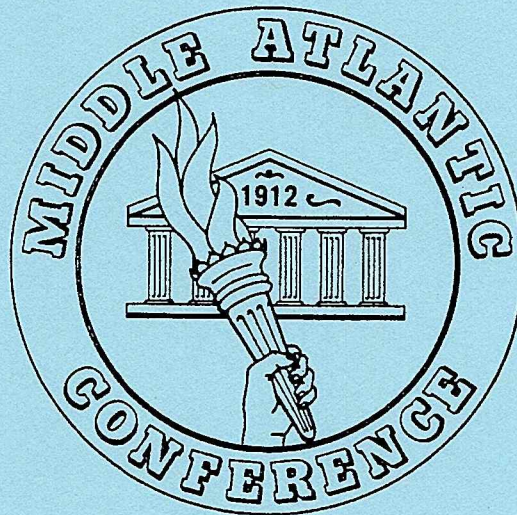


2004
Middle Atlantic Conference



Men's
Outdoor Track & Field Championships

April 29–May 1, 2004

RESULTS



One College Avenue
Grantham, PA 17027
717.766.2511

Albright • Delaware Valley • DeSales • Elizabethtown • Juniata
Lebanon Valley • Messiah • Moravian • Susquehanna • Widener

Middle Atlantic Conference Championship - 4/29/04 to 5/1/04

Messiah College, Grantham, PA

Team Rankings - Through Event 45

Male Team Scores

Place	School		Points
1	Elizabethtown College	ETWN	167
2	Susquehanna University	SUS	165.50
3	Messiah College	MES	139
4	Widener University	WID	98
5	DeSales University	DSU	87
6	Moravian College	MOR	82
7	Lebanon Valley College	LVC	27
8	Albright College	ALB	25.50
9	Juniata College	JUN	20
10	Delaware Valley College	DVC	7
Total			818.00

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Event 2 Men Decathlon

MAC record:	6339	2003	Dusty Lehr, Juniata
'03 MAC 1st:	6339	2003	Dusty Lehr, Juniata
Track record:	6184	2000	Boyles, Messiah
NCAA A qual:	6550		
NCAA B qual:	6000		

Name	Yr	School	Finals	Points
1 300 Dan Snyder	SO	Messiah College	6007	
2 335 Dan Corey	JR	Moravian College	5709	
3 160 Scott Haldeman	SO	Susquehanna University	5707	
4 406 Joe Ryan	JR	DeSales University	5300	
5 32 Zachary Fogel	FR	Elizabethtown College	5188	
6 33 Mike Galli	SR	Elizabethtown College	4751	
7 288 James Guerin	SR	Messiah College	4341	

Event 4 Men 100 Meter Dash

MAC qual:	11.74		
MAC record:	10.62	1988	Mike Spangler, Susquehanna
'03 MAC 1st:	11.21	2003	Jed Warsager, Moravian
Track record:	10.70	2001	Robinson, WID & Husain, Gburg, Widener
NCAA A qual:	10.53		
NCAA B qual:	10.81		

Name	Yr	School	Prelims	H#
Preliminaries				
1 302 Danny Wicks	SR	Messiah College	10.96 Q	2
2 348 Scott Silvoy	JR	Moravian College	11.01 Q	1
3 51 Mike Bauer	FR	Elizabethtown College	11.23 Q	3
4 336 Grant Curry	SO	Moravian College	11.03 q	2
5 410 James Van Dien	JR	DeSales University	11.13 q	1
6 266 Dustin Sier	FR	Juniata College	11.23 q	2
7 184 Jordan Rawlins	JR	Susquehanna University	11.23 q	3
8 73 Alan Newsome	FR	Lebanon Valley College	11.23 q	1
9 188 Nick Friday	FR	Susquehanna University	11.25	2
10 299 Tony Salvant	SO	Messiah College	11.30	3
11 429 Todd Stoker	FR	Widener University	11.33	2
12 263 Randy Anderson	FR	Juniata College	11.34	1
13 415 Mike Chatman	FR	Widener University	11.38	3
14 267 TJ Brooks	FR	Delaware Valley College	11.48	2
15 175 Tim Yosca	SO	Susquehanna University	11.51	2
16 268 Michael Caison	FR	Delaware Valley College	11.52	1
17 257 Jeremy Weber	JR	Juniata College	11.54	1
18 55 Brian Goodwin	FR	Elizabethtown College	11.56	2
19 83 Josh Madkins	SO	Albright College	11.59	3
20 157 Ben Enders	SR	Susquehanna University	11.60	1
21 191 Kolby Longenberger	FR	Susquehanna University	11.60	3
22 74 Mitch Nyman	JR	Lebanon Valley College	12.15	1
23 281 Justin Bollinger	SO	Messiah College	12.89	3

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Event 4 Men 100 Meter Dash

MAC qual:	11.74		
MAC record:	10.62	1988	Mike Spangler, Susquehanna
'03 MAC 1st:	11.21	2003	Jed Warsager, Moravian
Track record:	10.70	2001	Robinson, WID & Husain, Gburg, Widener
NCAA A qual:	10.53		
NCAA B qual:	10.81		

Name	Yr	School	Finals	Points
Finals				
1 302 Danny Wicks		SR Messiah College	11.14	
2 51 Mike Bauer		FR Elizabethtown College	11.15	
3 348 Scott Silvoy		JR Moravian College	11.23	
4 336 Grant Curry		SO Moravian College	11.24	
5 73 Alan Newsome		FR Lebanon Valley College	11.31	
6 266 Dustin Sier		FR Juniata College	11.33	
7 410 James Van Dien		JR DeSales University	11.35	
8 184 Jordan Rawlins		JR Susquehanna University	11.76	

Event 7 Men 200 Meter Dash

MAC qual:	23.74		
MAC record:	21.34	2000	Tony Brown, Widener
'03 MAC 1st:	22.43	2003	Kyle Sanders, Susquehanna
Track record:	21.50	1999	Brown, WID & Scott, King's, Widener
NCAA A qual:	21.25		
NCAA B qual:	21.80		

Name	Yr	School	Prelims	H#
Preliminaries				
1 184 Jordan Rawlins		JR Susquehanna University	22.29 Q	3
2 343 Joe Moore		SR Moravian College	22.37 Q	2
3 302 Danny Wicks		SR Messiah College	22.48 Q	4
4 51 Mike Bauer		FR Elizabethtown College	22.74 Q	1
5 159 Kyle Sanders		JR Susquehanna University	22.59 q	2
6 392 Lou Corominas		SO DeSales University	22.63 q	4
7 410 James Van Dien		JR DeSales University	22.79 q	4
8 73 Alan Newsome		FR Lebanon Valley College	22.82 q	3
9 299 Tony Salvant		SO Messiah College	22.86	1
10 187 Evan Fetterolf		FR Susquehanna University	22.90	2
11 266 Dustin Sier		FR Juniata College	22.94	2
12 340 Josh Kline		FR Moravian College	23.01	3
13 181 Tyler Firth		FR Susquehanna University	23.11	1
14 158 Jason Warner		SR Susquehanna University	23.15	2
15 427 Doe Slinger		SR Widener University	23.15	3
16 267 TJ Brooks		FR Delaware Valley College	23.17	2
17 263 Randy Anderson		FR Juniata College	23.26	4
18 402 Nick Natriello		FR DeSales University	23.32	1
19 157 Ben Enders		SR Susquehanna University	23.38	4
20 268 Michael Caison		FR Delaware Valley College	23.44	3
21 83 Josh Madkins		SO Albright College	23.54	3
22 175 Tim Yosca		SO Susquehanna University	23.56	1
23 191 Kolby Longenberger		FR Susquehanna University	23.60	4
24 74 Mitch Nyman		JR Lebanon Valley College	23.90	4

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Preliminaries ... (Event 7 Men 200 Meter Dash)

Name	Yr	School	Prelims	H#
25 281 Justin Bollinger	SO	Messiah College	25.55	1

Event 7 Men 200 Meter Dash

MAC qual:	23.74		
MAC record:	21.34	2000	Tony Brown, Widener
'03 MAC 1st:	22.43	2003	Kyle Sanders, Susquehanna
Track record:	21.50	1999	Brown, WID & Scott, King's, Widener
NCAA A qual:	21.25		
NCAA B qual:	21.80		

Name	Yr	School	Finals	Points
Finals				
1 302 Danny Wicks	SR	Messiah College	22.09	
2 343 Joe Moore	SR	Moravian College	22.23	
3 51 Mike Bauer	FR	Elizabethtown College	22.35	
4 73 Alan Newsome	FR	Lebanon Valley College	22.60	
5 159 Kyle Sanders	JR	Susquehanna University	22.63	
6 392 Lou Corominas	SO	DeSales University	22.80	
7 410 James Van Dien	JR	DeSales University	23.12	
8 184 Jordan Rawlins	JR	Susquehanna University	27.39	

Event 9 Men 400 Meter Dash

MAC qual:	53.74		
MAC record:	47.02	1983	Dave German, Susquehanna
'03 MAC 1st:	49.42	2003	Kyle Sanders, Susquehanna
Track record:	47.63	1985	Spangler, Susquehanna, Susquehanna
NCAA A qual:	47.50		
NCAA B qual:	48.50		

Name	Yr	School	Prelims	H#
Preliminaries				
1 392 Lou Corominas	SO	DeSales University	49.65 Q	3
2 44 Tom Raver	FR	Elizabethtown College	50.05 Q	1
3 159 Kyle Sanders	JR	Susquehanna University	50.15 Q	2
4 340 Josh Kline	FR	Moravian College	50.19 q	1
5 164 Sean Capkin	SO	Susquehanna University	50.69 q	2
6 157 Ben Enders	SR	Susquehanna University	50.80 q	3
7 423 Dan Hennessy	JR	Widener University	50.89 q	2
8 181 Tyler Firth	FR	Susquehanna University	51.30 q	1
9 158 Jason Warner	SR	Susquehanna University	51.36	3
10 427 Doe Slanger	SR	Widener University	51.45	2
11 85 Matthew Yoder	SO	Albright College	51.49	1
12 264 Will Cantara	JR	Juniata College	51.98	3
13 339 Nicholas Keysock	FR	Moravian College	52.28	1
14 402 Nick Natriello	FR	DeSales University	52.38	3
15 47 Al Uliana	SO	Elizabethtown College	52.55	2
16 82 Daniel Ivancich	SO	Albright College	53.00	3
17 394 John Deas	FR	DeSales University	53.32	1
18 290 Ryan Harris	SO	Messiah College	53.47	3
19 35 Jared Hoffa	FR	Elizabethtown College	53.75	2

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Event 9 Men 400 Meter Dash

MAC qual: 53.74
MAC record: 47.02 1983 Dave German, Susquehanna
'03 MAC 1st: 49.42 2003 Kyle Sanders, Susquehanna
Track record: 47.63 1985 Spangler, Susquehanna, Susquehanna
NCAA A qual: 47.50
NCAA B qual: 48.50

Name	Yr	School	Finals	Points
Finals				
1 392 Lou Corominas	SO	DeSales University	48.59	
2 159 Kyle Sanders	JR	Susquehanna University	49.15	
3 44 Tom Raver	FR	Elizabethtown College	49.73	
4 340 Josh Kline	FR	Moravian College	50.01	
5 164 Sean Capkin	SO	Susquehanna University	50.31	
6 157 Ben Enders	SR	Susquehanna University	50.34	
7 181 Tyler Firth	FR	Susquehanna University	50.70	
8 423 Dan Hennessy	JR	Widener University	50.82	

Event 11 Men 800 Meter Run

MAC qual: 2:04.24
MAC record: 1:51.79 1982 Kevin Foley, Haverford
'03 MAC 1st: 1:57.11 2003 Mike McGinley, Leb. Valley
Track record: 1:53.06 1985 Persick, Haverford, Haverford
NCAA A qual: 1:51.30
NCAA B qual: 1:53.60

Name	Yr	School	Prelims	H#
Preliminaries				
1 53 Patrick Donovan	FR	Elizabethtown College	1:57.91 Q	3
2 48 Greg Wetzel	SO	Elizabethtown College	1:58.68 Q	2
3 430 Macharia Yuot	SO	Widener University	1:58.76 Q	1
4 419 Joe Francisco	SO	Widener University	1:58.20 Q	3
5 285 Bobby Dressler	JR	Messiah College	1:58.80 Q	2
6 40 Sean Mulcahy	SR	Elizabethtown College	1:59.07 Q	1
7 280 Eric Bofinger	FR	Messiah College	1:58.51 q	3
8 342 Sean McDonnell	SR	Moravian College	1:59.31 q	2
9 85 Matthew Yoder	SO	Albright College	1:59.51	3
10 414 John Boyle	SO	Widener University	1:59.52	3
11 36 Brent Landis	FR	Elizabethtown College	1:59.82	1
12 294 Andrew Miller	FR	Messiah College	2:00.43	1
13 255 Chris Sheaffer	SO	Juniata College	2:01.10	2
14 278 Chris Arnold	FR	Messiah College	2:01.64	1
15 171 Ryan McGuire	SR	Susquehanna University	2:02.37	2
16 279 Erik Blosser	FR	Messiah College	2:02.74	1
17 426 Brendan Reilley	FR	Widener University	2:04.95	2

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Event 11 Men 800 Meter Run

MAC qual: 2:04.24
 MAC record: 1:51.79 1982 Kevin Foley, Haverford
 '03 MAC 1st: 1:57.11 2003 Mike McGinley, Leb.Valley
 Track record: 1:53.06 1985 Persick, Haverford, Haverford
 NCAA A qual: 1:51.30
 NCAA B qual: 1:53.60

Name	Yr	School	Finals	Points
Finals				
1 48 Greg Wetzel	SO	Elizabethtown College	1:56.40	
2 53 Patrick Donovan	FR	Elizabethtown College	1:56.72	
3 430 Macharia Yuot	SO	Widener University	1:58.71	
4 280 Eric Bofinger	FR	Messiah College	1:58.81	
5 285 Bobby Dressler	JR	Messiah College	2:00.35	
6 40 Sean Mulcahy	SR	Elizabethtown College	2:00.55	
7 342 Sean McDonnell	SR	Moravian College	2:01.03	
8 419 Joe Francisco	SO	Widener University	2:02.62	

Event 13 Men 1500 Meter Run

MAC qual: 4:18.24
 MAC record: 3:45.68 1983 Kevin Foley, Haverford
 '03 MAC 1st: 3:59.44 2003 Bobby Dressler, Messiah
 Track record: 3:53.80 2003 Elson, Muhlenberg, Muhlenberg
 NCAA A qual: 3:50.60
 NCAA B qual: 3:56.00

Name	Yr	School	Finals	Points
1 430 Macharia Yuot	SO	Widener University	3:56.89	
2 28 Dave Berdan	SR	Elizabethtown College	3:57.34	
3 285 Bobby Dressler	JR	Messiah College	3:57.69	
4 40 Sean Mulcahy	SR	Elizabethtown College	3:59.22	
5 419 Joe Francisco	SO	Widener University	4:01.49	
6 45 Steve Sanko	FR	Elizabethtown College	4:01.50	
7 39 Nate Moore	JR	Elizabethtown College	4:01.55	
8 342 Sean McDonnell	SR	Moravian College	4:05.63	
9 346 Greg Rarick	SO	Moravian College	4:05.75	
10 407 Ryan Sheppard	SR	DeSales University	4:08.29	
11 255 Chris Sheaffer	SO	Juniata College	4:08.95	
12 256 Mike Vella	SO	Juniata College	4:09.46	
13 75 Jeremy Rea	SR	Lebanon Valley College	4:09.68	
14 171 Ryan McGuire	SR	Susquehanna University	4:11.39	
15 42 Nick Patterson	SO	Elizabethtown College	4:12.00	
16 395 Jonathan DiLuzio	JR	DeSales University	4:12.82	
17 400 John Henry	SR	DeSales University	4:14.51	
18 289 Larry Hannon	SO	Messiah College	4:14.75	
19 338 Joe Grady	SR	Moravian College	4:15.61	
20 390 Robert Burke	FR	DeSales University	4:18.13	
21 401 John McHugh	FR	DeSales University	4:19.60	
22 291 Jeremiah Howard	SO	Messiah College	4:21.93	

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Event 17 Men 5000 Meter Run

MAC qual: 16:15.24
 MAC record: 14:27.83 1991 Seamus McElligot, Haverford
 '03 MAC 1st: 14:55.28 2003 Ed Doreau, Messiah
 Track record: 14:40.50 1980 Sheely, Haverford, Haverford
 NCAA A qual: 14:00.26
 NCAA B qual: 14:50.00

Name	Yr	School	Finals	Points
1 411 Mike Vidumsky	JR	DeSales University	15:05.02	
2 28 Dave Berdan	SR	Elizabethtown College	15:18.43	
3 169 Ryan Gleason	SR	Susquehanna University	15:23.64	
4 297 Brandon Newbould	SR	Messiah College	15:35.61	
5 284 Ed Doreau	SR	Messiah College	15:40.30	
6 45 Steve Sanko	FR	Elizabethtown College	15:48.73	
7 38 Jose Miranda	JR	Elizabethtown College	15:50.84	
8 295 Keith Miller	JR	Messiah College	15:55.88	
9 424 Zach Miller	SO	Widener University	15:59.39	
10 46 Jason Theobald	FR	Elizabethtown College	16:01.25	
11 417 Kevin Cunningham	JR	Widener University	16:06.94	
12 421 Patrick Hayburn	SO	Widener University	16:10.51	
13 49 Chris Williams	JR	Elizabethtown College	16:11.11	
14 286 Josh Evans	SR	Messiah College	16:15.87	
15 416 Thomas Coll	SO	Widener University	16:31.96	
16 52 David Cohen	FR	Elizabethtown College	16:37.62	
17 422 Chip Hazewski	SR	Widener University	16:43.97	
18 252 Justin Fritzius	SO	Juniata College	16:49.21	
19 192 Kyle Snyder	FR	Susquehanna University	16:54.26	
20 418 Brian Dreibelbis	SR	Widener University	17:04.25	

Event 19 Men 10000 Meter Run

MAC qual: 36:00.24
 MAC record: 30:29.25 1990 Seamus McElligott, Haverford
 '03 MAC 1st: 31:54.18 2003 Ed Doreau, Messiah
 Track record: 30:51.00 1980 Sheely, Haverford, Haverford
 NCAA A qual: 30:24.00
 NCAA B qual: 31:20.00

Name	Yr	School	Finals	Points
1 411 Mike Vidumsky	JR	DeSales University	31:24.25	
2 28 Dave Berdan	SR	Elizabethtown College	32:02.63	
3 38 Jose Miranda	JR	Elizabethtown College	32:08.76	
4 45 Steve Sanko	FR	Elizabethtown College	32:11.71	
5 284 Ed Doreau	SR	Messiah College	32:25.50	
6 46 Jason Theobald	FR	Elizabethtown College	33:42.15	
7 192 Kyle Snyder	FR	Susquehanna University	33:44.07	
8 422 Chip Hazewski	SR	Widener University	33:51.54	
9 52 David Cohen	FR	Elizabethtown College	34:34.11	
10 421 Patrick Hayburn	SO	Widener University	34:50.63	
11 29 Dave Bresnahan	FR	Elizabethtown College	35:18.23	
12 37 Josh Lyman	SR	Elizabethtown College	35:24.82	
13 418 Brian Dreibelbis	SR	Widener University	35:34.01	
14 413 Nick Altobelli	SR	Widener University	35:45.90	

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(Event 19 Men 10000 Meter Run)

Name	Yr	School	Finals	Points
15 347 William Shimer	SO	Moravian College	35:56.44	
16 76 Rob Schaerer	SR	Lebanon Valley College	36:57.77	
17 162 Jeremy Apgar	JR	Susquehanna University	37:15.98	
--- 282 Mark Campell	JR	Messiah College	NT	
--- 416 Thomas Coll	SO	Widener University	NT	

Event 21 Men 110 Meter Hurdles

MAC qual:	16.54		
MAC record:	14.49	1982	Mark Tankersley, DVC
'03 MAC 1st:	15.14	2003	Dusty Lehr, Juniata
Track record:	14.50	1979	Tankersley, Delaware Valley, Delaware Valley
NCAA A qual:	14.40		
NCAA B qual:	14.90		

Name	Yr	School	Prelims	H#
Preliminaries				
1 31 Darren DeAngelis	SO	Elizabethtown College	15.17 Q	2
2 301 Steve Voss	SR	Messiah College	15.67 Q	1
3 372 Matt Bailey	FR	Moravian College	15.41 q	2
4 270 Brian Small	JR	Delaware Valley College	15.64 q	2
5 72 Bryon Laird	FR	Lebanon Valley College	15.87 q	1
6 428 Chris Steigerwalt	FR	Widener University	15.89 q	1
7 168 Sky Dumont	SO	Susquehanna University	16.26 q	2
8 420 Dennis Hagan	SO	Widener University	16.34 q	1
9 178 Justin Hill	FR	Susquehanna University	16.42	2
--- 54 Derrick Washington	SO	Elizabethtown College	DNF	1
--- 425 Rennie Mills	JR	Widener University	DNF	1

Event 21 Men 110 Meter Hurdles

MAC qual:	16.54		
MAC record:	14.49	1982	Mark Tankersley, DVC
'03 MAC 1st:	15.14	2003	Dusty Lehr, Juniata
Track record:	14.50	1979	Tankersley, Delaware Valley, Delaware Valley
NCAA A qual:	14.40		
NCAA B qual:	14.90		

Name	Yr	School	Finals	Points
Finals				
1 372 Matt Bailey	FR	Moravian College	14.93	
2 31 Darren DeAngelis	SO	Elizabethtown College	14.95	
3 301 Steve Voss	SR	Messiah College	15.38	
4 72 Bryon Laird	FR	Lebanon Valley College	15.71	
5 270 Brian Small	JR	Delaware Valley College	15.77	
6 168 Sky Dumont	SO	Susquehanna University	15.90	
7 420 Dennis Hagan	SO	Widener University	15.95	
8 428 Chris Steigerwalt	FR	Widener University	16.16	

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Event 23 Men 400 Meter Hurdles

MAC qual:	60.24		
MAC record:	52.18	1988	Cal Williams, Dickinson
'03 MAC 1st:	54.69	2003	Dennis Hagan, Widener
Track record:	53.12	1983	Walden, Susquehanna, Susquehanna
NCAA A qual:	52.20		
NCAA B qual:	54.00		

Name	Yr	School	Prelims	H#
Preliminaries				
1 372 Matt Bailey	FR	Moravian College	55.64 Q	1
2 31 Darren DeAngelis	SO	Elizabethtown College	56.42 Q	2
3 71 Matt Hauk	JR	Lebanon Valley College	56.01 q	1
4 301 Steve Voss	SR	Messiah College	56.51 q	2
5 420 Dennis Hagan	SO	Widener University	57.31 q	2
6 182 Joe Wassink	FR	Susquehanna University	57.86 q	1
7 34 Rob Hickox	SR	Elizabethtown College	58.47 q	2
8 72 Bryon Laird	FR	Lebanon Valley College	58.49 q	2
9 56 Dan Brosious	JR	Elizabethtown College	59.17	1
10 178 Justin Hill	FR	Susquehanna University	60.29	1
11 391 Todd Colistro	JR	DeSales University	60.73	2
12 296 John Myers	SR	Messiah College	60.76	1

Event 23 Men 400 Meter Hurdles

MAC qual:	60.24		
MAC record:	52.18	1988	Cal Williams, Dickinson
'03 MAC 1st:	54.69	2003	Dennis Hagan, Widener
Track record:	53.12	1983	Walden, Susquehanna, Susquehanna
NCAA A qual:	52.20		
NCAA B qual:	54.00		

Name	Yr	School	Finals	Points
Finals				
1 31 Darren DeAngelis	SO	Elizabethtown College	54.48	
2 301 Steve Voss	SR	Messiah College	55.49	
3 182 Joe Wassink	FR	Susquehanna University	56.03	
4 71 Matt Hauk	JR	Lebanon Valley College	56.30	
5 420 Dennis Hagan	SO	Widener University	57.33	
6 372 Matt Bailey	FR	Moravian College	58.11	
7 72 Bryon Laird	FR	Lebanon Valley College	59.43	
8 34 Rob Hickox	SR	Elizabethtown College	61.48	

Event 25 Men 3000 Meter Steeplechase

MAC qual:	11:15.24		
MAC record:	9:09.13	1991	Matt Leighninger, Haverford
'03 MAC 1st:	9:25.58	2003	Brandon Newbould, Messiah
Track record:	9:15.40	1991	Monaco, F&M, F&M
NCAA A qual:	9:06.40		
NCAA B qual:	9:23.50		

Name	Yr	School	Finals	Points
1 430 Macharia Yuot	SO	Widener University	9:16.92	
2 297 Brandon Newbould	SR	Messiah College	9:24.74	
3 169 Ryan Gleason	SR	Susquehanna University	9:30.91	

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Results

(Event 25 Men 3000 Meter Steeplechase)

Name	Yr	School	Finals	Points
4 407 Ryan Sheppard	SR	DeSales University	9:35.00	
5 424 Zach Miller	SO	Widener University	9:35.13	
6 295 Keith Miller	JR	Messiah College	9:40.79	
7 75 Jeremy Rea	SR	Lebanon Valley College	9:40.84	
8 286 Josh Evans	SR	Messiah College	9:43.03	
9 49 Chris Williams	JR	Elizabethtown College	9:52.75	
10 338 Joe Grady	SR	Moravian College	10:00.21	
11 252 Justin Fritzius	SO	Juniata College	10:03.71	
12 390 Robert Burke	FR	DeSales University	10:14.04	
13 42 Nick Patterson	SO	Elizabethtown College	10:25.90	
14 374 Patrick Grogan	JR	Moravian College	10:29.12	
15 265 Mike Chirdon	FR	Juniata College	11:30.94	

Event 27 Men 4x100 Meter Relay

MAC record:	41.75	1983	Susquehanna
'03 MAC 1st:	43.03	2003	Widener
Track record:	41.94	2001	Widener, Widener
NCAA A qual:	41.10		
NCAA B qual:	42.00		

Team	Relay	Prelims	H#
Preliminaries			
1 Moravian College	A	42.12 Q	2
2 Susquehanna University	A	42.52 Q	1
3 Messiah College	A	42.68 q	1
4 Widener University	A	42.98 q	1
5 Elizabethtown College	A	43.52 q	2
6 Lebanon Valley College	A	44.01 q	1
7 Albright College	A	44.71 q	2
8 DeSales University	A	44.76 q	2
9 Juniata College	A	53.34	2

Event 27 Men 4x100 Meter Relay

MAC record:	41.75	1983	Susquehanna
'03 MAC 1st:	43.03	2003	Widener
Track record:	41.94	2001	Widener, Widener
NCAA A qual:	41.10		
NCAA B qual:	42.00		

Team	Relay	Finals	Points
Finals			
1 Moravian College	A	42.39	
2 Susquehanna University	A	42.45	
3 Widener University	A	43.07	
4 Messiah College	A	43.30	
5 DeSales University	A	43.34	
6 Lebanon Valley College	A	44.23	
7 Albright College	A	44.83	
8 Elizabethtown College	A	60.00	

Middle Atlantic Conference Championship - 4/29/04 to 5/1/04
Messiah College, Grantham, PA
Results

Event 29 Men 4x400 Meter Relay

MAC record: 3:15.62 1982 Delaware Valley
 '03 MAC 1st: 3:21.84 2003 Widener
 Track record: 3:17.20 1981 Norfolk St., Norfolk State
 NCAA A qual: 3:13.70
 NCAA B qual: 3:17.50

Team	Relay	Finals	Points
1 Susquehanna University	A	3:20.88	
2 Elizabethtown College	A	3:23.34	
3 DeSales University	A	3:23.54	
4 Widener University	A	3:25.26	
5 Messiah College	A	3:26.84	
6 Juniata College	A	3:27.25	
7 Moravian College	A	3:27.33	
8 Albright College	A	3:32.41	
9 Lebanon Valley College	A	3:38.13	

Event 31 Men High Jump

MAC qual: 6-00
 MAC record: 6-10 2001 Chris Boyles, Messiah
 '03 MAC 1st: 6-06 2003 Jason Patterson, Etown
 Track record: 6-11.75 2003 Bergin, Mary Washington, Mary Washington
 NCAA A qual: 2.12m
 NCAA B qual: 2.01m

Name	Yr	School	Finals	Points
1 92 Jeff Witmyer	FR	Albright College	6-09.25	2.06m
2 293 Chris Mikaya	JR	Messiah College	6-07.25	2.01m
3 295 Keith Miller	JR	Messiah College	6-03.00	1.90m
4 41 Jason Patterson	SO	Elizabethtown College	J6-03.00	1.90m
5 180 Josh Smith	FR	Susquehanna University	J6-03.00	1.90m
6 270 Brian Small	JR	Delaware Valley College	6-01.00	1.85m
7 179 Mike Drake	FR	Susquehanna University	J6-01.00	1.85m
8 32 Zachary Fogel	FR	Elizabethtown College	J6-01.00	1.85m
9 253 Adam Loser	SO	Juniata College	5-11.00	1.80m
9 163 Kyle Boudreau	JR	Susquehanna University	5-11.00	1.80m
--- 81 Joe Harkins	SO	Albright College	NH	

Event 33 Men Pole Vault

MAC qual: 11-06
 MAC record: 15-03 9396 JC Brown, MOR/Frank Krantz SUS
 '03 MAC 1st: 14-03 2003 Eric Bennett, Etown
 Track record: 15-00 1992 Krantz, Susquehanna, Susquehanna
 NCAA A qual: 5.03m
 NCAA B qual: 4.63m

Name	Yr	School	Finals	Points
1 165 Rob Daniele	SO	Susquehanna University	14-06.00	4.41m
2 298 Rob Poiesz	JR	Messiah College	14-00.00	4.26m
3 27 Eric Bennett	SR	Elizabethtown College	13-06.00	4.11m
4 183 Josh Kuster	SO	Susquehanna University	J13-06.00	4.11m
5 189 Phil Kasper	FR	Susquehanna University	13-00.00	3.96m
5 90 Jeff Feverston	JR	Albright College	13-00.00	3.96m

Middle Atlantic Conference Championship - 4/29/04 to 5/1/04

Messiah College, Grantham, PA

Results

(Event 33 Men Pole Vault)

Name	Yr	School	Finals	Points
7 337 Michael El Kazzaz	SO	Moravian College	J13-00.00	3.96m
8 254 Shawn Miller	SO	Juniata College	J13-00.00	3.96m
9 43 Jason Porter	FR	Elizabethtown College	11-06.00	3.50m
10 391 Todd Colistro	JR	DeSales University	11-00.00	3.35m
--- 70 Jimmy Buckson	SO	Lebanon Valley College	NH	
--- 269 Mike Moore	SO	Delaware Valley College	NH	

Event 35 Men Long Jump

MAC qual: 20-04
 MAC record: 24-03 1989 Dan Reichenbach, Moravan
 '03 MAC 1st: 22-01.50 2003 Hylton Kipe, Messiah
 Track record: 23-06.25 1989 Riechenbach, Moravian, Moravian
 NCAA A qual: 7.28m
 NCAA B qual: 6.90m

Name	Yr	School	Finals	Points
1 343 Joe Moore	SR	Moravian College	22-10.75	6.97m
2 51 Mike Bauer	FR	Elizabethtown College	22-07.75	6.90m
3 299 Tony Salvant	SO	Messiah College	22-00.25	6.71m
4 172 Duane Park	JR	Susquehanna University	22-00.00	6.70m
5 257 Jeremy Weber	JR	Juniata College	21-11.50	6.69m
6 263 Randy Anderson	FR	Juniata College	21-07.00	6.57m
7 336 Grant Curry	SO	Moravian College	21-01.50	6.43m
8 179 Mike Drake	FR	Susquehanna University	J21-01.50	6.43m
9 91 Durrell Harris	FR	Albright College	20-10.00	6.35m
10 428 Chris Steigerwalt	FR	Widener University	20-09.75	6.34m
11 160 Scott Haldeman	SO	Susquehanna University	20-09.00	6.32m
12 30 Pablo Callejas	SR	Elizabethtown College	20-03.75	6.19m
13 92 Jeff Witmyer	FR	Albright College	20-00.25	6.10m
14 55 Brian Goodwin	FR	Elizabethtown College	19-08.75	6.01m
15 258 Gary Ondecko	SO	Juniata College	19-02.00	5.84m

Event 37 Men Triple Jump

MAC qual: 41-00
 MAC record: 51-01.50 1975 Mike Williams, Widener
 '03 MAC 1st: 48-08.75 2003 Hylton Kipe, Messiah
 Track record: 49-00.25 2001 Coleman, Widener, Widener
 NCAA A qual: 14.90m
 NCAA B qual: 14.10m

Name	Yr	School	Finals	Points
1 30 Pablo Callejas	SR	Elizabethtown College	47-10.25	14.58m
2 41 Jason Patterson	SO	Elizabethtown College	46-05.75	14.16m
3 180 Josh Smith	FR	Susquehanna University	45-00.75	13.73m
4 160 Scott Haldeman	SO	Susquehanna University	44-10.50	13.67m
5 257 Jeremy Weber	JR	Juniata College	43-08.00	13.30m
6 172 Duane Park	JR	Susquehanna University	43-05.00	13.23m
7 263 Randy Anderson	FR	Juniata College	43-02.75	13.17m
8 299 Tony Salvant	SO	Messiah College	42-10.75	13.07m
9 55 Brian Goodwin	FR	Elizabethtown College	41-05.50	12.63m
10 258 Gary Ondecko	SO	Juniata College	41-01.00	12.52m
11 406 Joe Ryan	JR	DeSales University	40-11.00	12.47m

Middle Atlantic Conference Championship - 4/29/04 to 5/1/04
Messiah College, Grantham, PA
Results

(Event 37 Men Triple Jump)

Name	Yr	School	Finals	Points
12 404 Chad Remaley	FR	DeSales University	40-02.75	12.26m
13 428 Chris Steigerwalt	FR	Widener University	39-07.50	12.07m
--- 397 Eric Eggleston	SO	DeSales University	ND	

Event 39 Men Shot Put

MAC qual: 38-00
MAC record: 55-01 1973 **Odd Haugen, W Maryland**
'03 MAC 1st: 46-09.50 2003 **John Rauer, Widener**
Track record: 52-08 1981 **Gillespie, Liberty Baptist, Liberty Baptist**
NCAA A qual: 17.11m
NCAA B qual: 15.45m

Name	Yr	School	Finals	Points
1 170 Matt Hill	JR	Susquehanna University	47-00.00	14.32m
2 435 John Rauer	SR	Widener University	45-07.00	13.89m
3 438 James Widener	SO	Widener University	43-06.00	13.25m
4 199 Tom Goodwin	JR	Susquehanna University	43-04.75	13.22m
5 434 Mike Poust	FR	Widener University	43-02.50	13.16m
6 190 Chris Kolak	FR	Susquehanna University	43-01.25	13.13m
7 292 Josh Martin	SR	Messiah College	42-04.00	12.90m
8 84 William Shue	SR	Albright College	41-10.00	12.75m
9 399 Gabe Gigliotti	FR	DeSales University	41-03.00	12.57m
10 433 Geoff Gaither	SO	Widener University	40-00.00	12.19m
11 403 Brian Poore	JR	DeSales University	39-10.00	12.14m
12 94 Nick Orfanella	FR	Albright College	39-03.25	11.96m
13 334 Patrick Callahan	FR	Moravian College	39-03.00	11.96m
14 439 Mike Wrubel	SO	Widener University	38-03.00	11.65m
15 186 Dan Bodner	FR	Susquehanna University	37-10.00	11.53m
16 405 Greg Roher	FR	DeSales University	37-02.00	11.32m
17 271 Craig Vaccarella	FR	Delaware Valley College	36-09.00	11.20m
18 393 Joe D'Arcangelo	SO	DeSales University	36-05.00	11.09m
19 341 Steve Kondorossy	FR	Moravian College	35-03.00	10.74m

Event 41 Men Discus Throw

MAC qual: 115-00
MAC record: 169-07 1973 **Knut Hjeltness, W Maryland**
'03 MAC 1st: 132-11 2003 **Mike Sobotor, Susquehanna**
Track record: 159-05 1987 **Mizel, Catholic, Catholic**
NCAA A qual: 53.21m
NCAA B qual: 47.47m

Name	Yr	School	Finals	Points
1 292 Josh Martin	SR	Messiah College	45.19m	148-03
2 170 Matt Hill	JR	Susquehanna University	42.74m	140-03
3 393 Joe D'Arcangelo	SO	DeSales University	J42.74m	140-03
4 399 Gabe Gigliotti	FR	DeSales University	40.98m	134-05
5 166 Dave DeVita	JR	Susquehanna University	40.19m	131-10
6 403 Brian Poore	JR	DeSales University	38.96m	127-10
7 190 Chris Kolak	FR	Susquehanna University	38.86m	127-06
8 341 Steve Kondorossy	FR	Moravian College	36.24m	118-11
9 434 Mike Poust	FR	Widener University	36.11m	118-06
10 94 Nick Orfanella	FR	Albright College	33.47m	109-10

Middle Atlantic Conference Championship - 4/29/04 to 5/1/04

Messiah College, Grantham, PA

Results

(Event 41 Men Discus Throw)

Name	Yr	School	Finals	Points
11 300 Dan Snyder	SO	Messiah College	32.51m	106-08

Event 43 Men Javelin Throw

MAC qual: 150-00
 MAC record: 226-01 2002 Matt Deamer, Susquehanna
 '03 MAC 1st: 189-01 2003 Matt Deamer, Susquehanna
 Track record: 208-09 1992 Davis, Lebanon Valley, Lebanon Valley
 NCAA A qual: 63.40m
 NCAA B qual: 57.40m

Name	Yr	School	Finals	Points
1 409 Joe Thomas	SR	DeSales University	55.27m	181-04
2 89 Dan Wray	SO	Albright College	53.77m	176-05
3 415 Mike Chatman	FR	Widener University	51.24m	168-01
4 161 Nate Anderson	JR	Susquehanna University	51.06m	167-06
5 175 Tim Yosca	SO	Susquehanna University	50.49m	165-08
6 431 Dave Barger	FR	Widener University	47.90m	157-02
7 376 Michael Ossont	FR	Moravian College	47.44m	155-08
8 77 Jon Stiner	JR	Lebanon Valley College	46.70m	153-02
9 283 Jonathan Dinges	FR	Messiah College	45.87m	150-06
10 93 Brian Walsh	FR	Albright College	45.37m	148-10
11 160 Scott Haldeman	SO	Susquehanna University	43.31m	142-01

Event 45 Men Hammer Throw

MAC qual: 105-00
 MAC record: 169-11 2002 Mike Ruff, Widener
 '03 MAC 1st: 160-07 2003 John Lesoine, Moravian
 Track record: 172-09 2002 Johnson, York, York
 NCAA A qual: 57.55m
 NCAA B qual: 50.60m

Name	Yr	School	Finals	Points
1 170 Matt Hill	JR	Susquehanna University	148-04	45.21m
2 439 Mike Wrubel	SO	Widener University	139-07	42.54m
3 409 Joe Thomas	SR	DeSales University	136-07	41.63m
4 344 Shawn Nelson	JR	Moravian College	128-00	39.01m
5 437 Jeff Watts	SO	Widener University	123-05	37.61m
6 436 Justin Steiner	SR	Widener University	121-07	37.05m
7 283 Jonathan Dinges	FR	Messiah College	J121-07	37.05m
8 435 John Rauer	SR	Widener University	119-05	36.39m
9 341 Steve Kondorossy	FR	Moravian College	118-08	36.16m
10 403 Brian Poore	JR	DeSales University	116-08	35.56m
11 396 Mike Dinan	JR	DeSales University	115-06	35.20m
12 398 Jonathan Fehringer	SR	DeSales University	114-03	34.82m
13 432 Tony Chomiszewski	JR	Widener University	114-01	34.77m
14 173 Andy Weitkamp	SO	Susquehanna University	113-02	34.49m
15 74 Mitch Nyman	JR	Lebanon Valley College	111-01	33.85m
--- 334 Patrick Callahan	FR	Moravian College	ND	

2004
Middle Atlantic Conference



Women's
Outdoor Track & Field Championships

April 29–May 1, 2004

RESULTS



One College Avenue
Grantham, PA 17027
717.766.2511

Albright • Delaware Valley • DeSales • Elizabethtown • Juniata
Lebanon Valley • Messiah • Moravian • Susquehanna • Widener

Middle Atlantic Conference Championship - 4/29/04 to 5/1/04

Messiah College, Grantham, PA

Team Rankings - Through Event 45

Female Team Scores

Place	School		Points
1	Moravian College	MOR	160.33
2	Susquehanna University	SUS	124.83
3	Elizabethtown College	ETWN	115.33
4	Messiah College	MESS	110.50
5	Juniata College	JUN	98
6	Lebanon Valley College	LVC	71
6	DeSales University	DSU	71
8	Widener University	WID	44
9	Albright College	ALB	21
10	Delaware Valley College	DVC	3
			<hr/>
Total			818.99

Middle Atlantic Conference Championship - 4/29/04 to 5/1/04

Messiah College, Grantham, PA

Results

Women 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 6 Best Times

MAC qual:	14.14		
MAC record:	12.12	1988	Denise Shotwell, Dickinson
'03 MAC 1st:	12.37	2003	Megan Patrono, Susquehanna
Track record:	12.48	2003	Jackson, Rutgers Camden, Rutgers at Camben
NCAA A qual:	11.95		
NCAA B qual:	12.34		

Name	Yr	School	Prelims	H#
Preliminaries				
1 Erin Recker		FR Moravian College	12.58 Q	2
2 Suzanne Tamlyn		FR Moravian College	12.83 Q	1
3 Erin Lichti		SO Elizabethtown College	12.72 q	2
4 Monique Gaillard		JR Widener University	12.84 q	1
5 Jen Minnig		JR Susquehanna University	12.85 q	1
6 Crystal Gibson		JR Lebanon Valley College	12.86 q	2
7 Ashley Eyster		JR Susquehanna University	12.96 q	2
8 Williametta Simmons		SR Widener University	12.97 q	2
9 Julie Griffith		FR Messiah College	13.11	1
10 Eileen Lavele		FR DeSales University	13.32	1
11 Lori Havrilak		FR Elizabethtown College	13.45	1
12 Dena Shibib		SR Albright College	13.67	2

Women 100 Meter Dash

MAC qual:	14.14		
MAC record:	12.12	1988	Denise Shotwell, Dickinson
'03 MAC 1st:	12.37	2003	Megan Patrono, Susquehanna
Track record:	12.48	2003	Jackson, Rutgers Camden, Rutgers at Camben
NCAA A qual:	11.95		
NCAA B qual:	12.34		

Name	Yr	School	Finals	Points
Finals				
1 Erin Lichti		SO Elizabethtown College	12.45	10
2 Erin Recker		FR Moravian College	12.49	8
3 Crystal Gibson		JR Lebanon Valley College	12.73	6
4 Suzanne Tamlyn		FR Moravian College	12.83	5
5 Monique Gaillard		JR Widener University	12.92	4
6 Jen Minnig		JR Susquehanna University	12.92	3
7 Ashley Eyster		JR Susquehanna University	12.95	2
8 Williametta Simmons		SR Widener University	13.04	1

Middle Atlantic Conference Championship - 4/29/04 to 5/1/04

Messiah College, Grantham, PA

Results

Women 200 Meter Dash

8 Advance: Top 1 Each Heat plus Next 6 Best Times

MAC qual:	29.14		
MAC record:	24.80	1988	Denise Shotwell, Dickinson
'03 MAC 1st:	25.61	2003	Megan Patrono, Susquehanna
Track record:	25.63	2003	Jackson, Rutgers Camden, Rutgers at Camden
NCAA A qual:	24.48		
NCAA B qual:	25.34		

Name	Yr	School	Prelims	H#
Preliminaries				
1 Erin Lichti	SO	Elizabethtown College	25.73 Q	2
2 Crystal Gibson	JR	Lebanon Valley College	25.82 Q	1
3 Erin Recker	FR	Moravian College	26.02 q	2
4 Nicole Day	JR	Widener University	26.16 q	2
5 Monique Gaillard	JR	Widener University	26.22 q	1
6 Suzanne Tamlyn	FR	Moravian College	26.28 q	1
7 Jen Minnig	JR	Susquehanna University	26.38 q	1
8 Ashley Eyster	JR	Susquehanna University	26.72 q	1
9 Ashley Beck	SO	Messiah College	26.77	2
10 Stefanie Rynkewitz	SR	Juniata College	26.86	2
11 Jen Lockman	JR	Susquehanna University	27.29	1
12 Eileen Lavele	FR	DeSales University	27.81	2
13 Dena Shibib	SR	Albright College	28.22	2
14 Jen Lowther	FR	Susquehanna University	28.74	1
15 Sarah Milford	FR	Elizabethtown College	29.12	1

Women 200 Meter Dash

MAC qual:	29.14		
MAC record:	24.80	1988	Denise Shotwell, Dickinson
'03 MAC 1st:	25.61	2003	Megan Patrono, Susquehanna
Track record:	25.63	2003	Jackson, Rutgers Camden, Rutgers at Camden
NCAA A qual:	24.48		
NCAA B qual:	25.34		

Name	Yr	School	Finals	Points
Finals				
1 Erin Lichti	SO	Elizabethtown College	25.60	10
2 Crystal Gibson	JR	Lebanon Valley College	25.80	8
3 Jen Minnig	JR	Susquehanna University	26.25	6
4 Erin Recker	FR	Moravian College	26.28	5
5 Suzanne Tamlyn	FR	Moravian College	26.34	4
6 Monique Gaillard	JR	Widener University	26.41	3
7 Ashley Eyster	JR	Susquehanna University	27.00	2
8 Nicole Day	JR	Widener University	27.67	1

Middle Atlantic Conference Championship - 4/29/04 to 5/1/04
Messiah College, Grantham, PA
Results

Women 400 Meter Dash**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

MAC qual:	67.24		
MAC record:	57.72	2003	Jess Sauve, Messiah
'03 MAC 1st:	57.72	2003	Jess Sauve, Messiah
Track record:	57.80	1989	Wiederrect, Messiah, Messiah
NCAA A qual:	55.70		
NCAA B qual:	57.60		

Name	Yr	School	Prelims	H#
Preliminaries				
1 Meredith Troutman		SO Juniata College	58.86 Q	1
2 Stefanie Rynkewitz		SR Juniata College	58.89 Q	2
3 Betsy Burroughs		JR Elizabethtown College	59.40 q	1
4 Elena Amato		FR Juniata College	59.78 q	2
5 Ashley Beck		SO Messiah College	60.94 q	2
6 Jen Lockman		JR Susquehanna University	61.38 q	1
7 Lauren McGarrity		SO DeSales University	61.46 q	2
8 Amy Reehil		FR Moravian College	62.63 q	1
9 Jess Pettengill		JR Susquehanna University	63.15	1
10 Jen Lowther		FR Susquehanna University	63.42	2
11 Juliana Hillegass		SR Juniata College	63.47	1
12 Rebekah Becker		SO Messiah College	63.76	2
13 Sarah Milford		FR Elizabethtown College	64.40	2
14 Amelia Steadman		FR Messiah College	65.60	1
15 Brittany Dukeman		FR Lebanon Valley College	66.15	1

Women 400 Meter Dash

MAC qual:	67.24		
MAC record:	57.72	2003	Jess Sauve, Messiah
'03 MAC 1st:	57.72	2003	Jess Sauve, Messiah
Track record:	57.80	1989	Wiederrect, Messiah, Messiah
NCAA A qual:	55.70		
NCAA B qual:	57.60		

Name	Yr	School	Finals	Points
Finals				
1 Meredith Troutman		SO Juniata College	57.99	10
2 Stefanie Rynkewitz		SR Juniata College	58.33	8
3 Betsy Burroughs		JR Elizabethtown College	58.65	6
4 Elena Amato		FR Juniata College	59.90	5
5 Jen Lockman		JR Susquehanna University	60.41	4
6 Ashley Beck		SO Messiah College	60.93	3
7 Lauren McGarrity		SO DeSales University	62.23	2
8 Amy Reehil		FR Moravian College	63.78	1

Middle Atlantic Conference Championship - 4/29/04 to 5/1/04

Messiah College, Grantham, PA

Results

Women 800 Meter Run

8 Advance: Top 2 Each Heat plus Next 2 Best Times

MAC qual: 2:39.24
 MAC record: 2:14.06 1989 Rebecca Wiederrecht, Messiah
 '03 MAC 1st: 2:19.24 2003 Gina Lucrezi, DeSales
 Track record: 2:16.93 1985 Gebhart, Messiah, Messiah
 NCAA A qual: 2:12.00
 NCAA B qual: 2:15.90

Name	Yr	School	Prelims	H#
Preliminaries				
1 Jodie Hostetter	FR	Messiah College	2:20.67 Q	1
2 Heather McGarvie	JR	Moravian College	2:20.80 Q	2
3 Gina Lucrezi	JR	DeSales University	2:21.82 Q	3
4 Elena Amato	FR	Juniata College	2:21.12 Q	1
5 Grace Trabulsi	SR	Messiah College	2:23.03 Q	2
6 Jamie Reynolds	FR	Lebanon Valley College	2:24.38 Q	3
7 Heather Matta	FR	Susquehanna University	2:23.54 q	1
8 Jordan Bolduc	SR	Susquehanna University	2:23.89 q	2
9 Kim Whalen	SO	Elizabethtown College	2:24.98	3
10 Kristi Koch	SR	Susquehanna University	2:25.65	2
11 Kellie Smith	JR	Moravian College	2:27.15	1
12 Amanda Santore	JR	Elizabethtown College	2:27.38	3
13 Julie Torchia	FR	Elizabethtown College	2:27.54	3
14 Marissa Brown	SR	Messiah College	2:27.76	1
15 Sarah Butler	JR	DeSales University	2:29.04	2
16 Kate Billings	JR	DeSales University	2:29.25	2
17 Jessica Santiago	FR	Moravian College	2:30.00	1
18 Jessi Rivera	JR	Messiah College	2:32.84	3
19 Elizabeth James	JR	Widener University	2:33.67	2
20 Tenleigh Ayers	FR	Elizabethtown College	2:33.92	3
21 Nicole Welch	FR	Elizabethtown College	2:35.94	1
22 Amelia Davies	SO	Susquehanna University	2:38.53	1

Women 800 Meter Run

MAC qual: 2:39.24
 MAC record: 2:14.06 1989 Rebecca Wiederrecht, Messiah
 '03 MAC 1st: 2:19.24 2003 Gina Lucrezi, DeSales
 Track record: 2:16.93 1985 Gebhart, Messiah, Messiah
 NCAA A qual: 2:12.00
 NCAA B qual: 2:15.90

Name	Yr	School	Finals	Points
Finals				
1 Gina Lucrezi	JR	DeSales University	2:15.87	10
2 Heather McGarvie	JR	Moravian College	2:17.97	8
3 Elena Amato	FR	Juniata College	2:18.26	6
4 Jodie Hostetter	FR	Messiah College	2:22.34	5
5 Grace Trabulsi	SR	Messiah College	2:23.16	4
6 Jamie Reynolds	FR	Lebanon Valley College	2:26.57	3
7 Jordan Bolduc	SR	Susquehanna University	2:26.92	2
8 Heather Matta	FR	Susquehanna University	2:30.51	1

Middle Atlantic Conference Championship - 4/29/04 to 5/1/04

Messiah College, Grantham, PA

Results

Women 1500 Meter Run

MAC qual: 5:35.24

MAC record: 4:37.88

'03 MAC 1st: 4:43.61

Track record: 4:39.40

NCAA A qual: 4:34.00

NCAA B qual: 4:42.00

1996 Tracy Wartman, Moravian
 2003 Gina Lucrezi, DeSales
 2002 Lucrezi, DeSales, DeSales

Name	Yr	School	Finals	Points
1 Gina Lucrezi	JR	DeSales University	4:39.33	10
2 Heather McGarvie	JR	Moravian College	4:44.63	8
3 Melissa St Clair	JR	Elizabethtown College	4:45.36	6
4 Susan Plissey	SR	Messiah College	4:50.26	5
5 Grace Trabulsi	SR	Messiah College	4:50.72	4
6 Danielle Frye	SO	Elizabethtown College	4:51.74	3
7 Heather Matta	FR	Susquehanna University	5:02.84	2
8 Marissa Brown	SR	Messiah College	5:02.85	1
9 Kassi Tylanda	SR	Susquehanna University	5:06.81	
10 Liz Heppard	SO	Elizabethtown College	5:10.48	
11 Kellie Smith	JR	Moravian College	5:13.69	
12 Kate Billings	JR	DeSales University	5:14.59	
13 Mary Wheatley	JR	Delaware Valley College	5:14.96	
14 Amy Agnolutto	FR	Messiah College	5:15.47	
15 Lauren Bahnatka	SO	Moravian College	5:15.63	
16 Sue Kurilla	FR	DeSales University	5:19.35	
17 Kim Lamp	FR	Elizabethtown College	5:22.37	
18 Jessi Rivera	JR	Messiah College	5:22.51	
19 Nadya Chmil	FR	Susquehanna University	5:24.92	
20 Kodie Morrison	FR	Lebanon Valley College	5:30.18	
21 Carol Longenecker	SR	Juniata College	5:31.00	
22 Bri Shade	SO	Elizabethtown College	5:34.09	
23 Katherine Scull	FR	Messiah College	5:38.26	

Women 5000 Meter Run

MAC qual: 20:39.24

MAC record: 17:20.87

'03 MAC 1st: 18:26.16

Track record: 17:16.00

NCAA A qual: 17:00.00

NCAA B qual: 17:48.00

1994 Carla Thomas, Moravian
 2003 Shannon Klick, Widener
 1986 Teufel, Messiah, Messiah

Name	Yr	School	Finals	Points
1 Melissa St Clair	JR	Elizabethtown College	18:25.59	10
2 Susan Plissey	SR	Messiah College	18:33.99	8
3 Katey Glunt	SO	Juniata College	19:16.30	6
4 Grace Trabulsi	SR	Messiah College	19:19.89	5
5 Chrissy Matticola	JR	Albright College	19:21.37	4
6 Chelsea Mullins	JR	Moravian College	19:22.91	3
7 Danielle Frye	SO	Elizabethtown College	19:37.91	2
8 Nancy Hayes	SO	Juniata College	19:55.00	1
9 Pam Mazzola	SR	DeSales University	20:02.38	
10 Trish Fullmer	FR	Elizabethtown College	20:06.71	
11 Heather Bacon	SR	Messiah College	20:39.14	

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(Women 5000 Meter Run)

Name	Yr	School	Finals	Points
12 Lauren Gates	FR	Juniata College	20:47.94	
13 Sarah Bay	SO	Juniata College	21:02.64	
14 Amy Agnolutto	FR	Messiah College	21:11.45	
15 Kelly Haymaker	JR	Moravian College	21:15.15	
16 Ashley Klees	JR	Elizabethtown College	21:48.49	
--- Heather Matta	FR	Susquehanna University	DNF	
--- Jessica Martinson	SR	Messiah College	DNF	

Women 10000 Meter Run

MAC qual:	46:00.24		
MAC record:	37:24.90	1990	Tamara Lave, Haverford
'03 MAC 1st:	40:28.84	2003	Susan Plissey, Messiah
Track record:	36:27.80	1998	Hayes, US Navel Academy, U.S. Naval Academy
NCAA A qual:	36:00.00		
NCAA B qual:	37:50.00		

Name	Yr	School	Finals	Points
1 Susan Plissey	SR	Messiah College	39:20.24	10
2 Chelsea Mullins	JR	Moravian College	39:52.65	8
3 Nancy Hayes	SO	Juniata College	40:29.43	6
4 Chrissy Matticola	JR	Albright College	40:59.53	5
5 Tara Fagan	FR	Elizabethtown College	41:03.07	4
6 Pam Mazzola	SR	DeSales University	41:10.27	3
7 Erin Deihl	FR	Elizabethtown College	41:25.20	2
8 Desi Symons	FR	DeSales University	42:42.91	1
9 Lauren Gates	FR	Juniata College	43:07.65	
10 Sara Goodwin	SR	Widener University	43:29.16	
11 Sarah Bay	SO	Juniata College	43:38.51	
12 Heather Bacon	SR	Messiah College	43:49.46	
13 Kelly Haymaker	JR	Moravian College	44:21.57	
14 Liz Allebach	SO	Messiah College	44:50.15	
15 Carla Kifer	SR	Juniata College	45:49.22	
16 Ellen Hansen	FR	Moravian College	45:50.15	
17 Kim Bushner	JR	Moravian College	46:25.02	
18 Jennifer Rhoades	FR	Messiah College	49:02.11	

Women 100 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 6 Best Times

MAC qual:	18.74		
MAC record:	14.79	2002	Carrie Kerna, Elizabethtown
'03 MAC 1st:	15.07	2003	Carrie Kerna, Etown
Track record:	15.02	2003	Kerna, Elizabethtown, Elizabethtown
NCAA A qual:	14.43		
NCAA B qual:	15.10		

Name	Yr	School	Prelims	H#
Preliminaries				
1 Carrie Kerna	SR	Elizabethtown College	14.86 Q	2
2 Emily Lepley	FR	Susquehanna University	15.34 Q	1
3 Kirsten Rotzell	JR	Moravian College	15.49 q	2
4 Margaret Benny	JR	Moravian College	15.60 q	1
5 Nicole Day	JR	Widener University	15.82 q	2

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Preliminaries ... (Women 100 Meter Hurdles)

Name	Yr	School	Prelims	H#
6 Liz Harker	SR	Susquehanna University	16.47 q	1
7 Kristin Lander	JR	Elizabethtown College	17.26 q	2
8 Nicole Hart	SO	Albright College	17.43 q	1
9 Katrina Rogers	JR	Susquehanna University	17.62	2
10 Misty Heuston	SR	Juniata College	18.04	1
11 Lindsey Serfecz	SO	DeSales University	18.34	1
12 Jennifer Dilworth	SO	Delaware Valley College	18.85	2

Women 100 Meter Hurdles

MAC qual:	18.74		
MAC record:	14.79	2002	Carrie Kerna, Elizabethtown
'03 MAC 1st:	15.07	2003	Carrie Kerna, Etown
Track record:	15.02	2003	Kerna, Elizabethtown, Elizabethtown
NCAA A qual:	14.43		
NCAA B qual:	15.10		

Name	Yr	School	Finals	Points
Finals				
1 Carrie Kerna	SR	Elizabethtown College	14.66	10
2 Emily Lepley	FR	Susquehanna University	14.95	8
3 Margaret Benny	JR	Moravian College	15.49	6
4 Kirsten Rotzell	JR	Moravian College	15.64	5
5 Nicole Day	JR	Widener University	16.23	4
6 Liz Harker	SR	Susquehanna University	16.67	3
7 Kristin Lander	JR	Elizabethtown College	17.08	2
8 Nicole Hart	SO	Albright College	17.14	1

Women 400 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 6 Best Times

MAC qual:	1:20.24		
MAC record:	64.33	2001	Emily Dugan, Susquehanna
'03 MAC 1st:	65.55	2003	Carrie Kerna, Etown
Track record:	64.33	2001	Dugan, Susquehanna, Susquehanna
NCAA A qual:	61.90		
NCAA B qual:	64.30		

Name	Yr	School	Prelims	H#
Preliminaries				
1 Carrie Kerna	SR	Elizabethtown College	64.54 Q	2
2 Meredith Troutman	SO	Juniata College	65.71 Q	1
3 Kelly Hilker	SO	Lebanon Valley College	66.30 q	2
4 Kristin Lander	JR	Elizabethtown College	66.84 q	2
5 Emily Lepley	FR	Susquehanna University	67.33 q	1
6 Caroline Simmons	SR	Messiah College	67.86 q	1
7 Margaret Benny	JR	Moravian College	68.71 q	2
8 Amy Reehil	FR	Moravian College	69.61 q	1
9 Nicole Hart	SO	Albright College	69.64	1
10 Becky Siconolfi	SR	Messiah College	70.40	2
11 Lynzee Alworth	JR	Juniata College	70.80	2
12 Laura Hughes	JR	Widener University	71.94	2
13 Liz Harker	SR	Susquehanna University	72.62	1
14 Carlyn Casalvera	SO	Widener University	75.73	1

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Preliminaries ... (Women 400 Meter Hurdles)

Name	Yr	School	Prelims	H#
15 Misty Heuston		SR Juniata College	76.23	1

Women 400 Meter Hurdles

MAC qual:	1:20.24		
MAC record:	64.33	2001	Emily Dugan, Susquehanna
'03 MAC 1st:	65.55	2003	Carrie Kerna, Etown
Track record:	64.33	2001	Dugen, Susquehanna, Susquehanna
NCAA A qual:	61.90		
NCAA B qual:	64.30		

Name	Yr	School	Finals	Points
Finals				
1 Carrie Kerna		SR Elizabethtown College	64.39	10
2 Emily Lepley		FR Susquehanna University	65.30	8
3 Kelly Hilker		SO Lebanon Valley College	65.64	6
4 Meredith Troutman		SO Juniata College	66.85	5
5 Kristin Lander		JR Elizabethtown College	68.01	4
6 Caroline Simmons		SR Messiah College	68.49	3
7 Margaret Benny		JR Moravian College	68.80	2
8 Amy Reehil		FR Moravian College	68.86	1

Women 3000 Meter Steeplechase

MAC qual:	13:45.24		
MAC record:	11:25.90	2002	Emily Shertzer, Moravian
'03 MAC 1st:	11:30.40	2003	Gina Lucrezi, DeSales
Track record:	11:43.50	2003	Schull, Gettysburg, Gettysburg
NCAA A qual:	10:44.00		
NCAA B qual:	11:23.00		

Name	Yr	School	Finals	Points
1 Gina Lucrezi		JR DeSales University	11:14.15	10
2 Grace Trabulsi		SR Messiah College	11:39.07	8
3 Susan Plissey		SR Messiah College	11:41.35	6
4 Katey Glunt		SO Juniata College	11:49.42	5
5 Alexis Vergalla		SO Moravian College	12:03.11	4
6 Lauren Bahnatka		SO Moravian College	12:15.53	3
7 Jessica Martinson		SR Messiah College	12:25.66	2
8 Lauren Laviola		SR Moravian College	12:34.74	1
9 Kassi Tylenda		SR Susquehanna University	12:51.16	
10 Carol Longenecker		SR Juniata College	13:22.86	
11 Jill Brobst		JR Elizabethtown College	13:55.92	

Women 4x100 Meter Relay

MAC record:	48.38	2002	Widener
'03 MAC 1st:	50.14	2003	Elizabethtown
Track record:	49.25	2002	Mary Washington, Mary Washington
NCAA A qual:	47.30		
NCAA B qual:	49.10		

Team	Relay	Finals	Points
1 Moravian College	A	49.00	10
1) Erin Recker FR	2) Suzanne Tamlyn FR	3) Kathleen McCarron FR	4) Kirsten Rotzell JR
2 Elizabethtown College	A	49.27	8
1) Betsy Burroughs JR	2) Erin Lichti SO	3) Lori Havrilak FR	4) Carrie Kerna SR

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(Women 4x100 Meter Relay)

Team	Relay	Finals	Points
3 Susquehanna University 1) Ashley Eyster JR	A 2) Emily Lepley FR	49.42 3) Jen Lockman JR	6 4) Jen Minnig JR
4 Widener University 1) Williametta Simmons SR	A 2) Nicole Day JR	49.89 3) Laura Hughes JR	5 4) Monique Gaillard JR
5 Messiah College 1) Kerry Brown FR	A 2) Julie Griffith FR	50.52 3) Jessica Mohr SO	4 4) Ashley Beck SO
6 Lebanon Valley College	A	50.69	3
7 Juniata College 1) Stefanie Rynkewitz SR	A 2) Meredith Troutman SO	51.08 3) Lynzee Alworth JR	2 4) Elena Amato FR
8 DeSales University	A	53.39	1

Women 4x400 Meter Relay

MAC record:	4:00.14	1985	Messiah
'03 MAC 1st:	4:03.91	2003	Juniata
Track record:	3:59.60	1984	Messiah, Messiah
NCAA A qual:	3:49.20		
NCAA B qual:	3:58.00		

Team	Relay	Finals	Points
1 Juniata College 1) Juliana Hillegass SR	A 2) Elena Amato FR	4:00.18 3) Stefanie Rynkewitz SR	10 4) Meredith Troutman SO
2 Elizabethtown College	A	4:00.37	8
3 Susquehanna University 1) Emily Lepley FR	A 2) Jen Lowther FR	4:05.69 3) Jess Pettengill JR	6 4) Jen Lockman JR
4 Moravian College 1) Amy Reehil FR	A 2) Rebecca Moore SO	4:08.65 3) Margaret Benny JR	5 4) Heather McGarvie JR
5 Widener University 1) Nicole Day JR	A 2) Monique Gaillard JR	4:13.36 3) Laura Hughes JR	4 4) Elizabeth James JR
6 Messiah College 1) Ashley Beck SO	A 2) Rebekah Becker SO	4:14.13 3) Caroline Simmons SR	3 4) Jodie Hostetter FR
7 DeSales University 1) Lauren McGarrity SO	A 2) Kate McNally SO	4:14.95 3) Erin McGarrity SR	2 4) Gina Lucrezi JR
8 Lebanon Valley College 1) Kelly Hilkert SO	A 2) Jamie Reynolds FR	4:22.39 3) Brittany Dukeman FR	1 4) Crystal Gibson JR

Women High Jump

MAC qual:	4-06		
MAC record:	5-05.25	1990	Dorothy O'Malley, Ursinus
'03 MAC 1st:	5-03	2003	Crystal Gibson, Leb. Valley
Track record:	5-06	1991	Laird, Gettysburg, Gettysburg
NCAA A qual:	1.73m		
NCAA B qual:	1.64m		

Name	Yr	School	Finals	Points
1 Crystal Gibson	JR	Lebanon Valley College	J5-05.50	1.66m
2 Lynsey Boggess	SO	Moravian College	J5-03.00	1.60m
2 Shannon Barnett	SR	Susquehanna University	J5-03.00	1.60m
2 Carrie Kerna	SR	Elizabethtown College	J5-03.00	1.60m
5 Kirsten Sundberg	SO	Susquehanna University	J5-01.00	1.54m
6 Latoya Stewart	SO	Lebanon Valley College	J4-11.00	1.49m
7 Kathy Noll	FR	Delaware Valley College	J4-09.00	1.44m
8 Kristen Penn	JR	Delaware Valley College	J4-09.00	1.44m
9 Shelly Wesner	FR	Messiah College	4-07.00	1.39m

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(Women High Jump)

Name	Yr	School	Finals	Points
10 Allison Erdman	FR	Messiah College	4-05.00	1.34m

Women Pole Vault

MAC qual:	8-06		
MAC record:	10-06	2003	Erin Weaner, MES/ April Mafturak, DVC
'03 MAC 1st:	10-06	2003	Erin Weaner, Messiah
Track record:	10-06	2003	Allocco, Mes Mease, Gou, Messiah
NCAA A qual:	3.76m		
NCAA B qual:	3.30m		

Name	Yr	School	Finals	Points	
1 Erin Weaner	SO	Messiah College	J10-06.00	3.20m	10
2 Rebecca Moore	SO	Moravian College	J10-06.00	3.20m	8
3 Amy Wagner	SR	Lebanon Valley College	J10-00.00	3.04m	6
4 Julie Griffith	FR	Messiah College	J10-00.00	3.04m	5
5 Casey Kauffman	JR	Susquehanna University	J10-00.00	3.04m	3.50
5 Leanne Hurtack	SO	Susquehanna University	J10-00.00	3.04m	3.50
7 Jessica Mohr	SO	Messiah College	J9-06.00	2.89m	2
8 Jennifer Mason	FR	Messiah College	J8-06.00	2.59m	.50
8 Pam Frontino	FR	Susquehanna University	J8-06.00	2.59m	.50
10 Jillian Robinson	FR	Widener University	8-00.00	2.43m	
10 Rachel Stone	JR	Susquehanna University	8-00.00	2.43m	
10 Mandy Warner	FR	Lebanon Valley College	8-00.00	2.43m	
10 Stephanie Wasyluk	JR	Juniata College	8-00.00	2.43m	
-- Julia Sahd	FR	Elizabethtown College	NH		

Women Long Jump

MAC qual:	14-06		
MAC record:	18-06	8996	Kerarise, MES/Shirk MES
'03 MAC 1st:	18-00.50	2003	Kirsten Rotzell, Moravian
Track record:	18-03.75	1989	Kegarise, Messiah, Messiah
NCAA A qual:	5.80m		
NCAA B qual:	5.50m		

Name	Yr	School	Finals	Points	
1 Williametta Simmons	SR	Widener University	17-04.50	5.29m	10
2 Kirsten Rotzell	JR	Moravian College	17-01.50	5.21m	8
3 Latoya Stewart	SO	Lebanon Valley College	15-09.75	4.81m	6
4 Bonnie Susan	SO	Lebanon Valley College	15-09.00	4.80m	5
5 Uma Allimuthu	SR	Messiah College	J15-04.75	4.69m	4
6 Katrina Rogers	JR	Susquehanna University	J15-04.75	4.69m	3
7 Casey Moser	SR	Elizabethtown College	15-04.50	4.68m	2
8 Maria Welch	SO	Juniata College	15-04.00	4.67m	1
9 Ellen Mull	SR	Susquehanna University	15-01.25	4.60m	
10 Kelly Kennedy	SO	Susquehanna University	14-11.00	4.54m	
11 Kerry Brown	FR	Messiah College	14-09.75	4.51m	
12 Kathleen McCarron	FR	Moravian College	14-08.25	4.47m	
13 Lisa Landis	SR	Lebanon Valley College	14-02.00	4.31m	

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Women Triple Jump

MAC qual:	31-00		
MAC record:	38-02.75	2002	Kirsten Rotzell, Moravian
'03 MAC 1st:	38-00.25	2003	Kirsten Rotzell, Moravian
Track record:	36-09.50	1985	Evans, Juniata, Juniata
NCAA A qual:	12.10m		
NCAA B qual:	11.25m		

Name	Yr	School	Finals		Points
1 Kirsten Rotzell	JR	Moravian College	37-00.25	11.28m	10
2 Williametta Simmons	SR	Widener University	35-10.50	10.93m	8
3 Uma Allimuthu	SR	Messiah College	35-10.25	10.92m	6
4 Latoya Stewart	SO	Lebanon Valley College	34-09.00	10.59m	5
5 Kathleen McCarron	FR	Moravian College	J34-05.25	10.49m	4
6 Ellen Mull	SR	Susquehanna University	J34-05.25	10.49m	3
7 Casey Moser	SR	Elizabethtown College	34-03.25	10.44m	2
8 Lisa Landis	SR	Lebanon Valley College	34-00.75	10.38m	1
9 Kelly Kennedy	SO	Susquehanna University	33-00.50	10.07m	
10 Stacy Voegeli	SO	DeSales University	32-06.50	9.91m	
11 Kerry Brown	FR	Messiah College	32-00.75	9.77m	
12 Shelly Wesner	FR	Messiah College	30-04.50	9.25m	
13 Jackie Zerbe	SO	Messiah College	28-03.00	8.61m	

Women Shot Put

MAC qual:	30-00		
MAC record:	46-11.50	2003	Christina Scherwin, Moravian
'03 MAC 1st:	46-11.50	2003	Christina Scherwin, Moravian
Track record:	42-11.75	1991	Walsh, Moravian, Moravian
NCAA A qual:	14.28m		
NCAA B qual:	12.86m		

Name	Yr	School	Finals		Points
1 Kelly Applegate	FR	Moravian College	41-09.25	12.73m	10
2 Lauren Manley	FR	Susquehanna University	38-09.00	11.81m	8
3 Jen Rautzhan	SR	DeSales University	38-02.50	11.64m	6
4 Jacki Jensenius	SO	Susquehanna University	36-10.00	11.22m	5
5 Kathryn Tinklepaugh	FR	Widener University	35-09.50	10.90m	4
6 Tammy Baillet	FR	Moravian College	34-05.00	10.49m	3
7 Stacey Shaneberger	FR	Moravian College	34-03.25	10.44m	2
8 Emily Hartz	FR	Messiah College	34-02.50	10.42m	1
9 Kira Troutman	JR	Juniata College	34-01.00	10.38m	
10 Debbie Delaney	SO	Juniata College	33-03.25	10.14m	
11 Betsy Kusniez	JR	Juniata College	32-04.50	9.86m	
12 Medelana Smith	SO	Messiah College	32-04.00	9.85m	
13 Anna Cooper	FR	Susquehanna University	31-09.00	9.67m	
14 Dawn Mellen	FR	Elizabethtown College	31-07.00	9.62m	
15 Aileen Mulligan	SR	Albright College	31-06.50	9.61m	
16 Amy Hartman	FR	Lebanon Valley College	31-05.00	9.57m	
17 Jennifer Bartlebaugh	FR	Delaware Valley College	30-11.25	9.42m	
18 Karli Wieder	FR	Delaware Valley College	30-06.50	9.30m	
19 Crystal Tracy	SR	Elizabethtown College	30-00.50	9.15m	
20 Ashley Kerstetter	SR	Lebanon Valley College	29-11.00	9.11m	
21 Andrea Denkovich	SR	Juniata College	28-11.00	8.81m	

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Results

(Women Shot Put)

Name	Yr	School	Finals	Points
--- Anna Kent	SO	Elizabethtown College	ND	

Women Discus Throw

MAC qual: 95-00

MAC record: 142-00 1998

'03 MAC 1st: 139-07 2003

Track record: 145-03 1998

NCAA A qual: 46.50m

NCAA B qual: 41.50m

Ann Musser, LVC

Christina Scherwin, Moravian

Musser, Lebanon Valley, Lebanon Valley

Name	Yr	School	Finals	Points
1 Jen Rautzhan	SR	DeSales University	38.70m 127-00	10
2 Medelana Smith	SO	Messiah College	36.77m 120-08	8
3 Debbie Delaney	SO	Juniata College	34.11m 111-11	6
4 Aileen Mulligan	SR	Albright College	33.92m 111-03	5
5 Lauren Manley	FR	Susquehanna University	33.31m 109-03	4
6 Andrea Denkovich	SR	Juniata College	31.36m 102-11	3
7 Jacki Jensenius	SO	Susquehanna University	31.11m 102-01	2
8 Kelly Applegate	FR	Moravian College	31.02m 101-09	1
9 Julie Anderson	JR	Moravian College	30.47m 100-00	
10 Stacey Shaneberger	FR	Moravian College	30.43m 99-10	
11 Kathryn Tinklepaugh	FR	Widener University	30.14m 98-11	
12 Jan Jennings	JR	Juniata College	29.99m 98-05	
13 Emily Hartz	FR	Messiah College	29.00m 95-02	
14 Crystal Tracy	SR	Elizabethtown College	28.11m 92-03	
--- Anna Kent	SO	Elizabethtown College	ND	

Women Hammer Throw

MAC qual: 73-00

MAC record: 133-05 2002

'03 MAC 1st: 128-07 2003

Track record: 155-08 2003

NCAA A qual: 52.40m

NCAA B qual: 45.70m

Sarah Shaneberger, Moravian

Jen Rautzhan, DeSales

Williams, Goucher, Goucher

Name	Yr	School	Finals	Points
1 Jen Rautzhan	SR	DeSales University	133-06 40.69m	10
2 Julie Anderson	JR	Moravian College	132-00 40.23m	8
3 Aileen Mulligan	SR	Albright College	128-03 39.09m	6
4 Jacki Jensenius	SO	Susquehanna University	124-05 37.92m	5
5 Tammy Baillet	FR	Moravian College	123-01 37.51m	4
6 Stacey Shaneberger	FR	Moravian College	110-10 33.78m	3
7 Andrea Denkovich	SR	Juniata College	104-01 31.72m	2
8 Betsy Kusniez	JR	Juniata College	102-04 31.19m	1
9 Jan Jennings	JR	Juniata College	99-03 30.25m	
10 Debbie Delaney	SO	Juniata College	97-09 29.79m	
11 Amy Hartman	FR	Lebanon Valley College	95-07 29.13m	
12 Ashley Kerstetter	SR	Lebanon Valley College	93-11 28.62m	
13 Crystal Tracy	SR	Elizabethtown College	93-10 28.60m	
14 Jamie Moyer	SR	Lebanon Valley College	91-01 27.76m	
15 Dawn Mellen	FR	Elizabethtown College	85-07 26.08m	
16 Emily Hartz	FR	Messiah College	85-00 25.90m	

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(Women Hammer Throw)

Name	Yr	School	Finals	Points
16 Jennifer Marshalek	SO	Juniata College	85-00 25.90m	
18 Tashieka Grant	JR	Albright College	83-01 25.32m	
--- Melissa Sharrer	SO	Messiah College	ND	
--- Kathryn Tinklepaugh	FR	Widener University	ND	
--- Anna Kent	SO	Elizabethtown College	ND	

Women Javelin Throw

MAC qual:	90-00		
MAC record:	164-08	2002	Christina Scherwin, Moravian
'03 MAC 1st:	161-06	2003	Christina Scherwin, Moravian
Track record:	134-09	2001	Lohn, Moravian, Moravian
NCAA A qual:	43.40m		
NCAA B qual:	38.50m		

Name	Yr	School	Finals	Points
1 Kira Troutman	JR	Juniata College	40.71m 133-07	10
2 Mandy Warner	FR	Lebanon Valley College	35.22m 115-07	8
3 Kelly Applegate	FR	Moravian College	34.53m 113-03	6
4 Jacki Jensenius	SO	Susquehanna University	34.12m 111-11	5
5 Anna Cooper	FR	Susquehanna University	32.98m 108-02	4
6 Erin McGarrity	SR	DeSales University	32.96m 108-02	3
7 Sarah Chick	FR	Elizabethtown College	32.01m 105-00	2
8 Jan Jennings	JR	Juniata College	31.44m 103-02	1
9 Andrea Denkovich	SR	Juniata College	31.25m 102-06	
10 Jen Rautzhan	SR	DeSales University	30.44m 99-10	
11 Kerri Owsiony	FR	Albright College	30.35m 99-07	
12 Jennifer Marshalek	SO	Juniata College	28.69m 94-01	
13 Denise Borrell	JR	Albright College	27.95m 91-08	
14 Amy Hartman	FR	Lebanon Valley College	27.28m 89-06	
--- Anna Kent	SO	Elizabethtown College	ND	

Women Heptathlon

MAC record:	3427	2002	Kira Troutman, Juniata
'03 MAC 1st:	3315	2003	Katrina Rogers, Susquehanna
Track record:	3225	2000	Chase, Messiah
NCAA A qual:	4560		
NCAA B qual:	4100		

Name	Yr	School	Finals	Points
1 Leanne Hurtack	SO	Susquehanna University	3457	10
2 Sarah Chick	FR	Elizabethtown College	3450	8
3 Kira Troutman	JR	Juniata College	3361	6
4 Katrina Rogers	JR	Susquehanna University	3199	5
5 Misty Heuston	SR	Juniata College	2808	4
6 Maria Bonmani	FR	Messiah College	2706	3
7 Stacy Voegeli	SO	DeSales University	2646	2
8 Kate McNally	SO	DeSales University	2362	1
9 Lindsey Serfecz	SO	DeSales University	2247	
10 Alison Stoyko	JR	Moravian College	2179	
11 Robin Edward	SR	Moravian College	1309	

Middle Atlantic Conference Championship - 4/29/04 to 5/1/04
Messiah College, Grantham, PA
Results

MAC qual: 14.14
MAC record: 12.12 1988 Denise Shotwell, Dickinson
'03 MAC 1st: 12.37 2003 Megan Patrono, Susquehanna
Track record: 12.48 2003 Jackson, Rutgers Camden, Rutgers at Camben
NCAA A qual: 11.95
NCAA B qual: 12.34

Women - Team Rankings - 21 Events Scored

1) Moravian College	160.33	2) Susquehanna University	124.83
3) Elizabethtown College	115.33	4) Messiah College	110.5
5) Juniata College	98	6) Lebanon Valley College	71
6) DeSales University	71	8) Widener University	44
9) Albright College	21	10) Delaware Valley College	3