

Jeff O'Connell

2006-

Cross Country Results

5K

16:15.2	17th	Catamount Classic	09.15.07
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8K

27:15	11th	Eye Opener Invitational	09.08.07
27:20.16	44th	SoCon Championships	10.28.06
27:30.62	49th	SoCon Championship	10.27.07
27:46.95	16th	Citadel Invitational	09.30.06
27:51	28th	Winthrop Invitational	09.16.06
28:07.87	34th	Citadel Invitational	09.29.07
28:12	58th	Furman Invitational	10.14.06
29:25.02	167th	Disney Classic	10.06.07
	3rd	Eye Opener Invitational	09.09.06

Indoor Track Results

1 Mile

4:38.50	43rd	Tiger Invitational	02.16.08
4:39.14		SoCon Prelims	03.01.08
4:42.11	40th	UNC Invitational	02.02.08

4x400m Relay

3:43.78	5th	SoCon Finals	03.01.08
Witzke, O'Connell, McGoogan, Wilkerson			

Distance Medley Relay

10:51.68	6th	SoCon Finals	03.01.08
Plasencia, Wilkerson, O'Connell, Morgan			

Outdoor Track Results

1,500m

4:10.06	12th	SoCon Finals	04.22.07
4:15.73	11th	Solid Orange Invitational	04.14.07
4:25.97	12th	Charleston Southern Invite	03.08.08

3,000m Steeplechase

9:43.00	5th	SoCon Finals	04.27.08
9:54.45	1st	Furman Invitational	04.12.08
9:55.90	8th	Emory Asics Invitational	03.29.08
9:59.00	7th	Emory Invitational	03.22.08

3,000m

9:18.67	6th	Winthrop Invitational	03.17.07
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5,000m

16:28.42	6th	Furman Invitational	04.07.07
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