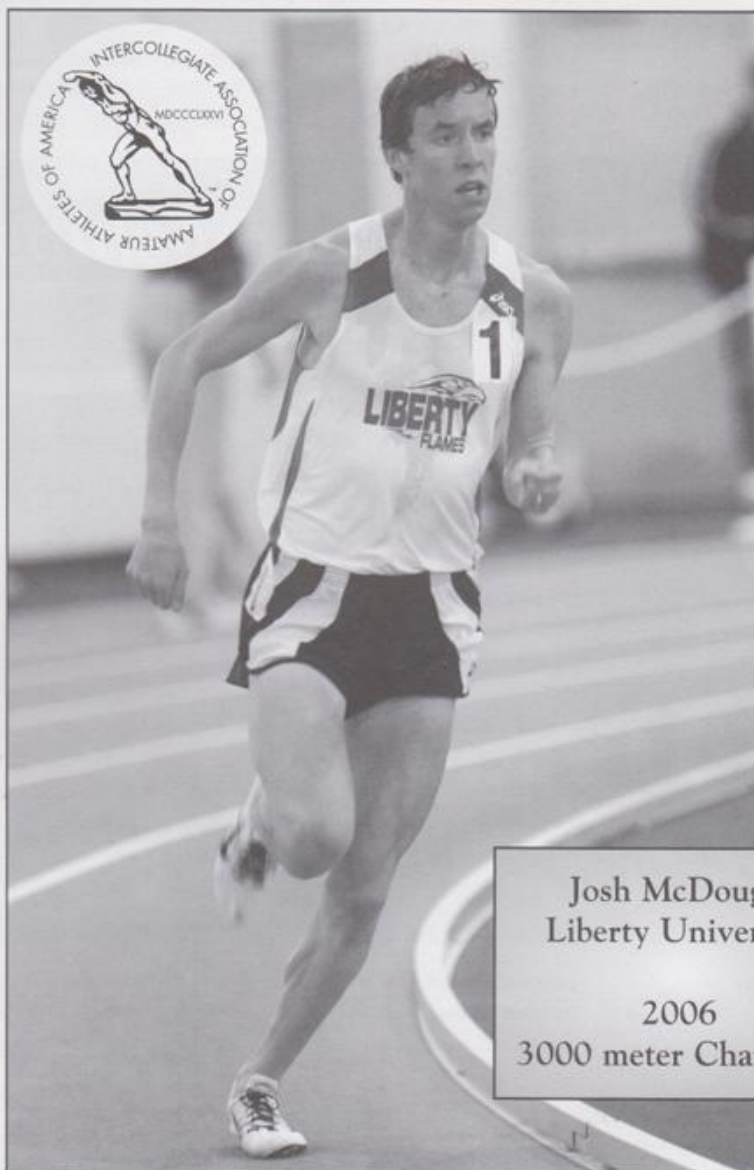


2007 IC4A Indoor Track and Field Championships



Josh McDougal
Liberty University

2006
3000 meter Champion



Boston University
Indoor Track and Field Pavilion
Boston, Massachusetts
March 3-4, 2007





Eastern College Athletic Conference®

Commissioners

Steve Bamford 2006-present
 Philip Buttafuoco 1998-2006
 Clayton Chapman 1989-1998
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Championships

The ECAC administers 110 preseason and postseason events for 35 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 320 Divisions I, II, and III colleges and universities from Maine to North Carolina. 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.

The business of the ECAC is

Administer

98 Championships

conducted at the annual fall convention and in 2007 will be held on Sep. 30 - Oct. 2 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. 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

Student-Athletes

122,000

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 prestigious Asa S. Bushnell internship offers students from ECAC institutions hands-on experience in all areas of operation of the only multi-divisional conference in the country. The 2006-07 interns are Katie Fulton (Williams College), Daniel O'Reilly (Merrimack College), Tyler Paul (Bates College) and Ciaran Cullen (Massachusetts College of Liberal Arts).

www.ecac.org

1311 Craigville Beach Road

Centerville, Massachusetts 02632

Office: 508/771-5060 Fax: 508/771-9481

ECAC, THE NATIONWIDE LEADER IN SERVICE™

ORDER OF EVENTS & TIME SCHEDULE

SATURDAY				SUNDAY			
01.	Heptathlon	55 Meter Dash	12:00	01.	Heptathlon	55 Meter High Hurdles	9:30
	Heptathlon	Long Jump			Heptathlon	Pole Vault	
	Heptathlon	Shot Put			Heptathlon	1000 Meter Run	
	Heptathlon	High Jump		17.	High Jump	Final	11:00
02.	Pole Vault	Final	12:00	18.	Shot Put -	Final	11:00
03.	55m Dash	Trials - Place and Time	12:30	19.	Triple Jump	Final	11:00
04.	55m High Hurdles	Trials - Place and Time	1:00		55m High Hurdles	Semi-Finals	11:30
05.	One Mile Run	Trials - Place and Time	1:20		55m Dash	Semi-Finals	11:40
06.	400meter Dash	Trials - Place and Time	1:40		One Mile Run	Final	11:55
07.	800meter Run	Trials - Place and Time	2:00		400meter Dash	Final	12:05
08.	500meter Run	Trials - Place and Time	2:20		800meter Run	Final	12:10
09.	Long Jump	Trials and Final	2:30		500meter Run	Final	12:20
10.	35 Lb. Weight Throw	Trials and Final	3:00		55m High Hurdles	Final	12:35
11.	1000meter Run	Trials - Place and Time	2:40		55m Dash	Final	12:40
12.	3000meter Run	Final - Sections on Time	3:00		1000meter Run	Final	12:50
13.	200meter Dash	Trials	3:45	20.	5000meter Run	Final - Sections on Time	1:00
14.	Distance Medley	Trials - Place and Time (1200-400-800-1600)	4:00		200meter Dash	Final	1:40
15.	4x800m Relay	Trials - Place and Time	4:30		Distance Medley	Final (1200-400-800-1600)	1:50
16.	4x400m Relay	Trials - Place and Time	5:00		4x800 Meter Relay	Final	2:05
					4x400 Meter Relay	Final	2:20
							2:45

IC4A AWARDS CEREMONY

Table of Contents

About the ECAC	Inside Front Cover
Table of Contents	.1
Schedule of Events	.1
ECAC Administrative Staff	.1
IC4A Track and Field Officers and Institutions	.2
Remembering Heliodoro Rico	.3
Feature Story - Josh McDougal	.4-6
2006 IC4A Results	.7
IC4A Indoor Records	.8-9
85 Years of IC4A	.10-11
2007 IC4A Officials	.12
ECAC Sponsors	Inside Back Cover

ECAC Administrative Staff

Interim Commissioner	Steve Bamford
IC4A Administrator/ Meet Director	Steve Bartold
Honorary Meet Director	Larry Byrne
Assistant Commissioner for Business Services	Bob Hassey
Director of Championships	Gothard Lane
Director of Marketing	Brian Young
Coordinator of Operations and Services	Michael Letzeisen
Acting Director of Communications	Ciaran Cullen
Marketing Assistant	Katie Fulton
Hockey and Rowing Assistant	Dan O'Reilly
Championships Assistant	Tyler Paul
Administrative Assistant	Nick Wetherby



INTERCOLLEGIATE ASSOCIATION OF AMATEUR ATHLETES OF AMERICA

Founded in 1876

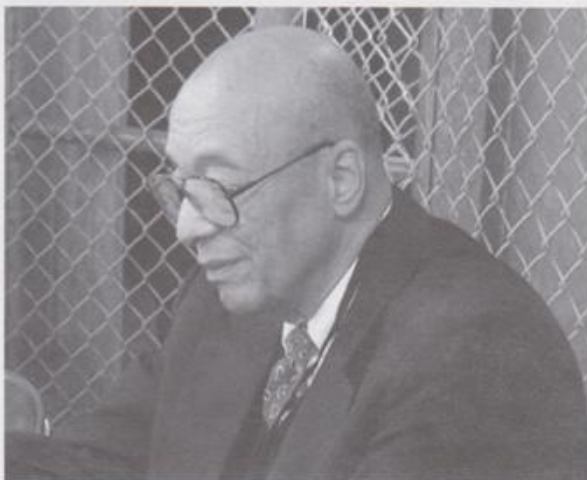
2006 - 2007 IC4A COACHES ASSOCIATION OFFICERS

President:	Mike Glavin	St. Joseph's University
First Vice President:	Jim Fischer	University of Delaware
Second Vice President:	Julia Standiford	Long Island University
Third Vice President:	TBA	
Secretary - Treasurer:	Jim Hurt	St. John's University
Ex - Officio:	Joe Compagni	Monmouth University
	Nathan Taylor	Cornell University

IC4A MEMBER INSTITUTIONS

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

Remembering Heliodoro "Bud" Rico



Heliodoro "Bud" Rico, a longtime IC4A track and field official, and a retired judge from New York, died on Thursday, June 29, 2006. He resided in Croton-on-Hudson, N.Y., with his wife Patricia, herself a former president of USA Track & Field and also a many-time official at the Indoor and Outdoor IC4A Championships.

He is a graduate of New York University, and held LLB and LLM law degrees. A senior administrative law judge for the State of New York for many years and former track club and high school coach, Rico served this Association as chairman of the IC4A Games Committee, as well as Meet Referee, often "wearing both hats" at our Championship Meets for more than two decades. In other facets of our sport, he served as Chairman of the Rules Committee of USA Track & Field's predecessor organiza-

tion, The Athletics Congress, from 1980-1988, and was a member of the AAU/TAC Board of Directors from 1979 to 1988. For the last eight years, Rico served as the screening committee chair for the National Track & Field Hall of Fame. The president of the Metropolitan Association of the AAU from 1962-1965, he was also a past chairman of the Metropolitan Association Track & Field Committee for six years and conducted roughly 30 meets a year in this capacity.

He also served as Meet Director of the USA Indoor Track and Field Championships in New York from 1979-1993 and for a number of years after the Championships moved to Atlanta in 1994. In 2000, Rico was the recipient of USA Track & Field's Robert Giegengack Award, presented annually by the USATF Board of Directors to a person "who excels in contributing to the excellence and high standards of the sport." He was one of the inaugural recipients of the USATF President's Award in 1980. Presented by the USATF President, the award was bestowed on Rico in recognition of his service to track & field.

Rico served as a manager for U.S. national track and field teams at the 1983 Pan American Games in Brazil, the 1987 World Outdoor Championships in Rome, and for meets in the Soviet Union, Poland and England. He was chief of the mission for the U.S. team in Europe in 1977.

"When I attended my first AAU annual meetings in the mid-70s, Helio was there," said USATF President Bill Roe. "When I attended the pivotal meetings of the 1979-1980 change-over eras, Helio was there. When I attended my first governance and rules meetings, Helio was not only there, but -- in the latter case -- he was the chair. I will miss him greatly. I know all of our thoughts and prayers are with Pat and the family."

"Helio Rico was a ground breaking pioneer in our sport as a coach, writer, meet director, official, and administrator," said USATF CEO Craig Masback [himself an IC4A Gold-medalist while an undergrad at Princeton]. "His generosity of spirit and passion for our sport has touched us all and will continue to inspire us."

Roe and Masback recognized the accomplishments of Helio and Pat Rico, when they announced to the USATF Board of Directors that the Pacesetter Award, given at the organization's annual meeting, would be renamed the "Heliodoro and Patricia Rico Lifetime Achievement Award", which acknowledges the couple's combined impact on the sport of track and field in the USA. As Roe noted "They have done much more, and have earned our perpetual admiration and respect."

Needless to add, we in the IC4A family are saddened by the loss of our long-time friend and close colleague "Bud" Rico, and will certainly miss the experience, guidance and wisdom he offered to the administration of our championships.

The Josh McDougal Story

When Liberty University Head Track and Field/Cross Country Coach Brant Tolsma penned his book, "The Surrendered Christian Athlete," little did he know it would be sought after by a family of runners from upstate New York. Surely enough, Lisa McDougal mailed Tolsma her order form, scribbling a note about her distance-running sons in the margin.

The receipt of the note marked Tolsma's first exposure to the name of the eldest of Rob and Lisa McDougal's six children, Joshua, who was then a home-schooled high school sophomore. Less than a year later, Josh McDougal had taken an unofficial visit to the Liberty campus and soon afterward, had decided he wanted to run collegiately for the Flames. The rest, as they say, is history.

Tolsma, now in his 21st year at the Lynchburg, Va., university, stated, "I knew [Josh] was better than anybody we'd ever had before." However, it wasn't until the Liberty men's cross country team traveled to Lehigh for the Paul Short Invitational on Sept. 25, 2004 that Tolsma began to fully grasp McDougal's potential.

"I went in thinking he could finish in the top 10 and hoping maybe he could finish in the top five," recalled Tolsma. "Instead he went out and set a course record at a course which had been run for more than 20 years. That's the first time I realized, 'Wow! This is going to be something special.'"

McDougal, now a junior, has indeed been something special during his two and a half years at Liberty, garnering seven All-America honors in cross country, indoor track and field and outdoor track and field, while breaking numerous records.

While some may have been surprised at McDougal's rapid ascension to the upper echelon of collegiate distance runners, the kinesiology major had been providing glimpses at his unique running ability long before Tolsma's book caught the McDougals' collective eyes.

Lisa McDougal was herself a collegiate athlete, running track and field and cross country at Plattsburgh State, a NCAA Division III school in upstate New York near the town of Peru, where the McDougal family now resides. Never the standout that her sons, Josh and Jordan, a redshirt sophomore at Liberty, later turned out to be, Lisa still possessed the capability to run a 3:10 marathon at age 41.

She and her husband, Rob, ran regularly for fitness as they raised their children. Before long, the couple's children decided to tag along on occasion,

giving McDougal his first running experience. McDougal was successful from the beginning, routinely winning age group trophies at local fun runs.

His first foray into more serious competitive racing came at the age of 10, the fall after the McDougal family had moved to Peru, N.Y. At the advice of one of his new neighbors,

McDougal entered a local Junior Olympic (J.O.) cross country meet, sponsored by U.S.A. Track and Field (USATF). He placed fourth in his age group, earning a trip to Providence, R.I., for the regional meet.

McDougal, who has fond memories of the race in Providence, explained, "At the regional meet, we had to run through the mud and snow and all I had was training shoes. However, I was able to finish 13th, earning a trip to nationals."

Well, McDougal had not quite earned a trip to the national cross country meet in the literal sense of the phrase. He had to find his own way to Baton Rouge, La., for the race. Considering this a "once-in-a-lifetime" opportunity for their precocious son, Rob and Lisa McDougal

decided to pack up the family car for the long trip south, from the Empire State to the Pelican State.

Despite facing the inevitable travel fatigue, McDougal ended up placing 36th in the nation and fifth among the competitors from his region. "I kept doing better and better each race I ran," noted the junior.

The more running success McDougal achieved, the more he came to enjoy the sport. It would be a while until he turned his entire focus to running, though. McDougal also played baseball and soccer for many years, competing in the latter game through his freshman year of high school. In the end, however, running won out.

"There's nothing like the thrill of competing toe-to-toe with other people," McDougal exclaimed. "Running hurts so much, but at the same time, it feels



"There's nothing like the thrill of competing toe-to-toe with other people...Running hurts so much, but at the same time, it feels so good. Baseball is very competitive, but is lacking the aspect of physical pain. Running mixes pain and pleasure."

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McDougal's achievements during the remainder his high school career, after he turned his full athletic attention to running, have been well documented. In cross country, he placed fourth in the 2003 Foot Locker National High School Cross Country Championship, as a senior. He also broke a 22-year-old course record at Van Cortland Park in New York. McDougal represented the United States at the 2004 World Junior Cross Country Championships.

On the track, McDougal ran 2004's fastest indoor two-mile by a high schooler, 8:50.40. He went on to place second at the Adidas Outdoor Track and Field Championships before earning the right to don the United States singlet once again, at the Junior World Track and Field Championship in Grosseto, Italy. McDougal finished 12th in Italy, running the 10th-best 5,000-meter time in U.S. high school history, 14:07.55.

With such a resume to his credit, McDougal attracted considerable attention from college track and field and cross country coaches. However, he had long since made his college decision, one which would surprise the casual observer.

"I knew I was going to attend Liberty pretty early in my junior year of high school, before a lot of other schools contacted me," stated McDougal. "I wanted a Division I Christian school and wanted to compete for a program which would seek to glorify the Lord and not compete for solely selfish reasons."

McDougal was also seeking a university which had a physical education and exercise science curriculum. By the time he went through his checklist, only three schools—Liberty, Belmont and Samford—fit his requirements. It turns out that Belmont and Samford never got a fair chance to woo the

high school phenom. "Liberty is the only place I visited, coming during my junior year," said McDougal. "I was completely satisfied."

Tolsma had recently coached current Liberty assistant track and field and cross country coach, Heather (Sagan) Zealand to a national championship in the mile at the 2002 NCAA Division I National Indoor Track and Field Championships. In McDougal, the veteran coach now had another distance runner with that kind of potential joining his roster.

The prospect of coaching McDougal excited Tolsma, due to both his natural ability and his personality. About the latter, the coach of 49 Big South Conference championship teams commented, "He wants to make an impact for good through his running. His goals and our goals line up."

Not only was Tolsma adding one standout athlete, but Jordan McDougal also decided to attend Liberty, along with his brother. The younger McDougal would redshirt his freshman season, however, as he had just turned 17 in June.

Meanwhile, it took little time for the elder McDougal to adjust to the collegiate level of competition. The aforementioned victory at the Paul Short Invitational was one of six-consecutive cross country wins to open his career as a Flame. He set course records in four of those races, including the 8K mark at Winthrop while winning his first Big South title. The Winthrop standard had previously been held by Alan Webb, a runner McDougal admired while in high school.

Webb became the first marquee name on the list of elite runners whose records have been shattered by McDougal during his two-and-a-half years at Liberty. The list has since grown to include names like Meb Keflezighi and Sydney Maree.

McDougal did not lose a college cross country race until the 2004 national meet, where he came in 13th, earning his first All-America honor. His cross country season was not yet finished, how-

ever, as he decided to compete at the U.S. Cross Country Championships in Feb. 2005.

His performance at the race turned out to be what he calls the greatest highlight of his running career to this point. McDougal finished only four seconds behind race champion, Tim Broe, in fourth place. He beat Webb by seven seconds in the 4K race, winning the right to represent his country at the World Cross Country Championships.

"My best race was when I qualified for the World Cross Country Championships on the senior team in the 4K as a freshman," McDougal recalled. "I was able to beat four or five Olympians. It was my most unexpected, shocking race. You always dream of where you want to be, but you rarely get there. Well, I got there that day and it was such a rush of adrenaline."

After such an exceptional beginning to his college career, McDougal next set his sights on a NCAA individual national championship. He came close several times during the remainder of his freshman year and his sophomore campaign. McDougal captured five more All-America medals and gar-



Photo Courtesy of W&G Photo

nered a pair of fourth-place finishes. Those high points came at the 2005 NCAA Cross Country Championships and in the 5,000 meters at the 2006 NCAA Indoor Track and Field Championships.

Wisconsin's Chris Solinsky was the only returning runner among the three harriers who had beaten McDougal to the finish line at the 2005 national cross country meet, making the junior one of the preseason favorites to capture the 2006 crown. Also adding to the optimism was the hiring of Greg Jimmerson, a member of Stanford's national championship cross country team in 1996, as an assistant coach at Liberty. Said McDougal of the new hire, "He's been there and done that and has accomplished nearly everything you can as a runner. He brings a lot of experience."

McDougal's season started very well. He won his race at both the Roy Griak Invitational and the Pre-Nationals, holding off a deep, talented field in both contests. Even after a surprising runner-up finish to Eastern Kentucky's Jacob Korir at the NCAA Southeast Regional Championship, the junior seemed poised to break through with his initial national title at Terre Haute, Ind., the following week.

"I went into the [national] meet thinking it was my race to lose, and I did in a big way," McDougal lamented. He had fallen off the lead pack early in the race and ended up 27th. While he had earned another All-America distinction, McDougal was extremely disappointed with his finish and left the Hoosier State even more determined than ever to win a national title.

"I'd really like to win nationals in whatever race," McDougal stated. "I've been a top contender, but haven't won one yet. I'd actually like to win multiple national titles, but it all starts with one."

McDougal and Tolsma gave similar answers when asked which event McDougal has the best chance to win a national championship in. McDougal noted, "I'd

like to run the 10K outdoors, because I think it plays well to my strengths."

Meanwhile, Tolsma responded, "His best shot to win a national championship will probably come in the 10,000 meters or in cross country. He's the kind of runner who wears people down, more so than one who sits and kicks. It's easier to wear someone down over a longer distance. Josh is still talented enough to succeed at shorter distances, however."

McDougal displayed some of said talent at a shorter distance, 3,000 meters, at the Jan. 27 On Track Open at the Tolsma Indoor Track Center, named for his head coach. Despite not competing formally for over two months, since the national cross country meet, he opened his current indoor track season with a sub-8:00 clocking.

McDougal's intense desire to win a national title provides one of his primary sources of motivation, but is hardly the lone factor which urges him along. "I'm inspired by the Lord Jesus Christ and I want to glorify him with my performance," said McDougal.

The junior also harbors lofty hopes and expectations for his teammates. "It is lonely sometimes [at the national meet], and I wish my teammates were there with me," he admitted. "Hopefully next year they will be."

No seniors graduated from the 2006 Liberty men's cross country team, which was regionally ranked for most of the fall and captured its second-straight Big South Championship. So, perhaps McDougal will get his wish and have some company on the starting line as he makes his final attempt at a college cross country national championship.

With his time at Liberty starting to wind down, McDougal has begun thinking about his post-graduation plans and objectives. Many of those ideas, not surprisingly, relate to running. "Hopefully, after I graduate, I'll be able to sign a contract and run professionally as long as the Lord would have me," McDougal explained. "I think the marathon will be my forte."

Upon the conclusion of his competitive running career, "I'd like to stay in the sport of running, coaching and staying involved," insisted McDougal. "The Lord has given me talent for a reason. I would like to use my sphere of influence and this platform beyond my competing days, mentoring tomorrow's young minds and the new talent out there."

Who knows? Perhaps the figurative book being written through McDougal's actions and achievements on the race course and off will one day impact a budding star as Tolsma's book affected the teenager from upstate New York. This much is for certain though. McDougal's pen is still full of ink.

By Paul Carmany, Liberty University Assistant Athletic Media Relations Director



RESULTS OF THE 2006 IC4A INDOOR CHAMPIONSHIPS

2006 Results

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

March 4-5, 2006 - Boston University, Boston, Massachusetts

55 Meters

1. Aulton Kohn, Syracuse 6.28; 2. Michael Bland, Rhode Island 6.34; 3. Kevin Logan, CW 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, CW Post 6.42; 9. David Payne, Rider 6.45.

200 Meters

1. Robert Waters, Rutgers 20.95; 2. Kevin Logan, CW 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 St. 21.32; 7. David Payne, Rider 21.40; 8. Alex Langan, Penn State 21.57; 9. Pat Weider, Albany 21.82.

400 Meters

1. Douglas Lynes-Bell, Delaware St 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; 9. Sean Lowe, Maryland 48.48.

500 Meter

1. Greg Gomes, Seton Hall 1:01.39; 2. Paul Harris, Navy 1:02.10; 3. Lucjan Zaborowski, 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 Amherst 1:04.17; 9. Ayotunde Owodunni, Rider 1:04.68.

800 Meter

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; 9. Frank Divittorio, Boston College 1:54.81.

1000 Meter

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; 9. Rasheed Thompson, Georgetown 2:28.20.

One 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; 9. Bill Hulbert, Rutgers 4:11.83;

3000 Meter

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; 9. Thomas Falvey, St. Francis (PA) 8:20.36.

5000 Meter

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, CW Post 14:27.08; 9. Teddy Meyers, St Joseph's 14:27.33.

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 St 7.59; 7. Travis Morancie, Seton Hall 7.62; 8. Terr Gissendanner, Georgetown 7.63; 9. Aaron James,

UMBC 7.63.

4x400 Meter Relay

1. Albany (Junior Burnett, Stephen Evans, Gered Burns, Joe Greene) 3:09.39; 2. Long Island 3:10.01; 3. Delaware State 3:10.11; 4. Rutgers 3:12.37; 5. Maryland 3:12.45; 6. Coppin State 3:12.55; 7. Penn State 3:12.80; 8. Cornell 3:13.55; 9. Yale 3:14.11.

4x800 Meter Relay

1. Cornell (Mike Smayda, Andy Miller, Gordon Hall, Jim Wyner) 7:27.24; 2. Seton Hall 7:29.83; 3. Penn State 7:30.74; 4. Georgetown 7:30.75; 5. Columbia 7:31.13; 6. Yale 7:32.35; 7. St. Joseph's 7:33.78; 8. Rutgers 7:47.63.

Distance Medley

1. Navy (Craig Meekins, William Ricks, Paul Harris, Benjamin Kozy) 9:53.87; 2. Yale University 9:53.95; 3. Georgetown 9:54.12; 4. William & Mary 9:55.59; 5. Duquesne 9:56.67; 6. Bucknell 9:59.72; 7. Duke 10:05.96; 8. Iona 10:13.75.

High Jump

1. Ryan Fritz, Penn State 6-10.25 (2.09); 2. David Pell, Cornell 6-10.25 (J2.09); 3. Tyler Fedeli, Penn State 6-09.00 (2.06); 4. Jeff Witmyer, Robert Morris 6-09.00 (J2.06); 5. Quentin Matthews, George Mason 6-09.00 (J2.06); 6. Vaclav Malek, Lehigh 6-07.00 (2.01); 6. Stephen White, Navy 6-07.00 (2.01).

Men Pole Vault

1. Evan Whitehall, Cornell 16-08.75 (5.10); 2. Gavin Mohrmann, Army 16-00.75 (4.90); 3. Brian Duggan, Rutgers 16-00.75 (J4.90); 4. John Vellenowith, Penn State 15-09.00 (4.80); 5. Ryan Keaton, Army 15-09.00 (J4.80); 6. Sean Strizzi, Rhode Island 15-09.00 (J4.80).

Long Jump

1. Roy Richards, Buffalo 24-05.50 (7.45); 2. Marquis Allen, Rutgers 23-05.50 (7.15); 3. Erik Hoagland, UMass Amherst 23-05.25 (7.14); 4. Arman Dixon, Sacred Heart 23-03.50 (7.10); 5. Nick Newman, Manhattan 23-03.25 (7.09); 6. Dexter Jules, Manhattan 23-02.75 (7.08); 7. Taill Evans, VMI 22-07.25 (6.89).

Triple Jump

1. Muhammad Halim, Cornell 51-07.00 (15.72); 2. Dexter Jules, Manhattan 51-07.00 (J15.72); 3. Ray Taylor, Cornell 50-04.00 (15.34); 4. Kosta Randjic, Manhattan 49-07.25 (15.12); 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 (14.49).

Men Shot Put

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

Weight Throw

1. Uzoma Orji, MIT 65-01.50 (19.85); 2. Michael Freeman, Manhattan 64-06.50 (19.67); 3. Paul Peulich, Manhattan 63-06.25 (19.36); 4. Anders Constantin, Manhattan 62-02.50 (18.96); 5. Sam Segond, Rutgers 60-02.50 (18.35); 6. Christian Keller, Monmouth 58-05.75 (17.82); 7. Zoran Loncar, Manhattan 58-04.00 (17.78); 8. Mike Zyvoloski, UMBC 58-03.75 (17.77).

Heptathlon

1. Devin Barry, Mt St. Mary 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 483; 8. Jake Palas, Syracuse 4596; 9. Adam Golembeski, Rutgers 4465; 10. Nick Tillman, Binghamton 4320.

IC4A INDOOR RECORDS

55 Meters

2006 IC4A Champion	6.28
IC4A Meet Record	6.13
Boston Univ. Facility	6.19
IC4A Collegiate	6.00
Collegiate	5.99
American Collegiate	6.00
American	6.00
World	5.99

Aulton Kohn, Syracuse
Lee McRae, Pittsburgh
Arel Gordon, Maine
McRae
Obadele Thompson, UTEP
McRae
McRae
Thompson, Barbados

55 Meter Hurdles

2006 IC4A Champion	7.34
IC4A Meet Record	7.14
Boston Univ. Facility	7.26
IC4A Collegiate	6.89
Collegiate	6.89
American	6.89
World	6.89

Ron Jules, Penn State
Eugene Norman, Rutgers
Colin Aina, Rhode Island
Renaldo Nehemiah, Maryland
Nehemiah
Nehemiah
Nehemiah, USA

200 Meters

2006 IC4A Champion	20.95
IC4A Meet Record	20.85
Boston Univ. Facility	20.85
IC4A Collegiate	20.40
Collegiate	20.10
American	20.10
World	19.92

Robert Waters, Rutgers
Paul-Vince Obuon, VMI
Obuon
LaShawn Merritt, E. Carolina
Wallace Spearman, Arkansas
Spearman
Frank Fredericks, Namibia

400 Meters

2006 IC4A Champion	47.13
IC4A Meet Record	45.83
Boston Univ. Facility	45.83
IC4A Collegiate	44.93
Collegiate	44.57
American	44.57
World	44.63

Douglas Lynes-Bell, Delaware St
Obra Hogans, Seton Hall
Hogans
LaShawn Merritt, E. Carolina
Kerron Clement, Florida
Clement
Clement

500 Meters

2006 IC4A Champion	1:01.39
IC4A Meet Record	1:00.84
Boston Univ. Facility	1:01.39
IC4A Collegiate	1:00.84
Collegiate	1:00.84
American	1:00.17
World "Best"	1:00.17

Greg Gomes, Seton Hall
Michael Greene, Navy
Gomes
Greene
Greene
Ken Lowery, Chicago State TC
Lowery, USA

800 Meters

2006 IC4A Champion	1:49.35
IC4A Meet Record #	1:48.74y
	1:48.19m
Boston Univ. Facility	1:46.63
IC4A Collegiate	1:44.84
Collegiate	1:44.84
American Collegiate	1:45.88
American	1:45.00
World	1:42.67

Gered Burns, Albany
Mark Belger, Villanova
Ray Levitre, Penn State
Sam Burley, Asics
Paul Ereng Virginia
Ereng
Derrick Peterson, Missouri
Johnny Gray, Santa Monica TC
Wilson Kipketer, Denmark

= In winning the 880 yard run in 1978, Belger clocked 1:48.74 (= 1:48.11 @ meters), a time intrinsically superior to the current Metric Meet Record, hence both marks will be carried!

1,000 Meters

2006 IC4A Champion	2:23.57
IC4A Meet Record	2:21.28
Boston Univ. Facility	2:21.54
IC4A Collegiate	2:19.79
Collegiate	2:19.57
American	2:17.86
World	2:14.96

Tim Bayley, Iona
Sam Gabemariam, Georgetown
Richard Kiplaget, Iona
Adan Dixon, Harvard
Christian Smith, Kansas State
David Krummenacker, adidas
Wilson Kipketer, Denmark

One Mile

2006 IC4A Champion	4:08.43
IC4A Meet Record	4:00.06
Boston Univ. Facility	3:59.14
IC4A Collegiate	3:55.5
Collegiate	3:55.0
American	3:51.8
World	3:48.45

John Mickowski, Army
Mike Stahr, Georgetown
Dave Proctor, Boston Univ.
Sidney Maree, Villanova
Tony Waldrop, North Carolina
Steve Scott, Sub-4 Track Club
Hicham El Guerrouj, Morocco

3,000 Meters

2006 IC4A Champion	7:53.16
IC4A Meet Record	7:53.16
Boston Univ. Facility	7:46.60
IC4A Collegiate	7:47.50
Collegiate	7:38.59
American Collegiate	7:46.03
American	7:39.23
World	7:24.90

Josh McDougal, Liberty
McDougal
Mark Carroll, adidas
Adrian Blincoe, Villanova
Alistair Cragg, Arkansas
Adam Goucher, Colorado
Tim Broe, adidas
Daniel Komen, Kenya

5,000 Meters

2006 IC4A Champion	14:12.68
IC4A Meet Record	13:52.36
Boston Univ. Facility	13:54.13
IC4A Collegiate	13:22.17
Collegiate	13:20.4
American Collegiate	13:22.6
American	13:20.55
World	12:49.60

Fleet Hower, Georgetown
Steven Brown, Penn State
Fernando Cabala, VA Intermount
Geoff Smith, Providence
Suleiman Nyambui, UTEP
Alberto Salazar, Oregon
Doug Padilla, Athletics West
Kenenisa Bekele, Ethiopia

4 x 400 Meter Relay

2006 IC4A Champion	3:09.39 Albany (Junior Burnett, Stephen Evans, Gered Burns, Joe Greene)
IC4A Meet Record	3:07.57m [heat], Seton Hall '03
	3:11.14y, James Madison '93 (Jerry Roney 48.4; Bradley Meade 47.6; Tevis Brunson 47.5; Kelly Hawkins 47.6)
Boston Univ. Facility	3:07.57 Seton Hall '03
IC4A Collegiate	3:06.42, George Mason '95 (Paul Henry 48.1; Chris Abrahams 46.6; Greg Haughton 45.6; Louis Sales 46.1)
Collegiate	3:03.51, Florida '05 (Sekou Clarke 46.8; Bernard Middleton 46.1, Stefan Pastor 45.5, Kerron Clement 45.1)
American	3:02.83, US National Team '99 (Andre Morris 45.85; Dameon Johnson 46.18; Deon Minor 46.05; Milton Campbell 44.75)
World	3:02.83, US National Team '99 (same as above)
World	7:13.94, Global Athletics '00 (Joey Woody 1:49.34; Karl Paranya 1:48.31; Rich Kenah 1:48.48; David Krummenacker 1:47.81)



Seton Hall's Greg Gomes

IC4A INDOOR RECORDS

4 x 800 Meter Relay

2006 IC4A Champion	7:27.24, Cornell (Mike Smayda, Andy Miller, Gordon Hall, Jim Wyner)
IC4A Meet Record	7:22.91, Princeton '02 (Seamus Whelton 1:51.8; Josh Kauke 1:52.9, David Dean 1:50.3, Ryan Smith 1:47.9)
Boston Univ. Facility	7:27.24, Cornell (same as above)
IC4A Collegiate	7:17.77, George Mason '89 (Mike Anthony 1:52.7; Paul Gambrah 1:49.2; Ernest Barrett 1:47.9; John Cook 1:48.0)
Collegiate	7:17.45, Clemson '89 (Mike Radziwinski 1:51.0; David Wittman 1:49.7; Phillip Greyling 1:48.6; Terrence Herrington 1:49.1)
American	7:13.94, Global Athletics '00 (Joey Woody 1:49.34; Karl Paranya 1:48.31; Rich Kenah 1:48.48; David Krummenacker 1:47.81)

Distance Medley Relay

2006 IC4A Champion	9:53.87 Navy (Craig Meekins, William Ricks, Paul Harris, Benjamin Kozy)
IC4A Meet Record	9:38.84, Georgetown '02 (Corey Smith, Robert Wingate-Robinson, Jesse O'Connell, Chris Miltenberg)
Boston Univ. Facility	9:40.80 Providence College '04
IC4A Collegiate	9:29.12, Villanova '03 (Ryan Hayden 2:55.1; Nic O'Brien 47.1; Paul Moser 1:49.8; Adrian Blincoe 3:57.1)
Collegiate	9:27.77, Michigan '04 (Nate Brannen 2:54.5; Darnell Talbert 47.4, Andrew Ellerton 1:48.4, Nick Willis 3:57.5)
American	9:28.83, Stanford '00 (Gabe Jennings 2:52.1; Evan Kelly 48.3; Michael Stember 1:48.4; Jonathon Riley 4:00.0)
World "Best"	9:28.83, Stanford '00 (same as above)

High Jump

2006 IC4A Champion	6-10.25 (2.09) Ryan Fritz, Penn State
IC4A Meet Record	7-6.5 (2.30) Nick Saunders, Boston Univ
Boston Univ. Facility	7-1.5 (2.17) Jean Huguens, UMBC
IC4A Collegiate	7-7.25 (2.32) Franklin Jacobs, FDU
Collegiate	7-9.25 (2.39) Hollis Conway, SW Louisiana
American	7-10.5 (2.40) Conway, Nike International
World	7-11.5 (2.43) Javier Sotomayor, Cuba

Pole Vault

2006 IC4A Champion	16-08.75(5.10) Evan Whitehall, Cornell
IC4A Meet Record	18-8.5 (5.70) Istvan Bagyula, Geo. Mason
Boston Univ. Facility	17-8.5 (5.40) Rory Quiller, Binghamton
IC4A Collegiate	19-1 (5.82) Bagyula
Collegiate	19-2.25 (5.85) Jacob Davis, Texas
American	19-9 (6.02) Jeff Hartwig, Nike
World	20-2 (6.16) Sergey Bubka, Ukraine

Long Jump

2006 IC4A Champion	24-05.5 (7.45) Roy Richards, Buffalo
IC4A Meet Record	26-5.5 (8.06) D.D. Manns, James Madison
Boston Univ. Facility	25-0.25 (7.63) Anthony Wallace, JMU
IC4A Collegiate	26-7 (8.10) Ray Humphrey, Georgetown
Collegiate	28-2.25 (8.59) Miguel Pate, Alabama
American	28-10.25(8.79) Carl Lewis, Santa Monica TC
World	28-10.25(8.79) Carl Lewis, USA

Triple Jump

2006 IC4A Champion	51-07 (15.72) Muhammad Halim, Cornell
IC4A Meet Record	54-5.25 (16.59) Ray Humphrey, Georgetown
Boston Univ. Facility	53-0.25 (16.16) Chavous Nichols, Penn State
IC4A Collegiate	54-8 (16.66) Eugene Koranteng, Geo Mason
Collegiate	57-5 (17.50) Charles Simpkins, Baptist
American	58-3.25 (17.76) Mike Conley, Tyson TC
World	58-6 (17.83) Aliecer Urrutia, Cuba
	Christian Olsson, Sweden

Shot Put

2006 IC4A Champion	63-8.75 (19.42) Milan Jotanovic, Manhattan
IC4A Meet Record	64-10 (19.76) August Wolf, Princeton
Boston Univ. Facility	63-8.75 (19.42) Jotanovic
IC4A Collegiate	66-1.75 (20.16) Wolf
Collegiate	70-6.5 (21.50) Terry Albritton, Stanford
American	74-4.25 (22.66) Randy Barnes, Mazda TC
World	74-4.25 (22.66) Barnes, USA

35-LB Weight Throw

2006 IC4A Champion	65-1.5 (19.85) Uzoma Orji, MIT
IC4A Meet Record	72-10 (22.22) Sean McGeheary, Boston Coll
Boston Univ. Facility	70-0.5 (21.35) Tom Freeman, Manhattan
IC4A Collegiate	76-1 (23.19) Jacob Freeman, Manahattan
Collegiate	78-9.25 (24.01) Dan Taylor, Ohio State
American	84-10.25 (25.86) Lance Deal, NYAC
World "Best"	84-10.25 (25.86) Deal, USA

Heptathlon

2006 IC4A Champion	5,349 points Devin Barry, Mt. St. Mary
IC4A Meet Record	(6.63, 22-3.75, 38-1.5, 6-4.25/7.65, 4.40, 2:53.57) 5,349 points Barry, Mt. St. Mary (same as above)
Boston Univ. Facility	5,349 points Barry, Mt. St. Mary (same as above)06
IC4A Collegiate	5,744 points, Mustafa Abdur-Rahim, Dartmouth 04
Collegiate	(6.96, 22-11.75, 47-1.5, 6-4/7.96, 13-5.25, 2:37.08) 6,136 points, Donovan Kilmartin, Texas 04
American	(7.05, 24-2.25, 46-10, 6-9.75/8.17, 17-8.5, 2:49.44) 6,476 points, Dan O'Brien, Reebok 93
World	(6.67,25-8.75,52-6.75,6-11.75/7.85,17-0.75,2:45.32) 6,476 points, O'Brien, USA (same as above) 93

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Year	Site/Size	Top Three Team Scores		
1922	102nd Engineers Armory, NYC (220y Banked Board)		1981	- same - Villanova 66; F.D.U. 58; Maryland 44.5
		Cornell 35.5; Dartmouth 25; Penn 24	1982	- same - Maryland 97; F.D.U. 73; Villanova 63
1923-	same -	Penn 29; Cornell 26; Dartmouth 18	1983	- same - F.D.U. 56; Villanova 47; Maryland 43.5
1924-	same -	Penn 21.33; Princeton 20; Yale 20	1984	- same - Villanova 92; George Mason and Rutgers 50
1925	- same -	Georgetown 37; Harvard 24.25; Penn 22.5	1985	- same - Penn State 62; George Mason 61; Georgetown 56
1926	- same -	Harvard 28; Georgetown 25.5; Penn 23.5	1986	- same - Villanova 59; Penn State 57; Boston U. 53
1927	- same -	Harvard 23.43; Yale 20.4; Cornell 29.29		Villanova 52; Penn State 50
1928	- same -	Penn 29; Cornell 26; Dartmouth 18		Boston U, George Mason and Georgetown 42
1929	- same -	N.Y.U. 25; Georgetown 22.5; Penn 21.25	1987	Gordon Track, Harvard (220y Banked Synthetic)
1930	- same -	Cornell and Penn 27.5 tie; Harvard 20.5		Penn State 53; Villanova 52; George Mason 46
1931	- same -	Penn 38.1; Harvard 19; Cornell 17.7	1988	Jadwin Gym, Princeton (220y Flat Synthetic)
1932	Kingsbridge Armory Bronx (239.3y Banked Board)			Georgetown 70; George Mason 60; Penn State 51
		N.Y.U. 31; Harvard 24; Penn 23.5	1989	- same - George Mason 72; Penn State 65; Princeton 40
1933	- same -	Yale 32; N.Y.U. 28; Manhattan 21	1990	Gordon Track, Harvard (220y Banked Synthetic)
1934	Madison Square Garden-III (160y Banked Board) 50th St. and 8th Avenue			George Mason 103; Penn State 56; Georgetown 53.5
		Manhattan 28.5; N.Y.U. 24.5; Yale 20	1991	Jadwin Gym, Princeton (220y Flat Synthetic)
1935	- same -	Manhattan 26; Cornell 16.5; Harvard 16		George Mason 102; Georgetown 66; Penn State 47
1936	- same -	Manhattan 26; Yale 18.5; Harvard 17.75	1992	Jadwin Gym, Princeton (200m Flat Synthetic)
1937	- same -	Columbia 34.36; Princeton 19.76; Manhattan 19.43		Manhattan 64; George Mason 58; Georgetown and Villanova 57
1938	- same -	Columbia 27; Manhattan 24; Yale 18	1993	Gordon Track, Harvard (220y Banked Synthetic)
1939	- same -	Manhattan 36; N.Y.U. 20; Fordham 15		Georgetown 67; Villanova 60; George Mason 52
1940	- same -	N.Y.U. 27; Manhattan 21; Penn State 17.5	1994	Jadwin Gym, Princeton (200m Flat Synthetic)
1941	- same -	Fordham 25.25; Pittsburgh 18; N.Y.U. 18		Georgetown 87; George Mason 62.5; Seton Hall 58
1942	- same -	Penn State 21.7; Fordham 20.5; New Hampshire 18	1995	- same - Georgetown 86; Seton Hall 74; Princeton 61.5
1943	- same -	N.Y.U. 48; Fordham 20.5; Cornell 13	1996	Gordon Track, Harvard (220y Banked Synthetic)
1944	- same -	Army 47; Navy 36.5; Dartmouth 19		Georgetown 87.5; Connecticut 53; Manhattan 48
1945	- same -	Army 73.5; Navy 55.5; N.Y.U. 19	1997	Jadwin Gym, Princeton (200m Flat Synthetic)
1946	- same -	Army 53.5; N.Y.U. 35; Manhattan 22		Georgetown 81; Connecticut 37.5; Manhattan 36
1947	- same -	N.Y.U. 35; Manhattan 30; Penn State 16	1998	Barton Hall, Cornell (200m 8-lane Recaflex)
1948	- same -	N.Y.U. 31.5; Yale 23.25; Manhattan 18		Georgetown 81; Penn State 65; Manhattan 44
1949	- same -	Michigan State 35.4; Yale 26.4; Seton Hall 20	1999	Reggie Lewis Center (200m 6-lane Banked Synthetic)
1950	- same -	Michigan State 21; Seton Hall 20; Manhattan 19.5		Georgetown 99; Virginia Tech 56; Liberty 51.5
1951	- same -	Manhattan 29; Seton Hall 27.29; Georgetown 22	2000	Gordon Track, Harvard (220y Banked Synthetic)
1952	- same -	Manhattan 40.5; Army 18; Georgetown 14		Georgetown 79; Virginia Tech 67; Penn State 47
1953	- same -	Manhattan 36; Penn State 22.5; Columbia 17	2001	Reggie Lewis Center (200m 6-lane Banked Synthetic)
1954	- same -	Yale 19; Boston U 18.5; Manhattan 17		Penn State 73; Seton Hall 68; Georgetown 55
1955	- same -	Manhattan 27; Villanova 22.5; Penn State 18	2002	- same - Georgetown 65; Connecticut 56; Penn State 54
1956	- same -	Manhattan 36; Villanova 34; Pittsburgh 15.83	2003	Boston University (200m 6-lane Banked Synthetic)
1957	- same -	Villanova 46; Manhattan 22.5; Penn State 12.61		Penn State 84; Seton Hall 54; Georgetown 49
1958	- same -	Villanova 29.33; Manhattan 27; Pittsburgh 11.5	2004	- same - Manhattan 60; Seton Hall 47; Army 34
1959	- same -	Penn State 20.47; Manhattan 20; Yale 17	2005	- same - Rutgers 74.33; Manhattan 52; Iona 34
1960	- same -	Villanova 27; Yale 23.3; Manhattan 16	2006	- same - Penn State 71; Cornell 55; Rutgers 54
1961	- same -	Yale 30; Villanova 29; Manhattan 20		
1962	- same -	Villanova 31.5; Yale 16.125; N.Y.U. 15.625		
1963	- same -	Villanova 27; Navy 18; Yale 17		
1964	- same -	Villanova 22; Manhattan 21; Harvard 14		
1965	- same -	Villanova 24; Maryland 21.5; Harvard 14		
1966	- same -	Maryland 28; Villanova 17; Harvard 14		
1967	- same -	Villanova 36; Army 18; Notre Dame 17		
1968	Madison Square Garden-IV (160y Banked Board) 33rd St & 8th Avenue			
		Villanova 47; Harvard 24; Army 16.5		
1969	- same -	Villanova 46; Maryland 32.5; Harvard 21		
1970	- same -	Villanova 41.5; Maryland 28.5; Yale 13		
1971	Jadwin Gym, Princeton (220y Flat Synthetic)			
		Villanova 42; Penn 21; Pittsburgh 21		
1972	- same -	Penn 26; Villanova 24; Adelphi 21		
1973	- same -	Manhattan 45; Navy 24; Pennsylvania 14.5		
1974	- same -	Villanova 29; Seton Hall and Manhattan 28		
1975	- same -	Seton Hall 37; Maryland 34; William & Mary 27		
1976	- same -	Maryland 38; Seton Hall 34; Villanova 29		
1977	- same -	Villanova 51; Maryland 37; Seton Hall 20		
1978	- same -	Villanova 64; Maryland 38; Northeastern 29		
1979	- same -	Villanova 99; Maryland 73; Manhattan 34		
1980	Jadwin Gym, Princeton (220y Flat Synthetic)			

Team Championship Trophies

Villanova	(20)	'57, '58, '60, '62, '63, '64, '65, '67, '68, '69, '70, '71, '74, '77, '78, '79, '80, '83, '85, '86
Manhattan	(12)	'34, '35, '36, '39, '51, '52, '53, '55, '56, '73, '92, '04
Georgetown	(11)	'25, '88, '93, '94, '95, '96, '97, '98, '99, '00, '02
Penn State	(7)	'42, '59, '84, '87, '01, '03, '06
N.Y.U.	(6)	'29, '32, '40, '43, '47, '48
Pennsylvania	(5.5)	'23, '24, '28, '30, '31, '72 (* tied w/Cornell)
Army (USMA)	(3)	'44, '45, '46
Yale	(3)	'33, '54, '61
Maryland	(3)	'66, '76, '88
George Mason	(3)	'89, '90, '91
Harvard	(2)	'26, '27
Columbia	(2)	'37, '38
Michigan State	(2)	'49, '50
Cornell	(1.5)	'22, '30 (*tied w/Pennsylvania)
Fordham	(1)	'41
Seton Hall	(1)	'75
F.D.U.	(1)	'82
Rutgers	(1)	'05