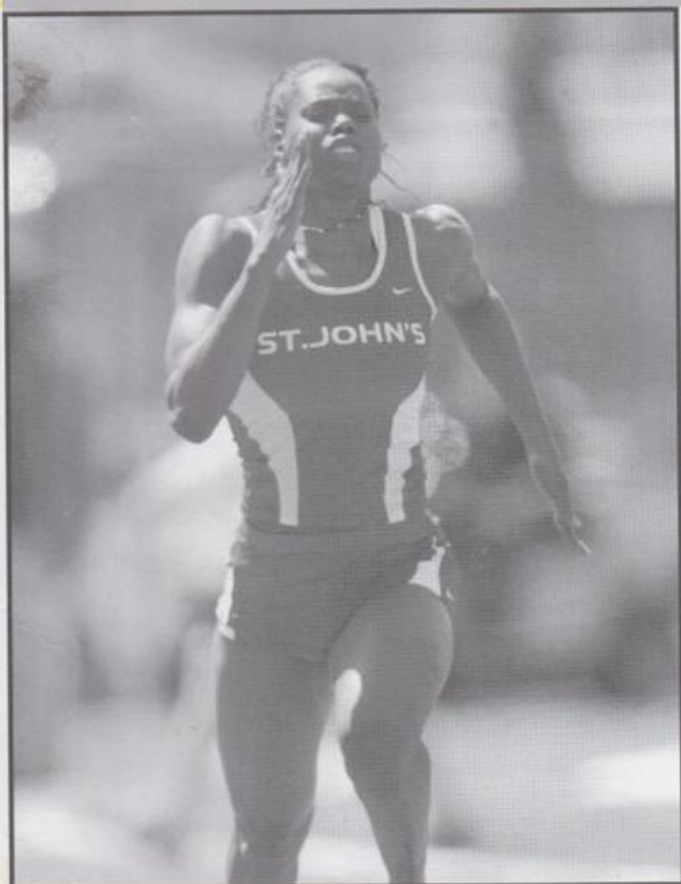


2005 ECAC[®] and IC4A Outdoor Championships

William Weaver Track and Field Stadium
Princeton University
May 13-15



St. John's Kerrian Stewart
2005 ECAC Indoor 60-Meter Dash Champion
2005 Big East Outdoor 400-Meter Champion

MR. LARRY BYRNE/1

237

ECAC[®]



Rutgers' Heptathalon Athletes

Trevor O'Grady, Greg Ostrowicki,
Adam Golembeski and David Klics
Second time in IC4A 129-year history that
four teammates have scored in one event





Eastern College Athletic Conference®

Commissioners

Philip Buttafuoco 1998-present
Clayton Chapman 1989-1998
Robert "Scotty" Whitelaw . 1972-1989
George Shiebler 1970-1972
Asa S. Bushnell 1938-1970

Championships

The ECAC administers 110 preseason and postseason events for 37 men's and women's sports, nine affiliate organizations and seven playing leagues.

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 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.

Communications

The ECAC publicizes the achievements of its member institution's student-athletes through weekly and postseason awards. Annually, the publicity bureau recognizes more than 4,000 student-athletes in 20 different sports from Division I, II and III member institutions.

Marketing and Sponsorships

The ECAC Corporate Partner Program is dedicated to developing relationships with commercial entities that are committed to the mission of the ECAC, support the ideals of intercollegiate athletics and value the pursuit of excellence on and off the field of play. Offering a wide range of opportunities, the ECAC partners with international, national and regional brands to create added-value for its membership and to provide quality championship experiences for its student-athletes.

The ECAC® is the nation's largest athletic conference with 323 Divisions I, II, and III colleges and universities from Maine to North Carolina. Since its foundation 67 years ago, the ECAC has emerged as the nationwide leader in service. The headquarters, the Asa S. Bushnell Center, is located in Centerville, Massachusetts on Cape Cod. A non-profit service organization since 1938, the ECAC was founded as the Central Office for Eastern Intercollegiate Athletics with 58 charter members. 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. Through the years the ECAC has

Administer

110 Championships

been a leader both regionally, and nationally.

The busi-

ness of the ECAC is conducted at the annual fall convention and in 2005 will be held on September 25-27 on Cape Cod. This meeting provides the membership an opportunity to discuss and vote on conference-wide issues and concerns.

In October of 2004, the conference established an aggressive initiative to recruit, educate and train officials with the focus on increasing the number of women and minority sports officials. This initiative is partially being funded through a grant from the National Collegiate Athletic Association (NCAA).

Assign

5,100 Officials

The ECAC maintains a legislative and compliance service to assist the membership with the application of NCAA and ECAC regulations.

The conference's Web site features real-time management and cutting-edge technology.

Recognize

4,000 Student-Athletes

The ECAC owns the

nation's leading online officiating system which is a password-protected extranet that allows real-time access to its membership and officials as changes occur to their schedules. The ECAC is also on the forefront of other Web-based technology including the officiating payment service (OPS). This enables the ECAC to pay the game officials on behalf of a member institution. Launched in 2002 in response to the expressed needs of the membership, the ECAC successfully processed more than 6,000 officiating payments last academic year.





Dear Student-Athletes, Coaches and Fans,

On behalf of the ECAC®, I welcome each of you to the 129th annual IC4A and 22nd annual ECAC Outdoor Track and Field Championships. We are pleased to partner with Princeton University to host this weekend's event. Our relationship with the Princeton University athletic department will provide the student-athletes a first-class event in a first-class venue.

As the ECAC continues through its 67th year, I am proud of the commitment the conference has made to the Intercollegiate Association of Amateur Athletes 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 129 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

Eastern College Athletic Conference

P.O. Box 3 • 1311 Craigville Beach Road • Centerville, Massachusetts 02632
Phone: 508/771-5060 • Fax: 508/771-9481
www.ecac.org

Commissioner	Phil Buttafuoco
Assistant Commissioner for Officiating and Compliance	Steve Bamford
Assistant Commissioner for Communications	Heidi Kravchuk
Assistant Commissioner for Business Services	Kyle Kravchuk
Assistant Commissioner for Strategic Marketing & Business Development	Kelly Stone
Director of Championships	Kelly Gilligan
Coordinator for Strategic Marketing & Business Development	Brian Young
Executive Assistant to the Commissioner	Marian Gibson
Asa S. Bushnell Intern for Strategic Marketing & Business Development	Kate Gluckman
Asa S. Bushnell Intern for Communications	Katherine Healey
Asa S. Bushnell Intern for Championships	Jody Lemoi
Asa S. Bushnell Intern for Hockey/Rowing	Michael Letzeisen
Asa S. Bushnell Intern	Brian Miller

The ECAC® and IC4A Track and Field Championships

2005 SCHEDULE OF EVENTS

Order of Events

Friday, May 13

IC4A Decathlon	Noon
ECAC Heptathlon	12:30 p.m.
IC4A Discus Throw	5:30 p.m.
IC4A 3,000 Steeplechase	6 p.m.
ECAC 3,000 Steeplechase	6:20 p.m.
IC4A 5,000	6:45 p.m.
ECAC 5,000	7:05 p.m.
IC4A 10,000	7:30 p.m.
ECAC 10,000	8:05 p.m.

Saturday, May 14

IC4A Decathlon	9 a.m.
ECAC Heptathlon	9:30 a.m.
IC4A Hammer Throw	10 a.m.
IC4A 4x100 Relay - Trials	10:30 a.m.
IC4A 1,500 - Trials	10:50 a.m.
IC4A Pole Vault	11 a.m.
IC4A 110 HH - Trials	11:15 a.m.
IC4A 400 - Trials	11:35 a.m.
IC4A 100 - Trials	Noon
IC4A Javelin Throw	Noon
IC4A Long Jump	Noon
IC4A 800 - Trials	12:25 p.m.
IC4A 400 IH Trials	12:45 p.m.
ECAC Hammer Throw	1 p.m.
IC4A 200 Trials	1:05 p.m.
IC4A 4x800 Trials	1:30 p.m.
IC4A 4x400 Trials	1:50 p.m.
ECAC 4x100 Trials	2:45 p.m.
ECAC Long Jump	3:00 p.m.
ECAC 1,500 Trials	3:05 p.m.
ECAC 100 Hurdle - Trials	3:25 p.m.
ECAC 100 - Trials	3:45 p.m.
ECAC Discus Throw	4 p.m.
ECAC Pole Vault	4 p.m.
ECAC 400 - Trials	4:05 p.m.
ECAC 100 Hurdle - Semifinal	4:25 p.m.
ECAC 100 Semifinal	4:35 p.m.
ECAC 800 Trials	4:45 p.m.
ECAC 400 Hurdle - Trials	5:05 p.m.
ECAC 200 - Trials	5:30 p.m.
ECAC 4x800 Relay - Trials	5:50 p.m.
ECAC 4x400 Relay - Trials	6:20 p.m.

Sunday, May 15

IC4A Shot Put	10:30 a.m.
ECAC Javelin Throw	10:30 a.m.
ECAC Triple Jump (Outside Pit)	11 a.m.
IC4A Triple Jump (Inside Pit)	11 a.m.
ECAC High Jump	11:30 a.m.
ECAC 4x100 Relay	12:30 p.m.
IC4A 4x100 Relay	12:35 p.m.
ECAC 1,500	12:40 p.m.
IC4A 1,500	12:50 p.m.
ECAC 100 Hurdles	1 p.m.
IC4A 110 Hurdles	1:10 p.m.
ECAC 400	1:15 p.m.
IC4A 400	1:20 p.m.
ECAC 100	1:25 p.m.
ECAC Shot Put	1:30 p.m.
IC4A High Jump	1:30 p.m.
IC4A 100	1:30 p.m.
ECAC 800	1:40 p.m.
IC4A 800	1:45 p.m.
ECAC 400 Hurdles	1:55 p.m.
IC4A 400 Hurdles	2 p.m.
ECAC 200	2:10 p.m.
IC4A 200	2:15 p.m.
ECAC 3,000	2:20 p.m.
ECAC 4x800 Relay	2:55 p.m.
IC4A 4x800 Relay	3:05 p.m.
ECAC 4x400 Relay	3:20 p.m.
IC4A 4x400 Relay	3:30 p.m.

Presentation of Awards to follow the last event



Sheron Mark, a sophomore at Syracuse University, was a key ingredient in SU's Triple Threat last year. Mark and teammates Aprelle Watkins ('04) and Tatiana Warren ('05) placed first, second and third in the triple jump event.

Great Ideas For Runners...

Cho-Pat®
PRODUCTS FOR ACTIVE LIFESTYLES

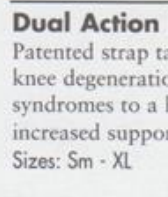
Knee Strap

Cho-Pat's Original Knee Strap is designed to alleviate certain knee discomforts due to overuse syndromes, arthritis, and other forms of degeneration. Nearly two million sold! Sizes: XS - XXL



ITB Strap

Helps alleviate the discomfort of Iliotibial Band Syndrome. Stabilizes the iliotibial band just above and outside the knee or in the upper part of the leg. Sizes: XS - XL



Dual Action Knee Strap

Patented strap takes pain relief from knee degeneration and overuse syndromes to a higher level. Provides increased support and stability. Sizes: Sm - XL



www.cho-pat.com 1-800-221-1601



INTERCOLLEGIATE ASSOCIATION OF AMATEUR ATHLETES OF AMERICA

Founded in 1876

2005 IC4A EXECUTIVE COMMITTEE

Irwin Cohen - President IC4A (Chair)

Steve Bartold - IC4A Track Administrator

Mike Cross - Associate Athletic Director, Princeton University

John Kane - Senior Associate Athletic Director, Boston College

Jack McDonald - Director of Athletics & Recreation, Quinnipiac University

Patricia Nicol - Director of Athletics, Southern Connecticut State University

Kevin Quinn - Assistant Director of Athletics, St. Joseph's University

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.)	

COACHES OF IC4A MEMBER COLLEGES

ADELPHI (II)	Michael Belfiore	MARYLAND-BALT. COUNTY	David Bobb
ALBANY	Roberto Vives(tk)	UNIVERSITY OF MASSACHUSETTS - AMHERST	Ken O'Brien
ARMY - USMA	Craig McVey (xc)	UNIVERSITY OF MASSACHUSETTS - LOWELL (II)	Gary Gardner
BATES COLLEGE (III)	Jerry Quiller	MASS. INST. TECH. (III)	Haiston Taylor
BENTLEY (II)	Al Fereshetian	MERCHANT MARINE (III)	Yolanda Flaminio
BINGHAMTON, SUNY	Ed Lyons	MONMOUTH UNIVERSITY	Joe Compagni
BOSTON COLLEGE	Mike Thompson	MONTCLAIR STATE (III)	Troy Sessoms
BOSTON UNIVERSITY	Randy Thomas	MORGAN STATE	Neville Hodge
	Pete Schuder (tk)	MOUNT ST. MARY'S	Jim Deegan (tk)
	Bruce Lehan (xc)		Jason Anderson(xc)
BRANDEIS (III)	Mark Reyblat(tk)	NAVY - USNA	Steve Cooksey (tk)
BROWN	John Evans(xc)		Al Cantello (xc)
	Robert Johnson (tk)	NEW HAMPSHIRE	Jim Boulanger(tk)
	John Gregorek (xc)	NEW HAVEN (II)	John Sagnelli
BUCKNELL	Kevin Donner	NEW JERSEY, COLL. OF (III)	Eric Mobley
BUFFALO	Perry Jenkins	NEW YORK TECH (II)	Tony Perrone
CANISIUS	Peter Osmond	NEW YORK UNIV. (III)	Nicholas McDonough
C.W. POST	Rich Degnan	NO. CAR. - WILMINGTON	Jim Sprecher
CENTRAL CONNECTICUT	George Kaweck	NORTHEASTERN	Sherman Hart
COLGATE	Laura Nardello (tk)	NOTRE DAME	Joe Piane
	Art McKinnon (xc)	PACE (II)	Brian Fitzgerald
COLUMBIA	Willy Wood	PENN STATE	Harry Groves
CONNECTICUT	Greg Roy	PENNSYLVANIA	Charles Powell
COPPIN STATE	Carl Hicks	PITTSBURGH	Alonzo Webb
CORNELL	Nathan Taylor (tk)	PRINCETON	Fred Samara (tk)
DARTMOUTH	Barry Harwick	PROVIDENCE	Ray Treacy
DELAWARE	James Fischer	QUINNIPIAC	Shawn Green (tk)
DELAWARE STATE	Duane Henry		Ed O'Connor (xc)
DUKE	Norm Ogilvie	RHODE ISLAND	John Copeland
DUQUESNE	Jim Lear	RIDER	Bill Hodge
EAST CAROLINA	Bill Carson (tk)	ROBERT MORRIS	Michael Smith
	Len Klepack (xc)	RUTGERS	Mike Mulqueen
FAIRFIELD	Jennifer Wyshner	SACRED HEART	Christian Morrison
FAIRLEIGH DICKINSON	Sharlene Milwood-Lee	ST. FRANCIS - NEW YORK	Anthony Kurtin
FORDHAM	Tom Dewey	ST. FRANCIS - PENN.	Scott Catone
GEORGE MASON	Dalton Ebanks	ST. JOHN'S	Jim Hurt
GEORGE WASHINGTON	Deb Cane	ST. JOSEPH'S	Mike Glavin
GEORGETOWN	Ron Helmer(tk)	ST. PETER'S	Bob Oppici
	Pat Henner(xc)	ST. THOMAS AQUINAS	Jamie Kempton
HARTFORD	Kathy Manizza	SETON HALL	John Moon (tk)
HARVARD	Frank Haggerty		Chris Egger (xc)
HOFSTRA	Jim Sewell	SIENA	Jim Bowles
HOLY CROSS	Jim Kavanagh	SO. CONNECTICUT (II)	Jack Maloney
HUNTER (III)	Damion Jones	STONEHILL (II)	Karen Boen
IONA	Mick Byrne	STONY BROOK	Andy Ronan
JAMES MADISON	Bill Walton	SYRACUSE	Andy Roberts
LA SALLE	Charles Torpey	TEMPLE	Stefanie Scalessa
LAFAYETTE	Julio Piazza	TUFTS (III)	Connie Putnam
LEHIGH	Matt Utesch	VERMONT	Matt Belfield
LIBERTY	Brant Tolisma	VILLANOVA	Marcus O'Sullivan
LINCOLN (II)	Cyrus Jones	VIRGINIA	Randy Bungard (tk)
LONG ISLAND	Julia Sandiford		Buzz Male (xc)
LONGWOOD	Rich Firth	VIRGINIA MILITARY INST.	Mike Bozeman
MAINE	Jim Ballinger (tk)	WAGNER	Joseph Stasi
MANHATTAN	Mark Lech (xc)	THE COLLEGE OF WILLIAM & MARY	Alex Gibby
MARIST	Dan Mecca tk	YALE UNIVERSITY	Dave Shoehalter (tk)
MARYLAND	Pete Colaizzo		Dan Ireland (xc)
	Andrew Valmon		

2004-05 IC4A COACHES ASSOCIATION OFFICERS

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

2005 ECAC and IC4A Officials

IC4A MEET DIRECTOR

Steve Bartold

ECAC MEET DIRECTOR

Tom Meagher

HONORARY MEET DIRECTOR

Larry Byrne

ECAC CHAMPIONSHIPS

Kelly Gilligan

ASSISTANT MEET DIRECTOR

Peter Farrell - ECAC

Fred Samara - IC4A

IC4A GAMES COMMITTEE

Heliodoro Rico, Chairman

Steve Bartold

Larry Byrne

Ed Callahan

Irwin Cohen

Joe Compagni

Jim Hurt

Jerry Quiller

Fred Samara

ECAC GAMES COMMITTEE

Kevin Quinn, Chairperson

Tom Dewey

Peter Farrell

Gwen Harris

Tom Meagher

Jan Ogilvie

Mark Young

MEET ADMINISTRATION

Bernice DeMello

RESULTS COORDINATION

Barbara Gaulien

Bonnie Sullivan

CLERK OF OFFICIALS

Bonnie Sullivan, Chief

Barbara Gaulien

PRESS RELATIONS

Heidi Kravchuk, ECAC

IC4A REFEREES

Ed Callahan, running

Ed Gorman, field events

ECAC REFEREES

Bob Fontaine, running

Ken Yerger, field events

MULTI EVENTS

Ed Gorman

STARTERS

Thomas McTaggart, Chief

Joe Caruso

Carmen Iannucci

Diane Wright

ANNOUNCERS

Larry Newman

Murray Peyton

UMPIRES IC4A/ECAC

Andrew McCray, Chief

Rev. Gervais Clarke

Peter DeMarco

William Eisenring

Joe McGonigle

James O'Leary

Frederick Sieger

CLERKS IC4A/ECAC

Edward Koch, Chief

Matthew Cola

Marty Lewis

Ronald McLean

Warren Ring

Crawford Sabin

Stafford Thompson

PHOTO TIMING - LANCER

TIMING

Charlie Butterfield

Yvonne Grimes

Dave Wilbur

AWARDS

Karne Guy, Chief

Barbara Gaulien

Bonnie Sullivan

KEEPER OF THE LAPS

Paul Podgurski

FINISH LINE - IC4A/ECAC

Harold Adams

William Jackson

Edgar Nelms

Roceta Nelms

Col. Gerald Russell

Peter Wilson

WIND GAUGE OPERATORS

Dave Gingras

MULTI EVENTS

HEPTATHLON

Claire Koegler, Chief

Rochelle Epstein

Tom Hassard

Yvonne Grimes

Michael "Max" Tucker

DECATHLON

Dorothy Moritz, Chief

Gerry Connell

Bill Crowther

Alcmena Monique White

Kenneth Yerger

INSPECTOR OF IMPLEMENTS

Ed Gorman, Chief

Joe McGonigle

IC4A DISCUS THROW

Edward Bennett, Chief

TJ Martino

Michael Sullivan

Michael Wolak

Fred Zaccagnini

ECAC DISCUS THROW

Ed Bennett, Chief

TJ Martino

Larry Kalb

Mike Sullivan

Earl Williams

Fred Zaccagnini

IC4A HAMMER THROW

Mike Wolak, Chief

Edward Bennett

Larry Kalb

TJ Martino

ECAC HAMMER THROW

Mike Wolak, Chief

Larry Kalb

TJ Martino

Mike Wolak

IC4A JAVELIN THROW

A. Monique White, Chief

Andy Boyajian

Michael Sullivan

Ken Yerger

Fred Zaccagnini

ECAC JAVELIN THROW

Claire Koegler, Chief

Andy Boyajian

Tom Hassard

TJ Martino

Michael Sullivan

Mike Wolak

Fred Zaccagnini

IC4A HIGH JUMP

Dick Mann, Chief

Paul Cordero

William Pollinger

Dr. Reginald Weissglas

ECAC HIGH JUMP

Michael Tucker, Chief

Paul Cordero

Bill Pollinger

Dr. Reginald Weissglas

IC4A LONG JUMP

Dave Rizzo, Chief

Marvin Johnson

Jerrold Leanness

Ken Martin

Joseph Opperman

Joel Westman

ECAC LONG JUMP

Dave Rizzo, Chief

Jesse Jackson

Marvin Johnson

Jerrold Leanness

Ken Martin

Joseph Opperman

IC4A POLE VAULT

Edward Slade, Chief

Bernard Freedman

Ralph Fusco

Tom Heisey

ECAC POLE VAULT

Ed Slade, Chief

Bernard Freedman

Ralph Fusco

Tom Heisey

IC4A SHOT PUT

Earl Williams, Chief

William Ballou

Ed Bennett

Gus Young

ECAC SHOT PUT

Earl Williams, Chief

Ed Bennett

William Ballou

Gus Young

IC4A TRIPLE JUMP

Dave Rizzo, Chief

Jim Herbert

Marvin Johnson

Jerrold Leanness

Joseph Opperman

ECAC TRIPLE JUMP

Gerry Connell, Chief

Jesse Jackson

Larry Kalb

Ken Martin

Joel Westman

The 22nd ECAC and 129th IC4A Outdoor Track & Field Championship program was produced by the Eastern College Athletic Conference and edited by Katherine Healey, ECAC Asa S. Bushnell Intern for communications. Special thanks to contributors Larry Levanti, Larry Byrne, Bernice DeMello, Steve Bartold and Walter Murphy of "Eastern Track." Advertising sales procured by the ECAC Strategic Marketing Team.

IC4A OUTDOOR RECORDS

100 Meters

2004 IC4A Champion	10.45 --	Machel Morrison, Lafayette	
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

2004 IC4A Champion	20.92 --	Richard Phillips, George Mason	
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

2004 IC4A Champion	46.10 --	Obra Hogans, Seton Hall	
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

2004 IC4A Champion	1:49.93 -	Joel Legare, Connecticut	
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	85
World	1:41.11 -	Wilson Kipketer, Denmark	97

1,500 Meters

2004 IC4A Champion	3:47.51 -	Phil Sakala, Army	
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 ---

2004 IC4A Champion	8:42.14 -	James Graham, Georgetown	
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

2004 IC4A Champion	14:02.99	Richard Kiplagat, 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

2004 IC4A Champion	29:58.13	Keith Bechtol, William & Mary	
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

2004 IC4A Champion	13.66 --	Richard Phillips, George Mason	
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

2004 IC4A Champion	51.38 --	James Graham, Georgetown	
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

2004 IC4A Champion	40.60	Rutgers (David Klics, Marcel Coleman, Robert Waters, Joe Parker)	
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, Jarmiene 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

2004 IC4A Champion	3:09.76	Seton Hall (Quetin Bowens, O.J. Hogans, Rayan Speid, Dwayne Thomas)	
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 Haughton 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	

4 x 800 Meter Relay

2004 IC4A Champion	7:30.17	St. Francis (PA) (Quinn, Maloney, Kawalek, Suravicz)	
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	

IC4A OUTDOOR RECORDS

High Jump

2004 IC4A Champion	7-0.25 (2.14)	Ivan Schmidt, Southern Conn. St.	
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 Louisiana	89
American	---7-10.5 (2.40)	Charles Austin, Unattached	91
World	---8-0.5 (2.45)	Javier Sotomayor, Cuba	93

Pole Vault

2004 IC4A Champion	16-8.75 (5.10)	Neal Wojdowski, Pennsylvania	
IC4A Meet Record	-18-1.25 (5.52)	I. Bagyula, Geo. Mason	92
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)	L. 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

2004 IC4A Champion	25-6.25 (7.79)	Chad Wilson, Liberty	
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

2004 IC4A Champion	51-9.25 (15.78)	Jeff Weaver, Army	
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

2004 IC4A Champion	59-11.75 (18.28)	Derek Anderson, Northeastern	
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	
World	---75-10.25 (23.12)	Barnes	90

Discus

2004 IC4A Champion	176-10 (53.90)	Derek Anderson, Northeastern	
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 Striders	85
World	---243-0 (74.08)	Jurgen Schult, G.D.R.	86

Hammer

2004 IC4A Champion	219-7 (66.92)	Thomas Freeman, Manhattan	
IC4A Meet Record	-243-2 (74.12)	K. McMahon, Georgetown	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

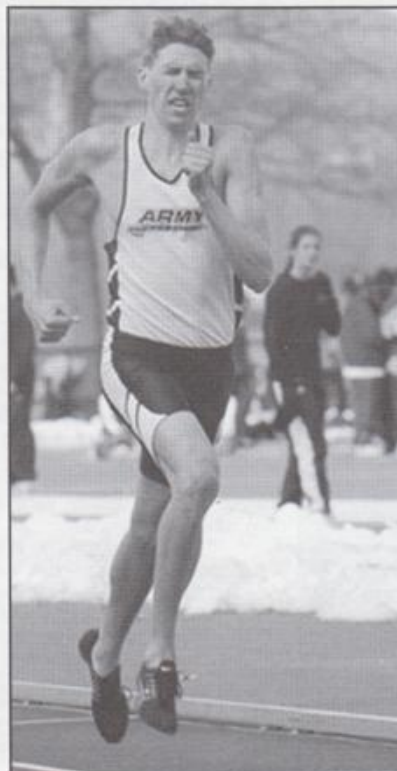
American Collegiate	257-0 (78.34)	Ken Flax, Oregon	86
American	---270-9 (82.52)	Lance Deal, New York AC	96
World	---284-7 (86.74)	Yuriy Syedikh, U.S.S.R.	86

Javelin

2004 IC4A Champion	254-2 (77.47)	Paul Pisano, Connecticut	
IC4A Meet Record	254-2 (77.47)	P. Pisano, Connecticut	04
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

2004 IC4A Champion	7,411 points,	Rajne Svenssohn, Manhattan	
IC4A Meet Record	-7,732 points,	Rob Muzzio, George Mason	85
(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 Mott, Mount St Mary's	
(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)			



Cold temps never stop champions. Pictured left is Army's Phil Sakala, winner of the 1,500 Meter Run at the 2004 IC4A Outdoor Championships.

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

RECAPING THE 2004 IC4A OUTDOOR CHAMPIONSHIPS RESULTS

Yale Track and Field Facility, Yale University, New Haven, Connecticut May 13-16, 2004

2004 FINAL TEAM STANDINGS

1. U.S. Military Academy	50
2. Rutgers University	48.75
3. George Mason University	48
4. Georgetown University	43
5. Seton Hall University	39
5. University of Rhode Island	39
7. Cornell University	38.25
8. Manhattan College	37
9. Northeastern University	29
9. Monmouth University	29
11. University of Connecticut	28.50
12. Iona College	27
13. College of William and Mary	25
14. U.S. Naval Academy	22.75
15. Princeton University	22
15. Liberty University	22
15. Pennsylvania University	22
18. University of Pittsburgh	21
19. Yale University	19
20. St. Francis University (PA)	17
21. Boston University	15
22. Harvard University	14
22. Southern Connecticut State	14
24. Duke University	13
24. Dartmouth College	13
26. University at Albany	12
27. Lehigh University	10
27. Lafayette College	10
29. Robert Morris University	9
30. Montclair State University	8
31. C.W. Post	7
31. Mount St. Mary's	7
33. Binghamton University	6
33. University of North Carolina	6
33. Villanova University	6
33. Towson University	6
37. Saint Joseph's University	5
37. Coppin State University	5
37. University of Maryland	5
37. La Salle University	5
37. Tufts University	5
37. Virginia Military Institute	5
37. Bucknell University	5
37. Long Island University	5
37. Rider University	5
46. Bentley College	4
47. Columbia University	3
47. James Madison University	3
47. Fairleigh Dickinson University	3
47. Virginia Commonwealth Univ.	3
51. Providence College	2
51. Sacred Heart University	2
51. Brown University	2
54. Fordham University	0.75

100 METERS

1. Morrison, Machel, Lafayette, 10.45; 2. Evans, George, Lehigh, 10.61; 3. Johnson, Danny, Seton Hall, 10.61; 4. Garner, Michael, Towson, 10.71; 5. Groce, Eric, Rhode Island, 10.81; 6. Logan, Kevin, C.W. Post, 10.82; 7. Johnson, Shaun, Long Island, 10.85; 8. Wooley, Rahim, Cornell, 10.87.

200 METERS

1. Phillips, Richard, George Mason, 20.92; 2. Johnson, Danny, Seton Hall, 21.12; 3. Groce, Eric, Rhode Island, 21.22; 4. Manning, Harold, Maryland, 21.27; 5. Logan, Kevin, C.W. Post, 21.34; 6. Waters, Rob, Rutgers, 21.51; 7. Frierson, James, Virginia Commonwealth, 21.69; 8. Garner, Michael, Towson, 21.95.

400 METERS

1. Hogans, Obra, Seton Hall, 46.10; 2. Wigfall, Lance, Montclair St., 46.83; 3. Porter, Eric, Navy, 46.92; 4. Thomas, Andrew, Saint Joseph, 47.10; 5. Bonner, Chris, Georgetown, 47.40; 6. Wiley, David, Monmouth, 48.18; Bowers, Quentin, Seton Hall, DNF.

800 METERS

1. Legare, Joel, Connecticut, 1:49.93; 2. Najjar, Ali, Georgetown, 1:50.51; 3. Gonzales, Aldo, Cornell, 1:50.67; 4. Tingan, Alexis, Princeton, 1:51.45; 5. Kieliszkak, Jon, Princeton, 1:51.85; 6. Amt, Jon, Duke, 1:52.20; 7. Jones, Logan, Connecticut, 1:52.43.

1,500 METERS

1. Sakala, Phil, Army, 3:47.51; 2. Yelsey, Josh, Yale, 3:47.56; 3. Manning, Tommy, Georgetown, 3:48.19; 4. Sink, Joshua, Navy, 3:48.52; 5. Tebbano, Dan, Georgetown, 3:49.23; 6. Connolly, Sean, Iona College, 3:49.41; 7. O'Connell, Jesse, Georgetown, 3:50.66; 8. Schneider, Nick, Duke, 3:51.86; 9. Elias, Corey, Iona College, 4:01.17.

5,000 METERS

1. Kiplagat, Richard, Iona College, 14:02.99; 2. McAllister, Joe, Iona College, 14:05.73; 3. Sheehan, Ryan, St. Francis PA, 14:08.92; 4. Pellegrino, Nick, Monmouth, 14:12.67; 5. Witzleben, Todd, La Salle, 14:12.72; 6. Dusen, Karl, Columbia, 14:13.24; 7. Moulton, Pat, Providence, 14:14.57; 8. Hortian, Adam, Iona College, 14:15.35.

10,000 METERS

1. Bechtol, Keith, William & Mary, 29:58.13; 2. Krieger, Keith, Duke, 30:13.93; 3. Keally, Matt, William & Mary, 30:14.64; 4. Brigham, Nathan, Tufts, 30:17.92; 5. Agnew, Ryan, Bentley, 30:20.23; 6. Dichiaro, Jeff, Princeton, 30:21.48; 7. Schoener, Jason, William & Mary, 30:25.95; 8. Hatch, Michael, Duke, 30:27.88.

110 METER HURDLES

1. Phillips, Richard, George Mason, 13.66; 2. Melbourne, Ricardo, George Mason, 13.94; 3. Aina, Colin, Rhode Island, 14.02; 4. Morancie, Travis, Seton Hall, 14.19; 5. Klics, David, Rutgers, 14.20; 6. Brooks, LaeJon, Rhode Island, 14.38; 7. Diggs, Daveed, Brown, 14.52; 2. 8. Jasmin, Peter, Northeastern, 14.55.

400 METER HURDLES

1. Graham, James, Georgetown, 51.38; 2. Abdur-Rahim, Ahmad, Dartmouth, 51.88; 3. Hopper, Trevor, Army, 52.12; 4. Anderson, Prince, Coppin State, 52.46; 5. Eckman, Drew, Villanova, 52.52; 6. Stewart, Mike, Binghamton, 52.88; 7. Craig, Jared, Monmouth, 53.09.

3,000 METER STEEPLECHASE

1. Dieckfoss, Jochen, Boston Univ., 8:42.14; 2. Meyer, Lucas, Yale, 8:47.59; 3. Mort, Emory, Cornell, 8:56.63; 4. Laboy, Ramon, Iona College, 8:57.42; 5. Arlinghaus, Aaron, Cornell, 9:01.69; 6. Korir, Alfred, Fairleigh Dickinson, 9:02.06; 7. Heely, Eric, Army, 9:03.37; 8. Carvelli, Chris, La Salle, 9:04.70.

4X100 METER RELAY

1. Rutgers University, 40.60; 2. Northeastern, 41.06; 3. Monmouth University, 41.11; 4. Rider University, 41.37; 5. Cornell University, 41.49; 6. Long Island Univ., 41.57; 7. Lehigh University, 41.57.

4X400 METER RELAY

1. Seton Hall University, 3:09.76; 2. Univ. of Rhode Island, 3:11.04; 3. Monmouth Univ., 3:11.23; 4. Boston Univ., 3:12.35; 5. Georgetown, 3:12.71; 6. Pennsylvania Univ.,

3:13.03; 7. Cornell University, 3:17.90.

4X800 METER RELAY

1. St. Francis University (PA), 7:30.17; 2. Cornell, 7:31.02; 3. Liberty University, 7:31.60; 4. Georgetown, 7:32.52; 5. Rutgers Univ., 7:33.75; 6. James Madison Univ., 7:33.86; 7. College of William and Mary, 7:34.45; 8. Yale, 7:35.81.

HIGH JUMP

1. Schmidt, Ivan, So Conn State, (2.14m), 7-00.25; 2. Matthews, Quentin, George Mason, (2.10m), 6-10.75; 3. Bullock, Patrick, UNC Wilmington, (2.10m), 6-10.75; 4. Stewart, Naron, Albany, (2.06m), 6-09.0; 5. Jackson, Guy, Monmouth, (2.06m), 6-09.00; 6. Herron, Cole, Navy, (2.06m), 6-09.09; 7. Pell, David, Cornell, (2.02m), 6-07.50; 7. White, Stephen, Navy, (2.02m), 6-07.50; 7. Hicks, Reshard, Fordham, (2.02m), 6-07.50; 7. Butler, Anthony, Rutgers, (2.02m), 6-07.50.

POLE VAULT

1. Wojdowski, Neal, Pennsylvania, (5.10m), 16-08.75; 2. Brousse, Matt, Pittsburgh, (5.00m), 16-04.75; 3. Suttle, Zack, Pennsylvania, (5.00m), 16-04.75; 4. Keaton, Ryan, Army, (5.00m), 16-04.75; 5. Rosson, JB, VA Military, (5.00m), 16-04.75; 6. Quiller, Rory, Binghamton, (4.90m), 16-00.75; 7. Whitehall, Evan, Cornell, (4.90m), 16-00.75; 7. Radzevich, Jake, Connecticut, (4.90m), 16-00.75.

TRIPLE JUMP

1. Weaver, Jeff, Army, (15.78m), 2.1 51-09.25; 2. Kellman, Marc, George Mason, (15.71m) 51-06.50; 3. Adjah, Lawrence, Harvard, (15.49m), 1.6 50-10.00; 4. Laine, Samyr, Harvard, (15.40m), 2.0 50-06.25; 5. McCoy, Ryan, George Mason, (15.26m), +0.0 50-00.75; 6. Wilson, Chad, 04 Liberty, (15.24m), 50-00.00; 7. Beauchman, Jihad, Yale, (14.90m), NWI 48-10.75; 8. Lambert, Davion, VA Commonwealth, (14.75m) 2.9 48-04.75.

SHOT PUT

1. Anderson, Derek, Northeastern, (18.28m), 59-11.75; 2. Clickett, Justin, Pittsburgh, (17.65m), 57-11.00; 3. Segond, Sam, Rutgers, (17.59m), 57-08.50; 4. Reid, Andre', Rhode Island, (17.26m), 56-07.50; 5. Cretella, Jeff, So. Conn State, (16.62m), 54-06.50; 6. Ware, Christopher, Harvard, (16.46m), 54-00.00; 7. Huntzinger, Steve, William & Mary, (16.23m), 53-03.00; 8. Wakefield, Austin, VMI, (15.99m), 52-05.50.

DISCUS THROW

1. Anderson, Derek, Northeastern, (53.90m), 176-10; 2. Michael, Nate, Navy, (53.86m), 176-08; 3. Segond, Sam, Rutgers, (53.63m), 175-11; 4. Howlett, Brandon, Albany, (53.11m), 174-03; 5. Reid, Andre', Rhode Island, (52.68m), 172-10; 6. Eleyae, Manny, Army, (52.02m), 170-08; 7. McDade, Robert, Villanova, (50.28m), 164-11; 8. King, Justin, Pennsylvania, (50.17m), 164-07.

HAMMER THROW

1. Freeman, Thomas, Manhattan, (66.92m), 219-07; 2. Loncar, Zoran, Manhattan, (62.86m), 206-03; 3. Constantin, Anders, Manhattan, (60.86m), 199-08; 4. Barth, John, Connecticut, (60.68m), 199-01; 5. McCaughey, Josh, Princeton, (60.41m), 198-02; 6. Johnston, William, Rhode Island, (60.17m), 197-05; 7. Opuana, Eric, Albany, (56.33m), 184-10; 8. Carey, Tom, St. Francis PA, (56.17m), 184-03.

JAVELIN THROW

1. Pisano, Pau, Connecticut, (77.47m), 254-02; 2. Burke, Adam, Army, (69.42m), 227-09; 3. Releford, Tim, Princeton, (69.10m), 226-08; 4. Kennedy, Michael, Pittsburgh, (64.63m), 212-00; 5. Francisco, Chris, Rutgers, (63.31m), 207-08; 6. Smith, Andy, William & Mary, (62.28m), 204-04; 7. Malizia, James, Pennsylvania, (62.12m), 203-10; 8. Gierlack, Steve, Robert Morris, (62.05m), 203-07.

DECATHALON

1. Svenssohn, Rajne, Manhattan, 7411; 2. Hinton, David, Mt St. Mary, 7067; 2. O'Grady, Trevor, Rutgers, 7067; 4. Hall, Andrew, Dartmouth, 7026; 5. Ostrowicki, Greg, Rutgers, 6742; 6. Crawford, Jordan, Liberty, 6707; 7. Curley, Gregg, Sacred Heart, 6565; 8. Albrecht-Carrie, Ethan, Cornell, 6495.

RECAPING THE 2005 IC4A INDOOR CHAMPIONSHIPS RESULTS

Boston University Indoor Track and Field Pavilion, Boston Massachusetts, March 5-6, 2005

2005 FINAL TEAM STANDINGS

1. Rutgers University	74.33
2. George Mason University	56
3. Manhattan College	52
4. Yale University	36
5. Iona College	34
6. Georgetown University	32
7. Liberty University	30
7. University of Pittsburgh	30
9. Cornell University	27.50
10. Saint Joseph's University	26
11. Syracuse University	24
11. Duke University	24
13. Seton Hall University	21
14. Boston University	20
14. Virginia Military Institute	20
16. Army	19.50
17. Univ. of Rhode Island	18.33
18. Long Island University	18
19. La Salle University	15
20. University at Albany	14
20. Mass Institute of Technology	14
22. East Carolina University	13
22. U.S. Naval Academy	13
24. College of William and Mary	12
25. Sacred Heart University	11
26. Morgan State University	10
27. Delaware State University	8
27. University of Pennsylvania	8
27. Robert Morris University	8
27. James Madison University	8
27. Lincoln University	8
32. University of Connecticut	6
32. Dartmouth College	6
32. Providence College	6
35. Northeastern University	5
35. Boston College	5
35. U of Maryland College Park	5
35. Binghamton University	5
39. Duquesne University	4
39. Brown University	4
39. Lehigh University	4
39. Coppin State University	4
43. Fordham University	3
43. Monmouth University	3
43. Mount St. Mary's University	3
43. Rider University	3
47. University of New Hampshire	2
47. Lafayette College	2
49. Harvard University	1
49. U of Maryland Baltimore	1
49. U of Massachusetts Lowell	1
49. U of Massachusetts Amherst	1
53. Wagner College	0.33

55 METERS

1. Kohn, Aulton, Syracuse, 6.27; 2. Lester, Jordan, Cornell, 6.36; 3. Walker, Kenneth, Morgan State, 6.38; 4. Johnson, Shaun, Long Island U., 6.45; 5. Giles, Brandon, Yale, 6.47; 6. Waters, Rob, Rutgers, 6.48; 7. Payne, David, Rider, 6.51; 8. Grossman, Adam, MD Baltimore City, 7.00.

200 METERS

1. Obuon, Paulvince, VA Military Inst, 20.93; 2. Waters, Rob, Rutgers, 21.19; 3. Agyapong, Ashhad, Rhode Island, 21.36; 4. Anderson, Chris, Pittsburgh, 21.38; 5. Johnson, Danny, Seton Hall, 21.40; 6. Porter, Joe, Rutgers, 21.57; 7. Walker, Kenneth, Morgan State, 21.77; 8. Payne, David, Rider, 21.89.

400 METERS

1. Bowens, Quentin, Seton Hall, 47.09; 2. Young, Bobby, Lincoln, 47.10; 3. Thomas, Andrew, St. Joseph Univ, 47.22; 4. Lynes-Bell, Douglas, Delaware St, 47.29; 5. Bonner, Chris, Georgetown, 47.81; 6. Melbourne, Ricardo, George Mason, 47.8; 7. Ferguson, Ravanno, 48.42; 8. Lowe, Sean, MD College Park, 48.69.

MILE

1. Kiplagat, Richard, Iona, 4:01.06; 2. Sakala, Phil, Army, 4:04.97; 3. Hedley, Jeff, William & Mary, 4:06.01; 4. Muldoon, Chris, Syracuse, 4:06.81; 5. Manning, Tommy, Georgetown, 4:07.04; 6. Fleming, Eric, Pittsburgh, 4:07.61; 7. Malinko, Gary, Duquesne, 4:08.71; 8. Dennish, Matt, East Carolina, 4:10.86.

500 METERS

1. Westman, Ryan, Rutgers, 1:01.89; 2. Rick, Doug, St. Joseph's Univ, 1:02.80; 3. Zaborowski, Lucjan, Boston Univ., 1:03.03; 4. Nacaxe, Andre, Boston Univ., 1:03.04; 5. Dalton, Conrad, Northeastern, 1:03.10; 6. Gomes, Greg, Seton Hall, 1:03.38; 7. Jones, Hoisea, Morgan State, 1:04.05; 8. Godinho, James, Massachusetts, 1:04.20.

800 METERS

1. Burns, Gered, Albany, 1:50.81; 2. Petrulevich, Valerij, Syracuse, 1:52.05; 3. Carmody, Mike, Dartmouth, 1:52.61; 4. Proctor, David, Boston Univ., 1:52.65; 5. Cunningham, Ricardo, George Mason, 1:53.28; 6. Cartledge, Isaiah, Long Island U., 1:53.39; 7. Vail, Brian, Lafayette, 1:53.98; 8. Meekins, Craig, US Naval Academy, 1:54.90.

1,000 METERS

1. DiDio, Mike, St. Joseph's Univ., 2:24.32; 2. Grosscup, Neil, Georgetown, 2:24.56; 3. Raymond, Tyler, Manhattan, 2:24.61; 4. Baxter, David, James Madison, 2:25.62; 5. Warco, Matt, William & Mary, 2:26.15; 6. Heely, Eric, Army, 2:26.18; 7. Williams, Brandon, New Hampshire, 2:26.18; 8. Reilly, Matt, Manhattan, 2:26.38.

3,000 METERS

1. McDougal, Josh, Liberty, 7:55.70; 2. Esselborn, Chris, Georgetown, 8:15.33; 3. Connolly, Sean, Iona, 8:15.97; 4. Strozier, Paul, Army, 8:16.67; 5. Washburn, Owen, Brown, 8:16.95; 6. Dalpiaz, Brian, Georgetown, 8:18.01; 7. Millioen, Charlie, Georgetown, 8:18.03; 8. Kapfer, Christopher, UMass Lowell, 8:18.38.

5,000 METERS

1. Meyer, Lucas, Yale Univ., 14:14.64; 2. Chemlany, Stephen, Iona, 14:15.46; 3. Quigley, Sean, La Salle, 14:18.61; 4. Dionne, Joe, Providence, 14:19.80; 5. Coval, Dan, Boston Univ., 14:28.27; 6. Hower, Fleet, Georgetown, 14:31.19; 7. Horvat, Chris, Duquesne, 14:31.42; 8. Moulton, Pat, Providence, 14:34.09.

55 METER HURDLES

1. Phillips, Richard, George Mason, 7.30; 2. Melbourne, Ricardo, George Mason, 7.32; 3. Klics, David, Rutgers, 7.42; 4. Ezike, Saidu, Cornell, 7.47; 5. Berger, Dominic, MD College Park, 7.48; 6. Hay, Brian, George Mason, 7.49; 7. Cotto, Hector, East Carolina, 7.52; 8. Jackson, Verrol, Connecticut, 7.59.

4X400 RELAY

1. Long Island U., 3:11.01; 2. Rutgers, 3:11.36; 3. Yale, 3:11.82; 4. Liberty Univ., 3:14.18; 5. Seton Hall, 3:14.62; 6. Fordham, 3:17.59; 7. Monmouth University, 3:32.90.

4X800 RELAY

1. Cornell University, 7:26.74; 2. Duke, 7:29.15; 3. Rutgers, 7:30.20; 4. Boston College, 7:30.43; 5. Coppin State, 7:30.46; 6. Yale, 7:30.59; 7. Saint Joseph's Univ., 7:38.64; 8. Manhattan College, 7:43.28.

DISTANCE MEDLEY

1. Iona College, 9:49.26; 2. U.S. Naval Academy, 9:54.26; 3. Yale, 9:56.57; 4. University of Connecticut, 9:58.96; 5. La Salle Univ., 9:59.27; 6. James Madison, 10:01.43; 7. College of William and Mary, 10:06.49; 8. Syracuse, 10:15.88.

HIGH JUMP

1. Johnson, Christiano, Manhattan, (2.12m), 6-11.50; 2. Witmyer, Jeff, Robert Morris, (2.12m), 6-11.50; 3. Brickner, Garrett, VA Military Inst, (2.09m), 6-10.25; 4. White, Stephen, U.S. Naval Academy, (2.01m), 6-07.00; 4. Malek, Vaclav, Lehigh, (2.01m), 6-07.00; 4. Beauchman, Jihad, Yale, (2.01m), 6-07.00; 7. Matthews, Quentin, George Mason, (2.01m), 6-07.00; 8. Pagliuca, Bryan, Wagner, (2.01m), 6-07.00.333333; 8. Lima, Evan, Rhode Island, (2.01m), 6-07.00.333333; 8. O'Grady, Trevor, Rutgers, (2.01m), 6-07.00.333333.

POLE VAULT

1. Higham, Keith, Pittsburgh, (5.10m), 16-08.75; 2. Wojdowski, Neal, Pennsylvania, (5.00m), 16-04.75; 3. Ball, Nate, MIT, (4.90m), 16-00.75; 4. Quiller, Rory, Binghamton, (4.90m), 16-00.75; 5. McMahon, Gavin, Army, (4.90m), 16-00.75; 5. Sansiveri, Adam, Cornell, (4.90m), 16-00.75; 7. Brousse, Matt, Pittsburgh, (4.80m), 15-09.00; 8. Couch, Michael, Northeastern, (4.80m), 15-09.00.

LONG JUMP

1. Ellis, Jade, Duke, (7.35m), 24-01.50; 2. Dixon, Arman, Sacred Heart, (7.17m), 23-06.25; 3. Kellman, Marc, George Mason, (7.13m), 23-04.75; 4. Moseley, Ryan, La Salle, (7.05m), 23-01.75; 5. Jones, Jonathan, Albany, (6.97m), 22-10.50; 6. Dunn, Thomas, Delaware St., (6.95m), 22-09.75; 7. McCoy, Ryan, George Mason, (6.92m), 22-08.50; 8. Dennis, Troy, Monmouth, (6.91m), 22-08.00.

TRIPLE JUMP

1. Kellman, Marc, George Mason, (15.55m), 51-00.25; 2. McCoy, Ryan, George Mason, (15.53m), 50-11.50; 3. Ellis, Jade, Duke, (15.28m), 50-01.75; 4. Johnson, Christian, Manhattan, (14.81m), 48-07.25; 5. Clarke, Rowan, Rutgers, (14.56m), 47-09.25; 6. Beauchman, Jihad, Yale, (14.55m), 47-09.00; 7. Jules, Dexter, Manhattan, (14.41m), 47-03.50; 8. Adjah, Lawrence, Harvard, (14.31m), 46-11.50.

SHOT PUT

1. Clickett, Justin, Pittsburgh, (19.05m), 62-06.00; 2. Reid, Andre', Rhode Island, (18.50m), 60-08.50; 3. Jotanovic, Milan, Manhattan, (18.45m), 60-06.50; 4. Orji, Uzoma, MIT, (17.51m), 57-05.50; 5. Segond, Sam, Rutgers, (17.08m), 56-00.50; 6. Lasher, Evan, Sacred Heart, (16.88m), 55-04.75; 7. Royal, Dan, Liberty, (16.34m), 53-07.50; 8. Beadle, Zach, Cornell, (16.30m), 53-05.75.

WEIGHT THROW

1. Frasure, Eric, East Carolina, (20.54m), 67-04.75; 2. Freeman, Michael, Manhattan, (20.20m), 66-03.25; 3. Loncar, Zoran, Manhattan, (19.60m), 64-03.75; 4. Constantin, Anders, Manhattan, (18.95m), 62-02.25; 5. Godin, Daniel, Rhode Island, (18.77m), 61-07.00; 6. Royal, Dan, Liberty, (18.58m), 60-11.50; 7. Orji, Uzoma, MIT, (18.19m), 59-08.25; 8. Saylor, David, MIT, (17.57m), 57-07.75.

HEPTATHALON

1. O'Grady, Trevor, Rutgers, 5340; 2. Hoskins, Brando, 5278; 3. Ostrowski, Greg, Rutgers, 5163; 4. Golembeski, Adam, 5147; 5. Brickner, Garrett, VA Military Inst, 5114; 6. Barry, Devin, Mt. St Mary's, 5009; 7. Pettersson, Nils, Manhattan, 4909; 8. Klics, David, Rutgers, 4908.

"The Four Heptathletes" Appear Again at 2005 IC4As

History was made at the IC4A Indoor Championships at Boston University as four Rutgers athletes scored in the heptathlon, marking just the second time in the 129-year history of the IC4A that four athletes from one school scored in one event. Villanova first achieved this feat in 1979 in the 1,500 meter run.

The historic achievement by the four heptathletes helped spearhead the Scarlet Knights to the first IC4A Championship in school history as Rutgers totaled 74.33 points to outdistance the 52 other teams in the event.

Junior Trevor O'Grady was coming off a stellar performance at the BIG EAST Indoor Championships in which he was named Most Outstanding Field Performer a week earlier. O'Grady continued his momentum in the IC4A Championships, winning the heptathlon and set-



Greg Ostrowicki

ting the school record with an NCAA provisional mark of 5,340 points. O'Grady's point total was also an IC4A meet record.

Senior Greg Ostrowicki was third (5,263 points), junior Adam Golembeski was fourth (5,147 points), and senior David Klics was eighth (4,908 points).

"This is an enormous accomplishment for our program, winning the first IC4A championship in the history of our program," said Rutgers head men's track and field coach Mike Mulqueen. "The team was ecstatic. It was a well-balanced, team effort. What I am really most proud of is that it truly was a team effort. I couldn't be more proud of a group of young people."



David Klics

Under the direction of Mulqueen, Rutgers stresses the multi-events and has a long history of producing fine multi-event athletes. Mulqueen is quick to credit Rutgers assistant coach Kevin Kelly for helping to develop multi-event standouts. At Kutztown University, Kelly was a three-time All-American in the decathlon, finishing second at the 1998 NCAA Championships. He holds school records in the long jump, 110 hurdles and pole vault and earned NCAA qualifying marks in all three events during his collegiate years.

"I think something that sets them apart and why the accomplishment is so noteworthy is that Kevin was an established decathlete, an All-American in his day," said Mulqueen. "We take the multi-events very seriously. Ten points in a decathlon or heptathlon is just as important as 10 points in any other event. So we really try and take the time to develop them because none of them, I don't think, ever did it in high school. So these are things they learned when they got here."

"They've been one, two, three in the BIG EAST two meets in a row and now they accomplished this, so the fact that we recruit and develop an athlete into a heptathlete is really important," Mulqueen added. And they've really embraced it. Kevin meets them all hours of the day and they really have embraced being multi-eventers."

Rutgers' focus as a team was to win the IC4A Championship. It was days after the title was claimed when Mulqueen received an e-mail from an ECAC official telling him of the uniqueness of having four athletes score in one event. When Mulqueen relayed the news to his staff and team, the reactions ranged from shock, to surprise, but perhaps the emotion most often expressed was one of pride.

"They were really excited," said Kelly. "I just think

"It was surprising when I heard the news because it's almost like an afterthought. In the beginning it was a shock that we won the meet by such a considerable margin. Afterwards, it (having four heptathletes score) was kind of like the icing on the cake. I guess we're leaving our stamp. So, now we move on and, as a senior, it means a lot to me to be able to be a part of a record like that."

Greg Ostrowicki
Senior - Rutgers University

now there is a sense of pride that we have had some success and they feel that Rutgers multi's, in their words, 'you're going to have to have a great meet to beat us as a team,'. I know they take a great sense of pride in the fact



Trevor O'Grady

that we had four guys score in the IC4A's. We had no idea that having four in the top eight was only done one other time. We were more interested in the team totals than getting four guys in the top eight of an event."

They train together day after day, toiling and sweating together over countless hours. Their strengths lay in different areas. O'Grady and Ostrowicki are talented high jumpers, while Golembeski excels in the long jump. Ask Klics where his strengths lay, he replies with one word - hurdles.

"I came here as a hurdler and they turned me into a heptathlete," Klics said. "When I found out about the record for four guys I just couldn't believe it. I felt so proud of all of us because we worked so hard this year,



Adam Golembeski

even with the injuries and everything. To be able to do that at the IC4As, for all four of us to score, was just amazing. To find out later that it has only happened once before, was amazing." Said Golembeski, "It just felt really good after all of the training we do. We're here every day together and it's just nice that a group of guys I train with accomplished a new standard for Rutgers decathletes."

For Ostrowicki, contributing to an IC4A Championship and being one of four Rutgers heptathletes to score in the meet, holds special meaning.

In the 1920's, Notre Dame football had "The Four Horsemen." In 2005, Rutgers track and field has produced "The Four Heptathletes." These four Rutgers athletes, always close friends - two of them roommates - now share a special bond, serving as a measuring stick for future Rutgers athletes to aspire.

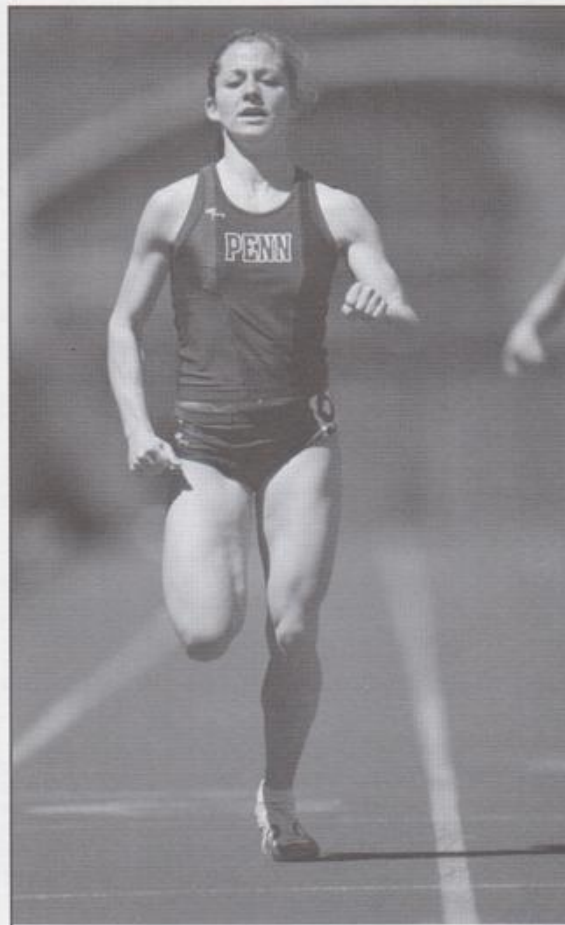
Written by John Beisser
Rutgers University Athletic Communications

ECAC Division I Women's Track and Field Programs

Albany	East Carolina	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.)	



Syracuse senior high jumper Jenna Grimaldi placed second at the 2004 ECAC Outdoor Championships.



Pennsylvania's Jesse Carlin finished first in the 400-meter dash at the 2005 ECAC Indoor Championships.

ECAC OUTDOOR TRACK AND FIELD RECORDS

100 METERS

2004 ECAC Champion	11.74	Shernette Hyatt-Davis, St. John's	
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, WC AC	88
World	10.49	Griffith-Joyner, USA	88

200 METERS

2004 ECAC Champion	23.59	Shernette Hyatt-Davis, St. John's	
ECAC Meet Record	23.07	C. 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, WC AC	88
World	21.34	Griffith-Joyner, USA	88

400 METERS

2004 ECAC Champion	52.86	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

2004 ECAC Champion	2:08.97	Maura McCusker, 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

2004 ECAC Champion	4:23.95	Maureen McCandless, Pittsburgh	
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

2004 ECAC Champion	9:21.99	Treniere Clement, Georgetown	
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

2004 ECAC Champion	10:15.72	Jennifer Donovan, Boston College	
ECAC Meet Record	9:58.77	Mollie DeFrancesco, JMU	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

2004 ECAC Champion	16:22.94	Sally Meyerhoff, Duke	
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 Easker, Wisconsin	85
American	14:52.49	Regina Jacobs, Mizuno	98
World	14:28.09	Jiang Bo, China	97

10,000 METERS

2004 ECAC Champion	34:28.01	Shannon Saunders, James Madison	
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

2004 ECAC Champion	13.58	Tamara McGill, Pittsburgh	
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

2004 ECAC Champion	1:00.07	Janine Jones, 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

2004 ECAC Champion	45.99	Pittsburgh	
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 (Tananjalyne 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



James Madison University's Mollie DeFrancesco holds the ECAC Meet Record for the 3,000 Meter Steeplechase (9:58.77).

4 X 400 METER RELAY

2004 ECAC Champion	3:40.39	Cornell	
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

ECAC OUTDOOR TRACK AND FIELD RECORDS

4 X 800 METER RELAY

2004 ECAC Champion	8:42.01	Duke (Hofmann, Leon, Owen, Faraguna)
ECAC Meet Record	8:39.04	Georgetown, 03
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

HIGH JUMP

2004 ECAC Champion	6-0 (1.83)	Deirdre Mullen, Connecticut
ECAC Meet Record	6-4.25 (1.94)	Dora Gyorffy, Harvard
Eastern Collegiate	6-6.75 (2.00)	Gyorffy
Martin Dwyer Track	5-9.25 (1.76)	Katie Rowinski
Collegiate	6-6.75 (2.00)	Amy Acuff, UCLA
American	6-8 (2.03)	Louise Ritter, Mazda TC
World	6-10.25 (2.09)	Stefka Kostadinova, Bulgaria

POLE VAULT

2004 ECAC Champion	13-3.50 (4.05)	Melanie Buczeko, Bucknell
ECAC Meet Record	13-7.75 (4.16)	Andrea Wildrick, Liberty
Eastern Collegiate	14-3.25 (4.35)	Wildrick
Martin Dwyer Track	12-9 (3.89)	Molly Lederman, Yale
Collegiate	15-0 (4.57)	Chelsea Johnson, UCLA
American	15-9.25 (4.81)	Stacy Dragila, Reebok
World	15-9.75 (4.82)	Yelena Isinbayeva, Russia

LONG JUMP

2004 ECAC Champion	20-9.0 (6.32)	Shameka Marshall, Rutgers
ECAC Meet Record	22-0.75 (6.72)	Trecia Smith, Pittsburgh
Eastern Collegiate	22.3 (6.78)	Diane Guthrie, George Mason
Martin Dwyer Track	20-5 (6.22)	Samantha Lincoln, Yale
Collegiate	22-11.25 (6.99)	Jackie Joyner-Kersey, UCLA
American	24-7 (7.49)	Joyner-Kersey, Honda TC
World	24-8.25 (7.52)	Galina Chistyakova, USSR

TRIPLE JUMP

2004 ECAC Champion	42-1.50 (12.84)	Aprelle Watkins, Syracuse
ECAC Meet Record	46-8 (14.22)	Trecia Smith, Pittsburgh
Eastern Collegiate	46-8 (14.22)	Smith
Martin Dwyer Track	40-6.75 (12.36)	Ruth Greenfield, Penn
Collegiate	46-8 (14.22)	Smith
American Collegiate	46-1 (14.05)	Stacey Bowers, Baylor
American	47-3.5 (14.41)	Sheila Hudson, Reebok
World	50-10.25 (15.50)	Inessa Kravets, Ukraine

SHOT PUT

2004 ECAC Champion	54-3.75 (16.55)	Johvonne Hernandez, Syracuse
ECAC Meet Record	54-3.75 (16.55)	J. Hernandez, Syracuse
Eastern Collegiate	56-2.5 (17.13)	Cheree Hicks, Syracuse
Martin Dwyer Track	51-10.5 (15.81)	Debbie St. Phard, Princeton
Collegiate	62-3.75 (18.99)	Meg Ritchie, Arizona
American Collegiate	61-10.25 (18.85)	Valeyta Althouse, UCLA

American	66-2.5 (20.18)	Ramona Pagel, Mazda TC	88
World	74-3 (22.63)	Natalya Lisovskaya, USSR	87

DISCUS

2004 ECAC Champion	176-9 (53.87)	Johvonne Hernandez, Syracuse
ECAC Meet Record	199-8 (60.86)	Cheree Hicks, Syracuse
Eastern Collegiate	199-8 (60.86)	Hicks
Martin Dwyer Track	166-4 (50.70)	Cathy Griffin, Harvard
Collegiate	221-5 (67.48)	Meg Ritchie, Arizona
American Collegiate	215-3 (65.62)	Aretha Hill, Washington
American	216-10 (66.10)	Carol Cady, Stanford T. C.
World	252-0 (76.80)	Gabriele Reinsch, G.D.R.

HAMMER

2004 ECAC Champion	192-11 (58.81)	Jennifer Leatherman, Navy
ECAC Meet Record	195-2 (59.48)	Tamika Powell, George Mason
Eastern Collegiate	200-9 (61.20)	Bethany Hart, Connecticut
Martin Dwyer Track	187-9 (57.24)	Johanna Doyle, Harvard
Collegiate	229-1 (69.84)	Candice Scott, Florida
American Collegiate	220-6 (67.31)	Jamie Moton, South Carolina
American	236-7 (72.12)	Erin Gilreath, NYAC 04
World	249-7 (76.07)	Mihaela Melinte, Romania

JAVELIN

2004 ECAC Champion	159-11 (48.75)	Christie Schreckengost, UNC Wilmington
ECAC Meet Record	173-2 (52.78)	Jen Pastore, Villanova
Eastern Collegiate	188-3 (57.38)	Ann Crouse, Virginia
Martin Dwyer Track	159-8 (48.68)	Julie Siebert-Johnson, Penn
Collegiate	202-10 (61.82)	Inna Kharun, Indiana
American Collegiate	195-8 (59.64)	Serene Ross, Purdue
American	199-8 (60.86)	Kim Kreiner, Nike
World	234-8 (71.54)	Osleidys Menendez, Cuba

HEPTATHLON

2004 ECAC Champion	5,298	Tamara McGill, Pittsburgh
ECAC Meet Record	5,793	Diane Guthrie, George Mason
Eastern Collegiate	6,527	D. Guthrie, George Mason
Martin Dwyer Track	(13.86, 6-1.25, 45-3.5, 24.91; 55-8.5, 160-11, 2:20.82)	Angela Jimenez, Penn 96
Collegiate	5,123	Guthrie-Gresham, George Mason
American Collegiate	6,527	Jackie Joyner-Kersey, UCLA
American	6,390	Joyner-Kersey, World Class AC
World	(13.77, 6-1.5, 39-8, 23.90; 21-3.25w, 147-4, 2:15.07)	Joyner-Kersey, USA

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

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



UMass Amherst's senior hammer thrower Jennifer Iasiello.

RECAPING THE 2004 ECAC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Held at Yale Track and Field Facility - Yale University
New Haven, Connecticut - May 13-16, 2004

2004 OUTDOOR RESULTS

1. University of Pittsburgh	92.20
2. Syracuse University	64
3. Duke University	54
4. Cornell University	48.20
5. Rutgers University	46.50
6. Georgetown University	43
7. Yale University	36
8. Seton Hall University	33
9. Northeastern University	32
10. Boston College	30.20
11. University of Connecticut	28
12. University of North Carolina	27
13. St. John's University	25
14. University of Maryland	23
15. Bucknell University	22
16. James Madison University	21
16. West Virginia University	21
18. Providence College	20
19. U.S. Naval Academy	19
20. New Hampshire	18
21. University of Rhode Island	16
22. Brown University	13.50
23. U.S. Military Academy	11
23. University at Albany	11
23. College of William and Mary	11
26. Liberty University	9.70
27. Princeton University	9
27. Iona College	9
27. Columbia University	9
30. American University	8
30. Duquesne University	8
32. Monmouth University	7
32. Villanova University	7
32. University of Vermont	7
35. Pennsylvania University	6.20
36. Saint Joseph's University	6
37. Fairleigh Dickinson University	5
37. Dartmouth College	5
39. Va. Commonwealth	4.50
40. Robert Morris University	4
40. Towson University	4
40. Sacred Heart University	4
43. Coppin State University	3
43. Binghamton University	3
45. Harvard University	2
45. Virginia Military Institute	2
47. Temple University	1

100 METER DASH

1. Shemette Hyatt-Davis, St. John's, 11.74; 2. Tysha Colon, Seton Hall, 11.96; 3. Shameka Marshall, Rutgers, 12.00; Andrea Smythe, Saint Joseph, 12.03; 5. Roseann Hamilton, FDU, 12.04; 6. Lauren Linder, Brown, 12.11; 7. Judy George, St. John's, 12.52.

200 METER DASH

1. Shemette Hyatt-Davis, St. John's, 23.59; 2. Joslyn Woodard, Yale, 24.06; 3. Tysha Colon, Seton Hall, 24.09; 4. Trenace Elliott, Pittsburgh, 24.13; 5. Toni Jefferson, Maryland, 24.23; 6. Janicia Charles, Coppin State, 24.35; 7. Lamoy Stephens, Pittsburgh, 24.54.

400 METER DASH

1. Trenace Elliott, Pittsburgh, 52.86; 2. Ahndrae Allen, Northeastern, 53.02; 3. Sophia Smellie, Seton Hall, 53.39; 4. Tineisha Davis, Navy, 55.09; 5. Kari Steed, Cornell, 56.00; 6. Denise Cruise, Seton Hall, 56.40; 7. Tia Burley, Maryland, 1:00.06.

800 METER DASH

1. Maura McCusker, Georgetown, 2:08.97; 2. Jennifer Kemp, West Virginia, 2:09.76; 3. Shannon Rowbury, Duke, 2:10.25; 4. Amonica Phipps, Rutgers, 2:10.61; 5. Naja Ferjan, Brown, 2:11.10; 6. Natalie Gingerich, Cornell, 2:11.76; 7. Melissa Sherman, Boston College, 2:12.18; 8. Elizabeth Morse, Princeton, 2:12.49.

1,500 METER RUN

1. Maureen McCandless, Pittsburgh, 4:23.95; 2. Keira Carlstrom, American Univ, 4:25.21; 3. Ashley Urick, Army, 4:25.55; 4. Fiona Crombie, Providence, 4:25.96; 5. Deirdre Byrne, Providence, 4:27.24; 6. Lauren Matic, Duke, 4:27.51; 7. Zita Mezel, Villanova, 4:29.52; 8. Jessica Flinn, Boston College, 4:32.47.

3,000 METER RUN

1. Treniere Clement, Georgetown, 9:21.99; 2. Jennifer Donovan, Boston College, 9:31.37; 3. Clara Horowitz, Duke, 9:31.59; 4. Kate Boyles, Cornell, 9:34.95; 5. Cara Kiemann, Yale, 9:36.30; 6. Amanda Pape, Georgetown, 9:37.58; 7. Becca Snyder, Princeton, 9:42.72; 8. Nicole Lee, Georgetown, 9:44.53.

5,000 METER RUN

1. Sally Meyerhoff, Duke, 16:22.94; 2. Emmily Chelanga, Iona College, 16:29.18; 3. Lisa Stublic, Columbia, 16:31.68; 4. Tara Struyk, West Virginia, 16:35.41; 5. Amanda Pape, Georgetown, 16:43.29; 6. Nicole Lee, Georgetown, 16:46.20; 7. Kim Milans, Pennsylvania, 16:47.03; 8. Michelle Gallagher, Iona College, 16:49.94.

10,000 METER RUN

1. Shannon Saunders, James Madison, 34:28.01; 2. Megan Hepp, New Hampshire, 35:20.56; 3. Elle Pishny, Duke, 35:32.02; 4. Phebe Ko, Duke, 35:33.35; 5. Jennifer Lapetoda, James Madison, 35:46.72; 6. Erica Angell, Binghamton, 36:00.32; 7. Emily Mareb, New Hampshire, 36:08.28; 8. Nadia Sawicki, Yale, 36:24.22.

100 METER HURDLES

1. Tamara McGill, Pittsburgh, 13.58; 2. Teresa Covert, Albany, 13.60; 3. April Garner, Connecticut, 13.73; 4. Monique Morgan, Villanova, 13.74; 5. Jessica Czaikowski, West Virginia, 13.85; 6. Fatmata Fofonah, Pittsburgh, 13.93; 7. Hannah Garrity, Cornell, 14.06; 8. Rachel Clinton, Temple, 15.10.

400 METER HURDLES

1. Janine Jones, Pittsburgh, 1:00.07; 2. Shonda Brown, Cornell, 1:00.19; 3. Hasina Oultz, Princeton, 1:00.56; 4. Tiffany Hall, James Madison, 1:01.89; 5. Pamela Richardson, West Virginia, 1:02.64; 6. Juliana Reed, Pittsburgh, 1:03.04; 7. Ruby Jackson, Seton Hall, 1:03.37.

3,000 METER STEEPLECHASE

1. Jennifer Donovan, Boston College, 10:15.72; 2. Lesley Read, New Hampshire, 10:28.21; 3. Anne Martin, Yale, 10:29.40; 4. Jane Nalder, Providence, 10:29.79; 5. Katherine Wrinkle, Sacred Heart, 10:30.93; 6. Alexis Lake, Boston College, 10:39.38; 7. Liz Wort, Duke, 10:40.99; 8. Alison Henderson, William & Mary, 10:42.63.

4X100 RELAY

1. University of Pittsburgh, 45.99; 2. Rutgers University, 46.41; 3. Yale University, 46.61; 4. College of William and Mary, 46.90; 5. Cornell University, 47.15; 6. University at Albany, 47.15.

4X400 RELAY

1. Cornell University, 3:40.39; 2. Seton Hall University, 3:40.80; 3. Monmouth University, 3:42.89; 4. University of Rhode Island, 3:44.58; 5. Georgetown University, 3:48.59; 6. Columbia University, 3:48.60; 7. James Madison University, 4:05.86.

4X800 RELAY

1. Duke University, 8:42.01; 2. Georgetown University, 8:42.11; 3. Cornell University, 8:45.33; 4. Yale University, 8:48.67; 5. Bucknell University, 8:58.11; 6. Pennsylvania University, 8:59.70; 7. Northeastern University, 8:59.94; 8. Saint Joseph's University, 9:02.14.

HIGH JUMP

1. Deirdre Mullen, Connecticut, 6-00.00; 2. Jenna Grimaldi, Syracuse, 5-10.00; 3. Debra Vento, Duke, 5-08.00; 4. Kerry Ann Mitchell, Rutgers, 5-08.00; 5. Tanika Brown, VA Commonwealth, 5-08.00; 6. Debbie Martin, UNC Wilmington, 5-08.00; 7. Nicole Parker, Northeastern, 5-08.00; 8. Kena Butts, Liberty, 5-06.00; 9. Katie Rowinski, Brown, 5-06.00.

POLE VAULT

1. Melanie Buczek, Bucknell, 13-03.50 (4.05m); 2. Laura Chmielewski, Northeastern, 12-11.50 (3.95m); 3. Molly Lederman, Yale, 12-07.50 (3.85m); 4. Charlotte LaRoche, William & Mary, 12-03.50 (3.75m); 5. Leandre Golden, Pittsburgh, 12-03.50 (3.75m); 6. Samantha Crook, Pennsylvania, 11-09.75 (3.60m); 7. Marissa Dudek, Pittsburgh, 11-09.75 (3.60m); 8. Megan Mara, Boston College, 11-09.75 (3.60m); 9. Katie Regan, Cornell, 11-09.75 (3.60m); 10. Aimee Riley, Liberty, 11-09.75 (3.60m).

LONG JUMP

1. Shameka Marshall, Rutgers, 20-09.00 (6.32m); 2. Kierra Foster, Maryland, 20-04.25 (6.20m); 3. Tatiana Warren, Syracuse, 19-10.25 (6.05m); 4. Heather Houston, Maryland, 19-10.25 (6.05m); 5. Nicole Vann, Pittsburgh, 19-06.75 (5.96m); 6. Pascale Delaunay, Rhode Island, 19-04.75 (5.91m); 7. Aquilla Williams-Judge, Northeastern, 19-04.25 (5.90m); 8. Roseann Hamilton, FDU, 19-04.00 (5.89m).

TRIPLE JUMP

1. Aprelle Watkins, Syracuse, 42-01.50 (12.84m); 2. Tatiana Warren, Syracuse, 40-11.00 (12.47m); 3. Sheron Mark, Syracuse, 40-02.75 (12.26m); 4. Pascale Delaunay, Rhode Island, 40-01.25 (12.22m); 5. Karen Snyder, Cornell, 39-11.25 (12.17m); 6. Kahimah Liverman, Rutgers, 39-05.75 (12.03m); 7. Shea McMillan, Duquesne, 39-02.50 (11.95m); 8. Ikhiolu Stanley-Ibra, Cornell, 38-11.50 (11.87m).

SHOT PUT

1. Johvonne Hernandez, Syracuse, 54-03.75 (16.55m); 2. Zara Northover, Northeastern, 52-03.25 (15.93m); 3. Amanda Walker, Pittsburgh, 50-07.50 (15.43m); 4. Sara Fields, Army, 46-10.25 (14.28m); 5. Jennifer Leatherman, Navy, 46-10.25 (14.28m); 6. Jill Lynch, Brown, 46-00.50 (14.03m); 7. Mildred Cooper, VA Military, 46-00.50 (14.03m); 8. Jessica Fazekas, Boston College, 46-00.00 (14.02m).

DISCUS THROW

1. Johvonne Hernandez, Syracuse, 176-09; 2. Amy Parkosewich, Connecticut, 173-05; 3. Melissa Stewart, Duquesne, 154-08; 4. Cyrcil Ash, Rutgers, 154-02; 5. Amanda Walker, Pittsburgh, 150-02; 6. Kelly Hagner, Rhode Island, 145-06; 7. Kristal Kostiew, Vermont, 145-05; 8. Labelle Hillgrove, Maryland, 143-06.

HAMMRE THROW

1. Jennifer Leatherman, Navy, 192-11; 2. Maria Garcia, Bucknell, 192-08; 3. Johvonne Hernandez, Syracuse, 191-10; 4. Kristal Kostiew, Vermont, 189-05; 5. Amy Parkosewich, Connecticut, 185-04; 6. Nikki Downing, Robert Morris, 181-01; 7. Johanna Doyle, Harvard, 180-02; 8. Blessing Egwu, St. John's, 175-11.

JAVELIN THROW

1. Christie Schreckengost, UNC Wilmington, 159-11; 2. Anna Raynor, UNC Wilmington, 154-00; 3. Brooke Freeburg, Providence, 152-06; 4. Jen Austin, Rutgers, 151-00; 5. Kelly Robinson, Towson, 142-00; 6. Laura Dudek, Brown, 140-08; 7. Grace Zollman, St. John's, 138-08; 8. Stephanie Kuhn, Robert Morris, 138-00.

HEPTATHALON

1. Tamara McGill, Pittsburgh, 5298; 2. Danielle McNaney, Liberty, 5281; 3. Anna Raynor, UNC Wilmington, 5000; 4. Kelsey Wiegmann, Dartmouth, 4839; 5. Kasey Hill, Boston College, 4811; 6. Heather Houston, Maryland, 4769; 7. Nicole Parker, Northeastern, 4685; 8. Ashley Huffman, Monmouth, 4666.

RECAPING THE 2005 ECAC INDOOR TRACK AND FIELD CHAMPIONSHIP

Held at Reggie Lewis Track and Athletic Center
Boston, Massachusetts - March 5-6, 2005

2005 INDOOR TEAM RESULTS

1. Pittsburgh	86.75
2. Duke University	64.25
3. Cornell University	58
4. Rutgers University	43
5. Georgetown University	39.25
6. Morgan State University	33
7. Penn State University	32
8. West Virginia University	29
9. Yale University	27
10. Northeastern University	26.50
11. Buffalo, University at	26
12. Syracuse University	25
13. East Carolina University	20
14. Boston University	19
14. Boston College	19
16. Pennsylvania, University of	18
17. Liberty University	17
18. Maryland College Park, U	14
18. St. John's University	14
20. Naval Academy	13
20. Bucknell University	13
20. Princeton University	13
23. William and Mary	12
24. Connecticut, University of	11
25. Military Academy	10
25. Fordham University	10
25. Harvard University	10
25. Brown University	10
29. George Mason University	8
30. La Salle University	6
30. Villanova University	6
32. Coppin State	5
32. St. Francis College (NY)	5
32. Seton Hall University	5
35. Robert Morris University	4
36. New Hampshire, University	3
36. Stony Brook University	3
36. Manhattan College	3
36. Virginia Military Institute	3
36. Saint Francis University	3
36. Fairleigh Dickinson University	3
42. Quinnipiac University	2
42. Iona College	2
42. Rhode Island, University	2
42. James Madison University	2
46. Maine, University of	1
46. Providence College	1
48. Towson University	0.25

60 METER DASH

1. Kerrian Stewart, St. John's, 7.55; 2. Mariama Gondo, Morgan State, 7.56; 3. Lamoy Stephens, Pittsburgh, 7.58; 4. Jessica Czaikowski, West Virginia, 7.60; 5. Kimberly Lyles, Pittsburgh, 7.60; 6. Shantea Calhoun, Pittsburgh, 7.64; 7. Jordine Kimbrel, Northeastern, 7.65; 8. Shanea Calhoun, Pittsburgh, 7.66.

200 METER DASH

1. Kimberly Lyles, Pittsburgh, 24.05; 2. Sara Shoaff, Penn State, 24.24; 3. Terri Davenport, East Carolina, 24.25; 4. Shanea Calhoun, Pittsburgh, 24.31; 5. Kerrian Stewart, St. John's, 24.39; 6. Jordine Kimbrel, Northeastern, 24.46; 7. Alycia Williams, George Mason, 24.51; 8. Joselyn Woodward, Yale, 24.63; 9. Mariama Gondo, Morgan State, 24.74.

400 METER DASH

1. Ahndraea Allen, Northeastern, 54.07; 2. Romona Modeste, Morgan State, 54.61; 3. Alycia Williams, George Mason, 54.95; 4. Kady Joseph, Morgan State, 55.42; 5. Linda Trotter, Cornell, 55.45; 6. Jacqueline Todd, Rutgers, 55.82; 7. Dominique McLeggan, Army, 56.07; 8. Renee Clarke, U of Maryland CP, 56.40; 9. Paula Bailey, George Mason, 56.95.

500 METER DASH

1. Jesse Carlin, U Penn, 1:11.77; 2. Shonda Brown, Cornell, 1:11.87; 3. Tineisha Davis, Naval Academy, 1:12.39; 4. Kandace Ferguson, Georgetown, 1:12.70; 5. Julianna Reed, Pittsburgh, 1:13.46; 6. Cheryl Green, Penn State, 1:13.81; 7. Natasha Norville, Rutgers, 1:13.90; 8. Maureen Zivic, Fordham, 1:15.49.

800 METER RUN

1. Morgan Uceny, Cornell, 2:06.90; 2. Shannon Rowbury, Duke, 2:07.45; 3. Jessica Brown, Cornell, 2:07.66; 4. Jennifer Kemp, West Virginia, 2:08.23; 5. Amonica Phipps, Rutgers, 2:08.35; 6. Tara DeBrielle, East Carolina, 2:09.04; 7. Vanessa Mazandi, Yale, 2:09.04; 8. Maggie Infeld, Georgetown, 2:10.35; 9. Melissa Sherman, Boston College, 2:10.36.

1,000 METER RUN

1. Meghan Leon, Duke, 2:45.79; 2. Alison Kopla, Cornell, 2:47.94; 3. Jennifer Davis, West Virginia, 2:48.58; 4. Carrie Richards, Cornell, 2:49.08; 5. Sabine Knothe, Georgetown, 2:50.28; 6. Sarah Herbert, Stony Brook, 2:51.03; 7. Kelley Otsott, Georgetown, 2:51.24; 8. Roisin Quinn, Providence, 2:55.78.

1 MILE RUN

1. Maureen McCandless, Pittsburgh, 4:46.31; 2. Catha Mullen, Princeton, 4:48.92; 3. Jenna Darcy, La Salle, 4:49.44; 4. Carrie Strickland, Princeton, 4:50.06; 5. Liz Wort, Duke, 4:51.41; 6. Abbey Sadowski, Boston U., 4:52.64; 7. Kaitlyn Gwyther, Quinnipiac, 4:53.14; 8. Whitney Schnarr, St. Francis U., 4:56.23; 9. Kristen Coon, Boston College, 4:56.97; 10. Sarah Coseo, Cornell, 5:02.91.

3,000 METER RUN

1. Sally Meyerhoff, Duke, 9:19.88; 2. Paige Miller, Duke, 9:20.68; 3. Laurel Burdick, Boston College, 9:29.95; 4. Maria Cicero, Boston College, 9:30.35; 5. Marissa Ryan, Boston U., 9:36.67; 6. Nicole Lee, Georgetown, 9:39.88; 7. Michelle Gallagher, Iona, 9:40.52; 8. Meghan Braffett, U of Maryland CP, 9:40.86.

5,000 METER RUN

1. Lindsey Scherf, Harvard, 16:12.14; 2. Andrea Walkonen, Boston U., 6:30.45; 3. Jennifer Koepfel, Buffalo, 16:34.04; 4. Kristyn Shiring, William and Mary, 16:38.13; 5. Julia Cathcart, William and Mary, 16:38.49; 6. Jacklynn Kosakowski, William and Mary, 16:39.29; 7. Laura Stanley, Duke, 16:48.55; 8. Shannon Saunders, James Madison, 16:51.45.

60 METER HURDLES

1. Shameka Marshall, Rutgers, 8.19; 2. Jessica Czaikowski, West Virginia, 8.23; 3. Monique Morgan, Villanova, 8.24; 4. Immani Gilliam, Seton Hall, 8.31; 5. April Garner, U Conn, 8.33; 6. Julianna Reed, Pittsburgh, 8.49; 7. Tamara McGill, Pittsburgh, 8.50; 8. Joyce Thomas, Coppin St., 8.51.

4X400 METER RELAY

1. Cornell, (Kari Steed, Cameron Washington, Jessica Brown, Shonda Brown) 3:40.06; 2. East Carolina University, 3:42.63; 3. Georgetown University, 3:43.36; 4. Northeastern University, 3:43.88; 5. Morgan State University, 3:45.19; 6. Buffalo, University at, 3:46.05; 7. Rhode Island, University of, 3:47.33; 8. Connecticut, University of, 3:48.10; 9. Seton Hall University, 3:48.49.

4X800 METER RELAY

1. Duke, (Liz Wort, Lauren Matic, Meghan Leon, Shannon Rowbury) 8:49.47; 2. Georgetown University, 8:50.75; 3. Yale, 9:03.61; 4. Rutgers, 9:04.73; 5. Pittsburgh, University of, 9:05.55; 6. New Hampshire, University of, 9:07.68; 7. Northeastern University, 9:09.30; 8. Fordham University, 9:14.64; 9. Quinnipiac, 9:16.81.

DISTANCE MEDLEY RUN

1. Georgetown University, (Carolyn Yates, Jayne Penn, Meghan O'Neil, Colleen Kelly) 11:32.52; 2. Pennsylvania, University of, 11:36.93; 3. Yale, 11:39.60; 4. Buffalo, University at, 11:40.67; 5. Cornell, 11:44.22; 6. Rutgers, 11:47.83; 7. Duke, 11:50.47; 8. James Madison University, 11:52.28.

HIGH JUMP

1. Debra Vento, Duke, 5-10.50; 2. Toni Aluko, Maryland CP, 5-10.50; 3. Jenna Grimaldi, Syracuse, 5-10.50; 4. Kena Butts, Liberty, 5-08.75; 5. Brittney Robinson, Morgan State, 5-08.75; 6. Tamara McGill, Pittsburgh, 5-07.00; 6. Sarah Wilfred, Cornell, 5-07.00; 6. Se'verine Tanic, Morgan State, 5-07.00.

POLE VAULT

1. Melanie Buczek, Bucknell, 12-09.50; 2. Kristen Andrews, Naval Academy, 12-05.50; 2. Molly Lederman, Yale, 12-05.50; 4. Laura Chmielewski, Northeastern, 12-05.50; 4. Marissa Dudek, Pittsburgh, 12-05.50; 6. Angie Hall, Bucknell, 12-01.50; 7. Tammie Mentzel, East Carolina, 12-01.50; 8. Jodi Taetle, Towson, 11-07.75; 8. Leandra Golden, Pittsburgh, 11-07.75; 8. Lara Jones, Duke, 11-07.75; 8. Lailani Greene, Georgetown, 11-07.75.

LONG JUMP

1. Shameka Marshall, Rutgers, 19-11.75; 2. Tiffany Martin, Army, 19-09.75; 3. Lamoy Stephens, Pittsburgh, 19-07.50; 4. Joslyn Woodward, Yale, 19-06.00; 5. Joyce Thomas, Coppin St., 18-07.25; 6. Roseann Hamilton, FDU, 18-07.25; 7. Charlene Hibbert, Liberty, 18-05.75; 8. Alisha Hopkins, East Carolina, 18-03.00.

TRIPLE JUMP

1. Brittany Grove, Brown, 41-01.75; 2. Sheron Mark, Syracuse, 40-11.50; 3. Kahimah Liverman, Rutgers, 39-09.75; 4. Andreen Francis, St. Francis Coll, 39-07.75; 5. Tahari James, Boston U., 39-01.00; 6. Tiina Magi, Manhattan, 39-00.50; 7. Se'verine Tanic, Morgan State, 38-10.50; 8. Tamara Highsmith, U Conn, 38-09.75.

SHOT PUT

1. Amanda Walker, Pittsburgh, 51-07.75; 2. Jen Leatherman, Penn State, 49-07.25; 3. Brittany Pryor, Syracuse, 48-00.00; 4. Daisy VanRavenswaay, U Conn, 46-11.50; 5. Sarah Vance, Buffalo, 46-03.25; 6. Mildred Cooper, VMI, 45-07.00; 7. Faith Thompson, Buffalo, 45-05.25; 8. Bria Johnson, U of Maryland CP, 45-05.00.

WEIGHT THROW

1. Kate Johnston, Penn State, 66-03.00 (20.19m); 2. Amanda Walker, Pittsburgh, 66-01.00 (20.14m); 3. Faith Thompson, Buffalo, 65-06.75 (19.98m); 4. Kristen Michalski, Syracuse, 59-01.25 (18.01m); 5. Nicole Downing, Robert Morris U., 58-02.50 (17.74m); 6. Zakiya Shivers, U of Maryland CP, 57-09.50 (17.61m); 7. Amanda Klingensmith, St. Francis U., 55-11.75 (17.06m); 8. Sheeba Ibdunni, Cornell, 55-09.00 (16.99m).

PENTATHLON

1. Danielle McNaney, Liberty, 3822; 2. Kerstin Greene, Fordham, 3668; 3. Kasey Hill, Boston College, 3644; 4. Abbie Stechschulte, West Virginia, 3598; 5. Joelle Ambrose, Pittsburgh, 3529; 6. Amber Strouse, Penn State, 3416; 7. Elizabeth Hassan, Boston College, 3359; 8. Kathryn Souviney, Maine, 3274.

2005 NCAA DIVISION I MEN'S OUTDOOR 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#	1:50.40	1:51.1	
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#	14:15.75	14:15.5	
10,000 Meters Auto#	29:00:00	28:59.7	
10,000 Meters Prov.#	29:45:00	29:44.7	
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	3:10.00	3:09.7	+44/+84
Mile Relay	3:11.20	3:10.9	+44/+84

METRIC

High Jump	2.10
Pole Vault	5.05
Long Jump	7.34
Triple Jump	15.08
Shot Put	16.61
Discus	50.37
Javelin	61.62
Hammer	55.63

#—Altitude adjustment available.

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.

2005 NCAA DIVISION I WOMEN'S OUTDOOR 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.

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	

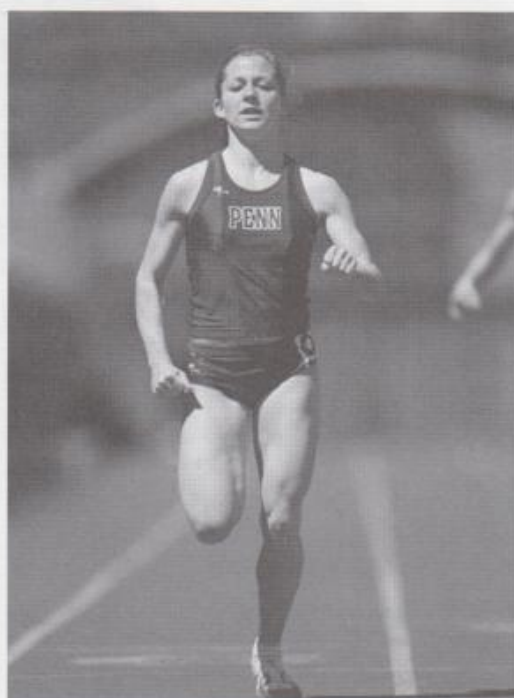
#—Altitude adjustment available.

The ECAC® and IC4A Track and Field Championships

ECAC Division I Women's Track & Field Institutions - Updated March 2005

Institution	Head Coach
Albany, University of	Roberto J. Vives
Binghamton University	Mike Thompson
Boston College	Randy Thomas
Boston University	Jesley Iehane
Brown University	Robert Johnson
Bucknell University	Kevin Donner
Buffalo, University of	Victoria Mitchell
Colgate University	Laura Nardelli
Columbia University	Willy Wood
Connecticut, University of	Bill Morgan
Coppin State College	Alecia Shields-Gadson
Cornell University	Lou Duesing
Dartmouth College	Sandra Ford-Centonze
Delaware, University of	Susan McGrath-Powell
Duke University	Norm Ogilvie
Duquesne University	Bryan Delsite
East Carolina University	Matt Munson
Fairleigh Dickinson University	Sharlene Milwood-Lee
Fordham University	Tom Dewey
George Mason University	Angie Taylor
Georgetown University	Ron Helmer
Harvard University	Frank Haggerty
Holy Cross, College of the	Egetta Alfonso
Iona College	Mick Byrne
James Madison University	Kelly Cox
La Salle University	Charles Torpey
Lafayette College	Julio Piazza
Lehigh University	Matt Utesch
Liberty University	Dr. Brant Tolsma
Long Island University	Julia Sandiford
Maine, University of	Jim Ballinger
Manhattan College	Dan Mecca
Marist College	Phil Kelly
Maryland, University of	Andrew Valmon
Maryland, Univ of (UMBC)	David Bobb
Massachusetts, University of (Amherst)	Julie LaFreniere

Institution	Head Coach
Monmouth University	Joe Compagni
Morgan State	Neville G. Hodge
Mount St. Mary's	Jim Deegan
New Hampshire, University of	Casey Carroll
Northeastern University	Sherman Hart
North Carolina, Univ of (Wilmington)	Jim Sprecher
Penn State University	Beth Alford-Sullivan
Pennsylvania, University of	Gwen Harris
Pittsburgh, University of	Alonzo Webb
Princeton University	Peter Farrell
Providence College	Ray Treacy
Quinnipiac University	Shawn Green
Rhode Island, University of	Laurie Feit-Melnick
Rider University	Bill Hodge
Robert Morris	J. Michael Smith
Rutgers University	Roberta J. Anthes
Sacred Heart University	Christian Morrison
Saint Francis College (NY)	Anthony Kurtin
Saint Francis University (PA)	Scott Catone
Saint John's University	Jim Hurt
Saint Joseph's University	Kevin Quinn
Seton Hall University	John Moon
Stony Brook University	Andy Ronan
Syracuse University	Andrew Roberts
Temple University	Stefanie Scalessa
Towson University	Roger Erricker
United States Military Academy	Jerry Quiller
United States Naval Academy	Carla Criste
Vermont, University of	Matthew Belfield
Villanova University	Gina Procaccio
Virginia Military Institute	Mike Bozeman
Wagner College	Joe Stasi
West Virginia University	Jeff Huntoon
William & Mary	Kathy Newbury
Yale University	Mark Young



Pennsylvania's Jesse Carlin, winner of the 2005 ECAC Indoor Track and Field 500-Meter Dash.