

Misericordia Women's Track & Field Outdoor Records

Event	Cougars	Track
100m	Sue Bochnovich (2007) 12.99	Megan Patrono (2003) 12.86, Susquehanna
200m	Sue Bochnovich (2007) 26.22	Dana Glaviano (2004) 26.13, W. Chester
400m	Sue Bochnovich (2007) 1:00.18	Dana Glaviano (2005) 59.1, W. Chester
800m	Amy Bower (2005) 2:25.74	Cherise Mercer (2004) 2:19.78, Bloomsburg
1500m	Amy Bower (2005) 4:46.87	Amy Bower (2005) 4:51.4, CM
3000m	Amy Bower (2006) 10:30.30	
3000m Steeplechase	Allyson Johnson (2002) 13:21.39	Kelly Curry (2004) 11:58.20, E. Stroudsburg
5000m	Amy Bower (2005) 17:26.62	Amy Bower (2006) 18:12.70, MU
10,000m	Amy Bower (2005) 37:20.63	Colleen Farrell (2003) 40:17.24, GMC
100 High Hurdles	Stephanie Pellegrino (2006) 16.02	Jayme Ferraro (2004) 15.34, E. Stroudsburg
400m IM Hurdles	Lauren Greenfield (2004) 1:12.65	Jayme Ferraro (2004) 1:05.69, E. Stroudsburg
4x100m Relay	R. Torchia, L. Greenfield A. Troutman, J. O'Connor 52.14 (2004)	R. Torchia, L. Greenfield A. Troutman, J. O'Connor 52.14, CM (2004)
4x400m Relay	T.Morris, R. Tochia L. Greenfield, A. Branham 4:15.71 (2005)	W. Chester (2005) 4:11.24
4x800m Relay	J. O'Connor, A. Bama, G. Johnson, B. Lose 10:56.64 (2003)	
Shot Put	Lynne Reynolds (2002) 36'-6"	Nicole James (2003) 36'-5", West Chester
Discus	Lynne Reynolds (2003) 98'-8"	Nicole James (2005) 137'-5", W. Chester
Javelin	Kari Maskalis (2006) 121'-9"	Christa Sandvig (2005) 130'-9", E. Stroudsburg
Hammer	Lynne Reynolds (2004) 129'-11"	Alyssa Thompson (2005) 129'-7", E. Stroudsburg
Long Jump	Jen Menchi (2003) 17'-4"	Leslie Martin (2006) 16'-9 1/2", ESU
Triple Jump	Jen Menchi (2003) 36'-5"	Amy Donovan (2004) 37'-1", E. Stroudsburg
High Jump	Ashley Carlton (2004) 4'-8"	Karen Gaita (2005) 5'-7", unattached
Pole Vault	Nicole Smith (2004) 8"-6"	Lori Behuski (2005) 10'-6"

Misericordia Men's Track & Field Outdoor Records

Event	Cougars	Track
100m	Mike Yenkowski (2003) 11.02	John Gorham (2006) 11.17
200m	Mike Yenkowski (2003) 22.28	Matt St. Gremain (2007) 22.54, Ramapo
400m	Mike Yenkowski (2002) 48.15	Mike Yenkowski (2003) 49.40, CM
800m	Jeff Ward (2007) 1:57.77	Dan Toye (2007) 1:57.70, Keystone
1500m	Jeff Ward (2007) 4:02.46	Jeff Ward (2005) 4:05.32, CM
3000m	Chris Wadas (2004) 9:04.07	Chris Wadas (2004) 9:04.07, CM
3000m Steeplechase	Barry Snyder (2005) 10:08.84	Ryan Gleason (2003) 9:58.38, Susquehanna
5000m	Chris Wadas (2005) 15:22.47	Chris Wadas (2004) 15:40.92, CM
10,000m	Chris Wadas (2005) 33:00.44	Drew Scally (2003) 33:34.24, West Chester
100 High Hurdles	Paul Fontana (2004) 15.44	Mike Rucker (2006) 14.71, E. Stroudsburg
400 IM Hurdles	Paul Fontana (2004) 54.70	Matt Hauk (20045) 55.73, Lebanon Valley
4x100m Relay	B. Jayne, J. Post E. Rogers, B. Osborne 43.8 (2006)	Ramapo (2007) 43.90
4x200m Relay	B. Jayne, M. Lechniak P. Fontana, J. Higgins 1:34.64 (2004)	
4x400m Relay	B. Jayne, E. Rogers J. Ward, B. Osborne 3:22.96 (2006)	West Chester (2005) 3:27.09
4x800m Relay	J. Ward, M. Lechniak, C. Wadas, J. Higgins 8:11.56 (2004)	
Shot Put	Ryan Kearney (2006) 44'-6 1/2"	Eugene Asimouz (2006) 50'-4"
Discus	George Lazur (2004) 128'-4"	Jim Collins (2005) 143' 7", W. Chester
Javelin	Brian Williams (2001) 180'-5"	Matt Deamer (2003) 191'-0", Susquehanna
Hammer	George Lazur (2004) 110'-7"	Nick Orfanella (2005) 148'-1", Lebanon Valley
Long Jump	Eric Rogers (2007) 22'-10"	John Gorham (2006) 23'-4 1/2"
Triple Jump	Eric Rogers (2006) 45'-2-3/4"	Malcolm Huggins (2005) 45'-4", E. Stroudsburg
High Jump	Justin Sandy (2004) 6'-5 1/2"	Nathan Krotzer (2007) 6'-4", York
Pole Vault	Chris Cimei (2007) 11'8"	Adam Thyburg (2004) 14'-6", New Paltz



2009 Season Preview

The Misericordia University track teams will transition from indoor to outdoor season with their first meet at the Widener Invitational.

The women's team carries high expectations with a growing level of experience on its roster. **Susan Bochnovich** enters the season a top sprinter for the Cougars. Bochnovich holds outdoor school records in the 100m (12.85), 200m (26.23) and 400m (59.94).

Ali Ostrum and **Marcie Cusatis** return as the team's other top runners. Ostrum set school records in the 800m (2:21.23) and mile (5:19.59) a year ago. She'll primarily race in the mile and 5000m this season. Ostrum also finished fifth and set the 3000M record at the winter ECACs (10:34.87). Cusatis will run the mile and 800m.

"Anything less than a top three finish at this year's MAC championships would disappoint this team," head coach **Chris Wadas** said. "Everyone wants to win it all, but we're realistic. We have good athletes, and other teams might not know what we're bringing."

Robin Razawich returns in field events, including the long and high jumps, and **Stephanie Pellegrino** returns as a hurdler. Both women will showcase their speed as part of the Cougars' relay squads. Razawich, Pellegrino and Bochnovich were part of a school record in the 4x100 relay (50.88) last season.

Freshman **Jessica Bealer** is projected as a high seed in the shot put. She's one of 10 freshmen on the women's team.

The men's features distance runner **Frank Redmond**, pole vaulters **Frank Castrignano** and **Vitaliy Doboni**

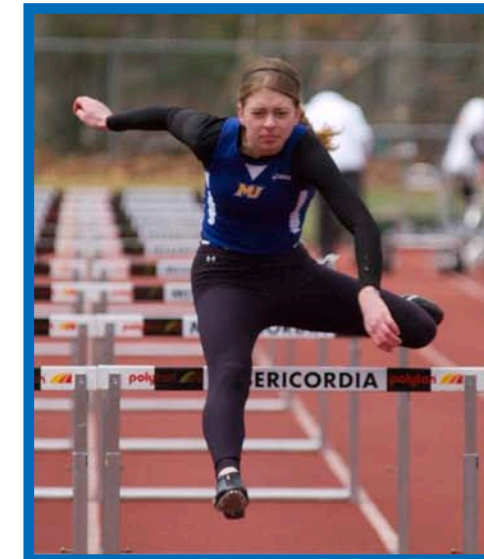
and long jumper **Steve Clemson**. "Those four are going to try to take the brunt of the points for this team," Wadas said. "We're going to score points where we know we can score points."

Redmond set the school record in the 800m (1:55.05) last season. He'll run the 800 and mile this season. He's shaved two seconds off his 800 time, and by cutting another second, Wadas said Redmond will easily qualify for the ECACs this season. He finished sixth in the winter ECACs in the 800 (1:54.95). "There are things he's doing to race faster," Wadas said. "He's not passing on turns, and he's keeping himself fresh for the final 300 meters."

Doboni set a new school mark in pole vaulting (12'6") last season.

The team's biggest loss is former NCAA qualifier **Eric Rogers**. Rogers set the record in the long jump last season. **Dan Warakomski** is expected to help fill Rogers' shoes this season, and there are seven freshmen waiting to find roles with the team. "We're still building, but our teams are getting faster and stronger," Wadas said.

The Widener Invitational, held March 27, is the first of seven regular season meets in which the Cougars will compete. They host the sixth annual "Narkiewicz Invitational" in honor of former assistant coach Ed Narkiewicz on April 8.



Stephanie Pellegrino



Ryan Garges

MISERICORDIA BELONGS TO NCAA, MAC, ECAC

Misericordia University belongs to the NCAA Division III, Freedom Conference/Middle Atlantic States Athletics Corporation (MAC) and the Eastern College Athletic Conference.

After competing in the MAC in swimming and track & field in 2007-08, MU is in its first full season in the Freedom Conference and MAC after 16 years as a member of the Pennsylvania Athletic Conference. Misericordia began ECAC and NCAA competition in 1992.

The 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 11 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 the educational experience and the successful completion of all students' academic programs.

Formed in 1938, the ECAC is the nation's largest athletic conference with more than 300 members in Divisions I, II and III from Maine to North Carolina.

ATHLETICS FACILITIES

The athletic facilities at Misericordia University are highlighted by the **Anderson Sports-Health Center** and the **Anderson Outdoor Athletic Complex**.

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

The building houses the athletic department offices, campus health center and nursing, physical therapy and occupational therapy classrooms and laboratories.

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

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 a six-lane synthetic 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 Fields** are 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 was built in 2004 as part of a gift by the M&T Foundation.

MISERICORDIA UNIVERSITY IN BRIEF

Misericordia University is a liberal arts based, co-educational 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 Sciences; 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 can be found throughout the University, from programs of study to service projects.

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

In addition to their diploma, MU students can 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 2,355 students, Misericordia offers the benefits of a small university with the scope of a larger institution.

Classroom size is purposefully small to ensure personalized attention and our 12:1 student/faculty ratio allows students and faculty to truly know one another. Approximately 82% of MU's 94 full-time faculty hold a Ph.D. or other terminal degree.

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

MU sponsors 20 varsity sports including men's soccer, cross country, basketball, swimming, golf, lacrosse, track & field, baseball and tennis; and women's soccer, volleyball, field hockey, cross-country, tennis, basketball, swimming, softball, lacrosse, baseball and cheerleading.

After 16 seasons of competition in the Pennsylvania Athletic Conference, the Cougars made the move to the Freedom Conference and Middle Atlantic States Collegiate Athletics Corporation.

Misericordia won 29 total PAC championships and made the playoffs in field hockey, volleyball, men's and women's soccer, women's tennis, men's and women's basketball, women's lacrosse, baseball and softball in 2007-08.

Located in Dallas, PA, MU's 123-acre campus has a suburban atmosphere and is only nine miles from Wilkes-Barre and two hours from New York City and Philadelphia.



DAVE MARTIN
Athletic Director

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

In his first four years, the Cougars won seven Pennsylvania Athletic Conference championships and earned five NCAA tournament berths.

In addition, he has guided the Cougars through the transition from the Pennsylvania Athletic Conference to the Middle Atlantic States Athletics Corporation (MAC).

He has also overseen the addition of men's tennis as a varsity sport offering at MU.

Martin previously spent 14 seasons as head men's basketball coach at CM. He also served as associate athletic director and coordinator of athletic recruiting. He led the men's basketball team 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.



CHRIS WADAS
Head Coach

Chris Wadas is in his third season as head coach of track & field and cross country at Misericordia University

In 2007, he led the men's and women's cross country teams to runner-up finishes in the Pennsylvania Athletic Conference. During his first season, he led the men's cross country team to its sixth consecutive PAC championship.

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

As a competitor, he led the Cougars to four straight PAC cross country team titles and was a four-time team MVP. He is the school record holder in cross country and owns the four fastest times in school history.

Wadas is still active as a competitive runner and is one of the top runners in northeastern Pennsylvania. He was an all-ECAC performer in track & field where he owns three more school records.

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

2009 ROSTER

Name	YR	Event	Hometown/High School
Steve Beecher	SR	Distance	Deptford, NJ/Deptford
Pat Blaskiewicz	SO	Distance	Honesdale, PA/Honesdale
Frank Castrignano	FR	Pole Vault/Sprints	Shavertown, PA/Lake-Lehman
Steve Clemson	FR	Sprints/Jumps	Nesquehoning, PA/Tamaqua
Vitaliy Dobini	SO	Pole Vault/Sprints	Wilkes-Barre, PA/Coughlin
Ryan Garges	JR	Distance	Warren Center, PA/NE Bradford
Kane Gavitt	FR	Throws	Eagles Mere, PA/Sullivan County
Ryan Hannagan	FR	Throws	Wilkes-Barre, PA/Holy Redeemer
Tim Hoban	SR	Sprints/Hurdles	Exeter, PA/Wyoming Area
Kyle Karpich	JR	Throws	Springville, PA/Elk Lake
David Meyer	SO	Sprints/Hurdles	Audubon, NJ/Audubon
Patrick Noonan	SO	Mid-Distance	Boothwyn, PA/Garnet Valley
Brian O'Neill	SO	Distance	Monroe, NY/Monroe Woodbury
Art Pupa	SO	Throws	Pittston, PA/Pittston Area
Frank Redmond	SO	Mid-Distance	Harding, PA/Wyoming Area
Andrew Roccograndi	SO	Distance	Kingston, PA/Wyoming Valley West
Jeff Salvatore	FR	Hurdles	Mullica Hill, NJ/Kingsway Regional
Kyle Suponic	FR	Mid-Distance	Shavertown, PA/Dallas
Chase Thomson	FR	Throws	Wysox, PA/Towanda
Dave Verzella	JR	Distance	Havertown, PA/Msgr. Bonner
Dan Warakomski	SO	Jumps/Sprints	Nanticoke, PA/Nanticoke
Steve Zubko	SO	Distance	Dallas, PA/Bishop O'Reilly
Jessica Bealer	FR	Throws	New Ringgold, PA/Tamaqua
Susan Bochnovich	SR	Sprints	Olyphant, PA/Lakeland
Alicia Bryk	SO	Sprints/Jumps	Dupont, PA/Pittston
Ashley Cory	SR	Sprints	Pottsville, PA/Nativity BVM
Marcie Cusatis	SO	Mid-Distance	Hazleton, PA/Hazleton
Aimee DiLucido	FR	Distance	Collingdale, PA/Arch. Prendergast
Sami Duttry	SO	Sprints	Muncy, PA/Hughesville
Kristen Fry	SO	Throws	Muncy, PA/Hughesville
Caitlin Gardener	JR	Throws	Brick, NJ/Brick Township
Shannon Kane	SO	Throws	Springfield, PA/Springfield
Jodie Kitchell	FR	Distance	Douglassville, PA
Debra Kortze	FR	Sprints	Bernville, PA/Tulpehocken
Maura O'Rourke	FR	Mid-Distance	Holmes, NY/Carmel
Ali Ostrum	SR	Distance	Hanover Twp.,PA/Meyers
Natasha Pavlichko	SO	Throws	Andover, NJ/LenapeValley Reg.
Stephanie Pellegrino	JR	Hurdles	Middletown, NY/John S. Burke
Amanda Pernot	FR	Throws	Dupont, PA/Pittston
Amanda Radishofski	SO	Distance	Hazleton, PA/Hazleton
Abby Ramsey	FR	Throws	Camp Hill, PA/Trinity
Robin Razawich	JR	Sprints/Hurdles	Dallas, PA/Dallas
Rachel Tomkins	FR	Mid-Distance	Slatedale, PA/Northern Lehigh
Alaina Trent	JR	Distance	Montgomery, NY/Valley Central
Katie Usher	FR	Mid-Distance	Turnersville, NJ/Gloucester Cath.
Alexandra Velez	SO	Sprints/Pole Vault	Jim Thorpe, PA/Jim Thorpe
Kayla Weaver	SO	Distance	Hazleton, PA/Bishop Hafey
Ramah Williams	FR	Throws	Harvey's Lake, PA/Lake-Lehman

2009 SCHEDULE

Date	Opponent	Time
3/27-28	at Widener.....	4:00/10:00
4/4	at Muhlenberg.....	9:00
4/8	Narkiewicz Invitational.....	5:00
4/10	at Bucknell.....	4:00
4/18	at East Stroudsburg.....	TBA
4/23-24	at Penn Relays	TBA
4/25	at West Chester	TBA
5/1-3	at MAC Championships (<i>Elizabethtown</i>).....	TBA
5/14-15	at ECAC Championships.....	TBA

On the Cover: Stephanie Pellegrino and Ryan Garges