

Jeff O'Connell

2006-

Cross Country Results

5K

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| 16:15.2 | 17th | Catamount Classic | 09.15.07 |
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6K

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| 20:22 | 18th | Winthrop Invitational | 10.18.08 |
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8K

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| 27:15 | 11th | Eye Opener Invitational | 09.08.07 |
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| 27:20.16 | 44th | SoCon Championships | 10.28.06 |
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| 27:22 | 44th | Eye Opener Invitational | 09.06.08 |
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| 27:22.30 | 55th | Naval Academy Invite | 09.13.08 |
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| 27:30.62 | 49th | SoCon Championship | 10.27.07 |
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| 27:35.11 | 63rd | SoCon Championship | 11.01.08 |
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| 27:42.90 | 10th | Citadel Invitational | 09.27.08 |
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| 27:46.95 | 16th | Citadel Invitational | 09.30.06 |
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| 27:51 | 28th | Winthrop Invitational | 09.16.06 |
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| 28:07.87 | 34th | Citadel Invitational | 09.29.07 |
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| 28:12 | 58th | Furman Invitational | 10.14.06 |
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| 29:25.02 | 167th | Disney Classic | 10.06.07 |
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| 3rd | | Eye Opener Invitational | 09.09.06 |
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Indoor Track Results

1 Mile

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| 4:38.50 | 43rd | Tiger Invitational | 02.16.08 |
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| 4:38.50 | 18th | Tiger Invitational | 02.21.09 |
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| 4:39.14 | | SoCon Prelims | 03.01.08 |
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| 4:40.56 | 23rd | SoCon Championships | 03.01.09 |
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| 4:42.11 | 40th | UNC Invitational | 02.02.08 |
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4x400m Relay

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

Distance Medley Relay

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

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| 10:58.59 | 9th | ETSU Invitational | 01.29.09 |
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O'Connell, Hess, Gilmer, Clay

3,000m run

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| 9:12.47 | 16th | SoCon Championships | 03.01.09 |
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| 9:23.17 | 41st | ETSU Invitational | 01.29.09 |
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Outdoor Track Results

1,500m

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| 4:10.06 | 12th | SoCon Finals | 04.22.07 |
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| 4:15.73 | 11th | Solid Orange Invitational | 04.14.07 |
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| 4:25.97 | 12th | Charleston Southern Invite | 03.08.08 |
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3,000m Steeplechase

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| 9:39.92 | 6th | SoCon Championships | 04.25.09 |
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| 9:43.00 | 5th | SoCon Finals | 04.27.08 |
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| 9:46.34 | 3rd | LSU Relays | 03.28.09 |
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| 9:46.52 | 2nd | Furman Invitational | 04.11.09 |
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| 9:54.45 | 4th | Emory Invite | 03.21.09 |
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| 9:54.45 | 1st | Furman Invitational | 04.12.08 |
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| 9:55.90 | 8th | Emory Asics Invitational | 03.29.08 |
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| 9:59.00 | 7th | Emory Invitational | 03.22.08 |
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3,000m

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

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| 16:28.42 | 6th | Furman Invitational | 04.07.07 |
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