

VILLANOVA



2005-06 Women's Track & Field Media Guide

VILLANOVA

*NCAA Track
Champions*



VILLANOVA QUICK FACTS

Location	Villanova, Pa.
Founded	1842
Enrollment	6,200
Nickname	Wildcats
Colors	Blue & White
Conference	Big East
Website	www.villanova.com
Athletic Hotline	1-888-400-NOVA

VILLANOVA ADMINISTRATION

President	Rev. Edmund J. Dobbin, O.S.A.
Athletics Director	Vince Nicastro
Senior Associate AD	Bob Steitz
Senior Associate AD/Senior Women's Administrator	Lynn Tighe
Associate AD	Rev. Rob Hagan, O.S.A.
Associate AD/Student Services	Mary Anne Dowling
Assistant Athletic Director/Communications	Dean Kenefick
Assistant Athletic Director/Compliance	Gordon Finch
Assistant Athletic Director of Facilities/Operations	Mick Keelan
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Coordinator of Promotions and Special Events	Laura Anderson
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Assistant Director of Academic Support	Tara Nelson
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Manager/Villanova Sports Properties	Kirk Nalley
Associate General Manager/Villanova Sports Properties	Eric Major
Assistant General Manager/Villanova Sports Properties	Bryan Wietzke

TRACK DIRECTORY

Head Coach	Gina Procaccio
Director of Track & Field/Cross Country	Marcus O'Sullivan
Associate Head Track Coach	Anthony Williams
Assistant Track Coach	George Reynolds
Graduate Assistant	Juliette Kenny
Volunteer Assistant Track Coach	Carmen Douma-Hussar
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GENERAL INFORMATION

The 2005-2006 Villanova Track and Field Media Guide was prepared by the Villanova Office of Media Relations specifically to assist the media in the coverage of Villanova Track and Field. Requests for additional information, interviews, and photographs should be directed to the Office of Media Relations, Jake Nevin Field House, 800 Lancaster Avenue, Villanova, PA 19085, (610) 519-4120. Post competition interviews: We request your consideration for both the student-athletes and the coaches. Please allow both coaches and student-athletes a 10-15 minute cooling off period following the race for an interview. All interview requests should be cleared through the Office of Media Relations.

CREDITS

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The 2005 Villanova women's cross country team will look to sustain their success and remain among the top ten teams in the nation. In 2004 the Wildcat squad finished seventh at the NCAA National Championships. That seventh place finish was the highest by a 'Nova team since the 'Cats won the NCAA title in 1998.

"Marina Muncan will lead the way for us again this season," said head coach Gina Procaccio. Muncan finished eighth overall at the NCAA's last season to earn All-American honors for the third straight year. She ran the 6K course in 20:43, besting all but one of the 28 BIG EAST runners competing at the championships. The Wildcats made their 19th appearance at the NCAA Championships in 2004, which has been contested annually since 1981. Villanova has won seven national titles, including six in a row from 1989-1994.

Procaccio is expecting strong performances from Frances Koons

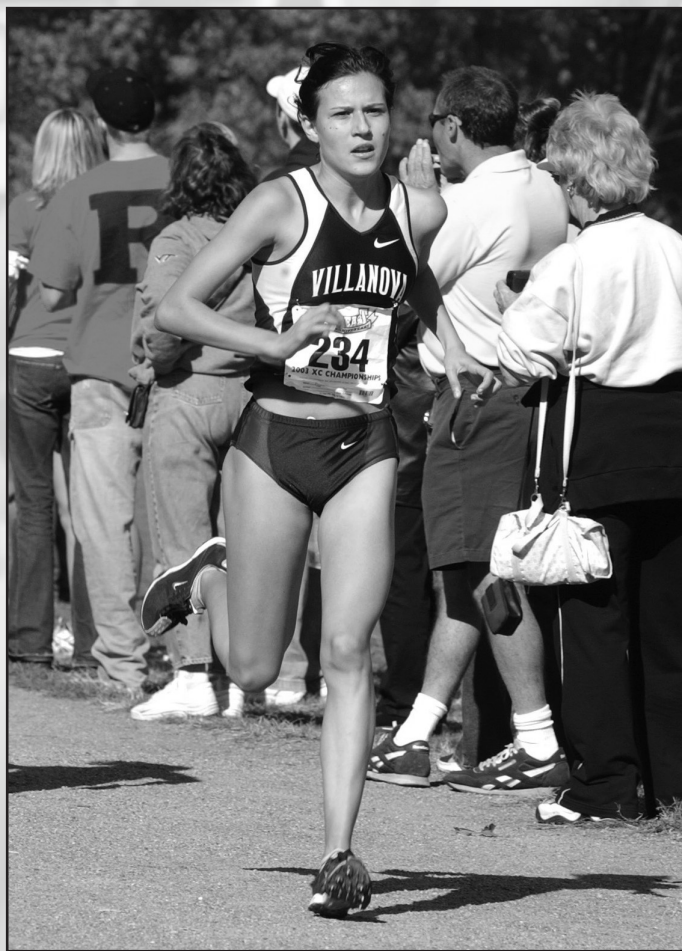
and Zita Mezei. Koons, a sophomore, finished 30th in a field of 104 runners to help Villanova secured third place at the BIG EAST Championship. Mezei, a junior, and Koons both return at full-strength this season, and Koons should challenge Muncan for top honors. Another returner who should have an impact is Liz Gesel. She placed 23rd in the field of 104 at the conference championships and helped the team secure an automatic qualification to the NCAA Championships by finishing 15th (out of 162) at the NCAA Regionals.

Senior Bridget Akard, junior Akilah Vargas, sophomore Casey Nelson, and incoming freshman Ellen Dougherty will all be fighting for the fifth spot.

"We're always looking to improve," noted Coach Procaccio. "The potential is there to maintain our place among the top three programs in the BIG EAST."



Sophomore Frances Koons



Senior Marina Muncan



2005 VILLANOVA WOMEN'S CROSS COUNTRY ROSTER

NAME	CL	HOMETOWN/ HIGH SCHOOL
Bridget Akard	Sr.	Carmel, Ind./Cathedral
Ellen Dougherty	Fr.	Wading River, N.J./Riverhead
Elizabeth Gesel	Sr.	Manchester, N.H./Manchester Central
Frances Koons	So.	Allentown, Pa./Allentown Central Catholic
Lindsay Kos	Fr.	Basking Ridge, N.J./Ridge
Emily McMillan	Fr.	Wall, N.J./St. Rose
Marina Muncan	Sr.	Pancevo, Yugoslavia/Chemistry
Zita Mezei	Jr.	Mezokovesd, Hungary/Pal Vasvari
Casey Nelson	So.	Flemington, N.J./Hunterdon Central Regional
Christina Rosetti	So.	San Francisco, Calif./Convent of the Sacred Heart
Margaret Tomann	Fr.	Garrison, N.Y./Haldane
Akilah Vargas	Jr.	Brooklyn, N.Y./Boys & Girls

Head Coach: Gina Procaccio

Graduate Assistant Coach: Juliette Kenny

Volunteer Assistant Coach: Carmen Douma-Hussar



2005 Wildcat Women's Cross Country (top, l-r): Christina Rosetti, Bridget Akard, Casey Nelson, Emily McMillan, Zita Mezei, Marina Muncan (bottom, l-r): Akilah Vargas, Liz Gesel, Frances Koons, Ellen Dougherty, Lindsay Kos.



DID YOU KNOW...

- With its 7th title in 1998, Villanova now has more NCAA women's cross country championships than any other program.
- Villanova has captured seven of the last 15 NCAA women's cross country titles.
- A Villanova woman has won the NCAA individual cross country crown on seven occasions, including a streak of six-straight years from 1989-1994.
- Every Villanova women's cross country runner was a member of a National Championship team in the 1990s.
- Two Villanova cross country standouts (Nnenna Lynch/Becky Spies) were named Rhodes Scholars.

10-TIME BIG EAST TEAM CHAMPIONS

1985
1986
1987
1989
1990
1991
1992
1993
1994
1998

BIG EAST INDIVIDUAL CHAMPIONS

1984 - Mary Ellen McGowan
1986 - Vicki Huber
1987 - Vicki Huber
1989 - Vicki Huber
1990 - Nnenna Lynch
1991 - Sonia O'Sullivan
1992 - Carole Zajac
1997 - Carrie Tollefson
1999 - Carmen Douma
2000 - Ann McGranahan

SEVEN-TIME NCAA TEAM CHAMPIONS

1989
1990
1991
1992
1993
1994
1998

NCAA INDIVIDUAL CHAMPIONS

1989 - Vicki Huber
1990 - Sonia O'Sullivan
1991 - Sonia O'Sullivan
1992 - Carole Zajac
1993 - Carole Zajac
1994 - Jen Rhines
1997 - Carrie Tollefson

CROSS COUNTRY NATIONAL CHAMPIONSHIPS

1989 - VILLANOVA 99 points; Vicki Huber (1), Kathy Franey (12), Sonia O'Sullivan (26), Kim Certain (50), Cheri Goddard (56), Kate Fonshell (83), Nnenna Lynch (182).

The Wildcats had gone through the 1989 season undefeated and were led by Olympian Vicki Huber, but the 'Cats had never won an NCAA crown in any women's sport, so head coach "Uncle Marty" Stern's squad was taking nothing for granted. When it was over, Villanova had captured the school's first NCAA Championship on the women's side in easy fashion as Kentucky was a distant runner-up 69 points back in Annapolis, Md. Huber completed her career with her eighth NCAA individual title, while the other senior on this record-setting team, Kathy Franey, was Villanova's second finisher in 12th place. But behind the senior leadership were young runners who gave hope to more championships with Sonia O'Sullivan (sophomore eligibility) and freshmen Cheri Goddard and Nnenna Lynch.



With two sophomores and a freshman in its top five, the 1990 team won a national championship by the largest margin in NCAA history.

1990 - VILLANOVA 82 points; Sonia O'Sullivan (1), Carole Zajac (14), Kate Fonshell (25), Cheri Goddard (28), Nnenna Lynch (38), Carol Haux (42), Michele Torelli (98).

On paper the Wildcats looked dominant in 1990, but among their top five runners were two sophomores and a freshman. Would inexperience and youth hurt the Wildcats this year in Knoxville, Tenn.? Apparently not, as Villanova rolled to the largest margin of victory in NCAA women's cross country history with a 90 point cushion over runner-up Providence. Sonia O'Sullivan claimed the individual honors, but it was Villanova's team effort that was most impressive. The first six Wildcats finished within 1:04 of each other and the second through sixth runners were only 23 seconds apart. Freshman Carole Zajac had an impressive debut, finishing 14th overall. With Kate Fonshell, the only senior on the squad, things again looked good for the future.



The 1986 Villanova team won the program's second straight Big East Championship.



ability ... excellence ... achievement

1991 - VILLANOVA 85 points; Sonia O'Sullivan (1), Carole Zajac (2), Nnenna Lynch (12), Cheri Goddard (31), Carol Haux (68), Michele Torelli (92), Chris Gentile (104).

The toughest competition Villanova faced this day in Tucson, Ariz. was from themselves. The Wildcats cruised to their third straight NCAA Championship by 83 points over Arkansas, but the most competitive battle was between two 'Cats for the individual title. Sophomore Carole Zajac led throughout most of the race, but Sonia O'Sullivan refused to be defeated in her final collegiate race and rallied late to pass Zajac and claim the win. O'Sullivan joined Betty Springs of North Carolina State (1981 and 1983) in becoming only the second woman to win two NCAA cross country titles, but the first to win in consecutive years. Zajac established herself as the heir apparent to O'Sullivan's title with a second place finish in the heat. The only negative of the meet was that only Zajac and juniors Nnenna Lynch and Cheri Goddard would return for 1992.

1992 - VILLANOVA 123 points; Carole Zajac (1), Nnenna Lynch (3), Cheri Goddard (7), Becky Spies (60), Megan Flowers (87), Jen Rhines (98), Irene Ruopoli (111).

This was the year that people felt the Wildcats were finally vulnerable. Behind junior Carole Zajac and seniors Nnenna Lynch and Cheri Goddard was inexperience, a sophomore and two freshmen who had never run in an NCAA Championship. The front three did their jobs to perfection as they were completely dominant. Zajac easily continued the Villanova string of individual champions, Lynch finished third and Goddard seventh. Now they had to wait as sophomore Becky Spies and freshmen Megan Flowers and Jen Rhines raced to the finish. Spies finished 60th and Flowers was 87th. Villanova finished with 123 points to edge Arkansas' 130 and Georgetown's 131. It was also the highest score to ever win the NCAA Championship. Lynch and Goddard completed their careers with four NCAA Championships and Villanova was undefeated during their four seasons on the Main Line.

1993 - VILLANOVA 66 points; Carole Zajac (1), Jen Rhines (2), Becky Spies (7), Tosha Woodward (31), Emer Molloy (48), Stacy Robinson (155).

For the second year in a row, people saw an opportunity to end the Wildcats' remarkable reign. They returned only three runners from a team that had posted their highest score of the four championships and only one of the top three runners. The fourth runner all year was a junior half-miler who had never run a cross country race in her life entering that season. But the race was held this year at Lehigh University in Bethlehem, Pa., just one hour from Villanova. If the 'Cats ever needed a home-course advantage, the time was now. This meet was even closer than the previous year's, as five points separated Villanova and Arkansas. But the situation was much different as Villanova's score of 66 points was the lowest of all their championship teams. The Wildcats and the Razorbacks were so dominant that they combined for six of the top nine finishers in the race. For the second time in three years, Villanova took the top two spots, as Carole Zajac won her second straight title and sophomore Jen Rhines was second, while Becky Spies finished seventh. The teams were so evenly matched that the score was tied after four runners and each team's final scorer would determine the national champion. Villanova's Emer Molloy finished strongly and crossed the line two seconds and five places ahead of Arkansas' fifth runner for the Wildcats' fifth straight title.

1994 - VILLANOVA 75 points; Jen Rhines (1), Becky Spies (3), Krestena Sullivan (21), Tosha Woodward (23), Emer Molloy (54), Stacy Robinson (69), Cara Salibrici (173).

In 1994, not only did people think Villanova was vulnerable after five straight crowns, but Arkansas was called the pre-meet favorite. The

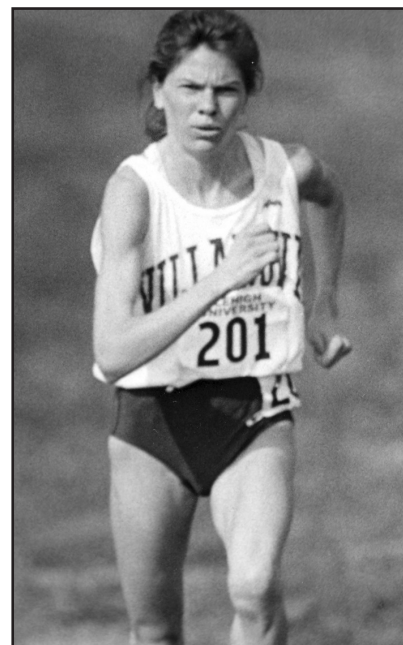


The 1998 squad, consisting of Olympians Carrie Tollefson and Carmen Douma as well as Sarah-Vance Goodman, Kristen Nicolini, Kristine Jost, Ann McGranahan, Lony'e Johnson and Meghan Courtney, won the program's seventh NCAA Championship.

Razorbacks had defeated the Wildcats earlier in the season, ending a 36-meet winning streak that stretched over five years, and the race was being run on Arkansas' home course in Prairie Grove, Ark., just 10 miles from their campus. On top of all that, the Wildcats were now being led by first-year head coach John Marshall. The setting was perfect for Arkansas after three straight runner-up finishes - make that too perfect. Villanova went out and ran a perfect race and their 75 points beat runner-up Michigan by 33 as Arkansas was third. Jen Rhines made it the sixth year in a row that a Villanovan has won the individual title, and Becky Spies was third. Sophomore Krestena Sullivan and seniors Tosha Woodward and Emer Molloy rounded out the scoring as Villanova captured championship number six.

1998 - VILLANOVA 106 points; Carrie Tollefson (11), Sarah-Vance Goodman (12), Kristen Nicolini (17), Carmen Douma (21), Kristine Jost (69), Ann McGranahan (81), Lony'e Johnson (245).

On Nov. 23, 1998, at the Rim Rock Farm Course in Lawrence, Kan., the Villanova women's cross country team won its seventh NCAA Cross Country Championship in the last 10 years. It had been four years since the Wildcats had won the championship, and with a preseason ranking of 26th, it looked like the Wildcats were poised for a fifth-straight year without a win. However, the 1998 Wildcats would not be denied. Led by Carrie Tollefson, the defending NCAA individual cross country champion, Villanova was impressive in placing four runners in the top 21. Krissy Jost's 69th place finish gave Villanova 106 points which was just enough to hold off BYU (110) and Stanford (111). The meet was the closest three-way team battle in the history of NCAA cross country competition. With this championship, every Wildcat cross country team member since 1989 leaves Villanova with at least one NCAA Championship ring.



Carole Zajac won two straight individual NCAA Cross Country crowns in 1992 and 1993.



"The big thing," said Coach Gina Procaccio, "is to improve our BIG EAST finish in the championships. We would like to finish in the top three this year. We have a solid talent base to start from, and I think our team is capable of great results."

Marina Muncan and Monique Morgan will lead the 2006 Villanova women's track & field team in its quest for improvement. The Wildcats return two athletes who competed in last year's NCAA National Championships, as well as six newcomers to the program.

Last season Muncan won her fourth individual BIG EAST Championship and qualified for the NCAA Indoor and Outdoor Championships. Muncan won the 1000m and mile events at the BIG EAST indoors, in addition to the 1500m run in an NCAA Regional qualifying time of 4:26.48 in the Big East Outdoor Championships. She finished ninth in the finals of the event at the outdoor NCAA Championships. She also anchored the distance medley relay team to a second place finish at NCAA indoors.

Muncan will be joined in middle distances by junior Zita Mezei, sophomores Frances Koons and Casey Nelson, and freshman Ellen Dougherty. Mezei and Koons will be looked upon to break through onto the national scene and should score at both the indoor and outdoor NCAA Championships.

Nelson and Dougherty should score major points for the Wildcats at the BIG EAST Championships as well as having the potential to earn national berths.

Junior Akilah Vargas and sophomore Arusha McKenzie will be looking to continue their strong performances in the 800m. McKenzie scored important points for the 'Cats at the BIG EAST Outdoor Championships, and Vargas added points in the indoor BIG EAST 800m. Both athletes qualified for regionals in the 800m. McKenzie represented Jamaica at the Junior Pan-American Games. This year, they both look to establish themselves as top 800m runners nationally.

Senior Ioana Parusheva will compete in the outdoor season for the Wildcats, having retained eligibility from a previous missed season. She should compete in the distance events: the 1500m, the 3000m steeplechase and possibly the 4x800m relay team. Last season, Parusheva turned in NCAA provisional times in the 1500m and the steeplechase. While competing in the 3000m steeplechase at the BIG EAST Outdoor Track & Field Championships in 2005, she shattered the previous stadium record at the Bauer Track & Field Complex at Rutgers University by more than nine seconds and won with a time of 10:15.15. Seniors Liz Gesel and Bridget Akard will be looked to for strong contributions in the steeplechase as well.

This year's sprint group is filled with talent and experience and should be a very reliable group for Coach



Junior Akilah Vargas (top) and sophomore Arusha McKenzie (right).



Procaccio. Junior Monique Morgan leads the group, coming off some stellar performances in the hurdles last year. She won the 60m hurdles conference title and scored for 'Nova in the 100m hurdles at the BIG EAST championships in 2005 and has consistently qualified for the NAAs. She will be a strong contender for All-American honors. Morgan will also be a major fixture on the relay teams.

Senior Yolanda Malcolm is another sprint hurdler who should once again give Villanova a very strong presence in the hurdle and sprinting events. Malcolm sat out the last outdoor season but is back for a full 2006, and she has the potential to attain national level times in the sprint hurdles. Tiera Fletcher has shown great promise in the long sprints and should give the 'Cats a great option in the 200m and 400m.

The team will also have a strong presence in the jumps with newcomers Thelma Akpan in the high jump, junior Nia Cooper in the triple jump, and junior Kourtney Marquis in the pole vault. Marquis just missed scoring at the BIG EAST Championships in 2005. Abby Smith brings experience to the Wildcats' field events corps. She competes in the hammer, discus, javelin throws and the shot put. Smith scored in the javelin at the conference championship last year, coming in fifth.

The relay teams have steadily improved over the last few years, and this year's relay groups are expected to continue to produce solid results on the conference level. Villanova had three relay teams score at the BIG EAST championships, including the 4x800 team which won the BIG EAST title. Parusheva and Muncan both return from that team. 'Nova's 4x100 and 4x400 teams also recorded valuable points for the 'Cats. Morgan and Fletcher return from the 4x100, and Fletcher, McKenzie and junior Akilah Vargas come back to compete in the 4x400.





Villanova University 2005-06 Track & Field Team (back, l-r): Monique Morgan, Casey Nelson, Darcy Fitzpatrick, Thelma Akpan, Yolanda Malcolm, Kathryn Geissler, Ellen Dougherty (middle, l-r) Arusha McKenzie, Kourtney Marquis, Zita Mezei, Christina Rosetti, Bridget Akard, Lindsay Kos, Emily McMillan, Jordan Sarruda (front, l-r) Liz Gesel, Ioana Parusheva, Frances Koons, Akilah Vargas, Marina Muncan, Jillian Baczewski, Tiera Fletcher.

2005-06 VILLANOVA WOMEN'S TRACK & FIELD ROSTER

NAME	CL.	EVENT	HOMETOWN/ HIGH SCHOOL
Bridget Akard	Sr.	CC/Distance	Carmel, Ind./Cathedral
Thelma Akpan	Fr.	Jumps	Flanders, N.Y./Mt. Olive
Jillian Baczewski	So.	Middle Distance	Boxford, Mass./Masconomet
Jacqueline Christie	Fr.	Sprints/Jumps	Matawan, N.J./St. John Vianney
Nia Cooper	Jr.	Jumps/Sprints	Newburgh, N.Y./Newburgh
Ellen Dougherty	Fr.	Middle Distance	Wading River, N.Y./Riverhead
Darcy Fitzpatrick	Fr.	Jumps	McLean, Va./Bishop O'Connell
Tiera Fletcher	Jr.	Sprints	Bronx, N.Y./Cardinal Spellman
Kathryn Geissler	So.	Sprints/Hurdles	Haddon Twp., N.J./Haddon Twp.
Elizabeth Gesel	Sr.	CC/Distance	Manchester, N.H./Manchester Central
Frances Koons	So.	CC/Distance	Allentown, Pa./Allentown Central Catholic
Lindsay Kos	Fr.	CC/Distance	Basking Ridge, N.J./Ridge
Christie Majkut	So.	Throws	Medfield, Mass./Medfield
Yolanda Malcolm	Sr.	Sprints/Hurdles	Collingswood, N.J./ Brentwood
Kourtney Marquis	Jr.	Pole Vault	Yardley, Pa./Pennsbury
Arusha McKenzie	So.	Sprints	Kingston, Jamaica/St. Andrew
Emily McMillan	Fr.	CC/Distance	Wall, N.J./St. Rose
Zita Mezei	Jr.	CC/Distance	Mezokovesd, Hungary/Pal Vasvari
Monique Morgan	Jr.	Sprints/Hurdles	Kingston, Jamaica/Immaculate Conception
Marina Muncan	Sr.	CC/Distance	Pancevo, Serbia/Chemistry
Casey Nelson	So.	CC/Distance	Flemington, N.J./Hunterdon Central Regional
Justyna Niezgoda	Fr.	Throws	Linden, N.J./Linden
Joanna Pardini	Fr.	Jumps	Havertown, Pa./Cardinal O'Hara
Ioana Parusheva	Sr.	Distance	Sliven, Bulgaria/Dimitar Riohiov
Christina Rosetti	So.	CC/Distance	San Francisco, Calif./Convent of the Sacred Heart
Jordan Sarruda	Fr.	Sprints	Washington TWP, N.J./Bishop Eustace Prep
Abby Smith	So.	Throws	Columbia, Pa./Columbia Junior-Senior
Margaret Tomann	Fr.	CC/Distance	Garrison, N.Y./Haldane
Akilah Vargas	Jr.	CC/Distance	Brooklyn, N.Y./Boys & Girls

Head Coach: Gina Procaccio

Associate Head Coach: Anthony Williams

Assistant Coach: George Reynolds

Graduate Assistant Coach: Juliette Kenny

Volunteer Assistant: Carmen Douma-Hussar





Head Coach Gina Procaccio

When Gina Procaccio was hired as the Villanova Women's Track & Field head coach on June 7, 2000, she became not only the program's sixth overall head coach but the first female ever to hold the position.

As a former runner and assistant with Villanova, Procaccio is familiar with the program's rise to national prominence and has a deep understanding of the fundamentals needed to not only sustain that success but to propel the Wildcats to new heights.

During her ten years as both an assistant and a head coach at 'Nova, she has guided over a dozen athletes to succeed on the national level. Procaccio's distance runners have earned five individual NCAA championships. Her 1994 and 1998 cross country teams both won NCAA championships, and the 2005 distance medley relay team placed second at the NCAA Outdoor Championships, improving upon a fourth place performance and All-American honors in 2004.

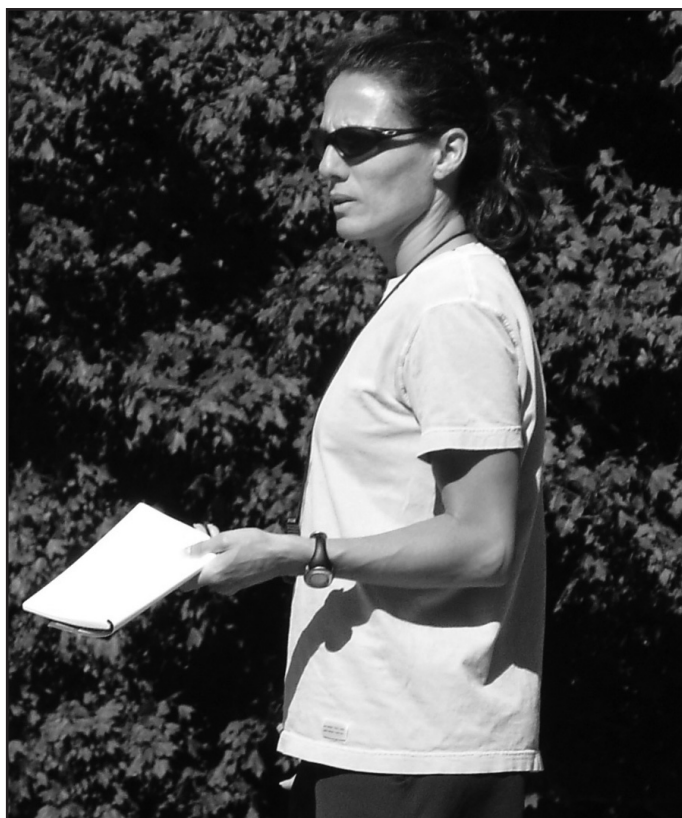
Procaccio has coached 13 different runners to All-American distinction 46 times and helped three runners combine for a total of nine NCAA titles. She also led the 1999-2000 team to both the indoor and outdoor BIG EAST championships. In addition to team titles, Procaccio has seen nine of her athletes become BIG EAST champions 29 times.

Last season, the Wildcat cross country team finished third in the BIG EAST Championship, with runners Marina Muncan and Ioana Parusheva finishing sixth and 11th, respectively. The team took one of the two automatic qualifying spots for the NCAA Championships when it finished second at the NCAA Regional Meet at Penn State. The 'Nova squad went on to take seventh place at NCAAs, the best team finish at the national championships since 1998 when the Wildcats won the national title. Muncan earned All-American honors for the third straight year after placing eighth individually.

During the 2004-05 track & field season, the Wildcats had eight athletes qualify for the NCAA Regionals, including seniors Parusheva, Kirsty Smith, Colleen Taylor and Holly Cosnett; junior Muncan; sophomores Akilah Vargas and Monique Morgan; and freshman Arusha McKenzie. Muncan and Morgan both qualified for the NCAA Nationals, and Muncan placed ninth in the finals of the 1500m with a time of 4:19.27.

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 at the NCAAs in the 1,000m, and she helped set collegiate, American and world records as part of the 3,200m relay (8:24.77) and distance medley relay (11:00.76) teams.

After her Villanova career, Procaccio ran successfully in national and international competition. She placed fifth in the 1992 United States Olympic Trials in the 1,500m run and third at the U. S. Cross Country Championships that same



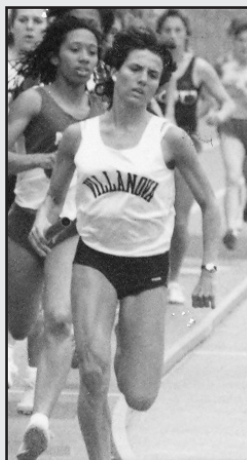
year. In 1993, Procaccio earned a spot on the U.S. World Championship team in the 1,500m with a third place finish at the USA Track & Field Championships.

In the summer of 1995, Procaccio was the USA Track & Field national champion in the 5,000m and claimed a spot on the U. S. squad that competed in the World Championships in Goteberg, Sweden. She finished the 1995 season with U.S. rankings of No. 1, 2 and 5 in the 3,000m, 5,000m and 1,500m respectively.

Prior to assistant coaching at Villanova from 1994-97 and 1998-00, she served 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

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.
- 1995 World Championship finalist.
- Six-time Penn Relay Individual Champion (five in the mile, and one in the 5,000m).
- 800m - 2:03.42
1,500m - 4:06.60
Mile - 4:24.85
3,000m - 8:45.15
5,000m - 15:26.13



Procaccio's Coaching Accomplishments

12 All-Americans:

Carmen Douma
Sarah-Vance Goodman
Kristine Jost
Rebecca Mitchell
Marina Muncan
Kristen Nicolini
Ioana Parusheva
Jen Rhines
Becky Spies
Krestena Sullivan
Colleen Taylor
Carrie Tollefson

3 NCAA Champions:

Carmen Douma
Jen Rhines
Carrie Tollefson

9 Big East Champions:

Carmen Douma
Ann McGranahan
Rebecca Mitchell
Marina Muncan
Ioana Parusheva
Jen Rhines
Becky Spies
Krestena Sullivan
Carrie Tollefson





Marcus O'Sullivan

Director of Track & Field

Marcus O'Sullivan enters his eighth year as the Director of Villanova Track & Field and head coach to the men's cross country and track & field programs. O'Sullivan established himself as one of 'Nova's all-time great distance runners during his collegiate career (1980-84) and since taking the helm of the program, has

returned the Wildcats to prominence on the conference and national scenes.

Many of the individuals and teams O'Sullivan has coached have become accomplished on all levels-national, regional and local. O'Sullivan has guided his athletes to six NCAA individual championships, two NCAA relay titles, two BIG EAST titles, and his 2002 indoor track team earned a fifth place finish at the NCAA Championships. He has coached 19 athletes to 43 All-American honors and 12 athletes to 53 All-BIG EAST honors. O'Sullivan has also guided athletes to nine national championships and 40 BIG EAST titles.

O'Sullivan himself has earned recognition on the national and conference levels. In 1998 the NCAA bestowed the honor of National Cross Country Coach of the Year on him. He is a four-time (1998, 2001, '02, and '03) Regional Cross Country Coach of the Year, and O'Sullivan earned BIG EAST Coach of the Year distinction in 2002.

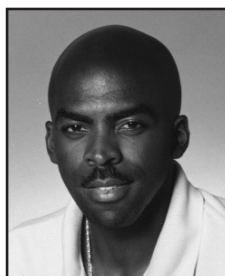
Last season Bobby Curtis led the way for a youthful men's cross country team. He won the program's second consecutive BIG EAST individual title and finished 15th at the NCAA Championships.

The men's track & field team turned in solid performances during the indoor and outdoor seasons. The Wildcat 4x800m relay team won the indoor BIG EAST title. Senior Ryan Hayden and sophomore Drew Eckman led the charge for the individual runners. Hayden won a BIG EAST championship in the 800m outdoors, and Eckman took home a conference title in the 400m hurdles outdoors. Hayden and Eckman joined Kippy Keino, Robert McDade, and Mike Kerrigan in qualifying for the NCAA Outdoor Regional Championships. McDade had a number of stellar performances outdoors, including a school record in the discus. The distance medley relay team turned in a time of 9:35 at the Penn Relays.

Coach O'Sullivan also extends his expertise to athletes outside of the collegiate ranks. He currently coaches three former Villanovans who are competing on the international level. Carmen Douma-Hussar (Villanova, '00) won a silver medal at the World Indoor Championships in the 1500m in 2004 and was a finalist in the event at both the 2004 Olympics and 2005 Outdoor World Championships. Adrian Blincoe (Villanova, '03) recently set a PR of 3:35.50 in the 1500m at the Rieti Grand Prix in Rieti, Italy. He was also a semi-finalist in the event at the World Outdoor Championships. In addition, O'Sullivan guides the post-collegiate career of Ryan Hayden (Villanova, '05). Hayden is a former two-time NCAA champion who was a finalist in the 1500m at the 2005 World University Games held in Izmir, Turkey. O'Sullivan previously coached former American record-holder Bob Kennedy to a personal best in the 10,000m.

As an athlete, O'Sullivan is a four-time Olympian, three-time World Indoor champion in the 1500m, and previously held the world records for the indoor 1500m and the 4x1 mile relay. His professional career, which has spanned 15 years, includes medals at the Goodwill Games, the European Championships, the World Championships and the U.S. Championships. He has the distinction of being one of three men to run more than 100 sub-4:00 minute miles.

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, he served as a part-time faculty member of the Villanova marketing department from 1992-93. On September 18, 2004, Coach O'Sullivan joined 22 other men's track & field legends on the Wall of Fame. 'Nova honored him with a plaque in the shape of a winged track shoe, bearing his name, that is permanently displayed on the wall of the Pavilion next to the scoreboard in the west end of the stadium. O'Sullivan's wife, the former Mary Spinks, earned a nursing degree from Villanova in 1986. The couple has two children: Laura (17) and Christopher (14).



Anthony Williams

Associate Head Coach

Anthony Williams enters his 12th year at Villanova and his third season as Associate Head Coach for both the Wildcat Men's and Women's teams in 2005- 2006. Williams brings to Villanova a sprint background influenced by his years growing up in Jamaica and competing at the collegiate level at Blinn College in Texas and in the Southeastern Conference at Ole Miss. His coaching duties involve

working with the men's and women's sprinters and jumpers.

Under his guidance, Villanova has seen its sprint image dramatically improve on the national level with athletes each year attaining national-level performances while making appearances at the NCAA Championships as well as international competitions. Since joining the staff eleven years ago, Williams' sprinters have had a major impact on rewriting Villanova's sprint record books and in the process, garnering many national honors. His athletes have also won many Big East Conference titles in a variety of events.

Under Williams' guidance Villanova has seen the development of Wildcat greats such as Kareem Archer who competed for Jamaica in the 1997 World Championships while only a Villanova junior. In 1998 Archer achieved the rare feat of making the final in every hurdles race offered at the NCAA level. Charmaine Walker was a six-time Big East Champion and three-time NCAA All-American in the sprint hurdles. In 2001 she recorded the fastest time run at a Big East Championship in the 100m hurdles.

While at Villanova, Nic O'Brien set a New Zealand national record in the 400m hurdles, and he also earned a national title as a member of the 2003 DMR team. Mike Brown is another sprinter who has garnered numerous awards at Villanova with Williams. He won Penn Relay Championship titles in the 400m hurdles and DMR relay and won a national title on the 2002 Championship DMR relay team. Brown also has the distinction of winning conference titles in both the flat 400m and 400m hurdles event.

Monique Morgan continues to develop in the sprint hurdles with Williams, and in 2005 she ran one of the top fifteen times in the country in the 100m hurdles. Drew Eckman is another sprinter who is making a name for himself with Williams; in 2005 he won two Big East titles and recorded national qualifying times in the 400m and 400m hurdles.

Williams has guided standout jumpers Jermaine Deans and Marlena Robinson to multiple appearances at the NCAA, while also winning numerous Big East titles in the triple and long jumps. In 1998, Deans dominated the jumps on the east coast and was named "Big East Most Outstanding Field Event Performer" at the indoor championships. He also set a conference long jump record at the outdoor championships the same year.

Carlos Bedoya is one more sprinter who has excelled under Williams' guidance, and he has won several Big East 200m dash titles. Kia Davis, Keshia Walley, Melanie Sklepko, Sherese Price, and Antoine Johnson have all won Big East titles and made NCAA appearances with Williams.

Williams' athletes have added great balance and diversity to the Villanova Track and Field tradition. These student-athletes have helped to give Villanova the distinction of having one of the most consistent and productive sprint programs on the east coast. Nationally, his hurdlers and long sprinters have consistently had an impact on the NCAA scene with high quality performances.

Williams serves as director of both the Wildcat track & field and speed camps. He also is meet director of the Jack Pyrah Invitational and plays a major role in Villanova hosting of outdoor track meets. Williams is the team's liaison with compliance, and he is prominent in the recruitment of international student-athletes.

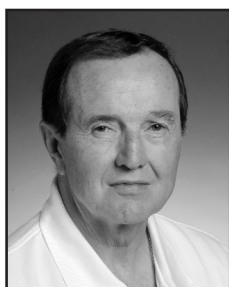
A native of Kingston, Jamaica, Williams attended Blinn College in Texas where he was captain of two national championship teams and a junior college All-American in the sprints and triple jump. He earned his Bachelor of Business Administration in management from the University of Mississippi, where he was a Dean's List student-athlete and also an Academic All-SEC honoree.

In 1994 and 1998, Williams was the Jamaican national champion in the triple jump, and he went on to represent Jamaica internationally on several national teams. Prior to coming to Villanova, he spent three years as a volunteer jumps coach at Plainfield High School in New Jersey.

Williams is married to Pat Itanyi and has one son, Craig, and two nieces, Danielle and Brianna.

Williams' Coaching Accomplishments

- 17 All-American Awards
- 35 Big East Champions
- 10 ECAC/IC4A Champions
- 29 Villanova Records



George Reynolds

Assistant Coach

George Reynolds enters his 12th season with the Wildcats. His responsibilities are coaching the throws, pole vault and multi-events.

Under his tutelage, athletes have qualified for the NCAA Championships, as well as the Olympic Trials. In addition, Reynolds has also coached athletes to BIG EAST, All-American

and U.S. Junior honors.

In 1988 and 1998, Reynolds was the United States Master's Champion in the javelin.

Reynolds holds level II USA Track & Field Certifications in the throws, jumps, multi-events, and the sprints.



Juliette Kenny

Graduate Assistant Coach

After graduating from Villanova, Juliette Kenny begins her first season as a graduate assistant coach. She will be assisting with the distance events.

Under head coach Gina Procaccio's tutelage, Kenny made notable improvement as a Wildcat runner, which resulted in active participation in the Big East Conference. She closed out her career as a member of the 2003 NCAA All-Region cross country team and a member of 2004 Big East 3200m championship relay team. Her pride in the program's history and her belief in the program's potential for continued success will be an asset to Villanova.

Kenny graduated from Villanova in 2005 with a Bachelor of business administration degree in marketing.



Ilene Lee

Track & Field Secretary

Ilene Lee enters her 15th year at Villanova University and her eighth with the Wildcat track & field and cross country programs. In addition to her duties for track & field and cross country, Lee also serves as secretary for women's basketball.

In her tenure at Villanova, Lee also has spent time with the men's basketball and football programs, as well as the Compliance Office and Student Services.

Ilene and her husband of 31 years, Walt, reside in Havertown. They have four children, Kevin (30), Christopher (28), Claire (26), and Karen (24). In August 2004, they welcomed Brian DiBiase into their family; he married their daughter, Claire.



Carmen Douma-Hussar

Volunteer Assistant Coach

Carmen Douma-Hussar enters her fifth year as a Wildcat assistant in 2004-2005.

A native of Cambridge, Ontario, Douma-Hussar finished her Villanova running career a nine-time All-American with three NCAA individual championships and 15 Big East Conference individual titles. Her three NCAA crowns came in the 1998 indoor mile, the 1998 outdoor 1,500m run and the 2000 indoor mile. In addition, Douma-Hussar made her mark at the prestigious Penn Relays where she was a member of three Championship of America teams.

Her college success catapulted her into a star on the international level. She qualified for the 2004 Olympic Games and finished ninth in the 1500m. Douma-Hussar backed that up a year later with a ninth place finish in the 1500m at the World Championships.

Douma-Hussar graduated from Villanova in December of 2000 with a bachelor's degree in Education. Douma-Hussar and her husband Chris reside in Ardmore, Pa.





Bridget Akard
Sr./CC & Distance
Carmel, Ind.
Cathedral H.S.

VILLANOVA: Big East qualifier in the distance events ... looking to improve her scoring potential.

PERSONAL: Political science major ... youngest of three daughters of Ralph and Molly Akard ... born 12/17/83.

Akard's Personal Bests

3000m - 10:16.42 (New York Armory, 2/03)

5000m - 17:50.32 (Penn State, 1/04)

Steeplechase: 11:17.43 (Big East, 5/04)

Major Indoor Championships

3000m - 13th, 10:19.93 (2004 Big East)

5000m - 14th, 18:03.37 (2004 Big East)

Major Outdoor Championships

Steeplechase - 11th, 11:17.43 (2004 Big East)



Nia Cooper
Jr./Jumps & Sprints
Newburgh, N.Y.
Newburgh H.S.

VILLANOVA: A young jumper who is on the verge of making a breakthrough on the conference level.

PERSONAL: Major is accounting ... born 7/13/85.

Cooper's Personal Bests

Triple Jump - 38'1"

Major Indoor Championships

Triple Jump - 9th (2005 Big East)

Major Outdoor Championships

Triple Jump - 38'0 1/4" (2004 Big East)



Ellen Dougherty
Fr./CC & Middle Distance
Wading River, N.Y.
Riverhead H.S.

VILLANOVA: A talented freshman who should make an immediate impact in the middle distance events.

PERSONAL: Liberal Arts major ... her team's MVP all four years ... also named All-State for four consecutive years ... earned All-American honors as a sophomore ... won the state championship in the 800m that year too ... recipient of the NYSPNSaa Sportsmanship Award as a sophomore and a junior ... recognized as the Suffolk Outstanding Athlete as a junior ... daughter of Timothy and Ann Dougherty ... born 5/21/87.

Dougherty's Personal Bests

800m - 2:10.82

1000m - 2:50.99

Mile - 4:53.77

3000m - 10:05.76



Tiera Fletcher
All-American
Jr./Sprints
Bronx, N.Y.
Cardinal Spellman H.S.

VILLANOVA: A talented sprinter who will be moving up to the 400m full time this year. Tiera will also be a major cog in the relay teams.

PERSONAL: Mechanical Engineering major ... daughter of Anthony Williams and Pamela Hamilton ... born 12/23/85.

Fletcher's Personal Bests

200m - 24.76 (Simplot Games, 2003)

300m - 38.67 (Mayor's Meet, 2003)

400m - 56.11 (March, 2004)

Major Indoor Championships

200m - 8th (2005 Big East)

4x400 Meter Relay - 6th (2005 Big East)

4x400 Meter Relay - 8th (2004 Big East)

Distance Medley Relay - 4th (2004 NCAA), 2nd (2005 NCAA)

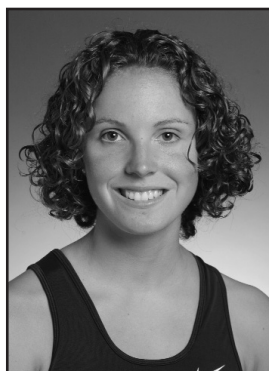
Major Outdoor Championships

4x100 Meter Relay - 4th (2005 Big East)

4x400 Meter Relay - 5th (2005 Big East)

4x100 Meter Relay - 7th (2004 Big East)





Elizabeth Gesel
Sr./CC & Distance
Manchester, N.H.
Manchester Central H.S.

VILLANOVA: After a solid cross country season, Liz will be making her debut in track after missing her first three seasons with an injury ... will be looking to challenge for the BIG EAST title in the steeplechase as well as impacting the national scene in the event.

PERSONAL: Major is biology ... youngest of four daughters of Terry and Francis Gesel ... born 9/10/84.

Gesel's Personal Bests

3000m - 9:48.78 (1/05)
1000m - 2:54.45 (1/05)



Senior Elizabeth Gesel



Yolanda Malcolm
Sr./Sprints
Collingswood, N.J.
Brentwood H.S.

VILLANOVA: A nationally caliber hurdler who will look to cap her Wildcat career in style ... a perennial Big East scorer Yolanda will be one of the top hurdlers in the conference and on the East Coast.

PERSONAL: Nursing major ... one of two children of Juliette Deguzman ... born 8/7/84.

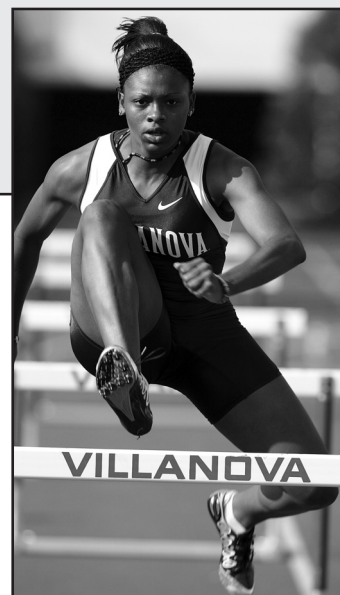
Malcolm's Personal Bests

100m Hurdles - 13.60 (5/04)
60m Hurdles - 8.44 (2/05)
Long Jump - 19'4" (7/01)
200m - 25.2 (7/01)

Major Indoor Championships

60m Hurdles - 3rd (2003 Big East)
60m Hurdles - 1st (2003 ECAC)
60m Hurdles - 3rd (2004 Big East)

Senior Yolanda Malcolm



Frances Koons
So./CC & Distance
Allentown, Pa.
Allentown Central Catholic H.S.

VILLANOVA: After coming off a red-shirted season, will be counted on to score well for the cross country team as well as make an immediate impact in the middle distance events.

PERSONAL: Biology major ... second of five children of Fred and Lisa Koons ... born 4/2/86.

Koons' Personal Bests

800m (Split) - 2:09.8
1000m - 2:51.37
Mile - 4:47.90
3000m - 9:41.90

Major Indoor Championships

1000m - 4th, 2005 Big East





Kourtney Marquis
Jr./Pole Vault
Yardley, Pa.
Pennsbury H.S.

VILLANOVA: Injury cut short a promising sophomore year ... looking to place high at the Big East meet as a junior.

PERSONAL: Communications major ... born 8/1/84.

Marquis' Personal Bests

Pole Vault - 11'6" (2003)



Junior Kourtney Marquis



Arusha McKenzie
So./Sprints
Kingston, Jamaica
St. Andrew H.S.

VILLANOVA: Coming off a stellar freshman year where she qualified for the NCAA regional meet, Arusha will look to establish herself as a top rated national long sprinter ... she will also be a vital part of Villanova's relay teams for Penn Relays and the NCAA.

PERSONAL: Psychology major and Spanish minor ... one of three children of Rex McKenzie and Clover Graham ... born 6/24/86.

McKenzie's Personal Bests

400m Split - 54.5 (Big East, 5/05)
400m Hurdles - 1:01.3 (Carifta Trials, 3/04)
800m - 2:08.14 (Quaker Invitational 4/05)
500m - 1:13.80 (2nd, Big East - 2/05)



Zita Mezei
Jr./CC & Distance
Mezokovesd, Hungary
Pal Vasvari H.S.

VILLANOVA: A talented athlete looking to break through and score at the national meets in indoor, outdoor and cross country.

PERSONAL: Business major ... oldest of two children of Imer and Agnes Mezei ... born 10/29/83.

Mezei's Personal Bests

800m - 2:06 (Hungary, 5/02)
1500m - 4:16.97 (Hungary, 5/02)
3000m - 9:24 (World Juniors)

Major Indoor Championships

1000m - 4th, 2:51.02 (2004 Big East)
4x800 Meter Relay - 3rd, 8:59.13 (2004 Big East)

Major Outdoor Championships

1500m - 10th, 4:31.85 (2004 Big East)
4x800 Meter Relay - 1st, 8:48.91 (2004 Big East)
1500m - 7th, 4:29.52 (2004 ECAC)





Monique Morgan
Big East Champion
ECAC Record Holder
Jr./Sprints
Kingston, Jamaica
Immaculate Conception H.S.

VILLANOVA: Monique will look to continue her rise on the national level and should compete for nationals honors this year ... a world junior semi-finalist in 2004, and ECAC Outdoor record holder, Monique is expected to also make an impact in the flat sprinting events and relays in 2006.

PERSONAL: Spanish language and literature major ... one of two children of Cleston and Gillian Morgan ... born 10/14/85.

Morgan's Personal Bests

100m - 11.8 (Jamaica, 6/03)
100m Hurdles - 13.16 (ECAC, 5/05)
60m - 8.24 (ECAC, 3/05)

Major Outdoor Championships

100m Hurdles - 6th (2004 Big East)
4x100 Meter Relay - 7th (2004 Big East)
4x400 Meter Relay - 10th (2004 Big East)
100m - 4th (2005 Big East)
100m Hurdles - ECAC Record 13.16 (05/05)



Junior Monique Morgan



Casey Nelson
So./CC & Distance
Flemington, N.J.
Hunterdon Central Regional H.S.

VILLANOVA: Rising sophomore who should make an immediate impact in the middle distance events.

PERSONAL: Undecided on college major ... second of three children of Chuck and Mary Ann Nelson ... born 8/11/86.

Nelson's Personal Bests

800m - 2:12.34
Mile - 4:53.73



Marina Muncan
Four time Big East Champion
Seven time All-American
Sr./CC & Distance
Pancevo, Serbia
Chemistry H.S.

VILLANOVA: Four-time BIG EAST Champion ... Seven-time All-American ... one of the top 1500m runners in the country looking to add to her success on the conference and national levels.

PERSONAL: Italian language and literature major ... youngest of two daughters of Vasa and Jelena Muncan ... born 11/6/82.

Muncan's Personal Bests

800m - 2:04.94
1000m - 2:45.36 (Penn State, 1/05)
1500m - 4:11.23 (NCAA, 6/03)
3000m - 9:08.44 (Haverford, 12/04)
Mile - 4:38.21 (Notre Dame, 3/04)

Major Indoor Championships

3000m - 5th, 9:42.05 (2003 Big East)
Distance Medley Relay - 2nd, 11:25.60 (2003 Big East)
Distance Medley Relay - 9th, 11:18.06 (2003 NCAA)
3000m - 13th, 9:22.10 (2004 NCAA)
Distance Medley Relay - 4th, 11:10.25 (2004 NCAA)
1000m - 1st, 2:49.13 (2005 Big East)
Mile - 1st - 4:50.17 (2005 Big East)
4x800m - 1st (2005 Big East)
Distance Medley Relay - 2nd (2005 NCAA)

Major Outdoor Championships

1500m - 4th, 4:21.32 (2003 Big East)
1500m - 5th, 4:11.23 (2003 NCAA)
800m - 1st, 2:07.61 (2004 Big East)
4x800 Meter Relay - 1st, 8:48.91 (2004 Big East)
1500m - 1st, 4:26.48 (2005 Big East)
1500m - 3rd, 4:13.84 (2004 NCAA)
1500m - 9th, 4:19.31 (2005 NCAA)



Senior Marina Muncan





Ioana Parusheva
Big East Champion
Three time All-American
Sr./Distance
Sliven, Bulgaria
Dimitar Riohov H.S.

VILLANOVA: Big East Champion in the steeplechase ... looking to score in the national meet.

PERSONAL: Sociology major ... younger of two daughters of Ivan and Svetlana Parusheva ... born 5/23/82.

Parusheva's Personal Bests

1000m - 2:48.01 (Armory, 1/05)
1500m - 4:17.80 (Penn Relays, 4/05)
3000m - 10:15.15 (Big East, 5/05)
Steeplechase - 10:37.24 (Big East, 5/03)
Mile - 4:42.00 (Armory, 2/05)

Major Indoor Championships

1 Mile Run - 6th, 5:04.02 (2002 Big East)
4x800 Meter Relay - 5th, 8:57.76 (2002 Big East)
Distance Medley Relay - 3rd, 11:33.39 (2002 Big East)
Distance Medley Relay - 10th, 11:32.13 (2002 NCAA)
1000m - 7th, 2:52.64 (2003 Big East)
4x800 Meter Relay - 1st, 8:54.61 (2003 Big East)
Distance Medley Relay - 2nd, 11:25.60 (2003 Big East)
Distance Medley Relay - 9th, 11:18.06 (2003 NCAA)
1000m - 6th, 2:53.35 (2004 Big East)
Mile - 3rd, 4:52.54 (2005 Big East)
4x800m - 1st (2005 Big East)
Distance Medley Relay - 2nd (2005 NCAA)

Major Outdoor Championships

1500m - 9th, 4:27.80 (2002 Big East)
4x800 Meter Relay - 3rd, 8:49.27 (2002 Big East)
Steeplechase - 3rd, 10:37.72 (2003 Big East)
4x800 Meter Relay - 1st, 8:46.89 (2003 Big East)
Steeplechase - 1st, 10:15.15 (2005 Big East)



Akilah Vargas
Jr./CC & Distance
Brooklyn, N.Y.
Boys & Girls H.S.

VILLANOVA: Had a breakthrough year in 2005, running a regional NCAA qualifying in 800m ... looking to score on the national level in 2006.

PERSONAL: English major ... youngest of four children of Bette Vargas ... born 5/12/85.

Vargas' Personal Bests

800m - 2:09.62 (Tennessee, 4/05)
1500m - 4:29.01 (Penn, 4/05)

Major Indoor Championships

800m - 7th (2005 Big East)
4x800 Meter Relay - 1st, 8:53.34 (2005 Indoor Big East)

Major Outdoor Championships

4x800 Meter Relay - 1st (2005 Outdoor Big East)



Abby Smith
So./Throws
Columbia, Pa.
Columbia Junior-Senior H.S.

Villanova: Good freshman year ... established a solid base that will allow her to have a very good sophomore year.

Personal: Nursing major ... valedictorian of high school class ... Wendy's High School Heisman winner ... first team All-State in volleyball in high school ... born 12/29/85.

Smith's Personal Bests

Shot put 37'3"
20lb weight 39'
Discus 113'2"
Hammer 111'6"
Javelin 136'0"

Major Outdoor Championships

Javelin - 5th (2005 Big East)



Sophomore Abby Smith



Junior Akilah Vargas





Thelma Akpan
Fr./Jumps
Flanders, N.Y.
Mt. Olive H.S.



Jillian Baczewski
So./Middle Distance
Boxford, Mass.
Masconomet H.S.



Jacqueline Christie
Fr./Sprints & Jumps
Matawan, N.J.
St. John Vianney H.S.



Darcy Fitzpatrick
Fr./Jumps
McLean, Va.
Bishop O'Connell H.S.



*Senior Ioana Parasheva (top) and
junior Tiera Fletcher (bottom)*





Kathryn Geissler
So./Sprints & Hurdles
Haddon Twp., N.J.
Haddon Twp. H.S.



Lindsay Kos
Fr./CC & Distance
Basking Ridge, N.J.
Ridge H.S.



Emily McMillan
Fr./CC & Distance
Wall, N.J.
St. Rose H.S.



Christie Majkut
So./Throws
Medfield
Medfield H.S.



Justyna Niezgoda
Fr./Throws
Linden, N.J.
Linden H.S.



Joanna Pardini
Fr./Sprints
Havertown, Pa.
Cardinal O'Hara H.S.



Christina Rosetti
So./CC & Distance
San Francisco, Calif.
Convent of the Sacred Heart H.S.



Jordan Sarruda
Fr./Sprints
Washington TWP, N.J.
Bishop Eustace Prep.



Margaret Tomann
Fr./Distance
Garrison, N.Y.
Haldane H.S.



1979			
3200m relay	8:47.8	Jennifer Whitfield, Sue Shea, Brigid Leddy, Dorianne Lambelet	
1984			
DMR	10:53.97	Mary Ellen McGowan, Veronica McIntosh, Patty Bradley, Lauren Searby	
1985			
3200m relay	8:27.57	Mary Ellen McGowan, Debbie Grant, Joanne Kehs, Veronica McIntosh	
1987			
DMR	10:55.46	Gina Procaccio, Celeste Halliday, Debbie Grant, Vicki Huber • Huber was named the meet's MVA.	
1988			
3200m relay	8:25.25	Kathy Franey, Vicki Huber, Michelle DiMuro, Celeste Halliday	
DMR	10:48.38	Kathy Franey, Michelle Bennett, Celeste Halliday, Vicki Huber • meet record	
1989			
3200m relay	8:28.83	Michelle DiMuro, Vicki Huber, Kim Certain, Michelle Bennett	
DMR	10:53.37	Kathy Franey, Michelle Bennett Michelle DiMuro, Vicki Huber	
6000m relay	17:22.58	Michelle DiMuro, Sonia O'Sullivan, Kathy Franey, Vicki Huber • World Outdoor Best, Meet & VU Record • Huber was named the meet's MVA.	
1990			
3200m relay	8:30.61	Michele Torelli, Michelle Bennett, Sonia O'Sullivan, Kathy Franey	
DMR	10:49.81	Sonia O'Sullivan, Michelle Bennett, Michele Torelli, Kathy Franey	
6000m relay	17:18.10	Nnenna Lynch, Sonia O'Sullivan, Cheri Goddard, Kathy Franey • World Outdoor Best, Meet & VU Record	
1991			
3200m relay	8:29.52	Irene Ruopoli, Sonia O'Sullivan, Michele Torelli, Michelle Bennett	
DMR	10:55.98	Nnenna Lynch, Michelle Bennett, Cheri Goddard, Sonia O'Sullivan	
1992			
6000m relay	17:43.33	Chris Gentile, Nnenna Lynch, Kate Fonshell, Cheri Goddard	
1993			
3200m relay	8:30.76	Irene Ruopoli, Tosha Woodward, Cheri Goddard, Abby Hunte	
6000m relay	17:51.51	Becky Spies, Carole Zajac, Megan Flowers, Cheri Goddard	
1994			
DMR	11:04.21	Tosha Woodward, Cathalina Staye, Abby Hunte, Becky Spies	
6000m relay	17:37.51	Carole Zajac, Jennifer Rhines, Emer Malloy, Becky Spies	
1995			
DMR	11:05.49	Krestena Sullivan, Cathalina Staye, Tosha Woodward, Becky Spies	
6000m relay	17:33.79	Tosha Woodward, Krestena Sullivan, Jen Rhines, Becky Spies	

3200m relay	8:31.99	Emer Malloy, Krestena Sullivan, Becky Spies, Tosha Woodward
1996		
Javelin		Jen Pastore
1997		
DMR	10:57.97	Jurga Marcinkeviciute, Kesha Walley, Tamiaka Grizzle, Krestena Sullivan
6000m relay	17:29.32	Carmen Douma, Kristine Jost, Carrie Tollefson, Krestena Sullivan
3200m relay	8:27.66	Jurga Marcinkeviciute, Tamiaka Grizzle, Carmen Douma, Krestena Sullivan
1600m relay	3:37.76	Kia Davis, Leashia Rahr, Kesha Walley, Tamiaka Grizzle • ECAC division only
2000		
6000m relay	17:30.30	Liz Awtrey, Carrie Tollefson, Kristen Nicolini, Carmen Douma

VILLANOVA CHAMPIONSHIP OF AMERICA WATCH WINNER LEADERS

Totals include relay wins only.

7	Michelle Bennett, 1988-1991
	Kathy Franey, 1986-1990
6	Vicki Huber, 1985-1989
	Sonia O'Sullivan, 1989-1991
	Krestena Sullivan 1993-1997
5	Cheri Goddard, 1990-1993



Kathy Franey



Michelle Bennett (center)



All-American Leashia Rahr seen here running 400mH, is also a member of the school record 4x400m relay.

VILLANOVA RELAY VICTORIES BY EVENT

Distance medley	9
6000m/Four mile	8
3200m/Two mile	9
1600m relay	1
TOTAL	27



17	Vicki Huber	1989 i-mile, 3000m, 4x800m; 1988 i-3000m, 4x800m; o-1500m, 3000m, 4x400m; 1987 i-1500m, 3000m; o-1500m, 4x800m; 1986 i-1500m; 4x800m; o-1500m, 3000m, 4x800m.	6	Carole Zajac	1994 o-10,000m; 1993 i-5000m; o-5000m, 10,000m; 1992 i-5000m; 1991 o-10,000m.
14	Veronica McIntosh	1985 i-400m, 800m; o-800m, 4x400m; 1984 i-400m, 800m, 4x400m; o-400m, 4x400m; 1983 i-800m, 4x400m; o-400m, 4x100m, 4x400m.	5	Christine Gentile	1993 i-4x800m, DMR; 1992 i-4x800m, DMR; 1991 o-4x800m.
13	Debbie Grant	1987 i-500m; o-4x400m; 1986 i-400m, 800m, 4x400m; o-4x400m; 1985 i-500m; o-400mIH, 4x400m; 1984 i-500m, 4x400m; o-400mIH, 4x400m.	5	Judy Palmer	1986 i-4x800m; 1985 i-4x800m; o-4x800m; 1984 i-4x400m; 1983 o-400mIH.
13	Mary Ellen McGowan	1985 i-1000m, 3000m, DMR; o-1500m, 3000m 4x800m; 1984 o-1500m, 3000m; 1983 i-1500m, 3000m, DMR; o-3000m, 4x800m.	5	Stacy Robinson	1996 i-4x800m; 1995 i-4x800m, DMR; o-4x800; 1993 i-DMR.
12	Michelle Bennett	1991 i-500m, 800m; o-800m, 4x800m; 1990 i-500m, 800m, 4x800; 1989 i-500m; o-200m, 400m; 1988 i-4x400m; o-4x400m.	5	Ioana Parasheva	2005 steeplechase, i-4x800m, o-4x800m; 2003 i-4x800m; 2003 o-4x800m
11	Patty Bradley	1984 o-100mHH, 800m, LJ, 4x400m; 1983 i-500m, 4x800m; o-100mHH, 800m, LJ, 4x100m, 4x400m.	4	Vickie Brown	1985 i-DMR; 1983 i-4x800m, DMR; o-1500m.
11	Celeste Halliday	1988 i-500m, 800m, 4x400m; o-800m, 4x400m; 1987 i-400m, 800m; o-4x400m; 1986 i-500m, 4x400m; o-4x400m.	4	Coleen Gallagher	1987 i-DMR; o-4x800m; 1984 i-3000m; o-4x800m.
11	Joanne Kehs	1986 i-1000m, 4x800m; o-800m, 4x800m; 1985 i-4x800m; o-4x400m; 1984 o-4x800m; 1983 i-1000m, 4x800m, DMR; o-4x400m.	4	Carol Haux	1991 i-DMR; 1989 o-4x800m; 1988 i-DMR; o-4x800m.
11	Krestena Sullivan	1997 DMR, i-4x800m, o-4x800m, o-1500m 1996 i-4x800m, DMR; 1995 i-mile, 4x800m, DMR; o-4x800m; 1994 i-4x800m.	4	Kristine Jost	1997 o-3000m, i-DMR, 1996 i-4x800m, i-DMR.
10	Sonia O'Sullivan	1991 i-Mile, 3000m, 4x800m; o-3000m, 5000m; 1990 i-3000m; o-3000m; 1989 o-3000m, 4x800m; 1988 o-4x800m.	4	Sharon Margaretha	1983 i-4x400m, DMR; o-4x100m, 4x400m.
9	Cheri Goddard	1993 i-Mile, 3000m; o-1500m; 1992 i-Mile, 4x800m; 1991 i-4x800m; o-4x800m; 1990 i-4x800m, DMR.	4	Meg Moisen	1989 i-4x800m; 1988 i-4x800m, DMR; 1986 i-4x800m.
9	Nnenna Lynch	1993 i-DMR; 1992 i-4x800m, DMR; o-3000m; 1991 i-4x800m; o-1500m, 4x800m; 1990 i-4x800m, DMR.	4	Gina Procaccio	1987 i-1000m o-800m, 3000m, 4x800m.
9	Becky Spies	1995 i-1000m, DMR; o-1500m, 4x800; 1994 i-1000m, DMR; o-1500m; 1993 i- DMR; 1992 i-DMR.	4	Irene Ruopoli	1993 i-4x800m; 1992 i-4x800m, DMR; 1991 i-DMR.
8	Carrie Tollefson	2000 i-5,000m, i-3,000m, o-5,000, o-3,000m. 1999 o-3000m, 5000m; 1997 i-3000m; 1996 i-DMR.	3	Tracey Carter	1983 i-400m, 4x400m; o-4x100m.
8	Tosha Woodward	1995 i-800m, 4x800m; o-800m; 1994 i-800m, 4x800m, DMR; 1993 i-4x800m; o-800m.	3	Kim Certain	1990 i-1000m; 1989 i-4x800m; o-4x800m.
8	Michelle DiMuro	1989 i-800m; o-800m; 1988 i-800m, 4x400m; o-4x400m; 1987 o-4x400m; 1986 i-4x400m; o-4x400m.	3	Tamieka Grizzle	1998 i-DMR, 4x800m; 1997 i-800m.
8	Kathy Franey	1990 o-1500m, 5000m; 1989 i-4x800m; o-1500m; 1988 i-Mile, 4x800m; 1987 i-DMR; o-4x800m.	3	Abby Hunte	1994 o-800m; 1993 i-800m, 4x800m.
8	Jennifer Rhines	1996 i-3000m, i-5000m; o-5000m; 1995 i-5000m; o-5000m; 1994 i-3000m, 5000m; o-5000m.	3	Beth Lyons	1984 o-4x800m; 1983 i-4x400m; o-4x800m
7	Marina Muncan	2005 i-1000m, i-mile, i-4x800m, o-1500m, o-4x800m; 2004 o-800m, o-4x800m	3	Rebecca Mitchell	2001 i-1000m; 2003 i-4x800m; 2003 o-4x800m
7	Carmen Douma	2000 i-mile, o-1,500m. 1998 i-1000m, 4x800m, DMR; o-1500m; 1997 o-4x800.	3	Emer Molloy	1995 i-4x800m; 1994 i-4x800m; DMR.
6	Cassy Bradley	1987 i-DMR; o-400mIH, 4x400m; 1986 i-4x400m; o-400mIH, 4x400m.	3	Jenny Rahn	1988 i-DMR; o-Javelin; 1986 o-Javelin.
6	Lauren Searby	1987 i-DMR; 1986 o-4x800m; 1985 i-DMR; o-5000m; 1984 i-1500m, 5000m.	3	Terri Smith	1988 i-4x400m, 4x800m; o-4x800m.
6	Michele Torelli	1991 i-1000m, 4x800m, DMR; 1990 i-4x800m, DMR; 1989 o-4x800m.	3	Cathalina Staye	1996 o-4x400m; 1996 o-4x400m; 1994 i-DMR.
6	Charmaine Walker	2000 i-60m hurdles, o-100m hurdles. 1998 i-55m hurdles; o-100m hurdles 2001 i-60m hurdles; o-100m hurdles	3	Connie Sweet	1985 i-Shot put; o-Shot put, Discus.
			3	Kelly Toole	1985 i-4x800m; o-4x800m; 1984 o-4x800m.
			3	Joanne VanRenselar	1985 i-DMR; 1984 i-4x400m; o-4x400m.
			2	Jane Ashton	1985 o-4x800m; 1983 o-4x800m
			2	Holly Cosnett	2003 i-4x800m; 2003 o-4x800m
			2	Nancy Fleming	1983 i-4x800m; o-4x800m.
			2	Kate Fonshell	1990 i-5000m; o-10,000m.
			2	Ann McGranahan	2000 o-10,000m. 1998 o-10,000m
			2	Sharon Moore	1991 i-DMR; 1990 i-DMR.
			2	Cuyler Goodwin	1996 i-DMR; o-4x400m.
			2	Lony'e Johnson	1998 i-4x800m; 1997 o-4x800.
			2	Jurga Marcinkeviciute	1997 o-800m, o-4x800m
			2	Kristen Nicolini	1998 i-DMR, 4x800m
			2	Jen Pastore	1996 o-Javelin; 1995 o-Javelin.
			2	Nikki Shaw	1994 i-4x800m; 1993 i-1000m.
			2	Peggy Stewart	1983 i-High jump; o-High jump
			2	Colleen Taylor	2003 i-4x800m; 2003 o-4x800m
			2	Kesha Walley	1996 o-4x400m; 1995 i-DMR.
			1	Olive Burke	1988 i-55mHH.
			1	Kia Davis	1996 o-4x400.
			1	Elaine Duck	1988 o-4x800m.
			1	Melissa Grubb	1985 i-4x800m.
			1	Katie Kelly	1996 i-4x800m.
			1	Lori Lancaster	1985 o-4x400m.
			1	Monique Morgan	2005 i-60mh
			1	Lisa Polzinetti	1985 i-5000m
			1	Allison Pojanowski	1995 i-4x800m.
			1	Sherese Price	2002 i-60m hurdles.
			1	Leashia Rahr	1998 i-DMR.
			1	Marlena Robinson	2000 o-Triple Jump
			1	Stephanie Scalessa	1988 i-DMR.
			1	Melanie Sklepko	1997 Javelin.
			1	Jan Yerks	1983 i-5000m.

i= indoor o= outdoor



ECAC INDOOR CHAMPIONS

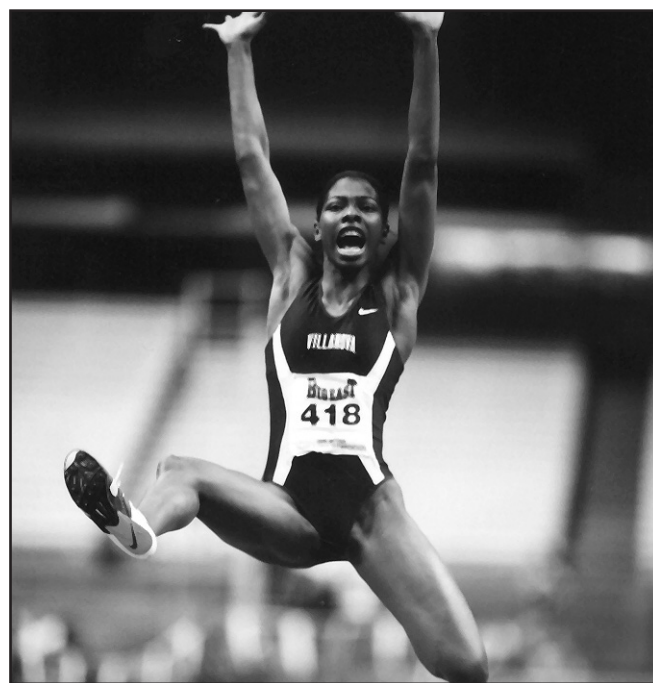
YEAR	ATHLETE	EVENT	MARK
1984	Patty Bradley	800m	2:07.33
	Joanne Kehs	1000m	2:47.63
	Lauren Searby	3000m	9:18.26
	Mary Ellen McGowan	5000m	16:21.4
	Kelly Toole, Beth Lyons, Coleen Gallagher, Joanne Kehs, Kelly Toole, Joanne VanRensselaer, Melissa Grub, Mary Ellen McGowan	3200m Relay	8:50.28
1985	Debbie Grant	500m	1:12.05
	Joanne Kehs	800m	2:08.74
	Mary Ellen McGowan	1000m	2:48.77
	Jane Ashton, Kelly Toole, Judy Palmer, Joanne Kehs	3200m Relay	8:48.97
	Veronica McIntosh, Joanne VanRensselaer, Melissa Grub, Lauren Searby	DMR	11:37.68
1986	Debbie Grant	800m	2:06.65
	Kelly Toole, Vicki Huber, Cassy Bradley, Michelle DiMuro	3200m Relay	8:57.19
	Kathy Franey, Judy Palmer, Michelle DiMuro, Meg Moisen	DMR	11:38.85
	Debbie Grant	800m	2:05.48
	Celeste Halliday	1000y	2:26.97
1987	Vicki Huber	1500m	4:17.85
	Vicki Huber	3000m	9:16.83
	Kelly Toole, Lauren Searby, Ruth Lockbaum, Gina Procaccio	3200m Relay	8:58.75
	Kathy Franey, Cassy Bradley, Kelly Toole, Lauren Searby	DMR	11:28.75
	Celeste Halliday	800m	2:04.69
1988	Kathy Franey	1000m	2:45.92
	Vicki Huber	Mile	4:32.47
	Vicki Huber	3000m	9:13.22
	Michelle Bennett, Carol Haux, Michelle DiMuro, Celeste Halliday	3200m Relay	8:41.73
	Michelle Bennett, Marissa Maggio Terry Smith, Meg Moisen	DMR	11:37.66
1990	Michelle Bennett	500m	1:11.65
	Nnenna Lynch	Mile	4:45.76
	Sonia O'Sullivan	3000m	9:16.9
	Sharon Moore, Megan Ceppetelli, Carol Haux, Kim Certain	3200m Relay	8:47.6
	Emer Malloy, Stacy Robinson	3200m Relay	8:44.01
1993	Irene Ruopoli, Nikki Shaw	3200m Relay	8:44.01
	Irene Ruopoli, Nikki Shaw	3200m Relay	8:44.01
1995	Jen Rhines	Mile	4:45.62
	Becky Spies	1000m	2:45.63
1998	Carmen Douma	Mile	4:37.36
2000	Carmen Douma	800m	2:08.47
	Charmaine Walker	60m hurdles	8.18
2001	Marlena Robinson	Triple Jump	12.99m
2003	Yolanda Malcolm	60mH	8.55

ECAC OUTDOOR CHAMPIONS

YEAR	ATHLETE	EVENT	MARK
1984	Patty Bradley	100m H	14.02
	Debbie Grant	400m H	58.37
	Veronica McIntosh	800m	2:07.01
	Mary Ellen McGowan	3000m	9:31.00
	Kelly Toole, Judy Palmer Coleen Gallagher, Beth Lyons	3200m Relay	8:55.24
1985	Lauren Searby	1500m	4:26.7
	Kelly Toole, Jane Ashton Judy Palmer, Joanne Kehs	3200m Relay	8:57.4
1986	Cassy Bradley, Michelle DiMuro, Celeste Halliday, Debbie Grant	3200m Relay	8:57.0
1987	Celeste Halliday	800m	2:05.78
	Vicki Huber	1500m	4:11.26
1988	Vicki Huber	1500m	4:11.26
1989	Michelle Bennett	800m	2:05.21
	Kathy Franey	1500m	4:14.73
	Vicki Huber	3000m	8:54.59
1990	Kathy Franey	1500m	4:15.4
	Sonia O'Sullivan	3000m	8:58.31
1991	Kate Fonshell	5000m	16:16.63
	Nnenna Lynch	1500m	4:17.91
1992	Sonia O'Sullivan	3000m	8:58.64
	Irene Ruopoli	800m	2:07.28
1994	Nnenna Lynch	3000m	9:09.46
	Jennifer Rhines	3000m	9:10.01
1995	Krestena Sullivan	800m	2:08.34
	Jennifer Rhines	3000m	9:06.66
1996	Jennifer Pastore	Javelin	173'2"
1997	Carrie Tollefson	1500m	4:17.53
1998	Carmen Douma	1500m	4:18.94
	Charmaine Walker	100mIH	13.36
1999	Carrie Tollefson	1500m	4:19.84
2000	Carrie Tollefson	3000m	9:12.03
	Charmaine Walker	100m hurdles	13.29



Charmaine Walker dominated the sprint hurdles in the Big East.



Marlena Robinson won the ECAC indoor triple jump title in 2001.



INDOOR EVENTS

YEAR	ATHLETE	EVENT	MARK
1984	Veronica McIntosh	800m	2:06.82
1985	Kelly Toole, Debbie Grant, Joanne Kehs, Veronica McIntosh	3200m Relay	8:33.60
1987	Vicki Huber	3000m	9:06.45
	Gina Procaccio, Debbie Grant Michelle DiMuro, Celeste Halliday	3200m Relay	8:24.72
1988	Vicki Huber	Mile	4:31.46
	Vicki Huber	3000m	9:05.67
	Michelle Bennett, Michelle DiMuro, Meg Moisen, Celeste Halliday	3200m Relay	8:34.05
1989	Vicki Huber	3000m	8:55.29
	Meg Moisen, Michelle Bennett, Kim Certain, Michelle DiMuro	3200m Relay	8:34.54
1990	Michele Torelli, Abby Hunte, Kim Certain, Michelle Bennett	3200m Relay	8:31.95
1991	Sonia O'Sullivan	5000m	15:49.46
1995	Jennifer Rhines	5000m	15:41.12
	Tosha Woodward, Cathalina Staye	Distance	11:11.98
	Becky Spies, Jennifer Rhines	Medley Relay	
1997	Kristine Jost	3000m	9:14.14
1998	Carmen Douma	Mile	4:37.74
1999	Carrie Tollefson	3000m	9:15.05
2000	Carmen Douma	Mile	4:39.91
	Carrie Tollefson	3000m	9:13.68

OUTDOOR EVENTS

YEAR	ATHLETE	EVENT	MARK
1987	Vicki Huber	3,000m	8:54.41
1988	Vicki Huber	3,000m	8:47.35
1989	Vicki Huber	3,000m	9:06.96
1990	Sonia O'Sullivan	3,000m	8:56.27
1991	Sonia O'Sullivan	3,000m	8:56.74
1992	Nnenna Lynch	3,000m	9:24.59
1993	Carole Zajac	10,000m	34:18.14
1994	Jennifer Rhines	5,000m	16:21.60
	Carole Zajac	10,000m	33:32.36
1995	Jennifer Rhines	5,000m	15:56.18
1996	Jennifer Rhines	5,000m	16:05.85
1998	Carmen Douma	1500m	4:16.04
1999	Carrie Tollefson	3000m	9:26.51
	Carrie Tollefson	5000m	16:09.51

VILLANOVA NCAA CHAMPIONS

INDOOR EVENTS - 18 TOTAL

3000m	6
3200m Relay	5
Mile	3
5000m	2
800m	1
DMR	1

OUTDOOR CHAMPIONS - 14 TOTAL

3000m	7
5000m	4
10,000m	2
1,500m	1

CURRENT NCAA WOMEN'S INDOOR RECORDS SET BY VILLANOVANS

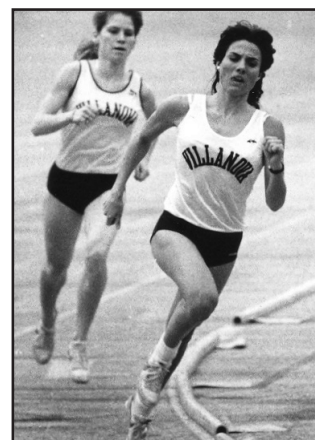
1987--	4 x 800	8:24.72
	Gina Procaccio Debbie Grant Michelle DiMuro Celeste Halliday	
1988--	Mile	4:28.3
	Vicki Huber	



Carrie Tollefson was a double NCAA Champion in the 3000m (9:26.51) and the 5000m (16:09.51) in 1999.



Nnenna Lynch won the NCAA individual championship in the 3000m in 1992 (9:24.59). She was also the 1993 Rhodes Scholar recipient, Villanova's first award-winner.



Gina Procaccio set an NCAA indoor record as part of the 1987 3200m relay team.

INDOOR WOMEN'S EVENTS

EVENT	MARK	ATHLETE	DATE
60y	6.4	Jennifer Whitfield	2/3/79
60m	7.58	Charmaine Walker	2/20/00
55m HH	7.63	Charmaine Walker	3/14/98
60m H	8.10	Charmaine Walker	3/10/00
55m	7.10	Cathalina Staye	2/17/96
200m	24.42	Kia Davis	1/19/97
300y	36.40	Jennifer Whitfield	3/3/79
300m	39.63	Celeste Halliday	2/12/86
400m	54.11	Michelle Bennett	1/28/89
440y	56.33	Jennifer Whitfield	3/12/82
500m	1:10.81	Michelle Bennett	2/17/91
600y	1:21.23	Jennifer Whitfield	3/12/84
800m	2:04.69	Celeste Halliday	3/6/88
880y	2:08.89	Veronica McIntosh	2/19/83
1000y	2:26.97	Celeste Halliday	3/8/87
1000m	2:42.13	Gina Procaccio	3/13/87
1500m	4:17.85	Vicki Huber	3/8/87
Mile	4:28.31	Vicki Huber	2/5/88
3000m	8:54.48	Vicki Huber	1/28/89
Two Miles	9:56.35	Vicki Huber	1/17/87
5000m	15:17.28	Sonia O'Sullivan	1/25/91
Three Miles	16:14.82	Jan Yerkes	3/5/83
High Jump	5'11 1/4"	Peggy Stewart	2/12/82
Long Jump	19'5"	Patty Bradley	3/4/84
Triple Jump	42'7 3/4"	Marlena Robinson	3/4/01
Shot Put	46'11"	Melinda Boykin	2/10/02
20 lb Weight	55'	Melinda Boykin	2/16/02
Pentathlon	3669 pts.	Peggy Stewart	3/7/81
Mile Relay	3:41.55	Gina Procaccio, Debbie Grant, Michelle DiMuro, Celeste Halliday	1/17/87
4 x 400	3:39.36	Kia Davis, Kesha Walley,	3/1/97
Meter Relay		Leashia Rahr, Tamioka Grizzle	
Two Mile Relay	8:33.94	Michelle DiMuro, Sonia O'Sullivan, Vicki Huber, Michele Bennett	2/3/89
Distance	10:54.34	Celeste Halliday	1/30/88
Medley Relay		Kathy Franey, Michelle DiMuro, Vicki Huber	
4 x 800	8:24.72	Gina Procaccio, Debbie Grant	3/14/87
Meter Relay		Michelle DiMuro, Celeste Halliday	
Pole Vault	12'4"	Michelle Ezzie	2/16/02

OUTDOOR WOMEN'S EVENTS

EVENT	MARK	ATHLETE	DATE
100y	11.6	Pat Robinson	4/12/78
100m	11.80	Kia Davis	4/6/96
100m hurdles	13.01	Charmaine Walker	5/5/01
200m	24.31	Michelle Bennett	5/7/89
400m	52.59	Michelle Bennett	4/6/91
400m hurdles	55.84	Patty Bradley	6/2/84
800m	2:00.47	Debbie Grant	7/25/87
1500m	4:05.81	Sonia O'Sullivan	8/3/91
Mile	4:28.77	Vicki Huber	8/8/88
3000m	8:37.25	Vicki Huber	9/25/88
Two miles	10:50.1	Jan Yerkes	4/2/83
5000m	15:26.90	Sonia O'Sullivan	7/8/90
Three miles	16:29.1	Jan Yerkes	4/2/83
10,000m	32:22.96	Carole Zajac	4/23/92
High jump	5'10"	Peggy Stewart	4/24/81
Long jump	19'8"	Marlena Robinson	4/25/99
Triple jump	42'10"	Marlena Robinson	5/6/00
Discus	161'3"	Christine Heffernan	5/4/03
Shot put	48' 7"	Melinda Boykin	5/19/01
Javelin (pre-1999) 184'3"		Jen Pastore	4/25/96
Javelin (post-1999) 142'5"		Christine Heffernan	3/28/01
Pole Vault	12'4"	Michelle Ezzie	5/17/03
Hammer	180'11"	Melinda Boykin	5/4/01
Heptathlon	5248 pts.	Melanie Sklepko	4/25/96
400m Relay	46.48	Charmaine Walker, Sherese Price	4/16/99
1600m Relay	3:35.79	Leashia Rahr, Marlena Robinson	
3200m Relay	8:20.66	Leashia Rahr, Kia Davis, Tamioka Grizzle, Kesha Walley	5/25/97
6000m Relay	17:18.10	Debbie Grant, Veronica McIntosh, Joanne Kehs, Patty Bradley	4/28/84
Distance	10:48.38	Nnenna Lynch,	4/26/90
Medley Relay		Sonia O'Sullivan, Cheri Goddard, Kathy Franey	
Sprint	3:45.45	Kathy Franey, Michelle Bennett,	4/28/88
Medley Relay		Celeste Halliday, Vicki Huber	
		Kesha Walley, Cathalina Staye,	4/29/94
		Abby Hunte, Tosha Woodward	

VILLANOVA WOMEN IN THE MAJOR CHAMPIONSHIPS (SINCE 1982)

YEAR	NCAA OUTDOORS	NCAA INDOORS	ECAC OUTDOORS	ECAC INDOORS	NCAA CC	BIG EAST OUTDOORS	BIG EAST INDOORS	BIG EAST CC
2005	DNP	27th	32nd (T)	30th	7th	8th	4th	3rd
2004	34th(T)	33rd(T)	32nd(T)	N/A	7th	7th	5th	3rd
2003	49th	N/A	N/A	N/A	11th	5th	6th	3rd
2002	N/A	N/A	N/A	N/A	8th	5th	6th	3rd
2001	N/A	N/A	22nd	12th	20th	6th	8th	4th
2000	t-15th	5th	5th	6th	21st	1st	1st	3rd
1999	8th	4th	8th	9th	1st	4th	4th	1st
1998	35th	17th	9th	14th	1st	6th	4th	6th
1997	11th	9th	n/a	n/a	DNP	1st	1st	3rd
1996	17th(T)	10th	6th	20th(T)	2nd	2nd	4th	2nd
1995	11th	4th	8th	5th	3rd	2nd	2nd	2nd
1994	4th	10th	6th	DNP	1st	4th	3rd	1st
1993	21st(T)	4th	DNC	DNP	1st	4th	1st	1st
1992	15th	3rd	5th(T)	DNP	1st	8th	3rd	1st
1991	7th	3rd	7th	DNP	1st	2nd	1st	1st
1990	8th	5th	4th	1st	1st	2nd	1st	1st
1989	9th(T)	2nd	3rd	DNP	1st	1st	4th	1st
1988	15th(T)	2nd	4th	1st	DNP	1st	1st	4th
1987	11th(T)	3rd	6th	1st	DNP	1st	1st	1st
1986	DNP	19th	5th	3rd	13th	2nd	1st	1st
1985	27th	11th	4th	1st	16th	1st	1st	2nd
1984	13th	3rd	2nd	1st	9th	1st	1st	1st
1983	DNP	16th(T)	n/a	n/a	14th	1st	1st	2nd

DNP = Team did not participate, however, some individuals may have competed. (T) indicates tie.



ability ... excellence ... achievement

INDOOR EVENTS**5000m**

Sonia O'Sullivan

15:17.38 1/25/91 Terrier Classic, Boston U.

3200m Relay

Kelly Toole, Debbie Grant, Joanne Kehs, Veronica McIntosh,

8:33.60 3/9/85 NCAA Indoor Championship

Gina Procaccio, Debbie Grant, Michelle DiMuro, Celeste Halliday

8:25.5 2/8/87 Sunkist Invitational ¹

Gina Procaccio, Debbie Grant, Michelle DiMuro, Celeste Halliday

8:24.72 3/14/87 NCAA Indoor Championship

¹ - TAC/USA rule that the Myriad Arena Track was not standard, therefore TAC/USA does not recognize this time as a world record performance.**WORLD INDOOR BESTS**

(for events run only in U.S.)

Two Mile relay

Michelle Bennett, Sonia O'Sullivan, Vicki Huber, Michelle DiMuro

8:37.75 1/28/89 Kodak Invitational

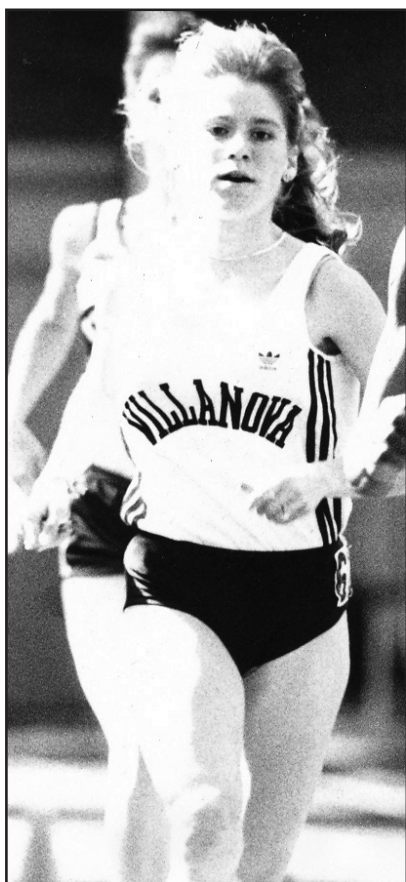
Michelle DiMuro, Sonia O'Sullivan, Vicki Huber, Michelle Bennett

8:33.94 2/3/89 Millrose Games ²**Distance Medley Relay**

Debbie Grant, Celeste Halliday, Gina Procaccio, Vicki Huber

11:00.76 2/8/87 Sunkist Invitational

Celeste Halliday, Kathy Franey, Michelle DiMuro, Vicki Huber

10:54.34 1/30/88 Coca-Cola Classic Invitational ²

Michelle DiMuro was part of five world record-setting relay squads in the late '80s and early '90s.

OUTDOOR EVENTS**2000m**

Sonia O'Sullivan

5:25.36 7/8/94 Edinburgh, Scotland ²**WORLD OUTDOOR BESTS**

(for events run only in U.S.)

6000m Relay

Michelle DiMuro, Sonia O'Sullivan, Kathy Franey, Vicki Huber

17:22.58 4/28/89 Penn Relays

Nnenna Lynch, Sonia O'Sullivan, Cheri Goddard, Kathy Franey

17:18.10 4/26/90 Penn Relays ²**Distance Medley Relay**

Mary Ellen McGowan, Veronica McIntosh, Patty Bradley, Lauren Searby

10:53.97 4/28/84 Penn Relays

Kathy Franey, Michelle Bennett, Celeste Halliday, Vicki Huber

10:48.38 4/28/88 Penn Relays ²² - current world record as of 1/31/97

Cheri Goddard, along with Nnenna Lynch, Sonia O'Sullivan and Kathy Franey, set a world outdoor record in the 6000m relay at the 1990 Penn Relays.

100m	
11.80	Kia Davis
11.94	Cathalina Staye
11.95	Charmaine Walker
200m	
24.31	Michelle Bennett
24.42	Kia Davis
24.44	Jennifer Whitfield
24.46	Cathalina Staye
400m	
52.59	Michelle Bennett
54.15	Tosha Woodward
54.29	Veronica McIntosh
54.33	Celeste Halliday
500m	
1:10.81	Michelle Bennett
1:11.94	Debbie Grant
1:12.26	Celeste Halliday
1:13.88	Arusha McKenzie
800m	
2:00.47	Debbie Grant
2:01.52	Veronica McIntosh
2:01.69	Tosha Woodward
2:02.49	Michelle Bennett
2:02.71	Celeste Halliday
2:03.86	Vicki Huber
2:04.97	Marina Muncan
1000m	
2:38.68	Sonia O'Sullivan
2:42.68	Gina Procaccio
2:44.29	Celeste Halliday
2:44.68	Carmen Douma
2:44.95	Debbie Grant
2:45.40	Marina Muncan
2:45.45	Kim Certain
1500m	
4:05.81	Sonia O'Sullivan
4:07.40	Vicki Huber
4:11.23	Marina Muncan
4:12.49	Kathy Franey
4:14.87	Nnenna Lynch
4:15.19	Gina Procaccio
4:16.04	Carmen Douma
Mile	
4:28.31	Vicki Huber
4:29.60	Sonia O'Sullivan
4:33.91	Brigid Leddy
4:37.36	Carmen Douma
4:37.37	Kathy Franey
4:38.02	Marina Muncan
3000m	
8:37.25	Vicki Huber
8:52.65	Sonia O'Sullivan
9:05.04	Kristine Jost
9:06.66	Jen Rhines
9:08.44	Marina Muncan
9:09.46	Nnenna Lynch
9:10.30	Cheri Goddard
9:12.09	Carrie Tollefson
3000m Steeplechase	
10:15.15	Ioana Parusheva
10:46	Carre Joyce
10:55	Kirsty Smith
5000m	
15:17.28	Sonia O'Sullivan
15:41.12	Jennifer Rhines
15:52.89	Carole Zajac
15:51.62	Carrie Tollefson
16:08.72	Ann McGranahan

10,000m	
32:22.96	Carole Zajac
33:15.88	Jennifer Rhines
35:07.3	Jan Yerkes
35:07.54	Ann McGranahan
35:26.65	Sarah-Vance Goodman
55m Hurdles	
7.63	Charmaine Walker
7.83	Kia Davis
8.14	Sherese Price
60m Hurdles	
8.10	Charmaine Walker
8.24	Monique Morgan
8.34	Sherese Price
8.44	Yolanda Malcolm
100m Hurdles	
13.01	Chamaine Walker
13.16	Monique Morgan
13.28	Kia Davis
13.60	Yolanda Malcolm
13.61	Sherese Price
13.85	Sheriam Byam
400m Intermediate Hurdles	
55.84	Patty Bradley
56.44	Lori Lancaster
59.15	Debbie Grant
59.76	Leashia Rahr
High Jump	
5' 11 1/4"	Peggy Stewart
5' 7 1/2"	Kristina Schrier
5' 6"	Mary Ann Wojcicki
5' 5 1/2"	Melanie Sklepko
5' 4"	Ann Marie Voit
Long Jump	
19' 8 1/2"	Marlena Robinson
19' 5"	Patty Bradley
18' 5 1/4"	Melanie Sklepko
18'0 1/2"	Katie Blackett
17' 9 1/2"	Nanni Torres
Triple Jump	
42' 10"	Marlena Robinson
40' 10 1/4"	Katie Blackett
38' 1"	Nia Cooper
37' 4 1/2"	Janeille Mathews
35' 6 1/4"	Nanni Torres
Javelin (Pre-1999)	
184' 3"	Jen Pastore
152' 0"	Jenny Rahn
145' 6"	Melanie Sklepko
Javelin (Post-1999)	
142' 5"	Christine Heffernan
136'	Abby Smith
132' 7"	Jamie Stiger
131'	Jen Papay
Discus	
161' 3"	Christine Heffernan
156' 5"	Anne Mielnik
155' 5"	Melinda Boykin
152' 4"	Sarah Hunt
Shot Put	
48' 7"	Melinda Boykin
46' 3 1/2"	Christine Heffernan
45' 5 1/2"	Connie Sweet
44' 3"	Sylvia Taggart
20 LB. Weight Throw	
55'	Melinda Boykin
53' 10 1/2"	Christine Heffernan
53' 5"	Sarah Hunt
45' 5 3/4"	Lauren Kobel

Hammer Throw	
180' 11"	Melinda Boykin
169' 6"	Christine Heffernan
166' 4"	Sarah Hunt
137'	Lauren Kobel
Pole Vault	
12' 4"	Michelle Ezzie
11' 5"	Kourtney Marquis
11'	Erin Swerzbis
Pentathlon	
3669	Peggy Stewart
3561	Melanie Sklepko
3519	Pat Bradley
3370	Mary Ann Wojcicki
3163	Cassy Bradley
Heptathlon	
5243	Melanie Sklepko
4473	Peggy Stewart
400m Relay	
46.48	Miami Invitational, 4/3/99
46.95	Big East, 5/5/96
47.38	Big East, 5/8/83
47.45	Villanova Invitational, 4/13/96
47.76	Big East, 5/8/88
880m Relay	
1:44.8	AIAW Nationals, 3/3/79
1:45.0	EAIWA, 3/7/82
1:45.8	Navy Invitational, 1/21/83
1:46.57	Delaware Invitational, 2/21/82
1600m Relay	
3:35.79	ECAC, 5/25/97
3:36.34	NCAA, 6/1/85
3:36.78	ECAC, 5/22/94
3:37.31	NCAA, 6/2/94
Mile Relay	
3:41.55	Eastman Invitational, 1/17/88
3:42.19	Eastman Invitational, 1/17/88
3:45.48	AIAWA, 5/22/82
3:46.03	NCAA, 6/2/84
3200m Relay	
8:20.66	Penn Relays, 4/28/84
8:24.3	Penn Relays, 4/26/86
8:24.72	NCAA, 3/14/87
8:25.22	Penn Relays, 4/30/94
Two Mile Relay	
8:33.94	Panasonic Millrose Games, 2/3/89
8:37.75	Kodak Invitational, 1/28/89
8:41.9	Panasonic Millrose Games, 2/5/88
8:43.6	AIAW, 4/26/79
6000m Relay	
17:18.10	Penn Relays, 4/27/90
17:22.58	Penn Relays, 4/27/89
17:29.32	Penn Relays, 4/25/97
17:30.10	Penn Relays, 4/26/91
Sprint Medley Relay	
3:45.45	Penn Relays, 4/29/94
3:46.45	Florida Relays, 3/25/94
3:56.4	Mason-Dixon Relays, 4/22/89
4:14.77	Princeton Relays, 4/8/82
Distance Medley Relay	
10:48.38	Penn Relays, 4/30/88
10:49.81	Penn Relays, 4/27/90
10:53.37	Penn Relays, 4/29/89
10:53.97	Penn Relays, 4/28/84
Sprint Medley Relay	
3:45.45	Penn Relays, 4/29/94
3:46.45	Florida Relays, 3/25/94
3:56.4	Mason-Dixon Relays, 4/22/89
4:14.77	Princeton Relays, 4/8/82



What does it take to sustain a great athletic program? Simple question - multi-faceted answer. The anatomy of Villanova's track and field program has all the necessary requirements. Its past and present stars have left their marks on record books both nationally and internationally. The future looks quite promising as well.

OLYMPIC METAL

In the Olympic track and field competitions, six former Villanova women's track & field standouts have made a total of 11 appearances. Vicki Huber (Class of '89) was the first Villanova female to earn a spot on an Olympic team when as a Wildcat junior she made the 1988 United States squad that competed in Seoul, South Korea. In 1992, Sonia O'Sullivan (Class of '92) represented her native Ireland in her first of four Olympic appearances. Villanova's most prolific Olympic year was 1996, as three former Wildcat stars competed at the Atlanta Games. Both Huber and O'Sullivan made their second Olympic Games, while Kate Fonshell represented the United States in her first Olympics. In Sydney, Australia, O'Sullivan ran in her third Olympics and Jen Rhines (Class of '96) made her Olympic debut, running for the United States. O'Sullivan became the first Villanova female to earn a medal in the Sydney Games, claiming the silver medal in the 5,000m run. This past summer in Athens, O'Sullivan competed in her fourth Olympic Games, and Jen Rhines made her second appearance. O'Sullivan made the final in the 5000m and Rhines competed in the Marathon. Competing in their first Olympic Games were Carmen Douma-Hussar and Carrie Tollefson. Both athletes competed in the 1500m run. Tollefson made it to the semifinals and Douma-Hussar finished ninth in the final.

1988	Seoul Games — Vicki Huber (U.S.)
1992	Barcelona Games — Sonia O'Sullivan (Ireland)
1996	Atlanta Games — Kate Fonshell (U.S.), Vicki Huber (U.S.), Sonia O'Sullivan (Ireland)
2000	Sydney Games — Sonia O'Sullivan (Ireland), Jen Rhines (U.S.)
2004	Athens Games — Sonia O'Sullivan (Ireland), Jen Rhines (U.S.), Carmen Douma-Hussar (Canada), Carrie Tollefson (U.S.)

THE HEAD COACH

While each team over the years had its own character and personality, its own way of winning, one element remained constant — the value of a great head coach. Villanova's list of head coaches is surprisingly short:

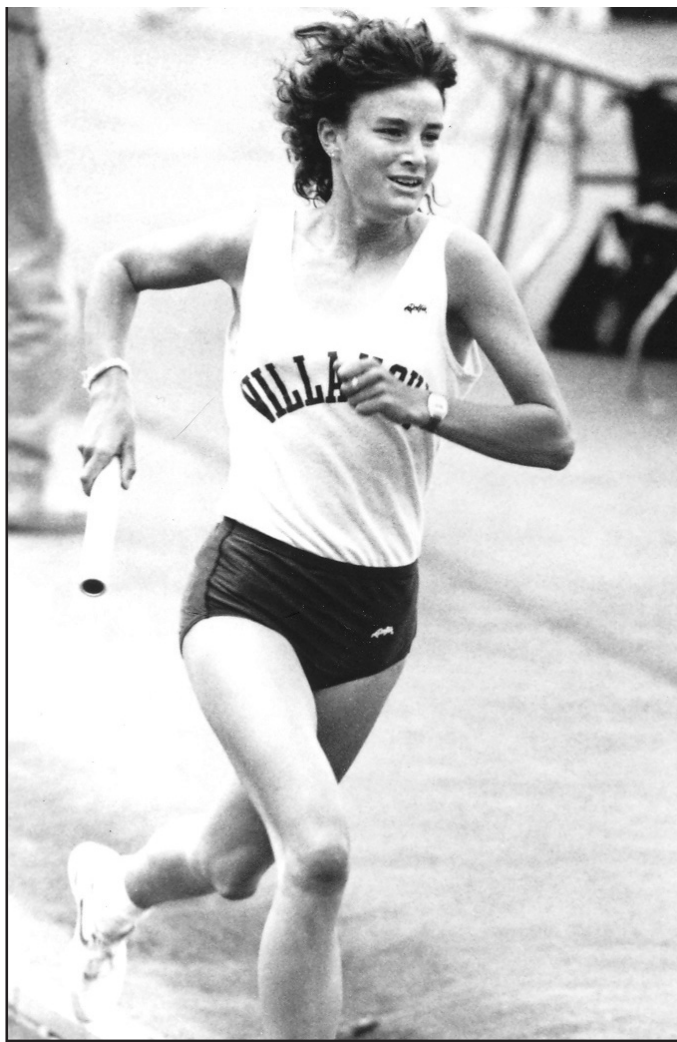
- Jim Thompson, 1979-81; Bob Stoudt, 1982-84; Marty Stern, 1984-94; John Marshall ('85), 1994-98; Marcus O'Sullivan '84, 1998-2000; Gina Procaccio, 2000-present. (The program attained varsity status in 1982).

A significant hire was made on June 7, 2000 when Procaccio became the sixth head coach and the first female head coach in the program's 21-year history. Procaccio was a natural selection for the position having run and served as an assistant on the Main Line for five seasons.

PENN RELAY CARNIVAL

Over the last century, there have been many shining lights and victorious competitions for the Wildcats in track. Perhaps Villanova's greatest presence has come at the Penn Relays.

Making their debut in 1979, the Wildcats won their first champi-



Villanova track great Sonia O'Sullivan competed in her fourth Olympiad in 2004 when she competed in the 5000m in Athens. O'Sullivan won the silver in the 5000m in 2000.

onship during the 1979 Carnival, when Jennifer Whitfield, Sue Shea, Brigid Leddy and Dorianne Lambelet teamed to capture the 3200m relay. Since that first victory in 1979, the Villanova women have gone on to win a total of 27 Penn Relay championships including nine DMR titles, nine 3200m relay wins, eight 6,000m victories and one 1600m relay crown. The Wildcats dominated the early 90s at the Penn Relays, winning 17 total relay championships. On four occasions in the 1990's, Villanova was a triple winner, claiming the 3200m relay, the DMR and the 6000m relay in the same year.

There have been many Villanova women who have left their mark at the Penn Relays. Topping the list is Michelle Bennett (1988-91) and Kathy Franey (1986-90) who share the record for winning the most Penn Relay watches as members of winning relay teams with seven. Vicki Huber (1985-89), Sonia O'Sullivan (1989-91) and Krestena Sullivan (1993-97) are a close second with six watches.

The Villanova women have also made an impression on the world at the Penn Relays. On four different occasions, the Wildcats set a world outdoor record. The first world record was established on April 28, 1984 when Mary Ellen McGowan, Veronica McIntosh, Patty Bradley and Lauren Searby ran 10:53.97 in the DMR. Four years later on April 28, 1988, Kathy Franey, Michelle Bennett, Celeste Halliday and Vicki Huber set a world record in the DMR in 10:48.38. The other two world records came in the 6000m relay team in 1989 (Michelle DiMuro, Sonia O'Sullivan, Kathy Franey and Vicki Huber) and 1990 (Nnenna Lynch, Sonia O'Sullivan, Cheri Goddard and Kathy Franey). The 1989 team was timed in 17:22.58, while the 1990 squad ran 17:18.10.

THE ULTIMATE ATHLETE/SCHOLAR

Two Villanovans in track and cross country have been named Rhodes Scholars, demonstrating their excellence in the classroom and on the track. Qualities considered in the selection process include academic excellence, integrity, leadership ability and athletic prowess.

First to achieve this international award was Nnenna Lynch '93. A sociology major, Lynch had a 3.93 GPA when she was chosen in December, 1992. During the 1992 cross country campaign, she finished third overall at the NCAA Championships. At the same time, Villanova won its fourth consecutive (in a string of six) NCAA team championships; Lynch ran on all four teams. The Wildcats were undefeated in cross country during her four years (28 consecutive meets).

In December 1994, Becky Spies ('95) became the second Villanovan to be awarded this two-year postgraduate scholarship to Oxford University. Spies, a biology and philosophy major with a 3.86 GPA, became a four-time All-American in track and cross country. She finished third in the NCAA Championships while helping her team to win its sixth consecutive title.

CROSS COUNTRY

7 national championships

The Villanova women's cross country team dominated the sport from 1989-98. In that span, the Wildcats won seven team National Championships including six in a row from 1989-94. Villanova's seventh title came in 1998. Even though the Wildcats did not win the championship in 1995 and 1996, they placed second both years. The seven titles rates as the most by any women's cross country program. Amazingly, every Villanova women's cross country runner was a member of a national championship team in the 1990's.

Besides dominating the team standings, Villanova runners also came away with the individual national championship in six of the seven years they captured the team title. In 1989, Vicki Huber took home individual honors, followed by Sonia O'Sullivan who won back-to-back championships in 1990 and 1991. In 1992 and 1993, Carole Zajac claimed the individual honors, while Jen Rhines placed first in 1994 and Carrie Tollefson earned the top spot in 1997.



Nnenna Lynch won the prestigious NCAA Woman of the Year Award in 1993.



Kristine Jost was a two-time All-American in cross country.



Becky Spies became the second Villanovan to win a Rhodes Scholarship when she was awarded the honor in December of 1994.



In 1995, the Villanova University Athletic Department began the annual tradition of honoring former Wildcat track & field standouts. Each year, a select number of former Wildcat greats is brought back for a weekend on the Main Line, helping alumni and current students to relive the glory days of Villanova track & field.

October 7, 1995

Vicki Huber 1986-89

Sonia O'Sullivan 1987-91

September 26, 1998

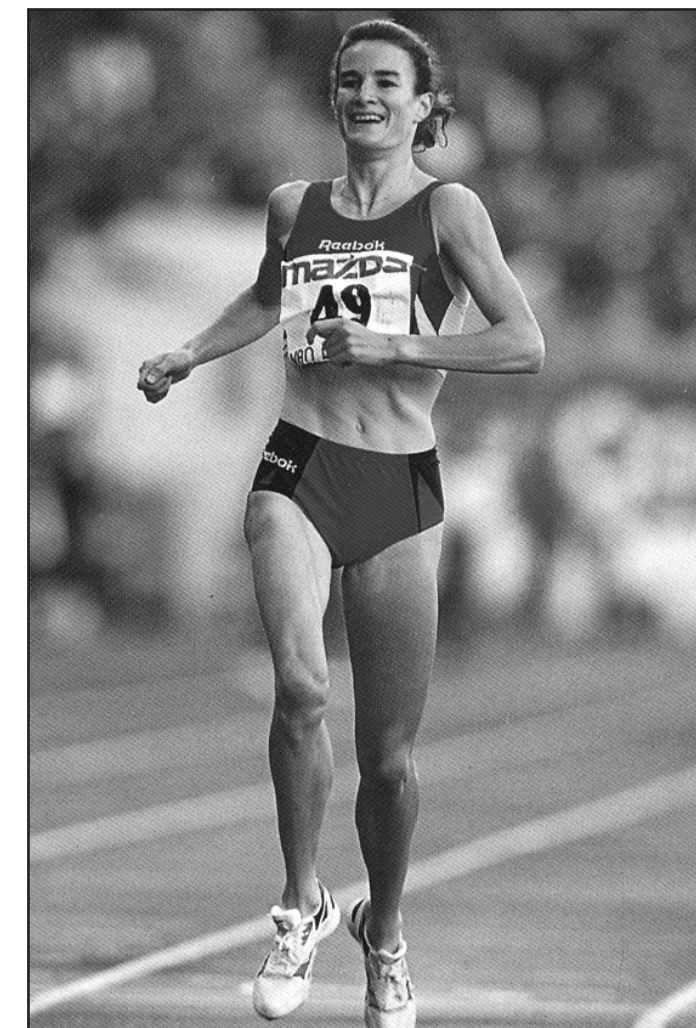
Carole Zajac 1990-94

October 2, 1999

Jen Rhines 1992-96

October 21, 2000

Veronica McIntosh 1981-85



Sonia O'Sullivan

Carole Zajac



Vicki Huber (left) finished second in the 3000m at the 1988 Olympic Trials to make her first Olympic team as a junior.



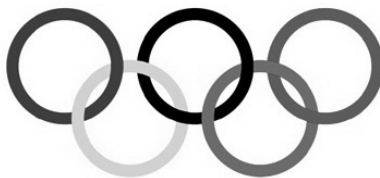


Carrie Tollefson

VILLANOVA

WOMEN'S TRACK & FIELD OLYMPIANS

1988	Vicki Huber
1992	Sonia O'Sullivan
1996	Vicki Huber
	Sonia O'Sullivan
	Kim Certain
	Kate Fonshell
2000	Sonia O'Sullivan
	Jen Rhines
2004	Sonia O'Sullivan
	Jen Rhines
	Carmen Douma-Hussar
	Carrie Tollefson



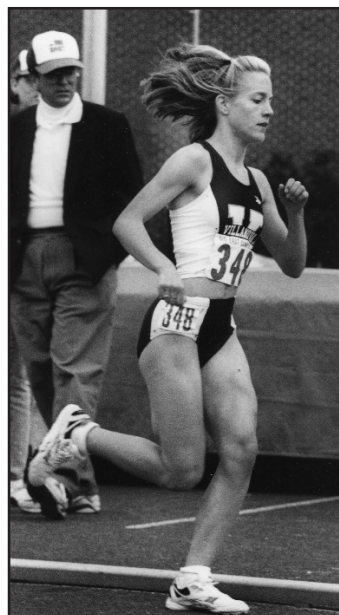
Carmen Douma-Hussar



Kate Fonshell



Sonia O'Sullivan



Jen Rhines

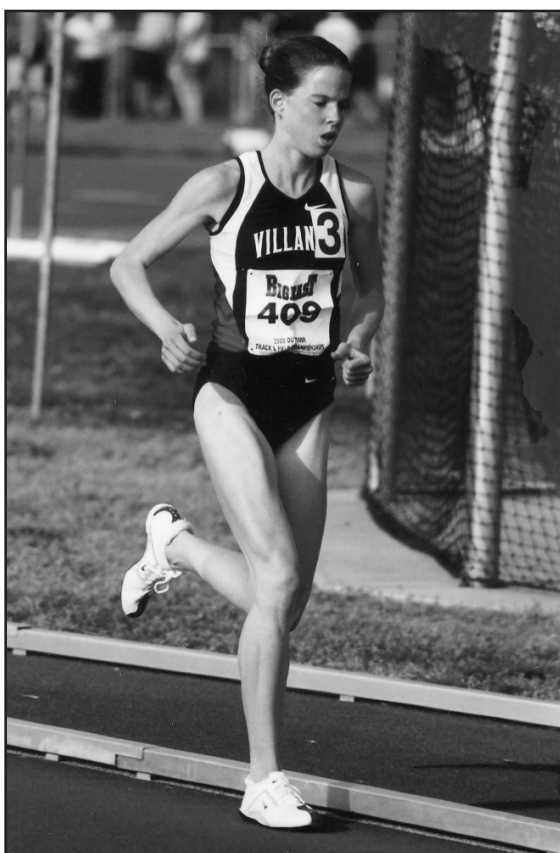


Vicki Huber

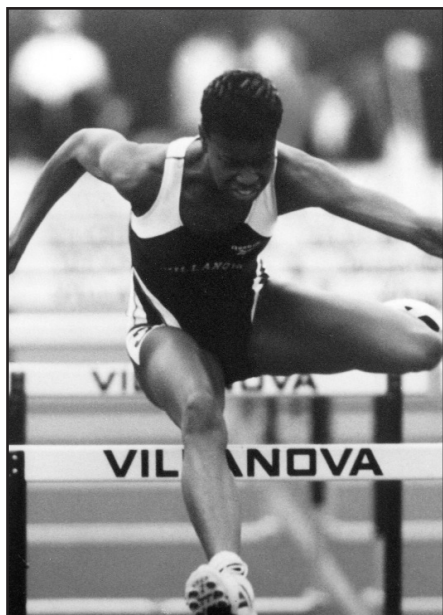




Rebecca Mitchell won the 1000m in the Big East Championships as a freshman.



Ann McGranahan was a three-time Big East Champion in the 10000m.



Kia Davis started Villanova's strong national presence in the sprint hurdles.



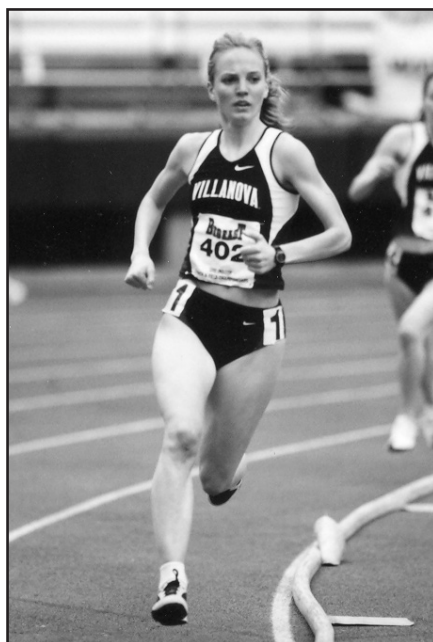
Celeste Halliday was part of two indoor NCAA championship 3200 Meter Relay teams in 1987 and 1988.



Tosha Woodward won three relay crowns at the Penn Relays and is an indoor NCAA champion in the DMR (1995).

26 NCAA Individual Champions...6 NCAA Relay Champions...27 Penn Relay Titles

VILLANOVA WOMEN'S TRACK & FIELD



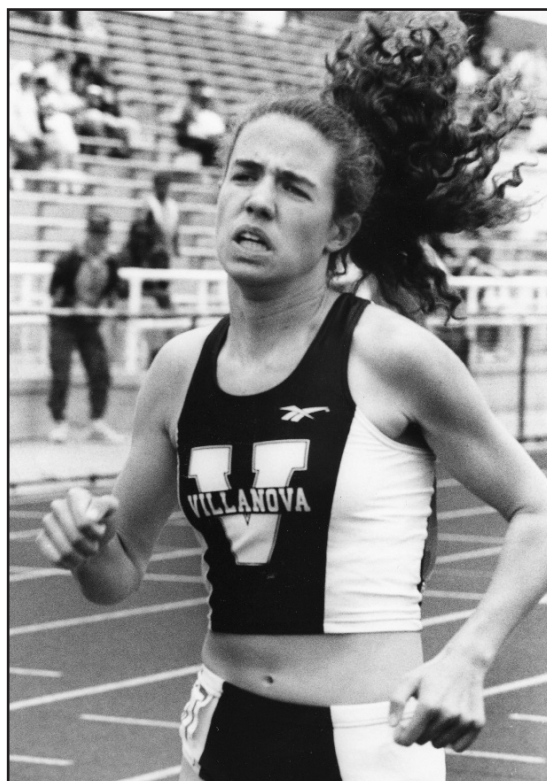
Carmen Douma-Hussar holds three individual NCAA track titles in the mile and the 1500m.



Abby Hunte (right) was part of a 3200m relay team that won the 1990 indoor NCAA crown.



Joanne Kehs (center) won an indoor NCAA championship in 1985 competing in the 3200m relay. She is tied for fifth all-time in total Big East crowns with 11, and also won a Penn Relay title in 1985 in the 3200m relay.



Krestena Sullivan won six Penn Relays titles in 1995 and 1997 in the DMR as well as the 6000m and 3200m relays.



RHODES SCHOLARS

1992 - Nnenna Lynch, Cross Country/Track
1994 - Becky Spies, Cross Country/Track

NCAA WOMAN OF THE YEAR

(Presented each year to the nation's top collegiate female student-athlete.)
1993 - Nnenna Lynch, Cross Country/Track

THE MARGARET WADE TROPHY

(Presented annually to the nation's top collegiate women's basketball player.)
1987 Shelly Pennefather

THE HONDA-BRODERICK CUP

(Presented annually to the nation's top collegiate women's student-athlete.)
1989 Vicki Huber
1994 Jen Rhines
1998 Carrie Tollefson

THE HONDA-BRODERICK AWARD

(Presented annually to 10 of the nation's top collegiate women's student-athletes in 10 sports.)
1988 Vicki Huber, Track & Field
1989 Vicki Huber, Cross Country
1990 Sonia O'Sullivan, Cross Country
1991 Sonia O'Sullivan, Cross Country
1992 Carole Zajac, Cross Country
1993 Carole Zajac, Cross Country
1994 Jen Rhines, Cross Country
1998 Carrie Tollefson, Cross Country

NATIONAL BASKETBALL HALL OF FAME

Paul Arizin, Villanova University/Philadelphia Warriors (NBA)

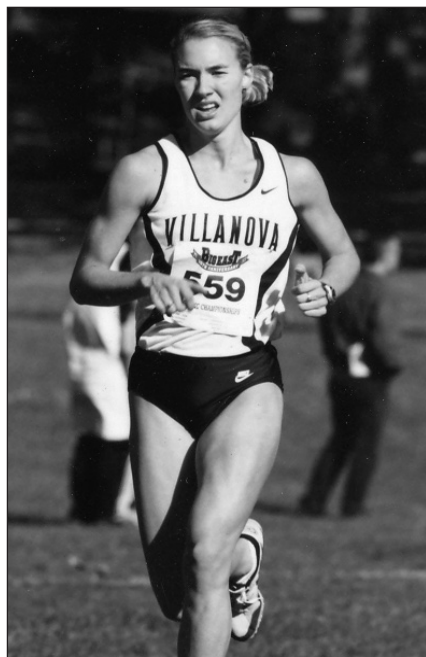
GTE/COSIDA ACADEMIC

ALL-AMERICAN OF THE YEAR

(Awarded each year by the GTE Corporation, as voted by the College Sports Information Directors of America [CoSIDA]).
Vicki Huber ('89) - Cross Country/Track, 1989
Nnenna Lynch ('93) - Cross Country/Track, 1993

ECAC AWARD OF VALOR

1990 Jeremy Worrell, Football
1991 Jennifer Peacock, Field Hockey



Carrie Tollefson

NCAA POST GRADUATE SCHOLARSHIP WINNERS 1964-2000

1970 - Andrew O'Reilly, Track/Cross Country
1972 - Thomas Aretz, Swimming
1972 - Marty Liquori, Track/Cross Country
1977 - David Graziano, Football
1978 - Glenn Bogue, Track
1980 - Donald Paige, Track
1983 - John Pinone, Basketball
1983 - Carlton Young, Track
1988 - David Echeverria, Diving
1989 - Rich Spugnardi, Football
1991 - Carol Haux, Track
1993 - Nnenna Lynch, Track/Cross Country
1994 - Lisa Flood, Swimming
1995 - David Herr, Baseball
Becky Spies, Track/Cross Country
1999 - Liz Lauwaert, Swimming



Becky Spies



Vicki Huber

NCAA TOP EIGHT AWARD

(Presented each season to the top eight collegiate student-athletes by the National Collegiate Athletic Association. Formerly Top Six award until 1994.)

Vicki Huber ('89), Fall, 1989,
Track/Cross Country

Nnenna Lynch ('93), Fall, 1993,
Track/Cross Country

Lisa Flood ('94), Fall, 1994,
Swimming & Diving



Villanova is located 12 miles west of the city of Philadelphia, Pa., birthplace of American independence. Philadelphia is an absolutely indispensable resource easily accessible for Villanova's student community. Buses and trains stop regularly on our campus, and you can be in Center City in a matter of minutes.

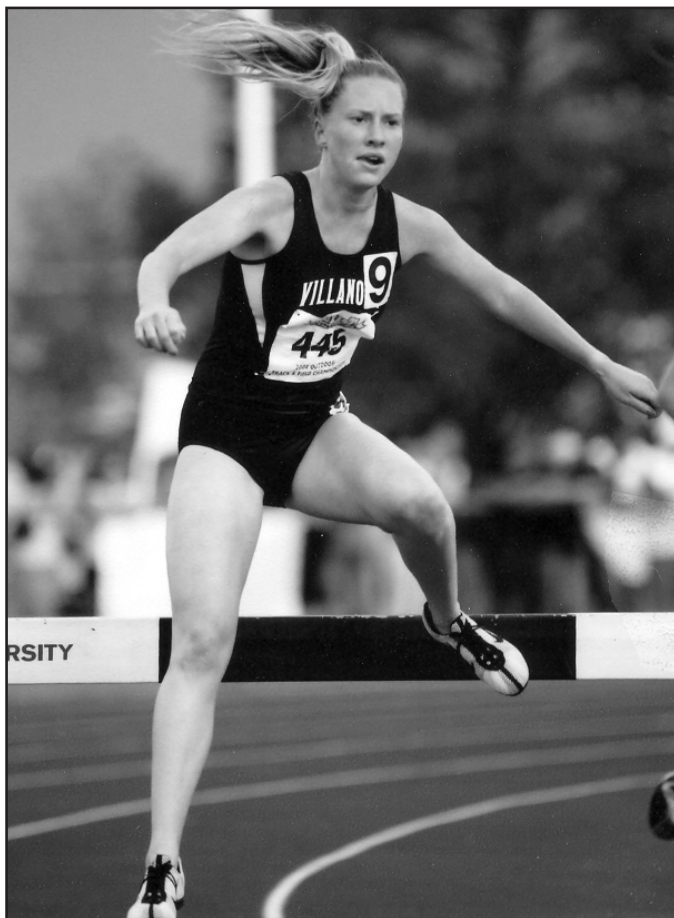
There, cultural attractions as well as professional sports teams are available to you. You can visit Independence Hall, the Liberty Bell or the Museum of Art where Rocky ran up the steps or you can stop by the Wachovia Center and watch the NHL's Flyers and NBA's Sixers or Lincoln Financial Field, home to the Eagles or even Citizens Bank Park where the Phillies play.

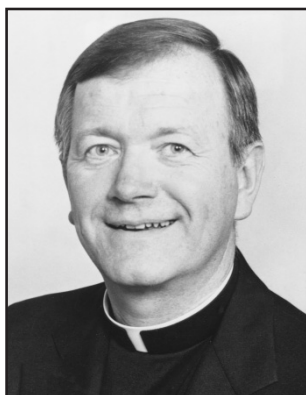
There is also Philadelphia's famous South Street for shopping and strolling. Philadelphia's excellent restaurants are world-famous; equally famous is the city's more casual cuisine, like cheesesteaks, hoagies and soft pretzels.

Philadelphia is one of the finest training and running cities in the nation. The region is home to a 3,600 acre expanse of rolling hillsides known as Valley Forge National Historical Park. The park boasts 18 miles of dirt trails as well as a six mile paved, multi-purposed trail. Also at the Wildcats' disposal is Wissahickon Valley. Wissahickon Valley, designated as a national natural landmark, is a spectacular 1,800 acre forested gorge offering 50 miles of trails. The Valley is part of Philadelphia's Fairmount Park system, the largest metro park in the nation with bike paths, hiking trails, and an abundance of open space.

In addition to the rural splendor of Valley Forge National Historical Park and the winding trails of Wissahickon Valley, the Villanova University Track & Field program enjoys the picturesque setting that is Philadelphia's Main Line. The Main Line, home to one of the nation's premiere real estate markets, is distinguished from other suburban communities in that it combines some of the most attractive elements of suburban life with old world architecture and charm often lacking in newer suburbs. Come explore the Greater Philadelphia area and see what has contributed to Villanova's storied tradition of developing conference, national, and Olympic champions!







Father Edmund J. Dobbin, O.S.A.

Serving as the 31st president of Villanova University, Father Dobbin has guided the Villanova community into the 21st century with an enhanced sense of identity and a reaffirmed commitment to the University's Catholic, Augustinian mission. Through a comprehensive strategic planning process and the careful management of endowment resources, Villanova has imple-

mented innovative curricula, increased scholarship funding, expanded faculty endowments and improved its physical plant during Father Dobbin's tenure.

Villanova's record of achievement under the Dobbin presidency has had a wide-reaching impact. This year, for the 15th time, U.S. News & World Report has recognized the University's commitment to teaching and learning in its selection of Villanova as the number one ranked regional institution in the North.

The hallmarks of an Augustinian education - the relentless pursuit of knowledge, the commitment to community, and the integration of mind, heart and spirit - shape the thoughts and values of every member of the Villanova community. These traditions, combined with a commitment to educational excellence, solidify the University's mission and provide guidance for a future of unprecedented achievement.

A Superior Student Body

Over 10,000 students, including approximately 6,300 full-time undergraduates, from 49 states and more than 29 foreign countries, are pursuing their education at Villanova. Of those students accepted for enrollment each year, more than 120 qualify for the University's prestigious Honors Program and 49 percent of Villanova's incoming first-year students rank in the top 10 percentile of their high school class.

While Villanova students work hard and take advantage of the academic, professional and spiritual opportunities available to them, they also participate in more than 150 registered student organizations, compete on 11 men's and 13 women's sports teams at the NCAA Division I level, and volunteer for community service at a rate in excess of 75% of the student body.

Distinguished Faculty

Villanova's national and international reputation, as well as its students' academic experience, has been enhanced by distinguished faculty. The University's 515 faculty, 90 percent of whom hold the highest degree in their respective field, have steadily garnered national recognition, including Fulbright Fellowships, Guggenheim Fellowships, and a host of teaching awards.

A Fellow Alumnus

Raised in Staten Island, N.Y., Father Dobbin received his Bachelor of Arts in Philosophy from Villanova in 1958. In 1962, he received his Master of Arts from Augustinian College as theological preparation for his ordination to the priesthood. In 1964, Father Dobbin received his Master of Science in Mathematics, with a minor in Physics, and in 1968, he received his Licentiate in Sacred Theology, both degrees from the Catholic University of America. In 1971, he received his Doctor of Sacred Theology from the University of Louvain, Belgium.

A recognized scholar and administrator, Father Dobbin served as a member of the Villanova University Board of Trustees from 1979 to 1987. He was appointed associate vice president for Academic Affairs in 1987, a position he held until his inauguration as University president in 1988.



Villanova University's Vice-President's Council

John M. Elizandro

Vice President for Institutional Advancement

Stephen Fugale

Chief Information Officer

Dr. Beth Hassel, P.B.V.M.

Executive Director of Campus Ministry

Dr. John Johannes

Vice President for Academic Affairs

Dr. Helen Lafferty

University Vice President

Dorothy A. Malloy, J.D.

Vice President and General Counsel

Rev. William McGuire, O.S.A.

Senior Vice President for Administration

Vince Nicastro

Director of Athletics

Rev. John P. Stack, O.S.A.

Vice President for Student Life

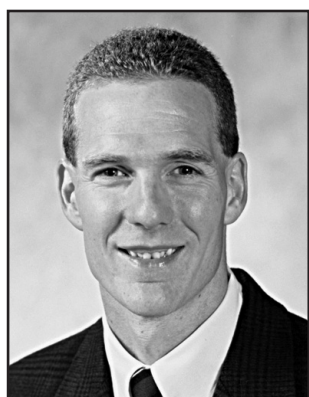
Kenneth G. Valosky

Vice President for Finance

Dr. Barbara Wall

Special Assistant to the President for Mission Effectiveness





Vince Nicastro

Vince Nicastro enters his sixth year as the Villanova University Director of Athletics in 2005-06. Nicastro oversees all aspects of the Wildcat athletics program and provides the leadership to bolster the Villanova "Tradition of Excellence" in the 21st century.

In his first five seasons at the helm, Nicastro has overseen significant success in the key areas of inter-

collegiate athletics.

Under his stewardship, the men's basketball program advanced to the Sweet 16 in 2005, the Wildcats' women's soccer team posted four-straight NCAA Tournament appearances, including a 2003 Sweet 16 berth and the Wildcat women's basketball team has appeared in four of the last five NCAA Tournaments, including a visit to the Elite Eight in 2003. The men's and women's track and field program continue to be among the nation's elite. The football team reached the NCAA I-AA semifinals in 2003 and Brian Westbrook earned the Walter Payton Award in 2002.

During the 2004-05 campaign, Villanova finished 75th overall in the National Association of Collegiate Directors of Athletics Cup, which ranked the ninth highest among non I-A football schools. Those standings reflect across the board athletic strength through results in intercollegiate sports.

There have been other strides made too.

In his tenure as director, Nicastro has been instrumental in the growth of the V Club, the athletic department's fundraising arm. Since its inception in 2000, the V Club has generated over \$9 million in contributions. During that period, Nicastro has overseen the planning and development of numerous major endowment, capital gifts and facility upgrades to benefit Villanova Athletics. The most recent capital undertaking is the Intercollegiate Athletics and Recreation Center that will serve as a state-of-the-art practice facility for use by the men's and women's basketball programs and greatly improve the recreational and fitness offerings for the campus community. Other recent facility upgrades under Nicastro's watch include the new Villanova Ballpark at Plymouth Meeting; a new Softball Press Box; the Villanova Stadium Turf Replacement; and numerous team locker room enhancements.

Achievement in the classroom has also remained a priority under Nicastro's leadership. In the 2004-05 academic year, Villanova's student-athletes posted a 3.036 grade point average, while achieving exemplary graduation rates. In the first year of the NCAA's new Academic Progress Rate (APR), Villanova earned an overall APR of 991 which represents the top APR in the Big East and is among the top five in the nation.

Those beyond the Villanova zip code have taken notice. U.S. News and World Report listed Villanova as one of the Top 20 athletic programs in the nation in 2003. Just

this past year, Villanova was recognized as the top program in the Big East in a study conducted by the Laboratory for the Study of Intercollegiate Athletics at Texas A&M. In its first presentation of the Excellence in Athletics Cup, Villanova was cited for success in areas including NCAA postseason success, graduation rates, gender equity position and operating efficiency.

In 2003, Nicastro oversaw the second cycle of the NCAA's re-certification of Villanova University Athletics. He has also guided the University's implementation of a comprehensive Title IX compliance program which has increased opportunities for female student-athletes and enhanced resources for Villanova's women's programs.

Nicastro joined the Villanova Athletics Department in 1994 when he was hired as the school's Director of Ticket Operations. He was promoted to Assistant Athletics Director in 1997, and then elevated to the position of Associate Athletics Director soon thereafter. As an Associate Athletics Director, he was responsible for overseeing the department's administrative functions, including business operations, personnel and staffing and the sports medicine and strength/conditioning programs.

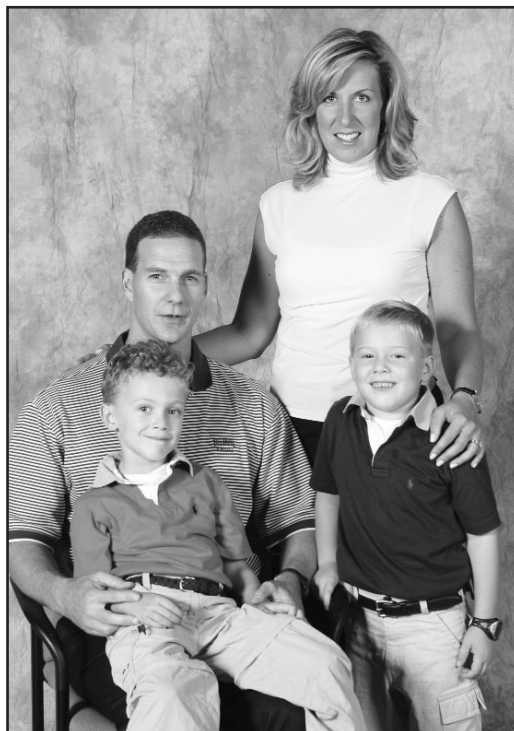
On his path to the director's office, Nicastro served as the designated sport administrator for many of Villanova's men's and women's varsity programs, working closely to plan and develop all aspects of their sport's programs. Nicastro also coordinated Villanova's summer camp programs and the department's information technology issues.

As the Director of Athletics, Nicastro is responsible for the overall supervision of a Villanova Athletics Department that is committed to excellence both in competition and in the classroom. The broad-based Wildcat athletics program is comprised of 24 men's and women's varsity sports and 550 student-athletes. In addition, club sports and an extensive intramurals program fall under the auspices of the Athletic Department. Villanova is a member of the Big East Conference and the Atlantic 10 Football Conference.

Nicastro has also been active both inside and outside the University,

serving on many key committees. He is currently Chair of the Big East Conference Championships and Competition Committee, and is the former chair of the Big East Conference Finance Committee. He is also a current member of the Big East Athletic Directors' Executive Committee. In addition, Nicastro is a member of the Villanova University's Vice-President's Council and the Villanova Administrative Planning and Budget Committee. He is also a member of the Atlantic 10 Football Conference Executive Committee, the Executive Committee of the Philadelphia Sports Congress, is on the Board of Advisors for the Florida Atlantic University Sports Management Program and is a board member of the National Sports Marketing Network Philadelphia Chapter.

A 1987 graduate of Bloomsburg University with a Bachelor of Science degree in Business Administration/Accounting, Nicastro earned his MBA from St. Joseph's University in 1994. Nicastro and his wife Liz reside in Drexel Hill, Pa., with their five-year old twin sons, Jake and Casey.



THE UNIVERSITY

Founded in 1842 by the priests and brothers of the Order of St. Augustine, Villanova University is a comprehensive Roman Catholic institution that welcomes students of all faiths. The University offers a wide variety of degree programs through four colleges: the College of Liberal Arts and Sciences, the College of Commerce and Finance, the College of Engineering and the College of Nursing.

A SOLID ACADEMIC REPUTATION

The oldest and largest Catholic university in the Commonwealth of Pennsylvania, Villanova is one of 255 institutions — and one of 18 Catholic colleges and universities — in the nation to have a chapter of Phi Beta Kappa, the prestigious national liberal arts honors society. Recently, *U.S. News & World Report* ranked Villanova first in the North for the 12th time.

THE STUDENTS

Today Villanova University maintains an average annual enrollment of 10,275 including graduate and law school and part-time undergraduate programs. The full-time undergraduate enrollment is 6,250. The undergraduates come from 48 states plus Puerto Rico and 52 foreign countries. Ninety-two percent of our first-year students ranked in the top 30 of their high school classes.

THE FACULTY

Villanova's 490 full-time faculty, 90 percent of whom hold the highest degree in their field, teach classes that average 23 students. The student/faculty ratio is 12:1.

THE CAMPUS

Located in a suburban community 12 miles west of Philadelphia, the picturesque 254-acre campus features more than 60 buildings, including a library with more than 800,000 volumes and over a million microform items, a 12,000-seat stadium, and 27 residence halls.

THE EXPERIENCE

Villanova students may choose to study abroad for a summer, a semester, or a year; compete on one or more of 11 men's and 13 women's sports teams at the NCAA Division I level (football is Division I-AA); immerse themselves in Campus Ministry; and take part in any of more than 130 registered student organizations.

FINANCIAL ASSISTANCE

In 2001-2002, Villanova offered more than \$4.8 million in merit-based academic scholarships to prospective freshmen. Villanova also offered over \$17 million in need-based financial aid to prospective freshmen through the Villanova Grant Program. This funding is provided by the University and does not include federal, state, and/or private assistance, which our students also receive.

ACCREDITATION

Villanova and its programs have received accreditation from the Middle States Association of Colleges and Secondary Schools, the AACSB/International Association for Management Education, the American Chemical Society, the American Bar Association, the Association of American Law Schools, the Pennsylvania State Board of Nurse Examiners, the National League for Nursing Accreditation Commission, the Accreditation Board for Engineering and Technology, the National Catholic Education Association, and the Computing Sciences Accreditation Board. Villanova is a member in good standing of the National Association for College Admission Counseling.

ALUMNI

Villanova's 77,000+ living alumni maintain close ties with the University through a large network of alumni chapters and societies which may be found throughout the U.S. and abroad.

ENROLLMENT

Admission to Villanova is very competitive. If you have a strong academic background and a wide range of interests, and if you're motivated to contribute to the intellectual and spiritual environment of our University community, then we encourage you to apply.

CLASS OF 2005 ADMISSION STATISTICS

Freshman applications received: 10,290 • Targeted freshman class size: 1,590 • Percentage of accepted freshman applicants who ranked in the top 10 percent of their high school class (where rank is given): 59 • Percentage of accepted freshman applicants who ranked in the top 20 percent of their high school class: 83 • Percentage of accepted freshman applicants who ranked in the top 30 percent of their high school class: 92 • The middle 50 percent range of SAT I scores for the typical accepted applicant was 1220-1350 • The GPA range for the typical accepted applicant: 3.55-4.0.

OF THOSE WHO APPLIED

56 percent from public schools • 44 percent from private schools • 47 percent are men • 53 percent are women • 14 percent of freshmen have alumni/alumnae affiliation.

GETTING TO VILLANOVA

FROM NEW YORK AND NEW ENGLAND: Take the New Jersey Turnpike to EXIT 6 (Pennsylvania Turnpike exit). Follow the Pennsylvania Turnpike Westbound to EXIT 20 (formerly Exit 25A) for Mid-County Interchange/I-476 Interchange. Follow I-476 South to EXIT 13 (Villanova/St. Davids). At the bottom of the ramp turn right onto Route 30, also known as Lancaster Avenue. Proceed East on Route 30 (Lancaster Avenue) for one-half mile and at the fourth parking lot you will see Villanova's main parking lot on the right. To reach the Main Gate entrance turn left at the next light (Ithan Avenue) and follow to the second drive on left, directly across from the Pavilion.

FROM THE WEST: Take the Pennsylvania Turnpike to EXIT 326 (formerly EXIT 24) for Valley Forge. Take I-76 (Schuylkill Expressway) to EXIT 28-A (I-476 South/Chester). Take I-476 South to EXIT 13 (Villanova/ St. Davids). At the bottom of the ramp turn right onto Route 30 East, also known as Lancaster Avenue. Proceed East on Route 30 (Lancaster Avenue) for one-half mile and at the fourth traffic light you will see Villanova's main parking lot on the right. To reach the Main Gate entrance turn left at the next light (Ithan Avenue) and follow to the second drive on left, directly across from the Pavilion.

FROM THE SOUTH: Take I-95 North to EXIT 7 (I-476 North/Plymouth Meeting). Take I-476 North to EXIT 13 (Villanova/St. Davids). Proceed East on Route 30 (Lancaster Avenue) for one-half mile and at the fourth traffic light you will see Villanova's main parking lot on the right. To reach the Main Gate entrance turn left at the next light (Ithan Avenue) and follow to the second drive on left, directly across from the Pavilion.



VILLANOVA

*NCAA Cross Country
Champions*



VILLANOVA

Indoor 2005-2006

December 2nd	Jack Pyrah Invitational @ Haverford College
January 13th	NYU @ NY Armory
January 21st	Maryland Invitational @ Landover, MD
January 27-28th	Penn State National Open, @State College
February 3-4th	New York Collegiate @ NY Armory
February 10-11th	TBA
February 18-19	Big East Championships @ University of Akron- Akron, OH
February 24-25	Last Chance meet site TBA
March 4-5th	IC4A/ECAC, Boston MA
March 4-5th	Alex Wilson Invitational @ South Bend, Indiana
March 10-11th	NCAA Championships @ Fayetteville, Arkansas

Outdoor 2006

March 24-25th	Raleigh Relays @ Raleigh, North Carolina
April 1st	University of Maryland Invitational @ College Park, MD
April 5-8th	Texas Relays @ Austin, TX
April 8th	University of Penn Invitational @ Philadelphia, PA
April 14-15th	Sea Rays Relays @ Knoxville, Tennessee @
April 15th	Princeton University @ Princeton, NJ
April 21-22nd	Widener Invitational @ Chester, PA
April 27-29th	Penn Relays @ Philadelphia, PA
May 5-7th	Big East Championships @ Storrs, CT
May 12-14th	IC4A/ECAC Championships @ Princeton, NJ
May 15th	Tuppeny Twilight, Villanova, PA
May 26-27th	NCAA Regionals @ North Carolina A&T, NC
June 7-10th	NCAA Championships @ Sacramento, CA

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