

IC4A Championships
George Mason University, Fairfax, VA
May 14/15, 18/19, 1996

FAIRFAX, Va. — Results Saturday from the IC4A-ECAC Outdoor Track and Field Championships at George Mason University (race distances in meters):

IC4A

100—1, Robert Dennis, West Virginia, 10.44. 2, Barry Douglas, George Mason, 10.45. 3, Jay Jones, Pittsburgh, 10.47. 4, Pete McFadden, Liberty, 10.56. 5, Johann Jack, Boston University, 10.63. 6, Greg Davis, Penn, 10.81. 7, Jacob Swinton, Liberty, 10.90.

200—1, Gregory Haughton, George Mason, 20.64. 2, Pete McFadden, Liberty, 21.06. 3, Louis McDonald, George Mason, 21.13. 4, Brian Johnson, East Carolina, 21.30. 5, Carlton McDuffie, Liberty, 21.33. 6, Jay Jones, Pittsburgh, 21.34. 7, Jonathan Howard, Georgetown, 21.51.

800—1, Julius Achon, George Mason, 1:45.67. 2, Alex Morgan, George Mason, 1:45.87. 3, Albert Royster, Seton Hall, 1:46.38. 4, Kevin Murphy, Boston University, 1:46.86. 5, Balazs Koranyi, Rutgers, 1:47.17. 6, John Honerkamp, St. John's, 1:47.32. 7, Miklos Arpasi, George Mason, 1:48.17. 8, Thomas Swaim, Navy, 1:51.12.

1,500—1, Ibrahim Aden, George Mason, 3:45.99. 2, Dereck Treadwell, Maine, 3:46.67. 3, Scott Anderson, Princeton, 3:46.89. 4, Daniel Browne, Army, 3:47.95. 5, Mike Brown, William & Mary, 3:48.48. 6, Seth Wetzel, Georgetown, 3:49.28. 7, James Colling, Princeton, 3:49.57. 8, Chris McGregor, Liberty, 3:49.82.

5,000—1, David Crabbe, Boston Univ., 14 minutes, 16.53 seconds. 2, Chris Fogarazzo, St. John's, 14:18.30. 3, Jason Rexing, Notre Dame, 14:21.36. 4, Jack Dwyer, Dartmouth, 14:30.82. 5, Brian Eigel, William & Mary, 14:38.61. 6, Mark Vilardo, West Virginia, 14:39.79. 7, Mac Knapp, West Virginia, 14:39.79. 8, John Steed, Cornell, 14:40.86.

110 high hurdles—1, Dudley Dorival, Connecticut, 13.65. 2, Thomas Petersen, Army, 14.00. 3, Peter Coughlan, Yale, 14.03. 4, Adrian Woodley, Syracuse, 14.30. 5, Jay Murphy, Pitt, 14.32. 6, Marcus Green, Delaware State, 14.44. 7, Asa Heath, Maryland, 14.48. 8, Orrel Green, Pitt, 14.50.

400 Int. hurdles—1, Ian Weakley, George Mason, 49.88. 2, Orrel Green, Pittsburgh, 50.69. 3, Kareem Archer, Villanova, 50.70. 4, Andy Collins, Princeton, 50.72. 5, Jesse Allen, Duke, 51.22. 6, Jason Fennes, Monmouth, 51.65. 7, Liam Govoates, Massachusetts-Lowell, 51.84. 8, Jerel Williams, Pittsburgh, 51.90.

3,000 steeplechase—1, Casey O'Shea, Columbia, 8:50.11. 2, Alan Bernier, New Hampshire, 8:55.10. 3, Brian Montgomery, Maryland, 8:56.55. 4, Jonathan Clemens, Navy, 9:00.55. 5, Jeff Nason, Cornell, 9:01.18. 6, Jason Dunn, William & Mary, 9:02.00. 7, Thomas Jeffrey, James Madison, 9:05.11. 8, Derek Seiling, Notre Dame, 9:06.63.

4x100 relay—1, Liberty (Pete McFadden, Jacob Swinton, Carlton McDuffie, John Marriott), 40.23 seconds. 2, George Mason, 40.24. 3, Penn, 40.53. 4, West Virginia, 41.00. 5, Temple, 41.12. 6, Princeton, 41.17. 7, Mt. St. Mary's, 41.40. 8, Pittsburgh, 41.83.

4x400 relay—1, Seton Hall (Garfield Ellenwood, Kevin Thompson, Albert Royster, Thomas Evans), 3:05.59. 2, George Mason, 3:05.61. 3, East Carolina, 3:05.69. 4, Georgetown, 3:07.92. 5, Villanova, 3:08.82. 6, Penn, 3:10.12. 7, Pittsburgh, 3:10.86. 8, Liberty, 3:12.40.

4x800 relay—1, Georgetown (Jaron Ming, Mark Sivieri, Andy Downin, Eric O'Brien), 7:23.43. 2, Princeton, 7:28.30. 3, Rutgers, 7:30.86. 4, Boston University, 7:31.05. 5, William & Mary, 7:31.81. 6, Army, 7:33.78. 7, Rider, 7:45.19. 8, North Carolina-Wilmington, 7:49.01.

High jump—1, Barry Contrell, Fordham, 7 feet, 1¼ inch. 2, Kevin Coley, Liberty, 6-11½. 3, Jason Fennes, Monmouth, 6-10¼. 4, Garyl Moore, Rider, 6-10¼. 5, Matthew Audibert, Vermont, 6-9. 6, Ed Watts, Brown, 6-9. 7, Jonathan Kurian, Syracuse, 6-9. 8, Phil Alessi, Connecticut, 6-9.

Pole Vault—1, Ryan Werner, Liberty, 16 feet, 8 inches. 2, Dave Gerrity, Notre Dame, 16-8. 3, Gregg McIntyre, La Salle, 16-6. 4, Tom Ryan, Georgetown, 16-2. 5, Michael Prettyman, Liberty, 16-2. 6, Lou DeCrescenzo, S. Connecticut State, 16-2. 7, Jesse Stern, Yale, 16-2. 8, Zoltan Bujtor, George Mason, 16-2.

Long jump—1, Ugwunna Ikpeowo, Princeton, 26 feet, 0 inches. 2, Michael Christy, Connecticut, 25-2. 3, Conroy Daley, Manhattan College, 24-11. 4, Kevin Coley, Liberty, 24-7. 5, Jeff Nord, Brown, 24-7. 6, Keri Chai-Hong, St. John's, 24-6. 7, Jonathan Weathers, Temple, 24-3. 8, Zach Smith, Brown, 24-3.

Triple jump—1, Conroy Daley, Manhattan, 53-1½. 2, Michael McDuffie, North Carolina-Wilmington, 51-6½. 3, Kawan Lovelace, St. John's, 50-6¾. 4, Michael Christy, Connecticut, 49-5. 5, Lamarr Justice, Notre Dame, 49-1¾. 6, Joe Scivto, Manhattan, 48-10¼. 7, Stanley Anderson, Penn, 48-10¼. 8, Ron Gonzalez, Manhattan, 48-5½.

Shotput—1, Adam Nelson, Dartmouth, 59-5. 2, Ray Wilks, Connecticut, 57-2. 3, Alex Kolovyansky, Princeton, 55-9. 4, Peter Muse, Connecticut, 54-1. 5, Steve Nyce, LaSalle, 53-5. 6, Bruce Flaker, Vermont, 53-5. 7, Perry Gaskins, George Mason, 53-2. 8, Paul Maida, Princeton, 52-4.

Discus—1, Alex Kolovyansky, Princeton, 190-6. 2, Alex Ghanotakis, Dartmouth, 181-1. 3, Lawrence Wilson, Virginia, 173-3. 4, Adam Nelson, Dartmouth, 173-0. 5, Ray Wilks, Connecticut, 166-2. 6, Mike Reed, Cornell, 162-6. 7, David Miller, Princeton, 160-4. 8, Mark Lefeborg, Massachusetts, 157-11.

Hammer Throw—1, Gerald Ingalls, Army, 222-7. 2, Mark McGehearty, Boston College, 213-5. 3, Sean McGehearty, Boston College, 211-6. 4, Chris Millian, Syracuse, 203-2. 5, James Helzman, Bucknell, 201-1. 6, Alex Ghanotakis, Dartmouth, 195-11. 7, Brian Cardelli, Rhode Island, 194-2. 8, Dan Bourque, S. Connecticut State, 189-10.

Javelin—1, Christopher Sanella, Rutgers, 231-3. 2, Andrew Oliver, Maine, 213-8. 3, Ryan Werner, Liberty, 211-8. 4, Matt Spoerndle, Penn, 209-4. 5, Tim Harrell, Liberty, 208-11. 6, Sam Raja, Boston College, 207-4. 7, Brian Cooper, Rhode Island, 205-1. 8, Corey Shannon, Penn, 204-5.

Final team standings—1. Liberty, 93. 2. George Mason, 88. 3. Princeton, 61. 4. Connecticut, 40.5. 5 (tie) Army and Boston University, 34. 7. Dartmouth, 31. 8. St. John's, 30. 9 (tie) Pittsburgh and Seton Hall, 26. 11 (tie) Georgetown and West Virginia, 25. 13. Penn, 24. 14. William & Mary, 21. 15 (tie) Manhattan and Rutgers, 20. 17. Notre Dame, 19. 18. Boston College, 17. 19 (tie) Maryland and Maine, 16. 21. Villanova, 13. 22. Syracuse, 12. 23 (tie) East Carolina and Mt. St. Mary's, 11. 25 (tie) LaSalle, Fordham and Columbia, 10. 28. Yale, 9.5. 29 (tie) Monmouth and North Carolina-Wilmington, 9. 31 (tie) New Hampshire, Navy, Brown and Cornell, 8. 35 (tie) Rider and Vermont, 7. 37 (tie) Temple and Virginia, 6. 39 (tie) Duke. So. Connecticut St., Bucknell and Rhode Island, 4. 43 (tie) Delaware St. and Massachusetts, 3. 45 (tie) James Madison and Massachusetts-Lowell, 2.

4x100 relay—1, Liberty (Pete McFadden, Jacob Swinton, Carlton McDuffie, John Marriott), 40.23 seconds. 2, George Mason, 40.24. 3, Penn, 40.53. 4, West Virginia, 41.00. 5, Temple, 41.12. 6, Princeton, 41.17. 7, Mt. St. Mary's, 41.40. 8, Pittsburgh, 41.83.

1,500—1, Ibrahim Aden, George Mason, 3:45.99. 2, Dereck Treadwell, Maine, 3:46.67. 3, Scott Anderson, Princeton, 3:46.89. 7, James Colling, Princeton, 3:49.57. 8, Chris McGregor, Liberty, 3:49.82.

110 high hurdles—1, Dudley Dorival, Connecticut, 13.65. 2, Thomas Petersen, Army, 14.00. 3, Peter Coughlan, Yale, 14.03.

400—1, Thomas Evans, Seton Hall, 46.30. 2, Royce Reed, Princeton, 46.57. 3, Carlton McDuffie, Liberty, 46.57.

100—1, Robert Dennis, West Virginia, 10.44. 2, Barry Douglas, George Mason, 10.45. 3, Jay Jones, Pittsburgh, 10.47.

400 int. hurdles—1, Ian Weakley, George Mason, 49.88. 2, Orrel Green, Pittsburgh, 50.69. 3, Kareem Archer, Villanova, 50.70. 4, Andy Collins, Princeton, 50.72. 6, Jason Fennes, Monmouth, 51.65.

200—1, Gregory Haughton, George Mason, 20.64. 2, Pete McFadden, Liberty, 21.06. 3, Louis McDonald, George Mason, 21.13.

800—1, Julius Achon, George Mason, 1:45.67. 2, Alex Morgan, George Mason, 1:45.87. 3, Albert Royster, Seton Hall, 1:46.38. 5, Balazs Koranyi, Rutgers, 1:47.17.

High jump—1, Barry Contrell, Fordham, 7 feet, 1 3/4 inch. 2, Kevin Coley, Liberty, 6-11 1/2. 3, Jason Fennes, Monmouth, 6-10 1/4.

3,000 steeplechase—1, Casey O'Shea, Columbia, 8:50.11. 2, Alan Bernier, New Hampshire, 8:55.10. 3, Brian Montgomery, Maryland, 8:56.55.

Discus—1, Alex Kolovyansky, Princeton, 190-6. 2, Alex Ghanotakis, Dartmouth, 181-1. 3, Lawrence Wilson, Virginia, 173-3. 4, Adam Nelson, Dartmouth, 173-0. 5, Ray Wilks, Connecticut, 166-2. 6, Mike Reed, Cornell, 162-6. 7, David Miller, Princeton, 160-4. 8, Mark Lefeberg, Massachusetts, 157-11.

4x800 relay—1, Georgetown (Jaron Ming, Mark Sivieri, Andy Downin, Eric

Discus—1, Alex Kolovyansky, Princeton, 190-6. 2, Alex Ghanotakis, Dartmouth, 181-1. 3, Lawrence Wilson, Virginia, 173-3. 4, Adam Nelson, Dartmouth, 173-0. 5, Ray Wilks, Connecticut, 166-2. 6, Mike Reed, Cornell, 162-6. 7, David Miller, Princeton, 160-4. 8, Mark Lefeberg, Massachusetts, 157-11.

4x800 relay—1, Georgetown (Jaron Ming, Mark Sivieri, Andy Downin, Eric O'Brien), 7:23.43. 2, Princeton, 7:28.30. 3, Rutgers, 7:30.86. 4, Boston University, 7:31.05. 5, William & Mary, 7:31.81. 6, Army, 7:33.78. 7, Rider, 7:45.19. 8, North Carolina-Wilmington, 7:49.01.

4x400 relay—1, Seton Hall (Garfield Eilenwood, Kevin Thompson, Albert Royster, Thomas Evans), 3:05.59. 2, George Mason, 3:05.61. 3, East Carolina, 3:05.69. 4, Georgetown, 3:07.92. 5, Villanova, 3:08.82. 6, Penn, 3:10.12. 7, Pittsburgh, 3:10.86. 8, Liberty, 3:12.40.

Triple jump—1, Conroy Daley, Manhattan, 53-1 1/2. 2, Michael McDuffie, North Carolina-Wilmington, 51-6 1/2. 3, Kawan Lovelace, St. John's, 50-6 3/4. 4, Michael Christy, Connecticut, 49-5. 5, Lamarr Justice, Notre Dame, 49-1 3/4. 6, Joe Scivto, Manhattan, 48-10 1/4. 7, Stanley Anderson, Penn, 48-10. 8, Ron Gonzalez, Manhattan, 48-5 1/2.

Final team standings—1, Liberty, 93. 2, George Mason, 88. 3, Princeton, 61. 4, Connecticut, 40.5. 5 (tie) Army and Boston University, 34. 7, Dartmouth, 31. 8, St. John's, 30. 9 (tie) Pittsburgh and Seton Hall, 26. 11 (tie) Georgetown and West Virginia, 25. 13, Penn, 24. 14, William & Mary, 21. 15 (tie) Manhattan and Rutgers, 20. 17, Notre Dame, 19. 18, Boston College, 17. 19 (tie) Maryland and Maine, 16. 21, Villanova, 13. 22, Syracuse, 12. 23 (tie) East Carolina and Mt. St. Mary's, 11. 25 (tie) Lasalle, Fordham and Columbia, 10. 28, Yale, 9.5. 29 (tie) Monmouth and North Carolina-Wilmington, 9. 31 (tie) New Hampshire, Navy, Brown and Cornell, 8. 35 (tie) Rider and Vermont, 7. 37 (tie) Temple and Virginia, 6. 39 (tie) Duke, So. Connecticut St., Bucknell and Rhode Island, 4. 43 (tie) Delaware St. and Massachusetts, 3. 45 (tie) James Madison and Massachusetts-Lowell, 2.

Fairfax, Virginia, May 18-19—
(5/18—5000, PV, LJ, SP, HT, JT, heats)
Leading teams (46 scored): 1. Liberty 93; 2. George Mason 88; 3. Princeton 61; 4. Connecticut 40½; 5. tie, Army & Boston College 34; 7. Dartmouth 31; 8. St. John's 30; 9. tie, Pitt & Seton Hall 26.

100(-0.6): 1. Dennis (WV) 10.44; 2. Douglas (GM) 10.45; 3. Jones (Pitt) 10.47; 4. McFadden (Lib) 10.56; . . . 7. Swinton (Lib) 10.90.

Heats: II(1.0)—1. Douglas 10.38.

200(0.8): 1. Haughton' (GM) 20.64 PR; 2. McFadden 21.06; 3. McDonald (GM) 21.13; 4. Johnson (ECar) 21.30.

400: 1. Evans (SH) 46.30; 2. Reed (Prin) 46.57; 3. McDuffie (Lib) 46.57; 4. Henry' (GM) 46.69.

Heats: IV—1. McDuffie 46.19.

800: 1. Achon' (GM) 1:45.67; 2. Morgan' (GM) 1:45.87; 3. Royster (SH) 1:46.38; 4. Murphy (BU) 1:46.86; 5. Koranyi' (Rut) 1:47.17; 6. Honerkamp (StJ) 1:47.32; 7. Árpási' (GM) 1:48.17.

Heats: I—1. Achon' 1:46.71; 2. Koranyi' 1:46.85; 3. Honerkamp 1:47.26; 4. Swaim (Navy) 1:49.30; 5. Lassiter (JM) 1:49.60. II—1. Morgan' 1:48.29; 2. Murphy 1:49.24. III—1. Royster 1:48.27; 2. Árpási' 1:50.09.

1500: 1. Aden' (GM) 3:45.99; 2. Treadwell (Me) 3:46.67; 3. Anderson (Prin) 3:46.89; 4. Browne (Army) 3:47.95.

Heats: I—1. Treadwell 3:43.56; . . . 9. Hyde (W&M) 3:53.37. II—1. Aden' 3:46.63; 2. Browne 3:46.64.

St: 1. O'Shea (Col) 8:50.11; 2. Bernier (NH) 8:55.19; 3. Montgomery (Md) 8:56.55; 4. Clemens (Navy) 9:00.55; 5. Nason (Cor) 9:01.18; 6. Dunn (W&M) 9:02.00.

5000: 1. Crabbe (BU) 14:16.53; 2. Fogarazzo (StJ) 14:18.30; 3. Rexing (NDM) 14:21.36; 4. Dwyer (Dart) 14:30.82.

10,000(5/17): 1. Rasmussen' (BU) 29:49.36; 2. Hogan (Md) 30:05.20; 3. Quinn (StJ) 30:12.84; 4. Dudley (WV) 30:21.33.

110H(-1.5): 1. Dorival (Ct) 13.65; 2. Petersen (Army) 14.00; 3. Coughlan (Yale) 14.03; 4. Woodley (Syr) 14.30.

Heats: I(0.2)—1. Dorival 13.71. II(2.2)—1. Petersen 13.93w; 3. Woodley 13.98w. III(0.9)—1. Coughlan 13.99.

400H: 1. Weakly' (GM) 49.88; 2. Green (Pitt) 50.69; 3. Archer' (Vill) 50.70; 4. Collins (Prin) 50.72; 5. Allen (Duke) 51.22; 6. Pennes (Monm) 51.65.

Heats: I—1. Weakly' 50.00. II—1. Collins 50.78. IV—1. Archer' 50.38; 2. Green 51.18.

Relay Events

4 x 100: 1. Liberty 40.23 (McFadden, Swinton, McDuffie, Marriott); 2. George Mason 40.24; 3. Penn 40.53; 4. West Virginia 41.00.

Heats: I—1. Liberty 39.86. II—1. George Mason 39.72. V—1. Penn 40.29.

4 x 400: 1. Seton Hall 3:05.59; 2. George Mason 3:05.61; 3. East Carolina 3:05.69; 4. Georgetown 3:07.92; 5. Villanova 3:08.82; 6. Penn 3:10.12; 7. Pitt 3:10.86.

Heats: I—1. Seton Hall 3:08.09; 2. Penn 3:08.37. II—1. Villanova 3:08.76. III—1. George Mason 3:09.75; 2. Pitt 3:10.20. IV—1. Liberty 3:08.38; 2. Georgetown 3:08.57. V—1. East Carolina 3:07.63.

4 x 800: 1. Georgetown 7:23.43; 2. Princeton 7:28.30; 3. Rutgers 7:30.86; 4. Boston U 7:31.05; 5. William & Mary 7:31.81; 6. Army 7:33.78.

Heats: I—1. Army 7:28.97; 2. Boston U 7:29.98; 3. Dartmouth 7:31.85; 4. Bucknell 7:35.89. II—1. UNC-Wilmington 7:29.69; 2. Rider 7:30.29; 3. William & Mary 7:30.47; 4. Rutgers 7:31.04. III—1. Georgetown 7:26.88; 2. Princeton 7:29.55; 3. Columbia 7:31.42; 4. La Salle 7:31.72.

Field Events

HJ: 1. Contrell (Ford) 7-1¾ (2.18); 2. Coley (Lib) 6-11½ (2.12); 3. Pennes 6-10¼ (2.09); 4. Moore (Rid) 6-10¼ (2.09).

PV: 1. Werner (Lib) 16-8¾ (5.10); 2. Gerrity (NDM) 16-8¾ (5.10); 3. McIntyre (LaS) 16-6¾ (5.05); 4. Ryan (Gtn) 16-2¾ (4.95).

LJ: 1. Ikpeowo (Prin) 26-¼w (7.93); 2. Christy (Ct) 25-2¾ (7.69); 3. Daley' (Manh) 24-11¾ (7.61); 4. Coley 24-7¾ (7.51).

TJ: 1. Daley' 53-1½ (16.19); 2. McDuffie (NCWilm) 51-6½ (15.71); 3. Lovelace' (StJ) 50-6¾ (15.41); 4. Christy 49-5 (15.06).

SP: 1. Nelson (Dart) 59-5½ (18.12); 2. Wilks (Ct) 57-2 (17.42); 3. Kolovyansky (Prin) 55-9¼ (17.00); 4. Muse (Ct) 54-1¾ (16.50).

DT: 1. Kolovyansky 190-6 (58.06); 2. Ghanotakis' (Dart) 181-1 (55.20); 3. Wilson (Va) 173-3 (52.80); 4. Nelson 173-0 (52.74).

HT: 1. Ingalls (Army) 222-7 (67.84); 2. M. McGehearty (BC) 213-5 (65.06); 3. S. McGehearty (BC) 211-6 (64.46); 4. Millin (Syr) 203-2 (61.92); 5. Helzman (Buck) 201-1 (61.30); 6. Ghanotakis' 195-11 (59.72).

JT: 1. Sagnella (Rut) 231-3 (70.48); 2. Oliver (Me) 213-8 (65.14); 3. Werner 211-8 (64.52); 4. Spoerndle (Penn) 209-4 (63.82).

Dec(5/14-15): 1. Werner 7507; 2. Pontius (Army) 7324; 3. Doughty (W&M) 7240; 4. Toby (MSM) 7024.

Liberty Ends Run For G. Mason Men

Patriots Women Win 3rd Straight ECAC Title

By Thomas Heath

Washington Post Staff Writer

Liberty University dominated several field events to win its first Intercollegiate Association of Amateur Athletes of America title this weekend, ending George Mason University's seven-year winning streak.

The George Mason women's track team, however, fared better. The Patriots, competing in the Eastern College Athletic Conference championship that was staged alongside the men's IC4A at George Mason, held on to win their third consecutive title. They scored 98 points to edge Georgetown (92); Pittsburgh took third with 60 points.

The Patriots women got a surprise boost in the 3,000 meters from Amina Amaddah, an 11th seed who finished second.

"You don't expect someone to make that kind of a jump," said GMU Coach Norm Gordan.

In the IC4A, Liberty is known for producing strong competitors in field events such as the pole vault, high jump and javelin. Those events have helped the school improve from a 24th-place showing in its first IC4A six years ago to second-place finishes in 1994 and 1995. But Liberty also beat GMU outright on some key track events, including the 4x100 meter relay.

"This was a real David and Goliath story," said Brant Tolsma, coach for 10 years at the Christian school in Lynchburg, Va. "The key was prayer."

Liberty scored 93 points to win the 120-year-old event, held in 90-degree heat at George Mason. GMU finished second with 88 points and Princeton was third with 61.

Tolsma said they set a goal at the beginning of the year to win the IC4A, and his decathlon star Ryan Werner helped him do it over the weekend.

First, Werner won the decathlon on Friday night. Then Werner set

personal records in the pole vault and javelin on Saturday to take first and third in those events.

George Mason Coach John Cook's strategy—to hold back his star runners for the NCAAAs in two weeks—backfired. He allowed his athletes only to run one event apiece so they wouldn't be tired or hurt for the meet in Eugene, Oregon. That meant he couldn't assemble his star performers for the 4x800 relay, the best team in the country.

"The important thing is everybody's healthy going into Eugene," Cook said.

He got wins from Gregory Houghton and from Julius Achon. Houghton set a meet record in the 200 meter dash with a time of 20.64 seconds, and Achon won the 800 meters with a time of 1 minute 45.67 seconds. Alex Morgan of GMU took second in the 800.

He couldn't win enough running events to offset Liberty's advantage in the field, but Cook showed little remorse over yesterday's loss. "Eugene is what it's about," Cook said. "I'm not denigrating the IC4As, but we'd like to bring home a trophy from Oregon."

In the ECAC, Ameerah Bello of Morgan State won the 200 and 400 meter dashes, setting a meet record of 52.12 in the 400. She was also named the women's ECAC outstanding performer.

Freshman Trecia Smith of the University of Pittsburgh had a strong meet, winning the women's triple jump yesterday and the heptathlon on Saturday. She also placed third in the long jump over the weekend. Smith had 27 points, more than half her team's score of 49.

In the IC4A, Barry Contrell of Fordham University won the high jump with a leap of 7 feet 1¾ inches. Kevin Coley of Liberty was second with 6-11½.

In the men's competition, David Crabbe of Boston University won the 5,000 meters in dwindling daylight with a time of 14:16.53. Princeton's Ugwunna Ikpeowo won the men's long jump and set a new facility record with a jump of 26-0¼.

Adam Nelson of Dartmouth won the shot put with a throw of 59-5½. That beat the stadium record by 2½ inches that Nelson set a year ago.

The men's 10,000 meters on Friday was won by Karl Rasmussen of Boston University in 29:49.36. Ed Hogan of Maryland was second in 30:05.2.

On the men's side, Liberty's 46 points were more than twice that of any other team in the 120th IC4A outdoor championships with three events remaining late Saturday. Liberty was led by Ryan Werner, who followed his decathlon win Friday with a winning pole vault Saturday of 16-8.

Werner is the meet's only double winner after three days of competition.

George Mason, looking for a record eighth consecutive IC4A outdoor title, was 25th with three points. However, the Patriots had several qualifiers going into the 14 finals scheduled for today.

In other IC4A field events, Princeton long jumper Ugwunna Ikpeowo, an Nigerian Olympic hopeful, set a stadium record with a winning mark of 26-0¼.

Army's Gerald Ingalls (222-7) held off the McGehearty brothers from Boston College, Mark (213-5) and Sean (211-6), to win the hammer throw.

Dartmouth's Adam Nelson won the shot put, breaking his own stadium record with a 59-5 mark, and Rutgers' Chris Sagnella took the javelin with a 23⅓ toss. Boston University's David Crabbe captured the 5,000 meters in 14 minutes, 16.53 seconds, in a race that finished in near darkness.

The men's effort was highlighted Saturday by junior Adam Nelson, who defended his crown in the shot put with a stadium-record toss of 59-5½. Nelson also claimed third place in the discus yesterday behind teammate Alex Ghanotakis, who was second with a throw of 181-1.

On Saturday, Jack Dwyer finished fourth in the 5,000, covering the distance in 14:29.0. Ghanotakis was sixth in the hammer throw with a distance of 195-11, while Gordon Spaeth placed ninth in the decathlon with 5,788 points.

On the men's side, Liberty's 46 points were more than twice that of any other team in the 120th IC4A outdoor championships with three events remaining late yesterday. Liberty was led by **Ryan Werner**, who followed his decathlon win Friday with a winning pole vault yesterday of 16-8. Werner is the meet's only double winner after three days of competition.

University in Fairfax, Va. John Honerkamp was sixth in the 800 (1:47.32) and Kawan Lovelace (15.41) was third for the Red Storm men. Manhattan's Conroy Daley won the triple jump (16.19 meters) after falling one centimeter short of former teammate David Frazier's track record in qualifying earlier in the day. Teammate Joe Sciuto finished sixth (14.89.) and Ron Gonzalez placed eighth (14.77). For the Manhattan women, Sophia Tasker finished fifth in the 100 (11.84) and Dine Potter placed seventh in the 200 (24.55) . . . Columbia's Casey O'Shea won the 3,000 meter steeplechase in 8:50.11 . . . Fordham's Barry Cantrell won the men's high jump at 7 feet, 1⅓ inches.

G. Mason Dominates ICAA, ECAC Meets

Men's Track Team Wins 7th Straight Title

By John Manasso
Special to The Washington Post

During their long tenures at George Mason University, men's coach John Cook and women's coach Norm Gordon have built one of the nation's premier track and field programs.

In a testament to the Patriots' status as a national power, both teams set records yesterday in their respective conference championships in Fairfax.

The men became the first team this century to win seven consecutive Intercollegiate Association of Amateur Athletes of America titles and the women shattered Penn State's nine-year-old record of 122 points with 145 to win their fourth Eastern College Athletic Conference crown in the past five years.

The George Mason women earned six first-place finishes while the men did not win an event until yesterday's final day of competition. At the start of the day, the GMU men trailed leader Liberty, 40½ points to seven, but their excellence in running events allowed them to win six events and the meet—100 points to Liberty's 48½. Georgetown's men finished seventh with 45 and Georgetown's women placed fourth with 58.

The GMU women outdistanced their nearest competition, Seton Hall, by an astonishing 81 points.

"I thought we were going to score an awful lot of points," said Gordon. "We have a very strong team. Our freshmen and sophomores improved immensely. We were actually able to give Diane [Guthrie-Gresham, the team's star competitor] a rest.

"We had no down events. It will be a long time before someone scores this many points again."

Making the point total more remarkable was that Gordon scratched his 1,600-meter relay team, which had the third-best qualifying time entering the meet, and gave Guthrie-Gresham a smaller role so that she would be rested for the NCAA

championships, which begin May 31 in Knoxville, Tenn.

Guthrie-Gresham was still named the meet's outstanding female performer for her victories in the long jump and high jump—in which she set a meet record Saturday.

For the men, senior Louis Sales played the most prominent role for the Patriots as he won the 400 hurdles, anchored the winning 1,600 relay team and finished second in the 400. Sales' time of 49.94 seconds in the hurdles broke the nine-year-old school record of 50.50.

"Sales was certainly key," Cook said. "The kids knew about the historical mark and we certainly did not want to lose after six straight."

In the men's 1,500, George Mason junior Ibrahim Aden upset defending champion Matt Holthaus of James Madison with a time of 3 minutes 42.07 seconds. Aden also anchored the Patriots' winning 3,200-meter relay team. Other individual men's winners for George Mason were Greg Haughton in the 200 (20.74) and Alex Morgan in the 800 (1:47.90).

Other GMU individual women's winners were Christine Williams in the shot put (49-6½) and Renea Jordan (Centreville High) in the 400 hurdles (58.54).

In the women's 1,500, Georgetown junior Joline Staeheli won with the second-fastest time by a collegian this year (4:18.56). The time was more than six seconds faster than her previous personal best this year.

Pittsburgh junior Najuma Fletcher set the meet record in the triple jump with a leap of 44-9¾. Fletcher's jump also was the second-best distance by a college athlete this year.

West Virginia sophomore Pat Itanyi set a meet record in the 100-meter hurdles with a time of 13.34.

Seton Hall's Kevin Lyles won the 400 in a meet-record 45.11 seconds. Pirate Keisha Caine (Wilson High) ran 52.78 to successfully defend her ECAC title in the women's 400. Caine also won the 200 in 23.47 seconds.

Results on Page C9