



# Indoor Track & Field 2009

RELEASE #2

January 13, 2009

## Centennial Head Coaches

Bryn Mawr..... Dan Talbot  
Dickinson..... Don Nichter  
Franklin & Marshall..... Carl Schabel  
Gettysburg..... Steve Shutt  
Haverford..... Tom Donnelly (M)  
..... Fran Rizzo (W)  
Johns Hopkins..... Bobby Van Allen  
McDaniel..... Doug Renner  
Muhlenberg..... Brad Hackett  
Swarthmore..... Pete Carroll  
Ursinus..... Chris Bayless

## Sports Information Contacts

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## Previous Centennial Champions

### Men

1993-2007: Haverford

### Women

1993: Haverford  
1994: Gettysburg  
1995-96: Haverford  
1997-98: Dickinson  
1999: Western Maryland (now McDaniel)  
2000-07: Dickinson

## National Champions

2001: J.B. Haglund, Haverford (24:16.0)

## MEN'S CO-ATHLETE OF THE WEEK

**Stuart Udis, Muhlenberg** (Sr, Ambler, PA / Germantown Academy) - Udis won the 1,000 meters and ran on the first-place 4x800 relay team at the Kutztown Invitational.

**Dan Hodson, Swarthmore** (Sr, Fairfield, CT / Fairfield Prep) - Hodson won the Division II & III mile run at the University of Delaware Winter Invitational, posting a personal-best time of 4:38.56 on January 9.

## LAST WEEK'S RESULTS

D15 Haverford Holiday Meet  
Haverford, Swarthmore – non-scoring meet

J9 Delaware Invitational (7 teams)  
DII/III: 1. West Chester 158, 3. Ursinus 64,  
T-5. Swarthmore 39  
Metropolitan Season Opener  
Johns Hopkins – non-scoring meet

Kutztown Invitational  
Muhlenberg – non-scoring meet

J10 McDaniel at Bucknell Relays

## WOMEN'S CO-ATHLETE OF THE WEEK

**Alex Faust, Muhlenberg** (Jr, Green Lane, PA / St. Pius X) - Faust won the 55 meters and 200 meters, the two events with the largest fields, at the Kutztown Invitational, the Mules' first meet of the season. She broke the school record in the 55 and qualified for ECACs in the 200.

**Cait Mullarkey, Swarthmore** (Sr, Wilmington, DE / Ursuline Academy) - Mullarkey set a new school record in the mile, clocking in at 5:08.82 while winning the Division II & III event at the University of Delaware Winter Invitational on January 9.

## LAST WEEK'S RESULTS

D15 Haverford Holiday Meet  
Bryn Mawr, Haverford, Swarthmore –  
non-scoring meet

J9 Delaware Invitational (6 teams)  
DII/III: 1. West Chester 113, 3. Ursinus 94,  
5. Swarthmore 35  
Metropolitan Season Opener  
Johns Hopkins – non-scoring meet

Kutztown Invitational  
Muhlenberg – non-scoring meet

J10 McDaniel at Bucknell Relays

## THIS WEEK'S SCHEDULE

J16 Swarthmore at NYU Invitational

J17 F&M, McDaniel, Muhlenberg at  
Susquehanna Orange & Maroon  
Classic  
Johns Hopkins at Terrapin Invitational

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Johns Hopkins at Terrapin Invitational

## 2008-09 Centennial Conference Men's & Women's Indoor Track & Field Schedule

### Friday, December 5

Villanova Pyrah Meet

Men & Women: Haverford, Swarthmore, Ursinus - non-scoring meet

### Saturday, December 6

Ursinus Winter Invitational

Men – 1. Bowie State 79, 2. Johns Hopkins 76.5, 5. Ursinus 45.5, 7.

Dickinson 30, 12. Gettysburg 21.5. (19 teams); Women – 1. Towson 125, 3. Ursinus 57, 4. Johns Hopkins 55, 17. Gettysburg 7, 21. Dickinson 1. (21 teams)

Bucknell Invitational

Men & Women – Franklin & Marshall, McDaniel – non-scoring meet

### Friday, December 15

Haverford Holiday Meet

Men & Women – Bryn Mawr, Haverford, Swarthmore – non-scoring meet

### Friday, January 9

Delaware Invitational

Men – (7 DII/III) 1. West Chester 158, 3. Ursinus 64, T-5. Swarthmore 39; Women – (6 DII/III) 1. West Chester 113, 3. Ursinus 94, 5. Swarthmore 35.

Metropolitan Season Opener

Men & Women – Johns Hopkins – non-scoring meet

Kutztown Invitational

Men & Women – Muhlenberg – non-scoring meet

### Saturday, January 9

Bucknell Relays

Men & Women – McDaniel – non-scoring meet

### Friday, January 16

Haverford (W), Swarthmore at NYU Invitational

### Saturday, January 17

F&M, McDaniel, Muhlenberg at Susquehanna Orange & Maroon Classic

Johns Hopkins at Terrapin Invitational

### Friday, January 23

Dickinson, Gettysburg, Haverford at Ursinus Collegeville Classic

F&M at Great Dane Classic (at NY Armory)

### Saturday, January 24

McDaniel at Princeton Relays

Muhlenberg at Lehigh Covert Classic

### Thursday, January 31

Gettysburg at Ursinus Pentathlon Meet

### Friday, January 30

Dickinson at Bucknell Bison Open

Muhlenberg Invitational

### Saturday, January 31

Bryn Mawr, Swarthmore at Haverford McElligott Invitational

Gettysburg, McDaniel at Dickinson DuCharme Invitational

F&M, Ursinus at Delaware Invitational

Johns Hopkins at Patriot Games

### Saturday, February 7

Bryn Mawr, Gettysburg, Johns Hopkins, McDaniel at Ursinus Frank

Colden Invitational

Dickinson, F&M at Susquehanna Invitational

Muhlenberg at East Stroudsburg DeSchraver Invitational

### Monday, February 9

Bryn Mawr, Ursinus at Haverford Quad

### Friday, February 13

Bryn Mawr, Haverford, Muhlenberg at Lafayette-Rider Winter Games

F&M at Cornell Invitational

### Saturday, February 14

Dickinson Invitational

Gettysburg at Bucknell Invitational

Johns Hopkins, Swarthmore at Boston Valentine Invitational

### Friday, February 20

Bryn Mawr, Johns Hopkins, Muhlenberg, Swarthmore, Ursinus at

Haverford Paul Keough Invitational

### Saturday, February 21

Dickinson, Gettysburg, McDaniel at Susquehanna Open

F&M at Princeton Invitational

### Saturday, February 28 – Sunday, March 1

Centennial Championships (at Ursinus)

### Friday, March 6 – Saturday, March 7

ECAC Championship hosted by Tufts

### Saturday, March 7

Ursinus at Virginia Tech Last Chance Meet

### Saturday, March 14 – Sunday, March 15

NCAA Championship hosted by Rose-Hulman