

MARCH 1, 2014 • RAUCH FIELDHOUSE • LEHIGH UNIVERSITY • BETHLEHEM, PA

MIDDLE ATLANTIC CONFERENCE CHAMPIONSHIP



MAC

INDOOR TRACK & FIELD 2014

ALBRIGHT COLLEGE • ALVERNIA UNIVERSITY • DELAWARE VALLEY COLLEGE • DESALES UNIVERSITY
ELIZABETHTOWN COLLEGE • HOOD COLLEGE • KING'S COLLEGE • LEBANON VALLEY COLLEGE • MANHATTANVILLE COLLEGE
MESSIAH COLLEGE • MISERICORDIA UNIVERSITY • STEVENSON UNIVERSITY • WIDENER UNIVERSITY



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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.

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.

MESSAGE FROM THE EXECUTIVE DIRECTOR

On behalf of the Middle Atlantic Conference, I welcome the student-athletes, coaches, families, and fans to the 2014 Middle Atlantic Conference Indoor Track & Field Championships. Special thanks to Lehigh 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 Indoor Track & Field Championships.

Sincerely,
KENNETH W. ANDREWS

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

MAC OFFICE STAFF OFFICIALS

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

ATHLETIC TRAINING STAFF

Danielle Belfonti, Albright College

MAC TRACK & FIELD COMMITTEE

Melissa Weidler, Lebanon Valley (Chair)
Vince Touey, Widener
Chris Wadas, Misericordia
Al Weiner, DeSales

2014 MAC QUALIFYING STANDARDS & RECORDS

MEN

EVENT	MAC QUALIFYING	MAC RECORD	YEAR	ATHLETE • SCHOOL
60m Dash	7.57	6.92	2012	Travis Pitts • Delaware Valley
60m Hurdles	9.63	8.33	2013	Jerome Duncan • Lebanon Valley
200m Dash	24.44	22.34	2006	Lou Corominas • DeSales
400m Dash	54.74	47.77	2006	Lou Corominas • DeSales
800m Run	2:09.24	1:54.42	2005	Patrick Donovan • Elizabethtown
Mile Run	4:49.24	4:14.26	2011	Tyler Newhook • Messiah
5000m Run	16:30.24	14:51.67	1992	Frank McGovern • Widener
4x200m Relay	Open	1:31.08	2005	Moravian
4x400m Relay	Open	3:23.68	2005	Elizabethtown
4x800m Relay	Open	7:56.65	2012	Elizabethtown
Distance Medley Relay	Open	10:26.99	2012	Elizabethtown
Shot Put	11.58m / 38'	17.52m / 57' 5.75"	2013	Fred Fulton • Messiah
Weight Throw	10.66m / 35'	17.91m / 58' 9.25"	2013	Eric Solomon • Widener
Pole Vault	3.95m / 12' 11.5"	5.02m / 16' 6"	2007	Kevin Clark • Elizabethtown
High Jump	1.73m / 5' 8"	2.06m / 6' 9"	2011	Justin Gewirtz • Albright
Long Jump	5.79m / 19'	7.25m / 23' 9.5"	1993	Gregg Barrett • Widener
Triple Jump	11.58m / 38'	14.86m / 48'9"	2004	Jason Patterson • Elizabethtown
Heptathlon	3,000 points	4,505 points	2013	Drew Engle • Messiah

WOMEN

EVENT	MAC QUALIFYING	MAC RECORD	YEAR	ATHLETE • SCHOOL
60m Dash	8.64	7.81	2013	Danisha Higgs • Albright
60m Hurdles	11.55	9.11	2013	Hilari Norris • Misericordia
200m Dash	29.44	25.99	2007	Dana Haslett • Moravian
400m Dash	1:08.74	59.28	2006	Emily Lepley • Susquehanna
800m Run	2:40.24	2:16.37	2013	Cynthia Adams • Lebanon Valley
Mile Run	6:02.24	5:03.49	2013	Traci Tempone • Elizabethtown
5000m Run	20:39.24	17:34.50	2008	Erin Fisher • Elizabethtown
4x200m Relay	Open	1:46.06	2012	Lebanon Valley
4x400m Relay	Open	4:03.59	2004	Elizabethtown
4x800m Relay	Open	9:48.45	2005	Messiahs
Distance Medley Relay	Open	12:14.01	2005	DeSales
Shot Put	8.84m / 29'	14.65m / 48' 0.75"	2008	Lauren Lucci • Widener
Weight Throw	8.23m / 27'	15.03m / 49' 3.75"	2008	Lauren Lucci • Widener
Pole Vault	2.70m / 8' 10.25"	3.82m / 12' 6.25"	2013	Melissa Fellenbaum • Alvernia
High Jump	1.37m / 4' 6"	1.68m / 5' 6"	2012	Meghan Donovan • Delaware Valley
Long Jump	4.42m / 14' 6"	5.68m / 18' 7.75"	2013	Jenna Niedermayer • Elizabethtown
Triple Jump	9.45m / 31'	11.73m / 38' 6"	2009	Kristen Bates • Messiah
Pentathlon	1,600 points	3,139 points	2012	Alexis Maylor • Delaware Valley

2013 MAC INDOOR TRACK & FIELD CHAMPIONSHIP RESULTS

MEN'S RESULTS

60 METER DASH

6.99 Gavin Colley • Widener

200 METER DASH

22.55 Alex Yoder • Messiah

400 METER DASH

50.40 Alex Yoder • Messiah

800 METER RUN

1:57.63 Mike Ciavarelli • Widener

1 MILE RUN

4:19.44 Chris Garrity • Widener

5000 METER RUN

15:23.49 Bryan Megee • DeSales

60 METER HURDLES

8.33 Jerome Duncan • Lebanon Valley

4X200 METER RELAY

1:32.97 Alvernia
Ricky Bruno, Brandon Young,
Rondel Parker, Zachary Wilson

4X400 METER RELAY

3:29.25 Messiah
Nicholas White, Aaron Powell,
Trevor Praetsch, Alex Yoder

4X800 METER RELAY

8:09.18 Elizabethtown
Ian Hamilton, Ricky Sturz,
Jake Blanton, Aaron Focht

DISTANCE MEDLEY RELAY

10:47.67 Elizabethtown
Adam Harriger, Bryan Baldwin,
Justin Fortney, Aaron Focht

HIGH JUMP

1.88 m 6' 2" Billy Motherway • Manhattanville

POLE VAULT

4.55 m 14' 11" Mick Coleman • Widener

LONG JUMP

7.09 m 23' 3.25" Ricky Bruno • Alvernia

TRIPLE JUMP

13.87 m 45' 6.25" Brandon Young • Alvernia

SHOT PUT

17.52 m 57' 5.75" Fred Fulton • Messiah

WEIGHT THROW

17.91 m 58' 9.25" Eric Solomon • Widener

HEPTATHLON

4505 pts Drew Engle • Messiah

WOMEN'S RESULTS

60 METER DASH

7.81 Danisha Higgs • Albright

200 METER DASH

26.27 Danisha Higgs • Albright

400 METER DASH

59.57 Alisha Farrell • Lebanon Valley

800 METER RUN

2:16.37 Cynthia Adams • Lebanon Valley

1 MILE RUN

5:03.49 Traci Tempone • Elizabethtown

5000 METER RUN

18:05.80 Traci Tempone • Elizabethtown

60 METER HURDLES

9.11 Hilari Norris • Misericordia

4X200 METER RELAY

1:46.46 Lebanon Valley
Kristin Fitti-Hafer, Alisha Farrell,
Alexa Muffly, Ines Antensteiner

4X400 METER RELAY

4:06.05 Misericordia
Amy Viti, Bridget Comiskey,
Jill Dunn, Stephanie Grow

4X800 METER RELAY

9:52.78 Misericordia
Alexa Yoder, Kelsey Cameron,
Bianca Bolton, Marina Orrson

DISTANCE MEDLEY RELAY

12:46.71 Lebanon Valley
Dana Stockdale, Jamielyn Samper,
Julia Mongeau, Cynthia Adams

HIGH JUMP

1.61 m 5' 3.25" Ashlee Ward • Misericordia

POLE VAULT

3.82 m 12' 6.25" Melissa Fellenbaum • Alvernia

LONG JUMP

5.68 m 18' 7.75" Jenna Niedermayer • Elizabethtown

TRIPLE JUMP

11.41 m 37' 5.25" Jenna Niedermayer • Elizabethtown

SHOT PUT

12.07 m 39' 7.25" Erica Szpynda • Widener

WEIGHT THROW

14.74 m 48' 4.5" Rachel Heisler • Alvernia

PENTATHLON

2984 pts Alexis Maylor • Delaware Valley

TEAM RANKINGS - MEN

RANK	POINTS	TEAM
1.	147	Widener
2.	102	Messiah
3.	82	Elizabethtown
4.	67	Alvernia
5.	51	Lebanon Valley
6.	33	DeSales
7.	29	Misericordia
8.	22	Delaware Valley
9.	11	Hood
10.	10	Manhattanville
11.	4	Albright
12.	0	Stevenson

TEAM RANKINGS - WOMEN

RANK	POINTS	TEAM
1.	117.5	Lebanon Valley
2.	104	Misericordia
3.	97	Elizabethtown
4.	67	Messiah
5.	40.5	DeSales
6.	38	Alvernia
7.	29	Albright
8.	27	Hood
8.	27	Widener
10.	10	Delaware Valley
11.	0	Manhattanville
11.	0	Stevenson

SPECIAL AWARDS

ROOKIE OF THE YEAR

Men Ricky Bruno • Alvernia
Women Hilari Norris • Misericordia

FIELD EVENT ATHLETE OF THE YEAR

Men Fred Fulton • Messiah
Women Jenna Niedermayer • Elizabethtown

TRACK ATHLETE OF THE YEAR

Men Alex Yoder • Messiah
Women Danisha Higgs • Albright

COACH OF THE YEAR

Men Vince Touey • Widener
Women Melissa Weidler • Lebanon Valley

2014 MIDDLE ATLANTIC CONFERENCE TEAM ROSTERS

ALBRIGHT COLLEGE LIONS

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Nick Barndt	Jr.	Quakertown, Pa. • Quakertown
Oumar Diawara	So.	Philadelphia, Pa. • Boys Latin
Jacob Dickinson	Fr.	Dalton, Pa. • Scranton Prep
Gerrod Gainer	Fr.	Newark, N.J. • Newark Central
Steffan Gonzalez	Sr.	Toms River, N.J. • Toms River East
Xavier Gonzalez	So.	Allentown, Pa. • Louis E. Dieruff
Jermaine Grey	Jr.	Brooklyn, N.Y. • George Washington
Muhammad Haras	Fr.	Montvale, N.J. • Pascack Hills
Colton Harer	Fr.	Montgomery, Pa. • Montgomery
Dylan Horst	Sr.	Columbia, Pa. • Hempfield
Tyler Huizing	Jr.	Brick, N.J. • Brick Township
Colby Kutz	So.	Reading, Pa. • Holy Name
Sam Marcotte	Sr.	Hampden, Mass. • Minnechaug Regional
Oinye McKinzie	Jr.	New Castle, Del. • Christiana
Sean Potter	Sr.	Toms River, N.J. • Toms River North
Rob Raison	Jr.	Bensalem, Pa. • Warminster
Tymeer Roberts	Fr.	Camden, N.J. • Lindenwald
Alexander Robles	Fr.	Reading, Pa. • Reading
Mike Schwartz	Sr.	Lakewood, N.J. • Monsignor Donovan
Gregory Shelton	Jr.	Wilmington, Del. • Concord
Naeem Smith	Jr.	Hillside, N.J. • Hillside
Tyreek Spaide	Sr.	Berwick, Pa. • Berwick
Trent Thorne	Fr.	Clementon, N.J. • Highland Regional

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Karen Gasior	So.	Union Bridge, Md. • Francis Scott Key
Sami Haynes	Sr.	Niantic, Conn. • East Lyme
Danisha Higgs	Sr.	Nassau, Bahamas • Lyford Cay International School
Angelica Hull	Jr.	Litiz, Pa. • Warwick
Katlynn Kuhns	So.	Leesport, Pa. • Schuylkill Valley
Ronya Nassar	Jr.	Allentown, Pa. • Allentown Central Catholic
Shea Olcheski	Jr.	East Brunswick, N.J. • East Brunswick
Christine Pallas	Sr.	Matawan, N.J. • Matawan
Elizabeth Rohde	Fr.	Fleetwood, Pa. • Fleetwood
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

Deneen Ebling	Head Coach
Anthony Skiles	Assistant Coach
Barry Stebbins	Assistant Coach
Bryan Marison	Assistant Coach

ALVERNIA UNIVERSITY CRUSADERS

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Seth Bellott	Fr.	Mohnton, Pa. • Governor Mifflin
Thomas Bialek	Fr.	Wyomissing, Pa. • Wyomissing
Edward Cadman	Jr.	Whitehall, Pa. • Allentown Central Catholic
Jeremiah Clinchoc	So.	DuBois, Pa. • DuBois Area
Colin Donovan	So.	Lancaster, Pa. • Manheim Township
Brian Elliott	So.	Newark, Del. • Hodgson Vo-Tech
Dillon Emery	Sr.	Locustdale, Pa. • North Schuylkill
Peter Hamati-Attieh	Fr.	Allentown, Pa. • Allentown Central Catholic
Brody Honeycutt	So.	McSherrystown, Pa. • New Oxford
Cody Hughes	Jr.	Birdsboro, Pa. • Twin Valley

ALVERNIA UNIVERSITY CRUSADERS (CONT.)

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Christopher Lockhart	Fr.	Wyomissing, Pa. • Wilson
Peter MacNamee	Jr.	Dublin, Pa. • Pennridge
Andrew Martin	Jr.	Thornton, Pa. • Garnet Valley
Scott McFarlin	Fr.	Eagleville, Pa. • Methacton
Matthew Nazario	Fr.	Lancaster, Pa. • Lancaster Catholic
Jeriko Reyes	Fr.	Wyomissing, Pa. • Wyomissing
Nick Roche	Fr.	Randolph, N.J. • Randolph
Zachary Seaman	Fr.	Wyomissing, Pa. • Wyomissing
Joshua Streeter	Jr.	Paoli, Pa. • Great Valley
Rodre Tomlinson	So.	Swarthmore, Pa. • Strath Haven
Bronson Whitt	So.	Philadelphia, Pa. • Northeast
Brandon Young	Jr.	Baltimore, Md. • Loyola Blakefield
Dalton Zerkowski	Fr.	Denver, Pa. • Cocalico Senior

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Alanna Blessington	Fr.	Media, Pa. • Penncrest
Christanna Brown	Fr.	Elkton, Md. • Elkton
Jamie Cappiello	So.	Levittown, Pa. • Neshaminy
Kayla Guerrieri	So.	Newfoundland, Pa. • Wallenpaupack Area
Meaghan Hanrahan	Fr.	Wilmington, Del. • The Tatnall School
Shelby Hontz	Fr.	Manheim, Pa. • Manheim Central
Alicia Lesneski	Fr.	Clarks Summit, Pa. • Abington Heights
Gabriella Messina	So.	Washington, N.J. • Warren Hills
Liz Newman	Jr.	Fleetwood, Pa. • Brandywine Heights
Delaney Reynolds	Fr.	Dickson City, Pa. • Mid Valley Secondary Charter
Liane Riley	Fr.	Devon, Pa. • Conestoga
Mylen Ruppert	Jr.	Reading, Pa. • Reading Area
Amanda Searle	Sr.	Mullica Hill, N.J. • Clearview Regional
Andrea Stevko	So.	Palmerton, Pa. • Palmerton Area
Tina Marie Streleckis	Jr.	Philadelphia, Pa. • St. Hubert
Claire Sutliff	Fr.	Sinking Spring, Pa. • Wilson
Tia Thomas	So.	Williamstown, N.J. • Williamstown
Bridget Verdel	Sr.	Hamilton Square, N.J. • Notre Dame
Erin Verdon	Jr.	Washington, N.J. • Warren Hills Regional
Heather Wanner	Fr.	Blandon, Pa. • Fleetwood Area

Eric Bennett	Head Coach
Neal Fox	Assistant Coach • Sprints/Hurdles
Peter Schaefer	Assistant Coach • Middle Distance
Ty Smith	Assistant Coach • Throws
Joe McCool	Assistant Coach • Distance
Allie Whitesel	Assistant Coach • Sprints/Hurdles
Melissa Fellenbaum	Assistant Coach • Pole Vault

DELAWARE VALLEY COLLEGE AGGIES

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Rasheed Bailey	Jr.	Philadelphia, Pa. • Roxborough
Chris Beard	So.	Raphine, Va. • Parry McCluer
Shane Bush	Fr.	Atlantic City, N.J. • Oakcrest
Joshua Byrnes	Fr.	Alexandria, Va. • Middletown
Brian Carter	Jr.	Philadelphia, Pa. • George Washington
Sam Cullen	So.	Glenolden, Pa. • Monsignor Bonner
Mike Dolan	Fr.	South Plainfield, N.J. • South Plainfield
Jason Doll	So.	Boalsburg, Pa. • State College
Austin Gentel	Fr.	Frederick, Md. • Tuscarora
Patrick Hastings	Jr.	Staten Island, N.Y. • Monsignor Farrell
Mike Lentine	Fr.	Hampton, N.J. • Voorhees
Charles Logue	Jr.	Bernardsville, N.J. • Bernards

2014 MIDDLE ATLANTIC CONFERENCE TEAM ROSTERS

DELAWARE VALLEY COLLEGE AGGIES (CONT.)

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Danny Lopez	Jr.	Bethlehem, Pa. • Liberty
Sam McCaffrey	So.	Lambertville, N.J. • South Hunterdon
Andrew McMillan	So.	Randolph, N.J. • Randolph
George Mulherin	So.	Levittown, Pa. • Neshaminy
Ben Nixon	So.	Lansdale, Pa. • Christopher Dock
Aaron Rill	So.	York, Pa. • Central York
Peter Tantillo	So.	Little Falls, N.J. • Passaic Valley
Lewis Vincent	Sr.	Bensalem, Pa. • Bensalem
Jesse Ware	Sr.	Rising Sun, Md. • Salesianum

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Taylor Blasko	Fr.	Schnecksville, Pa. • Parkland
Emma Rose Boyle	So.	Andreas, Pa. • Marian Catholic
Sara Chamerlain	Fr.	Bloomsburg, Pa. • Central Columbia
Taylor Culver	Jr.	Dallas, Pa. • Dallas
Jenn GrasSo.	Fr.	Tunkhannock, Pa. • Tunkhannock
Melissa Greulich	Sr.	Pipersville, Pa. • Central Bucks East
Sarah Kass	Jr.	Foxborough, Mass. • Foxborough
Dana Kilgariff	Jr.	Philadelphia, Pa. • Walter Biddle Saul
Samantha King	So.	York Springs, Pa. • Bermudian Springs
Alexis Koemm	Fr.	Somerville, N.J. • Somerville
Melissa Leandri	Fr.	Mechanicsburg, Pa. • Trinity
Laura Ludwig	Sr.	Schnecksville, Pa. • Parkland
Briana Manns	So.	
Alexis Maylor	Sr.	Derry, N.H. • Pinkerton Academy
Teagan McCardle	Jr.	Lewistown, Pa. • Indian Valley
Brittany Roberts	Jr.	Bloomington, N.J. • Butler
Michelle Salvemini	So.	Bangor, Pa. • Bangor
Stephanie Unger	Jr.	Oreland, Pa. • Saint Basil Academy
Stephanie Vona	Sr.	Warrington, Pa. • Central Bucks South
Safiya Washington	So.	
Michelle Welliver	So.	East Meadow, N.Y. • East Meadow
Samantha Will	Fr.	Ocean Gate, N.J. • Marine Academy of Tech. & Env. Science
Andrea Wood	Fr.	Harrisonburg, Va. • Harrisonburg

Larry Hannon	Head Coach
Warren Robertson	Assistant Coach
Ken Killion	Assistant Coach
Mike Theiss	Assistant Coach
Jane Hannon	Assistant Coach

DESALES UNIVERSITY BULLDOGS

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Rob Amoroso	Fr.	Flanders, N.J. • Mount Olive
Ed Ashton	So.	Media, Pa. • Penncrest
Austin Bartholomew	Fr.	Bethlehem, Pa. • Salisbury
John Bayeux	Jr.	Basking Ridge, N.J. • Ridge
Dan Beck	Sr.	Churchville, Pa. • Council Rock South
Dylan Bonge	Fr.	Allentown, Pa. • Salisbury
Patrick Collins	Fr.	Pitman, N.J. • Pitman
AJ Cook	Jr.	Stanhope, N.J. • Hopatcong
Nico Crachi	So.	Allentown, Pa. • Dieruff
Matt Cummings	Fr.	Oak Ridge, N.J. • West Milford
Ryan DePinto	So.	Langhorne, Pa. • Neshaminy
Kevin Drastura	So.	Linden, N.J. • Roselle Catholic
Dave Dusza	Sr.	Schwenksville, Pa. • Souderton
Sean Dusza	So.	Schwenksville, Pa. • Souderton
William Edwards	Fr.	Shiremanstown, Pa. • Trinity

DESALES UNIVERSITY BULLDOGS (CONT.)

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Connor Foley	So.	Ellicott City, Md. • Marriotts Ridge
Mike Furst	Fr.	Basking Ridge, N.J. • Ridge
Michael Gamarra	Fr.	Far Hills, N.J. • Bernards
Ryan Guth	Sr.	Mohnton, Pa. • Governor Mifflin
Braheem Ingalls	So.	Woodlynne, N.J. • Collingswood
Zach Kaminski	Sr.	Elkton, Md. • St. Mark's
Carl Keri	Sr.	Princeton, N.J. • Montgomery
Bradley Kilheeneey	Fr.	North Brunswick, N.J. • North Brunswick
Henry Klinges	Sr.	Philadelphia, Pa. • Father Judge
Rob Lawler	So.	Middlesex, N.J. • St. Joseph
Mikel Lezama	So.	San Sebastian, Spain • St. Patrick's English
Mike Masullo	Fr.	Effort, Pa. • Pleasant Valley
Adam Mathias	Sr.	Mountville, Pa. • Lancaster Catholic
Bryan Megee	Sr.	Easton, Pa. • Notre Dame (GP)
Mike Michell	So.	White Plains, N.Y. • White Plains
Stephen Monaghan	So.	Philadelphia, Pa. • Roman Catholic
Dominic Montero	Fr.	Tamaqua, Pa. • Marian Catholic
Ethan Motsney	Fr.	Ashland, Pa. • North Schuylkill
Nate Noll	Jr.	Kutztown, Pa. • Kutztown
Zachary Orecchio	So.	Kintnersville, Pa. • Palisades
Lee Orzol	Jr.	Hamilton, N.J. • Notre Dame
Scott Rennalls	So.	Budd Lake, N.J. • Mount Olive
Zac Sikanowicz	Sr.	South Plainfield, N.J. • St. Joseph's Metuchen
Steve Van Doran	Jr.	Goshen, N.Y. • Goshen

Al Weiner	Head Coach
Scott Karwacki	Assistant Coach • Distance
Andrzej Wasik	Assistant Coach • Sprints/Hurdles
Mariusz Wittbrodt	Assistant Coach • Throws
Dan Wessner	Assistant Coach • Jumps/Pole Vault
Joe Webster	Assistant Coach • Sprints
Jack Tarpey	Assistant Coach • Mid-Distance

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Natala Balla	So.	Trevese, Pa. • Bensalem
Michele Bartkus	Jr.	Havertown, Pa. • Cardinal O'Hara
Janette Berger	Fr.	Mercer, Pa. • Mercer
Alyssa Brandt	Jr.	Hagerstown, Md. • Clear Spring
Katie Cappuccino	Fr.	Kutztown, Pa. • Northwestern Lehigh
Meghan Carr	Jr.	Atco, N.J. • Paul VI
Michelle Churchman	Jr.	Wharton, N.J. • Morris Hills
Stephanie Churuchman	Jr.	Wharton, N.J. • Morris Hills
Shannon Connell	So.	Sparta, N.J. • Pope John XXIII
AnnMarie Consiglio	Sr.	New Haven, Conn. • Sacred Heart
Colleen Costello	Sr.	Flanders, N.J. • Morris Catholic
Jessica Curry	So.	Syracuse, N.Y. • Bishop Ludden
Beth Dauer	Fr.	Newton, N.J. • Pope John XXIII
Katlyn Diffenderfer	Sr.	Columbia, Pa. • Lancaster Catholic
Katie Downing	Fr.	Bethlehem, Pa. • Notre Dame
Emily Edwards	So.	Phillipsburg, N.J. • Phillipsburg
Cara Guth	Sr.	Mohnton, Pa. • Governor Mifflin
Emily Hoats	Fr.	Bethlehem, Pa. • Salisbury
Emma Kemmerer	So.	New Tripoli, Pa. • Northwestern Lehigh
Abby Labar	So.	Bethlehem, Pa. • Nazareth
Kate Little	Sr.	Nazareth, Pa. • Bethlehem Catholic
Amanda Miller	Jr.	Bethlehem, Pa. • Liberty
Samantha Myles	Jr.	Stroudsburg, Pa. • Stroudsburg
Brielle Nagle	Fr.	Middleport, Pa. • Pottsville
Erica Price	So.	Voorhees, N.J. • Eastern
Emily Rogan	Fr.	Glen Rock, N.J. • Glen Rock

2014 MIDDLE ATLANTIC CONFERENCE TEAM ROSTERS

DESALES UNIVERSITY BULLDOGS (CONT.)

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Erica Thomas	Fr.	Allentown, Pa. • William Allen
Megan Warner	So.	Palm Bay, Fla. • Heritage High
Oksana Wittbrodt	Fr.	Laurys Station, Pa. • Parkland
Lauren Yost	So.	Easton, Pa. • Easton
Gordon Hornig		Head Coach
Andrzej Wasik		Assistant Coach • Sprints/Hurdles
Mariusz Wittbrodt		Assistant Coach • Throws
Dan Wessner		Assistant Coach • Jumps/Pole Vault
Joe Webster		Assistant Coach • Sprints
Randy Latza		Assistant Coach • Hurdles/Steeplechase

ELIZABETHTOWN COLLEGE BLUE JAYS

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Jon Anderson	Fr.	Timonium, Md. • Dulaney
Cody Aspril	Fr.	Lancaster, Pa. • Lampeter-Strasburg
Corey Aspril	Jr.	Lancaster, Pa. • Lampeter-Strasburg
Kevin Aspril	Sr.	Lancaster, Pa. • Lampeter-Strasburg
Bryan Baldwin	Jr.	New Windsor, N.Y. • Newburgh Free Academy
Joe Bayona	Jr.	Eatontown, N.J. • Monmouth Regional
Kevin Brady	Sr.	Hanover, Pa. • Delone Catholic
Sam Brooks	So.	Blue Bell, Pa. • Wissahickon
Ryan Conway	So.	Pottstown, Pa. • Owen J. Roberts
Sam Cooper	So.	Phoenixville, Pa. • Phoenixville
Lucas Dayhoff	Sr.	Keymore, Md. • Walkersville
Kegan Flagg	Fr.	Downingtown, Pa. • Downingtown West
Nathaniel Flickinger	Jr.	Carlisle, Pa. • Boiling Springs
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
David Hess	Fr.	Lincoln University, Pa. • Avon Grove
Christopher Jones	Fr.	Waldorf, Md. • North Point
Patrick Jones	Fr.	Waldorf, Md. • North Point
Matt Kelley	Fr.	Springfield, Va. • St. Stephen's & St. Agnes
Graeme Kennedy	So.	Hampstead, Md. • Manchester Valley
William Kenney	Fr.	Iselin, N.J. • Saint Joseph
Andrew Khela	Jr.	Bangor, Pa. • Bangor Area
Ian Kulis	Fr.	Sewell, N.J. • Washington Township
Brian Layng	Sr.	Canton, Pa. • Canton
Andrew Lesko	Fr.	Mohnton, Pa. • Governor Mifflin
Nate Liebsch	Fr.	Downingtown, Pa. • Downingtown West
Max Mahan	Fr.	Blue Bell, Pa. • Garden Spot
Malcolm McCord	So.	Mount Holly, N.J. • Rancocas Valley Regional
Keegan McDonough	Fr.	Burlington Township, N.J. • Holy Cross
Matt Rever	Sr.	Timonium, Md. • Dulaney
Ryan Schubert	Fr.	Shamong, N.J. • Seneca
Matt Shenk	So.	Spring Grove, Pa. • Spring Grove
Stephen Smith	Sr.	Westmont, N.J. • Bishop Eustace
Eric Spiller	Fr.	Philadelphia, Pa. • World Communications Charter
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

ELIZABETHTOWN COLLEGE BLUE JAYS (CONT.)

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Alyssa Aichele	So.	Lancaster, Pa. • Lancaster Catholic
Stephanie Bellott	Fr.	Williamsport, Pa. • Loyalsock
Ali Christ	Sr.	Fair Haven, N.J. • Rumson-Fair Haven Regional
Eileen Cody	Sr.	Jamesville, N.Y. • Jamesville-DeWitt
Lydia Dearie	So.	Sykesville, Md. • Century
Kelsey Detweiler	Fr.	Elizabethtown, Pa. • Lower Dauphin
Brianna Earnshaw	Fr.	Audobon, Pa. • Methacton
Rachel Fuehrer	Sr.	Allentown, Pa. • Parkland
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
Rebecca Korsen	Fr.	Lederach, Pa. • So. uderton
Eileen Kroszner	Sr.	Perkasie, Pa. • Lansdale Catholic
Jordan Kulp	Fr.	Jim Thorpe, Pa. • Panter Valley
Rachel LaBatt	Fr.	Hollywood, Md. • Leonardtown
Monica Loranger	Sr.	Butler, N.J. • Butler
Nicole Ludwig	Fr.	Mount Airy, Md. • Liganore
Casey Meier	Jr.	Elizabethtown, Pa. • Elizabethtown
Elaina Nellis	Sr.	Clinton Corners, N.Y. • Millbrook
Kayla Novak	Fr.	Malvern, Pa. • Great Valley
Amanda Porter	Fr.	Audubon, N.J. • Audubon
Caitlin Pysher	Fr.	Harrisburg, Pa. • Central Dauphin East
Casey Quinto	Fr.	Pennington, N.J. • Hopewell Valley Central
Aaliyah Ravenel	Fr.	Carlisle, Pa. • Carlisle
Nicolette Siermine	Fr.	Aston, Pa. • Sun Valley
Deanna Slater	So.	Elizabethtown, Pa. • Elizabethtown
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
Monica Venturella	Fr.	Palmyra, Pa. • Palmyra
Payton Wagmeister	Fr.	River Edge, N.J. • River Dell
Liz Wedekind	Fr.	Yardley, Pa. • Pennsbury
Gabrielle Yankelovich	So.	Exton, Pa. • Great Valley
Samantha Zarzaca	Fr.	Leonardtown, Md. • Leonardtown
Jackie Zylka	Sr.	Harleysville, Pa. • Souderton

Joel Hoffsmith	Head Coach
Brian Falk	Director of Cross Country/Track & Field
Phil Alder	Assistant Coach • Hurdles/Sprints/Pole Vault/Javelin
Wyatt Eaton	Assistant Coach • Sprints/Relays
Jamie McCollum	Assistant Coach • Distance
Larry Nawa	Assistant Coach • Throws
Jenna Niedermayer	Assistant Coach • Jumps/Hurdles/Sprints

HOOD COLLEGE BLAZERS

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Nicholas Aldana	Sr.	Myersville, Md. • Middletown
Alexander Ayer	Sr.	Frederick, Md. • Frederick
Christopher Catalfamo	Sr.	Warwick, R.I. • Warwick Veterans Memorial
Justin Cifuentes	Jr.	Teaneck, N.J. • Teaneck
Andrew Drum	Jr.	Middletown, Md. • Middletown
Nathan Dubell	Jr.	Odenton, Md. • Arundel
Matthew Dyjack	Sr.	Odenton, Md. • Arundel
Austin Hager-Perry	Fr.	Williamsport, Md. • Williamsport
Gary Higginbotham	Fr.	Middletown, Md. • Middletown

2014 MIDDLE ATLANTIC CONFERENCE TEAM ROSTERS

HOOD COLLEGE BLAZERS (CONT.)

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Daniel Jacobs	Sr.	Hillsborough, N.J. • Hillsborough
Jordan McNeill	Sr.	Walkersville, Md. • Walkersville
Matthew Mellon	Sr.	Upper Marlboro, Md. • Largo
Kahembi Mukuwa	Fr.	Lusaka, Zambia • Lusaka International Community
Caleb Phillips	Jr.	Frederick, Md. • Governor Thomas Johnson
Steven Powell	Sr.	Stevensville, Md. • Kent Island
Timon Shelenker	Fr.	Laurel, Md. • Springbrook
Nick Slawson	Jr.	Mesa, Ariz. • Mesa
Alexander Stevens	Fr.	Nazareth, Pa. • Notre Dame
Eric Stone	So.	Thurmont, Md. • Catoclin
Nikko Thomas	Sr.	Odenton, Md. • Arundel
Todd Welch	Jr.	Gwynn Oak, Md. • Western Tech
Tyree Wilson	Sr.	Wilmington, Del. • St. Georges Tech
Christian Woltz	Fr.	Germantown, Md. • Home School
Dylan Wood	Fr.	Glen Burnie, Md. • Northeast
Rafael Zamora	Fr.	Taneytown, Md. • Francis Scott Key

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Ashley Barnes	So.	Yigo, Guam • Guam
Caitlin Bean	Jr.	Chester, Md. • Kent Island
Jayda Blount	Fr.	Waldorf, Md. • McDonough
Chelsea Bunker	Jr.	Denton, Md. • North Caroline
Alexandra Dystant	Jr.	Odenton, Md. • Arundel
Maya Gonzalez	So.	Brunswick, Md. • Brunswick
So.phie Grizzle	So.	Brunswick, Md. • Brunswick
Helena Hammond-DoDoo	Jr.	Accra, Ghana • Frederick
Jill Heymann	Fr.	Hackettstown, N.J. • Warren Hills
Romitta Hoff	Jr.	Bowie, Md. • DuVal
Maya Jackson	Jr.	Baltimore, Md. • Roland Park Country
Caitlin McGrath	So.	Stevensville, Md. • Kent Island
Katrina Nguyen	Jr.	Frederick, Md. • Urbana
Alyssa Peterson	Sr.	Taneytown, Md. • Francis Scott Key
Karly Reigel	Jr.	Wyomissing, Pa. • Wilson
Meghan Rose	Sr.	Baltimore, Md. • Eastern Technical
Kailissa Santangelo	Fr.	Germantown, Md. • Northeast
Sarah Scott	Fr.	Columbia, Md. • Long Reach
Heather Silveira	Jr.	Baltimore, Md. • Chesapeake
Verkia Smith	So.	Waldorf, Md. • North Point
Karina Stetsyuk	Fr.	Frederick, Md. • Governor Thomas Johnson
Antonnia Summers	So.	Rochester, N.Y. • Olympia
Margarita Swisler	Jr.	Madison, Wisc. • West
Hannah Weis	Jr.	Huntingtown, Md. • Huntingtown
Brianna Wilson	Fr.	Rockville, Md. • Eleanor Roosevelt
Jamie Wisz	Jr.	Hagerstown, Md. • Smithburg
Chelsea Young	Sr.	Walkersville, Md. • Walkersville
Emily Zeller	Fr.	Jarrettsville, Md. • North Harford

Brent Ayer	Head Coach
Jack Griffin	Assistant Coach
John Grim	Assistant Coach
Jake Nichols	Assistant Coach
Brett Shelley	Assistant Coach

LEBANON VALLEY COLLEGE DUTCHMEN

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Noe Aguilar	So.	Biglerville, Pa. • Biglerville
Eloy Almonte	Fr.	Lodi, N.J. • Lodi
Fernando Almonte	Fr.	Lodi, N.J. • Lodi

LEBANON VALLEY COLLEGE DUTCHMEN (CONT.)

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Joe Bennett	So.	Teaneck, N.J. • Passaic County Tech Institute
Elliott Bonds	So.	Palmyra, Pa. • Palmyra
Ian Brown	Fr.	Grove City, Pa. • Grove City
Dominic DiAngelis	So.	Jonestown, Pa. • Northern Lebanon
Kyle Fr.onk	Jr.	Thompsontown, Pa. • Greenwood
Johnathan Fureman	Sr.	Lebanon, Pa. • Lebanon
Mark Garraway	Jr.	Mechanicsburg, Pa. • Mechanicsburg
Deryk Gingrich	Sr.	Lebanon, Pa. • Lebanon
Andrew Goelz	Jr.	Brick, N.J. • Brick Township
Michael Harnish	Jr.	Myerstown, Pa. • ELCO
Bradley Hartman	Fr.	Myerstown, Pa. • ELCO
Kevin Johnson	Fr.	Randolph, N.J. • Randolph
Cody Lloyd	So.	Lebanon, Pa. • Cedar Crest
Ian McGinnis	Fr.	Burnham, Pa. • Mifflin County
Anderson Novalin	Fr.	York, Pa. • York
Reid Pavlik	So.	Manheim, Pa. • Manheim
Jeff Pellow	So.	Lebanon, Pa. • Cedar Crest
Ibsen Powers	Fr.	Ephrata, Pa. • Ephrata
Mike Pugh	Jr.	Hanover, Pa. • South Western
Jonathan Riley	Jr.	Aberdeen, N.J. • Matawan
Bradee Ruhl	So.	Mifflinburg, Pa. • Mifflinburg Area
John Salcedo	So.	York, Pa. • York Suburban
CJ Sayous	Jr.	Randolph, N.J. • Randolph
Jesse Shetrom	Jr.	Osceola Mills, Pa. • Philipsburg-Osceola
Darryl Sweeper	Jr.	Reading, Pa. • Muhlenberg
Ben Tanner	Fr.	Jonestown, Pa. • Northern Lebanon
Nick Tucker	Fr.	Walkersville, Md. • Walkersville
Nate Valdez	Sr.	York, Pa. • William Penn
Andrew Walker	Jr.	Spring Grove, Pa. • Spring Grove
Mike Weir	Sr.	Elizabethtown, Pa. • Lower Dauphin
Dylan Yost	Fr.	Mifflinburg, Pa. • Mifflinburg

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Cynthia Adams	Sr.	Elysburg, Pa. • Southern Columbia Area
Ines Antensteiner	Jr.	Lewisburg, Pa. • Lewisburg
Caitlin Bach	Sr.	Manchester, Md. • North Carroll
Emily Banks	So.	Hummelstown, Pa. • Lower Dauphin
Sarah Black	Sr.	Hummelstown, Pa. • Bishop McDevitt
Sarah Boyles	Sr.	Centreville, Va. • Westfield
Ashley Braungard	Fr.	Lancaster, Pa. • Lampeter-Strasburg
Noelle Brossman	Sr.	Ephrata, Pa. • Ephrata
Laura Calderone	Sr.	Monmouth Junction, N.J. • South Brunswick
Lauren Decker	Fr.	Grove City, Pa. • Grove City
Megan Doris	Fr.	Lebanon, Pa. • Cedar Crest
Rachel Eyler	Jr.	York, Pa. • West York
Kristin Fitti-Hafer	Sr.	Kutztown, Pa. • Kutztown
Taylor Gerchak	Jr.	Pottsville, Pa. • Pottsville
Lauren Grauer	Jr.	Mohrsville, Pa. • Schuylkill Valley
Becky Ireland	Fr.	Trappe, Md. • North Caroline
Olivia Jendrzejewski	Fr.	Hanover, Pa. • Hanover
Hannah Jones	So.	York, Pa. • York Suburban
Alyssa Keich	Jr.	Tamaqua, Pa. • Tamaqua
Sara Lemke	Fr.	North Merrick, N.Y. • WC Mephan Senior
Annesse Mauer	Jr.	Enola, Pa. • East Pennsboro
Steph Monico	Sr.	Harleysville, Pa. • Souderton
Alexa Muffyly	So.	Watsontown, Pa. • Warrior Run
Kat O'Hara	Jr.	Harrisburg, Pa. • Central Dauphin East
Kelsey Patrick	So.	Tamaqua, Pa. • Tamaqua Area
Brittany Rees	Fr.	McDonald, Pa. • South Fayette Township
Katelyn Rilee	So.	Pasadena, Md. • Chesapeake

2014 MIDDLE ATLANTIC CONFERENCE TEAM ROSTERS

LEBANON VALLEY COLLEGE DUTCHMEN (CONT.)

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Hannah Salapa	Sr.	Harrisburg, Pa. • Central Dauphin East
Jamielyn Samper	Sr.	Monmouth Junction, N.J. • South Brunswick
Taylor Seiber	Jr.	Elliottsburg, Pa. • West Perry
Rebecca Sittler	Fr.	Wrightsville, Pa. • York Catholic
Mariah Smolka	Jr.	Rio Grande, N.J. • Middle Township
Dana Stockdale	Jr.	Lewisburg, Pa. • Lewisburg
Tori Stramara	So.	Pottsville, Pa. • Blue Mountain
Nicole Vasiliu	Jr.	Mechanicsburg, Pa. • Mechanicsburg
Emily White	So.	Palmyra, Pa. • Annville Cleona
Brittany Wilson	So.	Elkton, Md. • Bohemia Manor
Morgan Yealy	Fr.	Hanover, Pa. • Hanover

Melissa Weidler	Head Coach • Sprints/Hurdles
Frank Gilbert	Assistant Coach • Horizontal Jumps
Jim Weaver	Assistant Coach • Vertical Jumps
James O'Brien	Assistant Coach • Distance
Tim Bieber	Assistant Coach • Throws
Shaylene Scheib	Volunteer Assistant Coach
Amy Hartman	Volunteer Assistant Coach
Logan Stroman	Volunteer Assistant Coach

MANHATTANVILLE COLLEGE VALIANTS

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Amado Amesquita-Santos	Sr.	Providence, R.I. • E-Cubed Academy
Rodrigo Castiglioni	Fr.	Asuncion, Paraguay • Colegio Internacional
Chris Dadzie	So.	Accra, Ghana • Taft Educational Campus
Chris Fallague	Fr.	New Canaan, Conn. • Stamford
Matt Goidell	So.	Centerport, N.Y. • St. John the Baptist
Mike Pottle	Jr.	Windham, Maine • Windham
Jelani Price	Fr.	Plainfield, N.J. • Plainfield
Reuben Salcedo	Fr.	Bronx, N.Y. • Salesian
Eddie Silber	So.	Holbrook, N.Y. • Sachem East
Ben Smith	Sr.	Proctor, Vt. • Mount St. Joseph Academy
Marcus Spignesi	Fr.	North Haven, Conn. • North Haven
James Tatum	So.	Fulton, Md. • Atholton
Evan Winston	So.	North Salem, N.Y. • Briarcliff

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Rebecca Canavan	So.	New York, N.Y. • Saint Jean Baptist
Alexis Lanzillotti	Jr.	Walkill, N.Y. • Walkill
Denise Martinchek	So.	Newington, Conn. • Newington
Katie Mollahan	Fr.	Cornwall, N.Y. • Cornwall Central
Alexis Moore	Sr.	Voorheesville, N.Y. • Voorheesville
Polin Petkova	Fr.	Vratza, Bulgaria • IES Parque de Lisboa
Kayla Pleasant	So.	New Orleans, La. • Isidore Newman School
Debbie Rivera	So.	Lynbrook, N.Y. • Lynbrook
Shannon Roberts	So.	Saddle Brook, N.J. • Saddle Brook
Noelle Vidaic	Fr.	Massapequa, N.Y. • Massapequa
Catherine Weiner	So.	Mount Kisco, N.Y. • Fox Lane

Courtney Jaworski	Head Coach
Zachary Wright	Assistant Coach • Jumps
Antonio Bulagay	Assistant Coach • Throws

MESSIAH COLLEGE FALCONS

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Luke Aumen	Fr.	Dillsburg, Pa. • Northern
Andrew Ausel	Sr.	Quarryville, Pa. • Solanco
Chris Beardsley	Jr.	Bear, Del. • Red Lion Christian Academy
Edward Bley	So.	Lancaster, Pa. • Penn Manor
Michael Boyles	So.	Centreville, Va. • Westfield
Jason Chu	Jr.	Ocean City, N.J. • Ocean City
Dane Cornelius	Fr.	Orbisonia, Pa. • Southern Huntingdon
Jeremy Diehl	Jr.	Hanover, Pa. • South Western
Drew Engle	Jr.	Manheim, Pa. • Manheim Central
Mark Engle	Jr.	East Petersburg, Pa. • Lancaster Mennonite
Alex Faus	So.	Elizabethtown, Pa. • Elizabethtown Area
Nathan Fleming	So.	Milton, Vt. • Milton
Quentin Hampton	So.	Kutztown, Pa. • Kutztown
Tim Hampton	Sr.	Frederick, Md. • Walkersville
Josiah Haws	So.	East Earl, Pa. • Garden Spot
Phil Headland	So.	Lititz, Pa. • Warwick
Jacob Johnson	Sr.	Wappingers Falls, N.Y. • R.C. Ketcham
Andrew Joy	So.	Stratford, Conn. • Bunnell
Ryan Laird	So.	New Holland, Pa. • Garden Spot
Matthew Leber	Sr.	Germantown, Md. • Cedar Brook Academy
Timothy Mast	Fr.	Lancaster, Pa. • Lampeter-Strasburg
Caleb McGaughran	Jr.	Derry, Pa. • Home School
Jonphilip McGill	Jr.	Interlaken, N.Y. • South Seneca
Braden Miller	Fr.	Mechanicsburg, Pa. • Cumberland Valley
Matthew Miller	So.	New Holland, Pa. • Garden Spot
Tim Minnick	Sr.	North Potomac, Md. • Quince Orchard
Tim Moses	Fr.	Palmyra, Pa. • Palmyra
Joel Ngui	So.	Petaling Jaya, Malaysia • Methodist College
Joshua Pardoe	Fr.	Red Lion, Pa. • Red Lion Area Senior
Nathaniel Pardoe	Fr.	Red Lion, Pa. • Red Lion Area Senior
Aaron Powell	So.	Chambersburg, Pa. • Chambersburg
Trevor Praetsch	Sr.	Holliston, Mass. • Whitinsville
Merced Ramirez-Saldana	Fr.	Harrisburg, Pa. • Harrisburg Sci Tech
Jared Schatz	So.	Elizabethtown, Pa. • Lancaster Mennonite
Christopher Scheib	So.	Halifax, Pa. • Halifax Area
Tyler Sensenig	So.	Lancaster, Pa. • Ephrata
Cameron Shirk	So.	Harrisburg, Pa. • Harrisburg Christian
Brandon Stearns	So.	Union Bridge, Md. • Francis Scott Key
Jacob Stockner	Jr.	Fredericksburg, Va. • Mountain View
Trevor Stutzman	Jr.	Kutztown, Pa. • Kutztown
Celton Toote	Jr.	Nassau, Bahamas • Queen's College
Jeremy White	Fr.	Washingtonville, Pa. • Washingtonville
Nicholas White	Jr.	Washingtonville, Pa. • Washingtonville
Max Whitehead	Fr.	Marysville, Pa. • Susquenita
Alex Yoder	Jr.	Greencastle, Pa. • Greencastle
Joel Zeigler	Jr.	Mechanicsburg, Pa. • Mechanicsburg

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Emma Barbagallo	So.	Newtown, Pa. • Council Rock North
Tasha Becker	So.	New Holland, Pa. • Garden Spot
Jenny Bender	So.	Hatfield, Pa. • North Penn
Natalie Booz	Fr.	Whitinsville, Mass. • Whitinsville Christian
Jenny Bove	So.	Bear, Del. • Red Lion Christian Academy
Rachel Bowser	So.	Holidaysburg, Pa. • Holidaysburg
Tiffany Burrows	Jr.	Quakerstown, Pa. • Quakerstown
Rachel Chopka	Fr.	Dillsburg, Pa. • Northern
Hadlee Coker	Fr.	East Falmouth, Mass. • Falmouth
Lyndsay Feather	So.	Akron, Ohio • Copley Senior
Andrea Fogelsanger	So.	Dillsburg, Pa. • Northern
Sarah Goodman	Fr.	Mechanicsburg, Pa. • Cedar Cliff

2014 MIDDLE ATLANTIC CONFERENCE TEAM ROSTERS

MESSIAH COLLEGE FALCONS (CONT.)

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Julie Heisey	Fr.	Orrstown, Pa. • Chambersburg
Natasha Henderson	Jr.	East Petersburg, Pa. • Hempfield
Victoria Hepp	Sr.	Newtown, Pa. • Council Rock North
Kaitlyn Hostetler	Fr.	Marshallville, Ohio • Smithville
Laura Hurst	Fr.	Springfield, Va. • West Springfield
Marie Johnson	Fr.	Middletown, N.Y. • Middletown
Jenny Kutzner	Sr.	Mechanicsburg, Pa. • Mechanicsburg
Peyton Lagasse	So.	Crofton, Md. • Arundel
Brooke Maneval	Fr.	McAlisterville, Pa. • East Juniata
Susannah Marshall	So.	Waynesboro, Pa. • Waynesboro Area
Liz Martin	Sr.	Lancaster, Pa. • Garden Spot
Kaylene Mason	Sr.	East Quogue, N.Y. • Westhampton Beach
Alyssa Mills	Jr.	Plainville, Conn. • Plainville
Leah Novak	Jr.	Telford, Pa. • Souderton
Brittany Paine	So.	Bear, Del. • Red Lion Christian Academy
Rebecca Querfield	Fr.	Arequipa, Peru • Colegio Internacional
Gabrielle Rekully	Jr.	Harrisburg, Pa. • Central Dauphin
Rachel Robison	So.	Stroudsburg, Pa. • Pocono Mountain East
Alissa Rogers	Fr.	Londonderry, N.H. • Londonderry
Rebekah Safford	Fr.	Pottstown, Pa. • Pottsgrove
Victoria Scrima	So.	Westtown, N.Y. • Minisink Valley
Emily Senning	So.	South Hamilton, Mass. • Hamilton Wenham
Catherine Springer	Fr.	Waldorf, Md. • North Point
Nicole Sunderland	Sr.	Boiling Springs, Pa. • Boiling Springs
Jacquelyn Young	So.	Germantown, Md. • Clarksburg

Dale Fogelsanger	Head Coach
Brian Hager	Assistant Coach
Jason Brown	Assistant Coach
Bill Barko	Assistant Coach
John Long	Assistant Coach
A.J. Smith	Assistant Coach
Andrew Springer	Assistant Coach
Patrick Hager	Graduate Assistant

MISERICORDIA UNIVERSITY COUGARS

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Tosin Adeyemo	So.	Columbus, N.J. • Northern Burlington
Benjamin Becker	Fr.	Swoyersville, Pa. • Wyoming Valley West
Zach Bottone	Sr.	Wilkes-Barre, Pa. • Coughlin
Carl Daubert	So.	Hanover Township, Pa. • Hanover
Eric Deignan	Fr.	Harrisburg, Pa. • Central Dauphin
Ryan Foster	Jr.	Lebanon, Pa. • Lebanon
Skyler Gerrity	So.	Towanda, Pa. • Towanda
Angel Guzman	Jr.	Windsor, N.J. • Highstown
Mikael Hause	So.	Kulpmont, Pa. • Mt. Carmel
Jarrett Higley	Jr.	Dushore, Pa. • Sullivan County
Shadrack Kiprop	Fr.	Lancaster, Pa. • Penn Manor
Michael Krsulic	So.	Rockaway, N.J. • Morris Hills
A.J. Limongelli	Jr.	Dallas, Pa. • Holy Redeemer
Aidan Marich	Sr.	West Pittston, Pa. • Wyoming
Austin Martinelli	Fr.	Scranton, Pa. • West Scranton
Anthony McNee	Fr.	Somerset, N.J. • Immaculata
Andrew Nelson	So.	Olyphant, Pa. • Holy Cross
Jeremy Osko	Jr.	Ashley, Pa. • Hanover
George Ruhl	Fr.	Monroeville, N.J. • Woodstown
Luigi Tirro	Fr.	Staten Island, N.Y. • St. Joseph-by-the-Sea
Brenden Walker	Fr.	Waverly, N.Y. • Tioga Central
Nick Weron	Jr.	Nanticoke, Pa. • Nanticoke

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Jackie Bamberski	Fr.	Feasterville, Pa. • Archbishop Ryan
Bianca Bolton	So.	Pittston, Pa. • Pittston Area
Georgia Cleary	Fr.	Leola, Pa. • Lancaster Catholic
Bridget Comiskey	So.	Carmel, N.Y. • Carmel
Sarah Downer	Jr.	Moscow, Pa. • North Pocono
Jillian Eberly	Fr.	New Providence, Pa. • Solanco
Meaghan Enos	Fr.	Allentown, Pa. • Salisbury
Katie Fairchild	Fr.	Sussex, N.J. • High Point Regional
Kelty Fairchild	Fr.	Sussex, N.J. • High Point Regional
Chelsea Hall	So.	Northampton, Pa. • Northampton
Rachael Harding	Jr.	Ringwood, N.J. • Lakewood
Katie Hurley	Fr.	Sayre, Pa. • Sayre
Jackie Kahil	Fr.	Yardley, Pa. • Pennsbury
Bethany Killmon	Fr.	Bridgeville, Del. • Sussex Tech
Kassy Kozel	Fr.	Kelayres, Pa. • Hazleton
Kate Michael	So.	Hughesville, Pa. • Hughesville
Julie Mikolaichik	Sr.	Harding, Pa. • Wyoming Area
Alexandria Miller	So.	Scott Township, Pa. • Lakeland
Anna Nole	Jr.	Tunkhannock, Pa. • Tunkhannock
Hilari Norris	So.	Kingston, Pa. • Wyoming Valley West
Kelsey O'Donnell	Fr.	Clarks Summit, Pa. • Abington Heights
Molly O'Hara	Fr.	Sayre, Pa. • Sayre
Sarah Ostroski	Fr.	Athens, Pa. • Sayre
Stacey Perrins	Sr.	Dupont, Pa. • Pittston
Elise Reardon	Fr.	Langhorne, Pa. • Neshaminy
Sara Sabatino	Sr.	Mountaintop, Pa. • Holy Redeemer
Rebecca Santoleri	Jr.	Glen Mills, Pa. • Padua Academy
Savannah Schools	Fr.	Wyalusing, Pa. • Wyalusing
Nicole Schwartz	So.	Toms River, N.J. • Toms River North
Ashley Sexton	So.	Philadelphia, Pa. • St. Hubert's
Shaye Smith	Fr.	Easton, Pa. • Wilson
Alicia Stavitski	So.	Hunlock Creek, Pa. • Northwest
Katie Steffney	Jr.	West Deptford, N.J. • West Deptford
Lindsey Stitzer	So.	Nazareth, Pa. • Nazareth
Amy Viti	So.	Sugar Notch, Pa. • Hanover
Ashlee Ward	Sr.	Wilkes-Barre, Pa. • E.L. Meyers
Alisha Wein	Fr.	S. Williamsport, Pa. • S. Williamsport
Sarah Wigg	So.	Montgomery, Pa. • Montgomery
Samantha Wise	Fr.	Montgomery, Pa. • Montgomery

Chris Wadas	Head Coach
Steve Ambrosi	Intern
Stephen Modrow	Assistant Coach • Throws
Vitaliy Doboni	Assistant Coach • Pole Vault
Amy Mantush	Graduate Assistant
Joe Ardo	Assistant Coach • Throws

STEVENSON UNIVERSITY MUSTANGS

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Taylor Getz	Fr.	Westminster, Md. • Winters Mill
T.J. Janasek	Jr.	Laurel, Md. • Hammond
Grier Melick	So.	Catawissa, Pa. • Lourdes Regional
Nathan Niederhofer	Fr.	Dorothy, N.J. • Buena Regional
Garrett Pegg	So.	Pasadena, Md. • Chesapeake
Patrick Reynolds	Sr.	Catonsville, Md. • Catonsville
Deege Rhoads	Jr.	Enola, Pa. • East Pennboro
Dalonte Simpson	Jr.	Lusby, Md. • Patuxent
Shane Skyers	Jr.	Miami, Fla. • Owings Mills
Sam Swirdovich	So.	Columbia, Md. • Wilde Lake
Alex Vitzthum	Fr.	North Babylon, N.Y. • North Babylon
Devonte Williams	Fr.	Clinton, Md. • Frederick Douglass

2014 MIDDLE ATLANTIC CONFERENCE TEAM ROSTERS

STEVENSON UNIVERSITY MUSTANGS (CONT.)

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Monee Hill	Jr.	Columbia, Md. • Annapolis Area Christian
Jazmine McSwain	So.	Essex, Md. • Eastern Tech
Denese Samuels	Fr.	Middletown, Conn. • Middletown
Surmaria Tribble	Jr.	Owings Mills, Md. • Owings Mills
Sherrie Wallace	So.	Wilmington, Del. • Mt. Pleasant

Tom McGonigal Head Coach

WIDENER UNIVERSITY PRIDE

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Michael Ambrulavage	So.	Mountain Top, Pa. • Holy Redeemer
Michael Anachuna	Fr.	Coatesville, Pa. • Coatesville
Brian Benkhadra	Sr.	Olney, Md. • Dematha Catholic
William Betts	Jr.	Wayne, Pa. • Conestoga
Jonathan Blake	Jr.	Trenton, N.J. • Northern Burlington Co. Regional
Denzell Boham	Jr.	Royersford, Pa. • Spring-Ford
Matthew Boland	So.	Harrisburg, Pa. • Valley Forge Military
Richard Buttilo	So.	Bethlehem, Pa. • Liberty
Michael Calkins	Sr.	Dallas, Pa. • Dallas
Jason Caporale	Jr.	Langhorne, Pa. • Neshaminy
Michael Ciavarelli	Jr.	Secane, Pa. • Monsignor Bonner
Anthony Clayton	Sr.	Cinnaminson, N.J. • Cinnaminson
Mick Coleman	Sr.	Southampton, Pa. • William Tennent
Gavin Colley	Jr.	Tunkhannock, Pa. • Tunkhannock
Josh Colley	Fr.	Tunkhannock, Pa. • Tunkhannock
Zachary Conner	Jr.	West Grove, Pa. • Avon Grove
Andrew Cooper	So.	Freehold, N.J. • Freehold
Qadree Counsel	Jr.	Philadelphia, Pa. • Monsignor Bonner
Alex Cucciarre	Fr.	Souderton, Pa. • Souderton
Dylan Decker	Sr.	Bethlehem, Pa. • Notre Dame
Ethan DiBona	Jr.	Blue Bell, Pa. • Wissahickon
Jamie Eller	Jr.	Downington, Pa. • Downington
Richie Eppleman	Jr.	Chester Springs, Pa. • Great Valley
Salvatore Faia	So.	Chadds Ford, Pa. • Home School
Thomas Fleming	Jr.	Philadelphia, Pa. • Walter D. Palmer Academy
Lloyd Flores	So.	Columbus, N.J. • Northern Burlington County
Stephen Fortin	So.	Goffstown, N.H. • Goffstown
Honorio Freeland	Fr.	Ridley, Pa. • Ridley
Ryan Gallagher	Sr.	Langhorne, Pa. • Neshaminy
Chris Garrity	Jr.	Glenolden, Pa. • Cardinal O'Hara
Cebastien Glosy	So.	Philadelphia, Pa. • Central
Anthony Green	Jr.	Penns Grove, N.J. • Penns Grove
Leonard Harmon	So.	Charlton, Mass. • Shepherd Hill
Ryan Harrigan	Sr.	Mickleton, N.J. • Kingsway
Daniel Herbster	Fr.	Garnet Valley, Pa. • Garnet Valley
Robert Herbster	Jr.	Garnet Valley, Pa. • Garnet Valley
Zach Hill	Fr.	North Plainfield, N.J. • Bishop Ahr
Matthew Hladchuk	Sr.	Huntingdon Valley, Pa. • Penn State University
Jihad Jasper	Jr.	Newark, Del. • Hodgson
Christian Jeznach	So.	Reading, Pa. • Governor Mifflin
Nick Kausch	Jr.	Edison, N.J. • J.P. Stevens
Kyle Landis	So.	Lincoln University, Pa. • Avon Grove
Shawn Lignore	Sr.	Jim Thorpe, Pa. • Jim Thorpe
James Madden	So.	Haddonfield, N.J. • Haddon Township
Kristopher Martin	Jr.	Wallingford, Pa. • Strath Haven
Ryan McBride	So.	Cherry Hill, N.J. • Cherry Hill West
Kal McCloskey	Jr.	Pittsburgh, Pa. • Bethel Park
Seamus McCullough	Sr.	Plymouth Meeting, Pa. • La Salle College HS
William McDermott	Fr.	Lansdowne, Pa. • Monsignor Bonner
Robert Montoro	Fr.	Drexel Hill, Pa. • Cardinal O'Hara
Seamus Morgan	Jr.	Warrington, Pa. • La Salle College HS
Dennis Nguyen	Sr.	Springfield, Pa. • Springfield
Nathan Nodolski	Sr.	Pottstown, Pa. • Pottstown
Edwin Noyes	So.	Glen Mills, Pa. • Penncrest
Thojae Peoples	So.	Browns Mills, N.J. • Holy Cross
Nick Pettit	Fr.	Jamison, Pa. • Central Bucks South
Ernie Pitone	Fr.	Springfield, Pa. • Cardinal O'Hara
Michael Quinn	Sr.	Conshohocken, Pa. • Plymouth-Whitemarsh

WIDENER UNIVERSITY PRIDE (CONT.)

MEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Mike Recia	Jr.	Bloomsburg, Pa. • Bloomsburg
Andrew Robinson	Jr.	Coatesville, Pa. • Coatesville
John Ruggiero	Sr.	Warrington, Pa. • Central Bucks South
Ethan Schmalhofer	Fr.	Conestoga Valley, Pa. • Conestoga Valley
Tyler Schmalhofer	Sr.	Elizabethtown, Pa. • Lancaster Catholic
Kevin Shaddock	So.	Malvern, Pa. • Bishop Shanahan
Grant Shaffer	So.	Glen Rock, Pa. • Susquehannock
James Siglin	So.	Sussex, N.J. • Verson Township
David Simcox	Fr.	Mullica Hill, N.J. • Clearview
Eric Solomon	Sr.	Columbia, Pa. • Hempfield
Ameer sorrell	Jr.	Port Norris, N.J. • Penns Grove
Stas Starovoytov	Sr.	Feasterville, Pa. • Neshaminy
Ross Staudt	So.	Marlton, N.J. • Cherokee
Shane Stranahan	Fr.	Carneys Point, N.J. • Salem CC
Derrick Sulton	Fr.	Bridgeton, N.J. • Bridgeton
William Updegrove	So.	Bethlehem, Pa. • Liberty
Sean Weiss	Fr.	Spring City, Pa. • Spring-Ford
Daniel Whalen	Fr.	Rockaway, N.J. • Morris Hills
Tyler Williams	Jr.	Hanover, Pa. • South Western
Thomas Zamorski	So.	Frenchtown, N.J. • Delaware Valley Regional

WOMEN'S TEAM

NAME	CLASS	HOMETOWN • PREVIOUS SCHOOL
Danielle Azzollini	Fr.	Milford, Pa. • Delaware Valley
Sabrina Barbieri	Fr.	Glen Mills, Pa. • Penncrest
Miranda Broussard	Fr.	Gibbstown, N.J. • Gloucester Catholic
Bryn Callan	Fr.	Royersford, Pa. • Spring-Ford
Talcia Campbell	Fr.	Harrisburg, Pa. • Susquehanna Township
Amber Char	Jr.	Southampton, Pa. • William Tennent
Katherine Colt	Fr.	Hartland, Vt. • Lebanon
Marissa Conley	Fr.	Broomall, Pa. • Cardinal O'Hara
Emily Creighton	Jr.	Springfield, Pa. • Gwynedd-Mercy College
Nicole Crossey	So.	Plainsboro, N.J. • West Windsor-Plainsboro
Gwendolynne Davis	So.	Pottstown, Pa. • Pottstown
Meghan Devine	So.	Lewisburg, Pa. • Lewisburg
Brittany Diehl	Jr.	Havertown, Pa. • Haverford
Emily Donahue	So.	Point Pleasant, N.J. • Point Pleasant Boro
Brooke Durnin	Fr.	Bath, Pa. • North Hampton Area
Brianna Englert	So.	Pottsville, Pa. • Pottsville
Taylor Englert	So.	Pottsville, Pa. • Pottsville
Shakeira Fowler	So.	Philadelphia, Pa. • Girard College
Amanda Greisman	Fr.	Staten Island, N.Y. • Saint John Villa
Sharee Halstead	So.	Yeadon, Pa. • Haverford
Shauna Harris	So.	Mount Holly, N.J. • Moorestown
Bailey Heishman	So.	Westminster, Md. • South Carroll
Rachel Heisler	Jr.	Boyertown, Pa. • Boyertown
Kaitlyn Hitchcock	Fr.	Hatboro, Pa. • Hatboro-Horsham
Aleah Mason	Fr.	Philadelphia, Pa. • Home School
Briana McKnight	Fr.	Marcus Hook, Pa. • Chichester
Kellie Medendorp	Sr.	Prospect Park, Pa. • Interboro
Tara Moken	Jr.	Somerdale, N.J. • Triton
Chelsea Morrison	Jr.	Philadelphia, Pa. • Archbishop Ryan
Lauren Peterson	Jr.	Glen Mills, Pa. • Garnet Valley
Adrienne Phelps	Fr.	New Ashford, Mass. • Albany Academy
Shae Spicer	Fr.	Burlington, N.J. • Northern Burlington Co. Regional
Colleen Spiller	Sr.	Flemington, N.J. • Hunterdon Central
Erica Szpynda	Sr.	Berwick, Pa. • Berwick Area
Erica Trofa	So.	Upper Chichester, Pa. • St. Mark's
Caitlin Yakas	Fr.	Aston, Pa. • Sun Valley

Kevin Cunningham Head Coach
 Chuck Butz Assistant Coach • Hurdles/Sprints
 Nick Price Assistant Coach • Throws
 Lauren Lucci Assistant Coach
 Dan Gale Assistant Coach • Pole Vault
 Buzz Moorman Assistant Coach
 Fallon Heddings Assistant Coach

2014 MAC INDOOR TRACK & FIELD CHAMPIONSHIPS HEAT SHEETS

Widener University

Hy-Tek's MEET MANAGER 8:35 PM 2/26/2014 Page 1

2014 MAC Indoor Championships - 2/28/2014 to 3/1/2014

Lehigh University - Bethlehem, Pa.

Meet Program

Event 1 Women 3000 Meter Run

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Patrick, Kelsey	SO	LEBA	10:13.62
2	Tempone, Traci	SR	ELIZ	10:17.15
3	Curry, Jessica	SO	DESA	10:30.41
4	Tursi, Megan	SR	ELIZ	10:47.78
5	Churchman, step	SO	DESA	11:02.21
6	Kemmerer, Emm	SO	DESA	11:10.83
7	Becker, Tasha	SO	MESS	11:12.84
8	Gehly, Samantha	FR	ELIZ	11:20.74
9	Nellis, Elaina	SR	ELIZ	11:26.09
10	Dystant, Alexand	JR	HOOD	11:26.24
11	Spicer, Shae	FR	WIDE	11:38.81
12	Labatt, Rachel	FR	ELIZ	11:45.80

Event 2 Men 3000 Meter Run

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	McDermott, Will	FR	WIDE	8:39.51
2	Shenk, Matthew	SO	ELIZ	8:44.86
3	Pitone, Ernie	FR	WIDE	8:45.57
4	Quinn, Michael	JR	WIDE	8:53.67
5	McCullough, Se	SR	WIDE	9:00.78
6	Goelz, Andrew	SO	LEBA	9:01.25
7	Noll, Nate	JR	DESA	9:02.05
8	Fleming, Nathan	SO	MESS	9:12.24
9	Cooper, Sam	SO	ELIZ	9:15.98
10	Cummings, Matt	FR	DESA	9:16.94
11	Shaddock, Kevin	SO	WIDE	9:19.24
12	Ambrulavage, M	SO	WIDE	9:21.33
13	Decker, Dylan	SR	WIDE	9:23.53

Event 3 Women Distance Medley

MAC Indoor: 12:14.01 2005 DeSales			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	LEBA	A	12:24.69
	1) Jones, Hannah SO	Samper, Jamielyn SR	
	Keich, Alyssa JR	Stockdale, Dana JR	
2	ELIZ	A	12:31.68
	1) Jones, Laurie SR	Quinto, Casey FR	
	Christ, Alexandra SR	Earnshaw, Brianna FR	
3	MISE	A	13:01.65
	1) Killmon, Bethany FR	Fairchild, Kely FR	
	Eberly, Jill FR	Miller, Alexandria SO	
4	DESA	A	13:04.98
	1) Curry, Jessica SO	Downing, Katie FR	
	Kemmerer, Emma SO	costello, colleen SR	
5	MESS	A	13:40.36
	1) Young, Jacquelyn SO	Bowser, Rachel SO	
	Rekully, Gabby JR	Scrima, Victoria SO	
6	WIDE	A	13:48.64
	1) Conley, Marissa FR	Morrison, Chelsea JR	
	Greisman, Amanda FR	Donahue, Emily SO	
7	ALVE	A	15:03.71
	1) Stevko, Andrea SO	Verdon, Erin JR	
	Streleckis, Tina Marie JR	Brown, Christanna FR	
8	HOOD	A	NT
	1) McGrath, Caitlin SO	Scott, Sarah SO	
	Bean, Caitlin JR	Wisz, Jamie JR	
9	DELA	A	NT
	1) Chamberlain, Sara FR	Roberts, Brittany Danielle J	
	Welliver, Michelle SO	Unger, Stephanie SR	

Event 4 Men Distance Medley

MAC Indoor: 10:26.99 2012 Elizabethtown			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	LEBA	A	10:24.83
	1) Sayous, Christopher JR	Tucker, Nicholas FR	
	Pellow, Jeffrey SO	Brown, Ian FR	
2	ELIZ	A	10:31.42
	1) Lesko, Andrew FR	Schubert, Ryan FR	
	Twist, Michael FR	Trama, Zach SO	
3	MISE	A	10:32.61
	1) Deignan, Eric FR	Daubert, Carl SO	
	Higley, Jarrett JR	Limongelli, AJ JR	
4	DESA	A	10:33.11
	1) Klings, Henry SR	Collins, Patrick FR	
	Foley, Connor SO	Beck, Dan SR	
5	MESS	A	10:53.33
	1) Pardoe, Josh FR	Aumen, Luke FR	
	White, Jeremy FR	Pardoe, Nate FR	
6	ALVE	A	NT
	1) MacNamee, Peter JR	Nazario, Matthew FR	
	Cadman, Edward JR	Hughes, Cody JR	
7	HOOD	A	NT
	1) Dyjack, Matthew SR	Stevens, Alexander FR	
	Drum, Andrew JR	Cifuentes, Justin JR	
8	WIDE	A	NT
	1) Harmon, Leo SO	Clayton, Anthony SR	
	Jasper, Jihad JR	Caporale, Jason SR	

Event 5 Women 60 Meter Hurdles

MAC Indoor:		8.97	2012	Johanna Walker
Meet Qualifying: 11.55				
Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
2	Ireland, Rebekah	FR	LEBA	11.39
3	Martin, Liz	SR	MESS	9.47
4	Heymann, Jillian	FR	HOOD	10.49
5	Steffney, Katheri	JR	MISE	10.49
6	Berger, Janette	FR	DESA	9.69
Heat 2 of 3 Prelims				
2	Calderone, Laura	JR	LEBA	10.34
3	Norris, Hilari	SO	MISE	9.29
4	Kuhns, Katlynn	SO	ALBR	11.37
5	Silveira, Heather	SR	HOOD	9.72
6	Feather, Lyndsay	SO	MESS	10.55
Heat 3 of 3 Prelims				
2	Young, Chelsea	SR	HOOD	10.33
3	McSwain, Jazmi	SO	STMD	11.14
4	McKnight, Brian	FR	WIDE	9.77
5	Fitti-Hafer, Krist	SR	LEBA	9.22
6	Michael, Kate	SO	MISE	10.70

2014 MAC INDOOR TRACK & FIELD CHAMPIONSHIPS HEAT SHEETS

Widener University

Hy-Tek's MEET MANAGER 8:35 PM 2/26/2014 Page 2

2014 MAC Indoor Championships - 2/28/2014 to 3/1/2014

Lehigh University - Bethlehem, Pa.

Meet Program

Event 6 Men 60 Meter Hurdles				Event 8 Men 60 Meter Dash				Event 9 Women 4x200 Meter Relay			
MAC Indoor: 8.33 2013 Jerome Duncan				MAC Indoor: 6.92 2012 Travis Pitts				MAC Indoor: 1:45.45 2012 Lebanon Valley			
Meet Qualifying: 9.63				Meet Qualifying: 7.57				Lane Team Relay Seed Time			
Lane Name	Yr	School	Seed Time	Lane Name	Yr	School	Seed Time	Section 1 of 2 Finals			
Heat 1 of 3 Prelims				Heat 1 of 5 Prelims				2 STMD	A	2:05.93	
2 Boham, Denzell	JR	WIDE	9.18	1 Walker, Andrew	JR	LEBA	7.42	1) Samuels, Denese FR		McSwain, Jazmine SO	
3 Grey, Jermaine	JR	ALBR	8.77	2 Sweeper, Darryl	JR	LEBA	7.20	Tiller, Jami FR		Hill, Monee JR	
4 Slawson, Nick	JR	HOOD	9.43	3 Bamdt, Nicholas	JR	ALBR	7.52	3 HOOD	A	1:59.62	
5 Brady, Kevin	SR	ELIZ	8.69	4 Marich, Aidan	SR	MISE	7.24	1) Jackson, Maya JR		Barnes, Ashley SO	
6 Almonte, A. Ferr	FR	LEBA	9.09	5 Mellon, Matthew	SR	HOOD	7.42	Blount, Jayda FR		Hammond-DoDoo, Helena	
Heat 2 of 3 Prelims				6 Adeyemo, Oluwa	SO	MISE	7.53	4 ALVE	A	1:54.96	
2 Sikanowicz, Zac	SR	DESA	9.01	Heat 2 of 5 Prelims				1) Wanner, Heather FR		Verdon, Erin JR	
3 Gamarra, Mike	FR	DESA	9.32	2 McFarlin, Scott	FR	ALVE	7.32	Verdel, Bridget SR		Hontz, Shelby FR	
4 White, Nicholas	JR	MESS	8.51	3 Pottle, Michael	JR	MANH	7.49	5 MESS	A	1:54.94	
5 Niederhofer, Nat	FR	STMD	9.05	4 McGinnis, Ian	FR	LEBA	7.33	1) Bowser, Rachel SO		Booz, Natalie FR	
6 Bush, Shane	FR	DELA	9.35	5 Motsney, Ethan	FR	DESA	7.49	Eugene, Ersikha SR		Martin, Liz SR	
Heat 3 of 3 Prelims				6 Colley, Gavin	JR	WIDE	6.95	6 MANH	A	1:57.30	
2 Wilson, Tyree	SR	HOOD	9.07	Heat 3 of 5 Prelims				1) Roberts, Shannon SO		Cavanan, Rebecca SO	
3 Almonte, A. Eloy	FR	LEBA	9.30	1 Smith, Naeem	JR	ALBR	7.48	Rivera, Debbie SO		Lanzillotti, Alexis JR	
4 Aldana, Nicolas	SR	HOOD	8.93	2 Carter, Brian	JR	DELA	7.10	Section 2 of 2 Finals			
5 Sweeper, Darryl	JR	LEBA	8.57	3 Herbst, Bobby	JR	WIDE	7.27	1 ELIZ	A	1:54.93	
6 McCord, Malcol	SO	ELIZ	9.42	4 Blake, Jonathan	JR	WIDE	7.39	1) Slater, Dee SO		Detweiler, Kelsey FR	
Event 7 Women 60 Meter Dash				5 McNeill, Jordan	SR	HOOD	7.55	Underkofler, Ashley SR		Zylka, Jackie SR	
MAC Indoor: 7.81 2013 Danisha Higgs				6 Skyers, Shane	JR	STMD	7.50	2 ALBR	A	1:54.70	
Meet Qualifying: 8.64				Heat 4 of 5 Prelims				1) Olcheski, Shea JR		Nassar, Ronyra JR	
Lane Name	Yr	School	Seed Time	1 Gainer, Gerrod	FR	ALBR	7.16	Kuhns, Katlynn SO		Higgs, Danisha SR	
Heat 1 of 3 Prelims				2 Welch, Todd	JR	HOOD	7.47	3 DESA	A	1:51.88	
2 Martin, Liz	SR	MESS	8.14	3 Keri, Carl	SR	DESA	7.42	1) Balla, Natala SO		Barkus, Michelle JR	
3 Hill, Monee	JR	STMD	8.59	4 Thomas, Nikko	SR	HOOD	7.54	Churchman, Michelle JR		Dauer, Beth FR	
4 Braungard, Ashle	FR	LEBA	8.21	5 Potter, Sean	SR	ALBR	7.25	4 MISE	A	1:49.46	
5 Downer, Sarah	JR	MISE	8.57	6 Simpson, Dalont	JR	STMD	7.52	1) Norris, Hilari SO		Fairchild, Mary FR	
6 Higgs, Danisha	SR	ALBR	7.97	Heat 5 of 5 Prelims				Viti, Amy SO		Perrins, Stacey SR	
Heat 2 of 3 Prelims				2 Mukuwa, Kahem	FR	HOOD	7.49	5 WIDE	A	1:47.37	
2 Perrins, Stacey	SR	MISE	8.06	3 Ingalls, Braheem	SO	DESA	7.30	1) Diehl, Brittany JR		Azzollini, Danielle FR	
3 Rogan, Emily	FR	DESA	8.55	4 Williams, Devon	FR	STMD	7.03	McKnight, Briana FR		Fowler, Shakeira SO	
4 Diffenderfer, Kat	SR	DESA	7.99	5 Kutz, Colby	JR	ALBR	7.49	6 LEBA	A	1:50.31	
5 Blount, Jayda	FR	HOOD	8.62	6 Sulton, Derek	FR	WIDE	7.36	1) Fitti-Hafer, Kristin SR		Muffly, Alexa SO	
6 Roberts, Shannoi	SO	MANH	8.38					Antensteiner, Ines JR		Braungard, Ashley FR	
Heat 3 of 3 Prelims				Event 10 Men 4x200 Meter Relay				MAC Indoor: 1:31.08 2005 Moravian			
1 Olcheski, Shea	JR	ALBR	8.66	Lane Team Relay Seed Time				Section 1 of 2 Finals			
2 O'Donnell, Kelse	FR	MISE	8.48	3 ELIZ	A	1:39.25		3 ELIZ	A	1:39.25	
3 Detweiler, Kelsey	FR	ELIZ	8.38	1) Baldwin, Bryan JR		Kennedy, Graeme SO		Aspril, Kevin SR		Hess, David FR	
4 Colt, Katie	FR	WIDE	8.63	4 ALVE	A	1:38.43		1) McFarlin, Scott FR		Young, Brandon JR	
5 Fitti-Hafer, Krist	SR	LEBA	8.05	Lockhart, Christopher FR		Hughes, Cody JR		5 MESS	A	1:37.19	
6 Wanner, Heather	FR	ALVE	8.02	1) Hampton, Tim SR		Haws, Josiah SO		1) Miller, Brady FR		Minnick, Tim SR	
				6 HOOD	A	1:38.75		1) Welch, Todd JR		Mellon, Matthew SR	
				Thomas, Nikko SR		McNeill, Jordan SR					

2014 MAC INDOOR TRACK & FIELD CHAMPIONSHIPS HEAT SHEETS

Widener University

Hy-Tek's MEET MANAGER 8:35 PM 2/26/2014 Page 3

2014 MAC Indoor Championships - 2/28/2014 to 3/1/2014

Lehigh University - Bethlehem, Pa.

Meet Program

Section 2 of 2 (Event 10 Men 4x200 Meter Relay)

1	STMD	A	1:35.84
	1) Niederhofer, Nathan FR	Getz, Taylor FR	
	Simpson, Dalonte JR	Williams, Devonte FR	
2	MISE	A	1:35.77
	1) Marich, Aidan SR	Tirro, Luigi FR	
	Ruhl, George FR	Nelson, Andrew SO	
3	LEBA	A	1:34.18
	1) Pugh, Mickeal JR	Bennett, Joseph SO	
	Sweeper, Darryl JR	Fronk, Kyle SO	
4	ALBR	A	1:33.73
	1) Potter, Sean SR	Smith, Naeem JR	
	Gainer, Gerrod FR	Diawara, Oumar SO	
5	WIDE	A	1:33.17
	1) Betts, Will JR	Blake, Jonathan JR	
	Schmalhofer, Ethan FR	Sorrell, Ameer SO	
6	DESA	A	1:33.95
	1) Keri, Carl SR	Motsney, Ethan FR	
	Sikanowicz, Zach SR	Ingalls, Braheem SO	

Event 11 Women 1 Mile Run

MAC Indoor: 5:03.49 2013 Traci Tempone
Meet Qualifying: 6:02.24

Lane Name	Yr	School	Seed Time
Section 1 of 2 Finals			
1 Keich, Alyssa	JR	LEBA	5:53.99
2 Harding, Rachael	JR	MISE	5:54.65
3 Rees, Brittany	SO	LEBA	5:56.60
4 Sierrine, Nicole	FR	ELIZ	5:57.50
5 Novak, Leah	JR	MESS	5:58.22
6 Sheard, Tamahra	SO	ALBR	5:58.46
7 Vasilu, Nicole	SO	LEBA	5:58.49
8 White, Emily	SO	LEBA	5:59.79
9 Crossey, Nicole	SO	WIDE	5:59.87
10 Black, Sarah	SR	LEBA	6:00.15
11 Yankelevich, Gal	SO	ELIZ	6:00.33

Section 2 of 2 Finals

1	Tempone, Traci	SR	ELIZ	5:12.02
2	Bolton, Bianca	SO	MISE	5:13.24
3	Patrick, Kelsey	SO	LEBA	5:16.92
4	Curry, Jessica	SO	DESA	5:20.02
5	Killmon, Bethany	FR	MISE	5:26.55
6	Teaman, Amelia	JR	ELIZ	5:27.77
7	Churchman, step	SO	DESA	5:41.09
8	Jones, Hannah	SO	LEBA	5:47.76

Event 12 Men 1 Mile Run

MAC Indoor: 4:13.63 2006 Macharia Yuot
Meet Qualifying: 4:49.24

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Calkins, Michael	JR	WIDE	4:40.57
2	Jones, Christoph	FR	ELIZ	4:40.76
3	Lignore, Shawn	SR	WIDE	4:42.43
4	Kulis, Ian	FR	ELIZ	4:42.97
5	Klinges, Henry	SR	DESA	4:44.09
6	McMillan, Andre	SR	DELA	4:45.58
7	Foley, Connor	SO	DESA	4:45.65
8	Monaghan, Stepl	SO	DESA	4:46.28
9	Collins, Patrick	FR	DESA	4:47.63
10	Bottom, Zach	SR	MISE	4:48.72

Section 2 of 2 Finals

1	Hause, Mikael	SO	MISE	4:16.30
2	Counsel, Qadree	JR	WIDE	4:18.32
3	Benkhadra, Briar	SR	WIDE	4:19.86
4	Deignan, Eric	FR	MISE	4:26.95
5	Garrity, Chris	JR	WIDE	4:27.73
6	Lesko, Andrew	FR	ELIZ	4:33.52
7	Bonds, Elliott	SR	LEBA	4:34.39
8	Weron, Nick	FR	MISE	4:38.48
9	Osko, Jeremy	JR	MISE	4:39.04

Event 13 Women 400 Meter Dash

MAC Indoor: 59.28 2006 Emily Lepley
Meet Qualifying: 1:08.74

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
2	Thomas, Erica	FR	DESA	1:08.03
3	O'Hara, Kathryn	JR	LEBA	1:05.87
4	Lanzillotti, Alexi	JR	MANH	1:04.51
5	Fairchild, Keltv	FR	MISE	1:02.74

Section 2 of 2 Finals

1	Miller, Amanda	SO	DESA	1:02.03
2	Young, Chelsea	SR	HOOD	1:01.89
3	Diehl, Brittany	JR	WIDE	1:00.73
4	Fairchild, Mary	FR	MISE	59.77
5	Viti, Amy	SO	MISE	59.01
6	Groce, Alexis	FR	ELIZ	1:00.12

Event 14 Men 400 Meter Dash

MAC Indoor: 48.77 2006 Lou Corominas
Meet Qualifying: 54.74

Lane Name	Yr	School	Seed Time
Section 1 of 3 Finals			
2 Whitehead, Max	FR	MESS	54.31
3 Aumen, Luke	FR	MESS	53.85
4 Johnson, Kevin	FR	LEBA	53.01
5 Baldwin, Bryan	JR	ELIZ	52.98
6 Crachi, Nico	SO	DESA	53.66

Section 2 of 3 Finals

2	Freeland, Honori	FR	WIDE	52.73
3	Higley, Jarrett	JR	MISE	52.73
4	Praetsch, Trevor	SR	MESS	52.41
5	Clayton, Anthony	SR	WIDE	52.36
6	Betts, Will	JR	WIDE	52.47

Section 3 of 3 Finals

2	Schmalhofer, Tyl	SR	WIDE	52.12
3	Gainer, Gerrod	FR	ALBR	51.42
4	Yoder, Alex	JR	MESS	50.79
5	Nelson, Andrew	SO	MISE	50.33
6	Williams, Devon	FR	STMD	51.03

Event 15 Women 800 Meter Run

MAC Indoor: 2:16.37 2013 Cynthia Adams
Meet Qualifying: 2:40.24

Lane Name	Yr	School	Seed Time
Section 1 of 2 Finals			
1 Dearie, Lydia	SO	ELIZ	2:34.51
2 Churchman, Mic	JR	DESA	2:34.77
3 Kozel, Kassy	FR	MISE	2:35.18
4 Brown, Christian	FR	ALVE	2:37.85
5 Sunderland, Nicc	SR	MESS	2:38.19
6 Vazzana, Carolin	SR	ALBR	2:38.53
7 Balla, Natala	SO	DESA	2:39.00

Section 2 of 2 Finals

1	Adams, Cynthia	JR	LEBA	2:16.60
2	Teaman, Amelia	JR	ELIZ	2:23.02
3	Heisey, Julie	FR	MESS	2:23.30
4	Groce, Alexis	FR	ELIZ	2:23.73
5	Senning, Emily	SO	MESS	2:24.09
6	Bolton, Bianca	SO	MISE	2:25.47
7	Englert, Taylor	SO	WIDE	2:28.61
8	Englert, Brianna	SO	WIDE	2:28.70
9	Bamberski, Jacqi	FR	MISE	2:29.00

Event 16 Men 800 Meter Run

MAC Indoor: 1:54.42 2005 Patrick Donovan
Meet Qualifying: 2:09.24

Lane Name	Yr	School	Seed Time
Section 1 of 2 Finals			
1 Ruggiero, John	SR	WIDE	2:01.63
2 Edwards, Will	FR	DESA	2:02.42
3 Pettit, Nick	FR	WIDE	2:03.27
4 Lignore, Shawn	SR	WIDE	2:06.75
5 Bley, Edward	SO	MESS	2:07.91
6 Jones, Patrick	FR	ELIZ	2:08.03
7 Shaffer, Grant	SO	WIDE	2:08.44
8 Collins, Patrick	FR	DESA	2:08.47
9 Foster, Ryan	JR	MISE	2:08.81
10 Albert, Abram	SR	MESS	2:08.84
11 Lezama, Mikel	JR	DESA	2:08.87
12 Vitzthum, Alex	FR	STMD	2:09.01

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Section 2 of 2 (Event 16 Men 800 Meter Run)

1	Harnish, Michael	JR	LEBA	1:54.16
2	Rever, Matt	SR	ELIZ	1:55.52
3	Garrity, Chris	JR	WIDE	1:55.76
4	Ciavarelli, Mike	JR	WIDE	1:56.96
5	Hause, Mikael	SO	MISE	1:58.15
6	Quinn, Michael	JR	WIDE	1:58.45
7	Harmon, Leo	SO	WIDE	1:58.67
8	Twist, Michael	FR	ELIZ	1:59.68
9	Jasper, Jihad	JR	WIDE	2:00.02
10	McGill, Jonphili	JR	MESS	2:00.59

Event 17 Women 200 Meter Dash

MAC Indoor: 25.99 2007 Danna Haslett
Meet Qualifying: 29.44

Lane Name	Yr	School	Seed Time
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Section 1 of 4 Finals

4	cappuccino, Kati	FR	DESA	29.18
5	Olcheski, Shea	JR	ALBR	29.10
6	Jackson, Maya	JR	HOOD	29.27

Section 2 of 4 Finals

3	Colt, Katie	FR	WIDE	29.04
4	Barnes, Ashley	SO	HOOD	28.61
5	Downer, Sarah	JR	MISE	28.20
6	Booz, Natalie	FR	MESS	28.86

Section 3 of 4 Finals

2	O'Donnell, Kelse	FR	MISE	28.02
3	Young, Chelsea	SR	HOOD	27.54
4	Martin, Liz	SR	MESS	27.42
5	Wanner, Heather	FR	ALVE	26.61
6	Norris, Hilari	SO	MISE	27.50

Section 4 of 4 Finals

2	Diffenderfer, Kai	SR	DESA	26.58
3	Perrins, Stacey	SR	MISE	26.57
4	Fitti-Hafer, Krist	SR	LEBA	26.47
5	Higgs, Danisha	SR	ALBR	26.46
6	Fowler, Shakeira	SO	WIDE	26.57

Event 18 Men 200 Meter Dash

MAC Indoor: 22.34 2006 Lou Corominas
Meet Qualifying: 24.44

Lane Name	Yr	School	Seed Time
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Section 1 of 6 Finals

4	Smith, Naem	JR	ALBR	24.40
5	Minnick, Tim	SR	MESS	24.37
6	Mukuwa, Kahem	FR	HOOD	24.41

Section 2 of 6 Finals

3	McNeill, Jordan	SR	HOOD	24.35
4	Sulton, Derek	FR	WIDE	24.24
5	Boham, Denzell	JR	WIDE	24.21
6	Thomas, Nikko	SR	HOOD	24.29

Section 3 of 6 Finals

2	Carter, Brian	JR	DELA	24.19
3	Castiglioni, Rodi	FR	MANH	24.16
4	Keri, Carl	SR	DESA	24.08
5	Pottle, Michael	JR	MANH	24.02
6	Marich, Aidan	SR	MISE	24.10

Section 4 of 6 Finals

2	Engle, Mark	FR	MESS	23.80
3	Blake, Jonathan	JR	WIDE	23.77
4	McFarlin, Scott	FR	ALVE	23.71
5	White, Nicholas	JR	MESS	23.67
6	Motsney, Ethan	FR	DESA	23.75

Section 5 of 6 Finals

2	Gainer, Gerrod	FR	ALBR	23.66
3	Schmalhofer, Eth	FR	WIDE	23.55
4	Ingalls, Braheem	SO	DESA	23.55
5	Potter, Sean	SR	ALBR	23.51
6	Diawara, Oumar	SO	ALBR	23.55

Section 6 of 6 Finals

2	Sweeper, Darryl	JR	LEBA	23.23
3	Nelson, Andrew	SO	MISE	22.76
4	Colley, Gavin	JR	WIDE	22.68
5	Yoder, Alex	JR	MESS	22.66
6	Williams, Devon	FR	STMD	22.71

Event 19 Women 5000 Meter Run

MAC Indoor: 17:34.50 2008 Erin Fisher

Meet Qualifying: 20:39.24

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Tempone, Traci	SR	ELIZ	18:04.10
2	Kerno, Amanda	SR	ELIZ	18:23.12
3	Guth, Cara	SR	DESA	18:38.40
4	Doris, Megan	FR	LEBA	18:38.63
5	Tursi, Megan	SR	ELIZ	18:39.52
6	Bender, Jennifer	SR	MESS	18:45.29
7	Wedekind, Elizal	FR	ELIZ	19:06.18
8	Medendorp, Kell	SR	WIDE	19:09.31
9	Rogers, Alissa	FR	MESS	19:21.71
10	Cody, Eileen	JR	ELIZ	19:27.82
11	Becker, Tasha	SO	MESS	19:31.14
12	Stevko, Andrea	SO	ALVE	19:37.12
13	Miller, Alexandri	SO	MISE	19:45.52
14	Gehly, Samantha	FR	ELIZ	19:58.35
15	Gessler, Amy	FR	ELIZ	20:00.59
16	Peterson, Alyssa	SR	HOOD	20:04.75
17	Petkova, Polin	FR	MANH	20:10.88
18	Bove, Jennifer	SR	MESS	20:13.49
19	Nellis, Elaina	SR	ELIZ	20:18.00
20	Barbagallo, Emu	SO	MESS	20:28.97
21	Eyler, Rachel	JR	LEBA	20:35.48

Event 20 Men 5000 Meter Run

MAC Indoor: 14:51.67 1992 Frank McGovern

Meet Qualifying: 16:30.24

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Megee, Bryan	SR	DESA	14:58.09
2	Shenk, Matthew	SO	ELIZ	15:13.77
3	Pitone, Emie	FR	WIDE	15:15.40
4	Trama, Zach	SO	ELIZ	15:16.42
5	Kaminski, Zach	SR	DESA	15:23.56
6	Gresh, Dan	JR	ELIZ	15:25.41
7	Schatz, Jared	SO	MESS	15:36.61
8	Gallagher, Ryan	SR	WIDE	15:43.11
9	Sensenig, Tyler	SO	MESS	15:46.72
10	Conway, Ryan	SO	ELIZ	15:53.99
11	Fortin, Stephen	FR	WIDE	15:55.61
12	McCullough, See	SR	WIDE	16:01.24
13	Cooper, Sam	SO	ELIZ	16:04.71
14	Caporale, Jason	SR	WIDE	16:10.17
15	Harrigan, Ryan	SR	WIDE	16:10.58
16	Kilheeneey, Bradl	FR	DESA	16:20.68
17	Decker, Dylan	SR	WIDE	16:24.76
18	Fleming, Nathan	SO	MESS	16:27.84
19	Beck, Dan	SR	DESA	16:29.83

Event 21 Women 4x800 Meter Relay

MAC Indoor: 9:48.45 2005 Messiah

Lane Team	Relay	Seed Time
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Section 1 of 1 Finals

1	MISE	A	10:03.24
	1) Killmon, Bethany	FR	Eberly, Jill
	Bolton, Bianca	SO	Bamberski, Jacquelyn
2	ELIZ	A	10:07.20
	1) Jones, Laurie	SR	Groce, Alexis
	Teaman, Amelia	JR	Earnshaw, Brianna
3	DESA	A	10:10.97
	1) Churchman, Michelle	JR	Churchman, stephanie
	Myles, Samantha	JR	Thomas, Erica
4	LEBA	A	10:22.06
	1) Stockdale, Dana	JR	Keich, Alyssa
	Decker, Lauren	FR	Adams, Cynthia
5	WIDE	A	10:48.70
	1) Englert, Brianna	SO	Trofa, Erica
	Creighton, Emily	JR	Englert, Taylor
6	MESS	A	12:08.03
	1) Heisey, Julie	FR	Rekully, Gabby
	Scrima, Victoria	SO	Senning, Emily
7	ALVE	A	NT
	1) Riley, Liane	FR	Cappiello, Jamie
	Ruppert, Mylen	SO	Streleckis, Tina Marie

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Meet Program

Event 22 Men 4x800 Meter Relay

MAC Indoor: 7:56.65 2012 Elizabethtown			
Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	MISE	A	8:13.12
	1) Deignan, Eric FR		Limongelli, AJ JR
	Tirro, Luigi FR		Osko, Jeremy JR
2	DESA	A	8:20.06
	1) Lezama, Mikel JR		Monaghan, Stephen SO
	Foley, Connor SO		Collins, Patrick FR
3	ELIZ	A	8:35.19
	1) Fortney, Justin SO		Brooks, Sam SO
	Harriger, Adam SO		Anderson, Jon FR
4	MESS	A	9:34.72
	1) Shirk, Cameron SO		Pardoe, Josh FR
	Pardoe, Nate FR		McGill, Jonphilip JR
5	ALVE	A	NT
	1) MacNamee, Peter JR		Bialek, Thomas FR
	Cadman, Edward JR		Hughes, Cody JR
6	HOOD	A	NT
	1) Dyjack, Matthew SR		Stevens, Alexander FR
	Catalfamo, Christopher SR		Cifuentes, Justin JR
7	LEBA	A	NT
	1) Goelz, Andrew SO		Bonds, Elliott SR
	Brown, Ian FR		Harnish, Michael JR
8	WIDE	A	NT
	1) Benkhadra, Brian SR		Ciavarelli, Mike JR
	Staudt, Ross SO		Quinn, Michael JR
9	STMD	A	NT
	1) Reynolds, Patrick SR		Janasek, Tj JR
	Rhoads, Deege JR		Vitzthum, Alex FR

Event 23 Women 4x400 Meter Relay

MAC Indoor: 4:03.59 2004 Elizabethtown			
Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	ALVE	A	NT
	1) Verdon, Erin JR		Verdel, Bridget SR
	Brown, Christanna FR		Wanner, Heather FR
4	WIDE	A	4:21.66
	1) Diehl, Brittany JR		Azzollini, Danielle FR
	McKnight, Briana FR		Fowler, Shakeira SO
5	MESS	A	4:21.30
	1) Martin, Liz SR		Sunderland, Nicole SR
	Bowser, Rachel SO		Young, Jacquelyn SO
6	ALBR	A	4:55.57
	1) Higgs, Danisha SR		Nassar, Ronya JR
	Olcheski, Shea JR		Vazzana, Caroline SR

Section 2 of 2 Finals

2	ELIZ	A	4:18.61
	1) Quinto, Casey FR		Underkofler, Ashley SR
	Detweiler, Kelsey FR		Christ, Alexandra SR
3	DESA	A	4:15.53
	1) Balla, Natala SO		Barkus, Michelle JR
	Brandt, Alyssa JR		Labar, Abby SO
4	LEBA	A	4:06.40
	1) Fitti-Hafer, Kristin SR		O'Hara, Kathryn JR
	Samper, Jamielyn SR		Muffy, Alexa SO
5	MISE	A	4:05.24
	1) Fairchild, Mary FR		Perrins, Stacey SR
	Fairchild, Kely FR		Viti, Amy SO
6	HOOD	A	4:12.10
	1) Dvstant, Alexandra JR		Grizzle, Sophie SR
	Silveira, Heather SR		Young, Chelsea SR

Event 24 Men 4x400 Meter Relay

MAC Indoor: 3:23.68 2005 Elizabethtown			
Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	HOOD	A	3:56.48
	1) Wilson, Tyree SR		Hager-Perry, Austin SO
	Slawson, Nick JR		McNeill, Jordan SR
4	ALBR	A	3:37.06
	1) Potter, Sean SR		Diawara, Oumar SO
	Kutz, Colby JR		Gainer, Gerrod FR
5	ALVE	A	3:36.58
	1) McFarlin, Scott FR		Donovan, Colin SR
	Clinchoc, Jeremiah SO		Nazario, Matthew FR
6	STMD	A	3:41.04
	1) Niederhofer, Nathan FR		Melick, Grier SO
	Simpson, Dalonte JR		Williams, Devonte FR

Section 2 of 2 Finals

1	LEBA	A	3:35.44
	1) Johnson, Kevin FR		Almonte, A. Fernando FR
	Sayous, Christopher JR		Fronk, Kyle SO
2	DESA	A	3:34.52
	1) Crachi, Nico SO		Dusza, Dave SR
	Rennals, Scott SO		Motsney, Ethan FR
3	MESS	A	3:33.65
	1) Praetsch, Trevor SR		White, Nicholas JR
	Aumen, Luke FR		Miller, Brady FR
4	WIDE	A	3:31.22
	1) Betts, Will JR		Freeland, Honorio FR
	Clayton, Anthony SR		Schmalhofer, Tyler SR
5	MISE	A	3:28.65
	1) Higley, Jarrett JR		Hause, Mikael SO
	Daubert, Carl SO		Nelson, Andrew SO
6	ELIZ	A	3:31.34
	1) Rever, Matt SR		Layng, Brian SR
	Baldwin, Bryan JR		Twist, Michael FR

Event 25 Women Weight Throw

MAC Indoor: 15.03m 2008 Lauren Lucci				
Meet Qualifying: 8.23m				
Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Phelps, Adrienne	FR	WIDE	9.00m
2	Porter, Amanda	FR	ELIZ	11.09m
3	Guerrieri, Kayla	SO	ALVE	10.50m
4	Seiber, Taylor	JR	LEBA	10.77m
5	Rohde, Elizabeth	FR	ALBR	10.26m
6	Schwartz, Nicole	SO	MISE	11.29m
7	Yealy, Morgan	FR	LEBA	10.29m
8	Pallas, Christine	SR	ALBR	11.01m
Flight 2 of 2 Finals				
1	Warner, Megan	SO	DESA	12.91m
2	Kroszner, Eileen	SR	ELIZ	12.07m
3	Wigg, Sarah	SO	MISE	14.74m
4	Yakas, Caitlin	FR	WIDE	11.76m
5	Heisler, Rachel	JR	WIDE	15.28m
6	Smolka, Mariah	JR	LEBA	14.28m
7	McCardle, Teaga	JR	DELA	11.53m
8	Searle, Amanda	SR	ALVE	11.64m
9	Rose, Meghan	SR	HOOD	12.81m

Event 26 Men Weight Throw

MAC Indoor: 17.91m 2013 Eric Solomon				
Meet Qualifying: 10.66m				
Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Shetrom, Jesse	SR	LEBA	12.77m
2	Starovoytov, Sta	SR	WIDE	13.00m
3	Khela, Andrew	JR	ELIZ	12.48m
4	Boyles, Michael	SO	MESS	11.88m
5	Streeter, Josh	JR	ALVE	12.99m
6	Schwartz, Micha	SR	ALBR	12.39m
7	Cuciarre, Alex	FR	WIDE	11.30m
8	Emery, Dillon	SR	ALVE	11.95m
9	Herbster, Dan	FR	WIDE	12.87m
10	Aguilar-Gonzale	SO	LEBA	11.35m
Flight 2 of 2 Finals				
1	Lawler, Rob	SO	DESA	14.00m
2	Recla, Mike	JR	WIDE	16.72m
3	Salcedo, Johnath	SO	LEBA	13.83m
4	Williams, Tyler	JR	WIDE	18.16m
5	Hladchuk, Matth	SR	WIDE	14.44m
6	Zamorski, Thom	SO	WIDE	16.74m
7	Dayhoff, Lucas	SR	ELIZ	15.99m
8	Solomon, Eric	SR	WIDE	18.65m
9	Martin, Kris	JR	WIDE	14.98m
10	Novalin, Andersc	FR	LEBA	14.32m

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Event 27 Women Long Jump

MAC Indoor: 5.68m 2013 Jenna Niedermayer

Meet Qualifying: 4.42m

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Ostroski, Sarah	FR	MISE		4.83m
2	Nassar, Ronya	JR	ALBR		4.64m
3	Rogan, Emily	FR	DESA		4.83m
4	Stramara, Tori	SO	LEBA		4.48m
5	Eugene, Ersikha	SR	MESS		5.06m
6	Barnes, Ashley	SO	HOOD		4.82m
7	Greulich, Melissa	SR	DELA		4.42m
8	Mauer, Annesse	JR	LEBA		4.78m
9	Jendrezewski, Oli	FR	LEBA		5.16m
10	Hostettler, Kaitly	FR	MESS		5.10m

Event 28 Men Long Jump

MAC Indoor: 7.25m 1993 Gregg Barrett

Meet Qualifying: 5.79m

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Colley, Josh	FR	WIDE		6.61m
2	Skyers, Shane	JR	STMD		5.99m
3	Mukuwa, Kahem	FR	HOOD		6.03m
4	Melick, Grier	SO	STMD		5.90m
5	Kutz, Colby	JR	ALBR		5.95m
6	Mahan, Max	FR	ELIZ		6.32m
7	Roberts, Tymeer	FR	ALBR		6.20m
8	Tucker, Nicholas	FR	LEBA		6.12m
9	Sorrell, Ameer	SO	WIDE		6.58m
10	Anachuna, Mich	JR	WIDE		5.81m
11	Fureman, Jonathan	SR	LEBA		5.85m
12	Pugh, Mickeal	JR	LEBA		6.60m
13	Haws, Josiah	SO	MESS		6.08m
14	Young, Brandon	JR	ALVE		6.41m

Event 29 Women High Jump

MAC Indoor: 1.68m 2011 Meghan Donovan

Meet Qualifying: 1.37m

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Smith, Shaye	FR	MISE		1.37m
2	Schools, Savannah	FR	MISE		1.42m
3	Reynolds, Delana	FR	ALVE		1.42m
4	Stitzer, Lindsey	SO	MISE		1.45m
5	Hull, Angelica	JR	ALBR		1.50m
6	Loranger, Monica	SR	ELIZ		1.52m
7	Jendrezewski, Oli	FR	LEBA		1.57m
8	Nole, Anna	JR	MISE		1.60m
9	Johnson, Marie	FR	MESS		1.60m
10	Coker, Hadlee	FR	MESS		1.63m
11	Ward, Ashlee	SR	MISE		1.74m

Event 30 Men High Jump

MAC Indoor: 2.06m 2011 Justin Gewirtz

Meet Qualifying: 1.73m

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Tirro, Luigi	FR	MISE		1.73m
2	Clinchoc, Jeremi	SO	ALVE		1.73m
3	Roché, Nick	FR	ALVE		1.73m
4	Kutz, Colby	JR	ALBR		1.78m
5	Bush, Shane	FR	DELA		1.83m
6	Bennett, Joseph	SO	LEBA		1.84m
7	Harer, Colton	FR	ALBR		1.85m
8	Powell, Aaron	SO	MESS		1.88m
9	Mahan, Max	FR	ELIZ		1.90m

Event 31 Women Pole Vault

MAC Indoor: 3.82m 2013 Melissa Fellenbaum

Meet Qualifying: 2.29m

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Verdel, Bridget	SR	ALVE		2.89m
2	Harris, Shauna	SO	WIDE		2.90m
3	Char, Amber	JR	WIDE		2.90m
4	Broussard, Mirar	FR	WIDE		2.90m
5	Wilson, Brittany	SO	LEBA		3.05m
6	Loranger, Monica	SR	ELIZ		3.20m
7	Robison, Rachel	SO	MESS		3.40m

Event 32 Men Pole Vault

MAC Indoor: 5.02m 2007 Kevin Clark

Meet Qualifying: 3.35m

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Steam, Brandon	SO	MESS		3.96m
2	Bellott, Seth	FR	ALVE		3.96m
3	Cornelius, Dane	FR	MESS		4.10m
4	Mathias, Adam	SR	DESA		4.10m
5	Gingrich, Deryk	SR	LEBA		4.10m
6	Madden, James	SO	WIDE		4.10m
7	Conner, Zack	JR	WIDE		4.10m
8	Weir, Michael	SR	LEBA		4.25m
9	Siglin, James	SO	WIDE		4.25m
10	Engle, Drew	JR	MESS		4.25m
11	Brady, Kevin	SR	ELIZ		4.42m
12	Martin, Andrew	JR	ALVE		4.50m
13	Coleman, Mick	JR	WIDE		4.55m
14	Nguyen, Dennis	SR	WIDE		4.71m
15	Moses, Tim	FR	MESS		4.90m

Event 33 Women Triple Jump

MAC Indoor: 11.73m 2009 Kristen Bates

Meet Qualifying: 9.45m

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Verdon, Erin	JR	ALVE		9.64m
2	Johnson, Marie	FR	MESS		10.21m
3	Gerchak, Taylor	JR	LEBA		9.81m
4	Heymann, Jillian	FR	HOOD		9.59m
5	Hostettler, Kaitly	FR	MESS		10.47m
6	Eugene, Ersikha	SR	MESS		10.00m
7	Schools, Savannah	FR	MISE		10.05m
8	Stramara, Tori	SO	LEBA		9.84m
9	Grauer, Lauren	JR	LEBA		9.51m
10	Jendrezewski, Oli	FR	LEBA		10.80m
11	Verdel, Bridget	SR	ALVE		9.57m
12	Nassar, Ronya	JR	ALBR		9.68m

Event 34 Men Triple Jump

MAC Indoor: 14.86m 2004 Jason Patterson

Meet Qualifying: 11.58m

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Haws, Josiah	SO	MESS		11.91m
2	Kausch, Nick	JR	WIDE		12.33m
3	Sorrell, Ameer	SO	WIDE		13.39m
4	Mukuwa, Kahem	FR	HOOD		12.41m
5	Zajac, James	FR	MISE		11.94m
6	Glosy, Sebastien	SO	WIDE		12.54m
7	Pugh, Mickeal	JR	LEBA		13.00m
8	Colley, Josh	FR	WIDE		13.46m
9	Thorne, Trent	FR	ALBR		13.34m
10	Young, Brandon	JR	ALVE		13.72m
11	Hampton, Tim	SR	MESS		11.90m

Event 35 Women Shot Put

MAC Indoor: 14.65m 2008 Lauren Lucci

Meet Qualifying: 8.84m

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 2 Finals					
1	McCardle, Teaga	JR	DELA		9.48m
2	Korsen, Rebecca	FR	ELIZ		8.91m
3	Wise, Samantha	FR	MISE		9.57m
4	Booz, Natalie	FR	MESS		8.87m
5	Phelps, Adrienne	FR	WIDE		9.98m
6	Pallas, Christine	SR	ALBR		9.02m
7	Wallace, Sherrie	SO	STMD		9.95m
8	Wigg, Sarah	SO	MISE		9.70m
9	Schwartz, Nicole	SO	MISE		9.33m
10	Hull, Angelica	JR	ALBR		9.66m

2014 MAC INDOOR TRACK & FIELD CHAMPIONSHIPS HEAT SHEETS

Widener University

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2014 MAC Indoor Championships - 2/28/2014 to 3/1/2014

Lehigh University - Bethlehem, Pa.

Meet Program

Flight 2 of 2 (Event 35 Women Shot Put)

1	Yakas, Caitlin	FR	WIDE	10.88m
2	Porter, Amanda	FR	ELIZ	11.24m
3	Smolka, Mariah	JR	LEBA	12.55m
4	Szpynda, Erica	SR	WIDE	13.41m
5	Seiber, Taylor	JR	LEBA	10.30m
6	Hall, Chelsea	SO	MISE	12.00m
7	Searle, Amanda	SR	ALVE	10.38m
8	Kroszner, Eileen	SR	ELIZ	11.02m
9	Ward, Ashlee	SR	MISE	10.74m
10	Rose, Meghan	SR	HOOD	11.61m
11	Thomas, Tia	SO	ALVE	10.61m

Event 36 Men Shot Put

MAC Indoor: 17.52m 2013 Fred Fulton

Meet Qualifying: 11.58m

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 2 Finals

1	Robles, Alexander	FR	ALBR	11.76m
2	Nodolski, Nathaniel	JR	WIDE	11.68m
3	Zamorski, Thomas	SO	WIDE	13.10m
4	Tomlinson, Rodney	SO	ALVE	13.22m
5	Herbster, Dan	FR	WIDE	12.72m
6	Ware, Jesse	SR	DELA	12.97m
7	McCloskey, Kal	JR	WIDE	11.95m
8	Cuciarre, Alex	FR	WIDE	12.57m
9	Lentine, Mike	FR	DELA	12.30m
10	Emery, Dillon	SR	ALVE	12.26m

Flight 2 of 2 Finals

1	Martin, Kris	JR	WIDE	13.54m
2	Green, Anthony	JR	WIDE	14.65m
3	Novalin, Anders	FR	LEBA	14.48m
4	Lawler, Rob	SO	DESA	13.50m
5	Recla, Mike	JR	WIDE	16.52m
6	Williams, Tyler	JR	WIDE	13.44m
7	Reyes, Jeriko	FR	ALVE	13.49m
8	Salcedo, Johnathan	SO	LEBA	13.98m
9	Dayhoff, Lucas	SR	ELIZ	13.90m
10	Stutzman, Trevor	JR	MESS	16.86m
11	Aguilar-Gonzalez	SO	LEBA	14.16m

Event 37 Heptathlon: #1 Men 55 Meter Dash

Lane Name	Yr	School	Seed Time
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Section 1 of 4 Finals

2	Layng, Brian	SR	ELIZ	NT
3	Cornelius, Dane	FR	MESS	NT
4	Pavlik, E. Reid	SO	LEBA	NT
5	Fleming, Thomas	JR	WIDE	NT

Section 2 of 4 Finals

2	Harer, Colton	FR	ALBR	NT
3	Lloyd, Cody	SO	LEBA	NT
4	Hampton, Tim	SR	MESS	NT

Section 3 of 4 Finals

2	Ausel, Andrew	SR	MESS	NT
3	Orzol, Lee	JR	DESA	NT
4	Bayona, Joseph	JR	ELIZ	NT

Section 4 of 4 Finals

2	Engle, Drew	JR	MESS	NT
3	Weiss, Sean	FR	WIDE	NT
4	Clinchoc, Jeremy	SO	ALVE	NT

Event 37 Heptathlon: #2 Men Long Jump

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Engle, Drew	JR	MESS	ND
2	Clinchoc, Jeremy	SO	ALVE	ND
3	Fleming, Thomas	JR	WIDE	ND
4	Pavlik, E. Reid	SO	LEBA	ND
5	Cornelius, Dane	FR	MESS	ND
6	Hampton, Tim	SR	MESS	ND
7	Lloyd, Cody	SO	LEBA	ND
8	Bayona, Joseph	JR	ELIZ	ND
9	Harer, Colton	FR	ALBR	ND
10	Weiss, Sean	FR	WIDE	ND
11	Layng, Brian	SR	ELIZ	ND
12	Orzol, Lee	JR	DESA	ND
13	Ausel, Andrew	SR	MESS	ND

Event 37 Heptathlon: #3 Men Shot Put

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Engle, Drew	JR	MESS	ND
2	Lloyd, Cody	SO	LEBA	ND
3	Ausel, Andrew	SR	MESS	ND
4	Layng, Brian	SR	ELIZ	ND
5	Cornelius, Dane	FR	MESS	ND
6	Orzol, Lee	JR	DESA	ND
7	Bayona, Joseph	JR	ELIZ	ND
8	Weiss, Sean	FR	WIDE	ND
9	Harer, Colton	FR	ALBR	ND
10	Clinchoc, Jeremy	SO	ALVE	ND
11	Pavlik, E. Reid	SO	LEBA	ND
12	Hampton, Tim	SR	MESS	ND
13	Fleming, Thomas	JR	WIDE	ND

Event 37 Heptathlon: #4 Men High Jump

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Ausel, Andrew	SR	MESS	NH
2	Layng, Brian	SR	ELIZ	NH
3	Lloyd, Cody	SO	LEBA	NH
4	Fleming, Thomas	JR	WIDE	NH
5	Cornelius, Dane	FR	MESS	NH
6	Clinchoc, Jeremy	SO	ALVE	NH
7	Weiss, Sean	FR	WIDE	NH
8	Harer, Colton	FR	ALBR	NH
9	Bayona, Joseph	JR	ELIZ	NH
10	Engle, Drew	JR	MESS	NH
11	Hampton, Tim	SR	MESS	NH
12	Orzol, Lee	JR	DESA	NH
13	Pavlik, E. Reid	SO	LEBA	NH

Event 37 Heptathlon: #5 Men 60 Meter Hurdles

Lane Name	Yr	School	Seed Time
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Section 1 of 5 Finals

2	Hampton, Tim	SR	MESS	NT
4	Weiss, Sean	FR	WIDE	NT
6	Layng, Brian	SR	ELIZ	NT

Section 2 of 5 Finals

2	Bayona, Joseph	JR	ELIZ	NT
4	Clinchoc, Jeremy	SO	ALVE	NT
6	Ausel, Andrew	SR	MESS	NT

Section 3 of 5 Finals

2	Engle, Drew	JR	MESS	NT
4	Orzol, Lee	JR	DESA	NT
6	Fleming, Thomas	JR	WIDE	NT

Section 4 of 5 Finals

2	Pavlik, E. Reid	SO	LEBA	NT
4	Cornelius, Dane	FR	MESS	NT

Section 5 of 5 Finals

2	Lloyd, Cody	SO	LEBA	NT
4	Harer, Colton	FR	ALBR	NT

Event 37 Heptathlon: #6 Men Pole Vault

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Fleming, Thomas	JR	WIDE	NH
2	Layng, Brian	SR	ELIZ	NH
3	Engle, Drew	JR	MESS	NH
4	Ausel, Andrew	SR	MESS	NH
5	Hampton, Tim	SR	MESS	NH
6	Orzol, Lee	JR	DESA	NH
7	Clinchoc, Jeremy	SO	ALVE	NH
8	Harer, Colton	FR	ALBR	NH
9	Cornelius, Dane	FR	MESS	NH
10	Pavlik, E. Reid	SO	LEBA	NH
11	Lloyd, Cody	SO	LEBA	NH
12	Weiss, Sean	FR	WIDE	NH
13	Bayona, Joseph	JR	ELIZ	NH

Event 37 Heptathlon: #7 Men 1000 Meter Run

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Clinchoc, Jeremy	SO	ALVE	NT
2	Layng, Brian	SR	ELIZ	NT
3	Hampton, Tim	SR	MESS	NT
4	Orzol, Lee	JR	DESA	NT
5	Lloyd, Cody	SO	LEBA	NT
6	Bayona, Joseph	JR	ELIZ	NT
7	Harer, Colton	FR	ALBR	NT
8	Ausel, Andrew	SR	MESS	NT
9	Cornelius, Dane	FR	MESS	NT
10	Weiss, Sean	FR	WIDE	NT
11	Pavlik, E. Reid	SO	LEBA	NT
12	Engle, Drew	JR	MESS	NT
13	Fleming, Thomas	JR	WIDE	NT

2014 MAC INDOOR TRACK & FIELD CHAMPIONSHIPS HEAT SHEETS

Widener University

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2014 MAC Indoor Championships - 2/28/2014 to 3/1/2014

Lehigh University - Bethlehem, Pa.

Meet Program

Event 38 Indoor Pentathlon: #1 Women 60 Meter Hurdles					Event 38 Indoor Pentathlon: #5 Women 800 Meter Run				
Lane	Name	Yr	School	Seed Time	Lane	Name	Yr	School	Seed Time
Section 1 of 4 Finals					Section 1 of 1 Finals				
2	Gerchak, Taylor	JR	LEBA	NT	1	Fogelsanger, Anc	SO	MESS	NT
4	Cleary, Georgia	FR	MISE	NT	2	Maylor, Alexis	SR	DELA	NT
6	Mills, Alyssa	JR	MESS	NT	3	Mills, Alyssa	JR	MESS	NT
Section 2 of 4 Finals					4	Gerchak, Taylor	JR	LEBA	NT
2	Fogelsanger, Anc	SO	MESS	NT	5	Maneval, Brooke	FR	MESS	NT
4	Grizzle, Sophie	SR	HOOD	NT	6	Querfeld, Rebecc	FR	MESS	NT
6	Mauer, Annese	JR	LEBA	NT	7	Mauer, Annese	JR	LEBA	NT
Section 3 of 4 Finals					8	Monico, Stephan	SR	LEBA	NT
2	Monico, Stephan	SR	LEBA	NT	9	Cleary, Georgia	FR	MISE	NT
4	Maneval, Brooke	FR	MESS	NT	10	Grizzle, Sophie	SR	HOOD	NT
Section 4 of 4 Finals									
2	Maylor, Alexis	SR	DELA	NT					
4	Querfeld, Rebecc	FR	MESS	NT					
Event 38 Indoor Pentathlon: #2 Women High Jump									
Pos	Name	Yr	School	Seed Mark					
Flight 1 of 1 Finals									
1	Querfeld, Rebecc	FR	MESS	NH					
2	Cleary, Georgia	FR	MISE	NH					
3	Mauer, Annese	JR	LEBA	NH					
4	Maneval, Brooke	FR	MESS	NH					
5	Grizzle, Sophie	SR	HOOD	NH					
6	Mills, Alyssa	JR	MESS	NH					
7	Maylor, Alexis	SR	DELA	NH					
8	Fogelsanger, Anc	SO	MESS	NH					
9	Gerchak, Taylor	JR	LEBA	NH					
10	Monico, Stephan	SR	LEBA	NH					
Event 38 Indoor Pentathlon: #3 Women Shot Put									
Pos	Name	Yr	School	Seed Mark					
Flight 1 of 1 Finals									
1	Fogelsanger, Anc	SO	MESS	ND					
2	Gerchak, Taylor	JR	LEBA	ND					
3	Monico, Stephan	SR	LEBA	ND					
4	Mauer, Annese	JR	LEBA	ND					
5	Mills, Alyssa	JR	MESS	ND					
6	Maylor, Alexis	SR	DELA	ND					
7	Grizzle, Sophie	SR	HOOD	ND					
8	Querfeld, Rebecc	FR	MESS	ND					
9	Cleary, Georgia	FR	MISE	ND					
10	Maneval, Brooke	FR	MESS	ND					
Event 38 Indoor Pentathlon: #4 Women Long Jump									
Pos	Name	Yr	School	Seed Mark					
Flight 1 of 1 Finals									
1	Querfeld, Rebecc	FR	MESS	ND					
2	Fogelsanger, Anc	SO	MESS	ND					
3	Mills, Alyssa	JR	MESS	ND					
4	Maneval, Brooke	FR	MESS	ND					
5	Monico, Stephan	SR	LEBA	ND					
6	Cleary, Georgia	FR	MISE	ND					
7	Grizzle, Sophie	SR	HOOD	ND					
8	Maylor, Alexis	SR	DELA	ND					
9	Gerchak, Taylor	JR	LEBA	ND					
10	Mauer, Annese	JR	LEBA	ND					



RESULTS

Results from the championship meet can be found at **goMACsports.com**
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SCHEDULE OF EVENTS

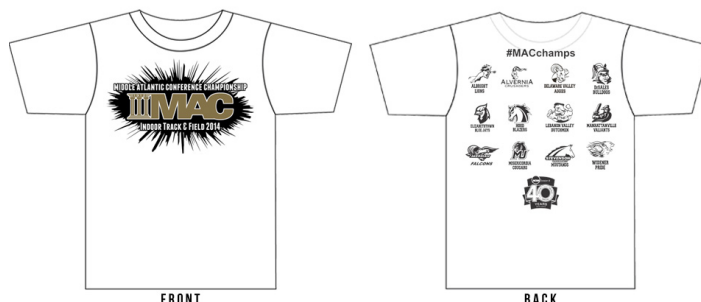
TIME	EVENT	
FRIDAY (@ Widener University)		
3 p.m.	60 M Dash	Men's Heptathlon
3:45 p.m.	Long Jump	Men's Heptathlon
5:35 p.m.	Shot Put	Men's Heptathlon
7:25 p.m.	High Jump	Men's Heptathlon
SATURDAY		
9 a.m.	60 M Hurdles	Men's Heptathlon
9:45 a.m.	Weight Throw	Women's Trial/Final
9:45 a.m.	Long Jump	Women's Trial/Final
9:45 a.m.	60 M Hurdles	Women's Pentathlon
10 a.m.	Pole Vault	Men's Heptathlon
10:30 a.m.	3000 M Run Final	Women
10:40 a.m.	High Jump	Women's Pentathlon
11 a.m.	3000 M Run Final	Men
11:15 a.m.	Long Jump	Men's Trial/Final
11:15 a.m.	Weight Throw	Men's Trial/Final
11:30 a.m.	DMR	Women - Men
12 p.m.	High Jump	Women's Trial/Final
12 p.m.	60 M Hurdle Trials	Women - Men
12:30 p.m.	Pole Vault	Men's Trial/Final
12:30 p.m.	60 M Dash Trials	Women - Men
12:45 p.m.	Shot Put	Women's Pentathlon
12:50 p.m.	4x200 Relay Final	Women - Men
1 p.m.	1000 M Run	Men's Heptathlon
1:10 p.m.	Mile Run Final	Women - Men
1:30 p.m.	60 M Hurdle Final	Men - Women
1:30 p.m.	Shot Put	Women's Trial/Final
1:45 p.m.	Long Jump	Women's Pentathlon
1:45 p.m.	400 M Dash Final	Women - Men
2:10 p.m.	60 M Dash Final	Women - Men
2:15 p.m.	Triple Jump	Women's Trial/Final
2:20 p.m.	800 M Run Final	Women - Men
2:30 p.m.	High Jump	Men's Trial/Final
2:30 p.m.	Pole Vault	Women's Trial/Final
2:45 p.m.	200 M Dash Final	Women - Men
3 p.m.	Shot Put	Men's Trial/Final
3:10 p.m.	800 M Run	Women's Pentathlon
3:20 p.m.	5000 M Run Final	Women - Men
3:30 p.m.	Triple Jump	Men's Trial/Final
4 p.m.	4x800 Relay	Women - Men
4:30 p.m.	4x400 Relay	Women - Men
4:45 p.m.	Awards Ceremony	

Six places score for all events: 10 • 8 • 6 • 4 • 2 • 1

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