



2006 Centennial Conference Indoor Track and Field Preview Can Anyone Catch Haverford's Men and Dickinson's Women?

LANCASTER, Pa. -- February 24, 2006 -- Will the song remain the same ... or is there a new kid in town? The 70s music titles from Led Zeppelin and the Eagles seem to apply to the 13th annual Centennial Conference Indoor Track and Field Championships this weekend at Ursinus College's Bakes Field House.

Haverford's men's team has won 11 of the previous 12 championships with only a 1999 third-place finish as a blemish on a perfect record. The Dickinson women's team had its streak of five consecutive Centennial titles snapped in 2004 by Haverford, but rebounded to make it six in seven years last winter.

Competition begins Saturday at noon with Sunday's action getting underway at 10:30 a.m. Admission is free.

Event-by-event Women's preview

Sprints (55-200 meters): Defending champion **Lauren Parker (Baltimore, MD / Maryvale Prep)** of Gettysburg is the favorite in the 55 and 200 with the Conference's best times in 2006 of 7.53 and 26.40, respectively. She will face challenges from Johns Hopkins' **Giselle Joseph (Trinidad West Indies / St. Joseph Covenant Port-of-Spain)** and Haverford's **Aislinn Sowash (Finksburg, MD / North Carroll)** in the 55, while Ursinus' **Britiany Gilbert (Chester, PA / Chester)**, Muhlenberg's **Danielle Seiler (Long Valley, NJ / West Morris Central)** and Johns Hopkins' **Jordan Ireton (Westborough, MA / Westborough)** will push for gold in the 200.

55 Hurdles: This event belongs to Haverford's Sowash, the two-time defending CC champion who already has a NCAA provisional qualifying time of 8.40. Muhlenberg's **Rachel Drosdick (Verona, NJ / Verona)** will contend for a medal, as well Dickinson's **Katie Creme (Lancaster, PA / Lancaster Catholic)**.

Middle Distances (400-800-Mile): Muhlenberg's Seiler, the defending champion, is the only runner to break the one-minute mark in the 400 this season with a 59.34 clocking. Hopkins' Joseph and Ireton could also break the 60-second barrier and contend for the gold. The Mules' **Karen Mount (North Andover, MA / N. Andover)** is the favorite in the 800, after posting an NCAA provisional qualifying time of 2:15.84. Haverford's **Darien Lunne (Canfield, OH / Western Reserve Academy)** and **Brittany Massare (Monongahela, PA / Ringgold)** will challenge, as will Dickinson's **Laura Straw (Fairport, NY / Fairport)**. Mount will duel with Haverford's **Kate Reese (Waxahachie, TX / Midlothian)** and Dickinson's **Caitlin Bradley (Fairfield, CT / Fairfield Warde)** and defending champion **Emily Hulme (Lebanon, PA / Cedar Crest)** in the mile.

Distance Races (3000-5000 meters): Dickinson's big three of Bradley, **Abbey Fergusson (Lancaster, PA / Hempfield)** and **Annie Scogin (Groton, NY / Groton)** are among the favorites in the 3K and defending champion Hulme makes a potent Red Devil quartet in the 5K. Bradley has the season's top time in the 3,000 (10:23.48), while all four have met the NCAA provisional qualifying time in the 5,000 of 17:57.50. Swarthmore's **Emily Winstar (Delmar, NY / Bethlehem Central)** hopes to break up the Dickinson trio in the 3K, while teammate **Carrie Ritter (Quaker Hill, CT / Waterford)** hopes for a medal in the 5K.

Jumps (High-Long-Triple): The high jump looks to be a three-woman competition among Franklin & Marshall's defending champion **Libby Haas (Wrightsville, PA / Eastern York)**, Haverford's **Jessie Belden (Brookfield, CT / Brookfield)** and Muhlenberg's **Hannah Sylvester (North Hero, VT / Gov. Dummer Academy, MA)**. Haas has cleared 5-4 this season, while the other pair has topped the 5-2 1/4 mark. Gettysburg's **Sam Spence (Andover, NJ / Pope John XXIII)** will battle with Muhlenberg's Drosdick in the long jump, as both leaped at least 17-0 this season. The Mules' **Jacqui Inverso (Warrington, PA / Central Bucks East)** has jumped one foot farther (35-11 1/4) than Gettysburg's **Lindsey Visbaras (Auburn, ME / Edward Little)** in the triple jump. Johns Hopkins' **Ilochika Emuh (Highland, CA / Redlands)** will also contend for the gold.

Pole Vault: Johns Hopkins' **Lauren Chun (Warren, NJ / Watchung Hills)** is the vaulter to beat, after setting a Conference record and equaling the NCAA provisional standard with a vault of 11-1 three weeks ago. Teammate **Jessica Reeves (Miami, FL / Gulliver Prep)** and Haverford's **Sarah Burke (Westfield, NJ / Westfield)** have cleared 10-0 this season and will contend for a medal.

Shot Put: It looks like a two-person race between Dickinson's **Iva Liou (Fairfield, PA / Fairfield)** and Johns Hopkins' **Amarchi Onyima (Gresham, OR / Gresham)**, who have throws of 39-3 and 38-7 1.4, respectively.

Event-by-Event Men's preview

Sprints (55-200 meters): Who will be the Conference's "fastest man"? Is it Ursinus' **Brandon Evans (Mohnton, PA / Gov. Mifflin)** or **Josh Hannum (Brookhaven, PA / Strath Haven)**, who have covered the distance in 6.56 this season. Evans is the defending champion in both the 55 and 200. Or maybe **Broderick Maybank (Baltimore, MD / Eastern Tech)** of McDaniel who has a 6.64 clocking to his credit. Don't discount Johns Hopkins' **Tristan Thomas (Powder Springs, GA / John McEachern)**. Evans will duel Franklin & Marshall's **Jake Gomolinski (Middletown, NY / Pine Bush Central)** and Johns Hopkins' **Jason Dubyoski (Upperco, MD / Hereford)** for the gold in the 200.

55 Hurdles: Ursinus' **Matt Granteed (Pittston, PA / Pittston)** and Dickinson's **Rob Chain (Fort Washington, PA / Central)** are the lone entrants that have broken the eight-second mark with 7.86 and 7.95 timings. Gettysburg's **Steven Papuchis (Myersville, MD / Middletown)** could also contend for a medal.

Middle Distances (400-800-Mile): The 400 could be one of the closest events of the weekend, as Johns Hopkins' **Shane Olaley (Warren, NJ / Newark Academy)**, Muhlenberg's **Lex Mercado (Philadelphia, PA / Penn Charter)** and McDaniel's **Scott Koleszar (Eldersburg, MD / Liberty)** are separated by just .14 seconds, led by Olaley's 51.21. The Mules' **Dan Steinhart (Hawley, PA / Wallenpaupack)** could also surprise. Mercado leads the 800 pack with an NCAA provisional qualifying time of 1:54.87. Teammate **Steve Rothwell (Harrington Park, NJ / Northern Valley Old Tappan)** will challenge for the gold, as will Haverford's **Sam Dalke (Wayne, PA / Radnor)**. Dalke and teammate **Grant Scott (Yellow Springs, OH / Yellow Springs)** already have NCAA provisional times in the mile at 4:15.16 and 4:15.92. Mercado and Swarthmore's **Vernon Chaplin (Pelham, AL / Indian Springs School)** will also challenge for medals.

Distance Races (3000-5000): This is where Haverford accumulates a lot of points. The Fords have seven of the top 10 times in the 3K, led by Scott's 8:28.78. Teammates **Donald Letts (Climax, MI / Portage Northern)** and **Zach Vaslow (Bethesda, MD / Bethesda-Chevy Chase)** will battle Swarthmore's Chaplin for medals. Defending champion Scott, Letts, Vaslow and **Bernie Muller (Short Hills, NJ / Delbarton School)** all have provisional qualifying times for the NCAA 5K. Four other Haverford runners have times in the top 10 of the 5K this season.

Jumps (High-Long-Triple): The high jump appears to be a battle among four athletes. Muhlenberg's **Pat Cunning (Leonia, NJ / Leonia)** has the year's best jump at 6-2, followed by Haverford's defending champion **Carson Pickens (Philadelphia, PA / Germantown Friends)** at 6-1. The Mules' **Adam Carter (Pottstown, PA / Spring-Ford)** and Ursinus' Evans also have cleared 6-0 this season. McDaniel's Maybank is the man to beat in the triple jump after leaping 23-3 1/4 three weeks ago. Gettysburg's **Erik Lambertsen (Wallingford, PA / Episcopal Academy)** will battle Ursinus' Hannum and **Matt Terry (Norristown, PA / Norristown)** for a medal. Franklin & Marshall's **Freddy Martino (Harleysville, PA / Lansdale Catholic)**, the defending champion, has the CC's best triple jump on the season (44-3), but will be pressed by Terry, Maybank and Gettysburg's Papuchis.

Pole Vault: Franklin & Marshall's defending champion **Jon Brallier (Chambersburg, PA / Mercersburg Academy)** has the year's best vault at 14-6, while teammate **Zach Barninger (Wrightsville, PA / Eastern York)** and Dickinson's **Stephen Hendrix (Ellicott City, MD / Centennial)** have also cleared 14-0. Johns Hopkins' **Matt Trachtenburg (Mountain Lakes, NJ / Mountain Lakes)** could also factor in the medal chase.

Shot Put: It appears to be a two-man race between Haverford's **Joe Awantang (Portsmouth, RI / Portsmouth Abbey)** and Gettysburg's **Glenn Cain (Ewing, NJ / Ewing)**. Awantang, the defending champion, has put the shot 50-4 1/2, setting a Ford record, this season, while Cain is just shy of the 49-foot mark. McDaniel's **Jason Meier (New Milford, NJ / New Milford)** and F&M's **Alex Falk (Philadelphia, PA / Trinity-Pawling School, NY)** could also gain medals.