**MISERICORDIA QUICK FACTS**

Location: 301 Lake Street, Dallas, PA 1924
Enrollment: 2,830
Nickname: Cougars
Colors: Royal Blue and Gold
Conference: Middle Atlantic Conference
National Affiliation: NCAA Division III
President: Dr. Thomas Botzman
VP of Student Affairs: Kit Foley
Athletic Director: Dave Martin

**ATHLETICS FACILITIES**

The athletics facilities at Misericordia University recently underwent major renovations which provide MU’s student-athletes with some of the finest competition venues in the region.

The facilities - all located on campus - include the Anderson Center, Mangelsdorf Field at the Anderson Outdoor Athletics Complex, Tambur Field, Metz Field House, McGeehan Field, Anderson Softball Field and six tennis courts.

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

The Anderson Center features a six-lane swimming pool, indoor track, racquetball courts, fitness center and an aerobic/dance studio.

The building attracts more than 75,000 visitors annually for recreational uses.

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

The Anderson Complex features a synthetic grass field and a six-lane synthetic track, with an eight-lane straightaway, which allow MU’s student-athletes to compete even when weather conditions are less than ideal.

The Misericordia softball team has called Anderson Field home since 1992.

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

Mangelsdorf Field honors the dedication of Jack and Dorothy Mangelsdorf to MU and the region.

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

Honoring the Robert Tambur family, Tambur Field was christened in 2013 as the new home for the MU baseball team.

McGeehan Field, named in honor of Mary Ellen McGeehan ‘46, opened in 2012 and provides a second artificial grass venue for the MU field hockey, soccer and lacrosse teams.

In addition, the John & Mary Metz Fieldhouse was constructed in 2012 and provides meeting and locker room space for the MU football, soccer, field hockey, track & field, baseball and lacrosse teams.

The 21,750 square-foot facility is named for long time board of trustee member John Metz and his wife and recognizes their contributions to the MU community.
As a competitor, Chris Wadas led the Misericordia men’s cross country team to four consecutive conference championships.

In his ninth season as head coach at his alma mater, he is chasing his first conference title as a coach.

With plenty of talent and experience on both rosters, 2014 could be the year that Wadas leads him to the top of MAC.

“We have high expectations for this season,” said Wadas. “If we stay healthy, we believe that we can challenge for a MAC championship.”

The women’s squad will rely on standout Bianca Bolton, a junior who finished 13th at the MAC Championships a year ago.

Classmates Bethany Killmon and Alex Miller will also be crucial to the any success the women’s cross country team may enjoy this season along with senior Rachael Harding.

With 25 women on the roster, Wadas plans to use depth to their advantage and expects 10-12 runners to consistently challenge for scoring positions.

“We are one of the few teams in the conference to return five of our top eight runners,” said Wadas. “That experience should be to our benefit when we get to the postseason.”

Both the men’s and women’s cross country teams open their schedule Friday, August 29 at the Misericordia Invitational.
STEVE AMBROSI  
Assistant Coach  
Steve Ambrosi is in his second season as the assistant coach/intern of the men’s and women’s cross country and track & field teams at Misericordia University.

In 2013-14, he coached Ashlee Ward to the NCAA Division III Indoor and Outdoor High Jump championships.

Previously, he guided Frank Redmond to All-American status at 800m.

Wadas holds a Level 1 USATF Coaching Certification and achieved a USATF Level 2 in endurance training.

As a competitor, Wadas led the Cougars to four straight PAC cross country team titles and was a four-time team MVP.

In addition, Wadas was the Wendy’s Misericordia Athlete of the Year in 2003-04.

AMY MANTUSH  
Graduate Assistant  
Amy Mantush is in her second season as an assistant coach with the Misericordia University cross country and track & field teams.

In her first season, she helped Ashlee Ward to a pair of NCAA high jump titles in 2014.

A native of Drums, PA, Mantush graduated from Bucknell University with degrees in education and animal behavior.

She was a 12-time All-Patriot League performer in the high jump, triple jump, long jump and pentathlon and holds Bucknell school records for the indoor and outdoor high jump.

Previously, she spent two seasons as an assistant coach at Allegheny College where she helped the men’s cross country team to the 2010 NCAC championship and a 15th-place finish at the NCAA championships.

STEVE AMBROSI  
Assistant Coach  
Steve Ambrosi is in his second season as the assistant coach/intern of the men’s and women’s cross country and track & field teams at Misericordia University.

In his first year of coaching, Ambrosi helped Stacey Perrins drop a half second off her 100H time while qualifying for the NCAA Championships. He served as the strength coach for 400m NCAA qualifier Amy Viti.

Ambrosi is a 2012 graduate of Moravian college, where he earned a degree in Psychology with a focus sports psychology. On the track, Ambrosi was a four-time ECAC qualifier in the 800M, two-time ECAC qualifier in the 400H and was also an NCAA qualifier.

A four-time Landmark 800M champion, he was the 2012 800M indoor ECAC champion and earned All-America honors.

A native of Parsippany, NJ, he coached at Velocity Sports Performance prior to coming to Misericordia.

MIKE KINNEY  
Assistant Coach  
Mike Kinney is in his seventh year as an assistant coach for the men’s and women’s cross country programs.

An alumnus of the University of Pittsburgh, he earned his bachelor’s degree in political science with a concentration in Public Administration.

He currently works at Power Engineering Corporation.

Possessing a strong passion for running, Kinney currently serves as the Vice President of the Wyoming Valley Striders. He competed in the 2006 Boston Marathon.

RUSS SUSKO  
Assistant Coach  
Russ Susko joined the Misericordia University cross country staff as an assistant coach in 2008.

He graduated from Bloomsburg University with a degree in elementary education, and was also a member of the varsity track team there.

Susko spent five years as the varsity track coach at Bishop Hoban and three years as the junior varsity coach at Tunkhannock High School.

Susko currently works for PennDot as a real estate appraiser. He resides in Trucksville, PA.

DAVE MARTIN  
Athletic Director  
Dave Martin is in his 11th year as director of athletics at Misericordia University.

During his first 10 years at the helm, the Cougars won 21 conference championships and earned 20 NCAA tournament berths.

The women’s soccer team made the school’s first trip to the NCAA final Four in 2012 and Ashlee Ward won NCAA Indoor and Outdoor High Jump titles in 2014.

As interim head women’s basketball coach, Martin led the Cougars to their first Freedom title and NCAA bid in 2011-12. In addition, he guided the Cougars through the transition from the Pennsylvania Athletic Conference to the Freedom Conference and Middle Atlantic Conference (MAC) in 2008.

Most recently, he oversaw the addition of varsity football which began play in 2012 and has also overseen the addition of men’s tennis and women’s golf as a varsity sports offering at MU.

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 playoff berths and two PAC finals appearances. Martin compiled 178 career wins at MU and was a four-time PAC Coach of the Year.

A graduate of Wilkes University, Martin earned a master’s degree in education from Misericordia.
**2014 Athlete Profiles**

**Ryan Foster --- SR, 5’9”**  
Lebanon, PA/Lebanon  
2013: Finished 111th at the MAC Championships with a 32:07.4... Ran a season-best 31:17:3 at Gettysburg.  
2012: Competed in seven meets... Placed 40th at the NEPA Classic with a 6K time of 23:07... Set a new 8K PR four times during the season, finishing with a career-best time of 31:15 at Gettysburg.  
2011: Took 65th at the Cougar Classic with a time of 34:00.

**Jarrett Higley --- SR, 6’1”**  
Dushore, PA/Sullivan County  
2013: Competed in six meets...Finished 35th in the 5K at the Misericordia Invitational with a time of 18:31.4... Also ran a season-best 30:22.3 at the LHU Open/Invitational.  
2012: Competed in seven meets... Finished 12th at the NEPA Classic with a 6K time of 21:19... Broke his career-best 8K time by more than a minute at Gettysburg (28:58)... Ran a 31:12 at MAC’s... Finished in 30:56 at the NCAA Mideast Regional.  
2011: Placed 90th overall at Lebanon Valley with a time of 18:10... Finished 29th overall with a time of 30:15 at the Cougar Classic... Ran a 31:59 at the MAC Championships to finish 76th overall.

**A.J. Limongelli --- SR, 5’11”**  
Dallas, PA/Holy Redeemer  
2013: Competed in six meets... Ran a season-best 26:53.8 at the NCAA Mideast Championships... Finished 29th at MAC’s.  
2012: Earned 2nd-Team All-MAC honors for his 14th place finish at MAC’s... Scored in all eight meets, leading the team twice... Placed eighth at the MU Invitational 5K... Sixth place finish in 6K time of 20:28 helped MU to a victory at the NEPA Classic... Set his PR with 26:46 at NCAA Mideast Regional, good for the 10th-best time in school history.  
2011: All-Region Freshman Team and the All-MAC 2nd Team... Helped propel MU to a win at the Cougar Classic, where he finished eighth... Ran a season-best 27:28 at the NCAA Mideast Regional, good for 73rd place.

**Jeremy Osko --- SR, 5’11”**  
Ashley, PA/Hanover  
2013: Ran a season-best 27:12.3 at the NCAA Mideast Regionals... Finished 40th at the MAC Championships with a 28:25.4.  
2012: Competed in all eight meets... Placed 25th at the NEPA Classic with a 6K time of 21:46... Ran a career-best 29:09 at Gettysburg... Finished 81st at MAC’s... Counted as MU’s fifth scoring runner at the NCAA Mideast Regionals, finishing 206th with a time of 29:15.  
2011: Finished fourth at Wilkes in a time of 22:48 to help lead MU to a dual meet victory... Placed 32nd at the Cougar Classic in a time of 30:27... Earned a 62nd place finish at the MAC Championship meet.

**Carl Daubert --- JR, 5’6”**  
Hanover Twp., PA/Hanover  
2013: Ran in four meets, including a 22:57.6 in the 5K at the Misericordia Invitational.  
2012: Competed in all six regular-season meets... Placed 45th at the NEPA Classic with a 6K time of 23:36... Ran a season-best 8K time of 33:19 at the Gettysburg Invitational.

**Mikael Hause --- JR, 5’11”**  
Kulpmont, PA/Mount Carmel  
2013: Finished 15th at the MAC Championships with a 27:38.6 and was 180th at Gettysburg... Ran a 26:48.0 at the NCAA Mideast Championships... His 26:38.0 at the LHU Open is the sixth-fastest time in MU history.  
2012: Placed 7th at the MU Invitational and fourth in the ‘NEPA Classic victory... Ran 27:01 at Gettysburg - fastest freshman time in school history... Placed 37th at MAC Championships and ran 28:18 at the Mideast Regional.

**Trevor Reed --- JR, 5’8”**  
Gaithersburg, MD/Gaithersburg  
Prep: Earned three cross country letters, two basketball letters, three outdoor track and field letters and one indoor track and field letter... Also earned one collegiate basketball letter at MU.

**Andrew Nelson --- JR, 5’9”**  
Olyphant, PA/Holy Cross  
2013: All-MAC first team in the Indoor 200m and 400m and Outdoor 400m... All-MAC second team in the Outdoor 200m... Runner-up in the MAC Indoor 400m and third in the 200m with a school-record of 22.98... Third at 400m and fifth at 200m at the MAC Outdoor Championships... Helped the MU 4x400m relay team to a third-place finish at the MAC Indoor Championships... Broke MU indoor record with a time of 50.48 in the 400m.

**Benjamin Becker--- SO, 5’11”**  
Swoyersville, PA/Wyoming Valley West  
2013: Posted a season-best 31:44.2 at the Gettysburg Invitational... Also ran a 20:13.5 in the 5K at the Misericordia Invitational.

**Eric Deignan --- SO, 6’0”**  
Harrisburg, PA/Central Dauphin  
2013: Ran in seven meets during freshman year... Ran a 28:07.2 at the NCAA Mideast Regionals... Ran a 29:53.0 at the MAC Championships to finish 79th... Ran a season-best 27:13.8 at Lock Haven.

**Shadrack Kiprop --- SO, 6’1”**  
Lancaster, PA/Penn Manor  
2013: Had four top-100 finishes and two top-50 finishes during freshman season... Finished 39th at the MAC Championships with a 28:31.7... Also finished 23rd in the 5K at the Misericordia Invitational with a 17:31.8... His 27:08.9 at the LHU Open was the third best freshman time in MU history.

**Nick Weron --- SR, 5-9”**  
Nanticoke, PA/Nanticoke Area  
2013: Ran in six meets during freshman year... Finished 83rd at the MAC Championships after posting a 30:09.5... Ran a season-best 28:50.6 at Gettysburg.
Paul Collins --- FY, 6’1”
Nazareth, PA/Nazareth
Prep: Earned four varsity letters in both cross country and track and field while at Nazareth Area High School... Was named Runner of the Year, NAHS 2014 Ideal Male Athlete, Scholar Athlete, Outstanding Senior, All-LVC Third Team and Team District Champions.

Justin Faust --- FY, 5’10”
Nazareth, PA/Nazareth
Prep: Varsity letter winner in both track and cross country while at Nazareth Area High School.

Sean Luzzi --- FY, 6’1”
Bethpage, NY/Chaminade
Prep: Earned varsity letter in cross country, track and lacrosse while at Chaminade High School... Was named All-League Spring Track in 2013, All League Cross Country in 2013 and All-League Winter Track in 2014.

Zachary Moody --- FY, 5’8”
Clarence, PA/Bald Eagle Area
Prep: Earned four varsity and cross country letters while at Bald Eagle High School... Finished 1st at the Lock Haven Invite 2000m steeplechase... Was a PIAA cross-country and track and field state qualifier.

Rachael Harding --- SR, 5’2”
Ringwood, NJ/Lakewood
2013: Finished 86th at the MAC Championships in the 6K with a time of 28:06.6...Posted a 25:47.5 at the LHU Open/Invitational.

2012: Competed in seven meets... Placed 12th overall at the NEPA Classic with a 4K time of 17:04... Ran a career-best 26:49 at the Gettysburg Invitational... Finished 84th at the MAC Championship meet with a time of 28:36.

2011: Competed in nine meets... Ran a season-best 27:46 at the Paul Short Invitational... Closed season with a 28:08 at the NCAA Mideast Regional meet.

Rebecca Santoleri --- SR, 5’5”
Glen Mills, PA/Padua Academy
2013: Competed in six meets... Finished 107th at the MAC Championships with a 29:09.3 in the 6K...Best time was a 26:50.5 at the LHU Open/Invitational.

2012: Competed in all eight meets... Finished 3rd at the NEPA Classic with a 4K time of 17:04... Ran a career-best 26:56 at the Gettysburg Invitational... Finished 74th at the MAC Championships in 28:07... Ran a 28:21 at the NCAA Mideast Regionals.

Anna Nole --- SR, 5’8”
Tunkhannock, PA/Tunkhannock
2013: Competed in four meets during freshman year...Best time in the 6K was 27:16.8 at the Gettysburg Invitational.

2012-2013: Member of Misericordia track & field teams.

Bianca Bolton --- JR, 5’5”
Pittston, PA/Pittston Area
2013: Had three top-30 finishes in 2013...Finished 13th at the MAC Championships... Had a time of 24:34.7 in the 6K at that event... Also ran a 17:47.8 in the 4K at the Misericordia Invitational.

2012: Competed in all eight meets, counting as a scoring runner in six of them... Finished third overall in her first collegiate meet with a 5K time of 21:48 at the MU Invite... Was fourth overall at the NEPA Classic with a 4K time of 16:00.

Marisa Metric --- SO, 5’1”
Hanover Twp., PA/Hanover Area
2013: Member of cross country and softball teams at Luzerne County Community College.

Alexandria Miller --- JR, 5’6”
Scott Twp., PA/Lakeland
2013: Finished 26th at the MAC Championships with a 25:22.9... Finished with a 24:21.2 at the NCAA Mideast Championships.

2012: Competed in seven meets... Finished sixth overall with a 5K time of 22:12 at the MU Invitational in her first collegiate meet... Ran a season-best 25:53 at the Gettysburg Invitational... Finished 51st in 27:08 at the MAC Championship meet.

Ashley Sexton --- JR, 4’11”
Philadelphia, PA/St. Hubert Girls’
2013: Competed on the women’s track and field team in 2013.

Paul Collins --- FY , 6’1”
Nazareth, PA/Nazareth
Prep: Earned four varsity letters in both cross country and track and field while at Nazareth Area High School... Was named Runner of the Year, NAHS 2014 Ideal Male Athlete, Scholar Athlete, Outstanding Senior, All-LVC Third Team and Team District Champions.

Justin Faust --- FY, 5’10”
Nazareth, PA/Nazareth
Prep: Varsity letter winner in both track and cross country while at Nazareth Area High School.

Sean Luzzi --- FY, 6’1”
Bethpage, NY/Chaminade
Prep: Earned varsity letter in cross country, track and lacrosse while at Chaminade High School... Was named All-League Spring Track in 2013, All League Cross Country in 2013 and All-League Winter Track in 2014.

Zachary Moody --- FY, 5’8”
Clarence, PA/Bald Eagle Area
Prep: Earned four varsity and cross country letters while at Bald Eagle High School... Finished 1st at the Lock Haven Invite 2000m steeplechase... Was a PIAA cross-country and track and field state qualifier.

Rachael Harding --- SR, 5’2”
Ringwood, NJ/Lakewood
2013: Finished 86th at the MAC Championships in the 6K with a time of 28:06.6...Posted a 25:47.5 at the LHU Open/Invitational.

2012: Competed in seven meets... Placed 12th overall at the NEPA Classic with a 4K time of 17:04... Ran a career-best 26:49 at the Gettysburg Invitational... Finished 84th at the MAC Championship meet with a time of 28:36.

2011: Competed in nine meets... Ran a season-best 27:46 at the Paul Short Invitational... Closed season with a 28:08 at the NCAA Mideast Regional meet.

Rebecca Santoleri --- SR, 5’5”
Glen Mills, PA/Padua Academy
2013: Competed in six meets... Finished 107th at the MAC Championships with a 29:09.3 in the 6K...Best time was a 26:50.5 at the LHU Open/Invitational.

2012: Competed in all eight meets... Finished 13th at the NEPA Classic with a 4K time of 17:09... Ran a career-best 6K time of 26:56 at the Gettysburg Invitational... Finished 74th at the MAC Championships in 28:07... Ran a 28:21 at the NCAA Mideast Regionals.

Anna Nole --- SR, 5’8”
Tunkhannock, PA/Tunkhannock
2013: Competed in four meets during freshman year...Best time in the 6K was 27:16.8 at the Gettysburg Invitational.

2012-2013: Member of Misericordia track & field teams.

Bianca Bolton --- JR, 5’5”
Pittston, PA/Pittston Area
2013: Had three top-30 finishes in 2013...Finished 13th at the MAC Championships... Had a time of 24:34.7 in the 6K at that event... Also ran a 17:47.8 in the 4K at the Misericordia Invitational.

2012: Competed in all eight meets, counting as a scoring runner in six of them... Finished third overall in her first collegiate meet with a 5K time of 21:48 at the MU Invite... Was fourth overall at the NEPA Classic with a 4K time of 16:00.

Marisa Metric --- SO, 5’1”
Hanover Twp., PA/Hanover Area
2013: Member of cross country and softball teams at Luzerne County Community College.

Alexandria Miller --- JR, 5’6”
Scott Twp., PA/Lakeland
2013: Finished 26th at the MAC Championships with a 25:22.9... Finished with a 24:21.2 at the NCAA Mideast Championships.

2012: Competed in seven meets... Finished sixth overall with a 5K time of 22:12 at the MU Invitational in her first collegiate meet... Ran a season-best 25:53 at the Gettysburg Invitational... Finished 51st in 27:08 at the MAC Championship meet.

Ashley Sexton --- JR, 4’11”
Philadelphia, PA/St. Hubert Girls’
2013: Competed in five meets... Finished 71st at the MAC Championships with a 27:42.2...Best time was a 26:20.6 at the Gettysburg Invitational.

2012: Competed in six meets... Ran a 23:22 5K time in her first collegiate meet at Lebanon Valley... Posted a season-best 6K time of 27:55 at the Paul Short Invitational... Finished 82nd in the MAC Championship meet with a time of 28:29.

Alicia Stavitzski ---- JR, 5’11”
Hunlock Creek, PA/Northwest
Prep: Earned four varsity and cross country letters while at Bald Eagle High School... Finished 1st at the Lock Haven Invite 2000m steeplechase... Was a PIAA cross-country and track and field state qualifier.

Anna Nole--- SR, 5’5’’
Glen Mills, PA/Padua Academy
2013: Competed in six meets...Finished 107th at the MAC Championships with a 29:09.3 in the 6K...Best time was a 26:50.5 at the LHU Open/Invitational.

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2012: Competed in all eight meets... Finished 13th at the NEPA Classic with a 4K time of 17:09... Ran a career-best 6K time of 26:56 at the Gettysburg Invitational... Finished 74th at the MAC Championships in 28:07... Ran a 28:21 at the NCAA Mideast Regionals.
Jackie Bamberski --- SO, 5'2"
Feasterville, PA/Archbishop Ryan
2013: Finished 38th at the Misericordia University Invitational in the 4K... Had a time of 19:05.5... Best time in the 6K was 25:52.

Nicole Charbonneau --- SO, 5'6"
Thomaston, CT/Thomaston
2013: Competed in two meets during freshman year... Ran a 21:14.2 in the 4K at the Misericordia Invitational and a 30:24.6 in the LHU Open/Invitational.

Katie Hurley --- SO, 5'7"
Sayre, PA/Sayre
2013: Had two top-100 finishes in the 6K during freshman season... Finished 60th at the MAC Championships with a time of 26:50.6... Took a minute off that time in the 2013 NCAA Mideast Championships.

Bethany Killmon --- SO, 5'4"
Bridgeville, DE/Sussex Technical
2013: Finished 36th at the MAC Championships with a time of 25:46.0 in the 6K... Took more than two minutes off that time at the NCAA Mideast Championships... Finished with a time of 23:37.0... Finished ninth at the Misericordia Invitational in the 4K, with a time of 16:12.6.

Molly O'Hara --- SO, 5'5"
Sayre, PA/Sayre
2013: Competed in six meets during freshman season... Finished 77th at the MAC Championships with a time of 27:53.3... Best time of the year was 27:22.3 at Gettysburg.

Elise Reardon --- SO, 5'2"
Langhorne, PA/Neshaminy
2013: Finished 61st at the MAC Championships with a time of 27:10.3... Finished 99th at DeSales with a 27:30.6 in the 4M... Best time of the season was 25:34.0 at the NCAA Mideast Championships.

Allison Ames --- FY, 5'0"
Trucksville, PA/Dallas, PA
Prep: Member of the PIAA Class AA State Championship Dallas High School Cross Country Team.
### 2014 MEN’S ROSTER

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<td>Jillian Eberly</td>
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<td>New Providence, PA/Solanco</td>
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<tr>
<td>Emma Federinko</td>
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<td>Spring Mills, PA/Penn Valley</td>
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<tr>
<td>Rachael Harding</td>
<td>SR</td>
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<td>Ringwood, NJ /Lakewood</td>
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<tr>
<td>Lauren Hase</td>
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<td>5-5</td>
<td>Kulpmont, PA/Mt. Carmel</td>
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<tr>
<td>Katie Hurley</td>
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<td>Sayre, PA/Sayre</td>
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<td>Bethany Killmon</td>
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<td>Bridgeville, DE/Sussex Tech</td>
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<tr>
<td>Emily Mesaris</td>
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<td>Lansdale, PA/North Penn</td>
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<tr>
<td>Marissa Metric</td>
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<td>Hanover Twp., PA/Hanover Area</td>
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<tr>
<td>Alexandria Miller</td>
<td>JR</td>
<td>5-6</td>
<td>Scott Twp., PA/Lakeland</td>
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<tr>
<td>Anna Nole</td>
<td>SR</td>
<td>5-8</td>
<td>Tunkhamnock, PA/Tunkhannock</td>
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<tr>
<td>Maggie O’Day</td>
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<td>5-2</td>
<td>Honesdale, PA/Honesdale</td>
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<tr>
<td>Molly O’Hara</td>
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<tr>
<td>Valerie Pagano</td>
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<td>Folsom, NJ/Hammonton</td>
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<td>Elise Reardon</td>
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<tr>
<td>Rebecca Santoleri</td>
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<td>Glen Mills, PA/Padua Academy</td>
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<tr>
<td>Alyssa Schwarz</td>
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<td>Belle Mead, NJ/Montgomery</td>
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<tr>
<td>Ashley Sexton</td>
<td>JR</td>
<td>4-11</td>
<td>Philadelphia, PA/St. Hubert</td>
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<td>Alicia Stavitzki</td>
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<td>Angela Stella</td>
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<tr>
<td>Amy Viti</td>
<td>JR</td>
<td>5-7</td>
<td>Sugar Notch, PA/Hanover Area</td>
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### 2014 SCHEDULE

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<tr>
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<th>Opponent</th>
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<tbody>
<tr>
<td>Aug. 29</td>
<td>Misericordia Invitational</td>
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<tr>
<td>Sept. 6</td>
<td>at Lebanon Valley Invitational</td>
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<tr>
<td>Sept. 13</td>
<td>Cougar Classic</td>
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<tr>
<td>Sept. 20</td>
<td>at Dickinson Invitational</td>
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<tr>
<td>Sept. 27</td>
<td>at Lock Haven Invitational</td>
<td>TBA</td>
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<tr>
<td>Oct. 4</td>
<td>at Paul Short Invitational (Bethlehem)</td>
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<tr>
<td>Oct. 18</td>
<td>at Gettysburg Invitational</td>
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<tr>
<td>Nov. 1</td>
<td>at MAC Championships (Annville)</td>
<td>TBA</td>
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<tr>
<td>Nov. 15</td>
<td>at NCAA Mideast Regional</td>
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<tr>
<td>Nov. 22</td>
<td>at NCAA Championships (Mason, OH)</td>
<td>TBA</td>
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### 2014 MEN’S CROSS COUNTRY RECORDS

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Date</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 22:10</td>
<td>Amy Bower</td>
<td>11/20/04</td>
<td>UWEC (NCAAs)</td>
</tr>
<tr>
<td>2. 22:12</td>
<td>Amy Bower</td>
<td>11/13/04</td>
<td>Alleghany (Regions)</td>
</tr>
<tr>
<td>3. 22:23</td>
<td>Marina Orson</td>
<td>10/13/12</td>
<td>Gettysburg</td>
</tr>
<tr>
<td>4. 22:26</td>
<td>Amy Bower</td>
<td>11/16/02</td>
<td>Salisbury (Regions)</td>
</tr>
<tr>
<td>5. 22:40</td>
<td>Ali Ostrum</td>
<td>10/3/08</td>
<td>Lehigh</td>
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<tr>
<td>6. 22:41</td>
<td>Ali Ostrum</td>
<td>10/2/09</td>
<td>Lehigh</td>
</tr>
<tr>
<td>7. 22:41</td>
<td>Marina Orson</td>
<td>9/28/12</td>
<td>Lehigh</td>
</tr>
<tr>
<td>8. 22:42</td>
<td>Ali Ostrum</td>
<td>11/10/07</td>
<td>Lehigh (Regions)</td>
</tr>
<tr>
<td>9. 22:45</td>
<td>Ali Ostrum</td>
<td>11/14/09</td>
<td>Lehigh (Regions)</td>
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<tr>
<td>10. 22:45</td>
<td>Amy Bower</td>
<td>11/15/03</td>
<td>Dickinson (Regions)</td>
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### 2014 WOMEN’S CROSS COUNTRY RECORDS

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<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Date</th>
<th>Site</th>
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<tbody>
<tr>
<td>1. 26:11</td>
<td>Bill Cooney</td>
<td>10/30/10</td>
<td>Delaware Valley (MACs)</td>
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<tr>
<td>2. 26:13</td>
<td>Frank Redmond</td>
<td>11/14/09</td>
<td>Lehigh (Regions)</td>
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<tr>
<td>3. 26:30</td>
<td>Bill Cooney</td>
<td>11/13/10</td>
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<td>Chris Wadas</td>
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<td>6. 26:38</td>
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<td>9/25/10</td>
<td>Carnegie Mellon</td>
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<td>10. 26:46</td>
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<tr>
<td>26:46</td>
<td>A.J. Limongelli</td>
<td>11/10/12</td>
<td>Dickinson (Regions)</td>
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### 2014 MEN’S 6K RECORDS

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<tbody>
<tr>
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<tr>
<td>3. 22:23</td>
<td>Marina Orson</td>
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<tr>
<td>10. 22:45</td>
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### 2014 WOMEN’S 5K RECORDS

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<tbody>
<tr>
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<td>Cabrini</td>
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<td>4. 18:50</td>
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