

NOVEMBER 2, 2013 • DESALES UNIVERSITY • CENTER VALLEY, PA

MIDDLE ATLANTIC CONFERENCE CHAMPIONSHIP



MAC

CROSS COUNTRY 2013

ALBRIGHT COLLEGE • ALVERNIA UNIVERSITY • DELAWARE VALLEY COLLEGE • DESALES UNIVERSITY • EASTERN UNIVERSITY • ELIZABETHTOWN COLLEGE
FAIRLEIGH DICKINSON UNIVERSITY, COLLEGE AT FLORHAM • HOOD COLLEGE • KING'S COLLEGE • LEBANON VALLEY COLLEGE • LYCOMING COLLEGE • MANHATTANVILLE COLLEGE
MESSIAH COLLEGE • MISERICORDIA UNIVERSITY • STEVENSON UNIVERSITY • WIDENER UNIVERSITY • WILKES UNIVERSITY

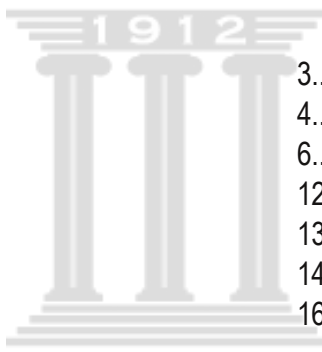


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Commonwealth • Freedom • Middle Atlantic Conferences

ABOUT THE MAC

Founded on December 11, 1912, the Middle Atlantic Conferences, commonly known as the MAC, is one of the oldest intercollegiate athletics associations in the United States. The first conference competition occurred on May 20, 1913 with a track & field meet at Lafayette College. Since then, 59 institutions have competed in 25 sports and won 36 NCAA team championships. The MAC has evolved into the only NCAA umbrella organization of three conferences – Commonwealth, Freedom, and Middle Atlantic. Currently 18 Division III schools, spanning four states, have 6448 student-athletes competing in 24 sports for 37 conference championships. Member schools are: Albright College, Alvernia University, Arcadia University, Delaware Valley College, DeSales University, Eastern University, Elizabethtown College, Fairleigh Dickinson University - The College at Florham, Hood College, King's College, Lebanon Valley College, Lycoming College, Manhattanville College, Messiah College, Misericordia University, Stevenson University, Widener University, and Wilkes University.

MESSAGE FROM THE EXECUTIVE DIRECTOR

On behalf of the Middle Atlantic Conference, I welcome the student-athletes, coaches, families, and fans to the 2013 Middle Atlantic Conference Cross Country Championships. Special thanks to DeSales University for providing a great venue for this event. It is my hope that everyone in attendance at this year's championship is influenced by the effort and determination of our conference's student-athletes. Let us support these student-athletes in a positive manner. On behalf of the MAC, I thank you for your support of our Cross Country Championships.

Sincerely,
KENNETH W. ANDREWS
MAC Executive Director

MAC CODE OF CONDUCT

We expect conduct that exemplifies the best traditions of intercollegiate athletics. Coaches and student-athletes abide by the spirit and letter of the sport playing rules and are gracious in both victory and defeat. Competition is conducted in a nondiscriminatory manner that encourages enthusiastic, positive support of the participants and teams by all spectators. Profanity; sexist, ethnic, or racial comments; or, other intimidating actions will not be tolerated. Consumption or possession of alcoholic beverages, smoking, and the use of artificial noisemakers is prohibited. As hosts, we are responsible for providing the visitors with an environment that would meet our expectations if the roles were reversed. This is our home; please treat it as you would your own.

We extend a thank you to all of those individuals that help make this tournament a reality and a success.

MAC OFFICE STAFF

Ken Andrews, Executive Director
Pat Ross, Director of Media Relations
Marie Stroman, Assistant Executive Director

OFFICIALS

Mickey Collins
Jeff Millville

SPORT COMMITTEE

James O'Brien, Lebanon Valley (Chair)
Brent Ayer, Hood
Dale Fogelsanger, Messiah
Al Weiner, DeSales

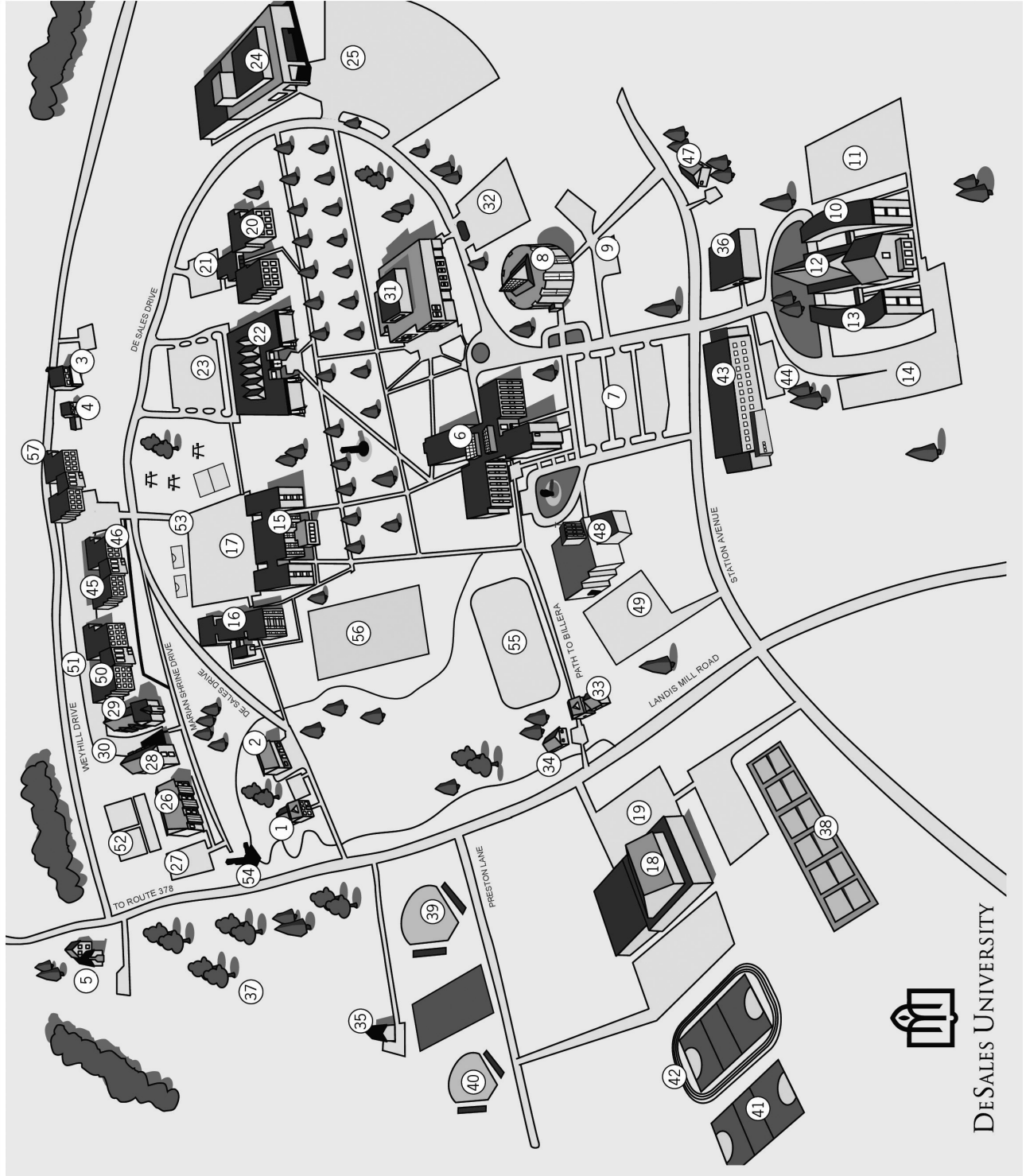
DESALES UNIVERSITY ATHLETIC TRAINING STAFF

Nan Miller
Mark Wojciechowski

DESALES UNIVERSITY GUIDE TO CAMPUS

LEGEND (chronologically listed)

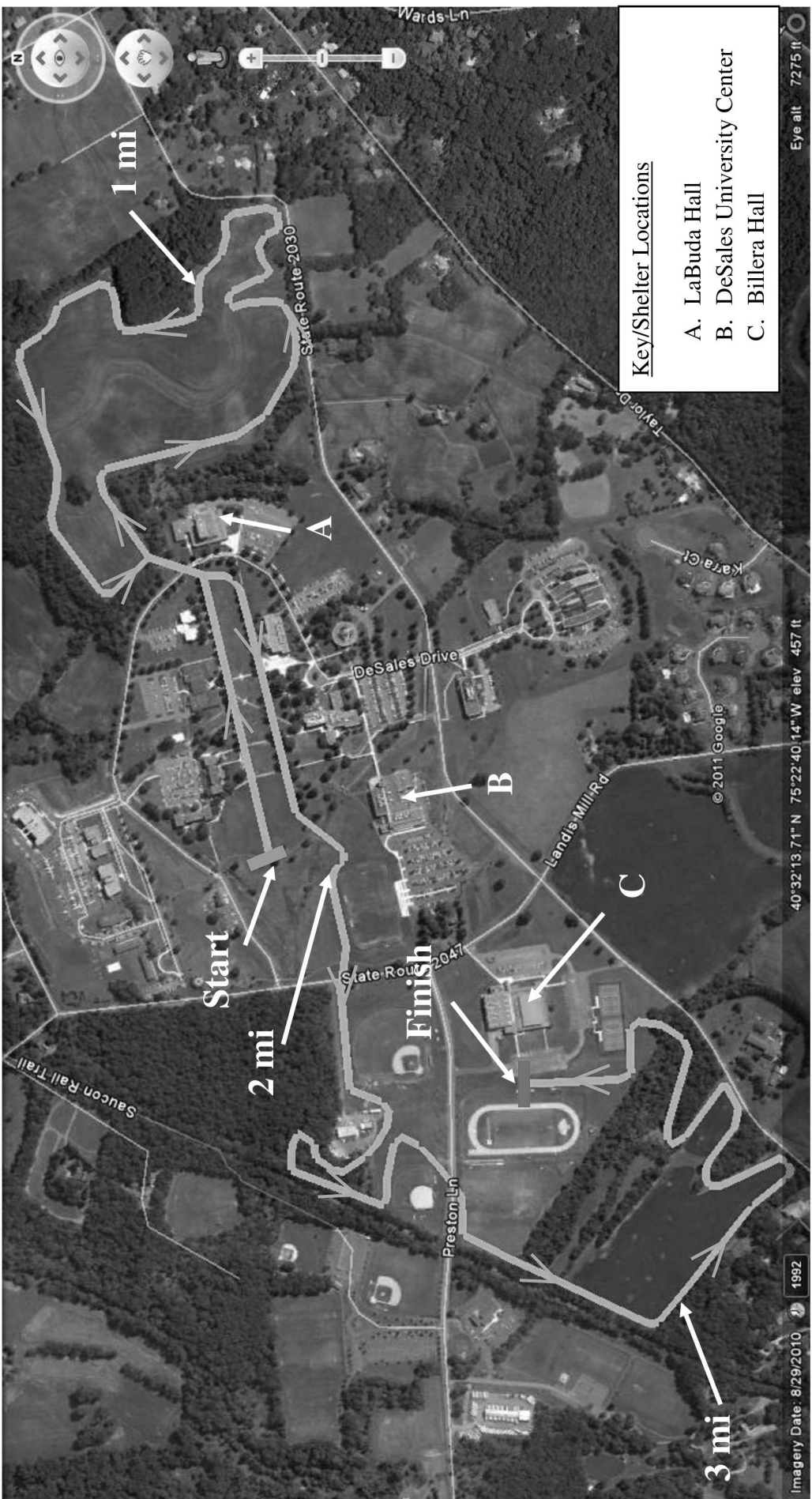
1. Tucker House- Faculty Offices
2. Lawless Center - University Police Offices
3. Jacquier Center - Pennsylvania Shakespeare Festival Offices
4. Marechaux House - Residence Life House
5. Fromentin House
6. Dooling Hall - Administration Offices & Classrooms
7. Dooling Hall Parking
8. Wills Hall - Oblate Residence & Chapel
9. Wills Hall Parking
10. Brisson Hall - Student Residence
11. Brisson Hall Parking
12. Connelly Chapel, Brisson Dance Studio
13. Chappuis Hall - Administration, 1st Floor, Physician Assistant Facility, Lower Level, Student Residence, 2nd Floor
14. Chappuis Hall Parking
15. Conny Hall - Student Residence
16. Tock Hall - Student Residence
17. Conny/Tock Parking
18. Billera Hall Gym
19. Billera Hall
20. DeChantal Hall
21. DeChantal Hall Parking
22. McShea Student Union
23. McShea Parking
24. Labuda Center for the Performing Arts
25. Labuda TV/Film Studios
26. Labuda Center Parking
27. University Heights I - Student Residence
28. University Heights I Parking
29. University Heights II
30. University Heights II & III Parking
31. University Heights III
32. Trexler Library
33. Trexler Parking
34. Salesian Center for Faith and Culture
35. Alacque Campus Ministry Center
36. Isenring Center - Maintenance Facility
37. Campbell Hall - Distance Learning Center & Classrooms
38. Cross Country Course
39. Tennis Courts
40. Butz Baseball Field
41. Soccer Field
42. Softball Field
43. Fashing Track
44. Hurd Science Center
45. Hurd Science Center Parking
46. Aviat Hall - Student Residence
47. Aviat Hall Parking
48. Buckley House - Maintenance Offices
49. University Center - Campus Store & Gerald White Pavilion
50. University Center Parking
51. Welsh Hall
52. University Heights Recreation Area
53. Tock/Conny Recreation Area
54. Our Lady of Deliverance Statue/Reflection Area
55. Soccer Stadium
56. Intramural Field
57. Donahue Hall



DESALES UNIVERSITY

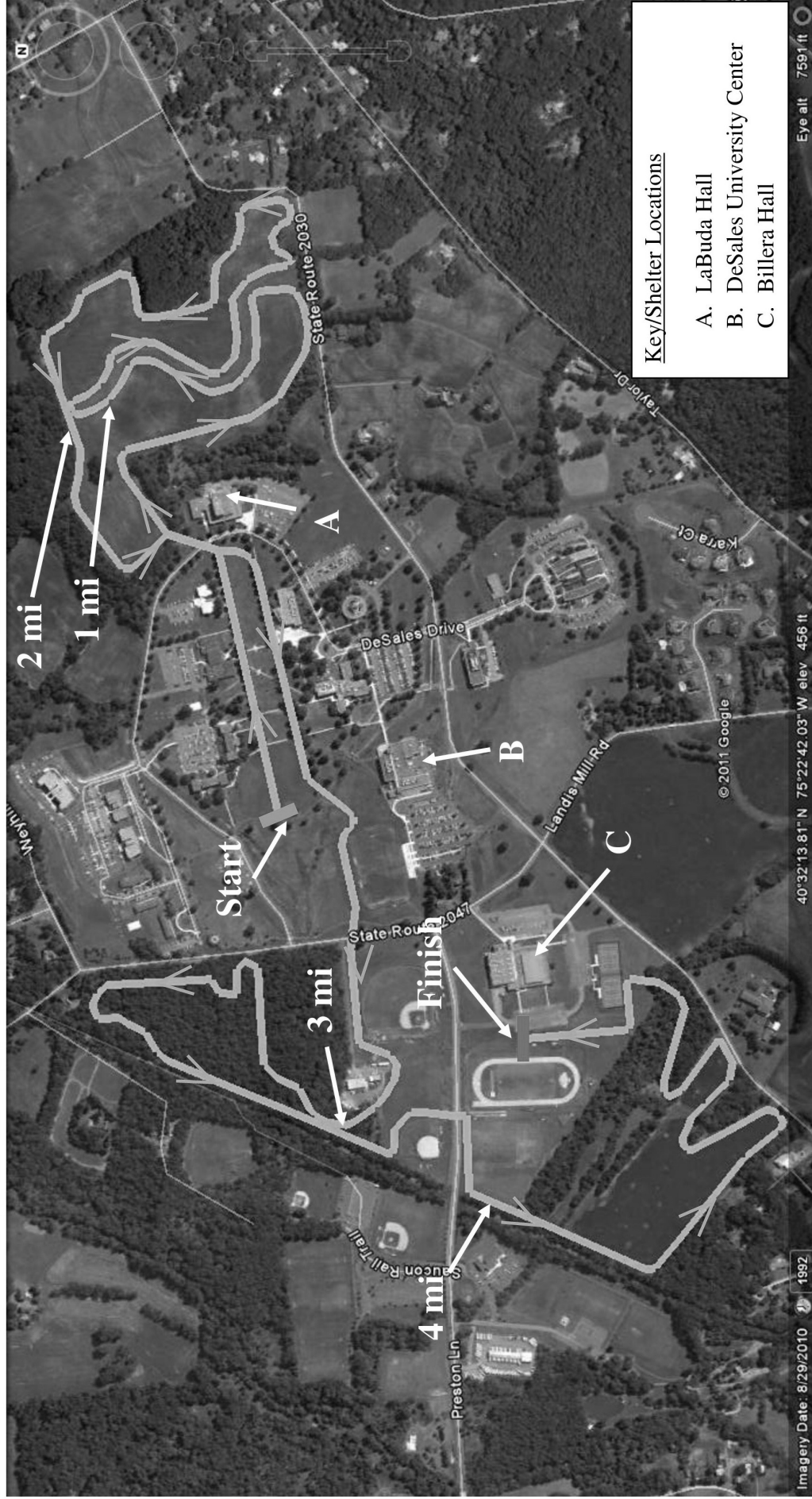
WOMEN'S 6000 METER COURSE MAP

Race Time - 11 a.m.



MEN'S 8000 METER COURSE MAP

Race Time - 12 noon



2013 MIDDLE ATLANTIC CONFERENCE TEAM ROSTERS

A L B R I G H T C O L L E G E L I O N S

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Oumar Diawara	So.	Philadelphia, Pa. • Boys Latin
Dylan Horst	Fr.	Columbia, Pa. • Hempfield
Sam Marcotte	Sr.	Hampden, Mass. • Minnechaug Regional
Trent Thorne	Fr.	Clementon, N.J. • Highland Regional

Head Coach: Anthony Skiles

WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Alyssa Arnold	Fr.	Pittsburgh, Pa. • Thomas Jefferson
Karen Gasior	So.	Union Bridge, Md. • Francis Scott Key
Amber Hampton	Fr.	Philadelphia, Pa. • Franklin Towne Charter
Sami Haynes	Sr.	Niantic, Conn. • East Lyme
Perrin Ryal	Fr.	Havertown, Pa. • Haverford
Tamahra Sheard	So.	King of Prussia, Pa. • Upper Merion
Rebecca Stickler	Jr.	Wrightsville, Pa. • Eastern York
Caroline Vazzana	Sr.	Staten Island, N.Y. • Saint Joseph Hill Academy

A L V E R N I A U N I V E R S I T Y C R U S A D E R S

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Tom Bialek	Fr.	Wyomissing, Pa. • Wyomissing
Eddie Cadman	Jr.	Whitehall, Pa. • Allentown Central Catholic
Jacob Conapitski	So.	Lebanon, Pa. • Cedar Crest
Cody Hughes	Jr.	Birdsboro, Pa. • Twin Valley
Peter MacNamee	Jr.	Dublin, Pa. • Pennridge
Dalton Zerkowski	Fr.	Denver, Pa. • Cocalico

Head Coach: Eric Bennett

Assistant Coach: Joe McCool

WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Christanna Brown	Fr.	Elkton, Md. • Elkton
Jamie Cappeillo	So.	Levittown, Pa. • Neshaminy
Olivia Dunzelman	Jr.	Monmouth Beach, N.J. • Shore
Jeanne Knowles	Jr.	Hockessin, Del. • St. Mark's
Alicia Lesneski	Fr.	Clarks Summit, Pa. • Abington Heights
Liane Riley	Fr.	Devon, Pa. • Conestoga
Mylen Ruppert	Jr.	Reading, Pa. • Reading
Andrea Stevko	So.	Palmerton, Pa. • Palmerton Area
Tina Marie Streleckis	Jr.	Philadelphia, Pa. • St. Hubert

D E L A W A R E V A L L E Y C O L L E G E A U G G I E S

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Chris Beard	So.	Raphine, Va. • Parry McCluer
Joshua Byrnes	Fr.	Alexandria, Va. • Middletown
Jason Doll	So.	Boalsburg, Pa. • State College
Patrick Hastings	Jr.	State Island, N.Y. • Monsignor Farrell
Sam McCaffrey	So.	Lambertville, N.J. • South Hunterdon
Andrew McMillan	Sr.	Randolph, N.J. • Randolph

Head Coach: Larry Hannon

Assistant Coach: Jane Hannon

WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Lily Beattie	Jr.	Yorktown, Va. • Gloucester
Emmarose Boyle	So.	Andreas, Pa. • Marian Catholic
Sara Chamerlain	Fr.	Bloomsburg, Pa. • Central Columbia
Mallorie Johansson	Fr.	Westminster, Md. • Westminster
Dana Kilgariff	Jr.	Philadelphia, Pa. • W.B. Saul
Laura Ludwig	Sr.	Schnecksville, Pa. • Parkland
Stephanie Unger	Sr.	Oreland, Pa. • Saint Basil Academy
Jennifer Walker	Jr.	Middleburg, Pa. • Midd-West
Samantha Will	Fr.	Ocean Gate, N.J. • Marine Academy of Tech. and Enviro. Science

D E S A L E S U N I V E R S I T Y B U L L D O G S

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
John Bayeux	Jr.	Basking Ridge, N.J. • Ridge
Dan Beck	Sr.	Churchville, Pa. • Council Rock South
Patrick Collins	Fr.	Pitman, N.J. • Pitman
Matt Cummings	Fr.	Oak Ridge • West Milford
Kevin Drastura	So.	Linden, N.J. • Roselle Catholic
Dave Dusza	Sr.	Schwensville, Pa. • Souderton
Sean Dusza	So.	Schwensville, Pa. • Souderton
William Edwards	Fr.	Shiremanstown, Pa. • Trinity
Connor Foley	So.	Ellicott City, Md. • Marriotts Ridge
Ryan Guth	Sr.	Mohnton, Pa. • Governor Mifflin
Tim Haines	Sr.	Langhorne, Pa. • Neshaminy
Zach Kaminski	Sr.	Elkton, Md. • St. Mark's
Bradley Kiheeneey	Fr.	North Brunswick, N.J. • North Brunswick
Henry Klinges	Sr.	Philadelphia, Pa. • Father Judge
Bryan Megee	Sr.	Easton, Pa. • Notre Dame
Mike Michell	So.	White Plains, N.Y. • White Plains
Stephen Monaghan	So.	Philadelphia, Pa. • Roman Catholic
Nate Noll	Jr.	Kutztown, Pa. • Kutztown
Scott Rennalls	So.	Budd Lake, N.J. • Mount Olive
Luca Russo	So.	London, England • St. Simon Stock
Steve Van Doran	Jr.	Goshen, N.Y. • Goshen

WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Natalia Balla	So.	Trevese, Pa. • Bensalem
Michele Bartkus	Jr.	Haverotwn, Pa. • Cardinal O'Hara
Meghan Carr	Jr.	Atco, N.J. • Paul VI
Stephanie Churchman	Jr.	Wharton, N.J. • Morris Hills
Shannon Connell	So.	Sparta, N.J. • Pope John XXIII
Colleen Costello	Sr.	Flanders, N.Y. • Morris Catholic
Jessica Curry	So.	Syracuse, N.Y. • Bishop Ludden
Katie Downing	Fr.	Bethlehem, Pa. • Notre Dame
Cara Guth	Sr.	Mohnton, Pa. • Governor Mifflin
Emma Kemmerer	So.	New Tripoli, Pa. • Northwester Lehigh
Abby Labar	So.	Nazareth, Pa. • Nazareth
Katelyn Little	Sr.	Bethlehem, Pa. • Bethlehem Catholic
Samantha Myles	Jr.	Stroudsburg, Pa. • Stroudsburg
Brielle Nagle	Fr.	Middleport, Pa. • Pottsville

Head Coach (Men): Al Weiner

Head Coach (Women): Gordon Hornig

2013 MIDDLE ATLANTIC CONFERENCE TEAM ROSTERS

EASTERN UNIVERSITY EAGLES

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Greg Coghill	So.	Blackstone, Va. • Nottoway
Jonathan Combies	Fr.	Niantic, Conn. • East Lyme
Colin Gordon	Sr.	Douglasville, Pa. • Coventry Christian
Zack Hackett	So.	Drexel Hill, Pa. • Haverford
John Johnson	So.	Vineland, N.J. • Cumberland Christian
Jesse Martinez	Jr.	Philadelphia, Pa. • Northeast High
Steven Petrillo	Jr.	Pennsauken, N.J. • Baptist High
Aaron Reed	So.	Scottsdale, Ariz. • Coronado
Nick Trombley	So.	Canandaigua, N.Y. • Canandaigua

Head Coach: Mike Wilson

Assistant Coach: Val Wilson

WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Adrienne Borrelli	Fr.	Wilmington, Del. • Brandywine
Bailey Brooks	Jr.	Middletown, Del. • Bohemia Manor
Audrey DeVaux	Jr.	Mystic, Conn. • Mystic
Jenna Evangelista	So.	Bath, Pa. • Hempfield
Tori Gundlah	Jr.	Pompton Lakes, N.J. • Pompton Lakes
Stephanie Hogan	So.	Doylestown, Pa. • Central Bucks West
Laura Hunyara	Fr.	Minersville, Pa. • Minersville Area
Emily Mackey	Jr.	Averill Park, N.Y. • Averill Park
Jess McMinn	Fr.	Clarks Summit, Pa. • Abington Heights
Priscilla Peters	Sr.	Kelton, Pa. • Avon Grove
Janice Reigel	Sr.	Tamaqua, Pa. • Easton Area
Josey Rupert	Jr.	Shickshinny, Pa. • Home-Schooled
Grace Schaefer	So.	Valley Forge, Pa. • Delaware County Christian
Alyssa Schenzle	Fr.	Philadelphia, Pa. • Cardinal O'Hara
Katrina Schmid	Sr.	Dalton, Ohio • Central Christian
Alyssa Schock	So.	Dauphin, Pa. • Central Dauphin
Kasia Thomas	Jr.	Philadelphia, Pa. • Philadelphia High School for Girls
Kristen Weimar	So.	Macungie, Pa. • Emmaus

ELIZABETH TOWN COLLEGE BLUE JAYS

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Jon Anderson	Fr.	Timonium, Md. • Dulaney
Sam Brooks	So.	Blue Bell, Pa. • Wissahickon
Ryan Conway	So.	Pottstown, Pa. • Owen J. Roberts
Sam Cooper	So.	Phoenixville, Pa. • Phoenixville
Kegan Flagg	Fr.	Downington, Pa. • Downington West
Justin Fortney	So.	Pitman, N.J. • Pitman
Dan Gresh	Jr.	Sewell, N.J. • Washington Township
Ian Hamilton	Sr.	Tinton Falls, N.J. • Monmouth Regional
Adam Harriger	So.	Chambersburg, Pa. • Chambersburg
Christopher Jones	Fr.	Waldorf, Md. • North Point
Patrick Jones	Fr.	Waldorf, Md. • North Point
Matt Kelley	Fr.	Springfield, Va. • St. Stephen's & St. Agnes
William Kenney	Fr.	Iselin, N.J. • Saint Joseph
Ian Kulis	Fr.	Sewell, N.J. • Washinton Township
Andrew Lesko	Fr.	Mohnton, Pa. • Governor Mifflin
Nate Liebsch	Fr.	Downington, Pa. • Downington West
Keegan McDonough	Fr.	Burlington Township, N.J. • Holy Cross
Alex Pankiw	Fr.	Harrisburg, Pa. • Central Dauphin
Matt Rever	Sr.	Timonium, Md. • Dulaney
Ryan Schubert	Fr.	Shamong, N.J. • Seneca
Matt Shenk	So.	Spring Grove, Pa. • Spring Grove
Zach Trama	So.	West Chester, Pa. • West Chester East
Mike Twist	Fr.	Voorhees, N.J. • Eastern Regional
Stephen Welsh	Sr.	Kutztown, Pa. • Kutztown
Jon Wolbert	Fr.	Pottstown, Pa. • Pottsgrove

Head Coach: Brian Falk

Assistant Coach: Jeremy Matula

Assistant Coach: Jamie McCollum

Assistant Coach: Amy Falk

WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Rachel Carr	So.	Phoenixville, Pa. • Phoenixville
Ali Christ	Sr.	Fair Haven, N.J. • Rumson-Fair Haven Regional
Eileen Cody	Sr.	Jamesville, N.Y. • Jamesville-DeWitt
Brianna Earnshaw	Fr.	Audobon, Pa. • Methacton
Samantha Gehly	Fr.	York, Pa. • York Suburban
Amy Gessler	Fr.	Ellicott City, Md. • Institute of Notre Dame
Alexis Groce	Fr.	Harrington, Del. • Milford
Laurie Jones	Sr.	Chambersburg, Pa. • Chambersburg
Amanda Kerno	Sr.	Sicklerville, N.J. • Timber Creek
Rachel LaBatt	Fr.	Hollywood, Md. • Leonardtown
Nicole Ludwig	Fr.	Mount Airy, Md. • Liganore
Elaina Nellis	Sr.	Clinton Corners, N.Y. • Millbrook
Kayla Novak	Fr.	Malvern, Pa. • Great Valley
Caitlin Pysher	Fr.	Harrisburg, Pa. • Central Dauphin East
Casey Quinto	Fr.	Pennington, N.J. • Hopewell Valley Central
Nicolette Siermine	Fr.	Aston, Pa. • Sun Valley
Amelia Tearnan	Jr.	Towson, Md. • Mercy
Traci Tempone	Sr.	Collegeville, Pa. • Perkiomen Valley
Megan Tursi	Sr.	Eatontown, N.J. • Monmouth Regional
Ashley Underkofler	Jr.	Doylestown, Pa. • Central Bucks South
Kelly Van Clief	Sr.	Saco, Maine • Thornton Academy
Monica Venturella	Fr.	Palmyra, Pa. • Palmyra
Liz Wedekind	Fr.	Yardley, Pa. • Pennsbury
Gabrielle Yankelevich	So.	Exton, Pa. • Great Valley
Samantha Zarzaca	Fr.	Leonardtown, Md. • Leonardtown

2013 MIDDLE ATLANTIC CONFERENCE TEAM ROSTERS

FAIRLEIGH DICKINSON UNIVERSITY DEVILS

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Kevin Abraham	Sr.	Lake Hopatcong, N.J. • Hopatcong
Frank Aklus	Sr.	Spring Lake Heights, N.J. • St. Rose
Mike Braviak	Sr.	Whippany, N.J. • Whippany Park
John Cahill	Jr.	Ridgefield, N.J. • St. Rose
Jon Harasym	Sr.	Burlington Township, N.J. • Burlington Township
David Padilla	Fr.	Elizabeth, N.J. • Elizabeth

Head Coach: Dante Fedeli

WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Pooja Amin	Sr.	Mendham, N.J. • Menham
Kelly Antoniello	Jr.	Florham Park, N.J. • St. Elizabeth
McKenzie Appler	Jr.	Westmoreland, N.Y. • Westmoreland
Amanda Bal	Jr.	Burlington, N.J. • Burlington Township
Morgan Bal	Jr.	Burlington, N.J. • Burlington Township
Tian Bao	Fr.	Summit, N.J. • Summit
Sarah Chandall	Sr.	Metuchen, N.J. • JFK Memorial
Alexa Guaimano	Sr.	Hillsborough, N.J. • Hillsborough
Lindsay Laguna	Jr.	Scotch Plains, N.J. • Union Catholic
Danielle MacConnell	So.	Newport, N.H. • Newport
Lindsay Messina	Sr.	Whippany, N.J. • Whippany Park
Stephany Ortega	So.	Garfield, N.J. • Garfield
Tess Reeves	Jr.	Birmingham, Ala. • Vesavia Hills
Tandy Siegle	So.	Oakhurst, N.J. • Ocean Township

HOOD COLLEGE BLAZERS

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Chris Catalfamo	Sr.	Warwick, R.I. • Warwick Vet. Memorial
Justin Cifuentes	Jr.	Teaneck, N.J. • Teaneck
Nathan Dubell	Jr.	Odenton, Md. • Arundel
Matthew Dyjack	Sr.	Odenton, Md. • Arundel
Daniel Jacobs	Sr.	Hillsborough, N.J. • Hillsborough
Theo Jenkins	So.	Lancaster, Pa. • Manheim Township
Steven Powell	Sr.	Stevensville, Md. • Kent Island
Nick Slawson	Jr.	Mesa, Ariz. • Mesa
Alexander Stevens	Fr.	Nazareth, Pa. • Notre Dame
Rafael Zamora	Fr.	Taneytown, Md. • Francis Scott Key

WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Caitlin Bean	Jr.	Chester, Md. • Kent Island
Alexandra Dystant	Jr.	Odenton, Md. • Arundel
Sophie Grizzle	Sr.	Brunswick, Md. • Brunswick
Caitlin McGrath	So.	Stevensville, Md. • Kent Island
Alyssa Peterson	Sr.	Taneytown, Md. • Francis Scott Key
Heather Silveira	Jr.	Baltimore, Md. • Chesapeake
Verkia Smith	So.	Waldorf, Md. • North County
Gretchen Whitesell	Jr.	Myersville, Md. • Middletown
Emily Zeller	Fr.	Jarrettsville, Md. • North Harford

Head Coach: Brent Ayer

KING'S COLLEGE MONARCHS

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Tyler Baran	So.	Wilkes-Barre, Pa. • Pittston Area
Vince Battipaglia	Sr.	Tamiment, Pa. • East Stroudsburg North
Michael Castaldi	Fr.	Scranton, Pa. • Scranton
Zachary Evans	So.	Mountain Top, Pa. • Holy Redeemer
T.J. Ferguson	So.	Middletown, N.Y. • Minisink Valley
Mitchell Ford	Fr.	Wilkes-Barre, Pa. • Holy Redeemer
Justin Gonzalaz	Jr.	Rockaway, N.J. • Morris Knolls
Nicholas Guarino	Jr.	West Chester, Pa. • Unionville
Nicholas Jallat	Sr.	Seymour, Conn. • Notre Dame
Jared Kotsko	So.	Mountain Top, Pa. • Crestwood
Tim Lambert	Jr.	Wyoming, Pa. • Holy Redeemer
Brent Lewandowski	Sr.	Denville, N.J. • Mountain Lakes
Connor Lyons	So.	Trappe, Pa. • Perk Valley
Steven Medina	Jr.	Bernardsville, N.J. • Bernards
Robert Moulton	Sr.	Mountain Top, Pa. • Crestwood
Bornfase Omurwa	Jr.	Dusi, Kenya
Ryan Plumer	So.	Baltimore, Md. Archbishop Spalding
James Ryan	So.	Wilkes-Barre, Pa. • Coughlin
Alex Taylor	Fr.	Shrewsbury, Pa. • York Catholic
Tyler Tynes	So.	Philadelphia, Pa. • St. Joe's Prep
Bennett Williams	Fr.	Kingston, Pa. • Wyoming Valley West

WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Lauren Alden	Fr.	Fogelsville, Pa. • Northwestern Lehigh
Deidre Cooney	So.	Syosset, N.Y. • Kellenberg
Marissa Durako	Fr.	Wilkes-Barre, Pa. • Holy Redeemer
Alexandra Evangelista	Fr.	Hellertown, Pa. • Saucon Valley
Amanda Keegan	So.	Ashley, Pa. • Hanover Area
Catherine McAfee	Jr.	Dover, N.H. • Saint Thomas Aquinas
Jill O'Malley	Sr.	Center Valley, Pa. • Southern Lehigh
Erin Ondush	Fr.	Fogelsville, Pa. • Northwestern Lehigh
Kaylan Thibodeau	So.	Summit Point, W.V. • Washington

Head Coach: Mike Kolinovsky

Assistant Coach: Tom Nallon

Graduate Assistant: Mike Lilley

2013 MIDDLE ATLANTIC CONFERENCE TEAM ROSTERS

LEBANON VALLEY COLLEGE DUTCHMEN

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL	WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Christopher Black	Sr.	Lebanon, Pa. • Lebanon	Cynthia Adams	Sr.	Elysburg, Pa. • Southern Columbia Area
Elliott Bonds	Sr.	Palmyra, Pa. • Palmyra	Rachel Anderson	Fr.	Stevens, Pa. • Ephrata
Ian Brown	Fr.	Grove City, Pa. • Grove City	Emily Banks	So.	Hummelstown, Pa. • Lower Dauphin
Stephen Chappell	So.	Chalfont, Pa. • Central Bucks South	Sarah Black	Sr.	Hummelstown, Pa. • Bishop McDevitt
Sammy Diaz	Sr.	Lebanon, Pa. • Lebanon	Sarah Boyles	Sr.	Centreville, Va. • Westerfield
Mark Garraway	Jr.	Mechanicsburg, Pa. • Mechanicsburg	Laura Calderone	Sr.	Monmouth Junction, N.J. • South Brunswick
Andrew Goelz	Jr.	Brick, N.J. • Brick Township	Lauren Decker	Fr.	Grove City, Pa. • Grove City
Michael Harnish	Jr.	Myerstown, Pa. • ELCO	Megan Doris	So.	Lebanon, Pa. • Cedar Crest
Cody Lloyd	So.	Lebanon, Pa. • Cedar Crest	Rachel Eyer	Jr.	York, Pa. • West York
Jeff Pellow	So.	Lebanon, Pa. • Cedar Crest	Alisha Farrell	Gr.	East McKeesport, Pa. • East Allegheny
Ibsen Powers	Fr.	Ephrata, Pa. • Ephrata	Hannah Jones	So.	York, Pa. • York Suburban
Jonathan Riley	Jr.	Aberdeen, N.J. • Matawan	Sara Lemke	Fr.	North Merrick, N.Y. • WC Mephan Senior
CJ Sayous	Jr.	Randolph, N.J. • Randolph	Alyssa Miller	Sr.	Schuylkill Haven, Pa. • Schuylkill Haven Area
Christopher Sproul	Fr.	New Freedom, Pa. • Susquehannock	Kelsey Patrick	So.	Tamaqua, Pa. • Tamaqua Area
Ben Tanner	So.	Jonestown, Pa. • Northern Lebanon	Kaitlyn Rappoldt	So.	Thomasville, Pa. • Spring Grove
			Brittany Rees	Fr.	McDonald, Pa. • South Fayette Township
			Katelyn Rilee	So.	Pasadena, Md. • Chesapeake
			Hannah Salapa	Jr.	Harrisburg, Pa. • Central Dauphin East
			Jamielyn Samper	Sr.	Monmouth Junction, N.J. • South Brunswick
			Rebecca Sitler	Fr.	Wrightsville, Pa. • York Catholic
			Dana Stockdale	Jr.	Lewisburg, Pa. • Lewisburg
			Jeanette Tropp	Fr.	Pottsville, Pa. • Nativity BVM
			Nicole Vasiliu	Jr.	Mechanicsburg, Pa. • Mechanicsburg
			Emily White	So.	Palmyra, Pa. • Annville Cleona

Head Coach: James O'Brien

Assistant Coach: Tiff Frederick

LYCOMING COLLEGE WARRIORS

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL	WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Josh Allabaugh	So.	Nanticoke, Pa. • Greater Nanticoke Area	Alanna Cimerol	Jr.	Whitehall, Pa. • Whitehall
Alex Bottorff	Jr.	Cicero, N.Y. • Cicero-North Syracuse	Jacqueline Croteau	Fr.	Islip, N.Y. • Islip
Colton Dershem	Jr.	Lock Haven, Pa. • Central Mountain	Lindsay Decker	So.	Shapleigh, Maine • Massabesic
Bryant Dietrick	Fr.	Muncy, Pa. • Muncy Area	Sarah Donovan	Fr.	Bergen, N.Y. • Byron-Bergen
William Dietz	Fr.	Mansfield, Pa. • Mansfield Area	Meredith Ellmore	Sr.	Lothian, Md. • Southern
John Paul Keith	Jr.	Altoona, Pa. • Altoona Area	Carmen Niemeyer	Sr.	Brookings, S.D. • Brookings
Donald Keys	Fr.	Erie, Pa. • Northwest Pennsylvania Collegiate Academy	Kelsey Rawson	Jr.	Waldorf, Md. • North Point
Rory McAtee	Jr.	Easton, Pa. • Wilson Area	Rachel Salmon	So.	Lock Haven, Pa. • Central Mountain
Jacob McClain	So.	Cogan Station, Pa. • Jersey Shore Area	Anna Summers	So.	Paxinos, Pa. • Shamokin Area
Jacob Miller	Fr.	Cooperstown, N.Y. • Cooperstown Central	Georgina White	Jr.	Williamsport, Pa. • Glynn Academy
Isaac Pawling	So.	Columbia, Pa. • Manheim Central	Victoria Wilson	Fr.	Ringwood, N.J. • Lakeland
Peter Rittenhouse	So.	Greene Lane, Pa. • Quakertown Community	Lindsey Wittlich	Sr.	Muncy, Pa. • Muncy Area
Austin Sungenis	So.	Greencastle, Pa. • Oakland Mills (Md.)			
Cory Trego	Sr.	Pottstown, Pa. • Coventry Christian School			
John Woodburn	Fr.	Fredericksburg, Va. • Riverbend			

Head Coach: Regina Collins

MANHATTANVILLE COLLEGE VALIANTS

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL	WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Danny Caggiano	Sr.	Staten Island, N.Y. • Saint Peter's	Denise Martinchek	Sr.	Newington, Conn. • Newington
Matt Goidell	So.	Centerport, N.Y. • St. John the Baptist	Alexis Moore	Sr.	Voorheesville, N.Y. • Voorheesville
Ben Smith	Sr.	Proctor, Vt. • Mount St. Joseph Academy	Catherine Weiner	So.	Mount Kisco, N.Y. • Fox Lane
Evan Winston	So.	North Salem, N.Y. • Briarcliff			

Head Coach: Courtney Jaworski

2013 MIDDLE ATLANTIC CONFERENCE TEAM ROSTERS

M E S S I A H C O L L E G E F A L C O N S

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL	WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Abram Albert	Sr.	Dillsburg, Pa. • Northern	Emma Barbagallo	So.	Newtown, Pa. • Council Rock North
Chris Beardsley	So.	Bear, Del. • Red Lion Christian Academy	Tasha Becker	So.	New Holland, Pa. • Garden Spot
Edward Bley	So.	Lancaster, Pa. • Penn Manor	Jennifer Bender	Sr.	Hatfield, Pa. • North Penn
Anthony Bogetti	Fr.	Bear, Del. • Red Lion Christian Academy	Jennifer Bove	Sr.	Bear, Del. • Red Lion Christian Academy
Jeremy Diehl	Jr.	Hanover, Pa. • South Western	Kelly Choi	So.	Glen Mills, Pa. • Garnet Valley
Alex Faus	So.	Elizabethtown, Pa. • Elizabethtown Area	Trinity Dodson	So.	Littlestown, Pa. • Littlestown
Nathan Fleming	So.	Milton, Vt. • Milton	Alyssa Doll	Jr.	Dillsburg, Pa. • Northern
David Gerlach	Sr.	Newport News, Va. • Menchville	Victoria Hepp	Sr.	Newtown, Pa. • Council Rock North
Phil Headland	So.	Lititz, Pa. • Warwick	Susannah Marshall	So.	Waynesboro, Pa. • Waynesboro Area
Jacob Johnson	Sr.	Wappinger Falls, N.Y. • R.C. Ketcham	Kaylene Mason	Sr.	East Quogue, N.Y. • Westhampton Beach
Ryan Laird	So.	New Holland, Pa. • Garden Spot	Leah Novak	Jr.	Telford, Pa. • Souderton
Timothy Mast	Fr.	Lancaster, Pa. • Lampeter-Strasburg	Rebecca Ports	Jr.	Conowingo, Md. • Perryville
Caleb McGaughran	Jr.	Derry, Pa. • Homeschooled	Gabrielle Rekully	Jr.	Harrisburg, Pa. • Central Dauphin
Jonphilip McGill	Jr.	Interlaken, N.Y. • South Seneca	Alissa Rogers	Fr.	Londonderry, N.H. • Londonderry
Bryan Noll	Fr.	Colorado Springs, Colo. • Coronado	Rebekah Safford	Fr.	Pottstown, Pa. • Pottsgrove
Joshua Pardoe	Fr.	Red Lion, Pa. • Red Lion Area Senior	Victoria Scrima	So.	Westtown, N.Y. • Minisink Valley
Nathaniel Pardoe	Fr.	Red Lion, Pa. • Red Lion Area Senior	Emily Senning	So.	South Hamilton, Mass. • Hamilton Wenham
Trevor Praetsch	Sr.	Holliston, Mass. • Whitinsville	Catherine Springer	Fr.	Waldorf, Md. • North Point
Merced Ramirez	Fr.	Harrisburg, Pa. • Harrisburg	Jessica Visneski	Sr.	Lancaster, Pa. • Lampeter Strasburg
Jared Schatz	So.	Elizabethtown, Pa. • Lancaster Mennonite	Jacquelyn Young	So.	Germantown, Md. • Clarksburg
Christopher Scheib	So.	Halifax, Pa. • Halifax Area			
Tyler Sensenig	So.	Lancaster, Pa. • Ephrata			
Cameron Shirk	So.	Harrisburg, Pa. • Harrisburg Christian			
Jeremy White	Fr.	Washingtonville, N.Y. • Washingtonville			
Joel Zeigler	Jr.	Mechanicsburg, Pa. • Mechanicsburg			

Head Coach: Dale Fogelsanger

Assistant Coach: Brian Hager

Assistant Coach: Andrew Springer

Graduate Assistant: Patrick Hager

M I S E R I C O R D I A U N I V E R S I T Y C O U G A R S

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL	WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Benjamin Becker	Fr.	Swoyersville, Pa. • Wyoming Valley West	Jackie Bamberski	Fr.	Feasterville, Pa. • Archbishop Ryan
Zach Bottone	Sr.	Wilkes-Barre, Pa. • Coughlin	Julia Blaskiewicz	Sr.	Honesdale, Pa. • Scranton Prep
Carl Daubert	So.	Hanover Township, Pa. • Hanover	Bianca Bolton	So.	Pittston, Pa. • Pittston
Eric Deignan	Fr.	Harrisburg, Pa. • Central Dauphin	Nicole Charbonneau	Fr.	Thomaston, Conn. • Thomaston
Ryan Foster	Jr.	Lebanon, Pa. • Lebanon	Brittany Cole	Fr.	Jermyn, Pa. • Holy Cross
Mikael Hause	So.	Kupmont, Pa. • Mount Carmel	Bridget Comiskey	Sr.	Carmel, N.Y. • Carmel
Jarrett Higley	Jr.	Dushore, Pa. • Sullivan County	Jillian Eberly	Fr.	New Providence, Pa. • Solanco
Shadrack Kiprop	Fr.	Lancaster, Pa. • Penn manor	Rachael Harding	Jr.	Ringwood, N.J. • Lakewood
Josh Krall	Sr.	West Pittston, Pa. • Wyoming	Katie Hurley	Fr.	Sayre, Pa. • Sayre
A.J. Limongelli	Jr.	Dallas, Pa. • Holy Redeemer	Jackie Kahil	Fr.	Yardley, Pa. • Pennsbury
Austin Martinelli	Fr.	Scranton, Pa. • West Scranton	Bethany Killmon	Fr.	Bridgeville, Del. • Sussex Tech
Jeremy Osko	Jr.	Ashley, Pa. • Hanover	Alexandria Miller	So.	Scott Township, Pa. • Lakeland
George Ruhl	Fr.	Monroeville, N.J. • Woodstown	Anna Nole	Jr.	Tunkhannock, Pa. • Tunkhannock
Brenden Walker	Fr.	Waverly, N.Y. • Tioga Central	Molly O'Hara	Fr.	Sayre, Pa. • Sayre
Darnel Walker	Fr.	Pilesgrove, N.J. • Woodstown	Elise Reardon	Fr.	Langhorne, Pa. • Neshaminy
Nick Weron	Jr.	Nanticoke, Pa. • Nanticoke	Sara Sabatino	Sr.	Mountain Top, Pa. • Holy Redeemer
			Rebecca Santoleri	Jr.	Glen Mills, Pa. • Padua Academy
			Ashley Sexton	So.	Philadelphia, Pa. • St. Hubert Girls'
			Alicia Stavitzski	So.	Hunlcok Creek, Pa. • Northwest

Head Coach: Chris Wadas

Assistant Coach: Russ Susko

Assistant Coach: Mike Kinney

Assistant Coach: Steve Ambrosi

Graduate Assistant: Amy Mantush

2013 MIDDLE ATLANTIC CONFERENCE TEAM ROSTERS

STEVENSON UNIVERSITY MUSTANGS

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL	WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Luis Casillas	Sr.	Bel Air, Md. • C. Milton Wright	Jill Benko	Jr.	Westminster, Md. • Winter Mill
Michael Ferguson	So.	Pasadena, Md. • Chesapeake	Kelley Cook	So.	Denton, Md. • Easton
Richard Henderson	Sr.	Severn, Md. • Glen Burnie	Mary Kathryn Edens	So.	Randolph, N.J. • Randolph
Thomas Janasek	Jr.	Columbia, Md. • Hammond	Shannon Henretty	Sr.	Marriottsville, Md. • Liberty
Brady Lusk	So.	Pasadena, Md. • Chesapeake	Mary Kate Lutz	Sr.	Hanover, Pa. • Delone Catholic
Greir Melick	So.	Catawissa, Pa. • Lourdes Regional	Lanie Swanhart	So.	Mount Airy, Md. • Glenelg
Garrett Pegg	So.	Pasadena, Md. • Chesapeake	Sydney Tyler	Fr.	Frederick, Md. • Middletown
Luc Plaisance	Fr.	Olney, Md. • Winston Churchill	Maria Rose Zambuto	Sr.	Conowingo, Md. • Perryville
Patrick Reynolds	Sr.	Catonsville, Md. • Catonsville			
Deege Rhoads	Jr.	Enola, Pa. • East Pennsboro			
Sam Swirdovich	So.	Columbia, Md. • Wilde Lake			

Head Coach: Carol Zimmerman
Assistant Coach: Tom McGonigal

WIDENER UNIVERSITY PRIDE

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL	WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Jason Caporale	Jr.	Langhorne, Pa. • Neshaminy	Marissa Conley	Fr.	Broomall, Pa. • Cardinal O'Hara
Michael Ciavarelli	Jr.	Secane, Pa. • Monsignor Bonner	Emily Creighton	Jr.	Springfield, Pa. • Gwynedd-Mercy Coll.
Andrew Cooper	So.	Freehold, N.J. • Freehold	Nicole Crossey	So.	Plainsboro, N.J. • West Windsor-Plainsboro
Qadree Counsel	Jr.	Philadelphia, Pa. • Monsignor Bonner	Meghan Devine	So.	Lewisburg, Pa. • Lewisburg
Dylan Decker	Sr.	Bethlehem, Pa. • Notre Dame	Emily Donahue	So.	Point Pleasant, N.J. • Point Pleasant Boro
Ethan DiBona	Jr.	Blue Bell, Pa. • Wissahickon	Brooke Durnin	Fr.	Bath, Pa. • North Hampton Area
Salvatore Faia	So.	Chadds Ford, Pa. • Homeschooled	Brianna Englert	So.	Pottsville, Pa. • Pottsville
Stephen Fortin	So.	Goffstown, N.H. • Goffstown	Taylor Englert	So.	Pottsville, Pa. • Pottsville
Chris Garrity	Jr.	Glenolden, Pa. • Cardinal O'Hara	Brittany Franks	Jr.	Philadelphia, Pa. • Philadelphia High School for Girls
Leonard Harmon	So.	Charlton, Mass. • Shepherd Hill	Kaitlyn Hitchcock	Fr.	Hatboro, Pa. • Hatboro-Horsham
Ryan Harrigan	Sr.	Mickleton, N.J. • Kingsway	Kellie Medendorp	Sr.	Prospect Park, Pa. • Interboro
Jihad Jasper	Jr.	Newark, Del. • Hodgson	Tara Moken	So.	Somerdale, N.J. • Triton
Calvin Jones	Fr.	Centreville, Va. • Centreville	Chelsea Morrison	Jr.	Philadelphia, Pa. • Archbishop Ryan
Seamus McCullough	Sr.	Plymouth Meeting, Pa. • La Salle College HS	Chelsea Sannino	So.	South Seaville, N.J. • Middle Township
William McDermott	Fr.	Lansdowne, Pa. • Monsignor Bonner	Shae Spicer	Fr.	Burlington, N.J. • Northern Burlington County Regional
Robert Montoro	Fr.	Drexel Hill, Pa. • Cardinal O'Hara	Erica Trofa	So.	Upper Chichester, Pa. • St. Mark's
Seamus Morgan	Jr.	Warrington, Pa. • La Salle College HS			
Edwin Noyes	So.	Glen Mills, Pa. • Penncrest			
Nick Pettit	Fr.	Jamison, Pa. • Central Bucks South			
Ernie Pitone	Fr.	Springfield, Pa. • Cardinal O'Hara			
Michael Quinn	Sr.	Conshohocken, Pa. • Plymouth Whitemarsh			
John Ruggiero	Sr.	Warrington, Pa. • Central Bucks South			
David Simcox	Fr.	Mullica Hill, N.J. • Clearview			
Terry Simpson	Jr.	Philadelphia, Pa. • Father Judge			
Jordan Stephney	Jr.	Glenolden, Pa. • West Catholic			
William Updegrove	So.	Bethlehem, Pa. • Liberty			

Head Coach (Men): Vince Touey
Head Coach (Women): Kevin Cunningham
Assistant Coach: Chuck Butz
Assistant Coach: Anthony Giles
Assistant Coach: Nick Price
Graduate Assistant: Tom Creighton

WILKES UNIVERSITY COLONELS

MEN	CLASS	HOMETOWN • PREVIOUS SCHOOL	WOMEN	CLASS	HOMETOWN • PREVIOUS SCHOOL
Matthew Buono	Sr.	Goshen, N.Y. • Goshen	Brooke Auger	Fr.	Kene, N.H. • Kene
Liam Cassidy	Fr.	Bethlehem, Pa. • Notre Dame Green Pond	Cheyenne Barnes	Fr.	Kunkletown, Pa. • Pleasant Valley
Matt Grimm	Fr.	Stroudsburg, Pa. • Stroudsburg	Rachel Constant	So.	Nazareth, Pa. • Notre Dame
Forest Hawkins	So.	Ashley, Pa. • Hanover	Devanie Craft	So.	Meadville, Pa. • Milton-Hershey
Tim Jurkowski	Jr.	Honesdale, Pa. • Honesdale	Vianna Crowely	Fr.	Bangor, Pa. • Bangor
Trevor Kapschull	So.	Lake Ariel, Pa. • Western Way	Vanessa Ejiofor	Fr.	Union, N.J. • Union
Tyler Layton	Jr.	Endicott, N.Y. • Main Endwell	Melanie Faherty	Jr.	Stroudsburg, Pa. • Stroudsburg
Daniel Lykens	Jr.	Reading, Pa. • Governor Mifflin	Sarah Fillman	Jr.	Limerick, Pa. • Spring Ford
Mike McCleaf	So.	Fairfield, Pa. • Delone Catholic	Tracey Hilker	Fr.	Hummelstown, Pa. • Lower Dauphin
Samuel Miller	Sr.	Harris, N.Y. • Liberty	Stacy Kandrac	Sr.	Swoyersville, Pa. • Holy Redeemer
Josh Rieghtler	Fr.	Bethlehem, Pa. • Northampton	Christine Klingel	Jr.	Kunkletown, Pa. • Pleasant Valley
Sean Ryan	Sr.	Harrisburg, Pa. • Red Land	Christine O'Brien	Fr.	Goshen, N.Y. • Goshen
Tyler Sutton	So.	Wyalusing, Pa. • Wyalusing Valley	Rachel Quinn	Sr.	Goshen, N.Y. • Goshen
Kevin Taylor	Sr.	Hummelstown, Pa. • Lower Dauphin			
Martin Tolbert	So.	York, Pa. • William Penn			
Brett Ward	Fr.	Enola, Pa. • East Pennsboro			
Evan Witmer	So.	Sunbury, Pa. • Shikellamy			

Head Coach: Nick Wadas
Assistant Coach: Jill Matthews Lada

USTFCCCA NCAA DIVISION III RANKINGS

*As of October 22, 2013 (Regional) and October 23, 2013 (National)

U.S. TRACK & FIELD AND CROSS COUNTRY COACHES ASSOCIATION

MEN'S NATIONAL RANKINGS

RANK	INSTITUTION	REGION
1	North Central (Ill.)	Midwest
2	Washington (Mo.)	Midwest
3	St. Olaf	Central
4	Middlebury	New England
5	UW-La Crosse	Midwest
6	Williams	New England
7	NYU	Atlantic
8	Dickinson	Mideast
9	Central (Iowa)	Central
10	UW-Oshkosh	Midwest
11	UW-Eau Claire	Midwest
12	Haverford	Mideast
13	Bowdoin	New England
14	Chicago	Midwest
15	SUNY Cortland	Atlantic
16	Calvin	Great Lakes
17	Bates	New England
18	SUNY Geneseo	Atlantic
19	Wabash	Great Lakes
20	MIT	New England

WOMEN'S NATIONAL RANKINGS

RANK	INSTITUTION	REGION
1	Johns Hopkins	Mideast
2	Middlebury	New England
2	Wartburg	Central
4	MIT	New England
5	Calvin	Great Lakes
6	Williams	New England
7	Claremont-Mudd-Scripps	West
8	NYU	Atlantic
9	Chicago	Midwest
10	Washington (Mo.)	Midwest
11	Tufts	New England
11	SUNY Geneseo	Atlantic
13	Trinity (Texas)	South/Southeast
14	Carleton	Central
15	Oberlin	Great Lakes
15	Haverford	Mideast
17	UW-La Crosse	Midwest
18	St. Lawrence	Atlantic
19	Dickinson	Mideast
20	Case Western Reserve	Great Lakes

MEN'S MIDEAST REGIONAL RANKINGS

RANK	INSTITUTION	LOCATION	CONFERENCE
1	Dickinson	Carlisle, Pa.	Centennial
2	Haverford	Haverford, Pa.	Centennial
3	Allegheny (Pa.)	Meadville, Pa.	North Coast Athletic
4	Carnegie Mellon	Pittsburgh, Pa.	University Athletic Assoc.
5	Johns Hopkins	Baltimore, Md.	Centennial
6	Swarthmore	Swarthmore, Pa.	Centennial
7	Widener	Chester, Pa.	Middle Atlantic
8	Susquehanna	Selinsgrove, Pa.	Landmark
9	Saint Vincent	Latrobe, Pa.	Presidents Athletic
10	York (Pa.)	York, Pa.	Capital Athletic

WOMEN'S MIDEAST REGIONAL RANKINGS

RANK	INSTITUTION	LOCATION	CONFERENCE
1	Johns Hopkins	Baltimore, Md.	Centennial
2	Haverford	Haverford, Pa.	Centennial
3	Dickinson	Carlisle, Pa.	Centennial
4	Marywood	Scranton, Pa.	Colonial States Athletic
5	Elizabethtown	Elizabethtown, Pa.	Middle Atlantic
6	Allegheny (Pa.)	Meadville, Pa.	North Coast Athletic
7	Carnegie Mellon	Pittsburgh, Pa.	University Athletic Assoc.
8	Swarthmore	Swarthmore, Pa.	Centennial
9	Lebanon Valley	Annville, Pa.	Middle Atlantic
10	Gettysburg	Gettysburg, Pa.	Centennial

PREVIOUS MIDEAST REGION CHAMPIONS

YEAR	SCHOOL
2012	Haverford
2011	Haverford
2010	Haverford
2009	Allegheny
2008	Carnegie Mellon

PREVIOUS MIDEAST REGION CHAMPIONS

YEAR	SCHOOL
2012	Johns Hopkins
2011	Johns Hopkins
2010	Johns Hopkins
2009	Johns Hopkins
2008	Johns Hopkins

2012 MAC CROSS COUNTRY CHAMPIONSHIP RESULTS

MEN'S INDIVIDUAL RESULTS

PLACE	FINISHER	SCHOOL	YEAR	TIME
1	Nate Noll	DeSales	So.	26:20.91
2	Matt Rever	Elizabethtown	Jr.	27:03.14
3	Ryan Gallagher	Widener	Sr.	27:04.19
4	Stephen Welsh	Elizabethtown	Jr.	27:04.24
5	Dan Gresh	Elizabethtown	So.	27:05.24
6	Alex Clemson	DeSales	Sr.	27:06.44
7	Aaron Focht	Elizabethtown	Sr.	27:09.77
8	Elliott Bonds	Lebanon Valley	Jr.	27:10.72
9	Jared Schatz	Messiah	Fr.	27:11.12
10	Matthew Shenk	Elizabethtown	Fr.	27:13.57
11	Zach Kaminski	DeSales	Jr.	27:15.98
12	Andrew Goelz	Lebanon Valley	So.	27:16.80
13	John Ausel	Messiah	Fr.	27:18.34
14	AJ Limongelli	Misericordia	So.	27:19.65
15	Dave McLean	Misericordia	So.	27:28.50
16	Michael Harnish	Lebanon Valley	So.	27:32.57
17	Chris Garrity	Widener	So.	27:33.56
18	Dan Beck	DeSales	Jr.	27:33.81
19	Brett Shelley	Hood	Sr.	27:35.31
20	Ian Hamilton	Messiah	Jr.	27:44.50

WOMEN'S RESULTS

PLACE	FINISHER	SCHOOL	YEAR	TIME
1	Kelsey Patrick	Lebanon Valley	Fr.	23:37.83
2	Traci Tempone	Elizabethtown	Jr.	23:42.75
3	Marina Orrson	Misericordia	Sr.	23:50.11
4	Taryn Shank	Elizabethtown	Sr.	23:55.18
5	Abby Labar	DeSales	Fr.	24:15.92
6	Cara Guth	DeSales	Jr.	24:28.30
7	Megan Patton	Elizabethtown	Sr.	24:38.85
8	Jessica Curry	DeSales	Fr.	24:47.99
9	Jessica Visneski	Messiah	Jr.	24:53.36
10	Tasha Becker	Messiah	Fr.	25:00.97
11	Amanda Kerno	Elizabethtown	So.	25:03.00
12	Kelsey Cameron	Misericordia	Sr.	25:08.87
13	Eileen Cody	Elizabethtown	Jr.	25:11.53
14	Cynthia Adams	Lebanon Valley	Jr.	25:11.72
15	Sarah Steinmetz	Elizabethtown	Sr.	25:12.11
16	Amelia Tearnan	Elizabethtown	So.	25:12.13
17	Rachel Carr	Elizabethtown	Fr.	25:12.14
18	Michelle Herman	Lycoming	Sr.	25:19.36
19	Alyssa Miller	Lebanon Valley	Jr.	25:20.52
20	Sarah Braun	DeSales	Jr.	25:23.36

MEN'S TEAM RESULTS

PLACE	SCHOOL	POINTS
1	Elizabethtown	28
2	DeSales	62
3	Widener	97
4	Messiah	106
5	Lebanon Valley	120
6	Misericordia	150
7	King's	183
8	Hood	235
9	Wilkes	272
10	Eastern	327
11	Manhattanville	346
12	Stevenson	355
13	Alvernia	415
14	Delaware Valley	432
15	Lycoming	434
16	Fairleigh Dickinson	444
17	Albright	475

WOMEN'S TEAM RESULTS

PLACE	SCHOOL	POINTS
1	Elizabethtown	37
2	DeSales	60
3	Messiah	85
4	Lebanon Valley	86
5	Misericordia	125
6	Widener	186
7	Eastern	225
8	Stevenson	272
9	Hood	284
10	Lycoming	310
11	Alvernia	346
12	King's	351
13	Albright	362
14	Wilkes	370
15	Delaware Valley	421
16	Fairleigh Dickinson	441
17	Manhattanville	521

Men's Runner of the Year: Nate Noll • DeSales

Men's Rookie of the Year: Jared Schatz • Messiah

Men's Coach of the Year: Brian Falk • Elizabethtown

Women's Runner of the Year: Kelsey Patrick • Lebanon Valley

Women's Rookie of the Year: Kelsey Patrick • Lebanon Valley

Women's Coach of the Year: Gordon Hornig • DeSales



HISTORICAL MAC CROSS COUNTRY CHAMPIONS

MEN'S INDIVIDUAL CHAMPIONS

YEAR	RUNNER • SCHOOL
2012	Nate Noll • DeSales
2011	Eric Reichert • Elizabethtown
2010	Charlie Larsen • Elizabethtown
2009	Tyler Newhook • Messiah
2008	Frank Eanes • Messiah
2007	Frank Eanes • Messiah
2006	Macharia Yuot • Widener
2005	Macharia Yuot • Widener
2004	Macharia Yuot • Widener
2003	Macharia Yuot • Widener
2002	Dustin Scott • Elizabethtown
2001	Dave Berdan • Elizabethtown
2000	Joe Fent • Scranton
1999	Joe Fent • Scranton
1998	Joe Fent • Scranton
1997	Joe Fent • Scranton
1996	Art DiCola • Widener
1995	Pat Egan • Moravian
1994	Jeff Koegel • Lebanon Valley
1993	Pat Egan • Moravian
1992	Steve Monaco • Franklin & Marshall
1991	John Robinson • Johns Hopkins
1990	Seamus McElligott • Haverford
1989	Matt Leighninger • Haverford
1988	Chris Heaton • Scranton
1987	Tim Marean • Johns Hopkins
1986	Shylock Ndlovu • Messiah
1985	Roy Swasigood • Messiah
1984	Greg Pealer • Susquehanna
1983	Greg Pealer • Susquehanna
1982	Mike Sheely • Haverford
1981	Jim Parsons • Delaware Valley
1980	Pat Walker • Ursinus
1979	Mike Sheely • Haverford
1978	Mike Sheely • Haverford
1977	Eric Holmboe • Franklin & Marshall
1976	Ed Riggs • Gettysburg
1975	Larry Garner • Widener
1974	Wayne Rogers • Lehigh
1974	Larry Garner • Widener
1973	Gary Cohen • American
1973	Larry Garner • Widener
1972	Gary Cohen • American
1972	Steve Lubar • Swarthmore
1971	John Heil • Lehigh
1971	Richard Schultz • Swarthmore
1970	Tim Steele • Lehigh
1970	Richard Schultz • Swarthmore
1969	Tim Steele • Lehigh
1969	Bruce Albert • Ursinus
1968	Ed Carney • Lehigh
1968	Bruce Albert • Ursinus
1967	Bill Mahoney • Temple
1967	Ron Sayers • Penn. Military College
1966	Bill Mahoney • Temple
1966	Neil Weygandt • Penn. Military College

1965	Bill Mahoney • Temple
1965	Dave Irons • Penn. Military College
1964	Pete Daugherty • La Salle
1964	Dave Irons • Penn. Military College
1963	Paul Minehan • La Salle
1963	Paul Gillespie • West Chester
1962	Paul Minehan • La Salle
1961	Kevin Quinn • St. Joseph's
1960	Kevin Quinn • St. Joseph's
1959	Carl Olaf Homen • Delaware
1958	Earl Jefferson • La Salle
1957	Joe Sloan • St. Joseph's
1956	Earl Jefferson • La Salle
1955	Joe Sloan • St. Joseph's
1954	Edward Mather • St. Joseph's
1953	Harold Snyder • Alfred
1952	Don Manger • Johns Hopkins
1951	John Cunningham • St. Joseph's
1950	John Cunningham • St. Joseph's
1949	John Kelly • St. Joseph's
1948	Jim Grosholz • Haverford
1947	John Kelly • St. Joseph's
1943-46	not available
1942	Henry Diller • Franklin & Marshall
1936-41	not available
1935	Danny Smith • Rutgers
1934	not available
1933	Barney Oldfield • Alfred
1932	Jackie Ryan • Manhattan
1931	McKenna, Ryan, Walsh • Manhattan
1930	Phil Shacklette • Manhattan
1929	John Fortier • Manhattan
1928	Nat Lerner • New York
1927	Art Totten • Union
1926	Richard Gwinn • Johns Hopkins
1925	Hollis Herrick • Alfred
1924	Burdet Lewis • Swarthmore
1923	Verne Booth • Johns Hopkins
1922	not available
1921	Bob Crawford • Lafayette
1920	Bob Crawford • Lafayette
1919	Bob Crawford • Lafayette
1918	not available
1917	Bill Russell • Lafayette
1916	Paul McGrath • Lehigh

*The MAC ran two divisions between 1963-1974: "University" and "College" divisions

MEN'S TEAM CHAMPIONS

YEAR	RUNNER • SCHOOL
2012	Elizabethtown
2011	Elizabethtown
2010	Elizabethtown
2009	Elizabethtown
2008	Messiah
2007	DeSales
2006	Elizabethtown
2005	Elizabethtown
2004	Elizabethtown
2003	Elizabethtown
2002	Elizabethtown
2001	Elizabethtown
2000	Elizabethtown
1999	Elizabethtown
1998	Moravian
1997	Moravian/Widener
1996	Moravian
1995	Moravian
1994	Moravian
1993	Moravian
1992	Haverford
1991	Haverford
1990	Haverford
1989	Haverford
1988	Ursinus
1987	Haverford
1986	Haverford
1985	Haverford
1984	Susquehanna
1983	Franklin & Marshall
1982	Haverford
1981	Ursinus
1980	Ursinus
1979	Haverford
1978	Gettysburg
1977	Franklin & Marshall
1976	Gettysburg
1975	Gettysburg
1974	Lehigh
1974	Gettysburg
1973	Bucknell/Lehigh
1973	Widener
1972	Lehigh
1972	Swarthmore
1971	American
1971	Swarthmore
1970	Lehigh
1970	Swarthmore
1969	Lehigh
1969	Ursinus
1968	Lehigh
1968	Ursinus
1967	Temple
1967	Penn. Military College
1966	La Salle
1966	Swarthmore

HISTORICAL MAC CROSS COUNTRY CHAMPIONS

MEN'S TEAM CHAMPIONS (CONT.)

YEAR	RUNNER • SCHOOL
1965	St. Joseph's
1965	Elizabethtown
1964	La Salle
1964	West Chester
1963	La Salle
1963	West Chester
1962	Delaware
1961	La Salle
1960	St. Joseph's
1959	St. Joseph's
1958	La Salle
1957	St. Joseph's
1956	St. Joseph's
1955	St. Joseph's
1954	St. Joseph's
1953	St. Joseph's
1952	St. Joseph's
1951	St. Joseph's
1950	St. Joseph's
1949	St. Joseph's
1948	St. Joseph's
1947	St. Joseph's
1943-46	not available
1942	Franklin & Marshall
1941	not available
1940	Haverford
1936-39	not available
1935	Alfred
1934	not available
1933	Alfred
1932	Manhattan
1931	Alfred
1930	Alfred
1929	Manhattan
1928	New York
1927	Union
1926	Alfred
1925	Alfred
1924	Union
1923	Rutgers
1922	not available
1921	Rutgers
1920	Lafayette
1919	Lafayette
1918	not available
1917	Lafayette
1916	Lafayette

WOMEN'S INDIVIDUAL CHAMPIONS

YEAR	RUNNER • SCHOOL
2012	Kelsey Patrick • Lebanon Valley
2011	Tracie Tempone • Elizabethtown
2010	Caitlin Dorgan • Delaware Valley
2009	Megan VanDenHengel • Elizabethtown
2008	Jennifer Kooser • Messiah
2007	Erin Fisher • Elizabethtown
2006	Erin Fisher • Elizabethtown
2005	Tara Barlow • DeSales
2004	Gina Lucrezi • DeSales
2003	Gina Lucrezi • DeSales
2002	Gina Lucrezi • DeSales
2001	Heidi Wolfsberger • Moravian
2000	Heidi Wolfsberger • Moravian
1999	Heidi Wolfsberger • Moravian
1998	Kristie Reccek • Moravian
1997	Tara Wartman • Moravian
1996	Tara Wartman • Moravian
1995	Tracy Wartman • Moravian
1994	Tracy Wartman • Moravian
1993	Carla Thomas • Moravian
1992	Jen Maranzano • Haverford
1991	Jen Maranzano • Haverford
1990	Dayna Baily • Swarthmore
1989	Tamara Lave • Haverford
1988	Tamara Lave • Haverford
1987	Tammy Walsh • Messiah
1986	Amanda Shaw • Franklin & Marshall
1985	Lois Lucente • Franklin & Marshall
1984	Lois Lucente • Franklin & Marshall
1983	Denise Paull • Franklin & Marshall
1982	Denise Paull • Franklin & Marshall
1981	Denise Paull • Franklin & Marshall
1980	Sue Fetterhoff • Gettysburg

*Women's race distance changed from 5000m to 6000m in 2002

WOMEN'S TEAM CHAMPIONS

YEAR	SCHOOL
2012	Elizabethtown
2011	Elizabethtown
2010	Elizabethtown
2009	Elizabethtown
2008	Elizabethtown
2007	Elizabethtown
2006	Messiah
2005	Messiah
2004	Elizabethtown
2003	Messiah
2002	Moravian
2001	Moravian
2000	Moravian
1999	Moravian
1998	Moravian
1997	Moravian
1996	Moravian
1995	Moravian
1994	Moravian
1993	Moravian
1992	Gettysburg
1991	Franklin & Marshall
1990	Swarthmore
1989	Swarthmore
1988	Messiah
1987	Messiah
1986	Franklin & Marshall
1985	Franklin & Marshall
1984	Franklin & Marshall
1983	Franklin & Marshall
1982	Franklin & Marshall
1981	Dickinson
1980	Delaware Valley/Juniata

SCHEDULE OF EVENTS

8-11 a.m. Course open for inspection
11 a.m. Women's Race
12 noon Men's Race
1:15 p.m.* Awards Ceremony - Billera Gym
**or 30 minutes after final results posted*

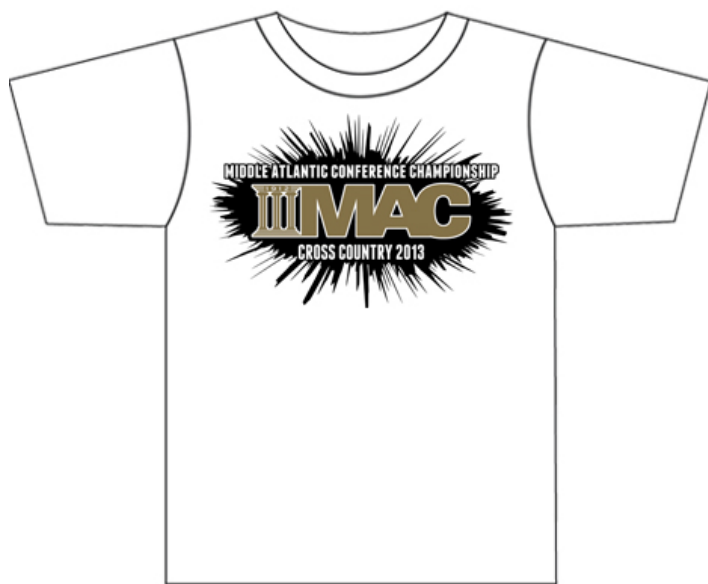
RESULTS



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FRONT



BACK



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Follow Your Passions and Discover Your Potential. The college experience is a time of learning and growth — a chance to follow passions and develop potential. For student-athletes in Division III, all of this happens most importantly in the classroom and through earning an academic degree. The Division III experience provides for passionate participation in a competitive athletic environment, in which student-athletes push themselves to excellence and build upon their academic success with new challenges and life skills. And student-athletes are encouraged to pursue their full passions and find their potential through a comprehensive educational experience.



**2013 CROSS COUNTRY
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