



# Administrators/PSAC Champs



**Dr. Robert J. Dillman**  
President

Dr. Robert J. Dillman is in his 11th year as president of East Stroudsburg University. He became the 12th president of the university in July of 1996 and has initiated ambitious enhancements that will chart the institution's success into the future.

Dr. Dillman has taken an active role in athletics and serves as the Chairman of the Board of Directors of the Pennsylvania State Athletic Conference. Under the president's direction, the track at Eiler-Martin Stadium was resurfaced and expanded to eight lanes. Other construction includes a new admissions center in the Reibman Administration Building and University Ridge, an apartment housing complex for students. Last May, ground-breaking took place for the new science and technology building.

Dr. Dillman has been instrumental in the initiation and expansion of the university's Business Accelerator, which offers real work business experience for students and affordable start-up capabilities for viable new businesses.

While in college, Dillman was an athlete himself, competing in four sports - soccer, baseball, basketball and track & field - at SUNY New Paltz.

Dr. Dillman came to ESU from Fairmont (W.V.) State where he was president for eight years. He earned a master's degree at Penn State University and a Ph.D from Clark University, both in geography.



**Dr. Tom Gioglio**  
Athletic Director

Dr. Tom Gioglio is in his third year as the Director of Athletics at East Stroudsburg University. As the Director of Athletics & Athletic Department Chairperson, he is responsible for providing leadership and continued development of the athletic department which

sponsors 21 teams with over 500 participating student-athletes and a staff of over 50.

Athletic facility renovations under Gioglio include the outdoor track and concession area at Eiler-Martin Stadium. There has also been a 400% increase in revenue raised to enhance the athletic scholarship budget through fundraising initiatives sponsored through the Warrior Athletic Club.

A native of nearby Morristown, N.J., Gioglio was appointed Director of Athletics in the summer of 2004. He previously served as Director of Athletics at Dakota State University and the University of Saint Mary in Kansas.

Gioglio earned his bachelor's degree in physical education at Montclair State University and his master's in education at Mansfield University. He earned his doctorate at West Virginia University and completed a second master's degree from Northern State University in Aberdeen, S.D.

Gioglio and his wife Melissa are the proud parents of two daughters, Kalista and Kinley.

## Pennsylvania State Athletic Conference Champions

### Men's Team

- 2007 O - Iuri Pinto (1500), I - Iuri Pinto (Mile), DMR (Drew Nesbitt, Jon Reid, Rob Innis, Iuri Pinto)
- 2006 I - DMR (Drew Nesbitt, Steve Denninger, Rob Innis, Iuri Pinto)
- 2005 O - Andy Richard (LJ)
- 2005 I - DMR (Drew Nesbitt, Steve Denninger, Rob Innis, Iuri Pinto)
- 2003 O - Mark Stinson (400 IH)
- 2003 I - Mike Newhard (HJ)
- 2002 O - Brad Fees (HJ)
- 2002 I - Mike Newhard (HJ)
- 2001 Mike Newhard (HJ)
- 1998 Rob Stone (LJ)
- 1997 Russ McGeehan (Disc)
- 1995 Rob Stone (LJ)
- 1993 Evan Arnow-Perfilio (LJ)
- 1992 Evan Arnow-Perfilio (LJ), Lance Branyan (Jav)
- 1991 Lance Branyan (Decath, Jav)
- 1990 Greg Tymon (Decath), Matt Foust (PV)
- 1988 Lance Branyan (Decath)
- 1987 4 x 400 Relay (Bob Sauerwine, Jon Hess, Dave Stuart, Jose Ferreira)
- 1985 Kevin Mobley (LJ), Carlos Forde (TJ), Jack Goldowski (Tie, 400 IH), Mile Relay (Jim Woods, Al Michalec, Dave Stuart, Jack Goldowski)
- 1984 Jack Goldowski (400 IH), 4x400 Relay (Dave Stuart, Brian McCianahan, Al Michalec, Jack Goldowski)
- 1983 Tony Sabb (400 IH)
- 1982 Mike Revenis (Jav)
- 1981 Mike Revenis (Jav), Tony Sabb (400 IH)
- 1979 Paul Ferency (SP), Dave Strein (PV),

- 4x400 Relay (George Burford, Mark Palmieri, Lou Welch, Dave Evans)
- 1978 Paul Ferency (SP), Woodrow Johnson (100), Ed Patterson (PV), Dale Robertson (110 HH, 400 IH), 4x100 Relay (Chris Harrison, Gary Jackson, Woodrow Johnson, Dale Robertson)
- 1977 Pete Heesen (3000 St.), Elbert Price (100, 200), Dale Robertson (400 IH), Mile Relay (Ed Guers, Phil Bujalski, Chris Purvis, Barry Purvis)
- 1976 Paul Ferency (SP), Pete Heesen (3000 St., 6 Miles)
- 1975 Pete Heesen (3000 St.), Lenny Jenkins (LJ, TJ)
- 1974 Lenny Jenkins (LJ, TJ, PV)
- 1973 Lenny Jenkins (LJ, TJ)
- 1972 Mile Relay (Jack Sabol, Bill Stohl, Glenn Renick, Dennis Morrissy)
- 1971 Ed Long (Jav)
- 1970 Joe Ahouse (880)
- 1968 Gil Rodgers (TJ)
- 1962 Russ Hopewell (LJ)
- 1961 Russ Hopewell (LJ), Mile Relay (Lee Ely, Joe Galizio, Lou Murdock, Russ Hopewell)
- 1960 Art Wilson (440)

### Women's Team

- 2007 I - Amanda Sines (SP), Leslie Martin (Pent)
- 2005 O - Tawny Youtz (400), Vanessa Andes (10k), 4x100 Relay (Tawny Youtz, Ashley Janosko, Ashley Murdock, Theresa Manera)
- 2005 I - 4x400 Relay (Jayme Ferraro, Theresa Manera, Ashley Janosko, Tawny Youtz)

- 2004 O - Vanessa Andes (10k)
- 2004 I - Natasha Jarrett (55, 200), Theresa Manera (400), Tawny Youtz (400)
- 2003 I - Natasha Jarrett (55, 200), 4x400 Relay (Jackie Babbini, Jill Koscielicki, Kristin Mullin, Tawny Youtz)
- 2001 4 x 400 Relay (Jen Eye, Cheryl Griffin, Angela Gray, Shavanna Ross)
- 2000 4 x 400 Relay (Jackie Babbini, Cheryl Griffin, Jenn Eye, Shavanna Ross)
- 1998 Quanette Jester (TJ)
- 1996 Jan Blake (800, 1,500)
- 1995 Jan Blake (1,500), Colleen Goble (400 H)
- 1994 M. Avenarius (200), Shannon Kalnoski (Hept)
- 1993 Jenn Moyer (5k, 10k)
- 1992 Michelle Cole (200, 400), Jenn Moyer (10k)
- 1991 Karen Way (HJ)
- 1990 Karen Way (HJ), Jocelyn Wurster (LJ)
- 1989 Melanie Wentz (100), Karen Way (HJ)
- 1988 Melanie Wentz (200)
- 1985 Mile Relay (Karen Sweeney, Niki Romanchik, Dawn Wolfe, Mary Lou Tuttle)
- 1982 Sue Carden (5k, 10k), 800 Medley Relay (Marie Hamilton, Lisa Gabel, Michelle Peters, Deb Townsend)
- 1981 Sue Carden (5k, 10k)
- 1980 Sue Carden (5k, 10k), Kathy Hall (SP)
- 1979 Laurie Hocker (200), Sue Carden (5k), Cheryl Baker (SP), Jodi Jarrett (Jav), Terry Walker (Pent), 4x100 Relay (Laurie Hocker, Sharon Sober, Pam Madge, Liz Bodnyk)

# Coaching Staff



## Joe Koch Men's Head Coach

**Delaware '80** - Joe Koch is in his 18th year as head men's track and field coach at East Stroudsburg University. The 2006-07 season marks his 21st year overall at ESU.

Koch shared dual responsibilities for both the men's and women's track and field programs for 17 years before turning the reigns of the women's program over to longtime assistant coach Chris Merli this year. He had served as head women's coach since 1987 and began his tenure at ESU in 1986, a year after coming to the school as a graduate assistant coach.

Koch's athletes have enjoyed a tremendous amount of success over the past two decades. The track program has produced 25 All-Americans, including Leslie Martin, who placed fifth

How to Contact  
Coach Joe Koch  
Office 15  
Koehler  
Fieldhouse  
Office:  
(570) 422-3054  
E-mail: jkoch@  
po-box.esu.edu

in the high jump at the 2007 NCAA Division II Indoor Track and Field Championships. High jumper and current assistant coach Karen (Way) Gaita is the Warriors' lone national champion under Koch, winning the title in 1991.

Koch was chosen as the NCAA Women's Regional Coach of the Year and the ECAC Division II Co-Women's Coach of the Year in 2002. He was the ECAC Men's Coach of the Year in 1990 when his squad won the ECAC indoor championships.

The Hackensack, N.J. native ran track and field and cross country for four years at the University of Delaware and was captain of the Blue Hens' cross country team in 1979. Koch lives in East Stroudsburg with his wife Deborah, son Matthew Edward (13) and daughter Kristen Joann (11).

## James Morrison Assistant Coach

**Manhattan '82** - James Morrison is in his seventh year as an assistant track and field coach at East Stroudsburg.

His responsibilities include working with the Warriors' throwers and multi-event athletes. He has coached ESU All-American javelin throwers Barry Krammes and Dan Gale, and has also coached PSAC shot put champion Amanda Sines.

Krammes is pursuing a spot on the 2008 U.S. Olympic Team.

At Manhattan, Morrison was a two-time Metropolitan Intercollegiate champion in the 35-pound weight throw and was also an IC4A qualifier. He was captain of the track team in 1982.

Morrison has continued his career as a thrower in Master's competitions and teaches physical education in Hackettstown High School in Hackettstown, N.J. He and his wife Mary reside in Dingman's Ferry, Pa. and have three children - William (21), Erin (18) and Mary Kate (17).



## Chris Merli Women's Head Coach

**Monmouth '75** - Chris Merli is in his first year as head women's track and field coach at ESU after spending the previous 10 seasons as the top assistant under head coach Joe Koch.

At practices, Merli works primarily with the sprinters, hurdlers and long and triple jumpers. His athletes have broken numerous school records, won conference titles and qualified for the nationals during his decade on the staff.

Merli also takes care of all the equipment and facilities needs for the team. He organizes the home meets in Koehler Fieldhouse and Eiler-Martin Stadium and hires and supervises officials and other meet personnel.

How to Contact  
Coach Chris Merli  
Office 15  
Koehler  
Fieldhouse  
Office:  
(570) 422-3249  
E-mail: cmerli@  
po-box.esu.edu

Merli has earned USA Track and Field Level II certification. He was a former head track and field coach at Red Bank, N.J. Catholic High School and an assistant at Pocono Mountain High School. He ran on an ACC championship team at Maryland. Merli and his wife, Theresa, have been married 32 years and have four children.



## Karen Gaita Assistant Coach

**East Stroudsburg '91** - A former NCAA high jump champion, Karen (Way) Gaita is regarded as one of the nation's most knowledgeable jumping coaches. She is in her 10th season as an assistant coach at ESU. She was also an assistant coach at Army.

Gaita's jumpers have earned PSAC titles in four of the last seven years, and high jumper Mike

Newhard has been a two-time Division II All-American. Leslie Martin was an All-American in the high jump at the 2007 Division II Indoor Track and Field Championships.

Gaita won the high jump at the 1991 NCAA Division II Outdoor Track and Field championships with a leap of 5-9. She finished second in the 1991 NCAA indoor and 1990 outdoor meets. She tied for fifth in the 1980 indoor meet. She also won three PSAC and five ECAC titles. She holds the PSAC record at 5-8 1/2 and is the ESU record holder at 5-10 outdoors and 5-9 1/4 indoors. She qualified for the 1996 and 2000 U.S. Olympic trials and has a career best of 6-1 1/4.

Gaita is a teacher in the Easton School District. She and her husband, Brian, have three daughters - Aspen (10), Riley (7) and Giana (5).



# Rosters/All-Americans

## Women

	Cl.	Event	Hometown/High School
Amanda Bradbury	Jr.	Mid Dist.	Easton/Pen Argyl
Trina Carito	Fr.	Jmp/Hrdl	Greenfield Township/Lakeland
Emily Carothers	Fr.	Throws	Carlisle/Carlisle
Jess Chong	Sr.	Throws	Livingston, N.J./Livingston
Clarissa Coobllall	Jr.	Mid Dist.	Pennsburg/Upper Perkiomen
Gina Danza	Fr.	Jmp/Hrdl	East Brunswick, N.J./East Brunswick
Courtney De Rosa	Fr.	Distance	Pine Brook, N.J./Montville
Kahla Doran	Fr.	Throws	Washingtonville/Danville
Katherine Doyle	So.	Sprints	Doylestown/Central Bucks West
Lindsay Dynow	Jr.	Mid Dist.	Springfield/Archbishop Prendergast
Elizabeth Ernst	Jr.	Jumps	Wharton, N.J./Neshaminy
Jaclyn Fagerstrom	Fr.	Distance	Central Valley, N.Y./Monroe Woodbury
Jenna Fisher	Fr.	Sprints	Middletown, N.Y./Valley Central
Leslie Galamb	Sr.	Jumps	Pompton Lakes, N.J./Pompton Lakes
Alison Gentile	Jr.	Sprints	Carbondale/Carbondale
Chrissy Greer	So.	Distance	Gibbsboro, N.J./Eastern
Bettina Heinsohn	Fr.	Sprints	Shartlesville/Hamburg
Kelly Holcombe	Sr.	Throws	Mohrsville/Schuylkill Valley
Emily Hollick	Fr.	Jmp/Hrdl	Jersey Shore/Jersey Shore
Amber Horn	Jr.	Distance	Minersville/Minersville
Lauren Jimison	Fr.	Throws	Wilkes Barre/E.L. Meyers
Lori Johanson	Jr.	Distance	Rockaway, N.J./Morris Hills
Charise Jones	Fr.	Distance	E. Stroudsburg/E. Stroudsburg North
Bree Kelly	Fr.	Distance	Westfield, N.J./Union Catholic
Audra Kern	So.	Throws	Mohnton/Governor Mifflin
Sam LaPergola	Jr.	Mid Dist.	Haddon Heights, N.J./Haddon Heights
Melanie Lewis	Jr.	Jumps	Rockaway, N.J./Morris Hills
Kathleen Magerr	So.	Distance	Wallingford/Strath Haven
Theresa Manera	Sr.	Sprints	Rock Tavern, N.Y./Washingtonville
Leslie Martin	Jr.	Jmp/Hrdl	Hudson Falls, N.Y./Hudson Falls
Amy Moratz	Fr.	Distance	Boonton, N.J./Morris Knolls
Kristen Morby	So.	Jumps	Doylestown/Central Bucks West
Ashley Murdock	Sr.	Sprints	Brookville/Brookville
Amanda Nauman	Fr.	Jumps	Hollis, N.H./Hollis Brockline
Rachel Ostroski	Fr.	Distance	Norristown/Methacton
Kara Parrillo	So.	Sprints	Whippany, N.J./Whippany Park
Niki Pasquarella	Fr.	Distance	Pipersville/Palisades
Chelsey Quaglietta	Fr.	Jumps	Clarksburg, N.J./Allentown
DeAnna Repollet	So.	Throws	Rocky Hill, N.J./Montgomery
Tiff Sauber	Sr.	Distance	Womelsdorf/Tulphocken
Amilee Schillinger	So.	Sprints	Fogelsville/Northwestern Lehigh
Amanda Sines	So.	Throws	Dunbar/Connellsville
Janelle Smith	Fr.	Jumps	Auburn/Schuylkill Haven
Ashley Taylor	So.	Jumps	Springfield/Springfield
Julie Teed	Sr.	Mid Dist.	Hallstead/Montrose
Ashley Webster	So.	Jumps	Bushkill/East Stroudsburg North

## Men

	Cl.	Event	Hometown/High School
Frank Adragna	Jr.	Distance	Jacobstown, N.J./Notre Dame
Dan Bowden	Fr.	Distance	Jacobstown, N.J./Northern Burlington
David Bracetty	Jr.	Mid Dist.	Allentown/William Allen
Robert Bracey	Fr.	Throws	Taylor/Riverside
Jeff Buck	So.	Distance	West Chester/Unionville
Jeremy Burger	Sr.	Throws	Kunkeltown/Pleasant Valley
Shane Burrows	So.	Sprints	Mechanicsburg/Cedar Cliff
Jeremy Butterworth	So.	Hurdles	Sugarloaf, N.Y./Warwick Valley
Patrick Carr	So.	Distance	Philadelphia/Carroll
Kenny Cardullo	Fr.	Multis	Old Bridge, N.J./Old Bridge
John Contursi	So.	Jumps	Flemington, N.J./Hunterdon Central
Anthony Della Pelle	So.	Mid Dist.	Kennett Square/St. Elizabeth
Ryan Doyle	Fr.	Distance	Bloomsbury, N.J./Phillipsburg
Matthew Ericksen	Fr.	Jumps	Martinsville, N.J./Bridgewater-Raritan
Colin Feeny	Fr.	Jumps	Whippany, N.J./Whippany Park
Matthew Frable	Jr.	Distance	Saylorsburg/Pleasant Valley
Matthew Gallup	So.	Jumps	Harrisburg/Central Dauphin
Joe Giacalone	Jr.	Multis	Stroudsburg/Pocono Mountain
Mike Gowen	Jr.	Sprints	West Chester/Cardinal O'Hara
Malcolm Huggins	Sr.	Jumps	Stroudsburg/Stroudsburg
Rob Innis	Jr.	Mid Dist.	West Orange, N.J./St. Benedicts Prep
William Kern	Fr.	Hurdles	New Hope/Council Rock North
Edward Kiser	Fr.	Sprints	Felton/Red Lion
Ryan Kramer	So.	Jumps	Bechtelsville/Bovertown
Mike Macksoud	Sr.	Sprints	Lansdale/North Penn
Brian McCarthy	Fr.	Sprints	Lido Beach, N.Y./Chaminade
Jeff McClenton	Fr.	Sprint/Jmp	Bensalem/Conwell-Egan
Drew Miller	Fr.	Jumps	Lewisburg/Lewisburg
Drew Nesbitt	Sr.	Distance	East Petersburg/Hempfield
Tom O'Connor	Fr.	Sprints	Walkill, N.Y./Walkill
Sean Osteen	Sr.	Throws	Bound Brook, N.J./Bound Brook
Jose Ozoa	Fr.	Sprints	Allentown/William Allen
Iuri Pinto	Jr.	Distance	South River, N.J./South River
Travis Pregnar	Jr.	Mid Dist.	Clark Summit/Lakeland
Tony Prudente	Jr.	Sprints	Jermyn/Lakeland
Jon Reid	Sr.	Sprints	South Hackensack, N.J./Bergen Academy
Andrew Richard	Sr.	Jumps	Dallastown/Dallastown
Sean Riegel	Sr.	Mid Dist.	Royersford/Spring Ford
Anthony Scanella	Sr.	Multis	Garfield, N.J./Garfield
Drew Sepielli	Fr.	Distance	Mullica Hill, N.J./Clearview
Patrick Sherlock	Jr.	Sprints	Levittown/Neshaminy
Mitch Slater	Jr.	Distance	Cliffwood Beach, N.J./Old Bridge
Russell Smith	Fr.	Hurdles	Morris Plains, N.J./Parsippany Hills
Victor Snyder	Fr.	Jumps	Wysox/Towanda
Kevin Tran	Fr.	Distance	Red Lion/Red Lion
Kyle Verrill	So.	Mid Dist.	Carbondale/Carbondale
Paul Wagner	Fr.	Throws	Titusville, N.J./Hopewell Valley
Jesse Weiner	So.	Distance	Slatington/Northern Lehigh
Kyle Weir	So.	Distance	Norristown/Methacton
John Wekselman	Fr.	Sprints	Piscataway, N.J./Piscataway
Dan Wilk	Jr.	Sprints	Coal Township/Shamokin

## NCAA Division II All-Americans

Men's Team					Women's Team					
Year	Athlete	Event	Place	Performance	Year	Athlete	Event	Place	Performance	
2004	Dan Gale	Javelin	6th	204-7	2007	Leslie Martin	Heptathlon	8th	4,767 points	
2003	Barry Krammes	Javelin	7th	205-6	2005	Leslie Martin	High Jump	5th (Indoors)	5-8	
	Mike Newhard	High Jump	6th (Indoors)	6-9 3/4	2005	Vanessa Andes	10,000 Run	6th	36:33.40	
2002	Barry Krammes	Javelin	7th	203-4	2001	Jenn Grube	Javelin	6th	140-9 1/4	
	Mike Newhard	High Jump	T6th (Indoors)	6-9 3/4		Quanette Jester	Triple Jump	7th	39-5 3/4	
1998	Rob Stone	Long Jump	4th (Indoors)	24-1 3/4		Shavanna Ross	High Jump	6th (Indoors)	5-5 3/4	
1995	Rob Stone	Long Jump	6th (Indoors)	22-7 1/4	2000	Jenn Grube	Javelin	5th	146-7	
1992	Lance Branyan	Javelin	4th	215-11	1999	Jenelle Strine	Hammer	7th	165-3	
	Al Yackenchick	Javelin	6th	208-11		Tina Vosper	10,000 Run	8th	37:37.72	
1990	Martin Brans	1,500 Run	6th (Indoors)	4:02.6		Tina Vosper	5,000 Run	6th (Indoors)	17:36.08	
1989	Jim Lauck	3,000 St.	6th	9:02.47	1997	Jan Blake	Mile Run	3rd (Indoors)	4:49.60	
1988	Jim Lauck	3,000 St.	5th	9:08.37	1996	Jan Blake	1,500 Run	6th	4:34.10	
1987	Jim Lauck	3,000 St.	7th	8:59.43	1995	Jan Blake	1,500 Run	6th	4:39.14	
1985	Jack Goldowski	400 Int. Hurd	6th	51.93	1993	Jenn Moyer	10,000 Run	7th	37:58.00	
1984	Jack Goldowski	400 Int. Hurd	6th	52.76	<b>1991 Karen Way</b>	<b>High Jump</b>	<b>1st</b>	<b>5-9</b>		
<b>1982 Mike Revenis</b>	<b>Javelin</b>	<b>1st</b>	<b>244-9</b>			Karen Way	High Jump	2nd (Indoors)	5-9 1/4	
1981	Mike Revenis	Javelin	5th	215-9	1990	Karen Way	High Jump	2nd	5-10	
1979	Paul Ferency	Shot Put	3rd	58-10 1/4		Jenn Moyer	3,000 Run	8th (Indoors)	10:16.20	
1978	Paul Ferency	Shot Put	2nd	58-4 3/4	1989	Karen Way	High Jump	T5th (Indoors)	5-5	
<b>1977 Pete Heesen</b>	<b>3,000 St</b>	<b>1st</b>	<b>9:03.52</b>		1986	Georgianna Messenger	10,000 Run	7th	36:49.9	
<b>1976 Pete Heesen</b>	<b>3,000 St</b>	<b>1st</b>	<b>8:57.96</b>							
	Paul Ferency	Shot Put	4th	53-3 1/4						
1975	Pete Heesen	3,000 St	4th	9:07.4						
1974	Lenny Jenkins	Triple Jump	2nd	51-7 1/4						

# Warriors' Profiles



## Leslie Martin - Jr. - Jumps/Multis Hudson Falls, N.Y./Hudson Falls



**2007 Outdoor:** All-American in the heptathlon at the Division II Track & Field Championships, where she placed eighth with 4,767 points ... placed second in the 800 in the final event to move from 10th to eighth and into an All-American slot ... also competed in the open high jump ... set school record in the heptathlon with 4901 points at the Bison Open at Bucknell in April ... placed second in the high jump (5-7 3/4), long jump (18-5) and triple jump (37-8) at the PSAC championships ... was third in the 400 hurdles and set the school record in 1:01.23 ... ran 57.0 split in the 4x400 relay.

**2007 Indoor:** Received Division II All-America honors after placing fifth in the high jump ... reached personal best of 5-8 at both the national championships and in the high jump portion of the pentathlon at the PSAC championships ... won PSAC title in the pentathlon and placed second in both the high jump and long jump ... ran fastest split (57.4) on 4x400 relay team which placed second after entering as the sixth seed ... had season's best showing in the long jump with a distance of 18-1 at the DeSchrivier Invitational at Koehler Fieldhouse.

**Personal:** Daughter of David Martin and Cathy Casey ... majoring in Exercise Science.

## Jess Chong - Sr. - Throws Livingston, N.J./Livingston



**2007 Outdoor:** Threw 137-8 in the javelin at Bison Open at Bucknell ... reached NCAA Division II provisional qualifying mark ... improved personal best by nearly 20 feet from the previous season ... **2006 Outdoor:** Season best was 119-6 ... **General:** ESU's

number two cross country runner over her final two seasons ... PSAC qualifier in five different events, including the steeplechase and the 4x800 relay ... also earned two letters as a member of the ESU swimming team ...

**Personal:** Daughter of Kee Nam and Jane Chong ... majoring in Health and Physical Education and Secondary Education.

## Theresa Manera - Sr. - Sprints Rock Tavern, N.Y./Washingtonville



**2007 Outdoor:** Member of 4x100 relay team which placed second at the PSAC championships ... **2007 Indoor:** Ran 25.1 split in 4x200 relay at DeSchrivier Invitational.

**2006 Outdoor:** Ran on second place 4x100 relay team at PSACs ... **2006 Indoor:** PSAC

champion in the 200 and member of championship 4x400 relay team ... **2005 Outdoor:** Anchored PSAC champion 4x100 relay team ... **General:** Ranks sixth all-time in outdoor 100 (12.38) and eighth in outdoor 200 (25.57) ... **Personal:** Daughter of Jim and Kathleen Manera ... majoring in Health Physical Education and Secondary Education.

## Sam LaPergola - Jr. - Middle Dist. Haddon Heights, N.J./Haddon Heights



**2007 Indoor:** Ran on second place 4x400 relay team at the PSAC championships and was seventh in the 800 ... **2006 Outdoor:** Fourth in the 800 at PSACs in 2:17.74 ... **General:** Ranks fourth in school history in outdoor 200 (2:17.42) and fifth in indoor 200 (2:22.62) ... best split in 4x400 relay is 59.8 ... **Personal:** Daughter of Kevin LaPergola and Linda Sullivan ... majoring in Nursing.

## Katherine Doyle - So. - Sprints Doylestown, Pa./Central Bucks West



**2007 Outdoor:** Ran 58.4 split to anchor 4x400 relay team at the PSAC championships ... **2007 Indoor:** Scored in the 200 at PSACs ... also anchored 4x400 relay ... **2006 Outdoor:** Scored in the 100 at the PSAC championships ... **2006 Indoor:**

**Indoor:** ... **General:** Ranks sixth all-time in outdoor 200 (25.63) and seventh in outdoor 100 (12.47) ... **Personal:** Daughter of Ron and Katherine Herian ... majoring in Business.

## Amanda Sines - So. - Throws Dunbar, Pa./Connellsville



**2007 Outdoor:** Set school record in discus (133-3) and ranks second all-time in the hammer (147-11) ... **2007 Indoor:** PSAC champion and set school record in the shot put (44-7 1/2) and reached an NCAA provisional qualifying mark ... set school

record in the weight ... **2006 Indoor:** scored in the shot put at the PSAC championships ... **Personal:** Daughter of Ron Sines ... majoring in Health and Physical Education and Secondary Education.

## Trina Carito - Fr. - Jumps/Hurdles Greenfield Township, Pa./Lakeland



**2007 Outdoor:** Set ESU freshman record for scoring in the heptathlon ... placed third in the heptathlon at the PSAC championships ... was seventh in the triple jump and eighth in the high jump ... **2007 Indoor:** Finished third in both the high jump and the triple

jump at the PSAC championships ... ran 59.8 leg on the 4x400 relay team ... **Personal:** Daughter of Frank and JoAnn Carito ... major is undecided.

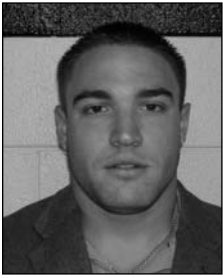
## Emily Carothers - Fr. - Throws Carlisle, Pa./Carlisle



**2007 Indoor:** Made the finals in the shot put at the PSAC championships ... **General:** Showed great potential to mature as a thrower as a freshman ...

**Personal:** Daughter of Charles and Emma Carothers ... majoring in Biology.

**Jeremy Burger - Sr. - Throws**  
**Kunkeltown, Pa./Pleasant Valley**



**2007 Outdoor:** Placed second in the shot put at the PSAC championships ... also finished sixth in the discus and the hammer ... **2007 Indoor:** Finished second in the weight and third in the shot at PSACs ... **2006 Outdoor:** Placed second in the discus,

fourth in the hammer and seventh in the shot put at the PSAC championships ... **General:** Holds second-best mark in school history in the shot put (52-5 1/4) ... other personal bests are 152-3 in the discus and 155-2 in the hammer (third-best all-time) ... **Personal:** Son of Larry and Lori Burger ... majoring in Environmental Studies.

**Jon Reid - Sr. - Sprints**  
**S. Hackensack, N.J./Bergen Academy**



**2007 Outdoor:** Ran a 47.4 split on the 4x400 relay team that placed second at the PSAC championships ... placed third in the 400 hurdles (53.73) ... helped ESU finish second in its heat in the Penn Relays, running 47.5 split as the anchor ... **2007**

**Indoor:** Ran the 400 on the winning Distance Medley Relay squad at the PSAC championships ... **2006 Outdoor:** Fifth in the 400 at PSACs ... **2006 Indoor:** Placed fifth in the 400 and ran on third-place 4x400 relay team ... **Personal:** Son of Henry and Gail Reid ... majoring in Athletic Training.

**Iuri Pinto - Jr. - Distance**  
**South River, N.J./South River**



**2007 Outdoor:** PSAC champion in the 1500 (3:50.53) ... competed in Division II Track & Field Championships ... placed fifth in his heat and was .40 from advancing to the finals ... **2007 Indoor:** PSAC champion in the mile (4:12.95) ... also ran the mile on the

winning Distance Medley Relay team ... **General:** Qualified for nationals in the 10,000 as a sophomore and a junior ... placed third in the mile at PSACs during the 2006 indoor season ... holds four school records (DMR, 3000 Outdoor, 5000 Indoor and Outdoor) ... **Personal:** Son of Joe and Maria Pinto ... majoring in Health and Physical Education.

**Malcolm Huggins - Sr. - Jumps**  
**Stroudsburg, Pa./Stroudsburg**



**2007 Outdoor:** Scored in the triple jump at the PSAC championships ... **2006 Outdoor:** Placed sixth in the triple jump at the PSAC championships ... **2006 Indoor:** Fifth in the triple jump at PSACs ... won the triple jump at the Lehigh Valley Invite ...

**2005 Outdoor:** Fourth in the high jump and fifth in the triple jump at the PSAC championships ... **2005 Indoor:** Placed second in the high jump and fourth in the triple jump at PSACs ... **Personal:** Son of Steve and Gail Huggins ... majoring in Sport Management ... President of Student Athlete Advisory Council for 2006-07 academic year.

**Andy Richard - Sr. - Jumps**  
**Dallastown, Pa./Dallastown**



**2007 Outdoor:** Placed second in PSAC championships in the long jump (23-6) ... **2007 Indoor:** Finished sixth in the long jump at PSACs ... **2006 Indoor:** Placed fifth in the long jump at the PSAC championships (23-0) ... **2005 Outdoor:** PSAC cham-

pion in the long jump (22-11) ... **2005 Indoor:** Placed third in the long jump at PSACs ... **Personal:** Son of Wayne and Sandy Richard ... majoring in Health and Physical Education.

**Kenny Cardullo - Fr. - Throws**  
**Old Bridge, N.J./Old Bridge**



**2007 Outdoor:** Competed in Division II Track & Field Championships in the javelin ... finished 14th with a throw of 188-8 ... was the highest placing freshman or sophomore at the meet ... placed third in PSAC championships (198-6) ... **2007**

**Indoor:** Finished fourth in the pentathlon at the PSAC championships ... set ESU freshman school record in the event ... also qualified for PSACs in the triple jump and the high jump ... **Personal:** Son of Anthony and Pam Cardullo ... majoring in Communications.

**Drew Nesbitt - Sr. - Distance**  
**East Petersburg, Pa./Hempfield**



**2007 Outdoor:** NCAA provisional qualifier in the 1500 and the 5000 ... placed fifth in the PSAC championships in the 1500 (3:53.61) ... ran 14:44.40 in the 5000 ... **2007 Indoor:** Ran the 1200 on the winning Distance Medley Relay team at the PSAC championships ... also scored

in the mile and the 3000 ... **2006 Outdoor:** Placed fourth in the 1500 at PSACs ... **General:** Led off for DMR team that won PSACs three straight years ... indoor mile time of 4:15.36 is the third-fastest in school history ... **Personal:** Son of Tom and Donna Nesbitt ... majoring in Physical Therapy.

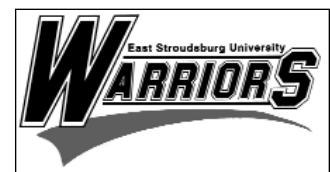
**Rob Innis - Jr. - Middle Distance**  
**W. Orange, N.J./St. Benedicts Prep**



**2007 Indoor:** Ran the 800 on the winning Distance Medley Relay team at the PSAC championships ... scored in the 800 ... **2006 Indoor:** Ran on championship DMR team and also scored in the 800 ... **General:** Ran the 800 on ESU's three-time champi-

onship team in the Distance Medley Relay ... **Personal:** Son of Oswald and Jean Innis ... majoring in Sport Management.

**Russell Smith - Fr. - Hurdles**  
**Morris Plains, N.J./Parsippany Hills**



**2007 Outdoor:** Set school record in the 110 hurdles (14.70) ... placed fifth at the PSAC championships ... also qualified for the 400 hurdles at PSACs ... ran on the 4x100 relay team that scored at PSACs ... **2007 Indoor:** Set school record in the 60 hurdles (8.37) ... placed fifth in the 55 hurdles at PSACs ... **Personal:** Son of Russell and Carol Smith ... majoring in Sport Management.

# EAST STROUDSBURG UNIVERSITY TRACK & FIELD

## Outdoor Records Men's

Running Events				Hammer Scott Weiser 176-5 1996			(Brian McClanahan, Phil Headland, Jeff Appel, Frank Perna)		
Events	Athlete	Record	Year	Decath. Greg Tymon 6,471 1993	Distance Medley (Metric) 10:02.84 1984				
100	Chadd Braine	10.55	1998	Relays	(Brian McClanahan, Jack Goldowski, Jeff Appel, Brian Wallace)				
200	Manuel Ferreira	21.64	1988	4 x 100 Meter 41.78 1978	4 x 1,500 Meter 16:08.94 1990				
400	Manuel Ferreira	47.73	1990	(Chris Harrison, Gary Jackson, Dale Robertson, Woodrow Johnson)	(Martin Brans, Chris Heinz, George Fair, Gayland Aston)				
800	Mike Keim	1:53.24	1982	Shuttle Hurdles 60.74 1980	4 x 1,600 Meter 17:17.74 1983				
1,500	Brian Wallace	3:49.01	1982	(Mike McKenzie, Wayne Gilchrist, Rich Torbik, Van Youngblood)	(Ken Rolek, Jake Renner, Tom Rogers, Brian Wallace)				
3,000	Iuri Pinto	8:28.42	2007	4 x 200 Meter 1:27.74 1976	PSAC Meet Records (Men & Women)				
5,000	Iuri Pinto	14:38.30	2007	(Elbert Price, Ed Guers, Gary Jackson, Woodrow Johnson)	<b>Outdoors</b>				
10,000	Steve Montick	30:26.54	1984	Mile 3:14.44 1977	TJ Lenny Jenkins 50-2 3/4 1975				
110 HH	Rusty Smith	14.70	2007	(Ed Guers, Phil Bujalski, Chris Purvis, Barry Purvis)	Shot Paul Ferency 57-5 1979				
400 IH	Jack Goldowski	51.93	1985	4 x 400 Meter 3:16.44 1985	HJ Karen Way 5-8 1/2 1991				
3000 St.	Pete Heesen	8:52.04	1977	(Jim Woods, Brian McClanahan, Dave Stuart, Jack Goldowski)	4 x 400 Meter Relay 3:51.91 2000				
Field Events				Sprint Medley (Metric) 3:30.54 2000			(Jackie Babbini, Cheryl Griffin, Jennifer Eye, Shavanna Ross)		
LJ	Rob Stone	24-7	1996	(Mark Stinson, Dan Garibaldi, Pete Sarro, Shawn Strohm)	<b>Indoors</b>				
TJ	Lenny Jenkins	51-7 1/4	1974	4 x 800 Meter 7:44.04 1985	HJ Mike Newhard 6-10 1/2 2003				
HJ	Toby Virgil	6-10 3/4	1982						
PV	Matt Faust	15-10	1990						
Shot	Paul Ferency	59-2 1/4	1978						
Discus	Dane Cochran	168-11	1980						
Javelin	Mike Revenis	244-9	1982						
New Jav	Lance Branyan	222-11	1992						

## Women's

Running Events				Field Events			Shuttle Hurdles 1:05.34 1998		
Events	Athlete	Record	Year	LJ Donna Walter 18-7 1/2 1977	(Shavanna Ross, Quanette Jester, Shannon O'Donnell, Sheara Williamson)				
100	Cheryl Griffin	12.14	2000	TJ Quanette Jester 39-5 3/4 2001	4 x 200 Meter 1:41.26 2002				
200	Cheryl Griffin	24.59	2000	HJ Karen Way 5-10 1990	(Jackie Babbini, Angela Gray, Tawny Youtz, Natasha Jarrett)				
400	Tawny Youtz	56.72	2005	PV Jess Reynolds 9-6 1/4 2003	4 x 400 Meter 3:51.91 2000				
800	Jan Blake	2:12.94	1996	Shot Cheryl Baker 45-1 1/2 1979	(Jackie Babbini, Cheryl Griffin, Jenn Eye, Shavanna Ross)				
1,500	Jan Blake	4:31.93	1996	Discus Amanda Sines 133-3 2007	Sprint Medley Relay 4:11.63 2002				
3,000	Laura Mason	9:59.84	1984	Javelin Jodi Jarrett 148-10 1979	(Tawny Youtz, Natasha Jarrett, Angela Gray, Kristin Mullin)				
5,000	Sue Carden	17:20.04	1982	New Jav Jenn Grube 146-7 2000	4 x 800 Meter 9:31.03 1994				
10,000	Georgianna Messinger	35:53.34	1986	Hammer Jenelle Strine 165-3 1999	(Melanie Avenarius, Danielle Gentile, JoAnn McDonough, Jan Blake)				
100 HH	Jayne Ferraro	14.77	2006	Hept. Leslie Martin 4,901 2007					
400 IH	Leslie Martin	61.23	2007	Relays					
3000 St.	Kelly Curry	11:20.03	2005	4 x 100 Meter 47.94 2002					
				(Jackie Babbini, Jen Eye, Tawny Youtz, Natasha Jarrett)					

## 2007 Outdoor Track & Field Schedule

March 17	Early Bird Invite	Radford, Va.
March 23	Lehigh Valley Championships	Allentown, Pa.
March 23	Richard Stockton Invite	Galloway, N.J.
<b>March 31</b>	<b>Lafayette 6-Way Meet</b>	<b>East Stroudsburg, Pa.</b>
April 7-8	PSAC East Championships	Millersville, Pa.
April 13-14	Bison Outdoor Classic	Lewisburg, Pa.
April 13-14	Golden Rams Invitational	West Chester, Pa.
<b>April 21</b>	<b>ESU All-American Meet</b>	<b>East Stroudsburg, Pa.</b>
April 26-28	Penn Relays	Philadelphia, Pa.
April 28	Lehigh Games	Bethlehem, Pa.
May 3-5	PSAC Championships	Shippensburg, Pa.
May 24-26	NCAA Championships	Charlotte, N.C.

