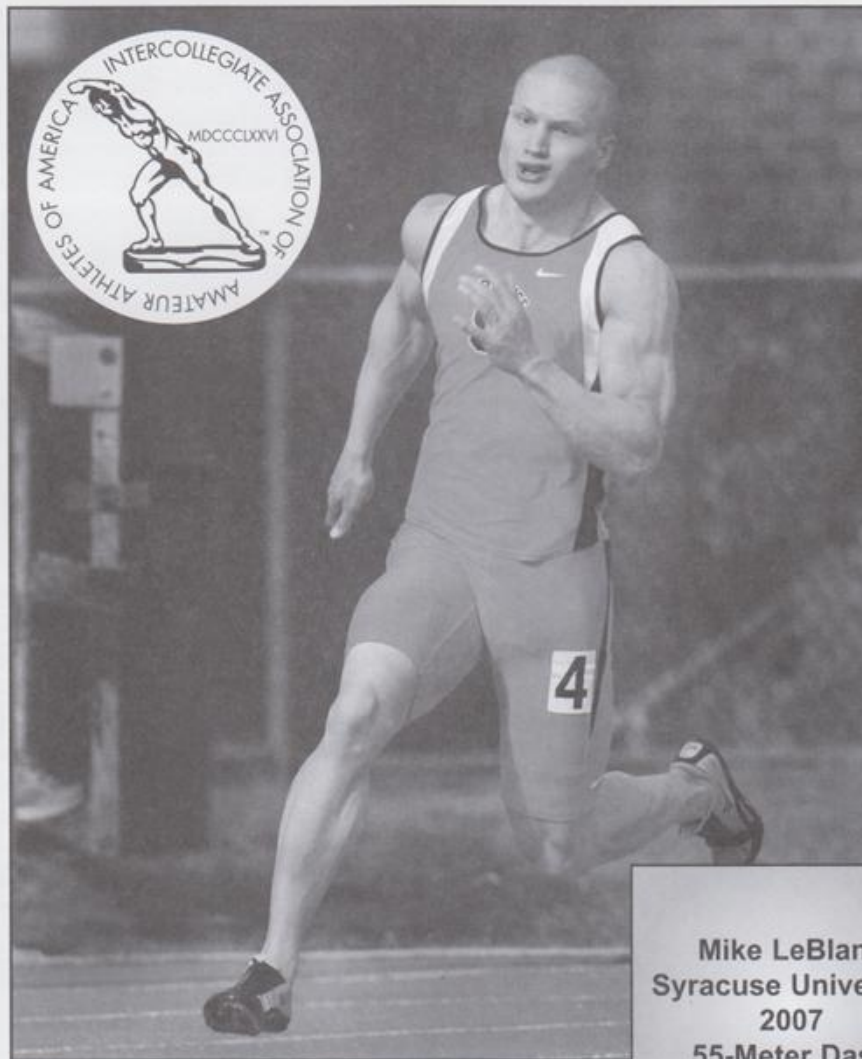


2008 IC4A Indoor Track and Field Championships



Mike LeBlanc
Syracuse University
2007
55-Meter Dash
Champion

IC4A
AN AFFILIATE OF THE ECAC

Boston University
Indoor Track and Field Pavilion
Boston, Massachusetts
March 8-9, 2008

ECAC



Eastern College Athletic Conference®

Commissioners

Rudy Keeling	2007-present
Steve Bamford	2006-2007
Philip Buttafuoco	1998-2006
Clayton Chapman	1989-1998
Robert Whitelaw	1972-1989
George Schiebler	1970-1972
Asa S. Bushnell	1938-1970

Competition

The ECAC administers nearly 100 regular season and postseason championships and/or events for 37 men's and women's sports. The ECAC also serves as the primary league for Division III men's hockey (3), Division III women's hockey (2), and Division I men's lacrosse. In addition, the ECAC provides leadership assistance for numerous affiliate organizations including the Intercollegiate Association of Amateur Athletes in America (IC4A), Intercollegiate Fencing Association (IFA), Eastern Intercollegiate Gymnastics League (EIGL), Eastern Intercollegiate Wrestling Association (EIWA), Eastern Association of Rowing Colleges (EARC), Eastern Association of Women's Rowing Colleges (EAWRC), and Intercollegiate Rowing Association (IRA).

Officiating

The ECAC assigns over 5,200 officials in 12 sports across Divisions I, II, and III, including baseball, men's and women's basketball, fencing, field hockey, football, gymnastics, ice hockey, men's and women's soccer, softball, and wrestling. The bureaus assign for both conference and NCAA championships and totaled over 46,000 assignments last year.

Awards

The ECAC publicizes the achievements of over 2,100 student-athletes annually through the Player of the Week program, and over 1,100 student-athletes through the postseason all-stars. There are 25 sports for which the ECAC selects Players of the Week throughout the regular season, and nine sports where all-star teams are honored. During the fall convention each year, the recognition awards program honors institutions, administrators, student-athletes, and officials for yearly and career achievements.

The Eastern College Athletic Conference (ECAC) is the nation's largest athletic conference and only multi-divisional conference, with 320 member institutions and over 122,000 student-athletes ranging across 15 states from Maine to North Carolina and westerly to Illinois. Established in 1938 with 58 charter members, the ECAC has since emerged as the nationwide leader in service. The Asa S. Bushnell Center, named after inaugural commissioner Asa S. Bushnell, serves as the main office for the ECAC. It is located in Centerville, Massachusetts on Cape Cod.

15
States

After Asa S. Bushnell molded the organization from its formation to his retirement in 1970, George Schiebler took over as commissioner from 1970-1972. Robert M. "Scotty" Whitelaw (1972-1989) guided the ECAC through one of the most significant events in its history, as the Eastern Association of Intercollegiate Athletics for Women (EAIWA) was consolidated into the ECAC in 1983. With the addition of women's sports, the

320
Member Institutions

122,000
Student-Athletes

ECAC doubled its number of championships and greatly increased its membership. Clayton Chapman (1989-1998), Phil Buttafuoco (1998-2006), and Steve Bamford (2006-2007) have also carried the title of commissioner through the last 19 years. Current commissioner Rudy Keeling assumed chief administrator duties on May 1, 2007.

The ECAC maintains two primary websites - one dealing with administrative issues, while the other serves as a fan-friendly site for news and results from all athletic events. Through the ECAC.tv web casting, the conference has the ability to showcase the excitement of college athletics within the 15-state footprint to a national and international audience. The ECAC also coordinates with institutions, television vendors and broadcast partners to televise quality sports programming on regional networks including Comcast (CN8 Sports), College Sports Television (CSTV), Entertainment and Sports Programming Network - University (ESPN), and the New England Sports Network (NESN).

The prestigious Asa S. Bushnell internship program, named after the first commissioner of the ECAC and established in 1976, offers college graduates from ECAC member institutions hands-on experience in all the areas of the only multi-divisional conference in the country. Former interns proudly represent the ECAC in all fields of the sports industry as directors of athletics, commissioners, broadcasting executives, professional franchise front-office executives, sports information directors and coaches.

ADMINISTRATIVE STAFF

Commissioner
Senior Associate Commissioner
Associate Commissioner for Internal Affairs/SWA
Assistant Commissioner for Business Services
Assistant Commissioner for Officiating
Director of Championships
Director of Communications
Director of Finance
Director of Marketing
Assistant Director of Ice Hockey and Rowing
Asa S. Bushnell Championships Assistant
Asa S. Bushnell Communications Assistant
Asa S. Bushnell Ice Hockey and Rowing Assistant

Rudy Keeling
Steve Bamford
Dea Shipp
Bob Hassey
Steve Rossetti
Gothard Lane
Gordon Morton
Karen Roberts
Brian Young
Michael Letzeisen
Chad Dwyer
Tristan Durgin
Michael Marfione

1311 Craigville Beach Road, Centerville, Massachusetts 02632
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ORDER OF EVENTS & TIME SCHEDULE

<u>SATURDAY</u>				<u>SUNDAY</u>			
01.	Heptathlon	55 Meter Dash	11:00	01.	Heptathlon	55 Meter High Hurdles	10:00
	Heptathlon	Long Jump	@11:45		Heptathlon	Pole Vault	@11:00
	Heptathlon	Shot Put	@1:15		Heptathlon	1000 Meter Run	@2:30
	Heptathlon	High Jump	@2:45	02.	High Jump	Final	12:00
02.	Pole Vault	Final	12:00	03.	Shot Put	Final	12:00
03.	55m Dash	Trials - Place and Time	1:00	04.	Triple Jump	Final	12:00
04.	55m High Hurdles	Trials - Place and Time	1:20	05.	55m High Hurdles	Semi-Finals	12:30
05.	One Mile Run	Trials - Place and Time	1:40	06.	55m Dash	Semi-Finals	12:40
06.	400meter Dash	Trials - Place and Time	2:00	07.	One Mile Run	Final	12:55
07.	Long Jump	Trials and Final	2:00	08.	400meter Dash	Final	1:05
08.	800meter Run	Trials - Place and Time	2:20	09.	800meter Run	Final	1:10
09.	500meter Run	Trials - Place and Time	2:50	10.	500meter Run	Final	1:20
10.	35 lb. Weight Throw	Final	3:00	11.	55m High Hurdles	Final	1:35
11.	1000meter Run	Trials - Place and Time	3:10	12.	55m Dash	Final	1:45
12.	3000meter Run	Final - Sections on Time	3:20	13.	1000meter Run	Final	1:50
13.	200meter Dash	Trials	3:40	14.	5000meter Run	Final - Sections on Time	2:00
14.	Distance Medley	Trials - Place and Time (1200-400-800-1600)	4:00	15.	200meter Dash	Final	2:30
15.	4x800m Relay	Trials - Place and Time	4:25	16.	Distance Medley	Final (1200-400-800-1600)	2:40
16.	4x400m Relay	Trials - Place and Time	4:50	17.	4x800 Meter Relay	Final	2:55
				18.	4x400 Meter Relay	Final	3:05
					IC4A AWARDS CEREMONY		3:30

The ECAC is proud to partner with companies that share its vision and is thankful for their support

All Worldwide Travel
Anaconda Sports
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INTERCOLLEGIATE ASSOCIATION OF AMATEUR ATHLETES OF AMERICA

Founded in 1876

2007-2008 IC4A COACHES ASSOCIATION OFFICERS

President:	Jim Fischer	University of Delaware
First Vice President:	Julia Sandiford	Long Island University
Second Vice President:	Darrin Webb	Virginia Military Institute
Third Vice President	TBA	
Secretary - Treasurer:	Jim Hurt	St. John's University
Ex - Officio:	Joe Compagni	Monmouth University
	Mike Glavin	St. Joseph's University

IC4A MEMBER INSTITUTIONS

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

2007 - 2008 IC4A COACHES

ADELPHI (II)	Adam Siepiola	MASS. INST. TECH. (III)	Halston Taylor
ALBANY	Roberto Vives(tk)	MERCHANT MARINE (III)	Tony Boston
	Craig McVey(xc)	MERCY COLLEGE (II)	Darryl Bullock
AMERICAN INTL. (II)	Leo Mayo	MONMOUTH UNIV.	Joe Compagni
ARMY - USMA	Jerry Quiller	MONTCLAIR STATE (III)	Aubrey Lewis
BATES COLLEGE (III)	Al Fereshetian	MORGAN STATE	Neville Hodge
BENTLEY (II)	Ed Lyons	MOUNT ST. MARY'S	Jim Stevenson
BINGHAMTON, SUNY	Mike Thompson	NAVY - USNA	Steve Cooksey (tk)
	Annette Acuff (xc)		Al Cantello (xc)
BOSTON COLLEGE	Randy Thomas	NEW HAMPSHIRE	Jim Boulanger (tk)
BOSTON UNIVERSITY	Robyne Johnson	NEW HAVEN (II)	Kevin Lasure
	Bruce Lehane (xc)	NEW JERSEY, COLL. OF (III)	Eric Mobley (tk)
	John Evans		Phil Jennings (xc)
BRANDEIS (III)	Craig Lake	NEW JERSEY TECH	Al Alonso
BROWN	Kevin Donner	NEW YORK TECH (II)	Tony Perrone
BUCKNELL	Perry Jenkins	NEW YORK UNIV. (III)	Nicholas McDonough
BUFFALO	Peter Osmond	UNC. - WILMINGTON	Jim Sprecher
CANISIUS	George Kawecki	NORTHEASTERN	Sherman Hart
CENTRAL CONNECTICUT	Art McKinnon	NOTRE DAME	Joe Piane
COLGATE	Willy Wood	PACE (III)	
COLUMBIA	Greg Roy	PENN STATE	Beth Alford-Sullivan
CONNECTICUT	Carl Hicks	PENNSYLVANIA	Charles Powell
COPPIN STATE	Nathan Taylor	PHILADELPHIA (II)	Dave Thomas
CORNELL	Barry Harwick	PITTSBURGH	Alonzo Webb
DARTMOUTH	James Fischer	PRINCETON	Fred Samara
DELAWARE	Duane Henry	PROVIDENCE	Ray Treacy
DELAWARE STATE	Emily LaGiglia	QUINNIPIAC UNIV.	Shawn Green (tk)
DOWLING(II)	Norm Ogilvie		Ed O'Connor (xc)
DUKE	Jim Lear	RHODE ISLAND	John Copeland
DUQUESNE	Bill Carson (tk)	RIDER	Rob Pasquariello
EAST CAROLINA	John Sagnelli	ROBERT MORRIS	Michael Smith
FAIRFIELD	Sharlene Milwood-Lee	RUTGERS	Mike Mulqueen
FAIRLEIGH DICKINSON	Tom Dewey	SACRED HEART	Christian Morrison
FORDHAM	Andy Gerard	SAINT ROSE (II)	Robert Dorn (tk)
GEORGE MASON	Deb Cane		Andrew Rickert (xc)
GEORGE WASHINGTON	Pat Henner	ST. FRANCIS - NY	Anthony Kurtin
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HOFSTRA	Jim Kavanagh	ST. PETER'S	Michael Massone
HOLY CROSS	Damion Jones	ST. THOMAS AQUINAS	Dave Billings
HUNTER (III)	Mick Byrne	SETON HALL	John Moon (tk)
IONA	Charles Torpey		Chris Egger (xc)
LASALLE	Julio Piazza	SIENA	Jim Bowles
LAFAYETTE	Matt Utesch	SO. CONNECTICUT (II)	Jack Maloney
LEHIGH	Brant Tolsma	STONEHILL (II)	Karen Boen
LIBERTY	Cyrus Jones	STONY BROOK	Andy Ronan
LINCOLN (II)	Julia Sandiford (xc)	SYRACUSE	Chris Fox
LONG ISLAND	Simon Hodnett (tk)	TEMPLE	Stefanie Scalessa
	Catherine Hanson	TUFTS (III)	Ethan Barron
LONGWOOD	Rick Woods	VERMONT	Matt Belfield
LOYOLA	Jim Ballinger (tk)	VILLANOVA	Marcus O'Sullivan
MAINE	Mark Lech (xc)	VIRGINIA	Randy Bungard (tk)
	Dan Mecca (tk)		Jason Dunn (xc)
MANHATTAN	Michael Rohl	VIRGINIA MILITARY INST.	Mike Bozeman
MANSFIELD UNIV.(II)	Pete Colaizzo	WAGNER	Joseph Stasi
MARIST	Andrew Valmon	WHEATON (III)	Paul Souza
MARYLAND	David Bobb(tk)	WILLIAM and MARY	Alex Gibby
MARYLAND-BC	Murray Davis (xc)	YALE UNIVERSITY	Dave Shochalter (tk)
	Ken O'Brien		Dan Ireland (xc)
UMASS - AMHERST	Gary Gardner		
UMASS - LOWELL (II)			

The Mike LeBlanc Story

Michael LeBlanc steps onto the track like he has done so many times for so many years. He slowly enters his lane and observes what's around him. A quick glance to the left – now the right – and he realizes that he's exactly where he wants to be.

One last bounce on his toes and shake of his arms before he assumes the starting position. There it is – the feeling that has sparked his love for this. He can feel it race through his body and trickle off the end of his finger tips. There's really nothing you can compare to this sense of anticipation.

He leans forward and down to his knees; searching for a comfortable position. One final kick of his legs to ensure that he is loose and at ease. His right foot, followed by his left, lock in like shovels twisting into the ground. The soles of his feet firmly meet the starting blocks. He has done this so many times for so many years.

The starter's call charges the field, his back arches in unison with his opponents. There it is again. That feeling is relentlessly rushing through his body. Back through his fingers, climbing his shoulders, along his spine, and streaking down the back of his legs. The snap of the gun is imminent at this point. This is nothing new to him.

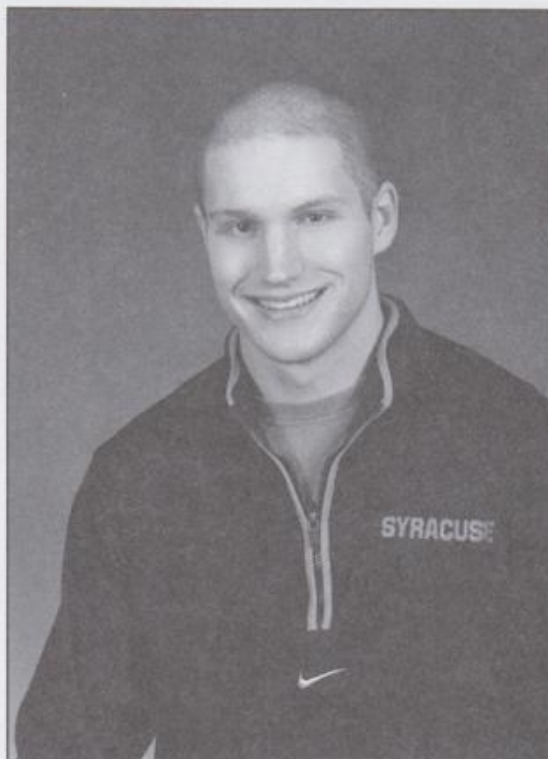
It's in this moment that Michael LeBlanc feels natural. It's in this very moment that Michael LeBlanc comes alive.

"It's this build-up and anticipation. You know that it's going to happen so fast, but you have 500 different thoughts going through your head. I can't really describe it," LeBlanc said. "I thrive on that."

Syracuse sophomore Michael LeBlanc has routinely thrived on this moment, building the foundation for a budding career that launched with an All-American performance in 2007. But that foundation dates back to long ago.

LeBlanc recalls his passion for running starting at a young age. It wasn't the traditional mainstream sports that occupied his time. He can remember playing basketball and football, the typical team-oriented sports. But, they didn't fit comfortably.

"My school used to have a field day that was basically a mockery of all of Olympic sports," LeBlanc remembered. "We'd have a ball toss, a standing long jump, the 50 and 100-yard dash. And, I'd win every event, except the ball toss. I was a horrible thrower



and I'm still a horrible thrower. But, it was always my favorite day of the year."

LeBlanc recounts this annual day as a springboard for things to come. It was from these experiences that he learned where he excelled and what he enjoyed. Running became a lifestyle for him that he's perfected to this day.

Fully committed to a six-day-a-week training regimen, LeBlanc boasted a standout performance at the Nike Junior Nationals in Washington, D.C. in 2004. Every top program in the country, from coast-to-coast – from UCLA to Florida State – salivated at the prospect of adding his uncanny ability to its sprint lineup. He'd taken several official visits, been wowed by a number of high-profile schools, but Syracuse

was the one that had felt like home.

Following a freshman year wholly devoted to training, LeBlanc exploded onto the collegiate scene in his second year with the Orange. He set the annual indoor Penn State National Open record in the 60m dash with a time of 6.67 seconds. At the BIG EAST Championship, he established the meet's record in the preliminary round with time of 6.71 seconds.

"I never want to say, 'this is the limit to what I can do.' I don't see any reason why that's the only thing that I can do. I see it more as a taste of what I can do."

Yet, the engine was just beginning to start and the wheels were slowly coming into motion. He made his outdoor debut at the North Carolina Fast Times before competing in the world-renown Penn Relays. LeBlanc captured the top time in the 100m dash in Chapel Hill; then tallied an NCAA Regional-qualifying performance in Philadelphia.

He collected the 100m dash crown at the BIG EAST Outdoor Championship by nearly two-tenths of a second. LeBlanc's fourth-place finish at the NCAA Regional in Gainesville, Fla. set the stage for the season's culmination. He had qualified for the NCAA Outdoor Championship.

"The NCAA Outdoor Championship is one of the best meets in the world," LeBlanc reflected. "The top eight guys in college are some of the best runners in the world. The college talent in this country is unreal." So, butterflies. Naturally?

"I'm never nervous, and I don't mean that in an arrogant sense," LeBlanc cautioned. "What makes me nervous is that if I feel unprepared for the situation. But, I felt prepared. I feel that I prepare very well, and my record shows that all of my best performances are in major meet situations."

If are you looking for big stage, big performance mentalities, look no further. LeBlanc rolled to a wind-aided 10.16 in the preliminaries before uncorking a 10.17 just hours later. Now, he knew he belonged and he was in contention to take the spotlight.

"I treat every meet the same," LeBlanc admitted. "I'd be lying if I said I didn't feel differently, but I never do anything differently. You do whatever works. If it works, why would you change it in the biggest situation? That's not the time to make changes."

LeBlanc posted a 10.22 in the finals, finishing fourth and becoming Syracuse's first All-American in the 100m dash since 1986.

"Going into the meet, the goal was to become an All-American," LeBlanc said. "Your goals have to be dynamic. You have to either scale them back or move them forward. And, you can't be afraid to push things forward."

But LeBlanc will be the first to admit that his performance in Sacramento was just the key turning in the ignition, just the start of a ravenous hunger. It's an insatiable desire to never settle that drives him to reach for new heights.

"I never like to be content with things," he said. "I never want to say, 'this is the limit to what I can do.' I don't see any reason why that's the only thing that I can do. I see it more as a taste of what I can do."

"People have lofty goals, but I can never really find a reason not to have lofty goals," LeBlanc said. "You might as well, right? Why not? What are you losing? If you fail, you fail. If you succeed, you've done something great."

And, it's that word that fuels the fire – great. The root of every long day in the weight room, each intense session on the track and the relentless desire to improve day-in and day-out. There's a goal for LeBlanc. His eyes get wider and wider at the thought of running without a ceiling, but there's an end-all.

"Once you're there, you realize what it is and then you want the next thing, and the next thing, and the next thing," LeBlanc said. "Frankly, I just want to be great. I want people to say and I want to be able to say that I was great at any level I've reached. I want people to say, 'he was a great collegiate runner', or 'he was a great Olympian', or 'he was a great national team athlete'. I want to be able to be happy with what I did."

By Brian J. Beacham, Syracuse Athletics Communications

**"I want people to say
and I want to be able
to say that I was great
at any level I reached."**



2008 IC4A OFFICIALS

Meet Director:

Steve Bartold

Honorary Meet Director:

Larry Byrne

Assistant Meet Director:

Tom Stewart

ECAC Representative:

Gothard Lane

Meet Administration:

Bernice DeMello

Games Committee:

Steve Bartold

Larry Byrne

Ed Callahan

Pete Schuder

Jim Fischer, Delaware

Jim Hurt, St. John's

Julia Sandiford, Long Island

Darrin Webb, Va. Military

Robyne Johnson, Boston U.

Referees:

Ed Callahan, Running

Ed Gorman, Field

Pete Schuder, Heptathlon

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(LANCER TIMING)

Rick Berryman

Rich Nagy

Jaime Berryman

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Larry Byrne

Bernice DeMello

Chad Dwyer (ECAC)

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Andy Boyajian

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Tom McTaggart, Chief

Carmen Iannuccilli

Diane Wright

Clerks of Course:

Yvonne Grimes, Chief

Bob Fontaine

Ronald McLean

Umpires:

Tom Stewart - Chief

Bill Eisenring

Eileen Kane

Bill Kane

Joe McGonigle

Finish Officials:

William Jackson

Ed Nelms

Roceta Nelms

Keeper of Laps:

Joe McGonigle

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Barbara Gaulian

Bonnie Sullivan

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Ed Gorman

High Jump:

Richard Mann - Chief

William Pollinger

Michael "Max" Tucker

Reggie Weissglas

Pole Vault:

Bob Gemske - Chief

Kevin Ferriter

Rick LaJoie

Michael Sullivan

Fred Zaccagnini

Long Jump and Triple Jump:

David Rizzo - Chief

Jim Herbert

Jerrold Leanness

Ken Martin

Bill McDermott

Fred Seiger

Gus Young

Shot - Put and Weight Throw:

Earl Williams - Chief

Charles Bradford

Ed Bennett, Jr.

Tim Murphy

Beth Wolak

Mike Wolak

Heptathlon:

Pete Schuder - Chief

Ed Bennett (SP)

Bob Gemske (PV)

Jim Herbert (LJ-HJ)

Rick LaJoie (PV)

Jerry Leanness (LJ)

Ken Martin (LJ)

William McDermott (LJ-SP)

Tim Murphy (SP)

Bill Pollinger (HJ)

Fred Sieger (LJ)

Mike Sullivan (PV)

Michael Tucker (LJ-HJ)

Monique White (LJ)

Beth Wolak (SP)

Mike Wolak (SP)

Fred Zaccagnini (PV)

RESULTS OF THE 2007 IC4A INDOOR CHAMPIONSHIPS

March 3-4, 2007 - Boston University, Boston, Massachusetts

2007 Results

1. Cornell	50	1. LeBlanc, Mike, Syracuse 6.21; 2. Moseley, Ryan, La Salle 6.40; 3. Kohn, Aulton, Syracuse 6.41; 4. Bland, Michael, Rhode Island 6.421; 5. Joseph, Dieuseul, Albany 6.429; 6. Price, Torrey, Stonehill 6.45; 7. St. Elme, Fabrice, Monmouth 6.47; Burnett, Junior, Albany 6.56; 8.	5. Delaware State 3:11.93; 6. Rutgers 3:12.17; 7. Duke 3:13.77; 8. Liberty 3:13.78.
2. Seton Hall	45		
3. Georgetown	42		
4. Albany	37		
5. Army	36		
6. Syracuse	35		
6. William & Mary	35		
8. Liberty	30.50		
9. Manhattan	29		
10. Bucknell	27		
11. Rhode Island	24		
12. Duke	19		
13. UMBC	18		
13. LaSalle	18		
15. Buffalo	16		
15. Yale	16		
15. Fairleigh Dickinson	16		
18. Robert Morris	15.50		
19. Morgan State	15		
19. Iona	15		
19. Penn State	15		
19. Lincoln	15		
23. Sacred Heart	13		
23. Coppin State	13		
23. Providence	13		
26. Rider	12		
26. Northeastern	12		
26. Rutgers	12		
28. Monmouth	11		
30. Pittsburgh	10		
30. Pennsylvania	10		
30. Binghamton	10		
33. Duquesne	9		
33. Saint Francis (Pa.)	9		
35. Lehigh	8		
36. Delaware State	7		
37. James Madison	6		
37. Princeton	6		
37. VMI	6		
40. George Mason	5		
41. Colgate	4		
41. Stony Brook	4		
41. Navy	4		
41. New Haven	4		
41. Lafayette	4		
46. Maryland	3.50		
46. Temple	3.50		
48. Boston College	3		
48. Stonehill	3		
47. Southern Conn.	2		
50. Maine	2		
52. Villanova	1		
52. Marist	1		

55 Meters

200 Meters

400 Meters

500 Meter

800 Meter

1000 Meter

One Mile

3000 Meter

5000 Meter

55 Meter Hurdles

4x400 Meter Relay

4x800 Meter Relay

Men's Distance Medley

High Jump

Men Pole Vault

Long Jump

Triple Jump

Shot Put

Weight Throw

Heptathalon

IC4A INDOOR RECORDS

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

55 Meters

2007 IC4A Champion	6.21	Mike LeBlanc, Syracuse
IC4A Meet Record	6.13	Lee McRae, Pittsburgh
Boston Univ. Facility	6:22	Arel Gordon
IC4A Collegiate	6.00	McRae
Collegiate	5.99	Obadele Thompson, UTEP
American Collegiate	6.00	McRae
American	6.00	McRae
World	5.99	Thompson, Barbados

55 Meter Hurdles

2007 IC4A Champion	7.18	Mike Wray, Pittsburgh
IC4A Meet Record	7.14	Eugene Norman, Rutgers
Boston Univ. Facility	7:26	Colin Aina, Rhode Island
IC4A Collegiate	6.89	Renaldo Nehemiah, Maryland
Collegiate	6.89	Nehemiah
American	6.89	Nehemiah
World	6.89	Nehemiah, USA

200 Meters

2007 IC4A Champion	20.99	Arman Dixon, Sacred Heart
IC4A Meet Record	20.85	Paul-Vince Obuon, VMI
Boston Univ. Facility	20.85	Obuon
IC4A Collegiate	20.40	LaShawn Merritt, E. Carolina
Collegiate	20.10	Wallace Spearman, Arkansas
American	20.10	Spearman
World	19.92	Frank Fredericks, Namibia

400 Meters

2007 IC4A Champion	47.32	Herbert Nichols, Morgan State
IC4A Meet Record	45.83	Obra Hogans, Seton Hall
Boston Univ. Facility	45.83	Hogans
IC4A Collegiate	44.93	LaShawn Merritt, E. Carolina
Collegiate	44.57	Kerron Clement, Florida
American	44.57	Clement
World	44.63	Clement

500 Meters

2007 IC4A Champion	1:01.40	Greg Gomes, Seton Hall
IC4A Meet Record	1:00.84	Michael Greene, Navy
Boston Univ. Facility	1:01.39	Gomes
IC4A Collegiate	1:00.84	Greene
Collegiate	1:00.84	Greene
American	1:00.17	Ken Lowery, Chicago State TC
World	1:00.17	Lowery, USA



Josh McDougal

800 Meters

2007 IC4A Champion	1:50.69	Tim Kaijala, Pennsylvania
IC4A Meet Record #	1:48.74y	Mark Belger, Villanova
	1:48.19m	Ray Levitre, Penn State
Boston Univ. Facility	1:48.04	Logan Jones, Connecticut
IC4A Collegiate	1:44.84	Paul Ereng Virginia
Collegiate	1:44.84	Ereng
American Collegiate	1:45.88	Derrick Peterson, Missouri
American	1:45.00	Johnny Gray, Santa Monica TC
World	1:42.67	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

2007 IC4A Champion	2:25.55	Hayden McLaren, Providence
IC4A Meet Record	2:21.28	Sam Gabemariam, Georgetown
Boston Univ. Facility	2:22.58	Joel Legare, Connecticut
IC4A Collegiate	2:19.79	Adan Dixon, Harvard
Collegiate	2:19.57	Christian Smith, Kansas State
American	2:17.86	David Krummenacker, adidas
World	2:14.96	Wilson Kipketer, Denmark

One Mile

2007 IC4A Champion	4:11.08	Anthony Kellhower, UMBC
IC4A Meet Record	4:00.06	Mike Stahr, Georgetown
Boston Univ. Facility	3:59.14	Dave Proctor, Boston Univ.
IC4A Collegiate	3:55.5	Sidney Maree, Villanova
Collegiate	3:55.0	Tony Waldrop, North Carolina
American	3:51.8	Steve Scott, Sub-4 Track Club
World	3:48.45	Hicham El Guerrouj, Morocco

3,000 Meters

2007 IC4A Champion	8:05.64	Matt Forsy, Bucknell
IC4A Meet Record	7:53.16	Josh McDougal, Liberty
Boston Univ. Facility	7:46.60	Mark Carroll, adidas
IC4A Collegiate	7:47.50	Adrian Blincoe, Villanova
Collegiate	7:38.59	Alistair Cragg, Arkansas
American Collegiate	7:46.03	Adam Goucher, Colorado
American	7:32.43	Bernard Legat
World	7:24.90	Daniel Komen, Kenya

5,000 Meters

2007 IC4A Champion	13:37.32	Josh McDougal, Liberty
IC4A Meet Record	13:37.32	Josh McDougal, Liberty
Boston Univ. Facility	13:37.32	Josh McDougal, Liberty
IC4A Collegiate	13:22.17	Geoff Smith, Providence
Collegiate	13:20.4	Suleiman Nyambui, UTEP
American Collegiate	13:22.6	Alberto Salazar, Oregon
American	13:20.55	Doug Padilla, Athletics West
World	12:49.60	Kenenisa Bekele, Ethiopia

4 x 400 Meter Relay

2007 IC4A Champion	3:10.72	Seton Hall (James Gurr, Justin Mckenzie, Jemel Williams, Greg Gomes)
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 Houghton 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)

IC4A INDOOR RECORDS

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

4 x 800 Meter Relay

2007 IC4A Champion	7:37.28, Cornell (Brian Mongeon, Andy Miller, Mike Smayda, 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

2007 IC4A Champion	9:54.10 William & Mary (Sean Anastasia-Murphy, Matt Warco, Matt Wolak, Ian Fitzgerald)
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	9:28.83, Stanford '00 (same as above)

High Jump

2007 IC4A Champion	6-11.5 (2.12) David Pell, Cornell
IC4A Meet Record	7-6.5 (2.30) Nick Saunders, Boston Univ 83
Boston Univ. Facility	7-1.5 (2.17) Jean Huguens, UMBC 03
IC4A Collegiate	7-7.25 (2.32) Franklin Jacobs, FDU 78
Collegiate	7-9.25 (2.39) Hollis Conway, SW Louisiana 89
American	7-10.5 (2.40) Conway, Nike International 91
World	7-11.5 (2.43) Javier Sotomayor, Cuba 89

Pole Vault

2007 IC4A Champion	17-00.75 (5.20) Rory Quiller, Binghamton
IC4A Meet Record	18-8.5 (5.70) Istvan Bagyula, Geo. Mason 92
Boston Univ. Facility	17-8.5 (5.40) Rory Quiller, Binghamton 07
IC4A Collegiate	19-1 (5.82) Bagyula 92
Collegiate	19-2.25 (5.85) Jacob Davis, Texas 99
American	19-9 (6.02) Jeff Hartwig, Nike 02
World	20-2 (6.16) Sergey Bubka, Ukraine 93

Long Jump

2007 IC4A Champion	24-9.25 (7.55) Roy Richards, Buffalo
IC4A Meet Record	26-5.5 (8.06) D.D. Manns, James Madison 87
Boston Univ. Facility	25-0.25 (7.63) Anthony Wallace, JMU 03
IC4A Collegiate	26-7 (8.10) Ray Humphrey, Georgetown 86
Collegiate	28-2.25 (8.59) Miguel Pate, Alabama 02
American	28-10.25(8.79) Carl Lewis, Santa Monica TC 84
World	28-10.25(8.79) Carl Lewis, USA 84

Triple Jump

2007 IC4A Champion	52-1.25 (15.88) Ray Taylor, Cornell
IC4A Meet Record	54-5.25 (16.59) Ray Humphrey, Georgetown 86
Boston Univ. Facility	53-0.25 (16.16) Chavous Nichols, Penn State 03
IC4A Collegiate	54-8 (16.66) Eugene Koranteng, Geo Mason 86
Collegiate	57-5 (17.50) Charles Simpkins, Baptist 86
American	58-3.25 (17.76) Mike Conley, Tyson TC 87
World	58-6 (17.83) Aliecer Urrutia, Cuba 97
	Christian Olsson, Sweden 04

Shot Put

2007 IC4A Champion	62-6.75 (19.07) Milan Jotanovic, Manhattan
IC4A Meet Record	64-10 (19.76) August Wolf, Princeton 83
Boston Univ. Facility	63-8.75 (19.42) Jotanovic 06
IC4A Collegiate	66-1.75 (20.16) Wolf 83
Collegiate	70-6.5 (21.50) Terry Albritton, Stanford 77
American	74-4.25 (22.66) Randy Barnes, Mazda TC 89
World	74-4.25 (22.66) Barnes, USA 89

35-LB Weight Throw

2007 IC4A Champion	66-0.5 (20.13) Zoran Loncar, Manhattan
IC4A Meet Record	72-10 (22.22) Sean McGeheary, Boston Coll 97
Boston Univ. Facility	70-0.5 (21.35) Tom Freeman, Manhattan 03
IC4A Collegiate	76-1 (23.19) Jacob Freeman, Manhattan 02
Collegiate	82-3.5 (25.08) Kibwe Johnson, Ashland 07
American	84-10.25 (25.86) Lance Deal, NYAC 95
World	84-10.25 (25.86) Deal, USA 95

Heptathlon

2007 IC4A Champion	4,985 points Tyler Clarke, Duke (6.87, 19-4.25, 37-0.5, 6-4/7.91, 14-6.75, 2:52.35)
IC4A Meet Record	5,349 points Devin Barry, Mt. St. Mary 06 (6.63, 22-3.75, 38-1.5, 6-4.25/7.65, 4.40, 2:53.57)
Boston Univ. Facility	5,349 points Barry, Mt. St. Mary 06 (6.63, 22-3.75, 38-1.5, 6-4.25/7.65, 4.40, 2:53.57)
IC4A Collegiate	5,744 points, Mustafa Abdur-Rahim, Dart. 04 (6.96, 22-11.75, 47-1.5, 6-4/7.96, 13-5.25, 2:37.08)
Collegiate	6,136 points, Donovan Kilmartin, Texas 04 (7.05, 24-2.25, 46-10, 6-9.75/8.17, 17-8.5, 2:49.44)
American	6,476 points, Dan O'Brien, Reebok 93 (6.67, 25-8.75, 52-6.75, 6-11.75/7.85, 17-0.75, 2:45.32)
World	6,476 points, O'Brien, USA (same as above) 93



Rory Quiller

86 Years of IC4A Indoor Track and Field Championships Meets: 1922-2007

Year	Site/Size	Top Three Team Scores	1980	Jadwin Gym, Princeton (220y Flat Synthetic)
1922	102nd Engineers Armory, NYC (220y Banked Board)	Cornell 35.5; Dartmouth 25; Penn 24		Villanova 66; F.D.U. 58; Maryland 44.5
1923	- same -	Penn 29; Cornell 26; Dartmouth 18	1981	- same - Maryland 97; F.D.U. 73; Villanova 63
1924	- same -	Penn 21.33; Princeton 20; Yale 20	1982	- same - F.D.U. 56; Villanova 47; Maryland 43.5
1925	- same -	Georgetown 37; Harvard 24.25; Penn 22.5	1983	- same - Villanova 92; George Mason and Rutgers 50
1926	- same -	Harvard 28; Georgetown 25.5; Penn 23.5	1984	- same - Penn State 62; George Mason 61; Georgetown 56
1927	- same -	Harvard 23.43; Yale 20.4; Cornell 29.29	1985	- same - Villanova 59; Penn State 57; Boston U. 53
1928	- same -	Penn 29; Cornell 26; Dartmouth 18	1986	- same - Villanova 52; Penn State 50
1929	- same -	N.Y.U. 25; Georgetown 22.5; Penn 21.25		Boston U. George Mason and Georgetown 42
1930	- same -	Cornell and Penn 27.5 tie; Harvard 20.5	1987	Gordon Track, Harvard (220y Banked Synthetic)
1931	- same -	Penn 38.1; Harvard 19; Cornell 17.7		Penn State 53; Villanova 52; George Mason 46
1932	Kingsbridge Army Bronx (239.3y) Banked Board	N.Y.U. 31; Harvard 24; Penn 23.5	1988	Jadwin Gym, Princeton (220y Flat Synthetic)
1933	- same -	Yale 32; N.Y.U. 28; Manhattan 21		Georgetown 70; George Mason 60; Penn State 51
1934	Madison Square Garden-III (160y Banked Board) 50th St. and 8th Avenue	Manhattan 28.5; N.Y.U. 24.5; Yale 20	1989	- same - George Mason 72; Penn State 65; Princeton 40
1935	- same -	Manhattan 26; Cornell 16.5; Harvard 16	1990	Gordon Track, Harvard (220y Banked Synthetic)
1936	- same -	Manhattan 26; Yale 18.5; Harvard 17.75		George Mason 103; Penn State 56; Georgetown 53.5
1937	- same -	Columbia 34.36; Princeton 19.76; Manhattan 19.43	1991	Jadwin Gym, Princeton (220y Flat Synthetic)
1938	- same -	Columbia 27; Manhattan 24; Yale 18		George Mason 102; Georgetown 66; Penn State 47
1939	- same -	Manhattan 36; N.Y.U. 20; Fordham 15	1992	Jadwin Gym, Princeton (200m Flat Synthetic)
1940	- same -	N.Y.U. 27; Manhattan 21; Penn State 17.5		Manhattan 64; George Mason 58; Georgetown and Villanova 57
1941	- same -	Fordham 25.25; Pittsburgh 18; N.Y.U. 18	1993	Gordon Track, Harvard (220y Banked Synthetic)
1942	- same -	Penn State 21.7; Fordham 20.5; New Hampshire 18		Georgetown 67; Villanova 60; George Mason 52
1943	- same -	N.Y.U. 48; Fordham 20.5; Cornell 13	1994	Jadwin Gym, Princeton (200m Flat Synthetic)
1944	- same -	Army 47; Navy 36.5; Dartmouth 19		Georgetown 87; George Mason 62.5; Seton Hall 58
1945	- same -	Army 73.5; Navy 55.5; N.Y.U. 19	1995	- same - Georgetown 86; Seton Hall 74; Princeton 61.5
1946	- same -	Army 53.5; N.Y.U. 35; Manhattan 22	1996	Gordon Track, Harvard (220y Banked Synthetic)
1947	- same -	N.Y.U. 35; Manhattan 30; Penn State 16		Georgetown 87.5; Connecticut 53; Manhattan 48
1948	- same -	N.Y.U. 31.5; Yale 23.25; Manhattan 18	1997	Jadwin Gym, Princeton (200m Flat Synthetic)
1949	- same -	Michigan State 35.4; Yale 26.4; Seton Hall 20		Georgetown 81; Connecticut 37.5; Manhattan 36
1950	- same -	Michigan State 21; Seton Hall 20; Manhattan 19.5	1998	Barton Hall, Cornell (200m 8-lane Recaflex)
1951	- same -	Manhattan 29; Seton Hall 27.29; Georgetown 22		Georgetown 81; Penn State 65; Manhattan 44
1952	- same -	Manhattan 40.5; Army 18; Georgetown 14	1999	Reggie Lewis Center (200m 6-lane Banked Synthetic)
1953	- same -	Manhattan 36; Penn State 22.5; Columbia 17		Georgetown 99; Virginia Tech 56; Liberty 51.5
1954	- same -	Yale 19; Boston U 18.5; Manhattan 17	2000	Gordon Track, Harvard (220y Banked Synthetic)
1955	- same -	Manhattan 27; Villanova 22.5; Penn State 18		Georgetown 79; Virginia Tech 67; Penn State 47
1956	- same -	Manhattan 36; Villanova 34; Pittsburgh 15.83	2001	Reggie Lewis Center (200m 6-lane Banked Synthetic)
1957	- same -	Villanova 46; Manhattan 22.5; Penn State 12.61		Penn State 73; Seton Hall 68; Georgetown 55
1958	- same -	Villanova 29.33; Manhattan 27; Pittsburgh 11.5	2002	- same - Georgetown 65; Connecticut 56; Penn State 54
1959	- same -	Penn State 20.47; Manhattan 20; Yale 17	2003	Boston University (200m 6-lane Banked Synthetic)
1960	- same -	Villanova 27; Yale 23.3; Manhattan 16		Penn State 84; Seton Hall 54; Georgetown 49
1961	- same -	Yale 30; Villanova 29; Manhattan 20	2004	- same - Manhattan 60; Seton Hall 47; Army 34
1962	- same -	Villanova 31.5; Yale 16.125; N.Y.U. 15.625	2005	- same - Rutgers 74.33; Manhattan 52; Iona 34
1963	- same -	Villanova 27; Navy 18; Yale 17	2006	- same - Penn State 71; Cornell 55; Rutgers 54
1964	- same -	Villanova 22; Manhattan 21; Harvard 14	2007	- same - Cornell 50; Seton Hall 45; Georgetown 42
1965	- same -	Villanova 24; Maryland 21.5; Harvard 14	Team Championship Trophies	
1966	- same -	Maryland 28; Villanova 17; Harvard 14	Villanova	(20) '57, '58, '60, '62, '63, '64, '65, '67, '68, '69, '70, '71, '74, '77, '78, '79, '80, '83, '85, '86
1967	- same -	Villanova 36; Army 18; Notre Dame 17	Manhattan	(12) '34, '35, '36, '39, '51, '52, '53, '55, '56, '73, '92, '04
1968	Madison Square Garden-IV (160y Banked Board) 33rd St & 8th Avenue	Villanova 47; Harvard 24; Army 16.5	Georgetown	(11) '25, '88, '93, '94, '95, '96, '97, '98, '99, '00, '02
1969	- same -	Villanova 46; Maryland 32.5; Harvard 21	Penn State	(7) '42, '59, '84, '87, '01, '03, '06
1970	- same -	Villanova 41.5; Maryland 28.5; Yale 13	N.Y.U.	(6) '29, '32, '40, '43, '47, '48
1971	Jadwin Gym, Princeton (220y Flat Synthetic)	Villanova 42; Penn 21; Pittsburgh 21	Pennsylvania	(5.5) '23, '24, '28, '30, '31, '72 (* tied w/Cornell)
1972	- same -	Penn 26; Villanova 24; Adelphi 21	Army (USMA)	(3) '44, '45, '46
1973	- same -	Manhattan 45; Navy 24; Pennsylvania 14.5	Yale	(3) '33, '54, '61
1974	- same -	Villanova 29; Seton Hall and Manhattan 28	Maryland	(3) '66, '76, '88
1975	- same -	Seton Hall 37; Maryland 34; William & Mary 27	George Mason	(3) '89, '90, '91
1976	- same -	Maryland 38; Seton Hall 34; Villanova 29	Cornell	(2.5) '22, * '30 (* tied w/Penn), '07
1977	- same -	Villanova 51; Maryland 37; Seton Hall 20	Harvard	(2) '26, '27
1978	- same -	Villanova 64; Maryland 38; Northeastern 29	Columbia	(2) '37, '38
1979	- same -	Villanova 99; Maryland 73; Manhattan 34	Michigan State	(2) '49, '50
			Fordham	(1) '41
			Seton Hall	(1) '75
			F.D.U.	(1) '82
			Rutgers	(1) '05

