

2009-10 Schedule

December	
Fri.	4 Lehigh Season Opener
January	
Sat.	23 Susquehanna University Orange & Maroon Classic
Fri.- Sat.	29-30 18th Annual John Covert Classic
February	
Fri.-Sat.	5-6 New Balance Games at NYC Armory
Fri.	12 Lafayette-Rider Games at NYC Armory
Fri.	19 Keogh Invitational hosted by Haverford College
Sat.	27 Landmark Conference Indoor Championships at Susquehanna University
March	
Fri.-Sat.	5-6 ECAC Division III Indoor Championships hosted by Smith College, Northampton, MA
Fri.-Sat.	12-13 NCAA Division III Indoor National Championships at TBA
April	
Sat.	3 Muhlenberg College Invitational
Sat.	10 Coach Pollard Open
Fri.-Sat.	16-17 Greyhound Invitational
Thurs.-Fri.	22-23 Penn Relays
Sat.	24 Lehigh Games
Fri.	30 Landmark Conference Outdoor Championships at Susquehanna University
May	
Sat.-Sun.	1-2 Landmark Conference Outdoor Championships at Susquehanna University
Fri.-Sat.	7-8 NYC Qualifying Challenge at Icahn Stadium
Thurs.-Fri.	20-21 ECAC Division III Outdoor Championships hosted by Springfield College, Springfield, MA
Thurs.-Sat.	27-29 NCAA Division III Outdoor National Championships hosted by Baldwin-Wallace College, Berea, OH

2008-09 Results

at Lehigh University Season Opener	No Team Scores
at Susquehanna University Orange & Maroon Classic	No Team Scores
at 17th Annual John Covert Classic at Lehigh University	
	Men 7th of 12; Women 8th of 13
at Frank Colden Invitational at Ursinus College	
	Men 1st of 16; Women 1st of 17
at Kane Invitational at Cornell University	No Team Scores
at 18th Bucknell University Winter Classic	No Team Scores
at Susquehanna University Open	No Team Scores
at Landmark Conference Championships	Men 2nd of 6; Women 1st of 6
at 2009 ECAC Indoor Championships	Men 5th of 50; Women 2nd of 51
at 2009 NCAA Division III Indoor National Championships	
	Women Tied for 21st of 68
at Lafayette College 8-Way Meet	Men 3rd of 8; Women 1st of 8
at Muhlenberg College Invitational	No Team Scores
at Bucknell University Bison Outdoor Classic	No Team Scores
at The College of New Jersey Invitational	Men 3rd of 12; Women 3rd of 13
Greyhound Invitational	No Team Scores
at 115th Penn Relays	Women No Team Scores
at Landmark Conference Outdoor Championship	Men 1st of 6; Women 1st of 6
at 2009 NYC Qualifying Challenge	No Team Scores
at Swarthmore College Last Chance	No Team Scores
at 2009 ECAC Outdoor Championships	Men 1st of 56; Women 1st of 56
at 2009 NCAA Division III Outdoor National Championships	
	Men 18th of 81; Women Tied for 24th of 79

Moravian College Quick Facts

Location	Bethlehem, PA 18018
Founded	1742
Enrollment	1,557
Colors	Navy Blue & Grey
Nickname	Greyhounds
Affiliation	NCAA Division III
Conferences	Landmark Conference Eastern College Athletic Conference
President	Christopher M. Thomforde
Director of Athletics	Paul R. Moyer
Sports Info. Director	Mark Fleming
Office Phone	(610) 861-1472
Home Phone	(610) 758-8721
Fax	(610) 861-1581
Hotline	(610) 625-7865
E-mail	sportsInfo@moravian.edu
Athletics Website	www.moravian.edu/athletics
Head Athletic Trainer	Bob Ward, ATC
Asst. Athletic Trainer	Lorrie Radcliff, ATC

Track & Field Quick Facts

Home Stadium	Steel Field Athletic Complex including Rocco Calvo Field & Timothy Breidegam Track (Mondo, eight-lane installed in 2005) Walt Wandall (3rd season)
Head Coach	(610) 861-1578
Office Phone	(610) 625-7954
Fax	trackandfield@moravian.edu
E-mail	Lou Corominas, Welles Lobb, Kyle Mazur, Tyler Jones, Mike Lawryk
Assistant Coaches	2nd Indoors, 1st Outdoors
2009 Men Conf.	5th Indoors, 1st Outdoors
2009 Men ECAC	T18th Outdoors
2009 Men NCAA	1st Indoors, 1st Outdoors
2009 Women Conf.	2nd Indoors, 1st Outdoors
2009 Women ECAC	T21st Indoors, T24th Outdoors
2009 Women NCAA	

2009-10 Key Returnees

Men	
Michael Blenk	Sr. Inwood, NY/Lawrence
Kyle D'Angelo	So. Voorhees, NJ/Eastern
Steven DeFazio	Sr. Branchburg, NJ/Somerville
Warner Jones	Jr. Hillsborough, NJ/Hillsborough
Timothy Layng	So. Canton, PA/Canton
Matthew Lutcza	So. Dingmans Ferry, PA/Delaware Valley
Steve Parisi	Sr. Kunkletown, PA/Pleasant Valley
Zach Rivenbank	So. Center Valley, PA/Southern Lehigh
Connor Skutches	Jr. Bethlehem, PA/Liberty
Matthew Wisotsky	Sr. Bushkill, PA/East Stroudsburg North
Eric Woodruff	Jr. Brodheadsville, PA/Pius X
Gary Zack	So. Mountain Top, PA/Crestwood
Women	
Rachel Beck	Sr. Churchville, PA/Council Rock South
Anna Heim	Sr. Moorestown, NJ/Moorestown
Anne Joseph	So. Livingston, NJ/Livingston
Mary King	Jr. Paramus, NJ/Paramus
Brittany Moses	So. Perkasio, PA/Pennridge
Hailey Neff	So. Lehigh, PA/Lehigh
Jessica Posimo	Sr. Philadelphia, PA/St. Basil Academy
Rachel Riggs	Sr. Gettysburg, PA/Gettysburg
Flora Robertson	Sr. Hawley, PA/East Stroudsburg North
Catherine Rockwell	Sr. Sinking Spring, PA/Wilson
Kristina Ruggiero	So. Cedar Grove, NJ/Cedar Grove
Symonne Scott	Sr. Attleboro, MA/Attleboro

About Moravian College

Moravian College is a private, selective, liberal arts institution located in the heart of the Lehigh Valley in Bethlehem, Pennsylvania. Founded in 1742, it is recognized as the sixth-oldest college in the country. Enrollment is approximately 1,500 undergraduates each year, which maintains a favorable faculty to student ratio, small class size, and emphasis on personalized teaching.

Moravian College believes its mission is to integrate a liberal arts education with preparation for life, enriching students in and out of the classroom. Moravian aims to give its students a foundation for careers or graduate/professional school, for continued lifelong learning, and for a values-oriented approach to society.

With over 50 different programs of study and more than 70 clubs and organizations, Moravian offers flexibility and diversity among all academic and extracurricular areas. The College grants the Bachelor of Art, Bachelor of Music, and Bachelor of Science degrees.

On the athletic fields, Moravian's 20 men's and women's varsity teams have a winning tradition. During the 2008-09 school year, Moravian teams won six Landmark Conference championships with 14 teams reaching post-season play including NCAA Championship berths for the women's soccer, women's basketball and softball teams and ECAC Championships for the men's and women's outdoor track & field teams. In addition, ten student-athletes earned All-America status, including one *ESPN The Magazine* Academic All-American and one national champion in track & field.

A Division III institution, Moravian has excellent athletics facilities, including the venerable Johnston Hall, Breidegam Fieldhouse, and the Steel Field athletics complex, including Sportex Turf on Rocco Calvo Field and an eight-lane, Olympic-quality Mondo track, both installed in 2005.

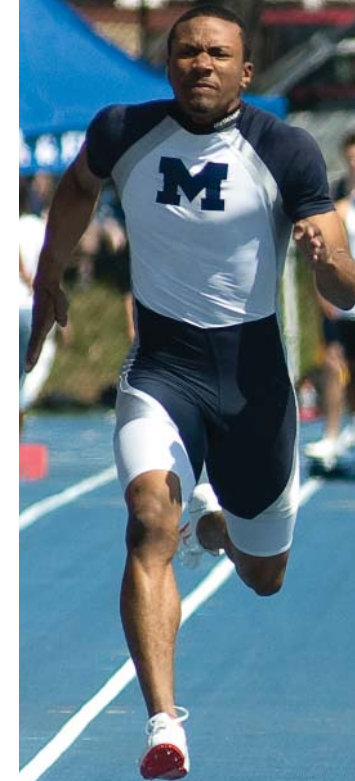
The College has a strong sense of identity and purpose firmly rooted in a long and rich tradition. Both in and out of the classroom, Moravian and its students maintain that tradition.

For more information on enrolling at Moravian, contact:

Moravian College
Office of Admissions
1200 Main Street
Bethlehem, PA 18018
Tel: (610) 861-1320 or 800-441-3191
Fax: (610) 625-7930
Email: admissions@moravian.edu
www.moravian.edu



2009-10 Greyhound Track & Field



Moravian College
Bethlehem, Pennsylvania

Head Coach Walt Wandall

Walt Wandall is beginning his second full season as director of track & field and cross country at Moravian and third year as head coach of the track & field teams.

Over the last two seasons, Wandall has led the Greyhound women to four Landmark Conference and three ECAC Division III Championships and the Moravian men to three Landmark Conference titles and a pair of ECAC Division III Outdoor Championships. Wandall was also named the 2008 USTFCCCA Men's Indoor National Coach of the Year and the 2009 ESTFCCCA Women's Mid-east Region Coach of the Year.

Wandall is in his tenth season with the Moravian track and field programs. He has coached on 20 indoor and outdoor conference championship teams in the previous nine seasons. Prior to coming to Moravian, coach Wandall was the jumps coach at both at Lehigh University and Lafayette College. Over those five years, he coached seven Patriot League champions and a Penn Relays women's high jump champion and co-coached a Division I ECAC Champion in the women's heptathlon.

Personally, coach Wandall is USATF Level 2 certified in the jumps and Level 2 certified in the sprints, hurdles and relays. As an athlete at Moravian, coach Wandall broke and set 12 school records and was the first Moravian long jumper to break 23 feet in 1988. He was a member of the first championship team in 1989 and a team captain in 1990.

Coach Wandall is pursuing an MBA from Moravian.
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2008-09 Season Review

Men's Top Times/Distances

Name	Indoors	Outdoors
55m Dash	Eric Woodruff 6.53	--
60m Dash	Rob Shaffer/Woodruff 7.13	--
100m Dash	--	Eric Woodruff 10.59
200m Dash	Eric Woodruff 22.02	Eric Woodruff 21.06
400m Dash	Warner Jones 51.01	Warner Jones 48.81
500m Run	Timothy Murphy 1:10.72	--
800m Run	Timothy Murphy 1:59.13	Timothy Murphy 1:54.88
1,000m Run	Connor Skutches 2:34.78	--
1,500m Run	--	Connor Skutches 4:04.82
1 Mile Run	Jeremiah Reinhart 4:30.87	--
3,000m Run	Matthew Lutcza 9:13.33	Jeremiah Reinhart 9:01.36
5,000m Run	Jeremiah Reinhart 15:39.69	Jeremiah Reinhart 15:35.36
10,000m Run	--	Jeremiah Reinhart 35:07.38
55m Hurdles	Michael Blenk 8.20	--
60m Hurdles	Michael Blenk 8.97	--
110m High Hurdles	--	Nathaniel Tussey 14.49
400m Hurdles	--	Nathaniel Tussey 52.95
3,000m Steeplechase	--	Zach Rivenbark 10:28.83
4x100m Relay	--	42.32
4x200m Relay	1:30.74	--
4x400m Relay	3:30.16	3:20.97
4x800m Relay	7:55.62	8:30.3h
4,000m DMR	10:35.89	--
High Jump	Michael Blenk 1.82m (5-11 1/2)	Blenk/Woodruff 178m (5-10)
Pole Vault	Alan Woods 4.55m (14-11)	Timothy Layng 4.80m (15-9)
Long Jump	Michael Blenk 6.76m (22-2 1/4)	Michael Blenk 7.06m (23-2)
Triple Jump	Michael Blenk 13.29m (43-7 1/4)	Michael Blenk 12.97m (42-6 3/4)
Shot Put	Blair Maginnis 15.54m (51-0)	Blair Maginnis 15.28m (50-1 3/4)
Weight Throw	Blair Maginnis 15.62m (51-3)	--
Discus	--	Blair Maginnis 42.57m (139-8)
Hammer Throw	--	Blair Maginnis 49.55m (162-7)
Javelin Throw	--	Gary Zack 60.63m (198-11)
Indoor Pentathlon	Michael Blenk 3,225 points	--
Decathlon	--	Michael Blenk 5,283 points

School records in Bold

Women's Top Times/Distances

Name	Indoors	Outdoors
55m Dash	Rachel Beck 7.40	--
60m Dash	Rachel Beck 8.04	--
100m Dash	--	Symonne Scott 12.41
200m Dash	Sydni Wisniewski 25.99	Sydni Wisniewski 25.29
400m Dash	Sydni Wisniewski 58.65	Sydni Wisniewski 57.65
500m Run	Naomie Kachel 1:38.16	--
800m Run	Hailey Neff 2:23.58	Hailey Neff 2:17.28
1,000m Run	Hailey Neff 3:09.02	--
1,500m Run	--	Kristina Ruggiero 4:59.65
1 Mile Run	--	--
3,000m Run	Kristina Ruggiero 5:33.19	--
5,000m Run	Cadee Rockwell 11:19.82	Kelly Williams 11:11.95
10,000m Run	Kelly Williams 19:23.11	Kelly Williams 19:09.60
55m Hurdles	--	Kelly Williams 40:34.83
60m Hurdles	--	--
100m High Hurdles	Jessica Posimo 8.38	--
400m Hurdles	Jessica Posimo 9.16	Jessica Posimo 14.84
3,000m Steeplechase	--	Anna Heim 1:06.38
4x100m Relay	--	Naomie Kachel 12:57.62
4x200m Relay	--	47.39
4x400m Relay	1:45.01	--
4x800m Relay	4:02.43	3:59.29
4,000m DMR	9:55.94	--
High Jump	13:20.46	--
Pole Vault	Jessica Posimo 1.55m (5-1)	Jessica Posimo 1.55m (5-1)
Long Jump	Anna Heim 3.86m (12-8)	Anna Heim 4.02m (13-2 1/4)
Triple Jump	Symonne Scott 5.57m (18-3 1/4)	Jessica Posimo 5.81m (19-0 3/4)
Shot Put	Jessica Posimo 11.11m (36-5 1/2)	Rachel Riggs 11.17m (36-7 3/4)
Weight Throw	Anne Joseph 11.42m (37-5 3/4)	Anne Joseph 10.96m (35-11 1/3)
Discus	Flora Robertson 14.29m (46-10 3/4)	--
Hammer Throw	--	Brittany Moses 36.37m (119-4 1/4)
Javelin Throw	--	Flora Robertson 48.31m (158-6)
Pentathlon	Jessica Posimo 3,062 points	Mary King 40.09m (131-6)

School records in Bold

2009-10 Season Preview

The 2009-10 Moravian College men's and women's track and field teams are expecting to continue their success this upcoming season. Head coach Walt Wandall feels that this year could be another record breaking year for the Greyhounds, who are getting ready to defend their Landmark Conference and ECAC Division III Championship titles.

The Greyhound men won their second straight Landmark Conference Outdoor Championship while finishing as the runner-up indoors, and for the second straight year won the regional ECAC Outdoor Championship. At the NCAA Championships, the men's team earned two All-American honors and added its third NCAA individual champion in the last two years. Most of the team is returning this season and is preparing to capture another set of Landmark Conference Championships.

In the sprints, Moravian will rely on junior **Eric Woodruff (Brookheadsville, PA/Pius X HS)** in the 100 and 200 meter dashes. Eric was the 2009 NCAA Division III 200m Champion clocking 21.06 in the finals. Junior **Warner Jones (Hillsborough, NJ/Hillsborough HS)** is coming off his best year in the 400m dash-48.81, and will join Woodruff in the 200m dash as well. Senior **Michael Blenk (Inwood, NY/Lawrence HS)**, will once again represent the Greyhounds in the 110m high hurdles, decathlon, and in the jumps. **Blenk** won three gold medals at the conference championships and also was a NCAA Championship qualifier in the long jump at 23' 2".

In the distance races, senior **Steve Parisi (Kunkletown, PA/Pleasant Valley HS)**, junior **Connor Skutches (Bethlehem, PA/Liberty HS)** and sophomore **Matthew Lutcza (Dingmans Ferry, PA/Delaware Valley HS)** bring plenty of experience and tenacity back to the Greyhound squad.

There are several throwers back this year as well for the Greyhounds led by senior **Matthew Wisotsky (Bushkill, PA/East Stroudsburg North HS)**, **Gary Zack (Mountain Top, PA/Crestwood HS)**, who finished 9th at the NCAA Outdoor Nationals in the javelin, and **Christian Seebode (Stroudsburg, PA/Stroudsburg HS)**. Sophomore and NCAA qualifier **Timothy Layng (Canton, PA/Canton HS)** and **Kyle D'Angelo (Voorhees, NJ/Eastern HS)** give Moravian a strong one-two punch in the pole vault. **Layng** is the defending Landmark Conference Outdoor Champion and school record holder.

On the women's side, the Greyhounds are looking to defend both indoor and outdoor Landmark Conference titles and ECAC outdoor championship titles. The Greyhounds will be returning an experienced team in the sprint events with seniors **Rachel Beck (Churchville, PA/Council Rock South HS)**, **Jessica Posimo (Philadelphia, PA/St. Basil Academy)**, **Symonne Scott (Attleboro, MA/Attleboro HS)**, and juniors **Shannon McEvoy (Lafayette, NJ/Highpoint Regional HS)** and **Alyssa Wert (Orefield, PA/Allentown Central Catholic HS)**. **Posimo**, **Beck** and **Scott** earned All-American honors with a school record in the 4x100-meter relay (47.39), with a sixth place finish at the Div III 2009 NCAA Outdoor National Championships. Team MVP **Posimo** competed in the short hurdles at both indoor and outdoor National meets and automatically qualified for the outdoor meet with a jump of 19' 3/4 inch. **Scott** also competed in the long jump at both indoor and outdoor National Championships earning All-American honors indoors with a seventh place finish.

In the field events, four-time All-American senior **Anna Heim (Moorestown, NJ/Moorestown HS)** will compete in the pole vault after two runner-up finishes at both the indoor and outdoor NCAA National Championships. **Heim** also won the 2009 Penn Relays College Women's pole vault and is one of only four women in the history of Division III Women's track and field to jump over 13 feet. She is the indoor and outdoor school record holder in that event.

Sophomore **Hailey Neff (Lehigh, PA/Lehigh HS)** returns to defend her indoor and outdoor 800m titles and will continue to show her versatility as a key member of the 4 x 400m relay team.

Moravian is also set to return several throwers including senior school record holder and NCAA qualifier **Flora Robertson (Hawley, PA/East Stroudsburg North HS)** and junior All-American javelin thrower **Mary King (Paramus, NJ/Paramus HS)**. Sophomores **Brittany Moses (Perkasie, PA/Pennridge HS)** and **Anne Joseph (Livingston, NJ/Livingston HS)** return to be once again to be a formidable pair in the shot, weight, and discus throws. As a freshman, **Moses** was the conference champion in the discus throw.

The Greyhounds will open up their season on Friday, December 4th at the Lehigh University Season Opener, and will host the Greyhound Invitational on April 16th and 17th at Rocco Calvo Field and Timothy Breidegam Track. Moravian is also scheduled to host the Coach P Open on April 10th.

2008-09 Championship Teams



Women's Squad

2009 Landmark Conference Indoor Champions
2009 ECAC Division III Indoor Runner-Up
Tied for 21st at 2009 NCAA Division III Indoor Championships
2009 Landmark Conference Outdoor Champions
2009 ECAC Division III Outdoor Champions
Tied for 24th at 2009 NCAA Division III Outdoor Championships



Men's Squad

2009 Landmark Conference Indoor Runner-Up
5th at 2009 ECAC Division III Indoor Championships
2009 Landmark Conference Outdoor Champions
2009 ECAC Division III Outdoor Champions
Tied for 18th at 2009 NCAA Division III Outdoor Championships

2009 Landmark Conference Championships

Indoors		Outdoors	
Men		Men	
1. Susquehanna University	206	1. Moravian College	285
2. Moravian College	169	2. Susquehanna University	240.5
3. Juniata College	68	3. Juniata College	139.5
4. Catholic University	53	4. Catholic University	62
5. U.S. Merchant Marine	19	5. Goucher College	34
6. Goucher College	7	6. U.S. Merchant Marine	21
Women		Women	
1. Moravian College	245	1. Moravian College	318
2. Susquehanna University	115	2. Juniata College	154
3. Juniata College	91	3. Susquehanna University	145
4. Catholic University	51	4. Catholic University	139
5. Goucher College	18	5. Goucher College	27
6. U.S. Merchant Marine	1	6. U.S. Merchant Marine	5