

**Middle Atlantic Conference
1999-2000 Indoor Track and Field Championships
February 26, 2000 at Arnold Sports Center
Lebanon Valley College - Annville, Pennsylvania**

Final team results

Men's

Widener University	196
Moravian College	102
Susquehanna University	77
Messiah College	64
Elizabethtown College	25
Lebanon Valley College	21
Allentown College	21
Albright College	21

Most Outstanding Athlete

Chris Boyles (Messiah) - Won high jump (6-8 1/4, MAC Championships record and NC provisional qualifier) and won 55-meter hurdles (8.10 seconds)

Women's

Moravian College	156.8
Lebanon Valley College	119
Messiah College	114.2
Allentown College	51
Widener University	42
Albright College	31
Elizabethtown College	18
Susquehanna University	10

Most Outstanding Athlete

Heidi Wolfsberger (Moravian) - Won four gold medals (800 meters, 1500 meters, distance medley relay and 4x800 relay) and set MAC Championships record in 1500 meters)

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Men's 35-pound weight throw

MAC Record: Jason Tete (Widener), 45-0 - 1999 NCAA Automatic 57-9 1/2
 Arnold Record: Matt Quinn (Catholic), 47-4 1/4 - 2000 NCAA Provisional 52-6

Place	Name	School	Distance	Points
1	Mike Ruff	Widener	44-9 1/2	10
2	Jason Tete	Widener	42-6 3/4	8
3	Bill Schmidt	Moravian	41-4 1/2	6
4	Bill Geiger	Widener	38-8	4
5	Mark Snitzer	Albright	37-2 1/2	2
6	Josh Tirado	Moravian	36-5	1
	Ben Bectel	Widener	35-2 1/4	
	Chris Noordzy	Albright	34-5 1/4	
	Mike England	Widener	34-4 1/2	
	Tom Kuhn	Lebanon Valley	33-11	
	Tyler Roberts	Lebanon Valley	28-11	
	Jason Troutman	Allentown	28-5	
	Justin Piro	Albright	26-8	

Women's 20-pound weight throw

MAC Record: Ann Musser (Lebanon Valley), 48-7 - 1999 NCAA Automatic 52-1 1/4
 Arnold Record: Ann Musser (Lebanon Valley), 48-7 1/4 - 1999 NCAA Provisional 47-3

Place	Name	School	Distance	Points
1	Ann Musser	Lebanon Valley	45-0	10
2	Sarah Shaneberger	Moravian	44-1	8
3	Kate Lassiter	Allentown	43-3	6
4	Melissa Sepnefski	Albright	35-6 3/4	4
5	Jennifer D'Emilio	Lebanon Valley	30-5 1/2	2
6	Sarah D'Emilio	Elizabethtown	24-1 1/2	1

Men's pole vault

MAC Record: Frank Krantz (Susquehanna), 15-7 - 1992 NCAA Automatic 15-8 1/4
 Arnold Record: C.J. Brown (Moravian), 15-1 3/4 - 1996 NCAA Provisional 15-1 3/4

Place	Name	School	Height	Points
1	Jeremy Graham	Messiah	13-0	10
2	Scott Bertani	Moravian	12-4 (fewer misses)	8
3	Mike Gillis	Messiah	12-4	6
4	Frank Dumbreski	Susquehanna	11-8	4
5	Jeremy Wawronzek	Albright	10-6	2
6	Scott Kenney	Susquehanna	10-0	1
	Dave LoBianco	Lebanon Valley	NH	

Women's high jump

MAC Record: Krisa Murray (Moravian), 5-4 1/4 - 1993 NCAA Automatic 5-7
 Arnold Record: Teresz Falcome (Lock Haven), 5-4 - 1995 NCAA Provisional 5-5

Place	Name	School	Height	Points
1	Sue Filaseta	Allentown	5-0 (jump-off)	10
2	Holly Whitpan	Albright	5-0	8
3	Christy Pierce	Widener	5-0	6
4	Megan Brooks	Messiah	4-8	1.4
4	Prisca Chase	Messiah	4-8	1.4
4	Beth Engle	Messiah	4-8	1.4
4	Erica Landes	Moravian	4-8	1.4
4	Brooke Dawson	Moravian	4-8	1.4
	Leah Williams	Moravian	4-8	
	Marie Maradeo	Susquehanna	4-6	
	Anne Williams	Susquehanna	4-6	

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Men's high jump

MAC Record: Three tied at 6-8
 Arnold Record: Two tied at 6-8

NCAA Automatic 6-9 3/4
 NCAA Provisional 6-7

Place	Name	School	Height	Points	
1	Chris Boyles	Messiah	2.04 m (6-8 1/4)	10	ASC, MAC,
2	Adam Ressler	Susquehanna	6-2 (fewer misses)	8	
3	Anthony Rediger	Moravian	6-2	6	
4	Gerald Hynson	Widener	5-10	4	
5	Matt Wilson	Messiah	5-8	2	
6	Mike Thomas	Susquehanna	5-6	1	
	Dave Pappentick	Elizabethtown	NH		

Women's long jump

MAC Record: Jen Nauss (Lebanon Valley), 18-3 3/4 -1995
 Arnold Record: Jen Nauss (Lebanon Valley), 18-3 3/4 -1995

NCAA Automatic 18-3 3/4
 NCAA Provisional 17-8 1/2

Place	Name	School	Distance	Points
1	Alexis Katchuk	Moravian	15-11 1/2 (tiebreak)	10
2	Mindy Miller	Messiah	15-11 1/2	8
3	Christy Pierce	Widener	15-8 1/2	6
4	Eileen Golias	Lebanon Valley	15-6	4
5	Katie Young	Elizabethtown	15-5 1/2	2
6	Heidi Kaucher	Allentown	15-4 1/4	1
	Ann Cortliss	Moravian	15-2 1/4	
	Megan Brooks	Messiah	15-1	
	Holly Whitpan	Albright	14-3 1/2	
	Sue Filaseta	Allentown	14-0	
	Lindsay Forman	Moravian	13-6 1/2	
	Brooke Dawson	Moravian	13-5 1/2	
	Prisca Chase	Messiah	13-11 3/4	
	AnnElise Collier	Widener	13-11 1/2	
	Lexi Smith	Lebanon Valley	13-1 1/2	
	Nadia Gabryluk	Allentown	12-3	

Men's long jump

MAC Record: Gregg Barrett (Widener), 23-9 1/2 - 1993
 Arnold Record: Gregg Barrett (Widener), 22-1 1/4 - 1995

NCAA Automatic 18-3 3/4
 NCAA Provisional 17-8 1/2

Place	Name	School	Distance	Points
1	Matt Fenstermacher	Susquehanna	21-5 1/2	10
2	Matt Lowe	Susquehanna	20-9	8
3	John Green	Susquehanna	20-8 3/4	6
4	Anthony Redinger	Moravian	20-7 1/4	4
5	Ryan Hollis	Susquehanna	20-3 1/2	2
6	Norm Frey	Allentown	20-0 3/4	1
	Tim Stein	Albright	19-11 1/4	
	Tim Pelc	Susquehanna	19-10 1/4	
	Bill McGee	Albright	19-5 3/4	
	John Stanko	Moravian	19-5 1/2	
	Chip Johnson	Lebanon Valley	19-3 1/2	
	Chris Boyles	Messiah	19-2 1/2	
	Gerald Hynson	Widener	18-11 1/2	
	Dave Pappentick	Elizabethtown	18-10	
	Tom Killian	Lebanon Valley	18-3 1/4	
	Doug Malefyt	Messiah	18-7 1/4	
	Matt Lavelle	Messiah	18-8 3/4	
	Toren Murphy	Messiah	18-1 3/4	
	Chad Vensel	Elizabethtown	18-1	
	Travis Fink	Moravian	18-0	
	Josh Kline	Allentown	NH	

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Women's triple jump

MAC Record:	Debbie Smurda (Widener), 36-9 3/4 - 1993	NCAA Automatic	38-4	
Arnold Record:	Alexis Katchuk (Moravian), 36-7 1/4 - 1994	NCAA Provisional	36-5	
Place	Name	School	Distance	Points
1	Prisca Chase	Messiah	34-11 3/4	10
2	Alexis Katchuk	Moravian	34-4 1/4	8
3	Lindsay Forman	Moravian	33-10 3/4	6
4	Audrey Hallinan	Allentown	33-1 3/4	4
5	Katie Young	Elizabethtown	33-0 3/4	2
6	Holly Whitpan	Albright	32-6 3/4	1
	Megan Brooks	Messiah	32-0 1/4	
	Eileen Golias	Lebanon Valley	31-6 1/2	
	Kristen Sheerin	Widener	30-7 3/4	
	Sue Filaseta	Allentown	30-1 1/4	
	Leah Williams	Moravian	29-6	

Men's triple jump

MAC Record:	Brian Dehman (Albright), 47-1 1/2, 1992	NCAA Automatic	48-7 1/4	
Arnold Record:	Nate McNitt (Susquehanna), 45-11 - 1995	NCAA Provisional	46-7 1/4	
Place	Name	School	Distance	Points
1	Anthony Rediger	Moravian	43-8 3/4	10
2	Matt Fenstermacher	Susquehanna	43-4 1/2	8
3	Chris Boyles	Messiah	43-3 3/4	6
4	Bill McGee	Albright	41-8 1/2	4
5	Tim Pelc	Susquehanna	41-1 1/2	2
6	Doug Malefyt	Messiah	40-10	1
	Josh Kline	Allentown	40-0 3/4	
	Ryan Hollis	Susquehanna	39-10 1/4	
	Chip Johnson	Lebanon Valley	37-11 1/4	
	Chad Hensel	Elizabethtown	37-3 3/4	
	John Stanko	Moravian	Foul	
	Matt Lavelle	Messiah	Foul	

Women's shot put

MAC Record:	Ann Musser (Lebanon Valley), 43-0 1/4, 1998	NCAA Automatic	43-3	
Arnold Record:	Ann Musser (Lebanon Valley), 43-0 1/4, 1998	NCAA Provisional	41-2 1/4	
Place	Name	School	Distance	Points
1	Ann Musser	Lebanon Valley	39-11 1/2	10
2	Sarah Shaneberger	Moravian	38-7 1/2	8
3	Kate Lassiter	Allentown	32-0 3/4	6
4	Mary Beth Geiman	Messiah	31-3 1/2	4
5	Colleen Keatus	Albright	30-8 3/4	2
6	Heather Bomberger	Allentown	30-0	1
	Joanna Dotts	Albright	27-2 1/2	
	Melissa Seppneski	Albright	25-6	

Men's shot put

MAC Record:	Alailima Talavou (F&M), 50-7 1/2 - 1993	NCAA Automatic	54-2 3/4	
Arnold Record:	Seth McGuffin (unattached), 51-10 - 2000	NCAA Provisional	51-4 1/4	
Place	Name	School	Distance	Points
1	Mike England	Widener	44-8	10
2	Bill Schmidt	Moravian	42-8 1/4	8
3	Tom Kuhn	Lebanon Valley	42-1 3/4	6
4	Xavier Gomez	Susquehanna	40-2 3/4	4
5	Bill Geiger	Widener	39-10 3/4	2
6	Jason Tete	Widener	38-3 1/4	1
	Gerry McShea	Albright	37-5	

Women's pole vault

MAC Record:	New event	NCAA Automatic	None	
Arnold Record:	Gini Shaw (Eastern Mennonite), 8-0 - 1999	NCAA Provisional	9-6 1/2	
Place	Name	School	Height	Points
1	Sara Brown	Messiah	9-1	10
2	Joanna Dotts	Albright	7-4	8
3	Becky Tice	Lebanon Valley	7-0	6
4	Colleen Barhight	Albright	6-6	4
	Kristy Miller	Messiah	NH	

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Men's Distance Medley Relay

MAC Record: Swarthmore, 10:31.47 - 1992

NCAA Automatic

None

Arnold Record: Moravian, 11:00.9 - 1999

NCAA Provisional

10:24.54

Place	Names	School	Time	Points	ASC Re
1	Damon Rutherford Josh Heebner George Wacker Tim Pfuger	Moravian	10:57.23	10	
2	Keith Greenawalt Jeff Harmon Mike Zwatty Larry Bullock	Elizabethtown	11:00.46	8	
3	Carmine Gentile Garrison Lockley Brian McDonnell John Alvanitakis	Widener	11:13.44	6	
4	Dennis Soden Tom Pescatore Rick Carminati Vic Longo	Allentown	11:30.23	4	
5	Joe McManus Pete Ramsey Chris Heidenrich Scott Nye	Messiah	11:33.58	2	
6	Jerry Reilly Tom Mace Doug Wallis Pete LoBianco	Lebanon Valley	11:34.87	1	
7	Luke Peterson Mike Colancecco Jamie Yoder Matt Woolley	Susquehanna	11:37.73		
8	Mark Mango Arnold Jackson Steve Stover Mark Boyer	Albright	11:40.47		

Women's Distance Medley Relay

MAC Record: Haverford, 12:37.44 - 1993

NCAA Automatic

None

Arnold Record: Moravian, 13:18.24 - 1998

NCAA Provisional

12:46.14

Place	Names	School	Time	Points
1	Heidi Wolfsberger Jen Wagner Tiff Catalino Emily Shertzer	Moravian	13:43.81	10
2	Sarah Brill Jessica Moreland Tara Shaw Kate Connelly	Widener	14:07.20	8
3	Katie Bauer Sheree Goodman Heather White Melissa Gingerich	Messiah	14:07.49	6
4	Christine Howe Audrey Hallinan Eileen Conn Tori LaRosa	Allentown	14:12.01	4
5	Laura Curtis Kristi Riley Maria DeLiberato Joanna Bissell	Lebanon Valley	15:01.92	2

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Men's 55-meter dash

MAC Record: Arif Husain (Gettysburg), 6.46 - 1992 NCAA Automatic 6.40
 Arnold Record: Scott Mack (Millersville), 6.44 - 1994 NCAA Provisional 6.59

Heat	Name	School	Time	Points
1	Tony Brown	Widener	6.68	Q
1	Beau Heaps	Susquehanna	6.93	
1	Nate Tuttle	Widener	7.04	
1	Thomas Wegman	Widener	7.19	
1	Mitch Gibson	Lebanon Valley	7.33	
1	Arnold Jackson	Albright	7.73	
2	Kevin Bush	Moravian	6.83	Q
2	Dante Trader	Widener	6.94	
2	Tim Pelc	Susquehanna	7.01	
2	Bill McGee	Albright	7.12	
2	Sean Flowers	Lebanon Valley	7.23	
2	Bill Buckley	Allentown	7.60	
3	Matt Fenstermacher	Susquehanna	6.86	Q
3	Jason Jenkins	Widener	7.03	
3	James Stewart	Widener	7.13	
3	Greg Hayles	Widener	7.23	
3	Matt Lavallee	Messiah	7.26	
3	Matt Russell	Lebanon Valley	7.40	
4	Jerome Robinson	Widener	6.78	Q
4	Bob Morcom	Allentown	6.94	
4	Jerry Evangelista	Susquehanna	7.04	
4	Bona Sumner	Albright	7.12	
4	Larry Hodges	Elizabethtown	7.31	
4	Dwane Neff	Messiah	7.33	
5	Anthony Giles	Widener	6.82	Q
5	Doug Joseph	Moravian	6.87	Q
5	Norm Frey	Allentown	7.07	
5	Doug Malefyt	Messiah	7.12	
5	Tom Killian	Lebanon Valley	7.19	
Place	Name	School	Time	Points
1	Tony Brown	Widener	6.56	10
2	Jerome Robinson	Widener	6.66	8
3	Anthony Giles	Widener	6.75	6
4	Matt Fenstermacher	Susquehanna	6.85	4
5	Kevin Bush	Moravian	6.88	2
6	Doug Joseph	Moravian	6.91	1

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Women's 55-meter dash

MAC Record: Tammy Litts (Susquehanna), 7.52 - 1996 NCAA Automatic 7.25
 Arnold Record: Tammy Litts (Susquehanna), 7.52 - 1996 NCAA Provisional 7.43

Heat	Name	School	Time	
1	Meredith Roberts	Lebanon Valley	7.81	Q
1	Eileen Golias	Lebanon Valley	7.83	Q
1	Jennifer Ketz	Moravian	8.24	
1	Annalisa Ellis	Elizabethtown	8.41	
1	Lauren Henderson	Lebanon Valley	8.46	
2	Tara Ruhl	Lebanon Valley	7.74	Q
2	Katie Brown	Widener	7.86	Q
2	Holly Whitpan	Albright	8.18	
3	Steph Horne	Moravian	7.85	Q
3	Jana Romlein	Lebanon Valley	7.88	Q
3	Stacey Adair	Lebanon Valley	7.93	
3	Elisha Franczuski	Widener	8.27	
Place	Name	School	Time	Points
1	Tara Ruhl	Lebanon Valley	7.78	10
2	Meredith Roberts	Lebanon Valley	7.84	8
3	Steph Horne	Moravian	7.85	6
4	Eileen Golias	Lebanon Valley	7.90	4
5	Katie Brown	Widener	7.91	2
6	Jana Romlein	Lebanon Valley	8.24	1

Men's 1500-meter run

MAC Record: Steve Monaco (F&M), 3:58.74 - 1993 NCAA Automatic 3:54.24
 Arnold Record: Tim Pfluger (Moravian), 4:07.30 - 1999 NCAA Provisional 3:58.84

Place	Name	School	Time	Points
1	Tim Pfluger	Moravian	04:07.12	10
2	Matt Dourmaux	Widener	04:08.95	8
3	Dave McGuire	Widener	04:12.94	6
4	Damon Rutherford	Moravian	04:15.89	4
5	Brent Hurley	Albright	04:18.21	2
6	Mike Zwatty	Elizabethtown	04:22.80	1
	Chris Baker	Widener	04:23.75	
	Nate Crissman	Messiah	04:29.47	
	Dennis Soden	Allentown	04:31.02	
	Joe McMannus	Messiah	04:32.35	
	Nate Rudd	Messiah	04:32.89	
	Keith Greenawalt	Elizabethtown	04:34.66	
	Tim Kosces	Messiah	04:37.04	
	Ryan Gingrich	Allentown	04:39.90	

Women's 1500-meter run

MAC Record: Danielle Wolfrom (Haverford), 4:52.2 - 1992 NCAA Automatic 4:39.24
 Arnold Record: Tara Wartman (Moravian), 4:52.92 - 1997 NCAA Provisional 4:43.64

Place	Name	School	Time	Points
1	Heidi Wolfsberger	Moravian	04:49.38	10
2	Kim Jaick	Moravian	05:01.24	8
3	Jessica Hawthorne	Messiah	05:03.84	6
4	Hannah Wood	Moravian	05:03.91	4
5	Maria Grabowski	Moravian	05:16.03	2
6	Melissa Gudleski	Elizabethtown	05:23.40	1
	Maggie Martin	Elizabethtown	05:27.38	
	Laura Capik	Widener	05:28.71	
	Jenna Nugent	Elizabethtown	05:31.32	
	Eileen Conn	Allentown	05:34.21	
	Delina Cefaratti	Susquehanna	05:37.00	
	Laura Pipzломis	Widener	05:41.95	
	Jen Haas	Susquehanna	05:44.96	
	Kristen Joyce	Widener	05:59.96	

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Men's 4x200 Relay

MAC Record: Widener, 1:33.75 - 1999 NCAA Automatic None
 Arnold Record: Widener, 1:33.75 - 1999 NCAA Provisional None

Place	Names	School	Time	Points
1	Ray Crooms Nate Tuttle Dante Trader Tony Brown	Widener	01:36.61	10
2	Matt Fenstermacher Jerry Evangelista Beau Heeps Jason Ward	Susquehanna	01:37.07	8
3	Bona Somner Todd White Tim Stein Bill McGee	Albright	01:41.06	6
4	Matt Lavalie Matt Wilson Dong Malefyt Nevin Brubaker	Messiah	01:41.18	4
5	Doug Joseph Chris McGuinness Chris Colly Kevin Bush	Moravian	01:41.93	2
6	Kevin Miller Josh Kline Jamie Flannery Bob Morcom	Allentown	01:42.14	1
7	Tom Kuhn Sean Flowers Matt Russell Mitch Gibson	Lebanon Valley	01:42.15	

Women's 4x200 Relay

MAC Record: Widener, 1:51.54 - 1993 NCAA Automatic None
 Arnold Record: Moravian, 1:53.05 - 1997 NCAA Provisional None

Place	Names	School	Time	Points
1	Meredith Roberts Lexi Smith Kerri Gasser Jana Romlein	Lebanon Valley	01:55.51	10
2	Katie Brown Erin Kilrain Elisha Franczusi Lellani Manuel	Widener	01:59.33	8
3	Stacy Boxum Susan Normington Kristy Miller Jessica Sauve	Messiah	02:01.08	6
4	Jen Burkholder Gina Lacombe Jen Wagner Amanda Samok	Moravian	02:03.46	4
5	Abby Urion Jen Busillo Coleen Barhight Holly Whitpan	Albright	02:04.14	2
6	Audrey Hallinan Nadia Gabryluk Heidi Kaucher Tori LaRosa	Allentown	02:05.62	1

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Men's 55-meter hurdles

MAC Record: Greg O'Neil (Moravian), 7.74 - 1993 NCAA Automatic 7.61
 Arnold Record: Eric Hess (Lock Haven), 7.74 - 1995 NCAA Provisional 7.75

Heat	Name	School	Time	
1	Chris Boyles	Messiah	8.06	Q
1	Dan Olinyik	Moravian	8.32	Q
1	Larry Currie	Widener	8.48	Q
1	Brian Mee	Allentown	9.08	
2	Macdonald Roberts	Widener	8.32	Q
2	Eugene Williams	Allentown	8.43	Q
2	Matt Wilson	Messiah	8.53	
2	Tim Stein	Albright	8.75	
2	Kyle McHugh	Allentown	9.34	
Place	Name	School	Time	Points
1	Chris Boyles	Messiah	8.10	10
2	Macdonald Roberts	Widener	8.24	8
3	Dan Olinyik	Moravian	8.31	6
4	Eugene Williams	Allentown	8.44	4
5	Larry Currie	Widener	8.72	2
Sixth-place heat				
6	Matt Wilson	Messiah	8.53	1
	Tim Stein	Albright	8.74	
	Brian Mee	Allentown	9.33	
	Kyle McHugh	Allentown	9.43	

Women's 55-meter hurdles

MAC Record: Gina Gonzalez (Widener), 8.81 - 1995 NCAA Automatic 8.37
 Arnold Record: Two tied at 8.44 - 1994 NCAA Provisional 8.59

Heat	Name	School	Time	
1	Prisca Chase	Messiah	9.41	Q
1	Abbey Urion	Albright	9.61	Q
1	Lindsay Forman	Moravian	9.67	Q
1	Jennifer Ketz	Moravian	10.28	
2	Steph Horne	Moravian	9.20	Q
2	Erin Kilrain	Widener	9.81	
2	Ann Corless	Moravian	9.95	
2	Stacy Borum	Messiah	10.14	
2	Sarah Roberts	Messiah	11.47	
3	Mindy Miller	Messiah	9.21	Q
3	Emily Dugan	Susquehanna	9.72	
3	Cheryl Beezup	Lebanon Valley	9.80	
3	Anne Williams	Susquehanna	10.35	
3	Annie Cowan	Susquehanna	12.69	
Place	Name	School	Time	Points
1	Steph Horne	Allentown	9.03	10
2	Mindy Miller	Messiah	9.16	8
3	Prisca Chase	Messiah	9.32	6
4	Lindsay Forman	Moravian	9.77	4
5	Abbey Urion	Albright	9.96	2
Sixth-place heat				
6	Erin Kilrain	Widener	9.64	1
	Emily Dugan	Susquehanna	9.65	
	Ann Corless	Moravian	9.77	
	Cheryl Beezup	Lebanon Valley	10.19	
	Stacy Borum	Messiah	10.58	

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Men's 400-meter dash

MAC Record: Pete Landon (Haverford), :51.05 - 1992 NCAA Automatic 49.82
 Arnold Record: Steve Kravitz (Moravian), :52.34 - 1993 NCAA Provisional 50.33

Place	Name	School	Time	Points	ASC Rec
1	Ray Crooms	Widener	51.44	10	
2	Miguel Pena	Widener	53.93	8	
3	Mike Henley	Widener	54.44	6	
4	Nevin Brubaker	Messiah	54.67	4	
5	Chris Colley	Moravian	54.99	2	
6	John Bennett	Widener	55.25	1	
	Matt Shingara	Susquehanna	55.75		
	Aaron Fairbanks	Susquehanna	55.86		
	Matt Graf	Susquehanna	57.09		
	Todd Hamski	Widener	57.62		
	Brian Mee	Allentown	58.19		

Women's 400-meter dash

MAC Record: Erika Bruner (Haverford), 1:01.73 - 1992 NCAA Automatic 58.95
 Arnold Record: Two tied at 1:01.84 NCAA Provisional 59.76

Place	Name	School	Time	Points
1	Jana Romlein	Lebanon Valley	01:01.87	10
2	Jessica Sauve	Messiah	01:01.94	8
3	Jennifer Ketz	Moravian	01:04.97	6
4	Stacey Adair	Lebanon Valley	01:05.27	4
5	Susan Normington	Messiah	01:05.48	2
6	Ann Corliss	Moravian	01:05.56	1
	Leilani Manuel	Widener	01:05.94	
	Jen Burkholder	Moravian	01:05.96	
	Kristen Sheerin	Widener	01:07.09	
	Kerri Gasser	Lebanon Valley	01:07.77	
	Megan Marquette	Susquehanna	01:08.29	
	Charlotte Gould	Susquehanna	01:08.30	
	Lauren Hardwig	Elizabethtown	01:08.38	
	Danielle Seibert	Elizabethtown	01:09.35	
	Colleen Barheigh	Albright	01:10.45	
	Katrina Emery	Susquehanna	01:10.57	

Men's 800-meter run

MAC Record: Brian Peabody (Haverford), 1:57.84 - 1992 NCAA Automatic 1:52.44
 Arnold Record: Josh Heebner (Moravian), 2:00.53 - 1999 NCAA Provisional 1:54.24

Place	Name	School	Time	Points
1	Will Brownback	Widener	02:01.92	10
2	Bobby Ward	Widener	02:03.12	8
3	Matt Doumaux	Widener	02:03.16	6
4	George Wacker	Moravian	02:03.38	4
5	Braden Snyder	Lebanon Valley	02:04.16	2
6	Josh Heebner	Moravian	02:04.55	1
	Jeff Harmon	Elizabethtown	02:04.63	
	John Pearson	Allentown	02:06.62	
	Pete Ramsey	Messiah	02:08.94	
	Ian Tracy	Elizabethtown	02:09.89	
	John Alvanitakis	Widener	02:10.15	
	Mike Whylings	Albright	02:12.54	
	Jake Trevino	Susquehanna	02:13.57	
	Brian McDonnell	Widener	02:15.40	
	Mike Carey	Susquehanna	02:29.45	

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Women's 800-meter run

MAC Record: Heidi Wolfsberger (Moravian), 2:22.86 - 1999 NCAA Automatic 2:15.74
 Arnold Record: Heidi Wolfsberger (Moravian), 2:22.86 - 1999 NCAA Provisional 2:17.94

Place	Name	School	Time	Points
1	Heidi Wolfsberger	Moravian	02:24.43	10
2	Erin Boyle	Moravian	02:26.53	8
3	Christine Howe	Allentown	02:29.09	6
4	Jessica Hawthorne	Messiah	02:29.64	4
5	Liz Shover	Lebanon Valley	02:32.16	2
6	Jen Wagner	Moravian	02:33.37	1
	Amanda Samok	Moravian	02:34.98	
	Tiffany Catalino	Moravian	02:38.22	
	Rebecca Abrecht	Susquehanna	02:39.39	
	Kate L'Armand	Widener	02:39.55	
	Gina Lacombe	Moravian	02:39.71	
	Jen Busillo	Albright	02:40.87	
	Jen Boberg	Moravian	02:41.14	
	Megan Johnson	Messiah	02:48.18	
	Christine Venable	Albright	02:48.85	
	Alison Regar	Widener	02:55.42	
	Megan Sears	Messiah	03:00.95	

Men's 200-meter run

MAC Record: Arif Husain (Gettysburg), 22.96 - 1992 NCAA Automatic None
 Arnold Record: Tony Brown (Widener), 23.37 - 1997 NCAA Provisional None

Place	Name	School	Time	Points	
1	Tony Brown	Widener	22.88	10	ASC, MAC
2	Matt Fenstermacher	Susquehanna	24.23	8	
3	Tom Kuhn	Lebanon Valley	24.28	6	
4	Jerome Robinson	Widener	24.38	4	
5	Beau Heeps	Susquehanna	24.41	2	
6	Jason Jenkins	Widener	24.47	1	
	Anthony Giles	Widener	24.52		
	Kevin Bush	Moravian	24.56		
	Larry Currie	Widener	24.76		
	Dante Trader	Widener	24.77		
	Todd White	Albright	24.85		
	Nevin Brubaker	Messiah	25.02		
	Bob Morcom	Allentown	25.16		
	T.J. Wegmann	Widener	25.31		
	Nate Tuttle	Widener	25.47		
	Macdonald Roberts	Widener	25.58		
	Tom Killian	Lebanon Valley	25.60		
	Bona Sumner	Albright	25.62		
	Doug Joseph	Moravian	25.80		
	Jerry Evangelista	Susquehanna	25.83		
	Jamie Flannery	Allentown	26.09		
	Kevin Miller	Allentown	26.15		
	Arnold Jackson	Albright	26.22		
	Greg Hayles	Widener	26.39		
	Mitch Gibson	Lebanon Valley	26.52		
	Garrison Lockley	Widener	26.55		
	Larry Hodges	Elizabethtown	26.81		
	Chris McGinnis	Moravian	26.85		
	Eugene Williams	Allentown	28.39		
	Josh Kline	Allentown	30.82		

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Women's 200-meter run

MAC Record: Jen Nauss (Lebanon Valley), 27.07 - 1996
 Arnold Record: Jen Nauss (Lebanon Valley), 27.07 - 1996

NCAA Automatic
 NCAA Provisional None
 None

Place	Name	School	Time	Points
1	Tara Ruhl	Lebanon Valley	28.33	10
2	Jessica Sauve	Messiah	28.50	8
3	Meredith Roberts	Lebanon Valley	28.90	6
4	Katie Brown	Widener	28.92	4
5	Emily Dugan	Susquehanna	29.08	2
6	Jennifer Ketz	Moravian	29.17	1
	Steph Horne	Moravian	29.50	
	Elisha Franczuski	Widener	30.37	
	Tiffany Brower	Messiah	30.50	
	Lauren Henderson	Lebanon Valley	30.56	
	Lauren Hardwig	Elizabethtown	30.64	
	Danielle Seibert	Elizabethtown	30.92	
	Jen Ferry	Widener	31.56	
	Kristy Miller	Messiah	31.57	
	Lexi Smith	Lebanon Valley	31.58	
	Jessica Moreland	Elizabethtown	31.80	
	Sarah Roberts	Messiah	31.94	
	Kelly Gray	Elizabethtown	32.04	
	Colleen Barhight	Albright	32.42	
	Liz Hayden	Elizabethtown	32.48	

Men's 5,000-meter run

MAC Record: Frank McGovern (F&M), 14:51.67 - 1992
 Arnold Record: Brian Sell (Messiah), 15:39.44 - 1998

NCAA Automatic 14:43.74
 NCAA Provisional 14:55.04

Place	Name	School	Time	Points
1	Larry Bullock	Elizabethtown	15:58.62	10
2	Brian Klick	Widener	16:03.57	8
3	Frank Rivera	Elizabethtown	16:06.27	6
4	Wes Zimmerman	Moravian	16:10.75	4
5	Vic Longo	Allentown	16:17.21	2
6	Matt Enders	Widener	16:19.32	1
	Scott Lewandowski	Lebanon Valley	16:23.87	
	Dave Berdan	Elizabethtown	16:27.95	
	Mike Lehtonen	Susquehanna	16:28.79	
	Art DiCola	Widener	16:29.74	
	Dustin Scott	Elizabethtown	16:48.79	
	Scott Nye	Messiah	16:54.49	
	Mark Mango	Albright	16:58.58	
	Andy Styer	Lebanon Valley	17:01.93	
	Chip Hazewski	Widener	17:12.34	
	Mark Boyer	Albright	17:15.08	
	Craig Oakum	Elizabethtown	17:21.11	
	Jim Humble	Allentown	17:28.69	
	Justin Arnold	Moravian	17:38.79	
	Dennis Spanaudakis	Allentown	17:45.20	
	Todd Donahue	Widener	18:22.35	

Women's 5,000-meter run

MAC Record: First year as a championship event
 Arnold Record: Not available

NCAA Automatic 17:31.54
 NCAA Provisional 17:50.04

Place	Name	School	Time	Points
1	Emily Shertzer	Moravian	18:25.61	10
2	Kim Jaick	Moravian	18:35.31	8
3	Kelly Stewart	Lebanon Valley	19:07.42	6
4	Gretchen Junko	Elizabethtown	19:26.60	4
5	Erin Colwell	Susquehanna	19:53.98	2
6	Kristen Lane	Widener	20:02.14	1
	Sarah Costello	Susquehanna	20:05.25	
	Melissa Gingrich	Messiah	20:32.98	
	Michelle Walmsley	Lebanon Valley	22:45.75	

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Men's 4x800 Relay

Place	Names	School	Time	Points	ASC Re
	MAC Record: Haverford, 8:06.24 - 1993		NCAA Automatic	None	
	Arnold Record: Catholic, 8:21.6 - year unavailable		NCAA Provisional	None	
1	Dave McGuire Carmine Gentile Bobby Ward Will Brownback	Widener	08:17.30	10	
2	Damon Rutherford George Wacker Josh Heebner Tim Pfluger	Moravian	08:31.09	8	
3	Pete LoBianco Sean Carney Braden Snyder Doug Wallis	Lebanon Valley	08:38.43	6	
4	Dennis Soden John Pearson Rick Carminati Tom Pescatore	Allentown	08:46.80	4	
5	Tim Kosces Nate Crissman Chris Heidenrich Pete Ramsey	Messiah	08:48.84	2	
6	Steve Stover Mark Boyer Steve Zalewski Brent Hurlley	Albright	09:00.78	1	
7	Luke Peterson Brett Shraeder Jamie Yoder Jake Trevino	Susquehanna	09:05.73		
8	Tony Alicea Keith Greenawalt John Ulrich Ian Tracy	Elizabethtown	09:08.50		

Women's 4x800 Relay

Place	Names	School	Time	Points
	MAC Record: Moravian, 10:00.33 - 1996		NCAA Automatic	None
	Arnold Record: Moravian, 10:00.33 - 1996		NCAA Provisional	None
1	Heidi Wolfsberger Erin Boyle Gina Lacombe Amanda Samok	Moravian	10:28.79	10
2	Melissa Gudleski Maggie Martin Jenna Nugent Gretchen Junko	Elizabethtown	10:45.55	8
3	Katie Bauer Sheree Goodman Megan Johnson Jessica Hawthorne	Messiah	10:46.54	6
4	Melissa Black Laura Curtis Kristi Riley Joanna Bissell	Lebanon Valley	10:56.31	4
5	Laura Capik Sarah Brill Laura Prezlomic Kate Connelly	Widener	10:56.90	2
6	Eileen Conn Christine Howe Tori LaRosa Lori Schwartz	Allentown	11:43.50	1

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Men's 4x400 Relay

MAC Record: Haverford, 3:28.94 - 1993 NCAA Automatic 3:21.42
 Arnold Record: Essex, 3:32.0 - 1993 NCAA Provisional 3:23.75

Place	Names	School	Time	Points
1	Ray Crooms Miguel Pena John Bennett Tony Brown	Widener	03:36.67	10
2	Matt Shingara Aaron Fairbanks Beau Heeps Jason Ward	Susquehanna	03:38.11	8
3	Mike Gillis Matt Wilson Doug Malefy Nevin Brubaker	Messiah	03:42.52	6
4	A.J. Jackson Todd White Mike Whylings Tim Stein	Albright	03:43.43	4
5	Mark Boyer Brian Mee Eugene Williams Justin Ott	Allentown	03:46.23	2
6	Chris Colley Chris McGinnis Chris Dewalt Kevin Bush	Moravian	03:53.11	1
7	Jerry Reilly Dan Rau Tom Mace Dave LoBianco	Lebanon Valley	04:04.28	

Women's 4x400 Relay

MAC Record: Haverford, 4:18.73 - 1992 NCAA Automatic 4:01.87
 Arnold Record: Catholic, 4:18.74 - 1992 NCAA Provisional 4:05.93

Place	Names	School	Time	Points
1	Kerri Gasser Liz Shover Stacey Adair Jana Romlein	Lebanon Valley	04:22.08	10
2	Mindy Miller Susan Normington Megan Brooks Jessica Sarve	Messiah	04:24.75	8
3	Katrina Emery Emily Dugan Charlotte Gould Megan Marquette	Susquehanna	04:27.18	6
4	Leilani Manuel Christy Pierce Kristen Sheerin Tara Shaw	Widener	04:27.79	4
5	Jennifer Burkholder Jen Wagner Steph Horne Hannah Wood	Moravian	04:27.87	2
6	Heidi Kaucher Nadia Gabryluk Audrey Hallinan Christine Howe	Allentown	04:40.85	1
7	Colleen Barhight Christine Venable Jen Busillo Abbey Urion	Albright	04:45.69	