

9th Eastern College Athletic Conference Indoor T&F Championships
Coxe Cage, Yale University, New Haven, CT
March 2-3, 1985

Women 55 Meter Dash

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Meet Record: M 6.95 1984 Tammy Henderson, West Virginia				
	Name	School	Time	Points
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Preliminaries				
	Joanne Major	Delaware State	6.8 ht	
	Darlene Jefferson	Delaware State	6.9 ht	
	Sarah Houghaboom	Vermont	7.25	
Finals				
1	Tammy Henderson	West Virginia	M 6.84	10
2	Yoree Spence	St John's	7.07	8
	Joanne Major	Delaware State	7.14	

Women 200 Meter Dash

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Meet Record: M 24.12 1984 Tammy Henderson, West Virginia				
	Name	School	Time	H#
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Preliminaries				
1	Sophia Hunter	Delaware State	24.5 ht	4
	Joanne Major	Delaware State	24.9 ht	
	Rhonda Mason	James Madison	Unknown	
Finals				
1	Sophia Hunter	Delaware State	24.48	10
2	Tammy Henderson	West Virginia	24.51	8
4	Joanne Major	Delaware State	25.08	4

Women 400 Meter Dash

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Meet Record: M 52.99c 1983 Lori McCauley, Rutgers				
	Name	School	Time	
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Preliminaries				
	Uchenwa Uwah	William & Mary	56.98	
Finals				
1	Donna Neale	Brown	55.14	10
2	Darlene Jefferson	Delaware State	55.25	8
3	Janice Carter	Penn State	55.42	6
5	Michelle Collins	Delaware State	55.98	2
6	Uchenwa Uwah	William & Mary	Unknown	1

Women 500 Meter Dash

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Meet Record: M 1:11.68 1984 Lorraine Dortch, Delaware State				
	Name	School	Time	
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Preliminaries				
	Robin Harlfinger	James Madison	Unknown	

Finals

1	Debbie Grant	Villanova	1:12.05	10
2	Jayne O'Brien	Lafayette	1:14.34	8
4	Tracey Pugh	Delaware State	1:15.40	4

Women 800 Meter Run

Meet Record: M 2:07.32 1982 Doriane Lambelet, Cornell

Name	School	Time	Points
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Finals

1	Joanne Kehs	Villanova	2:08.74	10
2	Veronica McIntosh	Villanova	2:08.93	8
3	Judi Cassel	Penn State	2:09.52	6
4	Tanya Bynes	Delaware State	2:09.93	4
	Kaki Seibert	New Hampshire	2:13.37	

Women 1000 Meter Run

Meet Record: M 2:47.63 1984 Joanna Kehs, Villanova

Name	School	Time	Points
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Finals

1	Mary Ellen McGowan	Villanova	2:48.77	10
2	Ann Begley	Georgetown	2:50.27	8
3	Barbara Higgins	Boston	2:53.22	6
4	Laura Weyleman	Dartmouth	2:55.32	4
5	Lisa Ross	Penn State	2:55.93	2
6	Tracy Spalvins	Penn State	2:56.12	1

Women 1500 Meter Run

Meet Record: M 4:12.13c 1980 Darlene Beckford, Harvard

Name	School	Time
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Preliminaries

Sally Perkins	New Hampshire	4:37.3 ht
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Finals

1	Josephine White	Richmond	4:19.63	10
2	Mary Ellen McGowan	Villanova	4:19.91	8
3	Lisa Welch	Boston	4:25.51	6
4	Desiree Scott	Rutgers	4:27.29	4
5	Kate O'Hern	Pennsylvania	4:28.71	2
6	Donna Adamoli	Boston	4:31.16	1

Women 3000 Meter Run

Meet Record: M 9:10.11c 1983 Jenny Stricker, Harvard

Name	School	Time	Points
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Finals

1	Paula Renzi	Penn State	9:13.06	10
2	Ellen O'Neil	Dartmouth	9:23.82	8
3	Kate Wiley	Harvard	9:25.21	6
4	Alicia Huber	Syracuse	9:32.93	4
5	Amy Phelps	Cornell	9:33.79	2

6 Lauren Searby	Villanova	9:39.98	1
Kathy Sinclair	Penn State	9:43.	
Holly Loht	Penn State	9:48.	
Anne Shafer	Penn State	9:52.	

Women 5000 Meter Run

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Meet Record: M 16:21.4 1984 Mary Ellen McGowan, Villanova

Name	School	Time	Points
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Finals

1 Paula Renzi	Penn State	M 15:53.5 ht	10
2 Charyl Haverstat	Boston	16:36.2 ht	8
3 Anne Shefer	Penn State	16:55.0 ht	6
4 Sarah Day	Cornell	16:56.3 ht	4
5 Gabi Czaja	Bucknell	17:01.9 ht	2

Women 55 Meter Hurdles

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Meet Record: M 7.80 1984 Maureen Pendergast, LIU-Brooklyn

Name	School	Time	Points
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Finals

1 Sophia Hunter	Delaware State	7.82	10
2 Shell Rice	St John's	7.95	8
3 Tamela Penny	Maryland	7.97	6
4 Kelly Tolle	Northeastern	8.00	4
5 Glenda Truesdale	Temple	8.07	2

Women 4x400 Meter Relay

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Meet Record: M 3:41.91c 1982 Temple

L Dortch, P Lee, E Parkinson, E Brown	
School	Time

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Preliminaries

1 Delaware State	3:51.
1) Joanne Major	2) Darlene Jefferson
3) Michelle Collins	4) Sophia Hunter

Finals

1 Delaware State	M 3:40.66	10
1) Joanne Major	2) Darlene Jefferson	
3) Michelle Collins	4) Sophia Hunter	
2 Villanova	3:43.61	8
3 Temple	3:44.50	6
4 Maryland	3:49.94	4
5 Syracuse	3:50.09	2
6 James Madison	3:51.01	1

Women 4x800 Meter Relay

Meet Record: M 8:46.79c 1980 Villanova
B Leddy, S Shea, A Cain, J Whitfield

School	Time
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Preliminaries

New Hampshire	9:08.8 ht
1) Kaki Seibert	2) Dom St Pierre
3) Jeanne Kerins	4) Sally Perkins
Delaware State	9:20.5 ht
1) Sabrae Hilliard	2) Kim McCollum
3) Tracey Pugh	4) Tanya Bynes

Finals

1 Villanova	8:48.97	10
1) Julie Ashton	2) Kelly Toole	
3) Judy Palmer	4) Joanne Kehs	
2 West Virginia	8:50.73	8
3 Yale	8:51.67	6
4 Penn State	8:54.51	4
1) Janice Carter	2) Heidi Gerken	
3) Tracy Spalvins	4) Judi Cassel	
5 Rutgers	8:56.38	2
6 Delaware State	9:01.91	1
1) Tracey Pugh	2) Kim McCollum	
3) Tanya Bynes	4) Sabrae Hilliard	

Women Distance Medley

Meet Record: M 11:30.29 1984 Villanova
K Toole, J VanRensselaer, M Grubb, M E McGowan

School	Time	Points
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Finals

1 Villanova	11:37.68	10
1) Veronica McIntosh	2) Joanne VanRensselaer	
3) Michelle Grubb	4) Lauren Searby	
2 Connecticut	11:41.73	8
3 Penn State	11:43.73	6
1) Tracy Splavins	2) Carla Criste	
3) Lisa Ross	4) Cindy Stearns	
4 George Mason	11:51.76	4
5 Syracuse	11:56.05	2
6 St John's	11:58.50	1

Women High Jump

Meet Record: M 1.81m 1983 Peggy Stewart, Villanova

Name	School	Height	Points
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Finals

1 Michelle Holley	St John's	1.79m	5-10.50	10
2 Jane Buchan	Yale	1.75m	5-09.00	8

Women Long Jump

Meet Record: M 6.12m 1978 June Griffith, Adelphi					
Name	School	Distance	Points		
Finals					
1 Carol Galloway	Connecticut	5.98m	19-07.75	10	
2 Nena Gage	George Mason	5.94m	19-06.00	8	
3 Sharon Daniels	Syracuse	5.90m	19-04.50	6	
4 Linda Spenst	Maryland	5.86m	19-03.00	4	
5 Jackie Carmichael	Delaware State	5.83m	19-01.50	2	

Women Triple Jump

Meet Record: M 11.71m 1984 Johanna Humphreys, Penn State					
Name	School	Distance	Points		
Finals					
1 Lauren Kulik	Cornell	M 12.18m	39-11.50	10	
2 Ann Gaffney	Connecticut	M 12.17m	39-11.25	8	
3 Nena Gage	George Mason	M 12.05m	39-06.50	6	

Women Shot Put

Meet Record: M 16.39m 1984 Marita Walton, Maryland					
Name		School	Distance	Points	
Finals					
1	Lynn Lanzel	Rhode Island	13.82m	45-04.25	10
2	Phyllis Addison	George Mason	13.75m	45-01.50	8
4	Deborah St Phard	Princeton	13.31m	43-08.25	4

Women Weight Throw

Meet Record: M Unknown 1984 Marilyn Senz, Penn State						
Name	School	Distance	Points			
Finals						
1 Lynn Lanzel	Rhode Island	M 14.65m	48-01.00	10		
2 Debbie Rogozinski	George Mason	13.83m	45-04.50	8		
3 Lynn West	Vermont	13.74m	45-01.00	6		
4 Wendy DeCoteau	New Hampshire	13.41m	44-00.00	4		
5 Heidi Ganz	Penn State	12.96m	42-06.50			

Women Indoor Pentathlon

Meet Record: M 4163 1982 Julie White, Boston (Old Tables)					
Name		School	Score Points		
1	Linda Spenst	Maryland	(New Tables) M 4038	10	
55H-7.9 ht, HJ-1.72m, SP-10.27m, LJ-5.95, 800m-2:22.9 ht					
2	Carla Criste	Penn State	3899	8	
3	Sharon Pfister	West Virginia	3781	6	
4	Susan Goode	Boston College	3626	4	
5	Sharon Lukenda	Lafayette	3504	2	
6	Deb Cooper	Lafayette	3467	1	

7 Lisa Meade	Vermont	3439
55H-8.8 ht, HJ-1.57m, SP-8.44m, LJ-5.22m, 800m-2:24.0 ht		
8 Gail Gleaves	Delaware State	3168

WOMEN'S TEAM SCORES - TOP 10+ TEAMS

1. Villanova	83	2. Delaware State	63
3. Penn State	59	4. West Virginia	36
5. George Mason	34	6. Connecticut	27
6. St John's	27	6. Temple	27
9. Boston	25	9. Maryland	25
		14. James Madison	
		22. Vermont	
25. New Hampshire	4	28. Pennsylvania	2



1985 ECAC Champions – Villanova University



**1985 55 Meter Dash Champion
Tammy Henderson, West Virginia University**



**1985 ECAC 200 Meter Dash Champion
Sophia Hunter, Delaware State College**



**1985 800 Meter Run Champion
Joanne Kehs, Villanova University**



**1985 1,000 Meter Run Champion
Mary Ellen McGowan, Villanova University**



**1985 ECAC 1,500 Meter Run Champion
Jo White, University of Richmond**



**1985 ECAC 3,000 Meter Run & 5,000 Meter Run Champion
Paula Renzi, Pennsylvania State University**



**1985 ECAC 55 Meter Hurdle Champion
Sophia Hunter, Delaware State College**



**1985 ECAC Pentathlon Champion
Linda Spence, University of Maryland**