

# 1996 MAC INDOOR TRACK CHAMPIONSHIPS

## TEAM SCORING

MEN	WOMEN
1)MORAVIAN	1)MORAVIAN
2)Susquehanna	2)Susquehanna
3)Lebanon Valley	3)Lebanon Valley
3)Widener	4)Albright
5)Delaware Valley	5)Widener
6)Albright	6)Delaware Valley

## Gold Medalists from 1996 MAC Indoor Track Championships

### Men

High Jump .....	Erik Olsen, Lebanon Valley.....	6'4"
Long Jump .....	Vance Szabo, Moravian.....	21'5.25"
Pole Vault .....	C. J. Brown, Moravian .....	15'1.75"
Shot Put.....	Eric Huyett, Lebanon Valley.....	46'5"
Triple Jump .....	Brad Lamm, Moravian.....	45'1.5"
55-Meter Dash.....	Dan Cregan, Susquehanna.....	6.73
55-Meter Hurdles .....	Sean Stover, Widener .....	7.99
200-Meter .....	Nate Hillegas, Lebanon Valley .....	23.84
400-Meter .....	Bill Kott, Moravian.....	53.58
800-Meter .....	Philip Gault, Messiah .....	2:01.99
800-Meter Relay.....	Moravian .....	1:38.48
1500-Meter .....	Mark Bersheim, Widener.....	4:15.08
1600-Meter Relay .....	Widener .....	3:39.06
5000-Meter.....	Craig Neiman, Moravian .....	15:57.40
3200-Meter Relay .....	Moravian .....	8:26.80

### Women

High Jump.....	Thea Roomet, Lebanon Valley .....	5'0"
Long Jump .....	Janine Shirk, Messiah .....	17'9.5"
Shot Put.....	Becky Ritchie, Susquehanna .....	38'6"
Triple Jump .....	Alexis Katchuk, Moravian.....	36'7.25"
55-Meter Dash.....	<b>Tammy Litts, Susquehanna .....</b>	<b>7.54 (7.52)</b>
55-Meter Hurdles .....	Bryn Metcalf, Lebanon Valley.....	9.57
<b>200-Meter .....</b>	<b>Jennifer Nauss, Lebanon Valley.....</b>	<b>27.07</b>
400-Meter .....	Alyssa Strausberger, Moravian .....	1:02.26
800-Meter .....	Shannon McDonald, Moravian .....	2:25.33
800-Meter Relay.....	Susquehanna .....	1:58.17
1500-Meter .....	Becky Page, Moravian .....	5:00.42
1600-Meter Relay .....	Moravian .....	4:22.46
3000-Meter.....	Tara Wartman, Moravian.....	10:51.20
3200-Meter Relay .....	Moravian .....	<b>10:00.33</b>

**Bold = MAC Record**

### Outstanding Individual Performers

Men:

**C. J. Brown , Moravian**

Women:

**Janine Shirk, Messiah**

**Middle Atlantic Conference**  
**Men's and Women's 1996 Indoor Track and Field Championships**

**Arnold Sports Center, Lebanon Valley College**  
**Feb. 24, 1996**

**Men's Results**

**Shot Put**

1.	Eric Huyett (LVC)	46' .5"
2.	Jason Lung (Jun)	44' 11.5"
3.	Dennis Condomitti (Mor)	44' 9.25"
4.	Dave Cole (Wid)	43' 3"
5.	Frank Arnella (Sus)	42' 10"
6.	Jeff Angelo (Sus)	42'

**Long Jump**

1.	Vance Szabo (Mor)	21' 5.25"
2.	Ed Baniak (DVC)	21' 4.25"
3.	Brad Lamm (Mor)	20' 10.75"
4.	Chris Biever (Sus)	20' 7.75"
5.	Gia Pham (Alb)	20' 2.5"
6.	Gable Dixon (Sus)	20'

**Pole Vault**

1.	C.J. Brown (Mor)	15' 1.75" (4.62) NCAA Div. III Prov. Qualifier
2.	Nate Groff (Mor)	14'
3.	Patrick Gallo (Wid)	13'
4.	Jake Tshudy (LVC)	12' 6"
5.	Adam Saylor (Sus)	12'
6.	Dave Gargione (Wid)	12'

**Men's 800m Relay**

1.	Moravian	1:38.48	(Jim Carey, Jack Walls, Vance Szabo, Brad Lamm)
2.	Susquehanna	1:39.39	(Nick Quaglia, Pete Amme, Ryan Clemm, Doug Goldblatt)
3.	Widener	1:40.14	(Grant Nillman, Chuck Bate, Jesse Merscher, Sean Stover)
4.	Delaware Valley	1:42.95	(Jeff Hess, Ed Baniak, Jeremy Lothian, Sheldon Hanson)
5.	Albright	1:43.82	(Bill Brosey, Jim Delp, Paul Peters, Ty Morris)
6.	Lebanon Valley	1:44.52	(Jake Tshudy, Tony Thoman, Brandon Snyder, Brian Blanford)

**Men's 55m Hurdles**

1.	Sean Stover (Wid)	7.99
2.	Nate Hillegas (LVC)	8.29
3.	Charles Barley (Sus)	8.31
4.	Chuck Butz (Wid)	8.39
5.	Nate Groff (Mor)	8.40
6.	Chris Biever (Sus)	8.42

2.

**Men's 1500m**

1.	Mark Bersheim (Wid)	4:15.08
2.	Jason Switzer (Mor)	4:15.43
3.	Dan Palopoli (LVC)	4:16.10
4.	Patrick Egan (Mor)	4:18.00
5.	Ed Brignole (LVC)	4:19.35
6.	Bob Thear (Mor)	4:22.10

**Men's 400m**

1.	Bill Kott (Mor)	53.58
2.	Doug Goldblatt (Sus)	53.92
3.	Chuck Butz (Wid)	54.49
4.	Pete Amme (Sus)	54.93
5.	Jeff Burdick (Wid)	54.99
6.	George Young (Mor)	56.61

**Men's 55m Dash**

1.	Dan Cregan (Sus)	6.73
2.	Ian Smith (Sus)	6.75
3.	Vance Szabo (Mor)	6.76
4.	Nate Hillegas (LVC)	6.76
5.	Ernie Rehrig (Sus)	6.83
6.	Jack Walls (Mor)	7.91

**High Jump**

1.	Erik Olsen (LVC)	6' 4"	(Had fewest bar hits)
2.	Rick Hopf (LVC)	6' 4"	
3.	Owen Zimmerman (Mor)	6' 4"	
4.	Ryan Clemm (Sus)	6' 0"	
5.	Chris Bieber (Sus)	6' 0"	

**Men's 800m**

1.	Philip Gault (Mes)	2:01.99
2.	Mike Angelo (Sus)	2:02.06
3.	Rodney Clark (Wid)	2:02.73
4.	David Mullen (Mor)	2:04.45
5.	Mark Bersheim (Wid)	2:05.82
6.	Dan Burkholder (Mor)	2:05.97

**Men's 200m**

1.	Nate Hillegas (LVC)	23.84
2.	Dan Cregan (Sus)	23.99
3.	Dave Goldblatt (Sus)	24.11
4.	Vance Szabo (Mor)	24.25
5.	Steve Raab (LVC)	24.37
6.	Ernie Rehrig (Sus)	24.46

**Triple Jump**

1.	Brad Lamm (Mor)	45' 1.5"
2.	Gia Pham (Alb)	41' 10.5"
3.	Ed Baniak (DVC)	41' 5.75"
4.	John Borger (Mor)	40' 1.75"
5.	Brndon Irvin (Wid)	39' 3"
6.	William Brosey (Alb)	37' 8.25"

3.

**Men's 5000m**

1.	Craig Saldibar (Mor)	15:57.40
2.	Ed Bringole (LVC)	16:37.32
3.	Kevin Connelly (Wid)	16:41.79
4.	Chris Lowthert (Mor)	16:46.82
5.	Lonnie Hockenbury (Mes)	16:59.29
6.	Mike Squareia (Mor)	17:09.99

**Men's 3200m Relay**

1.	Moravian	8:26.80	
	(Dan Burkholder, Pat Egan, James Hillary, Jason Switzer)		
2.	Widener	8:44.82	
	(Rodney Clark, Mark Bersheim, Jeff Burdick, Mitchell Wharton)		
3.	Lebanon Valley	9:03.70	
	(Dan Palopoli, Jason Badman, Eric Shaub, Glenn Vaughan)		
4.	Susquehanna	9:14.86	
	(Pete Amme, Jeff Talerico, Matt Ackley, Mike Angelo)		
5.	Drew	9:17.33	
	(Jay Zampini, Eric Wolff, Todd Vetone, Robert Davis)		

**Men's 1600m Relay**

1.	Widener	3:39.06	
	(Chuck Butz, Sean Stoner, Jesse Merscher, Grant Willman)		
2.	Moravian	3:39.64	
	(Bill Kott, Larry Sabia, George Young, Dave Mullen)		
3.	Susquehanna	3:40.25	
	(Dan Cregan, Ian Smith, Mark Vottero, Doug Goldblatt)		
4.	Lebanon Valley	3:40.75	
	(Brian Blanford, Brandon Snyder, Jeremy Zettlemoyer, Nate Hilleges)		
5.	Messiah	3:56.98	
	(Phillip Gault, Kenn Webster, Drew Toucher, Kipp Gilmore)		
6.	Delaware Valley	4:05.88	
	(Sheldon Hanson, Jeff Fullem, Jeremy Lothian, Jeff Hess)		

**Team Scores**

1.	Moravian	145
2.	Susquehanna	96
3.	Lebanon Valley	83
	Widener	
5.	Delaware Valley	19
6.	Messiah	16
7.	Albright	13
8.	Juniata	8

**Outstanding Individual Performer**

C.J. Brown                      Moravian

## Women's Results

### Women's 800m Relay

1. Susquehanna 1:58.17  
(Tammy Litts, Rubin Newbegin, Kim Aurand, Tonya Wolfe)
2. Moravian 1:59.05  
(Becky Ziegenfuss, Steph Gemmel, Cathy Huegler, Alexis Katchuk)
3. Messiah 1:59.58  
(Anna Doa, Jessica Herb, Lindell Zimmerman, Janine Shirk)
4. Lebanon Valley 2:04.16  
(Cori Nolen, Collete Drumheller, Bryn Metcalf, Jen Smith)

### High Jump

1. Thea Roomet (LVC) 5' 0"
2. Rosemary Metz (Sus) 4' 10"
3. Amanda Baker (Sus) 4' 10"
4. Jessica Herb (Mes) 4' 10"
5. Erin Scott (Mor) 4' 10"
6. Kelly Musselman (DVC) 4' 8"

### Women's 55m Hurdles

1. Bryn Metcalf (LVC) 9.57
2. Kathy Stigly (Mor) 9.89
3. Cori Nolan (LVC) 9.94
4. Eileen McMenammin (Wid) 10.33
5. Amy Learn (Mor) 10.34
6. Rosemary Metz (Sus) 10.64  
Kelly Musselman (DVC) 10.64

### Shot Put

1. Becky Ritchie (Sus) 38' 6"
2. Sharon Possessky (LVC) 38' 6"
3. Skye Thorp (Alb) 38' .5"
4. Erica Waller (Wid) 37' 9"
5. Monica Wells (Alb) 33' 11"
6. Carnie Miller (Wid) 32' 6"

### Tie Breaker

- 38' 3.5"  
36' 3.25"

### Women's 1500m

1. Becky Page (Mor) 5:00.42
2. Kasie Hornberg (Mor) 5:00.69
3. Lori Choynowski (Alb) 5:00.99
4. Kristie Reccek (Mor) 5:03.29
5. Maggie Ward (Alb) 5:07.85
6. Kim Westergom (Wid) 5:08.58

### Long Jump

1. Janine Shirk (Mes) 17' 9.5"
2. Alexis Katchuk (Mor) 17' 6"
3. Jennifer Knauss (LVC) 17' 6"
4. Aداugo Azonobi (Wid) 16' .75"
5. Kim Aurand (Sus) 13' 11.5"
6. Collette Drumheller (LVC) 13' 3"

### Tie Breaker

- 17' 5.75"  
17' 5.5"

2.

**Women's 400m**

1.	Alyssa Strausberger (Mor)	1:02.26
2.	Daphine Rhoton (Mor)	1:06.08
3.	Tonya Wolfe (Sus)	1:06.15
4.	Monica Shutte (Mor)	1:06.51
5.	Eileen McMenamin (Wid)	1:07.47
6.	Tanya Schneck (Sus)	1:08.67

**Women's 55m Dash**

1.	Tammy Litts (Sus)	7.54
2.	Jen Nauss (LVC)	7.57
3.	Janine Shirk (Mes)	7.72

**Women's 55m Dash (Cont.)**

4.	Nicole Pringle (Wid)	7.74
5.	Steph Gemmel (Mor)	7.86
6.	Alexis Katchuck (Mor)	7.91

**Women's 800m**

1.	Shannon McDonald (Mor)	2:25.33
2.	Amy Ford (Mor)	2:27.75
3.	Lauren Summa (Alb)	2:32.01
4.	Allison Carrigan (Alb)	2:33.83
5.	Jody Eiswerth (Sus)	2:37.97
6.	Maggie Ward (Alb)	2:38.83

**Women's 200m**

1.	Jennifer Nauss (LVC)	27.07
2.	Tammy Litts (Sus)	27.27
3.	Steph Gemmel (Mor)	28.52
4.	Alyssa Strausberger (Mor)	28.56
5.	Cathy Huegler (Mor)	28.81
6.	Nicole Pringle (Wid)	29.24

**Women's 3000m**

1.	Tara Wartman (Mor)	10:51.20
2.	Lori Choynowski (Alb)	10:56.42
3.	Amanda Malchoir (Wid)	10:57.32
4.	Kim Westergom (Wid)	11:02.93
5.	Jen Malaam (Mor)	11:33.54
6.	Amy Cavanaugh (Mor)	11:41.20

**Triple Jump**

1.	Alexis Katchuk (Mor)	36' 7.25"
2.	Janine Shirk (Mes)	36' 4"
3.	Kim Aurand (Sus)	30' 11.25"
4.	Amy Learn (Mor)	30' 10.75"
5.	Lauren Summa (Alb)	30' 3.25"

**Women's 3200m Relay**

1.	Moravian	10:00.33
2.	Trecy (Tara) Wartman, Kristian Reccek, Kasie Homberger, Rebecca Page Albright	10:42.48
3.	Susquehanna	10:54.78
	(Angie Happel, Christel Yudt, Tanya Schenck, Judy Eiswerth)	

3.

**Women's 1600m Relay**

- |    |  |         |
|----|--|---------|
| 1. | Moravian   | 4:22.46 |
|    | (Kathleen Stiely, Daphne Roton, Amy Ford, Alyssa Strasberger)      |         |
| 2. | Susquehanna  | 4:34.91 |
|    | (Nicole Derarowicz, Tanya Schneck, Judy Eiswerth, Tonya Wolfe)     |         |
| 3. | Widener  | 4:40.64 |
|    | (Jenna Norley, Mande Melchoir, Christina Carrow, Eileen McMenaman) |         |
| 4. | Lebanon Valley   | 4:46.03 |
|    | (Thea Roomet, Jen Smith, Collette Drumheller, Jen Nauss)           |         |

**Team Scores**

- |    |                 |      |
|----|-----------------|------|
| 1. | Moravian        | 152  |
| 2. | Susquehanna     | 83.5 |
| 3. | Lebanon Valley  | 67   |
| 4. | Albright        | 45   |
| 5. | Widener         | 37   |
| 6. | Messiah         | 34   |
| 7. | Delaware Valley | 1.5  |
| 8. | Drew            | 0    |

**Outstanding Individual Performer**

Janie Shirk                      Messiah