



# VILLANOVA TRACK & FIELD

## AT THE 107<sup>TH</sup> RUNNING OF THE PENN RELAYS

**THURSDAY-SATURDAY, APRIL 26-28, 2001**

### WILDCAT QUICK FACTS

Location ..... Villanova, Pa.  
 Founded ..... 1842  
 Enrollment ..... 6,150  
 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  
 Track Office Phone ..... (610) 519-4130  
 Media Relations Contact ..... Dean Kenefick  
 Media Relations Phone ..... (610) 519-4120  
 Media Relations Fax ..... (610) 519-7323

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 (888) 400-NOVA

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 (201) 947-3918



### PENN RELAY LINEUP

#### THURSDAY, APRIL 26, 2001

10:00 a.m.	Women's 400 hurdles	Melanie Rhoden
12:35 p.m.	Women's DMR	
1:45 p.m.	Women's Shot Put	Melinda Boykin
3:15 p.m.	Women's Javelin	Christine Heffernan
6:30 p.m.	Men's 3,000m Steeplechase	Geoff Nickerson
6:50 p.m.	Women's 3,000 meter run	Carre Joyce
7:25 p.m.	Women's 5,000 meter run	Kara Kerr
7:45 p.m.	Men's 5,000 meter run	Ray Biersbach
8:05 p.m.	Men's 5,000 meter run	Pat Dunn

#### FRIDAY, APRIL 27, 2001

11:50 a.m.	Men's 4x100m Relay heats	
12:00 p.m.	Men's shot put	Mark Blattner
12:30 p.m.	Women's Triple Jump	Marlena Robinson
12:40 p.m.	Men's DMR	
1:50 p.m.	Women's 4x1500m relay	
3:10 p.m.	Men's 110m hurdle heats	Antoine Johnson
3:20 p.m.	Women's 100m hurdle heats	Charmaine Walker, Sherese Price
4:55 p.m.	Men's 4x400m relay	

#### SATURDAY, APRIL 28, 2001

9:10 a.m.	Men's 400m hurdle finals	Mike Brown
11:00 a.m.	Men's Javelin	Barry Flicker
12:15 p.m.	Men's hammer Throw	Mark Blattner
12:40 p.m.	Men's 4 x mile	
3:35 p.m.	Women's 100m hurdle finals	
3:40 p.m.	Men's 110m hurdle finals	



# VILLANOVA TRACK & FIELD

## Wildcat Penn Relay Rosters

### VILLANOVA MEN'S TRACK & FIELD ROSTER

<b>NAME</b>	<b>CL.</b>	<b>HOMETOWN/HIGH SCHOOL</b>
Brian Anderson	So.	Avon Lake, Ohio/Avon Lake
Carlos Bedoya	Fr.	White Plains, N.Y./Archbishop Stepinac
Mark Blattner	Jr.	Phoenixville, Pa./Phoenixville
Adrian Blincoe	So.	Auckland, New Zealand/Rosmini College
Michael Botti	Fr.	Brooklyn, N.Y./Xavierian
Michael Brown	Sr.	Mt. Laurel, N.J./Lenape
Andrew Cameron	So.	Rockville Center, N.Y./Chaminade
Al Clay	Jr.	Huntington Valley, Pa./LaSalle
Christopher Coumunale	Fr.	Redmond, Wash./Seattle Prep
James Copperthwaite	Jr.	Allenhurst, N.J./Oeean Twp.
Chris Deal	Fr.	Alphanetta, Ga./South Forsyth
Michael Donohue	Jr.	Drexel Hill, Pa./Monsignor Bonner
Patrick Dunn	Fr.	East Setauhet, N.Y./St. Anthony's
Doug Enzler	Jr.	Severna Park, Md./Severna Park
Jon Fasulo	So.	Whitehouse Station, N.J./Hunterdon Central
Barry Flicker	Sr.	Pottstown, Pa./St. Pius
Tom Graham	Jr.	Sidney, N.Y./Sidney
Ryan Hayden	Fr.	Richmond, Cananda/Vancouver College
Patrick Hickey	So.	Cheyenne, Wyo./Cheyenne College
Jason Jabaut	Fr.	Peru, N.Y./Seton Catholic
Andrew Jackman	Fr.	Somersworth, N.H./St. Thomas Aquinas
Antoine Johnson	Jr.	Tuckahoe, N.Y./Tuckahoe
Chris Johnson	So.	Easton, Mass./Oliver Ames
Kenneth Jones	Fr.	E. Palo, Calif./Henry M. Gunn
Jesse Laudenslager	Jr.	Ridley Park, Pa./Salesianum
Peter Lee	So.	Severna Park, Md./ Mt. St. Joseph
Michael Maggio	So.	Brewster, N.Y./ Brewster
Dan Marzluff	Fr.	Fairfax Station, Va./James Robinson
Rick McVoy	Jr.	Bridgeport, Ct./Bridgeport
Pat Moore	So.	Upper Dublin, Pa./LaSalle
Paul Moser	Fr.	Copaigue, N.Y./St. Anthony's
Craig Moss	So.	Red Banks, N.J./Red Banks
Geoff Nickerson	Gr.	East Derry, N.H./Bishop Guertin
James Osborn	Jr.	Horseheads, N.Y./Horseheads
Hao Pan	So.	Manhattan Beach, Calif./Mira Costa
Tom Parlapiano	So.	Honeybrook, Pa./St. Piux X
Brian Powell	Jr.	Kennett Square, Pa./Sudesianum
Eric Reese	Jr.	Dushore, Pa./Sullivan County
Tim Reilly	Fr.	Fair Lawn, N.J./Fair Lawn
Lou Rizzuto	Jr.	Wyomissing Hills, Pa./Wyomissing
John Rogener	So.	Lawrenceville, N.J./Lawerence
Joe Santonacita	Jr.	Glen Rock, N.J./Don Bosco Prep
Jonathan Scarria	Jr.	Lancaster, Pa./Lancaster Catholic
Morgan Scoville	Fr.	Nashville, Tenn./St. Andrews
Justin Shackelford	So.	Silver Springs, Md./Landon School
Ben Showers	Jr.	West Chester, Pa./Henderson
Nick Shunda	Jr.	Milford, Conn./Jonathan Law
Aaron Smith	So.	Cerritos, Calif./Long Beach Poly
Dean Smith	Sr.	Baltimore, Md./Calvert Hall College H.S.
Kwesi Solomon	Jr.	Philadelphia, Pa./George Washington
Shaun Stanton	Sr.	Bronx, N.Y./Iona Prep
Matt Strout	Jr.	Valley Cottage, N.Y./Don Bosco Prep
Timothy Styler	So.	Cranford, N.J./Cranford
Dan Tantino	Jr.	North Wales, Pa./North Penn
Scott Tantino	Gr.	North Wales, Pa./North Penn
Gary Thau	Sr.	Flemington, N.J./Hunderdon Central
Brian Tillet	Jr.	Barberton, Ohio/Archbishop Habam
Bryan Wagstaff	So.	Rahway, N.J./Rahway



# VILLANOVA TRACK & FIELD

## VILLANOVA WOMEN'S TRACK & FIELD ROSTER

<b>NAME</b>	<b>CL.</b>	<b>HOMETOWN/HIGH SCHOOL</b>
Liz Awtrey	So.	Burke, Va./Robinson Secodary
Virginia Barb	Fr.	Danbury, Conn./Danbury
Tara Bernard	So.	Long Valley, N.J./West Morris Central
Susan Billings	Sr.	Berlin, N.J./Eastern Regional
Melinda Boykin	Jr.	Bridgeton, N.J./Bridgeton
Colleen Cingel	Jr.	University Heights, Ohio/Beaumont School
Meghan Courtney	Sr.	Waterloo, N.Y./Waterloo
Claudine Evangelista	Fr.	Laurel Springs, Md./Triton
Keely Fallon	Jr.	Edgewater, Md./South River
Kimberly Fernandez	Fr.	Walnut Creek, Calif./Las Lomas
Jocelyn Fontaine	So.	Boothwyn, Pa./Chichester
Jessica Franks	Sr.	Lansdale, Pa./North Penn
Melissa Guinivan	Sr.	Maytown, Pa./Donegal
Renee Gunning	Fr.	Perkasie, Pa./Pennridge
Christine Hefferman	So.	Springfield, Pa./Springfield
Christa Heyward	Jr.	Elmira, N.Y./Notre Dame
Julie Jackson	So.	Lewes, Del./Cape Henlopen
Carre Joyce	Fr.	Charleston, S.C./Summerville
Sheila Klick	So.	Lansdowne, Pa./Archbishop Prendergast
Alison Kobel	So.	Mountainside, N.J./Governor Livingston
Lauren Kobel	So.	Mountainside, N.J./Governor Livingston
Geraldine McCarthy	Sr.	Listowel, Ireland/Presentation Secondary
Ann McGranahan	Sr.	Pensacola, Fla./Pensacola
Rebecca Mitchell	Fr.	Geneva, Ill./Geneva
Jennifer Papay	Sr.	Newtown, Pa./Archbishop Wood
Brieanne Pearson	Jr.	Plymouth Meeting, Pa./Plymouth-Whitemarsh
Sheres Price	Fr.	Pleasantville, N.J./Pleasantville
Melanie Rhoden	Fr.	Ewing, N.J./Ewing
Marlena Robinson	Sr.	Rochester, N.Y./Brighton
Abby Smagula	Fr.	Bedford, N.H./Manchester West
Sylvia Taggart	So.	N. Richland Hills, Texas/Richland
Tricia Taylor	Fr.	Wilmington, Del./Ursaline Academy
Charmaine Walker	Sr.	Plainfield, N.J./Plainfield



# VILLANOVA TRACK & FIELD

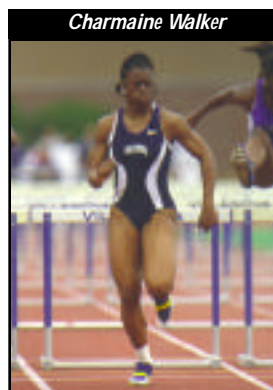
## Penn Relay History

### VILLANOVA CHAMPIONSHIP OF AMERICA WATCH WINNER LEADERS

Totals include relay wins only.

<b>10</b>	Mark Belger, 1975-1978	<b>5</b>	Noel Carroll, 1963-1965 Hardge Davis, 1968-1970 * Cheri Goddard, 1990-1993 Tom Gregan, 1972-1975 John Hunter, 1980-1982 Brian McElroy, 1973-1974 Tom Sullivan, 1964-1965 Anthony Tufariello, 1979-1980
<b>9</b>	Eammon Coghlan, 1973-1976 Ron Delaney, 1956-1958 * Marty Liquori, 1969-1971 * Don Paige, 1978-1980		
<b>8</b>	Charles Jenkins, 1955-1957 Chris Mason, 1969-1971 Frank Murphy, 1967-1969 Ken Schappert, 1971-1973, 1975		
<b>7</b>	Michelle Bennett, 1988-1991 Kathy Franey, 1986-1990 Sydney Maree, 1979-1981 Dave Patrick, 1966-1968		
<b>6</b>	Ed Collymore, 1957-1959 * Michael England, 1979-1980, 1982 Vicki Huber, 1985-1989 Larry James, 1968-1970 Phil Kane, 1975-1977 Marcus O'Sullivan, 1980-1984 Sonia O'Sullivan, 1989-1991 Krestena Sullivan 1993-1997		

\* - Does not include Freshman 4x400m championship.



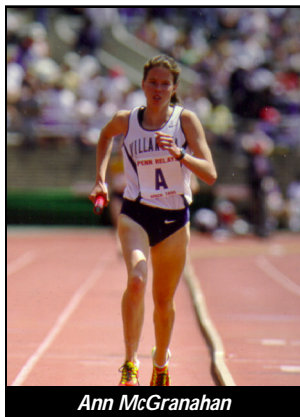
*Charmaine Walker*



*Michael Brown*

### CURRENT WILDCAT RUNNERS WITH PENN RELAY CHAMPIONSHIPS

NAME	NUMBER	YEAR	EVENT(S)
Liz Awtrey	1	2000	6000m relay
Mike Brown	1	2000	400 meter hurdles



*Ann McGranahan*



*Scott Tantino*

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

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

### VILLANOVA RELAY VICTORIES (By Event)

RACE	MEN'S	WOMEN'S
Distance Medley	21	9
4x1500m Relay	18	8
4x800m Relay	19	9
Sprint Medley	14	
4x400m Relay	12	
800m Relay	2	
Shuttle Relay	1	



# VILLANOVA TRACK & FIELD

## News & Notes

**PENN RELAY SUCCESS:** Since the Villanova women's track & field team began competing at the Penn Relays in 1979, the Wildcat women have won 26 Penn Relay plaques, which is the most by any women's team in the history of the meet. The Villanova women have won 22 times in the last 13 years, capturing 22 of the 37 races they have entered. From 1987-95, the Villanova women won at least one Championship of America race. Overall, the women have won eight of the last 11 4x1500m relay titles, seven of the last 13 4x800m titles and eight of the last 14 DMR championships. On the men's side, the Wildcats have won more relay titles than any other school with a total of 87. The Villanova men last won a Penn Relay Championship of America in 1993 (4x1500m Relay).

**NEW LEADERSHIP:** The Villanova women will be guided at this year's Penn Relays by **Gina Procaccio** who was named head coach of the Wildcat women on June 7, 2000. Procaccio replaces Marcus O'Sullivan who is now Villanova's Director of Track & Field/Cross Country and the head coach of the Villanova men's cross country/track & field programs. Prior to being elevated to head coach, Procaccio served as a Villanova assistant from 1994-97 and then from 1998-2000. In her last two years as an assistant, Procaccio helped lead Villanova distance runners to five NCAA individual championships and All-American honors on 13 occasions.

**KNOWING WHAT IT TAKES:** Villanova head men's track coach **Marcus O'Sullivan** and Wildcat women's track 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 a part of six Penn Relay Championship of America winning relay teams. Procaccio transferred to Villanova for her senior year in 1987 and was a member of the winning DMR team. The duo have also won numerous individual races at the Penn Relays. At the Penn Relays press conference on Monday, April 23, O'Sullivan had this to say about the Relays -- "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, the 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."

**CONCENTRATING ON TWO:** The Villanova men and women will each run in two relays at this year's Penn Relays Carnival. The men will run in the DMR (Friday/12:40 p.m.) and the 4 x mile (Saturday/12:40 p.m.), while the women will compete in the DMR (Thursday/12:35 p.m.) and the 4 x 1500 (Friday/ 1:50 p.m.).

**IT'S BEEN A WHILE:** The Villanova men have not won a Championship of America relay since 1993 when they captured the 6000m relay. In the program's history, the Wildcats have won the DMR at the Penn Relays 21 times including a stretch from 1966-81 when they won 16-straight DMR's at Penn. However, the 'Cats have not won the DMR at Franklin Field since 1981.

**A LOOK BACK:** At last year's Penn Relays, the Villanova women won the 4 x 1500 meter relay with a time of 17:30.30. Runners on that team included **Liz Awtrey**, **Carrie Tollefson**, **Kristen Nicolini** and **Caremen Douma**. Of the four runners, only Awtrey was not lost to graduation. Now a sophomore, Awtrey will run on this year's DMR and 4 x 1500 meter relay teams. The women's DMR squad placed third at last year's relays.

**YOUNG GUNS:** Three of the four members of this year's Villanova men's DMR team are all currently competing in their first season of collegiate track. Two of the three are freshmen including **Ryan Hayden (Richmond, Canada)** and **Jason Jabaut (Peru, N.Y.)**, while **Adrian Blincoe** is a sophomore from Auckland, New Zealand running collegiatley for the first time. The fourth member of the team is senior **Mike Brown (Mt. Laurel, N.J.)** who won the 400 meter hurdles at last year's Penn Relays. Jabaut finished third at the Penn Relays last season in the high school mile. The team that Villanova puts together to run the men's 4 x mile relay may be just as young. Hayden and Blincoe will definitely be on the relay with the last two spots to be announced Friday night.

**INEXPERIENCE:** Like the Villanova men, the Wildcat women are extremely young this season. The women's DMR team will consist of three freshmen (**Rebecca Mitchell**, **Renne Gunning** and **Melanie Rhoden**) and one sophomore (**Liz Awtrey**). Awtrey ran the leadoff leg on Villanova's 6,000 meter relay squad that won the 2000 Penn Relays. As a high school senior last year, Gunning won the mile at the Penn Relays. Gunning, Mitchell and Awtrey will join senior **Ann McGranahan** on Villanova's 4 x 1500 meter relay team. Last year, seven of the eight runners who were on the DMR and 4 x 1500 meter relay teams were seniors.

**HONORING TUPP:** The Villanova track & field program will wear black ribbons on their jerseys this weekend at the Penn Relays in honor of long-time assistant coach **Jim Tuppenny** who passed away on November 29 from heart failure due to complications from stomach cancer. The last time the entire Villanova team wore black ribbons was at the 1982 Penn Relays in honor of legendary head coach Jumbo Elliott. All total, Tuppenny served as a track & field coach for 52 years, including 13 years as the head track & field/cross country coach at the University of Pennsylvania. Tuppenny is probably best remembered for his association with the the Penn Relays. He served as the Relays Director from 1970-1987. Beginning this year, the Penn Relays women's DMR will be named in honor of Tuppenny.

**YOUNG GUNS:** Sophomore **Adrian Blincoe** and freshman **Ryan Hayden** have had an outstanding year for head coach Marcus O'Sullivan and the Wildcats. At the NCAA cross country championships this past fall, Blincoe placed ninth, while Hayden tallied a 29th place effort which was the third highest finish by a freshman. During the indoor season, Blincoe was second in the 3,000 meter run at the NCAA Championships and Hayden was seventh in the mile. Thus far this year in outdoor track, Blincoe has run 3:42.71 in the 1,500 meter run with Hayden's best time in the event at 3:43.14.

**WALL OF FAME:** Former Villanova track & field standout **John Hartnett** will be one of four individuals who will be inducted into the Penn Relay Wall of Fame. Joining the four individuals will be four relay teams. With this addition of this year's class, there are now 47 individuals and 37 relay teams that are in the Penn Relays Wall of Fame. Hartnett, a 1974 Villanova graduate, was the Outstanding College Athlete of the 1973 Penn Relays who he ran a leg on three championship relay teams including the two ile relay, the four mile relay and the DMR. During his three-year Penn Relay career, Hartnett's team won the DMR all three times with Hartnett running the anchor leg each year. In 1974, he ran the anchor leg on the Four Mile Relay and DMR teams that both set Penn Relay Carnival records.



# 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, Heidelberg, Hamilton, Patrick\*  
 • Patrick was named the meet's MVA.

#### 1967

Distance medley relay 9:39.3 - Murphy, Heidelberg, 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

\* 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. Beginning in 2000-2001, O'Sullivan will serve as the Director of Villanova Track & Field, and acting as 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.

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.

This past season, 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. Procaccio is the first female head coach in the 21-year 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 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 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 two years, Procaccio has guided Villanova distance runners to five NCAA individual championships and All-American honors on 13 occasions. Last year, she was a major factor in leading the Wildcat women to both the Big East Conference indoor and outdoor team championships. All total during her Villanova coaching career, Procaccio has coached eight different runners to All-American distinction and three runners to National Championship status.

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 DMR (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.
- Six-time Penn Relay Individual Champion (five in the mile, and one in the 5,000m).