

# Men's Yearly Records

<u>Year</u>	<u>Indoor Conf.</u>	<u>Indoor NCAA</u>	<u>Outdoor Conf.</u>	<u>Outdoor NCAA</u>	<u>Coach</u>	<u>Indoor Year</u>	<u>Indoor Conf.</u>	<u>Outdoor NCAA</u>	<u>Outdoor Conf.</u>	<u>NCAA</u>	<u>Coach</u>
1923			T-7th	T-19th	Bill Gates	1964	1st		1st		Jim Kehoe
1924			6th		Bill Gates	1965	1st		1st	23rd	Jim Kehoe
1925			DNC		H.C. Curly Byrd	1966	1st	T-4th	1st	14th	Jim Kehoe
1926			7th		H.C. Curly Byrd	1967	1st	T-11th	1st	T-46th	Jim Kehoe
1927			DNC		Geary Eppley	1968	1st		1st	T-46th	Jim Kehoe
1928			8th		Geary Eppley	1969	1st	T-20th	1st	T-10th	Jim Kehoe
1929			DNC		Geary Eppley	1970	1st	T-9th	1st		Nick Kovalakides
1930	3rd		12th		Geary Eppley	1971	1st	T-30th	1st	T-29th	Nick Kovalakides
1931	DNC		DNC		Geary Eppley	1972	1st		1st	T-51st	Nick Kovalakides
1932	DNC		DNC		Geary Eppley	1973	1st		1st		Nick Kovalakides
1933	T-6th		5th		Geary Eppley	1974	1st		1st		Nick Kovalakides
1934	3rd		n/a		Geary Eppley	1975	1st	T-20th	1st	T-40th	Frank Costello
1935	3rd		2nd		Geary Eppley	1976	1st		1st	T-26th	Frank Costello
1936	3rd		6th		Geary Eppley	1977	1st	T-28th	1st	T-36th	Frank Costello
1937	3rd		4th	T-27th	Geary Eppley	1978	1st	T-6th	1st	T-9th	Frank Costello
1938	3rd		3rd		Geary Eppley	1979	1st	6th	1st	T-8th	Frank Costello
1939	2nd		3rd		Geary Eppley	1980	1st	13th	2nd		Frank Costello
1940	2nd		2nd		Geary Eppley	1981	5th	44th	1st		Stan Pitts
1941	3rd		3rd		Geary Eppley	1982	—		3rd	T-53rd	Stan Pitts
1942	3rd		10th		Eddie Quinn	1983	—		4th	T-67th	Stan Pitts
1943	2nd		DNC			1984	—	T-46th	4th	T-75th	Stan Pitts
1944	No meet		No meet			1985	—		5th		Stan Pitts
1945	No meet		No meet			1986	—	T-39th	5th		Stan Pitts
1946	No meet		3rd		Geary Eppley	1987	5th	T-50th	5th	T-50th	Stan Pitts
1947	No meet		3rd		Jim Kehoe	1988	5th		5th		Bill Goodman
1948	No meet		2nd		Jim Kehoe	1989	6th		6th		Bill Goodman
1949	2nd		3rd		Jim Kehoe	1990	8th		6th		Bill Goodman
1950	2nd		3rd		Jim Kehoe	1991	7th		7th		Bill Goodman
1951	3rd		1st		Jim Kehoe	1992	8th		8th		Bill Goodman
1952	1st		1st		Jim Kehoe	1993	8th		8th		Bill Goodman
1953	3rd		1st		Jim Kehoe	1994	8th		8th		Bill Goodman
1954	1st		1st		Jim Kehoe	1995	9th		9th		Bill Goodman
1955	2nd		2nd	T-37th	Jim Kehoe	1996	7th		7th		Bill Goodman
1956	1st		1st		Jim Kehoe	1997	9th		9th		Bill Goodman
1957	1st		1st	T-26th	Jim Kehoe	1998	7th		9th		Bill Goodman
1958	1st		1st		Jim Kehoe	1999	9th		9th		Bill Goodman
1959	1st		1st	36th	Jim Kehoe	2000	9th		9th		Bill Goodman
1960	1st		1st		Jim Kehoe	2001	9th		9th		Bill Goodman
1961	1st		1st		Jim Kehoe	2002	9th		8th		Bill Goodman
1962	1st		1st	8th	Jim Kehoe	2003	9th		9th		Bill Goodman
1963	1st		1st	T-33rd	Jim Kehoe						

Note: ACC indoor meet not held from 1982-86. Southern Conference indoor meet not held from 1944-48. NCAA indoor meet began in 1965.

## A Salute To Hall of Famer James Kehoe



Former Maryland athletic director, track coach and sprinter James "Jim" Kehoe was inducted into the United States Track Coaches Hall of Fame during ceremonies Dec. 5, 1998 at the annual USUCA convention in Orlando, Fla.

Kehoe is one of five former coaches to be inducted in 1998. Others include Bill Dellinger (Oregon), Joe Newton (York High School), Tom Tellez (Houston) and Stan Wright (Texas Southern).

Kehoe completed over 39 years at Maryland, announcing his retirement in 1978 after serving as the Terrapins' athletic director since September 1969. During his tenure as the Terps' top administrator, he spearheaded a nine-year run that produced 40 Atlantic Coast Conference team championships, as compared to just 24 by runner-up North Carolina. He took over an athletic program that operated a \$1.5 million budget with 12 varsity sports, and retired while leaving behind a program operating on a \$3 million budget with 23 varsity teams. Revenue-producing sports were particularly successful, with

football, men's and women's basketball, and lacrosse teams annually representing Maryland in NCAA championship competition and numerous football bowl games.

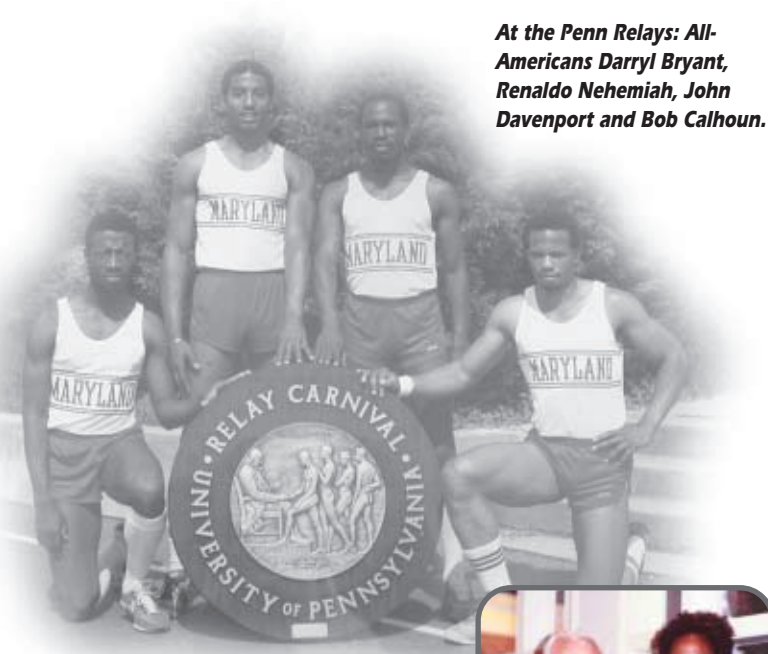
Kehoe's legacy, however, was built largely upon his background first as an athlete, and later a Terrapin coach. After 18 months of military service in the South Pacific where he earned five service medals and a bronze star, he returned to his alma mater where he would guide the Terrapin track program to 48 Southern Conference and ACC conference titles. His teams captured all but one of the ACC indoor and outdoor championships during his 16 years in the league. He also produced eight cross country titles.

He graduated from Bel Air High School and attended the University of Maryland where he was undefeated in dual meet competition as an athlete. A star half-miler in high school, he set Terrapin school records in the two-mile and the half-mile. His half-mile mark of 1:50.7 remained unbroken for 23 years. Kehoe graduated from the university in 1940, and in 1942, following a brief stint as a high school teacher and coach, began military service in World War II.

# Maryland's Rich Track & Field History



**Renaldo Nehemiah was a three-time NCAA Champion at Maryland.**



**At the Penn Relays: All-Americans Darryl Bryant, Renaldo Nehemiah, John Davenport and Bob Calhoun.**



**Track & Field supporter and former Cross Country All-American Col. Tom Fields with All-American Candyce DeLoatch.**

## Alumni Profile: Andy Bilmanis

In my five years as head coach (1969-74), we had some fine young men on our track team. Each made a contribution in one manner or another. The beginning for Andy Bilmanis was far from routine, but the way things turned out for him stands out in my mind.

As a senior at Beltsville's High Point HS, Andy was the 1970 Maryland state AA triple jump champion and record holder at 47' 10" and an All-Metropolitan defensive end. I tried to get him to come to Maryland, but his football coaches convinced him that accepting a full scholarship at the University of Miami was going to be best for him in the long run. He resigned himself to the idea that he had to give up a track career despite having a breakout senior track season, which brought him a lot of college attention late in the year. While he took their advice, after three weeks of three practices a day with the Hurricanes, Andy developed a different view of what was best for him. Ready to hang up his pads, his parents urged him to come home and call the Maryland track coach.

After we made it through the expected rounds of red tape, Andy enrolled at College Park and the next four years included two ICAAAA triple jump championships and the meet record, a PR of 52' 10". He also was a three-time ACC triple jump champ, twice outdoors and once indoors, and a three-time qualifier for the NCAA meet. As seniors, he and fellow jumper, Bill Goodman, were our co-captains.

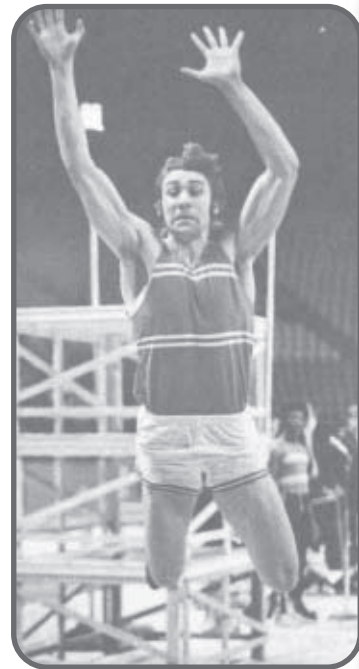
Off the track, Andy was presented the Charles P. McCormick Award as the "Baltimore Area Senior Contributing the Most to Maryland Athletics" and the Maryland Watch Award as the "Best Male Athlete of the Year." He also was inducted into Tau Beta Pi, the engineering honorary fraternity and Omicron Delta Kappa, the national honorary leadership fraternity. At graduation, he was honored as the "Most Outstanding Mechanical Engineer" of his class of '74.

For 29 years, Andy has been in the energy/electricity business as an engineer and manager. For 24 years, he was with the Potomac Electric Power Company power plant division before it was sold to an Atlanta-based international power company. In 1981, he was named the "Maryland Professional Engineer of the Year." Andy resides in southern Maryland and is active in the community.

But it doesn't stop there! He and Mary, his high school sweetheart, got married when he was a junior at Maryland and have since produced "chips off the old block!" Their first-born, Andy, was a state long (24'1") and triple jump (48'10") champion and, with his mechanical engineering degree from the University of Connecticut, is a NASCAR engine designer in Charlotte, NC. Second son, Tim, was a three-time Maryland state AAA discus champion (PR-193'2"). His degrees in systems engineering and economics from the University of Virginia have him working for a Philadelphia investment company and learning to trade on Wall Street. Amy, a junior in high school, is already a three-time Maryland AAA discus champion (PR-152'7") and an AAA shot put champion (PR-38'10").

As for "our" Andy, he thoroughly enjoys coaching his kids, as well as any others at the local high school and his age-group track club who seek his help.....not bad for a guy who had such an uncertain beginning to college.

**— Nick Kovalakides '61  
Former Track and Field All-American and Head Coach**



# Men's NCAA All-Americans



**Al Baginski**



**John Belitza**



**Darryl Bryant**



**Bob Calhoun**



**Mike Corbin**



**John Davenport**



**Dennis Ivory**



**Gerald Johnson**



**James Kirby**



**Per Kristoffersen**



**Rod Kupka**



**Renaldo Nemehiah**



**Jeff Nichols**



**Bill Ohlmacher**

<u>Year</u>	<u>Name</u>	<u>Event</u>	<u>Place</u>	<u>Mark</u>
1942	Tommy Fields	Cross Country		
1957	Burr Grim	Mile	3rd	4:08
1959	Tom Tait	High Jump	T-6th	6-3 3/4
	Bill Johnson	120 High Hurdles	5th	14.6
	Bjorn Anderson	Pole Vault	T-6th	14-0
	Nick Kovalakides	Javelin	5th	227-10
1961	Bill Johnson	60 High Hurdles	3rd	n/a
1962	Chris Stauffer	Intermediate Hurdles	2nd	51.6
	John Belitza	Pole Vault	T-1st	15-3
1963	Chris Stauffer	Intermediate Hurdles	5th	50.9
1965	Frank Costello	High Jump	1st	6-11
	Mike Cole	Long Jump	1st	25-1
	Bob Williams	Pole Vault	T-6th	14-8
	Frank Costello	High Jump	1st	6-11
	Mike Cole	Long Jump	5th	24-1 1/4
1966	Ernie Hearson	Shot Put	5th	58-1
1966	Frank Costello	High Jump	2nd	6-11
	Ed Marks	Long Jump	4th	24-0 1/4
1966	James Lee	220	3rd	21.1
1967	Mike Lockard	440 Relay	6th	41.2
	Elmore Hunter	440 Relay	6th	41.2
	Jack Bickley	440 Relay	6th	41.2
	James Lee	440 Relay	6th	41.2
1968	Ed Marks	Triple Jump	6th	51-3
	Frank Costello	High Jump	5th	6-11
1968	Charlie Schrader	Cross Country		
1969	Charlie Schrader	Cross Country		
1970	Charlie Schrader	Cross Country		
1974	Dan Rincon	Cross Country		
1969	Jack Hanley	Shot Put	5th	59-2 1/4
	John Baker	Mile	3rd	4:04.4
	Dave Reiss	Javelin	3rd	253-2
	Buddy Williamson	Pole Vault	3rd	16-0
	Richard Drescher	Discus	3rd	187-6
1970	Buddy Williamson	Pole Vault	1st	16-6
1970	Marshall Bush	60 High Hurdles	4th	7.2
1971	Vince Struble	Pole Vault	3rd	16-4
	Joe David	High Jump	T-5th	6-8
	Jack Bacon	Javelin	3rd	252-2
1974	Dan Rincon	Cross Country		
1975	Gerald Johnson	Mile Relay	4th	3:18
	John O'Keefe	Mile Relay	4th	3:18
	Jeff Nichols	Mile Relay	4th	3:18
	Bill Ohlmacher	Mile Relay	4th	3:18
	Rod Kupka			
	Dave Watt			
1976	John Davenport	Long Jump	4th	25-9
1977	James Kirby	Javelin		262-6
	John Davenport	Long Jump		25-9

<u>Year</u>	<u>Name</u>	<u>Event</u>	<u>Place</u>	<u>Mark</u>
1978	Renaldo Nehemiah	110 Hurdles	2nd	13.27
	Bob Calhoun	Long Jump	3rd	26-5
	Ian Pyka	Shot Put	6th	62-6 3/4
	Brian Melly	High Jump	2nd	7-2
	Bob Calhoun	440 Relay	5th	39.8
	Greg Robertson	440 Relay	5th	39.8
	Andre Lancaster	440 Relay	5th	39.8
	Renaldo Nehemiah	440 Relay	5th	39.8
	Renaldo Nehemiah	55 Hurdles	1st	7.16
	Greg Robertson	55 Hurdles	3rd	—
	Mike Corbin	High Jump		
1979	Renaldo Nehemiah	55 Hurdles	1st	6.90
	Renaldo Nehemiah	High Hurdles	1st	12.91w
	Dennis Ivory	Triple Jump	2nd	55-3
	Chris Persons	400 Hurdles		49.46
	Greg Robertson	110 Hurdles		13.60
	Darryl Bryant			
1980	Jimmy Green	Mile Relay		
	Darryl Bryant	Mile Relay		
	David Saunders	Mile Relay		
	Chris Person	Mile Relay		
	Chip McCarthy	Pole Vault		
	Chris Person	600		
1981	Bill Thiefelder	High Jump		
	Al Baginski	35-Pound Weight		
	Cornelius Cousins	Triple Jump		
	Chris Person	600		
1982	Per Kristoffersen	1500		
1983	Al Baginski	Discus		
1984	Bill Butler	Pole Vault		
	Per Kristoffersen	3000		
1986	William Skinner	High Hurdles		
1987	William Skinner	High Hurdles		
	Mark Coogan	Steeplechase		

## Maryland's NCAA Champions

<u>Year</u>	<u>Name</u>	<u>Event</u>	<u>Mark</u>
1962	John Belitza	Pole Vault	15-3
1965	Frank Costello	High Jump (Ind.)	6-10
	Frank Costello	High Jump	6-11
	Mike Cole	Long Jump (Ind.)	25-1
1970	Buddy Williamson	Pole Vault (Ind.)	16-6
1978	Renaldo Nehemiah	60 Hurdles (Ind.)	7.16
1979	Renaldo Nehemiah	60 Hurdles (Ind.)	6.90
1979	Renaldo Nehemiah	110 Hurdles	12.91w





# Men's All-Time Records



**Renaldo Nehemiah**

## 100 Meters FAT

10.18	Renaldo Nehemiah	1978
10.24	Darren Walker	1981
10.38	Nick Basciano	1974
10.48	John Carr	2000
10.48	Bob Calhoun	1978
10.49	Roland Merritt	1968
10.49	Jim Lee	1966
10.52	Andre Lancaster	1977
10.55	Les Dixon	1986
10.60	Tony Greene	1971



**Renaldo Nehemiah**

## 200 Meters FAT

20.36	Renaldo Nehemiah	1979
20.92	Roland Merritt	1968
20.96	Andre Lancaster	1977
21.02	Jim Lee	1966
21.12	Nick Basciano	1975
21.32	Don Thrower	1989
21.32	Kevin Hughes	1985
21.32	Marshall Bush	1969
21.34	Steve Lamb	1965
21.42	Manny Rosenberg	1976



**Paul Gittens**

## 400 Meters FAT

46.17	Paul Gittens	1997
46.63	Don Thrower	1989
46.67	Gerald Johnson	1975
46.89	Darryl Bryant	1980
46.97	Chris Stauffer	1963
46.98	Rob Frelow	2002
47.22	Mark Fields	1978
47.37	Steve Lamb	1965
47.57	Burke Wilson	1955
47.61	Harold Manning	2001



**Per Kristoffersen**

## 800 Meters FAT

1:48.92	Per Kristoffersen	1982
1:49.21	Dave Watt	1975
1:49.31	Dick Smith	1963
1:49.77	Dave Ungrady	1979
1:49.82	Ray Oglesby	1982
1:50.22	Jim Kehoe	1940
1:50.30	Joe Morris	1979
1:50.30	Marty Brotemarkle	1970
1:50.30	Dan Danahue	1967
1:50.38	Richard Kelly	1987



**Per Kristoffersen**

## 1500 Meters FAT

3:38.80	Per Kristoffersen	1983
3:42.19	John Baker	1971
3:43.23	Phil Lussier	1985
3:43.74	Tony Garner	1977
3:44.00	Mark Coogan	1987
3:44.01	Greg Herzog	1984
3:46.74	Quentin Howe	1987
3:47.93	Burr Grimm	1957
3:48.60	Russ Rankin	1977
3:49.32	Kevin McGarry	1975



**Dennis Cullinane**

## 5000 Meters FAT

14:03.40	Dennis Cullinane	1986
14:05.85	Mark Coogan	1987
14:07.0	John Green	1979
14:09.57	Martin Green	1979
14:11.9	Dave Cornwell	1978
14:14.6	Jeff Smith	1976
14:17.2	Dan Foley	1985
14:17.6	Rus Taintor	1970
14:20.3	Dave Starnes	1968
14:21.0	Tony Garner	1973



**Al Hamlin**

## Decathlon

7503	Al Hamlin	1975
7498	Vince Reilly	1980
7182	Bill Smith	1982
7131	Bill Butler	1983
6829	Chris McGorty	1981
6826	John Perry	1988
6825	Paul Dubyoski	1978
6387	Chris Rohde	1991
6370	Russ Blewitt	1973
6131	Peter Fayne	1987



**Renaldo Nehemiah**

## 110 Meter High Hurdles FAT

12.91	Renaldo Nehemiah	1979
13.53	William Skinner	1986
13.60	Greg Robertson	1979
13.86	Kelvin McQueen	1993
13.86	Rod Chesley	1977
14.04	Asa Heath	1998
14.08	Bruce Carson	1968
14.17	Jerry Robinson	1989
14.19	Chris Person	1979
14.28	Tyrone Brown	1969
14.28	Bill Johnson	1960



**Chris Person**

## 400 Meter Hurdles FAT

49.46	Chris Person	1980
50.24	Chris Stauffer	1964
50.45	Greg Robertson	1978
51.05	Jeff Nichols	1975
51.54	Jason Joubert	2000
52.34	Jerry Robinson	1989
52.74	Steve Fullerton	1972
53.04	Bruce Carson	1968
53.13	Bill Tipswood	1970



**Martin Green**

## 10,000 Meters FAT

29:16.14	Martin Green	1981
29:46.14	Dave Cornwell	1979
29:53.50	Dennis Cullinane	1984
29:53.55	Jeff Smith	1976
30:01.84	Kevin McGarry	1976
30:02.14	Mike Wilhelm	1977
30:04.01	Dan Rincon	1975
30:04.94	Kevin Conheaney	1975
30:05.20	Ed Hogan	1996



# Men's All-Time Records



**Mark Coogan**

## 3000 Meters S.C.

8:42.43	Mark Coogan	1987
8:42.70	Daniel Foley	1986
8:48.27	Dennis Cullinane	1985
8:54.44	Brian Montgomery	1996
9:00.9	Tom Nave	1990
9:02.0	Jim Hage	1979
9:02.4	Ken Umbarger	1973
9:07.93	Rob Bedell	1990
9:09.9	Jamie Gildard	1975
9:12.8	Eric Hruschka	1989



**Bob Calhoun**

## Long Jump

26-5	Bob Calhoun	1978
26-3/4	Dennis Ivory	1978
25-9	John Davenport	1977
25-5 1/4	Ward Wilson	1982
25-4	Bill Goodman	1973
25-2 1/2	Neville Sinclair	1975
25-1	Mike Cole	1965
24-11	Cedrick Rogers	1999
24-10 3/4	Ed Marks	1966
24-7 3/4	Elliott Garrett	1969
24-6 1/4	Dick Cirner	1968



**Dennis Ivory**

## Triple Jump

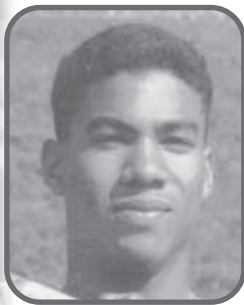
55-3	Dennis Ivory	1978
53-1	Duane Carlisle	1987
52-9	Andy Bilmanis	1974
51-7 3/4	Bill Goodman	1975
51-3	Ed Marks	1968
50-7	Orville Gayle	1983
50-6	Larry Long	1976
50-4	Kent Guthrie	1978
50-2 1/2	Cornelius Cousins	1980



**Mike Pascuzzo**

## High Jump

7-4 1/4	Mike Pascuzzo	1983
7-4 1/4	Bill Thiefelder	1982
7-3 3/4	William Skinner	1987
7-3	Brian Melly	1978
7-2 1/2	Mike Corbin	1979
7-1 1/2	Joe David	1970
7-1 1/4	Doug Richardson	1978
7-1	Bob Smith	1981
7-1	Frank Costello	1966
7-0	Mike Lofty	1984
7-0	Ted Robertson	1981



**John Finney**

## Pole Vault

17-6 1/2	John Finney	1988
17-6	Bill Butler	1983
17-4 1/2	Joe Petrillo	1981
17-4	Jon Warner	1980
17-2	Vince Reilly	1981
17-0 3/4	Vince Struble	1971
17-0	Danny Lamp	1979
17-0	Chip McCarthy	1980
17-0	Dennis Lentz	1981
16-9 1/2	Buddy Williamson	1969



**Alan Baginski**

## Hammer

186-10	Alan Baginski	1980
183-3	Ihekwa Otiji	1997
182-4	Craig Johnson	1973
178-1	John Collins	2002
178-0	James Gondak	2002
171-10	Tom Anderson	1977
165-3	Ed Condon	1994
161-11	Andrew Long	2000



**Jim Kirby**

## Javelin (old implement)

262-6	Jim Kirby	1977
261-4	Jack Bacon	1971
258-10	Dave Reiss	1970
255-2	Jim George	1970
250-0 1/2	Russ White	1965
247-10	Dick Dull	1962
246-7 1/2	Wayne Donelon	1967
239-2 1/2	Nick Kovalakides	1959
235-8	Paul Dubyoski	1976
235-6	Don Fisher	1974



**Alan Baginski**

## Discus

196-0	Alan Baginski	1983
194-2	John Garvey	1984
193-10	Dick Drescher	1969
185-7	Paul Corrigan	1972
178-10 3/4	Scott Vrabel	1984
178-9	Scott Hersh	1976
175-9 1/2	Russ Frame	1971
174-6	Steve Yates	1988
173-7	Tom Anderson	1977
170-1	Steve Colvin	1984



**Ian Pyka**

## Shot Put

64-11 3/4	Ian Pyka	1979
61-2	Jack Hanley	1969
61-0 3/4	Greg Rowe	1983
60-4 1/2	Scott Vrabel	1985
60-0 1/2	Tom Anderson	1977
58-6	Ernie Hearn	1966
58-0	Bill MacLachlon	1972
57-5 1/2	Dave Crimmins	1981
56-2 1/2	Eric Martin	1984
55-10 1/2	Walt Samora	1964

## 35-lb. Weight

65-7	Alan Baginski	1983
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## 4x100 Relay

39.89	1978
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## 4x400 Relay

3:07.20	1975
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**Frank Costello set the then-Maryland high jump record at Maryland in 1966, and later coached the Terps from 1975 through 1980**

# 2004 NCAA Qualifying Standards

## 2004 NCAA Men's Indoor Qualifying Standards

Event	Automatic	Provisional
<b>55 Meters</b>	6.15@	6.25@
<b>60 Meters</b>	6.62@	6.72@
<b>55-Meter Hurdles</b>	7.18@	7.39@
<b>60-Meter Hurdles</b>	7.70@	7.95@
<b>200 Meters</b>		
(Under 200m/220 yds)*	21.25	21.65
(200m/220 yds)*	21.10	21.50
(Banked or Over 200m/220 yds)*	20.85	21.25
<b>400 Meters</b>		
(Under 200m/220 yds)*	46.80	47.95
(200m/220 yds)*	46.55	47.65
(Banked or Over 200m/220 yds)*	46.15	47.25
<b>800 Meters</b>		
(200m/220 yds)*	1:48.90	1:50.80
(Banked or Over 200m/220 yds)*	1:48.30	1:50.20
<b>Mile#</b>		
(200m/220 yds)*	4:00.10	4:05.70
(Banked or Over 200m/220 yds)*	3:59.30	4:04.90
<b>3,000 Meters#</b>		
(200m/220 yds)*	7:57.30	8:09.30
(Banked or Over 200m/220 yds)*	7:56.00	8:08.00
<b>5,000 Meters#</b>		
(200m/220 yds)*	13:54.95	14:16.85
(Banked or Over 200m/220 yds)*	13:53.10	14:15.00
<b>1,600-Meter Relay</b>		
(Under 200m/220 yds)*	3:10.00	3:13.50
(200m/220 yds)*	3:08.50	3:12.00
(Banked or Over 200m/220 yds)*	3:06.90	3:10.40
<b>Mile Relay</b>		
(Under 200m/220 yds)*	3:11.20	3:14.70
(200m/220 yds)*	3:09.70	3:13.20
(Banked or Over 200m/220 yds)*	3:08.10	3:11.60
<b>Distance Medley Relay-Meters#</b>		
(200m/220 yds)*	9:37.25	9:48.00
(Banked or Over 200m/220 yds)*	9:35.00	9:45.75
<b>Distance Medley Relay-Yards#</b>		
(200m/220 yds)*	9:40.75	9:51.50
(Banked or Over 200m/220 yds)*	9:38.50	9:49.25

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

\*-Size of track; #-Altitude adjustment available.

	Metric	Metric
<b>High Jump</b>	2.23	2.177
<b>Pole Vault</b>	5.50	5.30
<b>Long Jump</b>	7.85	7.55
<b>Triple Jump</b>	16.30	15.60
<b>Shot Put</b>	19.50	17.75
<b>35-Pound Weight</b>	21.35	19.50
<b>Heptathlon</b>	5,500 points	5,100 points

## 2004 Men's Outdoor Qualifying Standards

Event	FAT	Altitude Adjustment	
		MT	3k-5,999/6k+
100 Meters	10.50	-	+ .03/+ .06
200 Meters	21.20	-	+ .07/+ .12
400 Meters	47.45	47.2	+ .11/+ .21
800 Meters	1:51.15	1:50.9	
1,500 Meters#	3:50.00	3:49.7	
Mile#	4:08.40	4:08.1	
3,000-Meter Steeplechase#	9:12.00	9:11.7	
5,000 Meters#	14:25.00	14:24.7	
110-Meter Hurdles	14.40	-	+ .04/+ .08
400-Meter Hurdles	52.70	52.4	+ .11/+ .21
400-Meter Relay	40.70	40.4	+ .12/+ .24
440-Yard Relay	40.90	40.6	+ .12/+ .24
1,600-Meter Relay	3:11.50	3:11.2	+ .44/+ .84
Mile Relay	3:12.70	3:12.4	+ .44/+ .84

Metric	Metric
High Jump	2.07
Pole Vault	4.90
Long Jump	7.32
Triple Jump	14.94
Shot Put	16.30
Discus	50.30
Javelin	60.50
Hammer	54.56

## 2004 NCAA Women's Indoor Qualifying Standards

Event	Automatic	Provisional
<b>55 Meters</b>	6.79@	6.93@
<b>60 Meters</b>	7.30@	7.44@
<b>55-Meter Hurdles</b>	7.61@	7.87@
<b>60-Meter Hurdles</b>	8.15@	8.43@
<b>200 Meters</b>		
(Under 200m/220 yds)*	23.90	24.40
(200m/220 yds)*	23.70	24.20
(Banked or Over 200m/220 yds)*	23.50	24.00
<b>400 Meters</b>		
(Under 200m/220 yds)*	53.50	55.10
(200m/220 yds)*	53.20	54.80
(Banked or Over 200m/220 yds)*	52.90	54.50
<b>800 Meters</b>		
(200m/220 yds)*	2:06.05	2:09.40
(Banked or Over 200m/220 yds)*	2:05.65	2:09.00
<b>Mile#</b>		
(200m/220 yds)*	4:39.10	4:49.00
(Banked or Over 200m/220 yds)*	4:38.50	4:48.40
<b>3,000 Meters#</b>		
(200m/220 yds)*	9:16.80	9:35.80
(Banked or Over 200m/220 yds)*	9:16.00	9:35.00
<b>5,000 Meters#</b>		
(200m/220 yds)*	16:16.55	16:46.55
(Banked or Over 200m/220 yds)*	16:15.00	16:45.00
<b>1,600-Meter Relay</b>		
(Under 200m/220 yds)*	3:37.70	3:43.20
(200m/220 yds)*	3:35.70	3:41.20
(Banked or Over 200m/220 yds)*	3:34.50	3:40.00
<b>Mile Relay</b>		
(Under 200m/220 yds)*	3:38.90	3:44.45
(200m/220 yds)*	3:36.90	3:42.45
(Banked or Over 200m/220 yds)*	3:35.70	3:41.25
<b>Distance Medley Relay-Meters#</b>		
(200m/220 yds)*	11:17.00	11:38.00
(Banked or Over 200m/220 yds)*	11:15.00	11:36.00
<b>Distance Medley Relay-Yards#</b>		
(200m/220 yds)*	11:20.50	11:42.20
(Banked or Over 200m/220 yds)*	11:18.50	11:40.20

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

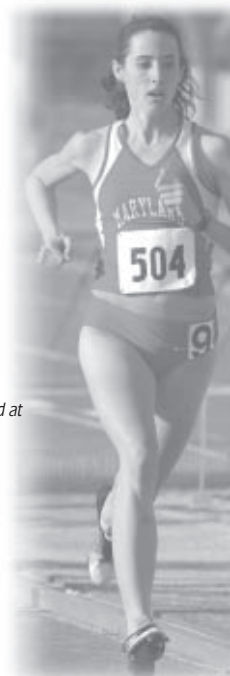
\*-Size of track; #-Altitude adjustment available.

	Metric	Metric
<b>High Jump</b>	1.84	1.78
<b>Pole Vault</b>	4.20	3.95
<b>Long Jump</b>	6.40	6.20
<b>Triple Jump</b>	13.30	12.65
<b>Shot Put</b>	16.50	15.20
<b>20-Pound Weight</b>	19.90	18.50
<b>Heptathlon</b>	4,050 points	3,700 points

## 2004 Women's Outdoor Qualifying Standards

Event	FAT	Altitude Adjustment	
		MT	3k-5,999/6k+
100 Meters	11.80	-	+ .03/+ .07
200 Meters	24.00	-	+ .07/+ .14
400 Meters	55.00	54.7	+ .11/+ .21
800 Meters	2:10.30	2:10.0	
1,500 Meters#	4:31.00	4:30.7	
Mile#	4:52.68	4:52.4	
3,000-Meter Steeplechase# (10-foot pit)	10:50.00	10:49.7	
3,000-Meter Steeplechase# (12-foot pit)	11:00.00	10:59.7	
5,000 Meters#	17:00.00	16:59.7	
100-Meter Hurdles	14.10	-	+ .04/+ .08
400-Meter Hurdles	1:01.50	1:01.2	+ .11/+ .21
400-Meter Relay	46.20	45.9	+ .12/+ .28
440-Yard Relay	46.40 46.1	+ .12/+ .28	
1,600-Meter Relay	3:45.50	3:45.2	+ .44/+ .84
Mile Relay	3:46.70	3:46.4	+ .44/+ .84

Metric	Metric
High Jump	1.70
Pole Vault	3.66
Long Jump	5.90
Triple Jump	12.19
Shot Put	13.90
Discus	45.72
Javelin	41.48
Hammer	51.30







# MARYLAND

**“Strive for clarity, but accept and understand ambiguity.”**

**That phrase captures one way in which an educated person approaches the world and its challenges. Students who graduate from the University of Maryland have been exposed to the tools that allow them to put that perspective to work. Imparting such a perspective may be an ambitious project for undergraduate education, but to aim for anything less would be unworthy of a great university's goals for its students. Thirteen years ago, Promises to Keep, a plan for undergraduate education at Maryland, articulated those goals so eloquently we repeat them here.**

**Undergraduate education at Maryland “aims to provide students with a sense of identity and purpose, a concern for others, a sense of responsibility for the quality of life around them, a continuing eagerness for knowledge and understanding, and a foundation for a lifetime of personal enrichment.”**

**As we learn with and from one another, we try to “develop human values,” “celebrate tolerance and fairness,” “contribute to the social conscience,” “monitor and assess private and collective assumptions,” and “recognize the glory, tragedy and humor of the human condition.” Your years at the University of Maryland can provide you with all the tools you need to accomplish these goals. Students here are “educated to be able to read with perception and pleasure, write and speak with clarity and verve, handle numbers and computation proficiently, reason mathematically, generate clear questions and find probable arguments, reach substantiated conclusions and accept ambiguity.”**

**And we also hope you enjoy the journey.**

# University of Maryland

## The Campus

By virtually every measure of quality, the University of Maryland has gained national recognition as one of the fastest-rising comprehensive research institutions in the country. The momentum of recent years has poised the university to move it into the top ranks of higher education and take leadership in shaping the research university of the 21st century.

The university has enjoyed a decade of momentum in all of the areas that affect quality. The average high school GPA of entering students has zoomed from 3.01 to nearly 3.90, and the average SATs are now more than 1270. The student body is a model of diversity, with minorities making up more than 32 percent of all students, and at least one graduate and undergraduate student from every state in the nation.

The university has 67 graduate and undergraduate programs ranked in the Top 25 by *U.S. News and World Report*, up from just one program in 1991.

Sponsored research and outreach has nearly tripled in the same 10-year period, exceeding \$350 million last year. Private giving also has increased, and the university last year concluded its first campaign by topping its \$350 million goal by more than \$100 million. Alumni Association membership has been growing at an average rate of 10 percent a year since 1992.

One of the largest research universities in the United States, Fall 2002 enrollment was 25,240 undergraduate and 9,561 graduate students. There are 94 undergraduate programs, 89 master's programs, 70 doctoral programs and one first professional degree program. More than 100 centers and institutes are engaged in research and outreach.

Faculty at the University of Maryland, in all fields of knowledge, are engaged at the highest levels of national and international concern. The university's location near the center of federal policy-making and international political and economic activity enables it to play an active role in research and analysis of public policy.

Maryland is one of 30 public universities in the prestigious 63-member Association of American Universities and the only public institution in the Maryland-D.C. area with membership in the nation's most distinguished honor society, Phi Beta Kappa.

## Libraries

Seven libraries make up the University of Maryland library system: McKeldin (main) Library, Architecture Library, Art Library, Engineering and Physical Sciences Library, Hornbake Library, Performing Arts Library and White Memorial (Chemistry) Library.

These libraries constitute the largest university research library institution in the Washington metropolitan area, providing vital resources to researchers, visiting scholars, and businesses throughout the region. The libraries' holdings include more than 2.5 million volumes, 24,000 subscriptions to periodicals and nearly 5 million items available in microfilm format.

## Research

Opportunities for conducting research abound at the University of Maryland, College Park, and in the surrounding area, both for faculty to advance their own expertise and bring their insights into the classroom, and for students to begin their exploration of their unique interests with practical experience. On campus, special facilities and a number of organized research centers, bureaus and institutes promote the acquisition and analysis of new knowledge in the arts, sciences and applied fields.

The university's enviable location — just nine miles from downtown Washington, D.C., and approximately 30 miles from both Baltimore and Annapolis — enhances the research of its faculty and students by providing access to some of the finest libraries and research centers in the country.

## Service

Programs of public service are central to the overall mission of the university. The philosophy is reflected in the wide array of programs and initiatives that benefit the state's business, agriculture and education communities.

With more than 90 high-technology firms in the three-county area of Montgomery, Prince George's and Frederick counties, the university has found abundant opportunity to extend its business and technology outreach programs to the region. Many of these programs are part of the Engineering Research Center, which operates the Technology Advancement Program and the Maryland Industrial Partnerships, programs designed to provide Maryland entrepreneurs and small businesses with research facilities, technical assistance, administrative support and access to technology that will advance their economic base.

The Institute for Systems Research has formed partnerships with major corporations, including Lockheed Martin, Westinghouse, BF Goodrich, Hughes Aircraft and Dupont to apply advanced systems research to solving industry problems in the fields of communications, manufacturing, controls and robotics.

The university last year opened the Clarice Smith Performing Arts Center, with its six state-of-the-art performance halls, which has quickly become a center of cultural programming in the Washington metropolitan area. The university also boasts four art galleries and a broad range of public art throughout the beautiful campus. Additionally intercollegiate, club and intramural sports provide students of all levels an opportunity to participate as spectators or athletes.



## Dr. C.D. Mote

University President  
California '51  
Sixth Year at Maryland

When C. D. "Dan" Mote Jr. became the 19th president of the University of Maryland on Sept. 1, 1998, he proclaimed it a university "on the move." Five years later, under his guidance, Maryland continues to move — at an ever-accelerating rate — on the field, in the classroom, in the community and in the world.

Leading a great university is a big job, but it's a role that Mote is accustomed to, having spent his entire academic career at the University of California at Berkeley, where he earned all his degrees, chaired one of the nation's top-ranked departments of Mechanical Engineering, and eventually became Vice Chancellor for University Relations before coming to Maryland.

The University of Maryland is the State of Maryland's most important asset, says Mote: "The future of the state depends on this university."

As president, Mote is committed to making that asset even greater by nourishing a culture of excellence and civility across the campus, providing the highest quality education for students, strengthening the university's connections with its various stakeholders, building partnerships with State and national corporations and federal agencies and achieving distinction as an institution where discovery takes place every day and everywhere.

The university's progress can be seen in every area, from its nationally-ranked programs to its growing range of partnerships to its world-class, state-of-the-art facilities.

## Quality Programs

Over the past decade, the quality of Maryland's programs has grown by leaps and bounds. In 2003, the University of Maryland moved up to 18th place among public universities in *U.S. News & World Report* rankings, the first time it has broken into the top 20 in its steady climb to distinction. We currently have 49 graduate and undergraduate programs and units ranked in the top 15 by *U.S. News & World Report*, up from 5 eight years ago.

While our academic successes have spread across the board, the university has emerged as a true powerhouse in business, computer science, earth sciences, engineering, environmental policy, education and journalism. Maryland is one of only 10 public and private universities that have their programs in computer science, mathematics, physics, and engineering each ranked in the top 20, and the Robert H. Smith School of Business is one of 6 nationally ranked in both the top 10 Business Faculty in Teaching and the top 10 Business Faculty in Research.

## Faculty Stature

With the addition during Mote's third year of a Nobel Laureate in Physics and three more Pulitzer Prize winners (to join three already on the faculty), Maryland continues to attract the best faculty available. This past year a faculty member was the recipient of the Japan Prize, an award given by the Japanese government in technology that is equivalent to the Nobel prizes. More than 30 of our faculty are members of the national academies, the highest professional recognition attainable.

Experts on the Maryland faculty are regularly sought by the news media for their views on a wide variety of issues, including political events, international affairs, social trends, economics, the environment, science and technology.

## Talented Students

Over the past 10 years, it has become a cliché to announce that each year's new freshman class is the most talented ever. The average GPA of entering students in fall 2003 is 3.9, while the average SAT score is nearly 1,300.

Not surprisingly, the number of students enrolling in honors and other special programs has also skyrocketed in recent years. Our extremely popular living-learning programs, which bring together students with similar academic interests in a residential setting, were ranked 3rd in the country in the latest *U.S. News & World Report*. In the last academic year, over 6,000 students enrolled in such programs as Gemstone, College Park Scholars, and the Hinman CEO Entrepreneurship Program.

## Athletic Excellence

Mote sees athletics as an integral part of the university experience. Indeed athletic success more often than not reflects academic success, he notes. For example, all four of the teams that played in the 2002 NCAA basketball Final Four, including Maryland, are members of the prestigious Association of American Universities, the organization that comprises the leading research and academic universities in North America. "That's no accident," Mote says. "Institutions that are committed to excellence tend to be excellent in every endeavor. Our successes in basketball, lacrosse and other sports reflects our culture of quality as much as our successes in engineering, business, education and journalism."

# Deborah A. Yow

Director of Athletics • 10th Year at Maryland • Elon '74



Deborah A. Yow is in the tenth year of her outstanding tenure as director of athletics at the University of Maryland, a year that has seen unprecedented success and achievement in Maryland athletics. Each year has brought about continued improvement and accomplishment in Terrapin athletics. In Yow's nine years at Maryland, the Terrapins have won a remarkable nine NCAA national championships as Maryland athletics has soared to new heights.

The comprehensive success of Terrapin athletics under Debbie Yow's leadership is a clear and compelling testimony of her values of excellence, teamwork and

accountability.

Likewise, her election to the presidency of the National Association of Collegiate Directors of Athletics three years ago is an indication of the wide respect with which she is regarded among its 6,100 members representing 1,600 colleges in the U.S. and Canada. She was recently singled out by *Street and Smith Sports Business Journal* as one of the leading administrators in the U.S. and she received the Carl Maddox Sport Management Award presented by the United States Sports Academy for excellence in athletics administration. Yow was selected to serve on the U.S. Department of Education's Commission on Opportunities in Athletics to review the status of Federal Title IX regulations, as well as the chair of the Atlantic Coast Conference Committee on Television for the 2003-04 academic year. The committee, comprised of the ACC's athletics directors, is charged with overseeing the league's TV contracts and dealing with issues related to television. Additionally, in May, she was chosen as one of three recipients of the 2003 Women of the Year award by Women in Sports and Events.

Yow, who recently served on the NCAA Management Council and the NCAA Division I Budget Committee, is a strong and steady voice on behalf of intercollegiate athletics in America. Since taking over as AD at Maryland in 1994, she and her staff have:

- Transformed Terrapin athletics into a responsible, goal-oriented organization.
- Balanced all nine of the annual department's budgets (the first balanced budget in the 10 years prior to her arrival). The budget has now reached \$42 million annually and the sizable prior accumulated operating debts have been eradicated.
- Greatly enhanced the academic support services provided for student-athletes, with an enviable exhausted eligibility graduation rate of approximately 85 percent.
- Led the Terrapins to a national all-sports ranking in the upper 15 percent of all NCAA Division I institutions.
- Significantly expanded marketing and fund-raising efforts on behalf of Terrapin athletics. As a result, private gifts to athletics have increased 240 percent and corporate sponsorship revenues have increased by 275 percent during her tenure at Maryland.
- Continued to dramatically improve venues and facilities for the department's 25 teams.
- Implemented a strategic management model.
- Developed a comprehensive Internet strategy with management, marketing and fund-raising applications.
- Significantly improved customer care in every area.

The most recent achievements of Maryland athletics are exceptional:

- Selected recently by *U.S. News & World Report* as one of the Top 20 athletic programs in the nation (for overall quality and competitive excellence).
- In football, won the 2002 Atlantic Coast Conference championship and played in the 2002 Orange Bowl and followed this with an 11-win season and a 30-3 victory over the University of Tennessee in the Peach Bowl in December. In men's basketball, the Terps advanced to the Sweet 16 in the NCAA Tournament following its second consecutive Final Four and the National Championship in 2002. The Terps are among only a few NCAA institutions to have achieved this level in both these revenue sports in the same year.

Additionally, Maryland is one of only five universities to win a National Championship in both basketball and football (UCLA, Michigan, Michigan State, Ohio State and Maryland).

- Hired the Associated Press National Coach of the Year, Brenda Frese, as the new women's basketball coach.



- Hired Dave Cottle, the third-winningest active men's lacrosse coach in the U.S.
- Field Hockey played for the National Championship in 2001.
- Women's Lacrosse has continued its winning ways and has won seven consecutive national championships through 2001.
- Enhancing football facilities significantly with Team House and practice field upgrades.
- Moved into the new \$125 million Comcast Center
- The athletics budget was balanced for the ninth consecutive year.
- In 2002-03, 10 Maryland teams competed in NCAA postseason play.
- The productivity, morale, and the competitive and academic achievement of Terrapin athletics are exceptional and continue to gain momentum.

Regarding the many achievements of Terrapin athletics over the past nine years, Yow says, **"We are pleased, but we are not satisfied... our vision is to be one of the top 10 programs in the nation consistently... we see no reason to settle for less."**

Yow is known for her goal-oriented and proactive management style. She consistently inspires and challenges those around her to **"raise our sights and sharpen our tools... to work hard and smart... to recognize that our only limitations are those that we place upon ourselves."**

As a manager and a leader, she clearly models these principles. She is the only known current AD in NCAA Division I who has hired both the National Coach of the Year in football (while at Maryland) and the National Coach of the Year in men's basketball (while at Saint Louis University). Yow is known as "a coach's AD," while also being highly organized, strategic and proactive leader and administrator. Quite simply, Debbie Yow personifies the relational and management dynamics that are necessary to be an excellent administrator.

A successful former coach at the University of Kentucky and University of Florida, she moved into athletics administration at the University of Florida and the University of North Carolina, Greensboro, followed by a successful tenure as AD at Saint Louis University.

She has authored numerous articles and books on athletics management and human behavior, and is a respected leader in intercollegiate athletics in the United States.

Summing up the entire athletics program, our athletics director recently stated, "We have the finest student-athletes, coaches, support staff and administrative team in America. It is because of their courage, hard work and cooperative spirit that we now have a strong, viable athletic program. I am immensely proud of each of them. I am equally proud of our Terrapin fans who buy tickets, our Terrapin Club members who faithfully support the Maryland athletic program with their donations for scholarships, and the M Club members who serve and give liberally. We are also blessed with a terrific President Dr. Dan Mote, who has fostered a mindset of excellence across our institution. He is a strong and balanced advocate for what he calls 'the three A's of the University — Academics, the Arts and Athletics'. We have a great Terrapin family. That's the foundation for all of our success... and the basis for our bright future. It's a great time to be a Terp."

# Athletics Department

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## Shawn Flynn

Assoc. Athletics Director/Internal Operations  
Second Year in Maryland Athletics  
Pittsburgh/Johnstown '88



Shawn Flynn is in his second year as associate athletics director for internal operations. He is responsible for overseeing men's lacrosse, men's soccer, women's soccer, field hockey, men's and women's track and field and the men's and women's swimming programs.

Flynn came to Maryland in 1988 as a graduate assistant for Intramurals and Sports Clubs with Campus Recreation Services. In 1990 he was hired as the Campus Recreation Coordinator for Facilities and Sports Clubs. In that role he administered a 25-club Sport Club Program in addition to establishing a First-Aid/CPR program. In 1994 his responsibilities expanded when he was promoted to assistant director for facilities and sports clubs.

Two years later Flynn was promoted to associate director for facilities. He played an integral role in the development, opening and operation of two major facility initiatives, the Campus Recreation Center and Ritchie Coliseum. Flynn served as the department liaison with various campus departments and worked with university committees and working groups. Flynn was the event director for the 1999 and 2000 FINA United States Swimming World Cup.

In addition to his work at Campus Recreation Services, Flynn served as the site director for the Nationals Futures Tournament/Super Camp for the United States Field Hockey Association since 1996. He was also a member of the 2000 U.S. Swimming Olympic Trials event team and has assisted the Washington Regional 2012 Coalition.

Flynn earned his bachelor of arts degree in business/economics from the University of Pittsburgh at Johnstown in 1988. He went on to earn a master's in kinesiology with a concentration in sport management from the University of Maryland in 1992.

Flynn and his wife Debbie have two children, Shane (7) and Matthew (3).

Assistant Director, Trademark and Licensing	Joe Ebaugh	314-1203	jebaugh@umd.edu
Administrative Assistant	Adrienne Burrows	314-7072	adrienn@umd.edu

## Operations and Facilities

Assistant Athletics Director/Ops. & Facilities	Chris Nations	314-7126	cnations@umd.edu
Assistant Director of Operations	Aaron Haviland	314-7128	ahavilan@umd.edu
Assistant Director of Operations	Tom Divan	314-7127	tdivan@umd.edu
Operations Intern	Brandi Brister	314-6680	bbrister@umd.edu
Administrative Assistant	Patty Benfield	314-7126	pbenfie@umd.edu
Sports Turf Manager	Rob Anthony	314-7383	
Assistant Groundskeeper	Eric Prunty	314-7383	eprunty@umd.edu

## Sports Medicine

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Assistant to A.D., Men's Basketball	J.J. Bush	314-7132	jibush@umd.edu
Assistant Trainer	Matt Charvat	314-9901	charvat@umd.edu
Assistant Trainer	Deanna Bennett	314-7137	dbennett@umd.edu
Assistant Trainer	Terrence Gee	314-8650	tgee@umd.edu
Assistant Trainer	Andrea Roth	314-7113	ar188@umail.umd.edu
Sports Medicine Intern	Niki McElroy	314-7137	ymcelroy@umd.edu
Sports Medicine Intern	Mike Sypniak	314-7113	msypniak@umd.edu
Sports Medicine Intern	Jason Olszewski	314-9906	jolszew1@umd.edu

## Strength and Conditioning

Strength & Conditioning Coach	Dwight Galt	314-9927	dbgalt@umd.edu
Assistant Strength & Conditioning Coach	Craig Fitzgerald	314-9927	cf97@umail.umd.edu
Assistant Strength & Conditioning Coach	Barry Kagan	314-9927	barkag@umd.edu
Assistant Strength & Conditioning Coach	Corliss White	314-9927	crwhite@umd.edu

## Ticket Office

Assistant Athletics Director/Ticket Operations	Greg Schiller	314-7093	gschille@umd.edu
Associate Ticket Manager	Preston Robinson	405-9273	prestonr@umd.edu
Assistant Ticket Manager	Eloise Jones	314-7084	eejones@umd.edu
Assistant Ticket Manager	Debbie Russell	314-7085	dlrussel@umd.edu

## Video Services

Producer/Video Director	Pat Shannon	314-1278	ps@umd.edu
Assistant Video Director	Sean Kobrin	314-5928	kobes48@hotmail.com
Football Video Director	Mitch Wilkens	314-9903	mjlwikens@hotmail.com

# Academic Support & Career Development

The University of Maryland is committed to providing the highest quality education to all of its students. The Department of Intercollegiate Athletics strives to provide student-athletes excellent opportunities to participate in an intercollegiate athletics program of the highest quality, with the result that their athletics participation becomes an integral and valued component of their total educational experience at the university.

Terrapin student-athletes will find that the same hard work and discipline that has earned them success in athletics competition is also required in the classroom. Balancing the significant time demands and responsibilities required to be a successful student-athlete at the highest collegiate level is no small task. Therefore, as a result of their commitment to representing the university through athletics, Terrapin student-athletes are able to utilize support programs designed to meet their specific needs.

Led by acting associate athletics director Val Sheley, the mission of the Academic Support and Career Development Unit (ASCDU) is to provide quality developmental programs and need-based services that will enhance academic progress, facilitate career development, and encourage the psychosocial growth of all UM student-athletes. **Kathy Fueston** (right) works with the track and field teams.



The Gossett Academic Support and Career Development Center for Terrapin student-athletes, named for long-time Terp supporters Barry and Mary Gossett, is located in the Comcast Center. It features a study center that includes 25 desktop computers, a tutoring center, a classroom, a CHAMPS/Life Skills resource room and individual offices for six professional academic counselors, a director of enrichment programs, an assistant program coordinator and two graduate assistants. In addition, a new academic wing was added to the Gossett football team house last Fall. It features offices for two counselors, a program assistant and the learning specialist, as well as a quiet study area, 29-desk computer lab, classroom, tutor rooms and classroom/lab for the individualized learning program.

**Academic courses, programs and services offered by ASCDU include the following:**

- Student-athlete orientation
- Academic counseling
- NCAA academic eligibility monitoring
- Academic enrichment and career development presentations and workshops
- Accredited tutorial support
- Individualized learning program
- EDCP 108-K (College learning strategies and skills)
- EDCP 108-M (Math learning strategies and skills)
- UNIV 100 (First-year transitions to the university)

## Maryland Gameplan

The Maryland Gameplan is intended to assist graduating Terrapin student-athletes as they begin the job search process. It is distributed to more than 500 corporations and businesses across the country, in addition to being featured on the M Club website. Prospective employers are introduced to our graduating student-athletes with resume information relative to academic, career and personal achievements. The Maryland Gameplan directory is produced annually in collaboration with the M Club.



## Career Networking Night

Because career development is an ongoing process, ASCDU provides a variety of programs for student-athletes throughout the year. Professional assistance with resume-writing, interviewing skills, graduate school search and job search is readily available to all student-athletes. During the spring semester ASCDU hosts the Career Networking Night, where student-athletes can learn about career interests and career planning. Unlike typical "job fairs," the purpose of this program is to allow student-athletes to explore multiple career opportunities by speaking directly to individuals in their chosen areas of interest. Employers at the Career Networking Night recognize the marketable qualities student-athletes have gained through athletic participation. Student-athletes learn about opportunities for internships and full-time jobs.

## Student-Athlete Advisory Council

The Student-Athlete Advisory Council (S.A.A.C.) plays an important role in the Department of Intercollegiate Athletics. It consists of two representatives from each varsity sport and meets on a regular basis with representatives from the athletic administration. The S.A.A.C. mission is to enhance the total student-athlete experience by developing leadership skills, promoting student-athlete welfare and fostering a positive student-athlete image on the Maryland campus, local area and nationally.

## CHAMPS/Life Skills Programs

ASCDU houses the NCAA's (National Collegiate Athletic Association) Challenging Athletes' Minds for Personal Success (C.H.A.M.P.S.) Life Skills Program. The ASCDU staff, in collaboration with various other Department of Intercollegiate Athletics' units and campus resources, strives to provide a systematic personal development program designed to reach each student-athlete based on his or her individual needs. The focus of the program is on the individual academically, athletically and emotionally, and on the changing needs and skills of that individual in the years during college and after graduation. The menu of presentations, workshops and seminars is a comprehensive and balanced system of "life learning" programs promoted for use by each varsity sport team.

## Highlights of the CHAMPS/Life Skills Programs:

- Support efforts of every student-athlete toward intellectual development and graduation
- Use athletics as preparation for success in life
- Meet the changing needs of student-athletes
- Promote respect for diversity among student-athletes
- Enhance interpersonal relationships in the lives of student-athletes
- Assist student-athletes in building positive self-esteem
- Enable student-athletes to make meaningful contributions to their communities
- Promote ownership by the student-athletes of their academic, athletic, personal and social responsibilities
- Enhance partnerships between the NCAA, member institutions and their communities for the purpose of education
- Encourage the development of leadership skills



## CHAMPS/Life Skills Programs Commitment Statements

**Commitment to Academic Excellence** To support the academic progress of the student-athlete toward intellectual development and graduation.

**Commitment to Athletic Excellence** To build philosophical foundations for the development of athletic programs that are broad-based, equitable and dedicated to the well-being of the student-athlete.

**Commitment to Personal Development** To support the development of a well-balanced lifestyle for student-athletes, encouraging emotional well-being, personal growth and decision-making skills.

**Commitment to Career Development** To encourage the student-athlete to develop and pursue career and life goals.

**Commitment to Service** To engage student-athletes in service to his/her campus and surrounding communities.

## Academic Support For Returning Athletes Program

The Academic Support for Returning Athletes Program was created in 1986 to support the academic efforts of former varsity student-athletes at the University of Maryland, College Park. In 1989, ASRAP was assigned by the President's Office to the Academic Achievements Program and enrolled 40 students that year. As a member of the National Consortium for Academics and Sports (NCAS), the University of Maryland is committed to assisting its former athletes with degree completion. A key component of the program is community outreach. Each returning student completes a "workshop" that allows the cost of tuition and fees to be exchanged for community services with youth. In 2002, ASRAP moved into the ASCDU.

# Strength & Conditioning

In the highly competitive collegiate track and field world the pre-competition preparation of the student-athlete is a critical component to the competitive success of any Division I program. Dwight Galt, Maryland's director of strength and conditioning and **Corliss White** (right), who works with the track teams, believe strongly that a solid training program can dramatically improve levels of performance, as well as significantly reduce the chance of injury. The benefit of performing structured strength and power training throughout the entire year has allowed the Terps to reach new levels in physical development.



At the University of Maryland, the maximal development of athleticism is the primary goal of the strength and conditioning program. To accomplish this requires more than just strength and power training in the weight room. Agility, flexibility, conditioning, plyometrics, and nutrition also play critical roles. The Terps' strength staff places substantial emphasis on all these areas, with special attention on the improvement of speed potential. Galt and his staff employ a wide range of state-of-the-art training methods to assist in enhancing all aspects of speed development.



The Terps are fortunate to train in two of the premier weight training facilities in the nation. Conveniently located in the Gossett Team House and Comcast Center, these facilities have excellent aesthetic appeal. The Terps' spacious weight rooms includes 7,200 square feet of functional floor space, with two elevated offices that are easily accessible to the training floor.

# Maryland Facilities



*The brand new, state-of-the-art Comcast Center, home to Maryland Athletics.*



*Kehoe Track & Field Complex*



*The Prince George's County Complex*



*The University of Maryland Golf Course*



*Campus Recreation Center Natatorium*



# Media Information

## Media Guidelines

**Credentials:** Media and photographer credentials for events at Maryland may be obtained by working press, radio and television by writing or calling Amy Mulligan the Maryland Athletic Media Relations Office, 2727 Comcast Center, College Park, MD 20741-0295. All requests should be submitted at least 48 hours prior to the event by phoning the Media Relations Office at (301) 314-7064. Since space is limited, accommodations are on a priority basis: daily newspapers and wire services, originating radio and television stations, national weekly or monthly publications, electronic media outlets, local and regional television crews. Priority is granted to members of the media who cover Maryland athletics on a regular basis, and to visiting media members. Photo passes will be issued only to accredited photographers on assignment.

**Services:** The Media Relations Office will provide complete statistics at the conclusion of every home event. Programs containing rosters and event notes on each team will be provided for the working media.

**Fax Machine:** The Media Relations Office has two facsimile machines, located in Room 2725 Comcast Center, which are available upon request. The primary fax number is (301) 314-9094.

**Terp score updates on your cell phone:** Maryland fans can now get score updates sent directly to their cell phones! Just go to any schedule page at [www.umterps.com](http://www.umterps.com) to sign up for the service.

**Terps on the Web:** For up-to-date game stories, statistics, schedules and results, and other Maryland athletic department information, please locate **www.umterps.com** on the Internet.

### Track Media Contact

Amy Mulligan  
Athletic Media Relations  
Staff Assistant  
University of Maryland  
2725 Comcast Center  
Terrapin Trail  
College Park, MD 20741-0295



### Important Telephone Numbers

- (301) 314-7064 – Media Relations Office
- (301) 314-9094 – Media Relations Fax
- (301) 314-7068 – Mulligan's Office
- (301) 897-1054 – Mulligan's Home
- (301) 314-7457 – Track and Field Office
- (301) 405-7725 – Track and Field Fax
- (301) 314-TERP – Terrapin Fan Phone

**Mulligan's email address:** [mulligan@umd.edu](mailto:mulligan@umd.edu)

**Terps Web Site:** [www.umterps.com](http://www.umterps.com)

## Terps On The Web

For everything you ever wanted to know about the Terps, check out:

**www.umterps.com**



news, stats, photos,  
results, profiles, polls,  
scores, features, tickets.

## Media Outlets

### Newspapers

**Washington Post**  
1150 15<sup>th</sup> Street  
Washington D.C. 20071  
Phone: (202) 334-7350  
Fax: (202) 334-7685  
[www.washingtonpost.com](http://www.washingtonpost.com)

**Washington Times**  
3600 New York Ave. N.E.  
Washington D.C. 20002  
Phone: (202) 636-3269  
Fax: (202) 529-7869  
[www.washingtontimes.com](http://www.washingtontimes.com)

**Baltimore Sun**  
501 North Calvert Street  
Baltimore, Md. 21203  
Phone: (410) 332-6200  
Fax: (410) 783-2518  
[www.sunspot.net](http://www.sunspot.net)

**Montgomery Journal**  
2 Research Court  
Rockville, Md. 20850  
Phone: (301) 816-1427  
Fax: (301) 816-1421  
[www.jrnl.com/mtg/](http://www.jrnl.com/mtg/)

**Prince George's Journal**  
9426 Annapolis Road  
Lanham, Md. 20706  
Phone: (301) 731-8303  
Fax: (301) 731-8363  
[www.jrnl.com/pg/](http://www.jrnl.com/pg/)

**Terrapin Times**  
P.O. Box 993  
Bel Air, Md. 21014  
Phone: (800) 594-9320  
Fax: (410) 256-8838  
[www.superterp.com](http://www.superterp.com)

**Television**  
**Comcast SportsNet**  
7700 Wisconsin Ave.  
Suite 200  
Bethesda Md. 20814  
Phone: (240) 497-3401  
Fax: (301) 718-3324  
[comcastsportsnet.com](http://comcastsportsnet.com)

**Student Media**  
**The Diamondback**  
3136 South Campus  
Dining Hall  
University of Maryland  
College Park, Md. 20742  
Phone: (301) 314-8200  
Fax: (301) 314-8358  
[www.inform.umd.edu/Diamondback/](http://www.inform.umd.edu/Diamondback/)

**WMUC Radio**  
3130 South Campus  
Dining Hall  
University of Maryland  
College Park, Md. 20742  
Phone: (301) 314-7866  
Fax: (301) 314-7879  
[www.wmuc.umd.edu/](http://www.wmuc.umd.edu/)

**National Media**  
**Track and Field News**  
2570 El Camino Real  
Suite 606  
Mountain View, CA 94040  
Phone: (650) 948-8188  
Fax: (650) 948-9445  
[www.trackandfieldnews.com](http://www.trackandfieldnews.com)

**Runner's World Magazine**  
P.O. Box 7307  
Red Oak, IA 51591  
Phone: (800) 666-2828  
[www.runnersworld.com](http://www.runnersworld.com)

**USA Today**  
7950 Jones Branch Drive  
McLean, Va. 22108  
Phone: (703) 854-7629  
Fax: (703) 854-2072  
[www.usatoday.com](http://www.usatoday.com)



The Kehoe Track and Field Complex at Maryland