

1st ECAC Championships
 Penn State University, University Park, PA
 May 12/13, 1984

**EASTERN TRACK & FIELD
 CHAMPIONSHIPS
 Women**

High jump — 1. Spenst, Maryland, 5-6; 2. Frederick, Rutgers, 5-6; 3. Davis, Rutgers, 5-6; 4. Howes, Penn State, 5-6; 5. Kuhn, Maryland, 5-6; 6. tie among Colpoys, Rutgers; Payne, Penn; Ferns, Holy Cross, and McAleese, St John's, 5-4.

Javelin — 1. Arcaro, Temple, 155-7; 2. Smith, West Virginia, 154-11; 3. Senz, Penn State, 149-6; 4. Daly, Columbia, 141-7; 5. Dinardo, Bucknell, 141-0; 6. Richter, New Hampshire, 138-2.

Long jump — 1. Boehmer, Vermont, 19-9¼; 2. Spenst, Maryland, 19-8; 3. Criste, Penn State, 19-5½; 4. Daniels, Syracuse, 19-1¼; 5. Humphreys, Penn State, 18-11; 6. Bradley, Villanova, 18-11.

10,000 — 1. Updegrove, Penn State, 37:06.26; 2. Hoskins, Bucknell, 37:18.71; 3. Haversæ, Boston U., 37:34.48; 4. Mitchell, Delaware, 38:40.92; 5. Connors, Boston College, 39:04.83; 6. Rose, New Hampshire, 39:16.08.

Heptathlon - 1, Sharon Pfister, West Virginia, 5,146 points. 2, **Carla Criste, Penn State, 5,095.** 3. Janet Williams, Towson, 5,045.

Triple Jump - 1, **Hanna Humphreys, Penn State, 40-9.** 2. Ann Gaffney, Connecticut, 39-10¼ 3. Lauren Kulik, Cornell, 38-3.

Shot put - 1, **Elaine Sobansky, Penn State, 53-5, meet record;** old record, 53-0¼. 2. Jodi Smith, West Virginia 46-8. 3, **Marilyn Senz, Penn State, 45-5.**

5,000 meters - 1, **Paula Renzi, Penn State, 16:28.93.** 2. Marya Small, Georgetown, 16:47.27. 3. Lauren Searby, Villanova, 16:53.68.

400-meter relay - 1, James Madison, 47.04. 2, Pennsylvania, 47.90. 3, Rutgers, 48.16.

1,500 meters - 1, Desiree Scott, Rutgers, 4:21.03. 2, Mary Ellen McGowan, Villanova, 4:22.35. 3, Carolyn Forde, Maryland, 4:26.38.

100-meter hurdles 1, Patty Bradley, Villanova, 14.02. 2, Maureen Pendergast, Long Island, 14.04. 3, Kelly Toole, Northeastern, 14.10.

400 meters - 1, Michelle Collins, Delaware State 53.92. 2, Hyacinth McBeam, Long Island, 54.06. 3, Janice Reid, Boston College, 54.69.

Discus - 1, **Elaine Sobansky, Penn State, 167-6, meet record;** old record, 162-11. 2. Jodi Smith, West Virginia, 148-9. 3. Michelle Maillane, Northeastern, 147-1

200 meters - 1, Tammy Henderson, West Virginia, 23.54. 2, Hyacinth McBeam, Long Island, 24.22. 3, Rhonda Mason, James Madison, 24.54

3,000 meters - 1, Mary Ellen McGowan, Villanova, 9:31.00. 2. Lauren Searby, Villanova 9:32.00. 3, **Paula Renzi, Penn State, 9:34.48**

100 meters - 1, Tammy Henderson, West Virginia, 11.57, meet record; old record 11.64. 2, Rhonda Mason, James Madison, 12.07. 3, Patricia MeBane, James Madison 12.18

800 meters - 1, Veronica McIntosh, Villanova, 2:07.10. 2, Lorraine Dortch, Delaware State, 2:07.07. 3, Bobbie McGee, Maryland, 2:08.31.

400 meter hurdles - 1, Debbie Grant, Villanova, 58.37. 2. Maureen Pendergast, Long Island, 58.49. 3, Pam Gaddy, Temple, 1:00.23.

3,200 meter relay - 1, Villanova, 8:55.24. 2, **Penn State, 8:56.81.** 3, Georgetown, 8:59.43.

1,600 meter relay - 1, Delaware State, 3:39.81, new meet record; old record 3:40.12. 2, Villanova, 3:40.64. 3, West Virginia, 3:45.00.

STATE COLLEGE, Pa. (AP) — Here are the results of Saturday's finals in the Eastern College Athletic Conference women's outdoor track championship at Penn State University.

High jump—1-Linda Spenst, Maryland, 5-6; 2-Karen Frederick, Rutgers, 5-6; 3-Jill Davis, Rutgers, 5-6; 4-Donna Howes, Penn State, 5-6. 5-Monica Kuhn, Maryland, 5-6.

Javelin—1-Tina Arcaro, Temple, 155-7; 2-Jodi Smith, West Virginia, 154-11; 3-Marilyn Senz, Penn State, 149-6; 4-Carrie Daly, Columbia, 141-7; 5-Corinne Dinardo, Bucknell, 141-0.

Long jump—1-Christine Boehmer, Vermont, 19-9¼; 2-Linda Spenst, Maryland, 19-8; 3-Carla Criste, Penn State, 19-5½; 4-Sharon Daniels, Syracuse, 19-1¼; 5-Hanna Humphreys, Penn State, 18-11.

10,000-meter run—1-Natalie Updegrove, Penn State, 37:06.26; 2-Kelly Hoskins, Bucknell, 37:18.71; 3-Cheryl Haversæ, Boston University; 37:34.48. 4-Kim Mitchell, Delaware, 38:40.42; 5-Virginia Connors, Boston College, 39:04.83.

Other University of Delaware finishers
Triple jump—4-Ailson Ferrance, 4-37-3¼ (school record); **400 intermediate hurdles—**6-Laura Fauser, 1:04.04 (school record); **4 X 100 relay—**(Nancy Zaiser, Elisabeth bupp, Trish Taylor, Laura Fauser) 49.00 (school record).

Heptathlon: 1, Pfister, West Virginia, 5,146 points. 2, Criste, Penn State, 5,095. 3, Janet Williams, Towson, 5,045.

Triple jump: 1, Humphreys, Penn State, 40-9. 2, Gaffney, Connecticut, 39-10¼ 3, Kulik, Cornell, 38-3.

Shot-put: 1, Sobansky, Penn State, 53-5 (meet record; old record, 53-0¼). 2, Smith, West Virginia 46-8. 3, Senz, Penn State, 45-5.

5,000 meters: 1, Renzi, Penn State, 16:28.93. 2, Small, Georgetown, 16:47.27. 3, Searby, Villanova, 16:53.68.

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University Park, Pennsylvania, May 12-13 (5/12— 10,000, HJ, LJ, HT)—

Teams: 1. Penn State 120; 2. Villanova 91; 3. West Virginia 64; 4. Maryland 39; 5. Rutgers 35½; 6. tie, James Madison & Long Island U 33; 8. Delaware State 28.

100(0.40), Henderson (WV) 11.57. 200, Henderson 23.54. 400, Collins (De St) 53.92; 2. McBean' (LIU) 54.06. 800, McIntosh (Vill) 2:07.01; 2. Dortch (De St) 2:07.07; 3. McGee (Md) 2:08.31. 1500, Scott (Rut) 4:21.03; 2. McGowan (Vill) 4:22.35; 3. Forde (Md) 4:26.38; 4. Startare (Penn St) 4:28.38.

3000, McGowan 9:31.00; 2. Searby (Vill) 9:32.00; 3. Renzi (Penn St) 9:34.84. 5000, Renzi 16:28.93; 2. Small (Gtn) 16:47.27; 3. Searby 16:53.68. 10,000, Updegrove (Penn St) 37:06.26. 100H(0.02), Bradley (Vill) 14.02; 2. Prendergast' (LIU) 14.04. 400H, Grant (Vill) 58.37; 2. Prendergast' 58.49; ~~dnf~~ Bradley.

4 x 100, James Madison 47.09 (Diggs, Mason, Mebane, Rowlan). 4 x 400, Delaware State 3:39.81 (Dortch, Ray, Hunter, Collins); 2. Villanova 3:40.64. 4 x 800, Villanova 8:55.24 (Toole, Palmer, Gallagher, Lyons).

HJ, Spent' (Md) 5-6. LJ, Boehmer (Vt) 19-9¼; 2. Spent' 19-8. TJ, Humphreys (Penn St) 40-9. SP, Sobansky (Penn St) 53-5. DT, Sobansky 167-6. HT(10lb), Senz (Penn St) 141-10. Hept, Pfister (WV) 5146.

High Jump: 1, Spent, Maryland, 5-6. 2, Frederick, Rutgers, 5-6. 3, Davis, Rutgers, 5-6.

Javelin: 1, Arcaro, Temple, 155-7. 2, Smith, West Virginia, 154-11. 3, Senz, Penn State, 149-6.

Long Jump: 1, Boehmer, Vermont, 19-9¼. 2, Spent, Maryland, 19-8. 3, Criste, Penn State, 19-5½.

10,000 Meters: 1, Updegrove, Penn State, 37:06.26. 2, Hoskins, Bucknell, 37:18.71. 3, Haversae, Boston University, 37:34.48.

Nittany Lions top Villanova in title event

STATE COLLEGE, Pa. — Villanova University won five events at yesterday's Eastern College Athletic Conference women's track and field championships at Penn State.

However, it wasn't enough to take the team championship which was won by the host Penn State team. The Nittany Lions, who had just four victories, scored 120 points to the Wildcats' 91.

Villanova first were recorded by Patty Bradley (100-meter hurdles), Mary Ellen McGowan (3,000 meters),

Vernonica McIntosh (800 meters), Debbie Grant (400-meter hurdles) and the 3,200-meter relay team.

Olympic shot put hopeful Elaine Sobansky set two meet records to lead Penn State.

Sobansky set meet records in the shot put and the discus, while Tammy Henderson of West Virginia posted a meet record for the 100 meters and Delaware State set one for the 1,600-meter relay.

Sobansky posted a 53-5 in the shot put to break the 53-0¾ she set last year. In the discus, she posted a 167-6 to break the 1980 record of 162-11, set by Marita Walton of Maryland.

Henderson was clocked at 11.57 in the 100 meter dash to break the 11.64 record set by Nellie Bullock of Morgan State while Delaware State posted a 3:39.81 in the 1,600 relay to break the 3:40.12 mark set by Temple in 1981.

Updegrove wins 10,000 meters

STATE COLLEGE (AP) — Natalie Updegrove from Parkland won the 10,000-meter run to lift Penn State to an early lead in the Eastern College Athletic Conference women's outdoor track championship yesterday.

Updegrove finished in 37:06.26, followed by Bucknell's Kelly Hoskins who placed second in 37:18.71.

Maryland's Linda Spenst jumped 5 feet, 6 inches to clinch the high jump and move Maryland into sec-

ond place with 20 points in the field of 40 schools. Spenst also was second in the long jump with 19 feet, 8 inches.

Vermont's Christine Boehmer of Vermont won the long jump with 19 feet, 9¼ inches. Tina Arcaro of Temple won the javelin contest with a throw of 155 feet, 7 inches..

Sixteen more events are scheduled in the two-day championship at Penn State, which continues through today.

For the women, Lauren Kulik was the lone bright spot as she broke her own school record in the triple jump and placed third. Her hop, step and jump of 38 feet, 3 inches broke the former mark of 38-½.

Other Cornell athletes that competed, but did not place, were: Dana Stone and Maddi Wootan in the discus (116-7 and 118-11, respectively); and Nancy Schmidt in the 3,000 (10:21).

Tina Arcaro of Temple won the javelin with a throw of 155 feet, 7 inches as the two-day Eastern College Athletic Conference women's outdoor track and field championships got under way.

Natalie Updegrave of host Penn State captured the 10,000-meter run in 37 minutes, 6.26 seconds.

Maryland's Linda Spenst cleared 5-6 to take the high jump, and she was second in the long jump at 19-8, beaten only by Vermont's Christine Boehmer (19-9¼).

Natalie Updegrave won the 10,000-meter run to lift Penn State to an early lead in the Eastern College Athletic Conference women's 2-day outdoor track championship yesterday at University Park, Pa.

Updegrave finished in 37:06.26, followed by Bucknell's Kelly Hoskins (37:18.71).

Maryland's Linda Spenst jumped 5 feet, 6 inches to clinch the high jump and move Maryland into second place with 20 points in the field of 40 schools. Spenst also was second to Vermont's Christine Boehmer (19-9½) in the long jump at 19-8.

Tina Arcaro of Temple won the javelin contest with a throw of 155 feet, 7 inches.

Lady Lions Win Eastern Track Crown

Olympic shot-put hopeful Elaine Sobansky set two meet records in the final day of the Eastern College Athletic Conference women's track and field championship at Penn State.

Ms. Sobansky, of Washington, Pa., set meet records Sunday in the shot-put and the discus, while Tammy Henderson of West Virginia posted a meet record for the 100 meters and Delaware State for the 1600-meter relay.

Ms. Sobansky, a Penn State senior who will be traveling to Los Angeles for Olympic try-outs in June, posted a 53-5 in the shot-put to break the 53-0 $\frac{3}{4}$ she set last year. In the discus, she posted a 167-6 to break the 1980 record of 162-11, set by Marita Walton of Maryland. Her victories, coupled with Hanna Humphreys winning effort in the triple jump helped get the Lady Lions into a comfortable lead over runnerup Villanova. Penn State won the team title with 120 points while Villanova finished second.

"The key to how well we did

was the field events," said State Coach Gary Schwartz after the Lady Lions picked up 59 points in the field events. "And one of the key victories was Hanna's. It came early in the meet yesterday and it provided us with a psychological lift. The kids really wanted to beat Villanova. They never said anything to me but they were really cranked up for this meet after losing the indoor championship to Villanova."

For Humphreys the 40-foot-9 triple jump not only won the event but also qualified the ex-State College athlete for the NCAA meet scheduled for Eugene, Ore., May 30-June 2.

Ms. Henderson clocked an 11.57 in the 100 meter dash to break the 11.64 record set by Nellie Bullock of Morgan State while Delaware State posted a 3:39.81 in the 1600 relay to break the 3:40.12 mark set by Temple in 1981.

Forty schools competed in the two-day annual championships, but only 28 scored.

Lady Lions Leading ECAC Track Championships

Penn State held a 28-20 lead over Maryland as the first-ever ECAC Track and Field Championships for women entered the final round at Nittany Lion Track today starting at noon.

Competition started yesterday and winners were Natalie Updegrave of Penn State in the 10,000, Christine Boehmer of Vermont in the long jump, Tina Arcaro of Temple in the javelin and Linda Spenst of Maryland in the high jump.

"Natalie deserves the Medal of Honor, not a gold medal," Coach Gary Schwartz of Penn State said. "We were trying for NCAA qualifying, but it didn't work out.

"We must have had weather of all four seasons during the day. Still, we had some pretty solid performances. We had some good times in the 100 hurdles and 400 hurdles. The 800 times were good, too."

Carla Criste of Penn State was third in the heptathlon with three events to go today starting at 9 a.m. Carla had 2,996 points. The leader — Janet Williams of Towson State — had 3,044 points after four events. Williams had the best time in the hurdles (:14.5) and the best 200 time — :24.5, a meet record. Sharon Pfister of West Virginia, who was second with 3,001 points, cleared 5-7 to lead the high jumpers.

"Carla got us a third in the long jump (19-5½) which is a personal best outdoors," Schwartz said. "She's doubling for us — long jumping in addition to competing in the heptathlon."

Marilyn Senz of State was third in the javelin, teammate Donna Howes was fourth in the high jump, Hanna Humphreys of Penn State was fifth in the long jump and Senz won the exhibition hammer throw with a toss of 141-10.

Track: Olympic shot-put hopeful **Elaine Sobansky** set two meet records at the Eastern College Athletic Conference women's track and field championship at University Park. Sobansky, of Washington, Pa., set meet records in the shot put and the discus, and **Tammy Henderson** of West Virginia posted a meet record for the 100 meters. Sobansky, a Trinity High School graduate and Penn State senior who will travel to Los Angeles for Olympic tryouts in June, put the shot 53 feet 5 to break her record of 53-0¾ set last year. Sobansky threw the discus 167-6 to break the 1980 record of 162-11. Henderson ran the 100 meters in 11.57 to break the meet record of 11.64 and won the 200 in 23.54. **Sharon Pfister** of West Virginia won the heptathlon with 5,146 points and was followed by **Carla Criste** of Penn State with 5,095. PSU's **Hanna Humphreys** won the triple jump with a 40-9 . . .

Sobansky sets 2 marks; DelState tops in relay

Associated Press

STATE COLLEGE, Pa. — Olympic shot-put hopeful Elaine Sobansky set two meet records Sunday as Penn State hosted the Eastern College Athletic Conference women's track and field championship.

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