

2009 Centennial Conference Indoor Track and Field Championship Preview

courtesy of Ursinus College Sports Information

The Centennial Conference Championships will again feature several new champions in events as a majority of the title holders from last season have graduated.

For the team title, Haverford will look to defend both the men's and women's title which the Fords captured last season in this venue.

Men

The 55-meter dash will feature a new champion, as Tristan Thomas from Johns Hopkins has graduated. Heading into the final weekend, Ursinus' Charles Prete held the top time of the season with a 6.55 back on December 6. Muhlenberg's Jeremiah Lachaud has the second best time at 6.65.

In the 55-meter hurdles, there again will be a new champion as Ursinus' Matt Granteed has graduated. Gettysburg's Steve Papuchis holds the season's best time at 7.98, with teammate Chris Coles clocking in an 8.09. In the 200-meter dash, Ursinus' Al Desiderio has the top mark of 22.69. Franklin & Marshall's Kwaku Anno has posted a 23.22.

In the 400, Elliot Wehner of Johns Hopkins holds a 51.76, followed by Dickinson's Daniel Ryan at 51.88.

The 800 features the first returning champion in Muhlenberg's Stuart Udis. Udis, who won the event last season at 1:56.32, has the second best time of the season behind Tim Schoch of Haverford at 1:55.04.

Haverford has dominated the distance events in recent years, and this year is no exception. In the mile run, Haverford's Dan O'Toole has the top mark of 4:17.25, right in front of Muhlenberg's David Chorney at 4:18.00. In the 3k, O'Toole has a 8:36.05, followed again by Chorney at 8:40.15. Finally, in the 5k, Dickinson's Nick Karowski finished second last year by just .5 seconds. He holds the top time in the event so far this season at 14:59.16.

In the relays, Dickinson has a top time of 1:34.58 in the 4x2, with Muhlenberg having the top time in the 4x4 at 3:28.57. The 4x8 mark is also held by the Mules, who won the event last season. Haverford will look to defend its title in the DMR.

In the jumps, Ursinus' Travis Youngs is at 6-3 ½ with F&M's Kwaku Annon at 6 1 ¼ in the high jump. In the long jump, Haverford's Chaz Thomas has already provisionally qualified for the NCAA championships with a season best 23-5. Anno, who was the champion last season, is second at 22-0. In the triple, Youngs looks to defend his title. He comes in with a 47 2 ½, which is a provisional mark. Thomas is behind him at 47 1 ¾, also provisional.

In the pole vault, Dickinson's Stephen Hendrix looks to defend his title, going up against Johns Hopkins' Adam Waddell.

In the throws, a new champion in the shot put will be crowned as four-time All-Centennial pick Joe Awantang is gone. Gettysburg's Tyler Kreitz has the top mark so far at 49-3.

Women

In the 55 dash, Bryn Mawr's Nat Arementrout has the top spot with a mark of 7.46, followed by Paula Osborn from Johns Hopkins in second at 7.47. Osborn was second in the event last season. In the 55-hurdles, Haverford's Eliza Reiss looks to defend her title. Currently, she has the third best time of the season, with the top mark going to teammate Jessie Belden at 8.61.

In the 200 dash, Bryn Mawr's Akua Nyame-Mensah has a season-best time of 26.34. She finished third in the event last season. In the 400, defending champion Alexandra Faust from Muhlenberg returns and holds the best time of the season at 59.54. Behind her is Christina Neilson of Haverford at 1:00.04.

In the 800, look for the battle to come down to Haverford's Darian Lunne and Swarthmore's Caitlin Mullarkey. Lunne, who was third last season, holds the season's best mark at 2:17.81. Mullarkey is third at 2:19.59, with Johns Hopkins' Jordan Ireton in the mix at 2:17.88.

In the mile run, Johns Hopkins' Laura Paulsen and Rachel Hogan are the top two performers, already having provisional qualifying times. In the 3k, Ursinus' Christa Johnson looks to improve on her season best time of 9:59.82, with Johnson also holding the best and Centennial Conference record in the 5k at 17:16.46.

Haverford swept the relays last season, and hold the best times in all but one relay this season. The Fords hold the best mark in the 4x2 (1:46.31), 4x4 (4:09.36) and 4.x8 (9:54.13). The DMR top time is held by Johns Hopkins, who broke the Centennial record back on February 6 with a mark of 11:51.64. That time also automatically put them in the NCAA championships.

In the high jump, Jessie Belden from Haverford has the top mark at 5-3, with Belden also holding the top mark in the long jump at 17-9 ½. In the triple, Gettysburg's Vanessa Pabon looks to improve on her second place finish last season with the season's best time at 35-11.

In the pole vault, Centennial Conference record holder Alexandra Faust has a season-best mark of 12-1, which is a new CC record.

In the shot put, the top spot will be a battle between Haverford's Jackie Freund and F&M's Alyssa Catalano. Catalano won the event last year, with Freund finishing second.