-9
.3.	Genny Kuhns	DVC	30-10	29-11
.4.	Jenn Emerich	LVC	34-3.5	32-4
.5.	Melissa Myers	JUN	40-7	40-5
.6.	Melissa Romanoski	MOR	33-2	32-5.25
.7.	Amy Gladfelter	JUN	30-6.5	30-3

Flight 2	Entrant	Aff	Seed	Trials
.1.	Christina Howland	WID	31-9.5	28-11.25
.2.	Patrice Troutman	MES	30-9	30-5
.3.	Maria Vita	MES	33-1	30-9
.4.	Becky Ritchie	SUS	39-1	40-2
.5.	Sharon Possessky	LVC	37-8.75	36-10

Places	Entrant	Aff	Final	
.1.	Melissa Myers	JUN	40-5	10
.2.	Becky Ritchie	SUS	40-2	8
.3.	Sharon Possessky	LVC	36-10	6
.4.	Jenn Emerich	LVC	33-5.25	5
.5.	Melissa Romanoski	MOR	32-5.25	4
.6.	Maria Vita	MES	30-9.5	3
.7.	Patrice Troutman	MES	30-5	2
.8.	Amy Gladfelter	JUN	30-3	1
.9.	Genny Kuhns	DVC	29-11	
.10.	Jessica Wheeler	JUN	29-3	
.11.	Christina Howland	WID	28-11.25	
.12.	Kelly Zimmerman	LVC	28-9	

WOMEN'S Discus

1994 Champion Jenn Fry, Susquehanna 119-3
 MAC Record Jess Beal, Moravian 137-9 1993

Qualifying Standards

MAC 95-0
 NCAA 'A' 139-0
 NCAA 'B' 131-3

Flight 1	Entrants	Aff	Seed	Trials
.1.	Maria Vita	MES	100-0	99-6
.2.	Angie Wagner	MES	108-1	98-10
.3.	Melissa Haley	SUS	104-7	103-7
.4.	Amy Gladfelter	JUN	111-0	111-1
.5.	Patrice Troutman	MES	100-11	103-9.5
.6.	Melissa Myers	JUN	110-9.5	107-2
.7.	Becky Ritchie	SUS	116-2	111-10.5

Flight 2	Entrants	Aff	Seed	Trials
.1.	Jessica Wheeler	JUN	110-1.5	105-2
.2.	Ruthanne Althouse	MES	95-2	97-2
.3.	Ann Rissmiller	MOR	108-2.5	105-4.5
.4.	Christine Theodore	MOR	102-3	96-9.5
.5.	Genny Kuhns	DVC	99-11	94-10
.6.	Sharon Possessky	LVC	100-11	88-2
.7.	Laura Robinson	LVC	112-2	110-8
.8.	Jenn Emerich	LVC	112-8	75-9

Places	Entrants	Aff	Seed	Trials	Points
.1.	Becky Ritchie	SUS	111-10.5	121-3	10
.2.	Amy Gladfelter	JUN	111-0	111-1	8
.3.	Laura Robinson	LVC	110-8	110-8	6
.4.	Melissa Myers	JUN	107-2	107-2	5
.5.	Jessica Wheeler	JUN	105-2	107-1.5	4
.6.	Ann Rissmiller	MOR	105-4.5	105-4.5	3
.7.	Melissa Haley	SUS	103-7	104-3	2
.8.	Patrice Troutman	MES	103-9.5	103-9.5	1
.9.	Maria Vita	MES	99-6		
.10.	Angie Wagner	MES	98-10		
.11.	Ruthanne Althouse	MES	97-2		
.12.	Christine Theodore	MOR	96-9.5		
.13.	Genny Kuhns	DVC	94-10		
.14.	Sharon Possessky	LVC	88-2		
.15.	Jenn Emerich	LVC	75-9		

WOMEN'S Javelin

1994 Champion Jenn Orchowski, Susquehanna 122-8
 MAC Record Sylke Knuppel, Johns Hopkins 155-11

Qualifying Standards

MAC 85-0
 NCAA 'A' 134-6
 NCAA 'B' 124-8

Flight 1	Entrants	Aff	Seed	Trials
.1.	Genny Kuhns	DVC	108-2	97-0
.2.	Lysa Locke	LVC	91-0	97-1
.3.	Kim Bierman	SUS	115-6	112-0
.4.	Jen Orchowski	LYC	129-9	129-8

Flight 2	Entrants	Aff	Seed	Trials
.1.	Patrice Troutman	MES	98-3	102-9
.2.	Amy Gladfelter	JUN	125-8	126-1
.3.	Jenn Emerich	LVC	85-10	88-7
.4.	Ruthanne Althouse	MES	90-3	96-3
.5.	Becky Ritchie	SUS	116-1	Foul
.6.	Cori Nolen	LVC	95-2	87-11

Places	Entrants	Aff	Trials	Finals	Points
.1.	Jen Orchowski	LYC	129-8	129-8	10 NCAA B
.2.	Amy Gladfelter	JUN	126-1	126-1	8 NCAA B
.3.	Kim Bierman	SUS	112-0	112-0	6
.4.	Genny Kuhns	DVC	97-0	109-2	5
.5.	Patrice Troutman	MES	102-9	102-9	4
.6.	Lysa Locke	LVC	97-1	97-1	3
.7.	Ruthanne Althouse	MES	96-3	96-3	2
.8.	Jenn Emerich	LVC	88-7	88-7	1
.9.	Cori Nolen	LVC	87-11		
.10.	Becky Ritchie	SUS	Foul		