

108TH RUNNING OF



THE PENN RELAYS

# VILLANOVA TRACK & FIELD



## AT THE 108<sup>TH</sup> RUNNING OF THE PENN RELAYS



THURSDAY, APRIL 25 - SATURDAY, APRIL 27  
FRANKLIN FIELD, UNIVERSITY OF PENNSYLVANIA

### WILDCAT QUICK FACTS

Location ..... Villanova, Pa.  
 Founded ..... 1842  
 Enrollment ..... 6,295  
 Nickname ..... Wildcats  
 Colors ..... Blue and White  
 Conference ..... Big East  
 Men's Head Coach ..... Marcus O'Sullivan  
 Women's Head Coach ..... Gina Procaccio  
 Assistant Coach ..... Anthony Williams  
 Assistant Coach ..... George Reynolds  
 Assistant Coach ..... Carmen Douma  
 Assistant Coach ..... Scott Tantino  
 Track Office Phone ..... (610) 519-4130  
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(888) 400-NOVA

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(201) 947-3918



### PENN RELAY LINEUP

#### Thursday

|                             |   |
|-----------------------------|---|
| 10:00am Pole Vault (W)      | Michelle Ezzie                                      |
| 10:00am Discus (W)          | Melinda Boykin                                      |
| 12:40pm 4x100m (W)          | Byam, Price, Bridgwood, Bernard                     |
| 1:00pm Hammer Throw         | Melinda Boykin                                      |
| 1:45pm Shot Put (W)         | Melinda Boykin, Christine Heffernan, Sylvia Taggart |
| 3:15pm Javelin (W)          | Christine Heffernan                                 |
| 4:30pm DMR Championship (W) | Mitchell, Bridgwood, Rhoden, Toedebusch             |
| 5:25pm 4x400m (W)           | Fontaine, Bridgwood, Rhoden, Cosnett                |
| 6:45pm Steeplechase (M)     | James Osborne                                       |
| 8:35pm 5000m (M)            | Jon Fasulo, Pat Dunn                                |

#### Friday

|                                  |   |
|----------------------------------|---|
| 12:00pm Shot Put (M)             | Mark Blattner                             |
| 12:00pm 4x100m (M)               | Patrick Moore                             |
| 12:50pm 4x1500m Championship (W) | Mitchell, Toedebusch, Parusheva, Joyce    |
| 3:15pm 100m Hurdles (W)          | Sherese Price, Sherian Byam               |
| 3:30pm DMR Championship (M)      | Hayden, O'Brien or Moser, Jabaut, Blincoe |
| 4:00pm 4x400m (M)                | Bedoya, Marzluff, Copperthwaite, O'Brien  |
| 6:20pm Sprint Medley (M)         | Bedoya, O'Brien, Moser, Jabaut            |

#### Saturday

|                                     |  |
|-------------------------------------|--|
| 9:10am 400 Hurdles Championship (M) | Nicholas O'Brien                       |
| 1:00pm 4xMile Championship (M)      | Parlapiano., Jabaut, Blincoe, Hayden   |
| 4:30pm 4x800m Championship (M)      | Copperthwaite, Hayden, Jabaut, Blincoe |

# VILLANOVA TRACK & FIELD

## *Wildcat Penn Relay Rosters*

### VILLANOVA MEN'S TRACK & FIELD ROSTER

| NAME                | CL  | EVENT(S)           | HOMETOWN/ HIGH SCHOOL                       |
|---------------------|-----|--------------------|---|
| Brian Anderson      | Jr. | CC/Middle Distance | Avon Lake, Ohio/ Avon Lake                  |
| Carlos Bedoya       | So. | Sprints            | White Plains, N.Y./ Archbishop Stepinac     |
| Andrew Blaich       | Fr. | CC/Distance        | Staten Island, N.Y./ Farrell                |
| Mark Blattner       | Sr. | Throws             | Phoenixville, Pa./ Phoenixville             |
| Adrian Blincoc      | Jr. | CC/Distance        | Auckland, New Zealand/ Rosmini College      |
| Michael Botti       | So. | CC/Distance        | Brooklyn, N.Y./ Xavierian                   |
| Mike Brown          | Sr. | Sprints/Hurdles    | Mt. Laurel, N.J./ Lenape                    |
| Andrew Cameron      | Jr. | CC/Distance        | Rockville Center, N.Y./ Chaminade           |
| Mark Carberry       | So. | CC/Distance        | Rocky Hills, Conn./ Xavier                  |
| Chris Comunale      | So. | Pole Vault         | Edmunds, Wash./ Seattle Prep                |
| James Copperthwaite | Sr. | CC/Distance        | Allenhurst, N.J./ Ocean Twp.                |
| Mike Donohue        | Sr. | Pole Vault         | Drexel Hill, Pa./ Monsignor Bonner          |
| Patrick Dunn        | So. | CC/Distance        | East Setauket, N.Y./ S t. Anthony's         |
| Doug Enzler         | Sr. | CC/Middle Distance | Severna Park, Md./ Severna Park             |
| Tom Falvey          | Fr. | CC/Distance        | Lincroft, N.J./ Christian Brothers Academy  |
| Jon Fasulo          | Jr. | CC/Distance        | Whitehouse Station, N.J./ Hunterdon Central |
| Tom Graham          | Sr. | Hurdles            | Sidney, N.Y./ Sidney                        |
| Greg Grimes         | Fr. | CC/Distance        | Conestoga, Pa./ Conestoga                   |
| Ryan Hayden         | So. | CC/Distance        | Richmond, Canada/ Vancouver College         |
| Ben Heebner         | So. | Throws             | Lansdale, Pa./ North Penn                   |
| Patrick Hickey      | Jr. | CC/Middle Distance | Cheyenne, Wyo./ Cheyenne Central            |
| Jason Jabaut        | So. | CC/Distance        | Peru, N.Y./ Seton Catholic                  |
| Antoine Johnson     | Sr. | Sprints/Hurdles    | Tuckahoe, N.J./ Tuckahoe                    |
| Chris Johnson       | Jr. | CC/Distance        | Easton, Mass./ Oliver Ames                  |
| Craig Kelican       | So. | Throws             | West Chester, Pa.                           |
| Jesse Laudenslager  | Sr. | Distance           | Ridley Park, Pa./ Salesianum                |
| Michael Maggio      | Jr. | CC/Distance        | Brewster, N.Y./ Brewster                    |
| Dan Marzluff        | So. | CC/Distance        | Fairfax Station, Va./ James Robinson        |
| Kevin McKeefery     | So. | CC/Distance        | Queens, N.Y./ Valley Stream South           |
| Rick McVoy          | Sr. | CC/Distance        | Bridgeport, Pa./ Bridgeport                 |
| Nate Miller         | So. | CC/Distance        | Camden, N.J./ Highland Regional             |
| Pat Moore           | Jr. | Throws             | Upper Dublin, Pa./ LaSalle                  |
| Paul Moser          | So. | Sprints            | Copiogue, N.Y./ St. Anthony's               |
| Craig Moss          | Jr. | Distance           | Red Banks, N.J./ Red Bank                   |
| James Osborn        | Sr. | CC/Distance        | Horseheads, N.Y./ Horseheads                |
| Tim Pappas          | Jr. | Sprints            | Drexel Hill, Pa./ Monsignor Bonner          |
| Tom Parlapiano      | Jr. | CC/Distance        | Honeybrook, Pa./ St. Pius X                 |
| Brian Powell        | Sr. | Sprints            | Wilmington, Del./ Salesianum                |
| Jesse Rappole       | Fr. | CC/Distance        | Jamestown, N.Y./ Jamestown                  |
| Eric Reese          | Sr. | CC/Distance        | Dushore, Pa./ Sullivan County               |
| Tim Reilly          | So. | Pole Vault         | Fair Lawn, N.J./ Fair Lawn                  |
| Lou Rizzuto         | Sr. | Sprints            | Wyomissing Hills, Pa./ Wyomissing           |
| John Rogener        | Jr. | CC/Distance        | Lawrenceville, N.J./ Lawrence               |
| Joe Santonacita     | Sr. | CC/Distance        | Glen Rock, N.J./ Don Bosco Prep             |
| Jon Scaccia         | Sr. | CC/Distance        | Lancaster, Pa./ Lancaster Catholic          |
| Justin Shackelford  | Jr. | Throws             | Silver Springs, Md./ Landon School          |
| Ben Showers         | Sr. | CC/Distance        | West Chester, Pa./ Henderson                |
| Nick Shunda         | Sr. | CC/Distance        | Milford, Conn./ Jonathan Law                |
| Joe Straub          | Jr. | Distance           | Syracuse, N.Y./ Mendon                      |
| Matt Strout         | Sr. | Sprints/Hurdles    | Valley Cottage, N.Y./ Don Bosco Prep        |
| Tim Styler          | Jr. | CC/Distance        | Cranford, N.J./ Cranford                    |
| Dan Tantino         | Sr. | CC/Distance        | North Wales, Pa./ North Penn                |
| Brian Tillet        | Sr. | CC/Distance        | Barberton, Ohio/ Archbishop Habam           |

# VILLANOVA TRACK & FIELD

## Wildcat Penn Relay Rosters

### VILLANOVA WOMEN'S TRACK & FIELD ROSTER

| NAME                 | EVENT | CL                  | HOMETOWN/ HIGH SCHOOL                     |
|----------------------|-------|---------------------|---|
| Vanessa Beebe        | Fr.   | Shot/ Discus        | Mendham, N.J./ West Morris Mendham        |
| Tara Bernard         | Jr.   | Sprints             | Long Valley, N.J./ West Morris Central    |
| Melinda Boykin       | Sr.   | Throws              | Bridgeton, N.J./ Bridgeton                |
| Nicole Bridgwood     | Fr.   | Distance            | Bohemia, N.Y./ Connetquot                 |
| Sherian Byam         | Fr.   | Sprints             | Brooklyn, N.Y./ Paul Robeson              |
| Colleen Cingel       | Sr.   | Sprints             | University Heights, Ohio/ Beaumont School |
| Holly Cosnett        | Fr.   | CC/ Distance        | Haddonfield, N.J./ Haddonfield Memorial   |
| Claudine Evangelista | So.   | CC/ Middle Distance | Laurel Springs, N.J./ Triton              |
| Michelle Ezzie       | Fr.   | Pole Vault          | Drexel Hill, Pa./ Upper Darby             |
| Keely Fallon         | Sr.   | Pole Vault          | Edgewater, Md./ South River               |
| Jocelyn Fontaine     | Jr.   | Middle Distance     | Boothwyn, Pa./ Chichester                 |
| Renee Gunning        | So.   | CC/Middle Dist.     | Perkasie, Pa./ Pennridge                  |
| Christine Heffernan  | Jr.   | Throws              | Springfield, Pa./ Springfield             |
| Christa Hayward      | Sr.   | Jumps               | Pine City, N.Y./ Notre Dame Elmira        |
| Carre Joyce          | So.   | CC/Distance         | Charleston, S.C./ Summerville             |
| Juliette Kenny       | Fr.   | CC/ Distance        | Rye, N.Y./ Rye                            |
| Alison Kobel         | Jr.   | Thrower             | Mountainside, N.J./ Governor Livingston   |
| Lauren Kobel         | Jr.   | Thrower             | Mountainside, N.J./ Governor Livingston   |
| Rebecca Mitchell     | So.   | CC/Middle Dist.     | Geneva, Ill./ Geneva                      |
| Ioana Parusheva      | Fr.   | CC/ Distance        | Sliven, Bulgaria/ Dimitar Riohov          |
| Sherese Price        | Sr.   | Sprints/ Hurdles    | Pleasantville, N.J./ Pleasantville        |
| Melanie Rhoden       | So.   | Sprints/Hurdles     | Ewing, N.J./ Ewing                        |
| Grace Rodden         | So.   | CC/ Distance        | Spofford, N.H./ Keene                     |
| Sarah Scarfe         | Fr.   | CC/ Distance        | Los Angeles, Calif./ Campbell Hall        |
| Abby Smagula         | So.   | Pole Vault          | Bedford, N.H./ Manchester West            |
| Kirsty Smith         | Fr.   | CC/ Distance        | North Vancouver, BC/ Argyle Secondary     |
| Jamie Stiger         | Fr.   | Javelin             | Chester, N.J./ West Morris Mendham        |
| Sylvia Taggart       | Jr.   | Throws              | N. Richland Hills, Tex./ Richland         |
| Colleen Taylor       | Fr.   | CC/ Distance        | Wilmington, Del./ Ursuline Academy        |
| Patricia Taylor      | So.   | Middle Distance     | Wilmington, Del./ Ursuline Academy        |
| Kalin Toedebusch     | Fr.   | CC/ Distance        | Rockford, Mich./ Rockford                 |



# VILLANOVA TRACK & FIELD

## *Penn Relay History*

### VILLANOVA CHAMPIONSHIP OF AMERICA WATCH WINNER LEADERS

Totals include relay wins only.

#### VILLANOVA CHAMPIONSHIP OF AMERICA WATCH WINNER LEADERS (MEN'S)

Totals include relay wins only.

|    |                                  |
|----|----------------------------------|
| 10 | Mark Belger, 1975-1978           |
| 9  | Eammon Coghlan, 1973-1976        |
|    | Ron Delany, 1956-1958 1          |
|    | Marty Liquori, 1969-1971 1       |
|    | Don Paige, 1978-1980             |
| 8  | Charles Jenkins, 1955-1957       |
|    | Chris Mason, 1969-1971           |
|    | Frank Murphy, 1967-1969          |
|    | Ken Schappert, 1971-1973, 1975   |
| 7  | Sydney Maree, 1979-1981          |
|    | Dave Patrick, 1966-1968          |
| 6  | Ed Collymore, 1957-1959 1        |
|    | Michael England, 1979-1980, 1982 |
|    | John Hartnett, 1972-74           |
|    | Larry James, 1968-1970           |
|    | Phil Kane, 1975-1977             |
| 5  | Marcus O'Sullivan, 1980-1984     |
|    | Noel Carroll, 1963-1965          |
|    | Hardge Davis, 1968-1970 1        |
|    | Tom Gregan, 1972-1975            |
|    | John Hunter, 1980-1982           |
|    | Brian McElroy, 1973-1974         |
|    | Tom Sullivan, 1964-1965          |
|    | Anthony Tufariello, 1979-1980    |

1 Does not include Freshman 4x400m championship.

#### VILLANOVA CHAMPIONSHIP OF AMERICA WATCH WINNER LEADERS

Totals include relay wins only.

|   |                             |
|---|-----------------------------|
| 7 | Michelle Bennett, 1988-1991 |
|   | Kathy Franey, 1986-1990     |
| 6 | Vicki Huber, 1985-1989      |
|   | Sonia O'Sullivan, 1989-1991 |
|   | Krestena Sullivan 1993-1997 |
| 5 | Cheri Goddard, 1990-1993    |



*Former Wildcat Sonia O'Sullivan has six total relay titles in the Penn Relays.*

### CURRENT WILDCAT RUNNERS WITH PENN RELAY CHAMPIONSHIPS

| NAME           | NUMBER | YEAR | EVENT(S) |
|----------------|--------|------|----------|
| Adrian Blincoe | 1      | 2001 | DMR      |
| Ryan Hayden    | 1      | 2001 | DMR      |
| Jason Jabaut   | 1      | 2001 | DMR      |



### VILLANOVA TEAMS WITH THREE OR MORE WINS IN ONE YEAR

| MEN'S  | WOMEN'S                  |
|--|--------------------------|
| 5 1978, 1970, 1969, 1968                                     | 4 1997, 1995, 1990, 1989 |
| 4 1980, 1979, 1964   |                          |
| 3 1982, 1977, 1976, 1973,<br>1971, 1961, 1958, 1957,<br>1956 |                          |

### VILLANOVA RELAY VICTORIES (By Event)

| RACE            | MEN'S | WOMEN'S |
|-----------------|-------|---------|
| Distance Medley | 22    | 9       |
| 4x800m Relay    | 19    | 9       |
| 4x1500m Relay   | 18    | 8       |
| Sprint Medley   | 14    |         |
| 4x400m Relay    | 12    |         |
| 800m Relay      | 2     |         |
| Shuttle Relay   | 1     |         |
| 400m hurdles    | 1     |         |

# VILLANOVA TRACK & FIELD

## News & Notes

**PENN RELAY VETERANS:** Villanova head men's track & field coach **Marcus O'Sullivan** and Wildcat women's head coach **Gina Procaccio** both know what it takes to win at the Penn Relays. During his four-year Main Line career (1980-84), O'Sullivan was part of six Penn Relay Championship of America winning relay teams. Procaccio transferred to Villanova from the University of Florida for her senior year in 1987 and was a member of the Wildcats winning DMR team. The duo have also won numerous individual races at the Penn Relays.

**WHAT THEY MEAN:** A recent quote by Wildcat head men's track & field coach Marcus O'Sullivan illustrates how important the Penn Relays are to him and the Villanova track & field program. When asked about the Relays, O'Sullivan was quoted as saying, "This is our back yard. When you run at home, be it good, bad or indifferent, you have to show up. With Villanova and the Penn Relays, expectations are far above what the normality is. Once you understand it, you can do it. It's amazing. This is where I grew up."

**LOOKING TO REPEAT:** At last year's Penn Relay Carnival, the Villanova men captured its first Championship of America relay title since 1993 by winning the DMR in 9:30.48. The win also marked Villanova's first DMR crown since 1981. If the 'Cats win the DMR this year, it will be the first time that Villanova has won back-to-back DMR titles at the Penn Relays since 1980-81. In the history of the Penn Relays, the Wildcat men have 22 DMR titles, including a stretch from 1966-81 when they won 16-straight DMR championships. The last time the Villanova men won a relay title in any event in two straight years was in 1992-93 (3200m relay in '92/ 6000m relay in '93).

**PENN RELAY SUCCESS:** Despite winning just one Championship of America title in the last eight years, the Villanova men have a combined 59 championships to their credit in the DMR, 6000m relay and 3200m relay. All total, Villanova has won more relay titles than any other school with a total of 87. On the women's side, Villanova has tallied 26 Penn Relay plaques, which is the most by any women's team in the history of the meet, since beginning competition in 1979. The Villanova women have won 22 times in the last 14 years, capturing 22 of the 39 races they have entered. Overall, the Wildcat women have won eight of the last 12 4x1500m relays, seven of the last 14 4x800m titles and eight of the last 15 DMR championships.

**INEXPERIENCE:** For the second-straight year, the Villanova women will field a very young and inexperienced group at the Penn Relays. Of the six people who will make-up the DMR and 4x1500m relay teams, only sophomore **Rebecca Mitchell** has competed at the Penn Relays as a collegiate. Running on the DMR team with Mitchell, will be the freshmen trio of **Nicole Bridgwood**, **Holly Cosnett** and **Kalin Toedebusch**. The 4x1500 team will consist of Mitchell, Toedebusch, sophomore **Carre Joyce** and freshman **Ioana Parusheva**. The class breakdown of the six women who will run on the two relays are four freshmen and two sophomores.

**A YEAR TO REMEMBER:** The 2002 track season has been outstanding for Villanova junior **Adrian Blincoc**. At an indoor meet in Boston on Jan. 27, 2002, Blincoc ran 7:47.5 in the 3000 meter run to establish a new Villanova school record and register the third fastest time ever by a collegian. Blincoc finished off his indoor season by winning the National Championship in the 3,000 meter run. By capturing the 3,000 meter title, Blincoc became the first Villanova male to win an NCAA individual championship since John Marshall won the 880 yard title and Carlton Young claimed the 440 yard championship in 1983. Blincoc also ran the anchor leg on the Villanova DMR relay squad that won the indoor national title at the NCAA Championships. Blincoc got off to a fast outdoor season start last weekend at the Mt. SAC relays when he won the 1,500 meter run in 3:41.85.

**DMR SUCCESS:** The Villanova DMR team has been sensational this season. Villanova made a name for itself at the Alex Wilson Invitational held at the University of Notre Dame in January when the foursome of **Jason Jabaut**, **Ryan Hayden**, **Mike Brown** and **Adrian Blincoc** broke a 20-year old school record (9:35.37 on 2/13/82) by running a time of 9:29.57. The 9:29.57 just missed the collegiate and world record time of 9:28.83 set by Stanford University on March 3, 2000. Villanova would close out the indoor season by winning the NCAA championship with a time of 9:31.00. This was the first time in 22 years that the Villanova men's DMR squad has claimed NCAA indoor Championship status. These four runners were the same four that won the DMR at last year's Penn Relays. At this week's Penn Relays, all four of the runners will run on Villanova's DMR team with the exception of Mike Brown who is out of outdoor track eligibility. Replacing Brown on the 400m leg will be sophomore **Paul Moser (Copiogue, N.Y.)**.

**WALL OF FAME:** Former Villanova University men's track & field standout **Dave Patrick** has been elected to the Penn Relay Wall of Fame. Joining Patrick in this year's induction class will be Larry Black (North Carolina Central '74), John Trautmann (Georgetown '91), Diane Guthrie-Gresham (George Mason '95), the 1902 Harvard mile relay team, the 1983 Willingboro (NJ) and Bernards High School distance medley relay teams and the 1991 Vere Tech (Hayes, Jamaica) high school girls 4x400 meter relay squad. The Penn Relay Carnival began the Wall of Fame in 1994 and with this year's inductees bring the number of individuals to 51, in addition to 41 relay teams that have been chosen. During his Villanova career, Patrick won seven Penn Relay watches. He ran the anchor mile on Villanova's DMR which set three consecutive Penn Relay Carnival records in 1966, 1967 and 1968. At the 1966 Penn Relays, Patrick was named the meet's Outstanding Collegiate Performer. As a high school athlete in 1964, he captured the Penn Relay high school mile while an athlete at Kenwood High School in Baltimore, Maryland. On Nov. 2, 1966, Patrick was among the second class to be inducted into the Villanova Wall of Fame. In addition to winning two NCAA outdoor championships and two indoor titles, Patrick also garnered six IC4A championships during his Main Line career.



*Villanova's 2001 Penn Relay DMR Championship Team.*

# VILLANOVA TRACK & FIELD

## *Penn Relays History*

### MEN'S PENN RELAY CHAMPIONS

#### 1955

One mile relay 3:17.6 - Moran, Maliff, Heitman, Jenkins  
Sprint medley relay 3:26.3 - Moran, Maliff, Heitman, Jenkins

#### 1956

One mile relay 3:11.9 - Sydnor, Simpson, Delany, Jenkin \*  
Sprint medley relay 3:25.0 - Jenkins, Sydnor, Maliff, Delany  
Distance medley relay 9:58.1 - Jenkins, Simpson, Breckenridge, Delany\*

#### 1957

One mile relay 3:12.7 - Collymore, Stead, Delany, Jenkins  
Sprint medley relay 3:24.3 - Maliff, Peterson, Jenkins, Delany  
Distance medley relay 10:10.7 - Collymore, Jenkins, Breckinridge, Delany

#### 1958

One mile relay 3:11.8 - Stead, Sydnor, Delany, Collymore\*  
Sprint medley relay 3:22.5 - Collymore, Stead, Sydnor, Delany\*  
Distance medley relay 9:55.3 - DeMaio, Collymore, Godesky, Delany\*

#### 1959

One mile relay 3:11.8 - Manion, Blackburn, Stead, Collymore

#### 1960

One mile relay 3:12.2 - Manion, DeAngelis, Raemore, Drayton

#### 1961

Shuttle hurdles relay 1:00.8 - Kerr, Coffill, Hammock, Pras  
880y relay 1:24.8 - Manion, Drayton, Budd, Raemore  
One mile relay 3:14.3 - Manion, DeAngelis, Raemore, Drayton

#### 1962

880y relay 1:25.0 - Nicastro, Drayton, Raemore, Budd  
Distance medley relay 10:04.7 - Adams, Jackman, Hackett, Traynor  
• Traynor was named most valuable athlete (MVA).

#### 1963

Sprint medley relay 3:20.1 - Webster, Hangey, Uzzle, Carroll\*

#### 1964

Sprint medley relay 3:23.4 - Koslowski, Horner, Uzzle, Carroll  
Two mile relay 7:31.7 - Zwolak, Adams, Sullivan, Carroll  
Distance medley relay 9:55.8 - Sullivan, Adams, Carroll, Zwolak  
Four mile relay 16:50.7 - Hyland, Orr, Sullivan, Zwolak

#### 1965

Two mile relay 7:26.1 - Orr, Adams, Sullivan, Carroll\*  
Four mile relay 16:39.4 - Hyland, Orr, Carroll, Sullivan\*  
• Carroll was named the meet's MVA.

#### 1966

Two mile relay 7:39.3 - McCafferty, Nation, Hamilton, Patrick  
Distance medley relay 9:46.4 - McCafferty, Heidelberger, Hamilton, Patrick\*  
• Patrick was named the meet's MVA.

#### 1967

Distance medley relay 9:39.3 - Murphy, Heidelberger, Messenger, Patrick\*  
Four mile relay 16:39.7 - Murphy, Donnelly, Messenger, Patrick

#### 1968

One mile relay 3:06.1 - Davis, Nitcher, Prince, James  
Sprint medley relay 3:18.1 - James, Whitehead, Hall, Patrick  
Two mile relay 7:21.8 - Nation, Messenger, Murphy, Patrick  
Distance medley relay 9:37.9 - Hamilton, Whitehead, Murphy, Patrick\*  
Four mile relay 16:27.4 - Hamilton, Donnelly, Messenger, Murphy\*  
• Murphy was named the meet's MVA.

#### 1969

One mile relay 3:07.2 - Davis, O'Reilly, Hymann, James  
Sprint medley relay 3:17.0 - James, Davis, Fender, Murphy\*  
Two mile relay 7:20.1 - O'Reilly, Mason, Liquori, Murphy  
Distance medley relay 9:38.2 - Mason, Hymann, Murphy, Liquori\*  
Four mile relay 16:37.9 - Donnelly, Buerkle, Mason, Liquori

#### 1970

One mile relay 3:07.9 - Davis, Govan, Hymann, James  
Sprint medley relay 3:19.0 - James, Davis, Hymann, O'Reilly  
Two mile relay 7:28.1 - Smith, O'Reilly, Mason, Liquori  
Distance medley relay 9:38.5 - Smith, Govan, Mason, Liquori  
Four mile relay 16:40.2 - Wright, Buerkle, Mason, Liquori

#### 1971

Two mile relay 7:25.5 - Schappert, Wright, Mason, Liquori  
Distance medley relay 9:44.1 - Smith, Govan, Mason, Liquori  
Four mile relay 16:43.7 - Bouma, Nagy, Wright, Liquori

#### 1972

Distance medley relay 9:37.5 - Schappert, Govan, Gregan, Hartnett\*

#### 1973

Two mile relay 7:25.7 - Gregan, McElroy, Hartnett, Schappert  
Distance medley relay 9:43.6 - McElroy, Garniewski, Schappert, Hartnett  
Four mile relay 16:31.7 - Coghlan, McElroy, Schappert, Hartnett  
• Hartnett was named the meet's MVA.

#### 1974

Distance medley relay 9:36.6 - McElroy, Eckman, Coghlan, Hartnett\*  
Four mile relay 16:10.6 - Gregan, McElroy, Coughlan, Hartnett\*

#### 1975

Two mile relay 7:28.4 - Kane, Coghlan, Schappert, Belger  
Distance medley relay 9:28.2 - Schappert, Eckman, Gregan, Coghlan\*\*  
Four mile relay 16:27.4 - Belger, Schappert, Gregan, Coghlan  
• Coghlan was named the meet's MVA.

#### 1976

3200m relay 7:18.0 - Mackay, Kane, Coghlan, Belger  
Distance medley relay 9:28.8 - Belger, Eckman, Kane, Coghlan\*  
6000m relay 15:03.0 - Troganowski, Mackay, Kane, Coghlan\*  
• Coghlan was named the meet's MVA.

#### 1977

Sprint medley relay 3:15.3 - Dale, Brown, Harbour, Belger  
3200m relay 7:16.3 - Fallon, Takacs, Kane, Belger\*  
Distance medley relay 9:28.5 - Takacs, Bogue, Belger, Kane\*  
• Belger was named the meet's MVA.

#### 1978

Sprint medley relay 3:14.7 - Dale, Brown, Graves, Belger  
1600m relay 3:04.8 - Brown, Harbour, Bogue, Dale  
3200m relay 7:17.8 - Burns, Tufariello, Paige, Belger  
Distance medley relay 9:37.8 - Tufariello, Bogue, Belger, Paige  
6000m relay 15:07.1 - Childs, Flynn, Burns, Paige  
• Belger was named the meet's MVA.

#### 1979

Sprint medley relay 3:16.45 - Brown, Graves, Dale, Paige  
3200m relay 7:20.3 - England, Korir, Tufariello, Paige  
Distance medley relay 9:29.9 - England, Graves, Paige, Maree  
6000m relay 14:59.35 - Childs, Burns, Korir, Maree

# VILLANOVA TRACK & FIELD

## *Penn Relays History*

### MEN'S CHAMPIONS CONTINUED

#### 1980

Sprint medley relay 3:17.9 - Tufariello, Wilson, Young, Paige  
 3200m relay 7:18.28 - England, Maree, Hunter, Paige  
 Distance medley relay 9:24.2 - Paige, Tufariello, England, Maree  
 6000m relay 15:01.35 - Pinkowski, Childs, Korir, Maree  
 • Paige was named the meet's MVA.

#### 1981

Distance medley relay 9:36.78 - Hunter, Young, O'Sullivan, Maree  
 6000m relay 15:01.96 - Lucks, O'Sullivan, Hunter, Maree  
 • Maree was named the meet's MVA.

#### 1982

Sprint medley relay 3:16.84 - Young, Wilson, Adams, Marshall  
 3200m relay 7:12.29 - O'Sullivan, England, Hunter, Marshall\*\*  
 6000m relay 5:02.8 - England, O'Sullivan, Donoghue, Hunter

#### 1984

3200m relay 7:15.7 - Davis, Borgese, O'Sullivan, Marshall  
 6000m relay 14:52.81 - O'Neill, O'Keefe, Keyworth, O'Sullivan

#### 1986

1600m relay 3:03.88 - Davis, Valentine, Modibedi, Jenkins

#### 1989

3200m relay 7:20.15 - Howe, Seeger, Harris, Rowbotham

#### 1991

3200m relay 7:15.55 - O'Regan, Kelly, Seeger, Sumner

#### 1992

3200m relay 7:21.93 - Watson, Kelly, Quintana, Sumner

#### 1993

6000m relay 15:00.23 - Nason, Going, Sumner, Quintana  
 • Quintana was named Outstanding Male Performer.

#### 1998

1600m relay 3:08.50 - (IC4A Division) Brown, Archer, Young, Byron

#### 2000

400m hurdles 50.54 - Michael Brown

#### 2001

DMR 9:30.48 - Ryan Hayden, Mike Brown, Jason Jabaut, Adrian Blincoe  
 4xMile (IC4A Division) - Ryan Hayden, Adrian Blincoe, Dean Smith, Scott Tantino

\* Meet record

\*\*National collegiate, meet, and VU record.

\* Meet record

\*\*National collegiate, meet, and VU record

### WOMEN'S PENN RELAY CHAMPIONS

#### 1979

3200m relay 8:47.8 - Whitfield, Shea, Leddy, Lambelet

#### 1984

Distance medley relay 10:53.97 - McGowan, McIntosh, Bradley, Searby

#### 1985

3200m relay 8:27.57 - McGowan, Grant, Kehs, McIntosh

#### 1987

Distance medley relay 10:55.46 - Procaccio, Halliday, Grant, Huber  
 • Huber was named the meet's MVA.

#### 1988

3200m relay 8:25.25 - Franey, Huber, DiMuro, Halliday  
 Distance medley relay 10:48.38 - Franey, Bennett, Halliday, Huber\*

#### 1989

3200m relay 8:28.83 - DiMuro, Huber, Certain, Bennett  
 Distance medley relay 10:53.37 - Franey, Bennett, DiMuro, Huber  
 6000m relay 17:22.58 - DiMuro, O'Sullivan, Franey, Huber\*\*\*  
 • Huber was named the meet's MVA.

#### 1990

3200m relay 8:30.61 - Torelli, Bennett, O'Sullivan, Franey  
 Distance medley relay 10:49.81 - O'Sullivan, Bennett, Torelli, Franey  
 6000m relay 17:18.10 - Lynch, O'Sullivan, Goddard, Franey \*\*\*

#### 1991

3200m relay 8:29.52 - Ruopoli, O'Sullivan, Torelli, Bennett  
 Distance medley relay 10:55.98 - Lynch, Bennett, Goddard, O'Sullivan

#### 1992

6000m relay 17:43.33 - Gentile, Lynch, Fonshell, Goddard

#### 1993

3200m relay 8:30.76 - Ruopoli, Woodward, Goddard, Hunte  
 6000m relay 17:51.51 - Spies, Zajac, Flowers, Goddard

#### 1994

Distance medley relay 11:04.21 - Woodward, Staye, Hunte, Spies  
 6000m relay 17:37.51 - Zajac, Rhines, Molloy, Spies

#### 1995

Distance medley relay 11:05.49 - Sullivan, Staye, Woodward, Spies  
 6000m relay 17:33.79 - Woodward, Sullivan, Rhines, Spies  
 3200m relay 8:31.99 - Malloy, Sullivan, Spies, Woodward

#### 1997

Distance medley relay 10:57.97 - Marcinkeviciute, Walley, Grizzle, Sullivan  
 6000m relay 17:29.32 - Douma, Jost, Tollefson, Sullivan  
 3200m relay 8:27.66 - Marcinkeviciute, Grizzle, Douma, Sullivan  
 1600m relay 3:37.76 - (ECAC division only)  
 Davis, Rahr, Walley, Grizzle  
 • Krestena Sullivan named the meet's Most Valuable Female Athlete.

#### 2000

6000m relay 17:30.30 - Awtrey, Tollefson, Nicolini, Douma

\*\*\*World Outdoor Best, Meet and VU Record

# VILLANOVA TRACK & FIELD

## Head Track & Field Coaches

### HEAD MEN'S COACH MARCUS O'SULLIVAN



A new era in Villanova University Track & Field began on June 22, 1998 when Marcus O'Sullivan was named head coach of the Wildcat track & field program. O'Sullivan returns to the Main Line where he established himself as one of Villanova's all-time great distance runners during his collegiate career from 1980-84. O'Sullivan's appointment at Villanova rates as his first within the collegiate coaching ranks. O'Sullivan serves as the Director of Villanova Track & Field, and head coach to the men's cross country and track & field programs.

At the prestigious Millrose Games held at Madison Square Garden on Feb. 13, 1998, O'Sullivan ran a sub-4:00 mile for the 100th time in his illustrious career, becoming just the third runner

in history to accomplish this feat. With 101 sub-4:00 miles to his credit, O'Sullivan ranks third all-time behind Steve Scott and John Walker.

During the 2000-01 season, O'Sullivan's cross country team finished sixth at the NCAA Championships, while his outdoor track & field squad placed second at the Big East Championships. At the Penn Relays, his Villanova DMR team won the title for the first time since 1981.

In the fall of 1998, O'Sullivan started his coaching career in fine fashion as he led the Villanova women to the 1998 NCAA Cross Country National Championship, in addition to guiding the women's squad to the Big East title. For his efforts, O'Sullivan was named 1998 USTCA National Women's Cross Country Coach-of-the-Year and he and his assistants were named Big East Conference Women's Cross Country Staff of the Year.

In 1999-2000, O'Sullivan led the Villanova women's team to both the 2000 Big East indoor and outdoor track & field championships. O'Sullivan and his assistants were rewarded by earning the Big East indoor and outdoor track & field Coaching Staff of the Year Award. O'Sullivan was also named the Mid Atlantic Region indoor track & field Coach of the Year.

Running under the guidance of the legendary Jumbo Elliott for one season and Charlie Jenkins for three years, O'Sullivan established himself as one of Villanova's all-time great performers garnering four varsity letters each in cross country, indoor track and outdoor track. Throughout his Main Line running career, O'Sullivan captured two NCAA indoor titles, 10 Big East Conference indoor and outdoor titles, two IC4A indoor championships and six Penn Relay Carnival Championship of America watches. In Big East Conference Championships, O'Sullivan posted five first place finishes including the 1981 indoor 1500 meters, both the 1983 cross country crown and indoor 1500 meters and the indoor 1500 meters and outdoor 5000 meters in 1984. He also registered two second place finishes during the 1982 season in both the indoor 800 meters and the outdoor 1500 meters. At the 1981 Big East Conference Indoor Championships, O'Sullivan was named the meet's Most Outstanding Freshman Performer.

O'Sullivan also made his mark at the famous Penn Relay Carnival where he earned six Championship of America watches during his career. His shining moment at the Penn Relays came in 1984 when he ran a relay record 1500 meter split of 3:38.7 during the anchor leg of Villanova's 6000 meter relay squad that finished first in a national collegiate and meet record time of 14:52.81. In 1982, he ran the lead off leg on the Wildcats' 3200 meter relay that finished first in national collegiate and meet record 7:12.29.

Upon graduation from Villanova, O'Sullivan went on to enjoy an outstanding international career that included appearances in four Olympic Games for his native country of Ireland. He competed in the 800m and 1500m in Los Angeles in 1984, was a finalist in the 1500m in Seoul in 1988 and raced in the 1500m at Barcelona in 1992 and Atlanta in 1996. His career highlights include three World Indoor Championships in the 1500m in 1987, 1989 and 1993, as well as a world record in the indoor 1500m (3:35.4) in 1989. This 1500m time, along with his best indoor mile of 3:50.9, remain among the five-best performances ever in those events indoors.

O'Sullivan graduated from Villanova in 1984 with a degree in accounting and went on to earn his MBA from Villanova in 1989. After passing the CPA exam, O'Sullivan served as a part-time faculty member of the Villanova Marketing Department from 1992-93. O'Sullivan's wife, the former Mary Spinks, earned a nursing degree from Villanova in 1986. The couple has two children, Laura (12), and Christopher (9).

### HEAD WOMEN'S COACH GINA PROCACCIO



A new era in Villanova women's track & field began on June 7, 2000 when Gina Procaccio was named the sixth head coach in the program's history. Now entering her second year, Procaccio is the first female head coach in the history of Villanova women's track & field.

"When I got into coaching, I knew someday I wanted to be a head coach. I think it is every coach's dream to coach at their alma mater," said Procaccio. "This is truly a dream that I never imagined would come true."

Having run at Villanova and served as an assistant on the Main Line for five seasons (1994-97, 1998-2000) Procaccio is well aware of the tradition of excellence that has been established. In

fact, Procaccio has been very instrumental in helping Wildcat student-athletes make a name for themselves on the national scene, including helping the Villanova women to NCAA cross country titles in 1994 and 1998. Over the last four years, Procaccio has guided Villanova distance runners to five NCAA individual championships and All-American honors on 13 occasions. In 1999-2000, she was a major factor in leading the Wildcat women to both the Big East Conference indoor and outdoor team championships. In 2000-2001, she added two more athletes to her list of Big East Champions with Ann McGranahan winning the cross country title and Rebecca Mitchell winning the indoor 1,000m. All total during her Villanova coaching career, Procaccio has coached eight different runners to All-American distinction 40 times, seven individuals to Big East Championships 24 times, and three runners to National Championships nine times.

A 1987 graduate of Villanova, Procaccio made her mark on Villanova's record book despite only one year of running after transferring from the University of Florida. In her senior season on the Main Line, she placed fifth in the NCAA 1000m and she helped set Collegiate, American and World records as part of the 3,200m relay (8:24.77) and Distance Medley (11:00.76) relay teams.

After her Villanova career, Procaccio went on to run successfully both in national and international competition. She placed fifth in the 1992 United States Olympic Trials in the 1,500m run and she was third at the 1992 United States Cross Country Championships. In 1993, Procaccio earned a spot on the U.S. World Championship team in the 1,500m with a third place finish in that event at the USA Track & Field Championships.

In the summer of 1995, Procaccio was the USA Track & Field national champion at 5,000m and claimed a spot on the United States squad that competed in the World Championships in Goteberg, Sweden. She finished the 1995 season with rankings of No. 1, 2 and 5 in the 3,000m, 5,000m and 1,500m respectively.

Prior to her coaching stint at Villanova, she had served previously for one year (1987-88) as a graduate assistant at the University of Tennessee and one year (1990-91) as an assistant coach at Georgetown University.

### PROCACCIO'S PROLIFIC PAST

- 1995 USA Track & Field 5,000m National Champion.
- Ranked number one in the U.S. in 1995 for the 3,000m.
- Helped set Collegiate, American, and World records as part of the 3,200m relay and the Distance Medley Relay.
- Member of both the 1993 and 1995 U.S. World Championship Teams.
- 1995 World Championship finalist.
- Six-time Penn Relay Individual Champion (five in the mile, and one in the 5,000m).
- 800m - 2:03.42
- 1,500m - 4:06.60
- Mile - 4:24.85
- 3,000m - 8:45.15
- 5,000m - 15:26.13