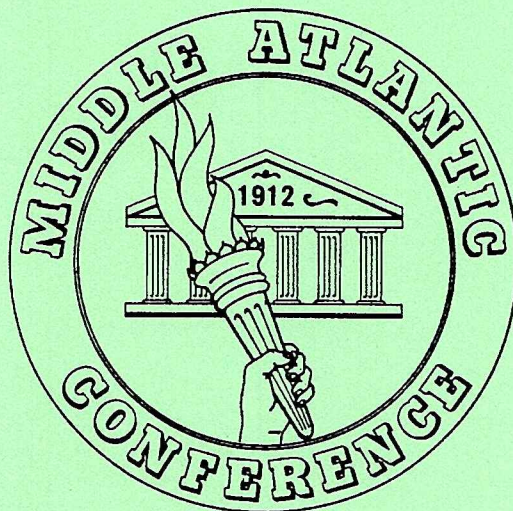


1999  
Middle Atlantic Conference



Men's  
Outdoor Track & Field Championships

April 30 – May 1, 1999

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RESULTS

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MESSIAH COLLEGE  
Grantham, PA

Albright • Allentown • Delaware Valley • Juniata • Lebanon Valley  
Lycoming • Messiah • Moravian • Susquehanna • Widener

MAC Championships - Men  
April 30, 1999

100 Meter Dash

Round 1, Heat 1

1	Matt Fenstermacher, Susquehanna	11.31Q
2	Nick Quaglia, Susquehanna	11.37q
3	Mike Kenaweil, Juniata	11.58q
4	Dante Trader, Widener	11.64q
5	Nathan Tuttle, Widener	11.65
6	Thomas Wegman, Widener	11.89
7	Garrison Lockley, Widener	11.91
8	Doug Joseph, Moravian	11.96

Round 1, Heat 2

1	Jerome Robinson, Widener	11.48Q
2	Vance Szabo, Moravian	11.64q
3	Kevin Bush, Moravian	11.80
4	Pat Hardy, Delaware Valley	11.91
5	Mark Davis, Widener	11.98
6	Justin Szabo, Widener	12.03
7	Ashley Mort, Juniata	12.07
8	James Stewart, Widener	12.49

Round 1, Heat 3

1	Tony Brown, Widener	11.25Q
2	Anthony Giles, Widener	11.59q
3	Talmus Williams, Susquehanna	11.77
4	Alfie Fisher, Delaware Valley	11.80
5	Jerry Evangelista, Susquehanna	11.90
6	Jason Goldan, Moravian	12.13
7	Thomas Killian, Lebanon Valley	12.52

Final

1	Tony Brown, Widener	10.80
		NCAA III

Provisional

2	Nick Quaglia, Susquehanna	11.26
3	Matt Fenstermacher, Susquehanna	11.27
4	Jerome Robinson, Widener	11.31
5	Anthony Giles, Widener	11.49
6	Vance Szabo, Moravian	11.61
7	Dante Trader, Widener	11.68
8	Mike Kenaweil, Juniata	12.02

200 Meter Dash

Round 1, Heat 1

1	Nate Bradshaw, Delaware Valley	22.67Q
2	Nick Quaglia, Susquehanna	22.73q
3	Anthony Giles, Widener	22.75q
4	Alfie Fisher, Delaware Valley	22.78
5	Jerry Schoenberger, Moravian	23.10
6	Mike Kenaweil, Juniata	23.28
7	Thomas Wegman, Widener	23.55

Round 1, Heat 2

1	Tony Brown, Widener	21.99Q
2	Matt Fenstermacher, Susquehanna	22.72q
3	Vance Szabo, Moravian	22.75q
4	Jason Ward, Susquehanna	22.99
5	Beau Heeps, Susquehanna	23.04
6	Garrison Lockley, Widener	23.33
7	Mark Davis, Widener	23.39

200 Meter Dash

Round 1, Heat 3

1	Raymond Crooms, Widener	22.28Q
2	Matthew Franks, Lebanon Valley	22.73q
3	Kevin Bush, Moravian	22.94
4	Gerard Caprio, Allentown	23.38
5	Ashley Mort, Juniata	23.45
6	Kevin Miller, Allentown	24.14

Final

1	Tony Brown, Widener	21.50
		Starry Field Record
		NCAA III Automatic
		NCAA III Prov
2	Raymond Crooms, Widener	22.26
3	Nate Bradshaw, Delaware Valley	22.75
4	Anthony Giles, Widener	22.90
5	Nick Quaglia, Susquehanna	22.91
6	Matthew Franks, Lebanon Valley	23.09
7	Matt Fenstermacher, Susquehanna	23.29
8	Vance Szabo, Moravian	23.32

400 Meter Dash

Round 1, Heat 1

1	Nate Bradshaw, Delaware Valley	50.60Q
2	Matthew Franks, Lebanon Valley	51.44q
3	Nevin Brubaker, Messiah	51.86q
4	Tim Redding, Albright	52.30
5	Ryan Hollis, Susquehanna	53.19
6	Kevin Langdon, Messiah	53.31
7	James Heller, Lebanon Valley	58.14

Round 1, Heat 2

1	Raymond Crooms, Widener	49.17Q
2	Jason Ward, Susquehanna	50.41q
3	Gerard Caprio, Allentown	51.03q
4	Mike Kenaweil, Juniata	51.37q
5	Khaled El-Zahhar, Juniata	51.52q
6	Beau Heeps, Susquehanna	52.01
7	John Bennett, Widener	54.88

Final

1	Nate Bradshaw, Delaware Valley	49.05
2	Raymond Crooms, Widener	49.10
3	Jason Ward, Susquehanna	50.56
4	Nevin Brubaker, Messiah	51.11
5	Gerard Caprio, Allentown	51.33
6	Matthew Franks, Lebanon Valley	51.35
7	Khaled El-Zahhar, Juniata	52.40
8	Mike Kenaweil, Juniata	52.57

800 Meter Run

Round 1, Heat 1

1	Josh Heebner, Moravian	1:56.26Q
2	Braden Snyder, Lebanon Valley	1:57.37Q
3	Pete Ramsey, Messiah	1:59.15q
4	Bobby Ward, Widener	1:59.30q
5	Joe Palmieri, Susquehanna	1:59.70

Round 1, Heat 2

1	Will Brownback, Widener	1:58.60Q
2	Tim McDade, Moravian	1:59.12Q
3	Dave McGuire, Widener	1:59.20q
4	Jamie Yoder, Susquehanna	1:59.63q
5	Pat Mearn, Widener	2:00.97
6	Scott Girvan, Widener	2:04.62

**800 Meter Run****Final**

1	Will Brownback, Widener	1:55.33
2	Josh Heebner, Moravian	1:55.34
3	Dave McGuire, Widener	1:56.89
4	Tim McDade, Moravian	2:00.16
5	Jamie Yoder, Susquehanna	2:00.58
6	Bobby Ward, Widener	2:01.05
7	Pete Ramsey, Messiah	2:01.78
8	Braden Snyder, Lebanon Valley	2:06.88

**1500 Meter Run**

1	Tim Pfluger, Moravian	4:02.18
2	Braden Snyder, Lebanon Valley	4:08.88
3	Brian Klick, Widener	4:10.09
4	Joe Palmieri, Susquehanna	4:10.12
5	Rob Krammes, Widener	4:11.15
6	Tim McDade, Moravian	4:12.51
7	Pete Lobianco, Lebanon Valley	4:13.08
8	Damon Rutherford, Moravian	4:14.32
9	Nick Murphy, Moravian	4:14.62
10	Vic Longo, Allentown	4:15.50
11	Mark Norman, Susquehanna	4:18.47
12	Josh Davis, Messiah	4:23.06
13	John Pearson, Allentown	4:26.57
14	Nathan Crissman, Messiah	4:26.60

**3000 Meter Steeple**

1	Tim Callinan, Widener	9:47.54
2	Damon Rutherford, Moravian	9:53.17
3	Art DiCola, Widener	10:02.37
4	Pete Lobianco, Lebanon Valley	10:06.55
5	Scott Condello, Lycoming	10:08.89
6	Mike Scanielo, Allentown	10:10.68
7	Rob Krammes, Widener	10:15.77
8	Dylan Coia, Moravian	10:20.11
9	Jeff Talerico, Susquehanna	10:33.01
10	Chris Dewalt, Moravian	10:36.22
11	Matt Woolley, Susquehanna	10:42.36
12	Todd Donahue, Widener	10:49.12
13	Brent Hurley, Albright	10:50.02
14	John Gunning, Messiah	11:00.17
15	Rod Mendoza, Allentown	11:19.27
16	Chris Heidenrich, Messiah	11:31.46

**5000 Meter Run**

1	Kevin Connelly, Widener	15:51.97
2	Tim Pfluger, Moravian	15:56.31
3	Jeff Minnich, Moravian	15:57.21
4	Tim Callinan, Widener	16:04.35
5	Scott Condello, Lycoming	16:10.35
6	Mike Lehtonen, Susquehanna	16:14.26
7	Chris Lowthert, Moravian	16:18.48
8	Art DiCola, Widener	16:24.81
9	James Mentzer, Lebanon Valley	16:31.58
10	Damon Rutherford, Moravian	16:34.55
11	Tyler McClimon, Moravian	16:40.84
12	Scott Lewandowski, Lebanon Valley	16:47.61
13	Brian Basener, Widener	16:56.25
14	Vic Longo, Allentown	17:09.09

**10000 Meter Run**

1	Kevin Connelly, Widener	33:06.22
2	Jeff Minnich, Moravian	33:15.81
3	James Mentzer, Lebanon Valley	34:08.40
4	Tom McLaughlin, Widener	34:16.58
5	Scott Lewandowski, Lebanon Valley	34:42.03
6	Brian Basener, Widener	34:44.93
7	Tyler McClimon, Moravian	34:49.61
8	Jeff Bradbury, Moravian	35:18.35
9	Chris Lowthert, Moravian	35:56.83
10	Andrew Styer, Lebanon Valley	36:07.82
11	Jim Humble, Allentown	36:46.79
12	Ryan Neumyer, Susquehanna	37:04.15
13	Mark Mango, Albright	37:39.67
14	Kevin Shepicki, Albright	38:07.68
15	Scott Hobbie, Juniata	38:42.23

**110 Meter Hurdles****Round 1, Heat 1**

1	Trever Fike, Susquehanna	15.90Q
2	Macdonald Roberts, Widener	15.93q
3	James Delp, Albright	16.12q
4	Charles Barley, Susquehanna	16.27q
5	Nick Hoffman, Susquehanna	16.63
6	Wes Reppert, Juniata	17.11

**Round 1, Heat 2**

1	Chris Boyles, Messiah	15.66Q
2	Dan Oliynik, Moravian	15.70q
3	Nate Sauve, Messiah	15.88q
4	Jeremy Zettlemyer, Lebanon Valley	16.24q
5	Timothy Stringfellow, Lebanon Valley	17.14
6	Tim Stein, Albright	17.52

**Final**

1	Dan Oliynik, Moravian	15.64
2	Trever Fike, Susquehanna	15.68
3	Chris Boyles, Messiah	15.77
4	Charles Barley, Susquehanna	15.98
5	Nate Sauve, Messiah	16.16
6	Jeremy Zettlemyer, Lebanon Valley	16.29
7	Macdonald Roberts, Widener	16.55
8	James Delp, Albright	17.96

**400 Meter Hurdles****Round 1, Heat 1**

1	Khaled El-Zahhar, Juniata	56.47Q
2	Nate Sauve, Messiah	56.74q
3	Macdonald Roberts, Widener	57.13q
4	Josh Coleman, Messiah	57.17q
5	Jeremy Zettlemyer, Lebanon Valley	57.56q

**Round 1, Heat 2**

1	Dan Oliynik, Moravian	56.46Q
2	Nick Hoffman, Susquehanna	56.52q
3	Tim Redding, Albright	57.37q
4	Darin Wheeler, Susquehanna	57.67
5	Frank Gensemer, Widener	58.05

#### 400 Meter Hurdles

##### Final

1	Jeremy Zettlemyer, Lebanon Valley	55.13
2	Nate Sauve, Messiah	55.35
3	Macdonald Roberts, Widener	55.55
4	Khaled El-Zahhar, Juniata	55.73
5	Tim Redding, Albright	56.43
6	Dan Oliynik, Moravian	56.98
7	Josh Coleman, Messiah	57.33
8	Nick Hoffman, Susquehanna	59.89

#### 400 Meter Relay

##### Round 1, Heat 1

1	Susquehanna, Susquehanna	42.87Q
2	Messiah, Messiah	44.51q
3	Juniata, Juniata	44.53q
4	Moravian, Moravian	45.00q
5	Albright, Albright	47.39

##### Round 1, Heat 2

1	Widener, Widener	42.05Q	Starry Field Record
2	Delaware Valley, Delaware Valley	43.65q	
3	Lebanon Valley, Lebanon Valley	44.39q	
4	Allentown, Allentown	45.29q	
5	Lycoming, Lycoming	48.83	

##### Final

1	Widener, Widener	42.01	Starry Field Record NCAA III Prov
2	Susquehanna, Susquehanna	42.55	
3	Delaware Valley, Delaware Valley	43.47	
4	Moravian, Moravian	43.58	
5	Juniata, Juniata	44.31	
6	Messiah, Messiah	45.34	
7	Allentown, Allentown	46.32	
8	Lebanon Valley, Lebanon Valley	50.78	

#### 1600 Meter Relay

1	Widener, Widener	3:22.85
2	Delaware Valley, Delaware Valley	3:25.18
3	Susquehanna, Susquehanna	3:25.68
4	Messiah, Messiah	3:27.51
5	Juniata, Juniata	3:27.61
6	Moravian, Moravian	3:27.94
7	Lebanon Valley, Lebanon Valley	3:28.41
8	Allentown, Allentown	3:33.54

#### Long Jump

1	Mike Coleman, Widener	21-10 1/4 (6.66m)
2	Jeremy Snyder, Lebanon Valley	21-10 (6.65m)
3	Matt Fenstermacher, Susquehanna	21-8 (6.60m)
4	Nate Bradshaw, Delaware Valley	21-6 (6.55m)
5	Alfie Fisher, Delaware Valley	21-2 3/4 (6.47m)
6	Chris Boyles, Messiah	20-10 1/2 (6.36m)
7	John Green, Susquehanna	20-7 1/4 (6.28m)
8	Tony Rediger, Moravian	20-4 3/4 (6.22m)
9	Corey Green, Susquehanna	19-11 1/2 (6.08m)
10	Thomas Killian, Lebanon Valley	18-10 (5.74m)
11	Dante Trader, Widener	18-9 1/2 (5.73m)
12	Jon Hoxworth, Delaware Valley	18-0 3/4 (5.51m)
13	Josh Kline, Allentown	18-0 1/2 (5.50m)

#### Triple Jump

1	Mike Coleman, Widener	47-1 (14.35m)	NCAA III Prov
2	Matt Fenstermacher, Susquehanna	46-8 3/4 (14.24m)	NCAA III Prov
3	Chris Boyles, Messiah	45-2 1/4 (13.77m)	
4	John Green, Susquehanna	42-9 (13.03m)	
5	Tony Rediger, Moravian	42-8 1/2 (13.02m)	
6	Wes Reppert, Juniata	42-7 1/4 (12.99m)	
7	Ryan Hollis, Susquehanna	42-6 3/4 (12.97m)	
8	Jeremy Snyder, Lebanon Valley	41-11 3/4 (12.80m)	
9	Josh Kline, Allentown	41-3 1/4 (12.58m)	

#### High Jump

1	Chris Boyles, Messiah	6-8 3/4 (2.05m)	MAC Record Ties NCAA III Prov
2	Corey Green, Susquehanna	6-7 (2.01m)	
3	Adam Ressler, Susquehanna	6-3 (1.91m)	
3	Jim O'Rourke, Moravian	6-3 (1.91m)	
5	Tony Rediger, Moravian	6-3 (1.91m)	
6	Drew Toucher, Messiah	6-1 (1.85m)	
7	Matt Fenstermacher, Susquehanna	5-11 (1.80m)	
8	Tyree Jones, Delaware Valley	5-9 (1.75m)	

#### Pole Vault

1	Jeffrey Rhone, Lebanon Valley	14-0 (4.27m)
2	Adam Saylor, Susquehanna	13-6 (4.11m)
3	Jason Suda, Lebanon Valley	13-0 (3.96m)
4	Dan Curran, Widener	13-0 (3.96m)
5	Gabe Sweger, Albright	13-0 (3.96m)
6	Frank Dumbreski, Susquehanna	12-6 (3.81m)
7	Gary Lubisco, Susquehanna	12-6 (3.81m)
8	Joe Marco, Delaware Valley	12-6 (3.81m)
9	Luke Yosca, Susquehanna	12-6 (3.81m)
10	David Deary, Messiah	12-0 (3.66m)
11	Jason Wagner, Juniata	11-0 (3.35m)

#### Shot Put

1	John Creuzberger, Juniata	46-4 3/4 (14.14m)
2	Matt Shaffer, Susquehanna	46-3 (14.10m)
3	Bill Schmidt, Moravian	45-2 (13.77m)
4	Blake Moilan, Juniata	44-11 1/2 (13.70m)
5	David Hamilton, Messiah	43-11 1/2 (13.40m)
6	Brian Ludwig, Delaware Valley	43-3 1/2 (13.20m)
7	Jay Wingard, Lycoming	43-2 1/2 (13.17m)
8	Mike England, Widener	42-10 (13.06m)
9	Mark Marshall, Juniata	41-4 1/2 (12.61m)
10	Bill Geiger, Widener	40-1 1/2 (12.23m)
11	Glen Gray, Delaware Valley	39-3 (11.96m)
12	Andrew Shaffer, Lebanon Valley	38-9 1/2 (11.82m)
13	Chris Morehouse, Albright	38-4 1/2 (11.70m)
14	Evan Zaremba, Widener	37-6 3/4 (11.45m)
15	Matthew McCouch, Lycoming	36-5 1/2 (11.11m)
16	Jason Tete, Widener	35-3 1/2 (10.76m)

**Discus**

1	David Hamilton, Messiah	139-2 (42.42m)
2	Jason Tete, Widener	139-2 (42.42m)
3	Mike Ruff, Widener	136-5 (41.58m)
4	Jeff Siglin, Messiah	131-0 (39.92m)
5	John Kreuzberger, Juniata	127-10 (38.96m)
6	Jay Wingard, Lycoming	126-7 (38.58m)
7	D. Eric Miller, Lycoming	123-11 (37.76m)
8	Mike Thomas, Susquehanna	121-9 (37.10m)
9	Matthew McCouch, Lycoming	121-1 (36.90m)
10	Blake Moilan, Juniata	119-5 (36.40m)
11	Josh Kline, Juniata	118-10 (36.22m)
12	Jerry Schoenberger, Moravian	117-7 (35.84m)
13	Steve Davis, Lycoming	117-1 (35.68m)
14	Chris Morehouse, Albright	113-6 (34.58m)
15	Bill Geiger, Widener	113-1 (34.46m)
16	Chris Noordzy, Albright	110-3 (33.60m)
17	Kyle Harryn, Moravian	94-10 (28.90m)

**Javelin**

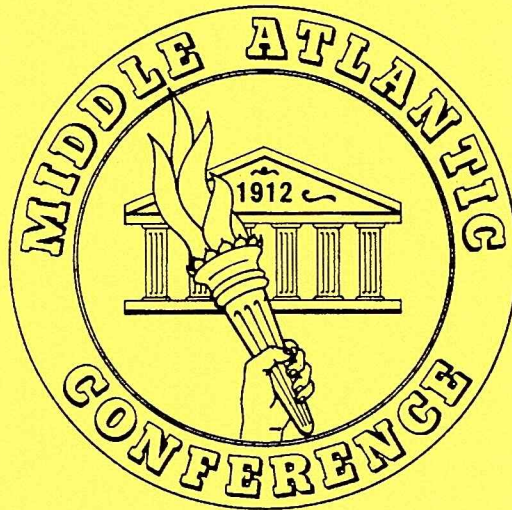
1	Jeremy Damia, Widener	199-8 (60.86m) NCAA III Automatic NCAA III Prov
2	Patrick Loughney, Lebanon Valley	197-9 (60.26m) NCAA III Automatic NCAA III Prov
3	Rob Woodring, Delaware Valley	193-1 (58.84m) NCAA III Prov
4	Glen Gray, Delaware Valley	190-10 (58.16m) NCAA III Prov
5	Mike Ruff, Widener	190-3 (57.98m) NCAA III Prov
6	Mark Marshall, Juniata	187-8 (57.20m) NCAA III Prov
7	Frank Arenella, Susquehanna	184-10 (56.34m)
8	Matt Menold, Susquehanna	178-4 (54.36m)
9	Jim Kerr, Delaware Valley	177-0 (53.94m)
10	Adam Ressler, Susquehanna	175-1 (53.36m)
11	Erik Benson, Susquehanna	174-10 (53.28m)
12	Steve Kress, Albright	173-7 (52.90m)
13	Stephen Turzanski, Susquehanna	168-4 (51.30m)
14	Josh Kline, Juniata	167-3 (50.98m)
15	John Przyuski, Allentown	159-7 (48.64m)
16	Kyle Harryn, Moravian	159-0 (48.46m)
17	Jack Stephani, Widener	159-0 (48.46m)
18	Drew Toucher, Messiah	157-8 (48.06m)
19	Josh Gold, Moravian	152-4 (46.42m)
20	Steve Davis, Lycoming	151-9 (46.24m)
21	Kyle Rehrig, Moravian	143-0 (43.60m)

**TEAM SCORES**

100 Meter Dash, 200 Meter Dash, 400 Meter Dash, 800 Meter Run,  
1500 Meter Run, 3000 Meter Steeple, 5000 Meter Run, 10000 Meter Run,  
110 Meter Hurdles, 400 Meter Hurdles, 400 Meter Relay, 1600 Meter Relay,  
Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, Javelin

1	Widener	215.0
2	Susquehanna	129.5
3	Moravian	108.5
4	Lebanon Valley	81.0
5	Messiah	76.0
6	Delaware Valley	55.0
7	Juniata	42.0
8	Lycoming	15.0
9	Allentown	10.0
10	Albright	9.0

1999  
Middle Atlantic Conference



Women's  
Outdoor Track & Field Championships

April 30 – May 1, 1999

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RESULTS

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MESSIAH COLLEGE

Grantham, PA

Albright • Allentown • Delaware Valley • Juniata • Lebanon Valley  
Lycoming • Messiah • Moravian • Susquehanna • Widener

MAC Championships - Women  
April 30, 1999

100 Meter Dash

Round 1, Heat 1

1	Eileen Golias, Lebanon Valley	13.58Q
2	Katie Brown, Widener	13.74q
3	Delia Park, Messiah	13.87q
4	Jessica Perry, Delaware Valley	13.88q
5	Brooke Dancho, Moravian	13.94q
6	Melia Meiser, Messiah	13.95
7	Heidi Kaucher, Allentown	14.05

Round 1, Heat 2

1	Tara Ruhl, Lebanon Valley	13.28Q
2	Denele Brozino, Moravian	13.53q
3	Tiffany Bower, Messiah	13.80q
4	Atiya Clayton, Delaware Valley	14.07
5	Diana Coulson, Juniata	14.12
6	Alexis Metzger, Delaware Valley	14.13
7	Brandi Woy, Juniata	14.68

Final

1	Eileen Golias, Lebanon Valley	13.60
2	Denele Brozino, Moravian	13.75
3	Delia Park, Messiah	13.90
4	Tiffany Bower, Messiah	14.04
5	Jessica Perry, Delaware Valley	14.05
6	Brooke Dancho, Moravian	14.06
7	Katie Brown, Widener	14.12

200 Meter Dash

Round 1, Heat 1

1	Kerri Gasser, Lebanon Valley	27.73Q
2	Denele Brozino, Moravian	27.77q
3	Holly Whitpan, Albright	28.68
4	Amie Scharpf, Allentown	28.82
5	Keshia Drummond, Delaware Valley	28.97
6	Atiya Clayton, Delaware Valley	30.28

Round 1, Heat 2

1	Tara Ruhl, Lebanon Valley	27.22Q
2	Charlotte Gould, Susquehanna	27.47q
3	Malia Meiser, Messiah	27.95q
4	Diana Coulson, Juniata	28.62
5	Delia Park, Messiah	28.87
6	Toni Yorks, Juniata	29.15

Round 1, Heat 3

1	Jana Romlein, Lebanon Valley	27.22Q
2	Brooke Dancho, Moravian	27.77q
3	Jessica Perry, Delaware Valley	27.85q
4	Tiffany Bower, Messiah	28.10
5	Leilani Mangel, Widener	28.17
6	Katie Brown, Widener	28.18

Final

1	Jana Romlein, Lebanon Valley	26.63
2	Tara Ruhl, Lebanon Valley	26.65
3	Charlotte Gould, Susquehanna	27.02
4	Kerri Gasser, Lebanon Valley	27.07
5	Brooke Dancho, Moravian	27.48
6	Denele Brozino, Moravian	27.59
7	Malia Meiser, Messiah	27.87
8	Jessica Perry, Delaware Valley	27.88

400 Meter Dash

Round 1, Heat 1

1	Jana Romlein, Lebanon Valley	60.37Q
2	Charlotte Gould, Susquehanna	62.27q
3	Megan Dietz, Messiah	62.45q
4	Leilani Mangel, Widener	62.76q
5	Kristy Wagner, Juniata	63.74
6	Keshia Drummond, Delaware Valley	63.92
7	Toni Yorks, Juniata	64.89

Round 1, Heat 2

1	Tonya Wolfe, Susquehanna	61.25Q
2	Kerri Gasser, Lebanon Valley	61.64q
3	Catherine L'Armand, Widener	61.66q
4	Susan Normington, Messiah	63.46q
5	Tara Shaw, Widener	63.69
6	Amie Scharpf, Allentown	64.72
7	Jennifer Forry, Widener	66.75

Final

1	Jana Romlein, Lebanon Valley	59.19
2	Tonya Wolfe, Susquehanna	60.54
3	Catherine L'Armand, Widener	60.85
4	Megan Dietz, Messiah	61.04
5	Charlotte Gould, Susquehanna	61.40
6	Kerri Gasser, Lebanon Valley	62.07
7	Leilani Mangel, Widener	63.24
8	Susan Normington, Messiah	63.47

800 Meter Run

Round 1, Heat 1

1	Heidi Wolfsberger, Moravian	2:28.55Q
2	Erin Boyle, Moravian	2:29.24Q
3	Hannah Wood, Moravian	2:29.36q
4	Sheree Goodman, Messiah	2:32.14q
5	Mary Lechleitner, Allentown	2:34.49

Round 1, Heat 2

1	Kristin Reccek, Moravian	2:25.91Q
2	Tonya Wolfe, Susquehanna	2:25.92Q
3	Leah Stafford, Messiah	2:27.30q
4	Lesley Ammon, Lycoming	2:31.51q
5	Michelle Lomas, Lebanon Valley	2:37.99

Final

1	Heidi Wolfsberger, Moravian	2:19.73
2	Kristin Reccek, Moravian	2:20.07
3	Hannah Wood, Moravian	2:22.64
4	Tonya Wolfe, Susquehanna	2:22.65
5	Leah Stafford, Messiah	2:26.15
6	Lesley Ammon, Lycoming	2:26.83
7	Erin Boyle, Moravian	2:31.52
8	Sheree Goodman, Messiah	2:35.26

### 1500 Meter Run

1	Kristin Reccek, Moravian	4:41.28
		Starry Field Record
		NCAA III Provisional
2	Heidi Wolfsberger, Moravian	4:49.90
3	Kim Jaick, Moravian	4:52.23
4	Carolyn Clements, Messiah	4:53.52
5	Hannah Wood, Moravian	4:53.75
6	Mel Geib, Messiah	4:57.38
7	Rebecca McClintock, Messiah	5:02.37
8	Laura Capik, Widener	5:13.05
9	Michelle Lomas, Lebanon Valley	5:18.23
10	Joanna Bissell, Lebanon Valley	5:18.64
11	Maria Grabowski, Moravian	5:21.03
12	Kate Westerman, Moravian	5:21.27
13	Mary Lechleitner, Allentown	5:21.53
14	Eileen Conn, Allentown	5:23.27
15	Nicole Palazzolo, Widener	5:32.95
16	Melissa Black, Lebanon Valley	5:33.59
17	Melissa Karwacki, Allentown	5:34.39
18	Anna Malocu, Lebanon Valley	5:48.55
19	Angela D'Amato, Albright	5:49.46
20	Jen Haas, Susquehanna	6:03.09

### 3000 Meter Run

1	Kristin Reccek, Moravian	10:12.72
		NCAA III Provisional
2	Heidi Wolfsberger, Moravian	10:15.95
		NCAA III Provisional
3	Kim Jaick, Moravian	10:31.60
4	Hannah Wood, Moravian	10:41.42
5	Carolyn Clements, Messiah	10:44.48
6	Rebecca McClintock, Messiah	11:02.76
7	Mel Geib, Messiah	11:07.81
8	Dawn Metzler, Allentown	11:14.02
9	Angela Happel, Susquehanna	11:30.0
10	Laura Capik, Widener	11:43.60
11	Joanna Bissell, Lebanon Valley	11:57.0
12	Kate Westerman, Moravian	11:58.48
13	Stacey Brautigam, Susquehanna	12:00.9
14	Nicole Palazzolo, Widener	12:09.2
15	Anna Malocu, Lebanon Valley	12:18.2
16	Maria Deliberato, Lebanon Valley	12:22.4
17	Melissa Black, Lebanon Valley	12:33.9
18	Jen Haas, Susquehanna	12:36.36
19	Sandy Tatarynw, Delaware Valley	12:49.6

### 5000 Meter Run

1	Emily Shertzer, Moravian	18:29.79
2	Amy Cavanaugh, Moravian	18:48.57
3	Melodie Geib, Messiah	19:23.88
4	Dawn Metzler, Allentown	19:30.93
5	Rebecca McClintock, Messiah	19:33.87
6	Dwan Gilmore, Messiah	19:43.74
7	Angela Happel, Susquehanna	20:07.79
8	Sarah Costello, Susquehanna	20:21.19
9	Heather White, Messiah	20:29.53
10	Maria Deliberato, Lebanon Valley	21:13.50

### 10000 Meter Run

1	Emily Shertzer, Moravian	38:31.56
2	Amy Cavanaugh, Moravian	39:01.14
3	Dwan Gilmore, Messiah	41:54.43
4	Sarah Costello, Susquehanna	42:04.56
5	Maria Grabowski, Moravian	43:05.83
6	Heather White, Messiah	43:50.03
7	Laura Byroade, Albright	43:53.62
8	Michelle Walmsley, Lebanon Valley	46:17.50
9	Jen Boberg, Moravian	46:27.87
10	Kim Brothers, Messiah	47:00.95

### 100 Meter Hurdles

#### Round 1, Heat 1

1	Jessica Sprankle, Juniata	16.46Q
2	Emily Dugan, Susquehanna	16.69q
3	Adrienne Wydra, Lycoming	16.90q
4	Erin Kilrain, Widener	17.15q
5	Jen Houck, Susquehanna	17.17q
6	Kristy Wagner, Juniata	18.02
7	Anita Warfel, Susquehanna	18.53

#### Round 1, Heat 2

1	Jamie Hill, Delaware Valley	16.73Q
2	Steph Horne, Moravian	17.07q
3	Dani Warden, Messiah	17.19q
4	Cheryl Beezup, Lebanon Valley	17.21
5	Anne Williams, Susquehanna	17.73
6	Lindsey Forman, Moravian	17.95
7	Stacy Boxum, Messiah	18.05

#### Final

1	Jessica Sprankle, Juniata	16.48
2	Jamie Hill, Delaware Valley	16.81
3	Erin Kilrain, Widener	17.02
4	Adrienne Wydra, Lycoming	17.05
5	Emily Dugan, Susquehanna	17.10
6	Dani Warden, Messiah	17.29
7	Steph Horne, Moravian	17.45
8	Jen Houck, Susquehanna	17.47

### 400 Meter Hurdles

#### Round 1, Heat 1

1	Emily Dugan, Susquehanna	68.04Q
2	Megan Deitz, Messiah	69.37q
3	Jessica Sprankle, Juniata	69.90q
4	Eileen McMenamin, Widener	70.31q
5	Kristen Sherrin, Widener	70.35q
6	Jamie Hill, Delaware Valley	71.07
7	Jen Houck, Susquehanna	73.78
8	Sarah Roberts, Messiah	78.51

#### Round 1, Heat 2

1	Adrienne Wydra, Lycoming	66.05Q
2	Steph Horne, Moravian	69.31q
3	Kristy Wagner, Juniata	70.83q
4	Kristy Miller, Messiah	71.96
5	Anne Williams, Susquehanna	72.41
6	Jen Burkholder, Moravian	75.66
7	Leah Williams, Moravian	76.44
8	Cheryl Beezup, Lebanon Valley	79.12



### 400 Meter Hurdles

#### Final

1	Adrienne Wydra, Lycoming	64.98
2	Megan Deitz, Messiah	67.28
3	Emily Dugan, Susquehanna	67.59
4	Steph Horne, Moravian	69.82
5	Eileen McMenamin, Widener	71.09
6	Jessica Sprankle, Juniata	72.63
7	Kristen Sherrin, Widener	74.24

### 400 Meter Relay

#### Round 1, Heat 1

1	Messiah, Messiah	51.15Q
2	Delaware Valley, Delaware Valley	51.92q
3	Widener, Widener	52.26q
4	Juniata, Juniata	53.39q

#### Round 1, Heat 2

1	Lebanon Valley, Lebanon Valley	50.33Q
2	Susquehanna, Susquehanna	51.69q
3	Moravian, Moravian	51.91q
4	Allentown, Allentown	53.43q
5	Lycoming, Lycoming	55.01

#### Final

1	Lebanon Valley, Lebanon Valley	50.16
2	Messiah, Messiah	51.39
3	Delaware Valley, Delaware Valley	51.76
4	Widener, Widener	51.82
5	Susquehanna, Susquehanna	51.89
6	Moravian, Moravian	51.92
7	Juniata, Juniata	53.30
8	Allentown, Allentown	53.65

### 1600 Meter Relay

1	Susquehanna, Susquehanna	4:06.64
2	Widener, Widener	4:08.37
3	Messiah, Messiah	4:12.31
4	Delaware Valley, Delaware Valley	4:13.82
5	Lebanon Valley, Lebanon Valley	4:15.44
6	Juniata, Juniata	4:16.09
7	Allentown, Allentown	4:22.60
8	Moravian, Moravian	4:26.30

### Long Jump

1	Eileen Golias, Lebanon Valley	16-8 1/2 (5.09m)
2	Karyn Kern, Susquehanna	16-7 1/2 (5.07m)
3	Brooke Dancho, Moravian	16-0 1/2 (4.89m)
4	Holly Whitpan, Albright	15-5 (4.70m)
5	Heidi Kaucher, Allentown	15-3 1/2 (4.66m)
6	Kristy Wagner, Juniata	14-6 1/4 (4.43m)
7	Betsy Rowe, Messiah	14-4 (4.37m)

### Triple Jump

1	Karyn Kern, Susquehanna	35-9 (10.90m)
2	Kristy Wagner, Juniata	34-11 1/2 (10.66m)
3	Lindsey Forman, Moravian	34-1 1/4 (10.39m)
4	Betsy Rowe, Messiah	34-1 (10.39m)
5	Brooke Dancho, Moravian	33-11 (10.34m)
6	Holly Whitpan, Albright	33-4 3/4 (10.18m)
7	Kim Aurand, Susquehanna	33-2 1/2 (10.12m)
8	Beth Engle, Messiah	33-1 1/4 (10.09m)
9	Kristen Sherrin, Widener	32-1 1/4 (9.79m)
10	Brandi Woy, Juniata	31-1 1/4 (9.48m)

### High Jump

1	Holly Whitpan, Albright	5-4 1/2 (1.64m)
		Ties NCAA III Prov
2	Dani Warden, Messiah	5-3 (1.60m)
3	Karyn Kern, Susquehanna	5-1 (1.55m)
4	Erica Landes, Moravian	4-11 (1.50m)
4	Amanda Baker, Susquehanna	4-11 (1.50m)
6	Beth Engle, Messiah	4-11 (1.50m)
7	Laurie Scherer, Lycoming	4-11 (1.50m)
8	Sarah Webb, Albright	4-9 (1.45m)
9	Ashley Smith, Allentown	4-9 (1.45m)
10	Miranda VandenBerg, Messiah	4-9 (1.45m)

### Shot Put

1	Ann Musser, Lebanon Valley	42-6 (12.95m)
		NCAA III Provisional
2	Sarah Shaneberger, Moravian	39-7 1/4 (12.07m)
3	Skye Tandy, Albright	38-4 1/2 (11.70m)
4	Carrie Miller, Widener	35-8 1/2 (10.88m)
5	Melissa Ruczzi, Susquehanna	34-11 (10.64m)
6	Carrie Addis, Widener	34-2 (10.41m)
7	Carrie McCaffrey, Moravian	33-7 (10.24m)
8	Andrea DeWitt, Lebanon Valley	32-4 1/4 (9.86m)
9	Chris Robbins, Lycoming	32-2 1/2 (9.82m)
10	Jenni Anderson, Juniata	32-1 (9.78m)
11	Melissa Webber, Moravian	32-0 1/2 (9.77m)
12	Ryann Houseknecht, Juniata	32-0 1/4 (9.76m)
13	Justine King, Widener	29-6 (8.99m)
14	Amber Weber, Allentown	29-2 1/2 (8.90m)
15	Kate Lassiter, Allentown	26-11 (8.20m)

### Discus

1	Ann Musser, Lebanon Valley	138-0 (42.06m)
		Starry Field Record
		NCAA III Provisional
2	Melissa Webber, Moravian	120-9 (36.82m)
3	Carrie Miller, Widener	113-9 (34.66m)
4	Lisa Banta, Allentown	108-8 (33.12m)
5	Melissa Ruczzi, Susquehanna	106-8 (32.50m)
6	Jenni Anderson, Juniata	104-6 (31.84m)
7	Skye Tandy, Albright	103-6 (31.56m)
8	Melinda Gordon, Lebanon Valley	103-2 (31.44m)
9	Andrea DeWitt, Lebanon Valley	100-9 (30.72m)
10	Justine King, Widener	100-4 (30.58m)
11	Sarah Shaneberger, Moravian	99-9 (30.40m)
12	Carrie Addis, Widener	97-0 (29.56m)
13	Carrie McCaffrey, Moravian	95-7 (29.12m)
14	Meg Scheib, Delaware Valley	89-2 (27.18m)

### Javelin

1	Jen Lohn, Moravian	125-4 (38.20m)
2	Janee Shaner, Susquehanna	124-10 (38.04m)
3	Carrie McCaffrey, Moravian	123-0 (37.48m)
4	Johanna Dotts, Albright	121-7 (37.06m)
5	Jen Mills, Delaware Valley	109-3 (33.30m)
6	Courtney Albano, Messiah	108-7 (33.10m)
7	Skye Tandy, Albright	104-8 (31.90m)
8	Jessica Perry, Delaware Valley	102-4 (31.18m)
9	Ryann Houseknecht, Juniata	100-8 (30.68m)
10	Mary Lechleitner, Allentown	98-9 (30.10m)
11	Kathy Habecker, Messiah	98-3 (29.94m)
12	Mary Beth Clark, Lebanon Valley	96-9 (29.48m)
13	Amber Weber, Allentown	94-8 (28.84m)
14	Jenni Anderson, Juniata	91-11 (28.02m)
15	Tiffany Justice, Susquehanna	90-1 (27.46m)
16	Mary McNitt, Lebanon Valley	86-1 (26.24m)
17	Kimi Cunningham, Messiah	83-3 (25.36m)
18	Becky McMichael, Juniata	81-7 (24.87m)

### TEAM SCORES

100 Meter Dash, 200 Meter Dash, 400 Meter Dash, 800 Meter Run,  
1500 Meter Run, 3000 Meter Run, 5000 Meter Run, 10000 Meter Run,  
100 Meter Hurdles, 400 Meter Hurdles, 400 Meter Relay, 1600 Meter Relay,  
Long Jump, Triple Jump, High Jump, Shot Put, Discus, Javelin

1	Moravian	206.5
2	Messiah	112.0
3	Susquehanna	102.5
4	Lebanon Valley	93.0
5	Widener	50.0
6	Albright	36.0
7	Juniata	32.0
8	Delaware Valley	29.0
9	Lycoming	20.0
10	Allentown	18.0