

Licensed to Messiah College  
 2011 MAC Outdoor Championships - 5/5/2011 to 5/7/2011  
 Messiah College, Grantham, PA  
 Results

## Women 100 Meter Dash

=====  
 MAC Record: M 12.12 1988 Denise Shotwell, Dickinson  
 Starry Field: S 12.3h 5/1/2004 Lichti, Elizabethtown  
 NCAA Auto: A 11.97  
 NCAA Prov: B 12.33  
 14.14 MAC

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Martin, Liz	FR Messiah College	12.41QMAC	2.4	2
2	Diffenderfer, Katlyn	FR DeSales Universi	12.59QMAC	0.1	1
3	Higgs, Danisha	FR Albright College	12.64QMAC	+0.0	3
4	Perrins, Stacey	FR Misericordia Unv	12.67qMAC	2.4	2
5	Fitti-Hafer, Kristin	FR Lebanon Vall	12.78qMAC	2.4	2
6	Walker, Johanna	JR Lebanon Vall	12.84qMAC	0.1	1
7	Andrus, Valisha	SR Widener Universi	12.86qMAC	+0.0	3
8	Jaraczewski, Pam	SO Elizabethtown Co	13.09qMAC	0.1	1
9	Webb, Shannon	SR DeSales Universi	13.16 MAC	2.4	2
10	Washington, Chynelle	FR Alvernia Univers	13.18 MAC	0.1	1
11	Evison, Katie	SR Lebanon Vall	13.28 MAC	+0.0	3
12	Alderfer, Jennifer	SR Delaware Val	13.29 MAC	+0.0	3
12	Grammar, Courtney	SO Messiah College	13.29 MAC	2.4	2
14	Cattuna, Madeleine	FR Widener Universi	13.32 MAC	+0.0	3
15	Niedermayer, Jenna	SO Elizabethtown Co	13.32 MAC	0.1	1
16	Tyman, Meghan	SR Delaware Val	13.33 MAC	2.4	2
17	Schmidt, Abigail	FR Delaware Val	13.36 MAC	0.1	1
18	Eugene, Ersikha	FR Messiah College	13.55 MAC	+0.0	3
19	Holladay, Brandi	FR Messiah College	13.58 MAC	+0.0	3
20	Weiss, Jessica	FR Alvernia Univers	13.75 MAC	2.4	2
21	Hercik, Haley	FR Lebanon Vall	14.08 MAC	0.1	1
22	DeLuca, Sarah	FR Shenandoah Unive	15.22	0.1	1

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 14.14 MAC

Name	Year	School	Finals	Wind	Points
Finals					
1	Higgs, Danisha	FR Albright College	12.25 MAC	3.1	10
2	Martin, Liz	FR Messiah College	12.36 MAC	3.1	8
3	Perrins, Stacey	FR Misericordia Unv	12.53 MAC	3.1	6
4	Andrus, Valisha	SR Widener Universi	12.61 MAC	3.1	5
5	Walker, Johanna	JR Lebanon Vall	12.82 MAC	3.1	4
6	Fitti-Hafer, Krist	FR Lebanon Vall	12.91 MAC	3.1	3
7	Jaraczewski, Pam	SO Elizabethtown Co	13.16 MAC	3.1	2
8	Diffenderfer, Katl	FR DeSales Universi	22.31	3.1	1
Preliminaries					
9	Webb, Shannon	SR DeSales Universi			
10	Washington, Chynel	FR Alvernia Univers			
11	Evison, Katie	SR Lebanon Vall			
12	Grammar, Courtney	SO Messiah College			
12	Alderfer, Jennifer	SR Delaware Val			
14	Cattuna, Madeleine	FR Widener Universi			
15	Niedermayer, Jenna	SO Elizabethtown Co			
16	Tyman, Meghan	SR Delaware Val			
17	Schmidt, Abigail	FR Delaware Val			

18 Eugene, Ersikha FR Messiah College  
 19 Holladay, Brandi FR Messiah College  
 20 Weiss, Jessica FR Alvernia Univers  
 21 Hercik, Haley FR Lebanon Vall  
 22 DeLuca, Sarah FR Shenandoah Unive

## Women 200 Meter Dash

=====  
 MAC Record: M 24.80 1988 Denise Shotwell, Dickinson  
 Starry Field: S 25.60 4/30/2004 Lichti, Elizabethtown  
 NCAA Auto: A 24.50  
 NCAA Prov: B 25.25  
 29.14 MAC

Name	Year	School	Prelims	Wind	H#
1 Craven, Katie	JR	Messiah College	25.78QMAC	1.4	1
2 Diffenderfer, Katlyn	FR	DeSales Universi	26.15QMAC	0.6	2
3 Perrins, Stacey	FR	Misericordia Unv	26.18QMAC	2.7	4
4 Higgs, Danisha	FR	Albright College	26.18QMAC	1.9	3
5 Andrus, Valisha	SR	Widener Universi	26.27qMAC	2.7	4
6 Walker, Johanna	JR	Lebanon Vall	26.33qMAC	0.6	2
7 Llanos, Darcela	SO	Widener Universi	26.43qMAC	1.9	3
8 Grow, Stephanie	SO	Misericordia Unv	26.66qMAC	1.4	1
9 Jaraczewski, Pam	SO	Elizabethtown Co	26.73 MAC	1.4	1
10 Kutz, Taylor	SO	Albright College	26.84 MAC	1.9	3
11 Loos, Shannon	SR	Albright College	26.98 MAC	0.6	2
12 Evison, Katie	SR	Lebanon Vall	27.24 MAC	2.7	4
13 Cattuna, Madeleine	FR	Widener Universi	27.25 MAC	1.9	3
14 Alderfer, Jennifer	SR	Delaware Val	27.38 MAC	0.6	2
15 Webb, Shannon	SR	DeSales Universi	27.52 MAC	2.7	4
16 Loos, Meghan	SR	Albright College	27.58 MAC	1.4	1
17 Tyman, Meghan	SR	Delaware Val	27.68 MAC	1.9	3
18 Grammar, Courtney	SO	Messiah College	27.96 MAC	1.4	1
19 Eugene, Ersikha	FR	Messiah College	28.12 MAC	0.6	2
20 Washington, Chynelle	FR	Alvernia Univers	28.21 MAC	2.7	4
21 Schmidt, Abigail	FR	Delaware Val	28.27 MAC	1.9	3
22 Weiss, Jessica	FR	Alvernia Univers	28.64 MAC	1.4	1
23 Haines, Kimberly	SO	Delaware Val	28.65 MAC	1.4	1
24 Mikolaichick, Julie	FR	Misericordia Unv	29.11 MAC	0.6	2
25 Adams, Tasia	FR	Messiah College	29.12 MAC	2.7	4
26 DeLuca, Sarah	FR	Shenandoah Unive	31.78	1.9	3

## Women 200 Meter Dash

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 MAC Record: M 24.80 1988 Denise Shotwell, Dickinson  
 Starry Field: S 25.60 4/30/2004 Lichti, Elizabethtown  
 NCAA Auto: A 24.50  
 NCAA Prov: B 25.25  
 29.14 MAC

Name	Year	School	Finals	Wind	Points
Finals					
1 Craven, Katie	JR	Messiah College	25.34SMAC	1.4	10
2 Higgs, Danisha	FR	Albright College	25.38SMAC	1.4	8
3 Perrins, Stacey	FR	Misericordia Unv	25.69 MAC	1.4	6
4 Andrus, Valisha	SR	Widener Universi	25.87 MAC	1.4	5
5 Walker, Johanna	JR	Lebanon Vall	26.28 MAC	1.4	4
6 Llanos, Darcela	SO	Widener Universi	26.46 MAC	1.4	3
7 Grow, Stephanie	SO	Misericordia Unv	26.82 MAC	1.4	2
8 Diffenderfer, Katl	FR	DeSales Universi	45.01	1.4	1
Preliminaries					
9 Jaraczewski, Pam	SO	Elizabethtown Co			
10 Kutz, Taylor	SO	Albright College			
11 Loos, Shannon	SR	Albright College			
12 Evison, Katie	SR	Lebanon Vall			
13 Cattuna, Madeleine	FR	Widener Universi			

14 Alderfer, Jennifer SR Delaware Val  
 15 Webb, Shannon SR DeSales Universi  
 16 Loos, Meghan SR Albright College  
 17 Tyman, Meghan SR Delaware Val  
 18 Grammar, Courtney SO Messiah College  
 19 Eugene, Ersikha FR Messiah College  
 20 Washington, Chynel FR Alvernia Univers  
 21 Schmidt, Abigail FR Delaware Val  
 22 Weiss, Jessica FR Alvernia Univers  
 23 Haines, Kimberly SO Delaware Val  
 24 Mikolaichick, Juli FR Misericordia Unv  
 25 Adams, Tasia FR Messiah College  
 26 DeLuca, Sarah FR Shenandoah Unive

## Women 400 Meter Dash

=====

MAC Record: M 57.79 2008 Rachel Hepkins, Messiah  
 Starry Field: S 57.8h 4/8/1989 Wiederrecht, Messiah  
 NCAA Auto: A 55.70  
 NCAA Prov: B 57.30  
 1:07.24 MAC

Name	Year School	Prelims	H#
1 Craven, Katie	JR Messiah College	58.63QMAC	2
2 Grow, Stephanie	SO Misericordia Unv	1:00.17QMAC	1
3 Llanos, Darcela	SO Widener Universi	1:00.07qMAC	2
4 Farrell, Allisha	SO Lebanon Vall	1:00.09qMAC	2
5 Kutz, Taylor	SO Albright College	1:00.57qMAC	1
6 Lockwood, Ashley	SO Elizabethtown Co	1:00.62qMAC	2
7 Lehew, Katherine	SO Delaware Val	1:00.82qMAC	2
8 Frederick, Tiffany	SO Lebanon Vall	1:01.00qMAC	1
9 Faulkner, Kristen	FR Elizabethtown Co	1:01.29 MAC	1
10 Mills, Tiffany	SO Messiah College	1:01.47 MAC	1
11 Loos, Shannon	SR Albright College	1:01.59 MAC	2
12 Loos, Meghan	SR Albright College	1:03.07 MAC	1
13 DiPietro, Danielle	SR Albright College	1:04.47 MAC	2
14 Mikolaichick, Julie	FR Misericordia Unv	1:05.99 MAC	1
15 gavin, colleen	SO DeSales Universi	1:06.24 MAC	1

## Women 400 Meter Dash

=====

MAC Record: M 57.79 2008 Rachel Hepkins, Messiah  
 Starry Field: S 57.8h 4/8/1989 Wiederrecht, Messiah  
 NCAA Auto: A 55.70  
 NCAA Prov: B 57.30  
 1:07.24 MAC

Name	Year School	Finals	Points
Finals			
1 Craven, Katie	JR Messiah College	58.59 MAC	10
2 Farrell, Allisha	SO Lebanon Vall	1:00.33 MAC	8
3 Llanos, Darcela	SO Widener Universi	1:00.68 MAC	6
4 Frederick, Tiffany	SO Lebanon Vall	1:01.53 MAC	5
5 Lehew, Katherine	SO Delaware Val	1:01.55 MAC	4
6 Lockwood, Ashley	SO Elizabethtown Co	1:02.16 MAC	3
7 Grow, Stephanie	SO Misericordia Unv	1:02.36 MAC	2
8 Kutz, Taylor	SO Albright College	1:02.66 MAC	1
Preliminaries			
9 Faulkner, Kristen	FR Elizabethtown Co		
10 Mills, Tiffany	SO Messiah College		
11 Loos, Shannon	SR Albright College		
12 Loos, Meghan	SR Albright College		
13 DiPietro, Danielle	SR Albright College		
14 Mikolaichick, Juli	FR Misericordia Unv		
15 gavin, colleen	SO DeSales Universi		

## Women 800 Meter Run

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MAC Record: M 2:14.06 1989 Rebecca Weiderrecht, Messiah  
 Starry Field: S 2:15.87 5/1/2004 Lucrezi, DeSales  
 NCAA Auto: A 2:10.60  
 NCAA Prov: B 2:14.40  
 2:39.24 MAC

Name	Year	School	Prelims	H#
1 Orrson, Marina	SO	Misericordia Unv	2:20.40QMAC	2
2 Howser, Kathryn	JR	Elizabethtown Co	2:22.46QMAC	1
3 Airey, Brooke	JR	Messiah College	2:24.77QMAC	3
4 Kaste, Grace	SR	Messiah College	2:22.85QMAC	2
5 Comiskey, Bridget	FR	Misericordia Unv	2:23.11QMAC	1
6 Adams, Cynthia	FR	Lebanon Vall	2:25.00QMAC	3
7 Richards, Janna	SO	Elizabethtown Co	2:24.01qMAC	1
8 Sulon, Sarah	FR	Elizabethtown Co	2:24.75qMAC	2
9 Cusatis, Marcie	SR	Misericordia Unv	2:25.41 MAC	3
10 Cameron, Kelsey	SO	Misericordia Unv	2:27.34 MAC	2
11 Crow, Libby	FR	Elizabethtown Co	2:29.19 MAC	1
12 Mongeau, Julia	FR	Lebanon Vall	2:29.32 MAC	1
13 kurowski, allison	SR	DeSales Universi	2:29.70 MAC	2
14 Stone, Erin	FR	Alvernia Univers	2:30.57 MAC	3
15 Vazzana, Caroline	FR	Albright College	2:31.90 MAC	2
16 Lehew, Katherine	SO	Delaware Val	2:33.52 MAC	1
17 Stewart, Ashley	FR	Shenandoah Unive	2:33.66 MAC	3
18 Callahan, Ashley	SO	Widener Universi	2:34.35 MAC	2
19 Hastings, Justine	JR	Shenandoah Unive	2:34.65 MAC	2
20 Hepp, Victoria	FR	Messiah College	2:35.86 MAC	3
21 Sobanko, Brandi	JR	Shenandoah Unive	2:36.62 MAC	3
22 Miller, Stephanie	SO	Messiah College	2:43.14	1

## Women 800 Meter Run

=====

MAC Record: M 2:14.06 1989 Rebecca Weiderrecht, Messiah  
 Starry Field: S 2:15.87 5/1/2004 Lucrezi, DeSales  
 NCAA Auto: A 2:10.60  
 NCAA Prov: B 2:14.40  
 2:39.24 MAC

Name	Year	School	Finals	Points
<b>Finals</b>				
1 Adams, Cynthia	FR	Lebanon Vall	2:19.60 MAC	10
2 Howser, Kathryn	JR	Elizabethtown Co	2:19.62 MAC	8
3 Kaste, Grace	SR	Messiah College	2:22.93 MAC	6
4 Richards, Janna	SO	Elizabethtown Co	2:25.42 MAC	5
5 Airey, Brooke	JR	Messiah College	2:26.11 MAC	4
6 Comiskey, Bridget	FR	Misericordia Unv	2:26.59 MAC	3
7 Orrson, Marina	SO	Misericordia Unv	2:29.36 MAC	2
8 Sulon, Sarah	FR	Elizabethtown Co	2:35.34 MAC	1
<b>Preliminaries</b>				
9 Cusatis, Marcie	SR	Misericordia Unv		
10 Cameron, Kelsey	SO	Misericordia Unv		
11 Crow, Libby	FR	Elizabethtown Co		
12 Mongeau, Julia	FR	Lebanon Vall		
13 kurowski, allison	SR	DeSales Universi		
14 Stone, Erin	FR	Alvernia Univers		
15 Vazzana, Caroline	FR	Albright College		
16 Lehew, Katherine	SO	Delaware Val		
17 Stewart, Ashley	FR	Shenandoah Unive		
18 Callahan, Ashley	SO	Widener Universi		
19 Hastings, Justine	JR	Shenandoah Unive		
20 Hepp, Victoria	FR	Messiah College		
21 Sobanko, Brandi	JR	Shenandoah Unive		
22 Miller, Stephanie	SO	Messiah College		

## Women 1500 Meter Run

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MAC Record: M 4:37.88 1996 Tracy Wartman, Moravian  
 Starry Field: S 4:39.33 5/1/2004 Lucrezi, Catholic  
 NCAA Auto: A 4:29.20  
 NCAA Prov: B 4:38.00

Name	Year School	Finals	Points
=====			
Finals			
1 Adams, Cynthia	FR Lebanon Vall	4:44.84 MAC	10
2 Cronin, Jennifer	SR Lebanon Vall	4:45.15 MAC	8
3 Orrson, Marina	SO Misericordia Unv	4:46.44 MAC	6
4 Tempone, Traci	FR Elizabethtown Co	4:46.68 MAC	5
5 Dorgan, Caitlin	SR Delaware Val	4:49.37 MAC	4
6 Cody, Eileen	FR Elizabethtown Co	4:54.99 MAC	3
7 Tursi, Megan	FR Elizabethtown Co	4:55.76 MAC	2
8 Braun, Sarah	FR DeSales Universi	5:01.63 MAC	1
9 Jones, Laurie	FR Elizabethtown Co	5:02.16 MAC	
10 Cusatis, Marcie	SR Misericordia Unv	5:06.90 MAC	
11 Dillner, Jessica	SO Messiah College	5:08.40 MAC	
12 Miller, Alyssa	FR Lebanon Vall	5:09.75 MAC	
13 Forsythe, Tracey	SO Delaware Val	5:10.97 MAC	
14 Stewart, Ashley	FR Shenandoah Unive	5:13.92 MAC	
15 Crow, Libby	FR Elizabethtown Co	5:14.16 MAC	
16 Bender, Jennifer	FR Messiah College	5:14.64 MAC	
17 Reed, Abby	JR Messiah College	5:16.46 MAC	
18 Hesse, Emily	SO Shenandoah Unive	5:17.12 MAC	
19 Mongeau, Julia	FR Lebanon Vall	5:17.97 MAC	
20 Jordan, Alisha	SO Delaware Val	5:20.64 MAC	
21 Sulon, Sarah	FR Elizabethtown Co	5:24.85 MAC	
22 Mitchell, Abby	FR Elizabethtown Co	5:26.16 MAC	
23 Hepp, Victoria	FR Messiah College	5:27.88 MAC	
24 costello, colleen	FR DeSales Universi	5:31.86 MAC	
25 Hastings, Justine	JR Shenandoah Unive	5:34.78 MAC	
26 Conover, Hayley	SO Widener Universi	5:35.03 MAC	
27 O'Rourke, Maura	JR Misericordia Unv	5:40.52	
28 Neubauer, Patricia	SR Manhattanville C	5:48.09	

## Women 5000 Meter Run

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MAC Record: M 17:20.87 1994 Carla Thomas, Moravian  
 Starry Field: S 17:16.0h 12/4/1998 Teufel, Messiah  
 NCAA Auto: A 16:55.00  
 NCAA Prov: B 17:35.00

Name	Year School	Finals	Points
=====			
1 Tempone, Traci	FR Elizabethtown Co	18:19.00 MAC	10
2 Cronin, Jennifer	SR Lebanon Vall	18:24.64 MAC	8
3 Dorgan, Caitlin	SR Delaware Val	18:29.21 MAC	6
4 O'Brien, Kristen	SR Elizabethtown Co	18:29.40 MAC	5
5 Cody, Eileen	FR Elizabethtown Co	18:40.39 MAC	4
6 Smith, Amy	JR Shenandoah Unive	18:51.51 MAC	3
7 Higgins, Mary	JR Messiah College	19:03.73 MAC	2
8 Asher, Emily	JR Widener Universi	19:16.74 MAC	1
9 Long, Courtney	JR Messiah College	19:29.67 MAC	
10 Patton, Megan	SO Elizabethtown Co	19:43.07 MAC	
11 Forsythe, Tracey	SO Delaware Val	19:47.08 MAC	
12 Earner, Dorthy	FR Shenandoah Unive	19:47.31 MAC	
13 Tursi, Megan	FR Elizabethtown Co	20:00.39 MAC	
14 Korn, Alyssa	FR Elizabethtown Co	20:04.20 MAC	
15 Beshore, Teresa	SR Elizabethtown Co	20:04.99 MAC	
16 Miller, Alyssa	FR Lebanon Vall	20:08.83 MAC	
17 Medendorp, Kellie	FR Widener Universi	20:09.62 MAC	
18 DiGregorio, Natali	FR Messiah College	20:12.21 MAC	

19 Bender, Jennifer	FR Messiah College	20:13.99	MAC
20 Jordan, Alisha	SO Delaware Val	20:34.91	MAC
21 Steinmetz, Sarah	SO Elizabethtown Co	20:42.13	
22 winters, rachel	SO DeSales Universi	21:12.35	
23 Liaw, Christal	SR Messiah College	21:34.13	
24 harmon, cassie	SR DeSales Universi	21:48.59	

## Women 10000 Meter Run

=====  
 MAC Record: M 37:01.42 2009 Amanda Daws, Elizabethtown  
 Starry Field: S 36:27.8h 4/18/1998 Hayes, US Naval Academy  
 NCAA Auto: A 35:48.00  
 NCAA Prov: B 37:24.00

46:00.24 MAC

Name	Year School	Finals	Points
1 O'Brien, Kristen	SR Elizabethtown Co	38:29.50 MAC	10
2 Cody, Eileen	FR Elizabethtown Co	38:29.61 MAC	8
3 Patton, Megan	SO Elizabethtown Co	39:13.58 MAC	6
4 Asher, Emily	JR Widener Universi	39:20.09 MAC	5
5 Higgins, Mary	JR Messiah College	39:41.00 MAC	4
6 Medendorp, Kellie	FR Widener Universi	40:53.38 MAC	3
7 Korn, Alyssa	FR Elizabethtown Co	42:00.58 MAC	2
8 Krissinger, Lauryn	JR Elizabethtown Co	42:35.77 MAC	1
9 Guth, Cara	FR DeSales Universi	42:56.77 MAC	
10 winters, rachel	SO DeSales Universi	43:47.89 MAC	
11 Steinmetz, Sarah	SO Elizabethtown Co	44:02.28 MAC	
12 harmon, cassie	SR DeSales Universi	44:32.59 MAC	
13 Anderson, Kate	SO Lebanon Vall	45:32.75 MAC	
-- Earner, Dorthy	FR Shenandoah Unive	DNF	

## Women 100 Meter Hurdles

=====  
 MAC Record: M 14.14 2009 Kristen Bates, Messiah  
 Starry Field: S 14.54 4/10/2010 Bates, Messiah  
 NCAA Auto: A 14.58  
 NCAA Prov: B 14.99

18.74 MAC

Name	Year School	Prelims	Wind H#
Preliminaries			
1 Martin, Liz	FR Messiah College	15.26qMAC	0.5 2
2 Walker, Johanna	JR Lebanon Vall	15.45qMAC	-0.8 1
3 Dunn, Jill	SO Misericordia Unv	15.77qMAC	0.5 2
4 Fogel, Katy	SO Elizabethtown Co	15.78qMAC	0.5 2
5 Stephan, Amber	FR Messiah College	16.05qMAC	0.5 2
6 Fitti-Hafer, Kristin	FR Lebanon Vall	16.05qMAC	-0.8 1
7 Gold, Allie	SR Elizabethtown Co	16.15qMAC	-0.8 1
8 Hoover, Kaitlyn	FR Messiah College	17.02qMAC	-0.8 1
9 Loranger, Monica	FR Elizabethtown Co	17.14 MAC	0.5 2
10 Wallen, Kelsey	SO Lebanon Vall	17.16 MAC	-0.8 1
11 Coleman, Stephanie	FR Alvernia Univers	17.17 MAC	0.5 2
12 Heisey, Ellamae	JR Messiah College	17.21 MAC	-0.8 1
13 Lipari, Nicole	JR Elizabethtown Co	17.22 MAC	-0.8 1

## Women 100 Meter Hurdles

=====  
 MAC Record: M 14.14 2009 Kristen Bates, Messiah  
 Starry Field: S 14.54 4/10/2010 Bates, Messiah  
 NCAA Auto: A 14.58  
 NCAA Prov: B 14.99

18.74 MAC

Name	Year School	Finals	Wind Points
Finals			
1 Walker, Johanna	JR Lebanon Vall	14.87 MAC	2.5 10

2	Martin, Liz	FR Messiah College	14.88	MAC	2.5	8
3	Dunn, Jill	SO Misericordia Unv	15.06	MAC	2.5	6
4	Gold, Allie	SR Elizabethtown Co	15.49	MAC	2.5	5
5	Stephan, Amber	FR Messiah College	15.71	MAC	2.5	4
6	Fogel, Katy	SO Elizabethtown Co	15.74	MAC	2.5	3
7	Fitti-Hafer, Krist	FR Lebanon Vall	15.99	MAC	2.5	2
8	Hoover, Kaitlyn	FR Messiah College	16.97	MAC	2.5	1

## Preliminaries

9	Loranger, Monica	FR Elizabethtown Co				
10	Wallen, Kelsey	SO Lebanon Vall				
11	Coleman, Stephanie	FR Alvernia Univers				
12	Heisey, Ellamae	JR Messiah College				
13	Lipari, Nicole	JR Elizabethtown Co				

## Women 400 Meter Hurdles

=====

MAC Record: M 1:01.85 2007 Emily Lepley, Susquehanna  
 Starry Field: S 1:03.76 5/4/1996 Albrecht, Geneva  
 NCAA Auto: A 1:02.00  
 NCAA Prov: B 1:04.20  
 1:20.24 MAC

Name	Year School	Prelims	H#	
1	Stephan, Amber	FR Messiah College	1:06.34QMAC	2
2	Dunn, Jill	SO Misericordia Unv	1:06.40QMAC	3
3	Martin, Liz	FR Messiah College	1:07.54QMAC	1
4	Miller, Mackenzie	SR Albright College	1:08.73qMAC	1
5	Samper, Jamielyn	FR Lebanon Vall	1:08.79qMAC	1
6	Fogel, Katy	SO Elizabethtown Co	1:09.08qMAC	2
7	Mills, Tiffany	SO Messiah College	1:09.41qMAC	3
8	Christ, Alexandra	FR Elizabethtown Co	1:10.57qMAC	3
9	Patrick, Jill	JR Elizabethtown Co	1:10.77 MAC	3
10	Klingler, Miranda	SR Lebanon Vall	1:10.81 MAC	2
11	saylor, Chelsea	SO DeSales Universi	1:11.64 MAC	2
12	McLean, Margaret	SO Lebanon Vall	1:11.73 MAC	2
13	Lipari, Nicole	JR Elizabethtown Co	1:12.57 MAC	1
14	Hill, Natalie	FR Messiah College	1:13.77 MAC	1
15	Van Clief, Kelly	SO Elizabethtown Co	1:13.81 MAC	1
16	Coleman, Stephanie	FR Alvernia Univers	1:16.24 MAC	3
17	Kirgan, Shanna	FR Elizabethtown Co	1:16.72 MAC	2

## Women 400 Meter Hurdles

=====

MAC Record: M 1:01.85 2007 Emily Lepley, Susquehanna  
 Starry Field: S 1:03.76 5/4/1996 Albrecht, Geneva  
 NCAA Auto: A 1:02.00  
 NCAA Prov: B 1:04.20  
 1:20.24 MAC

Name	Year School	Finals	Points	
=====				
Finals				
1	Martin, Liz	FR Messiah College	1:05.53 MAC	10
2	Dunn, Jill	SO Misericordia Unv	1:05.86 MAC	8
3	Stephan, Amber	FR Messiah College	1:07.29 MAC	6
4	Mills, Tiffany	SO Messiah College	1:07.72 MAC	5
5	Fogel, Katy	SO Elizabethtown Co	1:08.07 MAC	4
6	Miller, Mackenzie	SR Albright College	1:08.29 MAC	3
7	Samper, Jamielyn	FR Lebanon Vall	1:10.02 MAC	2
8	Christ, Alexandra	FR Elizabethtown Co	1:11.52 MAC	1
Preliminaries				
9	Patrick, Jill	JR Elizabethtown Co		
10	Klingler, Miranda	SR Lebanon Vall		
11	saylor, Chelsea	SO DeSales Universi		
12	McLean, Margaret	SO Lebanon Vall		
13	Lipari, Nicole	JR Elizabethtown Co		
14	Hill, Natalie	FR Messiah College		

15 Van Clief, Kelly SO Elizabethtown Co  
 16 Coleman, Stephanie FR Alvernia Univers  
 17 Kirgan, Shanna FR Elizabethtown Co

## Women 3000 Meter Steeplechase

=====

MAC Record: M 11:22.16 5/7/2010 Megan VanDenHengel, Elizabethtown  
 Starry Field: S 11:14.15 4/30/2004 Lucrezi, DeSales  
 NCAA Auto: A 10:43.10  
 NCAA Prov: B 11:10.00  
 13:45.24 MAC

Name	Year	School	Finals	Points
=====				
Finals				
1		Smith, Amy	JR Shenandoah Unive	11:28.97 MAC 10
2		Tursi, Megan	FR Elizabethtown Co	11:45.05 MAC 8
3		Forsythe, Tracey	SO Delaware Val	11:57.93 MAC 6
4		Patton, Megan	SO Elizabethtown Co	12:07.02 MAC 5
5		Miller, Alyssa	FR Lebanon Vall	12:17.54 MAC 4
6		Kaste, Grace	SR Messiah College	12:27.53 MAC 3
7		Beshore, Teresa	SR Elizabethtown Co	12:36.17 MAC 2
8		Davidson, Kelly	SO Manhattanville C	12:40.32 MAC 1
9		Hummel, Kimberly	JR Albright College	12:50.57 MAC
10		DiGregorio, Natali	FR Messiah College	12:53.01 MAC
11		Hepp, Victoria	FR Messiah College	13:05.53 MAC
12		Stine, Gabrielle	SR Albright College	13:40.63 MAC
13		Liaw, Christal	SR Messiah College	13:52.54
14		laser, anna	FR DeSales Universi	13:53.30
15		Harrell, Alison	FR Elizabethtown Co	14:37.02

## Women 4x100 Meter Relay

=====

MAC Record: M 48.38 2002 Widener, Widener  
 Starry Field: S 48.54 4/12/2008 Bridgewater, Bridgewater  
 NCAA Auto: A 47.15  
 NCAA Prov: B 48.65

School	Prelims	H#
=====		
Preliminaries		
1 Messiah College 'A'	49.31Q	2
2 Lebanon Valley 'A'	49.47Q	1
3 Albright College 'A'	49.95q	1
4 Misericordia University 'A'	50.65q	2
5 Widener University 'A'	50.80q	1
6 Elizabethtown College 'A'	51.09q	2
7 Delaware Valley 'A'	51.31q	1
8 DeSales University 'A'	53.55q	2
-- Alvernia University 'A'	DQ	2

## Women 4x100 Meter Relay

=====

MAC Record: M 48.38 2002 Widener, Widener  
 Starry Field: S 48.54 4/12/2008 Bridgewater, Bridgewater  
 NCAA Auto: A 47.15  
 NCAA Prov: B 48.65

School	Finals	Points
=====		
Finals		
1 Messiah College 'A'	49.12	10
2 Lebanon Valley 'A'	49.39	8
3 Albright College 'A'	50.07	6
4 Misericordia University 'A'	50.24	5
5 Widener University 'A'	50.85	4
6 Elizabethtown College 'A'	51.48	3
7 Delaware Valley 'A'	51.73	2
8 DeSales University 'A'	55.48	1



## Preliminaries

-- Alvernia University 'A'

## Women 4x400 Meter Relay

=====

MAC Record: M 3:58.80 2005 , Elizabethtown  
 Starry Field: S 3:59.6h 4/14/1984 Messiah, Messiah  
 NCAA Auto: A 3:50.10  
 NCAA Prov: B 3:56.00

School	Finals	Points
=====		
Finals		
1 Messiah College 'A'	3:59.17S	10
2 Lebanon Valley 'A'	4:01.28	8
3 Misericordia University 'A'	4:01.75	6
4 Albright College 'A'	4:03.56	5
5 Elizabethtown College 'A'	4:04.84	4
6 Widener University 'A'	4:12.91	3
7 DeSales University 'A'	4:20.12	2
8 Shenandoah University 'A'	4:35.01	1

## Women 4x800 Meter Relay

=====

MAC Record: M 9:17.48 2010 Elizabethtown, Elizabethtown  
 Starry Field: S 9:41.93 4/21/2005 Houghton, Houghton

School	Finals	Points
=====		
1 Lebanon Valley 'A'	9:33.81S	10
2 Elizabethtown College 'A'	9:37.22S	8
3 DeSales University 'A'	10:08.66	6
4 Messiah College 'A'	10:12.42	5
5 Albright College 'A'	10:25.68	4
6 Widener University 'A'	11:12.12	3

## Women High Jump

=====

MAC Record: M 5-06 Two times  
 Starry Field: S 5-06 4/4/1991 Laird, Gettysburg  
 NCAA Auto: A 1.71m  
 NCAA Prov: B 1.65m  
 4-06.00 MAC

Name	Year School	Finals	Points
=====			
1 Ward, Ashlee	FR Misericordia Unv	1.61m	5-03.25 10
2 Bjorkman, Rachel	SO Messiah College	1.58m	5-02.25 8
3 Loranger, Monica	FR Elizabethtown Co	1.55m	5-01.00 5.50
3 Spiller, Colleen	FR Widener Universi	1.55m	5-01.00 5.50
5 Farrell, Allisha	SO Lebanon Vall	1.50m	4-11.00 4
6 Maier, Kira	SO Messiah College	J1.50m	4-11.00 3
7 Niedermayer, Jenna	SO Elizabethtown Co	1.45m	4-09.00 2
8 rau, emily	SR DeSales Universi	1.40m	4-07.00 0.33
8 Hastings, Justine	JR Shenandoah Unive	1.40m	4-07.00 0.33
8 Hill, Natalie	FR Messiah College	1.40m	4-07.00 0.33
11 Monico, Stephanie	FR Lebanon Vall	J1.40m	4-07.00
12 saylor, Chelsea	SO DeSales Universi	1.30m	4-03.25

## Women Pole Vault

=====

MAC Record: M 3.91m 5/7/2010 Abby Schaffer, Widener  
 Starry Field: S 10-06 2003 Alloco, Weaner, Mease, Messiah, Goucher  
 NCAA Auto: A 3.86m  
 NCAA Prov: B 3.55m  
 7-06.00 MAC

Name	Year School	Finals	Points
=====			
1 McDonald, Brooke	JR Widener Universi	3.25m	10-08.00 10

2	Webb, Shannon	SR DeSales Universi	3.10m	10-02.00	8
3	Wallen, Cassandra	SO Lebanon Vall	J3.10m	10-02.00	6
4	Loranger, Monica	FR Elizabethtown Co	J3.10m	10-02.00	5
5	Farrell, Allisha	SO Lebanon Vall	2.95m	9-08.00	4
6	Schramm, Valarie	SO Lebanon Vall	2.80m	9-02.25	3
7	McDonald, Abby	JR Messiah College	J2.80m	9-02.25	2
8	Rutkoski, Rachael	SO Misericordia Unv	J2.80m	9-02.25	1
9	Gompers, Nancy	FR Elizabethtown Co	J2.80m	9-02.25	
10	Photiades, Jennife	FR DeSales Universi	2.65m	8-08.25	
11	Diffenderfer, Katl	FR DeSales Universi	J2.65m	8-08.25	
--	Schmidt, Chelsea	SO DeSales Universi	NH		
--	Poletti, Rachel	FR Messiah College	NH		

## Women Long Jump

MAC Record: M 18-06 1996 Janine Shirk, Messiah  
 Starry Field: S 18-03.75 4/8/1989 Kegarise, Messiah  
 NCAA Auto: A 5.84m  
 NCAA Prov: B 5.60m

14-06.00 MAC

Name	Year	School	Finals	Wind	Points
1	Farrell, Allisha	SO Lebanon Vall	5.22m	+0.0 17-01.50	10
2	Niedermayer, Jenna	SO Elizabethtown Co	5.08m	1.2 16-08.00	8
3	Dunn, Jill	SO Misericordia Unv	5.03m	+0.0 16-06.00	6
4	Valis, Kaitlyn	SR Messiah College	4.97m	+0.0 16-03.75	5
5	Bjorkman, Rachel	SO Messiah College	4.88m	+0.0 16-00.25	4
6	Attig, Kayla	SO Misericordia Unv	4.83m	1.2 15-10.25	3
7	Diffenderfer, Katl	FR DeSales Universi	J4.83m	0.6 15-10.25	2
8	Pelkey, Hillary	SO Messiah College	4.64m	+0.0 15-02.75	1
9	McKenzie, Kayla	FR Elizabethtown Co	4.55m	0.6 14-11.25	
10	Eugene, Ersikha	FR Messiah College	4.41m	+0.0 14-05.75	
11	Batter, Victoria	FR Widener Universi	4.37m	+0.0 14-04.00	
12	Monico, Stephanie	FR Lebanon Vall	4.18m	+0.0 13-08.75	
13	Wallen, Cassandra	SO Lebanon Vall	3.88m	+0.0 12-08.75	

## Women Triple Jump

MAC Record: M 11.83m 2008 Kristen Bates, Messiah  
 Starry Field: S 39-04.75 4/18/2009 Bates, Messiah  
 NCAA Auto: A 12.00m  
 NCAA Prov: B 11.36m

31-00.00 MAC

Name	Year	School	Finals	Wind	Points
1	Niedermayer, Jenna	SO Elizabethtown Co	11.05m	4.0 36-03.00	10
2	Bjorkman, Rachel	SO Messiah College	10.76m	2.5 35-03.75	8
3	Dunn, Jill	SO Misericordia Unv	10.64m	2.1 34-11.00	6
4	Valis, Kaitlyn	SR Messiah College	10.53m	2.9 34-06.75	5
5	kurowski, allison	SR DeSales Universi	10.40m	1.8 34-01.50	4
6	Miller, Mackenzie	SR Albright College	10.39m	4.3 34-01.25	3
7	kelly, katie	SR DeSales Universi	9.73m	3.4 31-11.25	2
8	Batter, Victoria	FR Widener Universi	9.66m	2.9 31-08.50	1
9	Kochmer, Jacquelin	FR Misericordia Unv	9.55m	2.8 31-04.00	
10	saylor, Chelsea	SO DeSales Universi	9.52m	2.7 31-03.00	
11	Hoover, Kaitlyn	FR Messiah College	9.43m	3.6 30-11.25	
12	Monico, Stephanie	FR Lebanon Vall	9.38m	1.4 30-09.25	
13	Wallen, Kelsey	SO Lebanon Vall	9.30m	4.4 30-06.25	

## Women Shot Put

MAC Record: M 14.31m 2003 Christina Scherwin, Moravian  
 Starry Field: S 42-11.75 4/6/1991 Walsh, Moravian  
 NCAA Auto: A 13.83m  
 NCAA Prov: B 12.80m

30-00.00 MAC

Name	Year	School	Finals	Points
1 Schmalzer, Erinne	SO	DeSales Universi	11.84m	38-10.25 10
2 Szpynda, Erica	FR	Widener Universi	11.79m	38-08.25 8
3 Bealer, Jessica	JR	Misericordia Unv	11.63m	38-02.00 6
4 Pelkey, Hillary	SO	Messiah College	11.33m	37-02.25 5
5 Theall, Amanda	SO	Shenandoah Unive	11.24m	36-10.50 4
6 Wade, Olivia	SO	DeSales Universi	11.02m	36-02.00 3
7 Searle, Amanda	FR	Alvernia Univers	10.85m	35-07.25 2
8 Bach, Caitlin	FR	Lebanon Vall	10.78m	35-04.50 1
9 Ward, Ashlee	FR	Misericordia Unv	10.75m	35-03.25
10 Maier, Kira	SO	Messiah College	10.45m	34-03.50
11 Kroszner, Eileen	FR	Elizabethtown Co	10.35m	33-11.50
12 Sewell, Rebecca	SO	Widener Universi	10.20m	33-05.75
13 Salem, Rachelle	JR	Delaware Val	J10.20m	33-05.75
14 wade, ashley	JR	DeSales Universi	9.94m	32-07.50
15 Moore, Laticcia	FR	Shenandoah Unive	9.87m	32-04.75
16 Vega, Jazmyn	FR	Alvernia Univers	9.62m	31-06.75
17 Kane, Shannon	SR	Misericordia Unv	9.52m	31-03.00
18 Lengel, Alyssa	SR	Messiah College	9.41m	30-10.50
19 Stocks, Kammeron	FR	DeSales Universi	9.36m	30-08.50
20 Pallas, Christine	FR	Albright College	9.26m	30-04.75
21 Strait, Emily	SR	Messiah College	9.25m	30-04.25
22 Balutis, Tabitha	SR	Delaware Val	8.60m	28-02.75
-- DeGeorge, Sarah	SR	Elizabethtown Co	FOUL	
-- moran, Kara	SO	DeSales Universi	DQ	

## Women Discus Throw

MAC Record: M 142-00 1998 Ann Musser, Lebanon Valley  
 Starry Field: S 145-03 4/18/1998 Musser, Lebanon Valley  
 NCAA Auto: A 45.65m  
 NCAA Prov: B 41.50m  
 95-00 MAC

Name	Year	School	Finals	Points
1 Ward, Ashlee	FR	Misericordia Unv	38.00m	124-08 10
2 Moore, Laticcia	FR	Shenandoah Unive	34.91m	114-06 8
3 Theall, Amanda	SO	Shenandoah Unive	34.51m	113-03 6
4 Kane, Shannon	SR	Misericordia Unv	33.76m	110-09 5
5 Maier, Kira	SO	Messiah College	33.36m	109-05 4
6 Searle, Amanda	FR	Alvernia Univers	32.80m	107-07 3
7 Brossman, Noelle	FR	Lebanon Vall	32.03m	105-01 2
8 Lengel, Alyssa	SR	Messiah College	31.82m	104-05 1
9 wade, ashley	JR	DeSales Universi	31.63m	103-09
10 Bealer, Jessica	JR	Misericordia Unv	30.81m	101-01
11 Salem, Rachelle	JR	Delaware Val	29.54m	96-11
12 DeGeorge, Sarah	SR	Elizabethtown Co	29.49m	96-09
13 Stocks, Kammeron	FR	DeSales Universi	29.39m	96-05
14 Szpynda, Erica	FR	Widener Universi	29.12m	95-06
15 Bach, Caitlin	FR	Lebanon Vall	26.50m	86-11
16 Hejnas, Claire	FR	Lebanon Vall	25.82m	84-08
17 Kroszner, Eileen	FR	Elizabethtown Co	25.56m	83-10
-- Schmalzer, Erinne	SO	DeSales Universi	FOUL	

## Women Hammer Throw

MAC Record: M 45.37m 5/6/2010 Nikita Halteman, Widener  
 Starry Field: S 155-08 4/13/2003 Williams, Goucher  
 NCAA Auto: A 53.00m  
 NCAA Prov: B 47.70m  
 85-00 MAC

Name	Year	School	Finals	Points
1 DeGeorge, Sarah	SR	Elizabethtown Co	38.92m	127-08 10
2 Lengel, Alyssa	SR	Messiah College	37.45m	122-10 8

3	Salem, Rachelle	JR Delaware Val	37.26m	122-03	6
4	wade, ashley	JR DeSales Universi	37.23m	122-02	5
5	Strait, Emily	SR Messiah College	37.20m	122-00	4
6	Wimberg, Kathryn	SO Alvernia Univers	37.02m	121-05	3
7	Theall, Amanda	SO Shenandoah Unive	36.07m	118-04	2
8	Stocks, Kammeron	FR DeSales Universi	33.39m	109-06	1
9	Youtz, Chelsea	JR Misericordia Unv	33.23m	109-00	
10	Boyd, Lindsay	SO Albright College	30.96m	101-07	
11	Wade, Olivia	SO DeSales Universi	30.78m	101-00	
12	Sewell, Rebecca	SO Widener Universi	29.57m	97-00	
13	Laudeman, Maurissa	SO Lebanon Vall	27.45m	90-01	
14	Searle, Amanda	FR Alvernia Univers	27.40m	89-11	
15	Stengel, Alexandra	SO Alvernia Univers	27.24m	89-04	
16	Kroszner, Eileen	FR Elizabethtown Co	27.21m	89-03	
17	Balutis, Tabitha	SR Delaware Val	24.84m	81-06	
18	Vega, Jazmyn	FR Alvernia Univers	24.18m	79-04	
--	Bealer, Jessica	JR Misericordia Unv	FOUL		
--	moran, Kara	SO DeSales Universi	DQ		

## Women Javelin Throw

MAC Record: M 50.19m 2002 Christina Scherwin, Moravian  
 Starry Field: S 146-00 3/26/2008 Reed, Messiah  
 NCAA Auto: A 44.40m  
 NCAA Prov: B 39.25m

Name	Year School	Finals	Points
1	Pelkey, Hillary	SO Messiah College	40.84mB 134-00 10
2	Kane, Shannon	SR Misericordia Unv	38.81m 127-04 8
3	Lengel, Alyssa	SR Messiah College	33.67m 110-05 6
4	Webb, Shannon	SR DeSales Universi	32.63m 107-01 5
5	Balutis, Tabitha	SR Delaware Val	31.92m 104-09 4
6	Stocks, Kammeron	FR DeSales Universi	30.59m 100-04 3
7	Hindman, Rebecca	FR Misericordia Unv	30.08m 98-08 2
8	Sparling, Alicia	SO Misericordia Unv	29.68m 97-04 1
9	Hejnas, Claire	FR Lebanon Vall	29.00m 95-02
10	Alderfer, Jennifer	SR Delaware Val	27.93m 91-08
11	Kroszner, Eileen	FR Elizabethtown Co	27.29m 89-06
12	Maier, Kira	SO Messiah College	26.90m 88-03
13	Vega, Jazmyn	FR Alvernia Univers	22.47m 73-09

## Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year School	Finals	Wind	Points
1	Webb, Shannon	SR DeSales Universi	26.68	0.8 739
2	Miller, Mackenzie	SR Albright College	26.73	0.8 734
3	Gold, Allie	SR Elizabethtown Co	27.02	0.8 710
4	Valis, Kaitlyn	SR Messiah College	27.03	0.8 709
5	Sobanko, Brandi	JR Shenandoah Unive	27.16	0.8 699
6	Heisey, Ellamae	JR Messiah College	27.85	0.8 643
7	Hoover, Kaitlyn	FR Messiah College	29.34	0.8 529
8	saylor, Chelsea	SO DeSales Universi	29.93	0.8 487

## Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year School	Finals	Points
1	Sobanko, Brandi	JR Shenandoah Unive	2:28.41 713
2	Miller, Mackenzie	SR Albright College	2:37.29 604
3	Gold, Allie	SR Elizabethtown Co	2:38.07 595
4	Webb, Shannon	SR DeSales Universi	2:39.93 574
5	Valis, Kaitlyn	SR Messiah College	2:41.11 560
6	saylor, Chelsea	SO DeSales Universi	2:42.22 548
7	Hoover, Kaitlyn	FR Messiah College	2:59.73 368

-- Heisey, Ellamae JR Messiah College DNF

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year	School	Finals	Wind	H#	Points
1 Gold, Allie	SR	Elizabethtown Co	15.30	1.0	2	802
2 Valis, Kaitlyn	SR	Messiah College	16.82	1.0	2	617
3 Webb, Shannon	SR	DeSales Universi	16.87	1.0	2	611
4 Sobanko, Brandi	JR	Shenandoah Unive	16.96	0.8	1	601
5 Heisey, Ellamae	JR	Messiah College	17.00	1.0	2	596
6 Hoover, Kaitlyn	FR	Messiah College	17.21	0.8	1	573
7 Miller, Mackenzie	SR	Albright College	17.30	0.8	1	563
8 saylor, Chelsea	SO	DeSales Universi	18.72	0.8	1	417

Heptathlon: #2 Women High Jump Heptathlon

Name	Year	School	Finals	Points
1 Sobanko, Brandi	JR	Shenandoah Unive	1.46m	4-09.50 577
2 Miller, Mackenzie	SR	Albright College	1.43m	4-08.25 544
2 Gold, Allie	SR	Elizabethtown Co	1.43m	4-08.25 544
4 Valis, Kaitlyn	SR	Messiah College	1.40m	4-07.00 512
5 Webb, Shannon	SR	DeSales Universi	1.34m	4-04.75 449
6 saylor, Chelsea	SO	DeSales Universi	1.31m	4-03.50 419
7 Heisey, Ellamae	JR	Messiah College	1.28m	4-02.25 389
7 Hoover, Kaitlyn	FR	Messiah College	1.28m	4-02.25 389

Heptathlon: #5 Women Long Jump Heptathlon

Name	Year	School	Finals	Wind	Points
1 Miller, Mackenzie	SR	Albright College	4.96m	-0.4 16-03.25	548
2 Valis, Kaitlyn	SR	Messiah College	4.95m	+0.0 16-03.00	546
3 Gold, Allie	SR	Elizabethtown Co	4.72m	-2.1 15-06.00	485
4 Webb, Shannon	SR	DeSales Universi	4.59m	-0.3 15-00.75	451
5 Sobanko, Brandi	JR	Shenandoah Unive	4.37m	-0.8 14-04.00	396
6 Heisey, Ellamae	JR	Messiah College	4.13m	+0.0 13-06.75	338
7 saylor, Chelsea	SO	DeSales Universi	3.98m	+0.0 13-00.75	303
7 Hoover, Kaitlyn	FR	Messiah College	3.98m	+0.0 13-00.75	303

Heptathlon: #3 Women Shot Put Heptathlon

Name	Year	School	Finals	Points
1 Gold, Allie	SR	Elizabethtown Co	8.98m	29-05.50 463
2 Sobanko, Brandi	JR	Shenandoah Unive	8.76m	28-09.00 449
3 Valis, Kaitlyn	SR	Messiah College	8.08m	26-06.25 405
4 Webb, Shannon	SR	DeSales Universi	8.02m	26-03.75 401
5 Hoover, Kaitlyn	FR	Messiah College	7.83m	25-08.25 388
6 Miller, Mackenzie	SR	Albright College	7.75m	25-05.25 383
7 saylor, Chelsea	SO	DeSales Universi	6.76m	22-02.25 320
8 Heisey, Ellamae	JR	Messiah College	6.05m	19-10.25 274

Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year	School	Finals	Points
1 Miller, Mackenzie	SR	Albright College	33.06m	108-05 535
2 Webb, Shannon	SR	DeSales Universi	32.24m	105-09 519
3 Sobanko, Brandi	JR	Shenandoah Unive	25.88m	84-11 399
4 Gold, Allie	SR	Elizabethtown Co	24.31m	79-09 369
5 Hoover, Kaitlyn	FR	Messiah College	23.46m	77-00 353
6 saylor, Chelsea	SO	DeSales Universi	20.62m	67-08 300
7 Valis, Kaitlyn	SR	Messiah College	19.39m	63-07 278
8 Heisey, Ellamae	JR	Messiah College	16.00m	52-06 215

## Women Heptathlon

=====  
 MAC Record: M 4044 2005 Amy Reed, Messiah  
 Starry Field: S 4666 4/30/2008 Reed, Susquehanna  
 NCAA Auto: A 4575  
 NCAA Prov: B 4100

Name	Year	School	Finals	Points
1 Gold, Allie	SR	Elizabethtown Co	3968	10
2 Miller, Mackenzie	SR	Albright College	3911	8
3 Sobanko, Brandi	JR	Shenandoah Unive	3834	6
4 Webb, Shannon	SR	DeSales Universi	3744	5
5 Valis, Kaitlyn	SR	Messiah College	3627	4
6 Hoover, Kaitlyn	FR	Messiah College	2903	3
7 saylor, Chelsea	SO	DeSales Universi	2794	2
8 Heisey, Ellamae	JR	Messiah College	2455	1

## Men 100 Meter Dash

=====  
 MAC Record: M 10.60 2007 Ozzie Brown, Moravian  
 Starry Field: S 10.70 4/4/1992 Husain, Robinson, Gburg., Widener  
 NCAA Auto: A 10.55  
 NCAA Prov: B 10.80  
 11.74 MAC

Name	Year	School	Prelims	Wind	H#
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## Preliminaries

1 Innocent, Robert	SR	Widener Universi	B 10.76QMAC	0.6	2
2 Pitts, Travis	JR	Delaware Val	10.88QMAC	0.4	3
3 Phillips, Wendell	FR	DeSales Universi	11.16QMAC	-1.5	1
4 Franklin, Kevin	SR	Widener Universi	11.02qMAC	0.4	3
5 Duncan, Jerome	SO	Lebanon Vall	11.13qMAC	0.6	2
6 Malone, Chrys	FR	Manhattanville C	11.18qMAC	-1.5	1
7 Rupert, Emmanuel	SO	Widener Universi	11.22qMAC	0.4	3
8 Hastings, Ryan	FR	DeSales Universi	11.23qMAC	0.6	2
9 Masterson, Thomas	JR	Delaware Val	11.24 MAC	0.4	3
10 Keri, Carl	FR	DeSales Universi	11.26 MAC	0.6	2
11 Lewis, Kirk	SO	Shenandoah Unive	11.30 MAC	0.4	3
12 Boateng, Morrison	JR	Manhattanville C	11.32 MAC	0.4	3
13 Volz, Phillip	SO	Shenandoah Unive	11.34 MAC	0.6	2
14 Potter, Sean	FR	Albright College	11.35 MAC	-1.5	1
15 Marich, Aiden	FR	Misericordia Unv	11.43 MAC	-1.5	1
16 Kain, Brendan	FR	Lebanon Vall	11.49 MAC	-1.5	1
17 Plummer, Ricardo	FR	Messiah College	11.53 MAC	0.4	3
18 Petrak, Benjamin	SO	Widener Universi	11.63 MAC	-1.5	1
19 Rockwell, Wes	JR	Lebanon Vall	11.91	-1.5	1
20 Doughty, Pat	JR	Elizabethtown Co	11.98	0.6	2
21 Lee, Justin	SR	Lebanon Vall	12.79	0.6	2

## Men 100 Meter Dash

=====  
 MAC Record: M 10.60 2007 Ozzie Brown, Moravian  
 Starry Field: S 10.70 4/4/1992 Husain, Robinson, Gburg., Widener  
 NCAA Auto: A 10.55  
 NCAA Prov: B 10.80  
 11.74 MAC

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

## Finals

1 Pitts, Travis	JR	Delaware Val	10.61 MAC	4.7	10
2 Innocent, Robert	SR	Widener Universi	10.77 MAC	4.7	8
3 Franklin, Kevin	SR	Widener Universi	10.93 MAC	4.7	6
4 Duncan, Jerome	SO	Lebanon Vall	11.11 MAC	4.7	5
5 Malone, Chrys	FR	Manhattanville C	11.14 MAC	4.7	4
6 Rupert, Emmanuel	SO	Widener Universi	11.17 MAC	4.7	3

7	Hastings, Ryan	FR DeSales Universi	11.25	MAC	4.7	2
8	Phillips, Wendell	FR DeSales Universi	16.17		4.7	1
Preliminaries						
9	Masterson, Thomas	JR Delaware Val				
10	Keri, Carl	FR DeSales Universi				
11	Lewis, Kirk	SO Shenandoah Unive				
12	Boateng, Morrison	JR Manhattanville C				
13	Volz, Phillip	SO Shenandoah Unive				
14	Potter, Sean	FR Albright College				
15	Marich, Aiden	FR Misericordia Unv				
16	Kain, Brendan	FR Lebanon Vall				
17	Plummer, Ricardo	FR Messiah College				
18	Petrak, Benjamin	SO Widener Universi				
19	Rockwell, Wes	JR Lebanon Vall				
20	Doughty, Pat	JR Elizabethtown Co				
21	Lee, Justin	SR Lebanon Vall				

## Men 200 Meter Dash

=====  
 MAC Record: M 21.34 2000 Tony Brown, Widener  
 Starry Field: S 21.50 5/1/1999 Brown, Widener  
 NCAA Auto: A 21.26  
 NCAA Prov: B 21.78  
 23.74 MAC

Name	Year	School	Prelims	Wind	H#
1	Pitts, Travis	JR Delaware Val	22.51QMAC	0.3	2
2	Innocent, Robert	SR Widener Universi	22.59QMAC	0.4	3
3	Franklin, Kevin	SR Widener Universi	22.67QMAC	0.4	1
4	Masterson, Thomas	JR Delaware Val	22.61qMAC	0.4	3
5	Phillips, Wendell	FR DeSales Universi	22.68qMAC	0.3	2
6	Malone, Chrys	FR Manhattanville C	22.73qMAC	0.4	1
7	Altpeter, Eric	SO DeSales Universi	22.76qMAC	0.4	3
8	Schmalhofer, Tyler	FR Widener Universi	22.77qMAC	0.4	1
9	Layman, Joe	FR Misericordia Unv	22.87 MAC	0.3	2
10	Potter, Sean	FR Albright College	22.93 MAC	0.4	3
11	McCarthy, Sean	JR Widener Universi	22.96 MAC	0.3	2
12	Keri, Carl	FR DeSales Universi	22.97 MAC	0.4	3
13	Marich, Aiden	FR Misericordia Unv	22.98 MAC	0.3	2
14	Duncan, Jerome	SO Lebanon Vall	23.03 MAC	0.4	1
15	Rupert, Emmanuel	SO Widener Universi	23.04 MAC	0.4	3
16	Hastings, Ryan	FR DeSales Universi	23.43 MAC	0.4	1
17	Volz, Phillip	SO Shenandoah Unive	23.88	0.4	1
--	Ward, Dan	SO Elizabethtown Co	DNF	0.3	2

## Men 200 Meter Dash

=====  
 MAC Record: M 21.34 2000 Tony Brown, Widener  
 Starry Field: S 21.50 5/1/1999 Brown, Widener  
 NCAA Auto: A 21.26  
 NCAA Prov: B 21.78  
 23.74 MAC

Name	Year	School	Finals	Wind	Points
Finals					
1	Pitts, Travis	JR Delaware Val	22.08 MAC	0.8	10
2	Innocent, Robert	SR Widener Universi	22.11 MAC	0.8	8
3	Franklin, Kevin	SR Widener Universi	22.35 MAC	0.8	6
4	Schmalhofer, Tyler	FR Widener Universi	22.47 MAC	0.8	5
5	Malone, Chrys	FR Manhattanville C	22.60 MAC	0.8	4
6	Masterson, Thomas	JR Delaware Val	22.64 MAC	0.8	3
7	Altpeter, Eric	SO DeSales Universi	22.80 MAC	0.8	2
8	Phillips, Wendell	FR DeSales Universi	45.03	0.8	1
Preliminaries					
9	Layman, Joe	FR Misericordia Unv			
10	Potter, Sean	FR Albright College			

11 McCarthy, Sean JR Widener Universi  
 12 Keri, Carl FR DeSales Universi  
 13 Marich, Aiden FR Misericordia Unv  
 14 Duncan, Jerome SO Lebanon Vall  
 15 Rupert, Emmanuel SO Widener Universi  
 16 Hastings, Ryan FR DeSales Universi  
 17 Volz, Phillip SO Shenandoah Unive  
 -- Ward, Dan SO Elizabethtown Co

## Men 400 Meter Dash

=====  
 MAC Record: M 47.02 1983 Dave German, Susquehanna  
 Starry Field: S 47.63 5/4/1985 Spangler, Susquehanna  
 NCAA Auto: A 47.61  
 NCAA Prov: B 48.50  
 53.74 MAC

Name	Year	School	Prelims	H#
1 Niles, Chris	JR	Elizabethtown Co	50.46QMAC	1
2 Schmalhofer, Tyler	FR	Widener Universi	50.55QMAC	2
3 Lewis, Kirk	SO	Shenandoah Unive	50.85qMAC	1
4 Reynolds, Aaron	SO	Messiah College	51.00qMAC	2
5 Glass, Anthony	FR	Albright College	51.16qMAC	1
6 Betts, Will	FR	Widener Universi	51.23qMAC	1
7 Boateng, Morrison	JR	Manhattanville C	51.35qMAC	1
8 Moreni, Pete	SR	DeSales Universi	52.22qMAC	2
9 Benedetto, Mark	SR	Widener Universi	52.69 MAC	2
10 Brice, Matt	FR	DeSales Universi	52.94 MAC	2
11 Fritsche, Max	SO	Messiah College	53.08 MAC	2

## Men 400 Meter Dash

=====  
 MAC Record: M 47.02 1983 Dave German, Susquehanna  
 Starry Field: S 47.63 5/4/1985 Spangler, Susquehanna  
 NCAA Auto: A 47.61  
 NCAA Prov: B 48.50  
 53.74 MAC

Name	Year	School	Finals	Points
Finals				
1 Schmalhofer, Tyler	FR	Widener Universi	50.35 MAC	10
2 Reynolds, Aaron	SO	Messiah College	50.73 MAC	8
3 Niles, Chris	JR	Elizabethtown Co	50.97 MAC	6
4 Lewis, Kirk	SO	Shenandoah Unive	51.12 MAC	5
5 Glass, Anthony	FR	Albright College	51.38 MAC	4
6 Moreni, Pete	SR	DeSales Universi	51.69 MAC	3
7 Betts, Will	FR	Widener Universi	51.76 MAC	2
8 Boateng, Morrison	JR	Manhattanville C	51.80 MAC	1
Preliminaries				
9 Benedetto, Mark	SR	Widener Universi		
10 Brice, Matt	FR	DeSales Universi		
11 Fritsche, Max	SO	Messiah College		

## Men 800 Meter Run

=====  
 MAC Record: M 1:51.15 2009 Patrick Roach, Messiah  
 Starry Field: S 1:51.79 4/10/2010 Cash, Mary Washington  
 NCAA Auto: A 1:51.10  
 NCAA Prov: B 1:52.70  
 2:04.24 MAC

Name	Year	School	Prelims	H#
1 Newhook, Tyler	JR	Messiah College	1:55.39QMAC	2
2 Speiden, Russell	JR	Elizabethtown Co	1:56.62QMAC	3
3 Rever, Matt	FR	Elizabethtown Co	1:56.77QMAC	1
4 Clemons, Christopher	FR	Shenandoah Unive	1:55.53QMAC	2



5	Redmond, Frank	SR Misericordia Unv	1:56.86QMAC	3
6	Clauser, Brent	JR DeSales Universi	1:57.60QMAC	1
7	Krall, Josh	FR Misericordia Unv	1:57.14qMAC	2
8	Ecker, Paul	SR DeSales Universi	1:57.19qMAC	3
9	Bonds, Elliott	FR Lebanon Vall	1:58.63 MAC	1
10	Suponcic, Kyle	JR Misericordia Unv	1:58.70 MAC	1
11	Calkins, Michael	FR Widener Universi	1:59.96 MAC	3
12	Blanton, Jake	SO Elizabethtown Co	2:00.07 MAC	2
13	Ruggiero, John	FR Widener Universi	2:00.13 MAC	2
14	Dusza, Dave	FR DeSales Universi	2:01.98 MAC	1
15	Piazza, Nick	SO DeSales Universi	2:02.00 MAC	1
16	Woolford, Scott	JR Messiah College	2:02.19 MAC	3
17	Cook, George	JR Albright College	2:02.65 MAC	2
18	Klinges, Henry	FR DeSales Universi	2:04.28	2
19	Filanowski, Brian	SR DeSales Universi	2:07.45	3

## Men 800 Meter Run

=====  
 MAC Record: M 1:51.15 2009 Patrick Roach, Messiah  
 Starry Field: S 1:51.79 4/10/2010 Cash, Mary Washington  
 NCAA Auto: A 1:51.10  
 NCAA Prov: B 1:52.70

2:04.24 MAC				
Name	Year	School	Finals	Points
=====				
Finals				
1	Newhook, Tyler	JR Messiah College	1:53.24 MAC	10
2	Redmond, Frank	SR Misericordia Unv	1:53.35 MAC	8
3	Rever, Matt	FR Elizabethtown Co	1:54.50 MAC	6
4	Clauser, Brent	JR DeSales Universi	1:54.89 MAC	5
5	Speiden, Russell	JR Elizabethtown Co	1:56.79 MAC	4
6	Clemons, Christoph	FR Shenandoah Unive	1:58.42 MAC	3
7	Ecker, Paul	SR DeSales Universi	2:01.47 MAC	2
8	Krall, Josh	FR Misericordia Unv	2:02.33 MAC	1
Preliminaries				
9	Bonds, Elliott	FR Lebanon Vall		
10	Suponcic, Kyle	JR Misericordia Unv		
11	Calkins, Michael	FR Widener Universi		
12	Blanton, Jake	SO Elizabethtown Co		
13	Ruggiero, John	FR Widener Universi		
14	Dusza, Dave	FR DeSales Universi		
15	Piazza, Nick	SO DeSales Universi		
16	Woolford, Scott	JR Messiah College		
17	Cook, George	JR Albright College		
18	Klinges, Henry	FR DeSales Universi		
19	Filanowski, Brian	SR DeSales Universi		

## Men 1500 Meter Run

=====  
 MAC Record: M 3:45.68 1983 Kevin Foley, Haverford  
 Starry Field: S 3:53.80 4/12/2003 Elson, Muhlenberg  
 NCAA Auto: A 3:49.80  
 NCAA Prov: B 3:53.50

4:18.24 MAC				
Name	Year	School	Finals	Points
=====				
Finals				
1	Speiden, Russell	JR Elizabethtown Co	3:53.42BMAC	10
2	Garrity, Mike	JR Widener Universi	3:56.55 MAC	8
3	Newhook, Tyler	JR Messiah College	3:56.71 MAC	6
4	Taylor, Ryan	FR Shenandoah Unive	4:00.95 MAC	5
5	Hamilton, Ian	FR Elizabethtown Co	4:02.76 MAC	4
6	DeArmitt, Evan	JR Elizabethtown Co	4:02.99 MAC	3
7	Focht, Aaron	SO Elizabethtown Co	4:03.32 MAC	2
8	Krall, Josh	FR Misericordia Unv	4:04.42 MAC	1
9	Ecker, Paul	SR DeSales Universi	4:05.18 MAC	

10	Clemons, Christoph	FR	Shenandoah Unive	4:05.82	MAC
11	Quinn, Michael	FR	Widener Universi	4:10.66	MAC
12	Blanton, Jake	SO	Elizabethtown Co	4:12.57	MAC
13	Robinson, Timothy	JR	Shenandoah Unive	4:13.44	MAC
14	Haines, Tim	FR	DeSales Universi	4:13.73	MAC
15	D'Angelo, Nicholas	JR	Lebanon Vall	4:15.20	MAC
16	Munoz, Taylor	SR	Messiah College	4:16.05	MAC
17	Klinges, Henry	FR	DeSales Universi	4:18.25	
18	Filanowski, Brian	SR	DeSales Universi	4:27.91	
19	Dusza, Dave	FR	DeSales Universi	4:28.07	

## Men 5000 Meter Run

=====  
 MAC Record: M 14:27.83 1991 Seamus McElligott, Haverford  
 Starry Field: S 14:40.5h 4/12/1980 Sheely, Haverford  
 NCAA Auto: A 14:25.00  
 NCAA Prov: B 14:45.00  
 16:15.24 MAC

Name	Year	School	Finals	Points	
1	Heisey, Chris	SR	Elizabethtown Co	15:15.11 MAC	10
2	Focht, Aaron	SO	Elizabethtown Co	15:23.69 MAC	8
3	Megee, Bryan	FR	DeSales Universi	15:29.07 MAC	6
4	Garrity, Mike	JR	Widener Universi	15:31.47 MAC	5
5	Greco, Rich	SR	Elizabethtown Co	15:32.18 MAC	4
6	Curry, Mike	SR	DeSales Universi	15:35.24 MAC	3
7	Tarpey, Jack	SR	DeSales Universi	15:47.32 MAC	2
8	Hoagland, Zach	JR	Messiah College	15:52.50 MAC	1
9	Hutcheson, Craig	JR	Messiah College	15:53.74 MAC	
10	Cooney, Bill	SO	Misericordia Unv	15:56.67 MAC	
11	Wallace, John	SO	Lebanon Vall	15:58.07 MAC	
12	Hilliard, Ian	SR	Widener Universi	16:10.70 MAC	
13	Ferretti, Andrew	SR	DeSales Universi	16:18.66	
14	McCullough, Seamus	FR	Widener Universi	16:21.14	
15	Derkacz, Adam	SR	Elizabethtown Co	16:24.07	
16	Springer, Andrew	JR	Messiah College	16:24.18	
17	Gallagher, Ryan	FR	Widener Universi	16:32.93	
18	Welsh, Stephen	FR	Elizabethtown Co	16:37.53	
19	Noonan, Pat	SR	Misericordia Unv	16:39.51	
20	DiCarlo, Matt	SR	Widener Universi	16:41.80	
21	Herring, Matthew	JR	Messiah College	16:43.26	
22	Szilagyi, Dan	JR	DeSales Universi	16:56.61	
23	Liddick, Caleb	JR	Messiah College	17:11.79	
24	Herring, Daniel	JR	Messiah College	17:14.16	
25	Kellert, Robert	SR	Albright College	17:21.79	
26	Szarkowicz, Mike	JR	Manhattanville C	18:32.85	
--	D'Angelo, Nicholas	JR	Lebanon Vall	DNF	
--	DeArmitt, Evan	JR	Elizabethtown Co	DNF	
--	Taylor, Ryan	FR	Shenandoah Unive	DNF	

## Men 10000 Meter Run

=====  
 MAC Record: M 30:16.14 2005 Macharia Yuot, Widener  
 Starry Field: S 30:51.0h 4/12/1980 Sheely, Haverford  
 NCAA Auto: A 30:10.00  
 NCAA Prov: B 31:13.00  
 36:00.24 MAC

Name	Year	School	Finals	Points	
1	Heisey, Chris	SR	Elizabethtown Co	31:51.76 MAC	10
2	Hoagland, Zach	JR	Messiah College	32:04.47 MAC	8
3	Wallace, John	SO	Lebanon Vall	32:07.82 MAC	6
4	Focht, Aaron	SO	Elizabethtown Co	32:32.13 MAC	5
5	DeArmitt, Evan	JR	Elizabethtown Co	32:32.45 MAC	4
6	Taylor, Ryan	FR	Shenandoah Unive	32:52.08 MAC	3
7	Tarpey, Jack	SR	DeSales Universi	32:57.40 MAC	2

8	Welsh, Stephen	FR	Elizabethtown Co	33:00.12	MAC	1
9	Hutcheson, Craig	JR	Messiah College	33:15.69	MAC	
10	Cooney, Bill	SO	Misericordia Unv	33:26.03	MAC	
11	Derkacz, Adam	SR	Elizabethtown Co	33:29.32	MAC	
12	Hilliard, Ian	SR	Widener Universi	33:32.92	MAC	
13	Herring, Matthew	JR	Messiah College	34:02.82	MAC	
14	McCullough, Seamus	FR	Widener Universi	34:07.77	MAC	
15	DiCarlo, Matt	SR	Widener Universi	34:09.36	MAC	
16	Herring, Daniel	JR	Messiah College	34:28.60	MAC	
17	Blaskiewicz, Pat	SR	Misericordia Unv	34:34.68	MAC	
18	Schindler, Charlie	SO	Widener Universi	35:04.85	MAC	
19	Beck, Dan	FR	DeSales Universi	35:05.47	MAC	
20	Grbas, Robert	SO	DeSales Universi	35:30.65	MAC	
21	Guth, Ryan	FR	DeSales Universi	35:47.42	MAC	
22	Frey, Eli	SR	Albright College	35:57.40	MAC	
23	Hulbert, Mike	FR	Misericordia Unv	36:14.27		
24	Mazer, Justin	FR	Misericordia Unv	36:35.72		
25	Smith, Ben	FR	Manhattanville C	36:38.58		
26	Harrigan, Ryan	FR	Widener Universi	36:52.48		
--	Szarkowicz, Mike	JR	Manhattanville C		DNF	

## Men 110 Meter Hurdles

=====  
 MAC Record: M 14.38 2007 Ozzie Brown, Moravian  
 Starry Field: S 14.5h 4/14/1979 Tankersley, Delaware Valley  
 NCAA Auto: A 14.41  
 NCAA Prov: B 14.90  
 16.54 MAC

Name	Year	School	Finals	Wind	Points
1	Duncan, Jerome	SO	Lebanon Vall	15.00 MAC	1.9 10
2	Fox, Neal	SO	DeSales Universi	15.11 MAC	1.9 8
3	Aumen, Brendan	FR	Elizabethtown Co	15.70 MAC	1.9 6
4	Dagenais, Ryan	FR	DeSales Universi	16.04 MAC	1.9 5
5	Clayton, Anthony	FR	Widener Universi	17.14	1.9 4
6	Schaeffer, Kevin	JR	Shenandoah Unive	17.21	1.9 3

## Men 400 Meter Hurdles

=====  
 MAC Record: M 52.18 1988 Cal Williams, Dickinson  
 Starry Field: S 53.12 5/4/1983 Walden, Susquehanna  
 NCAA Auto: A 52.65  
 NCAA Prov: B 54.30  
 1:00.24 MAC

Name	Year	School	Prelims	H#
Preliminaries				
1	Moreni, Pete	SR	DeSales Universi	56.10QMAC 1
2	Clayton, Anthony	FR	Widener Universi	56.88QMAC 2
3	Rotenberger, Luke	SO	Elizabethtown Co	56.14qMAC 1
4	Badilla, Ben	SO	DeSales Universi	56.92qMAC 2
5	Sikanowicz, Zach	FR	DeSales Universi	57.66qMAC 1
6	Fox, Neal	SO	DeSales Universi	57.72qMAC 1
7	Praetsch, Trevor	FR	Messiah College	57.92qMAC 2
8	Thompson, Matthew	FR	Shenandoah Unive	58.02qMAC 2
9	Schaeffer, Kevin	JR	Shenandoah Unive	58.84 MAC 2
10	Dolhancryk, Nick	SO	Widener Universi	58.87 MAC 1
11	Meyer, David	SR	Misericordia Unv	59.42 MAC 1
12	Bond, Ian	FR	Lebanon Vall	1:00.64 2
13	Brice, Matt	FR	DeSales Universi	1:02.18 1
--	Ciborowski, Sean	SO	Misericordia Unv	DNF 2

## Men 400 Meter Hurdles

=====  
 MAC Record: M 52.18 1988 Cal Williams, Dickinson  
 Starry Field: S 53.12 5/4/1983 Walden, Susquehanna

NCAA Auto: A 52.65

NCAA Prov: B 54.30

1:00.24 MAC

Name	Year	School	Finals	Points
=====				
Finals				
1 Moreni, Pete	SR	DeSales Universi	56.31 MAC	10
2 Badilla, Ben	SO	DeSales Universi	56.70 MAC	8
3 Praetsch, Trevor	FR	Messiah College	56.89 MAC	6
4 Clayton, Anthony	FR	Widener Universi	57.24 MAC	5
5 Fox, Neal	SO	DeSales Universi	57.45 MAC	4
6 Rotenberger, Luke	SO	Elizabethtown Co	57.61 MAC	3
7 Sikanowicz, Zach	FR	DeSales Universi	57.66 MAC	2
8 Thompson, Matthew	FR	Shenandoah Unive	58.66 MAC	1
Preliminaries				
9 Schaeffer, Kevin	JR	Shenandoah Unive		
10 Dolhancryk, Nick	SO	Widener Universi		
11 Meyer, David	SR	Misericordia Unv		
12 Bond, Ian	FR	Lebanon Vall		
13 Brice, Matt	FR	DeSales Universi		
-- Ciborowski, Sean	SO	Misericordia Unv		

## Men 3000 Meter Steeplechase

=====

MAC Record: M 9:09.13 1991 Matt Leighninger, Haverford

Starry Field: S 9:15.4h 4/23/1991 Monaco, F & M

NCAA Auto: A 9:07.00

NCAA Prov: B 9:24.00

10:50.24 MAC

Name	Year	School	Finals	Points
=====				
Finals				
1 Garrity, Mike	JR	Widener Universi	9:31.75 MAC	10
2 Curry, Mike	SR	DeSales Universi	9:37.34 MAC	8
3 Greco, Rich	SR	Elizabethtown Co	9:50.35 MAC	6
4 Ferretti, Andrew	SR	DeSales Universi	9:57.48 MAC	5
5 Szilagyi, Dan	JR	DeSales Universi	10:03.56 MAC	4
6 Garcia, Jake	JR	Shenandoah Unive	10:11.57 MAC	3
7 Liddick, Caleb	JR	Messiah College	10:11.92 MAC	2
8 Sciafani, Gerard	SO	DeSales Universi	10:17.27 MAC	1
9 Lykens, Matt	JR	DeSales Universi	10:17.33 MAC	
10 Springer, Andrew	JR	Messiah College	10:19.16 MAC	
11 Farmer, Chris	SO	Elizabethtown Co	10:25.19 MAC	
12 Wunder, Artyom	FR	Shenandoah Unive	10:48.42 MAC	
13 Caggiano, Dan	FR	Manhattanville C	11:27.71	
14 Tierney, Patrick	SO	Lebanon Vall	11:33.20	

## Men 4x100 Meter Relay

=====

MAC Record: M 41.75 1983 Susquehanna, Susquehanna

Starry Field: S 41.94 5/4/2001 Widener, Widener

NCAA Auto: A 41.00

NCAA Prov: B 41.95

School

Prelims H#

## Preliminaries

1 Widener University 'A'	43.00Q	1
2 Delaware Valley 'A'	43.68Q	2
3 Lebanon Valley 'A'	44.12q	2
4 Elizabethtown College 'A'	44.15q	2
5 Shenandoah University 'A'	44.16q	2
6 DeSales University 'A'	44.30q	1
7 Misericordia University 'A'	44.86q	1
8 Messiah College 'A'	45.04q	1
9 Albright College 'A'	45.95	1

## Men 4x100 Meter Relay

=====

MAC Record: M 41.75 1983                   Susquehanna, Susquehanna  
 Starry Field: S 41.94 5/4/2001           Widener, Widener  
 NCAA Auto: A 41.00  
 NCAA Prov: B 41.95

School	Finals	Points
--------	--------	--------

=====

## Finals

1 Widener University 'A'	42.64	10
2 Delaware Valley 'A'	43.50	8
3 DeSales University 'A'	43.76	6
4 Shenandoah University 'A'	44.52	5
5 Misericordia University 'A'	44.89	4
6 Elizabethtown College 'A'	45.06	3
7 Messiah College 'A'	47.17	2
-- Lebanon Valley 'A'	DNF	

## Preliminaries

9 Albright College 'A'		
------------------------	--	--

## Men 4x400 Meter Relay

=====

MAC Record: M 3:15.62 1982                   , Delaware Valley  
 Starry Field: S 3:17.2h 5/9/1981       Norfolk St., Norfolk St.  
 NCAA Auto: A 3:13.00  
 NCAA Prov: B 3:16.40

School	Finals	Points
--------	--------	--------

=====

## Finals

1 Widener University 'A'	3:25.89	10
2 DeSales University 'A'	3:26.27	8
3 Messiah College 'A'	3:26.82	6
4 Albright College 'A'	3:29.45	5
5 Elizabethtown College 'A'	3:29.51	4
6 Shenandoah University 'A'	3:30.00	3
7 Misericordia University 'A'	3:32.84	2
8 Lebanon Valley 'A'	3:44.16	1

## Men 4x800 Meter Relay

=====

MAC Record: M 7:47.63 2010                   Messiah, Messiah  
 Starry Field: S 7:52.67 4/13/2002       Mary Washington, Mary Wash

School	Finals	Points
--------	--------	--------

=====

1 Elizabethtown College 'A'	7:52.29S	10
2 DeSales University 'A'	8:00.30	8
3 Messiah College 'A'	8:03.46	6
4 Shenandoah University 'A'	8:08.48	5
5 Widener University 'A'	8:26.97	4
6 Lebanon Valley 'A'	8:29.06	3
7 Albright College 'A'	8:49.74	2

## Men High Jump

=====

MAC Record: M 6-10 2001                   Chris Boyles, Messiah  
 Starry Field: S 6-11.75 4/12/2003       Bergin, Mary Washington  
 NCAA Auto: A 2.11m  
 NCAA Prov: B 2.03m

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

=====

1 Nerney, Brian	SO Alvernia Univers	1.98m	6-06.00 10
2 Gewirtz, Justin	SR Albright College	1.93m	6-04.00 8
3 MacNiven, Andrew	JR DeSales Universi	1.88m	6-02.00 6
4 Fox, Neal	SO DeSales Universi	J1.88m	6-02.00 5
5 Fauntleroy, Trevin	FR Elizabethtown Co	J1.88m	6-02.00 4

6	Aregood, Cameron	SO Elizabethtown Co	1.83m	6-00.00	3
7	Parisi, Tyler	SO DeSales Universi	1.73m	5-08.00	2
8	Bridgeforth, Travi	SO Shenandoah Unive	J1.73m	5-08.00	1
9	Garrison, David	JR Manhattanville C	J1.73m	5-08.00	
10	Hultz, Nicholas	FR Albright College	J1.73m	5-08.00	
--	Masterson, Thomas	JR Delaware Val	NH		
--	Miller, Joseph	FR Lebanon Vall	NH		

## Men Pole Vault

=====  
 MAC Record: M 4.90m 2006 Kevin Clark, Elizabethtown  
 Starry Field: S 15-06.25 4/18/2009 Hendrix, Dickinson  
 NCAA Auto: A 5.07m  
 NCAA Prov: B 4.75m  
 11-06.00 MAC

Name	Year	School	Finals		Points
1	Brady, Kevin	FR Elizabethtown Co	4.35m	14-03.25	10
2	Reisler, Colin	SO Messiah College	4.30m	14-01.25	8
3	Nguyen, Dennis	FR Widener Universi	4.15m	13-07.25	6
4	Coleman, Mick	FR Widener Universi	J4.15m	13-07.25	5
5	Runciman, Clark	SO Albright College	4.00m	13-01.50	3
5	Mathias, Adam	FR DeSales Universi	4.00m	13-01.50	3
5	Weir, Michael	FR Lebanon Vall	4.00m	13-01.50	3
8	Pennisi, Richard	JR Messiah College	J4.00m	13-01.50	1
9	Gingrich, Deryk	FR Lebanon Vall	3.70m	12-01.50	
10	Reid, Sean	FR Misericordia Unv	J3.70m	12-01.50	
11	Vasaturo, Chris	JR Messiah College	3.55m	11-07.75	
11	Doboni, Vitaly	SR Misericordia Unv	3.55m	11-07.75	

## Men Long Jump

=====  
 MAC Record: M 24-03 1989 Dan Reichenbach, Moravian  
 Starry Field: S 23-06.25 4/8/1989 Reichenbach, Moravian  
 NCAA Auto: A 7.33m  
 NCAA Prov: B 7.05m  
 19-00.00 MAC

Name	Year	School	Finals	Wind	Points
1	Masterson, Thomas	JR Delaware Val	6.70m	+0.0 21-11.75	10
2	Miller, Joseph	FR Lebanon Vall	6.50m	+0.0 21-04.00	8
3	Dolhancryk, Nick	SO Widener Universi	6.49m	-1.7 21-03.50	6
4	Wiley, Caleb	SO Lebanon Vall	6.40m	-0.7 21-00.00	5
5	Brandt, Erik	SO Lebanon Vall	6.37m	0.8 20-10.75	4
6	Brady, Kevin	FR Elizabethtown Co	6.35m	+0.0 20-10.00	3
7	Fox, Neal	SO DeSales Universi	6.32m	+0.0 20-09.00	2
8	Volz, Phillip	SO Shenandoah Unive	6.28m	+0.0 20-07.25	1
9	Esterly, Brandon	SO DeSales Universi	6.08m	-0.3 19-11.50	
10	Clifford, Pat	SR DeSales Universi	6.03m	+0.0 19-09.50	
11	Nerney, Brian	SO Alvernia Univers	5.98m	2.2 19-07.50	
12	Clemson, Steven	JR Misericordia Unv	5.96m	+0.0 19-06.75	
12	Gardner, William	SO Lebanon Vall	5.96m	+0.0 19-06.75	
14	Fureman, Jonathan	FR Lebanon Vall	5.82m	0.2 19-01.25	
15	MacNiven, Andrew	JR DeSales Universi	5.51m	-0.3 18-01.00	
16	Albohn, Eric	SR Widener Universi	5.50m	0.7 18-00.50	

## Men Triple Jump

=====  
 MAC Record: M 50-01.50 1975 Mike Williams, Widener  
 Starry Field: S 49-00.25 5/4/2001 Coleman, Widener  
 NCAA Auto: A 14.85m  
 NCAA Prov: B 14.20m  
 38-00.00 MAC

Name	Year	School	Finals	Wind	Points
1	Fauntleroy, Trevin	FR Elizabethtown Co	13.55m	1.9 44-05.50	10

2 Vitale, Sean	SO Misericordia Unv	13.26m	2.6	43-06.00	8
3 Esterly, Brandon	SO DeSales Universi	13.17m	2.1	43-02.50	6
4 Brandt, Erik	SO Lebanon Vall	13.04m	3.7	42-09.50	5
5 Miller, Joseph	FR Lebanon Vall	13.03m	3.0	42-09.00	4
6 Wiley, Caleb	SO Lebanon Vall	12.96m	3.2	42-06.25	3
7 Lee, Justin	SR Lebanon Vall	12.85m	3.5	42-02.00	2
8 MacNiven, Andrew	JR DeSales Universi	12.77m	4.8	41-10.75	1
9 Nguyen, Dennis	FR Widener Universi	12.64m	3.0	41-05.75	
10 Fox, Neal	SO DeSales Universi	12.60m	3.7	41-04.25	
11 Aumen, Brendan	FR Elizabethtown Co	12.54m	4.6	41-01.75	
12 Volz, Phillip	SO Shenandoah Unive	12.47m	4.2	40-11.00	
13 Hampton, Tim	FR Messiah College	12.29m	4.8	40-04.00	
14 Jackson, Jabari	FR Delaware Val	12.10m	4.0	39-08.50	
15 Clifford, Pat	SR DeSales Universi	12.01m	2.7	39-05.00	
16 Hultz, Nicholas	FR Albright College	10.80m	3.3	35-05.25	

## Men Shot Put

=====  
 MAC Record: M 55-01 1973 Odd Haugen, Western Maryland  
 Starry Field: S 53-08 5/9/1981 Gillespie, Liberty Baptist  
 NCAA Auto: A 17.00m  
 NCAA Prov: B 15.51m  
 38-00.00 MAC

Name	Year School	Finals		Points
1 Moran, Brad	SR Widener Universi	15.19m	49-10.00	10
2 Devens, Ken	SR DeSales Universi	14.72m	48-03.50	8
3 Dayhoff, Lucas	FR Elizabethtown Co	13.95m	45-09.25	6
4 Canonico, Dane	SO Albright College	13.82m	45-04.25	5
5 Scott, Andrew	SR Lebanon Vall	13.41m	44-00.00	4
6 Langton, John	SO DeSales Universi	13.15m	43-01.75	3
7 Ardo, Joe	SO Misericordia Unv	13.04m	42-09.50	2
8 Gonzalez, Steffen	FR Albright College	12.91m	42-04.25	1
9 Miller, Hank	JR DeSales Universi	12.87m	42-02.75	
10 Breidinger, Jeff	FR DeSales Universi	12.70m	41-08.00	
11 Blieler, Zach	SR Lebanon Vall	12.68m	41-07.25	
12 Terris, James	SO Delaware Val	12.58m	41-03.25	
13 Thomson, Chase	JR Misericordia Unv	12.25m	40-02.25	
14 Griffin, Evan	FR Shenandoah Unive	12.11m	39-08.75	
15 Ware, Jesse	FR Delaware Val	12.02m	39-05.25	
16 Valdez, Nathanael	FR Lebanon Vall	11.79m	38-08.25	
17 Pupa, Art	SR Misericordia Unv	11.32m	37-01.75	
18 Hladchuk, Matthew	FR Widener Universi	11.28m	37-00.25	
19 McCauley, Joshua	FR Shenandoah Unive	11.25m	36-11.00	
20 Emery, Dillon	FR Alvernia Univers	9.44m	30-11.75	
-- Smith-Chant, Ray	FR Albright College	FOUL		

## Men Discus Throw

=====  
 MAC Record: M 169-07 1973 Knut Hjelttness, Western Maryland  
 Starry Field: S 159-05 4/11/1987 Mizel, Catholic  
 NCAA Auto: A 52.72m  
 NCAA Prov: B 48.00m  
 115-00 MAC

Name	Year School	Finals		Points
1 Miller, Hank	JR DeSales Universi	46.39m	152-02	10
2 Munick, Jacob	SR Widener Universi	42.49m	139-05	8
3 Devens, Ken	SR DeSales Universi	41.92m	137-06	6
4 Blieler, Zach	SR Lebanon Vall	41.54m	136-03	5
5 Canonico, Dane	SO Albright College	39.79m	130-06	4
6 Maloney, Ed	SO Widener Universi	39.07m	128-02	3
7 Breidinger, Jeff	FR DeSales Universi	37.95m	124-06	2
8 Hettinger, Andrew	SR Albright College	37.89m	124-04	1
9 Ardo, Joe	SO Misericordia Unv	37.65m	123-06	
10 Thomson, Chase	JR Misericordia Unv	37.22m	122-01	

11 Obold, Daniel	JR Elizabethtown Co	36.26m	118-11
12 High, Jared	SR Messiah College	36.10m	118-05
13 Nodolski, Nathan	FR Widener Universi	35.76m	117-04
14 Emery, Dillon	FR Alvernia Univers	35.23m	115-07
15 Griffin, Evan	FR Shenandoah Unive	34.89m	114-06
16 Layng, Brian	FR Elizabethtown Co	32.28m	105-11
-- Pupa, Art	SR Misericordia Unv	FOUL	

## Men Hammer Throw

=====

MAC Record: M 53.56m 5/6/2010 Jose Santiago, DeSales  
 Starry Field: S 183-00 4/13/2002 Johnson, York  
 NCAA Auto: A 59.38m  
 NCAA Prov: B 53.00m  
 105-00 MAC

Name	Year School	Finals	Points
1 Munick, Jacob	SR Widener Universi	56.11mM	184-01 10
2 Miller, Hank	JR DeSales Universi	51.04m	167-05 8
3 Maloney, Ed	SO Widener Universi	48.56m	159-04 6
4 Blieler, Zach	SR Lebanon Vall	48.02m	157-06 5
5 Devens, Ken	SR DeSales Universi	47.97m	157-04 4
6 Solomon, Eric	FR Widener Universi	47.19m	154-10 3
7 Moran, Brad	SR Widener Universi	44.84m	147-01 2
8 Wall, William	SO Widener Universi	44.45m	145-10 1
9 Leshko, Derrick	SO DeSales Universi	41.43m	135-11
10 Theiss, Michael	JR Delaware Val	40.50m	132-10
11 Breidinger, Jeff	FR DeSales Universi	40.11m	131-07
12 Schaeffer, Keenan	SR Elizabethtown Co	38.23m	125-05
13 Dayhoff, Lucas	FR Elizabethtown Co	37.78m	123-11
14 Maurer, Blake	FR Messiah College	35.55m	116-08
15 Pupa, Art	SR Misericordia Unv	35.31m	115-10
16 Canonico, Dane	SO Albright College	34.55m	113-04
17 Baldwin, Robert	SO Albright College	33.51m	109-11
18 Tucker, Andrew	FR Misericordia Unv	32.70m	107-03
19 Surgeoner, Clint	SR Lebanon Vall	32.59m	106-11
20 Obold, Daniel	JR Elizabethtown Co	30.21m	99-01
21 Emery, Dillon	FR Alvernia Univers	29.43m	96-07
-- Ardo, Joe	SO Misericordia Unv	FOUL	

## Men Javelin Throw

=====

MAC Record: M 68.91m 2002 Matt Deamer, Susquehanna  
 Starry Field: S 210-01 4/17/2004 Zimmerman, Thaddeus Stevens  
 NCAA Auto: A 63.00m  
 NCAA Prov: B 58.90m  
 150-00 MAC

Name	Year School	Finals	Points
1 Masterson, Thomas	JR Delaware Val	61.01mB	200-02 10
2 High, Jared	SR Messiah College	60.32mB	197-11 8
3 Aregood, Cameron	SO Elizabethtown Co	56.60m	185-08 6
4 Ardo, Joe	SO Misericordia Unv	52.61m	172-07 5
5 Bissland, Cory	FR Lebanon Vall	49.76m	163-03 4
6 Blieler, Zach	SR Lebanon Vall	49.19m	161-05 3
7 Parisi, Tyler	SO DeSales Universi	48.17m	158-00 2
8 Surgeoner, Clint	SR Lebanon Vall	47.74m	156-07 1
9 Pupa, Art	SR Misericordia Unv	47.67m	156-05
10 Harding, Doug	JR DeSales Universi	45.24m	148-05
11 Fegley, Jordan	JR Albright College	44.20m	145-00
12 Theiss, Michael	JR Delaware Val	43.94m	144-02
13 Griffin, Evan	FR Shenandoah Unive	38.73m	127-01
14 Caggiano, Dan	FR Manhattanville C	34.84m	114-04

## Decathlon: #1 Men 100 Meter Dash Decathlon



Name	Year	School	Finals	Wind	H#	Points
1 Petrilak, Jon	SR	Delaware Val	11.75	0.7	2	701
2 Pennisi, Richard	JR	Messiah College	11.79	0.7	2	693
3 Layng, Brian	FR	Elizabethtown Co	11.97	1.1	1	657
4 Jokic, Stephan	FR	DeSales Universi	11.98	0.7	2	655
5 Parisi, Tyler	SO	DeSales Universi	12.19	1.1	1	614
6 Boyer, Steven	JR	Elizabethtown Co	12.20	0.7	2	612
7 Jackson, Joshua	SO	Widener Universi	12.31	1.1	1	591
8 Boyd, Chris	SR	Messiah College	12.48	0.7	2	560
9 Horning, Justin	FR	Widener Universi	12.55	1.1	1	547
10 Forney, Derek	SR	Messiah College	12.59	0.7	2	540
11 Ausel, Andrew	FR	Messiah College	12.75	1.1	1	511

## Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year	School	Finals	H#	Points
1 Pennisi, Richard	JR	Messiah College	54.42	1	622
2 Petrilak, Jon	SR	Delaware Val	54.69	1	611
3 Layng, Brian	FR	Elizabethtown Co	55.16	2	592
4 Forney, Derek	SR	Messiah College	56.68	2	533
5 Ausel, Andrew	FR	Messiah College	57.13	1	516
6 Horning, Justin	FR	Widener Universi	57.48	1	503
7 Parisi, Tyler	SO	DeSales Universi	58.31	1	472
8 Boyer, Steven	JR	Elizabethtown Co	58.52	1	465
9 Jackson, Joshua	SO	Widener Universi	59.35	2	436
10 Jokic, Stephan	FR	DeSales Universi	1:00.29	2	403
-- Boyd, Chris	SR	Messiah College	DNF	2	

## Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Year	School	Finals	Points
1 Pennisi, Richard	JR	Messiah College	4:46.29	641
2 Forney, Derek	SR	Messiah College	4:47.35	635
3 Ausel, Andrew	FR	Messiah College	4:48.98	625
4 Layng, Brian	FR	Elizabethtown Co	4:59.13	565
5 Jackson, Joshua	SO	Widener Universi	5:01.76	550
6 Horning, Justin	FR	Widener Universi	5:18.82	456
7 Boyer, Steven	JR	Elizabethtown Co	5:26.96	414
8 Parisi, Tyler	SO	DeSales Universi	5:35.83	371
9 Petrilak, Jon	SR	Delaware Val	5:58.87	269
10 Jokic, Stephan	FR	DeSales Universi	6:04.74	245

## Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year	School	Finals	Wind	H#	Points
1 Jokic, Stephan	FR	DeSales Universi	17.19	+0.0	2	605
2 Layng, Brian	FR	Elizabethtown Co	17.35	-0.8	3	588
3 Petrilak, Jon	SR	Delaware Val	17.56	+0.0	2	567
4 Pennisi, Richard	JR	Messiah College	17.97	+0.0	1	527
5 Parisi, Tyler	SO	DeSales Universi	19.40	+0.0	2	398
6 Boyer, Steven	JR	Elizabethtown Co	20.13	-0.8	3	339
7 Forney, Derek	SR	Messiah College	20.67	-0.8	3	298
8 Horning, Justin	FR	Widener Universi	21.00	-0.8	3	274
9 Jackson, Joshua	SO	Widener Universi	23.38	+0.0	1	132
10 Ausel, Andrew	FR	Messiah College	24.34	+0.0	2	88

## Decathlon: #4 Men High Jump Decathlon

Name	Year	School	Finals	Points	
1 Parisi, Tyler	SO	DeSales Universi	1.77m	5-09.75	602
2 Petrilak, Jon	SR	Delaware Val	1.71m	5-07.25	552

3	Pennisi, Richard	JR	Messiah College	1.65m	5-05.00	504
3	Boyd, Chris	SR	Messiah College	1.65m	5-05.00	504
3	Jokic, Stephan	FR	DeSales Universi	1.65m	5-05.00	504
3	Horning, Justin	FR	Widener Universi	1.65m	5-05.00	504
7	Jackson, Joshua	SO	Widener Universi	1.56m	5-01.25	434
7	Layng, Brian	FR	Elizabethtown Co	1.56m	5-01.25	434
9	Ausel, Andrew	FR	Messiah College	1.47m	4-09.75	367
10	Forney, Derek	SR	Messiah College	1.41m	4-07.50	324
10	Boyer, Steven	JR	Elizabethtown Co	1.41m	4-07.50	324

## Decathlon: #8 Men Pole Vault Decathlon

Name	Year	School	Finals		Points	
1	Pennisi, Richard	JR	Messiah College	3.84m	12-07.25	573
2	Forney, Derek	SR	Messiah College	3.34m	10-11.50	441
3	Parisi, Tyler	SO	DeSales Universi	3.14m	10-03.50	391
4	Petrilak, Jon	SR	Delaware Val	2.94m	9-07.75	342
5	Jokic, Stephan	FR	DeSales Universi	2.74m	8-11.75	296
5	Ausel, Andrew	FR	Messiah College	2.74m	8-11.75	296
7	Layng, Brian	FR	Elizabethtown Co	2.64m	8-08.00	273
7	Horning, Justin	FR	Widener Universi	2.64m	8-08.00	273
9	Boyer, Steven	JR	Elizabethtown Co	2.44m	8-00.00	229
9	Jackson, Joshua	SO	Widener Universi	2.44m	8-00.00	229
--	Boyd, Chris	SR	Messiah College	NH		

## Decathlon: #2 Men Long Jump Decathlon

Name	Year	School	Finals	Wind	Points
1	Parisi, Tyler	SO	DeSales Universi	5.99m 4.6	19-08.00 584
2	Layng, Brian	FR	Elizabethtown Co	5.69m 3.0	18-08.00 521
3	Petrilak, Jon	SR	Delaware Val	5.59m 4.0	18-04.25 500
4	Pennisi, Richard	JR	Messiah College	5.58m 3.7	18-03.75 498
5	Boyd, Chris	SR	Messiah College	5.47m 3.4	17-11.50 475
6	Jokic, Stephan	FR	DeSales Universi	5.33m 1.5	17-06.00 447
7	Horning, Justin	FR	Widener Universi	5.26m 3.2	17-03.25 433
8	Boyer, Steven	JR	Elizabethtown Co	5.12m 3.5	16-09.75 405
9	Jackson, Joshua	SO	Widener Universi	5.05m 3.3	16-07.00 392
9	Ausel, Andrew	FR	Messiah College	5.05m 1.7	16-07.00 392
11	Forney, Derek	SR	Messiah College	4.84m 4.2	15-10.50 352

## Decathlon: #3 Men Shot Put Decathlon

Name	Year	School	Finals		Points
1	Parisi, Tyler	SO	DeSales Universi	10.77m 35-04.00	532
2	Ausel, Andrew	FR	Messiah College	10.41m 34-02.00	510
3	Jackson, Joshua	SO	Widener Universi	10.23m 33-06.75	499
4	Layng, Brian	FR	Elizabethtown Co	10.15m 33-03.75	495
5	Jokic, Stephan	FR	DeSales Universi	10.11m 33-02.00	492
6	Petrilak, Jon	SR	Delaware Val	9.74m 31-11.50	470
7	Horning, Justin	FR	Widener Universi	9.53m 31-03.25	457
8	Boyd, Chris	SR	Messiah College	9.29m 30-05.75	443
9	Boyer, Steven	JR	Elizabethtown Co	8.80m 28-10.50	414
10	Forney, Derek	SR	Messiah College	8.02m 26-03.75	367
11	Pennisi, Richard	JR	Messiah College	7.85m 25-09.25	357

## Decathlon: #7 Men Discus Throw Decathlon

Name	Year	School	Finals		Points
1	Layng, Brian	FR	Elizabethtown Co	33.12m 108-08	526
2	Jokic, Stephan	FR	DeSales Universi	32.01m 105-00	504
3	Jackson, Joshua	SO	Widener Universi	29.53m 96-10	455
4	Parisi, Tyler	SO	DeSales Universi	26.63m 87-04	399

5	Petrilak, Jon	SR Delaware Val	26.61m	87-04	398
6	Horning, Justin	FR Widener Universi	25.46m	83-06	376
7	Pennisi, Richard	JR Messiah College	23.51m	77-01	339
8	Boyer, Steven	JR Elizabethtown Co	22.76m	74-08	324
9	Ausel, Andrew	FR Messiah College	21.41m	70-03	299
10	Forney, Derek	SR Messiah College	21.36m	70-01	298

## Decathlon: #9 Men Javelin Throw Decathlon

Name	Year	School	Finals	Points
1	Horning, Justin	FR Widener Universi	45.66m	149-10 525
2	Parisi, Tyler	SO DeSales Universi	45.63m	149-08 524
3	Pennisi, Richard	JR Messiah College	44.07m	144-07 501
4	Jackson, Joshua	SO Widener Universi	40.73m	133-07 453
5	Ausel, Andrew	FR Messiah College	35.70m	117-01 380
6	Layng, Brian	FR Elizabethtown Co	30.66m	100-07 309
7	Forney, Derek	SR Messiah College	30.55m	100-03 307
8	Boyer, Steven	JR Elizabethtown Co	30.15m	98-11 301
9	Petrilak, Jon	SR Delaware Val	30.10m	98-09 301
10	Jokic, Stephan	FR DeSales Universi	22.55m	74-00 196
--	Boyd, Chris	SR Messiah College	DQ	

## Men Decathlon

MAC Record: M	6339	2003	Dusty Lehr, Juniata
Starry Field: S	6648	4/30/2008	Clark, Elizabethtown
NCAA Auto: A	6600		
NCAA Prov: B	6050		

Name	Year	School	Finals	Points
1	Pennisi, Richard	JR Messiah College	5255	10
2	Layng, Brian	FR Elizabethtown Co	4960	8
3	Parisi, Tyler	SO DeSales Universi	4887	6
4	Petrilak, Jon	SR Delaware Val	4711	5
5	Horning, Justin	FR Widener Universi	4348	4
6	Jokic, Stephan	FR DeSales Universi	4347	3
7	Jackson, Joshua	SO Widener Universi	4171	2
8	Forney, Derek	SR Messiah College	4095	1
9	Ausel, Andrew	FR Messiah College	3984	
10	Boyer, Steven	JR Elizabethtown Co	3827	

## Women - Team Rankings - 22 Events Scored

1) Messiah College	188.33	2) Elizabethtown College	168.50
3) Lebanon Valley	134	4) Misericordia University	110
5) Widener University	62.50	6) DeSales University	62.33
7) Albright College	48	8) Shenandoah University	40.33
9) Delaware Valley	32	10) Alvernia University	8
11) Manhattanville College	1		

## Men - Team Rankings - 22 Events Scored

1) DeSales University	183	2) Widener University	170
3) Elizabethtown College	159	4) Messiah College	83
5) Lebanon Valley	81	6) Delaware Valley	56
7) Shenandoah University	38	8) Albright College	33
9) Misericordia University	31	10) Alvernia University	10
11) Manhattanville College	9		