

**2023 MIDDLE ATLANTIC CONFERENCE INDOOR CHAMPIONSHIPS**

Reading, PA

Tom &amp; Helen Flynn Complex

2/24/2023 - 2/25/2023

**MEET OFFICIALS**

Meet Director:

Timing:

MAC-FAT, LLC.

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**PERFORMANCE LIST****#2 Women's 4000m DMR**

M	MAC Indoor Champ	12:14.01	DeSales	2005
O	MAC Indoor Overall	11:59.22	Misericordia	2016

	Team	Time
1	Stevens (A)	13:01.66
2	Lebanon Valley (A)	13:11.00
3	Misericordia (A)	13:20.57
4	Messiah (A)	NT
5	Stevenson (A)	NT
6	Alvernia (A)	NT
7	Delaware Valley (A)	NT
8	Widener (A)	NT
9	York (Pa.) (A)	NT
10	DeSales (A)	NT
11	Arcadia (A)	NT
12	King's (Pa.) (A)	NT

**#1 Men's 4000m DMR**

M	MAC Indoor Champ	10:24.11	Misericordia	2/22/2019
O	MAC Indoor Overall	9:56.80	Elizabethtown	2012

	Team	Time
1	Messiah (A)	10:32.55
2	Lebanon Valley (A)	10:37.20
3	Stevens (A)	10:39.44
4	York (Pa.) (A)	11:13.51
5	Alvernia (A)	11:17.96
6	Misericordia (A)	11:20.84
7	Eastern (A)	11:39.52
8	Stevenson (A)	NT
9	Delaware Valley (A)	NT
10	Widener (A)	NT
11	DeSales (A)	NT
12	Arcadia (A)	NT
13	King's (Pa.) (A)	NT

**#4 Women's 60m Hurdles**

M	MAC Indoor Champ	8.79	Mathews, Laura	2/25/2022
O	MAC Indoor Overall	8.60	Mathews, Laura	2/25/2022

**Prelims: (Top 1 per Heat + next 5 advance)**

#	Name	Yr	Team	Time
1	701 MATHEWS, Laura	JR	Stevens	8.60
2	609 PENA, Julia	JR	York (Pa.)	8.81
3	680 WILLIAMS, Kristen	JR	Stevens	9.04
4	898 ZULTEVICZ, Victoria	SO	King's (Pa.)	9.47
5	465 MULLEN, Sarah	JR	Delaware Valley	9.54
6	220 BROWN, Kara	FR	Messiah	9.56

**#4 Women's 60m Hurdles (cont'd)****Prelims: (Top 1 per Heat + next 5 advance)**

#	Name	Yr	Team	Time
7	558 BELL, Sydni	FR	Widener	9.59
8	188 MILLER, Claire	SO	Messiah	9.70
9	344 FASOLI, Brianna	FR	FDU-Florham	9.78
10	416 STERNBERG, Caitlin	SO	Alvernia	9.85
11	658 WALETZKI, Nicole	SO	Stevens	9.89
12	648 BANKERT, Isabella	SO	York (Pa.)	9.92
13	130 DAVIS, Xiahna	SO	Misericordia	10.06
14	884 INNAMORATI, Giavann	FR	King's (Pa.)	10.11
15	605 GROSS, Claudia	FR	York (Pa.)	10.13
16	391 KROEDEL, Sarah	FR	Stevenson	10.29
17	176 BENNER, Clara	FR	Messiah	10.33
18	761 DOWELL, Allie	SR	DeSales	10.39
19	728 ZUO, Sophia	JR	Stevens	10.43
20	119 FRITZSCH, Lauren	SR	Misericordia	10.48
21	377 LEHR, Susannah	JR	Stevenson	10.50
22	499 TIGHE, Eren	FR	Albright	10.90

**#3 Men's 60m Hurdles**

M	MAC Indoor Champ	8.22	Buhr, Owen	2/26/2022
O	MAC Indoor Overall	8.19	Jerome Duncan	2012

**Prelims: (Top 1 per Heat + next 5 advance)**

#	Name	Yr	Team	Time
1	7 REED, Zachary	JR	Lebanon Valley	8.38
2	610 CHATMON, Keith	JR	York (Pa.)	8.46
3	54 SMITH, Kadan	SO	Lebanon Valley	8.57
4	53 MURTHA, Daniel	SO	Lebanon Valley	8.61
5	672 YACOUBIAN, Federico	SO	Stevens	8.74
6	310 ANDRE, Jean-Michelet	SO	Eastern	8.81
7	601 HERR, Derek	JR	York (Pa.)	8.83
8	484 WALKER, Sidney	SR	Albright	8.84
9	218 STEELE, John	SO	Messiah	8.94
10	450 HAMILTON, Wayne	FR	Delaware Valley	9.05
11	787 BERNER, Logan	JR	DeSales	9.15
12	716 SKUTNIK, Nate	FR	Stevens	9.29
13	426 VANSCHAICK, Brando	FR	Alvernia	9.33
14	573 DAVID, Jonathan	FR	Widener	9.36
15	382 GREER, Charles	JR	Stevenson	9.40
16	565 SILVERSTEIN, Tristen	FR	Widener	9.44
17	853 SOTO, Justin	JR	Arcadia	9.47
18	248 HORST, Joshua	SO	Messiah	9.59

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**PERFORMANCE LIST****#6 Women's 60 Meters**

M	MAC Indoor Champ	7.63	Oniesha Clarke	2/25/2017
O	MAC Indoor Overall	7.63	Oniesha Clark	2017

**Prelims: (Top 1 per Heat + next 5 advance)**

#	Name	Yr	Team	Time
1	512 GORE, Jayla	FR	Widener	7.81
2	561 MUZZARELLI, Maria	SO	Widener	7.81
3	701 MATHEWS, Laura	JR	Stevens	7.84
4	125 WAGNER, Sarah	SO	Misericordia	8.05
5	100 BADILLO, Sonialys	SR	Misericordia	8.08
6	242 JENNETT, Halle	SO	Messiah	8.19
7	235 GRUENWALD, Arwyn	FR	Messiah	8.22
8	78 HUNYARA, Tori	FR	Lebanon Valley	8.28
9	763 ROPER, Breyanna	SO	DeSales	8.30
10	381 KEPLER, Hannah	FR	Stevenson	8.31
11	216 GRAYBILL, Emma	SO	Messiah	8.32
12	113 HACKENBERG, Amber	SR	Misericordia	8.36
13	889 SPRINGER, Abigail	SO	King's (Pa.)	8.41
14	854 KOWALSKI, Isabella	SO	Arcadia	8.42
15	625 BOYCE, Keziah	FR	York (Pa.)	8.43
16	347 BURKE, Bianca	FR	FDU-Florham	8.44
17	519 GIANNELLA, Olivia	FR	Widener	8.45
18	111 IGLESIAS, Gianna	SO	Misericordia	8.51
19	845 MARCINKIEWICZ, Isab	FR	Arcadia	8.55
20	850 MALLEE, Gianna	FR	Arcadia	8.55
21	863 BRADY, Juliet	SO	King's (Pa.)	8.55
22	258 CASTILLO, Gloria	SO	Hood	8.57
23	495 CHARLES, Taisha	JR	Albright	8.58
24	378 HESS, Kaitlyn	FR	Stevenson	8.61

**#5 Men's 60 Meters**

M	MAC Indoor Champ	6.86	Dereck Davis	2/28/2020
O	MAC Indoor Overall	6.81	Dereck Davis	2020

**Prelims: (Top 1 per Heat + next 4 advance)**

#	Name	Yr	Team	Time
1	398 SUMMERS, Cameron	SR	Stevenson	6.92
2	122 CIPRIANO, Jarod	JR	Misericordia	7.13
3	309 KOEHLER, Chandler	SO	Eastern	7.13
4	815 PINES ELLIOTT, Masai	SO	Arcadia	7.13
5	267 ELLINGTON, Evan	SR	Hood	7.15
6	273 MINS, Jamel	SO	Hood	7.15
7	836 SAMS, Myles	JR	Arcadia	7.15
8	66 LINDER, Owen	SO	Lebanon Valley	7.18
9	98 BLACKWELL, Dylan	FR	Misericordia	7.18
10	6 MCCARDELL, Derek	SO	Lebanon Valley	7.19
11	251 ASAMOAH, Korell	FR	Hood	7.20
12	180 MAYRO, Zach	SO	Messiah	7.25

**#5 Men's 60 Meters (cont'd)****Prelims: (Top 1 per Heat + next 4 advance)**

#	Name	Yr	Team	Time
13	437 SHORT, Jack	JR	Alvernia	7.25
14	134 ISAAC, Kip	FR	Misericordia	7.30
15	799 WILSON, Vajon	JR	DeSales	7.30
16	133 BRUNELLE, Matthieu	SO	Misericordia	7.31
17	264 OKUSEINDE, Tofunmi	FR	Hood	7.31
18	524 DARDEN, Dereck	SO	Widener	7.31
19	363 ELDRIDGE, Christian	FR	Stevenson	7.33
20	386 MACK, Amar	FR	Stevenson	7.34
21	618 HARDISON, Quincy	JR	York (Pa.)	7.36
22	871 AVERY, Brendan	SO	King's (Pa.)	7.37
23	123 BLASKI, Phillip	FR	Misericordia	7.38
24	339 FALL, Ibrahim	FR	FDU-Florham	7.39
25	466 MADISON, Moses	JR	Delaware Valley	7.39
26	279 MABRY, Jaiden	FR	Eastern	7.42
27	369 SNIPES, Dominic	JR	Stevenson	7.43
28	735 MCCULLOCH, Tyler	FR	DeSales	7.43

**#8 Women's 5000 Meters**

M	MAC Indoor Champ	17:32.05	Clare Schoen	2/22/2019
O	MAC Indoor Overall	17:07.52	Clare Schoen	2018

#	Name	Yr	Team	Time
1	361 PARDEW, Isabelle	SR	Stevenson	17:58.77
2	552 EGAN, Liz	FR	Widener	18:28.06
3	525 GABLE, Carly	JR	Widener	18:31.98
4	535 NYE, Gabriella	FR	Widener	18:32.76
5	520 COONEY, Emily	SO	Widener	18:42.20
6	96 JAMES, Abigail	SO	Misericordia	18:47.04
7	146 THOMPSON, Alexa	SR	Misericordia	18:52.62
8	97 DEVRIES, Sarah	JR	Misericordia	18:53.84
9	865 TOMKO, Zoe	SO	King's (Pa.)	18:55.68
10	91 GALLAGHER, Grace	FR	Misericordia	19:18.86
11	103 JONES, Katherine	SO	Misericordia	19:30.97
12	215 SCHUTTE, Ali	JR	Messiah	19:35.88
13	266 NOY, Aylene	FR	Hood	19:38.73
14	791 NICINSKI, Allison	SR	DeSales	19:44.86
15	700 FEERICK, Fiona	SO	Stevens	19:46.28
16	172 COGGINS, Connor	JR	Messiah	19:47.61
17	192 SWAISGOOD, Amber	JR	Messiah	19:49.06
18	830 DEMICHIEL, Sophie	SR	Arcadia	19:49.60
19	245 POWELL, Teddi	JR	Messiah	19:56.95
20	582 TRAN, Chris	SO	Widener	19:57.87
21	554 RUDOLPH, Emily	SO	Widener	20:03.03
22	559 LONG, Kathryn	FR	Widener	20:05.26
23	862 JOHNSON, Julia	SO	King's (Pa.)	20:20.96

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**#8 Women's 5000 Meters (cont'd)**

#	Name	Yr	Team	Time
24	475 BLACKMON, Alyssa	JR	Delaware Valley	20:26.36
25	70 DONNELLY, Anna	SR	Lebanon Valley	20:27.03
26	225 BATH, Sarah	JR	Messiah	20:27.52
27	87 ULRICH, Rachel	FR	Misericordia	20:29.35
28	157 HOWLAND, Kirsten	JR	Messiah	20:31.42
29	81 NATHAN, Lucy	FR	Misericordia	20:34.17
30	608 FRY, Lindsay	SO	York (Pa.)	20:35.40
31	406 SNYDER, Kaitlyn	JR	Alvernia	20:36.80

**#7 Men's 5000 Meters**

M	MAC Indoor Champ	14:44.12	Patrick Watson	2/28/2020
O	MAC Indoor Overall	14:18.40	Macharia Yuot	2006

#	Name	Yr	Team	Time
1	181 FETTER, Louka	FR	Messiah	15:12.88
2	711 CONCANNON, Liam	SO	Stevens	15:12.95
3	104 ROWLEY, Stephen	SO	Misericordia	15:19.86
4	77 GRIFFIN, Noah	SR	Lebanon Valley	15:25.26
5	577 MILLAR, David	JR	Widener	15:29.95
6	232 CALISTI, Noah	SO	Messiah	15:32.95
7	135 SHULMAN, Ryan	FR	Misericordia	15:36.13
8	742 SANTACOLOMA, Matt	SR	DeSales	15:38.71
9	556 FLEAR, Thomas	SO	Widener	15:43.96
10	171 BAUMAN, Josh	SO	Messiah	15:47.05
11	400 SCHINDLER, Hayden	JR	Stevenson	15:49.70
12	39 CHUKOSKIE, Joseph	FR	Lebanon Valley	15:49.74
13	616 VALDERRABANO, Isaa	JR	York (Pa.)	15:51.18
14	163 HUTCHINSON, Andrew	JR	Messiah	15:51.42
15	708 PORCO, Jake	SO	Stevens	15:56.66
16	796 BRUNO, Brian	JR	DeSales	15:59.36
17	767 MANIDIS, Nick	JR	DeSales	16:00.82
18	60 BERGER, Jordan	JR	Lebanon Valley	16:01.37
19	709 HALVORSEN, Matthew	JR	Stevens	16:13.59
20	59 MILLER, Donald	FR	Lebanon Valley	16:13.96
21	183 COSTELLO, Kyle	SO	Messiah	16:14.86
22	429 SCHERMERHORN, Kyl	SO	Alvernia	16:15.04
23	693 ORLANDO, Frank	SO	Stevens	16:16.16
24	805 TRUMP, Davis	FR	DeSales	16:19.56
25	219 COLYER, Zeke	FR	Messiah	16:24.02
26	744 RICCO, Eric	JR	DeSales	16:26.49
27	751 GREVE, Tommy	SR	DeSales	16:26.61

**#10 Women's 4 x 200m Relay**

M	MAC Indoor Champ	1:45.45	Lebanon Valley	2012
O	MAC Indoor Overall	1:44.70	Misericordia	2013

**#10 Women's 4 x 200m Relay (cont'd)**

Team	Time
1 Widener (A)	1:47.92
2 Messiah (A)	1:49.14
3 Misericordia (A)	1:49.45
4 Lebanon Valley (A)	1:50.58
5 Alvernia (A)	1:53.68
6 Stevens (A)	1:53.95
7 York (Pa.) (A)	1:56.04
8 King's (Pa.) (A)	1:56.97
9 Delaware Valley (A)	1:57.36
10 Stevenson (A)	1:57.61
11 Arcadia (A)	1:58.20
12 FDU-Florham (A)	1:58.76
13 Hood (A)	NT
14 DeSales (A)	NT

**#9 Men's 4 x 200m Relay**

M	MAC Indoor Champ	1:30.95	Misericordia	2/23/2018
O	MAC Indoor Overall	1:29.74	Misericordia	2018

Team	Time
1 Stevenson (A)	1:33.63
2 Alvernia (A)	1:34.07
3 Widener (A)	1:34.59
4 Lebanon Valley (A)	1:34.60
5 Hood (A)	1:34.65
6 York (Pa.) (A)	1:34.78
7 Arcadia (A)	1:35.21
8 Misericordia (A)	1:35.39
9 Delaware Valley (A)	1:36.31
10 Stevens (A)	1:36.94
11 Eastern (A)	1:37.11
12 Albright (A)	1:38.91
13 FDU-Florham (A)	1:39.39
14 Messiah (A)	NT
15 DeSales (A)	NT

**#12 Men's Weight Throw**

M	MAC Indoor Champ	18.95m	Tyler Williams	2/28/2015
O	MAC Indoor Overall	20.39m	Alex Kristeller	2022

#	Name	Yr	Team	Mark
1	518 KRISTELLER, Alex	SO	Widener	20.27m
2	348 WILLIAMS, Nathan	JR	Stevenson	18.14m
3	531 LITTLEFIELD, Alden	SR	Widener	17.52m
4	578 ADAMS, Justin	SO	Widener	17.07m
5	27 REYNOLDS, Trey	SO	Lebanon Valley	15.97m

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**PERFORMANCE LIST****#12 Men's Weight Throw (cont'd)**

#	Name	Yr Team	Mark
6	587 WATERS, David	SO Widener	15.06m
7	628 ROLLINSON, Aidan	FR York (Pa.)	14.79m
8	37 SHAY, Cody	SO Lebanon Valley	14.47m
9	471 MAHANA, James	FR Delaware Valley	14.09m
10	697 KEADY, Colin	SO Stevens	13.96m
11	272 MILLER, Dustin	SR Hood	13.84m
12	586 HOWELL, Conrad	SO Widener	13.69m
13	112 GIHR, Stephen	FR Misericordia	13.33m
14	459 MAHANA, John	FR Delaware Valley	13.27m
15	880 KEMP, Carnell	SO King's (Pa.)	13.21m
16	507 JUSINO, Christian	SR Albright	12.87m
17	588 NOBLIT, Adam	SO York (Pa.)	12.41m
18	857 TANG, Jetli	SO King's (Pa.)	12.32m
19	642 WENTZ, Gavin	FR York (Pa.)	12.28m
20	777 WELLINGTON, Giovan	FR DeSales	12.24m
21	835 SPINELLA, Matt	FR Arcadia	12.18m
22	36 HETRICK, Wyatt	FR Lebanon Valley	11.83m
23	80 MACALUSO, Riley	FR Misericordia	11.52m
24	712 FOX, Brandon	SO Stevens	11.52m
25	783 LAPSZYNSKI, Erik	SR DeSales	11.43m
26	722 VEGA, Emmanuel	FR Stevens	11.34m
27	782 CHINN, Nick	SR DeSales	10.76m

**#36 Men's Pole Vault**

M	MAC Indoor Champ	5.13m	Tim Moses	2/27/2016
O	MAC Indoor Overall	5.25m	Tim Moses	2015

#	Name	Yr Team	Mark
1	643 COSGROVE, Aaron	JR York (Pa.)	4.57m
2	58 STANKUS, Ayden	SO Lebanon Valley	4.50m
3	662 RAMA, Enis	SR Stevens	4.50m
4	203 ZEHR, Josiah	JR Messiah	4.16m
5	5 RODOFF, Darren	JR Lebanon Valley	3.95m
6	611 PANDALIANO, Andy	JR York (Pa.)	3.85m
7	288 CASE, Nolan	SO Eastern	3.80m
8	357 HYMAN, Jay	FR Stevenson	3.70m
9	663 ANANTHARAJAH, Andr	SO Stevens	3.70m

**#15 Women's Long Jump**

M	MAC Indoor Champ	5.80m	Nicole Weenink	2/28/2020
M	MAC Indoor Champ	5.80m	Olivia Jendrzejewski	2/25/2017
O	MAC Indoor Overall	5.80m	Nicole Weenink	2020
O	MAC Indoor Overall	5.80m	Olivia Jendrzejewski	2017
O	MAC Indoor Overall	5.80m	Oniesha Clarke	2017

**#15 Women's Long Jump (cont'd)**

#	Name	Yr Team	Mark
1	125 WAGNER, Sarah	SO Misericordia	5.44m
2	609 PENA, Julia	JR York (Pa.)	5.43m
3	436 FELIX, Shinelle	SO Alvernia	5.33m
4	698 MEYER, Liana	JR Stevens	5.24m
5	868 PERFILIO, Madelynn	FR King's (Pa.)	5.12m
6	850 MALLEE, Gianna	FR Arcadia	5.08m
7	481 THOMPSON, Paige	FR Delaware Valley	5.03m
8	561 MUZZARELLI, Maria	SO Widener	5.02m
9	658 WALETZKI, Nicole	SO Stevens	5.02m
10	280 BEKELE, Divora	JR Eastern	5.00m
11	764 BRUBAKER, Megan	JR DeSales	4.91m
12	854 KOWALSKI, Isabella	SO Arcadia	4.91m
13	753 DALLMER, Olivia	FR DeSales	4.86m
14	378 HESS, Kaitlyn	FR Stevenson	4.85m
15	65 APLIN, Grace	SO Lebanon Valley	4.84m
16	574 FURBUSH, Tia	FR Widener	4.78m
17	258 CASTILLO, Gloria	SO Hood	4.76m
18	152 OLEWINE, Jill	SR Misericordia	4.73m
19	816 ILIESCU, Roxy	SR Arcadia	4.72m
20	890 CONFORTI, Gabriella	JR King's (Pa.)	4.70m
21	688 SANTORO, Ella	SO Stevens	4.69m
22	130 DAVIS, Xiahna	SO Misericordia	4.66m
23	814 MASONHEIMER, Paige	SO Arcadia	4.62m
24	250 TAYLOR-SPARKS, Iiya	FR Hood	4.61m
25	673 PREVIGLIAN, Maggie	FR Stevens	4.59m
26	120 NICHOLSON, Emily	FR Misericordia	4.56m
27	832 JONES, Emma Mae	FR Arcadia	4.56m
28	439 MCCLOUD, Al'iyah	SO Alvernia	4.54m
29	421 HOXTER, Akilah	JR Alvernia	4.51m

**#11 Women's Weight Throw**

M	MAC Indoor Champ	17.32m	Karnish, Brenna	2/25/2022
O	MAC Indoor Overall	17.83m	Danika Ani	2020

#	Name	Yr Team	Mark
1	144 KARNISH, Brenna	SR Misericordia	17.01m
2	18 BARTELS, Ashley	JR Lebanon Valley	15.85m
3	671 LACCETTI, AnaMaria	SR Stevens	14.00m
4	75 ASSANTE, Lauren	SO Lebanon Valley	13.71m
5	356 VAUGHNS, Makayla	SR Stevenson	13.67m
6	40 SPENCE, Makenze	JR Lebanon Valley	13.49m
7	878 BELLUCCI, Anna	SO King's (Pa.)	13.49m
8	124 BELLOMO, Gabby	SO Misericordia	13.42m
9	464 JONES, Kaitlyn	SO Delaware Valley	13.42m
10	891 HOLLANDER, Adele	SO King's (Pa.)	13.37m
11	899 SHOEMAKER, Katelyn	FR King's (Pa.)	13.33m

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**#11 Women's Weight Throw (cont'd)**

#	Name	Yr	Team	Mark
12	249 ZECHMAN, Taileen	JR	Hood	12.92m
13	206 FERSTER, Leah	SO	Messiah	12.77m
14	510 RODRIGUEZ, Isabel	FR	Widener	12.37m
15	393 AGBEMBLE, Kyrah	FR	Stevenson	11.78m
16	600 HARNOIS, Sofia	FR	York (Pa.)	11.66m
17	724 MULIAWAN, Ashley	JR	Stevens	11.64m
18	17 REED, Caroline	SO	Lebanon Valley	11.62m
19	831 PORTELLI, Catherine	SO	Arcadia	11.49m
20	82 HAWLEY, Alexis	FR	Misericordia	11.31m
21	30 BUSSEY, Meghan	FR	Lebanon Valley	11.09m
22	615 MYERS, Zoe	FR	York (Pa.)	11.04m
23	472 HILFERTY, Delaney	SO	Delaware Valley	10.85m
24	430 MORGANTI, Dianna	SR	Alvernia	10.05m
25	569 ALTMAN, Sydney	FR	Widener	9.97m
26	641 KING, Kaitlin	FR	York (Pa.)	9.80m
27	752 EDUJA, Michelle	JR	DeSales	9.78m
28	842 KTYTOR, Sarah	JR	Arcadia	9.28m
29	358 GUAGENTI, Cara	FR	Stevenson	9.27m
30	294 STILES, Caroline	SO	Eastern	8.98m

**#14 Men's Long Jump**

M	MAC Indoor Champ	7.28m	Ta'rig Thomas	2/23/2018
O	MAC Indoor Overall	7.38m	Joe Moore	2003

#	Name	Yr	Team	Mark
1	133 BRUNELLE, Matthieu	SO	Misericordia	6.98m
2	836 SAMS, Myles	JR	Arcadia	6.86m
3	339 FALL, Ibrahim	FR	FDU-Florham	6.73m
4	484 WALKER, Sidney	SR	Albright	6.67m
5	794 PHOENIX, Xavier	SR	DeSales	6.66m
6	334 BROWN, D'Maari	FR	FDU-Florham	6.59m
7	161 FRENCH, Zach	FR	Messiah	6.57m
8	300 TAYLOR, Andre	SO	Eastern	6.50m
9	49 SHEFFIELD, Daniel	JR	Lebanon Valley	6.45m
10	366 STEWART, Khari	SR	Stevenson	6.32m
11	33 OTTO, Joshua	JR	Lebanon Valley	6.30m
12	132 TANIS, John	FR	Misericordia	6.22m
13	643 COSGROVE, Aaron	JR	York (Pa.)	6.20m
14	866 SMITH, Omar	FR	King's (Pa.)	6.19m
15	815 PINES ELLIOTT, Masai	SO	Arcadia	6.18m
16	696 BATISTA, Javian	SO	Stevens	6.10m
17	182 KERR, Landon	SO	Messiah	6.07m
18	409 ZIEGLER, Jake	SO	Alvernia	6.06m
19	466 MADISON, Moses	JR	Delaware Valley	6.04m
20	58 STANKUS, Ayden	SO	Lebanon Valley	6.01m
21	557 GROSSMAN, Jacob	FR	Widener	6.00m

**#14 Men's Long Jump (cont'd)**

#	Name	Yr	Team	Mark
22	418 KAZOKAS, Kevin	SO	Alvernia	5.97m
23	496 MALEY, Michael	SO	Albright	5.97m
24	370 ZERNHELT, Landon	FR	Stevenson	5.96m
25	563 STEMPIN, Alex	FR	Widener	5.96m
26	293 HICKS, Troy	FR	Eastern	5.90m
27	542 RESSLER, Tyler	FR	Widener	5.90m

**#17 Women's 1 Mile Run**

M	MAC Indoor Champ	5:01.06	Esther Seeland	2/23/2019
O	MAC Indoor Overall	4:52.25	Esther Seeland	2022

#	Name	Yr	Team	Time
1	535 NYE, Gabriella	FR	Widener	5:12.87
2	778 SMITH, Amelia	SR	DeSales	5:13.72
3	45 BUNKE, Lauren	JR	Lebanon Valley	5:13.88
4	243 DICKOW, Kate	SO	Messiah	5:17.72
5	552 EGAN, Liz	FR	Widener	5:21.98
6	410 SCHOENER, Katelyn	SR	Alvernia	5:23.06
7	97 DEVRIES, Sarah	JR	Misericordia	5:23.34
8	729 ROUSE, Rachel	FR	Stevens	5:23.49
9	198 ANTHONY, Katie	SO	Messiah	5:26.28
10	291 SHREFFLER, Hailey	SO	Eastern	5:29.51
11	145 WAGNER, Brianna	SO	Misericordia	5:32.22
12	129 KAMMER, Madison	FR	Misericordia	5:36.90
13	775 ZEITLER, Shae	FR	DeSales	5:38.50
14	172 COGGINS, Connor	JR	Messiah	5:39.38
15	821 BROWNE, April	SO	Arcadia	5:41.21

**#16 Men's 1 Mile Run**

M	MAC Indoor Champ	4:13.63	Macharia Yuot	2006
O	MAC Indoor Overall	4:10.24	Russell Speiden	2011

#	Name	Yr	Team	Time
1	233 HORST, Logan	JR	Messiah	4:19.40
2	181 FETTER, Louka	FR	Messiah	4:21.53
3	687 MELAO, Ronnie	JR	Stevens	4:21.85
4	163 HUTCHINSON, Andrew	JR	Messiah	4:21.87
5	232 CALISTI, Noah	SO	Messiah	4:23.16
6	143 RHINEHART, Trey	SO	Misericordia	4:24.61
7	577 MILLAR, David	JR	Widener	4:25.00
8	806 ARTIS, Shane	JR	DeSales	4:25.31
9	556 FLEAR, Thomas	SO	Widener	4:26.11
10	270 SAPPE, Chris	FR	Hood	4:27.46
11	726 AYLMEYER, Jake	SO	Stevens	4:28.85
12	223 MOYER, Josiah	JR	Messiah	4:29.04
13	571 CARDIE, Joseph	SR	Widener	4:31.71

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**PERFORMANCE LIST****#16 Men's 1 Mile Run (cont'd)**

#	Name	Yr Team	Time
14	219 COLYER, Zeke	FR Messiah	4:33.45
15	613 KETTULA, John	SO York (Pa.)	4:35.37
16	72 SHELTON, Eric	SO Lebanon Valley	4:35.81
17	732 CONNELL, Tim	JR DeSales	4:35.86
18	653 JUTRAS, Daniel	FR Stevens	4:35.92
19	142 BRICKER, Thomas	FR Misericordia	4:36.55
20	638 HUNT, Tyler	SO York (Pa.)	4:36.68
21	592 ROSEBOOM, Jack	SO York (Pa.)	4:37.51
22	685 ONODY, Bryan	SO Stevens	4:38.11
23	503 ZAMICHIELI, Dante	SO Albright	4:38.63

**#4 Women's 60m Hurdles**

M	MAC Indoor Champ	8.79	Mathews, Laura	2/25/2022
O	MAC Indoor Overall	8.60	Mathews, Laura	2/25/2022

**Finals**

#	Name	Yr Team	Time
1	701 MATHEWS, Laura	JR Stevens	8.60
2	609 PENA, Julia	JR York (Pa.)	8.81
3	680 WILLIAMS, Kristen	JR Stevens	9.04
4	898 ZULTEVICZ, Victoria	SO King's (Pa.)	9.47
5	465 MULLEN, Sarah	JR Delaware Valley	9.54
6	220 BROWN, Kara	FR Messiah	9.56
7	558 BELL, Sydney	FR Widener	9.59
8	188 MILLER, Claire	SO Messiah	9.70
9	344 FASOLI, Brianna	FR FDU-Florham	9.78
10	416 STERNBERG, Caitlin	SO Alvernia	9.85
11	658 WALETZKI, Nicole	SO Stevens	9.89
12	648 BANKERT, Isabella	SO York (Pa.)	9.92
13	130 DAVIS, Xiahna	SO Misericordia	10.06
14	884 INNAMORATI, Giavann	FR King's (Pa.)	10.11
15	605 GROSS, Claudia	FR York (Pa.)	10.13
16	391 KROEDEL, Sarah	FR Stevenson	10.29
17	176 BENNER, Clara	FR Messiah	10.33
18	761 DOWELL, Allie	SR DeSales	10.39
19	728 ZUO, Sophia	JR Stevens	10.43
20	119 FRITZSCH, Lauren	SR Misericordia	10.48
21	377 LEHR, Susannah	JR Stevenson	10.50
22	499 TIGHE, Eren	FR Albright	10.90

**#3 Men's 60m Hurdles**

M	MAC Indoor Champ	8.22	Buhr, Owen	2/26/2022
O	MAC Indoor Overall	8.19	Jerome Duncan	2012

**Finals**

#	Name	Yr Team	Time
1	7 REED, Zachary	JR Lebanon Valley	8.38

**#3 Men's 60m Hurdles (cont'd)****Finals**

#	Name	Yr Team	Time
2	610 CHATMON, Keith	JR York (Pa.)	8.46
3	54 SMITH, Kadan	SO Lebanon Valley	8.57
4	53 MURTHA, Daniel	SO Lebanon Valley	8.61
5	672 YACOUBIAN, Federico	SO Stevens	8.74
6	310 ANDRE, Jean-Michelet	SO Eastern	8.81
7	601 HERR, Derek	JR York (Pa.)	8.83
8	484 WALKER, Sidney	SR Albright	8.84
9	218 STEELE, John	SO Messiah	8.94
10	450 HAMILTON, Wayne	FR Delaware Valley	9.05
11	787 BERNER, Logan	JR DeSales	9.15
12	716 SKUTNIK, Nate	FR Stevens	9.29
13	426 VANSCHAICK, Brando	FR Alvernia	9.33
14	573 DAVID, Jonathan	FR Widener	9.36
15	382 GREER, Charles	JR Stevenson	9.40
16	565 SILVERSTEIN, Tristen	FR Widener	9.44
17	853 SOTO, Justin	JR Arcadia	9.47
18	248 HORST, Joshua	SO Messiah	9.59

**#19 Women's 400 Meters**

M	MAC Indoor Champ	57.49	Gina Dello Russo	2/29/2020
O	MAC Indoor Overall	56.79	Gina Dello Russo	2020

#	Name	Yr Team	Time
1	701 MATHEWS, Laura	JR Stevens	57.93
2	61 BERKHEIMER, Darrian	SO Lebanon Valley	1:00.88
3	566 BARR, Kelly	FR Widener	1:00.98
4	100 BADILLO, Sonialys	SR Misericordia	1:01.03
5	384 WILSON, Jasmine	JR Stevenson	1:01.23
6	818 CURNOW, Grace	FR Arcadia	1:02.11
7	216 GRAYBILL, Emma	SO Messiah	1:02.12
8	579 SCHULTZ, Emma	SO Widener	1:02.39
9	756 RADCLIFFE, Abigail	SO DeSales	1:02.42
10	113 HACKENBERG, Amber	SR Misericordia	1:02.47
11	200 LEBO, Kerrigan	FR Messiah	1:02.90
12	4 PEIFFER, Alyssa	SO Lebanon Valley	1:03.54
13	478 JOSEPH, Alysia	SR Delaware Valley	1:03.59
14	139 ALLEN, Casey	SO Misericordia	1:04.60
15	858 DAINAUSKI, Laura	SO King's (Pa.)	1:05.30
16	412 PHILIPPE, Jenna	SO Alvernia	1:05.76
17	176 BENNER, Clara	FR Messiah	1:05.89
18	491 DEVITA, Alyssa	FR Albright	1:05.91
19	153 CHANDLER, Cassidy	JR Messiah	1:06.04

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**PERFORMANCE LIST****#18 Men's 400 Meters**

M	MAC Indoor Champ	48.77	Lou Corominas	2006
O	MAC Indoor Overall	48.51	Lou Corominas	2006

#	Name	Yr	Team	Time
1	583 KNOWLES, Samuel	SO	Widener	49.53
2	888 NOVROCKI, Andrew	SO	King's (Pa.)	51.43
3	445 COOPER, Logan	SR	Delaware Valley	51.45
4	801 DUNBAR, Kyle	JR	DeSales	51.98
5	395 RACCIOPPI, Jai	JR	Stevenson	52.20
6	462 O'DUNLAMI, Matt	SO	Delaware Valley	52.30
7	511 MILLER, Ben	SR	Widener	52.49
8	528 MCNEAR, Brion	SO	Widener	52.50
9	456 MESSENGER, Caleb	FR	Delaware Valley	52.51
10	349 SAINT HILLIEN, Fabric	FR	Stevenson	52.60
11	819 CASTELLI, Wesley	FR	Arcadia	52.68
12	781 RUTLEDGE, Ason	SR	DeSales	52.91
13	353 HAMILTON, Malik	SR	Stevenson	53.11
14	441 LOEHR, Adam	SR	Alvernia	53.18
15	289 WILLIAMS, DaNeal	JR	Eastern	53.32
16	263 ELLINGTON, Owen	SO	Hood	53.52
17	14 GOUNDIE, Donovan	FR	Lebanon Valley	53.74
18	319 RAMIREZ, Isaiah	FR	FDU-Florham	53.88
19	627 DESANTIS, Brendan	SO	York (Pa.)	53.90
20	95 SMITH, Shakei	FR	Misericordia	53.93
21	399 OYENIRAN, Jubelo	SO	Stevenson	53.95
22	62 BRUCHAK, Matthew	SO	Lebanon Valley	54.03
23	828 WRAGG, Samuel	SR	Arcadia	54.09
24	355 REIMERT, Alexander	FR	Stevenson	54.21
25	426 VANSCHAICK, Brando	FR	Alvernia	54.24
26	311 TANEZ, Francisco	FR	FDU-Florham	54.42

**#6 Women's 60 Meters**

M	MAC Indoor Champ	7.63	Oniesha Clarke	2/25/2017
O	MAC Indoor Overall	7.63	Oniesha Clark	2017

**Finals**

#	Name	Yr	Team	Time
1	512 GORE, Jayla	FR	Widener	7.81
2	561 MUZZARELLI, Maria	SO	Widener	7.81
3	701 MATHEWS, Laura	JR	Stevens	7.84
4	125 WAGNER, Sarah	SO	Misericordia	8.05
5	100 BADILLO, Sonialys	SR	Misericordia	8.08
6	242 JENNETT, Halle	SO	Messiah	8.19
7	235 GRUENWALD, Arwyn	FR	Messiah	8.22
8	78 HUNYARA, Tori	FR	Lebanon Valley	8.28
9	763 ROPER, Breyanna	SO	DeSales	8.30
10	381 KEPLER, Hannah	FR	Stevenson	8.31
11	216 GRAYBILL, Emma	SO	Messiah	8.32

**#6 Women's 60 Meters (cont'd)****Finals**

#	Name	Yr	Team	Time
12	113 HACKENBERG, Amber	SR	Misericordia	8.36
13	889 SPRINGER, Abigail	SO	King's (Pa.)	8.41
14	854 KOWALSKI, Isabella	SO	Arcadia	8.42
15	625 BOYCE, Keziah	FR	York (Pa.)	8.43
16	347 BURKE, Bianca	FR	FDU-Florham	8.44
17	519 GIANNELLA, Olivia	FR	Widener	8.45
18	111 IGLESIAS, Gianna	SO	Misericordia	8.51
19	845 MARCINKIEWICZ, Isab	FR	Arcadia	8.55
20	850 MALLEE, Gianna	FR	Arcadia	8.55
21	863 BRADY, Juliet	SO	King's (Pa.)	8.55
22	258 CASTILLO, Gloria	SO	Hood	8.57
23	495 CHARLES, Taisha	JR	Albright	8.58
24	378 HESS, Kaitlyn	FR	Stevenson	8.61

**#5 Men's 60 Meters**

M	MAC Indoor Champ	6.86	Dereck Davis	2/28/2020
O	MAC Indoor Overall	6.81	Dereck Davis	2020

**Finals**

#	Name	Yr	Team	Time
1	398 SUMMERS, Cameron	SR	Stevenson	6.92
2	122 CIPRIANO, Jarod	JR	Misericordia	7.13
3	309 KOEHLER, Chandler	SO	Eastern	7.13
4	815 PINES ELLIOTT, Masai	SO	Arcadia	7.13
5	267 ELLINGTON, Evan	SR	Hood	7.15
6	273 MINS, Jamel	SO	Hood	7.15
7	836 SAMS, Myles	JR	Arcadia	7.15
8	66 LINDER, Owen	SO	Lebanon Valley	7.18
9	98 BLACKWELL, Dylan	FR	Misericordia	7.18
10	6 MCCARDELL, Derek	SO	Lebanon Valley	7.19
11	251 ASAMOAH, Korell	FR	Hood	7.20
12	180 MAYRO, Zach	SO	Messiah	7.25
13	437 SHORT, Jack	JR	Alvernia	7.25
14	134 ISAAC, Kip	FR	Misericordia	7.30
15	799 WILSON, Vajon	JR	DeSales	7.30
16	133 BRUNELLE, Matthieu	SO	Misericordia	7.31
17	264 OKUSEINDE, Tofunmi	FR	Hood	7.31
18	524 DARDEN, Dereck	SO	Widener	7.31
19	363 ELDRIDGE, Christian	FR	Stevenson	7.33
20	386 MACK, Amar	FR	Stevenson	7.34
21	618 HARDISON, Quincy	JR	York (Pa.)	7.36
22	871 AVERY, Brendan	SO	King's (Pa.)	7.37
23	123 BLASKI, Phillip	FR	Misericordia	7.38
24	339 FALL, Ibrahim	FR	FDU-Florham	7.39
25	466 MADISON, Moses	JR	Delaware Valley	7.39

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**PERFORMANCE LIST****#5 Men's 60 Meters (cont'd)****Finals**

#	Name	Yr	Team	Time
26	279 MABRY, Jaiden	FR	Eastern	7.42
27	369 SNIPES, Dominic	JR	Stevenson	7.43
28	735 MCCULLOCH, Tyler	FR	DeSales	7.43

**#21 Women's 800 Meters**

M	MAC Indoor Champ	2:11.81	Seeland, Esther	2/25/2022
O	MAC Indoor Overall	2:05.39	Esther Seeland	2022

#	Name	Yr	Team	Time
1	45 BUNKE, Lauren	JR	Lebanon Valley	2:21.66
2	656 BURDEN, Nina	SO	Stevens	2:21.86
3	533 HOLT, Donna	SO	Widener	2:22.97
4	560 SWEELY, Jaden	SO	Widener	2:23.83
5	105 GALLAGHER, Kristin	SO	Misericordia	2:25.38
6	410 SCHOENER, Katelyn	SR	Alvernia	2:25.92
7	674 PINHO, Rachel	JR	Stevens	2:26.12
8	10 GARGES, Autumn	FR	Lebanon Valley	2:26.74
9	817 GORDLEY, Micah	JR	Arcadia	2:26.77
10	721 LULAJ, Jacqueline	SO	Stevens	2:27.20
11	291 SHREFFLER, Hailey	SO	Eastern	2:27.57
12	723 VOGEL, Isabel	FR	Stevens	2:29.05
13	612 SKANE, Sarah	JR	York (Pa.)	2:29.55
14	88 KEEFE, Gia	FR	Misericordia	2:30.45
15	730 ENES, Taylor	FR	Stevens	2:30.92
16	145 WAGNER, Brianna	SO	Misericordia	2:31.36
17	422 TORRES, Jessie	FR	Alvernia	2:31.38
18	197 CORY, Olivia	JR	Messiah	2:33.56
19	207 RODRIGUEZ, Isabela	SO	Messiah	2:33.70
20	117 DAVIS, Carlina	SO	Misericordia	2:33.96
21	602 HENRY, Paige	SO	York (Pa.)	2:34.12

**#20 Men's 800 Meters**

M	MAC Indoor Champ	1:54.27	Leo Harmon	2/27/2016
O	MAC Indoor Overall	1:51.96	Tyler Newhook	2011

#	Name	Yr	Team	Time
1	771 TYCE, Carl	SR	DeSales	1:57.06
2	577 MILLAR, David	JR	Widener	1:58.87
3	15 DI CESARE, Alec	SO	Lebanon Valley	1:59.06
4	199 CONDON, John	FR	Messiah	1:59.11
5	270 SAPPE, Chris	FR	Hood	1:59.23
6	687 MELAO, Ronnie	JR	Stevens	1:59.28
7	793 DEREMER, Josh	SO	DeSales	1:59.72
8	736 PHILLIPPY, Ben	JR	DeSales	1:59.95
9	683 LEITNER, Kajetan	JR	Stevens	1:59.99

**#20 Men's 800 Meters (cont'd)**

#	Name	Yr	Team	Time
10	869 PETTY, Tyler	SO	King's (Pa.)	2:00.42
11	882 FOYTACK, Owen	FR	King's (Pa.)	2:00.55
12	575 PLUNKETT, Thomas	FR	Widener	2:00.63
13	676 BARBI, Mick	FR	Stevens	2:00.85
14	710 TOMASCH, Troy	JR	Stevens	2:01.39
15	702 ANTALA, Dhavan	SO	Stevens	2:01.66
16	589 SMOOT, Josh	FR	York (Pa.)	2:01.69
17	424 RODRIGUEZ JR., Emm	SO	Alvernia	2:02.18
18	649 MARTIN, Matthew	FR	York (Pa.)	2:02.59
19	646 GOWER HALL, Baxter	FR	York (Pa.)	2:03.30
20	352 WOMACK, Johnathan	SR	Stevenson	2:03.43
21	423 WENDEL, Zackary	FR	Alvernia	2:03.69
22	657 STEPHEN, Caleb	FR	Stevens	2:03.79
23	301 MELLINGER, Ryle	FR	Eastern	2:04.00
24	503 ZAMICHIELI, Dante	SO	Albright	2:04.22
25	653 JUTRAS, Daniel	FR	Stevens	2:04.76
26	24 SCARBOROUGH, Cale	SO	Lebanon Valley	2:05.02
27	685 ONODY, Bryan	SO	Stevens	2:05.17
28	230 COGGINS, Nathaniel	FR	Messiah	2:05.28
29	660 DONAHUE, Andrew	JR	Stevens	2:05.41
30	593 NOLAN, Pierce	SO	York (Pa.)	2:05.52

**#23 Women's 200 Meters**

M	MAC Indoor Champ	25.43	Shannon Roberts	2/27/2016
O	MAC Indoor Overall	24.74	Laura Mathews	2023

#	Name	Yr	Team	Time
1	701 MATHEWS, Laura	JR	Stevens	25.13
2	566 BARR, Kelly	FR	Widener	26.84
3	100 BADILLO, Sonialys	SR	Misericordia	26.86
4	242 JENNETT, Halle	SO	Messiah	26.92
5	61 BERKHEIMER, Darrian	SO	Lebanon Valley	26.94
6	561 MUZZARELLI, Maria	SO	Widener	26.97
7	234 VARGAS, Elena	SO	Messiah	27.16
8	512 GORE, Jayla	FR	Widener	27.25
9	125 WAGNER, Sarah	SO	Misericordia	27.30
10	706 CANCIANI, Allie	SO	Stevens	27.38
11	384 WILSON, Jasmine	JR	Stevenson	27.47
12	344 FASOLI, Brianna	FR	FDU-Florham	27.48
13	78 HUNYARA, Tori	FR	Lebanon Valley	27.50
14	854 KOWALSKI, Isabella	SO	Arcadia	27.72
15	763 ROPER, Breyanna	SO	DeSales	27.77
16	235 GRUENWALD, Arwyn	FR	Messiah	28.00
17	625 BOYCE, Keziah	FR	York (Pa.)	28.22
18	412 PHILIPPE, Jenna	SO	Alvernia	28.26
19	519 GIANNELLA, Olivia	FR	Widener	28.28

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#	Name	Yr	Team	Time
20	111 IGLESIAS, Gianna	SO	Misericordia	28.33
21	381 KEPLER, Hannah	FR	Stevenson	28.41
22	889 SPRINGER, Abigail	SO	King's (Pa.)	28.43

**#22 Men's 200 Meters**

M	MAC Indoor Champ	21.79	Devonte Williams	2/25/2017
O	MAC Indoor Overall	21.66	Devonte Williams	2017

#	Name	Yr	Team	Time
1	398 SUMMERS, Cameron	SR	Stevenson	22.33
2	583 KNOWLES, Samuel	SO	Widener	22.62
3	273 MINS, Jamel	SO	Hood	22.78
4	651 HIGGINS, Ian	SO	York (Pa.)	22.93
5	395 RACCIOPPI, Jai	JR	Stevenson	22.96
6	801 DUNBAR, Kyle	JR	DeSales	23.15
7	66 LINDER, Owen	SO	Lebanon Valley	23.27
8	122 CIPRIANO, Jarod	JR	Misericordia	23.36
9	437 SHORT, Jack	JR	Alvernia	23.40
10	98 BLACKWELL, Dylan	FR	Misericordia	23.43
11	836 SAMS, Myles	JR	Arcadia	23.48
12	799 WILSON, Vajon	JR	DeSales	23.49
13	441 LOEHR, Adam	SR	Alvernia	23.50
14	267 ELLINGTON, Evan	SR	Hood	23.52
15	819 CASTELLI, Wesley	FR	Arcadia	23.58
16	462 O'DUNLAMI, Matt	SO	Delaware Valley	23.68
17	610 CHATMON, Keith	JR	York (Pa.)	23.69
18	349 SAINT HILLIEN, Fabric	FR	Stevenson	23.71
19	309 KOEHLER, Chandler	SO	Eastern	23.76
20	399 OYENIRAN, Jubelo	SO	Stevenson	23.79
21	618 HARDISON, Quincy	JR	York (Pa.)	23.81
22	363 ELDRIDGE, Christian	FR	Stevenson	23.84
23	485 HAMMOND, Gregory	SO	Albright	23.96

**#25 Women's 3000 Meters**

M	MAC Indoor Champ	10:02.53	Veronica Wheeler	2/24/2018
O	MAC Indoor Overall	9:47.41	Esther Seeland	2022

#	Name	Yr	Team	Time
1	535 NYE, Gabriella	FR	Widener	10:20.23
2	525 GABLE, Carly	JR	Widener	10:27.32
3	778 SMITH, Amelia	SR	DeSales	10:33.95
4	361 PARDEW, Isabelle	SR	Stevenson	10:34.33
5	243 DICKOW, Kate	SO	Messiah	10:36.45
6	552 EGAN, Liz	FR	Widener	10:38.39
7	520 COONEY, Emily	SO	Widener	10:38.54
8	146 THOMPSON, Alexa	SR	Misericordia	10:41.47

**#25 Women's 3000 Meters (cont'd)**

#	Name	Yr	Team	Time
9	20 BARTHOLOMEW, Coyl	FR	Lebanon Valley	10:44.27
10	198 ANTHONY, Katie	SO	Messiah	10:50.37
11	760 ESTUS, Haley	SO	DeSales	10:55.61
12	91 GALLAGHER, Grace	FR	Misericordia	10:57.33
13	865 TOMKO, Zoe	SO	King's (Pa.)	10:58.47
14	103 JONES, Katherine	SO	Misericordia	11:03.49
15	96 JAMES, Abigail	SO	Misericordia	11:08.30
16	215 SCHUTTE, Ali	JR	Messiah	11:18.86
17	172 COGGINS, Connor	JR	Messiah	11:22.35
18	700 FEERICK, Fionna	SO	Stevens	11:22.49
19	245 POWELL, Teddi	JR	Messiah	11:23.16
20	582 TRAN, Chris	SO	Widener	11:24.76
21	554 RUDOLPH, Emily	SO	Widener	11:25.86
22	192 SWAISGOOD, Amber	JR	Messiah	11:27.50
23	862 JOHNSON, Julia	SO	King's (Pa.)	11:27.51
24	475 BLACKMON, Alyssa	JR	Delaware Valley	11:28.55
25	830 DEMICHIEL, Sophie	SR	Arcadia	11:30.55
26	186 FOGELSANGER, Amb	JR	Messiah	11:30.88
27	351 AL NASERI, Maryam	SR	Stevenson	11:31.08

**#24 Men's 3000 Meters**

M	MAC Indoor Champ	8:36.41	Will McDermott	2/27/2016
O	MAC Indoor Overall	8:13.57	Patrick Watson	2020

#	Name	Yr	Team	Time
1	181 FETTER, Louka	FR	Messiah	8:39.91
2	556 FLEAR, Thomas	SO	Widener	8:40.30
3	143 RHINEHART, Trey	SO	Misericordia	8:40.87
4	77 GRIFFIN, Noah	SR	Lebanon Valley	8:41.94
5	163 HUTCHINSON, Andrew	JR	Messiah	8:42.22
6	233 HORST, Logan	JR	Messiah	8:48.66
7	232 CALISTI, Noah	SO	Messiah	8:49.04
8	711 CONCANNON, Liam	SO	Stevens	8:51.98
9	2 ROTHSTEIN, Samuel	FR	Lebanon Valley	8:53.24
10	571 CARDIE, Joseph	SR	Widener	8:53.86
11	223 MOYER, Josiah	JR	Messiah	8:53.88
12	549 NESCIIO, Joseph	JR	Widener	8:56.11
13	616 VALDERRABANO, Isaa	JR	York (Pa.)	8:59.19
14	60 BERGER, Jordan	JR	Lebanon Valley	8:59.51
15	400 SCHINDLER, Hayden	JR	Stevenson	9:00.43
16	742 SANTACOLOMA, Matt	SR	DeSales	9:01.66
17	767 MANIDIS, Nick	JR	DeSales	9:02.20
18	104 ROWLEY, Stephen	SO	Misericordia	9:02.36
19	39 CHUKOSKIE, Joseph	FR	Lebanon Valley	9:03.64
20	135 SHULMAN, Ryan	FR	Misericordia	9:04.44
21	570 REMENTER, Zachary	FR	Widener	9:11.72

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**PERFORMANCE LIST****#24 Men's 3000 Meters (cont'd)**

#	Name	Yr	Team	Time
22	183 COSTELLO, Kyle	SO	Messiah	9:15.74
23	567 CAROLAN, Michael	FR	Widener	9:15.75
24	408 ROSELLI, Anthony	JR	Alvernia	9:15.94
25	59 MILLER, Donald	FR	Lebanon Valley	9:17.73
26	796 BRUNO, Brian	JR	DeSales	9:17.79
27	748 SOLLY, Billy	SR	DeSales	9:18.18
28	86 MCKENNA, Tavian	FR	Misericordia	9:19.10
29	580 KELLY, Gavin	FR	Widener	9:19.38
30	709 HALVORSEN, Matthew	JR	Stevens	9:20.01
31	693 ORLANDO, Frank	SO	Stevens	9:21.13
32	751 GREVE, Tommy	SR	DeSales	9:21.70
33	667 BREWSTER, Mason	SO	Stevens	9:22.13
34	708 PORCO, Jake	SO	Stevens	9:22.13

**#27 Women's 4 x 800m Relay**

M	MAC Indoor Champ	9:38.42	Messiah	2/23/2019
O	MAC Indoor Overall	9:37.23	Misericordia	2011

Team	Time
1 Stevens (A)	10:20.56
2 DeSales (A)	11:27.63
3 Hood (A)	12:06.10
4 Lebanon Valley (A)	NT
5 Misericordia (A)	NT
6 Messiah (A)	NT
7 Delaware Valley (A)	NT
8 Albright (A)	NT
9 Widener (A)	NT
10 York (Pa.) (A)	NT
11 Arcadia (A)	NT
12 King's (Pa.) (A)	NT

**#26 Men's 4 x 800m Relay**

M	MAC Indoor Champ	7:56.65	Elizabethtown	2012
O	MAC Indoor Overall	7:54.12	Misericordia	2016

Team	Time
1 Stevens (A)	8:22.36
2 Delaware Valley (A)	8:55.20
3 Eastern (A)	8:55.78
4 Alvernia (A)	9:33.16
5 Lebanon Valley (A)	NT
6 Misericordia (A)	NT
7 Messiah (A)	NT
8 Stevenson (A)	NT
9 Widener (A)	NT

**#26 Men's 4 x 800m Relay (cont'd)**

Team	Time
10 York (Pa.) (A)	NT
11 DeSales (A)	NT
12 Arcadia (A)	NT

**#29 Women's 4 x 400m Relay**

M	MAC Indoor Champ	4:02.90	Misericordia	2/28/2015
O	MAC Indoor Overall	3:53.00	Misericordia	2015

Team	Time
1 Messiah (A)	4:11.06
2 Widener (A)	4:14.96
3 Misericordia (A)	4:16.86
4 Stevens (A)	4:17.24
5 Stevenson (A)	4:24.84
6 Alvernia (A)	4:27.70
7 Lebanon Valley (A)	4:29.60
8 King's (Pa.) (A)	4:30.31
9 York (Pa.) (A)	4:30.99
10 Delaware Valley (A)	4:32.61
11 DeSales (A)	4:32.97
12 Albright (A)	NT

**#28 Men's 4 x 400m Relay**

M	MAC Indoor Champ	3:22.02	Widener	2/27/2016
O	MAC Indoor Overall	3:18.33	Widener	2000

Team	Time
1 Widener (A)	3:26.83
2 Delaware Valley (A)	3:27.22
3 Lebanon Valley (A)	3:32.37
4 Hood (A)	3:33.52
5 Alvernia (A)	3:34.91
6 DeSales (A)	3:35.37
7 Messiah (A)	3:37.08
8 Stevenson (A)	3:37.13
9 Eastern (A)	3:37.20
10 King's (Pa.) (A)	3:38.48
11 FDU-Florham (A)	3:39.32
12 Misericordia (A)	3:40.40
13 Stevens (A)	3:41.75
14 York (Pa.) (A)	3:41.99
15 Arcadia (A)	3:46.71
16 Albright (A)	NT

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**#31 Men's Shot Put**

M	MAC Indoor Champ	17.52m	Fred Fulton	2/23/2013
O	MAC Indoor Overall	17.86m	Fred Fulton	2013

#	Name	Yr	Team	Mark
1	597 MOTT, Andrew	JR	York (Pa.)	15.98m
2	531 LITTLEFIELD, Alden	SR	Widener	15.91m
3	348 WILLIAMS, Nathan	JR	Stevenson	15.62m
4	880 KEMP, Carnell	SO	King's (Pa.)	14.95m
5	518 KRISTELLER, Alex	SO	Widener	14.53m
6	578 ADAMS, Justin	SO	Widener	14.44m
7	8 FISHER, William	SO	Lebanon Valley	14.41m
8	633 SHARP, Harrison	JR	York (Pa.)	14.15m
9	474 PEROT, Brandon	SO	Delaware Valley	14.00m
10	27 REYNOLDS, Trey	SO	Lebanon Valley	13.97m
11	587 WATERS, David	SO	Widener	13.94m
12	471 MAHANA, James	FR	Delaware Valley	13.72m
13	642 WENTZ, Gavin	FR	York (Pa.)	13.66m
14	340 TERESI, Joseph	SO	FDU-Florham	12.98m
15	37 SHAY, Cody	SO	Lebanon Valley	12.78m
16	69 PAUL, Ian	SO	Lebanon Valley	12.78m
17	272 MILLER, Dustin	SR	Hood	12.76m
18	36 HETRICK, Wyatt	FR	Lebanon Valley	12.45m
19	586 HOWELL, Conrad	SO	Widener	12.38m
20	459 MAHANA, John	FR	Delaware Valley	12.37m
21	507 JUSINO, Christian	SR	Albright	12.36m
22	782 CHINN, Nick	SR	DeSales	12.16m
23	835 SPINELLA, Matt	FR	Arcadia	12.07m
24	112 GIHR, Stephen	FR	Misericordia	11.96m
25	777 WELLINGTON, Giovan	FR	DeSales	11.91m
26	305 CROSBY, Ahmir	FR	Eastern	11.80m
27	588 NOBLIT, Adam	SO	York (Pa.)	11.77m
28	783 LAPSZYNSKI, Erik	SR	DeSales	11.74m
29	628 ROLLINSON, Aidan	FR	York (Pa.)	11.68m

**#33 Men's Triple Jump**

M	MAC Indoor Champ	14.86m	Jason Patterson	2004
O	MAC Indoor Overall	14.86m	Jason Patterson	2004

#	Name	Yr	Team	Mark
1	334 BROWN, D'Maari	FR	FDU-Florham	13.98m
2	794 PHOENIX, Xavier	SR	DeSales	13.65m
3	133 BRUNELLE, Matthieu	SO	Misericordia	13.52m
4	339 FALL, Ibrahim	FR	FDU-Florham	13.31m
5	300 TAYLOR, Andre	SO	Eastern	13.20m
6	643 COSGROVE, Aaron	JR	York (Pa.)	13.11m
7	218 STEELE, John	SO	Messiah	13.01m
8	649 MARTIN, Matthew	FR	York (Pa.)	12.85m
9	596 MAHONEY, Jack	JR	York (Pa.)	12.67m

**#33 Men's Triple Jump (cont'd)**

#	Name	Yr	Team	Mark
10	366 STEWART, Khari	SR	Stevenson	12.54m
11	182 KERR, Landon	SO	Messiah	12.53m
12	33 OTTO, Joshua	JR	Lebanon Valley	12.44m
13	807 WARREN, Steve	SO	Arcadia	12.40m
14	557 GROSSMAN, Jacob	FR	Widener	12.35m
15	696 BATISTA, Javian	SO	Stevens	12.06m
16	178 KEITEL, Noah	SO	Messiah	11.93m
17	370 ZERNHELT, Landon	FR	Stevenson	11.88m
18	409 ZIEGLER, Jake	SO	Alvernia	11.79m
19	365 BABLER, Dylan	JR	Stevenson	11.78m
20	542 RESSLER, Tyler	FR	Widener	11.78m
21	335 TORODE, Emmanuel	FR	FDU-Florham	11.59m

**#32 Women's Triple Jump**

M	MAC Indoor Champ	12.07m	Nicole Weenink	2/29/2020
O	MAC Indoor Overall	12.12m	Kristen Bates	2010

#	Name	Yr	Team	Mark
1	436 FELIX, Shinelle	SO	Alvernia	11.96m
2	125 WAGNER, Sarah	SO	Misericordia	11.29m
3	438 CASTILLO, Mylina	FR	Alvernia	11.29m
4	234 VARGAS, Elena	SO	Messiah	10.76m
5	764 BRUBAKER, Megan	JR	DeSales	10.66m
6	280 BEKELE, Divora	JR	Eastern	10.51m
7	890 CONFORTI, Gabriella	JR	King's (Pa.)	10.36m
8	680 WILLIAMS, Kristen	JR	Stevens	10.31m
9	868 PERFILIO, Madelynn	FR	King's (Pa.)	10.21m
10	574 FURBUSH, Tia	FR	Widener	10.16m
11	378 HESS, Kaitlyn	FR	Stevenson	10.15m
12	481 THOMPSON, Paige	FR	Delaware Valley	9.98m
13	152 OLEWINE, Jill	SR	Misericordia	9.97m
14	658 WALETZKI, Nicole	SO	Stevens	9.93m
15	688 SANTORO, Ella	SO	Stevens	9.88m
16	130 DAVIS, Xiahna	SO	Misericordia	9.82m
17	149 AARON, Megan	FR	Misericordia	9.73m
18	156 CALL, Olivia	SO	Messiah	9.65m
19	421 HOXTER, Akilah	JR	Alvernia	9.56m
20	617 EWING, Isabella	SO	York (Pa.)	9.56m

**#35 Men's High Jump**

M	MAC Indoor Champ	2.07m	Valiant McKee	2/24/2018
O	MAC Indoor Overall	2.07m	Valiant McKee	2/29/2020

#	Name	Yr	Team	Mark
1	855 SHERROD, Teone	JR	King's (Pa.)	1.95m
2	224 HEISEY, Derek	SO	Messiah	1.90m

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**PERFORMANCE LIST****#35 Men's High Jump (cont'd)**

#	Name	Yr Team	Mark
3	604 NIEMANDT, Edwin	FR York (Pa.)	1.88m
4	622 LOPEZ, Oliver	JR York (Pa.)	1.85m
5	25 VELLIOS, Gabriel	FR Lebanon Valley	1.81m
6	704 FINCK, Kevin	JR Stevens	1.80m
7	870 RIFE, Jordan	FR King's (Pa.)	1.78m
8	182 KERR, Landon	SO Messiah	1.76m
9	334 BROWN, D'Maari	FR FDU-Florham	1.76m
10	371 HALL, Conner	FR Stevenson	1.76m
11	621 MAILEY, Ronan	FR York (Pa.)	1.75m
12	794 PHOENIX, Xavier	SR DeSales	1.75m
13	557 GROSSMAN, Jacob	FR Widener	1.73m

**#13 Women's Pole Vault**

M	MAC Indoor Champ	3.82m	Melissa Fellenbaum	2/23/2013
O	MAC Indoor Overall	3.90m	Melissa Fellenbaum	2013

#	Name	Yr Team	Mark
1	609 PENA, Julia	JR York (Pa.)	3.81m
2	284 WHITE-VEGA, Aliza	SO Eastern	3.45m
3	576 STEGER, Savannah	JR Widener	3.35m
4	51 ORIEL, Emily	FR Lebanon Valley	3.34m
5	303 CARPENTER, Paige	SO Eastern	3.33m
6	703 MEROLA, Alexis	FR Stevens	3.20m
7	762 MELE, Emma	SO DeSales	3.18m
8	13 SNAVELY, Rachel	SO Lebanon Valley	3.05m
9	50 WIKE, Sidney	JR Lebanon Valley	3.00m
10	115 LAZO, Julia	FR Misericordia	3.00m
11	174 CROWLEY, Noelle	JR Messiah	2.90m
12	236 WOOD, Cadee	SO Messiah	2.89m
13	156 CALL, Olivia	SO Messiah	2.74m
14	661 CHANDRASEKHAR, A	JR Stevens	2.65m
15	164 WITTER, Hannah	FR Messiah	2.60m
16	428 HOFFMAN, Isabella	FR Alvernia	2.55m
17	690 RYAZANOVA, Stephani	FR Stevens	2.55m

**#30 Women's Shot Put**

M	MAC Indoor Champ	14.65m	Lauren Lucci	2008
O	MAC Indoor Overall	14.65m	Lauren Lucci	2008

#	Name	Yr Team	Mark
1	144 KARNISH, Brenna	SR Misericordia	13.18m
2	671 LACCETTI, AnaMaria	SR Stevens	12.22m
3	891 HOLLANDER, Adele	SO King's (Pa.)	11.63m
4	897 VARNER, Brandy	FR King's (Pa.)	11.52m
5	17 REED, Caroline	SO Lebanon Valley	10.84m
6	43 BETZ, Alyssa	SO Lebanon Valley	10.74m

**#30 Women's Shot Put (cont'd)**

#	Name	Yr Team	Mark
7	472 HILFERTY, Delaney	SO Delaware Valley	10.66m
8	75 ASSANTE, Lauren	SO Lebanon Valley	10.56m
9	249 ZECHMAN, Taileen	JR Hood	10.38m
10	206 FERSTER, Leah	SO Messiah	10.25m
11	124 BELLOMO, Gabby	SO Misericordia	10.16m
12	356 VAUGHNS, Makayla	SR Stevenson	10.13m
13	460 LONG, Kerrin	SO Delaware Valley	9.92m
14	600 HARNOIS, Sofia	FR York (Pa.)	9.91m
15	30 BUSSEY, Meghan	FR Lebanon Valley	9.78m
16	724 MULIAWAN, Ashley	JR Stevens	9.77m
17	689 ANTICO, Amanda	SO Stevens	9.49m
18	516 MILLER, Cheyenne	FR Widener	9.46m
19	312 MISKULIN, Sophia	SR FDU-Florham	9.35m

**#34 Women's High Jump**

M	MAC Indoor Champ	1.71m	Taylor Wiederrecht	2/23/2019
O	MAC Indoor Overall	1.76m	Ashlee Ward	2014

#	Name	Yr Team	Mark
1	139 ALLEN, Casey	SO Misericordia	1.63m
2	125 WAGNER, Sarah	SO Misericordia	1.62m
3	74 KOUTCH, Melena	SO Lebanon Valley	1.60m
4	694 TIGHE, Caroline	SO Stevens	1.57m
5	840 GLISTA, Morgan	SR Arcadia	1.54m
6	706 CANCIANI, Allie	SO Stevens	1.53m
7	673 PREVIGLIAN, Maggie	FR Stevens	1.52m
8	220 BROWN, Kara	FR Messiah	1.50m
9	883 ARMITAGE, Madison	SO King's (Pa.)	1.47m
10	753 DALLMER, Olivia	FR DeSales	1.45m
11	401 DAY, Skylia	SO Stevenson	1.42m
12	138 HAND, Madeline	SO Misericordia	1.37m
13	156 CALL, Olivia	SO Messiah	1.37m
14	532 SCHROEDER, Meredith	FR Widener	1.37m