

2024 MIDDLE ATLANTIC CONFERENCE INDOOR CHAMPIONSHIPS

Reading, PA

Tom & Helen Flynn Complex

Host: Middle Atlantic Conference

2/23/2024 - 2/24/2024

MEET OFFICIALS

Meet Director:

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RESULTS**#5 Men's 60 Meters**

M	MAC Indoor Champ	6.86	Dereck Davis	Stevenson	2/28/2020
O	MAC Indoor Overall	6.81	Dereck Davis	Stevenson	2020

Finals

PI	Name	Yr	Team	Time	Note	Pts
1	MINS, Jamel		JR Hood	6.97		10
2	BILLINGS, Richard		FR Misericordia	7.01		8
3	DUNBAR, Kyle		SR DeSales	7.03		6
4	GREENWOOD, Ni'Male		FR Eastern	7.05		5
5	SHORT, Jack		SR Alvernia	7.06		4
6	SAINT HILLIEN, Fabrice		SO Stevenson	7.08		3
7	BERNER, Logan		SR DeSales	7.13		2
8	LINDER, Owen		JR Lebanon Valley	7.18		1

Prelims

PI	Name	Yr	Team	Time	Note	H(PI)
1	DUNBAR, Kyle		SR DeSales	6.96Q		2(1)
2	MINS, Jamel		JR Hood	6.99Q		5(1)
3	BERNER, Logan		SR DeSales	7.00Q		1(1)
4	SAINT HILLIEN, Fabrice		SO Stevenson	7.03q		2(2)
5	BILLINGS, Richard		FR Misericordia	7.05Q		4(1)
6	GREENWOOD, Ni'Male		FR Eastern	7.07Q		3(1)
7	SHORT, Jack		SR Alvernia	7.09q		1(2)
8	LINDER, Owen		JR Lebanon Valley	7.11q		5(2)
9	WINTERS, Colin		FR Lebanon Valley	7.12		4(2)
10	WINANT, Douglas		FR Stevens	7.16		3(2)
11	CAPPIELLO, Jacob		JR Widener	7.18	7.176	5(3)
12	PRESLEY, Nashawn		FR FDU-Florham	7.18	7.177	1(3)
13	MULLERY, Jacob		FR King's (Pa.)	7.20		3(3)
14	RIFE, Jordan		SO King's (Pa.)	7.21	7.201	2(3)
15	MAYRO, Zach		JR Messiah	7.21	7.203	4(3)
16	PINES ELLIOTT, Masai		JR Arcadia	7.22		3(4)
17	HACKETT, Tyler		FR Stevens	7.23	7.222	1(4)
18	DOWNS, Anthony		FR Alvernia	7.23	7.226	2(4)
19	HUNTER, Jacob		FR Misericordia	7.23	7.228	3(5)
20	SNIPES, Dominic		SR Stevenson	7.24		5(4)
21	WILSON, Vajon		SR DeSales	7.25	7.242	1(5)
22	BRYAN, Clayton		SO FDU-Florham	7.25	7.247	4(4)
23	MCCULLOCH, Tyler		SO DeSales	7.26	7.257	4(5)
24	MOORE, Marvin		SR Eastern	7.26	7.259	2(5)
25	NYACHIOWA, Christian		FR Messiah	7.26	7.260	1(6)
26	BRUNELLE, Matthieu		SR Misericordia	7.29		5(5)
27	REMBERT, Beyah		SO Albright	7.31	7.302	1(7)
28	BODDIE, Austin		FR Eastern	7.31	7.302	4(6)
29	AUZENNE, Caleb		FR Alvernia	7.32	7.318	2(6)
30	BATEMAN, Jason		FR Eastern	7.32	7.319	5(6)
31	SAVINO, Kyle		SO Stevens	7.36		5(7)
32	BONSIGNORE, Michael		FR FDU-Florham	7.37		3(6)

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RESULTS**#5 Men's 60 Meters (cont'd)****Prelims**

PI Name	Yr Team	Time	Note	H(PI)
33 HARDISON, Quincy	SR York (Pa.)	7.39		3(7)
34 MURRAY, James	FR Arcadia	7.43	7.423	4(7)
35 JEROME, Elisiah	JR Alvernia	7.43	7.425	2(7)
36 BLACKWELL, Dylan	SO Misericordia	7.48		1(8)
37 KAZOKAS, Kevin	JR Alvernia	7.62		3(8)
38 ISAAC, Kip	SO Misericordia	7.63		2(8)

#22 Men's 200 Meters

M	MAC Indoor Champ	21.79	Devonte Williams	Stevenson	2/25/2017
O	MAC Indoor Overall	21.66	Devonte Williams	Stevenson	2017

PI Name	Yr Team	Time	Note	H(PI)	Pts
1 DUNBAR, Kyle	SR DeSales	22.11		6(1)	10
2 KNOWLES, Samuel	JR Widener	22.22		6(2)	8
3 MINS, Jamel	JR Hood	22.36		6(3)	6
4 BILLINGS, Richard	FR Misericordia	22.38		4(1)	5
5 SAINT HILLIEN, Fabrice	SO Stevenson	22.39		6(4)	4
6 NOVROCKI, Andrew	JR King's (Pa.)	22.72		6(5)	3
7 LINDER, Owen	JR Lebanon Valley	22.80		5(1)	2
8 DOWNS, Anthony	FR Alvernia	23.00	22.996	4(2)	1
9 SAVINO, Kyle	SO Stevens	23.00	22.998	4(3)	
10 REED, Zachary	SR Lebanon Valley	23.01	23.005	5(2)	
11 HUNTER, Jacob	FR Misericordia	23.01	23.008	3(1)	
12 SHORT, Jack	SR Alvernia	23.06		4(4)	
13 ST. PIERRE, Luke	FR Alvernia	23.40		4(5)	
14 ROBINSON, Connor	SO Stevens	23.43	23.423	3(2)	
15 BERNER, Logan	SR DeSales	23.43	23.426	2(1)	
16 SAMS, Myles	JR Arcadia	23.46		5(3)	
17 NIEMANDT, Edwin	SO York (Pa.)	23.54		2(2)	
18 FRANKLIN, Daniel	FR Eastern	23.69		3(3)	
19 HACKETT, Tyler	FR Stevens	23.84		3(4)	
20 BATEMAN, Jason	FR Eastern	23.86		3(5)	
21 GREENWOOD, Ni'Male	FR Eastern	23.88		5(4)	
22 CARROLL, Bryan	FR Arcadia	23.90		2(3)	
23 WINANT, Douglas	FR Stevens	23.91		1(1)	
24 MARSH, Colin	FR DeSales	24.12		2(4)	
25 BLACKWELL, Dylan	SO Misericordia	24.17		1(2)	
WILSON, Vajon	SR DeSales	DNF		5	
PRESLEY, Nashawn	FR FDU-Florham	DQ		1	

#18 Men's 400 Meters

M	MAC Indoor Champ	48.77	Lou Corominas	DeSales	2006
O	MAC Indoor Overall	47.80	Samuel Knowles	Widener	2023 NCAA Finals-4th

PI Name	Yr Team	Time	Note	H(PI)	Pts
1 KNOWLES, Samuel	JR Widener	49.04		4(1)	10
2 NOVROCKI, Andrew	JR King's (Pa.)	50.10		4(2)	8

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RESULTS**#18 Men's 400 Meters (cont'd)**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
3	HUNTER, Jacob	FR	Misericordia	50.41		4(3)	6
4	SAINT HILLIEN, Fabrice	SO	Stevenson	50.56		3(1)	5
5	SAVINO, Kyle	SO	Stevens	50.86		4(4)	4
6	MCNEAR, Brion	JR	Widener	51.35		4(5)	3
7	SCHREINER, Josh	SR	Widener	51.60		3(2)	2
8	GOUNDIE, Donovan	SO	Lebanon Valley	51.76		3(3)	1
9	APSLEY, Shaun	FR	York (Pa.)	52.18		2(1)	
10	ELLINGTON, Owen	JR	Hood	52.22		2(2)	
11	SANTANA, Jahson	FR	Eastern	52.61		3(4)	
12	BARBERENA, Juan Carlos	FR	Hood	52.75		3(5)	
13	UGORJI, James	FR	Eastern	52.87		2(3)	
14	CARROLL, Bryan	FR	Arcadia	52.88		1(1)	
15	MILLER, Ben	JR	Widener	52.94		2(4)	
16	CASTELLI, Wesley	SO	Arcadia	53.03		1(2)	
17	REIMERT, Alexander	SO	Stevenson	53.10		1(3)	
18	KOPP, Nathan	SO	Messiah	53.78		1(4)	
19	VALERA, Ramses	FR	Arcadia	53.86		1(5)	
	MCCULLOCH, Tyler	SO	DeSales	DNS		2	

#20 Men's 800 Meters

M	MAC Indoor Champ	1:54.27	Leo Harmon	Widener	2/27/2016
O	MAC Indoor Overall	1:51.96	Tyler Newhook	Messiah	2011

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	MCKELL, Elijah		SO Lebanon Valley	1:54.40		2(1)	10
	27.85	27.99 (55.84)	29.13 (1:24.97)	29.44 (1:54.40)			
2	WALTON, Robert		FR Eastern	1:55.57		2(2)	8
	27.60	28.07 (55.66)	29.53 (1:25.19)	30.39 (1:55.57)			
3	SAPPE, Chris		SO Hood	1:55.63		2(3)	6
	28.37	28.24 (56.61)	30.20 (1:26.81)	28.83 (1:55.63)			
4	HAHN, Spencer		FR Alvernia	1:55.68		2(4)	5
	27.41	28.36 (55.76)	30.02 (1:25.78)	29.91 (1:55.68)			
5	KAUFMAN, Justin		SO Delaware Valley	1:55.72		2(5)	4
	28.18	27.96 (56.13)	29.73 (1:25.86)	29.87 (1:55.72)			
6	CONDON, John		SO Messiah	1:56.75		2(6)	3
	28.67	28.50 (57.17)	30.07 (1:27.23)	29.52 (1:56.75)			
7	SARKETT, Evan		FR Messiah	1:58.74		2(7)	2
	29.01	28.94 (57.95)	29.93 (1:27.87)	30.88 (1:58.74)			
8	MESSENGER, Caleb		SO Delaware Valley	2:00.35		2(8)	1
	28.78	28.91 (57.68)	31.21 (1:28.89)	31.46 (2:00.35)			
9	SMOOT, Josh		SO York (Pa.)	2:01.03	2:01.027	1(1)	
	28.10	29.71 (57.81)	31.04 (1:28.84)	32.19 (2:01.03)			
10	HORN, Nathan		FR Misericordia	2:01.03	2:01.029	1(2)	
	30.30	29.93 (1:00.23)	29.83 (1:30.06)	30.98 (2:01.03)			
11	STEPHEN, Caleb		SO Stevens	2:01.38		1(3)	
	30.13	30.32 (1:00.44)	30.12 (1:30.55)	30.83 (2:01.38)			
12	LEITNER, Kajetan		SR Stevens	2:02.35		1(4)	

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RESULTS**#20 Men's 800 Meters (cont'd)**

PI	Name	Yr	Team	Time	Note	H(PI)	Pts
	28.65	29.64 (58.29)	31.17 (1:29.45)	32.91 (2:02.35)			
13	WOMACK, Johnathan		SR Stevenson	2:02.74		1(5)	
	30.01	30.32 (1:00.32)	30.93 (1:31.25)	31.50 (2:02.74)			
14	BARBI, Mick		SO Stevens	2:03.88		1(6)	
	30.36	30.48 (1:00.84)	31.92 (1:32.75)	31.13 (2:03.88)			
15	MCKENNA, Tavian		SO Misericordia	2:04.91		1(7)	
	29.90	30.71 (1:00.61)	32.35 (1:32.96)	31.95 (2:04.91)			
16	ZAMICHIELI, Dante		JR Albright	2:05.13		1(8)	
	30.56	30.64 (1:01.20)	32.09 (1:33.28)	31.85 (2:05.13)			
17	NOLAN, Pierce		JR York (Pa.)	2:06.54		1(9)	
	30.28	30.30 (1:00.58)	31.37 (1:31.94)	34.61 (2:06.54)			

#16 Men's 1 Mile Run

M	MAC Indoor Champ	4:13.63	Macharia Yuot	Widener	2006		
O	MAC Indoor Overall	4:10.24	Russell Speiden	Elizabethtown	2011		
PI	Name	Yr	Team	Time	Note	H(PI)	Pts
1	RHINEHART, Trey		JR Misericordia	4:20.44		2(1)	10
	34.64	32.23 (1:06.86)	32.83 (1:39.69)	33.13 (2:12.81)	32.74 (2:45.55)	32.35 (3:17.90)	
	31.73 (3:49.62)	30.82 (4:20.44)					
2	COSTELLO, Kyle		JR Messiah	4:20.81		2(2)	8
	34.46	32.52 (1:06.97)	33.00 (1:39.97)	33.44 (2:13.41)	32.76 (2:46.16)	32.96 (3:19.12)	
	31.85 (3:50.96)	29.85 (4:20.81)					
3	MELAO, Ronnie		SR Stevens	4:21.31		2(3)	6
	34.35	31.96 (1:06.30)	32.52 (1:38.82)	33.35 (2:12.16)	32.78 (2:44.94)	32.54 (3:17.47)	
	32.09 (3:49.56)	31.75 (4:21.31)					
4	TRUMP, Davis		SO DeSales	4:21.91		2(4)	5
	33.85	32.45 (1:06.29)	33.03 (1:39.31)	33.61 (2:12.92)	32.84 (2:45.76)	32.61 (3:18.37)	
	32.89 (3:51.25)	30.66 (4:21.91)					
5	CALISTI, Noah		JR Messiah	4:22.64		2(5)	4
	34.87	32.34 (1:07.21)	32.98 (1:40.18)	33.57 (2:13.75)	32.95 (2:46.69)	33.01 (3:19.70)	
	32.11 (3:51.80)	30.84 (4:22.64)					
6	AYLMER, Jake		JR Stevens	4:22.80		2(6)	3
	34.54	32.08 (1:06.61)	32.90 (1:39.51)	33.23 (2:12.73)	32.96 (2:45.68)	33.00 (3:18.68)	
	32.24 (3:50.91)	31.90 (4:22.80)					
7	JUTRAS, Daniel		SO Stevens	4:23.44		2(7)	2
	34.67	32.14 (1:06.80)	32.94 (1:39.74)	33.33 (2:13.07)	32.87 (2:45.93)	32.65 (3:18.57)	
	31.87 (3:50.44)	33.01 (4:23.44)					
8	FERRIZZI, Vince		SR Lebanon Valley	4:25.07		2(8)	1
	34.14	32.61 (1:06.74)	32.35 (1:39.09)	33.47 (2:12.55)	33.28 (2:45.83)	33.04 (3:18.86)	
	32.37 (3:51.22)	33.85 (4:25.07)					
9	BLYTH, Brendan		FR Arcadia	4:30.04		2(9)	
	32.87	32.06 (1:04.93)	32.87 (1:37.80)	33.50 (2:11.29)	33.85 (2:45.13)	33.93 (3:19.06)	
	34.98 (3:54.04)	36.01 (4:30.04)					
10	WILSON, Joseph		FR DeSales	4:30.80		2(10)	
	33.36	32.52 (1:05.88)	33.43 (1:39.30)	33.86 (2:13.16)	33.89 (2:47.05)	34.17 (3:21.21)	
	35.02 (3:56.23)	34.58 (4:30.80)					

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RESULTS

#16 Men's 1 Mile Run (cont'd)

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
11	SHELTON, Eric		JR Lebanon Valley	4:32.43		1(1)	
	32.26	34.14 (1:06.40)	35.96 (1:42.35)	35.23 (2:17.58)	34.28 (2:51.86)	33.53 (3:25.38)	
	34.05 (3:59.42)	33.02 (4:32.43)					
12	HUNT, Tyler		JR York (Pa.)	4:33.89		1(2)	
	32.38	34.13 (1:06.50)	34.86 (1:41.36)	35.24 (2:16.59)	35.10 (2:51.69)	34.79 (3:26.48)	
	34.94 (4:01.42)	32.48 (4:33.89)					
13	MELLINGER, Ryle		SO Eastern	4:36.14		1(3)	
	32.78	33.96 (1:06.73)	35.57 (1:42.30)	34.82 (2:17.11)	34.92 (2:52.02)	34.63 (3:26.64)	
	35.71 (4:02.35)	33.80 (4:36.14)					
14	ONODY, Bryan		JR Stevens	4:37.06		1(4)	
	33.01	33.94 (1:06.95)	35.65 (1:42.59)	35.26 (2:17.85)	33.64 (2:51.49)	34.78 (3:26.26)	
	36.27 (4:02.53)	34.54 (4:37.06)					
15	DAVIS, Aden		FR Lebanon Valley	4:43.43		2(11)	
	33.41	31.99 (1:05.40)	33.68 (1:39.07)	35.47 (2:14.54)	35.57 (2:50.10)	37.98 (3:28.08)	
	38.49 (4:06.57)	36.87 (4:43.43)					
	FOYTACK, Owen		SO King's (Pa.)	DNF		2	

#24 Men's 3000 Meters

M	MAC Indoor Champ	8:36.41	Will McDermott	Widener	2/27/2016		
O	MAC Indoor Overall	8:13.57	Patrick Watson	Stevenson	2020	"Banked"	
Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	ROTHSTEIN, Samuel		SO Lebanon Valley	8:48.03		2(1)	10
	35.00	36.81 (1:11.81)	37.50 (1:49.30)	37.09 (2:26.38)	37.02 (3:03.40)	36.12 (3:39.52)	
	35.23 (4:14.75)	35.26 (4:50.01)	34.52 (5:24.52)	35.50 (6:00.01)	35.96 (6:35.97)	35.59 (7:11.56)	
	35.39 (7:46.95)	32.48 (8:19.42)	28.62 (8:48.03)				
2	FLEAR, Thomas		JR Widener	8:48.17		2(2)	8
	35.06	37.32 (1:12.38)	37.63 (1:50.01)	36.60 (2:26.60)	37.02 (3:03.62)	35.79 (3:39.40)	
	35.14 (4:14.54)	35.36 (4:49.90)	35.01 (5:24.91)	35.68 (6:00.58)	35.67 (6:36.24)	35.62 (7:11.86)	
	35.21 (7:47.06)	32.06 (8:19.12)	29.06 (8:48.17)				
3	CONCANNON, Liam		JR Stevens	8:48.54		2(3)	6
	35.25	37.37 (1:12.62)	37.51 (1:50.12)	36.73 (2:26.85)	36.93 (3:03.78)	35.73 (3:39.50)	
	35.22 (4:14.72)	35.37 (4:50.09)	35.16 (5:25.24)	35.57 (6:00.81)	35.57 (6:36.38)	35.74 (7:12.11)	
	35.08 (7:47.19)	32.11 (8:19.30)	29.25 (8:48.54)				
4	ARTIS, Shane		SR DeSales	8:49.83		2(4)	5
	34.84	37.32 (1:12.16)	37.63 (1:49.79)	36.88 (2:26.66)	36.55 (3:03.21)	35.44 (3:38.64)	
	35.02 (4:13.65)	35.37 (4:49.02)	35.27 (5:24.28)	35.49 (5:59.77)	35.82 (6:35.59)	35.68 (7:11.26)	
	35.41 (7:46.67)	32.96 (8:19.63)	30.21 (8:49.83)				
5	NESSCIO, Joseph		JR Widener	8:51.41		2(5)	4
	34.35	37.00 (1:11.35)	37.48 (1:48.82)	37.23 (2:26.05)	37.07 (3:03.12)	36.73 (3:39.84)	
	35.11 (4:14.94)	35.29 (4:50.23)	35.41 (5:25.63)	35.63 (6:01.26)	35.36 (6:36.61)	35.74 (7:12.35)	
	35.03 (7:47.38)	32.92 (8:20.29)	31.13 (8:51.41)				
6	RHINEHART, Trey		JR Misericordia	8:51.74		2(6)	3
	35.56	37.29 (1:12.84)	37.45 (1:50.29)	36.73 (2:27.02)	36.56 (3:03.58)	36.50 (3:40.08)	
	35.06 (4:15.13)	35.43 (4:50.56)	34.78 (5:25.34)	36.16 (6:01.49)	35.39 (6:36.88)	35.93 (7:12.80)	
	34.97 (7:47.77)	32.69 (8:20.45)	31.29 (8:51.74)				
7	SCHINDLER, Hayden		JR Stevenson	8:54.12		2(7)	2

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	34.60	37.01 (1:11.61)	37.47 (1:49.08)	37.13 (2:26.20)	36.66 (3:02.86)		36.03 (3:38.88)	
	35.05 (4:13.93)	35.41 (4:49.33)	35.62 (5:24.94)	35.29 (6:00.23)	36.24 (6:36.46)		35.98 (7:12.44)	
	35.69 (7:48.12)	34.21 (8:22.33)	31.80 (8:54.12)					
8	BAUMAN, Josh			JR Messiah	8:56.12		2(8)	1
	36.01	36.73 (1:12.74)	37.67 (1:50.40)	36.94 (2:27.33)	36.80 (3:04.13)		36.53 (3:40.65)	
	35.17 (4:15.82)	35.57 (4:51.38)	35.33 (5:26.70)	35.71 (6:02.41)	36.05 (6:38.45)		36.82 (7:15.27)	
	36.06 (7:51.33)	33.24 (8:24.56)	31.57 (8:56.12)					
9	ROWLEY, Stephen			JR Misericordia	8:56.26		2(9)	
	35.69	36.29 (1:11.98)	37.58 (1:49.55)	36.88 (2:26.43)	37.03 (3:03.45)		35.74 (3:39.18)	
	35.03 (4:14.21)	35.39 (4:49.60)	35.14 (5:24.74)	35.57 (6:00.31)	36.32 (6:36.63)		36.46 (7:13.08)	
	35.13 (7:48.21)	34.24 (8:22.44)	33.82 (8:56.26)					
10	MANIDIS, Nick			SR DeSales	8:57.47		1(1)	
	35.57	35.98 (1:11.55)	35.25 (1:46.79)	35.69 (2:22.48)	35.48 (2:57.96)		35.58 (3:33.54)	
	36.47 (4:10.01)	35.90 (4:45.90)	35.83 (5:21.73)	36.45 (5:58.17)	36.62 (6:34.79)		36.26 (7:11.05)	
	36.81 (7:47.86)	36.33 (8:24.18)	33.29 (8:57.47)					
11	SHULMAN, Ryan			SO Misericordia	8:58.13		2(10)	
	35.67	37.32 (1:12.99)	37.48 (1:50.46)	36.73 (2:27.18)	36.72 (3:03.89)		36.22 (3:40.11)	
	35.10 (4:15.20)	35.60 (4:50.80)	34.92 (5:25.71)	35.38 (6:01.09)	35.72 (6:36.80)		35.94 (7:12.74)	
	36.08 (7:48.81)	35.33 (8:24.14)	34.00 (8:58.13)					
12	CALISTI, Noah			JR Messiah	9:01.91		2(11)	
	35.61	37.56 (1:13.16)	37.07 (1:50.22)	36.87 (2:27.09)	36.86 (3:03.95)		36.33 (3:40.28)	
	35.22 (4:15.49)	35.63 (4:51.12)	35.01 (5:26.12)	35.84 (6:01.96)	35.88 (6:37.84)		36.30 (7:14.14)	
	36.59 (7:50.72)	35.98 (8:26.70)	35.21 (9:01.91)					
13	COSTELLO, Kyle			JR Messiah	9:08.26		2(12)	
	35.32	37.61 (1:12.93)	37.82 (1:50.74)	37.45 (2:28.19)	36.49 (3:04.68)		36.47 (3:41.14)	
	35.35 (4:16.49)	35.53 (4:52.01)	35.89 (5:27.90)	36.86 (6:04.76)	37.04 (6:41.79)		35.97 (7:17.76)	
	37.09 (7:54.84)	37.09 (8:31.92)	36.34 (9:08.26)					
14	BRUNO, Brian			JR DeSales	9:08.91		1(2)	
	35.81	35.98 (1:11.78)	36.02 (1:47.80)	35.69 (2:23.49)	36.76 (3:00.24)		37.12 (3:37.35)	
	37.02 (4:14.37)	37.02 (4:51.38)	37.23 (5:28.61)	37.59 (6:06.19)	37.37 (6:43.55)		37.52 (7:21.07)	
	37.68 (7:58.75)	36.49 (8:35.23)	33.69 (9:08.91)					
15	BRICKER, Thomas			SO Misericordia	9:09.15		1(3)	
	33.31	35.21 (1:08.52)	34.29 (1:42.81)	34.52 (2:17.32)	35.19 (2:52.50)		35.82 (3:28.32)	
	36.30 (4:04.62)	36.57 (4:41.18)	40.38 (5:21.56)	37.73 (5:59.28)	38.46 (6:37.74)		38.86 (7:16.59)	
	39.35 (7:55.94)	38.88 (8:34.82)	34.33 (9:09.15)					
16	ROSEBOOM, Jack			JR York (Pa.)	9:10.39		1(4)	
	35.12	36.72 (1:11.83)	36.39 (1:48.22)	36.05 (2:24.26)	37.05 (3:01.31)		36.93 (3:38.24)	
	36.84 (4:15.08)	37.22 (4:52.29)	37.52 (5:29.81)	37.52 (6:07.33)	37.36 (6:44.69)		37.45 (7:22.14)	
	37.44 (7:59.57)	37.01 (8:36.58)	33.81 (9:10.39)					
17	SANTACOLOMA, Matt			SR DeSales	9:11.34		1(5)	
	35.48	35.65 (1:11.13)	35.42 (1:46.55)	35.89 (2:22.44)	36.02 (2:58.46)		36.13 (3:34.58)	
	36.80 (4:11.38)	37.41 (4:48.79)	37.64 (5:26.42)	37.67 (6:04.08)	37.98 (6:42.06)		37.87 (7:19.93)	
	37.80 (7:57.73)	37.79 (8:35.51)	35.84 (9:11.34)					
18	MILLER, Donald			SO Lebanon Valley	9:13.27		1(6)	

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RESULTS

#24 Men's 3000 Meters (cont'd)

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
	34.23	36.69 (1:10.91)	36.04 (1:46.94)	36.34 (2:23.28)	37.26 (3:00.54)	36.43 (3:36.96)	
	37.58 (4:14.54)	37.11 (4:51.65)	38.06 (5:29.70)	37.94 (6:07.63)	38.13 (6:45.76)	38.15 (7:23.90)	
	38.21 (8:02.10)	37.50 (8:39.59)	33.68 (9:13.27)				
19	WYRICK, Jonathan		JR Messiah	9:13.61		1(7)	
	35.77	36.57 (1:12.34)	36.57 (1:48.91)	36.38 (2:25.28)	37.09 (3:02.37)	36.94 (3:39.30)	
	36.50 (4:15.80)	37.38 (4:53.17)	37.50 (5:30.67)	37.60 (6:08.27)	37.40 (6:45.66)	37.52 (7:23.18)	
	37.35 (8:00.53)	37.47 (8:37.99)	35.62 (9:13.61)				
20	GREVE, Thomas		SR DeSales	9:14.81		1(8)	
	35.32	36.72 (1:12.03)	36.50 (1:48.53)	36.44 (2:24.97)	37.24 (3:02.20)	37.17 (3:39.37)	
	37.29 (4:16.65)	37.22 (4:53.86)	36.82 (5:30.67)	38.34 (6:09.01)	37.37 (6:46.37)	37.47 (7:23.83)	
	38.05 (8:01.87)	37.52 (8:39.39)	35.42 (9:14.81)				
21	SANTANA, Matthew		FR Lebanon Valley	9:16.18		2(13)	
	35.44	37.17 (1:12.60)	37.95 (1:50.55)	37.06 (2:27.61)	36.91 (3:04.51)	36.18 (3:40.69)	
	37.44 (4:18.12)	37.71 (4:55.82)	36.64 (5:32.46)	37.29 (6:09.75)	38.56 (6:48.30)	38.24 (7:26.54)	
	37.64 (8:04.17)	36.92 (8:41.09)	35.10 (9:16.18)				
22	LENHART, Dylan		FR Lebanon Valley	9:16.86		1(9)	
	34.68	36.75 (1:11.42)	35.81 (1:47.23)	36.51 (2:23.73)	37.21 (3:00.94)	36.64 (3:37.58)	
	37.28 (4:14.85)	37.14 (4:51.99)	38.27 (5:30.26)	37.95 (6:08.20)	38.10 (6:46.30)	38.48 (7:24.78)	
	38.85 (8:03.63)	38.33 (8:41.95)	34.92 (9:16.86)				
23	CHUKOSKIE, Joseph		SO Lebanon Valley	9:18.61		2(14)	
	35.84	37.57 (1:13.41)	37.28 (1:50.68)	37.20 (2:27.87)	37.16 (3:05.03)	36.53 (3:41.56)	
	37.44 (4:18.99)	37.56 (4:56.55)	37.18 (5:33.72)	37.80 (6:11.52)	38.32 (6:49.84)	38.17 (7:28.00)	
	38.05 (8:06.04)	37.25 (8:43.28)	35.33 (9:18.61)				
24	DOSKOCIL, Dylan		FR DeSales	9:28.08		2(15)	
	35.95	37.27 (1:13.22)	37.50 (1:50.71)	36.75 (2:27.46)	37.29 (3:04.74)	36.98 (3:41.72)	
	37.49 (4:19.20)	37.98 (4:57.18)	38.00 (5:35.18)	38.41 (6:13.59)	39.35 (6:52.94)	39.73 (7:32.66)	
	39.36 (8:12.02)	38.30 (8:50.31)	37.77 (9:28.08)				
	PORCO, Jake		JR Stevens	DNS		1	

#7 Men's 5000 Meters

M	MAC Indoor Champ	14:44.12	Patrick Watson	Stevenson	2/28/2020		
O	MAC Indoor Overall	14:18.40	Macharia Yuot	Widener	2006		
Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	FLEAR, Thomas		JR Widener	15:05.99		2(1)	10
	36.69	36.98 (1:13.66)	36.32 (1:49.97)	36.96 (2:26.93)	36.43 (3:03.35)	36.54 (3:39.89)	
	36.76 (4:16.65)	36.54 (4:53.19)	36.15 (5:29.34)	35.76 (6:05.09)	35.90 (6:40.99)	35.85 (7:16.84)	
	35.59 (7:52.42)	36.05 (8:28.46)	36.66 (9:05.11)	36.98 (9:42.09)	37.35 (10:19.43)	37.04 (10:56.46)	
	36.69 (11:33.15)	36.97 (12:10.12)	37.31 (12:47.43)	37.68 (13:25.10)	36.90 (14:02.00)	33.39 (14:35.38)	
	30.61 (15:05.99)						
2	ARTIS, Shane		SR DeSales	15:09.90		2(2)	8
	36.90	37.00 (1:13.90)	36.34 (1:50.24)	36.90 (2:27.14)	36.51 (3:03.64)	36.58 (3:40.22)	
	36.76 (4:16.98)	36.51 (4:53.49)	36.14 (5:29.62)	35.81 (6:05.43)	35.87 (6:41.29)	35.98 (7:17.27)	
	35.96 (7:53.23)	35.85 (8:29.07)	36.29 (9:05.36)	37.10 (9:42.45)	37.28 (10:19.73)	36.97 (10:56.70)	
	36.70 (11:33.39)	36.99 (12:10.38)	37.31 (12:47.68)	37.72 (13:25.40)	37.00 (14:02.39)	34.58 (14:36.97)	
	32.93 (15:09.90)						
3	ROWLEY, Stephen		JR Misericordia	15:13.18		2(3)	6

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RESULTS

#7 Men's 5000 Meters (cont'd)

Pl	Name		Yr	Team	Time	Note	H(Pl)	Pts
	36.70	36.66 (1:13.36)		35.44 (1:48.80)	36.10 (2:24.89)	36.20 (3:01.08)	36.15 (3:37.22)	
	36.22 (4:13.44)	36.15 (4:49.59)		36.35 (5:25.93)	36.55 (6:02.48)	36.42 (6:38.89)	36.56 (7:15.45)	
	36.57 (7:52.02)	36.72 (8:28.73)		36.63 (9:05.35)	36.91 (9:42.26)	37.32 (10:19.57)	36.64 (10:56.21)	
	36.66 (11:32.87)	37.00 (12:09.86)		33.77 (12:43.63)	41.24 (13:24.87)	37.40 (14:02.27)	35.88 (14:38.14)	
	35.04 (15:13.18)							
4	SCHINDLER, Hayden			JR Stevenson	15:19.47		2(4)	5
	36.37	35.73 (1:12.10)		35.07 (1:47.16)	35.01 (2:22.16)	34.94 (2:57.09)	35.10 (3:32.19)	
	35.67 (4:07.85)	35.96 (4:43.81)		36.35 (5:20.15)	36.52 (5:56.67)	36.98 (6:33.65)	36.97 (7:10.62)	
	36.99 (7:47.60)	37.65 (8:25.25)		38.00 (9:03.25)	38.36 (9:41.60)	37.53 (10:19.13)	37.99 (10:57.11)	
	36.39 (11:33.50)	36.65 (12:10.14)		39.75 (12:49.89)	38.60 (13:28.48)	38.42 (14:06.90)	37.31 (14:44.21)	
	35.27 (15:19.47)							
5	SANTANA, Matthew			FR Lebanon Valley	15:23.71		2(5)	4
	36.99	37.65 (1:14.63)		36.85 (1:51.47)	37.08 (2:28.55)	36.14 (3:04.68)	37.24 (3:41.92)	
	37.10 (4:19.01)	36.45 (4:55.46)		36.64 (5:32.09)	36.59 (6:08.68)	36.16 (6:44.83)	36.34 (7:21.16)	
	37.21 (7:58.37)	37.76 (8:36.12)		37.01 (9:13.12)	37.12 (9:50.24)	38.45 (10:28.69)	37.93 (11:06.62)	
	38.88 (11:45.49)	37.87 (12:23.36)		37.98 (13:01.34)	37.48 (13:38.81)	37.20 (14:16.00)	35.26 (14:51.26)	
	32.45 (15:23.71)							
6	CALISTI, Noah			JR Messiah	15:28.73		2(6)	3
	37.40	37.10 (1:14.49)		35.90 (1:50.39)	37.01 (2:27.39)	36.51 (3:03.90)	36.65 (3:40.55)	
	36.74 (4:17.28)	36.50 (4:53.78)		36.24 (5:30.02)	35.90 (6:05.91)	36.07 (6:41.98)	36.72 (7:18.69)	
	37.55 (7:56.24)	38.25 (8:34.48)		30.86 (9:05.33)	45.26 (9:50.59)	39.01 (10:29.59)	38.22 (11:07.81)	
	38.23 (11:46.03)	38.84 (12:24.87)		38.70 (13:03.57)	38.30 (13:41.86)	37.90 (14:19.75)	35.53 (14:55.28)	
	33.45 (15:28.73)							
7	CONCANNON, Liam			JR Stevens	15:29.65		2(7)	2
	37.23	37.07 (1:14.30)		36.32 (1:50.62)	37.04 (2:27.65)	36.47 (3:04.11)	36.67 (3:40.77)	
	36.75 (4:17.52)	36.52 (4:54.04)		36.41 (5:30.44)	36.07 (6:06.51)	36.72 (6:43.22)	37.26 (7:20.48)	
	37.18 (7:57.66)	37.81 (8:35.47)		37.72 (9:13.19)	37.64 (9:50.83)	38.48 (10:29.31)	37.91 (11:07.22)	
	38.03 (11:45.24)	39.38 (12:24.61)		38.67 (13:03.28)	39.84 (13:43.12)	40.66 (14:23.78)	35.30 (14:59.08)	
	30.58 (15:29.65)							
8	COSTELLO, Kyle			JR Messiah	15:31.56		2(8)	1
	37.61	37.57 (1:15.17)		36.60 (1:51.77)	36.47 (2:28.24)	36.87 (3:05.11)	36.65 (3:41.76)	
	36.77 (4:18.52)	36.40 (4:54.92)		36.65 (5:31.56)	36.16 (6:07.72)	36.31 (6:44.02)	36.74 (7:20.76)	
	36.66 (7:57.42)	37.60 (8:35.01)		37.92 (9:12.93)	37.50 (9:50.43)	38.56 (10:28.98)	37.85 (11:06.82)	
	38.14 (11:44.96)	40.04 (12:24.99)		39.32 (13:04.31)	37.10 (13:41.40)	39.49 (14:20.89)	37.88 (14:58.77)	
	32.80 (15:31.56)							
9	CHUKOSKIE, Joseph			SO Lebanon Valley	15:32.32		2(9)	
	36.96	38.36 (1:15.32)		36.63 (1:51.94)	37.14 (2:29.08)	36.71 (3:05.79)	36.76 (3:42.54)	
	37.22 (4:19.75)	36.12 (4:55.87)		36.89 (5:32.75)	36.70 (6:09.45)	36.25 (6:45.69)	36.91 (7:22.60)	
	37.33 (7:59.92)	37.79 (8:37.71)		38.13 (9:15.84)	34.63 (9:50.46)	42.82 (10:33.28)	38.55 (11:11.82)	
	38.99 (11:50.81)	37.77 (12:28.57)		38.48 (13:07.05)	38.31 (13:45.35)	37.87 (14:23.22)	36.23 (14:59.44)	
	32.88 (15:32.32)							
10	SANTACOLOMA, Matt			SR DeSales	15:33.41		2(10)	

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RESULTS

#7 Men's 5000 Meters (cont'd)

Pl	Name		Yr	Team	Time	Note	H(Pl)	Pts
	37.15	37.08 (1:14.22)		36.50 (1:50.72)	37.10 (2:27.82)	36.57 (3:04.38)	36.87 (3:41.24)	
	36.73 (4:17.97)	36.58 (4:54.54)		36.62 (5:31.16)	36.74 (6:07.89)	37.28 (6:45.17)	36.88 (7:22.04)	
	36.84 (7:58.88)	37.72 (8:36.60)		37.58 (9:14.17)	37.55 (9:51.72)	37.37 (10:29.09)	38.33 (11:07.42)	
	38.14 (11:45.55)	37.62 (12:23.17)		38.78 (13:01.94)	38.80 (13:40.74)	38.62 (14:19.35)	37.53 (14:56.88)	
	36.54 (15:33.41)							
11	SHULMAN, Ryan			SO Misericordia	15:41.29		2(11)	
	36.94	37.50 (1:14.44)		36.46 (1:50.89)	37.15 (2:28.04)	36.20 (3:04.24)	36.58 (3:40.82)	
	36.77 (4:17.58)	36.49 (4:54.07)		36.58 (5:30.64)	36.53 (6:07.16)	37.07 (6:44.23)	37.16 (7:21.39)	
	37.62 (7:59.01)	38.06 (8:37.06)		38.50 (9:15.56)	38.46 (9:54.02)	39.01 (10:33.02)	38.57 (11:11.59)	
	38.98 (11:50.56)	38.70 (12:29.26)		38.88 (13:08.14)	38.99 (13:47.13)	39.12 (14:26.25)	37.94 (15:04.18)	
	37.11 (15:41.29)							
12	BRUNO, Brian			JR DeSales	15:49.42		2(12)	
	36.54	36.96 (1:13.49)		37.01 (1:50.49)	37.45 (2:27.93)	36.97 (3:04.90)	36.74 (3:41.64)	
	37.21 (4:18.84)	36.87 (4:55.70)		36.83 (5:32.53)	36.67 (6:09.19)	37.07 (6:46.26)	37.55 (7:23.80)	
	37.62 (8:01.42)	38.11 (8:39.52)		38.21 (9:17.73)	38.56 (9:56.28)	38.57 (10:34.85)	39.58 (11:14.42)	
	39.38 (11:53.80)	39.58 (12:33.38)		39.87 (13:13.24)	39.99 (13:53.23)	40.34 (14:33.56)	39.32 (15:12.88)	
	36.54 (15:49.42)							
13	HUNT, Tyler			JR York (Pa.)	16:03.39		1(1)	
	36.42	38.67 (1:15.08)		39.69 (1:54.77)	38.22 (2:32.99)	38.06 (3:11.04)	38.08 (3:49.12)	
	38.44 (4:27.56)	38.65 (5:06.20)		38.57 (5:44.77)	38.51 (6:23.27)	39.30 (7:02.56)	38.91 (7:41.47)	
	38.45 (8:19.91)	39.85 (8:59.76)		39.36 (9:39.12)	38.49 (10:17.60)	39.91 (10:57.51)	40.95 (11:38.45)	
	39.58 (12:18.03)	38.86 (12:56.89)		38.92 (13:35.80)	38.50 (14:14.30)	38.76 (14:53.06)	37.44 (15:30.49)	
	32.91 (16:03.39)							
14	ORLANDO, Frank			JR Stevens	16:17.75		2(13)	
	38.05	38.00 (1:16.04)		37.45 (1:53.49)	37.49 (2:30.97)	38.40 (3:09.37)	38.38 (3:47.74)	
	38.58 (4:26.32)	38.22 (5:04.53)		38.49 (5:43.02)	39.18 (6:22.19)	39.92 (7:02.10)	40.81 (7:42.90)	
	40.30 (8:23.20)	42.38 (9:05.57)		40.62 (9:46.18)	41.04 (10:27.21)	39.66 (11:06.87)	38.90 (11:45.77)	
	38.42 (12:24.18)	39.55 (13:03.72)		40.13 (13:43.85)	40.73 (14:24.57)	40.07 (15:04.64)	39.75 (15:44.38)	
	33.38 (16:17.75)							
15	REMENTER, Zachary			SO Widener	16:18.10		2(14)	
	37.38	37.57 (1:14.94)		36.29 (1:51.23)	37.62 (2:28.85)	36.66 (3:05.51)	36.75 (3:42.26)	
	37.17 (4:19.42)	37.10 (4:56.52)		37.57 (5:34.09)	39.03 (6:13.11)	39.24 (6:52.35)	39.98 (7:32.32)	
	40.60 (8:12.92)	40.44 (8:53.35)		40.52 (9:33.87)	39.93 (10:13.80)	41.05 (10:54.84)	40.44 (11:35.28)	
	40.97 (12:16.25)	40.96 (12:57.21)		41.03 (13:38.23)	40.74 (14:18.97)	40.22 (14:59.19)	39.06 (15:38.24)	
	39.87 (16:18.10)							
16	RICCO, Eric			SR DeSales	16:18.13		1(2)	
	36.22	38.42 (1:14.64)		39.34 (1:53.97)	37.55 (2:31.52)	38.30 (3:09.81)	38.16 (3:47.97)	
	38.28 (4:26.25)	38.76 (5:05.00)		37.94 (5:42.94)	38.70 (6:21.63)	40.36 (7:01.99)	39.05 (7:41.04)	
	38.31 (8:19.35)	39.97 (8:59.31)		39.45 (9:38.75)	38.69 (10:17.44)	39.94 (10:57.37)	41.81 (11:39.18)	
	41.98 (12:21.15)	41.82 (13:02.97)		40.21 (13:43.17)	39.70 (14:22.86)	41.78 (15:04.64)	40.69 (15:45.32)	
	32.81 (16:18.13)							
17	WEBER, Ryan			FR Misericordia	16:18.51		2(15)	

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RESULTS**#7 Men's 5000 Meters (cont'd)**

Pl	Name		Yr	Team	Time	Note	H(Pl)	Pts
	36.92	37.81 (1:14.73)	37.27 (1:52.00)	36.90 (2:28.89)	37.52 (3:06.41)		36.89 (3:43.29)	
	37.73 (4:21.02)	37.67 (4:58.69)	38.68 (5:37.36)	38.72 (6:16.07)	39.26 (6:55.33)		39.68 (7:35.01)	
	39.64 (8:14.64)	39.80 (8:54.44)	39.68 (9:34.12)	39.89 (10:14.00)	41.02 (10:55.01)		40.56 (11:35.56)	
	41.02 (12:16.57)	40.99 (12:57.56)	40.86 (13:38.41)	40.72 (14:19.13)	39.42 (14:58.54)		40.02 (15:38.56)	
	39.96 (16:18.51)							
18	WYRICK, Jonathan			JR Messiah	16:19.80		1(3)	
	36.09	38.75 (1:14.83)	39.66 (1:54.49)	38.23 (2:32.71)	38.20 (3:10.91)		38.05 (3:48.96)	
	37.89 (4:26.84)	38.57 (5:05.40)	37.79 (5:43.19)	38.79 (6:21.98)	39.95 (7:01.93)		38.86 (7:40.78)	
	38.77 (8:19.55)	39.99 (8:59.53)	39.50 (9:39.03)	39.21 (10:18.23)	39.52 (10:57.74)		41.66 (11:39.40)	
	40.77 (12:20.16)	41.43 (13:01.58)	40.24 (13:41.82)	40.65 (14:22.46)	40.19 (15:02.65)		39.81 (15:42.46)	
	37.35 (16:19.80)							
19	GREVE, Thomas			SR DeSales	16:19.96		2(16)	
	37.72	37.98 (1:15.69)	37.41 (1:53.10)	37.60 (2:30.70)	38.39 (3:09.08)		38.42 (3:47.49)	
	38.50 (4:25.99)	38.27 (5:04.25)	38.39 (5:42.64)	39.05 (6:21.69)	38.99 (7:00.67)		39.24 (7:39.90)	
	38.79 (8:18.69)	38.96 (8:57.65)	39.34 (9:36.99)	39.23 (10:16.21)	39.64 (10:55.84)		39.35 (11:35.19)	
	39.60 (12:14.78)	40.40 (12:55.18)	41.31 (13:36.49)	41.99 (14:18.47)	41.84 (15:00.31)		41.22 (15:41.53)	
	38.43 (16:19.96)							
20	WILLIAMSON, Ben			SO Arcadia	16:27.23		1(4)	
	35.83	38.72 (1:14.54)	39.62 (1:54.16)	38.24 (2:32.40)	38.14 (3:10.53)		37.99 (3:48.52)	
	38.76 (4:27.27)	38.68 (5:05.95)	37.85 (5:43.80)	38.85 (6:22.64)	39.63 (7:02.27)		38.99 (7:41.25)	
	38.57 (8:19.82)	39.53 (8:59.34)	39.06 (9:38.40)	38.86 (10:17.26)	39.96 (10:57.21)		41.02 (11:38.23)	
	40.84 (12:19.06)	41.79 (13:00.85)	41.55 (13:42.39)	40.76 (14:23.14)	42.00 (15:05.14)		42.14 (15:47.27)	
	39.96 (16:27.23)							
21	KAUFFMAN, Lance			JR Messiah	16:30.29		1(5)	
	36.52	38.92 (1:15.44)	39.32 (1:54.75)	38.01 (2:32.75)	37.89 (3:10.64)		38.07 (3:48.70)	
	38.42 (4:27.12)	38.49 (5:05.61)	37.94 (5:43.54)	38.79 (6:22.33)	40.83 (7:03.16)		39.79 (7:42.95)	
	40.82 (8:23.76)	40.62 (9:04.38)	41.03 (9:45.41)	42.01 (10:27.41)	42.22 (11:09.62)		42.24 (11:51.85)	
	43.17 (12:35.02)	40.97 (13:15.98)	43.52 (13:59.50)	42.24 (14:41.74)	41.14 (15:22.88)		36.43 (15:59.31)	
	30.98 (16:30.29)							
22	SESKAR, Alex			SO Hood	16:34.90		1(6)	
	35.55	38.73 (1:14.27)	39.47 (1:53.74)	38.38 (2:32.11)	38.23 (3:10.34)		37.78 (3:48.12)	
	38.75 (4:26.87)	38.85 (5:05.71)	38.80 (5:44.51)	39.78 (6:24.28)	40.40 (7:04.68)		40.06 (7:44.73)	
	39.90 (8:24.62)	41.12 (9:05.74)	40.96 (9:46.70)	39.40 (10:26.10)	41.18 (11:07.28)		40.67 (11:47.94)	
	41.60 (12:29.54)	41.99 (13:11.53)	41.22 (13:52.74)	42.01 (14:34.74)	41.19 (15:15.93)		40.81 (15:56.73)	
	38.17 (16:34.90)							
23	CHYLACK, Matt			SR DeSales	16:38.13		1(7)	
	36.90	38.28 (1:15.18)	39.15 (1:54.32)	37.49 (2:31.80)	38.28 (3:10.08)		38.19 (3:48.27)	
	38.34 (4:26.60)	38.24 (5:04.84)	37.87 (5:42.70)	39.73 (6:22.43)	40.98 (7:03.41)		40.39 (7:43.79)	
	40.26 (8:24.05)	41.16 (9:05.20)	41.23 (9:46.42)	41.49 (10:27.90)	42.06 (11:09.96)		42.24 (11:52.20)	
	41.85 (12:34.04)	41.97 (13:16.01)	41.98 (13:57.99)	41.86 (14:39.84)	41.15 (15:20.98)		39.96 (16:00.94)	
	37.19 (16:38.13)							
24	BILLET, Tyler			SO Messiah	16:51.17		1(8)	

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RESULTS**#7 Men's 5000 Meters (cont'd)**

Pl	Name		Yr	Team	Time	Note	H(Pl)	Pts
	36.63	38.62 (1:15.25)	39.33 (1:54.58)	37.98 (2:32.55)	38.22 (3:10.77)		37.96 (3:48.72)	
	38.68 (4:27.40)	38.63 (5:06.03)	38.21 (5:44.23)	39.29 (6:23.52)	40.58 (7:04.09)		40.96 (7:45.05)	
	41.76 (8:26.81)	41.78 (9:08.58)	42.40 (9:50.98)	42.48 (10:33.46)	43.24 (11:16.69)		42.60 (11:59.29)	
	42.52 (12:41.81)	42.88 (13:24.68)	43.08 (14:07.75)	42.81 (14:50.56)	42.85 (15:33.40)		42.25 (16:15.64)	
	35.54 (16:51.17)							
25	KILHEENEY, Drew			SR York (Pa.)	16:52.85		1(9)	
	37.19	39.08 (1:16.26)	38.89 (1:55.15)	38.54 (2:33.68)	38.81 (3:12.49)		38.63 (3:51.11)	
	38.96 (4:30.07)	39.65 (5:09.71)	39.90 (5:49.61)	39.13 (6:28.74)	39.91 (7:08.65)		40.20 (7:48.84)	
	40.86 (8:29.70)	41.71 (9:11.41)	41.64 (9:53.04)	42.01 (10:35.05)	41.06 (11:16.11)		41.44 (11:57.54)	
	42.78 (12:40.31)	43.92 (13:24.22)	44.26 (14:08.48)	42.86 (14:51.33)	42.35 (15:33.68)		40.98 (16:14.66)	
	38.20 (16:52.85)							
26	SCHERMERHORN, Kyle			JR Alvernia	16:57.92		2(17)	
	37.87	37.91 (1:15.78)	36.95 (1:52.73)	37.86 (2:30.58)	38.41 (3:08.99)		39.39 (3:48.37)	
	39.07 (4:27.44)	39.55 (5:06.98)	40.50 (5:47.47)	40.73 (6:28.19)	41.22 (7:09.41)		41.11 (7:50.51)	
	41.72 (8:32.23)	41.52 (9:13.74)	41.20 (9:54.94)	41.56 (10:36.49)	41.85 (11:18.34)		42.39 (12:00.73)	
	42.90 (12:43.62)	43.29 (13:26.91)	42.86 (14:09.77)	43.43 (14:53.19)	43.01 (15:36.20)		41.94 (16:18.13)	
	39.80 (16:57.92)							
	COLYER, Zeke			SO Messiah	DNS		1	
	PORCO, Jake			JR Stevens	DNS		2	

#3 Men's 60m Hurdles

M	MAC Indoor Champ	8.22	Owen Buhr	Lebanon Valley	2/26/2022	Tom & Helen
O	MAC Indoor Overall	8.19	Jerome Duncan	Lebanon Valley	2012	

Finals

Pl	Name	Yr	Team	Time	Note	Pts
1	REED, Zachary		SR Lebanon Valley	8.31		10
2	YACOUBIAN, Federico		JR Stevens	8.41		8
3	SMITH, Kadan		JR Lebanon Valley	8.43		6
4	ESTHERSON, Sam		JR DeSales	8.48		5
5	MCGUFFEY, Owen		SO Misericordia	8.53		4
6	MURTHA, Daniel		JR Lebanon Valley	8.56		3
7	STEELE, John		JR Messiah	8.88		2
	FRANKLIN, Daniel		FR Eastern	DQ		

Prelims

Pl	Name	Yr	Team	Time	Note	H(Pl)
1	REED, Zachary		SR Lebanon Valley	8.28Q		2(1)
2	SMITH, Kadan		JR Lebanon Valley	8.42Q		1(1)
3	YACOUBIAN, Federico		JR Stevens	8.49q		1(2)
4	MCGUFFEY, Owen		SO Misericordia	8.58q 8.572		1(3)
5	ESTHERSON, Sam		JR DeSales	8.58q 8.575		2(2)
6	MURTHA, Daniel		JR Lebanon Valley	8.66q		1(4)
7	FRANKLIN, Daniel		FR Eastern	8.67q		2(3)
8	STEELE, John		JR Messiah	8.89q		2(4)
9	SKINNER, Donovan		FR Eastern	8.97		1(5)
10	DEFALCIS, Michael		JR Lebanon Valley	9.17		2(5)

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RESULTS**#3 Men's 60m Hurdles (cont'd)****Prelims**

Pl	Name	Yr	Team	Time	Note	H(Pl)
11	HOWARD, Zachary		FR Eastern	9.21		2(6)
12	SILVERSTEIN, Tristen		SO Widener	9.25		2(7)
13	VANSCHAICK, Brandon		SO Alvernia	9.28		1(6)
14	PARKER, Andrew		FR Stevenson	9.44		1(7)
	FRAZIER, Devon		SO Misericordia	DQ		1

#9 Men's 4 x 200m Relay

Pl	Team	Time	Note	H(Pl)	Pts
M	MAC Indoor Champ	1:30.95	M. Dube, O. Olugbenga, j. Daddario, J. Misericordia	2/23/2018	
O	MAC Indoor Overall	1:29.74	M. Dube, O. Olugbenga, J. Daddario, J. Misericordia	2018	
1	Widener (A)	1:31.61		3(1)	10
	1) MCGRAW, Matayo FR 22.19		2) MCNEAR, Brion JR .04 (22.22)		
	3) MILLER, Ben JR 47.17 (1:09.39)		4) KNOWLES, Samuel JR 22.22 (1:31.61)		
2	Lebanon Valley (A)	1:31.91		3(2)	8
	1) LINDER, Owen JR 45.52		2) GOUNDIE, Donovan SO .31 (45.82)		
	3) MURTHA, Daniel JR 23.66 (1:09.47)		4) REED, Zachary SR 22.44 (1:31.91)		
3	Misericordia (A)	1:32.09		3(3)	6
	1) BLACKWELL, Dylan SO 21.91		2) BILLINGS, Richard FR 24.28 (46.18)		
	3) MORRIS, Nae'qwon FR .06 (46.24)		4) HUNTER, Jacob FR 45.86 (1:32.09)		
4	DeSales (A)	1:32.43		1(1)	5
	1) BERNER, Logan SR 22.51		2) DUNBAR, Kyle SR 24.76 (47.27)		
	3) MCCULLOCH, Tyler SO 23.49 (1:10.76)		4) WILSON, Vajon SR 21.68 (1:32.43)		
5	Alvernia (A)	1:32.44		3(4)	4
	1) SHORT, Jack SR 22.27		2) DOWNS, Anthony FR .01 (22.27)		
	3) ST. PIERRE, Luke FR 46.36 (1:08.62)		4) JEROME, Elisiah JR 23.82 (1:32.44)		
6	Eastern (A)	1:32.78		2(1)	3
	1) UGORJI, James FR		2) BATEMAN, Jason FR		
	3) FRANKLIN, Daniel FR		4) GREENWOOD, Ni'Male FR		
7	Stevens (A)	1:33.28		2(2)	2
	1) SAVINO, Kyle SO		2) HACKETT, Tyler FR		
	3) WINANT, Douglas FR		4) ROBINSON, Connor SO		
8	Arcadia (A)	1:34.66		2(3)	1
	1) PINES ELLIOTT, Masai JR		2) CARTER, Robert JR		
	3) CARROLL, Bryan FR		4) SAMS, Myles JR		
9	FDU-Florham (A)	1:35.41		2(4)	
	1) HOOVER, Cameron FR		2) BRYAN, Clayton SO		
	3) PERRELLI, Nathaniel FR		4) PRESLEY, Nashawn FR		

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RESULTS**#9 Men's 4 x 200m Relay (cont'd)**

Pl	Team	Time	Note	H(Pl)	Pts
10	Stevenson (A)	1:35.60		1(2)	
	1) HALL, Conner SO 21.98	2) REIMERT, Alexander SO 25.84 (47.82)			
	3) PARKER, Andrew FR 24.51 (1:12.33)	4) SNIPES, Dominic SR 23.27 (1:35.60)			
11	King's (Pa.) (A)	1:35.65		2(5)	
	1) MULLERY, Jacob FR	2) RIFE, Jordan SO			
	3) JABBAR, Ameen FR	4) NOVROCKI, Andrew JR			
12	Messiah (A)	1:37.01		1(3)	
	1) NYACHIWOWA, Christian FR 24.24	2) FRENCH, Zach SO 24.32 (48.56)			
	3) HEISEY, Derek JR 23.96 (1:12.52)	4) HORST, Joshua JR 24.49 (1:37.01)			
13	Delaware Valley (A)	1:37.06		1(4)	
	1) LONG-STRATTON, James FR 22.66	2) ROWE, Kenny FR 25.47 (48.13)			
	3) GRUNWALD, Dylan FR 24.67 (1:12.80)	4) TAVERAS, Janiel SO 24.26 (1:37.06)			
	Albright (A)	DQ		1	
	1) MALEY, Michael JR	2) STICKLER, Alden FR			
	3) LUCAS, Julian FR	4) VILLANO, John SR			
	York (Pa.) (A)	DQ		3	
	1) HARDISON, Quincy SR	2) NIEMANDT, Edwin SO			
	3) OTIENO, Sam SO	4) APSLEY, Shaun FR			

#28 Men's 4 x 400m Relay

M	MAC Indoor Champ	3:22.02	H Freeland, N Sites, L Harmon, J Tupper	Widener	2/27/2016
O	MAC Indoor Overall	3:18.33	R. Crooms, W. Brownback, M. Pena, T.	Widener	2000
Pl	Team	Time	Note	H(Pl)	Pts
1	Widener (A)	3:26.87		3(1)	10
	1) MCNEAR, Brion JR 52.13	2) SCHREINER, Josh SR 52.15 (1:44.28)			
	3) MILLER, Ben JR 54.09 (2:38.36)	4) KNOWLES, Samuel JR 48.51 (3:26.87)			
2	Lebanon Valley (A)	3:27.10		3(2)	8
	1) LINDER, Owen JR 52.76	2) GOUNDIE, Donovan SO 51.59 (1:44.35)			
	3) BRUCHAK, Matthew JR 52.34 (2:36.68)	4) REED, Zachary SR 50.42 (3:27.10)			
3	Hood (A)	3:29.21		3(3)	6
	1) MINS, Jamel JR 51.96	2) SAPPE, Chris SO 52.61 (1:44.56)			
	3) ELLINGTON, Owen JR 52.93 (2:37.49)	4) BARBERENA, Juan Carlos FR 51.73 (3:29.21)			
4	Misericordia (A)	3:30.29		3(4)	5
	1) MCGUFFEY, Owen SO 53.84	2) BILLINGS, Richard FR 51.09 (1:44.93)			
	3) MORRIS, Nae'qwon FR 54.50 (2:39.42)	4) HUNTER, Jacob FR 50.87 (3:30.29)			

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RESULTS**#28 Men's 4 x 400m Relay (cont'd)**

Pl	Team	Time	Note	H(Pl)	Pts
5	Delaware Valley (A)	3:31.09		2(1)	4
	1) TROY, Brody FR 54.33	2) O'DUNLAMI, Matt JR 52.75 (1:47.07)			
	3) MESSENGER, Caleb SO 52.75 (2:39.82)	4) KAUFMAN, Justin SO 51.28 (3:31.09)			
6	Eastern (A)	3:36.37		3(5)	3
	1) UGORJI, James FR 53.09	2) SANTANA, Jahson FR 52.75 (1:45.83)			
	3) DAVIS, Shamar FR 54.91 (2:40.73)	4) WALTON, Robert FR 55.64 (3:36.37)			
7	York (Pa.) (A)	3:37.13		2(2)	2
	1) APSLEY, Shaun FR 53.58	2) CONNOLLY, Jack FR 55.53 (1:49.10)			
	3) NOLAN, Pierce JR 53.83 (2:42.93)	4) HUNT, Tyler JR 54.20 (3:37.13)			
8	Messiah (A)	3:37.94		3(6)	1
	1) HOSTETLER, Adam JR 53.75	2) KOPP, Nathan SO 54.39 (1:48.14)			
	3) BAXTER, Sean SO 56.52 (2:44.66)	4) CONDON, John SO 53.29 (3:37.94)			
9	Stevens (A)	3:40.23		2(3)	
	1) SAVINO, Kyle SO 53.25	2) BARBI, Mick SO 56.43 (1:49.68)			
	3) ROBINSON, Connor SO 55.64 (2:45.32)	4) HACKETT, Tyler FR 54.91 (3:40.23)			
10	FDU-Florham (A)	3:41.38		1(1)	
	1) PRESLEY, Nashawn FR 55.64	2) PERRELLI, Nathaniel FR 54.90 (1:50.53)			
	3) TANEZ, Francisco SO 56.20 (2:46.73)	4) HOOVER, Cameron FR			
11	Albright (A)	3:47.20		1(2)	
	1) MALEY, Michael JR 56.32	2) VILLANO, John SR 58.30 (1:54.62)			
	3) ZAMICHIELI, Dante JR 55.42 (2:50.03)	4) SAYDOWARY, Sam FR			
	DeSales (A)	DNF		2	
	1) PHOENIX, Xavier SR	2) MARSH, Colin FR			
	3) CALLANO, Jozef FR	4) DUNBAR, Kyle SR			
	Alvernia (A)	DNS		2	
	1) HAHN, Spencer FR	2) WENDEL, Zackary SO			
	3) HENRY, James SO	4) VANSCHAICK, Brandon SO			

#26 Men's 4 x 800m Relay

M	MAC Indoor Champ	7:56.65	M. Rever, M. Weber, J. Blanton, R.	Elizabethtown	2012
O	MAC Indoor Overall	7:54.12	J. Buck, S. Luzzi, E. Deignan, M. Hause	Misericordia	2016

Pl	Team	Time	Note	Pts
1	Lebanon Valley (A)	8:01.39		10
	1) O'BYRNE, Ryan FR 2:01.66	2) DI CESARE, Alec JR 2:00.48 (4:02.13)		
	3) WALKO, Lukas FR 1:58.93 (6:01.06)	4) MCKELL, Elijah SO 2:00.34 (8:01.39)		

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RESULTS**#26 Men's 4 x 800m Relay (cont'd)**

Pl	Team	Time	Note	Pts
2	Stevens (A)	8:01.53		8
	1) MELAO, Ronnie SR 2:01.51	2) PARADINE, Ryan FR 2:01.23 (4:02.73)		
	3) JUTRAS, Daniel SO 1:57.19 (5:59.92)	4) AYLNER, Jake JR 2:01.61 (8:01.53)		
3	DeSales (A)	8:03.21		6
	1) PHILLIPPY, Ben SR 2:01.25	2) TRUMP, Davis SO 2:02.65 (4:03.89)		
	3) TYCE, Carl SR 1:57.07 (6:00.95)	4) CALLANO, Jozef FR 2:02.27 (8:03.21)		
4	Eastern (A)	8:12.66		5
	1) DANIEL, Astin SO 2:05.21	2) MELLINGER, Ryle SO 2:03.86 (4:09.06)		
	3) WEIR, Levi FR 2:04.07 (6:13.13)	4) WALTON, Robert FR 1:59.53 (8:12.66)		
5	Messiah (A)	8:12.92		4
	1) BAXTER, Sean SO 2:04.18	2) SARKETT, Evan FR 2:05.19 (4:09.37)		
	3) KIMMEL, Nathan JR 2:03.71 (6:13.07)	4) CONDON, John SO 1:59.85 (8:12.92)		
6	Alvernia (A)	8:26.38		3
	1) WENDEL, Zackary SO 2:03.77	2) HENRY, James SO 2:07.63 (4:11.40)		
	3) SCHERMERHORN, Kyle JR 2:07.86 (6:19.26)	4) HAHN, Spencer FR 2:07.13 (8:26.38)		
7	York (Pa.) (A)	8:26.84		2
	1) TOPFER, Seth FR 2:06.10	2) MEADS, Mason SR 2:08.84 (4:14.94)		
	3) MARCELO, Brandon FR 2:05.13 (6:20.06)	4) HUNT, Tyler JR 2:06.78 (8:26.84)		
8	Delaware Valley (A)	8:27.08		1
	1) OWEN, Carter SR 2:11.26	2) MESSENGER, Caleb SO 2:05.66 (4:16.92)		
	3) DEL COLLO, Colton FR 2:10.41 (6:27.32)	4) KAUFMAN, Justin SO 1:59.76 (8:27.08)		
9	Misericordia (A)	8:31.42		
	1) HORN, Nathan FR 2:05.20	2) KARWACKI, Austin SO 2:07.09 (4:12.28)		
	3) MCKENNA, Tavian SO 2:07.45 (6:19.73)	4) BITERA, Cholo JR 2:11.70 (8:31.42)		
10	Arcadia (A)	8:38.86		
	1) IP, Sean JR 2:07.91	2) CASTELLI, Wesley SO 2:14.07 (4:21.98)		
	3) VALERA, Ramses FR 2:11.50 (6:33.47)	4) BLYTH, Brendan FR 2:05.39 (8:38.86)		
11	Widener (A)	8:42.12		
	1) RUDD, Derek FR 2:12.68	2) REMENTER, Zachary SO 2:09.20 (4:21.88)		
	3) FITZ, Auden FR 2:11.18 (6:33.05)	4) KELLY, Gavin SO 2:09.07 (8:42.12)		

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printed: 2/24/2024 5:59 PM**RESULTS****#1 Men's 4000m DMR**M MAC Indoor Champ 10:16.99 S. Artis, K. Dunbar, J. Deremer, C. Tyce DeSales 2/24/2023 Tom & Helen
O MAC Indoor Overall 9:56.80 A. Focht, C. Niles, M. Rever, R. Speiden Elizabethtown 2012

Pl	Team	Time	Note	Pts
1	Stevens (A)	10:19.72		10
	1) MELAO, Ronnie SR		2) BARBI, Mick SO	
	3) JUTRAS, Daniel SO		4) AYLMEER, Jake JR	
2	Lebanon Valley (A)	10:22.21		8
	1) FERRIZZI, Vince SR		2) BRUCHAK, Matthew JR	
	3) DI CESARE, Alec JR		4) ROTHSTEIN, Samuel SO	
3	DeSales (A)	10:22.61		6
	1) CALLANO, Jozef FR		2) MARSH, Colin FR	
	3) PHILLIPPY, Ben SR		4) TRUMP, Davis SO	
4	Messiah (A)	10:22.64		5
	1) BAUMAN, Josh JR		2) HOSTETLER, Adam JR	
	3) SARKETT, Evan FR		4) CONDON, John SO	
5	Widener (A)	10:37.54		4
	1) KELLY, Gavin SO		2) RUDD, Derek FR	
	3) SCHREINER, Josh SR		4) NESCIIO, Joseph JR	
6	Misericordia (A)	10:40.74		3
	1) RHINEHART, Trey JR		2) HORN, Nathan FR	
	3) MCKENNA, Tavian SO		4) BRICKER, Thomas SO	
7	Eastern (A)	10:44.07		2
	1) DANIEL, Astin SO		2) SANTANA, Jahson FR	
	3) MELLINGER, Ryle SO		4) WALTON, Robert FR	
8	Alvernia (A)	10:45.37		1
	1) HAHN, Spencer FR		2) HENRY, James SO	
	3) WENDEL, Zackary SO		4) SCHERMERHORN, Kyle JR	
9	Hood (A)	10:56.23		
	1) SESKAR, Alex SO		2) ELLINGTON, Owen JR	
	3) BARBERENA, Juan Carlos FR		4) SAPPE, Chris SO	
10	York (Pa.) (A)	10:59.33		
	1) NOLAN, Pierce JR		2) CONNOLLY, Jack FR	
	3) SMOOT, Josh SO		4) MARCELO, Brandon FR	
11	Delaware Valley (A)	11:05.91		
	1) KAUFMAN, Justin SO		2) DEL COLLO, Colton FR	
	3) MESSENGER, Caleb SO		4) OWEN, Carter SR	
12	FDU-Florham (A)	12:29.34		
	1) TORODE, Emmanuel SO		2) PERRELLI, Nathaniel FR	
	3) MIGNONE, Joseph FR		4) BURCAT, Beckett FR	

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#35 Men's High Jump

M MAC Indoor Champ 2.07m Valiant McKee Widener 2/24/2018
O MAC Indoor Overall 2.07m Valiant McKee Widener 2/29/2020

Pl	Name	Yr	Team	Mark	1.63	1.68	1.73	1.78	1.83	1.86	1.89	1.92	1.95	Pts
1	MCGRAW, Matayo	FR	Widener	1.92m 6' 3 1/2"	PPP	PPP	PPP	O	O	O	O	O	XXX	10
2	DOVE, Kameron	FR	Alvernia	1.89m 6' 2 1/4"	PPP	O	O	XO	O	O	XO	XXX		8
3	VILLANO, John	SR	Albright	1.89m 6' 2 1/4"	PPP	PPP	O	O	O	O	XXO	XXX		6
4	NIEMANDT, Edwin	SO	York (Pa.)	1.89m 6' 2 1/4"	PPP	PPP	PPP	XO	O	XO	XXO	XXX		5
5	SAMS, Myles	JR	Arcadia	1.78m 5' 10"	PPP	O	O	O	XXX					3.5
5	BELLEVEUE, Harryson	FR	Hood	1.78m 5' 10"	PPP	O	O	O	XXX					3.5
7	LIM, Joshua	FR	Stevens	1.78m 5' 10"	PPP	PPP	O	XO	XXX					1.5
7	HEISEY, Derek	JR	Messiah	1.78m 5' 10"	PPP	PPP	O	XO	XXX					1.5
9	SIMAK, Weston	FR	DeSales	1.73m 5' 8"	PPP	O	O	XXX						
9	ADEGBOYE, Oluwatomiwa	SR	FDU-Florham	1.73m 5' 8"	PPP	PPP	O	XXX						
9	BONSIGNORE, Michael	FR	FDU-Florham	1.73m 5' 8"	PPP	O	O	XXX						
12	RIFE, Jordan	SO	King's (Pa.)	1.73m 5' 8"	PPP	PPP	XXO	XXX						
12	MICHAJLUK, Graison	FR	Lebanon Vall	1.73m 5' 8"	PPP	O	XXO	XXX						
14	KERR, Landon	JR	Messiah	1.68m 5' 6"	O	O	XXX							
14	SABO, Alex	SR	Lebanon Vall	1.68m 5' 6"	PPP	O	XXX							
16	MAHONEY, Jack	SR	York (Pa.)	1.63m 5' 4 1/4"	O	PPP	XXX							

#36 Men's Pole Vault

M MAC Indoor Champ 5.13m Tim Moses Messiah 2/27/2016
O MAC Indoor Overall 5.25m Tim Moses Messiah 2015

Pl	Name	Yr	Team	Mark	4.20	4.25	4.30	4.35	4.40	4.43	4.45	4.50	4.55	4.58	Pts
1	STANKUS, Ayden	JR	Lebanon Vall	4.43m 14' 6 1/4"	O	PPP	PPP	PPP	PPP	XO	PPP	PPP	PPP	XXX	10
2	KIEFER, Brandon	SO	Stevens	4.10m 13' 5 1/4"	PPP	PPP	O	O	XXO	O	O	O	XXX		8
3	SCHUTZ, Matthew	FR	Arcadia	4.05m 13' 3 1/2"	PPP	O	O	O	XO	XXO	XO	XXX			6
4	PERSICO, Christopher	FR	Stevens	3.95m 12' 11 1/2"	PPP	XXO	XO	O	O	XXX					5
5	ANANTHARAJAH, Andrew	JR	Stevens	3.85m 12' 7 1/2"	PPP	XXO	XO	XO	XXX						4
6	LANE, Travis	JR	King's (Pa.)	3.75m 12' 3 1/2"	PPP	O	O	XXX							3
7	WEIGEL, Parker	FR	Stevenson	3.75m 12' 3 1/2"	PPP	XO	O	XXX							2
8	PANDALIANO, Andy	JR	York (Pa.)	3.75m 12' 3 1/2"	XO	O	XXO	XXX							1
9	CASE, Nolan	JR	Eastern	3.60m 11' 9 3/4"	XO	O	XXX								
10	DICKMEYER, Sam	FR	York (Pa.)	3.60m 11' 9 3/4"	XO	XO	XXX								
11	SOMMER, Gregory	FR	Delaware Vall	3.60m 11' 9 3/4"	XXO	XXO	XXX								
	MILLER, Kyle	SO	Stevens	NH	PPP	XXX									

#14 Men's Long Jump

M MAC Indoor Champ 7.30m Xavier Phoenix DeSales 2/24/2023 Tom & Helen
O MAC Indoor Overall 7.38m Joe Moore Moravian 2003

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
1	PHOENIX, Xavier	SR	DeSales	6.93m 22' 9"	6.69	6.77	6.76	FOUL	6.93	6.91	2(1)	10
2	BRUNELLE, Matthieu	SR	Misericordia	6.80m 22' 3 3/4"	FOUL	FOUL	6.80	6.63	6.63	FOUL	2(2)	8
3	FALL, Ibrahim	SO	FDU-Florham	6.79m 22' 3 1/2"	FOUL	FOUL	6.37	FOUL	FOUL	6.79	2(3)	6

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#14 Men's Long Jump (cont'd)

Pl	Name	Yr Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
4	SAMS, Myles	JR Arcadia	6.70m 21' 11 ³ / ₄	6.37	6.48	6.34	6.19	FOUL	6.70	2(4)	5
5	MCCULLOUGH, Elijah	FR Eastern	6.58m 21' 7 ¹ / ₄	6.43	6.38	6.47	FOUL	6.58	6.52	2(5)	4
6	WALKER, Sidney	SR DeSales	6.50m 21' 4"	6.50	6.42	6.43	6.17	6.24	6.39	2(6)	3
7	FRENCH, Zach	SO Messiah	6.39m 20' 11 ³ / ₄	6.39	6.11	FOUL	FOUL	5.90	FOUL	2(7)	2
8	HUNTER, Jacob	FR Misericordia	6.37m 20' 10 ³ / ₄	5.99	5.95	6.34	FOUL	6.37	6.22	2(8)	1
9	BONSIGNORE, Michael	FR FDU-Florham	6.35m 20' 10"	6.35	6.02	6.26	FOUL	6.16	FOUL	2(9)	
10	FRANKLIN, Daniel	FR Eastern	6.29m 20' 7 ³ / ₄	FOUL	6.29	6.16				1(1)	
11	SIMAK, Weston	FR DeSales	6.28m 20' 7 ¹ / ₄	6.28	6.20	6.25				2(10)	
12	ADEGBOYE, Oluwatomiwa	SR FDU-Florham	6.23m 20' 5 ¹ / ₄	6.04	5.94	6.23				2(11)	
13	MCGRAW, Matayo	FR Widener	6.21m 20' 4 ¹ / ₂	FOUL	6.13	6.21				1(2)	
14	OTTO, Joshua	SR Lebanon Vall	6.20m 20' 4 ¹ / ₄	6.20	6.04	5.97				1(3)	
15	HART, Jermaine	FR Arcadia	6.19m 20' 3 ³ / ₄	6.06	FOUL	6.19				2(12)	
16	TANIS, John	JR Misericordia	6.16m 20' 2 ¹ / ₂	FOUL	FOUL	6.16				1(4)	
17	AUZENNE, Caleb	FR Alvernia	6.12m 20' 1"	6.05	6.12	5.98				1(5)	
18	GAJEWSKI, Justin	FR Stevens	6.08m 19' 11 ¹ / ₂	6.03	5.94	6.08				1(6)	
19	ZIEGLER, Jake	JR Alvernia	6.07m 19' 11"	FOUL	6.07	5.89				1(7)	
20	DEMOSTHENE, Lens	FR DeSales	6.06m 19' 10 ³ / ₄	FOUL	5.99	6.06				2(13)	
21	MCBRIDE, James	FR Misericordia	5.98m 19' 7 ¹ / ₂	FOUL	5.76	5.98				1(8)	
22	KAZOKAS, Kevin	JR Alvernia	5.95m 19' 6 ¹ / ₄	5.95	5.84	5.85				1(9)	
23	PINES ELLIOTT, Masai	JR Arcadia	5.93m 19' 5 ¹ / ₂	5.74	5.93	5.77				2(14)	
24	STICKLER, Alden	FR Albright	5.86m 19' 2 ³ / ₄	5.86	5.66	5.79				1(10)	
25	MALEY, Michael	JR Albright	5.82m 19' 1 ¹ / ₄	5.82	5.43	5.71				1(11)	
26	LIM, Joshua	FR Stevens	5.78m 18' 11 ³ / ₄	FOUL	FOUL	5.78				1(12)	
27	MAHONEY, Jack	SR York (Pa.)	5.76m 18' 10 ³ / ₄	FOUL	5.76	5.65				1(13)	
28	TURNER, Joshua	JR York (Pa.)	5.46m 17' 11"	5.46	5.40	5.40				1(14)	

#33 Men's Triple Jump

M	MAC Indoor Champ	14.86m	Jason Patterson	Elizabethtown	2004
O	MAC Indoor Overall	14.86m	Jason Patterson	Elizabethtown	2004

Pl	Name	Yr Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
1	MCGRAW, Matayo	FR Widener	14.42m 47' 3 ³ / ₄	13.82	14.42	14.03	13.98	PASS	PASS	2(1)	10
2	SAMS, Myles	JR Arcadia	14.39m 47' 2 ¹ / ₂	13.63	FOUL	FOUL	FOUL	14.06	14.39	2(2)	8
3	FALL, Ibrahim	SO FDU-Florham	14.01m 45' 11 ³ / ₄	13.34	13.46	FOUL	14.01	13.78	FOUL	2(3)	6
4	MCCULLOUGH, Elijah	FR Eastern	13.94m 45' 9"	FOUL	12.93	13.45	13.87	13.70	13.94	2(4)	5
5	PHOENIX, Xavier	SR DeSales	13.81m 45' 3 ³ / ₄	13.81	FOUL	PASS	FOUL	12.85	12.50	2(5)	4
6	MAHONEY, Jack	SR York (Pa.)	13.60m 44' 7 ¹ / ₂	FOUL	13.05	13.44	13.06	13.57	13.60	2(6)	3
7	BRUNELLE, Matthieu	SR Misericordia	13.41m 44' 0"	FOUL	13.29	FOUL	FOUL	FOUL	13.41	2(7)	2
8	CRAMER, Jacob	JR Messiah	13.11m 43' 0 ¹ / ₄	12.89	13.11	12.90	12.56	12.74	12.79	1(1)	1
9	STICKLER, Alden	FR Albright	13.04m 42' 9 ¹ / ₂	12.51	13.04	12.91	PASS	PASS	12.86	2(8)	
10	STEELE, John	JR Messiah	13.00m 42' 8"	12.67	12.16	13.00				2(9)	
11	OTTO, Joshua	SR Lebanon Vall	12.86m 42' 2 ¹ / ₄	11.94	12.59	12.86				1(2)	
12	SIMAK, Weston	FR DeSales	12.84m 42' 1 ¹ / ₂	12.67	12.84	12.73				2(10)	
13	DEMOSTHENE, Lens	FR DeSales	12.61m 41' 4 ¹ / ₂	12.61	12.27	12.02				1(3)	
14	FRAZIER, Devon	SO Misericordia	12.38m 40' 7 ¹ / ₂	12.37	FOUL	12.38				1(4)	
15	KERR, Landon	JR Messiah	12.38m 40' 7 ¹ / ₂	FOUL	12.25	12.38				1(5)	
16	HOLZSCHUH, James	FR King's (Pa.)	12.31m 40' 4 ³ / ₄	FOUL	12.31	12.11				1(6)	

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#33 Men's Triple Jump (cont'd)

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
17	GAJEWSKI, Justin	FR	Stevens	12.00m 39' 4 ¹ / ₂ "	FOUL	11.73	12.00				1(7)	
18	WEIGEL, Parker	FR	Stevenson	11.73m 38' 6"	11.38	11.73	11.65				1(8)	
19	ABREU, Jaden	FR	Arcadia	11.66m 38' 3 ¹ / ₄ "	FOUL	11.56	11.66				1(9)	

#31 Men's Shot Put

M	MAC Indoor Champ	17.52m	Fred Fulton	Messiah	2/23/2013
O	MAC Indoor Overall	17.86m	Fred Fulton	Messiah	2013

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
1	MOTT, Andrew	SR	York (Pa.)	16.76m 55' 0"	14.90	14.66	15.92	15.59	16.76	FOUL	3(1)	10
2	WILLIAMS, Nathan	JR	Stevenson	15.98m 52' 5 ¹ / ₄ "	14.39	FOUL	15.61	14.85	15.11	15.98	3(2)	8
3	WITMER, Alexander	FR	Alvernia	15.11m 49' 7"	14.78	FOUL	14.40	14.46	14.79	15.11	3(3)	6
4	PEROT, Brandon	JR	Delaware Vall	14.88m 48' 10"	13.96	14.08	14.88	14.47	14.41	FOUL	3(4)	5
5	TERESI, Joseph	JR	FDU-Florham	14.80m 48' 6 ³ / ₄ "	13.49	14.80	13.65	FOUL	13.36	13.92	3(5)	4
6	GRAY, Cory	SO	Alvernia	14.63m 48' 0"	12.54	14.07	14.63	14.01	14.35	14.42	3(6)	3
7	SHARP, Harrison	SR	York (Pa.)	14.60m 47' 11"	FOUL	13.71	14.60	14.22	14.04	FOUL	3(7)	2
8	BROWN, Brayden	SO	Misericordia	14.41m 47' 3 ¹ / ₂ "	FOUL	13.73	13.13	14.41	FOUL	FOUL	3(8)	1
9	WATERS, David	JR	Widener	14.26m 46' 9 ¹ / ₂ "	13.24	14.26	13.71	FOUL	13.95	14.02	3(9)	
10	WENTZ, Gavin	SO	York (Pa.)	13.60m 44' 7 ¹ / ₂ "	13.53	FOUL	13.60				3(10)	
11	PAUL, Ian	JR	Lebanon Vall	13.26m 43' 6"	12.96	13.26	13.20				2(1)	
12	LECHTHALER, Ted	FR	Messiah	13.21m 43' 4 ¹ / ₄ "	13.12	13.21	11.70				2(2)	
13	REYNOLDS, Trey	SR	Lebanon Vall	13.21m 43' 4 ¹ / ₄ "	13.21	12.92	FOUL				2(4)	
14	HOWELL, Conrad	SR	Widener	13.13m 43' 1"	12.94	13.07	13.13				2(4)	
15	SHAY, Cody	JR	Lebanon Vall	13.03m 42' 9"	13.03	FOUL	11.94				2(5)	
16	NOBLIT, Adam	JR	York (Pa.)	13.00m 42' 8"	11.72	12.29	13.00				2(6)	
17	KEMP, Carnell	JR	King's (Pa.)	12.99m 42' 7 ¹ / ₂ "	12.81	FOUL	12.99				3(11)	
18	MARTINEZ, Jacob	FR	King's (Pa.)	12.69m 41' 7 ³ / ₄ "	12.69	FOUL	FOUL				2(7)	
19	EVANICK, G. Aonghas	SO	Lebanon Vall	12.59m 41' 3 ³ / ₄ "	FOUL	12.59	FOUL				3(12)	
20	ROHWER, Nick	SO	Hood	12.22m 40' 1 ¹ / ₄ "	12.22	11.02	12.21				2(8)	
21	TOBIN, Luke	FR	Lebanon Vall	12.18m 39' 11 ¹ / ₂ "	12.16	12.18	FOUL				2(9)	
22	SCHAEFFER, Jacob	SO	DeSales	12.17m 39' 11 ¹ / ₄ "	12.17	FOUL	12.09				2(10)	
23	SHARP, Grant	FR	Alvernia	12.14m 39' 10"	12.11	12.14	FOUL				2(11)	
24	KINSLEY, Cooper	SO	Stevens	12.12m 39' 9 ¹ / ₄ "	11.39	11.92	12.12				1(1)	
25	BONO, Jacob	FR	York (Pa.)	12.12m 39' 9 ¹ / ₄ "	11.32	12.12	11.92				1(3)	
26	GUERIERI, Nicholas	FR	Lebanon Vall	12.12m 39' 9 ¹ / ₄ "	11.43	11.81	12.12				1(4)	
27	CHINN, Nick	SR	DeSales	11.80m 38' 8 ³ / ₄ "	10.89	11.80	10.95				1(4)	
28	WELLINGTON, Giovanni	SO	DeSales	11.73m 38' 6"	11.41	11.38	11.73				1(5)	
29	ROLLINSON, Aidan	SO	York (Pa.)	11.72m 38' 5 ¹ / ₂ "	11.72	11.29	10.27				1(6)	
30	CARR, Sheadon	FR	Alvernia	11.63m 38' 2"	11.63	11.27	11.00				1(7)	
31	O'HANLON, Michael	JR	Albright	11.37m 37' 3 ³ / ₄ "	10.90	11.23	11.37				1(8)	
32	TANG, Jetli	JR	King's (Pa.)	11.35m 37' 3"	11.12	FOUL	11.35				1(9)	
33	GIHR, Stephen	SO	Misericordia	11.11m 36' 5 ¹ / ₂ "	11.11	FOUL	FOUL				1(10)	
34	BATTLE, Jeremiah	SR	Stevenson	10.89m 35' 8 ³ / ₄ "	10.89	10.80	10.78				1(11)	
	BOSMA, Luke	FR	Messiah	NM	FOUL	FOUL	FOUL				1	
	MAHANA, James	SO	Delaware Vall	NM							2	

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RESULTS

#12 Men's Weight Throw

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F (Pl)	Pts
M	MAC Indoor Champ	19.42m	Alex Kristeller		Widener		2/24/2023	Tom & Helen				
O	MAC Indoor Overall	20.55m	Alex Kristeller		Widener		2023	NCAA DivIII				
1	WILLIAMS, Nathan		JR Stevenson	18.49m 60' 8"	18.43	FOUL	FOUL	18.49	FOUL	FOUL	3(1)	10
2	ROLLINSON, Aidan		SO York (Pa.)	17.00m 55' 9 ¹ / ₄	17.00	14.60	16.51	FOUL	15.15	15.70	3(2)	8
3	MAHANA, John		SO Delaware Vall	15.24m 50' 0"	FOUL	FOUL	14.53	13.75	15.24	FOUL	3(3)	6
4	MAHANA, James		SO Delaware Vall	15.23m 49' 11 ³ / ₄	15.23	FOUL	FOUL	14.48	15.20	FOUL	3(4)	5
5	REYNOLDS, Trey		SR Lebanon Vall	14.90m 48' 10 ³ / ₄	14.70	14.20	14.45	14.65	14.90	14.25	3(5)	4
6	SHAY, Cody		JR Lebanon Vall	14.74m 48' 4 ¹ / ₂	14.64	14.56	14.74	14.10	13.46	14.21	3(6)	3
7	LECHTHALER, Hoyt		SO Messiah	14.63m 48' 0"	14.44	13.36	FOUL	FOUL	14.63	14.29	3(7)	2
8	GIHR, Stephen		SO Misericordia	14.56m 47' 9 ¹ / ₄	14.56	FOUL	14.26	14.17	13.90	FOUL	3(8)	1
9	EVANICK, G. Aonghas		SO Lebanon Vall	14.54m 47' 8 ¹ / ₂	14.54	FOUL	FOUL	13.79	FOUL	FOUL	3(9)	
10	JUSINO, Christian		SR Albright	14.40m 47' 3"	13.81	14.40	14.35				3(10)	
11	HOWELL, Conrad		SR Widener	14.17m 46' 6"	FOUL	13.65	14.17				3(11)	
12	WENTZ, Gavin		SO York (Pa.)	13.87m 45' 6 ¹ / ₄	13.87	12.91	FOUL				3(12)	
13	ROHWER, Nick		SO Hood	13.84m 45' 5"	13.84	13.01	13.21				2(1)	
14	WATERS, David		JR Widener	13.62m 44' 8 ¹ / ₄	13.62	12.47	13.00				2(2)	
15	EUDJA, Jonathan		SO DeSales	13.54m 44' 5 ¹ / ₄	13.28	FOUL	13.54				2(3)	
16	TANG, Jetli		JR King's (Pa.)	13.31m 43' 8"	13.31	FOUL	FOUL				2(4)	
17	NOBLIT, Adam		JR York (Pa.)	13.22m 43' 4 ¹ / ₂	13.22	FOUL	FOUL				2(5)	
18	KODACK, John		FR Widener	13.00m 42' 8"	13.00	12.35	12.21				2(6)	
19	MARTINEZ, Jacob		FR King's (Pa.)	12.95m 42' 6"	12.64	FOUL	12.95				1(1)	
20	GUERIERI, Nicholas		FR Lebanon Vall	12.90m 42' 4"	12.24	FOUL	12.90				2(7)	
21	KEMP, Carnell		JR King's (Pa.)	12.57m 41' 3"	12.57	11.68	12.41				2(8)	
22	WELLINGTON, Giovanni		SO DeSales	12.49m 40' 11 ³ / ₄	12.49	FOUL	11.79				2(9)	
23	SCHAEFFER, Jacob		SO DeSales	12.42m 40' 9"	11.58	12.42	12.08				1(2)	
24	RIVERA-JUSINO, Giovanni		SO Alvernia	12.21m 40' 0 ³ / ₄	12.21	11.18	FOUL				1(3)	
25	LUSTYIK, Robert		FR Misericordia	12.09m 39' 8"	12.09	FOUL	11.26				1(4)	
26	FORBES, Alexander		FR York (Pa.)	11.75m 38' 6 ³ / ₄	FOUL	11.62	11.75				2(10)	
27	LINSENBIGLER, Beau		FR York (Pa.)	11.18m 36' 8 ¹ / ₄	11.18	FOUL	FOUL				2(11)	
28	KOROMA, Foday		FR Eastern	11.15m 36' 7"	11.15	11.06	10.52				1(5)	
29	LECHTHALER, Ted		FR Messiah	10.96m 35' 11 ¹ / ₂	9.68	10.67	10.96				1(6)	
30	KINSLEY, Cooper		SO Stevens	10.72m 35' 2"	FOUL	10.72	10.47				1(7)	
31	COTE, Keaghan		FR Arcadia	10.61m 34' 9 ³ / ₄	9.62	10.60	10.61				1(8)	
32	O'HANLON, Michael		JR Albright	10.59m 34' 9"	10.56	10.59	10.56				1(9)	
33	JOHNSON, James		SO Stevens	10.26m 33' 8"	10.26	FOUL	10.11				1(10)	
34	MOORE, Josiah		FR York (Pa.)	9.14m 30' 0"	9.14	8.23	FOUL				1(11)	
	MACALUSO, Riley		SO Misericordia	NM	FOUL	FOUL	FOUL				1	
	KEDDY, Colin		JR Stevens	NM	FOUL	FOUL	FOUL				2	

#37 Men's Indoor Heptathlon

Pl	Name	Points	60	Long Jump	Shot Put	High Jump	60H	Pole Vault	1000
1	KIEFER, Brandon	4386	7.20	6.30m	11.01m	1.74m	9.55	3.90m	3:08.95
	Stevens			20' 8"	36' 1 ¹ / ₂	5' 8 ¹ / ₂		12' 9 ¹ / ₂	
	Team Points: 10		813	652	546	577	629	590	579

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#37 Men's Indoor Heptathlon (cont'd)

Pl	Name	Points	60	Long Jump	Shot Put	High Jump	60H	Pole Vault	1000
2	LANE, Travis King's (Pa.) Team Points: 8	4218	7.44	5.83m 19' 1 1/2"	11.11m 36' 5 1/2"	1.65m 5' 5"	9.64	3.70m 12' 1 1/2"	2:53.15
3	DUNKERTON, Gavi Messiah Team Points: 6	4168	7.44	5.56m 18' 3"	12.66m 41' 6 1/2"	1.71m 5' 7 1/4"	9.53	3.70m 12' 1 1/2"	3:09.43
4	SABO, Alex Lebanon Valley Team Points: 5	3890	7.26	6.16m 20' 2 1/2"	12.52m 41' 1"	1.81m 5' 11 1/4"	11.61	3.30m 10' 10"	3:18.56
5	MARTIN, Matthew York (Pa.) Team Points: 4	3763	7.60	5.97m 19' 7"	9.65m 31' 8"	1.56m 5' 1 1/4"	10.02	2.90m 9' 6 1/4"	2:53.16
6	PROVAN, Josiah Messiah Team Points: 3	3669	7.62	5.38m 17' 8"	11.03m 36' 2 1/4"	1.59m 5' 2 1/2"	9.54	2.80m 9' 2 1/4"	3:07.62
7	STEMPIN, Alex Widener Team Points: 2	3636	7.33	6.01m 19' 8 3/4"	8.24m 27' 0 1/2"	1.71m 5' 7 1/4"	10.88	2.90m 9' 6 1/4"	3:04.10
8	SCHUTZ, Matthew Arcadia Team Points: 1	3570	7.78	5.74m 18' 10"	7.37m 24' 2 1/4"	1.56m 5' 1 1/4"	10.47	3.60m 11' 9 3/4"	2:57.82
9	MICHAJLUK, Graiso Lebanon Valley	3562	7.66	5.75m 18' 10 1/2"	10.52m 34' 6 1/4"	1.68m 5' 6"	10.58	2.60m 8' 6 1/4"	3:04.48
10	POWER, Benjamin Delaware Valley	3490	7.60	5.26m 17' 3 1/4"	11.45m 37' 6 3/4"	1.56m 5' 1 1/4"	10.01	2.90m 9' 6 1/4"	3:18.17
11	SOTO, Justin Arcadia	3268	7.74	5.45m 17' 10 3/4"	6.89m 22' 7 1/4"	1.71m 5' 7 1/4"	9.44	2.40m 7' 10 1/2"	3:25.65
12	MCGOVERN, Liam Messiah	3171	7.59	5.85m 19' 2 1/2"	11.45m 37' 6 3/4"	1.56m 5' 1 1/4"	DQ	3.10m 10' 2"	3:12.77
	MCWILLIAMS, Xavi Stevens	NP	DNS	DNS	DNS	NH	DNS	DNS	DNS

#37-1 Men's Indoor Heptathlon 60 Meters

M	MAC Indoor Champ	6.86	Dereck Davis	Stevenson	2/28/2020	
O	MAC Indoor Overall	6.81	Dereck Davis	Stevenson	2020	
Pl	Name	Yr	Team	Time	Note	H(Pl) Pts
1	KIEFER, Brandon		SO Stevens	7.20		1(1) 813
2	SABO, Alex		SR Lebanon Valley	7.26		1(2) 792
3	STEMPIN, Alex		SO Widener	7.33		1(3) 769
4	DUNKERTON, Gavin		JR Messiah	7.44	7.435	1(4) 732
5	LANE, Travis		JR King's (Pa.)	7.44	7.440	1(5) 732

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#37-1 Men's Indoor Heptathlon 60 Meters (cont'd)

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
6	MCGOVERN, Liam		SO Messiah	7.59		2(1)	684
7	MARTIN, Matthew		SO York (Pa.)	7.60	7.591	1(6)	681
8	POWER, Benjamin		SR Delaware Valley	7.60	7.599	1(7)	681
9	PROVAN, Josiah		SO Messiah	7.62		2(2)	675
10	MICHAJLUK, Graison		FR Lebanon Valley	7.66		2(3)	662
11	SOTO, Justin		JR Arcadia	7.74		2(4)	637
12	SCHUTZ, Matthew		FR Arcadia	7.78		2(5)	625
	MCWILLIAMS, Xavier		JR Stevens	DNS			2

Men's Indoor Heptathlon After 1 Events

Pl	Athlete	Yr	Team	Points
1	KIEFER, Brandon	SO	Stevens	813
2	SABO, Alex	SR	Lebanon Valley	792
3	STEMPIN, Alex	SO	Widener	769
4	DUNKERTON, Gavi	JR	Messiah	732
4	LANE, Travis	JR	King's (Pa.)	732
6	MCGOVERN, Liam	SO	Messiah	684
7	MARTIN, Matthew	SO	York (Pa.)	681
7	POWER, Benjamin	SR	Delaware Valley	681
9	PROVAN, Josiah	SO	Messiah	675
10	MICHAJLUK, Graiso	FR	Lebanon Valley	662
11	SOTO, Justin	JR	Arcadia	637
12	SCHUTZ, Matthew	FR	Arcadia	625

#37-2 Men's Indoor Heptathlon Long Jump

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
M	MAC Indoor Champ	7.30m	Xavier Phoenix		DeSales		2/24/2023	Tom & Helen			
O	MAC Indoor Overall	7.38m	Joe Moore		Moravian		2003				
1	KIEFER, Brandon		SO Stevens	6.30m 20' 8"	6.30	6.17	6.29				652
2	SABO, Alex		SR Lebanon Vall	6.16m 20' 2½"	6.16	FOUL	5.88				621
3	STEMPIN, Alex		SO Widener	6.01m 19' 8¾"	5.90	6.01	5.80				589
4	MARTIN, Matthew		SO York (Pa.)	5.97m 19' 7"	5.94	5.92	5.97				580
5	MCGOVERN, Liam		SO Messiah	5.85m 19' 2½"	5.63	5.63	5.85				554
6	LANE, Travis		JR King's (Pa.)	5.83m 19' 1½"	5.83	5.54	5.56				550
7	MICHAJLUK, Graison		FR Lebanon Vall	5.75m 18' 10½"	5.64	FOUL	5.75				533
8	SCHUTZ, Matthew		FR Arcadia	5.74m 18' 10"	5.74	5.51	5.41				531
9	DUNKERTON, Gavin		JR Messiah	5.56m 18' 3"	5.32	5.56	5.23				494
10	SOTO, Justin		JR Arcadia	5.45m 17' 10¾"	5.45	5.22	FOUL				471
11	PROVAN, Josiah		SO Messiah	5.38m 17' 8"	FOUL	FOUL	5.38				457
12	POWER, Benjamin		SR Delaware Vall	5.26m 17' 3¼"	5.26	5.06	FOUL				433
	MCWILLIAMS, Xavier		JR Stevens	DNS							

Men's Indoor Heptathlon After 2 Events

Pl	Athlete	Yr	Team	Points
1	KIEFER, Brandon	SO	Stevens	1465
2	SABO, Alex	SR	Lebanon Valley	1413
3	STEMPIN, Alex	SO	Widener	1358

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Men's Indoor Heptathlon After 2 Events (cont'd)

Pl	Athlete	Yr	Team	Points
4	LANE, Travis	JR	King's (Pa.)	1282
5	MARTIN, Matthew	SO	York (Pa.)	1261
6	MCGOVERN, Liam	SO	Messiah	1238
7	DUNKERTON, Gavi	JR	Messiah	1226
8	MICHAJLUK, Graiso	FR	Lebanon Valley	1195
9	SCHUTZ, Matthew	FR	Arcadia	1156
10	PROVAN, Josiah	SO	Messiah	1132
11	POWER, Benjamin	SR	Delaware Valley	1114
12	SOTO, Justin	JR	Arcadia	1108

#37-3 Men's Indoor Heptathlon Shot Put

M	MAC Indoor Champ	17.52m	Fred Fulton	Messiah	2/23/2013
O	MAC Indoor Overall	17.86m	Fred Fulton	Messiah	2013

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	DUNKERTON, Gavin	JR	Messiah	12.66m 41' 6 ¹ / ₂ "	FOUL	11.50	12.66				647
2	SABO, Alex	SR	Lebanon Vall	12.52m 41' 1"	12.52	12.50	12.48				638
3	POWER, Benjamin	SR	Delaware Vall	11.45m 37' 6 ³ / ₄ "	10.56	11.45	11.28				573
4	MCGOVERN, Liam	SO	Messiah	11.45m 37' 6 ³ / ₄ "	11.00	11.45	10.96				573
5	LANE, Travis	JR	King's (Pa.)	11.11m 36' 5 ¹ / ₂ "	10.87	11.11	10.83				553
6	PROVAN, Josiah	SO	Messiah	11.03m 36' 2 ¹ / ₄ "	10.53	9.68	11.03				548
7	KIEFER, Brandon	SO	Stevens	11.01m 36' 1 ¹ / ₂ "	10.70	10.89	11.01				546
8	MICHAJLUK, Graison	FR	Lebanon Vall	10.52m 34' 6 ¹ / ₄ "	10.52	9.87	10.18				517
9	MARTIN, Matthew	SO	York (Pa.)	9.65m 31' 8"	FOUL	8.58	9.65				465
10	STEMPIN, Alex	SO	Widener	8.24m 27' 0 ¹ / ₂ "	7.19	7.64	8.24				381
11	SCHUTZ, Matthew	FR	Arcadia	7.37m 24' 2 ¹ / ₄ "	6.39	5.69	7.37				329
12	SOTO, Justin	JR	Arcadia	6.89m 22' 7 ¹ / ₄ "	6.82	6.67	6.89				301
	MCWILLIAMS, Xavier	JR	Stevens	DNS							

Men's Indoor Heptathlon After 3 Events

Pl	Athlete	Yr	Team	Points
1	SABO, Alex	SR	Lebanon Valley	2051
2	KIEFER, Brandon	SO	Stevens	2011
3	DUNKERTON, Gavi	JR	Messiah	1873
4	LANE, Travis	JR	King's (Pa.)	1835
5	MCGOVERN, Liam	SO	Messiah	1811
6	STEMPIN, Alex	SO	Widener	1739
7	MARTIN, Matthew	SO	York (Pa.)	1726
8	MICHAJLUK, Graiso	FR	Lebanon Valley	1712
9	POWER, Benjamin	SR	Delaware Valley	1687
10	PROVAN, Josiah	SO	Messiah	1680
11	SCHUTZ, Matthew	FR	Arcadia	1485
12	SOTO, Justin	JR	Arcadia	1409

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#37-4 Men's Indoor Heptathlon High Jump

M	MAC Indoor Champ	2.07m	Valiant McKee	Widener	2/24/2018
O	MAC Indoor Overall	2.07m	Valiant McKee	Widener	2/29/2020

Pl	Name	Yr	Team	Mark	1.56	1.59	1.62	1.65	1.68	1.71	1.74	1.77	1.81	1.83	Pts
1	SABO, Alex	SR	Lebanon Vall	1.81m 5' 11 ¹ / ₄	P	P	O	P	O	P	XO	XO	XO	XXX	636
2	KIEFER, Brandon	SO	Stevens	1.74m 5' 8 ¹ / ₂	P	O	P	O	O	XO	XO	XXX			577
3	STEMPIN, Alex	SO	Widener	1.71m 5' 7 ¹ / ₄	P	P	P	O	O	O	O	XXX			552
4	DUNKERTON, Gavin	JR	Messiah	1.71m 5' 7 ¹ / ₄	P	P	O	P	XXO	O	XXX				552
5	SOTO, Justin	JR	Arcadia	1.71m 5' 7 ¹ / ₄	P	O	O	O	XO	XXO	XXX				552
6	MICHAJLUK, Graison	FR	Lebanon Vall	1.68m 5' 6"	P	P	O	P	XO	P	XXX				528
7	LANE, Travis	JR	King's (Pa.)	1.65m 5' 5"	P	O	XXO	XO	XXX						504
8	PROVAN, Josiah	SO	Messiah	1.59m 5' 2 ¹ / ₂	XO	O	XXX								457
9	MCGOVERN, Liam	SO	Messiah	1.56m 5' 1 ¹ / ₄	O	XXX									434
9	SCHUTZ, Matthew	FR	Arcadia	1.56m 5' 1 ¹ / ₄	O	XXX									434
11	MARTIN, Matthew	SO	York (Pa.)	1.56m 5' 1 ¹ / ₄	XXO	XXX									434
12	POWER, Benjamin	SR	Delaware Vall	1.56m 5' 1 ¹ / ₄	XXO	XXX									434

Pl	Name	Yr	Team	Mark	1.35	1.38	1.41	1.44	1.47	1.50	1.53	Pts
7	LANE, Travis	JR	King's (Pa.)	(cont'd)	P	P	P	P	O	P	O	504
8	PROVAN, Josiah	SO	Messiah	(cont'd)	O	P	P	O	P	XO	O	457
9	MCGOVERN, Liam	SO	Messiah	(cont'd)	P	P	P	O	O	O	O	434
9	SCHUTZ, Matthew	FR	Arcadia	(cont'd)	P	P	P	P	P	P	O	434
11	MARTIN, Matthew	SO	York (Pa.)	(cont'd)	P	P	P	O	O	P	O	434
12	POWER, Benjamin	SR	Delaware Vall	(cont'd)	O	P	P	P	O	P	XO	434

Men's Indoor Heptathlon After 4 Events

Pl	Athlete	Yr	Team	Points
1	SABO, Alex	SR	Lebanon Valley	2687
2	KIEFER, Brandon	SO	Stevens	2588
3	DUNKERTON, Gavi	JR	Messiah	2425
4	LANE, Travis	JR	King's (Pa.)	2339
5	STEMPIN, Alex	SO	Widener	2291
6	MCGOVERN, Liam	SO	Messiah	2245
7	MICHAJLUK, Graiso	FR	Lebanon Valley	2240
8	MARTIN, Matthew	SO	York (Pa.)	2160
9	PROVAN, Josiah	SO	Messiah	2137
10	POWER, Benjamin	SR	Delaware Valley	2121
11	SOTO, Justin	JR	Arcadia	1961
12	SCHUTZ, Matthew	FR	Arcadia	1919
13	MCWILLIAMS, Xavi	JR	Stevens	

#37-5 Men's Indoor Heptathlon 60m Hurdles

M	MAC Indoor Champ	8.22	Owen Buhr	Lebanon Valley	2/26/2022	Tom & Helen
O	MAC Indoor Overall	8.19	Jerome Duncan	Lebanon Valley	2012	

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	SOTO, Justin	JR	Arcadia	9.44		2(1)	652
2	DUNKERTON, Gavin	JR	Messiah	9.53		1(1)	633
3	PROVAN, Josiah	SO	Messiah	9.54		1(2)	631
4	KIEFER, Brandon	SO	Stevens	9.55		1(3)	629

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#37-5 Men's Indoor Heptathlon 60m Hurdles (cont'd)

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
5	LANE, Travis		JR King's (Pa.)	9.64		2(2)	611
6	POWER, Benjamin		SR Delaware Valley	10.01		3(1)	539
7	MARTIN, Matthew		SO York (Pa.)	10.02		3(2)	537
8	SCHUTZ, Matthew		FR Arcadia	10.47		4(1)	456
9	MICHAJLUK, Graison		FR Lebanon Valley	10.58		4(2)	437
10	STEMPIN, Alex		SO Widener	10.88		3(3)	387
11	SABO, Alex		SR Lebanon Valley	11.61		4(3)	278
	MCGOVERN, Liam		SO Messiah	DQ		2	
	MCWILLIAMS, Xavier		JR Stevens	DNS		1	

Men's Indoor Heptathlon After 5 Events

Pl	Athlete	Yr	Team	Points
1	KIEFER, Brandon	SO	Stevens	3217
2	DUNKERTON, Gavi	JR	Messiah	3058
3	SABO, Alex	SR	Lebanon Valley	2965
4	LANE, Travis	JR	King's (Pa.)	2950
5	PROVAN, Josiah	SO	Messiah	2768
6	MARTIN, Matthew	SO	York (Pa.)	2697
7	STEMPIN, Alex	SO	Widener	2678
8	MICHAJLUK, Graiso	FR	Lebanon Valley	2677
9	POWER, Benjamin	SR	Delaware Valley	2660
10	SOTO, Justin	JR	Arcadia	2613
11	SCHUTZ, Matthew	FR	Arcadia	2375
12	MCGOVERN, Liam	SO	Messiah	2245

#37-6 Men's Indoor Heptathlon Pole Vault

M	MAC Indoor Champ	5.13m	Tim Moses	Messiah									2/27/2016		
O	MAC Indoor Overall	5.25m	Tim Moses	Messiah									2015		
Pl	Name	Yr	Team	Mark	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	Pts
1	KIEFER, Brandon		SO Stevens	3.90m 12' 9 1/2"	P	P	P	O	P	O	P	O	XP	XX	590
2	LANE, Travis		JR King's (Pa.)	3.70m 12' 1 1/2"	P	P	O	O	P	O	XXX				535
3	DUNKERTON, Gavin		JR Messiah	3.70m 12' 1 1/2"	O	P	O	XO	O	O	XXX				535
4	SCHUTZ, Matthew		FR Arcadia	3.60m 11' 9 3/4"	P	P	P	P	XO	P	XXX				509
5	SABO, Alex		SR Lebanon Vall	3.30m 10' 10"	XXO	XO	XP								431
6	MCGOVERN, Liam		SO Messiah	3.10m 10' 2"	XXX										381
Pl	Name	Yr	Team	Mark	2.20	2.30	2.40	2.50	2.60	2.70	2.80	2.90	3.00	3.10	Pts
3	DUNKERTON, Gavin		JR Messiah	(cont'd)	P	P	P	P	P	P	P	P	O	P	535
5	SABO, Alex		SR Lebanon Vall	(cont'd)	P	P	P	P	P	O	P	O	O	O	431
6	MCGOVERN, Liam		SO Messiah	3.10m 10' 2"	P	P	P	P	P	XXO	O	O	XO	O	381
7	POWER, Benjamin		SR Delaware Vall	2.90m 9' 6 1/4"	P	P	O	P	O	P	O	O	XXX		333
8	MARTIN, Matthew		SO York (Pa.)	2.90m 9' 6 1/4"	P	P	O	P	O	O	O	XO	XXX		333
9	STEMPIN, Alex		SO Widener	2.90m 9' 6 1/4"	P	P	P	P	P	O	P	XXO	XXX		333
10	PROVAN, Josiah		SO Messiah	2.80m 9' 2 1/4"	P	P	O	P	XO	XO	XXO	P			309
11	MICHAJLUK, Graison		FR Lebanon Vall	2.60m 8' 6 1/4"	P	P	O	P	O	XXX					264
12	SOTO, Justin		JR Arcadia	2.40m 7' 10 1/2"	P	O	XO	XXX							220
Pl	Name	Yr	Team	Mark	1.80	1.90	2.00	2.10							Pts

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RESULTS**#37-6 Men's Indoor Heptathlon Pole Vault (cont'd)**

7	POWER, Benjamin	SR Delaware Vall	(cont'd)	P	P	O	P	333
10	PROVAN, Josiah	SO Messiah	(cont'd)	O	P	P	P	309
11	MICHAJLUK, Graison	FR Lebanon Vall	(cont'd)	P	P	XO	P	264
12	SOTO, Justin	JR Arcadia	(cont'd)	O	P	P	O	220

Men's Indoor Heptathlon After 6 Events

Pl	Athlete	Yr	Team	Points
1	KIEFER, Brandon	SO	Stevens	3807
2	DUNKERTON, Gavi	JR	Messiah	3593
3	LANE, Travis	JR	King's (Pa.)	3485
4	SABO, Alex	SR	Lebanon Valley	3396
5	PROVAN, Josiah	SO	Messiah	3077
6	MARTIN, Matthew	SO	York (Pa.)	3030
7	STEMPIN, Alex	SO	Widener	3011
8	POWER, Benjamin	SR	Delaware Valley	2993
9	MICHAJLUK, Graiso	FR	Lebanon Valley	2941
10	SCHUTZ, Matthew	FR	Arcadia	2884
11	SOTO, Justin	JR	Arcadia	2833
12	MCGOVERN, Liam	SO	Messiah	2626

#37-7 Men's Indoor Heptathlon 1000 Meters

Pl	Name	Yr	Team	Time	Note	Pts
1	LANE, Travis		JR King's (Pa.)	2:53.15		733
	32.75	35.11 (1:07.86)	35.75 (1:43.61)	36.76 (2:20.36)	32.80 (2:53.15)	
2	MARTIN, Matthew		SO York (Pa.)	2:53.16		733
	33.95	36.45 (1:10.39)	36.28 (1:46.67)	35.99 (2:22.66)	30.51 (2:53.16)	
3	SCHUTZ, Matthew		FR Arcadia	2:57.82		686
	34.24	36.62 (1:10.86)	36.96 (1:47.82)	37.10 (2:24.91)	32.91 (2:57.82)	
4	STEMPIN, Alex		SO Widener	3:04.10		625
	34.88	40.07 (1:14.95)	38.99 (1:53.94)	39.28 (2:33.21)	30.90 (3:04.10)	
5	MICHAJLUK, Graison		FR Lebanon Valley	3:04.48		621
	35.16	40.19 (1:15.34)	38.85 (1:54.19)	37.37 (2:31.55)	32.93 (3:04.48)	
6	PROVAN, Josiah		SO Messiah	3:07.62		592
	36.11	38.96 (1:15.07)	39.38 (1:54.45)	37.24 (2:31.68)	35.94 (3:07.62)	
7	KIEFER, Brandon		SO Stevens	3:08.95		579
	34.57	39.58 (1:14.14)	41.29 (1:55.42)	41.29 (2:36.71)	32.24 (3:08.95)	
8	DUNKERTON, Gavin		JR Messiah	3:09.43		575
	35.84	38.96 (1:14.79)	40.43 (1:55.22)	40.13 (2:35.34)	34.10 (3:09.43)	
9	MCGOVERN, Liam		SO Messiah	3:12.77		545
	35.71	38.74 (1:14.44)	40.70 (1:55.14)	41.20 (2:36.34)	36.43 (3:12.77)	
10	POWER, Benjamin		SR Delaware Valley	3:18.17		497
	36.99	41.09 (1:18.08)	45.24 (2:03.32)	41.62 (2:44.93)	33.23 (3:18.17)	
11	SABO, Alex		SR Lebanon Valley	3:18.56		494
	37.33	41.06 (1:18.39)	45.27 (2:03.66)	41.16 (2:44.82)	33.75 (3:18.56)	
12	SOTO, Justin		JR Arcadia	3:25.65		435
	33.28	38.70 (1:11.97)	44.49 (1:56.46)	49.34 (2:45.80)	39.85 (3:25.65)	
	MCWILLIAMS, Xavier		JR Stevens	DNS		

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RESULTS**Men's Indoor Heptathlon After 7 Events**

Pl	Athlete	Yr	Team	Points
1	KIEFER, Brandon	SO	Stevens	4386
2	LANE, Travis	JR	King's (Pa.)	4218
3	DUNKERTON, Gavi	JR	Messiah	4168
4	SABO, Alex	SR	Lebanon Valley	3890
5	MARTIN, Matthew	SO	York (Pa.)	3763
6	PROVAN, Josiah	SO	Messiah	3669
7	STEMPIN, Alex	SO	Widener	3636
8	SCHUTZ, Matthew	FR	Arcadia	3570
9	MICHAJLUK, Graiso	FR	Lebanon Valley	3562
10	POWER, Benjamin	SR	Delaware Valley	3490
11	SOTO, Justin	JR	Arcadia	3268
12	MCGOVERN, Liam	SO	Messiah	3171

#6 Women's 60 Meters

M	MAC Indoor Champ	7.63	Oniesha Clarke	Misericordia	2/25/2017
O	MAC Indoor Overall	7.63	Oniesha Clark	Misericordia	2017

Finals

Pl	Name	Yr	Team	Time	Note	Pts
1	MUZZARELLI, Maria	JR	Widener	7.63		10
2	MATHEWS, Laura	SR	Stevens	7.65		8
3	KOITA, Mariam	FR	Widener	7.88		6
4	GRUENWALD, Arwyn	SO	Messiah	7.97		5
5	SCHWARZ, Elisabeth	SO	Alvernia	8.04		4
6	KANE, Grace	SO	Delaware Valley	8.10		3
7	NUSE, Angela	FR	York (Pa.)	8.15		2
8	SMIAROWSKA, Olivia	FR	Delaware Valley	8.38		1

Prelims

Pl	Name	Yr	Team	Time	Note	H(Pl)
1	MATHEWS, Laura	SR	Stevens	7.79Q		3(1)
2	MUZZARELLI, Maria	JR	Widener	7.83Q		4(1)
3	KOITA, Mariam	FR	Widener	7.87Q		2(1)
4	SCHWARZ, Elisabeth	SO	Alvernia	7.94q		2(2)
5	GRUENWALD, Arwyn	SO	Messiah	8.00Q		1(1)
6	KANE, Grace	SO	Delaware Valley	8.07q		1(2)
7	NUSE, Angela	FR	York (Pa.)	8.16q		3(2)
8	SMIAROWSKA, Olivia	FR	Delaware Valley	8.21q		4(2)
9	SHANLEY, Isabella	FR	Stevens	8.25		3(3)
10	BURKE, Bianca	SO	FDU-Florham	8.28	8.272	2(3)
11	BOYCE, Keziah	SO	York (Pa.)	8.28	8.276	2(4)
12	JEFFERSON, Kayla	FR	Eastern	8.29		1(3)
13	PRESCOTT, Zariah	FR	Delaware Valley	8.31		4(3)
14	LEE, Abigal	FR	Stevenson	8.33		3(4)
15	SPRINGER, Abigail	JR	King's (Pa.)	8.34		4(4)
16	IGLESIAS, Gianna	JR	Misericordia	8.37		1(4)
17	STEPHENS, Destiny	FR	Stevenson	8.38		1(5)
18	BRADY, Juliet	JR	King's (Pa.)	8.40		4(5)

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RESULTS**#6 Women's 60 Meters (cont'd)****Prelims**

Pl	Name	Yr	Team	Time	Note	H(Pl)
19	HOXTER, Akilah	SR	Alvernia	8.46		4(6)
20	HAHN, Sophia	FR	King's (Pa.)	8.48		3(5)
21	MCCLOUD, Al'liyah	JR	Alvernia	8.50		2(5)
22	COTTRELL, Natalie	FR	York (Pa.)	8.51		2(6)
23	ILIESCU, Roxy	SR	Arcadia	8.52		1(6)
24	COX, Amyah	FR	Stevenson	8.57		4(7)
25	INGRAHAM, Lauren	JR	Stevens	8.58		3(6)
26	CANCIANI, Allie	JR	Stevens	8.61		3(7)

#23 Women's 200 Meters

M	MAC Indoor Champ	25.43	Shannon Roberts	Manhattanvil	2/27/2016	
O	MAC Indoor Overall	24.74	Laura Mathews	Stevens	2023	Banked

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	MATHEWS, Laura	SR	Stevens	MR 24.96		6(1)	10
2	MUZZARELLI, Maria	JR	Widener	25.67		6(2)	8
3	JENNETT, Halle	JR	Messiah	26.40		6(3)	6
4	BERKHEIMER, Darrian	JR	Lebanon Valley	26.58	26.574	6(4)	5
5	BARR, Kelly	SO	Widener	26.58	26.576	5(1)	4
6	KANE, Grace	SO	Delaware Valley	26.81		5(2)	3
7	CALDERON, Mileyska	FR	Lebanon Valley	26.84		5(3)	2
8	GRUENWALD, Arwyn	SO	Messiah	26.87		5(4)	1
9	SHANLEY, Isabella	FR	Stevens	26.90		4(1)	
10	SCHWARZ, Elisabeth	SO	Alvernia	26.94		4(2)	
11	THOMAS, Erica	FR	Widener	27.31		4(3)	
12	ANDERSON, Anahrie	FR	Eastern	27.41		3(1)	
13	IGLESIAS, Gianna	JR	Misericordia	27.50		1(1)	
14	NUSE, Angela	FR	York (Pa.)	27.60		3(2)	
15	BURKE, Bianca	SO	FDU-Florham	27.71		3(3)	
16	BOYCE, Keziah	SO	York (Pa.)	27.86		4(4)	
17	CANCIANI, Allie	JR	Stevens	27.87		2(1)	
18	JEFFERSON, Kayla	FR	Eastern	27.95		2(2)	
19	SMIAROWSKA, Olivia	FR	Delaware Valley	27.96		5(5)	
20	CALLAHAN, Nyla	FR	Albright	28.00		2(3)	
21	FASOLI, Brianna	SO	FDU-Florham	28.01		1(2)	
22	PETERS, Samantha	JR	Eastern	28.04		3(4)	
23	WILLIAMS, Kristen	SR	Stevens	28.21		2(4)	
24	BRADY, Juliet	JR	King's (Pa.)	28.22		3(5)	
25	SPRINGER, Abigail	JR	King's (Pa.)	28.24		4(5)	
26	COTTRELL, Natalie	FR	York (Pa.)	28.58		1(3)	
	KOITA, Mariam	FR	Widener	DQ		6	

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RESULTS**#19 Women's 400 Meters**

M	MAC Indoor Champ	57.49	Gina Dello Russo	Stevens Institute of	2/29/2020	
O	MAC Indoor Overall	56.79	Gina Dello Russo	Stevens	2020	"Banked"

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	BARR, Kelly		SO Widener	59.65		4(1)	10
2	SHANLEY, Isabella		FR Stevens	1:00.37		4(2)	8
3	BERKHEIMER, Darrian		JR Lebanon Valley	1:00.67		4(3)	6
4	SCHULTZ, Emma		JR Widener	1:02.01		4(4)	5
5	DANIEL, Elise		JR Widener	1:02.58		4(5)	4
6	ANDERSON, Anahrie		FR Eastern	1:02.59		3(1)	3
7	GRAYBILL, Emma		JR Messiah	1:02.60		3(2)	2
8	VOGEL, Isabel		SO Stevens	1:02.81		3(3)	1
9	HASTINGS, Kelly		SR Delaware Valley	1:02.87		1(1)	
10	PEIFFER, Alyssa		JR Lebanon Valley	1:03.36		2(1)	
11	BUTCHER, Ava		FR King's (Pa.)	1:03.38		2(2)	
12	PETERS, Samantha		JR Eastern	1:03.41		3(4)	
13	RYAZANOVA, Stephanie		SO Stevens	1:04.21		2(3)	
14	DEVITO, Olivia		FR Widener	1:04.29		1(2)	
15	EAST, Emma		FR Delaware Valley	1:04.48		1(3)	
16	ALLEN, Casey		JR Misericordia	1:04.67		2(4)	
17	DAINAUSKI, Laura		JR King's (Pa.)	1:04.69		2(5)	
18	LOWNES, Carly		SR Widener	1:04.76		1(4)	
19	DEVITA, Alyssa		SO Albright	1:05.60		3(5)	
20	TIGHE, Eren		SO Albright	1:05.68		1(5)	

#21 Women's 800 Meters

M	MAC Indoor Champ	2:11.80	Esther Seeland	Messiah	2/25/2022	Tom & Helen
O	MAC Indoor Overall	2:05.39	Esther Seeland	Messiah	2022	NCAA DIII Record

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	MORNINGSTAR, Grace		FR Misericordia	2:17.71		2(1)	10
	32.44	34.54 (1:06.97)	35.06 (1:42.03)	35.68 (2:17.71)			
2	GORDLEY, Micah		JR Arcadia	2:18.42		2(2)	8
	31.56	33.76 (1:05.32)	35.73 (1:41.05)	37.38 (2:18.42)			
3	HOLT, Donna		JR Widener	2:18.49		2(3)	6
	32.38	34.53 (1:06.91)	35.40 (1:42.31)	36.19 (2:18.49)			
4	SHREFFLER, Hailey		JR Eastern	2:20.93		2(4)	5
	33.55	33.73 (1:07.28)	36.19 (1:43.47)	37.47 (2:20.93)			
5	GARGES, Autumn		SO Lebanon Valley	2:21.49		2(5)	4
	34.43	34.36 (1:08.79)	35.95 (1:44.74)	36.76 (2:21.49)			
6	KAPCSOS, Sierra		SO Lebanon Valley	2:22.05		2(6)	3
	34.63	34.37 (1:08.99)	35.95 (1:44.94)	37.12 (2:22.05)			
7	BURDEN, Nina		JR Stevens	2:22.14		2(7)	2
	34.15	34.67 (1:08.81)	36.59 (1:45.40)	36.74 (2:22.14)			
8	GALLAGHER, Kristin		SR Misericordia	2:22.73		1(1)	1
	33.50	35.44 (1:08.94)	36.53 (1:45.46)	37.27 (2:22.73)			
9	LEBO, Kerrigan		SO Messiah	2:24.79		1(2)	
	34.70	36.62 (1:11.31)	35.77 (1:47.09)	37.70 (2:24.79)			
10	ENES, Taylor		SO Stevens	2:25.54		1(3)	

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RESULTS**#21 Women's 800 Meters (cont'd)**

Pl	Name			Yr	Team	Time	Note	H(Pl)	Pts
		35.26	36.38 (1:11.64)			37.48 (1:49.11)	36.43 (2:25.54)		
11	TENNEY, Isabel				FR York (Pa.)	2:26.40		2(8)	
		34.91	34.35 (1:09.25)			36.58 (1:45.83)	40.57 (2:26.40)		
12	SANCHEZ, Rosnelly				FR Alvernia	2:27.19		1(4)	
		34.32	36.56 (1:10.88)			38.11 (1:48.98)	38.21 (2:27.19)		
13	TORRES, Jessie				SO Alvernia	2:28.35		1(5)	
		34.07	36.24 (1:10.30)			38.59 (1:48.89)	39.47 (2:28.35)		
14	BRADY, Kayla				FR Stevenson	2:29.93		1(6)	
		34.87	36.92 (1:11.79)			37.94 (1:49.72)	40.22 (2:29.93)		
15	LULAJ, Jacqueline				JR Stevens	2:32.19		1(7)	
		35.81	37.73 (1:13.53)			39.12 (1:52.65)	39.55 (2:32.19)		
16	SANFORD, Briley				FR Hood	2:35.62		1(8)	
		35.47	38.82 (1:14.28)			42.32 (1:56.60)	39.03 (2:35.62)		
17	SAFER, Juliette				SO Messiah	2:35.93		1(9)	
		35.77	38.43 (1:14.20)			41.47 (1:55.67)	40.26 (2:35.93)		
18	CURNOW, Grace				SO Arcadia	2:37.32		1(10)	
		35.14	38.72 (1:13.86)			42.33 (1:56.18)	41.14 (2:37.32)		

#17 Women's 1 Mile Run

M	MAC Indoor Champ	5:01.06	Esther Seeland	Messiah	2/23/2019
O	MAC Indoor Overall	4:52.25	Esther Seeland	Messiah	2022

Pl	Name			Yr	Team	Time	Note	Pts
1	NYE, Gabriella				SO Widener	5:03.27		10
		38.21	36.76 (1:14.96)			38.59 (1:53.55)	39.04 (2:32.58)	
		37.66 (4:25.56)	37.71 (5:03.27)			37.90 (3:10.48)	37.43 (3:47.91)	
2	BUNKE, Lauren				SR Lebanon Valley	5:06.14		8
		37.79	36.91 (1:14.70)			38.59 (1:53.29)	39.04 (2:32.33)	
		38.68 (4:29.41)	36.73 (5:06.14)			39.04 (3:11.36)	39.38 (3:50.74)	
3	KAMMER, Madison				SO Misericordia	5:14.01		6
		39.42	37.60 (1:17.01)			38.87 (1:55.88)	39.42 (2:35.29)	
		40.16 (4:36.45)	37.56 (5:14.01)			40.30 (3:15.59)	40.71 (3:56.30)	
4	ROUSE, Rachel				SO Stevens	5:23.00		5
		41.80	39.15 (1:20.95)			40.01 (2:00.95)	40.17 (2:41.12)	
		41.52 (4:45.47)	37.53 (5:23.00)			41.14 (3:22.25)	41.71 (4:03.96)	
5	WAGNER, Brianna				JR Misericordia	5:24.27		4
		39.80	37.48 (1:17.28)			38.81 (1:56.09)	39.52 (2:35.60)	
		43.16 (4:40.17)	44.11 (5:24.27)			40.26 (3:15.85)	41.17 (3:57.02)	
6	ZWALLY, Isabel				FR Lebanon Valley	5:39.65		3
		42.77	42.05 (1:24.82)			44.24 (2:09.05)	44.85 (2:53.90)	
		40.55 (5:04.08)	35.58 (5:39.65)			44.79 (3:38.68)	44.86 (4:23.53)	
7	ADAMS, Kaitlyn				FR Stevens	5:42.62		2
		42.52	42.01 (1:24.52)			44.24 (2:08.75)	44.87 (2:53.62)	
		42.34 (5:05.60)	37.02 (5:42.62)			44.88 (3:38.49)	44.78 (4:23.27)	
8	KLEIN, Angelina				FR DeSales	5:43.20		1
		41.15	41.70 (1:22.85)			44.49 (2:07.34)	45.97 (2:53.30)	
		41.95 (5:04.98)	38.23 (5:43.20)			45.00 (3:38.30)	44.74 (4:23.03)	

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RESULTS

#25 Women's 3000 Meters

M MAC Indoor Champ 10:02.53 Veronica Wheeler DeSales 2/24/2018
O MAC Indoor Overall 9:47.41 Esther Seeland Messiah 2022 NCAA 7th Place

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	BARTHOLOMEW, Coyla		SO Lebanon Valley	10:26.39		2(1)	10
	39.64	40.73 (1:20.37)	42.09 (2:02.45)	42.66 (2:45.11)	42.87 (3:27.98)	43.15 (4:11.12)	
	43.28 (4:54.40)	43.03 (5:37.42)	42.85 (6:20.27)	43.64 (7:03.91)	43.02 (7:46.93)	42.52 (8:29.45)	
	42.23 (9:11.67)	40.00 (9:51.67)	34.72 (10:26.39)				
2	GALLAGHER, Grace		SO Misericordia	10:29.99		2(2)	8
	38.94	40.89 (1:19.82)	42.17 (2:01.98)	42.79 (2:44.77)	42.75 (3:27.51)	43.23 (4:10.74)	
	43.28 (4:54.02)	43.06 (5:37.08)	42.62 (6:19.69)	43.52 (7:03.20)	42.93 (7:46.13)	42.51 (8:28.63)	
	41.73 (9:10.36)	40.70 (9:51.05)	38.95 (10:29.99)				
3	EGAN, Liz		SO Widener	10:30.75		2(3)	6
	39.15	40.85 (1:19.99)	42.16 (2:02.15)	42.75 (2:44.90)	42.85 (3:27.74)	43.18 (4:10.91)	
	43.32 (4:54.23)	43.02 (5:37.24)	42.67 (6:19.91)	43.58 (7:03.48)	42.97 (7:46.45)	42.54 (8:28.98)	
	41.27 (9:10.25)	41.38 (9:51.63)	39.13 (10:30.75)				
4	GASTON, Cera		SR Alvernia	10:42.86		2(4)	5
	39.41	41.24 (1:20.64)	42.04 (2:02.68)	42.60 (2:45.28)	42.89 (3:28.16)	43.16 (4:11.32)	
	43.30 (4:54.61)	43.05 (5:37.66)	43.41 (6:21.06)	44.09 (7:05.15)	44.50 (7:49.64)	44.59 (8:34.23)	
	44.50 (9:18.73)	43.26 (10:01.98)	40.88 (10:42.86)				
5	LONG, Kathryn		SO Widener	10:47.61		2(5)	4
	40.67	41.46 (1:22.12)	41.63 (2:03.74)	42.47 (2:46.20)	42.96 (3:29.16)	43.12 (4:12.28)	
	43.69 (4:55.96)	43.98 (5:39.94)	43.87 (6:23.80)	44.31 (7:08.11)	44.22 (7:52.32)	43.84 (8:36.16)	
	44.30 (9:20.45)	44.56 (10:05.00)	42.61 (10:47.61)				
6	ESTUS, Haley		JR DeSales	10:52.17		2(6)	3
	39.59	41.50 (1:21.09)	41.97 (2:03.06)	42.66 (2:45.71)	42.84 (3:28.55)	43.22 (4:11.76)	
	43.42 (4:55.18)	43.76 (5:38.93)	44.56 (6:23.49)	44.89 (7:08.38)	45.59 (7:53.96)	46.29 (8:40.25)	
	46.45 (9:26.69)	44.29 (10:10.98)	41.19 (10:52.17)				
7	ZEITLER, Shae		JR DeSales	10:55.99		2(7)	2
	41.24	42.21 (1:23.44)	43.77 (2:07.21)	44.21 (2:51.42)	44.55 (3:35.96)	43.19 (4:19.15)	
	43.92 (5:03.06)	45.12 (5:48.17)	44.54 (6:32.70)	44.98 (7:17.68)	45.31 (8:02.99)	45.15 (8:48.13)	
	45.70 (9:33.83)	43.19 (10:17.01)	38.98 (10:55.99)				
8	SUTHERLAND, Emma		SR Arcadia	11:01.05		2(8)	1
	39.99	42.24 (1:22.22)	43.47 (2:05.69)	43.53 (2:49.21)	44.14 (3:33.35)	42.80 (4:16.14)	
	45.09 (5:01.23)	44.43 (5:45.66)	45.37 (6:31.03)	45.52 (7:16.54)	45.96 (8:02.50)	45.55 (8:48.04)	
	46.22 (9:34.26)	45.86 (10:20.12)	40.94 (11:01.05)				
9	POWELL, Teddi		SR Messiah	11:01.60		2(9)	
	40.30	42.14 (1:22.43)	42.91 (2:05.34)	43.42 (2:48.75)	44.15 (3:32.90)	43.91 (4:16.81)	
	44.63 (5:01.43)	44.66 (5:46.09)	45.33 (6:31.42)	45.72 (7:17.14)	45.57 (8:02.70)	45.82 (8:48.51)	
	46.00 (9:34.51)	45.85 (10:20.35)	41.25 (11:01.60)				
10	JONES, Katherine		JR Misericordia	11:03.20		2(10)	
	40.20	42.17 (1:22.37)	42.74 (2:05.10)	43.41 (2:48.50)	44.14 (3:32.64)	43.84 (4:16.48)	
	44.73 (5:01.20)	44.65 (5:45.85)	45.12 (6:30.96)	45.31 (7:16.26)	45.57 (8:01.83)	45.94 (8:47.76)	
	46.48 (9:34.23)	46.06 (10:20.29)	42.92 (11:03.20)				
11	ULRICH, Rachel		SO Misericordia	11:06.35		1(1)	
	42.38	44.54 (1:26.92)	45.54 (2:12.45)	44.16 (2:56.61)	43.57 (3:40.18)	44.10 (4:24.28)	
	44.44 (5:08.72)	44.60 (5:53.31)	44.55 (6:37.85)	44.71 (7:22.56)	44.81 (8:07.36)	45.15 (8:52.50)	
	44.89 (9:37.39)	45.68 (10:23.07)	43.28 (11:06.35)				

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RESULTS

#25 Women's 3000 Meters (cont'd)

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
12	FRIES, Isabel		JR Alvernia	11:16.41		2(11)	
	40.91	42.13 (1:23.03)	43.65 (2:06.67)	44.58 (2:51.25)	44.83 (3:36.08)	44.37 (4:20.45)	
	45.13 (5:05.58)	45.99 (5:51.56)	46.26 (6:37.81)	46.46 (7:24.26)	46.72 (8:10.98)	46.89 (8:57.86)	
	47.42 (9:45.28)	46.06 (10:31.34)	45.07 (11:16.41)				
13	FRY, Lindsay		JR York (Pa.)	11:21.99		1(2)	
	42.91	44.20 (1:27.10)	45.56 (2:12.66)	44.24 (2:56.89)	43.64 (3:40.53)	44.40 (4:24.92)	
	46.71 (5:11.63)	47.64 (5:59.27)	47.37 (6:46.63)	47.11 (7:33.73)	46.05 (8:19.78)	46.82 (9:06.59)	
	47.99 (9:54.58)	46.17 (10:40.75)	41.25 (11:21.99)				
14	BLACKMON, Alyssa		SR Delaware Valley	11:23.88		1(3)	
	42.04	44.75 (1:26.79)	45.63 (2:12.41)	44.73 (2:57.14)	44.20 (3:41.34)	45.61 (4:26.94)	
	47.12 (5:14.05)	47.22 (6:01.27)	45.79 (6:47.05)	46.63 (7:33.68)	45.60 (8:19.27)	47.38 (9:06.65)	
	48.26 (9:54.90)	46.55 (10:41.44)	42.44 (11:23.88)				
15	RUDOLPH, Emily		JR Widener	11:24.20		1(4)	
	43.62	44.84 (1:28.46)	46.26 (2:14.71)	45.20 (2:59.91)	45.57 (3:45.48)	46.21 (4:31.69)	
	44.90 (5:16.58)	45.67 (6:02.24)	44.90 (6:47.14)	46.28 (7:33.41)	45.23 (8:18.64)	45.63 (9:04.27)	
	48.79 (9:53.06)	48.01 (10:41.06)	43.14 (11:24.20)				
16	MORROW, Madison		JR Misericordia	11:24.51		1(5)	
	43.34	44.80 (1:28.13)	46.26 (2:14.38)	46.30 (3:00.68)	46.30 (3:46.97)	45.34 (4:32.31)	
	45.64 (5:17.94)	46.05 (6:03.99)	46.26 (6:50.25)	46.58 (7:36.82)	46.01 (8:22.83)	45.98 (9:08.81)	
	45.92 (9:54.73)	46.23 (10:40.95)	43.56 (11:24.51)				
17	SACCARY, Caitlyn		SR DeSales	11:30.98		1(6)	
	43.29	44.95 (1:28.23)	45.67 (2:13.90)	45.61 (2:59.51)	45.69 (3:45.20)	46.22 (4:31.41)	
	45.89 (5:17.29)	46.41 (6:03.70)	46.30 (6:50.00)	47.14 (7:37.13)	46.80 (8:23.93)	47.35 (9:11.28)	
	47.86 (9:59.14)	46.56 (10:45.69)	45.30 (11:30.98)				
18	ROZEK, Samantha		SO Stevens	11:33.45		1(7)	
	43.72	45.07 (1:28.79)	46.10 (2:14.88)	45.94 (3:00.82)	45.85 (3:46.66)	45.34 (4:32.00)	
	45.61 (5:17.61)	45.60 (6:03.20)	46.62 (6:49.82)	47.82 (7:37.63)	47.11 (8:24.74)	47.52 (9:12.26)	
	47.99 (10:00.24)	47.70 (10:47.94)	45.51 (11:33.45)				
19	GAUTHIER, Rebecca		FR Stevenson	11:42.38		1(8)	
	42.96	44.32 (1:27.27)	45.65 (2:12.92)	44.92 (2:57.84)	44.83 (3:42.67)	46.22 (4:28.88)	
	47.08 (5:15.96)	47.57 (6:03.52)	47.54 (6:51.06)	48.50 (7:39.55)	48.66 (8:28.21)	48.66 (9:16.87)	
	49.33 (10:06.20)	49.23 (10:55.43)	46.95 (11:42.38)				
20	ADAMS, Kaitlyn		FR Stevens	11:55.78		1(9)	
	44.05	45.67 (1:29.71)	47.06 (2:16.77)	47.22 (3:03.98)	48.11 (3:52.08)	49.00 (4:41.08)	
	49.43 (5:30.50)	49.94 (6:20.43)	49.20 (7:09.63)	49.44 (7:59.06)	49.62 (8:48.68)	48.48 (9:37.16)	
	48.28 (10:25.44)	47.36 (11:12.80)	42.99 (11:55.78)				
	TRAN, Chris		JR Widener	DNS		1	
	NYE, Gabriella		SO Widener	DNS		2	

#8 Women's 5000 Meters

M	MAC Indoor Champ	17:32.05	Clare Schoen	Misericordia	2/22/2019	
O	MAC Indoor Overall	17:07.52	Clare Schoen	Misericordia	2018	"Banked"
Pl	Name	Yr	Team	Time	Note	Pts
1	NYE, Gabriella		SO Widener	17:50.99		10

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RESULTS**#8 Women's 5000 Meters (cont'd)**

Pl	Name		Yr	Team	Time	Note	Pts
	42.73	45.87 (1:28.60)	43.41 (2:12.00)	42.55 (2:54.54)	41.90 (3:36.44)	42.88 (4:19.31)	
	42.34 (5:01.65)	42.80 (5:44.45)	43.63 (6:28.07)	43.18 (7:11.25)	42.49 (7:53.74)	43.88 (8:37.62)	
	43.85 (9:21.46)	43.32 (10:04.78)	44.00 (10:48.77)	44.12 (11:32.89)	43.86 (12:16.75)	43.05 (12:59.79)	
	42.91 (13:42.70)	43.45 (14:26.14)	43.21 (15:09.35)	40.52 (15:49.87)	39.42 (16:29.28)	39.21 (17:08.48)	
	42.51 (17:50.99)						
2	GALLAGHER, Grace			SO Misericordia	18:00.90		8
	42.43	45.89 (1:28.31)	43.33 (2:11.64)	42.61 (2:54.24)	41.88 (3:36.12)	42.86 (4:18.97)	
	42.34 (5:01.31)	42.81 (5:44.11)	43.63 (6:27.74)	43.10 (7:10.83)	42.65 (7:53.47)	43.86 (8:37.33)	
	43.85 (9:21.17)	43.31 (10:04.48)	44.00 (10:48.47)	44.14 (11:32.61)	43.88 (12:16.49)	43.07 (12:59.55)	
	42.93 (13:42.48)	43.40 (14:25.88)	43.61 (15:09.49)	43.00 (15:52.48)	43.45 (16:35.92)	43.67 (17:19.59)	
	41.31 (18:00.90)						
3	EGAN, Liz			SO Widener	18:39.39		6
	43.44	46.09 (1:29.52)	43.64 (2:13.16)	42.94 (2:56.09)	42.33 (3:38.42)	43.74 (4:22.15)	
	44.57 (5:06.72)	44.90 (5:51.61)	44.73 (6:36.33)	45.15 (7:21.48)	45.22 (8:06.70)	45.98 (8:52.67)	
	46.21 (9:38.88)	46.13 (10:25.01)	46.06 (11:11.06)	46.20 (11:57.26)	45.04 (12:42.29)	44.53 (13:26.81)	
	44.88 (14:11.69)	43.89 (14:55.58)	43.74 (15:39.31)	44.01 (16:23.32)	44.86 (17:08.18)	45.78 (17:53.95)	
	45.44 (18:39.39)						
4	BARTHOLOMEW, Coyla			SO Lebanon Valley	18:40.78		5
	43.06	46.19 (1:29.25)	43.66 (2:12.90)	42.93 (2:55.83)	41.88 (3:37.70)	44.17 (4:21.87)	
	44.61 (5:06.47)	44.91 (5:51.38)	44.79 (6:36.17)	45.06 (7:21.22)	45.24 (8:06.46)	45.99 (8:52.44)	
	46.23 (9:38.67)	46.11 (10:24.77)	46.07 (11:10.84)	46.21 (11:57.05)	45.74 (12:42.78)	46.08 (13:28.86)	
	46.73 (14:15.58)	46.66 (15:02.23)	46.80 (15:49.03)	46.13 (16:35.16)	45.74 (17:20.90)	43.19 (18:04.08)	
	36.70 (18:40.78)						
5	GASTON, Cera			SR Alvernia	18:53.29		4
	42.87	46.05 (1:28.91)	43.38 (2:12.29)	42.61 (2:54.90)	42.06 (3:36.95)	43.31 (4:20.26)	
	44.47 (5:04.72)	45.84 (5:50.55)	46.25 (6:36.79)	45.75 (7:22.54)	46.04 (8:08.57)	46.56 (8:55.13)	
	46.42 (9:41.55)	47.16 (10:28.70)	47.00 (11:15.70)	46.09 (12:01.78)	45.77 (12:47.55)	46.04 (13:33.58)	
	46.02 (14:19.60)	46.58 (15:06.18)	46.68 (15:52.86)	45.64 (16:38.50)	45.91 (17:24.41)	44.90 (18:09.30)	
	44.00 (18:53.29)						
6	POWELL, Teddi			SR Messiah	19:05.97		3
	44.00	45.93 (1:29.93)	43.78 (2:13.71)	44.48 (2:58.18)	45.32 (3:43.50)	45.47 (4:28.97)	
	45.33 (5:14.29)	45.51 (5:59.80)	46.26 (6:46.05)	45.60 (7:31.65)	46.83 (8:18.48)	46.79 (9:05.27)	
	47.10 (9:52.36)	47.94 (10:40.30)	46.46 (11:26.76)	46.70 (12:13.46)	46.57 (13:00.03)	47.63 (13:47.65)	
	47.36 (14:35.01)	46.47 (15:21.47)	46.35 (16:07.81)	46.40 (16:54.21)	46.11 (17:40.31)	45.31 (18:25.61)	
	40.36 (19:05.97)						
7	FRIES, Isabel			JR Alvernia	19:07.86		2
	44.71	45.76 (1:30.46)	44.76 (2:15.22)	44.88 (3:00.10)	45.08 (3:45.17)	44.95 (4:30.11)	
	44.93 (5:15.04)	45.53 (6:00.56)	46.08 (6:46.64)	45.98 (7:32.62)	46.60 (8:19.21)	46.40 (9:05.60)	
	47.05 (9:52.65)	46.94 (10:39.58)	46.97 (11:26.55)	47.69 (12:14.23)	47.10 (13:01.33)	46.81 (13:48.14)	
	46.83 (14:34.96)	46.03 (15:20.98)	45.75 (16:06.73)	46.47 (16:53.19)	46.80 (17:39.99)	45.42 (18:25.41)	
	42.46 (19:07.86)						
8	JONES, Katherine			JR Misericordia	19:12.26		1

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RESULTS**#8 Women's 5000 Meters (cont'd)**

Pl	Name		Yr	Team	Time	Note	Pts
	43.18	45.92 (1:29.10)	43.53 (2:12.63)	42.83 (2:55.46)	42.68 (3:38.13)	43.92 (4:22.05)	
	44.60 (5:06.64)	44.87 (5:51.51)	44.91 (6:36.42)	45.45 (7:21.87)	45.28 (8:07.14)	45.88 (8:53.02)	
	46.14 (9:39.16)	46.11 (10:25.26)	46.36 (11:11.61)	46.66 (11:58.26)	47.15 (12:45.41)	47.88 (13:33.29)	
	47.92 (14:21.21)	48.60 (15:09.80)	49.27 (15:59.06)	48.92 (16:47.97)	49.10 (17:37.07)	48.57 (18:25.63)	
	46.63 (19:12.26)						
9	NOY, Aylene			SO Hood	19:23.36		
	44.03	46.19 (1:30.22)	44.29 (2:14.50)	44.14 (2:58.64)	45.39 (3:44.02)	45.54 (4:29.55)	
	45.73 (5:15.28)	45.61 (6:00.88)	45.95 (6:46.83)	45.56 (7:32.39)	47.14 (8:19.52)	45.22 (9:04.74)	
	44.71 (9:49.44)	46.17 (10:35.61)	47.49 (11:23.09)	45.00 (12:08.09)	46.85 (12:54.94)	47.43 (13:42.36)	
	48.47 (14:30.82)	49.00 (15:19.82)	48.50 (16:08.32)	48.13 (16:56.44)	48.90 (17:45.34)	49.49 (18:34.83)	
	48.53 (19:23.36)						
10	ULRICH, Rachel			SO Misericordia	19:26.46		
	44.43	46.37 (1:30.80)	44.70 (2:15.49)	44.30 (2:59.79)	45.02 (3:44.81)	45.00 (4:29.80)	
	44.90 (5:14.70)	45.62 (6:00.32)	46.13 (6:46.45)	45.88 (7:32.32)	45.93 (8:18.24)	46.84 (9:05.08)	
	47.19 (9:52.26)	47.80 (10:40.05)	47.28 (11:27.33)	47.39 (12:14.72)	48.03 (13:02.74)	46.99 (13:49.73)	
	48.27 (14:38.00)	47.97 (15:25.96)	48.05 (16:14.01)	48.19 (17:02.19)	48.08 (17:50.27)	48.08 (18:38.35)	
	48.11 (19:26.46)						
11	SUTHERLAND, Emma			SR Arcadia	19:29.81		
	43.38	46.48 (1:29.85)	44.97 (2:14.82)	44.14 (2:58.95)	45.40 (3:44.34)	44.05 (4:28.39)	
	46.19 (5:14.57)	44.91 (5:59.48)	46.11 (6:45.59)	45.86 (7:31.44)	47.45 (8:18.89)	46.09 (9:04.98)	
	46.86 (9:51.83)	47.34 (10:39.16)	47.16 (11:26.31)	47.64 (12:13.95)	47.80 (13:01.75)	48.72 (13:50.46)	
	48.54 (14:39.00)	49.20 (15:28.19)	48.93 (16:17.11)	49.29 (17:06.39)	49.38 (17:55.77)	48.93 (18:44.69)	
	45.13 (19:29.81)						
12	MORROW, Madison			JR Misericordia	19:41.92		
	44.83	46.26 (1:31.09)	45.96 (2:17.04)	46.21 (3:03.24)	46.55 (3:49.79)	46.43 (4:36.21)	
	46.57 (5:22.78)	46.68 (6:09.45)	47.02 (6:56.47)	47.36 (7:43.82)	47.32 (8:31.14)	47.29 (9:18.42)	
	47.37 (10:05.79)	47.69 (10:53.48)	47.64 (11:41.12)	48.18 (12:29.29)	48.11 (13:17.39)	47.63 (14:05.01)	
	48.05 (14:53.06)	49.12 (15:42.17)	49.17 (16:31.34)	48.63 (17:19.97)	47.92 (18:07.88)	47.74 (18:55.61)	
	46.32 (19:41.92)						
13	JOHNSON, Julia			JR King's (Pa.)	19:54.56		
	46.51	46.67 (1:33.18)	47.00 (2:20.17)	46.65 (3:06.82)	45.94 (3:52.76)	46.62 (4:39.38)	
	47.82 (5:27.20)	48.48 (6:15.68)	47.76 (7:03.43)	48.46 (7:51.88)	47.31 (8:39.19)	47.04 (9:26.23)	
	47.68 (10:13.91)	47.86 (11:01.76)	49.12 (11:50.88)	48.47 (12:39.34)	49.05 (13:28.38)	48.79 (14:17.16)	
	49.50 (15:06.65)	49.12 (15:55.77)	49.39 (16:45.15)	49.55 (17:34.69)	48.70 (18:23.39)	48.78 (19:12.17)	
	42.40 (19:54.56)						
14	RUDOLPH, Emily			JR Widener	19:55.97		
	47.41	46.30 (1:33.70)	47.09 (2:20.79)	47.38 (3:08.17)	47.44 (3:55.60)	44.43 (4:40.02)	
	47.42 (5:27.44)	48.42 (6:15.85)	47.82 (7:03.67)	48.40 (7:52.06)	47.60 (8:39.66)	46.98 (9:26.63)	
	47.80 (10:14.42)	48.44 (11:02.85)	48.56 (11:51.41)	48.58 (12:39.98)	48.72 (13:28.70)	48.77 (14:17.47)	
	48.43 (15:05.89)	49.37 (15:55.26)	49.54 (16:44.80)	50.42 (17:35.21)	48.49 (18:23.70)	47.47 (19:11.16)	
	44.81 (19:55.97)						
15	VIGLIANTI, Nina			JR DeSales	20:00.13		

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RESULTS**#8 Women's 5000 Meters (cont'd)**

PI	Name	Yr	Team	Time	Note	Pts
	47.58	46.38 (1:33.95)	47.44 (2:21.39)	46.26 (3:07.64)	47.05 (3:54.69)	47.68 (4:42.36)
	46.11 (5:28.47)	48.13 (6:16.60)	47.73 (7:04.32)	48.12 (7:52.44)	48.95 (8:41.38)	48.34 (9:29.71)
	48.09 (10:17.80)	48.79 (11:06.58)	48.17 (11:54.75)	46.81 (12:41.56)	49.67 (13:31.23)	48.47 (14:19.69)
	50.86 (15:10.55)	49.66 (16:00.20)	48.92 (16:49.11)	48.82 (17:37.92)	48.69 (18:26.61)	48.35 (19:14.95)
	45.18 (20:00.13)					
16	ROZEK, Samantha		SO Stevens	20:02.53		
	47.01	45.72 (1:32.73)	45.84 (2:18.56)	48.69 (3:07.24)	46.50 (3:53.73)	46.86 (4:40.59)
	47.50 (5:28.08)	48.11 (6:16.18)	47.69 (7:03.87)	48.30 (7:52.17)	48.00 (8:40.17)	47.78 (9:27.94)
	48.17 (10:16.11)	48.62 (11:04.72)	48.58 (11:53.30)	48.76 (12:42.06)	49.55 (13:31.60)	48.79 (14:20.39)
	49.73 (15:10.11)	48.68 (15:58.79)	49.46 (16:48.25)	49.27 (17:37.51)	49.32 (18:26.82)	48.94 (19:15.76)
	46.77 (20:02.53)					
17	SWAYNE, Ella		FR Messiah	20:10.70		
	45.85	46.74 (1:32.58)	47.24 (2:19.82)	47.75 (3:07.56)	46.81 (3:54.36)	46.81 (4:41.17)
	47.64 (5:28.81)	48.11 (6:16.91)	47.72 (7:04.63)	48.09 (7:52.71)	48.14 (8:40.84)	48.40 (9:29.24)
	48.90 (10:18.13)	49.28 (11:07.41)	48.71 (11:56.11)	48.75 (12:44.86)	49.88 (13:34.73)	49.93 (14:24.66)
	49.96 (15:14.62)	51.07 (16:05.68)	50.37 (16:56.05)	50.53 (17:46.57)	50.13 (18:36.70)	49.41 (19:26.10)
	44.60 (20:10.70)					
18	BLACKMON, Alyssa		SR Delaware Valley	20:19.84		
	45.20	46.31 (1:31.51)	46.84 (2:18.34)	48.75 (3:07.09)	46.07 (3:53.15)	46.56 (4:39.71)
	47.43 (5:27.14)	48.44 (6:15.58)	47.79 (7:03.36)	48.41 (7:51.76)	48.33 (8:40.08)	48.47 (9:28.55)
	49.82 (10:18.36)	49.39 (11:07.75)	51.64 (11:59.39)	50.64 (12:50.02)	50.19 (13:40.21)	49.89 (14:30.09)
	50.00 (15:20.09)	50.13 (16:10.22)	49.83 (17:00.05)	50.73 (17:50.77)	50.83 (18:41.60)	50.01 (19:31.61)
	48.24 (20:19.84)					
19	MYNIO, Samantha		FR Messiah	20:57.92		
	46.16	46.71 (1:32.87)	47.23 (2:20.10)	47.74 (3:07.83)	47.13 (3:54.95)	46.66 (4:41.60)
	47.52 (5:29.12)	48.07 (6:17.19)	47.94 (7:05.12)	48.02 (7:53.13)	48.85 (8:41.98)	49.29 (9:31.27)
	50.46 (10:21.73)	51.20 (11:12.92)	51.73 (12:04.65)	52.12 (12:56.76)	52.54 (13:49.29)	53.01 (14:42.30)
	53.07 (15:35.36)	54.36 (16:29.72)	54.65 (17:24.36)	54.36 (18:18.72)	55.07 (19:13.79)	53.49 (20:07.27)
	50.65 (20:57.92)					
	FEERICK, Fionna		JR Stevens	DNF		
	TRAN, Chris		JR Widener	DNF		

#4 Women's 60m Hurdles

M	MAC Indoor Champ	8.60	Laura Mathews	Stevens	2/24/2023	Tom & Helen
O	MAC Indoor Overall	8.51	Mathews, Laura	Stevens	2/25/2022	NCAA Prelims

Finals

PI	Name	Yr	Team	Time	Note	Pts
1	MATHEWS, Laura		SR Stevens	8.60		10
2	WILLIAMS, Kristen		SR Stevens	8.99		8
3	SMIAROWSKA, Olivia		FR Delaware Valley	9.40		6
4	BROWN, Kara		SO Messiah	9.50		5
5	MILLER, Claire		JR Messiah	9.67		4
6	STERNBERG, Caitlin		JR Alvernia	9.80		3
7	ZULTEVICZ, Victoria		JR King's (Pa.)	9.85		2
8	KROEDEL, Sarah		SO Stevenson	9.89		1

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RESULTS**#4 Women's 60m Hurdles (cont'd)****Prelims**

Pl	Name	Yr	Team	Time	Note	H(Pl)
1	MATHEWS, Laura	SR	Stevens	MR 8.59Q		3(1)
2	WILLIAMS, Kristen	SR	Stevens	9.07Q		2(1)
3	SMIAROWSKA, Olivia	FR	Delaware Valley	9.27Q		1(1)
4	BROWN, Kara	SO	Messiah	9.53q		1(2)
5	MILLER, Claire	JR	Messiah	9.60q		2(2)
6	STERNBERG, Caitlin	JR	Alvernia	9.80q		2(3)
7	ZULTEVICZ, Victoria	JR	King's (Pa.)	9.81q		3(2)
8	KROEDEL, Sarah	SO	Stevenson	9.90q		1(3)
9	BELL, Sydney	SO	Widener	9.93		3(3)
10	FASOLI, Brianna	SO	FDU-Florham	9.96		1(4)
11	RYAZANOVA, Stephanie	SO	Stevens	10.06		1(5)
12	KOWALSKI, Isabella	JR	Arcadia	10.19		2(4)
13	WALETZKI, Nicole	JR	Stevens	10.23		2(5)
14	MITCHELL, Mikayla	FR	Lebanon Valley	10.28		3(4)
15	HERNANDEZ-ALBINO, Janitza	FR	Eastern	10.39		3(5)
16	DOUGHER, Marissa	SO	Arcadia	10.74		1(6)
17	LEHR, Susannah	SR	Stevenson	10.76		2(6)

#10 Women's 4 x 200m Relay

M	MAC Indoor Champ	1:45.45	K.Fitti-Hafer, A. Farrell, I Anensteiner, J.	Lebanon Valley	2012
O	MAC Indoor Overall	1:44.70	H. Norris, S. Perkins, J. Dunn, S. Grow	Misericordia	2013

Pl	Team	Time	Note	H(Pl)	Pts
1	Stevens (A)	1:45.87		3(1)	10
	1) MATHEWS, Laura SR 24.23	2) CANCIANI, Allie JR 28.05 (52.27)			
	3) RYAZANOVA, Stephanie SO 27.04 (1:19.31)	4) SHANLEY, Isabella FR 26.56 (1:45.87)			
2	Widener (A)	1:47.69		3(2)	8
	1) MUZZARELLI, Maria JR 23.96	2) KOITA, Mariam FR 28.16 (52.11)			
	3) THOMAS, Erica FR 29.77 (1:21.88)	4) BARR, Kelly SO 25.82 (1:47.69)			
3	Messiah (A)	1:47.93		3(3)	6
	1) GRUENWALD, Arwyn SO 24.28	2) GRAYBILL, Emma JR 29.44 (53.71)			
	3) BENNER, Clara SO 28.50 (1:22.20)	4) JENNETT, Halle JR 25.73 (1:47.93)			
4	Delaware Valley (A)	1:48.66		2(1)	5
	1) KANE, Grace SO 26.61	2) HASTINGS, Kelly SR 28.18 (54.78)			
	3) PRESCOTT, Zariah FR 27.70 (1:22.48)	4) SMIAROWSKA, Olivia FR 26.19 (1:48.66)			
5	Lebanon Valley (A)	1:48.97		3(4)	4
	1) BERKHEIMER, Darrian JR 25.23	2) PEIFFER, Alyssa JR 28.52 (53.74)			
	3) REILLY, Karina FR 28.73 (1:22.47)	4) CALDERON, Mileyshka FR 26.51 (1:48.97)			

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RESULTS**#10 Women's 4 x 200m Relay (cont'd)**

Pl	Team	Time	Note	H(Pl)	Pts
6	York (Pa.) (A)	1:50.15		2(2)	3
	1) COTTRELL, Natalie FR 26.73	2) BOYCE, Keziah SO 28.26 (54.99)			
	3) MANN, Payton JR 28.41 (1:23.39)	4) NUSE, Angela FR 26.76 (1:50.15)			
7	Eastern (A)	1:50.88		3(5)	2
	1) HERNANDEZ-ALBINO, Janitza FR 28.54	2) JEFFERSON, Kayla FR 27.72 (56.26)			
	3) ANDERSON, Anahrie FR 27.17 (1:23.42)	4) PETERS, Samantha JR 27.46 (1:50.88)			
8	Albright (A)	1:51.86		2(3)	1
	1) DOVER, Mackenzie JR 25.30	2) CHARLES, Taisha SR 30.81 (56.10)			
	3) TIGHE, Eren SO 28.47 (1:24.57)	4) CALLAHAN, Nyla FR 27.29 (1:51.86)			
9	King's (Pa.) (A)	1:51.95		1(1)	
	1) BRADY, Juliet JR 26.03	2) SPRINGER, Abigail JR 29.87 (55.90)			
	3) HAHN, Sophia FR 28.40 (1:24.30)	4) ZULTEVICZ, Victoria JR 27.65 (1:51.95)			
10	Alvernia (A)	1:51.99		2(4)	
	1) MCCLOUD, Al'iyah JR 26.70	2) HOXTER, Akilah SR 30.44 (57.13)			
	3) STERNBERG, Caitlin JR 28.09 (1:25.22)	4) SCHWARZ, Elisabeth SO 26.77 (1:51.99)			
11	Arcadia (A)	1:53.18		2(5)	
	1) KOWALSKI, Isabella JR 28.22	2) MARCINKIEWICZ, Isabella SO 29.27 (57.49)			
	3) MCGARRY, Delaney JR 28.15 (1:25.63)	4) SMILOVIC, Kate JR 27.55 (1:53.18)			
12	DeSales (A)	1:54.53		1(2)	
	1) PELUSZAK, Avery FR 25.38	2) ROPER, Breyanna SR 30.98 (56.35)			
	3) PELLER, Melissa JR 28.59 (1:24.94)	4) ZEITLER, Olivia FR 29.59 (1:54.53)			
13	Hood (A)	1:57.59		1(3)	
	1) CASTILLO, Gloria JR 28.44	2) RIVERA, Sasha FR 30.83 (59.26)			
	3) TAYLOR, Roselyn JR 29.04 (1:28.30)	4) PEZENOSKY, Megan SO 29.29 (1:57.59)			

#29 Women's 4 x 400m Relay

M	MAC Indoor Champ	4:02.90	M Fairchild, K Fairchild, M Fry, A Viti	Misericordia	2/28/2015		
O	MAC Indoor Overall	3:53.00	M. Fairchild, M. Fry, K. Fairchild, A. Viti	Misericordia	2015		
Pl	Team	Time	Note	H(Pl)	Pts		
1	Lebanon Valley (A)	4:06.93		2(1)	10		
	1) BERKHEIMER, Darrian JR 1:01.20	2) PEIFFER, Alyssa JR 1:03.27 (2:04.46)					
	3) REED, Abigail FR 1:02.23 (3:06.69)	4) CALDERON, Mileyska FR 1:00.25 (4:06.93)					

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RESULTS**#29 Women's 4 x 400m Relay (cont'd)**

Pl	Team	Time	Note	H(Pl)	Pts
2	Widener (A)	4:11.78		2(2)	8
	1) SCHULTZ, Emma JR 1:03.25	2) DANIEL, Elise JR 1:02.96 (2:06.20)			
	3) THOMAS, Erica FR 1:03.24 (3:09.44)	4) BARR, Kelly SO 1:02.34 (4:11.78)			
3	Messiah (A)	4:14.30		2(3)	6
	1) BENNER, Clara SO 1:04.17	2) GRAYBILL, Emma JR 1:03.10 (2:07.27)			
	3) HAMLIN, Natalie JR 1:04.58 (3:11.84)	4) GRUENWALD, Arwyn SO 1:02.47 (4:14.30)			
4	Stevens (A)	4:17.07		2(4)	5
	1) SHANLEY, Isabella FR 1:02.57	2) RYAZANOVA, Stephanie SO 1:04.38 (2:06.95)			
	3) LULAJ, Jacqueline JR 1:07.19 (3:14.13)	4) CANSIANI, Allie JR 1:02.94 (4:17.07)			
5	Eastern (A)	4:17.57		2(5)	4
	1) HERNANDEZ-ALBINO, Janitza FR 1:06.58	2) SHREFFLER, Hailey JR 1:04.39 (2:10.96)			
	3) ANDERSON, Anahrie FR 1:03.78 (3:14.74)	4) PETERS, Samantha JR 1:02.83 (4:17.57)			
6	Albright (A)	4:18.19		1(1)	3
	1) DEVITA, Alyssa SO 1:06.77	2) TIGHE, Eren SO 1:04.99 (2:11.75)			
	3) DOVER, Mackenzie JR 1:03.39 (3:15.14)	4) CALLAHAN, Nyla FR 1:03.05 (4:18.19)			
7	York (Pa.) (A)	4:19.55		1(2)	2
	1) COTTRELL, Natalie FR 1:10.39	2) MANN, Payton JR 1:04.05 (2:14.43)			
	3) TENNEY, Isabel FR 1:02.63 (3:17.06)	4) BOYCE, Keziah SO 1:02.50 (4:19.55)			
8	Alvernia (A)	4:19.63		1(3)	1
	1) TORRES, Jessie SO 1:04.87	2) STERNBERG, Caitlin JR 1:07.09 (2:11.95)			
	3) KAVULAK, Elizabeth JR 1:04.47 (3:16.42)	4) SANCHEZ, Rosnelly FR 1:03.21 (4:19.63)			
9	King's (Pa.) (A)	4:21.63		1(4)	
	1) SPRINGER, Abigail JR 1:08.27	2) ZAMBETTI, Nicole JR 1:05.37 (2:13.64)			
	3) DAINAUSKI, Laura JR 1:04.83 (3:18.47)	4) BUTCHER, Ava FR 1:03.17 (4:21.63)			
10	Misericordia (A)	4:22.33		2(6)	
	1) ALLEN, Casey JR 1:06.38	2) MORNINGSTAR, Grace FR 1:05.18 (2:11.55)			
	3) CONTI, Abigail FR 1:05.38 (3:16.93)	4) GALLAGHER, Kristin SR 1:05.40 (4:22.33)			
11	Delaware Valley (A)	4:22.93		1(5)	
	1) PRESCOTT, Zariah FR 1:05.43	2) NEWMAN, Chante SR 1:08.83 (2:14.26)			
	3) EAST, Emma FR 1:04.37 (3:18.63)	4) HASTINGS, Kelly SR 1:04.31 (4:22.93)			

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#29 Women's 4 x 400m Relay (cont'd)

Pl	Team	Time	Note	H(Pl)	Pts
12	DeSales (A)	4:39.73		1(6)	
	1) PELLER, Melissa JR 1:08.81	2) ROPER, Breyanna SR 1:11.10 (2:19.90)			
	3) KLEIN, Angelina FR 1:09.25 (3:29.15)	4) ESTUS, Haley JR 1:10.59 (4:39.73)			

#27 Women's 4 x 800m Relay

M	MAC Indoor Champ	9:38.42	M Landis, B Hess, M Lewin, E Seeland	Messiah	2/23/2019	
O	MAC Indoor Overall	9:37.23	M. Cusatis, K. Cameron, B. Comiskey,	Misericordia	2011	
Pl	Team	Time	Note	Pts		
1	Misericordia (A)	9:41.54		10		
	1) GALLAGHER, Kristin SR 2:28.92	2) KAMMER, Madison SO 2:25.32 (4:54.24)				
	3) WAGNER, Brianna JR 2:28.53 (7:22.77)	4) MORNINGSTAR, Grace FR 2:18.78 (9:41.54)				
2	Stevens (A)	9:41.95		8		
	1) VOGEL, Isabel SO 2:26.94	2) ENES, Taylor SO 2:26.59 (4:53.53)				
	3) ROUSE, Rachel SO 2:24.94 (7:18.47)	4) BURDEN, Nina JR 2:23.49 (9:41.95)				
3	Lebanon Valley (A)	9:50.60		6		
	1) KAPCSOS, Sierra SO 2:28.97	2) MILLER, Emily SO 2:34.47 (5:03.44)				
	3) GARGES, Autumn SO 2:26.90 (7:30.33)	4) BUNKE, Lauren SR 2:20.28 (9:50.60)				
4	Messiah (A)	9:53.35		5		
	1) SAFER, Juliette SO 2:34.65	2) KIMMEL, Madison FR 2:25.97 (5:00.62)				
	3) ANTHONY, Katie JR 2:26.13 (7:26.74)	4) LEBO, Kerrigan SO 2:26.61 (9:53.35)				
5	Widener (A)	10:21.08		4		
	1) O'BRIEN, Erin SO 2:38.16	2) DEVITO, Olivia FR 2:42.13 (5:20.28)				
	3) PFEIFER, Shannon FR 2:35.11 (7:55.38)	4) HOLT, Donna JR 2:25.70 (10:21.08)				
6	Arcadia (A)	10:29.90		3		
	1) ENGLER, Jacqueline JR 2:42.05	2) CURNOW, Grace SO 2:39.17 (5:21.22)				
	3) MCGARRY, Delaney JR 2:41.71 (8:02.92)	4) GORDLEY, Micah JR 2:26.98 (10:29.90)				
7	King's (Pa.) (A)	10:36.48		2		
	1) TOMKO, Zoe JR 2:36.59	2) JOHNSON, Julia JR 2:37.26 (5:13.84)				
	3) PORTO, Elizabeth JR 2:42.26 (7:56.10)	4) MAJCHER, Mikaela JR 2:40.39 (10:36.48)				
8	York (Pa.) (A)	10:57.32		1		
	1) THOMAS, Jayde FR 2:45.71	2) MCNAMARA, Jenna FR 2:45.84 (5:31.55)				
	3) WICKARD, Taylor FR 2:45.90 (8:17.45)	4) KOZIOLEK, Cassie SR 2:39.88 (10:57.32)				

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RESULTS**#27 Women's 4 x 800m Relay (cont'd)**

Pl	Team	Time	Note	Pts
9	Hood (A)	10:58.52		
	1) MULHOLLAND, Megan SO 2:46.85	2) SANFORD, Briley FR 2:45.03 (5:31.88)		
	3) BARTMAN, Marin SO 2:48.13 (8:20.01)	4) NOY, Aylene SO 2:38.51 (10:58.52)		
10	DeSales (A)	11:13.41		
	1) KLEIN, Angelina FR 2:37.77	2) TOMPKINS, Adia FR 2:44.53 (5:22.30)		
	3) HOLLANDER, Andie FR 2:44.82 (8:07.12)	4) CHIDESTER, Elizabeth JR 3:06.29 (11:13.41)		
11	Delaware Valley (A)	11:20.40		
	1) BLACKMON, Alyssa SR 2:48.52	2) TAYLOR, Lindsay FR 2:45.14 (5:33.65)		
	3) WILSON, Jaida SO 2:57.61 (8:31.26)	4) SWEARINGEN, Samantha FR 2:49.15 (11:20.40)		

#2 Women's 4000m DMR

M	MAC Indoor Champ	12:14.01	T. Barlow, L. McGarrity, S. Bulter, G.	DeSales	2005
O	MAC Indoor Overall	11:59.22	A. Viti, M. Fairchild, K. Fairchild, B.	Misericordia	2016
Pl	Team	Time	Note	Pts	
1	Misericordia (A)	12:36.43		10	
	1) MORNINGSTAR, Grace FR	2) ALLEN, Casey JR			
	3) GALLAGHER, Kristin SR	4) KAMMER, Madison SO			
2	Stevens (A)	12:42.98		8	
	1) BURDEN, Nina JR	2) ENES, Taylor SO			
	3) VOGEL, Isabel SO	4) ROUSE, Rachel SO			
3	Messiah (A)	12:43.79		6	
	1) KIMMEL, Madison FR	2) BENNER, Clara SO			
	3) LEBO, Kerrigan SO	4) ANTHONY, Katie JR			
4	Widener (A)	12:51.39		5	
	1) HOLT, Donna JR	2) DEVITO, Olivia FR			
	3) KERVICK, Theresa SO	4) LONG, Kathryn SO			
5	Eastern (A)	13:00.77		4	
	1) FISCHLI, Jennifer FR	2) PETERS, Samantha JR			
	3) DAVIS, Queen-Roszia FR	4) SHREFFLER, Hailey JR			
6	DeSales (A)	13:04.39		3	
	1) ZEITLER, Shae JR	2) PELUSZAK, Avery FR			
	3) SACCARY, Caitlyn SR	4) ESTUS, Haley JR			
7	Arcadia (A)	13:05.15		2	
	1) CURNOW, Grace SO	2) SMILOVIC, Kate JR			
	3) ENGLER, Jacqueline JR	4) GORDLEY, Micah JR			
8	Alvernia (A)	13:10.19		1	
	1) TORRES, Jessie SO	2) KAVULAK, Elizabeth JR			
	3) SANCHEZ, Rosnelly FR	4) GASTON, Cera SR			

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#2 Women's 4000m DMR (cont'd)

Pl	Team	Time	Note	Pts
9	Lebanon Valley (A)	13:34.12		
	1) HUNT, Abigail SO	2) MITCHELL, Mikayla FR		
	3) MILLER, Emily SO	4) ZWALLY, Isabel FR		
10	King's (Pa.) (A)	13:39.72		
	1) TOMKO, Zoe JR	2) DAINAUSKI, Laura JR		
	3) BUTCHER, Ava FR	4) MAJCHER, Mikaela JR		
11	Delaware Valley (A)	13:45.06		
	1) EAST, Emma FR	2) NEWMAN, Chante SR		
	3) HASTINGS, Kelly SR	4) BLACKMON, Alyssa SR		
12	Hood (A)	13:45.85		
	1) SANFORD, Briley FR	2) RIVERA, Sasha FR		
	3) MULHOLLAND, Megan SO	4) NOY, Aylene SO		
13	York (Pa.) (A)	14:11.54		
	1) FRY, Lindsay JR	2) CARABELLO, Sky-Lee SO		
	3) KOZIOLEK, Cassie SR	4) TENNEY, Isabel FR		

#34 Women's High Jump

Pl	Name	Yr	Team	Mark	1.27	1.32	1.37	1.42	1.47	1.52	1.55	1.58	1.61	1.64	Pts
M	MAC Indoor Champ	1.71m	Taylor Wiederrecht	Messiah											2/23/2019
O	MAC Indoor Overall	1.76m	Ashlee Ward	Misericordia											2014
1	TIGHE, Caroline	JR	Stevens	1.61m 5' 3 ¹ / ₄	PPP	PPP	PPP	PPP	PPP	O	O	O	O	XXX	10
2	LAPINSKI, Maya	FR	Stevens	1.58m 5' 2 ¹ / ₄	PPP	PPP	PPP	PPP	O	O	O	XO	XXX		8
3	ALLEN, Casey	JR	Misericordia	1.58m 5' 2 ¹ / ₄	PPP	PPP	PPP	PPP	PPP	PPP	O	XXO	XXX		6
4	ARMITAGE, Madison	JR	King's (Pa.)	1.55m 5' 1"	PPP	PPP	PPP	PPP	XO	O	O	XXX			5
5	PREVIGLIAN, Maggie	SO	Stevens	1.52m 4' 11 ³ / ₄	PPP	PPP	PPP	PPP	O	O	XXX				3.5
5	WEGMAN, Carolina	SO	Lebanon Vall	1.52m 4' 11 ³ / ₄	PPP	PPP	PPP	O	O	O	XXX				3.5
7	BROWN, Kara	SO	Messiah	1.47m 4' 9 ³ / ₄	PPP	PPP	PPP	O	O	XXX					2
8	DAY, Skylia	SO	Stevenson	1.47m 4' 9 ³ / ₄	O	O	O	XO	O	XXX					1
9	CANCIANI, Allie	JR	Stevens	1.47m 4' 9 ³ / ₄	PPP	PPP	PPP	PPP	XO	XXX					
10	MATHEWS, Laura	SR	Stevens	1.42m 4' 7 ³ / ₄	PPP	PPP	O	O	XXX						
11	QUINN, Mary	SR	Albright	1.42m 4' 7 ³ / ₄	PPP	O	O	XXO	XXX						
12	KOWALSKI, Isabella	JR	Arcadia	1.32m 4' 4"	XO	O	XXX								
	DALLMER, Olivia	SO	DeSales	NH	PPP	PPP	PPP	XXX							

#13 Women's Pole Vault

Pl	Name	Yr	Team	Mark	2.55	2.70	2.85	3.00	3.15	3.25	3.30	3.35	3.40	3.45	Pts
M	MAC Indoor Champ	3.82m	Melissa Fellenbaum	Alvernia											2/23/2013
O	MAC Indoor Overall	3.90m	Melissa Fellenbaum	Alvernia											2013
1	STEGER, Savannah	SR	Widener	3.40m 11' 1 ³ / ₄	PPP	PPP	PPP	O	O	O	O	XO	O	XXX	10
2	MEROLA, Alexis	SO	Stevens	3.35m 10' 11 ³ / ₄	PPP	PPP	PPP	O	O	O	O	O	XXX		8
3	ORIEL, Emily	SO	Lebanon Vall	3.35m 10' 11 ³ / ₄	PPP	PPP	PPP	O	O	XO	O	O	XXX		6
4	MELE, Emma	JR	DeSales	3.25m 10' 8"	PPP	PPP	PPP	O	O	XXO	XXX				5
5	POLANCO, Luisanna	FR	Lebanon Vall	3.15m 10' 4"	PPP	PPP	PPP	O	O	XXX					3.5

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#13 Women's Pole Vault (cont'd)

Pl	Name	Yr Team	Mark	2.25	2.40					Pts
5	SNAVELY, Rachel	SR Lebanon Vall	3.15m 10' 4"	PPP	PPP	PPP	O	O	XXX	3.5
7	ZULTEVICZ, Victoria	JR King's (Pa.)	3.15m 10' 4"	PPP	PPP	XPP	O	O	XXX	2
8	CARPENTER, Paige	JR Eastern	3.00m 9' 10"	PPP	PPP	XO	O	XXX		1
9	RYAZANOVA, Stephanie	SO Stevens	3.00m 9' 10"	PPP	PPP	XO	XO	XXX		
10	WALTER, Remington	FR Delaware Vall	2.70m 8' 10 1/4"	O	XO	XXX				
10	WITTER, Hannah	SO Messiah	2.70m 8' 10 1/4"	PPP	XO	XXX				
12	CALL, Olivia	JR Messiah	2.55m 8' 4 1/4"	O	XXX					
13	PORTO, Elizabeth	JR King's (Pa.)	2.40m 7' 10 1/2"	XXX						
	WOOD, Cadee	JR Messiah	NH	PPP	XXX					

#15 Women's Long Jump

M	MAC Indoor Champ	5.80m	Nicole Weenink	Eastern	2/28/2020
M	MAC Indoor Champ	5.80m	Olivia Jendrzejewski	Lebanon Valley	2/25/2017
O	MAC Indoor Overall	5.80m	Nicole Weenink	Eastern	2020
O	MAC Indoor Overall	5.80m	Olivia Jendrzejewski	Lebanon Valley	2017
O	MAC Indoor Overall	5.80m	Oniesha Clarke	Misericordia	2017

Pl	Name	Yr Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
1	MATHEWS, Laura	SR Stevens	5.62m 18' 5 1/4"	5.62	5.39	FOUL	4.49	PASS	PASS	2(1)	10
2	FELIX, Shinelle	JR Alvernia	5.41m 17' 9"	5.30	5.41	5.39	FOUL	PASS	PASS	2(2)	8
3	CALDERON, Mileyska	FR Lebanon Vall	5.27m 17' 3 1/2"	5.27	5.11	5.21	PASS	4.75	FOUL	2(3)	6
4	ROBINSON, Kayla	FR Widener	5.20m 17' 0 3/4"	4.96	4.98	FOUL	5.03	4.89	5.20	2(4)	5
5	FLEMING, Mia	FR Arcadia	5.16m 16' 11 1/4"	5.16	FOUL	4.70	4.92	FOUL	4.87	2(5)	4
6	GRADY, Chloe	FR Lebanon Vall	5.04m 16' 6 1/2"	FOUL	4.88	4.80	5.02	FOUL	5.04	1(1)	3
7	ZULTEVICZ, Victoria	JR King's (Pa.)	4.98m 16' 4 1/4"	4.98	4.84	4.43	4.45	PASS	4.41	2(6)	2
8	DALLMER, Olivia	SO DeSales	4.96m 16' 3 1/4"	4.96	4.95	4.62	FOUL	4.80	FOUL	2(7)	1
9	HESS, Kaitlyn	SO Stevenson	4.90m 16' 1"	4.67	4.83	4.90	4.71	FOUL	4.84	2(8)	
10	HERNANDEZ-ALBINO, Janitza	FR Eastern	4.87m 15' 11 3/4"	4.63	4.87	4.59				1(2)	
11	HOXTER, Akilah	SR Alvernia	4.87m 15' 11 3/4"	FOUL	4.55	4.87				1(5)	
12	ILIESCU, Roxy	SR Arcadia	4.83m 15' 10 1/4"	FOUL	4.83	FOUL				2(9)	
13	PELLER, Melissa	JR DeSales	4.81m 15' 9 1/2"	FOUL	4.81	FOUL				2(10)	
14	LEE, Abigal	FR Stevenson	4.80m 15' 9"	FOUL	4.80	4.20				2(11)	
15	SANTORO, Ella	JR Stevens	4.76m 15' 7 1/2"	4.49	4.44	4.76				2(12)	
16	CONTI, Abigail	FR Misericordia	4.74m 15' 6 3/4"	4.64	4.52	4.74				1(4)	
17	CRAMPTON, Catherine	FR DeSales	4.71m 15' 5 1/2"	4.48	4.71	4.69				2(13)	
18	MASONHEIMER, Paige	JR Arcadia	4.68m 15' 4 1/4"	4.55	4.68	4.55				1(5)	
19	SCHOTT, Olivia	FR Arcadia	4.62m 15' 2"	FOUL	4.62	FOUL				1(6)	
20	CASTILLO, Mylina	SO Alvernia	4.60m 15' 1 1/4"	4.42	4.60	4.34				1(7)	
21	NUSE, Angela	FR York (Pa.)	4.57m 15' 0"	4.12	4.40	4.57				1(8)	
22	WALETZKI, Nicole	JR Stevens	4.54m 14' 10 3/4"	4.18	4.54	4.48				1(9)	
23	KOWALSKI, Isabella	JR Arcadia	3.10m 10' 2"	FOUL	3.10	FOUL				1(10)	
	PERFILIO, Madelynn	SO King's (Pa.)	NM	FOUL	FOUL	FOUL				1	

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#15 Women's Long Jump (cont'd)

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
	BEKELE, Divora	JR	Eastern	NM							1	

#32 Women's Triple Jump

M	MAC Indoor Champ	12.07m	Nicole Weenink	Eastern	2/29/2020
O	MAC Indoor Overall	12.67m	Shinelle Felix	Alvernia	2024

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
1	FELIX, Shinelle	JR	Alvernia	MR 12.22m 40' 1 1/4"	FOUL	12.22	11.91	PASS	PASS	PASS	2(1)	10
2	ROBINSON, Kayla	FR	Widener	11.33m 37' 2 1/4"	11.27	PASS	PASS	11.10	11.28	11.33	2(2)	8
3	CASTILLO, Mylina	SO	Alvernia	11.08m 36' 4 1/4"	11.08	10.91	10.64	10.65	10.83	11.00	2(3)	6
4	FLEMING, Mia	FR	Arcadia	11.02m 36' 2"	10.98	10.97	10.72	FOUL	10.94	11.02	2(4)	5
5	WILLIAMS, Kristen	SR	Stevens	10.71m 35' 1 3/4"	10.61	10.48	10.71	FOUL	FOUL	FOUL	2(5)	4
6	CRAMPTON, Catherine	FR	DeSales	10.40m 34' 1 1/2"	10.32	10.35	10.30	10.21	10.40	FOUL	2(6)	3
7	HESS, Kaitlyn	SO	Stevenson	10.29m 33' 9 1/4"	FOUL	FOUL	10.29	10.15	10.09	10.23	2(7)	2
8	SANTORO, Ella	JR	Stevens	10.22m 33' 6 1/2"	9.94	10.05	10.22	10.11	10.01	9.81	2(8)	1
9	CALL, Olivia	JR	Messiah	10.21m 33' 6"	10.03	FOUL	10.17	9.93	10.08	10.21	1(1)	
10	AARON, Megan	SO	Misericordia	10.06m 33' 0 1/4"	9.53	10.06	10.05				1(2)	
11	PERFILO, Madelynn	SO	King's (Pa.)	10.00m 32' 9 3/4"	FOUL	9.71	10.00				1(3)	
12	CONTI, Abigail	FR	Misericordia	9.95m 32' 7 3/4"	9.95	9.74	9.91				1(4)	
13	HOXTER, Akilah	SR	Alvernia	9.89m 32' 5 1/2"	9.89	FOUL	9.84				2(9)	
14	GRADY, Chloe	FR	Lebanon Vall	9.79m 32' 1 1/2"	9.63	9.79	FOUL				1(5)	
15	HERNANDEZ-ALBINO, Janitza	FR	Eastern	9.75m 32' 0"	9.59	9.75	9.52				2(10)	
16	MILLER, Claire	JR	Messiah	9.57m 31' 4 3/4"	9.47	9.57	9.49				1(6)	
17	KOWALSKI, Isabella	JR	Arcadia	9.46m 31' 0 1/2"	9.27	9.46	FOUL				1(7)	
	BEKELE, Divora	JR	Eastern	NM							1	

#30 Women's Shot Put

M	MAC Indoor Champ	14.65m	Lauren Lucci	Widener	2008
O	MAC Indoor Overall	14.65m	Lauren Lucci	Widener	2008

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
1	ROBINSON, Kayla	FR	Widener	13.39m 43' 11 1/4"	12.71	13.39	PASS	PASS	PASS	PASS	2(1)	10
2	VARNER, Brandy	SO	King's (Pa.)	12.66m 41' 6 1/2"	FOUL	12.38	12.30	12.03	FOUL	12.66	2(2)	8
3	DODD, Savana	FR	Eastern	11.82m 38' 9 1/2"	9.59	11.27	11.24	11.37	11.79	11.82	2(3)	6
4	HILFERTY, Delaney	JR	King's (Pa.)	11.67m 38' 3 1/2"	11.14	10.91	10.97	11.10	11.05	11.67	2(4)	5
5	BAXTER, Donya	SO	Arcadia	11.30m 37' 1"	10.68	11.18	10.83	11.22	11.29	11.30	2(5)	4
6	REED, Caroline	SR	Lebanon Vall	11.27m 36' 11 3/4"	7.75	11.23	9.76	11.20	10.20	11.27	2(6)	3
7	BETZ, Alyssa	JR	Lebanon Vall	10.70m 35' 1 1/4"	10.19	10.67	10.69	10.70	10.33	10.29	2(7)	2
8	FELIX, Shinelle	JR	Alvernia	10.46m 34' 4"	10.38	10.02	9.75	10.46	10.21	9.98	2(8)	1
9	FERSTER, Leah	JR	Messiah	10.35m 33' 11 1/2"	10.33	10.35	10.16	FOUL	FOUL	10.08	2(9)	
10	ASSANTE, Lauren	JR	Lebanon Vall	10.33m 33' 10 3/4"	8.92	10.09	10.33				2(10)	
11	LUKOWSKI, Sophia	FR	King's (Pa.)	10.29m 33' 9 1/4"	9.99	10.29	10.23				2(11)	
12	MCCLELLAND, Veronica	SO	King's (Pa.)	10.17m 33' 4 1/2"	9.48	10.17	FOUL				2(12)	
13	KIRK, Caitlin	FR	King's (Pa.)	10.15m 33' 3 3/4"	10.03	10.15	9.75				2(13)	
14	HARNOIS, Sofia	SO	York (Pa.)	9.96m 32' 8 1/4"	9.90	9.53	9.96				1(1)	
15	ZECHMAN, Taileen	SR	Hood	9.77m 32' 0 3/4"	9.77	9.45	9.35				1(2)	
16	BELLOMO, Gabby	JR	Misericordia	9.75m 32' 0"	9.75	9.39	9.52				1(3)	

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#30 Women's Shot Put (cont'd)

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F (Pl)	Pts
17	PLECHNER, Greta		SO Lebanon Vall	9.64m 31' 7 ¹ / ₂ "	9.64	8.71	9.19				1(4)	
18	BUSSEY, Meghan		SO Lebanon Vall	9.59m 31' 5 ³ / ₄ "	8.60	9.15	9.59				1(5)	
19	COX, Amyah		FR Stevenson	9.44m 30' 11 ³ / ₄ "	9.44	9.12	7.92				1(6)	
20	WILDASIN, Reagan		FR Stevenson	9.38m 30' 9 ¹ / ₄ "	8.97	9.38	9.08				1(7)	
21	MATHEWS, Laura		SR Stevens	9.35m 30' 8 ¹ / ₄ "	9.35	FOUL	FOUL				1(8)	
22	MULIAWAN, Ashley		SR Stevens	9.32m 30' 7"	8.65	9.32	8.46				1(9)	
23	KLINE, Emma		FR Eastern	9.31m 30' 6 ¹ / ₂ "	8.82	9.31	8.72				1(10)	
24	KING, Kaitlin		SO York (Pa.)	8.68m 28' 5 ³ / ₄ "	7.74	8.68	8.65				1(11)	
25	BOCHICCHIO, Izabella		FR Misericordia	8.52m 27' 11 ¹ / ₂ "	FOUL	8.52	FOUL				1(12)	

#11 Women's Weight Throw

M MAC Indoor Champ 17.32m Brenna Karnish Misericordia 2/25/2022 Tom & Helen
O MAC Indoor Overall 17.83m Danika Ani Stevenson 2020

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F (Pl)	Pts
1	SHOEMAKER, Katelyn		SO King's (Pa.)	15.58m 51' 1 ¹ / ₂ "	15.10	14.55	14.45	15.56	FOUL	15.58	3(1)	10
2	RODRIGUEZ, Isabel		SO Widener	14.81m 48' 7 ¹ / ₄ "	14.32	14.53	14.26	13.98	14.56	14.81	3(2)	8
3	BELLOMO, Gabby		JR Misericordia	14.60m 47' 11"	FOUL	14.10	14.60	14.60	14.34	13.91	3(3)	6
4	HILFERTY, Delaney		JR King's (Pa.)	14.02m 46' 0"	14.02	FOUL	FOUL	FOUL	FOUL	13.19	3(4)	5
5	BELLUCCI, Anna		SR King's (Pa.)	13.77m 45' 2 ¹ / ₄ "	13.05	13.64	13.77	12.80	12.88	13.50	3(5)	4
6	FERSTER, Leah		JR Messiah	13.74m 45' 1"	13.06	13.74	FOUL	FOUL	FOUL	13.06	3(6)	3
7	HARNOIS, Sofia		SO York (Pa.)	13.70m 44' 11 ¹ / ₂ "	12.75	FOUL	13.70	12.77	12.96	11.12	3(7)	2
8	JONES, Kaitlyn		JR Delaware Vall	13.68m 44' 10 ³ / ₄ "	12.44	13.16	13.68	13.10	12.74	12.79	3(8)	1
9	KIRK, Caitlin		FR King's (Pa.)	13.49m 44' 3 ¹ / ₄ "	13.34	13.49	12.75	13.18	FOUL	13.24	3(9)	
10	BUSSEY, Meghan		SO Lebanon Vall	13.35m 43' 9 ³ / ₄ "	13.11	13.23	13.35				2(1)	
11	DODD, Savana		FR Eastern	12.97m 42' 6 ³ / ₄ "	12.97	12.86	FOUL				3(10)	
12	ALTMAN, Sydney		SO Widener	12.95m 42' 6"	12.95	FOUL	FOUL				2(2)	
13	SHERWOOD, Hailey		FR York (Pa.)	12.84m 42' 1 ¹ / ₂ "	FOUL	12.84	12.20				3(11)	
14	MYERS, Zoe		JR York (Pa.)	12.70m 41' 8"	12.70	11.85	12.06				2(3)	
15	ZECHMAN, Taileen		SR Hood	12.17m 39' 11 ¹ / ₄ "	12.17	FOUL	11.00				2(4)	
16	CROWLEY, Rhian		FR King's (Pa.)	12.14m 39' 10"	12.14	11.83	11.31				2(5)	
17	MULIAWAN, Ashley		SR Stevens	11.99m 39' 4"	FOUL	11.99	FOUL				2(6)	
18	AGBEMBLE, Kyrrah		SO Stevenson	11.87m 38' 11 ¹ / ₂ "	11.24	11.23	11.87				2(7)	
19	STEENSTRA, Jaclyn		FR Messiah	11.10m 36' 5"	FOUL	11.10	10.80				2(8)	
20	PORTELLI, Catherine		JR Arcadia	11.08m 36' 4 ¹ / ₄ "	11.08	10.14	10.20				2(9)	
21	KING, Kaitlin		SO York (Pa.)	10.36m 34' 0"	10.16	10.36	FOUL				1(1)	
22	BAXTER, Donya		SO Arcadia	10.31m 33' 10"	FOUL	9.12	10.31				2(10)	
23	KUJAWA, Karissa		SO Arcadia	10.28m 33' 8 ³ / ₄ "	9.33	10.14	10.28				1(2)	
24	BOCHICCHIO, Izabella		FR Misericordia	10.21m 33' 6"	9.81	10.21	FOUL				2(11)	
25	MANIDIS, Sophia		FR DeSales	10.03m 32' 11"	9.18	10.03	9.36				1(3)	
26	GUAGENTI, Cara		SO Stevenson	9.78m 32' 1"	9.15	9.64	9.78				1(4)	
27	KLINE, Emma		FR Eastern	9.68m 31' 9 ¹ / ₄ "	9.06	9.68	9.35				1(5)	
28	DEATRICK, Claire		FR Stevens	9.57m 31' 4 ³ / ₄ "	9.39	9.57	9.48				1(6)	
29	WILDASIN, Reagan		FR Stevenson	9.51m 31' 2 ¹ / ₂ "	9.51	8.53	8.93				1(7)	
30	OSEAGULU, Nneoma		FR Stevenson	9.31m 30' 6 ¹ / ₂ "	9.31	8.75	8.51				2(12)	
31	WINTERS, Jasmine		FR Stevenson	9.31m 30' 6 ¹ / ₂ "	FOUL	7.11	9.31				1(8)	
32	WALKER, Jillian		FR Widener	9.06m 29' 8 ³ / ₄ "	8.38	9.06	9.04				1(9)	

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#11 Women's Weight Throw (cont'd)

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F (Pl)	Pts
33	SVENDSEN, Brittney		FR Delaware Vall	8.74m 28' 8 ¹ / ₄ "	FOUL	FOUL	8.74					1(10)
34	ANTICO, Amanda		JR Stevens	7.67m 25' 2"	7.67	FOUL	FOUL					1(11)
	BAUKAL, Anna		FR Widener	NM	FOUL	FOUL	FOUL					1
	ASSANTE, Lauren		JR Lebanon Vall	NM	FOUL	FOUL	FOUL					3

#38 Women's Indoor Pentathlon

Pl	Name	Points	60H	High Jump	Shot Put	Long Jump	800
1	ROBINSON, Kayla Widener	3143	10.33	1.51m 4' 11 ¹ / ₂ "	12.57m 41' 3"	5.21m 17' 1 ¹ / ₄ "	2:42.60
	Team Points: 10		652	632	699	617	543
2	KERVICK, Theresa Widener	2932	10.04	1.45m 4' 9"	9.34m 30' 7 ³ / ₄ "	4.83m 15' 10 ¹ / ₄ "	2:32.60
	Team Points: 8		705	566	486	514	661
3	ZULTEVICZ, Victori King's (Pa.)	2641	9.77	1.36m 4' 5 ¹ / ₂ "	9.23m 30' 3 ¹ / ₂ "	4.73m 15' 6 ¹ / ₄ "	2:51.43
	Team Points: 6		756	470	479	487	449
4	HAMLEN, Natalie Messiah	2633	10.48	1.33m 4' 4 ¹ / ₄ "	8.99m 29' 6"	4.52m 14' 10"	2:31.71
	Team Points: 5		625	439	464	433	672
5	BELL, Sydni Widener	2279	9.87	1.33m 4' 4 ¹ / ₄ "	8.19m 26' 10 ¹ / ₂ "	4.70m 15' 5"	3:18.59
	Team Points: 4		737	439	412	479	212
6	WEGMAN, Carolina Lebanon Valley	2271	11.64	1.54m 5' 0 ¹ / ₂ "	8.56m 28' 1"	4.74m 15' 6 ³ / ₄ "	3:14.41
	Team Points: 3		436	666	436	490	243
7	GIBSON, Giovanni Alvernia	2204	10.51	1.24m 4' 0 ³ / ₄ "	6.94m 22' 9 ¹ / ₄ "	4.70m 15' 5"	2:53.91
	Team Points: 2		620	350	331	479	424
8	SCHOTT, Olivia Arcadia	2173	10.96	1.36m 4' 5 ¹ / ₂ "	6.05m 19' 10 ¹ / ₄ "	4.76m 15' 7 ¹ / ₂ "	2:57.30
	Team Points: 1		543	470	274	495	391
9	DALLMER, Olivia DeSales	2128	12.24	1.48m 4' 10 ¹ / ₄ "	5.81m 19' 0 ³ / ₄ "	5.07m 16' 7 ³ / ₄ "	3:02.59
			351	599	259	578	341
10	DOUGHER, Marissa Arcadia	2080	10.57	1.27m 4' 2"	6.89m 22' 7 ¹ / ₄ "	4.20m 13' 9 ¹ / ₂ "	2:55.39
			609	379	328	355	409
11	WILLIAMS, Margare Albright	2003	12.35	1.30m 4' 3 ¹ / ₄ "	8.66m 28' 5"	4.28m 14' 0 ¹ / ₂ "	2:52.10
			336	409	442	374	442
12	JONES, Emma Mae Arcadia	1856	12.19	1.33m 4' 4 ¹ / ₄ "	7.18m 23' 6 ³ / ₄ "	4.34m 14' 3"	3:04.40
			357	439	347	388	325
13	CASTILLO, Gloria Hood	1567	11.92	NH	7.60m 24' 11 ¹ / ₄ "	4.61m 15' 1 ¹ / ₂ "	3:02.52
			395		374	456	342

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#38-1 Women's Indoor Pentathlon 60m Hurdles

M	MAC Indoor Champ	8.60	Laura Mathews	Stevens	2/24/2023	Tom & Helen
O	MAC Indoor Overall	8.51	Mathews, Laura	Stevens	2/25/2022	NCAA Prelims

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	ZULTEVICZ, Victoria		JR King's (Pa.)	9.77		1(1)	756
2	BELL, Sydney		SO Widener	9.87		1(2)	737
3	KERVICK, Theresa		SO Widener	10.04		2(1)	705
4	ROBINSON, Kayla		FR Widener	10.33		1(3)	652
5	HAMLEN, Natalie		JR Messiah	10.48		2(2)	625
6	GIBSON, Giavanni		FR Alvernia	10.51		1(4)	620
7	DOUGHER, Marissa		SO Arcadia	10.57		2(3)	609
8	SCHOTT, Olivia		FR Arcadia	10.96		3(1)	543
9	WEGMAN, Carolina		SO Lebanon Valley	11.64		3(2)	436
10	CASTILLO, Gloria		JR Hood	11.92		4(1)	395
11	JONES, Emma Mae		SO Arcadia	12.19		4(2)	357
12	DALLMER, Olivia		SO DeSales	12.24		4(3)	351
13	WILLIAMS, Margaret		SO Albright	12.35		3(3)	336

Women's Indoor Pentathlon After 1 Events

Pl	Athlete	Yr	Team	Points
1	ZULTEVICZ, Victori	JR	King's (Pa.)	756
2	BELL, Sydney	SO	Widener	737
3	KERVICK, Theresa	SO	Widener	705
4	ROBINSON, Kayla	FR	Widener	652
5	HAMLEN, Natalie	JR	Messiah	625
6	GIBSON, Giavanni	FR	Alvernia	620
7	DOUGHER, Marissa	SO	Arcadia	609
8	SCHOTT, Olivia	FR	Arcadia	543
9	WEGMAN, Carolina	SO	Lebanon Valley	436
10	CASTILLO, Gloria	JR	Hood	395
11	JONES, Emma Mae	SO	Arcadia	357
12	DALLMER, Olivia	SO	DeSales	351
13	WILLIAMS, Margare	SO	Albright	336

#38-2 Women's Indoor Pentathlon High Jump

M	MAC Indoor Champ	1.71m	Taylor Wiederrecht	Messiah	2/23/2019
O	MAC Indoor Overall	1.76m	Ashlee Ward	Misericordia	2014

Pl	Name	Yr	Team	Mark	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	Pts
1	WEGMAN, Carolina		SO Lebanon Vall	1.54m 5' 0 1/2	P	O	P	P	O	XO	O	XO	XXO	XXX	666
2	ROBINSON, Kayla		FR Widener	1.51m 4' 11 1/2	P	O	P	P	O	O	XXO	O	XXX		632
3	DALLMER, Olivia		SO DeSales	1.48m 4' 10 1/4	P	O	P	P	XO	O	O	XXX			599
4	KERVICK, Theresa		SO Widener	1.45m 4' 9"	O	O	O	O	XO	XXO	XXX				566
5	SCHOTT, Olivia		FR Arcadia	1.36m 4' 5 1/2	O	XO	O	XXX							470
6	ZULTEVICZ, Victoria		JR King's (Pa.)	1.36m 4' 5 1/2	XO	O	XO	XXX							470
7	HAMLEN, Natalie		JR Messiah	1.33m 4' 4 1/4	P	O	XXX								439
8	BELL, Sydney		SO Widener	1.33m 4' 4 1/4	XO	O	XXX								439
9	JONES, Emma Mae		SO Arcadia	1.33m 4' 4 1/4	XO	O	XXX								439
10	WILLIAMS, Margaret		SO Albright	1.30m 4' 3 1/4	O	XXX									409

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#38-2 Women's Indoor Pentathlon High Jump (cont'd)

Pl	Name	Yr Team	Mark	1.15	1.18	1.21	1.24	1.27	Pts
11	DOUGHER, Marissa	SO Arcadia	1.27m 4' 2"	XXX					379
2	ROBINSON, Kayla	FR Widener	(cont'd)	P	P	P	P	O	632
4	KERVICK, Theresa	SO Widener	(cont'd)	P	P	P	P	O	566
5	SCHOTT, Olivia	FR Arcadia	(cont'd)	P	P	XO	O	XO	470
6	ZULTEVICZ, Victoria	JR King's (Pa.)	(cont'd)	P	P	P	P	XO	470
8	BELL, Sydney	SO Widener	(cont'd)	P	P	P	O	XO	439
9	JONES, Emma Mae	SO Arcadia	(cont'd)	P	P	O	XXO	P	439
10	WILLIAMS, Margaret	SO Albright	(cont'd)	P	P	P	P	XO	409
11	DOUGHER, Marissa	SO Arcadia	1.27m 4' 2"	O	O	O	O	O	379
12	GIBSON, Giavanni	FR Alvernia	1.24m 4' 0 ³ / ₄	XO	O	O	XO	XXX	350
	CASTILLO, Gloria	JR Hood	NH	XXX					

Women's Indoor Pentathlon After 2 Events

Pl	Athlete	Yr Team	Points
1	ROBINSON, Kayla	FR Widener	1284
2	KERVICK, Theresa	SO Widener	1271
3	ZULTEVICZ, Victori	JR King's (Pa.)	1226
4	BELL, Sydney	SO Widener	1176
5	WEGMAN, Carolina	SO Lebanon Valley	1102
6	HAMLEN, Natalie	JR Messiah	1064
7	SCHOTT, Olivia	FR Arcadia	1013
8	DOUGHER, Marissa	SO Arcadia	988
9	GIBSON, Giavanni	FR Alvernia	970
10	DALLMER, Olivia	SO DeSales	950
11	JONES, Emma Mae	SO Arcadia	796
12	WILLIAMS, Margare	SO Albright	745
13	CASTILLO, Gloria	JR Hood	395

#38-3 Women's Indoor Pentathlon Shot Put

Pl	Name	Yr Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
M	MAC Indoor Champ	14.65m	Lauren Lucci	Widener						2008
O	MAC Indoor Overall	14.65m	Lauren Lucci	Widener						2008
1	ROBINSON, Kayla	FR Widener	12.57m 41' 3"	12.25	12.57	FOUL				699
2	KERVICK, Theresa	SO Widener	9.34m 30' 7 ³ / ₄	8.83	9.34	8.81				486
3	ZULTEVICZ, Victoria	JR King's (Pa.)	9.23m 30' 3 ¹ / ₂	8.18	8.49	9.23				479
4	HAMLEN, Natalie	JR Messiah	8.99m 29' 6"	8.99	7.86	8.56				464
5	WILLIAMS, Margaret	SO Albright	8.66m 28' 5"	FOUL	8.66	8.64				442
6	WEGMAN, Carolina	SO Lebanon Vall	8.56m 28' 1"	8.33	8.18	8.56				436
7	BELL, Sydney	SO Widener	8.19m 26' 10 ¹ / ₂	7.96	8.19	7.88				412
8	CASTILLO, Gloria	JR Hood	7.60m 24' 11 ¹ / ₄	7.51	7.60	7.42				374
9	JONES, Emma Mae	SO Arcadia	7.18m 23' 6 ³ / ₄	7.00	7.00	7.18				347
10	GIBSON, Giavanni	FR Alvernia	6.94m 22' 9 ¹ / ₄	6.47	6.94	6.93				331
11	DOUGHER, Marissa	SO Arcadia	6.89m 22' 7 ¹ / ₄	6.89	6.38	6.06				328
12	SCHOTT, Olivia	FR Arcadia	6.05m 19' 10 ¹ / ₄	5.75	FOUL	6.05				274
13	DALLMER, Olivia	SO DeSales	5.81m 19' 0 ³ / ₄	5.81	4.87	5.76				259

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Women's Indoor Pentathlon After 3 Events

Pl	Athlete	Yr	Team	Points
1	ROBINSON, Kayla	FR	Widener	1983
2	KERVICK, Theresa	SO	Widener	1757
3	ZULTEVICZ, Victori	JR	King's (Pa.)	1705
4	BELL, Sydni	SO	Widener	1588
5	WEGMAN, Carolina	SO	Lebanon Valley	1538
6	HAMLEN, Natalie	JR	Messiah	1528
7	DOUGHER, Marissa	SO	Arcadia	1316
8	GIBSON, Giavanni	FR	Alvernia	1301
9	SCHOTT, Olivia	FR	Arcadia	1287
10	DALLMER, Olivia	SO	DeSales	1209
11	WILLIAMS, Margare	SO	Albright	1187
12	JONES, Emma Mae	SO	Arcadia	1143
13	CASTILLO, Gloria	JR	Hood	769

#38-4 Women's Indoor Pentathlon Long Jump

M	MAC Indoor Champ	5.80m	Nicole Weenink	Eastern	2/28/2020
M	MAC Indoor Champ	5.80m	Olivia Jendrzejewski	Lebanon Valley	2/25/2017
O	MAC Indoor Overall	5.80m	Nicole Weenink	Eastern	2020
O	MAC Indoor Overall	5.80m	Olivia Jendrzejewski	Lebanon Valley	2017
O	MAC Indoor Overall	5.80m	Oniesha Clarke	Misericordia	2017

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	ROBINSON, Kayla	FR	Widener	5.21m 17' 1 ¹ / ₄	5.21	FOUL	5.04				617
2	DALLMER, Olivia	SO	DeSales	5.07m 16' 7 ³ / ₄	5.03	5.07	4.79				578
3	KERVICK, Theresa	SO	Widener	4.83m 15' 10 ¹ / ₄	4.71	4.83	4.76				514
4	SCHOTT, Olivia	FR	Arcadia	4.76m 15' 7 ¹ / ₂	4.72	4.64	4.76				495
5	WEGMAN, Carolina	SO	Lebanon Vall	4.74m 15' 6 ³ / ₄	4.37	4.58	4.74				490
6	ZULTEVICZ, Victoria	JR	King's (Pa.)	4.73m 15' 6 ¹ / ₄	FOUL	4.73	FOUL				487
7	BELL, Sydni	SO	Widener	4.70m 15' 5"	4.64	4.70	4.68				479
8	GIBSON, Giavanni	FR	Alvernia	4.70m 15' 5"	FOUL	4.70	4.48				479
9	CASTILLO, Gloria	JR	Hood	4.61m 15' 1 ¹ / ₂	4.56	4.61	4.18				456
10	HAMLEN, Natalie	JR	Messiah	4.52m 14' 10"	4.48	4.41	4.52				433
11	JONES, Emma Mae	SO	Arcadia	4.34m 14' 3"	4.25	4.23	4.34				388
12	WILLIAMS, Margaret	SO	Albright	4.28m 14' 0 ¹ / ₂	4.09	4.28	4.27				374
13	DOUGHER, Marissa	SO	Arcadia	4.20m 13' 9 ¹ / ₂	4.19	4.20	4.16				355

Women's Indoor Pentathlon After 4 Events

Pl	Athlete	Yr	Team	Points
1	ROBINSON, Kayla	FR	Widener	2600
2	KERVICK, Theresa	SO	Widener	2271
3	ZULTEVICZ, Victori	JR	King's (Pa.)	2192
4	BELL, Sydni	SO	Widener	2067
5	WEGMAN, Carolina	SO	Lebanon Valley	2028
6	HAMLEN, Natalie	JR	Messiah	1961
7	DALLMER, Olivia	SO	DeSales	1787
8	SCHOTT, Olivia	FR	Arcadia	1782
9	GIBSON, Giavanni	FR	Alvernia	1780

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RESULTS**Women's Indoor Pentathlon After 4 Events (cont'd)**

Pl	Athlete	Yr	Team	Points
10	DOUGHER, Marissa	SO	Arcadia	1671
11	WILLIAMS, Margare	SO	Albright	1561
12	JONES, Emma Mae	SO	Arcadia	1531
13	CASTILLO, Gloria	JR	Hood	1225

#38-5 Women's Indoor Pentathlon 800 Meters

M	MAC Indoor Champ	2:11.80	Esther Seeland	Messiah	2/25/2022	Tom & Helen
O	MAC Indoor Overall	2:05.39	Esther Seeland	Messiah	2022	NCAA DIII Record

Pl	Name	Yr	Team	Time	Note	Pts
1	HAMLEN, Natalie		JR Messiah	2:31.71		672
	36.66	39.27 (1:15.92)	38.55 (1:54.47)	37.25 (2:31.71)		
2	KERVICK, Theresa		SO Widener	2:32.60		661
	36.99	39.34 (1:16.33)	39.23 (1:55.55)	37.05 (2:32.60)		
3	ROBINSON, Kayla		FR Widener	2:42.60		543
	38.32	40.28 (1:18.59)	43.40 (2:01.99)	40.62 (2:42.60)		
4	ZULTEVICZ, Victoria		JR King's (Pa.)	2:51.43		449
	37.29	40.42 (1:17.71)	45.98 (2:03.69)	47.75 (2:51.43)		
5	WILLIAMS, Margaret		SO Albright	2:52.10		442
	38.05	41.79 (1:19.83)	48.39 (2:08.22)	43.89 (2:52.10)		
6	GIBSON, Giavanni		FR Alvernia	2:53.91		424
	41.84	45.83 (1:27.66)	46.49 (2:14.14)	39.77 (2:53.91)		
7	DOUGHER, Marissa		SO Arcadia	2:55.39		409
	36.38	41.88 (1:18.26)	49.69 (2:07.94)	47.46 (2:55.39)		
8	SCHOTT, Olivia		FR Arcadia	2:57.30		391
	43.54	42.81 (1:26.34)	46.18 (2:12.52)	44.79 (2:57.30)		
9	CASTILLO, Gloria		JR Hood	3:02.52		342
	40.32	45.67 (1:25.98)	51.01 (2:16.99)	45.54 (3:02.52)		
10	DALLMER, Olivia		SO DeSales	3:02.59		341
	44.55	47.49 (1:32.04)	48.32 (2:20.36)	42.23 (3:02.59)		
11	JONES, Emma Mae		SO Arcadia	3:04.40		325
	37.67	42.67 (1:20.33)	52.14 (2:12.47)	51.93 (3:04.40)		
12	WEGMAN, Carolina		SO Lebanon Valley	3:14.41		243
	43.89	47.74 (1:31.63)	54.45 (2:26.07)	48.34 (3:14.41)		
13	BELL, Sydni		SO Widener	3:18.59		212
	41.81	46.09 (1:27.90)	53.74 (2:21.63)	56.96 (3:18.59)		

Women's Indoor Pentathlon After 5 Events

Pl	Athlete	Yr	Team	Points
1	ROBINSON, Kayla	FR	Widener	3143
2	KERVICK, Theresa	SO	Widener	2932
3	ZULTEVICZ, Victori	JR	King's (Pa.)	2641
4	HAMLEN, Natalie	JR	Messiah	2633
5	BELL, Sydni	SO	Widener	2279
6	WEGMAN, Carolina	SO	Lebanon Valley	2271
7	GIBSON, Giavanni	FR	Alvernia	2204
8	SCHOTT, Olivia	FR	Arcadia	2173
9	DALLMER, Olivia	SO	DeSales	2128

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RESULTS**Women's Indoor Pentathlon After 5 Events (cont'd)**

Pl	Athlete	Yr	Team	Points
10	DOUGHER, Marissa	SO	Arcadia	2080
11	WILLIAMS, Margare	SO	Albright	2003
12	JONES, Emma Mae	SO	Arcadia	1856
13	CASTILLO, Gloria	JR	Hood	1567

Men's Scores

Pl	Team	Code	Score
1	Lebanon Valley	LEBA	104
2	Widener	WIDE	91
3	Stevens	STEV	79.5
4	DeSales	DESA	75
5	Misericordia	MISE	69
6	Messiah	MESS	49.5
7	Stevenson	STMD	39
8	York (Pa.)	YOPA	37
9	Alvernia	ALVE	35
9	Eastern	EAPA	35
11	Hood	HOOD	31.5
12	Delaware Valley	DEVA	26
13	Arcadia	ARCA	24.5
14	King's (Pa.)	KING	22
15	FDU-Florham	FDUF	16
16	Albright	ALBR	6

Women's Scores

Pl	Team	Code	Score
1	Widener	WIDE	177
2	Stevens	STEV	129.5
3	Lebanon Valley	LEBA	99.5
4	Misericordia	MISE	70
5	Messiah	MESS	59
6	King's (Pa.)	KING	51
7	Alvernia	ALVE	47
8	Arcadia	ARCA	28
9	Eastern	EAPA	25
10	Delaware Valley	DEVA	19
11	DeSales	DESA	18
12	York (Pa.)	YOPA	10
13	Stevenson	STMD	4
13	Albright	ALBR	4