

**2005 Old Dominion Athletic Conferenc
Outdoor Track and Field Championships
Harrisonburg, Virginia - 4/23/2005
Results**

Women 100 Meter Dash

Championship: 12.30 @ 2003

Facility: 12.24 # 2000

Lorenda Abbott, Eastern Mennonite

Maria Ferguson, Frostburg State

Name

School

Prelims

H#

Preliminaries

| | | | | |
|----|--------------------|-------------------------------|---------|---|
| 1 | Alexis Thompson | Roanoke College | 13.06 Q | 2 |
| 2 | Cassandra Williams | Roanoke College | 13.14 Q | 1 |
| 3 | Meredith Walker | Washington and Lee University | 13.51 q | 2 |
| 4 | Jessica Timberlake | Bridgewater College | 13.52 q | 2 |
| 5 | Siobhan Budine | Lynchburg College | 13.61 q | 1 |
| 6 | Carrie Lamond | Bridgewater College | 13.69 q | 1 |
| 7 | Abby Burkholder | Bridgewater College | 13.79 q | 2 |
| 8 | Beth Rubenstein | Lynchburg College | 14.06 q | 1 |
| 9 | Valerie Nuesa | Virgina Wesleyan College | 14.19 | 2 |
| 10 | Jomaree Boyd | Lynchburg College | 14.37 | 1 |
| 11 | Tezzia Ndandula | Eastern Mennonite University | 15.54 | 2 |

Women 100 Meter Dash

Championship: 12.30 @ 2003

Facility: 12.24 # 2000

Lorenda Abbott, Eastern Mennonite

Maria Ferguson, Frostburg State

Name

School

Finals

Points

Finals

| | | | | |
|---|--------------------|-------------------------------|-------|----|
| 1 | Cassandra Williams | Roanoke College | 12.86 | 10 |
| 2 | Alexis Thompson | Roanoke College | 13.13 | 8 |
| 3 | Jessica Timberlake | Bridgewater College | 13.30 | 6 |
| 4 | Meredith Walker | Washington and Lee University | 13.44 | 4 |
| 5 | Siobhan Budine | Lynchburg College | 13.46 | 2 |
| 6 | Carrie Lamond | Bridgewater College | 13.60 | 1 |
| 7 | Beth Rubenstein | Lynchburg College | 13.75 | |
| 8 | Abby Burkholder | Bridgewater College | 13.82 | |

Women 200 Meter Dash

Championship: 25.66 @ 2003

Facility: 25.27 # 1997

Lorenda Abbott, Eastern Mennonite

Leema Madden, Christopher Newport

Name

School

Prelims

H#

Preliminaries

| | | | | |
|---|--------------------|-------------------------------|---------|---|
| 1 | Alexis Thompson | Roanoke College | 26.87 Q | 2 |
| 2 | Cassandra Williams | Roanoke College | 27.46 Q | 1 |
| 3 | Ashley Palmer | Lynchburg College | 27.02 q | 2 |
| 4 | Sarah Funderburke | Lynchburg College | 28.06 q | 1 |
| 5 | Siobhan Budine | Lynchburg College | 28.17 q | 1 |
| 6 | Abby Burkholder | Bridgewater College | 28.22 q | 2 |
| 7 | Carrie Lamond | Bridgewater College | 28.43 | 2 |
| 8 | Meredith Walker | Washington and Lee University | 28.55 | 1 |
| 9 | Beth Rubenstein | Lynchburg College | 29.12 | 1 |

**2005 Old Dominion Athletic Conferenc
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Results

10 Valerie Nuesa Virginia Wesleyan College 30.32 2

Women 200 Meter Dash

Championship: 25.66 @ 2003

Facility: 25.27 # 1997

Lorenda Abbott, Eastern Mennonite
Leema Madden, Christopher Newport

| Name | School | Finals | Points |
|----------------------|---------------------|--------|--------|
| 1 Cassandra Williams | Roanoke College | 26.96 | 10 |
| 2 Alexis Thompson | Roanoke College | 27.19 | 8 |
| 3 Sarah Funderburke | Lynchburg College | 27.83 | 6 |
| 4 Siobhan Budine | Lynchburg College | 27.99 | 4 |
| 5 Ashley Palmer | Lynchburg College | 28.09 | 2 |
| 6 Abby Burkholder | Bridgewater College | 28.93 | 1 |

Finals**Women 400 Meter Dash**

Championship: 58.76 @ 2000

Facility: 56.69 # 2002

Melissa Baker, Bridgewater
Stephanie Andrews, Christopher Newport

| Name | School | Finals | H# | Points |
|---------------------|-------------------------------|---------|----|--------|
| 1 Ashley Palmer | Lynchburg College | 59.39 | 2 | 10 |
| 2 Siobhan Budine | Lynchburg College | 1:00.62 | 2 | 8 |
| 3 Amanda Diver | Lynchburg College | 1:01.77 | 2 | 6 |
| 4 Sarah Funderburke | Lynchburg College | 1:02.82 | 2 | 4 |
| 5 Kim Gunst | Washington and Lee University | 1:03.66 | 2 | 2 |
| 6 Diana Dozier | Washington and Lee University | 1:05.89 | 2 | 1 |
| 7 Ashley Carmichael | Virginia Wesleyan College | 1:14.69 | 1 | |

Women 800 Meter Dash

Championship: 2:18.16 @ 1998

Facility: 2:23.51 # 1997

Natasha Dorofeeva, Washington and Lee
Debbie Brostmeyer, Clarion

| Name | School | Finals | Points |
|----------------------|-------------------------------|---------|--------|
| 1 Crystal Bergen | Lynchburg College | 2:26.70 | 10 |
| 2 Kelly Archibald | Lynchburg College | 2:26.80 | 8 |
| 3 Amanda Diver | Lynchburg College | 2:26.90 | 6 |
| 4 Kat Martin | Roanoke College | 2:27.80 | 4 |
| 5 Mary Christopher | Washington and Lee University | 2:30.90 | 2 |
| 6 Jenny Ratzel | Washington and Lee University | 2:32.40 | 1 |
| 7 Miranda Adkins | Roanoke College | 2:32.60 | |
| 8 Liz Twentyman | Washington and Lee University | 2:34.00 | |
| 9 Jessica Smith | Roanoke College | 2:34.80 | |
| 10 Lauren Morea | Washington and Lee University | 2:41.70 | |
| 11 Anna Manikus | Bridgewater College | 2:42.50 | |
| 12 Mihaela Piron | Lynchburg College | 2:43.20 | |
| 13 Laura Bowser | Bridgewater College | 2:52.90 | |
| 14 Avis Wheatley | Bridgewater College | 2:55.10 | |
| 15 Rachel Roberts | Roanoke College | 2:58.00 | |
| 16 Tara Bruce | Bridgewater College | 3:00.80 | |
| 17 Ashley Carmichael | Virginia Wesleyan College | 3:01.20 | |
| 18 Madeline Gent | Washington and Lee University | 3:04.60 | |
| 19 Jennifer White | Virginia Wesleyan College | 3:08.30 | |

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Results**

| | | | |
|----|----------------|--------------------------|---------|
| 20 | Madalyn Turner | Lynchburg College | 3:25.10 |
| 21 | Harley Swan | Virgina Wesleyan College | 3:33.80 |

Women 1500 Meter Dash

Championship: 4:43.85 @ 2001
Facility: 4:15.10 # 1995

Casey Smith, Roanoke
Juli Henner, Reebok Enclave

| Name | School | Finals | Points |
|---------------------|-------------------------------|---------|--------|
| 1 Kelly Archibald | Lynchburg College | 5:00.70 | 10 |
| 2 Crystal Bergen | Lynchburg College | 5:00.90 | 8 |
| 3 Amanda Diver | Lynchburg College | 5:01.70 | 6 |
| 4 Deb Keiser | Eastern Mennonite University | 5:04.90 | 4 |
| 5 Lindsay Erickson | Washington and Lee University | 5:09.70 | 2 |
| 6 Meg Harnett | Roanoke College | 5:12.30 | 1 |
| 7 Mary Christopher | Washington and Lee University | 5:13.70 | |
| 8 Ashley Armistead | Lynchburg College | 5:17.30 | |
| 9 Michelle O'Rourke | Lynchburg College | 5:19.30 | |
| 10 Jane Mullican | Roanoke College | 5:21.50 | |
| 11 Rachel Roberts | Roanoke College | 5:50.80 | |
| 12 Laura Bowser | Bridgewater College | 5:51.50 | |
| 13 Avis Wheatley | Bridgewater College | 6:05.10 | |
| 14 Tara Bruce | Bridgewater College | 6:09.60 | |
| 15 Madeline Gent | Washington and Lee University | 6:17.90 | |
| 16 Harley Swan | Virgina Wesleyan College | 6:50.10 | |

Women 5000 Meter Dash

Championship: 18:33.50 @ 4/23/2005
Facility: 18:33.50 # 4/23/2005

Lindsay Erickson, W&L
Lindsay Erickson, W&L

| Name | School | Finals | Points |
|-----------------------|-------------------------------|------------|--------|
| 1 Lindsay Erickson | Washington and Lee University | 18:33.50 # | 10 |
| 2 Deb Keiser | Eastern Mennonite University | 19:02.90 | 8 |
| 3 Christie Van Pelt | Roanoke College | 19:07.50 | 6 |
| 4 Leslie Grant | Eastern Mennonite University | 19:42.30 | 4 |
| 5 Isabel Gamm | Roanoke College | 19:59.40 | 2 |
| 6 Brittany Wells | Bridgewater College | 20:01.00 | 1 |
| 7 Bridget Tainer | Roanoke College | 20:25.50 | |
| 8 Kara Glick | Eastern Mennonite University | 20:37.20 | |
| 9 Emile Yost | Lynchburg College | 21:16.20 | |
| 10 Amelia Coltrane | Bridgewater College | 21:19.20 | |
| 11 Emily Gannon | Lynchburg College | 22:17.70 | |
| --- Michelle O'Rourke | Lynchburg College | DNF | |
| --- Amy Tran | Bridgewater College | DNF | |

Women 100 Meter Hurdles

Championship: 15.46 @ 2001
Facility: 14.38 # 1998

Georgette Turner, Lynchburg
Bridget Cochran, Christopher Newport

| Name | School | Finals | Points |
|---------------------|---------------------|--------|--------|
| 1 Meredith Withers | Roanoke College | 16.11 | 10 |
| 2 Kimberly Johnston | Bridgewater College | 16.51 | 8 |
| 3 Ashley Palmer | Lynchburg College | 16.67 | 6 |

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| | | | | |
|---|-------------------|-------------------------------|-------|---|
| 4 | Sara Behmerwohld | Washington and Lee University | 16.69 | 4 |
| 5 | Julia Barb | Bridgewater College | 17.38 | 2 |
| 6 | Jessica Taylor | Lynchburg College | 17.95 | 1 |
| 7 | Danielle Garafalo | Lynchburg College | 19.28 | |

(Women 100 Meter Hurdles)

| Name | School | Finals | Points |
|------------------|-------------------------------|--------|--------|
| --- Ida McMaster | Washington and Lee University | FS | |

Women 400 Meter Hurdles

Championship: 1:05.93 @ 4/23/2005

Facility: 1:02.25 # 1998

| Name | School | Finals | H# | Points |
|--------------------|-------------------------------|-----------|----|--------|
| 1 Ashley Palmer | Lynchburg College | 1:05.93 @ | 2 | 10 |
| 2 Julia Barb | Bridgewater College | 1:07.66 | 2 | 8 |
| 3 Meredith Withers | Roanoke College | 1:08.53 | 2 | 6 |
| 4 Sara Behmerwohld | Washington and Lee University | 1:10.03 | 2 | 4 |
| 5 Huntley Rodes | Washington and Lee University | 1:11.37 | 2 | 2 |
| 6 Casey Sharpe | Washington and Lee University | 1:14.40 | 1 | 1 |
| 7 Melissa Sobanko | Roanoke College | 1:18.10 | 1 | |

Ashley Palmer, Lynchburg

Bridget Cochran, Christopher Newport

Women 4x100 Meter Relay

Championship: 49.44 @ 1998

Facility: 47.74 # 1998

| Team | Relay | Finals | Points |
|--------------------------------|---------------------|--------------------|--------------------|
| 1 Bridgewater College | | 50.64 | 10 |
| 2 Roanoke College | | 51.37 | 8 |
| 1) Cassandra Williams | 2) Meredith Withers | 3) Alexis Thompson | 4) Melissa Sobanko |
| 3 Washington and Lee Universit | | 51.54 | 6 |
| 4 Lynchburg College | | 53.58 | 4 |

Bridgewater

Christopher Newport

Women 4x400 Meter Relay

Championship: 4:05.94 @ 4/23/2005

Facility: 3:56.80 # 1998

| Team | Relay | Finals | Points |
|--------------------------------|-----------------------|---------------------|----------------------|
| 1 Lynchburg College | | 4:05.94 @ | 10 |
| 2 Roanoke College | | 4:09.81 | 8 |
| 1) Kat Martin | 2) Cassandra Williams | 3) Meredith Withers | 4) Alexis Thompson |
| 3 Bridgewater College | | 4:13.74 | 6 |
| 4 Washington and Lee Universit | | 4:24.62 | 4 |
| 5 Virginia Wesleyan College | | 5:27.94 | 2 |
| 1) Harley Swan | 2) Jennifer White | 3) Valerie Nuesa | 4) Ashley Carmichael |

Lynchburg College, Lynchburg

Christopher Newport

Women High Jump

Championship: 5-06.50 @ 1998

Facility: 1.64m # 4/23/2005

| Name | School | Finals | Points |
|--------------------|------------------------------|---------|--------|
| 1 Megan Mlinarchik | Eastern Mennonite University | 1.64m # | 10 |
| 2 Anna Manikus | Bridgewater College | 1.58m | 8 |

Emily Hollett, Roanoke

Megan Mlinarchik, Royals

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| | | | |
|----------------------|-------------------------------|--------|---|
| 3 Ashley Palmer | Lynchburg College | J1.58m | 5 |
| 3 Meredith Withers | Roanoke College | J1.58m | 5 |
| 5 Erin Boston | Bridgewater College | J1.58m | 2 |
| 6 Erin Mahoney | Lynchburg College | 1.47m | 1 |
| 7 Danielle Garafalo | Lynchburg College | J1.47m | |
| 8 Elizabeth Brandler | Washington and Lee University | 1.42m | |

Women Pole Vault

Championship: 12-01 @ 2000
Facility: 3.66m # 2000

Laura Rosenberger, Eastern Mennonite
Laura Rosenberger, Eastern Mennonite

| Name | School | Finals | Points |
|----------------------|-------------------------------|--------|--------|
| 1 Megan Mlinarchik | Eastern Mennonite University | 3.25m | 10 |
| 2 Randi Lawson | Lynchburg College | 3.15m | 8 |
| 3 Elizabeth Brandler | Washington and Lee University | J3.15m | 6 |
| 4 Mary Mohay | Lynchburg College | 2.90m | 4 |
| 5 Heather Shaw | Lynchburg College | J2.90m | 2 |
| 6 Johanna Turner | Lynchburg College | 2.31m | 1 |
| 7 Emily Reese | Eastern Mennonite University | J2.31m | |

Women Long Jump

Championship: 18-11.50 @ 1998
Facility: 5.58m # 1997

Tara Strawderman, Bridgewater
Quakeela Miles, Lynchburg

| Name | School | Finals | Points |
|----------------------|-------------------------------|--------|--------|
| 1 Ashley Palmer | Lynchburg College | 5.24m | 10 |
| 2 Megan Mlinarchik | Eastern Mennonite University | 5.23m | 8 |
| 3 Wendy Driver | Eastern Mennonite University | 5.19m | 6 |
| 4 Jessica Timberlake | Bridgewater College | 4.89m | 4 |
| 5 Alexis Thompson | Roanoke College | 4.86m | 2 |
| 6 Cagla Defterali | Washington and Lee University | 4.79m | 1 |
| 7 Elizabeth Brandler | Washington and Lee University | 4.65m | |
| 7 Abby Burkholder | Bridgewater College | 4.65m | |
| 9 Meredith Walker | Washington and Lee University | 4.63m | |
| 10 Val Collins | Roanoke College | 4.57m | |
| 11 Danielle Garafalo | Lynchburg College | 4.39m | |
| 12 Jessica Taylor | Lynchburg College | 4.31m | |
| 13 Erin Vaughn | Washington and Lee University | 4.20m | |
| 14 Ashley Carmichael | Virgina Wesleyan College | 4.03m | |
| 15 Inina Thompson | Bridgewater College | 3.91m | |

Women Triple Jump

Championship: 37-01 @ 2003
Facility: 12.78m # 1997

Christie Lieber, Roanoke
Tiombe Hurd, Unattached

| Name | School | Finals | Points |
|----------------------|-------------------------------|--------|--------|
| 1 Wendy Driver | Eastern Mennonite University | 11.47m | 10 |
| 2 Alexis Thompson | Roanoke College | 10.64m | 8 |
| 3 Megan Mlinarchik | Eastern Mennonite University | 10.63m | 6 |
| 4 Julia Barb | Bridgewater College | 10.38m | 4 |
| 5 Elizabeth Brandler | Washington and Lee University | 10.27m | 2 |
| 6 Huntley Rodes | Washington and Lee University | 10.22m | 1 |

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Results

| | | | |
|----|--------------------|-------------------------------|-------|
| 7 | Jessica Timberlake | Bridgewater College | 9.87m |
| 8 | Danielle Garafalo | Lynchburg College | 9.70m |
| 9 | Inina Thompson | Bridgewater College | 9.66m |
| 10 | Cagla Defterali | Washington and Lee University | 9.53m |
| 11 | Erin Vaughn | Washington and Lee University | 9.13m |

Women Shot Put

Championship: 41-11.50 @ 1995

Facility: 13.60m # 1994

Crystal Campbell, Lynchburg

Crystal Campbell, Eastern Mennonite

| Name | School | Finals | Points |
|-----------------------|-------------------------------|--------|--------|
| 1 Amanda Renalds | Eastern Mennonite University | 12.04m | 10 |
| 2 Emily Barker | Washington and Lee University | 10.75m | 8 |
| 3 Kristen Lovell | Roanoke College | 10.58m | 6 |
| 4 Jomaree Boyd | Lynchburg College | 10.20m | 4 |
| 5 Meredith Withers | Roanoke College | 9.87m | 2 |
| 6 Jessica Ware | Bridgewater College | 9.58m | 1 |
| 7 Erin Hisey | Eastern Mennonite University | 9.53m | |
| 8 Rebecca Burns | Bridgewater College | 9.49m | |
| 9 April Miller | Bridgewater College | 9.19m | |
| 10 Heather Jones | Lynchburg College | 9.01m | |
| 11 Jessica Timberlake | Bridgewater College | 8.98m | |
| 12 Alicia Bunch | Bridgewater College | 8.91m | |
| 13 Amanda Darling | Lynchburg College | 8.64m | |
| --- Amber Gardocki | Lynchburg College | FOUL | |

Women Discus Throw

Championship: 127-01 @ 2002

Facility: 41.27m # 2005

Carrie Johnson, Lynchburg

Candace Swann, Charleston

| Name | School | Finals | Points |
|--------------------|-------------------------------|--------|--------|
| 1 Kristen Lovell | Roanoke College | 40.66m | 10 |
| 2 Amanda Renalds | Eastern Mennonite University | 35.88m | 8 |
| 3 Erin Hisey | Eastern Mennonite University | 34.60m | 6 |
| 4 Katie Suehs | Roanoke College | 34.25m | 4 |
| 5 Rebecca Burns | Bridgewater College | 33.21m | 2 |
| 6 Jomaree Boyd | Lynchburg College | 31.30m | 1 |
| 7 Emily Barker | Washington and Lee University | 30.06m | |
| 8 Heather Jones | Lynchburg College | 28.96m | |
| 9 April Miller | Bridgewater College | 28.75m | |
| 10 Alicia Bunch | Bridgewater College | 24.50m | |
| --- Amber Gardocki | Lynchburg College | FOUL | |
| --- Amanda Darling | Lynchburg College | FOUL | |

Women Hammer Throw

Championship: 40.66m @ 4/23/2005

Facility: 40.66m # 4/23/2005

April Miller, Bridgewater

April Miller, Bridgewater

| Name | School | Finals |
|--------------------|---------------------|----------|
| 1 April Miller | Bridgewater College | 40.66m @ |
| 2 Kristen Lovell | Roanoke College | 38.65m |
| 3 Ashley Cambareri | Lynchburg College | 37.90m |

2005 Old Dominion Athletic Conferenc
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| | | | |
|---|----------------|---------------------|--------|
| 4 | Heather Jones | Lynchburg College | 33.95m |
| 5 | Katie Suehs | Roanoke College | 32.61m |
| 6 | Amanda Darling | Lynchburg College | 30.79m |
| 7 | Jessica Ware | Bridgewater College | 23.10m |

Women Javelin Throw

Championship: 127-08 @ 2002

Facility: 34.68m # 2000

Meghan Randler, Lynchburg
 Sarah Schmidt, Washington and Lee

| Name | School | Finals | Points |
|---------------------|-------------------------------|--------|--------|
| 1 Kathryn Tice | Bridgewater College | 31.15m | 10 |
| 2 Ashley Palmer | Lynchburg College | 29.17m | 8 |
| 3 Emily Barker | Washington and Lee University | 28.70m | 6 |
| 4 Kristi Link | Lynchburg College | 25.89m | 4 |
| 5 Katie Suehs | Roanoke College | 25.51m | 2 |
| 6 Amanda Renalds | Eastern Mennonite University | 24.84m | 1 |
| 7 Jessica Taylor | Lynchburg College | 23.54m | |
| 8 Erin Hisey | Eastern Mennonite University | 21.12m | |
| --- Jomaree Boyd | Lynchburg College | FOUL | |
| --- April Miller | Bridgewater College | FOUL | |
| --- Cagla Defterali | Washington and Lee University | FOUL | |

Women - Team Rankings - 17 Events Scored

| | | | |
|----------------------------------|-----|------------------------------|-----|
| 1) Lynchburg College | 169 | 2) Roanoke College | 120 |
| 3) Eastern Mennonite University | 91 | 4) Bridgewater College | 74 |
| 5) Washington and Lee University | 67 | 6) Virginia Wesleyan College | 2 |

**2005 Old Dominion Athletic Conferenc
Outdoor Track and Field Championships
Harrisonburg, Virginia - 4/23/2005
Results**

Men 100 Meter Dash

Championship: 10.79 @ 2000

Facility: 10.49 # 1997

Name

Marcus Richardson, Bridgewater

Mustapha Jinadu, Unattached

School

Prelims

H#

Preliminaries

| | | | | |
|-----|------------------|-------------------------------|---------|---|
| 1 | Jeremy Webster | Eastern Mennonite University | 11.22 Q | 2 |
| 2 | Paul Bradley | Bridgewater College | 11.31 Q | 1 |
| 3 | Melvin Queen | Bridgewater College | 11.50 Q | 3 |
| 4 | Chad Hershberger | Eastern Mennonite University | 11.32 q | 1 |
| 5 | Winston Young | Bridgewater College | 11.37 q | 2 |
| 6 | Joey Franze | Eastern Mennonite University | 11.60 q | 1 |
| 7 | Brian Krupczak | Washington and Lee University | 11.64 q | 1 |
| 8 | Eric Spence | Bridgewater College | 11.65 q | 1 |
| 9 | Jeff Wooley | Lynchburg College | 11.87 | 2 |
| 9 | Chris Henderson | Bridgewater College | 11.87 | 3 |
| 11 | Robbie Matthews | Bridgewater College | 11.91 | 2 |
| 12 | Willie Tolbert | Lynchburg College | 11.96 | 3 |
| 13 | Larry Clark | Washington and Lee University | 12.27 | 2 |
| 4 | Lionel Rogers | Roanoke College | 12.37 | 3 |
| 15 | Edward Stinnett | Washington and Lee University | 12.41 | 3 |
| 15 | James Montgomery | Washington and Lee University | 12.41 | 1 |
| 17 | Pat Fulgham | Virginia Wesleyan College | 12.43 | 2 |
| --- | McKinley Johnson | Lynchburg College | FS | 3 |

Men 100 Meter Dash

Championship: 10.79 @ 2000

Facility: 10.49 # 1997

Name

Marcus Richardson, Bridgewater

Mustapha Jinadu, Unattached

School

Finals

Points

Finals

| | | | | |
|---|------------------|-------------------------------|-------|----|
| 1 | Melvin Queen | Bridgewater College | 11.12 | 10 |
| 2 | Winston Young | Bridgewater College | 11.20 | 8 |
| 3 | Paul Bradley | Bridgewater College | 11.25 | 6 |
| 4 | Chad Hershberger | Eastern Mennonite University | 11.30 | 4 |
| 5 | Brian Krupczak | Washington and Lee University | 11.50 | 2 |
| 6 | Jeremy Webster | Eastern Mennonite University | 11.62 | 1 |
| 7 | Joey Franze | Eastern Mennonite University | 11.67 | |
| 8 | Eric Spence | Bridgewater College | 11.88 | |

Men 200 Meter Dash

Championship: 21.71 @ 2004

Facility: 21.45 # 2000

Name

Michael Lansdowne, Lynchburg

Dante Myles, Frostburg State

School

Prelims

H#

Preliminaries

| | | | | |
|---|-------------------|------------------------------|---------|---|
| 1 | Jeremy Webster | Eastern Mennonite University | 22.44 Q | 1 |
| 2 | Michael Lansdowne | Lynchburg College | 22.86 Q | 2 |

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| 3 | Chad Hershberger | Eastern Mennonite University | 23.07 Q | 3 |
| 4 | Garrett Cosenza | Roanoke College | 23.25 q | 3 |
| 5 | Willie Tolbert | Lynchburg College | 23.48 q | 1 |
| 6 | Melvin Queen | Bridgewater College | 23.54 q | 2 |
| 7 | Jeff Wooley | Lynchburg College | 23.61 | 1 |

Preliminaries ... (Men 200 Meter Dash)

| Name | School | Prelims | H# |
|--------------------|------------------------------|---------|----|
| 8 Michael Benedict | Bridgewater College | 23.64 | 3 |
| 9 Joey Franze | Eastern Mennonite University | 23.68 | 1 |
| 10 Chris Neely | Lynchburg College | 23.76 | 2 |
| 11 Brandon Jones | Bridgewater College | 24.39 | 2 |
| 12 Ryan Fletcher | Lynchburg College | 24.45 | 3 |
| 13 Chris Henderson | Bridgewater College | 24.74 | 1 |
| 14 Pat Fulgham | Virgina Wesleyan College | 25.23 | 2 |

Men 200 Meter Dash

Championship: 21.71 @ 2004

Facility: 21.45 # 2000

Michael Lansdowne, Lynchburg

Dante Myles, Frostburg State

| Name | School | Finals | Points |
|------|--------|--------|--------|
|------|--------|--------|--------|

Finals

| | | | | |
|---|-------------------|------------------------------|-------|----|
| 1 | Michael Lansdowne | Lynchburg College | 22.10 | 10 |
| 2 | Jeremy Webster | Eastern Mennonite University | 22.18 | 8 |
| 3 | Melvin Queen | Bridgewater College | 22.96 | 6 |
| 4 | Garrett Cosenza | Roanoke College | 23.23 | 4 |
| 5 | Chad Hershberger | Eastern Mennonite University | 23.36 | 2 |
| 6 | Willie Tolbert | Lynchburg College | 23.44 | 1 |

Men 400 Meter Dash

Championship: 48.19 @ 1999

Facility: 48.39 # 2000

Kevin Smith, Lynchburg

Will Robertson, Christopher Newport

| Name | School | Finals | H# | Points |
|------|--------|--------|----|--------|
|------|--------|--------|----|--------|

| | | | | | |
|----|-------------------|-------------------------------|-------|---|----|
| 1 | Jeremy Webster | Eastern Mennonite University | 48.79 | 3 | 10 |
| 2 | Michael Lansdowne | Lynchburg College | 49.07 | 3 | 8 |
| 3 | Andrew Grubb | Eastern Mennonite University | 49.79 | 3 | 6 |
| 4 | Garrett Cosenza | Roanoke College | 50.19 | 3 | 4 |
| 5 | Willie Tolbert | Lynchburg College | 50.59 | 2 | 2 |
| 6 | Michael Benedict | Bridgewater College | 50.85 | 2 | 1 |
| 7 | Chris Neely | Lynchburg College | 51.13 | 3 | |
| 8 | Jason Turbyfill | Roanoke College | 52.00 | 3 | |
| 9 | Norman Senior | Washington and Lee University | 52.02 | 2 | |
| 10 | Ryan Fletcher | Lynchburg College | 52.18 | 2 | |
| 11 | Kevin Beck | Roanoke College | 54.21 | 1 | |
| 12 | Russ Wesh | Roanoke College | 56.90 | 1 | |

Men 800 Meter Dash

Championship: 1:52.90 @ 2003

Facility: 1:52.70 # 1994

Josh Zobenica, Lynchburg

Vernon Waters, Columbia Union

| Name | School | Finals | Points |
|------|--------|--------|--------|
|------|--------|--------|--------|

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Results

| | | | | |
|---|-------------------|------------------------------|---------|----|
| 1 | Dana Mueller | Roanoke College | 1:53.57 | 10 |
| 2 | Luke Yoder | Eastern Mennonite University | 1:53.87 | 8 |
| 3 | Brian Kirby | Lynchburg College | 1:57.04 | 6 |
| 4 | Jared Roncaglione | Lynchburg College | 1:58.80 | 4 |
| 5 | Alex Tuck | Roanoke College | 1:59.75 | 2 |
| 6 | Marcel Long | Eastern Mennonite University | 2:00.21 | 1 |
| 7 | Stanley Peyton | Bridgewater College | 2:01.05 | |
| 8 | Justin Kohut | Lynchburg College | 2:02.21 | |

(Men 800 Meter Dash)

| Name | School | Finals | Points |
|--------------------|-------------------------------|---------|--------|
| 9 Chris Irby | Lynchburg College | 2:03.78 | |
| 10 Denver Davis | Lynchburg College | 2:03.98 | |
| 11 Ben McDowell | Lynchburg College | 2:04.55 | |
| 12 Sang Jeong | Washington and Lee University | 2:05.01 | |
| 13 Kevin Donovan | Washington and Lee University | 2:07.95 | |
| 14 Stephen Woodard | Bridgewater College | 2:08.21 | |
| 15 Steven Rivoir | Washington and Lee University | 2:10.95 | |
| 16 Jack Tompkins | Roanoke College | 2:16.29 | |
| 17 Josiah Garber | Eastern Mennonite University | 2:17.50 | |
| 18 Michael Kennan | Washington and Lee University | 2:21.26 | |
| 19 Tim Sanford | Virgina Wesleyan College | 2:22.00 | |
| 20 Ian McNeil | Bridgewater College | 2:23.09 | |
| 1 Macklin Sandison | Washington and Lee University | 2:24.30 | |
| 22 Greg Jackson | Virgina Wesleyan College | 2:26.50 | |
| 23 Dan Castan | Virgina Wesleyan College | 2:32.70 | |

Men 1500 Meter Dash

Championship: 3:58.84 @ 1984

Facility: 3:58.00 # 2000

Angus McBryde, Washington and Lee

Andy Riley, Christopher Newport

| Name | School | Finals | Points |
|--------------------|-------------------------------|---------|--------|
| 1 Nathan Johnson | Washington and Lee University | 4:04.20 | 10 |
| 2 Travis Wray | Lynchburg College | 4:04.40 | 8 |
| 3 Marcel Long | Eastern Mennonite University | 4:07.80 | 6 |
| 4 Alex Tuck | Roanoke College | 4:08.70 | 4 |
| 5 Dana Mueller | Roanoke College | 4:10.50 | 2 |
| 6 Alex Fuqua | Lynchburg College | 4:13.80 | 1 |
| 7 Andrew Johnson | Washington and Lee University | 4:14.90 | |
| 8 Steven Chambers | Washington and Lee University | 4:16.70 | |
| 9 Brian Jenkins | Lynchburg College | 4:18.20 | |
| 10 Coleman Abbott | Roanoke College | 4:21.20 | |
| 11 Sang Jeong | Washington and Lee University | 4:22.40 | |
| 12 Zack Noah | Bridgewater College | 4:27.10 | |
| 13 Stephen Woodard | Bridgewater College | 4:28.00 | |
| 14 Alex Meyers | Lynchburg College | 4:36.50 | |
| 15 Josiah Garber | Eastern Mennonite University | 4:38.70 | |
| 6 Greg Jackson | Virgina Wesleyan College | 4:41.10 | |
| 17 Jack Tompkins | Roanoke College | 4:41.70 | |
| 18 Ben Allen | Bridgewater College | 4:43.90 | |
| 19 Tim Sanford | Virgina Wesleyan College | 4:45.90 | |

**2005 Old Dominion Athletic Conferenc
Outdoor Track and Field Championships
Harrisonburg, Virginia - 4/23/2005**

Results

| | | | |
|----|-------------|-------------------------------|---------|
| 20 | Ian McNeil | Bridgewater College | 4:48.20 |
| 21 | Arie George | Washington and Lee University | 5:01.40 |
| 22 | Dan Castan | Virgina Wesleyan College | 5:20.30 |
| 23 | Mike Rogers | Virgina Wesleyan College | 5:23.40 |

Men 5000 Meter Dash

Championship: 15:04.14 @ 1980

Facility: 15:32.74 # 1995

Kenny Layman, Eastern Mennonite

Jason Callen, Washington and Lee

| Name | School | Finals | Points |
|---|-------------------------------|----------|--------|
| 1 Nathan Johnson (Men 5000 Meter Dash) | Washington and Lee University | 15:47.60 | 10 |
| 2 Brad O'Neil | Lynchburg College | 15:50.00 | 8 |
| 3 Steven Chambers | Washington and Lee University | 16:08.80 | 6 |
| 4 Alex Mahoney | Washington and Lee University | 16:11.00 | 4 |
| 5 Eric Johnson | Roanoke College | 16:19.10 | 2 |
| 6 Will Justice | Roanoke College | 16:22.10 | 1 |
| 7 Andrew Johnson | Washington and Lee University | 16:26.40 | |
| 8 Pete Nelson | Eastern Mennonite University | 16:31.40 | |
| 9 Andrew Parkins | Roanoke College | 16:54.30 | |
| 10 Andrew Cheshire | Bridgewater College | 17:09.20 | |
| 11 Phil Hash | Roanoke College | 17:15.90 | |
| 12 Billy Cecil | Bridgewater College | 18:04.70 | |
| 12 Lars Akerson | Eastern Mennonite University | 18:04.70 | |
| 14 Mark Banks | Virgina Wesleyan College | 18:16.40 | |
| 15 Zack Noah | Bridgewater College | 18:18.00 | |
| --- Tom Brower | Washington and Lee University | DNF | |

Men 110 Meter Hurdles

Championship: 14.54 @ 1988

Facility: 14.53 # 2004

Andy White, Washington and Lee

Greg Bolton, Christopher Newport

| Name | School | Finals | Points |
|-----------------|------------------------------|--------|--------|
| 1 Brian Viar | Lynchburg College | 15.54 | 10 |
| 2 Doug Thomasey | Lynchburg College | 16.07 | 8 |
| 3 Ryan Holmes | Lynchburg College | 16.60 | 6 |
| 4 Andrew Grubb | Eastern Mennonite University | 16.77 | 4 |
| 5 Nick Nycum | Bridgewater College | 16.89 | 2 |
| 6 Deric Delp | Eastern Mennonite University | 17.60 | 1 |
| 7 Mike Tiso | Bridgewater College | 17.98 | |

Men 400 Meter Hurdles

Championship: 54.04 @ 1990

Facility: 52.99 # 1997

Tim Cressman, Eastern Mennonite

Tony Smith, Christopher Newport

| Name | School | Finals | H# | Points |
|-----------------|------------------------------|--------|----|--------|
| 1 Andrew Grubb | Eastern Mennonite University | 56.12 | 2 | 10 |
| 2 Doug Thomasey | Lynchburg College | 57.18 | 2 | 8 |
| 3 Luke Yoder | Eastern Mennonite University | 58.28 | 2 | 6 |
| 4 Deric Delp | Eastern Mennonite University | 58.35 | 2 | 4 |

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Results

| | | | | | |
|---|----------------|---------------------|---------|---|---|
| 5 | TJ Milewski | Roanoke College | 58.58 | 2 | 2 |
| 6 | Doug Balmer | Bridgewater College | 58.98 | 2 | 1 |
| 7 | Nick Nycum | Bridgewater College | 1:01.16 | 1 | |
| 8 | Adrian Herndon | Bridgewater College | 1:02.35 | 1 | |
| 9 | Mike Tiso | Bridgewater College | 1:06.17 | 1 | |

Men 4x100 Meter Relay

Championship: 41.74 @ 1998

Facility: 41.73 # 2001

Bridgewater
Frostburg State
Relay

| Team | Relay | Finals | Points |
|------|------------------------------|--------|--------|
| 1 | Bridgewater College | 42.50 | 10 |
| 2 | Lynchburg College | 42.70 | 8 |
| 3 | Eastern Mennonite University | 43.60 | 6 |

(Men 4x100 Meter Relay)

| Team | Relay | Finals | Points |
|------|---|--------|--------|
| 4 | Washington and Lee Universit | 44.70 | 4 |
| 5 | Roanoke College | 44.80 | 2 |
| | 1) Jason Turbyfill 2) Garrett Cosenza 3) Kevin Beck 4) Lionel Rogers | | |

Men 4x400 Meter Relay

Championship: 3:18.40 @ 1999

Facility: 3:19.27 # 2001

Lynchburg
Christopher Newport
Relay

| Team | Relay | Finals | Points |
|------|--|---------|--------|
| 1 | Lynchburg College | 3:21.47 | 10 |
| 2 | Eastern Mennonite University | 3:22.20 | 8 |
| 3 | Roanoke College | 3:22.61 | 6 |
| | 1) Dana Mueller 2) Jason Turbyfill 3) Kevin Beck 4) Garrett Cosenza | | |
| 4 | Bridgewater College | 3:34.85 | 4 |
| 5 | Washington and Lee Universit | 3:47.45 | 2 |
| 6 | Virgina Wesleyan College | 4:20.23 | 1 |
| | 1) Tim Sanford 2) Mark Banks 3) Dan Castan 4) Greg Jackson | | |

Men High Jump

Championship: 2.14m @ 4/23/2005

Facility: 2.14m # 4/23/2005

Rick Easterling, Bridgewater
Rick Easterling, Bridgewater

| Name | School | Finals | Points | |
|------|-----------------------|-------------------------------|---------|----|
| 1 | Rick Easterling | Bridgewater College | 2.14m @ | 10 |
| 2 | Brian Viar | Lynchburg College | 1.87m | 8 |
| 3 | Todd Crown | Lynchburg College | 1.82m | 6 |
| 4 | Ryan Edge | Washington and Lee University | J1.82m | 4 |
| 5 | Doug Thomasey | Lynchburg College | 1.77m | 2 |
| 6 | Jacob Lewis | Bridgewater College | J1.77m | 1 |
| 7 | Travis Klink | Virgina Wesleyan College | 1.72m | |
| 7 | Andy Rollins | Lynchburg College | 1.72m | |
| 9 | Price Ward | Bridgewater College | J1.72m | |
| 9 | Kendal Swartzentruber | Eastern Mennonite University | J1.72m | |
| --- | Michael Stanton | Washington and Lee University | NH | |
| --- | Ryan Holmes | Lynchburg College | NH | |

**2005 Old Dominion Athletic Conferenc
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Results**

Men Pole Vault

Championship: 15-08.50 @ 1985

Facility: 4.90m # 2004

Keith Arrington, Emory & Henry

Brian Mondschein, Virginia Tech

| Name | School | Finals | Points |
|-------------------|------------------------------|--------|--------|
| 1 Andy Rollins | Lynchburg College | 4.60m | 10 |
| 2 Luke Ross | Eastern Mennonite University | 4.25m | 8 |
| 3 Anthony Pavia | Lynchburg College | J4.25m | 6 |
| 4 Doug Thomasey | Lynchburg College | 4.10m | 4 |
| 5 Noel Durant | Lynchburg College | J4.10m | 2 |
| 6 Scott Decker | Lynchburg College | J4.10m | 1 |
| 7 Josh Smith | Eastern Mennonite University | 3.80m | |
| 7 Aaron Dove | Eastern Mennonite University | 3.80m | |
| 9 Scott Zittle | Bridgewater College | J3.80m | |
| 10 Matt Armstrong | Bridgewater College | J3.80m | |

Men Long Jump

Championship: 24-04.50 @ 1998

Facility: 7.09m # 1994

Dave Lichtenstein, Lynchburg

Otio Okilo, Bridgewater

| Name | School | Finals | Points |
|--------------------|-------------------------------|--------|--------|
| 1 Ryan Holmes | Lynchburg College | 6.76m | 10 |
| 2 Brian Viar | Lynchburg College | 6.70m | 8 |
| 3 Price Ward | Bridgewater College | 6.49m | 6 |
| 4 Pat Fulgham | Virgina Wesleyan College | 6.22m | 4 |
| 5 Ryan Branigan | Lynchburg College | 6.16m | 2 |
| 6 Jacob Lewis | Bridgewater College | 6.10m | 1 |
| 7 Joey Franze | Eastern Mennonite University | 5.67m | |
| 8 Michael Yoder | Eastern Mennonite University | 5.63m | |
| 9 Michael Oakes | Bridgewater College | 5.60m | |
| 10 Ryan Edge | Washington and Lee University | 5.58m | |
| 11 Tony Gilliam | Bridgewater College | 5.56m | |
| 12 Larry Clark | Washington and Lee University | 5.48m | |
| 13 Michael Stanton | Washington and Lee University | 4.60m | |
| --- Justin Tigget | Lynchburg College | FOUL | |

Men Triple Jump

Championship: 50-01.25 @ 1990

Facility: 14.38m # 1991

James Walker, Lynchburg

James Walker, Lynchburg

| Name | School | Finals | Points |
|-------------------|------------------------------|--------|--------|
| 1 Ryan Holmes | Lynchburg College | 14.25m | 10 |
| 2 Price Ward | Bridgewater College | 13.45m | 8 |
| 3 Michael Yoder | Eastern Mennonite University | 13.34m | 6 |
| 4 Brian Viar | Lynchburg College | 13.19m | 4 |
| 5 Justin Tigget | Lynchburg College | 13.08m | 2 |
| 6 Jacob Lewis | Bridgewater College | 13.01m | 1 |
| 7 Pat Fulgham | Virgina Wesleyan College | 12.31m | |
| 8 Ryan Branigan | Lynchburg College | 12.26m | |
| 9 Michael Oakes | Bridgewater College | 12.20m | |
| 10 Adrian Herndon | Bridgewater College | 12.15m | |
| 11 Mike Tiso | Bridgewater College | 11.95m | |

**2005 Old Dominion Athletic Conferenc
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Results

12 Russ Wesh Roanoke College 11.35m

Men Shot Put

Championship: 53-06.50 @ 1995
Facility: 16.32m # 1995

Seth McGuffin, Lynchburg
Seth McGuffin, Lynchburg

| Name | School | Finals | Points |
|-----------------------|-------------------------------|--------|--------|
| 1 Clayton Hall | Bridgewater College | 14.24m | 10 |
| 2 Bob Hoffert | Roanoke College | 12.98m | 8 |
| 3 Chris Florio | Lynchburg College | 12.57m | 6 |
| 4 Christopher Walker | Washington and Lee University | 12.35m | 4 |
| 5 Alec Ciafinchi | Lynchburg College | 12.31m | 2 |
| 6 Robbie Matthews | Bridgewater College | 12.16m | 1 |
| 7 Stephen Kidd | Lynchburg College | 11.96m | |
| 8 Rory Lee-Washington | Lynchburg College | 11.64m | |
| 9 Kevin Bianco | Virgina Wesleyan College | 11.22m | |
| 10 Justin Hazelrigg | Lynchburg College | 11.09m | |

(Men Shot Put)

| Name | School | Finals | Points |
|-------------------|------------------------------|--------|--------|
| 11 Colin Mack | Virgina Wesleyan College | 8.55m | |
| -- Cliff Chrisman | Eastern Mennonite University | FOUL | |

Men Discus Throw

Championship: 160-02 @ 1995
Facility: 48.84m # 1995

Seth McGuffin, Lynchburg
Seth McGuffin, Lynchburg

| Name | School | Finals | Points |
|-----------------------|-------------------------------|--------|--------|
| 1 Doug Thomasey | Lynchburg College | 42.40m | 10 |
| 2 Clayton Hall | Bridgewater College | 41.59m | 8 |
| 3 Alec Ciafinchi | Lynchburg College | 40.92m | 6 |
| 4 Rory Lee-Washington | Lynchburg College | 39.08m | 4 |
| 5 Jeff Jones | Bridgewater College | 38.95m | 2 |
| 6 Justin Hazelrigg | Lynchburg College | 37.48m | 1 |
| 7 Will Carpenter | Lynchburg College | 37.24m | |
| 8 Brian Huff | Roanoke College | 33.72m | |
| 9 Kevin Bianco | Virgina Wesleyan College | 32.98m | |
| 10 Christopher Walker | Washington and Lee University | 32.97m | |
| 11 Stephen Kidd | Lynchburg College | 29.59m | |

Men Hammer Throw

Championship: 45.39m @ 4/23/2005
Facility: 50.18m # 1997

Will Carpenter, Lynchburg
Brian Kolter, Bates

| Name | School | Finals |
|-----------------------|-------------------------------|----------|
| 1 Will Carpenter | Lynchburg College | 45.39m @ |
| 2 Brian Huff | Roanoke College | 41.05m |
| 3 Justin Hazelrigg | Lynchburg College | 39.86m |
| 4 Rory Lee-Washington | Lynchburg College | 39.69m |
| 5 Jared Egger | Roanoke College | 37.64m |
| 6 Thomas Duncan | Washington and Lee University | 37.35m |
| 7 Stephen Kidd | Lynchburg College | 34.42m |

**2005 Old Dominion Athletic Conferenc
Outdoor Track and Field Championships
Harrisonburg, Virginia - 4/23/2005**

Results

| | | | |
|-----|--------------------|-------------------------------|--------|
| 8 | Bob Hoffert | Roanoke College | 30.90m |
| 9 | Andrew Washington | Lynchburg College | 28.99m |
| --- | Christopher Walker | Washington and Lee University | FOUL |

Men Javelin Throw

Championship: 185-01 @ 2001

Facility: 61.44m # 1998

Daniel Evans, Lynchburg

Kevin Kanyan, Unattached

| Name | School | Finals | Points |
|------------------|-------------------------------|--------|--------|
| 1 Joel Shradley | Eastern Mennonite University | 53.29m | 10 |
| 2 Luke Ross | Eastern Mennonite University | 49.81m | 8 |
| 3 Doug Thomasey | Lynchburg College | 48.53m | 6 |
| 4 Chris Florio | Lynchburg College | 47.24m | 4 |
| 5 Jacob Lewis | Bridgewater College | 45.99m | 2 |
| 6 Andrew Fischer | Washington and Lee University | 45.67m | 1 |
| 7 Jared Egger | Roanoke College | 44.57m | |
| 8 Doug Balmer | Bridgewater College | 44.22m | |
| 9 Brian Huff | Roanoke College | 38.67m | |
| 10 Stephen Kidd | Lynchburg College | 38.40m | |
| 11 Bob Hoffert | Roanoke College | 37.08m | |

(Men Javelin Throw)

| Name | School | Finals | Points |
|--------------|---------------------|--------|--------|
| Allen Boyles | Bridgewater College | FOUL | |

Men - Team Rankings - 17 Events Scored

| | | | |
|----------------------------------|-----|---------------------------------|-----|
| 1) Lynchburg College | 212 | 2) Eastern Mennonite University | 117 |
| 3) Bridgewater College | 98 | 4) Roanoke College | 47 |
| 4) Washington and Lee University | 47 | 6) Virginia Wesleyan College | 5 |