

MEN

- 1. Monmouth 214½**
- 2. Long Island 137½**
- 3. Central Connecticut 79**
- 4. Mount St. Mary's 78½**
- 5. Sacred Heart 74**
- 6. Robert Morris 59½**
- 7. St. Francis (N.Y.) 57**
- 8. St. Francis (Pa.) 47**
- 9. Wagner 24**
- 9. Bryant 24**
- 9. Fairleigh Dickinson 24**

2010

May 1-2

Emmitsburg, MD

Shot Put

- | | | |
|----|------------------------------|--------|
| 1. | Vincent Elardo (MON)..... | 17.31m |
| 2. | Larry Lundy (MON) | 17.17 |
| 3. | Shawn Sabo (MON) | 16.21 |
| 4. | Stephen Mitchell (RMU) | 16.12 |
| 5. | Rashad Williams (CCSU)..... | 15.40 |
| 6. | Zacharia Ahmed (FDU)..... | 15.17 |
| 7. | Brendan Morales (RMU)..... | 15.00 |
| 8. | Shane Carle (MON) | 14.88 |

Discus

1.	Vincent Elardo (MON)	48.13m
2.	Shawn Sabo (MON)	47.19
3.	Collin Ray (RMU)	46.97
4.	Robert Saltsgiver (RMU)	43.79
5.	Larry Lundy (MON)	43.18
6.	Edward Brady (MSM)	42.06
7.	Alan Coulson (MSM)	41.41
8.	Matthew Wagner (SHU)	39.62

Hammer Throw

1.	Vincent Elardo (MON)	59.92m
2.	Larry Lundy (MON)	54.83
3.	Matthew Megerdichian (SFBK)	50.69
4.	Rashad Williams (CCSU)	50.46
5.	Shawn Sabo (MON)	50.02
6.	Nik Berisha (FDU)	48.95
7.	Brendan Morales (RMU)	48.71
8.	Michael Bowman (RMU)	47.35

Javelin

1.	Marion Easley (MON)	65.70m
2.	Victor Rizzotto (MON)	63.13
3.	Vincent DuVernois (MON)	61.59
4.	Jon Fernandez (MSM)	60.09
5.	Sean Rothenburger (SHU)	58.36
6.	Matthew Megerdichian (SFBK)	57.96
7.	Thomas Fitzsimons (MSM)	56.39
8.	Matt Mizerek (MON)	54.09

Pole Vault

1.	Anthony Trunzo (RMU)	4.60m
2.	Thomas Fitzsimons (MSM)	4.60
3.	Pete Matano (MON)	4.60
4.	Jason Timmons (MON)	4.50
5.	Brandon Cabral (MON)	4.50
6.	Chris Spataro (RMU)	4.40
7.	Rick Villanova (MSM)	4.40
8.	Scott Rice (MSM)	4.30

High Jump

1.	Matt Berube (CCSU)	2.04m
2.	Dean Brown (SFBK)	2.01
3.	Julio Rodriguez (MON)	1.95
4.	Jordan Dyson (RMU)	1.95
5.	Nick Trifone (CCSU)	1.92
6.	Nicholas Phillips (SHU)	1.92
7.	Andrew Fedder (MON)	1.92
8.	Rich Bills (MON)	1.89
9.	Adham Conaway (LIU)	1.89

Long Jump

1.	Brian Richards (LIU)	7.50m
2.	Terrell Gissendanner (MON)	7.43
3.	Quinton Huguley (MSM)	7.30
4.	Amire Solomon (LIU)	7.29
5.	Jason Kelsey (MON)	7.26
6.	Joshua Lewis (MON)	7.16
7.	Thomas Fitzsimons (MSM)	7.12
8.	Keith Rowe (SHU)	7.06

Triple Jump

1.	Amire Solomon (LIU)	14.55m
2.	Aboshioma Obemeata (SFBK)	14.36

3.	Bertyon Jean-Louis (SHU)	14.21
4.	Kiechen Smith (SFBK)	14.21
5.	Chris Taiwo (MON)	14.16
6.	Dean Brown (SFBK)	13.91
7.	Chris Brida (BRY)	13.80
8.	Senghor Kamguia (FDU)	13.63

100 Meters

1.	Nickolei Mahlung (LIU)	10.68
2.	Chadwich Brown (MSM)	10.71
3.	Geoff Navarro (MON)	10.73
4.	Chris Taiwo (MON)	10.78
5.	Charles Gladman (RMU)	10.80
6.	William Velez (SFU)	10.84
7.	Terrance Green (RMU)	10.91
8.	Josue Paul (CCSU)	11.07

110 Meter Hurdles

1.	Terrell Gissendanner (MON)	14.40
2.	Bertyon Jean-Louis	14.48
3.	Jeremy Rosado (SHU)	14.58
4.	Chris Rutherford (MON)	14.74
5.	Dewitt Hudson (RMU)	15.31
6.	Keith Rowe (SHU)	15.37
7.	Arthur Ignaczak (MSM)	15.42
8.	Thomas FitzSimons (MSM)	15.66

200 Meters

1.	Chadwich Brown (MSM)	21.65
2.	Brian Richards (LIU)	21.71
3.	Chris Taiwo (MON)	21.71
4.	Charles Gladman (RMU)	21.86
5.	Samuel Egadu (LIU)	21.99
6.	Geoff Navarro (MON)	22.02
7.	Nickolei Mahlung (LIU)	22.07
8.	Bertyon Jean-Louis (SHU)	22.09

400 Meters

1.	Samuel Egadu (LIU)	47.74
2.	Sheldon Geoffe (LIU)	48.00
3.	Julius Mutekanga (LIU)	48.03
4.	Alexander Engel (BRY)	48.33
5.	Thomas O'Connor (BRY)	48.50
6.	Eric Tyler (LIU)	48.86
7.	Matthew Lyhne (SHU)	48.92
8.	Kevin Merrigan (MON)	48.97

400 Meter Hurdles

1.	Chris Rutherford (MON)	51.94
2.	Eric Tyler (LIU)	52.62
3.	Jeremy Rosado (SHU)	53.78
4.	Terrell Gissendanner (MON)	54.09
5.	Daquan Massey (SFBK)	54.10
6.	Andre Fitzgerald (BRY)	54.21
7.	Matthew Villane (WAG)	55.84
8.	Justin McLoughllin (SHU)	57.06

800 Meters

1.	Julius Mutekanga (LIU)	1:51.04
2.	Joseph Orsulak (MSM)	1:53.73
3.	Ford Palmer (MON)	1:54.12
4.	Mohamed Hrezi (CCSU)	1:54.13
5.	Ahmed Amarouch (FDU)	1:54.26
6.	Chris Welch (LIU)	1:55.64

7.	Pat Egan (MON)	1:56.10
8.	Joseph Gilhuley (SFBK)	1:56.54

1500 Meters

1.	Chris Behre (SFU)	4:00.24
2.	Jason Lakritz (LIU)	4:00.54
3.	Jeremy Schmid (CCSU)	4:00.57
4.	Rafal Ksepka (SFBK)	4:00.64
5.	Thomas Iannacone (WAG)	4:00.84
6.	Jeffrey Lusignan (SHU)	4:00.94
7.	Kyle Gibson (SFU)	4:01.04
8.	Scott Twardowski (BRY)	4:01.14

5000 Meters

1.	Chris Mills (SFU)	15:10.79
2.	Ben Hutterer (MON)	15:18.32
3.	Ry Sanderson (CCSU)	15:24.62
4.	Dylan Bernard (MSM)	15:32.00
5.	Sam Alexander (CCSU)	15:25.38
6.	Craig Hunt (CCSU)	15:39.23
7.	Zachary Spector (WAG)	15:44.23
8.	Jason Lakritz (LIU)	15:47.01

4x100 Meter Relay

1.	LIU	40.94
2.	Monmouth	41.00
3.	Mount St. Mary's	41.89
4.	Robert Morris	42.07
5.	Sacred Heart	42.10
6.	FDU	42.45
7.	Bryant	42.68
8.	Central Connecticut	43.66

4x400 Meter Relay

1.	LIU	3:15.32
2.	Bryant	3:16.26
3.	Mount St. Mary's	3:16.51
4.	Sacred Heart	3:16.95
5.	FDU	3:17.19
6.	Monmouth	3:19.00
7.	Central Connecticut	3:22.24
8.	St. Francis Brooklyn	3:22.25

4x800 Meter Relay

1.	St. Francis Brooklyn	7:43.06
2.	LIU	7:44.23
3.	St. Francis U	7:44.56
4.	Central Connecticut	7:54.21
5.	Sacred Heart	7:55.09
6.	Wagner	7:57.27
7.	FDU	7:58.36
8.	Monmouth	8:03.85

3,000 Meter Steeplechase

1.	James Johnston (WAG)	9:38.14
2.	Sean Kirby (SFU)	9:46.36
3.	John Kenworthy (SHU)	9:47.56
4.	Robert Cherkis (FDU)	9:47.95
5.	Paul Gilhuley (SFBK)	9:53.84
6.	Daniel Koehler (SHU)	9:55.16
7.	Colin Seidl (SHU)	9:57.06
8.	Ben Ingle (RMU)	9:57.07

10,000 Meters

1.	Ry Sanderson (CCSU).....	31:06.12
2.	Chris Mills (SFU)	31:07.25
3.	Sam Alexander (CCSU)	31:32.91
4.	Richard Marcello (SHU).....	32:00.17
5.	Craig Hunt (CCSU).....	32:09.71
6.	Zachary Spector (WAG).....	32:16.82
7.	Dylan Bernard (MSM)	32:32.76
8.	Brendan Rickert (SHU)	32:37.12

4x800 Meter Relay

1.	Sacred Heart.....	9:17.82
2.	Monmouth.....	9:23.98
3.	LIU.....	9:24.91
4.	Central Connecticut.....	9:40.83
5.	St. Francis U.....	9:50.22
6.	Wagner.....	9:51.19
7.	St. Francis Brooklyn.....	9:56.12
8.	FDU.....	10:12.12

3,000 Meter Steeplechase

1.	Abbey Gosling (QU).....	11:04.59
2.	Allyson Sheehan (SFU).....	11:16.76
3.	Brittany Llobell (SHU).....	11:19.01
4.	Katherine Bossardet (CCSU).....	11:19.68
5.	Sarah Grossi (SFU).....	11:31.42
6.	Jessica Jones (MON).....	11:58.73
7.	Elizabeth Kessler (MSM).....	12:00.49
8.	Sara Pollock (SHU).....	12:03.54

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May 1-2

Emmitsburg, MD

Shot Put

1.	Christin Bridge (SFU).....	14.54m
2.	Taryn O'Connor (FDU).....	13.22
3.	Carol Cress (SHU).....	13.05
4.	Sheena Taylor (WAG).....	12.85
5.	Athalia Smith (SHU).....	12.85
6.	Sandra Jean-Romain (MON).....	12.62
7.	Amanda Kelley (CCSU).....	12.60
8.	Symmone Fisher (MON).....	12.18

Discus

1.	Christin Bridge (SFU).....	42.22m
2.	Margaret Pierce (MSM).....	40.84
3.	Taryn O'Connor (FDU).....	40.47
4.	Amanda Kelley (CCSU).....	40.20
5.	Christine Middleton (SHU).....	39.95
6.	Jessica Toritto (MON).....	38.51
7.	Kathryne Kendrick (SFU).....	38.46
8.	Symmone Fisher (MON).....	35.88

Hammer Throw

1.	Symmone Fisher (MON).....	54.50m
2.	Athalia Smith (SHU).....	54.27
3.	Christine Middleton (SHU).....	51.80
4.	Jessica Toritto (MON).....	48.49
5.	Kelly Dantley (MON).....	48.42
6.	Madeleine Midles (MSM).....	47.85
7.	Samantha Hegman (MON).....	47.14
8.	Chantaul Smith (SHU).....	46.56

Javelin

1.	Mary Wilkks (MON).....	43.77m
2.	Ashley Turici (RMU).....	41.89
3.	Allyson Cardullo (MON).....	40.54
4.	Anne Moccia (MON).....	38.82
5.	Bonnie Kilis (SHU).....	38.82

6.	Rachel Herbstritt (RSMU).....	38.24
7.	Nablissa Lomotey (CCSU).....	36.77
8.	Brandie Trostle (MSM).....	36.74

Pole Vault

1.	Erica Schmidt (RMU).....	3.45m
2.	Kerry Ojeda (SHU).....	3.35
3.	Jessica Huber (MSM).....	3.30
4.	Casey Folga (RMU).....	3.20
5.	Lauren Sudbey (SHU).....	3.20
6.	Mishelle MacNamara (WAG).....	3.10
7.	Anna Samole (RMU).....	3.10
8.	Tausha Bowser (RMU).....	3.00

High Jump

1.	Mary Wilks (MON).....	1.70m
2.	Lindsey Walsh (MON).....	1.67
3.	Jazmin Waller (LIU).....	1.64
4.	Kelly Dantley (MON).....	1.64
5.	Rachel Watkins (MON).....	1.64
6.	Allison Day (MON).....	1.61
7.	Ashley Beck (SHU).....	1.58
8.	Corinne Moser (RMU).....	1.55

Long Jump

1.	Jessie Gaines (LIU).....	5.82m
2.	Dominique Burrus (SFBK).....	5.65
3.	MaryKate Walsh (MON).....	5.54
4.	Ashley Matakkevich (SHU).....	5.52
5.	Christine Jones (LIU).....	5.52
6.	Chantell Lipkins (MSM).....	5.51
7.	Teika Robinson (MSM).....	5.47
8.	Danay Spencer (LIU).....	5.43

Triple Jump

1.	Danay Spencer (LIU).....	12.26m
2.	Brittany Gibbs (MON).....	11.96
3.	Jessie Gaines (LIU).....	11.95
4.	Torrie Saunders (LIU).....	11.88
5.	MaryKate Walsh (MON).....	11.87
6.	Ashley Matakkevich (SHU).....	11.42
7.	Amanda Gland (WAG).....	11.42
8.	Teika Robinson (MSM).....	11.33

100 Meters

1.	Jessie Gaines (LIU).....	11.86
2.	Ashley DeCruise (MSM).....	11.92
3.	Ashlyn DeCruise (MSM).....	12.09
4.	Torrie Saunders (LIU).....	12.22
5.	Amber Mitchell (LIU).....	12.30
6.	Lachelle Wallace (MON).....	12.31
7.	Amy Sanjurjo (CCSU).....	12.35
8.	Alexis Hurd (SFU).....	12.58

100 Meter Hurdles

1.	Jessie Gaines (LIU).....	14.35
2.	Torrie Saunders (LIU).....	14.67
3.	Sonya Sullivan (MON).....	14.91
4.	Taylor Crawford (RMU).....	15.19
5.	Lindsey Walsh (MON).....	15.53
6.	Rachel Watkins (MON).....	15.56
7.	Hillary Monger (RMU).....	15.66

200 Meters

1.	Ashlyn DeCruise (RSMU).....	24.71
2.	Ashlyn DeCruise (MSM).....	24.84
3.	Jessie Gaines (LIU).....	25.41
4.	Torrie Saunders (LIU).....	25.61
5.	Lachelle Williams (FDU).....	25.86
6.	Lachelle Wallace (MON).....	26.01
7.	Amber Mitchell (LIU).....	26.06
8.	Amy Sanjurjo (CCSU).....	26.11

400 Meters

1.	Lily Otu (MSM).....	55.79
2.	Christine Jones (LIU).....	56.50
3.	Crystal Stein (MON).....	56.59
4.	Monica Akello (LIU).....	56.71
5.	Ashley Veney (LIU).....	57.70
6.	Charlie Dean (SHU).....	57.82
7.	Lordess Shabazz (FDU).....	57.98
8.	Brittany Gibbs (MON).....	58.49

400 Meter Hurdles

1.	Sonya Sullivan (MON).....	1:01.71
2.	Rachel Watkins (MON).....	1:03.28
3.	Tricia Beckles (LIU).....	1:03.38
4.	Mary Wilks (MON).....	1:03.92
5.	Christy Staily (SFU).....	1:04.04
6.	Lindsey Walsh (MON).....	1:04.07
7.	Colleen Rutecki (MON).....	1:04.09
8.	Hawa Massaquoi (FDU).....	1:07.35

800 Meters

1.	Selina Munoz (LIU).....	2:13.24
2.	Sarah Tencza (SHU).....	2:15.11
3.	MEgan Patterson (FDU).....	2:16.11
4.	Amanda Eller (MON).....	2:18.87
5.	Jennifer Haffner (SFU).....	2:19.19
6.	Aracelis Lantigua (MON).....	2:20.70
7.	Emily MacEwen (MON).....	2:22.61
8.	Monica Akello (LIU).....	3:08.76

1500 Meters

1.	Deirdre Doyle (BRY).....	4:46.96
2.	Megan Kinsella (MSM).....	4:50.32
3.	Rebecca White (QU).....	4:53.36
4.	Kathryn Franke (MSM).....	4:53.68
5.	Cailin Lynam (MON).....	4:53.74
6.	Olivia Civardi (SHU).....	4:54.33
7.	Laura Embrey (MON).....	4:54.70
8.	Katie Cianci (SFU).....	4:55.32

5000 Meters

1.	Brecken Drager (WAG).....	17:48.76
2.	Morgan Roche (QU).....	18:03.35
3.	Megan Robertson (BRY).....	18:08.21
4.	Anna Hoffman (SFU).....	18:23.50
5.	Christine Altland (MON).....	18:32.01
6.	Lindsey Pierret (QU).....	18:36.71
7.	Megan Kinsella (MSM).....	18:50.02
8.	Cailin Lynam (MON).....	18:52.35

10,000 Meters

1.	Brecken Drager (WAG).....	37:54.39
2.	Anna Hoffman (SFU).....	39:00.62
3.	Christine Altland (MON).....	39:14.42
4.	Lindsey Pierret (QU).....	39:29.70

5.	Samantha Troy (SHU).....	39:51.53
6.	Courtney Spratford (MON).....	40:02.83
7.	Mekenzie Krause (SHU).....	41:05.26
8.	Dana Troy (SHU).....	41:10.49

4x100 Meter Relay

1.	Mount St. Mary's.....	46.36
2.	LIU.....	46.66
3.	Monmouth.....	47.75
4.	Central Connecticut.....	47.82
5.	St. Francis U.....	48.51
6.	Sacred Heart.....	48.53
7.	FDU.....	48.58
8.	St. Francis Brooklyn.....	49.43

4x400 Meter Relay

1.	Mount St. Mary's.....	3:50.05
2.	LIU.....	3:52.01
3.	Monmouth.....	3:57.53
4.	Sacred Heart.....	3:59.95
5.	FDU.....	4:00.00
6.	Central Connecticut.....	4:02.34
7.	St. Francis U.....	4:06.11
8.	Robert Morris.....	4:07.45

4x800 Meter Relay

1.	Sacred Heart.....	9:26.40
2.	Monmouth.....	9:31.58
3.	St. Francis U.....	9:38.05
4.	Quinnipiac.....	9:39.01
5.	LIU.....	9:41.04
6.	Central Connecticut.....	9:48.49
7.	Bryant.....	9:48.88
8.	Wagner.....	9:50.97

3,000 Meter Steeplechase

1.	Sarah Grossi (SFU).....	11:20.53
2.	Andrea Szarkowicz (QU).....	12:27.37
3.	Katherine Bossardet (CCSU).....	11:31.94
4.	Debra Ostrander (RMU).....	11:48.67
5.	Julie Lanning (QU).....	11:50.32
6.	Emily Ingle (RMU).....	11:52.43
7.	Michelle Navarro (SHU).....	11:58.51
8.	Allyson Sheehan (SFU).....	12:00.54

2011

May 1-2, 2011

Emmitsburg, MD

Shot Put

1.	Lindsay Aponte (SHU).....	14.10m
2.	Carol Cress (SHU).....	13.25
3.	Taryn O'Connor (FDU).....	13.22
4.	Sandra Jean-Romain (MON).....	12.92
5.	Kathryne Kendrick (SFU).....	12.52
6.	Sheena Taylor (WAG).....	12.32
7.	Athalia Smith (SHU).....	12.28
8.	Jessica Toritto (MON).....	12.27

Discus

1.	Kathryne Kendrick (SFU).....	41.96m
2.	Christine Middleton (SHU).....	41.55
3.	Morgan Ostasewski (MSM).....	40.24