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EIGHTH ANNUAL TRACK AND FIELD CHAMPIONSHIPS BEGIN FRIDAY **Defending Champions Haverford and Dickinson Look to Repeat at Muhlenberg**

LANCASTER, Pa. - May 1, 2001 - The 2001 Centennial Conference Track and Field Championships get underway at Muhlenberg College on Friday and the competition will be hard pressed to knock off defending champions Haverford (men) and Dickinson (women).

The Fords have won all seven outdoor championships since the Conference held its first meet in 1994. Although the 2000 meet was the closest in CC history, Haverford still breezed to a 56-point triumph over runnerup Dickinson. The Red Devil women look to "three-peat" after taking the team trophy to Carlisle in 1999 and 2000. Last year's win was the most lopsided in the seven-year history of the CC meet, as Dickinson won by 37 points.

Here is a preview of the men's competition:

100-200-400: Dickinson's **Chris Salamone** looks for his third straight gold medal in the 100. Teammate **Chavaun Johnson** has the top times in all three events. He will be challenged by Johns Hopkins' **Quinlan Amos** in the 100 and 200 and Gettysburg's **Phil Ferraro** in all three. Ursinus' **Yori Adegunwa** could medal in the 400, as could Muhlenberg's **Josh Cohen**.

800-1500: Muhlenberg's **Will Elson** has a provisional qualifying time in the 800 (1:53.01) and looks to break up the traditional Haverford stable of 800 place-winners, led by **Chris Ward**, **Peter Rook** and **Doug Bennett**. Rook has the top time in Division III in the 1500 at 3:49.59, while teammate **Jason Bernstein** has a provisional qualifying time (3:55.3). **J.B. Haglund** and **Greg Bielecki** hope to give Haverford a 1-2-3 sweep in the 1500, but Swarthmore's **Marc Jeuland** and Hopkins' **Drew Kitchen** could get a medal.

Hurdles-Steplechase: These three events will showcase some of the Conference's top talent. In the 110 hurdles, Dickinson's **Mike Scanish** is the man to beat, after provisionally qualifying for NCAAs with a 14.91. Ursinus' Adegunwa has qualified for the NCAAs in the 400 hurdles (51.97). A two-time champion in the 400 and the outstanding performer in the 2000 CC meet, he was second at the NCAA meet a year ago in the event. Haverford's **Willie Stroever** is the favorite in the 3000 steplechase. He has a provisional qualifying time for NCAAs (9:24.78).

5000-10,000: Swarthmore's Jeuland is the favorite to double in the distance events, after establishing Centennial records with 14:40.77 and a 30:34.57 clockings, respectively, this spring. Haverford's Haglund has a provisional NCAA time in the 5K (14:50.73) and could challenge for gold. Dickinson's **Nick Grover** has a provisional time of 31:53.97 in the 10K.

Jumps: Scanish received the Outstanding Performer Award at the '01 CC Indoor Meet after capturing the jumps. He has an NCAA provisional leap of 6-7 1/2 in the high jump. Gettysburg's **Chris Russo** and Hopkins' **Rajeev Mahajan** will contend for medals. But the man to beat in the long and triple jumps is Western Maryland's **Ifeyani Ani**. Ani set a Conference record in the triple with a 47-4 1/2 jump, provisionally qualifying for the NCAAs. Keep an eye on Ursinus' **Nick Damalas** in the long jump, while WMC's **Teron Powell** and Muhlenberg's **Joshua Boyer** will contend for medals in the long and triple.

Pole Vault: F&M's **Luke Oeding**, Gettysburg's **Will Hannema** and Muhlenberg's **Jason App** have all cleared 14-0 this spring and are the favorites.

Weights and Throws: WMC's **David Hose** has the best performances in the shot (49-3 1/4) and discus (133-5) and is the favorite in both events. Teammate **John Rydzewski** and Muhlenberg's **David Jones** will contend for gold in the shot, while Swarthmore's **Ed Albers** and WMC's **Ben Hull** will challenge in the discus. Muhlenberg's **Jim Hayes** and Ursinus' **Ryan Warden** both have 170-foot throws to their credit in the javelin. Muhlenberg's **Randy Holak** and **Justin Taylor** are also in the medal hunt.

Decathlon: Western Maryland's **Jeff Groff** set a Conference record with 5,914 points earlier this spring and is the favorite.

Here is a preview of the women's competition:

100-200-400: Two names leap to the favorite's circle - Western Maryland's **Jamie Falcone** and Swarthmore's **Imo Akpan**. Falcone, the 2000 CC Outstanding Performer, is the Centennial record-holder and two-time champion in the 100 and 200 and has NCAA provisional times in both (12.21, 24.99). Akpan is the CC record-holder in the 400 and has a provisional NCAA time of 57.73 this spring. She will also challenge Falcone in the sprints, as will Dickinson's **Joy Mapp** and WMC's **April Brown** and **Melissa Merson**. The Gettysburg duo of **Joanna Silver** and **Keri Hymen** will push Akpan in the 400, as will Bryn Mawr's **Nina Box**.

800-1500-3000: Keep an eye out for Dickinson's **Alex Forte**, the 2001 CC Indoor Outstanding Performer, Haverford's **Jane Steinemann** and Swarthmore's **Sarah Jay**. Steinemann has a provisional NCAA time in the 3K (10:09.1). Dickinson's **Sage Stefiuk**, the defending champ in the 800, and Hopkins' **Heather Relyea** could also factor in the medal chase.

Hurdles-Steeplechase: The 100 hurdles figures to be a battle between Dickinson's **Kristie Siracuse** and Western Maryland's **Melissa Merson**, who both have sub-16.0 times this spring. Two-time champ **Christine Hufenbacher** of Dickinson has a NCAA provisional time in the 400 hurdles (1:04.50) and is the favorite, while WMC's **Thea Bayly** will challenge for gold. Gettysburg's **Alix Felix** and **Lauren Davis** have the top times in the steeplechase.

5000-10,000: Swarthmore's **Joko Agunloye** has already qualified for the NAAs in both events with times of 17:20.89 in the 5K and 36:43.41 in the 10K. WMC's **Jill Krebs** and **Diana Pool** will contend for medals, as will Dickinson's **Liz Allen**, Haverford's **Kristen Wilson** and Hopkins' **Stephanie Black**.

Jumps: Muhlenberg's **Katrina Beck**, a two-time champion, is the favorite in the high jump, after an NCAA provisional clearing height of 5-5 1/4. Dickinson's **Jess Hill** is a threat to medal in all three jumps, as is Gettysburg's **Tabitha Gary**. Dickinson's **Kristie Siracuse** will battle Hill and Gary in the long jump, as will Muhlenberg's **Carolyn Orefice**.

Pole Vault: Haverford's **Hiro Takahashi** is the lone CC vaulter to clear 9-0 this spring (9-4) and is the favorite. Johns Hopkins' **Ashley Waters** will be in the medal hunt, along with Swarthmore's **Sarah Selling**, F&M's **Courtney Weibel** and Gettysburg's **Katie Diehl**.

Weights and Throws: The shot figures to be a three-way battle among Hopkins' **Jackie Evans**, Haverford's **Erin McCartney** and Swarthmore's **Clara Fuchsman**, who all have 35-foot throws to their credit. Gettysburg's **Lauren Hutnick** set a Centennial record in the discus (123-5) and is the favorite for gold, along with McCartney. Muhlenberg's **Nancy Kegelman** and Dickinson's **Beth Sanger** will throw for gold in the javelin, while Gettysburg's **Lara Knudsen** could also medal.

Competition begins Friday at noon with the first day of competition in the decathlon and heptathlon. Saturday's slate of events gets underway at 9 a.m. with the finals of the 10K, while Sunday's finals begin at 11 a.m.