

2013 Middle Atlantic Conference Outdoor Track & Field Championships

Albright College • Alvernia University • Delaware Valley College • DeSales University • Elizabethtown College • Hood College



Commonwealth • Freedom • Middle Atlantic Conferences

Lebanon Valley College • Manhattanville College • Messiah College • Misericordia University • Stevenson University • Widener University

May 2-4, 2013 • Lebanon Valley College

Welcome

On behalf of the Middle Atlantic Conference, I welcome the student-athletes, coaches, families, and fans to the 2013 Middle Atlantic Conference Outdoor Track & Field Championships.

Special thanks go to host Lebanon Valley College for providing a great venue for this year's competition. Melissa Weidler, Lebanon Valley Track & Field Coach, and Tim Flynn, Lebanon Valley College Sports Information Director, are to be commended for organizing and publicizing all the meet details in exemplary fashion. The conference also recognizes the efforts of dozens of officials and volunteers who work to ensure timely and fair results.

It is my hope that everyone in attendance at this year's meet is influenced by the effort and determination of our conference student-athletes. Let us support these men and women in a positive manner by cheering them on to personal bests.

On behalf of the MAC, I thank you for your support of our outdoor track & field championships.

Sincerely,
Kenneth W. Andrews
MAC Executive Director

Fan Information

- Admission is \$6 for adults and \$3 for students. All-session passes are available for \$10 (adults) and \$5 (students). Children under the age of six are always admitted free of charge.
- Concessions are for sale at the southwest end of the competition site.
- T-shirts are on sale for \$12 (short-sleeve) and \$15 (long-sleeve).
- Results will be available online Saturday night on the official web site of the Middle Atlantic Conference, GoMACSports.com.
- There are no longer automatic qualifying marks to the NCAA Championships. National top performers will earn bids; the national performance list can be seen at TFFRS.org.



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Championship Homepage

Meet Officials/MAC Officers

Officials:	Central Penn Chapter PIAA Track & Field Officials (Coordinated by Dave Eavenson)
Timing:	MAC FAT (Coordinated by Jim Ellingsworth)
MAC Officers:	Ken Andrews - Executive Director Patrick Ross - Director of Media Relations Marie Stroman - Intern/Coordinator of MAC 100
MAC Track & Field: Committee	Melissa Weidler, Lebanon Valley; Brian Falk, Elizabethtown; Alan Weiner, DeSales; Jason Kilgore, Alvernia

2013 MAC Qualifying Standards and Records

Men

	MAC Qualifying	MAC Record	Held By	Year
100m Dash	11.74	10.60	Ozzie Brown (Moravian)	2007
110m Hurdles	16.54	14.38	Ozzie Brown (Moravian)	2007
200m Dash	23.74	21.34	Tony Brown (Widener)	2000
400m Dash	53.74	47.02	Dave German (Susquehanna)	1983
400m Hurdles	1:00.24	52.18	Cal Williams (Dickinson)	1988
800m Run	2:04.24	1:51.15	Patrick Roach (Messiah)	2009
1,500m Run	4:18.24	3:45.68	Kevin Foley (Haverford)	1983
3,000m Steeplechase	10:50.24	9:09.13	Matt Leighninger (Haverford)	1983
5,000m Run	16:15.24	14:27.83	Seamus McElligott (Haverford)	1991
10,000m Run	36:00.24	30:16.14	Macharia Yuot (Widener)	2005
4x100m Relay	Open	41.75	Susquehanna	1983
4x400m Relay	Open	3:15.62	Delaware Valley	1982
4x800m Relay	Open	7:47.63	Messiah	2010
Pole Vault	11'6"	16'0.75"	Kevin Clark (Elizabethtown)	2006
Long Jump	19'	24'3"	Dan Reichenbach (Moravian)	1989
High Jump	5'8"	6'10"	Chris Boyles (Messiah)	2001
Triple Jump	38'	50'1.50"	Mike Williams (Widener)	1975
Shot Put	38'	55'1"	Odd Haugen (Western Maryland)	1973
Discus	115'	169'7"	Knut Hjeltness (Western Maryland)	1973
Javelin	150'	226'1"	Matt Deamer (Susquehanna)	2002
Hammer	105'	184'1"	Jacob Munick (Widener)	2011
Decathlon	Open	6,339 points	Dusty Lehr (Juniata)	2003

Women

	MAC Qualifying	MAC Record	Held By	Year
100m Dash	14.14	12.12	Denise Shotwell (Dickinson)	1988
100m Hurdles	18.74	14.14	Kristen Bates (Messiah)	2009
200m Dash	23.74	24.80	Denise Shotwell (Dickinson)	1988
400m Dash	1:07.24	57.79	Rachel Hepkins (Messiah)	2008
400m Hurdles	1:20.24	1:01.85	Emily Lepley (Susquehanna)	2007
800m Run	2:39.24	2:14.06	Rebecca Weiderrecht (Messiah)	1989
1,500m Run	5:35.24	4:37.88	Tracy Wartman (Moravian)	1996
3,000m Steeplechase	13:45.24	11:22.16	Megan VanDenHengel (Elizabethtown)	2010
5,000m Run	20:39.24	17:20.87	Carla Thomas (Moravian)	1994
10,000m Run	46:00.24	37:01.42	Amanda Daws (Elizabethtown)	2009
4x100m Relay	Open	48.20	Moravian	2007
4x400m Relay	Open	3:58.80	Elizabethtown	2005
4x800m Relay	Open	9:33.81	Lebanon Valley	2011
Pole Vault	7'6"	10'11.50"	Samantha Ward (DeSales)	2008
Long Jump	14'6"	18'6"	Janine Shirk (Messiah)	1996
High Jump	4'6"	5'6"	Crystal Gibson (LVC)/Kelsey Buffenmyer (Juniata)	
Triple Jump	31'	38'9.75"	Kristen Bates (Messiah)	2008
Shot Put	30'	46'11.50"	Christina Scherwin (Moravian)	2003
Discus	95'	142'	Ann Musser (Lebanon Valley)	1998
Javelin	90'	164'8"	Christina Scherwin (Moravian)	2002
Hammer	85'	148'10"	Nikita Halteman (Widener)	2010
Heptathlon	Open	4,044 points	Amy Reed (Messiah)	2005

Albright College Lions

Men

Robert Baldwin	Sr.	Woodbury, NJ/Woodbury
Cameron Blackwell	So.	Lacey, NJ/Lacey Township
Sean Cain	So.	Jamison, PA/Archbishop Wood
Dane Canonico	Sr.	Farmingdale, NJ/Colts Neck
Clayton Courter	Jr.	Lock Haven, PA/Central Valley
Daniel Davis Jr.	Jr.	Philadelphia, PA/Cardinal Dougherty
Oumar Diawara	Fr.	Philadelphia, PA/Boys Latin
Joel Dock	So.	Baldwin, NY/Baldwin
Osyus Fisher	So.	Pittsburgh, PA/Cornell
Anthony Glass	Jr.	Reinholds, PA/Cocalico
Steffen Gonzalez	Jr.	Toms River, NJ/Toms River East
Jermaine Grey	So.	Brooklyn, NY/Abraham Lincoln
Alex Jenkins	So.	Hamilton, NY/Hamilton West
Sam Marcotte	Jr.	Hampden, MA/Minnechaug Regional
Oinye McKinzie	So.	New Castle, DE/Christiana
Brad Ohlinger	So.	Sinking Spring, PA/Wilson
JaVaughn Patterson	Fr.	Stroudsburg, PA/Stroudsburg
Darrian Pierce	Fr.	Lawnside, NJ/Haddon Heights
Sean Potter	Jr.	Toms River, NJ/Toms River North
Rob Raison	So.	Bensalem, PA/Warminster
Dwayne Randall	Fr.	Frederick, MD/Linganore
Clark Runciman	Sr.	Baltimore, MD/Calvert Hall College
Mike Schwartz	Jr.	Lakewood, NJ/Monsignor Donovan
Tyreek Spaide	Jr.	Berwick, PA/Berwick
Brian Spells	So.	Vineland, NJ/Vineland
Connor Unger	Sr.	Hatfield, PA/Lansdale Catholic

Women

Lindsay Boyd	Sr.	Marlton, NJ/Cherokee
Mary Frederick	Sr.	Coatesville, PA/Coatesville Area
Karen Gasior	Fr.	Union Bridge, MD/Francis Scott Key
Shanna Hawkins	Sr.	Steelton, PA/Steelton Highspire
Sami Haynes	Jr.	Niantic, CT/East Lyme
Danisha Higgs	Jr.	Nassau, Bahamas/Lyford Cay School
Angelica Hull	So.	Litz, PA/Warwick
Taylor Kutz	Sr.	Reading, PA/Reading
Ronya Nassar	So.	Allentown, PA/Allentown Central Catholic
Adey Alaoluwa	Sr.	East Hartford, CT/The Bells
Christine Pallas	Jr.	Matawan, NJ/Matawan
Carie Rivera	Fr.	Cherry Hill, NJ/Cherry Hill West
Tamahra Sheard	Fr.	King of Prussia, PA/Upper Merion
Rebecca Stickler	So.	Wrightsville, PA/Eastern York
Krystal Swasey	Jr.	Chambersburg, PA/Chambersburg
Caroline Vazzana	Jr.	Staten Island, NY/St. Joseph Hill Acad.
Claire Weaver	Fr.	Lancaster, PA/Lancaster Catholic
Kristen Zarra	Sr.	Somers Point, NJ/Mainland Regional

Alvernia University Crusaders

Men

Ricky Bruno	Fr.	Reading, PA/Exeter
Edward Cadman	So.	Whitehall, PA/Allentown Central Catholic
Michael Cassidy	Sr.	Northford, CT/North Branford
Jeremiah Clinchoc	Fr.	DuBois, PA/DuBois
Colin Donovan	Jr.	Lancaster, PA/Manheim Twp.
Brian Elliott	Fr.	Newark, DE/Hodgson Vo-Tech
Dillon Emery	Jr.	Locistdale, PA/North Schuylkill
Nick Gillette	Fr.	Princeton, NJ/Princeton
Cody Hughes	So.	Birdsboro, PA/Twin Valley
Peter MacNamee	So.	Dublin, PA/Pennridge
Nick Mancuso	Fr.	Hauppauge, NY/Hauppauge
Andrew Martin	So.	Thornton, PA/Garnet Valley
Cory Novik	Fr.	Mohnton, PA/Governor Mifflin
Rondel Parker	So.	Lindenwold, NJ/Lindenwold
Joshua Streeter	So.	Paoli, PA/Great Valley
Rodre Tomlinson	Fr.	Swathmore, PA/Strath Haven
Bronson Whitt	Fr.	Philadelphia, PA/Northeast
Zachary Wilson	So.	Newark, DE/Caravel Academy
Brandon Young	So.	Baltimore, MD/Loyola Blakefield

Women

Jamie Cappiello	Fr.	Levittown, PA/Neshaminy
Olivia Dunzelman	So.	Monmouth Beach, NJ/
Melissa Fallenbaum	Sr.	Mount Joy, PA/Hempfield
Sarah Garner	Fr.	Whitehall, PA/Whitehall
Kayla Guerrieri	Fr.	Newfoundland, PA/Wallenpaupack
Josie Heil	Fr.	Conshohocken, PA/Plymouth Whitemarsh
Rachel Heisler	So.	Boyertown, PA/Boyertown
Jeanne Knowles	Fr.	Hockessin, DE/St. Mark's
Gabriella Messina	Fr.	Washington, NJ/Warren Hills
Mylen Ruppert	So.	Reading, PA/Reading
Chyna Saunders	Fr.	Buena, NJ/Buena Regional
Amanda Searle	Jr.	Mullica Hill, NJ/Clearview Regional
Andrea Stevko	Fr.	Palmerton, PA/Palmerton
Becky Stiteler	Fr.	Plymouth Meeting, PA/Plymouth Whitemarsh
Tina Marie Streleckis	So.	Philadelphia, PA/St. Hubert
Tia Thomas	Fr.	Williamstown, NJ/Williamstown
Bridget Verdel	Jr.	Hamilton Square, NJ/Notre Dame
Erin Verdon	So.	Washington, NJ/Warren Hills

Delaware Valley College Aggies

Men

Rasheed Bailey	So.	Philadelphia, PA/Roxborough
Chris Beard	Fr.	Raphine, VA/Parry McCluer
Naadir Betts	Sr.	Somerset, NJ/Somerville
Brian Carter	So.	Philadelphia, PA/George Washington
Sam Cullen	Fr.	Glenolden, PA/Monsignor Farrell
Jason Doll	Fr.	Boalsburg, PA/State College
Patrick Hastings	So.	Staten Island, NY/Monsignor Farrell
Matt Hoagland	Fr.	Willow Grove, PA/Upper Moreland
Kyle Hunter	So.	Montoursville, PA/Montoursville
Kyle Lane	Fr.	Philadelphia, PA/Coatesville
Charles Logue	So.	Bernardsville, NJ/Bernards
Khalif McBurrows	Fr.	Colingdale, PA/Academy Park
Sam McCaffrey	Fr.	Lambertville, NJ/South Hunterdon
Andrew McMillan	Jr.	Randolph, NJ/Randolph
Akmed Muhammed	Fr.	Marys Landing, NJ/Oakcrest

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Women

EmmaRose Boyle	Fr.	Andreas, PA/Marian Catholic
Tracey Forsythe	Sr.	Hagerstown, MD/Williamsport
Melissa Greulich	Jr.	Pipersville, PA/Central Bucks East
Dana Kilgariff	So.	Philadelphia, PA/W.B. Saul
Samantha King	Fr.	York Springs, PA/Bermudian Springs
Lindsey Leisenring	So.	Clyde, NY/Waterloo
Natalie Marks	Jr.	Downingtown, PA/Downingtown East
Alexis Maylor	Jr.	Derry, NH/Pinkerton Academy
Teagan McCardle	So.	Lewistown, PA/Indian Valley
Sarah Paradiso	So.	North Haledon, NJ
Kerry Quinn	Fr.	Mt. Olive, NJ/Mount Olive
Amanda Reid	Fr.	Pasadena, MD/Northeast
Brittany Roberts	So.	Bloomington, NJ/Butler
Shelly Salvemini	Fr.	Bangor, PA/Bangor
Tia Taylor	So.	Chester, PA/Milton Hershey

Continued on next page

Delaware Valley College Aggies (continued)

Men

George Mulherin	So.	Levittown, PA/Neshaminy
Ben Nixon	Fr.	Lansdale, PA/Christopher Dock
Marvin Parker	Fr.	Pennsauken, NJ/Camnden Catholic
Aaron Rill	Fr.	York, PA/Central York
Greg Rosario	Fr.	Forest Grove, PA/Central Bucks East
Devin Schechter	Fr.	Lower Merion, PA/Harrilton
Greyson Smith	Fr.	Palmyra, PA/Palmyra
Jimmy Terris	Sr.	Somerville, PA/Somerville
Lewis Vincent	Jr.	Bensalem, PA/Bensalem
Jesse Ware	Jr.	Rising Sun, MD/Salesianum

Women

Stephanie Unger	So.	Oreland, PA/St. Basil Academy
Stephanie Vona	Jr.	Warrington, PA/Central Bucks South
Jennifer Walker	So.	Middleburg, PA/Middle-West

DeSales University Bulldogs

Men

Eric Altpeter	Sr.	Bethlehem, PA/Bethlehem Catholic
Ed Ashton	Fr.	Media, PA/Penncrest
Ben Badilla	Sr.	Bensalem, PA/Archbishop Ryan
John Bayeux	So.	Basking Ridge, NJ/Ridge
Dan Beck	Jr.	Churchville, PA/Council Rock South
AJ Cook	So.	Stanhope, NJ/Hopatcong
Nico Crachi	Fr.	Allentown, PA/Dieruff
Ryan DePinto	Fr.	Langhorne, PA/Neshaminy
Kevin Drastura	Fr.	Linden, NJ/Roselle Catholic
David Dusza	Jr.	Scwensville, PA/Souderton
Sean Dusza	Fr.	Scwensville, PA/Souderton
Brandon Esterly	Sr.	Reading, PA/Muhlenberg
Connor Foley	Fr.	Ellicott City, MD/Marriotts Ridge
Neal Fox	Sr.	Adamstown, PA/Lancaster Catholic
Ryan Guth	Jr.	Mohnton, PA/Governor Mifflin
Tim Haines	Jr.	Langhorne, PA/Neshaminy
Ryan Hart	Fr.	Downingtown, PA/Downingtown East
TJ Hawn	Fr.	Haddon Twp, PA/Haddon Twp.
Braheem Ingalls	Fr.	Woodlynne, NJ/Collingswood
Dalton Johnson	Fr.	Slatting, PA/Northern Lehigh
Stephan Jokic	Jr.	Toms River, NJ/Manchester Twp.
Zach Kaminski	Jr.	Elkton, MD/St. Mark's
Carl Keri	Jr.	Princeton, NJ/Montgomery
Henry Klinges	Jr.	Philadelphia, PA/Father Judge
Justin Kuhlamer	So.	Northampton, PA/Northampton
Jon Langton	Sr.	Middlesex, NJ/St. Joseph
Rob Lawler	Fr.	Middlesex, NJ/St. Joseph
Craig Malkowicz	Fr.	Woodbury, NJ/Gloucester Catholic
Adam Mathias	Jr.	Mountville, PA/Lancaster Catholic
Bryan Megee	Jr.	Easton, PA/Notre Dame
Mike Mitchell	Fr.	White Plains, NY/White Plains
Stephan Monaghan	Fr.	Philadelphia, PA/Roman Catholic
Nate Noll	So.	Kutztown, PA/Kutztown
Lee Orzol	So.	Hamilton, NJ/Notre Dame
Brian Panella	Sr.	Easton, PA/Notre Dame
Tyler Parisi	Sr.	Mohnton, PA/Holy Name
Nicholas Piazza	Sr.	Bethlehem, PA/Notre Dame
Scott Rennalls	Fr.	Budd Lake, NJ/Mount Olive
Patrick Roche	Fr.	Cape May Court House, NJ/Wildwood Catholic
Zac Sikanowicz	Jr.	South Plainfield, NJ/St. Joseph's Metuchen
Dan Taylor	Sr.	Shrewsbury, PA/York Catholic
Steve Van Doran	So.	Goshen, NY/Goshen
Ryan Vignogna	Fr.	Syracuse, NY/Christian Brothers Academy

Women

Natala Balla	Fr.	Trevoze, PA/Bensalem
Chrissy Banos	So.	Mountain Top, PA/Crestwood
Jaime Barna	Fr.	Wyckoff, NJ/Ramapo
Michelle Bartkus	So.	Havertown, PA/Cardinal O'Hara
Alyssa Brandt	So.	Hagerstown, MD/Clear Spring
Sarah Braun	Jr.	Bath, PA/Bethlehem Catholic
Melissa Buttner	Jr.	Camillus, NY/Bishop Ludden
Meghan Carr	So.	Atco, NJ/Paul VI
Michelle Churchman	So.	Wharton, NJ/Morris Hill
Stephanie Churchman	So.	Wharton, NJ/Morris Hill
AnnMarie Consiglio	Jr.	New Haven, CT/Sacred Heart Acad
Colleen Costello	Jr.	Flanders, NJ/Morris Catholic
Jessica Curry	Fr.	Syracuse, NY/Bishop Ludden
Taylor DelMonte	Fr.	Flourtown, PA/Springfield
Katlyn Diffenderfer	Jr.	Columbia, PA/Lancaster Catholic
Cara Guth	Jr.	Mohnton, PA/Governor Mifflin
Emma Kemmerer	Fr.	New Tripoli, PA/Northwestern Lehigh
Abby Labar	Fr.	Bethlehem, PA/Nazareth
Kate Little	Jr.	Nazareth, PA/Bethlehem Catholic
Maggie McNichol	Fr.	Washington, DE/Ursuline Academy
Amanda Miller	So.	Bethlehem, PA/Liberty
Samantha Myles	So.	Stroudsburg, PA/Stroudsburg
Shana Peterson	Fr.	Bethlehem, PA/Freedom
Erica Price	Fr.	Voorhees, NJ/Eastern
Amanda Pruzinsky	Sr.	Bristol, PA/Conwell-Egan Catholic
Emilee Ritherford	Sr.	Doylestown, PA/Archbishop Wood
Chelsea Saylor	Jr.	Myerstown, PA/Eastern Lebanon
Erinne Schmalzer	Jr.	Whitehall, PA/Whitehall
Chelsey Schmidt	Jr.	Succasunna, NJ/Roxbury
Taylor Valentin	So.	Bethlehem, PA/Liberty
Megan Warner	Fr.	Palm Bay, FL/Heritage High

Elizabethtown College Blue Jays

Men

Cameron Aregood	Sr.	Woodbury Heights, NJ/Gateway Regional
Corey Aspril	So.	Lancaster, PA/Lampeter-Strasburg
Kevin Aspril	Jr.	Lancaster, PA/Lampeter-Strasburg
Bryan Baldwin	So.	New Windsor, NY/Newbaugh Free Academy
Joe Bayona	So.	Eatontown, NJ/Monmouth Regional
Jake Blanton	Sr.	Huntingdon Valley, PA/Lower Moreland
Kevin Brady	Jr.	Hanover, PA/Delone Catholic
Sam Brooks	Fr.	Blue Bell, PA/Wissahickon
Ryan Conway	Fr.	Pottstown, PA/Owen J. Roberts
Sam Cooper	Fr.	Phoenixville, PA/Phoenixville
Lucas Dayhoff	Jr.	Keymar, MD/Walkersville

Women

Alyssa Alchele	Fr.	Lancaster, PA/Lancaster Catholic
Jasmine Boyle	Fr.	Brunswick, PA/Brunswick
Jess Burton	Sr.	Hockessin, DE/A.I. duPont
Rachel Carr	Fr.	Phoenixville, PA/Phoenixville, PA
Jillian Casey	Sr.	Mountain Top, PA/Crestwood
Ali Christ	Jr.	Fair Haven, NJ/Rumson-Fair Haven
Mary Clyne	Fr.	Thousand Oaks, CA/La Reina
Ashley Cox	Fr.	Mountville, PA/Hempfield
Krysten Dmochowski	Fr.	Wyomissing, PA/Wyomissing
Katy Fogel	Sr.	Mifflinburg, PA/Mifflinburg
Rachel Fuehrer	Jr.	Allentown, PA/Parkland

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Elizabethtown College Blue Jays (continued)

Men

Nathaniel Flickinger	So.	Carlisle, PA/Boiling Springs
Aaron Focht	Sr.	Etters, PA/Red Land
Justin Fortney	Fr.	Pitman, NJ/Pitman
Cal Graziano	Fr.	Pennington, NJ/Hopewell Valley Central
Dan Gresh	So.	Sewell, NJ/Washington Township
Ian Hamilton	Jr.	Tinton Falls, NJ/Monmouth Regional
Adam Harriger	Fr.	Chambersburg, PA/Chambersburg
Graeme Kennedy	Fr.	Hampstead, MD/Manchester Valley
Andrew Khela	So.	Bangor, PA/Bangor
Brian Layng	Jr.	Canton, PA/Canton
Malcolm McCord	Fr.	Mount Holly, NJ/Rancocas Valley Regional
Quinn Nadu	So.	Holtwood, PA/Penn Manor
Matt Rever	Jr.	Timonium, MD/Dulaney
Brad Risser	Sr.	Leola, PA/Manheim Twp.
Luke Rotenberger	Sr.	Quakertown, PA/Quakertown
Tyler Russ	Fr.	Cherry Hill, NJ/Cherry Hill East
Matt Shenk	Fr.	Spring Grove, PA/Spring Grove
Stephen Smith	Jr.	Westmont, NJ/Bishop Eustace
Ryan Stadel	Sr.	Lancaster, PA/Hempfield
Ricky Sturz	So.	Reading, PA/Exeter
Zach Trama	Fr.	West Chester, PA/West Chester East
Stephan Welsh	Jr.	Kutztown, PA/Kutztown
Alex Wildberger	So.	Perry Hall, MD/Perry Hall

Women

Alison Harrell	Jr.	Hagerstown, MD/North Hagerstown
Pam Jaraczewski	Sr.	Reading, PA/Muhlenberg
Laurie Jones	Jr.	Chambersburg, PA/Chambersburg
Amanda Kerno	Jr.	Sicklerville, NJ/Timber Creek
Shanna Kirgan	Jr.	West Keansburg, NJ/Mater Dei
Eileen Kroszner	Jr.	Perkasie, PA/Lansdale Catholic
Ashley Lockwood	Sr.	Neshanic Station, NJ/Somerville
Monica Loranger	Jr.	Butler, NJ/Butler
Breyonna Mack	So.	Harrisburg, PA/Harrisburg
Casey Meier	So.	Elizabethtown, PA/Elizabethtown
Diarra Molock	Fr.	Fort Washington, MD/Bishop McNamara
Elaina Nellis	Jr.	Clinton Corners, NY/Millbrook
Jenna Niedermayer	Sr.	Cinnaminson, NJ/Cinnaminson
Megan Patton	Sr.	Laytonsville, MD/Damascus
Lindsey Pekurny	Fr.	Kunkletown, PA/Palmerton
Courtney Runowski	Fr.	Council Rock North
Taryn Shank	Sr.	Hagerstown, MD/North Hagerstown
Sarah Steinmetz	Sr.	Baltimore, MD/Institute of Notre Dame
Amelia Tearnan	So.	Towson, MD/Mercy
Traci Tempone	Jr.	Collegeville, PA/Perkiomen Valley
Megan Tursi	Jr.	Eatontown, NJ/Monmouth Regional
Ashley Underkofler	So.	Doylestown, PA/Central Bucks South
Kelly Van Clief	Sr.	Saco, ME/Thornton Academy
Gabrielle Yankelevich	Fr.	Exton, PA/Great Valley
Jackie Zylka	Jr.	Harleysville, PA/Souderton

Hood College Blazers

Men

Jordan Acton	Sr.	Boonsboro, MD/Boonsboro
Nicolas Aldana	Jr.	Myersville, MD/Middletown
Alexander Ayer	Jr.	Frederick, MD/Frederick
Miachael Beldeman	So.	Washington, DC/Magruder
Christopher Catalfamo	Jr.	Warwick, RI/Warwick
Justin Cifuentes	So.	Teaneck, NJ/Teaneck
Chris Cook	So.	Mechanicsville, VA/Lee-Davis
Jamone Davis	So.	Severna Park, MD/Severna Park
Nathan Dubell	So.	Odenton, MD/Arundel
Matthew Dyjack	Jr.	Odenton, MD/Arundel
Kyle Gatlin	So.	Montgomery Village, MD
Daniel Jacobs	Jr.	Hillsborough, NJ/Hillsborough
Zach Lynch	Jr.	Odenton, MD/Arundel
Tom Marino	So.	Easton, PA/Easton
Stephen McNamara	Jr.	Bayside, NY/Bronx
Adam Medeiros	Fr.	Herndon, VA/Conant
Caleb Phillips	So.	Frederick, MD/Gov. Thomas Johnson
Steven Powell	Jr.	Stevensville, MD/Kent Island
Brett Shelley	Sr.	Landisburg, PA/West Perry
Nick Slawson	So.	Mesa, AZ/Mesa
Eric Stone	Fr.	Thurmont, MD/Catoctin
Nikko Thomas	Jr.	Odenton, MD/Arundel
Todd Welch	So.	Gwynn Oak, MD/Western Tech
Chris White	Fr.	White Plains, MD/Lackey
Tyree Wilson	Jr.	Wilmington, DE/St. George's Tech
Gunther Zimmer	Jr.	Westminster, MD/Winters Mille

Women

Ashley Barnes	Fr.	Yigo, Guam/Guam
Caitlin Bean	So.	Chester, MD/Kent Island
Sara Bean	Sr.	Chester, MD/Kent Island
Chelsea Bunker	So.	Denton, MD/North Caroline
Megan Cahill	Sr.	Frederick, MD/Gov. Thomas Johnson
Alexandra Dystant	So.	Odenton, MD/Arundel
Sophie Grizzle	Jr.	Brunswick, MD/Brunswick
Maya Jackson	So.	Baltimore, MD/Roland Park County
Caitlin McGrath	Fr.	Stevensville, MD/Kent Island
Alyssa Peterson	Jr.	Taneytown, MD/Francis Scott Key
Lauren Roesch	Jr.	Glennville, PA/South Western
Meghan Rose	Jr.	Baltimore, MD/Eastern Tech
Chloe Scott	Fr.	Frederick, MD/Frederick
Lauren Shaak	Jr.	Fayetteville, PA/Chambersburg
Heather Silveira	So.	Baltimore, MD/Chesapeake
Verkia Smith	Fr.	Waldorf, MD/North Point
Margarita Swissler	So.	Madison, WI/West
Nalla Tejera	Sr.	Hialeah, FL/Doral Academy
Hannah Weis	So.	Huntingdon, MD/Huntingdon
Gretchen Whitesell	So.	Myersville, MD/Middletown
Chelsea Young	Jr.	Walkersville, MD/Walkersville
Jessica Zambreny	So.	LaVale, MD/Aligany

Lebanon Valley College Flying Dutchmen

Men

Noe Aguilar	Fr.	Biglerville, PA/Biglerville
Jospeh Bennett	Fr.	Teaneck, NJ/Passaic County Tech
William Bissett	Jr.	Harrisburg, PA/Central Dauphin East
Christopher Black	Jr.	Lebanon, PA/Lebanon
Ian Bond	Jr.	Marysville, PA/West Perry
Elliott Bonds	Jr.	Palmyra, PA/Palmyra
Erik Brandt	Sr.	Lebanon, PA.Cedar Crest
Stephen Chappell	Fr.	Chalfont, PA/Central Bucks South
Dominic DiAngelis	Jr.	Jonestown, PA/Northern Lebanon
Jerome Duncan	Sr.	Aston, PA/Sun Valley
Kye Fronk	So.	Thompsontown, PA/Greenwood
Johnathan Fureman	Jr.	Lebanon, PA/Lebanon
Mark Garraway	So.	Mechanicsburg, PA/Mechanicsburg
Deryk Gringrich	Jr.	Lebanon, PA/Lebanon
Kevin Greene	Sr.	Wilmington, DE/Wilmington Charter
Machael Harnish	So.	Myerstown, PA/ELCO
Cody Lloyd	Fr.	Lebaon, PA/Cedar Crest
De"Von Moore	So.	Bel Air, MD/C Milton Wright
Reid Pavik	Fr.	Manheim, PA/Central Manheim
Jeffery Pellow	Fr.	Hanover, PA/South Western
Jonathan Riley	So.	Aberdeen, NJ/Matawan
John Salcedo	Fr.	York, PA/York Suburban
CJ Sayous	So.	Randolph, NJ/Randolph
Jesse Shetrom	So.	Osceola Mills, PA/Phillipsburg-Osceola
Darryl Sweeper	So.	Reading, PA/Muhlenberg
Alex Talarico	Sr.	Fleetwood, PA/Oley Valley
Patrick Tierney	Sr.	Mechanicsburg, PA/Cedar Cliff
Nate Valdez	Jr.	York,PA/William Penn
Casey Walston	Fr.	Lancaster, PA/JP McCaskey
Mike Weir	Jr.	Elizabethtown, PA/Lower Dauphin
Caleb Wiley	Sr.	South Londonderry, VT/Burr & Burton

Women

Cynthia Adams	Jr.	Elysburg, PA/Southern Columbia
Kate Anderson	Gr.	Stevens, PA/Ephrata
Ines Antensteiner	So.	Lewisburg, PA/Lewisburg
Caitlin Bach	Jr.	Manchester, MD/North Carroll
Emily Banks	Fr.	Hummelstown, PA/Lower Dauphin
Sarah Black	Jr.	Hummelstown, PA/Bishop McDevitt
Sarah Boyles	Jr.	Centreville, VA/Westfield
Noelle Brossman	Jr.	Ephrata, PA/Ephrata
Laura Calderone	Jr.	Monmouth Junction, NY/South Brunswick
Paige Diller	Fr.	Salisbury, MD/Parkside
Rachel Eyster	So.	York, PA/West York
Alisha Farrell	Sr.	East McKeesport, PA/East Allegheny
Kristin Fitti-Hafer	Jr.	Kutztown, PA/Kutztown
Taylor Gerchak	So.	Pottsville, PA/Pottsville
Lauren Grauer	So.	Hohrsville, PA/Schuylkill Valley
Claire Hejnas	Jr.	Delran, NJ/Delran
Hannah Jones	Fr.	York, PA/York Suburban
Alyssa Keich	So.	Tamaqua, PA/Tamaqua
Maurissa Laudeman	Sr.	Ashland, PA/North Schuylkill
Annese Mauer	So.	Enola, PA/East Pennsboro
Alyssa Miller	Jr.	Schuylkill Haven, PA/Schuylkill Haven
Julia Mangeau	Jr.	Lancaster, PA/Hempfield
Steph Monico	Jr.	Harleysville, PA/Souderton
Lauren Mowery	Jr.	Reedsville, PA/Indian Valley
Alexa Muffly	Fr.	Watsonstown, PA/Warrior Run
Kat O'Hara	So.	Harrisburg, PA/Central Dauphin East
Kelsey Patrick	Fr.	Tamaqua, PA/Tamaqua
Hannah Salapa	Jr.	Harrisburg, PA/Central Dauphin East
Jamielyn Samper	Jr.	Monmouth Junction, NJ/South Brunswick
Taylor Seiber	So.	Elliottsburg, PA/West Perry
Amber Shay	So.	Newmanstown, PA/ELCO
Mariah Smolka	So.	Rio Grande, NJ/Middle Twp.
Dana Stockdale	So.	Lewisburg, PA/Lewisburg
Nicole Vasiliu	So.	Mechanicsburg, PA/Mechanicsburg
Cassie Wallen	Sr.	Hanover, PA/Hanover
Kelsey Wallen	Sr.	Hanover, PA/Hanover
Emily White	Fr.	Palmyra, PA/Annville Cleona
Brittany Wilson	Fr.	Elkton. MD/Bohemia Manor

Manhattanville College Valiants

Men

Dan Caggiano	Jr.	Staten Island, NY/St. Peter's
Chris Dadzie	Fr.	Accra Ghana/Taft Educational
Matt Goidell	Fr.	Centerport, NY/St. John the Baptist
Bill Motherway	Sr.	Kings Park, NY/Kings Park
Raphael Ray	Fr.	Westport, CT/Staples
Ben Smith	Jr.	Proctor, VT/Mt. St. Joeseeph Academy
Mike Szarkowicz	Gr.	Watertown, CT/Watertown
James Tatum	Fr.	Fulton, MD/Atholton
Evan Winston	Fr.	North Salem, NY/Briarcliff

Women

Rebecca Canavan	Fr.	New York, NY/St. Jean Baptiste
Kelly Davidson	Sr.	Yorba Linda, CA/Esperanza
Alexis Lanzillotti	So.	Walkill, NY/Walkill
Alexis Moore	Jr.	Vooheesville, NY/Vooheesville
Kayla Pleasant	Fr.	New Orleans, LA/Isidore Newman
Christine Pluchino	Fr.	Yonkers, NY/Sacred Heart
Debbie Rivera	Fr.	Lynbrook, NY/Lynbrook
Shannon Roberts	Fr.	Saddle Brook, NJ/Saddle Brook

Messiah College Falcons

Men

Abram Albert	Jr.	Dillsburg, PA/Northern
Andrew Ausel	Jr.	Quarryville, PA/Salanco
John Ausel	Fr.	Quarryville, PA/Salanco
Murray Beachtel	Sr.	Littlestown, PA/Littlestown
Edward Bley	Fr.	Willow Street, PA/Penn Manor
Michael Boyles	Fr.	Centreville, VA/Westfield
Derrick Brown	Sr.	Halifax, PA/Harrisburg Christian
Jayson Chu	So.	Ocean City, NJ/Ocean City
Jeremy Diehl	So.	Hanover, PA/South Western
Drew Engle	So.	Manheim, PA/Manheim Central
Alex Faus	Fr.	Elizabethtown, PA/Elizabethtown
Nathan Fleming	Fr.	Milton, VT/Milton
Fred Fulton	So.	Fredricksburg, VA/Mountain View
Quentin Hampton	Fr.	Kutztown, PA/Kutztown
Tim Hampton	Jr.	Frederick, MD/Walkersville
Josiah Haws	Fr.	East Earl, PA/Garden Spot
Phil Headland	Fr.	Llitz, PA/Warwick
Ryan Laird	Fr.	New Holland, PA/Garden Spot
Matthew Leber	Jr.	Germantown, MD/Cedar Brook Acad.
Caleb McGaughran	So.	Derry, PA/Homeschooled
JonPhillip McGill	So.	Interlaken, NY/South Seneca
Matthew Miller	Fr.	New Holland, PA/Garden Spot
Tim Minnick	Jr.	North Potomac, MD/Quince Orchard
Joel Ngui	Fr.	Petaling Jaya, Malaysia/Methodist
Ricardo Plummer	Jr.	York, PA/York Suburban
Aaron Powell	Fr.	Chambersburg, PA/Chambersburg
Trevor Praetsch	Jr.	Holliston, MA/Whitinsville
Colin Reisler	Sr.	Benington, VT/Mt. Athony Union
Aaron Reynolds	Sr.	Harrisburg, PA/Harrisburg Christian
Jared Schatz	Fr.	Elizabethtown, PA/Lancaster Mennonite
Christopher Scheib	Fr.	Halifax, PA/Halifax
Tyler Sensenig	Fr.	Lancaster, PA/Ephrata
Cameron Shirk	Fr.	Harrisburg, PA/Harrisburg Christian
Brandon Steams	Fr.	Union Bridge, MD/Francis Scott Key
Jacob Stockner	So.	Fredricksburg, VA/Mountain View
Trevor Stitzman	So.	Kutztown, PA/Kutztown
Celtson Toote	So.	Nassau, Bahamas/Queen's College
Seth Umbenhauer	Sr.	Telford, PA/Christopher Dock
Nicholas White	So.	Washingtonville, PA/Washingtonville
Alex Yoder	So.	Greencastle, PA/Greencastle
Joel Zeigler	So.	Mechanicsburg, PA/Mechanicsburg

Women

Mackenzie Alexander	So.	Easthampton, NJ/Rancocas Valley
Emma Barbagallo	Fr.	Newtown, PA/Council Rock North
Tasha Becker	Fr.	New Holland, PA/Garden Spot
Jenny Bender	Jr.	Hatfield, PA/North Penn
Rachel Bjorkman	Sr.	Leola, PA/Conestoga Valley
Jenny Bove	Jr.	Bear, DE/Red Lion Christian
Rachel Bowser	Fr.	Holidaysburg, PA/Holidaysburg
Erin Brown	Fr.	Clarksburg, MD/Clarksburg
Tiffany Burrows	So.	Quakerstown, PA/Quakerstown
Laura Castilow	So.	Harrisburg, PA/Central Dauphin
Kelly Choi	Fr.	Glen Mills, PA/Garnet Valley
Jessica Dillner	Sr.	Leola, PA/Conestoga Valley
Trinity Dodson	Fr.	Littlestown, PA/Littlestown
Alyssa Doll	So.	Dillsburg, PA/Northern
Ersikha Eugen	So.	Mechanicsburg, PA/Trinity
Lyndsay Feather	Fr.	Akron, OH/Copley
Brenda Flaherty	Sr.	Lansdale, PA/North Penn
Courtney Grammer	Sr.	Olney, MD/Sherwood
Natasha Henderson	So.	East Petersburg, PA/Hempfield
Victoria Hepp	Jr.	Newtown, PA/Council Rock North
Brandi Holladay	Sr.	Wilmington, DE/Brandywine
Alissa King	Fr.	Lititz, PA/Warwick
Jenny Kitzner	Jr.	Mechanicsburg, PA/Mechanicsburg
Hannah Ladeau	Fr.	Milford, PA/Milford
Peyton Lagasse	Fr.	Crofton, MD/Arundel
Kira Maier	Sr.	Medford, NJ/Shawnee
Susannah Marshall	Fr.	Waynesboro, PA/Waynesboro
Liz Martin	Jr.	Lancaster, PA/Garden Spot
Kaylene Mason	Jr.	East Quogue, NY/West Hampton Beach
Stephanie Miller	Sr.	Springfield, PA/Springfield
Alyssa Mills	So.	Plainville, CT/Plainville
Leah Novak	So.	Telford, PA/Souderton
Allyson Olkowski	Fr.	East Brady, PA/Karns City
Brittany Paine	Fr.	Bear, DE/Red Lion Christian Academy
Hillary Pelkey	Sr.	Mattamiscantis, ME/Mattanwook Academy
Rachel Poletti	Jr.	Lancaster, PA/Hempfield
Rebecca Ports	So.	Conowingo, MD/Perryville
Rachel Robinson	Fr.	Stroudsburg, PA/Pocono Mt. East
Suzette Sancho	So.	Linden, Guyana/East Pennsborow
Victoria Scrima	Fr.	Westtown, NY/Minsink Valley
Emily Senning	Fr.	South Hamilton, MA/Hamilton Wenham
Nicole Sunderland	Jr.	Boiling Srps, PA/Boiling Springs
Jacquelyn Young	Fr.	Germantown, MD/Clarksburg

Misericordia University Cougars

Men

Tosin Adeymo	Fr.	Columbus, NJ
Joe Ordo	Sr.	Hughestown, PA/Pittston
Nik Atkins	Fr.	Tunkhannock, PA/Tunkhannock
Zach Bottone	Fr.	Wilkes-Barre, PA/Coughlin
Nathan Brown	Fr.	Towanda, PA/Athens
James Connors	Fr.	Jenkins Twp, PA/Pittston
Carl Daubert	Fr.	Hanover Twp, PA/Hanover
Mike Eckman	So.	Shavertown, PA/Lake-Lehman
Ryan Foster	So.	Lebanon, PA/Lebanon
Skyler Gerrity	Fr.	Towanda, PA/Towanda
John Gibbons	Sr.	Ashley, PA/Hanover
Angel Guzman	So.	Windsor, NJ
Mikeal Hause	Fr.	Kulpmont, PA/Mt. Carmel
Jarrett Higley	So.	Dushore, PA/Sullivan County
Michael Krsulic	Fr.	Rockaway, NJ/Morris Hills
Glenn Layaou	So.	Tunkhannock, PA/Holy Redeemer
AJ Limongelli	So.	Dallas, PA/Holy Redeemer
Aidan Marich	Jr.	West Pittston, PA/Wyoming
Andrew Nelson	Fr.	Olyphant, PA/Holy Cross
Jeremy Osko	So.	Ashley, PA/Hanover
Angelo Scaffido	Jr.	Swoyersville, PA/Wyoming Valley West

Women

Allison Alexander	Fr.	Newark, DE/Newark
Bianca Bolton	Fr.	Pittston, PA/Pittston
Brianna Brodt	So.	Scranton, PA/Nazareth
Kelsey Cameron	Sr.	Telford, PA/Souderton
Bridget Comiskey	Jr.	Carmel, NY/Carmel
Sarah Downer	So.	Moscow, PA/North Pocono
Jill Dunn	Sr.	Hanover Twp, PA/Hanover
Courtney Garloff	Fr.	Lebaonon, PA/Cedar Crest
Stephanie Grow	Sr.	Nazareth, PA/Bethlehem Catholic
Chelsea Hall	Fr.	Northampton, PA/Northampton
Racheal Harding	So.	Ringwood, NJ/Lakewood
Molly Harleman	So.	Lehighon, PA/Lehighon
Rebecca Hindman	Jr.	Sinking Spring, PA/Wilson
Cecily Kohlmeir	Fr.	Tamaqua, PA/Tamaqua
Kate Michael	Fr.	Hughesville, PA/Hughesville
Julie Mikolaichik	Jr.	Harding, PA/Wyoming Area
Alexandria Miller	Fr.	Scott Twp, PA/Lakeland
Kayleigh Morein	Fr.	East Meadow, NY/East Meadow
Anna Nole	So.	Tunkhannock, PA/Tunkhannock
Hilari Norris	Fr.	Kingston, PA/Wyoming Valley West

Misericordia University Cougars (continued)

Women

Maura O'Rourke	Sr. Holmes, NY/Carmel
Marina Orrson	Sr. Shavertown, PA/Lake-Lehman
Stacey Perrins	Jr. Dupont, PA/Pittston
Rachael Rutkowski	Sr. Montgomery, PA/Montgomery
Sara Sabatino	Jr. Mountaintop, PA/Holy Redeemer
Rebecca Santoleri	So. Glen Mills, PA/Padua Academy
Nicole Schwartz	Fr. Toms River, NJ/Toms River North
Ashley Sexton	Fr. Philadelphia, PA/St. Hubert's
Alicia Stavitski	Fr. Hunlock Creek, PA/Northwest
Kate Steffney	So. West Deptford, NJ
Lindsey Stitzer	Fr. Nazareth, PA/Nazareth
Kelsey Thompson	So. Schuylkill Haven, PA/Blue Mountain
Amy Viti	Fr. Nazareth, PA/Nazareth
Corinne Walker	Fr. Wilkes-Barre, PA/Coughlin
Ashlee Ward	Jr. Wilkes-Barre, PA/E.L. Meyers
Sarah Wigg	Fr. Montgomery, PA/Montgomery
Marianna Wright	So. Vestal, NY/Seton Catholic Central
Alexa Yoder	So. Orwigsburg, PA/Blue Mountain

Stevenson University Mustangs

Men

Leodus Brown	Fr. Baltimore, MD/Potomac
Patrick Cristaldi	Sr. Laurel, MD/Atholton
Sean Dougherty	Jr. Eldersburg, MD/Liberty
Tom Ferguson	Fr. Pasadena, MD/Chesapeake
Richard Henerson	Jr. Severn, MD/Glen Burnie
Alpha Jalloh	Fr. New Carrollton, MD/Annapolis Christian
TJ Janasek	So. Laurel, MD/Hammond
Kelvin Kobodje	So. Edgewater Park, NJ/Willingboro
Brady Lusk	Fr. Pasadena, MD/Chesapeake
Grier Melick	Fr. Catawissa, PA/Lourdes Regional
Garrett Pegg	Fr. Pasadena, MD/Chesapeake
Doanld Rhoads	So. Enola, PA/East Pennsboro
Brendan Sarver	Jr. Elliott City, MD/Mt. St. Joseph
Dalonte Simpson	So. Lusby, MD/Patuxent
Shane Skyers	So. Miami, FL/Owings Mills
Sam Swirdovich	Fr. Columbia, MD/Wilde Lake
Cortez Taylor	So. Alexandria, VA/T.C. Williams
Tobias Townes	Fr. Baltimore, MD/Northwestern

Women

Josephine Adutwum	So. Hyattsville, MD/High Point
Brittany Briscoe	So. California, MD/Great Mills
Shannon Famini	Jr. Forest Hill, MD/Harford Tech
Brianna Glenn	So. Newark, DE/Hodgson Vo Tech
Ryane Griffin	Fr. Bear, DE/St. Georges Vo Tech
Monee Hill	So. Columbia, MD/Annapolis Christian
Rorie Lew	Fr. Pasadena, MD/Northeast
Jazmine McSwain	Fr. Essex, MD/Eastern Tech
Sherrie Wallace	Fr. Wilmington, DE/Mt. Pleasant

Widener University Pride

Men

Michael Ambrulavage	Fr. Mountain Top, PA/Holy Redeemer
Malcolm Bell	So. Philadelphia, PA/Girard College
Brian Benkhadra	Sr. Olney, MD/Dematha Catholic
William Betts	Jr. Wayne, PA/Conestoga
Jonathan Blake	So. Trenton, NJ/Northern Burlington
Denzell Boham	So. Royersford, PA/Spring-Ford
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
Anthony Clayton	Jr. Cinnaminson, NJ/Cinnaminson
Mick Coleman	Jr. Southampton, PA/William Tennant
Gavin Colley	So. Tunkhannock, PA/Tunkhannock
Zachary Conner	So. West Grove, PA/Avon Grove
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
Nicholas Dolhancryk	Sr. East Lansdowne, PA/Monsignor Bonner
Joseph Doran	So. Haddonfield, NJ/Haddonfield Memorial
Keinan Dougherty	Fr. Laurel Springs, NJ/Highland
Robert Dowd	Sr. Doyelstown, PA/Haverford
Denzel Drennon	Jr. Pennsauken, NJ/Pennsauken
Jamie Eller	So. Downingtown, PA/Downingtown

Women

Mackenzie Ahearn	Fr. Middlebury, CT/Pomperaug
Jordan Baker	So. Penns Grove, NJ/Penns Grove
Victoria Batter	Jr. Woodlyn, PA/Ridley
Audrey Calkin	So. Honesdale, PA/Honesdale
Ashley Callahan	Sr. Clementon, NJ/Paul VI
Amber Char	So. Southampton, NJ/William Tennant
Emily Conover	Sr. Egg Harbor Twp, Egg Harbor Twp
Hayley Conover	Sr. Egg Harbor Twp, Egg Harbor Twp
Nicole Crossey	Fr. Plainsboro, NJ/W. Windsor-Plainsboro
Gwendolynne Davis	Fr. Pottstown, PA/Pottstown
Meghan Devine	Fr. Lewisburg, PA/Lewisburg
Brittany Diehl	So. Havertown, PA/Haverford
Brianna Englert	Fr. Pottsville, PA/Pottsville
Taylor Englert	Fr. Pottsville, PA/Pottsville
Rachel Flagg	Fr. Bloomsburg, PA/Bloomsburg
Shakeira Folwer	Fr. Philadelphia, PA/Girard College
Sharee Halstead	Fr. Yeadon, PA/Haverford
Shauna Harris	Fr. Mt. Holly, NJ/Moorestown
Bailey Heishman	Fr. Westminster, MD/South Carroll
Rebecca Keppler	So. Springfield, NJ/Jonathon Dayton
Nicolina Marceca	So. Dingmans Ferry, PA/Delaware Valley
Angelique Matusz	So. Barnegat, NJ/Barnegat
Kellie Medendrop	Jr. Prospect Park, PA/Interboro
Jaclyn Miller	So. Media, PA/Penncrest
Tara Moken	So. Somerdale, NJ/Triton

Widener University Pride

Men

Richie Eppleman	So. Chester Springs, PA/Great Valley
Travon Erwin	Fr. Drexel Hill, PA/Upper Darby
Salvatore Faia	Fr. Chadds Ford, PA/Homeschooled
Thomas Fleming	So. Philadelphia, PA/Walter Palmer Acad.
Lloyd Flores	Fr. Columbus, NJ/Northern Burlington
Stephen Fortin	Fr. Goffstown, NH/Goffstown
Ryan Gallagher	Sr. Langhorne, PA/Neshaminy
Chris Garrity	So. Glenolden, NH/Goffstown
Ryan Gallagher	Sr. Langhorne, PA/Neshaminy
Chris Garrity	So. Glenolden, PA/Cardinal O'Hara
Cebastien Glosy	Fr. Philadelphia, PA/Central
Anthony Green	So. Penns Grove, NJ/Penns Grove
Leonard Harmon	Fr. Charlton, MA/Shepherd Hill
Ryan Harrigan	Jr. Mickleton, NJ/Kingsway
Robert Herbster	So. Garnet Valley, PA/Garnet Valley
Matthew Hladchuk	Jr. Huntingdon Valley, PA/Penn State
Jihad Jasper	So. Newark, DE/Hodgson
Christian Jeznach	Fr. Reading, PA/Gov. Mifflin
Nick Kausch	So. Edison, NJ/JP Stevens
Kyle Landis	Fr. Lincoln University, PA/Avon Grove
Dylan Lawrence	So. Coal Twp, PA/Loudes
Shawn Lignore	Sr. Jim Thorpe, PA/Jim Thorpe
James Madden	Fr. Haddonfield, NJ/Haddon Twp
Kristopher Martin	So. Wallingford, PA/Strath Haven
Ryan McBride	Fr. Cherry Hill, PA/Cherry Hill West
Kal McCloskey	So. Pittsburgh, PA/Bethel Park
Seamus Morgan	So. Warrington, PA/La Salle
Dennis Nguyen	Jr. Springfield, PA/Springfield
Edwin Noyes	Fr. Glen Mills, PA/Penncrest
Ben Petrak	Sr. Chadds Ford, PA/Kennett
Michael Quinn	Jr. Conshohocken, PA/Plymouth-Whitemarsh
Mike Recla	So. Bloomsburg, PA/Bloomsburg
Tori Remondelli	Fr. Point Pleasant, NJ/Point Pleasant
Antonio Richardson	So. Cartersville, VA/Cumberland
Andrew Robinson	So. Coatesville, PA/Coatesville
John Ruggiero	Jr. Warrington, PA/Central Bucks South
Charlie Schindler	Sr. Pasadena, MD/Mt. St. Joseph's
Tyler Schmalhofer	Jr. Elizabethtown, PA/Lancaster Catholic
Kevin Shaddock	Fr. Malvern, PA/Bishop Shanahan
Grant Shaffer	Fr. Glen Rock, PA/Susquehannock
James Siglin	Fr. Sussex, NJ/Verson Twp
Terry Simpson	So. Philadelphia, PA/Father Judge
Robert Sing	Fr. Glen Mills, PA/Penncrest
Eric Solomon	Jr. Columbia, PA/Hempfield
Stas Starovoytov	Sr. Feasterville, PA/Neshaminy
Ross Staudt	Fr. Marlton, NJ/Cherokee
Jordan Stehney	So. Glenolden, PA/West Catholic
Martin Turner	So. Chester, PA/Chester
William Updegrove	Fr. Bethlehem, PA/Liberty
William Wall	Sr. Williamstown, NJ/Williamstown
Evan Wildsmith	Fr. Philadelphia, PA/Father Judge

Women

Chelsea Morrison	So. Philadelphia, PA/Archbishop Ryan
Lauren Peterson	So. Glen Mills, PA/Garnet Valley
Nina Rizzo	Sr. Ardmore, PA/Archbishop Carroll
Chelsea Sannio	Fr. South Seaville, NJ/Middle Twp
Colleen Spiller	Jr. Flemington, NJ/Hunterdon Central
Jenna Szczepanski	Sr. West Seneca, NY/Gannon
Erica Szpynda	Jr. Berwick, PA/Berwick
Kayla Thomas	So. Morton, PA/Springfield
Erica Trofa	Fr. Upper Chichester, PA/St. Mark's
Victoria Wernersbach	So. Delran, NJ/Delran
Rachel Zimmerman	Fr. Duncannon, PA/Susquenita

2012 MAC Championships Results

Men's Team Results

1.	Widener	250.50
2.	Messiah	149
3.	Elizabethtown	146
4.	Lebanon Valley	101
5.	DeSales	67.50
6.	Alvernia	51
7.	Albright	36.50
8.	Misericordia	26
9.	Delaware Valley	26
10.	Manhattanville	1.50

Track Athlete of the Year

Travis Pitts, Delaware Valley

Field Athlete of the Year

Fred Fulton, Messiah

Rookie of the Year

Lee Orzol, DeSales

Coach of the Year

Vince Touey, Widener

Women's Team Results

1.	Messiah	189
2.	Lebanon Valley	165
3.	Elizabethtown	161.50
4.	Misericordia	123.50
5.	Widener	68.50
6.	DeSales	53.50
7.	Delaware Valley	40
8.	Alvernia	33
9.	Albright	13
10.	Manhattanville	4

Track Athlete of the Year

Liz Martin, Messiah

Field Athlete of the Year

Alexis Maylor, Delaware Valley

Rookie of the Year

Ines Antensteiner, Lebanon Valley

Coach of the Year

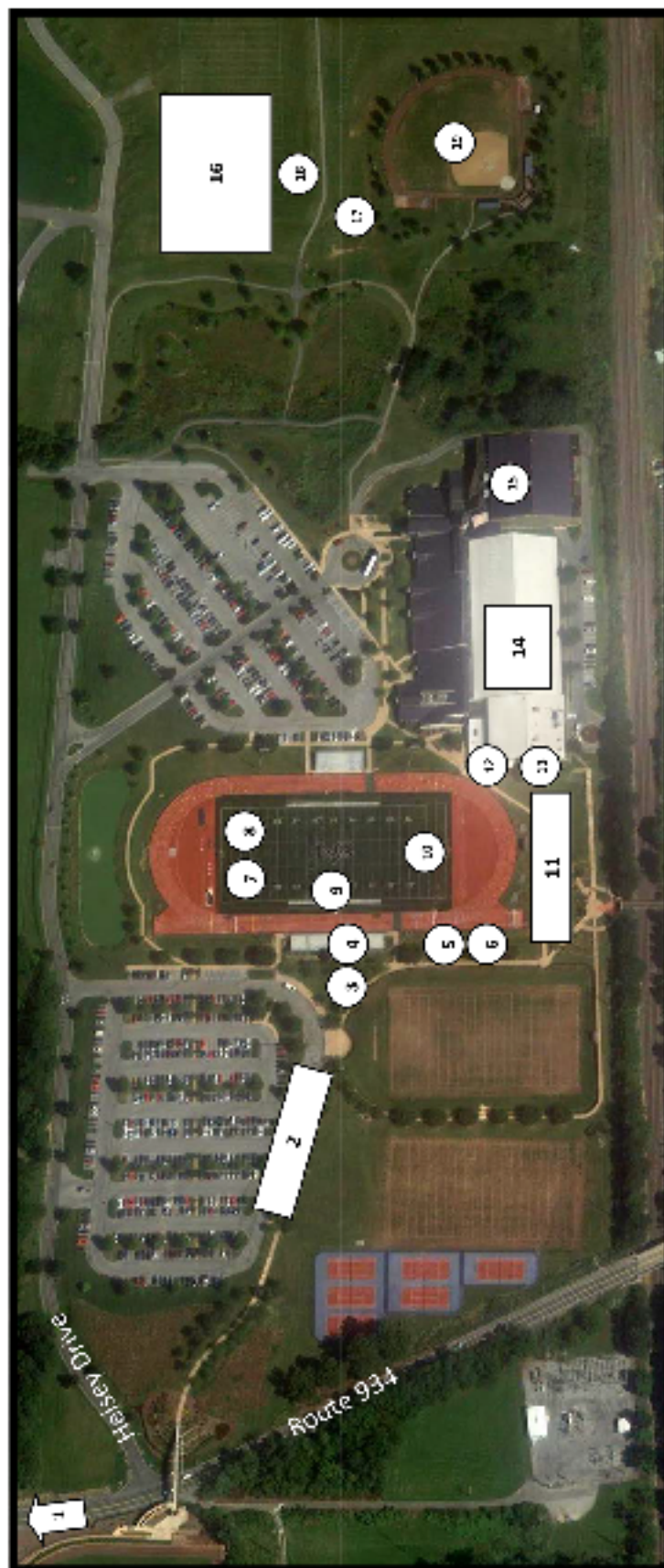
Dale Fogelsanger, Messiah &
Melissa Weidler, Lebanon Valley

Year-by-Year Team Champions (last 10 years)

Year	Men's Champion	Women's Champion
2003	Susquehanna University	Moravian College
2004	Elizabethtown College	Moravian College
2005	Susquehanna University	Moravian College
2006	Widener University	Messiah College
2007	Elizabethtown College	Messiah College
2008	Elizabethtown College	Messiah College
2009	Elizabethtown College	Messiah College
2010	Widener University	Messiah College
2011	DeSales University	Messiah College
2012	Widener University	Messiah College

LebanonValleyCollegeCampusMap

2013 MAC Outdoor Track & Field Championships Map



- | | | |
|--|---|--|
| 1) Bus & Van Parking (Follow Signs) | 7) Clerk Tent | 14) Locker Rooms & Reserved Indoor Area |
| 2) Officials Parking | 8) Official & Worker Check-in | 15) Dutchmen Lounge - Coaches Meeting |
| 3) Implement Weigh-ins | 9) Award Stand | 16) Throwing Areas |
| 4) Officials, Coaches & Student Worker Hospitality (Press Box) | 10) Athletic Training Tent / Water | 17) Porta-johns |
| 5) MAC Track & Field Alumni Tent | 11) Team Tent Area | 18) Athletic Training Tent / Water #2 |
| 6) LVC Track & Field Alumni | 12) Concession Stands | 19) MAC Championships Softball Tournament |
| | 13) Outside Restrooms | |

CELEBRATING 100 YEARS OF THE MIDDLE ATLANTIC CONFERENCE

During 2012-13 the Middle Atlantic Conferences celebrate MAC 100 to honor a century of intercollegiate competitions as one of the oldest intercollegiate athletics associations in the United States. Founded on December 11, 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 36 NCAA team championships.



Lafayette was the host institution for the first gathering of the Middle Atlantic States Collegiate Athletic Conference (MASCAC) on December 11, 1912 and hosted the first annual meeting of the "Association" on May 16, 1913. Lafayette also played host to the conference's first sporting event, the first annual track meet, on May 17, 1913. Below are listed the results from the first ever Middle Atlantic Conference Track and Field meet.

Team Results

Lafayette	29.5 pts
Swarthmore	27.5 pts
Franklin & Marshall	18 pts

Individual Results

Event	Champion	School	Mark
100 Yard Dash	Sykes	Franklin & Marshall	10.6
220 Yard Dash	Springer	Washington & Jefferson	23.4
440 Yard Dash	Melick	Swarthmore	52.6
880 Yard Run	Lent	New York	2:11.0
Mile Run	Burke	Lehigh	4:35.0
2 Mile Run	Caldwell	Lafayette	10:19.6
120 Yard High Hurdles	Gowdy	Swarthmore	16.6
220 Yard Low Hurdles	Gowdy	Swarthmore	26.6
Shot Put	Van Berekhy	Lebanon Valley	41' 3"
Discus	Talman	Rutgers	118' 10"
Long Jump	Gowdy	Swarthmore	22' 3/8"
High Jump	Rahn	Muhlenberg	5' 7 1/2"
Pole Vault	Porterfield	Franklin & Marshall	11' 3"
Hammer Throw	Woodward	Lafayette	137' 11 1/2"

Schedule of Events

Thursday, May 2

Time	Event
10:00	Check-in & Registration
11:30	Implement Inspection
1:00	Men's Decathlon
- 100, Long Jump, Shot Put, High Jump, 400*	
2:00	Women's Heptathlon
-100 Hurdles, High Jump, Shot Put, 200*	
6:00	Women's 4 X 800 Relay (F)
6:15	Men's 4 X 800 Relay (F)
6:30	Women's 10,000 Meter (F)
7:15	Men's 10,000 Meter (F)
After 10K	Thursday Awards

*Following each event in the decathlon/heptathlon, there will be a 30 minute break before the next event

* (T) - Trials

* (F) - Finals

* (T/F) - Trials and Finals

Friday, May 3

Time	Event
9:30	Implement Inspection
9:30	Coaches & Officials Meeting
10:00	Men's Decathlon
- 110 Hurdles, Discus, Pole Vault, Javelin, 1500	
10:00	Men's High Jump (F)
10:15	Women's Heptathlon
- Long Jump, Javelin, 800	
11:45	Men's 3000 Steeplechase (F)
12:00	Women's 3000 Steeplechase (F)
12:00	Men's Hammer (T/F)
12:00	Women's Shot Put (T/F)
12:20	Men's 4 X 100 Relay (T)
12:30	Women's Triple Jump T/F)
12:35	Women's 4 X 100 Relay (T)
12:50	Men's 110 Meter Hurdles (T)
1:10	Women's 100 Meter Hurdles (T)
1:30	Men's 400 Meter (T)
1:50	Women's 400 Meter (T)
2:00	Women's High Jump (F)
2:20	Men's 100 Meter (T)
2:30	Men's Triple Jump (T/F)
2:30	Men's Shot Put (T/F)
2:30	Women's Hammer (T/F)
2:40	Women's 100 Meter (T)
3:10	Men's 800 Meter (T)
3:30	Women's 800 Meter (T)
3:50	Men's 400 Meter Hurdles (T)
4:10	Women's 400 Meter Hurdles (T)
4:30	Men's 200 Meter (T)

*Following each event in the decathlon/heptathlon, there will be a 30 minute break before the next event

* (T) - Trials

* (F) - Finals

* (T/F) - Trials and Finals

Saturday, May 4

Time	Event
10:00	Men's Long Jump (T/F)
10:00	Women's Discus (T/F)
10:30	Men's Pole Vault (F)
11:30	Women's Long Jump (T/F)
11:45	Men's Discus (T/F)
11:45	Women's Alumni 100 Meter
Noon	Men's Alumni 100 Meter
12:15	Men's/Women's Alumni 1500
12:45	Alumni Recognition
1:00	Women's 4 X 100 Relay
1:00	Men's/Women's Alumni Long Jump
1:10	Men's 4 X 100 Relay (F)
1:20	Women's 1500 Meter (F)
1:30	Women's Javelin (T/F)
1:35	Men's 1500 Meter (F)
1:50	Women's 100 Meter Hurdles (F)
2:00	Men's/Women's Alumni Shot Put
2:00	Women's Pole Vault (F)
2:00	Men's 110 Meter Hurdles (F)
2:10	Women's 400 Meter (F)
2:20	Men's 400 Meter (F)
2:30	Women's 100 Meter (F)
2:40	Men's 100 Meter (F)
2:50	Women's 800 Meter (F)
3:00	Men's 800 Meter (F)
3:00	Men's Javelin (T/F)
3:10	Women's 400 Meter Hurdles (F)
3:20	Men's 400 Meter Hurdles (F)
3:30	Women's 200 Meter (F)
3:40	Men's 200 Meter (F)
3:50	Women's 5000 Meter (F)
4:15	Men's 5000 Meter (F)
4:35	Women's 4 X 400 Relay (F)
4:50	Men's 4 X 400 Relay (F)
5:00	Coaches Awards Meeting
5:20	Awards Presentation

*Following each event in the decathlon/heptathlon, there will be a 30 minute break before the next event

* (T) - Trials

* (F) - Finals

* (T/F) - Trials and Finals

* Following events in the decathlon/heptathlon, there will be a 30-minute break before the next event

Eight places score points for all events: 10-8-6-5-4-3-2-1

Meet Results: GoMACSports.com