

2004 ECAC and IC4A Outdoor Championships

Yale University
Yale Track and Field Facility
New Haven, Connecticut
May 13-16



University of
Pennsylvania's
Brian Chaput

2003 NCAA and IC4A
Javelin Champion

Set School and Ivy
Record - 258'2"

University of Connecticut's
Deirdre Mullen

2004 ECAC Indoor High Jump
Champion

Three-Time All-American



THE NATIONWIDE LEADER IN SERVICE™



EASTERN COLLEGE ATHLETIC CONFERENCE

Since its foundation 66 years ago, the ECAC has emerged as the nationwide leader in service. The ECAC will administer 113 championships in 35 men's and women's sports for over 121,000 student-athletes and the officiating bureaus will assign more than 5,000 officials in 15 different sports. The Conference has grown significantly from 58 charter members to today having 321 member institutions in Divisions I, II and III, ranging in location from Maine to North Carolina.

Leadership

Inaugural commissioner Asa S. Bushnell molded the organization from its formation in 1938 to his retirement in 1970. George Schiebler succeeded Bushnell as commissioner from 1970-72, followed by Robert M. "Scotty" Whitelaw (1972-89) and Clayton Chapman (1989-98). Current commissioner Phil Buttafuoco assumed chief administrator duties on July 1, 1998. Under Buttafuoco's leadership, the ECAC is committed to becoming the nation's leader in conference services and to setting the standard by which all others are measured.

Location

The ECAC's headquarters, the Asa S. Bushnell Center, is located in Centerville, Massachusetts on Cape Cod. The picturesque Cape is the site of the annual fall convention and honors dinner as more than 300 athletics administrators attend membership committee meetings, professional seminars, and tournament and affiliate meetings.

History

The ECAC was founded as the Central Office for Eastern Intercollegiate Athletics in 1938. In 1983, one of the most significant events in ECAC history occurred as the Eastern Association of Intercollegiate Athletics for Women (EAIW) was consolidated into the ECAC. With the addition of women's sports, the ECAC doubled its number of championships and greatly increased its membership. Through the years the ECAC has been a leader both regionally, and nationally. Comprising more than 32 percent of the National Collegiate Athletic Association (NCAA) membership, the conference plays an active role in national collegiate athletics policy and legislation. The conference continues to address many of the same issues affecting college athletics in the past while striving to be an industry leader in the 21st century. The ECAC was recently honored with induction to the New England Basketball Hall of Fame for its numerous contributions to the sport of basketball.

Championships

The ECAC administers 113 preseason and postseason events, including the ECAC Collegiate Rowing Series, IC4A cross country and track and field, IFA fencing, EIWA and men's EIGL championships. From 1997 to 2001, the ECAC sponsored conference championships in "endangered" (men's gymnastics, men's water polo) and "emerging" (women's synchronized swimming, women's water polo) sports with funding from the USOC as well as men's wrestling and men's and women's fencing.

Officiating

The ECAC assigns officials in 15 sports in Divisions I, II and III, including baseball, men's and women's basketball, fencing, field hockey, football, men's gymnastics, men's and women's ice hockey, men's and women's lacrosse, men's and women's soccer, softball and wrestling. In addition, the ECAC officiating bureaus provide clinics and workshops, improving the level of officiating and attracting the most qualified collegiate officials. The bureaus assign for both conference and NCAA championships.

Public Relations

The ECAC publicizes the achievements of its member institution's student-athletes through weekly and postseason awards. Annually, the publicity bureau recognizes more than 3,500 student-athletes in the sports of football, field hockey, men's and women's soccer, volleyball, cross-country, ice hockey, men's and women's basketball, baseball, lacrosse and softball. The recognition awards program honors student-athletes, administrators and officials at the fall convention. The promotion and distribution of the prestigious ECAC Lambert Football Poll is another added service by the conference.

Convention and Meetings

The business of the ECAC is conducted at the annual fall convention as well as meetings held each summer, providing the membership opportunities to discuss and vote on conference-wide issues and concerns.

Legislative Services

The ECAC maintains a legislative and compliance service to assist the membership with the application of NCAA and ECAC regulations. The conference sponsors workshops and seminars, processes hardship waivers and facilitates the Collegiate Commissioners Association National Letter of Intent program.

Sponsorships

As a non-profit organization, the ECAC actively pursues relationships with Corporate America to provide support for its programs and services. Through sponsorship, the ECAC enhances championship events for participants while supplementing associated event operation expenses. Conference sponsors may receive, but are not limited to, official access to the membership, television exposure, event signage, event entitlements, tickets and hospitality, and the opportunity to promote volume incentive buying programs to the membership.

Television

ECAC Productions coordinates with institutions, television vendors and broadcast partners to produce and obtain clearances of quality sports programming to promote the conference and its members. Televised sports events include football, men's and women's ice hockey and wrestling. These events are aired through partnerships with regional sports networks including Comcast 8 (CN8), Empire Sports, Time Warner, and CSTV.

Technology

The conference's two Web sites feature real-time management and cutting-edge technology. The nation's leading online officiating system site is a password-protected extranet that allows for real-time access to its membership and officials as changes occur to their schedules. The Conference's main Web site is managed by a custom developed auto-content management system, giving the staff the ability to release conference news as it happens. The site also offers interactive polls and features for the fans. The ECAC is also on the forefront of other Web-based technology including an officials' payment service named OPS.

Internship Program

The prestigious Asa S. Bushnell internship, named after the ECAC's first commissioner and established in 1976, offers students from ECAC institutions hands-on experience in all areas of operation of the nation's largest athletic conference. Former interns proudly represent the ECAC in all fields of the sports industry as directors of athletics, commissioners, broadcasting executives, professional franchise front-office positions, sports information directors and coaches.

Special Events

The ECAC hosts events such as the Eastern College Football Awards Banquet, the ECAC Division I Women's Soccer Classic on Cape Cod, as well as the annual convention and trade show. The ECAC co-hosted the 2004 NCAA Women's Frozen Four in Providence and will host the NCAA Division II Indoor Track and Field Championships at the Reggie Lewis Center again in 2005.

Dear Student-Athletes, Coaches and Fans,

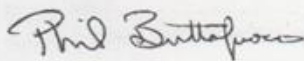
On behalf of the ECAC, I welcome each of you to the 128th annual IC4A and 21st annual ECAC Outdoor Track and Field Championships. We are pleased to partner with Yale University to host this weekend's event. Our relationship with the Yale University athletic department will provide the student-athletes a first-class event in a first-class venue.

As the ECAC continues through its 66th year, I am proud of the commitment the conference has made to the Intercollegiate Association of Amateur Athletics of America (IC4A) and to the sport of track and field. Our partnership with the IC4A, the oldest and most prestigious collegiate cross country and track and field organization in the United States, has afforded both organizations increased opportunities and enhanced experiences for our student-athletes. Host of championships for 128 years, the IC4A is dedicated to promoting and developing the growth of track and field. Together, we continue to seek new ways to fulfill the ECAC mission of initiating, stimulating and improving intercollegiate athletics programs. I take pride in our association, the progress we have made and the direction we are heading.

I salute the former ECAC and IC4A student-athletes who have distinguished themselves in past competitions and those who will strive for excellence this weekend.

For championship results, visit www.ecac.org.

Enjoy the event.



Philip A. Buttafuoco
Commissioner of the ECAC

Tee's Plus, an official licensee of the ECAC, will be on-site throughout the championships to provide official event apparel.



AN AFFILIATE OF THE ECAC

Eastern College Athletic Conference

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www.ecac.org

ECAC Staff

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Asst. Comm./Business AffairsKyle Kravchuk
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Coordinator for Strategic Marketing & Business
DevelopmentTim Cohane
Coordinator for ChampionshipsKelly Gilligan
Executive Assistant to the Commissioner ..Marian Gibson
Asa S. Bushnell InternCasey Denis
Asa S. Bushnell InternTim Howlett
Asa S. Bushnell InternTrevor MacDonald
Asa S. Bushnell InternAlbert Mayer
Asa S. Bushnell InternKristy McNeil

**A special thank you to
Yale University for hosting the 2004
ECAC/IC4A Outdoor Track
Championships**



The ECAC and IC4A Outdoor Track and Field Championships

2004 SCHEDULE OF EVENTS

Thursday, May 13

IC4A Decathlon	1:00 p.m.
ECAC Heptathlon	1:30

Friday, May 14

IC4A Decathlon	11:00 a.m.
ECAC Heptathlon	1:30 p.m.
ECAC Discus Throw	5:00
IC4A 3,000 Steeplechase	5:00
ECAC 3,000 Steeplechase	5:25
ECAC 5,000	5:45
IC4A 5,000	6:05
ECAC 10,000	6:30
IC4A 10,000	7:15

Saturday, May 15

ECAC Hammer Throw	10:00 a.m.
ECAC 4x100 Relay - Trials	10:30
ECAC 1,500 Trials	10:50
ECAC Pole Vault	11:00
ECAC 100 Hurdles - Trials	11:15
ECAC 100 Meter Trials	11:35
ECAC 400 - Trials	12:00 p.m.
ECAC 100 Hurdle - Semis	12:25
ECAC 100 Meter - Semis	12:35
ECAC Javelin Throw	12:00
ECAC Long Jump	12:00
ECAC 800 - Trials	12:50
IC4A Hammer Throw	1:00
ECAC 400 Hurdle - Trials	1:20
ECAC 200 - Trials	1:40
ECAC 4x800 Relay - Trials	2:00
ECAC 4x400 Relay - Trials	2:20
IC4A Long Jump	3:00
IC4A Pole Vault	3:00
IC4A 4x100 - Trials	3:00
IC4A 1,500 - Trials	3:20
IC4A 110 High Hurdle - Trials	3:45
IC4A Discus Throw	4:00
IC4A 400 - Trials	4:05
IC4A 100 - Trials	4:30
IC4A 800 - Trials	4:50
IC4A 400 Intermediates - Trials	5:20
IC4A 200 - Trials	5:40
IC4A 4x800 - Trials	6:00
IC4A 4x400 - Trials	6:20

Sunday, May 16

ECAC High Jump	10:30 a.m.
IC4A Javelin Throw	10:30
IC4A Shot Put	10:30
IC4A Triple Jump (Straightway)	11:00
ECAC 4x100 Relay	12:00 p.m.
IC4A 4x100 Relay	12:10
ECAC 1,500	12:15
IC4A 1,500	12:25
ECAC Triple Jump (End Zone Pit)	12:30
IC4A 110 High Hurdles	12:40
ECAC 100 Hurdles	12:50
ECAC 400	1:00
IC4A 400	1:05
ECAC 100	1:15
IC4A 100	1:25
ECAC Shot Put	1:30
IC4A High Jump	1:30
ECAC 800	1:35
IC4A 800	1:40
ECAC 400 Hurdles	1:55
IC4A 400 Hurdles	2:05
ECAC 200	2:15
IC4A 200	2:20
ECAC 3,000	2:30
ECAC 4x800 Relay	2:55
IC4A 4x800 Relay	3:10
ECAC 4x400 Relay	3:20
IC4A 4x400 Relay	3:30

Presentation of Awards to follow the last event



Iona College sophomore Richard Kiplagat won the 2003 IC4A Outdoor 1500 meter Championship. Most recently, he finished third in the 5,000 meter at the 2004 NCAA Indoor Track & Field Championship



INTERCOLLEGIATE ASSOCIATION OF AMATEUR ATHLETES OF AMERICA

Founded in 1876

2004 IC4A EXECUTIVE COMMITTEE

Irwin Cohen, Chair
Phil Buttafuoco, Secretary/Treasurer, ECAC
John Kane, Boston College
Mike Cross, Princeton University
Jack McDonald, Quinnipiac University
Patricia Nicol, Southern Connecticut State
Kevin Quinn, St. Joseph's
Steve Bartold, IC4A Track Administrator

IC4A MEMBER INSTITUTIONS

Adelphi (II)	Fordham	Merchant Marine (III)	St. Francis (Pa.)
Albany	Gardner-Webb	Monmouth	St. John's
Army	George Mason	Montclair St. (III)	St. Joseph's
Bates (III)	George Washington	Morgan St.	St. Peter's
Bentley (II)	Georgetown	Mount St. Mary's	Seton Hall
Binghamton	Hartford	Navy	Siena
Boston College	Harvard	New Hampshire	Southern Conn. St. (II)
Boston U.	Hofstra	New Haven (II)	Stonehill (II)
Brandeis (III)	Holy Cross	Col. of New Jersey (III)	Stony Brook
Brown	Hunter (III)	New York Tech (II)	Syracuse
Bucknell	Iona	New York U. (III)	Temple
Buffalo	James Madison	Northeastern	Towson
C.W. Post (II)	La Salle	Notre Dame	Tufts (III)
Central Conn. St.	Lafayette	Pace (II)	UNC Wilmington
Colgate	Lehigh	Pennsylvania	Villanova
Columbia	Liberty	Penn St.	Virginia
Connecticut	Lincoln (III)	Pittsburgh	Va. Commonwealth
Coppin St.	Long Island	Princeton	VMI
Cornell	Loyola	Providence	Wagner
Dartmouth	Maine	Quinnipiac	West Chester (II)
Delaware	Manhattan	Rhode Island	William & Mary
Delaware St.	Marist	Richard Stockton (III)	Yale
Duke	Maryland	Rider	
Duquesne	UMBC	Robert Morris	
East Carolina	Massachusetts	Rutgers	
Fairfield	MIT (III)	Sacred Heart	
Fairleigh Dickinson	Mass.-Lowell (II)	St. Francis (N.Y.)	

The ECAC and IC4A Outdoor Track and Field Championships

COACHES OF IC4A MEMBER COLLEGES

Adelphi	Joe Bonvicino	Monmouth	Joe Compagni, Dan Bertolami, Abraham Flores,
Albany	Roberto Vives, Craig McVey		Brian Hirschblond, Stefanie Scalessa
	David Herrington, Mike Lauderdale, Craig McVey, Dana Ostrander,	Montclair State	Bennie Benson
	Jennifer Petersen, Rodney Wiltshire, Jeff York	Morgan State	Neville G. Hodge, Dawnnette Douglas
Army	Jerry Quiller, Knut Hjeltnes, Scott Richardson, Joe Rogers	Mount St. Mary's	Jim Deegan, Jim Stevenson, Jason Anderson, Morgan Lisby
Bates	Al Fereshetian, Kirk Zwick		Antonio Morales
Bentley	Ed Lyons, Darrin Kuykendall, Suzy Walsh	Navy	Steve Cooksey, Al Cantello, Larry Bartels
Binghamton	Mike Thompson, Annette Acuff, Chris Bostwick	New Hampshire	Jim Boulanger, Casey Carroll, Robert Hoppler,
	Jewdyer Osborne, Karl Williams, Wally Yelverton		Tim King, Nicole Way
Boston College	Randy Thomas, Michelle Ave, John Buckley	New Haven	John Sagnelli
	Walter Curry, Kathy Fleming, Dan LeFevre	College of New Jersey	Steve Dolan
Boston University	Pete Schuder, Bruce Lehane	New York Tech	Warren Bratter, Howard Burnett,
Brandeis	Jean Cann, Sandra Maddocks, Jean Olds, Mark Reyblat		Mike Gibson, Berris Long, Tony Perrone
Brown	Robert Johnson, John Gregorek, Ron Flynn	N. Y. U.	Nicholas McDonough
	Anne Rothenberg, Rick Wemple	UNC Wilmington	Jim Sprecher, Jasmin Alverson, Sam Bobbitt,
Bucknell	Kevin Donner, Joe Klim, Jim Knight		Bob Berke, Jacquie Grimes,
	Bob Schanbacher, Sara Vargo, Scott Weiser, Mario Wilson	Northeastern	Sherman Hart, Brenner Abbott, Dion Gardner,
Buffalo	Perry Jenkins, Gerry Diaz, Jack Hartman		Richard Hart, Lisa Markland
C.W. Post	Andrew Young, Kelvin Campbell, Jim Heizman	Notre Dame	Joe Plane, Tim Connelly, John Millar, Scott Winsor
Central Connecticut State	George Kaweck, Thomas Cieslowski, Tim Longacre	Pace	
Colgate	Laura Nardello, Art McKinnon, Bernie Empie, Stephen Gibbons	Penn State	Harry Groves, Andrew Hardyk, Bill Whittaker
Columbia	Willy Wood, Veit Do, Scott Dyer, Craig Lake, Jeff Petersmeyer	Pennsylvania	Charlie Powell, Jaimie Cook, John Gorham,
Connecticut	Greg Roy, Ted Gibbons, Rich Miller		Sean Macmillan, John Taylor
Coppin State	Ernest Barrett	Pittsburgh	Alonzo Webb, Greg Jack, Wadde Freeman, Dorel Watley
Cornell	Nathan Taylor, Robert Johnson Mark Bilyk, Richard Bowman,		Allison Williams
	Andre Smith	Princeton	Fred Samara, Mike Brady, Marc Anderson
Dartmouth	Barry Harwick, Carl J. Wallin	Providence	Ray Treacy, Nick Jackson
Delaware	James Fischer, Kevin Fauntleroy, Mark Fields Nadine Marks,	Quinnipiac	Shane Green, Ed O'Connor, Christine Gilmartin, Roy Harrison
	Larry Pratt, Chris Watson	Rhode Island	John Copeland, Derek Yush
Delaware State	Duane Henry	Richard Stockton College	Bill Preston
Duke	Norm Ogilvie, Linda Bluetrich, Kim Graham, Jan Ogilvie, Scott Still	Rider	Bill Hodge, Bob Hamer, Phil Jennings
Duquesne	Jim Lear	Robert Morris	Michael Smith, Drew Dersheimer
East Carolina	Bill Carson, Len Klepack	Rutgers	Mike Mulqueen, Jim McHugh, Tony Naclerio
Fairfield		Sacred Heart	Christian Morrison, Heather Crosby,
Fairleigh Dickinson	Sharlene Milwood-Lee, Robert Brady		Todd Linder, Jennifer Rice, Steven Santoli
Fordham	Tom Dewey, Vince Forte, Mike Galanka	St. Francis (N.Y.)	Errol Anderson, Phyllis Anderson
Gardner-Webb	Brian Fetzner		Thomas Dunn, Chris Mills
George Mason	Dalton Ebanks, Rob Farias, Jim Santos, Mario Vernon-Watson	St. Francis (Pa.)	Scott Catone, Michael Adams, Wayne Sherlock
George Washington	Deb Cane	St. John's	Jim Hurt, Tom Farrell, Pete Zinno
Georgetown	Ron Helmer, Hank Bradley, Dave Davis,	St. Joseph's	Mike Glavin, Bob Hamer
	Patrick Henner, Miesha Marzell	St. Peter's	
Hartford	Kathy Manizza	Seton Hall	John Moon, Chris Egger, Andrew Dean-Neil,
Harvard	Frank Haggerty, Walt Johnson, Michael Jordan,		Charles Mays, Lisa Morgan
	Paul Turner, John Walker,	Siena	Jim Bowles, Joann Spinelli
Hofstra	Jim Sewell	Southern Connecticut State	Jack Maloney, Art Kadish, Bill Sutherland,
Holy Cross	Jim Kavanagh, Egetta Alfonso, John Hoogasian,		Wil Wright
	Pete Mariani, Bruce Stearns	Stonehill	Karen Boen, Jeremy Ng
Hunter	Damion Jones	Stony Brook	Andy Ronan
Iona	Mick Byrne, Joe Dula	Syracuse	Andy Roberts, Allen Bradd, Jennifer Hartshorn, Kebba Tolbert
James Madison	Bill Walton, Kelly Cox, Tom Jeffrey, Dave Rinker	Temple	George Phillips, Franklin O. Harwell
La Salle	Charles Torpey, Joyce Jellig, Eric Mobley	Towson State	Roger Erricker, James Bell, John Govern,
Lafayette	Julio Piazza, Michelle Curcio, Joe Donahue, Joe Samaritano,		Joe Henderson, Herb Lynch
Lehigh	Matt Utesch, Todd Etters, Ed Moore, Ernest Moss,	Tufts	Connie Putnam, Patrick DiNino, Peter Loeb
	J. Colin Reardon, Debbie Utesch	Villanova	Marcus O'Sullivan, Gina Procaccio, George Reynolds,
Liberty	Brant Tolsma, Josh Jones, Todd Pettyjohn,		Anthony Williams
	Amy Rodriguez, Clark Zealand	Virginia	Randy Bungard, Buz Male, Kim Graham
Lincoln	Cyrus Jones, Juan Edney, Clive Terrelonge	Virginia Commonwealth	Julian Spooner, Mont Linkenauger
Long Island	Julia Sandiford	Virginia Military Institute	Mike Bozeman, Paul Spangler,
Loyola	Sean Moran		Ermelinda Spies, Darrin Webb
Maine	Jim Ballinger, Mark Lech, Roland Ranson	Wagner	Joseph Stasi, Jennifer Rice
Manhattan	Dan Mecca, Sam Burroughs, Pontius Lundvist, Lauren Primerano	West Chester	Kevin Kelly, Rebecca Grube-Eberly, Rob Jones, Jeff Markle
Marist	Pete Colaizzo, Phil Kelly, Charles Williams	William & Mary	Dan Stimson, Emil Davis,
Maryland	Andrew Valmon, Dan Rincon, Roland Desonier,		Viet Do, Renna Toniste
	Tony Gorham, Donald Thomas	Yale	David Shoehalter, Dan Ireland, Marc Davis, Bruce Hescocock,
UMBC	David Bobb, Rob Slade		Mark Young (Director)
Massachusetts	Ken O'Brien, Abtoinette O'Carroll, Bob Otrando		
MIT	Halston Taylor, Akin Aina, Todd Chamoy, Adam Horst		
Mass.-Lowell	Gary Gardner, Mike Ekstrand, Casey Lerner,		
	Barbara Smith, Melissa Sullivan		
Merchant Marine Academy	Yolanda Flamino, Carlton Cotner, James Kramer		

2003-04 IC4A COACHES' ASSOCIATION OFFICERS

President	Nathan Taylor, Cornell
First Vice President	Jerry Quiller, US Military Academy
Second Vice President	Joe Compagni, Monmouth University
Third Vice President	Mike Glavin, St. Joseph's
Secretary-Treasurer	Jim Hurt, St. John's
Ex-Officio	Art McKinnon, Colgate; Norm Ogilvie, Duke

2004 ECAC and IC4A Officials

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Steve Bartold

ECAC MEET DIRECTOR

Tom Meagher

HONORARY MEET DIRECTOR

Larry Byrne

ECAC CHAMPIONSHIPS COORDINATOR

Kelly Gilligan

ASSISTANT MEET DIRECTOR

Mark Young - ECAC

Dave Shoehalter - IC4A

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Steve Bartold

Larry Byrne

Irwin Cohen

Jim Hurt

Jerry Quiller

Bob Rothenberg

David Shoehalter

Nathan Taylor

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Lou Duesing

Gwen Harris

Sue McGrath Powell

Mark Young

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Bernice DeMello

RESULTS COORDINATION

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Barbara Gaulien

CLERK OF OFFICIALS

Bonnie Sullivan, Chief

Barbara Gaulien

PRESS RELATIONS

Heidi Kravchuk, ECAC

REFEREES

IC4A

Irwin Cohen, Running

Ed Gorman, Field events

ECAC

Ed Callahan, Running

Ken Yerger, Field events

MULTI EVENTS

Ed Callahan

PHOTO TIMING - LANCER TIMING

Rick Berryman

Rich Nagy

Jamie Berryman

STARTERS

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Thomas McTaggart

Diane Wright

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Larry Newman

Murray Peyton

UMPIRES ECAC/IC4A

Andrew McCray, Chief

Peter DeMarco

William Eisenring

James O'Leary

Frederick Sieger

CLERKS ECAC/IC4A

Edward Koch, Chief

Bob Fontaine, Asst. Chief

Matthew Cola

Ronald McLean

Warren Ring

Crawford Sabin

AWARDS

Leonard Christian, Chief

Barbara Gaulien

Karen Guy

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Sarah Nikiforow, Chief

Father Barry

Barry Baiardi

Joyce Baiardi

Debbie Conklin

Don Conklin

KEEPER OF THE LAPS

Tim Bertaccini

WIND GAUGE OPERATORS

Maritza O'Connell

Kelly Aman

MULTI EVENTS

Claire Koegler, Chief - Hept.

Dorothy Moritz, Chief - Dec.

Rob Doran

Roy Drier (PV)

Yvonne Grimes

Bill Mongovan (Jav)

Mike Sullivan

Michael "Max" Tucker

Alomona Monique White

Kenneth Yerger

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Bruce Hescocock

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Earl C. Williams, Chief

James Adderly

Bill Ballou

Charles Bradford

TJ Martino

Alomona Monique White

ECAC DISCUS THROW

Edward Bennett, Chief

Alomona Monique White, Asst. Chief

Jim Herbert

Normand Moreau

Mike Wolak

IC4A HAMMER THROW

Bill Crowther, Chief

Edward Bennett, DDS

Normond Moreau

Mike Wolak

Alomona Monique White

ECAC HAMMER THROW

Bill Crowther, Chief

Edward Bennett DDS

Normond Moreau

Mike Wolak

Alomona Monique White

IC4A JAVELIN THROW

Bill Mongovan, Chief

Andy Boyajian

Cindy Latham

TJ Martino

Ray Siegrist

Mike Wolak

ECAC JAVELIN THROW

Bill Mongovan, Chief

Andy Boyajian

Cindy Latham

TJ Martino

Marla Mondera

IC4A HIGH JUMP

Dick Mann, Chief

Andy Boyajian

Michael "Max" Tucker

Dr. Reginald Weissglas

ECAC HIGH JUMP

Dick Mann, Chief

Michael "Max" Tucker

Dr. Reginald Weissglas

IC4A LONG JUMP

Dave Rizzo, Chief

Michael "Max" Tucker, Asst. Chief

James Herbert

Marvin Johnson

Gus Young

ECAC LONG JUMP

Jerry Carpenter, Chief

Carole Carpenter

Jim Herbert

Marvin Johnson

Michael "Max" Tucker

Gus Young

IC4A POLE VAULT

Edward Slade, Chief

Roy Drier, Asst. Chief

Bernard Freedman

Tom Heisey

Fred Zaccagnini

Mike Sullivan

Dr. Reggie Weissglas

ECAC POLE VAULT

Edward Slade, Chief

Roy Drier, Asst. Chief

Bernard Freedman

Tom Heisey

Fred Zaccagnini

Mike Sullivan

Reggie Weissglas

IC4A SHOT PUT

Earl Williams, Chief

Ed Bennett, Asst. Chief

James Adderly

William Ballou

Charles Bradford

Normond Moreau

ECAC SHOT PUT

Earl Williams, Chief

Ed Bennett, Asst. Chief

James Adderly

William Ballou

Charles Bradford

Normond Moreau

IC4A TRIPLE JUMP

Dave Rizzo, Chief

Jim Herbert

Mike Sullivan

Gus Young

ECAC TRIPLE JUMP

Monique White - Archer, Chief

Jerry Carpenter, Asst. Chief

Carole Carpenter

Marvin Johnson

Fred Zaccagnini

The 21st ECAC and 128th IC4A Outdoor Track & Field Championship program was produced by the Eastern College Athletic Conference and edited by Casey Denis, ECAC Asa S. Bushnell Intern. Special thanks to contributors Larry Byrne, Bernice DeMello, Steve Bartold, Walter Murphy of "Eastern Track," the University of Pennsylvania Sports Information Office and the University of Connecticut Sport Information Office.

The ECAC and IC4A Outdoor Track and Field Championships

IC4A OUTDOOR RECORDS

100 Meters

2003 IC4A Champion	10.47	---	Frimpong-Boateng, UMass	
IC4A Meet Record	10.20	--	Lee McRae, Pittsburgh	87
IC4A Collegiate	10.07	--	McRae	87
Martin Dwyer Track	10.29	--	Chris Lambert, Harvard	03
Collegiate	9.90	--	Ato Bolton, UCLA	96
American Collegiate	9.93	--	Calvin Smith, Alabama	83
American	9.78	--	Tim Montgomery, Nike	02
World	9.78	--	Montgomery, USA	02

200 Meters

2003 IC4A Champion	21.13	---	Cameron Horton, Long Island	
IC4A Meet Record	20.63	---	David Bobb, MD-Balt. Cnty	97
IC4A Collegiate	20.13	--	Elliott Quow, Rutgers	83
Martin Dwyer Track	20.72	--	Steve Morgan, Princeton	87
Collegiate	19.75	--	Joe DeLoach, Houston	88
American	19.32	--	Michael Johnson, Nike	96
World	19.32	--	Johnson, USA	96

400 Meters

2003 IC4A Champion	46.10	--	Joe Mendel, Connecticut	
IC4A Meet Record	45.11	--	Kevin Lyles, Seton Hall	95
IC4A Collegiate	43.97	--	Larry James, Villanova	68
Martin Dwyer Track	45.32	--	Howard Burnett, NY Tech	90
Collegiate	43.50	--	Quincy Watts, So Calif.	92
American	43.18	--	Michael Johnson, Nike	99
World	43.18	--	Johnson, USA	99

800 Meters

2003 IC4A Champion	1:49.22	--	Jesse O'Connell, Georgetown	
IC4A Meet Record	1:45.34	--	Tom McLean, Bucknell	76
IC4A Collegiate	1:43.92	--	John Marshall, Villanova	84
Martin Dwyer Track	1:48.84	--	Ricardo Siqueria, BU.	90
Collegiate	1:41.77	--	Joaquim Cruz, Oregon	84
American Collegiate	1:43.74	--	Earl Jones, Eastern Mich.	84
American	1:42.60	--	Johnny Gray, S.Monica TC85	
World	1:41.11	--	Wilson Kipketer, Denmark	97

1,500 Meters

2003 IC4A Champion	3:43.58	--	Richard Kiplagat, Iona	
IC4A Meet Record	3:37.41	--	Sidney Maree, Villanova	79
IC4A Collegiate	3:31.71	--	Abdi Bile, George Mason	87
Martin Dwyer Track	3:40.60	--	Greg Whiteley, Brown	88
Collegiate	3:30.56	--	Bernard Lagat, Wash. St	99
American Collegiate	3:33.10	--	Jim Ryun, Kansas	67
American	3:29.77	--	Maree, Puma	85
World	3:26.00	--	Hicham El Guerrouj, Mor.	98

3,000 Meter Steeplechase

2003 IC4A Champion	8:49.16	--	Jochen Dieckfoss, Boston Univ.	
IC4A Meet Record	8:29.80	--	Kieran Stack, Iona	86
IC4A Collegiate	8:21.26	--	J. Gregorek, Georgetown	81
Martin Dwyer Track	8:41.49	--	Ray Pugsley, Dartmouth	92
Collegiate	8:05.40	--	Henry Rono, Wash. St	78
American Collegiate	8:10.69	--	Mark Croghan, Ohio State	91
American	8:09.17	--	Henry Marsh, Athletics W.	85
World	7:55.28	--	Brahim Boulami, Morocco	01

5,000 Meters

2003 IC4A Champion	14:01.85	--	Peter Riley, Iona	
IC4A Meet Record	13:27.07	--	Sidney Maree, Villanova	79
IC4A Collegiate	13:20.63	--	Maree	79
Martin Dwyer Track	13:45.69	--	J. Trautmann, Georgetown	90
Collegiate	13:08.40	--	Henry Rono, Wash. St	78
American Collegiate	13:14.80	--	Bill McChesney, Oregon	81
American	12:58.21	--	Bob Kennedy, Nike	96
World	12:39.36	--	H. Gebrselassie, Ethiopia	98

10,000 Meters

2003 IC4A Champion	29:38.36	--	Ryan Sheehan, St. Francis - PA	
IC4A Meet Record	28:58.36	--	Stephen Ondieki, FDU	00
IC4A Collegiate	27:43.76	--	Geoff Smith, Providence	81
Martin Dwyer Track	29:33.61	--	Chris Schille, Brown	87
Collegiate	27:22.47	--	Henry Rono, Wash. St	78
American Collegiate	27:38.50	--	Dathan Ritzenhein, Co.	04
American	27:13.98	--	M. Keflezighi, Nike TC	01
World	26:22.75	--	H. Gebrselassie, Ethiopia	98

110 Meter Hurdles

2003 IC4A Champion	14.12	--	David Klics, Rutgers	
IC4A Meet Record	13.53	--	William Skinner, Maryland	86
IC4A Collegiate	13.00	--	R. Nehemiah, Maryland	79
Martin Dwyer Track	13.91	--	Randy Cox, Pennsylvania	87
Collegiate	13.00	--	Nehemiah	79
American	12.92	--	R. Kingdom, Team adidas	89
--and--	---	--	Allen Johnson, Nike	96
World	12.91	--	C. Jackson, Great Britain	93

400 Meter Hurdles

2003 IC4A Champion	50.14	--	Nicholas O'Brien, Villanova	
IC4A Meet Record	48.80	--	Kareem Acher, Villanova	97
IC4A Collegiate	48.69	--	Mike Shine, Penn State	79
Martin Dwyer Track	49.67	--	A. Valentine, Villanova	88
Collegiate	47.10	--	Samuel Matete, Auburn	91
American Collegiate	47.45	--	Edwin Moses, Morehouse	77
American	46.78	--	Kevin Young, Foot Locker	92
World	46.78	--	Young, USA	92

4 x 100 Meter Relay

2003 IC4A Champion	40.72	--	George Mason (Sammy Sesay, Serge Bengono, Henry Harris, Richard Phillips)	
IC4A Meet Record	39.59	--	East Carolina (Eugene McNeill, Lee McNeill, Kelvin Wrighton, Jon Lee), 87	
IC4A Collegiate	39.15	--	East Carolina (same team as above), 87	
Martin Dwyer Track	39.86	--	East Carolina (Eugene McNeill, Lee McNeill, Kelvin Wrighton, -- Robinson), 88	
Collegiate	38.04	--	Texas Christian (Bryan Howard, Jarmine Holloway, Syan Williams, Percy Spencer), 5Jun98	
American	37.40	--	US National Team (Mike Marsh, Leroy Burrell, Dennis Mitchell, Carl Lewis), 8Aug92	
--and--	37.40	--	US National Team (John Drummond; Andre Cason, Dennis Mitchell, Leroy Burrell), 21Aug93	
World	37.40	--	US National Team, 8Aug92	
	37.49	--	US National Team, 21Aug93	
		--	(same teams as above)	

4 x 400 Meter Relay

2003 IC4A Champion	3:09.65	--	St. John's (Ashawn Knight, Kanu Mohammed, Andy Mitchell, DeWayne Barrett)	
IC4A Meet Record	3:04.11	--	East Carolina (Lawrence Ward, Damon Davis, Darrick Ingram, Mike Miller), 23May99	
IC4A Collegiate	3:02.78	--	George Mason (Louis McDonald 47.5; Louis Sales 45.2; Alex Morgan 46.7; Greg Houghton 44.1) 3Jun95	
Martin Dwyer Track	3:08.30	--	East Carolina (Davis, Owens, Cheek, Brooks), 1990	
Collegiate	2:59.91	--	UCLA (Steve Lewis 45.0; Kevin Young 44.4; Danny Everett 45.3; Henry Thomas 45.2) 4Jun88	
American	2:54.20	--	US Team (Jerome Young 44.3; Antonio Pettigrew 43.2; Tyree Washington 43.5; Michael Johnson 43.2), 22Jul98	
World	2:54.20	--	US Team (Same team as above) 98	

IC4A OUTDOOR RECORDS

4 x 800 Meter Relay

2003 IC4A Champion, 7:25.61, Georgetown (Ali Najjar, Tom Manning
Nat Glackin, Jesse O'Connell)
IC4A Meet Record, 7:19.94, George Mason, 1997
IC4A Collegiate, 7:11.17, Penn State (Vance Watson 1:49.3;
Steve Shister, 1:47.9; Chris Mills 1:48.5; Randy Moore 1:45.6) 27Apr85
Martin Dwyer Track Not available
Collegiate, 7:08.96, Arizona St (Pete Richardson 1:47.5;
Eddie Davis, 1:47.8; Treg Scott 1:48.1; Mike Stahr 1:45.6) 7Apr84
American, 7:06.5, Santa Monica TC (James Robinson 1:49.8;
David Mack 1:46.7; Earl Jones 1:45.1; Johnny Gray 1:44.8) 26Apr86
World, 7:03.80, Great Britain (Peter Elliott 1:49.14; Garry
Cook 1:46.20; Steve Cram 1:44.54; Sebastian Coe 1:44.01) 30Aug82

High Jump

2003 IC4A Champion 7-0.25 (2.14) Anthony Butler, Rutgers
IC4A Meet Record -7-6 (2.29) Tony Barton, George Mason 90
IC4A Collegiate -7-7 (2.31) Barton 90
-and- Tora Harris, Princeton 02
Martin Dwyer Track -7-6 (2.29) Barton 90
Collegiate -7-10 (2.39) Hollis Conway, SW Louisiana89
American -7-10.5 (2.40) Charles Austin, Unattached91
World -8-0.5 (2.45) Javier Sotomayor, Cuba 93

Pole Vault

2003 IC4A Champion 17-0 (5.18) Brad Bowery, Brown
IC4A Meet Record -18-1.25 (5.52) Istvan Bagyula, Geo. Mason92
IC4A Collegiate -19-5 (5.92) Bagyula 91
Martin Dwyer Track -17-6.25 (5.34) John Finney, Maryland 88
Collegiate -19-7.5 (5.98) Lawrence Johnson, Tenn.96
American -19-9.25 (6.03) Jeff Hartwig, Nike 01
World -20-1.75 (6.14) Sergey Bubka, Ukraine 94

Long Jump

2003 IC4A Champion 24-7 (7.49) Brandon Howard, W. Virginia
IC4A Meet Record -26-10.5 (8.19) Ray Humphrey, Gtown 88
IC4A Collegiate -26-11.75 (8.22) D.D. Manns, JMU 88
Martin Dwyer Track -26-10.5 (8.19) Humphrey 88
Collegiate -28-8.25 (8.74) Erick Walder, Arkansas 94
American -29-4.5 (8.95) Mike Powell, Footlocker 91
World -29-4.5 (8.95) Powell, USA 91

Triple Jump

2003 IC4A Champion 49-9 (15.16) Adeniyi Omisore, Manhattan
IC4A Meet Record -53-11.25 (16.45) N. Cooper, Villanova 78
IC4A Collegiate -56-1.25 (17.10) Cooper 79
Martin Dwyer Track -Not available
Collegiate -58-7.25 (17.86) C. Simpkins, Baptist 85
American -59-4.5 (18.09) Kenny Harrison, Nike 96
World -60-0.25 (18.29) Jon Edwards, G. Brit 95

Shot Put

2003 IC4A Champion 57-6.25 (17.53) Josh Russell, Wagner
IC4A Meet Record -65-8.25 (20.02) August Wolf, Princeton 83
IC4A Collegiate -67-2 (20.47) Wolf 83
Martin Dwyer Track -63-11.5 (19.49) C.J. Hunter, Penn State 90
Collegiate -72-2.25 (22.00) John Godina, UCLA 95
American -75-10.25 (23.12) Randy Barnes, Mazda 90
World -75-10.25 (23.12) Barnes 90

Discus

2003 IC4A Champion 193-8 (59.03) Sam Segond, Rutgers
IC4A Meet Record -193-8 (59.03) Segond 03
IC4A Collegiate -210-7 (64.18) T.Washington, Syracuse 89
Martin Dwyer Track -194-10 (59.38) Washington 89
Collegiate -219-6 (66.91) Gabor Mate, Auburn 00
American Collegiate -218-5 (66.58) Kamy Keshmiri, Nevada 91
American -237-4 (72.34) B.Plucknett, So Cal Striders85
World -243-0 (74.08) Jurgen Schult, G.D.R. 86

Hammer

2003 IC4A Champion 212-7 (64.80) Vinny Tortorella, Northeastern
IC4A Meet Record -243-2 (74.12) Kevin McMahon, Georget. 95
IC4A Collegiate -245-1 (74-70) McMahon 95
Martin Dwyer Track -224-2 (68.34) James Driscoll, Yale 87
Collegiate -270-10 (82.56) Balazs Kiss, So. Calif. 95
American Collegiate -257-0 (78.34) Ken Flax, Oregon 86
American -270-9 (82.52) Lance Deal, New York AC 96
World -284-7 (86.74) Yurly Syedikh, U.S.S.R. 86

Javelin (New Implement)

2003 IC4A Champion 238-1 (72.58) Brian Chaput, Pennsylvania
IC4A Meet Record -246-1 (75.02) Chris Athanasia, Yale 88
IC4A Collegiate -258-2 (78.70) Chaput 03
Martin Dwyer Track -246-1 (75.02) Athanasia 88
Collegiate -292-4 (89.10) Patrik Boden, Texas 90
American Collegiate -273-3 (83.30) Tom Pukstys, Florida 90
American -285-10 (87.12) Pukstys, adidas 97
World -323-1 (98.48) Jan Zelezny, Czech Rep 96

Decathlon

2003 IC4A Champion 7,552 points, Will Thomas, Connecticut
IC4A Meet Record -7,732 points, Rob Muzzio, George Mason85
(11.18,21-7.75,51-9.25, 6-5.5, 50.02; 15.15, 149-1, 14-6.75, 193-8, 4:38.93)
IC4A Collegiate -8,306 points, Bill Motti, Mount St Mary's 85
(11.03,25-0.5,49-7, 7-1, 48.43; 14.75, 150-10, 14-5.25, 207-11, 4:43.06)
Martin Dwyer Track -7,086 points, Barry Walsh, Penn State 90
Collegiate -8,463 points, Tom Pappas, Tennessee 99
(10.75,24-8.25,50-2.5, 6-11.5, 49.01; 14.33, 159-8, 16-4.75, 208-5, 5:02.42)
American -8,891 points, Dan O'Brien, Reebok 92
(10.43w,26-6.25,54-9.25, 6-9.5, 48.51; 13.98, 159-4, 16-4.75, 205-4,
4:42.10)
World -9,026 points, Roman Sebrle, Czech Republic 01
(10.64, 26-7.25, 50-3.5, 6-11.5, 47.79; 13.92, 157-3, 15-9, 230-2, 4:21.98)



Manhattan's senior Thomas Jacob Freeman is ranked first in the nation in the Collegiate Hammer Throw.

Our thanks to Walter Murphy of "EASTERN TRACK" and Larry Byrne for assistance in compiling these records

RECAPING THE 2003 IC4A OUTDOOR CHAMPIONSHIPS RESULTS

William Weaver Stadium - Princeton University
Princeton, New Jersey - May 15-18, 2003

2003 FINAL TEAM STANDINGS

1. West Virginia	48
2. Princeton	47
3. Rutgers	41
Connecticut	41
5. Long Island	37
6. Manhattan	34
7. Georgetown	33
8. Pennsylvania	32
William & Mary	32
10. Army	28.33
11. Brown	28
George Mason	28
13. Lehigh	26
14. Syracuse	25
15. Villanova	23
Northeastern	23
17. St. John's	21
18. Iona	20
19. Liberty	19
20. Cornell	18.83
21. Pittsburgh	18.50
22. St. Francis (Pa.)	18
St. Joseph's	18
24. Dartmouth	17
25. Duke	16.50
26. Boston U.	12
Bucknell	12
28. Robert Morris	11
Seton Hall	11
La Salle	11
31. Massachusetts	10
Wagner	10
33. Fairleigh Dickinson	9
34. Rhode Island	8
Yale	8
Navy	8
37. VMI	7
38. Rider	6
Delaware St.	6
Colgate	6
41. Holy Cross	5
Monmouth	5
43. Maryland	4
Lafayette	4
45. Delaware	2.50
46. Mt. St. Mary's	2
Temple	2
48. Southern Conn. St.	1.33
49. Coppin St.	1
Tufts	1
Virginia	1

100 METERS

1. Kwesi Frimpong-Boateng, Massachusetts, 10.47; 2. Cameron Horton, Long Island, 10.57; 3. Serge Bengono, George Mason, 10.58; 4. Carlos Bedoya, Villanova, 10.67; 5. Adam Grossman, UMBC, 10.73; 6. Justin Wotus, Robert Morris, 10.77; 7. William White, West Virginia, 10.78; 8. Rahim Wooley, Cornell, 10.84

200 METERS

1. Cameron Horton, Long Island, 21.13; 2. Justin Wotus, Robert Morris, 21.30; 3. Ryan Newberger, Bucknell, 21.46; 4. James Jefferson, La Salle, 21.46; 5. Serge Bengono, George Mason, 21.51; 6. William White, West Virginia, 21.68; 7. Tahim Wooley, Cornell, 21.72; 8. Noel Powell, Bucknell, 21.79

400 METERS

1. Joe Mendel, Connecticut, 46.10; 2. DeWayne Barrett, St. John's, 46.16; 3. Richard James, Long Island, 46.30; 4. Rayan Speid, Seton Hall, 47.15; 5. Idris Payne, Northeastern, 47.32; 6. Troy Roberson, Pittsburgh, 47.34; 7. Henry Harris, George Mason, 47.37; 8. Christoph Edmonds, Pennsylvania, 48.03

800 METERS

1. Jesse O'Connell, Georgetown, 1:49.22; 2. Paul Moser, Villanova, 1:49.99; 3. Sean Conway, William & Mary, 1:50.12; 4. Ali Najjar, Georgetown, 1:50.43; 5. Aaron Lanzel, Navy, 1:50.60; 6. Varle Petrulevich, Syracuse, 1:50.86; 7. Jeryl Wilborn, Pittsburgh, 1:51.30

1500 METERS

1. Richard Kiplagat, Iona, 3:43.58; 2. Chris Lukeziec, Georgetown, 3:45.58; 3. Philip Sakala, Army, 3:45.75; 4. Jon Bell, Princeton, 3:45.78; 5. Mike Tassinari, Cornell, 3:46.28; 6. John O'Connor, William & Mary, 3:46.30; 7. Erik Schmidt, Navy, 3:47.32; 8. Enda Johnson, Brown, 3:47.39

5000 METERS

1. Peter Riley, Iona, 14:01.85; 2. Ed Moran, William & Mary, 14:02.37; 3. Nolan Tully, Pennsylvania, 14:18.50; 4. Sean Graham, William & Mary, 14:20.07; 5. Mark Nichol, Dartmouth, 14:20.37; 6. Jarrod Shoemaker, Dartmouth, 14:21.86; 7. Benjamin Morris, Navy, 14:30.34; 8. Andrew Filachek, Virginia, 14:38.85

10,000 METERS

1. Ryan Sheehan, St. Francis (Pa.), 29:38.36; 2. Erick Too, FDU-Madison, 29:49.44; 3. Xavier De Boissezon, Colgate, 30:22.89; 4. Jacob Frey, William & Mary, 30:23.52; 5. Dan McGrath, Manhattan, 30:25.18; 6. Michael Hatch, Duke, 30:27.54; 7. Rob Wong, Boston U., 30:32.33; 8. Nate Brigham, Tufts, 30:33.32

110 METER HURDLES

1. David Klics, Rutgers, 14.12; 2. Colin Aina, Rhode Island, 14.24; 3. Brandon Hicks, Rider, 14.29; 4. Matthew Wedge, Pennsylvania, 14.32; 5. Mike DelGado, Connecticut, 14.33; 6. Jeff McKelvin, VMI, 14.52; 7. Ricky Gross, Connecticut, 14.64; 8. Ahmad Abdur-Rahim, Dartmouth, 14.67

400 HURDLES

1. Nicholas O'Brien, Villanova, 50.14; 2. Jerry Puryear, St. Joseph's, 51.51; 3. Douglas Lynes-Bell, Delaware St., 51.62; 4. Trevor Hopper, Army, 52.34; 5. Richard Philips, George Mason, 52.59; 6. Ahmad Abdur-Rahim, Dartmouth, 53.54; 7. Brian Abram, Pennsylvania, 53.83; 8. Ranard Adkison, Long Island, 54.18

3000 STEEPLECHASE

1. Jochen Dieckfloss, Boston U., 8:49.16; 2. Chad Buechel, Brown, 8:53.20; 3. Tristan Colangelo, Princeton, 8:53.51; 4. Zach Sabatino, West Virginia, 8:56.25; 5. Tyler DeVault, West Virginia, 8:57.05; 6. Josh Ordway, Princeton, 8:57.42; 7. Lucas Meyer, Yale, 8:58.00; 8. Alfred Korir, FDU-Madison, 9:03.93

4x100 METER RELAY

1. George Mason (Sammy Sesay, Serge Bengono, Henry Harris, Richard Philips) 40.72; 2. Long Island, 40.86; 3. Lehigh, 41.29; 4. Liberty, 41.42; 5. Northeastern, 41.62; 6. Lafayette, 41.67; 7. St. John's, 41.94; 8. Pittsburgh, 42.88

4x400 METER RELAY

1. St. John's (Ashawn Knight, Mohammed Kanu, Andy Mitchell, DeWayne Barrett) 3:09.65; 2. St. Joseph's, 3:09.83; 3. Seton Hall, 3:09.91; 4. Rutgers, 3:10.89; 5. Long Island, 3:11.51; 6. Pennsylvania, 3:11.88

4x800 METER RELAY

1. Georgetown (Ali Najjar, Tom Manning, Nat Glackin, Jesse O'Connell) 7:25.61; 2. Princeton, 7:26.44; 3. La Salle, 7:27.45; 4. William & Mary, 7:27.62; 5. Duke, 7:27.75; 6. Rutgers, 7:28.99; 7. St. Joseph's, 7:29.03; 8. Cornell, 7:40.63

HIGH JUMP

1. Anthony Butler, Rutgers, 7-00.25; 2. Justin Willyoung, West Virginia, 7-00.25; 3. Ray Bobrownicki, Brown, 6-11.00; 4. Mike Deibler, Connecticut, 6-09.50; 5. Garrett Brickner, VMI, 6-09.50; 6. Malek Vaclav, Lehigh, 6-08.00; 7. Matt Troha, Syracuse, 6-08.00; 8. (tie) Ivan Schmidt, Southern Conn. St.; Rodney Manzo, Army; Ryan Schmidt, Cornell 6-08.00

POLE VAULT

1. Brad Bowery, Brown, 17-00.00; 2. Mike Yurcho, West Virginia, 16-00.75; 3. (tie) Jeff Buttaccio, Duke; Matt Brousse, Pittsburgh, 16-00.75; 5. Brent Warner, Duke, 16-00.75; 6. (tie) Jon DiNozzi, Delaware; Mike Harbeck, Cornell, 15-07.00; 8. Ryan Keaton, Army, 15-07.00

LONG JUMP

1. Brandon Howard, West Virginia, 24-07.00; 2. Kevin Octave, Liberty, 24-01.50; 3. Anthony Thomas, Yale, 23-10.25; 4. Noel Powell, Bucknell, 23-09.50; 5. Shawndel Daniel, Pittsburgh, 23-08.00; 6. Marquis Allen, Rutgers, 23-07.50; 7. Abraham Jones, West Virginia, 23-06.75; 8. Francis Vincent, Lehigh, 23-04.50

TRIPLE JUMP

1. Adeniyi Omisore, Manhattan, 49-09.00; 2. Joshua Johnson, Syracuse, 49-04.50; 3. Damian Baines, West Virginia, 49-04.25; 4. Jeffery Weaver, Army, 49-02.25; 5. Francis Vincent, Lehigh, 48-11.50; 6. Sean Thomas, Brown, 48-10.75; 7. Robert Leite-Young, Temple, 48-10.00; 8. Janek Augustynowicz, Manhattan, 48-04.00

SHOT PUT

1. Josh Russell, Wagner, 57-06.25; 2. Paul Lyons, Princeton, 57-02.25; 3. Tim Adrian, Syracuse, 56-10.25; 4. Derek Anderson, Northeastern, 55-04.25; 5. Rocky Craley, Princeton, 54-10.75; 6. Jon DeAngelo, Monmouth, 53-02.25; 7. Gary Roskoski, Monmouth, 53-01.75; 8. Jeff Cretella, Southern Conn. St., 52-02.50

DISCUS THROW

1. Sam Segond, Rutgers, 193-08; 2. Travis Pendleton, Army, 171-01; 3. Tim Adrian, Syracuse, 170-05; 4. Dwayne Hencelwood, Holy Cross, 169-10; 5. Thomas Carey, St. Francis (Pa.), 168-04; 6. Mike Stelfelson, Pittsburgh, 166-01; 7. Paul Lyons, Princeton, 160-09; 8. Steve McGovern, Connecticut, 160-04

HAMMER THROW

1. Vinny Tortorella, Northeastern, 212-07; 2. Josh McCaughey, Princeton, 195-10; 3. Anderson Constantin, Manhattan, 190-10; 4. Michael Freeman, Manhattan, 189-08; 5. John Barth, Connecticut, 189-06; 6. Giles Longley-Cook, Cornell, 187-09; 7. Mark Smith, Princeton, 187-00; 8. Jason Goulart, St. John's, 182-07

JAVELIN THROW

1. Brian Chaput, Pennsylvania, 238-01; 2. Patrick Dugan, Lehigh, 224-11; 3. Sean Furey, Dartmouth, 217-08; 4. Scott Benowicz, Cornell, 217-06; 5. P.J. Alouise, St. Francis (Pa.), 216-10; 6. Adam Burke, Army, 213-02; 7. Paul Pisano, Connecticut, 212-05; 8. Ethan Blose, Lafayette, 208-03

DECATHLON

1. Will Thomas, Connecticut, 7552; 2. Rajne Svenssohn, Manhattan, 7146; 3. Jon DeBogory, Liberty, 6918; 4. Michael George, Pennsylvania, 6773; 5. Christopher Lambert, 6749; 6. Mike Boney, Connecticut, 6718; 7. Marlon Lawrence, Mt. St. Mary's, 6656; 8. Tyler Bengston, Princeton, 6605

RECAPING THE 2004 IC4A INDOOR CHAMPIONSHIPS RESULTS

Held at Boston University
Boston, Massachusetts - March 6-7, 2004

2004 FINAL TEAM STANDINGS

1. Manhattan	60
2. Connecticut	55
3. Seton Hall	47
4. Penn State	42
5. Army	34
6. Virginia Military Inst.	30
Rutgers	30
8. George Mason	29
Saint Joseph's Univ.	29
10. Cornell	28
11. Providence	26
12. Yale	20
13. Pennsylvania	19
Rhode Island	19
15. Navy	18.5
16. Georgetown	17
17. Liberty	16
Maryland	16
19. Northeastern	15
20. Lehigh	13
Lincoln	13
22. Duke	12
23. Mt. St. Mary's	11.5
24. St. Francis (Pa.)	11
25. Albany	10
MIT	10
Dartmouth	10
New Hampshire	10
Wagner	10
30. UMass	9
Iona	9
32. Maine	8
33. Delaware State	7
Monmouth	7
Towson	7
36. James Madison	6
Long Island	6
La Salle	6
Stony Brook	6
Pittsburgh	6
41. UMBC	5.5
42. William & Mary	5
Columbia	5
Brown	5
45. Boston Univ.	4
46. UNC Wilmington	3.5
47. Binghamton	3
Syracuse	3
49. Lafayette	2
Virginia Commonwealth	2
Quinnipiac	2
52. Bucknell	1
Fordham	1

55 METERS

1. Paulvince Obuon, Lincoln, Va. Military, 6.27; 2. Kwesi Frimpong-Boateng, UMass, 6.28; 3. George Evans, Lehigh, 6.39; 4. Michael Garner, Towson, 6.45; 5. Adam Grossman, Maryland BC, 6.46; 6. Marcel Coleman, Rutgers, 6.51; 7. Kelechi Ndu, UConn, 6.52; 8. Shaun Johnson, Long Island, 6.53

200 METERS

1. Paulvince Obuon, Va. Military, 20.88; 2. Harold Manning, Maryland CP, 21.06; 3. Eric Groce, Rhode Island, 21.21; 4. Ernie Terrell, Penn State, 21.36; 5. Henry Harris, George Mason, 21.43; 6. Basil Campbell, UConn, 21.47; 7. Michael Garner, Towson, 21.53; 8. Joshwynn Abrams, Delaware St., 21.54

400 METERS

1. Obra Hogans, Seton Hall, 45.83; 2. Quentin Bowens, Seton Hall, 46.40; 3. Eric Porter, Navy, 46.72; 4. Idris Payne, Northeastern, 47.12; 5. Jaret Campisi, Penn State, 47.28; 6. Douglas Bell, Delaware St., 47.72; 7. Chris Bonner, Georgetown, 47.75; 8. David Wiley, Monmouth, 47.83;

500 METERS

1. Rayan Speid, Seton Hall, 1:01.95; 2. Andrew Thomas, St. Joseph's, 1:01.98; 3. Ryan Westman, Rutgers, 1:02.00; 4. Doug Rick, St. Joseph's, 1:02.05; 5. Ronnell Ingram, Seton Hall, 1:02.74; 6. Paul Cawley, James Madison, 1:03.02; 7. Logan Jones, UConn, 1:03.25; 8. Brian Eremita, Cornell, 1:03.28

800 METERS

1. Gered Burns, Albany, 1:50.11; 2. Andrew Maloney, St. Francis (Pa.), 1:50.27; 3. Chris Lyons, Liberty, 1:51.25; 4. Robert Lobue, Yale, 1:51.45; 5. Joe Plevelich, Pennsylvania, 1:51.51; 6. Isaiah Cartledge, Long Island, 1:51.52; 7. Jeryl Wilborn, Pittsburgh, 1:51.97; 8. Aaron Hanlon, Bucknell, 1:52.58

1000 METERS

1. Joel Legare, UConn, 2:22.58; 2. Tyler Raymond, Manhattan, 2:24.14; 3. Mike LoSapio, La Salle, 2:24.34; 4. Eric Heely, Army, 2:24.39; 5. Tom Pratt, Northeastern, 2:26.61; 6. Bill Meador, James Madison, 2:26.78; 7. Tom Kennedy, Lafayette, 2:26.94; 8. Brandon Williams, New Hampshire, 2:27.10

MILE

1. Phil Sakala, Army, 4:11.60; 2. Oliver Tassinari, Cornell, 4:12.26; 3. Darren Brown, Providence, 4:12.52; 4. Gerry Groothuis, Columbia, 4:12.71; 5. Dan Rabe, Liberty, 4:12.80; 6. Joshua Sink, Navy, 4:12.90; 7. Josh Yelsey, Yale, 4:13.01; 8. Corey Elias, Iona, 4:13.95

3000 METERS

1. Jarrod Shoemaker, Dartmouth, 8:08.90; 2. Andre Laboy, Saint Joseph's, 8:09.07; 3. Dale Summerville, Stony Brook, 8:15.38; 4. Brian Dalpiaz, Georgetown, 8:16.59; 5. Michael Lansing, Maine, 8:18.52; 6. Ryan Sheehan, St. Francis (Pa.), 8:19.01; 7. Jeffrey Caron, Maine, 8:20.65; 8. Chris Muldoon, Syracuse, 8:21.46

5000 METERS

1. Adam Sutton, Providence, 13:56.83; 2. Tyler Cardinal, Iona, 14:09.26; 3. Lucas Meyer, Yale, 14:13.73; 4. Stephen Meinelt, New Hampshire, 14:14.87; 5. Fleet Hower, Georgetown, 14:19.36; 6. Jacob Frey, William and Mary, 14:22.09; 7. Jeffrey Roginielewicz, Quinnipiac, 14:22.44; 8. Jason Schoener, William and Mary, 14:25.27

55 Meter High Hurdles

1. Richard Phillips, George Mason, 7.27; 2. Colin Aina, Rhode Island, 7.29; 3. David Klics, Rutgers, 7.41; 4. Travis Morancie, Seton Hall, 7.46; 5. Basil Campbell, UConn, 7.48; 6. Adesina Ekundayo, Navy, 7.48; 7. Ethaniel Sinclair, Lincoln, 7.58; 8. Pierre Chapman, Lincoln, 7.65

4X400 METER RELAY

1. Seton Hall University, 3:10.07; 2. Penn State University, 3:10.86; 3. Lincoln University, 3:11.10; 4. Saint Joseph's University, 3:11.60; 5. Boston University, 3:12.31; 6.

Delaware State University, 3:14.11; 7. Long Island University, 3:14.16; 8. Monmouth University, 3:14.43

4X800 METER RELAY

1. University of Pennsylvania, 7:32.54; 2. Cornell University, 7:33.27; 3. Penn State, 7:33.81; 4. Manhattan College, 7:35.42; 5. Yale University, 7:35.75; 6. Saint Joseph's University, 7:36.05; 7. University of Maine, 7:41.09; 8. Fordham University, 7:43.20

DISTANCE MEDLEY RELAY

1. Providence College, 9:45.57; 2. University of Connecticut, 9:47.30; 3. Georgetown University, 9:48.05; 4. University of Pennsylvania, 9:49.42; 5. U. of Maryland College Park, 9:52.72; 6. Yale University, 9:52.76; 7. Duke University, 9:54.10; 8. Massachusetts, 10:10.45

HIGH JUMP

1. Garrett Brickner, Va. Military, 6-11.50 (2.12m); 2. Anthony Butler, Rutgers, 6-11.50 (2.12m); 3. Rod Manzo, Army, 6-10.25 (2.09m); 4. Ray Bobrownicki, Brown, 6-10.25 (2.09m); 5. David Pell, Cornell, 6-09.00 (2.06m); 5. Patrick Bullock, UNC Wilmington, 6-09.00 (2.06m); 7. Cole Herron, Navy, 6-09.00 (2.06m); 7. Edward Warner, Maryland BC, 6-09.00 (2.06m)

POLE VAULT

1. Brent Warner, Duke, 17-00.75 (5.20m); 2. Dave Bollinger, Penn State, 16-08.75 (5.10m); 3. Chris Mazza, UConn, 16-08.75 (5.10m); 4. Robert Sparks, Navy, 16-04.75 (5.00m); 5. Jake Radzevich, UConn, 16-04.75 (5.00m); 6. Rory Quiller, Binghamton, 16-00.75 (4.90m); 7. Evan Whitehall, Cornell, 15-09.00 (4.80m); 7. David Hinton, Mt. St. Mary's, 15-09.00 (4.80m)

LONG JUMP

1. Magnus Ahlen, Manhattan, 24-03.50 (7.40m); 2. Jeff Weaver, Army, 24-00.25 (7.32m); 3. Chad Wilson, Liberty, 24-00.25 (7.32m); 4. Troy Dennis, Monmouth, 23-11.75 (7.31m); 5. Reggie Hopkins, Lincoln, 23-10.00 (7.26m); 6. Janek Augustynowicz, Manhattan, 23-09.50 (7.25m); 7. Davion Lambert, Va. Commonwealth, 23-06.75 (7.18m); 8. Marquis Allen, Rutgers, 23-05.25 (7.14m)

TRIPLE JUMP

1. Marc Kellman, George Mason, 50-08.00 (15.44m); 2. Adeniyi Omisore, Manhattan, 50-05.25 (15.37m); 3. Janek Augustynowicz, Manhattan, 48-11.00 (14.91m); 4. Ryan McCoy, George Mason, 48-08.25 (14.84m); 5. Jeff Weaver, Army, 48-04.75 (14.75m); 6. Steve Cousin, UConn, 48-02.00 (14.68m); 7. Magnus Ahlen, Manhattan, 47-11.25 (14.61m); 8. Francis Vincent, Lehigh, 47-07.00 (14.50m)

SHOT PUT

1. Josh Russell, Wagner, 58-07.50 (17.87m); 2. Uzoma Orji, MIT, 57-07.00 (17.55m); 3. Derek Anderson, Northeastern, 56-11.25 (17.35m); 4. Andre Reid, Rhode Island, 56-08.00 (17.27m); 5. Justin Clickett, Pittsburgh, 56-04.50 (17.18m); 6. Dane Miller, Penn State, 55-05.00 (16.89m); 7. Sam Segond, Rutgers, 55-02.75 (16.83m); 8. Chris Parsons, William and Mary, 53-00.75 (16.17m)

WEIGHT THROW

1. Michael Freeman, Manhattan, 66-06.50 (20.28m); 2. Aaron Ross, Penn State, 60-09.25 (18.52m); 3. Giles Longley Cook, Cornell, 60-06.75 (18.46m); 4. Zoran Loncar, Manhattan, 59-04.75 (18.10m); 5. John Collins, Maryland CP, 58-08.75 (17.9m); 6. Anders Constantine, Manhattan, 58-00.25 (17.68m); 7. Uzoma Orji, MIT, 57-09.75 (17.62m); 8. Matt Schmitt, Army, 57-08.25 (17.58m)

HEPTATHLON

1. Devin Barry, Mt. St. Mary's, 5120; 2. Joseph DiCola, UConn, 5102; 3. Vaelav Malek, Lehigh, 4983; 4. Chad Caldwell, UConn, 4969; 5. Craig Lange, New Hampshire, 4951; 6. Greg Ostrowski, Rutgers, 4940; 7. Craig Stivala, Syracuse, 4932; 8. David Klics, Rutgers, 4917

Pennsylvania's Brian Chaput Looks to Repeat at IC4A's

Brian Chaput (East Haven, Conn.), who has donned the Red and Blue of the University of Pennsylvania for the past five years, is hoping to wear another shade of red and blue this summer. The reigning Penn Relays, IC4A, East Regional and NCAA Champion in the javelin has been dreaming of competing in the Olympics for the United States.



"It's a dream of mine to compete in the Olympics," Chaput said. "It would be such an honor to represent the United States, Penn, my hometown and my family in Greece."

Brian started competing in the javelin when a high school teammate suggested he try the event. The former distance runner threw 190 feet the first time he picked up a javelin.

Unfortunately, the naturally-gifted thrower did not start his collegiate career on a high note. The first time he picked up a javelin at Penn he blew out his elbow. After spending his freshman year recovering from Tommy John surgery, he used his sophomore year as a medical redshirt. He missed his junior year with mononucleosis. Finally, in his fourth year at Penn Chaput's luck began to change.

After breaking the school record at the 2003 Quaker Invitational, Chaput hurled his way deeper into the record books, becoming the first Penn track athlete, male or female, to win an event at the Penn Relays since 1988 and the first javelin thrower ever. At the NCAA Championships, Chaput's throw of 258' 2" established a new Penn and Ivy League record in the event, bettering his previous record by 10 feet. Chaput's mark was also the third-best by an American that year.

"I didn't know what to expect in terms of what level I would

be able to get to in the javelin especially after reconstructive surgery," Chaput said. "But after everything that has happened I feel like I am in a great position."

As the defending title holder of three championships, one would think a great amount of pressure lies on the senior's shoulders. "There is definitely more pressure this year in terms of how it effects me. I don't approach anything different than I did last year. If anything, I am more focused. I am just trying to do the little things like mentally focus through imagery and studying the event. The only pressure there is, is the pressure I put on myself."

The communication and psychology dual major has continued to impress in 2004. Chaput has twice been named Athlete of the Week by The United States Track Coaches Association. He has the furthest throw in the country by a collegian and the second best by an American. At the Spec Towns Invitational hosted by the University of Georgia, Chaput finished second behind Breau Greer of Adidas (who recorded the furthest distance by an American this



year) with a throw of 254'09". He won the event at both the Quaker Invitational and the Raleigh Relays.

"I think Brian understands the event," Penn Head Coach Charlie Powell said. "He is a student of the events. Brian is

"I think Brian understands the event. He is a student of the events. Brian is very focused and knows what he wants. He really wants to be good and do this (compete) at the highest level possible. There are no qualms about him making whatever life changes he needs to get it done. He has taken all those challenges and met every one of them. And there is one thing the good Lord has given him and that is one of the fastest arms we've ever seen." Penn Head Coach Charlie Powell

very focused and knows what he wants. He really wants to be good and do this (compete) at the highest level possible. There are no qualms about him making whatever life changes he needs to get it done. He has taken all those challenges and met every one of them. And there is one thing the good Lord has given him and that is one of the fastest arms we've ever seen."

"If I were to point to one thing I learned in 2003 it was just that to stay relaxed and be able to channel any excess energy," Chaput added. "Often times it's easy to try too hard to throw far, rather than just 'letting it happen'. This is something I continue to work on, and maybe the most difficult for javelin throwers across the board."

What goes through Brian's mind as he heads to the runway?

"I put chalk on my hands to hold the javelin better, and then I clear my mind. If I think about anything it's usually visualizing a throw I have watched, then I count my steps and



toss the javelin.

"Javelin is a very technical event and there is a lot that can go wrong. It's like in golf; you need to have the perfect swing to have the perfect shot. In javelin you need to have the perfect throw. I feel that technically I am doing better at this point than I was last year. I had to fix a few things last year and it all came together at the NCAA Championships. We are hoping for that to happen this year as well."

"Coach John Taylor has been influential in changing me from a thrower with pure arm speed to being able to use my entire body to throw the javelin. The javelin is a complicated event, and the best throwers are able to transition approach speed into distance. JT and I have worked hard to clean up technical flaws and develop a more controlled, but faster approach."

"JT is not only a coach, but also a training partner and a friend. Aside from being a great competitor himself, he is a fun guy to be around and in result, can keep an otherwise tense atmosphere pretty relaxed."



"Taylor explains the event better than anyone I have ever met. We have developed a training regimen. Jamie (Cook) feeds off of our training and we feed off his intensity."

Brian has been fortunate to have a very talented support staff. His javelin coach is former Penn record holder John Taylor. Taylor is still active in the sport and currently ranks 10th in the country. Assistant coach Jamie Cook continues to train in the decathlon and former teammate Sam Burley, who won the 800 meters at the NCAA Championships, continues to train at Penn.

"It's nice to be in an environment where everyone is trying to accomplish the same thing. John, Sam, Jamie and I are all training for the next level; it's like a little mini-Olympic training camp."

After the 2004 NCAA Championships in Austin, Texas, Chaput will return to Sacramento, Calif. where he won last year's NCAA title, for a chance to qualify for the Olympics.

"Knowing the place actually helps me," he said. "Now I know the track; I have a better feel for it and know what to expect this year."

Returning to familiar territory may be just what Chaput needs to realize his dream of being an Olympian.

*Written by Heather Palmer,
University of Pennsylvania
Athletics Communications Assistant.*

MULLEN'S GOAL IS CLEAR

University of Connecticut high jumper Deirdre Mullen may have found the secret to success. While riding on the team bus, she read a magazine article that extolled the virtues of ...

Peppermint.

"It said a piece of peppermint will give you a boost of energy," Mullen said.

She read that article last winter just before she became an All-American for the third time. She cleared 6 feet, 11/4 inches - a school record - at the NCAA indoor meet and placed third.

Mullen needs peppermint like a millionaire needs food stamps.

Oh, she's not about to give up peppermint candy, but it's no more than a superstition. Failure is what fuels Mullen. Knowing the last jump is always going to be a miss keeps the senior unsatisfied.

"It's not so much beating people, it's bettering yourself," she said.

She'll have plenty of chances to do both in the next two months, beginning with the Big East meet at Rutgers April 30 - May 2. She's favored to win the conference championship for the fourth time (twice indoors). The ECAC meet, NCAA regionals, NCAA championships and Olympic trials will keep her busy through the middle of July. She has one more outdoor season of eligibility and could become UConn's first five-time All-American.

Mullen's top jump this spring is also 6-11/4, which ties the UConn outdoor record and is the sixth-best in Division I this year.

She's confident she'll clear 6-3 in the next two months, an enormous leap of faith.

"Some don't like pressure, but I feed off that," Mullen said. "I'm able to turn it into adrenaline. I'd rather jump with the elite jumpers."

Sometimes it takes 90 minutes for her first turn in the high jump. She won't dignify a starting height of 4-8. She waits until the bar is at 5-8 or 5-9. Sometimes she gets bored while waiting and goes off to cheer teammates in other events.

"I'm confident enough I'll clear it, not a worry," Mullen said. "I'd



UConn's Deirdre Mullen

rather no-height than clear at a low height."

Low height doesn't fit into her language. At Notre Dame High School in Princeton, N.J., Mullen dunked tennis balls on the basketball court.

She was a basketball player until her brother Ryan, an assistant track coach at the time, and sister Catherine, who was a senior on the track team, convinced her to go out for outdoor track as a freshman.

In her first year of competition, she won the state high jump title at 5-6.

"It came out of nowhere," Mullen said. "I was tall enough to play basketball, but the girls were so much bigger. I was trying to play center and getting bounced around. I had more success in the high jump. Track was fun. I was always a competitive person, but I realized I had a lot to learn. I had some form of talent in the high jump and I wanted to learn more."

Mullen, just over 6 feet and still scrawny, has impressed UConn coach Bill Morgan with her steady improvement.



"Her progress has been stunning since high school," he said. "As a freshman, she worked on fitness and knowledge. She's in higher-level technical stuff now - feel and touch, tempo and rhythm. It's kinesthetics, mind and body. The high jump is an accuracy test and everything has to be exact, but I don't want her thinking about every calculation. She's elite because she understands that."

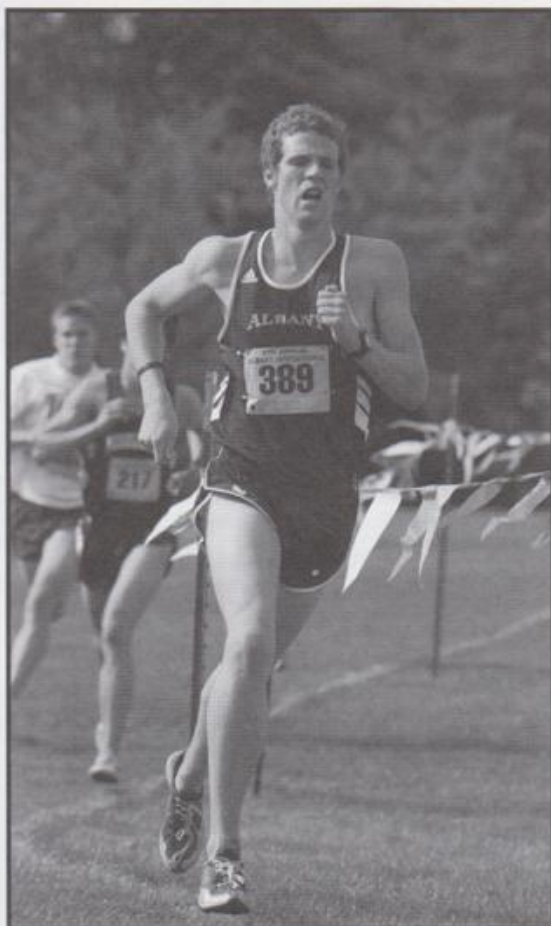
Mullen could jump without her peppermint, but she'd be totally lost without her tape measure. Before each event, she precisely measures to get her starting point the same each time.

"You have to be patient and trust your training," Mullen said. "I don't want to be satisfied. I look for more goals."

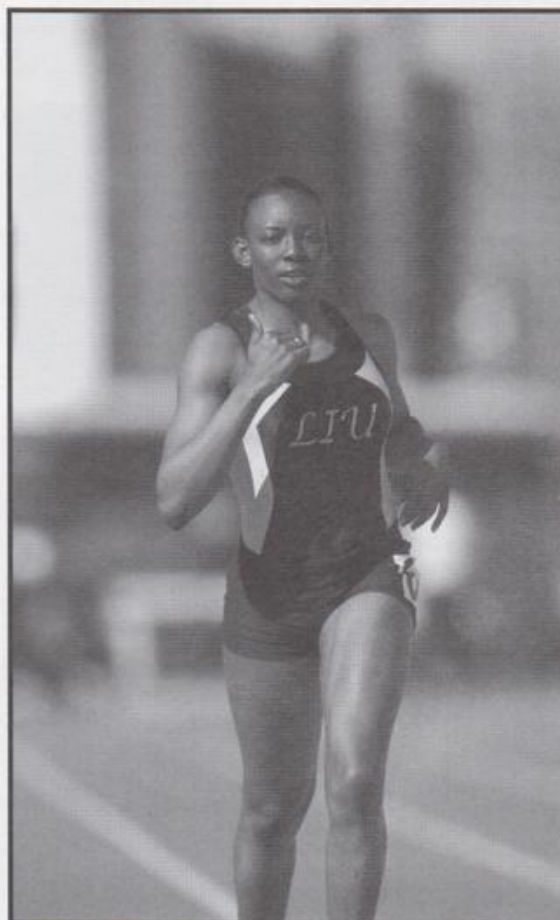
By Woody Anderson, Hartford Courant Staff Writer

ECAC Division I Women's Track and Field Programs

Albany	East Caro.	Monmouth	St. Francis (Pa.)
Army	Fairleigh Dickinson	Morgan St.	St. John's
Boston College	Fordham	Mt. St. Mary's	St. Joseph's
Boston U.	George Mason	Navy	St. Peter's
Brown	Georgetown	New Hampshire	Seton Hall
Bucknell	Harvard	Niagara	Stony Brook
Buffalo	Holy Cross	UNC Wilmington	Syracuse
Canisius	Illinois-Chicago	Northeastern	Temple
Central Conn. St.	Iona	Penn St.	Towson
Colgate	James Madison	Pennsylvania	UMBC
Columbia-Barnard	La Salle	Pittsburgh	Vermont
Connecticut	Lafayette	Princeton	Villanova
Coppin St.	Lehigh	Providence	Virginia
Cornell	Liberty	Quinnipiac	Va. Commonwealth
Dartmouth	Long Island	Rhode Island	VMI
Davidson	Maine	Rider	Wagner
Delaware	Manhattan	Robert Morris	West Virginia
Delaware St.	Marist	Rutgers	William & Mary
Duke	Maryland	Sacred Heart	Yale
Duquesne	Massachusetts	St. Francis (N.Y.)	



Albany's sophomore Gerred Burns won the 2004 IC4A 800-meter indoor title



Long Island's junior sprinter Chioma Ukpai

ECAC OUTDOOR TRACK AND FIELD RECORDS

100 METERS

2003 ECAC Champion	11.77	Alison Culley, Syracuse	
ECAC Meet Record	11.38	Flirtisha Harris, Seton Hall	93
Eastern Collegiate	11.21	Connie Moore, Penn State	03
Martin Dwyer Track	11.84	Katy Jay, Cornell	03
Collegiate	10.78	Dawn Sowell, Louisiana State	89
American	10.49	Florence Griffith-Joyner, World Class AC	88
World	10.49	Griffith-Joyner, USA	88

200 METERS

2003 ECAC Champion	23.66	Alison Culley, Syracuse	
ECAC Meet Record	23.07	Cydonie Mothersill, George Mason	98
Eastern Collegiate	22.63	Connie Moore, Penn State	03
Martin Dwyer Track	24.56	Katy Jay, Cornell	03
Collegiate	22.04	Dawn Sowell, Louisiana State	89
American	21.34	Florence Griffith-Joyner, World Class AC	88
World	21.34	Griffith-Joyner, USA	88

400 METERS

2003 ECAC Champion	54.10	Trenance Elliot, Pittsburgh	
ECAC Meet Record	51.96	Beverly Pierre, Seton Hall	98
Eastern Collegiate	51.23	Rochelle Stevens, Morgan State	88
Martin Dwyer Track	53.78	Katy Jay, Cornell	03
Collegiate	49.91	Marita Payne, Florida State	84
American Collegiate	49.95	Lillie Leatherwood, Alabama	84
American	48.83	Valerie Brisco, World Class AC	84
World	47.60	Marita Koch, G.D.R.	85

800 METERS

2003 ECAC Champion	2:09.78	Treniere Clement, Georgetown	
ECAC Meet Record	2:02.36	Miesha Marzell, Georgetown	97
Eastern Collegiate	1:59.73	Mededith Raney, Harvard	90
Martin Dwyer Track	2:05.08	Louisa Gerritz, Yale	87
Collegiate	1:58.33	Claudette Groenendall, Oregon	85
American	1:56.40	Jearl Miles-Clark, Reebok	99
World	1:53.28	Jarmila Kratochvilova, Czech.	83

1,500 METERS

2003 ECAC Champion	4:21.81	Megan Metcalfe, West Virginia	
ECAC Meet Record	4:09.15	Vicki Huber, Villanova	88
Eastern Collegiate	4:05.81	Sonia O'Sullivan, Villanova	91
Martin Dwyer Track	4:21.43	Kristin Manwaring, Dartmouth	96
Collegiate	4:05.81	O'Sullivan	91
American Collegiate	4:05.88	Leann Warren, Oregon	82
American	3:57.12	Mary Slaney, Athletic West	83
World	3:50.46	Qu Yunxia, China	93

3,000 METERS

2003 ECAC Champion	9:08.93	Kate O'Neill, Yale	
ECAC Meet Record	8:54.59	Vicki Huber, Villanova	89
Eastern Collegiate	8:37.25	Huber	88
Martin Dwyer Track	9:28.47	Chris Lundy, Penn	92
Collegiate	8:37.25	Huber	88
American	8:25.83	Mary Slaney, Athletic West	85
World	8:06.11	Wang Junxia, China	93

3,000 METER STEEPLECHASE

2003 ECAC Champion	10:23.76	Alison Henderson, William & Mary	
ECAC Meet Record	9:58.77	Mollie DeFrancesco, James Madison	02
Eastern Collegiate	9:50.12	Roisin McGettigan, Providence	03
Martin Dwyer Track	10:37.79	Delilah DiCrescenzo, Columbia	03
Collegiate	9:41.94	Elizabeth Jackson, BYU	01
American	9:41.94	Jackson	01
World	9:08.33	Gulnara Samitova, Russia	03

5,000 METERS

2003 ECAC Champion	16:37.99	Emily Kroshus, Princeton	
ECAC Meet Record	16:00.72	Lauren Gubicza, Fordham	92
Eastern Collegiate	15:09.72	Kim Smith, Providence	04
Martin Dwyer Track	16:26.30	Pam Hunt, Cornell	92
Collegiate	15:07.56	Cathy Eaker, Wisconsin	85
American	14:52.49	Regina Jacobs, Mizuno	98
World	14:28.09	Jiang Bo, China	97

10,000 METERS

2003 ECAC Champion	35:02.44	Tara Struyk, West Virginia	
ECAC Meet Record	34:16.35	Mary Walsh, Maryland	80
Eastern Collegiate	32:22.97	Carole Zajac, Villanova	82
Martin Dwyer Track	35:14.04	Martina Hoppe, Cornell	92
Collegiate	32:19.97	Alicia Craig, Stanford	04
American	30:52.32	Deena Drossin, Asics	02
World	29:31.78	Wang Junxia, China	88

100 METER HURDLES

2003 ECAC Champion	13.59	Teresa Covert, Albany	
ECAC Meet Record	13.18	Nicole Harrison, Princeton	97
Eastern Collegiate	12.89	Candy Young, F.D.U.	83
Martin Dwyer Track	14.09	Susan Smith, Brown	92
Collegiate	12.53	Perdita Felicien, Illinois	03
American Collegiate	12.61	Gail Devers, UCLA	91
American	12.37	Devers, Nike International	93
World	12.21	Yordanka Donkova, Bulgaria	93

400 METER HURDLES

2003 ECAC Champion	57.95	Elizabeth Bayne, Pittsburgh	
ECAC Meet Record	55.94	Alison Poulin, New Hampshire	93
Eastern Collegiate	55.69	Lori McCauley, Rutgers	83
Martin Dwyer Track	59.49	Shonda Brown, Cornell	03
Collegiate	53.47	Janeene Vickers, UCLA	91
American	52.61	Kim Batten, Reebok	95
World	52.34	Yuliya Pechonkina, Russia	03

4 X 100 METER RELAY

2003 ECAC Champion	45.99	Pittsburgh (Nicole Vann, Trenace Elliot, Lamoy Stephens, Kimberly Lyles)	
ECAC Meet Record	44.47	George Mason (Patrice Smothers, Renea Johnson, Janell Johnson, Kim Baldwin)	
Eastern Collegiate	44.06	Morgan State (Wendy Vereen, Ethlyn Tate, Rochelle Stevens, Giselle Harris)	1988
Martin Dwyer Track	46.32	Cornell (Shonda Brown, Jan Seale Merili Mosley, Katy Jay), 2003	
Collegiate	42.50	Louisiana State (Tananjaly Stanley Dawn Sowell, Cinnamon Sheffield, Esther Jones)	1992
American	41.47	National Team (Christie Gaines, Marion Jones, Inger Miller, Gail Devers)	1997
World	41.37	G.D.R. (Silke Moller, Sabine Rieger, Ingrid Auerswald, Marlies Gohr)	1985

4 X 400 METER RELAY

2003 ECAC Champion	3:38.17	Pittsburgh (Trenace Elliot, Lemoy Stephens, Kimberly Lyles, Elizabeth Bayne)	
ECAC Meet Record	3:32.72	George Mason, 1999	
Eastern Collegiate	3:30.58	Seton Hall (Veronica Harris 54.5, Keisha Caine 52.6, Julia Sandiford 52.7, Flirtisha Harris 50.8)	1994
Martin Dwyer Track	3:44.45	Cornell (Jill Crispell, Shonda Brown, Linda Trotter, Katy Jay), 2003	
Collegiate	3:23.75	Texas (Sheretta Jones 52.8, Raasin McIntosh 50.7, Jerrika Chapple 50.0, Sanya Richards 50.3)	3Apr04
American	3:15.51	National Team (Denean Howard 49.7, Diane Dixon 49.2, Valerie Brisco 48.5, F. Griffith-Joyner 48.1)	1988
World	3:15.17	USSR (Tatyana Ledovskaya 50.12, Olga Nazarova 47.82, Maria Pinigina 49.43, Olga Bryzgina 47.80)	1988

4 X 800 METER RELAY

2003 ECAC Champion	8:39.04	Georgetown (Kelley Otstott, Maura McCusker, Meghan O'Neill, Treniere Clement)	
ECAC Meet Record	8:39.04	Georgetown, 2003	
Eastern Collegiate	8:20.66	Villanova (Debbie Grant 2:06.6; Veronica McIntosh 2:06.0; Joanne Kehs 2:05.3; Patty Bradley 2:02.8), 1984	
Martin Dwyer Track	8:52.17	Cornell (Carrie Richards, Natalie Gingerich, Jessica Brown, Natalie Whelan), 2003	
Collegiate	8:20.22	Tennessee (Karol Davidson 2:06.8; Alisa Hill 2:05.4; Cathy Rattray-Williams 2:04.7, Joetta Clark 2:03.4)	1984
American	8:19.9	National Team (Robin Campbell 2:04.5; Joetta Clark 2:04.1; Chris Gregorek 2:06.5; Essie Kelly 2:04.8)	1979
World	7:50.17	USSR (Nadezhda Olizarenko, Lyubov Gurina, Olga Bryzgina, Irina Podyalovskaya)	1984

ECAC OUTDOOR TRACK AND FIELD RECORDS

HIGH JUMP

2003 ECAC Champion	5-8 (1.73) Tanika Brown, VA Commonwealth	
ECAC Meet Record	6-4.25 (1.94) Dora Gyorfly, Harvard	99
Eastern Collegiate	6-6.75 (2.00) Gyorfly	01
Martin Dwyer Track Collegiate	5-9.25 (1.76) Katie Rowinski	03
	6-6.75 (2.00) Amy Acuff, UCLA	95
American	Gyorfly	01
World	6-8 (2.03) Louise Ritter, Mazda TC	88
	6-10.25 (2.09) Stefka Kostadinova, Bulgaria	87

POLE VAULT

2003 ECAC Champion	12-8 (3.86) Natalie Dye, Maryland	
ECAC Meet Record	13-7.75 (4.16) Andrea Wildrick, Liberty	02
Eastern Collegiate	14-3.25 (4.35) Wildrick	02
Martin Dwyer Track Collegiate	12-9 (3.89) Molly Lederman, Yale	03
American	15-0 (4.57) Chelsea Johnson, UCLA	04
World	15-9.25 (4.81) Stacy Dragila, Reebok	01
	15-9.75 (4.82) Yelena Isinbayeva, Russia	03

LONG JUMP

2003 ECAC Champion	21-6.25 (6.56) Viktoriya Rybalko, Maine	
ECAC Meet Record	22-0.75 (6.72) Trecia Smith, Pittsburgh	97
Eastern Collegiate	22-3 (6.78) Diane Guthrie, George Mason	92
Martin Dwyer Track Collegiate	20-5 (6.22) Samantha Lincoln, Yale	92
American	22-11.25 (6.99) Jackie Joyner-Kersey, UCLA	85
World	24-7 (7.49) Joyner-Kersey, Honda TC	94
	24-8.25 (7.52) Galina Chistyakova, USSR	88

TRIPLE JUMP

2003 ECAC Champion	42-6.26 (12.96) Melanie Carter, Pittsburgh	
ECAC Meet Record	46-8 (14.22) Trecia Smith, Pittsburgh	97
Eastern Collegiate	46-8 (14.22) Smith	97
Martin Dwyer Track Collegiate	40-6.75 (12.36) Ruth Greenfield, Penn	92
American Collegiate	46-8 (14.22) Smith	97
American	46-1 (14.05) Stacey Bowers, Baylor	99
World	47-3.5 (14.41) Sheila Hudson, Reebok	96
	50-10.25 (15.50) Inessa Kravets, Ukraine	95

SHOT PUT

2003 ECAC Champion	49-4.25 (15.04) Amanda Walker, Pittsburgh	
ECAC Meet Record	53-10.25 (16.41) Cleopatra Borel, Maryland	01
Eastern Collegiate	56-2.5 (17.13) Cheree Hicks, Syracuse	99
Martin Dwyer Track Collegiate	51-10.5 (15.81) Debbie St. Phard, Princeton	87
American Collegiate	62-3.75 (18.99) Meg Ritchie, Arizona	83
American	61-10.25 (18.85) Valeyta Althouse, UCLA	95
World	66-2.5 (20.18) Ramona Pagel, Mazda TC	88
	74-3 (22.63) Natalya Lisovskaya, USSR	87

DISCUS

2003 ECAC Champion	158-5 (48.29) Amy Parkosewich, Connecticut	
ECAC Meet Record	199-8 (60.86) Cheree Hicks, Syracuse	99
Eastern Collegiate	199-8 (60.86) Hicks	99
Martin Dwyer Track Collegiate	166-4 (50.70) Cathy Griffin, Harvard	92
American Collegiate	221-5 (67.48) Meg Ritchie, Arizona	81
American	215-3 (65.62) Aretha Hill, Washington	98
World	216-10 (66.10) Carol Cady, Stanford T. C.	86
	252-0 (76.80) Gabriele Reinsch, G.D.R.	88

HAMMER

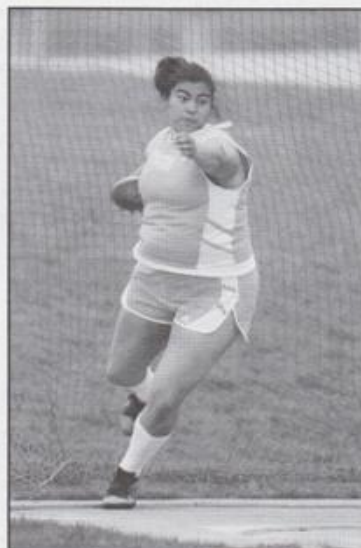
2003 ECAC Champion	192-10 (58.78) Natalie Grant, Boston University	
ECAC Meet Record	195-2 (59.48) Tamika Powell, George Mason	97
Eastern Collegiate	200-9 (61.20) Bethany Hart, Connecticut	00
Martin Dwyer Track Collegiate	187-9 (57.24) Johanna Doyle, Harvard	03
American Collegiate	229-1 (69.84) Candice Scott, Florida	04
American	220-6 (67.31) Jamie Moton, South Carolina	02
World	236-7 (72.12) Erin Gilreath, NYAC 04	
	249-7 (76.07) Mihaela Melinte, Romania	98

JAVELIN (New)

2003 ECAC Champion	148-11 (45.38) J. Siebert-Johnson, Penn	
ECAC Meet Record	173-2 (52.78) Jen Pastore, Villanova	96
Eastern Collegiate	188-3 (57.38) Ann Crouse, Virginia	99
Martin Dwyer Track Collegiate	159-8 (48.68) Julie Siebert-Johnson, Penn	03
American Collegiate	202-10 (61.82) Inna Kharun, Indiana	03
American	195-8 (59.64) Serene Ross, Purdue	02
World	199-8 (60.86) Kim Kreiner, Nike	03
	234-8 (71.54) Osleidys Menendez, Cuba	01

HEPTATHLON

2003 ECAC Champion	5,223	Bridgette Ingram, Seton Hall	
ECAC Meet Record	5,793	Diane Guthrie, George Mason	91
Eastern Collegiate	6,527	Diane Guthrie-Gresham, George Mason	95
	(13.86, 6-1.25, 45-3.5, 24.91; 55-8.5, 160-11, 2:20.82)		
Martin Dwyer Track Collegiate	5,123	Angela Jimenez, Penn	96
American Collegiate	6,527	Guthrie-Gresham, George Mason	95
American	6,390	Jackie Joyner-Kersey, UCLA	83
World	(13.77, 6-1.5, 39-8, 23.90; 21-3.25w, 147-4, 2:15.07)		
	7,291	Joyner-Kersey, World Class AC	88
	(12.69, 6-1.25, 51-10, 22.56; 23-10.25, 149-10, 2:08.51)		
	7,291	Joyner-Kersey, USA	88



Syracuse's junior thrower Jhonnave Hernandez

The ECAC would like to thank the following people who have helped make this event a success

Yale University Athletics Staff
Steve Bartold, Larry Byrne and Bernice DeMello, IC4A Administrative Staff
Tom Meagher - ECAC Track Administrator
Track and Field Officials

Our thanks to
Walter Murphy of
"EASTERN
TRACK" and Larry
Byrne for assistance
in compiling these
records

RECAPPING THE 2003 ECAC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Held at William Weaver Stadium - Princeton University
Princeton, New Jersey - May 15-18, 2003

2003 Team Results

1.	Pittsburgh	114
2.	Georgetown	68
3.	Syracuse	55
4.	William & Mary	42
5.	West Virginia	41
6.	Duke	39
7.	Yale	36.50
8.	Cornell	36
9.	Northeastern	35
10.	Rutgers	34
11.	Columbia	31
12.	Va. Commonwealth	27
13.	Seton Hall	21
14.	Princeton	20
15.	Dartmouth	19
16.	St. John's	17
17.	Connecticut	16
18.	Pennsylvania	15
19.	Maryland	15
20.	Vermont	14
21.	Harvard	13
22.	Villanova	13
23.	Lehigh	13
24.	Temple	13
25.	Maine	13
26.	Albany	12
27.	Providence	11
28.	New Hampshire	10
29.	Boston U	10
30.	Brown	8.50
31.	Army	8
32.	George Mason	8
33.	Long Island	7
34.	Manhattan	6
35.	Rhode Island	6
36.	La Salle	5
37.	Coppin St.	5
38.	Monmouth	4
39.	UNC-Wilmington	4
40.	Binghamton	4
41.	Liberty	4
42.	Bucknell	4
43.	VMI	4
44.	St. Francis (Pa.)	3
45.	James Madison	3
46.	Sacred Heart	3
47.	Duquesne	3
48.	Massachusetts	1
49.	Stony Brook	1

100 METER DASH

1. Alison Culley, Syracuse, 11.77; 2. Ebony Jack, Northeastern, 11.89; 3. Kimberly Lyles, Pittsburgh, 11.90; 4. Aderonke Adeniyi, Temple, 12.07; 5. Danielle Lyons, Monmouth, 12.14; 6. Nicole Vann, Pittsburgh, 12.17; 7. Clara Chic, West Virginia, 12.19; 8. Danielle Bailey, Seton Hall, 12.25

200 METER DASH

1. Allison Culley, Syracuse, 23.66; 2. Kimberly Lyles, Pittsburgh, 23.71; 3. Shern Hyatt-Davis, St. John's, 24.26; 4. Aderonke Adeniyi, Temple, 24.41; 5. Toni Jefferson, Maryland, 24.41; Shaunette Davy, Va. Commonwealth, 24.66; Trenace Elliot, Pittsburgh, 25.02

400 METER DASH

1. Trenace Elliot, Pittsburgh, 54.10; 2. Monica Hargrove, Georgetown, 54.12; 3. Shaunette Davy, Va. Commonwealth, 54.38; 4. Shern Hyatt-Davis, St. John's, 54.76; 5. Katy Jay, Cornell, 55.12; 6. Alycia Williams, George Mason, 55.49; 7. Treska Baptiste, Coppin St., 55.59; Dominique Sanon, Rutgers, 55.63

800 METER RUN

1. Treniere Clement, Georgetown, 2:09.78; 2. Kori Hamilton, Georgetown, 2:09.80; 3. Jennifer Kemp, West Virginia, 2:09.81; 4. Maura McCusker, Georgetown, 2:10.45; 5. Kenia Sinclair, Seton Hall, 2:10.48; 6. Lauren Matic, Duke, 2:10.84; Erin Raggio, Columbia, 2:11.60; Shannon Rowbury, Duke, 2:11.61

1,500 METER RUN

1. Megan Metcalfe, West Virginia, 4:21.81; 2. Meaghan Leon, Duke, 4:26.27; 3. Mauree McCandless, Pittsburgh, 4:26.66; 4. Colleen Kelly, Georgetown, 4:27.28; 5. Cack Ferrell, Princeton, 4:27.59; 6. Fiona Crombie, Providence, 4:31.36; 7. Sally Meyerhoff, Duke, 4:31.36; 8. Jackie Nunez, Stony Brook, 4:35.21

3,000 METER RUN

1. Kate O'Neill, Yale, 9:08.93; 2. Mary Cullen, Providence, 9:09.13; 3. Laura O'Neill, Yale, 9:23.84; 4. Alison Henderson, William & Mary, 9:24.34; 5. Clara Horowitz, Duke, 9:25.10; Kristen Andrews, Dartmouth, 9:36.11; 7. Melissa Stellato, Columbia, 9:36.91; 8. Kate Boyles, Cornell, 9:37.32

5,000 METER RUN

1. Emily Kroshus, Princeton, 16:37.99; 2. Melissa Stellato, Columbia, 16:47.41; 3. Lisa Stublic, Columbia, 16:52.75; 4. Cheryl Bauer, William & Mary, 16:54.95; 5. Megan Hepp, New Hampshire, 16:56.65; 6. Kristen Ettensohn, Dartmouth, 16:57.66; 7. Melanie Schorr, Dartmouth, 16:59.78; 8. Trish Nolan, Columbia, 17:01.95

10,000 METER RUN

1. Tara Struyk, West Virginia, 35:02.44; 2. Nicole Lee, Georgetown, 35:22.56; 3. Heidi Hullinger, 35:53.56; 4. Leyna Williams, La Salle, 35:54.48; 5. Maura McMahon, William & Mary, 36:00.40; 6. Caitlin Hayes, New Hampshire, 36:08.34; 7. Phebe Ko, Duke, 36:11.16; 8. Devon Plesuk, West Virginia, 36:13.49

100 METER HIGH HURDLES

1. Teresa Covert, Albany, 13.59; 2. Opal Jones, Syracuse, 13.73; 3. Tamara McGill, Pittsburgh, 13.79; 4. Nicole Vann, Pittsburgh, 13.91; 5. April Garner, Connecticut, 13.92; 6. Jenna Turner, Duke, 14.12; 7. Rachel Clinton, Temple, 14.28; 8. Camilla Harris, Long Island, 21.50

400 METER INTERMEDIATE HURDLES

1. Elizabeth Bayne, Pittsburgh, 57.95; 2. Danielle Hobson, Rutgers, 58.39; 3. Jamillah Bowman, Georgetown, 59.35; 4. Hasina Outtz, Princeton, 1:00.79; 5. Pamela Richardson, West Virginia, 1:01.35; 6. Shonda Brown, Cornell, 1:01.53; 7. Jenna Turner, Duke, 1:05.62

3,000 METER STEEPLECHASE

1. Alison Henderson, William & Mary, 10:23.76; 2. Zelma Jackson, Syracuse, 10:40.45; 3. Delilah Disrescenzo, Columbia, 10:47.02; 4. Edann Brady, Lehigh, 10:47.66; 5. Anne Martin, Yale, 10:49.07; 6. Katherine Wrinkle, Sacred Heart, 10:53.80; 7. Elizabeth Wort, Duke, 10:55.84; 8. Laura Petrillo, Princeton, 10:55.92

4X100 METER RELAY

1. Pittsburgh (Nicole Vann, Trenace Elliot, Lamoy Stevens, Kimberly Lyles) 45.99; 2. Va. Commonwealth, 46.52; 3. Syracuse, 46.83; 4. Long Island, 47.01; 5. Northeastern, 47.18; 6. Yale, 47.30; 7. Cornell, 47.39; 8. Seton Hall, 50.16

4X400 METER RELAY

1. Pittsburgh (Trenace Elliot, Lamoy Stevens, Kimberly Lyles, Elizabeth Bayne) 3:38.17; 2. Georgetown, 3:38.76; 3. Cornell, 3:39.82; 4. Seton Hall, 3:39.95; 5. Yale, 3:45.85; 6. James Madison, 3:46.07; 7. Rutgers, 3:46; 8. Long Island, 3:48.68

4X800 METER RELAY

1. Georgetown (Kelley Ottstott, Maura McCusker, Meghan O'Neill, Treniere Clement) 8:39.04; 2. Dartmouth, 8:44.32; 3. Duke, 8:44.45; 4. Cornell, 8:49.71; 5. Brown, 8:50.14; 6. New Hampshire, 8:54.23; 7. Yale, 8:56.50; 8. William & Mary, 9:02.06

HEPTATHLON

1. Bridgette Ingram, Seton Hall, 5223; 2. Tamara McGill, Pittsburgh, 5039; 3. Nicole Parker, Northeastern, 4882; 4. Justina Barone, Lehigh, 4815; 5. Danielle McNaney, Liberty, 4664; 6. Alarice Cesario, William & Mary, 4601; 7. Matthon Chatterton-Richmond, Dartmouth, 4596; 8. Kelsey Wiegmann, Dartmouth, 4523

HIGH JUMP

1. Tanika Brown, Va. Commonwealth, 5-08; 2. Jenna Grimaldi, Syracuse, 5-07; 3. Aoife Keane, Columbia, 5-07; 4. Janel Kozlowski, Northeastern, 5-07; 5. Nicole Parker, Northeastern, 5-07; 6. Lindsay Stefan, St. Francis (Pa.), 5-07; 7. Kathryn Dukatz, Lehigh, 5-05; 8. (tie) Katie Rowinski, Brown; Tamara McGill, Pittsburgh, 5-05

POLE VAULT

1. Natalie Dye, Maryland, 12-08; 2. Michelle Ezzie, Villanova, 12-04; 3. Charlotte LaRoche, William & Mary, 12-04; 4. Samantha Crook, Pennsylvania, 12-04; 5. (tie) Marissa Dudek, Pittsburgh; Molly Lederman, Yale, 12-04; 7. Ashley Wildhaber, UNC Wilmington, 12-04; 8. Brandy Green, Massachusetts, 12-00

LONG JUMP

1. Viktoriya Rybalko, Maine, 21-06.25; 2. Shameka Marshall, Rutgers, 20-00.50; 3. Melanie Carter, Pittsburgh, 19-11.00; 4. Kim Morgan, George Mason, 19-10.25; 5. Joslyn Woodard, Yale, 19-06.00; 6. Kimberly Jones, Coppin St., 19-03.50; 7. Pascale Delaunay, Rhode Island, 19-01.25; 8. Heather Houston, Maryland, 18-11.75

TRIPLE JUMP

1. Melanie Carter, Pittsburgh, 42-06.25; 2. Christine Brown, West Virginia, 41-10.75; 3. Alina Abramova, St. John's, 41-04.25; 4. Helena Ronner, Harvard, 40-09.50; 5. Brittany Grovey, Brown, 40-05.50; 6. Pascale Delaunay, Rhode Island, 40-02.25; 7. Jennifer Aubin, Albany, 39-09.25; 8. Edith Lewis, Temple, 39-08.00

SHOT PUT

1. Amanda Walker, Pittsburgh, 49-04.25; 2. Zara Northover, Northeastern, 48-09.00; 3. Kristal Kostiew, Vermont, 47-02.50; 4. Ayanna Jones, William & Mary, 46-11.00; 5. Mildred Cooper, VMI, 46-05.25; 6. Cassidy Harris, William & Mary, 45-09.25; 7. Sarah Fields, Army, 45-07.00; 8. Sarah Cullen, Rutgers, 45-01.50

DISCUS

1. Amy Parkosewich, Connecticut, 158-05; 2. Stacey Nadolny, Cornell, 151-10; 3. Sarah Fields, Army, 147-03; 4. Christi Heffernan, Villanova, 145-04; 5. Laura Yelverton, Binghamton, 141-10; 6. Melissa Stewart, Duquesne, 141-06; 7. Kristal Kostiew, Vermont, 140-10; 8. Kelly Hagner, Rhode Island, 139-01

HAMMER THROW

1. Natalie Grant, Boston U., 192-10; 2. Johanna Doyle, Harvard, 191-06; 3. Kristal Kostiew, Vermont, 187-06; 4. Kristen Michalski, Syracuse, 186-06; 5. Maria Garcia, Bucknell, 174-00; 6. Becky Tucker, Cornell, 172-08; 7. Amy Parkosewich, Connecticut, 171-11; 8. Lauren Primerano, Manhattan, 166-09

JAVELIN

1. Julie Siebert-Johnson, Pennsylvania, 148-11; 2. Jennifer Austin, Rutgers, 148-06; 3. Melinda Foster, Rutgers, 143-08; 4. Lauren Primerano, Manhattan, 141-05; 5. Sarah Herskee, Cornell, 141-00; 6. Amelia Williams, Maine, 138-05; 7. Christie Schrekengost, UNC Wilmington, 137-01; 8. Yasmin Deliz, Lehigh, 135-09

RECAPPING THE 2004 ECAC INDOOR TRACK AND FIELD CHAMPIONSHIP

Held at Reggie Lewis Track and Athletic Center
Boston, Massachusetts - March 6-7, 2004

2004 Team Results

1. Pittsburgh	62
2. West Virginia	51
3. Georgetown	48
4. Penn State	47
5. Northeastern	46
6. Cornell	42
Connecticut	42
8. George Mason	39
9. Duke	31
10. Buffalo	28
11. Seton Hall	25
12. Maryland	23
13. Pennsylvania	20
Syracuse	20
15. Yale	18
16. Rutgers	17
William & Mary	17
18. East Carolina	15
19. Liberty	13.50
20. Providence	13
21. Navy	12
Rhode Island	12
Virginia Commonwealth	12
24. Maine	11.50
25. Vermont	11
Boston College	11
27. Manhattan	10
28. Albany	9
29. Iona	8
Stony Brook	8
31. Monmouth	7
32. Villanova	6
James Madison	6
Bucknell	6
35. New Hampshire	5
Long Island	5
Army	5
Morgan State	5
39. Brown	3
40. Boston University	2
St. John's	2
Temple	2
Saint Joseph's	2
44. Delaware	1
UNC Wilmington	1

60 METER HURDLES

1. April Garner, UConn, 8.43; 2. Jessica Czaikowski, W. Virginia, 8.51; 3. Yolanda Malcolm, Villanova, 8.59; 4. Chioma Ukpai, Long Island, 8.61; 5. Fatmata Fofanah, Pitt., 8.62; 6. Shameka Marshall, Rutgers, 8.72; 7. Aquilla Williams-Judge, Northeastern, 8.75; 8. Hannah Garrity, Cornell, 9.14

60 METER DASH

1. Teyarante Carter, Maryland, 7.52; 2. Jordine Kimbrel, Northeastern, 7.58; 3. Kimberly Lyles, Pittsburgh, 7.58; 4. Mariam Gondo, Morgan State, 7.64; 5. Jessica Czaikowski, W. Virginia, 7.65; 6. Tysha Colon, Seton Hall, 7.67; 7. Andrea Smythe, Saint Joseph's, 7.69; 8. Lamoy Stephens, Pittsburgh, 7.71

200 METER DASH

1. Kimberly Lyles, Pittsburgh, 23.92; 2. Ahndraea Allen, Northeastern, 24.20; 3. Kamillah Salaam, Penn State, 24.29; 4. Tysha Colon, Seton Hall, 24.31; 5. Jordine Kimbrel, Northeastern, 24.61; 6. Teyarante Carter, Maryland, 24.66; 7. Trenace Elliot, Pittsburgh, 24.97; 8. Hannah Garrity, Cornell, 25.06

400 METER DASH

1. Ahndraea Allen, Northeastern, 53.49; 2. Sheena Davidson, George Mason, 54.60; 3. Monica Hargrove, Georgetown, 54.84; 4. Shaunette Davey, Va. Comm., 54.98; 5. Trenace Elliot, Pittsburgh, 55.81; 6. Henrietta George, Seton Hall, 55.92; 7. Cameron Washington, Cornell, 56.45; 8. Kari Steed, Cornell, 56.69

500 METER DASH

1. Teresa Frierson, Manhattan, 72.41; 2. Tineisha Davis, USNA, 72.50; 3. Pam Richardson, W. Virginia, 72.98; 4. Shonda Brown, Cornell, 73.11; 5. Alycia Williams, George Mason, 73.64; 6. Naja Ferjan, Brown, 73.70; 7. Linda Trotter, Cornell, 74.62; 8. Nicole Barbante, Monmouth, 74.66

800 METER RUN

1. Allison Laske, Buffalo, 2:07.62; 2. Deldre Byrne, Providence, 2:09.31; 3. Maura McCusker, Georgetown, 2:09.32; 4. Jennifer Kemp, W. Virginia, 2:09.55; 5. Jessica Brown, Cornell, 2:10.10; 6. Tara DeBrielle, E. Carolina, 2:10.51; 7. Leighann Carpenter, UNH, 2:11.03; 8. Amonica Phipps, Rutgers, 2:13.23

1,000 METER RUN

1. Megan Metcalfe, W. Virginia, 2:47.11; 2. Natalie Gingerich, Cornell, 2:47.25; 3. Sabine Knothe, Georgetown, 2:48.14; 4. Fiona Crombie, Providence, 2:50.70; 5. Jennifer Davis, W. Virginia, 2:52.27; 6. Carrie Richards, Cornell, 2:52.92; 7. Christina Gingras, Vermont, 2:53.22; 8. Rose Wetzel, Georgetown, 2:54.19

MILE

1. Shannon Rowbury, Duke, 4:43.59; 2. Jackie Nunez, Stony Brook, 4:46.81; 3. Colleen Kelly, Georgetown, 4:49.22; 4. Elizabeth Maloy, Georgetown, 4:52.28; 5. Meghan Bishop, William & Mary, 4:54.02; 6. Ashley Urick, USMA, 4:54.87; 7. Allison McCabe, UConn, 4:58.11; 8. Danielle Siebert, Maryland, 4:59.73

3,000 METER RUN

1. Emily Logan, Penn, 9:21.57; 2. Maureen McCandless, Pittsburgh, 9:24.76; 3. Jennifer Kramer, Boston College, 9:25.93; 4. Alison Henderson, William & Mary, 9:29.53; 5. Jennifer Donovan, Boston College, 9:30.60; 6. Amanda Pape, Georgetown, 9:31.50; 7. Clara Horowitz, Duke, 9:31.85; 8. Kate Boyles, Cornell, 9:34.71

5,000 METER RUN

1. Tara Struyk, W. Virginia, 16:22.44; 2. Emmily Chelanga, Iona, 16:25.67; 3. Laura Stanley, Duke, 16:26.86; 4. Molly Landreth, Penn State, 16:29.83; 5. Sally Meyerhoff, Duke, 16:54.39; 6. Megan Hepp, UNH, 17:02.81; 7. Shannon Saunders, James Madison, 17:05.95; 8. Jennifer Lapetoda, James Madison, 17:07.87

4X400 METER RELAY

1. George Mason (Paula Bailey, Alycia Williams, Sheena Goss, Sheena Davidson), 3:41.53; 2. Cornell University, 3:41.77; 3. Seton Hall University, 3:44.07; 4. University of Pittsburgh, 3:45.33; 5. Univ. of Rhode Island, 3:47.21; 6.

James Madison, 3:49.78; 7. Univ. of Connecticut, 3:51.21; 8. Univ. of Delaware, 3:51.39

4X800 METER RELAY

1. Georgetown (Meghan O'Neil, Rose Wetzel, Sabine Knothe, Treniere Clement), 8:52.06; 2. Univ. of Maine, 8:57.25; 3. Yale University, 8:58.56; 4. Duke University, 8:59.57; 5. Bucknell University, 9:05.84; 6. Northeastern University, 9:06.42; 7. Univ. of Pittsburgh, 9:07.09; 8. U.S. Naval Academy, 9:17.78

DISTANCE MEDLEY

1. Univ. of Pennsylvania (Kim Milans, Izu Emeagwali, Christina Morrison, Emily Logan), 11:29.66; 2. Penn State Univ., 11:31.81; 3. Cornell University, 11:43.74; 4. Georgetown, 11:51.37; 5. Univ. at Albany, 11:52.76; 6. Univ. of Maryland, 12:00.47; 7. Univ. of Connecticut, 12:02.53; 8. William & Mary, 12:04.57

HIGH JUMP

1. Deirdre Mullen, UConn, 6-00.75 (1.85m); 2. Tanika Brown, Va. Comm., 5-07.00 (1.70m); 3. Colleen McGinn, E. Carolina, 5-07.00 (1.70m); 4. Megan Burke, Penn State, 5-07.00 (1.70m); 5. Claire Poliquin, Maine, 5-07.00 (1.70m); 6. Kena Butts, Liberty, 5-07.00 (1.70m); 7. Erin Davis, Temple, 5-07.00 (1.70m); 8. Anna Raynor, UNC Wilmington, 5-07.00 (1.70m)

POLE VAULT

1. Laura Olson, Buffalo, 12-11.50 (3.95m); 2. Molly Lederman, Yale, 12-07.50 (3.85m); 3. Marissa Dudek, Pittsburgh, 12-07.50 (3.85m); 4. Tammie Mentzel, E. Carolina, 11-11.75 (3.65m); 5. Laura Chen, Duke, 11-11.75 (3.65m); 6. Charlotte LaRoche, William & Mary, 11-11.75 (3.65m); 7. Melanie Bucczo, Bucknell, 11-11.75 (3.65m); 8. Saki Sugano, Boston College, 11-11.75 (3.65m)

LONG JUMP

1. Shameka Marshall, Rutgers, 20-03.00 (6.17m); 2. Chi-Chi Aduba, Penn State, 20-02.25 (6.15m); 3. Heather Houston, Maryland, 19-02.75 (5.86m); 4. Corrine Allen, George Mason, 19-00.75 (5.81m); 5. Joslyn Woodard, Yale, 19-00.50 (5.80m); 6. Tatiana Warren, Syracuse, 19-00.50 (5.80m); 7. Kimberly Morgan, George Mason, 19-00.00 (5.79m); 8. Aquilla Williams-Judge, Northeastern, 18-08.00 (5.69m)

TRIPLE JUMP

1. Alyce Williams, George Mason, 41-06.00 (12.65m); 2. Pascale Delauney, Rhode Island, 41-04.50 (12.61m); 3. Chi-Chi Aduba, Penn State, 40-00.50 (12.20m); 4. Caitlyn Brady, UConn, 39-10.50 (12.15m); 5. Tatiana Warren, Syracuse, 39-05.25 (12.02m); 6. Sheron Mark, Syracuse, 39-03.25 (11.97m); 7. Mary Ellen Bingham, Boston U, 39-02.25 (11.94m); 8. Kahimah Liverman, Rutgers, 38-11.75 (11.88m)

SHOT PUT

1. Zara Northover, Northeastern, 51-04.25 (15.65m); 2. Amanda Walker, Pittsburgh, 49-08.50 (15.15m); 3. Daisy VanRavenswaay, UConn, 47-07.75 (14.52m); 4. Joy Williams, Albany, 47-04.50 (14.44m); 5. Ayanna Jones, William & Mary, 47-02.25 (14.38m); 6. Lexi Benamati, Penn State, 46-09.00 (14.25m); 7. Sara Fields, USMA, 46-06.25 (14.18m); 8. Kristal Kostiew, Vermont, 46-01.25 (14.05m)

WEIGHT THROW

1. Johvonne Hernandez, Syracuse, 64-05.75 (19.65m); 2. Kristal Kostiew, Vermont, 63-02.00 (19.25m); 3. Kate Johnston, Penn State, 60-03.25 (18.37m); 4. Amy Parkosewich, UConn, 59-09.75 (18.23m); 5. Amanda Walker, Pittsburgh, 59-08.50 (18.20m); 6. Jen Leatherman, USNA, 58-03.75 (17.77m); 7. Blessing Egwu, St. John's, 58-01.75 (17.72m); 8. Cyrcerli Ash, Rutgers, 53-11.00 (16.43m)

PENTATHLON

1. Danielle McNaney, Liberty, 3697; 2. Dominique Washington, Seton Hall, 3665; 3. Ashley Huffman, Monmouth, 3510; 4. Meagan Rogers, Buffalo, 3504; 5. Abbie Stetschulte, W. Virginia, 3464; 6. Patrice Coney, Buffalo, 3447; 7. Tamara McGill, Pittsburgh, 3414; 8. Angela Messerschmidt, Rutgers, 3355

2004 NCAA MEN'S QUALIFYING STANDARDS

DIVISION I OUTDOOR—MEN REGIONAL QUALIFYING STANDARDS (SEA LEVEL)

Event	FAT	MT	ALTITUDE ADJUSTMENT
			3k-5,999/6k+
100 Meters	10.50	—	+.03/+.06
200 Meters	21.19	—	+.07/+.12
400 Meters	47.26	47.0	+.11/+.21
800 Meters	1:50.62	1:50.3	
1,500 Meters#	3:48.21	3:47.9	
Mile#	4:06.61	4:06.3	
3,000-Meter Steeplechase#	9:08.15	9:07.9	
5,000 Meters#	14:18.58	14:18.3	
110-Meter Hurdles	14.33	—	+.04/+.08
400-Meter Hurdles	52.51	52.2	+.11/+.21
400-Meter Relay	40.66	40.4	+.12/+.24
440-Yard Relay	40.86	40.6	+.12/+.24
1,600-Meter Relay	3:10.84	3:10.6	+.44/+.84
Mile Relay	3:12.04	3:11.9	+.44/+.84

METRIC

High Jump	2.10
Pole Vault	5.00
Long Jump	7.34
Triple Jump	15.08
Shot Put	16.47
Discus	51.37
Javelin	61.62
Hammer	55.63



#—Altitude adjustment available.

DIVISION I OUTDOOR—MEN NATIONAL QUALIFYING STANDARDS (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
10,000 Meters#	29:00.00	28:59.7	29:45.00	29:44.7
Decathlon	7,500 points		7,000 points	

#—Altitude adjustment available.

2004 NCAA WOMEN'S QUALIFYING STANDARDS

DIVISION I OUTDOOR—WOMEN REGIONAL QUALIFYING STANDARDS (SEA LEVEL)

Event	FAT	MT	ALTITUDE ADJUSTMENT 3k-5,999/6k+
100 Meters	11.78	—	+.03/+.07
200 Meters	23.96	—	+.07/+.14
400 Meters	54.61	54.3	+.11/+.21
800 Meters	2:10.29	2:10.0	
1,500 Meters#	4:29.12	4:28.8	
Mile#	4:50.80	4:50.5	
3,000-Meter Steeplechase#	10:57.18	10:56.9	
5,000 Meters#	16:56.43	16:56.1	
100-Meter Hurdles	13.95	—	+.04/+.08
400-Meter Hurdles	1:00.82	1:00.5	+.11/+.21
400-Meter Relay	45.80	45.5	+.12/+.28
440-Yard Relay	46.00	45.7	+.12/+.28
1,600-Meter Relay	3:43.03	3:42.7	+.44/+.84
Mile Relay	3:44.23	3:43.9	+.44/+.84
METRIC			
High Jump	1.73		
Pole Vault	3.75		
Long Jump	5.93		
Triple Jump	12.26		
Shot Put	14.24		
Discus	46.58		
Javelin	42.61		
Hammer	52.84		

#—Altitude adjustment available.



DIVISION I OUTDOOR—WOMEN NATIONAL QUALIFYING STANDARDS (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
10,000 Meters#	34:10.00	34:09.7	35:15.00	35:14.7
Heptathlon	5,500 points		5,000 points	

#—Altitude adjustment available.