

Centennial Conference Outdoor Championship - 4/30/2010 to 5/2/2010**Swarthmore College****Swarthmore, PA****Performance List****Event 1 Women Heptathlon**

Name	School	Points
1 Pabon, Vanessa	Gettysburg	3479
2 Amalfe, Stephanie	Johns Hopkin	3278
3 Spera, Kristin	Johns Hopkin	3084
4 Wheeler, Erika	Johns Hopkin	3067
5 Davidhizar, Heidi	McDaniel	3015
6 Van Tuyl, Alexandra	Gettysburg	NP
7 Goldsby, Aigne	Bryn Mawr	NP
8 McMahan, Heather	Haverford	NP

Event 2 Men Decathlon

Name	School	Points
1 Vechik, Nick	Haverford	5000
2 Ford, Robby	Gettysburg	4991
3 Baer, Michael	Muhlenberg	4668
4 Gochal, Anthony	Ursinus	4554
5 Bingham, John	Dickinson	4421
6 Nichols, Jake	McDaniel	4388
7 Yokomizo, John	Ursinus	3387
8 Mealey, Chris	Dickinson	3385
9 Giarratano, Nick	Ursinus	NP
10 Tillman, Tim	Franklin & M	NP

Event 3 Women 10000 Meter Run

Name	School	Seed Time
1 Paulsen, Laura	Johns Hopkin	17:11.55
2 Condon, Jayne	Muhlenberg	18:00.61
3 Esposito, Christine	Gettysburg	18:28.00
4 Patel, Mira	Johns Hopkin	18:44.94
5 Hubbeling, Harper	Haverford	18:59.25
6 Davis, Kaia	Haverford	19:09.36
7 Shank, Kaitlyn	Haverford	19:15.87
8 Campbell, Catherine	Dickinson	35:58.16
9 Epstein, Kerrin	Gettysburg	37:53.28
10 Vienneau, Alice	Haverford	39:04.54
11 Brower, Megan	Johns Hopkin	39:08.16
12 Ohare, Merit	Dickinson	40:14.58
13 Teevens, Alexis	Franklin & M	41:55.57
14 Farrelly, Kelly	Franklin & M	41:58.64
15 Letner, Dorothea	Haverford	42:00.28
16 Coleman, Sara	Gettysburg	42:24.50
17 Flanagan, Caitlin	Dickinson	42:43.50
18 Meehan, Kathryn	Haverford	43:22.54
19 Schneider, Anna	Gettysburg	43:35.97
20 Puleo, Ariel	Bryn Mawr	44:55.32
21 Hamilton, Mary	Dickinson	NT

Event 4 Men 10000 Meter Run

Name	School	Seed Time
1 Carpenter, Joseph	Haverford	14:31.56
2 Tousley, Elias	Haverford	15:06.60
3 Sturner, Andrew	Haverford	15:08.31
4 Lanham, Andrew	Haverford	15:26.75
5 Smith, Brendan	Muhlenberg	15:56.16

6 Reed, Andy	Gettysburg	15:56.54
7 O'Neill, Dan	Gettysburg	15:56.88
8 Kingsbury, Adam	Muhlenberg	16:01.26
9 Hulleberg, Anders	Haverford	30:26.83
10 Tobochnik, Steve	Johns Hopkin	31:47.29
11 Sohail, Faraz	Haverford	32:12.74
12 Eiseman, Phil	Haverford	32:29.19
13 Yen, Andrew	Johns Hopkin	33:11.41
14 Baker, Josh	Johns Hopkin	33:18.04
15 Haneman, Pat	Haverford	33:29.64
16 Daniels, Thomas	Gettysburg	34:04.57
17 Hoffman, Kevin	Haverford	34:06.88
18 Marsico, Richard	Haverford	34:34.51
19 Butterworth, Jeff	Gettysburg	34:52.85
20 Dimidio, Dante	Ursinus	35:00.65
21 Carrick, Rick	Johns Hopkin	35:06.28
22 Lo Galbo, Mark	Johns Hopkin	35:07.75
23 Duckloe, Greg	Franklin & M	35:07.89
24 Guo, Yufeng	Johns Hopkin	35:08.64
25 Wesalo, Josh	Franklin & M	35:11.25
26 Papavizas, John	Dickinson	35:17.00
27 Chesterton, Eric	Haverford	35:22.39
28 Gershenson, Zack	Swarthmore	35:25.28
29 Cramer, Danny	Swarthmore	35:27.84
30 Marra, Andrew	Franklin & M	35:35.31
31 Raffman, David	Franklin & M	35:40.61
32 Breslow, Alex	Swarthmore	35:53.11
33 McMinn, John	Swarthmore	NT
34 Macdonald, Ted	Dickinson	NT
35 Karwoski, Nick	Dickinson	NT
36 LeFrancois, Paul	Dickinson	NT
37 Phillips, Jacob	Swarthmore	NT

Event 5 Women Pole Vault

Name	School	Seed Mark
1 Faust, Alexandra	Muhlenberg	3.84m
2 Kashka, Emily	Johns Hopkin	3.20m
3 MacKintosh, Ellie	Dickinson	3.20m
4 Schaefer, Amy	Ursinus	3.04m
5 Zohrabian, Sylvia	Franklin & M	3.00m
6 Yeung, Chery	Johns Hopkin	2.95m
7 Allison, Katie	Franklin & M	2.95m
8 Spetka, Stephanie	Johns Hopkin	2.90m
9 Decker, Tricia	Johns Hopkin	2.80m
10 Vill, Tracey	Johns Hopkin	2.75m
11 Biondi, Breanne	Muhlenberg	2.74m
12 Leahey, Hannah	Dickinson	2.74m
13 Heeren, Emily	Gettysburg	2.65m
14 Surman, Lauren	Ursinus	2.64m
15 Lehmann, Hana	Swarthmore	2.60m
16 Miller, Melissa	Muhlenberg	2.59m
17 Marshall, Claire	Franklin & M	2.44m

Centennial Conference Outdoor Championship - 4/30/2010 to 5/2/2010**Swarthmore College****Swarthmore, PA****Performance List****Event 6 Men Pole Vault**

Name	School	Seed Mark
1 Dalto, Rob	Gettysburg	4.35m
2 Trachtenberg, Matt	Johns Hopkin	4.27m
3 Oh, Edward	Haverford	4.25m
4 Keenahan, Kevin	Johns Hopkin	4.05m
5 Scanameo, Kurt	Johns Hopkin	3.96m
6 Wei, Andrew	Haverford	3.96m
7 Kim, Phil	Haverford	3.95m
8 Hellings, Ryan	Muhlenberg	3.89m
9 Hong, Inki	Ursinus	3.84m
10 Ford, Robby	Gettysburg	3.80m
11 Strawitz, Joe	Franklin & M	3.50m
12 Vlahos, Alex	Muhlenberg	3.49m
13 Huang, Xiaonan	Swarthmore	3.35m

Event 7 Men Long Jump

Name	School	Seed Mark
1 Anno, Kwaku	Franklin & M	6.71m
2 Rountree, Chris	Ursinus	6.62m
3 Brookland, Marc	Muhlenberg	6.61m
4 Desiderio, Albert	Ursinus	6.56m
5 Bendas, Nick	Ursinus	6.43m
6 Youngs, Travis	Ursinus	6.24m
7 Wolfe, Alex	Muhlenberg	6.07m
8 Ly, Daniel	Swarthmore	6.06m
9 Stankiewicz, Matt	Johns Hopkin	6.04m
10 Minnick, Greg	Gettysburg	6.03m
11 Hall, Sean	Ursinus	6.00m
12 Johnson, Chris	Dickinson	5.93m
13 Taylor, Justin	Dickinson	5.81m
14 Wilson, Harper	Johns Hopkin	5.79m
15 Waterfire, Zach	Swarthmore	5.78m
16 Ford, Robby	Gettysburg	5.77m
17 Berzon, Marcus	Dickinson	5.76m
18 Rivera, Brian	Franklin & M	5.73m

Event 8 Women 3000 Meter Steeplechase

Name	School	Seed Time
1 Furlong, Cecilia	Johns Hopkin	11:04.48
2 O'Grady, Mary	Johns Hopkin	11:43.66
3 Laseter, Elizabeth	Johns Hopkin	11:56.65
4 Potter, Rachael	Haverford	12:26.31
5 McTernan, Julie	Dickinson	12:38.78
6 Coleman, Sara	Gettysburg	12:46.24
7 Tetla, Michelle	Ursinus	12:53.97
8 Schneider, Anna	Gettysburg	13:12.91
9 Dever, Lauren	Franklin & M	13:19.79
10 Melker, Anna	Bryn Mawr	13:42.14

Event 9 Men 3000 Meter Steeplechase

Name	School	Seed Time
1 Karwoski, Nick	Dickinson	9:07.52
2 Pecora, Kent	Dickinson	9:20.70
3 Fuentes, Lucas	Haverford	9:29.85

4 Galiczynski, Sean	Dickinson	9:33.84
5 Siqueiros, Ben	Haverford	9:42.70
6 Sigmon, David	Johns Hopkin	9:49.80
7 Southwick, Chris	Haverford	9:50.09
8 Koffer, Jake	Haverford	9:50.97
9 Repack, Brenden	Gettysburg	9:51.70
10 Hahn, Brandon	Johns Hopkin	9:53.67
11 Breen, David	Dickinson	9:58.73
12 Yuan, Michael	Johns Hopkin	9:58.85
13 Wickham, Chris	Swarthmore	9:59.74
14 Wilson, Ryan	Muhlenberg	10:02.22
15 O'Neill, Dan	Gettysburg	10:08.46
16 Arce, Angelo	Franklin & M	10:20.24
17 Garavel, Justin	Ursinus	10:25.39
18 Cohen, Matt	Haverford	10:32.75
19 Allaway, Robert	Dickinson	10:34.70
20 Crossette, Nathan	Muhlenberg	10:35.36
21 Budman, Josh	Johns Hopkin	10:38.17
22 Olsen, Eric	Franklin & M	10:38.23
23 Van Buren, Andrew	Swarthmore	10:40.69
24 Blancero, Francis	Franklin & M	10:48.79

Event 10 Women 100 Meter Hurdles Prelims

Name	School	Seed Time
1 Reiss, Eliza	Haverford	15.39
2 Givans, Kenyetta	Swarthmore	15.63
3 Miller, Mara	Haverford	15.82
4 Davidhizar, Heidi	McDaniel	15.84
5 Mikkilineni, Anita	Johns Hopkin	15.87
6 Van Tuyl, Alexandra	Gettysburg	16.74
7 Brennan, Amanda	Muhlenberg	16.82
8 Wheeler, Erika	Johns Hopkin	17.12
9 Tzaferos, Alexa	Johns Hopkin	17.31
10 Franko, Michelle	Ursinus	17.91

Event 11 Men 110 Meter Hurdles Prelims

Name	School	Seed Time
1 Michaelis, Nils	Franklin & M	14.83
2 Rountree, Chris	Ursinus	15.48
3 Dohrmann, Mike	Franklin & M	15.77
4 Rosenberger, Nick	Gettysburg	15.90
5 Kramer, Jacob	Johns Hopkin	16.48
6 Dutton, Traci	Johns Hopkin	16.50
7 Ford, Robby	Gettysburg	16.75
8 Mayer-Bacon, Chris	Swarthmore	17.01
9 Nichols, Jake	McDaniel	17.09
10 Smart, Greg	Dickinson	17.13
11 Stankiewicz, Matt	Johns Hopkin	17.31
12 Baer, Michael	Muhlenberg	17.42
13 Horam, Chris	Dickinson	17.81
14 Stein, Matt	Muhlenberg	17.81
15 Shank, Andrew	Gettysburg	18.16
16 Shank, Phil	Dickinson	18.21
17 Demakis, William	Gettysburg	18.33
18 Spioch, Eric	McDaniel	18.37

Centennial Conference Outdoor Championship - 4/30/2010 to 5/2/2010**Swarthmore College****Swarthmore, PA****Performance List****Event 12 Women 400 Meter Dash Prelims**

Name	School	Seed Time
1 Hunter, Megan	Franklin & M	58.40
2 Faust, Alexandra	Muhlenberg	58.71
3 Neilson, Christina	Haverford	59.13
4 Koslo, Amanda	Gettysburg	59.51
5 King, Kirsten	Ursinus	59.99
6 Carlomagno, Kimberly	Haverford	1:01.36
7 Restrepo, Katherine	McDaniel	1:01.69
8 Tzinivis, Kara	Gettysburg	1:01.84
9 Murphy, Megan	Gettysburg	1:01.85
10 Lefkovits, Ariel	Franklin & M	1:02.03
11 Lumpkin, Casey	Gettysburg	1:02.28
12 Daniels, Alexandra	Muhlenberg	1:02.30
13 Royce, Marianne	Gettysburg	1:02.79
14 Richardson, Hannah	Dickinson	1:03.70
15 Williams, Ashton	Johns Hopkin	1:04.16
16 Sullivan, Monika	Johns Hopkin	1:05.33
17 Kent, Lindsey	Johns Hopkin	1:06.12
18 Koutsandreas, Rebecca	McDaniel	1:07.43

Event 13 Women Long Jump

Name	School	Seed Mark
1 Miller, Mara	Haverford	5.23m
2 Pabon, Vanessa	Gettysburg	5.02m
3 Lipinski, Kylie	Haverford	5.01m
4 MacKintosh, Ellie	Dickinson	4.97m
5 Reiss, Eliza	Haverford	4.92m
6 Kornetsky, Emma	Haverford	4.88m
7 Hovick, Olivia	Ursinus	4.83m
8 Brennan, Amanda	Muhlenberg	4.80m
9 Bartos, Laura	Johns Hopkin	4.78m
10 Wolf, Jen	Ursinus	4.78m
11 Welch, Zoe	Haverford	4.75m
12 Sooksatan, Celina	Ursinus	4.64m
13 Shaw, Leah	Ursinus	4.54m
14 Marinaccio, Kristen	Franklin & M	4.52m
15 Westerduin, Catherine	Franklin & M	4.50m
16 Ritterband, Sara	Gettysburg	4.49m
17 Maloney, Kelsey	Johns Hopkin	4.49m
18 Schaefer, Amy	Ursinus	4.42m
19 Lavell, Emily	Johns Hopkin	4.40m
20 Degaiffier, Nathalie	Swarthmore	4.25m
21 Reid, Lindsay	Haverford	4.22m

Event 14 Men Discus Throw

Name	School	Seed Mark
1 Abbate, Anthony	Dickinson	45.12m
2 Sand, Luke	Johns Hopkin	42.62m
3 Hochard, Jacob	Gettysburg	41.01m
4 Lino, Ryan	Johns Hopkin	38.26m
5 Swett, Keaton	Johns Hopkin	36.87m
6 Stahley, Joseph	Dickinson	36.80m
7 Gamrat, Jim	Muhlenberg	35.68m

8 Waddell, Adam	Johns Hopkin	35.65m
9 Hershman, Seth	Muhlenberg	35.43m
10 Tucker, Mike	Dickinson	35.36m
11 Gordon, Corwyn	Dickinson	35.10m
12 Carr, Andrew	Ursinus	35.00m
13 Martin-Kirkland, Kahmai	Haverford	34.99m
14 Barna, Steve	Franklin & M	34.76m
15 Caslin, Casey	Dickinson	33.94m
16 Colder, Karl	Muhlenberg	33.75m
17 Hernandez, Carlos	McDaniel	33.13m
18 Goldman, Jasper	Dickinson	33.02m
19 Smyers, Brett	Ursinus	32.84m
20 Lander-Portnoy, Maury	Haverford	32.61m
21 Bell, Nate	McDaniel	32.36m
22 Baron, Greg	Gettysburg	32.25m

Event 15 Women Discus Throw

Name	School	Seed Mark
1 Freund, Jackie	Haverford	40.69m
2 Heeren, Emily	Gettysburg	34.61m
3 Stefaniak, Martha	Franklin & M	34.52m
4 Lee-Villanueva, Allison	Bryn Mawr	34.27m
5 Amalfe, Stephanie	Johns Hopkin	33.22m
6 Merkow, Alana	Johns Hopkin	32.53m
7 Laucik, Krystina	Johns Hopkin	32.20m
8 Malzbender, Katherine	Johns Hopkin	30.22m
9 Meeks, Dominique	Haverford	28.73m
10 Steinfeld, Manya	Bryn Mawr	28.56m
11 Chiarelli, Kaitlin	Gettysburg	27.52m
12 Dickman, Kelsey	McDaniel	27.45m
13 Ward, Leslie	Dickinson	27.32m
14 Heffern, Caitlin	Muhlenberg	26.72m
15 Kreiger, Hayley	Muhlenberg	25.98m
16 Taormina, Rebecca	Gettysburg	25.01m

Event 16 Men 400 Meter Dash Prelims

Name	School	Seed Time
1 Denson, Sean	Dickinson	49.61
2 Rice, Peter	Muhlenberg	49.61
3 Dowlat, Richard	Haverford	50.57
4 Anno, Kwaku	Franklin & M	50.59
5 Martin, Rob	Johns Hopkin	51.12
6 Hage, Pierre	Johns Hopkin	51.26
7 Walker, James	Johns Hopkin	51.28
8 Lonsdale, Dane	Dickinson	51.40
9 Mack, Gordan	Johns Hopkin	51.49
10 Thornton, Pat	Muhlenberg	51.54
11 Xiang, Willie	Haverford	51.74
12 Tait, Christo	Johns Hopkin	51.76
13 Senseney, Tom	Gettysburg	51.91
14 Ryan, William	Muhlenberg	51.96
15 Lysenko, Chris	Muhlenberg	52.71
16 Vlahos, Alex	Muhlenberg	52.93
17 Sharp, Joe	Gettysburg	53.31
18 Wiseman, Brad	Gettysburg	53.53

Centennial Conference Outdoor Championship - 4/30/2010 to 5/2/2010**Swarthmore College****Swarthmore, PA****Performance List****Event 16 ... (Men 400 Meter Dash Prelims)**

	Name	School	Seed Time
19	Keys, Jeremy	Dickinson	53.61
20	Price, Alex	Muhlenberg	54.33
21	Tanasoca, Paul	Gettysburg	54.67
22	Lim, Taehyun	Haverford	54.73

Event 17 Women 100 Meter Dash Prelims

	Name	School	Seed Time
1	Laurito, Amanda	Ursinus	12.85
2	Neilson, Christina	Haverford	12.93
3	Stewart, April	Bryn Mawr	13.04
4	Lammers, Lauren	Ursinus	13.05
5	Siegrist, Henley	Franklin & M	13.06
6	Givans, Kenyetta	Swarthmore	13.08
7	Welch, Zoe	Haverford	13.13
8	Smith, Alison	Johns Hopkin	13.22
9	Van Tuyl, Alexandra	Gettysburg	13.33
10	Sibener, Leah	Johns Hopkin	13.36
11	Vallenilla, Amelia	Johns Hopkin	13.44
12	Olson, Laura	Gettysburg	13.53
13	Kornetsky, Emma	Haverford	13.67
14	Walsh, Caitlin	Ursinus	13.73
15	Surman, Lauren	Ursinus	14.37
16	Schaefer, Amy	Ursinus	14.40
17	Welch, Taytiana	Bryn Mawr	14.40
18	Brown, Sarah	Haverford	14.47
19	Goodman, Shayna	Dickinson	14.57
20	Wharton, Delicia	Ursinus	14.71

Event 18 Men 100 Meter Dash Prelims

	Name	School	Seed Time
1	Desiderio, Albert	Ursinus	11.07
2	Bay, Andrew	Gettysburg	11.43
3	Bendas, Nick	Ursinus	11.45
4	Rountree, Chris	Ursinus	11.48
5	Walker, Jonathan	Johns Hopkin	11.50
6	Grannum, Jordan	Ursinus	11.51
7	Bartolotta, John	Johns Hopkin	11.56
8	Irizarry, Ray	Dickinson	11.57
9	Lachaud, Jeremiah	Muhlenberg	11.60
10	Sullivan, Kyle	Muhlenberg	11.61
11	Rosenberger, Nick	Gettysburg	11.61
12	Barkers, Corey	Ursinus	11.65
13	Torain, James	Haverford	11.65
14	Hall, Sean	Ursinus	11.70
15	Barron, Eikeem	Ursinus	11.71
16	Vaughn, Isaiah	Muhlenberg	11.73
17	Taylor, Justin	Dickinson	11.75
18	Margolis, Josh	Dickinson	11.83
19	Yates, Derek	Muhlenberg	11.88
20	Jones, Lance	Ursinus	12.05
21	Dunston, Dwight	Dickinson	12.15
22	Horam, Chris	Dickinson	12.15
23	Levy, Andrew	Ursinus	12.17

24 Berzon, Marcus Dickinson 12.23

Event 19 Women 800 Meter Run Prelims

	Name	School	Seed Time
1	Keogh, Aileen	Haverford	2:14.52
2	Crawley, Sheena	Franklin & M	2:14.93
3	Yalango, Kim	Muhlenberg	2:17.37
4	Hess, Sara	Haverford	2:19.34
5	Cummings, Cassie	Johns Hopkin	2:21.36
6	Addison, Yaa	Gettysburg	2:25.68
7	Goldstein, Lauren	Ursinus	2:26.14
8	Mitchell, Hannah	Muhlenberg	2:28.12
9	Fritz, Sarah	Gettysburg	2:28.14
10	Banning, Jenna	Dickinson	2:30.05
11	Romano, Elizabeth	Dickinson	2:30.21
12	Keifer, Cara	Haverford	2:30.30
13	Yanessa, Deb	Ursinus	2:30.40
14	Nolan, Alison	Ursinus	2:30.71
15	Bier, Kim	Muhlenberg	2:31.08
16	Kellogg, Jordan	Ursinus	2:31.90
17	Stuek, Sam	Johns Hopkin	2:33.44
18	Greenberg, Eva	Dickinson	2:34.26
19	Donatone, Stephanie	Ursinus	2:34.84
20	Weightman, Leah	Bryn Mawr	2:34.98
21	Smith, Emily	Gettysburg	2:35.15
22	Grogan, Bridget	Franklin & M	2:36.05
23	McDermott, Meghan	Ursinus	2:36.67
24	Hollenbach, Rebecca	Ursinus	2:39.93
25	Black, Missy	McDaniel	2:39.98
26	Doolan, Kara	Franklin & M	2:40.26
27	Shelley, Mary Kate	Franklin & M	2:40.26

Event 20 Men 800 Meter Run Prelims

	Name	School	Seed Time
1	Schoch, Tim	Haverford	1:52.53
2	Milic-Strkalj, Ivo	Haverford	1:52.74
3	Torphy, Bob	Muhlenberg	1:53.19
4	Reynolds, Clay	Gettysburg	1:53.61
5	Wehner, Elliott	Johns Hopkin	1:54.13
6	Macdonald, Adrian	Gettysburg	1:56.68
7	Buchman, Jesse	Dickinson	1:57.71
8	Gregor, Andy	Dickinson	1:57.88
9	Riccio, Michael	Haverford	1:58.16
10	Ganley, Ryan	Muhlenberg	2:01.41
11	Sihelnik, Stephen	Johns Hopkin	2:01.82
12	Reynolds, Nick	Haverford	2:02.06
13	Henry, Andrew	Muhlenberg	2:02.28
14	Horning, Alex	Gettysburg	2:02.38
15	Mosher, Ben	Ursinus	2:02.45
16	Keith, Tyler	Gettysburg	2:02.91
17	Khouri, Ben	Dickinson	2:03.67
18	Jansen, Rob	Dickinson	2:04.67
19	Ford, Andrew	Dickinson	2:04.92
20	Addis, Matt	Johns Hopkin	2:04.93
21	Ryder, John	Ursinus	2:05.29

Centennial Conference Outdoor Championship - 4/30/2010 to 5/2/2010
Swarthmore College
Swarthmore, PA
Performance List

Event 20 ... (Men 800 Meter Run Prelims)

Name	School	Seed Time
22 Tama, Nik	Gettysburg	2:05.64
23 Chester, Cary	Swarthmore	2:05.95
24 Imbemba, Brett	Ursinus	2:06.95
25 Kirlin, Ryan	Johns Hopkin	2:07.60
26 McDougal, Dan	Gettysburg	2:07.63

Event 21 Women 400 Meter Hurdles Prelims

Name	School	Seed Time
1 Mikkilineni, Anita	Johns Hopkin	1:02.21
2 Miller, Mara	Haverford	1:05.01
3 Davis, Hannah	Haverford	1:06.95
4 Mentrikoski, Janelle	Muhlenberg	1:08.56
5 Doyle, Carina	Ursinus	1:11.49
6 Marshall, Claire	Franklin & M	1:11.64
7 Vonderheide, Mariam	Swarthmore	1:11.76
8 Wheeler, Erika	Johns Hopkin	1:12.22
9 Talbot, Christine	Dickinson	1:12.23
10 Feigen, Mariel	Swarthmore	1:12.52
11 Butali, Vivian	Dickinson	1:12.74
12 Tzaferos, Alexa	Johns Hopkin	1:14.28
13 Callahan, Caitlin	Ursinus	1:14.63
14 Franko, Michelle	Ursinus	1:16.14

Event 22 Men 400 Meter Hurdles Prelims

Name	School	Seed Time
1 Dohrmann, Mike	Franklin & M	56.21
2 Michaelis, Nils	Franklin & M	56.25
3 Rountree, Chris	Ursinus	56.95
4 Kirk, Brendan	Muhlenberg	57.18
5 Mayer-Bacon, Chris	Swarthmore	58.00
6 Stein, Matt	Muhlenberg	58.17
7 Rosenberger, Nick	Gettysburg	58.87
8 Koffer, Alec	Haverford	59.43
9 Sigmon, David	Johns Hopkin	1:00.11
10 Krause, Greg	Haverford	1:01.42
11 Kurtis, David	Muhlenberg	1:01.68
12 Galiczynski, Sean	Dickinson	1:02.14
13 Ouyang, Lee	Johns Hopkin	1:02.76
14 Shank, Phil	Dickinson	1:03.21
15 Dutton, Traci	Johns Hopkin	1:03.39
16 Shank, Andrew	Gettysburg	1:03.52
17 Allaway, Robert	Dickinson	1:03.95
18 Demakis, William	Gettysburg	1:03.96
19 Gochal, Anthony	Ursinus	1:04.07
20 Kumar, Brahma	Johns Hopkin	1:04.20

Event 23 Women 200 Meter Dash Prelims

Name	School	Seed Time
1 Faust, Alexandra	Muhlenberg	25.85
2 Vallenilla, Amelia	Johns Hopkin	26.25
3 Siegrist, Henley	Franklin & M	26.27
4 Neilson, Christina	Haverford	26.37
5 Reiss, Eliza	Haverford	26.51

6 King, Kirsten	Ursinus	26.51
7 Laurito, Amanda	Ursinus	26.56
8 Lammers, Lauren	Ursinus	26.57
9 Nyame-Mensah, Akua	Bryn Mawr	26.67
10 Hunter, Megan	Franklin & M	26.78
11 Welch, Zoe	Haverford	26.81
12 Stewart, April	Bryn Mawr	27.09
13 Sibener, Leah	Johns Hopkin	27.33
14 Koslo, Amanda	Gettysburg	27.34
15 Smith, Alison	Johns Hopkin	27.61
16 Chung, Stephanie	Johns Hopkin	27.81
17 Walsh, Caitlin	Ursinus	27.98
18 Kornetsky, Emma	Haverford	28.10
19 Tzinivis, Kara	Gettysburg	28.29
20 Royce, Marianne	Gettysburg	28.33
21 Sullivan, Monika	Johns Hopkin	28.62
22 Bartos, Laura	Johns Hopkin	29.22
23 Leahey, Hannah	Dickinson	29.45
24 Brown, Sarah	Haverford	29.47

Event 24 Men 200 Meter Dash Prelims

Name	School	Seed Time
1 Desiderio, Albert	Ursinus	22.07
2 Anno, Kwaku	Franklin & M	22.75
3 Denson, Sean	Dickinson	22.82
4 Rice, Peter	Muhlenberg	22.95
5 Sullivan, Kyle	Muhlenberg	23.04
6 Walker, Jonathan	Johns Hopkin	23.13
7 Grannum, Jordan	Ursinus	23.20
8 Martin, Rob	Johns Hopkin	23.26
9 Walker, James	Johns Hopkin	23.35
10 Lachaud, Jeremiah	Muhlenberg	23.37
11 Thon, Sean	Gettysburg	23.38
12 Vaughn, Isaiah	Muhlenberg	23.39
13 Lonsdale, Dane	Dickinson	23.45
14 Senseney, Tom	Gettysburg	23.50
15 Torain, James	Haverford	23.54
16 Rivera, Brian	Franklin & M	23.56
17 Tait, Christo	Johns Hopkin	23.69
18 Bartolotta, John	Johns Hopkin	23.74
19 Taylor, Justin	Dickinson	23.92
20 Hall, Sean	Ursinus	24.05
21 Irizarry, Ray	Dickinson	24.06
22 Margolis, Josh	Dickinson	24.21

Event 25 Women 4x800 Meter Relay

Team	Relay	Seed Time
1 Haverford	A	9:37.79
2 Swarthmore	A	9:41.47
3 Dickinson	A	9:59.30
4 Gettysburg	A	10:05.55
5 Muhlenberg	A	10:06.19
6 Ursinus	A	10:43.41
7 Johns Hopkin	A	NT
8 Bryn Mawr	A	NT

Centennial Conference Outdoor Championship - 4/30/2010 to 5/2/2010**Swarthmore College****Swarthmore, PA****Performance List****Event 25 ... (Women 4x800 Meter Relay)**

Team	Relay	Seed Time
9 McDaniel	A	NT

Event 26 Men 4x800 Meter Relay

Team	Relay	Seed Time
1 Haverford	A	8:00.62
2 Johns Hopkin	A	8:02.40
3 Muhlenberg	A	8:05.07
4 Gettysburg	A	8:14.34
5 Dickinson	A	8:19.41
6 Ursinus	A	8:25.87
7 Franklin & M	A	8:33.80
8 Swarthmore	A	NT
9 McDaniel	A	NT

Event 27 Women Triple Jump

Name	School	Seed Mark
1 Pabon, Vanessa	Gettysburg	10.91m
2 Lipinski, Kylie	Haverford	10.80m
3 MacKintosh, Ellie	Dickinson	10.59m
4 Miller, Mara	Haverford	10.49m
5 Reiss, Eliza	Haverford	10.40m
6 Hovick, Olivia	Ursinus	10.36m
7 Shaw, Leah	Ursinus	10.30m
8 Wolf, Jen	Ursinus	10.02m
9 Lehmann, Hana	Swarthmore	9.92m
10 Westerduin, Catherine	Franklin & M	9.89m
11 Doyle, Carina	Ursinus	9.88m
12 Butali, Vivian	Dickinson	9.83m
13 Maloney, Kelsey	Johns Hopkin	9.81m
14 Tzaferos, Alexa	Johns Hopkin	9.79m
15 Heeren, Emily	Gettysburg	9.79m
16 Marinaccio, Kristen	Franklin & M	9.68m
17 Lavell, Emily	Johns Hopkin	9.57m
18 Reid, Lindsay	Haverford	9.25m

Event 28 Women Javelin Throw

Name	School	Seed Mark
1 Bartoli, Bianca	Ursinus	34.77m
2 Schall, Anna	Haverford	33.91m
3 Thomas, Amanda	Gettysburg	32.98m
4 Massari, Natalie	Ursinus	32.28m
5 Burke, Ryann	Ursinus	31.69m
6 Amalfe, Stephanie	Johns Hopkin	31.25m
7 Heffern, Caitlin	Muhlenberg	31.08m
8 Maressa, Josie	Ursinus	31.03m
9 Keegan, Tara	Muhlenberg	29.69m
10 Schaefer, Amy	Ursinus	29.36m
11 Kreiger, Hayley	Muhlenberg	28.85m
12 Davidhizar, Heidi	McDaniel	27.96m
13 Andrews, Faith	Dickinson	27.48m
14 Hetrick, Kelsey	McDaniel	27.28m
15 Archibald, Kaitlyn	Muhlenberg	26.46m
16 Cragg, Alison	Ursinus	25.27m

17 Merkow, Alana	Johns Hopkin	23.95m
18 McMahan, Heather	Haverford	23.78m
19 Haigler, Daniella	Dickinson	23.35m
20 Mathuthu, Zana	Ursinus	22.83m
21 Spera, Kristin	Johns Hopkin	22.68m
22 Dickman, Kelsey	McDaniel	22.39m
23 Miller, Melissa	Muhlenberg	21.32m
24 Lucas, Olivia	Johns Hopkin	21.04m
25 Diamond, Sarah	Swarthmore	19.94m
26 Chiarelli, Kaitlin	Gettysburg	19.94m
27 McEliece, Bridget	Franklin & M	19.30m
28 Hubert, Sage	Ursinus	19.05m
29 Glassman, Naomi	Swarthmore	18.33m
30 Kellogg, Jordan	Ursinus	17.67m
31 Taormina, Rebecca	Gettysburg	15.89m

Event 29 Men Javelin Throw

Name	School	Seed Mark
1 Lester, Tom	Gettysburg	55.12m
2 Fox, Kyle	Ursinus	53.89m
3 Salaga, Chris	Ursinus	53.49m
4 Fleischner, Jesse	Dickinson	51.43m
5 Boland, Matt	Muhlenberg	50.95m
6 Hershman, Seth	Muhlenberg	50.54m
7 Santino, Tony	Ursinus	50.49m
8 Gerner, Nick	Johns Hopkin	49.69m
9 Bingham, John	Dickinson	49.48m
10 Dekker, Franklin	Franklin & M	48.21m
11 Kronmiller, Chuck	McDaniel	46.35m
12 Gapinski, Mark	Ursinus	45.69m
13 Gochal, Anthony	Ursinus	45.08m
14 Rosenberger, Nick	Gettysburg	44.92m
15 Ford, Robby	Gettysburg	44.90m
16 Hellings, Ryan	Muhlenberg	43.94m
17 Yespelkis, Charles	Ursinus	43.71m
18 Baron, Greg	Gettysburg	43.62m
19 Gordon, Corwyn	Dickinson	43.56m
20 Jones, Lance	Ursinus	43.38m
21 Mehmet, Brian	Ursinus	42.52m
22 Barna, Steve	Franklin & M	41.98m
23 Flint, Jon	Muhlenberg	41.14m

Event 30 Men Shot Put

Name	School	Seed Mark
1 Abbate, Anthony	Dickinson	15.11m
2 Carr, Andrew	Ursinus	14.12m
3 Gordon, Corwyn	Dickinson	13.97m
4 Lino, Ryan	Johns Hopkin	13.89m
5 Sand, Luke	Johns Hopkin	13.61m
6 Tucker, Mike	Dickinson	13.36m
7 Baron, Greg	Gettysburg	13.08m
8 Hubley, Andrew	Dickinson	12.74m
9 Caslin, Casey	Dickinson	12.69m
10 Hershman, Seth	Muhlenberg	12.66m
11 Lopez, Eric	Dickinson	12.48m

Centennial Conference Outdoor Championship - 4/30/2010 to 5/2/2010
Swarthmore College
Swarthmore, PA
Performance List

Event 30 ... (Men Shot Put)

Name	School	Seed Mark
12 Lester, Tom	Gettysburg	12.03m
13 Barron, Eikeem	Ursinus	11.83m
14 Hochard, Jacob	Gettysburg	11.67m

Event 31 Women Shot Put

Name	School	Seed Mark
1 Freund, Jackie	Haverford	12.24m
2 Merkow, Alana	Johns Hopkin	12.12m
3 Dickman, Kelsey	McDaniel	11.62m
4 Meeks, Dominique	Haverford	11.30m
5 Laucik, Krystina	Johns Hopkin	11.09m
6 Stefaniak, Martha	Franklin & M	10.57m
7 Irondi, Ogechi	Swarthmore	10.53m
8 Lee-Villanueva, Allison	Bryn Mawr	10.17m
9 Burke, Ryann	Ursinus	9.75m
10 Heeren, Emily	Gettysburg	9.73m
11 King, Kirsten	Ursinus	9.72m
12 Amalfe, Stephanie	Johns Hopkin	9.71m
13 Ward, Leslie	Dickinson	9.64m
14 Maressa, Josie	Ursinus	9.56m
15 Malzbender, Katherine	Johns Hopkin	9.49m

Event 32 Men High Jump

Name	School	Seed Mark
1 Smart, Greg	Dickinson	2.00m
2 Minnick, Greg	Gettysburg	1.95m
3 Youngs, Travis	Ursinus	1.94m
4 Stankiewicz, Matt	Johns Hopkin	1.90m
5 Mahoney, Tom	Haverford	1.85m
6 Adekola, Lanre	Johns Hopkin	1.85m
7 Sayeh, Dekonti	Gettysburg	1.79m
8 Dyer, Joseph	Muhlenberg	1.77m
9 Bingham, John	Dickinson	1.75m
10 Mundschenk, Eric	Dickinson	1.70m
11 Baer, Michael	Muhlenberg	1.70m
12 Miller, Andy	Gettysburg	1.70m
13 Trachtenberg, Matt	Johns Hopkin	1.70m

Event 33 Women 4x100 Meter Relay

Team	Relay	Seed Time
1 Haverford	A	49.01
2 Ursinus	A	50.40
3 Gettysburg	A	51.30
4 Johns Hopkin	A	51.41
5 Franklin & M	A	51.73
6 Muhlenberg	A	51.80
7 Bryn Mawr	A	53.05
8 Dickinson	A	53.45
9 Swarthmore	A	NT

Event 34 Men 4x100 Meter Relay

Team	Relay	Seed Time
1 Franklin & M	A	42.96
2 Ursinus	A	43.01

3 Johns Hopkin	A	43.77
4 Gettysburg	A	43.91
5 Muhlenberg	A	44.25
6 Dickinson	A	44.54
7 Haverford	A	46.04
8 Swarthmore	A	46.32
9 McDaniel	A	NT

Event 35 Women 1500 Meter Run

Name	School	Seed Time
1 Lynch, Jennifer	Muhlenberg	4:36.98
2 Paulsen, Laura	Johns Hopkin	4:39.54
3 Provost, Liz	Johns Hopkin	4:44.89
4 Epstein, Kerrin	Gettysburg	4:49.01
5 Tully, Caitlin	Haverford	4:49.16
6 Crawley, Sheena	Franklin & M	4:50.14
7 Weathers, Sally	Haverford	4:52.86
8 DeLuca, Lauren	Swarthmore	4:53.24
9 Miller, Nicolette	Muhlenberg	4:53.43
10 Furlong, Cecilia	Johns Hopkin	4:53.46
11 Robbins, Rebecca	Dickinson	4:54.91
12 Livingston, Heather	Dickinson	4:55.79
13 O'Grady, Mary	Johns Hopkin	4:56.35
14 Fritz, Sarah	Gettysburg	4:56.84
15 Yanessa, Deb	Ursinus	4:56.96
16 Fleischer, Roxanne	McDaniel	5:02.18
17 Gonzalez, Kathryn	Swarthmore	5:02.19
18 Clark, Cailey	Dickinson	5:02.22
19 Bier, Kim	Muhlenberg	5:03.04
20 Ugelow, Melissa	Muhlenberg	5:04.04
21 Nolte, Mary	Dickinson	5:05.20
22 Laseter, Elizabeth	Johns Hopkin	5:08.82
23 Donatone, Stephanie	Ursinus	5:09.99
24 Pellowe, Amanda	Gettysburg	5:11.03
25 Kronauer, Kristina	Bryn Mawr	5:11.39
26 Woo, Rebecca	Swarthmore	5:11.59
27 Addison, Yaa	Gettysburg	5:13.65
28 Ganjaei, Kimia	Johns Hopkin	5:13.84
29 Painter, Rebecca	Swarthmore	5:13.85
30 Tocci, Andrea	Haverford	5:14.52
31 Rose, Hannah	Swarthmore	5:15.69
32 Peoples, Emily	McDaniel	5:15.86
33 Seiboldt, Megan	Johns Hopkin	5:15.95
34 Blinkhorn, Courtney	Dickinson	5:16.11
35 McEntee, Meredith	Gettysburg	5:16.89

Event 36 Men 1500 Meter Run

Name	School	Seed Time
1 Milic-Strkalj, Ivo	Haverford	3:51.28
2 Schilit, Jordan	Haverford	3:57.78
3 Macdonald, Adrian	Gettysburg	3:58.32
4 Schoch, Tim	Haverford	3:58.65
5 Arnold, Eric	Haverford	3:58.92
6 Reynolds, Clay	Gettysburg	4:01.12
7 Siqueiros, Ben	Haverford	4:01.32

Centennial Conference Outdoor Championship - 4/30/2010 to 5/2/2010**Swarthmore College****Swarthmore, PA****Performance List****Event 36 ... (Men 1500 Meter Run)**

Name	School	Seed Time
8 Fine, Andrew	Dickinson	4:01.93
9 Fuentes, Lucas	Haverford	4:02.75
10 Thornton, Pat	Muhlenberg	4:02.87
11 Pecora, Kent	Dickinson	4:03.35
12 Bell, Ryan	Franklin & M	4:03.62
13 Naper, C.J.	McDaniel	4:03.95
14 Gregor, Andy	Dickinson	4:03.98
15 Riccio, Michael	Haverford	4:04.81
16 Lauletta, Matthew	Muhlenberg	4:06.35
17 Borsellino, Mickey	Johns Hopkin	4:06.88
18 Press, Ben	Johns Hopkin	4:08.04
19 Bowman, Kevin	McDaniel	4:08.67
20 Ganley, Ryan	Muhlenberg	4:09.00
21 Golato, Andrew	Haverford	4:09.42
22 Colletta, David	Haverford	4:09.47
23 Riccardo, Wilson	Dickinson	4:09.83
24 Schwartz, Brett	Johns Hopkin	4:10.66
25 King, Brian	Swarthmore	4:10.77
26 Hahn, Brandon	Johns Hopkin	4:11.76
27 Wilson, Ryan	Muhlenberg	4:11.95
28 Belton, Graham	Johns Hopkin	4:13.17
29 DuMont-McCaffery,	Swarthmore	4:13.40
30 Sachetti, Joe	Johns Hopkin	4:14.14
31 Jampol, Noah	Johns Hopkin	4:14.19
32 McNeilly, Jack	Haverford	4:15.37

Event 37 Women High Jump

Name	School	Seed Mark
1 Faust, Colette	Muhlenberg	1.60m
2 Adair, Kate	Gettysburg	1.55m
3 Cox, Nicole	Swarthmore	1.53m
4 Olson, Laura	Gettysburg	1.52m
5 Sooksatan, Celina	Ursinus	1.49m
6 Pabon, Vanessa	Gettysburg	1.49m
7 Van Tuyl, Alexandra	Gettysburg	1.49m
8 Westerduin, Catherine	Franklin & M	1.47m
9 Spera, Kristin	Johns Hopkin	1.47m
10 Yeung, Chery	Johns Hopkin	1.44m
11 Amalfe, Stephanie	Johns Hopkin	1.42m
12 Kashka, Emily	Johns Hopkin	1.40m

Event 38 Men Triple Jump

Name	School	Seed Mark
1 Youngs, Travis	Ursinus	14.27m
2 Brookland, Marc	Muhlenberg	13.80m
3 Rountree, Chris	Ursinus	13.69m
4 Ly, Daniel	Swarthmore	13.30m
5 Minnick, Greg	Gettysburg	13.23m
6 Bendas, Nick	Ursinus	12.96m
7 Giarratano, Nick	Ursinus	12.45m
8 Mealey, Chris	Dickinson	12.45m
9 Wilson, Harper	Johns Hopkin	12.42m
10 Dyer, Joseph	Muhlenberg	12.38m

11 Johnson, Chris	Dickinson	12.21m
12 Miller, Andy	Gettysburg	11.69m
13 Moser, Aaron	Swarthmore	11.68m
14 Sayeh, Dekonti	Gettysburg	11.66m
15 Waterfire, Zach	Swarthmore	11.63m
16 Smith, Greg	Gettysburg	11.63m
17 Mattingly, Travis	Swarthmore	11.59m

Event 39 Women 5000 Meter Run

Name	School	Seed Time
1 Paulsen, Laura	Johns Hopkin	17:11.55
2 Campbell, Catherine	Dickinson	17:11.75
3 Lynch, Jennifer	Muhlenberg	17:20.90
4 Hamilton, Mary	Dickinson	17:46.78
5 Lipman, Emily	Haverford	17:48.87
6 Epstein, Kerrin	Gettysburg	17:59.22
7 Condon, Jayne	Muhlenberg	18:00.61
8 Furlong, Cecilia	Johns Hopkin	18:11.72
9 Brower, Megan	Johns Hopkin	18:21.74
10 Esposito, Christine	Gettysburg	18:28.00
11 Provost, Liz	Johns Hopkin	18:42.36
12 Patel, Mira	Johns Hopkin	18:44.94
13 Morgan, Mary	Haverford	18:53.40
14 McMahan, Kara	Haverford	18:55.70
15 Farrelly, Kelly	Franklin & M	18:57.03
16 Ugelow, Melissa	Muhlenberg	19:04.35
17 Rosenbaum, Sheera	Haverford	19:06.93
18 Nolan, Alison	Ursinus	19:10.34
19 Farley, Virginia	Dickinson	19:11.19
20 Greenberg, Ashley	Muhlenberg	19:32.27
21 Lawrence, Emily	Dickinson	19:33.74
22 Ohare, Merit	Dickinson	19:35.59
23 Peoples, Emily	McDaniel	19:39.51
24 Pellowe, Amanda	Gettysburg	19:42.20
25 Teevens, Alexis	Franklin & M	19:42.29
26 DeLallo, Molly	Dickinson	19:42.84
27 Croucher, Jamie	Haverford	19:46.70
28 Flanagan, Caitlin	Dickinson	19:55.68

Event 40 Men 5000 Meter Run

Name	School	Seed Time
1 Karwoski, Nick	Dickinson	14:21.93
2 Carpenter, Joseph	Haverford	14:31.56
3 Hulleberg, Anders	Haverford	14:41.19
4 Schilit, Jordan	Haverford	14:53.00
5 Tobochnik, Steve	Johns Hopkin	14:59.64
6 Tousley, Elias	Haverford	15:06.60
7 Southwick, Chris	Haverford	15:08.22
8 Sturner, Andrew	Haverford	15:08.31
9 Gregor, Andy	Dickinson	15:11.70
10 Macdonald, Ted	Dickinson	15:17.18
11 Sohail, Faraz	Haverford	15:17.30
12 Kissin, Peter	Haverford	15:21.62
13 LeFrancois, Paul	Dickinson	15:25.62
14 Macdonald, Adrian	Gettysburg	15:25.81

Centennial Conference Outdoor Championship - 4/30/2010 to 5/2/2010**Swarthmore College****Swarthmore, PA****Performance List****Event 40 ... (Men 5000 Meter Run)**

	Name	School	Seed Time
15	Lanham, Andrew	Haverford	15:26.75
16	Breen, David	Dickinson	15:28.16
17	Butterworth, Jeff	Gettysburg	15:30.64
18	McMinn, John	Swarthmore	15:32.47
19	Fine, Andrew	Dickinson	15:35.51
20	Krusell, Brian	Dickinson	15:37.37
21	Cutilli, Ben	Haverford	15:40.59
22	Cheng, Derek	Johns Hopkin	15:43.84
23	Lauletta, Matthew	Muhlenberg	15:51.87
24	Daniels, Thomas	Gettysburg	15:52.27
25	Repack, Brenden	Gettysburg	15:53.07
26	King, William	Swarthmore	15:54.17
27	Galiczynski, Sean	Dickinson	15:54.75
28	Yen, Andrew	Johns Hopkin	15:55.67
29	Smith, Brendan	Muhlenberg	15:56.16
30	Reed, Andy	Gettysburg	15:56.54
31	O'Neill, Dan	Gettysburg	15:56.88
32	McCullough, Chris	Gettysburg	15:56.95
33	Phillips, Jacob	Swarthmore	15:59.48
34	Lowrey, William	Muhlenberg	16:00.90
35	Kingsbury, Adam	Muhlenberg	16:01.26
36	Schwartz, Brett	Johns Hopkin	16:05.27
37	Ringwood, David	Johns Hopkin	16:05.44
38	Einbender-Luks, Eddie	Dickinson	16:05.69
39	Duckloe, Greg	Franklin & M	16:06.57
40	Pagano, James	Dickinson	16:07.53
41	Baker, Josh	Johns Hopkin	16:07.67
42	Riccardo, Wilson	Dickinson	16:08.73
43	Hartnett, Patrick	Swarthmore	16:09.33

Event 41 Women 4x400 Meter Relay

	Team	Relay	Seed Time
1	Franklin & M	A	3:57.67
2	Haverford	A	3:59.46
3	Swarthmore	A	4:06.59
4	Johns Hopkin	A	4:07.03
5	Muhlenberg	A	4:07.65
6	Gettysburg	A	4:09.66
7	Ursinus	A	4:19.20
8	Bryn Mawr	A	4:24.36
9	McDaniel	A	NT

Event 42 Men 4x400 Meter Relay

	Team	Relay	Seed Time
1	Johns Hopkin	A	3:23.33
2	Dickinson	A	3:24.56
3	Franklin & M	A	3:24.88
4	Gettysburg	A	3:25.50
5	Muhlenberg	A	3:25.77
6	Haverford	A	3:26.55
7	Ursinus	A	3:31.91
8	Swarthmore	A	3:38.05
9	McDaniel	A	NT