



TCNJ

**2003–
2004**

**Cross Country and
Track and Field**



2003–2004 Men's and Women's Cross Country and Track and Field Media Guide

General Information

About The College of New Jersey

Address:	PO Box 7718 Ewing, NJ 08628-0718
President:	R. Barbara Gitenstein
Director of Athletics:	Kevin McHugh
Senior Women's Administrator:	Dawn Henderson
Founded:	1855 (as New Jersey State Normal School)
Enrollment:	5,900
Nickname:	Lions
Colors:	Blue and Gold
Affiliations:	NCAA Division III Eastern College Athletic Conference IC4A (Men Only)
Conference:	New Jersey Athletic Conference (NJAC)

About TCNJ Cross Country and Track and Field

Head Coach:	Steve Dolan University of St. Thomas '92
Office Phone:	609.771.2975
E-Mail Address:	trackxc@tcnj.edu
Web Address:	www.tcnj.edu/~trackxc/home.htm
Career Record:	11th Season
Assistant Coaches:	Dan Mullen, Tim Collins, Herb Rodriguez, Philip Jennings, Nicole Dolan, and John Hunter
Athletic Trainer:	Joe Camillone
Assistant Athletic Trainer:	Megan Menna
Equipment Manager:	Tom Isaac

For further information regarding TCNJ cross country/track and field, please contact:

Ann King, SID	Nairem Moran, Assist. SID
O: 609.771.2517	O: 609.771.2266
H: 732.605.9696	H: 215.860.2375
Fax: 609.771.3067	Hotline: 609.771.2682
E-mail: aking@tcnj.edu	E-mail: moran@tcnj.edu

Visit **www.tcnjathletics.com** for more information on TCNJ's 21 athletic programs.

Head Men's and Women's Cross Country and Track and Field Coach

Steve Dolan

University of St. Thomas '92

Year of Service: 11th

Birthdate: October 28, 1969

Hometown: Bloomington, MN

Education: BA, Business Administration,
University of St. Thomas; MEd, Athletic
Administration, TCNJ

Steve Dolan again guided both the men's and women's cross country, indoor track, and outdoor track teams to a sweep of the New Jersey Athletic Conference Championship Meets. This is the sixth straight year the Lions have run the table in the NJAC. He also lead the women's cross country team to its eighth straight Top 15 finish at the NCAA Division III Championships, with the men's ninth place finish and the women's 11th place finish in 2002. The men's track squad won its fifth straight prestigious ECAC Indoor Track Championship, finished in fifth place nationally at the 2003 NCAA Indoor Championships, and 17th at the 2003 NCAA Outdoor Championships, while the women's outdoor track squad posted an 11th place finish in the team race.

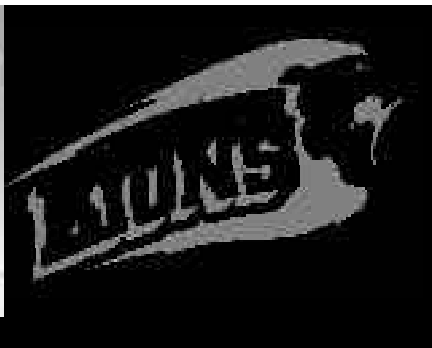
Over the course of his coaching career at TCNJ, Dolan has already coached 54 All-American performers, who have earned 101 All-America citations. He has been honored as the NCAA Regional Coach of the Year on 10 occasions, most recently as the 2003 Division III Atlantic Region Men's Indoor Track and Field Coach of the Year.

Dolan is a 1992 graduate of the University of St. Thomas (St. Paul, MN). He earned his undergraduate degree in business administration while graduating with cum laude honors and starring for the Tommies during his stellar athletic career. In 1992, Dolan won the NCAA Division III track and field decathlon national championship after earning the runner-up title the previous year. As captain of the 1992 squad, Dolan helped his team to a third place finish in the team competition of the NCAA indoor and outdoor championships. Additionally, Dolan was voted the most valuable performer of his teams in both 1991 and 1992 while earning all-conference honors 13 times. Dolan was named to the Minnesota Interscholastic Athletic Conference Academic team and set St. Thomas school records in the decathlon, pentathlon, and javelin. He was inducted into the University of St. Thomas Athletic Hall of Fame in 1998.

He resides in Ewing with his wife, Nicole, and their children: Timothy, age four, and Sean, age two.



Steve Dolan



Assistant Coaches

Tim Collins

LaSalle University '87

Year of Service: Eighth

Hometown: Matawan, NJ

Education: BA, Communications,
MEd, Secondary Education, TCNJ

- Captain of the track and field team at LaSalle.
- Collins will be responsible for men's and women's distance runners.
- Has coached two national champions since arriving at TCNJ.

Nicole Dolan

Wagner College '95

Year of Service: Fourth

Hometown: Palisades Park, NJ

Education: BA, Elementary Education.
Med, Special Education, TCNJ

- Scholarship athlete in cross country and track at Wagner College.
- Wagner school record holder in five events.
- Dolan will work with the Lions women's distance runners.

John Hunter

LaSalle University '93

Year of Service: Third

Hometown: King of Prussia, PA

Education: BA, Biology

- Three-time USATF National Championship competitor in the 100-meter.
- Penn Relays Olympic Development 100-meter Champion in 1996.
- Hunter will coach TCNJ's sprinters.

Philip Jennings

Hamilton '99

Year of Service: First

Hometown: Pennington, NJ

Education: BA, Economics

- Captain of track and cross country teams at Hamilton College.
- Served as distance coach at Rider University from 2002–03.
- Jennings will work with the men's distance runners at TCNJ.

Dan Mullen

TCNJ '00

Year of Service: Fifth

Hometown: Princeton, NJ

Education: BA, Technology

- NCAA Qualifier in the high jump and the decathlon.
- Set Indoor school records in the high jump and the long jump while at TCNJ.
- Named NJAC Most Outstanding Field Event performer in 1999.
- Mullen will coach TCNJ's hurdlers and jumpers.

Herb Rodriguez

Year of Service: Ninth

Hometown: North Bergen, NJ

- 1992 Olympic Games participant for El Salvador in the discus.
- Holds El Salvador and Central American discus and 35-pound weight records.
- Rodriguez will also work with TCNJ's throwers.



2003 TCNJ Cross Country Prospectus

Women's Outlook

The College of New Jersey women's cross country team enters the 2003 season with extremely high expectations, having proved itself among the nation's best programs consistently under the direction of head coach Steve Dolan. The Lions, who took 11th place last season at the NCAA Championships, have placed as one of the Top 15 teams at the NCAAs the last eight years and are hoping to keep the streak alive this season.

Among the season highlights was the program's eighth straight New Jersey Athletic Conference title. The Lions also produced the NJAC Runner of the Year in Beth Vesey, while Sarah Spilman earned All-America honors at the national championship meet. A two-time NJAC Runner of the Year, Vesey returns again this season. An All-American in track in 2001 in the 3,000 meter run, she turned in a personal best effort last year in the 5,000 meter run (17:16) and is expected to challenge for All-America status in cross country this fall.

Spilman, who took 29th place a year ago at the nationals, is back for her junior year and is looking to improve upon last's year effort, that also included a second-place finish at the league championships and a fifth-place finish at the NCAA regionals.

Senior Lindsay Scarborough returns having also earned All-America honors at the 2003 NCAA outdoor championships in the 3,000-meter steeplechase with a third place showing. A Top Five finisher at the NJAC championships, she was also a Top 25 finisher



at the NCAA Regionals last year. Scarborough will help balance the Lions' lineup this coming fall after an impressive junior season.

Additional runners who will be among the contributors for the team this fall are senior Erin Cahill, junior Dana Palumbo, and sophomores Jennifer Zucaro and Briana Bayersdorfer.

The team will also welcome a solid group of newcomers that could impact the team immediately.

Women's Cross Country All-Americans

Year	Name
-------------	-------------

1981	Colleen Casey
------	---------------

	Jo Ann Potts
--	--------------

1982	Colleen Casey
------	---------------

1986	Virginia Zaleski
------	------------------

1996	Amy O'Donnell
------	---------------

	Kerry Moore
--	-------------

	Danielle Breuel
--	-----------------

1997	Kerry Moore
------	-------------

	Michelle Batiato
--	------------------

1998	Noel Whitall
------	--------------

1999	Noel Whitall
------	--------------

	Karen Petouvis
--	----------------

2002	Sarah Spilman
------	---------------



2003 TCNJ Cross Country Prospectus

Men's Outlook

A year ago the Lions finished in ninth place at the 2002 NCAA Division III National Championships, just a few weeks after capturing the program's ninth straight NJAC championship and the NCAA Regional championship. The Lions' ninth place showing comes on the heels of the highest finish of any men's cross country team in school history as the Lions took eighth place in 2001.

The Lions have now finished in the Top 20 in five of the last six years and are looking to build upon the success of recent years. Last year's team also produced an All-America in Nick Ricco, who finished 29th overall at the NCAA championships. Ricco wraps a stellar career having earned All-America honors, while also earning firsts at the NJAC and NCAA Regional Championships.

While the Lions graduate All-American Ricco, they still return three of their top seven runners from last year's NCAA Top Ten team. Joe Lacovara-Switzer, a junior, returns after a strong sophomore season, including a time of 9:22 in the steeplechase in track. Senior Adrian Cline, a Top 10 finisher at the 2002 NJAC's and a Top 15 finisher regionally, is expected to step up here as well. He turned in a time of 14:43 in the 5,000 meters, while running track last spring.

Fellow junior, Brian Donovan also returns, and was a consistent top seven runner a year ago, while a ninth-place showing at the NJAC championships and a Top 25 finish regionally.

Senior Brian Brach and juniors Matt Molski, Chris Burns, and Rob Barger are all expected to be among the Lions' lead finishers. Depth continues to be a strength for the Lions again this season. A strong freshmen class will give the team additional depth and help the Lions down the road.

Men's Cross Country All-Americans

Year Name

1997	Jason Capelli
	Shawn McElhaugh
2000	Eamon O'Brien
2002	Nick Ricco



2003 TCNJ's Cross Country Teams

Women's Roster

Name	Cl. Hometown/High School
Briana Bayersdorfer*	So. River Edge, NJ/River Dell Regional
Adrienne Butler*	Jr. Haddonfield, NJ/Haddonfield Mem.
Erin Cahill**	Sr. Ewing, NJ/The Hun School
Shannon Dawe	Fr. Toms River, NJ/Toms River East
Jenna Fasulo	Fr. Whitehouse Sta., NJ/Hunterdon Central
Lindsay Force	Fr. Flemington, NJ/Hunterdon Central
Jeanette Franko**	Jr. Metuchen, NJ/Metuchen
Kara Horner*	So. Toms River, NJ/Toms River East
Allyson Krayl	Fr. Pt. Pleasant Beach, NJ/Pt. Pleasant Beach
Colsey Moreland	Fr. Marmora, NJ/Ocean City
Grace Nuzzi	Fr. Atco, NJ/St. Joseph
Christine Nystrom	Fr. Skillman, NJ/Montgomery
Kristen Pogorzelski	Fr. Wrightstown, NJ/N. Burlington
Melissa Razo*	Jr. Marlton, NJ/Cherokee
Lindsay Scarborough***	Sr. Mt. Laurel, NJ/Lenape
Erin Sigwart	Fr. Berlin, NJ/Paul VI
Sarah Spilman**	Jr. Long Valley, NJ/West Morris Central
Rachel Van Horn**	Jr. Yardville, NJ/Steinert
Beth Vesey***	Sr. Ramsey, NJ/Ramsey
Patty Wilson	Fr. Lebanon, NJ/North Hunterdon
Jennifer Zucaro*	So. Ridgewood, NJ/Ridgewood

Men's Roster

Name	Cl. Hometown/High School
Marc Altenau	Fr. West Long Branch, NJ/Shore Regional
Robert Barger**	Jr. Voorhees, NJ/Eastern Regional
Craig Beall	Fr. Denville, NJ/Parsippany Hills
Brian Brach***	Sr. Freehold, NJ/Freehold
Chris Burns**	Jr. Harrisburg, PA/Susquehanna
Adrian Cline***	Sr. Haddonfield, NJ/Haddon Township
Brian Donovan**	Jr. East Brunswick, NJ/East Brunswick
Dave dos Santos	Fr. Randolph, NJ/Randolph
Eric Gross**	Jr. Blackwood, NJ/Triton Regional
Greg Howe*	So. Hazlet, NJ/Raritan
Joe Lacovara-Switzer*	Jr. Egg Harbor Twp., NJ/Egg Harbor Twp.
Dan McDonald	So. Monmouth Junction, NJ/S. Brunswick
Matt Molski**	Jr. Sparta, NJ/Sparta
Eric Rooney*	Jr. Mantua, NJ/West Deptford
Pat Slattery	So. Flanders, NJ/Mount Olive
William Vogel*	So. Ocean, NJ/Ocean Township
Jeff Zodda*	So. Mercerville, NJ/Notre Dame

**Indicates Letters Won.*

2003–04 Track and Field Outlook

Women's Track Outlook

TCNJ's women's team kept its NJAC title streak intact in 2003 as it racked up its 11th straight league title outdoors and won the indoor crown for the sixth time since the NJAC started sponsoring an Indoor Track Championship. Overall, TCNJ's women now have won 20 Outdoor NJAC Championships titles. The Lions also finished in 36th place at the indoor and in 11th place at the outdoor NCAA Championships last year.

The Lions' sprinters will provide the team with great strength as they are coming off some impressive showings last year. The Lions find plenty of talent in the sophomore class as three key student-athletes return this year after each earned All-America honors as collegiate newcomers.

Among the returning performers expected to continue to make their impact on the program is sophomore Tiffany Clark. As a rookie, she was the runner-up in the 400 meters at the 2003 NCAA Outdoor Championships and broke TCNJ's school record in the process. Her time of 54.80 also earned her an invitation to the 2003 USA Junior Nationals. Clark was also part of the Lions' All-American 4 x 400 relay team, both indoors and outdoors last year.

Brittney Boyd is another sophomore who helped the Lions immediately upon her arrival on campus, as she set two school records and earned All-America status. Boyd holds the indoor school record in the 200 meters (25.23) as well as the indoor 400 meters (56.81) and teamed to help the Lions earn All-American honors as part of the Lions' indoor and outdoor 4 x 400 relay in 2003.

Kate Powell was part of the Lions' All-American 4 x 400 relay team, both indoors and outdoors, as a rookie. She led off with a time of 57.6 on the way to the group's school record run in the outdoor relay and helped the Lions finish as the national runner-up a year ago.

The women throwers return sophomores Bobbi Jo Leighty and Christine Solomon from last year's NJAC championship team. Leighty was the NJAC runner-up a year ago with a throw of 41' 2" in the shot put, while Solomon was the team's top performer in the discus. Newcomer Ashley Holmes should figure among the point scorers with her ability in the shot put. Returning performers such as senior Kristen DeGarmo and junior Stacy Kehoe provide valuable experience to this group.

The jumps area returns sophomores Lauren Detrick, Alisa Vetter, and Jen Furchak. Detrick had a vault of 10' in the pole vault last season, while Vetter and Furchak each gained valuable experience a year ago and should help a great deal in the horizontal jumps.



Look for newcomer Angela Tecco to make an immediate impact in the long jump. She finished in fourth place in New Jersey last year.

The cross country group should prove quite a force from the 1,500 meter to 10,000 meters events. With the number of strong competitors on the Lions' cross country team, the Lion distance runners will continue to be a key to the team's success in 2004. Among the stars here, look for 2003 NCAA Division III steeplechase competitor, Lindsay Scarborough, who finished third nationally, establishing a school record time of 10:48.70.

Men's Track Outlook

TCNJ's men's team is coming off a very successful year that included championship titles at both the NJAC Indoor and Outdoor Championships, and the team's fifth straight ECAC Indoor Championship in early March. The team posted its highest finish ever at the 2003 NCAA Indoor Championships, taking home fifth place. At the 2003 Outdoor NCAA's, the Lions took 17th place in the team standings, while also producing the program's first male individual national champion, as Nick Ricco won the 5,000 meter run.

Not only have the Lions won every NJAC Indoor Championship since the championship was started six years ago, but the team has run the table since the 1997-98 academic year, winning every NJAC cross country, indoor, and outdoor track championship title. With a number of talented performers returning from last year's squad, including five All-Americans, the Lions are looking forward to another record setting campaign in 2004.

The Lions will get ample support in the sprint and hurdle events from the return of All-Americans, Kevin Semanick, and Karim Cockrell. Cockrell took third place a year ago at the NCAA Indoor Championships in 55-meter dash and fifth in the long jump. He also holds TCNJ's school mark in the 55 meters (6.42) and earned All-American status as a rookie in the 4 x 100 relay. Semanick, who earned CoSIDA National Academic All-America status last year, was also part of the Lions' indoor 4 x 400 relay team that earned All-America honors in 2003. An NCAA qualifier in the 400 meter hurdles at the 2003 NCAA Outdoor Championships, Semanick is a two-time All-American.

Sophomore Stephen Andrews is another of the Lions' returning All-Americans. Part of the squad's All-American outdoor 4 x 100 relay team, Andrews was also a qualifier for the 2003 outdoor championships in the 100 meters.

Junior Tim Wilson should be among the performers the Lions will be looking to for success on the track. An All-American in 2003 in the 4 x 400 indoors, Wilson should be another key performer here for the Lions.



The Lions did lose three-time All-American Mike Polulak in the javelin. They won't have to look too far for his replacement as Jeff Schwerdtman already established himself in his rookie season. A ninth place finish at the 2003 Indoor meet in the shot put, Schwerdtman also holds TCNJ's school mark in the event with a throw of 54' 1". He was also an NCAA provisional qualifier for the 2003 outdoor championships in the discus with a mark of 162'. He was named the 2003 NJAC Outdoor Championship Outstanding Male Athlete of the meet after winning the shot put, the hammer, and taking second in the discus.

The multi-event crew will feature two-time All-American Chad Williams. Williams posted a decathlon score of 6,475 points at the 2002 NCAA Championships to take fifth place and finished in sixth place last year after surpassing his own record effort with a score of 6,516. Keep an eye on sophomore Matthew Klemic, who was an NCAA provisional qualifier in 2003.

Junior Ed Marion will be a key jumper for the Lions after setting the high jump mark as a rookie with his effort of 6' 8 1/4" in 2002. He will be joined by sophomore Ben Samara who jumped 6' 6 1/4" in 2003 and was NJAC Champion. Junior pole vaulter Brian Wanner captured the NJAC title with a jump of 15' in 2003.

The distance unit takes a hit with the graduation of Ricco and two-time Academic All-American Chris Ludwig. Among the cross country runners expected to step up here for the Lions will be senior Joe LaCovara-Switzer, Adrian Cline, and Brian Brach. Look for some younger members of the cross country team to step up here as well as the season progresses. This talented group should prove to be highly successful on the track.



2004 TCNJ Women's Track and Field Team

Name	Cl.	Event(s)	Hometown/High School
Briana Bayersdorfer*	So.	Distance	River Edge, NJ/River Dell Reg.
Michelle Bell	Fr.	Sprints	Warminster, PA/William Tennent
Lisa Bowers*	So.	Pole Vault	Spotswood, NJ/Spotswood
Brittney Boyd*	So.	Sprints	Hackettstown, NJ/Hackettstown
Adrienne Butler***	Sr.	Mid-Distance	Haddonfield, NJ/ Haddonfield Mem.
Erin Cahill***	Sr.	Distance	Ewing, NJ/The Hun School
Tiffany Clark*	So.	Sprints	West Orange, NJ/West Orange
Johane Clermont**	Jr.	Sprints	Jersey City, NJ/St.Mary's
Emily Dalton	Fr.	Hurdles	Woodbury, NJ/Wet Deptford
Stephanie Danella*	Sr.	Hurdles	Piscataway, NJ/Piscataway
Erica Dardaganis	Fr.	Multi-Events	Newton,NJ/Newton
Shannon Dawe	Fr.	Distance	Toms River, NJ/Toms River East
Kristen DeGarmo***	Sr.	Throws	Riverside, NJ/Riverside
Lauren Detrick*	So.	Multi-Events	Surf City, NJ/Rancocas Valley Reg.
Jenna Fasulo*	So.	Distance	Whitehouse Sta.,NJ/ Hunterdon Central
Lindsay Force	Fr.	Mid-Distance	Flemington, NJ/ Hunterdon Central
Jen Furchak*	So.	Sprints/Jumps	Manalapan,NJ/St. John Vianney
Tara Gangi**	Jr.	Javelin	Hewitt, NJ/West Milford
Colleen Ginty**	Sr.	Mid-Distance	Lebanon, NJ/North Hunterdon
Giselle Herrera*	So.	Mid-Distance	Perth Amboy, NJ/Perth Amboy
Ashley Holmes	Fr.	Throws	Summit, NJ/Summit
Kara Horner*	So.	Mid-Distance	Toms River, NJ/Toms River East
Erika Huggler*	So.	Hurdles	Eatontown,NJ/Monmouth Reg.
Rachelle Jenkins*	So.	Throws	Linden,NJ/Linden
Stacy Kehoe**	Jr.	Throws	Middletown, NJ/Middletown S.
Allyson Krayl	Fr.	Distance	Pt.Pleasant Beach,NJ/ Pt.Pleasant Beach
Bobbi Jo Leighty*	So.	Throws	Carneys Point,NJ/Penns Grove
Deanna Lyons	So.	Jumps	Manalapan,NJ/Manalapan
Khristelle Manuyag	Fr.	Sprints/Jumps	Cranford, NJ/Cranford
Danica Miller*	So.	Javelin	Rutherford,NJ/Rutherford
Elyse Mitchell	Fr.	Pole Vault	Cherry Hill,NJ/Cherry Hill East
Colsey Moreland*	So.	Mid-Distance	Marmora,NJ/Ocean City
Grace Nuzzi	Fr.	Distance	Atco, NJ/St. Joseph
Christine Nystrom	Fr.	Distance	Skillman, NJ/Montgomery
Kristen Pogorzeski*	So.	Distance	Wrightstown,NJ/N. Burlington
Kate Powell*	So.	Sprints	Audubon,NJ/Audubon
Melissa Razo**	Jr.	Distance	Marlton, NJ/Cherokee
Lauren Ricci***	Sr.	Mid-Distance	Vineland,NJ/Buena Regional
Erin Sigwart	Fr.	Distance	Berlin, NJ/Paul VI
Christine Solomon*	So.	Throws	Toms River, NJ/Toms River East
Sarah Spilman**	Jr.	Distance	Long Valley, NJ/W. Morris Central
Angela Tecco	Fr.	Sprints/Jumps	Wildwood Crest,NJ/Lower Cape May
Rachel Van Horn**	Jr.	Mid-Distance	Yardville, NJ/Steinert
Beth Vesey***	Sr.	Distance	Ramsey, NJ/Ramsey
Alisa Vetter*	So.	Jumps	Ridgewood, NJ/Ridgewood
Patty Wilson	Fr.	Distance	Lebanon,NJ/North Hunterdon
Jennifer Zucaro**	Jr.	Mid-Distance	Ridgewood,NJ/Ridgewood

**Indicates letters won.*

2004 TCNJ Men's Track and Field Team

Name	Cl.	Event(s)	Hometown/High School
Marc Altenau	Fr.	Distance	W. Long Branch, NJ/Shore Reg.
Stephen Andrews*	So.	Sprints	Kearny, NJ/Kearny
Rob Barger**	Jr.	Distance	Voorhees, NJ/Eastern Regional
Craig Beall	Fr.	Distance	Denville, NJ/Parsippany Hills
Andrew Bordieri***	Sr.	Mid-Distance	Metuchen, NJ/Metuchen
Brian Brach***	Sr.	Distance	Freehold, NJ/Freehold
Maurice Carter**	Jr.	Sprints	Metuchen, NJ/Metuchen
Jason Chao	Fr.	Sprints/ Hurdles	Marlton, NJ/Cherokee
Adrian Cline***	Sr.	Distance	Haddonfield, NJ/Haddon Twp.
Karim Cockrell**	Jr.	Sprints/Jumps	Roselle, NJ/Abraham Clark
Nick Cruz	Fr.	Mid-Distance	Galloway, NJ/Absegami
Matt Dalessio	Fr.	Throws	Marlton, NJ/Cherokee
Rob Delcalzo	Fr.	Sprints	Hasbrouck Hgts., NJ/ Hasbrouck Hgts.
Paul Discepolo	Fr.	Hurdles	W. Long Branch, NJ/CBA
Brian Donovan**	Jr.	Distance	E. Brunswick, NJ/E. Brunswick
Dave dos Santos	Fr.	Mid-Distance	Randolph, NJ/Randolph
Nick Ginga*	So.	Sprints	Glen Gardner, NJ/Voorhees
Dan Golazeski	Fr.	Pole Vault	Ewing, NJ/Notre Dame
Eric Gross**	Jr.	Mid-Distance	Blackwood, NJ/Triton Regional
Greg Howe*	So.	Distance	Hazlet, NJ/Raritan
Matthew Klemic*	So.	Multi-Events	Somers Point, NJ/Mainland Reg.
Alan Kotteles*	So.	Hurdles/ Jumps	Rockaway, NJ/Morris Hills
Joe LaCovaraSwitzer***	Sr.	Distance	Egg Harbor Twp., NJ/ Egg Harbor Twp.
John Leeds*	So.	Distance	Absecon, NJ/Absegami
Ed Marion**	Jr.	Jumps	Parlin, NJ/St. Joseph's Metuchen
Dan McDonald	So.	Mid-Distance	S. Brunswick, NJ/S. Brunswick
Matt Miller**	Jr.	Sprints/Jumps	Ocean City, NJ/Ocean City
Matt Molski**	Jr.	Mid-Distance	Sparta, NJ/Sparta
Colin Pierce	Fr.	Jumps	Ho-Ho-Kus, NJ/N. Highlands
Ed Redmond**	Jr.	Javelin	Rockaway, NJ/Morris Knolls
Eric Rooney*	So.	Distance	Mantlia, NJ/West Deptford
Ben Samara*	So.	Jumps	Pennington, NJ/Hopewell Valley
Cory Schoonover	Fr.	Hurdles	Toms River, NJ/Manchester
Jeff Schwerdtman*	So.	Throws	Jackson, NJ/Jackson Memorial
Kevin Semanick***	Sr.	Sprints/ Hurdles	Lansdale, PA/LaSalle College
Pat Slattery	So.	Distance	Flanders, NJ/Mount Olive
Mike Stomiany*	So.	Sprints/ Hurdles	Old Bridge, NJ/Old Bridge
Chris Tranchina*	So.	Throws	Elberon, NJ/Ocean Township
Pablo Vazquez	Fr.	Multi-Events	East Hanover, NJ/Hanover Park
Bill Vogel**	Jr.	Mid-Distance	Ocean, NJ/Ocean Township
Jeff Walsh*	So.	Throws	Cinnaminson, NJ/Cinnaminson
Brian Wanner**	Jr.	Pole Vault	Long Valley, NJ/W. Morris Central
Jordan Watts	Fr.	Throws	Moorestown, NJ/Moorestown
Chad Williams***	Sr.	Multi-Events	Tabernacle, NJ/Shawnee
Tim Wilson**	Jr.	Sprints	Randolph, NJ/Randolph
Jim Wilusz*	Jr.	Throws	Delran, NJ/Holy Cross
Ed Young	Fr.	Multi-Events	Cape May Courthouse, NJ/ Wildwood Catholic
Dan Zaun	Fr.	Pole Vault	Delran, NJ/Delran
Jeff Zodda*	Fr.	Mid-Distance	Mercerville, NJ/Notre Dame

**Indicates letters won.*

TCNJ'S All-Americans

Women's Track and Field

Year	Name	Event(s)
1981	Debbie Alford	100
	Jill Watts	Javelin
1982	Colleen Casey	5,000*, 10,000*
	Janice Chiavacci	4 x 400
	Judy Hunt	4 x 400
	Jo Ann Potts	4 x 400, 400 H
	Jill Watts	Javelin
	Melissa Wenczel	4 x 400
1983	Colleen Casey	5,000, 10,000
1984	Tonya Anderson	4 x 400*
	Margaret Brent	4 x 100*
	Helene Duffield	4 x 100*
	Sandy Humphrey	4 x 400*, 4 x 100*, 200, 400
	Judy Hunt	4 x 400*, 4 x 100*
	Melissa Wenczel	4 x 400*
1985	Sandy Humphrey	100 H
	Virginia Zaleski	1,500
1986	Michelle Nichol	3,000
	Karen Vance	Javelin
	Virginia Zaleski	1,500
1987	Karen Vance	Javelin
	Virginia Zaleski	3,000*, 1,500
1988	Sue Piekarz	Discus
1989	Janice Meyer	400 H
	Marianne Papay	800, 1,500, 3,000
	Karen Vance	Javelin
	Sue Piekarz	Shot Put, Discus
1990	Janice Meyer	400, 55 HH, 100 HH, 400 H
	Marianne Papay	3,000, 5,000
	Sue Piekarz	Discus
1991	Janice Meyer	55 H, 100 HH, 400 IM
	Sue Piekarz	Discus
1993	Kathy Dougherty	1,500
1995	Missy Blaney	4 x 400, 800
	Marianne Deregibus	4 x 400
	Kristina MacPhee	4 x 400
	Jennifer Wilson	4 x 400
1996	Amy Smith	55
	Marianne Deregibus	400



Continued from previous page

Year	Name	Event(s)
1997	Cathy Miller	5,000
	Amy O'Donnell	5,000 (I & O)
	Marianne Deregibus	400 (I & O), 800 (I & O)
1999	Ovida Habersham	400 (I & O), 4 x 400 (I & O)
	Gina Spaziano	400 (I), 4 x 400 (I & O)
	Katherine Dahlquist	4 x 400
	Kristen Rusak	4 x 400 (I & O)
	Noel Whitall	5,000*, 3,000
	Stacey Damiani	4 x 400
2000	Noel Whitall	5,000 (I & O), 3,000 (O)
	Erica DiStefano	high jump, 100 H (O)
2001	Erica DiStefano	high jump* (I), 55 H (I), 100 H (O), high jump (O)
	Beth Vesey	3,000 (O)
	Janet Andrews	high jump (O)
2002	Erica DiStefano	55 H (I), 100 hurdles (Outdoor), high jump (O)
2003	Brittny Boyd	400 (I), 4 x 400 (I & O)
	Irene Leidenfrost	4 x 400 (I), 4 x 400 (O)
	Tiffany Clark	400 (O), 4 x 400 (I & O)
	Kate Powell	4 x 400 (I & O)
	Lindsay Scarborough	3,000 steeplechase

**National Champions.*

I indicates Indoor.

O indicates Outdoor.

Men's Track and Field

Year	Name	Event(s)
1974	Steve Ondrejack	Shot Put
1975	Joe Deluise	Discus
1976	Joe DeLuise	Discus
	Mark Mirabelli	Javelin
	Keith Taylor	100, Long Jump
1981	Tracey Hosler	Javelin
1982	John Richardson	Javelin
1995	Chris Kalwinsky	400
1997	Ricky Moore	4 x 400 relay
	Luke Suttle	4 x 400 relay
	Dan DiSanto	4 x 400 relay
	Eric Chernikovich	4 x 400 relay
	Jason Capelli	3,000 Steeplechase
1999	Jim Pagnallo	4 x 400
	Don Platvoet	4 x 400
	Luke Suttle	4 x 400
	Eric Chernikovich	4 x 400
2000	Paul Catley	Shot Put
	Mike Polulak	Javelin
2001	Paul Catley	Shot Put (I & O)
	Shawn Levinson	55 hurdles (I)
	Mike Polulak	Javelin

Continued from previous page

Year	Name	Event(s)
2002	Nick Ricco	5,000 (I)
	Shawn Levinson	55 hurdles (I)
	Dave Burns	4 x 400 relay (I)
	Tim Wilson	4 x 400 relay (I)
	Kevin Semanick	4 x 400 relay (I)
	Eric Green	4 x 400 relay (I), 200 (O), 4 x 100 (O)
	Mike Polulak	Javelin (O)
	Karim Cockrell	4 x 100
	Matt Miller	4 x 100
	Bob Dumas	4 x 100
	Chad Williams	Decathlon
2003	Karim Cockrell	55 m (I), Long Jump (I)
	Nick Ricco	5,000 (I), 5,000* (O)
	Jeff Zodda	800 (I)
	Kevin Semanick	4 x 400 (I)
	Eric Green	4 x 400 (I)
	Jesse Mesina	4 x 400 (I)
	Tim Wilson	4 x 400 (I)
	Maurice Carter	4 x 100 (O)
	Stephen Andrews	4 x 100 (O)
	Bob Dumas	4 x 100 (O)
	Shawn Levinson	4 x 100 (O)
	Chad Williams	Decathlon

**National Champions.*

I indicates Indoor.

O indicates Outdoor.



TCNJ Track and Field Records

Women's Indoor Records

Event	Performance	Holder(s)	Year
55m	7.27	Amy Marie Smith	1996
200m	25.23	Brittany Boyd	2003
400m	56.81	Brittany Boyd	2003
500m	1:18.52	Kristina MacPhee	1993
800m	2:14.40	Missy Blaney	1995
1500m	4:33.25	Virginia Zaleski	1987
1 mile	5:06.46	Marianne Papay	1989
3000m	9:56.76	Noel Whitall	2000
5000m	17:01.26	Noel Whitall	2000
60 m HH	9.08	Erica DiStefano	1999
55 m HH	8.19	Erica DiStefano	2001
4 x 200 m	1:42.88	Brittany Body, Irene Leidenfrost, Kate Powell, Tiffany Clark	2003
4 x 400m	3:54.93	Brittany Boyd, Irene Leidenfrost, Kate Powell, Tiffany Clark	2003
4 x 800m	9:32.49	Rachel VanHorn, Jennifer Zucaro, Karen Auteri, Lauren Ricci	2002
SMR 1986	4:22.5	Tonya Anderson, Sandy Humphrey, Chris Magenheimer, Virginia Zaleski	
DMR	12:23.63	Christen Rillo, Catherine Mullen, Kristen Rusak, Karen Petouvis	2000
Long Jump	17' 11 1/2"	Jodi Lautner	1999
High Jump	5' 9 1/4"	Erica DiStefano	2001
Triple Jump	34' 7 1/2"	Lisa Goldbreath/Michelle Brown	1985
Pole Vault	9' 5 3/4"	Lauren Detrick	2003
Shot Put	43' 3"	Sue Piekraz	1990
20lb Wt.	46' 6 3/4"	Celeste Denman	2002
Pentathlon	3284 pts.	Catherine Mullen	1999

Women's Outdoor Records

Event	Performance	Holder(s)	Year
100m	11.97	Amy Marie Smith	1996
200m	24.71	Amy Marie Smith	1996
400m	54.80	Tiffany Clark	2003
800m	2:11.43	Marianne Deregibus	1997
1500m	4:31.6	Virginia Zaleski	1987
3000m	9:37.87	Virginia Zaleski	1987
5000m	16:47	Colleen Casey	1982
10000m	34:42.50	Colleen Casey	1982
3000 m s/c	10:48.70	Lindsay Scarborough	2003
100m HH	14.39	Erica DiStefano	2001
400m IH	1:01.84	Janice Meyer	1991
4 x 100m	47.63	Irene Leidenfrost, Brittany Boyd, Johane Clermont, Tiffany Clark	2003
4 x 200m	1:44.70	Dawn Dietz, Marianne Deregibus, Ovida Habersham, Amy Marie Smith	1997
4 x 400m	3:46.58	Kate Powell, Brittany Boyd, Irene Leidenfrost, Tiffany Clark	2003
4 x 800m	9:34.39	Lauren Ricci, Jennifer Zucaro, Karen Auteri, Rachel VanHorn	2002
4 x 1500m	19:34.39	Kerry Moore, Catherine Miller, Amy O'Donnell, Noel Whitall	1997

Continued from previous page

Event	Performance	Holder(s)	Year
DMR	12:20.13	Maureen Batiato, Mary Ellen Watts, 1990 Kate McCormack, Marianne Papay	
SHR	1:06.9	Michele Kratz, Loreli Boggs, 1990 Jodi Lautner, Janice Meyer	
Pole Vault	10' 0"	Lauren Detrick	2003
High Jump	5' 9 3/4"	Erica DiStefano	2001
Long Jump	18' 6"	Janet Witherspoon	1978
Triple Jump	36' 3/4"	Lisa Goldbreath	1987
Shot Put	43' 3/4"	Sue Piekarz	1991
Discus	163' 0"	Sue Piekarz	1991
Hammer	151' 0"	Celeste Denman	2002
Javelin	156' 6"	Karen Vance	1987
Heptathlon	4,359 points	Melissa Wenczel	1984

Men's Indoor Records

Event	Performance	Holder(s)	Year
55m	6.42	Karim Cockrell	2003
200m	21.97	Eric Green	2002
400m	48.92	Chris Kalwinsky	1995
500m	1:05.1	Joe Wroblewski	1985
800m	1:53.37	Jeff Zodda	2003
1000m	2:29.04	Matt Molski	2003
1500m	3:54.54	Nick Ricco	2003
1 mile	4:16.0	John Bayliss	1982
3000m	8:21.37	Nick Ricco	2003
5000m	14:27.86	Nick Ricco	2003
55m HH	7.53	Shawn Levinson	2002
60 yd HH	7.2	Steve McIntyre	1972
4 x 200m	1:28.43	Bob Dumas, Kevin Semanick, 2002 Dave Burns, Eric Green	
4 x 400m	3:16.21	Eric Green, Kevin Semanick, 2003 Jesse Mesina, Tim Wilson	
4 x 800m	7:49.12	Matt Molski, Mike Armstrong, 2003 Aaron Boucher, Jeff Zodda	
SMR	3:34.46	Tom Casperson, Ron Maugei, 1982 Hakim Allah, John Bayliss	
DMR	10:06.39	Matt Molski, Bob Dumas, 2003 Mike Armstrong, Jeff Zodda	
Long Jump	23' 6 3/4"	Marquis Allen	2002
High Jump	6' 8 3/4"	Dan Mullen	1999
Triple Jump	44' 8 1/4"	Chris Cusmano	1988
Pole Vault	15' 6 3/4"	Rich Hawkins	2001
Shot Put	54' 1"	Jeff Schwerdtman	2003
35lb Wt.	56' 1"	Jim Robinson	2002
Pentathlon	3,582 pts.	Mark Dice	1981

Men's Outdoor Records

Event	Performance	Holder(s)	Year
100m	10.55	Keith Taylor	1976
200m	21.34	Eric Green	2002
400m	47.95	Chris Kalwinsky	1995
800m	1:52.0	Dan DiSanto	1997
1500m	3:50.62	John Bayliss	1982
3000m s/c	9:07.80	Jason Geipel	2000
5000m	14:13.41	Nick Ricco	2002
10,000m	30:52.93	Eamon O'Brien	2001
110HH	14.3	Brian Grey, Otha Miller, Steve McIntyre	1982,'76,'72
400IM	52.84	Dave Burns	2002
4 x 100m	41.11	Karim Cockrell, Eric Green, Matt Miller, Bob Dumas	2002
4 x 200m	1:28.42	Shawn Levinson, Bob Dumas, Don Platvoet, Dave Burns	2001
4 x 400m	3:13.87	Jim Pangallo, Don Platvoet, Luke Suttle, Eric Chernikovich	1999
4 x 800m	7:46.71	Andrew Bordieri, Eric Gross, Aaron Boucher, Matt Molski	2003
4 x 1500m	16:52.35	Jon Harris, Shawn McElhaugh, Jason Capelli, Brian Falkowski	1997
SMR	3:27.95	Luke Suttle, Ricky Moore, Eric Chernikovich, Dan DiSanto	1997
DMR	10:05.92	Matt Molski, Maurice Carter, Mike Armstrong, Aaron Boucher	2003
SHR	1:02.74	Simon Wu, Jack Meredith, Chuck Seipp, Scott Marut	1998
Pole Vault	15' 3"	Rich Hawkins	2000
High Jump	6' 8 1/4"	Ed Marion	2002
Long Jump	23' 9"	Marquis Allen	2002
Triple Jump	45' 1 1/2"	Chris Cusimano	1988
Shot Put	55' 11"	Joe Deluise	1976
Discus	162' 9"	John Crowley	1999
Hammer	173' 1"	Jim Robinson	2002
Javelin (Old)	229' 0"	Tracy Hosler	1981
Javelin (New)	211' 6"	Marc Rullo	1991
Decathlon	6,516 points	Chad Williams	2003

**Times are listed to the 10th are hand times. Times listed to the 100th are FAT.*



2003–04 TCNJ Men's and Women's Cross Country and Track Schedules

Cross Country

August

Sat. 30 **BLUE-GOLD ALUMNI RUN** 9:30 A.M.
(Washington Crossing State Park, Titusville, NJ)

September

Sat. 13 At Connecticut College Invitational 11 A.M.
Sat. 20 at New York University Invitational 10 A.M.

October

Sat. 4 at Paul Short Invitational 9:30 A.M.
Sat. 11 at Rider University Invitational 10:30 A.M.
Sat. 18 at Lafayette College Invitational 10 A.M.
Fri. 24 at Haverford College Invitational 4:30 P.M.

November

Sat. 1 **NJAC CONFERENCE CHAMPIONSHIPS** 10:30 A.M.
(Washington Crossing State Park, Titusville, NJ)
Sat. 15 at NCAA Atlantic Regional Championships 11 A.M.
(Letchworth State Park, Mt. Morris, NY)
Sat. 22 at NCAA Division III Championship 11 A.M.
(Hanover College, Hanover, IN)

Indoor Track

December

Sat. 6 at New Year Invitational (Princeton University)

January

Sat. 17 at University of Delaware Invitational
Sat. 24 at Princeton University Relays
Sun. 25 at Haverford College Invitational
Fri.–Sat. 30–31 at Bison Open at Bucknell University

February

Sat. 7 at Mercer County Duals at
Lawrenceville School with Rider
Fri.–Sat. 13–14 at New York Armory Collegiate Invitational
Sun. 22 at NJAC Indoor Championships
Fri. 27 at New York University Invitational

March

Fri.–Sat. 5–6 at ECAC Championships (Bowdoin College)
Fri.–Sat. 12–13 at NCAA Division III Championships
(Hosted by Wisconsin-Whitewater)

Outdoor Track

March

Sat. 27 at Lafayette College Invitational

April

Fri.–Sat. 2–3 at Sam Howell Memorial (Princeton University)
Sat. 10 at University of Delaware Invitational
Sat. 17 at New Jersey Invitational Meet
at Monmouth University
Thu.–Sat. 22–24 at Penn Relays
Fri.–Sat. 23–24 **LIONS' INVITATIONAL AT TCNJ**

May

Sat. 1 NJAC Championships at Rowan University
Fri.–Sat. 14–15 at IC4A's Championships at Princeton University
Thu.–Sat. 27–29 at NCAA Division III Championships
(Hosted by Concordia College, Moorhead, MN)



The College of New Jersey