

2009 MAC Outdoor Championships - 4/30/2009 to 5/2/2009

4/30/2009 to 5/2/2009

Results

Event 1 Men Decathlon

| Name | Year | School | Finals | Points |
|---------------------|------|-----------------|-----------------------|--------|
| ===== | | | | |
| MAC: M | 6339 | 2003 | Dusty Lehr, Juniata | |
| Track Record: T | 6243 | 5/4/2007 | Michael Dell, Messiah | |
| | 6600 | D3 A | | |
| | 6050 | D3 B | | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 Justin Del Piano | JR | DeSales | 5756.00 | 10 |
| 2 Phil Alder | SR | Elizabethtown | 5405.00 | 8 |
| 3 Austin Holt | FR | Messiah | 5279.00 | 6 |
| 4 Jeremy Morse | SR | DeSales | 5101.00 | 5 |
| 5 Kyle Keller | FR | Albright | 4773.00 | 4 |
| 6 Rich Pennisi | FR | Messiah | 4650.00 | 3 |
| 7 Jon Petrilak | SO | Delaware Valley | 4567.00 | 2 |
| 8 Pat Dougherty | SO | DeSales | 4145.00 | 1 |
| 9 Dietrich Alderfer | FR | Messiah | 4053.00 | |
| 10 Jeff Wasco | FR | Albright | 3815.00 | |
| 11 Steven Boyer | FR | Elizabethtown | 3523.00 | |
| 12 Andrew Young | SR | Lebanon Valley | 3440.00 | |
| 13 Chad Martin | SO | Delaware Valley | 3257.00 | |

Event 4 Men 10000 Meter Run

| Name | Year | School | Finals | Points |
|-----------------------|----------|-----------------|------------------------|--------|
| ===== | | | | |
| MAC: M | 30:16.14 | 2005 | Macharia Yuot, Widener | |
| Track Record: T | 31:43.17 | 5/3/2007 | Frank Eanes, Messiah | |
| | 30:20.00 | D3 A | | |
| | 31:10.00 | D3 B | | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 Frank Eanes | SR | Messiah | 32:21.64 | 10 |
| 2 Chris Heisey | SO | Elizabethtown | 32:30.35 | 8 |
| 3 Jeremy Matula | SR | Elizabethtown | 32:35.95 | 6 |
| 4 Colby Miller | FR | Elizabethtown | 33:03.30 | 5 |
| 5 Kevin Gwinn | SO | DeSales | 33:24.29 | 4 |
| 6 Scott Derkacz | SR | Elizabethtown | 33:24.37 | 3 |
| 7 Matt DiCarlo | SO | Widener | 33:37.93 | 2 |
| 8 Jeremy Langer | JR | Widener | 33:56.72 | 1 |
| 9 Chip Brumbaugh | JR | Delaware Valley | 34:00.36 | |
| 10 Pat Blaskiewicz | SO | Misericordia | 34:01.23 | |
| 11 Arthur Black | SR | Messiah | 34:05.68 | |
| 12 Matthew Herring | FR | Messiah | 34:25.36 | |
| 13 Kyle Gutierrez | FR | Shenandoah | 34:26.61 | |
| 14 Adam Derkacz | SO | Elizabethtown | 34:43.63 | |
| 15 Eli Galan | SR | Lebanon Valley | 35:05.32 | |
| 16 Steve Beecher | SR | Misericordia | 35:29.38 | |
| 17 Jack Tarpey | SO | DeSales | 35:33.66 | |
| 18 Gabriel Lincoln-De | FR | Lebanon Valley | 35:55.43 | |
| -- Jeff Cain | SO | Widener | DNF | |

Event 6 Men Pole Vault

| Name | Year | School | Finals | Points | |
|--------------------|-------|----------------|----------------------------|----------|----|
| ===== | | | | | |
| MAC: M | 4.90m | 2006 | Kevin Clark, Elizabethtown | | |
| Track Record: T | 4.90m | 4/15/2008 | Kevin Clark, Elizabethtown | | |
| | 5.04m | D3 A | | | |
| | 4.70m | D3 B | | | |
| Name | Year | School | Finals | Points | |
| ===== | | | | | |
| 1 Jason Yurchak | SR | Elizabethtown | 4.11m | 13-05.75 | 10 |
| 2 Michael Landshof | SO | Lebanon Valley | 3.96m | 12-11.75 | 8 |
| 3 Derek Forney | SO | Messiah | J3.96m | 12-11.75 | 6 |
| 4 Matt Cross | FR | Messiah | J3.96m | 12-11.75 | 5 |
| 5 Chris Vasaturo | FR | Messiah | 3.81m | 12-06.00 | 4 |
| 6 Ryan Frederick | FR | Messiah | J3.81m | 12-06.00 | 3 |

| | | | | | |
|----|-------------------|------------------|--------|----------|-----|
| 7 | Phil Alder | SR Elizabethtown | J3.81m | 12-06.00 | 2 |
| 8 | Justin Del Piano | JR DeSales | 3.66m | 12-00.00 | 0.5 |
| 8 | Vitaliy Doboni | SO Misericordia | 3.66m | 12-00.00 | 0.5 |
| 10 | Clayton Kaier | FR Elizabethtown | J3.66m | 12-00.00 | |
| 11 | Frank Castrignano | FR Misericordia | 3.51m | 11-06.25 | |
| 12 | Rich Pennisi | FR Messiah | J3.51m | 11-06.25 | |
| 13 | Dietrich Alderfer | FR Messiah | J3.51m | 11-06.25 | |
| 13 | Kyle McCandless | SO Widener | J3.51m | 11-06.25 | |

Event 7 Men High Jump

MAC: M 6-10 2001 Chris Boyles, Messiah
Track Record: T 2.05m 5/4/2007 Mike Marr, Susquehanna
2.11m D3 A
2.02m D3 B

| Name | Year | School | Finals | | Points |
|------|-----------------|--------------------|--------|---------|--------|
| 1 | Tim Malloy | FR Widener | 1.98m | 6-06.00 | 10 |
| 2 | Justin Gewirtz | SO Albright | 1.93m | 6-04.00 | 8 |
| 3 | Ted Simmons | JR Messiah | 1.88m | 6-02.00 | 6 |
| 4 | Clif LeGrand | FR Albright | J1.88m | 6-02.00 | 4.5 |
| 4 | Andrew MacNiven | FR DeSales | J1.88m | 6-02.00 | 4.5 |
| 6 | Joe Meehan | FR Lebanon Valley | 1.83m | 6-00.00 | 3 |
| 7 | Jeremy Morse | SR DeSales | J1.83m | 6-00.00 | 2 |
| 8 | Wyatt Eaton | JR Elizabethtown | 1.78m | 5-10.00 | 1 |
| 9 | Derek Long | FR DeSales | 1.73m | 5-08.00 | |
| 10 | Chris Boyd | SO Messiah | J1.73m | 5-08.00 | |
| 11 | Tom Masterson | FR Delaware Valley | J1.73m | 5-08.00 | |

Event 9 Men 3000 Meter Steeplechase

MAC: M 9:09.13 1983 Matt Leighninger, Haverford
Track Record: T 9:47.41 5/4/2007 Jason Hoover, Juniata
9:08.00 D3 A
9:23.00 D3 B

| Name | Year | School | Finals | | Points |
|------|-----------------|--------------------|----------|--|--------|
| 1 | Cory Kaufman | JR Messiah | 9:47.02T | | 10 |
| 2 | Eric Reichert | FR Elizabethtown | 9:55.04 | | 8 |
| 3 | Rich Greco | SO Elizabethtown | 9:56.00 | | 6 |
| 4 | Mike Curry | SO DeSales | 10:03.60 | | 5 |
| 5 | Andrew Ferretti | JR DeSales | 10:07.06 | | 4 |
| 6 | Jeff Smeiles | JR Messiah | 10:09.57 | | 3 |
| 7 | Ryan Garges | JR Misericordia | 10:09.87 | | 2 |
| 8 | Justin Cuga | JR DeSales | 10:15.70 | | 1 |
| 9 | Dan Szilagyi | FR DeSales | 10:32.68 | | |
| 10 | Peter Kada | JR Widener | 10:37.08 | | |
| 11 | Trevor Book | JR Messiah | 10:37.42 | | |
| 12 | George Cook | FR Albright | 10:38.95 | | |
| 13 | James Davis | SR Messiah | 10:41.09 | | |
| 14 | Craig Hutcheson | FR Messiah | 10:47.13 | | |
| 15 | Josh Stone | JR Messiah | 10:53.47 | | |
| 16 | Eli Galan | SR Lebanon Valley | 10:55.16 | | |
| 17 | Kevin McCoy | JR Delaware Valley | 10:59.85 | | |
| 18 | Caleb Liddick | FR Messiah | 11:03.00 | | |
| 19 | Evan DeArmitt | FR Elizabethtown | 11:03.81 | | |
| 20 | Robert Kellert | SO Albright | 11:05.81 | | |
| 21 | Kyle Gutierrez | FR Shenandoah | 11:08.43 | | |
| 22 | Matt Lykens | FR DeSales | 11:20.82 | | |

Event 11 Men Discus Throw

MAC: M 169-07 1973 Knut Hjeltness, Western Maryland
Track Record: T 48.99m 5/18/2005 Tom Reynolds, Haverford
51.50m D3 A
47.00m D3 B

| Name | Year | School | Finals | | Points |
|------|--------------|-------------------|--------|--------|--------|
| 1 | Zach Bleiler | SO Lebanon Valley | 42.70m | 140-01 | 10 |
| 2 | Hank Miller | FR DeSales | 40.94m | 134-04 | 8 |

| | | | | | |
|----|------------------|-------------------|--------|--------|---|
| 3 | Ken Devens | SO DeSales | 39.58m | 129-10 | 6 |
| 4 | Jacob Munick | FR Widener | 39.43m | 129-04 | 5 |
| 5 | Andrew Hettinger | SO Albright | 38.45m | 126-02 | 4 |
| 6 | Andrew Herrera | SO Widener | 38.27m | 125-07 | 3 |
| 7 | Steve Modrow | JR DeSales | 37.56m | 123-03 | 2 |
| 8 | Tim Alabi | SR Albright | 36.78m | 120-08 | 1 |
| 9 | Art Pupa | SO Misericordia | 36.35m | 119-03 | |
| 10 | James Woodley | JR Widener | 36.17m | 118-08 | |
| 11 | Matt Wicks | JR Messiah | 34.55m | 113-04 | |
| 12 | Dan Obold | FR Elizabethtown | 34.01m | 111-07 | |
| 13 | Aaron Rogers | FR Albright | 32.72m | 107-04 | |
| 14 | Chris Avey | JR Lebanon Valley | 32.40m | 106-03 | |

Event 14 Men Shot Put

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 MAC: M 55-01 1973 Odd Haugen, Western Maryland
 Track Record: T 14.90m 5/4/2007 Nick Orfanella, Lebanon Valley
 17.00m D3 A
 15.45m D3 B

| Name | Year | School | Finals | Points |
|------|--------------------|--------------------|----------------------|--------|
| 1 | James Green | JR Widener | 15.50mTD3 B 50-10.25 | 10 |
| 2 | Eric Davis | FR Widener | 15.09mT 49-06.25 | 8 |
| 3 | Brad Moran | SO Widener | 14.40m 47-03.00 | 6 |
| 4 | Zach Bleiler | SO Lebanon Valley | 14.07m 46-02.00 | 5 |
| 5 | Andrew Scott | SO Lebanon Valley | 13.62m 44-08.25 | 4 |
| 6 | Steve Modrow | JR DeSales | 13.17m 43-02.50 | 3 |
| 7 | Justin Plummer | JR Albright | 13.14m 43-01.50 | 2 |
| 8 | Jordan Gilbert | FR Albright | 12.89m 42-03.50 | 1 |
| 9 | Ken Devens | SO DeSales | 12.71m 41-08.50 | |
| 10 | James Woodley | JR Widener | 12.58m 41-03.25 | |
| 11 | Anthony Pellegrino | SO Albright | 12.46m 40-10.50 | |
| 12 | Aaron Rogers | FR Albright | 12.21m 40-00.75 | |
| 13 | Andrew Herrera | SO Widener | 12.04m 39-06.00 | |
| 14 | Joe Kuchta | FR Delaware Valley | 11.97m 39-03.25 | |
| 15 | Chris Avey | JR Lebanon Valley | 11.90m 39-00.50 | |
| 16 | Zach Johnson | FR Elizabethtown | 11.51m 37-09.25 | |
| 17 | Mark Bowne | SO Lebanon Valley | 11.49m 37-08.50 | |
| 18 | Hank Miller | FR DeSales | 11.31m 37-01.25 | |
| 19 | Kanen Gavitt | FR Misericordia | 11.10m 36-05.00 | |

Event 15 Men 4x100 Meter Relay

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 MAC: M 41.75 1983 , Susquehanna
 Track Record: T 41.51 5/18/2005 Lincoln (Pa.), Lincoln (Pa.)
 Schmader, Young, Chapman, Goldman
 41.00 D3 A
 41.90 D3 B

| School | Finals | Points |
|-------------------------------|------------------------|--------|
| 1 Widener University 'A' | 43.07 | 10 |
| 1) Tom Creighton JR | 2) Robert Innocent SO | |
| 3) Emmanuel Rupert FR | 4) Bernard Innocent JR | |
| 2 DeSales University 'A' | 44.19 | 8 |
| 1) Robert Bogarde FR | 2) Adam Gori SR | |
| 3) Sam Reals SO | 4) Pete Moreni SO | |
| 3 Delaware Valley College 'A' | 45.19 | 6 |
| 1) Shane Toohey SR | 2) George Johnson FR | |
| 3) Jon Petrilak SO | 4) Travis Pitts FR | |
| 4 Messiah College 'A' | 45.70 | 5 |
| 1) Chris Vasaturo FR | 2) Brandon Parry JR | |
| 3) Derek Forney SO | 4) Drew Melnick FR | |
| 5 Misericordia University 'A' | 45.72 | 4 |
| 1) Steven Clemson FR | 2) Jeff Salvatore FR | |
| 3) Andrew Roccograndi SO | 4) Dan Warakowski SO | |
| -- Albright College 'A' | DNF | |
| 1) Tevin Wood FR | 2) Clif LeGrand FR | |
| 3) Michael Reed FR | 4) Ryan Mays FR | |
| -- Lebanon Valley College 'A' | DNF | |
| 1) Josh Light JR | 2) Justin Lee SO | |

- 3) Tyler Cisarik JR
- 4) Jerome Duncan FR
- Elizabethtown College 'A' DQ.00
- 1) Jared Rosenau SR
- 2) Wyatt Eaton JR
- 3) Mike Mauger JR
- 4) Pat Doughty FR

Event 18 Men Triple Jump

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 MAC: M 50-01.50 1975 Mike Williams, Widener
 Track Record: T 14.53m 4/3/2004 Jason Patterson, Elizabethtown
 14.80m D3 A
 14.20m D3 B

| Name | Year | School | Finals | Wind | Points |
|--------------------|------|-----------------|---------|--------------|--------|
| 1 Tim Malloy | FR | Widener | 13.84m | 1.0 45-05.00 | 10 |
| 2 Tom Masterson | FR | Delaware Valley | 13.20m | NWI 43-03.75 | 8 |
| 3 Ryan Bausch | SR | Albright | 13.17m | 1.6 43-02.50 | 6 |
| 4 Clif LeGrand | FR | Albright | 13.07m | 0.3 42-10.75 | 5 |
| 5 Andrew MacNiven | FR | DeSales | 12.95m | 2.2 42-06.00 | 4 |
| 6 Ted Simmons | JR | Messiah | J12.95m | 1.2 42-06.00 | 3 |
| 7 Joe Meehan | FR | Lebanon Valley | 12.69m | 0.2 41-07.75 | 2 |
| 8 Jason Brown | SR | Messiah | 12.56m | NWI 41-02.50 | 1 |
| 9 Justin Lee | SO | Lebanon Valley | 12.25m | 0.8 40-02.25 | |
| 10 Jessie Kriner | FR | Lebanon Valley | 11.95m | 1.4 39-02.50 | |
| 11 Andrew Young | SR | Lebanon Valley | 11.78m | 1.4 38-07.75 | |
| 12 Joshua Medvecky | FR | DeSales | 11.49m | 1.7 37-08.50 | |

Event 19 Men 110 Meter Hurdles

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 MAC: M 14.38 2007 Ozzie Brown, Moravian
 Track Record: T 14.38 5/4/2007 Ozzie Brown, Moravian
 14.42 D3 A
 14.90 D3 B

| Name | Year | School | Finals | Wind | Points |
|---------------------|------|----------------|--------|--------|--------|
| 1 Tim Malloy | FR | Widener | 15.22 | 0.4 10 | |
| 2 Jerome Duncan | FR | Lebanon Valley | 15.27 | 0.4 8 | |
| 3 Bryan Phanthavong | JR | Lebanon Valley | 16.74 | 0.4 6 | |
| 4 Elton Dos Santos | JR | Elizabethtown | 16.87 | 0.4 5 | |
| 5 Pat Brophy | SR | DeSales | 16.95 | 0.4 4 | |
| 6 Kevin Schaeffer | JR | Shenandoah | 17.63 | 0.4 3 | |
| 7 Jason Brown | SR | Messiah | 18.17 | 0.4 2 | |
| 8 Jeff Salvatore | FR | Misericordia | 19.42 | 0.4 1 | |

Event 21 Men 400 Meter Dash

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 MAC: M 47.02 1983 Dave German, Susquehanna
 Track Record: T 47.89 5/5/2007 Drew Graybeal, Elizabethtown
 47.40 D3 A
 48.50 D3 B

| Name | Year | School | Prelims | H# |
|---------------------|------|-----------------|---------|----|
| Preliminaries | | | | |
| 1 Brian Allport | FR | Elizabethtown | 50.65Q | 1 |
| 2 Patrick Roach | SR | Messiah | 51.17Q | 3 |
| 3 Pete Moreni | SO | DeSales | 51.52Q | 2 |
| 4 Mark Benedetto | SO | Widener | 51.60q | 3 |
| 5 Eric Yeager | JR | DeSales | 51.96q | 1 |
| 6 Jesse Weidemann | SO | Messiah | 51.99q | 3 |
| 7 Tevin Wood | FR | Albright | 52.01q | 2 |
| 8 Marc Bandola | JR | Widener | 52.18q | 3 |
| 9 Sean McCarthy | FR | Widener | 52.39 | 2 |
| 10 Kyle Grimm | JR | Elizabethtown | 52.57 | 2 |
| 11 Tyler Cisarik | JR | Lebanon Valley | 52.62 | 3 |
| 12 Morrison Boateng | FR | Manhattanville | 52.93 | 1 |
| 13 Sam Reals | SO | DeSales | 53.02 | 2 |
| 14 Donald Wonnie | FR | Albright | 53.07 | 2 |
| 15 Kyle Suponcic | FR | Misericordia | 54.18 | 1 |
| 16 Tim Robinson | FR | Shenandoah | 54.21 | 1 |
| 17 Matt Bell | SR | Widener | 54.29 | 1 |
| 18 Shane Toohy | SR | Delaware Valley | 54.82 | 3 |

Event 21 Men 400 Meter Dash

MAC: M 47.02 1983 Dave German, Susquehanna
 Track Record: T 47.89 5/5/2007 Drew Graybeal, Elizabethtown
 47.40 D3 A
 48.50 D3 B

| Name | Year | School | Finals | Points | |
|--------|---------|-----------|------------------|--------|----|
| Finals | | | | | |
| 1 | Patrick | Roach | SR Messiah | 49.18 | 10 |
| 2 | Brian | Allport | FR Elizabethtown | 49.47 | 8 |
| 3 | Pete | Moreni | SO DeSales | 50.53 | 6 |
| 4 | Eric | Yeager | JR DeSales | 50.81 | 5 |
| 5 | Mark | Benedetto | SO Widener | 51.22 | 4 |
| 6 | Jesse | Weidemann | SO Messiah | 51.53 | 3 |
| 7 | Tevin | Wood | FR Albright | 51.66 | 2 |
| 8 | Marc | Bandola | JR Widener | 52.63 | 1 |

Event 23 Men 100 Meter Dash

MAC: M 10.60 2007 Ozzie Brown, Moravian
 Track Record: T 10.60 5/5/2007 Ozzie Brown, Moravian
 10.55 D3 A
 10.78 D3 B

| Name | Year | School | Prelims | Wind | H# |
|---------------|----------|-----------|--------------------|--------|-------|
| Preliminaries | | | | | |
| 1 | Wyatt | Eaton | JR Elizabethtown | 10.85Q | 3.4 1 |
| 2 | Josh | Light | JR Lebanon Valley | 11.02Q | 1.6 2 |
| 3 | Robert | Innocent | SO Widener | 11.08q | 3.4 1 |
| 4 | Travis | Pitts | FR Delaware Valley | 11.17q | 1.6 2 |
| 5 | Bernard | Innocent | JR Widener | 11.18q | 3.4 1 |
| 6 | Pat | Doughty | FR Elizabethtown | 11.33q | 1.6 2 |
| 7 | Jerome | Duncan | FR Lebanon Valley | 11.38q | 1.6 2 |
| 8 | Emmanuel | Rupert | FR Widener | 11.39q | 3.4 1 |
| 9 | Adam | Gori | SR DeSales | 11.41 | 3.4 1 |
| 10 | Ryan | Mays | FR Albright | 11.52 | 1.6 2 |
| 11 | Tom | Creighton | JR Widener | 11.55 | 1.6 2 |
| 12 | Steven | Clemson | FR Misericordia | 11.57 | 3.4 1 |
| 13 | Drew | Melnick | FR Messiah | 11.60 | 1.6 2 |
| 14 | Robert | Bogarde | FR DeSales | 11.77 | 3.4 1 |

Event 23 Men 100 Meter Dash

MAC: M 10.60 2007 Ozzie Brown, Moravian
 Track Record: T 10.60 5/5/2007 Ozzie Brown, Moravian
 10.55 D3 A
 10.78 D3 B

| Name | Year | School | Finals | Wind | Points |
|--------|----------|----------|--------------------|-------|---------|
| Finals | | | | | |
| 1 | Travis | Pitts | FR Delaware Valley | 11.14 | -0.1 10 |
| 2 | Wyatt | Eaton | JR Elizabethtown | 11.15 | -0.1 8 |
| 3 | Robert | Innocent | SO Widener | 11.22 | -0.1 6 |
| 4 | Josh | Light | JR Lebanon Valley | 11.27 | -0.1 5 |
| 5 | Bernard | Innocent | JR Widener | 11.35 | -0.1 4 |
| 6 | Pat | Doughty | FR Elizabethtown | 11.41 | -0.1 3 |
| 7 | Jerome | Duncan | FR Lebanon Valley | 11.42 | -0.1 2 |
| 8 | Emmanuel | Rupert | FR Widener | 11.47 | -0.1 1 |

Event 25 Men 800 Meter Run

MAC: M 1:51.79 1982 Kevin Foley, Haverford
 Track Record: T 1:52.44 5/18/2005 Patrick Donovan, Elizabethtown
 1:51.10 D3 A
 1:53.00 D3 B

| Name | Year | School | Prelims | H# |
|---------------|------|--------|---------|----|
| Preliminaries | | | | |

| | | | | |
|----|------------------|-------------------|----------|---|
| 1 | Frank Redmond | SO Misericordia | 1:56.73Q | 1 |
| 2 | Dylan Rulander | SR Elizabethtown | 1:56.78Q | 2 |
| 3 | Patrick Roach | SR Messiah | 2:00.02Q | 3 |
| 4 | Eddy Palmer | JR Messiah | 1:57.22Q | 1 |
| 5 | Brent Clauser | FR DeSales | 1:57.35Q | 2 |
| 6 | Paul Ecker | SO DeSales | 2:00.04Q | 3 |
| 7 | Mike Kimmel | SO Messiah | 1:57.31q | 1 |
| 8 | Brian Filanowski | SO DeSales | 1:57.39q | 1 |
| 9 | Mark Weber | FR Elizabethtown | 1:58.75 | 2 |
| 10 | Jeremy Ansbach | SR Lebanon Valley | 1:59.49 | 2 |
| 11 | James Munnelly | SR Elizabethtown | 2:00.80 | 3 |
| 12 | Pat Filanowski | SO DeSales | 2:01.37 | 3 |
| 13 | Casey McGarvey | FR Elizabethtown | 2:03.04 | 2 |
| 14 | Kyle Farrell | FR Shenandoah | 2:03.17 | 1 |
| 15 | Patrick Noonan | SO Misericordia | 2:04.65 | 1 |
| 16 | Jeff Anderson | SR Lebanon Valley | 2:05.85 | 3 |
| 17 | Marc Ford | SR Widener | 2:11.09 | 2 |

Event 25 Men 800 Meter Run

MAC: M 1:51.79 1982 Kevin Foley, Haverford
Track Record: T 1:52.44 5/18/2005 Patrick Donovan, Elizabethtown
1:51.10 D3 A
1:53.00 D3 B

| Name | Year | School | Finals | Points |
|--------|------------------|------------------|--------------|--------|
| Finals | | | | |
| 1 | Patrick Roach | SR Messiah | 1:51.15MD3 B | 10 |
| 2 | Dylan Rulander | SR Elizabethtown | 1:51.71MD3 B | 8 |
| 3 | Frank Redmond | SO Misericordia | 1:53.56 | 6 |
| 4 | Eddy Palmer | JR Messiah | 1:54.77 | 5 |
| 5 | Paul Ecker | SO DeSales | 1:55.51 | 4 |
| 6 | Brent Clauser | FR DeSales | 1:55.67 | 3 |
| 7 | Mike Kimmel | SO Messiah | 1:59.23 | 2 |
| 8 | Brian Filanowski | SO DeSales | 2:05.01 | 1 |

Event 27 Men 400 Meter Hurdles

MAC: M 52.18 1988 Cal Williams, Dickinson
Track Record: T 53.90 5/18/2005 Darren DeAngelis, Elizabethtown
52.65 D3 A
54.30 D3 B

| Name | Year | School | Prelims | H# |
|---------------|------------------|--------------------|----------|----|
| Preliminaries | | | | |
| 1 | Pete Moreni | SO DeSales | 59.36Q | 2 |
| 2 | Cody Rosenbarker | SO Messiah | 59.97Q | 1 |
| 3 | Kevin Schaeffer | JR Shenandoah | 59.93q | 2 |
| 4 | David Meyer | SO Misericordia | 1:00.17q | 1 |
| 5 | Jon Petrilak | SO Delaware Valley | 1:00.22q | 1 |
| 6 | Mike Garrity | FR Widener | 1:01.02q | 2 |
| 7 | Elton Dos Santos | JR Elizabethtown | 1:01.17q | 2 |
| 8 | Austin Holt | FR Messiah | 1:01.29q | 1 |
| 9 | Richard Crawford | FR Albright | 1:02.39 | 2 |

Event 27 Men 400 Meter Hurdles

MAC: M 52.18 1988 Cal Williams, Dickinson
Track Record: T 53.90 5/18/2005 Darren DeAngelis, Elizabethtown
52.65 D3 A
54.30 D3 B

| Name | Year | School | Finals | Points |
|--------|------------------|--------------------|---------|--------|
| Finals | | | | |
| 1 | Pete Moreni | SO DeSales | 56.40 | 10 |
| 2 | Cody Rosenbarker | SO Messiah | 57.87 | 8 |
| 3 | Kevin Schaeffer | JR Shenandoah | 58.66 | 6 |
| 4 | Mike Garrity | FR Widener | 58.86 | 5 |
| 5 | Jon Petrilak | SO Delaware Valley | 59.23 | 4 |
| 6 | David Meyer | SO Misericordia | 1:00.07 | 3 |

| | | | |
|--------------------|------------------|---------|---|
| 7 Austin Holt | FR Messiah | 1:00.13 | 2 |
| 8 Elton Dos Santos | JR Elizabethtown | 1:02.05 | 1 |

Event 29 Men 200 Meter Dash

MAC: M 21.34 2000 Tony Brown, Widener
 Track Record: T 21.37 5/5/2007 Ozzie Brown, Moravian
 21.31 D3 A
 21.80 D3 B

| Name | Year School | Prelims | Wind H# |
|---------------------|--------------------|---------|---------|
| Preliminaries | | | |
| 1 Wyatt Eaton | JR Elizabethtown | 22.12Q | 1.3 1 |
| 2 Patrick Roach | SR Messiah | 22.42Q | 0.4 2 |
| 3 Brian Allport | FR Elizabethtown | 22.70q | 1.3 1 |
| 4 Pat Doughty | FR Elizabethtown | 22.79q | 1.3 1 |
| 5 Josh Light | JR Lebanon Valley | 22.91q | 0.4 2 |
| 6 Travis Pitts | FR Delaware Valley | 23.01q | 0.4 2 |
| 7 Jerome Duncan | FR Lebanon Valley | 23.02q | 1.3 1 |
| 8 Robert Innocent | SO Widener | 23.16q | 1.3 1 |
| 9 Bernard Innocent | JR Widener | 23.21 | 0.4 2 |
| 10 Ryan Mays | FR Albright | 23.32 | 1.3 1 |
| 11 Sean McCarthy | FR Widener | 23.44 | 0.4 2 |
| 12 Tom Creighton | JR Widener | 23.66 | 0.4 2 |
| 13 Morrison Boateng | FR Manhattanville | 23.68 | 1.3 1 |
| 14 Adam Gori | SR DeSales | 23.85 | 1.3 1 |
| 15 Steven Clemson | FR Misericordia | 23.93 | 0.4 2 |
| 16 Tim Robinson | FR Shenandoah | 24.14 | 0.4 2 |

Event 29 Men 200 Meter Dash

MAC: M 21.34 2000 Tony Brown, Widener
 Track Record: T 21.37 5/5/2007 Ozzie Brown, Moravian
 21.31 D3 A
 21.80 D3 B

| Name | Year School | Finals | Wind Points |
|-------------------|--------------------|--------|-------------|
| Finals | | | |
| 1 Wyatt Eaton | JR Elizabethtown | 21.92 | 1.5 10 |
| 2 Patrick Roach | SR Messiah | 22.16 | 1.5 8 |
| 3 Brian Allport | FR Elizabethtown | 22.46 | 1.5 6 |
| 4 Josh Light | JR Lebanon Valley | 22.57 | 1.5 5 |
| 5 Jerome Duncan | FR Lebanon Valley | 22.78 | 1.5 4 |
| 6 Pat Doughty | FR Elizabethtown | 22.81 | 1.5 3 |
| 7 Robert Innocent | SO Widener | 22.87 | 1.5 2 |
| 8 Travis Pitts | FR Delaware Valley | 22.93 | 1.5 1 |

Event 31 Men Long Jump

MAC: M 24-03 1989 Dan Reichenbach, Moravian
 Track Record: T 7.12m 5/18/2005 Mike Bauer, Elizabethtown
 7.30m D3 A
 7.00m D3 B

| Name | Year School | Finals | Wind | Points |
|--------------------|--------------------|--------|---------------|--------|
| 1 Wyatt Eaton | JR Elizabethtown | 6.58m | +0.0 21-07.25 | 10 |
| 2 Tim Malloy | FR Widener | 6.41m | +0.0 21-00.50 | 8 |
| 3 Tom Masterson | FR Delaware Valley | 6.35m | 1.3 20-10.00 | 6 |
| 4 Ted Simmons | JR Messiah | 6.20m | -0.6 20-04.25 | 5 |
| 5 Clif LeGrand | FR Albright | J6.20m | 0.5 20-04.25 | 4 |
| 6 Andrew MacNiven | FR DeSales | 6.18m | +0.0 20-03.50 | 3 |
| 7 Ryan Bausch | SR Albright | 6.16m | +0.0 20-02.50 | 2 |
| 8 Justin Lee | SO Lebanon Valley | 6.06m | -0.7 19-10.75 | 1 |
| 9 Jason Brown | SR Messiah | 5.80m | -0.3 19-00.50 | |
| 10 Steven Clemson | FR Misericordia | 5.64m | +0.0 18-06.00 | |
| 11 Joshua Medvecky | FR DeSales | 5.58m | +0.0 18-03.75 | |
| 12 Joe Meehan | FR Lebanon Valley | 5.57m | -0.1 18-03.25 | |
| 13 Wes Rockwell | FR Lebanon Valley | 5.56m | +0.0 18-03.00 | |
| 14 Brandon Parry | JR Messiah | 5.55m | +0.0 18-02.50 | |
| 15 Pat Clifford | SO DeSales | 5.42m | -0.4 17-09.50 | |

Event 33 Men Hammer Throw

MAC: M 53.46m 2007 Nick Orfanella, Lebanon Valley
 Track Record: T 53.46m 5/5/2007 Nick Orfanella, Lebanon Valley
 57.00m D3 A
 52.00m D3 B

| Name | Year | School | Finals | Points |
|-----------------------|------|----------------|--------|-----------|
| 1 Zach Bleiler | SO | Lebanon Valley | 48.62m | 159-06 10 |
| 2 Jacob Munick | FR | Widener | 47.20m | 154-10 8 |
| 3 Ken Devens | SO | DeSales | 44.65m | 146-06 6 |
| 4 Ryan Thomas | SR | Albright | 44.17m | 144-11 5 |
| 5 Aaron Rogers | FR | Albright | 43.01m | 141-01 4 |
| 6 Tim Katzaman | JR | Elizabethtown | 41.97m | 137-08 3 |
| 7 Matt Patterson | JR | Widener | 40.48m | 132-10 2 |
| 8 Art Pupa | SO | Misericordia | 39.08m | 128-02 1 |
| 9 Clint Surgeoner | SO | Lebanon Valley | 37.41m | 122-09 |
| 10 Brad Moran | SO | Widener | 37.22m | 122-01 |
| 11 James Woodley | JR | Widener | 36.93m | 121-02 |
| 12 Hank Miller | FR | DeSales | 36.67m | 120-04 |
| 13 Matt Wicks | JR | Messiah | 34.89m | 114-06 |
| 14 Anthony Pellegrino | SO | Albright | 34.43m | 112-11 |
| 15 Andrew Herrera | SO | Widener | 33.78m | 110-10 |
| -- Matthew Raymond | FR | Widener | FOUL | |

Event 36 Men 1500 Meter Run

MAC: M 3:45.68 1983 Kevin Foley, Haverford
 Track Record: T 3:55.83 5/5/2007 Joe Francisco, Widener
 3:50.60 D3 A
 3:55.00 D3 B

| Name | Year | School | Finals | Points |
|---------------------|------|-----------------|---------|--------|
| 1 Dylan Rulander | SR | Elizabethtown | 3:57.31 | 10 |
| 2 Eric Reichert | FR | Elizabethtown | 3:57.40 | 8 |
| 3 Tyler Newhook | FR | Messiah | 3:58.74 | 6 |
| 4 Peter Shenk | JR | Messiah | 3:59.50 | 5 |
| 5 Frank Redmond | SO | Misericordia | 4:01.68 | 4 |
| 6 Ryan Pastore | SO | Messiah | 4:04.87 | 3 |
| 7 Russell Speiden | FR | Elizabethtown | 4:05.63 | 2 |
| 8 Dennis Conn | FR | Widener | 4:06.28 | 1 |
| 9 Jeremy Ansbach | SR | Lebanon Valley | 4:10.84 | |
| 10 Brian Filanowski | SO | DeSales | 4:10.87 | |
| 11 James Munnelly | SR | Elizabethtown | 4:13.74 | |
| 12 George Cook | FR | Albright | 4:17.06 | |
| 13 Pat Hess | JR | DeSales | 4:17.99 | |
| 14 Patrick Noonan | SO | Misericordia | 4:18.09 | |
| 15 Josiah Renton | FR | Shenandoah | 4:21.82 | |
| 16 Cory Kaufman | JR | Messiah | 4:23.38 | |
| 17 Steve Miller | FR | Delaware Valley | 4:34.74 | |

Event 38 Men Javelin Throw

MAC: M 68.91m 2002 Matt Deemer, Susquehanna
 Track Record: T 59.84m 5/5/2007 Kyle Mazur, Juniata
 62.50m D3 A
 57.50m D3 B

| Name | Year | School | Finals | Points |
|--------------------|------|----------------|-------------|-----------|
| 1 James Green | JR | Widener | 58.94m D3 B | 193-04 10 |
| 2 AJ Smith | JR | Messiah | 57.60m D3 B | 189-00 8 |
| 3 Justin Del Piano | JR | DeSales | 56.36m | 184-11 6 |
| 4 Clint Surgeoner | SO | Lebanon Valley | 56.11m | 184-01 5 |
| 5 Mike Torre | JR | Elizabethtown | 55.27m | 181-04 4 |
| 6 Zach Bleiler | SO | Lebanon Valley | 53.61m | 175-11 3 |
| 7 James DePalma | FR | DeSales | 52.52m | 172-04 2 |
| 8 Jared High | SO | Messiah | 51.12m | 167-08 1 |
| 9 Robert Dowd | FR | Widener | 50.77m | 166-07 |
| 10 Shaun Healey | JR | Elizabethtown | 50.43m | 165-05 |

| | | | | | |
|----|---------------|----|-----------------|--------|--------|
| 11 | Art Pupa | SO | Misericordia | 50.26m | 164-11 |
| 12 | Shane Toohey | SR | Delaware Valley | 50.15m | 164-06 |
| 13 | Doug Harding | FR | DeSales | 49.93m | 163-10 |
| 14 | Frank Ranalli | | Widener | 48.96m | 160-07 |
| 15 | Jordan Fegley | FR | Albright | 48.08m | 157-09 |
| 16 | Austin Holt | FR | Messiah | 47.98m | 157-05 |
| 17 | Nick Bowne | FR | Lebanon Valley | 47.51m | 155-10 |
| 18 | Phil Alder | SR | Elizabethtown | 47.27m | 155-01 |
| 19 | Landon Scholl | SO | Messiah | 46.32m | 152-00 |
| 20 | Tom Masterson | FR | Delaware Valley | 44.11m | 144-09 |
| 21 | Logan Trout | FR | Delaware Valley | 40.24m | 132-00 |

Event 40 Men 5000 Meter Run

MAC: M 14:27.83 1991 Seamus McElligott, Haverford
Track Record: T 14:50.33 5/18/2005 Jose Miranda, Elizabethtown
14:28.00 D3 A
14:45.00 D3 B

| Name | Year | School | Finals | Points | |
|------|-----------------|--------|-----------------|----------|----|
| 1 | Frank Eanes | SR | Messiah | 15:20.31 | 10 |
| 2 | Mike Curry | SO | DeSales | 15:26.63 | 8 |
| 3 | Chris Heisey | SO | Elizabethtown | 15:28.97 | 6 |
| 4 | Tyler Newhook | FR | Messiah | 15:31.31 | 5 |
| 5 | Colby Miller | FR | Elizabethtown | 15:31.32 | 4 |
| 6 | Jeremy Matula | SR | Elizabethtown | 15:40.99 | 3 |
| 7 | Rich Greco | SO | Elizabethtown | 15:50.77 | 2 |
| 8 | Scott Derkacz | SR | Elizabethtown | 15:55.44 | 1 |
| 9 | Matt DiCarlo | SO | Widener | 15:56.60 | |
| 10 | Alex Clemson | FR | DeSales | 15:57.97 | |
| 11 | Kevin Gwinn | SO | DeSales | 15:58.78 | |
| 12 | Andrew Ferretti | JR | DeSales | 16:09.82 | |
| 13 | Justin Cuga | JR | DeSales | 16:14.75 | |
| 14 | Chip Brumbaugh | JR | Delaware Valley | 16:21.50 | |
| 15 | Pat Blaskiewicz | SO | Misericordia | 16:29.47 | |
| 16 | Nick D'Angelo | FR | Lebanon Valley | 16:44.42 | |
| 17 | Charlie Larsen | FR | Elizabethtown | 16:48.19 | |
| 18 | Kyle Gutierrez | FR | Shenandoah | 16:49.00 | |
| 19 | Robert Kellert | SO | Albright | 17:08.90 | |
| -- | Evan DeArmitt | FR | Elizabethtown | DNF | |

Event 42 Men 4x400 Meter Relay

MAC: M 3:15.62 1982 , Delaware Valley
Track Record: T 3:16.25 5/18/2005 Elizabethtown, Elizabethtown
3:13.00 D3 A
3:16.80 D3 B

| School | Finals | Points |
|-------------------------------|----------------------|--------|
| 1 Messiah College 'A' | 3:20.13 | 10 |
| 1) Jesse Weidemann SO | 2) Peter Shenk JR | |
| 3) Eddy Palmer JR | 4) Patrick Roach SR | |
| 2 Elizabethtown College 'A' | 3:20.53 | 8 |
| 1) Brian Allport FR | 2) James Munnelly SR | |
| 3) Wyatt Eaton JR | 4) Dylan Rulander SR | |
| 3 DeSales University 'A' | 3:23.39 | 6 |
| 1) Paul Ecker SO | 2) Brent Clauser FR | |
| 3) Pete Moreni SO | 4) Eric Yeager JR | |
| 4 Albright College 'A' | 3:28.59 | 5 |
| 1) Ryan Bausch SR | 2) Ryan Mays FR | |
| 3) Kyle Keller FR | 4) Tevin Wood FR | |
| 5 Lebanon Valley College 'A' | 3:28.75 | 4 |
| 1) Tyler Cisarik JR | 2) Justin Lee SO | |
| 3) Jerome Duncan FR | 4) Jeff Anderson SR | |
| 6 Widener University 'A' | 3:30.16 | 3 |
| 1) Matt Bell SR | 2) Sean McCarthy FR | |
| 3) Marc Bandola JR | 4) Mark Benedetto SO | |
| 7 Misericordia University 'A' | 3:32.58 | 2 |
| 1) Kyle Saponcic FR | 2) Vitaliy Doboni SO | |
| 3) Jeff Salvatore FR | 4) Frank Redmond SO | |

8 Delaware Valley College 'A' 3:50.69 1
1) Jon Petrilak SO 2) Kevin McCoy JR
3) George Johnson FR 4) Shane Toohey SR

Men - Team Rankings - 21 Events Scored

| | | | |
|----------------------------|-----|----------------------------|-------|
| 1) Elizabethtown College | 170 | 2) Messiah College | 168 |
| 3) DeSales University | 132 | 4) Widener University | 130 |
| 5) Lebanon Valley College | 85 | 6) Albright College | 57.50 |
| 7) Delaware Valley College | 38 | 8) Misericordia University | 23.50 |
| 9) Shenandoah University | 9 | | |

2009 MAC Outdoor Championships - 4/30/2009 to 5/2/2009

4/30/2009 to 5/2/2009

Results

Event 2 Women Heptathlon

MAC: M 4044 2005 Amy Reed, Messiah
 Track Record: T 4860 5/4/2007 Amy Reed, Messiah
 4600 D3 A
 4100 D3 B

| Name | Year | School | Finals | Points |
|-------------------|------|-----------------|---------|--------|
| 1 Shannon Webb | JR | DeSales | 3569.00 | 10 |
| 2 Kaitlyn Valis | SO | Messiah | 3480.00 | 8 |
| 3 Allie Gold | SO | Elizabethtown | 3458.00 | 6 |
| 4 Brandi Sobanko | FR | Shenandoah | 3405.00 | 5 |
| 5 Briana Eshleman | JR | Messiah | 3171.00 | 4 |
| 6 Emily Olson | SO | Messiah | 3153.00 | 3 |
| 7 Becky Heisey | SR | Delaware Valley | 3083.00 | 2 |

Event 3 Women 10000 Meter Run

MAC: M 37:24.90 1990 Tamara Lave, Haverford
 Track Record: T 38:38.94 5/3/2007 Erin Fisher, Elizabethtown
 35:48.00 D3 A
 37:25.00 D3 B

| Name | Year | School | Finals | Points |
|----------------------|------|-----------------|---------------|--------|
| 1 Amanda Daws | SR | Elizabethtown | 37:01.42MD3 B | 10 |
| 2 Mary Higgins | FR | Messiah | 39:40.89 | 8 |
| 3 Sarah Bannon | SO | DeSales | 40:53.60 | 6 |
| 4 Katherine Spiering | FR | Messiah | 41:21.13 | 5 |
| 5 Beth Malseed | JR | DeSales | 42:28.90 | 4 |
| 6 Brittany Schwartz | JR | Delaware Valley | 42:39.29 | 3 |
| 7 Teresa Beshore | SO | Elizabethtown | 43:01.43 | 2 |
| 8 Sarah Clemmer | JR | Messiah | 43:23.21 | 1 |
| 9 Alex Walmer | SO | Elizabethtown | 44:35.86 | |
| 10 Amanda Pone | JR | Lebanon Valley | 44:59.95 | |
| 11 Erin Leahy | SR | Manhattanville | 45:38.48 | |
| -- Katie Nordyke | FR | Elizabethtown | DNF | |

Event 5 Women Pole Vault

MAC: M 3.34m 2008 Samantha Ward, DeSales
 Track Record: T 3.60m 5/18/2005 Mel Buczko, Bucknell
 3.82m D3 A
 3.50m D3 B

| Name | Year | School | Finals | Points |
|--------------------|------|-----------------|----------------|--------|
| 1 Brooke McDonald | FR | Widener | 3.20m 10-06.00 | 10 |
| 2 Emily Brantner | FR | Messiah | 2.90m 9-06.25 | 8 |
| 3 Shannon Webb | JR | DeSales | J2.90m 9-06.25 | 6 |
| 4 Tracy Fortugno | JR | Lebanon Valley | 2.75m 9-00.25 | 5 |
| 5 Abby McDonald | FR | Messiah | 2.60m 8-06.25 | 4 |
| 6 Kelly Harding | SR | Delaware Valley | 2.45m 8-00.50 | 3 |
| -- Alexandra Velez | SO | Misericordia | NH | |

Event 8 Women High Jump

MAC: M 5-06 Two times
 Track Record: T 1.65m 4/4/2007 Kelsey Buffenmeyer, Juniata
 1.71m D3 A
 1.65m D3 B

| Name | Year | School | Finals | Points |
|------------------|------|-----------------|----------------|--------|
| 1 Kristen Bates | JR | Messiah | 1.58m 5-02.25 | 10 |
| 2 Meghan Donovan | FR | Delaware Valley | 1.53m 5-00.25 | 8 |
| 3 Emily Santo | JR | Widener | J1.53m 5-00.25 | 6 |

| | | | | | | |
|----|-------------------|----|----------------|--------|---------|-----|
| 4 | Delilah Ruiz | SR | Messiah | 1.48m | 4-10.25 | 5 |
| 5 | Chelsea Miles | SR | Elizabethtown | J1.48m | 4-10.25 | 3.5 |
| 5 | Gabrielle Whitley | SO | Elizabethtown | J1.48m | 4-10.25 | 3.5 |
| 7 | Robin Razawich | JR | Misericordia | J1.48m | 4-10.25 | 2 |
| 8 | Meghan Loos | SO | Albright | 1.43m | 4-08.25 | 1 |
| 9 | Emily Rau | SO | DeSales | J1.43m | 4-08.25 | |
| 10 | Kelly Jamison | FR | Lebanon Valley | 1.33m | 4-04.25 | |
| 10 | Amanda Knapp | SR | Lebanon Valley | 1.33m | 4-04.25 | |
| 12 | Katie Kelly | SO | DeSales | 1.28m | 4-02.25 | |

Event 10 Women 3000 Meter Steeplechase

MAC: M 11:39.55 2007 Heather Matta, Susquehanna
Track Record: T 11:39.55 5/4/2007 Heather Matta, Susquehanna
10:44.00 D3 A
11:13.00 D3 B

| Name | Year | School | Finals | Points | |
|------|--------------------|--------|-----------------|----------|----|
| 1 | Tiffany Kulp | SR | Elizabethtown | 11:43.57 | 10 |
| 2 | Jackie Van Arsdale | JR | Messiah | 11:48.07 | 8 |
| 3 | Erin Rhodes | JR | Messiah | 11:54.60 | 6 |
| 4 | Jenn Hellmann | JR | Messiah | 12:24.19 | 5 |
| 5 | Amy Smith | FR | Shenandoah | 12:52.47 | 4 |
| 6 | Jodie Kitchell | FR | Misericordia | 12:59.70 | 3 |
| 7 | Cassie Harmon | FR | DeSales | 13:18.04 | 2 |
| 8 | Talesha Karish | JR | Delaware Valley | 13:38.53 | 1 |

Event 12 Women Discus Throw

MAC: M 142-00 1998 Ann Musser, Lebanon Valley
Track Record: T 40.82m 5/4/2007 Lauren Lucci, Widener
47.00m D3 A
42.50m D3 B

| Name | Year | School | Finals | Points | |
|------|------------------|--------|-----------------|---------------|----|
| 1 | Meghan Weber | JR | DeSales | 37.97m 124-07 | 10 |
| 2 | Becky Heisey | SR | Delaware Valley | 34.59m 113-06 | 8 |
| 3 | Nikita Halteman | SO | Widener | 34.41m 112-11 | 6 |
| 4 | Kelley Mitchell | SO | Shenandoah | 33.46m 109-09 | 5 |
| 5 | Katie Campbell | SR | Lebanon Valley | 32.54m 106-09 | 4 |
| 6 | Ashley Wade | FR | DeSales | 31.97m 104-11 | 3 |
| 7 | Carly Graffeo | SR | Widener | 31.89m 104-07 | 2 |
| 8 | Crystal Connelly | FR | Elizabethtown | 31.67m 103-11 | 1 |
| 9 | Sarah DeGeorge | SO | Elizabethtown | 29.73m 97-06 | |
| 10 | Shannon Kane | SO | Misericordia | 29.06m 95-04 | |
| 11 | Jessica Furia | FR | Widener | 28.59m 93-09 | |
| 12 | Alyssa Lengel | SO | Messiah | 28.20m 92-06 | |
| 13 | Jessica Bealer | FR | Misericordia | 27.51m 90-03 | |
| 14 | Kelly Jamison | FR | Lebanon Valley | 24.38m 80-00 | |

Event 13 Women Shot Put

MAC: M 14.31m 2003 Christina Scherwin, Moravian
Track Record: T 12.74m 5/4/2007 Lauren Lucci, Widener
14.20m D3 A
12.90m D3 B

| Name | Year | School | Finals | Points | |
|------|------------------|--------|-----------------|-----------------|----|
| 1 | Nikita Halteman | SO | Widener | 11.87m 38-11.50 | 10 |
| 2 | Meghan Weber | JR | DeSales | 11.38m 37-04.00 | 8 |
| 3 | Kelley Mitchell | SO | Shenandoah | 11.15m 36-07.00 | 6 |
| 4 | Becky Heisey | SR | Delaware Valley | 10.64m 34-11.00 | 5 |
| 5 | Jessica Bealer | FR | Misericordia | 10.62m 34-10.25 | 4 |
| 6 | Crystal Connelly | FR | Elizabethtown | 9.99m 32-09.50 | 3 |
| 7 | Emily Strait | SO | Messiah | 9.87m 32-04.75 | 2 |
| 8 | Ashley Wade | FR | DeSales | 9.75m 32-00.00 | 1 |
| 9 | Carly Graffeo | SR | Widener | 9.56m 31-04.50 | |
| 10 | Katie Campbell | SR | Lebanon Valley | 8.97m 29-05.25 | |
| 11 | Tabitha Balutis | SO | Delaware Valley | 8.76m 28-09.00 | |

Event 16 Women 4x100 Meter Relay

MAC: M 48.38 2002 , Widener
 Track Record: T 47.10 5/18/2005 Lincoln (Pa.), Lincoln (Pa.)
 Douglas, Macklin, Sabb, Jackson
 47.30 D3 A
 48.65 D3 B

| School | Finals | Points |
|-------------------------------|-------------------------|--------|
| 1 Albright College 'A' | 50.35 | 10 |
| 1) Mackenzie Miller SO | 2) Shannon Loos SO | |
| 3) Meghan Loos SO | 4) Brianne Genter SR | |
| 2 Misericordia University 'A' | 50.39 | 8 |
| 1) Debra Kortze FR | 2) Jenn Lozier SO | |
| 3) Robin Razawich JR | 4) Susan Bochnovich SR | |
| 3 Lebanon Valley College 'A' | 50.82 | 6 |
| 1) Nicole Gallo FR | 2) Nicole Barra FR | |
| 3) Allix Sanders JR | 4) Johanna Walker FR | |
| 4 Elizabethtown College 'A' | 50.89 | 5 |
| 1) Chelsea Miles SR | 2) Lisa Williamson FR | |
| 3) Bernadette Frawley JR | 4) Allie Gold SO | |
| 5 Delaware Valley College 'A' | 53.50 | 4 |
| 1) Meghan Tyman SO | 2) Becky Heisey SR | |
| 3) Jess Derrickson SO | 4) Jennifer Alderfer SO | |
| 6 Messiah College 'A' | 54.56 | 3 |
| 1) Ellamae Heisey SO | 2) Abby McDonald FR | |
| 3) Abbey Glenzel SO | 4) Jen Wu SR | |
| -- DeSales University 'A' | DQ | |
| 1) Nicole Chickey FR | 2) Lauren Annucci JR | |
| 3) Bridgette McGinnis SR | 4) Shannon Webb JR | |

Event 17 Women Triple Jump

MAC: M 11.83m 2008 Kristen Bates, Messiah
 Track Record: T 11.44m 5/18/2005 Ann Doty, Bucknell
 12.00m D3 A
 11.30m D3 B

| Name | Year School | Finals | Wind | Points |
|--------------------|--------------------|--------|---------------|--------|
| 1 Kristen Bates | JR Messiah | 11.19m | 0.8 36-08.50 | 10 |
| 2 Chelsea Miles | SR Elizabethtown | 10.80m | +0.0 35-05.25 | 8 |
| 3 Amanda Knapp | SR Lebanon Valley | 10.35m | 3.5 33-11.50 | 6 |
| 4 Mackenzie Miller | SO Albright | 10.33m | 1.3 33-10.75 | 5 |
| 5 De'On Mallory | JR Albright | 10.31m | 1.0 33-10.00 | 4 |
| 6 Renisha Conway | SR Albright | 10.20m | 2.8 33-05.75 | 3 |
| 7 Allison Kurowski | SO DeSales | 10.19m | 2.8 33-05.25 | 2 |
| 8 Briana Eshleman | JR Messiah | 9.81m | 1.1 32-02.25 | 1 |
| 9 Crissy Meehan | SR DeSales | 9.68m | 1.4 31-09.25 | |
| 10 Katie Kelly | SO DeSales | 9.49m | 0.4 31-01.75 | |
| 11 Meghan Donovan | FR Delaware Valley | 9.13m | 2.1 29-11.50 | |
| 12 Nicole Barra | FR Lebanon Valley | 9.06m | 1.9 29-08.75 | |

Event 20 Women 100 Meter Hurdles

MAC: M 14.38 2008 Kristen Bates, Messiah
 Track Record: T 14.54 4/3/2004 Carrie Kerna, Elizabethtown
 14.35 D3 A
 14.95 D3 B

| Name | Year School | Prelims | Wind | H# |
|----------------------|--------------------|---------|------|----|
| Preliminaries | | | | |
| 1 Kristen Bates | JR Messiah | 15.47Q | 1.0 | 1 |
| 2 Delilah Ruiz | SR Messiah | 15.85Q | 1.0 | 2 |
| 3 Allie Gold | SO Elizabethtown | 15.85q | 1.0 | 2 |
| 4 Johanna Walker | FR Lebanon Valley | 15.97q | 1.0 | 1 |
| 5 Nicole Gallo | FR Lebanon Valley | 16.62q | 1.0 | 1 |
| 6 Kelsey Sherman | FR Lebanon Valley | 16.66q | 1.0 | 2 |
| 7 Ellamae Heisey | SO Messiah | 17.20q | 1.0 | 2 |
| 8 Nicole Lipari | FR Elizabethtown | 17.37q | 1.0 | 1 |
| 9 Jess Derrickson | SO Delaware Valley | 17.53 | 1.0 | 1 |

Event 20 Women 100 Meter Hurdles

MAC: M 14.38 2008 Kristen Bates, Messiah
 Track Record: T 14.54 4/3/2004 Carrie Kerna, Elizabethtown
 14.35 D3 A
 14.95 D3 B

| Name | Year | School | Finals | Wind | Points |
|------------------|------|----------------|------------|------|--------|
| Finals | | | | | |
| 1 Kristen Bates | JR | Messiah | 14.14MD3 A | -0.1 | 10 |
| 2 Delilah Ruiz | SR | Messiah | 15.59 | -0.1 | 8 |
| 3 Johanna Walker | FR | Lebanon Valley | 15.84 | -0.1 | 6 |
| 4 Allie Gold | SO | Elizabethtown | 15.86 | -0.1 | 5 |
| 5 Nicole Gallo | FR | Lebanon Valley | 16.42 | -0.1 | 4 |
| 6 Kelsey Sherman | FR | Lebanon Valley | 16.46 | -0.1 | 3 |
| 7 Ellamae Heisey | SO | Messiah | 16.68 | -0.1 | 2 |
| 8 Nicole Lipari | FR | Elizabethtown | 16.96 | -0.1 | 1 |

Event 22 Women 400 Meter Dash

MAC: M 57.79 2008 Rachel Hepkins, Messiah
 Track Record: T 59.09 5/5/2007 Amy Reehil, Moravian
 55.90 D3 A
 57.50 D3 B

| Name | Year | School | Prelims | H# |
|----------------------|------|-----------------|----------|----|
| Preliminaries | | | | |
| 1 Lauren Annucci | JR | DeSales | 1:00.66Q | 2 |
| 2 Nicole Chickey | FR | DeSales | 1:01.59Q | 1 |
| 3 Lauren Harte | FR | Messiah | 1:01.64q | 2 |
| 4 Shannon Loos | SO | Albright | 1:02.18q | 1 |
| 5 Mara Franko | FR | DeSales | 1:02.44q | 1 |
| 6 Bernadette Frawley | JR | Elizabethtown | 1:02.58q | 2 |
| 7 Danielle DiPietro | SO | Albright | 1:03.70q | 2 |
| 8 Amy Fitzpatrick | SR | DeSales | 1:03.84q | 2 |
| 9 Tiffany Frederick | FR | Lebanon Valley | 1:04.01 | 2 |
| 10 Emilie Keane | FR | Widener | 1:04.82 | 1 |
| 11 Brandi Sobanko | FR | Shenandoah | 1:05.65 | 1 |
| 12 Karlena Brown | FR | Delaware Valley | 1:07.75 | 1 |
| 13 Jamie Harrison | SR | Manhattanville | 1:07.94 | 1 |

Event 22 Women 400 Meter Dash

MAC: M 57.79 2008 Rachel Hepkins, Messiah
 Track Record: T 59.09 5/5/2007 Amy Reehil, Moravian
 55.90 D3 A
 57.50 D3 B

| Name | Year | School | Finals | Points |
|----------------------|------|---------------|---------|--------|
| Finals | | | | |
| 1 Lauren Harte | FR | Messiah | 1:00.54 | 10 |
| 2 Lauren Annucci | JR | DeSales | 1:00.63 | 8 |
| 3 Shannon Loos | SO | Albright | 1:01.04 | 6 |
| 4 Mara Franko | FR | DeSales | 1:01.55 | 5 |
| 5 Nicole Chickey | FR | DeSales | 1:02.10 | 4 |
| 6 Bernadette Frawley | JR | Elizabethtown | 1:02.25 | 3 |
| 7 Amy Fitzpatrick | SR | DeSales | 1:02.85 | 2 |
| 8 Danielle DiPietro | SO | Albright | 1:04.12 | 1 |

Event 24 Women 100 Meter Dash

MAC: M 12.12 1988 Denise Shotwell, Dickinson
 Track Record: T 12.17 5/5/2007 Erin Recker, Moravian
 12.00 D3 A
 12.30 D3 B

| Name | Year | School | Prelims | Wind | H# |
|--------------------|------|--------------|---------|------|----|
| Preliminaries | | | | | |
| 1 Susan Bochnovich | SR | Misericordia | 12.51Q | 1.8 | 1 |

| | | | | | |
|----|--------------------|--------------------|--------|-----|---|
| 2 | Johanna Walker | FR Lebanon Valley | 12.67Q | NWI | 3 |
| 3 | Bridgette McGinnis | SR DeSales | 12.88Q | 1.8 | 2 |
| 4 | Brianne Genter | SR Albright | 12.89q | NWI | 3 |
| 5 | Shannon Webb | JR DeSales | 13.15q | 1.8 | 1 |
| 6 | Jennifer Alderfer | SO Delaware Valley | 13.26q | 1.8 | 2 |
| 7 | Nicole Gallo | FR Lebanon Valley | 13.32q | NWI | 3 |
| 8 | Debra Kortze | FR Misericordia | 13.33q | 1.8 | 1 |
| 9 | Allix Sanders | JR Lebanon Valley | 13.35 | NWI | 3 |
| 10 | Shannon Loos | SO Albright | 13.38 | 1.8 | 1 |
| 11 | Nicole Chickey | FR DeSales | 13.46 | 1.8 | 2 |
| 12 | Valisha Andrus | SO Widener | 13.53 | 1.8 | 2 |
| 13 | Mackenzie Miller | SO Albright | 13.62 | NWI | 3 |
| 14 | Lisa Williamson | FR Elizabethtown | 13.68 | 1.8 | 2 |
| 15 | Jenn Lozier | SO Misericordia | 13.73 | 1.8 | 2 |
| 16 | Renisha Conway | SR Albright | 13.97 | 1.8 | 1 |
| 17 | Annie Fawber | SO Manhattanville | 14.20 | NWI | 3 |
| 18 | Briana Barron | FR Shenandoah | 14.98 | 1.8 | 1 |

Event 24 Women 100 Meter Dash

MAC: M 12.12 1988 Denise Shotwell, Dickinson
 Track Record: T 12.17 5/5/2007 Erin Recker, Moravian
 12.00 D3 A
 12.30 D3 B

| Name | Year | School | Finals | Wind | Points |
|------|------|--------|--------|------|--------|
|------|------|--------|--------|------|--------|

Finals

| | | | | | |
|---|--------------------|--------------------|-------|-----|----|
| 1 | Susan Bochnovich | SR Misericordia | 12.49 | 0.8 | 10 |
| 2 | Johanna Walker | FR Lebanon Valley | 12.65 | 0.8 | 8 |
| 3 | Brianne Genter | SR Albright | 12.84 | 0.8 | 6 |
| 4 | Bridgette McGinnis | SR DeSales | 12.99 | 0.8 | 5 |
| 5 | Debra Kortze | FR Misericordia | 13.28 | 0.8 | 4 |
| 6 | Shannon Webb | JR DeSales | 13.33 | 0.8 | 3 |
| 7 | Jennifer Alderfer | SO Delaware Valley | 13.37 | 0.8 | 2 |
| 8 | Nicole Gallo | FR Lebanon Valley | 13.46 | 0.8 | 1 |

Event 26 Women 800 Meter Run

MAC: M 2:14.06 1989 Rebecca Weiderrecht, Messiah
 Track Record: T 2:16.36 5/18/2005 Katie Garner, Elizabethtown
 2:11.00 D3 A
 2:14.40 D3 B

| Name | Year | School | Prelims | H# |
|------|------|--------|---------|----|
|------|------|--------|---------|----|

Preliminaries

| | | | | |
|----|---------------------|-------------------|----------|---|
| 1 | Megan VanDenHengel | JR Elizabethtown | 2:20.55Q | 2 |
| 2 | Grace Kaste | SO Messiah | 2:22.88Q | 1 |
| 3 | Kathryn Howser | FR Elizabethtown | 2:20.59Q | 2 |
| 4 | Megan Long | JR Lebanon Valley | 2:23.37Q | 1 |
| 5 | Marcie Cusatis | SO Misericordia | 2:21.59q | 2 |
| 6 | Brooke Airey | FR Messiah | 2:23.91q | 1 |
| 7 | Lauren Johnson | JR Lebanon Valley | 2:26.98q | 2 |
| 8 | Allison Kurowski | SO DeSales | 2:30.51q | 1 |
| 9 | Tomesha Campbell | SR Albright | 2:31.80 | 2 |
| 10 | Tamara Fawcett | JR Messiah | 2:33.33 | 1 |
| 11 | Abbey Anderson | JR Elizabethtown | 2:33.91 | 1 |
| 12 | Amy Smith | FR Shenandoah | 2:34.81 | 1 |
| 13 | Alessandra LaMastro | JR DeSales | 2:38.07 | 2 |
| 14 | Elizabeth VanWinkle | JR Messiah | 2:39.67 | 2 |

Event 26 Women 800 Meter Run

MAC: M 2:14.06 1989 Rebecca Weiderrecht, Messiah
 Track Record: T 2:16.36 5/18/2005 Katie Garner, Elizabethtown
 2:11.00 D3 A
 2:14.40 D3 B

| Name | Year | School | Finals | Points |
|------|------|--------|--------|--------|
|------|------|--------|--------|--------|

Finals

| | | | | |
|---|----------------|------------------|---------|----|
| 1 | Kathryn Howser | FR Elizabethtown | 2:16.61 | 10 |
|---|----------------|------------------|---------|----|

| | | | | |
|---|--------------------|-------------------|---------|---|
| 2 | Grace Kaste | SO Messiah | 2:17.73 | 8 |
| 3 | Brooke Airey | FR Messiah | 2:20.59 | 6 |
| 4 | Marcie Cusatis | SO Misericordia | 2:21.66 | 5 |
| 5 | Megan Long | JR Lebanon Valley | 2:21.82 | 4 |
| 6 | Megan VanDenHengel | JR Elizabethtown | 2:22.19 | 3 |
| 7 | Lauren Johnson | JR Lebanon Valley | 2:25.15 | 2 |
| 8 | Allison Kurowski | SO DeSales | 2:29.03 | 1 |

Event 28 Women 400 Meter Hurdles

MAC: M 1:01.85 2007 Emily Lepley, Susquehanna
 Track Record: T 1:01.85 5/5/2007 Emily Lepley, Susquehanna
 1:02.00 D3 A
 1:04.00 D3 B

| Name | Year | School | Prelims | H# | |
|---------------|------|------------------|--------------------|----------|---|
| Preliminaries | | | | | |
| 1 | | Abbey Glenzel | SO Messiah | 1:09.32Q | 1 |
| 2 | | Kristen Bates | JR Messiah | 1:12.13Q | 2 |
| 3 | | Jill Patrick | FR Elizabethtown | 1:10.75q | 1 |
| 4 | | Megan Sisson | SO Messiah | 1:11.38q | 1 |
| 5 | | Yesenia Santiago | SR Lebanon Valley | 1:12.78q | 2 |
| 6 | | Amy DeVivo | FR DeSales | 1:12.90q | 2 |
| 7 | | Nicole Lipari | FR Elizabethtown | 1:14.98q | 1 |
| 8 | | Miranda Klingler | Lebanon Valley | 1:15.11q | 2 |
| 9 | | Amanda Barr | JR Delaware Valley | 1:15.46 | 2 |
| 10 | | Lisa Ellenberger | FR DeSales | 1:22.80 | 1 |

Event 28 Women 400 Meter Hurdles

MAC: M 1:01.85 2007 Emily Lepley, Susquehanna
 Track Record: T 1:01.85 5/5/2007 Emily Lepley, Susquehanna
 1:02.00 D3 A
 1:04.00 D3 B

| Name | Year | School | Finals | Points | |
|--------|------|------------------|-------------------|--------------|----|
| Finals | | | | | |
| 1 | | Kristen Bates | JR Messiah | 1:03.19 D3 B | 10 |
| 2 | | Abbey Glenzel | SO Messiah | 1:07.40 | 8 |
| 3 | | Amy DeVivo | FR DeSales | 1:10.46 | 6 |
| 4 | | Jill Patrick | FR Elizabethtown | 1:10.99 | 5 |
| 5 | | Megan Sisson | SO Messiah | 1:12.86 | 4 |
| 6 | | Yesenia Santiago | SR Lebanon Valley | 1:13.83 | 3 |
| 7 | | Miranda Klingler | Lebanon Valley | 1:15.33 | 2 |
| 8 | | Nicole Lipari | FR Elizabethtown | 1:21.05 | 1 |

Event 30 Women 200 Meter Dash

MAC: M 24.80 1988 Denise Shotwell, Dickinson
 Track Record: T 24.83 5/18/2005 Happy Darcus, Christopher Newport
 24.57 D3 A
 25.25 D3 B

| Name | Year | School | Prelims | Wind | H# |
|---------------|------|--------------------|--------------------|--------|-------|
| Preliminaries | | | | | |
| 1 | | Susan Bochnovich | SR Misericordia | 25.74Q | 0.6 1 |
| 2 | | Johanna Walker | FR Lebanon Valley | 26.05Q | NWI 2 |
| 3 | | Brianne Genter | SR Albright | 26.60Q | NWI 3 |
| 4 | | Bridgette McGinnis | SR DeSales | 26.82q | 0.6 1 |
| 5 | | Kaitlyn Valis | SO Messiah | 27.17q | NWI 2 |
| 6 | | Valisha Andrus | SO Widener | 27.19q | NWI 3 |
| 7 | | Shannon Webb | JR DeSales | 27.21q | 0.6 1 |
| 8 | | Chelsea Miles | SR Elizabethtown | 27.42q | NWI 3 |
| 9 | | Jennifer Alderfer | SO Delaware Valley | 27.43 | NWI 2 |
| 10 | | Allix Sanders | JR Lebanon Valley | 27.76 | NWI 3 |
| 11 | | Ellamae Heisey | SO Messiah | 27.77 | 0.6 1 |
| 12 | | Brandi Sobanko | FR Shenandoah | 27.80 | NWI 2 |
| 13 | | Renisha Conway | SR Albright | 27.88 | NWI 2 |
| 14 | | Debra Kortze | FR Misericordia | 28.01 | NWI 3 |
| 15 | | Emilie Keane | FR Widener | 28.23 | NWI 2 |

| | | | | |
|--------------------|-------------------|-------|-----|---|
| 16 Meghan Loos | SO Albright | 28.36 | 0.6 | 1 |
| 17 Amy Fitzpatrick | SR DeSales | 29.11 | NWI | 3 |
| 18 Annie Fawber | SO Manhattanville | 29.48 | 0.6 | 1 |

Event 30 Women 200 Meter Dash

MAC: M 24.80 1988 Denise Shotwell, Dickinson
 Track Record: T 24.83 5/18/2005 Happy Darcus, Christopher Newport
 24.57 D3 A
 25.25 D3 B

| Name | Year School | Finals | Wind | Points |
|----------------------|-------------------|--------|------|--------|
| Finals | | | | |
| 1 Susan Bochnovich | SR Misericordia | 25.40 | 1.5 | 10 |
| 2 Johanna Walker | FR Lebanon Valley | 25.64 | 1.5 | 8 |
| 3 Brianne Genter | SR Albright | 26.35 | 1.5 | 6 |
| 4 Bridgette McGinnis | SR DeSales | 26.64 | 1.5 | 5 |
| 5 Kaitlyn Valis | SO Messiah | 26.96 | 1.5 | 4 |
| 6 Chelsea Miles | SR Elizabethtown | 27.01 | 1.5 | 3 |
| 7 Valisha Andrus | SO Widener | 27.49 | 1.5 | 2 |
| 8 Shannon Webb | JR DeSales | 27.91 | 1.5 | 1 |

Event 32 Women Long Jump

MAC: M 18-06 1996 Janine Shirk, Messiah
 Track Record: T 5.74m 5/18/2005 Marquita Mines, Christopher Newport
 5.80m D3 A
 5.47m D3 B

| Name | Year School | Finals | Wind | Points |
|--------------------|-------------------|--------|---------------|--------|
| Finals | | | | |
| 1 Kristen Bates | JR Messiah | 5.43m | 1.5 17-09.75 | 10 |
| 2 Delilah Ruiz | SR Messiah | 5.10m | 1.3 16-08.75 | 8 |
| 3 Chelsea Miles | SR Elizabethtown | 5.04m | -1.0 16-06.50 | 6 |
| 4 Kaitlyn Valis | SO Messiah | 4.96m | 1.4 16-03.25 | 5 |
| 5 Mackenzie Miller | SO Albright | 4.81m | 2.4 15-09.50 | 4 |
| 6 Yesenia Santiago | SR Lebanon Valley | 4.78m | 3.1 15-08.25 | 3 |
| 7 Crissy Meehan | SR DeSales | 4.77m | 2.0 15-07.75 | 2 |
| 8 Robin Razawich | JR Misericordia | 4.76m | 1.5 15-07.50 | 1 |
| 9 Katie Kelly | SO DeSales | 4.63m | +0.0 15-02.25 | |
| 10 Briana Eshleman | JR Messiah | 4.58m | 1.4 15-00.50 | |
| 11 Renisha Conway | SR Albright | 4.52m | -0.2 14-10.00 | |
| 12 Amanda Knapp | SR Lebanon Valley | 4.46m | -0.1 14-07.75 | |
| 13 Emily Santo | JR Widener | 4.39m | -0.2 14-05.00 | |
| 14 Nicole Barra | FR Lebanon Valley | 4.09m | +0.0 13-05.00 | |
| -- Emily Olson | SO Messiah | FOUL | NWI | |

Event 34 Women Hammer Throw

MAC: M 45.24m 2008 Meghan Weber, DeSales
 Track Record: T 40.98m 5/3/2007 Flora Robertson, Moravian
 52.60m D3 A
 46.50m D3 B

| Name | Year School | Finals | Points |
|---------------------|--------------------|---------|-----------|
| Finals | | | |
| 1 Meghan Weber | JR DeSales | 44.47mT | 145-11 10 |
| 2 Nikita Halteman | SO Widener | 38.17m | 125-03 8 |
| 3 Carly Graffeo | SR Widener | 37.02m | 121-05 6 |
| 4 Kelley Mitchell | SO Shenandoah | 33.42m | 109-08 5 |
| 5 Ashley Wade | FR DeSales | 31.81m | 104-04 4 |
| 6 Alyssa Lengel | SO Messiah | 31.78m | 104-03 3 |
| 7 Christie Weist | SR Albright | 28.37m | 93-01 2 |
| 8 Jessica Bealer | FR Misericordia | 27.37m | 89-09 1 |
| 9 Sarah DeGeorge | SO Elizabethtown | 26.90m | 88-03 |
| 10 Rachelle Hare | FR Delaware Valley | 25.72m | 84-04 |
| 11 Emily Strait | SO Messiah | 24.40m | 80-01 |
| 12 Crystal Connelly | FR Elizabethtown | 23.12m | 75-10 |

Event 35 Women 1500 Meter Run

MAC: M 4:37.88 1996 Tracy Wartman, Moravian

Track Record: T 4:44.34 4/15/2008 Tiffany Kulp, Elizabethtown
 4:32.50 D3 A
 4:39.00 D3 B

| Name | Year | School | Finals | Points |
|-----------------------|------|-----------------|----------|--------|
| 1 Jenn Cronin | SO | Lebanon Valley | 4:41.15T | 10 |
| 2 Tiffany Kulp | SR | Elizabethtown | 4:41.61T | 8 |
| 3 Ali Ostrum | SR | Misericordia | 4:42.33T | 6 |
| 4 Grace Kaste | SO | Messiah | 4:44.57 | 5 |
| 5 Megan VanDenHengel | JR | Elizabethtown | 4:46.30 | 4 |
| 6 Megan Long | JR | Lebanon Valley | 4:49.66 | 3 |
| 7 Erin Rhodes | JR | Messiah | 4:51.54 | 2 |
| 8 Caitlin Dorgan | SO | Delaware Valley | 4:53.51 | 1 |
| 9 Sarah Evans | SR | Messiah | 5:06.87 | |
| 10 Amy Willow | JR | Lebanon Valley | 5:10.34 | |
| 11 Justine Hastings | FR | Shenandoah | 5:12.10 | |
| 12 Mary Higgins | FR | Messiah | 5:12.49 | |
| 13 Jenn Hellmann | JR | Messiah | 5:14.62 | |
| 14 Tamara Fawcett | JR | Messiah | 5:16.70 | |
| 15 Alessandra LaMastr | JR | DeSales | 5:17.36 | |
| 16 Cassie Harmon | FR | DeSales | 5:18.04 | |
| 17 Marquel Bowler | JR | Elizabethtown | 5:18.98 | |
| 18 Amanda Radishofski | SO | Misericordia | 5:22.87 | |
| 19 Abbey Anderson | JR | Elizabethtown | 5:24.20 | |
| 20 Jeanine Walsh | JR | DeSales | 5:29.92 | |
| 21 Sarah Hickie | JR | Shenandoah | 5:34.97 | |

Event 37 Women Javelin Throw

MAC: M 50.19m 2002 Christina Scherwin, Moravian
 Track Record: T 45.12m 5/5/2007 Amy Reed, Messiah
 44.20m D3 A
 38.50m D3 B

| Name | Year | School | Finals | Points |
|--------------------|------|-----------------|---------------|--------|
| 1 Shannon Kane | SO | Misericordia | 37.80m 124-00 | 10 |
| 2 Jessica Furia | FR | Widener | 37.52m 123-01 | 8 |
| 3 Nikita Halteman | SO | Widener | 33.61m 110-03 | 6 |
| 4 Alyssa Lengel | SO | Messiah | 33.16m 108-09 | 5 |
| 5 Becky Heisey | SR | Delaware Valley | 33.15m 108-09 | 4 |
| 6 Shannon Webb | JR | DeSales | 32.02m 105-01 | 3 |
| 7 Katie Usher | FR | Misericordia | 31.46m 103-02 | 2 |
| 8 Tabitha Balutis | SO | Delaware Valley | 29.16m 95-08 | 1 |
| 9 Mackenzie Miller | SO | Albright | 28.02m 91-11 | |
| 10 Amanda Knapp | SR | Lebanon Valley | 27.56m 90-05 | |
| 11 Courtney Lapp | FR | Widener | 27.45m 90-01 | |
| 12 Sarah DeGeorge | SO | Elizabethtown | 25.22m 82-09 | |

Event 39 Women 5000 Meter Run

MAC: M 17:20.87 1994 Carla Thomas, Moravian
 Track Record: T 17:32.23 5/18/2005 Amy Bower, Misericordia
 16:55.00 D3 A
 17:35.00 D3 B

| Name | Year | School | Finals | Points |
|-----------------------|------|-----------------|----------|--------|
| 1 Tiffany Kulp | SR | Elizabethtown | 17:54.99 | 10 |
| 2 Jenn Cronin | SO | Lebanon Valley | 17:56.81 | 8 |
| 3 Caitlin Dorgan | SO | Delaware Valley | 18:01.36 | 6 |
| 4 Amanda Daws | SR | Elizabethtown | 18:02.35 | 5 |
| 5 Jennifer Kooser | SR | Messiah | 18:23.12 | 4 |
| 6 Megan VanDenHengel | JR | Elizabethtown | 18:24.56 | 3 |
| 7 Ali Ostrum | SR | Misericordia | 18:31.13 | 2 |
| 8 Courtney Long | FR | Messiah | 18:38.86 | 1 |
| 9 Erin Rhodes | JR | Messiah | 18:54.21 | |
| 10 Jackie Van Arsdale | JR | Messiah | 18:56.34 | |
| 11 Beth Malseed | JR | DeSales | 19:09.43 | |
| 12 Kristen O'Brien | SO | Elizabethtown | 19:10.43 | |
| 13 Sarah Bannon | SO | DeSales | 19:43.80 | |
| 14 Katherine Spiering | FR | Messiah | 20:02.56 | |

| | | | | |
|----|--------------------|----|-----------------|----------|
| 15 | Amanda Radishofski | SO | Misericordia | 20:09.22 |
| 16 | Brittany Schwartz | JR | Delaware Valley | 20:10.22 |
| 17 | Kayla Weaver | SO | Misericordia | 20:25.31 |
| 18 | Teresa Beshore | SO | Elizabethtown | 20:29.76 |
| 19 | Jodie Kitchell | FR | Misericordia | 20:47.19 |
| -- | Mary Higgins | FR | Messiah | DNF |
| -- | Sarah Clemmer | JR | Messiah | DNF |
| -- | Sarah Hickie | JR | Shenandoah | DNF |

Event 41 Women 4x400 Meter Relay

MAC: M 3:58.80 2005 , Elizabethtown
 Track Record: T 3:50.94 5/18/2005 Lincoln (Pa.), Lincoln (Pa.)
 3:49.60 D3 A
 3:56.60 D3 B

| School | Finals | Points |
|-------------------------------|------------------------|--------|
| 1 Elizabethtown College 'A' | 4:04.04 | 10 |
| 1) Bernadette Frawley JR | 2) Jill Patrick FR | |
| 3) Kathryn Howser FR | 4) Chelsea Miles SR | |
| 2 DeSales University 'A' | 4:06.78 | 8 |
| 1) Nicole Chickey FR | 2) Amy Fitzpatrick SR | |
| 3) Mara Franko FR | 4) Lauren Annucci JR | |
| 3 Albright College 'A' | 4:07.00 | 6 |
| 1) Shannon Loos SO | 2) Mackenzie Miller SO | |
| 3) Danielle DiPietro SO | 4) Meghan Loos SO | |
| 4 Misericordia University 'A' | 4:07.74 | 5 |
| 1) Marcie Cusatis SO | 2) Robin Razawich JR | |
| 3) Ali Ostrum SR | 4) Susan Bochnovich SR | |
| 5 Lebanon Valley College 'A' | 4:15.45 | 4 |
| 1) Tiffany Frederick FR | 2) Megan Long JR | |
| 3) Lauren Johnson JR | 4) Johanna Walker FR | |
| 6 Messiah College 'A' | 4:16.71 | 3 |
| 1) Brooke Airey FR | 2) Abbey Glenzel SO | |
| 3) Megan Sisson SO | 4) Kristen Bates JR | |
| 7 Delaware Valley College 'A' | 4:27.48 | 2 |
| 1) Meghan Tyman SO | 2) Amanda Barr JR | |
| 3) Karlena Brown FR | 4) Caitlin Dorgan SO | |

Women - Team Rankings - 21 Events Scored

| | | | |
|----------------------------|-----|----------------------------|-----|
| 1) Messiah College | 207 | 2) Elizabethtown College | 129 |
| 3) DeSales University | 119 | 4) Lebanon Valley College | 90 |
| 5) Misericordia University | 73 | 6) Widener University | 64 |
| 7) Albright College | 54 | 8) Delaware Valley College | 50 |
| 9) Shenandoah University | 25 | | |