



Villanova Men's Outdoor Track & Field

2016 Team Schedule and Results



SCHEDULE

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Venue</u>
March 26	Penn Challenge	Philadelphia, Pa.	Franklin Field
April 1-2	Colonial Relays	Williamsburg, Va.	Zable Stadium
April 8-9	Sam Howell Invitational	Princeton, N.J.	Weaver Stadium/Jadwin Gym
April 9	Hurricane Alumni Invitational	Coral Gables, Fla.	Cobb Stadium
April 16	Princeton Outdoor Invite	Princeton, N.J.	Weaver Stadium
April 22-23	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium
April 23	Widener Invitational	Chester, Pa.	Leslie C. Quick, Jr. Stadium
April 28-30	Penn Relays	Philadelphia, Pa.	Franklin Field
April 30	Lions Invitational	Ewing, N.J.	TCNJ Track & Field Complex
May 13-14	BIG EAST Championships	Geneva, Ohio	SPIRE Institute
May 26, 28	NCAA East Preliminary	Jacksonville, Fla.	Hodges Stadium
June 8, 10	NCAA Championships	Eugene, Ore.	Hayward Field

RESULTS

<u>Date</u>	<u>Event</u>	<u>Result</u>
March 26	Penn Challenge	5th of 6
April 1-2	Colonial Relays	tie-12th of 44
April 8-9	Sam Howell Invitational	no team scoring
April 9	Hurricane Alumni Invitational	no team scoring
April 16	Princeton Outdoor Invite	5th of 9
April 22-23	Larry Ellis Invitational	no team scoring
April 23	Widener Invitational	no team scoring
April 28-30	Penn Relays	no team scoring
April 30	Lions Invitational	no team scoring
May 13-14	BIG EAST Championships	2nd of 7
May 26, 28	NCAA East Preliminary	no team scoring
June 9, 11	NCAA Championships	tie-36th of 81



Villanova Men's Outdoor Track & Field

2016 Performance List



<u>100 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Sterling Pierce	10.64	5/14	BIG EAST Championships (f)
Donald Urschel	10.84	5/14	BIG EAST Championships (f)
Bryant Herlocker	11.38	5/13	BIG EAST Championships (p)
Robert Cacace	11.90	5/13	BIG EAST Championships (DEC)

<u>110 Meter Hurdles</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Robert Cacace	17.60	5/14	BIG EAST Championships (DEC)

<u>200 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Sterling Pierce	21.34	4/1	Colonial Relays
Donald Urschel	21.85	5/13	BIG EAST Championships (p)
Colin Winslow	22.73	3/26	Penn Challenge
Bryant Herlocker	22.98	5/13	BIG EAST Championships (p)
Charlie O'Brien	23.16	3/26	Penn Challenge

<u>400 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Harry Purcell	47.82	4/23	Larry Ellis Invitational
Sterling Pierce	48.52	3/26	Penn Challenge
Colin Winslow	48.78	4/23	Larry Ellis Invitational
Donald Urschel	48.79	3/26	Penn Challenge
Charlie O'Brien	50.48	3/26	Penn Challenge
Robert Cacace	56.51	5/13	BIG EAST Championships (DEC)

<u>400 Meter Hurdles</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Kyle Cartwright	54.49	4/16	Princeton Outdoor Invite
Utsav Deshpande	56.21	4/1	Colonial Relays
Peter Winslow	57.54	4/16	Princeton Outdoor Invite

<u>800 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Ville Lampinen	1:48.89	4/9	Hurricane Alumni Invitational
Ben Malone	1:50.21	4/9	Hurricane Alumni Invitational
Josh Lampron	1:50.75	4/9	Hurricane Alumni Invitational
Ishmael Muhammad	1:51.02	4/22	Larry Ellis Invitational (e)

<u>1500 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Ben Malone	3:43.28	5/26	NCAA East Preliminary (n1)
Jordy Williamsz	3:41.16	6/8	NCAA Championships (nS)
Josh Lampron	3:47.35	4/22	Larry Ellis Invitational (e)
Elliot Slade	3:48.26	4/22	Larry Ellis Invitational (e)
Harry Warnick	3:52.65	4/8	Sam Howell Invitational (i)
Grant Wiggins	4:06.88	4/23	Widener Invitational
Drake Johnston	4:08.64	4/1	Colonial Relays (ch)
Robert Cacace	5:24.64	5/14	BIG EAST Championships (DEC)

<i>Casey Comber (Unatt.)</i>	3:55.06	4/8	<i>Sam Howell Invitational (i)</i>
<i>Lucas Arrivo (Unatt.)</i>	4:22.77	4/8	<i>Sam Howell Invitational (i)</i>

<u>3000 Meter Steeplechase</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Drake Johnston	9:27.16	4/22	Larry Ellis Invitational

<i>Casey Comber (Unatt.)</i>	9:17.30	4/22	<i>Larry Ellis Invitational</i>
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<u>5000 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Patrick Tiernan	13:25.78	5/1	Payton Jordan Invitational (1)
Jordy Williamsz	14:18.05	5/14	BIG EAST Championships
Robert Hurlbut	14:28.77	4/22	Larry Ellis Invitational
Harry Warnick	14:33.56	4/28	Penn Relays (ch)
Tom Trainer	14:53.66	4/22	Larry Ellis Invitational
Kevin Corbusier	14:54.17	4/22	Larry Ellis Invitational

<i>Paul Power (Unatt.)</i>	15:24.17	4/22	<i>Larry Ellis Invitational</i>
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<u>10000 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Robert Hurlbut	31:08.89	5/13	BIG EAST Championships

<u>4x100 Meter Relay</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Villanova	41.62	3/26	Penn Challenge

(Pearson Feagans, Sterling Pierce, Donald Urschel, Colin Winslow)

<u>4x400 Meter Relay</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Villanova	3:13.31	4/9	Hurricane Alumni Invitational

(Ishmael Muhammad, Ville Lampinen, Donald Urschel, Sterling Pierce)

<u>Sprint Medley Relay</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Villanova	3:22.73	4/2	Colonial Relays

(Donald Urschel, Sterling Pierce, Kyle Cartwright, Ville Lampinen)

<u>4x800 Meter Relay</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Villanova	7:39.00	5/14	BIG EAST Championships

(Harry Warnick, Josh Lampron, Ben Malone, Elliot Slade)

<u>Distance Medley Relay</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Villanova	9:39.10	4/29	Penn Relays (coa)

(Ben Malone, Harry Purcell, Ville Lampinen, Jordy Williamsz)

<u>4xMile Relay</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Villanova	16:34.64	4/30	Penn Relays (coa)

(Elliot Slade, Josh Lampron, Jordy Williamsz, Ben Malone)

<u>High Jump</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Michael Morrow	1.92m	5/13	BIG EAST Championships
Robert Cacace	1.86m	5/13	BIG EAST Championships (DEC)

<u>Pole Vault</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
James Deutmeyer	4.91m	5/13	BIG EAST Championships
Kolby Koeck	4.51m	5/13	BIG EAST Championships
PJ Succi	4.40m	4/16	Princeton Outdoor Invite
Robert Cacace	3.91m	5/13	BIG EAST Championships

<u>Long Jump</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Pearson Feagans	7.11m	5/13	BIG EAST Championships
Robert Cacace	5.99m	5/13	BIG EAST Championships (DEC)

<u>Triple Jump</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Aaron Elcock	13.45m	4/16	Princeton Outdoor Invite

<u>Shot Put</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Dan Sullivan	15.29m	4/9	Sam Howell Invitational
Henry Sise	14.77m	4/15	Princeton Outdoor Invite
Daniel Timko	12.69m	4/9	Sam Howell Invitational
Robert Cacace	11.79m	5/13	BIG EAST Championships (DEC)

<u>Discus</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Dan Sullivan	38.44m	5/14	BIG EAST Championships
Henry Sise	36.32m	3/26	Penn Challenge
John McDonald	34.64m	5/14	BIG EAST Championships
Daniel Timko	34.60m	3/26	Penn Challenge
Robert Cacace	32.33m	5/14	BIG EAST Championships (DEC)

<u>Hammer</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
John McDonald	47.15m	4/30	Penn Relays (c)

<u>Javelin</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Paul Sheridan	56.97m	3/26	Penn Challenge
Jack Judge	54.41m	4/16	Princeton Outdoor Invite
Sean Locke	53.66m	5/13	BIG EAST Championships
Robert Cacace	49.09m	5/13	BIG EAST Championships
Daniel Timko	40.96m	5/13	BIG EAST Championships

<u>Decathlon</u>	<u>Points</u>	<u>Date</u>	<u>Event</u>
Robert Cacace	5,531	5/14	BIG EAST Championships

- (1) Section 1
- (c) College Section
- (ch) Championship Section
- (coa) Championship of America
- (e) Elite Section
- (f) Final
- (i) Invitational Section
- (n1) National First Round
- (nS) National Semifinals
- (p) Preliminary Heats
- (u) Unseeded Section



Villanova Men's Outdoor Track & Field

2016 Meet Summaries



PENN CHALLENGE

March 26, 2016
Franklin Field
Philadelphia, Pa.
5th of 6

<u>100 Meters</u>	<u>Place</u>	<u>Time</u>
Bryant Herlocker	20th of 20	11.87
200 Meters		
Colin Winslow	9th of 28	22.73
Charlie O'Brien	18th	23.16
400 Meters		
Sterling Pierce	2nd of 25	48.52
Donald Urschel	3rd	48.79
Charlie O'Brien	12th	50.48
Robert Cacace	25th	57.42
400 Meter Hurdles		
Utsav Deshpande	12th of 19	57.47
Peter Winslow	15th	59.32
4x100 Meter Relay		
Villanova	2nd of 5	41.62
Pearson Feagans	1st Leg	
Sterling Pierce	2nd Leg	
Donald Urschel	3rd Leg	
Colin Winslow	Anchor	
High Jump		
Michael Morrow	7th of 9	1.88m
Pole Vault		
James Deutmeyer	tie-3rd of 12	4.80m
Kolby Koeck	tie-9th	4.10m
PJ Succi	tie-9th	4.10m
Triple Jump		
Aaron Elcock	7th of 15	13.03m
Shot Put		
Dan Sullivan	8th of 14	14.11m
Henry Sise	11th	13.23m
Daniel Timko	14th	11.69m
Discus		
Henry Sise	13th of 22	36.32m
Dan Sullivan	14th	35.56m
Daniel Timko	15th	34.60m
John McDonald	19th	32.79m
Hammer		
John McDonald	11th of 13	41.76m
Javelin		
Paul Sheridan	5th of 18	56.97m
Jack Judge	12th	51.08m
Robert Cacace	17th	41.06m

COLONIAL RELAYS

April 1-2, 2016
Zable Stadium
Williamsburg, Va.
tie-12th of 44

FRIDAY, APRIL 1

<u>100 Meters - Preliminary Heats</u>	<u>Place</u>	<u>Time</u>
Sterling Pierce	4th of 88	10.78
Donald Urschel	24th	11.07
Bryant Herlocker	56th	11.61
200 Meters		
Sterling Pierce	5th of 88	21.34
Donald Urschel	tie-34th	22.28
Bryant Herlocker	62nd	23.02
400 Meters		
Charlie O'Brien	47th of 90	50.74
400 Meter Hurdles		
Utsav Deshpande	tie-27th of 55	56.21
Kyle Cartwright	tie-27th	56.21
Peter Winslow	49th	59.17
1500 Meters - Championship Section		
Ben Malone	1st of 59	3:45.73
Grant Wiggins	58th	4:07.51
Drake Johnston	59th	4:08.64
5000 Meters - Championship Section		
Tom Trainer	36th of 69	14:58.89
Kevin Corbusier	45th	15:05.39
Long Jump - Championship Section		
Pearson Feagans	4th of 13	6.95m
Shot Put - Unseeded Section		
Henry Sise	7th of 37	14.22m
Dan Sullivan	13th	13.83m
Daniel Timko	tie-31st	12.31m
Hammer - Unseeded Section		
John McDonald	15th of 25	40.05m
Javelin - Championship Section		
Paul Sheridan	13th of 16	53.29m
Javelin - Unseeded Section		
Jack Judge	9th of 24	47.66m
Robert Cacace	15th	42.31m

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Villanova Men's Outdoor Track & Field 2016 Meet Summaries



COLONIAL RELAYS

April 1-2, 2016
Zable Stadium
Williamsburg, Va.
tie-12th of 44

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SATURDAY, APRIL 2

<u>Sprint Medley Relay</u>	<u>Place</u>	<u>Time</u>
Villanova <i>(Donald Urschel, Sterling Pierce, Kyle Cartwright, Ville Lampinen)</i>	1st of 14	3:22.73

<u>Triple Jump - Unseeded Section</u>	<u>Place</u>	<u>Mark</u>
Aaron Elcock	7th of 14	12.96m

<u>Discus - Unseeded Section</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	24th of 27	35.20m

Final Team Scores

Shippensburg 80.75, Rutgers 76, Bucknell 71, William & Mary 70.5, Iona 51, Virginia Union 47, Binghamton 41, Monmouth 38, UMBC 38, Columbia 34, Detroit 34, **Villanova 31**, Saint Joseph's 31, VCU 28, Virginia Tech 28, Duquesne 27, George Mason 26, Rider 23.5, Georgetown 23, Salisbury 21, Providence 19, Mount St. Mary's 18, Fordham 15, Charlotte 12, Johns Hopkins 12, Saint Francis (Pa.) 10.75, Mount Olive 10, New Hampshire 10, Christopher Newport 9, George Washington 9, West Virginia Wesleyan 9, Essex CC 8, Hampton 7, UMass Lowell 7, American 6, Lock Haven 6, Seton Hill 6, La Salle 4, Marist 4, Stony Brook 4, California (Pa.) 2, Norfolk State 1, TCNJ 1, Wagner 0.5

SAM HOWELL INVITATIONAL

April 8-9, 2016
Weaver Stadium/Jadwin Gym
Princeton, N.J.
No Team Scoring

FRIDAY, APRIL 8 (Weaver Stadium)

<u>1500 Meters - Invitational Section</u>	<u>Place</u>	<u>Time</u>
Harry Warnick	8th of 49	3:52.65
Grant Wiggins	46th	4:10.63
<i>Casey Comber (Unattached)</i>	<i>13th</i>	<i>3:55.06</i>
<i>Lucas Arrivo (Unattached)</i>	<i>49th</i>	<i>4:22.77</i>

<u>3000 Meter Steeplechase</u>	<u>Place</u>	<u>Time</u>
Drake Johnston	16th of 19	9:39.05

<u>Pole Vault</u>	<u>Place</u>	<u>Mark</u>
Kolby Koeck	4th of 6	4.40m
PJ Succi	5th	4.25m

<u>Discus</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	7th of 7	32.87m

<u>Hammer</u>	<u>Place</u>	<u>Mark</u>
John McDonald	5th of 5	45.31m

<u>Javelin</u>	<u>Place</u>	<u>Mark</u>
Paul Sheridan	1st of 3	53.07m
Jack Judge	2nd	51.49m

SATURDAY, APRIL 9 (Jadwin Gym)

<u>Shot Put</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	5th of 9	15.29m
Henry Sise	7th	14.48m
Daniel Timko	9th	12.69m



Villanova Men's Outdoor Track & Field 2016 Meet Summaries



HURRICANE ALUMNI INVITATIONAL

April 9, 2016
Cobb Stadium
Coral Gables, Fla.
No Team Scoring

<u>200 Meters</u>	<u>Place</u>	<u>Time</u>
Sterling Pierce	11th of 75	21.48
Donald Urschel	36th	22.08
<u>400 Meter Hurdles</u>	<u>Place</u>	<u>Time</u>
Kyle Cartwright	9th of 27	54.78
<u>800 Meters</u>	<u>Place</u>	<u>Time</u>
Ville Lampinen	2nd of 30	1:48.89
Ben Malone	5th	1:50.21
Josh Lampron	7th	1:50.75
<u>1500 Meters</u>	<u>Place</u>	<u>Time</u>
Elliot Slade	1st of 27	3:48.91
<u>4x100 Meter Relay</u>	<u>Place</u>	<u>Time</u>
Villanova <i>(Pearson Feagans, Sterling Pierce, Donald Urschel, Kyle Cartwright)</i>	7th of 10	41.96m
<u>4x400 Meter Relay</u>	<u>Place</u>	<u>Time</u>
Villanova <i>(Ishmael Muhammad, Ville Lampinen, Donald Urschel, Sterling Pierce)</i>	2nd of 10	3:13.31
<u>Pole Vault</u>	<u>Place</u>	<u>Mark</u>
James Deutmeyer	4th of 4	4.75m

PRINCETON OUTDOOR INVITE

April 15-16, 2016
Weaver Stadium
Princeton, N.J.
5th of 9

FRIDAY, APRIL 15

<u>Shot Put</u>	<u>Place</u>	<u>Mark</u>
Henry Sise	10th of 15	14.77m
Dan Sullivan	12th	14.60m

SATURDAY, APRIL 16

<u>400 Meters</u>	<u>Place</u>	<u>Time</u>
Colin Winslow	2nd of 13	49.36
<u>400 Meter Hurdles</u>	<u>Place</u>	<u>Time</u>
Kyle Cartwright	5th of 10	54.49
Utsav Deshpande	6th	56.39
Peter Winslow	8th	57.54
<u>4x400 Meter Relay</u>	<u>Place</u>	<u>Time</u>
Villanova <i>(Colin Winslow, Utsav Deshpande, Peter Winslow, Kyle Cartwright)</i>	4th of 9	3:22.30
<u>Pole Vault</u>	<u>Place</u>	<u>Mark</u>
James Deutmeyer	3rd of 10	4.70m
PJ Succi	tie-5th	4.40m
Kolby Koeck	7th	4.25m
<u>Long Jump</u>	<u>Place</u>	<u>Mark</u>
Pearson Feagans	4th of 9	7.07m
<u>Triple Jump</u>	<u>Place</u>	<u>Mark</u>
Aaron Elcock	4th of 5	13.45m
<u>Discus</u>	<u>Place</u>	<u>Mark</u>
Henry Sise	13th of 14	32.94m
Dan Sullivan	14th	31.74m
<u>Javelin</u>	<u>Place</u>	<u>Mark</u>
Jack Judge	1st of 9	54.41m

Final Team Scores

Princeton 245, Monmouth 116.5, Manhattan 85, Binghamton 48, Villanova 42.5, Cornell 10, Dartmouth 8, Rutgers 8, TCNJ 2



Villanova Men's Outdoor Track & Field 2016 Meet Summaries



LARRY ELLIS INVITATIONAL
April 22-23, 2016
Weaver Stadium
Princeton, N.J.
No Team Scoring

FRIDAY, APRIL 22

<u>800 Meters - Elite Section</u>	<u>Place</u>	<u>Time</u>
Ville Lampinen	10th of 77	1:48.89
Ishmael Muhammad	21st	1:51.02
<u>1500 Meters - Elite Section</u>		
Ben Malone	11th of 84	3:44.66
Josh Lampron	19th	3:47.35
Elliot Slade	21st	3:48.26
<u>3000 Meter Steeplechase</u>		
Drake Johnston	35th of 46	9:27.16
<i>Casey Comber (Unaffiliated)</i>	22nd	9:17.30
<u>5000 Meters</u>		
Robert Hurlbut	10th of 88	14:28.77
Harry Warnick	20th	14:41.60
Tom Trainer	30th	14:53.66
Kevin Corbusier	33rd	14:54.17
<i>Paul Power (Unattached)</i>	69th	15:24.17
<u>Pole Vault</u>		
James Deutmeyer	tie-6th of 13	4.85m
<u>Javelin</u>		
Jack Judge	16th of 24	49.91m

SATURDAY, APRIL 23

<u>100 Meters</u>	<u>Place</u>	<u>Time</u>
Donald Urschel	19th of 55	10.95
<u>200 Meters</u>		
Donald Urschel	17th of 48	22.06
<u>400 Meters</u>		
Harry Purcell	3rd of 42	47.82
Colin Winslow	15th	48.78
<u>400 Meter Hurdles</u>		
Kyle Cartwright	19th of 31	55.02
<u>4x400 Meter Relay</u>		
Villanova <i>(Colin Winslow, Peter Winslow, Utsav Deshpande, Kyle Cartwright)</i>	15th of 21	3:22.61
<u>Long Jump</u>		
Pearson Feagans	6th of 20	7.05m

WIDENER INVITATIONAL
April 23, 2016
Leslie C. Quick, Jr. Stadium
Chester, Pa.
No Team Scoring

<u>1500 Meters</u>	<u>Place</u>	<u>Time</u>
Grant Wiggins	29th of 102	4:06.88

HAVERFORD MID-WEEK MEET
April 26, 2016
Johnson Track
Haverford, Pa.
No Team Scoring

<u>1500 Meters</u>	<u>Place</u>	<u>Time</u>
<i>Louie Vazquez (Unattached)</i>	22nd of 23	2:08.33
<u>1500 Meters</u>		
<i>Lucas Arrivo (Unattached)</i>	1st of 17	3:54.86



Villanova Men's Outdoor Track & Field 2016 Meet Summaries



PENN RELAYS
April 28-30, 2016
Franklin Field
Philadelphia, Pa.
No Team Scoring

THURSDAY, APRIL 28

<u>5000 Meters - Championship Section</u>	<u>Place</u>	<u>Time</u>
Harry Warnick	34th of 66	14:33.56

FRIDAY, APRIL 29

<u>400 Meter Hurdles (Championship Section)</u>	<u>Place</u>	<u>Time</u>
Kyle Cartwright	36th of 39	56.69

<u>Sprint Medley Relay</u> <u>Championship of America</u>	<u>Place</u>	<u>Time</u>
Villanova	3rd of 28	3:24.31
Donald Urschel	200 Meters	
Sterling Pierce	200 Meters	
Harry Purcell	400 Meters	49.9
Ville Lampinen	800 Meters	1:51.11

<u>Distance Medley Relay</u> <u>Championship of America</u>	<u>Place</u>	<u>Time</u>
Villanova	5th of 13	9:39.10
Ben Malone	1200 Meters	2:57.74
Harry Purcell	400 Meters	47.92
Josh Lampron	800 Meters	1:49.60
Jordy Williamsz	1600 Meters	4:03.84

<u>Pole Vault (College Section)</u>	<u>Place</u>	<u>Mark</u>
James Deutmeyer	tie-12th of 19	4.55m

<u>Long Jump (College Section)</u>	<u>Place</u>	<u>Mark</u>
Pearson Feagans	4th of 35	7.09m

<u>Shot Put (College Section)</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	25th of 38	14.90m
Henry Sise	33rd	14.15m

SATURDAY, APRIL 30

<u>4xMile Relay</u> <u>Championship of America</u>	<u>Place</u>	<u>Time</u>
Villanova	5th of 10	16:34.64
Elliot Slade	1st Leg	4:06.4
Josh Lampron	2nd Leg	4:08.4
Jordy Williamsz	3rd Leg	4:11.2
Ben Malone	Anchor	4:08.6

<u>Hammer (College Section)</u>	<u>Place</u>	<u>Mark</u>
John McDonald	28th of 28	47.15m

LIONS INVITATIONAL
April 30, 2016
TCNJ Track & Field Complex
Ewing, N.J.
No Team Scoring

<u>110 Meter Hurdles</u>	<u>Place</u>	<u>Time</u>
Robert Cacace	21st of 25	18.04

<u>400 Meter Hurdles</u>	<u>Place</u>	<u>Time</u>
Utsav Deshpande	19th of 52	57.53

<u>High Jump</u>	<u>Place</u>	<u>Mark</u>
Michael Morrow	tie-22nd of 28	1.82m

<u>Pole Vault</u>	<u>Place</u>	<u>Mark</u>
James Deutmeyer	2nd of 22	4.70m
PJ Succi	7th	4.40m
Kolby Koeck	9th	4.25m

<u>Triple Jump</u>	<u>Place</u>	<u>Mark</u>
Aaron Elcock	16th of 22	12.59m

<u>Shot Put</u>	<u>Place</u>	<u>Mark</u>
Daniel Timko	17th of 43	12.26m

<u>Discus</u>	<u>Place</u>	<u>Mark</u>
Henry Sise	25th of 51	36.04m

PAYTON JORDAN INVITATIONAL
May 1, 2016
Cobb Track and Angell Field
Palo Alto, Calif.
No Team Scoring

<u>5000 Meters - Section 1</u>	<u>Place</u>	<u>Time</u>
Patrick Tiernan	9th of 18	13:25.78



Villanova Men's Outdoor Track & Field

2016 Meet Summaries



BIG EAST CHAMPIONSHIPS

May 13-14, 2016
SPIRE Institute
Geneva, Ohio
2nd of 7

FRIDAY, MAY 13

<u>3000 Meter Steeplechase</u>	<u>Place</u>	<u>Time</u>
Drake Johnston	8th of 13	9:44.43
<u>10000 Meters</u>	<u>Place</u>	<u>Time</u>
Robert Hurlbut	2nd of 11	31:08.89
<u>High Jump</u>	<u>Place</u>	<u>Mark</u>
Michael Morrow	6th of 9	1.92m
<u>Pole Vault</u>	<u>Place</u>	<u>Mark</u>
James Deutmeyer	2nd of 8	4.91m
Kolby Koeck	4th	4.51m
PJ Succì	6th	4.36m
Robert Cacace	7th	3.91m
<u>Long Jump</u>	<u>Place</u>	<u>Mark</u>
Pearson Feagans	3rd of 10	7.11m
<u>Hammer</u>	<u>Place</u>	<u>Mark</u>
John McDonald	6th of 9	42.67m
<u>Javelin</u>	<u>Place</u>	<u>Mark</u>
Jack Judge	2nd of 11	54.40m
Paul Sheridan	3rd	53.76m
Sean Locke	4th	53.66m
Robert Cacace	8th	49.09m
Daniel Timko	10th	40.96m
<u>100 Meters - Preliminary Heats</u>	<u>Place</u>	<u>Time</u>
Sterling Pierce	2nd of 11	10.87
Donald Urschel	5th	10.88
Bryant Herlocker	11th	11.38
<u>200 Meters - Preliminary Heats</u>	<u>Place</u>	<u>Time</u>
Sterling Pierce	2nd of 16	21.72
Donald Urschel	6th	21.85
Bryant Herlocker	16th	22.98
<u>400 Meters - Preliminary Heats</u>	<u>Place</u>	<u>Time</u>
Utsav Deshpande	4th of 10	56.28
Peter Winslow	9th	59.03
<u>800 Meters - Preliminary Heats</u>	<u>Place</u>	<u>Time</u>
Ben Malone	1st of 23	1:50.51
Ville Lampinen	4th	1:50.88
Ishmael Muhammad	8th	1:51.60
<u>1500 Meters - Preliminary Heats</u>	<u>Place</u>	<u>Time</u>
Elliot Slade	4th of 22	4:00.19
Josh Lampron	9th	3:54.83
Harry Warnick	20th	4:11.55

SATURDAY, MAY 14

<u>100 Meters - Final</u>	<u>Place</u>	<u>Time</u>
Sterling Pierce	1st of 8	10.64
Donald Urschel	5th	10.84

<u>200 Meters - Final</u>	<u>Place</u>	<u>Time</u>
Sterling Pierce	1st of 8	21.57
Donald Urschel	7th	22.14

<u>400 Meters - Final</u>	<u>Place</u>	<u>Time</u>
Harry Purcell	1st of 8	48.66

<u>400 Meter Hurdles - Final</u>	<u>Place</u>	<u>Time</u>
Utsav Deshpande	5th of 8	56.79

<u>800 Meters - Final</u>	<u>Place</u>	<u>Time</u>
Ville Lampinen	3rd of 8	1:51.89
Ben Malone	4th	1:52.14
Ishmael Muhammad	7th	1:53.34

<u>1500 Meters - Final</u>	<u>Place</u>	<u>Time</u>
Elliot Slade	3rd of 12	3:56.00
Josh Lampron	4th	3:56.38

<u>5000 Meters</u>	<u>Place</u>	<u>Time</u>
Patrick Tiernan	1st of 20	14:12.53
Jordy Williamsz	3rd	14:18.05
Tom Trainer	11th	15:06.86

<u>4x100 Meter Relay</u>	<u>Place</u>	<u>Time</u>
Villanova	5th of 6	43.22
<i>(Pearson Feagans, Sterling Pierce, Donald Urschel, Bryant Herlocker)</i>		

<u>4x400 Meter Relay</u>	<u>Place</u>	<u>Time</u>
Villanova	1st of 7	3:15.14
<i>(Donald Urschel, Ishmael Muhammad, Harry Purcell, Ville Lampinen)</i>		

<u>4x800 Meter Relay</u>	<u>Place</u>	<u>Time</u>
Villanova	1st of 7	7:39.00
<i>(Harry Warnick, Josh Lampron, Ben Malone, Elliot Slade)</i>		

<u>Triple Jump</u>	<u>Place</u>	<u>Mark</u>
Aaron Elcock	8th of 8	12.90m

<u>Shot Put</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	6th of 11	14.55m
Henry Sise	7th	14.29m
Daniel Timko	11th	12.23m

<u>Discus</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	8th of 8	38.44m
John McDonald	10th	34.64m
Henry Sise	11th	33.82m

<u>Decathlon</u>	<u>Place</u>	<u>Points</u>
Robert Cacace	2nd of 5	5,531
<i>100 Meters</i>	<i>11.90</i>	<i>5th</i>
<i>Long Jump</i>	<i>5.99m</i>	<i>tie-4th</i>
<i>Shot Put</i>	<i>11.79m</i>	<i>1st</i>
<i>High Jump</i>	<i>1.86m</i>	<i>1st</i>
<i>400 Meters</i>	<i>56.51</i>	<i>5th</i>
<i>110 Meter Hurdles</i>	<i>17.60</i>	<i>4th</i>
<i>Discus</i>	<i>32.33m</i>	<i>2nd</i>
<i>Pole Vault</i>	<i>3.70m</i>	<i>2nd</i>
<i>Javelin</i>	<i>39.08m</i>	<i>1st</i>
<i>1500 Meters</i>	<i>5:24.64</i>	<i>3rd</i>

<u>Final Team Scores</u>
Marquette 246, Villanova 179, DePaul 163, Georgetown 95, Butler 64, Xavier 52, Providence 48



Villanova Men's Outdoor Track & Field

2016 Meet Summaries



NCAA EAST PRELIMINARY

May 26, 28, 2016
Hodges Stadium
Jacksonville, Fla.
No Team Scoring

THURSDAY, MAY 26

<u>800 Meters</u>	<u>Place</u>	<u>Time</u>
National First Round		
Ville Lampinen	39th of 47	1:50.90
<u>1500 Meters</u>	<u>Place</u>	<u>Time</u>
National First Round		
Ben Malone	3rd of 47	3:43.28
Jordy Williamsz	21st	3:47.13

SATURDAY, MAY 28

<u>1500 Meters</u>	<u>Place</u>	<u>Time</u>
National Quarterfinals		
Ben Malone	5th of 24	3:44.15
Jordy Williamsz	13th	3:46.81
<u>5000 Meters</u>	<u>Place</u>	<u>Time</u>
National Semifinals		
Patrick Tiernan	5th of 44	14:10.26

NCAA CHAMPIONSHIPS

June 8, 10, 2016
Hayward Field
Eugene, Ore.
tie-36th of 81

WEDNESDAY, JUNE 8

<u>1500 Meters</u>	<u>Place</u>	<u>Time</u>
National Semifinals		
Jordy Williamsz	6th of 24	3:41.16
Ben Malone	17th	3:49.54

FRIDAY, JUNE 10

<u>1500 Meters</u>	<u>Place</u>	<u>Time</u>
National Championship		
Jordy Williamsz	9th of 12	3:47.61
<u>5000 Meters</u>	<u>Place</u>	<u>Time</u>
National Championship		
Patrick Tiernan	3rd of 24	13:27.07

Final Team Scores

Florida 62, Arkansas 56, Texas A&M 50, Oregon 48, LSU 41, Tennessee 30, Virginia 20, Virginia Tech 19, Mississippi State 18, Nebraska 17, Houston 17, USC 16, Stanford 15, Michigan 15, Purdue 14, Oklahoma State 14, Penn State 13, UCLA 12, Wisconsin 12, Middle Tennessee State 12, Washington 12, Kentucky 11, Akron 10, Northern Arizona 10, Arizona 10, Cornell 9, Kansas State 9, Ole Miss 9, Arkansas State 8, Penn 8, LIU-Brooklyn 8, Georgia 8, North Carolina State 7, Texas Tech 7, Clemson 7, **Villanova 6**, BYU 6, Louisville 6, USF 6, Texas 6, North Carolina 6, Southeastern Louisiana 6, Charlotte 6, Indiana State 6, Arizona State 6, Colorado State 6, Southern Miss 5, Colorado 5, East Carolina 5, Minnesota 5, Syracuse 5, South Carolina 5, Rutgers 5, Ohio State 5, Oklahoma 5, Connecticut 5, Western Kentucky 4.5, Auburn 4, Georgetown 4, Rice 4, Air Force 4, Portland 4, Southern Illinois 3.5, Alabama 3, Florida State 3, Missouri 3, Eastern Michigan 3, Navy 3, La Salle 3, South Alabama 3, TCU 3, Albany 2, Northwestern State 2, Furman 2, Kent State 2, Southeast Missouri 1, Butler 1, Samford 1, Yale 1, Princeton 1, Wake Forest 1



Villanova Men's Track & Field

Career Top Times



Lucas Arrivo

800 Meters	1:55.69	High School
1500 Meters	3:54.86	2016 Haverford Mid-Week Meet

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	11.90	2016 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
1500 Meters	4:52.54	2015 BIG EAST Championships
High Jump	1.86 Meters	2016 BIG EAST Championships
Pole Vault	3.91 Meters	2016 BIG EAST Championships
Long Jump	6.06 Meters	2015 BIG EAST Championships
Shot Put	12.27 Meters	2012 Jay Carisella Invitational
Discus	32.33 Meters	2016 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

1500 Meters	3:55.06	2016 Sam Howell Invitational
3000 Meters	8:18.61	2016 Villanova Invitational
3000 Meter Steeplechase	9:17.30	2016 Larry Ellis 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	13.45 Meters	2016 Princeton Outdoor Invite
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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
100 Meters	11.38	2016 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	9:27.16	2016 Larry Ellis Invitational
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	54.41 Meters	2016 Princeton Outdoor Invite
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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	3:43.28	2016 NCAA East Preliminary
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 47.15 Meters 2016 Penn Relays

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

200 Meters 23.16 2016 Penn Challenge
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 10.64 2016 BIG EAST Championships
200 Meters 21.34 2016 Colonial Relays
400 Meters 48.52 2016 Penn Challenge

Paul Power

5000 Meters 15:24.17 2016 Larry Ellis Invitational

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 47.33 High School
800 Meters 1:49.42 High School



Villanova Men's Track & Field

Career Top Times



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

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
Discus	36.32 Meters	2016 Penn Challenge

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
1500 Meters	3:48.26	2016 Larry Ellis Invitational

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



Villanova Men's Track & Field

Career Top Times



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

Dan Sullivan

Weight Throw	11.13 Meters	2013 Jack Pyrah Invitational
Shot Put	15.29 Meters	2016 Sam Howell Invitational
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

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	13:25.78	2016 Payton Jordan Invitational
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
Javelin	40.96 Meters	2016 BIG EAST Championships



Villanova Men's Track & Field

Career Top Times



Tom Trainer

1500 Meters	3:57.77
Mile	4:14.48
3000 Meters	8:25.84
5000 Meters	14:33.16

2013 Swarthmore Last Chance Meet
2015 David Hemery Valentine Invitational
2013 Armory Collegiate Invitational
2013 Great Dane Classic

Cross Country

4 Miles	19:59.4
5 Miles	26:57.67
8000 Meters	25:07.4

2012 Main Line Invitational
2011 Jack Saint Clair Memorial Championships
2015 BIG EAST Championships

Donald Urschel

55 Meters	6.56
60 Meters	6.94
100 Meters	10.78
200 Meters	21.85
300 Meters	35.44
400 Meters	48.33

High School
2016 BIG EAST Championships
High School
2016 BIG EAST Championships
2014 Jack Pyrah Invitational
High School

Louis Vazquez

800 Meters	2:08.33
Mile	4:25.45

2016 Haverford Mid-Week Meet
2016 Villanova Invitational

Cross Country

4 Miles	20:22.9
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2015 Haverford Invitational

Harry Warnick

800 Meters	1:55
1500 Meters	3:52.65
Mile	4:03.05
3000 Meters	8:08.60
5000 Meters	14:22.65

High School
2016 Sam Howell Invitational
2016 FastTrack National Invite
2015 Penn State National
2014 Larry Ellis Invitational

Cross Country

6000 Meters	19:27.95
4 Miles	19:38.06
8000 Meters	23:27.1
10000 Meters	30:33

2013 Friend Big Five Invitational
2013 Main Line Invitational
2015 BIG EAST Championships
2014 NCAA Mid-Atlantic Regional

Logan Wetzel

400 Meters (relay)	49.50
800 Meters	1:52.31
1500 Meters	3:46.49
Mile	4:02.16

High School
High School
High School
2016 FastTrack National Invite

Cross Country

4 Miles	21:27.9
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2015 Haverford Invitational

Grant Wiggins

400 Meters (relay)	50.7
800 Meters	1:57
1000 Meters	2:35
1500 Meters	4:02
Mile	4:19

High School
High School
High School
High School
High School

Cross Country

6000 Meters	20:33.1
4 Miles	21:27.8
8000 Meters	25:52

2014 Big Five Invitational
2014 Haverford Invitational
2015 Paul Short Run



Villanova Men's Track & Field

Career Top Times



Jordy Williamsz

800 Meters	1:47.34	High School
1500 Meters	3:36.74	2012 Swarthmore Last Chance Meet
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
5000 Meters	14:18.05	2016 BIG EAST Championships

Cross Country

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

Colin Winslow

100 Meters	10.88	High School
200 Meters	21.79	High School
400 Meters	47.69	High School

Peter Winslow

400 Meters	52.40	High School
400 Meter Hurdles	56.82	2015 Larry Ellis Invitational
500 Meters	1:04.82	2015 David Hemery Valentine Invitational
800 Meters	1:57.41	High School
1000 Meters	2:31.55	2013 Jack Pyrah Invitational
High Jump	1.83 Meters	High School
Long Jump	6.09 Meters	High School



Villanova Men's Outdoor Track & Field

Outdoor School Records



Individual Track Records

<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Date</u>	<u>Meet</u>	<u>Location</u>
100 Meters	Salaam Gariba	9.9	4/6/91	Georgia Tech Invitational	Atlanta, Ga.
110 Meter Hurdles	Erv Hall	13.4	6/15/68	NCAA Championships	Berkeley, Calif.
200 Meters	Derrek Harbour	20.7	5/13/77	Philadelphia Metropolitan Championships	Philadelphia, Pa.
400 Meters	Carlton Young	45.32	6/3/82	NCAA Championships	Provo, Utah
400 Meter Hurdles	Kareem Archer	48.80	5/25/97	IC4A Championship	Fairfax, Va.
800 Meters	Don Paige	1:45.81	6/7/80	NCAA Championships	Austin, Texas
1500 Meters	Sydney Maree	3:35.30	6/6/81	NCAA Championships	Baton Rouge, La.
Mile	Don Paige	3:54.7	5/18/80	Martin Luther King Freedom Games	Philadelphia, Pa.
3000 Meters	Amos Korir	8:01.5	5/12/79	Martin Luther King Freedom Games	Philadelphia, Pa.
3000 Meter Steeplechase	Amos Korir	8:23.13	6/2/79	NCAA Championships	Champaign, Ill.
5000 Meters	Sydney Maree	13:20.63	6/2/79	NCAA Championships	Champaign, Ill.
10000 Meters	Sydney Maree	28:21.46	4/11/80	Dogwood Relays	Knoxville, Tenn.

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	2.12m	4/26/94	Penn Relays (decathlon)	Philadelphia, Pa.
Pole Vault	Vince Bizzaro	4.98m	6/1/68	IC4A Championship	
Long Jump	Jermaine Deans	7.88m	5/2/98	BIG EAST Championships	Villanova, Pa.
Triple Jump	Nate Cooper	17.10m	6/2/79	NCAA Championships	Champaign, Ill.
Shot Put	Billy Joe	18.45m	5/26/62	IC4A Championship	Villanova, Pa.
Discus	Robert McDade	57.21m	5/6/06	BIG EAST Championships	Storrs, Conn.
Hammer	Mark Blattner	57.36m	5/13/02	Tuppeny Twilight Meet	Villanova, Pa.
Javelin (1999-present)	Marco Radocaj	68.54m	5/30/08	NCAA East Regional	Tallahassee, Fla.
Javelin (pre-1999)	Joe Mitrovich	76.89m	4/28/79	Penn Relays	Philadelphia, Pa.
Decathlon	Dave Cook	7520	4/21/93	Penn Relays	Philadelphia, Pa.



Villanova Men's Outdoor Track & Field

Outdoor School Records



Outdoor Relay Records

<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Date</u>	<u>Meet</u>	<u>Location</u>
4x100 Meter Relay	Keith Brown Al Graves Derrek Harbour Tim Dale	40.08	5/21/77	IC4A Championship	Philadelphia, Pa.
4x200 Meter Relay	Keith Brown Al Graves Derrek Harbour Tim Dale	1:22.8	4/15/78	Dogwood Relays	Knoxville, Tenn.
4x400 Meter Relay	Grant Davis Tony Valentine Edwin Modibedi Charles Jenkins, Jr.	3:02.95	6/7/86	NCAA Championships	Indianapolis, Ind.
Sprint Medley Relay (200-200-400-800)	Tim Dale Keith Brown Al Graves Mark Belger	3:14.9	4/29/78	Penn Relays	Philadelphia, Pa.
4x800 Meter Relay	Marcus O'Sullivan Michael England John Hunter John Marshall	7:12.29	4/24/82	Penn Relays	Philadelphia, Pa.
Distance Medley Relay (1200-400-800-1600)	Sean O'Neill Edwin Modibedi Bruce Harris Gerry O'Reilly	9:21.02	4/24/87	Penn Relays	Philadelphia, Pa.
4x1500 Meter Relay	Sean O'Neill Brian O'Keeffe John Keyworth Marcus O'Sullivan	14:52.81	4/28/84	Penn Relays	Philadelphia, Pa.
4xMile Relay	Tom Gegan Brian McElroy Eamonn Coghlan John Hartnett	16:10.6	4/29/74	Penn Relays	Philadelphia, Pa.