



2007 All-Centennial Conference Men's Outdoor Track and Field

MAY 7, 2007
563 College Avenue, B-101, Lancaster, PA 17603
Phone: (717) 358-4463 * Fax: (717) 358-4480

MEN

<u>Pos / Name</u>	<u>Class</u>	<u>Hometown / High School</u>
100-Brandon Evans, Ursinus +	Jr	Mohnton, PA / Governor Mifflin
200-Jake Gomolinski-Ekel, Franklin & Marshall (A)	Jr	Middletown, NY / Pine Bush Central
400-Ryan Keane, Gettysburg	Jr	Hopkinton, MA
800-Stuart Udis, Muhlenberg	So	Ambler, PA / Germantown Academy
1500-Ian Ramsey-North, Haverford (A)	Jr	Narbeth, PA / Friends Central
5000-Zach Vaslow, Haverford	Sr	Bethesda, MD / Bethesda-Chevy Chase
10,000-Don Letts, Haverford.....	Jr	Climax, MI / Portage Northern
110 Hurdles-Matt Granteed, Ursinus	Jr	Pittston, PA / Pittston
400 Hurdles-Brendan Kirk, Muhlenberg	Fr	Hawthorne, NJ / Hawthorne
3000 Steeplechase-Ian Ramsey-North, Haverford (A)	Jr	Narbeth, PA / Friends Central
Discus-Joe Awantang, Haverford (A) *	Jr	Dulles, VA / Portsmouth Abbey
Javelin-Lucas Burbank, Franklin & Marshall	So	Ridgefield, CT / Ridgefield
Pole Vault-Jon Brallier, Franklin & Marshall (A) +	Sr	Chambersburg, PA / Mercersburg Academy
Shot Put-Joe Awantang, Haverford (A) +	Jr	Dulles, VA / Portsmouth Abbey
High Jump-Carson Pickens, Haverford	Sr	Philadelphia, PA / Germantown Friends
Long Jump-Kwaku Anno, Franklin & Marshall	Fr	Mbabane, Swaziland
Triple Jump-Matt Terry, Ursinus	Sr	Norristown, PA / Norristown
Decathlon-Andrew Ackley, Dickinson	Sr	Chalfont, PA / Central Bucks West
4x100 Relay-Franklin & Marshall		
Steven Tracy	So	Baden, PA
Kwaku Anno.....	Fr	Mbabane, Swaziland
Jon Brallier (A).....	Sr	Chambersburg, PA / Mercersburg Academy
Jake Gomolinski-Ekel (A)	Jr	Middletown, NY / Pine Bush Central
4x800 Relay-Gettysburg		
David Van Arsdale (A).....	Jr	Clinton, NJ / Voorhees
Ryan Keane	Jr	Hopkinton, MA
Zach Hastings	Jr	Westbrook, CT / Westbrook
Ted Mavraganis.....	Jr	West Windsor, NJ / West Windsor-Plainsboro
4x800 Relay-Muhlenberg		
Pat Thornton	Fr	Churchville, PA / Council Rock South
Lex Mercado.....	Sr	Philadelphia, PA / Penn Charter
David Chorney	So	Bristol, NH / Newfound Regional
Stuart Udis	So	Ambler, PA / Germantown Academy

++ 1st team All-Centennial in 2004, 2005, and 2006

+ 1st team All-Centennial in 2005 and 2006

* 1st team All-Centennial in 2006

(A) Named to 2007 Conference Academic Honor Roll

Outstanding Track Performer - Ian Ramsey-North, Haverford, Jr.

Outstanding Field Performer - Joe Awantang, Haverford, Jr.

Notes

- Evans, Brallier and Awantang become the 17th, 18th and 19th men to earn first-team All-Centennial honors (win their event) three times.
- Six students were also named to the Conference Academic Honor Roll, which recognizes sophomores, junior and seniors who are key performers and have a 3.40 cumulative grade point average or higher.

Centennial Conference Outstanding Performers

1994: Kent Lightbourn, McDaniel
1995: Donte Abon, McDaniel
1996: Karl Paranya, Haverford
1997: Donte Abron, McDaniel
1998: Ian Fraser, Haverford
1999: Jason Bernstein, Haverford
2000: Yori Adegunwa, Ursinus
2001: Mike Scanish, Dickinson
2002: Phil Ferraro, Gettysburg

Centennial Conference Outstanding Track Performer

2003: Will Elson, Muhlenberg
2004: Greg Lott, Dickinson
2005: Brandon Evans, Ursinus
2006: Brandon Evans, Ursinus
2007: Ian Ramsey-North, Haverford

Centennial Conference Outstanding Field Performer

2003: John Brodowski, Muhlenberg
2004: Tom Reynolds, Haverford
2005: John Brodowski, Muhlenberg
2006: Broderick Maybank, McDaniel
2007: Joe Awantang, Haverford

Four-Time First-Team All-Centennial Selections (2)

Karl Paranya, Haverford, 800 Meters, 1994-95-96-97
Tom Reynolds, Haverford, Discus, 2002-03-04-05

Three-Time First-Team All-Centennial Selections (19)

Carl Von Tobel, McDaniel, Javelin, 1994-95-96
Victor Carter-Bey, Johns Hopkins, Shot Put, 1994-95-96
Masilo Grant, Haverford, Triple Jump, 1994-96-97
Karl Paranya, Haverford, 1500 Meters, 1995-96-97
Donte Abron, McDaniel, 4 x 100 Relay, 1994-95-97
Anthony O'Hara, Ursinus, Javelin, 1997-98-99
Mike Williams, Gettysburg, Discus, 1998-99-00
Chris Salamone, Dickinson, 100 Meters, 1999-00-01
Mike Scanish, Dickinson, 110 Hurdles, 1998-99-01
Yori Adegunwa, Ursinus, 400 Hurdles, 1999-00-01
Ifeyani Ani, McDaniel, Triple Jump, 2000-01-02
Jim Hayes, Muhlenberg, Javelin, 2000-01-02
David Hose, McDaniel, Shot Put, 2000-01-02
Will Elson, Muhlenberg, 800 Meters, 2000-01-03
John Brodowski, Muhlenberg, High Jump, 2003-04-05
Broderick Maybank, McDaniel, Long Jump, 2004-05-06; Triple Jump, 2003-05-06
Brandon Evans, Ursinus, 100 Meters, 2005-06-07
Jon Brallier, Franklin & Marshall, Pole Vault, 2005-06-07
Joe Awantang, Haverford, Shot Put, 2005-06-07

Centennial Conference Champions

1994: Haverford
1995: Haverford
1996: Haverford
1997: Haverford
1998: Haverford
1999: Haverford
2000: Haverford
2001: Haverford
2002: Haverford
2003: Haverford
2004: Haverford
2005: Haverford
2006: Haverford
2007: Haverford