

2007 ECAC[®] AND IC4A OUTDOOR CHAMPIONSHIPS

Presented By

FieldTurf Tarkett[®]
UNITED IN SPORT[™]

Mach1

AT

**WILLIAM WEAVER TRACK AND FIELD STADIUM
PRINCETON UNIVERSITY
MAY 11-13**



Successful as Student-Athletes, Successful as Professionals



**Merredith Rainey Valmon '90
Harvard University**

**Craig Masback '77
Princeton University**



www.ecac.org



Eastern College Athletic Conference®

Commissioners

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

Championships

The ECAC administers 110 preseason and postseason events for 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

Student-Athletes

122,000

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 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™

Princeton University - Princeton, New Jersey



Dear Student-Athletes, Coaches and Fans,

On behalf of the ECAC®, I welcome each of you to the 131st annual IC4A and 24th annual ECAC® Outdoor Track and Field Championships presented by FieldTurf Tarkett and Mach I.

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 69th 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 131 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.

Rudy Keeling
Commissioner
Eastern College Athletic Conference

Eastern College Athletic Conference

P.O. Box 3 • 1311 Craigville Beach Road • Centerville, Massachusetts 02632

Phone: 508/771-5060 • Fax: 508/771-9481

www.ecac.org

Commissioner	Rudy Keeling
Senior Associate Commissioner	Steve Bamfrod
Assistant Commissioner for Business Services	Bob Hassey
Director of Championships	Gothard Lane
Director of Marketing	Brian Young
Executive Assistant to the Commissioner	Marian Gibson
Assistant Business Manager	Karen Roberts
Coordinator of Operations and Services	Michael Letzeisen
Acting Director of Communications	Ciaran Cullen
Marketing Assistant	Katie Fulton
Championships Assistant	Tyler Paul

The ECAC® and IC4A Track and Field Championships

2007 SCHEDULE OF EVENTS

Friday May 11th

IC4A Decathlon	12:00
ECAC Heptathlon	12:30
IC4A Discus Throw	5:30
IC4A 3000 Steeplechase	6:00
ECAC 3000 Steeplechase	6:20
IC4A 5000	6:40
ECAC 5000	7:00
IC4A 10000	7:20
ECAC 10000	8:00

Saturday May 12th

IC4A Decathlon	9:00
ECAC Heptathlon	9:30
IC4A Hammer Throw	10:00
IC4A 4x100 Relay - Trials	10:30
IC4A 1500 Trials	10:50
IC4A Pole Vault	11:00
IC4A 110 Hurdles - Trials	11:15
IC4A 100 Meter - Trials	11:35
IC4A Javelin Throw	12:00
IC4A Long Jump	12:00
IC4A 400 - Trials	12:00
IC4A 800 - Trials	12:20
IC4A 400 IH - Trials	12:35
IC4A 200 - Trials	1:00
ECAC Hammer Throw	1:00
IC4A 4x800 Relay - Trials	1:20
IC4A 4x400 Relay - Trials	1:45
ECAC 4x100 - Trials	2:45
ECAC Long Jump	3:00
ECAC Pole Vault	3:00
ECAC 1500 - Trials	3:05
ECAC 100 Hurdles - Trials	3:25
ECAC 100 - Trials	3:45
ECAC Discus Throw	4:00
ECAC 400 - Trials	4:05
ECAC 100 Hurdles - Semi Final	4:25
ECAC 100 Meter Semi Final	4:35
ECAC 800 - Trials	4:50
ECAC 400 Hurdle - Trials	5:05
ECAC 200 - Trials	5:25
ECAC 4x800 - Trials	5:45
ECAC 4x400 - Trials	6:00

Sunday May 13th

ECAC Javelin Throw	10:30
IC4A High Jump	10:30
IC4A Shot Put	10:30
ECAC Triple Jump (Inside Pit)	11:00
IC4A Triple Jump (Outside Pit)	11:00
ECAC 4x100 Relay	12:00
IC4A 4x100 Relay	12:10
ECAC 1500	12:15
IC4A 1500	12:25
IC4A 110 High Hurdles	12:40
ECAC 100 Hurdles	12:50
ECAC 400	1:00
ECAC High Jump	1:00
ECAC Shot Put	1:00
IC4A 400	1:05
ECAC 100	1:15
IC4A 100	1:25
ECAC 800	1:35
IC4A 800	1:40
ECAC 400 Hurdles	1:55
IC4A 400 Hurdles	2:05
ECAC 200	2:15
IC4A 200	2:20
ECAC 3000	2:30
ECAC 4x800 Relay	2:50
IC4A 4x800 Relay	3:05
ECAC 4x400 Relay	3:15
IC4A 4x400 Relay	3:20

Presentation of Awards to follow the last event



Rory Quiller,
Binghamton



Maxcine Foster,
St. John's





INTERCOLLEGIATE ASSOCIATION OF AMATEUR ATHLETES OF AMERICA

Founded in 1876

2006 - 2007 IC4A COACHES ASSOCIATION OFFICERS

President:Mike Glavin, St. Josephs 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	WagnerWest Chester (II)
Duke	Marist	Quinnipiac	Wheaton
Duquesne	Maryland	Rhode Island	William & Mary
East Carolina	UMBC	Rider	Yale
Fairfield	Massachusetts	Robert Morris	

The ECAC® and IC4A Track and Field Championships

COACHES OF IC4A MEMBER COLLEGES

SCHOOL	HEAD COACH	UMASS - LOWELL (II)	Gary Gardner
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
ARMY - USMA	Jerry Quiller	MONMOUTH UNIVERSITY	Joe Compagni
BATES COLLEGE (III)	Al Fereshetian	MONTCLAIR STATE (III)	Aubrey Lewis
BENTLEY (II)	Ed Lyons	MORGAN STATE	Neville Hodge
BINGHAMTON, SUNY	Mike Thompson	MOUNT ST. MARY'S	Jim Stevenson
BOSTON COLLEGE	Randy Thomas	NAVY - USNA	Steve Cooksey (tk)
BOSTON UNIVERSITY	Robyne Johnson		Al Cantello (xc)
	Bruce Lehane (xc)	NEW HAMPSHIRE	Jim Boulanger(tk)
BRANDEIS (III)	John Evans	NEW HAVEN (II)	John Sagnelli
BROWN	Craig Lake	NEW JERSEY, COLL. OF (III)	Eric Mobley(tk)
BUCKNELL	Kevin Donner		Phil Jennings(xc)
BUFFALO	Perry Jenkins	NEW JERSEY TECH	Al Alonso
CANISIUS	Peter Osmond	NEW YORK TECH (II)	Tony Perrone
CW 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 Plane
CONNECTICUT	Greg Roy	PACE (III)	
COPPIN STATE	Carl Hicks	PENN STATE	Beth Alford-Sullivan
CORNELL	Nathan Taylor	PENNSYLVANIA	Charles Powell
DARTMOUTH	Barry Harwick	PITTSBURGH	Alonzo Webb
DELAWARE	James Fischer	PRINCETON	Fred Samara
DELAWARE STATE	Duane Henry	PROVIDENCE	Ray Treacy
DUKE	Norm Ogilvie	QUINNIPIAC UNIVERSITY	Shawn Green (tk)
DUQUESNE	Jim Lear		Ed O'Connor (xc)
EAST CAROLINA	Bill Carson (tk)	RHODE ISLAND	John Copeland
FAIRFIELD	Michael Owens	RIDER	Rob Pasquariello
FAIRLEIGH DICKINSON	Sharlene Milwood-Lee	ROBERT MORRIS	Michael Smith
FORDHAM	Tom Dewey	RUTGERS	Mike Mulqueen
GEORGE MASON	Andy Gerard	SACRED HEART	Christian Morrison
GEORGE WASHINGTON	Deb Cane	ST. FRANCIS - NEW YORK	Anthony Kurtin
GEORGETOWN	Ron Helmer(tk)	ST. FRANCIS - PENNA	Felix Moreno
	Pat Henner(xc)	ST. JOHN'S	Jim Hurt
HARVARD	Jason Saretsky	ST. JOSEPH'S	Mike Glavin
HOFSTRA	Jim Sewell	ST. PETER'S	Michael Massone
HOLY CROSS	Jim Kavanagh	ST. THOMAS AQUINAS	Jamie Kempton
HUNTER (III)	Damion Jones	SETON HALL	John Moon (tk)
IONA	Mick Byrne		Chris Egger (xc)
JAMES MADISON	Bill Walton	SIENA	Jim Bowles
LASALLE	Charles Torpey	SO. CONNECTICUT (II)	Jack Maloney
LAFAYETTE	Julio Piazza	STONEHILL (II)	Karen Boen
LEHIGH	Matt Utesch	STONY BROOK	Andy Ronan
LIBERTY	Brant Tolsma	SYRACUSE	Chris Fox
LINCOLN (II)	Cyrus Jones	TEMPLE	Stefanie Scalessa
LONG ISLAND	Julia Sandiford	TUFTS (III)	Ethan Barron
LONGWOOD	Rich Firth	VERMONT	Matt Belfield
LOYOLA	Rick Woods	VILLANOVA	Marcus O'Sullivan
MAINE	Jim Ballinger (tk)	VIRGINIA	Randy Bungard (tk)
	Mark Lech (xc)	VIRGINIA MILITARY INST.	Jason Dunn (xc)
MANHATTAN	Dan Mecca tk)	WAGNER	Mike Bozeman
MANSFIELD UNIVERSITY(II)	Michael Rohl	WHEATON (III)	Joseph Stasi
MARIST	Pete Colaizzo	WILLIAM and MARY	Paul Souza
MARYLAND	Andrew Valmon	YALE UNIVERSITY	Alex Gibby
MARYLAND-BALT.COUNTY	David Bobb(tk)		Dave Shoehalter (tk)
	Murray Davis (xc)		Dan Ireland (xc)
UMASS - AMHERST	Ken O'Brien		

2007 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

Gered Burns - Albany
Dan Pribula - Syracuse

Week 2

Arman Dixon - Sacred Heart
Zeickia Ledwell - UNC, Wilmington
Evan Lasher - Sacred Heart

Week 3

Sean Quigley - La Salle
Freddie Wills - Albany

Week 4

Tom Slosky - Duquesne
Derek Peterson - Rhode Island

Week 5

Ashad Agyapong - Rhode Island
Steven Pierce - Bucknell

Week 6

Joe Greene - Albany
Luke Schoen - Albany

Week 7

Joe Greene - Albany
Mike McCadney - Albany

2007 ECAC and IC4A Officials

IC4A MEET ADMINISTRATOR

Steve Bartold

ASST. IC4A MEET ADMINISTRATOR

Tom Stewart

ECAC MEET ADMINISTRATOR

Tom Meagher

HONORARY MEET DIRECTOR

Larry Byrne

ECAC COORDINATOR

Gothard Lane

ASSISTANT TO THE MEET ADMINISTRATORS

Peter Farrell - ECAC
Fred Samara - IC4A

IC4A GAMES COMMITTEE

Pete Schuder,
Chairman
Steve Bartold
Larry Byrne
Ed Callahan
Irwin Cohen
Joe Compagni
Jim Fischer
Mike Glavin
Jim Hurt
Fred Samara
Tom Stewart

ECAC GAMES COMMITTEE

Tom Meagher
Lou Duesing
Peter Farrell
Gwen Harris
Sue McGrath Powell
Mark Young

MEET ADMINISTRATION

Bernice DeMello

RESULTS COORDINATION

Barbara Gaulien
Bonnie Sullivan

CLERK OF OFFICIALS

Bonnie Sullivan, Chief
Barbara Gaulien

PRESS RELATIONS

Ciaran Cullen, ECAC

REFEREES

IC4A and ECAC
Ed Callahan, Running
Ed Gorman, Weights
Pete Schuder, Jumps

STARTERS

Thomas McTaggart, Chief
Carmen Iannuccilli
Diane Wright

ANNOUNCERS

Larry Newman
Murray Peyton

UMPIRES IC4A/ECAC

Tom Stewart, Chief
Peter DeMarco
William Eisenring
William Kane
Andrew McCray
Joe McGonigle

CLERKS IC4A/ECAC

Edward Koch, Chief
Matthew Cola
Marty Lewis
Ronald McLean
Warren Ring
Crawford Sabin

PHOTO TIMING - LANCER TIMING

Charlie Butterfield
Nicky DeMarzio
Dave Wilbur

AWARDS

Karen 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
Fred Sieger (LJ)

MULTI EVENTS

HEPTATHLON

Claire Koegler, Chief
Rochelle Epstein
Tom Hassard
Michael "Max" Tucker

DECATHLON:

Dorothy Moritz, Chief
Andy Boyajian
Gerry Connell
Bill Crowther
Bob Doran
Steve Roman

INSPECTOR OF IMPLEMENTS

Val Foss
Paul Morency

IC4A DISCUS THROW

Edward Bennett, Chief
TJ Martino
Michael Sullivan
Michael Wolak
Fred Zaccagnini

ECAC DISCUS THROW

Ed Bennett, Chief
Rick LaJoie
Bill McDermott
Mike Sullivan
Earl Williams
Mike Wolak
Fred Zaccagnini

IC4A HAMMER THROW

Mike Wolak, Chief
Edward Bennett
Bill Crowther
Rick LaJoie
Bill McDermott

ECAC HAMMER THROW

Mike Wolak, Chief
Ed Bennett
Bill Crowther
Rick LaJoie
Bill McDermott

IC4A JAVELIN THROW

TJ Martino, Chief
Andy Boyajian
Kevin Ferriter
Michael Sullivan
Fred Zaccagnini

ECAC JAVELIN THROW

TJ Martino, Chief
Andy Boyajian
Kevin Ferriter
Tom Hassard
Rick LaJoie
Steve Roman
Mike Wolak
Fred Zaccagnini

IC4A HIGH JUMP

William Pollinger Chief
Paul Cordero
Michael Tucker
Dr. Reginald Weissglas

ECAC HIGH JUMP

Max Tucker, Chief
Paul Cordero
William Pollinger
Dr. Reginald Weissglas

IC4A LONG JUMP

Dave Rizzo, Chief
Gerry Connell
Carolyn Griggs
Marvin Johnson
Jerrold Leanness
Ken Martin
Frank Palombaro

ECAC LONG JUMP

Gerry Connell, Chief
Carolyn Griggs
Jesse Jackson
Marvin Johnson
Ken Martin

IC4A POLE VAULT

Edward Slade, Chief
Bernard Freedman
Ralph Fusco
Carlton Huff

ECAC POLE VAULT

Ed Slade, Chief
Bernard Freedman
Ralph Fusco
Carlton Huff

IC4A SHOTPUT

Earl Williams, Chief
Ed Bennett
Charles Bradford
Shawn German
Bill McDermott
Gus Young

ECAC SHOTPUT

Earl Williams, Chief
Ed Bennett
Charles Bradford
Shawn German
Bill McDermott
Gus Young

IC4A TRIPLE JUMP

Dave Rizzo, Chief
Jim Herbert
Marvin Johnson
Jerrold Leanness
Frank Palombaro
Fred Zaccagnini

ECAC TRIPLE JUMP

Gerry Connell, Chief
Carolyn Griggs
Jesse Jackson
Rick LaJoie
Ken Martin
Mike Sullivan

The 24th ECAC and 131st IC4A Outdoor Track & Field Championship program was produced by the Eastern College Athletic Conference and edited by Ciaran Cullen, ECAC Acting Director of Communications. Special thanks to contributors Brett Hoover, Kalina King, Ivy League, Daily Princetonian, 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

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

100 Meters				10,000 Meters			
2006 IC4A Champion	10.55	Sammy Sesay, George Mason		2006 IC4A Champion	29:21.23	Josh McDougal, Liberty	
IC4A Meet Record	10.20	Lee McRae, Pittsburgh	87	IC4A Meet Record	28:58.36	Stephen Ondieki, FDU	00
IC4A Collegiate	10.07	McRae	87	IC4A Collegiate	27:43.76	Geoff Smith, Providence	81
Weaver Stadium	10.36	John Gilcrest, Temple	84	Weaver Stadium	28:58.36	Stephen Ondieki, FDU	00
Collegiate	9.90	Ato Bolton, UCLA	96	Collegiate	27:22.47	Henry Rono, Washington St	78
American Collegiate	9.93	Calvin Smith, Alabama	83	American Collegiate	27:38.50	Dathan Ritzenhein, Colorado	04
American	9.78	Tim Montgomery, Nike	02	American	27:13.98	Mebrahtom Keflezighi, Nike TC	01
World	9.77	Asafa Powell, Jamaica	05, 06	World	26:17.53	Kenenisa Bekele, Ethiopia	05
200 Meters				110 Meter Hurdles			
2006 IC4A Champion	21.30	Richard Phillips, George Mason		2006 IC4A Champion	13.85	Richard Phillips, George Mason	
IC4A Meet Record	20.63	David Bobb, MD-Baltimore Cnty	97	IC4A Meet Record	13.53	William Skinner, Maryland	86
IC4A Collegiate	20.13	Elliott Quow, Rutgers	83	IC4A Collegiate	13.00	Renaldo Nehemiah, Maryland	79
Weaver Stadium	20.58	Brady Crain, NY Pioneer Club	83	Weaver Stadium	13.43	Terrence Trammell, NYPC	01
Collegiate	19.63	Xavier Carter, LSU	06	Collegiate	13.00	Nehemiah	79
American	19.32	Michael Johnson, Nike	96	American	12.90	Dominique Arnold, Nike	06
World	19.32	Johnson, USA	96	World	12.88	Xiang Liu, China	06
400 Meters				400 Meter Hurdles			
2006 IC4A Champion	47.07	Erison Hurtault, Columbia		2006 IC4A Champion	51.61	Joe Greene, Albany	
IC4A Meet Record	45.11	Kevin Lyles, Seton Hall	95	IC4A Meet Record	48.80	Kareem Acher, Villanova	97
IC4A Collegiate	43.97	Larry James, Villanova	68	IC4A Collegiate	48.69	Mike Shine, Penn State	79
Weaver Stadium	44.68	Angelo Taylor, Nike International	01	Weaver Stadium	49.19	Edwin Moses, Team adidas	81
Collegiate	43.50	Quincy Watts, So California	92	Collegiate	47.10	Samuel Matete, Auburn	91
American	43.18	Michael Johnson, Nike	99	American Collegiate	47.45	Edwin Moses, Morehouse	77
World	43.18	Johnson, USA	99	American	46.78	Kevin Young, Foot Locker AC	92
800 Meters				World	46.78	Young, USA	92
2006 IC4A Champion	1:48.28	Tim Bayley, Iona		4 x 100 Meter Relay			
IC4A Meet Record	1:45.34	Tom McLean, Bucknell	76	2006 IC4A Champion	41.08	Long Island (Rodney Daniel, Michael Hillian, Jeremy Bascom, Bryan Steele)	
IC4A Collegiate	1:43.92	John Marshall, Villanova	84	IC4A Meet Record	39.59	East Carolina (Eugene McNeill, Lee McNeill, Kelvin Wrighton, Jon Lee), 87	
Weaver Stadium	1:47.20	Bruce Harris, Villanova	89	IC4A Collegiate	39.15	East Carolina (same team as above), 87	
American Collegiate	1:43.74	Earl Jones, Eastern Michigan	84	Weaver Stadium	40.26	New York Tech, 99	
American	1:42.60	Johnny Gray, Santa Monica TC	85	Collegiate	38.04	Texas Christian (Bryan Howard, Jarmiene Holloway, Syan Williams, Percy Spencer), 5Jun98	
World	1:41.11	Wilson Kipketer, Denmark	97	American	37.40	US National Team (Mike Marsh, Leroy Burrell, Dennis Mitchell, Carl Lewis), 8Aug92	
1,500 Meters				4 x 400 Meter Relay			
2006 IC4A Champion	3:44.71	Courtney Jaworski, Pennsylvania		2006 IC4A Champion	3:08.80	Rutgers (Jahmone Duhaney, Ryan Westman, Joe Porter, Rob Waters)	
IC4A Meet Record	3:37.41	Sidney Maree, Villanova	79	IC4A Meet Record	3:04.11	East Carolina (Lawrence Ward, Damon Davis, Darrick Ingram, Mike Miller), 23May99	
IC4A Collegiate	3:31.71	Abdi Bile, George Mason	87	IC4A Collegiate	3:02.78	George Mason (Louis McDonald 47.5; Louis Sales 45.2; Alex Morgan 46.7; Greg Houghton 44.1) 3Jun95	
Weaver Stadium	3:41.56	Gerry O'Reilly, Villanova	86	Weaver Stadium	3:05.86	East Carolina (Green, Ingram, Ward, Alexander, 99)	
Collegiate	3:30.56	Bernard Lagat, Washington St	99	Collegiate	2:59.59	LSU (Reggie Dardar 46.4; Kelly Willie 44.4; Bennie Brazen 44.8; Xavier Carter 44.0) 06	
American Collegiate	3:33.1	Jim Ryun, Kansas	67	American	2:54.20	US Team (Jerome Young 44.3; Antonio Pettigrew 43.2; Tyree Washington 43.5; Michael Johnson 43.2), 22Jul98	
American	3:29.30	Lagat, Nike	05	World	2:54.20	US Team (Same team as above) 98	
World	3:26.00	Hicham El Guerrouj, Morocco	98	3,000 Meter Steeplechase			
3,000 Meter Steeplechase				2006 IC4A Champion	8:59.36	Tom Slosky, Duquesne	
2006 IC4A Champion	8:59.36	Tom Slosky, Duquesne		IC4A Meet Record	8:29.8	Kieran Stack, Iona	86
IC4A Meet Record	8:29.8	Kieran Stack, Iona	86	IC4A Collegiate	8:21.26	John Gregorek, Georgetown	81
IC4A Collegiate	8:21.26	John Gregorek, Georgetown	81	Weaver Stadium	8:27.8	K. Elerb, Westchester T.C.	91
Weaver Stadium	8:27.8	K. Elerb, Westchester T.C.	91	Collegiate	8:05.40	Henry Rono, Washington St	78
Collegiate	8:05.40	Henry Rono, Washington St	78	American Collegiate	8:10.69	Mark Croghan, Ohio State	91
American Collegiate	8:10.69	Mark Croghan, Ohio State	91	American	8:08.82	Daniel Lincoln, Nike	06
American	8:08.82	Daniel Lincoln, Nike	06	World	7:53.63	Saif Saaed Shaheen, Qatar	04
World	7:53.63	Saif Saaed Shaheen, Qatar	04	5,000 Meters			
5,000 Meters				2006 IC4A Champion	14:01.51	Richard Kiplagat, Iona	
2006 IC4A Champion	14:01.51	Richard Kiplagat, Iona		IC4A Meet Record	13:27.07	Sidney Maree, Villanova	79
IC4A Meet Record	13:27.07	Sidney Maree, Villanova	79	IC4A Collegiate	13:20.63	Maree	79
IC4A Collegiate	13:20.63	Maree	79	Weaver Stadium	13:41.55	H. Salch, Westchester T.C.	92
Weaver Stadium	13:41.55	H. Salch, Westchester T.C.	92	Collegiate	13:08.4	Henry Rono, Washington St	78
Collegiate	13:08.4	Henry Rono, Washington St	78	American Collegiate	13:15.77	Bill McChesney, Oregon	81
American Collegiate	13:15.77	Bill McChesney, Oregon	81	American	12:58.21	Bob Kennedy, Nike	96
American	12:58.21	Bob Kennedy, Nike	96	World	12:37.35	Kenenisa Bekele, Ethiopia	04
World	12:37.35	Kenenisa Bekele, Ethiopia	04				

IC4A OUTDOOR RECORDS

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

4 x 800 Meter Relay			Shot Put			
2006 IC4A Champion	7:33.43	Cornell (Mike Smayda, Jay Harding James Connelly, Jim Wyner)	2006 IC4A Champion	62-5.75 (19.04)	Milan Jotanovic, Manhattan	
IC4A Meet Record	7:19.94	George Mason, 1997	IC4A Meet Record	65-8.25 (20.02)	August Wolf, Princeton	
IC4A Collegiate	7:11.17	Penn State (Vance Watson 1:49.3; Steve Shister 1:47.9; Chris Mills 1:48.5; Randy Moore 1:45.6) 27Apr85	IC4A Collegiate	67-2 (20.47)	Wolf	
Weaver Stadium	7:25.61	Georgetown (Ali Najar, Tom Manning, Nat Glackin, Jesse O'Connell, 03)	Weaver Stadium	66-1 (20.40)	Wolf	
Collegiate	7:08.96	Arizona St (Pete Richardson 1:47.5; Eddie Davis 1:47.8; Treg Scott 1:48.1; Mike Stahr 1:45.6) 7Apr84	Collegiate	72-2.25 (22.00)	John Godina, UCLA	
American	7:02.82	US Team (Jebreh Harris 1:47.05; Khadevis Robinson 1:44.03; Sam Burley 1:46.05; David Krummenacker 1:45.69) 06	American	75-10.25 (23.12)	Randy Barnes, Mazda TC	
World	7:02.43	Kenya (Joseph Mutua 1:46.73; William Yiampoy 1:44.38; Ismael Kombich 1:45.92; Wilfred Bungei 1:45.40) 06	World	75-10.25 (23.12)	Barnes	
High Jump			Discus			
2006 IC4A Champion	6-11.75 (2.13)	Ivan Schmidt, So. Conn. St.	2006 IC4A Champion	181-9 (55.40)	Yemi Ayeni, Virginia	
IC4A Meet Record	7-6 (2.29)	Tony Barton, George Mason	IC4A Meet Record	194-8 (59.34)	Sam Segond, Rutgers	
IC4A Collegiate	7-7 (2.31)	Barton	IC4A Collegiate	210-7 (64.18)	Tony Washington, Syracuse	
-and-		Tora Harris, Princeton	Weaver Stadium	208-4 (63.50)	Al Oerter, NYAC	
Weaver Stadium	7-5.25 (2.27)	Jerome Carter, Kamaru	Collegiate	222-0 (67.86)	Hannes Hopley, SMU	
Collegiate	7-10 (2.39)	Hollis Conway, SW Louisiana	American Collegiate	218-5 (66.58)	Kamy Keshmiri, Nevada	
American	7-10.5 (2.40)	Charles Austin, Unattached	American	237-4 (72.34)	Ben Plucknett, So Cal Striders	
World	8-0.5 (2.45)	Javier Sotomayor, Cuba	World	243-0 (74.08)	Jurgen Schult, G.D.R.	
Pole Vault			Hammer			
2006 IC4A Champion	17-6.5 (5.35)	Keith Higham, Pittsburgh	2006 IC4A Champion	29-10 (63.96)	Paul Peulich, Manhattan	
IC4A Meet Record	18-1.25 (5.52)	Istvan Bagyu, Geo. Mason	IC4A Meet Record	243-2 (74.12)	Kevin McMahon, Georgetown	
IC4A Collegiate	19-5 (5.92)	Bagyu	IC4A Collegiate	245-1 (74.70)	McMahon	
Weaver Stadium	19-2.25 (5.85)	Lawrence Johnson, unatt.	Weaver Stadium	244-6 (74.52)	Paddy McGrath, unattached	
Collegiate	19-7.5 (5.98)	Lawrence Johnson, Tenn.	Collegiate	270-10 (82.56)	Balazs Kiss, So. California	
American	19-9.25 (6.03)	Jeff Hartwig, Nike	American Collegiate	257-0 (78.34)	Ken Flax, Oregon	
World	20-1.75 (6.14)	Sergey Bubka, Ukraine	American	270-9 (82.52)	Lance Deal, New York AC	
Long Jump			91	World	284-7 (86.74)	Yurly Syedikh, U.S.S.R.
2006 IC4A Champion	24-10 (7.57)	Kyle Calvo, Pennsylvania	01	Javelin (New Implement)		
IC4A Meet Record	26-10.5 (8.19)	Ray Humphrey, Georgetown	96	2006 IC4A Champion	228.1 (69.53)	Robert Smith, Monmouth
IC4A Collegiate	26-11.75 (8.22)	D.D. Manns, James Madison	01	IC4A Meet Record	254-2 (77.47)	Paul Pisano, Connecticut
Weaver Stadium	26-3 (8.00)	Jesse Owens, Ohio State	94	IC4A Collegiate	261-10 (79.81)	Brian Chaput, Pennsylvania
Collegiate	28-8.25 (8.74)	Erick Walder, Arkansas	88	Weaver Stadium	263-11 (80.45)	Chaput, NYAC
American	29-4.5 (8.95)	Mike Powell, Footlocker TC	88	Collegiate	292-4 (89.10)	Patrik Boden, Texas
World	29-4.5 (8.95)	Powell, USA	36	American Collegiate	273-3 (83.30)	Tom Pukstys, Florida
Triple Jump			94	American	287-8 (87.68)	Breaux Greer, adidas
2006 IC4A Champion	52-5.5 (15.99)	Ryan McCoy, George Mason	91	World	323-1 (98.48)	Jan Zelezny, Czech Republic
IC4A Meet Record	53-11.25 (16.45)	Nate Cooper, Villanova	91	Decathlon		
IC4A Collegiate	56-1.25 (17.10)	Cooper	91	2006 IC4A Champion	6,888 points	Sean Berg, Connecticut
Weaver Stadium	54-4.75 (16.58)	Nathan Rollins, Georgetown	78	IC4A Meet Record	7,732 points	Rob Muzzio, George Mason
Collegiate	58-7.25 (17.86)	Charles Simpkins, Baptist	79	(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)		
American	59-4.5 (18.09)	Kenny Harrison, Nike	01	IC4A Collegiate	8,306 points	Bill Motti, Mount St Mary's
World	60-0.25 (18.29)	Jonathan Edwards, Great Brit	85	(11.03, 25-0.5, 49-7, 7-1, 48.43; 14.75, 150-10, 14-5.25, 207-11, 4:43.06)		
			96	Weaver Stadium	7,938 points	Mike Ramos
			95	Collegiate	8,465 points	Trey Hardee, Texas
				(10.35w, 25-3.25, 47-5, 6-6.25, 49.11; 13.83w, 158-3, 17-0.25, 196-10, 5:01.73)		
				American	8,891 points	Dan O'Brien, Reebok
				(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 Sebric, Czech Republic
				F35(10.64, 26-7.25, 50-3.5, 6-11.5, 47.79; 13.92, 157-3, 15-9, 230-2, 4:21.98)		



The ECAC® and IC4A Track and Field Championships

RECAPPING THE 2006 IC4A OUTDOOR CHAMPIONSHIPS RESULTS

William Weaver Track and Field Stadium, Princeton University, Princeton, New Jersey, May 12-14

2006 FINAL TEAM STANDINGS

1) George Mason University	59
2) Cornell University	51
3) University of Pennsylvania	48
4) Rutgers University	41
5) Iona College	36
6) Manhattan College	33.33
7) University of Connecticut	30
7) Monmouth University	30
9) Columbia University	28
10) US Military Academy	26
10) University of Pittsburgh	26
12) Princeton University	25
13) Southern Connecticut State	22
13) Liberty University	22
13) Northeastern University	22
13) University of Virginia	22
17) Lincoln University	19
18) Delaware State University	18
18) Seton Hall University	18
20) Yale University	16
21) Long Island University	15
21) Duke University	15
23) Duquesne University	14
23) Binghamton University	14
25) University at Albany	13
25) University of Maryland	13
27) Morgan State University	12
27) Coppin State University	12
27) Georgetown University	12
30) College of William & Mary	11
31) Brown University	10
31) Bucknell University	10
33) MIT	9
34) Virginia Military Institute	8
34) Rider University	8
34) North Carolina - Wilmington	8
37) Syracuse University	7
38) US Naval Academy	6.66
39) Lehigh University	6
39) Villanova University	6
39) Sacred Heart University	6
39) Stony Brook University	6
43) La Salle University	5
44) Colgate University	4
44) C.W. Post	4
44) Robert Morris University	4
44) Mount St. Mary's University	4
48) Saint Joseph's University	3
48) James Madison University	3
48) Saint Francis University	3
51) The College Of New Jersey	2
51) University of Delaware	2
51) Wagner College	2
54) Harvard University	1
54) Maryland Baltimore County	1

100 METER DASH

1. Sammy Sesay, George Mason, 10.55; 2. Fabrice St. Elme, Monmouth, 10.62; 3. Lee Barnes, Delaware St, 10.64; 4. Markus Greenleaf, Liberty, 10.65; 5. Kevin Durant, C.W. Post, 10.68; 6. Jeremy Bascom, Long Island, 10.78.

200 METER DASH

1. Richard Phillips, George Mason, 21.30; 2. Joe Porter, Rutgers, 21.36; 3. Lee Barnes, Delaware St, 21.38; 4. Earl Gray, Maryland, 21.58; 5. Rob Waters, Rutgers, 21.59; 6. Herbert Nicholls, Morgan State, 21.70; 7. Bobby Young, Lincoln 21.73, 8. Kevin Alexander, Yale, 21.76.

400 METER DASH

1. Erison Hurtault, Columbia, 47.07; 2. Quentin Bowens, Seton Hall, 47.60; 3. Herbert Nicholls, Morgan State, 47.61; 4. Dave Frehulfer, Army, 47.62; 5. Sean Lowe, Maryland, 47.66; 6. David Wiley, Monmouth, 48.37; 7. Dan King, Duke, 48.75; 8. Edwin Campbell, Connecticut, 48.80.

800 METER RUN

1. Tim Bayley, Iona, 1:48.28; 2. Joel Legare, Connecticut, 1:48.62; 3. Nigel Leonce, Coppin State, 1:50.01; 4. Paul Harris, Navy, 1:50.29; 5. Liam Boylan-Pett, Columbia, 1:50.32; 6. Jonah Rathbun, Columbia, 1:51.27; 7. Garrett Zambrows, Lehigh, 1:52.26; 8. Rob Novak, Seton Hall, 1:54.82.

1500 METER RUN

1. Courtney Jaworski, Pennsylvania, 3:44.71; 2. Richard Kiplagat, Iona, 3:45.24; 3. Tim Konoval, Pittsburgh, 3:45.63; 4. Jordan Kinley, Brown, 3:47.89; 5. Jim Wyner, Cornell, 3:48.61; 6. Alphonso Suravicz, St Francis PA, 3:49.21; 7. Chris Spooner, Duke, 3:50.28; 8. Eric Fleming, Pittsburgh, 3:50.28.

5000 METER RUN

1. Richard Kiplagat, Iona, 14:01.51; 2. Ryan Foster, Virginia, 14:02.83; 3. Dan Nunn, Georgetown, 14:07.09; 4. Frank Tinney, Princeton, 14:08.03; 5. Michael Hanlon, Colgate, 14:08.24; 6. Teddy Meyers, Saint Joseph, 14:08.75; 7. Brian Donovan, College of NJ, 14:10.69; 8. Christo Landry, William & Mary, 14:13.40.

10000 METER RUN

1. Josh McDougal, Liberty, 29:21.23; 2. Stephen Chemlany, Iona, 29:25.82; 3. Keith Bechtol, William & Mary, 29:51.05; 4. Jordan McDougal, Liberty, 29:59.82; 5. Matt Keally, William & Mary, 30:10.59; 6. Josh Eddy, Duquesne, 30:11.48; 7. Joseph Dare, La Salle, 30:25.31; 8. Kevin Borrelli, Duquesne, 30:43.99.

110 METER HURDLES

1. Richard Phillips, George Mason, 13.85; 2. David Whitehurst, Pennsylvania, 14.12; 3. Saidi Ezike, Cornell 14.21; 4. Jamil McClintock, Brown, 14.39; 5. Daniel O'Brien, Yale, 14.40; 6. Marcus Vaughn, Syracuse, 14.87.

400 METER HURDLES

1. Joe Greene, Albany, 51.61; 2. Jahmone Duhaney, Rutgers, 51.74; 3. Jeff Jasmin, Lincoln, 52.73; 4. Ernest Asante, NC Wilmington, 52.75; 5. Hasani Hampden, Binghamton, 52.89; 6. Keith Anderson, Morgan State, 53.00; 7. Douglas Lyles-Bell, Delaware St, 53.13; 8. Steve Delice, Coppin State, 54.61.

3000 METER STEEPLECHASE

1. Tom Slosky, Duquesne, 8:59.36; 2. Ramon Laboy, So Conn St, 9:01.19; 3. Shaun Krawitz, Stony Brook, 9:03.33; 4. Brian Dalpiaz, Georgetown, 9:03.65; 5. Jan Foerster, Virginia, 9:04.65; 6. Alan Weeth, Columbia, 9:05.43; 7. Alex Reinhart, Duke, 9:06.71; 8. Alex Mason, Georgetown, 9:06.92.

4x100 METER RELAY

1. Long Island University (Rodney Daniel, Michael Hillian, Jeremy Bascom, Bryan Steele) 41.08; 2. Rider University 41.44; 3. Rutgers University 41.46; 4. George Mason 41.47; 5. Connecticut 41.60; 6. NC-Wilmington 41.66; 7. Liberty 41.70; 8. Albany 41.81.

4x400 METER RELAY

1. Rutgers University (Jahmone Duhaney, Ryan Westman, Joe Porter, Rob Waters) 3:08.80; 2. Lincoln 3:09.13; 3. US Military Acad 3:10.00; 4. Coppin State 3:10.14; 5. Delaware State 3:10.15; 6. Seton Hall 3:10.19; 7. Long Island 3:12.29; 8. Univ. Pennsylvania 3:12.70.

4x800 METER RELAY

1. Cornell (Mike Smayda, Jay Harding, James Connolly, Jim Wyner) 7:33.43; 2. Columbia 7:33.49; 3. Seton Hall 7:34.75; 4. US Military Acad 7:35.27; 5. Lehigh 7:36.96; 6. James Madison 7:37.00; 7. Yale 7:37.61; 8. Connecticut 7:39.62.

HIGH JUMP

1. Ivan Schmidt, So Conn St, 6-11.75; 2. Garrett Brickner, Va Military, 6-10.75; 3. Jihad Beauchman, Yale, 6-10.75; 4. David Pell, Cornell, 6-09.50; 5. Jeff Wiltmyer, Robert Morris, 6-09.50; 6. Alex Willis, Princeton, 6-08.25; 7. Marquis Thomas, Connecticut, 6-08.25.

POLE VAULT

1. Keith Higham, Pittsburgh, 17-06.50; 2. Rory Quiller, Binghamton, 17-02.75; 3. Andrew Park, Princeton, 16-10.75; 4. Anthony Abitante, Pennsylvania, 16-02.75; 5. Jon Fay, Duke, 16-02.75; 6. Brian Duggan, Rutgers, 16-02.75; 7. Gavin McMahon, Army, 15-11.00; 8. Ryan Keaton, Army, 15-11.00.

LONG JUMP

1. Kyle Calvo, Pennsylvania (7.57) 24-10.00; 2. Muhammad Halim, Cornell (7.40) 24-03.50; 3. Marc Kellman, George Mason (7.29) 23-11.00; 4. Derek Davis, Princeton, (7.15) 23-05.50; 5. Jayson Alexander, Maryland, (7.14) 23-05.25; 6. Reggie Hopkins, Lincoln, (7.12) 23-04.50; 7. Val Sisti, Rutgers, (7.12) 23-04.50; 8. Rudy Mejia, Army, (7.11) 23-04.00.

TRIPLE JUMP

1. Ryan McCoy, George Mason, (15.99m) 52-05.50; 2. Marc Kellman, George Mason (15.39) 50-06.00; 3. Rayon Taylor, Cornell, (15.37) 50-05.25; 4. Muhammad Halim, Cornell, (15.34) 50-04.00; 5. Robert Keizer, So Conn St, (14.81) 48-07.25; 6. Jihad Beauchman, Yale, (14.79) 48-06.25; 7. Museveni Akanno, Connecticut, (14.66) 48-01.25; 8. Eric Jones, Pittsburgh, (14.63) 48-00.00.

SHOT PUT

1. Milan Jotanovic, Manhattan, (19.04m), 62-05.75; 2. Derek Anderson, Northeastern, (18.75) 61-06.25; 3. Evan Lasher, Sacred Heart, (16.81) 55-02.00; 4. Uzoma Orji, MIT, (16.42) 53-10.50; 5. Dan Pribula, Syracuse, (16.35) 53-07.75; 6. Nate Hunter, Northeastern, (16.26) 53-04.25; 7. Jared Wasser, Delaware, (15.99) 52-05.50; 8. Caleb Wells, Army, (15.90) 52-02.00.

DISCUS THROW

1. Yemi Ayeni, Virginia, (55.40m) 181-09; 2. Derek Anderson, Northeastern, (55.18) 181-00; 3. Robert McDade, Villanova, (53.43) 175-03; 4. Caleb Wells, Army, (52.99) 173-10; 5. Ryan Martin, Mt St Mary's, (49.93) 163-10; 6. Nicholas Williams, Monmouth, (48.53) 159-03; 7. Stefano Petraglia, Wagner, (47.05) 154-04; 8. Darryl Hunter, Navy, (46.65) 153-01.

HAMMER THROW

1. Paul Peulich, Manhattan, (63.96m), 209-10; 2. Zoran Loncar, Manhattan, (63.42) 208-01; 3. Dan Frake, Bucknell, (61.02) 200-02; 4. Michael Freeman, Manhattan, (60.44) 198-03; 5. Uzoma Orji, MIT (57.55) 188-10; 6. Bamidele Faboyede, Northeastern, (57.28) 187-11; 7. Paddy Hennessy, Binghamton, (56.97) 186-11; 8. Ed Skowronski, Monmouth, (55.53) 182-02.

JAVELIN THROW

1. Robert Smith, Monmouth, (69.53m) 228-01; 2. Anthony Bonura, Pittsburgh (65.49) 214-10; 3. Josh Probst, Princeton, (65.19) 213-10; 4. Marion Easley, Monmouth (64.33) 211-01; 5. Josh Kaehler, Bucknell, (63.16) 207-03; 6. Kevin Moore, La Salle, (62.73) 205-10; 7. Marc Pallozzi, Albany (62.69) 205-08; 8. Kevin Duffy, Harvard (61.68) 202-04.

DECATHLON

1. Sean Berg, Connecticut 6888; 2. Michael Hall, Pennsylvania 6673; 3. Max Westman, Pennsylvania 6600; 4. Tyler Clarke, Duke 6455; 5. TJ Toro, Cornell 6223; 6. Vito Spadafino, Cornell 6153; 7. Erik Thunberg, Connecticut 6072; 8. Charles Devaud, UMBEC 5906.

RECAPPING THE 2007 IC4A INDOOR CHAMPIONSHIPS RESULTS

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

2007 FINAL TEAM STANDINGS

1) Cornell University	50
2) Seton Hall University	45
3) Georgetown University	42
4) University at Albany	37
5) US Military Academy	36
6) Syracuse University	35
6) College Of William & Mary	35
8) Liberty University	30.50
9) Manhattan College	29
10) Bucknell University	27
11) Rhode Island	24
12) Duke University	19
13) U of Maryland Balt County	18
13) La Salle University	18
15) University at Buffalo	16
15) Yale University	16
15) Fairleigh Dickinson	16
18) Robert Morris	15.50
19) Morgan State	15
19) Iona College	15
19) Penn State University	15
19) Lincoln University	15
23) Sacred Heart University	13
23) Coppin State University	13
23) Providence College	13
26) Rider University	12
26) Northeastern	12
26) Rutgers University	12
29) Monmouth	11
30) University of Pittsburgh	10
30) Univ of Pennsylvania	10
30) Binghamton University	10
33) Duquesne University	9
33) St Francis University PA	9
35) Lehigh University	8
36) Delaware State University	7
37) James Madison	6
37) Princeton University	6
37) Virginia Military Institut	6
40) George Mason	5
41) Colgate University	4
41) Stony Brook University	4
41) US Naval Acad	4
41) University of New Haven	4
41) Lafayette College	4
46) U of Maryland	3.50
46) Temple	3.50
48) Boston College	3
48) Stonehill College	3
50) So Connecticut St Unvers	2
50) University of Maine	2
52) Villanova University	1
52) Marist College	1

55 METER

1. Mike LeBlanc, Syracuse, 6.21; 2. Moseley, Ryan, La Salle, 6.40; 3. Kohn, Aulton, Syracuse, 6.41; 4. Michael Bland, Rhode Island, 6.43; 5. Dieuseul Joseph, Albany, 6.43; 6. Torrey Price, Stonehill, 6.45; 7. Fabrice St. Elme, Monmouth, 6.47; 8. Junior Burnett, Albany, 6.56.

200 METER

1. Arman Dixon, Sacred Heart, 20.99; 2. Ashhad Agyapong, Rhode Island, 21.14; 3. Aulton Kohn, Syracuse, 21.18; 4. Cashmere O'Neal, Morgan State, 21.42; 5. David Payne, Rider, 21.42; 6. Pat Weider, Albany, 21.44; 7. Rob Waters, Rutgers, 21.51; 8. Lee Barnes, Delaware St, 21.67; 9. Dan King, Duke, 21.69; 10. Kevin Okolie, Villanova, 21.75.

400 METER

1. Herbert Nichols, Morgan State, 47.32; 2. Jemel Williams, Seton Hall, 47.69; 3. Lance Wigfall, Lincoln, 47.76; 4. Dan King, Duke, 47.85; 5. Corey Wright, Lincoln, 48.05; 6. Jahmone Duhaney, Rutgers, 48.11; 7. Steve Delice, Coppin State, 48.15; 8. Marcel Vaneeden, Cornell, 48.20.

MILE

1. Anthony Kelhower, MD Balt County, 4:11.08; 2. Kyle Heath, Syracuse, 4:11.24; 3. Matt Wolak, William & Mary, 4:11.53; 4. Sean Anastasia-Murphy, William & Mary, 4:11.66; 5. Dan Gerber, Georgetown, 4:11.87; 6. Alex Mason, Georgetown, 4:11.90; 7. Brian Gertzen, Yale, 4:13.14; 8. Bill Hulbert, Rutgers, 4:13.25.

500 METER

1. Greg Gomes, Seton Hall, 1:01.40; 2. Cortez Adams, Fairl Dickenson, 1:02.27; 3. Conrad Dalton, Northeastern, 1:02.45; 4. William Rhea, La Salle, 1:03.23; 5. Adrian Perkins, Army, 1:03.77; 6. Steve Swern, Rutgers, 1:03.79; 7. Phil Leineweber, Liberty, 1:03.97; 8. Brian DeMarco, Marist, 1:04.01.

800 METER

1. Tim Kaijala, UPenn, 1:50.69; 2. Rob Novak, Seton Hall, 1:50.75; 3. James Gurr, Seton Hall, 1:50.91; 4. Nigel Leonce, Coppin State, 1:50.94; 5. Craig Meekins, Navy, 1:50.98; 6. Mike Pachella, George Mason, 1:51.21; 7. Jones, Ryan William & Mary, 1:51.92; 8. Aaron Snyder, Iona, 1:52.00.

1000 METER

1. Hayden McLaren, Providence, 2:25.55; 2. Tim Bayley, Iona, 2:25.58; 3. Chris Haag, Army, 2:25.81; 4. David Groff, William & Mary, 2:27.04; 5. Alex Felce, Stony Brook, 2:27.64; 6. Justin McKenzie, Seton Hall, 2:28.07; 7. Donald Drake, Maine, 2:28.24; 8. John Brockardt, Duke, 2:29.55.

3000 METER

1. Matt Forys, Bucknell, 8:05.64; 2. Fleet Hower, Georgetown, 8:05.78; 3. Mohamed Khadraoui, Iona, 8:06.79; 4. C.W. Moran, James Madison, 8:09.71; 5. Mike Hanlon, Colgate, 8:10.14; 6. Tom Slosky, Duquesne, 8:10.49; 7. John Butler, La Salle, 8:11.40; 8. Jason Schoener, William & Mary, 8:13.44.

5000 METER

1. Josh McDougal, Liberty, 13:37.32; 2. Samuel Chelanga, Fairl Dickenson, 13:46.39; 3. Dan Nunn, Georgetown, 14:11.356; 4. Justin Scheid, Georgetown, 14:12.215; 5. Keith Bechtol, William & Mary, 14:13.524; 6. Joseph Dare, La Salle, 14:15.263; 7. Matt Keally, William & Mary, 14:16.432; 8. Jordan McDougal, Liberty, 14:17.481.

55 METER HIGH HURDLES

1. Mike Wray, Pittsburgh, 7.18; 2. Ron Jules, Penn State, 7.33; 3. Reggie Rucker, Buffalo, 7.36; 4. Aaron James, MD Balt. County, 7.415; 5. Jean Juste, Albany, 7.424; 6. Saidu Ezike, Cornell, 7.443; 7. Brian Hay, George Mason, 7.472; 8. Marcus Vaughn, Syracuse, 7.571.

4x400 METER RELAY

1. Seton Hall University, 3:10.72; 2. Cornell University, 3:11.13; 3. Coppin State University, 3:11.45; 4. Lincoln University, 3:11.85; 5. Delaware State University, 3:11.93; 6. Rutgers University, 3:12.17; 7. Duke University, 3:13.77; 8. Liberty University, 3:13.78.

4x800 METER RELAY

1. Cornell University, 7:37.28; 2. Georgetown University, 7:37.73; 3. University at Albany, 7:37.83; 4. Lehigh University, 7:38.91; 5. Lafayette College, 7:39.80; 6. Providence College, 7:41.72; 7. Yale University, 7:46.68; 8. Duke University, 7:53.44.

DISTANCE MEDLEY

1. College of William & Mary, 9:54.10; 2. Georgetown University, 9:56.06; 3. Virginia Military Institute, 9:56.07; 4. Duquesne University, 9:58.21; 5. Yale University, 9:58.23; 6. Boston College, 9:58.40; 7. US Military Academy, 9:59.25; 8. James Madison University, 10:02.96.

HIGH JUMP

1. David Pell, Cornell, 6-11.50 (2.12m); 2. Garrett Huyler, Cornell, 6-11.50 (J2.12m); 3. Chris Sole, Manhattan, 6-09.756 (2.08m); 4. David Edwards-Brennan, MD College Park, 6-08.003.5 (2.03m); 4. Matt Parker, Liberty, 6-08.00 (2.03m); 4. Joshua Louis, Temple, 6-08.00 (2.03m); 4. Jeff Witmyer, Robert Morris, 6-08.00 (2.03m); 8. Mike Murawski, Duquesne, 6-08.001 (J2.03m).

POLE VAULT

1. Rory Quiller, Binghamton, 17-00 (5.20m); 2. Josh Ghaly, Robert Morris, 17-00 (J5.20m); 3. Andrew Park, Princeton, 16-08 (5.10m); 4. Gavin McMahon, Army, 16-04.75 (5.00m); 5. Jordan Thull, Northeastern, 15-11.00 (4.85m); 6. Rob Ludwig, MD Balt County, 15-11.00 (J4.85m); 7. Sutton Underwood, So Conn St., 15-11.00 (J4.85m); 8. David Mante, Bucknell, 15-05.00 (4.70m).

LONG JUMP

1. Roy Richards, Buffalo, 24-09.25 (7.55m); 2. Desmond Hamilton, Rider, 23-08.00 (7.21m); 3. Kyle Anthony, Bucknell, 23-04.75 (7.13m); 4. Rudy Mejia, Army, 23-02.75 (7.08m); 5. Freddie Wills, Albany, 23-01.75 (7.05m); 6. Nick Newman, Manhattan, 22-11.00 (6.98m); 7. Mikko Aronpaa, St Francis Pa., 22-10.00 (6.96m); 8. Felipe Reyes, Albany, 22-06.50 (6.87m).

TRIPLE JUMP

1. Ray Taylor, Cornell, 52-01.25 (15.88m); 2. Michael McCadney, Albany, 50-11.00 (15.52m); 3. Yudehweh Gbaa, Rhode Island, 49-08.25 (15.14m); 4. Steve Zhang, Army, 49-01.00 (14.96m); 5. Nasim Siddeeq, Robert Morris, 49-00.75 (14.95m); 6. Mikko Aronpaa, St Francis Pa., 48-08.75 (14.85m); 7. Kyle Anthony, Bucknell, 47-10.50 (14.59m); 8. Rudy Mejia, Army, 47-10.50 (J14.59m).

SHOT PUT

1. Milan Jotanovic, Manhattan, 62-06.75 (19.07m); 2. John Langhauser, Yale, 57-10.50 (17.64m); 3. Steve Meyers, Penn State, 56-01.75 (17.11m); 4. Nick Williams, Monmouth, 56-00.00 (17.07m); 5. Daniel Pribula, Syracuse, 55-09.25 (17.00m); 6. Evan Lasher, Sacred Heart, 55-09.00 (16.99m); 7. Jon Hart, Liberty, 54-11.25 (16.74m); 8. Dane Miller, Penn State, 54-10.751 (16.73m).

WEIGHT THROW 35#

1. Zoran Loncar, Manhattan, 66-00.5010 (20.13m); 2. Tyler Hoffman, Bucknell, 65-10.508 (20.08m); 3. Jon Hart, Liberty, 64-03.006 (19.58m); 4. Michael Bernardo, Rhode Island, 61-05.005 (18.72m); 5. Steven Jussaume, New Haven, 59-11.004 (18.26m); 6. Ed Skowronski, Monmouth, 59-11.003 (J18.26m); 7. Bamidele Faboyede, Northeastern, 59-02.752 (18.05m); 8. Robert McDade, Villanova, 58-06.001 (17.83m).

HEPTATHLON

1. Tyler Clarke, Duke, 4985; 2. Brandon Lewis, Army, 4916; 3. David Parker, Albany, 4804; 4. Dan Newell, Liberty, 4763; 5. Keith Onto, St Francis Pa., 4756; 6. Edwin Schuck, Lehigh, 4635; 7. Thomas Dunn, Delaware St., 4537; 8. Jude Rene, Monmouth, 4522.

Sub-4 miler Masback '77 now CEO of USA Track & Field



College admissions offices, alarmed at the number of applications from students with bulging, possibly inflated resumes that list more activities than number of hours in a given week, have started to say they are not looking for well-rounded applicants so much as well-lopsided ones — good students with a particular aptitude or musical interest or proven athletic ability.

Back when Craig Masback '77, now CEO of USA Track & Field

(USATF), applied to Princeton in 1973, he would have defied any such categorization. Collegiate coaches recruited Masback for his stellar abilities in soccer as well as track, and he began at Princeton with the intention of competing in both varsity sports on top of his academics.

Masback eventually chose to focus on track, and his performances in the following four years certainly did not disappoint Larry Ellis, his "inspirational leader and coach." Among the many victories, the sweetest may have been anchoring the winning NCAA Indoor Championship 2-mile relay in a huge upset over traditional powerhouses such as Arizona State.

"The end of the race was interesting," he said. "The third runner passed the baton to me with a huge lead, which I promptly lost. But I came back [at the very end to win]."

In the 30 year span since the Princeton gates unleashed Masback, he has been the Assistant to the Curator at the Olympic Museum in Lausanne, Switzerland, worked as a TV commentator, founded a sports marketing and TV production company, and practiced law at a prestigious firm in Washington, DC. In 1997, Masback was tapped to take over as chief executive officer of USATF, where he has since spent his time.

While these opportunities may seem far removed from attending lectures in McCosh 50, Masback has found ways to integrate his Princeton experience into multiple careers.

"My Woodrow Wilson School education has been valuable to me at every stage of my career via my ability to analyze problems and look for solutions," Masback said.

Masback describes his position as president-elect of an organization, the National Coalition for Promoting Physical Activity, as "a perfect extension of his WWS major." The organization looks at policy solutions for the problem of sedentary lifestyles.

Accordingly, Masback does not solely have the aim of discovering and supporting the most talented track and field athletes. He has, so to speak, redefined the role of the national track and field organization to act in the nation's service.

"What USATF offers is the chance to make a difference in the lives of everyone touched by our sport," Masback said. "In a society facing huge problems with [obesity, that chance] is important beyond winning medals at the Olympic Games."

Masback drew a parallel between approaching the problem of drugs in sports and the ethics espoused in classrooms and on the track at Princeton.

"Essentially, there is an honor code in sports," he said.

The issue of drugs in sports is one of the greatest challenges he has faced at USATF. The organization has received bad press in response to publicity over the use of performance-enhancing drugs in track and field.

"That is why places like Princeton are so important — the group of student athletes at Princeton demonstrate that athletic success does not have to come at the expense of education or integrity," said Masback. "The general commitment from all involved athletes, coaches, administrators, professors is to have an athletic program dedicated to excellence and to the proposition that winning the right way is as important as winning."

Masback, a world-class runner who competed on 10 U.S. National teams, certainly knows quite a bit about winning. After graduating from Princeton, Masback attended the Trinity College/Oxford University on a Keasbey Fellowship. He continued training there, and he ran his first sub-four-minute mile on the famed Iffley Road Track in Oxford, England.

"I may not have continued running if I had not attended Oxford after Princeton," he said.

Masback had the distinction not only of being the second person to break the four-minute mark at Iffley, but also of doing so in the presence of Roger Bannister, who had run the first sub-four-minute mile in history on that very same track 24 years before.

With that success under his belt, Masback went on to clock a 3:52.02 mile in Oslo, Norway, in 1979, which made him the sixth fastest miler in history worldwide at the time.

Upon returning to the United States, he was the U.S. indoor mile champion in 1980. Of all his races, his favorite places to run were in Oslo, Norway, where Masback ran his two best miles and at the Penn Relays at the University of Pennsylvania track in Philadelphia.

When he continued to run postgraduate school, Masback noted that he often returned to Princeton.

"I returned to Princeton because of the outstanding training conditions," Masback said, referring to both the running routes and the indoor and outdoor tracks.

His favorite run was a loop featuring the hills of Pretty Brook Road, which lies north of campus.

Current runners at Princeton should take comfort in Masback's recollection that he struggled through his first run on Pretty Brook, which he had to run in preparation for his first cross-country season his sophomore fall. Today, Pretty Brook is still a favored training route for the varsity runners.

Perhaps he will get a chance to pound that familiar stretch of pavement this May when he returns to Princeton for his 30th reunion. Masback is bringing along a special guest, his 8-year-old daughter Grace, and plans on showing her the campus.

By Kalina King
Princetonian Contributor

Craig Masback,
Princeton



Photos appear courtesy of Princeton Sports Information, Ivy League, and USA Track and Field

Meredith Rainey Valmon



Walkons usually don't even dream of winning individual national titles, but Meredith Rainey Valmon was hardly the usual walk-on. Her track career at Harvard took her even further than two NCAA Championships.

When Meredith Rainey Valmon met with Harvard Track & Field Coach Frank Haggerty in his office in November of 1986, he was a skeptic.

"I was nervous about going down to meet with him and procrastinated for weeks before finally meeting him

shortly before Thanksgiving break," she recalled. Rainey Valmon, a superb age-group runner in New York, had abandoned the sport at St. Ann's School in Brooklyn to pursue a number of activities, including volleyball and basketball.

So at that meeting with Haggerty -- who recently retired after more than two decades with the Crimson -- when she told him that she had run before high school, he asked, "Do you happen to remember how fast you ran?" She answered, "Oh yeah, I ran 60 flat (in the 400 meters)."

"At that time, I think that 59.3 was our school record," Haggerty said. "I thought if this girl at 12 years old can run 60 flat, hmm."

"He agreed to let me come out for the team but warned me that he wouldn't be able to pay much attention to me at first because I would be way behind the rest of the team," Rainey Valmon said.

Athletics had played no role in her matriculation at Harvard, but her parents certainly had. Her mother was an educator at a Brooklyn public school and her father was a New York police officer. They had instilled in a young Meredith that college was not an option -- she was definitely going.

"I was always encouraged by my parents, my grandparents and people at my school to aim high," she said. "They always told me that Harvard is something I could shoot for and I had an older sister who had gone to Yale, so I felt that going to an Ivy League school was possible."

Yet she had no idea how far track and field would take her. It was unthinkable that this walk-on freshman would not only eventually lead the Crimson to its first Heptagonal Championships, but that she would win two NCAA crowns before becoming America's top-ranked 800-meter runner for the better part of the 1990s, advancing all the way to the Olympic semifinals in the event.

"The night I won the NCAA Outdoor 800 meter title, Frank and I talked about that first meeting," Rainey Valmon remembered. "He said, 'When you told me your times, I was skeptical but as soon as I saw you jog I knew you would be great.' I joked, 'Likely story, Frank.' I think it took a bit longer for him to see that I could contribute."

Contribute wasn't the appropriate word. She dominated. Rainey Valmon put on a show at her final Heps Championship, scoring 38 points by herself at Franklin Field in 1990. She defeated two teams herself (and nearly a third) as the Crimson claimed its first-ever outdoor League title.

"The greatest thing was that we won the meet," she said. "And I was really happy that my contribution, scoring in six events, helped us accomplish that. My 400 final will always be one of my favorite races of my career in terms of a race when I really felt that I put it all together and ran just about the most perfect race I could have run. I never surpassed my time of 51.56 so that race is really special to me."

No Ivy Leaguer has been within two seconds of that time since. "That was perhaps my most perfect race ever in terms of my body doing exactly what I wanted it to do," she recalled. "The feeling when I finished was one of pure joy, and a rare moment in life when I felt complete satisfaction. It's difficult to describe how great that race felt, but anyone who has ever experienced a perfect race or performance of his or her own understands what I'm saying."

After graduating cum laude from Harvard that spring, Rainey Valmon became a widely-recognizable athlete on the track circuit. She twice represented the United States at the Olympic Games and once ran 800 meters in 1:57.04. Only three Americans have ever run faster -- Jearl Miles Clark, Mary Slaney and Kim Gallagher.

As high as her career took her in the 1990s, she began the important work of raising a family with her husband Andrew Valmon, himself an Olympic Gold medalist, as the new century approached. She trained for the 2000 Sydney Games after having their first child in 1997. The couple since has had two more children.

She served as the Vice President for the Chesapeake Region 2012 Coalition, a not-for-profit organization formed to bring the 2012 Olympics to the Baltimore-Washington region. That bid would eventually go to London.

The Valmons also started a not-for-profit organization in 1993 called the Avenue Program, which uses track & field to encourage young people to make good choices in life, set goals, and be disciplined in trying to accomplish those goals.

"We donate track equipment to help kids stay in the sport and enjoy it, and we bring them together with positive role models at track clinics where they learn something more about track & field, and hopefully something about life as well," she said.

Several former Ivy League athletes who work with the Avenue Program, including former Columbia fencing All-American Bob Cottingham, former Penn Olympian Randy Cox and former Brown runner Julia Stevenson.

Andrew is now the head coach at the University of Maryland while Meredith works from home and raises their children in suburban D.C. Motherhood has also turned her into an aspiring clothing manufacturer of sportswear for girls and babies. The idea came from her search for clothes for her own young girls.

"There are a bunch of things for boys that say things like 'Little All-Star,' but for girls there is nothing on the market that inspires them to be an athlete or play sports," Meredith said.

Sounds like that is about to change.

— **Brett Hoover**
Ivy League



Photos appear courtesy of the Ivy League and Harvard Sports Information

ECAC® Division I Women's Track and Field Programs

Binghamton University
Boston University
Brown University
Bucknell University
Colgate University
College of William and Mary
Columbia University
Coppin State University
Cornell University
C.W. Post University
Delaware State University
Duke University
Duquesne University
Fairleigh Dickinson University
Fordham University
George Mason University
Georgetown University

Harvard University
Iona College
James Madison University
La Salle University
Lafayette College
Lehigh University
Liberty University
Long Island University
Loyola College
Manhattan College
Marist College
Maryland Baltimore County
Massachusetts Lowell
Mercy College
Monmouth University
Morgan State University
Mount St. Mary's
North Carolina Wilmington
Northeastern University

Princeton University
Providence College
Rider University
Robert Morris University
Rutgers University
Saint Joseph's University
Seton Hall University
St Francis University (PA)
St. Francis College (NY)
St. John's University
St. Thomas Aquinas College
Stony Brook University
Syracuse University
Temple University
Towson University
U.S. Military Academy
U.S. Naval Academy
University at Albany

University of Connecticut
University of Delaware
University of Maryland
University of Massachusetts
University of New Hampshire
University of Pennsylvania
University of Pittsburgh
University of Rhode Island
Villanova University
Virginia Military Institute
Wagner College
University of Virginia
West Virginia University
Yale University



Jessica Ortman,
University at Albany



Murielle Ahoure,
George Mason University



2007 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

Jessica Ortman - Albany
Nina Reinhardt - Bucknell

Week 2

Loni Forsythe - Navy
Brittany Dexter - Sacred Heart
Kristen Andrews - Navy

Week 3

Murielle Ahoure - George Mason
Jennifer Gurrant - Albany

Week 4

Jessica Ortman - Albany
Christa Sawko - Bucknell
Ashley Harbin - Lafayette

Week 5

Justine Whipple - Navy
Kristen Andrews - Navy

Week 6

Jessica Ortman - Albany
Jamila Smith - Dartmouth

Week 7

Rachel Papin - La Salle
Jennifer Gurrant - Albany

The ECAC® and IC4A Track and Field Championships

ECAC® OUTDOOR TRACK AND FIELD RECORDS

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

100 METERS			5,000 METERS		
2006 ECAC Champion	11.57	Murielle Ahoure, George Mason	2006 ECAC Champion	16:38.74	Shannon Saunders, James Madison
ECAC Meet Record	11.38	Flirtisha Harris, Seton Hall	ECAC Meet Record	16:00.72	Lauren Gubicza, Fordham
Eastern Collegiate	11.21	Connie Moore, Penn State	Eastern Collegiate	15:09.72	Kim Smith, Providence
Weaver Stadium	11.12	Marion Jones, Nike International	Weaver Stadium	16:10.61	Kate O'Neill, Yale
Collegiate	10.78	Dawn Sowell, Louisiana State	Collegiate	15:07.56	Cathy Easker, Wisconsin
American	10.49	Florence Griffith-Joyner, World Class AC	American	14:52.49	Regina Jacobs, Mizuno
World	10.49	Griffith-Joyner, USA	World	14:24.68	Elvan Abeylegesse, Turkey
200 METERS			10,000 METERS		
2006 ECAC Champion	23.33	Murielle Ahoure, George Mason	2006 ECAC Champion	34:26.98	Clara Horowitz, Duke
ECAC Meet Record	23.07	Cydonie Mothersill, George Mason	ECAC Meet Record	34:16.35	Mary Walsh, Maryland
Eastern Collegiate	22.63	Connie Moore, Penn State	Eastern Collegiate	32:22.97	Carole Zajac, Villanova
Weaver Stadium	23.33	Alison Culley, Syracuse	Weaver Stadium	34:26.98	Horowitz
Collegiate	22.04	Dawn Sowell, Louisiana State	Collegiate	32:19.97	Alicia Craig, Stanford
American	21.34	Florence Griffith-Joyner, World Class AC	American	30:52.32	Deena Drossin, Asics
World	21.34	Griffith-Joyner, USA	World	29:31.78	Wang Junxia, China
400 METERS			100 METER HURDLES		
2006 ECAC Champion	53.89	Jesse Carlin, Pennsylvania	2006 ECAC Champion	13.91	Juliana Reed, Pittsburgh
ECAC Meet Record	51.96	Beverly Pierre, Seton Hall	ECAC Meet Record	13.18	Nicole Harrison, Princeton
Eastern Collegiate	51.15	Shana Cox, Penn State	Eastern Collegiate	12.89	Candy Young, F.D.U.
Weaver Stadium	51.80	Jearl Miles-Clark, Reebok	Weaver Stadium	13.00	Michelle Freeman, adidas
Collegiate	49.89	Sonya Richards, Texas	Collegiate	12.53	Perdita Felicien, Illinois
American	48.70	Richards, Nike	American Collegiate	12.61	Gail Devers, UCLA
World	47.60	Marita Koch, G.D.R.	American	12.37	Devers, Nike International
800 METERS			World	12.21	Yordanka Donkova, Bulgaria
2006 ECAC Champion	2:07.87	Dominique Sanon, Rutgers	400 METER HURDLES		
ECAC Meet Record	2:02.36	Miesha Marzell, Georgetown	2006 ECAC Champion	57.99	Juliana Reed, Pittsburgh
Eastern Collegiate	1:59.73	Mededith Raney, Harvard	ECAC Meet Record	55.94	Alison Poulin, New Hampshire
Weaver Stadium	2:02.4	Joetta Clark, Clark International	Eastern Collegiate	55.69	Lori McCauley, Rutgers
Collegiate	1:58.33	Claudette Groenendall, Oregon	Weaver Stadium	56.53	Brenda Taylor, Harvard
American	1:56.40	Jearl Miles-Clark, Reebok	Collegiate	52.95	Sheena Johnson, UCLA
World	1:53.28	Jarmila Kratochvilova, Czech.	American	52.61	Kim Batten, Reebok
1,500 METERS			World	52.34	Yuliya Pechonkina, Russia
2006 ECAC Champion	4:24.78	Whitney Schnarr, St. Francis, PA	4 X 100 METER RELAY		
ECAC Meet Record	4:09.15	Vicki Huber, Villanova	2006 ECAC Champion	46.06	Pittsburgh (Shanea Calhoun, Raquel Bender, Janessa Murphy, Shantea Calhoun)
Eastern Collegiate	4:05.81	Sonia O'Sullivan, Villanova	ECAC Meet Record	44.47	George Mason (Patrice Smothers, Renea Johnson, Janell Johnson, Kim Baldwin)
Weaver Stadium	4:06.99	J. Cobb, Cornell	Eastern Collegiate	44.06	Morgan State (Wendy Vereen, Ethlyn Tate, Rochelle Stevens, Giselle Harris)
Collegiate	4:05.75	Lindsay Gallo, Michigan	Weaver Stadium	45.50	Pittsburgh (Lamoy Stephens, Shantea Calhoun, Shanea Calhoun, Kimberly Lyles)
American	3:57.12	Mary Slaney, Athletic West	Collegiate	42.50	Louisiana State (Tananjalyn Stanley, Dawn Sowell, Cinnamon Sheffield, Esther Jones)
World	3:50.46	Qu Yunxia, China	American	41.47	National Team (Christie Gaines, Marion Jones, Inger Miller, Gail Devers)
3,000 METERS			World	41.37	G.D.R. (Silke Moller, Sabine Rieger, Ingrid Auerswald, Marlies Gohr)
2006 ECAC Champion	9:28.80	Treniere Clement, Georgetown	4 X 400 METER RELAY		
ECAC Meet Record	8:54.59	Vicki Huber, Villanova	2006 ECAC Champion	3:38.77	Cornell University (Linda Trotter, Cameron Washington, Tameka Royal, Morgan Uceny)
Eastern Collegiate	8:37.25	Huber	ECAC Meet Record	3:32.72	George Mason, 1999
Weaver Stadium	8:56.05	Sonia O'Sullivan, Reebok	Eastern Collegiate	3:30.58	Seton Hall (Veronica Harris 54.5, Keisha Caine 52.6, Julia Sandiford 52.7, Flirtisha Harris 50.8)
Collegiate	8:37.25	Huber	Weaver Stadium	3:35.40	Georgetown (C. Alka, S. Spencer, K. Otstott, M. McCusker)
American	8:25.83	Mary Slaney, Athletic West	Collegiate	3:23.75	Texas (Sheretta Jones 52.8, Raasin McIntosh 50.7, Jerrika Chapple 50.0, Sanya Richards 50.3)
World	8:06.11	Wang Junxia, China	American	3:15.51	National Team (Denean Howard 49.7, Diane Dixon 49.2, Valerie Brisco 48.5, F. Griffith-Joyner 48.1)
3,000 METER STEEPLECHASE			World	3:15.17	USSR (Tatyana Ledovskaya 50.12, Olga Nazarova 47.82, Maria Pinigina 49.43, Olga Bryzgzina 47.80)
2006 ECAC Champion	10:27.78	Laura Meyers, Columbia			
ECAC Meet Record	9:58.77	Mollie DeFrancesco, James Madison			
Eastern Collegiate	9:50.12	Roisin McGettigan, Providence			
Weaver Stadium	10:23.76	Alison Henderson, William & Mary			
Collegiate	9:29.32	Briana Shook, Toledo			
American	9:29.32	Shook			
World	9:01.59	Gulnara Samitova, Russia			

ECAC® OUTDOOR TRACK AND FIELD RECORDS

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

4 X 800 METER RELAY

2006 ECAC Champion	8:54.02	Columbia (Christine Carter, Daniella Padilla, Susan Hendrick, Sarah Decker)
ECAC Meet Record	8:39.04	Georgetown, 2003
Eastern Collegiate	8:20.66	Villanova (Debbie Grant 2:06.6; Veronica McIntosh 2:06.0; Joanne Kehs 2:05.3; Patty Bradley 2:02.8), 1984
Weaver Stadium	8:39.05	Georgetown, 2003
Collegiate	8:18.78	Michigan (Geena Gall 2:06.5; Nicole Edwards 2:05.7; Anna Willard 2:04.0; Katie Erdman 2:02.6) 2007
American	8:19.9	National Team (Robin Campbell 2:04.5; Joetta Clark 2:04.1; Chris Gregorek 2:06.5; Essie Kelly 2:04.8) 1979
World	7:50.17	USSR (Nadezhda Olizarenko, Lyubov Gurina, Olga Bryzgina, Irina Podyalovskaya) 1984

HIGH JUMP

2006 ECAC Champion	5-11	(1.81) Sarah Wilfred, Cornell
ECAC Meet Record	6-4.25	(1.94) Dora Gyorffy, Harvard
Eastern Collegiate	6-6.75	(2.00) Gyorffy
Weaver Stadium	6-2.25	(1.89) Stacy Grant, Unattached
Collegiate	6-6.75	(2.00) Amy Acuff, UCLA
		Gyorffy
American	6-8	(2.03) Chaunte Howard, Georgia Tech
World	6-10.25	(2.09) Stefka Kostadinova, Bulgaria

POLE VAULT

2006 ECAC Champion	13-1.5	(4.00) Marissa Dudek, Pittsburgh
ECAC Meet Record	13-7.75	(4.16) Andrea Wildrick, Liberty
Eastern Collegiate	14-3.25	(4.35) Wildrick
Weaver Stadium	13-7.25	(4.15) Jillian Schwartz, Duke
Collegiate	15-1	(4.60) Chelsea Johnson, UCLA
American	15-10	(4.83) Stacy Dragila, Reebok
World	16-5.25	(5.01) Yelena Isinbayeva, Russia

LONG JUMP

2006 ECAC Champion	21-1.25	(6.43) Lynn Hernandez, Maryland CP
ECAC Meet Record	22-0.75	(6.72) Trecia Smith, Pittsburgh
Eastern Collegiate	22.3	(6.78) Diane Guthrie, George Mason
Weaver Stadium	21-9	(6.63) Noelle Graham, Seton Hall
Collegiate	22-11.25	(6.99) Jackie Joyner-Kersey, UCLA
American	24-7	(7.49) Joyner-Kersey, Honda TC
World	24-8.25	(7.52) Galina Chistyakova, USSR

TRIPLE JUMP

2006 ECAC Champion	41-1.5	(12.51) Tiina Magi, Manhattan
ECAC Meet Record	46-8	(14.22) Trecia Smith, Pittsburgh
Eastern Collegiate	46-8	(14.22) Smith
Weaver Stadium	44-8.75	(13.63) Diana Wills, Army
Collegiate	46-8	(14.22) Smith
American Collegiate	46-1	(14.05) Stacey Bowers, Baylor
American	47-5	(14.45) Tiombe Hurd, Nike
World	50-10.25	(15.50) Inessa Kravets, Ukraine

SHOT PUT

2006 ECAC Champion	50-8	(15.44) Billie-Jo Grant, Virginia
ECAC Meet Record	55-1.5	(16.80) Amanda Walker, Pittsburgh
Eastern Collegiate	56-2.5	(17.13) Cheree Hicks, Syracuse
Weaver Stadium	55-1.5	(16.80) Walker
Collegiate	62-3.75	(18.99) Meg Ritchie, Arizona
American Collegiate	61-10.25	(18.85) Valeyta Althouse, UCLA
American	66-2.5	(20.18) Ramona Pagel, Mazda TC
World	74-3	(22.63) Natalya Lisovskaya, USSR

DISCUS

2006 ECAC Champion	170-4	(51.92) Johvonne Hernandez, Syracuse
ECAC Meet Record	199-8	(60.86) Cheree Hicks, Syracuse
Eastern Collegiate	199-8	(60.86) Hicks
Weaver Stadium	176-7	(53.83) Gina Lo Monaco, Unattached
Collegiate	221-5	(67.48) Meg Ritchie, Arizona
American Collegiate	215-3	(65.62) Aretha Hill, Washington
American	216-10	(66.10) Carol Cady, Stanford T. C.
World	252-0	(76.80) Gabriele Reinsch, G.D.R.

HAMMER

2006 ECAC Champion	191-0	(58.21) Johvonne Hernandez, Syracuse
ECAC Meet Record	195-2	(59.48) Tamika Powell, George Mason
Eastern Collegiate	219-1	(66.78) Jen Leatherman, Penn State
Weaver Stadium	218-9	(66.69) Bethany Hart, Connecticut
Collegiate	236-3	(72.01) Jenny Dahlgren, Georgia
American Collegiate	220-6	(67.31) Jamie Moton, Clemson
American	242-4	(73.87) Erin Gilreath, NYAC
World	255-3	(77.80) Tatyana Lysenko, Russia

JAVELIN (New)

2006 ECAC Champion	179-2	(54.61) Anna Raynor, NC Wilmington
ECAC Meet Record	179-2	(54.61) Raynor
Eastern Collegiate	188-3	(57.38) Ann Crouse, Virginia
Weaver Stadium	179-2	(54.61) Raynor
Collegiate	202-10	(61.82) Inna Kharun, Indiana
American Collegiate	195-8	(59.64) Serene Ross, Purdue
American	204-10	(62.41) Kim Kreiner, Nike
World	235-3	(71.70) Osleidys Menendez, Cuba

HEPTATHLON

2006 ECAC Champion	5,229	Brenna Blevins, William & Mary
ECAC Meet Record	5,793	Diane Guthrie, George Mason
Eastern Collegiate	6,527	Diane Guthrie-Gresham, George Mason
	(13.86, 6-1.25, 45-3.5, 24.91; 55-8.5, 160-11, 2:20.82)	
Weaver Stadium	5,404	Danielle McNaney, Liberty
Collegiate	6,527	Guthrie-Gresham, George Mason
American Collegiate	6,390	Jackie Joyner-Kersey, UCLA
	(13.77, 6-1.5, 39-8, 23.90; 21-3.25w, 147-4, 2:15.07)	
American	7,291	Joyner-Kersey, World Class AC
	(12.69, 6-1.25, 51-10, 22.56; 23-10.25, 149-10, 2:08.51)	
World	7,291	Joyner-Kersey, USA



The ECAC® and IC4A Track and Field Championships

RECAPING THE 2006 ECAC® OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

William Weaver Track and Field Stadium, Princeton University, Princeton, New Jersey, May 12-14

2006 OUTDOOR RESULTS

1) University of Pittsburgh	87
2) University of Virginia	68
3) Cornell University	64
4) Syracuse University	55
5) Duke University	51
6) College of William & Mary	46
7) University of Pennsylvania	38
8) Columbia University	37
9) University of Maryland	27.50
10) Northeastern University	26.50
11) Princeton University	25
12) Seton Hall University	23
13) North Carolina - Wilmington	22
14) Rutgers University	21
15) George Mason University	20
16) Harvard University	19.50
17) Bucknell University	19
18) Morgan State University	18
18) US Naval Academy	18
20) Georgetown University	17
21) Saint Francis University	15
22) Yale University	14
22) Manhattan College	14
24) James Madison University	13
24) Massachusetts Lowell	13
26) Delaware State University	11
26) St. John's University	11
28) Towson University	10
29) University at Albany	9
29) Mount St. Mary's	9
31) Boston College	8
31) Villanova University	8
31) Lafayette College	8
34) Rider University	7
34) Liberty University	7
36) Robert Morris University	6
37) US Military Academy	5
38) West Virginia University	4
39) Fordham University	3
39) Brown University	3
39) Duquesne University	3
39) Monmouth University	3
43) Wagner College	2
44) Coppin State University	1
44) Fairleigh Dickinson	1
46) Binghamton University	0.50

100 METER DASH

1. Murielle Ahoure, George Mason, 11.57; 2. Shantea Calhoun, Pittsburgh, 11.64; 3. Jordine Kimbrel, Northeastern, 11.84; 4. Shantea Calhoun, Pittsburgh, 11.88; 5. Melissa Ikono, Columbia, 11.98; 6. Talia Wise, Virginia, 11.99; 7. Nekisha Franklin, Delaware St., 12.14; 8. Stevie DeGross, Harvard, 12.15

200 METER DASH

1. Murielle Ahoure, George Mason, 23.33; 2. Shantea Calhoun, Pittsburgh, 23.42; 3. Shantea Calhoun, Pittsburgh, 23.80; 4. Jordine Kimbrel, Northeastern, 23.98; 5. Shaunee Morgan, Pennsylvania, 24.40; 6. Akliah King, Brown, 24.60; 7. Shani Boone, West Virginia, 24.91

400 METER DASH

1. Jesse Carlin, Pennsylvania, 53.89; 2. Linda Trotter, Cornell, 54.44; 3. Janice Smythe, Morgan State, 54.71; 4. Shakeema Martin, Seton Hall, 54.87; 5. Alexandra McCoy, Seton Hall, 55.16; 6. Leslie Anderson, James Madison, 55.39; 7. Gorgeous Harper, Seton Hall, 56.24

800 METER RUN

1. Dominique Sanon, Rutgers, 2:07.87; 2. Laura Maludzinski, Harvard, 2:08.85; 3. Jessica Orman, Albany, 2:09.22; 4. Christa Sawko, Bucknell, 2:10.33; 5. Crystal Anyanwu, Seton Hall, 2:10.42; 6. Lydia Malley, William & Mary, 2:12.44; 7. Nichelle Gibbs, Morgan State, 2:20.71

1500 METER RUN

1. Whitney Schnarr, St. Francis PA, 4:24.78; 2. Catha Mullen, Princeton, 4:25.08; 3. Nana Sang Bender, Syracuse, 4:26.56; 4. Nichole Lister, Boston College, 4:27.26; 5. Ashley Urick, Army, 4:27.85; 6. Jenna Orman, Albany, 4:28.12; 7. Cack Ferrell, Princeton, 4:29.03; 8. Avril Ogradnick, Georgetown, 4:29.51

3000 METER RUN

1. Emily McCabe, Cornell, 9:28.80; 2. Meghan Bishop, William & Mary, 9:32.78; 3. Toni Salucci, Cornell, 9:34.02; 4. Maddie McKeever, Duke, 9:36.31; 5. Jolee van Leuven, Princeton, 9:37.14; 6. Lisa Stubbs, Columbia, 9:38.88; 7. Nicole Plante, UMass Lowell, 9:42.34; 8. Emily Harrison, Virginia, 9:49.61

5000 METER RUN

1. Shannon Saunders, James Madison, 16:38.74; 2. Kristyn Shiring, William & Mary, 16:45.20; 3. Natasha LaBeaud, Georgetown, 16:47.55; 4. Meghan Braffet, Maryland CP, 16:51.55; 5. Stephanie Lenihan, Columbia, 16:55.87; 6. Julia Cathcart, William & Mary, 16:56.76; 7. Stacy Kim, Pennsylvania, 16:57.25; 8. Katie Read, Virginia, 16:59.00

10000 METER RUN

1. Ciara Horowitz, Duke, 34:26.98; 2. Sally Meyerhoff, Duke, 34:27.04; 3. Kara Scanlin, Virginia, 34:38.57; 4. Justine Whipple, Navy, 35:30.02; 5. Laura Stanley, Duke, 35:42.76; 6. Carol Jefferson, Liberty, 36:17.61; 7. Laura Hodges, Virginia, 36:24.10; 8. Alison Caruana, Rutgers, 36:26.26

100 METER HURDLES

1. Julianna Reed, Pittsburgh, 13.91; 2. Kirsten Andrews, Navy, 13.95; 3. Lauren Echko, Virginia, 14.15; 4. Martina Hallman, Pittsburgh, 14.17; 5. Monique Morgan, Villanova, 14.23; 6. Tramaine Shaw, Northeastern, 14.35; 7. Jasmine Rogers, Manhattan, 14.57

400 METER HURDLES

1. Julianna Reed, Pittsburgh, 57.99; 2. Erin Crawford, Virginia, 59.02; 3. Cuquie Melville, Delaware St., 59.66; 4. Janice Smythe, Morgan State, 1:00.66; 5. Deborah Fink, Lafayette, 1:00.88; 6. Latasha Dickson, Monmouth, 1:01.98; 7. Chanel Williams, Maryland CP, 1:02.04; 8. Michelle Bostic, Navy, 1:02.13

3000 METER STEEPLECHASE

1. Laura Meyers, Columbia, 10:27.78; 2. Robyn Ellerbrock, Cornell, 10:33.84; 3. Shelby Leland, Columbia, 10:36.54; 4. Suzanne Andrews, Princeton, 10:37.21; 5. Elizabeth Gesel, Villanova, 10:46.01; 6. Katie Simon, Syracuse, 10:49.86; 7. Claire Hamilton, Yale, 10:52.23; 8. Brianne Scott, Duquesne, 10:59.33

4x100 METER RELAY

1. University of Pittsburgh, 46.06; 2. Harvard University, 46.65; 3. University of Virginia, 46.86; 4. University of Pennsylvania, 47.43; 5. North Carolina - Wilmington, 47.54; 6. Massachusetts Lowell, 47.78; 7. Morgan State University, 48.44

4x400 METER RELAY

1. Cornell University, 3:38.77; 2. Seton Hall University, 3:39.10; 3. University of Virginia, 3:41.91; 4. Georgetown University, 3:43.05; 5. University of Pennsylvania, 3:45.26; 6. Delaware State University, 3:49.40; 7. Syracuse University, 3:49.87

4x800 METER RELAY

1. Columbia University, 8:54.02; 2. College of William & Mary, 8:55.20; 3. Yale University, 8:56.00; 4. University of Pennsylvania, 8:56.02; 5. Duke University, 8:57.99; 6. Princeton University, 9:03.41; 7. Rutgers University, 9:07.50; 8. Northeastern University, 9:11.46

HIGH JUMP

1. Sarah Wilfred, Cornell, 5-11.25 (1.81m); 2. Jillian Drouin, Syracuse, 5-11.25 (J1.81m); 3. Debra Vento, Duke, 5-08.75 (1.75m); 4. Laura Passalacqua, Towson, 5-08.75 (1.75m); 5. Kena Butts, Liberty, 5-08.75 (1.75m); 6. Toni Aluko, Maryland CP, 5-07.00 (1.70m); 7. Rebecca Christensen, Harvard, 5-07.00 (1.70m); 8. Brittany Robinson, Morgan State, 5-07.00 (1.70m)

POLE VAULT

1. Marissa Dudek, Pittsburgh, 13-01.50 (4.00m); 2. Melanie Buczek, Bucknell, 12-09.50 (3.90m); 3. Molly Lederman, Yale, 12-05.50 (3.80m); 4. Nicole Pitchford, Pittsburgh, 12-05.50 (3.80m); 5. Jess Kloss, Princeton, 11-11.75 (3.65m); 6. Lara Jones, Duke, 11-11.75 (3.65m); 7. Olivia Kalinowska, Northeastern, 11-11.75 (3.65m); 8. Laura Chmielewski, Northeastern, 11-11.75 (3.65m); 9. Jaime Stitt, Binghamton, 11-11.75 (3.65m)

LONG JUMP

1. Lynn Hernandez, Maryland CP, 21-01.25 (6.43m); 2. Kierra Foster, Maryland CP, 20-09.75 (6.34m); 3. Tatiana Warren, Syracuse, 20-01.50 (6.13m); 4. Janessa Murphy, Pittsburgh, 20-00.25 (6.10m); 5. Tomika Ferguson, Virginia, 19-11.75 (6.09m); 6. Whitney Tagliavini, Pennsylvania, 19-10.25 (6.05m); 7. Alaina Alfano, Wagner, 19-06.75 (5.96m); 8. Roseann Hamilton, Fairleigh Dicken, 19-04.25 (5.90m)

TRIPLE JUMP

1. Tina Magi, Manhattan, 41-00.50 (12.51m); 2. Toni-Marie Henry, UMass Lowell, 40-10.25 (12.45m); 3. Tomika Ferguson, Virginia, 40-10.25 (12.45m); 4. Ashley Mondie, Georgetown, 40-07.50 (12.38m); 5. Tatiana Warren, Syracuse, 40-07.00 (12.37m); 6. Kerstin Greene, Fordham, 40-06.75 (12.36m); 7. Rebecca duRivage-Jacobs, Towson, 39-08.50 (12.10m); 8. Kathryn Tershel, Virginia, 39-08.00 (12.09m)

SHOT PUT

1. Billie-Jo Grant, Virginia, 50-08.00 (15.44m); 2. Zara Northover, Northeastern, 50-07.50 (15.43m); 3. Johvonne Hernandez, Syracuse, 49-04.50 (15.05m); 4. Diane Gmitter, St. Francis PA, 49-03.50 (15.02m); 5. Nina Victorin, Mt St Mary's, 49-03.00 (15.01m); 6. Jazmine Fenlator, Rider, 48-08.25 (14.84m); 7. Cyrceli Ash, Rutgers, 48-06.25 (14.79m); 8. Sheeba Ibdunni, Cornell, 48-00.75 (14.65m)

DISCUS THROW

1. Johvonne Hernandez, Syracuse, 170-04 (51.92m); 2. Billie-Jo Grant, Virginia, 168-10 (51.47m); 3. Cyrceli Ash, Rutgers, 159-07 (48.65m); 4. Maria Matos, Cornell, 157-04 (47.95m); 5. Jazmine Fenlator, Rider, 154-04 (47.04m); 6. Keshella Reid, St. John's, 152-09 (46.57m); 7. Melissa Stewart, Duquesne, 152-07 (46.51m); 8. Nina Victorin, Mt St Mary's, 148-03 (45.20m)

HAMMER THROW

1. Johvonne Hernandez, Syracuse, 191-00 (58.21m); 2. Blessing Egwu, St. John's, 183-05 (55.91m); 3. Marjorie Grap, Bucknell, 180-01 (54.89m); 4. Sheeba Ibdunni, Cornell, 178-03 (54.34m); 5. Ashley Harbin, Lafayette, 176-06 (53.80m); 6. Kelly Reynolds, Duke, 175-11 (53.61m); 7. Marina Liander, Manhattan, 173-07 (52.90m); 8. Danielle Dufresne, Cornell, 168-10 (51.46m)

JAVELIN THROW

1. Anna Raynor, NC Wilmington, 179-02 (54.61m); 2. Daina Pucurs, Duke, 160-06 (48.92m); 3. Stephanie Kuhn, Robert Morris, 148-01 (45.14m); 4. Angela Hoover, Pittsburgh, 146-04 (44.60m); 5. Danielle Still, Navy, 138-06 (42.21m); 6. Kelly Robinson, Towson, 138-05 (42.20m); 7. Lindsey Clark, West Virginia, 138-01 (42.10m); 8. Cherith Boycan, Army, 137-02 (41.82m)

HEPTATHLON

1. Brenna Blevins, William & Mary, 5229; 2. Anna Raynor, NC Wilmington, 5193; 3. Bonnie Meekins, William & Mary, 5110; 4. Shani Boston, Pennsylvania, 4965; 5. Shannon Norris, Mt St Mary's, 4922; 6. Tiana Riel, Boston College, 4865; 7. Kelsi Russell, Morgan State, 4573; 8. Natoya Baird, Coppin State, 4494

RECAPING THE 2007 ECAC® INDOOR TRACK AND FIELD CHAMPIONSHIPS

Held at Reggie Lewis Track and Athletic Center, Boston, Massachusetts - March 3-4

2007 INDOOR TEAM RESULTS

1) Connecticut	61
2) Pittsburgh	52
3) Georgetown University	48
4) Duke University	39.50
5) Cornell	37
6) Bucknell University	31.50
7) Boston College	31
7) Seton Hall University	31
9) George Mason University	26
9) Princeton University	26
11) West Virginia University	25
12) Buffalo, University at	23.50
13) Albany, University at	22
13) Syracuse University	22
15) Northeastern University	19
16) Morgan State University	18
17) Providence College	17
17) Delaware State University	17
19) St. John's University	16
19) Fordham University	16
21) Rutgers University	14
21) Yale University	14
23) Monmouth University	11
24) Vermont	10
24) William and Mary	10
24) Saint Francis University	10
24) Manhattan College	10
28) Brown University	9
28) Columbia University	9
30) Rider University	8.50
31) Maryland, University of	8
31) Lafayette College	8
31) New Hampshire	8
31) Liberty University	8
35) Mount St. Mary's	6
35) Harvard University	6
37) Lehigh University	5
37) Dartmouth College	5
37) Pennsylvania	5
40) Quinnipiac University	4
40) Sacred Heart University	4
40) James Madison University	4
40) Towson University	4
40) Stony Brook University	4
45) Colgate University	3
45) Binghamton University	3
47) Delaware, University of	2
47) Long Island University	2
49) Military Academy	1
49) Boston University	1
49) La Salle University	1

60 METER DASH

1. Murielle Ahoure, George Mason, 7.37; 2. Jessica Foreman, UConn, 7.45; 3. Nekisha Franklin, Delaware State, 7.46; 4. Shantea Calhoun, Pittsburgh, 7.54; 5. Jessica Czaikowski, West Virginia, 7.57; 6. Shana Henry, Northeastern, 7.66; 7. Consandria Walker, Northeastern, 7.68; 8. Michelle Gomes, U. of Delaware, 7.76.

200 METER DASH

1. Murielle Ahoure, George Mason, 23.78; 2. Jernail Hayes, Seton Hall, 23.95; 3. Nekisha Franklin, Delaware State, 23.96; 4. Shantea Calhoun, Pittsburgh, 24.00; 5. Raquel Bender, Pittsburgh, 24.30; 6. Kim Williams, Binghamton, 24.63; 7. Phylcia George, UConn, 24.70; 8. Jacqueline Todd, Rutgers, 24.73.

400 METER DASH

1. Maxcine Foster, St. John's, 53.72; 2. M. Graves-Fulgham, UConn, 54.36; 3. Alyssa Evering, UConn, 54.81; 4. Romona Foster, Morgan State, 54.92; 5. Jacqueline Todd, Rutgers, 55.01; 6. Shakeema Martin, Seton Hall, 55.68; 7. Nichole Torpey, Georgetown, 55.69; 8. Cristine Marquez, U. of Delaware, 55.74.

500 METER DASH

1. Alexandra McCoy, Seton Hall, 1:13.31; 2. Natasha Norville, Rutgers, 1:13.64; 3. Latasha Dickson, Monmouth, 1:13.65; 4. Julianna Reed, Pittsburgh, 1:13.78; 5. Kari Hedderick, Pittsburgh, 1:14.09; 6. Claudia Duncan, Yale, 1:14.32; 7. Denele Deverteuil, Long Island, 1:14.40; 8. Alex Baptiste, Georgetown, 1:14.43.

800 METER RUN

1. Carmen Lagala, Vermont, 2:09.34; 2. Jessica Ortman, Albany, 2:09.50; 3. Christa Sawko, Bucknell, 2:10.53; 4. Naja Ferjan, Brown, 2:11.13; 5. Renee Tomlin, Georgetown, 2:11.34; 6. Crystal Anyanwu, Seton Hall, 2:14.94.

1000 METER RUN

1. Meagan Krifchin, Syracuse, 2:52.81; 2. Rebecca Haley, UNH, 2:54.00; 3. Jessica Driscoll, BC, 2:54.45; 4. Jessica Davlin, Duke, 2:55.18; 5. Lisa Voltaire, Stony Brook, 2:55.34; 6. Allie Lewis, William and Mary, 2:56.42; 7. Emily Sherrard, Duke, 2:56.75; 8. Adriana Boyle, La Salle, 2:56.85.

1 MILE RUN

1. N. Lister, BC, 4:51.19; 2. J. Rodgers, Georgetown, 4:51.77; 3. N. Sang Bender, Syracuse, 4:53.61; 4. E. Cranmer-Hart, Bucknell, 4:53.78; 5. C. Mullen, Princeton, 4:53.92; 6. D. Padilla, Columbia, 4:56.51; 7. M. Owen, Providence, 4:56.84; 8. C. Ogletree, Rutgers, 5:01.90.

3000 METER RUN

1. L. Donaldson, Yale, 9:22.01; 2. T. Salucci, Cornell, 9:23.45; 3. M. Grelli, Georgetown, 9:33.97; 4. R. Kiernan, Princeton, 9:38.61; 5. S. Gupta, Brown, 9:39.47; 6. N. LaBeaud, Georgetown, 9:41.23; 7. C. Grandt, West Virginia, 9:41.30; 8. B. Twohig, Providence, 9:41.81.

5000 METER RUN

1. S. Meyerhoff, Duke, 16:11.57; 2. K. DiCamillo, Providence, 16:19.12; 3. D. Doetzel, Providence, 16:27.79; 4. L. Burdick, BC, 16:49.65; 5. N. LaBeaud, Georgetown, 16:51.66; 6. J. van Leuven, Princeton, 16:55.10; 7. K. Stevens, Quinnipiac, 17:00.72; 8. E. Gousen, William and Mary, 17:01.22.

DISTANCE MEDLEY

1. Georgetown University, 11:12.93; 2. Princeton University, 11:13.47; 3. Columbia University, 11:19.42; 4. Pennsylvania, University of, 11:26.92; 5. West Virginia University, 11:49.69; 6. Cornell, 11:58.44; 7. Quinnipiac University, 12:00.62; 8. Syracuse University, 12:03.20.

HIGH JUMP

1. S. Wilfred, Cornell, 6-00.50; 2. B. Robinson, Morgan State, 5-11.25; 3. Christensen, Harvard, 5-10.00; 4. J. Drouin, Syracuse, 5-10.00; 5. J. O'Brien, James Madison, 5-08.75; 6. D. Vento, Duke, 5-08.75; 6. K. Kajunski, Rider, 5-08.75; 8. A. Zelinskas, Liberty, 1.75m.

POLE VAULT

1. L. Jones, Duke, 12-07.50; 2. M. Buczeko, Bucknell, 12-07.50; 3. J. Lister, Buffalo, 12-07.50; 4. N. Todd-Zebell, Dartmouth, 12-07.50; 5. M. Jenkins, Mount St. Mary's, 12-03.50; 6. A. Hall, Bucknell, 11-11.75; 6. C. Hinners, Buffalo, 11-11.75; 8. K. Loughry, West Virginia, 11-11.75.

60 METER HURDLES

1. Jessica Czaikowski, West Virginia, 8.36; 2. Myc Clemons, Pittsburgh, 8.63; 3. Tramai Shaw, Northeastern, 8.64; 4. Jasmine Rogers, Delaware State, 8.67; 5. Abbie Stechshulte, West Virginia, 8.71; 6. Kamilah McShine, Albany, 8.72; 7. Rokeshia Williams, Morgan State, 9.03.

4x400 METER RELAY

1. Connecticut, (Mandela Graves-Fulgham, Alyssa Evering, Chanell Smith, Tamara Highsmith) 3:41.72; 2. Cornell, 3:42.44; 3. Seton Hall 3:43.33; 4. Monmouth 3:47.08; 5. Pittsburgh 3:47.58; 6. Morgan State 3:47.75; 7. Northeastern 3:48.36; 8. Yale 3:49.00.

4X800 METER RELAY

1. Duke (Caitlin Klass, Molly Lehman, Libby Jenke, Christen Harsha) 8:56.43; 2. Cornell 8:56.47; 3. Princeton 9:03.66; 4. Lehigh 9:06.63; 5. William and Mary 9:06.68; 6. Colgate 9:11.33; 7. Northeastern 9:11.76; 8. Boston Univ. 9:14.95.

TRIPLE JUMP

1. T. Magi, Manhattan, 41-05.25; 2. S. Charles, Albany, 40-11.50; 3. K. Greene, Fordham, 40-06.25; 4. T. Highsmith, U Conn, 40-04.25; 5. A. Mondie, Georgetown, 40-01.50; 6. J. Gurrant, Albany, 39-03.00; 7. J. Murphy, Pittsburgh, 39-03.00; 8. A. Jenkins, Army, 38-11.75.

SHOT PUT

1. S. Vance, Buffalo, 50-09.50; 2. D. Gmiter, Saint Francis, 50-03.50; 3. T. McMillian, U Conn, 49-03.00; 4. C. Villa, Buffalo, 48-02.50; 5. Z. Northover, Northeastern, 47-11.00; 6. J. Fenlator, Rider, 46-11.75; 7. J. Anwah, Maryland, 46-09.50; 8. N. Victorin, Mount St. Mary's, 46-09.00.

WEIGHT THROW

1. M. Grap, Bucknell, 61-11.50; 2. A. Harbin, Lafayette, 61-04.00; 3. T. Kuyateh, St. John's, 57-07.00; 4. J. Anwah, Maryland, 54-00.50; 5. M. Locke, Sacred Heart, 53-10.50; 6. J. Fenlator, Rider, 53-08.50; 7. D. Gmiter, Saint Francis, 53-07.75; 8. N. Victorin, Mount St. Mary's, 53-04.25.

INDOOR PENTATHLON

1. K. Greene, Fordham, 4031.00; 2. T. Highsmith, U Conn, 4019.00; 3. K. Hill, BC, 4016.00; 4. A. Zelinskas, Liberty, 3875.00; 5. T. Riel, BC, 3857.00; 6. B. Bamigboye, Georgetown, 3807.00; 7. B. Meekins, William and Mary, 3673.00; 8. D. Washington, Seton Hall, 3585.00.

The ECAC® and IC4A Track and Field Championships

NCAA Men's Outdoor Track and Field - 2007 Regional Qualifying Standards

Event	FAT	MT	Altitude Adjustment 3k-5,999/6k+
100 Meters	10.50	--	+ .03/+ .06
200 Meters	21.19	--	+ .07/+ .12
400 Meters	47.20	46.9	+ .11/+ .21
800 Meters#	1:50.40	1:50.1	
1,500 Meters#	3:47.80	3:47.5	
Mile#	4:03.75	4:03.5	
3,000- Meter Steeplechase#	9:07.00	9:06.7	
5,000 Meters#	14:12.00	14:11.7	
10,000 Meters# - Auto	28:45.00	28:44.7	
10,000 Meters# - Prov	29:30.00	29:29.7	
110-Meter Hurdles	14.30	--	+ .04/+ .08
400-Meter Hurdles	52.51	52.2	+ .11/+ .21
400-Meter Relay	40.66	40.4	+ .12/+ .24
440-Yard Relay	40.86	40.6	+ .12/+ .24
1,600-Meter Relay	3:10.00	3:09.7	+ .44/+ .84
Mile Relay	3:11.20	3:10.9	+ .44/+ .84
Metric			
High Jump	2.10		
Pole Vault	5.05		
Long Jump	7.34		
Triple Jump	15.00		
Shot Put	16.80		
Discus	51.70		
Javelin	61.60		
Hammer	55.60		
Decathlon - Auto	7,500 points		
Decathlon - Prov	6,900 points		



- Altitude adjustment available

NCAA Women's Outdoor Track and Field - 2007 Regional Qualifying Standards

Event	FAT	MT	Altitude Adjustment 3k-5,999/6k+
100 Meters	11.75	--	+ .03/+ .07
200 Meters	23.96	--	+ .07/+ .14
400 Meters	54.61	54.3	+ .11/+ .21
800 Meters#	2:09.80	2:09.5	
1500 Meters#	4:27.80	4:27.5	
Mile#	4:49.60	4:49.3	
3,000-Meter Steeplechase#	10:50.25	10:50.0	
5000 Meters#	16:52.00	16:51.7	
10,000 Meters# - Auto	33:30.00	33:29.7	
10,000 Meters# - Prov	35:00.00	34:59.7	
100-Meter Hurdles	13.92	--	+ .04/+ .08
400-Meters Hurdles	1:00.82	1:00.5	+ .11/+ .21
400-Meter Relay	45.70	45.4	+ .12/+ .28
440-Yard Relay	45.90	45.6	+ .12/+ .28
1,600-Meter Relay	3:42.00	3:41.7	+ .44/+ .84
Mile Relay	3:43.20	3:42.9	+ .44/+ .84
Metric			
High Jump	1.75		
Pole Vault	3.80		
Long Jump	6.00		
Triple Jump	12.32		
Shot Put	14.30		
Discus	47.30		
Javelin	43.45		
Hammer	54.15		
Heptathlon - Auto	5,500 points		
Heptathlon - Prov	5,050 points		



- Altitude adjustment available

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 Huntton
The College of William & Mary	Kathy Newbury
Yale University	Mark Young

