

Frostburg State University Track & Field

Quick Facts

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Frostburg State Quick Facts

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|-----------------------------|--|
| City/Zip | Frostburg, Md./21532 |
| Founded | 1898 |
| Enrollment | 5,200 |
| Nickname | Bobcats |
| School Colors | Red, Black & White |
| Affiliations | NCAA Division III |
| Conferences | Allegheny Mountain Collegiate Conference |
| President | Dr. Jonathan C. Gibraltar |
| Athletic Director (Interim) | Troy A. Dell |
| Athletics Phone | (301) 687-4462 |

Sports Information Staff

| | |
|-----------------------------|-----------------------------------|
| Sports Information Director | Noah Becker |
| Office Phone | (301) 687-4371 |
| Office Fax | (301) 687-4780 |
| Cell Phone | (301) 697-7497 |
| Email | nzbecker@frostburg.edu |
| Graduate Assistants | Katie Spittler & William McDaniel |
| Web Site | http://www.frostburgsports.com |

Frostburg State Track & Field Staff

| | |
|----------------------------|--------------------------|
| Head Coach | Dr. Dale Luy |
| Alma Mater/Year | Gettysburg/78 |
| Track & Field Office Phone | (301) 687-4234 |
| Coach Luy's Email Address | drluy@frostburg.edu |
| Assistant Coach | Randy Lowe |
| Office Phone | (301) 687-4313 |
| Email Address | rlowe@frostburg.edu |
| Assistant Coach | Cassie Stilley |
| Office Phone | (301) 687-4235 |
| Email Address | kestilley0@frostburg.edu |

2007-08 Indoor & Outdoor Schedule

| Date | Opponent | Location |
|------------|--|--------------------|
| Dec. 1 | at Dickinson Invitational | Carlisle, Pa. |
| Dec. 8 | at West Virginia University | Morgantown, W.Va. |
| Jan. 23 | at Ursinus Pentathlon | Collegeville, Pa. |
| Jan. 25-26 | at Bison Open – Bucknell Univ. | Lewisburg, Pa. |
| Feb. 2 | at Frank Colden Invitational – Ursinus College | Collegeville, Pa. |
| Feb. 8 | at Susquehanna University Invitational | Selinsgrove, Pa. |
| Feb. 16 | at Susquehanna University Open | Selinsgrove, Pa. |
| Feb. 23 | at Mason-Dixon Conference Championships ! | Newport News, Va. |
| Mar. 7-8 | at ECAC Indoor Championships # | Boston, Mass. |
| Mar. 14-15 | at NCAA Indoor National Championships @ | Ada, Ohio |
| Mar. 29 | at Jim Taylor Invitational % | Selinsgrove, Pa. |
| Apr. 5 | at Marietta College Invitational | Marietta, Ohio |
| Apr. 11-12 | at Bison Outdoor Classic – Bucknell Univ. | Lewisburg, Pa. |
| Apr. 12 | at Lynchburg College Classic | Lynchburg, Va. |
| Apr. 19 | at Mason Dixon Invitational - Gettysburg College | Gettysburg, Pa. |
| Apr. 26 | at Paul Kaiser Invitational – Shippensburg Univ. | Shippensburg, Pa. |
| May 2-3 | at Mason-Dixon Conference Championships ! | Newport News, Va. |
| May 4 | at Last Chance Meet – TBA | TBA |
| May 15-16 | at ECAC Outdoor Championships ^ | Springfield, Mass. |
| May 22-24 | at NCAA DIII Championships & | Oshkosh, Wisc. |

Home Meets in Bold

! at Christopher Newport

at Harvard University

@ at Ohio Northern University

% at Susquehanna University

^ at Springfield College

& UW-Oshkosh



Credits

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MultiAd Sports

Frostburg State University Track & Field

From an opening day enrollment of 57 students, Frostburg State University has grown to a present day enrollment of over 5,000 students.

Its physical plant, once limited to a single building, Old Main, which housed classrooms and a library, has also grown to over 30 facilities including classroom buildings, residence halls, the Lewis J. Ort Library, the Harold J. Cordts Physical Education Center, the Lane Center, and the Performing Arts Center, situated on 255 beautiful acres.

Opened in 1902 as State Normal School No. 2, the University owes its existence to the tenacity of J. Benson Oder, editor of the Frostburg Mining Journal, and the citizens of Frostburg who, in spite of political barriers, raised funds and purchased the site on which the University is located.

Principal Edmund Dandridge Murdaugh and three faculty instructed the first Normal School class; in addition, the other faculty taught 151 children in the Model School. The Normal School students, who were high school students having to meet no requirements other than age (girls, 16; boys, 17), had but one two-year course of study, elementary education. The curriculum consisted of Latin, mathematics, history, rhetoric and literature, natural and physical sciences, drawing, music, calisthenics, psychology, philosophy of education, philosophy of school management, Pedagogy, Observation, Practice Work and Primary Manual Training.

Over the years, the name of the institution has reflected the changes in the scope of its educational mission. In 1935, the State Normal School No. 2 became the State Teachers College at Frostburg, a four-year college which offered a Bachelor of Science in Elementary Education. In 1963, the name became Frostburg State College, and finally in 1987, with the strong support of the local civic and business community, became Frostburg State University, an indication of its growing resources, diversity and excellence in educational opportunities for the region and the state.

In 1988, FSU became a constituent institution of the University System of Maryland, comprised of 11 of the state's 13 public institutions. Expanding to meet the educational needs of the region, the FSU Center in Hagerstown was also established in 1988 to offer upper-level bachelor's degree coursework and graduate programs. The University also opened, in 1990, a permanent location for the Frederick MBA program.

Throughout its growth, the University has emphasized excellence in teaching. Over 80% of the full-time faculty hold Ph.D.s or terminal degrees from institutions that are among the most prestigious in the nation. Faculty scholarship has led to scholarly books, manuals and journals, as well as numerous articles and reviews. This excellence in faculty has resulted in superior results for students. FSU has been ranked first among its peers for the number of doctorates per 100 baccalaureate degrees awarded. In the same study, FSU was ranked second in the percentage of national, prestigious awards received by faculty. These have included Fulbrights and significant grants from the National Endowment for the Humanities, the National Endowment for the Arts and other national associations.

At the same time, the University has developed comparable excellence in academic programs, research, consulting, cultural and athletic events, and facilities. In recent years the campus has consistently received a superior rating, the highest state award given for facilities and maintenance. In addition, FSU was also recently ranked safest college campus in the state.

Today, the University's mission and services have expanded significantly. Over 400 full-time administrators and support staff, and more than 200 full-time faculty serve the educational needs of students who come not only from throughout the United States, but also the world. These students have a choice of 37 major programs of study leading to the Bachelor of Art, Bachelor of Science, Bachelor of Fine Arts and Bachelor of Technical and Professional Studies degrees as well as graduate degrees in applied ecology and conservation biology, business administration, counseling psychology, education, wildlife/fisheries biology, human performance, modern humanities, park and recreation resource management, teaching and applied computer science. In addition, 12 pre-professional programs are offered.



FSU AT A GLANCE

- Average class size: 19
- 85% of classes have fewer than 30 students.
- 17:1 student/faculty ratio
- According to a recent survey, 97% of our graduates are employed. Over 83% are employed in the field of their choice.
- An undergraduate biology student discovered a new species of worm and presented his findings at the Russian Society of Nematologist Symposium in St. Petersburg.
- Among its peer institutions, FSU was ranked second for the number of national awards received by its faculty.
- The NBC hit sitcom "My Name is Greg" was created by a Frostburg State alumni Greg Garcia (Class of '92). Garcia is also the creator of the CBS sitcom, "Yes, Dear".
- The fall 2000 entering freshmen class was the largest in FSU history and 10.2 percent larger than the previous year. The same class had an average SAT score that was 14 points higher than the previous year's average.
- FSU is a partner in the construction of a business and technology park on campus. This new park will provide opportunities for students to engage in research and internships with participating agencies.
- The pass rate of FSU graduates in Social Work licensure exams has been 100% for the past two years.
- Students from FSU's Society for the Advancement of Management chapter placed third nationally in case competition.
- FSU education graduates have typically had pass rates of 96%-98% on the National Teachers Exam.



Frostburg State University Track & Field

Head Coach



Dale Luy

Head Coach
First Season
Gettysburg '78

The 2007-08 campaign marks head coach Dale Luy's first season at the helm of the Frostburg State track & field team. Luy brings over 25 years of coaching experience to FSU spanning both the high school and collegiate levels.

Luy comes to Frostburg having spent the last three years as an assistant coach at Gettysburg College. While with the Bullets, he worked with the throwing events and pole vault. He had one NCAA Div. III provisional qualifier (men's discus), two Centennial Conference women's discus champions, one conference women's pole vault champion and one conference men's javelin champion. His athletes also set six school records and 16 all-time top ten performances.

Before Gettysburg, Luy served as the head track & field coach for six years at Elizabethtown Area High School. He had 14 PIAA District III qualifiers, two state qualifiers and set two school records. He directed the renovation and new placement of the track and field facilities working with engineers, architects and district officials.

From 1996-2005, Luy was the head coach for the winter track and field program at Elizabethtown Area High School as well. He had two athletes qualify for the state indoor championships. His athletes also set 13 school records and claimed over 70 all-time top five performances.

During his time as the head of the winter program, he was an assistant during the spring season from 1995-1999. He led his runners to four school records, one PIAA bronze medal and two PIAA state medals.

While working with the high school, Luy was the head men's and women's cross country coach at nearby Elizabethtown College from 1986-1998. He had multiple Middle Atlantic States Conference Academic honorees including a Rhodes Scholar in 1994. He guided the women's team to 10-consecutive winning seasons, school record in wins (10) twice and second place MAC finishes in 1993 and 1994. On the men's side, he led the team to back-to-back winning seasons in 1990 and 1991 for the first time in 24 years.

Luy also initiated the indoor and outdoor track and field club teams at the college from 1987 thru 1997. Despite being just a club program, the teams competed against varsity level programs and in the MAC Indoor Championships.

He has also served as an interim assistant coach at Dickinson College (1988) and the head track and field coach at Lower Dauphin High School (1983-1986).

He holds numerous certificates including a USATF Level II certification in sprints/hurdles and American Red Cross certification in standard first aid and infant & child CPR.

Luy earned his Bachelor of Arts degree in History from Gettysburg in 1978, Masters of Education in Teaching and Curriculum from Penn State - Harrisburg in 1991 and his Doctor in Sports Management from the United State Sports Academy in 2007. While at Gettysburg, Luy was a four-year letterwinner for the track and field teams taking home NCAA All-American honors in 1976 as a member of the 440-yard relay team and in 1997 as a member of the 1,600-meter relay team.

Frostburg State University Track & Field



Randy Lowe

Assistant Coach Shippensburg '92

Randy Lowe enters his eighth season as a member of the Frostburg State men's and women's track and field teams. He resumes his assistant coaching duties after serving as the interim head coach during the 2006-07 campaign. Lowe took over the program in January of '07 and guided the Bobcat women to a third and the men to a sixth-place finish at the Mason-Dixon Conference Indoor Championships. In the outdoor season, the men finished fourth and women were fifth at the Mason Dixon Outdoor Championships. Lowe guided Brian Leiter to the NCAA Championships, where he finished eighth in the preliminaries as just a sophomore.

Lowe has also served as the head coach for FSU's men's and women's cross country teams for each of the last six seasons.

Known as one of the top distance coaches in the East, Lowe has made a great impact on the Bobcat track and field program. The 1999 Mason-Dixon Conference Cross Country Coach of the Year guided Michael Taye to Division III national titles in the 1999 indoor 5,000-meter run, the 1999 outdoor 10,000-meter run and the 2001 outdoor 5,000-meter run. Taye was also the national runner-up in the 1999 outdoor 5,000-meter run.

In the fall of 2006, Lowe won his sixth-straight Allegheny Mountain Collegiate Conference Coach of the Year award after leading the men's cross country team to another league championship, the teams sixth-straight. He also captured the women's Coach of the Year honor after guiding the team to its first league title since 2003. The two teams combined to place eight runners on the all-conference squad led by Curt Ruble, who was named the men's Runner of the Year after winning the AMCC Championship.

In 2005, Lowe guided the men's cross country team to their fifth consecutive AMCC Championship earning Coach of the Year honors for the fifth consecutive year as well. FSU placed 10 runners, seven men and three women, on the All-AMCC teams including Marshall Lawrence who was honored as the Newcomer of the Year.

Lowe, who has served as FSU's systems and electronic resources librarian since 1997, earned his bachelor's degree in history from Shippensburg (Pa.) University in 1992. Lowe was an eight-time NCAA All-American for the Red Raiders from 1990-1992, gaining national accolades six times in track & field and twice in cross country.

As a senior, he captured the NCAA Division II Outdoor Track & Field National Championship in the 10,000-meter run, placed second in the outdoor 5,000 and finished fifth in cross country. He was named the Pennsylvania State Athletic Conference Track & Field Athlete of the Year for the second straight season and also earned Academic All-America honors.

As a sophomore, Lowe finished third in the nation in the outdoor 5,000 meters, earned PSAC Cross Country Athlete of the Year honors and was named to the All-East Region team. In his junior year, he placed second in the outdoor 10,000 and added third-place finishes in cross country and both the indoor and outdoor 5,000. He was named to the All-East Region squad and earned the PSAC Track & Field Athlete of the Year award as well.

Lowe also helped the Red Raider cross country team to a national runner-up finish in 1990 and a fourth-place showing in 1991, as well as PSAC track and field titles from 1990-1992.

Lowe earned his master's of library and information science from Drexel University in Philadelphia, Pa., in 1995. He has been a clinician at the Shippensburg University Cross Country camps since 1990 and is a board member of the Queen City Striders (a local chapter of the Road Runners Club of America).



Cassie Stilley

Assistant Coach North Carolina State '00

Cassie Stilley begins her second season as part of the Frostburg State track and field coaching staff.

Stilley, a certified USA Track and Field Level II endurance instructor, joins the Frostburg State staff after serving as the assistant track and field coach at Christopher Newport in Newport News, Va. She developed new weightlifting and running programs, monitored athletes and assisted with record keeping at competitions.

While a part of the CNU staff, she served as an educator for the Virginia Air and Space Center instructing children in history, geology, astronomy and physics.

As an athlete, Stilley excelled in both cross country and track and field at Division I North Carolina State. In her sophomore and junior seasons, she was a member of the cross country team that captured the Atlantic Coast Conference Championship.

While with the track and field team, she earned All-ACC honors as a freshman after capturing the conference title in the distance medley relay. That same year, she captured eighth in the mile run at the indoor championships. As a sophomore, she finished fifth in the 800-meter run (2:13) in the league outdoor championships.

Stilley earned her bachelor of science degree in natural resource policy and administration from NCSU in 2000.

Frostburg State University Track & Field

Men's Roster

| Player | Yr. | Pos. | Hometown/High School |
|--------------------|-----|-------------|------------------------------------|
| TyRon Allen | Fr. | Sprints | Odenton, Md./Arundel |
| Dan Bloch | So. | Multi | Baltimore, Md./Dundalk |
| Brandon Bowersox | Sr. | Throws | Essex, Md./Vernon Twp (N.J.) |
| Ryan Chew | Sr. | Sprints | Laurel, Md./James Hubert Blake |
| Collin Clifford | Jr. | Throws | Rockville, Md./Richard Montgomery |
| Garrett Daley | So. | Spr./Jumps | Jarrettsville, Md./North Harford |
| Dustin Eagle | So. | Distance | Mechanicsburg, Pa./Trinity |
| Steve Flanagan | Jr. | Hurdles | Cumberland, Md./Fort Hill |
| Jerry Hazelton | Fr. | Distance | Annapolis, Md./Broadneck |
| Arien Heggs | Jr. | Sprints | Arlington, Va./Wakefield |
| Robert Hoffmaster | Fr. | Spr./Throws | Jefferson, Md./Brunswick |
| Stanley Karter | Fr. | Sprints | Rockville, Md./Richard Montgomery |
| Rory Larson | Sr. | Distance | Myersville, Md./Middletown |
| Brian Leiter | Jr. | Distance | New Windsor, Md./Francis Scott Key |
| Emmanuel Manful | Fr. | Sprints | Alexandria, Va./Oneida Baptist |
| Chris Mead | Sr. | Distance | Woodbine, Md./Century |
| Tarik Muhammad | So. | Sprints | Baltimore, Md./New Hope |
| Michael Negley | So. | Distance | Frostburg, Md./Beall |
| Michael O'Brien | So. | High Jump | Baltimore, Md./Arundel |
| Tavon Russell | Fr. | Sprints | Baltimore, Md./Dr. Samuel L. Banks |
| Cory Smith | So. | Distance | Piedmont, W.Va./Keyser |
| Lawrence Soto | Fr. | Distance | Ellicott City, Md./Mt. Hebron |
| Nick Tamburrino | Fr. | Distance | Ellicott City, Md./Mt. Hebron |
| Anthony Tossounian | Fr. | Sprints | Rockville, Md./Walter Johnson |
| Kevin Wright | Fr. | Distance | Silver Spring, Md./Oakton |

Women's Roster

| Player | Yr. | Pos. | Hometown/High School |
|-------------------|-----|-----------------|-----------------------------------|
| Christina Aumand | So. | Distance | Chesapeake Beach, Md./Huntingtown |
| Hannah Bradley | Fr. | Sprints | Lutherville, Md./Towson |
| Jessica Clingan | Sr. | Sprints/Hurdles | Williamsport, Md./Williamsport |
| Jessica Dabulskis | So. | Sprints/Jumps | Leonardtown, Md./Leonardtown |
| Ashley Ermer | Jr. | Throws | Eldersburg, Md./Liberty |
| Emily Furr | Fr. | Jumps | Damascus, Md./Poolesville |
| Gwen Massey | So. | Mid-Distance | Thorofare, N.J./West Deptford |
| Kendal Moss | So. | Pole Vault | Hagerstown, Md./Williamsport |
| Jessica O'Neal | Fr. | Distance | Mechanicsville, Md./Chopticon |
| Anne Patron | Fr. | Distance | Baltimore, Md./Dulany |
| Jennifer Patton | Jr. | Distance | Barton, Md./Westmar |
| Megan Patton | Jr. | Distance | Barton, Md./Westmar |
| Sumer Rohrs | Jr. | Sprints/Hurdles | Frostburg, Md./Forest |
| Carolyn Sunderlin | Jr. | Throws | Mt. Airy, Md./South Carroll |

Men's Roster Facts

By Class

Seniors (3): Ryan Chew, Rory Larson, Chris Mead
 Juniors (4): Collin Clifford, Steve Flanagan, Arien Heggs, Brian Leiter
 Sophomores (7): Dan Bloch, Garrett Daley, Dustin Eagle, Tarik Muhammad, Michael Negley, Michael O'Brien, Cory Smith
 Freshman (10): TyRon Allen, Jerry Hazelton, Robert Hoffmaster, Stanley Karter, Emmanuel Manful, Tavon Russell, Lawrence Soto, Nick Tamburrino, Anthony Tossounian, Kevin Wright

By State

Maryland: (20): Tyron Allen, Dan Bloch, Ryan Chew, Collin Clifford, Garrett Daley, Steven Flanagan, Jerry Hazelton, Robert Hoffmaster, Stanley Karter, Rory Larson, Brian Leiter, Chris Mead, Tarik Muhammad, Michael Negley, Michael O'Brien, Tavon Russell, Lawrence Soto, Nick Tamburrino, Anthony Tossounian, Kevin Wright
 Virginia (2): Arien Heggs, Emmanuel Manful
 Pennsylvania (1): Dustin Eagle
 West Virginia (1): Cory Smith

Women's Roster Facts

By Class

Seniors (1): Jessica Clingan
 Juniors (5): Ashley Ermer, Jennifer Patton, Megan Patton, Sumer Rohrs, Carolyn Sunderlin
 Sophomores (4): Christina Aumand, Jessica Dabulskis, Gwen Massey, Kendal Moss
 Freshman (4): Hannah Bradley, Emily Furr, Jessica O'Neal, Anne Patron

By State

Maryland: (13): Christina Aumand, Hannah Bradley, Jessica Clingan, Jessica Dabulskis, Ashley Ermer, Emily Furr, Kendal Moss, Jessica O'Neal, Anne Patron, Jennifer Patton, Megan Patton, Sumer Rohrs, Carolyn Sunderlin
 New Jersey (1): Gwen Massey

Frostburg State University Track & Field



Steve Flanagan

Junior
Hurdles
Cumberland, Md.
Fort Hill

2007 Outdoor: Part of the 4x400-meter relay team that captured 16th (3:25.21) at ECAC Championships ... Ninth in the triple jump (11.78 meters) at the Mason-Dixon Invitational ... Posted two wins at the Washington & Lee Invitational in the 400-meter hurdles (59.13) and the triple jump (11.83 meters) ... **2006-07 Indoor:** 10th in the 800-meter run (2:16.43) at WVU Holiday Classic ... **2006 Outdoor:** Fourth in the 110-meter hurdles at Mason-Dixon Conference Outdoor Championships ... **2005-06 Indoor:** Fourth in the triple jump (11.90 meters) at the Mason-Dixon Conference Indoor Championships ... Tenth in the 200-meters (26.46) at WVU Shell Games ... **Prior to FSU:** Part of Maryland Class 2A State Champion track team at Fort Hill in '05 ... Captain of Cross Country/Indoor/Outdoor teams as a senior ... Most Outstanding Male Senior cross country runner ... National Honor Society member ... Maryland Distinguished Scholar ... **Personal:** Born April 24, 1987 ... Son of Tammy Davis ... Undecided on a major.



Curt Ruble

Senior
Distance
Parkersburg, W.Va.
Parkersburg South

2007 Outdoor: Did not run ... **2006-07 Indoor:** Did not run ... **2006 Outdoor:** Captured 10th in the 10,000-meter run (34:21.61) at the ECAC Outdoor Championships ... Ninth in the 1,500-meter run (4:07.52) at Paul Kaiser Track & Field Classic ... **2005-06 Indoor:** Second in 5,000-meter run (15:36.57) at Mason-Dixon Conference Indoor Championships ... Fifth in the 5,000-meter run (15:49.18) at Bucknell Bison Open ... **Prior to FSU:** All-State in track as a junior and senior and all-state in cross country as a senior ... **Personal:** Born March 26, 1986 ... Son of Dave and Vicki Ruble ... Majoring in mechanical engineering.



Chris Mead

Senior
Distance
Woodbine, Md.
Century

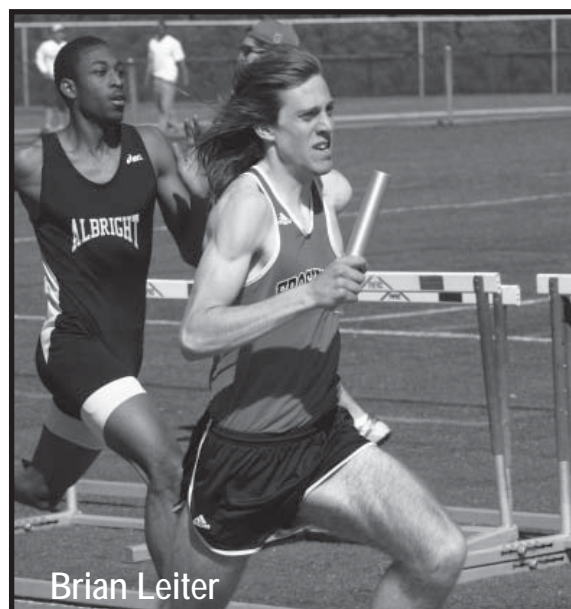
2007 Outdoor: Finished fourth in 3,000-meter steeplechase (10:17.62) at the Mason-Dixon Conference Championships ... Sixth in the 3,000-meter steeplechase (10:48.51) at the Bison Outdoor Classic ... **2006-07 Indoor:** 20th in the 3,000-meter run (10:05.87) at the Bison Winter Classic ... **2006 Outdoor:** Captured fifth in the 3,000-meter steeplechase (10:47.20) at the Mason-Dixon Invitational ... **2005-06 Indoor:** Finish 10th in the 1,609-meter run (5:01.53) at the WVU Shell Games ... **Prior to FSU:** Earned eight varsity letters - three in cross country, three in outdoor track and field and two in indoor track and field - at Century ... **Personal:** Born October 15, 1986 ... Son of Robert and Carol Mead ... Majoring in exercise and sport science.



Brian Leiter

Junior
Mid-Distance
New Windsor, Md.
Francis Scott Key

2007 Outdoor: Earned spot in the NCAA Outdoor Championships in the 800-meter run, finishing eighth in the preliminaries ... Captured first-place finishes in the 800-meter and 1,500-meter runs at both the Mason-Dixon Invitational and the Mason-Dixon Conference Championships ... Finished second in the 800-meter run (1:52.24) at the ECAC Championships ... **2006-07 Indoor:** Fourth in the 800-meter run (1:55.57) at the ECAC Indoor Championships ... Won the 800-meter run (1:56.64) at the Bucknell Winter Classic ... **2006 Outdoor:** Seventh in the 800-meter run (1:52.83) at the ECAC Championships ... Won the 1,500-meter run (4:05.33) at the Mason-Dixon Conference Championship meet ... At the Mason-Dixon Invitational, he captured a pair of first-place finishes in the 800-meter (1:59.29) and the 1,500-meter runs (4:11.61) at the Mason-Dixon Invitational ... **2005-06 Indoor:** Third in the 800 (1:54.94) at the ECAC Championships ... Won the 800 (1:58.28) at the Mason-Dixon Conference Championships ... **Prior to FSU:** Earned six varsity letters; four in cross country and two in track in high school ... **Personal:** Born April 23, 1987 ... Son of Ed and Marcia Leiter ... Majoring in art and design.



Brian Leiter

Frostburg State University Track & Field



Sumer Rohrs

Junior
Sprints/Hurdles
Frostburg, Md.
Forest

Completed one of the most successful seasons in Frostburg State track & field indoor history in 2006-07 ... National Champion, All-American and captured the school record in the 55-meter hurdles (8.09) at the NCAA Championships ... Mideast Region's Women's Track Athlete of the Year ... Helped Frostburg State to a third-place finish at the ECAC Championships ... Earned All-ECAC honors after winning the 55-meter hurdles (8.19) and the 200-meter dash (25.79) and finishing second in the 55-meter dash (7.24) ... At the Mason-Dixon Conference Indoor Championships, Rohrs set the conference record after winning the 55-meter hurdles (8.14) ... Won the 55-meter hurdles (8.27), took home second in the 400-meter dash (58.90) and finished seventh in the 60-meter dash (8.03) at the Bucknell Winter Classic ... **2007 Outdoor:** Did not run ... **2006 Outdoor:** USTFCCCA All-American ... Finished second in the 100-meter hurdles (14.22) at the NCAA Outdoor Championships ... Third in 100-meter hurdles (14.79) at ECAC Championships ... Won the 400-meter hurdles (1:04.69) and was second in the 100-meter hurdles (14.76) at the Mason-Dixon Conference Championships ... Won the 100-meter hurdles (16.34) and the 400-meter hurdles (1:06.06) at the Mason-Dixon Invitational ... **2005-06 Indoor:** USTFCCCA All-American ... Sixth in the 55-meter hurdles (8.36) at NCAA Indoor Championships ... Won the 55-meter hurdles at ECAC Championships, fist ever FSU runner to accomplish feat ... Won the 400-meter dash (59.84) and captured second in 200-meter dash (26.45), 55-meter hurdles (8.43) and long jump (4.29 meters) at Mason-Dixon Conference Championships ... **Prior to FSU:** Track & Field and Basketball MVP as a senior at Forest ... Captain of basketball team as a junior and senior ... Earned seven varsity letters in high school ... Attended Central Florida Community College ... **Personal:** Born July 11, 1987 ... Daughter of Robert and Judy Rohrs ... Majoring in psychology and with a minor in coaching.



Jessica Clingan

Senior
Sprints/Hurdles
Williamsport, Md.
Williamsport

2007 Outdoor: Named Most Outstanding Track Athlete at the Mason-Dixon Conference Championships after winning the 100-meter dash (12.47), 100-meter hurdles and 200-meter dash (26.07) and taking second in the 400-meter hurdles (67.93) ... Took home All-ECAC honors after finishing third in the 100-meter hurdles (15.01), fourth in the 200-meter dash (25.78) and sixth in the 400-meter hurdles (1:04.72) at the ECAC Championships ... **2006-07 Indoor:** Placed 10th in the preliminaries in the 55-meter hurdles (8.36) at the NCAA Championships ... Fourth in the 200-meter dash (26.10), eighth in the 55-meter hurdles (8.49) and ninth in the 400-meter dash (59.26) at the ECAC Championships ... Won the 55-meter dash (7.58) and finished second in the 200-meter dash (26.76), 400-meter dash (59.76) and 55-meter hurdles (8.41) at the Mason-Dixon Conference Indoor Championships ... **2006 Outdoor:** Fifth in the 100-meter hurdles (15.14), seventh in the 100-meter dash (12.92), 13th in the 400-meter hurdles (1:05.92) and 17th in the 200-meter dash (26.92) at the ECAC Outdoor Championships ... Second in the 400-meter hurdles (1:05.74) and fourth in the 100-meter dash (12.60) at the Mason-Dixon Conference Championships ... Part of the 4x100-meter relay team that missed the final at the NCAA National Championships ... **2005-06 Indoor:** Part of the 4x200-meter relay team that was second (1:46.26) at ECAC Indoor Championships ... Part of the 4x400-meter relay team that was second (4:08.69) at the Mason-Dixon Conference Championships ... **Prior to FSU:** Earned letters in indoor and outdoor track, soccer and basketball at Williamsport ... Qualified for the Maryland 1A state indoor and outdoor championships ... First-team all-county and all-conference selection ... County indoor 300-meter run champion ... Ran at the prestigious Penn Relays in the 4x400-meter relay ... NBC25 Student-Athlete of the Month ... **Personal:** Born January 21, 1986 ... Daughter of James Clingan and Dawn Smith ... Majoring in elementary education.



Gwen Massey

Sophomore
Mid-Distance
Barton, Md.
Westmar

2007 Outdoor: At the Mason-Dixon Conference Outdoor Championships, she finished runner-up in the 800-meter run (2:29.40) and third in the 1,500-meter run (5:05.55) ... Took seventh in both the 800-meter (2:31.86) and 1,500-meter (5:16.95) at the Mason-Dixon Invitational at Gettysburg ... **2006-07 Indoor:** Fifth in the 800-meter run (2:32.97) and seventh in the one-mile (5:40.67) at the Mason-Dixon Conference Championships ... 11th in the 800-meter run at the Bucknell Winter Classic ... **Prior to FSU:** Earned 11 varsity letters — four each for indoor and outdoor track and three for cross country ... Received the Board of Education Sportsmanship Award in 2006 ... All Conference and All-County in both track and field and cross country in 2004 and 2005 ... Holds the school record in outdoor track for the 800-meter run ... National Honor Society as a senior and Foreign Language Honor Society as a junior ... **Personal:** Born November 5, 1988 ... Daughter of Jeffery and Roberta Massey ... Majoring in wildlife and fisheries.



Jennifer Patton

Junior
Distance
Barton, Md.
Westmar

2007 Outdoor: Captured third in the 10,000-meter run (42:00.60) at the Mason-Dixon Conference Championships ... Finished fifth in the 5,000-meter run (19:29.31) and sixth in the 1,500-meter run (5:20.47) at the Washington & Lee Invitational ... **2006-07 Indoor:** Finished 13th in the 3,000-meter run in 11:17.26 at the Frank Colden Invitational ... Captured 11th in the 5,000-meter run in 19:57.29 at Bucknell Bison Open ... **2006 Outdoor:** Fourth in the 5,000-meter run (20:14.42) at Last Chance Meet in NYC ... Eighth in 1,500-meter run (5:26.29) at Mason-Dixon Invitational ... **2005-06 Indoor:** Third in the 5,000-meter run (19:34.48) at Mason-Dixon Conference Championships ... **Prior to FSU:** Placed seventh at the Maryland 1A State Championships as a senior ... Winner of the Maryland High School Heisman Trophy ... National Honor Society as a sophomore ... Maryland Distinguished Scholar as a junior ... Earned letters in cross country, basketball and track in high school ... **Personal:** Born August 20, 1987 ... Daughter of Tom and Amy Patton ... Majoring in pre-dental.

Frostburg State University Track & Field

2006-07 Top Times

Men's Indoor

55-Meter Dash

| | |
|--------------|------|
| David Cheeks | 6.54 |
| Tade Turton | 6.75 |

60-Meter Dash

| | |
|----------------------|------|
| David Cheeks | 7.06 |
| Tade Turton | 7.16 |
| Kevin Williams-White | 7.55 |

200-Meter Dash

| | |
|-----------------|-------|
| Tade Turton | 22.95 |
| David Cheeks | 23.02 |
| Michael Siemann | 24.83 |

400-Meter Dash

| | |
|----------------------|-------|
| Kevin Williams-White | 51.61 |
| David Cheeks | 51.62 |
| Michael Siemann | 54.17 |
| Tarik Muhammad | 54.17 |

500-Meter Run

| | |
|-----------------|---------|
| Michael Siemann | 1:10.87 |
|-----------------|---------|

800-Meter Run

| | |
|-----------------------|---------|
| Brian Leiter | 1:56.64 |
| Nicholas Schiefelbein | 1:58.51 |
| Cory Smith | 2:07.70 |

Mile Run

| | |
|--------------|---------|
| Andy Watson | 4:29.04 |
| Brian Leiter | 4:29.20 |

| | |
|------------|---------|
| Cory Smith | 4:39.94 |
|------------|---------|

| | |
|------------------------|----------|
| 3,000-Meter Run | |
| Andrew Parker | 9:21.67 |
| Chris Mead | 10:05.87 |

| | |
|------------------------|----------|
| 5,000-Meter Run | |
| Andrew Parker | 16:31.10 |

| | |
|--------------------------|---------|
| 4x400-Meter Relay | |
| FSU A | 3:32.13 |
| FSU B | 4:02.36 |

| | |
|-----------------|--------|
| Shot Put | |
| James Pruitt | 12.98m |
| Aaron Scanlon | 9.08m |

| | |
|------------------|-------|
| High Jump | |
| Michael O'Brien | 1.91m |

| | |
|------------------|-------|
| Long Jump | |
| Michael Siemann | 6.23m |
| Michael O'Brien | 5.76m |
| Tarik Muhammad | 5.32m |

Men's Outdoor

| | |
|-----------------------|-------|
| 100-Meter Dash | |
| Tade Turton | 11.03 |
| David Cheeks | 11.23 |

| | |
|-----------------------|-------|
| 200-Meter Dash | |
| Tade Turton | 22.44 |
| David Cheeks | 22.54 |
| Garrett Daley | 23.56 |

| | |
|--------------------------|-------|
| 400-Meter Hurdles | |
| Steven Flanagan | 57.42 |

| | |
|-----------------------|-------|
| 400-Meter Dash | |
| David Cheeks | 50.43 |
| Tarik Muhammad | 52.18 |
| Garrett Daley | 55.48 |

| | |
|-----------------------|---------|
| 800-Meter Run | |
| Nicholas Schiefelbein | 1:56.48 |
| Brian Leiter | 1:52.70 |
| Cory Smith | 2:01.83 |

| | |
|------------------------|---------|
| 1,500-Meter Run | |
| Brian Leiter | 3:58.11 |
| Cory Smith | 4:13.59 |
| Dustin Eagle | 4:31.02 |

| | |
|---------------------------------|----------|
| 3,000-Meter Steeplechase | |
| Chris Mead | 10:17.62 |

| | |
|------------------------|----------|
| 5,000-Meter Run | |
| Andy Watson | 15:36.55 |
| Andrew Parker | 16:20.29 |
| Chris Mead | 16:46.20 |

| | |
|-----------------|-------|
| Shot Put | |
| Kayla Peters | 8.90m |

| | |
|------------------|-------|
| High Jump | |
| Anna Routzahn | 1.69m |

| | |
|---------------------|-------|
| Weight Throw | |
| Kayla Peters | 7.21m |

Women's Outdoor

| | |
|-----------------------|-------|
| 100-Meter Dash | |
| Jessica Clingan | 12.47 |

| | |
|--------------------------|-------|
| 100-Meter Hurdles | |
| Sumer Rohrs | 14.52 |
| Jessica Clingan | 14.80 |

| | |
|-----------------------|-------|
| 200-Meter Dash | |
| Jessica Clingan | 26.07 |
| Jessica Dabulskis | 28.57 |

| | |
|--------------------------|---------|
| 400-Meter Hurdles | |
| Jessica Clingan | 1:04.57 |

| | |
|----------------------|---------|
| 800-Meter Run | |
| Gwen Massey | 2:27.45 |

| | |
|-------------------------|----------|
| 10,000-Meter Run | |
| Andy Watson | 33:58.14 |
| Andrew Parker | 34:23.30 |
| Marc Abe | 36:04.90 |

| | |
|--------------------------|-------|
| 4x100-Meter Relay | |
| FSU A | 43.91 |

| | |
|--------------------------|---------|
| 4x400-Meter Relay | |
| FSU A | 3:25.76 |

| | |
|------------------|-------|
| Long Jump | |
| Michael Siemann | 6.04m |
| Garrett Daley | 5.95m |
| Jamal Gray | 5.89m |

| | |
|--------------------|--------|
| Triple Jump | |
| Michael O'Brien | 12.36m |
| Steven Flanagan | 11.83m |

| | |
|------------------|-------|
| High Jump | |
| Michael O'Brien | 1.88m |

| | |
|-----------------|--------|
| Shot Put | |
| James Pruitt | 12.88m |
| Aaron Scanlon | 9.73m |

| | |
|---------------------|--------|
| Discus Throw | |
| James Pruitt | 39.80m |
| Aaron Scanlon | 27.81m |

| | |
|------------------------|---------|
| 1,500-Meter Run | |
| Gwen Massey | 5:05.55 |
| Jennifer Patton | 5:20.47 |
| Christina Aumand | 5:27.78 |

| | |
|------------------------|----------|
| 5,000-Meter Run | |
| Jennifer Patton | 19:29.31 |
| Christina Aumand | 20:10.68 |

| | |
|-------------------------|----------|
| 10,000-Meter Run | |
| Jennifer Patton | 42:00.60 |
| Christina Aumand | 42:16.30 |

| | |
|-------------------|-------|
| Pole Vault | |
| Kendal Moss | 2.59m |
| Melissa Ray | 2.44m |

| | |
|-------------------|-------|
| Long Jump | |
| Jessica Dabulskis | 4.87m |
| Kendal Moss | 4.08m |

| | |
|----------------------|--------|
| Javelin Throw | |
| Jessica Clingan | 28.85m |

Women's Indoor

55-Meter Dash

| | |
|-----------------|------|
| Jessica Clingan | 7.26 |
| Sumer Rohrs | 7.45 |

55-Meter Hurdles

| | |
|-------------------|------|
| Sumer Rohrs | 8.09 |
| Jessica Clingan | 8.36 |
| Jessica Dabulskis | 9.50 |

60-Meter Dash

| | |
|-----------------|------|
| Sumer Rohrs | 7.87 |
| Jessica Clingan | 7.93 |

60-Meter Hurdles

| | |
|-----------------|------|
| Sumer Rohrs | 8.72 |
| Jessica Clingan | 9.10 |

200-Meter Dash

| | |
|-----------------|-------|
| Sumer Rohrs | 25.71 |
| Jessica Clingan | 26.22 |
| Lauren Kuhn | 31.05 |

300-Meter Dash

| | |
|--------------------|-------|
| Jessica Clingan | 41.40 |
| Jennifer Greenhill | 47.90 |

400-Meter Dash

| | |
|-----------------|-------|
| Sumer Rohrs | 58.90 |
| Jessica Clingan | 59.76 |

| | |
|----------------------|---------|
| 800-Meter Run | |
| Jessica Clingan | 2:31.84 |
| Gwen Massey | 2:32.97 |
| Kara Wastler | 2:33.99 |

| | |
|-----------------|---------|
| Mile Run | |
| Kara Wastler | 5:40.59 |
| Gwen Massey | 5:40.67 |
| Megan Patton | 6:51.43 |

| | |
|------------------------|----------|
| 3,000-Meter Run | |
| Jennifer Patton | 11:17.26 |
| Christina Aumand | 11:55.00 |

| | |
|------------------------|----------|
| 5,000-Meter Run | |
| Jennifer Patton | 19:57.29 |
| Christina Aumand | 20:59.60 |

| | |
|--------------------------|---------|
| 4x400-Meter Relay | |
| FSU A | 4:17.02 |

| | |
|--------------------------|---------|
| 4x200-Meter Relay | |
| FSU A | 1:42.71 |

| | |
|------------------------------|----------|
| Distance Medley Relay | |
| FSU A | 14:08.28 |

| | |
|-------------------|-------|
| Pole Vault | |
| Melissa Ray | 2.59m |

Frostburg State University Track & Field

INDOOR ALL-AMERICANS

1984

Vicki Proctor 400-Meter Dash

1985

Gail Brown 55-Meter Hurdle

1986

Gail Brown 55-Meter Hurdles

Kathy Crotty High Jump

Charlene Johnson Triple Jump

1987

Gail Brown 55-Meter Hurdles

. 4x400-Meter Relay

Carole Cress 4x400-Meter Relay

Angie Terrell 4x400-Meter Relay

Diane Watson 400-Meter Dash

. 4x400-Meter Relay

1990

Gina Bowman Shot Put

1998

Jennifer Yarnall 55-Meter Hurdles

2006

Sumer Rohrs 55-Meter Hurdles

2007

Sumer Rohrs 55-Meter Hurdles

Anna Routzahn High Jump

INDOOR NATIONAL CHAMPIONS

1986

Gail Brown 4x100m Relay

Angie Terrell 4x100m Relay

Diane Watson 4x100m Relay

Vicki Proctor 4x100m Relay

2007

Sumer Rohrs 55-Meter Hurdles

OUTDOOR ALL-AMERICANS

1981

Gail Glave Heptathlon

Val Pearce 400-Meter Hurdles

1982

Gail Glave Heptathlon

. 4x100-Meter Relay

. 4x400-Meter Relay

Melissa Hill 100-Meter Dash

. 200-Meter Dash

. 400-Meter Dash

. 4x100-Meter Relay,

. 4x400-Meter Dash

Val Pearce 400-Meter Hurdles

. 4x100-Meter Relay

. 4x400-Meter Relay

Pam Phillips 400-Meter Dash

. 4x100-Meter Relay

. 4x400-Meter Relay

1983

Val Pearce 400-Meter Hurdles

1984

Gail Brown 100-Meter Hurdles

. 400-Meter Hurdles

. 4x100-Meter Relay

. 4x400-Meter Relay

Vicki Proctor 400-Meter Dash

. 4x100-Meter Relay

. 4x400-Meter Relay

Angie Terrell 4x100-Meter Relay

. 4x400-Meter Relay

1985

Tammie Mins Triple Jump

Vicki Proctor 4x100-Meter Relay

. 4x400-Meter Relay

Angie Terrell 4x100-Meter Relay

. 4x400-Meter Relay

Diane Watson 4x100-Meter Relay

. 4x400-Meter Relay

1986

Gail Brown 100-Meter Hurdles

. 4x100-Meter Relay

. 4x400-Meter Relay

Vicki Proctor 4x100-Meter Relay

. 4x400-Meter Relay

Susan Terrell 4x100-Meter Relay

. 4x400-Meter Relay

Diane Watson 4x100-Meter Relay

. 4x400-Meter Relay

Diane Watson 200-Meter Dash

. 4x100-Meter Relay

. 4x400-Meter Relay

1987

Gina Bowman Shot Put

Gail Brown 100-Meter Hurdles

. 4x100-Meter Relay

. 4x400-Meter Relay

Carole Cress 4x100-Meter Relay

. 4x400-Meter Relay

Angie Terrell 4x100-Meter Relay

. 4x400-Meter Relay

Diane Watson 200-Meter Dash

. 4x100-Meter Relay

. 4x400-Meter Relay

1988

Betty Barnes 4x100-Meter Relay

Carole Cress 400-Meter Dash

. 4x100-Meter Relay

Cynthia Fikes Long Jump

. 4x100-Meter Relay

Robin Scott 4x100-Meter Relay

1989

Betty Barnes 100-Meter Dash

Gina Bowman Shot Put

Jenny Hawk Javelin

Tracy Wrenn 1,500-Meter Run

1990

Betty Barnes 100-Meter Dash

. 200-Meter Dash

Gina Bowman Shot Put

Jenny Hawk Javelin

Tracy Wrenn 800-Meter Run

1996

Jennifer Yarnall 100-Meter Hurdles

1997

Karen Carpenter 5,000-Meter Run

Jennifer Yarnall 100-Meter Hurdles

1998

Jennifer Yarnall 100-Meter Hurdles

2001

Maria Ferguson 100-Meter Dash

2002

Maria Ferguson 100-Meter Dash, 200-Meter Dash

2006

Sumer Rohrs 100-Meter Hurdles

Frostburg State University Track & Field

INDOOR ALL-AMERICANS

| | | |
|-------------|-----------------------------|-------------------|
| 1976 | Carl Schueler | 2-Mile Walk |
| 1977 | Carl Schueler | 10,000-Meter Walk |
| 1978 | Carl Schueler | 2-Mile Walk |
| 1985 | Joseph Barber | 55-Meter Hurdles |
| 1986 | Maynard Hurd | 55-Meter Hurdles |
| 1987 | Joseph Barber | 55-Meter Dash |
| 1988 | Maynard Hurd | 55-Meter Hurdles |
| 1990 | Steven Terry | 55-Meter Dash |
| 1991 | Ray Toppins | Triple-Jump |
| 1992 | Steven Terry | 55-Meter Dash |
| 1999 | Ray Toppins | Triple-Jump |
| 1999 | Steven Schleupner | 55-Meter Dash |
| 1999 | Jermaine McDougal | 55-Meter Dash |
| 1999 | Wayne Sherrard | Shot-Put |
| 1999 | Russell Williams | Triple-Jump |
| 1995 | Ricky Henderson | Triple-Jump |
| 1998 | Michael Teye | 5,000-Meter Run |
| 1999 | Joshua Smith | 55-Meter Hurdles |
| 2001 | Michael Teye | 5,000-Meter Run |
| 2001 | Dante Myles | 55-Meter Dash |
| 2002 | Michael Teye | 5,000-Meter Run |
| 2002 | Dante Myles | 55-Meter Dash |

INDOOR NATIONAL CHAMPIONS

| | | |
|-------------|-------------------------|------------------|
| 1985 | Maynard Hurd | 55-Meter Hurdles |
| 1986 | Maynard Hurd | 55-Meter Hurdles |
| 1987 | Maynard Hurd | 55-Meter Hurdles |
| 1999 | Joseph Barber | 55-Meter Dash |
| 1999 | Michael Teye | 5,000-Meter Run |

OUTDOOR ALL-AMERICANS

| | | |
|-------------|--------------------------|-------------------|
| 1977 | Carl Schueler | 10,000-Meter Walk |
| 1978 | Carl Schueler | 10,000-Meter Walk |
| 1978 | Timothy Gavin | 5,000-Meter Run |
| 1979 | Keith Brady | 4x400-Meter Relay |
| 1979 | Charles Butler | 4x400-Meter Relay |
| 1979 | Tony Christian | 110-Meter Hurdles |
| 1979 | Jon Dudiak | 4x400-Meter Relay |
| 1979 | Tim Gavin | 5,000-Meter Run |
| 1979 | John Philbin | Decathlon |
| 1980 | Michael Savoy | 4x400-Meter Relay |

| | | |
|--------------------------|------------------------------|--------------------------------------|
| Michael Taylor | Triple-Jump | |
| Simon Ware | Triple-Jump | |
| Howard Bailey | 110-Meter Hurdles | |
| 1981 | Gary Alston | 4x100-Meter Relay |
| 1981 | Wayne Cottman | 4x100-Meter Relay |
| 1981 | Allan Pleasants | 4x100-Meter Relay |
| 1981 | James Robinson | 4x100-Meter Relay |
| 1982 | Theodore Suttmeier | Javelin |
| 1982 | Wilbert Allen | 4x100-Meter Relay |
| 1982 | Duane DeVance | High-Jump |
| 1982 | William McKinney | 4x100-Meter Relay |
| 1982 | Allan Pleasants | 4x100-Meter Relay |
| 1982 | Timothy Street | 4x100-Meter Relay |
| 1982 | Lorenzo Waters | 400-Meter Hurdles |
| 1983 | Carlos Acker | 4x100-Meter Relay |
| 1983 | James Chase | 4x100-Meter Relay |
| 1983 | Noel Cyrus | 4x400-Meter Relay |
| 1983 | Vernon Koger | 4x100-Meter Relay |
| 1983 | Garrett Matthews | 4x400-Meter Relay |
| 1983 | Bastiann Prins | 400-Meter Hurdles |
| 1983 | LeMart Salisbury | 4x100-Meter Relay |
| 1983 | Robert Stanley | 110-Meter Hurdles |
| 1983 | Anthony Walker | 4x400-Meter Relay |
| 1983 | Lorenzo Waters | 4x400-Meter Relay |
| 1984 | Ray Toppins | Triple-Jump |
| 1985 | Carlos Acker | 4x100-Meter Relay |
| 1985 | Joseph Barber | 100-Meter Dash, 200-Meter Dash |
| 1985 | Kenneth Buck | 800-Meter Run |
| 1985 | Maynard Hurd | 110-Meter Hurdles |
| 1985 | Vernon Koger | 4x100-Meter Relay |
| 1985 | Steven Terry | 4x100-Meter Relay |
| 1985 | Claude Walker | Triple-Jump |
| 1986 | Carlos Acker | 4x100-Meter Relay |
| 1986 | Joseph Barber | 4x100-Meter Relay, 100-Meter Dash |
| 1986 | Michael Beckwith | 200-Meter Dash |
| 1986 | Michael Beckwith | Discus |
| 1986 | Maynard Hurd | 110-Meter Hurdles |
| 1986 | Andrellos Mitchell | 4x400-Meter Relay |
| 1986 | Steven Terry | 200-Meter Dash, 4x100-Meter Relay |
| 1986 | Ray Toppins | Triple-Jump |
| 1986 | Anthony Walker | 4x400-Meter Relay |
| 1986 | Marcus Wooley | 4x400-Meter Relay |
| 1986 | Leonard Wright | 4x100-Meter Relay, 100-Meter Dash |
| 1987 | Joseph Barber | 100-Meter Dash, 200-Meter Dash |
| 1987 | Joseph Barber | 4x100-Meter Relay, 4x400-Meter Relay |
| 1987 | Michael Beckwith | Discus |
| 1987 | Oliver Kyler | High-Jump |
| 1987 | George Norwood | 4x400-Meter Relay |
| 1987 | Byron Strickland | 4x100-Meter Relay, Long-Jump |
| 1987 | Steven Terry | 100-Meter Dash |
| 1987 | Ray Toppins | 4x100-Meter Relay, 4x400-Meter Relay |
| 1987 | Ray Toppins | Triple-Jump |
| 1987 | Leonard Wright | 4x100-Meter Relay, 4x400-Meter Relay |
| 1988 | Ray Toppins | 200-Meter Dash |
| 1988 | Melvin Proctor | 4x100-Meter Relay |
| 1988 | Steven Schleupner | 4x100-Meter Relay |
| 1988 | Byron Strickland | 4x100-Meter Relay |
| 1988 | Steven Terry | 100-Meter Dash, 200-Meter Dash |
| 1988 | Ray Toppins | 4x100-Meter Relay |
| 1988 | Ray Toppins | Triple-Jump |
| 1990 | Kevin Kenyan | 4x100-Meter Relay |
| 1990 | Jermaine McDougal | 100-Meter Dash, 200-Meter Dash |

| | | |
|--------------------------------|--------------------------------|-----------------------------------|
| Christopher McKinnon | 4x100-Meter Relay | |
| Steven Schleupner | 200-Meter Dash | |
| Wayne Sherrard | Discus | |
| Terrence Venable | 4x100-Meter Relay | |
| 1991 | Jermaine McDougal | 100-Meter Dash, 200-Meter Relay |
| 1991 | Wayne Sherrard | Shot-Put, Discus |
| 1992 | Kevin Kenyan | Javelin |
| 1993 | Michael Alexander | 4x100-Meter Relay |
| 1993 | Glenn Eason | Shot-put |
| 1993 | Steven Forman | 4x100-Meter Relay |
| 1993 | Christopher McKinnon | 4x100-Meter Relay |
| 1993 | Germaine Norman | 4x100-Meter Relay |
| 1994 | Michael Alexander | 4x100-Meter Relay |
| 1994 | Steven Forman | 4x100-Meter Relay |
| 1994 | Christopher McKinnon | 4x100-Meter Relay |
| 1994 | Germaine Norman | 4x100-Meter Relay |
| 1996 | Joshua Smith | 110-Meter Hurdles |
| 1997 | Michael Teye | 5,000-Meter & 10,000-Meter Run |
| 1998 | Joshua Smith | 110-Meter Hurdles |
| 1998 | Michael Teye | 10,000-Meter Run |
| 1999 | Michael Teye | 5,000-Meter & 10,000-Meter Run |
| 2000 | Ockeem Ellis | 4x100-Meter Relay |
| 2000 | Karold Gray | 4x100-Meter Relay |
| 2000 | Lee Jarrett | 4x100-Meter Relay |
| 2000 | Dante Myles | 100-Meter Dash, 4x100-Meter Relay |
| 2001 | Michael Teye | 5,000-Meter Run, 10,000-Meter Run |
| 2001 | Dante Myles | 100 -Meter Dash, 200-Meter Dash |

OUTDOOR NATIONAL CHAMPIONS

| | | |
|-------------|-----------------------------|-----------------------------------|
| 1978 | Carl Schueler | 10,000-Meter Walk |
| 1982 | Timothy Street | 100-Meter Dash |
| 1982 | Lorenzo Waters | 400-Meter Hurdles |
| 1985 | Maynard Hurd | 110-Meter Hurdles |
| 1986 | Maynard Hurd | 110-Meter Hurdles |
| 1986 | Carlos Acker | 4x100-Meter Relay |
| 1986 | Joseph Barber | 4x100-Meter Relay |
| 1986 | Leonard Wright | 4x100-Meter Relay |
| 1986 | Steven Terry | 4x100-Meter Relay, 100-Meter Dash |
| 1986 | Steven Terry | 200-Meter Dash |
| 1987 | Oliver Kyler | High Jump |
| 1987 | Byron Strickland | 4x100-Meter Relay |
| 1987 | Steven Terry | 4x100-Meter Relay |
| 1987 | Leonard Wright | 4x100-Meter Relay |
| 1987 | Joseph Barber | 4x100-Meter Relay, 200-Meter Dash |
| 1988 | Melvin Proctor | 4x100-Meter Relay |
| 1988 | Steven Schleupner | 4x100-Meter Relay |
| 1988 | Byron Strickland | 4x100-Meter Relay |
| 1988 | Leonard Wright | 4x100-Meter Relay |
| 1991 | Jermaine McDougal | 100-Meter Dash |
| 1999 | Michael Teye | 10,000-Meter Run |
| 1999 | Steven Schleupner | 4x100-Meter Relay |
| 1999 | Byron Strickland | 4x100-Meter Relay |
| 2001 | Dante Myles | 200-Meter Dash |
| 2001 | Michael Teye | 5,000-Meter Run |

Frostburg State University Track & Field

INDOOR RECORDS

| Event | Athlete(s) | Time/Distance | Year |
|-------------------|-------------------------------|---------------|------|
| 55-Meter Dash | Maria Ferguson | 7.22 | 2000 |
| 60-Meter Dash | Maria Ferguson | 7.55 | 2002 |
| 55-Meter Hurdles | Sumer Rohrs | 8.09 | 2007 |
| 60-Meter Hurdles | Sumer Rohrs | 8.72 | 2007 |
| 200-Meter Dash | Maria Ferguson | 25.69 | 2002 |
| 300-Meter Dash | Jessica Cingan | 41.10 | 2006 |
| 400-Meter Dash | Maria Ferguson | 57.73 | 2003 |
| 500-Meter Dash | Maria Ferguson | 1:18.57 | 2003 |
| 600-Meter Run | Jessica Cingan | 1:46.70 | 2007 |
| 800-Meter Run | Diane Ray | 2:15.20 | 1980 |
| 1,000-Meter Run | Kim Gehrke | 3:12.00 | 1981 |
| 1,500-Meter Run | Tracy Wrenn | 4:50.20 | 1989 |
| 3,000-Meter Run | Vicki Avey | 10:22.15 | 1987 |
| 5,000-Meter Run | Vicki Avey | 18:24.49 | 1990 |
| 4x200-Meter Relay | Sumer Rohrs, Ashlee Resh | 1:46.26 | 2006 |
| | Jessica Cingan, Chelsea Lewis | | |
| 4x400-Meter Relay | Gail Brown, Carole Cress, | 4:00.70 | 1987 |
| | Angie Terrell & Diane Watson | | |
| 4x800-Meter Relay | Kim Gehrke, Terry Kane, | 9:48.01 | 1981 |
| | MacGill Dugan & Julie Ethison | | |
| Distance Medley | Lynda Pratt, Kelly Schaefer, | 13:26.40 | 1984 |
| | Sue Shugars & Lonnie Jeffords | | |
| Pole Vault | Cindy Reese | 10-6 | 2003 |
| High Jump | Kathy Crotty | 5-7 | 1986 |
| Long Jump | Lisa Winston | 17-8 | 1981 |
| Triple Jump | Tammie Mims | 36-5 | 1985 |
| Shot Put | Simona Jones | 43-7.5 | 1996 |
| 20-lb. Weight | Tiffany Higgins | 45-8.5 | 1998 |

OUTDOOR TEAM NATIONAL CHAMPIONSHIP FINISHES

| | |
|------|--------|
| 1982 | 2nd |
| 1983 | T-25th |
| 1984 | .8th |
| 1985 | .7th |
| 1986 | T-6th |
| 1987 | T-9th |
| 1988 | .36th |
| 1989 | T-23rd |
| 1990 | T-19th |
| 1991 | T-54th |
| 1995 | T-46th |
| 1996 | T-47th |
| 1997 | T-26th |
| 1998 | T-39th |
| 2001 | T-39th |
| 2002 | T-65th |
| 2006 | .39th |

OUTDOOR RECORDS

| Event | Athlete(s) | Time/Distance | Year |
|-------------------|---------------------------------|---------------|------|
| 100-Meter Dash | Maria Ferguson | 12.03 | 2002 |
| 200-Meter Dash | Maria Ferguson | 24.71 | 2002 |
| 400-Meter Dash | Melissa Hill | 55.59 | 1982 |
| 800-Meter Run | Diane Ray | 2:10.40 | 1980 |
| 1,500-Meter Run | Tracy Wrenn | 4:37.60 | 1989 |
| 3,000-Meter Run | Vicki Avey | 10:25.00 | 1990 |
| 5,000-Meter Run | Karen Carpenter | 17:33.86 | 1997 |
| 10,000-Meter Run | Karen Carpenter | 36:39.28 | 1997 |
| 100-Meter Hurdles | Jennifer Yarnall | 14.22 | 1998 |
| | Summer Rohrs | 14.22 | 2006 |
| 400-Meter Hurdles | Gail Brown | 63.03 | 1985 |
| 4x100-Meter Relay | Gail Brown, Angie Terrell, | 47.41 | 1987 |
| | Carole Cress & Diane Watson | | |
| 4x200-Meter Relay | Gail Brown, Angie Terrell, | 1:43.70 | 1987 |
| | Carole Cress & Diane Watson | | |
| 4x400-Meter Relay | Gail Brown, Diane Watson, | 3:48.60 | 1986 |
| | Angie Terrell & Vicki Proctor | | |
| 4x800-Meter Relay | Vicki Avey, Carole Cress, | 10:08.00 | 1988 |
| | Donyale Thomas & Tanya Verenek | | |
| Sprint Medley | Tanya Smith, Angie Terrell, | 4:23.70 | 1984 |
| | Diane Watson & Lynda Pratt | | |
| Distance Medley | Steph Monticone, Sherri Dodson, | 12:46.00 | 1990 |
| | Vicki Avey & Tracy Wrenn | | |
| Pole Vault | Cindy Reese | 10-6.25 | 2001 |
| High Jump | Robin Scott | 5-6 | 1986 |
| Long Jump | Kathy Crotty | 19-1 | 1985 |
| Triple Jump | Charlene Johnson | 38-3/4 | 1988 |
| Shot Put | Simona Jones | 43-10 | 1996 |
| Discus | Tiffany Higgins | 135-7 | 2000 |
| Javelin | Jenny Hawk | 141-7 | 1990 |
| Hammer | Tiffany Higgins | 134-9 | 1999 |
| Heptathlon | Gail Glave | 4,477 pts. | 1981 |

INDOOR TEAM NATIONAL CHAMPIONSHIP FINISHES

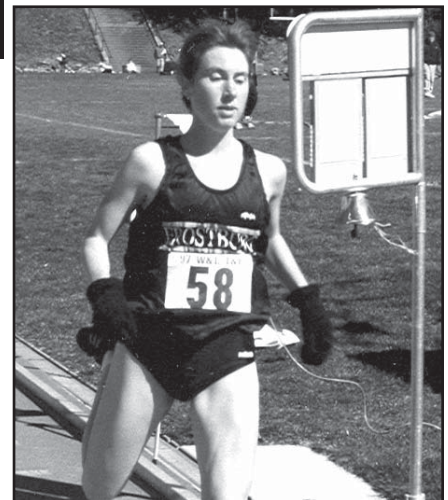
| | |
|------|--------|
| 1985 | 8th |
| 1986 | 10th |
| 1987 | 9th |
| 1990 | T-19th |
| 1996 | T-36th |
| 1998 | T-41st |
| 2000 | T-39th |



Sumer Rohrs - Sixth in 55-Meter Hurdles at the 2006 NCAA Indoor National Championships



Maria Ferguson - Three-Time All-American & Four Event School Record Holder



Karen Carpenter - School Record Holder - 5,000-Meter & 10,000-Meter & Two-Time Cross Country All-American

Frostburg State University Track & Field

INDOOR RECORDS

| Event | Athlete(s) | Time/Distance | Year |
|-------------------|--|---------------|------|
| 55-Meter Dash | Joe Barber | 6.31 | 1987 |
| 55-Meter Hurdles | Maynard Hurd | 7.36 | 1987 |
| 200-Meter Dash | Steve Schlepner | 22.17 | 1990 |
| | Steve Terry | 22.17 | 1988 |
| 300-Meter Dash | Karold Gray | 35.26 | 2001 |
| 400-Meter Dash | Dane Maduro | 49.90 | 1989 |
| 500-Meter Dash | Garrett Matthews | 1:04.20 | 1983 |
| 800-Meter Dash | Brian Bonn | 1:54.72 | 2005 |
| 1,000-Meter Run | Jack Kiley | 2:28.61 | 1983 |
| 1,500-Meter Run | Jack Kiley | 3:52.92 | 1983 |
| 3,000-Meter Run | Rich Hoffman | 8:35.55 | 1982 |
| 5,000-Meter Run | Rich Hoffman | 14:30.50 | 1983 |
| 4x400-Meter Relay | Lorenzo Waters, Noel Cyrus, 3:21.37 | | 1981 |
| | Gary Alston & Dwain Thomas | | |
| 4x800-Meter Relay | Junior McDonald, Noel Cyrus, 7:48.42 | | 1981 |
| | Jack Kiley & Dwain Thomas | | |
| Distance Medley | Jack Arias, Garrett Matthews, 10:25.10 | | 1981 |
| | Jack Kiley & Rich Hoffman | | |
| High Jump | Duane DeVance | 7-0 | 1983 |
| Pole Vault | C.A. Webb | 14-9 | 1985 |
| Long Jump | Joe Barber | 24-5.75 | 1985 |
| Triple Jump | Ray Toppins | 49-2.75 | 1988 |
| Shot Put | Wayne Sherrard | 53-5 | 1991 |
| 35-lb. Weight | Matt Merchant | 47-7.5 | N/A |

MEN'S OUTDOOR NATIONAL CHAMPIONSHIP FINISHES

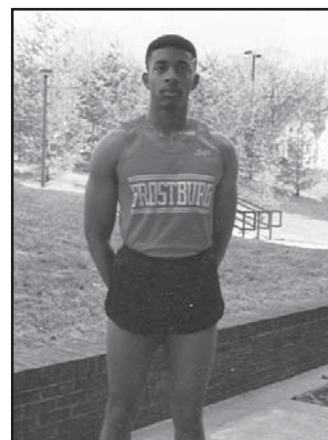
| | |
|------|--------|
| 1977 | 35th |
| 1978 | T-20th |
| 1979 | 4th |
| 1980 | T-15th |
| 1981 | T-28th |
| 1982 | 6th |
| 1983 | 7th |
| 1984 | 18th |
| 1985 | 5th |
| 1986 | 1st |
| 1987 | 1st |
| 1988 | 4th |
| 1990 | 8th |
| 1991 | 9th |
| 1992 | T-47th |
| 1993 | T-35th |
| 1994 | T-47th |
| 1996 | T-32nd |
| 1997 | T-45th |
| 1998 | 40th |
| 1999 | T-12th |
| 2000 | T-16th |
| 2001 | T-3rd |

OUTDOOR RECORDS

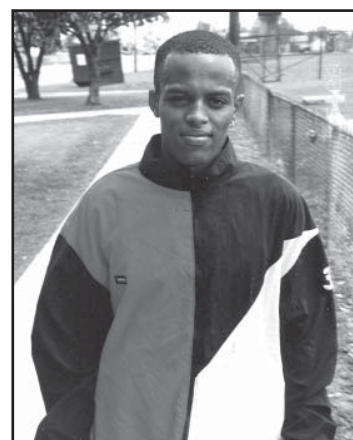
| Event | Athlete(s) | Time/Distance | Year |
|-----------------------|---|---------------|------|
| 100-Meter Dash | Joe Barber | 10.41 | 1981 |
| 200-Meter Dash | Jemaine McDougal | 21.22 | 1991 |
| 400-Meter Dash | Adam Alderton | 48.23 | 1997 |
| 800-Meter Dash | Noel Cyrus | 1:51.90 | 1983 |
| 1,500-Meter Run | Matt Cline | 3:49.10 | 1978 |
| Mile Run | Matt Cline | 4:10.00 | 1978 |
| 3,000-Meter S-Chase | Barry Holder | 9:09.13 | 1983 |
| 3,000-Meter Run | Bob Rimkis | 8:48.20 | 1982 |
| 5,000-Meter Run | Tim Gavin | 14:16.00 | 1980 |
| 10,000-Meter Run | Tim Gavin | 29:58.2 | 1979 |
| Marathon | Jon Maier | 2:29.30 | 1980 |
| 110-Meter Hurdles | Maynard Hurd | 14.01 | 1986 |
| 400-Meter Hurdles | Lorenzo Waters | 52.63 | 1982 |
| 4x100-Meter Relay | Joe Barber, Carlos Acker, Leonard Wright & Steve Terry | 40.39 | 1986 |
| 4x200-Meter Relay | Joe Barber, Maynard Hurd, Leonard Wright & Steve Terry | 1:25.90 | 1987 |
| 4x400-Meter Relay | Keith Brady, Jon Dudiak, Mike Savoy & Charlie Butler | 3:12.38 | 1979 |
| 4x800-Meter Relay | Dave Griffin, Dwight Scriber, Kenny Buck & Richard Carter | 7:37.80 | 1985 |
| High Jump | Duane DeVance | 7-2 | 1983 |
| Pole Vault | C.A. Webb | 15-1 | 1985 |
| Long Jump | Joe Barber | 24-10 | 1987 |
| Triple Jump | Simon Ware | 52-2 | 1980 |
| Shot Put | Wayne Sherrard | 53-10 1/2 | 1991 |
| Discus | Wayne Sherrard | 170-4 | 1990 |
| Javelin (w/ old rule) | Scott Matheny | 230-3 | 1978 |
| Javelin (w/ new rule) | Kevin Kanyan | 218-8 | 2000 |
| Hammer | Matt Merchant | 154-11 | 1997 |
| Decathlon | John Philbin | 6,797 pts. | 1979 |

MEN'S INDOOR NATIONAL CHAMPIONSHIP FINISHES

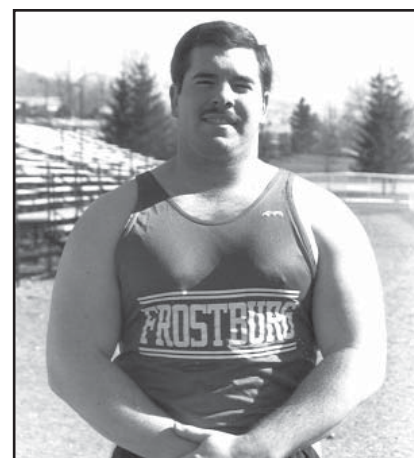
| | |
|------|--------|
| 1976 | T-17th |
| 1977 | T-29th |
| 1978 | T-8th |
| 1985 | 6th |
| 1986 | 1st |
| 1987 | 3rd |
| 1988 | T-15th |
| 1990 | T-27th |
| 1991 | 10th |
| 1992 | T-25th |
| 1995 | T-18th |
| 1998 | T-41st |
| 1999 | T-9th |
| 2001 | T-22nd |



Maynard Hurd - Five-Time All-American and National Champion



Michael Taye - 10-Time All-American - Seven Outdoor/Three Indoor



Wayne Sherrard - Three-Time All-American & School Record Holder (Three Events)

Frostburg State University Track & Field

THE UNIVERSITY

Public, four-year, undergraduate and graduate, liberal arts and sciences and professional studies

DEGREES

B.A., B.S., B.F.A.; M.A., M.B.A., M.Ed., M.S.

ENROLLMENT

4,300 undergraduate; 900 graduate

STUDENT/FACULTY RATIO

17:1; average class size is 19 students

FACULTY

Full-time: 248

Part-time: 109

80% of full-time faculty have doctorates or terminal degrees in their fields

ON-CAMPUS HOUSING

90% of new students live on campus

2,000 residence hall spaces

SPECIAL OPPORTUNITIES

Honors Program

Learning Communities

Internships

Study Abroad

K-12/Secondary Teaching Certification

Collaborative and Dual Degree Programs in Engineering w/ Univ. of Maryland, College Park

B.S. Physics/M.S. Applied Physics Collaborative Program with UMBC

Bachelor's/Juris Doctor Program with Univ. of Baltimore School of Law

B.S. Accounting/M.B.A. Combined Program

Chemistry/Doctor of Pharmacy Dual Degree Program

Career Services

Credit by Examination - CLEP & Advanced Placement

2007-2008 EXPENSES (PER YEAR)

In-State: \$12,748

Out-of-State: \$20,998

Contiguous Counties: \$17,748 *

* *Out-of-state discount for full-time students from the following counties in PA: Bedford, Franklin, Fulton and Somerset; in VA: Loudoun; and in WV: Berkeley, Grant, Hampshire, Jefferson, Mineral and Morgan.*

MAJORS

Accounting

Actuarial Science

Art & Design

Biology

Business Administration

Business Education

Chemistry

Computer Science

Earth Science

Economics

Electrical Engineering

Elem./Early Childhood Educ.

Elementary Education

English Environmental Analysis &

Planning

Foreign Languages & Literature

Geography

Health & Physical Education

History

International Studies

Justice Studies

Liberal Studies

Mass Communication

Mathematics

Mechanical Engineering

Music

Philosophy

Physics

Political Science

Psychology

Recreation

Social Science

Social Work

Sociology

Speech Communication

Theatre

Wildlife & Fisheries

PRE-PROFESSIONAL PROGRAMS

Dental Hygiene

Dentistry

Law

Medical Technology

Medicine

Nursing

Occupational Therapy

Optometry

Pharmacy

Physical Therapy

Veterinary Medicine

SCHOLARSHIPS

Over 200 scholarships are awarded annually from various endowed funds created by individual donors and corporate gifts. Awards, based on academic merit and/or financial need, range from \$250 to \$3,500.

FINANCIAL AID

Eligible students receive need-based grants, loans and work-study arrangements. Approximately 65% of the students at FSU receive some form of financial aid.

HEAD COACH/ATHLETIC DEPARTMENT DIRECTORY

Athletic Director Troy A Dell 687-4462

Associate AD Ruben Stevenson 687-4086

Men's Soccer/Asst. AD Keith Byrnes 687-3072

Baseball/Asst. AD/Compliance Guy Robertson 687-4273

Men's Basketball Webb Hatch 687-3093

Women's Basketball Jody Pepple 687-4466

Cross Country (M & W) Randy Lowe 687-4313

Field Hockey Missy Grosman 687-4476

Football Open TBA

Golf Open TBA

Women's Lacrosse Ashley Manion 687-4273

Women's Soccer Brian Parker 687-4356

Softball Wes Landrum 687-3242

Sports Information Director Noah Becker 687-4371

Swimming (M & W) Troy Strieby 687-7021

Tennis (M & W) Stuart Swink 687-4350

Track & Field (M & W) Dale Luy 687-4243

Women's Volleyball Peter Letourneau 687-7014

Head Athletic Trainer Tony Zaloga 687-4497

Equipment Manager Open 687-4438

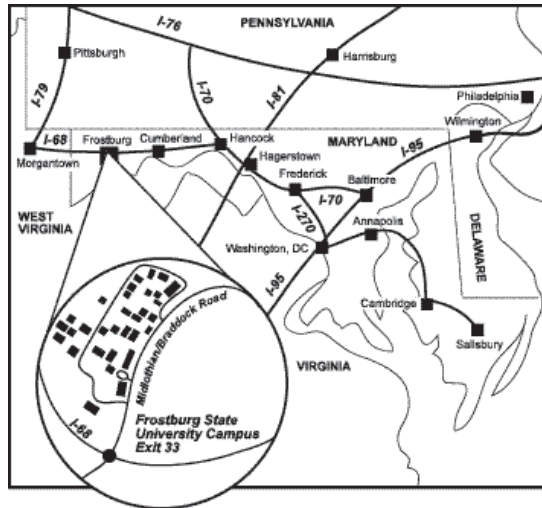
Administrative Assistant II Sandy Cannon 687-4462

Administrative Assistant I Crystal Satterfield 687-4455

Frostburg State University Track & Field

Estimated Travel Time to FSU

| | |
|-------------------|-------------|
| Baltimore | 2 1/2 hours |
| Hagerstown, Md. | 1 hour |
| Harrisburg, Pa. | 2 hours |
| Johnstown, Pa. | 1 hour |
| Morgantown, W.Va. | 1 hour |
| New York | 6 1/2 hours |
| Philadelphia | 4 1/2 hours |
| Pittsburgh | 2 1/2 hours |
| Richmond | 5 hours |
| Salisbury, Md. | 5 1/2 hours |
| Somerset, Pa. | 45 minutes |
| Washington, D.C. | 2 1/2 hours |



Frostburg State University
 101 Braddock Road
 Frostburg, Maryland 21532-1099

Frostburg State University is located in the Appalachian highlands (elevation 2,200 feet) of Western Maryland. The main campus covers 260 acres within the town limits of Frostburg (population 7,300). The University also offers courses in Frederick, Maryland and at the Center in Hagerstown, Maryland. The local region is rich in both history and outdoor activities. Students can visit nearby recreational areas — Rocky Gap, New Germany and Deep Creek Lake State Parks — which offer camping, boating, swimming, hiking and skiing.



From Baltimore

Take I-70 West to I-68 at Hancock, Md. Proceed to exit 33 (second Frostburg exit). Bear right onto Midlothian Road and proceed about one mile to the main entrance to the campus on the left.

From Morgantown, W.Va. and Points West

Take I-68 East to exit 33. Turn left onto Midlothian Road and proceed about one mile to the main entrance to the campus on the left.

From Pittsburgh, Pa. and Points North

Take I-79 South to I-68 at Morgantown, W.Va. Proceed to exit 33. Turn left onto Midlothian Road and proceed about one mile to the main entrance to the campus on the left.

From Washington, D.C.

Take I-270 North towards Frederick, Md. At Frederick, take I-70 West to I-68 at Hancock, Md. Proceed to exit 33 (second Frostburg exit). Bear right onto Midlothian Road and proceed about one mile to the main entrance to the campus on the left.

Frostburg State University is an Affirmative Action/Equal Opportunity Institution. Admission shall be determined without regard to race, color, religion, sex, national origin, age or handicap.

FSU is committed to making all of its programs, services and activities accessible to persons with disabilities. You may request accommodations through the ADA Compliance Office, 301/687-4102, TDD 301/687-7955.

