



## Men's Indoor MAC Track and Field Results

Licensed to Elizabethtown College Hy-Tek's Meet Manager 3/1/2008 06:14 PM  
MAC Indoor Championships - 3/1/2008  
Garrett Sports Complex - Selinsgrove, PA  
Results

### Men 55 Meter Dash

=====  
MAC Record: M 6.42 2/24/2007 Randy Anderson, Juniata  
Field House: F 6.36 1/21/2005 Alton Richards, Shippensburg  
6.36 D3 A  
6.47 D3 B

Name Year School Prelims H#

### Preliminaries

1	Patrick Roach	JR	Messiah	6.59Q	1
2	AJ Farris	SO	Elizabethtown	6.65Q	2
3	Kevin Clark	SR	Elizabethtown	6.68Q	3
4	Josh Light	SO	Lebanon Valley	6.71q	3
5	Robert Innocent	FR	Widener	6.71q	1
6	Nicholas Kipe	SR	Messiah	6.72q	2
7	Bernard Innocent	SO	Widener	6.82	2
8	Eric Rogers	SR	Misericordia	6.84	1
9	Tom Creighton	JR	Widener	6.85	2
10	Tyler Ciserik	JR	Lebanon Valley	6.89	3
11	Justin Lee	FR	Lebanon Valley	6.91	3
12	Matt Bell	JR	Widener	6.92	1
13	Adam Gori	FR	DeSales	6.92	1
14	Chris Donisi	FR	Albright	6.95	2
15	Jon Petrilak	FR	Delaware Valley	7.05	3

### Men 55 Meter Dash

=====  
MAC Record: M 6.42 2/24/2007 Randy Anderson, Juniata  
Field House: F 6.36 1/21/2005 Alton Richards, Shippensburg  
6.36 D3 A  
6.47 D3 B

Name Year School Finals Points

### Finals

1	AJ Farris	SO Elizabethtown	6.55	10
2	Kevin Clark	SR Elizabethtown	6.63	8
3	Robert Innocent	FR Widener	6.72	6
4	Josh Light	SO Lebanon Valley	6.80	4
5	Nicholas Kipe	SR Messiah	6.81	2
6	Patrick Roach	JR Messiah	7.09	1

Men 200 Meter Dash

=====  
 MAC Record: M 22.34 2/25/2006 Lou Corominas, DeSales  
 Field House: F 22.34 2/25/2006 Lou Corominas, DeSales

Name	Year	School	Finals	H#	Points
1	Patrick Roach	JR Messiah	22.92	4	10
2	AJ Farris	SO Elizabethtown	23.05	4	8
3	Kevin Clark	SR Elizabethtown	23.09	4	6
4	Robert Innocent	FR Widener	23.38	4	4
5	Tom Creighton	JR Widener	23.69	3	2
6	Kenneth Gilliard	FR Widener	23.77	3	1
7	Bob Kenney	JR Albright	23.79	3	
8	Nicholas Kipe	SR Messiah	23.98	2	
9	Josh Light	SO Lebanon Valley	24.00	2	
10	Marc Bandola	SO Widener	24.02	2	
11	Matt Bell	JR Widener	24.20	2	
12	Drew Graybeal	SR Elizabethtown	24.37	4	
13	Nick Razler	SR DeSales	24.76	1	
14	Jon Petrilak	FR Delaware Valley	25.19	1	
15	David Meyers	FR Misericordia	25.31	1	

Men 400 Meter Dash

=====  
 MAC Record: M 48.77 2/25/2006 Lou Corominas, DeSales  
 Field House: F 48.77 2/25/2006 Lou Corominas, DeSales  
 48.40 D3 A  
 49.60 D3 B

Name	Year	School	Finals	H#	Points
1	Drew Graybeal	SR Elizabethtown	49.44 D3 B	3	10
2	Patrick Roach	JR Messiah	49.50 D3 B	3	8
3	Michael Dell	SR Messiah	51.47	3	6
4	Kyle Grimm	SO Elizabethtown	52.03	3	4
5	Jesse Weidemann	FR Messiah	52.13	2	2
6	Pete Moreni	FR DeSales	52.49	3	1
7	Tyler Ciserik	JR Lebanon Valley	52.57	2	
8	Mark Benedetto	FR Widener	53.55	2	
9	Marc Bandola	SO Widener	53.58	2	
10	Chris Bauer	JR Lebanon Valley	53.64	1	
11	Eric Yeager	SO DeSales	53.69	2	
12	Shane Toohey	SO Delaware Valley	55.53	1	
13	Brandon Jayne	SR Misericordia	55.97	1	

## Men 1 Mile Run

MAC Record: M 4:13.63 2/25/2006 Macharia Yuot, Widener  
 Field House: F 4:11.42 2/16/2008 Ryan Blood, Unattached  
 4:11.00 D3 A  
 4:16.00 D3 B

Name	Year School	Finals	Points
1 Cory Kaufman	SO Messiah	4:26.87	10
2 John Barkley	SR Albright	4:27.85	8
3 Patrick Hager	SR Messiah	4:27.99	6
4 Eddy Palmer	SO Messiah	4:28.83	4
5 Frank Redmond	FR Misericordia	4:34.16	2
6 Pat Hess	SO DeSales	4:35.15	1
7 Dave Bresnahan	SR Elizabethtown	4:35.84	
8 Justin Cuga	SO DeSales	4:38.72	
9 Chip Brumbaugh	SO Delaware Valley	4:38.84	
10 Matt Myers	FR Elizabethtown	4:42.11	
11 Ryan Faus	FR Messiah	4:42.43	
12 Patrick Filanowski	FR DeSales	4:42.65	
13 Pat Noonan	FR Misericordia	4:43.88	
14 Ryan St Clair	SR Elizabethtown	4:46.14	
15 James Davis	JR Messiah	4:48.92	
16 Trevor Book	SO Messiah	4:51.20	
17 Mark McCaskey	JR Messiah	4:52.59	
18 Alex Rodgers	FR Albright	4:54.34	
19 Dan Dalton	SO Albright	4:55.19	
20 Jack Tarpey	FR DeSales	4:55.42	
21 Beau Wilson	FR Messiah	4:55.80	
22 Anthony Sciandra	SO Widener	4:56.12	
23 Kevin McCoy	SO Delaware Valley	4:57.86	
24 Spencer Shaak	SO Albright	5:00.93	
25 Jacob Goldberg	FR Albright	5:11.10	

## Men 800 Meter Run

MAC Record: M 1:54.42 2/26/2005 Patrick Donovan, Elizabethtown  
 Field House: F 1:53.59 2/8/2008 Ryan Leiter, Frostburg State  
 1:52.90 D3 A  
 1:55.00 D3 B

Name	Year School	Finals	Points
1 Drew Graybeal	SR Elizabethtown	1:57.15	10
2 Dylan Rulander	JR Elizabethtown	1:57.35	8
3 Frank McClatchy	SR DeSales	1:58.08	6
4 Anthony Naimo	SR DeSales	1:58.37	4
5 Frank Redmond	FR Misericordia	1:58.81	2
6 James Munnelly	JR Elizabethtown	1:58.84	1
7 Eddy Palmer	SO Messiah	2:01.80	
8 Jeff Anderson	SO Lebanon Valley	2:03.87	
9 Mike Donghia	FR Messiah	2:04.21	

10 Bobby Bacon	SO DeSales	2:08.12
11 Pat Noonan	FR Misericordia	2:08.66
12 Matt Myers	FR Elizabethtown	2:09.72
13 Patrick Filanowski	FR DeSales	2:12.23
14 Brian Filanowski	FR DeSales	2:12.50
15 John Barkley	SR Albright	2:17.08
16 Cory Kaufman	SO Messiah	2:24.71
-- Mike Gallagher	JR DeSales	DNF

Men 5000 Meter Run

=====  
 MAC Record: M 14:51.67 2/29/1992 Frank McGovern, Widener  
 Field House: F 15:04.45 2/26/2005 Macharia Yuot, Widener  
 14:33.00 D3 A  
 14:55.00 D3 B

Name	Year School	Finals	Points
1 John Nastus	SR DeSales	15:48.68	10
2 Chris Heisey	FR Elizabethtown	15:56.34	8
3 Dave Bresnahan	SR Elizabethtown	16:01.00	6
4 Jeff Cain	SO Widener	16:09.37	4
5 Jeremy Matula	JR Elizabethtown	16:20.50	2
6 Artie Black	SO Messiah	16:25.52	1
7 Andrew Ferretti	SO DeSales	16:30.71	
8 Pat Blaskiewicz	FR Misericordia	17:32.29	

Men 55 Meter Hurdles

=====  
 MAC Record: M 7.53 2/24/2007 Ozzie Brown, Moravian  
 Field House: F 7.41 2/16/2008 Jarret Eaton, West Chester  
 7.55 D3 A  
 7.75 D3 B

Name	Year School	Prelims	H#
1 Kevin Clark	SR Elizabethtown	7.96Q	2
2 Jude Schappert	SR Misericordia	8.45Q	1
3 Michael Dell	SR Messiah	8.48q	2
4 Elton Dos Santos	SO Elizabethtown	8.63q	1
5 Pat Dougherty	FR DeSales	8.75q	2
6 Dwight Savoy	FR Albright	8.91q	2
7 Kery Swope	SO Delaware Valley	9.40	1

Men 55 Meter Hurdles

=====  
 MAC Record: M 7.53 2/24/2007 Ozzie Brown, Moravian  
 Field House: F 7.41 2/16/2008 Jarret Eaton, West Chester  
 7.55 D3 A  
 7.75 D3 B

Name	Year School	Finals	Points
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Finals				
1	Kevin Clark	SR Elizabethtown	7.95	10
2	Jude Schappert	SR Misericordia	8.37	8
3	Michael Dell	SR Messiah	8.44	6
4	Elton Dos Santos	SO Elizabethtown	8.60	4
5	Dwight Savoy	FR Albright	8.61	2
6	Pat Dougherty	FR DeSales	8.89	1

#### Men 4x200 Meter Relay

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MAC Record: M 1:31.08 2/26/2005 Moravian  
 S Silvoy, J Kline, M Bailey, O Brown

Field House: F 1:30.86 2/17/2006 Shippensburg  
 J James, A Terrell, S Cohick, J Wilson

School	Finals	H#	Points
1 Messiah College	1:32.06	2	10
1) Patrick Roach JR	2) Jesse Weidemann FR		
3) Michael Dell SR	4) Nicholas Kipe SR		
2 Elizabethtown College	1:33.11	2	8
1) Mike Mauger SO	2) AJ Farris SO		
3) Kyle Grimm SO	4) Kevin Clark SR		
3 Widener University	1:33.35	2	6
1) Tom Creighton JR	2) Robert Innocent FR		
3) Kenneth Gilliard FR	4) Bernard Innocent SO		
4 Lebanon Valley College	1:35.32	2	4
1) Josh Light SO	2) Justin Lee FR		
3) Tyler Ciserik JR	4) Chris Bauer JR		
5 DeSales University	1:37.65	2	2
1) Joe Kerr SO	2) Nick Razler SR		
3) Pete Moreni FR	4) Justin Del Piano SO		
6 Misericordia University	1:42.43	1	1
1) Brandon Jayne SR	2) Steve Zubko FR		
3) Vitaly Duboni FR	4) David Meyers FR		
7 Delaware Valley College	1:43.45	1	
1) Jon Petrilak FR	2) Pat McGrath FR		
3) Kery Swope SO	4) Shane Toohey SO		

#### Men 4x400 Meter Relay

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MAC Record: M 3:23.68 2/26/2005 Elizabethtown  
 D DeAngelis, P Donovan, A Graybeal, T Evensen

Field House: F 3:22.52 2/8/2008 Lynchburg, Lynchburg  
 3:16.70 D3 A  
 3:20.50 D3 B

School	Finals	Points
1 Elizabethtown College	3:26.44	10
1) Kyle Grimm SO	2) Jason Mastroianni JR	
3) Kevin Clark SR	4) Drew Graybeal SR	
2 Messiah College	3:26.80	8

1) Michael Dell SR	2) Jesse Weidemann FR	
3) Cody Rosenbaker FR	4) Patrick Roach JR	
3 DeSales University	3:33.02	6
1) Pete Moreni FR	2) Eric Yeager SO	
3) Paul Ecker FR	4) Frank McClatchy SR	
4 Widener University	3:35.84	4
1) Marc Bandola SO	2) Kenneth Gilliard FR	
3) Matt Bell JR	4) Mark Benedetto FR	
5 Lebanon Valley College	3:36.84	2
1) Justin Lee FR	2) Tyler Ciserik JR	
3) Adam Devine SO	4) Chris Bauer JR	
6 Albright College	3:47.56	1
1) Bob Kenney JR	2) Dwight Savoy FR	
3) Chris Donisi FR	4) John Barkley SR	

#### Men 4x800 Meter Relay

=====  
 MAC Record: M 8:02.11 2/28/2004 Elizabethtown  
 G Wetzels, P Donovan, S Mulcahy, S Sanko  
 Field House: F 8:02.11 2/28/2004 Elizabethtown  
 G Wetzels, P Donovan, S Mulcahy, S Sanko

School	Finals	Points
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1 DeSales University	8:02.68	10
1) Paul Ecker FR	2) Pat Hess SO	
3) Frank McClatchy SR	4) Anthony Naimo SR	
2 Elizabethtown College	8:11.49	8
1) Dylan Rulander JR	2) James Munnelly JR	
3) Phil Alder JR	4) Ryan St Clair SR	
3 Messiah College	8:16.72	6
1) Patrick Hager SR	2) Taylor Munoz FR	
3) Eddy Palmer SO	4) Peter Shenk SO	
4 Albright College	8:57.82	4
1) Bob Kellert FR	2) Rick Brown SR	
3) Dan Dalton SO	4) Alex Rodgers FR	
5 Widener University	9:04.03	2
1) Steve Altobelli SR	2) Cory Andolfi JR	
3) Kevin Boyle SO	4) Peter Kada SO	

#### Men Distance Medley

=====  
 MAC Record: M 10:28.08 2/28/2004 Elizabethtown  
 D Bresnahan, D Brosious, B Landis, S Sanko  
 Field House: F 10:28.08 2/28/2004 Elizabethtown  
 D Bresnahan, D Brosious, B Landis, S Sanko

10:00.50 D3 A  
 10:10.00 D3 B

School	Finals	Points
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1 Elizabethtown College	10:55.36	10
1) Dave Bresnahan SR	2) Jason Mastroianni JR	

3) Dylan Rulander JR	4) Ryan St Clair SR	
2 DeSales University	10:59.26	8
1) Bobby Bacon SO	2) Brian Filanowski FR	
3) Paul Ecker FR	4) Jack Tarpey FR	
3 Messiah College	11:04.99	6
1) Peter Shenk SO	2) Cody Rosenbaker FR	
3) Trevor Book SO	4) Taylor Munoz FR	
4 Widener University	11:27.18	4
1) Steve Altobelli SR	2) Cory Andolfi JR	
3) Mark Ford JR	4) Peter Kada SO	
5 Albright College	11:27.97	2
1) Jacob Goldberg FR	2) Alex Rodgers FR	
3) Spencer Shaak SO	4) Rick Brown SR	
6 Misericordia University	11:48.15	1
1) Ryan Garges SO	2) Brandon Jayne SR	
3) Steve Zubko FR	4) Brian O'Neill FR	

### Men High Jump

=====  
 MAC Record: M 6-08.50 2/23/2002 Chris Boyles, Messiah  
 Field House: F 2.08m 1/24/2004 Mike Newhard, East Stroudsburg  
 2.09m D3 A  
 2.01m D3 B

Name	Year School	Finals	Points
1 Ted Simmons	SO Messiah	1.98m 6-06.00	10
2 Jude Schappert	SR Misericordia	1.93m 6-04.00	8
3 Michael Dell	SR Messiah	1.83m 6-00.00	6
4 Nicholas Kipe	SR Messiah	1.78m 5-10.00	3
4 Dwight Savoy	FR Albright	1.78m 5-10.00	3
6 Eric Rogers	SR Misericordia	1.73m 5-08.00	1
-- Andy Young	SR Lebanon Valley	NH	
-- Matt Church	SR Widener	NH	
-- Justin Jones	FR Albright	NH	

### Men Pole Vault

=====  
 MAC Record: M 16-06 2/24/2007 Kevin Clark, Elizabethtown  
 Field House: F 16-06 2/24/2007 Kevin Clark, Elizabethtown  
 5.06m D3 A  
 4.70m D3 B

Name	Year School	Finals	Points
1 Kevin Klick	SR Widener	4.40m 14-05.25	10
2 Kevin Anderson	SR DeSales	3.95m 12-11.50	8
3 Michael Landshof	FR Lebanon Valley	3.80m 12-05.50	6
4 Vitaly Duboni	FR Misericordia	J3.80m 12-05.50	4
5 Matt Church	SR Widener	3.65m 11-11.75	2
6 Kyle McCandless	SO Widener	3.35m 10-11.75	1
7 Phil Alder	JR Elizabethtown	J3.35m 10-11.75	
8 Derek Forney	FR Messiah	J3.35m 10-11.75	

-- Andy Tamez FR Lebanon Valley NH  
 -- Kevin Clark SR Elizabethtown NH

Men Long Jump

=====  
 MAC Record: M 7.25m 2/27/1993 Gregg Barrett, Widener  
 Field House: F 7.23m 2004 Joe Moore/Justin Collins, Moravian/Kutztown  
 7.24m D3 A  
 6.96m D3 B

Name	Year	School	Finals	Points
1 Nicholas Kipe	SR	Messiah	6.82m 22-04.50	10
2 Eric Rogers	SR	Misericordia	6.68m 21-11.00	8
3 Ted Simmons	SO	Messiah	6.49m 21-03.50	6
4 Kevin Clark	SR	Elizabethtown	6.47m 21-02.75	4
5 Chris Donisi	FR	Albright	6.41m 21-00.50	2
6 Michael Dell	SR	Messiah	6.37m 20-10.75	1
7 Jude Schappert	SR	Misericordia	6.12m 20-01.00	
8 Jason Brown	JR	Messiah	5.88m 19-03.50	
9 Matt Church	SR	Widener	5.87m 19-03.25	
10 Kevin Kohn	FR	Widener	5.78m 18-11.75	
11 Kevin Uhland	SR	Lebanon Valley	5.68m 18-07.75	
12 Ryan Bausch	JR	Albright	5.54m 18-02.25	

Men Triple Jump

=====  
 MAC Record: M 14.86m 2/28/2004 Jason Patterson, Elizabethtown  
 Field House: F 14.86m 2/28/2004 Jason Patterson, Elizabethtown  
 14.64m D3 A  
 14.00m D3 B

Name	Year	School	Finals	Points
1 Nicholas Kipe	SR	Messiah	13.34m 43-09.25	10
2 Eric Rogers	SR	Misericordia	13.13m 43-01.00	8
3 Jude Schappert	SR	Misericordia	12.97m 42-06.75	6
4 Andy Young	SR	Lebanon Valley	12.18m 39-11.50	4
5 Chris Donisi	FR	Albright	12.15m 39-10.50	2
6 Jason Brown	JR	Messiah	12.13m 39-09.75	1
7 Dwight Savoy	FR	Albright	11.66m 38-03.25	
8 Kevin Uhland	SR	Lebanon Valley	11.09m 36-04.75	
9 Justin Del Piano	SO	DeSales	11.05m 36-03.00	

Men Shot Put

=====  
 MAC Record: M 15.43m 2/27/1993 Alailima Talavou, Franklin & Marshall  
 Field House: F 16.85m 1/19/2007 Chris White, Unattached  
 17.00m D3 A  
 15.54m D3 B

Name	Year	School	Finals	Points
1 James Green	SO	Widener	14.74m 48-04.50	10



2	Tyler Jones	SR Widener	14.21m	46-07.50	8
3	Andrew Scott	FR Lebanon Valley	13.95m	45-09.25	6
4	Steve Modrow	SO DeSales	13.76m	45-01.75	4
5	Michael Dell	SR Messiah	13.71m	44-11.75	2
6	Doug Searles	FR DeSales	13.55m	44-05.50	1
7	Brad Moran	FR Widener	13.42m	44-00.50	
8	Kevin Markovic	JR Messiah	12.33m	40-05.50	
9	Ken Devens	FR DeSales	12.31m	40-04.75	
10	Andrew Herrara	FR Widener	12.29m	40-04.00	
11	Tony Pellegrino	FR Albright	12.18m	39-11.50	
12	Zach Bleiler	FR Lebanon Valley	11.91m	39-01.00	
13	Shawn Strauss	SR Elizabethtown	11.87m	38-11.50	
14	Kevin Carlock	SO Delaware Valley	11.70m	38-04.75	
15	Chris Avey	FR Lebanon Valley	11.17m	36-07.75	
16	Artie Pupa	FR Misericordia	10.98m	36-00.25	

#### Men Weight Throw

=====  
 MAC Record: M 16.90m 2/24/2007 Nick Orfanella, Lebanon Valley  
 Field House: F 17.75m 2/17/2007 Nate Reider, Shippensburg  
                   18.44m D3 A  
                   16.58m D3 B

Name	Year	School	Finals		Points
1	Jacob Munick	FR Widener	14.40m	47-03.00	10
2	James Woodley	SO Widener	14.24m	46-08.75	8
3	Brad Moran	FR Widener	13.08m	42-11.00	6
4	Zach Bleiler	FR Lebanon Valley	12.89m	42-03.50	4
5	Andrew Herrara	FR Widener	12.59m	41-03.75	2
6	Matt Patterson	JR Widener	12.22m	40-01.25	1
7	Matt Wicks	SO Messiah	12.16m	39-10.75	
8	Tyler Jones	SR Widener	11.69m	38-04.25	
9	Ken Devens	FR DeSales	11.59m	38-00.25	
10	Ryan Thomas	JR Albright	11.45m	37-06.75	
11	Bryan Marison	SR Elizabethtown	11.28m	37-00.25	
12	Andy Hettinger	FR Albright	11.24m	36-10.50	
13	Steve Matus	JR Widener	11.22m	36-09.75	
14	Steve Modrow	SO DeSales	10.87m	35-08.00	
15	Tim Alabi	JR Albright	10.47m	34-04.25	
16	Doug Searles	FR DeSales	10.20m	33-05.75	
17	Tony Pellegrino	FR Albright	9.88m	32-05.00	
18	Artie Pupa	FR Misericordia	7.93m	26-00.25	

#### Men - Team Rankings - 17 Events Scored

1) Messiah College	135	1) Elizabethtown College	135
3) Widener University	91	4) DeSales University	62
5) Misericordia University	49	6) Lebanon Valley College	30
7) Albright College	24		



# MAC Indoor T&F; Result (Women)

3/1/2008 6:45:15 PM

Licensed to Elizabethtown College Hy-Tek's Meet Manager 3/1/2008 06:12 PM

MAC Indoor Championships - 3/1/2008  
Garrett Sports Complex - Selinsgrove, PA  
Results

## Women 55 Meter Dash

MAC Record: M 7.26 2/26/2005 Erin Recker, Moravian  
Field House: F 7.01 1/24/2004 Diana Lawson, N.J. City  
7.14 D3 A  
7.32 D3 B

Name	Year School	Prelims	H#
Preliminaries			
1 Kristen Bates	SO Messiah	7.52Q	1
2 Brianne Genter	JR Albright	7.60Q	2
3 Sue Bochnovich	JR Misericordia	7.57q	1
4 Bridgette McGinnis	JR DeSales	7.75q	1
5 Jenn Lozier	FR Misericordia	7.78q	2
6 Valisha Andrus	FR Widener	7.79q	2

## Women 200 Meter Dash

MAC Record: M 25.99 2/24/2007 Dana Haslett, Moravian  
Field House: F 25.85 2/9/2008 Sumer Rohrs, Frostburg State

Name	Year School	Finals	H#	Points
8 Jennifer Alderfer	FR Delaware Valley	28.26	2	
9 Tara Meehan	FR Widener	28.46	2	
10 Bridgette McGinnis	JR DeSales	28.47	3	
11 Lauren Annucci	SO DeSales	28.61	1	
12 Laura Carbone	SO Messiah	28.74	1	
13 Emily Allison	JR Lebanon Valley	29.31	1	
14 Courtney McClurkin	SR DeSales	29.44	1	

## Women 400 Meter Dash

MAC Record: M 59.28 2/25/2006 Emily Lepley, Susquehanna  
Field House: F 57.70 2/21/2004 Jennifer Geter, Bowie State  
56.75 D3 A  
58.70 D3 B

Name	Year School	Finals	H#	Points
1 Rachel Hepkins	SR Messiah	59.88	3	10
2 Lori Havrilak	SR Elizabethtown	1:00.92	3	8
3 Sue Bochnovich	JR Misericordia	1:01.14	3	6
4 Jenn Lozier	FR Misericordia	1:02.57	2	4
5 Emily Santo	JR Widener	1:02.60	3	2
6 Lauren Annucci	SO DeSales	1:03.53	3	1
7 Meghan Loos	FR Albright	1:03.75	2	
8 Meghan Delaney	FR Widener	1:04.69	2	
9 Ashley Collins	FR Lebanon Valley	1:04.86	1	
10 Laura Carbone	SO Messiah	1:04.87	2	
11 Kristy Ratcliffe	SO DeSales	1:05.01	1	
12 Amy Fitzpatrick	JR DeSales	1:05.67	1	
13 Courtney McClurkin	SR DeSales	1:05.85	2	
14 Brooke Williams	FR Messiah	1:07.67	1	

## Women 1 Mile Run

MAC Record: M 5:18.05 2/24/2007 Heather Matta, Susquehanna  
 Field House: F 5:05.16 2/8/2008 Caitlin Bradley, Dickinson  
 4:55.00 D3 A  
 5:05.00 D3 B

Name	Year School	Finals	Points
1 Tiffany Kulp	JR Elizabethtown	5:10.42M	10
2 Ali Ostrum	JR Misericordia	5:12.49M	8
3 Jennifer Kooser	JR Messiah	5:13.98M	6

Women 55 Meter Dash

MAC Record: M 7.26 2/26/2005 Erin Recker, Moravian  
 Field House: F 7.01 1/24/2004 Diana Lawson, N.J. City  
 7.14 D3 A  
 7.32 D3 B

Name	Year School	Prelims	H#
Preliminaries			
7 Shannon Webb	SO DeSales	7.80	1
8 Jenn Reilly	SO Lebanon Valley	7.89	2
9 Laura Carbone	SO Messiah	7.92	1
10 Jennifer Alderfer	FR Delaware Valley	7.98	1
11 Rachel Hepkins	SR Messiah	8.56	2

Women 55 Meter Dash

MAC Record: M 7.26 2/26/2005 Erin Recker, Moravian  
 Field House: F 7.01 1/24/2004 Diana Lawson, N.J. City  
 7.14 D3 A  
 7.32 D3 B

Name	Year School	Finals	Points
Finals			
1 Kristen Bates	SO Messiah	7.52	10
2 Brianne Genter	JR Albright	7.60	8
3 Valisha Andrus	FR Widener	7.81	6
4 Bridgette McGinnis	JR DeSales	7.84	4
5 Sue Bochnovich	JR Misericordia	7.88	2
6 Jenn Lozier	FR Misericordia	8.10	1

Women 200 Meter Dash

MAC Record: M 25.99 2/24/2007 Dana Haslett, Moravian  
 Field House: F 25.85 2/9/2008 Sumer Rohrs, Frostburg State

Name	Year School	Finals	H#	Points
1 Brianne Genter	JR Albright	27.15	3	10
2 Sue Bochnovich	JR Misericordia	27.18	3	8
3 Valisha Andrus	FR Widener	27.35	3	6
4 Lori Havrilak	SR Elizabethtown	27.40	2	4
5 Kristen Bates	SO Messiah	27.73	3	2
6 Abby Glenzel	FR Messiah	27.79	2	1
7 Jenn Lozier	FR Misericordia	28.13	2	

Women 1 Mile Run

MAC Record: M 5:18.05 2/24/2007 Heather Matta, Susquehanna  
 Field House: F 5:05.16 2/8/2008 Caitlin Bradley, Dickinson  
 4:55.00 D3 A  
 5:05.00 D3 B

Name	Year School	Finals	Points
4 Erin Fisher	SR Elizabethtown	5:16.63M	4
5 Jenn Cronin	SO Lebanon Valley	5:27.90	2
6 Erin Rhodes	SO Messiah	5:32.21	1
7 Amber Bennick	SR Widener	5:36.78	
8 Caitlin Dorgan	FR Delaware Valley	5:38.30	
9 Alessandro LaMastr	SO DeSales	5:40.40	
10 Julie Kramer	SO Messiah	5:54.55	
11 Mollie Knauss	FR Messiah	5:54.65	

Women 800 Meter Run

MAC Record: M 2:17.61 2/28/2004 Gina Lucrezi, DeSales  
 Field House: F 2:15.28 2/16/2008 Abby Huber, Shippensburg  
 2:13.85 D3 A  
 2:16.90 D3 B

Name	Year School	Finals	Points
1 Tiffany Kulp	JR Elizabethtown	2:20.89	10
2 Grace Kaste	FR Messiah	2:23.69	8
3 Tricia Hunt	FR Widener	2:27.34	6
4 Roanna Martin	FR Messiah	2:28.83	4
5 Caitlin Dorgan	FR Delaware Valley	2:28.94	2
6 Liz Monachello	SR Messiah	2:29.54	1
7 Taryn Collins	SO DeSales	2:32.81	
8 Marcie Cutasis	FR Misericordia	2:36.84	
9 Rachel Hepkins	SR Messiah	2:40.91	
10 Allison Kurowski	FR DeSales	2:41.13	
11 Sami Nimmerichter	SR Albright	3:04.12	
-- Sarah Evans	JR Messiah	DNF	

Women 5000 Meter Run

MAC Record: M 17:48.89 2/26/2005 Melissa St Clair, Elizabethtown  
 Field House: F 17:23.32 2/9/2007 Caitlin Bradley, Dickinson  
 17:10.00 D3 A  
 17:40.00 D3 B

Name	Year School	Finals	Points
1 Erin Fisher	SR Elizabethtown	17:34.50MD3 B	10
2 Jennifer Kooser	JR Messiah	17:51.63	8
3 Ali Ostrum	JR Misericordia	18:54.64	6
4 Sarah Grove	SR Elizabethtown	19:11.57	4
5 Amanda Daws	JR Elizabethtown	19:14.64	2
6 Kristen O'Brien	FR Elizabethtown	19:20.09	1
7 Jenn Cronin	SO Lebanon Valley	19:33.70	
8 Becca White	SR Albright	20:02.63	
9 Inna Potekhina	SO Messiah	20:06.19	
10 Erin Rhodes	SO Messiah	20:13.90	
11 Alessandro LaMastr	SO DeSales	20:28.25	
12 Amanda Radfishoski	FR Misericordia	20:32.71	
13 Josephine Ward	SR Albright	20:53.37	
14 Beth Malseed	SO DeSales	21:20.17	

Women 55 Meter Hurdles

MAC Record: M 8.21 2/28/2004 Carrie Kerna, Elizabethtown  
 Field House: F 7.87 1/24/2004 Melaine Walker, Essex CC  
 8.27 D3 A  
 8.55 D3 B

Name	Year School	Prelims	H#
Preliminaries			
1 Kristen Bates	SO Messiah	8.26QD3 A	3
2 Delilah Ruiz	JR Messiah	9.02Q	2
3 Allie Gold	FR Elizabethtown	9.15Q	1
4 Stephanie Pellegrino	JR Misericordia	9.21q	2
5 Laura Carbone	SO Messiah	9.37q	3
6 Shannon Finley	FR Albright	9.46q	2
7 Abby Glenzel	FR Messiah	9.71	1
8 Brooke Williams	FR Messiah	9.82	3
9 Jess Derrickson	FR Delaware Valley	9.85	2
10 Kaitlyn Valis	FR Messiah	9.95	1
11 Becky Heisey	JR Delaware Valley	10.00	1
12 Julie Dielmann	SO DeSales	10.17	3
13 Emily Olson	FR Messiah	10.51	2
14 Emily Hall	JR Messiah	10.79	1
15 Amanda Barr	SO Delaware Valley	10.92	1
-- Emily Allison	JR Lebanon Valley	FS	3

Women 55 Meter Hurdles

MAC Record: M 8.21 2/28/2004 Carrie Kerna, Elizabethtown  
 Field House: F 7.87 1/24/2004 Melaine Walker, Essex CC  
 8.27 D3 A  
 8.55 D3 B

Name	Year School	Finals	Points
1 Kristen Bates	SO Messiah	8.27 D3 A	10
2 Delilah Ruiz	JR Messiah	8.79	8
3 Allie Gold	FR Elizabethtown	9.16	6
4 Stephanie Pellegri	JR Misericordia	9.22	4
5 Laura Carbone	SO Messiah	9.51	2
6 Shannon Finley	FR Albright	9.57	1

Women 4x200 Meter Relay

MAC Record: M 1:46.06 2/26/2005 Moravian  
 E Recker, S Tamlyn, K McCarron, K Rotzell  
 Field House: F 1:41.21 1/24/2004 Essex Community College

School	Finals	H#	Points
1 Misericordia University	1:50.61	1	10
1) Jenn Lozier FR	2) Stephanie Pellegrino JR		
3) Sue Bochnovich JR	4) Robin Razawich SO		
2 Widener University	1:50.61	2	8
1) Valisha Andrus FR	2) Tricia Hunt FR		
3) Tara Meehan FR	4) Emily Santo JR		
3 DeSales University	1:52.31	2	6
1) Crissy Meehan JR	2) Lauren Annucci SO		
3) Bridgette McGinnis JR	4) Shannon Webb SO		
4 Elizabethtown College	1:52.45	2	4
1) Lori Havrilak SR	2) Lauren Riley FR		
3) Rebekah Arbogast SO	4) Allie Gold FR		
5 Albright College	1:53.69	2	2
1) Shannon Finley FR	2) Meghan Loos FR		
3) Erica Zapata SO	4) Brianne Genter JR		
6 Messiah College	1:53.96	2	1
1) Laura Carbone SO	2) Katie Stewart SR		
3) Jamie White FR	4) Abby Glenzel FR		
7 Lebanon Valley College	1:57.78	1	
1) Emily Allison JR	2) Amanda Knapp JR		
3) Ashley Collins FR	4) Jenn Reilly SO		
8 Delaware Valley College	1:58.90	1	
1) Amanda Barr SO	2) Jess Derrickson FR		
3) Meghan Tyman FR	4) Jennifer Alderfer FR		

Women 4x400 Meter Relay

MAC Record: M 4:03.59 2/26/2005 Elizabethtown  
 B Burroughs, J Brobst, N Murphy, E Lichti  
 Field House: F 4:03.59 2/26/2005 Elizabethtown  
 B Burroughs, J Brobst, N Murphy, E Lichti  
 3:53.50 D3 A  
 4:00.00 D3 B

School	Finals	H#	Points
1 Messiah College	4:14.39	2	10
1) Kristen Bates SO	2) Megan Sisson FR		
3) Laura Carbone SO	4) Rachel Hepkins SR		
2 Misericordia University	4:17.16	1	8
1) Jenn Lozier FR	2) Ali Ostrum JR		
3) Stephanie Pellegrino JR	4) Sue Bochnovich JR		
3 Elizabethtown College	4:17.88	2	6
1) Lori Havrilak SR	2) Sarah Merusi SO		
3) Chelsea Miles JR	4) Allie Gold FR		
4 Widener University	4:19.24	2	4
1) Meghan Delaney FR	2) Tricia Hunt FR		
3) Emily Santo JR	4) Amber Bennick SR		

5 DeSales University	4:20.86	2	2
1) Courtney McClurkin SR	2) Kristy Ratcliffe SO		
3) Emily Rau FR	4) Lauren Annucci SO		
6 Lebanon Valley College	4:41.43	2	1
1) Emily Allison JR	2) Ashley Collins FR		
3) Tracy Fortugno SO	4) Amanda Knapp JR		
7 Albright College	4:50.16	1	
1) Brianne Genter JR	2) De'on Mallory SO		
3) Shannon Finley FR	4) Meghan Loos FR		

Women 4x800 Meter Relay

MAC Record: M 9:48.45 2/26/2005 Messiah  
 J Hostetter, L Nye, E Weaner, E Monachello  
 Field House: F 9:48.45 2/26/2005 Messiah  
 J Hostetter, L Nye, E Weaner, E Monachello

School	Finals	Points
1 Messiah College	9:57.23	10
1) Liz Monachello SR	2) Laura Weaner SR	
3) Roanna Martin FR	4) Grace Kaste FR	
2 Elizabethtown College	10:00.26	8
1) Kristin Bowen FR	2) Meghan Ryder SR	
3) Alex Walmer FR	4) Tiffany Kulp JR	
3 DeSales University	10:32.75	6
1) Taryn Collins SO	2) Allison Kurowski FR	
3) Laura Durso SR	4) Amanda Sell SO	
4 Misericordia University	11:15.97	4
1) Marcie Cutasis FR	2) Danni Basile FR	
3) Kayla Weaver SO	4) Heather McAndrews JR	

Women Distance Medley

MAC Record: M 12:14.01 2/26/2005 DeSales, DeSales  
 T Barlow, L McGarrity, S Butler, G Lucrezi  
 Field House: F 12:03.07 2/15/2002 Dickinson  
 11:53.60 D3 A  
 12:17.00 D3 B

School	Finals	Points
1 Elizabethtown College	12:48.08	10
1) Meghan Ryder SR	2) Sarah Merusi SO	
3) Kristin Bowen FR	4) Erin Fisher SR	
2 Messiah College	12:50.47	8
1) Inna Potekhina SO	2) Megan Sisson FR	
3) Laura Weaner SR	4) Jennifer Kooser JR	
3 Widener University	13:43.05	6
1) Meghan Delaney FR	2) Jillian Taylor FR	
3) Tricia Hunt FR	4) Amber Bennick SR	
4 DeSales University	13:46.98	4
1) Amanda Sell SO	2) Kate Gahagan FR	
3) Emily Rau FR	4) Beth Malseed SO	
5 Misericordia University	14:40.68	2
1) Danni Basile FR	2) Marcie Cutasis FR	
3) Heather McAndrews JR	4) Kayla Weaver SO	

Women High Jump

MAC Record: M 5-04.25 2/27/1993 Krisa Murray, Moravian  
 Field House: F 1.67m 2/8/2003 Becky Bullard, IUP  
 1.71m D3 A  
 1.65m D3 B

Name	Year School	Finals	Points
1 Kristen Bates	SO Messiah	1.52m	4-11.75 10
2 Chelsea Miles	JR Elizabethtown	1.47m	4-09.75 8
3 Emily Santo	JR Widener	J1.47m	4-09.75 5
3 Emily Rau	FR DeSales	J1.47m	4-09.75 5
5 Delilah Ruiz	JR Messiah	J1.47m	4-09.75 2
6 Briana Eshleman	SO Messiah	1.37m	4-06.00.333333
6 Amanda Sell	SO DeSales	1.37m	4-06.00.333333

6 Robin Razawich	SO	Misericordia	1.37m	4-06.00.333333
9 Rebekah Williams	FR	Misericordia	J1.37m	4-06.00
9 Amanda Knapp	JR	Lebanon Valley	J1.37m	4-06.00
11 Brianna Valasek	JR	DeSales	J1.37m	4-06.00
12 Emily Olson	FR	Messiah	1.32m	4-04.00
12 Janelle Lawson	FR	Elizabethtown	1.32m	4-04.00
12 Stephanie Pellegri	JR	Misericordia	1.32m	4-04.00

Women Pole Vault

MAC Record: M 12-06 2/24/2007 Anna Heim, Moravian

Field House: F 12-06 2/24/2007 Anna Heim, Moravian

3.75m D3 A

3.45m D3 B

Name	Year	School	Finals		Points
1 Samantha Ward	SO	DeSales	3.35m	10-11.75	10
2 Ashley Weaver	FR	Lebanon Valley	3.20m	10-06.00	8
3 Samantha Adams	SR	Elizabethtown	2.75m	9-00.25	6
4 Lauren Riley	FR	Elizabethtown	J2.75m	9-00.25	4
5 Shannon Webb	SO	DeSales	J2.75m	9-00.25	2
6 Jackie Van Arsdale	SO	Messiah	2.60m	8-06.25	0.5
6 Laura Carbone	SO	Messiah	2.60m	8-06.25	0.5
8 Tracy Fortugno	SO	Lebanon Valley	J2.60m	8-06.25	
9 Ameer Siegel	FR	DeSales	2.30m	7-06.50	
-- Erica Zeiters	SO	Albright	NH		
-- Jenny Steiner	SR	Widener	NH		
-- Brooke Williams	FR	Messiah	NH		

Women Long Jump

MAC Record: M 5.67m 3/1/2003 Kirsten Rotzell, Moravian

Field House: F 5.74m 1/24/2004 Tunisia Lacy, Shippensburg

5.70m D3 A

5.43m D3 B

Name	Year	School	Finals		Points
1 Kristen Bates	SO	Messiah	5.04m	16-06.50	10
2 Chelsea Miles	JR	Elizabethtown	4.89m	16-00.50	8
3 Delilah Ruiz	JR	Messiah	4.87m	15-11.75	6
4 Shannon Finley	FR	Albright	4.77m	15-07.75	4
5 Kaitlyn Valis	FR	Messiah	4.75m	15-07.00	2
6 Crissy Meehan	JR	DeSales	J4.75m	15-07.00	1
7 Amanda Knapp	JR	Lebanon Valley	4.53m	14-10.50	
8 Renisha Conway	JR	Albright	4.48m	14-08.50	
9 Robin Razawich	SO	Misericordia	4.43m	14-06.50	
10 Jenna Riley	SR	Elizabethtown	4.42m	14-06.00	
11 Jenn Reilly	SO	Lebanon Valley	4.41m	14-05.75	
12 Shannon Webb	SO	DeSales	J4.41m	14-05.75	
13 Stephanie Pellegri	JR	Misericordia	4.38m	14-04.50	
14 Briana Eshleman	SO	Messiah	4.37m	14-04.00	
15 Brianna Valasek	JR	DeSales	J4.37m	14-04.00	
16 De'on Mallory	SO	Albright	4.36m	14-03.75	
17 Lauren Riley	FR	Elizabethtown	4.27m	14-00.25	
18 Jennifer Alderfer	FR	Delaware Valley	4.18m	13-08.75	
19 Rebekah Williams	FR	Misericordia	4.14m	13-07.00	
20 Becky Heisey	JR	Delaware Valley	4.04m	13-03.25	

Women Triple Jump

MAC Record: M 11.34m 3/1/2003 Kirsten Rotzell, Moravian

Field House: F 11.73m 1/24/2004 Tunisia Lacy, Shippensburg

11.78m D3 A

11.18m D3 B

Name	Year	School	Finals		Points
1 Kristen Bates	SO	Messiah	11.12m	36-05.75	10
2 Chelsea Miles	JR	Elizabethtown	10.43m	34-02.75	8
3 Jenna Riley	SR	Elizabethtown	10.41m	34-02.00	6
4 De'on Mallory	SO	Albright	9.94m	32-07.50	4
5 Kaitlyn Valis	FR	Messiah	9.74m	31-11.50	2

6 Katie Stewart	SR Messiah	9.72m	31-10.75	1
7 Jenn Reilly	SO Lebanon Valley	9.66m	31-08.50	
8 Amanda Knapp	JR Lebanon Valley	9.51m	31-02.50	
9 Renisha Conway	JR Albright	9.40m	30-10.25	
10 Jennifer Alderfer	FR Delaware Valley	9.08m	29-09.50	
-- Ashley Short	SO DeSales	FOUL		

Women Shot Put

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 MAC Record: M 13.70m 3/1/2003 Christina Scherwin, Moravian  
 Field House: F 13.70m 3/1/2003 Christina Scherwin, Moravian  
 13.95m D3 A  
 12.80m D3 B

Name	Year School	Finals	Points
1 Lauren Lucci	SR Widener	14.65mMD3 A	48-00.75 10
2 Nikita Halteman	SO Widener	12.37m	40-07.00 8
3 Meghan Weber	SO DeSales	10.91m	35-09.50 6
4 Becky Heisey	JR Delaware Valley	10.49m	34-05.00 4
5 Kati Shaner	FR Misericordia	9.48m	31-01.25 2
6 Jessica Furia	FR Widener	9.28m	30-05.50 1
7 Allie Gold	FR Elizabethtown	9.14m	30-00.00
8 Tabitha Balutis	FR Delaware Valley	8.89m	29-02.00
9 Justine Danilowicz	FR Misericordia	8.74m	28-08.25
10 Bridget Nace	FR Messiah	8.71m	28-07.00
10 Natasha Pavlicko	FR Misericordia	8.71m	28-07.00
12 Philina Henton	Messiah	8.70m	28-06.50
13 Emily Strait	FR Messiah	8.31m	27-03.25
14 Alyssa Lengel	FR Messiah	8.29m	27-02.50
15 Amanda Knapp	JR Lebanon Valley	7.96m	26-01.50

Women Weight Throw

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 MAC Record: M 14.81m 2/27/1999 Ann Musser, Lebanon Valley  
 Field House: F 16.38m 2/17/2007 Megan Schweighofer, Shippensburg  
 17.00m D3 A  
 15.05m D3 B

Name	Year School	Finals	Points
1 Lauren Lucci	SR Widener	15.03mM	49-03.75 10
2 Meghan Weber	SO DeSales	14.64m	48-00.50 8
3 Carly Graffeo	JR Widener	13.56m	44-06.00 6
4 Nikita Halteman	SO Widener	13.13m	43-01.00 4
5 Amber Fryer	FR DeSales	11.98m	39-03.75 2
6 Justine Danilowicz	FR Misericordia	9.43m	30-11.25 1
7 Jenny Steiner	SR Widener	9.16m	30-00.75
8 Anja Fernand	FR Delaware Valley	8.30m	27-02.75
9 Amelia Lloyd	FR DeSales	5.92m	19-05.25
-- Erica Zapata	SO Albright	FOUL	

Women - Team Rankings - 17 Events Scored

1) Messiah College	144.33	2) Elizabethtown College	127
3) Widener University	82	4) Misericordia University	66.33
5) DeSales University	57.33	6) Albright College	29
7) Lebanon Valley College	11	8) Delaware Valley College	6