

INDIVIDUAL CHAMPIONS 1994-2007

Men's 55 Meters

1994- Rob Johnson, WMC, 6.60
1995- Donté Abron, WMC, 6.78
1996- Russell Zeigler, F&M, 6.62
1997- Donté Abron, WMC, 6.54
1998- Russell Zeigler, F&M, 6.41
1999- Russell Zeigler, F&M, 6.2
2000- Dan Massey, F&M, 6.68
2001- Matt Rivenburgh, HAV, 6.72
2002- Chavaun Johnson, DC, 6.52
2003- Quinlan Amos, JHU, 6.53
2004- Greg Lott, DC, 6.51
2005- Brandon Evans, UC, 6.61
2006- Brandon Evans, UC, 6.59
2007- Brandon Evans, UC, 6.54

Men's 55 Meter Hurdles

1994- Russell Ney, F&M, 8.35
1995- Bill Tyrrell, WMC, 8.14
1996- Russell Ney, F&M, 8.13
1997- Dwyne Shoemaker, DC, 8.20
1998- Dwyne Shoemaker, DC, 8.15
1999- Mike Scanish, DC, 7.7
2000- Chavaun Johnson, DC, 7.84
2001- Mike Scanish, DC, 7.73
2002- Chavaun Johnson, DC, 7.84
2003- Chavaun Johnson, DC, 7.74
2004- Thy Nguyen, HAV, 8.02
2005- Thy Nguyen, HAV, 7.86
2006- Matt Granteed, UC, 7.92
2007- Matt Granteed, UC, 7.91

Men's 200 Meters

1994- Rob Johnson, WMC, 23.49
1995- Derek Sykora, HAV, 23.15
1996- Michael Turner, SWAT, 22.73
1997- Derek Sykora, HAV, 23.01
1998- Derek Sykora, HAV, 23.22
1999- Russell Zeigler, F&M, 22.3
2000- Chavaun Johnson, DC, 22.74
2001- Chavaun Johnson, DC, 22.80
2002- Quinlan Amos, JHU, 22.78
2003- Chavaun Johnson, DC, 22.41
2004- Greg Lott, DC, 22.50
2005- Brandon Evans, UC, 23.03
2006- Brandon Evans, UC, 22.58
2007- Brandon Evans, UC, 22.64

Men's 400 Meters

1994- Kent Lighbourn, WMC, 50.98
1995- Eric Widmaier, UC, 51.11
1996- Michael Turner, SWAT, 50.93
1997- Chris Coulston, HAV, 50.68
1998- Kevin Heacock, F&M, 51.68
1999- Kevin Heacock, F&M, 50.4
2000- Chavaun Johnson, DC, 50.38
2001- Yori Adegunwa, UC, 50.41
2002- Phillip Ferraro, GC, 50.26
2003- Phillip Ferraro, GC, 49.50
2004- Andrew Thompson, F&M, 50.29
2005- Garvey Camilien, HAV, 50.37
2006- Scott Koleszar, MUHL, 51.21
2007- Matt Schiller, SWAT, 51.86

Men's 800 Meters

1994- Aaron Curry, HAV, 1:56.81
1995- Karl Paranya, HAV, 1:54.2
1996- Karl Paranya, HAV, 1:56.93
1997- Aryn Davis, HAV, 1:59.6
1998- Ian Fraser, HAV, 1:59.42
1999- Jason Bernstein, HAV, 1:57.3
2000- Chris Johnston, HAV, 1:57.29
2001- Peter Rook, HAV, 1:56.63
2002- Chris Johnstone, HAV, 1:56.81
2003- Will Elson, MUHL, 1:54.38
2004- Eddie Papalia, HAV, 1:57.27
2005- Eddie Papalia, HAV, 1:58.34
2006- Lex Mercado, MUHL, 1:58.60
2007- Michael Grant, HAV, 1:57.64

Men's 1500 Run

2000- J.B. Haglund, HAV, 4:01.97
2001- J.B. Haglund, HAV, 4:00.91
2003- Will Elson, MUHL, 3:55.66
2004- Bobby Cannon, HAV, 3:57.55

Men's Mile Run

2005- Ian Ramsey-North, HAV, 4:20.94
2006- Grant Scott, HAV, 4:20.10
2007- Michael Grant, HAV, 4:21.91

Men's 3000 Meters

2000- Jason Dwyer, HAV, 8:52.12
2001- J.B. Haglund, HAV, 8:40.71
2002- J.B. Haglund, HAV, 8:47.68
2003- Brandon Rowe, HAV, 8:44.01
2004- Brandon Rowe, HAV, 8:38.75
2005- Will McGuire, HAV, 8:38.08
2006- Scott Grant, HAV, 8:39.50
2007- Zach Vaslow, HAV, 8:39.71

Men's 5000 Meters

1994- Anthony Belber, HAV, 15:14.57
1995- Pre Gupta, HAV, 15:07.49
1996- Bill Gray, GC, 15:20.91
1997- Chris Hood, HAV, 15:13.51
1998- Lowell Ladd, DC, 15:24.77
1999- Frank McCartney, F&M, 15:23.6
2000- Stephon Petro, HAV, 15:16.44
2001- Marc Jeuland, SWAT, 15:16.04
2002- Ronnie Bossert, HAV, 15:08.38
2003- Brandon Rowe, HAV, 15:19.55
2004- Matt Liebal, DC, 15:18.96
2005- Scott Grant, HAV, 15:02.18
2006- Don Letts, HAV, 15:01.88
2007- Donald Letts, HAV, 14:49.69

Men's High Jump

1994- Ryan Bobko, JHU, 6-2
1995- Noel Watson, HAV, 6-6
1996- Ryan Bobko, JHU, 6-8 ¾
1997- Ryan Bobko, JHU, 6-6
1998- Steve Dawson, SWAT, 6-9
1999- Steve Dawson, SWAT, 6-8 ¼
2000- Mike Scanish, DC, 6-6
2001- Mike Scanish, DC, 6-4 ¾
2002- Rajeev Mahajan, JH, 6-4 ¾
2003- John Brodowski, MUHL, 6-4 ¼
2004- Jarrett Smith, MCD, 6-2 ¾
2005- Carson Pickens, HAV, 6-3 ½
2006- Carson Pickens, HAV, 6-1 ½
2007- Carson Pickens, HAV, 6-3 ¼

Men's Long Jump

1994- Masilo Grant, HAV, 21-8 ¼
1995- Donté Abron, WMC, 21-6
1996- Masilo Grant, HAV, 21-0 ¼
1997- Donté Abron, WMC, 22-4 ¼
1998- Steve Dawson, SWAT, 21-0
1999- Mike Scanish, DC, 22-0 ¼
2000- Aaron Rutstein, DC, 21-4 ¼
2001- Ifeanyi Ani, WMC, 21-11
2002- Ifeanyi Ani, WMC, 21-8 ¼
2003- Broderick Maybank, MCD, 22-8
2004- Broderick Maybank, MCD, 23-5 ¼
2005- Broderick Maybank, MCD, 22-2 ½
2006- Matt Terry, UC, 21-10 ¾
2007- Carson Pickens, HAV, 21-9 ½

Men's Triple Jump

1994- Masilo Grant, HAV, 43-7
1995- Masilo Grant, HAV, 43-6
1996- Masilo Grant, HAV, 45-9
1997- Masilo Grant, HAV, 45-11 ¾
1998- David Rakoff, HAV, 44-7 ½
1999- Mike Scanish, DC, 44-7
2000- Rob Loosli, DC, 46-11 ¾
2001- Mike Scanish, DC, 43-9 ¼
2002- Ifeanyi Ani, WMC, 49-4 ½
2003- Ifeanyi Ani, MCD, 45-6 ¼
2004- Broderick Maybank, MCD, 45-0 ½
2005- Freddy Martino, F&M, 43-1 ½
2006- Broderick Maybank, MCD, 45-7 ¾
2007- Carson Pickens, HAV, 43-11 ¾

Men's Pole Vault

1994- Stephen Powell, DC, 12-0
1995- Mike Kaestner, GC, 13-6
1996- Shan Sutherland, SWAT, 12-0
1997- Nathaniel Mason, SWAT, 13-0
1998- Bryan Sentz, GC, 14-0
1999- Brian Vetter, WMC, 12-6
2000- Kurt Kunsch, MUHL, 13-6
2001- Brian Nichols, JHU, 14-0
2002- Luke Oeding, F&M, 14-7 ¼
2003- Luke Oeding, F&M, 15-0
2004- Drew Edsall, GC, 13-11 ¼
2005- Jon Brallier, F&M, 14-0 ½
2006- Jon Brallier, F&M, 14-3 ¼
2007- Jon Brallier, F&M, 15-0

Men's Shot Put

1994- Damian Guelakis, F&M, 44-5 ¼
1995- Charles Kind, GC, 45-7
1996- Jeffrey Thiel, MUHL, 43-11 ¾
1997- Marty Kazanjian, GC, 47-4 ¼
1998- Jeffrey Thiel, MUHL, 47-6 ½
1999- Levon Lloyd, JHU, 44-6 ¼
2000- David Hose, WMC, 45-2 ½
2001- David Hose, WMC, 47-5
2002- David Hose, WMC, 45-11 ¼
2003- Frank Santini, MUHL, 45-7 ¾
2004- Tom Reynolds, HAV, 46-9 ½
2005- Joe Awantang, HAV, 48-9 ½
2006- Joe Awantang, HAV, 49-9 ¾
2007- Joe Awantang, HAV, 51-11

Men's 4 x 200m Relay

1994- Western Maryland, 1:34.94
1995- Haverford, 1:45.6 (4 x 225)
1996- Franklin & Marshall, 1:34.00
1997- Haverford, 1:45.5 (4 x 225)
1998- Haverford, 1:34.20
1999- Franklin & Marshall, 1:31.5
2000- Dickinson, 1:31.85
2001- Dickinson, 1:32.69
2002- Franklin & Marshall, 1:33.26
2003- Gettysburg, 1:32.33
2004- Haverford, 1:32.16
2005- Ursinus, 1:33.95
2006- Ursinus, 1:32.50
2007- Ursinus, 1:32.33

Men's 4 x 400m Relay

1994- Haverford, 3:31.93
1995- Haverford, 3:26.57
1996- Haverford, 3:27.93
1997- Haverford, 3:28.15
1998- Haverford, 3:33.63
1999- Franklin & Marshall, 3:26.7
2000- Dickinson, 3:26.02
2001- Haverford, 3:29.18
2002- Gettysburg, 3:23.88
2003- Haverford, 3:25.36
2004- Haverford, 3:24.92
2005- Haverford, 3:26.78
2006- Muhlenberg, 3:27.73
2007- Gettysburg, 3:28.95

Men's 4 x 800m Relay

1994- Haverford, 8:28.58
1995- Haverford, 8:12.69
1996- Haverford, 8:04.87
1997- Haverford, 8:01.24
1998- Haverford, 8:09.54
1999- Haverford, 8:10.4
2000- Haverford, 8:03.86
2001- Haverford, 8:03.19
2002- Haverford, 8:05.25
2003- Haverford, 8:01.22
2004- Haverford, 8:02.94
2005- Haverford, 8:02.73
2006- Muhlenberg, 7:56.08
2007- Muhlenberg, 7:59.36

Men's Distance Medley Relay

1994- Haverford, 10:45.27
1995- Haverford, 10:43.06
1996- Franklin & Marshall, 10:30.06
1997- Dickinson, 10:38.67
1998- Haverford, 10:38.16
1999- Haverford, 10:38.6
2000- Haverford, 10:34.38
2001- Haverford, 10:38.75
2002- Haverford, 10:33.73
2003- Muhlenberg, 10:17.06
2004- Haverford, 10:27.21
2005- Haverford, 10:23.19
2006- Haverford, 10:28.74
2007- Haverford, 10:23.04

*McDaniel College is formerly known at Western Maryland College