

2008 Centennial Conference Outdoor Track & Field Championships

Dickinson's Caitlin Bradley
2007 CC Outstanding Female Track Performer



Ursinus' Brandon Evans
2007 CC 100-Meter Dash Champion



Gettysburg's Jane D'Addario
2007 CC Discus Champion



Haverford's Ian Ramsey-North
2007 CC Outstanding Male Track Performer

WASHINGTON ■ BRYN MAWR ■ DISKINSON ■ FRANKLIN & MARSHALL ■ GETTYSBURG ■ HAVVERFORD ■ JOHNS HOPKINS ■ MEDINA ■ MORTENBERG ■ SMARTHMORE ■ URSINUS

Centennial Conference

Est. 1992

Hosted by Gettysburg College
Friday, May 2 - Sunday, May 4

Musselman Stadium
Gettysburg, Pa.

Meet Staff

Meet Director.....	Steve Shutt
Athletic Trainer.....	Mike Cantele
Timing/Results.....	Tumey Timing & Data
Meet Program.....	Braden Snyder
PA Announcer.....	Corey Jewart

Schedule of Events

Friday, May 2, 2008

1:00 - Pole Vault (m, then w)
1:00 - Decathlon begins (100 meters)
1:30 - Heptathlon begins (100 hurdles)
3:00 - Hammer (m)
5:00 - Hammer (w)
6:30 - 10,000 (m)
7:15 - 10,000 (w)

Saturday, May 3, 2008

8:45 - Decathlon continues (110 hurdles)
9:30 - Heptathlon continues (long jump)
11:00 - Long Jump (w)
12:00 - Steeplechase (m)
12:25 - Steeplechase (w)
12:50 - 110 hurdle trials (m)
1:00 - Discus (w)
1:05 - 100 hurdle trials (w)
1:20 - 400 trials (m)
1:30 - Long Jump (m)
1:35 - 400 trials (w)
1:50 - 100 trials (m)
2:05 - 100 trials (w)
2:20 - 800 trials (m)
2:40 - 800 trials (w)
3:00 - Discus (m)
3:00 - 400 hurdle trials (m)
3:20 - 400 hurdle trials (w)
3:40 - 200 trials (m)
3:55 - 200 trials (w)
4:20 - 4 x 800 relay (m)
4:30 - 4 x 800 relay (w)

Sunday, May 4, 2008

11:00 - Triple Jump (m)
11:00 - Javelin (m)
11:00 - Shot Put (w)
11:00 - High Jump (w)
11:00 - 4 x 100 relay (m)
11:10 - 4 x 100 relay (w)
11:20 - 1500 final (m)
11:50 - 1500 final (w)
12:20 - 110 hurdles final (m)
12:30 - 100 hurdles final (w)
12:40 - 400 final (m)
12:50 - 400 final (w)
1:00 - Shot Put (m)
1:00 - Javelin (w)
1:00 - High Jump (m)
1:00 - Triple Jump (w)
1:00 - 100 final (m)
1:10 - 100 final (w)
1:20 - 800 final (m)
1:30 - 800 final (w)
1:40 - 400 hurdles final (m)
1:50 - 400 hurdles final (w)
2:00 - 200 final (m)
2:10 - 200 final (w)
2:20 - 5,000 final (m)
3:05 - 5,000 final (w)
3:55 - 4 x 400 relay (m)
4:05 - 4 x 400 relay (w)
4:15 - Awards Ceremony

** For photos of the 2008 Centennial Conference Championship, please visit www.davidsinclair.org.*

Women's Rosters



Bryn Mawr College Owls

Name	Cl.	Hometown
Margaret Cheng	Jr.	Edmonds, Wash.
Ashley Dawkins	Sr.	Reading, Pa.
Alix Dermer	Sr.	Hamden, Conn.
Kate Duguid	Jr.	Brussels, Belgium
Catlin Evans	So.	Mill Valley, Calif.
Michelle Gauthier	So.	Quakertown, Pa.
Aigne Goldsby	Fr.	Reading, Pa.
Lisa Grandner	Jr.	Pine Valley, N.Y.
Kathryn Gray	Fr.	Seattle, Wash.
Giovanna Hayward	Sr.	Sandy Springs, Md.
Christine Head	Fr.	Stone Mountain, Ga.
Caroline Johnson	So.	Cohasset, Mass.
Katie Kent	Jr.	Upland, Calif.
Grace Kung	So.	Basking Ridge, N.J.
Christine Lee	So.	Topsfield, Mass.
Akua Nyame-Mensah	So.	Baltimore, Md.
Ariel Puleo	Fr.	West Granby, Conn.
Kyla Quillin	Jr.	Jenison, Mich.
Kate Sheridan	Jr.	Chalfont, Pa.
Jessica Varney	So.	Milan, Mich.
Leah Weightman	So.	Washington, D.C.
Katie Weng	Jr.	Paramus, N.J.

Head Coach: Dan Talbot

Assistant Coaches: Delilah DiCrescenzo, Sarah Hale



Dickinson College Red Devils

Name	Cl.	Hometown
Jenna Banning	So.	Plymouth, Mass.
Emily Bastian	Fr.	Birmingham, Mich.
Lisa Bollwage	Sr.	Bridgewater, N.J.
Caitlin Bradley	Sr.	Fairfield, Conn.
Alyssa Constad	Fr.	Martinsville, N.J.
Dianna Coscette	So.	Chester, N.Y.
Katie Creme	Sr.	Lancaster, Pa.
Rebecca Dooley	Fr.	Sewickly, Pa.
Eliza Eshelman	Sr.	Columbia City, Ind.
Layne Feldman	So.	Glen Rock, N.J.
Mimi Frohman	Fr.	Carlisle, Pa.
Diliana Funtarova	Fr.	Sofia, Bulgaria
Eva Greenberg	So.	Washington, D.C.
Mary Hamilton	So.	Pittsburgh, Pa.
Jamie Hennick	So.	Durham, Conn.
Elizabeth Kosta	Fr.	Mystic, Conn.
Emily Lawrence	So.	Boulder, Colo.
Anna Lovett	So.	Ewing, N.J.
Darcy McDonald	Jr.	Lititz, Pa.
Liz Miller	Jr.	Vienna, Va.
Amy Mitrano	Fr.	Wilmette, Ill.
Layla Naficy	Sr.	Westport, Conn.
Kristina Pfeiffer	So.	Marrick, N.Y.
Kimberly Powell	Fr.	Canton, Conn.
Sarah Randall	So.	Monkton, Md.
Elizabeth Romano	So.	Merion, Pa.
Michelle Sanchez	Fr.	Los Angeles, Calif.
Nedra Sandiford	So.	Queens Village, N.Y.
Catherine Sippin	So.	Fairfield, Conn.
Brynn Steblay	Fr.	Tonka Bay
Caitlin Strahota	Sr.	Wellsboro, Pa.

Laura Straw	Sr.	Fairport, N.Y.
Yazmin Watkins	Jr.	Northridge, Calif.
Faye Welts	So.	Becket, Mass.
Lauren Woodcock	Fr.	Clifton Park, N.Y.

Head Coach: Don Nichter

Assistant Coaches: Mike Scanish, Dave Rodbart, Jenny Stevens, Scott Still, David Hummel, Dick Ocker



Franklin & Marshall Diplomats

Name	Cl.	Hometown
Kathleen Boardman	Fr.	Staten Island, N.Y.
Amy Burke	Fr.	Bedford, N.H.
Jenna Bush	Fr.	West Chester, Pa.
Alyssa Catalano	Jr.	Selinsgrove, Pa.
Nicole DiBenedetto	Fr.	Westfield, N.J.
Kelly Farrelly	So.	Lebanon, N.J.
Erin Gleason	Jr.	Bayonne, N.J.
Laura Hansen	So.	Spring Grove, Pa.
Megan Hunter	Jr.	Allentown, Pa.
Emily Kornfeld	Fr.	Basking Ridge, N.J.
Rachel Packer	So.	Olney, Md.
Keira Rakoff	Jr.	Larchmont, N.Y.
Rachel Suydam	Fr.	Fleetwood, Pa.
Emily Weir	Jr.	Hummelstown, Pa.
Shannon Weir	Sr.	Villanova, Pa.
Emily Wilson	Fr.	Milan, Mich.
Melissa Zimmerman	Fr.	Deerfield, Ill.

Head Coach: Carl Schnabel

Assistant Coaches: Lauren Mable, John Stoudt, Andrew Thompson



Gettysburg College Bullets

Name	Cl.	Hometown
Kate Adair	Fr.	Scottsville, N.Y.
Sam Allen	Fr.	Wyomissing, Pa.
Deirdre Apicello	Fr.	Jamesport, N.Y.
Christine Burke	Sr.	Springfield, Pa.
Allison Bushey	Jr.	Wester Chester, Pa.
Katie Byrne	Jr.	Gettysburg, Pa.
Lauren Carter	Sr.	Monmouth Beach, N.J.
Sara Coleman	So.	Langhorne, Pa.
Jane D'Addario	Sr.	Farmington, Conn.
Marie Dripchak	Fr.	Upp. Saddle River, N.J.
Kerrin Epstein	So.	Moravia, N.Y.
Johelys Figueroa	Fr.	Frederick, Md.
Sarah Fritz	So.	Ledyard, Conn.
Ellen Furnari	Sr.	Hartland, Vt.
Devan Grote	Fr.	Uniontown, Pa.
Rachel Guthridge	Jr.	Schwenksville, Pa.
Katie Haas	So.	Binghamton, N.Y.
Megan Harinski	Sr.	Beaverton, Ore.
Amanda Heller	Sr.	New Oxford, Pa.
Amy Hoffmann	Sr.	Cuyahoga, Ohio
Brett Jackson	Sr.	Arnold, Md.
Jessica Jalbert	So.	Providence, R.I.
Amrit Khalsa	Fr.	Newtown, Pa.
Amanda Langlois	Sr.	Easton, Conn.
Casey Lumpkin	Fr.	Newtown, Pa.
Bridget McElroy	Sr.	West Babylon, N.Y.
Meredith McEntee	So.	Falls Church, Va.
Caitlin Moser	Fr.	Wyomissing, Pa.

Caitlin Mumford	Fr.	Haddonfield, N.J.
Megan Murphy	Fr.	Mechanicsburg, Pa.
Vanessa Pabon	So.	New Oxford, Pa.
Charmonique Parker	Fr.	Bronx, N.Y.
Alison Petrow	Sr.	Westfield, N.J.
Katie Pratt	Fr.	Wellesley, Mass.
Kyla Rodgers	Fr.	Wolfeboro, N.H.
Robia Smith-Herman	Fr.	Silver Spring, Md.
Sam Spence	Sr.	Andover, N.J.
Amanda Thomas	So.	Plainsboro, N.J.
Kara Tzinivis	Fr.	Bellmore, N.Y.
Elizabeth Welshhans	Fr.	Wooster, Ohio
Erica Wiles	Jr.	Rhinebeck, N.Y.
Shannon Yates	Sr.	New Vineyard, Maine
Becca Zabel	Jr.	Frederick, Md.

Head Coach: Steve Shutt

Assistant Coaches: Darryl Jones, Aubrey Shenk, Matt Garrett, Dan Austin, Susan Stum



Haverford College Fords

Name	Cl.	Hometown
Clair Adams	Jr.	Westfield, Mass.
Jessica Belden	Jr.	Brookfield, Conn.
Megan Bonney	Sr.	Rocky Hill, Conn.
Heidi Bretscher	Jr.	Ithaca, N.Y.
Maya Cabot	So.	North Garden, Va.
Kaia Davis	So.	Mercer Island, Wash.
Deirdre Din	Sr.	Irvington, N.Y.
Lena Edelstein	Jr.	Manhasset, N.Y.
Jackie Freund	So.	Bethlehem, Pa.
Caia Heyison	Fr.	Wellesley, Mass.
Harper Hubbeling	Fr.	Austin, Texas
Enuma Igweatu	Fr.	New York, N.Y.
Leonor Keller	So.	Washington, D.C.
Aileen Keogh	So.	Afton, Va.
Marie Kirton	Fr.	Queens, N.Y.
Annick Lamar	Sr.	Hamilton, N.J.
Brittany Lattisaw	Jr.	Washington, D.C.
Emily Letts	Fr.	Climax, Mich.
Chloe Levenson	Jr.	New York, N.Y.
Emma Lo	Sr.	Old Lyme, Conn.
Darian Lunne	Jr.	Canfield, Ohio
Alex Maxey	Sr.	Los Angeles, Calif.
Heather McMahon	So.	Mill Valley, Calif.
Mara Miller	So.	Pittsburgh, Pa.
Hilary Mislan	Jr.	Lexington, Mass.
Kathryn Montalbano	Jr.	Nutley, N.J.
Margaret Morrison	Jr.	Bethesda, Md.
Christina Neilson	Fr.	Philadelphia, Pa.
Hayley O'Malley	Sr.	Pacifica Palisades, Calif.
Emma O'Neill	Sr.	Seattle, Wash.
Hana Peters	Sr.	Calabasas, Calif.
Eliza Reiss	So.	New Canaan, Conn.
Elizabeth Scholom	So.	Chicago, Ill.
Caitlin Tully	Fr.	Carmel, N.Y.
Sarah Walker	Sr.	Wilton, Conn.
Jane Weber	Sr.	Oak Park, Ill.
Elizabeth Welch	Fr.	Orchard Park, N.Y.
Natalie Zych	Fr.	Forest Hills, N.Y.

Head Coach: Fran Rizzo

Assistant Coaches: Doug Mason, Rob Upton, Kate Reese

Women's Rosters



Johns Hopkins Blue Jays

Name	Cl.	Hometown
Bhavna Abbi	Jr.	Chappaqua, N.Y.
Logan Ashcraft	Fr.	Findlay, Ohio
Megan Brower	Fr.	Cary, N.C.
Becca Capobianco	Fr.	Ambler, Pa.
Jessica Chin	Sr.	Hong Kong China
Danielle Christie	Fr.	Matawan, N.J.
Jacci Clauss	Sr.	Medford, N.J.
Rebecca Dang	So.	Honolulu, Hawaii
Meagan Detrani	Jr.	Niskayuna, N.Y.
Martina Dodd	Fr.	Severn, Md.
Kathleen Doherty	Jr.	Edison, N.J.
Alison Grant	Sr.	Toms River, N.J.
Sharon Green	Fr.	North Woodmere, N.Y.
Kit Harris	Fr.	Andover, Mass.
Javi Hartenstine	Sr.	Pottstown, Pa.
Emma Hiza	Jr.	Nottingham, N.H.
Rachel Hogen	Jr.	Tarzana, Calif.
Jessie Hollingsworth	Fr.	Greenville, N.C.
Kathy Horn	Jr.	Pittsburgh, Pa.
Jordan Ireton	Jr.	Westborough, Mass.
Angela Kaon	Sr.	Bridgewater, N.J.
Shannon Koh	Jr.	Horsham, Pa.
Laura Kranish	Fr.	Silver Spring, Md.
Vanessa Lanio	Jr.	Columbia, Md.
Elizabeth Laseter	Fr.	Charlotte, N.C.
Krystina Laucik	So.	Warren, N.J.
Veronica Lopez	Fr.	Miami, Fla.
Becky Lossing	Sr.	Kensington, Md.
Leah Mainiero	Fr.	Southbury, Conn.
Kerri McGovern	Jr.	Rockville Centre, N.Y.
Alexandra McMillan	So.	Owings Mills, Md.
Nadia McMillan	So.	Owings Mills, Md.
Anita Mikkilineni	Fr.	Basking Ridge, N.J.
Viann Nguyen	So.	Alexandria, Va.
Mary O'Grady	So.	Anchorage, Alaska
Amarachi Onyima	Jr.	Gresham, Ore.
Paula Osborn	Jr.	Albuquerque, N.M.
Mira Patel	So.	Moraga, Calif.
Laura Paulsen	So.	Lutherville, Md.
Chantel Priolo	Sr.	Pennsauken, N.J.
Kiele Raymond	Jr.	Rye, N.H.
Jessica Reeves	Sr.	Miami, Fla.
Jillian Richmond	Jr.	Woodstock, Conn.
Kathleen Schiro	Fr.	New Paltz, N.Y.
Samantha Schneider	Jr.	West Chester, Pa.
Allyson Seger	Sr.	Baton Rouge, La.
Christina Valerio	Fr.	West Milford, N.J.
Megan Wei	So.	Basking Ridge, N.J.
Erika Wheeler	So.	Hopkinton, Fla.
Cate White	Fr.	Jordan, N.Y.

Head Coach: Bobby Van Allen

Assistant Coaches: Jay Dunn, Norm Ayen, David Berdan, Aaron Landgraf, Allison Jaspers, Ryan Orner



McDaniel College Green Terror

Name	Cl.	Hometown
Erin Balsamo	Jr.	Baltimore, Md.
Erika Clark	So.	Suitland, Md.
Sarah Costa	Jr.	Frederick, Md.
Desi Coverley	Jr.	NA

Jessica Dittman	Sr.	Hampstead, Md.
Kristin Duling	Jr.	Hampstead, Md.
Roxanne Fleischer	So.	Westminster, Md.
Katie Griffith	Jr.	Eldersburg, Md.
Rachel Griffith	Jr.	Eldersburg, Md.
Emily Hajjar	So.	Frederick, Md.
Lisa Katchan	So.	Baltimore, Md.
Rachel McCallum	Fr.	Brunswick, Md.
Stefanie McCole	Jr.	Hanover, Pa.
Emily Peoples	Fr.	Wilmington, Del.
Tia Scott	Fr.	Hagerstown, Md.

Head Coach: Doug Renner



Muhlenberg College Mules

Name	Cl.	Hometown
Kaitlyn Archibald	So.	Springfield, Pa.
Kim Bier	Fr.	Medford, N.J.
Lucy Brock	Jr.	Barrington, R.I.
Laura Clinton	Sr.	Havertown, Pa.
Lauren Conicella	So.	Newtown, Pa.
Debra Crockett	So.	Manchester, Conn.
Alex Faust	So.	Green Lane, Pa.
Alaina Ferretti	So.	Kennebunk, Maine
Sarah Gadomski	Fr.	Bethlehem, N.Y.
Stephanie Gross	Fr.	Narberth, Pa.
Caitlin Heffern	So.	Wayne, N.J.
Kendra Joseph	So.	Kennebunk, Maine
Emily Karel	Sr.	Radnor, Pa.
Erika Koop	Sr.	Ridgefield Park, N.J.
Hayley Kreiger	So.	Eatontown, N.J.
Kate Mahoney	Fr.	Madison, N.J.
Amanda Martini	Jr.	Monroe, N.Y.
Janelle Mentrikoski	So.	Danville, Pa.
Hannah Mitchell	Fr.	Chester, N.Y.
Kathryn Niedzwiecki	Jr.	Syracuse, N.Y.
Michelle Repak	Fr.	Churchville, Pa.
Abby Simons	Fr.	Lansdale, Pa.
Liah Spilove	Fr.	Litchfield, Conn.
Lindsey Weidmann	Fr.	New Fairfield, Conn.

Head Coach: Brad Hackett

Assistant Coaches: Will Elson, Chris White, Ashlie Hankee



Swarthmore College Garnet

Name	Cl.	Hometown
Nyika Corbett	So.	Myrtle Point, Ore.
Ashley Davies	So.	New Providence, N.J.
Nathalie Degaiffier	So.	Washington, D.C.
Maggie DeLorme	So.	Lusby, Md.
Lauren DeLuca	So.	Audubon, Pa.
Elise Garrity	Jr.	Newton, Mass.
Melina Healey	Sr.	New York City, N.Y.
Hightower Heather	Jr.	Poughkeepsie, N.Y.
Cait Mullarkey	Jr.	Wilmington, Del.
Faith Pampel	Jr.	Little Silver, N.J.
Bess Ritter	Jr.	Quaker Hill, Conn.
Caitlin Russell	Fr.	Mountain View, Calif.
Emma Stanley	Jr.	Fogelsville, Pa.

Bettina Tam	So.	Hong Kong
Rebecca Woo	Fr.	Davis, Calif.

Head Coach: Peter Carroll

Assistant Coaches: John Noon, Tom Reynolds, John Jaudon, Bob Mudrick and Bob Williams



Ursinus College Bears

Name	Cl.	Hometown
Kristen Amoroso	Fr.	Broomall, Pa.
Mariah Arnold	Fr.	Hershey, Pa.
Liz Brennan	Jr.	Drexel Hill, Pa.
Katie Callahan	Fr.	Dover, Pa.
Katie Clark	Jr.	North Wales, Pa.
Christina Cooper	Sr.	Philadelphia, Pa.
Maria DeOliveira	Sr.	Berkeley Heights, N.J.
Laura Faith	Fr.	Norwood, Pa.
Michelle Franko	Fr.	Jim Thorpe, Pa.
Morgan Gennetta	Fr.	W. Collingswood, N.J.
Laura Higgins	Fr.	Cherry Hill, N.J.
Christa Johnson	Jr.	W. Berlin, N.J.
Nicole Kevitch	Jr.	NA
Lauren Lammers	Fr.	Haddon Heights, N.J.
Amanda Leatherman	Jr.	Monrovia, Md.
Sara McNally	Sr.	Upper Darby, Pa.
Elizabeth Luk	Jr.	Cherry Hill, N.J.
Greta Martikainen-Watche	Fr.	Reading, Pa.
Kate McGirr	So.	Horsham, Pa.
Audrey McKenna	Sr.	Newtown Sq., Pa.
Sara McNally	Sr.	Drexel Hill, Pa.
Catherine Morello	Sr.	Norristown, Pa.
Perrin Moses	Sr.	Wyndmoor, Pa.
Alison Nolan	Fr.	Collegeville, Pa.
Jenifer Norton	So.	Quakertown, Pa.
Jillian Proniewych	Sr.	Smithtown, N.Y.
Stephanie Rogman	Jr.	Schnecksville, Pa.
Natalie Rosenberg	Jr.	Wilmington, Del.
Tracey Smith	So.	Oakdale, Pa.
Julie Tran	So.	Hilliard, Ohio
Nichole Varga	So.	Atco, N.J.
Whitney Woodall	So.	Carlisle, Pa.
Deb Yanness	Fr.	Haddonfield, N.J.

Head Coach: Chris Bayless

Men's Rosters



Dickinson College Red Devils

Name	Cl.	Hometown
Anthony Abbate.....	So.	Haddonfield, N.J.
Robert Alloway.....	Fr.	Gaithersburg, Md.
Michael Blake.....	Jr.	Johnson, N.Y.
Evan Bollinger.....	So.	Phoenix, Md.
Patrick Burke.....	Fr.	Bellmore, N.Y.
Rob Chain.....	Sr.	Fort Washington, Pa.
Adrian Ciacci.....	Fr.	Pottstown, Pa.
Paul Corbett.....	So.	Ann Arbor, Mich.
Ryan Daniel.....	Jr.	Ocean City, Md.
Daniel Doggett.....	Fr.	Byfield, Mass.
Dwight Dunston.....	So.	Philadelphia, Pa.
Chris Esworth.....	Sr.	Milton, Pa.
Andrew Green.....	Sr.	Miami, Fla.
Andy Gregor.....	So.	Pittsburgh, Pa.
Stephen Hendrix.....	Jr.	Ellicott City, Md.
Brenden Hughes.....	Sr.	Califon, N.J.
Rob Jansen.....	Fr.	New Canaan, Conn.
Nick Karwoski.....	So.	Hollis, N.H.
Jeremy Keys.....	Fr.	Downingtown, Pa.
Ben Khouri.....	So.	Morristown, N.J.
Brian Krusell.....	Fr.	Newington, Conn.
Greg Leak.....	So.	Chadds Ford, Pa.
Alex Leese.....	Fr.	Natick, Mass.
John Monopoli.....	So.	Vestal, N.Y.
Tom Morgan.....	Sr.	East Bridgewater, Mass.
Alex Osberg.....	Jr.	Skillman, N.J.
Kent Pecora.....	Fr.	Chapel Hill, N.C.
Tom Robson.....	Fr.	Westport, Conn.
William Scott.....	Sr.	Washington, D.C.
Phil Shank.....	Fr.	Cochranville, Pa.
Alex Shirley.....	Fr.	Wellesley, Mass.
Greg Smart.....	So.	Langehorne, Pa.
Evan Sparling.....	Sr.	Poughkeepsie, N.Y.
Michael Tarkoff.....	Fr.	Warrington, Pa.
Russell Toris.....	Fr.	Wilton, Conn.
Nick Trimboli.....	Sr.	Philadelphia, Pa.
Nate Yancheff.....	So.	Venetia, Pa.

Head Coach: Don Nichter

Assistant Coaches: Mike Scanish, Dave Rodbart, Jenny Stevens, Scott Still, David Hummel, Dick Ocker



Franklin & Marshall Diplomats

Name	Cl.	Hometown
Saifuddin Ahmed.....	Fr.	Dhaka, Bangladesh
Kwaku Anno.....	So.	Mbabane, Swaziland
Mike Arnold.....	Sr.	Kresgeville, Pa.
Ryan Bell.....	Fr.	Pittsburgh, Pa.
Charlie Bowen.....	Sr.	Middletown, Pa.
Lucas Burbank.....	Jr.	Ridgefield, Conn.
Franklin Dekker.....	So.	Bedminster, N.J.
Mike Del Rossi.....	Fr.	Voorhees, N.J.
Matt Demczko.....	Sr.	Kulpmont, Pa.
Chris Desilets.....	Sr.	Rutherford, N.J.
Tim Felice.....	So.	Garwood, N.J.
Andrew Gern.....	Fr.	Glencoe, Ill.
Jake Gomolinski.....	Sr.	Middletown, N.Y.
Josh Laster.....	Sr.	Warwick, N.Y.
Pavel Marossine.....	Sr.	Jackson Heights, N.Y.

Freddy Martino.....	Sr.	Harleysville, Pa.
Matt Oleksa.....	So.	Seneca Falls, N.Y.
Jared Pickell.....	Jr.	Norristown, Pa.
Tim Spady.....	Fr.	Lansdowne, Pa.
Steven Tracy.....	Jr.	Baden, Pa.

Head Coach: Carl Schnabel

Assistant Coaches: Lauren Mable, John Stoudt, Andrew Thompson

Bullets Gettysburg College Bullets

Name	Cl.	Hometown
Jermaine Alexander.....	Jr.	Jamaica, N.Y.
Andy Askins.....	So.	Bangor, Maine
David Baker.....	Sr.	Ocean City, Md.
Greg Baron.....	So.	Basking Ridge, N.J.
Jack Bingham.....	So.	W. Simsbury, Conn.
Graham Brouder.....	Fr.	Fairfax, Va.
Jeff Butterworth.....	So.	Glen Mills, Pa.
Chris Cole.....	Jr.	Andover, Mass.
Greg Cumming.....	Jr.	Bainbridge, N.Y.
Rob Dalto.....	So.	Darien, Conn.
Thomas Daniels.....	Fr.	Tunkhannock, Pa.
Walter Einhorn.....	Fr.	Merion Station, Pa.
Robby Ford.....	Fr.	Reistertown, Md.
Matt Galante.....	Sr.	Telford, Pa.
Danny Gilbert.....	So.	East Brunswick, N.J.
Dan Hack.....	Sr.	Corlandt Manor, N.Y.
Zach Hastings.....	Sr.	Westbrook, Conn.
Ryan Highlands.....	Sr.	New Oxford, Pa.
Jacob Hochard.....	Fr.	Templetown, Mass.
Alex Horning.....	So.	Elizabethtown, Pa.
Ryan Keane.....	Sr.	Hopkinton, Mass.
Eric Kozlik.....	Fr.	Ludlow, Mass.
Tyler Kreitz.....	Jr.	Hanover, Pa.
Kevin Lawrence.....	Sr.	West Caldwell, N.J.
Tom Lester.....	Fr.	Ramsey, N.J.
Adrian Macdonald.....	So.	Westwood, Mass.
Ted Mavraganis.....	Sr.	W. Windsor, N.J.
Chris McCullough.....	So.	Havertown, Pa.
Tom Merce.....	Jr.	Broadview Hts., Ohio
Daniel O'Neill.....	Fr.	Monroe, N.Y.
Justin Oliveira.....	Fr.	San Antonio, Texas
Steven Pappuchis.....	Jr.	Myersville, Md.
Julian Perti.....	Jr.	Swansea, Mass.
Brendan Quigley.....	Fr.	Manasquan, N.J.
Rashard Rabsatt.....	Fr.	Bronx, N.Y.
Andy Reed.....	So.	Elizabethtown, Pa.
Clay Reynolds.....	Fr.	Medway, Mass.
Phil Sebasco.....	Sr.	East Windsor, N.J.
Mason Showalter.....	Fr.	Upp. Saddle River, N.J.
Alex Steel.....	Jr.	Morgantown, W.Va.
Mike Stocker.....	So.	Bayport, N.Y.
Danny Strein.....	Jr.	Bellerose, N.Y.
Nik Tama.....	Fr.	Medord, N.J.
Paul Tanasoca.....	Fr.	Toms River, N.J.
David Van Arsdale.....	Sr.	Clinton, N.J.
Brian Wallace.....	Sr.	West Chester, Pa.
Kyle Webster.....	Fr.	Holland, Pa.
Rob Werk.....	Sr.	Simsbury, Conn.
Greg Williams.....	So.	Brookline, Mass.

Head Coach: Steve Shutt

Assistant Coaches: Darryl Jones, Aubrey Shenk, Matt Garrett, Dan Austin, Susan Stum



Haverford College Fords

Name	Cl.	Hometown
Alan Ackroyd-Isales.....	Sr.	Wallingford, Pa.
Sunil Adige.....	Jr.	Wilton, Conn.
Joe Awantang.....	Sr.	Dulles, Va.
Paul Bisceglia.....	Jr.	Glastonbury, Conn.
Mark Burgmann.....	Jr.	Philadelphia, Pa.
Taylor Burmeister.....	Jr.	Concord, Mass.
Joseph Carpenter.....	Fr.	Portland, Ore.
Eric Chesterton.....	Fr.	Collingsworth, N.J.
Carlos Coleman.....	Jr.	Washington, D.C.
Reilly Costigan-Humes.....	So.	Schnecksville, Pa.
Patrick Donnelly.....	Jr.	Ardmore, Pa.
Richard Dowlat.....	Fr.	New York, N.Y.
Phil Eisman.....	So.	Alexandria, Va.
Nick Farina.....	So.	Barrington, Ill.
Ben Frisbee.....	So.	Lake Oswego, Ore.
Lucas Fuentes.....	Fr.	Wilton, Conn.
Alberto Guerrero.....	So.	Livingston, N.J.
Danny Guilfoyle.....	Sr.	Washington, D.C.
Luke Henderson.....	Sr.	Collingdale, Pa.
Michael Hildner.....	Jr.	Highland Park, Ill.
Anders Hulleberg.....	Fr.	Baltimore, Md.
Jamie Jablin.....	Sr.	Chambersburg, Pa.
Michael Jablin.....	Sr.	Chambersburg, Pa.
Philip Kim.....	So.	Cheltenham, Pa.
Morgan Kist.....	Fr.	Winston-Salem, N.C.
Andrew Lanham.....	So.	Wooster, Ohio
Donald Letts.....	Sr.	Climax, Mich.
Ben Marsden.....	Sr.	Avondale, Pa.
Richard Marsico.....	So.	Mamaroneck, N.Y.
Samuel McCrimons.....	Fr.	Sacramento, Calif
Tim Miles.....	Sr.	Collingswood, N.J.
Zach Needell.....	Fr.	Washington, D.C.
Daniel O'Toole.....	Jr.	Elkins Park, Pa.
Jason Oaks.....	Jr.	Macedon, N.Y.
Greg Potesio.....	Sr.	Willow Grove, Pa.
Ian Ramsey-North.....	Sr.	Narbeth, Pa.
Nick Reynolds.....	Fr.	Eugene, Ore.
Elvis Rosado.....	Sr.	Brooklyn, N.Y.
Grant Scribner.....	Sr.	Easton, Pa.
Alex Simmons.....	Jr.	Lexington, Mass.
Chris Southwick.....	Fr.	Califon, N.J.
Chaz Thomas.....	Jr.	Huntington, N.Y.
Elias Tousley.....	Fr.	Kensington, Md.
Nick Vechik.....	So.	Claremont, Calif.
Benjamin Walker.....	Jr.	Broomall, Pa.
Andrew Wei.....	So.	Gilbert, Ariz.

Head Coach: Tom Donnelly

Assistant Coaches: Bob Hasson, Irv Mondschein, Rob Upton, Jossi Fritz-Mauer



Johns Hopkins Blue Jays

Name	Cl.	Hometown
Sam Alexander.....	So.	Greenwich, Conn.
Andrew Barnett.....	Fr.	Dowingtown, Pa.
Graham Belton.....	So.	Atlanta, GA
Scott Bierbryer.....	Sr.	Boca Raton, FL
Patrick Brandon.....	Sr.	Massapequa, NY
James Bronson.....	Sr.	Santa Anna, CA
Rick Carrick.....	So.	Wakefield, Mass.

Men's Rosters

Prasanna Chandrasekhar.....Jr.....Walpole, Mass.
Derek Cheng.....Fr.....Chesterfield, MO
Chris Cottrell.....Jr.....Powder Springs, GA
Chris De Laiglesia.....So.....Tokyo, Japan
Chuck de los Reyes.....Jr.....Evanston, IL
Justin DeAngelis.....Sr.....Langhorne, Pa.
Pierre Hage.....Fr.....Andover, Mass.
Brandon Hahn.....Fr.....Pittsburgh, Pa.
Andrew Harrington.....Sr.....New Rochelle, NY
Theodore Heron.....Jr.....Media, Pa.
Jason Hortiatis.....Sr.....Pittsford, NY
David Huberdeau.....So.....Woodbridge, Va.
Bobby Huynh.....Fr.....Basking Ridge, N.J.
Noah Jampol.....So.....Waban, Mass.
Doug Karlsberg.....Jr.....Beverly Hills, CA
John Kealy.....Sr.....Holmdel, N.J.
Dale Kreidler.....Fr.....Abilene, TX
Brahma Kumar.....Fr.....Blue Bell, Pa.
Evan Lazerowitz.....So.....Franklin Lakes, N.J.
Drew Lefkof.....Jr.....Tiburron, CA
Joe Lefkowitz.....So.....Teaneck, N.J.
Steve Levinson.....So.....Villanova, Pa.
Peter Li.....Jr.....Ellicott City, Md.
Jordan Litner.....So.....Livingston, N.J.
Gordon Mack.....So.....Bethlehem, Pa.
Nate Marrone.....Fr.....Holden, Mass.
Devin McDermott.....Jr.....Brooklyn, NY
Eric Miller.....Sr.....Huntingdon Valley, Pa.
Jeffrey Neal.....Sr.....Cheshire, Conn.
Geoff Nunns.....Jr.....Danville, CA
Lee Ouyang.....So.....Flemington, N.J.
Michael Palantoni.....Sr.....South Salem, NY
Eli Peller.....Fr.....NA
Dan Pike.....Jr.....Potomac, Md.
Cornelius Queen.....Fr.....Cambridge, Mass.
Kenneth Seidl.....NA.....NA
James Shim.....Jr.....Portland, OR
David Sigmon.....So.....Big Harbor, WA
Nate Sotuyo.....So.....Charlevoix, Mich.
Matt Stern.....So.....Lynbrook, NY
Christo Tait.....So.....Berwyn, Pa.
Tristan Thomas.....Sr.....Powder Springs, GA
Steve Tobochnik.....Fr.....Kalamazoo, Mich.
Matthew Trachtenburg.....Jr.....Mountain Lakes, N.J.
Michael Vanaskie.....Fr.....Stevens, Pa.
Adam Waddell.....Jr.....Altoona, Pa.
James Walker.....So.....Marietta, GA
Jonathan Walker.....So.....Tampa, FL
Elliot Wehner.....Fr.....San Francisco, CA
Michael Yuan.....So.....Syosset, NY

Head Coach: Bobby Van Allen

Assistant Coaches: Jay Dunn, Norm Ayen, David Berdan, Aaron Landgraf, Allison Jaspers, Ryan Orner



McDaniel College Green Terror

Name	Cl.	Hometown
Will Brandenburg.....Fr.....Hagerstown, Md.		
Cody Crutchley.....Jr.....Frederick, Md.		
Juris Eyley.....Fr.....Middletown, Md.		
Rick Gonzalez.....Fr.....Columbia, Md.		
Kyle Levers.....Jr.....Shamong, N.J.		
Jason Maier.....Sr.....New Milford, N.J.		
Russell Morin.....So.....Lusby, Md.		
Scott Pusateri.....Jr.....Accident, Md.		
Jarrett Smith.....Sr.....Baltimore, Md.		
Tim Snyder.....Sr.....Frederick, Md.		
Chris Stinnette.....Jr.....Westminster, Md.		

Dan White.....Jr.....Union Bridge, Md.
Nick Wilbur.....Sr.....Westminster, Md.

Head Coach: Doug Renner



Muhlenberg College Mules

Name	Cl.	Hometown
Matt Boland.....So.....Drexel Hill, Pa.		
Joseph Brancale.....Sr.....Staten Island, N.Y.		
Adam Carter.....Sr.....Pottstown, Pa.		
Gregory Ceponis.....Jr.....Ridgefield, Conn.		
David Chorney.....Jr.....Bristol, N.H.		
Chris Dolan.....Fr.....Gainesville, Fla.		
Joseph Dyer.....So.....Glenside, Pa.		
Daniel Goldstein.....Jr.....Cold Spring Harbor, N.Y.		
John Goodrich.....Jr.....Middletown, Conn.		
Joel Haddock.....Sr.....Shamokin, Pa.		
Josh Hershman.....Jr.....Woodbridge, Conn.		
Seth Hershman.....Fr.....Woodbridge, Conn.		
Thomas Holtz.....Jr.....Newton, Mass.		
Michael Karchner.....Sr.....Stroudsburg, Pa.		
Paul Kegelman.....Sr.....Rumson, N.J.		
Adam Kingsbury.....Fr.....Marblehead, Mass.		
Brendan Kirk.....So.....Hawthorne, N.J.		
Jeremiah Lachaud.....So.....East Brunswick, N.J.		
Matt Lauletti.....Fr.....Manalapan, N.J.		
Andrew Lavender.....Fr.....New Milford, Conn.		
Keith Leitmeyer.....Fr.....Harleysville, Pa.		
Rob Nihen.....Fr.....Glen Rock, N.J.		
Bill Ryan.....So.....Monroe, Conn.		
Evan Sheppard.....Jr.....West Orange, N.J.		
Matt Stein.....Fr.....Mahopac, N.Y.		
Dan Steinhart.....Sr.....Lakeville, Pa.		
Patrick Thornton.....So.....Churchville, Pa.		
Bobby Torphy.....Fr.....Schnecksville, Pa.		
Stuart Udis.....Jr.....Ambler, Pa.		
Timothy Van Syckle.....Jr.....Easton, Pa.		
Ryan Wilson.....Fr.....Wilmington, Del.		

Head Coach: Brad Hackett

Assistant Coaches: Will Elson, Chris White, Ashlie Hanke



Swarthmore College Garnet

Name	Cl.	Hometown
Jake Baskin.....So.....Chicago, Ill		
Alex Breslow.....Fr.....Tucson, Ariz.		
Connor Darby.....Jr.....Nashville, Tenn.		
Jaymes Fairfax-Columbo.....So.....Lake Ariel, Pa.		
Alex Frye.....Fr.....Bourbonnais, Ill.		
Samuel Garcia.....Sr.....Los Angeles, Calif.		
Seth Green.....So.....Katanah, N.Y.		
Tramane Hall.....Fr.....Winston-Salem, N.C.		
Patrick Hartnett.....Fr.....Syracuse, N.Y.		
Yongjun Heo.....Jr.....Newburgh, Ind.		
Dan Hodson.....Jr.....Trumbull, Conn.		
Tommy Huang.....So.....Hong Kong		
Micah Katz.....Sr.....Stevens Point, Wis.		

Daniel Kurz.....Fr.....Melrose, Mass.
Chris Mayer-Bacon.....Fr.....South Jersey, N.J.
Brendan McVeigh.....Fr.....Middlesex, Vt.
Neel Prakash.....Jr.....Paramus, N.J.
David Riccardi.....So.....Syracuse, N.Y.
Jonathan Shoop.....Sr.....Reno, Nev.
Rory Stackpole.....Jr.....Sanford, Maine
Jonnie Tompkins.....So.....Swarthmore, Pa.
Sven David Udekwu.....Jr.....Pittsburgh, Pa.
Andrew VanBuren.....So.....Hudson, Ohio
Ross Weller.....Sr.....McConnellsburg, Pa.
Nick Willett-Jeffries.....So.....Pelham, N.Y.
Simon Zhu.....Fr.....New York, N.Y.

Head Coach: Peter Carroll

Assistant Coaches: John Noon, Tom Reynolds, John Jaudon, Bob Mudrick and Bob Williams



Ursinus College Bears

Name	Cl.	Hometown
Nick Bendas.....So.....Doylestown, Pa.		
Martin Blithe.....So.....Collingsdale, Pa.		
Jeff Centafont.....Fr.....Southampton, Pa.		
Jason Davis.....Sr.....Philadelphia, Pa.		
Jon Dickson.....Sr.....Pitman, N.J.		
Frank DiMeglio.....Sr.....Robbinsville, N.J.		
Vincent DiMeglio.....Jr.....Robbinsville, N.J.		
Dante Dimidio.....So.....Yardley, Pa.		
Kevin DOLLIVER.....Jr.....Griswold, Conn.		
Brandon Evans.....Sr.....Mohnton, Pa.		
Jon Fowler.....Sr.....Smithsburg, Md.		
Kyle Fox.....So.....Waynesboro, Pa.		
Jeremy Garavel.....Fr.....Redding, Conn.		
Justin Garavel.....Fr.....Redding, Conn.		
Brendan Gifford.....Fr.....Lansdale, Pa.		
Dave Gildea.....Jr.....Media, Pa.		
Brett Godoy.....So.....Chichester, Pa.		
Matt Govern.....Jr.....Middleport, Pa.		
Matt Granteed.....Sr.....Pittston, Pa.		
Sean Hall.....So.....Doylestown, Pa.		
Inki Hong.....Fr.....North Wales, Pa.		
Brett Imbema.....Fr.....Marlboro, N.J.		
Ian Macomber.....Fr.....Portland, Maine		
John McCormack.....Jr.....Hamilton Square, N.J.		
Andrew Miller.....Sr.....Akron, Pa.		
Leonard Moffa.....So.....Gloucester Twp., N.J.		
Nicolas Paxton.....So.....Huntington Woods, Mich.		
Brian Pendergast.....Sr.....Southboro, Mass.		
Steve Phillips.....Sr.....Moorestown, N.J.		
Jared Pierce.....So.....Newton, Mass.		
Charles Prete.....Fr.....Virginia Beach, Va.		
Mark Robidoux.....Sr.....Kennett Square, Pa.		
Frank Rothenberger.....Sr.....Lititz, Pa.		
Tony Santino.....Fr.....Delanco, N.J.		
Seth Schaffer.....Jr.....Elliot City, Md.		
Ben Schumacher.....Sr.....Sinking Spring, Pa.		
Chris Senske.....Fr.....Hatfield, Pa.		
Matt Stangle.....Fr.....Arnold, Md.		
Patrick Wigfall.....Sr.....Philadelphia, Pa.		
Dan Whitmer.....Sr.....Willow Street, Pa.		
Tyler Wolf.....JR.....Avalon, N.J.		
Travis Youngs.....So.....Mt. Vernon, NY		
Greg Zara.....Jr.....Wilkes-Barre, Pa.		

Head Coach: Chris Bayless

Women's Conference Records & NCAA Qualifying Times

	Conference Record	Meet Record	NCAA Qualifying Times	
			Automatic	Provisional
100-Meter Dash	11.90, Jamie Falcone WMC, 2001	12.05, Jamie Falcone WMC, 2001	12.00	12.35
100-Meter Hurdles	14.36, Aislinn Sowash Haverford, 2005	14.42, Aislinn Sowash Haverford, 2006	14.40	15.00
200-Meter Dash	24.02, Jamie Falcone WMC, 2000	24.78, Jamie Falcone WMC, 2001	24.57	25.32
400-Meter Dash	56.02, Imo Akpan Swarthmore, 2002	56.02, Imo Akpan Swarthmore, 2002	55.90	57.50
400-Meter Hurdles	1:01.99, Christine Hufenbecher Dickinson, 2002	1:01.99, Christine Hufenbecher Dickinson, 2002	1:02.00	1:04.14
800-Meter Run	2:10.05, Annick Lamar Haverford, 2007	2:13.94, Callie Bradley Dickinson, 2003	2:11.50	2:15.00
1,500-Meter Run	4:31.86, Callie Bradley Dickinson, 2004	4:33.17, Caitlin Bradley Dickinson, 2007	4:32.50	4:40.00
3,000-Meter Steeplechase	10:30.2, Caitlin Bradley Dickinson, 2007	10:38.59, Caitlin Bradley Dickinson, 2007	10:44.00	11:13.00
5,000-Meter Run	16:54.11, Katie Dougherty Ursinus, 2003	17:35.94, Jane Steinemann Haverford, 2003	16:55.00	17:35.00
10,000-Meter Run	35:38.86, Katie Dougherty Ursinus, 2003	37:04.94, Emily Hulme Dickinson, 2005	35:48.00	37:40.00
High Jump	5-6 ½, Beth Castagno Gettysburg, 1998 5-6 ½, Katrina Beck Muhlenberg, 2001	5-4 ½, Libby Haas Franklin & Marshall, 2005 5-4 ½, Katrina Beck Muhlenberg, 2000 & 2001	5-7 ¼ (1.71m)	5-5 (1.65m)
Long Jump	19-1 ½, Samantha Spence Gettysburg, 2005	19-1 ½, Samantha Spence Gettysburg, 2005	19-0 ½ (5.80m)	18-1 ½ (5.52m)
Triple Jump	38-1 ¼, Desiree Peterkin Swarthmore, 1998	37-9 ½, Desiree Peterkin Swarthmore, 1999	39-4 ½ (12.00m)	36-11 (11.25m)
Shot Put	45-1 ¾, Rachelle Pecovsky Ursinus, 1994	41-8 ½, Rachelle Pecovsky Ursinus, 1995	46-7 ¼ (14.20m)	42-0 (12.80m)
Discus	167-5, Kathy Darling Johns Hopkins, 2003	167-5, Kathy Darling Johns Hopkins, 2003	152-2 (46.38m)	136-2 (41.50m)
Javelin	159-3, Kathy Darling Johns Hopkins, 2002	159-3, Kathy Darling Johns Hopkins, 2002	145-0 (44.20m)	127-0 (38.70m)
Pole Vault	11-1 ¾, Alexandra Faust Muhlenberg, 2007	10-11 ¾, Alexandra Faust Muhlenberg, 2007	12-6 ¼ (3.82m)	11-5 ¾ (3.50m)
4 x 100 Meter Relay	47.57, WMC, 1995	48.28, WMC, 2000	47.30	48.65
4 x 400 Meter Relay	3:56.92, Gettysburg, 2000	3:56.92, Gettysburg, 2000	3:49.60	3:56.00
4 x 800 Meter Relay	9:18.86, Dickinson, 2002	9:18.86, Dickinson, 2002	N/A	N/A
Heptathlon	4263, Kristy Costa McDaniel, 2005	4263, Kristy Costa McDaniel, 2005	4600	4100

Men's Conference Records & NCAA Qualifying Times

	Conference Record	Meet Record	NCAA Qualifying Times	
			Automatic	Provisional
100-Meter Dash	10.69, Gregg Lott Dickinson, 2004	10.81, Brandon Evans Ursinus, 2007	10.55	10.78
110-Meter Hurdles	14.70, Bill Tyrrell WMC, 1995	14.70, Bill Tyrrell WMC, 1995	14.42	14.95
200-Meter Dash	21.36, Gregg Lott Dickinson, 2004	21.75, Chavaun Johnson Dickinson, 2002	21.31	21.75
400-Meter Dash	47.42, Chavaun Johnson Dickinson, 2002	47.89, Chavaun Johnson Dickinson, 2001	47.35	48.50
400-Meter Hurdles	51.74, Yori Adegunwa Ursinus, 2000	53.52, Yori Adegunwa Ursinus, 1999	52.70	54.50
800-Meter Run	1:48.26, Karl Paranya Haverford, 2002	1:51.21, Will Elson Muhlenberg, 2001	1:51.30	1:53.20
1,500-Meter Run	3:39.84, Karl Paranya Haverford, 1997	3:51.69, Jason Bernstein Haverford, 2001	3:50.60	3:55.80
3,000-Meter Steeplechase	8:56.9, J.B. Haglund Haverford, 2002	8:56.9, J.B. Haglund Haverford, 2002	9:07.34	9:23.00
5,000-Meter Run	14:19.57, J.B. Haglund Haverford, 2002	14:52.19, Grant Scott Haverford, 2006	14:28.00	14:48.00
10,000-Meter Run	29:53.02, J.B. Haglund Haverford, 2002	31:10.06, Tom Rhodes Dickinson, 2006	30:14.00	31:05.00
High Jump	6-10 Carson Pickens Haverford, 2007	6-8 ³ / ₄ , Dave Evans WMC, 1999 Mike Scanish, Dickinson, 1999 & 2000	6-11 (2.11m)	6-7 (2.01m)
Long Jump	24-5, Broderick Maybank McDaniel, 2004	23-10 ¹ / ₄ , Broderick Maybank McDaniel, 2006	23-11 ¹ / ₂ (7.30m)	22-10 (6.96m)
Triple Jump	48-7, Broderick Maybank McDaniel, 2006	48-2 ¹ / ₂ , Zack Maskin Dickinson, 2004	48-6 ³ / ₄ (14.80m)	45-11 ¹ / ₄ (14.00m)
Shot Put	55-1 ¹ / ₂ Nathan Grim Gettysburg, 1998	52-10, Joe Awantang Haverford, 2006	56-7 ¹ / ₄ (17.25m)	51-0 ¹ / ₄ (15.55m)
Discus	168-0, Tom Reynolds Haverford, 2005	160-0, Tom Reynolds Haverford, 2005	172-3 (52.50m)	155-10 (47.50m)
Javelin	218-3, Carl Von Tobel WMC, 1996	198-3, Carl Von Tobel WMC, 1995	205-1 (62.50m)	188-0 (57.30m)
Pole Vault	16-0, Brian Nichols Johns Hopkins, 2000	15-6 ¹ / ₄ , Jon Brallier Franklin & Marshall, 2007 15-6 ¹ / ₄ , Stephen Hendrix Dickinson, 2007	16-6 ¹ / ₂ (5.04m)	15-5 (4.70m)
4 x 100 Meter Relay	42.23, WMC, 1995	42.33, McDaniel, 2004	41.00	42.00
4 x 400 Meter Relay	3:15.88, Haverford, 1995	3:18.90, Gettysburg, 2002	3:13.00	3:17.00
4 x 800 Meter Relay	7:34.20, Haverford, 2002	7:46.10, Muhlenberg, 2007	N/A	N/A
Decathlon	6818, John Brodowski Muhlenberg, 2005	5905, Jeff Groff WMC, 2001	6600	6000

2007 Centennial Conference Championship Recap

Johnson Track at Walton Field, Haverford College – May 4-6, 2007

Women's Team Scoring

1. Haverford	177	6. Franklin & Marshall	63
2. Muhlenberg	127.5	T-7. Bryn Mawr	35
3. Gettysburg	119.5	T-7. Ursinus	35
4. Johns Hopkins	113.5	9. McDaniel	27.5
5. Dickinson	100	10. Swarthmore	19

Outstanding Female Performers – Caitlin Bradley, Dickinson (Track); Sarah Mitchell, Muhlenberg (Field)

100m Dash – 1. Giselle Joseph, JHU, 12.61; 2. Paula Osborn, JHU, 12.71; 3. Alexandra Faust, MUHL, 13.03; 4. Claire Brislin, HAV, 13.22; 5. Audrey McKenna, UC, 13.27; 6. Jessica Reeves, JHU, 13.27; 7. Samantha Spence, GC, 13.40; 8. Jacqui Inverso, MUHL, 13.60

100m Hurdles – 1. Aislinn Sowash, HAV, 14.59; 2. Katie Creme, DC, 15.21; 3. Jacqui Inverso, MUHL, 15.48; 4. Anne McManus, HAV, 15.62; 5. Eliza Reiss, HAV, 15.71; 6. Kelly Magnin, UC, 16.18; 7. Claire Brislin, HAV, 16.19

200m Dash – 1. Giselle Joseph, JHU, 25.72; 2. Akua Nyame-Mensah, BMC, 26.16; 3. Alexandra Faust, MUHL, 26.29; 4. Aileen Keogh, HAV, 26.29; 5. Jordan Ireton, JHU, 26.30; 6. Paula Osborn, JHU, 26.58; 7. Emily Karel, MUHL, 26.88; 8. Libby Haas, F&M, 27.35

400m Dash – 1. Aileen Keogh, HAV, 58.85; 2. Audrey McKenna, UC, 59.32; 3. Akua Nyame-Mensah, BMC, 1:00.01; 4. Megan Hunter, F&M, 1:00.14; 5. Blair Taylor, MCD, 1:00.56; 6. Jordan Ireton, JHU, 1:00.79; 7. Kristin Duling, MCD, 1:01.42; 8. Sarah Costa, MCD, 1:02.81

400m Hurdles – 1. Katie Creme, DC, 1:03.27; 2. Claire Brislin, HAV, 1:03.59; 3. Elena Katsikis, GC, 1:06.54; 4. Margaret Morrison, HAV, 1:06.79; 5. Janelle Mentrikoski, MUHL, 1:09.19; 6. Cara Petonic, BMC, 1:10.40; 7. Mariel Feigen, SWAT, 1:10.57; 8. Amy Hoffmann, GC, 1:13.01

800m Run – 1. Annick Lamar, HAV, 2:15.98; 2. Darian Lunne, HAV, 2:16.70; 3. Caitlin Mullarkey, SWAT, 2:16.94; 4. Laura Straw, DC, 2:18.01; 5. Erica Wiles, GC, 2:27.13; 6. Mira Patel, JHU, 2:27.41; 7. Lauren Carter, GC, 2:29.67; 8. Megan Hunter, F&M, 2:35.69

1,500m Run – 1. Caitlin Bradley, DC, 4:33.17; 2. Annick Lamar, HAV, 4:40.11; 3. Darian Lunne, HAV, 4:44.58; 4. Laura Straw, DC, 4:46.08; 5. Maxine Markfield, HAV, 4:51.02; 6. Laura Paulsen, JHU, 4:55.20; 7. Steph Kipper, DC, 5:00.49; 8. Kathryn Niedzwiecki, MUHL, 5:01.46

3,000m Steeplechase – 1. Caitlin Bradley, DC, 10:38.59; 2. Maxine Markfield, HAV, 10:55.15; 3. Caitlin Mullarkey, SWAT, 11:43.87; 4. Layla Naficy, DC, 11:53.03; 5. Kristina Pfeiffer, DC, 12:02.54; 6. Mary O'Grady, JHU, 12:08.39; 7. Lena Edelstein, HAV, 12:19.63; 8. Katie Haas, GC, 12:32.95

5,000m Run – 1. Caitlin Bradley, DC, 17:40.24; 2. Karen Ziga, F&M, 18:10.07; 3. Katie Weng, BMC, 18:15.52; 4. Jane Weber, HAV, 18:22.24; 5. Caitlin Strahota, DC, 18:29.84; 6. Becca Trosch, DC, 18:38.04; 7. Jen Lazuta, GC, 18:38.98; 8. Sara Gearin, MUHL, 18:40.12

10,000m Run – 1. Karen Ziga, F&M, 37:34.52; 2. Jane Weber, HAV, 37:46.46; 3. Caitlin Strahota, DC, 37:58.43; 4. Jen Lazuta, GC, 38:51.80; 5. Brett Jackson, GC, 39:24.52; 6. Janette Adams, MUHL, 39:32.06; 7. Emma Lo, HAV, 39:42.72; 8. Bess Ritter, SWAT, 39:50.86

High Jump – 1. Katie Hicks, MUHL, 5-1.75 (1.57m); 2. Libby Haas, F&M, 4-11.75 (1.52m); 3. Rachel Drosdick, MUHL, 4-11.75 (J1.52m); 4. Jessica Reeves, JHU, 4-9.75 (1.47m); 5. Jenna Banning, DC, 4-9.75 (J1.47m); 6. Kacey Decker, MCD, 4-9.75 (J1.47m); 6. Becky Lossing, JHU, 4-9.75 (J1.47m); 8. Jacqui Inverso, MUHL, 4-7.75 (1.42m); 8. Jen Lazuta, GC, 4-7.75 (1.42m)

Long Jump – 1. Samantha Spence, GC, 18-3.75 (5.58m); 2. Jacqui Inverso, MUHL, 17-0.75 (5.20m); 3. Laura Laidacker, GC, 16-10.75 (5.15m); 4. Christine Urbanowicz, GC, 16-7.00 (5.05m); 5. Rachel Drosdick, MUHL, 16-1.50 (4.91m); 6. Vanessa Pabon, F&M, 15-11.75 (4.87m); 7. Yazmin Watkins, DC, 15-11.00 (4.85m); 8. Becky Lossing, JHU, 15-9.75 (4.82m)

Triple Jump – 1. Laura Laidacker, GC, 36-5.75 (11.12m); 2. Shannon Yates, GC, 35-9.25 (10.90m); 3. Vanessa Pabon, F&M, 34-10.50 (10.63m); 4. Claire Brislin, HAV, 34-9.00 (10.59m); 5. Jacqui Inverso, MUHL, 34-8.25 (10.57m); 6. Samantha Spence, GC, 34-6.25 (10.52m); 7. Kacey Decker, MCD, 34-1.50 (10.40m); 8. Erika Koop, MUHL, 33-3.75 (10.15m)

Discus – 1. Jane D'Addario, GC, 129-09 (39.54m); 2. Katie Kent, BMC, 116-07 (35.53m); 3. Jackie Freund, HAV, 114-04 (34.86m); 4. Chantel Priolo, JHU, 112-06 (34.29m); 5. Erin Gleason, F&M, 111-00 (33.83m); 6. Megan Harinski, GC, 110-11 (33.80m); 7. Krystina Laucik, JHU, 106-02 (32.35m); 8. Courtney Williams, MUHL, 104-09 (31.92m)

Javelin – 1. Sarah Mitchell, MUHL, 137-05 (41.88m); 2. Megan Harinski, GC, 116-00 (35.37m); 3. Chantel Priolo, JHU, 111-07 (34.01m); 4. Caitlin Heffern, MUHL, 109-06 (33.38m); 5. Nicole Rascavage, UC, 108-05 (33.05m); 6. Erin Gleason, F&M, 103-02 (31.45m); 7. Joanna Swartz, GC, 102-01 (31.13m); 8. Amanda Thomas, GC, 101-02 (30.84m)

Shot Put – 1. Debra Crockett, MUHL, 38-7.50 (11.77m); 2. Erin Gleason, F&M, 38-5.00 (11.71m); 3. Amanda Whitesell, GC, 37-4.50 (11.39m); 4. Jane D'Addario, GC, 36-10.50 (11.24m); 5. Amarichi Onyima, JHU, 36-8.50 (11.19m); 6. Jackie Freund, HAV, 35-10.00 (10.92m); 7. Krystina Laucik, JHU, 35-7.75 (10.86m); 8. Megan Harinski, GC, 35-4.50 (10.78m)

Pole Vault – 1. Alexandra Faust, MUHL, 10-11.75 (3.35m); 2. Melissa Nylander, HAV, 9-6.25 (2.90m); 3. Jessica Reeves, JHU, 9-0.25 (2.75m); 4. D.D. Lehr, MCD, 8-6.25 (2.60m); 5. Kristan Saloky, DC, 8-6.25 (J2.60m); 6. Laura Lautenbacher, F&M, 8-6.25 (J2.60m); 7. Megan Wei, JHU, 8-6.25 (J2.60m); 8. Abby Husk, DC, 7-0.50 (2.15m)

4x100m Relay – 1. Johns Hopkins, 50.05; 2. Haverford, 50.56; 3. Muhlenberg, 50.80; 4. Ursinus, 50.84; 5. Gettysburg, 52.47; 6. McDaniel, 52.59; 7. Dickinson, 52.80

4x400m Relay – 1. Haverford, 4:02.70; 2. McDaniel, 4:03.62; 3. Muhlenberg, 4:05.72; 4. Johns Hopkins, 4:07.55; 5. Dickinson, 4:09.06; 6. Ursinus, 4:11.43; 7. Franklin & Marshall, 4:17.76; 8. Bryn Mawr, 4:18.51

4x800m Relay – 1. Haverford, 9:39.47; 2. Johns Hopkins, 9:51.60; 3. Gettysburg, 9:52.81; 4. Muhlenberg, 10:02.33; 5. Swarthmore, 10:10.96; 6. Bryn Mawr, 10:11.46; 7. Ursinus, 10:20.21; 8. Dickinson, 10:23.48

Heptathlon – 1. Jessie Belden, HAV, 4218; 2. Rachel Drosdick, MUHL, 3979; 3. Kelly Magnin, UC, 3786; 4. Kathy Horn, JHU, 3396; 5. Amy Hoffmann, GC, 3276; 6. Kim David, MUHL, 3230; 7. Mara Miller, HAV, 3175; 8. Vanessa Pabon, F&M, 3005

2007 Centennial Conference Championship Recap

Johnson Track at Walton Field, Haverford College – May 4-6, 2007

Men's Team Scoring

1. Haverford	164	6. Franklin & Marshall	86
2. Muhlenberg	113	7. Johns Hopkins	77
3. Dickinson	108	8. McDaniel	53
4. Gettysburg	92	9. Swarthmore	32
5. Ursinus	91		

Outstanding Male Performers: Ian Ramsey-North, Haverford (Track); Joe Awantang, Haverford (Field)

100m Dash – 1. Brandon Evans, UC, 10.81; 2. Steven Tracy, F&M, 10.89; 3. Jeremiah Lachaud, MUHL, 11.09; 4. Tristan Thomas, JHU, 11.13; 5. Robert Chain, DC, 11.14; 6. Kwaku Anno, F&M, 11.31; 7. Nick Trimboli, DC, 11.39; 8. Matt Terry, UC, 11.40

110m Hurdles – 1. Matt Granteed, UC, 15.48; 2. Steven Papuchis, GC, 15.56; 3. Robert Chain, DC, 15.58; 4. Chris Cole, GC, 15.59; 5. Andrew Schulte, DC, 15.64; 6. Brendan Kirk, MUHL, 16.37; 7. Jordan Litner, JHU, 16.56; 8. Jason Dubyoski, JHU, 17.57

200m Dash – 1. Jake Gomolinski, F&M, 21.94; 2. Steven Tracy, F&M, 21.96; 3. Jeremiah Lachaud, MUHL, 22.19; 4. Ryan Keane, GC, 22.25; 5. Tristan Thomas, JHU, 22.51; 6. Nick Trimboli, DC, 22.74; 7. David Van Arsdale, GC, 22.82; 8. Scott Koleszar, MCD, 22.86

400m Dash – 1. Ryan Keane, GC, 48.78; 2. Jake Gomolinski, F&M, 49.50; 3. Zach Hastings, GC, 50.06; 4. Matt Schiller, SWAT, 50.91; 5. James Walker, JHU, 51.10; Ryan Daniel, DC, 51.23; 7. Dwight Dunston, DC, 51.88; 8. Greg Ceponis, MUHL, 54.39

400m Hurdles – 1. Brendan Kirk, MUHL, 55.30; 2. Chris Cole, GC, 56.00; 3. Andrew Ackley, DC, 56.20; 4. Lou Demark, UC, 56.82; 5. Adam Carter, MUHL, 58.58; 6. Matt Granteed, UC, 59.30; 7. Chris Stinnette, MCD, 59.33; 8. Chris Deleon, UC, 1:01.54

800m Run – 1. Stuart Udis, MUHL, 1:55.12; 2. Chris Deleon, UC, 1:55.79; 3. Lex Mercado, MUHL, 1:56.74; 4. Stephen Rothwell, MUHL, 1:56.81; 5. Tom Morgan, DC, 1:57.18; 6. Nate Sotuyo, JHU, 1:58.63; 7. Nick Farina, HAV, 1:59.45; 8. Jason Oaks, HAV, 2:00.29

1,500m Run – 1. Ian Ramsey-North, HAV, 3:58.18; 2. Michael Grant, HAV, 3:58.21; 3. Ben Frisbee, HAV, 4:00.13; 4. Josef Bartels, HAV, 4:00.33; 5. Sean Allen, MCD, 4:00.66; 6. Andrew Gentile, DC, 4:00.87; 7. Tom Morgan, DC, 4:01.33; 8. Vernon Chaplin, SWAT, 4:02.28

3,000m Steeplechase – 1. Ian Ramsey-North, HAV, 9:34.00; 2. Ross Weller, SWAT, 9:34.82; 3. Nathaniel Grabman, HAV, 9:34.83; 4. Matt Rouse, MCD, 9:39.87; 5. Tom Morgan, DC, 9:47.18; 6. Gregory Cumming, GC, 9:58.23; 7. David Chesny, MUHL, 9:59.87; 8. Pavel Marossine, F&M, 10:00.93

5,000m Run – 1. Zach Vaslow, HAV, 14:55.18; 2. Donald Letts, HAV, 14:55.37; 3. Ian Ramsey-North, HAV, 14:55.38; 4. Nick Karwoski, DC, 15:05.37; 5. Matt Liebal, DC, 15:05.91; 6. James Jablin, HAV, 15:11.48; 7. Tim Seeley, MUHL, 15:14.92; 8. Jon Shoop, SWAT, 15:21.71

10,000m Run – 1. Donald Letts, HAV, 31:30.43; 2. Zach Vaslow, HAV, 31:30.62; 3. Matt Liebal, DC, 31:56.68; 4. James Jablin, HAV, 32:16.57; 5. Patrick Brandon, JHU, 32:23.14; 6. Andrew Lewis, JHU, 32:31.07; 7. Michael Jablin, HAV, 32:38.38; 8. Tim Seeley, MUHL, 32:46.66

High Jump – 1. Carson Pickens, HAV, 6-4.75 (1.95m); 2. Adam Waddell, JHU, 6-4.75 (1.95m); 3. Greg Smart, DC, 6-4.75 (1.95m); 4. Brandon Evans, UC, 6-2.75 (1.90m); 5. Jason Davis, UC, 6-0.75 (1.85m); 6. Michael Palantoni, JHU, 5-10.75 (1.80m); 6. Matt Smith, JHU, 5-10.75 (1.80m); 8. Adam Carter, MUHL, 5-10.75 (1.80m)

Long Jump – 1. Kwaku Anno, F&M, 23-2.00 (7.06m); 2. Matt Turner, SWAT, 22-2.50 (6.77m); 3. Carson Pickens, HAV, 21-7.50 (6.59m); 4. Matt Terry, UC, 21-6.00 (6.55m); 5. Joel Haddock, MUHL, 20-9.25 (6.33m); 6. Mike Karchner, MUHL, 20-8.00 (6.30m); 7. Steven Papuchis, GC, 20-7.25 (6.28m); 8. Steven Tracy, F&M, 20-7.00 (6.27m)

Triple Jump – 1. Matt Terry, UC, 44-6.25 (13.57m); 2. Carson Pickens, HAV, 44-2.00 (13.46m); 3. Joel Haddock, MUHL, 42-11.00 (13.08m); 4. Brian Pendergast, UC, 42-8.75 (13.02m); 5. Stephen Hendrix, DC, 41-8.00 (12.70m); 6. Freddy Martino, F&M, 41-6.00 (12.65m); 7. Travis Young, UC, 41-5.75 (12.64m); 8. Adrian Wilson, F&M, 40-10.25 (12.45m)

Discus – 1. Joe Awantang, HAV, 149-04 (45.53m); 2. John Heller, GC, 147-07 (44.99m); 3. Josh Murray, MCD, 143-06 (43.73m); 4. Tyler Kreitz, GC, 133-00 (40.55m); 5. Peter Li, JHU, 131-09 (40.15m); 6. Evan Sheppard, MUHL, 129-00 (39.31m); 7. Pete Showwaker, GC, 128-02 (39.06m); 8. Cameron Smith, MUHL, 126-05 (38.54m)

Javelin – 1. Lucas Burbank, F&M, 192-03 (58.59m); 2. Chris Eccleston, MCD, 185-10 (56.64m); 3. Greg Zara, UC, 182-00 (55.48m); 4. Matt Galante, GC, 179-10 (54.81m); 5. Jacob Lipson, HAV, 172-09 (52.65m); 6. Chris Prior, MCD, 167-00 (50.91m); 7. John McCormack, UC, 163-11 (49.96m); 8. Kyle Fox, UC, 161-06 (49.22m)

Shot Put – 1. Joe Awantang, HAV, 51-7.00 (15.72m); 2. Matt Sallèse, MUHL, 48-5.50 (14.77m); 3. Jason Maier, MCD, 46-5.50 (14.16m); 4. Peter Li, JHU, 46-0.75 (14.04m); 5. John Heller, GC, 43-10.75 (13.38m); 6. Chris Prior, MCD, 42-10.25 (13.06m); 7. Jon Fowler, UC, 42-4.00 (12.90m); 8. Josh Murray, MCD, 41-6.00 (12.65m)

Pole Vault – 1. Jon Brallier, F&M, 15-6.25 (4.73m); 2. Stephen Hendrix, DC, 15-6.25 (4.73m); 3. Mike Malone, UC, 14-0.00 (4.27m); 4. Adam Waddell, JHU, 14-0.00 (4.27m); 5. Ben Hargrave, DC, 13-0.25 (3.97m); 6. Rob Dalto, GC, 13-0.25 (3.97m); 7. Matt Trachtenberg, JHU, 12-6.00 (3.81m); 8. Matt Singleton, SWAT, 12-6.00 (3.81m)

4x100m Relay – 1. Franklin & Marshall, 42.41; 2. Dickinson, 43.15; 3. Johns Hopkins, 43.26; 4. Muhlenberg, 43.54; 5. Gettysburg, 43.78; 6. McDaniel, 45.47

4x400m Relay – 1. Gettysburg, 3:20.01; 2. Muhlenberg, 3:22.36; 3. Johns Hopkins, 3:22.82; 4. Dickinson, 3:23.03; 5. Ursinus, 3:28.10; 6. Haverford, 3:28.42; 7. Swarthmore, 3:28.43; 8. McDaniel, 3:28.99

4x800m Relay – 1. Muhlenberg, 7:46.10; 2. Haverford, 7:47.45; 3. Swarthmore, 7:49.50; 4. Dickinson, 7:50.21; 5. McDaniel, 7:51.69; 6. Johns Hopkins, 8:00.10; 7. Gettysburg, 8:11.00; 8. Ursinus, 8:15.54

Decathlon – 1. Andrew Ackley, DC, 5659; 2. Mike Karchner, MUHL, 5648; 3. Jason Dubyoski, JHU, 5282; 4. Zach McCormick, HAV, 5258; 5. Chris Eccleston, MCD, 5161; 6. Zach Barninger, F&M, 4885; 7. Kevin Gill, MCD, 4865; 8. Michael Palantoni, JHU, 4726

Women's Individual Champions (1994-2007)

100 Meters

1994-Stacy Spencer, Gettysburg, 12.15
 1995-Stacy Spencer, Gettysburg, 12.55
 1996-Jeanne Mayer, Gettysburg, 13.32
 1997-Nkiruka Emeagwali, JHU, 12.64
 1998-Andrea Therit, Gettysburg, 12.71
 1999-Jamie Falcone, WMC, 12.36
 2000-Jamie Falcone, WMC, 12.24
 2001-Jamie Falcone, WMC, 12.22
 2002-April Brown, WMC, 12.19
 2003-April Brown, McDaniel, 12.44
 2004-Emilie Bonano, Dickinson, 12.63
 2005-Lauren Parker, Gettysburg, 12.62
 2006-Lauren Parker, Gettysburg, 12.44
 2007-Giselle Joseph, Johns Hopkins, 12.61

100 Meter Hurdles

1994-Julie Cox, WMC, 15.16
 1995-Jackie Klug, Gettysburg, 15.75
 1996-Julie Cox, WMC, 15.15
 1997-Kerry Wilson, WMC, 15.09
 1998-Kerry Wilson, WMC, 14.95
 1999-Kerry Wilson, WMC, 14.94
 2000-Kristie Siracuse, Dickinson, 15.30
 2001-Kristie Siracuse, Dickinson, 15.93
 2002-Latonia Tiggett, Ursinus, 15.15
 2003-Cheron Walker, Gettysburg, 15.31
 2004-Aislinn Sowash, Haverford, 14.93
 2005-Aislinn Sowash, Haverford, 14.53
 2006-Aislinn Sowash, Haverford, 14.42
 2007-Aislinn Sowash, Haverford, 14.59

200 Meters

1994-Stacy Spencer, Gettysburg, 25.83
 1995-Stacy Spencer, Gettysburg, 26.14
 1996-Danielle Duffy, Swarthmore, 26.20
 1997-Nkiruka Emeagwali, JHU, 26.20
 1998-Anne Maurer, Dickinson, 26.51
 1999-Jamie Falcone, WMC, 25.35



F&M's Shannon Weir placed 11th in the steeplechase last season.

2000-Jamie Falcone, WMC, 25.06
 2001-Jamie Falcone, WMC, 24.78
 2002-Imo Akpan, Swarthmore, 25.11
 2003-April Brown, McDaniel, 25.36
 2004-Emilie Bonano, Dickinson, 25.86
 2005-Lauren Parker, Gettysburg, 25.71
 2006-Lauren Parker, Gettysburg, 25.49
 2007-Giselle Joseph, Johns Hopkins, 25.72

400 Meters

1994-Ruth Kline, Dickinson, 1:01.09
 1995-Holly Shaginaw, Dickinson, 60.35
 1996-Danielle Duffy, Swarthmore, 58.40
 1997-Danielle Duffy, Swarthmore, 60.81
 1998-Catherine Laine, Swarthmore, 58.36
 1999-Anne Maurer, Dickinson, 58.40
 2000-Imo Akpan, Swarthmore, 56.66
 2001-Imo Akpan, Swarthmore, 57.98
 2002-Imo Akpan, Swarthmore, 56.02
 2003-Joanna Silver, Gettysburg, 57.66
 2004-Danielle Seiler, Muhlenberg, 59.02
 2005-Danielle Seiler, Muhlenberg, 58.37
 2006-Kelly Gruber, McDaniel, 1:00.34
 2007-Aileen Keogh, Haverford, 58.85

400 Meter Hurdles

1994-Julie Cox, WMC, 1:07.36
 1995-Stephanie Galloway, JHU, 1:07.37
 1996-Tomoko Jensen-Otsu, DC, 1:05.22
 1997-Kerry Wilson, WMC, 1:05.64
 1998-Tomoko Jensen-Otsu, DC, 1:04.21
 1999-Christine Hufenbecher, DC, 1:04.40
 2000-Christine Hufenbacher, DC, 1:03.74
 2001-Christine Hufenbacher, DC, 1:03.28
 2002-Christine Hufenbecher, DC, 1:01.99
 2003-Danielle Seiler, Muhlenberg, 1:05.14
 2004-Danielle Seiler, Muhlenberg, 1:04.45
 2005-Danielle Seiler, Muhlenberg, 1:03.04
 2006-Danielle Seiler, Muhlenberg, 1:03.87
 2007-Katie Creme, Dickinson, 1:03.27

800 Meters

1994-Kate Dempsey, Swarthmore, 2:26.06
 1995-Kate Dempsey, Swarthmore, 2:21.06
 1996-Holly Shaginaw, Dickinson, 2:16.52
 1997-Holly Shaginaw, Dickinson, 2:18.22
 1998-Sommer Chorman, WMC, 2:17.66
 1999-Kate Westfall, Haverford, 2:22.35
 2000-Sage Stefiuk, Dickinson, 2:22.60
 2001-Claire Hoverman, SWAT, 2:19.88
 2002-Claire Hoverman, SWAT, 2:15.64
 2003-Callie Bradley, Dickinson, 2:13.94
 2004-Callie Bradley, Dickinson, 2:15.32
 2005-Joanna Simonis, Bryn Mawr, 2:17.91
 2006-Karen Mount, Muhlenberg, 2:16.43
 2007-Annick Lamar, Haverford, 2:15.98

1500 Meters

1994-Zoe Alsop, Haverford, 4:54.81
 1995-Meredith Unger, Haverford, 4:53.23
 1996-Meredith Unger, Haverford, 4:39.01
 1997-Holly Shaginaw, Dickinson, 4:41.53



Chantel Priolo of Johns Hopkins was the bronze medalist in last year's javelin.

1998-Joyce Hairston, JHU, 4:50.68
 1999-Kate Westfall, Haverford, 4:48.73
 2000-Sarah Jay, Swarthmore, 4:54.11
 2001-Jane Steinemann, Haverford, 4:39.52
 2002-Lauren Davis, Gettysburg, 4:39.84
 2003-Callie Bradley, Dickinson, 4:41.69
 2004-Callie Bradley, Dickinson, 4:38.98
 2005-Joanna Simonis, Bryn Mawr, 4:47.42
 2006-Karen Mount, Muhlenberg, 4:41.21
 2007-Cait Bradley, Dickinson, 4:33.17

3000 Meters

1994-Zoe Alsop, Haverford, 10:23.69
 1995-Meredith Unger, Haverford, 10:48.04
 1996-Jamie Kendig, F&M, 10:36.38
 1997-Meredith Unger, Haverford, 10:39.17
 1998-Kate Westfall, Haverford, 10:32.9
 1999-Kate Westfall, Haverford, 10:27.51
 2000-Kristen Wilson, Haverford, 10:30.54
 2001-Jane Steinemann, Haverford, 10:01.91

3000 Meter Steeplechase

2002-Kathryn Bexfield, HAV, 11:18.40
 2003-Amy Street, Dickinson, 11:39.27
 2004-Callie Bradley, DC, 11:19.25
 2005-Cait Bradley, Dickinson, 11:06.28
 2006-Cait Bradley, Dickinson, 11:07.36
 2007-Cait Bradley, Dickinson, 10:38.59

5000 Meters

1994-Jamie Kendig, F&M, 18:26.80
 1995-Jamie Kendig, F&M, 18:24.78
 1996-Jamie Kendig, F&M, 18:19.10
 1997-Rachel Mosher, Haverford, 18:39.20
 1998-Rachel Mosher, Haverford, 18:23.4
 1999-Rachel Mosher, Haverford, 18:02.71
 2000-Joko Agunloye, Swarthmore, 18:26.43
 2001-Joko Agunloye, Swarthmore, 17:53.91
 2002-Katie Dougherty, Ursinus, 17:41.21

2003-Jane Steinemann, Haverford, 17:35.94
 2004-Jane Steinemann, Haverford, 17:51.52
 2005-Jenna Belisonzi, Muhlenberg, 18:27.23
 2006-Annie Scogin, Dickinson, 17:52.66
 2007-Caitlin Bradley, Dickinson, 17:40.24

10000 Meters

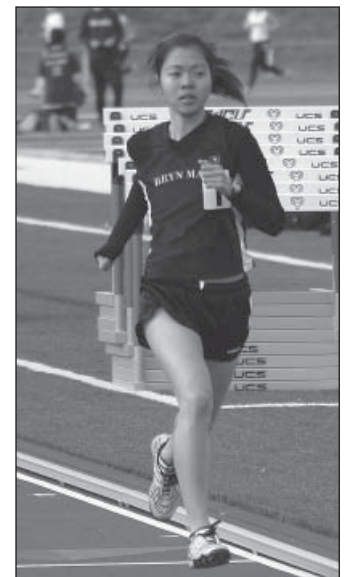
1994-Jamie Kendig, F&M, 38:33.73
 1995-Jamie Kendig, F&M, 38:41.30
 1996-Rachel Mosher, Haverford, 40:14.86
 1997-Rachel Mosher, Haverford, 39:42.83
 1998-Rachel Mosher, Haverford, 38:34.6
 1999-Rachel Mosher, Haverford, 39:37.25
 2000-Jill Krebs, WMC, 40:28.29
 2001-Jill Krebs, WMC, 39:10.23
 2002-Katie Dougherty, Ursinus, 37:06.82
 2003-Alex Forte, Dickinson, 38:01.94
 2004-Emily Hulme, Dickinson, 37:59.32
 2005-Emily Hulme, Dickinson, 37:04.94
 2006-Annie Scogin, Dickinson, 37:19.55
 2007-Karen Ziga, F&M, 37:34.52

High Jump

1994-Yolanda Laird, Gettysburg, 5-3
 1995-Kathy Kavulak, F&M, 5-0 1/2
 1996-Mary Alice Green, Gettysburg, 5-0
 1997-Mary Alice Green, Gettysburg, 5-1 3/4
 1998-Beth Castagno, Gettysburg, 5-4
 1999-Katrina Beck, Muhlenberg, 5-3
 2000-Katrina Beck, Muhlenberg, 5-4 1/2
 2001-Katrina Beck, Muhlenberg, 5-4 1/2
 2002-Joy Mapp, Dickinson, 5-2 1/4
 2003-Jess Hill, Dickinson, 5-1 3/4
 2004-Shelby Ellis, Gettysburg, 5-1 3/4
 2005-Libby Haas, F&M, 5-4 1/2
 2006-Libby Haas, F&M, 5-3 1/4
 2007-Katie Hicks, Muhlenberg, 5-1 3/4

Long Jump

1994-Stacy Spencer, Gettysburg, 16-3



Bryn Mawr's Katie Weng finished third in the 5,000-meter run last year.

Women's Individual Champions (1994-2007)



Swarthmore's Caitlin Mularkey took third in both the 800 and the steeplechase in 2007.

1995-Stacy Spencer, Gettysburg, 17-2 3/4
 1996-Samantha Caggiano, Ursinus, 16-2 1/4
 1997-Kerry Wilson, McDaniel, 16-11 1/4
 1998-Desiree Peterkin, SWAT, 17-0 3/4
 1999-Anne Schenck, Gettysburg, 18-3 1/4
 2000-Desiree Peterkin, SWAT, 18-6 1/2
 2001-Imo Akpan, Swarthmore, 18-2 1/2
 2002-Imo Akpan, Swarthmore, 18-2 1/2
 2003-Cheron Walker, Gettysburg, 17-10 3/4
 2004-Cheron Walker, Gettysburg, 16-11 1/4
 2005-Samantha Spence, Gettysburg, 19-1 1/2
 2006-Samantha Spence, Gettysburg, 18-0 1/2
 2007-Samantha Spence, Gettysburg, 18-3 3/4

Triple Jump

1994-Tina Shepardson, SWAT, 34-4 1/4
 1995-Samantha Caggiano, Ursinus, 35-8 3/4
 1996-Catherine Laine, Swarthmore, 34-4
 1997-Desiree Peterkin, Swarthmore, 37-6
 1998-Desiree Peterkin, SWAT, 37-6 1/2
 1999-Desiree Peterkin, SWAT, 37-9 1/2
 2000-Desiree Peterkin, SWAR, 37-1 1/2
 2001-Tabitha Gary, Gettysburg, 35-8 1/2
 2002-Christine Johnson, WMC, 36-5 1/2
 2003-Christine Johnson, McDaniel, 35-4
 2004-Cheron Walker, Gettysburg, 36-3
 2005-Cheron Walker, Gettysburg, 36-4 3/4
 2006-Jacquelyn Inverso, Muhlenberg, 37-1
 2007-Laura Laidacker, Gettysburg, 36-5 3/4

Discus

1994-Meggan Nolen, Gettysburg, 111-4
 1995-April Brown, Ursinus, 117-5
 1996-Jen Latchford, Dickinson, 105-11
 1997-Catherine Spangler, GBURG, 116-11
 1998-Melynnne Stufft, F&M, 110-5
 1999-Melynnne Stufft, F&M, 115-1
 2000-Jane Weinman, Haverford, 118-1
 2001-Lauren Hutnick, Gettysburg, 127-0
 2002-Kathy Darling, Johns Hopkins, 155-2
 2003-Kathy Darling, Johns Hopkins, 167-5
 2004-Kristy Costa, McDaniel, 113-4

2005-Kristy Costa, McDaniel, 132-10
 2006-Jane D'Addario, Gettysburg, 124-11
 2007-Jane D'Addario, Gettysburg, 129-9

Javelin

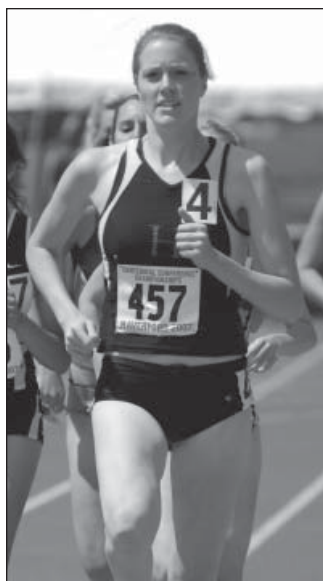
1994-Sherry Albright, WMC, 117-1
 1995-April Brown, Ursinus, 114-9
 1996-Kelly McCarthy, Ursinus, 119-9
 1997-Stacy Patton, Johns Hopkins, 112-9
 1998-Melynnne Stufft, F&M, 112-11
 1999-Melynnne Stufft, F&M, 124-2
 2000-Melynnne Stufft, F&M 123-7
 2001-Beth Sanger, Dickinson, 123-7
 2002-Kathy Darling, Johns Hopkins, 159-3
 2003-Kathy Darling, Johns Hopkins, 145-10
 2004-Sarah Mitchell, Muhlenberg, 125-11
 2005-Sarah Mitchell, Muhlenberg, 131-3
 2006-Sarah Mitchell, Muhlenberg, 127-5
 2007-Sarah Mitchell, Muhlenberg, 137-5

Shot Put

1994-Rachelle Pecovsky, Ursinus, 40-8 1/2
 1995-Rachelle Pecovsky, Ursinus, 41-8 1/2
 1996-Rachelle Pecovsky, Ursinus, 39-3 1/4
 1997-Rachelle Pecovsky, Ursinus, 41-6 1/2
 1998-Marjahna Segers, JHU, 37-11 1/4
 1999-Marjahna Segers, JHU, 35-11 1/2
 2000-Colleen Bruce, Gettysburg, 37-8
 2001-Jackie Evans, Johns Hopkins, 35-8 1/2
 2002-Erin McCartney, Haverford, 36-7
 2003-Andrea King, Johns Hopkins, 38-11 1/2
 2004-Andrea King, Johns Hopkins, 40-3 1/2
 2005-Andrea King, Johns Hopkins, 37-1 3/4
 2006-Amarachi Onyima, Johns Hopkins, 40-9
 2007-Debra Crockett, Muhlenberg, 38-7 1/2

Pole Vault

1999-Heidi Creel, Haverford, 8-6
 2000-Erica Durst, Gettysburg, 9-0



Annick Lamar holds the Centennial Conference record in the 800-meter run.



Muhlenberg's Erika Koop was the silver medalist in the high jump at this year's indoor championship.

2001-Hiro Takahashi, Haverford, 9-6 1/4
 2002-Jen Bruce, WMC, 10-0 1/2
 2003-Meghan Douglas-Snyder, MUHL, 10
 2004-Meghan Carr, Johns Hopkins, 9-10
 2005-Meghan Douglas-Snyder, MUHL, 10
 2006-Lauren Chun, Johns Hopkins, 10-6.25
 2007-Alexandra Faust, MUHL, 10-11.75

Heptathlon

2000-Kristie Siracuse, Dickinson, 3901
 2001-Caitlin Kight, Haverford, 3907
 2002-Caitlin Kight, Haverford, 3707
 2003-Caitlin Kight, Haverford, 3942
 2004-Kristy Costa, McDaniel, 3982
 2005-Kristy Costa, McDaniel, 4263
 2006-Jessica Belden, Haverford, 4245
 2007-Jessie Belden, Haverford, 4218

4 x 100 Relay

1994-WMC, 51.96
 1995-Swarthmore, 51.91
 1996-WMC, 51.31
 1997-Swarthmore, 50.29
 1998-Swarthmore, 49.66
 1999-Dickinson, 49.23
 2000-WMC, 48.28
 2001-Dickinson, 49.14
 2002-WMC, 49.98
 2003-McDaniel, 50.04
 2004-Dickinson, 49.69
 2005-Gettysburg, 49.93
 2006-Gettysburg, 50.15
 2007-Johns Hopkins, 50.05

4 x 400 Relay

1994-Swarthmore, 4:11.92
 1995-Swarthmore, 4:12.97
 1996-Swarthmore, 4:04.96
 1997-Dickinson, 4:04.49
 1998-Dickinson, 4:01.39
 1999-Dickinson, 3:58.9
 2000-Gettysburg, 3:56.92
 2001-Gettysburg, 3:59.55
 2002-Swarthmore, 3:58.72
 2003-Gettysburg, 3:57.91
 2004-Gettysburg, 4:00.04
 2005-Haverford, 4:01.48

2006-Haverford, 4:04.04
 2007-Haverford, 4:02.70

4 x 800 Relay

1994-Swarthmore, 10:00.36
 1995-Haverford, 10:08.66
 1996-Haverford, 10:10.14
 1997-Johns Hopkins, 9:55.64
 1998-Haverford, 9:44.65
 1999-Dickinson, 9:45.80
 2000-Dickinson, 9:51.07
 2001-Dickinson, 9:37.77
 2002-Dickinson, 9:18.86
 2003-Dickinson, 9:22.19
 2004-Swarthmore, 9:31.97
 2005-Swarthmore, 9:36.21
 2006-Haverford, 9:36.63
 2007-Haverford, 9:39.47

*Western Maryland College (WMC): now McDaniel College

Men's Individual Champions (1994-2007)

100 Meters

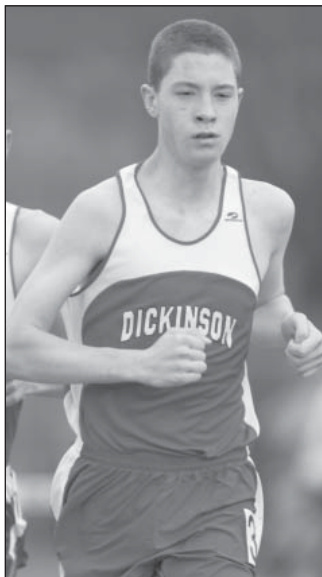
1994-Chris Hall, Muhlenberg, 11.17
 1995-Donté Abron, WMC, 10.95
 1996-Russell Zeigler, F&M, 11.08
 1997-Donté Abron, WMC, 10.91
 1998-Derek Sykora, Haverford, 11.08
 1999-Chris Salamone, Dickinson, 11.01
 2000-Chris Salamone, Dickinson, 11.20
 2001-Chris Salamone, Dickinson, 11.10
 2002-Chavaun Johnson, Dickinson, 10.89
 2003-Broderick Maybank, McDaniel 11.11
 2004-Greg Lott, Dickinson 11.05
 2005-Brandon Evans, Ursinus, 10.95
 2006-Brandon Evans, Ursinus, 10.91
 2007-Brandon Evans, Ursinus, 10.81

110 Meter Hurdles

1994-Bill Tyrrell, WMC, 14.80
 1995-Bill Tyrrell, WMC, 14.70
 1996-Russell Rey, Franklin & Marshall, 15.39
 1997-Dwyne Shoemaker, Dickinson, 15.62
 1998-Mike Scanish, Dickinson, 15.27
 1999-Mike Scanish, Dickinson, 15.16
 2000-Chavaun Johnson, Dickinson, 14.88
 2001-Mike Scanish, Dickinson, 14.92
 2002-Chavaun Johnson, Dickinson, 15.20
 2003-Chris Buchanan, Gettysburg, 15.18
 2004-Thy Nguyen, Haverford, 15.36
 2005-John Brodowski, Muhlenberg, 15.01
 2006-Robert Chain, Dickinson, 15.11
 2007-Matt Granteed, Ursinus, 15.48

200 Meters

1994-Chris Hall, Muhlenberg, 22.73
 1995-Peter Landon, Haverford, 22.59
 1996-Russell Ziegler, F&M, 22.22
 1997-Donté Abron, WMC, 22.67
 1998-Derek Sykora, Haverford, 22.13
 1999-Chris Salamone, Dickinson, 22.29



Dickinson's Evan Sparling has met the NCAA Division III automatic standard in the 10,000-meter run.



Johns Hopkins' Adam Waddell was the runner-up in the pole vault at the indoor championships this winter.

2000-Quinlan Amos, Johns Hopkins, 22.75
 2001-Chris Salamone, Dickinson, 22.42
 2002-Chavaun Johnson, Dickinson, 21.75
 2003-Chavaun Johnson, Dickinson, 21.82
 2004-Greg Lott, Dickinson, 21.85
 2005-Brandon Evans, Ursinus, 22.18
 2006-Brandon Evans, Ursinus, 21.81
 2007-Jake Gomolinski, F&M, 21.94

400 Meters

1994-Kent Lightbourn, WMC, 48.33
 1995-Kent Lightbourn, WMC, 49.52
 1996-Wakengo Mahaniah, Haverford, 48.99
 1997-Chris Coulston, Haverford, 49.87
 1998-Chris Coulston, Haverford, 49.08
 1999-Matthew Hazelton, Muhlenberg, 49.16
 2000-Yori Adegunwa, Ursinus, 49.34
 2001-Chavaun Johnson, Dickinson, 47.89
 2002-Philip Ferraro, Gettysburg, 48.11
 2003-Chavaun Johnson, Dickinson, 48.21
 2004-Garvey Camilien, Haverford, 48.73
 2005-Steve Stern, Ursinus, 48.66
 2006-Shane Olaley, Johns Hopkins, 49.55
 2007-Ryan Keane, Gettysburg, 48.78

400 Meter Hurdles

1994-Kent Lightbourn, WMC, 53.92
 1995-Kent Lightbourn, WMC, 54.08
 1996-Eric Pakurar, Swarthmore, 55.19
 1997-Eric Pakurar, Swarthmore, 55.49
 1998-Michael Bartosiewicz, DC, 54.79
 1999-Yori Adegunwa, Ursinus, 53.52
 2000-Yori Adegunwa, Ursinus, 53.54
 2001-Yori Adegunwa, Ursinus, 54.59
 2002-Philip Ferraro, Gettysburg, 54.93
 2003-Philip Ferraro, Gettysburg, 55.39
 2004-David Rodbart, Dickinson, 54.62
 2005-David Rodbart, Dickinson, 54.08
 2006-Chris Cole, Gettysburg, 55.12

2007-Brendan Kirk, Muhlenberg, 55.30

800 Meters

1994-Karl Paranya, Haverford, 1:56.83
 1995-Karl Paranya, Haverford, 1:56.54
 1996-Karl Paranya, Haverford, 1:54.77
 1997-Karl Paranya, Haverford, 1:55.67
 1998-Jason Bernstein, Haverford, 1:54.80
 1999-Jason Bernstein, Haverford, 1:56.91
 2000-William Elson, Muhlenberg, 1:54.73
 2001-William Elson, Muhlenberg, 1:51.21
 2002-Chris Ward, Haverford, 1:54.32
 2003-William Elson, Muhlenberg, 1:52.17
 2004-Erick Straub, Dickinson, 1:53.79
 2005-Chris Deleon, Ursinus, 1:54.29
 2006-Lex Mercado, Muhlenberg, 1:55.23
 2007-Stuart Udis, Muhlenberg, 1:55.12

1500 Meters

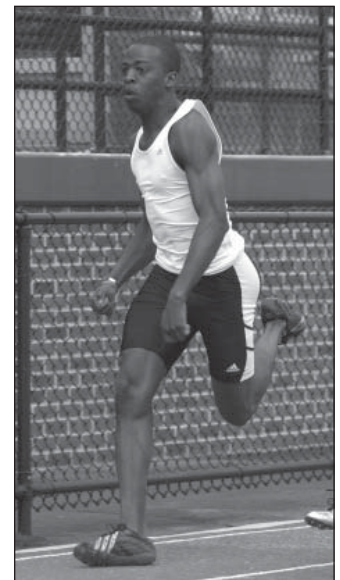
1994-Aaron Curry, Haverford, 3:58.00
 1995-Karl Paranya, Haverford, 3:57.17
 1996-Karl Paranya, Haverford, 3:52.12
 1997-Karl Paranya, Haverford, 4:01.43
 1998-Ntobeko Ntusi, Haverford, 4:00.32
 1999-Jason Bernstein, Haverford, 4:03.73
 2000-Peter Rook, Haverford, 4:03.98
 2001-Jason Bernstein, Haverford, 3:51.69
 2002-J.B. Haglund, Haverford, 3:53.94
 2003-William Elson, Muhlenberg, 3:55.49
 2004-Bobby Cannon, Haverford, 4:00.75
 2005-Bobby Cannon, Haverford, 3:59.34
 2006-Samuel Dalke, Haverford, 3:58.30
 2007-Ian Ramsey-North, Haverford 3:58.18

3000 Meter Steeplechase

1994-Nate Suter, Haverford, 9:25.26
 1995-Nate Suter, Haverford, 9:38.03
 1996-Ian Fraser, Haverford, 9:23.95
 1997-Ntobeko Ntusi, Haverford, 9:19.09



Muhlenberg's Dan Steinhart is one of the Mules' top sprinters.



F&M's Kwaku Anno captured golds in the 4x100 and long jump in 2007.

1998-Ian Fraser, Haverford, 9:32.8
 1999-Jim Steinemann, Haverford, 9:35.31
 2000-J.B. Haglund, Haverford, 9:43.76
 2001-Willie Stroeover, Haverford, 9:32.44
 2002-J.B. Haglund, Haverford, 8:56.90
 2003-Scott Sargrad, Haverford, 9:26.93
 2004-Scott Sargrad, Haverford, 9:07.60
 2005-Grant Scott, Haverford, 9:25.24
 2006-Grant Scott, Haverford, 9:40.90
 2007-Ian Ramsey-North, Haverford, 9:34.00

5000 Meters

1994-Nate Suter, Haverford, 15:20.53
 1995-Mark Gyandoh, Haverford, 15:20.81
 1996-Mark Gyandoh, Haverford, 15:15.44
 1997-Chris Hood, Haverford, 15:32.75
 1998-Ian Fraser, Haverford, 15:00.27
 1999-Blake Axelrod, Haverford, 15:23.13
 2000-Marc Jeuland, Swarthmore, 15:35.05
 2001-Marc Jeuland, Swarthmore, 15:02.72
 2002-J.B. Haglund, Haverford, 14:53.44
 2003-James Golden, Swarthmore, 15:02.78
 2004-Brandon Rowe, Haverford, 15:24.99
 2005-Grant Scott, Haverford, 15:12.21
 2006-Grant Scott, Haverford, 14:52.19
 2007-Zach Vaslow, Haverford, 14:55.18

10000 Meters

1994-Anthony Belber, Haverford, 32:47.79
 1995-Aaron Wolpert, Haverford, 32:31.44
 1996-Chris Hood, Haverford, 33:11.10
 1997-Chris Hood, Haverford, 33:35.40
 1998-Lowell Ladd, Dickinson, 31:35.3
 1999-Frank McCartney, F&M, 31:57.56
 2000-Marc Jeuland, Swarthmore, 32:39.90
 2001-Garth Terry, Haverford, 32:26.04
 2002-Brandon Rowe, Haverford, 31:10.79
 2003-Will McGuire, Haverford, 31:43.71
 2004-Brandon Rowe, Haverford, 31:23.15
 2005-Matt Liebal, Dickinson, 31:22.37

Men's Individual Champions (1994-2007)



McDaniel's Jason Maier was third in the shot put in 2007.

2006-Tom Rhodes, Dickinson, 31:10.06
2007-Donald Letts, Haverford, 31:30.43

High Jump

1994-Troy Gehret, Ursinus, 6-5 1/2
1995-Troy Gehret, Ursinus, 6-5 1/2
1996-Ryan Bobko, Johns Hopkins, 6-6 1/4
1997-Ryan Bobko, Johns Hopkins, 6-8
1998-Yori Adegunwa, Ursinus, 6-8
1999-Dave Evans, WMC, 6-8 3/4
2000-Mike Scanish, Dickinson, 6-8 3/4
2001-Mike Scanish, Dickinson, 6-8 1/4
2002-Josh Boyer, Muhlenberg, 6-0
2003-John Brodowski, Muhlenberg, 6-4 3/4
2004-John Brodowski, Muhlenberg, 6-4 1/4
2005-John Brodowski, Muhlenberg, 6-2 3/4
2006-Brandon Evans, Ursinus, 6-4 3/4
2007-Carson Pickens, Haverford, 6-4 3/4

Long Jump

1994-Al Welch, WMC 21-1 1/2
1995-Masilo Grant, Haverford, 22-0 3/4
1996-Masilo Grant, Haverford, 22-0 3/4
1997-Donté Abron, WMC, 23-0 1/2
1998-David Rakoff, Haverford, 21-6
1999-Dave Evans, WMC, 23-5 1/4
2000-Ifeyani Ani, WMC, 22-8 1/2
2001-Mike Scanish, Dickinson, 23-4
2002-Ifeyani Ani, WMC, 22-11
2003-Casely Doryumu, Haverford, 23-2 3/4
2004-Broderick Maybank, MCD, 23-1 1/4
2005-Broderick Maybank, McDaniel, 23-10
2006-Broderick Maybank, McDaniel, 23-10 1/4
2007-Kwaku Anno, Frank & Marsh, 23-2

Triple Jump

1994-Masilo Grant, Haverford, 43-6
1995-Donte Abron, WMC, 45-5 3/4
1996-Masilo Grant, Haverford, 45-6 1/4
1997-Masilo Grant, Haverford, 46-8 1/4

1998-David Rakoff, Haverford, 46-10 1/4
1999-Teron Powell, WMC, 45-9 3/4
2000-Ifeyani Ani, WMC, 47-1 1/2
2001-Ifeyani Ani, WMC, 46-7 1/4
2002-Ifeyani Ani, WMC, 46-7 1/2
2003-Broderick Maybank, MCD, 44-6
2004-Zach Maskin, Dickinson, 48-2 1/2
2005-Broderick Maybank, McDaniel, 46-2
2006-Broderick Maybank, McDaniel, 47-1
2007-Matt Terry, Ursinus, 44-6 1/4

Discus

1994-Jeff Smith, F&M, 137-9 1/2
1995-Charles Kind, Gettysburg, 136-6
1996-Marty Kazanjian, Gettysburg, 138-1
1997-Nathan Grim, Gettysburg, 140-3
1998-Mike Williams, Gettysburg, 132-10
1999-Mike Williams, Gettysburg, 137-2
2000-Mike Williams, Gettysburg, 134-7
2001-Dave Hose, WMC, 128-10
2002-Tom Reynolds, Haverford, 140-1
2003-Tom Reynolds, Haverford, 139-0
2004-Tom Reynolds, Haverford, 157-11
2005-Tom Reynolds, Haverford, 160-0
2006-Joe Awantang, Haverford, 154-1
2007-Joe Awantang, Haverford, 149-4

Javelin

1994-Carl Von Tobel, WMC, 183-10
1995-Carl Von Tobel, WMC, 198-3
1996-Carl Von Tobel, WMC, 190-11
1997-Anthony O'Hara, Ursinus, 178-6
1998-Anthony O'Hara, Ursinus, 195-7
1999-Anthony O'Hara, Ursinus, 180-6
2000-Jim Hayes, Muhlenberg, 175-2
2001-Jim Hayes, Muhlenberg, 173-11
2002-Jim Hayes, Muhlenberg, 196-7
2003-Nevin Markel, Gettysburg, 173-6
2004-Randy Holak, Muhlenberg, 182-11



Swarthmore's Ross Weller was the runner-up in the steeplechase last season.



Gettysburg's Ryan Keane won gold medals in the 400 and 4x400 relay at the 2007 championships.

2005-John Brodowski, Muhlenberg, 185-0
2006-Kyle McGlensey, Gettysburg, 180-4
2007-Lucas Burbank, F&M, 192-3

Shot Put

1994-Victor Carter-Bey, JHU, 47-3 1/4
1995-Victor Carter-Bey, JHU, 46-4 1/4
1996-Victor Carter-Bey, JHU, 47-9 1/4
1997-Nathan Grim, Gettysburg, 49-2 1/4
1998-Nathan Grim, Gettysburg, 51-6 1/2
1999-Mike Williams, Gettysburg, 44-11
2000-David Hose, WMC, 45-3 1/2
2001-David Hose, WMC, 46-4
2002-David Hose, WMC, 47-0 1/4
2003-John Mohl, Ursinus, 44-6 1/4
2004-Tom Reynolds, Haverford, 46-3 1/2
2005-Joe Awantang, Haverford, 52-10
2006-Joe Awantang, Haverford, 51-0
2007-Joe Awantang, Haverford, 51-7

Pole Vault

1994-Brett Myers, Dickinson, 13-1 1/2
1995-Shan Sutherland, Swarthmore, 12-6
1996-Brian Baird, Swarthmore, 13-9
1997-Shan Sutherland, SWAT, 12-11 1/2
1998-Kurt Kunsch, Muhlenberg, 14-0
1999-Will Hannema, Gettysburg, 13-6
2000-Kurt Kunsch, Muhlenberg, 14-0
2001-Will Hannema, Gettysburg, 14-0
2002-Luke Oeding, F&M, 15-2 1/4
2003-Jason App, Muhlenberg, 14-2 1/2
2004-Drew Edsall, Gettysburg, 13-8 1/2
2005-Jon Brallier, F&M, 15-4 1/4
2006-Jon Brallier, F&M, 14-0 1/4
2007-Jon Brallier, F&M, 15-06 1/4

Decathlon

2000-Jeff Groff, WMC, 5584
2001-Jeff Groff, WMC, 5905

2002-Drew Edsall, Gettysburg, 5375
2003-Drew Edsall, Gettysburg, 5202
2004-Ben Stopper, Johns Hopkins, 4969
2005-Harry Kegelman, Muhlenberg, 5231
2006-Michael Karchner, Muhlenberg, 5391
2007-Andrew Ackley, Dickinson, 5659

4 x 100 Relay

1994-WMC, 42.8
1995-WMC, 42.54
1996-Franklin & Marshall, 43.43
1997-WMC, 43.51
1998-Haverford, 42.86
1999-Dickinson, 42.98
2000-Haverford, 43.58
2001-Dickinson, 43.07
2002-Haverford, 42.59
2003-McDaniel, 42.62
2004-McDaniel, 42.33
2005-Ursinus, 42.36
2006-Ursinus, 42.52
2007-Franklin & Marshall, 42.41

4 x 400 Relay

1994-Haverford, 3:23.28
1995-Haverford, 3:20.42
1996-Haverford, 3:19.08
1997-Haverford, 3:22.16
1998-Haverford, 3:22.51
1999-Haverford, 3:20.78
2000-Haverford, 3:20.19
2001-Gettysburg, 3:19.86
2002-Gettysburg, 3:18.90
2003-Dickinson, 3:19.90
2004-McDaniel, 3:19.10
2005-Haverford, 3:22.50
2006-Johns Hopkins, 3:22.01
2007-Gettysburg, 3:20.01

4 x 800 Relay

1994-Haverford, 8:02.33
1995-Haverford, 7:59.25
1996-Haverford, 7:46.32
1997-Haverford, 7:56.86
1998-Haverford, 7:58.57
1999-Haverford, 7:59.32
2000-Haverford, 8:00.46
2001-Haverford, 7:55.06
2002-Haverford, 7:53.38
2003-Haverford, 7:55.80
2004-Haverford, 7:47.86
2005-Haverford, 7:55.45
2006-Haverford, 7:51.80
2007-Muhlenberg, 7:46.10

*Western Maryland College (WMC), now McDaniel College

Women's Past Team Champions/Outstanding Performers

Year	Team Champion	Score	Outstanding Performer	Host
1994	Gettysburg	136	Julie Cox, WMC	Gettysburg
1995	Haverford	148	Holly Shaginaw, Dickinson	Franklin & Marshall
1996	Dickinson	138.5	Danielle Duffy, Swarthmore	Swarthmore
1997	Gettysburg	150	Holly Shaginaw, Dickinson	Franklin & Marshall
1998	Swarthmore	144.5	Catherine Laine, Swarthmore	Haverford
1999	Dickinson	171	Kate Westfall, Haverford	Franklin & Marshall
2000	Dickinson	174	Jamie Falcone, WMC	Swarthmore
2001	Dickinson	171	Jane Steinemann, Haverford	Muhlenberg
2002	Dickinson	161	Imo Akpan, Swarthmore	Ursinus
2003	Gettysburg	174	Callie Bradley, Dickinson - Track Kathy Darling, Johns Hopkins - Field	Gettysburg
2004	Gettysburg	154	Callie Bradley, Dickinson - Track Kristy Costa - McDaniel - Field	Swarthmore
2005	Muhlenberg	173.5	Danielle Seiler, Muhlenberg - Track Kristy Costa, McDaniel - Field	Muhlenberg
2006	Haverford	185	Lauren Parker, Gettysburg - Track Jessie Belden, Haverford - Field	McDaniel
2007	Haverford	177	Cait Bradley, Dickinson-Track Sarah Mitchell, Muhlenberg-Field	Haverford

Women's Championship Meet Results - 1994-2007

1994: Gettysburg 136, WMC 136, Haverford 120, Swarthmore 91, Franklin & Marshall 59.5, Dickinson 55.5, Ursinus 50, Johns Hopkins 42, Muhlenberg 40.
 1995: Haverford 148, Gettysburg 120, Franklin & Marshall 105, WMC 88, Ursinus 86, Dickinson 75, Swarthmore 67, Johns Hopkins 28, Muhlenberg 17.
 1996: Dickinson 138.5, Haverford 128, Gettysburg 116, Swarthmore 104, WMC 82, Ursinus 63, Franklin & Marshall 36, Johns Hopkins 29.5, Muhlenberg 7.
 1997: Gettysburg 150, Haverford 124, Swarthmore 114, Dickinson 106, Johns Hopkins 84, WMC 79, Franklin & Marshall 51, Ursinus 17, Muhlenberg 13.
 1998: Swarthmore 144.5, Haverford 134, Dickinson 129, Gettysburg 107, WMC 78, Johns Hopkins 65, Franklin & Marshall 55, Ursinus 11.5, Muhlenberg 10.
 1999: Dickinson 171, Haverford 154, Gettysburg 142, WMC 82, Swarthmore 54, Johns Hopkins 50, Ursinus 49, Muhlenberg 34, Franklin & Marshall 23, Bryn Mawr 13.
 2000: Dickinson 174, Gettysburg 137, Haverford 134, WMC 105, Swarthmore 94, Ursinus 51, Franklin & Marshall 48, Johns Hopkins 38, Muhlenberg 34, Bryn Mawr 4.
 2001: Dickinson 171, Haverford 162, Gettysburg 107, Swarthmore 102, WMC 90, Muhlenberg 58.5, Johns Hopkins 52, Ursinus 33.5, Franklin & Marshall 21, Bryn Mawr 20.
 2002: Dickinson 161, Gettysburg 120, Haverford 110, Ursinus 108, WMC 106, Swarthmore 71, Muhlenberg 55, Johns Hopkins 44, Bryn Mawr 19, Franklin & Marshall 18.
 2003: Gettysburg 174, Dickinson 170, McDaniel 109, Haverford 99, Muhlenberg 83, Johns Hopkins 50, Franklin & Marshall 40, Swarthmore 32, Ursinus 32, Bryn Mawr 39.
 2004: Gettysburg 154, Haverford 153, Dickinson 113, Muhlenberg 108, McDaniel 70, Franklin & Marshall 67, Johns Hopkins 65, Swarthmore 38, Bryn Mawr 33, Ursinus 18.
 2005: Muhlenberg 173.5, Gettysburg 140, Dickinson 121, Haverford 114, Johns Hopkins 69, Franklin & Marshall 52, McDaniel 39, Ursinus 37, Bryn Mawr 33, Swarthmore 28.5.
 2006: Haverford 185, Muhlenberg 138, Dickinson 108, Gettysburg 103, McDaniel 88.5, Johns Hopkins 75, Ursinus 50, Franklin & Marshall 47.5, Swarthmore 21, Bryn Mawr 3.
 2007: Haverford 177, Muhlenberg 127.5, Gettysburg 119.5, Johns Hopkins 113.5, Dickinson 100, Franklin and Marshall 63, Bryn Mawr 35, Ursinus 35, McDaniel 27.5, Swarthmore 19

Three and Four-Time All-Centennial Selections

Since 1994, there are 11 female athletes who have been named first-team All-Centennial (won their event) three times: Jamie Kendig, Franklin & Marshall, 5000, 1994-95-96; Rachel Mosher, Haverford, 5000, 1997-98-99; Kerry Wilson, Western Maryland, 100 Hurdles, 1997-98-99; Melynn Stufft, Franklin & Marshall, Javelin, 1998-99-2000; Jamie Falcone, Western Maryland, 100 and 200, 1999-2000-01; Katrina Beck, Muhlenberg, High Jump, 1999-2000-01; Imo Akpan, Swarthmore, 400, 2000-01-02; Caitlin Kight, Haverford, Heptathlon, 2001-02-03; Andrea King, Johns Hopkins, Shot Put, 2003-04-05; Caitlin Bradley, Dickinson, 3000 Meter Steeplechase 2005-06-07; and Samantha Spence, Gettysburg, Long Jump 2005-06-07. There are seven female athletes who have been named first-team All-Centennial four times: Rachele Pecovsky, Ursinus, Shot Put, 1994-95-96-97; Rachel Mosher, Haverford, 10000, 1996-97-98-99; Desiree Peterkin, Swarthmore, Triple Jump, 1997-98-99-2000; Christine Hufenbacher, Dickinson, 400 Hurdles, 1999-2000-01-02; Danielle Seiler, Muhlenberg, 400 Hurdles, 2003-04-05-06; Aislinn Sowash, Haverford, 100 Hurdles, 2004-05-06-07; and Sarah Mitchell, Muhlenberg, Javelin, 2004-05-06-07.

Men's Past Team Champions/Outstanding Performers

Year	Team Champion	Score	Outstanding Performer	Host
1994	Haverford	235	Kent Lightbourn, Western Maryland	Gettysburg
1995	Haverford	248	Donté Abron, Western Maryland	Franklin & Marshall
1996	Haverford	230	Karl Paranya, Haverford	Swarthmore
1997	Haverford	222	Donté Abron, Western Maryland	Franklin & Marshall
1998	Haverford	199	Ian Fraser, Haverford	Haverford
1999	Haverford	186	Jason Bernstein, Haverford	Franklin & Marshall
2000	Haverford	195	Yori Adegunwa, Ursinus	Swarthmore
2001	Haverford	192	Mike Scanish, Dickinson	Muhlenberg
2002	Haverford	234	Phil Ferraro, Gettysburg	Ursinus
2003	Haverford	177	Will Elson, Muhlenberg - Track John Brodowski, Muhlenberg - Field	Gettysburg
2004	Haverford	223	Greg Lott, Dickinson - Track Tom Reynolds, Haverford - Field	Swarthmore
2005	Haverford	190	Brandon Evans, Ursinus - Track John Brodowski, Muhlenberg - Field	Muhlenberg
2006	Haverford	144	Brandon Evans, Ursinus - Track Broderick Maybank, McDaniel - Field	McDaniel
2007	Haverford	164	Ian Ramsey-North, Haverford - Track Joe Awantang, Haverford - Field	Haverford

Men's Championship Meet Results - 1994-2007

1994: Haverford 235, WMC 153, Franklin & Marshall 87, Gettysburg 75, Johns Hopkins 51, Swarthmore 49, Dickinson 47, Ursinus 44, Muhlenberg 23.
 1995: Haverford 248, WMC 127, Gettysburg 121, Franklin & Marshall 81, Ursinus 49, Johns Hopkins 45, Swarthmore 39, Dickinson 35, Muhlenberg 19.
 1996: Haverford 230, Swarthmore 131, Franklin & Marshall 109, Gettysburg 73, Muhlenberg 61, Johns Hopkins 54, WMC 54, Dickinson 44, Ursinus 15.
 1997: Haverford 222, Swarthmore 120, WMC 97, Gettysburg 77, Dickinson 75, Franklin & Marshall 54, Johns Hopkins 51, Ursinus 50, Muhlenberg 28.
 1998: Haverford 199, Dickinson 135, Gettysburg 84, Swarthmore 72, Ursinus 71, WMC 68, Johns Hopkins 58.5, Franklin & Marshall 55.5, Muhlenberg 28.
 1999: Haverford 186, WMC 128, Dickinson 111.5, Franklin & Marshall 107.5, Gettysburg 59, Johns Hopkins 58, Ursinus 49, Muhlenberg 42, Swarthmore 37.
 2000: Haverford 195, Dickinson 139, WMC 87, Gettysburg 82, Johns Hopkins 79, Muhlenberg 70, Franklin & Marshall 54, Ursinus 46, Swarthmore 38.
 2001: Haverford 192, Dickinson 129, Muhlenberg 111, WMC 104, Gettysburg 74, Johns Hopkins 58, Ursinus 56, Franklin & Marshall 51, Swarthmore 38.
 2002: Haverford 234, Gettysburg 136.5, Muhlenberg & Dickinson 102, Franklin & Marshall 73.5, WMC 51, Ursinus 49, Johns Hopkins 40, Swarthmore 21.
 2003: Haverford 177, Muhlenberg 144, Dickinson 117, Gettysburg 112, Ursinus 71, McDaniel 59, Swarthmore 58, Johns Hopkins 41, Franklin & Marshall 39.
 2004: Haverford 223, Dickinson 140, Gettysburg & McDaniel 93, Muhlenberg 87, Franklin & Marshall 82, Johns Hopkins 40, Swarthmore 37, Ursinus 24.
 2005: Haverford 190, Ursinus 128, Muhlenberg 120, Franklin & Marshall 84.5, Dickinson 82.5, Johns Hopkins 66, McDaniel 60, Gettysburg 50, Swarthmore 36.
 2006: Haverford 144, Gettysburg 111, Ursinus 109.50, Johns Hopkins 99.5, McDaniel 93, Muhlenberg 89.5, Dickinson 81, Franklin & Marshall 58.5
 2007: Haverford 164, Muhlenberg 113, Dickinson 108, Gettysburg 92, Ursinus 91, Franklin and Marshall 86, Johns Hopkins 77, McDaniel 53, Swarthmore 32

Three and Four-Time All-Centennial Selections

Since 1994, there are 19 male athletes who have been named first-team All-Centennial (won their event) three times: Carl Von Tobel, Western Maryland, Javelin, 1994-95-96; Victor Carter-Bey, Johns Hopkins, Shot Put, 1994-95-96; Masilo Grant, Haverford, Triple Jump, 1994-96-97; Karl Paranya, Haverford, 1500, 1995-96-97; Donté Abron, Western Maryland, 4x100 relay, 1994-95-97; Anthony O'Hara, Ursinus, Javelin, 1997-98-99; Mike Williams, Gettysburg, Discus, 1998-99-2000; Chris Salamone, Dickinson, 100, 1999-2000-01; Mike Scanish, Dickinson, 110 Hurdles, 1998-99-2001; Yori Adegunwa, Ursinus, 400 Hurdles, 1999-2000-01; Ifeyani Ani, Western Maryland, Triple Jump, 2000-01-02; Jim Hayes, Muhlenberg, Javelin, 2000-01-02; David Hose, Western Maryland, Shot Put, 2000-01-02; Will Elson, Muhlenberg, 800, 2000-01-03; John Brodowski, Muhlenberg, High Jump, 2003-04-05; Broderick Maybank, McDaniel, Long Jump, 2004-05-06, Triple Jump, 2003-05-06; Brandon Evans, Ursinus, 100, 2005-06-07; Joe Awantang, Haverford, Shot Put, 2005-06-07; and Jon Brallier, Franklin and Marshall, Pole Vault 2005-06-07. There have been only two male athletes named first-team All-Centennial four times: Karl Paranya, Haverford, 800, 1994-95-96-97 and Tom Reynolds, Haverford, Discus, 2002-03-04-05.