

# Westminster Track & Field Cross Country

**RECORD BOOK**  
THROUGH THE 2010-11 SEASON





# TEAM HISTORY

## Westminster Cross Country All-Time Head Coaches

### MEN'S COACHES

Harold Burry .....	1949-54
Wayne Christy .....	1955
Dave Colton .....	1956-57
Cleve Oliver .....	1958-62
Fran Webster .....	1963-68
Ray Ondako .....	1969-73
Ron Galbreath .....	1974-92, '94-2001
Gary Lilly .....	1993, 2002-06
Tim McNeil .....	2007-present

### WOMEN'S COACHES

Paul Mallott .....	1988
Gary Lilly .....	1989-2006
Tim McNeil .....	2007-present

## Westminster Track & Field All-Time Head Coaches

### MEN'S COACHES

Harold Burry .....	1950-61
Cleve Oliver .....	1962-63
Fran Webster .....	1964-66
D. Ralph Booch .....	1967-68
Joe Fusco .....	1969
Gene Nicholson .....	1970-77, '79
William Frey .....	1978
Bob Bartlett .....	1980-82
Dave Frohman .....	1983-89
Jim Dafler .....	1990-98
Larry Ondako .....	1999-2003
Don Augustine .....	2004-07
Tim McNeil .....	2008-present

### WOMEN'S COACHES

Larry Ondako .....	2002-03
Don Augustine .....	2004-07
Tim McNeil .....	2008-present

## Westminster Cross Country All-Time PAC Finishes

MEN'S	PLACE/TEAMS (Pts.)	WOMEN'S	PLACE/TEAMS (Pts.)
2002.....	2nd/5 (31)	2002.....	4th/5 (81)
2003.....	2nd/5 (43)	2003.....	3rd/6 (82)
2004.....	2nd/4 (50)	2004.....	4th/6 (110)
2005.....	4th/6 (98)	2005.....	6th/6 (137)
2006.....	4th/5 (105)	2006.....	3rd/4 (91)
2007.....	3rd/6 (95)	2007.....	4th/5 (99)
2008.....	3rd/6 (111)	2008.....	3rd/8 (138)
2009.....	3rd/6 (96)	2009.....	2nd/8 (62)
2010.....	6th/8 (150)	2010.....	4th/9 (118)

## Westminster Track & Field All-Time PAC Finishes

MEN'S	PLACE/TEAMS (Pts.)	WOMEN'S	PLACE/TEAMS (Pts.)
2003.....	3rd/5 (166)	2003.....	2nd/4 (159)
2004.....	3rd/5 (142.5)	2004.....	3rd/4 (91)
2005.....	3rd/6 (60)	2005.....	4th/6 (82)
2006.....	4th/6 (54)	2006.....	3rd/6 (121)
2007.....	6th/6 (16)	2007.....	3rd/6 (121)
2008.....	6th/6 (22)	2008.....	1st/6 (145)
2009.....	5th/6 (47)	2009.....	1st/6 (143)
2010.....	5th/6 (64.7)	2010.....	1st/6 (173)
2011.....	1st/7 (129)	2011.....	2nd/6 (146)

**NOTE:** Westminster College joined the Presidents' Athletic Conference (PAC) in 2000-01 and became eligible for championships in 2002-03. Lowest point total wins in cross country. Highest point total wins in track and field.



Westminster won its third straight PAC women's track & field title in 2010



Westminster won its first-ever PAC men's track & field title in 2011

## 1st Team All-PAC Cross Country Runners

Name (PAC race finish, time - 6K for women, 8K for men)

### 2003

Men: Dan Beckwith (2nd, 28:47.03), Sean Gallagher (3rd, 28:57.53), John Libert (7th, 29:28.84); Women: Sara Ialongo (6th, 27:13.05).

### 2004

Men: Sean Gallagher (2nd, 26:48), Tim Snyder (5th, 27:17); Women: Sara Ialongo (4th, 25:14), Felicie Reid (7th, 25:43).

### 2008

Men: Aaron Titus (7th PAC eligible/11th overall, 27:20)

### 2009

Women: Brittany Kaltenbaugh (4th PAC eligible/5th overall, 24:19), Jennifer Krueger (7th PAC eligible/9th overall, 24:49).

### 2010

Women: Jennifer Krueger (6th, 23:59.52)

## PAC Track & Field Awards

Men's Coach of the Year: Tim McNeil (2011)

Women's Coach of the Year: Tim McNeil (2008, 2010)

Women's Track MVP: Megan Harding (2008)

Women's Field MVP: Jess Cooper (2008)



## Men's Outdoor School Records

Event	Name	Year or Date	Record
8K XC	Jeff Huff	1984	26:01
100m	Felton Brown	1958	10.4
200m	Felton Brown	1958	20.8
400m	Joe Stewart	1962	49.3
800m	Chuck Flewelen	1987	1:54.2
1,500m	Ed Shephard	1977	3:58.1
3,000m	Morgan Hanes	4/14/10	9:28.08
5,000m	Ed Shephard	1977	15:13.8
10,000m	Ed Shephard	1977	30:47.8
110m HH	Dale Hoffman	1977	14.6
400m IH	Tim McNeil	1994	53.8
3,000m SC	Jacob Gleason	2002	9:47.0
400m relay	Zac Henry Forrest Minter Shane Peterson J.J. Faltot	2011	43.31
1,600m relay	Bruce Johnston Geoff Butia Lyle Johnston John Giesmann	1972	3:20.3
Shot Put	Booker Newberry	1995	15.32
Discus	Adam Hadbavny	2006	51.28
Javelin*	Dave Milliron	1972	69.30
	Ryan Bell	4/23/11	64.87
Pole Vault	Greg Wirth	1991	5.03
High Jump	David Hasson Dale Yogan Mike McGrath Scott Milk John Sherman	1977 1979 1990 1994 1997	1.98
Long Jump	John Walker	1955	7.05
Triple Jump	David Hasson	1974	13.86
Decathlon	David Hasson	1977	6685 points

## Men's Indoor School Records

Event	Name	Year	Record
55m	Bryant Douglas		6.0
200m	Matt Steve	2002	23.18
300m	Matt Steve	2004	37.01
400m	Matt Steve	2004	52.08
500m	Mark Scott		1:10.22
800m	Steve Malliard		2:01.26
1,000m	Kyle Filicky	2/19/11	2:43.59
1,500m	Keith Schrag		4:17.78
3,000m	Jacob Gleason	2002	9:04.04
5,000m	Jacob Gleason	2002	15:52.01
55m HH	Tim McNeil		7.9
800m relay	Allison Bostic Douglas McNeil	1996	1:35.98
1,600m relay	Allison Drummond Malliard McNeil	1996	3:35.21
DMR	Kyle Filicky Aaron Sutton Justin Jones Jeremy Ratell	2/19/11	11:32.84
Shot Put	Adam Hadbavny		14.81
Pole Vault	Greg Wirth		4.88
High Jump	S. Waldo T. Bair J. Sherman		1.93
Long Jump	Aldridge Jones		6.37
Triple Jump	John Sherman		12.99

\* 2 records denoted because of "New Model" grip that started in 1986.

## Women's Outdoor School Records

Event	Name	Year or Date	Record
6K XC	Brittany Kaltenbaugh	10/17/09	23:16
5K XC	Amy Kepple	1988	19:48
100m	Megan Harding	4/26/08	12.05
200m	Megan Harding	4/12/09	25.39
400m	Kristen Van Sickle	5/12/07	57.54
800m	Rebecca Shiner	4/26/08	2:18.67
1,500m	Katie Spehar	2003	4:58.0
3,000m	Brittany Kaltenbaugh	4/14/10	11:30.65
3,000m SC	Jennifer Krueger	4/9/11	12:00.04
5,000m	Jennifer Krueger	3/22/11	18:47.22
10,000m	Rachel Hudson	3/27/10	40:07.73
100m HH	Abbey Basta	5/16/08	15.12
400m IH	Katelyn Kushner	4/26/08	1:04.32
400m relay	Seun Olarewaju Abbey Basta Jill Diamond Megan Harding	4/26/08	48.26
1,600m relay	Alicia Crum Rebecca Shiner Katelyn Kushner Tiffani Miller	4/26/08	4:00.79
Shot Put	Sonya Cole	2005	12.29
Discus	Emily Dolsak	5/20/11	43.64
Javelin	Bridget McCray	4/9/11	38.21
Pole Vault	Merrissa Malcolm	4/18/09	3.5
High Jump	Jess Cooper	5/9/08	1.68
Long Jump	Alisha Slater	4/9/11	5.27
Triple Jump	Jess Cooper	4/26/08	11.08

## Women's Indoor School Records

Event	Name	Year or Date	Record
55m	Megan Harding	2/21/09	7.45
200m	Megan Harding	2/21/09	26.54
300m	Kristen Van Sickle	2/9/07	43.20
400m	Kristen Van Sickle	2/17/07	1:00.06
500m	Kristen Van Sickle	3/3/07	1:18.94
800m	Tyler Dever	3/5/11	2:23.42
1,000m	Tiffani Miller	2/17/07	3:16.08
1,600m	Tiffani Miller	2/23/07	5:45.29
3,000m	Rachel Hudson	2/20/10	11:20.44
5,000m	Jennifer Krueger	3/5/11	19:37.81
55HH	Abbey Basta	2/20/10	8.93
60HH	Abbey Basta	1/13/07	9.92
800m Relay	Megan Harding Jill Diamond Mallory Mack Alisha Slater	2/21/09	1:49.52
1600m Relay	Abbey Basta Kristen Van Sickle Rebecca Shiner Alicia Crum	2/17/07	4:13.75
DMR	Tiffani Miller Alicia Crum Kristen Van Sickle Michelle Bistrice	2/2/07	13:44.60
High Jump	Jess Cooper	2/22/08	1.65
Long Jump	Alisha Slater	3/5/11	5.16
Triple Jump	Jess Cooper	2005	10.49
Pole Vault	Merrissa Malcolm	2/7/10	3.35
Shot Put	Allison Rice	2/19/11	11.52



# PAC CHAMPIONS

The Westminster track and field teams became eligible for the Presidents' Athletic Conference (PAC) and NCAA Division III Championships in 2003. The following is a list of all-time PAC champions and NCAA qualifiers at Westminster.

## PAC Women's Champions

TEAM	Coached by Tim McNeil	2008, 2009, 2010
100	Megan Harding	2009 (12.37) 2008 (12.05)
200	Megan Harding	2009 (25.79) 2008 (25.52)
800	Rebecca Shiner	2009 (2:18.90) 2008 (2:18.67) 2006 (2:24.04)
	Katie Spehar	2003 (2:25.64)
1,500	Rebecca Shiner	2007 (5:08.06)
	Katie Spehar	2003 (5:03.36)
5,000	Rachel Hudson	2010 (19:19.29)
10,000	Rachel Hudson	2010 (40:49.83)
	Felicie Reid	2004 (49:06)
100 Hurdles	Katelyn Kushner	2009 (15.58) 2007 (15.55) 2006 (16.66)
	Abbey Basta	2008 (15.38)
400 Hurdles	Abbey Basta	2010 (1:06.18)
	Katelyn Kushner	2009 (1:04.96) 2008 (1:04.32) 2007 (1:06.97) 2006 (1:07.74)
4x100 Relay	Mallory Mack, Alisha Slater, Hayley Ebersbacher, Abbey Basta Jill Diamond, Megan Harding, Mallory Mack, Alisha Slater Abbey Basta, Jill Diamond, Megan Harding, Seun Olarewaju	2010 (49.87) 2009 (48.33) 2008 (48.26)
4x400 Relay	Mallory Mack, Alisha Slater, Tyler Dever, Abbey Basta Alicia Crum, Katelyn Kushner, Tiffani Miller, Rebecca Shiner Diana Barnes, Briana Palko, Katie Spehar, Kacie Zbur	2010 (4:04.59) 2008 (4:00.79) 2003 (4:19.38)
Discus	Emily Dolsak	2011 (38.87) 2010 (40.57) 2009 (41.45)
Pole Vault	Merrissa Malcolm	2011 (3.25) 2010 (3.1)
Shot Put	Sonya Cole	2006 (12.21) 2004 (11.92) 2003 (11.99)
Long Jump	Alisha Slater	2011 (5.25)
Triple Jump	Jess Cooper	2006 (10.85)
High Jump	Jess Cooper	2008 (1.6) 2005 (1.59)
	Briana Palko	2003 (1.52)

## PAC Men's Champions

Event	Athlete	Year (Time or Distance)
TEAM	Coached by Tim McNeil	2011
100	Matt Steve	2003 (10.91)
200	Matt Steve	2003 (22.18)
400	Adam Carswell	2011 (49.70)
800	Cory Criss	2006 (2:01.72)
	Josh Drab	2004 (2:03.08)
	Dan Beckwith	2003 (2:01.18)
3,000 SC	Tim Snyder	2004 (10:28)
4x100 Relay	Zac Henry, Forrest Minter, Shane Peterson, J.J. Faltot	2011 (43.31)
4x400 Relay	Ian Pickens, Caleb Smathers, Adam Carswell, Bob Fazzolare	2010 (3:22.42)
Discus	Adam Hadvavny	2006 (49.09) 2005 (52.58) 2004 (46.22)
Shot Put	Adam Hadvavny	2006 (14.93) 2004 (14.49)
Pole Vault	Mark Saylor	2011 (4.6)
	Caleb Smathers	2010 (4.25) 2009 (4.18)

## NCAA Div. III Championship Qualifiers

Event	Athlete (s)	Year	Result (Finish)
<b>Men's Outdoor</b>			
Javelin	Ryan Bell*	2011	62.8 (4th)
Discus	Adam Hadvavny	2006	47.55 (13th)
<b>Women's Outdoor</b>			
High Jump	Jess Cooper*	2008	1.67 (3rd)
4x100 Relay	Abbey Basta, Jill Diamond, Megan Harding, Seun Olarewaju	2008	48.82 (15th)
100	Megan Harding	2008	12.25 (12th)
<b>Women's Indoor</b>			
High Jump	Jess Cooper	2008	1.61 (9th)
		2006	1.60 (13th)

\* All-American



Megan Harding