



SCU Outdoor Track

Athletic Media Relations • Contact: Justin Muskivitch • 500 El Camino Real • Santa Clara, CA 95053
 Phone: 408/554-4670 • Fax: 408/554-6942 • www.SantaClaraBroncos.com

Performance List • May 14, 2006

2007 Schedule

Date	Event
Feb. 24	WCC Challenge Cup <i>Malibu, Calif.</i>
Mar. 10	Aggie Track & Field Open <i>Davis, Calif.</i>
Mar. 24	Hornet Invitational; <i>Sacramento, Calif.</i>
Mar. 30	Cal-Nevada Championships <i>Fresno, Calif.</i>
Mar. 30	Stanford Invitational <i>Palo Alto, Calif.</i>
Apr. 7	Johnny Mathis Invitational <i>San Francisco, Calif.</i>
Apr. 14	Woody Wilson Open <i>Davis, Calif.</i>
Apr. 28	Steve Scott Invitational <i>Irvine, Calif.</i>
May 4	Sacramento State Open <i>Sacramento, Calif.</i>
May 12	Division I Independent Championships <i>Davis, Calif.</i>
May 25	NCAA Division I West Regionals <i>Eugene, Ore.</i>
Jun. 6	NCAA Division I Championships <i>Sacramento, Calif.</i>

Men's Performance List

100-Meters

11.58	Ryan Ward	4/7 Johnny Mathis
11.62	George Sanchez	4/28 Steve Scott
11.62	George Sanchez	4/7 Johnny Mathis
11.70	George Sanchez	5/4 Sac State Open
11.74	George Sanchez	4/14 Woody Wilson
11.80	George Sanchez	3/24 Hornet Invitational
11.96	George Sanchez	3/10 Aggie Track & Field Open
11.97	George Sanchez	2/24 WCC Challenge
12.10	Greg Stettler	2/24 WCC Challenge

200-Meters

22.92	Ryan Ward	4/14 Woody Wilson
22.93	Ryan Ward	3/24 Hornet Invitational
23.81	Greg Stettler	3/24 Hornet Invitational
23.96	Greg Stettler	4/28 Steve Scott
24.04	Greg Stettler	4/7 Johnny Mathis
24.29	Greg Stettler	5/4 Sac State Open
24.39	George Sanchez	2/24 WCC Challenge
24.51	Greg Stettler	2/24 WCC Challenge
24.63	Seamus Crowley	4/7 Johnny Mathis

400-Meters

51.61	Chris Furnari	3/24 Hornet Invitational
52.00	Chris Furnari	3/30 Cal-Nevada
52.59	Derek Brown	4/28 Steve Scott
52.73	Derek Brown	5/4 Sac State Open
53.67	Derek Brown	2/24 WCC Challenge

800-Meters

1:55.73	Tony Dipre	4/7 Johnny Mathis
1:56.02	Chris Furnari	5/4 Sac State Open
1:57.04	Tony Dipre	3/10 Aggie Track & Field Open
1:58.70	Chris Furnari	4/7 Johnny Mathis
1:59.79	Jay Cadwell	3/30 Cal-Nevada
2:00.11	Chris Furnari	4/28 Steve Scott
2:00.12	John Laughlin	4/7 Johnny Mathis
2:00.52	Chris Furnari	5/12 D1 Ind Champ
2:00.82	Jay Cadwell	5/12 D1 Ind Champ
2:00.86	Tony Dipre	3/30 Cal-Nevada
2:00.97	Jay Cadwell	3/24 Hornet Invitational
2:01.06	Tony Dipre	4/28 Steve Scott
2:01.10	Jay Cadwell	4/28 Steve Scott
2:01.42	Alex Harkins	4/7 Johnny Mathis
2:01.89	Jay Cadwell	5/4 Sac State Open
2:01.89	John Laughlin	5/4 Sac State Open
2:01.94	Mike Delaurenti	5/4 Sac State Open
2:02.02	Jay Cadwell	3/10 Aggie Track & Field Open
2:02.49	Omar Ahmad	5/4 Sac State Open
2:03.43	Jay Cadwell	2/24 WCC Challenge
2:03.49	Omar Ahmad	3/24 Hornet Invitational
2:03.64	Ben Snyder	5/4 Sac State Open
2:03.67	T.J. Watterson	3/24 Hornet Invitational
2:04.05	Omar Ahmad	4/7 Johnny Mathis
2:04.19	Ben Snyder	3/10 Aggie Track & Field Open
2:04.78	John Laughlin	4/28 Steve Scott
2:04.81	Mike Hannon	4/7 Johnny Mathis
2:04.86	Omar Ahmad	5/12 D1 Ind Champ
2:05.01	Omar Ahmad	4/28 Steve Scott
2:05.11	Vinod Kamath	3/24 Hornet Invitational
2:05.53	T.J. Watterson	4/28 Steve Scott
2:06.86	Chris Furnari	3/10 Aggie Track & Field Open
2:07.66	T.J. Watterson	4/7 Johnny Mathis
2:07.68	Chris Furnari	2/24 WCC Challenge
2:08.86	T.J. Watterson	5/4 Sac State Open
2:09.59	John Howard	4/7 Johnny Mathis
2:09.75	T.J. Watterson	2/24 WCC Challenge
2:10.64	Stephen Koch	4/7 Johnny Mathis
2:10.76	Vinod Kamath	4/7 Johnny Mathis
2:10.81	John Howard	5/4 Sac State Open

1,500-Meters

3:58.71	Mike Delaurenti	4/14 Woody Wilson
3:58.86	Mike Delaurenti	5/4 Sac State Open
4:03.19	Tony Dipre	2/24 WCC Challenge
4:06.23	Stephen Koch	4/7 Johnny Mathis
4:06.89	Tony Dipre	3/30 Cal-Nevada
4:06.95	John Laughlin	3/30 Cal-Nevada
4:07.50	Stephen Koch	5/4 Sac State Open
4:08.27	Tony Dipre	3/24 Hornet Invitational
4:09.85	Chris Gumbs	4/7 Johnny Mathis
4:09.99	Omar Ahmad	4/14 Woody Wilson
4:10.30	John Laughlin	4/14 Woody Wilson

4:10.55	John Laughlin	3/10 Aggie Track & Field Open
4:10.63	John Laughlin	5/12 D1 Ind Champ
4:11.02	Jay Cadwell	4/7 Johnny Mathis
4:11.44	Mike Hannon	4/7 Johnny Mathis
4:11.88	Alex Harkins	4/7 Johnny Mathis
4:12.75	John Laughlin	3/24 Hornet Invitational
4:12.76	Mike Hannon	3/30 Cal-Nevada
4:15.89	Mike Hannon	3/10 Aggie Track & Field Open
4:15.91	AJ Blumel	4/14 Woody Wilson
4:18.17	John Laughlin	2/24 WCC Challenge
4:19.08	John Howard	4/14 Woody Wilson
4:20.30	Mike Hannon	3/24 Hornet Invitational
4:21.88	Vinod Kamath	4/14 Woody Wilson
4:21.88	John Howard	5/4 Sac State Open
4:22.83	Ben Snyder	2/24 WCC Challenge
4:23.09	John Howard	4/7 Johnny Mathis
4:24.00	John Howard	3/24 Hornet Invitational
4:26.46	Vinod Kamath	4/7 Johnny Mathis
4:27.86	Omar Ahmad	3/10 Aggie Track & Field Open
4:33.64	Vinod Kamath	2/24 WCC Challenge
4:36.39	Vinod Kamath	5/4 Sac State Open

1 Mile Run

4:25.85	John Laughlin	4/28 Steve Scott
4:26.31	Tony Dipre	4/28 Steve Scott
4:29.24	Chris Furnari	4/28 Steve Scott
4:33.51	A.J. Blumel	4/28 Steve Scott
4:37.88	John Howard	4/28 Steve Scott

3,000-Meters

8:49.39	Mike Delaurenti*	3/24 Hornet Invitational
8:55.30	Mike Delaurenti	2/24 WCC Challenge
9:02.07	A.J. Blumel	5/4 Sac State Open
9:02.39	Chris Gumbs	5/4 Sac State Open
9:07.29	Alex Harkins	3/24 Hornet Invitational
9:07.71	A.J. Blumel	2/24 WCC Challenge
9:10.80	Stephen Koch	2/24 WCC Challenge
9:14.13	A.J. Blumel	3/24 Hornet Invitational
9:19.94	Andy Backus	5/4 Sac State Open
9:30.51	Andy Backus	3/24 Hornet Invitational
9:38.20	Mike Hannon	2/24 WCC Challenge
9:42.04	Andy Backus	2/24 WCC Challenge

3,000-Meter Steeplechase

9:19.88	Mike Delaurenti^	4/28 Steve Scott
9:21.11	Mike Delaurenti	5/12 D1 Ind Champ
9:30.21	Stephen Koch	5/12 D1 Ind Champ
9:33.45	Stephen Koch*	4/14 Woody Wilson
9:34.36	Mike Delaurenti^A	3/10 Aggie Track & Field Open
9:44.43	Stephen Koch	3/31 Cal-Nevada
9:44.85	Stephen Koch	4/28 Steve Scott
9:55.87	Stephen Koch	3/24 Hornet Invitational
10:08.65	Stephen Koch	3/10 Aggie Track & Field Open

5,000-Meters

14:46.17	Mike Delaurenti ^A	4/7 Johnny Mathis
15:08.18	Mike Delaurenti	3/30 Stanford Invitational
15:13.36	A.J. Blumel	4/7 Johnny Mathis
15:13.80	Alex Harkins	4/14 Woody Wilson
15:16.12	Chris Gumbs	4/14 Woody Wilson
15:32.96	Stephen Koch	5/12 D1 Ind Champ
15:34.68	Mike Delaurenti	5/12 D1 Ind Champ
15:44.00	A.J. Blumel	3/10 Aggie Track & Field Open
15:50.13	Chris Gumbs	5/12 D1 Ind Champ
15:55.68	A.J. Blumel	5/12 D1 Ind Champ
15:58.72	Andy Backus	4/7 Johnny Mathis
16:06.27	Chris Gumbs	4/7 Johnny Mathis
16:23.48	Andy Backus	4/28 Steve Scott
16:29.73	Andy Backus	3/10 Aggie Track & Field Open
17:31.26	John Howard	3/10 Aggie Track & Field Open

4x100-Meter Relay

44.83	'A'	4/14 Woody Wilson
44.88	Brown, Sanchez, Ward, Furnari ^A	3/24 Hornet Invitational
44.88	'A': Brown, Crowley, Furnari, Sanchez [*]	5/4 Sac State Open
45.05	'A'	4/7 Johnny Mathis
45.35	'A'	3/10 Aggie Track & Field Open
46.56	'A'	4/28 Steve Scott

(more)

4x400-Meter Relay

3:30.36	'A'	4/7 Johnny Mathis
3:30.36	Dipre, Furnari, Ward, Laughlin	3/24 Hornet Invitational
3:30.59	'A'	4/14 Woody Wilson
3:31.96	'A'	3/10 Aggie Track & Field Open
3:35.65	Furnari, Laughlin, Cadwell, Dipre	2/24 WCC Challenge

Distance Medley

10:52.75	Hannon, Watterson, Snyder, Delaurenti	2/24 WCC Challenge
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Long Jump

6.52m	Ryan Ward	3/10 Aggie Track & Field Open
6.64m	Ryan Ward	3/24 Hornet Invitational
6.60m	Ryan Ward	4/7 Johnny Mathis

Women's Performance List

200-Meters

28.10	Joanna Gistand	4/28 Steve Scott
28.49	Joanna Gistand	3/24 Hornet Invitational
28.67	Carrie Pogorelc	3/24 Hornet Invitational
28.81	Joanna Gistand	4/7 Johnny Mathis
28.85	Carrie Pogorelc	4/28 Steve Scott
28.96	Anna Wheatley	2/24 WCC Challenge
28.99	Joanna Gistand	3/10 Aggie Track & Field Open
29.17	Joanna Gistand	4/14 Woody Wilson

400-Meters

62.34	Carrie Pogorelc	3/24 Hornet Invitational
63.25	Carrie Pogorelc	4/7 Johnny Mathis

63.44	Carrie Pogorelc	5/4 Sac State Open
63.83	Anna Wheatley	2/24 WCC Challenge
63.88	Carrie Pogorelc	5/12 D1 Ind Champ
64.01	Carrie Pogorelc	4/14 Woody Wilson
64.28	Carrie Pogorelc	4/28 Steve Scott
64.66	Carrie Pogorelc	3/30 Cal-Nevada
66.24	Carrie Pogorelc	2/24 WCC Challenge

800-Meters

2:23.16	Shanthi Blanchard	4/7 Johnny Mathis
2:24.57	Becky Costigan	3/10 Aggie Track & Field Open
2:26.81	Becky Costigan	2/24 WCC Challenge
2:27.96	Adriane Puetz	4/7 Johnny Mathis
2:30.49	B. Marimpietri	5/4 Sac State Open
2:31.74	A. Murphy-Hagan	4/7 Johnny Mathis
2:33.98	Danielle Miller	2/24 WCC Challenge
2:35.32	Lauren Swigart	4/7 Johnny Mathis
2:38.82	Lauren Swigart	5/4 Sac State Open

1,500-Meters

4:42.68Q	Veronica Vazquez ^A	3/30 Cal-Nevada
4:45.25f	Veronica Vazquez	3/31 Cal-Nevada
4:45.82	Veronica Vasquez	5/4 Sac State Open
4:48.32	Shanthi Blanchard	5/4 Sac State Open
4:49.91	Veronica Vazquez	4/14 Woody Wilson
4:51.01	Shanthi Blanchard	4/14 Woody Wilson
4:51.68	Adriane Puetz	4/7 Johnny Mathis
4:52.47	A. Murphy-Hagan	4/7 Johnny Mathis
4:53.27	Veronica Vazquez	3/10 Aggie Track & Field Open
4:54.13	Shanthi Blanchard	5/12 D1 Ind Champ
4:54.19	Whitney Porter	3/10 Aggie Track & Field Open
4:55.23	Shanthi Blanchard	3/30 Cal-Nevada
4:59.16	Adriane Puetz	5/4 Sac State Open
4:59.96	Danielle Miller	5/4 Sac State Open
5:01.52	Veronica Vazquez	2/24 WCC Challenge
5:02.14	Lauren Swigart	4/7 Johnny Mathis
5:02.67	Whitney Porter	2/24 WCC Challenge
5:03.07	Whitney Porter	3/30 Cal-Nevada
5:03.83	Shanthi Blanchard	3/24 Hornet Invitational
5:04.10	Danielle Miller	2/24 WCC Challenge
5:06.65	Danielle Miller	3/10 Aggie Track & Field Open
5:11.92	Whitney Porter	4/14 Woody Wilson
5:12.60	Whitney Porter	5/4 Sac State Open
6:04.92	Meagan Diss	2/24 WCC Challenge

3,000-Meters

10:27.13	Adriane Puetz	3/24 Hornet Invitational
10:27.61	A. Murphy-Hagan	3/24 Hornet Invitational
10:31.32	A. Murphy-Hagan	2/24 WCC Challenge
10:40.20	Lauren Swigart	3/24 Hornet Invitational
10:42.46	Lauren Swigart	2/24 WCC Challenge
10:48.74	Adriane Puetz	2/24 WCC Challenge
11:00.95	B. Marimpietri	2/24 WCC Challenge
11:17.96	Lauren Swigart	5/4 Sac State Open
11:17.99	B. Marimpietri	5/4 Sac State Open
11:32.51	B. Marimpietri	3/24 Hornet Invitational

3,000-Meter Steeplechase

11:35.50	Danielle Miller	3/31 Cal-Nevada
11:43.29	Danielle Miller [%]	4/14 Woody Wilson
11:46.05	Danielle Miller	3/24 Hornet Invitational
11:46.64	Danielle Miller	4/28 Steve Scott
12:04.51	Danielle Miller	5/12 D1 Ind

5,000-Meters

17:40.39	Veronica Vazquez ^A	4/7 Johnny Mathis
18:02.47	Veronica Vazquez	4/28 Steve Scott
18:02.84	Adriane Puetz	3/30 Cal-Nevada
18:07.18	Veronica Vazquez	3/24 Hornet Invitational
18:21.55	A. Murphy-Hagan	3/10 Aggie Track & Field Open
18:24.61	Adriane Puetz	4/28 Steve Scott
18:24.80	Whitney Porter	4/7 Johnny Mathis
18:27.70	A. Murphy-Hagan	3/30 Cal-Nevada
18:31.10	Lauren Swigart	3/10 Aggie Track & Field Open
18:37.84	Shanthi Blanchard	4/28 Steve Scott
18:38.53	Adriane Puetz	3/10 Aggie Track & Field Open
18:43.63	Veronica Vasquez	5/12 D1 Ind Champ
18:44.23	Lauren Swigart	4/28 Steve Scott
18:44.88	Lauren Swigart	3/30 Cal-Nevada
18:52.54	Whitney Porter	4/28 Steve Scott
18:56.69	Danielle Miller	4/7 Johnny Mathis
19:02.55	Adriane Puetz	5/12 D1 Ind Champ
19:08.27	B. Marimpietri	4/28 Steve Scott
19:10.84	B. Marimpietri	4/7 Johnny Mathis
19:36.78	A. Murphy-Hagan	5/12 D1 Ind Champ
20:05.14	B. Marimpietri	3/10 Aggie Track & Field Open

10,000-Meters

38:13.40	Lauren Swigart	5/12 D1 Ind Champ
39:19.36	B. Marimpietri	5/12 D1 Ind Champ

100-Meter Hurdles

17.04	Joanna Gistand	4/28 Steve Scott
17.37	Joanna Gistand	4/7 Johnny Mathis
17.62	Joanna Gistand	3/10 Aggie Track & Field Open
17.62	Joanna Gistand	3/30 Cal-Nevada
17.68	Joanna Gistand	3/24 Hornet Invitational
17.89	Joanna Gistand	2/24 WCC Challenge

4x400-Meter Relay

4:24.46	'A': Blanchard, Gistand, Pogorelc, Porter	5/4 Sac State Open
4:26.18	'A'	4/14 Woody Wilson
4:35.57	Wheatley, Costigan, Gistand, Pogorelc	2/24 WCC Challenge

Distance Medley

13:07.69	Miller, Pogorelc, Porter, Swigart	2/24 WCC Challenge
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High Jump

1.50m	Brittany Hodill	4/28 Steve Scott
1.43m	Brittany Hodill	3/10 Aggie Track & Field Open
1.42m	Brittany Hodill	4/7 Johnny Mathis
1.48m	Brittany Hodill	5/4 Sac State Open

*	Won the race
^	School Record
%	One barrier short