

8th ECAC Championships
George Mason University, Fairfax, VA
May 17-19, 1991

Fairfax, Virginia, May 18-19—Teams: 1. George Mason 89; 2. Penn State 79½; 3. Seton Hall 53; 4. Georgetown 47; 5. Pitt 44; 6. Syracuse 38; 7. Villanova 34; 8. Connecticut 31; 9. Providence (Ire) 28; 10. St. John's 16.

100(-0.6), Cuffee (GM) 11.93; 2. Beck (JM) 11.93.

200(-0.2), Brantle (Ct) 24.34.

400, Demas (Pitt) 52.27; 2. Smith (Brown) 53.07; 3. Smith (Gtn) 53.38.

800, Lanctot (BU) 2:03.37 (CL); 2. Bennett (Vill) 2:03.60; 3. Best (Corn) 2:07.28; 4. Fleming (Gtn) 2:08.54.

1500, Lynch (Vill) 4:17.91; 2. Davey' (Prov) 4:18.57; 3. Goddard (Vill) 4:21.43.

3000, O'Sullivan' (Vill) 8:58.64 (CL); 2. Hendricken' (Prov) 9:15.70; 3. Philpott' (Prov) 9:19.50.

5000, Constantin (Gtn) 16:16.82; 2. Maguire (Wag) 16:21.68; 3. Saddic (GM) 16:23.98.

10,000, Nelson (PennSt) 34:55.84; 2. Wesseling (Prin) 35:05.74.

100H(-0.8), Giddens (Syr) 13.64; 2. Williams (Pitt) 13.86.

400H, Mitchell (PennSt) 57.88; 2. Ellis (Temp) 59.29; 3. Allen (GM) 59.47; 4. Smith' (Brown) 59.79.

4 x 100, George Mason 46.16 (Allen, Cuffee, Joiner, Sinclair).

4 x 400, Pitt 3:39.04 (Hockaday, Blair, Williams, Crumpler).

4 x 800, Penn State 8:54.05 (Eidson, Kopf, Connell, Morrow); 2. Georgetown 8:56.58.

HJ, Williams (SH) 5-10; 2. Lippincott (PennSt) 5-10; . . . 7. Guthrie' (GM-Jam) 5-8.
 LJ, Brantle 20-10³/₄; 2. Cuffee 20-1³/₄.
 TJ, Crumety (StJos) 42-11; 2. Payne (Md) 41-5¹/₂.
 SP, Hodgkinson (Syr) 52-6; 2. Carkeek' (Harv) 48-7³/₄.
 DT, Ferster (Man) 154-3; 2. Ferrari (Syr) 153-6.
 HT, Fitts (StJ) 162-3; 2. Legault (RI) 159-0; 3. Acosta (Syr) 156-5.
 JT, Gibbs (PennSt) 165-0; 2. Crouch (PennSt) 152-8.
 Hept(5/17-18), Guthrie' 5793 NR (21-4¹/₄w); 2. Connell (PennSt) 5706; 3. Dahl (Vt) 4967.

ECAC TRACK & FIELD CHAMPIONSHIPS
(At Fairfax, Va., Saturday)

Heptathlon — 1. Diane Guthrie, George Mason, 5,793 (meet record); 2. Pam Connell, Penn State, 5,706; 3. Sarah Dahl, Vermont, 4,967.

5,000 — 1. Christi Constantin, Georgetown, 16:16.82; 2. Tara Maguire, Wagner, 16:21.68; 3. Kim Saddic, George Mason, 16:23.98.

10,000 — 1. Wendy Nelson, Penn State, 34:55.84; 2. Kate Wessling, Princeton, 35:05.74; 3. Chris Char, Georgetown, 35:44.73; 5. Jen Weaver, Penn State, 36:12.02.

Long jump m 1. Cheryl Brantle, Connecticut, 20-10³/₄; 2. Tamara Cuffee, George Mason, 20-1³/₄; 3. Sondra Brangman, Seton Hall, 19-9¹/₄.

Discus — 1. Wanda Ferster, Manhattan, 154-3; 2. Dianne Gerrari, Syracuse, 153-6; 3. Amanda Barnes, Manhattan, 150-4; 5. Kim Kessell, Penn State, 148-6.

Javelin — 1. Stacey Gibbs, Penn State, 165-0; 2. Jen Crouch, Penn State, 152-8; 3. Kisa Kohut, Rutgers, 149-11; 4. Dayna Holston, Penn State, 146-0.

High jump — 1. Shana Williams, Seton Hall, 5-10; 2. Leslie Lippincott, Penn State, 5-10 (based on least misses); 3. Alethea Moody, WVU, 5-8; 5. Shelley Mitchell, Penn State, 5-8, and Annalies Bulow, Yale, 5-8.

Team Scoring Leaders: 1. Penn State, 53¹/₂; 2. George Mason, 28; 3. Seton Hall, 20; 4. Georgetown, 18; 5. Manhattan, 16; 6. Rutgers, 12; 7. Connecticut, 11.

**ECAC Championships
at Fairfax, Va.**

Team scores: 1. George Mason, 89; 2. Penn State, 79.5; 3. Seton Hall, 53; 4. Georgetown, 47; 5. Pittsburgh, 44; 6. Syracuse, 38; 7. Villanova, 34; 8. Connecticut, 31; 9. Providence, 28; 10. St. John's 22.

Top UConn finishers

200 Meters: 1. Cheryl Brantle, UConn, 24.34*

4x400 Relay: 2. UConn (Tracy Langley, Keli Savage, LeAndrea Banks, Darlene Andrews), 3:42.74

Shot Put: 5. Terry Roy, UConn, 45-7 $\frac{3}{4}$ **

Hammer throw: 8. Michele Russi, UConn, 147-8

400 Meters: 7. Darlene Andrews, UConn, 55.05.

* - ties ECAC meet record

** - UConn school record

Cornell Women

ECAC Championships at Fairfax, Va.

Top CU finishers

800m: Stephanie Best, 3rd, 2:07.28;
Jen Cobb, 9th, 2:10.36

1500m: Lauren Mooney, 5th, 4:24.43

110m hurdles: Julie Wojcik, 12th, 14.98

GMU depth outlasts Lady Lions in ECAC

Penn State coach Teri Jordan was concerned about George Mason's scoring potential even though the Lady Lions held a 25-point lead over the host Lady Patriots in the ECAC Track and Field Championships after Saturday's competition.

Jordan was correct in her assessment because George Mason used a strong performance in the final day of the meet to beat Penn State an 89-79 ½ margin Sunday at Fairfax, Va.

George Mason, coached by State College High and Lock Haven University graduate Norm Gordon, won its first ECAC outdoor title since 1988 Sunday as sprinter Tamara Cuffee and the 4 x 100 relay team posted victories.

Penn State, meanwhile, won two more events Sunday as Shelley Mitchell repeated in the 400 hurdles. The 4 x 800 relay team of Dawn Eidson, Amy Kopf, Pam Connell and Laurie Morrow also was victorious for the second straight year, winning this time in 8:54.05.

Connell ran in place of Amanda Dudley, the former State High runner sidelined with a stress fracture. Dudley competed Saturday and helped the Lady Lions qualify but gave way to Connell, who placed second in the heptathlon Saturday.

"Mitchell broke her school record in the 400 hurdles with a 57.88 and that should get her to Eugene, Ore., for the NCAA meet," Jordan said.

The other Penn State placer Sunday was Kim Kessell, who finished third in the shot put at 46-8 ¼.

"One big factor," Jordan said of the second-place finish, "was the fact that we qualified in only one track event today. Plus, our depth for today's field events wasn't as strong as Saturday's."

The Lady Lions had two winners Saturday in Stacey Gibbs (javelin) and Wendy Nelson (10,000 meters). GMU's lone winner Saturday was Diane Guthrie in the heptathlon.

"I'd say we'll send at least four athletes to nationals — Jen Crouch and Gibbs in the javelin, Mitchell and Connell in the heptathlon. Nelson has an outside chance," Jordan said.

For Gordon, the team title came largely from Guthrie's gutsy performance.

"You can't imagine the job Diane Guthrie did after she pulled a hamstring in the heptathlon long jump," he said. "I had her scoring between 28 and 30 points but then she didn't place in the high jump and she dropped out of the open long jump. But immediately, she went to the training room and got ice. She knew what had to be done so she took over as a coach and kept firing the kids up."

"I was surprised with Penn State scoring 79 ½ points," he added. "I knew they'd be fired up because this was their last ECAC appearance. I also was impressed with Laurie Morrow (former State High runner). She certainly has a big heart. I felt this year we could beat State in the 3,200 relay. She did a good job against a tough Georgetown anchor."

And speaking of the heptathlon, Gordon said that Guthrie and Connell definitely are "two of the top four collegiate heptathletes in the nation."

Other winners included Donna Crumety of St. Joe's in the triple jump (42-11), Sonja Fitts of St.

John's in the hammer (162-3), Karen Hodgkinson of Syracuse in the shot (52-6), Nnenna Lynch of Villanova in the 1,500 (4:17.91), Gail Giddens of Syracuse in the 100 hurdles (13.64), Keisha Demas of Pitt in the 400 (52.27, NCAA qualifying), Jennifer Lanctot of Boston U. in the 800 (2:03.37, NCAA qualifying, meet and facility records), Cheryl Brantle of Connecticut in the 200 (24.34), Pitt in the 1,600 relay (3:39.04) and Sonja O'Sullivan of Villanova in the 3,000 (8:58.64, NCAA qualifying).

Lady Lions snare lead at ECAC meet

Penn State's overall balance was a key factor as the Lady Lion track and field team grabbed a 53½-28 lead over George Mason in the annual ECAC meet at Fairfax, Va., Saturday. The meet will conclude today.

Penn State, which is making its final ECAC track and field appearance before joining the Big Ten Conference next season, crowned two champions Saturday — Wendy Nelson in the 10K (34:55.84) and Stacey Gibbs in the javelin (165 feet). Penn State freshman Jen Weaver was fifth in the 10K at 36:12.02.

Gibbs had plenty of support in the javelin as teammate Jen Crouch, last year's champ, finished second at 152-8. Another teammate, Dayna Holtson, wound up fourth at 146 feet.

Penn State had a number of other solid seconds, namely Pam

Connell in the heptathlon and Leslie Lippincott in the high jump. Diane Guthrie of George Mason, the '91 Penn Relays champ, won the heptathlon, scoring 5,793 points. Connell, who won ECAC titles as a freshman and sophomore, finished with 5,706 points. Guthrie held a 3,522-3,396 lead after four events Friday.

Connell finished first in two heptathlon events Friday, the 100 hurdles and the 200-meter dash, second in the high jump and third in the shot. Guthrie was first in the high jump and second in the shot put.

Saturday, Guthrie was first in the long jump (21-4¼) and first in the javelin (118-3) while Connell had the best time in the 800 (2:13.51). Connell also was second in the javelin (116-10) and second in the long jump (19-3½).

Shana Williams of Seton Hall won the open high jump Saturday,

clearing 5-10, the same height as Lippincott. Final placing was based on fewest misses. Shelley Mitchell of the Lady Lions was fifth at 5-8.

In the discus, the champ was Wanda Ferster of Manhattan College. She had a throw of 154-3. Kim Kessell of Penn State, the defending champ, finished fifth at 148-6.

Mitchell, the defending champ in the 400 hurdles, qualified for the finals today by winning her heat in 58.12, the best time in Saturday's trials and a school record to boot. Tammy Hart set the old mark back in the mid 1980s.

Penn State's 4 x 800 relay team also advanced to today's showdown with a time of 9:09.11, which was good for second in its heat. The Lady Lions of Coach Teri Jordan, however, failed to advance in the 400 and 1,600 relays.

"George Mason should score lots of points Sunday," Jordan said. "They have people in all three relays, the 100, 200, shot put, triple jump and hammer throw. So it's definitely not over."

"But Connell did a great job. She really chased Guthrie. Pam broke her school record for the third time this season."

"Wendy Nelson ran a lifetime best and should be going to the NCAA meet at Oregon, the same as Crouch, Mitchell, Connell and possibly Lippincott. That 1-2-4 finish in the javelin really helped."

State also will be counting on Kessell and Crouch in the shot today along with Alicia Porro, Deb Ford and Leslie Hummer in the triple jump and Michelle Thompson and Stacy Frank in the hammer.

In third place with 20 points is Seton Hall, with Georgetown (18) and Manhattan (16) next in line.

Freshman Sonda Brangman of Freehold excelled for the Seton Hall women's team in the ECAC Track and Field Championships yesterday at the George Mason track in Fairfax, Va. Brangman placed third in the long jump (at 19-9¼) and ran on the Hall's second-place (46.60) 400 relay team. Seton Hall finished third overall in the meet.

Down and out: This season saw freshman **Jackie Gray** became the first Robert Morris College woman ever to qualify for the Eastern Collegiate Athletic Conference outdoor track and field championships. But the West Mifflin resident had her debut spoiled by a fall in the 100-meter hurdles competition at last weekend's ECAC meet at George Mason University in Fairfax, Va. "She had the best start she has had all year, and she led at the first hurdle. At the fourth hurdle, she kind of lost her rhythm and went down," said Bernie Seifert.

Laurie Smith earned all-east honors at the ECAC championships at George Mason at Fairfax, Va.

A junior, Smith placed fifth in the heptathlon. Smith finished with 3,815 points. George Mason's Diane Guthrie captured first with 5,793 points.

For Smith it's the third time she has earned all-east honors.

Women's Track. Manhattan's Wanda Ferster won the discus with a throw of 154-2½ in the ECAC Championships in Fairfax, Va. Manhattan's Amanda Barnes was third (150-4).

ECAC DIVISION I CHAMPIONSHIPS At Fairfax, Va.

Canisius College distance runner Heather Whalen (Churchville-Chili) finished 12th out of 17 runners in the 5,000 meter run with a time of 17:22.48. She broke her own school record

Track & field

Penn State's Connell 2nd in ECAC heptathlon

As expected, Diane Guthrie of George Mason and **Pam Connell** of Penn State are waging quite a battle in the heptathlon at the ECAC track and field championships in Fairfax, Va.

Guthrie, this year's winner at the Penn Relays, leads the pack with three events today. She has 3,522 points while Connell, a redshirt senior, is second at 3,396.

Connell, a two-time ECAC heptathlon champion, ran the 100 hurdles in 14.26 seconds and the 200-meter dash in 24.32. She cleared 5 feet, 8¾ inches in the high jump, good for second. She also finished third in the shot with a put of 35-8¾.

Guthrie, a freshman from Jamaica, is one of 11 entries in the competition. Sarah Dahl of Vermont is third (3,079), with Terry Roy of UConn (2,879), Jenny Ohlson of George Mason (2,859) and Laurie Smith of Mt. St. Mary's (2,852) next in line.

UM's Carol Beale 8th in heptathlon

FAIRFAX, Va. — University of Maine senior Carol Beale posted three personal bests on her way to an eighth-place finish in the heptathlon at the ECAC Track and Field Championships hosted by George Mason University here Friday and Saturday.

Beale scored 4,633 points to break the UM record of 4,545 held by Beth Heslam since 1985. The winner of the ECAC event was George Mason's standout freshman Diane Guthrie with a 5,793 tally.

In her four events Friday, Beale set personal marks in the 100 hurdles (15.69) and 200 meters (27.29.) She high jumped 5 feet 4¼ and tossed the shot 30 feet, 3 inches.

Saturday, Beale's long jump of 17 feet, 1¼ inches was her best ever; she threw the javelin 111 feet, 4 inches, and clocked a 2:23.69 in the 800-meter run.

UConn's Brantle wins long jump:

UConn junior Cheryl Brantle won the long jump at the ECAC championships in Fairfax, Va., with a meet record of 20 feet, 10¼ inches. The jump also makes her a provisional qualifier for the NCAA championships May 29-June 1 in Eugene, Ore.

UConn freshman Terry Roy placed sixth in the heptathlon.

Other Huskies qualifying for today's finals: Darlene Andrews (400); Tracy Langley, Keli Savage, LeAndrea Banks, Andrews (4x400 relay), Michelle Russi and Shari Zembek (hammer), and Roy and Zembek (shot put).

UConn's Brantle top performer:

Junior Cheryl Brantle was named most outstanding performer at the ECAC Track and Field championships in Fairfax, Va., for winning the long jump Saturday and the 200-meter dash Sunday.

Brantle's jump of 20 feet, 10¼ inches qualifies her for the June 8-9 TAC Nationals at Randall Island, N.Y. Her 24.34 in the 200 tied the ECAC record.

The UConn team won the 4 x 400 relay in 3:42.74 and finished eighth in the 10-team event.

WOMEN'S TRACK AND FIELD

— JMU placed 13th out of 34 teams at the Eastern College Athletic Conference championships last weekend in Fairfax. **Jill Speights** placed fourth and set a team record in the 1,500 meters with a time of 4:23.94. **Cathy Beck** was second in the 100 and fifth in the 200.

• W&M's **Andrea Lengi** set a school record in the 10,000 with a time of 37:43 to finish 17th in the ECAC meet. The 3,200 relay-team of **Danille Sepulveda**, **Jen Hafner**, **Erica Jackson** and **Sonja Friend** tied a school record (9:01.40) to finish fifth.

Donna Crumety of St. Joseph's successfully defended her women's triple-jump title at the Eastern College Athletic Conference championships at George Mason University in Fairfax, Va.. She set a meet record of 42 feet, 11 inches, beating the mark of 42-4 that she had established last year.

PATRIOTS RULE ECAC MEET

By **Donna Niewiaroski**

May 20, 1991

Trailing Penn State by an imposing 31.5 points coming into yesterday's finals of the ECAC women's track and field championships, but performing on its home turf, George Mason needed a jump-start - and got it. And took off.

The Patriots got it in the form of a tiny sprinter named Tamara Cuffee. Seeded third in the 100-meter dash, Cuffee, runner-up in the long jump the day before, shot out of the blocks and won in a photo finish in 11.93 seconds. Her teammates followed suit, scoring in 10 of yesterday's events. George Mason won its second title, with 89 points to the defending champion Nittany Lions' 79.5.

Patriots sprinters carried the bulk and the team passed Penn State, 58-53.5, after the 100, not to be caught. Seton Hall finished third with 53 points.

Cuffee's favorite event is the long jump, but it nearly got lost in the shuffle. For the 100 and 200, Cuffee ran five times, and twice more for the 4x100 relay. She finished fourth in the 200 and the Patriots won the relay in 46.16.

"I'm pretty tired," said the 5-foot-4 Cuffee. "I just sit down and talk to myself and pray, and my teammates help, telling me I can when I think I can't."

For others, this meet offered an opportunity to sharpen strategies for the upcoming national championships.

Jennifer Lanctot of Boston University, injured for most of her college career, won the 800 over Michelle Bennett of Villanova. Thwarting Bennett's usual style of breaking from the field early, Lanctot hung with her and then sped past her, rounding the final turn to win in a meet record 2:03.37. Bennett, who glanced over her shoulder to see Lanctot's charge, was second in 2:03.60.

"These meets are leading up to the NAAs and TACs and I wanted a 2:03," Lanctot said. "As soon as Michelle turned around and looked, I knew I had her."

Villanova sophomore miler Nnenna Lynch took the lead in the 1,500 shortly after 800 meters and turned in a winning 4:17.91, under the NCAA qualifying standard by a tenth of a second.

"This week is different" from last weekend's Big East championships, Lynch said. "This one you had to focus, you're here for one specific purpose. I had to finish strong -- that's where the fractions of a second lie."

A fraction kept Keisha Demas of Pittsburgh from a meet record but not a national berth. Leading the 400 field by a large margin, she won in 52.27, missing the mark by .03, but easily qualifying for the NAAs.