

February 27-28, 2015 • Rauch Fieldhouse • Lehigh University • Bethlehem, Pa.



Albright College • Alvernia University • Delaware Valley College • DeSales University
Hood College • Lebanon Valley College • Manhattanville College • Messiah College
Misericordia University • Stevenson University • Widener University

2015 MAC INDOOR TRACK & FIELD CHAMPIONSHIPS

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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 17 Division III schools, spanning four states, have over 6,500 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, 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.

NCAA DIVISION III

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

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 and tobacco products is prohibited. 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 2015 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

MAC Executive Director

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

MAC OFFICE STAFF

Ken Andrews, Executive Director
Marie Stroman, Associate Executive Director
Jonathan Hower, Director of Media Relations

MAC TRACK & FIELD COMMITTEE

Vince Touey, Widener (Chair)
Dale Fogelsanger, Messiah
Chris Wadas, Misericordia
Al Weiner, DeSales

EMERY TRACK & FIELD OFFICIALS

Lou Dishong • Jim Kreitz • Mike Vincovitch • Mickey Collins • Chas Marsteller
Sue Mezger • Dwayne Wartman • Brian Souerwine • Alan Gangaware
Bernie Gabryluk • Joe Rycek • Joe Mayer • Joh Keff • Mike Stein
Page Woodbury • Rich Cullen • Pat James • Mike James • Jim Falatek
Bill Donahue • Otto Ersham • Jim Young • Norm Williams

MAC FAT TIMING STAFF

Jim Ellingsworth
Dave Roberts

DELAWARE VALLEY ATHLETIC TRAINING STAFF

Matt Kelly



DISTINCTLY DIVISION III

DISCOVER

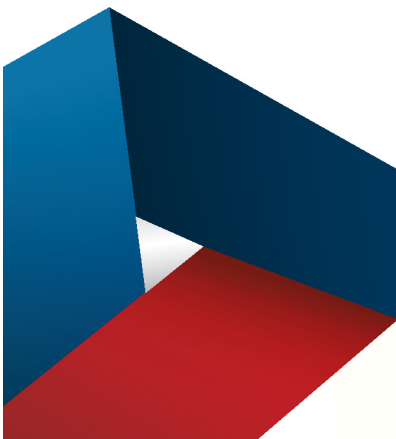
40 percent of NCAA® student-athletes compete in Division III – the largest division in college sports.

DEVELOP

Research shows that **nine of every 10** Division III student-athletes succeed academically.

DEDICATE

76 percent of Division III first-year student-athletes receive some type of non-athletics institutional financial aid to attend college, averaging **\$13,500**.



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2015 MAC QUALIFYING STANDARDS AND RECORDS

MEN

EVENT	MAC QUALIFIER	MAC RECORD	YEAR	STUDENT-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	1:54.16	2014	Michael Harnish • Lebanon Valley
Mile Run	4:49.24	4:14.26	2011	Tyler Newhook • Messiah
3000m Run	9:30.24	8:46.99	2014	Nate Noll • DeSales
5000m Run	16:30.24	14:51.67	1992	Frank McGovern • Widener
4x200m Relay	Open	1:31.08	2005	Messiah
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'	18.62m / 61' 1.25"	2014	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	4,665 points	2014	Brian Layng • Elizabethtown

WOMEN

EVENT	MAC QUALIFIER	MAC RECORD	YEAR	STUDENT-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	25.94	2014	Danisha Higgs • Albright
400m Dash	1:08.74	58.73	2014	Amy Viti • Misericordia
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
3000m Run	11:50.24	10:08.89	2014	Kelsey Patrick • Lebanon Valley
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	9:46.32	2014	Elizabethtown
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'	15.45m / 50' 8.25"	2014	Rachel Heisler • Widener
Pole Vault	2.70m / 8; 10.25"	3.82m / 12; 6.25"	2013	Melissa Fellenbaum • Alvernia
High Jump	1.37m / 4' 6"	1.70m / 5' 7"	2014	Ashlee Ward • Misericordia
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	3,191 points	2014	Alexis Maylor • Delaware Valley

2014 MAC INDOOR TRACK & FIELD CHAMPIONSHIP RESULTS

MEN'S CHAMPIONS

60 METER DASH

7.00 Gavin Colley • Widener

60 METER HURDLES

8.35 Nicholas White • Messiah

200 METER DASH

22.26 Gavin Colley • Widener

400 METER DASH

49.68 Alex Yoder • Messiah

800 METER RUN

1:54.76 Michael Harnish • Lebanon Valley

1 MILE RUN

4:30.72 Chris Garrity • Widener

3000 METER RUN

8:46.99 Nate Noll • DeSales

5000 METER RUN

15:18.85 Bryan Megee • DeSales

4X200 METER RELAY

1:32.74 Widener
Will Betts, Jonathan Blake,
Ethan Schmalhofer, Ameer Sorrell

4X400 METER RELAY

3:28.08 Messiah
Alex Yoder, Nicholas White,
Brady Miller, Trevor Praetsch

4X800 METER RELAY

7:59.56 Lebanon Valley
Andrew Goelz, Ian Brown,
Elliott Bonds, Michael Harnish

DISTANCE MEDLEY RELAY

10:36.06 Widener
Leo Harmon, Anthony Clayton,
Ross Staudt, Jason Caporale

HIGH JUMP

1.88m 6' 2" Colton Harer • Albright

POLE VALUT

4.85m 15' 11" Tim Moses • Messiah

LONG JUMP

6.97m 22' 10.5" Ameer Sorrell • Widener

TRIPLE JUMP

14.15m 46' 5.25" Ameer Sorrell • Widener

SHOT PUT

15.43m 50' 7.5" Trevor Stutzman • Messiah

WEIGHT THROW

18.62m 61' 1.25" Eric Solomon • Widener

HEPTATHLON

4,665 points Brian Layng • Elizabethtown

WOMEN'S CHAMPIONS

60 METER DASH

7.81 Danisha Higgs • Albright

60 METER HURDLES

9.10 Hilari Norris • Misericordia

200 METER DASH

25.94 Danisha Higgs • Albright

400 METER DASH

58.73 Amy Viti • Misericordia

800 METER RUN

2:17.37 Cynthia Adams • Lebanon Valley

1 MILE RUN

5:11.95 Traci Tempone • Elizabethtown

3000 METER RUN

10:08.89 Kelsey Patrick • Lebanon Valley

5000 METER RUN

18:10.48 Traci Tempone • Elizabethtown

4X200 METER RELAY

1:46.78 Misericordia
Hilari Norris, Mary Fairchild,
Amy Viti, Stacey Perrins

4X400 METER RELAY

4:06.70 Misericordia
Mary Fairchild, Stacey Perrins,
Kelty Fairchild, Amy Viti

4X800 METER RELAY

9:46.32 Elizabethtown
Laurie Jones, Casey Quinto,
Alexis Groce, Amelia Tearnan

DISTANCE MEDLEY RELAY

12:44.40 Lebanon Valley
Dana Stockdale, Kathryn O'Hara,
Lauren Decker, Cynthia Adams

HIGH JUMP

1.70m 5' 7" Ashlee Ward • Misericordia

POLE VALUT

3.30m 10' 10" Rachel Robison • Messiah

LONG JUMP

5.13m 16' 10" Olivia Jendrzejewski • Lebanon Valley

TRIPLE JUMP

10.95m 35' 11.25" Olivia Jendrzejewski • Lebanon Valley

SHOT PUT

13.40m 43' 11.75" Erica Szpynda • Widener

WEIGHT THROW

15.45m 50' 8.25" Rachel Heisler • Widener

PENTATHLON

3,191 points Alexis Maylor • Delaware Valley

MEN'S TEAM STANDINGS

FINISH	POINTS	TEAM
1.	188	Widener
2.	98	Messiah
3.	72	Lebanon Valley
4.	69	Elizabethtown
5.	45	DeSales
6.	37	Albright
7.	29	Misericordia
8.	17	Stevenson
9.	16	Alvernia
10.	10	Delaware Valley
11.	8	Hood
12.	N/S	Manhattanville

WOMEN'S TEAM STANDINGS

FINISH	POINTS	TEAM
1.	128	Lebanon Valley
2.	102.5	Misericordia
3.	101.5	Elizabethtown
4.	73	Messiah
5.	64	Widener
6.	57	DeSales
7.	22	Hood
8.	21	Albright
9.	10	Alvernia
9.	10	Delaware Valley
11.	N/S	Manhattanville
11.	N/S	Stevenson

SPECIAL AWARDS

ROOKIES OF THE YEAR

Men Devonte Williams • Stevenson
Women Olivia Jendrzejewski • Lebanon Valley

FIELD EVENT ATHLETES OF THE YEAR

Men Ameer Sorrell • Widener
Women Alexis Maylor • Delaware Valley

TRACK ATHLETES OF THE YEAR

Men Gavin Colley • Widener
Women Traci Tempone • Elizabethtown

COACHES OF THE YEAR

Men Vince Touey • Widener
Women Melissa Weidler • Lebanon Valley

MEN'S TEAM ROSTERS

ALBRIGHT COLLEGE LIONS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Richie Amarante	So.	Bronx, N.Y. • Hyde Leadership
Matthew Azzaro	Fr.	Baltimore, Md. • Loyola Blakefield
Jonathan Bieber	Fr.	Birdsboro, Pa. • Exeter
Russell Cramer	Fr.	Stroudsburg, Pa. • Stroudsburg
Zackary Daly	Fr.	Long Island, N.Y. • Longwood
Oumar Diawara	Jr.	Philadelphia, Pa. • Boys Latin
Jacob Dickinson	So.	Dalton, Pa. • Scranton Prep
Xavier Gonzalez	Jr.	Allentown, Pa. • Louis E. Dieruff
Jermaine Grey	Sr.	Brooklyn, N.Y. • George Washington
Muhammad Haras	So.	Montvale, N.J. • Pascack Hills
Joshua Keener	Fr.	Tulpehocken, Pa. • Tulpehocken
Colby Kutz	Jr.	Reading, Pa. • Holy Name
Oinye McKinzie	Sr.	New Castle, Del. • Christiana
Travis Napier	Fr.	Northfield, N.J. • Mainland Regional
Jonathan Pulley	Sr.	Hamilton, N.J. • Hamilton East
Rob Raison	Sr.	Bensalem, Pa. • Warminster
Dwayne Randall	Jr.	Frederick, Md. • Liganore
Ja'Von Rankin	Fr.	Vineland, N.J. • St. Joseph's
Tymeer Roberts	So.	Camden, N.J. • Lindenwald
Alexander Robles	So.	Reading, Pa. • Reading
Gregory Shelton	Sr.	Wilmington, Del. • Concord
Naeem Smith	Sr.	Hillside, N.J. • Hillside
Malik Sylla	Fr.	Philadelphia, Pa. • Carver
Trey Thatcher	So.	Easton, Pa. • Haddon Township
Trent Thorne	So.	Clementon, N.J. • Highland Regional

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

ALVERNIA UNIVERSITY CRUSADERS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Corey Allegrucci	Fr.	Moscow, Pa. • North Pocono
Seth Bellott	So.	Mohnton, Pa. • Governor Mifflin
Kahlil Bennett	Fr.	Old Bridge, N.J. • Old Bridge
Thomas Bialek	So.	Wyomissing, Pa. • Wyomissing
Edward Cadman	Sr.	Whitehall, Pa. • Allentown Central Catholic
Jeremiah Clinchoc	Jr.	DuBois, Pa. • DuBois Area
Brian Elliott	Jr.	Newark, Del. • Hodgson Vo-Tech
Peter Hamati-Attieh	So.	Allentown, Pa. • Allentown Central Catholic
Cody Hughes	Sr.	Birdsboro, Pa. • Twin Valley
Jordan Keaton	So.	San Diego, Calif. • Caesar Rodney
Christopher Lockhart	So.	Wyomissing, Pa. • Wilson
Peter MacNamee	Sr.	Dublin, Pa. • Pennridge
Andrew Martin	Sr.	Thornton, Pa. • Garnet Valley
Jaree Reid	Fr.	
Frederick Riccio	Fr.	
Zachary Seaman	So.	Wyomissing, Pa. • Wyomissing
Joshua Streeter	Sr.	Paoli, Pa. • Great Valley
Nicholas Sturm	Fr.	Hamburg, Pa. • Hamburg
Rodre Tomlinson	Jr.	Swarthmore, Pa. • Strath Haven
Jamie Valdez	Fr.	
Bronson Whitt	Jr.	Philadelphia, Pa. • Northeast
Brandon Young	Sr.	Baltimore, Md. • Loyola Blakefield

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

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Jordan Aughenbaugh	Fr.	Marlton, N.J. • Cherokee
Shane Bush	So.	Atlantic City, N.J. • Oakcrest
Lorin Butler	Fr.	Camp Hill, Pa. • Susquehanna Township
Brian Carter	Sr.	Philadelphia, Pa. • George Washington
Sam Cullen	Jr.	Glenolden, Pa. • Monsignor Bonner
Jason Doll	Jr.	Boalsburg, Pa. • State College
Kaisean Freedman	Fr.	New York, N.Y. • Milton Hershey
Amani Fuller-Williams	Fr.	Philadelphia, Pa. • Mastery Charter
Cori Grobes	Fr.	
Alex Habernern	So.	Slatedale, Pa. • Northern Lehigh
Patrick Hastings	Sr.	Staten Island, N.Y. • Monsignor Farrell
Amir Johnson	Fr.	Philadelphia, Pa. • Imhotep
Tre' Jones	Fr.	Ewing, N.J. • Ewing
Kris Kline	Fr.	Mohnton, Pa. • Governor Mifflin
Mike Lentine	So.	Hampton, N.J. • Voorhees
Charles Logue	Sr.	Bernardsville, N.J. • Bernards
Sam McCaffrey	Jr.	Lambertville, N.J. • South Hunterdon
Myles Robbins	So.	Scranton, Pa. • Scranton
Brandon Roberson	Fr.	Mays Landing, N.J. • Oakcrest
Leo Shinohara	Fr.	Ramsey, N.J. • Ramsey
Ta'riq Thomas	Fr.	Woodstown, N.J. • Woodstown
Felix Moreno	Head Coach	
Warren Robertson	Assistant Coach	
Scott Sherwood	Assistant Coach	

DESALES UNIVERSITY BULLDOGS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Rob Amoroso	So.	Flanders, N.J. • Mount Olive
Ed Ashton	Jr.	Media, Pa. • Penncrest
Austin Bartholomew	So.	Bethlehem, Pa. • Salisbury
John Bayeux	Sr.	Basking Ridge, N.J. • Ridge
Dylan Bonge	So.	Allentown, Pa. • Salisbury
Patrick Collins	So.	Pitman, N.J. • Pitman
David Connolly	Fr.	Summit, N.J. • Summit
Matt Cummings	So.	Oak Ridge, N.J. • West Milford
Kevin Drastura	Jr.	Linden, N.J. • Roselle Catholic
Sean Dusza	Jr.	Schwenksville, Pa. • Souderton
William Edwards	So.	Shiremanstown, Pa. • Trinity
James Evans	Fr.	Lambertville, N.J. • South Hunterdon
JC Falcon	Fr.	Whitehall, Pa. • Whitehall
Billy Foster	Fr.	South River, N.J. • Bishop George Ahr
Dalton Friend	Fr.	Rock Tavern, N.Y. • Don Bosco Prep
Braheem Ingalls	Jr.	Woodlynne, N.J. • Collingswood
Nick Jara	Fr.	Warminster, Pa. • William Tennent
Robert Jones	Fr.	Maple Shade, N.J. • Maple Shade
Bradley Kilheeny	So.	North Brunswick, N.J. • North Brunswick
Justin Kulhamer	Sr.	Northampton, Pa. • Northampton
Thomas Lang	Fr.	Hi-Nella, N.J. • Paul VI
Rob Lawler	Jr.	Middlesex, N.J. • St. Joseph
Nick Medway	Fr.	Cedar Knolls, Pa. • Whippany Park
Christian Mendez	Fr.	Fair Lawn, N.J. • Fair Lawn
Connor Metzger	Fr.	Williamsport, Pa. • Williamsport
Mike Michell	Jr.	White Plains, N.Y. • White Plains
Ethan Motsney	So.	Ashland, Pa. • North Schuylkill
Lee Orzol	Sr.	Hamilton, N.J. • Notre Dame
Scott Rennalls	Jr.	Budd Lake, N.J. • Mount Olive
Mark Sabol	Fr.	Minersville, Pa. • Nativity BVM
Ryan Schwarz	Fr.	Huntingdon Valley, Pa. • Lower Moreland
Anthony Stienmire	Fr.	Allentown, Pa. • Notre Dame
Steve Van Doran	Sr.	Goshen, N.Y. • Goshen

Al Weiner	Head Coach
Chris Mateer	Graduate Assistant
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

MEN'S TEAM ROSTERS

HOOD COLLEGE BLAZERS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Kyle Bulgarelli	Fr.	York, Pa. • York Suburban
Justin Cifuentes	Sr.	Teaneck, N.J. • Teaneck
Andrew Drum	Sr.	Middletown, Md. • Middletown
Austin Hager-Perry	So.	Williamsport, Md. • Williamsport
Zachary Helms	Fr.	Frederick, Md. • Tuscarora
Thomas Marino	Jr.	Easton, Pa. • Easton
Jeremiah Ratliff	So.	Kent, Wash. • Kent Meridian
Raymond Rivera	Jr.	Frederick, Md. • Frederick
Josh Sexton	So.	Mesa, Ariz. • Mesa
Nick Slawson	Sr.	Mesa, Ariz. • Mesa
Alexander Stevens	So.	Nazareth, Pa. • Notre Dame
R.J. Tucker	Fr.	Thurmont, Md. • Catocin
Todd Welch	Sr.	Gwynn Oak, Md. • Western Tech
Derrick Wood	So.	Glen Burnie, Md. • Northeast
Dylan Wood	So.	Glen Burnie, Md. • Northeast

Brent Ayer	Head Coach
Jack Griffin	Assistant Coach
Sophie Grizzle	Assistant Coach
Brett Shelley	Assistant Coach

LEBANON VALLEY COLLEGE DUTCHMEN

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Noe Aguilar	Jr.	Biglerville, Pa. • Biglerville
Drice Bahajak	Fr.	Middletown, Pa. • Middletown
Joe Bennett	Sr.	Teaneck, N.J. • Passaic County Tech Institute
Chad Bomgardner	Fr.	Lebanon, Pa.
Ian Brown	So.	Grove City, Pa. • Grove City
Stephen Chappell	Jr.	Chalfont, Pa. • Central Bucks South
Kyle Fronk	Sr.	Thompsonstown, Pa. • Greenwood
Michael Gang	Fr.	Glen Ridge, N.J. • Glen Ridge
Andrew Goelz	Sr.	Brick, N.J. • Brick Township
Ian Gompers	Fr.	Rising Sun, Md. • Rising Sun
Terrence Habiaryame	So.	Hummelstown, Pa. • Central Dauphin
Michael Harnish	Sr.	Myerstown, Pa. • ELCO
Bradley Hartman	So.	Myerstown, Pa. • ELCO
Kevin Johnson	So.	Randolph, N.J. • Randolph
Jon Jones	Fr.	Plant City, Fla. • Brandon
Corey Keen	Fr.	Wilkes-Barre, Pa. • James M. Coughlin
Bryan Kukulski	Fr.	Langhorne, Pa. • Notre Dame
Cody Lloyd	Jr.	Lebanon, Pa. • Cedar Crest
Ian McGinnis	So.	Burnham, Pa. • Mifflin County
Brandon McMinn	Fr.	Hanover, Pa. • South Western
Jermaine McQueen	So.	Philadelphia, Pa. • Milton Hershey
Ja'von Nelson	Fr.	Tampa, Fla. • Middleton
Reid Pavlik	Jr.	Manheim, Pa. • Manheim
Ibsen Powers	So.	Ephrata, Pa. • Ephrata
Mike Pugh	Sr.	Hanover, Pa. • South Western
Jonathan Riley	Sr.	Aberdeen, N.J. • Matawan
Bradee Ruhl	Jr.	Mifflinburg, Pa. • Mifflinburg Area
John Salcedo	Jr.	York, Pa. • York Suburban
Steven Salcedo	Fr.	York, Pa. • York Suburban
CJ Sayous	Sr.	Randolph, N.J. • Randolph
Nick Scullin	Fr.	Winfield, Pa. • Lewisburg
Darryl Sweeper	Sr.	Reading, Pa. • Muhlenberg
Kems Sylvain	So.	Cleona, Pa. • Annville-Cleona
Ben Tanner	So.	Jonestown, Pa. • Northern Lebanon
Ryan Vogel	Fr.	Reading, Pa. • Exeter
Andrew Walker	Sr.	Spring Grove, Pa. • Spring Grove
Alex Whitsett	Fr.	Denver, Pa. • Cocalico
Dylan Yost	So.	Mifflinburg, Pa. • Mifflinburg

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

MANHATTANVILLE COLLEGE VALIANTS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Kofi Adusei	Jr.	Accra, Ghana • Taft Educational Campus
Rodrigo Castiglioni	So.	Asuncion, Paraguay • Colegio Internacional
Chris Fallague	So.	New Canaan, Conn. • Stamford
Matt Goidell	Jr.	Centerport, N.Y. • St. John the Baptist
Blake Hagerman	Fr.	Greenlawn, N.Y. • Harborfields
Dave Mangum	Jr.	Rye, N.Y. • Rye
Austin McGlone	Jr.	Mastic, N.Y. • William Floyd
Mike Pottle	Sr.	Windham, Maine • Windham
Jelani Price	So.	Plainfield, N.J. • Plainfield
Peter Rizzo	Jr.	Tomkins Cove, N.Y. • North Rockland
Reuben Salcedo	So.	Bronx, N.Y. • Salesian
Evan Winston	Jr.	North Salem, N.Y. • Briarcliff
Megan Patterson	Head Coach	
Andrew Heath	Assistant Coach • Jumps	

MESSIAH COLLEGE FALCONS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Chris Beardsley	Sr.	Bear, Del. • Red Lion Christian Academy
Edward Bley	Jr.	Lancaster, Pa. • Penn Manor
Timothy Bolos	So.	
Michael Boyles	Jr.	Centreville, Va. • Westfield
Kaleb Burch	Fr.	Marlton, N.J. • Cherokee
Jason Chu	Sr.	Ocean City, N.J. • Ocean City
Dane Cornelius	So.	Orbisonia, Pa. • Southern Huntingdon
Jeremy Diehl	Sr.	Hanover, Pa. • South Western
Drew Engle	Sr.	Manheim, Pa. • Manheim Central
Mark Engle	Sr.	East Petersburg, Pa. • Lancaster Mennonite
Chris Falkner	Fr.	Lewistown, Pa. • Mifflin County
Alex Faus	Jr.	Elizabethtown, Pa. • Elizabethtown Area
Nathan Fleming	Jr.	Milton, Vt. • Milton
Brett Gabrick	Fr.	South Williamsport, Pa. • South Williamsport
Quentin Hampton	Jr.	Kutztown, Pa. • Kutztown
Josiah Haws	Jr.	East Earl, Pa. • Garden Spot
Phil Headland	Jr.	Lititz, Pa. • Warwick
Anthony Jones	Fr.	Mechanicsburg, Pa. • Indiana Senior High
Matthew Kline	So.	Spring Grove, Pa. • Spring Grove
Aaron Ladeau	Fr.	Milford, N.H. • Milford
Ryan Laird	Jr.	New Holland, Pa. • Garden Spot
Randy Lohman	Fr.	Keedysville, Md. • Boonsboro
Timothy Mast	So.	Lancaster, Pa. • Lampeter-Strasburg
Caleb McGaughan	Sr.	Derry, Pa. • Home School
Jonphilip McGill	Sr.	Interlaken, N.Y. • South Seneca
Donnell McNair	Fr.	Manheim, Pa. • Manheim Township
Braden Miller	So.	Mechanicsburg, Pa. • Cumberland Valley
Matthew Miller	Jr.	New Holland, Pa. • Garden Spot
David Moretz	Fr.	Camp Hill, Pa. • Camp Hill
Tim Moses	So.	Palmyra, Pa. • Palmyra
Joel Ngui	Jr.	Petaling Jaya, Malaysia • Methodist College
David Nicolais	Fr.	
Joshua Pardoe	So.	Red Lion, Pa. • Red Lion Area Senior
Nathaniel Pardoe	So.	Red Lion, Pa. • Red Lion Area Senior
Joseph Pavlovich	Fr.	Carlisle, Pa. • Carlisle
Derrick Peterson	Fr.	Refton, Pa. • Lampeter-Strasburg
Spencer Potesta	Fr.	Stow, Ohio • Cuyahoga Valley Christian
Aaron Powell	Jr.	Chambersburg, Pa. • Chambersburg
Jared Schatz	Jr.	Elizabethtown, Pa. • Lancaster Mennonite
Christopher Scheib	Jr.	Halifax, Pa. • Halifax Area
Tyler Sensenig	Jr.	Lancaster, Pa. • Ephrata
Cameron Shirk	Jr.	Harrisburg, Pa. • Harrisburg Christian
Caleb Sisson	Fr.	
Brandon Stearns	Jr.	Union Bridge, Md. • Francis Scott Key
Caleb Stevens	Fr.	Northeast, Md. • Perryville
Jacob Stockner	Sr.	Fredericksburg, Va. • Mountain View
Trevor Stutzman	Sr.	Kutztown, Pa. • Kutztown
Ben Swarr	Fr.	East Earl, Pa. • Garden Spot
Celton Toote	Sr.	Nassau, Bahamas • Queen's College
Jeremy White	So.	Washingtonville, Pa. • Washingtonville
Nicholas White	Sr.	Washingtonville, Pa. • Washingtonville
Max Whitehead	So.	Marysville, Pa. • Susquenita
Alex Yoder	Sr.	Greencastle, Pa. • Greencastle
Joel Zeigler	Sr.	Mechanicsburg, Pa. • Mechanicsburg

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
John Grim	Assistant Coach

WOMEN'S TEAM ROSTERS

MISERICORDIA UNIVERSITY COUGARS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Benjamin Becker	So.	Swoyersville, Pa. • Wyoming Valley West
Paul Collins	Fr.	Nazareth, Pa. • Nazareth
Carl Daubert	Jr.	Hanover Township, Pa. • Hanover
Eric Deignan	So.	Harrisburg, Pa. • Central Dauphin
Justin Faust	Fr.	Nazareth, Pa. • Nazareth
Ryan Foster	Sr.	Lebanon, Pa. • Lebanon
Skyler Gerrity	Jr.	Towanda, Pa. • Towanda
Angel Guzman	Sr.	Windsor, N.J. • Highstown
Mike Harth	Fr.	Pittston Township, Pa. • Pittston
Mikael Hause	Jr.	Kulpmont, Pa. • Mt. Carmel
James Hermesen	Fr.	Simsbury, Conn. • Simsbury
Jarrett Higley	Sr.	Dushore, Pa. • Sullivan County
Shadrack Kipro	So.	Lancaster, Pa. • Penn Manor
Michael Krsulic	Jr.	Rockaway, N.J. • Morris Hills
Tyler Lamberson	So.	Dallas, Pa. • Allen [Texas]
A.J. Limongelli	Sr.	Dallas, Pa. • Holy Redeemer
Sean Luzzi	Fr.	Bethpage, N.Y. • Chaminade
Cameron McDowell	Fr.	Milton, Pa. • Milton
Sean Meade	Fr.	Cornwall, N.Y. • Cornwall Central
Zach Moody	Fr.	Clarence, Pa. • Bald Eagle Area
Andrew Nelson	Jr.	Olyphant, Pa. • Holy Cross
Jeremy Osko	Sr.	Ashley, Pa. • Hanover
Cory Poepperling	Jr.	Laceyville, Pa. • Montrose
Dylan Quirk	So.	Frackville, Pa. • Marian Catholic
Matt Quirk	Jr.	Collegeville, Pa. • Perkiomen
Trevor Reed	Fr.	Gaithersburg, Md. • Gaithersburg
Michael Ryan	Fr.	W. Simsbury, Conn. • Simsbury
Gregory Shultz	Fr.	Milton, Pa. • Milton
Luigi Tirro	So.	Staten Island, N.Y. • St. Joseph-by-the-Sea
Nick Weron	Sr.	Nanticoke, Pa. • Nanticoke

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

STEVENSON UNIVERSITY MUSTANGS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Thomas Adle	Fr.	Parkton, Md. • Hereford
Bryan Corvera	So.	Alexandria, Va. • Thomas Edison
Adam Diabagate	Fr.	Hyattsville, Md. • Northwestern
Chazi Diggs	So.	Upper Marlboro, Md. • Bishop McNamara
Razonte Dunn	Jr.	Bryans Road, Md. • Lackey
Tom Ferguson	Jr.	Pasadena, Md. • Chesapeake
Devon Hightower	Fr.	West Hartford, Conn. • Hall
Stephanie Kamdem	So.	Silver Spring, Md. • John F. Kennedy
Travis Kesler	Fr.	Finksburg, Md. • Westminster
Brady Lusk	Jr.	Pasadena, Md. • Chesapeake
Curtis McInnis	Fr.	District Heights, Md. • Forestville
Grier Melick	Jr.	Catawissa, Pa. • Lourdes Regional
David Miles	Fr.	Glen Mills, Pa. • West Chester Rustin
Daniel Miller	So.	Morristown, N.J. • Morristown
Seun Omolana	Fr.	Laurel, Md. • Reservoir
Nish Patel	Sr.	Owings Mills, Md. • Allentown
Garrett Pegg	Jr.	Pasadena, Md. • Chesapeake
Kyle Rudman	Fr.	Pasadena, Md. • Archbishop Spalding
Brandon Shepherd	So.	Upper Marlboro, Md. • DeMatha
Dalonte Simpson	Jr.	Lusby, Md. • Patuxent
Michael Skaro	Sr.	Reisterstown, Md. • Franklin
Shane Skyers	Sr.	Miami, Fla. • Owings Mills
Dequan Warren	Fr.	Waldorf, Md. • Westlake
Devonte Williams	So.	Clinton, Md. • Frederick Douglass

Erick Camodeca	Head Coach
David Berdan	Assistant Coach
Dustin Johnson	Assistant Coach
Matt Hutchings	Assistant Coach
Ashley Seymour	Assistant Coach
Eugene Hildebrand	Assistant Coach
Phil DeRosier	Assistant Coach
Mo Drammeh	Assistant Coach

WIDENER UNIVERSITY PRIDE

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Michael Ambrulavage	Jr.	Mountain Top, Pa. • Holy Redeemer
Andrew Assile	Jr.	Ramsey, N.J. • Ramsey
William Betts	Sr.	Wayne, Pa. • Conestoga
Michael Bilotta	Jr.	Springfield, Pa. • Cardinal O'Hara
Jonathan Blake	Sr.	Trenton, N.J. • Northern Burlington Co. Regional
Denzell Boham	Sr.	Royersford, Pa. • Spring-Ford
Matthew Boland	Jr.	Harrisburg, Pa. • Valley Forge Military
Richard Buttillo	Jr.	Bethlehem, Pa. • Liberty
Jason Caporale	Sr.	Langhorne, Pa. • Neshaminy
Michael Ciavarelli	Sr.	Secane, Pa. • Monsignor Bonner
Gavin Colley	Sr.	Tunkhannock, Pa. • Tunkhannock
Josh Colley	So.	Tunkhannock, Pa. • Tunkhannock
Zachary Conner	Sr.	West Grove, Pa. • Avon Grove
Christian Cook	Fr.	Pittsburgh, Pa. • Central Catholic
Andrew Cooper	Jr.	Freehold, N.J. • Freehold
Qadree Counsel	Sr.	Philadelphia, Pa. • Monsignor Bonner
Evan Crouch	Fr.	Philadelphia, Pa. • Calvary Christian
Alex Cucciarre	So.	Souderton, Pa. • Souderton
Ethan DiBona	Sr.	Blue Bell, Pa. • Wissahickon
Malik Dixon	Fr.	Morris Hills, N.J. • Morris Hills
Mathew Dockery	Fr.	Somerdale, N.J. • Sterling
Jamie Eller	Sr.	Downington, Pa. • Downington
Richie Eppleman	Sr.	Chester Springs, Pa. • Great Valley
Thomas Fleming	Sr.	Philadelphia, Pa. • Walter D. Palmer Academy
Lloyd Flores	Jr.	Columbus, N.J. • Northern Burlington County
Stephen Fortin	Jr.	Goffstown, N.H. • Goffstown
Honorio Freeland	So.	Ridley, Pa. • Ridley
Chris Garrity	Sr.	Glenolden, Pa. • Cardinal O'Hara
Cebastien Glosy	Jr.	Philadelphia, Pa. • Central
Anthony Green	Sr.	Penns Grove, N.J. • Penns Grove
Leonard Harmon	Jr.	Charlton, Mass. • Shepherd Hill
Tyler Hellmig	Fr.	Delsea, N.J. • Delsea
Daniel Herbster	So.	Garnet Valley, Pa. • Garnet Valley
Robert Herbster	Sr.	Garnet Valley, Pa. • Garnet Valley
Zach Hill	So.	North Plainfield, N.J. • Bishop Ahr
Jake Irving	Fr.	Garnet Valley, Pa. • Garnet Valley
Jihad Jasper	Sr.	Newark, Del. • Hodgson
Kyle Landis	Jr.	Lincoln University, Pa. • Avon Grove
Matthew Lemmo	Fr.	Mount Royal, N.J. • Kingsway
Jeffery Lord	Fr.	Springfield, Pa. • Springfield
James Madden	Jr.	Haddonfield, N.J. • Haddon Township
Jabari Mani	Fr.	Stratford, N.J. • Paul VI
Kristopher Martin	Sr.	Wallingford, Pa. • Strath Haven
Ryan McBride	Jr.	Cherry Hill, N.J. • Cherry Hill West
Kal McCloskey	Sr.	Pittsburgh, Pa. • Bethel Park
Seamus McCullough	Sr.	Plymouth Meeting, Pa. • La Salle College HS
William McDermott	So.	Lansdowne, Pa. • Monsignor Bonner
Michael Mead	Fr.	Collegeville, Pa. • Pope John Paul II
Daniel Miller	Fr.	Pennsburg, Pa. • Lansdale Catholic
Christopher Mitchell	Fr.	Newtown Square, Pa. • Marple Newtown
Robert Montoro	So.	Drexel Hill, Pa. • Cardinal O'Hara
Seamus Morgan	Sr.	Warrington, Pa. • La Salle College HS
Edwin Noyes	Jr.	Glen Mills, Pa. • Penncrest
Nick Pettit	So.	Jamison, Pa. • Central Bucks South
Ernie Pitone	So.	Springfield, Pa. • Cardinal O'Hara
James Proulx	So.	Tunkhannock, Pa. • Tunkhannock
Michael Quinn	Sr.	Conshohocken, Pa. • Plymouth-Whitemarsh
Mike Recia	Sr.	Bloomsburg, Pa. • Bloomsburg
Isaac Robins	Fr.	Christina, Pa. • Lancaster Mennonite
Andrew Robinson	Sr.	Coatesville, Pa. • Coatesville
Ethan Schmalhofer	So.	Conestoga Valley, Pa. • Conestoga Valley
Kevin Shaddock	Jr.	Malvern, Pa. • Bishop Shanahan
Grant Shaffer	Jr.	Glen Rock, Pa. • Susquehannock
James Siglin	Jr.	Sussex, N.J. • Verson Township
Nate Sites	Fr.	Loysville, Pa. • West Perry
Bryan Solomon	Fr.	Columbia, Pa. • Hempfield
Eric Solomon	Sr.	Columbia, Pa. • Hempfield
Ameer Sorrell	Sr.	Port Norris, N.J. • Penns Grove
Ross Staudt	Jr.	Marlton, N.J. • Cherokee
Joseph Stefanski	Fr.	Carneys Point, N.J. • Penns Grove
Shane Stranahan	So.	Carneys Point, N.J. • Salem CC
Austin Straub	Fr.	Bellmawr, N.J. • Triton
Derrick Sulton	So.	Bridgeton, N.J. • Bridgeton
Bryan Taylor	So.	Highstown, N.J. • Notre Dame
Wolfgang Trumbauer	Fr.	Egg Harbor Township, N.J. • Egg Harbor Township
Martin Turner	Sr.	New Castle, Del. • Chester
William Updegrove	Fr.	Bethlehem, Pa. • Liberty
Nelson Vo	Jr.	Souderton, Pa. • Souderton
Sean Weiss	So.	Spring City, Pa. • Spring-Ford
Daniel Whalen	So.	Rockaway, N.J. • Morris Hills
Tyler Williams	Sr.	Hanover, Pa. • South Western
Thomas Zamorski	Jr.	Frenchtown, N.J. • Delaware Valley Regional

Vince Touey	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
Anthony Giles	Assistant Coach • Sprints

WOMEN'S TEAM ROSTERS

ALBRIGHT COLLEGE LIONS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Kamree Alexander	Fr.	York, Pa. • Northeastern
Jo Carter	Fr.	Stratford, N.J. • Sterling
Aysha Cotto	Fr.	Reading, Pa. • Reading
Yumaya Dupont	So.	Philadelphia, Pa. • High School of the Future
Karen Gasior	Jr.	Union Bridge, Md. • Francis Scott Key
Cassidy Gilmore	Fr.	Brick, N.J. • Brick Memorial
Aaliyah Hopkins	So.	Milford, Pa. • Delaware Valley
Angelica Hull	Sr.	Litiz, Pa. • Warwick
Katlynn Kuhns	Jr.	Leesport, Pa. • Schuylkill Valley
Ronya Nassar	Sr.	Allentown, Pa. • Allentown Central Catholic
Shea Olcheski	Sr.	East Brunswick, N.J. • East Brunswick
Emily Phillips	So.	Levittown, Pa. • Cornwall Egan Catholic
Lily Ritter	Fr.	Dillsburg, Pa. • Northern York
Tamahra Sheard	Jr.	King of Prussia, Pa. • Upper Merion
Alexis Young	Fr.	Jim Thorpe, Pa. • Carbon Career & Technical Institute

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

ALVERNIA UNIVERSITY CRUSADERS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Alanna Blessington	So.	Media, Pa. • Pennncrescent
Christanna Brown	So.	Elkton, Md. • Elkton
Jamie Cappiello	Jr.	Levittown, Pa. • Neshaminy
Olivia Dunzelman	Sr.	Monmouth Beach, N.J. • Shore
Kelsey Glennen	Fr.	Newton, N.J. • Sussex County Technical School
Kayla Guerrieri	Jr.	Newfoundland, Pa. • Wallenpaupack Area
Meaghan Hanrahan	So.	Wilmington, Del. • The Tatnall School
Abby Lackman	Fr.	Mohnton, Pa. • Twin Valley
Katerina Lawlor	Fr.	
Alicia Lesneski	So.	Clarks Summit, Pa. • Abington Heights
Rachel Loar	Fr.	Macungie, Pa. • Lehigh Valley Christian
Julia Malpass	Fr.	Medford Lakes, N.J. • Shawnee
Gabriella Messina	Jr.	Washington, N.J. • Warren Hills
Liz Newman	Sr.	Fleetwood, Pa. • Brandywine Heights
Delaney Reynolds	So.	Dickson City, Pa. • Mid Valley Secondary Charter
Tyra Roberts	So.	Bensalem, Pa. • Bensalem
Mylen Ruppert	Sr.	Reading, Pa. • Reading Area
Andrea Stevko	Jr.	Palmerton, Pa. • Palmerton Area
Tina Marie Streleckis	Sr.	Philadelphia, Pa. • St. Hubert
Claire Sutliff	So.	Sinking Spring, Pa. • Wilson
Tia Thomas	Jr.	Williamstown, N.J. • Williamstown
Aaleyah Thompson	Jr.	Coatsville, Pa. • Coatsville Area
Erin Verdon	Sr.	Washington, N.J. • Warren Hills Regional
Heather Wanner	So.	Blandon, Pa. • Fleetwood Area
Kimberly Whelan	Fr.	Lansdowne, Pa. • Cardinal O'Hara

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
John Hart	Assistant Coach • Throws

DELAWARE VALLEY COLLEGE AGGIES

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Maria Castillo-Ferreira	Fr.	Meadowbrook, Pa. • Abington
Bailey Ceneviva	Fr.	Hatboro, Pa. • Upper Moreland
Sara Chamberlain	So.	Bloomsburg, Pa. • Central Columbia
ZuZu Cooper	Fr.	Holmdel, N.J. • Holmdel
Blair Digan	Fr.	Mifflinburg, Pa. • Mifflinburg
Nikki Eagan	Fr.	Hampstead, Md. • Hereford
Cecilia Fox	Fr.	Roslyn, Pa. • Abington
Thalia Hernandez	So.	Lakewood, N.J. • Manchester Township
Samantha King	Jr.	York Springs, Pa. • Bermudian Springs
Alexis Koemm	So.	Somerville, N.J. • Somerville
Jaimee Martin	Fr.	Auburn, Mass. • Auburn
Teagan McCardle	Sr.	Lewistown, Pa. • Indian Valley
Rebekah McCorkle	So.	Saxonburg, Pa. • Knoch
Kerry O'Connell	So.	Camp Hill, Pa. • Cedar Cliff
Kelianne O'Shea	So.	Cape May, N.J. • Lower Cape May Regional
Kat Przbylowski	Fr.	Perkasie, Pa. • Pennridge
Christine Raven	Fr.	Holmdel, N.J. • Holmdel
Kelli Readinger	Fr.	Pine Grove, Pa. • Pine Grove
Alexis Ricca	Fr.	Merrick, N.Y. • Sanford H Calhoun
Brittany Roberts	Sr.	Bloomington, N.J. • Butler
Rachel Ruth	Fr.	Newtown, Pa. • Council Rock North
Leah Samouhos	So.	Pittstown, N.J. • North Hunterdon
Meghan Trenholm	Fr.	Williamsport, Pa. • St. John Neumann Regional
Stephanie Unger	Sr.	Oreland, Pa. • Saint Basil Academy
Samantha Will	So.	Ocean Gate, N.J. • Marine Academy of Tech. & Enviro. Science
Julie Wisniewski	Fr.	New Britain, Pa. • Central Bucks West
Anastasia Zajchowski	So.	Gardiner, Maine • Gardiner

Felix Moreno	Head Coach
Warren Robertson	Assistant Coach
Scott Sherwood	Assistant Coach

DESALES UNIVERSITY BULLDOGS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Kaelee Alpha	So.	Bethlehem, Pa. • Freedom
Natala Balla	Jr.	Trevose, Pa. • Bensalem
Michele Bartkus	Sr.	Havertown, Pa. • Cardinal O'Hara
Alyssa Brandt	Sr.	Hagerstown, Md. • Clear Spring
Victoria Cantelmo	Fr.	Monmouth Beach, N.J. • Shore Regional
Katie Cappuccino	So.	Kutztown, Pa. • Northwestern Lehigh
Meghan Carr	Sr.	Atco, N.J. • Paul VI
Michelle Churchman	Sr.	Wharton, N.J. • Morris Hills
Stephanie Churuchman	Sr.	Wharton, N.J. • Morris Hills
Gianna Colella	Jr.	Wayne, N.J. • Wayne Valley
Shannon Connell	Jr.	Sparta, N.J. • Pope John XXIII
Jessica Curry	Jr.	Syracuse, N.Y. • Bishop Ludden
Beth Dauer	So.	Newton, N.J. • Pope John XXIII
Katie Downing	So.	Bethlehem, Pa. • Notre Dame
Emily Edwards	Jr.	Phillipsburg, N.J. • Phillipsburg
Paige Hansen	So.	Sellersville, Pa. • Pennridge
Emily Hoats	So.	Bethlehem, Pa. • Salisbury
Sarah Jones	Fr.	Reading, Pa. • Exeter Township
Emma Kemmerer	Jr.	New Tripoli, Pa. • Northwestern Lehigh
Abby Labar	Jr.	Bethlehem, Pa. • Nazareth
Morgan McCollian	So.	Bangor, Pa. • Bangor
Samantha Myles	Sr.	Stroudsburg, Pa. • Stroudsburg
Hannah Popp	Fr.	Arnold, Md. • Mount deSales Academy
Erica Price	Jr.	Voorhees, N.J. • Eastern
Vanessa Rappold	Jr.	Allentown, Pa. • Allentown Central Catholic
Emily Rogan	So.	Glen Rock, N.J. • Glen Rock
Shaye Smith	So.	Easton, Pa. • Wilson
Erica Thomas	So.	Allentown, Pa. • William Allen
Nicole Umbenhauer	So.	Whitehall, Pa. • Whitehall
Megan Warner	Jr.	Palm Bay, Fla. • Heritage High
Veronica Wheeler	Fr.	Yardley, Pa. • Nazareth Academy

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

WOMEN'S TEAM ROSTERS

HOOD COLLEGE BLAZERS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Samantha Bailey	Fr.	Shelton, Conn. • Shelton
Ashley Barnes	Jr.	Yigo, Guam • Guam
Caitlin Bean	Sr.	Chester, Md. • Kent Island
Jayda Blount	So.	Waldorf, Md. • McDonough
Chelsea Bunker	Sr.	Denton, Md. • North Caroline
Andrea Christmas	Fr.	Germantown, Md. • Northwest
Alexandra Dystant	Sr.	Odenton, Md. • Arundel
Helena Hammond-DoDoo	Sr.	Accra, Ghana • Frederick
Jill Heymann	So.	Hackettstown, N.J. • Warren Hills
Jackie Mangogna	Fr.	Kings Park, N.J. • King's Park
Caitlin McGrath	Jr.	Stevensville, Md. • Kent Island
Mariah Purtee	Fr.	Libertytown, Md. • Linganore
Heather Silveira	Sr.	Baltimore, Md. • Chesapeake
Miranda Sly	Fr.	New Market, Md. • Oakdale
Verkia Smith	Jr.	Waldorf, Md. • North Point
Karina Stetsyuk	So.	Frederick, Md. • Governor Thoomas Johnson
Margarita Swissler	Sr.	Madison, Wisc. • West
Brent Ayer	Head Coach	
Jack Griffin	Assistant Coach	
Sophie Grizzle	Assistant Coach	
Brett Shelley	Assistant Coach	

LEBANON VALLEY COLLEGE DUTCHMEN

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Cynthia Adams	Gr.	Elysburg, Pa. • Southern Columbia Area
Emily Banks	Jr.	Hummelstown, Pa. • Lower Dauphin
Abbey Barnhart	Fr.	Glen Rock, Pa. • Susquehannock
Cheyenne Brown	Fr.	York, Pa. • William Penn
Laura Calderone	Gr.	Monmouth Junction, N.J. • South Brunswick
Lauren Decker	So.	Grove City, Pa. • Grove City
Kristen Eberhardt	Fr.	Saylorsburg, Pa. • Pleasant Valley
Rachel Eyler	Sr.	York, Pa. • West York
Taylor Gerchak	Sr.	Pottsville, Pa. • Pottsville
Lauren Grauer	Sr.	Mohrsville, Pa. • Schuylkill Valley
Sarah Grow	Fr.	Turbotville, Pa. • Warrior Run
Olivia Jendrzewski	So.	Hanover, Pa. • Hanover
Hannah Jones	Jr.	York, Pa. • York Suburban
Alyssa Keich	Sr.	Tamaqua, Pa. • Tamaqua
Sara Lemke	So.	North Merrick, N.Y. • WC Mephan Senior
Tabitha Litschi	Fr.	Myerstown, Pa. • ELCO
Annesse Mauer	Sr.	Enola, Pa. • East Pennsboro
Alexa Muffy	Jr.	Watsonstown, Pa. • Warrior Run
Kat O'Hara	Sr.	Harrisburg, Pa. • Central Dauphin East
Kelsey Patrick	Jr.	Tamaqua, Pa. • Tamaqua Area
Brittany Rees	So.	McDonald, Pa. • South Fayette Township
Taylor Seiber	Sr.	Elliottsburg, Pa. • West Perry
Teanna Shutt	Fr.	Elysburg, Pa. • Southern Columbia
Rebecca Sitler	So.	Wrightsville, Pa. • York Catholic
Mariah Smolka	Sr.	Rio Grande, N.J. • Middle Township
Dana Stockdale	Sr.	Lewisburg, Pa. • Lewisburg
Claudia Thomas	Fr.	Lancaster, Pa. • JP McCaskey
Nicole Vasiliu	Sr.	Mechanicsburg, Pa. • Mechanicsburg
Emily White	Jr.	Palmyra, Pa. • Annville Cleona
Brianna Wynn	Fr.	Pine Beach, N.J. • Toms River
Morgan Yealy	So.	Hanover, Pa. • Hanover
Katrina Zicot	Fr.	Monticello, N.Y. • Monticello
Melissa Byler	Head Coach • Sprints/Hurdles	
Frank Gilbert	Assistant Coach • Horizontal Jumps	
Jim Weaver	Assistant Coach • Vertical Jumps	
James O'Brien	Assistant Coach • Distance	
Tim Biever	Assistant Coach • Throws	
Shaylene Scheib	Assistant Coach	
Amy Hartman	Assistant Coach	
Logan Stroman	Assistant Coach	

MANHATTANVILLE COLLEGE VALIANTS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Rebecca Canavan	Jr.	New York, N.Y. • Saint Jean Baptiste
Katie DiCola	Fr.	Cortlandt Manor, N.Y. • Hendrick Hudson
Ali Johnson	Fr.	Fairfield, Conn. • Fairfield Ludlowe
Alexis Lanzillotti	Sr.	Wallkill, N.Y. • Wallkill
Lauren Limato	Fr.	Mount Vernon, N.Y. • The Ursuline School
Polin Petkova	So.	Vratza, Bulgaria • IES Parque de Lisboa
Debbie Rivera	Jr.	Lynbrook, N.Y. • Lynbrook
Shannon Roberts	Jr.	Saddle Brook, N.J. • Saddle Brook
Noelle Vidaic	So.	Massapequa, N.Y. • Massapequa
Catherine Weiner	Jr.	Mount Kisco, N.Y. • Fox Lane
Megan Patterson	Head Coach	
Andrew Heath	Assistant Coach • Jumps	

MESSIAH COLLEGE FALCONS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Rachel Aukamp	Fr.	Lancaster, Pa. • Conestoga Valley
Karina Ayala	Fr.	Dover, N.J. • Dover
Emma Barbagallo	Jr.	Newtown, Pa. • Council Rock North
Tasha Becker	Jr.	New Holland, Pa. • Garden Spot
Natalie Booz	So.	Whitinsville, Mass. • Whitinsville Christian
Jenny Bove	Gr.	Bear, Del. • Red Lion Christian Academy
Rachel Bowser	Jr.	Holidaysburg, Pa. • Holidaysburg
Erin Brown	Jr.	Clarksburg, Md. • Clarksburg
Rebecca Brown	So.	Middletown, Pa. • Middletown
Tiffany Burrows	Sr.	Quakerstown, Pa. • Quakerstown
Brianna Carnathan	Fr.	
Rachel Chopka	So.	Dillsburg, Pa. • Northern
Eisabeth Ciarrocca	Fr.	Lancaster, Pa. • Lampeter-Strasburg
Skylar Cohick	So.	Newville, Pa. • Big Spring
Hadlee Coker	So.	East Falmouth, Mass. • Falmouth
Elizabeth Cole	Fr.	Lansdale, Pa. • Phil-Mont
Holly Eliason	Fr.	Findley Lake, N.Y. • Sherman Central School
Lyndsay Feather	Jr.	Akron, Ohio • Copley Senior
Lauren Ferrer-Pistone	Fr.	
Andrea Fogelsanger	Jr.	Dillsburg, Pa. • Northern
Kristen Frawley	Fr.	West Milford, N.J. • Hawthorne Christian
Katie Heindel	Fr.	Sweet Valley, Pa. • Lake Lehman
Julie Heisey	So.	Orrstown, Pa. • Chambersburg
Kaitlyn Hostetler	So.	Marshallville, Ohio • Smithville
Marie Johnson	So.	Middletown, N.Y. • Middletown
Gabriella Khalil	Fr.	Oradell, N.J. • Riverdell
Peyton Lagasse	Jr.	Crofton, Md. • Arundel
Elizabeth Lelonek	Fr.	Baltimore, Md. • Catholic HS of Baltimore
Brooke Maneval	So.	McAlisterville, Pa. • East Juniata
Susannah Marshall	Jr.	Waynesboro, Pa. • Waynesboro Area
Grace McClelland	Fr.	Sayre, Pa. • Homeschool
Alyssa Mills	Sr.	Plainville, Conn. • Plainville
Leah Novak	Sr.	Telford, Pa. • Souderton
Brittany Paine	Jr.	Bear, Del. • Red Lion Christian Academy
Alicia Puchalsky	Fr.	Wallingford, Pa. • Strath Haven
Rebecca Querfield	So.	Areguipa, Peru • Colegio Internacional
Gabrielle Rekully	Sr.	Harrisburg, Pa. • Central Dauphin
Megan Renes	Fr.	Severn, Md.
Rachel Robinson	Jr.	Stroudsburg, Pa. • Pocono Mountain East
Alissa Rogers	So.	Londonderry, N.H. • Londonderry
Natalie Ross	So.	Harleysville, Pa. • Souderton
Alyssa Sargent	Fr.	Cream Ridge, N.J. • Allentown
Victoria Scrima	Jr.	Westtown, N.Y. • Minisink Valley
Holly Seipt	So.	Lansdale, Pa. • North Penn
Emily Senning	Jr.	South Hamilton, Mass. • Hamilton Wenham
Courtney Slinkard	So.	Pottstown, Pa. • Conventry Christian
Noah Sneddon	Fr.	Westchester, Pa. • Henderson
Hannah Sowers	So.	Dillsburg, Pa. • Northern
Catherine Springer	So.	Waldorf, Md. • North Point
Rachel Sutton	Jr.	Phillipsburg, N.J. • Lehigh Valley
Kelly Templeton	Fr.	
Tori Wright	Fr.	Newington, Conn. • Mercy
Jacquelyn Young	Jr.	Germantown, Md. • Clarksburg
Mary Zook	Fr.	Harrisonburg, Va. • Eastern Mennonite

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
John Grim	Assistant Coach

2015 MAC INDOOR TRACK & FIELD CHAMPIONSHIPS

MISERICORDIA UNIVERSITY COUGARS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Allison Amos	Fr.	Trucksville, Pa. • Dallas
Jackie Bamberski	So.	Feasterville, Pa. • Archbishop Ryan
Bianca Bolton	Jr.	Pittston, Pa. • Pittston Area
Rachel Callahan	Fr.	Wapwallopen, Pa. • Crestwood
Nicole Charbonneau	So.	Thomaston, Conn. • Thomaston
Georgia Cleary	So.	Leola, Pa. • Lancaster Catholic
Leah Dixon	Fr.	Liverpool, N.Y. • Liverpool
Sarah Downer	Sr.	Moscow, Pa. • North Pocono
Jillian Eberly	So.	Quarrville, Pa. • Solanco
Katie Fairchild	So.	Sussex, N.J. • High Point Regional
Kelty Fairchild	So.	Sussex, N.J. • High Point Regional
Emma Federinko	Fr.	Spring Mills, Pa. • Penns Valley
Melanie Fry	Fr.	Ambler, Pa. • Wissahickon
Chelsea Hall	Jr.	Northampton, Pa. • Northampton
Lauren Hause	Fr.	Kulpmont, Pa. • Mt. Carmel
Katie Hurley	So.	Sayre, Pa. • Sayre
Bethany Killmon	So.	Bridgeville, Del. • Sussex Tech
Emily Mesaris	Fr.	Lansdale, Pa. • North Penn
Marissa Metric	Fr.	Hanover Township, Pa. • Hanover
Alexandria Miller	Jr.	Scott Township, Pa. • Lakeland
Anna Nole	Sr.	Tunkhannock, Pa. • Tunkhannock
Maggie O'Day	Fr.	Honesdale, Pa. • Honesdale
Kelsey O'Donnell	So.	Clarks Summit, Pa. • Abington Heights
Molly O'Hara	So.	Sayre, Pa. • Sayre
Sarah Ostroski	So.	Athens, Pa. • Sayre
Valerie Pagano	Fr.	Folsom, N.J. • Hammonton
Elise Reardon	So.	Langhorne, Pa. • Neshaminy
Savannah Schools	So.	Wyalusing, Pa. • Wyalusing
Nicole Schwartz	Jr.	Toms River, N.J. • Toms River North
Alyssa Schwarz	Fr.	Belle Mead, N.J. • Montgomery
Alicia Stavitski	Jr.	Hunlock Creek, Pa. • Northwest
Katie Steffney	Sr.	West Deptford, N.J. • West Deptford
Angela Stella	Fr.	Whitehall, Pa. • Whitehall
Lindsey Stitzer	Jr.	Nazareth, Pa. • Nazareth
Olivia Sumeriski	Fr.	Toms River, N.J. • Manchester Township
Amy Viti	Jr.	Sugar Notch, Pa. • Hanover
Sarah Wigg	Jr.	Montgomery, Pa. • Montgomery
Samantha Wise	So.	Montgomery, Pa. • Montgomery
Chris Wadas	Head Coach	
Steve Ambrosi	Intern	
Amy Mantush	Graduate Assistant	
Vitaliy Doboni	Assistant Coach • Pole Vault	
Joe MacMillan	Assistant Coach • Throws	

STEVENSON UNIVERSITY MUSTANGS

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Josephine Adutwum	Sr.	Hyattsville, Md. • High Point
Brittany Appleby	Fr.	Hagerstown, Md. • North Hagerstown
Ruth Casadevall	Jr.	Wilkes-Barre, Pa. • Wallenpaupack
Christyna Falden	Sr.	Burtsonville, Md. • James Hubert Blake
Niavanni Grant	So.	Hillside, N.J. • Roselle Catholic
Monee Hill	Sr.	Columbia, Md. • Annapolis Area Christian
Madison Lange	Jr.	Califon, N.J. • Voorhees
Brianne Lindstrom	Fr.	Wayne, N.J. • Wayne Hills
Claudia Lohr	So.	Monrovia, Md. • Urbana
Rachel Martell	Jr.	Sussex, Wis. • Arrowhead
Heather Nerenberg	So.	Reisterstown, Md. • Maryvale Prep
Monica Pozuc	Fr.	Kent, Ohio • Field
TaKera Smalley	Jr.	Owings Mills, Md. • Pikesville
Lanie Swanhart	Jr.	Mount Airy, Md. • Glenelg
Kristine Tennyson	Fr.	Eldersburg, Md. • South Carroll
Sherrie Wallace	Jr.	Wilmington, Del. • Mt. Pleasant
Aja Williams	So.	Camp Springs, Md. • Surrattsville

Erick Camodeca	Head Coach
David Berdan	Assistant Coach
Dustin Johnson	Assistant Coach
Matt Hutchings	Assistant Coach
Ashley Seymour	Assistant Coach
Eugene Hildebrand	Assistant Coach
Phil DeRosier	Assistant Coach
Mo Drammeh	Assistant Coach

WIDENER UNIVERSITY PRIDE

NAME	YEAR	HOMETOWN • PREVIOUS SCHOOL
Danielle Azzollini	So.	Milford, Pa. • Delaware Valley
Miranda Broussard	So.	Gibbstown, N.J. • Gloucester Catholic
Bryn Callan	So.	Royersford, Pa. • Spring-Ford
Talcia Campbell	So.	Harrisburg, Pa. • Susquehanna Township
Amber Char	Sr.	Southampton, Pa. • William Tennent
Katherine Colt	So.	Hartland, Vt. • Lebanon
Marissa Conley	So.	Broomall, Pa. • Cardinal O'Hara
Brianna Cortes	Fr.	Barneget, N.J. • Barneget
Emily Creighton	Sr.	Springfield, Pa. • Gwynedd-Mercy College
Nicole Crossey	Jr.	Plainsboro, N.J. • West Windsor-Plainsboro
Gwendolynne Davis	Jr.	Pottstown, Pa. • Pottstown
Meghan Devine	Jr.	Lewisburg, Pa. • Lewisburg
Brittany Diehl	Sr.	Havertown, Pa. • Haverford
Sammi DiGiacinto	Fr.	Millville, N.J. • Millville
Emily Donahue	Jr.	Point Pleasant, N.J. • Point Pleasant Boro
Brooke Durnin	So.	Bath, Pa. • North Hampton Area
Samantha Eigenbrot	Fr.	Douglassville, Pa. • Daniel Boone
Brianna Englert	Jr.	Pottsville, Pa. • Pottsville
Taylor Englert	Jr.	Pottsville, Pa. • Pottsville
Danaishia Forney	Fr.	Clarsville, Tenn. • Kenwood
Shakeira Fowler	Jr.	Philadelphia, Pa. • Girard College
Allison Gallagher	Fr.	Souderton, Pa. • Souderton
Teresa Giangulio	Fr.	Havertown, Pa. • Haverford
Bridget Graves	Fr.	Marlton, N.J. • Holy Cross
Amanda Greisman	So.	Staten Island, N.Y. • Saint John Villa
Kimberly Hall	Fr.	York, Pa. • York Suburban
Shauna Harris	Jr.	Mount Holly, N.J. • Moorestown
Rachel Heisler	Sr.	Boyertown, Pa. • Boyertown
Drew Kraemer	Fr.	Pitman, N.J. • Pitman
Crystal Lucena	Fr.	Mount Bethel, Pa. • Bangor
Anne Lucius	Fr.	Camp Hill, Pa. • Camp Hill
Aleah Mason	So.	Philadelphia, Pa. • Home School
Madeline Mayes	Fr.	Hillsborough, N.J. • Hillsborough
Briana McKnight	So.	Marcus Hook, Pa. • Chichester
Emily Meade	Fr.	Nazareth, Pa. • Nazareth
Tara Moken	Sr.	Somerdale, N.J. • Triton
Chelsea Morrison	Sr.	Philadelphia, Pa. • Archbishop Ryan
Lauren Peterson	Sr.	Glen Mills, Pa. • Garnet Valley
Adrienne Phelps	So.	New Ashford, Mass. • Albany Academy
Stacey Pinto	Fr.	Oceanside, N.Y. • Oceanside
Kelly Poretti	Fr.	Jackson, N.J. • Jackson Memorial
Jessica Schappelle	Fr.	Aston, Pa. • Sun Valley
Shae Spicer	So.	Burlington, N.J. • Northern Burlington County Regional
Sunni Tarver	Fr.	Philadelphia, Pa. • Kipp Dubois Academy
Samantha Thach	Fr.	Pennsauken, N.J. • Pennsauken
Kaylynn Timmons	Fr.	Clayton, N.J. • Paul VI
Erica Trofa	Jr.	Upper Chichester, Pa. • St. Mark's
Caitlin Yakas	So.	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
Anthony Giles	Assistant Coach • Sprints

2015 MAC INDOOR TRACK & FIELD CHAMPIONSHIPS

SCHEDULE OF EVENTS

TIME

EVENT

FRIDAY [at Widener University]

3 p.m.	Pole Vault	Women's Trials & Finals
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 Trials & Finals
9:45 a.m.	Long Jump	Women's Trials & Finals
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	Women's Finals
10:40 a.m.	High Jump	Women's Pentathlon
11 a.m.	3000 M Run	Men's Finals
11:15 a.m.	Long Jump	Men's Trials & Finals
11:15 a.m.	Weight Throw	Men's Trials & Finals
11:30 a.m.	DMR	Women's - Men's Finals
12 p.m.	High Jump	Women's Trials & Finals
12 p.m.	60 M Hurdles	Women's - Men's Trials
12:30 p.m.	Pole Vault	Men's Trials & Finals
12:30 p.m.	60 M Dash	Women's - Men's Trials
12:45 p.m.	Shot Put	Women's Pentathlon
12:50 p.m.	4x200 Relay	Women's - Men's Finals
1 p.m.	1000 M Run	Men's Heptathlon
1:10 p.m.	Mile Run	Women's - Men's Finals
1:30 p.m.	60 M Hurdle	Women's - Men's Finals
1:30 p.m.	Shot Put	Women's Trials & Finals
1:45 p.m.	Long Jump	Women's Pentathlon
1:45 p.m.	400 M Dash	Women's - Men's Finals
2:10 p.m.	60 M Dash	Women's - Men's Finals
2:15 p.m.	Triple Jump	Women's Trials & Finals
2:20 p.m.	800 M Run	Women's - Men's Finals
2:30 p.m.	High Jump	Men's Trials & Finals
2:45 p.m.	200 M Dash	Women's - Men's Finals
3 p.m.	Shot Put	Men's Trials & Finals
3:10 p.m.	800 M Run	Women's Pentathlon
3:20 p.m.	5000 M Run	Women's - Men's Finals
3:30 p.m.	Triple Jump	Men's Trials & Finals
4 p.m.	4x800 Relay	Women's - Men's Finals
4:30 p.m.	4x400 Relay	Women's - Men's Finals
4:45 p.m.	Awards Ceremony	

Events will follow the above time schedule as closely as possible, with no event starting earlier than it's posted time.

Multi-event [heptathlon and pentathlon] schedule times are approximate after the first event of the day; the next events start approximately 30 minutes following the previous event, as the meet allows.

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

LIVE RESULTS

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ROANOKE COLLEGE AND JDL FAST TRACK, HOSTS