



# Indoor Track & Field 2009

RELEASE #6

February 10, 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 ATHLETE OF THE WEEK

**Chaz Thomas, Haverford** (Sr, Huntington, NY / Wyandanch Memorial) - Thomas broke his own school record with a winning leap in the triple jump at the Haverford Quad Meet on Monday afternoon, soaring past the NCAA provisional standard of 14.05m to a new Haverford record of 14.24m (46 feet, 8 3/4 inches). Thomas also won the long jump at the Quad with a best leap of 6.54m (21-5 1/2), touching down just .42m (4.5 inches) shy of the provisional standard.

## HONOR ROLL

**Michael Tarkoff, Dickinson** (So, Warrington, PA / C.B. South)  
**Ryan Bell, Franklin & Marshall** (So, Pittsburgh, PA / Mt. Lebanon)  
**Chris Cole, Gettysburg** (Sr, Andover, MA / Andover)  
**Christ Tait, Johns Hopkins** (Jr, Sprints, Berwyn, PA / Conestoga)  
**Kevin Bowman, McDaniel** (Sr, Westminster, MD / Brunswick)  
**David Chorney, Muhlenberg** (Sr, Bristol, NH / Newfound Regional)

## LAST WEEK'S RESULTS

F7 Dickinson, McDaniel at Susquehanna Invitational  
 – non-team scoring  
 Ursinus Colden Invitational (16 teams)-  
 1. Moravian 93, 2. Johns Hopkins 68, T3. Ursinus  
 59, 9. Gettysburg 41  
 Muhlenberg at East Stroudsburg DeSchraver  
 Invitational – non-team scoring  
 Swarthmore at Widener Invitational– non-team scoring  
 F9 Haverford Quad Meet- non-team scoring

## THIS WEEK'S SCHEDULE

F13 Bryn Mawr, Haverford, Muhlenberg at  
 Lafayette Winter Games  
 F&M at Cornell Invitational  
 F14 Dickinson Invitational  
 Gettysburg at Bucknell Invitational  
 Johns Hopkins, Swarthmore at Boston  
 Valentine Invitational

## WOMEN'S ATHLETE OF THE WEEK

**Paula Osborn, Johns Hopkins** (Sr, Albuquerque, NM / St. Pius X) - Osborn ran a 58.7 400m leg in Hopkins' NCAA automatic qualifying distance medley relay performance at the New Balance Collegiate Invitational, then went on to finish second in the 55m at the Frank Colden Invitational in a time of 7.47. Osborn, along with teammates Rachel Hogen, Jordan Ireton and Laura Paulsen, ran an 11:49.14 at the New Balance Collegiate Invitational to break a seven-year old Centennial Conference record of 11:58.04 set by Dickinson in 2002.

## HONOR ROLL

**Darcy McDonald, Dickinson** (Sr, Lititz, PA/Warwick)  
**Erin Gleason, Franklin & Marshall** (Sr, Bayonne, NJ / Mt. St. Dominic Academy)  
**Vanessa Pabon, Gettysburg** (Jr, New Oxford, PA / New Oxford)  
**Lindsay Wilson, McDaniel** (So, Catonsville, MD / Seton Keough)  
**Jennifer Lynch, Muhlenberg** (Jr, Randolph, NJ / Randolph)  
**Kenyetta Givans, Swarthmore** (Fr, Conshohocken, PA / Plymouth-Whitemarsh)  
**Christa Johnson, Ursinus** (Sr, West Berlin, NJ / Bishop Eustace)

## LAST WEEK'S RESULTS

F7 Dickinson, McDaniel at Susquehanna Invitational  
 – non-team scoring  
 Ursinus Colden Invitational (16 teams)-  
 1. Moravian 167, 2. Johns Hopkins 90, 4. Ursinus  
 52, 7. Bryn Mawr 35, 8. Gettysburg 23,  
 15. Haverford 8  
 Muhlenberg at East Stroudsburg DeSchraver  
 Invitational – non-team scoring  
 Swarthmore at Widener Invitational– non-team scoring  
 F9 Haverford Quad Meet- non-team scoring

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F13 Bryn Mawr, Haverford, Muhlenberg at  
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## 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

Men & Women – non-scoring meet

### Saturday, January 17

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

Men & Women – non-scoring meet

Johns Hopkins at Terrapin Invitational

Men & Women – non-scoring meet

### Friday, January 23

Collegeville Classic

Men – 1. Cheyney 66.50, 6. Ursinus 43, 8. Dickinson 39, 9. Gettysburg 39, 10. Haverford 34 (19 teams); Women – 1. Kutztown 104, 4. Haverford 58, 7. Ursinus 42, 12. Dickinson 19, 13. Gettysburg.

F&M at Great Dane Classic (at NY Armory) – Men & Women: non-team scoring meet

### Saturday, January 24

McDaniel at Princeton Relays – Men & Women: non-team scoring meet

Lehigh Covert Classic

Muhlenberg: Men – 6th of 12 teams; Women – 10th of 13 teams

### Thursday, January 38

Gettysburg at Ursinus Pentathlon Meet – Men & Women: non-team scoring meet

### Friday, January 30

Dickinson at Bucknell Bison Open – Men & Women: non-team scoring meet

Muhlenberg Invitational – Men & Women: non-team scoring meet

### Saturday, January 31

Bryn Mawr, Swarthmore, Ursinus at Haverford McElligott Invitational – Men & Women: non-team scoring meet

Gettysburg, McDaniel at Dickinson DuCharme Invitational – Men & Women: non-team scoring meet

F&M at Lebanon Valley – Men: no team score; Women: 1. Lebanon Valley, 3. Franklin & Marshall (6 teams).

F&M at Delaware Invitational – Men & Women: non-team scoring meet

Johns Hopkins at Patriot Games – Men & Women: non-team scoring meet

### Saturday, February 7

Ursinus Frank Colden Invitational – Men: 1. Moravian 93, 2. Johns Hopkins 68, T3. Ursinus 59, 9. Gettysburg 41 (16 teams); Women: 1. Moravian 167, 2. Johns Hopkins 90, 4. Ursinus 52, 7. Bryn Mawr 35, 8. Gettysburg 23, 15. Haverford 8 (16 teams).

Dickinson, F&M at Susquehanna Invitational – Men & Women: non-team scoring meet

Muhlenberg at East Stroudsburg DeSchriver Invitational – Men & Women: non-team scoring meet

Swarthmore at Widener Invitational – Men & Women: non-team scoring meet

### Monday, February 9

Bryn Mawr, Ursinus at Haverford Quad – Men & Women: non-team scoring meet

### 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