2014 MAC Indoor Championships - 2/28/2014 to 3/1/2014
Lehigh University - Bethlehem, Pa.
Performance List

Event 1 Women 3000 Meter Run

	Name	Year	School	Seed
1	Patrick, Kelsey	SO	Lebanon Vall	10:13.62
2	Tempone, Traci	SR	Elizabethtow	10:17.15
3	Curry, Jessica	SO	DeSales	10:30.41
4	Doris, Megan	FR	Lebanon Vall	10:42.37
5	Guth, Cara	SR	DeSales	10:47.49
6	Tursi, Megan	SR	Elizabethtow	10:47.78
7	Killmon, Bethany	FR	Misericordia	10:48.30
8	Bolton, Bianca	SO	Misericordia	10:48.93
9	Bender, Jennifer	SR	Messiah	10:50.83
10	Kerno, Amanda	SR	Elizabethtow	10:54.50
11	Churchman, stephanie	SO	DeSales	11:02.21
12	Balla, Natala	SO	DeSales	11:08.22
13	Kemmerer, Emma	SO	DeSales	11:10.83
14	Becker, Tasha	SO	Messiah	11:12.84
15	Downing, Katie	FR	DeSales	11:13.41
16	Rogers, Alissa	FR	Messiah	11:14.78
17	Gehly, Samantha	FR	Elizabethtow	11:20.74
18	Nellis, Elaina	SR	Elizabethtow	11:26.09
19	Dystant, Alexandra	JR	Hood	11:26.24
20	Bove, Jennifer	SR	Messiah	11:30.06
21	Spicer, Shae	FR	Widener	11:38.81
22	Barbagallo, Emma	SO	Messiah	11:40.24
23	Cody, Eileen	JR	Elizabethtow	11:40.44
24	Labatt, Rachel	FR	Elizabethtow	11:45.80
25	Rekully, Gabby	JR	Messiah	11:49.58

Event 2 Men 3000 Meter Run

	Name	Year	School	Seed
1	McDermott, Will	FR	Widener	8:39.51
2	Shenk, Matthew	SO	Elizabethtow	8:44.86
3	Pitone, Ernie	FR	Widener	8:45.57
4	Megee, Bryan	SR	DeSales	8:53.41
5	Quinn, Michael	JR	Widener	8:53.67
6	Gallagher, Ryan	SR	Widener	8:55.08
7	Trama, Zach	SO	Elizabethtow	8:57.69
8	McCullough, Seamus	SR	Widener	9:00.78
9	Goelz, Andrew	SO	Lebanon Vall	9:01.25
10	Noll, Nate	JR	DeSales	9:02.05
11	Gresh, Dan	JR	Elizabethtow	9:04.19
12	Kaminski, Zach	SR	DeSales	9:06.56
13	Faus, Alex	SO	Messiah	9:09.83

14	Caporale, Jason	SR	Widener	9:09.91
15	Fortin, Stephen	FR	Widener	9:10.95
16	Fleming, Nathan	SO	Messiah	9:12.24
17	Sensenig, Tyler	SO	Messiah	9:13.92
18	Cooper, Sam	SO	Elizabethtow	9:15.98
19	Kilheeney, Bradley	FR	DeSales	9:16.29
20	Beck, Dan	SR	DeSales	9:16.36
21	Cummings, Matt	FR	DeSales	9:16.94
22	Shaddock, Kevin	SO	Widener	9:19.24
23	Ambrulavage, Michael	SO	Widener	9:21.33
24	Decker, Dylan	SR	Widener	9:23.53
25	Schatz, Jared	SO	Messiah	9:23.86
26	Pardoe, Josh	FR	Messiah	9:24.95

Event 3 Women Distance Medley

MAC Indoor: 12:14.01 2005 DeSales

	School	Seed
1	Lebanon Valley 'A'	12:24.69
	1) Jones, Hannah SO	2) Samper, Jamielyn SR
	3) Keich, Alyssa JR	4) Stockdale, Dana JR
2	Elizabethtown 'A'	12:31.68
	1) Jones, Laurie SR	2) Quinto, Casey FR
	3) Christ, Alexandra SR	4) Earnshaw, Brianna FR
3	Misericordia 'A'	13:01.65
	1) Killmon, Bethany FR	2) Fairchild, Kelty FR
	3) Eberly, Jill FR	4) Miller, Alexandria SO
4	DeSales 'A'	13:04.98
	1) Curry, Jessica SO	2) Downing, Katie FR
	3) Kemmerer, Emma SO	4) costello, colleen SR
5	Messiah 'A'	13:40.36
	1) Young, Jacquelyn SO	2) Bowser, Rachel SO
	3) Rekully, Gabby JR	4) Scrima, Victoria SO
6	Widener 'A'	13:48.64
	1) Conley, Marissa FR	2) Morrison, Chelsea JR
	3) Greisman, Amanda FR	4) Donahue, Emily SO
7	Alvernia 'A'	15:03.71
	1) Stevko, Andrea SO	2) Verdon, Erin JR
	3) Streleckis, ?	4) Brown, Christanna FR
8	Hood 'A'	NT
	1) McGrath, Caitlin SO	2) Scott, Sarah SO
	3) Bean, Caitlin JR	4) Wisz, Jamie JR
9	Delaware Valley 'A'	NT
	1) Chamberlain, Sara FR	2) Roberts, Brittany Danielle JR
	3) Welliver, Michelle SO	4) Unger, Stephanie SR

Event 4 Men Distance Medley

MAC Indoor: 10:26.99 2012 Elizabethtown

	School	Seed
1	Lebanon Valley 'A'	10:24.83

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     1) Sayous, Christopher JR          2) Tucker, Nicholas FR
     3) Pellow, Jeffrey SO              4) Brown, Ian FR
  2  Elizabethtown  'A'                                  10:31.42
     1) Lesko, Andrew FR                2) Schubert, Ryan FR
     3) Twist, Michael FR               4) Trama, Zach SO
  3  Misericordia  'A'                                   10:32.61
     1) Deignan, Eric FR                2) Daubert, Carl SO
     3) Higley, Jarrett JR              4) Limongelli, AJ JR
  4  DeSales  'A'                                        10:33.11
     1) Klinges, Henry SR               2) Collins, Patrick FR
     3) Foley, Connor SO                4) Beck, Dan SR
  5  Messiah  'A'                                        10:53.33
     1) Pardoe, Josh FR                 2) Aumen, Luke FR
     3) White, Jeremy FR                4) Pardoe, Nate FR
  6  Widener  'A'                                            NT
     1) Harmon, Leo SO                  2) Clayton, Anthony SR
     3) Jasper, Jihad JR                4) Caporale, Jason SR
  7  Alvernia  'A'                                           NT
     1) MacNamee, Peter JR              2) Nazario, Matthew FR
     3) Cadman, Edward JR               4) Bialek, Thomas FR
  8  Hood  'A'                                               NT
     1) Dyjack, Matthew SR              2) Stevens, Alexander FR
     3) Drum, Andrew JR                 4) Cifuentes, Justin JR

Event 5  Women 60 Meter Hurdles Prelims
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  MAC Indoor:   8.97  2012        Johanna Walker, Lebanon Valley
 Meet Qualifying:  11.55
     Name                        Year School                  Seed
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==
  1  Fitti-Hafer, Kristin          SR Lebanon Vall           9.22
  2  Norris, Hilari                SO Misericordia           9.29
  3  Martin, Liz                   SR Messiah                9.47
  4  Berger, Janette               FR DeSales                9.69
  5  Silveira, Heather             SR Hood                   9.72
  6  McKnight, Briana              FR Widener                9.77
  7  cappuccino, Katie             FR DeSales               10.32
  8  Young, Chelsea                SR Hood                  10.33
  9  Calderone, Laura              JR Lebanon Vall          10.34
 10  Rogan, Emily                  FR DeSales               10.40
 11  Heisey, Julie                 FR Messiah               10.47
 12  Heymann, Jillian              FR Hood                  10.49
 13  Steffney, Katherine           JR Misericordia          10.49
 14  Feather, Lyndsay              SO Messiah               10.55
 15  Querfeld, Rebecca             FR Messiah               10.61
 16  Michael, Kate                 SO Misericordia          10.70
 17  Mills, Alyssa                 JR Messiah               10.70
 18  McSwain, Jazmine              SO Stevenson             11.14
 19  Maneval, Brooke               FR Messiah               11.23
 20  Kuhns, Katlynn                SO Albright              11.37
 21  Ireland, Rebekah              FR Lebanon Vall          11.39

Event 6  Men 60 Meter Hurdles Prelims
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MAC Indoor: 8.33 2/23/2013 Jerome Duncan, Lebanon Vall
Meet Qualifying: 9.63

	Name	Year	School	Seed
1	White, Nicholas	JR	Messiah	8.51
2	Sweeper, Darryl	JR	Lebanon Vall	8.57
3	Brady, Kevin	SR	Elizabethtow	8.69
4	Grey, Jermaine	JR	Albright	8.77
5	Layng, Brian	SR	Elizabethtow	8.85
6	Aldana, Nicolas	SR	Hood	8.93
7	Sikanowicz, Zach	SR	DeSales	9.01
8	Niederhofer, Nathan	FR	Stevenson	9.05
9	Orzol, Lee	JR	DeSales	9.06
10	Wilson, Tyree	SR	Hood	9.07
11	Almonte, A. Fernando	FR	Lebanon Vall	9.09
12	Boham, Denzell	JR	Widener	9.18
13	Almonte, A. Eloy	FR	Lebanon Vall	9.30
14	Gamarra, Mike	FR	DeSales	9.32
15	Bush, Shane	FR	Delaware Val	9.35
16	McCord, Malcolm	SO	Elizabethtow	9.42
17	Slawson, Nick	JR	Hood	9.43
18	Engle, Drew	JR	Messiah	9.45

Event 7 Women 60 Meter Dash Prelims

MAC Indoor: 7.81 2/23/2013 Danisha Higgs, Albright
Meet Qualifying: 8.64

	Name	Year	School	Seed
1	Higgs, Danisha	SR	Albright	7.97
2	Diffenderfer, Katlyn	SR	DeSales	7.99
3	Wanner, Heather	FR	Alvernia	8.02
4	Fitti-Hafer, Kristin	SR	Lebanon Vall	8.05
5	Perrins, Stacey	SR	Misericordia	8.06
6	Martin, Liz	SR	Messiah	8.14
7	Braungard, Ashley	FR	Lebanon Vall	8.21
8	Detweiler, Kelsey	FR	Elizabethtow	8.38
9	Roberts, Shannon	SO	Manhattanvil	8.38
10	O'Donnell, Kelsey	FR	Misericordia	8.48
11	Rogan, Emily	FR	DeSales	8.55
12	Downer, Sarah	JR	Misericordia	8.57
13	Eugene, Ersikha	SR	Messiah	8.58
14	Hill, Monee	JR	Stevenson	8.59
15	Barnes, Ashley	SO	Hood	8.61
16	Blount, Jayda	FR	Hood	8.62
17	Booz, Natalie	FR	Messiah	8.62
18	Colt, Katie	FR	Widener	8.63
19	Olcheski, Shea	JR	Albright	8.66

Event 8 Men 60 Meter Dash Prelims

MAC Indoor: 6.92 2012 Travis Pitts, Delaware Valley
Meet Qualifying: 7.57

	Name	Year	School	Seed
1	Colley, Gavin	JR	Widener	6.95
2	Williams, Devonte	FR	Stevenson	7.03
3	Carter, Brian	JR	Delaware Val	7.10
4	Gainer, Gerrod	FR	Albright	7.16
5	Sweeper, Darryl	JR	Lebanon Vall	7.20
6	Marich, Aidan	SR	Misericordia	7.24
7	Potter, Sean	SR	Albright	7.25
8	Herbster, Bobby	JR	Widener	7.27
9	Yoder, Alex	JR	Messiah	7.27
10	Ingalls, Braheem	SO	DeSales	7.30
11	Orzol, Lee	JR	DeSales	7.31
12	Vincent, Lewis	SR	Delaware Val	7.31
13	McFarlin, Scott	FR	Alvernia	7.32
14	Sorrell, Ameer	SO	Widener	7.32
15	McGinnis, Ian	FR	Lebanon Vall	7.33
16	Sulton, Derek	FR	Widener	7.36
17	Blake, Jonathan	JR	Widener	7.39
18	Engle, Mark	FR	Messiah	7.40
19	Walker, Andrew	JR	Lebanon Vall	7.42
20	Mellon, Matthew	SR	Hood	7.42
21	Keri, Carl	SR	DeSales	7.42
22	Jeznach, Christian	SO	Widener	7.45
23	Schmalhofer, Ethan	FR	Widener	7.46
24	Clayton, Anthony	SR	Widener	7.46
25	Welch, Todd	JR	Hood	7.47
26	Layng, Brian	SR	Elizabethtow	7.48
27	Smith, Naeem	JR	Albright	7.48
28	Mukuwa, Kahembi	FR	Hood	7.49
29	Motsney, Ethan	FR	DeSales	7.49
30	Kutz, Colby	JR	Albright	7.49
31	Pottle, Michael	JR	Manhattanvil	7.49
32	Hampton, Tim	SR	Messiah	7.49
33	Skyers, Shane	JR	Stevenson	7.50
34	Minnick, Tim	SR	Messiah	7.51
35	Barndt, Nicholas	JR	Albright	7.52
36	Simpson, Dalonte	JR	Stevenson	7.52
37	Engle, Drew	JR	Messiah	7.53
38	Adeyemo, Oluwatosin	SO	Misericordia	7.53
39	Thomas, Nikko	SR	Hood	7.54
40	McNeill, Jordan	SR	Hood	7.55
41	Colley, Josh	FR	Widener	7.56

Event 9 Women 4x200 Meter Relay

MAC Indoor: 1:45.45 2012 Lebanon Valley

	School	Seed
1	Widener 'A'	1:47.37
	1) Diehl, Brittany JR	2) Azzollini, Danielle FR
	3) McKnight, Briana FR	4) Fowler, Shakeira SO
2	Misericordia 'A'	1:49.46
	1) Norris, Hilari SO	2) Fairchild, Mary FR

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     3) Viti, Amy SO                    4) Perrins, Stacey SR
  3  Lebanon Valley  'A'                                  1:50.31
     1) Fitti-Hafer, Kristin SR         2) Muffly, Alexa SO
     3) Antensteiner, Ines JR           4) Braungard, Ashley FR
  4  DeSales  'A'                                         1:51.88
     1) Balla, Natala SO                2) Barkus, Michelle JR
     3) Churchman, Michelle JR          4) Dauer, Beth FR
  5  Albright  'A'                                        1:54.70
     1) Olcheski, Shea JR               2) Nassar, Ronya JR
     3) Kuhns, Katlynn SO               4) Higgs, Danisha SR
  6  Elizabethtown  'A'                                   1:54.93
     1) Slater, Dee SO                  2) Detweiler, Kelsey FR
     3) Underkofler, Ashley SR          4) Zylka, Jackie SR
  7  Messiah  'A'                                         1:54.94
     1) Bowser, Rachel SO               2) Booz, Natalie FR
     3) Eugene, Ersikha SR              4) Martin, Liz SR
  8  Alvernia  'A'                                        1:54.96
     1) Wanner, Heather FR              2) Verdon, Erin JR
     3) Verdel, Bridget SR              4) Hontz, ?
  9  Manhattanville  'A'                                  1:57.30
     1) Roberts, Shannon SO             2) Cavanan, Rebecca SO
     3) Rivera, Debbie SO               4) Lanzillotti, Alexis JR
 10  Hood  'A'                                            1:59.62
     1) Jackson, Maya JR                2) Barnes, Ashley SO
     3) Blount, Jayda FR                4) Hammond-DoDoo, Helena JR
 11  Stevenson  'A'                                       2:05.93
     1) Samuels, Denese FR              2) McSwain, Jazmine SO
     3) Tiller, Jami FR                 4) Hill, Monee JR

Event 10  Men 4x200 Meter Relay
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  MAC Indoor:  1:31.08  2005        Moravian
     School                                                        Seed
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==
  1  Widener  'A'                                         1:33.17
     1) Betts, Will JR                  2) Blake, Jonathan JR
     3) Schmalhofer, Ethan FR           4) Sorrell, Ameer SO
  2  Albright  'A'                                        1:33.73
     1) Potter, Sean SR                 2) Smith, Naeem JR
     3) Gainer, Gerrod FR               4) Diawara, Oumar SO
  3  DeSales  'A'                                         1:33.95
     1) Keri, Carl SR                   2) Motsney, Ethan FR
     3) Sikanowicz, Zach SR             4) Ingalls, Braheem SO
  4  Lebanon Valley  'A'                                  1:34.18
     1) Pugh, Mickeal JR                2) Bennett, Joseph SO
     3) Sweeper, Darryl JR              4) Fronk, Kyle SO
  5  Misericordia  'A'                                    1:35.77
     1) Marich, Aidan SR                2) Tirro, Luigi FR
     3) Ruhl, George FR                 4) Nelson, Andrew SO
  6  Stevenson  'A'                                       1:35.84
     1) Niederhofer, Nathan FR          2) Getz, Taylor FR
     3) Simpson, Dalonte JR             4) Williams, Devonte FR
  7  Messiah  'A'                                         1:37.19
     1) Hampton, Tim SR                 2) Haws, Josiah SO
     3) Miller, Brady FR                4) Minnick, Tim SR
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8	Alvernia 'A'	1:38.43
	1) McFarlin, Scott FR	2) Young, Brandon JR
	3) Lockhart, Christopher FR	4) Nazario, Matthew FR
9	Hood 'A'	1:38.75
	1) Welch, Todd JR	2) Mellon, Matthew SR
	3) Thomas, Nikko SR	4) McNeill, Jordan SR
10	Elizabethtown 'A'	1:39.25
	1) Baldwin, Bryan JR	2) Kennedy, Graeme SO
	3) Aspril, Kevin SR	4) Hess, David FR

Event 11 Women 1 Mile Run

MAC Indoor: 5:03.49 2/23/2013 Traci Tempone, Elizabethtow

Meet Qualifying: 6:02.24

	Name	Year	School	Seed
1	Tempone, Traci	SR	Elizabethtow	5:12.02
2	Bolton, Bianca	SO	Misericordia	5:13.24
3	Patrick, Kelsey	SO	Lebanon Vall	5:16.92
4	Curry, Jessica	SO	DeSales	5:20.02
5	Tursi, Megan	SR	Elizabethtow	5:21.83
6	Killmon, Bethany	FR	Misericordia	5:26.55
7	Tearnan, Amelia	JR	Elizabethtow	5:27.77
8	Earnshaw, Brianna	FR	Elizabethtow	5:28.94
9	Bender, Jennifer	SR	Messiah	5:32.28
10	Guth, Cara	SR	DeSales	5:33.07
11	Downing, Katie	FR	DeSales	5:33.22
12	Adams, Cynthia	JR	Lebanon Vall	5:34.45
13	Jones, Laurie	SR	Elizabethtow	5:36.46
14	Rogers, Alissa	FR	Messiah	5:39.28
15	Churchman, stephanie	SO	DeSales	5:41.09
16	Quinto, Casey	FR	Elizabethtow	5:41.14
17	Young, Jacquelyn	SO	Messiah	5:44.86
18	Becker, Tasha	SO	Messiah	5:45.82
19	Jones, Hannah	SO	Lebanon Vall	5:47.76
20	Creighton, Emily	JR	Widener	5:48.15
21	Labar, Abby	SO	DeSales	5:49.84
22	Trofa, Erica	SO	Widener	5:51.51
23	Bove, Jennifer	SR	Messiah	5:52.22
24	Scrima, Victoria	SO	Messiah	5:52.98
25	Keich, Alyssa	JR	Lebanon Vall	5:53.99
26	Harding, Rachael	JR	Misericordia	5:54.65
27	Rees, Brittany	SO	Lebanon Vall	5:56.60
28	Rekully, Gabby	JR	Messiah	5:57.01
29	Siermine, Nicolette	FR	Elizabethtow	5:57.50
30	Novak, Leah	JR	Messiah	5:58.22
31	Sheard, Tamahra	SO	Albright	5:58.46
32	Vasiliu, Nicole	SO	Lebanon Vall	5:58.49
33	White, Emily	SO	Lebanon Vall	5:59.79
34	Crossey, Nicole	SO	Widener	5:59.87
35	Black, Sarah	SR	Lebanon Vall	6:00.15
36	Yankelevich, Gabrielle	SO	Elizabethtow	6:00.33
37	Kemmerer, Emma	SO	DeSales	6:00.52
38	Balla, Natala	SO	DeSales	6:01.40

Event 12 Men 1 Mile Run

MAC Indoor: 4:13.63 2006 Macharia Yuot, Widener

Meet Qualifying: 4:49.24

	Name	Year	School	Seed
1	Hause, Mikael	SO	Misericordia	4:16.30
2	Counsel, Qadree	JR	Widener	4:18.32
3	Benkhadra, Brian	SR	Widener	4:19.86
4	Quinn, Michael	JR	Widener	4:20.67
5	Rever, Matt	SR	Elizabethtow	4:24.09
6	Deignan, Eric	FR	Misericordia	4:26.95
7	Trama, Zach	SO	Elizabethtow	4:27.32
8	Garrity, Chris	JR	Widener	4:27.73
9	Noll, Nate	JR	DeSales	4:30.39
10	Harnish, Michael	JR	Lebanon Vall	4:30.76
11	Goelz, Andrew	SO	Lebanon Vall	4:30.98
12	Schatz, Jared	SO	Messiah	4:32.74
13	Lesko, Andrew	FR	Elizabethtow	4:33.52
14	Bonds, Eliott	SR	Lebanon Vall	4:34.39
15	Bayeux, John	JR	DeSales	4:34.69
16	Shirk, Cameron	SO	Messiah	4:34.78
17	Harriger, Adam	SO	Elizabethtow	4:35.78
18	Sensenig, Tyler	SO	Messiah	4:35.85
19	Conway, Ryan	SO	Elizabethtow	4:37.37
20	Pardoe, Nate	FR	Messiah	4:37.89
21	Pardoe, Josh	FR	Messiah	4:37.95
22	Weron, Nick	FR	Misericordia	4:38.48
23	Osko, Jeremy	JR	Misericordia	4:39.04
24	Fleming, Nathan	SO	Messiah	4:39.67
25	Headland, Phil	SO	Messiah	4:39.85
26	Calkins, Michael	JR	Widener	4:40.57
27	Jones, Christopher	FR	Elizabethtow	4:40.76
28	Kilheeney, Bradley	FR	DeSales	4:41.34
29	Cummings, Matt	FR	DeSales	4:42.07
30	Lignore, Shawn	SR	Widener	4:42.43
31	Edwards, Will	FR	DeSales	4:42.64
32	Kulis, Ian	FR	Elizabethtow	4:42.97
33	Klinges, Henry	SR	DeSales	4:44.09
34	Drastura, Kevin	SO	DeSales	4:44.17
35	McMillan, Andrew	SR	Delaware Val	4:45.58
36	Foley, Connor	SO	DeSales	4:45.65
37	Scheib, Christopher	SO	Messiah	4:45.69
38	Monaghan, Stephen	SO	DeSales	4:46.28
39	Collins, Patrick	FR	DeSales	4:47.63
40	Decker, Dylan	SR	Widener	4:47.74
41	Bottone, Zach	SR	Misericordia	4:48.72

Event 13 Women 400 Meter Dash

MAC Indoor: 59.28 2006 Emily Lepley, Susquehanna

Meet Qualifying: 1:08.74

Name	Year	School	Seed

1	Viti, Amy	SO	Misericordia	59.01
2	Fairchild, Mary	FR	Misericordia	59.77
3	Groce, Alexis	FR	Elizabethtow	1:00.12
4	Diehl, Brittany	JR	Widener	1:00.73
5	Martin, Liz	SR	Messiah	1:01.52
6	Young, Chelsea	SR	Hood	1:01.89
7	Miller, Amanda	SO	DeSales	1:02.03
8	Braungard, Ashley	FR	Lebanon Vall	1:02.52
9	Fairchild, Kelty	FR	Misericordia	1:02.74
10	Decker, Lauren	FR	Lebanon Vall	1:02.83
11	Senning, Emily	SO	Messiah	1:03.90
12	Mason, Aleah	FR	Widener	1:04.06
13	Bowser, Rachel	SO	Messiah	1:04.32
14	Lanzillotti, Alexis	JR	Manhattanvil	1:04.51
15	Berger, Janette	FR	DeSales	1:04.65
16	Labar, Abby	SO	DeSales	1:05.24
17	O'Hara, Kathyrn	JR	Lebanon Vall	1:05.87
18	cappuccino, Katie	FR	DeSales	1:05.91
19	Churchman, Michelle	JR	DeSales	1:06.57
20	Thomas, Erica	FR	DeSales	1:08.03
21	Mikolaichick, Julie	SR	Misericordia	1:08.57

Event 14 Men 400 Meter Dash

MAC Indoor: 48.77 2006 Lou Corominas, DeSales
Meet Qualifying: 54.74

	Name	Year	School	Seed
1	Nelson, Andrew	SO	Misericordia	50.33
2	Yoder, Alex	JR	Messiah	50.79
3	Williams, Devonte	FR	Stevenson	51.03
4	Gainer, Gerrod	FR	Albright	51.42
5	Colley, Gavin	JR	Widener	52.07
6	Schmalhofer, Tyler	SR	Widener	52.12
7	Clayton, Anthony	SR	Widener	52.36
8	Praetsch, Trevor	SR	Messiah	52.41
9	Betts, Will	JR	Widener	52.47
10	Freeland, Honorio	FR	Widener	52.73
11	Higley, Jarrett	JR	Misericordia	52.73
12	Twist, Michael	FR	Elizabethtow	52.94
13	Baldwin, Bryan	JR	Elizabethtow	52.98
14	Johnson, Kevin	FR	Lebanon Vall	53.01
15	Flores, Alex	SO	Widener	53.10
16	Diawara, Oumar	SO	Albright	53.47
17	Crachi, Nico	SO	DeSales	53.66
18	Kutz, Colby	JR	Albright	53.68
19	Dusza, Dave	SR	DeSales	53.78
20	Miller, Brady	FR	Messiah	53.78
21	Schubert, Ryan	FR	Elizabethtow	53.83
22	Aumen, Luke	FR	Messiah	53.85
23	Sikanowicz, Zach	SR	DeSales	54.22
24	Whitehead, Max	FR	Messiah	54.31
25	Boham, Denzell	JR	Widener	54.51

Event 15 Women 800 Meter Run

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MAC Indoor: 2:16.37 2/23/2013 Cynthia Adams, Lebanon Vall

Meet Qualifying: 2:40.24

	Name	Year	School	Seed
1	Adams, Cynthia	JR	Lebanon Vall	2:16.60
2	Tearnan, Amelia	JR	Elizabethtow	2:23.02
3	Heisey, Julie	FR	Messiah	2:23.30
4	Groce, Alexis	FR	Elizabethtow	2:23.73
5	Senning, Emily	SO	Messiah	2:24.09
6	Bolton, Bianca	SO	Misericordia	2:25.47
7	Earnshaw, Brianna	FR	Elizabethtow	2:27.10
8	Jones, Laurie	SR	Elizabethtow	2:27.44
9	Decker, Lauren	FR	Lebanon Vall	2:27.53
10	Englert, Taylor	SO	Widener	2:28.61
11	Englert, Brianna	SO	Widener	2:28.70
12	Eberly, Jill	FR	Misericordia	2:28.96
13	Bamberski, Jacquelyn	FR	Misericordia	2:29.00
14	Christ, Alexandra	SR	Elizabethtow	2:30.79
15	Labar, Abby	SO	DeSales	2:32.71
16	Scrima, Victoria	SO	Messiah	2:33.89
17	Dauer, Beth	FR	DeSales	2:34.41
18	Dearie, Lydia	SO	Elizabethtow	2:34.51
19	Churchman, Michelle	JR	DeSales	2:34.77
20	Creighton, Emily	JR	Widener	2:34.82
21	Kozel, Kassy	FR	Misericordia	2:35.18
22	Trofa, Erica	SO	Widener	2:36.69
23	Brown, Christanna	FR	Alvernia	2:37.85
24	Sunderland, Nicole	SR	Messiah	2:38.19
25	Vazzana, Caroline	SR	Albright	2:38.53
26	Balla, Natala	SO	DeSales	2:39.00
27	Young, Jacquelyn	SO	Messiah	2:39.69

Event 16 Men 800 Meter Run

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MAC Indoor: 1:54.42 2005 Patrick Donovan, Elizabethtown

Meet Qualifying: 2:09.24

	Name	Year	School	Seed
1	Harnish, Michael	JR	Lebanon Vall	1:54.16
2	Rever, Matt	SR	Elizabethtow	1:55.52
3	Garrity, Chris	JR	Widener	1:55.76
4	Ciavarelli, Mike	JR	Widener	1:56.96
5	Counsel, Qadree	JR	Widener	1:57.44
6	Hause, Mikael	SO	Misericordia	1:58.15
7	Benkhadra, Brian	SR	Widener	1:58.37
8	Quinn, Michael	JR	Widener	1:58.45
9	Harmon, Leo	SO	Widener	1:58.67
10	Rennals, Scott	SO	DeSales	1:59.00
11	Higley, Jarrett	JR	Misericordia	1:59.24
12	Twist, Michael	FR	Elizabethtow	1:59.68

13	Jasper, Jihad	JR	Widener	2:00.02
14	McGill, Jonphilip	JR	Messiah	2:00.59
15	Shirk, Cameron	SO	Messiah	2:01.00
16	Headland, Phil	SO	Messiah	2:01.09
17	Bayeux, John	JR	DeSales	2:01.35
18	Ruggiero, John	SR	Widener	2:01.63
19	Schmalhofer, Tyler	SR	Widener	2:02.17
20	Edwards, Will	FR	DeSales	2:02.42
21	Harriger, Adam	SO	Elizabethtow	2:02.43
22	Staudt, Ross	SO	Widener	2:02.61
23	Pettit, Nick	FR	Widener	2:03.27
24	Scheib, Christopher	SO	Messiah	2:04.32
25	Powell, Aaron	SO	Messiah	2:04.42
26	Praetsch, Trevor	SR	Messiah	2:04.52
27	Pardoe, Nate	FR	Messiah	2:05.05
28	Drastura, Kevin	SO	DeSales	2:05.09
29	Dusza, Dave	SR	DeSales	2:06.36
30	Fortney, Justin	SO	Elizabethtow	2:06.52
31	Pardoe, Josh	FR	Messiah	2:06.54
32	Lignore, Shawn	SR	Widener	2:06.75
33	Bley, Edward	SO	Messiah	2:07.91
34	Jones, Patrick	FR	Elizabethtow	2:08.03
35	Shaffer, Grant	SO	Widener	2:08.44
36	Collins, Patrick	FR	DeSales	2:08.47
37	Foster, Ryan	JR	Misericordia	2:08.81
38	Albert, Abram	SR	Messiah	2:08.84
39	Lezama, Mikel	JR	DeSales	2:08.87
40	Vitzthum, Alex	FR	Stevenson	2:09.01

Event 17 Women 200 Meter Dash

MAC Indoor: 25.99 2007 Danna Haslett, Moravian
Meet Qualifying: 29.44

	Name	Year	School	Seed
1	Higgs, Danisha	SR	Albright	26.46
2	Fitti-Hafer, Kristin	SR	Lebanon Vall	26.47
3	Fowler, Shakeira	SO	Widener	26.57
4	Perrins, Stacey	SR	Misericordia	26.57
5	Diffenderfer, Katlyn	SR	DeSales	26.58
6	Wanner, Heather	FR	Alvernia	26.61
7	Diehl, Brittany	JR	Widener	26.68
8	Viti, Amy	SO	Misericordia	27.20
9	Martin, Liz	SR	Messiah	27.42
10	Norris, Hilari	SO	Misericordia	27.50
11	Young, Chelsea	SR	Hood	27.54
12	Miller, Amanda	SO	DeSales	27.71
13	Detweiler, Kelsey	FR	Elizabethtow	27.79
14	O'Donnell, Kelsey	FR	Misericordia	28.02
15	Downer, Sarah	JR	Misericordia	28.20
16	Eugene, Ersikha	SR	Messiah	28.56
17	Barnes, Ashley	SO	Hood	28.61
18	Berger, Janette	FR	DeSales	28.64
19	Booz, Natalie	FR	Messiah	28.86
20	Colt, Katie	FR	Widener	29.04

21	Hostetler, Kaitlyn	FR	Messiah	29.05
22	Olcheski, Shea	JR	Albright	29.10
23	cappuccino, Katie	FR	DeSales	29.18
24	Jackson, Maya	JR	Hood	29.27
25	Bowser, Rachel	SO	Messiah	29.38

Event 18 Men 200 Meter Dash

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MAC Indoor: 22.34 2006 Lou Corominas, DeSales

Meet Qualifying: 24.44

	Name	Year	School	Seed
1	Yoder, Alex	JR	Messiah	22.66
2	Colley, Gavin	JR	Widener	22.68
3	Williams, Devonte	FR	Stevenson	22.71
4	Nelson, Andrew	SO	Misericordia	22.76
5	Sweeper, Darryl	JR	Lebanon Vall	23.23
6	Potter, Sean	SR	Albright	23.51
7	Schmalhofer, Ethan	FR	Widener	23.55
8	Diawara, Oumar	SO	Albright	23.55
9	Ingalls, Braheem	SO	DeSales	23.55
10	Betts, Will	JR	Widener	23.66
11	Gainer, Gerrod	FR	Albright	23.66
12	White, Nicholas	JR	Messiah	23.67
13	McFarlin, Scott	FR	Alvernia	23.71
14	Motsney, Ethan	FR	DeSales	23.75
15	Blake, Jonathan	JR	Widener	23.77
16	Sorrell, Ameer	SO	Widener	23.79
17	Engle, Mark	FR	Messiah	23.80
18	Clayton, Anthony	SR	Widener	23.84
19	Jeznach, Christian	SO	Widener	23.88
20	Pottle, Michael	JR	Manhattanvil	24.02
21	Crachi, Nico	SO	DeSales	24.04
22	Keri, Carl	SR	DeSales	24.08
23	Marich, Aidan	SR	Misericordia	24.10
24	Castiglioni, Rodrigo	FR	Manhattanvil	24.16
25	Schmalhofer, Tyler	SR	Widener	24.16
26	Carter, Brian	JR	Delaware Val	24.19
27	Boham, Denzell	JR	Widener	24.21
28	Haws, Josiah	SO	Messiah	24.23
29	Sulton, Derek	FR	Widener	24.24
30	Colley, Josh	FR	Widener	24.25
31	Thomas, Nikko	SR	Hood	24.29
32	McNeill, Jordan	SR	Hood	24.35
33	Miller, Brady	FR	Messiah	24.36
34	Minnick, Tim	SR	Messiah	24.37
35	Smith, Naeem	JR	Albright	24.40
36	Mukuwa, Kahembi	FR	Hood	24.41

Event 19 Women 5000 Meter Run

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MAC Indoor: 17:34.50 2008 Erin Fisher, Elizabethtown

Meet Qualifying: 20:39.24

Name	Year	School	Seed

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==

1	Tempone, Traci	SR	Elizabethtow	18:04.10
2	Kerno, Amanda	SR	Elizabethtow	18:23.12
3	Curry, Jessica	SO	DeSales	18:29.95
4	Bolton, Bianca	SO	Misericordia	18:38.23
5	Guth, Cara	SR	DeSales	18:38.40
6	Doris, Megan	FR	Lebanon Vall	18:38.63
7	Tursi, Megan	SR	Elizabethtow	18:39.52
8	Bender, Jennifer	SR	Messiah	18:45.29
9	Wedekind, Elizabeth	FR	Elizabethtow	19:06.18
10	Medendorp, Kellie	SR	Widener	19:09.31
11	Rogers, Alissa	FR	Messiah	19:21.71
12	Cody, Eileen	JR	Elizabethtow	19:27.82
13	Becker, Tasha	SO	Messiah	19:31.14
14	Stevko, Andrea	SO	Alvernia	19:37.12
15	Miller, Alexandria	SO	Misericordia	19:45.52
16	Gehly, Samantha	FR	Elizabethtow	19:58.35
17	Gessler, Amy	FR	Elizabethtow	20:00.59
18	Peterson, Alyssa	SR	Hood	20:04.75
19	Petkova, Polin	FR	Manhattanvil	20:10.88
20	Bove, Jennifer	SR	Messiah	20:13.49
21	Nellis, Elaina	SR	Elizabethtow	20:18.00
22	Barbagallo, Emma	SO	Messiah	20:28.97
23	Eyler, Rachel	JR	Lebanon Vall	20:35.48

Event 20 Men 5000 Meter Run

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MAC Indoor: 14:51.67 1992 Frank McGovern, Widener

Meet Qualifying: 16:30.24

	Name	Year	School	Seed
1	Megee, Bryan	SR	DeSales	14:58.09
2	Shenk, Matthew	SO	Elizabethtow	15:13.77
3	Pitone, Ernie	FR	Widener	15:15.40
4	Trama, Zach	SO	Elizabethtow	15:16.42
5	Noll, Nate	JR	DeSales	15:19.56
6	Kaminski, Zach	SR	DeSales	15:23.56
7	Gresh, Dan	JR	Elizabethtow	15:25.41
8	Schatz, Jared	SO	Messiah	15:36.61
9	Gallagher, Ryan	SR	Widener	15:43.11
10	Sensenig, Tyler	SO	Messiah	15:46.72
11	Quinn, Michael	JR	Widener	15:50.17
12	Conway, Ryan	SO	Elizabethtow	15:53.99
13	Fortin, Stephen	FR	Widener	15:55.61
14	McCullough, Seamus	SR	Widener	16:01.24
15	Cooper, Sam	SO	Elizabethtow	16:04.71
16	Caporale, Jason	SR	Widener	16:10.17
17	Harrigan, Ryan	SR	Widener	16:10.58
18	Cummings, Matt	FR	DeSales	16:12.89
19	Kilheeney, Bradley	FR	DeSales	16:20.68
20	Decker, Dylan	SR	Widener	16:24.76
21	Fleming, Nathan	SO	Messiah	16:27.84
22	Beck, Dan	SR	DeSales	16:29.83

Event 21 Women 4x800 Meter Relay

MAC Indoor: 9:48.45 2005 Messiah, Messiah

School	Seed
1 Misericordia 'A'	10:03.24
1) Killmon, Bethany FR	2) Eberly, Jill FR
3) Bolton, Bianca SO	4) Bamberski, Jacquelyn FR
2 Elizabethtown 'A'	10:07.20
1) Jones, Laurie SR	2) Groce, Alexis FR
3) Tearnan, Amelia JR	4) Earnshaw, Brianna FR
3 DeSales 'A'	10:10.97
1) Churchman, Michelle JR	2) Churchman, stephanie SO
3) Myles, Samantha JR	4) Thomas, Erica FR
4 Lebanon Valley 'A'	10:22.06
1) Stockdale, Dana JR	2) Keich, Alyssa JR
3) Decker, Lauren FR	4) Adams, Cynthia JR
5 Widener 'A'	10:48.70
1) Englert, Brianna SO	2) Trofa, Erica SO
3) Creighton, Emily JR	4) Englert, Taylor SO
6 Messiah 'A'	12:08.03
1) Heisey, Julie FR	2) Rekully, Gabby JR
3) Scrima, Victoria SO	4) Senning, Emily SO
7 Alvernia 'A'	NT
1) Riley, ?	2) Cappiello, ?
3) Ruppert, ?	4) Streleckis, ?

Event 22 Men 4x800 Meter Relay

MAC Indoor: 7:56.65 2012 Elizabethtown

School	Seed
1 Misericordia 'A'	8:13.12
1) Deignan, Eric FR	2) Limongelli, AJ JR
3) Tirro, Luigi FR	4) Osko, Jeremy JR
2 DeSales 'A'	8:20.06
1) Lezama, Mikel JR	2) Monaghan, Stephen SO
3) Foley, Connor SO	4) Collins, Patrick FR
3 Elizabethtown 'A'	8:35.19
1) Fortney, Justin SO	2) Brooks, Sam SO
3) Harriger, Adam SO	4) Anderson, Jon FR
4 Messiah 'A'	9:34.72
1) Shirk, Cameron SO	2) Pardoe, Josh FR
3) Pardoe, Nate FR	4) McGill, Jonphilip JR
5 Widener 'A'	NT
1) Benkhadra, Brian SR	2) Ciavarelli, Mike JR
3) Staudt, Ross SO	4) Quinn, Michael JR
6 Stevenson 'A'	NT
1) Reynolds, Patrick SR	2) Janasek, Tj JR
3) Rhoads, Deege JR	4) Vitzthum, Alex FR
7 Alvernia 'A'	NT
1) MacNamee, Peter JR	2) Nazario, Matthew FR
3) Cadman, Edward JR	4) Hughes, Cody JR

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  8  Lebanon Valley  'A'                                          NT
     1) Goelz, Andrew SO                2) Bonds, Eliott SR
     3) Brown, Ian FR                   4) Harnish, Michael JR
  9  Hood  'A'                                                    NT
     1) Dyjack, Matthew SR              2) Stevens, Alexander FR
     3) Catalfamo, Christopher SR       4) Cifuentes, Justin JR

Event 23  Women 4x400 Meter Relay
================================================================================
==
  MAC Indoor:  4:03.59  2004        Elizabethtown
     School                                                       Seed
================================================================================
==
  1  Misericordia  'A'                                        4:05.24
     1) Fairchild, Mary FR              2) Perrins, Stacey SR
     3) Fairchild, Kelty FR             4) Viti, Amy SO
  2  Lebanon Valley  'A'                                      4:06.40
     1) Fitti-Hafer, Kristin SR         2) O'Hara, Kathyrn JR
     3) Samper, Jamielyn SR             4) Muffly, Alexa SO
  3  Hood  'A'                                                4:12.10
     1) Dystant, Alexandra JR           2) Grizzle, Sophie SR
     3) Silveira, Heather SR            4) Young, Chelsea SR
  4  DeSales  'A'                                             4:15.53
     1) Balla, Natala SO                2) Barkus, Michelle JR
     3) Brandt, Alyssa JR               4) Labar, Abby SO
  5  Elizabethtown  'A'                                       4:18.61
     1) Quinto, Casey FR                2) Underkofler, Ashley SR
     3) Detweiler, Kelsey FR            4) Christ, Alexandra SR
  6  Messiah  'A'                                             4:21.30
     1) Martin, Liz SR                  2) Sunderland, Nicole SR
     3) Bowser, Rachel SO               4) Young, Jacquelyn SO
  7  Widener  'A'                                             4:21.66
     1) Diehl, Brittany JR              2) Azzollini, Danielle FR
     3) McKnight, Briana FR             4) Fowler, Shakeira SO
  8  Albright  'A'                                            4:55.57
     1) Higgs, Danisha SR               2) Nassar, Ronya JR
     3) Olcheski, Shea JR               4) Vazzana, Caroline SR
  9  Alvernia  'A'                                                NT
     1) Verdon, Erin JR                 2) Verdel, Bridget SR
     3) Brown, Christanna FR            4) Wanner, Heather FR

Event 24  Men 4x400 Meter Relay
================================================================================
==
  MAC Indoor:  3:23.68  2005        Elizabethtown
     School                                                       Seed
================================================================================
==
  1  Misericordia  'A'                                        3:28.65
     1) Higley, Jarrett JR              2) Hause, Mikael SO
     3) Daubert, Carl SO                4) Nelson, Andrew SO
  2  Widener  'A'                                             3:31.22
     1) Betts, Will JR                  2) Freeland, Honorio FR
     3) Clayton, Anthony SR             4) Schmalhofer, Tyler SR
  3  Elizabethtown  'A'                                       3:31.34
     1) Rever, Matt SR                  2) Layng, Brian SR
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     3) Baldwin, Bryan JR              4) Twist, Michael FR
  4  Messiah  'A'                                      3:33.65
     1) Praetsch, Trevor SR            2) White, Nicholas JR
     3) Aumen, Luke FR                 4) Miller, Brady FR
  5  DeSales  'A'                                      3:34.52
     1) Crachi, Nico SO                2) Dusza, Dave SR
     3) Rennals, Scott SO              4) Motsney, Ethan FR
  6  Lebanon Valley  'A'                               3:35.44
     1) Johnson, Kevin FR              2) Almonte, A. Fernando FR
     3) Sayous, Christopher JR         4) Fronk, Kyle SO
  7  Alvernia  'A'                                     3:36.58
     1) McFarlin, Scott FR             2) Donovan, Colin SR
     3) Clinchoc, Jeremiah SO          4) Nazario, Matthew FR
  8  Albright  'A'                                     3:37.06
     1) Potter, Sean SR                2) Diawara, Oumar SO
     3) Kutz, Colby JR                 4) Gainer, Gerrod FR
  9  Stevenson  'A'                                    3:41.04
     1) Niederhofer, Nathan FR         2) Melick, Grier SO
     3) Simpson, Dalonte JR            4) Williams, Devonte FR
 10  Hood  'A'                                         3:56.48
     1) Wilson, Tyree SR               2) Hager-Perry, Austin SO
     3) Slawson, Nick JR               4) McNeill, Jordan SR
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Event 25 Women Weight Throw

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==
  MAC Indoor:  15.03m  2008        Lauren Lucci, Widener
 Meet Qualifying:  8.23m
     Name                        Year School            Seed Mark
==============================================================================
==
  1  Heisler, Rachel               JR Widener              15.28m
  2  Wigg, Sarah                   SO Misericordia         14.74m
  3  Smolka, Mariah                JR Lebanon Vall         14.28m
  4  Warner, Megan                 SO DeSales              12.91m
  5  Rose, Meghan                  SR Hood                 12.81m
  6  Kroszner, Eileen              SR Elizabethtow         12.07m
  7  Yakas, Caitlin                FR Widener              11.76m
  8  Searle, Amanda                SR Alvernia             11.64m
  9  McCardle, Teagan              JR Delaware Val         11.53m
 10  Schwartz, Nicole              SO Misericordia         11.29m
 11  Porter, Amanda                FR Elizabethtow         11.09m
 12  Pallas, Christine             SR Albright             11.01m
 13  Seiber, Taylor                JR Lebanon Vall         10.77m
 14  Guerrieri, Kayla              SO Alvernia             10.50m
 15  Yealy, Morgan                 FR Lebanon Vall         10.29m
 16  Rohde, Elizabeth              FR Albright             10.26m
 17  Phelps, Adrienne              FR Widener               9.00m
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Event 26 Men Weight Throw

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==
  MAC Indoor:  17.91m  2/23/2013   Eric Solomon, Widener
 Meet Qualifying:  10.66m
     Name                        Year School            Seed Mark
==============================================================================
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1	Solomon, Eric	SR	Widener	18.65m
2	Williams, Tyler	JR	Widener	18.16m
3	Zamorski, Thomas	SO	Widener	16.74m
4	Recla, Mike	JR	Widener	16.72m
5	Dayhoff, Lucas	SR	Elizabethtow	15.99m
6	Martin, Kris	JR	Widener	14.98m
7	Hladchuk, Matthew	SR	Widener	14.44m
8	Novalin, Anderson	FR	Lebanon Vall	14.32m
9	Lawler, Rob	SO	DeSales	14.00m
10	Salcedo, Johnathan	SO	Lebanon Vall	13.83m
11	Starovoytov, Stas	SR	Widener	13.00m
12	Streeter, Josh	JR	Alvernia	12.99m
13	Herbster, Dan	FR	Widener	12.87m
14	Shetrom, Jesse	SR	Lebanon Vall	12.77m
15	Khela, Andrew	JR	Elizabethtow	12.48m
16	Schwartz, Michael	SR	Albright	12.39m
17	Emery, Dillon	SR	Alvernia	11.95m
18	Boyles, Michael	SO	Messiah	11.88m
19	Aguilar-Gonzalez, Noe	SO	Lebanon Vall	11.35m
20	Cuciarre, Alex	FR	Widener	11.30m

Event 27 Women Long Jump

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MAC Indoor: 5.68m 2/23/2013 Jenna Niedermayer, Elizabethtow

Meet Qualifying: 4.42m

	Name	Year	School	Seed Mark
1	Jendrezewski, Olivia	FR	Lebanon Vall	5.16m
2	Hostetler, Kaitlyn	FR	Messiah	5.10m
3	Eugene, Ersikha	SR	Messiah	5.06m
4	Ostroski, Sarah	FR	Misericordia	4.83m
5	Rogan, Emily	FR	DeSales	4.83m
6	Barnes, Ashley	SO	Hood	4.82m
7	Mauer, Annese	JR	Lebanon Vall	4.78m
8	Nassar, Ronya	JR	Albright	4.64m
9	Johnson, Marie	FR	Messiah	4.59m
10	Stramara, Tori	SO	Lebanon Vall	4.48m
11	Greulich, Melissa	SR	Delaware Val	4.42m

Event 28 Men Long Jump

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MAC Indoor: 7.25m 1993 Gregg Barrett, Widener

Meet Qualifying: 5.79m

	Name	Year	School	Seed Mark
1	Colley, Josh	FR	Widener	6.61m
2	Pugh, Mickeal	JR	Lebanon Vall	6.60m
3	Sorrell, Ameer	SO	Widener	6.58m
4	Vincent, Lewis	SR	Delaware Val	6.54m
5	Young, Brandon	JR	Alvernia	6.41m
6	Mahan, Max	FR	Elizabethtow	6.32m
7	Nelson, Andrew	SO	Misericordia	6.25m
8	Roberts, Tymeer	FR	Albright	6.20m

9	Tucker, Nicholas	FR	Lebanon Vall	6.12m
10	Haws, Josiah	SO	Messiah	6.08m
11	Mukuwa, Kahembi	FR	Hood	6.03m
12	Engle, Drew	JR	Messiah	6.01m
13	Skyers, Shane	JR	Stevenson	5.99m
14	Kutz, Colby	JR	Albright	5.95m
15	Melick, Grier	SO	Stevenson	5.90m
16	Fureman, Jonathan	SR	Lebanon Vall	5.85m
17	Anachuna, Michael	JR	Widener	5.81m

Event 29 Women High Jump

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MAC Indoor: 1.68m 2011 Meghan Donovan, Delaware Valley

Meet Qualifying: 1.37m

	Name	Year	School	Seed Mark
1	Ward, Ashlee	SR	Misericordia	1.74m
2	Coker, Hadlee	FR	Messiah	1.63m
3	Nole, Anna	JR	Misericordia	1.60m
4	Johnson, Marie	FR	Messiah	1.60m
5	Jendrezewski, Olivia	FR	Lebanon Vall	1.57m
6	Loranger, Monica	SR	Elizabethtow	1.52m
7	Hull, Angelica	JR	Albright	1.50m
8	Stitzer, Lindsey	SO	Misericordia	1.45m
9	Mills, Alyssa	JR	Messiah	1.43m
10	Querfeld, Rebecca	FR	Messiah	1.43m
11	Schools, Savannah	FR	Misericordia	1.42m
12	Reynolds, Delaney	FR	Alvernia	1.42m
13	Maneval, Brooke	FR	Messiah	1.42m
14	Smith, Shaye	FR	Misericordia	1.37m

Event 30 Men High Jump

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MAC Indoor: 2.06m 2011 Justin Gewirtz, Albright

Meet Qualifying: 1.73m

	Name	Year	School	Seed Mark
1	Mahan, Max	FR	Elizabethtow	1.90m
2	Powell, Aaron	SO	Messiah	1.88m
3	Harer, Colton	FR	Albright	1.85m
4	Bennett, Joseph	SO	Lebanon Vall	1.84m
5	Bush, Shane	FR	Delaware Val	1.83m
6	Kutz, Colby	JR	Albright	1.78m
7	Clinchoc, Jeremiah	SO	Alvernia	1.73m
8	Roche, Nick	FR	Alvernia	1.73m
9	Orzol, Lee	JR	DeSales	1.73m
10	Tirro, Luigi	FR	Misericordia	1.73m

Event 31 Women Pole Vault

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MAC Indoor: 3.82m 2/23/2013 Melissa Fellenbaum, Alvernia

Meet Qualifying: 2.29m

	Name	Year	School	Seed Mark
1	Robison, Rachel	SO	Messiah	3.40m
2	Loranger, Monica	SR	Elizabethtow	3.20m
3	Wilson, Brittany	SO	Lebanon Vall	3.05m
4	Broussard, Miranda	FR	Widener	2.90m
5	Char, Amber	JR	Widener	2.90m
6	Harris, Shauna	SO	Widener	2.90m
7	Verdel, Bridget	SR	Alvernia	2.89m

Event 32 Men Pole Vault

MAC Indoor: 5.02m 2007 Kevin Clark, Elizabethtown
Meet Qualifying: 3.35m

	Name	Year	School	Seed Mark
1	Moses, Tim	FR	Messiah	4.90m
2	Nguyen, Dennis	SR	Widener	4.71m
3	Coleman, Mick	JR	Widener	4.55m
4	Martin, Andrew	JR	Alvernia	4.50m
5	Brady, Kevin	SR	Elizabethtow	4.42m
6	Orzol, Lee	JR	DeSales	4.40m
7	Weir, Michael	SR	Lebanon Vall	4.25m
8	Siglin, James	SO	Widener	4.25m
9	Engle, Drew	JR	Messiah	4.25m
10	Cornelius, Dane	FR	Messiah	4.10m
11	Madden, James	SO	Widener	4.10m
12	Conner, Zack	JR	Widener	4.10m
13	Mathias, Adam	SR	DeSales	4.10m
14	Gingrich, Deryk	SR	Lebanon Vall	4.10m
15	DiAngelis, Dominic	SR	Lebanon Vall	3.96m
16	Bellott, Seth	FR	Alvernia	3.96m
17	Stearn, Brandon	SO	Messiah	3.96m
18	Gerrity, Skyler	SO	Misericordia	3.85m

Event 33 Women Triple Jump

MAC Indoor: 11.73m 2009 Kristen Bates, Messiah
Meet Qualifying: 9.45m

	Name	Year	School	Seed Mark
1	Jendrezewski, Olivia	FR	Lebanon Vall	10.80m
2	Hostetler, Kaitlyn	FR	Messiah	10.47m
3	Campbell, Talcia	FR	Widener	10.25m
4	Johnson, Marie	FR	Messiah	10.21m
5	Schools, Savannah	FR	Misericordia	10.05m
6	Eugene, Ersikha	SR	Messiah	10.00m
7	Stramara, Tori	SO	Lebanon Vall	9.84m
8	Gerchak, Taylor	JR	Lebanon Vall	9.81m
9	Nassar, Ronya	JR	Albright	9.68m
10	Verdon, Erin	JR	Alvernia	9.64m
11	Heymann, Jillian	FR	Hood	9.59m

12	Verdel, Bridget	SR	Alvernia	9.57m
13	Grauer, Lauren	JR	Lebanon Vall	9.51m

Event 34 Men Triple Jump

MAC Indoor: 14.86m 2004 Jason Patterson, Elizabethtown
Meet Qualifying: 11.58m

	Name	Year	School	Seed Mark
1	Young, Brandon	JR	Alvernia	13.72m
2	Colley, Josh	FR	Widener	13.46m
3	Sorrell, Ameer	SO	Widener	13.39m
4	Thorne, Trent	FR	Albright	13.34m
5	Pugh, Mickeal	JR	Lebanon Vall	13.00m
6	Glosy, Cebastien	SO	Widener	12.54m
7	Mukuwa, Kahembi	FR	Hood	12.41m
8	Kausch, Nick	JR	Widener	12.33m
9	Zajac, James	FR	Misericordia	11.94m
10	Haws, Josiah	SO	Messiah	11.91m
11	Hampton, Tim	SR	Messiah	11.90m

Event 35 Women Shot Put

MAC Indoor: 14.65m 2008 Lauren Lucci, Widener
Meet Qualifying: 8.84m

	Name	Year	School	Seed Mark
1	Szpynda, Erica	SR	Widener	13.41m
2	Smolka, Mariah	JR	Lebanon Vall	12.55m
3	Hall, Chelsea	SO	Misericordia	12.00m
4	Rose, Meghan	SR	Hood	11.61m
5	Porter, Amanda	FR	Elizabethtow	11.24m
6	Kroszner, Eileen	SR	Elizabethtow	11.02m
7	Yakas, Caitlin	FR	Widener	10.88m
8	Ward, Ashlee	SR	Misericordia	10.74m
9	Thomas, Tia		Alvernia	10.61m
10	Searle, Amanda	SR	Alvernia	10.38m
11	Seiber, Taylor	JR	Lebanon Vall	10.30m
12	Phelps, Adrienne	FR	Widener	9.98m
13	Wallace, Sherrie	SO	Stevenson	9.95m
14	Wigg, Sarah	SO	Misericordia	9.70m
15	Maneval, Brooke	FR	Messiah	9.67m
16	Hull, Angelica	JR	Albright	9.66m
17	Wise, Samantha	FR	Misericordia	9.57m
18	McCardle, Teagan	JR	Delaware Val	9.48m
19	Schwartz, Nicole	SO	Misericordia	9.33m
20	Querfeld, Rebecca	FR	Messiah	9.27m
21	Mills, Alyssa	JR	Messiah	9.14m
22	Pallas, Christine	SR	Albright	9.02m
23	Korsen, Rebecca	FR	Elizabethtow	8.91m
24	Booz, Natalie	FR	Messiah	8.87m

Event 36 Men Shot Put

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MAC Indoor: 17.52m 2/23/2013 Fred Fulton, Messiah
Meet Qualifying: 11.58m

	Name	Year	School	Seed Mark
1	Stutzman, Trevor	JR	Messiah	16.86m
2	Recla, Mike	JR	Widener	16.52m
3	Green, Anthony	JR	Widener	14.65m
4	Novalin, Anderson	FR	Lebanon Vall	14.48m
5	Aguilar-Gonzalez, Noe	SO	Lebanon Vall	14.16m
6	Salcedo, Johnathan	SO	Lebanon Vall	13.98m
7	Dayhoff, Lucas	SR	Elizabethtow	13.90m
8	Martin, Kris	JR	Widener	13.54m
9	Lawler, Rob	SO	DeSales	13.50m
10	Reyes, Jeriko	FR	Alvernia	13.49m
11	Williams, Tyler	JR	Widener	13.44m
12	Tomlinson, Rodre	SO	Alvernia	13.22m
13	Zamorski, Thomas	SO	Widener	13.10m
14	Ware, Jesse	SR	Delaware Val	12.97m
15	Herbster, Dan	FR	Widener	12.72m
16	Cuciarre, Alex	FR	Widener	12.57m
17	Lentine, Mike	FR	Delaware Val	12.30m
18	Emery, Dillon	SR	Alvernia	12.26m
19	McCloskey, Kal	JR	Widener	11.95m
20	Robles, Alexander	FR	Albright	11.76m
21	Nodolski, Nathan	JR	Widener	11.68m

Event 37 Men Heptathlon
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MAC Indoor: 4354 2012 Drew Engle, Messiah

	Name	Year	School	Points
1	Layng, Brian	SR	Elizabethtow	4532
2	Orzol, Lee	JR	DeSales	4294
3	Engle, Drew	JR	Messiah	4093
4	Cornelius, Dane	FR	Messiah	3464
5	Clinchoc, Jeremiah	SO	Alvernia	3423
6	Lloyd, Cody	SO	Lebanon Vall	3198
7	Weiss, Sean	FR	Widener	3196
8	Fleming, Thomas	JR	Widener	3123
9	Harer, Colton	FR	Albright	3077
10	Hampton, Tim	SR	Messiah	3070
11	Pavlik, E. Reid	SO	Lebanon Vall	3050
12	Ausel, Andrew	SR	Messiah	3000
13	Bayona, Joseph	JR	Elizabethtow	NP

Event 38 Women Indoor Pentathlon
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MAC Indoor: 3139 2012 Alexis Maylor, Delaware Valley

	Name	Year	School	Points
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1	Maylor, Alexis	SR	Delaware Val	3110
2	Grizzle, Sophie	SR	Hood	2756
3	Querfeld, Rebecca	FR	Messiah	2489
4	Cleary, Georgia	FR	Misericordia	2342
5	Gerchak, Taylor	JR	Lebanon Vall	2142
6	Mills, Alyssa	JR	Messiah	1986
7	Mauer, Annese	JR	Lebanon Vall	1765
8	Maneval, Brooke	FR	Messiah	1706
9	Monico, Stephanie	SR	Lebanon Vall	1671
10	Fogelsanger, Andrea	SO	Messiah	1650