

Middle Atlantic Conference
1998 Men's and Women's Indoor Track and Field Championships
Saturday, February 28, 1998
Edward H. Arnold Sports Center Arena, Lebanon Valley College
Official Results

Men's Distance Medley Relay (1,200-400-800-1,600)

1. Moravian College
Bob Thear, Rich Tate, Damon Rutherford, James Hillary 11:01.34
Arnold Sports Center Arena Record
2. Allentown College
Vic Longo, Gerald Caprio, Randy Latza, Anthony Clark 11:02.37
3. Susquehanna University
James Wolynetz, Jeff Talerico, Jamie Yoder, Eric Davis 11:03.31
4. Widener University
Brian Basener, Mike Jones, Pat Mearn, Brian Click 11:06.61
5. Messiah College
Matt Manz, Steve Plencner, Lonnie Hockenbury, Brian Sell 11:32.57
6. Lebanon Valley College
Daniel Palopoli, Anthony Thoman, Jason Badman, Pete LoBianco 11:42.89
LVC School Record
- Albright College
Brent Hurley, Bill Brosey, John Saldibar, Mark Mango 11:57.81

Women's Distance Medley Relay (1,200-400-800-1,600)

1. Moravian College
Kasie Hornberger, Leah Williams, Maria Grabowski, Tara Wartman 13:18.24
Arnold Sports Center Arena Record
2. Albright College
Maggie Ward, Lauren Summa, Kristy Hering, Laura Byroade 13:57.28
3. Widener University
Erin Costello, Caroline Phelan, Laura Detwiler, Nicole Palazzolo 14:01.67
4. Allentown College
Mary Lechleitner, Nicki Salaneck, Lori Schwartz, Melissa Karwacki 14:19.24
5. Messiah College
Missy Bohley, Dawn Senecal, Debbie Hoffman, Brianna Fuller 14:33.62
6. Lebanon Valley College
Maria DeLiberato, Anna Malocu, Nicole Dreger, Michelle Walmsley 15:07.36
LVC School Record

Men's Shot Put

Prelims

| | | |
|----|----------------------------|----------|
| 1. | Lloyd Hill, Widener | 45-7½ Q |
| 2. | William Markley, LVC | 43-5¼ Q |
| 3. | Jason Tete, Widener | 41-6½ Q |
| 4. | Robert Wentzel, LVC | 40-7½ Q |
| 5. | Todd Paling, Susquehanna | 38-11¼ Q |
| 6. | Frank Arnella, Susquehanna | 38-7¼ Q |
| 7. | Bill Schmidt, Moravian | 38-0½ Q |
| 8. | Kevin Reuther, Moravian | 34-4 |
| 9. | James Delp, Albright | 32-5½ |

Finals

| | | |
|----|----------------------------|-------------------|
| 1. | Lloyd Hill, Widener | 45-7½ |
| 2. | William Markley, LVC | 43-5¼ |
| 3. | Jason Tete, Widener | 41-6½ |
| 4. | Robert Wentzel, LVC | 40-7½ |
| 5. | Todd Paling, Susquehanna | 39-5½ |
| 6. | Frank Arnella, Susquehanna | 39-3 (tiebreaker) |
| | Bill Schmidt, Moravian | 39-3 |

Women's High Jump

| | | |
|----|----------------------------------|---------------------|
| 1. | Erica Landes, Moravian | 5-0 (fewer misses) |
| 2. | Amanda Baker, Susquehanna | 5-0 |
| 3. | Sarah Webb, Albright | 4-8 (fewest misses) |
| 4. | Kelly Musselman, Delaware Valley | 4-8 |
| 5. | Rosie Metz, Susquehanna | 4-8 |
| 6. | Heather Strauch, Widener | 4-6 (fewer misses) |
| | Lisa Reed, Moravian | 4-6 |
| | Kristy Hering, Albright | 4-2 |
| | Mary Lechleitner, Allentown | NH |

Pole Vault

| | | |
|----|----------------------------|------|
| 1. | Jacob Tshudy, LVC | 13-6 |
| 2. | Nathaniel Davis, LVC | 13-0 |
| 3. | Jack Stephani, Widener | 12-6 |
| 4. | Dan Curran, Widener | 12-0 |
| 5. | Dave Gargione, Widener | 11-6 |
| 6. | Jeremy Wawrzonek, Albright | 11-0 |
| | Adam Saylor, Susquehanna | NH |
| | Pat Gallo, Widener | NH |
| | Matt Soltesz, Albright | NH |
| | J.R. Lubisco, Susquehanna | NH |

Men's 800-Meter Relay (4x200)

| | | |
|----|--|---------|
| 1. | Lebanon Valley College Matthew Franks, Robert Dekle, Darnell McKenzie, Steven Raab | 1:36.81 |
| 2. | Widener University Garrison Lockley, Tony Brown, Miguel Pena, Nathan Tuttle | 1:36.87 |
| 3. | Susquehanna University Jerry Evangelista, Charles Barley, Nick Quaglia, Matthew Fenstermacher | 1:39.96 |
| 4. | Moravian College Jon Borger, Napo Ghanda, George Young, Jeremy Schoenberger | 1:41.00 |
| 5. | Allentown College Will Patterson, John Doumaux, Joe Buckley, Gerald Caprio | 1:41.81 |
| 6. | Messiah College Matt Lavalley, Brian Benoit, Chris Magil, Kevin Langdon | 1:46.07 |
| | Albright College | DQ |

Women's 800-Meter Relay (4x200)

| | | |
|----|---|-------------------|
| 1. | Widener University Nicole Pringle, Candice Coombs, Eileen McMenamain, Katie L'Armand | 1:55.32 |
| 2. | Moravian College Joyce Halstead, Amber Barron, Denele Brozino, JoAnn Kertesz | 1:55.68 |
| 3. | Lebanon Valley College Cori Nolen, Kimberly Dotson, Jana Romlein, Jennifer Hershey | 1:55.89 |
| | | LVC School Record |
| 4. | Susquehanna University Emily Dugan, Jen Becker, Kim Aurand, Tonya Wolfe | 1:59.67 |
| 5. | Messiah College Jessica Herb, Megan Dietz, Delia Park, Kattie Dionne | 2:00.10 |

6. Albright College
 Soula Stergiou, Colleen Barhight, Kristy Hering, Lauren Summa 2:03.14

Women's Shot Put

Prelims

Flight 1

- | | | |
|----|------------------------------|---|
| 1. | Ann Musser, LVC | 12.77 meters (41-11) Q Arnold Sports Center Arena Record NCAA Division III Provisional Qualifying |
| 2. | Rebecca Ritchie, Susquehanna | 38-10 Q |
| 3. | Jessica WorriLOW, Widener | 35-10¼ Q |
| 4. | Chrissy Howland, Widener | 35-2¼ Q |
| 5. | Melissa RuoZZi, Susquehanna | 31-9 Q |
| 6. | Kelly Zimmerman, LVC | 30-8 |
| 7. | Melissa Seprefski, Albright | 27-2½ |

Flight 2

- | | | |
|----|-----------------------------------|--------|
| 1. | Skye Tandy, Albright | 37-1 Q |
| 2. | Carrie Miller, Widener | 33-9 Q |
| 3. | Julie Yourkawitch, LVC | 29-9 |
| 4. | Kate Lassiter, Allentown | 29-4 |
| 5. | Marissa O'Neil, Allentown | 29-3½ |
| 6. | Amanda Seker, LVC | 25-9 |
| 7. | Jamie LaTourette, Delaware Valley | 25-8 |

Finals

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|----|------------------------------|--|
| 1. | Ann Musser, LVC | 13.11 meters (43-0¼) LVC School Record Arnold Sports Center Arena Record MAC Record NCAA Division III Automatic Qualifying |
| 2. | Rebecca Ritchie, Susquehanna | 39-5¼ |
| 3. | Jessica WorriLOW, Widener | 37-7½ |
| 4. | Skye Tandy, Albright | 37-4½ |

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|----|-----------------------------|-------|
| 5. | Christina Howland, Widener | 35-2¼ |
| 6. | Carrie Miller, Widener | 34-7¼ |
| | Melissa Ruozzi, Susquehanna | 32-10 |

Men's 1,500-Meter Run

| | | |
|----|-------------------------------|---------|
| 1. | Tim Pflug, Moravian | 4:12.30 |
| 2. | Arthur DiCola, Widener | 4:18.89 |
| 3. | Damon Rutherford, Moravian | 4:23.76 |
| 4. | Robert Horn, LVC | 4:24.57 |
| 5. | Tony Clark, Allentown | 4:27.48 |
| 6. | Mike Scanielo, Allentown | 4:32.23 |
| | John Saldibar, Albright | 4:33.58 |
| | Mark Mango, Albright | 4:35.32 |
| | John Knudson, Delaware Valley | 4:38.36 |
| | Mike Arculeo, Allentown | 4:42.83 |
| | Dan O'Connor, Allentown | 4:49.18 |
| | Ray Miller, Allentown | 4:57.41 |
| | James Wolynetz, Susquehanna | DQ |

Women's 1,500-Meter Run

| | | |
|----|-----------------------------|---------|
| 1. | Kristie Reccek, Moravian | 4:55.31 |
| 2. | Becky Page, Moravian | 5:10.40 |
| 3. | Jen Samson, Moravian | 5:11.14 |
| 4. | Liz Roberts, Widener | 5:12.64 |
| 5. | Sarah Costello, Susquehanna | 5:29.98 |
| 6. | Melissa Kuriga, Messiah | 5:35.27 |
| | Melissa Black, LVC | 6:03.91 |

Men's Long Jump

Prelims

Flight 1

| | | |
|----|-----------------------|---------|
| 1. | Dante Trader, Widener | 20-7½ Q |
|----|-----------------------|---------|

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|----|---------------------------|----------|
| 2. | Jon Borger, Moravian | 19-11¼ Q |
| 3. | Anthony Rediger, Moravian | 19-10¼ Q |
| 4. | Napo Ghanda, Moravian | 19-5 |
| 5. | Drew Toucher, Messiah | 18-5¼ |
| 6. | Nevin Brubaker, Messiah | 18-3 |
| 7. | Matt Lavellee, Messiah | 17-9½ |

Flight 2

| | | |
|----|------------------------------------|---------|
| 1. | Matthew Fenstermacher, Susquehanna | 21-7¼ Q |
| 2. | Tom Bozman, Susquehanna | 20-7 Q |
| 3. | Jeremy Snyder, LVC | 19-11 Q |
| 4. | Gia Pham, Albright | 19-8 Q |
| 5. | Jon Hoxworth, Delaware Valley | 19-2¾ |
| 6. | Bill Guthier, Delaware Valley | 18-7¼ |
| 7. | Justin Szabo, Widener | 18-7 |
| | Bill Brosey, Albright | SCR |

Finals

| | | |
|----|------------------------------------|--------------------|
| 1. | Matthew Fenstermacher, Susquehanna | 21-7¼ |
| 2. | Jeremy Snyder, LVC | 20-7½ (tiebreaker) |
| 3. | Dante Trader, Widener | 20-7½ |
| 4. | Tom Bozman, Susquehanna | 20-7 |
| 5. | Anthony Rediger, Moravian | 20-1¼ |
| 6. | Jon Borger, Moravian | 19-11¼ |
| | Gia Pham, Albright | 19-8 |

Women's Long Jump

Prelims

Flight 1

| | | |
|----|--------------------------|---------|
| 1. | Alexis Katchuk, Moravian | 17-1¼ Q |
| 2. | Brooke Dancho, Moravian | 15-3½ Q |
| 3. | Nicole Pringle, Widener | 15-2¾ Q |

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|----|-----------------------------|---------|
| 4. | Lisa Reed, Moravian | 14-9½ Q |
| 5. | Lindsey Forman, Moravian | 14-1 Q |
| 6. | Leah Williams, Moravian | 13-9 |
| 7. | Coreena Porter, Messiah | 13-5¼ |
| | Bea Schlotzhauer, Allentown | SCR |

Flight 2

| | | |
|-------|----------------------------------|---------|
| 1. | AnnElise Collier, Widener | 14-8½ Q |
| 2. | Cynthia Neger, Messiah | 14-0¾ Q |
| (tie) | Meg Petrie, Albright | 14-0¾ Q |
| 4. | Amie Scharpf, Allentown | 13-10½ |
| 5. | Kelly Musselman, Delaware Valley | 13-6½ |
| 6. | Kristy Hering, Albright | 12-9 |
| 7. | Mary Lechleitner, Allentown | 12-2 |
| | Kim Aurand, Susquehanna | SCR |

Finals

| | | |
|----|---------------------------|-------|
| 1. | Alexis Katchuk, Moravian | 17-1¼ |
| 2. | AnnElise Collier, Widener | 15-5 |
| 3. | Nicole Pringle, Widener | 15-4¼ |
| 4. | Brooke Dancho, Moravian | 15-3½ |
| 5. | Lisa Reed, Moravian | 14-9½ |
| 6. | Lindsey Foreman, Moravian | 14-1 |
| | Cynthia Neger, Messiah | 14-0¾ |
| | Meg Petrie, Albright | 14-0¾ |

Men's 55-Meter Hurdles

Trials

Heat 1

| | | |
|----|-----------------------------|--------|
| 1. | Charles Barley, Susquehanna | 8.42 Q |
| 2. | Chuck Butz, Widener | 8.47 Q |
| 3. | Tim Stein, Albright | 8.50 Q |

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| 4. | Benson Endicott, Messiah | 9.72 |
| <i>Heat 2</i> | | |
| 1. | James Delp, Albright | 8.40 Q |
| 2. | Matt Taubenberger, Widener | 8.72 q |
| 3. | Mark Freeman, Messiah | 9.01 q |
| 4. | Bill Guthrie, Delaware Valley | 9.29 |
| <i>Heat 3</i> | | |
| 1. | Dan Oliynik, Moravian | 8.16 Q |
| 2. | Jeremy Zettlemyer, LVC | 8.52 q |
| 3. | Nate Sauve, Messiah | 8.60 q |
| 4. | George Young, Moravian | 9.00 q |
| 5. | Will Patterson, Allentown | 9.74 |

Finals

Section 1

| | | |
|----|-----------------------------|------|
| 1. | Dan Oliynik, Moravian | 8.03 |
| 2. | James Delp, Albright | 8.17 |
| 3. | Chuck Butz, Widener | 8.34 |
| 4. | Charles Barley, Susquehanna | 8.49 |
| 5. | Tim Stein, Albright | 8.55 |

Section 2

| | | |
|----|----------------------------|------|
| 1. | Jeremy Zettlemyer, LVC | 8.33 |
| 2. | George Young, Moravian | 8.41 |
| 3. | Nate Sauve, Messiah | 8.70 |
| 4. | Matt Taubenberger, Widener | 8.83 |
| 5. | Mark Freeman, Messiah | 9.42 |

Final Results

| | | |
|----|------------------------|------|
| 1. | Dan Oliynich, Moravian | 8.03 |
| 2. | James Delp, Albright | 8.17 |
| 3. | Chuck Butz, Widener | 8.34 |

| | | |
|----|-----------------------------|------|
| 4. | Charles Barley, Susquehanna | 8.49 |
| 5. | Tim Stein, Albright | 8.55 |
| 6. | Jeremy Zettlemyer, LVC | 8.33 |

Women's 55-Meter Hurdles

Trials

Heat 1

| | | | |
|----|--------------------------|--------|-------------------|
| 1. | Jana Romlein, LVC | 9.05 Q | LVC School Record |
| 2. | Marla Maguire, Widener | 9.68 Q | |
| 3. | Joyce Halstead, Moravian | 9.85 q | |

Heat 2

| | | | |
|----|----------------------------------|---------|--|
| 1. | Jamie Hill, Delaware Valley | 9.63 Q | |
| 2. | Colleen Costello, Widener | 9.69 q | |
| 3. | Emily Dugan, Susquehanna | 9.75 q | |
| 4. | Kelly Musselman, Delaware Valley | 10.20 q | |

Heat 3

| | | | |
|----|--------------------------|---------|--|
| 1. | Alexis Katchuk, Moravian | 9.50 Q | |
| 2. | Cori Nolen, LVC | 9.50 Q | |
| 3. | Megan Dietz, Messiah | 10.22 q | |

Finals

Section 1

| | | |
|----|-----------------------------|------|
| 1. | Jana Romlein, LVC | 9.14 |
| 2. | Jamie Hill, Delaware Valley | 9.36 |
| 3. | Alexis Katchuk, Moravian | 9.41 |
| 4. | Cori Nolen, LVC | 9.55 |
| 5. | Marla Maguire, Widener | 9.82 |

Section 2

| | | |
|----|---------------------------|------|
| 1. | Joyce Halstead, Moravian | 9.61 |
| 2. | Colleen Costello, Widener | 9.73 |

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|----|----------------------------------|-------|
| 3. | Emily Dugan, Susquehanna | 9.76 |
| 4. | Megan Dietz, Messiah | 10.08 |
| 5. | Kelly Musselman, Delaware Valley | 10.54 |

Final Results

| | | |
|----|-----------------------------|------|
| 1. | Jana Romlein, LVC | 9.14 |
| 2. | Jamie Hill, Delaware Valley | 9.36 |
| 3. | Alexis Katchuk, Moravian | 9.41 |
| 4. | Cori Nolen, LVC | 9.55 |
| 5. | Marla Maguire, Widener | 9.82 |
| 6. | Joyce Holstead, Moravian | 9.61 |

Men's High Jump

| | | |
|----------|-------------------------------|--------------------|
| 1. | Richard Hopf, LVC | 6-6 (fewer misses) |
| 2. | Adam Ressler, Susquehanna | 6-6 |
| 3. (tie) | Anthony Rediger, Moravian | 6-0 |
| | Randy Latza, Allentown | 6-0 |
| 5. | Ryan Dalton, Messiah | 6-0 |
| 6. | Drew Toucher, Messiah | 6-0 |
| | Miguel Pena, Widener | 6-0 |
| | Mark Randall, Susquehanna | 5-10 |
| | Ed Stoops, Albright | 5-10 |
| | Tim Redding, Albright | 5-8 |
| | Bill Guthier, Delaware Valley | 5-6 |

Men's 400-Meter Dash

| | | |
|----|-----------------------------|-------|
| 1. | Michael Angelo, Susquehanna | 53.02 |
| 2. | George Young, Moravian | 54.29 |
| 3. | Chuck Butz, Widener | 54.63 |
| 4. | Tim Redding, Albright | 55.27 |
| 5. | Mike Jones, Widener | 55.32 |
| 6. | Matthew Franks, LVC | 55.49 |
| | John Doumaux, Allentown | 55.70 |

| | |
|----------------------------|-------|
| Matt Shingara, Susquehanna | 56.13 |
| Dave Kenworthy, Widener | 56.46 |
| Paul Peters, Albright | 56.54 |

Women's 400-Meter Dash

| | |
|--------------------------------|---------|
| 1. Eileen McMenamin, Widener | 1:03.26 |
| 2. Amie Scharpf, Allentown | 1:06.12 |
| 3. Tonya Wolfe, Susquehanna | 1:06.60 |
| 4. Jamie Hill, Delaware Valley | 1:08.07 |
| 5. Kristy Herring, Albright | 1:08.51 |

Men's 55-Meter Dash

Trials

Heat 1

| | |
|----------------------------------|--------|
| 1. Tony Brown, Widener | 6.68 Q |
| 2. Steven Raab, LVC | 6.86 q |
| 3. James Delp, Albright | 6.89 q |
| 4. Julius Johnson, Widener | 7.25 |
| 5. Jon Hoxworth, Delaware Valley | 7.29 |

Heat 2

| | |
|---------------------------------------|--------|
| 1. Matthew Fenstermacher, Susquehanna | 6.90 Q |
| 2. Jerry Evangelista, Susquehanna | 6.98 |
| 3. Dante Trader, Widener | 7.04 |
| 4. Chris Cruz, Widener | 7.11 |
| 5. Johnnie Figueroa, Delaware Valley | 7.28 |
| 6. Bill Guthier, Delaware Valley | 7.49 |

Heat 3

| | |
|----------------------------------|--------|
| 1. Darnell McKenzie, LVC | 6.85 Q |
| 2. Jeremy Schoenberger, Moravian | 6.99 |
| 3. Justin Szabo, Widener | 7.21 |
| 4. Joe Buckley, Allentown | 7.28 |

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|----|-------------------------|------|
| 5. | Ben Bechtel, Widener | 7.29 |
| 6. | Dave Tomaselli, Widener | 7.30 |

Heat 4

- | | | |
|----|---------------------------|--------|
| 1. | Nick Quaglia, Susquehanna | 7.06 Q |
| 2. | Nathan Tuttle, Widener | 7.21 |
| 3. | Garrison Lockley, Widener | 7.26 |
| 4. | Jon Borger, Moravian | 7.30 |
| 5. | John Bennett, Widener | 7.54 |
| 6. | Anthony Thoman, LVC | 7.60 |

Final

- | | | |
|----|------------------------------------|------|
| 1. | Tony Brown, Widener | 6.74 |
| 2. | Matthew Fenstermacher, Susquehanna | 6.79 |
| 3. | Steven Raab, LVC | 6.82 |
| 4. | Nick Quaglia, Susquehanna | 6.83 |
| 5. | Darnell McKenzie, LVC | 6.85 |
| 6. | James Delp, Albright | 6.93 |

Women's 55-Meter Dash

Trials

Heat 1

- | | | |
|----|--------------------------|--------|
| 1. | Amber Barron, Moravian | 7.86 Q |
| 2. | Denele Brozino, Moravian | 7.89 q |
| 3. | Jennifer Hershey, LVC | 7.97 q |
| 4. | Kimberly Dotson, LVC | 8.20 |

Heat 2

- | | | |
|----|-----------------------------------|--------|
| 1. | Jana Romlein, LVC | 7.85 Q |
| 2. | Amie Scharpf, Allentown | 8.12 |
| 3. | Soula Stergiou, Albright | 8.19 |
| 4. | Emily Dugan, Susquehanna | 8.35 |
| 5. | Jamie LaTourette, Delaware Valley | 8.49 |

Heat 3

| | | |
|----|---------------------------|--------|
| 1. | JoAnn Kertesz, Moravian | 7.76 Q |
| 2. | Candice Coombs, Widener | 8.08 q |
| 3. | Nicole Pringle, Widener | 8.15 |
| 4. | Janee Shaner, Susquehanna | 8.59 |

Final

| | | |
|----|--------------------------|------|
| 1. | JoAnn Kertesz, Moravian | 7.65 |
| 2. | Jana Romlein, LVC | 7.82 |
| 3. | Denele Brozino, Moravian | 7.83 |
| 4. | Amber Barron, Moravian | 7.91 |
| 5. | Candice Coombs, Widener | 8.09 |
| 6. | Jennifer Hershey, LVC | 8.20 |

Men's 800-Meter Run

| | | |
|----|-----------------------------|---------|
| 1. | Frank Gensemer, Widener | 2:04.10 |
| 2. | Braden Snyder, LVC | 2:05.97 |
| 3. | Nick Murphy, Moravian | 2:05.99 |
| 4. | John Pearson, Allentown | 2:08.58 |
| 5. | Randy Latza, Allentown | 2:17.25 |
| | James Wolynetz, Susquehanna | DQ |

Women's 800-Meter Run

| | | |
|----|--------------------------------|---------|
| 1. | Katie L'Armand, Widener | 2:25.68 |
| 2. | Maggie Ward, Albright | 2:26.13 |
| 3. | Kasie Hornberger, Moravian | 2:27.38 |
| 4. | Hannah Wood, Moravian | 2:29.60 |
| 5. | Melissa Karwacki, Allentown | 2:38.58 |
| 6. | Maria Grabowski, Moravian | 2:40.00 |
| | Melissa Kuriga, Messiah | 2:40.15 |
| | Katherine Westermann, Moravian | 2:40.59 |

| | |
|-----------------------------|---------|
| Sarah Costello, Susquehanna | 2:43.95 |
| Mary Lechleitner, Allentown | 2:48.27 |
| Angela Stetler, Moravian | 2:48.40 |
| Kristy Hering, Albright | 2:53.61 |
| Nicki Salaneck, Allentown | 2:55.60 |

Men's 200-Meter Dash

| | | |
|----|-----------------------------------|-----------------------------------|
| 1. | Tony Brown, Widener | 23.26 |
| | | Arnold Sports Center Arena Record |
| 2. | Steven Raab, LVC | 23.86 |
| 3. | Jeremy Schoenberger, Moravian | 24.39 |
| 4. | Darnell McKenzie, LVC | 24.55 |
| 5. | Dan Oliynik, Moravian | 24.65 |
| 6. | Ben Magidson, Albright | 24.74 |
| | Chris Cruz, Widener | 24.78 |
| | Nick Quaglia, Susquehanna | 24.78 |
| | Miguel Pena, Widener | 24.79 |
| | Nathan Tuttle, Widener | 24.80 |
| | Dante Trader, Widener | 25.30 |
| | Garrison Lockley, Widener | 25.34 |
| | Dave Tomaselli, Widener | 25.37 |
| | Dave Gargione, Widener | 25.48 |
| | Bill Brosey, Albright | 25.49 |
| | Matt Soltesz, Albright | 25.59 |
| | Pat Gallo, Widener | 25.66 |
| | Johnnie Figueroa, Delaware Valley | 25.70 |
| | Jerry Evangelista, Susquehanna | 25.85 |
| | Ben Bectel, Widener | 26.05 |
| | Joe Buckley, Allentown | 26.05 |
| | Drew Toucher, Messiah | 26.15 |
| | Will Patterson, Allentown | 26.24 |

| | |
|--------------------------|-------|
| Julius Johnson, Widener | 26.41 |
| Gerod Caprio, Allentown | 26.55 |
| Paul Pétters, Albright | 26.62 |
| Devon Smith, Susquehanna | 27.32 |
| Robert Dekle, LVC | 27.41 |

Women's 200-Meter Dash

| | | |
|----|---------------------------------|-------|
| 1. | JoAnn Kertesz, Moravian | 27.83 |
| 2. | Candice Coombs, Widener | 28.02 |
| 3. | Denele Brozino, Moravian | 28.27 |
| 4. | Amie Scharpf, Allentown | 28.73 |
| 5. | Jana Romlein, LVC | 29.00 |
| 6. | Jennifer Hershey, LVC | 29.23 |
| | Soula Stegiou, Albright | 29.49 |
| | Steph Bumbaugh, Delaware Valley | 29.76 |
| | Jamie Hill, Delaware Valley | 29.78 |
| | Amber Barron, Moravian | 30.03 |
| | Joyce Halstead, Moravian | 30.15 |
| | Coreena Porter, Messiah | 30.47 |
| | Kimberly Dotson, LVC | 30.72 |
| | Kristee Miller, Messiah | 30.74 |
| | Maria Maguire, Widener | 31.16 |
| | Janee Shaner, Susquehanna | 31.84 |
| | Kristin Marino, Susquehanna | 32.74 |
| | Liz Salor, Susquehanna | 33.04 |

Men's Triple Jump

Prelims

Flight 1

| | | |
|----|-----------------------|-------|
| 1. | Nate Sauve, Messiah | 40-9¾ |
| 2. | Mark Freeman, Messiah | 40-3½ |

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|----|-------------------------------|-------|
| 3. | Jon Hoxworth, Delaware Valley | 38-7¼ |
| 4. | John Bennett, Widener | 38-5¼ |
| 5. | James Unger, LVC | 35-8¾ |
| | Bill Brosey, Albright | SCR |

Flight 2

- | | | |
|----|------------------------------------|---------|
| 1. | Matthew Fenstermacher, Susquehanna | 43-1¾ Q |
| 2. | Lester Gassert, Allentown | 42-1½ Q |
| 3. | Tom Bozman, Susquehanna | 42-1 Q |
| 4. | Gia Pham, Albright | 41-10 Q |
| 5. | Anthony Rediger, Moravian | 41-4½ Q |
| 6. | Jeremy Snyder, LVC | 41-2¼ Q |
| 7. | Jon Berger, Moravian | 40-10 Q |

Finals

- | | | |
|----|---------------------------------|-------|
| 1. | Matt Fenstermacher, Susquehanna | 43-1¾ |
| 2. | Tom Bozman, Susquehanna | 42-1¾ |
| 3. | Lester Gassert, Allentown | 42-1½ |
| 4. | Jeremy Snyder, LVC | 41-11 |
| 5. | Gia Pham, Albright | 41-10 |
| 6. | Anthony Rediger, Moravian | 41-9¼ |
| | Jon Borger, Morvain | 40-10 |

Men's 5,000-Meter Run

- | | | |
|----|--------------------------|-----------------------------------|
| 1. | Brian Sell, Messiah | 15:39.44 |
| | | Arnold Sports Center Arena Record |
| 2. | Arthur DiCola, Widener | 16:00.55 |
| 3. | Eric Davis, Susquehanna | 16:12.76 |
| 4. | Kevin Connelly, Widener | 16:13.09 |
| 5. | Chris Lowthert, Moravian | 16:49.70 |
| 6. | Bob Thear, Moravian | 16:57.05 |
| | Tyler McClimon, Moravian | 17:15.20 |
| | Scott Lewandowski, LVC | 17:17.63 |

| | |
|-------------------------------|----------|
| Todd Donahue, Widener | 17:25.70 |
| Rob McDonald, Delaware Valley | 17:37.17 |
| Brent Hurley, Albright | 17:45.26 |
| Andy Styer, LVC | 17:57.84 |
| Andy Quaile, Widener | 18:00.76 |
| Rob Mendoza, Allentown | 18:05.98 |
| Mark Boyer, Albright | 18:16.39 |
| Mark Mango, Albright | 18:25.71 |

(Because Messiah does not sponsor varsity indoor track and field, DiCola is the MAC Champion.)

Women's 3,000-Meter Run

| | | |
|----|---------------------------|----------|
| 1. | Tara Wartman, Moravian | 10:53.29 |
| 2. | Liz Roberts, Widener | 11:01.40 |
| 3. | Becky Page, Moravian | 11:21.06 |
| 4. | Amy Cavanaugh, Moravian | 11:25.02 |
| 5. | Nicole Palazzolo, Widener | 11:32.91 |
| 6. | Laura Byroade, Albright | 11:40.98 |
| | Kelly Ulrich, LVC | 12:30.38 |
| | Lauren Scaffidl, Moravian | 13:46.81 |

Men's 3,200-Meter Relay (4x800)

| | | |
|----|---|---------|
| 1. | Moravian College Tim Pfluger, Nick Murphy, Damon Rutherford, James Hillary | 8:26.35 |
| 2. | Widener University Brian Klick, Chuck Butz, Pat Mearn, Frank Gensemer | 8:31.11 |
| 3. | Allentown College Vic Longo, John Pearson, Mike Scanielo, Anthony Clark | 8:40.38 |
| 4. | Susquehanna University Jeff Talerico, Brad Noll, Joe Palmieri, Jamie Yoder | 8:54.31 |
| 5. | Lebanon Valley College Robert Horn, Jason Badman, Pete LoBianco, Daniel Palopoli | 8:57.01 |
| 6. | Messiah College John Barr, Steve Plencner, Lonnie Hockenbury, Brian Sell | 9:01.06 |
| | Albright College Dan Belissimo, Mark Boyer, Steve Zalewski, John Saldibar | 9:09.95 |

Women's 3,200-Meter Relay (4x800)

| | | |
|----|---|----------|
| 1. | Moravian College Kasie Hornberger, Jen Samson, Kate Westerman, Kristie Reccek | 10:12.60 |
| 2. | Albright College Lauren Summa, Colleen Barhight, Kristy Hering, Maggie Ward | 10:44.27 |
| 3. | Allentown College Melissa Karwicki, Lori Schwartz, Nicki Salaneck, Mary Lechleitner | 11:22.43 |
| 4. | Widener University Laura Detwiler, Caroline Phelan, Heather Strauch, Erin Costello | 11:30.23 |
| 5. | Messiah College Sarah Eshelman, Heather White, Brianna Fuller, Debbie Hoffman | 11:32.14 |
| 6. | Lebanon Valley College Michelle Walmsley, Maria DeLiberato, Anna Malocu, Nicole Dreger | 12:20.47 |

Women's Triple Jump

Prelims

| | | |
|----|---------------------------|----------------------|
| 1. | Alexis Katchuk, Moravian | 34-9 $\frac{3}{4}$ Q |
| 2. | Brooke Dancho, Moravian | 33-2 $\frac{1}{4}$ Q |
| 3. | Cynthia Neger, Messiah | 30-0 $\frac{3}{4}$ Q |
| 4. | Sarah Webb, Albright | 29-5 $\frac{1}{4}$ Q |
| 5. | Leah Williams, Moravian | 29-5 Q |
| 6. | Coreena Porter, Messiah | 29-2 $\frac{1}{4}$ Q |
| 7. | Colleen Costello, Widener | 29-1 $\frac{3}{4}$ Q |
| 8. | AnnElise Collier, Widener | 29-1 $\frac{1}{2}$ |
| | Lindsey Forman, Moravian | NM |
| | Kim Aurand, Susquehanna | SCR |

Finals

| | | |
|----|---------------------------|-------------------------------|
| 1. | Alexis Katchuk, Moravian | 36-0 $\frac{3}{4}$ |
| 2. | Brooke Dancho, Moravian | 33-2 $\frac{1}{4}$ |
| 3. | Leah Williams, Moravian | 30-3 $\frac{1}{2}$ |
| 4. | Cynthia Neger, Messiah | 30-0 $\frac{3}{4}$ (tiebreak) |
| 5. | Colleen Costello, Widener | 30-0 $\frac{3}{4}$ |
| 6. | Sarah Webb, Albright | 29-5 $\frac{1}{4}$ |
| | Coreena Porter, Messiah | 29-2 $\frac{1}{4}$ |

Men's 1,600-Meter Relay (4x400)

| | | |
|----|---|---------|
| 1. | Widener University Nathan Tuttle, Mike Jones, John Bennett, Tony Brown | 3:38.98 |
| 2. | Lebanon Valley College Matthew Franks, Jeremy Zettlemyer, Braden Snyder, Jeremy Snyder | 3:41.84 |
| 3. | Allentown College Gerald Caprio, John Doumaux, Will Patterson, Randy Latza | 3:45.79 |
| 4. | Albright College Bill Brosey, Tim Stein, Paul Peters, Tim Redding | 3:46.02 |
| 5. | Moravian College George Young, Rich Tate, Jeremy Schoenberger, Lyle Lentz | 3:53.93 |
| 6. | Messiah College Nevin Brubaker, Chris Magil, Benson Endicott, Nate Sauve | 3:54.09 |
| | Susquehanna University | DQ |

Women's 1,600-Meter Relay (4x400)

| | | |
|----|---|---------|
| 1. | Widener University Eileen McMenamain, Candice Coombs, Nicole Pringle, Katie L'Armand | 4:21.01 |
| 2. | Moravian College Amber Barron, Brooke Dancho, JoAnn Kertesz, Hannah Wood | 4:24.73 |
| 3. | Susquehanna University Jen Becker, Emily Dugan, Kim Aurand, Tonya Wolfe | 4:32.31 |
| 4. | Messiah College Kristy Miller, Angie Chilcoat, Delia Park, Dawn Senecal | 4:34.75 |
| 5. | Albright College Soula Stergiou, Colleen Barhight, Maggie Ward, Lauren Summa | 4:37.51 |
| 6. | Lebanon Valley College Jennifer Hershey, Kimberly Dotson, Kelly Ulrich, Cori Nolen | 4:47.22 |
| | Allentown College Amie Scharpf, Melissa Karwacki, Nicki Salaneck, Mary Lechleitner | 4:51.97 |

TEAM STANDINGS

MEN

| | | |
|----|-------------------------|-----|
| 1. | Widener University | 128 |
| 2. | Lebanon Valley College | 113 |
| 3. | Susquehanna University | 91 |
| 4. | Moravian College | 86 |
| 5. | Allentown College | 42 |
| 6. | Albright College | 23 |
| 7. | Delaware Valley College | 0 |

WOMEN

| | | |
|----|-------------------------|-----|
| 1. | Moravian College | 165 |
| 2. | Widener University | 110 |
| 3. | Susquehanna University | 48 |
| 4. | Lebanon Valley College | 44 |
| 5. | Albright College | 42 |
| 6. | Allentown College | 24 |
| 7. | Delaware Valley College | 16 |

MOST OUTSTANDING ATHLETE AWARDS

Men--Tony Brown, Widener University

Women--Ann Musser, Lebanon Valley College