

Muhlenberg Invitational - 4/4/2009  
 Allentown, PA  
 Unofficial Results

Event 3 Women Javelin Throw

	Name	Year	School	
1	257 Flagg, Kelly		Gwynedd-Mercy	37.93
2	586 Dlubac, Ashley		Ithaca	37.02
3	50 Holden, Kaleen		Moravian	35.25
4	352 Kane, Shannon		Misericordia	34.26
5	23 King, Mary		Moravian	33.90
6	480 Bartoli, Bianca		Ursinus	32.70
7	554 Uberbacher, Michelle		Ithaca	32.51
8	585 Koppel, Lauren		Ithaca	32.49
9	263 Edmonds, Rebecka		Gwynedd-Mercy	31.90
10	356 Usher, Katie		Misericordia	31.62
11	11 Ross, Aliina			31.39
12	254 Price, Amanda		Gwynedd-Mercy	30.62
13	568 Erickson, Caitlyn		Ithaca	28.47
14	6 Joseph, Anne		Moravian	27.91
14	674 Mulligan, Kim		King's (Pa.)	27.91
16	486 Burke, Ryann		Ursinus	27.79
17	399 Heffern, Caitlin		Muhlenberg	27.06
18	189 Schall, Anna		Haverford	26.52
19	498 Maressa, Josie		Ursinus	25.92
20	718 Youtz, F		Ithaca	25.89
21	562 Hoeffner, Jessica		Ithaca	25.52
22	652 fryer, amber		DeSales	23.30
23	425 Archibald, Kaitlyn		Muhlenberg	23.15
24	123 Dutton, Chelsea		Ithaca	23.07
25	545 Woodall, Whitney		Ursinus	22.65
26	128 Weiss, Samantha		Keystone	21.25
27	335 Pernot, Amanda		Misericordia	21.08
28	59 Anderson, Caitlin		Susquehanna	20.82
29	164 Cade, Amanda		Delhi	20.03
30	182 McMahon, Heather		Haverford	19.58
31	239 Berger, Tiffani		Gwynedd-Mercy	19.02
32	382 Bowman, Melanie		Bryn Mawr	16.28
33	369 Ershadi, Julie		Bryn Mawr	9.60
	100 Cartwright, Samantha		Susquehanna	F
	93 Kelly, Meghan		Susquehanna	F

Event 4 Men Javelin Throw

	Name	Year	School	
1	588 Taylor, Ryan		Ithaca	52.61
2	30 Zack, Gary		Moravian	51.58
3	672 Del Piano, Justin		DeSales	51.30
4	529 Govern, Matt		Ursinus	51.00
5	597 Yee, Thomas		Ithaca	50.22
6	31 Starcher, Justin		Moravian	49.91
7	631 Harding, Doug		DeSales	48.80
8	497 Fox, Kyle		Ursinus	48.10
9	404 Hershman, Josh		Muhlenberg	48.06
10	270 Fleischner, Jesse		Dickinson	47.04
11	541 Santino, Tony		Ursinus	46.92
12	396 Boland, Matt		Muhlenberg	45.80
13	385 Hershman, Seth		Muhlenberg	45.59
14	618 DePalma, James		DeSales	45.34
15	536 Salaga, Chris		Ursinus	44.56

16	470 Fegley, Jordan	Albright	43.47
17	326 Karpich, Kyle	Misericordia	43.30
18	492 Wolf, Tyler	Ursinus	43.21
19	560 Turnbull, Brian	Ithaca	43.07
20	394 Georges, Stefano	Muhlenberg	42.63
21	505 Regan, Andrew	Ursinus	42.46
22	114 Beck, Chris	Susquehanna	42.39
23	35 Seebode, Christian	Moravian	42.11
24	56 Eppleman, Robert	Susquehanna	39.85
25	341 Pupa, Art	Misericordia	39.04
26	359 Gavitt, Kanen	Misericordia	38.96
27	475 Gilbert, Jordan	Albright	38.40
28	606 Koury, Doug	Ithaca	37.22
29	699 Phillips, Matt	Alfred	35.84
30	713 Noll, Ken	Alfred	30.06
31	717 Joseph, Markeson	Alfred	25.35

Event 7 Women Shot Put

=====			
	Name	Year School	
=====			
1	673 Weber, Meghan	DeSales	11.32
2	232 Schlitzer, Erin	Gwynedd-Mercy	11.20
3	330 Bealer, Jessica	Misericordia	10.90
4	437 Crockett, Debra	Muhlenberg	10.89
5	184 Freund, Jackie	Haverford	10.89
6	257 Flagg, Kelly	Gwynedd-Mercy	10.80
7	547 Norton, Jen	Ursinus	10.58
8	562 Hoeffner, Jessica	Ithaca	10.28
9	6 Joseph, Anne	Moravian	9.84
10	317 Ward, Leslie	Dickinson	9.63
11	554 Uberbacher, Michelle	Ithaca	9.54
12	377 Lee-Villanueva, Allison	Bryn Mawr	9.45
13	26 Moses, Brittany	Moravian	9.39
14	374 Kent, Katie	Bryn Mawr	9.10
15	486 Burke, Ryann	Ursinus	9.09
16	664 wade, ashley	DeSales	9.00
17	568 Erickson, Caitlyn	Ithaca	8.89
18	498 Maressa, Josie	Ursinus	8.73
19	16 Duvall, Molly	Moravian	8.68
20	551 Middleton, Katie	Ithaca	8.41
21	53 Cross, Marjorie	Susquehanna	8.27
22	59 Anderson, Caitlin	Susquehanna	8.21
23	718 Youtz, F	Ithaca	8.17
24	259 Samoylo, Beth	Gwynedd-Mercy	8.07
25	289 Rapp, Katie	Dickinson	8.04
26	197 Irish, Emily	Nazareth	8.00
27	334 Gardner, Caitlin	Misericordia	7.44
28	358 Fry, Kristen	Misericordia	7.36
29	210 Irish, Heather	Nazareth	7.05
29	182 McMahon, Heather	Haverford	7.05
31	192 Sinicropi, Jamie	Nazareth	6.60
32	263 Edmonds, Rebecka	Gwynedd-Mercy	6.41
33	69 Riegal, Katrina	Susquehanna	6.17
34	352 Kane, Shannon	Misericordia	5.57
35	369 Ershadi, Julie	Bryn Mawr	5.33
	100 Cartwright, Samantha	Susquehanna	F

## Event 8 Men Shot Put

=====			
	Name	Year School	
=====			
1	47 Maginnis, Blair	Moravian	14.66
2	696 Ross, Shawn	Alfred	14.39
3	303 Tucker, Mike	Dickinson	13.95
4	275 Abbate, Anthony	Dickinson	13.87
5	661 Devens, Ken	DeSales	13.59
6	319 Gordon, Corwyn	Dickinson	13.49
7	511 Carr, Andrew	Ursinus	13.45
8	663 Modrow, Steve	DeSales	13.35
9	282 Osberg, Alex	Dickinson	13.07
10	416 Sheppard, Evan	Muhlenberg	12.76
11	448 Rogers, Aaron	Albright	12.65
12	453 Pellegrino, Anthony	Albright	12.32
13	475 Gilbert, Jordan	Albright	12.02
14	54 Mudgett, Justin	Susquehanna	11.87
15	468 Plummer, Justin	Albright	11.81
16	582 Covino, Chris	Ithaca	11.50
16	530 DiMeglio, Vincent	Ursinus	11.50
18	35 Seebode, Christian	Moravian	11.40
19	13 Facchiano, Mike	Moravian	11.33
20	524 Wolf, Tyler	Ursinus	11.24
21	18 Wisotsky, Matt	Moravian	11.13
22	518 Blithe, Martin	Ursinus	10.78
23	628 Miller, Hank	DeSales	10.49
24	385 Hershman, Seth	Muhlenberg	10.45
25	360 Thomson, Chase	Misericordia	10.21
25	341 Pupa, Art	Misericordia	10.21
27	682 Stencovage, Eric	King's (Pa.)	10.18
28	713 Noll, Ken	Alfred	9.75
29	717 Joseph, Markeson	Alfred	9.57
30	145 Bennett, Tristan	Keystone	9.23
31	233 Markert, Albert	Gwynedd-Mercy	8.57

## Event 9 Women Long Jump

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	Name	Year School	
=====			
1	38 Posimo, Jessica	Moravian	5.23
2	555 McCord, Marcia	Ithaca	5.20
3	45 Scott, Symonne	Moravian	5.18
4	4 Riggs, Rachel	Moravian	5.13
5	585 Koppel, Lauren	Ithaca	5.02
6	17 Lopez, Alexandra	Moravian	4.92
7	239 Berger, Tiffani	Gwynedd-Mercy	4.90
8	603 Evans, Hannah	Ithaca	4.78
9	82 Stam, Kristin	Susquehanna	4.76
10	353 Razawich, Robin	Misericordia	4.65
11	488 Lammers, Lauren	Ursinus	4.59
12	454 Conway, Renisha	Albright	4.58
13	444 Loos, Shannon	Albright	4.54
13	268 MacKintosh, Ellie	Dickinson	4.54
15	586 Dlubac, Ashley	Ithaca	4.48
16	604 Bennett, Sarah	Ithaca	4.36
17	402 Gadowski, Sarah	Muhlenberg	4.19
18	527 Schaefer, Amy	Ursinus	4.08
19	378 Ricke, Heidi	Bryn Mawr	3.87
20	63 Bellizio, Jessica	Susquehanna	3.75
	265 Nikolopoulos, Maria	Gwynedd-Mercy	F
	514 Lechleiter, Kate	Ursinus	F
	654 smith, jen	DeSales	F

182	McMahon, Heather	Haverford	F
69	Riegal, Katrina	Susquehanna	F
195	Morey, Deb	Nazareth	F

Event 10 Men Long Jump

=====			
	Name	Year School	
=====			
1	552 Devins, Kyle	Ithaca	7.10
2	15 Blenk, Mike	Moravian	6.69
3	493 Desiderio, Albert	Ursinus	6.68
4	432 Brookland, Marc	Muhlenberg	6.40
5	357 Clemson, Steven	Misericordia	6.31
6	9 Woodruff, Eric	Moravian	6.22
7	241 Berry, Jared	Gwynedd-Mercy	6.16
8	512 Bendas, Nick	Ursinus	6.14
9	649 MacNiven, Andrew	DeSales	6.05
10	576 Johnson, Travis	Ithaca	6.03
11	336 Warakomiski, Dan	Misericordia	5.99
12	5 Barton, Jordan	Moravian	5.88
13	525 Hall, Sean	Ursinus	5.87
14	515 Dolliver, Kevin	Ursinus	5.85
15	433 Wolfe, Alex	Muhlenberg	5.81
16	667 Medvecky, Josh	DeSales	5.75
16	580 Covino, Chris	Ithaca	5.75
18	297 Bingham, John	Dickinson	5.73
19	623 Clifford, Pat	DeSales	5.71
20	103 James, William	Susquehanna	5.69
21	Dyer, Joseph	Muhlenberg	5.63
22	283 Hill, Aaron	Dickinson	5.60
23	78 Kuhns, Ryan	Susquehanna	5.26
24	665 Purdie, Justin	DeSales	5.02
25	683 Kumor, Dave	King's (Pa.)	4.91
	681 Nguyen, Joe	King's (Pa.)	F
	708 Evan, Roush	Alfred	F

Event 11 Women Triple Jump

=====			
	Name	Year School	
=====			
1	38 Posimo, Jessica	Moravian	10.90
2	4 Riggs, Rachel	Moravian	10.85
3	158 Veloz, Daira	Delhi	10.70
4	452 Mallory, De'on	Albright	10.24
5	603 Evans, Hannah	Ithaca	10.15
6	604 Bennett, Sarah	Ithaca	10.14
7	86 Spisak, Anna	Susquehanna	10.12
8	29 McEvoy, Shannon	Moravian	10.02
9	431 Martini, Amanda	Muhlenberg	9.95
10	52 George, Erin	Moravian	9.86
11	199 Custer, Kristi	Nazareth	9.83
11	82 Stam, Kristin	Susquehanna	9.83
13	627 kurowski, allison	DeSales	9.59
14	555 McCord, Marcia	Ithaca	9.41
15	289 Rapp, Katie	Dickinson	9.31
16	268 MacKintosh, Ellie	Dickinson	9.12
17	161 Wilson, Michelle	Delhi	9.11
18	557 Bowen, Katherine	Ithaca	8.96
	654 smith, jen	DeSales	F

## Event 12 Men Triple Jump

	Name	Year	School	
1	531 Youngs, Travis		Ursinus	13.64
2	432 Brookland, Marc		Muhlenberg	13.29
3	449 Bausch, Ryan		Albright	13.29
4	576 Johnson, Travis		Ithaca	13.18
5	235 Adams, Anthony		Gwynedd-Mercy	12.88
6	512 Bendas, Nick		Ursinus	12.76
7	467 LeGrand, Clifton		Albright	12.74
8	710 Degroat, Anthony		Alfred	12.65
9	241 Berry, Jared		Gwynedd-Mercy	12.28
10	15 Blenk, Mike		Moravian	12.26
11	580 Ambrosino, Eric		Ithaca	12.14
12	584 Wilber, Chris		Ithaca	12.11
13	577 Hernandez, Aaron		Ithaca	12.05
14	336 Warakomiski, Dan		Misericordia	11.98
15	391 Dyer, Joseph		Muhlenberg	11.97
16	283 Hill, Aaron		Dickinson	11.70
17	218 Spera, Nick		Nazareth	11.57
	708 Evan, Roush		Alfred	F
	89 Donovan, Bart		Susquehanna	F
	78 Kuhns, Ryan		Susquehanna	F

## Event 13 Women Pole Vault

	Name	Year	School	
1	384 Faust, Alexandra		Muhlenberg	12-0
2	43 Kihm, Christine		Moravian	11-0
3	600 Orlando, Julie		Ithaca	10-6
4	268 MacKintosh, Ellie		Dickinson	10-0
5	527 Schaefer, Amy		Ursinus	9-6
5	594 DeStefano, Kristen		Ithaca	9-6
5	575 Jacobsen, Hannah		Ithaca	9-6
8	57 Giannuario, Alyssa		Susquehanna	9-0
9	565 Craig, Shona		Ithaca	9-0
10	544 Surman, Lauren		Ursinus	9-0
11	484 Amoroso, Kristen		Ursinus	8-6
12	638 seigel, amy		DeSales	8-0
13	305 Leahey, Hannah		Dickinson	8-0
14	423 Weidmann, Lindsey		Muhlenberg	7-6
15	434 Miller, Melissa		Muhlenberg	7-6
16	460 Zeiters, Erica		Albright	7-6
17	221 Egmond, Jill		Nazareth	7-6
18	63 Bellizio, Jessica		Susquehanna	7-6
19	352 Kane, Shannon		Misericordia	7-0
	348 Velez, Alex		Misericordia	NH
	382 Bowman, Melanie		Bryn Mawr	NH
	655 Webb, shannon		DeSales	NH

## Event 14 Men Pole Vault

	Name	Year	School	
1	314 Hendrix, Stephen		Dickinson	15-6
2	583 Brown, Andrew		Ithaca	15-0
3	7 Layng, Timothy		Moravian	15-0
4	24 Woods, Alan		Moravian	14-6
5	20 D'Angelo, Kyle		Moravian	13-0
6	715 Jezek, Eric		Alfred	13-0
7	103 James, William		Susquehanna	12-6

8	183 Wei, Andrew	Haverford	12-6
9	179 Sherman, Quentin	Haverford	12-0
10	519 Hong, Inki	Ursinus	12-0
11	89 Donovan, Bart	Susquehanna	11-6
12	60 Torok, Andrew	Susquehanna	11-6
	180 Kim, Phil	Haverford	NH
	469 Wasco, Jeffrey	Albright	NH
	478 Gissubel, Robert	Ursinus	NH
	464 Keller, Kyle	Albright	NH
	499 Yokomizo, John	Ursinus	NH
	338 Doboni, Vitaly	Misericordia	NH

Event 15 Men High Jump

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	Name	Year School	
=====			
1	245 Lockhart, Derek	Gwynedd-Mercy	6-2
2	531 Youngs, Travis	Ursinus	6-0
2	457 Gewirtz, Justin	Albright	6-0
4	625 Long, Derek	DeSales	6-0
5	584 Wilber, Chris	Ithaca	5-10
5	574 Stahlmann, Chris	Ithaca	5-10
5	537 Prete, Charles	Ursinus	5-10
8	467 LeGrand, Clifton	Albright	5-10
9	15 Blenk, Mike	Moravian	5-8
9	391 Dyer, Joseph	Muhlenberg	5-8
9	336 Warakomiski, Dan	Misericordia	5-8
9	601 Jakubek, Kramer	Ithaca	5-8
13	160 Bennett, Andrew	Delhi	5-8
14	580 Ambrosino, Eric	Ithaca	5-8
	623 Clifford, Pat	DeSales	NH
	667 Medvecky, Josh	DeSales	NH
	439 Baer, Michael	Muhlenberg	NH
	283 Hill, Aaron	Dickinson	NH
	649 MacNiven, Andrew	DeSales	WD

Event 16 Women High Jump

=====			
	Name	Year School	
=====			
1	591 Siderko, Alison	Ithaca	4-10
2	289 Rapp, Katie	Dickinson	4-10
3	317 Ward, Leslie	Dickinson	4-10
4	353 Razawich, Robin	Misericordia	4-8
5	161 Wilson, Michelle	Delhi	4-8
5	69 Riegel, Katrina	Susquehanna	4-8
5	380 McCarthy, Samantha	Bryn Mawr	4-8
8	639 rau, emily	DeSales	4-6
8	557 Bowen, Katherine	Ithaca	4-6
10	390 Mentrikoski, Janelle	Muhlenberg	4-6
10	603 Evans, Hannah	Ithaca	4-6
	265 Nikolopoulos, Maria	Gwynedd-Mercy	NH
	607 Harris, Lindsay	Ithaca	NH
	604 Bennett, Sarah	Ithaca	NH

Event 17 Women 5000 Meter Run

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	Name	Year School	
=====			
1	387 Ugelow, Melissa	Muhlenberg	19.34
2	617 bannon, sarah	DeSales	19.49
3	191 Hickok, Samantha	Nazareth	19.53
4	556 Campbell, Caitlin	Ithaca	19.54

5	578 Quinn, Molly	Ithaca	19.57
6	273 Ohare, Merit	Dickinson	19.57
7	517 Schadt, Chelsie	Ursinus	20.21
8	344 Kitchell, Jodie	Misericordia	20.22
9	122 Wilczek, Alyssa	Keystone	20.53
10	496 Rosenberg, Natalie	Ursinus	21.13
11	485 Tetla, Michelle	Ursinus	21.21
12	116 Fancher, Jenna	Keystone	21.26
13	204 Goodrich, Jessica	Nazareth	21.27
14	188 Meehan, Kathryn	Haverford	22.04
15	616 Hughes, Sam	DeSales	22.18
16	190 Gecsed, Kaitlyn	Nazareth	22.21
17	187 Montalbano, Kathryn	Haverford	22.28
18	178 Gleason, Rachel	Delhi	23.01
19	130 Geary, Rebecca	Keystone	23.40
20	186 Minden, Molly	Haverford	24.21

Event 18 Men 3000 Meter Steeplechase

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	Name	Year School	
=====			
1	96 Thistle, Paul	Susquehanna	9.38
2	621 Curry, Mike	DeSales	10.18
3	648 Szilagyi, Dan	DeSales	10.23
4	624 Cuga, Justin	DeSales	10.26
5	331 Garges, Ryan	Misericordia	10.28
6	177 Lennox, Ethan	Delhi	10.31
7	316 Breen, David	Dickinson	10:31
8	635 Ferretti, Andrew	DeSales	10.34
9	202 Fekete, Peter	Nazareth	10.37
10	22 Rivenbark, Zach	Moravian	10.39
11	175 Dayton, Billy	Delhi	10.46
12	702 Schuster, Jesse	Alfred	10.55
13	218 Spera, Nick	Nazareth	10.57
14	3 Rovtar, Peter	Moravian	11.17
15	546 Garavel, Justin	Ursinus	11.29
16	501 DiCaprio, Adam	Ursinus	11.59
17	102 Appel, Kyle	Susquehanna	12.03

Event 19 Women 3000 Meter Steeplechase

=====			
	Name	Year School	
=====			
1	489 Johnson, Christa	Ursinus	11:18.45
2	287 McDonald, Darcy	Dickinson	11:26.90
3	285 Kosta, Elizabeth	Dickinson	12:23.30
6	70 Smith, Lauren	Susquehanna	12:37.69
5	203 Bradley, Shannon	Nazareth	12:58.86
4	653 Harmon, Cassie	DeSales	13:13.28
7	662 Malseed, Beth	DeSales	13:18.68
8	68 Spearing, Sarah	Susquehanna	13:21.55
9	14 Kachel, Naomie	Moravian	13:33.68
10	212 Gillette, Michelle	Nazareth	13:37.45
11	219 Wilcox, Sarah	Nazareth	13:38.79
12	151 Metz, Danielle	Delhi	14:26.40

Event 20 Women 4x100 Meter Relay

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	School		
=====			
1	Moravian 'A'	48.44	
2	Ithaca 'A'	49.17	
3	DeSales 'A'	50.45	

4	Misericordia 'A'	50.63
5	Bryn Mawr 'A'	50.71
6	Susquehanna 'A'	50.80
7	Muhlenberg 'A'	50.91
7	Albright 'A'	50.91
9	Dickinson 'A'	54.36
10	Nazareth 'A'	55.90
11	Ursinus 'A'	57.05
	Gwynedd-Mercy 'A'	DNF

Event 21 Men 4x100 Meter Relay

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School		
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1	Moravian 'A'	42.47
2	Ithaca 'A'	42.50
3	Dickinson 'A'	43.33
4	Muhlenberg 'A'	43.74
5	Ursinus 'A'	44.28
6	Albright 'A'	44.90
7	Ithaca 'B'	44.98
8	DeSales 'A'	45.04
9	Susquehanna 'A'	45.47
10	Nazareth 'A'	45.93
11	DeSales 'B'	46.03
	Alfred 'A'	DNF
	Ursinus 'B'	DNF

Event 22 Women 100 Meter Hurdles

=====			
	Name	Year	School
=====			
Heat 1 Prelims			
2	363 Pellegrino, Stephanie		Misericordia 16.11
3	164 Cade, Amanda		Delhi 17.49
4	657 ellenberger, lisa		DeSales 21.93
5	289 Rapp, Katie		Dickinson 18.81
6	592 Wild, Jacqueline		Ithaca 17.81
7	211 Herkenham, Anne		Nazareth 21.38
Heat 2 Prelims			
1	586 Dlubac, Ashley		Ithaca 18.78
2	99 Gawlas, Jillian		Susquehanna 19.4
3	503 Franko, Michelle		Ursinus 17.90
4	38 Posimo, Jessica		Moravian 14.54
5	17 Lopez, Alexandra		Moravian 16.76
6	607 Harris, Lindsay		Ithaca 18.64
Heat 3 Prelims			
1	633 devivo, amy		DeSales 19.12
2	704 Mills, Annie		Alfred 17.1
3	675 Guzinski, Sarah		King's (Pa.) 19.19
5	680 Olson, Samantha		King's (Pa.) 17.76
6	585 Koppel, Lauren		Ithaca 14.89
7	566 Barbaritz, Kaitlyn		Ithaca 16.56
Heat 4 Prelims			
1	88 West, Amanda		Susquehanna 17.61
2	182 McMahon, Heather		Haverford 20.3
3	195 Morey, Deb		Nazareth 16.91
4	420 Brock, Lucy		Muhlenberg 16.83
6	69 Riegal, Katrina		Susquehanna 18.48
7	29 McEvoy, Shannon		Moravian 15.78
8	246 Darden, Khaliah		Gwynedd-Mercy 20.17
Heat 5 Prelims			
2	263 Edmonds, Rebecka		Gwynedd-Mercy 18.7

3	221 Egmond, Jill	Nazareth	19.17
4	57 Giannuario, Alyssa	Susquehanna	17.12
5	239 Berger, Tiffani	Gwynedd-Mercy	17.22
6	655 Webb, shannon	DeSales	17.41
7	237 Kafel, Kristen	Gwynedd-Mercy	20.70

Final

1	38 Posimo, Jessica	Moravian	14.54
2	585 Koppel, Lauren	Ithaca	14.89
3	29 McEvoy, Shannon	Moravian	15.78
4	363 Pellegrino, Stephanie	Misericordia	16.11
5	566 Barbaritz, Kaitlyn	Ithaca	16.56
6	17 Lopez, Alexandra	Moravian	16.76
7	420 Brock, Lucy	Muhlenberg	16.83
8	195 Morey, Deb	Nazareth	16.91

Event 23 Men 110 Meter Hurdles

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	Name	Year	School	
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Heat 1 Prelims

2	75 Pharo-Frank, Lee	Susquehanna	17.1
3	464 Keller, Kyle	Albright	17.25
4	27 Tussey, Nate	Moravian	14.31
5	672 Del Piano, Justin	DeSales	16.14
6	124 Calvert, Travis	Keystone	16.78

Heat 2 Prelims

2	329 Meyer, David	Misericordia	15.8
3	715 Jezek, Eric	Alfred	15.37
4	332 Hoban, Tim	Misericordia	17.38
5	564 Wodarski, Michael	Ithaca	15.28
6	337 Salvatore, Jeff	Misericordia	16.83
7	439 Baer, Michael	Muhlenberg	17.92

Heat 3 Prelims

1	278 Schulte, Andrew	Dickinson	15.81
2	550 Moloney, Dan	Ithaca	16.6
3	292 Shank, Phil	Dickinson	18.14
4	602 James, Dustin	Ithaca	15.43
5	325 Leese, Alex	Dickinson	21.21
6	410 Kurtis, David	Muhlenberg	19.45
7	167 Straker, Arkil	Delhi	17.75

Heat 4 Prelims

1	308 Quinn, Devin	Dickinson	DNF
2	469 Wasco, Jeffrey	Albright	20.81
3	619 Morse, Jeremy	DeSales	20.25
4	15 Blenk, Mike	Moravian	15.67
5	606 Koury, Doug	Ithaca	17.16
6	428 Kirk, Brendan	Muhlenberg	16.04
7	641 Brophy, Pat	DeSales	16.58

Final

1	27 Tussey, Nate	Moravian	14.31
2	564 Wodarski, Michael	Ithaca	15.28
3	715 Jezek, Eric	Alfred	15.37
4	602 James, Dustin	Ithaca	15.43
5	15 Blenk, Mike	Moravian	15.67
6	329 Meyer, David	Misericordia	15.8
7	278 Schulte, Andrew	Dickinson	15.81
8	428 Kirk, Brendan	Muhlenberg	16.04

## Event 24 Women 100 Meter Dash

=====			
	Name	Year School	
=====			
Heat 1 Prelims			
1	77 Acker, Nancy	Susquehanna	14.74
2	256 Harrison, Erin	Gwynedd-Mercy	12.6
3	107 Toal, Anne	Susquehanna	13.68
4	347 Lozier, Jenn	Misericordia	13.69
5	622 McGinnis, Bridgette	DeSales	12.69
6	629 franko, mara	DeSales	13.75
7	680 Olson, Samantha	King's (Pa.)	14.56
8	636 chicky, nicole	DeSales	12.76
Heat 2 Prelims			
1	355 Bochnovich, Susan	Misericordia	12.43
2	645 Annucci, Lauren	DeSales	13.5
3	444 Loos, Shannon	Albright	12.77
4	262 John, Jessica	Gwynedd-Mercy	13.62
5	431 Martini, Amanda	Muhlenberg	13.26
7	677 Kerl, Clare	King's (Pa.)	14.96
8	384 Faust, Alexandra	Muhlenberg	12.46
Heat 3 Prelims			
3	484 Amoroso, Kristen	Ursinus	14.48
4	488 Lammers, Lauren	Ursinus	13.68
5	243 Distasio, Dezaray	Gwynedd-Mercy	12.48
6	299 Ford, Jasmine	Dickinson	12.51
7	365 Kortze, Debra	Misericordia	12.98
8	87 Peck, Kathleen	Susquehanna	13.78
Heat 4 Prelims			
1	12 Wisniewski, Sydni	Moravian	12.35
3	722 Wade, Hannah	Muhlenberg	13.72
4	386 Schaffer, Jenna	Muhlenberg	12.73
5	348 Velez, Alex	Misericordia	15.2
6	173 Hernandez, Jackie	Delhi	12.69
7	4 Riggs, Rachel	Moravian	13.22
Heat 5 Prelims			
2	558 Stratakos, Diamondo	Ithaca	13.0
4	133 Hutchinson, Hayley	Keystone	14.27
5	527 Schaefer, Amy	Ursinus	14.35
6	566 Barbaritz, Kaitlyn	Ithaca	13.68
8	479 Walsh, Caitlin	Ursinus	13.51
Heat 6 Prelims			
1	38 Posimo, Jessica	Moravian	12.59
2	474 Miller, Mackenzie	Albright	13.2
3	443 Genter, Brianne	Albright	12.6
4	402 Gadowski, Sarah	Muhlenberg	14.24
5	395 Dick, Laura	Muhlenberg	13.84
6	52 George, Erin	Moravian	13.72
7	555 McCord, Marcia	Ithaca	12.11
8	128 Weiss, Samantha	Keystone	15.76
Final			
1	555 McCord, Marcia	Ithaca	12.11
2	12 Wisniewski, Sydni	Moravian	12.35
3	355 Bochnovich, Susan	Misericordia	12.43
4	384 Faust, Alexandra	Muhlenberg	12.46
5	243 Distasio, Dezaray	Gwynedd-Mercy	12.48
6	299 Ford, Jasmine	Dickinson	12.51
7	38 Posimo, Jessica	Moravian	12.59
8	443 Genter, Brianne	Albright	12.6
8	256 Harrison, Erin	Gwynedd-Mercy	12.6

Event 25 Men 100 Meter Dash

=====			
	Name	Year School	
=====			
Heat 1 Prelims			
1	419 Lachaud, Jeremiah	Muhlenberg	10.9
2	401 Yates, Derek	Muhlenberg	11.5
3	220 Russo, John	Nazareth	11.90
4	291 Kelley, Mark	Dickinson	11.57
5	5 Barton, Jordan	Moravian	11.76
6	582 Covino, Chris	Ithaca	11.07
7	471 Wells, Ryan	Albright	12.08
8	445 Mays, Ryan	Albright	11.18
Heat 2 Prelims			
1	9 Woodruff, Eric	Moravian	10.48
2	537 Prete, Charles	Ursinus	11.4
3	567 Lin, Jon	Ithaca	10.95
4	216 Files, Ryan	Nazareth	11.68
5	75 Pharo-Frank, Lee	Susquehanna	11.68
6	515 Dolliver, Kevin	Ursinus	11.96
7	118 Bolden, Michael	Keystone	11.40
8	213 Kelly, Pat	Nazareth	11.40
Heat 3 Prelims			
1	668 Touhill, Dave	DeSales	12.08
2	683 Kumor, Dave	King's (Pa.)	12.4
3	710 Degroat, Anthony	Alfred	11.33
4	467 LeGrand, Clifton	Albright	11.29
5	672 Del Piano, Justin	DeSales	11.52
6	288 Rogers, Mike	Dickinson	12.6
8	493 Desiderio, Albert	Ursinus	10.77
Heat 4 Prelims			
1	301 Bingham, John	Dickinson	11.63
2	200 LaRegina, Vinnie	Nazareth	12.2
3	642 Gori, Adam	DeSales	11.13
4	357 Clemson, Steven	Misericordia	11.64
5	587 Orenstein, Max	Ithaca	10.68
6	310 Brodsky, John	Dickinson	10.94
7	333 Roccograndi, Andrew	Misericordia	11.81
8	684 McGrady, Ryan	King's (Pa.)	12.11
Heat 5 Prelims			
2	41 Jones, Warner	Moravian	10.7
3	153 Babcock, Chris	Delhi	11.83
4	397 Weiner, Michael	Muhlenberg	11.59
5	10 Shafer, Robert	Moravian	10.72
6	138 Slater, Brian	Keystone	11.32
7	149 Richards, Mark	Delhi	11.69
Heat 6 Prelims			
1	253 Viola, Drew	Gwynedd-Mercy	11.07
2	656 Dougherty, Pat	DeSales	11.7
3	681 Nguyen, Joe	King's (Pa.)	12.69
4	56 Eppleman, Robert	Susquehanna	12.09
5	433 Wolfe, Alex	Muhlenberg	11.81
6	553 Wetmore, Jeff	Ithaca	10.80
7	525 Hall, Sean	Ursinus	11.43
8	154 Britton, Andre	Delhi	10.72
Final			
1	9 Woodruff, Eric	Moravian	10.48
2	587 Orenstein, Max	Ithaca	10.68
3	41 Jones, Warner	Moravian	10.7
4	154 Britton, Andre	Delhi	10.72
5	10 Shafer, Robert	Moravian	10.72
6	493 Desiderio, Albert	Ursinus	10.77

7	553 Wetmore, Jeff	Ithaca	10.80
8	419 Lachaud, Jeremiah	Muhlenberg	10.9

Event 26 Women 1500 Meter Run

=====			
	Name	Year School	
=====			
Section 1 Timed Finals			
1	489 Johnson, Christa	Ursinus	4:53.7
2	72 Woodruff, Alycia	Susquehanna	4:54.3
3	354 Ostrum, Ali	Misericordia	4:51.8
4	228 Matticola, Erica	Gwynedd-Mercy	4:52.3
6	312 Hamilton, Mary	Dickinson	5:00.5
7	226 Glaser, Lauren	Nazareth	5:13.4
8	28 Ruggiero, Kristina	Moravian	5:07.6
11	223 Parmelee, Caitlyn	Nazareth	5:20.0
12	227 Brown, Jessica	Nazareth	5:01.2
13	516 Nolan, Alison	Ursinus	5:12
14	686 Posatko, Tori	King's (Pa.)	4:57.2
Section 2 Timed Finals			
1	240 Klinges, Katherine	Gwynedd-Mercy	5:17.20
2	417 Bier, Kim	Muhlenberg	5:15.22
3	83 Peropat, Kaitlin	Susquehanna	5:39.2
4	383 Weng, Katie	Bryn Mawr	5:18.35
5	36 Williams, Kelly	Moravian	5:22.03
6	570 Sisti, Danielle	Ithaca	5:16.52
7	284 Boorse, Lizzie	Dickinson	5:24.95
8	590 Boccio, Amanda	Ithaca	5:13.84
9	540 Donatone, Stephanie	Ursinus	5:30.19
10	55 Grap, Katie	Susquehanna	5:46.05
11	376 Varney, Jessica	Bryn Mawr	5:32.54
12	670 lamastro, alessandra	DeSales	5:36
13	342 Weaver, Kayla	Misericordia	5:42.63
14	343 Radishofski, Amanda	Misericordia	5:33.16
15	632 Walsh, Jeanine	DeSales	5:33.53
Section 3 Timed Finals			
1	689 McGowan, Shannon	King's (Pa.)	5:55
2	528 Fuoco, Elizabeth	Ursinus	5:32
3	687 Elphick, Heather	King's (Pa.)	5:44
4	350 O'Rourke, Maura	Misericordia	6:02
5	692 Brown, Molly	King's (Pa.)	5:48
6	375 Puleo, Ariel	Bryn Mawr	5:53
7	172 Pasquarelli, Nina	Delhi	5:53
8	196 Stanchus, Jessica	Nazareth	6:02
9	148 Cunningham, Brianne	Delhi	6:06
10	520 McDermott, Meghan	Ursinus	5:50
11	381 Funk, Alex	Bryn Mawr	5:58
12	703 Buck, Tiffany	Alfred	6:07
13	44 Pritchett, Katie	Moravian	6:12
14	630 osbourne, jamie	DeSales	6:18
15	620 sprenkle, morgan	DeSales	6:01
Final			
1	354 Ostrum, Ali	Misericordia	4:51.8
2	228 Matticola, Erica	Gwynedd-Mercy	4:52.3
3	489 Johnson, Christa	Ursinus	4:53.7
4	72 Woodruff, Alycia	Susquehanna	4:54.3
5	312 Hamilton, Mary	Dickinson	5:00.5
6	227 Brown, Jessica	Nazareth	5:01.2
7	28 Ruggiero, Kristina	Moravian	5:07.6
8	516 Nolan, Alison	Ursinus	5:12

Event 27 Men 1500 Meter Run

=====			
	Name	Year School	
=====			
Section 1 Timed Finals			
1	281 Pecora, Kent	Dickinson	4:15
2	324 Gregor, Andy	Dickinson	4:11.93
3	295 Tarkoff, Michael	Dickinson	4:12.3
4	400 Chorney, David	Muhlenberg	4:08.32
6	615 Hess, Pat	DeSales	4:11.5
7	150 Burke, Chris	Delhi	4:08
8	408 Thornton, Pat	Muhlenberg	4:10
10	19 Reinhart, Jeremiah	Moravian	4:29
11	296 Yancheff, Nate	Dickinson	4:16
Section 2 Timed Finals			
1	8 Lutcza, Matt	Moravian	4:17.03
2	171 Mason, Chris	Delhi	4:16
3	248 Watts, John	Gwynedd-Mercy	4:18.08
4	340 Noonan, Pat	Misericordia	4:28.83
6	252 VanDenHengel, Matt	Gwynedd-Mercy	4:37.9
7	612 Filanowski, Pat	DeSales	4:24
8	111 Alexander, Brandon	Susquehanna	4:33
9	561 McConville, Alex	Ithaca	4:20.23
10	659 Tarpey, Jack	DeSales	4:36
11	573 Brower, Jacob	Ithaca	4:21
9	46 Parisi, Steve	Moravian	4:17.78
Section 3 Timed Finals			
1	92 Martin, Dan	Susquehanna	4:31.5
2	720 DeFazio, Steve	Moravian	4:38.7
4	504 Gildea, Dave	Ursinus	4:32.3
5	131 Noonan, Geoffrey	Keystone	4:32.7
6	155 Flynn, Tim	Delhi	4:26.9
7	494 Pane, Nick	Ursinus	4:27.2
8	640 Anzovino, Tim	DeSales	4:30.6
9	543 Wiles, Chris	Ursinus	4:37.4
10	693 Gavlick, Michael	King's (Pa.)	4:52
11	695 Peskor, Kirk	Alfred	5:00
12	260 Ricciardi, Ralph	Gwynedd-Mercy	4:41
Section 4 Timed Finals			
1	411 Cohler, Max	Muhlenberg	4:40
2	236 Ziegler, Mark	Gwynedd-Mercy	4:43.8
3	84 Reinhart, Dan	Susquehanna	4:58
4	135 Evans, Maurice	Keystone	4:49.5
5	513 Imbemba, Brett	Ursinus	4:40
6	125 Koneski, Thaddeus	Keystone	4:42.9
7	132 Knott, Zachary	Keystone	4:57
8	450 Dalton, Dan	Albright	4:42.1
9	690 Glenn, Ryan	King's (Pa.)	4:50
10	389 Leitmeyer, Keith	Muhlenberg	5:00.6
11	456 Bollinger, Chris	Albright	4:59
12	688 Falcone, Jay	King's (Pa.)	5:10.7
13	676 Santopietro, Rob	King's (Pa.)	5:29.8
14	712 Cogswell, Dave	Alfred	5:24
Final			
1	150 Burke, Chris	Delhi	4:08
2	400 Chorney, David	Muhlenberg	4:08.32
3	408 Thornton, Pat	Muhlenberg	4:10
4	615 Hess, Pat	DeSales	4:11.5
5	324 Gregor, Andy	Dickinson	4:11.93
6	295 Tarkoff, Michael	Dickinson	4:12.3
7	281 Pecora, Kent	Dickinson	4:15

Event 28 Women 400 Meter Dash

=====			
	Name	Year School	
=====			
Section 1 Timed Finals			
1	238 Brown, Lauren	Gwynedd-Mercy	1:04.5
2	598 Ondrejka, Emily	Ithaca	1:05.5
4	12 Wisniewski, Sydney	Moravian	1:01.46
5	571 Moran, Emily	Ithaca	1:02.36
6	370 Nyame-Mensah, Akua	Bryn Mawr	59.33
8	367 Tseng, Virginia	Bryn Mawr	1:02.66
Section 2 Timed Finals			
1	272 Funtarova, Diliana	Dickinson	
2	162 Bilz, Emily	Delhi	1:03.4
3	660 fitzpatrick, amy	DeSales	1:03.44
4	206 DeSantis, Evelyn	Nazareth	1:03.7
5	609 Miga, Kirsten	Ithaca	DNF
6	2 Chando, Katelyn	Moravian	1:04.1
7	33 Goggins, Mallory	Moravian	1:03.4
8	373 Stewart, April	Bryn Mawr	1:03.94
Section 3 Timed Finals			
1	488 Lammers, Lauren	Ursinus	1:09.36
2	251 Reh, Carissa	Gwynedd-Mercy	1:07
4	302 Mitrano, Amy	Dickinson	1:04.42
5	655 Webb, shannon	DeSales	1:05.08
6	414 Olsen, Emily	Muhlenberg	1:09.8
7	465 DiPietro, Danielle	Albright	1:06.0
Section 4 Timed Finals			
4	106 DiMattia, Rachel	Susquehanna	1:06.49
6	49 Wert, Alyssa	Moravian	1:06.92
7	487 Goldstein, Lauren	Ursinus	1:08.7
8	422 Dessimone, Renee	Muhlenberg	1:11.3
Section 5 Timed Finals			
2	522 Morris, Alexandra	Ursinus	1:15.4
3	249 Thomas, Thersa	Gwynedd-Mercy	1:15.1
6	266 Farrell, Erica	Gwynedd-Mercy	1:14.48
Final			
1	370 Nyame-Mensah, Akua	Bryn Mawr	59.33
2	12 Wisniewski, Sydney	Moravian	1:01.46
3	571 Moran, Emily	Ithaca	1:02.36
4	367 Tseng, Virginia	Bryn Mawr	1:02.66
5	33 Goggins, Mallory	Moravian	1:03.4
6	162 Bilz, Emily	Delhi	1:03.4
7	660 fitzpatrick, amy	DeSales	1:03.44
8	206 DeSantis, Evelyn	Nazareth	1:03.7

Event 29 Men 400 Meter Dash

=====			
	Name	Year School	
=====			
Section 1 Timed Finals			
1	235 Adams, Anthony	Gwynedd-Mercy	51.72
2	421 Rice, Peter	Muhlenberg	51.2
3	27 Tussey, Nate	Moravian	49.25
4	298 Denson, Sean	Dickinson	49.22
5	321 Daniel, Ryan	Dickinson	50.66
6	201 Case, Matt	Nazareth	49.35
7	271 Keys, Jeremy	Dickinson	52.16
8	697 Scott, Richard	Alfred	52.28
Section 2 Timed Finals			

1	37	Murphy, Tim	Moravian	53.3
2	224	Castor, Rob	Nazareth	51.9
3	589	Herring, Maurice	Ithaca	52.66
4	606	Koury, Doug	Ithaca	50.42
5	651	Yeager, Eric	DeSales	51.48
6	205	Ingram, Ryan	Nazareth	49.7
7	440	Ryan, William	Muhlenberg	52.2
8	699	Phillips, Matt	Alfred	52.4
Section 3 Timed Finals				
1	144	Stauder, Joe	Keystone	54.2
2	245	Lockhart, Derek	Gwynedd-Mercy	53
3	25	Ambrosi, Steve	Moravian	51.9
4	596	Catlin, Aaron	Ithaca	53.0
5	588	Taylor, Ryan	Ithaca	53.3
6	42	Tazik, Jacob	Moravian	54.2
7	241	Berry, Jared	Gwynedd-Mercy	54.0
Section 4 Timed Finals				
1	415	Vlahos, Alex	Muhlenberg	54.7
2	409	Lysenko, Chris	Muhlenberg	53.9
4	170	Williams, Jermane	Delhi	53.9
6	198	Rutan, Tim	Nazareth	53.2
8	160	Bennett, Andrew	Delhi	56.0
Section 5 Timed Finals				
1	338	Doboni, Vitaly	Misericordia	55.6
2	403	Price, Alex	Muhlenberg	55.0
6	619	Morse, Jeremy	DeSales	55.3
7	117	Fegley, Ryan	Keystone	53.9
8	418	Holtz, Tom	Muhlenberg	56.4
Section 6 Timed Finals				
2	625	Long, Derek	DeSales	56.8
4	309	Ford, Andrew	Dickinson	59.7
5	709	Townsend, Casey	Alfred	60.4
6	707	Parsons, Andrew	Alfred	59.4
7	508	Godoy, Brett	Ursinus	52.7
Section 7 Timed Finals				
4	684	McGrady, Ryan	King's (Pa.)	59.60
5	678	Nicastro, James	King's (Pa.)	58.5
Final				
1	298	Denson, Sean	Dickinson	49.22
2	27	Tussey, Nate	Moravian	49.25
3	201	Case, Matt	Nazareth	49.35
4	205	Ingram, Ryan	Nazareth	49.7
5	321	Daniel, Ryan	Dickinson	50.66
6	421	Rice, Peter	Muhlenberg	51.2
7	651	Yeager, Eric	DeSales	51.48
8	235	Adams, Anthony	Gwynedd-Mercy	51.72

Event 30 Women 800 Meter Run

=====				
	Name	Year	School	
=====				
Section 1 Timed Finals				
1	226	Glaser, Lauren	Nazareth	2:24.9
3	327	Cusatis, Marcie	Misericordia	2:26.4
4	354	Ostrum, Ali	Misericordia	2:25.2
5	21	Neff, Hailey	Moravian	2:26.7
6	686	Posatko, Tori	King's (Pa.)	2:25.6
7	72	Woodruff, Alycia	Susquehanna	2:29.7
8	442	Mitchell, Hannah	Muhlenberg	2:28.1
Section 2 Timed Finals				
1	28	Ruggiero, Kristina	Moravian	2:27.5

2	608 Moskey, Sarah	Ithaca	2:28.2
3	436 Yalango, Kim	Muhlenberg	2:31.1
4	101 McHale, Teresa	Susquehanna	2:32.4
5	412 Simons, Abby	Muhlenberg	2:31.8
6	315 McTernan, Julie	Dickinson	2:31.3
7	605 Brown, Molly	Ithaca	2:30.7
8	227 Brown, Jessica	Nazareth	2:34.1
Section 3 Timed Finals			
1	627 kurowski, allison	DeSales	2:32.1
2	71 Storch, Maggie	Susquehanna	2:37.9
3	293 Romano, Sarah	Dickinson	2:35.5
4	714 Haahr, Melissa	Alfred	2:31.4
5	700 Chan, Jen	Alfred	2:39.1
7	670 lamastro, alessandra	DeSales	2:44
10	639 rau, emily	DeSales	2:47.3
Section 4 Timed Finals			
1	274 Bastian, Emily	Dickinson	2:37.3
2	163 Ward, Ann	Delhi	2:42.7
6	563 Simons, Jocelyn	Ithaca	2:35
7	168 McKay, Kim	Delhi	2:38.7
8	62 Albrecht, Alison	Susquehanna	2:46.1
9	600 Orlando, Julie	Ithaca	2:43.6
10	379 Boylan, Leah	Bryn Mawr	2:45.3
Section 5 Timed Finals			
3	687 Elphick, Heather	King's (Pa.)	2:50.6
4	225 Rombach, Michelle	Nazareth	3:00.5
5	350 O'Rourke, Maura	Misericordia	2:53.4
7	538 Brennan, Liz	Ursinus	2:59.1
9	535 Callahan, Katie	Ursinus	2:56.5
10	658 roberson, lizzy	DeSales	2:49.8
Final			
1	226 Glaser, Lauren	Nazareth	2:24.9
2	354 Ostrum, Ali	Misericordia	2:25.2
3	686 Posatko, Tori	King's (Pa.)	2:25.6
4	327 Cusatis, Marcie	Misericordia	2:26.4
5	21 Neff, Hailey	Moravian	2:26.7
6	28 Ruggiero, Kristina	Moravian	2:27.5
7	442 Mitchell, Hannah	Muhlenberg	2:28.1
8	608 Moskey, Sarah	Ithaca	2:28.2

Event 31 Men 800 Meter Run

=====			
	Name	Year School	
=====			
Section 1 Timed Finals			
1	392 Udis, Stuart	Muhlenberg	1:55.1
2	366 Redmond, Frank	Misericordia	1:55.5
3	429 Torphy, Bob	Muhlenberg	1:55.9
4	231 Geary, Dan	Gwynedd-Mercy	1:56.7
5	637 Clauser, Brent	DeSales	1:58.6
6	647 Ecker, Paul	DeSales	2:01.3
7	73 Zamadics, Joe	Susquehanna	1:59.1
8	37 Murphy, Tim	Moravian	1:57.8
Section 2 Timed Finals			
1	85 Brooks, J.J.	Susquehanna	2:05.8
2	711 Consolo, Lee	Alfred	2:01.8
3	569 Veroline, Anthony	Ithaca	2:02.3
4	224 Castor, Rob	Nazareth	2:00.9
5	146 Schultheis, Josh	Delhi	2:01.2
6	614 Filanowski, Brian	DeSales	2:03.4
7	426 Dolan, Chris	Muhlenberg	2:03.1

Section 3 Timed Finals			
1	166 Clavet, Corey	Delhi	2:01.9
2	41 Jones, Warner	Moravian	2:02.4
3	58 Caulfield, Robby	Susquehanna	2:04.8
4	42 Tazik, Jacob	Moravian	2:08.5
5	276 Robson, Thomas	Dickinson	2:03.6
6	229 Sharp, Brendan	Gwynedd-Mercy	2:07.9
7	286 Jansen, Rob	Dickinson	2:08.7
8	593 Schallek, Cory	Ithaca	2:02.6
9	318 Khouri, Ben	Dickinson	2:07.7
10	701 Igoe, Paul	Alfred	2:07.3
Section 4 Timed Finals			
1	705 Pelto, Ben	Alfred	2:07.5
2	345 Suponcic, Kyle	Misericordia	2:06.0
3	340 Noonan, Pat	Misericordia	2:10.6
4	424 Henry, Andrew	Muhlenberg	2:07.0
6	207 Anderson, James	Nazareth	2:09.3
8	209 Patalano, Dave	Nazareth	2:04.4
10	463 Crawford, Richard	Albright	2:06.5
Section 5 Timed Finals			
1	435 Strouse, Eric	Muhlenberg	2:11.2
2	143 West, Dan	Keystone	2:27.0
3	693 Gavlick, Michael	King's (Pa.)	2:14.9
5	Thomas, Daniel		2:18.3
6	157 Schmidt, Mike	Delhi	2:07.7
7	112 Stevens, Andrew	Susquehanna	2:14.2
8	193 DiRenzo, Donato	Nazareth	2:13.6
9	500 Ryder, John	Ursinus	2:10.5
10	646 Gallagher, Mike	DeSales	2:19.5
Section 6 Timed Finals			
2	719 Gutierrez, Jon	Moravian	2:18.6
3	155 Flynn, Tim	Delhi	2:14.8
5	125 Koneski, Thaddeus	Keystone	2:19.38
6	690 Glenn, Ryan	King's (Pa.)	2:27.84
7	502 Moffa, Leonard	Ursinus	2:20.5
8	132 Knott, Zachary	Keystone	2:23.4
10	242 Eichler, Brian	Gwynedd-Mercy	2:24.18
11	676 Santopietro, Rob	King's (Pa.)	2:46.44
Final			
1	392 Udis, Stuart	Muhlenberg	1:55.1
2	366 Redmond, Frank	Misericordia	1:55.5
3	429 Torphy, Bob	Muhlenberg	1:55.9
4	231 Geary, Dan	Gwynedd-Mercy	1:56.7
5	37 Murphy, Tim	Moravian	1:57.8
6	637 Clauser, Brent	DeSales	1:58.6
7	73 Zamadics, Joe	Susquehanna	1:59.1
8	224 Castor, Rob	Nazareth	2:00.9

Event 32 Women 400 Meter Hurdles

=====			
	Name	Year School	
=====			
Section 1 Timed Finals			
1	264 Sellman, Regina	Gwynedd-Mercy	1:17.72
2	607 Harris, Lindsay	Ithaca	1:12.3
3	558 Stratakos, Diamondo	Ithaca	1:12.9
4	158 Veloz, Daira	Delhi	1:08.66
6	592 Wild, Jacqueline	Ithaca	1:15.51
7	390 Mentrikoski, Janelle	Muhlenberg	1:10.8
Section 2 Timed Finals			
1	503 Franko, Michelle	Ursinus	1:19.08
2	313 Murawski, Allison	Dickinson	1:13.6

3	633 devivo, amy	DeSales	1:14.26
5	88 West, Amanda	Susquehanna	1:13.19
6	420 Brock, Lucy	Muhlenberg	1:14.5
7	32 Miller, Stephanie	Moravian	1:21.37

Section 3 Timed Finals

1	657 ellenberger, lisa	DeSales	1:22.79
2	222 Lindstrom, Alyssa	Nazareth	1:20.4
3	285 Kosta, Elizabeth	Dickinson	1:16.64
4	675 Guzinski, Sarah	King's (Pa.)	1:19.11
5	14 Kachel, Naomie	Moravian	1:29.08
6	246 Darden, Khaliah	Gwynedd-Mercy	1:22.58
7	680 Olson, Samantha	King's (Pa.)	1:22.19

Final

1	158 Veloz, Daira	Delhi	1:08.66
2	390 Mentrikoski, Janelle	Muhlenberg	1:10.8
3	607 Harris, Lindsay	Ithaca	1:12.3
4	558 Stratakos, Diamondo	Ithaca	1:12.9
5	88 West, Amanda	Susquehanna	1:13.19
6	313 Murawski, Allison	Dickinson	1:13.6
7	633 devivo, amy	DeSales	1:14.26
8	420 Brock, Lucy	Muhlenberg	1:14.5

Event 33 Men 400 Meter Hurdles

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	Name	Year	School	
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Section 1 Timed Finals

2	153 Babcock, Chris	Delhi	59.1
3	25 Ambrosi, Steve	Moravian	1:00.9
4	27 Tussey, Nate	Moravian	54.5
5	428 Kirk, Brendan	Muhlenberg	57.48
6	650 Moreni, Pete	DeSales	57.17
7	278 Schulte, Andrew	Dickinson	58.98
8	564 Wodarski, Michael	Ithaca	56.7

Section 2 Timed Finals

1	160 Bennett, Andrew	Delhi	1:02.3
2	602 James, Dustin	Ithaca	1:03.2
3	167 Straker, Arkil	Delhi	1:00.1
4	438 Stein, Matt	Muhlenberg	1:01.6
5	98 King, Chance	Susquehanna	1:00.9
6	550 Moloney, Dan	Ithaca	59.8
7	597 Yee, Thomas	Ithaca	1:00.6
8	124 Calvert, Travis	Keystone	

Section 3 Timed Finals

1	439 Baer, Michael	Muhlenberg	1:05.9
2	337 Salvatore, Jeff	Misericordia	1:04.8
3	410 Kurtis, David	Muhlenberg	1:01.1
4	39 Gallogly, Christopher	Moravian	1:01.5
5	90 Koehler, Ross	Susquehanna	1:00.1
6	109 Kelso, Mike	Susquehanna	1:02.2
7	329 Meyer, David	Misericordia	1:06.9
8	641 Brophy, Pat	DeSales	1:02.9

Section 4 Timed Finals

2	542 Hudson, Jervis	Ursinus	1:00.4
3	308 Quinn, Devin	Dickinson	1:08.5
6	325 Leese, Alex	Dickinson	1:07.2

Final

1	27 Tussey, Nate	Moravian	54.5
2	564 Wodarski, Michael	Ithaca	56.7
3	650 Moreni, Pete	DeSales	57.17

4	428 Kirk, Brendan	Muhlenberg	57.48
5	278 Schulte, Andrew	Dickinson	58.98
6	153 Babcock, Chris	Delhi	59.1
7	550 Moloney, Dan	Ithaca	59.8
8	167 Straker, Arkil	Delhi	1:00.1
8	90 Koehler, Ross	Susquehanna	1:00.1

Event 34 Women 200 Meter Dash

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Name                               Year School
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Section 1 Timed Finals
1 299 Ford, Jasmine                 Dickinson                 30.7
2 38 Posimo, Jessica                Moravian                 27.4
3 384 Faust, Alexandra              Muhlenberg               27.3
5 12 Wisniewski, Sydni              Moravian                 26.9
6 256 Harrison, Erin                Gwynedd-Mercy           27.3
7 355 Bochnovich, Susan             Misericordia            26.7
8 4 Riggs, Rachel                   Moravian                 28.1
Section 2 Timed Finals
1 81 Berry, Janaya                  Susquehanna              31.2
3 603 Evans, Hannah                 Ithaca                   29.8
5 645 Annucci, Lauren               DeSales                  29.2
6 636 chicky, nicole                DeSales                  28.2
8 258 Moore, Quinteria              Gwynedd-Mercy           28.4
Section 3 Timed Finals
1 431 Martini, Amanda               Muhlenberg               29.1
2 704 Mills, Annie                  Alfred                   30.8
3 444 Loos, Shannon                 Albright                 28.8
4 443 Genter, Brianne               Albright                 28.1
6 629 franko, mara                  DeSales                  29.4
7 585 Koppel, Lauren                Ithaca                   30.9
8 479 Walsh, Caitlin                Ursinus                  29.3
Section 4 Timed Finals
1 106 DiMattia, Rachel              Susquehanna              29.7
2 365 Kortze, Debra                 Misericordia             29.7
3 363 Pellegrino, Stephanie         Misericordia             29.3
4 2 Chando, Katelyn                 Moravian                 28.9
6 162 Bilz, Emily                    Delhi                    28.9
7 29 McEvoy, Shannon                Moravian                 29.3
8 49 Wert, Alyssa                   Moravian                 28.4
Section 5 Timed Finals
1 107 Toal, Anne                     Susquehanna              30.2
2 722 Wade, Hannah                Muhlenberg               30.7
3 347 Lozier, Jenn                  Misericordia             30.8
4 211 Herkenham, Anne               Nazareth                 34.4
6 484 Amoroso, Kristen              Ursinus                  33.1
8 454 Conway, Renisha               Albright                 29.5
Section 6 Timed Finals
1 378 Rickes, Heidi                 Bryn Mawr                32.9
3 395 Dick, Laura                    Muhlenberg               31.1
4 402 Gadowski, Sarah               Muhlenberg               31.2
5 481 Clark, Katie                  Ursinus                  33.7
8 230 Gilmore, Rosi                 Gwynedd-Mercy           32.5
Section 7 Timed Finals
2 128 Weiss, Samantha               Keystone                 35.2
3 266 Farrell, Erica                Gwynedd-Mercy           33.9
4 677 Kerl, Clare                    King's (Pa.)             34.7
6 382 Bowman, Melanie               Bryn Mawr                34.4
7 482 Cragg, Alison                 Ursinus                  35.5

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Final

1	355	Bochnovich, Susan	Misericordia	26.7
2	12	Wisniewski, Sydni	Moravian	26.9
3	256	Harrison, Erin	Gwynedd-Mercy	27.3
4	384	Faust, Alexandra	Muhlenberg	27.3
5	38	Posimo, Jessica	Moravian	27.4
6	4	Riggs, Rachel	Moravian	28.1
6	443	Genter, Brianne	Albright	28.1
8	636	chicky, nicole	DeSales	28.2

Event 35 Men 200 Meter Dash

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	Name	Year	School	
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Section 1 Timed Finals

1	587	Orenstein, Max	Ithaca	23.4
3	493	Desiderio, Albert	Ursinus	22.8
4	9	Woodruff, Eric	Moravian	22.3
5	154	Britton, Andre	Delhi	23.1
6	419	Lachaud, Jeremiah	Muhlenberg	23.1
7	310	Brodsky, John	Dickinson	23.7
8	553	Wetmore, Jeff	Ithaca	22.9

Section 2 Timed Finals

1	596	Catlin, Aaron	Ithaca	25.2
2	20	D'Angelo, Kyle	Moravian	24.3
3	149	Richards, Mark	Delhi	25.5
4	201	Case, Matt	Nazareth	23.2
5	291	Kelley, Mark	Dickinson	25.1
6	567	Lin, Jon	Ithaca	24.04
7	253	Viola, Drew	Gwynedd-Mercy	24.1

Section 3 Timed Finals

1	61	Orzolek, Jalon	Susquehanna	24.7
2	144	Stauder, Joe	Keystone	24.6
3	80	Howell, Keith	Susquehanna	24.5
5	117	Fegley, Ryan	Keystone	25.4
7	397	Weiner, Michael	Muhlenberg	25.5

Section 4 Timed Finals

1	537	Prete, Charles	Ursinus	24.8
2	15	Blenk, Mike	Moravian	24.8
3	409	Lysenko, Chris	Muhlenberg	25.2
5	445	Mays, Ryan	Albright	24.0
7	656	Dougherty, Pat	DeSales	25.13
8	401	Yates, Derek	Muhlenberg	24.39

Section 5 Timed Finals

1	542	Hudson, Jervis	Ursinus	25.34
2	473	Wood, Tevin	Albright	25.2
3	651	Yeager, Eric	DeSales	24.7
4	357	Clemson, Steven	Misericordia	25.0
6	138	Slater, Brian	Keystone	24.4
7	213	Kelly, Pat	Nazareth	26.1
8	200	LaRegina, Vinnie	Nazareth	26.4

Section 6 Timed Finals

3	220	Russo, John	Nazareth	29.2
4	333	Roccograndi, Andrew	Misericordia	27.2
5	458	Reed, Michael	Albright	25.38
7	684	McGrady, Ryan	King's (Pa.)	25.9

Section 7 Timed Finals

2	683	Kumor, Dave	King's (Pa.)	28.0
3	471	Wells, Ryan	Albright	26.2
5	118	Bolden, Michael	Keystone	25.8

Final

1	9	Woodruff, Eric	Moravian	22.3
2	493	Desiderio, Albert	Ursinus	22.8

3	553 Wetmore, Jeff	Ithaca	22.9
4	154 Britton, Andre	Delhi	23.1
5	419 Lachaud, Jeremiah	Muhlenberg	23.1
6	201 Case, Matt	Nazareth	23.2
7	587 Orenstein, Max	Ithaca	23.4
8	310 Brodsky, John	Dickinson	23.7

Event 36 Men 5000 Meter Run

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	Name	Year	School	
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Section 1 Timed Finals

1	398 Nihen, Robert		Muhlenberg	15:53.6
2	407 Laulettil, Matthew		Muhlenberg	15:57.5
3	300 Pagano, James		Dickinson	16:04.7
4	208 Morales, Matt		Nazareth	16:38.9
5	304 Riccardo, Wilson		Dickinson	16:34.4
6	669 Gwinn, Kevin		DeSales	16:12.8
7	290 Young, Dennis		Dickinson	16:51.4
8	105 Steffen, Robert		Susquehanna	16:24.7
9	462 Cook, George		Albright	17:05.2
10	532 Garavel, Jeremy		Ursinus	17:08.5
11	361 Blaskiewicz, Pat		Misericordia	16:56.4
12	430 Kingsbury, Adam		Muhlenberg	16:52.0
13	723 Wilson, Ryan		Muhlenberg	16:47.2
14	176 Ennis, Will		Delhi	16:09.1
15	613 Clemson, Alex		DeSales	16:42.1
16	451 Kellert, Robert		Albright	17:07.6

Section 2 Timed Finals

3	364 Beecher, Steve		Misericordia	16:42.1
4	526 Dimidio, Dante		Ursinus	16:49.8
6	48 Betz, Tim		Moravian	17:17.2
9	679 Sammon, Patrick		King's (Pa.)	18:35.2
10	119 Nowakowski, Tim		Keystone	17:52.4
11	506 Centafont, Jeffrey		Ursinus	17:28.4
12	140 Booth, Robert		Keystone	16:52.1
13	115 Bachak, Jeff		Keystone	17:20.3
15	644 Lykens, Matt		DeSales	17:39.8
17	685 Cort, Jeff		King's (Pa.)	17:50.6
18	339 Verzella, Dave		Misericordia	18:06.4
19	346 O' Neill, Brian		Misericordia	17:56.2
20	698 Smith, Corey		Alfred	17:53.8
21	483 Lisachenko, Bogdan		Ursinus	18:28.3

Final

1	398 Nihen, Robert		Muhlenberg	15:53.6
2	407 Laulettil, Matthew		Muhlenberg	15:57.5
3	300 Pagano, James		Dickinson	16:04.7
4	176 Ennis, Will		Delhi	16:09.1
5	669 Gwinn, Kevin		DeSales	16:12.8
6	105 Steffen, Robert		Susquehanna	16:24.7
7	304 Riccardo, Wilson		Dickinson	16:34.4
8	208 Morales, Matt		Nazareth	16:38.9

Event 37 Women 4x800 Meter Relay

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	School	
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1	Dickinson 'A'	10:09.11
2	Ithaca 'A'	10:11.10
3	Muhlenberg 'A'	10:21.50

4	DeSales 'A'	10:41.50
5	Bryn Mawr 'A'	11:12.0
6	Ursinus 'B'	11:16.40
7	Nazareth 'A'	11:17.50
8	Ursinus 'C'	11:27.20
9	Ursinus 'A'	11:29.02
10	Delhi 'A'	11:30.27
11	Bryn Mawr 'B'	11:37.14

Event 38 Men 4x800 Meter Relay

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School

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1	Dickinson 'A'	8:03.60
2	DeSales 'A'	8:03.99
3	Muhlenberg 'A'	8:18.10
4	Keystone 'A'	8:21.27
5	Moravian 'A'	8:30.23
6	Ursinus 'A'	8:44.21
7	DeSales 'C'	8:48.85
8	Ursinus 'B'	8:49.64
9	Alfred 'A'	8:51.21
10	Nazareth 'A'	8:57.38
11	DeSales 'B'	9:02.66
12	Ursinus 'C'	9:13.83
13	Susquehanna 'B'	9:18.89

Event 39 Women 4x400 Meter Relay

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School

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1	Ithaca 'A'	4:09.4
2	Misericordia 'A'	4:13.8
3	Albright 'A'	4:17.1
4	Muhlenberg 'A'	4:22.8
5	Nazareth 'A'	4:29.4
6	DeSales 'A'	4:31.9
7	Susquehanna 'A'	4:33.3
8	Ithaca 'B'	4:36.2
9	Alfred 'A'	4:38.4
10	Gwynedd-Mercy 'B'	4:39.8
11	DeSales 'B'	4:40.8

Event 40 Men 4x400 Meter Relay

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School

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1	Dickinson 'A'	3:22.75
2	Muhlenberg 'A'	3:25.00
4	Alfred 'A'	3:25.10
5	Susquehanna 'A'	3:25.60
6	Nazareth 'A'	3:27.60
7	Albright 'A'	3:31.50
8	DeSales 'A'	3:31.66
9	Delhi 'A'	3:35.90
10	Susquehanna 'B'	3:39.11
11	Muhlenberg 'B'	3:39.43
12	Keystone 'A'	3:43.6
13	Nazareth 'B'	3:45.13
14	DeSales 'B'	3:49.51