

TCNJ

2005-2006

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



2005–2006 Men's and Women's Cross Country and Track and Field Media Guide

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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

Head Coach:	Philip Jennings, Hamilton '99
Office Phone:	609.771.2975
E-Mail Address:	jennings@tcnj.edu
Web Address:	www.tcnjathletics.com
Career Record:	First Season
Assistant Coaches:	Karen Walker and Todd Witzleben

About TCNJ Track and Field

Head Coach:	Eric Mobley LaSalle '93
Office Phone:	609.771.3092
E-Mail Address:	mobley@tcnj.edu
Web Address:	www.tcnjathletics.com
Career Record:	Second Season
Assistant Coaches:	Bryant Adams, Philip Jennings, Andrew Marrocco, Melanie Rhoden, Karen Walker
Athletic Trainer:	Joe Camillone
Assistant Athletic Trainer:	Megan Fries
Equipment Manager:	Tom Isaac

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The College of New Jersey

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

Head Men's and Women's Cross Country Coach



Philip Jennings

Year of Service: First
Hamilton College '99
Birthdate: July 1, 1977
Hometown: Norton, MA
Education: BA, Economics,
Hamilton College; MEd,
Athletic Administration, TCNJ

Philip Jennings will take over the reigns of TCNJ's men's and women's cross country programs this year, replacing Steve Dolan, who left in August of 2004 to pursue a coaching position at Princeton University.

Jennings is no stranger to TCNJ as he has served the past two seasons as the graduate assistant coach for the Lions in both cross country and track and field. A 1999 graduate of Hamilton College, Jennings also possesses a masters' of education degree which he received from TCNJ in May of 2005. Jennings came to TCNJ in the fall of 2003 after serving as an assistant coach for Division I Rider University for one year. While at Rider, he served as the distance coach for the Bronco men and women programs, while also serving as an intern for the athletic department, handling academic enhancement.

A former team captain for the Hamilton College cross country and track and field programs, Jennings earned 11 varsity letters competing in college, while also excelling academically as a Dean's List student. A former resi-

dential advisor and campus tour guide at Hamilton, Jennings also holds a Level One certification, which he earned in June of 2004 from the USATF Coaches Education School.

An economics major at Hamilton, Jennings worked for three years at Zurich Scudder Investments (Boston, MA) following his graduation from college, before pursuing his passion to coach.

Jennings inherits a pair of programs that has dominated the New Jersey Athletic Conference cross country scene. TCNJ's women's squad has won the last 10 straight NJAC titles and 21 of the league's 24 crowns overall. The men's program has won the last 11 straight NJAC championships and 16 crowns overall in the 44-year history of the sport as a league championship. This past fall, the Lions' roster boasted both the men's and women's NJAC Runners of the Year in Matt Molski and Jenna Fasulo.

Jennings resides in Pennington, NJ with his wife, Tara.



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



Eric Mobley

Year of Service: Second LaSalle '93

Birthdate: April 14, 1971

Hometown: Philadelphia, PA

Education: BS, Accounting

In his first season with the Lions, Eric Mobley picked up right where his predecessor left off and helped TCNJ's track and field team win three events at the NCAA Division III Championships, while also helping the women's program finish in fourth place nationally at the 2005 NCAA Division III Outdoor Championships.

Mobley joined TCNJ's athletic staff mid-year and did not miss a beat, replacing Steve Dolan, who had served as the head coach for the Lions since the fall of 1993.

Mobley came to TCNJ from Temple University, where he has served as an assistant track and field coach with the Division I Owls for the last two and one half years. While at Temple, Mobley was involved with the men's program, serving as an assistant, preparing and developing the men's sprinters, jumpers, hurdlers, and middle distance runners.

Prior to joining the Temple staff, he served two seasons as an assistant track and field coach with the University of Akron, prior to a two and half year stint at LaSalle University from September 1997 to September of 2000.

A 1993 graduate of LaSalle University, Mobley has attended the USATF Coaches Education School and holds a Level I certification in track and field. A former Division I athlete at LaSalle, as a senior in 1993, Mobley earned Midwestern Collegiate Conference All-Conference honors and was an All-East performer at the IC4A Indoor Championships in the 400 meter run in 1993. He holds the LaSalle indoor school record in the 400 meter run.

In addition to his role as Temple's assistant track and field coach for two seasons, Mobley also worked as a secondary education teacher with the Community Education Partners in Philadelphia.

Mobley did not let any dust settle in his first year on staff, helping the Lions win both the men's and women's NJAC Indoor and Outdoor Track and Field championships, while the Lion men captured the 2005 ECAC Division III Indoor title and the women finished as the runners-up at the same event. Over the course of the year, he earned NJAC Men's Track and Field Coach of the Year honors for the indoor and outdoor seasons and also coached the league's Indoor Female Athlete of the Year, Erika Huggler and the Outdoor Female Athlete of the Year, Brittany Boyd.

The 2005 season saw the Lions break 18 TCNJ school records, while the indoor program captured the women's national title in the 4 x 400 relay and the outdoor team won three national titles. At the 2005 NCAA Outdoor Championships, TCNJ took home top honors in the women's 400 meter run as well as the 4 x 100 and 4 x 400 relays, which were repeat honors for the program.

At the end of his first season at TCNJ, Mobley had coached 24 All-Americans and four NCAA Division III National Champions. [n](#)



Assistant Coaches



Bryant Adams

Year of Service: First
Temple '05
Hometown: Glendale, MD
Education: BS, Legal Studies and
Marketing

n As a student-athlete at Temple University, he won the Atlantic 10 Outdoor Championships in the 400 meters in both 2002 and 2003.

n As a freshman in 2001, he finished in third place at the Atlantic 10 outdoor championships in the 400 meters.

n He is a former Maryland State finalist in the 400 meters and finished second in the state in the 300 meter hurdles.

n He is a former Maryland State finalist in the 400 meters and finished second in the state in the 300 meter hurdles.



Andrew Marrocco

Year of Service: First
Salisbury '03
Hometown: Sewell, NJ
Education: BS, Exercise Science;
MS Applied Health and
Physiology, '05

n Qualified for the Boston Marathon.

n Two time team MVP.

n Will work with vaulters and throwers.



Melanie Rhoden

Year of Service: Second
Villanova '04
Hometown: Ewing, NJ
Education: BA, Human Services,
Minor Psychology/Sociology

n Returning for a second season as the track and field graduate assistant coach, Rhoden will work with the Lions' sprinters and hurdlers.

n She is working towards a master's degree in counseling at TCNJ.



Karen Walker

Year of Service: Second
TCNJ '01
Hometown: Paramus, NJ
Education: BA, History

n Earned All-America honors in 1999, while competing on TCNJ's cross country team.

n Will assist the program as distance coach for the women's teams.



Todd Witzleben

Year of Service: First
LaSalle University '03
Hometown: West Seneca, NY
Education: BS, Business
Administration

n As a student-athlete at LaSalle University, Witzleben excelled for the Explorers, setting school records in the indoor 5,000 meter run and the 10,000 meter run.

n He is a two-time National Scholar-Athlete in cross country as well as a two-time NCAA Division I qualifier in cross country.

n He will work with TCNJ's distance runners as a graduate assistant coach.

2005 TCNJ Cross Country Prospectus

Women's Outlook

The College of New Jersey women's cross country team enters the 2005 season with extremely high expectations, having proved itself among the nation's best programs consistently in recent years. With former assistant coach, Philip Jennings at the helm of the program as the new head coach, the 2005 Lions should not miss a beat.

TCNJ's women's team has placed in the Top 15 in nine of the last 10 years at the NCAA Division III Championships and this fall should be no different.

Among the 2004 season highlights was the program's 10th straight New Jersey Athletic Conference title. The Lions also produced the NJAC Runner of the Year in Jenna Fasulo, who finished as 2004 Atlantic Regional runner-up and earned an individual spot at the 2004 NCAA Division III National Championship with her time of 22:39.5. In addition, the women's team collected the Division II/III crown at the prestigious Paul Short Run at Lehigh University last year.

With all seven of the team's top runners from last year's NCAA Regional Meet team returning, the prospects are high for a return to the NCAA Championships in 2005. Among the top returnees who all earned All-Atlantic Region honors in 2004 are sophomores Sara Best, Julie Ullmeyer, Erin Enderly, and Jenna Bauberger, as well as junior Kristen Pogorzelski and senior Megan O'Halloran.

In addition to her NJAC Female Cross Country Runner of the Year status in 2004, Fasulo finished in 86th place at the 2004 NCAA Division III Cross Country Championships in the fall. A member of TCNJ's track and field team, she recorded an impressive time of 18:15 in the 5,000 meter run during the outdoor season and captured the 2005 NJAC Indoor and Outdoor titles in the 5,000 meter run as well.

As a sophomore, Pogorzelski, who was a candidate for the CoSIDA Academic All-America team, collected the 2005 NJAC Indoor Championship in the 1,500 meter run and had an impressive time of 4:45.30 in the 1,500 meter run during the outdoor season.

Senior Kara Horner has excelled for the Lions during her career and should continue to provide the team with plenty of depth and talent in her final season. She earned All-Region honors in 2003 after finishing in 17th place and had a strong showing in track in the spring with a time of 4:50 in the 1,500 meter run.

At the 2004 NCAA Atlantic Regionals, Enderly and O'Halloran finished in the Top 20 as Enderly took home 18th place in 23:15.4 and O'Halloran was right behind her in 23:19.2. Ullmeyer had a Top 25 finish as she picked up 23rd place at the same meet.

As a rookie in 2003, Christine Nystrom finished in 13th place at the regionals and went on to finish in 90th in the team scoring at the NCAA championships. Senior Sarah Spilman, who took 29th place at the 2002 nationals, is back for her senior year and is looking to improve that effort. Three years ago she finished in second-place at the NJAC championships and had a fifth-place finish at the NCAA regionals. Spilman will help balance the Lions' lineup this coming fall.

Look for additional support from the likes of returnees such as junior Jenna Prendergast and sophomore Heather Garleb. The team will also welcome a solid group of newcomers that could impact the team immediately. Among the newcomers looking to help the team early on in their careers are Martine McGrath, Megan O'Leary, and Michelle Barbarasch. [n](#)



Women's Cross Country All-Americans

YEAR	NAME	YEAR	NAME
1981	Colleen Casey	1998	Noel Whitall
	Jo Ann Potts	1999	Noel Whitall
1982	Colleen Casey		Karen Petouvis
1986	Virginia Zaleski	2002	Sarah Spilman
1996	Amy O'Donnell	2003	Beth Vesey
	Kerry Moore		
	Danielle Breuel		
1997	Kerry Moore		
	Michelle Batiato		

2005 TCNJ Cross Country Prospectus

Men's Outlook

After winning the NCAA Division III Atlantic Regional Championship in 2004, this year's team will have to recoup from the graduation losses of seven performers, including the 2002 and 2003 NJAC Runner of the Year, Brian Donovan and the 2004 NJAC Runner of the Year, Matt Molski. Despite this hard hit, the Lions return three runners with experience from the NCAA Championships and are riding high after an 18th place finish at the 2004 NCAA Division III Championships.

The Lions have now finished in the Top 20 at the NCAA Division III Championships seven times in the last eight years and three years ago posted a ninth place showing at the 2002 NCAA Division III National Championships. In addition, the 2005 Lions will look to continue the program's dominance in the New Jersey Athletic Conference as the program has won 11 straight NJAC cross country titles and had the male runner of the year in 10 of the last 11 meets.

With that type of program history and momentum, the Lions are looking to build upon the success of recent years. As a rookie, Brian Kopnicki earned All-Atlantic Regional honors after finishing in 16th place at the regionals and was the top finishing freshman at the meet. Over the year, he also collected the NJAC Indoor championship in the 3,000 meter run 8:43.00 and is expected to be among the leaders this year after a strong start to his career.

Five-time track All-American, Jeff Zodda is looking to finish his career in style. As a junior, he collected third place indoors at the NCAA Championships in the 800 meter run and was the national runner-up at the 2005 NCAA Outdoor Championships in the same event. A part of five TCNJ school records, Zodda holds the school's record in the 800 meters (1:49.61) and is part of both the indoor and outdoor record holding 4 x 800 relay and distance medley relays.

Senior Matt Randal is coming off a strong season on the track and is expected to parlay that success into his final cross country season. Among his top times last spring was a 15:28 in the 5,000 meter run and a 4:03 in the 1,500 meters as a junior.

The sophomore class has considerable depth with the likes of Anthony Arnold, Kyle Alpaugh, and Dave dos Santos all returning after strong rookie campaigns. Arnold collected the 2005 NJAC Outdoor Championship in the 10,000 meter run last year, while also recording an impressive time of 15:26 in the 5,000 meter run during the track season. Dos Santos was an All-Atlantic Region team honoree in cross country after taking home 29th place at the regionals in 26:11.8, while Alpaugh finished in 37th place at the regionals and sixth place at the NJAC Championships in 26:06.2.

Junior Marc Altenau is hopeful that he will return to the same form he was as a rookie in 2003 before an injury shortened his season. He was a top seven performer for the Lions early in 2003 and is optimistic that he can return there this year.

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. Among the newcomers expected to make an impact for the team are Greg Bull, Chris Guerriero, Pat DiGiacchino, Ryan McMahon, and Matt Dolan. n



Men's Cross Country All-Americans

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

2005 TCNJ Cross Country Roster

Women's Roster

NAME	CL.	HOMETOWN/HIGH SCHOOL
Michelle Barbarasch	Fr.	Princeton Junction, NJ/West Windsor-Plainsboro-South
Jenna Bauberger*	So.	Oakland, NJ/Indian Hills
Brianna Bayersdorfer***	Sr.	River Edge, NJ/River Dell Regional
Sara Best*	So.	High Bridge, NJ/Voorhees
Justine Carnevale	Fr.	Oceanport, NJ/Shore Regional
Erin Enderly*	So.	Ocean Township, NJ/Ocean Township
Jenna Fasulo***	Sr.	Whitehouse Station, NJ/Hunterdon Central
Lindsay Force**	Jr.	Flemington, NJ/Hunterdon Central
Heather Garleb*	So.	Howell, NJ/Howell
Stephanie Herrick	Fr.	Wayne, NJ/Wayne Valley
Kara Horner***	Sr.	Toms River, NJ/Toms River East
Allyson Krayl**	Jr.	Pt. Pleasant Beach, NJ/Pt. Pleasant Beach
Martine McGrath	Fr.	West Long Branch, NJ/Shore Regional
Christine Nystrom*	So.	Skillman, NJ/Montgomery
Meghan O'Halloran*	Sr.	Pennsauken, NJ/Pennsauken
Megan O'Leary	Fr.	Marlton, NJ/Cherokee
Kristen Pogorzelski**	Jr.	Wrightstown, NJ/Northern Burlington
Jenna Prendergast*	Jr.	Jackson, NJ/Jackson
Sarah Spilman***	Sr.	Ewing, NJ/West Morris Central
Julie Ullmeyer*	So.	West Long Branch, NJ/Shore Regional
Nicole Ullmeyer	Fr.	West Long Branch, NJ/Shore Regional

*Indicates letters won.

Men's Roster

NAME	CL.	HOMETOWN/HIGH SCHOOL
Kyle Alpaugh*	So.	Clinton, NJ/Voorhees
Marc Altenau**	Jr.	West Long Branch, NJ/Shore Regional
Anthony Arnold*	So.	Brielle, NJ/St. Rose
Craig Beall*	So.	Denville, NJ/Parsippany Hills
Greg Bull	Fr.	East Brunswick, NJ/East Brunswick
Pat DiGioacchino	Fr.	Bernardsville, NJ/Bernards
Matt Dolan	Fr.	Marlton, NJ/Cherokee
Dave dos Santos*	So.	Randolph, NJ/Randolph
Christopher Guerriero	Fr.	Saddle Brook, NJ/Saddle Brook
Greg Howe**	Jr.	Hazlet, NJ/Raritan
Galen Johnson*	So.	South Plainfield, NJ/South Plainfield
Steve Kinney*	So.	Green Brook, NJ/Watchung Hills Regional
Brian Kopnicki*	So.	Scotch Plains, NJ/Scotch Plains-Fanwood
Dan McDonald*	Sr.	Monmouth Junction, NJ/South Brunswick
Ryan McMahon	Fr.	Cranford, NJ/Cranford
Matt Randal***	Sr.	Dayton, NJ/South Brunswick
Chris Ricci*	So.	Vineland, NJ/Buena Regional
Kevin Thorpe*	So.	Milltown, NJ/Spotswood
Jeff Zodda***	Sr.	Mercerville, NJ/Notre Dame

*Indicates letters won.

2005-06

TCNJ Track and Field Outlook



Women's Track and Field

TCNJ's women's team kept its NJAC title streak intact in 2005 as it racked up its 13th straight league title outdoors and won the indoor crown for the eighth time since the NJAC started sponsoring an Indoor Track Championship. Overall, TCNJ's women now have won 22 Outdoor NJAC Championships titles. The Lions also finished in fourth place at the 2005 NCAA Division III Outdoor Championships and picked up 11th place at the indoor NCAA Championships last year. For the year, TCNJ had four national champions (outdoor 4 x 100 relay and indoor and outdoor 4 x 400 relay, and the outdoor 400 meters), while six others picked up All-America honors between the indoor and outdoor NCAA Championships.

The Lions' sprinters will provide the team with great strength as they are coming off another impressive season in 2005 that saw TCNJ combine to earn 23 All-America awards. The Lions find plenty of talent in the senior class as four key student-athletes return this year after each earned All-America numerous times during their careers.

TCNJ's indoor track and field team finished as the ECAC Division III Runner-Up and produced the NJAC's Indoor Female Athlete of the meet in Erika Huggler. In addition, the Lions captured the 4 x 400 relay and broke six school records along the way. At the 2005 ECAC Indoor Championships, junior Brittney Boyd scored the most points of any female competitor at the meet and by year's end was named the NJAC's 2004-2005 Female Athlete of the Year.

With a roster overwhelmed with talented returnees, second-year head coach Eric Mobley has high expectations for the team this year.

Among the top returning performers expected to continue to make their impact on the program is senior 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 in 2003 and again in 2004. As a sophomore, she was once again the national runner-up at the 2004 Outdoor championships in the 400 meter run and also helped the Lions win the NCAA's in the 4 x 100 and 4 x 400. Her junior year saw her shine once again, winning three NCAA titles at the 2005 outdoor championships,

including the 400 meter dash. Already a 14-time All-American in her career, Clark owns the school record in the 54.59 in the 400 meter dash and also posted a time of 24.80 in the 200 meter dash in 2004 and a 24.81 in 2005.

Brittney Boyd enters her senior season with an impressive resume as well having already racked up 14 All-America citations in track and field and another in the fall of 2004 as a member of TCNJ's women's soccer team. The NJAC's Female Athlete of the Year, Boyd holds five individual indoor records, one outdoor individual record and is part of five relay records at TCNJ in three years with the team. A 19-time All-NJAC performer on her career, Boyd holds all of TCNJ's sprint records.

Erika Huggler, the NJAC's 2005 Indoor Female Athlete of the Year, returns for a final season after helping the Lions with her skills after winning the 55 meter hurdles and excelling in the 55 meter dash and as part of the Lions' winning 4 x 200 and 4 x 400 relays.

Juniors Angela Tecco and Khristelle Manuyag are building their career resume as well after impressive rookie and sophomore seasons. Both helped the Lions win NCAA titles as freshmen on the 4 x 100 relay and repeated the honors in 2005. Tecco also finished in seventh place at the 2005 NCAA Outdoor Championships in the 800 meters.

As freshmen, Carolyn Gray and Jessica Bonelli started their collegiate careers in style as they helped the Lions win the 4 x 400 indoor championship at the 2005 NCAA's and repeated as NCAA champions in the spring at the 2005 NCAA outdoor Championships. Bonelli is now a three-time All-American and a three-time NCAA champion, while Gray has two NCAA titles under her belt in the indoor and outdoor 4 x 400 relay.

Among the many returnees Mobley will also look to is sophomore Susan Crum, who helped the Lions at the NJAC Championships finishing as the runner-up in the 800 meter run and as part of the Lions' outdoor 4 x 400 relay which won the event. Look for Sara Tomczuk to also be a factor for the Lions after winning the 2005 NJAC Indoor title in the 800 meters and turning in some impressive times during the outdoor season.

The women throwers return seniors Bobbi Jo Leighty and Danica Miller from last year's NJAC championship team. Leighty was the NJAC run-

continued on following page...



Women's Track continued from previous page...

ner-up the past in 2003 and 2004 in the shot put, while Miller had some impressive performances as well in the javelin.

The jumps area returns 2005 NCAA long jump qualifier in Brittany Boyd (18'7 3/4") as well as school record holder, senior Elyse Mitchell. Mitchell holds the school record in the pole vault (10'6") and winning the NJAC indoor title as a junior. Combined with the return of junior Angela Tecco, who has earned multiple All-America honors in the relays for the Lions, the Lions have considerable depth and experience in the jumps area. After red shirting last season, Kari Post should be a major contributor as well for the Lions in the pole vault.

Among the many new faces the Lions will find additional support from Nadine Hurd, who

will help the Lions in the short sprints and the jumps, while Rider University transfer, Jen Cosby gives TCNJ assistance in the hurdles and sprints as well.

Michelle Cornacchia and Stephanie Herrick should also be contributors for the Lions in the hurdles, sprints and relays as the Lions look to maintain their prominence on the national track and field scene.

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 2006. n

2005-06 TCNJ Track and Field Outlook

Men's Track and Field Outlook

TCNJ's men's indoor and outdoor teams are coming off another very successful year that included championship titles at both the NJAC Indoor and Outdoor Championships, as well as the program's sixth ECAC Indoor Championship in the past seven years. At the 2005 NCAA Indoor Championships, TCNJ finished in 26th place in the team standings and produced two All-Americans, while the outdoor team produced the national runner-up in the 800 meter run and took home 28th place in the team standings. As a first-year head coach, Eric Mobley earned Coach of the Year honors from the NJAC in both indoor and outdoor track and field.

During the indoor season, the team established four new school records, while also breaking four outdoor marks as well. Overall on the 2004-2005 season, the Lion men produced three All-Americans as well as a first-team CoSIDA Academic All-American. As a junior, Jeff Zodda led the way for the Lions by taking home the NCAA runner-up title in the 800 meters at the outdoor championships, just months after taking home third place at the indoor championships. Look for Zodda to add to his already impressive resume as a senior leader for TCNJ in 2006. He holds two TCNJ individual records and is part of two school record relay teams, while also having attained five All-America awards.

With a number of talented performers returning from last year's squad, including three All-

Americans, the Lions are looking forward to another record setting campaign in 2006.

In the sprints, TCNJ may return senior Stephen Andrews, who picked up All-America honors with a third place finish at the 2004 NCAA Indoor Championships in the 55 meter dash with a school record time of 6.37.

Andrews, who also excelled for the Lion football team during his career, earned All-America status in 2003 as part of the squad's All-American outdoor 4 x 100 relay team and may return to the track with another year of eligibility under his belt. A year ago, he was a NCAA provisional qualifier in the 100 meters as well as part of the Lions' 4 x 100 outdoor relay.

Another key returnee is senior sprinter, Karim Cockrell. Cockrell was the leading point scorer at the 2005 ECAC Indoor Championships and returns this year after taking home All-NJAC honors in five events at the indoor championships and collecting another at the outdoor championships as part of TCNJ's first place 4 x 100 relay.

Look for sophomores Kyle Gafgen and Pat Flinn to be among the contributors here as well after strong freshmen campaigns. Gafgen was a provisional qualifier for the Lions as part of the 4 x 100 relay and picked up first team All-NJAC honors in the same event at the 2005 NJAC Outdoor Championships. Flinn was a key contributor for the team in the 200 and 400 meter runs as well as the relays and should add depth to the lineup this year as will sophomore





Sullivan Parker. Parker scored for the Lions at the NJAC Championships in the 55 meter dash and in the 200 meter run. Newcomer Rob McGowan could push for some recognition as well after some impressive times in the 100 and 400 meters in high school.

As a Lion newcomer last year, Kevin Jones made an immediate impact for the Lions in the jumps. He proceeded to establish TCNJ's school record in the long jump (7.20 meters), while also qualifying for the NCAA's in the long jump. Also a member of TCNJ's provisional qualifying 4 x 100 relay team, Jones was among the Lions' top sprinter in the 200 meters and on the relays. Mobley will be looking for him to return this season and continue to assist the Lions.

Sophomore Marquis Mitchell set the school record as a rookie in the triple jump (14.0 meters) and will be looked to this year for more contributions in the hurdles and the high jump. Junior Colin Pierce returns this year after winning the NJAC indoor and outdoor triple jump competition. Junior Dan Mitchell was the NJAC runner-up in the triple jump at the indoor championships and picked up third in the high jump at the same meet, while also finishing as the runner-up at the outdoor championship in the long jump and taking third in the triple jump.

Additional depth will come from sophomore Andy Lim, who is another tough competitor in the long jump and the hurdles. Look for junior Ed Young to help the team in the hurdle events after a strong showing as a freshman in 2004 in both the 110 and 400 meter hurdles, and collecting All-America awards at the indoor NCAA's as part of the Lions' sixth place distance medley team.

Senior Jeff Schwerdtman, a returning All-American will also help the Lions in both the discus and shot put events. As a sophomore, Schwerdtman finished in fifth at the 2004 NCAA Outdoor Championships with a school record performance of 171'1" in the discus. An NCAA qualifier in the shot put as well, he is also a two-time NJAC Outstanding Male Field

Athlete pick having won the honors in both 2003 and 2004 at the outdoor conference championships. He earned NJAC honors in 2005 after winning the weight throw and taking home third in the shot at the indoor championships and won the discus at the outdoor championships and was the runner-up in the shot put as a junior. He also holds TCNJ's school record in the shot put (16.54 meters).

Look for senior Brian Hoffman and junior Dan Golazeski to be the leaders for the Lions in the pole vault. The multi-event crew will find talent in the return of senior Sean Begley as well as junior Pablo Vazquez, while newcomers will also figure here as the Lions look to score points in numerous events in 2006. As a rookie, Brian Donatelli tied TCNJ's school record in the 35 pound weight (56'1") and was the NJAC runner-up at the 2005 indoor championships. Kevin Grandstaff will be a key newcomer for the team in the multi-events as well in 2006.

Middle distance will should also be an area of considerable strength for the Lions in 2006 with the return of All-American, Zodda, as well as seniors Dan McDonald and Matt Randal as well as junior Dave dos Santos. This area takes a hit from graduation with the departure of All-Americans Matt Molski, Tim Wilson and Bill Vogel. Mobley will look to newcomers to help the Lions in this area and has several performers that should right into the lineup.

The distance unit takes a hit with the graduation of NCAA qualifier Adrian Cline and Sean Lesniak. The Lions should be led by senior Brian Donovan as well as junior Craig Beall and sophomore Brian Kopnicki. Donovan picked up the 2005 NJAC indoor title in the 5,000 meter run, while Kopnicki was the indoor champion in the 3,000 meter run. Greg Howe will also be a contender here after picking up All-NJAC honors in the 5,000 meters as a junior in 2005, while Anthony Arnold was the 2005 NJAC outdoor champion in the 10,000 meters as a rookie. Look for some of the younger members of the cross country team to also step up here as the season progresses. This talented group should prove to be highly successful on the track. n

2005–2006 TCNJ Track and Field Team

Women's Track and Field Team

NAME	CL.	EVENT(S)	HOMETOWN/HIGH SCHOOL
Michelle Barbarasch	Fr.	Distance	Princeton Junction, NJ/West Windsor-Plainsboro S.
Jenna Bauberger	Fr.	Distance	Oakland, NJ/Indian Hills
Briana Bayersdorfer***	Sr.	Distance	River Edge, NJ/River Dell Regional
Sara Best*	So.	Mid-Distance	High Bridge, NJ/Voorhees
Jessica Bonelli*	So.	Sprints	Sewell, NJ/Gloucester Catholic
Brittney Boyd***	Sr.	Sprints/Jumps	Hackettstown, NJ/Hackettstown
Kendra Boyd	Fr.	Distance	Atlantic Highlands, NJ/Henry Hudson
Kendra Bussey	Fr.	Throws	Burlington, NJ/Burlington Township
Jacquleen Calabrese	Fr.	Hurdles/Jumps	Verona, NJ/Verona
Justine Carnevale	Fr.	Mid-Distance	Oceanport, NJ/Shore Regional
Tiffany Clark***	Sr.	Sprints	West Orange, NJ/West Orange
Michelle Cornacchia	Fr.	Hurdles	Aberdeen, NJ/Matawan Regional
Jennifer Cosby	So.	Hurdles	Roselle, NJ/Abraham Clark
Savannah Creamer*	So.	Hurdles	Penns Grove, NJ/Penns Grove
Susan Crum*	Fr.	Mid-Distance	Andover, NJ/Hopatcong
Erin Enderly*	So.	Distance	Ocean Township, NJ/Ocean Township
Jenna Fasulo***	Sr.	Distance	Whitehouse Station, NJ/Hunterdon Central
Lindsay Force*	Jr.	Mid-Distance	Flemington, NJ/Hunterdon Central
Heather Garleb*	So.	Distance	Howell, NJ/Howell
Kristen Gerbehy	Fr.	Hurdles/Jumps	Califon, NJ/Voorhees
Carolyn Gray*	So.	Sprints	Barnegat, NJ/Southern Regional
Stephanie Herrick	Fr.	Mid-Distance	Wayne, NJ/Wayne Valley
Kara Horner***	Sr.	Mid-Distance	Toms River, NJ/Toms River East
Erika Huggler***	Sr.	Hurdles	Eatontown, NJ/Monmouth Regional
Nadine Hurd	Fr.	Sprints/Jumps	Long Branch, NJ/Long Branch
Allyson Krayl**	Jr.	Mid-Distance	Pt. Pleasant Beach, NJ/Pt. Pleasant Beach
Bobbi Jo Leighty***	Sr.	Throws	Carneys Point, NJ/Penns Grove
Khristelle Manuyag**	Jr.	Sprints/Jumps	Cranford, NJ/Cranford
Martine McGrath	Fr.	Distance	West Long Branch, NJ/Shore Regional
Jenizah Melendez*	So.	Multi-Events	Hillsborough, NJ/Hillsborough
Danica Miller***	Sr.	Javelin	Rutherford, NJ/Rutherford
Elyse Mitchell**	Jr.	Pole Vault	Cherry Hill, NJ/Cherry Hill East
Grace Nuzzi**	Jr.	Distance	Atco, NJ/St. Joseph
Christine Nystrom**	Jr.	Distance	Skillman, NJ/Montgomery
Megan O'Leary	Fr.	Distance	Marlton, NJ/Cherokee
Kristen Pogorzelski***	Sr.	Distance	Wrightstown, NJ/Northern Burlington
Kari Post	Fr.	Pole Vault	Paramus, NJ/Paramus
Jenna Prendergast*	Jr.	Distance	Jackson, NJ/Jackson
Janna Raudenbush	Fr.	Pole Vault	Hellertown, PA/Saucon Valley
Natalie Stabenow*	So.	Jumps/Hurdles	Green Brook, NJ/Watchung Hills
Angela Tecco**	Jr.	Sprints	Wildwood Crest, NJ/Lower Cape May
Lauren Thatcher*	So.	Jumps	Bound Brook, NJ/Bound Brook
Sara Tomczuk*	So.	Sprints	Waretown, NJ/Southern Regional
Kristen Tricocci	Fr.	Sprints/Jumps	Cinnaminson, NJ/Cinnaminson
Julie Ullmeyer	Fr.	Distance	West Long Branch, NJ/Shore Regional
Nicole Ullmeyer	Fr.	Distance	West Long Branch, NJ/Shore Regional
Kristen Znutas	Fr.	Hurdles	Emerson, NJ/Emerson

*Indicates letters won.



2005–2006 TCNJ Track and Field Team



Men's Track and Field Team

NAME	CL.	EVENT(S)	HOMETOWN/HIGH SCHOOL
Kyle Alpaugh	Fr.	Distance	High Bridge, NJ/Voorhees
Marc Altenau*	Jr.	Distance	West Long Branch, NJ/Shore Regional
Anthony Arnold*	So.	Distance	Brielle, NJ/St. Rose
Craig Beall**	Jr.	Distance	Denville, NJ/Parsippany Hills
Sean Begley***	Sr.	Multi-Events	West Milford, NJ/West Milford
Greg Bull	Fr.	Distance	East Brunswick, NJ/East Brunswick
Karim Cockrell***	Sr.	Sprints/Jumps	Roselle, NJ/Abraham Clark
Pasquale DiGiacchino	Fr.	Mid-Distance	Bernardsville, NJ/Bernards
Matt Dolan	Fr.	Distance	Marlton, NJ/Cherokee
Brian Donatelli*	So.	Throws	Whitehorse Station, NJ/Hunterdon Central
Brian Donovan***	Sr.	Distance	East Brunswick, NJ/East Brunswick
Dave dos Santos**	Jr.	Mid-Distance	Randolph, NJ/Randolph
Pat Flinn*	So.	Sprints	Hasbrouck Heights, NJ/Don Bosco Prep
Michael Forbes	Fr.	Sprints	Skillman, NJ/Montgomery
Kyle Gafgen*	So.	Sprints	Robbinsville, NJ/Lawrence
Dan Golazeski**	Jr.	Pole Vault	Lawrenceville, NJ/Notre Dame
Kevin Grandstaff	Fr.	Multi-Events	Succasunna, NJ/Roxbury
Christopher Guerriero	Fr.	Distance	Saddle Brook, NJ/Saddle Brook
Brian Hoffman***	Sr.	Pole Vault	Washington Crossing, PA/Council Rock
Greg Howe***	Sr.	Distance	Hazlet, NJ/Raritan
Galen Johnson*	So.	Distance	South Plainfield, NJ/South Plainfield
Kevin Jones*	Sr.	Sprints/Jumps	Galloway, NJ/Absegami
Steve Kinney*	So.	Distance	Green Brook, NJ/Watchung Hills Regional
Brian Kopnicki*	So.	Distance	Scotch Plains, NJ/Scotch Plains-Fanwood
Andy Lim*	So.	Jumps	Leonia, NJ/Leonia
Dan McDonald**	Sr.	Mid-Distance	South Brunswick, NJ/South Brunswick
Dan Mitchell*	Jr.	Jumps	Mount Laurel, NJ/Lenape
Marquis Mitchell*	So.	Jumps	Bergenfield, NJ/Bergen Tech
Sullivan Parker*	So.	Sprints/Jumps	Bergenfield, NJ/Bergenfield
Colin Pierce**	Jr.	Jumps	Ho-Ho-Kus, NJ/Northern Highlands
Matt Randal**	Sr.	Mid-Distance	Dayton, NJ/South Brunswick
Chris Ricci*	So.	Mid-Distance	Vineland, NJ/Buena Regional
Jeff Schwerdtman***	Sr.	Throws	Jackson, NJ/Jackson Memorial
Kevin Thorpe*	So.	Mid-Distance	Milltown, NJ/Spotswood
Pablo Vazquez**	Jr.	Multi-Events	East Hanover, NJ/Hanover Park
Jeff Walsh***	Sr.	Throws	Cinnaminson, NJ/Cinnaminson
Ed Young**	Jr.	Hurdles/Jumps	Cape May Courthouse, NJ/Wildwood Catholic
Jeff Zodda***	Sr.	Mid-Distance	Mercerville, NJ/Notre Dame

*Indicates letters won.

TCNJ celebrates 2005 NJAC Indoor
Track and Field Team Championship



TCNJ's Track All-Americans

All-Time Women's Track and Field All-Americans

YEAR	NAME	EVENT(S)	YEAR	NAME	EVENT(S)
1981	Debbie Alford	100 (Outdoor)	1996	Amy Smith	55, 4th (Indoor)
	Jill Watts	*Javelin, 1st (Outdoor)		Marianne Deregibus	400, 8th (Outdoor)
1982	Colleen Casey	*5,000, 1st (Outdoor), *10,000, 1st (Outdoor)	1997	Cathy Miller	5,000, 2nd (Indoor)
	Linda Clay	100 H, 9th (Outdoor)		Amy O'Donnell	5,000, 3rd (Indoor)
	Janice Chiavacci	4 x 400, 3rd (Outdoor)		Marianne Deregibus	400, 5th, 2nd (Indoor & Outdoor), 800, 2nd (Outdoor)
	Judy Hunt	4 x 400, 3rd (Outdoor)	1999	Ovida Habersham	400, 5th, 6th (Indoor & Outdoor), 4 x 400, 4th, 8th (Indoor & Outdoor)
	Jo Ann Potts	4 x 400, 3rd (Outdoor), 400 H, 6th (Outdoor)		Gina Spaziano	400, 6th (Indoor), 4 x 400, 4th, 8th (Indoor & Outdoor)
	Jill Watts	*Javelin, 1st (Outdoor)		Katherine Dahlquist	4 x 400, 4th (Indoor)
	Melissa Wenczel	4 x 400, 3rd (Outdoor)		Kristen Rusak	4 x 400, 4th (Indoor), 8th (Indoor & Outdoor)
1983	Colleen Casey	5,000, 6th (Outdoor), 10,000, 2nd (Outdoor)		Noel Whitall	*5,000, 1st (Outdoor), 3,000 4th, (Outdoor)
1984	Tonya Anderson	*4 x 400, 1st (Outdoor)		Stacey Damiani	4 x 400, 8th (Outdoor)
	Margaret Brent	*4 x 100, 1st (Outdoor)	2000	Noel Whitall	5,000, 2nd, 5th (Indoor & Outdoor), 3,000, 6th (Outdoor)
	Helene Duffield	*4 x 100, 1st, (Outdoor)		Erica DiStefano	high jump, 8th (Outdoor), 100 hurdles, 7th (Outdoor)
	Sandy Humphrey	*4 x 400, 1st, (Outdoor), *4 x 100, 1st (Outdoor), 200, 5th (Outdoor), 400, 7th (Outdoor)	2001	Erica DiStefano	*High Jump, 1st (Indoor), 55 hurdles, 4th (Indoor), 100 hurdles, 4th (Outdoor), High Jump, 2nd (Outdoor)
	Judy Hunt	*4 x 400, 1st, (Outdoor), *4 x 100, 1st (Outdoor)		Beth Vesey	3,000, 8th (Outdoor)
	Melissa Wenczel	*4 x 400, 1st, (Outdoor)		Janet Andrews	High Jump, 4th (Outdoor)
1985	Sandy Humphrey	100 H, 4th (Outdoor)	2002	Erica DiStefano	55 hurdles, 2nd (Indoor), 100 meter hurdles, 2nd (Outdoor), High Jump, 3rd (Outdoor)
	Virginia Zaleski	1,500, 8th (Outdoor)	2003	Brittney Boyd	400, 8th (Indoor), 4 x 400, 6th, 2nd (Indoor & Outdoor)
1986	Michelle Nichol	3,000, 5th (Outdoor)		Irene Leidenfrost	4 x 400, 6th (Indoor), 4 x 400, 2nd (Outdoor)
	Karen Vance	Javelin, 5th (Outdoor)		Tiffany Clark	400, 2nd (Outdoor), 4 x 400, 6th, 2nd (Indoor & Outdoor)
	Virginia Zaleski	1,500, 5th (Outdoor)		Kate Powell	4 x 400, 6th, 2nd (Indoor & Outdoor)
1987	Karen Vance	Javelin, 8th (Outdoor)		Lindsay Scarborough	3,000 m steeplechase, 3rd (Outdoor)
	Virginia Zaleski	*3,000, (1st, Outdoor), 1,500, 7th (Outdoor)	2004	Beth Vesey	5,000 m, 2nd (Indoor)
1988	Sue Piekarz	Discus, 2nd (Outdoor)		Brittney Boyd	55 m, 7th (Indoor), 4 x 400, 3rd (Indoor), *4 x 100, 1st (Outdoor), *4 x 400, 1st (Outdoor), 100, 4th (Outdoor)
1989	Janice Meyer	400 H, 6th (Outdoor)		Angela Tecco	4 x 400, 3rd (Indoor), *4 x 400, 1st (Outdoor),
	Marianne Papay	800, 3rd (Outdoor), 1,500, 2nd (Outdoor), 3,000, 4th (Outdoor)		Kate Powell	4 x 400, 3rd (Indoor), *4 x 100, 1st (Outdoor), *4 x 400, 1st (Outdoor)
	Karen Vance	Javelin, 6th (Outdoor)		Tiffany Clark	4 x 400, 3rd (Indoor), 400 m, 2nd (Outdoor), *4 x 100, 1st (Outdoor), *4 x 400, 1st (Outdoor)
	Sue Piekarz	Shot Put, 2nd (Indoor), Discus, 7th (Outdoor)		Khristelle Manuyag	*4 x 100, 1st (Outdoor)
1990	Janice Meyer	400, 5th (Indoor), 55 HH, 3rd (Indoor), 100 HH, 6th (Outdoor), 400 H, 6th (Outdoor)			
	Marianne Papay	3,000, 5th (Outdoor), 5,000, 6th (Outdoor)			
	Sue Piekarz	Discus, 3rd (Outdoor)			
1991	Janice Meyer	55 H, 5th (Indoor), 100 HH, 3rd (Outdoor), 400 IM, 6th (Outdoor)			
	Sue Piekarz	Discus, 2nd (Outdoor)			
1993	Kathy Dougherty	1,500, 5th (Indoor)			
1995	Missy Blaney	4 x 400, 5th (Indoor), 800, 6th (Outdoor)			
	Marianne Deregibus	4 x 400, 5th (Indoor)			
	Kristina MacPhee	4 x 400, 5th (Indoor)			
	Jennifer Wilson	4 x 400, 5th (Indoor)			

Women's Track continued from previous page...

YEAR	NAME	EVENT(S)
2005	Brittney Boyd	55 meters, 7th (Indoors), *4 x 400 relay, 1st (Indoors & Outdoors), *4 x 100 relay, 1st (Outdoors), 100 meters, 4th (Outdoors), 200 meters, 8th (Outdoors)
	Tiffany Clark	400 meters, 6th (Indoors), *4 x 400 relay, 1st (Indoors & Outdoors), *400 meters, 1st (Outdoors), *4 x 100 relay, 1st (Outdoors), 200 meters, 6th (Outdoors)
	Carolyn Gray	*4 x 400 relay, 1st (Indoors & Outdoors)
	Jessica Bonelli	*4 x 400 relay, 1st (Indoors & Outdoors), *4 x 100 relay, 1st (Outdoors)
	Angela Tecco	*4 x 400 relay, 1st (Indoors & Outdoors), 800 meters, 7th (Outdoors)
	Khristelle Manuyag	*4 x 100 relay, 1st (Outdoors)

*Indicates National Champions.

CoSIDA Academic All-Americans

Marianne Papay	Women's At-Large Team	1989, 1990
Noel Whitall	Women's At-Large Team	2000



All-Time Men's Track and Field All-Americans

YEAR	NAME	EVENT(S)
1974	Steve Ondrejack	Shot Put
1975	Joe DeLuise	Discus, 4th (Outdoor)
1976	Joe DeLuise	Discus, 7th (Outdoor)
	Mark Mirabelli	Javelin, 4th (Outdoor)
	Keith Taylor	100, 2nd (Outdoor), Long Jump, 4th (Outdoor)
1981	Tracey Hosler	Javelin, 3rd (Outdoor)
1982	Tracey Hosler	Javelin, 2nd (Outdoor)
	John Richardson	Javelin, 4th (Outdoor)
1995	Chris Kalwinsky	400, 4th (Indoor)
1997	Ricky Moore	4 x 400 relay, 6th (Indoor)
	Luke Suttle	4 x 400 relay, 6th (Indoor)
	Dan DiSanto	4 x 400 relay, 6th (Indoor)
	Eric Chernikovich	4 x 400 relay, 6th (Indoor)
	Jason Capelli	3,000 Steeplechase, 4th (Outdoor)
1999	Jim Pagnallo	4 x 400, 8th (Outdoor)
	Don Platvoet	4 x 400, 8th (Outdoor)
	Luke Suttle	4 x 400, 8th (Outdoor)
	Eric Chernikovich	4 x 400, 8th (Outdoor)
2000	Paul Catley	Shot Put, 4th (Outdoor)
	Mike Polulak	Javelin, 7th (Outdoor)
2001	Paul Catley	Shot Put, 6th, 5th (Indoor & Outdoor)
	Shawn Levinson	55 hurdles, 6th (Indoor)
	Mike Polulak	Javelin, 8th (Outdoor)
2002	Nick Ricco	5,000 m, 2nd (Indoor)
	Shawn Levinson	55 m hurdles, 2nd (Indoor)
	Dave Burns	4 x 400 relay, 6th (Indoor)
	Tim Wilson	4 x 400 relay, 6th (Indoor)
	Kevin Semanick	4 x 400 relay, 6th (Indoor)
	Eric Green	4 x 400 relay, 6th (Indoor), 200 m, 4th (Outdoor), 4 x 100, 6th (Outdoor)
	Mike Polulak	Javelin, 2nd (Outdoor)
	Karim Cockrell	4 x 100, 6th (Outdoor)
	Matt Miller	4 x 100, 6th (Outdoor)
	Bob Dumas	4 x 100, 6th (Outdoor)
	Chad Williams	Decathlon, 5th

YEAR	NAME	EVENT(S)
2003	Karim Cockrell	55 m, 3rd (Indoor), Long Jump, 5th (Indoor)
	Nick Ricco	5,000 m, 3rd (Indoor), 5,000 m* (Outdoor)
	Jeff Zodda	800 m, 6th (Indoor)
	Kevin Semanick	4 x 400, 6th (Indoor)
	Eric Green	4 x 400, 6th (Indoor)
	Jesse Mesina	4 x 400, 6th (Indoor)
	Tim Wilson	4 x 400, 6th (Indoor)
	Maurice Carter	4 x 100, 8th (Outdoor)
	Stephen Andrews	4 x 100, 8th (Outdoor)
	Bob Dumas	4 x 100, 8th (Outdoor)
	Shawn Levinson	4 x 100, 8th (Outdoor)
	Chad Williams	Decathlon, 6th
2004	Stephen Andrews	55 m, 3rd (Indoor)
	Bill Vogel	DMR, 8th (Indoor)
	Ed Young	DMR, 8th (Indoor)
	Jeff Zodda	DMR, 8th (Indoor), 800 m 6th (Outdoor)
	Matt Molski	DMR, 8th (Indoor)
	Chad Williams	Decathlon, 4th (Outdoor)
	Jeff Schwerdtman	Discus, 5th (Outdoor)
2005	Jeff Zodda	800 meters, 3rd (Indoors), 800 meters, 2nd (Outdoors)
	Matt Molski	One mile run, 8th place (Indoors)

CoSIDA Academic All-Americans

Chris Ludwig	Cross Country-Track	2002, 2003
Kevin Semanick	Cross Country-Track	2003, 2004
Matt Molski	Cross Country-Track	2004, 2005

*Indicates National Champions.

TCNJ's Women's Track and Field Records

Women's Indoor Records

EVENT	PERFORMANCE	HOLDER(S)	YEAR	EVENT	PERFORMANCE	HOLDER(S)	YEAR
55m	7.18	Brittney Boyd	2005	4 x 800m	9:32.49	Rachel VanHorn, Jennifer Zucaro, Karen Auteri, Lauren Ricci	2002
60m	7.79	Brittney Boyd	2005	SMR	4:22.5	Tonya Anderson, Sandy Humphrey, Chris Magenheimer, Virginia Zaleski	1986
200m	25.22	Brittney Boyd	2005	DMR	12:19.01	Lindsay Scarborough, Jennifer Zucaro, Lauren Ricci, Angela Tecco	2004
400m	56.81	Brittney Boyd	2003	Long Jump	18' 7 3/4"	Brittney Boyd	2005
500m	1:18.20	Kate Powell	2003	High Jump	5' 9 1/4"	Erica DiStefano	2001
800m	2:14.40	Missy Blaney	1995	Triple Jump	35' 5"	Alissa Vetter	2004
1500m	4:33.25	Virginia Zaleski	1987	Pole Vault	10' 6"	Elyse Mitchell	2005
1 mile	5:06.46	Marianne Papay	1989	Shot Put	43' 3"	Sue Piekraz	1990
3000m	9:56.76	Noel Whitall	2000	20lb Wt.	46' 6 3/4"	Celeste Denman	2002
5000m	17:01.26	Noel Whitall	2000	Pentathlon	3,284 pts.	Catherine Mullen	1999
60m HH	9.08	Erica DiStefano	1999				
55m HH	8.19	Erica DiStefano	2001				
4 x 200m	1:42.88	Brittney Body, Irene Leidenfrost, Kate Powell, Tiffany Clark	2003				
4 x 400m	3:52.79	Brittney Boyd, Carolyn Gray, Angela Tecco, Tiffany Clark	2005				

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

Women's Outdoor Records

EVENT	PERFORMANCE	HOLDER(S)	YEAR	EVENT	PERFORMANCE	HOLDER(S)	YEAR
100m	11.92	Brittney Boyd	2005	4 x 1500m	19:34.39	Kerry Moore, Catherine Miller, Amy O'Donnell, Noel Whitall	1997
200m	24.71	Amy Marie Smith	1996	DMR	12:20.13	Maureen Batiato, Mary Ellen Watts, Kate McCormack, Marianne Papay	1990
400m	54.59	Tiffany Clark	2005	SHR	1:06.9	Michele Kratz, Loreli Boggs, Jodi Lautner, Janice Meyer	1990
800m	2:11.43	Marianne Deregibus	1997	Pole Vault	10' 6"	Elyse Mitchell	2004
1500m	4:31.6	Virginia Zaleski	1987	High Jump	5' 9 3/4"	Erica DiStefano	2001
3000m	9:37.87	Virginia Zaleski	1987	Long Jump	18' 6"	Janet Witherspoon	1978
5000m	16:47.0	Colleen Casey	1982	Triple Jump	36' 3/4"	Alisa Vetter	2004
10000m	34:42.50	Colleen Casey	1982	Shot Put	43' 3/4"	Sue Piekraz	1991
3000 m s/c	10:48.70	Lindsay Scarborough	2003	Discus	163' 0"	Sue Piekraz	1991
100m HH	14.39	Erica DiStefano	2001	Hammer	151' 0"	Celeste Denman	2002
400m IH	1:01.84	Janice Meyer	1991	Javelin	156' 6"	Karen Vance	1987
4 x 100m	47.01	Khristelle Manuyag, Jessica Bonelli, Brittney Boyd, Tiffany Clark	2005	Heptathlon	4,359 points	Melissa Wenczel	1984
4 x 200m	1:40.83	Khristelle Manuyag, Brittney Boyd, Jessica Bonelli, Tiffany Clark	2005				
4 x 400m	3:44.82	Kate Powell, Brittney Boyd, Angela Tecco, Tiffany Clark	2004				
4 x 800m	9:34.39	Lauren Ricci, Jennifer Zucaro, Karen Auteri, Rachel VanHorn	2002				

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

TCNJ's Men's Track and Field Records

Men's Indoor Records

EVENT	PERFORMANCE	HOLDER(S)	YEAR	EVENT	PERFORMANCE	HOLDER(S)	YEAR
55m	6.37	Stephen Andrews	2004	4 x 800m	7:49.12	Matt Molski, Mike Armstrong, Aaron Boucher, Jeff Zodda	2003
60m	6.89	Stephen Andrews	2004	SMR	3:34.46	Tom Casperson, Ron Maugei, Hakim Allah, John Bayliss	1982
200m	21.97	Eric Green	2002	DMR	9:58.85	Matt Molski, Ed Young, William Vogel, Jeff Zodda	2004
400m	48.92	Chris Kalwinsky	1995	Long Jump	7.20 m	Kevin Jones	2004
500m	1:05.1	Joe Wroblewski	1985	High Jump	6' 9"	Ed Marion	2005
800m	1:52.44	Jeff Zodda	2005	Triple Jump	14.0 m	Marquis Mitchell	2004
1000m	2:29.04	Matt Molski	2003	Pole Vault	15' 6"	Rich Hawkins	2001
1500m	3:54.54	Nick Ricco	2003	Shot Put	16.54 m	Jeff Schwerdtman	2004
1 mile	4:09.71	Matt Molski	2005	35lb Wt.	56' 1"	Jim Robinson	2002
3000m	8:21.37	Nick Ricco	2003		56' 1"	Brian Donatelli	2005
5000m	14:27.86	Nick Ricco	2003	Pentathlon	3,582 pts.	Mark Dice	1981
55m HH	7.53	Shawn Levinson	2002	Heptathlon	4,701 pts.	Chad Williams	2004
60 yd HH	7.2	Steve McIntyre	1972				
4 x 200m	1:28.43	Bob Dumas, Kevin Semanick, Dave Burns, Eric Green	2002				
4 x 400m	3:16.21	Eric Green, Kevin Semanick, Jesse Mesina, Tim Wilson	2003				

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

Men's Outdoor Records

EVENT	PERFORMANCE	HOLDER(S)	YEAR	EVENT	PERFORMANCE	HOLDER(S)	YEAR
100m	10.55	Keith Taylor	1976	4 x 1500m	16:52.35	Jon Harris, Shawn McElhaugh, Jason Capelli, Brian Falkowski	1997
200m	21.34	Eric Green	2002	SMR	3:27.95	Luke Suttle, Ricky Moore, Eric Chernikovich, Dan DiSanto	1997
400m	47.95	Chris Kalwinsky	1995	DMR	10:01.37	Sean Lesniak, Sean Begley, Jeff Zodda, Matt Molski	2005
800m	1:49.61	Jeff Zodda	2005	SHR	1:01.59	Cory Schoonhover, Ed Young, Chad Williams, Kevin Semanick	2004
1500m	3:50.62	John Bayliss	1982	Pole Vault	15' 3"	Rich Hawkins	2000
3000m s/c	9:07.80	Jason Geipel	2000	High Jump	6' 8 1/4"	Ed Marion	2002
5000m	14:13.41	Nick Ricco	2002	Long Jump	23' 9"	Marquis Allen	2002
10,000m	30:23.40	Brian Donovan	2005	Triple Jump	45' 1 1/2"	Chris Cusimano	1988
110m HH	14.3	Brian Grey, Otha Miller, Steve McIntyre	1982, 1976 1972	Shot Put	55' 11"	Joe Deluise	1976
400m IM	52.84	Dave Burns	2002	Discus	171' 1"	Jeff Schwerdtman	2004
4 x 100m	41.11	Karim Cockrell, Eric Green, Matt Miller, Bob Dumas	2002	Hammer	173' 1"	Jim Robinson	2002
4 x 200m	1:28.42	Shawn Levinson, Bob Dumas, Don Platvoet, Dave Burns	2001	Javelin (Old)	232' 11 1/2"	Mark Mirabelli	1976
4 x 400m	3:13.87	Jim Pangallo, Don Platvoet, Luke Suttle, Eric Chernikovich	1999	Javelin (New)	211' 6"	Marc Rullo	1991
4 x 800m	7:37.59	William Vogel, Dan McDonald, Matt Molski, Jeff Zodda	2005	Decathlon	6,625 points	Chad Williams	2004

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2005–2006

TCNJ Men's and Women's Cross Country/Track and Field Schedules



2005 Cross Country Schedule

SEPTEMBER

Sat. 3	BLUE-GOLD ALUMNI RUN (at Washington Crossing Park, Titusville, NJ)	9:30 A.M.
Sat. 10	at Connecticut College Invitational (Harkness Memorial Park, Waterford, CT)	11 A.M.
Fri. 23	at Haverford College Invitational (Havertown, PA)	5 P.M.

OCTOBER

Sat. 1	at Paul Short Invitational (Lehigh University, Bethlehem, PA)	10 A.M.
Sat. 15	at University at Albany Invitational (Albany, NY)	10 A.M.
Fri. 21	at Haverford College Invitational (Havertown, PA)	4:30 P.M.
Sat. 29	at NJAC Conference Championships (hosted by Richard Stockton College, Pomona, NJ)	10:30 A.M.

NOVEMBER

Sat. 12	at NCAA Atlantic Regional Championships (Genesee Valley State Park, Rochester, NY)	11 A.M.
Sat. 19	at NCAA Division III Championship (Ohio Wesleyan University, Delaware, OH)	11 A.M.

2005–2006 TCNJ Men's and Women's Indoor Track and Field Schedule

DECEMBER

Sun. 4	at New Year Invitational (hosted by Princeton University)	
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JANUARY

Sat. 14	at University of Delaware Invitational or at NYC Gotham Cup	
Sat. 21	at Princeton University Relays	
Sun. 29	at Haverford College Invitational	

FEBRUARY

Fri.–Sat. 3–4	at Armory Collegiate Invitational (at 168th Street Armory, Manhattan, NY)	
Sun. 5	MERCER COUNTY DUALS (with Rider University at The Lawrenceville School)	
Sat.–Sun. 10–11	at University of Delaware Invitational	
Sun. 19	at New Jersey Athletic Conference Championship (at 168th Street Armory, Manhattan, NY)	
Fri. 24	at NYU Fastrack Invitational (at 168th Street Armory, Manhattan, NY)	

MARCH

Fri.–Sat. 3–4	at ECAC Division III Championships (hosted by Ursinus College, Collegeville, PA)	
Fri.–Sat. 10–11	at NCAA Division III Indoor Track and Field Championships (hosted by St. Olaf College, Northfield, MN)	



2005–2006

TCNJ Men's and Women's Cross Country/Track and Field Schedules



2006 TCNJ Men's and Women's Outdoor Track and Field Schedule

MARCH

Sat. 25 at University of Pennsylvania Invitational (Philadelphia, PA)

APRIL

Sat. 1 at Terrapin Invitational (hosted by the University of Maryland, College Park, MD)

Fri.–Sat. 7–8 at Sam Howell Memorial (hosted by Princeton University, Princeton, New Jersey)

Sat. 15 **NEW JERSEY INVITATIONAL** (hosted by TCNJ)

Sat. 22 at Larry Ellis Invitational (at Princeton University)

Thu.–Sat. 27–29 at Penn Relays (hosted by the University of Pennsylvania)

Fri.–Sat. 28–29 **LIONS' INVITATIONAL** (hosted by TCNJ)

MAY

Sat. 6 at New Jersey Athletic Conference (hosted by Rowan University, Glassboro, NJ)

Fri.–Sun. 12–14 at IC4A Championships (Men Only) (hosted by Princeton University)

Mon. 15 at Tuppeny Twilight Meet (hosted by Villanova University)

Thu.–Fri. 19–20 at ECAC Division III Championships (hosted by Springfield College, Springfield, MA)

Thu.–Sat. 25–27 at NCAA Division III Outdoor Track and Field Championships (hosted by Benedictine University, Lisle, IL)

HOME MEETS APPEAR IN ALL CAPS.

