

SAINT JOSEPH'S UNIVERSITY MEN'S TRACK & FIELD 2010 OUTDOOR PERFORMANCE LIST

Updated: May 12, 2010

Season bests only on list

– School record

* – IC4A-qualifying mark; (IC4A-qualifying standard)



100 meters			(10.85)
Drew Brandt	5/2	Atlantic 10	11.19
Tom DiNatale	4/10	G. Mason	11.20
Christopher Lau	4/17	Larry Ellis	11.72
200 meters/220 yards			(21.80)
Tom DiNatale	5/2	Atlantic 10	22.46
Drew Brandt	5/2	Atlantic 10	22.49
Christopher Lau	4/3	Penn	23.40
400 meter hurdles			(53.84)
Steven Philbrook	5/2	Atlantic 10	54.77
Brian Smith	5/2	Atlantic 10	57.84
400 meters/440 yards			(48.50)
Jared Sabre	5/2	Atlantic 10	48.52
David Smith	4/10	G. Mason	50.08
Dylan Wenik	5/2	Atlantic 10	50.58
Steven Philbrook	5/10	Swarthmore	50.63
Garrett Barbalinardo	5/10	Swarthmore	50.91
Kevin Myslinski	4/3	Penn	52.41
Ray Weir	4/17	Larry Ellis	52.68
Mike Gallagher	3/27	Lafayette 8	52.74
800 meters			(1:51.80)
Andrew Townsend	5/10	Swarthmore	1:53.45
Steve Young	5/10	Swarthmore	1:54.17
Brian Guterl	4/10	G. Mason	1:54.85
Luke Fischer	4/17	Larry Ellis	1:55.14
Ryan Garvin	4/17	Larry Ellis	1:55.34
Dylan Wenik	4/2	Colonial	1:56.84
Logan Hohs	5/10	Swarthmore	1:56.87
David Manion	5/10	Swarthmore	1:57.81
Jonathan Mazzio	4/17	Larry Ellis	1:59.42
Kyle Gorczynski	4/17	Larry Ellis	2:00.69
Royce Scrivano	4/17	Larry Ellis	2:00.84
Joe Glasnovich	4/3	Penn	2:04.80
Ryan Birchmeier	4/17	Larry Ellis	2:06.48
Kevin Donnelly	4/17	Larry Ellis	2:06.59
Kyle Lampart	3/27	Lafayette 8	2:07.54
Ian O'Hara	4/17	Larry Ellis	2:08.37
Vincent Nicaastro	4/17	Larry Ellis	2:09.01

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George Arcarola 4/3 Penn 2:15.86

1,500 meters (3:51.00)

Luke Fischer	5/10	Swarthmore	3:52.22
Brian Guterl	4/17	Larry Ellis	3:55.13
Kyle Murray	3/27	Lafayette 8	4:01.12
Kyle Gorczynski	5/2	Atlantic 10	4:01.21
Jon Sclafani	3/27	Lafayette 8	4:01.52
Ryan Garvin	4/10	G. Mason	4:02.91
Andrew Townsend	4/10	G. Mason	4:03.25
Jonathan Mazzio	4/17	Larry Ellis	4:04.66
Kevin Donnelly	4/17	Larry Ellis	4:08.20
Logan Hohns	4/2	Colonial	4:11.08
Vincent Nicaastro	4/17	Larry Ellis	4:11.54
Murphy O'Donnell	4/2	Colonial	4:11.62
Drew Cogley	4/17	Larry Ellis	4:20.82
Ryan Birchmeier	3/27	Lafayette 8	4:22.27

3,000 meters (8:27.20)

Kyle Murray	3/27	Lafayette 8	8:37.40
Jon Sclafani	3/27	Lafayette 8	8:38.70
James Jennings	3/27	Lafayette 8	8:44.04
Vince Collins	3/27	Lafayette 8	8:44.59
Kyle Gorczynski	3/27	Lafayette 8	8:45.14
Kevin Donnelly	3/27	Lafayette 8	8:58.83
Vinnie Nicaastro	3/27	Lafayette 8	9:12.22
Drew Cogley	3/27	Lafayette 8	9:21.99

3,000 meter steeplechase (9:15.00)

Jon Mazzio	5/2	Atlantic 10	9:51.16
Murphy O'Donnell	3/27	Lafayette 8	9:52.16

5,000 meters (14:36.00)

James Jennings	4/17	Larry Ellis	14:38.72
Vince Collins	5/10	Swarthmore	14:55.18
Jonathan Sclafani	4/17	Larry Ellis	14:56.41
Jon Mazzio	5/10	Swarthmore	15:01.43
George Wittman	5/10	Swarthmore	15:04.43
Vincent Nicaastro	5/10	Swarthmore	15:18.84
Drew Cogley	4/3	Penn	16:31.74

10,000 meters (31:08.00)

Jonathan Sclafani	4/2	Colonial	30:48.36*
James Jennings	4/2	Colonial	30:55.42*
Kevin Donnelly	4/2	Colonial	32:22.21

Long Jump (7.10m)

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Victor DiNoia	4/17	Larry Ellis	20' 1/2"
Vinh Nghi To	4/3	Penn	19' 7 1/2"

Triple Jump (14.5m)

John DiPersio	5/2	Atlantic 10	41' 6 1/2"
Vinh Nghi To	4/10	G. Mason	40' 7"

4x100 Meter Relay (42.50)

Saint Joseph's	4/17	Larry Ellis	42.99
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4x200 Meter Relay

Saint Joseph's	4/2	Colonial	1:31.07
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4x400 Meter Relay (3:17.60)

Saint Joseph's	5/2	Atlantic 10	3:15.02*
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4x800 Meter Relay

Saint Joseph's	5/2	Atlantic 10	7:34.08
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4x1500 Meter Relay

Saint Joseph's	4/2	Colonial	16:35.68
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Distance Medley Relay

Saint Joseph's	4/24	Penn Relays	10:01.12
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