

LOCK HAVEN UNIVERSITY TRACK AND FIELD



Feb. 26-27 -- at PSAC Championship at East Stroudsburg University
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Lock Haven Track and Field Quick Facts

Name of SchoolLock Haven University
City/State/ZipLock Haven, PA 17745
Founded1870
Enrollment4,500
NicknameBald and Lady Eagles
School ColorsCrimson and White
Home FieldThomas Fieldhouse
AffiliationNCAA Division II
ConferencePennsylvania State Athletic Conference
PresidentDr. Keith T. Miller
Alma MaterUniversity of Arizona
Athletics DirectorSharon E. Taylor
Alma MaterLock Haven
Last PSAC Title:2004
Head Coach:Mark Elliston
Alma Mater:Oklahoma Baptist
Assistant Coaches:Lacy Johnson,
.....Aaron Russell, Chad Warren



The Meet

The Lock Haven University track and field teams will travel to East Stroudsburg University for this year's Pennsylvania State Athletic Conference (PSAC) Championships. The two-day event runs from Feb. 26-27 and features the top runners in the PSAC.

The men's team will look to make it four in a row, as they have won the last three indoor championships. The women's squad looks to improve upon last year's seventh-place finish, but using the momentum from a team championship at the PSAC West Challenge Feb. 13.

Last Time out for LHU

Lock Haven senior track and field standout **Chris Cowan (Horseheads, N.Y./Thomas A. Edison)** had a great weekend with an NCAA Provisional mark and a school record as the track and field teams split the weekend at the Susquehanna Invitational and Kent State Tune-Up.

At Kent State University, Cowan took first in the mile (4:11.54) against largely Division I competition and snapped the school mark with a third-place 8:25.73 in the 3000 meters. Another men's highlight at KSU included a runner-up finish for sophomore **Jim Dempsey (Blue Bell, Pa./Wissahickon)** with a 6-foot-6 leap in the high jump.

For the women's team, sophomores **Mary Ewanich (Cornwall, N.Y./Cornwall)** and **Holly Bofinger (Warminster, Pa./William Tennent)** each broke school records, Ewanich in the 300 meter intermediate hurdles and Robertson in the 3000 meters. Bofinger bettered her own school mark by over 10 seconds.

Ewanich earned second place for her efforts, joined by classmate **Maggie Borden (Hanover, Pa./Delone Catholic)**, who earned runner-up status in the 400 meters.

The throwing squads for both teams took the shorter trip to Susquehanna University for the Susquehanna Invitational. Freshman **Jan Andrews (Chambersburg, Pa./Chambersburg)** continues to impress, as she took first in the shot put with a 41-foot-2 toss. Andrews and junior **Shelly Levy (Philadelphia/West Philadelphia)** took 1-2 in the shot.

Junior **Maria McGettigan (Mesa, Ariz./Mesa C.C.)** tied the school mark with a 49-foot weight throw, leading a 2-3-4 finish for LHU in the event.



Mark Elliston begins his 15th year as head coach of Lock Haven University's track and field squads. Since taking over The Haven, Elliston has coached 27 NCAA track and field All-Americans, including LHU's two individual national champions, two NCAA cross country All-Americans, and numerous NCAA qualifiers.

This past season, Elliston led the LHU women's and men's indoor track and field teams to their second-straight PSAC indoor titles, and both Haven squads were the runner-up at the conference outdoor championships. A school-record 11 individuals and the first relay foursome in program history advanced to the NCAA Division II Outdoor Championships, and a record of six came back with All-America honors. Coach Elliston merited PSAC Women's Coach of the Year during the indoor season then matched that honor with a conference Men's Coach of the Year award following the outdoor season.

Elliston has seen the installation of a new state-of-the-art track during his tenure, which has enabled LHU to host numerous events, including the 1997 and 2003 PSAC Outdoor Track and Field Championships.

Elliston received his bachelor's degree in physical education at Oklahoma Baptist University where he was also a track & field standout. It was there that he garnered All-American honors on three separate occasions and captured the National Association of Intercollegiate Athletics decathlon title in 1986. In the fall of 2000, Elliston was honored by being inducted into Oklahoma Baptist University's Athletic Hall of Fame.

Elliston completed his master's degree in physical education at The Citadel, where he served as an assistant with the track and cross country programs for two years.

Elliston, a native of Shawnee, Okla. and his wife Kelly have two sons, Luke, 15, and Logan, 13.

Last Year at the PSAC Indoor Championship

The Bald Eagle track and field team made it three-in-a-row as it barreled through the two-day 2004 PSAC Indoor Track & Field Championships to claim the team title and continue its streak as the only men's team champion in conference championship history. Haven star **Chris Cowan** was selected the Men's Most Outstanding Track Athlete and the Championships MVP. The Lady Eagles placed seventh overall in the 12-team field, totaling 21 points.

Three Bald Eagles and two relays claimed first-place finishes to help the squad to a 46.5 point victory with a conference meet record of 150 total points. Shippensburg University was the runner-up with 103.5 points and Kutztown University followed in third place with 88 points.

Championship MVP Cowan won the 3000 meters in a fieldhouse record of 8:35.50, and also placed second in the mile run in 4:17.59. The standout Bald Eagle ran the third leg of the winning 4x800 meter relay and also helped out on the second-place distance medley relay which broke a school record with its final time.

Aaron Benson (Mt. Jewett/Kane Area) set a championship-meet record with his win in the 5000 meters, posting a time of 15:05.32.

Andy Pollison followed up his win during the 2003 outdoor season with his first indoor title, winning the event with a height of 15'3".

The men's 4x800 meter relay also captured gold, as **Joe Smolenski, Joe Wiegner (Ivyland/Council Rock), Cowan and Paul Hallman (Langhorne/Neshaminy)** set a meet and fieldhouse record with their winning time of 7:50.11.

The 4x400 meter relay of **Tim Hite (Altoona/Altoona), Tom Skrivanek (St. James, N.Y./Smithtown), Mike Brito (Union, N.J./Union) and Anesu Mushonga** capped off the meet's performance with a decisive victory in the final event, earning the conference hardware in a time of 3:21.11.

The Bald Eagle distance medley relay consisting of **Ryan Blood (Summerdale/East Pennsboro), Wiegner, Hallman and Cowan** finished as the runner-up by less than one second, and their time of 10:07.51 breaks the Haven's four-year old school record in the event.

Junior **Julius Magrino** rewrote his own school record in the 35-pound weight throw, finishing second with a distance of 50'6". **Jacob Merrill** logged an NCAA provisionally qualifying mark of 47'2-3/4" in the triple jump, good enough to place the Bald Eagle senior second overall.

Returning 2004 Indoor PSAC Champions



joe WEIGNER
4x800 relay



tim HITE
4x400 relay



aaron BENSON
5000m



paul HALLMAN
4x800 relay



chris COWAN
3000m
4x800 relay



mike BRITO
4x400 relay



tom SKRIVANEK
4x400 relay

LHU Track and Field Schedule/Results

Date	Event	Result
12/4at Bucknell Blue and Orange
1/14at Kutztown Invitational
1/15at Penn St. Relays
1/22at Bucknell OctogonalM: 4th of 6W: 5th of 7
1/28-29at Bucknell Open
1/28-29at Penn St. National Open
2/4-6at DeSchraver Invitational
2/4-6at NYC Armory
2/12at PSAC West ChallengeW: 1st of 6M: 2nd of 5
2/18at Susquehanna Open
2/19at Kent St. Tune-Up
2/27-28at PSAC Championships(at East Stroudsburg, Pa.)

In the women's competition, the Lady Eagles placed seventh out of the 12 team field with 21 points. Kutztown University won the team title with 124 points followed by Shippensburg University in second place with 97.5 points.

Haven junior **Brooke Rangi (Kawerau, New Zealand/Kawerau College)** placed second in the pentathlon with 3,192 points. **Maggie Borden** was third overall in the 400 meter dash with a time of 59.53, and also anchored the fourth-place 4x400 meter relay. **Melissa Namey, Mary Ewanich, Laura Phillips (York/Central York)** and Borden recorded a time of 4:01.27 to take fourth.

Lock Haven's **Jana Kauffman** was fifth in the mile run, finishing in 5:17.71. **Jessie Williams** led LHU in the throwing events, placing sixth in the 20-pound weight throw with a mark of 45'7".

Lock Haven Women First, Men Second at PSAC West Challenge
The Lock Haven track and field teams posted another strong weekend at the PSAC West Challenge, hosted by Slippery Rock University, as the women's squad won the event and the men's team finished second.

Leading the way for the women's squad was a quartet of event-winners, including senior **Brooke Rangi** who took first in the 55-meter hurdles at 8.65 for the second week in a row. Classmate **Bri Palazzi (Altoona, Pa./Altoona)** added a first-place triple jump and a runner-up in the long jump, while freshman **Ashley Hartman (Garrett, Pa./Berlin Brothersvalley)** and sophomore **Richelle Reed (Georgetown, Pa./South Side)** took first in the 200 meters (27.39) and weight throw (48-feet-7 1/2), respectively.

The Lady Eagles created 185.5 team points, bettering runner-up IUP by 28.5 points in the six-team field.

The men's squad posted three individual championships, two of which were garnered by junior **Fieldon Daubert (Annville, Pa./Annville-Cleonia)** with a 49-foot-11 toss in the shot put and a 47-foot-4 1/2 heave in the weight. Sophomore **Jim Dempsey** added a first-place finish in the high jump to round out the individual champions for the men's squad.

The 4x400 relay squad of **Tim Hite, Paul Hallman, Sean Hvizdak (Bradford, Pa./Bradford)** and **Josh Taylor (Greensburg, Pa./Hempfield Area)** took second place, with three of its members also earning places in other events. Hite took second in the 500 meters, Hallman third in the 300 meters and Taylor third in the 400 meters.

The men's team put together a 156-point performance, just 23 points behind champion IUP.

PSAC Qualifiers

Name	Yr.	Time
Women 55m		
Ashley Hartman	Fr.	7.29
Laura Phillips	So.	7.63
Celia Gower	Fr.	7.78
Talea McKnight	Fr.	7.78
Women 200m		
Hartman	Fr.	26.46
Maggie Borden	So.	27.11
Phillips	So.	27.44
Women 400m		
Borden	So.	59.17
Mary Ewanich	So.	1:02.17
Women 3000m		
Holly Bofinger	R-So.	10:40.83
Sarah Robertson	Jr.	11:00.54
Women 5000m		
April Salinas	Fr.	19:05.39
Robertson	Jr.	19:07.84
High Jump		
Sara McCleary	Sr.	5'3"
Kirsten Schuyler	Fr.	5'1.75"
Amanda Reinmiller	Fr.	5'1"
Pole Vault		
Angela Kramer	Fr.	11'
Stephanie Schiebel	So.	10'4.25"
Long Jump		
Nicole Kulp	Fr.	17'6.5"
Bri Palazzi	Sr.	17'6.25"
Phillips	So.	17'
Schuyler	Fr.	16'0.5"
Triple Jump		
Kulp	Fr.	17'7"
Palazzi	Sr.	36'6.75"
Reinmiller	Fr.	34'3"
Shot Put		
Jen Andrews	Fr.	14'10.25"
Shelly Levy	Jr.	45'6.5"
Weight Throw		
Maria McGettigan	Jr.	49'
Richelle Reed	So.	48'7.5"
Natalie Marsh	Jr.	47'8.5"
Levy	Jr.	45'6.5"
Andrews	Fr.	36'6.25"
4x400 Relay		
Borden, Ewanich, Gower, Hartman		
4x800 Relay		
Bofinger, Davey, Gower, Pierce, Reinmiller		
DMR		
Bofinger, Davey, Gower, Kulp		
Pentathlon		
Reinmiller	Fr.	2585
Angela Pierce	Fr.	2412

Cowan Named Eagle Ford Athlete of the Week
 Senior **Chris Cowan** was named the Eagle Ford Athlete of the Week for his performance during the week ending Feb. 20. This is the first honor for Cowan and the second for the men's track and field team.

Cowan had a handful of dominant performances this past weekend at the Kent State Tune-Up. He was victorious in the mile with an NCAA-provisional 4:11.54, competing against mainly Division I schools. The senior distance whiz later set a school record in the 3000 meters with his third-place finish.

Cowan, Dempsey Take Men's Track and Field Awards
 Senior **Chris Cowan** and sophomore **Jim Dempsey** were named PSAC Athletes of the Week for track and field in their efforts at the Bison Open, the conference office announced today. Dempsey also added an Eastern College Athletic Conference (ECAC) Division II Men's Field Athlete of the Week to his honors.

This is the first PSAC weekly award for Cowan and Dempsey, and the third and fourth for the Lock Haven track and field teams this year. It is also the first ECAC honor for both Dempsey and the team this season.

Cowan ran a pair of conference-best times last week, heading up the league in the mile and the 3,000 meters. His mile time of 4:11.39 is the second best in school history and ranks fifth nationally for this season. The next day he ran a 8:26.14 in the 3,000, besting the school record by six seconds. That time leads all PSAC competition by 14 seconds.

Dempsey took third in the high jump behind two Division I opponents at the Bucknell Bison Open. His mark of 6-8 3/4 provisionally qualifies him for the NCAA Championships and is the best in the conference this season.

Borden Earns Eagle Ford Athlete of the Week
 Sophomore **Maggie Borden** was named the Eagle Ford Athlete of the Week for her performance during the week ending Feb. 6. This is Borden's first honor as athlete of the week and the second appearance for the Lady Eagle track and field team.

Borden turned it up a notch in her 400 meter race at the DeSchraver Invitational peeling off a full second from her season best, finishing in 59.17. She also was a key element of the runner-up 4x400 meter relay team that ran a season-best 4:10.24, as well as the third-place 4x200 meter relay which ran the third-fastest time in LHU history (1:46.84).

Blood, Hartman Sweep PSAC Track Awards
 Sophomore **Ryan Blood** and freshman **Ashley Hartman (Garrett, Pa./Berlin Brothers Valley)** were named PSAC Athletes of the Week for track in their efforts at the Bucknell Heptagonal, the conference office announced today. This is the first weekly award for Blood, Hartman and the Lock Haven track and field teams.

Blood was second in the mile at the Bucknell Heptagonal, competing against just Division I teams. His time (4:15.78) ranks third nationally, is an NCAA provisional-qualifying and PSAC-leading mark. The sophomore harrier also finished fourth in the 3000 meters.

Hartman continues to make an immediate impact for the women's squad, as she has set the school record in the 60 meters in each of her first four meets for LHU. The freshman sprinter also put together the top time in the PSAC in the 200 meters at 26.54 at this week's event.

Split Lock Haven Squads do Damage at New Balance Collegiate and DeSchrivier Invitationals

Headlined by a sensational men's distance medley relay and six individual winners, the Lock Haven track and field teams split to the New Balance Collegiate Invitational at the NYC Armory and the DeSchrivier Invitational at East Stroudsburg University this weekend. The foursome of **Ryan Blood**, **Tim Hite**, **Cory J. Spidell (Home, Pa./Marion Center)** and **Chris Cowan** put together a DMR of 9:57.71 in the NYC Armory that snapped the Pennsylvania State Athletic Conference record and provisionally qualified for the NCAA.

Joining the list with an NCAA qualifying mark at the New Balance Collegiate Invite was sophomore **Aaron Benson** with a 14:52.12 in the 5000 meters.

At the DeSchrivier Invitational, the Haven earned six wins, three each from the men's and women's squads.

For the Lady Eagles, sophomore **Maggie Borden** earned a victory in the 400 meters, while freshman **Angela Kramer (Pottstown, Pa./Pottsgrove)** earned her third win of the season in the pole vault and senior **Brooke Rangi** took first in the 55-meter hurdles.

Ashley Hartman continues her brilliant rookie season by tying the 11-year-old school record in the 55 meter race.

On the men's side, sophomore **Jim Dempsey** took top honors in the high jump, classmate **Chris Robson (Lewisberry, Pa./Red Land)** finished first in the 5000 meters in a meet-record 15:23.46 and the 4x400 relay of Hite, junior **Keith Veldhuis**, sophomore **Shawn Clancy (Hornell, N.Y./Hornell)** and senior **Paul Hallman** earned a victory at ESU as well.

Split Track & Field Squads Continue Success

The Lock Haven track and field teams split performers at both the Bison Open/Pentathlon, hosted by Bucknell University, and the Penn State National Invitational this weekend, posting a total of six school records and three NCAA provisional qualifiers. Each event had competitors from nearly 40 schools, including multiple Division I institutions, but no team scores.

At the Bison Open/Pentathlon, the Lady Eagles had 13 placewinners, including three for **Nicole Kulp (Hatboro, Pa./William Tennent)**, fourth in the long jump, fourth in the triple jump and she also ran a leg of the fifth place DMR.

Freshman **Ashley Hartman** finished second in the 60 meters (7.82) at the Division I dominated meet, breaking her own school record for the fourth-straight competition. Junior **Holly Bofinger** snapped a four-year-old 3000 meter mark, finishing in third place at 10:52.05. Freshman pole-vaulter **Angela Kramer** topped the field with a 10-foot-10 jaunt, the only win of the weekend for LHU.

The men posted 10 placewinners, including **Jim Dempsey's** NCAA provisional mark in the high jump, giving the sophomore third place. Senior **Paul Hallman** nabbed two places, taking sixth in both the 800 meters and the 4x400 meter relay.

Junior **Keith Veldhuis** finished third in the heptathlon, an LHU-record 4,496 points.

LHU brought a smaller squad to the Penn State National Invitational, but they weren't any less successful. LHU posted six placewinners, including senior **Chris Cowan** and sophomore **Ryan Blood** who each hit NCAA provisional marks in the mile and 5000 meters, respectively.

Cowan's mile time of 8:26.14 currently ranks second in the NCAA. Both men hit for school marks as well, Blood with his fourth-place 14:37.49 time in the 5000 meters, good for third in the NCAA, and Cowan with an 8:26.14 time in the 3000 meters.

Freshman distance-runner **Cory J. Spidell** topped a five-year-old LHU record in the 1000 meters, a 15th place finish of 2:29.59.

PSAC Qualifiers

Name	Yr.	Time
Men 400m		
Tim Hite	Jr.	.50.93
Men 800		
Cory J. Spidell	Fr.	1:56.67
Joe Weigner	Sr.	1:58.90
Paul Hallman	Sr.	1:59.93
Mile		
Chris Cowan	Sr.	4:12.19
Ryan Blood	So.	4:15.78
Men 3000m		
Cowan	Sr.	8:27.24
Aaron Benson	So.	8:36.78
Blood	So.	8:44.88
Shawn Moore	Fr.	8:48.29
Billy Buckenmeyer	Jr.	8:51.65
Chris Robson	So.	8:51.98
Greg Davis	Fr.	8:58.00
Men 5000m		
Benson	So.	14:53.92
Robson	So.	15:23.46
Moore	Fr.	15:27.53
Buckenmeyer	Jr.	15:30.11
55m Hurdles		
Keith Veldhuis	Jr.	7.98
Shawn Clancy	So.	8.11
High Jump		
Jim Dempsey	So.	6'8.75"
Frankie Graham, Jr.	Fr.	6'5"
Clancy	So.	6'2"
Long Jump		
Clancy	So.	21'10.5"
Veldhuis	Jr.	21'10.5"
Tom Skrivanek	Sr.	21' 2"
Triple Jump		
Skrivanek	Sr.	42'4.75"
Shot Put		
Fieldon Daubert	Jr.	49'11"
Weight Throw		
Daubert	Jr.	48'2"
Ed Kaminski	So.	46'11.75"
Nathan Aldrich	Fr.	44'0.5"
4x400 Relay		
Clancy, Hallman, Hite, Hvizdzak		
4x800 Relay		
Cowan, Hallman, Spidell, Weigner		
DMR		
Blood, Cowan, Hallman, Hvizdzak		
Pentathlon		
Veldhuis	Jr.	3548
Clancy	So.	3455