

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Jadyn Anczarski

Sophomore/Sophomore
Throws
Ringtown, Pa./North Schuylkill

PERSONAL BESTS

Shot Put (high school)	13.39m	High School
Shot Put (college)	10.60m	12.3.16
Weight Throw	14.29m	1.26.18
Discus (high school)	48.34m	High School
Discus (college)	44.52m	4.13.18
Hammer	43.60m	4.13.18

CAREER OUTDOOR RESULTS

Discus

4.13.18	Temple Owls Invite	44.52m
5.13.17	BIG EAST Championships	42.07m
4.26.17	Haverford Invitational	41.68m
4.28.18	Lions Invitational	41.52m
3.25.17	Penn Challenge	40.90m
4.1.17	Colonial Relays (U)	40.48m
4.8.17	Sam Howell Invitational	39.95m
4.29.17	Lions Invitational	39.93m

Hammer

4.13.18	Temple Owls Invite	43.60m
3.24.18	Penn Challenge	39.27m
3.31.17	Colonial Relays (U)	38.30m
3.25.17	Penn Challenge	37.92m
4.6.18	Colonial Relays (U)	37.15m
4.26.17	Haverford Invitational	36.97m
5.12.17	BIG EAST Championships	36.90m
4.28.17	Lions Invitational	35.95m

Lucas Arrivo

Junior/Sophomore
Cross Country/Distance
Ann Arbor, Mich./Pioneer

PERSONAL BESTS

800 Meters	1:54.91	2.4.17
1000 Meters	2:30.72	1.27.17
1500 Meters	3:54.86	4.26.16
Mile	4:17.31	1.14.17

CAREER OUTDOOR RESULTS

800 Meters

4.22.17	Larry Ellis Invitational	1:55.57
5.12.17	BIG EAST Championships (P)	1:58.88

1500 Meters

4.26.16	Haverford Mid-Week Meet (UN)	3:54.86
4.6.18	Colonial Relays	4:04.97
4.26.17	Haverford Invitational	4:06.31
4.7.17	Sam Howell Invitational (I)	4:17.17
4.8.16	Sam Howell Invitational (I) (UN)	4:22.77

Sprint Medley Relay

4.1.17	Colonial Relays (800)	3:30.90
--------	-----------------------	---------

Distance Medley Relay

4.1.17	Colonial Relays (800)	10:21.67
--------	-----------------------	----------

Martin Barr

Sophomore/Freshman
Cross Country/Distance
Skokie, Ill./Niles North

PERSONAL BESTS

3000 Meters	8:05.83	1.27.18
5000 Meters	14:04.14	2.9.18
10000 Meters	30:48.27	4.26.18

CAREER OUTDOOR RESULTS

5000 Meters

3.30.18	Raleigh Relays (S1-3)	14:49.00
4.7.17	Sam Howell Invitational (UN)	15:09.98
4.21.17	Larry Ellis Invitational (UN)	15:18.17

10000 Meters

4.26.18	Penn Relays	30:48.27
---------	-------------	----------

Konrad Bayer

Sophomore/Sophomore
Sprints
Naperville, Ill./Benet Academy

PERSONAL BESTS

200 Meters	23.09	2.4.17
400 Meters	49.75	High School
400 Meter Hurdles	55.78	4.22.17
500 Meters	1:08.06	12.3.16

CAREER OUTDOOR AWARDS

All-BIG EAST 2017 4x400 Meter Relay

CAREER OUTDOOR RESULTS

400 Meters

3.25.17	Penn Challenge	50.99
---------	----------------	-------

400 Meter Hurdles

4.22.17	Larry Ellis Invitational	55.78
5.12.17	BIG EAST Championships (P)	56.05
3.31.17	Colonial Relays	56.21
4.8.17	Hurricane Alumni Invitational	56.58
4.21.18	Larry Ellis Invitational	56.58
4.28.17	Penn Relays (C)	56.84
5.13.17	BIG EAST Championships (F)	57.20
4.6.18	Colonial Relays	57.20
3.24.18	Penn Challenge	57.53
4.13.18	Temple Owls Invite	58.45

4x400 Meter Relay

5.13.17	BIG EAST Championships (3)	3:16.85
4.28.17	Penn Relays (4) (P)	3:18.88

Jacob Bonanotte

Sophomore/Freshman
Sprints
Arlington Heights, Ill./St. Viator

PERSONAL BESTS

200 Meters	27.15	High School
800 Meters	1:56.20	1.20.18
1000 Meters	2:36.69	1.13.18
1500 Meters	4:26.40	4.7.17

CAREER OUTDOOR RESULTS

800 Meters

4.23.18	Haverford Invitational	1:57.99
4.26.17	Haverford Invitational (UN)	2:00.31
4.6.18	Colonial Relays	2:01.29

1500 Meters

4.7.17	Larry Ellis Invitational (UN) (I)	4:26.40
--------	-----------------------------------	---------

Amir Brock

Freshman/Freshman
Sprints
Egg Harbor Twp., N.J./Egg Harbor Township

PERSONAL BESTS

200 Meters	21.80	2.24.18
300 Meters	35.75	1.13.18
400 Meters	47.55	High School
500 Meters	1:06.20	12.2.17

CAREER OUTDOOR RESULTS

200 Meters

4.13.18	Temple Owls Invite	21.86
---------	--------------------	-------

400 Meters

4.21.18	War Eagle Invitational	47.70
3.24.18	Penn Challenge	48.39
5.4.18	Kehoe Invitational	48.42

4x400 Meter Relay

3.30.18	Florida Relays (1) (P)	3:10.92
3.31.18	Florida Relays (1) (F)	3:11.45
4.28.18	Penn Relays (1) (E)	3:13.14
4.21.18	War Eagle Invitational (1)	3:13.44
4.27.18	Penn Relays (1) (P)	3:14.58

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Richie Bush

**Freshman/Freshman
Sprints**
Lawnside, N.J./Paul VI

PERSONAL BESTS

60 Meters	7.25	1.13.18
200 Meters	21.82	4.6.18
300 Meters	36.40	12.2.17
400 Meters (relay)	48.65	4.28.18
400 Meters (open)	49.89	4.13.18

CAREER OUTDOOR RESULTS

200 Meters

4.6.18	Colonial Relays	21.82
4.13.18	Temple Owls Invite	22.28

400 Meters

4.13.18	Temple Owls Invite	49.89
4.6.18	Colonial Relays	50.04
3.24.18	Penn Challenge	50.54

4x400 Meter Relay

4.28.18	Penn Relays (4) (E)	3:13.14
4.27.18	Penn Relays (2) (P)	3:14.58

Casey Comber

Junior/Sophomore
Cross Country/Distance
Maple Glen, Pa./Hathoro-Horsham

PERSONAL BESTS

800 Meters	1:53.54	4.26.17
1500 Meters	3:45.81	4.20.18
1600 Meters (relay)	3:59.79	4.27.18
Mile (open)	4:04.10	2.3.18
Mile (relay)	4:04.5	4.28.18
3000 Meters	8:03.24	1.27.18
3000 Meter Steeplechase	9:10.10	4.21.17
5000 Meters	14:06.90	3.30.18

CAREER OUTDOOR AWARDS

Penn Relays Champion	2018	DMR (1600)
Penn Relays Champion	2018	4xMile (4)
BE Men's Track AOW	2018	April 23-29

CAREER OUTDOOR RESULTS

800 Meters

4.26.17	Haverford Invitational	1:53.54
---------	------------------------	---------

1500 Meters

4.20.18	Larry Ellis Invitational (E)	3:45.81
5.15.17	Swarthmore Final Qualifier	3:47.11
3.25.17	Penn Challenge	3:50.56
4.8.16	Sam Howell Invitational (UN) (I)	3:55.06

3000 Meter Steeplechase

4.21.17	Larry Ellis Invitational	9:10.10
4.22.16	Larry Ellis Invitational (UN)	9:17.30
5.12.17	BIG EAST Championships	9:20.19

5000 Meters

3.30.18	Raleigh Relays (S1-3)	14:06.90
4.7.17	Sam Howell Invitational	14:40.26

Distance Medley Relay

4.27.18	Penn Relays (1600) (COA)	9:34.37
---------	--------------------------	---------

4xMile Relay

4.28.18	Penn Relays (4) (COA)	16:23.75
---------	-----------------------	----------

Thomas Conboy

Sophomore/Sophomore
Pole Vault
Saratoga Springs, N.Y./Saratoga Springs

PERSONAL BEST

Pole Vault	4.71m	5.12.17
------------	-------	---------

CAREER OUTDOOR AWARDS

BIG EAST Champion	2017	Pole Vault
All-BIG EAST	2017	Pole Vault

CAREER OUTDOOR RESULTS

Pole Vault

5.12.17	BIG EAST Championships	4.71m
4.28.17	Penn Relays (CO)	4.70m
4.13.18	Temple Owls Invite	4.70m
4.27.18	Penn Relays (C)	4.55m
4.1.17	Colonial Relays (C)	4.50m
3.25.17	Penn Challenge	4.45m
4.8.17	Hurricane Alumni Invitational	4.45m
4.26.17	Haverford Invitational	4.35m
4.6.18	Colonial Relays (U)	4.30m

Utsav Deshpande

Junior/Junior
Sprints
Ronkonkoma, N.Y./Sachem East

PERSONAL BESTS

400 Meters	51.67	2.6.16
400 Meter Hurdles	53.92	High School
500 Meters	1:07.49	2.26.16
800 Meters	1:58.61	2.12.16
1000 Meters	2:38.76	12.5.15

CAREER OUTDOOR RESULTS

400 Meter Hurdles

4.1.16	Colonial Relays	56.21
5.13.16	BIG EAST Championships (P)	56.28
4.16.16	Princeton Outdoor Invite	56.39
5.14.16	BIG EAST Championships (F)	56.79
4.13.18	Temple Owls Invite	57.32
3.26.16	Penn Challenge	57.47
4.30.16	Lions Invitational	57.53
5.13.17	BIG EAST Championships (F)	57.58
4.21.18	Larry Ellis Invitational	57.73
5.12.17	BIG EAST Championships (P)	58.26
3.24.18	Penn Challenge	58.37
4.26.17	Haverford Invitational	58.81
4.6.18	Colonial Relays	1:03.52

4x400 Meter Relay

4.16.16	Princeton Outdoor Invite (2)	3:22.30
4.23.16	Larry Ellis Invitational (3)	3:22.61

James Deutmeyer

Senior/Senior
Pole Vault
Rye, N.Y./Fordham Prep

PERSONAL BEST

Pole Vault	5.03m	High School
------------	-------	-------------

CAREER OUTDOOR AWARDS

BIG EAST Champion	2015	Pole Vault
All-BIG EAST	2015	Pole Vault
All-BIG EAST	2016	Pole Vault

CAREER OUTDOOR RESULTS

Pole Vault

5.13.16	BIG EAST Championships	4.91m
5.2.15	Princeton Open	4.85m
4.22.16	Larry Ellis Invitational	4.85m
3.26.16	Penn Challenge	4.80m
4.11.15	Hurricane Alumni Invitational	4.75m
4.9.16	Hurricane Alumni Invitational	4.75m
3.25.17	Penn Challenge	4.75m
4.8.17	Hurricane Alumni Invitational	4.75m
4.18.15	Larry Ellis Invitational	4.70m
4.16.16	Princeton Outdoor Invite	4.70m
4.30.16	Lions Invitational	4.70m
4.1.17	Colonial Relays (C)	4.70m
5.8.15	BIG EAST Championships	4.66m
4.24.15	Penn Relays (C)	4.65m
4.22.17	Larry Ellis Invitational	4.65m
4.29.16	Penn Relays (C)	4.55m
4.28.17	Penn Relays (C)	4.55m
4.27.18	Penn Relays (C)	4.40m
4.13.18	Temple Owls Invite	4.25m

Brian Faust

Freshman/Freshman
Sprints
Stone Mountain, Ga./Marist School

PERSONAL BESTS

200 Meters	21.81	4.13.18
400 Meters (relay)	46.48	4.27.18
400 Meters (open)	47.16	High School
500 Meters	1:02.33	1.26.18
600 Meters	1:20.81	1.13.18
800 Meters	1:52.89	High School

CAREER OUTDOOR AWARDS

Penn Relays Champion	2018	DMR (400)
----------------------	------	-----------

CAREER OUTDOOR RESULTS

400 Meters

3.30.18	Florida Relays	47.62
5.4.18	Kehoe Invitational	47.76
4.21.18	War Eagle Invitational	47.87

4x400 Meter Relay

3.30.18	Florida Relays (4) (P)	3:10.92
3.31.18	Florida Relays (2) (F)	3:11.45
4.21.18	War Eagle Invitational (3)	3:13.44

Distance Medley Relay

4.27.18	Penn Relays (400) (COA)	9:34.37
---------	-------------------------	---------

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Bryant Herlocker
Senior/Junior
Sprints
Wilmette, Ill./New Trier

PERSONAL BESTS

60 Meters	7.32	2.28.15
100 Meters	11.38	5.13.16
200 Meters	21.89	High School
400 Meters	49.18	High School
Long Jump	6.37m	12.2.17

CAREER OUTDOOR RESULTS

100 Meters

5.13.16	BIG EAST Championships (P)	11.38
4.1.16	Colonial Relays (P)	11.61
3.26.16	Penn Challenge	11.87

200 Meters

5.13.16	BIG EAST Championships (P)	22.98
4.1.16	Colonial Relays	23.02

4x100 Meter Relay

4.13.18	Temple Owls Invite (4)	42.85
5.14.16	BIG EAST Championships (4)	43.22

Long Jump

4.13.18	Temple Owls Invite	6.35m
3.24.18	Penn Challenge	6.30m
4.28.18	Lions Invitational	5.95m

Keegan Hughes

Freshman/Freshman
Sprints

Malvern, Pa./Bishop Shanahan

PERSONAL BESTS

60 Meters	7.19	12.2.17
200 Meters	22.83	1.20.18
400 Meters (relay)	48.50	4.27.18
400 Meters (open)	49.56	3.24.18
400 Meters Hurdles	53.19	4.27.18
500 Meters	1:07.79	12.2.17

CAREER OUTDOOR RESULTS

400 Meters

3.24.18	Penn Challenge	49.56
---------	----------------	-------

400 Meter Hurdles

4.27.18	Penn Relays	53.19
4.6.18	Colonial Relays	54.79
4.13.18	Temple Owls Invite	55.07
4.21.18	War Eagle Invitational	55.11

4x400 Meter Relay

3.31.18	Florida Relays (4) (F)	3:11.45
4.28.18	Penn Relays (2) (E)	3:13.14
4.21.18	War Eagle Invitational (4)	3:13.44
4.27.18	Penn Relays (3) (P)	3:14.58

Jack Judge

Junior/Junior
Throws

Palisades, N.Y./Don Bosco Prep

PERSONAL BESTS

Shot Put	11.87m	12.3.16
Javelin	59.50m	5.12.17

CAREER OUTDOOR AWARDS

All-BIG EAST	2016	Javelin
All-BIG EAST	2017	Javelin

CAREER OUTDOOR RESULTS

Javelin

5.12.17	BIG EAST Championships	59.50m
4.28.18	Penn Relays (C)	58.85m
3.24.18	Penn Challenge	58.12m
4.13.18	Temple Owls Invite	57.57m
4.28.17	Lions Invitational	57.40m
4.21.17	Larry Ellis Invitational	57.26m
4.6.18	Colonial Relays (C)	56.36m
3.25.17	Penn Challenge	56.08m
3.31.18	Raleigh Relays	55.40m
4.20.18	Larry Ellis Invitational	54.96m
4.8.17	Sam Howell Invitational	54.91m
4.16.16	Princeton Outdoor Invite	54.41m
5.13.16	BIG EAST Championships	54.40m
4.8.16	Sam Howell Invitational	51.49m
3.26.16	Penn Challenge	51.08m
4.22.16	Larry Ellis Invitational	49.91m
4.1.16	Colonial Relays (U)	47.66m

Jacob Kelly

Freshman/Freshman
Sprints/Jumps

Longmeadow, Mass./Longmeadow

PERSONAL BEST

High Jump	2.03m	4.6.18
-----------	-------	--------

CAREER OUTDOOR RESULTS

High Jump

4.6.18	Colonial Relays (U)	2.03m
4.21.18	Larry Ellis Invitational	2.00m
4.27.18	Penn Relays (C)	2.00m
3.24.18	Penn Challenge	1.94m
3.30.18	Raleigh Relays	1.90m

Ville Lampinen

Junior/Junior
Sprints

Vantaa, Finland/Mäkelänrinteen lukio

PERSONAL BESTS

400 Meters	47.51	7.23.16
500 Meters	1:02.59	2.27.16
600 Meters	1:18.44	1.14.17
800 Meters (relay)	1:47.81	4.28.17
800 Meters (open)	1:48.44	High School

CAREER OUTDOOR AWARDS

BIG EAST Champion	2016	4x400 Meter Relay
All-BIG EAST	2016	800 Meters
All-BIG EAST	2017	800 Meters
All-BIG EAST	2016	4x400 Meter Relay
All-BIG EAST	2017	4x400 Meter Relay
Penn Relays Champion	2018	DMR (800)

CAREER OUTDOOR RESULTS

400 Meters

3.31.17	Colonial Relays	48.59
3.24.18	Penn Challenge	49.37

800 Meters

4.9.16	Hurricane Alumni Invitational	1:48.89
4.22.16	Larry Ellis Invitational (E)	1:48.89
5.26.17	NCAA East Preliminary (Q)	1:49.70
4.21.17	Larry Ellis Invitational (E)	1:49.91
5.25.17	NCAA East Preliminary (1)	1:50.11
5.5.17	Jim Kehoe Invitational	1:50.19
5.12.17	BIG EAST Championships (P)	1:50.29
4.8.17	Hurricane Alumni Invitational	1:50.81
5.13.16	BIG EAST Championships (P)	1:50.88
5.26.16	NCAA East Preliminary (1)	1:50.90
4.21.18	War Eagle Invitational	1:50.94
3.31.18	Florida Relays	1:51.31
4.6.18	Colonial Relays	1:51.74
5.14.16	BIG EAST Championships (F)	1:51.89
5.13.17	BIG EAST Championships (F)	1:54.53

4x400 Meter Relay

3.30.18	Florida Relays (2) (P)	3:10.92
3.31.18	Florida Relays (3) (F)	3:11.45
4.9.16	Hurricane Alumni Invitational (2)	3:13.31
4.21.18	War Eagle Invitational (2)	3:13.44
4.8.17	Hurricane Alumni Invitational (4)	3:15.09
5.14.16	BIG EAST Championships (4)	3:15.14
5.13.17	BIG EAST Championships (2)	3:16.85

Sprint Medley Relay

4.2.16	Colonial Relays (800)	3:22.73
--------	-----------------------	---------

4x800 Meter Relay

4.29.17	Penn Relays (4)	7:21.18
---------	-----------------	---------

Distance Medley Relay

4.27.18	Penn Relays (800) (COA)	9:34.37
4.28.17	Penn Relays (800) (COA)	9:34.59
4.29.16	Penn Relays (800) (COA)	9:39.10

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Billy Loewen

Freshman/Freshman
Throws
Sparta, N.J./Sparta

PERSONAL BESTS

Shot Put (high school)	16.43m	High School
Shot Put (college)	13.78m	
Discus	41.66m	High School
Javelin	42.19m	High School

CAREER OUTDOOR RESULTS

Shot Put

4.13.18	Temple Owls Invite	13.63m
4.6.18	Colonial Relays (U)	13.30m
3.24.18	Penn Challenge	12.66m
4.28.18	Lions Invitational	12.61m

Ben Malone

Graduate Student/Senior
Cross Country/Distance
River Vale, N.J./Pascaek Valley

PERSONAL BESTS

400 Meters (Relay)	47.6	High School
400 Meters (Open)	48.94	High School
800 Meters	1:48.60	5.28.15
1000 Meters	2:22.24	2.3.18
1500 Meters (non-VU)	3:39.82	6.18.16
1500 Meters (VU)	3:43.28	5.26.16
Mile	4:00.72	2.12.16
3000 Meters	8:15.93	1.13.18

CAREER OUTDOOR AWARDS

All-American (HM)	2016	1500 Meters
BIG EAST Champion	2016	4x800 Meter Relay
BIG EAST Champion	2017	4x800 Meter Relay
All-BIG EAST	2015	4x800 Meter Relay
All-BIG EAST	2016	4x800 Meter Relay
All-BIG EAST	2017	4x800 Meter Relay
BE Men's Track AOW	2018	April 1-7
Penn Relays Champion	2018	DMR (1200)
Penn Relays Champion	2018	4xMile (2)

CAREER OUTDOOR RESULTS

800 Meters

5.28.15	NCAA East Preliminary (1)	1:48.60
4.17.15	Larry Ellis Invitational (E)	1:49.13
5.29.15	NCAA East Preliminary (Q)	1:49.28
6.6.15	New Jersey International Invitational (RK)	1:49.88
4.11.15	Hurricane Alumni Invitational	1:49.96
4.9.16	Hurricane Alumni Invitational	1:50.21
5.9.15	BIG EAST Championships (F)	1:50.34
5.13.16	BIG EAST Championships (P)	1:50.51
5.8.15	BIG EAST Championships (P)	1:50.55
5.2.14	Princeton Elite Meet (UN)	1:51.92
5.14.16	BIG EAST Championships (F)	1:52.14
4.22.14	Haverford Mid-Week Meet (UN)	1:54.58

1500 Meters

5.26.16	NCAA East Preliminary (1)	3:43.28
5.28.16	NCAA East Preliminary (Q)	3:44.15
5.4.18	Keohoe Invitational	3:44.64
4.22.16	Larry Ellis Invitational (E)	3:44.66
4.6.18	Colonial Relays	3:45.63
4.1.16	Colonial Relays (CH)	3:45.73
4.20.18	Larry Ellis Invitational (E)	3:46.23
5.5.17	Jim Keohoe Invitational	3:48.05
6.8.16	NCAA Championships (S)	3:49.54
5.12.17	BIG EAST Championships (P)	3:52.25
4.8.17	Sam Howell Invitational	3:52.56
4.21.17	Larry Ellis Invitational (E)	3:53.46
4.19.14	Widener Invitational (UN)	3:54.73
4.4.14	Colonial Relays (UN) (S)	3:57.34
5.13.17	BIG EAST Championships (F)	3:58.13
3.28.15	Danny Curran Invitational	3:59.77

4x400 Meter Relay

4.11.15	Hurricane Alumni Invitational (3)	3:14.95
---------	-----------------------------------	---------

4x800 Meter Relay

4.25.15	Penn Relays (2) (COA)	7:18.84
4.4.15	Colonial Relays (2)	7:33.29
5.9.15	BIG EAST Championships (3)	7:34.52
5.13.17	BIG EAST Championships (2)	7:37.94
5.14.16	BIG EAST Championships (3)	7:39.00

Distance Medley Relay

4.27.18	Penn Relays (1200) (COA)	9:34.37
4.28.17	Penn Relays (1200) (COA)	9:34.59
4.29.16	Penn Relays (1200) (COA)	9:39.10

4x1500 Meter Relay

4.1.17	Colonial Relays (4)	15:40.36
--------	---------------------	----------

4xMile Relay

4.28.18	Penn Relays (2) (COA)	16:23.75
4.30.16	Penn Relays (4) (COA)	16:34.64

Andrew Marston

Junior/Sophomore
Cross Country/Distance
Wayne, Pa./Conestoga

PERSONAL BESTS

Mile (relay)	4:05.7	4:26.18
Mile (open)	4:12.46	1:27.17
3000 Meters	8:03.28	1:27.18
5000 Meters	13:59.51	2.9.18
10000 Meters	29:26.05	3.30.18

CAREER OUTDOOR AWARDS

Penn Relays Champion	2018	4xMile (3)
----------------------	------	------------

CAREER OUTDOOR RESULTS

5000 Meters

5.13.17	BIG EAST Championships	14:30.09
4.21.17	Larry Ellis Invitational	15:05.85

10000 Meters

3.30.18	Raleigh Relays	29:26.05
---------	----------------	----------

4x1500 Meter Relay

4.1.17	Colonial Relays (3)	15:40.36
--------	---------------------	----------

4xMile Relay

4.28.18	Penn Relays (3) (COA)	16:23.75
---------	-----------------------	----------

Zack McDermott

Graduate Student/Junior
Multi Events

Little Silver, N.J./Christian Brothers Academy/Monmouth

PERSONAL BESTS

Heptathlon	4,925 Points	2.24.18
Decathlon	5,977 Points	4.15.16

60 Meters	7.24	2.23.18
60 Meter Hurdles	8.64	1.19.16
100 Meters	11.55	4.14.16
110 Meter Hurdles	15.93	4.15.16
200 Meters	23.22	2.3.18
400 Meters	51.42	2.6.16
400 Meter Hurdles	56.52	3.26.16
1000 Meters	2:54.11	2.24.18
1500 Meters	5:03.61	4.15.16
High Jump	1.86m	3.4.16
Pole Vault	4.10m	2.24.18
Long Jump	6.92m	2.13.16
Shot Put	11.76m	2.23.18
Discus	29.50m	4.15.16
Javelin	37.40m	4.15.16

CAREER OUTDOOR RESULTS

100 Meters

4.14.16	The Mount Multis (DEC)	11.55
3.26.16	Monmouth Season Opener	11.80

110 Meter Hurdles

4.15.16	The Mount Multis (DEC)	15.93
4.9.16	Coach P Invitational	16.12

400 Meters

4.14.16	The Mount Multis (DEC)	51.91
---------	------------------------	-------

400 Meter Hurdles

3.26.16	Monmouth Season Opener	56.52
4.9.16	Coach P Invitational	58.01

1500 Meters

4.15.16	The Mount Multis (DEC)	5:03.61
---------	------------------------	---------

4x100 Meter Relay

4.13.18	Temple Owls Invite (1)	42.85
---------	------------------------	-------

High Jump

4.9.16	Coach P Invitational	1.73m
4.14.16	The Mount Multis (DEC)	1.72m

Pole Vault

4.29.17	Lehigh Games	3.95m
5.6.17	MAAC Championships	3.95m
4.15.16	The Mount Multis (DEC)	3.65m
5.7.16	MAAC Championships	3.65m

Long Jump

4.14.16	The Mount Multis (DEC)	6.77m
5.7.16	MAAC Championships	6.47m
4.30.16	Lehigh Games	6.31m

Shot Put

4.14.16	The Mount Multis (DEC)	10.63m
---------	------------------------	--------

Discus

4.15.16	The Mount Multis (DEC)	29.50m
---------	------------------------	--------

Javelin

4.15.16	The Mount Multis (DEC)	37.40m
3.26.16	Monmouth Season Opener	34.14m

Decathlon

4.15.16	The Mount Multis	5,977
---------	------------------	-------

Events in *italics* came while McDermott competed for Monmouth

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Chris Morris

Senior/Freshman
Sprints

Brooklyn, N.Y./Xavier/Arizona/Manhattan

PERSONAL BESTS

60 Meters	7.44	12.2.17
100 Meters	11.57	4.13.18
200 Meters	23.35	4.13.18
300 Meters	36.58	12.2.17

CAREER OUTDOOR RESULTS

100 Meters

4.13.18	Temple Owls Invite	11.57
---------	--------------------	-------

200 Meters

4.13.18	Temple Owls Invite	23.35
---------	--------------------	-------

Rob Morro

Sophomore/Freshman
Cross Country/Distance
Media, Pa./Cardinal O'Hara

PERSONAL BESTS

800 Meters	1:58	High School
1500 Meters	3:58.38	5.15.17
Mile	4:21	High School
3000 Meters	8:24.86	1.20.18
5000 Meters	14:30.55	2.23.18

CAREER OUTDOOR RESULTS

1500 Meters

5.15.17	<i>Swarthmore Final Qualifier (UN)</i>	3:58.38
---------	--	---------

5000 Meters

4.26.18	Penn Relays	14:32.66
3.30.18	Raleigh Relays	14:47.58
4.7.17	<i>Sam Howell Invitational (UN)</i>	15:03.32

Michael Morrow

Junior/Junior
Jumps

Danbury, Conn./Danbury

PERSONAL BESTS

Heptathlon	4,268	2.24.18
60 Meters	7.61	2.24.17
60 Meter Hurdles	9.22	1.26.18
110 Meter Hurdles	16.90	5.12.17
1000 Meters	2:55.10	12.3.16
High Jump	1.95m	2.27.16
Pole Vault	3.40m	2.24.18
Long Jump	6.35m	4.29.17
Shot Put	10.62m	2.23.18

CAREER OUTDOOR RESULTS

110 Meter Hurdles

5.12.17	BIG EAST Championships (P)	16.90
3.25.17	Penn Challenge	19.07

High Jump

5.13.16	BIG EAST Championships	1.92m
4.13.18	Temple Owls Invite	1.89m
3.26.16	Penn Challenge	1.88m
4.28.18	Lions Invitational	1.85m
4.30.16	Lions Invitational	1.82m

Long Jump

4.29.17	Lions Invitational	6.35m
3.24.18	Penn Challenge	6.33m
4.28.18	Lions Invitational	6.06m
3.25.17	Penn Challenge	6.03m
4.13.18	Temple Owls Invite	5.98m

Ishmael Muhammad

Senior/Senior
Sprints

Mays Landing, N.J./Oakcrest

PERSONAL BESTS

400 Meters (relay)	47.1	High School
400 Meters (open)	48.14	5.9.15
400 Meter Hurdles	54.92	High School
500 Meters	1:03.31	2.27.16
600 Meters	1:18.34	1.23.15
800 Meters (Non-VU)	1:48.31	6.27.15
800 Meters (VU)	1:49.56	5.1.15
800 Meters (Relay)	1:49.56	2.24.18
1000 Meters	2:27.88	1.13.18
Triple Jump	13.90m	High School

CAREER OUTDOOR AWARDS

BIG EAST Champion	2016	4x400 Meter Relay
BIG EAST Champion	2017	4x800 Meter Relay
All-BIG EAST	2015	400 Meters
All-BIG EAST	2017	800 Meters
All-BIG EAST	2016	4x400 Meter Relay
All-BIG EAST	2017	4x800 Meter Relay

CAREER OUTDOOR RESULTS

400 Meters

5.9.15	BIG EAST Championships (F)	48.14
5.8.15	BIG EAST Championships (P)	48.26
4.3.15	Colonial Relays	49.48
3.24.18	Penn Challenge	49.91

800 Meters

5.1.15	Princeton Open	1:49.56
4.11.15	Hurricane Alumni Invitational	1:50.84
4.21.17	Larry Ellis Invitational (E)	1:50.95
6.6.15	New Jersey International Invitational (RK)	1:50.98
4.22.16	Larry Ellis Invitational (E)	1:51.02
5.5.17	Jim Kehoe Invitational	1:51.34
5.13.16	BIG EAST Championships (P)	1:51.60
4.8.17	Sam Howell Invitational	1:52.01
4.17.15	Larry Ellis Invitational (E)	1:52.12
5.12.17	BIG EAST Championships (P)	1:52.22
5.14.16	BIG EAST Championships (F)	1:53.34
4.20.18	Larry Ellis Invitational (E)	1:54.00
5.13.17	BIG EAST Championships (F)	1:54.83

4x400 Meter Relay

4.9.16	Hurricane Alumni Invitational (1)	3:13.31
4.11.15	Hurricane Alumni Invitational (4)	3:14.95
5.14.16	BIG EAST Championships (2)	3:15.14
4.28.17	Penn Relays (2) (P)	3:18.88

Sprint Medley Relay

4.29.16	Penn Relays (400)	3:24.31
---------	-------------------	---------

4x800 Meter Relay

4.29.17	Penn Relays (3)	7:21.18
5.13.17	BIG EAST Championships (3)	7:37.94

Distance Medley Relay

4.24.15	Penn Relays (400)	9:34.36
4.4.15	Colonial Relays (400)	9:58.05
4.1.17	Colonial Relays (400)	10:21.67

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Paul Nichols
 Sophomore/Freshman
 Cross Country/Distance
 Ann Arbor, Mich./Pioneer

PERSONAL BESTS

1500 Meters	4:09.56	4.7.17
3000 Meters	8:34.32	2.9.18
5000 Meters	14:48.97	4.20.18

CAREER OUTDOOR RESULTS

1500 Meters
 4.7.17 Sam Howell Invitational (I) (UN) 4:09.56

5000 Meters
 4.20.18 Larry Ellis Invitational (U) 14:48.97
 4.6.18 Colonial Relays 15:02.06

Chika Nwachukwu

Sophomore/Sophomore
 Throws
 Lawrence, N.J./Lawrence

PERSONAL BESTS

Shot Put	13.99m	1.26.18
Discus (high school)	51.54m	High School
Discus (college)	43.65m	4.13.18

CAREER OUTDOOR RESULTS

Shot Put
 4.28.18 Lions Invitational 12.95m
 4.6.18 Colonial Relays (U) 12.93m
 4.13.18 Temple Owls Invite 12.60m
 3.25.17 Penn Challenge 11.88m

Discus
 4.13.18 Temple Owls Invite 43.65m
 4.8.17 Sam Howell Invitational 43.15m
 4.28.18 Lions Invitational 41.33m
 5.13.17 BIG EAST Championships 40.43m
 4.26.17 Haverford Invitational 39.66m
 3.25.17 Penn Challenge 38.80m
 4.29.17 Lions Invitational 38.12m

Ike Osuagwu
 Sophomore/Sophomore
 Sprints
 Wilmington, Del./Tatnall School

PERSONAL BESTS

55 Meters	6.82	High School
60 Meters	7.34	12.2.17
100 Meters	11.02	High School
200 Meters	22.3	High School

CAREER OUTDOOR RESULTS

100 Meters
 4.13.18 Temple Owls Invite 11.33
 4.26.17 Haverford Invitational 11.41
 4.6.18 Colonial Relays 11.60
 3.24.18 Penn Challenge 11.65
 3.25.17 Penn Challenge 11.67
 4.8.17 Sam Howell Invitational 11.73

200 Meters
 4.26.17 Haverford Invitational 23.41
 3.25.17 Penn Challenge 23.50
 4.8.17 Sam Howell Invitational 23.78

4x100 Meter Relay
 4.28.17 Penn Relays (4) (P) 42.59
 5.13.17 BIG EAST Championships (4) 42.68

Sterling Pierce

Junior/Junior
 Sprints
 Voorhees, N.J./Rancocas Valley

PERSONAL BESTS

60 Meters	6.88	1.26.18
100 Meters	10.64	5.14.16
200 Meters	21.34	4.1.16
300 Meters	34.83	1.13.18
400 Meters	48.52	3.26.16

CAREER OUTDOOR AWARDS

BIG EAST Champion	2016	100 Meters
BIG EAST Champion	2016	200 Meters
All-BIG EAST	2016	100 Meters
All-BIG EAST	2017	100 Meters
All-BIG EAST	2016	200 Meters

CAREER OUTDOOR RESULTS

100 Meters
 5.14.16 BIG EAST Championships (F) 10.64
 5.12.17 BIG EAST Championships (P) 10.75
 4.13.18 Temple Owls Invite 10.76
 4.1.16 Colonial Relays (P) 10.78
 5.13.17 BIG EAST Championships (F) 10.80
 4.28.17 Penn Relays (P) 10.86
 5.13.16 BIG EAST Championships (P) 10.87
 4.22.17 Larry Ellis Invitational 10.94
 4.8.17 Hurricane Alumni Invitational 10.97
 4.6.18 Colonial Relays 10.99
 3.31.17 Colonial Relays 11.02
 3.30.18 Florida Relays 11.02
 4.21.18 War Eagle Invitational 11.05

200 Meters
 4.1.16 Colonial Relays 21.34
 4.21.18 War Eagle Invitational 21.47
 4.9.16 Hurricane Alumni Invitational 21.48
 5.12.17 BIG EAST Championships (P) 21.55
 5.14.16 BIG EAST Championships (F) 21.57
 5.13.16 BIG EAST Championships (P) 21.72
 4.13.18 Temple Owls Invite 2.185
 4.22.17 Larry Ellis Invitational 21.90
 4.6.18 Colonial Relays 21.97
 4.8.17 Hurricane Alumni Invitational 22.01
 5.13.17 BIG EAST Championships (F) 1:26.48

400 Meters
 3.26.16 Penn Challenge 48.52
 3.25.17 Penn Challenge 49.11

4x100 Meter Relay
 3.26.16 Penn Challenge (2) 41.62
 4.9.16 Hurricane Alumni Invitational (2) 41.96
 4.28.17 Penn Relays (2) (P) 42.59
 5.13.17 BIG EAST Championships (2) 42.68
 5.14.16 BIG EAST Championships (2) 43.22

4x400 Meter Relay
 4.9.16 Hurricane Alumni Invitational (4) 3:13.31
 4.8.17 Hurricane Alumni Invitational (3) 3:15.09
 4.28.17 Penn Relays (3) (P) 3:18.88

Sprint Medley Relay
 4.2.16 Colonial Relays (200-2) 3:22.73
 4.29.16 Penn Relays (200-1) 3:24.31
 4.1.17 Colonial Relays (200-1) 3:30.90

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Paul Power
Junior/Sophomore
Cross Country/Distance
Phoenixville, Pa./Spring-Ford

PERSONAL BESTS

1500 Meters	3:58.41	4.26.17
Mile	4:19.14	1.27.17
3000 Meters	8:21.45	2.3.18
5000 Meters	14:22.35	4.26.18

CAREER OUTDOOR RESULTS

1500 Meters

4.26.17	Haverford Invitational	3:58.41
4.7.17	Sam Howell Invitational (I)	4:02.88

3000 Meters

3.30.17	Colonial Relays	8:42.92
---------	-----------------	---------

5000 Meters

4.26.18	Penn Relays	14:22.35
3.30.18	Raleigh Relays (S1-3)	14:44.92
5.13.17	BIG EAST Championship	14:50.82
4.22.16	Larry Ellis Invitational (UN)	15:24.17

Distance Medley Relay

4.1.17	Colonial Relays (1200)	10:21.67
--------	------------------------	----------

Dan Powers
Sophomore/Sophomore
Sprints
Chadds Ford, Pa./Unionville

PERSONAL BESTS

60 Meters	7.45	12.2.17
200 Meters	22.56	4.13.18
300 Meters	36.28	12.2.17
400 Meters (relay)	48.13	4.27.18
400 Meters (open)	49.65	4.26.17

CAREER OUTDOOR RESULTS

200 Meters

4.13.18	Temple Owls Invite	22.56
5.12.17	BIG EAST Championships (P)	22.63
3.25.17	Penn Challenge	22.77

400 Meters

4.26.17	Haverford Invitational	49.65
3.25.17	Penn Challenge	49.86
4.13.18	Temple Owls Invite	49.86
4.21.18	Larry Ellis Invitational	50.29
3.24.18	Penn Challenge	50.39
5.12.17	BIG EAST Championships (P)	50.55
4.6.18	Colonial Relays	50.83
4.8.17	Sam Howell Invitational	50.99
3.31.17	Colonial Relays	51.11

4x100 Meter Relay

4.28.17	Penn Relays (3) (P)	42.59
5.13.17	BIG EAST Championships (3)	42.68

4x400 Meter Relay

4.28.18	Penn Relays (3) (E)	3:13.14
4.27.18	Penn Relays (4) (P)	3:14.58

Sprint Medley Relay

4.1.17	Colonial Relays (200-2)	3:30.90
--------	-------------------------	---------

Harry Purcell
Senior/Junior
Sprints
Dublin, Ireland/Castleknock College

PERSONAL BESTS

400 Meters (relay)	46.77	4.28.17
400 Meters (open)	47.33	High School
500 Meters	1:02.35	1.26.18
600 Meters	1:17.85	1.13.18
800 Meters	1:49.42	High School

CAREER OUTDOOR AWARDS

BIG EAST Champion	2016	400 Meters
BIG EAST Champion	2016	4x400 Meter Relay
All-BIG EAST	2016	400 Meters
All-BIG EAST	2017	400 Meters
All-BIG EAST	2016	4x400 Meter Relay
All-BIG EAST	2017	4x400 Meter Relay

CAREER OUTDOOR RESULTS

400 Meters

5.13.17	BIG EAST Championships (F)	47.57
4.22.17	Larry Ellis Invitational	47.58
4.23.16	Larry Ellis Invitational	47.82
5.13.16	BIG EAST Championships (P)	48.11
4.8.17	Hurricane Alumni Invitational	48.19
5.12.17	BIG EAST Championships (P)	48.23
5.14.16	BIG EAST Championships (F)	48.66

800 Meters

3.30.18	Florida Relays	1:49.82
---------	----------------	---------

4x400 Meter Relay

3.30.18	Florida Relays (3) (P)	3:10.92
4.8.17	Hurricane Alumni Invitational (2)	3:15.09
5.14.16	BIG EAST Championships (3)	3:15.14
5.13.17	BIG EAST Championships (4)	3:16.85

Sprint Medley Relay

4.29.16	Penn Relays (400) (COA)	3:24.31
---------	-------------------------	---------

4x800 Meter Relay

4.29.17	Penn Relays (2) (COA)	7:21.18
---------	-----------------------	---------

Distance Medley Relay

4.28.17	Penn Relays (400) (COA)	9:34.59
4.29.16	Penn Relays (400) (COA)	9:39.10

Vincent Sengelmann

Freshman/Freshman
Jumps

PERSONAL BESTS

Long Jump	6.80m	3.24.18
Triple Jump	13.20m	3.24.18

CAREER OUTDOOR RESULTS

Long Jump

3.24.18	Penn Challenge	6.80m
4.13.18	Temple Owls Invite	6.63m
4.27.18	Penn Relays (C)	6.57m
4.6.18	Colonial Relays (U)	6.55m
4.21.18	Larry Ellis Invitational	6.13m

Triple Jump

3.24.18	Penn Challenge	13.20m
---------	----------------	--------

Henry Sise
Junior/Junior
Throws
Hawthorn Woods, Ill./Adlai E. Stevenson

PERSONAL BESTS

Shot Put (high school)	17.28m	High School
Shot Put (college)	15.93m	1.27.17
Discus	40.60m	3.24.18

CAREER OUTDOOR RESULTS

Shot Put

4.8.17	Sam Howell Invitational	15.83m
4.27.18	Penn Relays (C)	15.75m
4.21.18	Larry Ellis Invitational	15.66m
4.6.18	Colonial Relays (C)	14.97m
3.25.17	Penn Challenge	14.80m
4.15.16	Princeton Outdoor Invite	14.77m
3.24.18	Penn Challenge	14.66m
5.13.17	BIG EAST Championships	14.65m
4.9.16	Sam Howell Invitational	14.48m
5.14.16	BIG EAST Championships	14.29m
4.1.16	Colonial Relays (U)	14.22m
4.29.16	Penn Relays (C)	14.15m
3.26.16	Penn Challenge	13.23m

Discus

3.24.18	Penn Challenge	40.60m
3.26.16	Penn Challenge	36.32m
4.30.16	Lions Invitational	36.04m
5.14.16	BIG EAST Championships	33.82m
4.16.16	Princeton Outdoor Invite	32.96m

Nick Steele

Sophomore/Freshman
Cross Country/Distance
Harvard, Mass./The Bromfield School

PERSONAL BESTS

800 Meters (relay)	1:55.43	
1500 Meters	3:55.59	High School
Mile	4:06.18	2.3.18
3000 Meters	8:22.54	1.13.18
3000 Meter Steeplechase	8:57.50	3.30.18

CAREER OUTDOOR RESULTS

3000 Meter Steeplechase

3.30.18	Raleigh Relays	8:57.50
---------	----------------	---------

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Zach Swenson
Senior/Junior
Sprints
Boulder, Colo./Fairview

PERSONAL BESTS

400 Meters	49.6	High School
500 Meters	1:06.75	2.14.15
800 Meters	1:53.62	2.3.18
1000 Meters	2:29.82	1.27.17
1500 Meters	3:51.12	5.12.17
Mile	4:09.44	1.27.18
3000 Meters	8:35.42	1.13.18
5000 Meters	16:29	High School

CAREER OUTDOOR RESULTS

800 Meters

4.26.17	Haverford Invitational	1:53.96
5.8.15	BIG EAST Championships (P)	1:56.22
4.18.15	Larry Ellis Invitational	1:56.79
3.21.15	Philadelphia College Classic	1:57.70
4.11.15	Delaware Open	1:59.52

1500 Meters

5.12.17	BIG EAST Championships (P)	3:51.12
5.4.18	Kehoe Invitational	3:52.62
4.22.17	Larry Ellis Invitational	3:57.55
5.5.17	Jim Kehoe Invitational	3:58.22
5.13.17	BIG EAST Championships (F)	3:58.38
4.8.17	Sam Howell Invitational	4:03.91

Alex Telma
Freshman/Freshman
Throws
St. Louis, Mo./Priory School

PERSONAL BESTS

Long Jump	5.93m	High School
Shot Put (high school)	13.92m	High School
Shot Put (college)	13.83m	4.13.18
Discus	41.61m	High School
Javelin	33.60m	High School

CAREER OUTDOOR RESULTS

Shot Put

4.13.18	Temple Owls Invite	13.83m
3.24.18	Penn Challenge	13.30m
4.28.18	Lions Invitational	13.26m
4.6.18	Colonial Relays (U)	13.23m
4.21.18	Larry Ellis Invitational	12.95m

Steve Testa
Sophomore/Sophomore
Jumps
Warminster, Pa./William Tennent

PERSONAL BESTS

60 Meters	7.37	12.3.16
200 Meters	22.78	3.25.17
Long Jump	6.95m	High School
Triple Jump	13.75m	2.24.18

CAREER OUTDOOR RESULTS

200 Meters

3.25.17	Penn Challenge	22.78
3.24.18	Penn Challenge	23.39

4x100 Meter Relay

4.28.17	Penn Relays (1) (P)	42.59
4.13.18	Temple Owls Invite (3)	42.85

Long Jump

3.24.18	Penn Challenge	6.91m
5.12.17	BIG EAST Championships	6.86m
4.8.17	Sam Howell Invitational	6.78m
4.6.18	Colonial Relays (U)	6.78m
4.27.18	Penn Relays (C)	6.65m
3.25.17	Penn Challenge	6.56m
4.13.18	Temple Owls Invite	6.50m
4.21.18	Larry Ellis Invitational	6.42m
3.31.17	Colonial Relays (U)	6.36m
3.30.18	Raleigh Relays	6.13m

Triple Jump

5.13.17	BIG EAST Championships	13.65m
4.22.17	Larry Ellis Invitational	13.52m

Ryan Tompkins
Freshman/Freshman
Jumps
Farmingdale, N.J./Colts Neck

PERSONAL BEST

High Jump	2.03m	High School
-----------	-------	-------------

CAREER OUTDOOR RESULTS

High Jump

4.13.18	Temple Owls Invite	1.99m
3.24.18	Penn Challenge	1.94m
3.30.18	Raleigh Relays	1.90m
4.21.18	Larry Ellis Invitational	1.90m

Michael Troup
Freshman/Freshman
Jumps
Doylestown, Pa./Lawrenceville School

PERSONAL BESTS

60 Meters	7.31	12.2.17
100 Meters	11.24	High School
200 Meters	22.49	High School
High Jump	1.93m	High School
Long Jump	7.11m	High School
Triple Jump	13.46m	High School

CAREER OUTDOOR RESULTS

200 Meters

3.24.18	Penn Challenge	23.40
---------	----------------	-------

4x100 Meter Relay

4.13.18	Temple Owls Invite (2)	42.85
---------	------------------------	-------

Long Jump

3.24.18	Penn Challenge	6.91m
4.21.18	Larry Ellis Invitational	6.82m
4.27.18	Penn Relays (C)	6.75m
4.6.18	Colonial Relays (U)	6.42m
4.13.18	Temple Owls Invite	6.40m

Louis Vazquez
Junior/Sophomore
Cross Country/Distance
Brooklyn, N.Y./Xavier

PERSONAL BESTS

800 Meters	2:02.11	3.31.17
1000 Meters	2:35.11	1.27.17
1500 Meters	4:06.13	5.4.18
Mile	4:22.62	2.23.18
3000 Meters	8:58.66	1.13.18
5000 Meters	15:43.67	4.6.18

CAREER OUTDOOR RESULTS

800 Meters

3.31.17	Colonial Relays	2:02.11
5.12.17	BIG EAST Championships (P)	2:05.79
4.26.16	Haverford Mid-Week Meet (UN)	2:08.33

1500 Meters

5.4.18	Kehoe Invitational	4:06.13
4.26.17	Haverford Invitational	4:11.67
4.7.17	Sam Howell Invitational (I)	4:12.21

5000 Meters

4.6.18	Colonial Relays	15:43.67
--------	-----------------	----------

Austin Weber
Freshman/Freshman

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Logan Wetzel

Junior/Sophomore
Cross Country/Distance
Saline, Mich./Saline

PERSONAL BESTS

400 Meters (relay)	49.50	High School
800 Meters (relay)	1:50.95	4.29.17
800 Meters (open)	1:52.31	High School
1500 Meters	3:45.11	4.21.17
1600 Meters (relay)	4:00.76	3.10.17
Mile	4:02.16	2.12.16
3000 Meters	8:31.46	2.25.17

CAREER OUTDOOR AWARDS

BIG EAST Champion	2017	1500 Meters
BIG EAST Champion	2017	4x800 Meter Relay
All-BIG EAST	2017	1500 Meters
All-BIG EAST	2017	4x800 Meter Relay
Penn Relays Champion	2018	4xMile (1)

CAREER OUTDOOR RESULTS

1500 Meters

4.21.17	Larry Ellis Invitational (E)	3:45.11
5.25.17	NCAA East Preliminary (I)	3:47.63
5.5.17	Jim Kehoe Invitational	3:47.79
4.20.18	Larry Ellis Invitational (E)	3:48.18
4.6.18	Colonial Relays	3:49.38
5.13.17	BIG EAST Championships (F)	3:52.00
5.12.17	BIG EAST Championships (P)	3:56.91
5.27.17	NCAA East Preliminary (Q)	3:58.63

4x800 Meter Relay

4.29.17	Penn Relays (1)	7:21.18
5.13.17	BIG EAST Championships (4)	7:37.94

Distance Medley Relay

4.28.17	Penn Relays (1600)	9:34.59
---------	--------------------	---------

4x1500 Meter Relay

4.1.17	Colonial Relays (2)	15:40.36
--------	---------------------	----------

4xMile Relay

4.28.18	Penn Relays (1)	16:23.75
---------	-----------------	----------

Tory Young

Freshman/Freshman
Sprints
Baltimore, Md./Gilman School

PERSONAL BESTS

400 Meters (relay)	47.4	High School
400 Meters (open)	48.2	High School
500 Meters	1:06.19	12.2.17

CAREER OUTDOOR RESULTS

400 Meters

4.13.18	Temple Owls Invite	49.15
4.21.18	War Eagle Invitational	49.39
4.6.18	Colonial Relays	50.31
3.24.18	Penn Challenge	50.58