The Misericordia University Track and field teams will enter their fourth outdoor season under head coach Chris Wadas this spring after a successful indoor campaign.

The women will need to move on without their top two runners from past seasons. Sue Bochnovich, a 2009 MAC champion in the 100m and 200m, completed her eligibility after the indoor season while Ali Ostrum, a school record holder in the 1500m and 3000m, graduated in December.

With the return of three all-MAC performers, the Cougars are strong in the throwing events. Junior Shannon Kane was a MAC champion in the javelin and shot put in both events last season. Sophomore Kate Usher finished seventh in the javelin, while sophomore Jessica Bealer was All-MAC in the shot put.

The MU women also feature a deep distance group which is spearheaded by junior Melody Rutkowski who will contribute in the middle-distance events. Rutkowski will also contribute in the long jump and triple jump, while Stephanie Grow is a potential in the long jump and triple jump, while Rutkowski will contribute in the pole vault.

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Debra Korte (fifth in the 100m at MACs), Jenn Lozier and freshman Stephanie Grow lead the sprinting contingent while the distance group is spearheaded by junior Marcie Cusatis (fourth at MACs in the 800m) and freshman Marsha Orgren and Kelsey Cameron. Orren was a chance to contend at MACs in either the 1500m or 5000m.

Freshman Brianna Kramer could develop in the 800m.

The men’s team is led by junior middle-distance runner Frank Redmond, a 2009 NCAA qualifier in the 800m. Redmond took third in the 800 and fifth in the 1500 at MACs last season. “We are hoping he can win the 800 at MACs and he could contend in the 1500 as well,” said Wadas.

Other key distance runners include junior Pat Blaskiewicz (who missed scoring at MACs in the 10,000 by four seconds) and steeplechaser Ryan Gargas (the school record-holder) and Bill Conney. Kyle Suponcic is in his second season and could be one to watch in the mid-distance events.

In addition to the steeplechase, the men have several good hurdlers including senior David Meyer, who took sixth in the 400 hurdles at MACs. Freshman Sean Ciborowski set an indoor school record in the 55 hurdles and should contribute in outdoors in the 110 hurdles.

Steve Clemenson returns as the team’s top sprinter and long jumper. Artie Papa placed in the hammer throw at MACs last season while freshman Joe Ardo will contribute in both throws and the 4x400 relay.

The outdoor season begins on March 26 at Widener, while the Larry Ellis Meet at Princeton is a big chance for potential ECAC qualifiers.

In addition, the teams will each send a 4x400 relay to the famous Penn Relays on April 22-23.

The Cougars host their annual Narkiewicz Invitational on April 30 before the season ends back where it began, at Widener for the MAC championships on May 6-7.

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MISERICORDIA UNIVERSITY IN BRIEF

MISERICORDIA UNIVERSITY Belongs to NCAA Division III, Freedom Conference Athletic Council (MAC), and the Eastern College Athletic Conference.

MU is in its second full season of competition in the Free-
dom/MAC after 16 years as a member of the Pennsylvania
Athletic Conference. Misericordia began ECAC and NCAA

The Freedom/MAC sponsors competition in 11 men’s sports:
baseball, basketball, cross country, football, golf, indoor track &
field, lacrosse, soccer, swimming, tennis and outdoor track &
field; and 14 women’s sports: basketball, cross country, field
hockey, indoor track & field, lacrosse, soccer, softball, swimming
tennis, outdoor track & field and volleyball.

With approximately 430 members and 150,000 student-
athletes competing annually, Division III is the largest of
the NCAA’s three divisions.

Division III institutions place high priority on the overall
quality of their student experience and the successful
completion of all students’ academic programs.

Formed in 1938, the ECAC is the nation’s largest athletic con-
federation. As of 2008, the ECAC is an affiliate of the NCAA.

Athletics Facilities

The Athletics facilities at Misericordia University are high-
lighted by the Anderson Sports-Health Center and the
Anderson Outdoor Athletic Complex.

The facilities also include Anderson Field for softball as well
as six tennis courts and a baseball field.

Since 1993, the Anderson Center has provided a home for
the Cougars basketball, volleyball and swim teams.

The center features a six-lane swimming pool, indoor track,
racquetball courts, fitness center and an aerobic/dance studio.
The Anderson Sports-Health Center also attracts more than
75,000 visitors annually for recreational use.

In addition, the building houses the athletic department offices
and campus health center.

Mangelsdorf Field at the Anderson Athletic Complex was
constructed in 2002 and serves as a home for the soccer, field
hockey, lacrosse and track & field programs.

The complex features a synthetic grass field and six lane
track which allow MU’s student-athletes to remain
active even when weather conditions are less than ideal.

Named for the late Dr. Robert S. and Geraldine Ruth Daley
Anderson, the Anderson Sports-Health Center, Anderson
Athletic Complex and Anderson Field are tributes to their
commitment to Misericordia University.

Mangelsdorf Field honors the dedication of Jack and Doro-
thy Mangelsdorf to MU and the region.

The Misericordia tennis complex opened in 2004 as part of a
gift by the M & T Foundation.

MISERICORDIA UNIVERSITY BRIEF

Misericordia University is a liberal arts based, co-edu-
cational Catholic institution serving both residential and
commuting students.

Founded in 1924, Misericordia is the oldest four-year
institution in Luzerne County and made the transition to
University status in 2007.

Sponsored by the Religious Sisters of Mercy, MU is one of
18 Mercy institutions in the United States.

Misericordia welcomes individuals from all faiths and offers
a variety of liberal arts and professional programs at
the undergraduate and graduate levels.

MU offers 30 majors in three academic colleges: Arts and
Humanities; Health Sciences; and Professional Studies and
Social Sciences.

The University is dedicated to the values of the Sisters of
Mercy: mercy, service, justice and hospitality. These values
will be found throughout the University, from programs of
study to study projects.

The hallmark of a University is a dedicated faculty and a high-
quality core liberal arts and sciences curriculum.

In addition to their diploma, MU students participate in the
school’s Guaranteed Placement Program. The GPP is a promise
that, within six months of graduation, students will have a
position in the career of their choice or be enrolled in graduate
school, or the University will provide a paid internship in
the student’s field of study.

With a total enrollment of 2,501 students, Misericordia
University offers the benefits of a small university with the
scope of a larger institution.

Classroom size is purposefully small to ensure personal-
ized attention and our 12:1 student/faculty ratio allows
students and faculty to truly know one another.

In addition to academic pursuits, MU students participate
in a wide range of athletic, recreational, spiritual, social and
cultural activities with more than 200 clubs and organizations
on campus.

MU sponsors 22 varsity sports including men’s soc-
cer, cross country, basketball, swimming, golf, lacrosse,
indoor track & field, baseball, tennis and women’s soc-
cer, soccer, volleyball, field hockey, cross-country, tennis,
basketball, swimming, softball, lacrosse, indoor and outdoor
track & field and cheerleading.

Women’s golf will begin varsity play in 2011.

Misericordia began competing in the Freedom Conference/
MAC in 2008 after 16 seasons of competition in the Pennsyl-
vania Athletic Conference.

In 2009-10, the Cougars won conference championships in
men’s soccer and women’s swimming.

Misericordia won 29 PAC championships and made
the PAC playoffs in field hockey, volleyball, men’s and
women’s basketball and women’s tennis.

MISERICORDIA UNIVERSITY IN BRIEF

Chris Wadas

Chris Wadas is in his fourth sea-
son as head coach of cross country
and track & field at Misericordia
University.

In track and field, the Cougars won six events at the MAC Indoor
and Outdoor championships and had an NCAA qualifier for the second
consecutive season in 2009.

A Misericordia graduate, Wadas was a sport management/
information technology major and spent the 2005-2006 as an
assistant coach with the Cougars.

He led the Cougars to 11 Pennsylvania Athletic Conference

Martin compiled 178 career wins at MU and was a four-time
MAC Coach of the Year.

He led the Cougars to the Freedom Conference and Middle Atlantic States
Athletic Corporation (MAC) in 1993.

Chris Wadas Head Coach

Chris Wadas Head Coach

DAVE MARTIN

Dave Martin is in his sixth year as
director of athletics at Misericordia
University.

In his first five years, the Cougars
won nine conference championships
and earned six NCAA tournament
berths.

In addition, he guided the Cougars
through the transition from the
Pennsylvania Athletic Conference to
the Freedom Conference and Mid-
table Atlantic States Athletic
Corporation (MAC).

He has also oversaw the addition of men’s tennis and women’s
field hockey, lacrosse and track & field at Misericordia
University.

Martin previously spent 14 seasons as head men’s basketball
coach at Misericordia and served as associate athletic director
and coordinator of athletic recruiting.

He led the Cougars to 11 Pennsylvania Athletic Conference

Martin compiled 178 career wins at MU and was a four-time
MAC Coach of the Year.

A graduate of Wilkes University, Martin earned a master’s
degree in education from Misericordia.

Dave Martin Athletic Director

Name

2010 ROSTER

YR

Event

2010 SCHEDULE

Time

Date

Team

Opponent

Mr.

Event

Time

Date

Team

Opponent

Mr.

Event

Time

Date

Team

Opponent

On the Cover: Frank Redmond, Shannon Kane

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