

Centennial Conference Outdoor Championship - 5/1/2009 to 5/3/2009

Franklin & Marshall
Lancaster, PA

Results

Event 1 Women Heptathlon

Conf Record: 4676 C 2009 Jessie Belden

Meet Record: 4263 M 2005 Kristy Costa

Name	School	Finals
Finals		
1 Belden, Jessie	Haverford	4477M 10
2 Pabon, Vanessa	Gettysburg	4012 8
3 Reiss, Eliza	Haverford	3726 6
4 Amalfe, Stephanie	Johns Hopkins	3494 5
5 Horn, Kathy	Johns Hopkins	3091 4
6 Davidhizar, Heidi	McDaniel	2941 3
7 Adair, Kate	Gettysburg	2723 2
8 Balsamo, Erin	McDaniel	2522 1
9 McMahan, Heather	Haverford	2296

Event 1 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	School	Finals
Finals		
1 Belden, Jessie	Haverford	15.25 809
2 Reiss, Eliza	Haverford	15.39 791
3 Pabon, Vanessa	Gettysburg	16.11 701
4 Davidhizar, Heidi	McDaniel	16.65 637
5 Horn, Kathy	Johns Hopkins	17.79 510
6 Amalfe, Stephanie	Johns Hopkins	17.91 498
7 Balsamo, Erin	McDaniel	18.24 464
8 Adair, Kate	Gettysburg	19.85 315
9 McMahan, Heather	Haverford	20.41 269

Event 1 Heptathlon: #2 Women High Jump Heptathlon

Name	School	Finals
Finals		
1 Belden, Jessie	Haverford	1.62m 759
2 Pabon, Vanessa	Gettysburg	1.55m 678
3 Adair, Kate	Gettysburg	1.46m 577
4 Reiss, Eliza	Haverford	1.43m 544
5 Amalfe, Stephanie	Johns Hopkins	1.40m 512
6 Horn, Kathy	Johns Hopkins	1.35m 460
7 Davidhizar, Heidi	McDaniel	1.30m 409
8 Balsamo, Erin	McDaniel	1.25m 359
9 McMahan, Heather	Haverford	1.15m 266

Event 1 Heptathlon: #3 Women Shot Put Heptathlon

Name	School	Finals
Finals		
1 Amalfe, Stephanie	Johns Hopkins	10.74m 578
2 Belden, Jessie	Haverford	9.20m 477
3 Pabon, Vanessa	Gettysburg	8.51m 432
4 Horn, Kathy	Johns Hopkins	8.43m 427
5 Balsamo, Erin	McDaniel	8.05m 403
6 Reiss, Eliza	Haverford	7.76m 384
7 Davidhizar, Heidi	McDaniel	7.31m 355
8 McMahan, Heather	Haverford	7.09m 341
9 Adair, Kate	Gettysburg	6.19m 283

Event 1 Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	School	Finals
Finals		
1 Belden, Jessie	Haverford	26.41 762
2 Reiss, Eliza	Haverford	26.46 757
3 Pabon, Vanessa	Gettysburg	27.76 650
4 Amalfe, Stephanie	Johns Hopkins	28.97 556
5 Davidhizar, Heidi	McDaniel	29.41 524
6 Horn, Kathy	Johns Hopkins	30.01 481
7 Adair, Kate	Gettysburg	30.62 440
8 McMahan, Heather	Haverford	30.82 426
9 Balsamo, Erin	McDaniel	32.10 345

Event 1 Heptathlon: #5 Women Long Jump Heptathlon

Name	School	Finals
Finals		
1 Pabon, Vanessa	Gettysburg	5.05m 573
2 Belden, Jessie	Haverford	4.95m 546
3 Reiss, Eliza	Haverford	4.44m 413
4 Amalfe, Stephanie	Johns Hopkins	4.36m 393
5 Adair, Kate	Gettysburg	3.91m 287
6 McMahan, Heather	Haverford	3.85m 274
7 Balsamo, Erin	McDaniel	3.70m 242
8 Horn, Kathy	Johns Hopkins	3.43m 186
9 Davidhizar, Heidi	McDaniel	3.05m 116

Event 1 Heptathlon: #6 Women Javelin Throw Heptathlon

Name	School	Finals
Finals		
1 Horn, Kathy	Johns Hopkins	30.56m 487
2 Belden, Jessie	Haverford	29.21m 462
3 Amalfe, Stephanie	Johns Hopkins	24.94m 381
4 Pabon, Vanessa	Gettysburg	24.20m 367
5 Davidhizar, Heidi	McDaniel	22.72m 340
6 Balsamo, Erin	McDaniel	20.73m 302
7 McMahan, Heather	Haverford	18.21m 256
8 Adair, Kate	Gettysburg	18.03m 252
9 Reiss, Eliza	Haverford	17.30m 239

Event 1 Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	School	Finals
Finals		
1 Belden, Jessie	Haverford	2:32.45 662
2 Pabon, Vanessa	Gettysburg	2:36.76 611
3 Reiss, Eliza	Haverford	2:37.86 598
4 Amalfe, Stephanie	Johns Hopkins	2:39.73 576
5 Adair, Kate	Gettysburg	2:40.34 569
6 Davidhizar, Heidi	McDaniel	2:41.14 560
7 Horn, Kathy	Johns Hopkins	2:42.88 540
8 McMahan, Heather	Haverford	2:49.97 464
9 Balsamo, Erin	McDaniel	2:55.62 407

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Event 2 Men Decathlon

Conf Record: 6818 C 2005 John Brodowski

Meet Record: 5905 M 2001 Jeff Groff

Name	School	Finals
Finals		
1 Waddell, Adam	Johns Hopkins	6450M 10
2 Ford, Robby	Gettysburg	4967 8
3 Bingham, John	Dickinson	4503 6
4 Galiczynski, Sean	Dickinson	4254 5
5 Prakash, Neel	Swarthmore	4106 4
6 Kozlik, Eric	Gettysburg	4085 3
7 Mansuy, Mike	Dickinson	3914 2
8 Shank, Phil	Dickinson	3042 1

Event 2 Decathlon: #1 Men 100 Meter Dash Decathlon

Name	School	Finals
Finals		
1 Waddell, Adam	Johns Hopkins	11.45 763
2 Fayek, Amir	Johns Hopkins	12.08 635
3 Bingham, John	Dickinson	12.10 631
4 Mansuy, Mike	Dickinson	12.15 622
5 Ford, Robby	Gettysburg	12.40 574
6 Galiczynski, Sean	Dickinson	12.72 516
7 Prakash, Neel	Swarthmore	13.06 458
8 Shank, Phil	Dickinson	13.16 441
9 Kozlik, Eric	Gettysburg	13.22 431

Event 2 Decathlon: #2 Men Long Jump Decathlon

Name	School	Finals
Finals		
1 Waddell, Adam	Johns Hopkins	5.88m 561
2 Ford, Robby	Gettysburg	5.74m 531
3 Bingham, John	Dickinson	5.54m 490
4 Galiczynski, Sean	Dickinson	5.42m 465
5 Mansuy, Mike	Dickinson	5.20m 421
6 Fayek, Amir	Johns Hopkins	5.12m 405
7 Kozlik, Eric	Gettysburg	5.03m 388
8 Prakash, Neel	Swarthmore	4.86m 356
9 Shank, Phil	Dickinson	4.57m 303

Event 2 Decathlon: #3 Men Shot Put Decathlon

Name	School	Finals
Finals		
1 Waddell, Adam	Johns Hopkins	12.60m 643
2 Bingham, John	Dickinson	11.26m 562
3 Fayek, Amir	Johns Hopkins	10.55m 519
4 Prakash, Neel	Swarthmore	10.11m 492
5 Kozlik, Eric	Gettysburg	9.15m 435
6 Ford, Robby	Gettysburg	7.99m 366
7 Shank, Phil	Dickinson	7.04m 310
8 Galiczynski, Sean	Dickinson	6.85m 298
9 Mansuy, Mike	Dickinson	6.31m 267

Event 2 Decathlon: #4 Men High Jump Decathlon

Name	School	Finals
Finals		
1 Waddell, Adam	Johns Hopkins	1.83m 653
2 Ford, Robby	Gettysburg	1.62m 480
2 Galiczynski, Sean	Dickinson	1.62m 480
4 Bingham, John	Dickinson	1.59m 457
5 Mansuy, Mike	Dickinson	1.53m 411
6 Kozlik, Eric	Gettysburg	1.50m 389
7 Prakash, Neel	Swarthmore	1.43m 338
8 Shank, Phil	Dickinson	1.40m 317
9 Fayek, Amir	Johns Hopkins	1.37m 297

Event 2 Decathlon: #5 Men 400 Meter Dash Decathlon

Name	School	Finals
Finals		
1 Waddell, Adam	Johns Hopkins	52.22 715
2 Mansuy, Mike	Dickinson	52.41 707
3 Galiczynski, Sean	Dickinson	54.25 629
4 Ford, Robby	Gettysburg	56.53 539
5 Prakash, Neel	Swarthmore	58.52 465
6 Shank, Phil	Dickinson	59.70 423
7 Bingham, John	Dickinson	59.79 420
8 Kozlik, Eric	Gettysburg	1:01.19 374

Event 2 Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	School	Finals
Finals		
1 Ford, Robby	Gettysburg	17.39 584
2 Waddell, Adam	Johns Hopkins	17.72 551
3 Shank, Phil	Dickinson	18.74 455
4 Kozlik, Eric	Gettysburg	19.23 413
5 Prakash, Neel	Swarthmore	19.45 394
6 Bingham, John	Dickinson	20.38 320
7 Galiczynski, Sean	Dickinson	20.42 317
8 Mansuy, Mike	Dickinson	20.74 293

Event 2 Decathlon: #7 Men Discus Throw Decathlon

Name	School	Finals
Finals		
1 Waddell, Adam	Johns Hopkins	38.93m 643
2 Prakash, Neel	Swarthmore	29.33m 451
3 Ford, Robby	Gettysburg	28.64m 438
4 Kozlik, Eric	Gettysburg	27.78m 421
5 Bingham, John	Dickinson	26.36m 393
6 Galiczynski, Sean	Dickinson	20.87m 288
7 Mansuy, Mike	Dickinson	16.69m 211
8 Shank, Phil	Dickinson	15.44m 188

Event 2 Decathlon: #8 Men Pole Vault Decathlon

Name	School	Finals
Finals		
1 Waddell, Adam	Johns Hopkins	4.65m 804
2 Ford, Robby	Gettysburg	3.81m 565

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Name	School	Finals
3 Kozlik, Eric	Gettysburg	2.74m 296
4 Prakash, Neel	Swarthmore	2.67m 280
5 Bingham, John	Dickinson	2.59m 262
6 Galiczynski, Sean	Dickinson	2.44m 229
7 Shank, Phil	Dickinson	2.36m 212

Event 2 Decathlon: #9 Men Javelin Throw Decathlon

Name	School	Finals
Finals		
1 Bingham, John	Dickinson	50.28m 593
2 Waddell, Adam	Johns Hopkins	48.37m 565
3 Kozlik, Eric	Gettysburg	44.84m 513
4 Ford, Robby	Gettysburg	34.69m 366
5 Prakash, Neel	Swarthmore	34.16m 358
6 Galiczynski, Sean	Dickinson	26.12m 245
7 Shank, Phil	Dickinson	21.86m 186
8 Mansuy, Mike	Dickinson	21.48m 181

Event 2 Decathlon: #10 Men 1500 Meter Run Decathlon

Name	School	Finals
Finals		
1 Mansuy, Mike	Dickinson	4:21.53 801
2 Galiczynski, Sean	Dickinson	4:23.58 787
3 Waddell, Adam	Johns Hopkins	5:01.31 552
4 Ford, Robby	Gettysburg	5:06.37 524
5 Prakash, Neel	Swarthmore	5:08.14 514
6 Kozlik, Eric	Gettysburg	5:24.91 425
7 Bingham, John	Dickinson	5:35.01 375
8 Shank, Phil	Dickinson	6:14.86 207

Event 3 Women 10000 Meter Run

Conf Record: 35:38.86 C 2003

Katie Dougherty

Meet Record: 37:04.94 M 2005

Emily Hulme

Name	School	Finals
Finals		
1 Paulsen, Laura	Johns Hopkins	38:03.14 10
2 Patel, Mira	Johns Hopkins	38:32.76 8
3 Valerio, Christina	Johns Hopkins	38:39.38 6
4 Hiza, Emma	Johns Hopkins	38:47.51 5
5 Weng, Katie	Bryn Mawr	38:55.59 4
6 Ritter, Bess	Swarthmore	39:29.43 3
7 Ohare, Merit	Dickinson	40:00.04 2
8 Campbell, Catherine	Dickinson	40:43.02 1
9 Bretscher, Heidi	Haverford	41:00.58
10 Farrelly, Kelly	Franklin & Marsh	41:08.68
11 Nolan, Alison	Ursinus	41:25.85
12 Ugelow, Melissa	Muhlenberg	41:29.72
13 McMillan, Nadia	Johns Hopkins	42:03.37
14 Schadt, Chelsie	Ursinus	42:14.96
15 McMillan, Alex	Johns Hopkins	42:40.82
16 Bushey, Allison	Gettysburg	42:44.21
17 Vienneau, Alice	Haverford	42:48.10
18 Varney, Jessica	Bryn Mawr	43:01.63

19 Dripchak, Marie	Gettysburg	43:06.83
20 Donatone, Stephanie	Ursinus	43:20.84
21 Rosenberg, Natalie	Ursinus	44:19.42
22 Montalbano, Kathryn	Haverford	44:21.58
23 Green, Sharon	Johns Hopkins	44:27.73
24 Kornfeld, Emily	Franklin & Marsh	44:50.48
25 Mislan, Hilary	Haverford	45:04.62
26 Burke, Amy	Franklin & Marsh	45:10.05
27 Puleo, Ariel	Bryn Mawr	46:57.69
28 Weir, Emily	Franklin & Marsh	49:22.24

Event 4 Men 10000 Meter Run

Conf Record: 29:53.02 C 2002

J.B. Haglund

Meet Record: 31:10.06 M 2006

Tom Rhodes

Name	School	Finals
Finals		
1 Burmeister, Taylor	Haverford	32:00.17 10
2 Leak, Greg	Dickinson	32:10.44 8
3 Tarkoff, Michael	Dickinson	32:11.90 6
4 Lanham, Andrew	Haverford	32:17.52 5
5 Sohail, Faraz	Haverford	32:22.19 4
6 Hulleberg, Anders	Haverford	32:23.53 3
7 Tousley, Elias	Haverford	32:37.86 2
8 Burgmann, Mark	Haverford	32:55.66 1
9 Saka, Erik	Swarthmore	32:59.89
10 Eiseman, Phil	Haverford	33:14.53
11 Daniels, Thomas	Gettysburg	33:30.91
12 Hodson, Dan	Swarthmore	33:43.61
13 Yen, Andrew	Johns Hopkins	33:48.01
14 Walker, Benjamin	Haverford	33:49.75
15 Hildner, Michael	Haverford	34:07.82
16 Garavel, Jeremy	Ursinus	34:09.60
17 Carrick, Rick	Johns Hopkins	34:12.65
18 Pagano, James	Dickinson	34:19.80
19 Butterworth, Jeff	Gettysburg	34:26.50
20 Strein, Daniel	Gettysburg	34:28.06
21 Reed, Andy	Gettysburg	34:36.38
22 Dimidio, Dante	Ursinus	34:46.20
23 Nunns, Geoff	Johns Hopkins	34:52.72
24 LeFrancois, Paul	Dickinson	34:55.67
25 Myers, Jim	Gettysburg	35:08.74
26 Marsico, Richard	Haverford	35:19.12
27 Lo Galbo, Mark	Johns Hopkins	35:21.63
28 Simmons, Alex	Haverford	35:48.99
29 Pike, Dan	Johns Hopkins	35:51.91
30 Lefkof, Drew	Johns Hopkins	37:12.34

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Event 5 Women Pole Vault

Starting Ht 2.21m Incr 15cm

D3 Auto: 3.82m A

NCAA D3 Prov: 3.50m P

Conf Record: 12-03.75 C 2009

Alexandra Faust

Meet Record: 11-01.75 M 2008

Alexandra Faust

Name	School	Finals
Finals		
1 Faust, Alexandra	Muhlenberg	3.67mP 10
2 MacKintosh, Ellie	Dickinson	3.11m 8
3 Ashcraft, Logan	Johns Hopkins	2.96m 6
4 Leahey, Hannah	Dickinson	2.66m 5
5 Schaefer, Amy	Ursinus	J2.66m 4
6 Weidmann, Lindsey	Muhlenberg	2.51m 3
7 Wuerker, Taylor	Swarthmore	J2.51m 2
8 Miller, Melissa	Muhlenberg	2.36m 0.5
8 Wei, Megan	Johns Hopkins	2.36m 0.5

Event 6 Men Pole Vault

Starting Ht: 3.24 Incr 15 cm

D3 Auto: 5.04m A

NCAA D3 Prov: 4.70m P

Conf Record: 16-03 C 2009

Stephen Hendrix

Meet Record: 15-06.50 M 2007

Brallier/Hendrix

Name	School	Finals
Finals		
1 Hendrix, Stephen	Dickinson	4.74mP 10
2 Waddell, Adam	Johns Hopkins	4.59m 8
3 Dalto, Rob	Gettysburg	4.29m 6
4 Oh, Edward	Haverford	4.14m 5
5 Kim, Phil	Haverford	3.99m 4
6 Wei, Andrew	Haverford	3.84m 3
7 Ford, Robby	Gettysburg	J3.84m 2
8 Brouder, Graham	Gettysburg	3.69m 1
9 Hong, Inki	Ursinus	3.54m
9 Sherman, Quentin	Haverford	3.54m

Event 7 Men Long Jump

D3 Auto: 7.30m A

NCAA D3 Prov: 7.00m P

Conf Record: 24-05 C 2004

Broderick Maybank

Meet Record: 23-10.25 M 2006

Broderick Maybank

Name	School	Finals
Finals		
1 Thomas, Chaz	Haverford	6.97m 10
2 Brookland, Marc	Muhlenberg	6.65m 8
3 Anno, Kwaku	Franklin & Marsh	6.56m 6
4 Desiderio, Albert	Ursinus	6.46m 5
5 Bendas, Nick	Ursinus	6.34m 4
6 Hill, Aaron	Dickinson	6.27m 3
7 Dolliver, Kevin	Ursinus	6.25m 2
8 Cole, Chris	Gettysburg	6.14m 1
9 Hall, Sean	Ursinus	5.89m +0.0
10 Dyer, Joseph	Muhlenberg	5.83m -1.1

11 Stankiewicz, Matt	Johns Hopkins	5.79m +0.0
12 Johnson, Chris	Dickinson	5.66m -0.7
13 Brouder, Graham	Gettysburg	5.54m -1.8
14 Ly, Daniel	Swarthmore	5.38m -0.2
15 Wilson, Harper	Johns Hopkins	5.35m +0.0
16 Wolfe, Alex	Muhlenberg	5.13m -1.3
17 Braxton, Roger	Franklin & Marsh	4.69m +0.0

Event 8 Women 3000 Meter Steeplechase

D3 Auto: 10:44.00 A

NCAA D3 Prov: 11:13.00 P

Conf Record: 10:21.04 C 2007

Caitlin Bradley

Meet Record: 10:38.59 M 2007

Caitlin Bradley

Name	School	Finals
Finals		
1 Johnson, Christa	Ursinus	11:03.71P 10
2 McDonald, Darcy	Dickinson	11:16.27 8
3 Edelstein, Lena	Haverford	11:26.47 6
4 Powell, Kimberly	Dickinson	11:39.80 5
5 O'Grady, Mary	Johns Hopkins	11:49.94 4
6 Furlong, Cecilia	Johns Hopkins	11:51.32 3
7 Laseter, Elizabeth	Johns Hopkins	12:24.77 2
8 Kosta, Elizabeth	Dickinson	12:28.13 1
9 Haas, Katie	Gettysburg	12:33.61
10 Baselice, Kat	Johns Hopkins	12:43.52

Event 9 Men 3000 Meter Steeplechase

D3 Auto: 9:08.00 A

NCAA D3 Prov: 9:23.00 P

Conf Record: 8:56.90 C 2002

J.B. Haglund

Meet Record: 8:56.90 M 2002

J.B. Haglund

Name	School	Finals
Finals		
1 Pecora, Kent	Dickinson	9:15.42P 10
2 Chorney, David	Muhlenberg	9:17.98P 8
3 Southwick, Chris	Haverford	9:38.56 6
4 Sigmon, David	Johns Hopkins	9:42.47 5
5 Cumming, Gregory	Gettysburg	9:43.21 4
6 Fuentes, Lucas	Haverford	9:48.37 3
7 Krusell, Brian	Dickinson	9:50.05 2
8 Yuan, Michael	Johns Hopkins	9:54.83 1
9 Hahn, Brandon	Johns Hopkins	9:59.89
10 Hoban, Frank	Gettysburg	10:01.98
11 Kelvey, Rob	McDaniel	10:10.60
12 Breen, David	Dickinson	10:13.44
13 Wilson, Ryan	Muhlenberg	10:14.78
14 Galiczynski, Sean	Dickinson	10:17.57
15 Barnett, Andrew	Johns Hopkins	10:29.53
16 Naper, C.J.	McDaniel	10:35.51
17 Lauletta, Matthew	Muhlenberg	10:38.90
18 Van Buren, Andrew	Swarthmore	10:40.75
19 Strein, Daniel	Gettysburg	10:44.82
20 Wickham, Chris	Swarthmore	11:03.36

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Event 10 Women 100 Meter Hurdles

D3 Auto: 14.35 A

NCAA D3 Prov: 14.95 P

Conf Record: 14.36 C 2005 Aislinn Sowash

Meet Record: 14.42 M 2006 Aislinn Sowash

Name	School	Prelims
Preliminaries		
1 Reiss, Eliza	Haverford	15.08Q+0.0
2 Belden, Jessie	Haverford	15.33Q+0.0
3 Givans, Kenyetta	Swarthmore	15.42q+0.0
4 Mikkilineni, Anita	Johns Hopkins	15.48q+0.0
5 Pabon, Vanessa	Gettysburg	16.06q+0.0
6 Brock, Lucy	Muhlenberg	16.45q+0.0
7 Davidhizar, Heidi	McDaniel	16.85q+0.0
8 Leatherman, Amanda	Ursinus	17.01q+0.0
9 Wheeler, Erika	Johns Hopkins	17.28 +0.0
10 McInerney, Erin	Gettysburg	17.38 +0.0
11 Westerduin, Catherine	Franklin & Marsh	17.73 +0.0
12 Franko, Michelle	Ursinus	17.94 +0.0
13 McCole, Stef	McDaniel	18.03 +0.0
14 Goldsby, Aigne	Bryn Mawr	18.24 +0.0
15 Rapp, Katie	Dickinson	18.71 +0.0
16 Balsamo, Erin	McDaniel	18.95 +0.0

Event 10 Women 100 Meter Hurdles

D3 Auto: 14.35 A

NCAA D3 Prov: 14.95 P

Conf Record: 14.36 C 2005 Aislinn Sowash

Meet Record: 14.42 M 2006 Aislinn Sowash

Name	School	Finals
Finals		
1 Reiss, Eliza	Haverford	15.12 10
2 Givans, Kenyetta	Swarthmore	15.18 8
3 Belden, Jessie	Haverford	15.87 6
4 Mikkilineni, Anita	Johns Hopkins	16.25 5
5 Pabon, Vanessa	Gettysburg	16.31 4
6 Davidhizar, Heidi	McDaniel	16.87 3
7 Brock, Lucy	Muhlenberg	16.96 2
8 Leatherman, Amanda	Ursinus	17.72 1

Event 11 Men 110 Meter Hurdles

D3 Auto: 14.42 A

NCAA D3 Prov: 14.90 P

Conf Record: 14.70 C 1995 Bill Tyrrell

Meet Record: 14.70 M 1995 Bill Tyrrell

Name	School	Prelims
Preliminaries		
1 Cole, Chris	Gettysburg	15.45Q+0.0
2 Kramer, Jacob	Johns Hopkins	15.70Q+0.0
3 Rosenberger, Nick	Gettysburg	15.97q+0.0
4 Schulte, Andrew	Dickinson	16.01q+0.0
5 Kirk, Brendan	Muhlenberg	16.11q+0.0

6 White, Dan	Johns Hopkins	16.58q+0.0
7 Litner, Jordan	Johns Hopkins	16.81q+0.0
8 Quigley, Brendan	Gettysburg	16.91q+0.0
9 Mayer-Bacon, Chris	Swarthmore	17.18 +0.0
10 Ford, Robby	Gettysburg	17.26 +0.0
11 Baer, Michael	Muhlenberg	17.50 +0.0
12 Stein, Matt	Muhlenberg	17.64 +0.0
13 Kurtis, David	Muhlenberg	18.30 +0.0
14 Quinn, Devin	Dickinson	23.72 +0.0

Event 11 Men 110 Meter Hurdles

D3 Auto: 14.42 A

NCAA D3 Prov: 14.90 P

Conf Record: 14.70 C 1995 Bill Tyrrell

Meet Record: 14.70 M 1995 Bill Tyrrell

Name	School	Finals
Finals		
1 Cole, Chris	Gettysburg	15.39 10
2 Schulte, Andrew	Dickinson	15.65 8
3 Kramer, Jacob	Johns Hopkins	15.69 6
4 Rosenberger, Nick	Gettysburg	15.96 5
5 Kirk, Brendan	Muhlenberg	16.00 4
6 Litner, Jordan	Johns Hopkins	16.50 3
7 Quigley, Brendan	Gettysburg	16.64 2

Event 12 Women 400 Meter Dash

D3 Auto: 55.90 A

NCAA D3 Prov: 57.50 P

Conf Record: 56.02 C 2002 Imo Akpan

Meet Record: 56.02 M 2002 Imo Akpan

Name	School	Prelims
Preliminaries		
1 Faust, Alexandra	Muhlenberg	57.93Q
2 Neilson, Christina	Haverford	57.99Q
3 Nyame-Mensah, Akua	Bryn Mawr	1:00.17Q
4 Garnett, Jennifer	McDaniel	1:00.46Q
5 Ferguson, Jackie	Johns Hopkins	1:01.65Q
6 Chung, Stephanie	Johns Hopkins	1:01.90Q
7 Meyer, Kim	Gettysburg	1:01.70q
8 Murphy, Megan	Gettysburg	1:01.93q
9 Regan, Caitlin	Franklin & Marsh	1:02.02
10 Mitrano, Amy	Dickinson	1:02.29
11 Tseng, Virginia	Bryn Mawr	1:03.89
12 Lammers, Lauren	Ursinus	1:03.93
13 Perkins, Marena	Dickinson	1:04.13
14 Kent, Lindsey	Johns Hopkins	1:04.23
15 Tzinivis, Kara	Gettysburg	1:04.67
16 Funtarova, Dilianna	Dickinson	1:04.96
17 Olsen, Emily	Muhlenberg	1:07.43
18 Royce, Marianne	Gettysburg	1:08.58
19 Goldstein, Lauren	Ursinus	1:08.76

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Event 12 Women 400 Meter Dash

D3 Auto: 55.90 A

NCAA D3 Prov: 57.50 P

Conf Record: 56.02 C 2002 Imo Akpan

Meet Record: 56.02 M 2002 Imo Akpan

Name	School	Finals
Finals		
1 Faust, Alexandra	Muhlenberg	56.83P 10
2 Neilson, Christina	Haverford	57.43P 8
3 Nyame-Mensah, Akua	Bryn Mawr	1:00.41 6
4 Murphy, Megan	Gettysburg	1:01.38 5
5 Garnett, Jennifer	McDaniel	1:01.45 4
6 Meyer, Kim	Gettysburg	1:02.06 3
7 Chung, Stephanie	Johns Hopkins	1:02.10 2
8 Ferguson, Jackie	Johns Hopkins	1:02.23 1

Event 13 Women Long Jump

D3 Auto: 5.80m A

NCAA D3 Prov: 5.47m P

Conf Record: 19-01.50 C 2005 Samantha Spence

Meet Record: 19-01.50 M 2005 Samantha Spence

Name	School	Finals
Finals		
1 Belden, Jessie	Haverford	5.19m 10
2 Pabon, Vanessa	Gettysburg	5.17m 8
3 Miller, Mara	Haverford	4.87m 6
4 Urbanowicz, Christine	Gettysburg	4.75m 5
5 Reiss, Eliza	Haverford	4.70m 4
6 Westerduin, Catherine	Franklin & Marsh	4.67m 3
7 Watkins, Yazmin	Dickinson	4.59m 2
8 MacKintosh, Ellie	Dickinson	4.58m 1
9 Welch, Zoe	Haverford	4.56m 0.3
10 Siegrist, Henley	Franklin & Marsh	4.53m -0.2
11 Teuber, Lindsay	Ursinus	4.36m 1.4
12 Wolf, Jen	Ursinus	4.35m +0.0
13 Lipinski, Kylie	Haverford	4.34m +0.0
14 Gadomski, Sarah	Muhlenberg	4.27m 1.1
15 Detrani, Meagan	Johns Hopkins	4.25m +0.0
16 Lammers, Lauren	Ursinus	4.22m -0.7
17 Wheeler, Erika	Johns Hopkins	4.19m 1.3
18 Christie, Danielle	Johns Hopkins	3.79m -0.9

Event 14 Men Discus Throw

D3 Auto: 51.50m A

NCAA D3 Prov: 47.00m P

Conf Record: 168-00 C 2005 Tom Reynolds

Meet Record: 160-00 M 2005 Tom Reynolds

Name	School	Finals
Finals		
1 Abbate, Anthony	Dickinson	45.55m 10
2 Hochard, Jacob	Gettysburg	43.80m 8
3 Kreitz, Tyler	Gettysburg	42.90m 6
4 Li, Peter	Johns Hopkins	42.68m 5
5 Sand, Luke	Johns Hopkins	40.91m 4

6 Sheppard, Evan	Muhlenberg	39.95m 3
7 Swett, Keaton	Johns Hopkins	37.34m 2
8 Tucker, Mike	Dickinson	36.82m 1
9 Colder, Karl	Muhlenberg	36.03m
10 Carr, Andrew	Ursinus	35.99m
11 Lino, Ryan	Johns Hopkins	35.81m
12 Cole, Chris	Gettysburg	35.75m
13 Barna, Steve	Franklin & Marsh	34.86m
14 DiMeglio, Vincent	Ursinus	33.30m
15 Wolf, Tyler	Ursinus	32.62m
16 Martin-Kirkland, Kahmai	Haverford	31.81m
17 Baron, Greg	Gettysburg	31.80m

Event 15 Women Discus Throw

D3 Auto: 47.00m A

NCAA D3 Prov: 42.50m P

Conf Record: 167-05 C 2003 Kathy Darling

Meet Record: 167-05 M 2003 Kathy Darling

Name	School	Finals
Finals		
1 Freund, Jackie	Haverford	39.32m 10
2 Gleason, Erin	Franklin & Marsh	36.09m 8
3 Kent, Katie	Bryn Mawr	35.67m 6
4 Amalfe, Stephanie	Johns Hopkins	35.37m 5
5 Kern, Meredith	Gettysburg	31.70m 4
6 Laucik, Krystina	Johns Hopkins	30.89m 3
7 Lee-Villanueva, Allison	Bryn Mawr	30.46m 2
8 Catalano, Alyssa	Franklin & Marsh	29.52m 1
9 Steinfeld, Many	Bryn Mawr	25.40m
10 Steblay, Brynn	Dickinson	23.49m

Event 16 Men 400 Meter Dash

D3 Auto: 47.40 A

NCAA D3 Prov: 48.50 P

Conf Record: 47.42 C 2002 Chavaun Johnson

Meet Record: 47.89 M 2001 Chavaun Johnson

Name	School	Prelims
Preliminaries		
1 Anno, Kwaku	Franklin & Marsh	49.70Q
2 Denson, Sean	Dickinson	50.13Q
3 Daniel, Ryan	Dickinson	50.19Q
4 Rice, Peter	Muhlenberg	50.62Q
5 Dowlat, Richard	Haverford	50.64q
6 Eyler, Juris	McDaniel	50.71q
7 Walker, James	Johns Hopkins	50.90q
8 Xiang, Willie	Haverford	51.03q
9 Mack, Gordan	Johns Hopkins	51.44
10 Keys, Jeremy	Dickinson	51.53
11 Ryan, William	Muhlenberg	51.74
12 Tait, Christo	Johns Hopkins	51.75
13 Hage, Pierre	Johns Hopkins	52.11
14 Henry, Andrew	Johns Hopkins	52.69
15 Kumar, Brahma	Johns Hopkins	52.91
16 Vechik, Nick	Haverford	53.28

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Preliminaries ... (Event 16 Men 400 Meter Dash)

Name	School	Prelims
17 Hudson, Jervis	Ursinus	53.28
18 Vlahos, Alex	Muhlenberg	53.84
19 Lysenko, Chris	Muhlenberg	54.27
20 Mahon, Levi	Swarthmore	54.56
21 Crispin, Andrew	Swarthmore	54.60
22 Tama, Nik	Gettysburg	54.70
23 Goldstein, Dan	Muhlenberg	56.77

Event 16 Men 400 Meter Dash

D3 Auto: 47.40 A

NCAA D3 Prov: 48.50 P

Conf Record: 47.42 C 2002 Chavaun Johnson

Meet Record: 47.89 M 2001 Chavaun Johnson

Name	School	Finals
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Finals

1 Denson, Sean	Dickinson	49.34	10
2 Anno, Kwaku	Franklin & Marsh	50.18	8
3 Rice, Peter	Muhlenberg	50.27	6
4 Eyler, Juris	McDaniel	50.69	5
5 Daniel, Ryan	Dickinson	50.74	4
6 Dowlat, Richard	Haverford	50.91	3
7 Xiang, Willie	Haverford	51.56	2
8 Walker, James	Johns Hopkins	51.91	1

Event 17 Women 100 Meter Dash

D3 Auto: 12.00 A

NCAA D3 Prov: 12.30 P

Conf Record: 11.90 C 2001 Jamie Falcone

Meet Record: 12.05 M 2001 Jamie Falcone

Name	School	Prelims
------	--------	---------

Preliminaries

1 Neilson, Christina	Haverford	12.66Q+0.0
2 Smith, Alison	Johns Hopkins	13.15Q+0.0
3 Siegrist, Henley	Franklin & Marsh	13.26Q+0.0
4 Welch, Zoe	Haverford	12.82q+0.0
5 Schaffer, Jenna	Muhlenberg	13.07q+0.0
6 Stewart, April	Bryn Mawr	13.26q+0.0
7 Goodman, Paulina	Johns Hopkins	13.27q+0.0
8 Ford, Jasmine	Dickinson	13.29q+0.0
9 Cheng, Margaret	Bryn Mawr	13.29 +0.0
10 Martini, Amanda	Muhlenberg	13.34 +0.0
11 Pabon, Vanessa	Gettysburg	13.38 +0.0
12 Smith-Herman, Robia	Gettysburg	13.46 +0.0
13 Walsh, Caitlin	Ursinus	13.60 +0.0
14 Weidmann, Lindsey	Muhlenberg	13.62 +0.0
15 Lammers, Lauren	Ursinus	13.66 +0.0
16 Dick, Laura	Muhlenberg	13.89 +0.0
17 Gadomski, Sarah	Muhlenberg	13.90 +0.0
18 Leatherman, Amanda	Ursinus	13.92 +0.0
19 Wade, Hannah	Muhlenberg	14.23 +0.0
20 McCarthy, Samantha	Bryn Mawr	14.51 +0.0
21 Schaefer, Amy	Ursinus	14.68 +0.0

Event 17 Women 100 Meter Dash

D3 Auto: 12.00 A

NCAA D3 Prov: 12.30 P

Conf Record: 11.90 C 2001 Jamie Falcone

Meet Record: 12.05 M 2001 Jamie Falcone

Name	School	Finals
------	--------	--------

Finals

1 Welch, Zoe	Haverford	12.85	10
2 Schaffer, Jenna	Muhlenberg	12.95	8
3 Neilson, Christina	Haverford	13.02	6
4 Smith, Alison	Johns Hopkins	13.09	5
5 Siegrist, Henley	Franklin & Marsh	13.16	4
6 Goodman, Paulina	Johns Hopkins	13.36	3
7 Ford, Jasmine	Dickinson	13.41	2
8 Stewart, April	Bryn Mawr	13.42	1

Event 18 Men 100 Meter Dash

D3 Auto: 10.55 A

NCAA D3 Prov: 10.78 P

Conf Record: 10.69 C 2004 Gregg Lott

Meet Record: 10.81 M 2007 Brandon Evans

Name	School	Prelims
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Preliminaries

1 Thomas, Chaz	Haverford	10.98Q+0.0
2 Desiderio, Albert	Ursinus	10.98Q+0.0
3 Thompson, Lipton	Franklin & Marsh	11.06Q+0.0
4 Tracy, Steven	Franklin & Marsh	11.51Q+0.0
5 Lachaud, Jeremiah	Muhlenberg	11.08q+0.0
6 Kelley, Mark	Dickinson	11.46q+0.0
7 Walker, Jonathan	Johns Hopkins	11.48q+0.0
8 Pittman, Kahlil	Ursinus	11.56q+0.0
9 Rosenberger, Nick	Gettysburg	11.57 +0.0
10 Hall, Sean	Ursinus	11.65 +0.0
11 Bendas, Nick	Ursinus	11.67 +0.0
12 Decelian, Steven	Gettysburg	11.67 +0.0
13 Bartolotta, John	Johns Hopkins	11.72 +0.0
14 Yates, Derek	Muhlenberg	11.77 +0.0
15 Freeman, Tyler	Haverford	11.82 +0.0
16 Santino, Tony	Ursinus	11.86 +0.0
17 Hsu, Derek	Johns Hopkins	11.92 +0.0
18 Weiner, Michael	Muhlenberg	11.96 +0.0
19 Heo, Yongjun	Swarthmore	11.99 +0.0
20 Eyler, Juris	McDaniel	12.00 +0.0
21 Ouyang, Lee	Johns Hopkins	12.01 +0.0
22 Bowen, David	Gettysburg	12.06 +0.0
23 Rieser, Alex	McDaniel	12.21 +0.0
24 Wolfe, Alex	Muhlenberg	12.26 +0.0
25 Hill, Benjamin	Ursinus	12.32 +0.0
26 Hong, Inki	Ursinus	12.42 +0.0
27 Dolliver, Kevin	Ursinus	12.43 +0.0
28 Brodsky, John	Dickinson	13.22 +0.0

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Name	School	Finals
Finals		
1 Desiderio, Albert	Ursinus	10.96 10
2 Lachaud, Jeremiah	Muhlenberg	11.03 8
3 Thomas, Chaz	Haverford	11.07 6
4 Thompson, Lipton	Franklin & Marsh	11.14 5
5 Kelley, Mark	Dickinson	11.34 4
6 Walker, Jonathan	Johns Hopkins	11.41 3
7 Tracy, Steven	Franklin & Marsh	11.50 2
8 Pittman, Kahlil	Ursinus	11.56 1

Event 19 Women 800 Meter Run**D3 Auto: 2:11.00 A****NCAA D3 Prov: 2:14.40 P****Conf Record: 2:08.15 C 2008****Annick Lamar****Meet Record: 2:13.94 M 2003****Callie Bradley**

Name	School	Prelims
Preliminaries		
1 Mullarkey, Caitlin	Swarthmore	2:18.00Q
2 Ireton, Jordan	Johns Hopkins	2:18.35Q
3 Paulsen, Laura	Johns Hopkins	2:18.62Q
4 Lunne, Darian	Haverford	2:18.17Q
5 Johnson, Christa	Ursinus	2:18.45Q
6 Keogh, Aileen	Haverford	2:19.97Q
7 Lynch, Jennifer	Muhlenberg	2:19.01q
8 Tully, Caitlin	Haverford	2:21.70q
9 Lumpkin, Casey	Gettysburg	2:22.83
10 Robbins, Rebecca	Dickinson	2:23.18
11 Cummings, Cassie	Johns Hopkins	2:23.23
12 Yalango, Kim	Muhlenberg	2:26.52
13 Mitchell, Hannah	Muhlenberg	2:26.62
14 Harris, Kit	Johns Hopkins	2:30.36
15 Allen, Sam	Gettysburg	2:32.36
16 Bastian, Emily	Dickinson	2:33.81
17 Dooley, Rebecca	Dickinson	2:34.14
18 Pampel, Faith	Swarthmore	2:35.79
19 Davis, Kaia	Haverford	2:36.86
20 Dripchak, Marie	Gettysburg	2:38.90
21 Boylan, Leah	Bryn Mawr	2:39.95
22 Laseter, Elizabeth	Johns Hopkins	2:42.97

Event 19 Women 800 Meter Run**D3 Auto: 2:11.00 A****NCAA D3 Prov: 2:14.40 P****Conf Record: 2:08.15 C 2008****Annick Lamar****Meet Record: 2:13.94 M 2003****Callie Bradley**

Name	School	Finals
Finals		
1 Ireton, Jordan	Johns Hopkins	2:20.24 10
2 Keogh, Aileen	Haverford	2:20.63 8
3 Lunne, Darian	Haverford	2:21.08 6
4 Lynch, Jennifer	Muhlenberg	2:21.27 5
5 Paulsen, Laura	Johns Hopkins	2:21.91 4
6 Mullarkey, Caitlin	Swarthmore	2:22.09 3
7 Johnson, Christa	Ursinus	2:25.96 2
8 Tully, Caitlin	Haverford	2:32.38 1

Event 20 Men 800 Meter Run**D3 Auto: 1:51.10 A****NCAA D3 Prov: 1:53.00 P****Conf Record: 1:48.26 C 2002****Karl Paranya****Meet Record: 1:51.21 M 2001****Will Elson**

Name	School	Prelims
Preliminaries		
1 Schoch, Tim	Haverford	1:54.79Q
2 Reynolds, Clay	Gettysburg	1:54.98Q
3 Bisceglia, Paul	Haverford	1:55.55Q
4 Torphy, Bob	Muhlenberg	1:56.42Q
5 Adige, Sunil	Haverford	1:55.07q
6 Wehner, Elliott	Johns Hopkins	1:55.70q
7 Macdonald, Adrian	Gettysburg	1:55.85q
8 Oaks, Jason	Haverford	1:55.98q
9 Bell, Ryan	Franklin & Marsh	1:56.10
10 Thornton, Pat	Muhlenberg	1:56.57
11 Darby, Connor	Swarthmore	1:57.04
12 Siqueiros, Ben	Haverford	1:58.07
13 Riccardo, Wilson	Dickinson	2:00.80
14 Khouri, Ben	Dickinson	2:00.97
15 Pickell, Jared	Franklin & Marsh	2:01.53
16 Yancheff, Nate	Dickinson	2:02.59
17 Jansen, Rob	Dickinson	2:03.69
18 Merce, Tom	Gettysburg	2:03.73
19 Horning, Alex	Gettysburg	2:04.14
20 Henry, Andrew	Muhlenberg	2:04.24
21 Young, Dennis	Dickinson	2:05.58
22 Olshansky, Jacob	Haverford	2:06.84
23 Strouse, Eric	Muhlenberg	2:09.19
24 Cohler, Max	Muhlenberg	2:10.03

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Event 20 Men 800 Meter Run

D3 Auto: 1:51.10 A

NCAA D3 Prov: 1:53.00 P

Conf Record: 1:48.26 C 2002

Karl Paranya

Meet Record: 1:51.21 M 2001

Will Elson

Name	School	Finals	
Finals			
1 Schoch, Tim	Haverford	1:56.27	10
2 Torphy, Bob	Muhlenberg	1:56.70	8
3 Wehner, Elliott	Johns Hopkins	1:56.86	6
4 Reynolds, Clay	Gettysburg	1:57.08	5
5 Macdonald, Adrian	Gettysburg	1:58.12	4
6 Adige, Sunil	Haverford	1:58.88	3
7 Bisceglia, Paul	Haverford	2:00.40	2
8 Oaks, Jason	Haverford	2:02.02	1

Event 21 Women 400 Meter Hurdles

D3 Auto: 1:02.00 A

NCAA D3 Prov: 1:04.00 P

Conf Record: 1:01.99 C 2002

Christine Hufenbecher

Meet Record: 1:01.99 M 2002

Christine Hufenbecher

Name	School	Prelims	
Preliminaries			
1 Belden, Jessie	Haverford	1:06.79Q	
2 Miller, Mara	Haverford	1:07.56Q	
3 Mikkilineni, Anita	Johns Hopkins	1:07.94Q	
4 Mentrikoski, Janelle	Muhlenberg	1:08.87Q	
5 Wiles, Erica	Gettysburg	1:09.50Q	
6 Feigen, Mariel	Swarthmore	1:12.31Q	
7 Morrison, Margaret	Haverford	1:10.84q	
8 Wheeler, Erika	Johns Hopkins	1:12.08q	
9 Leatherman, Amanda	Ursinus	1:12.31	
10 Bloomer, Micaela	Johns Hopkins	1:13.33	
11 Brock, Lucy	Muhlenberg	1:14.17	
12 Pellowe, Amanda	Gettysburg	1:14.30	
13 McTernan, Julie	Dickinson	1:14.74	
14 Murawski, Allison	Dickinson	1:15.15	
15 Brown, Sarah	Haverford	1:15.40	
16 Gilbert, Debra	Haverford	1:17.22	
17 Franko, Michelle	Ursinus	1:17.38	

Event 21 Women 400 Meter Hurdles

D3 Auto: 1:02.00 A

NCAA D3 Prov: 1:04.00 P

Conf Record: 1:01.99 C 2002

Christine Hufenbecher

Meet Record: 1:01.99 M 2002

Christine Hufenbecher

Name	School	Finals	
Finals			
1 Belden, Jessie	Haverford	1:05.18	10
2 Miller, Mara	Haverford	1:06.43	8
3 Mentrikoski, Janelle	Muhlenberg	1:07.76	6
4 Wiles, Erica	Gettysburg	1:10.19	5
5 Wheeler, Erika	Johns Hopkins	1:10.84	4

6 Morrison, Margaret	Haverford	1:11.13	3
7 Mikkilineni, Anita	Johns Hopkins	1:12.18	2

Event 22 Men 400 Meter Hurdles

D3 Auto: 52.65 A

NCAA D3 Prov: 54.30 P

Conf Record: 51.74 C 2000

Yori Adegunwa

Meet Record: 53.52 M 1999

Yori Adegunwa

Name	School	Prelims	
Preliminaries			
1 Cole, Chris	Gettysburg	56.68Q	
2 Kirk, Brendan	Muhlenberg	56.69Q	
3 Hudson, Jervis	Ursinus	57.73Q	
4 Mayer-Bacon, Chris	Swarthmore	57.98Q	
5 Kramer, Jacob	Johns Hopkins	58.33Q	
6 Stein, Matt	Muhlenberg	58.59Q	
7 Quigley, Brendan	Gettysburg	58.61q	
8 Schulte, Andrew	Dickinson	58.65q	
9 Litner, Jordan	Johns Hopkins	59.52	
10 Gonzalez, Rick	McDaniel	1:00.05	
11 Kurtis, David	Muhlenberg	1:00.94	
12 Hoban, Frank	Gettysburg	1:01.34	
13 White, Dan	Johns Hopkins	1:02.58	
14 Ouyang, Lee	Johns Hopkins	1:03.10	
15 Baer, Michael	Muhlenberg	1:04.00	
16 Leese, Alex	Dickinson	1:04.04	
17 Nichols, Jake	McDaniel	1:05.06	
18 Steel, Alex	Gettysburg	1:06.54	
19 Showalter, Mason	Gettysburg	1:07.58	
20 Quinn, Devin	Dickinson	1:08.78	
21 Filippi, C.J.	McDaniel	1:10.90	
22 Shank, Phil	Dickinson	1:24.56	

Event 22 Men 400 Meter Hurdles

D3 Auto: 52.65 A

NCAA D3 Prov: 54.30 P

Conf Record: 51.74 C 2000

Yori Adegunwa

Meet Record: 53.52 M 1999

Yori Adegunwa

Name	School	Finals	
Finals			
1 Kirk, Brendan	Muhlenberg	55.56	10
2 Cole, Chris	Gettysburg	55.95	8
3 Schulte, Andrew	Dickinson	56.29	6
4 Mayer-Bacon, Chris	Swarthmore	56.79	5
5 Hudson, Jervis	Ursinus	56.87	4
6 Kramer, Jacob	Johns Hopkins	58.35	3
7 Stein, Matt	Muhlenberg	58.61	2
8 Quigley, Brendan	Gettysburg	58.95	1

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Event 23 Women 200 Meter Dash

D3 Auto: 24.57 A

NCAA D3 Prov: 25.25 P

Conf Record: 24.02 C 2000 Jamie Falcone

Meet Record: 24.78 M 2001 Jamie Falcone

Name	School	Prelims
Preliminaries		
1 Neilson, Christina	Haverford	25.86Q+0.0
2 Ireton, Jordan	Johns Hopkins	26.03Q+0.0
3 Nyame-Mensah, Akua	Bryn Mawr	26.31Q+0.0
4 Reiss, Eliza	Haverford	26.64Q+0.0
5 Welch, Zoe	Haverford	26.35q+0.0
6 Siegrist, Henley	Franklin & Marsh	26.57q+0.0
7 Schaffer, Jenna	Muhlenberg	27.02q+0.0
8 Chung, Stephanie	Johns Hopkins	27.27q+0.0
9 Stewart, April	Bryn Mawr	27.33 +0.0
10 Smith, Alison	Johns Hopkins	27.38 +0.0
11 Givans, Kenyetta	Swarthmore	27.39 +0.0
12 Lammers, Lauren	Ursinus	27.51 +0.0
13 Ford, Jasmine	Dickinson	27.56 +0.0
14 Garnett, Jennifer	McDaniel	27.58 +0.0
15 Goodman, Paulina	Johns Hopkins	27.89 +0.0
16 Walsh, Caitlin	Ursinus	27.96 +0.0
17 Martini, Amanda	Muhlenberg	27.99 +0.0
18 Mitrano, Amy	Dickinson	28.20 +0.0
19 Smith-Herman, Robia	Gettysburg	28.30 +0.0
20 Gadomski, Sarah	Muhlenberg	28.40 +0.0
21 Dick, Laura	Muhlenberg	28.62 +0.0
22 Weidmann, Lindsey	Muhlenberg	28.64 +0.0
23 Duling, Kristin	McDaniel	28.98 +0.0
24 Funtarova, Diliana	Dickinson	29.28 +0.0
25 Royce, Marianne	Gettysburg	29.30 +0.0
26 Wade, Hannah	Muhlenberg	29.59 +0.0
27 Kist, Cassandra	Muhlenberg	29.71 +0.0
28 Goldstein, Lauren	Ursinus	30.85 +0.0

Event 23 Women 200 Meter Dash

D3 Auto: 24.57 A

NCAA D3 Prov: 25.25 P

Conf Record: 24.02 C 2000 Jamie Falcone

Meet Record: 24.78 M 2001 Jamie Falcone

Name	School	Finals
Finals		
1 Neilson, Christina	Haverford	26.02 10
2 Reiss, Eliza	Haverford	26.37 8
3 Ireton, Jordan	Johns Hopkins	26.48 6
4 Welch, Zoe	Haverford	26.50 5
5 Siegrist, Henley	Franklin & Marsh	26.72 4
6 Schaffer, Jenna	Muhlenberg	26.86 3
7 Nyame-Mensah, Akua	Bryn Mawr	26.99 2
8 Chung, Stephanie	Johns Hopkins	27.82 1

Event 24 Men 200 Meter Dash

D3 Auto: 21.31 A

NCAA D3 Prov: 21.80 P

Conf Record: 21.36 C 2004 Gregg Lott

Meet Record: 21.75 M 2002 Chavaun Johnson

Name	School	Prelims
Preliminaries		
1 Desiderio, Albert	Ursinus	22.00Q+0.0
2 Lachaud, Jeremiah	Muhlenberg	22.30Q+0.0
3 Thomas, Chaz	Haverford	22.56Q+0.0
4 Anno, Kwaku	Franklin & Marsh	22.72Q+0.0
5 Thompson, Lipton	Franklin & Marsh	22.32q+0.0
6 Rice, Peter	Muhlenberg	22.80q+0.0
7 Daniel, Ryan	Dickinson	22.94q+0.0
8 Rosenberger, Nick	Gettysburg	22.94q+0.0
9 Denson, Sean	Dickinson	22.98 +0.0
10 Walker, Jonathan	Johns Hopkins	23.04 +0.0
11 Kelley, Mark	Dickinson	23.04 +0.0
12 Eyler, Juris	McDaniel	23.32 +0.0
13 Tait, Christo	Johns Hopkins	23.49 +0.0
14 Kirk, Brendan	Muhlenberg	23.58 +0.0
15 Decelian, Steven	Gettysburg	23.67 +0.0
16 DeLaiglesia, Chris	Johns Hopkins	23.70 +0.0
17 Pittman, Kahlil	Ursinus	23.74 +0.0
18 Ryan, William	Muhlenberg	23.86 +0.0
19 Rodman, Dale	Dickinson	23.98 +0.0
20 Hage, Pierre	Johns Hopkins	24.00 +0.0
21 Freeman, Tyler	Haverford	24.09 +0.0
22 Bartolotta, John	Johns Hopkins	24.17 +0.0
23 Hudson, Jervis	Ursinus	24.17 +0.0
24 Lysenko, Chris	Muhlenberg	24.22 +0.0
25 Hall, Sean	Ursinus	24.22 +0.0
26 Vlahos, Alex	Muhlenberg	24.30 +0.0
27 Yates, Derek	Muhlenberg	24.39 +0.0
28 Weiner, Michael	Muhlenberg	24.41 +0.0

Event 24 Men 200 Meter Dash

D3 Auto: 21.31 A

NCAA D3 Prov: 21.80 P

Conf Record: 21.36 C 2004 Gregg Lott

Meet Record: 21.75 M 2002 Chavaun Johnson

Name	School	Finals
Finals		
1 Desiderio, Albert	Ursinus	21.89 10
2 Lachaud, Jeremiah	Muhlenberg	22.42 8
3 Thomas, Chaz	Haverford	22.76 6
4 Rice, Peter	Muhlenberg	22.88 5
5 Thompson, Lipton	Franklin & Marsh	23.04 4
6 Anno, Kwaku	Franklin & Marsh	23.25 3
7 Rosenberger, Nick	Gettysburg	23.27 2
8 Daniel, Ryan	Dickinson	23.37 1

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Event 25 Women 4x800 Meter Relay

Conf Record: 9:18.86 C 2002 Dickinson

Meet Record: 9:18.86 M 2002 Dickinson

Team	Relay	Finals
Finals		
1 Swarthmore	A	9:29.86 10
1) Feeney, Kathy	2) Rose, Hannah	
3) Lenfest, Margret	4) Mullarkey, Caitlin	
2 Haverford	A	9:36.65 8
1) Tully, Caitlin	2) Keogh, Aileen	
3) Shank, Kaitlyn	4) Lunne, Darian	
3 Johns Hopkins	A	9:37.36 6
1) Cummings, Cassie	2) O'Grady, Mary	
3) Furlong, Cecilia	4) Hogen, Rachel	
4 Gettysburg	A	9:54.97 5
1) Lumpkin, Casey	2) Meyer, Kim	
3) Zabel, Becca	4) Wiles, Erica	
5 Muhlenberg	A	9:56.45 4
1) Yalango, Kim	2) Bier, Kim	
3) Miller, Nicolette	4) Mitchell, Hannah	
6 Dickinson	A	10:01.54 3
1) Romano, Sarah	2) Dooley, Rebecca	
3) Bastian, Emily	4) Robbins, Rebecca	
7 McDaniel	A	10:17.14 2
1) Garnett, Jennifer	2) Nichols, Emma	
3) Fleischer, Roxanne	4) Hajjar, Emily	
8 Ursinus	A	10:22.87 1
1) Nolan, Alison	2) Johnson, Christa	
3) Schadt, Chelsie	4) Donatone, Stephanie	
9 Bryn Mawr	A	10:27.89
1) Weng, Katie	2) Varney, Jessica	
3) Boylan, Leah	4) Tseng, Virginia	
10 Franklin & Marshall	A	10:28.93
1) Bush, Jenna	2) Regan, Caitlin	
3) Harrington, Alexandra	4) Thompson, Grace	

Event 26 Men 4x800 Meter Relay

Conf Record: 7:34.20 C 2002 Haverford

Meet Record: 7:46.10 M 2007 Muhlenberg

Team	Relay	Finals
Finals		
1 Muhlenberg	A	7:48.21 10
1) Dolan, Chris	2) Chorney, David	
3) Udis, Stuart	4) Torphy, Bob	
2 Haverford	A	7:50.56 8
1) O'Toole, Dan	2) Arnold, Eric	
3) Oaks, Jason	4) Adige, Sunil	
3 Dickinson	A	7:56.44 6
1) Gregor, Andy	2) Robson, Thomas	
3) Pecora, Kent	4) Yancheff, Nate	
4 Gettysburg	A	8:06.85 5
1) Cumming, Gregory	2) Lester, Ryan	
3) Macdonald, Adrian	4) Reynolds, Clay	

5 Johns Hopkins	A	8:09.59 4
1) Hahn, Brandon	2) Watson, Matt	
3) Kumar, Brahma	4) Mack, Gordan	
6 McDaniel	A	8:12.01 3
1) Naper, C.J.	2) Crutchley, Cody	
3) Morin, Russell	4) Kelvey, Rob	
7 Ursinus	A	8:20.82 2
1) Pane, Nick	2) Garavel, Jeremy	
3) Garavel, Justin	4) Gildea, Dave	
8 Swarthmore	A	8:21.20 1
1) Darby, Connor	2) Gershenson, Zach	
3) Huntington, Charlie	4) Hodson, Dan	

Event 27 Women Triple Jump

D3 Auto: 12.00m A

NCAA D3 Prov: 11.30m P

Conf Record: 38-01.25 C 1998

Desiree Petenkin

Meet Record: 37-09.50 M 1999

Desiree Peterkin

Name	School	Finals
Finals		
1 Pabon, Vanessa	Gettysburg	11.53mP 10
2 Belden, Jessie	Haverford	10.79m 8
3 Lipinski, Kylie	Haverford	10.51m 6
4 Miller, Mara	Haverford	10.26m 5
5 MacKintosh, Ellie	Dickinson	10.08m 4
6 Reiss, Eliza	Haverford	9.93m 3
7 Martini, Amanda	Muhlenberg	9.91m 2
8 Watkins, Yazmin	Dickinson	9.88m 0.5
8 Rapp, Katie	Dickinson	9.88m 0.5
10 Westerduin, Catherine	Franklin & Marsh	9.53m +0.0
11 Urbanowicz, Christine	Gettysburg	9.52m +0.0
12 Bloomer, Micaela	Johns Hopkins	9.35m -0.5
13 Christie, Danielle	Johns Hopkins	9.11m +0.0
14 Mikkilineni, Anita	Johns Hopkins	9.01m -0.5
15 Degaiffier, Nathalie	Swarthmore	8.27m +0.0

Event 28 Women Javelin Throw

D3 Auto: 44.20m A

NCAA D3 Prov: 38.50m P

Conf Record: 159-03 C 2002

Kathy Darling

Meet Record: 159-03 M 2002

Kathy Darling

Name	School	Finals
Finals		
1 Gleason, Erin	Franklin & Marsh	32.23m 10
2 Horn, Kathy	Johns Hopkins	32.19m 8
3 Maressa, Josie	Ursinus	32.08m 6
4 Bartoli, Bianca	Ursinus	31.34m 5
5 Burke, Ryann	Ursinus	30.20m 4
6 Schall, Anna	Haverford	30.14m 3
7 Belden, Jessie	Haverford	28.61m 2
8 Heffern, Caitlin	Muhlenberg	27.80m 1
9 Amalfe, Stephanie	Johns Hopkins	26.54m
10 Davidhizar, Heidi	McDaniel	25.61m
11 Archibald, Kaitlyn	Muhlenberg	24.86m
12 Woodall, Whitney	Ursinus	24.06m

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Finals ... (Event 28 Women Javelin Throw)

Name	School	Finals
13 McMahon, Heather	Haverford	18.72m
14 Bowman, Melanie	Bryn Mawr	17.77m

Event 29 Men Javelin Throw

D3 Auto: 62.50m A

NCAA D3 Prov: 57.50m P

Conf Record: 218-03 C 1996 Carl Von Tobel

Meet Record: 198-03 M 1995 Carl Von Tobel

Name	School	Finals
------	--------	--------

Finals

1 Zara, Greg	Ursinus	56.35m	10
2 Govern, Matt	Ursinus	56.02m	8
3 Gordon, Corwyn	Dickinson	55.13m	6
4 Burbank, Lucas	Franklin & Marsh	55.07m	5
5 Santino, Tony	Ursinus	51.42m	4
6 McCormack, John	Ursinus	50.98m	3
7 Murphy, Dominick	Gettysburg	50.72m	2
8 Wolf, Tyler	Ursinus	47.81m	1
9 Lester, Tom	Gettysburg	47.16m	
10 Fox, Kyle	Ursinus	46.11m	
11 Heron, Ted	Johns Hopkins	45.58m	
12 Salaga, Chris	Ursinus	45.54m	
13 Fleischner, Jesse	Dickinson	44.72m	
14 Hershman, Josh	Muhlenberg	43.93m	
15 Georges, Stefano	Muhlenberg	43.28m	
16 White, Dan	Johns Hopkins	43.13m	
17 Waddell, Adam	Johns Hopkins	43.08m	
18 Baron, Greg	Gettysburg	42.51m	
19 Hershman, Seth	Muhlenberg	42.46m	
20 Boland, Matt	Muhlenberg	42.44m	
21 Kozlik, Eric	Gettysburg	42.20m	
22 Regan, Andrew	Ursinus	40.97m	
23 Bai, Yang	Johns Hopkins	37.79m	
24 Levers, Kyle	McDaniel	32.15m	

Event 30 Men Shot Put

D3 Auto: 17.00m A

NCAA D3 Prov: 15.45m P

Conf Record: 55-01.50 C 1998 Nathan Grim

Meet Record: 52-10 M 2006 Joe Awantang

Name	School	Finals
------	--------	--------

Finals

1 Lino, Ryan	Johns Hopkins	14.38m	10
2 Li, Peter	Johns Hopkins	14.26m	8
3 Kreitz, Tyler	Gettysburg	14.21m	6
4 Gordon, Corwyn	Dickinson	14.20m	5
5 Tucker, Mike	Dickinson	14.05m	4
6 Abbate, Anthony	Dickinson	14.03m	3
7 Carr, Andrew	Ursinus	13.82m	2
8 Sheppard, Evan	Muhlenberg	13.61m	1
9 Sand, Luke	Johns Hopkins	12.54m	
10 Lopez, Eric	Dickinson	12.26m	
11 Baron, Greg	Gettysburg	12.18m	

12 Hershman, Seth	Muhlenberg	12.06m
13 DiMeglio, Vincent	Ursinus	11.93m
14 Wolf, Tyler	Ursinus	11.66m
15 Levinson, Steve	Johns Hopkins	11.59m

Event 31 Women Shot Put

D3 Auto: 14.20m A

NCAA D3 Prov: 12.90m P

Conf Record: 45-01.75 C 1994 Rachelle Pecovsky

Meet Record: 41-08.50 M 1995 Rachelle Pecovsky

Name	School	Finals
------	--------	--------

Finals

1 Gleason, Erin	Franklin & Marsh	12.07m	10
2 Catalano, Alyssa	Franklin & Marsh	11.84m	8
3 Freund, Jackie	Haverford	11.72m	6
4 Amalfe, Stephanie	Johns Hopkins	11.22m	5
5 Laucik, Krystina	Johns Hopkins	10.96m	4
6 Ward, Leslie	Dickinson	10.00m	3
7 Hightower, Heather	Swarthmore	9.95m	2
8 Kent, Katie	Bryn Mawr	9.87m	1
9 Maressa, Josie	Ursinus	9.40m	
10 Burke, Ryann	Ursinus	9.17m	
11 Lee-Villanueva, Allison	Bryn Mawr	8.92m	
12 Rapp, Katie	Dickinson	8.83m	
13 Steinfeld, Many	Bryn Mawr	7.50m	

Event 32 Men High Jump

Starting Ht: 1.61m Incr 5cm

D3 Auto: 2.11m A

NCAA D3 Prov: 2.02m P

Conf Record: 6-10 C 2007 Carson Pickens

Meet Record: 6-08.75 M 1999 Evans/Scanish

Name	School	Finals
------	--------	--------

Finals

1 Youngs, Travis	Ursinus	1.86m	10
2 Minnick, Greg	Gettysburg	1.81m	8
3 Hill, Aaron	Dickinson	J1.81m	6
4 Anno, Kwaku	Franklin & Marsh	J1.81m	5
5 Dyer, Joseph	Muhlenberg	1.76m	4
6 Stankiewicz, Matt	Johns Hopkins	J1.76m	2.5
6 Waddell, Adam	Johns Hopkins	J1.76m	2.5
8 Shirley, Alex	Dickinson	J1.76m	1
9 Thomas, Chaz	Haverford	J1.76m	
10 Ly, Daniel	Swarthmore	1.71m	
11 Baer, Michael	Muhlenberg	1.66m	
11 Mahoney, Tom	Haverford	1.66m	

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Event 33 Women 4x100 Meter Relay

D3 Auto: 47.30 A

NCAA D3 Prov: 48.65 P

Conf Record: 47.57 C 1995 WMC

Meet Record: 48.28 M 2000 WMC

Team	Relay	Finals
Finals		
1 Haverford	A	49.64 10
1) Miller, Mara	2) Neilson, Christina	
3) Welch, Zoe	4) Reiss, Eliza	
2 Muhlenberg	A	50.43 8
1) Schaffer, Jenna	2) Brock, Lucy	
3) Martini, Amanda	4) Faust, Alexandra	
3 Johns Hopkins	A	51.53 6
1) Smith, Alison	2) Goodman, Paulina	
3) Ireton, Jordan	4) Mikkilineni, Anita	
4 Bryn Mawr	A	51.63 5
1) Cheng, Margaret	2) Stewart, April	
3) Tseng, Virginia	4) Nyame-Mensah, Akua	
5 Gettysburg	A	52.36 4
1) Tzinivis, Kara	2) Murphy, Megan	
3) Smith-Herman, Robia	4) Pabon, Vanessa	
6 Ursinus	A	52.82 3
1) Leatherman, Amanda	2) Lammers, Lauren	
3) Walsh, Caitlin	4) Wolf, Jen	
7 McDaniel	A	53.68 2
1) Duling, Kristin	2) Garnett, Jennifer	
3) Nichols, Emma	4) Davidhizar, Heidi	
8 Dickinson	A	53.89 1
1) Mitrano, Amy	2) Murawski, Allison	
3) Perkins, Marena	4) Ford, Jasmine	
9 Swarthmore	A	57.26
1) Givans, Kenyetta	2) McCarthy, Tiffany	
3) Degaiffier, Nathalie	4) Feigen, Mariel	

Event 34 Men 4x100 Meter Relay

D3 Auto: 41.00 A

NCAA D3 Prov: 41.90 P

Conf Record: 42.23 C 1995 WMC

Meet Record: 42.30 M 2008 Franklin and Marshall

Team	Relay	Finals
Finals		
1 Muhlenberg	A	43.47 10
1) Kirk, Brendan	2) Ryan, William	
3) Rice, Peter	4) Lachaud, Jeremiah	
2 Dickinson	A	43.72 8
1) Kelley, Mark	2) Rodman, Dale	
3) Denson, Sean	4) Daniel, Ryan	
3 Ursinus	A	44.08 6
1) Pittman, Kahlil	2) Bendas, Nick	
3) Hall, Sean	4) Desiderio, Albert	
4 Franklin & Marshall	A	44.12 5
1) Tracy, Steven	2) Anno, Kwaku	
3) Pickell, Jared	4) Thompson, Lipton	

5 Johns Hopkins	A	44.25 4
1) Tait, Christo	2) Hage, Pierre	
3) Walker, James	4) Walker, Jonathan	
6 Gettysburg	A	44.54 3
1) Hochard, Jacob	2) Rosenberger, Nick	
3) Bowen, David	4) Cole, Chris	
7 Haverford	A	45.25 2
1) Freeman, Tyler	2) Vechik, Nick	
3) Xiang, Willie	4) Dowlat, Richard	
8 McDaniel	A	45.73 1
1) Gonzalez, Rick	2) Eyler, Juris	
3) Polk, Ken	4) Rieser, Alex	
9 Swarthmore	A	46.38
1) Ly, Daniel	2) Heo, Yongjun	
3) Crispin, Andrew	4) Mahon, Levi	

Event 35 Women 1500 Meter Run

D3 Auto: 4:32.50 A

NCAA D3 Prov: 4:39.00 P

Conf Record: 4:31.86 C 2003

Meet Record: 4:33.17 M 2007

Callie Bradley

Caitlin Bradley

Name	School	Finals
Finals		
1 Paulsen, Laura	Johns Hopkins	4:39.62 10
2 Johnson, Christa	Ursinus	4:41.41 8
3 Lynch, Jennifer	Muhlenberg	4:42.33 6
4 Mullarkey, Caitlin	Swarthmore	4:42.91 5
5 McDonald, Darcy	Dickinson	4:44.28 4
6 Hogen, Rachel	Johns Hopkins	4:51.38 3
7 Tully, Caitlin	Haverford	4:56.53 2
8 Romano, Sarah	Dickinson	4:59.07 1
9 Furlong, Cecilia	Johns Hopkins	4:59.47
10 Robbins, Rebecca	Dickinson	5:01.49
11 Bier, Kim	Muhlenberg	5:01.60
12 Feeney, Kathy	Swarthmore	5:02.22
13 Rose, Hannah	Swarthmore	5:02.48
14 Frick, Melissa	Swarthmore	5:04.81
15 Brower, Megan	Johns Hopkins	5:07.53
16 O'Grady, Mary	Johns Hopkins	5:07.71
17 Zabel, Becca	Gettysburg	5:08.38
18 Lenfest, Margret	Swarthmore	5:09.89
19 Miller, Nicolette	Muhlenberg	5:11.01
20 Nolan, Alison	Ursinus	5:11.66
21 Davis, Kaia	Haverford	5:13.18
22 Weng, Katie	Bryn Mawr	5:15.13
23 Baselice, Kat	Johns Hopkins	5:15.34
24 Pellowe, Amanda	Gettysburg	5:16.39
25 Haas, Katie	Gettysburg	5:18.70
26 Eng, Amanda	Swarthmore	5:21.96
27 Kosta, Elizabeth	Dickinson	5:30.57
28 Fleischer, Roxanne	McDaniel	5:32.41

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Event 36 Men 1500 Meter Run

D3 Auto: 3:50.60 A

NCAA D3 Prov: 3:55.00 P

Conf Record: 3:39.84 C 1997

Karl Paranya

Meet Record: 3:51.69 M 2001

Jason Bernstein

Name	School	Finals	
Finals			
1 O'Toole, Dan	Haverford	3:58.13	10
2 Chorney, David	Muhlenberg	3:59.41	8
3 Bisceglia, Paul	Haverford	3:59.60	6
4 Gregor, Andy	Dickinson	4:00.95	5
5 Pecora, Kent	Dickinson	4:01.21	4
6 Southwick, Chris	Haverford	4:02.15	3
7 Fuentes, Lucas	Haverford	4:02.49	2
8 Reynolds, Clay	Gettysburg	4:05.77	1
9 Cumming, Gregory	Gettysburg	4:08.03	
10 Nihen, Robert	Muhlenberg	4:08.34	
11 Cheng, Derek	Johns Hopkins	4:08.58	
12 Bell, Ryan	Franklin & Marsh	4:09.13	
13 Arnold, Eric	Haverford	4:09.66	
14 Siqueiros, Ben	Haverford	4:10.94	
15 Needell, Zach	Haverford	4:12.97	
16 Oaks, Jason	Haverford	4:13.07	
17 Riccardo, Wilson	Dickinson	4:13.90	
18 Schwartz, Brett	Johns Hopkins	4:14.42	
19 Robson, Thomas	Dickinson	4:14.44	
20 Hahn, Brandon	Johns Hopkins	4:14.63	
21 Belton, Graham	Johns Hopkins	4:15.51	
22 Naper, C.J.	McDaniel	4:15.78	
23 Jampol, Noah	Johns Hopkins	4:16.22	
24 Maronne, Nate	Johns Hopkins	4:16.27	
25 Crutchley, Cody	McDaniel	4:16.81	
26 Watson, Matt	Johns Hopkins	4:17.09	
27 Kelvey, Rob	McDaniel	4:18.79	
28 Wilson, Ryan	Muhlenberg	4:19.40	
29 Macdonald, Adrian	Gettysburg	4:22.96	

Event 37 Women High Jump

Starting Ht: 1.35m Incr 5cm

D3 Auto: 1.71m A

NCAA D3 Prov: 1.65m P

Conf Record: 5-06.50 C

Castagno/Beck

Meet Record: 5-04.50 M

Haas/Beck

Name	School	Finals	
Finals			
1 Cox, Nicole	Swarthmore	1.50m	10
2 Pabon, Vanessa	Gettysburg	1.45m	5.8
2 Belden, Jessie	Haverford	1.45m	5.8
2 Rapp, Katie	Dickinson	1.45m	5.8
2 Ward, Leslie	Dickinson	1.45m	5.8
6 Reiss, Eliza	Haverford	J1.45m	3
7 Amalfe, Stephanie	Johns Hopkins	1.40m	1
7 Teuber, Lindsay	Ursinus	1.40m	1
7 McCarthy, Samantha	Bryn Mawr	1.40m	1

10 Adair, Kate	Gettysburg	J1.40m
11 Horn, Kathy	Johns Hopkins	1.35m
11 Westerduin, Catherine	Franklin & Marsh	1.35m

Event 38 Men Triple Jump

D3 Auto: 14.80m A

NCAA D3 Prov: 14.20m P

Conf Record: 48-07 C 2006

Broderick Maybank

Meet Record: 48-02.50 M 2004

Zack Maskin

Name	School	Finals	
Finals			
1 Thomas, Chaz	Haverford	14.29mP	10
2 Youngs, Travis	Ursinus	14.17m	8
3 Brookland, Marc	Muhlenberg	13.95m	6
4 Ly, Daniel	Swarthmore	12.87m	5
5 Hill, Aaron	Dickinson	12.82m	4
6 Bendas, Nick	Ursinus	12.77m	3
7 Dyer, Joseph	Muhlenberg	12.56m	2
8 Minnick, Greg	Gettysburg	12.28m	1
9 Dowlat, Richard	Haverford	12.14m	+0.0
10 Stankiewicz, Matt	Johns Hopkins	11.75m	+0.0
11 Wilson, Harper	Johns Hopkins	11.53m	+0.0
12 Polk, Ken	McDaniel	11.09m	-0.5

Event 39 Women 5000 Meter Run

D3 Auto: 16:55.00 A

NCAA D3 Prov: 17:35.00 P

Conf Record: 16:50.75 C 2009

Laura Paulsen

Meet Record: 17:35.94 M 2003

Jane Steinemann

Name	School	Finals	
Finals			
1 Johnson, Christa	Ursinus	17:23.55P	10
2 McDonald, Darcy	Dickinson	17:35.38M	8
3 Paulsen, Laura	Johns Hopkins	17:58.85	6
4 Hiza, Emma	Johns Hopkins	18:02.48	5
5 Lipman, Emily	Haverford	18:04.24	4
6 Hogen, Rachel	Johns Hopkins	18:05.65	3
7 Campbell, Catherine	Dickinson	18:06.16	2
8 Valerio, Christina	Johns Hopkins	18:11.38	1
9 Ritter, Bess	Swarthmore	18:17.17	
10 Edelstein, Lena	Haverford	18:23.24	
11 Ugelow, Melissa	Muhlenberg	18:55.84	
12 Stanley, Emma	Swarthmore	19:09.71	
13 Farrelly, Kelly	Franklin & Marsh	19:21.69	
14 Bretscher, Heidi	Haverford	19:29.93	
15 Okun, Ada	Swarthmore	19:42.53	

Event 40 Men 5000 Meter Run

D3 Auto: 14:28.00 A

NCAA D3 Prov: 14:45.00 P

Conf Record: 14:19.57 C 2002

J.B. Haglund

Meet Record: 14:52.19 M 2006

Grant Scott

Name	School	Finals	
Finals			
1 O'Toole, Dan	Haverford	14:56.05	10

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Finals ... (Event 40 Men 5000 Meter Run)

Name	School	Finals	
2 Lanham, Andrew	Haverford	14:56.70	8
3 Karwoski, Nick	Dickinson	14:57.11	6
4 Southwick, Chris	Haverford	14:57.24	5
5 Burmeister, Taylor	Haverford	14:57.91	4
6 Tousley, Elias	Haverford	14:59.58	3
7 Hulleberg, Anders	Haverford	15:04.42	2
8 Leak, Greg	Dickinson	15:07.91	1
9 Gregor, Andy	Dickinson	15:12.87	
10 Sohail, Faraz	Haverford	15:13.52	
11 Tarkoff, Michael	Dickinson	15:15.09	
12 Rooney, Brian	Johns Hopkins	15:19.41	
13 Burgmann, Mark	Haverford	15:32.79	
14 Sigmon, David	Johns Hopkins	15:35.11	
15 Sturner, Andrew	Haverford	15:36.58	
16 Krusell, Brian	Dickinson	15:39.74	
17 Breen, David	Dickinson	15:40.89	
18 Thornton, Pat	Muhlenberg	15:41.93	
19 Cutilli, Ben	Haverford	15:44.68	
20 Carpenter, Joseph	Haverford	15:46.79	
21 Straughan, Dylan	Dickinson	15:50.56	
22 Pike, Dan	Johns Hopkins	15:54.61	
23 Yen, Andrew	Johns Hopkins	15:55.83	
24 Repack, Brenden	Gettysburg	15:58.05	
25 Daniels, Thomas	Gettysburg	15:58.25	
26 Yuan, Michael	Johns Hopkins	16:04.31	
27 LeFrancois, Paul	Dickinson	16:04.78	
28 Carrick, Rick	Johns Hopkins	16:06.20	
29 Haneman, Pat	Haverford	16:13.45	
30 Hartnett, Patrick	Swarthmore	16:22.95	
31 Kist, Morgan	Haverford	16:27.14	
32 Dimidio, Dante	Ursinus	16:32.69	
33 Lo Galbo, Mark	Johns Hopkins	16:47.66	
34 Nunns, Geoff	Johns Hopkins	16:49.94	
35 Reed, Andy	Gettysburg	16:50.33	

Event 41 Women 4x400 Meter Relay

D3 Auto: 3:49.60 A

NCAA D3 Prov: 3:56.60 P

Conf Record: 3:56.92 C 2000 Gettysburg

Meet Record: 3:56.92 M 2000 Gettysburg

Team	Relay	Finals	
Finals			
1 Haverford	A	3:57.87	10
1) Keogh, Aileen	2) Neilson, Christina		
3) Welch, Zoe	4) Belden, Jessie		
2 Muhlenberg	A	4:03.07	8
1) Faust, Alexandra	2) Yalango, Kim		
3) Mentrikoski, Janelle	4) Schaffer, Jenna		
3 Gettysburg	A	4:06.98	6
1) Lumpkin, Casey	2) Meyer, Kim		
3) Tzinivis, Kara	4) Murphy, Megan		

4 Johns Hopkins	A	4:11.98	5
1) Smith, Alison	2) Chung, Stephanie		
3) Ferguson, Jackie	4) Kent, Lindsey		
5 Bryn Mawr	A	4:15.73	4
1) Tseng, Virginia	2) Stewart, April		
3) Weng, Katie	4) Nyame-Mensah, Akua		
6 McDaniel	A	4:17.89	3
1) Garnett, Jennifer	2) Duling, Kristin		
3) Nichols, Emma	4) Davidhizar, Heidi		
7 Franklin & Marshall	A	4:18.33	2
1) Regan, Caitlin	2) Siegrist, Henley		
3) Marshall, Claire	4) Bush, Jenna		
8 Dickinson	A	4:18.89	1
1) McDonald, Darcy	2) Robbins, Rebecca		
3) McTernan, Julie	4) Bastian, Emily		
9 Ursinus	A	4:30.08	
1) Lammers, Lauren	2) Goldstein, Lauren		
3) Nolan, Alison	4) Johnson, Christa		

Event 42 Men 4x400 Meter Relay

D3 Auto: 3:13.00 A

NCAA D3 Prov: 3:16.80 P

Conf Record: 3:15.88 C 1995 Haverford

Meet Record: 3:18.90 M 2002 Gettysburg

Team	Relay	Finals	
Finals			
1 Dickinson	A	3:20.16	10
1) Denson, Sean	2) Keys, Jeremy		
3) Schulte, Andrew	4) Daniel, Ryan		
2 Haverford	A	3:21.82	8
1) Xiang, Willie	2) Dowlat, Richard		
3) Schoch, Tim	4) Adige, Sunil		
3 Muhlenberg	A	3:23.13	6
1) Ryan, William	2) Torphy, Bob		
3) Rice, Peter	4) Kirk, Brendan		
4 Johns Hopkins	A	3:24.75	5
1) Tait, Christo	2) Hage, Pierre		
3) Mack, Gordan	4) Walker, James		
5 Franklin & Marshall	A	3:27.44	4
1) Anno, Kwaku	2) Bell, Ryan		
3) Pickell, Jared	4) Thompson, Lipton		
6 Ursinus	A	3:29.42	3
1) Desiderio, Albert	2) Hudson, Jervis		
3) Pane, Nick	4) Garavel, Justin		
7 Gettysburg	A	3:34.10	2
1) Cole, Chris	2) Macdonald, Adrian		
3) Quigley, Brendan	4) Reynolds, Clay		
8 McDaniel	A	3:39.85	1
1) Naper, C.J.	2) Eyler, Juris		
3) Rieser, Alex	4) Gonzalez, Rick		

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D3 Auto: 52.60m A

NCAA D3 Prov: 46.50m P

Name	School	Finals
Finals		
1 Catalano, Alyssa	Franklin & Marsh	45.76m

Women - Team Rankings - 21 Events Scored

1) Haverford	226.75
2) Johns Hopkins	167.5
3) Muhlenberg	76.5
4) Gettysburg	74.75
5) Dickinson	74.5
6) Ursinus	55
7) Franklin & Marshall	50
8) Swarthmore	43
9) Bryn Mawr	32
10) McDaniel	18

Men - Team Rankings - 21 Events Scored

1) Haverford	170
2) Dickinson	166
3) Muhlenberg	117
4) Gettysburg	104
5) Ursinus	96
6) Johns Hopkins	93
7) Franklin & Marshall	47
8) Swarthmore	15
9) McDaniel	10