

# MAC INDOOR TRACK & FIELD

## MAC Indoor Track and Field Championships At Arnold Sports Center Lebanon Valley College Saturday

### MEN'S RESULTS

Team Scoring--1. Widener (W), 184; 2. Moravian (M), 110; 3. Susquehanna, 91; 4. Lebanon Valley (LVC), 55; 5. Albright (ALB), 27; 6. Allentown (ALL), 21.

#### Individual Champions

55-meter dash--Tony Brown (W), 6.69. 55-meter hurdles--James Delp (ALB), 8.14. 200 meters--Brown (W), 23.51. 400 meters--Ray Crooms (W), 53.13. 800 meters--Josh Heebner (M), 2:00.53 (arena record). 1500 meters--Tim Pfluger (M), 4:07.30. 5000 meters--Jeff Minnich (M), 15:54.4. 800 relay--Widener, 1:33.75 (arena and MAC Championships record).

1,600 relay--Widener, 3:39.09. 3,200 relay--Moravian, 8:21.76. Distance Medley Relay--Moravian, 11:00.9 (arena record).

Long Jump--Matt Fenstermacher (S), 21-11 1/2. Triple Jump--Mike Coleman (W), 45-8. High Jump--Adam Ressler (S), 6-2. Pole Vault--Jeffrey Rhone (LVC), 13-9. Shot Put--Bill Schmidt (M), 44-8. 35-pound Weight Throw--Jason Tete (W) 45-0 (MAC Championships record).

Most Outstanding Athlete Award--Tony Brown, Widener.

### WOMEN'S RESULTS

Team Scoring--1. Moravian (M) 154; 2. Lebanon Valley (LVC) 125; 3. Susquehanna (S) 63; 4. Widener (W) 61; 5. Albright (ALB) 32.5; 6. Allentown (ALL) 14.

#### Individual Champions

55-meter dash--Jana Romlein (LVC) 7.88. 55-meter hurdles--Steph Horne (M) 9.31. 200 meters--Tara Ruhl (LVC) 28.31. 400 meters--Jennifer Becker (S), 1:03.54. 800 meters--Heidi Wolfsberger (M), 2:22.86 (MAC Championships record). 1,500 meters--Kristen Reccek (M), 4:56.57. 3,000 meters--Emily Shertzer (M), 10:54.55. 800 relay--LVC (Danielle Stoveken, Jennifer Hershey, Tara Ruhl, Jana Romlein), 1:53.72 (LVC school record). 1,600 relay--Susquehanna, 4:22.47. 3,200 relay--Moravian, 10:20.11. Distance Medley Relay--Moravian, 13:37.01.

Long Jump--Eileen Goliass (LVC), 16-5. Triple Jump--Goliass (LVC), 32-11 3/4. High Jump--Holly Whitpan (ALB), 5-2. Shot Put--Ann Musser, LVC, 42-9 1/2 (NCAA Division III Provisional Qualifying). 20-pound Weight Throw--Musser (LVC), 48-7 (LVC school, arena & MAC Championships record, NCAA Division III Provisional Qualifying).

Most Outstanding Athlete--Ann Musser, LVC.