

Villanova Men's Indoor Track
2010-11 Fastest Times and Postseason Qualifiers

NAME	MARK	DATE	COMPETITION	LOCATION	VENUE
55 Meters					
<i>NCAA Qualification</i>	6.14				
<i>IC4A Qualification</i>	6.48				
Carlton Bowers	6.70	Dec. 3	Jack Pyrah Invitational	Haverford, Pa.	Alumni Field House
Robert Sainvil	6.81	Dec. 3	Jack Pyrah Invitational	Haverford, Pa.	Alumni Field House
Francis Polignano	6.96	Dec. 3	Jack Pyrah Invitational	Haverford, Pa.	Alumni Field House
Leo Gorgens	7.24	Dec. 3	Jack Pyrah Invitational	Haverford, Pa.	Alumni Field House
55 Meter Hurdles					
<i>NCAA Qualification</i>	7.17				
<i>IC4A Qualification</i>	7.75				
Stefan Goodridge	7.87	Dec. 3	Jack Pyrah Invitational	Haverford, Pa.	Alumni Field House
60 Meters					
<i>NCAA Qualification</i>	6.60				
<i>IC4A Qualification</i>	6.98				
<i>BIG EAST Qualification</i>	7.06				
Nicoy Hines	7.12	Jan. 15	NYRR I	New York, N.Y.	New York Armory
60 Meter Hurdles					
<i>NCAA Qualification</i>	7.70				
<i>IC4A Qualification</i>	8.25				
<i>BIG EAST Qualification</i>	8.58				
Stefan Goodridge	8.46	Jan. 15	NYRR I	New York, N.Y.	New York Armory
200 Meters					
<i>NCAA Qualification</i>	21.23				
<i>IC4A Qualification</i>	22.24				
<i>BIG EAST Qualification</i>	22.69				
Nicoy Hines	22.50	Jan. 15	NYRR I	New York, N.Y.	New York Armory
Francis Polignano	23.43	Jan. 15	NYRR I	New York, N.Y.	New York Armory
Stefan Goodridge	23.96	Jan. 15	NYRR I	New York, N.Y.	New York Armory
300 Meters					
Carlton Bowers	36.02	Dec. 3	Jack Pyrah Invitational	Haverford, Pa.	Alumni Field House
Francis Polignano	36.54	Dec. 3	Jack Pyrah Invitational	Haverford, Pa.	Alumni Field House
Stefan Goodridge	36.96	Dec. 3	Jack Pyrah Invitational	Haverford, Pa.	Alumni Field House
Leo Gorgens	38.20	Dec. 3	Jack Pyrah Invitational	Haverford, Pa.	Alumni Field House

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NAME	MARK	DATE	COMPETITION	LOCATION	VENUE
400 Meters					
<i>NCAA Qualification</i>	46.75				
<i>IC4A Qualification</i>	49.20				
Carlton Bowers	48.11	Feb. 19	BIG EAST Championships	Akron, Ohio	Stile Athletics Field House
Nicoy Hines	48.74	Feb. 19	BIG EAST Championships	Akron, Ohio	Stile Athletics Field House
<i>BIG EAST Qualification</i>	49.84				
Francis Polignano	50.37	Feb. 4	New Balance Collegiate Invitational	New York, N.Y.	New York Armory
500 Meters					
<i>IC4A Qualification</i>	1:05.20				
Samuel Ellison	1:02.76	Jan. 15	NYRR I	New York, N.Y.	New York Armory
Christopher Kearney	1:04.45	Feb. 19	BIG EAST Championships	Akron, Ohio	Stile Athletics Field House
<i>BIG EAST Qualification</i>	1:05.64				
Nicoy Hines	1:09.88	Dec. 3	Jack Pyrah Invitational	Haverford, Pa.	Alumni Field House
800 Meters					
<i>NCAA Qualification</i>	1:48.90				
<i>IC4A Qualification</i>	1:54.90				
Samuel Ellison	1:51.22	Jan. 29	NYRR II	New York, N.Y.	New York Armory
Matt Wikler	1:52.08	Jan. 29	NYRR II	New York, N.Y.	New York Armory
Jason Apwah	1:52.33	Feb. 5	New Balance Collegiate Invitational	New York, N.Y.	New York Armory
Joseph Capecci	1:54.34	Feb. 19	BIG EAST Championships	Akron, Ohio	Stile Athletics Field House
<i>BIG EAST Qualification</i>	1:55.24				
Phillip O'Connell	1:55.61	Jan. 21	Albany Great Dane Invitational	New York, N.Y.	New York Armory
Mark Hogan	1:58.66	Jan. 21	Albany Great Dane Invitational	New York, N.Y.	New York Armory
Christopher Kearney	2:08.84	Jan. 15	NYRR I	New York, N.Y.	New York Armory

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NAME	MARK	DATE	COMPETITION	LOCATION	VENUE
1000 Meters					
<i>IC4A Qualification</i>	2:29.95				
Brian Tetreault	2:23.74	Feb. 4	New Balance Collegiate Invitational	New York, N.Y.	New York Armory
Matthew Wikler	2:25.14	Feb. 4	New Balance Collegiate Invitational	New York, N.Y.	New York Armory
Carl Mackenzie	2:25.59	Jan. 29	NYRR II	New York, N.Y.	New York Armory
Jason Apwah	2:26.22	Jan. 29	NYRR II	New York, N.Y.	New York Armory
Chris Fitzsimons	2:27.52	Jan. 21	Albany Great Dane Invitational	New York, N.Y.	New York Armory
Joseph LoRusso	2:29.03	Feb. 4	New Balance Collegiate Invitational	New York, N.Y.	New York Armory
Joseph Capecci	2:29.46	Jan. 15	NYRR I	New York, N.Y.	New York Armory
<i>BIG EAST Qualification</i>	2:30.04				
Phillip O'Connell	2:31.07	Feb. 4	New Balance Collegiate Invitational	New York, N.Y.	New York Armory
Mark Hogan	2:31.13	Feb. 4	New Balance Collegiate Invitational	New York, N.Y.	New York Armory
Mile					
<i>NCAA Qualification</i>	4:00.80				
Matthew Gibney	3:58.12	Feb. 12	Flotrack Husky Classic	Seattle, Wash.	Dempsey Indoor
<i>IC4A Qualification</i>	4:14.90				
Mathew Mildenhall	4:05.88	Jan. 29	NYRR II	New York, N.Y.	New York Armory
Brian Tetreault	4:06.73	Mar. 5	Columbia Last Chance Meet	New York, N.Y.	New York Armory
Brian Long	4:08.91	Jan. 29	NYRR II	New York, N.Y.	New York Armory
Sam McEntee	4:09.84	Feb. 5	New Balance Collegiate Invitational	New York, N.Y.	New York Armory
Joseph LoRusso	4:14.74	Feb. 19	BIG EAST Championships	Akron, Ohio	Stile Athletics Field House
<i>BIG EAST Qualification</i>	4:19.54				
Jason Apwah	4:17.00	Jan. 21	Albany Great Dane Invitational	New York, N.Y.	New York Armory
Matt Wikler	4:21.07	Jan. 21	Albany Great Dane Invitational	New York, N.Y.	New York Armory
Phillip O'Connell	4:34.95	Dec. 3	Jack Pyrah Invitational	Haverford, Pa.	Alumni Field House

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3000 Meters					
<i>NCAA Qualification</i>	7:57.20				
<i>IC4A Qualification</i>	8:27.20				
Mathew Mildenhall	7:57.40	Feb. 12	Flotrack Husky Classic	Seattle, Wash.	Dempsey Indoor
Hugo Beamish	8:03.57	Jan. 29	NYRR II	New York, N.Y.	New York Armory
Brian Long	8:06.59	Jan. 21	Albany Great Dane Invitational	New York, N.Y.	New York Armory
<i>BIG EAST Qualification</i>	8:24.24				
Greg Morrin	8:32.74	Jan. 15	NYRR I	New York, N.Y.	New York Armory
Matt Kane	8:33.06	Feb. 20	BIG EAST Championships	Akron, Ohio	Stile Athletics Field House
Brian Tetreault	8:33.80	Jan. 15	NYRR I	New York, N.Y.	New York Armory
John Pickhaver	8:39.64	Jan. 15	NYRR I	New York, N.Y.	New York Armory
Alex Orlando	9:08.47	Dec. 3	Jack Pyrah Invitational	Haverford, Pa.	Alumni Field House
5000 Meters					
<i>NCAA Qualification</i>	13:50.80				
<i>BIG EAST Qualification</i>	14:47.14				
Hugo Beamish	13:51.60	Feb. 11	Flotrack Husky Classic	Seattle, Wash.	Dempsey Indoor
Brian Long	13:59.72	Feb. 11	Flotrack Husky Classic	Seattle, Wash.	Dempsey Indoor
Matt Kane	14:25.55	Feb. 4	New Balance Collegiate Invitational	New York, N.Y.	New York Armory
Greg Morrin	14:47.03	Feb. 5	New Balance Collegiate Invitational	New York, N.Y.	New York Armory
<i>IC4A Qualification</i>	14:47.40				
John Pickhaver	14:52.42	Jan. 21	Albany Great Dane Invitational	New York, N.Y.	New York Armory
4x400 Meter Relay					
<i>NCAA Qualification</i>	3:08.90				
<i>IC4A Qualification</i>	3:19.90				
Villanova "A"	3:13.40	Feb. 20	BIG EAST Championships	Akron, Ohio	Stile Athletics Field House
Villanova "C"	3:32.90	Dec. 3	Jack Pyrah Invitational	Haverford, Pa.	Alumni Field House
4x800 Meter Relay					
<i>ECAC Qualification</i>	7:53.00				
Villanova "A"	7:28.28	Feb. 20	BIG EAST Championships	Akron, Ohio	Stile Athletics Field House
Distance Medley Relay					
<i>NCAA Qualification</i>	9:34.10				
<i>IC4A Qualification</i>	10:19.70				
Villanova "A"	9:33.50	Mar. 4	Alex Wilson Invitational	South Bend, Ind.	Loftus Sports Center

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NAME	MARK	DATE	COMPETITION	LOCATION	VENUE
Long Jump					
<i>NCAA Qualification</i>	7.90m				
<i>IC4A Qualification</i>	7.02m				
<i>BIG EAST Qualification</i>	6.70m				
Lazaro Tiant	6.38m	Feb. 4	New Balance Collegiate Invitational	New York, N.Y.	New York Armory
Pole Vault					
<i>NCAA Qualification</i>	5.50m				
<i>IC4A Qualification</i>	4.80m				
<i>BIG EAST Qualification</i>	4.35m				
Chris Dougherty	4.40m	Feb. 4	Widener Invitational	Chester, Pa.	Schwartz Athletic Center
Shot Put					
<i>NCAA Qualification</i>	19.30m				
<i>IC4A Qualification</i>	15.60m				
<i>BIG EAST Qualification</i>	14.63m				
Frank Anuszewski	14.30m	Dec. 3	Jack Pyrah Invitational	Haverford, Pa.	Alumni Field House
Drew King	11.04m	Jan. 15	NYRR I	New York, N.Y.	New York Armory
Triple Jump					
<i>NCAA Qualification</i>	16.15m				
<i>IC4A Qualification</i>	14.30m				
Robert Sainvil	15.10m	Feb. 20	BIG EAST Championships	Akron, Ohio	Stile Athletics Field House
<i>BIG EAST Qualification</i>	13.36m				
George Bodziock	13.05m	Feb. 4	Widener Field Meet	Chester, Pa.	Schwartz Athletic Center
Weight Throw					
<i>NCAA Qualification</i>	21.50m				
<i>IC4A Qualification</i>	16.80m				
Frank Anuszewski	17.17m	Feb. 19	BIG EAST Championships	Akron, Ohio	Stile Athletics Field House
<i>BIG EAST Qualification</i>	14.97m				
Chris McLeod	14.34m	Feb. 4	Widener Invitational	Chester, Pa.	Schwartz Athletic Center
Billy Berrigan	12.29m	Feb. 4	Widener Invitational	Chester, Pa.	Schwartz Athletic Center
Drew King	11.50m	Feb. 4	Widener Invitational	Chester, Pa.	Schwartz Athletic Center

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