



American University



2003 Men's and Women's Track and Field

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NCAA OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Wed. June 11-Sat. June 14 • Hornet Stadium • Sacramento, Calif.

AKBAR AND O'BRIEN TO COMPETE AT NCAA CHAMPIONSHIPS

Seniors **Samia Akbar** and **Sean O'Brien** will represent American University at the NCAA Outdoor Track and Field Championships held June 11 through 14 in Sacramento, Calif. Akbar, running in the 10,000m, will be the first AU female runner ever to compete at the NCAAs in outdoor track. O'Brien will be making his third appearance at the outdoor championships and is in search of his fourth All-American honor. He will be racing in the 1500m where he has earned All-American recognition the past two years.

LAST TIME OUT

At the first-ever NCAA East Regional, **Sean O'Brien** qualified for the NCAA Championships by finishing fourth in the 1500m, running 3:43.41. **Samia Akbar** broke her own school record in the 5000m, finishing eighth in 16:20.62. In the men's 5000m, **Matt Seymour** ran the second fastest time in AU history, running 14:16.06 to place 12th. **Keira Carlstrom** finished fifth in her heat and 18th overall in the 1500m (4:32.60) while **Phil Gaeta** (3:53.81) and **Sean Duffy** (3:54.26) placed 27th and 31st, respectively, in the 1500m.

HEAD COACH MATT CENTROWITZ

Currently in his ninth season as head coach at American University, **Matt Centrowitz** (Oregon '78) has guided the program to national recognition. Centrowitz earned three Patriot League Coach of the Year awards in the 2002-03 year. He was named men's and women's cross country coach of the year after both squads captured the Patriot League title in the fall. Centrowitz was then named Patriot League Men's Track Coach of the Year after leading the Eagles to a third-place finish with athletes in only nine events.



Centrowitz has also coached four different athletes to All-American honors in the past three years. Senior **Sean O'Brien** earned All-American recognition in the outdoor 1500m the last two seasons. This winter, he was joined by classmate **Andy Ellerhorst**, sophomore **Sean Duffy** and freshman **Phil Gaeta** on the distance medley relay squad that placed eighth at the NCAA Indoor Track and Field Championships to earn All-American honors.

A member of the U.S. Olympic Team in 1976 and 1980, Centrowitz is a former U.S. record holder in the 5000m and a four-time national champion in the event. His times are still among the best ever run by an American athlete as his 5000m time is sixth all-time while he is 36th in the mile, 38th in the 1500m and 42nd in the 3000m.

Time Schedule for NCAA Championships

<u>Thursday, June 12</u>	
Men's 1500m Preliminaries	7:25 p.m.
Women's 10,000m Finals	9:00 p.m.
<u>Saturday, June 14</u>	
Men's 1500m Finals	7:50 p.m.
All times are Pacific Daylight Time	



2003 Outdoor Schedule/Results

Date	Opponent	Location/Place
M22	UMBC "Big Dawg" Invitational	NTS
A5	Maryland Invitational	M-3rd, W-8th
A11	Bison Outdoor Classic	NTS
A12	UVA Invitational	M-13th, W-NTS
A19	Morgan State Invitational	M-10, W-12th
A24-26	Penn Relays	NTS
M2-3	Patriot League Championships	M-3rd, W-6th
M11	James Madison Invitational	NTS
M12	Tuppeny Twilight Meet	NTS
M30-31	NCAA East Regional	M-33, W-47th
J11-14	NCAA Championships	Sacramento, Calif.

NTS - No team scoring

American Quick Facts

Location	Washington, DC
Founded	1893
Enrollment	5,249 men & women
Nickname	Eagles
Colors	AU Red, White & Blue
Affiliation	NCAA Division I
Conference	Patriot League
President	Dr. Benjamin Ladner
Vice President, Development	Al Checchio
Director of Athletics	Tom George
Head Coach	Matt Centrowitz (Oregon '78; ninth season)
Assistant Director of Athletic Communications/Track Contact	Nate Kraft
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The latest information on Eagle track and field, including statistics, results, notes, schedules, rosters and athlete information.



ENJOYING THE LONG DISTANCES

After spending much of the early part of her AU career in the middle distances, senior **Samia Akbar** has seen great success in the long distances the last two years. She won the Patriot League indoor and outdoor 5000m in 2002 and then won the Patriot League Cross Country title by over 40 seconds. Akbar qualified for the NCAA Cross Country Championships by finishing fifth in the regional and posted the best finish ever by a Patriot League woman, placing 60th.

Akbar's success continued on the indoor track as she captured the mile at the Patriot League Championships as well as anchored the 4x800m and distance medley relay to victory.

As the schedule turned outdoors, Akbar was faced with a new challenge - the 10,000m. First, she ran a school record-time in the 5000m at the Bison Outdoor Classic, qualifying for the NCAA Regional Championships. Then, at the Penn Relays, Akbar ran the 10,000m for the first time in her career. Running an outstanding race, she just missed the automatic qualifying time, running 34:17.48 to finish second in the Championship of America.

At the Patriot League Outdoor Championships, she repeated in the 5000m, defeating the field by 34 seconds and setting a new Patriot League record. She then finished eighth in the 5000m at the NCAA East Regional, setting a new school record of 16:20.62. Akbar will be taking her second crack at the 10,000m at the NCAA Championships.

2003 Patriot League Outdoor Track Champions

Men		
Name	Event	Time
Hunt, Duffy	4x800m	7:31.99
Gaeta, O'Brien		
Sean Duffy	1500m	3:45.66
Sean O'Brien	800m	1:52.94
Matt Seymour	5000m	14:30.58

Women		
Name	Event	Time
Samia Akbar	5000m	17:02.36
Keira Carlstrom	1500m	4:31.82



A RECORD BREAKING SEASON

Four men's and seven women's outdoor school records were broken by the 2003 AU track team. For the women, five of the records were individual while two relay records were broken. The men set three relay records and one individual record this year.

Senior **Samia Akbar** and freshman **Zaia Wharton** each set two school records this season. Akbar set the school record in the 5000m (16:20.62) at the NCAA East Regional and the 10,000m record (34:17.48) at the Penn Relays. Wharton set the school's 400m record (1:01.91) at the UMBC Invitational and the 800m mark (2:15.77) at the UVA Invitational. Also setting an individual record this year was freshman **Keira Carlstrom** in the 3000m at the Penn Relays (9:45.74).

In the relays, the team of Akbar, Carlstrom, Wharton and junior **Leah Heinecke-Krumhus** broke the school record by nearly 40 seconds in the 4x800m relay at the Patriot League Championships, running 9:14.01. Carlstrom, Heinecke-Krumhus, Wharton and freshman **Emily Price** set the school record in the 4x400m (4:07.22) at the Maryland Invitational.

For the men, senior **Sean O'Brien** was the lone Eagle to break an individual school record. O'Brien ran 1:50.56 in the 800m at the Tuppyeny Twilight Meet to set the new mark.

AU set two school records at the Penn Relays. The team of O'Brien, senior **Andy Ellerhorst**, sophomore **Sean Duffy** and freshman **Phil Gaeta** set a new record in the distance medley relay, running 9:38.78. The next day, Duffy, Gaeta, O'Brien and junior **Matt Seymour** set a new record in the 4xMile relay, running 16:34.35. At the Patriot League Championships, the 4x800m relay team of Duffy, Gaeta, O'Brien and junior **Carlos Hunt** broke the school record en route to winning the Patriot League title in 7:31.99.

ONCE, TWICE, THREE TIMES THE COACH OF THE YEAR

AU head coach **Matt Centrowitz** became the first American University coach to claim three Patriot League Coach of the Year awards when he was named men's track and field coach of the year in early May. Centrowitz led the AU men to a third-place finish despite only competing in nine events. In the fall, he was named Patriot League Coach of the Year for men's and women's cross country after both squads won Patriot League titles.

American University All-Time Track and Field All-Americans

Name	Year	Event
Andrew Bell	1966	400m IH
	1967	400m IH
	1968	400m IH
Peter Chen	1966	Pole Vault
	1968	Pole Vault
Sean Duffy	2003	DMR
Andy Ellerhorst	2003	DMR
Phil Gaeta	2003	DMR
James Hackett	1965	110m HH
Sean O'Brien	2001	1500m
	2002	1500m
	2003	DMR

IN SEARCH OF A FOURTH

Senior **Sean O'Brien** has advanced to the NCAA Championships for the third consecutive year. In

2001 and 2002, O'Brien earned All-American honors in the 1500m. This winter he anchored the



Three-time track All-Americans Andrew Bell and Sean O'Brien

distance medley relay team to an eighth place finish and All-American honors at the NCAA Indoor Track and Field Championships. If he can earn All-American honors again this spring, O'Brien will become the first AU athlete ever to be named an All-American four times. Currently, he is tied with **Andrew Bell** (men's track), **Michael Brady** (men's soccer) and **Tim Miller** (men's swimming) for the most All-American awards at American with three.

AU IN THE NCAAs

With the men's and women's track and field teams competing at the NCAA Regional Championships, 10 of the 19 programs at American University will have competed in NCAA competition in 2002-03.

The women's lacrosse, men's soccer, women's soccer, men's tennis and volleyball teams all qualified for the NCAA Tournament earlier this year. Individuals from women's cross country, men's swimming, men's indoor track and field and the two outdoor track and field squads also reached the NCAA Championships this year.

AU has five All-Americans this year and is looking to add to that total this June in Sacramento, Calif. at the track and field championships.



Samia Akbar

Distance • Senior • 5-8 • Herndon, Va./Oakton

Top Career Outdoor Times

800m - 2:18.47 1500m - 4:27.66* 3000m - 10:18.19 5000m - 16:20.62* 10,000m - 34:17.48*
 * indicates school record

Akbar Notes: American University's most decorated female runner ever ... holds five indoor and three outdoor school records ... also ran on two indoor relays and two outdoor relays that set school marks. **2002–03:** NCAA individual qualifier in cross country and outdoor track and field ... All-Patriot League First Team in cross country, indoor track and outdoor track

Trackwire Dandy Dozen - Women's 10,000m

Rank	Athlete	School
1	Vicky Gill	Florida State
2	Kate O'Neill	Yale
3	Laura O'Neill	Yale
4	Annie Bersagel	Wake Forest
5	Alicia Craig	Stanford
6	Kristin Price	N.C. State
7	Alison Henderson	William & Mary
8	Samia Akbar	American
9	Debbie Thornhill	Baylor
10	Sabrina Monro	Washington
11	Jaime Krzyminski	Michigan State
12	Molly Austin	Colorado

Patriot League Indoor Track Runner of the Meet ... Patriot League Champion in the indoor mile in school record time (4:55.59) ... ran on the league indoor champion 4x800m and DMR squads ... Patriot League Champion in the outdoor 5000m (17:02.36) ... three-time Patriot League Track Athlete of the Week ... won the Navy Invitational (18:10.08) and Maryland Invitational (17:37) in cross country ... finished fifth at the NCAA Mid-Atlantic Regional (21:03.1) ... posted best finish ever for a Patriot League female at the NCAA Championships (20:55.5) ... set school record in the 3000m while winning the Maryland Invitational in 9:43.50 ... finished third at the George Mason Invitational to set the school record in the 1000m (2:53.35) ... won the 5000m at the Bison Outdoor Classic while setting a school record of 16:37.70 ... finished second at the Penn Relays in the Championship of America 10,000m in 34:17.48 to qualify for the NCAA Championships and set a new school record ... set a new school record with her eighth place finish in the 5000m at the NCAA East Regional (16:20.62) ... Patriot League Academic Honor Roll in cross country. **2001–02:** Patriot League Indoor and Outdoor Champion in the 5000-meters ... earned All-League honors with her sixth-place finish at the Patriot League Cross Country Championships



(23:02.50) ... ran 21:25.07 to place 14th at the NCAA Mid-Atlantic Regional Meet earning All-Region honors ... named ECAC Player of the Week (12/12) ... second in the 1500-meters at the Patriot League Outdoor Championships (4:34.17) ... provisionally qualified for the NCAA Outdoor Championships in the 5000m at the Penn Relays, where she ran 16:44.36 to finish eighth ... earned All-East honors by finishing seventh in the 5000m at the ECAC Championships (16:43.38). **2000–01:** Second in the 5000m at the CAA Championships (17:22.25) ... finished eighth at the CAA Cross Country Championships (22:30.83) ... won the 1000-meters at the Lehigh Triangular (3:13.4) ... won the 3000-meters at the Terrapin Invitational in 10:18.19 ... finished second in the 1500m at the Bucknell Income Tax Classic and the Maryland Invitational. **1999–2000:** Placed fifth in the 5000m at the CAA Championships (17:59.52) ... crossed the line in 5:26.58 to finish second in the mile at the Rutgers Invitational ... finished third in the 3000m at the Bucknell Invitational (10:53.15). **High School:** Captain of the cross country team ... two-time MVP for cross country and track ... highest point scorer on the track team sophomore year. **Personal:** Daughter of Linda and Harun Akbar ... siblings are Nadia and Nailah ... majored in psychology.



NCAA 10,000m Entries

Rank	Athlete	School	Time
1	Vicky Gill	Florida State	33:14.98
2	Kate O'Neill	Yale	33:18.51
3	Laura O'Neill	Yale	33:18.86
4	Annie Bersagel	Wake Forest	33:23.52
5	Kristin Price	N.C. State	33:27.78
6	Jamie Krzyminski	Michigan State	33:29.98
7	Sabrina Monro	Washington	33:32.28
8	Debbie Thornhill	Baylor	33:34.85
9	Kristen Ogden	Brigham Young	33:35.83
10	Molly Austin	Colorado	33:41.03
11	Alicia Craig	Stanford	33:42.29
12	Alison Henderson	William & Mary	33:55.23
13	Jane Maxwell	Virginia	33:58.69
14	Beth Fonner	N.C. State	34:11.88
15	Penny Splichal	Arkansas	34:14.15
16	Samia Akbar	American	34:17.48
17	Emily Kroshus	Princeton	34:19.54
18	Sarah Folse	Virginia	34:24.22
19	Nicole Lee	Georgetown	34:26.03
20	Adriana Pirtea	Texas-El Paso	34:27.05
21	Adriana Zalucka	Akron	34:30.25
22	Ariana Lee	Montana State	34:33.46
23	Kate Bradshaw	Washington	34:43.37
24	Tara Struyk	West Virginia	34:45.34
25	Brianna Torres	Colorado	34:47.38
26	Loretta Kilmer	Columbia	34:47.46
27	Cynthia Losee	Weber State	34:48.44
28	Erin Moffett	DePaul	35:00.47

2003 Outdoor Meet-By-Meet Results for Akbar

Date	Meet	Event	Time	Place
4/5/03	Maryland Invitational	1500m	4:39.98	3rd
4/11/03	Bison Outdoor Classic	5000m	16:37.70	1st
4/24/03	Penn Relays	10,000m	34:17.48*	2nd
5/3/03	PL Championships	5000m	17:02.36	1st
5/30/03	NCAA East Regional	5000m	16:20.62*	8th

* indicates personal best time



Sean O'Brien

Middle Distance/Distance • Senior • 5-10 • Tewksbury, Mass./Winnisquam Reg.

Top Career Outdoor Times

800m - 1:50.56* 1500m - 3:41.29* Mile - 4:04.47* 3000m - 8:20.68 5000m - 14:20.03

* indicates school record

O'Brien Notes: The best middle distance runner in AU history ... three-time All-American ... holds three indoor school records and three outdoor school records ... also ran on two indoor school record and three outdoor school record relays.

2002-03: Earned indoor All-American honors as the anchor leg of the DMR squad that finished eighth ... all-Patriot League First Team in cross country, indoor track and outdoor track ... Patriot League Indoor Champion in the

Trackwire Dandy Dozen - Men's 1500m

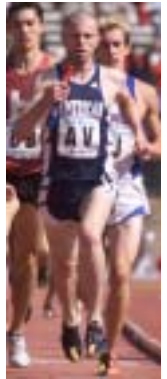
Rank	Athlete	School
1	Richard Kiplagat	Iona
2	Chris Mulvaney	Arkansas
3	Grant Robison	Stanford
4	Nick Willis	Michigan
5	Said Ahmed	Arkansas
6	Tom Parlapiano	Villanova
7	Michael Taylor	Arkansas
8	Martin Robeck	Minnesota
9	Brendon Mahoney	Georgia Tech
10	Sean O'Brien	American
11	Joel Atwater	Weber State
12	Chris Lukezic	Georgetown

League Cross Country Championships (26:13.23) ... won the 1000m at the Rutgers Invitational in a school-record time of 2:25.04 ... won the mile at the Maryland Invitational (4:12.23) ... won the 800m at the Maryland Invitational (1:53.09) and the Tuppeny Twilight Meet (1:50.56) ... won the 5000m at the Bison Outdoor Classic in the third fastest time ever at AU (14:20.03) ... ran on the DMR squad that placed seventh at the Penn Relays and the 4xMile team that finished fifth in the Championship of America ... placed second at the Patriot League Championships in the 1500m in 3:46.14 to qualify for the NCAA Regional meet ... finished second in his heat and fifth overall in the preliminaries at the NCAA East Regional (3:48.34) ... placed fourth in the NCAA East Regional finals in the 1500m in the third-fastest time of his career to qualify for the NCAA

Championships (3:43.41) ... Patriot League Academic Honor Roll in cross country. **2001-02:** Earned All-American honors for his 11th-place finish in the 1500-meters at the NCAA Outdoor Championships ... placed 12th at the Patriot League Cross Country Championships (25:56.30) ... All-League in indoor and outdoor track ... set the Patriot League indoor record in the mile, winning in 4:03.38 ... also a part of the Patriot League Indoor and Outdoor Champion 4x800m relay ... finished second in the Patriot League Outdoor Championships in the 800m (1:52.49) ... won the George Mason Fall Classic in a time of 25:34.66 ... set the school record and provisionally qualified for the NCAA Indoor Championships in the mile at the NYRR



Collegiate Invitational (4:02.00) ... automatically qualified for the NCAA Outdoor Championships in the 1500m at the Cardinal Qualifier, where he set a new school record and finished third (3:41.29) ... set new school record in the 800m in Boston (1:50.82) ... anchored the DMR squad that won the College Division at the Penn Relays and the 4xMile team that finished seventh in the Championship of America ... Patriot League Academic Honor Roll in cross country. **2000-01:** Received All-America honors after his tenth-place finish in the 1500m at the NCAA Championships in June ... finished 22nd at the CAA Cross Country Championships (26:01.29) ... placed second in the 1500m at the CAA Outdoor Championships (3:47.58) ... provisionally qualified for the NCAA Outdoor Championships running 3:42.73 at the James Madison Invitational ... finished eighth in the Olympic Development Mile at the Penn Relays (4:04.47) ... won the 800m at the Income Tax Classic and the Terrapin Invitational ... won the 1500m at the Terrapin Invitational and the Navy Invitational. **1999-2000:** Named the 1999 CAA Cross Country Rookie of the Year after his 13th place finish ... placed fifth at the CAA Outdoor Track Championships in the 1500m (3:53.34) ... won the 1500m at the adidas/Washington-Baltimore 2012 Invitational in an indoor school record time of 3:58.78 ... finished fourth in the Millrose Games in the mile (4:14.93) ... won the 1500m at the Navy Invitational and the mile at the Rutgers Invitational. **High School:** New Hampshire State Champion in one and two miles ... fourth in New England in two mile ... third in state in cross country and second in wrestling ... All-State selection in cross country, outdoor track, and wrestling. **Personal:** Son of Cornelius and Karen O'Brien ... has a sister, Shannon ... majored in health promotion.



NCAA 1500m Entries

Rank	Athlete	School	Time
1	Kip Kangogo	Brigham Young	3:41.39
2	John Jefferson	Indiana	3:41.53
3	James Hatch	Arkansas	3:41.76
4	Chris Mulvaney	Arkansas	3:42.31
5	Joel Atwater	Weber State	3:42.48
6	David Freeman	Kentucky	3:42.65
7	Said Ahmed	Arkansas	3:42.72
8	Blake Boldon	SW Missouri State	3:42.73
9	Ryan Ponsonby	Texas	3:42.85
10	Martin Robeck	Minnesota	3:42.88
11	Mike Taylor	Arkansas	3:42.89
12	Tom Parlapiano	Villanova	3:42.93
13	Grant Robison	Stanford	3:43.07
14	Jorge Torres	Colorado	3:43.14
15	Richard Kiplagat	Iona	3:43.25
16	Hunter Spencer	Kentucky	3:43.27
17	Brendon Mahoney	Georgia Tech	3:43.30
18	James Bowler	Nebraska	3:43.36
19	Sean O'Brien	American	3:43.41
20	Chris Lukezic	Georgetown	3:43.59
21	Brent Wilberts	Drake	3:43.61
22	Nathan Robison	Brigham Young	3:43.90
23	Eric Garner	Washington	3:44.37
24	John Russell	Washington	3:44.65
25	Nick Willis	Michigan	3:45.45
26	Paul Michel	Colorado State	3:48.00

2003 Outdoor Meet-By-Meet Results

Date	Meet	Event	Time	Place
4/5/03	Maryland Invitational	800m	1:53.09	1st
4/11/03	Bison Outdoor Classic	5000m	14:20.03*	1st
5/3/03	PL Championships	800m	1:52.94	1st
		1500m	3:46.14	2nd
5/12/03	Villanova Invitational	800m	1:50.56*	1st
5/30/03	NCAA East Regional	1500m	3:48.34	5th
5/31/03	NCAA East Regional	1500m	3:43.41	4th

* indicates personal best time

American Men's 2003 Top Times

200-Meter Dash

IC4A 21.70; NCAA Regional 21.20; School Record 21.74

1.	21.99	Andy Ellerhorst	5/2/03
2.	22.01	Andy Ellerhorst	4/12/03
3.	22.33	Andy Ellerhorst	5/3/03
4.	22.37	Andy Ellerhorst	4/5/03
5.	22.87	Andy Ellerhorst	4/19/03
6.	23.30	Chris Buerger	4/12/03
7.	23.92	Greg Vogt	4/12/03

400-Meter Dash

IC4A 48.10; NCAA Regional 47.45; School Record 47.44

1.	49.28	Andy Ellerhorst	4/5/03
2.	49.43	Andy Ellerhorst	4/19/03
3.	49.59	Andy Ellerhorst	5/3/03
4.	50.51	Chris Buerger	4/19/03
5.	50.75	Ed Topolewski	3/22/03
6.	50.82	Ed Topolewski	4/5/03
7.	51.05	Chris Buerger	4/5/03
8.	51.65	Chris Buerger	3/22/03
9.	52.97	Greg Vogt	3/22/03
10.	53.07	Greg Vogt	4/5/03
11.	53.74	Michael Edwards	3/22/03
12.	54.67	Greg Vogt	4/19/03

800-Meter Run

IC4A 1:51.60; NCAA Regional 1:51.15; School Record 1:50.56

1.	1:50.56	Sean O'Brien	5/12/03
2.	1:51.37	Phil Gaeta	4/19/03
3.	1:51.46	Phil Gaeta	4/12/03
4.	1:52.94	Sean O'Brien	5/3/03
5.	1:53.09	Sean O'Brien	4/5/03
6.	1:53.37	Sean Duffy	4/5/03
7.	1:54.30	Sean Duffy	5/3/03
8.	1:59.22	Ed Topolewski	4/12/03
9.	2:00.07	Ed Topolewski	4/5/03
10.	2:00.17	Michael Edwards	4/19/03
11.	2:00.68	Michael Edwards	5/3/03
	2:00.68	Michael Edwards	4/12/03
13.	2:00.88	Michael Edwards	4/5/03

1500-Meter Run

IC4A 3:50.80; NCAA Regional 3:50.00; School Record 3:41.29

1.	3:43.41	Sean O'Brien	5/31/03
2.	3:45.66	Sean Duffy	5/3/03
3.	3:46.14	Sean O'Brien	5/3/03
4.	3:48.12	Phil Gaeta	5/3/03
5.	3:48.34	Sean O'Brien	5/30/03
6.	3:48.54	Sean Duffy	4/5/03
7.	3:51.42	Phil Gaeta	4/5/03
8.	3:51.72	Phil Gaeta	5/11/03
9.	3:53.05	Matt Seymour	5/11/03
10.	3:53.81	Phil Gaeta	5/30/03
11.	3:54.26	Sean Duffy	5/30/03
12.	3:55.54	Sean Duffy	5/12/03
13.	3:55.98	Matt Seymour	4/12/03
14.	3:56.67	Frank Malpigli	4/12/03
15.	3:59.03	Frank Malpigli	4/19/03

16.	3:59.12	Carlos Hunt	3/22/03
17.	3:59.50	Carlos Hunt	4/19/03
18.	4:01.11	Patrick MacAdie	4/12/03
19.	4:02.13	Patrick MacAdie	3/22/03
20.	4:03.25	Pat Burford	4/5/03
21.	4:04.07	Pat Burford	4/12/03

3000-Meter Steeplechase

IC4A 9:15.50; NCAA Regional 9:12.00; School Record 8:59.44

1.	9:16.06	Carlos Hunt	5/3/03
2.	9:30.24	Carlos Hunt	4/5/03
3.	9:31.14	Carlos Hunt	4/12/03

5000-Meter Run

IC4A 14:35.00; NCAA Regional 14:25.00; School Record 14:09.64

1.	14:16.06	Matt Seymour	5/30/03
2.	14:20.03	Sean O'Brien	4/11/03
3.	14:20.52	Sean Duffy	4/11/03
4.	14:30.58	Matt Seymour	5/3/03
5.	14:42.23	Patrick MacAdie	5/3/03
6.	14:52.03	Patrick MacAdie	4/5/03
7.	15:22.16	Will Knox	3/22/03
8.	15:23.08	Matt Barresi	4/5/03
9.	15:29.03	Will Knox	4/12/03
10.	15:35.02	Matt Barresi	3/22/03
11.	15:49.52	Matt Barresi	4/12/03
12.	16:20.35	Phil Turner	4/12/03
13.	16:28.17	Phil Turner	4/5/03

10,000-Meter Run

IC4A 31:15.00; NCAA Automatic 29:00.00;

NCAA Provisional 29:45.00; School Record 31:20.95

1.	31:30.49	Frank Malpigli	5/2/03
2.	32:08.07	Danny Maurer	5/2/03
3.	32:12.57	Matt Barresi	5/2/03

4x400 Meter Relay

IC4A 3:17.00; NCAA Regional 3:11.50; School Record 3:15.44

1.	3:17.18	Buerger, Ellerhorst, Topolewski, Gaeta	5/3/03
2.	3:28.17	(No names)	4/12/03
3.	3:28.47	Buerger, Gaeta, O'Brien, Vogt	4/5/03

4x800 Meter Relay

IC4A 7:43.60; School Record 7:31.99

1.	7:31.99	Hunt, Duffy, Gaeta, O'Brien	5/2/03
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Distance Medley Relay

School Record 9:38.78

1.	9:38.78	Duffy, Ellerhorst, Gaeta, O'Brien	4/25/03
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4xMile Relay

School Record 16:34.35

1.	16:34.35	Gaeta, O'Brien, Seymour, Duffy	4/26/03
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American Women's 2003 Top Times

200-Meter Dash

ECAC 24.74; NCAA Regional 24.00; School Record 26.97

1.	27.91	Emily Price	4/12/03
2.	28.28	Emily Price	4/5/03
3.	28.36	Emily Price	3/22/03
4.	28.40	Catie Poppe	4/12/03
5.	28.64	Catie Poppe	4/5/03
6.	28.85	Catie Poppe	4/19/03
7.	29.61	Katie Bassler	4/19/03
8.	29.65	Catie Poppe	3/22/03
9.	29.94	Katie Bassler	4/5/03
10.	30.88	Katie Bassler	3/22/03

400-Meter Run

ECAC 56.44; NCAA Regional 55.00; School Record 1:01.91

1.	1:01.91	Zaia Wharton	3/22/03
2.	1:07.59	Katie Bassler	3/22/03
3.	1:08.03	Catie Poppe	3/22/03

800-Meter Run

ECAC 2:11.44; NCAA Regional 2:10.30; School Record 2:15.77

1.	2:15.77	Zaia Wharton	4/12/03
2.	2:16.59	Keira Carlstrom	5/3/03
3.	2:18.24	Zaia Wharton	4/5/03
4.	2:18.44	Zaia Wharton	5/3/03
5.	2:21.38	Zaia Wharton	5/11/03
6.	2:22.19	Leah Heinecke-Krumhus	4/12/03
7.	2:24.89	Leah Heinecke-Krumhus	3/22/03
8.	2:24.97	Leah Heinecke-Krumhus	4/5/03
9.	2:26.29	Leah Heinecke-Krumhus	4/19/03
10.	2:27.79	Megan Simpson	4/5/03
11.	2:28.20	Megan Simpson	4/12/03
12.	2:32.62	Christina Huang	4/5/03

1500-Meter Run

ECAC 4:32.44; NCAA Regional 4:31.00; School Record 4:27.66

1.	4:29.71	Keira Carlstrom	5/11/03
2.	4:31.82	Keira Carlstrom	5/3/03
3.	4:32.54	Keira Carlstrom	4/5/03
4.	4:32.60	Keira Carlstrom	5/30/03
5.	4:38.45	Keira Carlstrom	3/22/03
6.	4:39.98	Samia Akbar	4/5/03
7.	4:42.50	Zaia Wharton	4/19/03
8.	5:12.20	Whitney McNees	3/22/03
9.	5:26.61	Ashley Futrell	4/12/03
10.	5:27.45	Kaitlyn Lavender	4/5/03
11.	5:30.17	Ashley Futrell	4/19/03
12.	5:30.27	Kaitlyn Lavender	3/22/03
13.	5:33.29	Kaitlyn Lavender	4/12/03
14.	5:33.55	Ashley Futrell	4/5/03

3000-Meter Run

School Record 9:45.74

1.	9:45.74	Keira Carlstrom	4/24/03
2.	12:56.83	Jessica Daniel	4/12/03

5000-Meter Run

ECAC 17:32.14; NCAA Regional 17:00.00; School Record 16:20.62

1.	16:20.62	Samia Akbar	5/30/03
2.	16:37.70	Samia Akbar	4/11/03
3.	16:45.72	Keira Carlstrom	4/11/03
4.	17:02.36	Samia Akbar	5/3/03
5.	17:35.41	Jen Baclawski	4/11/03
6.	19:27.12	Jessica Daniel	3/22/03
7.	19:27.50	Jessica Daniel	4/5/03
8.	19:30.64	Whitney McNees	5/3/03

10,000-Meter Run

ECAC 37:40.00; NCAA Automatic 34:10.00;

NCAA Provisional 35:15.00; School Record 34:17.48

1.	34:17.48	Samia Akbar	4/24/03
2.	37:11.79	Jen Baclawski	5/2/03

4x400-Meter Relay

ECAC 3:51.84; NCAA Regional 3:45.50; School Record 4:07.22

1.	4:07.22	Carlstrom, Wharton, Heinecke-Krumhus, Price	4/5/03
2.	4:18.60	(No names)	4/12/03

4x800-Meter Relay

ECAC 9:25.24; School Record 9:14.01

1.	9:14.01	Heinecke-Krumhus, Carlstrom, Akbar, Wharton	5/2/03
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American Men's All-Time Outdoor Top-10

100-Meter Dash (100y+.9)

1.	10.84	Wilbert Smith	1970, '73
2.	10.94	Andrew Bell	1966
3.	11.04	Ben Amos	1960
	11.04	Winfred Beale	1972
	11.04	Rick Holden	1973
6.	11.10	Andy Ellerhorst	2000
7.	11.14	Wesley Hall	1971
8.	11.41	John Campbell	2000
9.	11.84	Jim Easterling	1974

200-Meter Dash (220y-.1)

1.	21.74	Andrew Bell	1968
2.	21.80	Andy Ellerhorst	2001
3.	21.94	Bob Campbell	1963
4.	22.04	Wilber Smith	1973
5.	22.44	Rick Holden	1973
6.	22.63	John Campbell	5/3/02
7.	22.74	Winfred Beale	1973
8.	23.30	Chris Buerger	4/12/03
9.	23.59	Ed Topolewski	2001
10.	23.74	Greg Vogt	4/12/03

400-Meter Dash (440y-.3)

1.	47.44	Andrew Bell	1968
2.	47.74	Bob Campbell	1964
3.	48.80	Andy Ellerhorst	2001
4.	49.58	Ed Topolewski	2001
5.	49.84	Paul Britt	1965
6.	50.51	Chris Buerger	4/19/03
7.	51.82	John Campbell	2000
8.	52.30	Michael Reilly	4/13/02
9.	52.84	Wilber Smith	1973
10.	52.94	George Muschamp	1971

800-Meter Run (880y-1.0)

1.	1:50.56	Sean O'Brien	5/12/03
2.	1:51.37	Phil Gaeta	4/19/03
3.	1:51.54	Dan Frye	1967
4.	1:52.38	Sean Duffy	5/4/02
5.	1:53.14	Andy Harp	1973
6.	1:53.53	Jovens Colas	5/4/02
7.	1:54.51	Mike Reilly	2001
8.	1:55.44	Ed Ball	1964
9.	1:56.85	Jose Morales	2000
10.	1:58.34	Will Rayel	2000

1500-Meter Run

1.	3:41.29	Sean O'Brien	5/10/02
2.	3:44.03	Sean Duffy	5/10/02
3.	3:48.12	Phil Gaeta	5/3/03
4.	3:52.34	Clark Woods	1975
5.	3:52.96	Matt Seymour	4/20/02
6.	3:52.99	Frank Malpigli	4/20/02
7.	3:55.98	Jovens Colas	2001
8.	3:56.00	Will Rayel	2000
9.	3:57.47	Carlos Hunt	2001
10.	4:00.91	Patrick MacAdie	4/20/02

Mile Run

1.	4:04.47	Sean O'Brien	2001
2.	4:07.64	David Reinhart	1973
3.	4:09.74	Dan Reeks	1969
4.	4:11.94	Gary Cohen	1973
5.	4:12.14	Clark Woods	1977
6.	4:14.94	David Legge	1973
7.	4:21.54	Buzz Agniel	1966
8.	4:22.14	Andy Harp	1970
9.	4:23.34	Ed Orem	1963
10.	4:26.14	Dan Frye	1965

3000-Meter Run (Two-mile-37.0)

1.	8:08.04	Gary Cohen	1973
2.	8:20.68	Sean O'Brien	2001
3.	8:24.89	Matt Seymour	2001
4.	8:35.04	Dan Reeks	1969
5.	8:35.11	Patrick MacAdie	3/16/02
6.	8:37.46	Frank Malpigli	3/16/02
7.	8:58.57	Carlos Hunt	2001
8.	9:00.74	Jan Braathen	1963

3,000-Meter Steeplechase

1.	8:59.44	David Reinhart	1973
2.	9:16.06	Carlos Hunt	5/3/03
3.	9:29.14	Clark Woods	1975
4.	9:32.64	Larry Scheid	1973
5.	9:45.74	Buzz Agniel	1966

5000-Meter Run (Three-mile+37)

1.	14:09.64	Gary Cohen	1973
2.	14:16.06	Matt Seymour	5/30/03
3.	14:20.03	Sean O'Brien	4/11/03
4.	14:20.52	Sean Duffy	4/11/03
5.	14:35.14	David Reinhart	1974
6.	14:42.23	Patrick MacAdie	5/3/03
7.	14:50.72	Frank Malpigli	2001
8.	14:52.04	Matthew Cooke	2001
9.	14:56.14	Lyons	1973
	14:56.14	David Legge	1973

10,000 Meter Run

1.	31:20.95	Frank Malpigli	2001
2.	31:35.46	Matthew Cooke	2001
3.	32:08.07	Danny Maurer	5/2/03
4.	32:12.57	Matt Barresi	5/2/03

6 Mile Run

1.	28:14.14	Gary Cohen	1974
2.	29:13.74	John Davis	1974
3.	31:32.14	Sean McGinnis	1974

110-Meter HH (120yHH=110mHH)

1.	14.64	Jim Hackett	1963
2.	15.04	Andrew Bell	1967
3.	15.74	Paul Hackett	1971

400-Meter Int. Hurdles (440y-.3)

1.	49.54	Andrew Bell	1968
2.	52.04	Jim Hackett	1964
3.	58.14	Dorion Damoorqian	1974

4x100-Meter Relay (440 Relay-.2)

1.	42.04	Early, Bell, Campbell, Frye	1966
2.	42.54	Early, Bell, Campbell, Frye	1966
	42.54	Holden, Beale, Yates, Smith	1973
4.	42.64	Holden, Beale, Yates, Smith	1973
5.	42.74	(No names)	1971
6.	42.84	O'Neil, Hackett, Ball, Campbell	1964
7.	43.24	Hall, Whyte, Beale, Smith	1971
	43.24	(No names)	1971
9.	43.34	(No names)	1971
10.	44.47	Campbell, Edwards, Topolewski, Reilly	5/4/02

4x400-Meter Relay (Mile Relay+1.2)

1.	3:15.44	Bell, Campbell, Fields, Frye	1966
2.	3:17.18	Buerger, Ellerhorst, Topolewski, Gaeta	5/3/03
3.	3:17.74	Boroto, Hackett, Ball, Campbell	1964
4.	3:18.74	Bell, Frye, Campbell, Fields	1966
5.	3:19.78	Colas, Reilly, Campbell, Topolewski	5/4/02
6.	3:20.34	Barber, Bell, Frye, Campbell	1966
7.	3:24.84	(No names)	1968
8.	3:26.42	(No names)	2000
9.	3:27.42	Colas, Topolewski, Campbell, Edwards	4/6/02
10.	3:28.17	(No names)	4/12/03

4x800-Meter Relay (Two-mile-3.0)

1.	7:31.99	Hunt, Duffy, Gaeta, O'Brien	5/2/03
2.	7:36.75	Reilly, Colas, Duffy, O'Brien	5/3/02
3.	7:41.94	Sheehan, Barber, Agniel, Frye	1968
4.	7:46.00	(No names)	2000
5.	7:47.77	(No names)	2000
6.	7:48.04	(No names)	2001
7.	8:10.14	Viehe, Boroto, Hackett, Ball	1963
8.	8:26.77	Morales, Young, Repka, Barresi	3/23/02

4 x Mile Relay

1.	16:34.35	Gaeta, O'Brien, Seymour, Duffy	4/26/03
2.	16:39.86	Duffy, Malpigli, Seymour, O'Brien	4/27/02

Sprint Medley Relay

1.	3:43.44	Easterling, Beale, Holden, Williams	1974
2.	3:44.54	Muschamp, Beale, Smith, Visotsky	1971

Distance Medley Relay (DMRy+5.0)

1.	9:38.78	Duffy, Ellerhorst, Gaeta, O'Brien	4/25/03
2.	9:48.89	Duffy, Ellerhorst, Colas, O'Brien	4/26/02
3.	10:13.78	(No names)	2000
4.	10:24.74	Campbell, Bell, Frye, Agniel	1966
5.	10:38.44	Harp, LaViolette, Reinhart, Pawlowski	1971
6.	11:14.94	Morgan, Viehe, Boroto, Orem	1964

Long Jump

1.	23' 1.5"	Norman Early	1965
2.	19' 1.5"	Winfred Beale	1971

Triple Jump

1.	46' 7.5"	Gordon Stiles	1968
2.	46' 2.5"	Norman Early	1964

High Jump

1.	6'4"	Peter Holmes	1968
2.	6' 3.125"	Ben Still	1963

Pole Vault

1.	16'6 1/2"	Peter Chen	1968
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Shot Put

1.	46' 3.5"	Al Dillard	1961
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Discus

1.	137' 0.5"	Ed Moffet	1943
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Javelin (after 1986)

1.	98' 0.25"	Scott McCready	2000
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Javelin (pre 1986)

1.	188'6.5"	Dori Strum	1969
2.	175'	Duquette	1973
3.	172' 3"	Hank Schneiderheinze	1963

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American Women's All-Time Outdoor Top-10

100-Meter Dash (100y+.9)

1.	12.65	Chanel Spriggs	4/6/02
2.	13.07	Deborah Cohen	2000
3.	13.17	Maria Weeries	2000
4.	13.65	Damarah Rhymer	4/20/02
5.	13.69	Jenyce Woodruff	4/6/02
6.	13.90	Marissa Schoenfeld	4/20/02
7.	14.38	Chanel Hunt	4/6/02

200-Meter Dash (220y-.1)

1.	26.97	Jina Lewis	2000
2.	27.01	Maria Weeries	2000
3.	27.64	Deborah Cohen	2000
4.	27.91	Emily Price	4/12/03
5.	28.58	Catherine Poppe	4/12/03
6.	29.31	Shondrea Horton	2001
7.	29.61	Katherine Bassler	4/19/03
8.	30.01	Marissa Schoenfeld	3/23/02
9.	30.72	Nefertiti Thompson	2000
10.	30.79	Sandra Bozik	3/23/02

400-Meter Dash (440y-.3)

1.	1:01.91	Zaia Wharton	3/22/03
2.	1:03.77	Deborah Cohen	2001
3.	1:04.16	Liz Krashes	4/20/02
4.	1:05.30	Leah Heinecke-Krumhus	4/6/02
5.	1:05.53	Shondrea Horton	4/20/02
6.	1:07.59	Katherine Bassler	3/22/03
7.	1:08.03	Catherine Poppe	3/22/03
8.	1:10.04	Anjolie Phukan	2000
9.	1:11.85	Nicole Eldredge	2000

800-Meter Run (880y-1.0)

1.	2:15.77	Zaia Wharton	4/12/03
2.	2:16.57	Keira Carlstrom	5/3/03
3.	2:18.47	Samia Akbar	3/16/02
4.	2:20.16	Paige Koopman	2000
5.	2:20.67	Megan Simpson	4/20/02
6.	2:22.19	Leah Heinecke-Krumhus	3/22/03
7.	2:25.30	Whitney McNeas	3/23/02
8.	2:31.27	Kristine Wolff	2000
9.	2:32.24	Liz Krashes	2001
10.	2:32.62	Christina Huang	4/5/03

1500-Meter Run

1.	4:27.66	Samia Akbar	5/11/02
2.	4:29.71	Keira Carlstrom	5/11/03
3.	4:42.50	Zaia Wharton	4/19/03
4.	4:51.50	Jennifer Baclawski	2001
5.	4:55.61	Whitney McNeas	3/15/02
6.	4:59.93	Gina Connell	2000
7.	5:07.30	Erin Hickey	4/20/02
8.	5:12.84	Kristine Wolff	1999
9.	5:17.53	Heidi Fishpaw	4/6/02
10.	5:18.74	Lindsay Lohmeyer	1999

3000-Meter Run (Two-mile-45.0)

1.	9:45.74	Keira Carlstrom	4/24/03
2.	10:18.19	Samia Akbar	2001
3.	10:27.20	Jennifer Baclawski	2001
4.	10:48.04	Jessica Daniel	2001
5.	10:49.23	Gina Connell	1999
6.	10:58.89	Siobhan Uniacke	3/23/02
7.	11:08.24	Natalia Medley	2000
8.	11:29.00	Erin Hickey	2000
9.	11:40.71	Lindsay Gilman	3/23/02

5000-Meter Run (Three-mile+40)

1.	16:20.62	Samia Akbar	5/30/03
2.	16:45.72	Keira Carlstrom	4/11/03
3.	17:35.41	Jen Baclawski	4/11/03
4.	18:28.58	Jessica Daniel	2001
5.	18:45.29	Natalia Medley	2001
6.	19:09.46	Siobhan Uniacke	4/6/02
7.	19:26.39	Heidi Fishpaw	4/20/02
8.	19:30.64	Whitney McNeas	5/3/03
9.	19:53.63	Elizabeth Reaves	2001
10.	19:59.25	Lindsay Gilman	4/6/02

10,000 Meter Run

1.	34:17.48	Samia Akbar	4/24/03
2.	37:11.79	Jennifer Baclawski	5/2/03
3.	38:18.72	Jessica Daniel	2001
4.	39:39.70	Gina Connell	2000
5.	40:49.22	Natalia Medley	2000
6.	41:21.85	Elizabeth Reaves	2001

100-Meter Hurdles

1.	15.08	Maria Weeries	2000
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400-Meter Hurdles (440y-.3)

1.	1:04.78	Maria Weeries	2000
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4x100-Meter Relay

1.	53.08	Rhymer, Hunt, Schoenfeld, Horton	5/4/02
2.	53.14	Rhymer, Hunt, Schoenfeld, Horton	4/13/02
3.	55.83	Rhymer, Hunt, Schoenfeld, Horton	4/20/02

4x400-Meter Relay (Mile Relay+1.2)

1.	4:07.22	Carlstrom, Wharton, Heinecke-Krumhus, Price	4/5/03
2.	4:18.15	(No names)	2001
3.	4:18.60	(No names)	4/12/03
4.	4:21.95	Hunt, Simpson, Heinecke-Krumhus, Baclawski	4/20/02
5.	4:26.38	Krashes, Fishpaw, Heinecke-Krumhus, Rhymer	4/13/02
6.	4:38.00	(No names)	2000
7.	4:42.88	(No names)	2001

4x800-Meter Relay (Two-mile-3.0)

1.	9:14.01	Heinecke-Krumhus, Carlstrom, Akbar, Wharton	5/2/03
2.	9:52.39	McNeas, Simpson, Heinecke-Krumhus, Akbar	5/3/02
3.	10:14.65	McNeas, Fishpaw, Hickey, Heinecke-Krumhus	3/23/02
4.	10:21.11	(No names)	2001

Distance Medley Relay

1.	12:34.35	Akbar, McNeas, Krashes, Simpson	4/13/02
2.	12:51.03	Baclawski, Fishpaw, Heinecke-Krumhus, Horton	4/13/02

Discus

1.	104' 10"	Leigh Sorkin	4/13/02
2.	100' 1"	Megan McCoy	5/4/02

Javelin

1.	105'3.75"	Kat Porter	2001
2.	81' 10"	Leigh Sorkin	4/20/02
3.	55' 8"	Megan McCoy	4/20/02

Shot Put

1.	24' 5.5"	Valerie Collins	2001
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