

NOTRE DAME

STUDENT-ATHLETES



2006 cross country

All-American

Patrick Smyth

*returns as one
of the top distance*

runners for

Notre Dame in

2007.





Brett Adams

5-8 • Senior

Cross Country/Distance

Davenport, Iowa • Assumption H.S.

AS A JUNIOR: Became a full-time varsity runner in his third season with the Irish cross country team ... took eighth at the Notre Dame-hosted National Catholic Championship in 25:18, helping the Irish win the team title ... improved his 8,000-meter performances throughout the season ... ran 24:57 for 56th at the Notre Dame Invitational ... ran 24:50 at the NCAA Pre-National meet ... placed 42nd at the BIG EAST Championship in a time of 24:46 ... ran well at the NCAA Great Lakes Regional, contributing to the team's second-place finish and subsequent automatic NCAA meet qualification with a 60th-place, 32:37 effort over the 10,000-meter course ... competed in his first NCAA Championship on November 20 ... ran 34:21 and gained valuable experience to take into his senior campaign ... continued his focus on the



Cavanaugh and Thomas Chamney ... the team's time of 7:31.39 stands as the eighth-best in school history, and the event win helped Notre Dame go on to take the league title ... concentrated on the 1,500 meters during the outdoor season ... had a career day at the Drake Relays, running 3:47.85 over 1,500 meters to take seventh place and establish a career best ... nearly set another personal-best mark at the Georgia Tech Invitational, placing sixth in the 1,500 meters in a time of 3:47.92 ... narrowly missed out on qualifying for the NCAA Midwest Regional meet ... will be heavily counted on in his final year of eligibility both in cross country and on the track.

AS A SOPHOMORE: Represented the Irish in four cross country meets, running with the team's top seven at the Notre Dame Invitational ... took seventh overall (26:29) to help the Irish win the Valparaiso Invitational ... had a very strong showing at the National Catholic Championship, placing fourth overall in 25:20 ... had a career-best effort at the Notre Dame Invite, covering the 8,000-meter home course in 25:08 ... contributed to a solid Notre Dame showing in the Pre-National open race, finishing ninth in 25:31 ... earned an individual BIG EAST qualification in the

middle distances during the track and field season ... ran 4:12.98 in the mile at the Notre Dame Invitational, earning a berth in the BIG EAST meet ... garnered his second BIG EAST qualification of the season with a 2:28.76 effort in the 1,000 meters at the Meyo Invitational ... earned his fourth-career BIG EAST title and fifth indoor all-conference citation by taking first in the 4x800 meters at the league indoor meet ... was joined on the winning squad by Adam Currie, John

indoor track season at the Meyo Invitational, running the 1,000 meters in 2:29.54 ... won his second career BIG EAST title at the indoor league meet as part of the 4x800 meter relay (7:28.84) with Adam Currie, John Cavanaugh, and Thomas Chamney ... also took first in the BIG EAST distance medley relay with Todd Ptacek, Austin Wechter, and Vinny Ambrico — ran the 800-meter leg as the team posted a time of 9:51.47 ... concluded his indoor season

Career Cross Country Results

2006	
National Catholic Championship	8th
Notre Dame Invitational	56th
Pre-National Meet	95th
BIG EAST Championship	42nd
Great Lakes Regional	60th
NCAA Championship	231st
2005	
Valparaiso Invitational	7th
National Catholic Championship	4th
Notre Dame Invitational	69th
Pre-National Meet	9th*
2004	
National Catholic Championship	2nd*
Notre Dame Invitational	20th*

(* - indicates JV/Gold Division/Open race)

with a 4:13.92 mile at the Alex Wilson Invitational ... ran his top 800-meter time of the outdoor season at the Miami (Ohio) Invitational, covering the distance in 1:53.70 to win the event ... established a career-best 1,500-meter time of 3:51.04 at the Indy Relays, placing third in the event and qualifying for the outdoor BIG EAST meet ... helped the 4x800-meter relay place ninth at the prestigious Drake Relays, running the fifth-best time in school history after reuniting with BIG EAST indoor champion teammates Currie, Cavanaugh, and Chamney to run 7:31.96 ... competed in the 1,500 meters at the outdoor BIG EAST Championships, finishing 18th to conclude his season.

AS A FRESHMAN: Competed in two events during the cross country season ... took second place in the National Catholic JV race and 20th in the Notre Dame Invitational Gold Division race ... ran top 8,000-meter cross country time of 25:17 at the Notre Dame Invitational ... ran well in the middle distances during both track seasons while also serving as a valuable contributor to the distance relays ... won the 800 meters at the Notre Dame Opener with a career best 1:54.19 effort ... qualified for the indoor BIG EAST Championship in the 1,000 meters with a 2:26.54, fifth-place performance at the Meyo Invitational ... formed part of the BIG EAST Champion distance medley relay along with Jordan Powell, Jamal Afridi, and Sean O'Donnell (10:00.17) ... also earned BIG EAST indoor points with the 4x800 meter relay, finishing second in the event with Eric Morrison, Adam Currie, and Todd Ptacek (7:38.09) ... concluded the indoor season with a 4:10.79 mile at the Alex Wilson Invitational ... ran well in the outdoor 1,500 meters at the Stanford Invitational, winning the "B" sections of the event in 3:52.27 ... took fourth in the 800 meters at the Indy Relays (1:53.10) ... competed in the 4x1600 meter relay at the Drake Relays, finishing third with Morrison, Ptacek, and Jake Watson ... ran a split of 4:12.30 in the race ... established a career best in the 1,500 meters at the outdoor BIG EAST meet, running 3:51.61 in the preliminaries ... scored team points by finishing sixth in the event final (3:58.95) ... also ran the 4x800 meter relay at the league meet, placing fifth on a team comprised entirely of freshmen (7:40, Currie, Afridi, Watson) ... ended the season at the Georgia Tech Invitational running 3:57.88 over 1,500 meters.

HIGH SCHOOL AND PERSONAL: Nine-time letterwinner in three sports (cross country, track, and basketball) at

Davenport Assumption High School ... achieved a top-25 ranking in the 1,600 meters ... garnered All-American honors in track as he placed eighth in the 1,500 meters at the Junior National Meet in College Station, Texas ... 2004 Iowa state champion in the 800, 1,600, and 1,600 medley relay ... established state meet records in the 1,600 and the 1,600 medley relay ... owns school marks in the 800, 1,600, 3,200, 4x800 and 1,600 medley relay ... three-time team MVP in track and twice in cross country ... boasts career bests of 1:54.43 (800), 4:14.31 (1,600), 9:31 (3,200), and 15:36 (5,000) ... all-conference runner three times in track and cross country ... became his school's first-ever cross country conference champion ... National Honor Society member ... born Nov. 3, 1985 in Davenport, Iowa ... has three siblings ... enrolled in the College of Arts and Letters as a theology major.



Career Track Bests	
Indoor	
800m	1:54.19
2005 Notre Dame Opener	
1,000m	2:26.54
2005 Meyo Invitational	
Mile	4:10.79
2005 Alex Wilson Invitational	
Outdoor	
800m	1:53.10
2005 Indy Relays	
1,500m	3:47.85
2007 Drake Relays	



Kurt Benninger

5-11 • 5th Year

Cross Country/Distance

Chepstow, Ontario • Walkerton D.S.S.

HONORS & AWARDS

All-American (5)

Cross Country (2005)

Mile (2005)

Distance Medley Relay (2005, 2006)

1,500m (2007)

BIG EAST Individual Champion (3)

1,500 Meters (2006)

Mile (2005)

3,000 Meters (2005)

AS A SENIOR: Co-captained the Irish cross country team, leading the squad back to the NCAA meet once again ... also added his fifth All-America honors to his resume during the outdoor season, placing fifth in the 1,500 meters ... competed in five cross country meets for the Irish ... made his debut at the Notre Dame Invitational, placing 13th ... had an outstanding Pre-National meet, taking seventh overall in 23:40 ... bettered that time in a second-place, All-BIG EAST effort at the BIG EAST Championships (23:31) ... earned his third consecutive all-BIG EAST designation ... stepped up at the Great Lakes Regional to finish seventh and help his team grab an automatic bid to the NCAA meet ... had an off day at the NCAA Championships in Terre Haute, Ind., running 32:55 for 132nd overall ... did not compete during the indoor track season ... focused on the 1,500 meters during the outdoor season ... set a new school record and demolished the field as the anchor on Notre Dame's 4x1,600-meter



relay team at the Drake Relays ... the squad comprised of Benninger, Todd Ptacek, Patrick Smyth and Jake Watson ran 16:21.27 ... ran 3:44.34 in the preliminaries of the 1,500 meters at the BIG EAST Outdoor Championships ... established a top-ten all-time Notre Dame mark in the 1,500m at the Georgia Tech Invitational, running 3:43.74 in a tune-up for the NCAA Mideast Regional ... showed his experience in championship racing at the regional, earning a bid to the NCAA meet with his third-place showing ... ran 3:44.98 in the 1,500m finals, garnering All-Region honors ... was the final qualifier out of the preliminaries of the NCAA 1,500-meter competition, crossing the line in 3:43.34 ... ran a scorching time of 3:39.80 in the finals, taking fifth place and establishing the second-best mark in school history ... earned his fifth career All-American honors and his first in outdoor track ... will return for a fifth year with track eligibility, looking

to add more national awards to his trophy case.

ASA JUNIOR: Every time he toed the line, was a threat to win the race ... earned two more All-America citations, including his first in cross country, to bring his career total to four ... led the Irish at all five meets in which he competed, placing in the top 10 overall each time ... took a strong fifth at the Notre Dame Invitational, running 23:42 over the 8,000-meter home course and helping the team finish second without one of its top five runners ... continued his sterling campaign at the Pre-National Meet, running 23:49 for fourth place ... garnered his best-ever finish at the BIG EAST Championship with a runner-up finish (24:09), helping Notre Dame secure the team title ... ran extremely well at the NCAA Great Lakes Regional, finishing second overall with a 10,000-meter time of 31:06.5 ... achieved the best placement by a Notre Dame male at the NCAA Championships since 2001, taking eighth at the national meet in 29:50.2 for 10,000 meters ... earned All-America honors and helped Notre Dame to a third-place team trophy (highest finish at nationals since 1990) ... kicked off the indoor track season with a bang at the Notre Dame Invitational, running his second sub-four-minute mile in as many years (3:58.77) for the third-best mark in school

history, and just two-hundredths of a second off his personal best ... returned the following week to run in a loaded 3,000-meter field at the Meyo Invitational ... finished second in the race, nearly catching Michigan's Mike Woods at the line in 7:52.28 to break the school record in the event, a mark previously held by Luke Watson (7:54.02) ... his performances in the mile and the 3,000 meters gave him automatic qualifying marks for the NCAA Championships ... missed the BIG EAST indoor meet but returned to action at the Alex Wilson Invitational, anchoring the distance medley relay unit in the mile leg ... helped the Irish squad qualify for the NCAA meet with a school-record performance of 9:33.82, joined by teammates Thomas Chamney, Ryan Postel, and Adam Currie ... competed in the DMR and 3,000 meters at the NCAA Championships — did not finish the 3,000 but helped the relay take sixth

overall, earning All-America honors along with Currie, Postel, and John Cavanaugh ... got a late start to the outdoor season, but debuted well at the Oregon Invitational, where he ran the eighth-best 5,000 meter time in school history to finish seventh in a field that included professionals (13:55.54) ... competed in the 1,500 and 5,000 meters at the outdoor BIG EAST Championships, winning his third BIG EAST title by edging Villanova's Bobby Curtis in the 1,500 meters (3:46.62) ... placed second in the 5,000 meters, bringing his total of career indoor and outdoor all-BIG EAST citations to seven ... also helped the Irish men's team win the 2006 outdoor league title ... in a display of superior range, raced the 800 meters at the Georgia Tech Invitational, running 1:48.8 to qualify regionally in his third event (800, 1,500, 5,000) ... finished ninth overall in the 5,000 meters at the NCAA Mideast Regional ... just missed qualifying for the 5,000-meter NCAA final, posting the 17th-best time in preliminaries with a 14:08.17 mark.

AS A SOPHOMORE: Emerged as one of the premier distance runners in the nation ... finished as Notre Dame's top runner in four of five cross country meets in which he participated ... made his 2004 cross country debut in the Notre Dame Invitational, finishing second in 23:43 ... took eighth at the Pre-National Meet (24:07) before contributing to the team's BIG EAST title at the league cross country championships ... ran in a pack of four Irish runners at the meet, finishing second on the team and seventh overall in 23:54 to earn all-BIG EAST honors ... ran to an outstanding third-place finish at the NCAA Great Lakes Regional,

completing the 10,000 meter course in 30:17 ... competed aggressively at the NCAA Championships, eventually finishing 42nd as Notre Dame's top runner ... had one of the better indoor track seasons in school history ... won the 3,000 meters at the Notre Dame Invitational in convincing fashion with a time of 7:59.39, then the fifth-fastest performance in school history ... competed in the prestigious Meyo Mile at the Meyo Invitational, finishing fourth and breaking four minutes with a 3:58.75 effort ... was the first Irish runner to break four minutes in the mile since Notre Dame distance legend Luke Watson managed the feat in 2003 ... was the second-fastest mile ever run by a Notre Dame athlete (behind Watson) ... performed well at the BIG EAST Indoor Championship ... won both the mile and the 3,000

meters, becoming just the third Notre Dame athlete to win two individual events in the same BIG EAST league meet ... ran 4:12.14 in the finals of the mile and 8:15.22 in the 3,000 meters ... continued his excellent season at the NCAA Indoor Championship ... earned his first career All-American honor in the mile run, taking fourth in 4:02.24 (sixth-fastest in school history) ... also garnered All-American status in the distance medley relay, teaming with Trevor McClain-Duer, Eric Morrison, and Adam Currie to take sixth place ... began the outdoor season by running his first career 5,000 meters at the Stanford Invitational ... ran one of the year's world-leading times and broke Watson's school record with a 13:33.05 performance ... qualified for the NCAA Mideast Regional in the 5,000 meters ... sat out the rest of the outdoor season with an injury.



Career Cross Country Results

2006	
Notre Dame Invitational	13th
Pre-National Meet	7th
BIG EAST Championship	2nd
Great Lakes Regional	7th
NCAA Championship	132nd
2005	
Notre Dame Invitational	5th
Pre-National Meet	4th
BIG EAST Championship	2nd
Great Lakes Regional	2nd
NCAA Championship	8th
2004	
Notre Dame Invitational	2nd
Pre-National Meet	8th
BIG EAST Championship	7th
Great Lakes Regional	3rd
NCAA Championship	42nd
2003	
Notre Dame Invitational	12th
Pre-National Meet	88th
BIG EAST Championship	21st
Great Lakes Regional	38th

Career Track Bests

Indoor	
Mile	3:58.75
2005 Meyo Invitational 3,000m	7:52.28*
2006 Meyo Invitational	
Outdoor	
800m	1:48.80
2006 Georgia Tech Invitational 1,500m	3:39.80
2007 NCAA Championship 5,000m	13:33.05*
2005 Stanford Invitational	
(* - indicates school record)	

AS A FRESHMAN: Contributed as one of the top five runners on the 2003 cross country team and developed well during the 2004 track and field season, eventually qualifying as an individual for the NCAA Outdoor Championship ... began his cross country career with a 12th-place effort at the National Catholic, helping Notre Dame claim the team title ... ran well at the BIG EAST Championship, finishing 21st overall ... also ran at the NCAA Great Lakes Regional, finishing 38th ... qualified for the BIG EAST indoor mile competition at the Meyo Invitational, finishing 10th in the Meyo Mile (4:03.67) ... just missed his first BIG EAST Championship at the league indoor meet, finishing second in the mile with a 4:08.74 effort ... also finished fifth in the 3,000 meters at the BIG EAST meet, crossing the finish line in 8:19.61 ... focused almost exclusively on the 1,500 meters during the 2004 outdoor season, steadily improving his time throughout the year ... once again just missed out on a BIG EAST title, finishing second in the 1,500 meters at the outdoor meet (3:50.03) ... ran a spectacular 3:41.95 in the 1,500 meters at the Georgia Tech Invitational, qualifying for the NCAA Mid-east Regional ... his 3:41.95 time ranked second all-time in Notre Dame track and field history for the outdoor 1,500 meters ... finished an impressive fifth at the NCAA Mid-east Regional in the 1,500 meters, crossing the finish line in 3:51.34 ... appeared in his first NCAA Championship at the outdoor competition, finishing 25th in the 1,500 meters (3:55.13) ... earned all-BIG EAST honors on the only relay in which he competed during the outdoor season, finishing second in the 4x800-meter relay along with teammates Eric Morrison, Kevin Somok and Thomas Chamney.

HIGH SCHOOL AND PERSONAL: One of the top prep cross country and middle distance runners in Ontario over the last four years ... earned a silver medal at the 2003 Pan Am Junior Games, finishing second in the 1,500 meters ... two-time member of the Canadian Junior National Cross Country Team that competed at the World Junior Championships in 2002 and 2003 ... member of the Canadian Junior Track and Field Team that competed at the World Youth Championships in 2001 ... won the 2003 U.S. Junior National 1,500-meter championship after finishing second in 2002 ... placed third



in the 2002 National Junior Cross Country Championship ... holds Walkerton school records in the 800, 1,500 and 3,000 meters ... also holds the Ontario Under-19 outdoor 3,000-meter record (8:10.50) ... posts personal-best performances of 8:10.50 in the 3,000 meters, 3:49.08 in the 1,500 meters and 1:51.61 in the 800 meters ... born Jan. 1, 1985, in Walkerton, Ontario ... oldest of two children ... enrolled in the College of Arts and Letters, pursuing his degree in history.



Dan Curran

5-11 • Senior

Cross Country/Middle Distance
Naperville, Ill. • Naperville North H.S.

AS A JUNIOR: Did not compete during the 2006-07 cross country and track and field seasons.

AS A SOPHOMORE: Ran in three cross country meets ... stepped up into the fifth spot for the injured Kaleb Van Ort at the Notre Dame Invitational, helping the team finish second, running 24:37 over 8,000 meters ... followed up that performance with a 78th-place finish at the Pre-National Meet (24:58) ... also took 54th at the BIG EAST Championship in a Notre Dame team victory ... did not compete during track season due to injury ... poised to do big things if he can avoid the injury bug.

AS A FRESHMAN: Made a strong contribution to the Irish cross country team that was ranked as high as fifth in the nation ... took ninth place overall at the National Catholic Championship, helping the Irish win the team title ... ran his season's top 8,000-meter time of 24:55 in the Notre Dame

Career Cross Country Results

2005	
Notre Dame Invitational	37th
Pre-National Meet	78th
BIG EAST Championship	54th
2004	
National Catholic Championship	9th
Notre Dame Invitational	6th*
Pre-National Meet	7th*
BIG EAST Championship	43rd
(* - indicates Gold Division/Open race)	



Invitational gold race, finishing sixth ... competed in the NCAA Pre-National Meet and took seventh in the open race with a time of 25:10 ... was the lone freshman to compete for Notre Dame at the BIG EAST Championship ... an Achilles injury ended his season after the league meet ... ran well in the indoor track and field season, establishing a personal best time of 8:21 in the 3,000 meters at the Notre Dame Invitational ... set another career-best mark the following weekend at the Meyo Invitational, running 14:33 over 5,000 meters ... qualified for the BIG EAST indoor meet in the 5,000 meters, eventually finishing ninth in 14:42 ... competed in three races during the outdoor season ... qualified for the outdoor league meet in the 10,000 meters.

HIGH SCHOOL AND PERSONAL:

Four-year letter winner in both cross country and track and field at Naperville North High School ... earned Illinois all-state cross country honors in 2003 with an eighth-place finish at the state meet ... also garnered all-state honors in track and field during the 2004 season, finishing fifth in the 3,200 meters ... won the 3,200-meter title at the 2004 Illinois Prep Top Times indoor meet ... cross country and indoor track 1,600-meter conference champion in 2003 ... six-time all-conference honoree and the Naperville Sun 2003 "Cross Country Runner of the Year" ... personal best of 9:17 in the 3,200 meters ... member of National Honor Society and an Illinois State Scholar at Naperville North ... oldest of three children ... identical twin brother Joe runs

cross country and track and field at the U.S. Air Force Academy ... born Oct. 9, 1985 in Downers Grove, Ill. ... enrolled in the Mendoza College of Business as a double major in finance and economics ... earned Dean's List honors his first semester on campus (fall 2004) with 3.80 GPA.

Career Track Bests

Indoor	
3,000m	8:21.77
2005 Notre Dame Invitational	
5,000m	14:33.73
2005 Meyo Invitational	
Outdoor	
10,000m	32:47.85
2005 BIG EAST Championship	



Adam Currie

5-11 • Senior

Cross Country/Middle Distance

Verdun, Quebec • Richelieu Valley H.S.

HONORS & AWARDS

All-American

Distance Medley Relay (2005, 2006)

AS A JUNIOR: One of Notre Dame's outstanding middle distance runners ... set a career best in the 800 meters at the Meyo Invitational, running 1:49.95 for fifth place ... qualified for the BIG EAST Indoor Championship in three events (800m, 1,000m, mile) ... chose to race the 1,000 meters at the league meet, establishing the top time in the preliminaries ... his mark of 2:25.26 was the seventh-best in school history and the fastest of his career ... took fourth in the event final the next day ... earned his fourth career All-BIG EAST honor in the 4x800-meter relay with teammates Brett Adams, John Cavanaugh and Thomas Chamney ... the quartet won the league title and ran the eighth-fastest time ever at Notre Dame ... ran the 1,200-meter leg of the school's distance medley relay at the NCAA Championships in Fayetteville, Ark. ... finished ninth in 9:42.13, just missing All-America honors (along with teammates Cavanaugh, Ryan Postel, and Todd Ptacek) ... focused exclusively on the 800 meters during the outdoor season ... ran on the Irish 4x800-meter relay at the Drake Relays ... the squad of Currie, Cameron Eckert, Cavanaugh, and Chamney finished second in 7:22.42, the second-fastest time in school history ... advanced to the finals of the 800 meters at the outdoor league meet, eventually finishing fifth in 1:52.48 ... earned his second career



outdoor all-conference honors by finishing second with the 4x800 relay in 7:31.27, the seventh-best effort in school history ... ran a season-best 800 meters at the Georgia Tech Invitational ... his time of 1:50.39 gave him sixth place at the meet ... competed at the NCAA Mideast Regional for the second year in a row ... placed 17th in the 800 meters in 1:51.27 ... has his sights set high for 2008 ... poised to take his running to the next level.

SUMMER 2006: Continued his development with strong second-place finish in 800 meters at North American, Central American & Caribbean (NACAC) Under-23 Championships in Santo Domingo, Dominican Republic ... recorded a personal-best time of 1:49.22 and trailed only USC junior Duane Solomon, who

was a top-five finisher in the event at 2006 NCAA Championship (just ahead of current Irish senior Thomas Chamney).

AS A SOPHOMORE:

Key member of the Irish middle distance crew earned his second consecutive All-America honor in the distance medley relay ... earned BIG EAST qualifications in three events during the indoor season, the first coming in the 1,000 meters at the Blue & Gold Invitational (2:25.38), a performance that stands as the sixth-fastest in school history ... took second in the 800 meters at the Notre Dame Invitational, running 1:50.72 to earn another BIG EAST mark ... competed in the prestigious Meyo Mile at the Meyo Invitational, running 4:06.22 ... picked up a pair of all-BIG EAST honors at the indoor league meet ... finished third in the 1,000 meters with a time of 2:26.63 in the final heat ... came

back to help the Irish 4x800-meter relay squad take the league title with a time of 7:28.84, combining with teammates Brett Adams, John

Career Track Bests

Indoor	
800m	1:49.95
2007 Meyo Invitational	
1,000m	2:25.26
2007 BIG EAST Championship	
Mile	4:06.22
2006 Meyo Invitational	
Outdoor	
800m	1:49.22
2006 NACAC Under-23 Championships	
1,500m	3:51.19
Georgia Tech Invitational	

Cavanaugh, and Thomas Chamney to establish the sixth-fastest time in school history ... along with Chamney, Ryan Postel, and Kurt Benninger, took fourth in the distance medley relay at the Alex Wilson Invitational, setting a new school record (9:33.82) and eventually earning a provisional berth into the NCAA Championship ... earned his second All-America citation as part of Notre Dame's sixth-place DMR unit at the NCAA Championship, clocking a time of 9:40.61 with teammates Postel, Cavanaugh and Benninger ... kicked off his outdoor season with a bang at the Stanford Invitational ... finished eighth among 60 competitors in the 'B' sections of the 1,500 meters, running a personal-best time of 3:51.19 to easily qualify for the BIG EAST outdoor meet ... ran the

4x800-meter relay at the Drake Relays with Adams, Cavanaugh, and Chamney, establishing the fifth-best time in school history with a mark of 7:31.96 ... earned points for the eventual BIG EAST champion Irish with a seventh-place effort in the 800 meters at the league outdoor meet ... his time of 1:50.50 in the preliminaries nearly qualified him for the NCAA Mideast Regional and set a career best ... also ran on the 4x800-meter relay team that took second while establishing the third-fastest mark in school history (7:26.04) ... waited until the last meet before the regional to qualify in the 800 meters, running a personal-best 1:49.33 for 10th place at the Georgia Tech Invitational ... competed two weeks later at the NCAA Mideast Regional, missing the final but gaining valuable

experience for the next two years.

AS A FRESHMAN:

Served as Notre Dame's top 800-meter specialist ...took first in the 800 meters at the Notre Dame Invitational, running a career best time of 1:50.29 ...ran 1:51.20 at the competitive Meyo Invitational to finish 11th in the 800 meters ... qualified for the BIG EAST indoor meet in the 800 meters, eventually finishing eighth in the event final ... also competed in the 4x800 meter relay with teammates Eric Morrison, Brett Adams, and Todd Ptacek to finish fifth in 7:38.09 ... ran in the distance medley relay at the NCAA Indoor Championships ... earned All-American honors by finishing sixth along with teammates Morrison, Kurt Benninger and Trevor McClain-Duer ... made his outdoor 800-meter debut at the Stanford Invitational, finishing fifth in a career-best 1:51.09 ... won the 800 meters at the Mike Poehlein Invitational in 1:54.22 ... competed at the

Mount SAC Relays in the 800 meters ... took tenth in the competition with a time of 1:51.83 ... qualified for the outdoor BIG EAST meet in the 800 and finished 12th in 1:52.92 ... ran on Notre Dame's 4x800 meter relay at the league meet, finishing fifth (7:40.22) with fellow freshmen Adams, Jamal Afridi, and Jake Watson ... capped the season with a 26th-place effort (1:52.40) in the 800 meters at the Georgia Tech Invitational.

HIGH SCHOOL AND PERSONAL: Three-sport athlete at Richelieu Valley High School where he lettered all four years in track, cross country, and volleyball ... represented his native Canada at the 2003 Junior Pan American Games as he placed sixth in the 800 meters ... eighth-place finish at the 2004 Canadian Olympic Trials ... bronze medalist at the 2003 Junior National Track Championship in the 800 ... personal bests of 1:50.22 in the 800 meters and 3:54.24 in the 1,500 ... 11-time Provincial Champion in cross country and track ... named team MVP and captain of the volleyball squad three years straight ... nominated for Quebec athlete of the year in 2003 ... named to the 2002 regional all-star team in volleyball ... class valedictorian ... received the T.W. Smith award for being the most outstanding student of his graduating class ... winner of the Governor General's Medal for academic excellence ... born Nov. 24, 1984 in Montreal, Quebec ... has one older brother ... enrolled in the College of Engineering as a mechanical engineering major (3.535 cumulative grade-point average through spring 2006 semester) ... has twice earned Dean's List honors, most recently in the fall 2005 semester when he posted a 3.737 GPA.





6-0 • Senior

Sprints/Hurdles

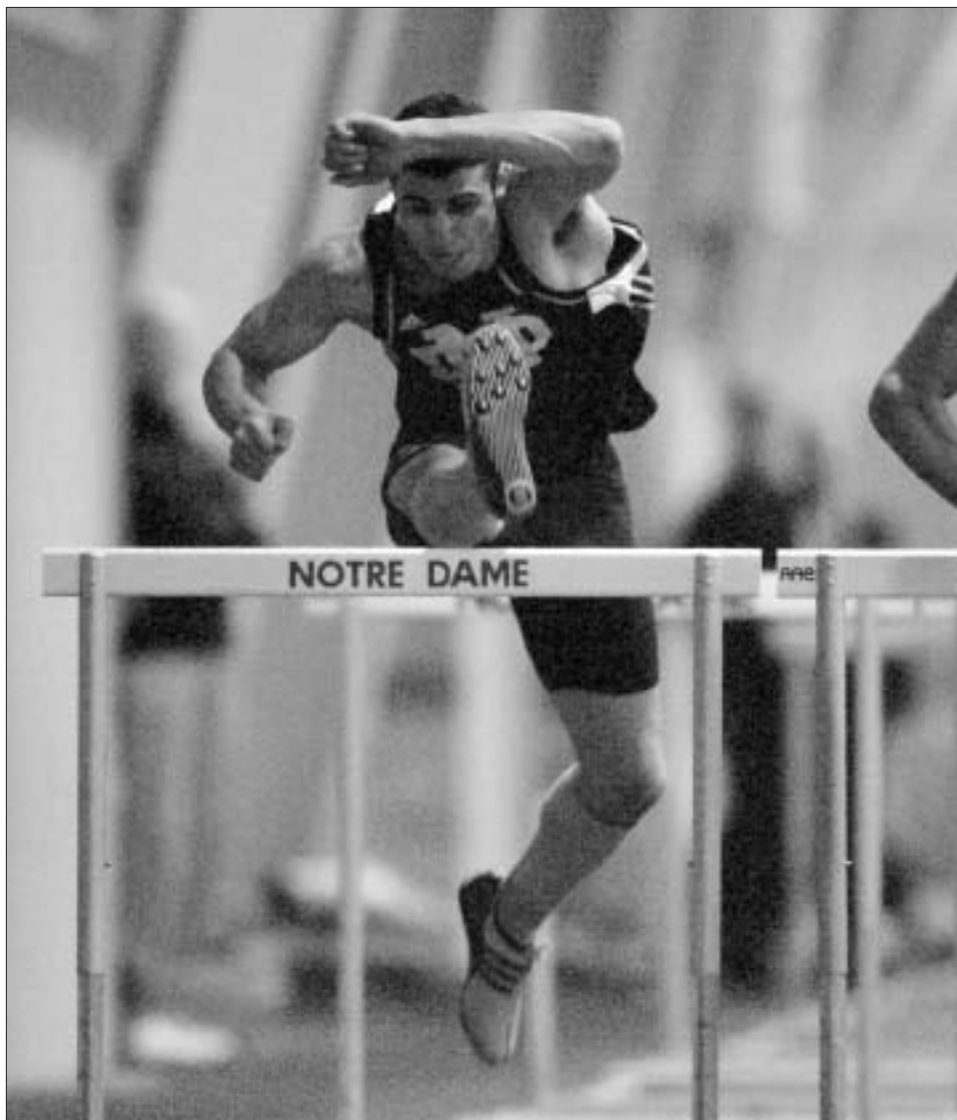
Port Jefferson Station, N.Y.

Comsewogue H.S.

AS A JUNIOR: Reprised his role as he team's top sprint hurdler ... set a career best in the 60-meter hurdles at the Windsor Team Challenge, taking first in the preliminary heats before placing second in the final in 8.25 seconds ... qualified for the indoor BIG EAST Championship final in hurdles ... ran 8.31 to finish eighth in the preliminaries and moving up to seventh in the final with at time of 8.32 seconds ... his points contributed to the Irish team title ... took fifth in the 110-meter hurdles at the Spartan Invitational ... dipped under 15 seconds at the Central Collegiate Championships, running 14.91 seconds in the 110-hurdle prelims ... wound up taking third in the event final ... placed 11th in the BIG EAST outdoor meet preliminaries in 14.92 seconds to close his season ... will be eager to finish his career on a high note during the 2008 season.

AS A SOPHOMORE: Notre Dame's strongest hurdle competitor during the indoor season ... set a personal best in the 60-meter dash (7.29) early on at the Blue & Gold Invitational ... earned a BIG EAST qualification in the 60-meter hurdles at the Notre Dame Invitational, running 8.37 ... wound up taking 10th at the BIG EAST indoor meet, posting a time of 8.40 in the preliminaries ... did not compete during the outdoor track season.

AS A FRESHMAN: One of Notre Dame's hurdle specialists during the 2005 track



season ... ran well at the Notre Dame Indoor Opener, clocking times of 8.30 in the 60-meter hurdles and 7.32 in the 60-meter dash ... placed fourth at the Windsor Team Challenge with an 8.37 mark in the 60-meter hurdles ... qualified for the BIG EAST indoor meet in the 60-meter hurdles, finishing 11th (8.45) at the competition ... concentrated on the 110-meter hurdles during the outdoor campaign ... ran 15.01 in the event at the Indy Relays, finishing fourth ... improved his career best at the Hillsdale Gina Relays by running 14.92 for sixth ... qualified for the BIG EAST Outdoor Championship in the 110-meter hurdles and finished 10th (14.83).

HIGH SCHOOL AND PERSONAL: Accomplished track and football athlete at Comsewogue High School ... collected 10 varsity letters throughout his prep career ... ran sprints and hurdles during the indoor and outdoor track seasons ... earned All-American status by finishing third at the National Scholastic Indoor Track and Field Championship in the 60 meter high hurdles in a state record-tying time of 8.06 ... all-state athlete his junior and senior seasons in

indoor and outdoor track ... nationally ranked in both track seasons as a junior and senior ... seven-time all-conference and all-city performer in track & field ... team captain and MVP five times during his track career ... collected five conference championships in track and was a member of a conference champion football squad ... all-conference receiver/cornerback his senior season ... named most outstanding athlete at his high school ... member of the National Honor Society ... born Sept. 23, 1986 in Stony Brook, N.Y. ... youngest of five children ... enrolled in the Mendoza College of Business as a finance major.

Career Track Bests	
Indoor	
60m	7.29
2006 Blue & Gold Invitational 200m	22.94
2007 Notre Dame Invitational 60m Hurdles	8.25
2007 Windsor Team Challenge	
Outdoor	
110m Hurdles	14.83
2005 BIG EAST Championship	





**Bob
Kueny**

**6-3 • Senior
Sprints**

Lebanon, Mo. • Lebanon H.S.

AS A JUNIOR: Had an outstanding junior year in which he earned a share of the 4x400-meter relay school record ... nearly set a career best in the 400 meters at the Meyo Invitational, running 48.87 in a deep field of competition ... had a huge BIG EAST indoor meet, for which he qualified in both the 400 and 500 meters ... ran what now stands as the fifth-fastest time in school history in the 500-meter preliminaries ... the time of 1:02.75 makes him the third-best athlete to run the 500 in Notre Dame history and put him in sixth place heading into the final ... ended up sixth in the final, posting a time of 1:03.42 ... competed with Jordan Powell, Austin Wechter and Ryan Postel in the 4x400-meter relay at the Alex Wilson Invitational, setting a new school record of 3:08.38 and earning a provisional NCAA meet qualification (they narrowly missed advancement to the meet) ... top performance of the outdoor season came at the Mike Poehlein Invitational, where he covered 400 meters in 50.74 seconds ... leads a strong nucleus of 400-meter talent going into the 2008 season.

AS A SOPHOMORE: Showed progress in the longer sprints ... established a new career best of 48.82 seconds in the 400 meters at the Notre Dame Opener, qualifying for the BIG EAST indoor meet ... earned another BIG EAST qualification with a fifth-



place finish in the 500 meters at the Meyo Invitational (1:05.04); also ran the 400 meters in 48.89 at the meet ... just missed qualifying for the 500-meter final at the BIG EAST indoor meet ... ran the 4x400-meter relay with Austin Wechter, Jordan Powell and Ryan Postel at the Alex Wilson Invitational, posting a time of 3:10.31 to earn an NCAA provisional qualifying mark and set the second-fastest time in school history ... ran the 400 meters exclusively during the outdoor campaign ... set a new career best of 50.00 seconds in the event at the Miami (Ohio) Invitational ... improved the mark at the Central Collegiate Championship, finishing eighth in a personal-best 48.55 seconds ... ran 49.07 for 19th at the BIG EAST outdoor meet ... competed in the 4x400-meter relay at the Georgia Tech Invitational, helping clock the third-best time in school history (3:09.95) with Wechter, Powell, and Postel ... that foursome also qualified for the NCAA Mid-east Regional where it ran 3:10.39, the fourth-fastest mark in school history, but failed to advance to the final.

captured conference championship in track as a junior and regional title the following year ... team captain as a senior for all three varsity squads ... track & field MVP final two seasons ... boasts personal bests of 48.95 in the 400 meters, 23.00 in the 200, and 11.02 in the 100 ... school record-holder in the 400 and as part of the 800 and 1,600 relays ... his 400 record broke a 44-year old standard ... National Honor Society member and senior class vice president ... born Oct. 10, 1985 in Springfield, Mo. ... has four siblings ... his cousin, Emily Greenwood, was a swimmer at Truman State ... enrolled in the College of Arts and Letters as a history major.

AS A FRESHMAN: Competed primarily in the 400 meters for the Notre Dame team ... ran a career-best 400 meters (49.57) in the team's first indoor meet ... qualified for the BIG EAST Indoor Championship in the 400 meters and finished 10th with a 50.69 effort ... also ran in the 4x400 meter relay at the league meet, taking third in 3:18.16 with teammates Trevor McClain-Duer, Jordan Powell, and Austin Weaver ... ran an outdoor season best at the Indy Relays (50.16, third) ... took sixth in the 4x400 meter relay at the BIG EAST Outdoor Championship along with Powell, Austin Wechter and Roberto Garcia.

HIGH SCHOOL AND PERSONAL: Three-sport standout at Lebanon High School (track, soccer, basketball) ... earned nine varsity letters during his prep career ... all-state track athlete his junior campaign ... four-year all-city and all-conference performer in track ... garnered the same honors for two seasons as a defenseman in soccer ...

Career Track Bests	
Indoor	
400m	48.82
2006 Notre Dame Opener	
500m	1:02.75
2007 BIG EAST Championship	
Outdoor	
400m	48.55
2006 Central Collegiate Championship	



James Millar

6-3 • Senior

Cross Country/Distance

Granger, Ind. • St. Joseph's H.S.

AS A JUNIOR: Made one appearance for the Irish cross country team, placing 122nd at the Notre Dame Invitational Gold race ... top performance of the indoor campaign was his career-best 8:45.67 effort in the Meyo Invitational 3,000 meters ... focused exclusively on the 3,000-meter steeplechase outdoors ... ran a career-best time of 9:43.80 in the event at the Spartan Invitational ... local product will look to expand his role on the cross country team and post a few BIG EAST qualifications in 2008.

AS A SOPHOMORE: Made the move from middle distance specialist to cross country runner and miler ... competed in three cross country meets for the Irish ...

placed third on the team and sixth overall at the Valparaiso Invitational, running the 8,000-meter course in 26:28 ... took 24th overall at the National Catholic Championship, running the Notre Dame home course in 26:03 ... nearly broke 26 minutes on the same course during the Notre Dame Invitational Gold Race, taking 43rd place in 26:01 ... ran the mile and 3,000 meters during the indoor season ... top mile time came at the Alex Wilson Invitational where he ran 4:19.49 ... best 3,000-meter performance was run at the Notre Dame Invitational as he covered the distance in 8:48.94 ... ran both the 1,500 and 5,000 meters outdoors ... ran 4:05.44 over 1,500 meters at the Indy Relays ... top 5,000-meter race came at the Hillsdale Gina Relays (15:29.77).

AS A FRESHMAN: Did not compete during the 2004 cross country season ... top performance of the indoor track season came at the Alex Wilson Invitational, covering 800 meters in 1:56.67 ... also ran well at the Meyo Invitational, posting a time of 2:31.89 in the 1,000 meters ... top 800-meter run of the outdoor campaign was 1:58.69 at the Indy Relays.

HIGH SCHOOL AND PERSONAL:

Eight-time letterwinner in cross country and track and field at St. Joseph High School ... took fifth place at the Indiana state championships in the 4x800-meter relay, competing with future Irish teammate Daniel Bradley ... the relay set school, city, conference, regional, and city records and attained the rank of 21st in the nation (7:51.00) ... earned all-conference honors during his junior and senior campaigns in both track and cross country ... cross country team MVP as a sophomore and senior ... captained the track team as a senior ... son of Audrey Lynn and John Millar ... father, John, ran cross country and track at the University of Western Ontario and currently coaches the Irish track and field sprint squads ... born June 27, 1986 in Austin, Texas ... enrolled in the Mendoza College of Business with a major in accounting.



Career Track Bests	
Indoor	
800m	1:56.67
2005 Alex Wilson Invitational 1,000m	2:31.89
2005 Meyo Invitational Mile	4:19.49
2006 Alex Wilson Invitational 3,000m	8:45.67
2007 Meyo Invitational	
Outdoor	
800m	1:58.69
2005 Indy Relays 1,500m	4:05.44
2006 Indy Relays 5,000m	15:29.77
2006 Hillsdale Gina Relays 3,000m Steeplechase	9:43.80
2007 Spartan Invitational	

Career Cross Country Results	
2006	
Notre Dame Invitational	122nd*
2005	
Valparaiso Invitational	6th
National Catholic Championship	24th
Notre Dame Invitational	43rd*
(* - indicates Gold Division race)	





Mike Popejoy

5-11 • Senior
Cross Country/Distance
Wheaton, Ill.
Wheaton-Warrenville South H.S.

AS A JUNIOR: Had a strong junior season both on the cross country course and on the track ... placed ninth at the National Catholic Championship cross country meet ... ran the 8,000-meter course in 25:20 ... placed 114th at the Notre Dame Invitational ... raced well at the NCAA Pre-National meet, covering the course in 25:13 ... closed his season at the BIG EAST Championship, running 24:53 for 47th place ... set several career bests during the indoor track season ... nearly earned a BIG EAST qualification in the 3,000 meters at the Notre Dame Opener, covering the distance in 8:35.13 ... ran the mile in 4:21.28 at the Notre Dame Invitational ... had a great run in the 5,000 meters at the Meyo Invitational, qualifying for the BIG EAST indoor meet with a time of 14:39.56 ... ended up finishing 16th at the league competition ... best 5,000 meters of the outdoor season as a 15:06.30 showing at the Central Collegiate Championship ... had a huge race at the

Career Cross Country Results

2006	
National Catholic Championship	9th
Notre Dame Invitational	114th
Pre-National Meet	34th*
BIG EAST Championship	47th
2005	
Valparaiso Invitational	12th
National Catholic Championship	28th
Notre Dame Invitational	98th*
(* - indicates Gold/Open Division race)	



Stanford Invitational 10,000 meters ... ran 30:39.07 to set a career best and qualify for the BIG EAST outdoor meet ... took 16th in both the 5,000 and 10,000 at the league meet, once again breaking 31:00 in the latter with a time of 30:54.90 ... the fortunes of the Irish distance squad will rely heavily on his ability to put together a successful 2007-08 season.

AS A SOPHOMORE: Ran three cross country meets for the Irish ... took 12th overall at the Valparaiso Invitational in 26:37 ... ran 26:12 on the Notre Dame home course at the National Catholic Championship, finishing 28th overall ... competed in the Notre Dame Invitational Gold race, placing 98th in 26:41 ... found the bulk of his success on the track in the 5,000 meters ... ran 15:02.89 at the Blue & Gold Invitational, qualifying for the BIG EAST Indoor Championship ... ran the 3,000 meters at the Notre Dame Invitational, posting a time of 8:40.69 ... ran three

different events during the outdoor campaign ... top 1,500-meter time was 4:06.00 at the Indy Relays ... posted his best 5,000-meter performance at the Notre Dame Spring Opener, running 14:49.72 and earning a berth in the BIG EAST Outdoor Championship ... ran the 10,000 meters at the outdoor league meet, finishing 12th with a time of 32:01.48.

AS A FRESHMAN: One of Notre Dame's strong young distance runners ... competed in the early indoor track season, logging a time of 9:05.58 in the 3,000 meters at the Notre Dame Opener.

HIGH SCHOOL AND PERSONAL: Lettered all four years in cross country and track while at Wheaton-Warrenville South High School ... Chicago Tribune Scholar-Athlete nominee ... all-state in cross country as a senior ... earned the same distinction in track as a sophomore ... placed 10th at the FootLocker Midwest Cross Country Championships, which placed him on the All-Midwest second team ... four-time all-conference cross country runner ... three-time all-conference performer in track ... sectional champion as a sophomore in the 3,200 ... won regional cross country title as a junior ... owns school records in the indoor and outdoor 1,600 meters and 3,200 meters ... has career-best times of 4:20.9 in the 1,600 and 9:15.5 in the 3,200 ... honorable mention academic all-state ... class valedictorian and member of the National Honor Society in high school ... 2004 Illinois State Scholar ... father ran cross country at Michigan State ... born Nov. 30, 1985 in Winfield, Ill. ... second oldest of five children ... enrolled in the College of Arts and Letters as a philosophy major (3.85 cumulative grade-point average through spring 2006) ... has made Dean's List three of first four semesters at Notre Dame, highlighted by a 4.0 GPA during spring 2005 term and a 3.933 in the spring 2006 semester.

Career Track Bests

Indoor	
Mile	4:21.28
2007 Notre Dame Invitational	
3,000m	8:35.13
2007 Notre Dame Opener	
5,000m	14:39.56
2007 Meyo Invitational	
Outdoor	
1,500m	4:06.00
2006 Indy Relays	
5,000m	14:49.72
2006 Notre Dame Spring Opener	
10,000m	30:39.07
2007 Stanford Invitational	