

WF Men's Outdoor Performance List

As of 6-14-09

100 Meter (Regional: 10.55 - School Record: 10.30)

Time	Name	Meet
10.79	Tyler Dodds	Auburn Tiger Classic (4-4-09)
11.03	Brent LaRue	Deacon Combined Events (5-12-09)
11.19	Alex Hill	Auburn Tiger Classic (4-4-09)
11.42	Charles Klug	Deacon Combined Events (5-12-09)
11.65	Trey Blanton	Deacon Combined Events (5-12-09)
11.62	Aaron Payne	Deacon Combined Events (5-12-09)
11.68	Brantynn Washington	Wake Forest Open (3-20-09)

200 Meter (Regional: 21.35 - School Record: 20.61)

Time	Name	Meet
20.75 - R	Michael Bingham	Georgia Tech Invitational (5-16-09)
21.44	Jon Reid	Clemson Classic (5-9-09)
21.79	Tyler Dodds	Georgia Tech Invitational (5-16-09)
22.36	Allen Lunkenheimer	Wake Forest Open (3-21-09)
23.68	John Moody	Auburn Tiger Classic (4-4-09)
24.69	Brantynn Washington	Wake Forest Open (3-21-09)

400 Meter (Regional: 47.20 - School Record: 45.05)

Time	Name	Meet
45.05 - R*	Michael Bingham	NCAA East Regional (5-30-09)
46.74 - R	Jon Reid	Auburn Tiger Classic (4-4-09)
47.58	Brent LaRue	Deacon Combined Events (5-12-09)
48.42	Tyler Dodds	Deacon Combined Events (5-12-09)
48.43	Allen Lunkenheimer	Raleigh Relays (3-28-09)
49.66	Alex Hill	ACC Championship (4-16-09)
50.38	Phillip Warsaw	Wake Forest Open (3-20-09)
52.38	Justin Bookheimer	Wake Forest Open (3-20-09)
53.18	Kevin Smith	Wake Forest Open (3-20-09)
54.24	Aaron Payne	Deacon Combined Events (5-12-09)
54.63	Charles Klug	Deacon Combined Events (5-12-09)
55.03	Trey Blanton	Deacon Combined Events (5-12-09)

800 Meter (Regional: 1:50.40 - School Record: 1:46.74)

Time	Name	Meet
1:52.16	Thomas Morrison	Wake Forest Open (3-20-09)
1:57.03	Nicholas Lepley	Auburn Tiger Classic (4-4-09)

1,500 Meter (Regional: 3:47.80 - School Record: 3:43.37)

Time	Name	Meet
3:52.46	Thomas Morrison	Wake Forest Open (3-21-09)
4:03.82	Paul Loesser	UNC Elite Meet (5-8-09)
4:06.19	John Compton	Wake Forest Open (3-21-09)
4:13.47	Nicholas Lepley	Wake Forest Open (3-21-09)
4:44.10	Tyler Dodds	ACC Championship (4-16-09)
4:44.18	Alex Hill	ACC Championship (4-16-09)
5:05.81	Trey Blanton	Deacon Combined Events (5-13-09)
5:09.90	Charles Klug	Deacon Combined Events (5-13-09)

3,000 Meter Steeplechase (Regional: 9:07.00 - School Record: 8:41.72)

Time	Name	Meet
9:35.78	Paul Loesser	Georgia Tech Invitational (5-15-09)

5,000 Meter (Regional: 14:12.00 - School Record: 13:51.90)

Time	Name	Meet
14:49.43	John Compton	Penn Relays (4-24-09)
15:33.88	Jeremy Fisico	Raleigh Relays (3-28-09)
16:33.04	Zach Hines	Wake Forest Open (3-20-09)

10,000 Meter (Regional: 29:30.00 - School Record: 28:31.51)

Time	Name	Meet
32:00.12	John Compton	ACC Championship (4-16-09)
34:02.06	Jeremy Fisico	ACC Championship (4-16-09)

110 Meter Hurdles (Regional: 14:30 - School Record: 13.60)

Time	Name	Meet
14.15 - R	Brent LaRue	Wake Forest Open (3-21-09)
15.68	Lee Johnson	Auburn Tiger Classic (4-4-09)
15.75	John Moody	Wake Forest Open (3-20-09)
16.01	Scott McCullough	Wake Forest Open (3-20-09)
16.47	Alex Hill	ACC Championship (4-16-09)
16.56	Tyler Dodds	Deacon Combined Events (5-12-09)
16.58	Charles Klug	Wake Forest Open (3-20-09)
17.26	Trey Blanton	Deacon Combined Events (5-13-09)

400 Meter Hurdles (Regional: 52.52 - School Record: 51.60)

Time	Name	Meet
52.49 - R	Phillip Warsaw	Wake Forest Open (3-21-09)
55.81	Justin Bookheimer	Clemson Classic (5-9-09)
56.61	Lee Johnson	Raleigh Relays (3-28-09)

4x100 Relay (Regional: 40.66 - School Record: 39.28)

Time	Name	Meet
41.31	Dodds, Lunkenheimer, Reid, Hill	ACC Championship (4-18-09)

4x400 Relay (Regional: 3:10.00 - School Record: 3:05.48)

Time	Name	Meet
3:05.98 - R	LaRue, Lunkenheimer, Reid, Bingham	Raleigh Relays (3-29-09)

High Jump (Regional: 6-10.75 - School Record: 6-11)

Mark	Name	Meet
6-06.75	Aaron Payne	Georgia Tech Invitational (5-16-09)
6-03.50	Tyler Dodds	ACC Championship (4-16-09)
6-02.75	Scott McCullough	Winthrop Invite (3-28-09)
6-02.25	Brent LaRue	Deacon Combined Events (5-12-09)
5-08.50	Alex Hill	ACC Championship (4-16-09)
5-07.25	Trey Blanton	Deacon Combined Events (5-12-09)
5-02.50	Charles Klug	Deacon Combined Events (5-12-09)

Long Jump (Regional: 24-01.00 - School Record: 24-10.50)

Mark	Name	Meet
22-11.00	Brent LaRue	Deacon Combined Events (5-12-09)
22-11.00	Tyler Dodds	Deacon Combined Events (5-12-09)
21-05.50	Alex Hill	Winthrop Invite (3-28-09)
20-05.00	Aaron Payne	Deacon Combined Events (5-12-09)
20-00.50	Trey Blanton	Deacon Combined Events (5-12-09)
19-03.50	Charles Klug	Clemson Classic (5-8-09)
17-11.00	Scott McCullough	Wake Forest Open (3-21-09)

Pole Vault (Regional: 16-06.75 - School Record: 15-11)

Mark	Name	Meet
15-01.00	Trey Blanton	Clemson Classic (5-9-09)
13-06.25	Tyler Dodds	Deacon Combined Events (5-13-09)
10-00.00	Alex Hill	ACC Championship (4-16-09)
08-07.00	Charles Klug	Deacon Combined Events (5-13-09)

Shot Put (Regional: 55-01.50 - School Record: 65-00.50)

Mark	Name	Meet
56-06.00 - R	Thomas Sensing	Georgia Tech Invitational (5-15-09)
42-07.00	Jason Raggi	Wake Forest Open (3-20-09)
41-10.00	Michael Wooten	Wake Forest Open (3-20-09)
40-04.75	Brent LaRue	Deacon Combined Events (5-12-09)
38-03.50	Tyler Dodds	ACC Championship (4-16-09)
37-09.50	Alex Hill	ACC Championship (4-16-09)
34-03.50	Trey Blanton	Winthrop Invite (3-27-09)
29-05.50	Aaron Payne	Deacon Combined Events (5-12-09)
29-01.75	Charles Klug	Deacon Combined Events (5-12-09)

Hammer Throw (Regional: 202-01 - School Record: 186-04)

Mark	Name	Meet
136-11	Thomas Sensing	Winthrop Invite (3-27-09)

Discus (Regional: 169-07 - School Record: 212-09)

Mark	Name	Meet
170-07 - R	Thomas Sensing	ACC Championship (4-18-09)
132-05	Michael Wooten	Wake Forest Open (3-20-09)
127-11	Brent LaRue	Wake Forest Open (3-20-09)
118-00	Trey Blanton	Clemson Classic (5-9-09)
113-09	Alex Hill	ACC Championship (4-16-09)
107-09	Tyler Dodds	ACC Championship (4-16-09)
84-08	Charles Klug	Deacon Combined Events (5-13-09)

Javelin Throw (Regional: 202-01 - School Record: 222-10)

Mark	Name	Meet
222-10 - R*	Thomas Sensing	ACC Championship (4-16-09)
183-00	Stephen Castillejo	Auburn Tiger Classic (4-4-09)
165-08	Tyler Dodds	Wake Forest Open (3-20-09)
165-06	Trey Blanton	Wake Forest Open (3-20-09)
158-09	Jason Raggi	Wake Forest Open (3-20-09)
155-04	Charles Klug	Wake Forest Open (3-20-09)
120-06	Alex Hill	ACC Championship (4-16-09)

Decathlon (Regional: 6,900 - School Record: 7,340)

Mark	Name	Meet
6,715	Tyler Dodds	ACC Championship (4-17-09)
6,103	Alex Hill	ACC Championship (4-17-09)
5,902	Trey Blanton	Deacon Combined Events (5-13-09)
4,390	Charles Klug	Deacon Combined Events (5-13-09)



Men's Ind. Outdoor Performance List



Michael Bingham - Sr. - Sprints

200m
20.75 (1st) - R Georgia Tech Invitational (5-16-09)
21.22 (4th) - R Auburn Tiger Classic (4-4-09)

400m
45.05 (1st) - R* NCAA East Regional (5-30-09)
45.09 (2nd) NCAA Championships (6-13-09)
45.32 (1st) - R* ACC Championship (4-18-09)

4x400 Relay
3:05.98 (2nd) - R Raleigh Relays (3-28-09)
3:08.60 (2nd) ACC Championship (4-18-09)
3:15.12 (prelim) Penn Relays (4-24-09)

Trey Blanton - Fr. - Decathlon

Pole Vault
15-01.00 (2nd) Clemson Classic (5-9-09)
14-07.25 (7th) Wake Forest Open (3-21-09)
14-07.25 (7th) UNC Invite (4-11-09)
NH Georgia Tech Invitational (5-15-09)

Discus
118-00 (15th) Clemson Classic (5-9-09)

Javelin
165-06 (19th) Wake Forest Open (3-20-09)
158-11 (13th) ACC Championship (4-16-09)
157-06 (12th) Auburn Tiger Classic (4-4-09)
149-3 (9th) Winthrop Invite (3-28-09)

Decathlon
5,902 (5th) Deacon Combined Events (5-13-09)

Justin Bookheimer - Fr. - Mid-Dis./Hurdles

100m
11.86 (40th) Auburn Tiger Classic (4-4-09)

400m
52.38 (72nd) Wake Forest Open (3-20-09)

400m Hurdles
55.81 (12th) Clemson Classic (5-9-09)
55.95 (prelim) ACC Championship (4-17-09)
56.27 (17th) Auburn Tiger Classic (4-4-09)
57.75 (32nd) Wake Forest Open (3-21-09)
1:01.51 (56th) Raleigh Relays (3-27-09)
55.31 (7th) UNC Invite (4-11-09)

Stephen Castillejo - Jr. - Throws

Javelin
183-00 (5th) Auburn Tiger Classic (4-4-09)
178-08 (8th) Georgia Tech Invitational (5-15-09)
172-08 (3rd) UNC Invite (4-11-09)
172-06 (17th) ACC Championship (4-16-09)
170-04 (15th) Wake Forest Open (3-21-09)
170-04 (6th) Winthrop Invite (3-28-09)
166-07 (7th) Clemson Classic (5-9-09)

John Compton - Sr. - Distance

1,500m
4:06.19 (37th) Wake Forest Open (3-21-09)

3,000m
8:45.07 (13th) Auburn Tiger Classic (4-4-09)

5,000m
14:49.43 (26th) Penn Relays (4-24-09)

10,000m
32:00.12 (12th) ACC Championship (4-17-09)

Tyler Dodds - Jr. - Decathlon

100m
10.79 (13th) Auburn Tiger Classic (4-4-09)

200m
21.79 (17th) Georgia Tech Invitational (5-16-09)

4x100m Relay

41.31 (5th) ACC Championship (4-18-09)
41.51 (7th) Auburn Tiger Classic (4-4-09)

4x400m Relay

3:08.60 (2nd) ACC Championship (4-18-09)
3:15.12 (prelim) Penn Relays (4-24-09)
3:21.55 (18th) NCAA East Regional (5-30-09)

Pole Vault

13-01.50 (6th "B") Wake Forest Open (3-21-09)

Long Jump

20-00.50 (23rd) Wake Forest Open (3-21-09)
21-11.00 (8th) Auburn Tiger Classic (4-4-09)

Javelin

165-08 (18th) Wake Forest Open (3-20-09)

Decathlon

6,715 (4th) ACC Championship (4-17-09)

Jeremy Fisco - Sr. - Distance

5,000-Meter Run
15:33.88 (II) (24th) Raleigh Relays (3-27-09)

10,000m
34:02.06 (23rd) ACC Championship (4-17-09)

Alex Hill - Fr. - Sprints

100m
11.19 (29th) Auburn Tiger Classic (4-4-09)

110m Hurdles
16.62 (prelim) Wake Forest Open (3-20-09)

4x100m Relay
41.31 (5th) ACC Championship (4-18-09)

Long Jump
21-05.50 Winthrop Invite (3-28-09)
20-10.75 (17th) Wake Forest Open (3-21-09)

Discus
83-01 (42nd) Wake Forest Open (3-20-09)

Decathlon
6,103 (6th) ACC Championship (4-17-09)

Zach Hines - Sr. - Distance

5,000m
16:33.04 (60th) Wake Forest Open (3-20-09)

Lee Johnson - Fr. - Sprints/Hurdles

110m Hurdles
15.68 (18th) Auburn Tiger Classic (4-4-09)
15.92 (prelim) ACC Championship (4-17-09)
15.95 (prelim) Raleigh Relays (3-27-09)
15.99 (13th) UNC Invite (4-11-09)
17.74 (prelim) Wake Forest Open (3-20-09)

400m Hurdles
56.61 (34th) Raleigh Relays (3-27-09)
56.67 (prelim) ACC Championship (4-17-09)
56.69 (19th) Wake Forest Open (3-21-09)
58.51 (20th) Auburn Tiger Classic (4-4-09)
57.80 (11th) UNC Invite (4-11-09)

Charles Klug- Fr. - Decathlon

100m
11.78 (16th) Clemson Classic (5-9-09)

110m Hurdles
16.58 (prelim) Wake Forest Open (3-20-09)

Long Jump
19-03.50 (13th) Clemson Classic (5-8-09)

Pole Vault
NH Wake Forest Open (3-21-09)

Javelin

155-04 (26th) Wake Forest Open (3-20-09)
137-06 (15th) Clemson Classic (5-9-09)

Decathlon

4,381 (9th) Winthrop Invite (3-28-09)

Allan Lunkenheimer- So. - Sprints

200m
22.36 (26th) Wake Forest Open (3-21-09)

400m
48.81 (prelim) ACC Championship (4-17-09)
48.96 (16th) Wake Forest Open (3-20-09)
48.43 (13th) Raleigh Relays (3-27-09)
49.01 (18th) Auburn Tiger Classic (4-4-09)
49.62 (29th) Georgia Tech Invitational (5-16-09)

4x100m Relay

41.31 (5th) ACC Championship (4-18-09)
41.51 (7th) Auburn Tiger Classic (4-4-09)

4x400 Relay

3:05.98 (2nd) - R Raleigh Relays (3-28-09)
3:08.60 (2nd) ACC Championship (4-18-09)
3:15.12 (prelim) Penn Relays (4-24-09)
3:21.55 (18th) NCAA East Regional (5-30-09)

Brent LaRue - Jr. - Decathlon

110m Hurdles
14.15 (1st) - R Wake Forest Open (3-21-09)
14.28 (prelim -7th) Raleigh Relays (3-27-09)

4x400 Relay
3:05.98 (2nd) - R Raleigh Relays (3-28-09)

Long Jump
22-09.75 (3rd) Auburn Tiger Classic (4-4-09)

Discus
127-11 (30th) Wake Forest Open (3-20-09)

Javelin
168-05 (5th) UNC Invite (4-11-09)

Nicholas Lepley - Jr. - Mid Distance

800m
1:58.94 (44th) Wake Forest Open (3-20-09)
1:57.03 (23rd) Auburn Tiger Classic (4-4-09)
1:59.72 (prelim) ACC Championship (4-17-09)

1,500m
4:12.47 (68th) Wake Forest Open (3-21-09)

Paul Loesser- Fr. - Distance

1,500-Meter Run
4:03.82 (24th) UNC Elite Meet (5-8-09)
4:06.14 (II) (25th) Raleigh Relays (3-27-09)

3,000m Steeplechase
9:35.78 (9th) Georgia Tech Invitational (5-15-09)
9:38.71 (5th) Auburn Tiger Classic (4-4-09)
9:38.71 (10th) ACC Championship (4-17-09)
9:56.47 (8th) Wake Forest Open (3-20-09)

John Moody - Jr. - Hurdles

200m
23.68 (38th) Auburn Tiger Classic (4-4-09)
24.05 Wake Forest Open (3-20-09)

Keaton Morgan- Jr. - Distance

3,000m
9:08.32 (16th) Auburn Tiger Classic (4-4-09)



Men's Ind. Outdoor Performance List



Thomas Morrison - Fr. - Distance

800m	
1:52.16 (1st)	Wake Forest Open (3-20-09)
1:54.08 (15th)	UNC Elite Meet (5-8-09)
1:54.59 (prelim)	ACC Championship (4-17-09)
1:55.57 (38th)	Georgia Tech Invitational (5-16-09)
1:56.38 (21st)	UNC Invite (4-11-09)
1,500m	
3:52.46 (3rd)	Wake Forest Open (3-21-09)
3:59.28 (23rd)	Raleigh Relays (3-28-09)
4:01.36 (prelim)	ACC Championship (4-17-09)
4:02.18 (39th)	Georgia Tech Invitational (5-15-09)

Scott McCullough - Fr. - Jumps

110m Hurdles	
16.01 (prelim)	Wake Forest Open (3-20-09)
16.62 (prelim)	Winthrop Invite (3-27-09)
High Jump	
6-01.50 (3rd "B")	Wake Forest Open (3-20-09)
6-00.75 (6th)	Winthrop Invite (3-28-09)
6-01.50 (9th)	Auburn Tiger Classic (4-4-09)
6-00.75 (9th)	UNC Invite (4-11-09)
NH	Clemson Classic (5-9-09)
Long Jump	
17-11.00 (34th)	Wake Forest Open (3-21-09)

John Moody - Jr. - Hurdles

110m Hurdles	
16.06 (19th)	Auburn Tiger Classic (4-4-09)
15.75 (prelim)	Wake Forest Open (3-20-09)
200m	
24.05 (82nd)	Wake Forest Open (3-21-09)
23.68	Auburn Tiger Classic (4-4-09)

Aaron Payne - So. - Jumps

High Jump	
6-06.75 (9th)	Georgia Tech Invitational (5-16-09)
6-04.75 (12th)	ACC Championship (4-17-09)
6-04.75 (7th)	Clemson Classic (5-9-09)
6-03.50 (13th)	Auburn Tiger Classic (4-4-09)
6-01.50 (4th "B")	Wake Forest Open (3-20-09)
6-02.75 (4th)	Winthrop Invite (3-28-09)
6-02.75 (8th)	UNC Invite (4-11-09)
Long Jump	
118-11.75 (28th)	Wake Forest Open (3-21-09)

Jason Raggi - Fr. - Throws

Shot Put	
42-07.00 (24th)	Wake Forest Open (3-20-09)
41-05.50 (10th)	Clemson Classic (5-9-09)
39-2.25 (18th)	Winthrop Invite (3-27-09)
39-11.50 (13th)	UNC Invite (4-11-09)
Javelin	
158-06 (23rd)	Wake Forest Open (3-20-09)
154-10 (9th)	UNC Invite (4-11-09)
150-10 (14th)	ACC Championship (4-16-09)
145-02 (11th)	Clemson Classic (5-9-09)
142-04 (16th)	Auburn Tiger Classic (4-4-09)
135-6 (16th)	Winthrop Invite (3-28-09)

Jon Reid - Jr. - Sprints

200m	
21.44 (7th)	Clemson Classic (5-9-09)
21.76 (16th)	Georgia Tech Invitational (5-16-09)
21.93 (10th)	Wake Forest Open (3-21-09)
400m	
46.74 (1st) - R	Auburn Tiger Classic (4-4-09)
46.99 (prelim)	NCAA East Regional (5-29-09)
47.19 (6th)	ACC Championship (4-17-09)
47.41 (2nd)	Wake Forest Open (3-20-09)
47.79 (10th)	Raleigh Relays (3-27-09)

4x100m Relay

41.31 (5th)	ACC Championship (4-18-09)
41.51 (7th)	Auburn Tiger Classic (4-4-09)

4x400 Relay

3:05.98 (2nd) - R	Raleigh Relays (3-28-09)
3:08.60 (2nd)	ACC Championship (4-18-09)
3:15.12 (prelim)	Penn Relays (4-24-09)
3:21.55 (18th)	NCAA East Regional (5-30-09)

Thomas Sensing - Jr. - Throws

Shot Put	
56-06.00 (4th) - R	Georgia Tech Invitational (5-15-09)
54-04.00 (2nd)	Clemson Classic (5-9-09)
52-01.00 (28th)	NCAA East Regional (5-29-09)
51-05.75 (11th)	Penn Relays (4-24-09)
50-07.25 (13th)	ACC Championship (4-17-09)
48-02.00 (17th)	Auburn Tiger Classic (4-4-09)

Discus

170-07 (6th) - R	ACC Championship (4-18-09)
162-03 (3rd)	UNC Invite (4-11-09)
161-05 (2nd)	Clemson Classic (5-9-09)
156-04 (13th)	Auburn Tiger Classic (4-4-09)
155-06 (21st)	NCAA East Regional (5-30-09)
155-05 (18th)	Penn Relays (4-24-09)
153-04 (4th)	Wake Forest Open (3-20-09)

Hammer Throw

132-07 (21st)	Wake Forest Open (3-20-09)
136-11 (14th)	Winthrop Invite (3-27-09)

Javelin

222-10 (2nd) - R*	ACC Championship (4-16-09)
213-02 (2nd) - R	Georgia Tech Invitational (5-15-09)
208-07 (1st) - R*	Auburn Tiger Classic (4-4-09)
207-05 (5th) - R	NCAA East Regional (5-29-09)
191-01 (8th)	Wake Forest Open (3-20-09)
189-01 (14th)	Penn Relays (4-25-09)
188-11 (3rd)	Winthrop Invite (3-28-09)
184-10 (26th)	NCAA Championships (6-10-09)

Kevin Smith - Fr. - Sprints/Jumps

400m	
53.03 (prelim)	ACC Championship (4-17-09)
53.18 (81st)	Wake Forest Open (3-20-09)
51.31 (11th)	UNC Invite (4-11-09)

4x100m Relay

41.51 (7th)	Auburn Tiger Classic (4-4-09)
-------------	-------------------------------

Phillip Warsaw - Sr. - Sprints/Hurdles

400m	
50.38 (38th)	Wake Forest Open (3-20-09)
400m Hurdles	
52.49 (2nd)	Wake Forest Open (3-21-09)
53.53 (prelim, 8th)	ACC Championship (4-17-09)
54.04 (20th)	Georgia Tech Invitational (5-16-09)
54.62 (7th)	Clemson Classic (5-9-09)
55.50 (prelim)	NCAA East Regional (5-29-09)
4x400m Relay	
3:21.55 (18th)	NCAA East Regional (5-30-09)

Brantynn Washington - Fr. - Sprints/Jumps

100m	
11.68 (prelim)	Wake Forest Open (3-20-09)
11.78 (prelim)	Raleigh Relays (3-27-09)
11.86	Auburn Tiger Classic (4-4-09)
13.96 (18th)	UNC Invite (4-11-09)

200m

24.69 (91st)	Wake Forest Open (3-21-09)
--------------	----------------------------