

Women 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times
 MAC: M 12.12 1988 Denise Shotwell, Dickinson
 12.00 D3 A
 12.30 D3 B

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Pam Jaraczewski	FR	Elizabethtown	13.44	12.94Q	0.3	3
2 Johanna Walker		LVC	12.86	13.08Q	+0.0	1
3 Taylor Kutz		Albright	13.36	13.19Q	+0.0	2
4 Valisha Andrus	JR	Widener	13.33	13.12q	0.3	3
5 Katie Evison		LVC	13.14	13.17q	0.3	3
6 Jenna Niedermayer	FR	Elizabethtown	13.43	13.22q	+0.0	1
7 Allix Sanders		LVC	13.11	13.23q	+0.0	2
8 Jennifer Alderfer	JR	Del. Valley	13.40	13.33q	+0.0	1
9 Jenn Lozier	JR	MU	13.56	13.43	+0.0	2
10 Shannon Loos		Albright	13.49	13.47	0.3	3
11 Courtney Grammar	FR	Messiah	13.43	13.60	+0.0	2
12 Kimmy Haines	FR	Del. Valley	13.71	13.73	+0.0	1
13 Dezare Lyles		Albright	13.93	13.85	0.3	3
14 Erin Bomboy	FR	MU	13.88	13.87	+0.0	2
15 Brittany Lehman	SO	Del. Valley	14.07	14.04	+0.0	1
16 Meghan Tyman	JR	Del. Valley	13.92	14.12	0.3	3
17 Rachael Rutkoski	FR	MU	14.00	14.16	+0.0	2
18 Adeola Olaoluwa		Albright	14.09	14.29	+0.0	1
19 Rebecca Wasser		Alvernia	13.70	14.33	+0.0	1
20 Caiti Scott	JR	DeSales	14.43	14.37	+0.0	2

Women 100 Meter Dash

MAC: M 12.12 1988 Denise Shotwell, Dickinson
 12.00 D3 A
 12.30 D3 B

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Johanna Walker		LVC	13.08	12.79	-0.2	10
2 Pam Jaraczewski	FR	Elizabethtown	12.94	12.81	-0.2	8
3 Jenna Niedermayer	FR	Elizabethtown	13.22	13.13	-0.2	6
4 Katie Evison		LVC	13.17	13.22	-0.2	5
5 Valisha Andrus	JR	Widener	13.12	13.23	-0.2	4
6 Taylor Kutz		Albright	13.19	13.32	-0.2	3
7 Allix Sanders		LVC	13.23	13.40	-0.2	2
8 Jennifer Alderfer	JR	Del. Valley	13.33	14.01	-0.2	1
Preliminaries						
9 Jenn Lozier	JR	MU	13.43			
10 Shannon Loos		Albright	13.47			
11 Courtney Grammar	FR	Messiah	13.60			
12 Kimmy Haines	FR	Del. Valley	13.73			
13 Dezare Lyles		Albright	13.85			
14 Erin Bomboy	FR	MU	13.87			
15 Brittany Lehman	SO	Del. Valley	14.04			
16 Meghan Tyman	JR	Del. Valley	14.12			
17 Rachael Rutkoski	FR	MU	14.16			
18 Adeola Olaoluwa		Albright	14.29			
19 Rebecca Wasser		Alvernia	14.33			
20 Caiti Scott	JR	DeSales	14.37			

Women 200 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times
 MAC: M 24.80 1988 Denise Shotwell, Dickinson
 24.57 D3 A
 25.25 D3 B

Name	Year	School	Seed	Prelims	Wind	H#
1 Pam Jaraczewski	FR	Elizabethtown	26.89	26.19Q	+0.0	2
2 Johanna Walker		LVC	26.70	26.70Q	0.1	1
3 Katie Evison		LVC	27.29	27.01Q	+0.0	3
4 Darcela Llanos	FR	Widener	27.49	26.79q	+0.0	2
5 Taylor Kutz		Albright	27.48	26.99q	0.1	1
6 Stephanie Grow	FR	MU	27.67	27.01q	+0.0	2
7 Valisha Andrus	JR	Widener	27.36	27.16q	+0.0	2
8 Jennifer Alderfer	JR	Del. Valley	27.97	27.18q	+0.0	2

9	Jenna Niedermayer	FR	Elizabethtown	27.78	27.21	0.1	1
10	Jenn Lozier	JR	MU	27.02	27.21	+0.0	3
11	Allix Sanders		LVC	27.63	27.29	+0.0	3
12	Meghan Loos		Albright	27.63	27.32	+0.0	3
13	Lauren Harte	SO	Messiah	27.49	27.40	0.1	1
14	Emilie Keane	SO	Widener	27.78	27.67	0.1	1
15	Courtney Grammar	FR	Messiah	28.14	28.09	+0.0	2
16	Emily Ellis		Jr Messiah	28.10	28.19	+0.0	3
17	Kimmy Haines	FR	Del. Valley	28.11	28.44	+0.0	3
18	Dezare Lyles		Albright	28.85	28.79	0.1	1
19	Meghan Tyman	JR	Del. Valley	28.75	28.94	0.1	1
20	Rebecca Wasser		Alvernia	30.24	30.23	+0.0	2

Women 200 Meter Dash

MAC: M 24.80 1988 Denise Shotwell, Dickinson
 24.57 D3 A
 25.25 D3 B

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1	Johanna Walker	LVC	26.70	26.06	-0.4	10
2	Pam Jaraczewski	FR Elizabethtown	26.19	26.15	-0.4	8
3	Darcela Llanos	FR Widener	26.79	26.24	-0.4	6
4	Stephanie Grow	FR MU	27.01	26.91	-0.4	5
5	Katie Evison	LVC	27.01	26.97	-0.4	4
6	Taylor Kutz	Albright	26.99	27.27	-0.4	3
7	Jennifer Alderfer	JR Del. Valley	27.18	27.51	-0.4	2
8	Valisha Andrus	JR Widener	27.16	27.78	-0.4	1
Preliminaries						
9	Jenna Niedermayer	FR Elizabethtown	27.21			
10	Jenn Lozier	JR MU	27.21			
11	Allix Sanders	LVC	27.29			
12	Meghan Loos	Albright	27.32			
13	Lauren Harte	SO Messiah	27.40			
14	Emilie Keane	SO Widener	27.67			
15	Courtney Grammar	FR Messiah	28.09			
16	Emily Ellis	Jr Messiah	28.19			
17	Kimmy Haines	FR Del. Valley	28.44			
18	Dezare Lyles	Albright	28.79			
19	Meghan Tyman	JR Del. Valley	28.94			
20	Rebecca Wasser	Alvernia	30.23			

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year	School	Finals	Wind	Points
Finals					
1	Brandi Sobanko	JR Shenandoah	26.82	+0.0	727
2	Allie Gold	JR Elizabethtown	27.15	+0.0	699
3	Robin Razawich	SR MU	27.25	+0.0	691
4	Kaitlyn Valis	JR Messiah	27.31	+0.0	686
5	Briana Eshleman	SR Messiah	29.30	+0.0	532
6	Rachel Bjorkman	FR Messiah	29.31	+0.0	531

Women 400 Meter Dash

8 Advance: Top 1 Each Heat plus Next 6 Best Times
 MAC: M 57.79 2008 Rachel Hepkins, Messiah
 55.70 D3 A
 57.30 D3 B

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Darcela Llanos	FR Widener	1:01.33	58.57Q	1
2	Alisha Farrell	LVC	1:00.92	1:00.03Q	2
3	Lauren Harte	SO Messiah	59.90	1:00.08q	1
4	Stephanie Grow	FR MU	1:02.05	1:00.72q	1
5	Bilikisu Adeyemi	FR Widener	1:01.25	1:01.02q	1
6	Ashley Lockwood	FR Elizabethtown	1:02.59	1:01.08q	1
7	Katherine LeHew	SO Del. Valley	1:01.20	1:01.19q	2
8	Shannon Loos	Albright	1:01.83	1:01.62q	2
9	Jenn Lozier	JR MU	1:01.49	1:01.69	2
10	Meghan Loos	Albright	1:02.86	1:02.07	2
11	Jill Patrick	SO Elizabethtown	1:06.95	1:03.04	1
12	Danielle DiPietro	Albright	1:04.56	1:04.33	2

Women 400 Meter Dash

MAC: M 57.79 2008 Rachel Hepkins, Messiah
 55.70 D3 A

57.30 D3 B

Name	Year	School	Prelims	Finals	Points
Finals					
1 Darcela Llanos	FR	Widener	58.57	58.92	10
2 Lauren Harte	SO	Messiah	1:00.08	1:00.40	8
3 Bilikisu Adeyemi	FR	Widener	1:01.02	1:01.20	6
4 Stephanie Grow	FR	MU	1:00.72	1:01.25	5
5 Alisha Farrell		LVC	1:00.03	1:01.49	4
6 Katherine LeHew	SO	Del. Valley	1:01.19	1:02.01	3
7 Shannon Loos		Albright	1:01.62	1:02.35	2
8 Ashley Lockwood	FR	Elizabethtown	1:01.08	1:03.00	1
Preliminaries					
9 Jenn Lozier	JR	MU	1:01.69		
10 Meghan Loos		Albright	1:02.07		
11 Jill Patrick	SO	Elizabethtown	1:03.04		
12 Danielle DiPietro		Albright	1:04.33		

Women 800 Meter Run

8 Advance: Top 2 Each Heat plus Next 2 Best Times
 MAC: M 2:14.06 1989 Rebecca Weiderrecht, Messiah
 2:11.00 D3 A
 2:15.00 D3 B

Name	Year	School	Seed	Prelims	H#
1 Kelsey Cameron	FR	MU	2:20.42	2:20.32Q	3
2 Kathryn Howser	SO	Elizabethtown	2:18.17	2:22.01Q	1
3 Grace Kaste	JR	Messiah	2:19.13	2:22.09Q	2
4 Marina Orrson	FR	MU	2:20.70	2:20.41Q	3
5 Megan Long		LVC	2:25.15	2:22.35Q	2
6 Brooke Airey	SO	Messiah	2:22.39	2:22.51Q	1
7 Marcie Cusatis	JR	MU	2:22.82	2:22.53q	1
8 Jessica Dillner	SR	Messiah	2:27.94	2:23.94q	2
9 Justine Hastings	SO	Shenandoah	2:30.70	2:25.42	1
10 Bernadette Frawley	SR	Elizabethtown	2:26.20	2:25.48	3
11 Brandi Sobanko	JR	Shenandoah	2:21.85	2:26.47	2
12 Tamara Fawcett	JR	Messiah	2:32.02	2:26.67	3
13 Jill Casey	FR	Elizabethtown	2:31.25	2:27.38	2
14 Abby Reed	SO	Messiah	2:27.53	2:27.39	3
15 Ashley Callahan	FR	Widener	2:30.31	2:27.41	1
16 Abbey Anderson	SR	Elizabethtown	2:37.46	2:31.53	1
17 Janna Richards	FR	Elizabethtown	2:32.51	2:31.55	2
18 Allison Kurowski	JR	DeSales	2:31.50	2:35.89	3
19 Stephanie Miller	FR	Messiah	2:36.50	2:40.36	1

Women 800 Meter Run

MAC: M 2:14.06 1989 Rebecca Weiderrecht, Messiah
 2:11.00 D3 A
 2:15.00 D3 B

Name	Year	School	Prelims	Finals	Points
Finals					
1 Kathryn Howser	SO	Elizabethtown	2:22.01	2:20.23	10
2 Kelsey Cameron	FR	MU	2:20.32	2:20.46	8
3 Megan Long		LVC	2:22.35	2:21.66	6
4 Grace Kaste	JR	Messiah	2:22.09	2:21.70	5
5 Brooke Airey	SO	Messiah	2:22.51	2:23.87	4
6 Marcie Cusatis	JR	MU	2:22.53	2:24.35	3
7 Marina Orrson	FR	MU	2:20.41	2:25.08	2
8 Jessica Dillner	SR	Messiah	2:23.94	2:30.01	1
Preliminaries					
9 Justine Hastings	SO	Shenandoah	2:25.42		
10 Bernadette Frawley	SR	Elizabethtown	2:25.48		
11 Brandi Sobanko	JR	Shenandoah	2:26.47		
12 Tamara Fawcett	JR	Messiah	2:26.67		
13 Jill Casey	FR	Elizabethtown	2:27.38		
14 Abby Reed	SO	Messiah	2:27.39		
15 Ashley Callahan	FR	Widener	2:27.41		
16 Abbey Anderson	SR	Elizabethtown	2:31.53		
17 Janna Richards	FR	Elizabethtown	2:31.55		
18 Allison Kurowski	JR	DeSales	2:35.89		
19 Stephanie Miller	FR	Messiah	2:40.36		

Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year	School	Finals	Points
Finals				
1 Brandi Sobanko	JR	Shenandoah	2:25.64	749

2	Rachel Bjorkman	FR Messiah	2:37.50	602
3	Allie Gold	JR Elizabethtown	2:38.95	585
4	Robin Razawich	SR MU	2:39.52	578
5	Briana Eshleman	SR Messiah	2:40.63	566
6	Kaitlyn Valis	JR Messiah	2:41.42	557

Women 1500 Meter Run

MAC: M		4:37.88	1996	Tracy Wartman, Moravian	
		4:31.00	D3 A		
		4:38.50	D3 B		
Name	Year	School	Seed	Finals	Points
1	Grace Kaste	JR Messiah	4:40.73	4:45.14	10
2	Megan Long	LVC	4:44.20	4:45.59	8
3	Marina Orrson	FR MU	4:43.77	4:45.74	6
4	Erin Rhodes	SR Messiah	4:53.19	4:48.47	5
5	Megan VanDenHengel	SR Elizabethtown	4:52.46	4:52.33	4
6	Amy Smith	SO Shenandoah	4:57.53	4:57.28	3
7	Sarah Merusi	SR Elizabethtown	5:08.95	5:04.33	2
8	Abby Reed	SO Messiah	5:01.72	5:05.17	1
9	Tracey Forsythe	FR Del. Valley	5:21.59	5:07.13	
10	Jackie VanArsdale	SR Messiah	5:18.14	5:07.49	
11	Tracey Swope	FR Shenandoah	5:10.72	5:09.03	
12	Jessica Dillner	SR Messiah	5:06.51	5:09.96	
13	Justine Hastings	SO Shenandoah	5:10.00	5:11.76	
14	Marquel Bowler	SR Elizabethtown	5:17.65	5:14.42	
15	Alessandra LaMastr	SR DeSales	5:05.45	5:16.46	
16	Lauryn Krissinger	SO Elizabethtown	5:23.67	5:22.60	
17	Erika Snyder	Albright	5:31.23	5:24.67	
18	Jennifer Hellmann	SR Messiah	5:26.60	5:25.50	
19	Valerie Mack	FR Messiah	5:22.34	5:27.22	
20	Amanda Radishofski	JR MU	5:28.96	5:30.55	
21	Megan Patton	FR Elizabethtown	5:30.64	5:34.58	
22	Gabby Stine	Albright	5:25.86	5:35.35	
23	Stephanie Miller	FR Messiah	5:30.41	5:41.71	
--	Kelly Davidson	FR Manhattanville	5:32.59	DNF	

Women 5000 Meter Run

MAC: M		17:20.87	1994	Carla Thomas, Moravian	
		16:55.00	D3 A		
		17:35.00	D3 B		
Name	Year	School	Seed	Finals	Points
1	Taryn Shank	FR Elizabethtown	18:12.84	18:22.07	10
2	Megan VanDenHengel	SR Elizabethtown	18:38.65	18:27.76	8
3	Caitlin Dorgan	SR Del. Valley	17:54.50	18:29.60	6
4	Erin Rhodes	SR Messiah	18:46.40	18:51.78	5
5	Amy Smith	SO Shenandoah	18:59.70	19:14.48	4
6	Julie Kramer	SR Messiah	19:15.09	19:19.14	3
7	Kristen O'Brien	JR Elizabethtown	19:11.52	19:24.74	2
8	Roni Frye	FR Shenandoah	19:27.20	19:32.11	1
9	Teresa Beshore	JR Elizabethtown	19:44.74	19:43.62	
10	Sarah Steinmetz	FR Elizabethtown	19:43.21	19:57.92	
11	Beth Malseed	SR DeSales	20:35.12	20:05.44	
12	Kim Hummel	Albright	20:13.85	20:10.58	
13	Alisha Jordan	FR Del. Valley	20:07.80	20:10.94	
14	Tracey Swope	FR Shenandoah	19:34.93	20:21.49	
15	Cassie Harmon	SO DeSales	20:02.61	20:36.72	
16	Amanda Radishofski	JR MU	20:22.50	20:49.26	
17	Kayla Weaver	SR MU	20:34.19	21:09.67	
18	Katie Nordyke	SO Elizabethtown	20:20.78	21:12.66	
19	Rachel Winters	FR DeSales	20:16.05	21:38.64	
20	Kate Anderson	LVC	21:39.63	22:12.06	
21	Emily Conover	FR Widener	21:09.02	22:21.34	

Women 10000 Meter Run

MAC: M		37:01.42	2009	Amanda Daws, Elizabethtown	
		35:48.00	D3 A		
		37:30.00	D3 B		
Name	Year	School	Seed	Finals	Points
1	Taryn Shank	FR Elizabethtown	37:22.71	39:49.30	10
2	Kristen O'Brien	JR Elizabethtown	39:42.26	41:53.52	8
3	Teresa Beshore	JR Elizabethtown	41:26.36	42:09.12	6
4	Sarah Steinmetz	FR Elizabethtown	42:06.82	42:14.45	5
5	Roni Frye	FR Shenandoah	44:04.44	42:27.00	4
6	Katie Nordyke	SO Elizabethtown	45:47.42	44:32.21	3
7	Sarah Bannon	JR DeSales		44:48.72	2

8 Beth Malseed	SR DeSales		46:18.50	1
9 Shelly Lipari	FR DeSales	44:59.99	46:42.66	
10 Amanda Pone	-- LVC	45:54.52	47:23.97	

Women 100 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 6 Best Times
 MAC: M 14.14 2009 Kristen Bates, Messiah
 14.30 D3 A
 14.99 D3 B

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Kristen Bates	SR	Messiah	13.99	14.22QD3 A	0.2	1
2 Jill Dunn	FR	MU	16.03	15.66Q	0.6	2
3 Allie Gold	JR	Elizabethtown	16.04	15.65q	0.2	1
4 Johanna Walker		LVC	15.68	15.74q	0.6	2
5 Katy Fogel	FR	Elizabethtown	16.40	16.27q	0.6	2
6 Ellamae Heisey	JR	Messiah	16.79	16.90q	0.6	2
7 Cara Maloy	FR	DeSales	16.17	16.98q	0.2	1
8 Kelsey Wallen		LVC	17.47	17.36q	0.2	1
9 Meggy McLean		LVC	17.40	17.45	0.2	1
10 Nicole Lipari	SO	Elizabethtown	17.95	17.66	0.6	2
11 Kelly Van Clief	FR	Elizabethtown	18.56	18.35	0.6	2

Women 100 Meter Hurdles

MAC: M 14.14 2009 Kristen Bates, Messiah
 14.30 D3 A
 14.99 D3 B

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Kristen Bates	SR	Messiah	14.22	15.34	-2.9	10
2 Jill Dunn	FR	MU	15.66	15.35	-2.9	8
3 Allie Gold	JR	Elizabethtown	15.65	15.72	-2.9	6
4 Johanna Walker		LVC	15.74	15.87	-2.9	5
5 Katy Fogel	FR	Elizabethtown	16.27	16.44	-2.9	4
6 Cara Maloy	FR	DeSales	16.98	17.02	-2.9	3
7 Ellamae Heisey	JR	Messiah	16.90	17.09	-2.9	2
8 Kelsey Wallen		LVC	17.36	17.59	-2.9	1
Preliminaries						
9 Meggy McLean		LVC	17.45			
10 Nicole Lipari	SO	Elizabethtown	17.66			
11 Kelly Van Clief	FR	Elizabethtown	18.35			

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year	School	Finals	Wind	H#	Points
Finals						
1 Allie Gold	JR	Elizabethtown	15.77	1.4	2	743
2 Brandi Sobanko	JR	Shenandoah	16.83	1.4	1	616
3 Kaitlyn Valis	JR	Messiah	17.06	1.4	1	590
4 Briana Eshleman	SR	Messiah	17.19	1.4	1	575
5 Robin Razawich	SR	MU	18.18	1.4	2	470
6 Rachel Bjorkman	FR	Messiah	18.45	1.4	2	443

Women 400 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 6 Best Times
 MAC: M 1:01.85 2007 Emily Lepley, Susquehanna
 1:02.00 D3 A
 1:04.20 D3 B

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Kristen Bates	SR	Messiah	1:05.19	1:02.88QD3 B	1
2 Jill Dunn	FR	MU	1:08.15	1:05.21Q	2
3 Meggy McLean		LVC	1:07.49	1:09.45q	2
4 Katy Fogel	FR	Elizabethtown	1:09.85	1:10.06q	1
5 Katherine LeHew	SO	Del. Valley	1:08.91	1:10.12q	1
6 Miranda Klinger		LVC	1:13.81	1:10.16q	1
7 Kelly Van Clief	FR	Elizabethtown	1:14.17	1:11.91q	1
8 Nicole Lipari	SO	Elizabethtown	1:15.59	1:13.90q	2
9 Amanda Barr	SR	Del. Valley	1:12.46	1:15.07	2
10 Brooke Williams	JR	Messiah	1:11.40	1:15.25	2

Women 400 Meter Hurdles

MAC: M 1:01.85 2007 Emily Lepley, Susquehanna

1:02.00 D3 A
 1:04.20 D3 B

Name	Year	School	Prelims	Finals	Points
Finals					
1	Kristen	Bates SR	Messiah 1:02.88	1:04.76	10
2	Jill	Dunn FR	MU 1:05.21	1:06.54	8
3	Meggy	McLean LVC	1:09.45	1:08.64	6
4	Katy	Fogel FR	Elizabethtown 1:10.06	1:08.87	5
5	Miranda	Klinger LVC	1:10.16	1:10.61	4
6	Katherine	LeHew SO	Del. Valley 1:10.12	1:11.47	3
7	Nicole	Lipari SO	Elizabethtown 1:13.90	1:13.01	2
8	Kelly	Van Clief FR	Elizabethtown 1:11.91	1:14.35	1
Preliminaries					
9	Amanda	Barr SR	Del. Valley 1:15.07		
10	Brooke	Williams JR	Messiah 1:15.25		

Women 3000 Meter Steeplechase

MAC: M 11:39.55 2007 Heather Matta, Susquehanna
 10:39.00 D3 A
 11:13.00 D3 B

Name	Year	School	Seed	Finals	Points
Finals					
1	Megan	VanDenHengel SR	Elizabethtown 11:12.20	11:22.16M	10
2	Jackie	VanArsdale SR	Messiah 11:56.90	11:47.42	8
3	Amy	Smith SO	Shenandoah 12:05.41	11:51.81	6
4	Erin	Rhodes SR	Messiah 11:17.44	11:59.44	5
5	Tracey	Forsythe FR	Del. Valley 12:15.64	12:10.87	4
6	Kim	Hummel Albright	13:04.69	12:26.37	3
7	Gabby	Stine Albright	13:37.50	13:08.79	2
8	Jennifer	Hellmann SR	Messiah 12:22.35	13:24.26	1
9	Emily	Devivo --	LVC 13:28.04	13:35.12	
10	Elizabeth	VanWinkl SR	Messiah 13:29.12	13:46.98	

Women 4x100 Meter Relay

MAC: M 48.38 2002 , Widener
 47.15 D3 A
 48.65 D3 B

School	Seed	Finals	Points
1 Misericordia Women's T&F 'A'	50.66	49.69	10
1) Jenn Lozier JR	2) Jill Dunn FR		
3) Robin Razawich SR	4) Stephanie Grow FR		
2 Lebanon Valley College 'A'	50.39	49.70	8
1) Allix Sanders	2) Katie Evison		
3) Meggy McLean	4) Johanna Walker		
3 Elizabethtown College 'A'	51.56	49.75	6
1) Ashley Lockwood FR	2) Pam Jaraczewski FR		
3) Allie Gold JR	4) Jenna Niedermayer FR		
4 Widener University 'A'	53.27	50.39	5
1) Valisha Andrus JR	2) Bilikisu Adeyemi FR		
3) Emilie Keane SO	4) Darcela Llanos FR		
5 Albright College 'A'	51.23	50.88	4
1) Shannon Loos	2) Taylor Kutz		
3) Meghan Loos	4) Mackenzie Miller		
6 Messiah College 'A'	51.67	51.20	3
1) Courtney Grammar FR	2) Emily Ellis Jr		
3) Lauren Harte SO	4) Kaitlyn Valis JR		
7 Delaware Valley College 'A'	53.53	53.08	2
1) Kimmy Haines FR	2) Meghan Tyman JR		
3) Brittany Lehman SO	4) Jennifer Alderfer JR		
8 DeSales University 'A'		55.08	1
1) Cara Maloy FR	2) Katie Kelly JR		
3) Kristina Kline	4) Caiti Scott JR		

Women 4x400 Meter Relay

MAC: M 3:58.80 2005 , Elizabethtown
 3:50.10 D3 A
 3:56.60 D3 B

School	Seed	Finals	Points
1 Messiah College 'A'	4:08.03	4:04.30	10
1) Lauren Harte SO	2) Brooke Airey SO		
3) Kristen Bates SR	4) Grace Kaste JR		
2 Misericordia Women's T&F 'A'	4:04.57	4:04.78	8
1) Marcie Cusatis JR	2) Stephanie Grow FR		
3) Kelsey Cameron FR	4) Jenn Lozier JR		

3 Albright College 'A'	4:09.96	4:10.70	6
1) Meghan Loos	2) Shannon Loos		
3) Danielle DiPietro	4) Taylor Kutz		
4 Widener University 'A'	4:09.72	4:10.74	5
1) Darcela Llanos FR	2) Ashley Callahan FR		
3) Emilie Keane SO	4) Bilikisu Adeyemi FR		
5 Delaware Valley College 'A'	4:10.18	4:11.55	4
1) Katherine LeHew SO	2) Kimmy Haines FR		
3) Amanda Barr SR	4) Jennifer Alderfer JR		
6 Elizabethtown College 'A'	4:09.14	4:12.11	3
1) Katy Fogel FR	2) Ashley Lockwood FR		
3) Jill Patrick SO	4) Kathryn Howser SO		
7 Lebanon Valley College 'A'	4:05.99	4:13.14	2
1) Megan Long	2) Alisha Farrell		
3) Meggy McLean	4) Miranda Klinger		
8 DeSales University 'A'	4:40.65	4:35.84	1
1) Allison Kurowski JR	2) Alessandra LaMastro SR		
3) Emily Rau JR	4) Katie Kosman		

Women 4x800 Meter Relay

School	Seed	Finals	Points
1 Elizabethtown College 'A'	10:06.13	9:49.17	10
1) Sarah Merusi SR	2) Janna Richards FR		
3) Bernadette Frawley SR	4) Kathryn Howser SO		
2 Messiah College 'A'	10:12.13	9:51.85	8
1) Julie Kramer SR	2) Tamara Fawcett JR		
3) Jessica Dillner SR	4) Brooke Airey SO		
3 Lebanon Valley College 'A'		10:14.06	6
1) Megan Long	2) Alisha Farrell		
3) Rachel Lindt	4) Emily Devivo --		
4 DeSales University 'A'	10:46.97	10:25.90	5
1) Alessandra LaMastro SR	2) Cassie Harmon SO		
3) Katie Kosman	4) Allison Kurowski JR		
5 Albright College 'A'	11:06.39	10:35.30	4
1) Erika Snyder	2) Danielle DiPietro		
3) Gabby Stine	4) Kim Hummel		
6 Widener University 'A'		11:28.04	3
1) Emily Conover FR	2) Sheena Sanchez		
3) Hayley Conover FR	4) Ashley Callahan FR		

Women High Jump

Name	Year School	Seed	Finals	Points
1 Meghan Donovan	SO Del. Valley	1.65m	1.63m	5-04.25 10
1.38 1.43 1.48 1.53 1.58 1.63 1.68				
PPP PPP O O O O XXX				
2 Emily Ellis	Jr Messiah	1.49m	1.58m	5-02.25 8
1.38 1.43 1.48 1.53 1.58 1.63				
PPP O XO XO XXX				
3 Robin Razawich	SR MU	1.53m	1.53m	5-00.25 6
1.38 1.43 1.48 1.53 1.58				
O O O XO XXX				
4 Kira Maier	FR Messiah	1.54m	1.48m	4-10.25 5
1.38 1.43 1.48 1.53				
PPP O O XXX				
5 Sarah Fenning	LVC	1.49m	J1.48m	4-10.25 3.5
1.38 1.43 1.48 1.53				
O XO O XXX				
5 Emily Rau	JR DeSales	1.47m	J1.48m	4-10.25 3.5
1.38 1.43 1.48 1.53				
O XO O XXX				
7 Jenna Niedermayer	FR Elizabethtown	1.37m	J1.48m	4-10.25 2
1.38 1.43 1.48 1.53				
O XO XO XXX				
8 Justine Hastings	SO Shenandoah	1.40m	1.38m	4-06.25 0.5
1.38 1.43				
O XXX				
8 Cara Maloy	FR DeSales	1.44m	1.38m	4-06.25 0.5
1.38 1.43				
O XXX				

Heptathlon: #2 Women High Jump Heptathlon

Name	Year School	Finals	Points
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1	Robin Razawich	SR MU	1.52m	4-11.75	644
2	Rachel Bjorkman	FR Messiah	1.43m	4-08.25	544
2	Briana Eshleman	SR Messiah	1.43m	4-08.25	544
4	Brandi Sobanko	JR Shenandoah	1.40m	4-07.00	512
5	Allie Gold	JR Elizabethtown	1.37m	4-06.00	481
6	Kaitlyn Valis	JR Messiah	1.34m	4-04.75	449

Women Pole Vault

MAC: M 3.34m 2008		Samantha Ward, DeSales					
		3.86m	D3 A				
		3.55m	D3 B				
Name	Year	School	Seed	Finals	Points		
1	Abby Schaffer	SO Widener	3.86m	3.91m	MD3 A	12-10.00	10
	3.49 3.74 3.91	3.97					
	O O O	XXX					
2	Samantha Ward	SR DeSales	3.50m	3.34m	M	10-11.50	7
	3.04 3.19 3.34	3.49					
	O O O	XXX					
2	Brooke McDonald	SO Widener	3.45m	3.34m	M	10-11.50	7
	3.04 3.19 3.34	3.49					
	O O O	XXX					
4	Abby McDonald	SO Messiah	3.20m	3.04m		9-11.75	5
	2.74 2.89 3.04	3.19					
	O O O	XXX					
5	Ashley Weaver	LVC	3.04m	J3.04m		9-11.75	4
	2.74 2.89 3.04	3.19					
	O O	XXO XXX					
6	Amee Siegel	JR DeSales	2.75m	2.89m		9-05.75	3
	2.44 2.59 2.74	2.89 3.04					
	O O O	XXO XXX					
7	Rachael Rutkoski	FR MU	3.10m	J2.89m		9-05.75	1.5
	2.74 2.89 3.04						
	O	XXO XXX					
7	Alisha Farrell	LVC	2.90m	J2.89m		9-05.75	1.5
	2.44 2.59 2.74	2.89 3.04					
	O O O	XO XXX					
9	Brooke Williams	JR Messiah	2.60m	2.74m		8-11.75	
	2.29 2.44 2.59	2.74 2.89					
	O O O	XO XXX					
10	Valerie Schramm	LVC	2.75m	J2.74m		8-11.75	
	2.44 2.59 2.74	2.89					
	XO O	XXO XXX					
11	Alexandra Velez	JR MU	2.35m	2.44m		8-00.00	
	2.29 2.44 2.59						
	O	XO XXX					
11	Tracey Fortugno	LVC	2.74m	2.44m		8-00.00	
	2.44 2.59						
	XO	XXX					
--	Erica Zeiters	Albright	2.13m	NH			
	2.29						
	XXX						

Women Long Jump

MAC: M 18-06 1996		Janine Shirk, Messiah					
		5.83m	D3 A				
		5.55m	D3 B				
Points	Name	Year	School	Seed	Finals	Wind	
1	Kristen Bates	SR Messiah	5.55m	5.44m	-1.2	17-10.25	10
	5.25m(-1.8) 5.29m(-2.2)	FOUL	5.44m(-1.2) 5.41m(-0.3)	FOUL			
2	Jenna Niedermayer	FR Elizabethtown	5.36m	5.13m	-1.2	16-10.00	8
	4.78m(0.2) 5.09m(+0.0) 4.72m(-0.4) 5.02m(+0.0) 5.07m(-0.4) 5.13m(-1.2)						
3	Kayla Attig	FR MU	5.33m	5.12m	-0.3	16-09.75	6
	FOUL 5.12m(-0.3) FOUL FOUL	4.72m(+0.0) 4.88m(-0.7)					
4	Robin Razawich	SR MU	5.10m	4.97m	+0.0	16-03.75	5
	4.81m(-0.2) 4.85m(-1.9) 4.97m(+0.0) 4.91m(-0.1) 4.77m(-1.3)	FOUL					
5	Jill Dunn	FR MU	4.74m	4.86m	+0.0	15-11.50	4
	4.67m(-1.4) 4.86m(+0.0) 4.63m(+0.0) 4.77m(+0.0) FOUL	4.75m(+0.0)					
6	Katie Kelly	JR DeSales	4.74m	J4.86m	-1.4	15-11.50	3
	4.65m(+0.0) FOUL FOUL FOUL	4.51m(+0.0) 4.86m(-1.4)					
7	Rachel Bjorkman	FR Messiah	4.96m	4.82m	0.4	15-09.75	2
	4.72m(-0.5) 4.72m(-0.6) 4.60m(+0.0) FOUL	4.62m(-0.4) 4.82m(0.4)					
8	Mackenzie Miller	Albright	4.74m	4.81m	0.1	15-09.50	1
	4.52m(-1.1) 4.65m(+0.0) 4.48m(+0.0) 4.42m(-0.3) 4.53m(+0.0) 4.81m(0.1)						
9	Kaitlyn Valis	JR Messiah	4.86m	4.69m	1.0	15-04.75	

	4.66m(+0.0)	4.69m(1.0)	4.57m(-0.4)	4.33m(-0.5)	4.64m(+0.0)	PASS		
10	Pam Jaraczewski	FR	Elizabethtown	4.90m	4.63m	+0.0	15-02.25	
	4.63m(+0.0)	4.52m(-1.1)	4.34m(-1.0)					
11	Rebecca Wasser		Alvernia	4.70m	4.62m	-0.2	15-02.00	
	4.55m(0.3)	4.53m(+0.0)	4.62m(-0.2)					
12	Briana Eshleman	SR	Messiah	4.85m	4.56m	-2.3	14-11.50	
	4.56m(-2.3)	4.40m(+0.0)	FOUL					
13	Alisha Farrell		LVC	5.07m	4.47m	-1.4	14-08.00	
	FOUL	4.47m(-1.4)	4.42m(-0.4)					
14	Shannon Loos		Albright	4.69m	4.26m	-1.1	13-11.75	
	FOUL	4.01m(1.2)	4.26m(-1.1)					
15	Erin Bomboy	FR	MU	4.49m	4.15m	+0.0	13-07.50	
	3.97m(-0.6)	4.15m(+0.0)	FOUL					

Heptathlon: #5 Women Long Jump Heptathlon

Name	Year	School	Finals	Wind	Points
1 Robin Razawich	SR	MU	4.85m	NWI	15-11.00 519
	4.79m(0.1)	4.85m(0.1)			
2 Kaitlyn Valis	JR	Messiah	4.73m	NWI	15-06.25 487
	4.60m(0.1)	4.73m(0.1)	4.70m(0.1)		
3 Briana Eshleman	SR	Messiah	4.70m	NWI	15-05.00 479
	FOUL(0.1)	4.70m(0.1)	FOUL(0.1)		
4 Rachel Bjorkman	FR	Messiah	4.67m	NWI	15-04.00 472
	4.51m(0.1)	4.65m(0.1)	4.67m(0.1)		
5 Allie Gold	JR	Elizabethtown	4.64m	NWI	15-02.75 464
	4.64m(0.1)	4.58m(0.1)	4.62m(0.1)		
6 Brandi Sobanko	JR	Shenandoah	4.60m	NWI	15-01.25 454
	4.52m(0.1)	4.41m(0.1)	4.60m(0.1)		

Women Triple Jump

MAC: M 11.83m 2008		Kristen Bates, Messiah				
12.00m D3 A						
11.36m D3 B						
Name	Year	School	Seed	Finals	Wind	Points
1 Kristen Bates	SR	Messiah	11.92m	11.43m D3 B	-0.5	37-06.00 10
	11.05m(0.8)	11.27m(+0.0)	11.10m(1.2)	10.52m(+0.0)	11.43m(-0.5)	11.22m(-1.6)
2 Sarah Fenning	LVC		11.07m	10.88m	-0.6	35-08.50 8
	FOUL	10.58m(-2.0)	10.88m(-0.6)	10.68m(0.5)	FOUL	FOUL
3 Jenna Niedermayer	FR	Elizabethtown	10.90m	J10.88m	-1.4	35-08.50 6
	10.01m(-1.5)	10.64m(-0.4)	10.88m(-1.4)	10.41m(+0.0)	10.44m(-0.1)	10.52m(+0.0)
4 Jill Dunn	FR	MU	10.94m	10.79m	0.5	35-05.00 5
	10.39m(+0.0)	10.40m(-1.5)	10.34m(+0.0)	10.09m(+0.0)	10.79m(0.5)	10.58m(-1.3)
5 Mackenzie Miller	Albright		10.49m	10.47m	-0.3	34-04.25 4
	FOUL	10.47m(-0.3)	FOUL	FOUL	10.33m(-1.8)	10.30m(-1.1)
6 Alisha Farrell	LVC		10.01m	9.97m	+0.0	32-08.50 3
	9.97m(+0.0)	9.68m(+0.0)	9.77m(1.9)	9.34m(+0.0)	9.00m(1.0)	FOUL(-0.1)
7 Katie Kelly	JR	DeSales	10.01m	9.72m	0.5	31-10.75 2
	9.35m(-1.3)	9.59m(+0.0)	9.72m(0.5)	9.70m(0.6)	9.71m(0.3)	9.38m(-1.7)
8 Allison Kurowski	JR	DeSales	10.02m	9.71m	0.7	31-10.25 1
	9.00m(-1.0)	9.56m(-0.4)	9.61m(0.2)	9.71m(0.7)	9.51m(+0.0)	9.66m(+0.0)
9 Kelsey Wallen	LVC		9.47m	9.45m	+0.0	31-00.00
	9.05m(+0.0)	8.79m(-1.7)	9.34m(-0.9)	9.19m(-0.5)	9.45m(+0.0)	9.24m(-0.7)
10 Kayla Attig	FR	MU	9.78m	9.28m	+0.0	30-05.50
	9.23m(-0.9)	9.09m(-0.1)	9.28m(+0.0)			

Women Shot Put

MAC: M 14.31m 2003		Christina Scherwin, Moravian				
14.20m D3 A						
12.90m D3 B						
Name	Year	School	Seed	Finals	Points	
1 Nikita Halteman	SR	Widener	12.31m	11.86m	38-11.00 10	
	10.91m	FOUL	FOUL	11.86m	11.85m	FOUL
2 Jessica Bealer	SO	MU	11.53m	11.22m	36-09.75 8	
	FOUL	9.86m	9.52m	10.67m	10.09m	11.22m
3 Kelley Mitchell	JR	Shenandoah	11.19m	11.02m	36-02.00 6	
	10.55m	10.57m	11.02m	10.13m	10.76m	10.72m
4 Hillary Pelkey	FR	Messiah	11.65m	11.01m	36-01.50 5	
	11.01m	10.59m	10.22m	10.26m	10.00m	10.11m
5 Crystal Connelly	SO	Elizabethtown	9.97m	10.31m	33-10.00 4	
	9.46m	9.84m	9.51m	10.31m	9.80m	9.83m
6 Ashley Wade	SO	DeSales	10.90m	10.06m	33-00.25 3	
	9.46m	10.06m	9.90m	9.30m	9.57m	FOUL

7	Kira Maier	FR	Messiah	9.59m	9.98m	32-09.00	2
	9.84m 9.70m	FOUL	9.37m 9.98m 9.34m				
8	Rebecca Sewell	FR	Widener	9.27m	9.91m	32-06.25	1
	9.38m 9.38m	9.77m	9.91m 9.54m 9.79m				
9	Emily Strait	JR	Messiah	10.06m	9.78m	32-01.00	
	9.78m 9.42m	9.52m	9.37m 8.89m 9.15m				
10	Rachelle Salem	FR	Del. Valley	10.21m	9.55m	31-04.00	
	9.55m 9.30m	FOUL					
11	Alyssa Lengel	JR	Messiah	10.26m	9.29m	30-05.75	
	FOUL 9.17m	9.29m					
12	Amanda Theall	FR	Shenandoah	9.67m	9.15m	30-00.25	
	9.15m 8.94m	9.07m					
13	Lindsay Boyd		Albright	8.67m	8.96m	29-04.75	
	8.56m 8.96m	8.45m					
14	Kara Moran	FR	DeSales	10.19m	8.92m	29-03.25	
	8.92m FOUL	8.76m					
15	Alexandra Stengel		Alvernia	9.32m	8.53m	28-00.00	
	8.53m 8.52m	FOUL					
16	Katie Wimberg		Alvernia	10.42m	8.37m	27-05.50	
	8.37m 7.95m	8.17m					

Heptathlon: #3 Women Shot Put Heptathlon

Name	Year	School	Finals	Points
1 Allie Gold	JR	Elizabethtown	9.02m 29-07.25	465
2 Brandi Sobanko	JR	Shenandoah	8.14m 26-08.50	408
3 Kaitlyn Valis	JR	Messiah	7.92m 26-00.00	394
4 Rachel Bjorkman	FR	Messiah	7.28m 23-10.75	353
5 Briana Eshleman	SR	Messiah	6.91m 22-08.00	329
6 Robin Razawich	SR	MU	6.37m 20-10.75	295

Women Discus Throw

Name	Year	School	Seed	Finals	Points
MAC: M 142-00 1998 Ann Musser, Lebanon Valley					
47.00m D3 A					
41.50m D3 B					
1 Nikita Halteman	SR	Widener	37.56m	37.55m	123-02 10
	FOUL	35.75m 37.51m 37.55m	FOUL FOUL		
2 Kira Maier	FR	Messiah	36.00m	36.33m	119-02 8
	33.29m 33.79m	36.33m FOUL	FOUL 34.69m		
3 Alyssa Lengel	JR	Messiah	32.23m	34.65m	113-08 6
	28.00m 28.12m	31.39m 26.45m 29.68m	34.65m		
4 Kelley Mitchell	JR	Shenandoah	35.75m	34.15m	112-00 5
	34.15m 29.61m	34.02m PASS PASS PASS			
5 Shannon Kane	JR	MU	32.26m	33.44m	109-08 4
	30.36m FOUL	24.41m 33.44m	FOUL FOUL		
6 Ashley Wade	SO	DeSales	30.27m	33.00m	108-03 3
	31.58m 32.62m	33.00m 32.89m 32.28m	FOUL		
7 Sarah DeGeorge	JR	Elizabethtown	33.48m	31.77m	104-03 2
	31.57m FOUL	FOUL 31.77m	FOUL FOUL		
8 Rachelle Salem	FR	Del. Valley	30.88m	31.06m	101-11 1
	29.37m 30.53m	FOUL 29.84m	FOUL 31.06m		
9 Amanda Theall	FR	Shenandoah	31.45m	30.33m	99-06
	29.35m 30.33m	27.25m PASS PASS PASS			
10 Jessica Bealer	SO	MU	31.49m	29.99m	98-05
	28.68m 29.99m	FOUL			
11 Katie Wimberg		Alvernia	30.28m	28.55m	93-08
	25.73m FOUL	28.55m			
12 Maurissa Laudeman	--	LVC	25.40m	24.91m	81-09
	20.83m 24.31m	24.91m			
12 Crystal Connelly	SO	Elizabethtown	31.44m	24.91m	81-09
	FOUL 24.91m	FOUL			

Women Hammer Throw

Name	Year	School	Seed	Finals	Points
MAC: M 45.24m 2008 Meghan Weber, DeSales					
53.00m D3 A					
46.92m D3 B					
1 Nikita Halteman	SR	Widener	43.21m	45.37mM	148-10 10
	44.70m 44.46m	45.37m 44.85m	FOUL 42.46m		
2 Crystal Connelly	SO	Elizabethtown	30.88m	41.83m	137-03 8
	33.83m 34.30m	35.79m 41.83m	FOUL FOUL		
3 Emily Strait	JR	Messiah	38.03m	40.28m	132-02 6
	40.28m FOUL	FOUL 32.56m	FOUL 36.12m		
4 Kelley Mitchell	JR	Shenandoah	37.06m	39.65m	130-01 5
	FOUL 37.52m	FOUL 36.62m 37.52m	39.65m		

5	Ashley Wade	SO DeSales	37.39m	38.04m	124-10	4
	38.04m 36.08m	FOUL 36.39m 36.26m	37.63m			
6	Alyssa Lengel	JR Messiah	36.15m	37.31m	122-05	3
	FOUL 34.18m 31.91m	36.13m 37.31m	FOUL			
7	Amanda Theall	FR Shenandoah	36.73m	37.25m	122-02	2
	35.50m 35.82m	37.25m 36.18m 35.23m	35.54m			
8	Sarah DeGeorge	JR Elizabethtown	30.26m	35.38m	116-01	1
	33.42m 35.38m	FOUL FOUL 33.80m	34.57m			
9	Jessica Bealer	SO MU	29.43m	32.70m	107-03	
	28.02m 28.72m	31.44m 31.70m 32.70m	FOUL			
10	Kara Moran	FR DeSales	30.40m	30.93m	101-06	
	FOUL 28.55m	30.93m				
11	Rachelle Salem	FR Del. Valley	33.79m	30.56m	100-03	
	30.56m	FOUL FOUL				
12	Lindsay Boyd	Albright	27.58m	30.32m	99-06	
	29.49m 30.32m	26.46m				
13	Maurissa Laudeman	-- LVC	27.40m	29.26m	96-00	
	FOUL FOUL	29.26m				
14	Kira Maier	FR Messiah	26.93m	28.59m	93-09	
	FOUL 28.59m	FOUL				
15	Chelsea Youtz	SO MU	27.42m	27.56m	90-05	
	26.76m 27.56m	26.29m				
16	Alexandra Stengel	Alvernia	27.62m	26.77m	87-10	
	FOUL 26.77m	FOUL				
17	Tabitha Balutis	JR Del. Valley	26.91m	26.03m	85-05	
	26.03m 22.65m	22.04m				
18	Nicole Buskirk	LVC	27.15m	25.08m	82-03	
	25.08m 24.58m	FOUL				
19	Katie Wimberg	Alvernia	28.35m	24.12m	79-02	
	FOUL 24.12m	FOUL				

Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year School	Finals	Points
1 Robin Razawich	SR MU	27.05m	88-09 421
	27.05m 24.92m	FOUL	
2 Rachel Bjorkman	FR Messiah	22.64m	74-03 338
	FOUL 22.64m 18.84m		
3 Kaitlyn Valis	JR Messiah	21.95m	72-00 325
	21.01m 21.95m 21.91m		
4 Allie Gold	JR Elizabethtown	20.84m	68-04 305
	18.43m 20.84m 20.40m		
5 Brandi Sobanko	JR Shenandoah	19.95m	65-05 288
	19.55m 19.95m 18.84m		
6 Briana Eshleman	SR Messiah	17.37m	57-00 240
	17.37m 16.07m	FOUL	

Women Javelin Throw

Name	Year School	Seed	Finals	Points
MAC: M 50.19m 2002 Christina Scherwin, Moravian				
44.20m D3 A				
39.00m D3 B				
1 Shannon Kane	JR MU	36.12m	38.42m	126-00 10
	37.30m 37.97m	37.39m 36.54m	FOUL 38.42m	
2 Hillary Pelkey	FR Messiah	35.47m	37.52m	123-01 8
	36.55m 37.52m	FOUL 32.38m 36.07m	36.79m	
3 Jessica Furia	SO Widener	36.67m	36.50m	119-09 6
	30.22m 36.50m	FOUL 34.55m 34.12m	35.54m	
4 Katie Usher	SO MU	33.55m	33.71m	110-07 5
	31.42m 33.46m	33.11m	FOUL 32.57m 33.71m	
5 Alyssa Lengel	JR Messiah	35.99m	33.13m	108-08 4
	31.50m 33.13m	32.91m	FOUL 31.07m 30.60m	
6 Alicia Sparling	FR MU	32.23m	33.04m	108-05 3
	30.80m 33.04m	31.66m 30.82m 30.54m	30.86m	
7 Kathryn Ritter	FR Elizabethtown	32.48m	32.62m	107-00 2
	28.59m 31.23m	31.48m	FOUL 32.54m 32.62m	
8 Nikita Halteman	SR Widener	29.71m	32.13m	105-05 1
	FOUL 31.16m 32.13m	31.25m	FOUL FOUL	
9 Kira Maier	FR Messiah	28.04m	29.96m	98-03
	29.96m	FOUL FOUL FOUL FOUL	25.95m	
10 Tabitha Balutis	JR Del. Valley	30.10m	29.32m	96-02
	FOUL FOUL 29.32m			
-- Mackenzie Miller	Albright	29.33m	FOUL	
	FOUL FOUL FOUL			

Women Heptathlon

MAC: M 4044 2005 Amy Reed, Messiah				
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4575 D3 A
4100 D3 B

Name	Year	School	Seed	Finals	Points
1 Brandi Sobanko	JR	Shenandoah	3502	3754.00	10
2 Allie Gold	JR	Elizabethtown	3122	3742.00	8
3 Robin Razawich	SR	MU		3618.00	6
4 Kaitlyn Valis	JR	Messiah	3164	3488.00	5
5 Rachel Bjorkman	FR	Messiah	3006	3283.00	4
6 Briana Eshleman	SR	Messiah	3359	3265.00	3

Men 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times
 MAC: M 10.60 2007 Ozzie Brown, Moravian
 10.55 D3 A
 10.76 D3 B

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Robert Innocent	JR	Widener	11.35	10.99Q	+0.0	3
2 Josh Light		LVC	10.93	11.00Q	+0.0	2
3 Kevin Franklin	FR	Widener	11.51	11.22Q	+0.0	1
4 Travis Pitts	SO	Del. Valley	10.85	11.07q	+0.0	3
5 Bernard Innocent	SR	Widener	11.47	11.09q	+0.0	2
6 Wyatt Eaton	SR	Elizabethtown	11.26	11.24q	+0.0	1
7 Tom Masterson	SO	Del. Valley	11.22	11.35q	+0.0	1
8 Drew Melnick	SO	Messiah	11.34	11.37q	+0.0	3
9 Benjamin Petrak	FR	Widener	11.53	11.44	+0.0	2
10 Mike Mauger	JR	Elizabethtown	11.54	11.47	+0.0	2
11 Pat Doughty	SO	Elizabethtown	11.34	11.49	+0.0	2
12 Austin Regalbuto	FR	Widener	11.54	11.49	+0.0	3
13 Naadir Betts	FR	Del. Valley	11.54	11.50	+0.0	3
14 Anthony Jackson	FR	Del. Valley	11.63	11.60	+0.0	1
15 Brandon Walters	FR	Elizabethtown	11.65	11.62	+0.0	3
16 MeQuel Phillips	FR	Shenandoah	11.73	11.64	+0.0	2
17 Justin Lee		LVC	11.50	11.69	+0.0	1
18 Pat Jacoby	FR	DeSales	11.64	11.74	+0.0	2
19 Adrien McDonald		Alvernia	11.87	11.93	+0.0	1
20 Chris Clements		LVC	11.70	12.04	+0.0	3
21 Tim Hoban	SR	MU	12.09	12.16	+0.0	1
22 Eric Altpeter	FR	DeSales	11.64	14.78	+0.0	1

Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year	School	Finals	Wind	Points
Finals					
1 Justin Del Piano	SR	DeSales	11.58	1.4	736
2 Richard Pennisi	SO	Messiah	11.93	1.4	665
3 Jon Petrillak	JR	Del. Valley	11.94	1.4	663
4 Tyler Parisi	FR	DeSales	12.39	1.4	576
5 Steven Boyer	SO	Elizabethtown	12.44	1.4	567
6 Chris Boyd	JR	Messiah	12.52	1.4	552
7 Joshua Jackson	FR	Widener	12.59	1.4	540

Men 100 Meter Dash

MAC: M 10.60 2007 Ozzie Brown, Moravian
 10.55 D3 A
 10.76 D3 B

Name	Year	School	Prelims	Finals	Wind	Points
Preliminaries						
1 Josh Light		LVC	11.00	11.02	-0.3	10
2 Robert Innocent	JR	Widener	10.99	11.04	-0.3	8
3 Bernard Innocent	SR	Widener	11.09	11.19	-0.3	6
4 Kevin Franklin	FR	Widener	11.22	11.25	-0.3	5
5 Wyatt Eaton	SR	Elizabethtown	11.24	11.33	-0.3	4
6 Tom Masterson	SO	Del. Valley	11.35	11.43	-0.3	3
7 Drew Melnick	SO	Messiah	11.37	11.46	-0.3	2
8 Travis Pitts	SO	Del. Valley	11.07	22.00	-0.3	1
Preliminaries						
9 Benjamin Petrak	FR	Widener	11.44			
10 Mike Mauger	JR	Elizabethtown	11.47			
11 Pat Doughty	SO	Elizabethtown	11.49			
12 Austin Regalbuto	FR	Widener	11.49			
13 Naadir Betts	FR	Del. Valley	11.50			
14 Anthony Jackson	FR	Del. Valley	11.60			
15 Brandon Walters	FR	Elizabethtown	11.62			
16 MeQuel Phillips	FR	Shenandoah	11.64			
17 Justin Lee		LVC	11.69			

18	Pat Jacoby	FR DeSales	11.74
19	Adrien McDonald	Alvernia	11.93
20	Chris Clements	LVC	12.04
21	Tim Hoban	SR MU	12.16
22	Eric Altpeter	FR DeSales	14.78

Men 200 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times
 MAC: M 21.34 2000 Tony Brown, Widener
 21.31 D3 A
 21.75 D3 B

Name	Year	School	Seed	Prelims	Wind	H#
1	Robert Innocent	JR Widener	22.85	22.27Q	+0.0	1
2	Bernard Innocent	SR Widener	22.47	22.37Q	0.1	3
3	Brian Allport	SO Elizabethtown	23.20	22.63Q	-0.2	2
4	Travis Pitts	SO Del. Valley	22.49	22.51q	+0.0	1
5	Kevin Franklin	FR Widener	22.85	22.67q	0.1	3
6	Wyatt Eaton	SR Elizabethtown	22.69	22.71q	-0.2	2
7	Josh Light	LVC	22.75	22.86q	-0.2	2
8	Pat Doughty	SO Elizabethtown	23.40	22.91q	0.1	3
9	Drew Melnick	SO Messiah	23.05	22.99	+0.0	1
10	Brennon Ferrizzi	Alvernia	22.89	23.02	0.1	3
11	Naadir Betts	FR Del. Valley	23.21	23.02	+0.0	1
12	Pat Jacoby	FR DeSales	23.43	23.09	0.1	3
13	MeQuel Phillips	FR Shenandoah	23.53	23.15	+0.0	1
14	Brandon Walters	FR Elizabethtown	23.64	23.17	+0.0	1
15	Morrison Boateng	SO Manhattanville	23.89	23.27	0.1	3
16	Phillip Volz	FR Shenandoah	23.56	23.59	-0.2	2
17	Chas Heberlig	SO Del. Valley	23.55	23.76	-0.2	2
18	Steven Clemson	SO MU	23.92	24.30	0.1	3
--	Eric Altpeter	FR DeSales	23.21	DNF	-0.2	2

Men 200 Meter Dash

MAC: M 21.34 2000 Tony Brown, Widener
 21.31 D3 A
 21.75 D3 B

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1	Bernard Innocent	SR Widener	22.37	22.16	-2.4	10
2	Kevin Franklin	FR Widener	22.67	22.41	-2.4	8
3	Wyatt Eaton	SR Elizabethtown	22.71	22.62	-2.4	6
4	Robert Innocent	JR Widener	22.27	22.66	-2.4	5
5	Josh Light	LVC	22.86	22.70	-2.4	4
6	Brian Allport	SO Elizabethtown	22.63	22.74	-2.4	3
7	Pat Doughty	SO Elizabethtown	22.91	23.01	-2.4	2
--	Travis Pitts	SO Del. Valley	22.51	DNF	-2.4	
Preliminaries						
9	Drew Melnick	SO Messiah	22.99			
10	Brennon Ferrizzi	Alvernia	23.02			
11	Naadir Betts	FR Del. Valley	23.02			
12	Pat Jacoby	FR DeSales	23.09			
13	MeQuel Phillips	FR Shenandoah	23.15			
14	Brandon Walters	FR Elizabethtown	23.17			
15	Morrison Boateng	SO Manhattanville	23.27			
16	Phillip Volz	FR Shenandoah	23.59			
17	Chas Heberlig	SO Del. Valley	23.76			
18	Steven Clemson	SO MU	24.30			
--	Eric Altpeter	FR DeSales	DNF			

Men 400 Meter Dash

8 Advance: Top 1 Each Heat plus Next 6 Best Times
 MAC: M 47.02 1983 Dave German, Susquehanna
 47.50 D3 A
 48.50 D3 B

Name	Year	School	Seed	Prelims	H#
1	Brennon Ferrizzi	Alvernia	49.76	49.65Q	2
2	Luke Rotenberger	FR Elizabethtown	51.22	50.61Q	1
3	Brian Allport	SO Elizabethtown	52.24	50.20q	2
4	Sean McCarthy	SO Widener	51.38	50.69q	2
5	Mark Benedetto	JR Widener	50.68	50.69q	1
6	Pat Jacoby	FR DeSales	52.21	50.81q	2
7	Aaron Reynolds	FR Messiah	51.48	50.93q	2
8	Morrison Boateng	SO Manhattanville	52.30	51.34q	1
9	Pete Moreni	JR DeSales	51.57	51.54	1
10	Chris Niles	SO Elizabethtown	53.26	51.61	2

11	Kirk Lewis	FR Shenandoah	51.83	51.70	1
12	Kevin Johnson	FR Shenandoah	52.32	52.02	1
13	Marc Bandola	SR Widener	52.92	53.12	2
14	Terrance Jones	FR Shenandoah	53.57	53.48	2
15	Joshua Fretz	Alvernia	53.50	1:04.14	1

Men 400 Meter Dash

MAC: M 47.02 1983 Dave German, Susquehanna
 47.50 D3 A
 48.50 D3 B

Name	Year School	Prelims	Finals	Points	
Finals					
1	Brennon Ferrizzi	Alvernia	49.65	50.14	10
2	Brian Allport	SO Elizabethtown	50.20	50.42	8
3	Sean McCarthy	SO Widener	50.69	50.61	6
4	Luke Rotenberger	FR Elizabethtown	50.61	50.74	5
5	Mark Benedetto	JR Widener	50.69	51.16	4
6	Morrison Boateng	SO Manhattanville	51.34	51.60	3
7	Aaron Reynolds	FR Messiah	50.93	51.74	2
8	Pat Jacoby	FR DeSales	50.81	52.09	1
Preliminaries					
9	Pete Moreni	JR DeSales	51.54		
10	Chris Niles	SO Elizabethtown	51.61		
11	Kirk Lewis	FR Shenandoah	51.70		
12	Kevin Johnson	FR Shenandoah	52.02		
13	Marc Bandola	SR Widener	53.12		
14	Terrance Jones	FR Shenandoah	53.48		
15	Joshua Fretz	Alvernia	1:04.14		

Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year School	Finals	Points
Finals			
1	Justin Del Piano	SR DeSales	52.83 689
2	Chris Boyd	JR Messiah	54.09 636
3	Richard Pennisi	SO Messiah	54.50 619
4	Jon Petrilak	JR Del. Valley	54.64 613
5	Steven Boyer	SO Elizabethtown	56.31 547
6	Tyler Parisi	FR DeSales	57.23 512
7	Joshua Jackson	FR Widener	58.39 470

Men 800 Meter Run

8 Advance: Top 2 Each Heat plus Next 2 Best Times
 MAC: M 1:51.15 2009 Patrick Roach, Messiah
 1:50.80 D3 A
 1:53.00 D3 B

Name	Year School	Seed	Prelims	H#	
Preliminaries					
1	Frank Redmond	JR MU	1:52.57	1:55.66Q	3
2	Eddy Palmer	SR Messiah	1:52.36	1:56.69Q	2
3	Tyler Newhook	SO Messiah	1:54.11	1:57.57Q	1
4	Paul Ecker	JR DeSales	1:54.69	1:55.98Q	3
5	Brent Clauser	SO DeSales	1:57.27	1:56.80Q	2
6	Dennis Conn	SO Widener	1:53.65	1:57.80Q	1
7	Josiah Renton	SO Shenandoah	1:59.10	1:56.30q	3
8	John Gibbons	FR MU	1:58.24	1:57.33q	2
9	Brian Benkhadra	FR Widener	2:01.06	1:58.41	2
10	Kyle Suponcic	SO MU	1:59.19	1:58.50	1
11	Matt Jensen	FR Elizabethtown	2:00.72	1:58.93	2
12	Brian Filanowski	JR DeSales	2:00.02	1:59.40	1
13	Scott Woolford	FR Messiah	2:01.83	1:59.47	3
14	Jake Blanton	FR Elizabethtown	2:03.70	2:00.60	2
15	Bobby Bacon	SR DeSales	2:03.14	2:01.73	1
16	Mark Weber	SO Elizabethtown	2:00.05	2:03.31	3
17	Taylor Munoz	JR Messiah	2:04.04	2:03.69	2
18	Timothy Robinson	SO Shenandoah	2:01.86	2:04.76	1
19	Tim Anzovino	SO DeSales	2:03.41	2:06.69	3

Men 800 Meter Run

MAC: M 1:51.15 2009 Patrick Roach, Messiah
 1:50.80 D3 A
 1:53.00 D3 B

Name	Year School	Prelims	Finals	Points
Finals				

1	Eddy Palmer	SR	Messiah	1:56.69	1:54.31	10
2	Frank Redmond	JR	MU	1:55.66	1:55.31	8
3	Dennis Conn	SO	Widener	1:57.80	1:57.14	6
4	Tyler Newhook	SO	Messiah	1:57.57	1:57.53	5
5	Brent Clauser	SO	DeSales	1:56.80	1:58.78	4
6	John Gibbons	FR	MU	1:57.33	1:59.17	3
7	Paul Ecker	JR	DeSales	1:55.98	2:00.29	2
8	Josiah Renton	SO	Shenandoah	1:56.30	2:03.44	1
Preliminaries						
9	Brian Benkhadra	FR	Widener	1:58.41		
10	Kyle Saponcic	SO	MU	1:58.50		
11	Matt Jensen	FR	Elizabethtown	1:58.93		
12	Brian Filanowski	JR	DeSales	1:59.40		
13	Scott Woolford	FR	Messiah	1:59.47		
14	Jake Blanton	FR	Elizabethtown	2:00.60		
15	Bobby Bacon	SR	DeSales	2:01.73		
16	Mark Weber	SO	Elizabethtown	2:03.31		
17	Taylor Munoz	JR	Messiah	2:03.69		
18	Timothy Robinson	SO	Shenandoah	2:04.76		
19	Tim Anzovino	SO	DeSales	2:06.69		

Men 1500 Meter Run

MAC: M 3:45.68 1983 Kevin Foley, Haverford
 3:50.60 D3 A
 3:54.50 D3 B

Name	Year	School	Seed	Finals	Points	
Finals						
1	Dennis Conn	SO	Widener	4:02.27	4:01.96	10
2	Frank Redmond	JR	MU	3:59.64	4:02.28	8
3	Tyler Newhook	SO	Messiah	4:02.69	4:02.52	6
4	Evan DeArmitt	SO	Elizabethtown	3:59.99	4:03.20	5
5	Paul Ecker	JR	DeSales	4:06.36	4:03.44	4
6	Aaron Focht	FR	Elizabethtown	3:58.98	4:04.08	3
7	Ryan Pastore	JR	Messiah	4:07.74	4:05.73	2
8	Peter Shenk	SR	Messiah	3:59.85	4:06.64	1
9	Josiah Renton	SO	Shenandoah	4:05.35	4:08.14	
10	Mike Garrity	SO	Widener	4:06.11	4:10.60	
11	Pat Hess	SR	DeSales	4:00.86	4:16.25	
12	Bobby Bacon	SR	DeSales	4:14.67	4:16.55	
13	Jake Blanton	FR	Elizabethtown	4:17.10	4:18.42	
14	Patrick Filanowski	JR	DeSales	4:07.15	4:19.49	
15	Brian Filanowski	JR	DeSales	4:11.36	4:23.56	
16	Bill Cooney	SO	MU	4:12.42	4:24.68	
17	Alex Talarico		LVC	4:15.55	4:27.32	
18	Steve Miller	SO	Del. Valley	4:30.98	4:38.53	

Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Year	School	Finals	Points	
1	Chris Boyd	JR	Messiah	4:30.65	740
2	Richard Pennisi	SO	Messiah	4:45.39	647
3	Joshua Jackson	FR	Widener	5:11.58	495
4	Steven Boyer	SO	Elizabethtown	5:12.80	488
5	Justin Del Piano	SR	DeSales	5:17.99	461
6	Tyler Parisi	FR	DeSales	5:35.32	373
7	Jon Petrilak	JR	Del. Valley	5:35.46	373

Men 5000 Meter Run

MAC: M 14:27.83 1991 Seamus McElligott, Haverford
 14:28.00 D3 A
 14:48.00 D3 B

Name	Year	School	Seed	Finals	Points	
1	Colby Miller	SO	Elizabethtown	15:07.58	15:37.69	10
2	Mike Curry	JR	DeSales	15:22.73	15:37.76	8
3	Charlie Larsen	SO	Elizabethtown	15:43.58	15:42.70	6
4	Rich Greco	JR	Elizabethtown	15:33.64	15:44.70	5
5	Arthur Black	SR	Messiah	15:26.64	15:45.33	4
6	Myles Lund	SR	Elizabethtown	15:50.40	15:46.95	3
7	Evan DeArmitt	SO	Elizabethtown	15:03.84	15:51.07	2
8	Chip Brumbaugh	SR	Del. Valley	16:03.83	15:51.40	1
9	Chris Heisey	JR	Elizabethtown	15:24.77	15:59.00	
10	Andrew Ferretti	SR	DeSales	16:12.92	16:01.73	
11	Aaron Focht	FR	Elizabethtown	15:17.45	16:02.51	
12	Zach Hoagland	SO	Messiah	15:51.69	16:02.58	
13	Justin Cuga	SR	DeSales	15:57.38	16:03.30	
14	Jeff Smeiles	SR	Messiah	16:03.88	16:05.13	

15	Matthew Herring	SO	Messiah	16:00.77	16:05.29
16	Kevin Gwinn	JR	DeSales	15:57.51	16:10.02
17	Eric Reichert	SO	Elizabethtown	15:10.46	16:12.28
18	Jack Tarpey	JR	DeSales	15:45.00	16:12.51
19	Matt DiCarlo	JR	Widener	16:00.34	16:14.90
20	Chris Farmer	FR	Elizabethtown	16:05.35	16:15.93
21	Adam Derkacz	JR	Elizabethtown	16:10.84	16:27.99
22	Matt Seeley	FR	Elizabethtown	16:07.78	16:29.71
23	Ian Hilliard	JR	Widener	15:53.84	16:33.57
24	John Wallace		LVC	16:04.06	16:47.69
25	Patrick Noonan	JR	MU	16:15.28	16:50.05
26	Nick D'Angelo		LVC	15:57.18	16:54.67
27	Kyle Gutierrez	SO	Shenandoah	16:24.23	17:01.67
28	Mike Szarkowicz	SO	Manhattanville	16:49.47	17:49.94

Men 10000 Meter Run

MAC: M 30:16.14 2005 Macharia Yuot, Widener
 30:20.00 D3 A
 31:10.00 D3 B

Name	Year	School	Seed	Finals	Points	
1	Colby Miller	SO	Elizabethtown	31:13.27	32:40.83	10
2	Evan DeArmitt	SO	Elizabethtown	31:51.97	32:45.43	8
3	Charlie Larsen	SO	Elizabethtown	32:00.48	32:50.46	6
4	Arthur Black	SR	Messiah	32:24.64	33:02.81	5
5	Chip Brumbaugh	SR	Del. Valley	33:28.51	33:08.36	4
6	Jack Tarpey	JR	DeSales	34:05.20	33:16.09	3
7	Zach Hoagland	SO	Messiah	33:37.00	33:18.26	2
8	Ian Hilliard	JR	Widener		33:21.52	1
9	Matt DiCarlo	JR	Widener		33:36.53	
10	Eric Reichert	SO	Elizabethtown		33:42.34	
11	John Wallace		LVC	34:10.20	33:59.39	
12	Adam Derkacz	JR	Elizabethtown	33:48.51	34:03.96	
13	Matt Seeley	FR	Elizabethtown	33:42.87	34:15.14	
14	Matthew Herring	SO	Messiah	33:10.58	34:22.53	
15	Chris Heisey	JR	Elizabethtown	31:42.49	34:49.57	
16	Dan Szilagyi	SO	DeSales	34:32.30	35:06.15	
17	Thomas Porter	FR	Del. Valley	35:24.14	35:14.38	
18	Daniel Herring	SO	Messiah	34:16.31	35:25.28	
19	Beau Wilson	JR	Messiah	35:19.46	35:58.66	
20	Pat Blaskiewicz	JR	MU	35:39.58	36:02.96	
21	Gabriel Lincoln De	--	LVC	35:06.38	36:10.64	
22	Matt Lykens	SO	DeSales	34:57.55	37:06.49	
--	Kevin Gwinn	JR	DeSales	33:09.60	DNF	

Men 110 Meter Hurdles

Name	Year	School	Seed	Finals	Wind	Points	
1	Neal Fox	FR	DeSales	15.59	15.69	0.9	10
2	Sean Ciborowski	FR	MU	15.93	15.77	0.9	8
3	Oshane Rennie		Albright	16.23	16.02	0.9	6
4	Justin Del Piano	SR	DeSales	16.14	16.13	0.9	5
5	Elton Dos Santos	SR	Elizabethtown	16.52	16.42	0.9	4
6	Kevin Schaeffer	SO	Shenandoah	17.87	17.38	0.9	3
--	Ryan Chance	FR	Widener	15.52	DNF	0.9	

Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year	School	Finals	Wind	H#	Points	
1	Justin Del Piano	SR	DeSales	16.41	-0.7	1	687
2	Richard Pennisi	SO	Messiah	17.39	-0.7	1	584
3	Jon Petrillak	JR	Del. Valley	18.65	-1.3	2	464
4	Chris Boyd	JR	Messiah	19.44	-1.3	2	395
5	Steven Boyer	SO	Elizabethtown	20.40	-0.7	1	318
6	Tyler Parisi	FR	DeSales	20.71	-0.7	1	295
7	Joshua Jackson	FR	Widener	22.13	-1.3	2	200

Men 400 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 6 Best Times
 MAC: M 52.18 1988 Cal Williams, Dickinson
 52.65 D3 A
 54.30 D3 B

Name	Year	School	Seed	Prelims	H#	
Preliminaries						
1	Pete Moreni	JR	DeSales	55.90	56.62Q	1
2	Nick Dolhancryk	FR	Widener	56.95	57.48Q	2

3	Ben Badilla	FR DeSales	58.07	56.89q	1
4	Oshane Rennie	Albright	1:00.97	57.36q	1
5	Raymond Johnson	FR Widener	56.96	57.95q	2
6	Kevin Schaeffer	SO Shenandoah	58.80	58.85q	2
7	Sean Ciborowski	FR MU	58.31	59.50q	1
8	David Meyer	JR MU	59.83	1:00.16q	1
9	Richard Pennisi	SO Messiah	59.12	1:00.31	2
10	Courtland Hoose	-- LVC	1:02.88	1:01.53	2

Men 400 Meter Hurdles

MAC: M 52.18 1988 Cal Williams, Dickinson
 52.65 D3 A
 54.30 D3 B

Name	Year	School	Prelims	Finals	Points
Finals					
1	Pete Moreni	JR DeSales	56.62	54.72	10
2	Sean Ciborowski	FR MU	59.50	56.29	8
3	Raymond Johnson	FR Widener	57.95	56.78	6
4	Ben Badilla	FR DeSales	56.89	57.30	5
5	Oshane Rennie	Albright	57.36	57.54	4
6	Nick Dolhancryk	FR Widener	57.48	57.96	3
7	Kevin Schaeffer	SO Shenandoah	58.85	58.72	2
8	David Meyer	JR MU	1:00.16	1:01.06	1
Preliminaries					
9	Richard Pennisi	SO Messiah	1:00.31		
10	Courtland Hoose	-- LVC	1:01.53		

Men 3000 Meter Steeplechase

MAC: M 9:09.13 1983 Matt Leighninger, Haverford
 9:07.00 D3 A
 9:25.00 D3 B

Name	Year	School	Seed	Finals	Points
Finals					
1	Mike Curry	JR DeSales	9:33.97	9:35.49	10
2	Rich Greco	JR Elizabethtown	9:58.87	9:39.76	8
3	Jeff Smeiles	SR Messiah	9:52.85	9:43.73	6
4	Andrew Ferretti	SR DeSales	10:03.33	9:49.34	5
5	Myles Lund	SR Elizabethtown	9:41.00	9:50.79	4
6	Justin Cuga	SR DeSales	10:11.32	9:52.84	3
7	Mike Garrity	SO Widener	10:03.71	9:58.44	2
8	Jake Garcia	SO Shenandoah	10:13.67	9:58.60	1
9	Ryan Garges	FR MU	9:54.83	10:02.03	
10	Chris Farmer	FR Elizabethtown	10:34.79	10:07.58	
11	Trevor Book	SR Messiah	10:26.90	10:19.84	
12	Andrew Springer	SO Messiah	10:38.64	10:26.31	
13	Craig Hutcheson	SO Messiah	10:38.15	10:44.53	
14	Matt Lykens	SO DeSales	10:45.90	10:44.85	
15	Robert Kellert	Albright	10:39.82	10:52.90	
16	Bill Cooney	SO MU	10:10.14	11:16.44	

Men 4x100 Meter Relay

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

MAC: M 41.75 1983 , Susquehanna
 41.00 D3 A
 41.90 D3 B

School	Seed	Prelims	H#
Preliminaries			
1 Delaware Valley College 'A'	44.25	43.05Q	1
2 Widener University 'A'	43.42	43.06Q	2
3 Elizabethtown College 'A'	43.37	43.07q	1
4 Shenandoah University 'A'	44.56	43.50q	1
5 Lebanon Valley College 'A'	43.97	43.62q	2
6 DeSales University 'A'	44.85	44.58q	2
7 Misericordia Men's T&F 'A'	45.21	45.07q	2
8 Albright College 'A'	45.81	45.22q	2
9 Alvernia University 'A'	45.55	45.82	1
10 Messiah College 'A'	45.31	45.98	1

Men 4x100 Meter Relay

MAC: M 41.75 1983 , Susquehanna
 41.00 D3 A
 41.90 D3 B

School	Prelims	Finals	Points
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Finals

1	Widener University 'A'	43.06	42.46	10
	1) Robert Innocent JR			
	2) Kevin Franklin FR			
	3) Benjamin Petrak FR			
2	Elizabethtown College 'A'	43.07	43.31	8
	1) Pat Doughty SO			
	2) Wyatt Eaton SR			
	3) Mike Mauger JR			
	4) Brian Allport SO			
3	Lebanon Valley College 'A'	43.62	43.67	6
	1) Justin Lee			
	2) Caleb Wiley --			
	3) Wes Rockwell			
	4) Josh Light			
4	Delaware Valley College 'A'	43.05	44.62	5
	1) Anthony Jackson FR			
	2) Tom Masterson SO			
	3) Naadir Betts FR			
	4) Travis Pitts SO			
5	Misericordia Men's T&F 'A'	45.07	45.32	4
	1) Steven Clemson SO			
	2) Jeff Salvatore SO			
	3) Sean Ciborowski FR			
	4) Joe Ardo FR			
6	DeSales University 'A'	44.58	45.85	3
	1) Pat Jacoby FR			
	2) Justin Del Piano SR			
	3) Sam Reals			
	4) Dennis Black			
7	Albright College 'A'	45.22	47.43	2
	1) Oshane Rennie			
	2) Justin Gewirtz			
	3) Daniel Simmons			
	4) George Cook			
--	Shenandoah University 'A'	43.50	DNF	
	1) Kirk Lewis FR			
	2) Terrance Jones FR			
	3) Kevin Johnson FR			
	4) MeQuel Phillips FR			

Preliminaries

9	Alvernia University 'A'	45.82	
	1) Brennon Ferrizzi		
	2) Joshua Fretz		
	3) Adrien McDonald		
	4) Lonnie Rivers		
10	Messiah College 'A'	45.98	

Men 4x400 Meter Relay

MAC: M 3:15.62 1982 , Delaware Valley
 3:13.00 D3 A
 3:16.40 D3 B

School	Seed	Finals	H#	Points
1 Widener University 'A'	3:22.91	3:25.85	1	10
1) Mark Benedetto JR				
2) Marc Bandola SR				
3) Raymond Johnson FR				
4) Sean McCarthy SO				
2 DeSales University 'A'	3:27.72	3:26.07	1	8
1) Ben Badilla FR				
2) Paul Ecker JR				
3) Brent Clauser SO				
4) Pete Moreni JR				
3 Elizabethtown College 'A'	3:25.61	3:26.15	1	6
1) Kyle Grimm SR				
2) Brian Allport SO				
3) Luke Rotenberger FR				
4) Wyatt Eaton SR				
4 Shenandoah University 'A'	3:27.82	3:26.57	1	5
1) Kirk Lewis FR				
2) Kevin Johnson FR				
3) Timothy Robinson SO				
4) MeQuel Phillips FR				
5 Misericordia Men's T&F 'A'	3:24.78	3:26.75	1	4
1) Kyle Saponcic SO				
2) John Gibbons FR				
3) Frank Redmond JR				
4) Sean Ciborowski FR				
6 Messiah College 'A'	3:29.08	3:29.01	1	3
1) Aaron Reynolds FR				
2) Peter Shenk SR				
3) Tyler Newhook SO				
4) Eddy Palmer SR				
7 Delaware Valley College 'A'	3:30.45	3:33.69	1	2
1) Chris Whitley FR				
2) Jon Petrillak JR				
3) George Johnson				
4) Naadir Betts FR				
8 Alvernia University 'A'	3:33.77	3:36.48	2	1
1) Lonnie Rivers				
2) Brian Nerney				
3) Adrien McDonald				
4) Brennon Ferrizzi				
9 Lebanon Valley College 'A'	3:50.28	3:37.66	2	
1) Justin Lee				
2) Matt Nesmith				
3) Courtland Hoose --				
4) Spiros Anastasiadis				
10 Albright College 'A'	3:37.10	3:41.82	2	
1) Oshane Rennie				
2) Justin Gewirtz				
3) Clark Runciman				
4) Daniel Simmons				

Men 4x800 Meter Relay

School	Seed	Finals	Points
1 Messiah College 'A'	7:49.26	7:47.63	10
1) Peter Shenk SR			
2) Ryan Pastore JR			
3) Eddy Palmer SR			
4) Tyler Newhook SO			
2 DeSales University 'A'	8:03.60	7:55.86	8
1) Patrick Filanowski JR			
2) Brian Filanowski JR			
3) Pat Hess SR			
4) Brent Clauser SO			
3 Elizabethtown College 'A'	7:57.23	7:59.56	6

1) Matt Jensen FR	2) Kyle Grimm SR			
3) Mark Weber SO	4) Aaron Focht FR	8:14.56	8:14.25	5
4) Misericordia Men's T&F 'A'	1) Marty Castaldi FR	2)		
5) Lebanon Valley College 'A'	1) Matt Nesmith		8:28.61	4
1) Nick D'Angelo	2) Alex Talarico			
6) Widener University 'A'	4) Courtland Hoose --	8:17.15	8:33.30	3
1) Kevin P. Boyle	2) Shawn Lignore			
3) Charles Schindler	4) Brian Benkhadra FR			
7) Albright College 'A'			8:44.50	2
1) Robert Kellert	2) James Guisnard			
3) Dan Dalton	4) George Cook			

Men High Jump

MAC: M 6-10 2001		Chris Boyles, Messiah		
	2.11m D3 A			
	2.02m D3 B			
Name	Year School	Seed	Finals	Points
1 Justin Gewirtz	Albright	1.93m	2.02m D3 B	6-07.50 10
1.73 1.78 1.83 1.88 1.93 1.98 2.02 2.05				
PPP O O O XXO XXO XO XXX				
2 Brian Nerney	Alvernia	1.90m	1.98m	6-06.00 8
1.73 1.78 1.83 1.88 1.93 1.98 2.02				
PPP XO O XO XO O XXX				
3 Joe Meehan	SO LVC	1.89m	1.93m	6-04.00 5.5
1.73 1.78 1.83 1.88 1.93 1.98				
PPP PPP O O O XXX				
3 Cameron Aregood	FR Elizabethtown	1.93m	1.93m	6-04.00 5.5
1.73 1.78 1.83 1.88 1.93 1.98				
PPP O O O O XXX				
5 Tom Masterson	SO Del. Valley	1.82m	J1.93m	6-04.00 4
1.73 1.78 1.83 1.88 1.93 1.98				
PPP O O O XO XXX				
6 Andrew MacNiven	SO DeSales	1.98m	1.83m	6-00.00 3
1.73 1.78 1.83 1.88				
PPP O O XXX				
7 Ryan Chance	FR Widener	1.78m	J1.83m	6-00.00 2
1.73 1.78 1.83 1.88				
PPP XO O XXX				
8 Derek Long	SO DeSales	1.82m	J1.83m	6-00.00 1
1.73 1.78 1.83 1.88				
XO O XO XXX				
9 Chris Boyd	JR Messiah	1.78m	J1.83m	6-00.00
1.73 1.78 1.83 1.88				
PPP XXO XO XXX				
10 Seth Umbenhauer	FR Messiah	1.75m	1.78m	5-10.00
1.73 1.78 1.83				
O XO XXX				
11 Joshua Fretz	Alvernia	1.78m	1.73m	5-08.00
1.73 1.78				
XO XXX				
-- Tyler Parisi	FR DeSales	1.80m	NH	
1.73 1.78				
XPP XX				

Decathlon: #4 Men High Jump Decathlon

Name	Year School	Seed	Finals	Points
1 Chris Boyd	JR Messiah	1.82m	5-11.50	644
2 Tyler Parisi	FR DeSales	1.79m	5-10.50	619
3 Justin Del Piano	SR DeSales	1.73m	5-08.00	569
4 Jon Petrilak	JR Del. Valley	1.70m	5-07.00	544
5 Richard Pennisi	SO Messiah	1.61m	5-03.25	472
6 Steven Boyer	SO Elizabethtown	1.46m	4-09.50	360
7 Joshua Jackson	FR Widener	1.37m	4-06.00	297

Men Pole Vault

MAC: M 4.90m 2006		Kevin Clark, Elizabethtown		
	5.07m D3 A			
	4.70m D3 B			
Name	Year School	Seed	Finals	Points
1 Matt Cross	SO Messiah	4.15m	4.26m	13-11.75 10
3.51 3.66 3.81 3.96 4.11 4.26 4.42				
PPP PPP PPP O O O XXX				
2 Colin Resiler	FR Messiah	4.25m	J4.26m	13-11.75 8

	3.51	3.66	3.81	3.96	4.11	4.26	4.42											
	PPP	PPP	PPP	XO	O	XO	XXX											
3	Trent Zempel				JR Messiah			4.15m		4.11m		13-05.75						6
	3.51	3.66	3.81	3.96	4.11	4.26												
	PPP	PPP	PPP	XO	XO	XXX												
4	Justin Del Piano				SR DeSales			3.81m		3.96m		12-11.75						5
	3.51	3.66	3.81	3.96	4.11													
	O	O	O	O	XXX													
5	Richard Pennisi				SO Messiah			3.95m		J3.96m		12-11.75						4
	3.51	3.66	3.81	3.96	4.11													
	O	O	XXO	O	XXX													
6	Clark Runciman				Albright			3.79m		J3.96m		12-11.75						3
	3.51	3.66	3.81	3.96	4.11													
	O	XO	XO	XO	XXX													
7	Chris Vasaturo				SO Messiah			3.95m		J3.96m		12-11.75						2
	3.51	3.66	3.81	3.96	4.11													
	O	PPP	XO	XXO	XXX													
8	Jason Bishop				FR Widener			3.51m		3.81m		12-06.00						1
	3.51	3.66	3.81	3.96														
	O	XXO	XXO	XXX														
9	Kyle McCandless				JR Widener			3.80m		3.66m		12-00.00						
	3.51	3.66	3.81															
	O	XO	XXX															
9	Jeff Colarusso				Widener			3.65m		3.66m		12-00.00						
	3.51	3.66	3.81															
	O	O	XXX															
9	Vitaliy Doboni				JR MU			3.65m		3.66m		12-00.00						
	3.51	3.66	3.81															
	O	O	XXX															
12	Clayton Kaier				SO Elizabethtown			3.81m		3.51m		11-06.25						
	3.51	3.66																
	XXO	XXX																

Decathlon: #8 Men Pole Vault Decathlon

Name	Year	School	Finals										Points						
1 Richard Pennisi		SO Messiah	3.85m	12-07.50	576														
	2.15	2.25	2.35	2.45	2.55	2.65	2.75	2.85	2.95	3.05	3.15	3.25	3.35	3.45	3.55	3.65	3.75	3.85	3.95
	P	P	P	P	P	P	P	P	P	P	P	P	O	P	O	P	O	XXO	XXX
2 Justin Del Piano		SR DeSales	3.65m	11-11.75	522														
	2.15	2.25	2.35	2.45	2.55	2.65	2.75	2.85	2.95	3.05	3.15	3.25	3.35	3.45	3.55	3.65	3.75		
	P	P	P	P	P	P	P	P	P	O	P	P	XO	P	O	O	XXX		
3 Chris Boyd		JR Messiah	3.15m	10-04.00	393														
	2.15	2.25	2.35	2.45	2.55	2.65	2.75	2.85	2.95	3.05	3.15	3.25							
	P	P	P	P	P	P	P	O	P	O	O	XXX							
4 Steven Boyer		SO Elizabethtown	2.95m	9-08.00	345														
	2.15	2.25	2.35	2.45	2.55	2.65	2.75	2.85	2.95	3.05									
	P	P	P	O	O	O	O	XXO	XO	XXX									
5 Jon Petrilak		JR Del. Valley	2.85m	9-04.25	321														
	2.15	2.25	2.35	2.45	2.55	2.65	2.75	2.85	2.95										
	O	P	O	O	O	O	O	O	XXX										
6 Tyler Parisi		FR DeSales	2.75m	9-00.25	298														
	2.15	2.25	2.35	2.45	2.55	2.65	2.75	2.85											
	P	O	O	O	O	O	XO	XXX											
6 Joshua Jackson		FR Widener	2.75m	9-00.25	298														
	2.15	2.25	2.35	2.45	2.55	2.65	2.75	2.85											
	O	P	P	O	O	O	XXO	XXX											

Men Long Jump

Name	Year	School	Seed	Finals	Wind	Points
MAC: M 24-03 1989 Dan Reichenbach, Moravian						
7.30m D3 A						
7.00m D3 B						
1 Tom Masterson		SO Del. Valley	6.97m	7.03m D3 B	1.5	23-00.75 10
	7.03m(1.5)	6.71m(1.8)	PASS	PASS	6.59m(-3.0)	PASS
2 Nick Dolhancryk		FR Widener	6.75m	6.64m	1.2	21-09.50 8
	6.04m(+0.0)	6.64m(1.2)	PASS	PASS	PASS	PASS
3 Austin Regalbuto		FR Widener	6.60m	6.62m	-0.7	21-08.75 6
	6.47m(+0.0)	6.56m(-2.9)	6.24m(-1.6)	6.46m(1.3)	6.62m(-0.7)	6.51m(-0.4)
4 Daniel Simmons		Albright	6.50m	6.56m	-1.0	21-06.25 5
	6.36m(-0.4)	6.34m(-0.9)	6.19m(+0.0)	6.53m(+0.0)	6.34m(-1.6)	6.56m(-1.0)
5 Wyatt Eaton		SR Elizabethtown	6.65m	6.51m	+0.0	21-04.25 4
	6.09m(+0.0)	6.51m(+0.0)	6.43m(-0.7)	6.30m(0.5)	5.61m(-2.9)	PASS
6 Cedrick Clayton		FR Widener	6.41m	6.48m	+0.0	21-03.25 3
	FOUL	6.48m(+0.0)	FOUL	FOUL	6.45m(-0.2)	6.46m(0.2)

7	Brandon Esterly	FR DeSales	6.80m	6.32m	1.4	20-09.00	2
	6.15m(0.6)	6.16m(-0.3)	6.32m(1.4)	6.03m(-0.5)	5.87m(0.4)	5.99m(-0.8)	
8	Joe Meehan	SO LVC	6.24m	6.30m	1.0	20-08.00	1
	6.05m(-0.9)	6.30m(1.0)	6.15m(+0.0)	6.19m(0.2)	6.16m(-1.2)	6.10m(-0.1)	
9	Erik Brandt	LVC	6.21m	6.14m	-1.5	20-01.75	
	6.10m(-0.3)	6.02m(+0.0)	6.14m(-1.5)	5.95m(-0.4)	FOUL	5.95m(0.7)	
10	Austin Hayes	SR Elizabethtown	6.10m	6.12m	-0.3	20-01.00	
	5.86m(2.0)	5.95m(+0.0)	6.12m(-0.3)				
10	Phillip Volz	FR Shenandoah	6.12m	6.12m	+0.0	20-01.00	
	6.12m(+0.0)	5.76m(-0.4)	FOUL				
10	Brandon Banks	FR Shenandoah	6.09m	6.12m	+0.0	20-01.00	
	5.92m(-3.1)	6.01m(0.3)	6.12m(+0.0)				
13	Brian Nerney	Alvernia	6.09m	6.11m	+0.0	20-00.50	
	FOUL	5.74m(-0.6)	6.11m(+0.0)				
14	Steven Clemson	SO MU	6.22m	6.03m	0.9	19-09.50	
	FOUL	6.03m(0.9)	FOUL				
15	Pat Clifford	JR DeSales	6.12m	5.81m	+0.0	19-00.75	
	5.59m(-0.9)	5.81m(+0.0)	5.78m(-2.2)				
16	Brennon Ferrizzi	Alvernia	5.99m	5.75m	-0.1	18-10.50	
	5.75m(-0.1)	5.17m(-3.3)	5.73m(-1.9)				
17	Andrew MacNiven	SO DeSales	6.40m	5.70m	-0.7	18-08.50	
	5.70m(-0.7)	5.70m(-0.9)	FOUL				
18	Eric Albohn	SO Widener	6.00m	5.57m	+0.0	18-03.25	
	FOUL	5.39m(-0.2)	5.57m(+0.0)				
--	Chas Heberlig	SO Del. Valley	6.14m	FOUL			
	FOUL	FOUL	FOUL				

Decathlon: #2 Men Long Jump Decathlon

Name	Year School	Finals	Wind	Points
1 Justin Del Piano	SR DeSales	5.86m	NWI 19-02.75	556
2 Tyler Parisi	FR DeSales	5.74m	NWI 18-10.00	531
3 Richard Pennisi	SO Messiah	5.52m	NWI 18-01.50	485
4 Chris Boyd	JR Messiah	5.40m	NWI 17-08.75	461
5 Jon Petrillac	JR Del. Valley	5.32m	NWI 17-05.50	445
6 Joshua Jackson	FR Widener	5.07m	NWI 16-07.75	396
7 Steven Boyer	SO Elizabethtown	4.60m	NWI 15-01.25	308

Men Triple Jump

Name	Year School	Seed	Finals	Wind	Points		
MAC: M 50-01.50 1975 Mike Williams, Widener							
14.85m D3 A							
14.20m D3 B							
1 Caleb Wiley	-- LVC	13.15m	13.49m	NWI 44-03.25	10		
		12.59m(+0.0)	13.09m(+0.0)	13.20m(0.9)	13.49m(-1.0)	13.35m(-0.8)	12.48m(-1.8)
2 Austin Regalbuto	FR Widener	12.73m	13.40m	NWI 43-11.75	8		
		13.29m(+0.0)	FOUL	13.18m(+0.0)	13.32m(+0.0)	12.88m(-0.6)	13.40m(+0.0)
3 Tom Masterson	SO Del. Valley	13.69m	13.25m	NWI 43-05.75	6		
		11.92m(+0.0)	13.23m(-1.3)	13.25m(+0.0)	11.63m(-0.9)	12.61m(-1.0)	PASS
4 Andrew MacNiven	SO DeSales	12.71m	13.19m	NWI 43-03.25	5		
		12.82m(-1.8)	12.94m(-0.2)	13.09m(+0.0)	13.05m(+0.0)	13.19m(-0.5)	12.87m(+0.0)
5 Nick Dolhancryk	FR Widener	13.18m	12.76m	NWI 41-10.50	4		
		12.76m(+0.0)	12.72m(+0.0)	12.46m(-0.7)	PASS	PASS	PASS
6 Phillip Volz	FR Shenandoah	12.27m	12.67m	NWI 41-07.00	3		
		12.18m(-1.8)	12.62m(+0.0)	12.67m(-1.8)	FOUL	12.67m(-0.3)	12.29m(-0.5)
7 Brandon Esterly	FR DeSales	13.07m	12.66m	NWI 41-06.50	2		
		12.66m(+0.0)	12.47m(+0.0)	12.57m(+0.0)	12.43m(-0.6)	12.58m(-0.9)	12.35m(-1.3)
8 Anthony Jackson	FR Del. Valley	13.08m	12.64m	NWI 41-05.75	1		
		FOUL	12.64m(-1.0)	FOUL	12.24m(+0.0)	12.36m(0.2)	PASS
9 Chas Heberlig	SO Del. Valley	12.64m	12.41m	NWI 40-08.75			
		12.26m(+0.0)	12.26m(0.2)	12.41m(NWI)	12.27m(+0.0)	12.17m(-0.5)	12.35m(-0.5)
10 Justin Lee	LVC	12.60m	12.37m	NWI 40-07.00			
		12.37m(+0.0)	12.22m(-0.1)	12.22m(+0.0)			
11 Cedrick Clayton	FR Widener	11.88m	12.13m	NWI 39-09.75			
		FOUL	12.13m(1.6)	FOUL			
12 Erik Brandt	LVC	12.34m	12.09m	NWI 39-08.00			
		FOUL	FOUL	12.09m(+0.0)			
13 Kevin Johnson	FR Shenandoah	13.01m	12.08m	NWI 39-07.75			
		11.84m(-0.2)	12.08m(-0.9)	FOUL			
14 Brandon Banks	FR Shenandoah	11.74m	12.05m	NWI 39-06.50			
		FOUL	12.05m(1.4)	FOUL			
15 Pat Clifford	JR DeSales	11.86m	11.47m	NWI 37-07.75			
		11.19m(-0.6)	11.04m(+0.0)	11.47m(0.1)			
16 Chris Vasaturo	SO Messiah	11.76m	11.42m	NWI 37-05.75			
		11.34m(+0.0)	11.42m(+0.0)	11.37m(+0.0)			

-- Ryan Chance FR Widener 14.17m FOUL
 FOUL FOUL PASS

Men Shot Put

MAC: M 55-01 1973 Odd Haugen, Western Maryland
 17.00m D3 A
 15.45m D3 B

Name	Year	School	Seed	Finals	Points
1 James Green	SR	Widener	15.62m	15.19m	49-10.00 10
2 Steve Modrow	SR	DeSales	15.30m	14.52m	47-07.75 8
3 Eric Davis	SO	Widener	14.96m	14.24m	46-08.75 6
4 Andrew Scott	--	LVC	14.67m	14.15m	46-05.25 5
5 Brad Moran	JR	Widener	14.57m	14.10m	46-03.25 4
6 Frank Visconti	FR	Del. Valley	14.82m	13.76m	45-01.75 3
7 Jon Langton	FR	DeSales	13.03m	13.14m	43-01.50 2
8 Ken Devens	JR	DeSales	13.12m	13.10m	42-11.75 1
9 Dane Canonico		Albright	13.69m	12.94m	42-05.50
10 Kyle Gunning	FR	Widener	13.93m	12.75m	41-10.00
11 Zach Bleiler		LVC	14.63m	12.72m	41-08.75
12 Joe Ardo	FR	MU	13.43m	12.64m	41-05.75
13 Jimmy Terris	FR	Del. Valley	12.24m	12.48m	40-11.50
14 Matt Wicks	SR	Messiah	11.78m	11.70m	38-04.75
15 Hank Miller	SO	DeSales	12.68m	11.37m	37-03.75
16 Chase Thomson	SO	MU	11.60m	10.75m	35-03.25
17 Dietrich Marcelin		Alvernia	10.57m	9.92m	32-06.50
-- Tim Katzaman	SR	Elizabethtown	12.41m	FOUL	
-- Jose Santiago	FR	DeSales	12.05m	FOUL	

Decathlon: #3 Men Shot Put Decathlon

Name	Year	School	Finals	Points
1 Justin Del Piano	SR	DeSales	11.03m	36-02.25 548
2 Joshua Jackson	FR	Widener	10.36m	34-00.00 507
3 Tyler Parisi	FR	DeSales	9.74m	31-11.50 470
4 Chris Boyd	JR	Messiah	8.85m	29-00.50 417
5 Steven Boyer	SO	Elizabethtown	8.72m	28-07.50 409
6 Richard Pennisi	SO	Messiah	8.35m	27-04.75 387
7 Jon Petrilak	JR	Del. Valley	8.15m	26-09.00 375

Decathlon: #7 Men Discus Throw Decathlon

Name	Year	School	Finals	Points
1 Justin Del Piano	SR	DeSales	33.07m	108-06 525
2 Joshua Jackson	FR	Widener	25.05m	82-02 368
3 Tyler Parisi	FR	DeSales	24.18m	79-04 351
4 Jon Petrilak	JR	Del. Valley	22.86m	75-00 326
5 Steven Boyer	SO	Elizabethtown	21.58m	70-10 302
6 Richard Pennisi	SO	Messiah	19.57m	64-02 264
7 Chris Boyd	JR	Messiah	18.94m	62-02 252

Men Discus Throw

MAC: M 169-07 1973 Knut Hjeltness, Western Maryland
 51.50m D3 A
 47.00m D3 B

Name	Year	School	Seed	Finals	Points
1 Jacob Munick	JR	Widener	42.08m	44.92m	147-04 10
41.28m 42.81m	44.10m	42.72m	43.78m	44.92m	
2 Jose Santiago	FR	DeSales	46.05m	43.90m	144-00 8
37.84m FOUL	FOUL	42.23m	43.22m	43.90m	
3 Zach Bleiler	LVC		43.59m	43.38m	142-04 6
42.50m 40.43m	42.85m	43.38m	40.92m	42.39m	
4 Steve Modrow	SR	DeSales	43.29m	43.14m	141-06 5
41.24m 39.59m	40.21m	43.14m	41.56m	42.16m	
5 Frank Visconti	FR	Del. Valley	41.36m	40.91m	134-03 4
FOUL 37.58m	35.48m	40.91m	FOUL	39.37m	
6 Hank Miller	SO	DeSales	42.67m	40.56m	133-01 3
FOUL 40.56m	FOUL	37.88m	FOUL	FOUL	
7 Tim Katzaman	SR	Elizabethtown	37.16m	37.81m	124-00 2
33.05m 36.99m	37.81m	FOUL	37.28m	33.16m	
8 Chris Whitley	FR	Del. Valley	37.22m	37.44m	122-10 1
FOUL 37.44m	35.95m	FOUL	FOUL	35.59m	
9 Chase Thomson	SO	MU	35.43m	35.74m	117-03
FOUL 35.74m	35.65m	FOUL	FOUL	33.30m	
10 Dan Obold	SO	Elizabethtown	37.65m	35.73m	117-03
FOUL 35.73m	FOUL				
11 Ken Devens	JR	DeSales	38.84m	35.17m	115-05
33.91m 35.17m	FOUL				
12 Matt Wicks	SR	Messiah	35.41m	34.72m	113-11
31.75m 33.58m	34.72m				
13 Andrew Hettinger		Albright	35.86m	33.55m	110-01
33.55m	FOUL	FOUL			
14 Kyle Gunning	FR	Widener	38.10m	33.34m	109-04
33.34m	FOUL	FOUL			
-- Joe Ardo	FR	MU	37.31m	FOUL	
FOUL	FOUL	FOUL			

Men Hammer Throw

MAC: M 53.46m 2007 Nick Orfanella, Lebanon Valley
 57.00m D3 A
 52.50m D3 B

Name	Year	School	Seed	Finals	Points
1 Jose Santiago	FR	DeSales	55.35m	53.56mMD3 B	175-09 10
FOUL 53.56m	FOUL	51.17m	53.39m	50.74m	
2 Jacob Munick	JR	Widener	51.58m	51.09m	167-07 8
49.37m 49.96m	49.27m	FOUL	FOUL	51.09m	
3 Ken Devens	JR	DeSales	49.96m	50.82m	166-09 6
50.82m 47.48m	FOUL	FOUL	FOUL	48.63m	
4 Zach Bleiler	LVC		49.24m	49.62m	162-09 5
46.13m 47.98m	FOUL	FOUL	FOUL	49.62m	
5 Hank Miller	SO	DeSales	47.54m	48.53m	159-03 4
41.42m 45.26m	48.53m	45.33m	46.78m	42.99m	
6 Brad Moran	JR	Widener	46.01m	47.19m	154-10 3
FOUL FOUL	45.11m	46.22m	FOUL	47.19m	
7 Matt Patterson	SR	Widener	45.40m	42.81m	140-05 2
42.81m	FOUL	42.68m	FOUL	FOUL	41.20m
8 Tim Katzaman	SR	Elizabethtown	41.78m	42.35m	138-11 1
FOUL FOUL	42.35m	41.76m	42.33m	42.25m	
9 Mike Theiss	SO	Del. Valley	41.87m	39.56m	129-09
39.56m	FOUL	FOUL	FOUL	FOUL	
10 Robert Baldwin		Albright	34.84m	38.21m	125-04
38.21m	37.10m	37.76m			
11 William Wall	FR	Widener	39.33m	37.88m	124-03
FOUL FOUL	37.88m				
12 Matt Wicks	SR	Messiah	38.98m	37.44m	122-10
37.44m	35.80m	FOUL			
13 Art Pupa	JR	MU	36.02m	36.86m	120-11
34.37m	35.87m	36.86m			
14 Dan Obold	SO	Elizabethtown	34.02m	35.03m	114-11
FOUL FOUL	35.03m				
15 Joe Ardo	FR	MU	33.99m	33.97m	111-05
FOUL 33.97m	FOUL				
16 Chris Rains	FR	Widener	32.38m	33.21m	108-11
FOUL FOUL	33.21m				
17 Derek Leshko	FR	DeSales	32.82m	26.31m	86-04
FOUL 26.31m	FOUL				
-- Dane Canonico		Albright	35.02m	FOUL	
FOUL	FOUL	FOUL			

Men Javelin Throw

MAC: M 68.91m 2002 Matt Deamer, Susquehanna									
62.50m D3 A									
57.80m D3 B									
Name	Year	School	Seed	Finals	Points				
1 Tom Masterson	SO	Del. Valley	58.59m	61.01m D3 B	200-02	10			
FOUL 48.60m 61.01m 58.61m 53.65m FOUL									
2 James Green	SR	Widener	58.42m	60.36m D3 B	198-00	8			
48.31m 60.30m FOUL FOUL 53.67m 60.36m									
3 Mike Torre	SR	Elizabethtown	59.17m	59.08m D3 B	193-10	6			
59.08m 55.74m FOUL 51.73m 51.38m 50.85m									
4 Jared High	JR	Messiah	55.74m	56.08m	184-00	5			
51.15m 56.08m 49.91m 54.51m 52.57m 52.31m									
5 Joe DiPetrillo	FR	Del. Valley	54.10m	55.10m	180-09	4			
51.78m 49.29m 52.43m FOUL 55.10m FOUL									
6 Clint Surgeoner	LVC		58.64m	54.78m	179-09	3			
54.74m FOUL 54.78m 50.15m 48.29m 53.84m									
7 Robert Dowd	SO	Widener	53.00m	54.58m	179-01	2			
50.41m 52.47m 53.58m FOUL 52.58m 54.58m									
8 Cameron Aregood	FR	Elizabethtown	52.07m	53.80m	176-06	1			
51.16m 41.73m 41.47m 53.80m 51.06m 51.84m									
9 Austin Hayes	SR	Elizabethtown	46.27m	52.98m	173-10				
52.98m 50.40m 50.35m 49.37m									
10 Joe Ardo	FR	MU		50.89m	166-11				
45.96m 48.29m 50.89m									
11 Art Pupa	JR	MU	54.96m	50.82m	166-09				
49.05m FOUL 50.82m									
12 Jordan Fegley		Albright	47.72m	46.73m	153-04				
41.99m FOUL 46.73m									
13 Mike Theiss	SO	Del. Valley	47.62m	46.25m	151-09				
45.79m 46.25m FOUL									
14 Justin Del Piano	SR	DeSales	54.39m	45.60m	149-07				
FOUL 45.18m 45.60m									
15 Doug Harding	SO	DeSales	46.80m	44.88m	147-03				
44.88m FOUL FOUL									
16 Thomas McKenna	JR	Shenandoah	42.38m	41.35m	135-08				
FOUL 41.35m 40.43m									

Decathlon: #9 Men Javelin Throw Decathlon

Name	Year	School	Finals	Points
1 Justin Del Piano	SR	DeSales	48.78m	160-00 571
43.64m 45.22m 48.78m				
2 Tyler Parisi	FR	DeSales	48.20m	158-02 562
48.20m 44.46m 41.38m				
3 Richard Pennisi	SO	Messiah	39.38m	129-02 433
34.66m 39.38m 34.54m				
4 Steven Boyer	SO	Elizabethtown	36.94m	121-02 398
36.47m 33.61m 36.94m				
5 Chris Boyd	JR	Messiah	36.37m	119-04 390
36.37m 35.97m 33.85m				
6 Joshua Jackson	FR	Widener	35.20m	115-06 373
32.98m 25.14m 35.20m				
7 Jon Petrilak	JR	Del. Valley	24.27m	79-07 219
FOUL FOUL 24.27m				

Men Decathlon

MAC: M 6339 2003 Dusty Lehr, Juniata									
6600 D3 A									
6050 D3 B									
Name	Year	School	Seed	Finals	Points				
1 Justin Del Piano	SR	DeSales	5983	5864.00	10				
2 Richard Pennisi	SO	Messiah	4663	5132.00	8				
3 Chris Boyd	JR	Messiah	4699	4880.00	6				
4 Tyler Parisi	FR	DeSales	4518	4587.00	5				
5 Jon Petrilak	JR	Del. Valley	4492	4343.00	4				
6 Steven Boyer	SO	Elizabethtown	3448	4042.00	3				
7 Joshua Jackson	FR	Widener		3944.00	2				

Women - Team Rankings - 22 Events Scored

1) Messiah College	193	2) Elizabethtown College	179
3) Misericordia Women's T&F	126.50	4) Lebanon Valley College	101
5) Widener University	95	6) Shenandoah University	46.50
7) DeSales University	43	8) Delaware Valley College	36
9) Albright College	32		

Men - Team Rankings - 22 Events Scored

1) Widener University	190	2) DeSales University	169
3) Elizabethtown College	144.50	4) Messiah College	107
5) Delaware Valley College	63	6) Lebanon Valley College	59.50
7) Misericordia Men's T&F	49	8) Albright College	32
9) Alvernia University	19	10) Shenandoah University	15
11) Manhattanville	3		