

# 2012 MIDDLE ATLANTIC CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

October 27, 2012

**MEN: 11:00 AM**

**WOMEN: 12:00 PM**

**MISERICORDIA UNIVERSITY  
DALLAS, PA**



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## WELCOME TO MISERICORDIA

On behalf of Misericordia University, it is my pleasure to welcome you to the 2012 Middle Atlantic Conference Cross Country Championships!

We are excited and proud to be hosting this prestigious event.

Today, more than 350 student-athletes from 17 MAC institutions will compete for the coveted title of MAC Champion.

As NCAA Division III student-athletes, these competitors lay it all on the line in the name of sportsmanship, respect for each other, and commitment to their athletic craft. Both the MAC and Misericordia University are proud to be affiliated with NCAA Division III athletics.

We hope you enjoy your visit to our beautiful campus.

David L. Martin  
Director of Athletics

### MAC OPERATIONS COMMITTEE

Ken Andrews  
Chair

Janice Luck  
Albright College

Laura Gingrich  
Alvernia University

Jenn Noon  
Fairleigh Dickinson  
University-Florham

Dave Martin  
Misericordia University

Jack Shafer  
Widener University

Brad Fields  
Eastern University

### MAC CROSS COUNTRY COMMITTEE

James O'Brien  
Lebanon Valley College

Chris Wadas  
Misericordia University

Dale Fogelsanger  
Messiah College

Vince Touey  
Widener University

### MEET OFFICIALS

Starter/Referee  
Trey Jackson  
PIAA Central Penn

Scorer/Head Timer  
Jeff Millville  
PA Runners Timing

# MISERICORDIA UNIVERSITY

301 Lake Street, Dallas, PA 18612

570-674-6400, misericordia.edu

## QUICK FACTS

**Founded:** 1924

**Sponsored By:**

Sisters of Mercy

**Enrollment:** 1,767

**President:**

Dr. Michael MacDowell

**VP of Student Affairs:**

Sr. Jean Messaros

**Athletics Director:**

David Martin

**Athletics Phone:**

570-674-6374

**Affiliation:** NCAA D-III

**Conference:**

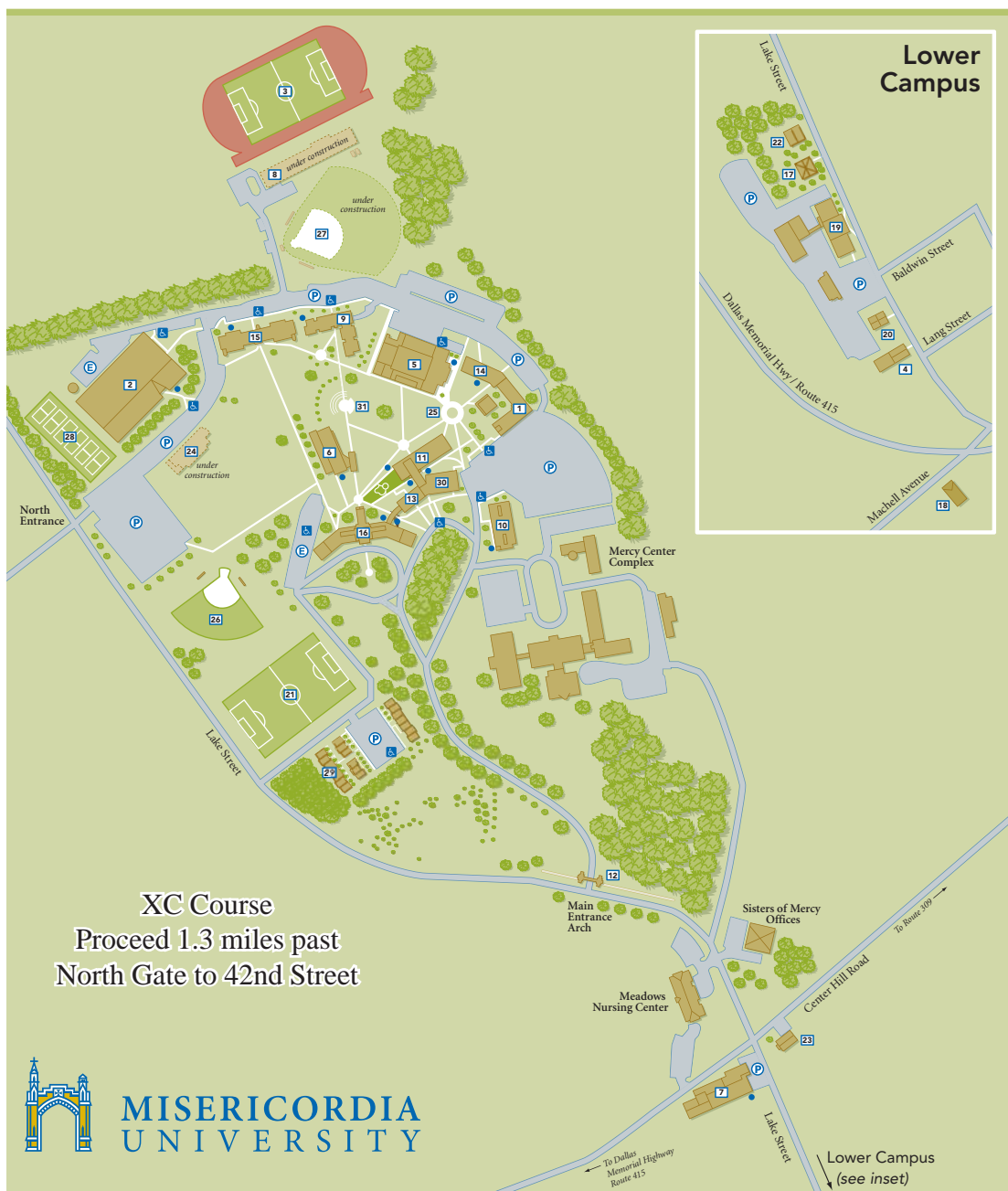
Middle Atlantic (Freedom)

**Number of Teams:** 24

**Colors:** Royal Blue & Gold

**Mascot:** Cougars

[athletics.misericordia.edu](http://athletics.misericordia.edu)



XC Course  
Proceed 1.3 miles past  
North Gate to 42nd Street



MISERICORDIA  
UNIVERSITY



Alumnae Hall.....	1
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Anderson Sports and Health Center.....	2
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# Meet Schedule

## Friday, October 26, 2012

- 4:00-6:00 p.m.      Course open for inspection
- 8:00 p.m.              Coach's Meeting/Conference Call

## Saturday, October 27, 2012

- 8:00-11:00 a.m.      Course open for inspection
- 9:00-9:30 a.m.      Registration and Packet Pick-Up - Under the white tent near the finish line.
- 11:00 a.m.              Men's Race (8000 Meters)
- 12:00 p.m.              Women's Race (6000 Meters)
- 1:30 p.m.              Awards Ceremony - At the Course

## Parking

Parking for cars and vans will be located in a grass field at the course. Bus parking will be at Lakeway Driving Range on Route 415.

## Concessions

Concessions will be available at the course under a blue tent near the finish line.

## T-Shirts

T-shirts will be available for sale at the course.  
Short-sleeve - \$12              Long-sleeve - \$15

## Athletic training

Two certified athletic trainers will be on duty at the meet. Robin Jackson, Misericordia ATC, will serve as head trainer. Taping will be provided, but teams should bring their own supplies. Ice and water will be available near the finish line area.

# Facilities

## Staging Areas, Locker Rooms, Restrooms and other facilities

Teams can set-up team headquarters between the start/finish lines. The staging of teams should be on the inside of the course barriers.

Portable restrooms will be available near the start/finish area.

# Awards

The top 10 finishers in each race earn MAC First-Team All-Conference and receive a medal. MAC Second-Team All-Conference (11-20) receive certificates.

Plaques are presented to the winning teams and Runners, Coaches and Rookies of the Year. The top finisher is runner of the year; the top first year runner is rookie of the year. The same person may win both.

All award winners are expected to attend the ceremony in school-issued uniforms or warm ups.

Pictures will be taken of championships teams, award winners as well as a group picture of all-conference athletes.

Rookie, Runners and Coaches of the Year will participate in a video interview before or after the awards ceremony.

# Results / Scoring

NCAA rules apply with a seven-person displacement. Incomplete teams will not count in team displacement, but individuals may win awards. A camera records the contestants crossing the finish line.

Results will be posted on the timer's trailer near the finish line. After results are posted, teams have 30 minutes to appeal results (Rule 4.62.).

# Course Overview

The women's 6,000 meter and men's 8,000 meter courses are challenging courses with gentle rolling hills mixed with slight uphill and downhill.

We ask you to remind parents, fans, and friends that no pets are permitted at the course.

See the following two pages for specific course maps.



## Women's 6K Course

The runners start in the bottom field and run through the field to an earth bridge crossing. Runners make a left turn across the field at about 800 meters. About 200 meters after the first left, they make a left turn down the hill towards the mile mark. At the mile mark, they make a left turn up a dirt/gravel hill and eventually make a right turn to start a 1000 meter loop. Once completing the loop they will make a right turn following the running path that zig zags all over the top fields of the course. The 2nd mile is roughly 300 meters after the right turn made following the 1000 meter loop and the 3rd mile is before travel downhill towards the pond on their way to the finish.





# Men's 8K Course

The runners start in the bottom field and run through the field to an earth bridge crossing. The runners will travel 800 meters before they make a right turn to follow the running path that zig zags within the fields. The 1 mile mark is located at the red barn on the course, the 2 mile mark is located directly across the 2nd earth bridge crossing. Once going through the 2nd mile you follow the path around the field and head through the start line to start your 2nd loop. During the 2nd loop, the 3 mile mark is located about 300 meter from the intersection at which you make a right on to the running path. During the 2nd loop the runners make a right turn into a back field for a 400 meter loop to make the course 8,000 meters. The 4 mile mark is located in the back loop. From that point, you will follow the running path towards the 2nd earth bridge and follow the path around the field. Runners will then run through the starting line again towards the finish line.





# 2012 MAC Cross Country Previews



Traci Tempone,  
Elizabethtown



Marina Orrson,  
Misericordia



Eileen Cody,  
Elizabethtown

## Women's Championships

With four returning first-team All-MAC placers, Elizabethtown College is the favorite to claim its sixth consecutive MAC Women's Cross Country championship, Saturday, October 27 at Misericordia.

The Blue Jays are currently ranked fourth in the Mideast region, according to the USTFCCA rankings.

Junior **Traci Tempone** is the defending MAC champion and won the Misericordia Invitational on this course earlier this season. She is joined by classmates **Eileen Cody** and **Megan Patton** who finished third and fifth, respectively, a year ago.

Senior **Taryn Shank** finished 10th last year for the Blue Jays.

Senior **Jessica Dillner** was 17th a year ago and is the top returnee for Messiah, last year's runner-up.

Lebanon Valley was third last year and is led by junior **Cynthia Adams**, who finished eighth as a sophomore.

**Dana Stockdale** also returns for LVC after placing 14th last season. Stockdale was the 2011 MAC Rookie of the year.

DeSales, fourth last year, returns a pair of second-team All-MAC honorees in juniors **Sarah Braun** (13th) and **Cara Guth** (15th).

Misericordia University hopes to take advantage of its home course. The Cougars are led by senior **Marina Orrson**, the MAC runner-up a year ago.

Lycoming's **Michelle Herman** finished 18th in 2011.



Steven Welsh,  
Elizabethtown



Eliot Bonds,  
Lebanon Valley



Chris Garrity,  
Widener

## Men's Championships

Elizabethtown enters the 2012 MAC Men's Cross Country championships in search of its fourth straight team title.

Ranked sixth in the Mideast region, the Blue Jays must contend with two regionally-ranked rivals in Widener (7th) and DeSales (8th).

Elizabethtown returns junior **Steve Welsh**, the third-place finisher from a year ago, along with classmate Aaron Focht who placed 13th.

Widener is led by 2011 MAC Rookie of the Year **Chris Garrity**, who finished ninth as a freshman. The Pride's **Ryan Gallagher** returns for his senior season after finishing 16th last season.

DeSales returns three second-team All-MAC runners from last year. Junior **Bryan Megee** was 12th while sophomore **Nate Noll** was 15th and junior **Dan Beck** placed 20th.

Lebanon Valley's **Eliot Bonds** was eighth a year while Misericordia sophomore **A.J. Limongelli** was 11th.



# ALBRIGHT COLLEGE LIONS

MEN	Cl.	Hometown/High School
Oumar Diawara	FR	Philadelphia, PA/Boys Latin
David Dupre	SO	Warminster, PA/William Tennent
Alex Jenkins	SO	Hamilton, NJ/Hamilton West
Sam Marcotte	JR	Hampden, MA Hampden
Connor Unger	SR	Hatfield, PA /Lansdale Catholic

**Head Coach:** Kevin Rodgers

WOMEN	Cl.	Hometown/High School
Mary Frederick	SR	Coatesville, PA/Coatesville
Karen Gasior	FR	Union Bridge, MD/Francis Scott Key
Shanna Hawkins	SR	Steelton, PA/Steelton Highspire
Sami Haynes	JR	Niantic, CT/East Lyme
Rebecca Stickler	SO	Wrightsville, PA/Eastern York
Krystal Swasey	JR	Chamberburg, PA/Chambersburg
Caroline Vazzana	JR	Staten Island, NY/Saint Joseph Hill Acad.

**Head Coach:** Kevin Rodgers

# ALVERNIA UNIVERSITY CRUSADERS

MEN	Cl.	Hometown/High School
Tim Bauer	JR	Reading, PA/Reading
Eddie Cadman	SO	Whitehall, PA/Allentown Central Cath.
Jeremiah Clinchoc	FR	Falls Creek, PA/DuBois
Jacob Conapitski	FR	Lebanon, PA/Cedar Crest
Brian Elliott	FR	Newark, DE/Hodgson Vo-Tech
Cody Hughes	SO	Birdsboro, PA/Twin Valley
Pete MacNamee	FR	Dublin, PA / Pennridge
Nick Mancuso	FR	Smithtown, NY/Hauppauge
Cory Novik	FR	Shillington, PA/Governor Mifflin

**Head Coach:** Jason Kilgore

**Assistants:** Joe McCool, Mark Miller

WOMEN	Cl.	Hometown/High School
Jamie Cappeillo	FR	Levittown, PA/Neshaminy
Jessica Craft	FR	York, PA/Kennard-Dale
Olivia Dunzelman	SO	Monmouth Beach, NJ/Shore
Josie Heil	SO	Conshocken, PA/Plymouth-Whitemarsh
Jeanne Knowles	SO	Hockessin, DE/St. Mark's
Mysten Rupert	FR	Reading, PA/Reading
Andrea Stevko	FR	Palmertown, PA/Palmerton
Tina Marie Streleckis	SO	Philadelphia, PA/St. Hubert

**Head Coach:** Jason Kilgore

**Assistants:** Joe McCool, Mark Miller

# DELAWARE VALLEY COLLEGE AGGIES

MEN	Cl.	Hometown/High School
Chris Beard	FR	Raphine, VA/Parry McCluer
Jason Doll	FR	Boalsburg, PA/State College
Patrick Hastings	SO	Staten Island, NY/N. Burlington
Matt Hoagland	FR	Willow Grove, PA/Upper Moreland
Sam McCaffrey	FR	Lambertville, NJ/South Hunterdon
Andrew McMillan	JR	Randolph, NJ / Randolph
Hunter Potoski	FR	New Gretna, NJ/Pineland

**Head Coach:** Larry Hannon

**Assistants:** Jane Yerkes-Roop, Jane Hannon

WOMEN	Cl.	Hometown/High School
Tracey Forsythe	SR	Hagerstown, MD/Williamsport
Shelby Garner	SO	Pottstown, PA/Pottsgrove
Dana Kilgarrieff	SO	Philadelphia, PA/W.B. Saul
Natalie Marks	JR	Downingtown, PA
Stephanie Unger	JR	Oreland, PA/Saint Basil Academy
Jennifer Walker	SO	Middleburg, PA/Midd-West

**Head Coach:** Larry Hannon

**Assistants:** Jane Yerkes-Roop, Jane Hannon

# DeSALES UNIVERSITY BULLDOGS

<b>MEN</b>	<b>Cl.</b>	<b>Hometown/High School</b>	<b>WOMEN</b>	<b>Cl.</b>	<b>Hometown/High School</b>
John Bayeux	SO	Basking Ridge, NJ/Basking Ridge	Natala Balla	FR	Trevoze, PA/Bensalem
Dan Beck	JR	Churchville, PA/Council Rock South	Michele Bartkus	SO	Havertown, PA/Cardinal O'Hara
Eric Busher	FR	Bath, PA/Notre Dame	Sarah Braun	JR	Bath, PA/Bethlehem Catholic
Alex Clemson	SR	Sewell, NJ/Washington Township	Melissa Buttner	JR	Camillus, NY/Bishop Ludden
Kevin Drastura	FR	Linden, NJ/Roselle Catholic	Meghan Carr	SO	Atco., NJ/Paul VI
Dave Dusza	JR	Schwenksville, PA/Souderton	Stephanie Churchman	SO	Wharton, NJ/Morris Hills
Sean Dusza	FR	Schwenksville, PA/Souderton	Colleen Costello	JR	Flanders, NJ/Morris Catholic
Conner Foley	FR	Ellicott City, MD/Marriotts Ridge	Jessica Curry	FR	Syracuse, NY/Bishop Ludden
Anthony Gazzo	SO	Manalapan, NJ/St. Joseph's	Cara Guth	JR	Mohnton, PA / Governon Mifflin
Bobby Grbas	SR	Quakertown, PA/Quakertown	Emma Kemmerer	FR	New Tripoli, PA/Northwestern Lehigh
Ryan Guth	JR	Mohnton, PA/Governor Mifflin	Abby Labar	FR	Bethlehem, PA/Nazareth
Tim Haines	JR	Langhorne, PA/Neshaminy	Kate Little	JR	Nazareth, PA/Bethlehem Cath.
Zach Kaminski	JR	Elkton, MD/St. Mark's	Maggie McNichol	FR	Wilmington, DE/Ursuline Academy
Henry Klinges	JR	Philadelphia, PA/Father Judge	Samantha Myles	SO	Stroudsburg, PA/Stroudsburg
Bryan Megee	JR	Easton, PA/Notre Dame	Shana Peterson	FR	Bethlehem, PA/Freedom
Mike Michell	FR	White Plains, NY/White Plains	Amanda Pruzinsky	SR	Bristol, PA/Conwell-Egan Catholic
Stephen Monaghan	FR	Philadelphia, PA/Roman Catholic	Taylor Valentin	SO	Bethlehem, PA/Liberty
Nate Noll	SO	Kutztown, PA/Kutztown	Sarah Walther	FR	Ellicott City, MD/Mount de Sales
Brian Panella	SR	Easton, PA/Notre Dame			
Nick Piazza	SR	Bethlehem, PA/Notre Dame			
Scott Rennalls	FR	Budd Lake, NJ/Mount Olive			
Pat Romaglia	FR	Fair Lawn, NJ/Fair Lawn			
Joe Todaro	SO	Newville, PA/Big Spring			
Stephen Van Doran	SO	Goshen, NY/Goshen			
Sean Yingling	FR	Williamsport, PA/Jersey Shore			

**Head Coach:** Al Weiner

**Assistant Coach:** Scott Karwacki

**Head Coach:** Gordon Hornig

# EASTERN UNIVERSITY EAGLES

<b>MEN</b>	<b>Cl.</b>	<b>Hometown/High School</b>	<b>WOMEN</b>	<b>Cl.</b>	<b>Hometown/High School</b>
Bryant Christie	SR	W. Hartford, CT/The Master's School	Carrie Burke	FR	Roanoke, VA/Cave Spring
Greg Coghill	FR	Blackstone, VA/Nottoway	Margo Cassidy	SO	Bedford, NH/Bedford
Caleb Fitzgerald	FR	West Grove, PA/Home School	Audrey DeVaux	JR	Mystic, CT/Mystic
Colin Gordon	JR	Douglasville, PA/Coventry Christian	Ashley Gray	SO	West Grove, PA/Avon Grove
Zack Hackett	FR	Drexel Hill, PA/Haverford	Tori Gundlah	SO	Pompton Lakes, NJ/Pompton Lakes
Jonathan Harris	JR	Tenaflly, NJ/Tenaflly	Jaclyn Helton	SO	Smyrna, TN/Brentwood Academy
Jake Hughes	FR	Dover, DE/Smyrna	Stephanie Hogan	FR	Doylestown, PA/C.B. West
John Johnson	FR	Vineland, NJ/Cumberland Christian	Christina Machuca	JR	West New York, NJ/Memorial
Alex Kraft	SO	Easton, PA/Bethlehem Catholic	Emily Mackey	SO	Averill Park, NY/Averill Park
Jesse Martinez	JR	Philadelphia, PA/Northeast High	Martha Mackey	JR	Westerlo, NY/Beme-Knox-Westerlo
Steven Petrillo	SO	Pennssauken, NJ/Baptist High	Priscilla Peters	SR	Kelton, PA/Avon Grove
Aaron Reed	FR	Scottsdale, AZ/Coronado	Jasmine Rebuck	FR	York, PA/Red Lion
Nick Trombley	FR	Canandaigua, NY/Canandaigua	Janice Reigel	SR	Tamaqua, PA/Easton Area
			Josey Rupert	SO	Shickshinny, PA/Home School
			Grace Schaefer	FR	Valley Forge, PA/Delco Christian
			Alyssa Schock	FR	Dauphin, PA/Central Dauphin
			Katrina Schmid	JR	Dalton, OH/Central Christian
			Olivia Struve	SO	Forest Hill, MD/C. Milton Wright

**Head Coach:** Mike Wilson

**Assistants:** Jonathan Holbert, Val Wilson

**Head Coach:** Mike Wilson

**Assistants:** Jonathan Holbert, Val Wilson



# ELIZABETHTOWN COLLEGE BLUE JAYS

<b>MEN</b>	<b>Cl.</b>	<b>Hometown/High School</b>	<b>WOMEN</b>	<b>Cl.</b>	<b>Hometown/High School</b>
Bryan Baldwin	SO	New Windsor, NY/Newburgh Free Academy	Jasmine Boyle	FR	Brunswick, ME/Brunswick
Jake Blanton	SR	Huntingdon Valley, PA/Lower Moreland	Rachel Carr	FR	Phoenixville, PA/Phoenixville
Sam Brooks	FR	Blue Bell, PA/Wissahickon	Jillian Casey	SR	Mountaintop, PA/Crestwood
Ryan Conway	FR	Pottstown, PA/Owen J. Roberts	Ali Christ	JR	Fair Haven, NJ/Rumson-Fair Haven Reg.
Sam Cooper	FR	Phoenixville, PA/Phoenixville	Eileen Cody	JR	Jamesville, NY/Jamesville-DeWitt
Aaron Focht	SR	Etters, PA/Red Land	Alison Harrell	JR	Hagerstown, MD/North Hagerstown
Justin Fortney	FR	Pitman, NJ/Pitman	Amanda Kerno	JR	Sicklerville, NJ/Timber Creek
Dan Gresh	SO	Sewell, NJ/Washington Township	Alyssa Korn	JR	Roslyn, PA/Abignton
Ian Hamilton	JR	Tinton Falls, NJ/Monmouth Regional	Elaina Nellis	JR	Clinton Corners, NY/Millbrook
Adam Harriger	FR	Chambersburg, PA/Chambersburg	Megan Patton	SR	Laytonsville, MD/Damascus
Matt Rever	JR	Timonium, MD/Dulaney	Taryn Shank	SR	Hagerstown, MD/North Hagerstown
Brad Risser	SR	Leola, PA/Manheim Twp.	Amanda Sheckard	JR	Hummelstown, PA/Central Dauphin East
Tyler Russ	FR	Cherry Hill, NJ/Cherry Hill East	Sarah Steinmetz	SR	Baltimore, MD/Institute of Notre Dame
Matt Shenk	FR	Spring Grove, PA/Spring Grove	Amelia Tearnan	SO	Towson, MD/Mercy
Ricky Sturz	SO	Reading, PA/Exeter Twp.	Traci Tempone	JR	Collegeville, PA/Perkiomen Valley
Zach Trama	FR	W. Chester, PA/W. Chester East	Ashley Underkofler	SO	Doylestown, PA/Central Bucks South
Stephen Welsh	JR	Kutztown, PA/Kutztown	Gabrielle Yankelevich	FR	Exton, PA/Great Valley

**Head Coach:** Brian Falk  
**Assistant Coach:** Jeremy Matula

**Head Coach:** Brian Falk  
**Assistant Coach:** Jeremy Matula

# FARLEIGH DICKINSON UNIVERSITY - FLORHAM DEVILS

<b>MEN</b>	<b>Cl.</b>	<b>Hometown/High School</b>	<b>WOMEN</b>	<b>Cl.</b>	<b>Hometown/High School</b>
Frank Aklus	SR	Spring Lake Heights, NJ/St. Rose	Pooja Amin	JR	Mendham, NJ/West Morris Mendham
Mike Braviak	JR	Whippany, NJ/Whippany Park	Kelly Antonello	SO	Florham Park, NJ / St. Elizabeth
John Cahill	SO	Ridgefield, NJ/St. Rose	McKenzie Appler	SO	Westmoreland, NY/Westmoreland
Robert Caproni	SR	Whippany, NJ/Whippany Park	Amanda Bal	SO	Burlington, NJ/Burlington Twsp.
Steve Duckers	SR	Toms River, NJ/Manchester Township	Morgan Bal	SO	Burlington, NJ/Burlington Twsp.
Jon Harasym	SR	Burlington Twsp., NJ/Burlington Twsp.	Sarah Chandall	JR	Metuchen, NJ/JFK Memorial
Sam Liebman	SR	Columbus, NJ/N. Burlington Regional	Alexa Guaimano	SR	Hillsborough, NJ/Hollsborough
Ryan O'Keefe	FR	Honesdale, PA/Honesdale	Lindsay Laguna	SO	Scotch Plains, NJ/Union Catholic
			Danielle MacConnell	FR	Newport, NH/Newport
			Lindsay Messina	SR	Whippany, NJ/Whippany Park
			Alissa Ricci	SO	Scotch Plains, NJ/Scotch Plains-Farwood
			Tandy Siegle	FR	Oakhurst, NJ/Ocean Township

**Head Coach:** Dante Fedeli

**Head Coach:** Dante Fedeli

# HOOD COLLEGE BLAZERS

<b>MEN</b>	<b>Cl.</b>	<b>Hometown/High School</b>	<b>WOMEN</b>	<b>Cl.</b>	<b>Hometown/High School</b>
Jordan Acton	SR	Boonsboro, MD/Boonsboro	Caitlin Bean	SO	Chester, MD/Kent Island
Nicolas Aldana	JR	Myersville, MD/Middletown	Sara Bean	SR	Chester, MD/Kent Island
Christopher Catalfamo	JR	Warwick, RI/Warwick Vet. Memorial	Alexandra Dystant	SO	Gambrills, MD/Arundel
Justin Cifuentes	SO	Teaneck, NJ/Teaneck	Sophie Grizzle	JR	Brunswick, MD/Brunswick
Weston Dennen	SR	Cinnaminson, NJ/Cinnaminson	Caitlin McGrath	FR	Stevensville, MD/Kent Island
Nathan Dubell	SO	Odenton, MD/Arundel	Alyssa Peterson	JR	Taneytown, MD/Francis Scott Key
Matthew Dyjack	JR	Odenton, MD/Arundel	Lauren Roesch	JR	Glenville, PA/South Western
Daniel Jacobs	JR	Hillsborough, NJ/Hillsborough	Lara Schad	FR	Oakland, MD/Southern Garrett
Sam Light	FR	Gaithersburg, MD/Damascus	Heather Silveira	SO	Baltimore, MD/Chesapeake
Thomas Marino	SO	Easton, PA/Easton Area	Verkia Smith	FR	Waldorf, MD/North County
Philip McCarty	FR	Norfolk, MA/King Philip Regional	Nalla Tejera	SR	Hialeah, FL/Doral Academy
Stephen McNamara	JR	Bayside, NY/Bronx	Hannah Weis	FR	Huntingtown, MD/Huntingtown
Adam Medeiros	FR	Herdon, VA/Conant (N.H.)	Gretchen Whitesell	SO	Myersville, MD/Middletown
Caleb Phillips	SO	Frederick, MD/Gov. Thomas Johnson	Jessica Zambreny	SO	LaVale, MD/Allegany
Steven Powell	JR	Stevensville, MD/Kent Island			
Brett Shelley	SR	Landisburg, PA/West Perry			
Nick Slawson	SO	Mesa, AZ/Mesa			

**Head Coach:** Brent Ayer  
**Assistant:** Chelsea Powell

**Head Coach:** Brent Ayer  
**Assistant:** Chelsea Powell

# KING'S COLLEGE MONARCHS

MEN	CL.	Hometown/High School
Tyler Baran	FR	Wilkes-Barre, PA/Pittston Area
Vincent Battipaglia	SO	Tamiment, PA/East Stroudsburg North
Will Bryson	FR	Easton, PA/Easton
Zachary Evans	FR	Mountaintop, PA/Holy Redeemer
Timothy Ferguson	FR	Middletown, NY/Minisink Valley
Steven Gerencser	JR	Lititz, PA/Warwick
Justin Gonzalez	SO	Rockaway, NJ/Morris Knolls
Patrick Gramling	SR	Ridgefield, CT/Ridgefield
Eric Grego	JR	White Haven, PA/Coughlin
Nicholas Guarino	SO	West Chester, PA/Unionville
Nicholas Jallat	JR	Seymour, CT/Notre Dame
Tim Lambert	SO	Wyoming, PA/Holy Redeemer
Brent Lewandowski	JR	Denville, NJ/Mountain Lakes
Connor Lyons	FR	Trappe, PA/Perkiomen Valley
Robert MacNeal	JR	Hazleton, PA/Hazleton Area
Steven Medina	SO	Bernardsville, NJ/Bernards
Dan Migatulski	SR	Wilkes-Barre, PA/MMI Prep
Robert Moulton	FR	Mountaintop, PA/Crestwood
Bornfase Omurwa	SO	Dusi, Kenya
Ryan Plumer	FR	Baltimore, MD/Archbishop Spalding
James Ryan	FR	Wilkes-Barre, PA/Coughlin
Gary Schemel	FR	Jermyn, PA/Lakeland
Chris Thompson	SR	Hanover Township, PA/Hanover Area
Tyler Tynes	FR	Philadelphia, Pa. / St. Joe's Prep

**Head Coach:** Michael Kolinovsky

**Assistants:** Tom Nallon, Vince Pecora

WOMEN	CL	Hometown/High School
Hanna Bestwick	SR	Dallas, PA/Dallas
Deirdre Cooney	FR	Syosset, NY/Kellenberg
Kelsie Dougherty	SO	Lumberton, NJ/Rancocus Valley
Alison Kearns	SR	East Stroudsburg, PA/East Stroudsburg
Amanda Keegan	FR	Ashley, PA/Hanover Area
Catherine McAfee	SO	Dover, NH/Saint Thomas Aquinas
Jill O'Malley	JR	Center Valley, PA/Southern Lehigh
Kaylan Thibodeau	FR	Summit Point, WV/Washington

**Head Coach:** Michael Kolinovsky

**Assistants:** Tom Nallon, Vince Pecora

# LEBANON VALLEY COLLEGE FLYING DUTCHMEN

MEN	CL.	Hometown/High School
Christopher Black	JR	Lebanon, PA/Lebanon
Elliott Bonds	JR	Palmyra, PA/Palmyra
Stephen Chappell	FR	Chalfont, PA/Central Bucks South
Mark Garraway	SO	Mechanicsburg, PA/Mechanicsburg
Andrew Goelz	SO	Brick, NJ/Brick Township
Michael Harnish	SO	Myerstown, PA/ELCO
Cody Lloyd	FR	Harrisburg, PA/Cent.Dauphin East
Jeff Pellow	FR	Lebanon, PA/Cedar Crest
Jonathan Riley	SO	Aberdeen, NJ/Matawan
CJ Sayous	SO	Randolph, NJ/Randolph
Alex Talarico	SR	Fleetwood, PA/Oley Valley
Patrick Tierney	SR	Mechanicsburg, PA/Cedar Cliff

**Head Coach:** James O'Brien

**Assistant:** Jolene Collins

WOMEN	CL.	Hometown/High School
Cynthia Adams	JR	Elysburg, PA/Southern Columbia
Kate Anderson	SR	Stevens, PA/Ephrata
Emily Banks	FR	Hummelstown, PA/Lower Dauphin
Sarah Black	JR	Hummelstown, PA/Bishop McDevitt
Sarah Boyles	JR	Centreville, VA/Westfield
Victoria Broderick	SR	Ellicott, MD/Centennial
Laura Calderone	JR	Monmouth, NJ/South Brunswick
Paige Diller	FR	Salisbury, MD/Parkside
Rachel Eyler	SO	York, PA/West York
Brittany Guyeski	JR	Pottsville, PA/Pottsville Area
Hannah Jones	FR	York, PA/York Suburban
Alyssa Keich	SO	Tamaqua, PA/Tamaqua
Alyssa Miller	JR	Schuylkill Haven, PA/Schuylkill Haven
Kelsey Patrick	FR	Tamaqua, PA/Tamaqua
Katelyn Rilee	FR	Pasadena, MD/Chesapeake Senior
Kelsey Robinson	JR	Willow, PA/Lampeter Strasburg
Jamielyn Samper	JR	Monmouth Junction, NJ/South Brunswick
Amber Shay	SO	Newmanstown, PA/ELCO
Kristin Shoop	SR	Milton, PA/Milton Area
Olivia Snyder	SR	Kutztown, PA/Kutztown Area
Dana Stockdale	SO	Lewisburg, PA/Lewisburg
Emily White	FR	Palmyra, PA/Annville-Cleona

**Head Coach:** James O'Brien

**Assistant:** Jolene Collins



# LYCOMING COLLEGE WARRIORS

<b>MEN</b>	<b>Cl.</b>	<b>Hometown/High School</b>	<b>WOMEN</b>	<b>Cl.</b>	<b>Hometown/High School</b>
James Ahrens	FR	Corning, NY/Corning East	Ashley Buck	SR	Williamsport, PA/Loyalsock Township
Josh Allabaugh	FR	Nanticoke, PA/Greater Nanticoke Area	Heather Cunningham	SO	York, PA/Central York
Alex Bottorff	SO	Cicero, NY/Cicero-North Syracuse	Meredith Ellmore	JR	Lothian, MD/Southern
Kevan Guerin	SR	Lebanon, PA/Cedar Crest	Chelsea Henderson	FR	Yonkers, NY/Yonkers
John Paul Keith	SO	Altoona, PA/Altoona Area	Michelle Herman	SR	Altoona, PA/Holidaysburg
Louis Lara	SO	Baltimore, MD/Mount St. Joseph	Meaghan Jones	SO	Lansdowne, PA/Cardinal O'Hara
Christopher McAtee	SO	Easton, PA/Wilson Area	Carmen Niemeyer	JR	Brookings, SD/Brookings
Patrick McAtee	SR	Easton, PA/Wilson Area	Kelsey Rawson	SO	Waldorf, MD/North Point
Rory McAtee	SO	Easton, PA/Wilson Area	Rachel Salmon	FR	Lock Haven, PA/Central Mountain
Jacob McClain	FR	Cogan Station, PA/Jersey Shore	<b>Head Coach:</b> Regina Collins		
Jamal Nelson	FR	Germantown, MD/Seneca Valley			
Mike Puchalski	JR	Redlands, CA/Redlands East Valley			
Peter Rittenhouse	FR	Green Lane, PA/Quakertown Community			
Jalil Samuel	SO	Parkton, MD/Hereford			
Austin Sungenis	FR	Columbia, MD/Oakland Mills			
Paul Tokgozoglu	JR	Dayton, MD/Cedar Brook Academy			

**Head Coach:** Regina Collins

# MANHATTANVILLE COLLEGE VALIANTS

<b>MEN</b>	<b>Cl.</b>	<b>Hometown / High School</b>	<b>WOMEN</b>	<b>Cl.</b>	<b>Hometown / High School</b>
Amado			Kelly Davidson	SR	Yorba Linda, CA/Espananza
Amezquita-Santos	JR	Providence, RI/E-Cubed Academy	Shan Du	SO	Shenzhen, China/Shenzhen Yaohua/Experimental School
Dan Caggiano	JR	Staten Island, NY/Saint Peter's	Elisa Gashaj	FR	Pearl River, NY/Pearl River
Teddy Celaya	JR	Rockaway Beach, NY/Frederick Douglass Acad.	Alexis Moore	JR	Voorheesville, NY/Voorheesville
Chris Dadzie	FR	Accra, Ghana/Taft Educational Campus	Nicole Muschio	SR	Pawling, NY/Pawling
Matt Goidell	FR	Centerport, NY/St. John the Baptist	Kayla Pleasant	FR	New Orleans, LA/Isidore Newman School
Ben Smith	JR	Proctor, VT/ Mt. St. Joseph Academy	Christine Pluchino	FR	Yonkers, NY/Sacred Heart
James Tatum	FR	Fulton, MD/Atholton	Debbie Rivera	FR	Lynbrook, NY/Lynbrook
Evan Winston	FR	North Salem, NY/Briarcliff	Shannon Roberts	FR	Saddle Brook, NJ/Saddle Brook

**Head Coach:** Mike Owens

**Assistant:** Brian Ziminsky

**Head Coach:** Mike Owens

**Assistant:** Patricia Neubauer

# MESSIAH COLLEGE FALCONS

<b>MEN</b>	<b>Cl.</b>	<b>Hometown / High School</b>	<b>WOMEN</b>	<b>Cl.</b>	<b>Hometown / High School</b>
Abram Albert	So	Dillsburg, PA/Northern York	Emma Barbagallo	FR	Newtown, PA/Council Rock North
John Ausel	FR	Lancaster, PA/Solanco	Tasha Becker	FR	New Holland, PA/Garden Spot
Murray Beachtel	SR	Littlestown, PA/Littlestown	Jennifer Bender	JR	Hatfield, PA/North Penn
Christopher Beam	FR	Newark, DE/Charter School of Wilmington	Jennifer Bove	JR	Bear, DE/Red Lion Christian Academy
Edward Bley	FR	Willow Street, PA/Penn Manor	Kelsey Cooper	SO	Strasburg, PA/Lampeter Strasburg
Jeremy Diehl	SO	Hanover, PA/South Western	Katie Craven	SR	York, PA/Central York H.S.
Alex Faus	FR	Elizabethtown, PA/Elizabethtown	Jessica Dillner	SR	Leola, PA/Conestoga Valley
Nathan Fleming	FR	Milton, VT/Milton	Alyssa Doll	SO	Dillsburg, PA/Northern
Phil Headland	FR	Lititz, PA/Warwick	Korrie Elliott	SR	Rockford, IL/Belvidere North
Jacob Johnson	JR	Wappinger Falls, NY/R.C. Ketcham	Brenda Flaherty	SR	Landsdale, PA/North Penn
Eddie Larow	FR	Plattsburgh, NY/Seton Catholic Central	Diamond Gaines	FR	Cockeysville, MD/Dulaney
Caleb McGaughran	SO	Derry, PA/Homeschooled	Sarah Hahner	SR	Pottsville, PA/Pottsville Area
Jonphilip McGill	SO	Interlaken, NY/South Seneca	Victoria Hepp	JR	Newtown, PA/Council Rock North
Trevor Praetsch	JR	Holliston, MA/Whitinsville	Susannah Marshall	FR	Waynesboro, PA/Waynesboro Area
Aaron Reynolds	SR	Harrisburg, PA/Harrisburg Christian	Kaylene Mason	JR	East Quogue, NY/W. Hampton Beach
Jared Schatz	FR	Elizabethtown, PA/Lancaster Mennonite	Stephanie Miller	SR	Springfield, PA/Springfield
Christopher Scheib	FR	Halifax, PA/Halifax Area	Leah Novak	SO	Telford, PA/Souderton
Tyler Sensenig	FR	Lancaster, PA/Ephrata	Rebecca Ports	SO	Conowingo, MD/Perryville
Cameron Shirk	FR	Harrisburg, PA/Harrisburg Christian	Abby Reed	SR	Kodiak, AK/Kodiak
Seth Umbenhauer	SR	Telford, PA/Christopher Dock	Gabrielle Rekully	SO	Harrisburg, PA/Central Dauphin
Joel Zeigler	SO	Mechanicsburg, PA/Mechanicsburg	Victoria Scrima	FR	Westtown, NY/Minisink Valley
			Emily Senning	FR	Hamilton, MA/Hamilton Wenham
			Katie Stuck	SR	Selinsgrove, PA/Selinsgrove
			Nicole Sunderland	JR	Boiling Springs, PA/Boiling Springs
			Jessica Visneski	JR	Lancaster, PA/Lampeter Strasburg
			Jacquelyn Young	FR	Germantown, MD/Clarksburg

**Head Coach:** Dale Fogelsanger

**Assistant:** Brian Hager, Patrick Hager

**Head Coach:** Dale Fogelsanger

**Assistant:** Brian Hager, Patrick Hager

# MISERICORDIA UNIVERSITY COUGARS

MEN	Cl.	Hometown / High School	WOMEN	Cl.	Hometown / High School
Zach Bottone	JR	Wilkes-Barre, PA/Coughlin	Julia Blaskiewicz	JR	Honesdale, PA/Scranton Prep
Nathan Brown	FR	Towanda, PA/Athens	Bianca Bolton	FR	Pittston, PA/Pittston
Martin Castaldi	SR	Scranton, PA/Scranton	Kelsey Cameron	SR	Telford, PA/Souderton
James Connors	FR	Jenkins Twp., PA/Pittston	Bridget Comiskey	JR	Carmel, NY/Carmel
Carl Daubert	FR	Hanover Twp., PA/Hanover	Rachael Harding	SO	Ringwood, NJ/Lakewood
Ryan Foster	SO	Lebanon, PA/Lebanon	Jessica Kitch	FR	Harrisburg, PA/Central Dauphin East
John Gibbons	SR	Ashley, PA/Hanover	Cecily Kohlmeir	FR	Tamaqua, PA/Tamaqua
Mikael Hause	FR	Kulpmont, PA/Mount Carmel	Alexandria Miller	FR	Scott Twp., PA/Lakeland
Jarrett Higley	SO	Dushore, PA/Sullivan County	Jessica Molnar	FR	Middletown, NJ/Middletown North
Jeff Huss	SR	Danville, PA/Danville	Marina Orrson	SR	Shavertown, PA/Lake-Lehman
Josh Krall	JR	West Pittston, PA/Wyoming Area	Sara Sabatino	JR	Mountaintop, PA/Holy Redeemer
Glenn Layaou	SO	Tunkhannock, PA/Holy Redeemer	Rebecca Santoleri	SO	Glen Mills, PA/Padua Academy
A.J. Limongelli	SO	Dallas, PA/Holy Redeemer	Ashley Sexton	FR	Philadelphia, PA/St. Hubert Girls'
David McLean	SO	Pittston Township, PA/Pittston	Alicia Stavitzski	FR	Hunlock Creek, PA/Northwest
Andrew Nelson	FR	Olyphant, PA/Holy Cross	Alexa Yoder	SO	Orwigsburg, PA/Blue Mountain
Jeremy Osko	SO	Ashley, PA/Hanover			
<b>Head Coach:</b> Chris Wadas			<b>Head Coach:</b> Chris Wadas		
<b>Assistants:</b> Russ Susko, Mike Kinney, Frank Redmond			<b>Assistants:</b> Russ Susko, Mike Kinney, Frank Redmond		

# STEVENSON UNIVERSITY MUSTANGS

MEN	Cl.	Hometown / High School	WOMEN	Cl.	Hometown / High School
Luis Casillas	JR	Bel Air, MD/C. Milton Wright	Jill Benko	SO	Wesminster, MD/Winter Mill
Patrick Cristaldi	SR	Laurel, MD/Atholton	Lauren DiMauro	JR	Fallston, MD/Fallston
Michael Ferguson	FR	Pasadena, MD/Chesapeake	Shannon Famini	JR	Forest Hill, MD/Harford Technical
Richard Henderson	JR	Severn, MD/Glen Burnie	Brianna Glen	SO	Newark, DE/Hodgson Vo Tech
Thomas Janasek	SO	Columbia, MD/Hammond	Shannon Henretty	SR	Marriottsville, MD/Liberty
Kelvin Kobodje	SO	Edgewater Park, NJ/Willingboro	Mary Kate Lutz	JR	Hanover, PA/Delone Catholic
Brady Luck	FR	Pasadena, MD/Chesapeake	McLane Swanhart	FR	Mount Airy, MD/Glenelg
Grier Melick	FR	Catawissa, PA/Lourdes Regional	Taylor Mongold	JR	Westminster, MD/Westminster
Garrett Pegg	FR	Pasadena, MD/Chesapeake	Courtney Moore	SR	Westminster, MD/Westminster
Donald Rhoads	SO	Enola, PA/East Pennsboro	Meghan Najewicz	SR	Perry Hall, MD/Perry Hall
Jason Scroggins	SR	Baltimore, MD/Boys' Latin	McLane Swanhart	FR	Mt. Airy, MD/Glenelg
Sam Swirdovich	FR	Columbia, MD/Wilde Lake Head			
<b>Head Coach:</b> Pat Wilkerson			<b>Head Coach:</b> Carol Zimmerman		
<b>Assistant:</b> Tom McGonigal			<b>Assistant:</b> Tom McGonigal		



# WIDENER UNIVERSITY PRIDE

<b>MEN</b>	<b>Cl.</b>	<b>Hometown / High School</b>
Michael Ambrulavage	FR	Mountaintop, PA/Holy Redeemer
Brian Benkhadra	SR	Olney, MD/Dematha Catholic
Kyle Brogan	SR	Chatham, NJ/Chatham
Richard Buttillo	FR	Bethlehem, PA/Liberty
Michael Calkins	JR	Dallas, PA/Dallas
Jason Caporale	SO	Langhorne, PA/Neshaminy
Michael Ciavarelli	SO	Secane, PA/Monsignor Bonner
Andrew Cooper	FR	Freehold, NJ/Freehold
Qadree Counsel	SO	Philadelphia, PA/Monsignor Bonner
Dylan Decker	JR	Bethlehem, PA/Notre Dame
Ethan DiBona	SO	Blue Bell, PA/Wissahickon
Salvatore Faia	FR	Chadds Ford, PA/Delaware County CC
Lloyd Flores	FR	Columbus, NJ/N. Burlington County
Stephen Fortin	FR	Goffstown, NH/Goffstown
Ryan Gallagher	SR	Langhorne, PA/Neshaminy
Chris Garrity	SO	Glenolden, PA/Cardinal O'Hara
Leonard Harmon	FR	Charlton, MA/Shepherd Hill
Ryan Harrigan	JR	Mickleton, NJ/Kingsway
Jihad Jasper	SO	Newark, DE/Hodgson
Kevin Kelly	FR	West Chester, PA/Bayard Rustin
Shawn Lignore	SR	Jim Thorpe, PA/Jim Thorpe
Ryan McBride	FR	Cherry Hill, NJ/Cherry Hill West
Seamus McCullough	JR	Plymouth Meeting, PA/La Salle College
Seamus Morgan	SO	Warrington, PA/La Salle College
Edwin Noyes	FR	Glen Mills, PA/Penncrest
Michael Quinn	JR	Conshohocken, PA/Plymouth-Whitemarsh
John Ruggiero	JR	Warrington, PA/Central Bucks South
Charlie Schindler	SR	Pasadena, MD/Mount St. Joseph's
Tyler Schmalhofer	JR	Elizabethtown, PA/Lancaster Catholic
Kevin Shaddock	SO	Malvern, PA/Bishop Shanahan
Terry Simpson	SO	Philadelphia, PA/Father Judge
Robert Sing	FR	Glen Mills, PA/Penncrest
Jordan Stephney	SO	Glenolden, PA/West Catholic
William Updegrove	FR	Bethlehem, PA/Liberty

**Head Coach:** Vince Touey

**Assistants:** Chuck Butz, Anthony Giles, Nick Price, Tom Creighton

<b>WOMEN</b>	<b>Cl.</b>	<b>Hometown / High School</b>
Ashley Callahan	SR	Clementon, NJ/Paul VI
Emily Conover	SR	Egg Harbor Township, NJ/Egg Harbor Twp.
Nicole Crossey	FR	Plainsboro, NJ/W. Windsor-Plainsboro
Meghan Devine	FR	Lewisburg, PA/Lewisburg
Brianna Englert	FR	Pottsville, PA/Pottsville
Taylor Englert	FR	Pottsville, PA/Pottsville
Dana Luukko	FR	West Chester, PA/Bayard Rustin
Kellie Medendorp	JR	Prospect Park, PA/Interboro
Chelsea Morrison	So.	Philadelphia, PA/Archbishop Ryan
Chelsea Sannio	FR	South Seaville, NJ/Middle Township
Erica Trofa	FR	Upper Chichester, PA/St. Mark's

**Head Coach:** Kevin Cunningham

**Assistants:** Chuck Butz, Anthony Giles, Nick Price, Tom Creighton

# WILKES UNIVERSITY COLONELS

<b>MEN</b>	<b>Cl.</b>	<b>Hometown / High School</b>
Matthew Buono	JR	Goshen, NY/Goshen
James Chmiola	FR	Wilkes-Barre, PA/Coughlin
Forest Hawkins	FR	Ashley, PA/Hanover
Tim Jurkowski	SO	Honesdale, PA/Honesdale
Trevor Kapschull	FR	Lake Ariel, PA Western Way
Austin Loukas	SR	Windham, Maine/Windham
Daniel Lykens	SO	Reading, PA Governor Mifflin
Mike McCleaf	FR	Fairfield, PA/Delone Catholic
Samuel Miller	JR	Harris, NY/Liberty
Jordan Siddons	FR	Archbald, PA/Valley View
Brian Smith	FR	Laporte, PA/Sullivan County
Stephen Snyder	FR	Sinking Springs, PA/Berks Catholic
R.J. Sperazza	JR	Pittston, PA/Pittston Area
Tyler Sutton	FR	Wyalusing, PA/Wyalusing Valley
Martin Tolbert	FR	York, PA/William Penn
Paul Williams	FR	Pittston, PA/Pittston
Ashton Zanecki	FR	Annapolis, MD/Annapolis

**Head Coach:** Nicholas Wadas

**Assitant:** Jill Matthews Lada

<b>WOMEN</b>	<b>Cl.</b>	<b>Hometown / High School</b>
Arienne Callender	FR	Bronx, NY / Cardinal Spellman
Rachel Constant	FR	Nazareth, PA / Notre Dame
Kirsten Cook	SR	Windham, MA / Windham
Devanie Craft	FR	Meadville, PA / Milton-Hershey
Melanie Faherty	SO	Stroudsburg, PA / Stroudsburg
Sarah Fillman	SO	Limerick, PA / Spring Ford
Becky Gordon	SO	Middlebury, CT / Pomperaug
Christine Klingel	SO	Kunkletown, PA / Pleasant Valley
Kayla Myers	FR	East Greenville, PA / Upper Perkiomen
Melissa Scott	FR	Telford, PA / Souderton

**Head Coach:** Nicholas Wadas

**Assitant:** Jill Matthews Lada

# 2011 MAC CROSS COUNTRY CHAMPIONSHIPS

## MEN (bolded names are 2012 entrants)

Pl.	Individual Finisher	School	Time	Year
1.	Eric Reichert	Elizabethtown	27:30.60	SR
2.	Rich Greco	Elizabethtown	27:45.60	SR
3.	<b>Steve Welsh</b>	<b>Elizabethtown</b>	<b>27:49.20</b>	<b>SO</b>
4.	Tyler Newhook	Messiah	27:50.30	SR
5.	Zach Hoagland	Messiah	27:53.00	SR
6.	Russell Speiden	Elizabethtown	27:58.10	SR
7.	Charlie Larsen	Elizabethtown	28:09.80	SR
8.	<b>Elliott Bonds</b>	<b>Lebanon Valley</b>	<b>28:14.90</b>	<b>SO</b>
9.	<b>Christopher Garrity</b>	<b>Widener</b>	<b>28:17.50</b>	<b>FR</b>
10.	George Cook	Albright	28:20.70	SR
11.	<b>A.J. Limongelli</b>	<b>Misericordia</b>	<b>28:21.70</b>	<b>FR</b>
12.	<b>Bryan Megee</b>	<b>DeSales</b>	<b>28:24.80</b>	<b>SO</b>
13.	<b>Aaron Focht</b>	<b>Elizabethtown</b>	<b>25:56.50</b>	<b>SO</b>
14.	Bill Cooney	Misericordia	28:28.50	JR
15.	<b>Nate Noll</b>	<b>DeSales</b>	<b>28:30.60</b>	<b>FR</b>
16.	<b>Ryan Gallagher</b>	<b>Widener</b>	<b>28:35.30</b>	<b>JR</b>
17.	Michael Garrity	Widener	28:38.20	JR
18.	Evan DeArmitt	Elizabethtown	28:41.50	SR
19.	Matthew Herring	Messiah	28:45.10	SR
20.	<b>Dan Beck</b>	<b>DeSales</b>	<b>28:51.60</b>	<b>SO</b>

**Men's Runner of the Year:** Eric Reichert, Elizabethtown

**Men's Rookie of the Year:** Chris Garrity, Widener

**Men's Coach of the Year:** Brian Falk, Elizabethtown

## WOMEN (bolded names are 2012 entrants)

Pl.	Individual Finisher	School	Time	Year
1.	<b>Traci Tempone</b>	<b>Elizabethtown</b>	<b>23:58.40</b>	<b>SO</b>
2.	<b>Marina Orrson</b>	<b>Misericordia</b>	<b>24:12.50</b>	<b>JR</b>
3.	<b>Eileen Cody</b>	<b>Elizabethtown</b>	<b>24:49.30</b>	<b>SO</b>
4.	Michelle Wakeley	Wilkes	24:54.00	SR
5.	<b>Megan Patton</b>	<b>Elizabethtown</b>	<b>24:59.00</b>	<b>SO</b>
6.	Megan Tursi	Elizabethtown	25:00.00	SO
7.	Laurie Jones	Elizabethtown	25:04.50	SO
8.	<b>Cynthia Adams</b>	<b>Lebanon Valley</b>	<b>25:09.30</b>	<b>SO</b>
9.	Abby Reed	Messiah	25:16.70	SR
10.	<b>Taryn Shank</b>	<b>Elizabethtown</b>	<b>25:20.80</b>	<b>JR</b>
11.	Mary Higgins	Messiah	25:33.00	SR
12.	Kathryn Howser	Elizabethtown	25:37.50	SR
13.	<b>Sarah Braun</b>	<b>DeSales</b>	<b>25:39.30</b>	<b>SO</b>
14.	<b>Dana Stockdale</b>	<b>Lebanon Valley</b>	<b>25:51.40</b>	<b>FR</b>
15.	<b>Cara Guth</b>	<b>DeSales</b>	<b>25:58.00</b>	<b>SO</b>
16.	Amelia Tearnan	Elizabethtown	25:58.80	FR
17.	<b>Jessica Dillner</b>	<b>Messiah</b>	<b>26:00.60</b>	<b>JR</b>
18.	<b>Michelle Herman</b>	<b>Lycoming</b>	<b>26:02.10</b>	<b>JR</b>
19.	<b>Ashley Underkofler</b>	<b>Elizabethtown</b>	<b>26:06.30</b>	<b>FR</b>
20.	Alisha Jordan	Delaware Valley	26:12.00	JR

**Women's Runner of the Year:** Traci Tempone, Elizabethtown

**Women's Rookie of the Year:** Dana Stockdale, Lebanon Valley

**Women's Coach of the Year:** Brian Falk, Elizabethtown

### Team Scores

1. Elizabethtown .....	19
2. Messiah .....	78
3. DeSales .....	95
4. Widener .....	97
5. Misericordia .....	117
6. Lebanon Valley .....	140
7. King's .....	201
8. Wilkes .....	255
9. Albright .....	323
10. Eastern .....	324
11. Lycoming .....	325
12. Manhattanville .....	340
13. Fairleigh Dickinson-Florham .....	358
14. Delaware Valley .....	373

### Team Scores

1. Elizabethtown .....	22
2. Messiah .....	76
3. Lebanon Valley .....	113
4. DeSales .....	120
5. Misericordia .....	144
6. Delaware Valley .....	163
7. King's .....	202
8. Eastern .....	209
9. Widener .....	211
10. Wilkes .....	256
11. Albright .....	329
12. Fairleigh Dickinson-Florham .....	361
13. Alvernia .....	385



# MAC CROSS COUNTRY - PAST CHAMPIONS

## Men's Individual

<u>Year</u>	<u>Runner (School)</u>	<u>Time</u>
2011	Eric Reichert (Elizabethtown College)	27:30.60
2010	Charlie Larsen (Elizabethtown College)	25:38.38
2009	Tyler Newhook (Messiah College)	26:59.48
2008	Frank Eanes (Messiah College)	26:52.36
2007	Frank Eanes (Messiah College)	27:04.36
2006	Macharia Yuot (Widener University)	26:53.13
2005	Macharia Yuot (Widener University)	25:36.85
2004	Macharia Yuot (Widener University)	25:11.00
2003	Macharia Yuot (Widener University)	26:19.33
2002	Dustin Scott (Elizabethtown College)	26:23.00
2001	Dave Berdan (Elizabethtown College)	26:11.10
2000	Joe Fent (University of Scranton)	26:11.30
1999	Joe Fent (University of Scranton)	26:41.52
1998	Joe Fent (University of Scranton)	26:01.60
1997	Joe Fent (University of Scranton)	26:57.20
1996	Art DiCola (Widener University)	27:48.00
1995	Pat Egan (Moravian College)	27:23.00
1994	Jeff Koegel (Lebanon Valley College)	27:29.00
1993	Pat Egan (Moravian College)	27:03.00
1992	Steve Monaco (Franklin & Marshall)	25:18.00
1991	John Robinson (Johns Hopkins Univ.)	25:50.00
1990	Seamus McElligott (Haverford College)	25:17.00
1989	Matt Leighninger (Haverford College)	26:27.00
1988	Chris Heaton (University of Scranton)	25:43.00
1987	Tim Marean (Johns Hopkins Univ.)	27:11.00
1986	Shylock Ndlovu (Messiah College)	25:31.00
1985	Roy Swasigood (Messiah College)	26:45.00
1984	Greg Pealer (Susquehanna University)	25:40.00
1983	Greg Pealer (Susquehanna University)	24:10.00
1982	Mike Sheely (Haverford College)	25:05.00
1981	Jim Parsons (Delaware Valley College)	25:44.00
1980	Pat Walker (Ursinus College)	25:15.00

## Men's Team

<u>Year</u>	<u>School</u>	<u>Score</u>
2011	Elizabethtown College	19
2010	Elizabethtown College	18
2009	Elizabethtown College	31
2008	Messiah College	27
2007	DeSales University	38
2006	Elizabethtown College	57
2005	Elizabethtown College	40
2004	Elizabethtown College	33
2003	Elizabethtown College	55
2002	Elizabethtown College	21
2001	Elizabethtown College	29
2000	Elizabethtown College	45
1999	Elizabethtown College	36
1998	Moravian College	40
1997	Moravian College / Widener University	58
1996	Moravian College	35
1995	Moravian College	23
1994	Moravian College	53
1993	Moravian College	40
1992	Haverford College	61
1991	Haverford College	60
1990	Haverford College	34
1989	Haverford College	40
1988	Ursinus College	57
1987	Haverford College	37
1986	Haverford College	48
1985	Haverford College	72
1984	Susquehanna University	88
1983	Franklin & Marshall College	61
1982	Haverford College	32
1981	Ursinus College	55
1980	Ursinus College	39

## Women's Individual

<u>Year</u>	<u>Runner (School)</u>	<u>Time</u>
2011	Tracie Tempone (Elizabethtown College)	23:58.40*
2010	Caitlin Dorgan (Delaware Valley College)	22:05.23*
2009	Megan VanDenHengel (Elizabethtown College)	23:31.46*
2008	Jennifer Kooser (Messiah College)	22:40.87*
2007	Erin Fisher (Elizabethtown College)	22:33.66*
2006	Erin Fisher (Elizabethtown College)	25:05.61*
2005	Tara Barlow (DeSales University)	23:08.13*
2004	Gina Lucrezi (DeSales University)	22:42.00*
2003	Gina Lucrezi (DeSales University)	23:40.40*
2002	Gina Lucrezi (DeSales University)	22:47.00*
2001	Heidi Wolfsberger (Moravian College)	18:31.30
2000	Heidi Wolfsberger (Moravian College)	18:17.83
1999	Heidi Wolfsberger (Moravian College)	19:00.08
1998	Kristie Reccek (Moravian College)	19:11.60
1997	Tara Wartman (Moravian College)	18:58.50
1996	Tara Wartman (Moravian College)	20:10.00
1995	Tracy Wartman (Moravian College)	18:31.10
1994	Tracy Wartman (Moravian College)	18:48.00
1993	Carla Thomas (Moravian College)	18:37.00
1992	Jen Maranzano (Haverford College)	17:44.00
1991	Jen Maranzano (Haverford College)	18:26.00
1990	Dayna Baily (Swarthmore College)	19:17.00
1989	Tamara Lave (Haverford College)	18:14.00
1988	Tamara Lave (Haverford College)	18:37.00
1987	Tammy Walsh (Messiah College)	17:18.00
1986	Amanda Shaw (Franklin & Marshall)	18:26.00
1985	Lois Lucente (Franklin & Marshall)	16:43.00
1984	Lois Lucente (Franklin & Marshall)	18:56.00
1983	Denise Paull (Franklin & Marshall)	18:42.00
1982	Denise Paull (Franklin & Marshall)	18:06.00
1981	Denise Paull (Franklin & Marshall)	18:48.00
1980	Sue Fetherolf (Gettysburg College)	18:48.00

\*6K race (race was 5K from 1980 through 2001)

## Women's Team

<u>Year</u>	<u>School</u>	<u>Score</u>
2011	Elizabethtown College	22
2010	Elizabethtown College	38
2009	Elizabethtown College	56
2008	Elizabethtown College	43
2007	Elizabethtown College	32
2006	Messiah College	54
2005	Messiah College	50
2004	Elizabethtown College	46
2003	Messiah College	48
2002	Moravian College	43
2001	Moravian College	23
2000	Moravian College	18
1999	Moravian College	35
1998	Moravian College	24
1997	Moravian College	24
1996	Moravian College	19
1995	Moravian College	23
1994	Moravian College	18
1993	Moravian College	15
1992	Gettysburg College	68
1991	Franklin & Marshall College	65
1990	Swarthmore College	69
1989	Swarthmore College	38
1988	Messiah College	71
1987	Messiah College	61
1986	Franklin & Marshall College	53
1985	Franklin & Marshall College	23
1984	Franklin & Marshall College	23
1983	Franklin & Marshall College	37
1982	Franklin & Marshall College	59
1981	Dickinson College	63
1980	Delaware Valley College / Juniata College	86



# NCAA DIVISION III RANKINGS

AS OF OCTOBER 17, 2012

## Men's National Rankings

<u>Rank</u>	<u>Institution</u>	<u>Conference</u>
1	Haverford	Centennial
2	Calvin	MIAA
3	North Central (IL)	CCIW
4	Bates	NESCAC
5	SUNY Geneseo	SUNYAC
6	UW-La Crosse	WIAC
7	Tufts	NESCAC
8	UW-Eau Claire	WIAC
9	Claremont-Mudd-Scripps	SCIAC
10	Washington (Mo.)	UAA
11	Bowdoin	NESCAC
12	NYU	UAA
13	Williams	NESCAC
14	UW-Stevens Point	WIAC
15	SUNY Cortland	SUNYAC
16	Augustana (Ill.)	CCIW
17	Middlebury	NESCAC
18	Allegheny	NCAC
19	Carnegie Mellon	UAA
20	UW-Platteville	WIAC
21	Dickinson	Centennial
T22	Rochester	UAA
T22	Chicago	UAA
24	Central (Iowa)	Central
25	Wheaton (Ill.)	CCIW

## Women's National Rankings

<u>Rank</u>	<u>Institution</u>	<u>Conference</u>
1	MIT	NEWMAC
2	Johns Hopkins	Centennial
3	Williams	NESCAC
4	Claremont-Mudd-Scripps	SCIAC
5	Middlebury	NESCAC
6	Calvin	MIAA
7	St. Lawrence	Liberty League
8	Chicago	UAA
9	Oberlin	NCAC
10	UW-Eau Claire	WIAC
11	Wartburg	IIAC
12	SUNY Geneseo	SUNYAC
13	St. Olaf	MIAC
14	Haverford	Centennial
15	Dickinson	Centennial
16	NYU	UAA
17	Tufts	NESCAC
18	Case Western Reserve	UAA
19	Luther	IIAC
19	Hope	MIAA
21	Amherst	NESCAC
22	Lewis & Clark	Northwest
23	Carleton	MIAC
24	Illinois Wesleyan	CCIW
25	Trinity (Texas)	SCAC

Others Receiving Votes: Wellesley 16, Emory 7, **Elizabethtown 5**, SUNY Cortland 4, UW-La Crosse 4, St. Benedict 3, Vassar 1.

## Men's Mid-east Regional Rankings (as of October 16, 2012)

<u>Rank</u>	<u>Institution</u>	<u>Conference</u>
1	Haverford	Centennial
2	Allegheny	NCAC
3	Carnegie Mellon	UAA
4	Dickinson	Centennial
5	Johns Hopkins	Centennial
<b>6</b>	<b>Elizabethtown</b>	<b>MAC</b>
<b>7</b>	<b>Widener</b>	<b>MAC</b>
<b>8</b>	<b>DeSales</b>	<b>MAC</b>
9	Swarthmore	Centennial
10	York (Pa.)	Capital

### Last Five Mid-east Regional Champions:

2011: Haverford, 2010: Haverford,  
2009: Allegheny, 2008: Carnegie Mellon,  
2007: Haverford

## Women's Mid-east Regional Rankings (as of October 16, 2012)

<u>Rank</u>	<u>Institution</u>	<u>Conference</u>
1	Johns Hopkins	Centennial
2	Haverford	Centennial
3	Dickinson	Centennial
<b>4</b>	<b>Elizabethtown</b>	<b>MAC</b>
5	Carnegie Mellon	UAA
6	Gettysburg	Centennial
7	Muhlenberg	Centennial
8	Marywood	Colonial States
9	Grove City	PAC
10	Penn State Behrend	AMCC

### Last Five Mid-east Regional Champions:

2011: Johns Hopkins, 2010: Johns Hopkins,  
2009: Johns Hopkins, 2008: Johns Hopkins,  
2007: Dickinson





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The 2012 MAC Cross Country Championships Program was produced by Scott Crispell, Misericordia Assistant Athletics Director for Media/Community Relations.

# MAC100

1912  
2012

**Commonwealth • Freedom • Middle Atlantic Conferences**

During 2012-13, the Middle Atlantic Conferences celebrate MAC 100 to honor a century of intercollegiate competition as one of the oldest intercollegiate athletics associations in the United States.

Founded on December 10, 1912, the MAC has evolved into the only intercollegiate sports umbrella organization in the country that includes the Middle Atlantic, Freedom, and Commonwealth Conferences.

The first conference competition occurred on May 20, 1913 with a track & field meet at Lafayette College. Since then, 57 institutions have competed in 25 sports and won 21 NCAA team championships.

Currently 18 schools, spanning four states, have 6448 student-athletes competing in 23 sports for 36 conference championships.

As the MAC enters its second century, the presidents and athletic administrators have positioned the conference into the strongest, most cohesive structure since its founding.