

MEN

1. Mt. St. Marys 183
2. Rider 127
3. Monmouth 79
4. St. Francis (Brklyn) 56
5. Fairleigh Dickinson 41
6. Robert Morris 36
7. Wagner 24
8. Marist 21
9. Long Is. U. 20
10. St. Francis U. 2

1996

May 4-5

Emmitsburg, MD

Shot Put

1. Lou Gordon (FDU) 15.78m
2. Adam Slaninko (RID) 15.70
3. David Monro (RID)..... 14.96
4. Keno Chambers (SFBK) 14.52
5. Gino DiRico (SFBK) 13.94
6. Matt Distlehurst (RID) 13.78

Discus

1. David Monroe (MON) 41.42m
2. Adam Slaninko (RID) 40.82
3. Bill Schultheis (RMU) 40.30
4. Matt Distlehurst (RID) 39.78
5. Keno Chambers (SFBK) 39.52
6. Marrcus McCaleb (RMU) 39.52

Javelin

1. Okem Ngumezi (RID)..... 53.52
2. Geoff Stetler (MSM) 51.60
3. Adam Phippen (MSM) 50.64
4. Sean Irving (WAG)..... 50.58
5. Brian Cleary (RMU) 46.42
6. Matt Ortego (SFU)..... 43.70

Pole Vault

1.	Eddison Toby (MSM)	4.20m
2.	Mark Brennan (MSM)	4.05
	Scott Boegner (RID)	4.05
	Jason King (MSM)	4.05
5.	Matthew Hawksley (MSM)	3.75
6.	Brian Conroy (FDU)	3.60

High Jump

1.	Garyl Moore (RID)	2.11m
2.	Jason Fennes (MON)	2.06
3.	Eddison Toby (MSM)	2.01
4.	Matthew Hawksley (MSM)	1.96
	Larry McMillian (FDU)	1.96
6.	Amedo Maeterantoni (RMU)	1.86

Long Jump

1.	Jason Fennes (MON)	7.11m
2.	Ryan Cooper (RMU)	6.84
3.	Aaron Finley (RID)	6.80
4.	Matthew Hawksley (MSM)	6.75
5.	Perry Whitaker (FDU)	6.68
6.	Eddison Toby (MSM)	6.46

Triple Jump

1.	Garyl Moore (RID)	14.21
2.	Aaron Finley (RID)	14.14
3.	Mike Jenkins (RMU)	13.77
4.	Daryl Witten (RMU)	13.55
5.	Eddison Toby (MSM)	13.26
6.	Mark Brennan (MSM)	12.92

100 Meters

1.	Lamont Benjamin (LIU)	10.87
2.	Jamal Simms (MSM)	10.89
3.	Gary Gooden (SFBK)	11.03
4.	Darrell Braswell (FDU)	11.16
5.	Bernardo Phipps (SFBK)	11.21
6.	James Guardino (WAG)	11.36

110 Meter Hurdles

1.	Gary Gooden (SFBK)	14.35
2.	Jason Fennes (MON)	15.00
3.	DeLonte Perkins (RMU)	15.44
4.	James Guardino (WAG)	15.55
5.	Eric Eberman (RID)	15.89
6.	Peter Lee (SFU)	15.96

200 Meters

1.	Lamont Benjamin (LIU)	21.90
2.	Gary Gooden (SFBK)	22.05
3.	Cliff Wong (MSM)	22.06
4.	Newel Scoon (MSM)	22.30
5.	Jamal Simms (MSM)	22.58
6.	Darrell Braswell (FDU)	22.65

400 Meters

1.	Cliff Wong (MSM)	48.44
2.	Andrew Hepkins (WAG)	48.52
3.	Clyde Edwards (MSM)	48.82
4.	Chris Tarello (RID)	48.90
5.	Bruce Johnson (RID)	49.38
6.	Jim Angermeier (MON)	50.06

400 Meter Hurdles

1.	Jason Fennes (MON)	52.82
2.	Eddison Toby (MSM)	53.66
3.	Fritz Voltaire (SFBK)	54.67
4.	Matthew Hawksley (MSM)	55.69
5.	John Ordway (RID)	55.77
6.	Jay Resio (RMU)	56.17

800 Meters

1.	Chris Mills (SFBK)	1:51.39
2.	Jason Muller (MON)	1:52.30
3.	Mark McKithen (RID)	1:52.91
4.	Ron Brock (RID)	1:53.27
5.	Felix Olivo (MON)	1:53.76
6.	Mark Loughran (RID)	1:54.46

1500 Meters

1.	Ron Brock (RID)	3:50.95
2.	Aaron Price (MSM)	3:53.28
3.	Jesse Breeden (RID)	3:54.47
4.	Moses Mekbebe (FDU)	3:56.79
5.	Felix Olivo (MON)	3:56.98
6.	Mark Lampert (RID)	3:57.35

5000 Meters

1.	Aaron Price (MSM)	15:19.72
2.	Michael Melfi (MAR)	15:27.80
3.	Jesse Breeden (RID)	15:32.97
4.	Shawn McElhaugh (MSM)	15:35.80
5.	Josh Horner (MON)	15:37.12
6.	Patrick Hennigan (FDU)	15:43.18

4x100 Meter Relay

1.	Mount St. Mary's	41.28
2.	FDU	42.34
3.	Wagner	42.98
4.	Rider	42.99
5.	St. Francis Brooklyn	43.11
6.	Robert Morris	43.23

4x400 Meter Relay

1.	Mount St. Mary's	3:14.13
2.	Rider	3:15.05
3.	FDU	3:16.46
4.	St. Francis Brooklyn	3:17.05
5.	Monmouth	3:20.32
6.	Wagner	3:24.10

3,000 Meter Steeplechase

1.	Rich Bush (MSM)	9:19.36
2.	Adam Manewll (MON)	9:23.36
3.	Patrick Casey (MAR)	9:44.26
4.	Ryan Walsh (MSM)	9:56.93
5.	Rui Nogueira (FDU)	10:02.27
6.	Shawn Brock (RID)	10:06.85

10,000 Meters

1.	Bernard Kitur (MSM)	32:13.00
2.	Shawn McElhaugh (MSM)	33:00.90
3.	Michael Melfi (MAR)	33:17.00
4.	Ryan Walsh (MSM)	33:35.80
5.	Josh Horner (MON)	33:56.70
6.	Todd Coulson (MAR)	35:35.40

WOMEN

1. Mt. St. Marys 171
2. Fairleigh Dickinson 92
3. Rider 78
4. Monmouth 41
5. Long Is. U. 40
6. Marist 38
6. Robert Morris 38
8. Wagner 28
9. St. Francis U. 19
10. St. Francis (Brklyn) 13

1996

May 4-5

Emmitsburg, MD

Shot Put

1. Alicia Conquest (WAG)..... 12.38m
2. Jenicka Carter (RID)..... 11.66
3. Denitra Seals (FDU)..... 11.38
4. Mary Kate McGonigle (SFU) 11.08
5. Karen Steiner (RID) 10.90
6. Lynda White (LIU) 10.38

Discus

1. Alicia Conquest (WAG)..... 38.30m
2. Denitra Seals (FDU)..... 34.60
3. Karen Steiner (RID) 33.60
4. Jenicka Carter (RID)..... 32.94
5. Mary Kate McGonigle (SFU) 31.76
6. Melissa Ferrari (WAG)..... 31.66

Javelin

1. Kathleen Guimes (RID)..... 34.50m
2. Anu Ades (MON) 33.58
3. Stephanie McGill (SFU) 33.00
4. Rachel Turner (WAG)..... 29.60
5. Melissa Ferrari (WAG)..... 29.48
6. Marie Greaux (MON)..... 29.46

High Jump

1. Michelle Herring (FDU)..... 1.63m
2. Jen Molinelli (RID)..... 1.63
3. Georgia Dahulich (MSM)..... 1.58
4. Melissa Williamson (MSM) 1.58
5. Marie Greaux (MON)..... 1.53
6. Nadine Simon (MAR) 1.53

Long Jump

1. Sharline White (FDU)..... 5.96m
2. Gamiliah Johnson (MON)..... 5.37
3. Jen Hettell (RID) 5.16
4. Jennifer Billups (RID)..... 5.04
5. Cara Oliver (LIU) 5.03
6. Natalie Moore (MON) 5.03

Triple Jump

1. Sharline White (FDU)..... 12.50m
2. Jennifer Billups (RID)..... 11.07
3. Stacey Ritter (RMU)..... 10.27
4. Jennifer Hettel (RID) 10.25
5. Gamiliah Johnson (MON)..... 10.25
6. Kim Cerullo (RMU) 9.65

100 Meters

1. Cheryl Coleman (MSM).....	12.43
2. Natwon Harp (FDU).....	12.73
3. Natalie Moore (MON).....	12.81
4. Tisha Jackson (RID).....	12.82
5. Sharline White (FDU).....	12.83
6. Yolanda Shakespeare (RMU).....	13.08

100 Meter Hurdles

1. Natwon Harp (FDU).....	14.48
2. Stephanie Toomer (FDU).....	14.92
3. Lisa Whetro (RMU).....	15.08
4. Aisha Stevens (MSM).....	15.51
5. Lynda White (LIU).....	15.63
6. Tawana Headen (SFBK).....	15.76

200 Meters

1. Lisa Kaiser (MSM).....	25.26
2. Cheryl Coleman (MSM).....	25.71
3. Tiphani McKee (RMU).....	25.93
4. Tisha Franklin (LIU).....	26.08
5. Tracia Barnes (FDU).....	26.44
6. Christina Rak (RID).....	27.56

400 Meters

1. Lisa Kaiser (MSM).....	56.43
2. Tracia Barnes (FDU).....	57.48
3. Joanne Philippe (SFBK).....	59.36
4. Linda Wilson (RID).....	59.87
5. Nakia Humphrey (RID).....	1:00.22
6. Shaya Knox (WAG).....	1:00.42

400 Meter Hurdles

1. Aisha Stevens (MSM).....	1:00.56
2. Faith Bynoe (LIU).....	1:05.99
3. Jamie Kuhne (MON).....	1:08.63
4. Michelle Zielinski (RMU).....	1:11.21
5. Tiffany Cordiak (RMU).....	1:12.66
6. Mary Arnstein (SFU).....	1:12.88

800 Meters

1. Heather Moul (MSM).....	2:12.81
2. Robin Kloster (MSM).....	2:17.92
3. Alison Murray (MAR).....	2:18.78
4. Sheila Valentine (MSM).....	2:19.55
5. Janine Minehan (RID).....	2:21.91
6. Lauren Davila (LIU).....	2:24.79

1500 Meters

1. Robin Kloster (MSM).....	4:32.46
2. Jess Totaro (MSM).....	4:49.85
3. Heather Moul (MSM).....	4:50.16
4. Lauren Davila (LIU).....	4:56.25
5. Meredith Halstead (MAR).....	4:58.00
6. Beth Chaffee (RID).....	4:58.17

3000 Meters

1. Jess Totaro (MSM).....	10:36.43
2. Rebeccah Wassner (MSM).....	10:36.44
3. Amy DeBor (MSM).....	10:45.05
4. Kathleen Woodson (MAR).....	11:01.46
5. Jennifer Flood (MON).....	11:06.99
6. Meredith Halstead (MAR).....	11:10.08

5000 Meters

1. Rebecca Wassner (MSM).....	17:58.30
2. Amy DeBor (MSM).....	18:01.50
3. Kathleen Woodson (MAR).....	19:01.53
4. Francesse Charles (SFBK).....	20:15.51
5. Cheryl Cicio (SFU).....	20:32.48
6. Melissa Mendez (MON).....	22:51.97

10,000 Meters

1. Farrah Ryan (MSM).....	39:45.72
2. Karen Donahue (MAR).....	43:30.29
3. Mary McQuillan (MAR).....	44:04.54
4. Cheryl Cicio (SFU).....	44:25.05
5. Melissa Zobel (MAR).....	44:53.06
6. Alexis Bequary (MAR).....	45:35.40

4x100 Meter Relay

1. FDU.....	48.91
2. Robert Morris.....	49.29
3. LIU.....	49.42
4. Monmouth.....	49.86
5. Rider.....	49.87
6. Mount St. Mary's.....	49.92

4x400 Meter Relay

1. Mount St. Mary's.....	3:53.05
2. LIU.....	4:03.82
3. Rider.....	4:04.27
4. Robert Morris.....	4:06.34
5. St. Francis Brooklyn.....	4:09.41
6. Marist.....	4:10.00