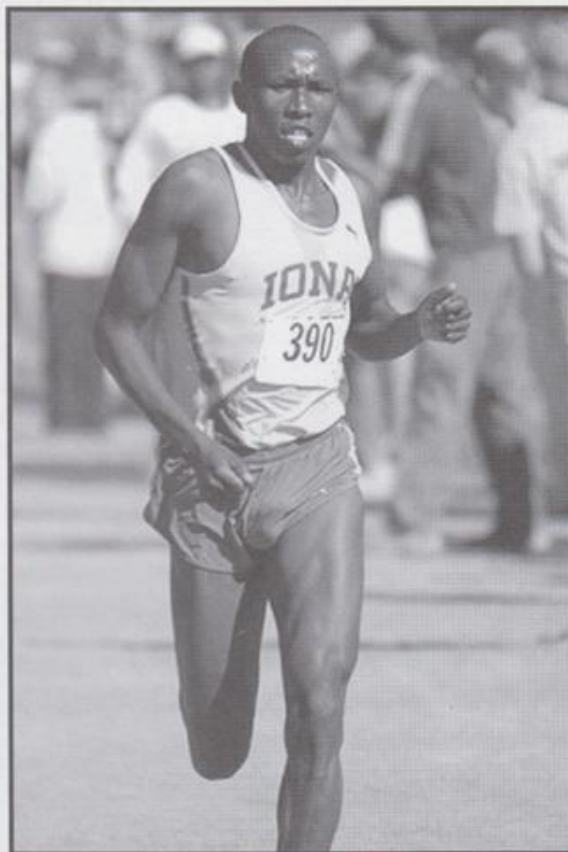


2006 ECAC® AND IC4A OUTDOOR CHAMPIONSHIPS

WILLIAM WEAVER TRACK AND FIELD STADIUM
PRINCETON UNIVERSITY
MAY 12-14



Cack Ferrell
Princeton University



Richard Kiplaget
Iona College



www.ecac.org



Eastern College Athletic Conference

Commissioners

Stephen R. Bamford Interim-2006
 Philip Buttafuoco1998-2006
 Clayton Chapman1989-1998
 Robert "Scotty" Whitelaw .1972-1989
 George Shiebler1970-1972
 Asa S. Bushnell1938-1970

Championships

The ECAC administers 110 preseason and postseason events for 32 men's and women's sports, 10 affiliate organizations and seven playing leagues.

Officiating

The ECAC assigns officials in 14 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 318 Divisions I, II, and III colleges and universities from Maine to Georgia and westerly to Illinois. Since its foundation 68 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 been a leader both regionally, and nationally.

Administer

110 Championships

and in 2006 will be held on October 1-3 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).

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. The

Recognize

4,000 Student-Athletes

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.



The business of the ECAC is conducted at the annual fall convention

Assign

5,100 Officials

ECAC owns the nation's leading online



AN AFFILIATE OF THE ECAC

Dear Student-Athletes, Coaches and Fans,

On behalf of the ECAC®, I welcome each of you to the 130th annual IC4A and 23rd 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. I would like to thank our point of contact at Princeton, Karen Malec as well as Fred Samara and Peter Farrell, the Princeton Men's and Women's Track Coaches who have helped to make this event possible.

In its 68th year, the ECAC® stands committed to the great tradition of the Intercollegiate Association of Amateur Athletes of America (IC4A) and 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 130 years, the IC4A is dedicated to promoting and developing the growth of track and field and the promotion of track and field athletes. Together, we continue to seek new ways to fulfill the ECAC® mission of initiating, stimulating and improving intercollegiate athletics programs. We are excited about the progress we have made and the direction we are heading.

We 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.

Stephen R. Bamford

Stephen R. Bamford

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

Interim Commissioner	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	Gothard Lane
Executive Assistant to the Commissioner	Marian Gibson
Asa S. Bushnell Intern for Communications	Corey Holton
Asa S. Bushnell Intern for Strategic Marketing & Business Development	Karen Kuhlman
Asa S. Bushnell Intern for Hockey/Rowing	Joseph Robichau
Asa S. Bushnell Intern for Championships	Megan Sturges
Asa S. Bushnell Intern	Michael Letzeisen

The ECAC® and IC4A Track and Field Championships

2006 SCHEDULE OF EVENTS

ORDER OF EVENTS

Friday, May 12		Sunday, May 14	
IC4A Decathlon	Noon	IC4A Javelin Throw	10:30 a.m.
ECAC Heptathlon	12:30 p.m.	IC4A Shot Put	10:30
ECAC Discus Throw	5:30	ECAC Triple Jump (Inside Pit)	11
IC4A 3000 Steeplechase	6	IC4A Triple Jump (Outside Pit)	11
ECAC 3000 Steeplechase	6:20	ECAC High Jump	11:30
ECAC 5000	6:45	ECAC 4x100 Relay	Noon
IC4A 5000	7:05	IC4A 4x100 Relay	12:10 p.m.
ECAC 10000	7:30	ECAC 1500	12:15
IC4A 10000	8:15	IC4A 1500	12:25
Saturday, May 13		IC4A 110 High Hurdles	12:40
IC4A Decathlon	9 a.m.	ECAC 100 Hurdles	12:50
ECAC Heptathlon	9:30	ECAC 400	1
ECAC Hammer Throw	10	IC4A 400	1:05
ECAC 4x100 Relay - Trials	10:30	ECAC 100	1:15
ECAC 1500 Trials	10:50	IC4A 100	1:25
ECAC Pole Vault	11	ECAC Shot Put	1:30
ECAC 100 Hurdles - Trials	11:15	IC4A High Jump	1:30
ECAC 100 Meter Trials	11:35	ECAC 800	1:35
ECAC Javelin Throw	Noon	IC4A 800	1:40
ECAC Long Jump	Noon	ECAC 400 Hurdles	1:55
ECAC 400 - Trials	Noon	IC4A 400 Hurdles	2:05
ECAC 100 Hurdle - Semis	12:25 p.m.	ECAC 200	2:15
ECAC 100 Meter - Semis	12:35	IC4A 200	2:20
ECAC 800 - Trials	12:50	ECAC 3000	2:30
IC4A Hammer Throw	1	ECAC 4x800 Relay	2:55
ECAC 400 Hurdle - Trials	1:20	IC4A 4x800 Relay	3:10
ECAC 200 - Trials	1:40	ECAC 4x400 Relay	3:20
ECAC 4x800 Relay - Trials	2	IC4A 4x400 Relay	3:30
ECAC 4x400 Relay - Trials	2:20		
IC4A Long Jump	3		
IC4A 4x100 - Trials	3		
IC4A 1500 - Trials	3:20		
IC4A 110 High Hurdle - Trials	3:45		
IC4A Discus Throw	4		
IC4A Pole Vault	4		
IC4A 400 - Trials	4:05		
IC4A 100 - Trials	4:30		
IC4A 800 - Trials	4:50		
IC4A 400 Intermediates - Trials	5:20		
IC4A 200 - Trials	5:40		
IC4A 4x800 - Trials	6		
IC4A 4x400 - Trials	6:20		

Presentation of Awards to follow the last event

Results available at www.ecac.org





INTERCOLLEGIATE ASSOCIATION OF AMATEUR ATHLETES OF AMERICA

Founded in 1876

2006 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)	Fairleigh Dickinson	MIT (III)	Robert Morris
Albany	Fordham	Mass.-Lowell (II)	Rutgers
Army	Georgia State	Mercy College (NY)	Sacred Heart
Bates (III)	George Mason	Merchant Marine (III)	St. Francis (N.Y.)
Bentley (II)	George Washington	Monmouth	St. Francis (Pa.)
Binghamton	Georgetown	Montclair St. (III)	St. John's
Boston College	Hartford	Morgan St.	St. Joseph's
Boston U.	Harvard	Mount St. Mary's	St. Peter's
Brandeis (III)	Hofstra	Navy	St. Thomas Aquinas
Brown	Holy Cross	New Hampshire	Seton Hall
Bucknell	Hunter (III)	New Haven (II)	Siena
Buffalo	Iona	New Jersey Inst. of Tech.	Southern Conn. St. (II)
C.W. Post (II)	James Madison	Col. of New Jersey (III)	Stonehill (II)
Central Conn. St.	La Salle	New York Tech (II)	Stony Brook
Colgate	Lafayette	New York U. (III)	Syracuse
Columbia	Lehigh	Northeastern	Temple
Connecticut	Liberty	Notre Dame	Tufts (III)
Coppin St.	Lincoln (III)	Pace (II)	UNC Wilmington
Cornell	Long Island	Pennsylvania	Vermont
Dartmouth	Loyola	Penn St.	Villanova
Delaware	Maine	Pittsburgh	Virginia
Delaware St.	Manhattan	Princeton	VMI
Duke	Marist	Providence	Wagner
Duquesne	Maryland	Quinnipiac	Wheaton
East Carolina	UMBC	Rhode Island	William & Mary
Fairfield	Massachusetts	Rider	Yale

The ECAC® and IC4A Track and Field Championships

COACHES OF IC4A MEMBER COLLEGES

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

2005-06 IC4A COACHES ASSOCIATION OFFICERS

President:	Joe Compagni, Monmouth University
First Vice President:	Mike Glavin, St. Joseph's University
Second Vice President:	Jim Fischer, University of Delaware
Third Vice President:	Julia Sandiford, Long Island University
Secretary - Treasurer:	Jim Hurt, St. John's University
Ex-Officio:	Jerry Quiller, U.S. Military Academy
	Nathan Taylor, Cornell University

2006 ECAC and IC4A Officials

IC4A MEET DIRECTOR

Steve Bartold

ECAC MEET DIRECTOR

Tom Meagher

HONORARY MEET DIRECTOR

Larry Byrne

ECAC COORDINATORS

Gothard Lane

ASSISTANT MEET DIRECTORS

Peter Farrell - ECAC

Fred Samara - IC4A

IC4A GAMES COMMITTEE

Pete Schuder, Chairman

Steve Bartold

Larry Byrne

Ed Callahan

Irwin Cohen

Joe Compagni

Mike Glavin

Jim Hurt

Fred Samara

Tom Stewart

ECAC GAMES COMMITTEE

Tom Meagher

Peter Farrell

Gwen Harris

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

REFEREES

IC4A

Ed Callahan, running

Ed Gorman, field

ECAC

Bob Fontaine, running

Yvonne Grimes, field

MULTI EVENTS

Pete Schuder

STARTERS

Thomas McTaggart, Chief

Carmen Iannuccilli

ANNOUNCERS

Larry Newman

Murray Peyton

UMPIRES IC4A ECAC

Tom Stewart, Chief

Rev. Gervais Clarke

Peter DeMarco

William Eisenring

Andrew McCray

Joe McGonigle

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

Dave Wilbur

AWARDS

Karne Guy, Chief

Barbara Gaulien

Bonnie Sullivan

FINISH LINE - IC4A ECAC

Harold Adams

William Jackson

Ben Kreitzberg

Edgar Nelms

Roceta Nelms

Col. Gerald Russell

Thomas Rynne

Peter Wilson

KEEPER OF THE LAPS

Paul Podgurski

WIND GAUGE OPERATORS

Dave Gingras

MULTI EVENTS

HEPTATHLON

Claire Kogler, Chief

Rochelle Epstein

Tom Hassard

Michael "Max" Tucker

DECATHLON

Dorothy Moritz, Chief

Gerry Connell

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

Jim Herbert

TJ Martino

Mike Sullivan

Earl Williams

Fred Zaccagnini

IC4A HAMMER THROW

Mike Wolak, Chief

Edward Bennett

Bill Crowther

Jim Herbert

TJ Martino

ECAC HAMMER THROW

Mike Wolak, Chief

Ed Bennett

Bill Crowther

Jim Herbert

TJ Martino

IC4A JAVELIN THROW

Frances Harwell, Chief

Andy Boyajian

Ray Siegrist

Michael Sullivan

Mike Wolak

Fred Zaccagnini

ECAC JAVELIN THROW

Frances Harwell, Chief

Andy Boyajian

Tom Hassard

Michael Sullivan

Fred Zaccagnini

IC4A HIGH JUMP

Dick Mann, Chief

Paul Cordero

Michael Tucker

Dr. Reginald Weissglas

ECAC HIGH JUMP

Dick Mann, Chief

Paul Cordero

Michael Tucker

Dr. Reginald Weissglas

IC4A LONG JUMP

Dave Rizzo, Chief

Gerry Connell

Marvin Johnson

Jerrold Leanness

Ken Martin

ECAC LONG JUMP

Gerry Connell, Chief

Jesse Jackson

Marvin Johnson

Jerrold Leanness

Ken Martin

IC4A POLE VAULT

Edward Slade, Chief

Bernard Freedman

Ralph Fusco

ECAC POLE VAULT

Ed Slade, Chief

Bernard Freedman

Ralph Fusco

IC4A SHOT PUT

Earl Williams, Chief

Jim Adderley

Ed Bennett

Charles Bradford

Gus Young

ECAC SHOT PUT

Earl Williams, Chief

Jim Adderley

Ed Bennett

Charles Bradford

Gus Young

IC4A TRIPLE JUMP

Dave Rizzo, Chief

Jim Herbert

Marvin Johnson

Jerrold Leanness

ECAC TRIPLE JUMP

Gerry Connell, Chief

Jesse Jackson

Ken Martin

Alcmena Monique White



The 23rd ECAC and 130th IC4A Outdoor Track & Field Championship program was produced by the Eastern College Athletic Conference and edited by Corey Holton, 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.

The ECAC® and IC4A Track and Field Championships

IC4A OUTDOOR RECORDS

100 Meters

2005 IC4A Champion	10.52
IC4A Meet Record	10.20
IC4A Collegiate	10.07
Collegiate	9.90 -
American Collegiate	9.93 -
American	9.78 -
World	9.78 -

Mike Garner, George Mason	
Lee McRae, Pittsburgh	87
McRae	87
Ato Bolton, UCLA	96
Calvin Smith, Alabama	83
Tim Montgomery, Nike	02
Montgomery, USA	02

110 Meter Hurdles

2005 IC4A Champion	13.98
IC4A Meet Record	13.53
IC4A Collegiate	13.00
Collegiate	13.00
American	12.92
World	12.91

David Klics, Rutgers	
William Skinner, Maryland	86
R. Nehemiah, Maryland	79
Nehemiah	79
R. Kingdom, Team adidas	89
and Allen Johnson, Nike	96
C. Jackson, Great Britain	93

200 Meters

2005 IC4A Champion	20.90
IC4A Meet Record	20.63
IC4A Collegiate	20.13
Collegiate	19.75
American	19.32
World	19.32

Mike Garner, George Mason	
David Bobb, UMBC	97
Elliott Quow, Rutgers	83
Joe DeLoach, Houston	88
Michael Johnson, Nike	96
Johnson, USA	96

400 Meter Hurdles

2005 IC4A Champion	50.56
IC4A Meet Record	48.80
IC4A Collegiate	48.69
Collegiate	47.10
American Collegiate	47.45
American	46.78
World	46.78

Bryan Steele, Long Island	
Kareem Acher, Villanova	97
Mike Shine, Penn State	79
Samuel Matete, Auburn	91
Edwin Moses, Morehouse	77
Kevin Young, Foot Locker	92
Young, USA	92

400 Meters

2005 IC4A Champion	47.32
IC4A Meet Record	45.11
IC4A Collegiate	43.97
Collegiate	43.50
American	43.18
World	43.18

Erison Hurtault, Columbia	
Kevin Lyles, Seton Hall	95
Larry James, Villanova	68
Quincy Watts, So Calif.	92
Michael Johnson, Nike	99
Johnson, USA	99

4 x 100 Meter Relay

2005 IC4A Champion	40.60
IC4A Meet Record	39.59
IC4A Collegiate	39.15
Collegiate	38.04

Maryland (Earl Gray, Robert Frelow, Dominic Berger, Gerrick McPhearson)	
East Carolina (Eugene McNeill, Lee McNeill, Kelvin Wrighton, Jon Lee)	87
East Carolina (same team as above)	87
Texas Christian (Bryan Howard, Jarmiene Holloway, Syan Williams, Percy Spencer)	June 5, 1998
US National Team (Mike Marsh, Leroy Burrell, Dennis Mitchell, Carl Lewis)	Aug. 8, 1992
US National Team (John Drummond, Andre Cason, Dennis Mitchell, Leroy Burrell)	Aug. 21, 1993
US National Team	Aug. 8, 1992
US National Team	Aug. 21, 1993
(same teams as above)	

800 Meters

2005 IC4A Champion	1:48.66
IC4A Meet Record	1:45.34
IC4A Collegiate	1:43.92
Collegiate	1:41.77
American Collegiate	1:43.74
American	1:42.60
World	1:41.11

Gered Burns, Albany	
Tom McLean, Bucknell	76
John Marshall, Villanova	84
Joaquim Cruz, Oregon	84
Earl Jones, Eastern Mich.	84
Johnny Gray, S. Monica	85
Wilson Kipketer, Denmark	97

American

World

1,500 Meters

2005 IC4A Champion	3:45.74
IC4A Meet Record	3:37.41
IC4A Collegiate	3:31.71
Collegiate	3:30.56
American Collegiate	3:33.10
American	3:29.77
World	3:26.00

Bruce Hyde, Cornell	
Sidney Maree, Villanova	79
Abdi Bile, George Mason	87
Bernard Lagat, Wash. St	99
Jim Ryun, Kansas	67
Maree, Puma	85
Hicham El Guerrouj, Mor.	98

4 x 400 Meter Relay

2005 IC4A Champion	3:07.42
IC4A Meet Record	3:04.11
IC4A Collegiate	3:02.78

Lincoln (Bobby Young, Augustine Schmader, Keko Goldman, Lance Wigfall)	
East Carolina (Lawrence Ward, Damon Davis, Darrick Ingram, Mike Miller)	May 23, 1999
George Mason (Louis McDonald 47.5; Louis Sales 45.2; Alex Morgan 46.7; Greg Haughton 44.1)	June 3, 1995
UCLA (Steve Lewis 45.0; Kevin Young 44.4; Danny Everett 45.3; Henry Thomas 45.2)	June 4, 1988
US Team (Jerome Young 44.3; Antonio Pettigrew 43.2; Tyree Washington 43.5; Michael Johnson 43.2)	July 22, 1998
US Team (Same team as above)	1998

3,000 Meter Steeplechase

2005 IC4A Champion	8:44.54
IC4A Meet Record	8:29.80
IC4A Collegiate	8:21.26
Collegiate	8:05.40
American Collegiate	8:10.69
American	8:09.17
World	7:55.28

Lucas Meyer, Yale	
Kieran Stack, Iona	86
J. Gregorek, Georgetown	81
Henry Rono, Wash. St.	78
Mark Croghan, Ohio St.	91
Henry Marsh, Athletics W.	85
Brahim Boulami, Morocco	01

Collegiate

American

World

5,000 Meters

2005 IC4A Champion	13:51.78
IC4A Meet Record	13:27.07
IC4A Collegiate	13:20.63
Collegiate	13:08.40
American Collegiate	13:14.80
American	12:58.21
World	12:39.36

Ed Moran, William & Mary	
Sidney Maree, Villanova	79
Maree	79
Henry Rono, Wash. St.	78
Bill McChesney, Oregon	81
Bob Kennedy, Nike	96
H. Gebrselassie, Ethiopia	98

4 x 800 Meter Relay

2005 IC4A Champion	7:28.75
IC4A Meet Record	7:19.94
IC4A Collegiate	7:11.17

Cornell (Ian Ward, Sam Mackenzie, Gordon Hall, Jim Wyner)	
George Mason	1997
Penn State (Vance Watson 1:49.3; Steve Shister, 1:47.9; Chris Mills 1:48.5; Randy Moore 1:45.6)	Apr. 27, 1985
Arizona St (Pete Richardson 1:47.5; Eddie Davis, 1:47.8; Treg Scott 1:48.1; Mike Stahr 1:45.6)	Apr. 7, 1984
Santa Monica TC (James Robinson 1:49.8; David Mack 1:46.7; Earl Jones 1:45.1; Johnny Gray 1:44.8)	Apr. 26, 1986
Great Britain (Peter Elliott 1:49.14; Garry Cook 1:46.20; Steve Cram 1:44.54; Sebastian Coe 1:44.01)	Aug. 30, 1982

Collegiate

American

World

10,000 Meters

2005 IC4A Champion	29:56.83
IC4A Meet Record	28:58.36
IC4A Collegiate	27:43.76
Collegiate	27:22.47
American Collegiate	27:38.50
American	27:13.98
World	26:22.75

Andrew Filacheck, Virginia	
Stephen Ondieki, FDU	00
Geoff Smith, Providence	81
Henry Rono, Wash. St	78
Dathan Ritzenhein, Co.	04
M. Keflezighi, Nike TC	01
H. Gebrselassi, Ethiopia	98

IC4A OUTDOOR RECORDS

High Jump

2005 IC4A Champion	7-01.75 (2.18) Garrett Brickner, VMI
IC4A Meet Record	7-6 (2.29) Tony Barton, George Mason
IC4A Collegiate	7-7 (2.31) Barton
	and Tora Harris, Princeton
Collegiate	7-10 (2.39) Hollis Conway, SW Louisiana
American	7-10.5 (2.40) Charles Austin, Unattached
World	8-0.5 (2.45) Javier Sotomayor, Cuba

Pole Vault

2005 IC4A Champion	16-06.75 (5.5) Evan Whithall, Cornell
IC4A Meet Record	18-1.25 (5.52) I. Bagyula, George Mason
IC4A Collegiate	19-5 (5.92) Bagyula
Collegiate	19-7.5 (5.98) L. Johnson, Tenn.
American	19-9.25 (6.03) Jeff Hartwig, Nike
World	20-1.75 (6.14) Sergey Bubka, Ukraine

Long Jump

2005 IC4A Champion	25-03.25 (7.70) Marquis Allen, Rutgers	
IC4A Meet Record	26-10.5 (8.19) Ray Humphrey, Gtown	88
IC4A Collegiate	26-11.75 (8.22) D.D. Manns, JMU	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

2005 IC4A Champion	52-01.75 (15.89) Samyr Laine, Harvard	78
IC4A Meet Record	53-11.25 (16.45) N. Cooper, Villanova	79
IC4A Collegiate	56-1.25 (17.10) Cooper	85
Collegiate	58-7.25 (17.86) C. Simpkins, Baptist	96
American	59-4.5 (18.09) Kenny Harrison, Nike	95
World	60-0.25 (18.29) Jon Edwards, Great Brittan	

Shot Put

2005 IC4A Champion	61-06.25 (18.75) Sam Segond, Rutgers	
IC4A Meet Record	65-8.25 (20.02) August Wolf, Princeton	83
IC4A Collegiate	67-2 (20.47) Wolf	83
Collegiate	72-2.25 (22.00) John Godina, UCLA	95
American	75-10.25 (23.12) Randy Barnes, Mazda	90
World	75-10.25 (23.12) Barnes	90

Discus

2005 IC4A Champion	194-08 (59.34) Sam Segond, Rutgers	
IC4A Meet Record	194-08 (59.34) Segond	05
IC4A Collegiate	210-7 (64.18) T.Washington, Syracuse	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

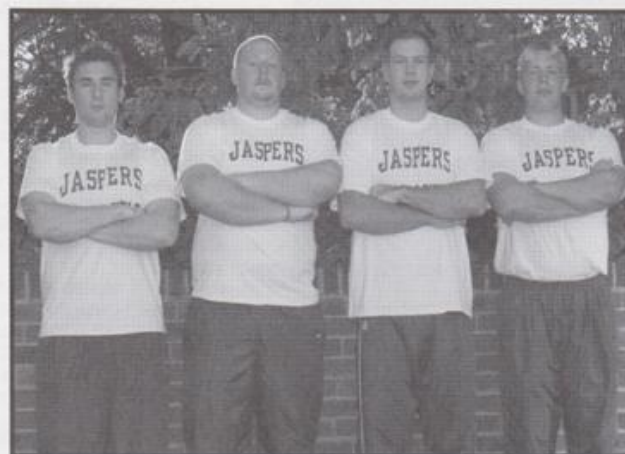
2005 IC4A Champion	207-02 (63.15) Zoran Loncar, Manhattan	95
IC4A Meet Record	243-2 (74.12) K. McMahon, Georgetown	95
IC4A Collegiate	245-1 (74-70) McMahon	95
Collegiate	270-10 (82.56) Balazs Kiss, So. Calif.	86
American Collegiate	257-0 (78.34) Ken Flax, Oregon	96
American	270-9 (82.52) Lance Deal, New York AC	86
World	284-7 (86.74) Yurly Syedikh, U.S.S.R.	

Javelin

2005 IC4A Champion	216-00 (65.84) Bobby Smith, Monmouth	04
IC4A Meet Record	254-2 (77.47) P.Pisano, Connecticut	03
IC4A Collegiate	258-2 (78.70) Chaput	90
Collegiate	292-4 (89.10) Patrik Boden, Texas	90
American Collegiate	273-3 (83.30) Tom Pukstys, Florida	97
American	285-10 (87.12) Pukstys, adidas	96
World	323-1 (98.48) Jan Zelezny, Czech Rep	

Decathlon

2005 IC4A Champion	7,398 points, Brandon Hoskins, Liberty	
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 Motti, Mount St Mary's	85
	(11.03,25-0.5,49-7, 7-1, 48.43; 14.75, 150-10, 14-5.25, 207-11, 4:43.06)	
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 Sebrie, Czech Republic	01
	(10.64, 26-7.25, 50-3.5, 6-11.5, 47.79; 13.92, 157-3, 15-9, 230-2, 4:21.98)	



Manhattan's Paul Peulich, Michael Freeman, Zoran Loncar and Anders Constantin made NCAA history as they finished top four in the hammer throw at the 2005 IC4A Championships, all with throws of over 200 feet.

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



RECAPING THE 2005 IC4A OUTDOOR CHAMPIONSHIPS RESULTS

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

2005 FINAL TEAM STANDINGS

1. Rutgers University	76
2. Cornell University	59
3. George Mason University	54
4. Manhattan College	48
5. University of Pittsburgh	45
6. Liberty University	39
7. U.S. Military Academy	35
8. Lincoln University	31
9. College of William and Mary	30
9. Yale University	30
11. Princeton University	25
12. Harvard University	22
13. La Salle University	20
13. Duke University	20
15. Iona College	18
15. University of Maryland	18
15. Long Island University	18
15. Brown University	18
19. U.S. Naval Academy	16
20. Maryland, Baltimore County	14
20. North Carolina, Wilmington	14
20. University of Albany	14
20. Monmouth University	14
24. Northeastern University	13
24. Massachusetts, Lowell	13
24. Columbia University	13
24. University of Pennsylvania	13
28. Saint Joseph's University	12
28. Coppin State University	12
30. University of Virginia	10
30. Virginia Military Institute	10
32. Seton Hall University	8
32. C.W. Post	8
34. Mount St. Mary's University	7
34. Tufts University	7
36. Morgan State University	6
36. Boston University	6
36. Syracuse University	6
39. St. Francis University (Pa.)	5
39. Mass. Institute of Technology	5
41. Duquesne University	4
41. The College of New Jersey	4
43. Rider University	3
43. James Madison University	3
45. Georgetown University	2
45. Montclair State University	2
47. Robert Morris University	1
47. Lafayette College	1

100 METERS

1. Mike Garner, George Mason, 10.52; 2. Adam Grossman, UMBC; 3. Augustine Schmader, Lincoln, 10.60; 4. Aulton Kohn, Syracuse, 10.63; 5. Sammy Sesay, George Mason, 10.71; 6. Mahatma Jackson, La Salle, 10.82; 7. Kevin Logan, C.W. Post, 8. Kenneth Walker, Morgan State, 11.06.

200 METERS

1. Mike Garner, George Mason, 20.90; 2. Danny Johnson, Seton Hall, 21.15; 3. Kevin Logan, C.W. Post, 21.19; 4. Rob Waters, Rutgers, 21.28; 5. Adam Grossman, UMBC, 21.35; 6. Bobby Young, Lincoln, 21.38; 7. Joe Porter, Rutgers, 21.54; 8. Alonzo Phillips, Liberty, 21.55.

400 METERS

1. Erisson Hurtault, Columbia, 47.32; 2. Andrew Thomas, Saint Joseph, 47.39; 3. William Ricks, Navy, 47.44; 4. Idris Payne, Northeastern, 47.74; 5. Doug Rick, Saint Joseph, 47.77; 6. Keko Goldman, Lincoln, 48.15; 7. Travis Yancey, Montclair State, 48.86; 8. Lance Wigfall, Lincoln, DNF

800 METERS

1. Gered Burns, Albany, 1:48.66; 2. Phil Sakala, Army, 1:48.85; 3. Ricardo Cunningham, George Mason, 1:49.25; 4. Andrew Maloney, St. Francis (Pa.), 1:49.29; 5. Jeff Zodda, New Jersey, 1:49.61; 6. Paul Harris, Navy, 1:50.27; 7. Jeryl Wilborn, Pittsburgh, 1:50.33; 8. Valerig Petrulevich, Syracuse, 1:51.30.

1,500 METERS

1. Bruce Hyde, Cornell, 3:45.74; 2. Sam Bair, Pittsburgh, 3:46.20; 3. Patrick Morasse, UMass Lowell, 3:48.11; 4. Jim Wyner, Cornell, 3:48.22; 5. Josh Yelsey, Yale, 3:48.29; 6. Allen Carr, James Madison, 3:49.28; 7. Jordan Kinley, Brown, 3:49.58; 8. Tim Konoval, Pittsburgh, 3:53.49.

5,000 METERS

1. Ed Moran, William & Mary, 13:51.78; 2. Josh McDougal, Liberty, 14:01.95; 3. Nick Schneider, Duke, 14:06.88; 4. William McCreery, Princeton, 14:08.47; 5. Owen Washburn, Brown, 14:15.03; 6. Nick Pellegrino, Monmouth, 14:16.23; 7. Charlie Milloen, Georgetown, 14:16.46; 8. Casey Moriarty, Yale, 14:21.52.

10,000 METERS

1. Andrew Filachek, Virginia, 29:56.83; 2. Patrick Comstock, William & Mary, 30:02.12; 3. Matthew Lacey, Tufts, 30:04.62; 4. Stephen Chemlery, Iona, 30:07.02; 5. Steven Hoogland, William & Mary, 30:08.10; 6. Ryan Bender, Duquesne, 30:10.43; 7. Andrew Allstadt, Albany, 30:15.16; 8. Daniel McGrath, La Salle, 30:15.65.

110 METER HURDLES

1. David Klics, Rutgers, 13.98; 2. Dominic Berger, Maryland, 14.03; 3. Zeickia Ledwell, UNC Wilmington, 14.15; 4. Saidu Ezike, Cornell, 14.24; 5. Peter Jasmin, Northeastern, 14.25; 6. Brian Hay, George Mason, 14.36; 7. Devin Barry, Mount St. Mary, 14.54; 8. Ray Lenihan, Princeton, 14.54.

400 METER HURDLES

1. Bryan Steele, Long Island, 50.56; 2. Prince Anderson, Coppin State, 51.16; 3. Jeff Jasmin, Lincoln, 52.07; 4. Shomari Taylor, Yale, 52.27; 5. Zeickia, UNC Wilmington, 52.38; 6. Jahmone Duhaney, UMass Lowell, 53.13.

3,000 METER STEEPLECHASE

1. Lucas Meyer, Yale, 8:44.54; 2. Ramon Laboy, Iona, 8:50.66; 3. Eric Heely, Army, 8:55.78; 4. Chris Mammone, Iona, 8:56.44; 5. Brad Baird, Cornell, 8:57.75; 6. Sean Anastasia-Murphy, William & Mary, 8:59.26; 7. Chris Pierson, Albany, 8:59.87; 8. Tom Slosky, Duquesne, 9:02.66.

4X100 METER RELAY

1. University of Maryland, 40.60; 2. La Salle University, 40.75; 3. Rutgers University, 40.76; 4. Yale University, 41.09; 5. George Mason University, 41.25; 6. Long Island University, 41.27; 7. University of Maryland, Baltimore County, 41.28.

4X400 METER RELAY

1. Lincoln University, 3:07.42; 2. Princeton University, 3:08.47; 3. Boston University, 3:09.83; 4. Long Island University, 3:10.25; 5. University of Massachusetts Lowell, 3:10.42; 6. Coppin State University, 3:10.48; 7. University of Pittsburgh, 3:11.76; 8. Cornell University, 3:19.36.

4X800 METER RELAY

1. Cornell University, 7:28.75; 2. La Salle University, 7:29.03; 3. U.S. Military Academy, 7:29.70; 4. College of William and Mary, 7:29.95; 5. Yale University, 7:30.01; 6. Columbia University, 7:30.14; 7. Rutgers University, 7:30.60; 8. Coppin State University, 7:31.81.

HIGH JUMP

1. Garrett Brickner, VMI, 7-01.75 (2.18m); 2. Ray Bobrownicki, Brown, 6-10.75 (2.10m); 3. David Pell, Cornell, 6-09.50 (2.07m); 4. Christiano Johnson, Manhattan, 6-08.25 (2.04m); 4. Quentin Matthews, George Mason, 6-08.25 (2.04m); 4. Pat McDonogh, Cornell, 6-08.25 (2.4m); 7. James White, Morgan State, 6-08.25 (2.04m); 7. Jeff Witnyer, Robert Morris, 6-08.25 (2.04m); Jihad Beauchman, Yale, 6-08.25 (2.04m).

POLE VAULT

1. Evan Whithall, Cornell, 16-06.75 (5.05m); 2. Neal Wojdowski, Pennsylvania, 16-06.75 (5.05m); 3. Matt Brousse, Pittsburgh, 16-06.75 (5.05m); 3. Keith Higham, Pittsburgh, 16-06.75; 5. Jon Fay, Duke, 16-02.75 (4.95m); 6. Kyle Whitaker, Princeton, 15-09.00 (4.80m); 7. Ryan Keaton, Army, 15-03.00 (4.65m); 7. Gavin Mohrmann, Army, 15-03.00 (4.65m).

LONG JUMP

1. Marquis Allen, Rutgers, 25-03.25 (7.70m); 2. Jade Ellis, Duke, 24-11.00 (7.59m); 3. Kevin Octave, Liberty, 24-11.00 (7.59m); 4. Marc Kellman, George Mason, 24-07.75 (7.51m); 5. Corey Brown, Mount St. Mary, 24-05.75 (7.46m); 6. Reggie Hopkins, Lincoln, 23-11.50 (7.30m); 7. Derek Davis, Princeton, 23-05.50 (7.15); 8. Fred Jones, Tufts, 23-04.75 (7.13m).

TRIPLE JUMP

1. Samyr Laine, Harvard, 52-01.75 (15.89m); 2. Marc Kellman, George Mason, 51-11.25 (15.83m); 3. Lawrence Adjah, Harvard, 50-10.00 (15.49m); 4. Rowan Clarke, Rutgers, 49-11.75 (15.23m); 5. Dexter Jules, Manhattan, 49-09.25 (15.17m); 6. Travis Hughes, Harvard, 49-07.00(15.11m); 7. Jade Ellis, Duke, 49-04.25 (15.04m); 8. Corey Brown, Mount St. Mary, 48-05.50 (14.77m).

SHOT PUT

1. Sam Segond, Rutgers, 61-06.25 (18.75m); 2. Milan Jotanovic, Manhattan, 60-10.75 (18.56m); 3. Justin Clickett, Pittsburgh, 60-03.25 (18.37m); 4. Uzoma Orji, MIT, 57-03.00 (17.45m); 5. Zach Beadle, Cornell, 56-06.75 (17.24m); 6. Kristoffer Hinson, Harvard, 55-00.75 (16.78m); 7. Dan Royal, Liberty, 54-06.75 (16.63m); 8. Nick Williams, Monmouth, 52-11.50 (16.14m).

DISCUS THROW

1. Sam Segond, Rutgers, 194-08 (59.34m); 2. Dan Royal, Liberty 175-05 (53.48m); 3. Caleb Wells, Army, 171-09 (52.34m); 4. Craig Buerstatte, Army, 169-01 (51.54m); 5. Kent Walls, Brown, 169-00 (51.52m); 6. Doug Beck, Rider, 168-06 (51.36m); 7. Justin Clickett, Pittsburgh, 167-11 (51.19m); 8. Tyler Jones, Lafayette, 158-03 (48.23m).

HAMMER THROW

1. Zoran Loncar, Manhattan, 207-02 (63.15m); 2. Anders Constantin, Manhattan, 204-07 (62.35m); 3. Paul Peulich, Manhattan, 204-04 (62.28m); 4. Michael Freeman, Manhattan, 200-02 (61.01m); 5. Matt Roden, UNC Wilmington, 195-08 (59.63m); 6. Ralph Lufkin, Navy, 194-10 (59.39m); 7. Dan Royal, Liberty, 194-06 (59.29m); 8. Bamidele Faboyede, Northeastern, 183-04 (55.87m).

JAVELIN THROW

1. Bobby Smith, Monmouth, 216-00 (65.84m); 2. Korey Kuehner, Pittsburgh, 213-01 (64.95m); 3. Josh Probst, Princeton, 207-02 (63.15m); 4. Anthony Bonura, Pittsburgh, 204-06 (62.33m); 5. Kyle Obrock, Navy, 203-11 (62.15m); 6. Adam Crossman, Northeastern, 203-02 (61.93m); 7. Brian Lee, Rutgers, 202-09 (61.81m); 8. Brandon Woerth, Army, 199-09 (60.89m).

DECATHALON

1. Brandon Hoskins, Liberty, 7398; 2. Greg Ostrowicki, Rutgers, 6921; 3. Adam Golembeski, Rutgers, 6847; 4. Kyle Calvo, Pennsylvania, 6778; 5. Alan Mitchell, Morgan State, 6718; Nils Pettersson, Manhattan, 6350; 7. Dan Newell, Liberty, 6024.

RECAPING THE 2006 IC4A INDOOR CHAMPIONSHIPS RESULTS

Boston University Indoor Track and Field Pavilion, Boston Massachusetts, March 4-5

2006 FINAL TEAM STANDINGS

1. Penn State University	71
2. Cornell University	55
3. Rutgers University	54
4. Manhattan College	53
5. Georgetown University	46
6. U.S. Military Academy	34
7. University of Albany	28
8. Seton Hall University	26
9. U.S. Naval Academy	25.50
10. College of William and Mary	25
11. Delaware State University	22
12. Long Island University	20
13. Boston University	18
14. Iona College	17
15. C.W. Post	16
15. Syracuse University	16
15. Coppin State University	16
18. Liberty University	15
18. Northeastern University	15
18. University of Rhode Island	15
21. Mass. Institute of Technology	14
21. Providence College	14
21. University of Buffalo	14
24. Yale University	13
25. Mount St. Mary's University	11
26. George Mason University	10
27. Robert Morris University	9
28. University of Delaware	9
28. Princeton University	8
30. Wagner College	7
30. Univ. of Massachusetts, Amherst	7
30. Saint Joseph's University	7
33. James Madison University	6
34. Sacred Heart University	5
34. Brown University	5
34. Duquesne University	5
34. Morgan State University	5
34. Monmouth University	5
34. Bucknell University	5
40. Colgate University	4
40. University of Maryland	4
40. Columbia University	4
40. Fordham University	4
44. Stony Brook University	3
44. Saint Francis University (Pa.)	3
46. Lehigh University	2.50
47. Virginia Military Institute	2
47. Rider University	2
47. University of New Hampshire	2
47. Duke University	2
51. Maryland, Baltimore Country	1

55 METERS

1. Aulton Kohn, Syracuse, 6.28, 2. Michael Bland, Rhode Island, 6.34, 3. Kevin Logan, C.W. Post, 6.38, 4. Brian Daniel, Morgan State, 6.39, 5. Alex Langan, Penn State, 6.40, 6. Ravanno Ferguson, Liberty, 6.41, 7. Marcel Coleman, Rutgers, 6.41, 8. Kevin Durant, C.W. Post, 6.42.

200 METERS

1. Robert Waters, Rutgers, 20.95, 2. Kevin Logan, C.W. Post, 21.14, 3. Joe Porter, Rutgers, 21.23, 4. Aulton Kohn, Syracuse, 21.26, 5. Ashhad Agyapong, Rhode Island, 21.30, 6. Lee Barnes, Delaware State, 21.32, 7. David Payne, Rutgers, 21.40, 8. Alex Langan, Penn State, 21.57.

400 METERS

1. Douglas Lynes-Bell, Delaware State, 47.13, 2. Bryan Steele, Long Island, 47.18, 3. Joe Greene, Albany, 47.41, 4. Andrew Thomas, St. Joseph's, 47.42, 5. Michael Hillian, Long Island, 47.53, 6. Robert Waters, Rutgers, 47.65, 7. David Frehulfer, Army, 47.97, 8. William Ricks, Navy, 48.08.

MILE

1. John Mickowski, Army, 4:08.43, 2. Brad Dodson, Delaware, 4:08.86, 3. Allen Carr, James Madison, 4:08.95, 4. Matt Wolak, William & Mary, 4:10.14, 5. Mike Booth, Robert Morris, 4:10.73, 6. Dan McKenna, Buffalo, 4:10.74, 7. Brandon Bonsey, Georgetown, 4:11.06, 8. Tim Clark, Iona, 4:11.07.

500 METERS

1. Greg Gomes, Seton Hall, 1:01.39, 2. Paul Harris, Navy, 1:02.10, 3. Lucjan Zaboroski, Boston Univ., 1:02.31, 4. Jansen Archer, Coppin State, 1:03.53, 5. Caleb Hood, Penn State, 1:03.81, 6. Kolby Hoover, Cornell, 1:03.94, 7. Philip Leinweber, Liberty, 1:04.14, 8. James Godinho, UMass.

800 METERS

1. Gered Burns, Albany, 1:49.35, 2. Mark Miller, Penn State, 1:49.89, 3. Nigel Leonce, Coppin State, 1:50.10, 4. Rob Novak, Seton Hall, 1:50.27, 5. James Connolly, Cornell, 1:51.26, 6. Matt Warco, William & Mary, 1:51.77, 7. Benjamin Assinor, Coppin State, 1:52.33, 8. Bryan Burney, Seton Hall, 1:53.06.

1,000 METERS

1. Tim Bayley, Iona, 2:23.57, 2. David Proctor, Boston Univ., 2:25.30, 3. Richard Jones, Providence, 2:25.41, 4. Chris Haag, Army, 2:25.96, 5. Jacob Laroe, Boston Univ., 2:26.31, 6. John Balouris, St. Francis (Pa.), 2:26.93, 7. Brandon Williams, New Hampshire, 2:27.31, 8. Tyler Raymond, Manhattan, 2:27.66.

3,000 METERS

1. Josh McDougal, Liberty, 7:53.16, 2. Martin Fagan, Providence, 8:06.40, 3. Brian Dalpiaz, Georgetown, 8:10.98, 4. Charlie Millioen, Georgetown, 8:11.24, 5. Michael Hanlon, Colgate, 8:12.33, 6. Brian Farrell, Stony Brook, 8:17.05, 7. Wallace Campbell, Bucknell, 8:17.24, 8. Zack Dorman, Duquesne, 8:18.08.

5,000 METERS

1. Fleet Hower, Georgetown, 14:12.68, 2. Dan Nunn, Georgetown, 14:12.86, 3. Ian Fitzgerald, William & Mary, 14:13.08, 4. Stephen Chemlany, Iona, 14:14.00, 5. Matt Keally, William & Mary, 14:17.72, 6. Steve Meinelt, Georgetown, 14:20.10, 7. Dave Mock, William & Mary, 14:26.75, 8. Chris Mammone, C.W. Post, 14:27.08.

55 METER HURDLES

1. Ron Jules, Penn State, 7.34, 2. Ray Lenihan, Princeton, 7.39, 3. Brian Hay, George Mason, 7.41, 4. Jamil McClintock, Brown, 7.44, 5. Erik Hjartnes, Wagner, 7.52, 6. Bryan Jones, Delaware State, 7.59, 7. Travis Morancie, Seton Hall, 7.62, 8. Terrell Gissendanner, Georgetown, 7.63.

4X400 RELAY

1. University of Albany, 3:09.39, 2. Long Island University, 3:10.01, 3. Delaware State University, 3:10.11, 4. Rutgers University, 3:12.37, 5. University of Maryland, 3:12.45, 6. Coppin State University, 3:12.55, 7. Penn State University, 3:12.80, 8. Cornell University, 3:13.55.

4X800 RELAY

1. Cornell University, 7:27.24, 2. Seton Hall University, 7:29.83, 3. Penn State University, 7:30.74, 4. Georgetown University, 7:30.75, 5. Columbia University, 7:31.13, 6. Yale University, 7:32.35, 7. Saint Joseph's University, 7:33.78, 8. Rutgers University, 7:47.63.

DISTANCE MEDLEY

1. U.S. Naval Academy, 9:53.87, 2. Yale University, 9:53.95, 3. Georgetown University, 9:54.12, 4. College of William and Mary, 9:55.59, 5. Duquesne University, 9:56.67, 6. Bucknell University, 9:59.72, 7. Duke University, 10:05.96, 8. Iona College, 10:13.75.

HIGH JUMP

1. Ryan Fritz, Penn State, 6-10.25 (2.09m), 2. David Pell, Cornell, 6-10.25 (2.09m), 3. Tyler Fedeli, Penn State, 6-09.00 (2.06m), 4. Jeff Witmyer, Robert Morris, 6-09.00 (2.06m), 5. Quentin Matthews, George Mason, 6-09.00 (2.06m), 6. Václav Malek, Lehigh, 6-07.00 (2.01m), 6. Stephen White, Navy, 6-07.00 (2.01m), 8. Chris Sole, Manhattan, 6-07.00 (2.01m).

POLE VAULT

1. Evan Whitehall, Cornell, 16-08.75 (5.10m), 2. Gavin Mohrmann, Army, 16-00.75 (4.90m), 3. Brian Duggan, Rutgers, 16-00.75 (4.9m), 4. John Vellenowith, Penn State, 15-09.00 (4.80m), 5. Ryan Keaton, Army, 15-09.00 (4.80m), 6. Sean Strizzi, Rhode Island, 15-09.00 (4.80m), 7. Nicholas Gilanelli, Monmouth, 15-05.00 (4.7m).

LONG JUMP

1. Roy Richards, Buffalo, 24-05.50 (7.45m), 2. Marquis Allen, Rutgers, 23-05.50 (7.15m), 3. Erik Hoagland, UMass, 23-05.25, 4. Arman Dixon, Sacred Heart, 23-03.50 (7.10m), 5. Nick Newman, Manhattan, 23-02.25 (7.09m), 6. Dexter Jules, Manhattan, 23-02.75 (7.08), 7. Taii Evans, VMI, 22-07.25 (6.89m), 8. Corey Brown, Mount. St. Mary's, 22-04.50 (6.82m).

TRIPLE JUMP

1. Muhammad Halim, Cornell, 51-07.00 (15.72m), 2. Dexter Jules, Manhattan, 51-07.00 (15.72m), 3. Ray Taylor, Cornell, 50-04.00 (15.34m), 4. Kosta Randjic, Manhattan, 49-07.25 (15.12m), 5. Dante Marshall, Navy, 48-03.25 (14.71), 6. Rowan Clarke, Rutgers, 47-11.25 (14.61), 7. Ray Gilman, Albany, 47-06.50 (14.49m), 8. Rayshon Higgins, Buffalo, 47-06.50 (14.49m).

SHOT PUT

1. Milan Jotanovic, Manhattan, 63-08.75 (19.42m), 2. Derek Anderson, Northeastern, 62-06.50 (19.06m), 3. Sam Segond, Rutgers, 58-07.50 (17.87m), 4. Steve Meyers, Penn State, 55-05.00 (16.89m), 5. Uzoma Orji, MIT, 55-02.25 (16.82m), 6. Matt Betti, Wagner, 54-04.50 (16.57m), 7. John Langhauser, Yale, 54-01.75 (16.50m), 8. Nate Hunter, Northeastern, 53-11.00 (16.43m).

WEIGHT THROW

1. Uzoma Orji, MIT, 65-01.50 (19.85m), Michael Freeman, Manhattan, 64-06.50 (19.67m), 3. Paul Peulich, Manhattan, 63-06.25 (19.36m), 4. Anders Constantin, Manhattan, 62-02.50 (18.96m), 5. Sam Segond, Rutgers, 60-02.50 (18.35m), 6. Christian Keller, Monmouth, 58-05.75 (17.82m), 7. Zoran Loncar, Manhattan, 58-04.00 (17.78m), 8. Mike Zyvoloski, UMBC, 58-03.75 (17.77m).

HEPTATHALON

1. Devin Barry, Mount St. Mary's, 5349, 2. Chris Morrissey, Penn State, 5028, 3. Jack Sherman, Northeastern, 4971, 4. Brandon Lewis, Army, 4852, 5. Daniel Tucker, Fordham, 4835, 6. Vito Spadafino, Cornell, 4834, 7. Shawn Colligan, Penn State, 4833, 8. Jake Pala, Syracuse, 4596.

IONA'S RICHARD KIPLAGAT CARRIES ON THE "RICH TRADITION OF EXCELLENCE"



No single distance runner has typified the "Rich Tradition of Excellence" of the Iona College Cross Country/Track and Field program more than senior Richard Kiplagat. Armed with nine All-America accolades and numerous school records, Kiplagat's outstanding career for the Gaels nears its end, with the NCAA Championship in mid-June.

In the Fall of 2002, head coach Mick Byrne made a decision that would change the face of the program. After losing one of their top recruits to a rival school, Byrne turned to Br.

Colm O'Connell - an Irish Christian Brother from Cork and a man with whom he had a longstanding relationship. Br. Colm was a coach at Tambach Teachers College in Kenya and invited the Iona staff to come across the Atlantic to the Eastern African nation to take a peek at a young man from Marakwet who would take their program to the next level.

Byrne dispatched his assistant, Jason Saretsky, to meet with Br. Colm. The two watched Kiplagat run both a 5,000m and 10,000m event with results that were not terribly impressive. Br. Colm convinced Saretsky that Kiplagat's talent, character, and work ethic were second-to-none and the Iona staff decided to give the young Kenyan a chance to come to America. In what he describes as a "miracle," Richard Kiplagat was headed to the United States to run for Iona College.

It took approximately 10 days for Kiplagat to show everyone what a special talent he was. Fresh off an uninspiring workout on the track, he competed in the Metropolitan Championships at Van Cortlandt Park in Riverdale, NY. He would go on to win the five-

mile race in a time of 25:00 flat. In his first race in the United States he became just the 20th runner in school history to run the famed course in 25 minutes or less. A few weeks later, Kiplagat finished 13th at the Pre-National Invitational, a warm up to the NCAA Championship race in Terre Haute, IN. Throughout that first semester he would continue to establish his legacy at Iona, winning his first of three MAAC Cross Country Championships (he did not compete as a sophomore in 2003) as well as his first of nine All-America honors with a 15th place showing at the National Championship.

Kiplagat's Journey

Vic Ziegel of the New York Daily News wrote a piece on Kiplagat preceding the young Kenyan's first-ever appearance in the Wanamaker Mile at the 2006 Millrose Games:

"He grew up in Marakwet, Kenya, where his father was a farmer. The kids in town wore shoes but Marakwet is the country. His first three years of school, classes were held outdoors, under a tree. When he was 10, and until he graduated secondary school at 18, he ran to school, barefoot, Florsheim-less. Ran the five miles to school, ran the same five miles back for lunch, back to school, and then home again. Twenty miles every day, no bus pass."

While in high school in 1999, Kiplagat knew he wanted to run. His resources to purchase running shoes and clothing were limited due to the fact that his family was paying for him to attend school. In 2001, Kiplagat wrote a letter to Br. Colm asking for guidance. He knew he had the talent and the desire; he just needed a place to begin. He went on to attend Tambach and began a proper training schedule to begin racing competitively. In the summer of 2002 while working out for a June meet on the track, he spotted Saretsky watching his strides, not knowing that his dream was about to come true. The next day after the competition he was asked by the Iona coach if he would like to come to New Rochelle in the fall.



The Legacy

Kiplagat is by far the most decorated athlete in Iona College history. He has earned three All-America honors in cross country, five in indoor track and one in outdoor track. He is a four-time Northeast Region Athlete of the Year in Cross Country and Indoor Track. He led the cross country team to four straight top 10 finishes at the NCAA Championships including fourth place finishes in both 2003 and 2005. His school records on the track include the 1,000m, mile, 3,000m, and 5,000m events indoors and the 5,000m event outdoors.



In his final year, Kiplagat was the National Runner-Up at the 2005 NCAA Championships, a mere six seconds away from the individual title. Earlier in the cross country season, he shattered the long-standing Van Cortlandt Park school record with a time of 23:54.4 at the 2005 Iona College Meet of Champions. It was the fourth-fastest time in the history of the famed venue. On the indoor track, he finished fourth in the prestigious Wannamaker Mile at the Millrose Games at Madison Square Garden after running Iona's first ever sub-four minute mile to open up his final season.

At the NCAA Championships he finished no lower than fourth in three career 5,000m races and earned a national runner-up honor with a second place finish in 2006. He competed in two 3,000m National Championships races finishing fourth in 2005 and 2006. All this while earning numerous MAAC, Regional and All-American Academic honors and completing his degree in three years.

The IC4A Championships

Kiplagat competes in his third IC4A Outdoor Track Championships. As a freshman in 2003, Kiplagat tuned up for his lone All-American run outdoors in the 1500-meter event with a meet best time of 3:43.58 at Princeton University. The following season, Kiplagat earned another IC4A Championship at Yale by running a 14:02.99 in the 5K event.

What's next?

Kiplagat hopes to continue his running career in the professional ranks after his final outdoor track season this year. His performances over the next two months will go far to determine the next step in this talented student-athlete's professional career.

Written by Brian Beyrer, Iona College
Asst AD/Athletic Communications

Iona College Quick Facts

Location: New Rochelle, N.Y.

Enrollment: 3,045

President: James A. Liguori, CFC

Athletics Director: Pat Lyons

Colors: Maroon & Gold

Nickname: Gaels

CACK FERRELL LEAVES HER MARK ON PRINCETON



Cack Ferrell came to Princeton as a long-time soccer player from a small private school in Minnesota who had never run in a cross-country race. She'll leave Princeton as a three-time cross country All-America who led her team to the kind of national success the Tigers had never experienced in the sport.

Cack Ferrell entered Princeton with personal bests that were somewhere in the middle of the pack among those of the rest of her incoming classmates. She'll leave Princeton with school records in three track events and on two cross-country courses.

Cack Ferrell stepped onto Peter Farrell's Princeton team in 2002 as just another face in his coaching career that's now in its fourth decade. She'll leave campus as perhaps the greatest distance runner in school history.

"She's certainly up there with the best we've had here," says Farrell, who took over the new Princeton varsity program in 1978, six years before his current star runner was born. "It's especially true because I never would have expected it when she came in."

"I've joked a lot with Coach Farrell recently about how he probably wrote me off when I came in," laughs Ferrell, who suffered a broken nose during her senior year of high school that affected her final season on the track. "I was really just a run of the mill runner, but I knew I could be good at this."

Good. How about great? As in five times an All-America. Two times the Athlete of the Meet at Princeton's biggest meet, the Ivy League Heptagonals. Twice a Heptagonal champion and six times an All-Ivy selection. Not to mention the school's record holder in the mile and 3,000 meters indoors and the 5,000 meters outdoors.

So where did all of that come from? Well, some of it probably came from her father, a former miler at Cornell. Some of it came from the experience of her first Princeton cross-country race in 2002, where she finished 11th despite having no cross-country experience. But the real breakthrough came the next year, just when the Tigers were making a breakthrough of their own at the NCAA cross country meet in Iowa.

"I can remember that before that race, I was standing on the line thinking I wanted to be an All-America," says Ferrell, whose real name is Catherine but has been known as Cack since a very young age. "It was the first time I can remember a race being that important to me."

Ferrell was an All-America that day, albeit in somewhat excruciating fashion. Running in temperatures in the teens, she fell at the 800-meter mark, an injury that would require stitches when the race was over. Still, she got up from the fall and finished 22nd in the race, good enough for those All-America honors and helping the Tigers to a ninth-place finish in the event.

"It was our goal to get into the top 10, but it was really still sort of a dream for us going into the race," says Ferrell. "I think what happened to me personally made me realize the kind of dedication it takes to be near the top."

Since that day, the history major and Academic All-Ivy selection hasn't looked back. A few months later, in February 2004, she earned her first Athlete of the Meet honor at Indoor Heptagonals after winning both the mile and 3,000 meters, and she also competed in the 3,000 at the NCAA indoor championships that year.

Her junior season, now firmly established as one of the top runners in the nation, Ferrell again led the Tigers to the NCAA cross country championships, where she finished 20th overall. Running in the 3,000 meters at the indoor NCAA championships a few months later, she finished third overall nationally, her best individual finish at an NCAA meet. Unfortunately, she missed the outdoor track NCAA's in 2005 due to a stress fracture in her heel.

Ferrell, a captain for both the cross-country and track teams in 2005-06, has not slowed down at all during her final season. In November, she became just the second Princeton runner to win an NCAA Mid-Atlantic Regional cross country meet, joining former Olympian Lynn Jennings, covering the 6,000-meter course at Lehigh in less than 20 minutes for the win. Nine days later, she finished a personal-best 10th at the NCAA Championships in Indiana.

"I look back at the regional win really fondly," says Ferrell, who also led the Tigers to a dominating team victory in that event. "There's a picture of me crossing the finish line that I have. I'm smiling larger than I've ever smiled before or since, I think. I was just that happy."

Then there was another Athlete of the Meet performance, at the 2006 Indoor Heptagonals, where she again won the mile, in meet-record time, and the 3,000 meters. She then came oh-so-close again in the 3,000 at the NCAA's in Arkansas, finishing in fourth, less than two seconds out of first place.

She's even added something new to the equation in her final semester, a school record in the 5,000 meters, set last month at the Sam Howell Invitational here at Weaver Stadium. It's an event she'll likely try at the NCAA championship meet, and it's one in which she might even try for an Olympic berth in the next few years.

"When I ran it last month it was really fun," she says. "It might be longer," she jokes, "but it's also slower, and I know I can do that."

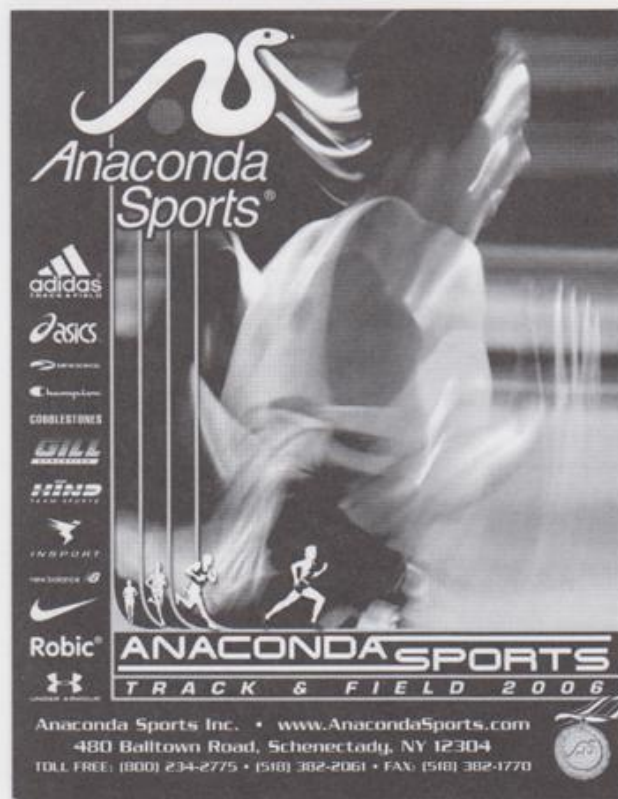
There's not much slow about anything Cack Ferrell does. And there's no surprise anymore when she crosses the line ahead of the pack.

Written by Princeton's David Rosenfeld, Assistant Director of Communications



ECAC® Division I Women's Track and Field Programs

Albany	Fairleigh Dickinson	Morgan St.	St. John's
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Boston College	Georgetown	New Hampshire	Stony Brook
Boston U.	Harvard	Northeastern	Syracuse
Brown	Holy Cross	North Carolina Wilmington	Temple
Bucknell	Iona	Penn St.	Towson
Buffalo	James Madison	Pennsylvania	UMBC
Colgate	La Salle	Pittsburgh	Vermont
Columbia	Lafayette	Princeton	Villanova
Connecticut	Lehigh	Providence	Virginia
Coppin St.	Liberty	Quinnipiac	VMI
Cornell	Long Island	Rhode Island	Wagner
Dartmouth	Maine	Rider	West Virginia
Delaware	Manhattan	Robert Morris	William & Mary
Delaware St.	Marist	Rutgers	Yale
Duke	Maryland	Sacred Heart	
Duquesne	Massachusetts	St. Francis (N.Y.)	
East Carolina	Monmouth	St. Francis (Pa.)	



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100 METERS

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American
World

11.75 Kerrian Steward, St. John's
11.38 Flirtisha Harris, Seton Hall
11.21 Connie Moore, Penn State
11.84 Katy Jay, Cornell
10.78 Dawn Sowell, Louisiana State
10.49 Florence Griffith-Joyner, WC AC
10.49 Griffith-Joyner, USA

American
World

30:52.32 Deena Drossin, Asics
29:31.78 Wang Junxia, China

02
88

100 METER HURDLES

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American Collegiate
American
World

13.59 Shameka Marshall, Rutgers
13.18 Nicole Harrison, Princeton
12.89 Candy Young, F.D.U.
14.09 Susan Smith, Brown
12.53 Perdita Felicien, Illinois
12.61 Gail Devers, UCLA
12.37 Devers, Nike International
12.21 Yordanka Donkova, Bulgaria

97
83
92
03
91
93
93

200 METERS

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American
World

23.67 Kimberly Lyles, Pittsburgh
23.07 C. Mothersill, George Mason
22.63 Connie Moore, Penn State
24.56 Katy Jay, Cornell
22.04 Dawn Sowell, Louisiana State
21.34 Florence Griffith-Joyner, WC AC
21.34 Griffith-Joyner, USA

400 METER HURDLES

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American
World

57.99 Shonda Brown, Cornell
55.94 Alison Poulin, New Hampshire
55.69 Lori McCauley, Rutgers
59.49 Shonda Brown, Cornell
53.47 Janeene Vickers, UCLA
52.61 Kim Batten, Reebok
52.34 Yuliya Pechonkina, Russia

93
83
03
91
95
03

400 METERS

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American Collegiate
American
World

52.77 Ahndraea Allen, Northeastern
51.96 Beverly Pierre, Seton Hall
51.23 Rochelle Stevens, Morgan State
53.78 Katy Jay, Cornell
49.91 Marita Payne, Florida State
49.95 Lillie Leatherwood, Alabama
48.83 Valerie Brisco, World Class AC
47.60 Marita Koch, G.D.R.

4 X 100 METER RELAY

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American
World

45.50 Pittsburgh (Lamoy Stephens, Shantea Calhoun, Sheneae Calhoun, Kimberly Lyles)
44.47 George Mason (Patrice Smothers, Renea Johnson, Janell Johnson, Kim Baldwin)
44.06 Morgan State (Wendy Vereen, Ethlyn Tate, Rochelle Stevens, Giselle Harris)
46.32 Cornell (Shonda Brown, Jan Seale, Merli Mosley, Katy Jay)
42.50 Louisiana State (Tananjalyn Stanley, Dawn Sowell, Cinnamon Sheffield, Esther Jones)
41.47 National Team (Christie Gaines, Marion Jones, Inger Miller, Gail Devers)
41.37 G.D.R. (Silke Möller, Sabine Rieger, Ingrid Auerswald, Marlies Gohr)

1988
1988
2003
1992
1997
1985

800 METERS

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American
World

2:06.20 Jennifer Kemp, West Virginia
2:02.36 Miesha Marzell, Georgetown
1:59.73 Mededith Raney, Harvard
2:05.08 Louisa Gerritz, Yale
1:58.33 Claudette Groenendall, Oregon
1:56.40 Jearl Miles-Clark, Reebok
1:53.28 Jarmila Kratochvilova, Czech.

4 X 400 METER RELAY

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American
World

3:36.04 Cornell (Cameron Washington, Kari Steed, Linda Trotter, Shonda Brown)
3:32.72 George Mason
3:30.58 Seton Hall (Veronica Harris, Keisha Caine, Julia Sandiford, Flirtisha Harris)
3:44.45 Cornell (Jill Crispell, Shonda Brown, Linda Trotter, Katy Jay)
3:23.75 Texas (Sheretta Jones, Raasin McIntosh, Jerrika Chapple, Sanya Richards)
3:15.51 National Team (Denean Howard, Diane Dixon, Valerie Brisco, F. Griffith-Joyner)
3:15.17 USSR (Tatyana Ledovskaya, Olga Nazarova, Maria Pinigina, Olga Bryzgina)

1999
1994
2003
2004
1988
1988

1,500 METERS

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American Collegiate
American
World

4:25.56 Liz Wort, Duke
4:09.15 Vicki Huber, Villanova
4:05.81 Sonia O'Sullivan, Villanova
4:21.43 Kristin Manwaring, Dartmouth
4:05.81 O'Sullivan
4:05.88 Leann Warren, Oregon
3:57.12 Mary Slaney, Athletic West
3:50.46 Qu Yunxia, China

4 X 800 METER RELAY

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American
World

8:53.63 Bucknell (Amy Calvo, Lauren Bricker, Jennifer Marsh, Christa Sawko)
8:39.04 Georgetown
8:20.66 Villanova (Debbie Grant, Veronica McIntosh, Joanne Kehs, Patty Bradley)
8:52.17 Cornell (Carrie Richards, Natalie Gingerich, Jessica Brown, Natalier Whelan)
8:20.22 Tennessee (Karol Davidson, Alisa Hill, Cathy Rattray-Williams, Joetta Clark)
8:19.9 National Team (Robin Campbell, Joetta Clark, Chris Gregorek, Essie Kelly)
7:50.17 USSR (Nadezhda Olizarenko, Lyubov Gurina, Olga Bryzgina, Irina Podyalovskaya)

2003
1984
2003
1984
1979
1984

3,000 METERS

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American
World

9:33.66 Jennifer Davis, West Virginia
8:54.59 Vicki Huber, Villanova
8:37.25 Huber
9:28.47 Chris Lundy, Penn
8:37.25 Huber
8:25.83 Mary Slaney, Athletic West
8:06.11 Wang Junxia, China

3,000 METER STEEPLECHASE

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American
World

10:34.05 Jackie Kosakowski, William & Mary
9:58.77 Mollie DeFrancesco, JMU
9:50.12 Roisin McGettigan, Providence
10:37.79 Delilah DiCrescenzo, Columbia
9:41.94 Elizabeth Jackson, BYU
9:41.94 Jackson
9:08.33 Gulnara Samitova, Russia

HIGH JUMP

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate

6-0.50 (1.84) Deirdre Mullen, Connecticut
6-4.25 (1.94) Dora Györfy, Harvard
6-6.75 (2.00) Györfy
5-9.25 (1.76) Katie Rowinski
6-6.75 (2.00) Amy Acuff, UCLA
and Györfy
6-8 (2.03) Louise Ritter, Mazda TC
6-10.25 (2.09) Stefka Kostadinova, Bulgaria

99
01
03
95
01
88
87

5,000 METERS

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American
World

16:43.07 Meredith Lambert, Princeton
16:00.72 Lauren Gubicza, Fordham
15:09.72 Kim Smith, Providence
16:26.30 Pam Hunt, Cornell
15:07.56 Cathy Easker, Wisconsin
14:52.49 Regina Jacobs, Mizuno
14:28.09 Jiang Bo, China

American
World

10,000 METERS

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate

34:22.32 Lisa Stubic, Columbia
34:16.35 Mary Walsh, Maryland
32:22.97 Carole Zajac, Villanova
35:14.04 Martina Hoppe, Cornell
32:19.97 Alicia Craig, Stanford

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2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American
World

13-01.50 (4.00) Samantha Cook, Pennsylvania
13-7.75 (4.16) Andrea Wildrick, Liberty 02
14-3.25 (4.35) Wildrick 02
12-9 (3.89) Molly Lederman, Yale 03
15-0 (4.57) Chelsea Johnson, UCLA 04
15-9.25 (4.81) Stacy Dragila, Reebok 01
15-9.75 (4.82) Yelena Isinbayeva, Russia 03

LONG JUMP

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American
World

21-06.75 (6.57) Shameka Marshall, Rutgers
22-0.75 (6.72) Trecia Smith, Pittsburgh 97
22.3 (6.78) Diane Guthrie, George Mason 92
20-5 (6.22) Samantha Lincoln, Yale 92
22-11.25 (6.99) Jackie Joyner-Kersey, UCLA 85
24-7 (7.49) Joyner-Kersey, Honda TC 94
24-8.25 (7.52) Galina Chistyakova, USSR 88

TRIPLE JUMP

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American Collegiate
American
World

41-07.00 (12.67) Martina Hallman, Pittsburgh
46-8 (14.22) Trecia Smith, Pittsburgh 97
46-8 (14.22) Smith 97
40-6.75 (12.36) Ruth Greenfield, Penn 92
46-8 (14.22) Smith 97
46-1 (14.05) Stacey Bowers, Baylor 99
47-3.5 (14.41) Sheila Hudson, Reebok 96
50-10.25 (15.50) Inessa Kravets, Ukraine 95

SHOT PUT

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American Collegiate
American
World

55-01.50 (16.80) Amanda Walker, Pittsburgh
55-01.50 (16.80) Amanda Walker, Pittsburgh 05
56-2.5 (17.13) Cheree Hicks, Syracuse 99
51-10.5 (15.81) Debbie St. Phard, Princeton 87
62-3.75 (18.99) Meg Ritchie, Arizona 83
61-10.25 (18.85) Valeyta Althouse, UCLA 95
66-2.5 (20.18) Ramona Pagel, Mazda TC 88
74-3 (22.63) Natalya Lisovskaya, USSR 87

DISCUS

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American Collegiate
American
World

155-10 (47.51) Jazmine Fenlator, Rider
199-8 (60.86) Cheree Hicks, Syracuse 99
199-8 (60.86) Hicks 99
166-4 (50.70) Cathy Griffin, Harvard 92
221-5 (67.48) Meg Ritchie, Arizona 81
215-3 (65.62) Aretha Hill, Washington 98
216-10 (66.10) Carol Cady, Stanford T. C. 86
252-0 (76.80) Gabriele Reinsch, G.D.R. 88

HAMMER

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American Collegiate
American
World

193-02 (58.88) Amanda Walker, Pittsburgh
195-2 (59.48) Tamika Powell, George Mason 97
200-9 (61.20) Bethany Hart, Connecticut 00
187-9 (57.24) Johanna Doyle, Harvard 03
229-1 (69.84) Candice Scott, Florida 04
220-6 (67.31) Jamie Moton, South Carolina 02
236-7 (72.12) Erin Gilreath, NYAC 04
249-7 (76.07) Mihaela Melinte, Romania 98

JAVELIN

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American Collegiate
American
World

160-02 (48.83) Ann Raynor, UNC Wilmington
173-2 (52.78) Jen Pastore, Villanova 96
188-3 (57.38) Ann Crouse, Virginia 99
159-8 (48.68) Julie Siebert-Johnson, Penn 03
202-10 (61.82) Inna Kharun, Indiana 03
195-8 (59.64) Serene Ross, Purdue 02
199-8 (60.86) Kim Kreiner, Nike 03
234-8 (71.54) Osleidys Menendez, Cuba 01

HEPTATHLON

2005 ECAC Champion
ECAC Meet Record
Eastern Collegiate
Martin Dwyer Track
Collegiate
American Collegiate
American
World

5,404 Danielle McNaney, Liberty
5,793 Diane Guthrie, George Mason 91
6,527 D. Guthrie, George Mason 95
(13.86, 6-1.25, 45-3.5, 24.91; 55-8.5, 160-11, 2:20.82)
5,123 Angela Jimenez, Penn 96
6,527 Guthrie-Gresham, George Mason 95
6,390 Jackie Joyner-Kersey, UCLA 83
(13.77, 6-1.5, 39-8, 23.90; 21-3.25w, 147-4, 2:15.07)
7,291 Joyner-Kersey, World Class AC 88
(12.69, 6-1.25, 51-10, 22.56; 23-10.25, 149-10, 2:08.51)
7,291 Joyner-Kersey, USA 88

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



Rider University's Jazmine Fenlator won the discus throw with a throw of 155-10 (47.51m) at the 2005 ECAC Outdoor Track and Field Championships.

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

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2. Cornell University	76
3. West Virginia University	48
4. Northeastern University	47
5. Rutgers University	45
5. University of Pennsylvania	45
7. University of Maryland	39
8. Duke University	35
9. Yale University	33.75
10. Columbia University	30
10. Syracuse University	30
12. Princeton University	27
13. College of William and Mary	23
13. University of Connecticut	23
15. St. John's University	19
16. Liberty University	18.75
17. North Carolina, Wilmington	18.50
18. James Madison University	18
19. Brown University	17.75
20. Robert Morris University	17
21. Bucknell University	13
21. Univ. of New Hampshire	13
23. Morgan State University	12.50
24. Monmouth University	10
24. Rider University	10
24. U.S. Naval Academy	10
27. Long Island University	9
28. Towson University	8
28. Iona College	8
30. Fairleigh Dickinson University	6
31. University at Albany	5
31. Virginia Military Institute	5
31. St. Francis University (Pa.)	5
34. Maryland, Baltimore County	4
34. Villanova University	4
36. Lehigh University	3
36. Stony Brook University	3
36. University of Maine	3
39. Massachusetts Lowell	2
39. Fordham University	2
39. Georgetown University	2
42. U.S. Military Academy	1
42. Binghamton University	1
42. Harvard University	1
45. University of Delaware	0.75

100 METER DASH

1. Kerrian Steward, St. John's, 11.75, 2. Jordine Kimbrel, Northeastern, 11.83, 3. Shanea Calhoun, Pittsburgh, 11.93, 4. Shanea Calhoun, Pittsburgh, 12.01, 5. Mariama Gondo, Morgan State, 12.01, 6. Loni Forsythe, Navy, 12.24, 7. Janice Smythe, Morgan State, 12.26, 8. Lamoy Stephens, Pittsburgh, 12.27.

200 METER DASH

1. Kimberly Lyles, Pittsburgh, 23.67, 2. Shanea Calhoun, Pittsburgh, 23.74, 3. Aisha Thomas, Long Island, 24.09, 4. Joslyn Woodard, Yale, 24.23, 5. Shanea Calhoun, Pittsburgh, 24.39, 6. Mariama Gondo, Morgan State, 24.48, 7. Lamoy Stephens, Pittsburgh, 24.66.

400 METER DASH

1. Ahndrae Allen, Northeastern, 52.77, 2. Jess Carlin, Pennsylvania, 54.41, 3. Renay McPherson, Fairleigh Dickinson, 54.52, 4. Tineisha Davis, Navy, 54.56, 5. Renee Clarke, Maryland, 54.59, 6. Linda Trotter, Cornell, 54.73, 7. Suraya Kornegay, Monmouth, 55.73, 8. Jacqueline Todd, Rutgers, 58.41.

800 METER DASH

1. Jennifer Kemp, West Virginia, 2:06.20, 2. Jessica Brown, Cornell, 2:06.85, 3. Amonica Phipps, Rutgers, 2:07.46, 4. Naja Ferjan, Brown, 2:08.18, 5. Vanessa Mazandi, Yale, 2:08.29, 6. Morgan Uceny, Cornell, 2:08.77, 7. Carrie Richards, Cornell, 2:09.16, 8. Sarah Decker, Columbia, 2:09.93.

1,500 METER RUN

1. Liz Wort, Duke, 4:25.56, 2. Sarah Coseo, Cornell, 4:27.74, 3. Cack Ferrell, Princeton, 4:30.14, 4. Alison Koplar, Cornell, 4:30.18, 5. Whitney Schnarr, St. Francis (Pa.), 4:30.88, 6. Stacey Kim, Pennsylvania, 4:31.44, 7. Catha Mullen, Princeton, 4:32.76, 8. Ashley Urick, Army, 4:32.93.

3,000 METER RUN

1. Jennifer Davis, West Virginia, 9:33.66, 2. Salm Kosgel, Iona, 9:33.88, 3. Laura Stanley, Duke, 9:40.20, 4. Alyssa Lotmore, Albany, 9:59.87, 5. Caroline Mullen, Princeton, 10:16.24.

5,000 METER RUN

1. Meredith Lambert, Princeton, 16:43.07, 2. Shannon Saunders, James Madison, 16:50.11, 3. Claire Duncan, Pennsylvania, 16:50.49, 4. Tara Struyk, West Virginia, 16:50.64, 5. Katherine McKinstry, Yale, 16:51.82, 6. Jennifer Schappert, Lehigh, 16:53.56, 7. Paris Edwards, Duke, 16:55.38, 8. Lindsey Youman, Harvard, 16:57.06.

10,000 METER RUN

1. Lisa Stubic, Columbia, 34:22.32, 2. Megan Hepp, New Hampshire, 35:02.47, 3. Loretta Kilmer, Columbia, 35:05.67, 4. Caitlin Hayes, New Hampshire, 35:23.90, 5. Natasha Roetter, Duke, 35:36.57, 6. Elle Pishny, Duke, 36:04.45, 7. Cori Koch, Maryland, 36:14.71, 8. Erica Angell, Binghamton, 36:23.42.

100 METER HURDLES

1. Shameka Marshall, Rutgers, 13.59, 2. Jessica Czaikowski, West Virginia, 13.67, 3. Tamara McGill, Pittsburgh, 13.77, 4. Tramaine, Northeastern, 13.84, 5. Sherian Byam, Villanova, 13.98, 6. Julianna Reed, Pittsburgh, 14.35, 7. Kierra Foster, Maryland, 14.43.

400 METER HURDLES

1. Shonda Brown, Cornell, 57.99, 2. Julianna Reed, Pittsburgh, 58.61, 3. Martina Hallman, Pittsburgh, 59.66, 4. Whitney Crayton, Columbia, 1:00.09, 5. Tamara Highsmith, Connecticut, 1:01.24, 6. N'Kelle Anderson, Long Island, 1:01.43, 7. Katy Schlichtman, Columbia, 1:02.71.

3,000 METER STEEPLECHASE

1. Jackie Kosakowski, William & Mary, 10:34.05, 2. Anna Willard, Brown, 10:35.38, 3. Laura Meyers, Columbia, 10:36.75, 4. Nicola Angstadt, Pittsburgh, 10:39.43, 5. Nelly Anderson, James Madison, 10:42.12, 6. Leonora Joy, Stony Brook, 10:42.86, 7. Robyn Ellerbrock, Cornell, 10:47.57, 8. Clare Hamilton, Yale, 10:48.50.

4X100 RELAY

1. University of Pittsburgh, 45.50; 2. Northeastern University, 45.59, 3. Rutgers University, 46.11, 4. University of Maryland, 46.23, 5. West Virginia University, 46.24, 6. University of Pennsylvania, 46.30, 7. Cornell University, 46.87, 8. Morgan State University, 47.09.

4X400 RELAY

1. Cornell University, 3:36.04; 2. Northeastern University, 3:39.21, 3. University of Pennsylvania, 3:40.32, 4. Monmouth University, 3:47.30, 5. University of Maryland, Baltimore County, 3:47.56, 6. University of Connecticut, 3:49.57.

4X800 RELAY

1. Bucknell University, 8:53.63, 2. University of Pennsylvania, 8:57.39, 3. Yale University, 9:00.54, 4. Princeton University, 9:00.86, 5. Rutgers University, 9:02.19, 6. St. John's University, 9:03.01, 7. Fordham University, 9:03.02, 8. Liberty University, 9:06.67.

HIGH JUMP

1. Deirdre Mullen, Connecticut, 6-00.50 (1.84m), 2. Debra Vento, Duke, 6-00.50 (1.84m), 3. Kena Butts, Liberty, 5-08.75 (1.75m), 4. Nancy Regalbutto, West Virginia, 5-08.75 (1.75m), 5. Toni Aluko, Maryland, 5-07.00 (1.70m), 6. Debbie Martin, UNC Wilmington, 5-07.00 (1.70m), 6. Brittany Robinson, Morgan State, 5-07.00 (1.70m), 8. Sarah Wilfred, Cornell, 5-07.00 (1.70m).

POLE VAULT

1. Samantha Crook, Pennsylvania, 13-01.50 (4.00m), 2. Laura Chmielewski, Northeastern, 12-09.50 (3.90m), 3. Leandra Golden, Pittsburgh, 12-05.50 (3.80m), 4. Marissa Dudek, Pittsburgh, 12-01.50 (3.70m), 5. Nicole Pitchford, Pittsburgh, 12-01.50 (3.70m), 6. Charlotte LaRoche, William & Mary, 12-01.50 (3.70m), 7. Tiffany Chang, Brown, 11-07.75 (3.55m), 7. Aimee Riley, Liberty, 11-07.75 (3.55m), 7. Casey Bennett, Delaware, 11-07.75 (3.55m), 7. Molly Lederman, Yale, 11-07.75 (3.55m).

LONG JUMP

1. Shameka Marshall, Rutgers, 21-06.75 (6.57m); 2. Lynn Hernandez, Maryland, 21-02.75 (6.47m), 3. Kierra Foster, Maryland, 20-09.00 (6.32m), 4. Joslyn Woodard, Yale, 20-05.75 (6.24m), 5. Sheron Mark, Syracuse, 19-09.75 (6.04m), 6. Tisifene Taylor, Monmouth, 19-06.75 (5.96m), 7. Edwina Clark, Connecticut, 19-06.75 (5.96m), 8. Martina Hallman, Pittsburgh, 19-06.25 (5.95m).

TRIPLE JUMP

1. Martina Hallman, Pittsburgh, 41-07.00 (12.67m), 2. Sheron Mark, Syracuse, 41-06.00 (12.65m), 3. Adrienne Mayo, James Madison, 40-09.75 (12.44m), 4. Lamoy Stephens, Pittsburgh, 40-05.00 (12.32m), 5. Kahimah Liverman, Rutgers, 40-00.50 (12.20m), 6. Dionna Thomas, Yale, 39-11.50 (12.18m), 7. Ashley Mondie, Georgetown, 39-08.75 (12.11m), 8. Tamara Highsmith, Connecticut, 39-06.50 (12.05m).

SHOT PUT

1. Amanda Walker, Pittsburgh, 55-01.50 (16.80m), 2. Brittany Pryor, Syracuse, 49-07.25 (15.12m), 3. Bria Johnson, Maryland, 47-04.25 (14.43m), 4. Mildred Cooper, VMI, 47-01.00 (14.35m), 5. Sheeba Ibidunni, Cornell, 46-03.25 (14.10m), 6. Cyrcerli Ash, Rutgers, 45-10.50 (13.98m), 7. Zakiya Shivers, Maryland, 45-09.75 (13.96m), 8. Diane Gmter, St. Francis (Pa.), 45-03.50 (13.80m).

DISCUS THROW

1. Jazmine Fenlator, Rider, 155-10 (47.51m), 2. Amanda Walker, Pittsburgh, 154-01 (46.96m), 3. Brittany Pryor, Syracuse, 152-03 (46.40m), 4. Erica Davis, Yale, 151-10 (46.29m), 5. Jill Lynch, Brown, 148-04 (45.22m), 6. Cassie Buckwalter, Connecticut, 147-06 (44.96m), 7. Stacey Nadolny, Cornell, 147-05 (44.93m), 8. Cyrcerli Ash, Rutgers, 146-00 (44.51m).

HAMMER THROW

1. Amanda Walker, Pittsburgh, 193-02 (58.88m), 2. Nikki Downing, Robert Morris, 188-11 (57.58m), 3. Blessing Egwu, St. John's, 187-07 (57.17m), 4. Sheeba Ibidunni, Cornell, 175-09 (53.56m), 5. Brittany Pryor, Syracuse, 175-01 (53.36m), 6. Becky Tucker, Cornell, 174-01 (53.07m), 7. Kelly Reynolds, Duke, 173-11 (53.00m), 8. Catrina Chisholm, Pennsylvania, 173-00 (52.74m).

JAVELIN THROW

1. Anna Raynor, UNC Wilmington, 160-02 (48.83m), 2. Kelly Robinson, Towson, 151-06 (46.18m), 3. Christie Schreckengost, UNC Wilmington, 148-08 (45.32m), 4. Courtney Lenart, Robert Morris, 144-07 (44.06m), 5. Stephanie Kuhn, Robert Morris, 142-01 (43.31m), 6. Beverly Rogers, Bucknell, 135-07 (41.32m), 7. Danielle Still, Navy, 135-05 (41.29m), 8. Liz Hager, William & Mary, 135-05 (41.28m).

HEPTATHALON

1. Danielle McNaney, Liberty, 5404, 2. Jamie Greubel, Cornell, 5032, 3. Abbie Stechschulte, West Virginia, 4952, 4. Bonnie Meekins, William & Mary, 4876, 5. Brenna Blevins, William & Mary, 4740, 6. Kathryn Souviney, Maine, 4686, 7. Shannon Seidel, UMass Lowell, 4547, Arlene Zelinskas, Liberty, 4504.

RECAPPING THE 2005 ECAC® INDOOR TRACK AND FIELD CHAMPIONSHIPS

Held at Reggie Lewis Track and Athletic Center, Boston, Massachusetts - March 4-5

2006 INDOOR TEAM RESULTS

1. Georgetown University	65
2. Northeastern University	49
3. Boston University	45
4. Cornell University	38
4. St. John's University	38
6. Syracuse University	36
7. University of Connecticut	34
8. Yale University	32
9. University of Pennsylvania	29
10. Seton Hall University	28
11. West Virginia University	26
12. Rutgers University	25
13. University of Maryland	24
14. Duke University	23
15. Bucknell University	22
16. University at Albany	19
16. George Mason University	19
18. Morgan State University	17
19. U.S. Naval Academy	16
20. Villanova University	15
20. Providence College	15
22. Fordham	14
23. College of William and Mary	12
24. Harvard University	11
25. Brown University	10
26. Delaware State University	9
27. U.S. Military Academy	8
27. Liberty University	8
27. University of Vermont	8
27. Georgia State University	8
31. Stony Brook University	7
32. Quinnipiac University	6
32. Towson University	6
32. University at Buffalo	6
35. Mount St. Mary's University	5
35. Penn State University	5
35. Monmouth University	5
35. Temple University	5
35. St. Francis University (Pa.)	5
40. Princeton University	4
40. Long Island University	4
40. Boston College	4
43. Robert Morris University	3
43. Manhattan College	3
45. Rider University	2
45. Lehigh University	2
45. University of New Hampshire	2
48. La Salle University	1
48. Columbia University	1
48. Binghamton	1

60 METER DASH

1. Murielle Ahoure, George Mason, 7.47, 2. Jessica Foreman, Connecticut, 7.55, 3. Jordine Kimbrel, Northeastern, 7.55, Jessica Czaikowski, West Virginia, 7.60, 5. Shameka Marshall, Rutgers, 7.64, 6. Christen Tucker, Syracuse, 7.68, 7. Sheriee Willis, Georgia State, 7.69, 8. Janique Morris, West Virginia, 7.74.

200 METER DASH

1. Jordine Kimbrel, Northeastern, 23.93, 2. Murielle Ahoure, George Mason, 24.04, 3. Nekisha Franklin, Delaware State, 24.51, 4. Jessica Foreman, Connecticut, 24.53, 5. Aisha Thomas, Long Island, 24.66, 6. Janique Morris, West Virginia, 24.67, 7. Alyssa Evering, Connecticut, 24.67, 8. Janice Smythe, Morgan State, 25.25.

400 METER DASH

1. Romona Modeste, Morgan State, 54.20, 2. Maxcine Foster, St. John's, 54.39, 3. KayDian Reid, St. John's, 54.88, 4. Renee Clarke, Maryland, 55.15, 5. Mandela Graves-Fulgham, Connecticut, 55.96, 6. Alison Warren, Northeastern, 55.16, 7. Mariama Gondo, Morgan State, 56.31, 8. Ashley Hubbard, Georgetown, 56.52.

500 METER DASH

1. Jesse Carlin, Pennsylvania, 1:11.80; 2. Kandance Ferguson, Georgetown, 1:12.31, 3. Natasha Norville, Rutgers, 1:12.96, 4. Tynisha Gardner, Temple, 1:13.99, 5. Shakeema Martin, Seton Hall, 1:14.61, 6. Alexandra McCoy, Seton Hall, 1:15.09, 7. Lindsay Owen, Duke, 1:15.09, 8. Latasha Dickson, Monmouth, 1:15.54.

800 METER RUN

1. Morgan Uceny, Cornell, 2:06.07; 2. Carmen Lagala, Vermont, 2:08.03, 3. Nana Hanson-Hall, Georgetown, 2:09.31, 4. Andrea Austin, Seton Hall, 2:09.49, 5. Jessica Ortman, Albany, 2:09.89, 6. Jan Ng, Harvard, 2:10.90, 7. Laura Maludzinski, Harvard, 2:11.16, 8. Christine Whalen, Georgetown, 2:14.34.

1,000 METER RUN

1. Jenna Ortman, Albany, 2:52.76, 2. Vicky Moore, Navy, 2:52.80, 3. Sarah Herbert, Stony Brook, 2:53.28, 4. Erin Ballard, Northeastern, 2:54.13, 5. Jasmine Barreto, St. John's, 2:54.48, 6. Fiana York, Penn State, 2:55.49, 7. Kathleen Sanborn, Syracuse, 2:57.03, 8. Adriana Boyle, La Salle, 3:01.50.

1 MILE RUN

1. Abbey Sadowski, Boston Univ., 4:49.49, 2. Ashley Urick, Army, 4:51.84, 3. Nyam Kagwima, Cornell, 4:51.99, 4. Nana Sang Bender, Syracuse, 4:52.52, 5. Erin Henry, Georgetown, 4:52.76, 6. Danielle Siebert, Maryland, 4:52.83, 7. Avril Ogradnick, Georgetown, 4:55.02, 8. Susan Hendrick, Columbia, 4:55.79.

3,000 METER RUN

1. Lindsay Donaldson, Yale, 9:25.63, 2. Marisa Ryan, Boston, 9:25.97, 3. Kaitlyn Gwyther, Quinnipiac, 9:29.22, 4. Meghan Bishop, William & Mary, 9:31.25, 5. Liz Wort, Duke, 9:32.34, 6. Nicole Lister, Boston College, 9:35.19, 7. Christine Laakso, Boston Univ., 9:35.92, 8. Dana Hastie, Stony Brook, 9:38.71.

5,000 METER RUN

1. Aine Hoban, Providence, 16:26.32, 2. Natasha LaBeaud, Georgetown, 16:28.93, 3. Justine Whipple, Navy, 16:40.86, 4. Kristyn Shiring, William & Mary, 16:44.33, 5. Alyssa Lotmore, Albany, 16:46.69, 6. Katherine McKinstry, Yale, 16:49.52, 7. Jennifer Shappert, Lehigh, 17:10.44, 8. Katie Radzik, Binghamton, 17:11.16.

60 METER HURDLES

1. Monique Morgan, Villanova, 8.28, 2. Jessica Czaikowski, West Virginia, 8.45, 3. Sheriee Willis, Georgia State, 8.47, 4. Yolanda Malcolm, Villanova, 8.60, 5. Denise Tetkowski, Mount St. Mary's, 8.69, 6. Tramaine Shaw, Northeastern, 8.69, 7. Chanel Williams, Maryland, 8.74, 8. Erika Andrews, Navy, 8.78.

4X400 METER RELAY

1. Seton Hall University, 3:42.45, 2. Georgetown University, 3:43.75, 3. St. John's University, 3:43.76, 4. Cornell University, 3:44.20, 5. University of Pennsylvania, 3:45.50, 6. Liberty University, 3:47.67, 7. Boston University, 3:48.42, 8. University of Connecticut, 3:49.15.

4X800 METER RELAY

1. Georgetown University, 8:57.72, 2. Bucknell University, 8:58.26, 3. University of Pennsylvania, 8:58.45, 4. Cornell University, 9:03.81, 5. Princeton University, 9:05.83, 6. Yale University, 9:11.39, 7. University of New Hampshire, 9:12.82, 8. Duke University, 9:13.13.

DISTANCE MEDLEY RUN

1. Brown University, 11:15.90, 2. Georgetown University, 11:16.51, 3. University of Pennsylvania, 11:19.40, 4. Providence College, 11:25.50, 5. West Virginia University, 11:28.47, 6. University at Buffalo, 11:33.11, 7. Bucknell University, 11:36.05, 8. Duke University, 11:30.10.

HIGH JUMP

1. Debra Vento, Duke, 5-11.25 (1.81m); 2. Sarah Wilfred, Cornell, 5-10.00 (1.78m), 3. Rebecca Christense, Harvard, 5-10.00 (1.78m), Nikki Hall, Boston Univ., 5-10.00 (1.78m), 5. Brittany Robinson, Morgan State, 5-08.75 (1.75m), 6. Nancy Regilbuto, West Virginia, 5-07.00 (1.70m), 7. Toni Aluko, Maryland, 5-07.00 (1.70m), 8. Laura Passalacqua, Towson, 5-07.00 (1.70m).

POLE VAULT

1. Molly Lederman, Yale, 13-03.50 (4.05m), 2. Laura Chmielewski, Northeastern, 12-11.50 (3.95m), 3. Melanie Buczko, Bucknell, 12-07.50 (3.85m), 4. Lara Jones, Duke, 12-07.50 (3.85m), 5. Olivia Kalinowski, Northeastern, 12-03.50 (3.75m), 6. Jessica Lister, Buffalo, 12-03.50 (3.75m), 7. Jenn Hall, West Virginia, 11-11.75 (3.65m), 8. Erika Andrews, Navy, 11-11.75 (3.65m).

LONG JUMP

1. Shameka Marshall, Rutgers, 20-10.00 (6.35m), 2. Tahari James, Boston Univ., 19-09.00 (6.02m), 3. Joslyn Woodard, Yale, 19-01.50 (5.83m), 4. Stephanie Rathbauer, Towson, 18-11.75 (5.78m), 5. Tisifene Taylor, Monmouth, 18-07.25 (5.67m), 6. Whitney Tagliavini, Penn, 18-06.00 (5.64m), 7. Lena Bettis, Penn State, 18-06.00 (5.64m), 8. Ryann Hendricks, George Mason, 18-04.25 (5.59m).

TRIPLE JUMP

1. Tahari James, Boston Univ., 41-03.75 (12.59m), 2. Sheron Mark, Syracuse, 40-04.75 (12.31m), 3. Tamara Highsmith, Connecticut, 40-00.00 (12.19m), 4. Ashley Mondie, Georgetown, 38-11.50 (11.87m), 5. Kerstin Greene, Fordham, 38-09.75 (11.38m), 6. Tina Magi, Manhattan, 38-08.25 (11.79m), 7. Kamimah Liverman, Rutgers, 38-08.25 (11.79m), 8. Sarah Charles, Albany, 38-05.50 (11.72m).

SHOT PUT

1. Zara Northover, Northeastern, 52-04.00 (15.95m), 2. Johvonne Hernandez, Syracuse, 50-05.50 (15.38m), 3. Blessing Egwu, St. John's, 49-09.25 (15.17m), 4. Diane Gmter, St. Francis Univ., 48-07.25 (14.81m), 5. Jillian Anwah, Maryland, 47-11.25 (14.61m), 6. Bria Johnson, Maryland, 47-09.75 (14.57m), 7. Cyrcerli Ash, Rutgers, 47-05.75 (14.47m), 8. Nina Victorin, Mount St. Mary's, 46-10.00 (14.27m).

WEIGHT THROW

1. Johvonne Hernandez, Syracuse, 64-03.75 (19.60m), 2. Blessing Egwu, St. John's, 63-03.50 (19.29m), 3. Marjorie Grap, Bucknell, 61-09.50 (18.83m), 4. Zakiya Shivers, Maryland, 59-00.75 (18.00m), 5. Sheeba Ibdunni, Cornell, 58-02.00 (17.73m), 6. Katie Fisher, Robert Morris, 57-10.25 (17.63m), 7. Jazmine Fenlator, Rider, 57-05.50 (17.51m), 8. Cyrcerli Ash, Rutgers, 56-01.25 (17.10m).

PENTATHALON

1. Kerstin Greene, Fordham, 3798, 2. Tamara Highsmith, Connecticut, 3708, 3. Dominique Washington, Seton Hall, 3632, 4. Arlene Zelinskas, Liberty, 3630, 5. Buky Bamigboye, Georgetown, 3613, 6. Cuquie Melville, Delaware State, 3571, 7. Brenna Blevins, William & Mary, 3500, 8. Tiana Riel, Boston College, 3494.

2006 IC4A DIVISION I MEN'S OUTDOOR QUALIFYING STANDARDS



EVENT	AUTO	HAND
100 Meter Dash:	0:10.85	0:10.6
200 Meters:	0:21.74	0:21.5
400 Meters:	0:48.90	0:48.6
800 Meters:	1:52.50	1:52.2
1,500 Meters:	3:51.74	3:52.4
One Mile:	4:11.35	4:11.1
5,000 Meters:	14:37.00	14:36.5
3,000 Meter Steeplechase:	9:16.00	9:15.5
10,000 Meters:	31:08.00	31:07.5
110 Meter High Hurdles:	0:14.85	0:14.6
400 Intermediate Hurdles:	0:53.94	0:53.7
4x100 Meter Relay:	0:42.50	0:42.3
4x110 Yard Relay:	0:43.80	0:42.6
4x400 Meter Relay:	3:17.60	3:17.3
One Mile Relay:	3:18.80	3:18.5
4x800 Relay:	7:43.60	7:43.2
2 Mile Relay:	7:46.60	7:46.2
AN AFFILIATE OF THE ECAC		
	METRIC	
High Jump:	2.04	
Pole Vault:	4.75	
Long Jump:	7.10	
Triple Jump:	14.50	
Shot Put	15.60	
Discus Throw:	47.00	
Javelin Throw:	58.00	
Hammer Throw:	51.80	
Decathlon:	6300 pts	

2006 ECAC PLAYERS OF THE WEEK

Each week the ECAC selects student-athletes from Divisions I, II, and III for their outstanding performances in track and field. Below are the Division I honorees.

Week 1

Matthew Betti - Wagner

Week 2

Tom Slosky - Duquesne
Tyler Jones - Lafayette

Week 3

Byran Steele - Long Island
Darryl Hunter - Navy

Week 4

Jacob Gurzler - Quinnipiac
Derek Anderson - Northeastern

Week 5

Faith Stanley - Dartmouth
Rob Kerris - Dartmouth

Week 6

Arman Dixon - Sacred Heart
Evan Lasher - Sacred Heart

2006 ECAC® DIVISION I WOMEN'S OUTDOOR QUALIFYING STANDARDS



EVENT	FAT	MT
100 Meter Dash	12.14	—
200 Meters	24.84	—
400 Meters	56.74	56.5
800 Meters	2:11.44	2:11.2
1,500 Meters	4:34.44	4:34.2
One Mile	4:54.25	4:54.0
3,000 Meters	9:56.24	9:56.0
3,000-Meter Steeplechase	10:55.04	10:54.8
10,000 Meters	37:40.00	37:40.00
5,000 Meters	17:32.14	17:31.9
100-Meter Hurdles	14.44	14.2
400-Meter Hurdles	1:02.64	1:02.64
4x100-Meter Relay	48.34	48.1
4x400-Meter Relay	3:52.84	3:52.6
4x800 Meter Relay	9:16.24	9:16.0

	METRIC
High Jump	1.70
Pole Vault	3.65
Long Jump	5.80
Triple Jump	11.70
Shot Put	13.60
Discus	42.00
Javelin	40.50
Hammer	48.50

Heptathlon 4,530 pts

2006 ECAC PLAYERS OF THE WEEK

Each week the ECAC selects student-athletes from Divisions I, II, and III for their outstanding performances in track and field. Below are the Division I honorees.

Week 1

Ashley Simon - Wagner

Week 2

Natasha O'Connor - Georgia State
Tamara Highsmith - Connecticut

Week 3

Marjorie Grap - Bucknell
Jessica Young - Richmond
Keira Carlstrom - American

Week 4

Zaia Wharton - American
Diane Gmitter- St. Francis (Pa.)

Week 5

Nana Sand-Bender - Syracuse
Jan Carlson - Vermont
Tamara Highsmith - Connecticut

Week 6

Kelsey Wiegmann - Dartmouth
Jessica Ortman - Albany
Ashley Harbin - Lafayette

The ECAC® and IC4A Track and Field Championships

ECAC® Division I Women's Track & Field Institutions

Institution	Head Coach
Albany, University at	Roberto J. Vives
Binghamton University	Mike Thompson
Boston College	Randy Thomas
Boston University	Robyn Johnson
Brown University	Craig Lake
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	Curt Kraft
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	William Hodge
Robert Morris University	J. Michael Smith
Rutgers University	Roberta Anthes
Sacred Heart University	Christian Morrison
Saint Francis College (N.Y.)	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	Chris Fox
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
The College of William & Mary	Kathy Newbury
Yale University	Mark Young



University of Pittsburgh's Martina Hallman won the triple jump in the 2005 ECAC Outdoor Championships.

