

**DUQUESNE UNIVERSITY**  
**MEN'S OUTDOOR TRACK & FIELD RECORDS**  
 Through 2011 Season

<b>Event</b>	<b>Record Holder</b>	<b>Time/Dist.</b>	<b>Site</b>
<b>100 m Dash</b>	<b>Paul Blinn</b>	<b>10.69</b>	<b>Atlantic 10 Championship (5/7/11)</b>
110 m High Hurdles	Luchin Lee	15.39	Atlantic 10 Championship (5/7/05)
<b>200 m Dash</b>	<b>V.J. Defreitas</b>	<b>21.80</b>	<b>Atlantic 10 Championship (5/8/11)</b>
400 m Dash	Cedric Love	47.89	Atlantic 10 Championship (5/2/10)
400 m Int. Hurdles	Justin Gunter	53.95	Bucknell Outdoor Heptagonal (4/21/07)
800 m Run	Tim Majewski	1:50.90	Duke Invitational (4/4/09)
1,500 m Run	Tom Slosky	3:48.37	Bucknell Outdoor Heptagonal (4/21/07)
3,000 m Run	Josh Eddy	8:37.93	Bucknell Team Challenge (4/19/08)
3,000 m Steeplechase	Tom Slosky	8:43.39	NCAA Championship Trials (6/6/07)
<b>5,000 m Run</b>	<b>Jim Spisak</b>	<b>14:04.26</b>	<b>IC4A Championship (5/13/11)</b>
10,000 m Run	Mike Stolar	29:35.91	Stanford Invitational (3/26/10)
High Jump	Mike Murawski	6-8.25	Atlantic 10 Championship (5/7/05)
<b>Long Jump</b>	<b>V.J. Defreitas</b>	<b>23-06.75</b>	<b>Atlantic 10 Championship (5/7/11)</b>
<b>Triple Jump</b>	<b>V.J. Defreitas</b>	<b>47-01.00</b>	<b>Duke Invitational (4/9/11)</b>
Pole Vault	Mark Saylor	15-5.00	Bucknell Team Challenge (4/17/10)
Shot Put	Bob Healy	52-4.75	Carnegie Mellon Invitational (4/11/06)
Hammer Throw	Chuck Mohan	183-11	Atlantic 10 Championship (5/7/05)
Discus Throw	Chuck Mohan	171-6	Atlantic 10 Championship (5/7/05)
<b>Javelin Throw</b>	<b>Brian Uhrinek</b>	<b>181.03</b>	<b>Atlantic 10 Championship (5/7/11)</b>
Decathlon	Mike Murawski	6140	Atlantic 10 Championship (5/6/07)
<b>4 x 100m Relay</b>	<b>Chris Pepler Cedric Love Paul Blinn V.J. Defreitas</b>	<b>41.94</b>	<b>Atlantic 10 Championship (5/8/11)</b>
4 x 200m Relay	Todd Mills Aaron Panigall Justin Gunter Luchin Lee	1:29.33	RMU Relays (4/30/05)
<b>4 x 400m Relay</b>	<b>Cedric Love Michael Strein Oliver Dugas Aaron Fitzpatrick</b>	<b>3:14.35</b>	<b>Atlantic 10 Championship (5/8/11)</b>
<b>4 x 800m Relay</b>	<b>Mark Bucklaw Oliver Dugas Adam Shrawder Dave Farina</b>	<b>7:27.75</b>	<b>Atlantic 10 Championship (5/7/11)</b>
4 x 1500m Relay	Zack Dorman Tom Slosky Derek Dutille Gary Malinko	15:50.93	Raleigh Relays (3/24/06)
Distance Medley Relay	Gary Malinko Ed Guelfi Tim Majewski Zack Dorman	9:56.81	Penn Relays (4/28/06)
Sprint Medley Relay	Ryan Wotus Mike Murawski Tim Majewski Ed Guelfi	3:36.07	Raleigh Relays (3/24/06)