



# Villanova Men's Indoor Track & Field 2015-16 Team Schedule and Results



## SCHEDULE

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Venue</u>
<b>December 5</b>	<b>Jack Pyrah Invitational</b>	<b>Haverford, Pa.</b>	<b>Alumni Gym</b>
<b>January 8</b>	<b>Villanova Open</b>	<b>Staten Island, N.Y.</b>	<b>Ocean Breeze Track &amp; Field Complex</b>
January 16	Great Dane Classic	Staten Island, N.Y.	Ocean Breeze Track & Field Complex
January 22	Gotham Cup	Staten Island, N.Y.	Ocean Breeze Track & Field Complex
January 29-30	Penn State National	University Park, Pa.	Horace Ashenfelter III Indoor Track
January 30	Covert Classic	Bethlehem, Pa.	Rauch Field House
<b>February 6</b>	<b>Villanova Invitational</b>	<b>Staten Island, N.Y.</b>	<b>Ocean Breeze Track &amp; Field Complex</b>
February 12	FastTrack National Invite	Staten Island, N.Y.	Ocean Breeze Track & Field Complex
February 26-27	BIG EAST Championships	Staten Island, N.Y.	Ocean Breeze Track & Field Complex
March 11-12	NCAA Championships	Birmingham, Ala.	Birmingham Crossplex

## RESULTS

<u>Date</u>	<u>Event</u>	<u>Result</u>
<b>December 5</b>	<b>Jack Pyrah Invitational</b>	<b>1st of 3</b>
<b>January 8</b>	<b>Villanova Open</b>	<b>1st of 13</b>
January 16	Great Dane Classic	6th of 19
January 22	Gotham Cup	no team scoring
January 29-30	Penn State National	no team scoring
January 30	Covert Classic	no team scoring
<b>February 6</b>	<b>Villanova Invitational</b>	<b>6th of 9</b>
February 12	FastTrack National Invite	no team scoring
February 26-27	BIG EAST Championships	1st of 7
March 11-12	NCAA Championships	tie-51st of 70



# Villanova Men's Indoor Track & Field

## 2015-16 Performance List



<u>60 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Sterling Pierce	6.89	2/27	BIG EAST Championships
Donald Urschel	6.94	2/27	BIG EAST Championships
Pearson Feagans	7.20	12/5	Jack Pyrah Invitational
Bryant Herlocker	7.46	1/22	Gotham Cup
Robert Cacace	7.55	2/26	BIG EAST Championships (h)
PJ Succi	7.59	1/29	Penn State National (h)

  

<u>60 Meter Hurdles</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Aaron Sandifer	8.51	2/27	BIG EAST Championships
Robert Cacace	9.19	2/6	Villanova Invitational
PJ Succi	9.48	1/30	Penn State National (h)

  

<u>200 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Sterling Pierce	21.45	2/27	BIG EAST Championships
Donald Urschel	21.95	2/27	BIG EAST Championships

  

<u>300 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Donald Urschel	35.64	12/5	Jack Pyrah Invitational
Kyle Cartwright	36.09	12/5	Jack Pyrah Invitational
Charlie O'Brien	37.54	12/5	Jack Pyrah Invitational

  

<u>400 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Harry Purcell	47.98	2/26	BIG EAST Championships
Kyle Cartwright	49.09	2/12	FastTrack National Invite (c)
Ville Lampinen	49.31	2/6	Villanova Invitational
Colin Winslow	49.49	2/27	BIG EAST Championships
Charlie O'Brien	50.46	2/26	BIG EAST Championships
Utsav Deshpande	51.67	2/6	Villanova Invitational

  

<u>500 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Ville Lampinen	1:02.59	2/27	BIG EAST Championships
Ishmael Muhammad	1:03.31	2/27	BIG EAST Championships
Peter Winslow	1:06.52	1/16	Great Dane Classic
Utsav Deshpande	1:07.49	2/26	BIG EAST Championships

  

<u>800 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Elliot Slade	1:49.90	2/6	Villanova Invitational
Harry Purcell	1:50.43	1/16	Great Dane Classic
Ville Lampinen	1:50.71	1/16	Great Dane Classic
Josh Lampron	1:51.14	2/27	BIG EAST Championships
Ishmael Muhammad	1:51.17	1/30	Penn State National (i)
Ben Malone	1:51.48	2/6	Villanova Invitational
Lucas Arrivo (U)	1:57.32	1/16	Great Dane Classic
Peter Winslow	1:58.08	1/8	Villanova Open
Utsav Deshpande	1:58.61	2/12	FastTrack National Invite (c)

  

<u>1000 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Elliot Slade	2:26.65	2/27	BIG EAST Championships
Josh Lampron	2:28.39	1/30	Penn State National (i)
Ishmael Muhammad	2:30.73	1/16	Great Dane Classic
Peter Winslow	2:35.63	12/5	Jack Pyrah Invitational
Utsav Deshpande	2:38.76	12/5	Jack Pyrah Invitational
Robert Cacace	3:07.91	2/27	BIG EAST Championships (h)

  

<u>Mile</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Rob Denaut	3:58.48	2/20	NYRR Millrose Games (aim)
Ben Malone	4:00.72	2/12	FastTrack National Invite (i)
Logan Wetzel (U)	4:02.16	2/12	FastTrack National Invite (i)
Harry Warnick	4:03.05	2/12	FastTrack National Invite (i)
Jordy Williamsz	4:03.36	2/20	NYRR Millrose Games (wm)
Robert Hurlbut	4:14.07	2/12	FastTrack National Invite (i)
Josh Lampron	4:17.13	12/5	Jack Pyrah Invitational
Tom Trainer	4:18.07	2/6	Villanova Invitational
Lucas Arrivo (U)	4:18.92	2/6	Villanova Invitational
Zach Swenson (U)	4:18.99	2/6	Villanova Invitational
Louis Vazquez (U)	4:25.45	2/6	Villanova Invitational

  

<u>3000 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Patrick Tiernan	7:48.55	2/12	FastTrack National Invite (i)
Jordy Williamsz	7:59.00	1/30	Penn State National (i)
Rob Denault	7:59.40	1/30	Penn State National (i)
Harry Warnick	8:09.26	1/30	Penn State National (i)
Casey Comber (U)	8:18.61	2/6	Villanova Invitational
Andrew Marston (U)	8:24.56	2/6	Villanova Invitational
Robert Hurlbut	8:26.52	2/27	BIG EAST Championships
Ben Malone	8:33.60	1/8	Villanova Open
Tom Trainer	8:35.22	1/16	Great Dane Classic
Drake Johnston	8:37.41	1/30	Penn State National

  

<u>5000 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Patrick Tiernan	14:03.53	2/26	BIG EAST Championships
Robert Hurlbut	14:25.14	2/26	BIG EAST Championships
Tom Trainer	15:03.46	2/26	BIG EAST Championships
Drake Johnston	15:16.09	2/26	BIG EAST Championships
Casey Comber (U)	14:39.62	1/16	Great Dane Classic

  

<u>4x400 Meter Relay</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Villanova	3:14.01	1/30	Penn State National

(Donald Urschel, Ishmael Muhammad, Ville Lampinen, Harry Purcell)

  

<u>4x800 Meter Relay</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Villanova	7:28.96	2/27	BIG EAST Championships

(Ben Malone, Ishmael Muhammad, Elliot Slade, Jordy Williamsz)

  

<u>Distance Medley Relay</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Villanova	9:29.17	2/26	BIG EAST Championships

(Jordy Williamsz, Harry Purcell, Ben Malone, Rob Denault)

  

<u>High Jump</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Michael Morrow	1.95m	2/27	BIG EAST Championships
Robert Cacace	1.82m	2/26	BIG EAST Championships (h)

  

<u>Pole Vault</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
James Deutmeyer	4.77m	1/29	Penn State National
Kolby Koeck	4.30m	2/26	BIG EAST Championships
PJ Succi	4.15m	1/30	Penn State National (h)
Robert Cacace	3.40m	2/26	BIG EAST Championships

  

<u>Long Jump</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Pearson Feagans	7.18m	2/6	Villanova Invitational
Robert Cacace	5.99m	2/26	BIG EAST Championships (h)
PJ Succi	5.83m	1/22	Gotham Cup
Michael Morrow	5.82m	2/6	Villanova Invitational

  

<u>Triple Jump</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Pearson Feagans	12.95m	2/6	Villanova Invitational
Aaron Elcock	12.87m	2/27	BIG EAST Championships

  

<u>Shot Put</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Dan Sullivan	15.11m	2/27	BIG EAST Championships
Henry Sise	14.48m	2/27	BIG EAST Championships
James Rowen	13.32m	12/5	Jack Pyrah Invitational
Daniel Timko	12.83m	1/30	Covert Classic
Robert Cacace	12.17m	1/30	Covert Classic
PJ Succi	10.47m	1/29	Penn State National (h)

  

<u>Weight Throw</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
John McDonald	14.93m	1/8	Villanova Open
James Rowen	14.30m	2/26	BIG EAST Championships
Daniel Timko	11.10m	12/5	Jack Pyrah Invitational

- (aim) Armory Invitational Mile
- (c) College Section
- (h) Mark recorded during heptathlon competition
- (i) Invitational Section
- (p) Preliminary Heats
- (U) Competed unattached
- (wm) Wanamaker Mile



# Villanova Men's Indoor Track & Field

## 2015-16 Meet Summaries



### JACK PYRAH INVITATIONAL

December 5, 2015

Alumni Gym

Haverford, Pa.

1st of 3

<u>60 Meters</u>	<u>Place</u>	<u>Time</u>
Sterling Pierce	1st of 36	6.99
Donald Urschel	6th	7.06
Pearson Feagans	7th	7.20
<u>60 Meter Hurdles</u>	<u>Place</u>	<u>Time</u>
Aaron Sandifer	2nd of 9	8.73
PJ Succi	5th	9.51
Robert Cacace	8th	9.71
<u>300 Meters</u>	<u>Place</u>	<u>Time</u>
Donald Urschel	4th of 37	35.64
Kyle Cartwright	5th	36.09
Charlie O'Brien	11th	37.54
<u>1000 Meters</u>	<u>Place</u>	<u>Time</u>
Peter Winslow	3rd of 7	2:35.63
Utsav Deshpande	5th	2:38.76
<u>Mile</u>	<u>Place</u>	<u>Time</u>
Josh Lampron	1st of 13	4:17.13
Zach Swenson ( <i>Unattached</i> )	3rd	4:25.19
<u>4x400 Meter Relay</u>	<u>Place</u>	<u>Time</u>
Villanova	2nd of 12	3:24.68
Kyle Cartwright	1st Leg	
Charlie O'Brien	2nd Leg	
Colin Winslow	3rd Leg	
Sterling Pierce	Anchor	
<u>Pole Vault</u>	<u>Place</u>	<u>Mark</u>
Kolby Koeck	1st of 3	4.25m
PJ Succi	2nd	3.95m
<u>Shot Put</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	2nd of 8	13.62m
Henry Sise	3rd	13.47m
James Rowen	4th	13.32m
Daniel Timko	5th	12.55m
<u>Weight Throw</u>	<u>Place</u>	<u>Mark</u>
John McDonald	1st of 4	14.62m
James Rowen	2nd	13.36m
Daniel Timko	3rd	11.10m

#### Final Team Scores

Villanova 58, Saint Joseph's 47, La Salle 31

### VILLANOVA OPEN

January 8, 2016

Ocean Breeze Track & Field Athletic Complex

Staten Island, N.Y.

1st of 13

<u>60 Meters - Preliminaries</u>	<u>Place</u>	<u>Time</u>
Sterling Pierce	6th of 45	6.95
Donald Urschel	8th	6.99
<u>60 Meters - Finals</u>	<u>Place</u>	<u>Time</u>
Sterling Pierce	7th of 8	7.03
Donald Urschel	8th	7.03
<u>60 Meter Hurdles - Preliminaries</u>	<u>Place</u>	<u>Time</u>
Aaron Sandifer	15th of 20	8.93
PJ Succi	20th	9.57
<u>400 Meters</u>	<u>Place</u>	<u>Time</u>
Kyle Cartwright	7th of 55	49.81
Charlie O'Brien	24th	51.78
<u>800 Meters</u>	<u>Place</u>	<u>Time</u>
Peter Winslow	3rd of 47	1:58.08
<u>Mile</u>	<u>Place</u>	<u>Time</u>
Josh Lampron	15th of 48	5:05.11
<u>3000 Meters</u>	<u>Place</u>	<u>Time</u>
Ben Malone	1st of 34	8:33.60
<u>4x400 Meter Relay</u>	<u>Place</u>	<u>Time</u>
Villanova	4th of 15	3:19.54
Harry Purcell	1st Leg	
Kyle Cartwright	2nd Leg	
Ville Lampinen	3rd Leg	
Peter Winslow	Anchor	
<u>Pole Vault</u>	<u>Place</u>	<u>Mark</u>
James Deutmeyer	tie-3rd of 9	4.60m
Kolby Koeck	tie-8th	4.15m
<u>Long Jump</u>	<u>Place</u>	<u>Mark</u>
Pearson Feagans	1st of 27	7.04m
<u>Shot Put</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	6th of 23	13.73m
James Rowen	9th	12.98m
Henry Sise	10th	12.65m
<u>Weight Throw</u>	<u>Place</u>	<u>Mark</u>
John McDonald	2nd of 16	14.93m
James Rowen	8th	13.55m
Daniel Timko	15th	10.36m

#### Final Team Scores

Villanova 88, St. Peter's 61, Fairleigh Dickinson 59, Coppin State 58, Morgan State 57, Lehigh 50, Maryland-Eastern Shore 48, LIU-Brooklyn 40, Wagner 32, Fordham 24, George Washington 11, St. Francis Brooklyn 10, Iona 6



# Villanova Men's Indoor Track & Field 2015-16 Meet Summaries



## GREAT DANE CLASSIC

January 16, 2016

Ocean Breeze Track & Field Athletic Complex

Staten Island, N.Y.

6th of 19

<u>60 Meters - Preliminaries</u>	<u>Place</u>	<u>Time</u>
Donald Urschel	37th of 91	7.01
Sterling Pierce	38th	7.01
Robert Cacace	90th	7.59
<u>60 Meter Hurdles - Preliminaries</u>	<u>Place</u>	<u>Time</u>
P.J. Succi	43rd of 46	9.49
Robert Cacace	44th	9.56
<u>200 Meters</u>	<u>Place</u>	<u>Time</u>
Sterling Pierce	14th of 67	22.03
Donald Urschel	30th	22.39
<u>400 Meters</u>	<u>Place</u>	<u>Time</u>
Kyle Cartwright	33rd of 75	50.28
<u>500 Meters</u>	<u>Place</u>	<u>Time</u>
Peter Winslow	21st of 55	1:06.52
<u>800 Meters</u>	<u>Place</u>	<u>Time</u>
Harry Purcell	1st of 67	1:50.43
Ville Lampinen	3rd	1:50.71
Lucas Arrivo (Unattached)	19th	1:57.32
<u>1000 Meters</u>	<u>Place</u>	<u>Time</u>
Ishmael Muhammad	10th of 39	2:30.73
<u>Mile</u>	<u>Place</u>	<u>Time</u>
Harry Warnick	1st of 48	4:10.21
Ben Malone	2nd	4:10.91
Logan Wetzel (Unattached)	3rd	4:10.97
Zach Swenson (Unattached)	35th	4:27.72
Louis Vazquez (Unattached)	37th	4:28.23
<u>3000 Meters</u>	<u>Place</u>	<u>Time</u>
Robert Hurlbut	7th of 39	8:30.70
Tom Trainer	11th	8:35.22
Drake Johnston	13th	8:38.26
<u>5000 Meters</u>	<u>Place</u>	<u>Time</u>
Casey Comber (Unattached)	3rd of 24	14:39.62
<u>High Jump</u>	<u>Place</u>	<u>Mark</u>
Michael Morrow	22nd of 27	1.84m
<u>Pole Vault</u>	<u>Place</u>	<u>Mark</u>
James Deutmeyer	tie-4th of 16	4.65m
<u>Long Jump</u>	<u>Place</u>	<u>Mark</u>
Pearson Feagans	7th of 22	6.84m

<u>Shot Put</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	18th of 37	14.25m
Daniel Timko	30th	12.71m
Henry Sise	31st	12.61m
James Rowen	35th	11.91m

<u>Weight Throw</u>	<u>Place</u>	<u>Mark</u>
John McDonald	16th of 38	14.40m
James Rowen	28th	13.46m

### Final Team Scores

Connecticut 110.25, Navy 101.25, Buffalo 67.50, Rutgers 61, Albany 58, Villanova 45, Coppin State 31, George Mason 25.75, UMBC 24, Maryland-Eastern Shore 21, LIU-Brooklyn 20, Central Connecticut 17.50, Sacred Heart 14, Maryland 13, Howard 12, La Salle 8, Morgan State 7, Johns Hopkins 4, Wagner 1.75

## GOTHAM CUP

January 22, 2016

Ocean Breeze Track & Field Athletic Complex

Staten Island, N.Y.

No Team Scoring

<u>60 Meters</u>	<u>Place</u>	<u>Time</u>
Bryant Herlocker	67th of 88	7.46

<u>400 Meters</u>	<u>Place</u>	<u>Time</u>
Charlie O'Brien	38th of 97	50.88
Utsav Deshpande	63rd	52.29

<u>Pole Vault</u>	<u>Place</u>	<u>Mark</u>
James Deutmeyer	1st of 11	4.65m

<u>Long Jump</u>	<u>Place</u>	<u>Mark</u>
PJ Succi	35th of 47	5.83m
Robert Cacace	41st	5.63m

<u>Shot Put</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	7th of 34	14.12m
James Rowen	17th	12.72m

<u>Weight Throw</u>	<u>Place</u>	<u>Mark</u>
John McDonald	9th of 28	14.24m
James Rowen	10th	14.09m



# Villanova Men's Indoor Track & Field 2015-16 Meet Summaries



**PENN STATE NATIONAL**  
**January 29-30, 2016**  
**Horace Ashenfelter III Indoor Track**  
**University Park, Pa.**  
**No Team Scoring**

**DAY 1: JANUARY 29**

<b><u>60 Meters - Preliminaries</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Sterling Pierce	22nd of 35	6.98
<b><u>5000 Meters - Invitational Section</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Robert Hurlbut	2nd of 13	14:31.00
<b><u>DMR - Invitational Section</u></b>	<b><u>Place</u></b>	<b><u>Mark</u></b>
Villanova <i>(Elliot Slade, Kyle Cartwright, Josh Lampron, Ben Malone)</i>	7th of 7	9;44.75
<b><u>Pole Vault</u></b>	<b><u>Place</u></b>	<b><u>Mark</u></b>
James Deutmeyer	8th of 12	4.77m
<b><u>Long Jump</u></b>	<b><u>Place</u></b>	<b><u>Mark</u></b>
Pearson Feagans	14th of 18	6.82m
<b><u>Heptathlon</u></b>	<b><u>Place</u></b>	<b><u>Points</u></b>
PJ Succi	12th of 12 (4 Events)	1,704
60 Meters	12th	7.59
Long Jump	12th	5.62m
Shot Put	9th	10.47m
High Jump	---	NH

**DAY 2: JANUARY 30**

<b><u>800 Meters - Invitational Section</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Ville Lampinen	11th of 16	1:50.83
Harry Purcell	13th	1:51.07
Ishmael Muhammad	14th	1:51.17
<b><u>1000 Meters - Invitational Section</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Josh Lampron	6th of 8	2:28.39
<b><u>Mile - Invitational Section</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Ben Malone	10th of 18	4:08.27
<b><u>3000 Meters - Invitational Section</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Jordy Williamsz	1st of 24	7:59.00
Rob Denault	2nd	7:59.40
Harry Warnick	7th	8:09.26
<b><u>200 Meters</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Sterling Pierce	5th of 22	21.86
<b><u>500 Meters</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Peter Winslow	15th of 19	1:06.92
Utsav Deshpande	17th	1:07.56

<b><u>3000 Meters</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Drake Johnston	8th of 16	8:37.41
<b><u>4x400 Meter Relay</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Villanova <i>(Donald Urschel, Ishmael Muhammad, Ville Lampinen, Harry Purcell)</i>	2nd of 13	3:14.01
<b><u>Heptathlon</u></b>	<b><u>Place</u></b>	<b><u>Points</u></b>
PJ Succi	---	DNF
60 Meter Hurdles	10th	9.48
Pole Vault	tie-3rd	4.15m
1000 Meters	---	DNS

**COVERT CLASSIC**  
**January 30, 2016**  
**Rauch Field House**  
**Bethlehem, Pa.**  
**No Team Scoring**

<b><u>Shot Put</u></b>	<b><u>Place</u></b>	<b><u>Mark</u></b>
Dan Sullivan	4th of 25	14.11m
Henry Sise	5th	13.95m
Daniel Timko	11th	12.83m
Robert Cacace	12th	12.17m



# Villanova Men's Indoor Track & Field 2015-16 Meet Summaries



**VILLANOVA INVITATIONAL**  
**February 6, 2016**  
**Ocean Breeze Track & Field Athletic Complex**  
**Staten Island, N.Y.**  
**6th of 9**

**60 Meters - Preliminaries**

	<u>Place</u>	<u>Time</u>
Donald Urschel	8th of 28	6.99
Robert Cacace	28th	7.60

**60 Meters - Final**

	<u>Place</u>	<u>Time</u>
Donald Urschel	7th of 7	6.99

**200 Meters**

	<u>Place</u>	<u>Time</u>
Donald Urschel	8th of 27	22.34

**400 Meters**

	<u>Place</u>	<u>Time</u>
Ville Lampinen	9th of 35	49.31
Kyle Cartwright	16th	50.23
Colin Winslow	29th	51.54
Utsav Deshpande	31st	51.67
Charlie O'Brien	32nd	51.71

**800 Meters**

	<u>Place</u>	<u>Time</u>
Elliot Slade	1st of 34	1:49.90
Josh Lampron	2nd	1:51.22
Ben Malone	4th	1:51.48

**Mile**

	<u>Place</u>	<u>Time</u>
<i>Logan Wetzel (Unattached)</i>	<i>3rd of 28</i>	<i>4:05.14</i>
Harry Warnick	4th	4:06.11
Tom Trainer	20th	4:18.07
<i>Lucas Arrivo (Unattached)</i>	<i>21st</i>	<i>4:18.92</i>
<i>Zach Swenson (Unattached)</i>	<i>22nd</i>	<i>4:18.99</i>
<i>Louis Vazquez (Unattached)</i>	<i>28th</i>	<i>4:25.45</i>

**3000 Meters**

	<u>Place</u>	<u>Time</u>
<i>Casey Comber (Unattached)</i>	<i>2nd of 16</i>	<i>8:18.61</i>
<i>Andrew Marston (Unattached)</i>	<i>8th</i>	<i>8:24.56</i>

**4x400 Meter Relay**

	<u>Place</u>	<u>Time</u>
Villanova <i>(Kyle Cartwright, Ville Lampinen, Charlie O'Brien, Utsav Deshpande)</i>	3rd of 7	3:18.32

**High Jump**

	<u>Place</u>	<u>Mark</u>
Michael Morrow	11th of 11	1.88m

**Pole Vault**

	<u>Place</u>	<u>Mark</u>
James Deutmeyer	6th of 13	4.75m

**Long Jump**

	<u>Place</u>	<u>Mark</u>
Pearson Feagans	1st of 18	7.18m
Michael Morrow	16th	5.82m

**Triple Jump**

	<u>Place</u>	<u>Mark</u>
Pearson Feagans	8th of 12	12.95m
Aaron Elcock	9th	12.53m

**Shot Put**

	<u>Place</u>	<u>Mark</u>
Dan Sullivan	14th of 18	13.64m
Henry Sise	15th	13.22m
Daniel Timko	16th	12.78m
James Rowen	17th	12.76m

**Weight Throw**

	<u>Place</u>	<u>Mark</u>
James Rowen	19th of 20	13.48m





# Villanova Men's Indoor Track & Field 2015-16 Meet Summaries



**FASTTRACK NATIONAL INVITE**  
**February 12, 2016**  
**Ocean Breeze Track & Field Athletic Complex**  
**Staten Island, N.Y.**  
**no team scoring**

<b><u>60 Meters - Preliminaries (College)</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Sterling Pierce	17th of 29	7.05
<b><u>200 Meters - Invitational Section</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Sterling Pierce	10th of 21	21.92
Donald Urschel	16th	22.46
<b><u>400 Meters - College Section</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Kyle Cartwright	1st of 34	49.09
Charlie O'Brien	21st	51.07
<b><u>800 Meters - Invitational Section</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Ville Lampinen	6th of 33	1:50.72
Ishmael Muhammad	14th	1:51.88
<b><u>800 Meters - College Section</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Peter Winslow	36th of 40	1:58.55
Utsav Deshpande	37th	1:58.61
<b><u>Mile - Invitational Section</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Ben Malone	3rd of 28	4:00.72
<i>Logan Wetzel (Unattached)</i>	<i>4th</i>	<i>4:02.16</i>
Harry Warnick	7th	4:03.05
Robert Hurlbut	20th	4:14.07
<b><u>Mile - College Section</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
<i>Zach Swenson (Unattached)</i>	<i>9th of 29</i>	<i>4:19.27</i>
<i>Louis Vazquez (Unattached)</i>	<i>24th</i>	<i>4:31.10</i>
<b><u>3000 Meters - Invitational Section</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Patrick Tiernan	1st of 37	7:48.55
Tom Trainer	34th	8:35.85
<b><u>4x400 Meter Relay</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Villanova	8th of 14	3:18.40
<i>(Peter Winslow, Casey O'Brien, Utsav Deshpande, Colin Winslow)</i>		
<b><u>Distance Medley Relay</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Villanova	1st of 12	9:30.66
<i>(Jordy Williamsz, Harry Purcell, Elliot Slade, Rob Denault)</i>		
<b><u>Pole Vault - Invitational Section</u></b>	<b><u>Place</u></b>	<b><u>Mark</u></b>
James Deutmeyer	tie-9th of 10	4.60m
<b><u>Pole Vault - College Section</u></b>	<b><u>Place</u></b>	<b><u>Mark</u></b>
Kolby Koeck	tie-5th of 9	4.20m
<b><u>Long Jump</u></b>	<b><u>Place</u></b>	<b><u>Mark</u></b>
Pearson Feagans	10th of 30	6.71m
<b><u>Shot Put</u></b>	<b><u>Place</u></b>	<b><u>Mark</u></b>
Henry Sise	15th of 20	13.57m
Dan Sullivan	16th	13.56m
Daniel Timko	19th	12.50m
James Rowen	20th	12.35m

<b><u>Weight Throw</u></b>	<b><u>Place</u></b>	<b><u>Mark</u></b>
John McDonald	14th of 16	13.81m
James Rowen	16th	12.50m

**BIG EAST CHAMPIONSHIPS**  
**February 26-27, 2016**  
**Ocean Breeze Track & Field Athletic Complex**  
**Staten Island, N.Y.**  
**1st of 7**

**DAY 1: FEBRUARY 26**

<b><u>5000 Meters</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Patrick Tiernan	1st of 15	14:03.53
Robert Hurlbut	4th	14:25.14
Tom Trainer	10th	15:03.46
Drake Johnston	13th	15:16.09
<b><u>Distance Medley Relay</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Villanova	2nd of 7	9:29.17
<i>(Jordy Williamsz, Harry Purcell, Ben Malone, Rob Denault)</i>		
<b><u>Pole Vault</u></b>	<b><u>Place</u></b>	<b><u>Mark</u></b>
James Deutmeyer	3rd of 8	4.70m
Kolby Koeck	6th	4.30m
PJ Succì	7th	4.15m
Robert Cacace	8th	3.40m
<b><u>Long Jump</u></b>	<b><u>Place</u></b>	<b><u>Mark</u></b>
Pearson Feagans	4th of 11	7.00m
<b><u>Weight Throw</u></b>	<b><u>Place</u></b>	<b><u>Mark</u></b>
James Rowen	5th of 8	14.30m
John McDonald	8th	13.43m
<b><u>60 Meters - Preliminary Heats</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Donald Urschel	3rd of 14	6.96
Sterling Pierce	4th	6.98
<b><u>60 Meter Hurdles - Preliminary Heats</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Aaron Sandifer	3rd of 9	8.54
Robert Cacace	9th	9.31
<b><u>200 Meters - Preliminary Heats</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Sterling Pierce	2nd of 16	21.61
Donald Urschel	3rd	21.98
<b><u>400 Meters - Preliminary Heats</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Harry Purcell	1st of 13	47.98
Colin Winslow	3rd	49.54
Kyle Cartwright	6th	49.90
Charlie O'Brien	11th	50.46
<b><u>500 Meters - Preliminary Heats</u></b>	<b><u>Place</u></b>	<b><u>Time</u></b>
Ville Lampinen	1st of 15	1:03.30
Ishmael Muhammad	2nd	1:04.10
Peter Winslow	9th	1:06.67
Utsav Deshpande	12th	1:07.49

(continued on next page)



# Villanova Men's Indoor Track & Field 2015-16 Meet Summaries



## BIG EAST CHAMPIONSHIPS

February 26-27, 2016

Ocean Breeze Track & Field Athletic Complex

Staten Island, N.Y.

1st of 7

### DAY 1: FEBRUARY 26

(continued from previous page)

<u>800 Meters - Preliminary Heats</u>	<u>Place</u>	<u>Time</u>
Josh Lampron	5th of 10	1:55.55

<u>1000 Meters - Preliminary Heats</u>	<u>Place</u>	<u>Time</u>
Elliot Slade	4th of 12	2:28.74

### DAY 2: FEBRUARY 27

<u>60 Meters - Final</u>	<u>Place</u>	<u>Time</u>
Sterling Pierce	1st of 7	6.89
Donald Urschel	4th	6.94

<u>60 Meter Hurdles - Final</u>	<u>Place</u>	<u>Time</u>
Aaron Sandifer	3rd of 8	8.51

<u>200 Meters - Final</u>	<u>Place</u>	<u>Time</u>
Sterling Pierce	2nd of 7	21.45
Donald Urschel	4th	21.95

<u>400 Meters - Final</u>	<u>Place</u>	<u>Time</u>
Harry Purcell	2nd of 7	48.14
Colin Winslow	3rd	49.49
Kyle Cartwright	4th	49.54

<u>500 Meters - Final</u>	<u>Place</u>	<u>Time</u>
Ville Lampinen	1st of 8	1:02.59
Ishmael Muhammad	3rd	1:03.31

<u>800 Meters - Final</u>	<u>Place</u>	<u>Time</u>
Josh Lampron	3rd of 8	1:51.14

<u>1000 Meters - Final</u>	<u>Place</u>	<u>Time</u>
Elliot Slade	1st of 8	2:26.65

<u>Mile</u>	<u>Place</u>	<u>Time</u>
Jordy Williamsz	1st of 9	4:21.57
Ben Malone	4th	4:22.20

<u>3000 Meters</u>	<u>Place</u>	<u>Time</u>
Patrick Tiernan	1st of 20	8:13.16
Rob Denault	2nd	8:15.88
Harry Warnick	4th	8:19.69
Robert Hurlbut	8th	8:26.52

<u>4x400 Meter Relay</u>	<u>Place</u>	<u>Time</u>
Villanova	2nd of 7	3:14.67

(Kyle Cartwright, Harry Purcell, Donald Urschel, Ville Lampinen)

<u>4x800 Meter Relay</u>	<u>Place</u>	<u>Time</u>
Villanova	1st of 7	7:28.96

(Ben Malone, Ishmael Muhammad, Elliot Slade, Jordy Williamsz)

<u>High Jump</u>	<u>Place</u>	<u>Mark</u>
Michael Morrow	2nd of 8	1.95m

<u>Triple Jump</u>	<u>Place</u>	<u>Mark</u>
Aaron Elcock	9th of 10	12.87m
Pearson Feagans	10th	12.76m

<u>Shot Put</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	4th of 12	15.11m
Henry Sise	7th	14.48m
James Rowen	9th	13.24m
Daniel Timko	12th	12.40m

<u>Heptathlon</u>	<u>Place</u>	<u>Points</u>
Robert Cacace	3rd of 7	4156
60 Meters	7.55	7th
Long Jump	5.99m	4th
Shot Put	11.67m	1st
High Jump	1.82m	tie-2nd
60 Meter Hurdles	9.57	4th
Pole Vault	3.30m	4th
1000 Meters	3:07.91	4th

**Final Team Scores**  
**Villanova 208**, Marquette 195, DePaul 124.5, Georgetown 89, Butler 62.5, Providence 54, Xavier 40

## NCAA CHAMPIONSHIPS

March 11-12, 2016

Birmingham Crossplex

Birmingham, Ala.

tie-51st of 70

### DAY 1: MARCH 11

<u>Distance Medley Relay</u>	<u>Place</u>	<u>Time</u>
Villanova	6th of 12	9:34.30
Rob Denault	1200 Meters	2:57.65
Harry Purcell	400 Meters	48.32
Elliot Slade	800 Meters	1:48.64
Jordy Williamsz	1600 Meters	3:59.70

**Final Team Scores**  
Oregon 62, Arkansas 39, Tennessee 34, LSU 28, Texas 25, Washington 24, Florida 21, Stanford 18, Virginia 18, Texas A&M 17, Syracuse 16, Southeastern Louisiana 15.5, Purdue 15, North Carolina State 14, Virginia Tech 13.5, Colorado 13, Houston 13, TCU 12, BYU 11.5, Akron 10, Texas Tech 10, Wisconsin 10, Southern Illinois 9.5, Georgia 9, Ohio State 9, Oklahoma State 9, Air Force 8, Arizona 8, Middle Tennessee State 8, Mississippi 8, South Alabama 8, USF 8, USC 8, Baylor 7, Clemson 7, Colorado State 7, Florida State 6, Iowa 6, Penn 6, Kansas State 5.5, LIU-Brooklyn 5, Northern Arizona 5, UCLA 5, Boise State 4, Cincinnati 4, Louisville 4, Minnesota 4, Nebraska 4, Wake Forest 4, UW Milwaukee 3.5, **Villanova 3**, Auburn 3, Kennesaw State 3, Mississippi State 3, North Carolina 3, South Carolina 3, UTEP 3, Eastern Michigan 2, Michigan 2, Penn State 2, Providence 2, Western Kentucky 2, William & Mary 2, Alabama 1, Illinois 1, Monmouth 1, Notre Dame 1, Rutgers 1, Tulsa 1, Youngstown State 1





# Villanova Men's Track & Field

## Career Top Times



### Lucas Arrivo

800 Meters 1:55.69 High School

### *Cross Country*

6000 Meters 20:53.8 2015 Big Five Invitational  
4 Miles 21:10.6 2015 Haverford Invitational

### Kieran Brennan

400 Meters 49.1 High School  
800 Meters 1:52.72 High School  
1000 Meters 2:28.80 High School  
1500 Meters 4:08.52 2014 Widener Invitational  
1600 Meters (DMR Relay) 4:17 High School

### *Cross Country*

6000 Meters 21:08.9 2014 Big Five Invitational  
4 Miles 21:28.1 2014 Main Line Invitational

### Robert Cacace

Heptathlon 4156 2016 BIG EAST Championships  
Decathlon 5902 2015 BIG EAST Championships

55 Meters 6.90 2012 Harvard Open  
60 Meters 7.46 2013 Crowell Open  
60 Meter Hurdles 9.19 2016 Villanova Invitational  
100 Meters 11.94 2015 BIG EAST Championships  
110 Meter Hurdles 17.49 2015 BIG EAST Championships  
400 Meters 54.20 2015 BIG EAST Championships  
1000 Meters 2:58.43 2015 BIG EAST Championships  
High Jump 1.76 Meters 2015 BIG EAST Championships  
Pole Vault 3.85 Meters 2015 Delaware Classic  
Long Jump 6.06 Meters 2015 BIG EAST Championships  
Shot Put 12.27 Meters 2012 Jay Carisella Invitational  
Discus 30.54 Meters 2015 BIG EAST Championships  
Javelin 51.40 Meters 2015 BIG EAST Championships

### Kyle Cartwright

110 Meter Hurdles 15.26 High School  
300 Meters 36.09 2015 Jack Pyrah Invitational  
400 Meters 49.09 2016 FastTrack National Invite  
400 Meter Hurdles 53.30 2015 BIG EAST Championships  
500 Meters 1:07.14 2014 Great Dane Classic

### Casey Comber

3000 Meters 8:18.61 2016 Villanova Invitational  
5000 Meters 14:39.62 2016 Great Dane Classic

### *Cross Country*

6000 Meters 19:02.2 2015 Big Five Invitational  
4 Miles 19:30 2015 Main Line Invitational  
8000 Meters 25:07 2015 Paul Short Run



# Villanova Men's Track & Field

## Career Top Times



### Kevin Corbusier

800 Meters	1:56.60	High School
1500 Meters	3:57.74	2014 Danny Curran Invitational
Mile	4:15.56	2015 David Hemery Valentine Invitational
3000 Meters	8:40.00	2014 Penn State National
5000 Meters	14:39.44	2014 Penn Relays
10000 Meters	31:10.12	2014 BIG EAST Championships

### *Cross Country*

6000 Meters	19:28.71	2013 Friend Big Five Invitational
4 Miles	19:43.70	2013 Main Line Invitational
8000 Meters	24:30	2013 Princeton Invitational
10000 Meters	30:50	2014 NCAA Mid-Atlantic Regional

### Rob Denault

800 Meters	1:52.54	High School
1000 Meters	2:24.61	2013 Armory Collegiate Invitational
1500 Meters	3:40.78	2015 Larry Ellis Invitational
Mile	3:58.25	2015 Penn State National
3000 Meters	7:59.40	2016 Penn State National

### *Cross Country*

6000 Meters	18:52.32	2013 Friend Big Five Invitational
4 Miles	19:54	2011 Haverford Invitational
5 Miles	26:22.85	2011 Jack Saint Clair Memorial Championships
8000 Meters	22:59.9	2015 BIG EAST Championships
10000 Meters	29:58	2013 NCAA Mid-Atlantic Regional

### Utsav Deshpande

400 Meters	51.67	2016 Villanova Invitational
400 Meter Hurdles	53.92	High School
500 Meters	1:07.49	2016 BIG EAST Championships
800 Meters	1:58.61	2016 FastTrack National Invite
1000 Meters	2:38.76	2015 Jack Pyrah Invitational

### James Deutmeyer

Pole Vault	5.03 Meters	High School
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### Aaron Elcock

Triple Jump	12.87 Meters	2016 BIG EAST Championships
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### Pearson Feagans

60 Meters	7.20	2015 Jack Pyrah Invitational
200 Meters	21.90	High School
Long Jump	7.18 Meters	2016 Villanova Invitational
Triple Jump	13.93 Meters	High School

### Bryant Herlocker

60 Meters	7.32	2015 BIG EAST Championships
200 Meters	21.89	High School
400 Meters	49.18	High School



# Villanova Men's Track & Field

## Career Top Times



### Robert Hurlbut

1500 Meters	3:56.72	2014 Widener Invitational
Mile	4:13.91	2015 David Hemery Valentine Invitational
3000 Meters	8:26.52	2016 BIG EAST Championships
5000 Meters	14:25.14	2016 BIG EAST Championships
10000 Meters	29:58.12	2015 BIG EAST Championships

### *Cross Country*

6000 Meters	19:35.22	2013 Friend Big Five Invitational
4 Miles	20:05.2	2013 Main Line Invitational
8000 Meters	23:33.3	2015 BIG EAST Championships
10000 Meters	31:46.7	2015 NCAA Mid-Atlantic Regional

### Drake Johnston

1500 Meters	4:01.89	2015 Larry Ellis Invitational
Mile	4:25.91	2015 McElligott Invitational
3000 Meters	8:37.41	2016 Penn State National
3000 Meter Steeplechase	9:33.68	2015 BIG EAST Championships
5000 Meters	15:16.09	2016 BIG EAST Championships

### *Cross Country*

6000 Meters	19:20.3	2015 Big Five Invitational
4 Miles	20:17	2015 Main Line Invitational
8000 Meters	24:44.6	2015 BIG EAST Championships
10000 Meters	32:23.3	2015 NCAA Mid-Atlantic Regional

### Jack Judge

Javelin (high school)	50.99 Meters	High School
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### Kolby Koeck

Pole Vault	4.60 Meters	2014 BIG EAST Championships
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### Ville Lampinen

400 Meters	47.85	High School
500 Meters	1:02.59	2016 BIG EAST Championships
800 Meters	1:48.44	High School

### Josh Lampron

800 Meters	1:49.38	2015 Hurricane Alumni Invitational
1000 Meters	2:22.66	2014 BIG EAST Championships
1500 Meters	3:45.73	High School
Mile	4:02.98	High School
5000 Meters	16:09	High School

### *Cross Country*

6000 Meters	20:13.5	2015 Big Five Invitational
4 Miles	20:46.6	2015 Haverford Invitational
8000 Meters	26:45	2015 Paul Short Run

### Ben Malone

400 Meters (Relay)	47.6	High School
400 Meters (Open)	48.94	High School
800 Meters	1:48.60	2015 NCAA East Preliminary
1000 Meters	2:23.56	High School
1500 Meters	3:46.97	High School
Mile	4:00.72	2016 FastTrack National Invite
3000 Meters	8:33.60	2016 Villanova Open

### *Cross Country*

6000 Meters	19:46.9	2014 Big Five Invitational
4 Miles	20:15.93	2013 Main Line Invitational
8000 Meters	25:15.7	2015 Princeton Invitational



# Villanova Men's Track & Field

## Career Top Times



### Andrew Marston

3000 Meters 8:24.56 2016 Villanova Invitational

### *Cross Country*

6000 Meters 18:52.3 2015 Big Five Invitational  
4 Miles 19:35 2015 Main Line Invitational  
8000 Meters 25:10 2015 Paul Short Run

### John McDonald

Weight Throw 14.93 Meters 2016 Villanova Open  
Discus 40.84 Meters High School  
Hammer 43.69 Meters 2015 BIG EAST Championships

### Michael Morrow

High Jump 1.95 Meters 2016 BIG EAST Championships  
Long Jump 5.82 Meters 2016 Villanova Invitational

### Ishmael Muhammad

400 Meters (Relay) 47.1 High School  
400 Meters (Open) 48.14 2015 BIG EAST Championships  
400 Meter Hurdles 54.92 High School  
500 Meters 1:03.31 2016 BIG EAST Championships  
600 Meters 1:18.34 2015 Metro Team Challenge  
800 Meters (Non-VU) 1:48.31 2015 USATF Junior National Championships  
800 Meters (VU) 1:49.56 2015 Princeton Open  
1000 Meters 2:30.73 2016 Great Dane Classic  
Triple Jump 13.90 Meters High School

### Charlie O'Brien

300 Meters 37.54 2015 Jack Pyrah Invitational  
400 Meters 50.46 2016 BIG EAST Championships

### Colin O'Mara

800 Meters 1:57.4 High School  
Mile 4:29.00 2015 Metro Team Challenge  
3000 Meters 9:02.58 High School

### *Cross Country*

6000 Meters 20:04.20 2013 Friend Big Five Invitational  
4 Miles 21:09.96 2013 Main Line Invitational

### Sterling Pierce

60 Meters 6.89 2016 BIG EAST Championships  
100 Meters 10.72 High School  
200 Meters 21.45 2016 BIG EAST Championships

### Paul Power

### *Cross Country*

6000 Meters 19:19.4 2015 Big Five Invitational  
4 Miles 20:29.3 2015 Haverford Invitational  
8000 Meters 25:38 2015 Paul Short Run

### Harry Purcell

400 Meters 47.83 High School  
800 Meters 1:49.42 High School

### Alex Reber

200 Meters 21.64 High School  
400 Meters 47.96 High School  
400 Meter Hurdles 52.92 High School  
500 Meters 1:04.17 2013 BIG EAST Championships



# Villanova Men's Track & Field

## Career Top Times



### Tyler Rippel

400 Meters	48.79	2013 Wisconsin Open
500 Meters	1:04.11	2013 Meyo Invitational
600 Meters	1:20.18	2015 Indiana University Relays
800 Meters	1:51.57	2015 GVSU Big Meet
1500 Meters	4:12.98	2013 Jim Duncan Invitational
Mile	4:25.55	2015 EIU Early Bird

### James Rowen

Shot Put	14.47 Meters	High School
Weight Throw	14.99 Meters	2014 BIG EAST Championships
Hammer	46.25 Meters	2014 Danny Curran Invitational

### Aaron Sandifer

55 Meter Hurdles	7.68	High School
60 Meter Hurdles	8.51	2016 BIG EAST Championships
100 Meters	11.6	High School
110 Meter Hurdles	14.56	High School
200 Meters	22.70	High School
300 Meters	37.53	2014 Jack Pyrah Invitational
400 Meters (Open)	52.79	High School
400 Meters (Relay)	52.85	High School
400 Meter Hurdles	58.26	High School
800 Meters	2:13.00	High School

### Paul Sheridan

Javelin (high school)	57.95 Meters	High School
Javelin (college)	57.35 Meters	2015 BIG EAST Championships

### Henry Sise

Shot Put	17.28 Meters	High School
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### Elliot Slade

800 Meters (relay)	1:48.64	2016 NCAA Championships
800 Meters (open)	1:48.91	2015 BIG EAST Championships
1000 Meters	2:26.65	2016 BIG EAST Championships

### Cross Country

6000 Meters	19:26.1	2015 Big Five Invitational
4 Miles	20:35	2015 Main Line Invitational
8000 Meters	24:42.0	2015 BIG EAST Championships
10000 Meters	32:37.0	2015 NCAA Mid-Atlantic Regional

### P.J. Succi

Heptathlon	4403	2014 BIG EAST Championships
Decathlon	5462	2015 BIG EAST Championships

60 Meters	7.43	2014 BIG EAST Championships
60 Meter Hurdles	9.29	2014 BIG EAST Championships
100 Meters	11.55	2014 BIG EAST Championships
110 Meter Hurdles	16.60	2015 Delaware Open
400 Meters	52.22	2014 BIG EAST Championships
1000 Meters	2:54.58	2014 BIG EAST Championships
1500 Meters	5:14.62	2015 BIG EAST Championships
High Jump	1.79 Meters	2014 BIG EAST Championships
Pole Vault	4.41 Meters	High School
Long Jump	6.17 Meters	2014 Colonial Relays
Shot Put	10.47 Meters	2016 Penn State National
Discus	25.28 Meters	2015 BIG EAST Championships
Javelin	35.61 Meters	2015 BIG EAST Championships



# Villanova Men's Track & Field

## Career Top Times



### Dan Sullivan

Weight Throw	11.13 Meters	2013 Jack Pyrah Invitational
Shot Put	15.28 Meters	High School
Discus	42.42 Meters	High School

### Zach Swenson

400 Meters	49.6	High School
500 Meters	1:06.75	2015 David Hemery Valentine Invitational
800 Meters	1:56.22	2015 BIG EAST Championships
1000 Meters	2:37.66	2014 Jack Pyrah Invitational
Mile	4:18.99	2016 Villanova Invitational
5000 Meters	16:29	High School

### *Cross Country*

6000 Meters	20:08.9	2015 Big Five Invitational
4 Miles	20:53.1	2015 Haverford Invitational

### Griffin Tichenor

5000 Meters	15:15.80	High School
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### *Cross Country*

6000 Meters	19:28.8	2015 Big Five Invitational
4 Miles	20:23	2015 Main Line Invitational
8000 Meters	25:22	2015 Paul Short Run

### Patrick Tiernan

800 Meters	1:54.34	High School
1500 Meters	3:45.43	2015 Larry Ellis Invitational
3000 Meters	7:48.55	2016 FastTrack National Invite
5000 Meters	13:31.25	2014 NCAA Championships
10000 Meters (road)	30:34	High School

### *Cross Country*

6000 Meters	18:56.46	2013 Friend Big Five Invitational
4 Miles	19:09.48	2013 Main Line Invitational
8000 Meters	22:23.2	2015 BIG EAST Championships
10000 Meters	29:11.1	2015 NCAA Championships

### Daniel Timko

Weight Throw	11.10 Meters	2015 Jack Pyrah Invitational
Shot Put	16.01 Meters	High School
Discus	43.20 Meters	High School

### Tom Trainer

1500 Meters	3:57.77	2013 Swarthmore Last Chance Meet
Mile	4:14.48	2015 David Hemery Valentine Invitational
3000 Meters	8:25.84	2013 Armory Collegiate Invitational
5000 Meters	14:33.16	2013 Great Dane Classic

### *Cross Country*

4 Miles	19:59.4	2012 Main Line Invitational
5 Miles	26:57.67	2011 Jack Saint Clair Memorial Championships
8000 Meters	25:07.4	2015 BIG EAST Championships

### Donald Urschel

55 Meters	6.56	High School
60 Meters	6.94	2016 BIG EAST Championships
100 Meters	10.78	High School
200 Meters	21.95	2016 BIG EAST Championships
300 Meters	35.44	2014 Jack Pyrah Invitational
400 Meters	48.33	High School





# Villanova Men's Track & Field

## Career Top Times



<b><u>Louis Vazquez</u></b>		
Mile	4:25.45	2016 Villanova Invitational
<b><i>Cross Country</i></b>		
4 Miles	20:22.9	2015 Haverford Invitational
<b><u>Harry Warnick</u></b>		
800 Meters	1:55	High School
1500 Meters	3:54.17	2015 Colonial Relays
Mile	4:03.05	2016 FastTrack National Invite
3000 Meters	8:08.60	2015 Penn State National
5000 Meters	14:22.65	2014 Larry Ellis Invitational
<b><i>Cross Country</i></b>		
6000 Meters	19:27.95	2013 Friend Big Five Invitational
4 Miles	19:38.06	2013 Main Line Invitational
8000 Meters	23:27.1	2015 BIG EAST Championships
10000 Meters	30:33	2014 NCAA Mid-Atlantic Regional
<b><u>Logan Wetzel</u></b>		
400 Meters (relay)	49.50	High School
800 Meters	1:52.31	High School
1500 Meters	3:46.49	High School
Mile	4:02.16	2016 FastTrack National Invite
<b><i>Cross Country</i></b>		
4 Miles	21:27.9	2015 Haverford Invitational
<b><u>Grant Wiggins</u></b>		
400 Meters (relay)	50.7	High School
800 Meters	1:57	High School
1000 Meters	2:35	High School
1500 Meters	4:02	High School
Mile	4:19	High School
<b><i>Cross Country</i></b>		
6000 Meters	20:33.1	2014 Big Five Invitational
4 Miles	21:27.8	2014 Haverford Invitational
8000 Meters	25:52	2015 Paul Short Run
<b><u>Jordy Williamsz</u></b>		
800 Meters	1:47.34	High School
1500 Meters	3:36.74	High School
1600 Meters (Relay)	3:55.46	2015 NCAA Championships
Mile	3:56.84	2014 Iowa State Classic
3000 Meters	7:59.00	2016 Penn State National
<b><i>Cross Country</i></b>		
6000 Meters	18:50.95	2013 Friend Big Five Invitational
4 Miles	19:21.24	2013 Main Line Invitational
8000 Meters	23:13.7	2015 BIG EAST Championships
10000 Meters	30:10	2013 NCAA Mid-Atlantic Regional
<b><u>Colin Winslow</u></b>		
100 Meters	10.88	High School
200 Meters	21.79	High School
400 Meters	47.69	High School



# Villanova Men's Track & Field

## Career Top Times



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### Peter Winslow

400 Meters  
400 Meter Hurdles  
500 Meters  
800 Meters  
1000 Meters  
High Jump  
Long Jump

52.40  
56.82  
1:04.82  
1:57.41  
2:31.55  
1.83 Meters  
6.09 Meters

High School  
2015 Larry Ellis Invitational  
2015 David Hemery Valentine Invitational  
High School  
2013 Jack Pyrah Invitational  
High School  
High School



# Villanova Men's Indoor Track & Field

## Indoor School Records



### Individual Track Records

<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Date</u>	<u>Meet</u>	<u>Location</u>
55 Meters	Salaam Gariba	6.17	1/25/92	New England Invitational	Cambridge, Mass.
55 Meter Hurdles	Rodney Wilson	7.18	3/6/83	IC4A Championship	Princeton, N.J.
60 Meters	Salaam Gariba	6.65	2/7/92	Millrose Games	New York, N.Y.
60 Meter Hurdles	Antoine Johnson	7.88	1/28/00	Penn State National	University Park, Pa.
200 Meters	Salaam Gariba	21.12	2/15/92	Iowa State Classic	Ames, Iowa
300 Meters	Grant Davis	34.21	2/20/87	BIG EAST Championships	Syracuse, N.Y.
400 Meters	Edwin Modibedi	46.44	2/22/86	BIG EAST Championships	Syracuse, N.Y.
500 Meters	Edwin Modibedi	1:00.24	3/15/86	NCAA Championships	Oklahoma City, Okla.
600 Meters	Tony Valentine	1:12.5	12/7/85	Lehigh Developmental Meet	Bethlehem, Pa.
800 Meters	John Marshall	1:47.84	2/12/82	Millrose Games	New York, N.Y.
1000 Meters	Don Paige	2:20.3	1/20/79	Olympic Invitational	New York, N.Y.
1500 Meters	Sydney Maree	3:38.2	1/6/79	Muhammad Ali Invitational	Long Beach, Calif.
Mile	Don Paige	3:54.22	2/16/80	Brooks Invitational	Houston, Texas
3000 Meters	Adrian Blincoe	7:47.50	1/27/02	Boston Indoor Games	Roxbury, Mass.
5000 Meters	Patrick Tiernan	13:37.73	2/14/14	Iowa State Classic	Ames, Iowa

### Individual Field Records

<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Date</u>	<u>Meet</u>	<u>Location</u>
High Jump	Dave Cook	2.16m	3/5/94	IC4A Championship (pentathlon)	Princeton, N.J.
Pole Vault	Vince Bizzaro	5.07m	1/13/68	Boston Knights of Columbus Meet	Boston, Mass.
Long Jump	Derrek Harbour	7.66m	3/4/78	IC4A Championship	Princeton, N.J.
Triple Jump	Nate Cooper	16.44m	2/4/79	Princeton Relays	Princeton, N.J.
Shot Put	Billy Joe	17.82m	3/2/62	IC4A Championship	
Weight Throw	Frank Anuszewski	18.76m	2/18/12	BIG EAST Championships	New York, N.Y.
Pentathlon	Dave Cook	4101	3/5/94	IC4A Championship	Princeton, N.J.
Heptathlon	Joe Straub	4490	2/22/04	BIG EAST Championships	Syracuse, N.Y.

### Indoor Relay Records

<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Date</u>	<u>Meet</u>	<u>Location</u>
4x400 Meter Relay	Grant Davis Tony Valentine Edwin Modibedi Charles Jenkins, Jr.	3:07.84	3/14/86	NCAA Championships	Oklahoma City, Okla.
Sprint Medley Relay (200-200-400-800)	Grant Davis Edwin Modibedi Marc Jones Aidan O'Regan	3:26.29	1/31/88	Princeton Relays	Princeton, N.J.
4x800 Meter Relay	Bruce Harris Mike Seeger Quentin Howe Paul Rowbotham	7:19.90	3/11/89	NCAA Championships	Indianapolis, Ind.
Distance Medley Relay (1200-400-800-1600)	Jordy Williamsz Donald Urschel Dusty Solis Rob Denault	9:27.04	2/13/15	David Hemery Valentine Invitational	Boston, Mass.
4xMile Relay	George Mackay Don Paige Mark Belger Phil Kane	16:19.0	1/18/76	Dartmouth Relays	Hanover, N.H.