

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

Updated: May 4, 2010

Season bests only on list

# – School record

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



<b>100 meters</b>				<b>(10.85)</b>
Tom DiNatale	4/10	G. Mason		11.20
Drew Brandt	5/2	Atlantic 10		11.19
Christopher Lau	4/17	Larry Ellis		11.72
<b>200 meters/220 yards</b>				<b>(21.80)</b>
Tom DiNatale	5/2	Atlantic 10		22.46
Drew Brandt	5/2	Atlantic 10		22.49
Christopher Lau	4/3	Penn		23.40
<b>400 meter hurdles</b>				<b>(53.84)</b>
Steven Philbrook	5/2	Atlantic 10		54.77
Brian Smith	5/2	Atlantic 10		57.84
<b>400 meters/440 yards</b>				<b>(48.50)</b>
Jared Sabre	5/2	Atlantic 10		48.52
David Smith	4/10	G. Mason		50.08
Dylan Wenik	5/2	Atlantic 10		50.58
Garrett Barbalinardo	4/17	Larry Ellis		51.28
Kevin Myslinski	4/3	Penn		52.41
Ray Weir	4/17	Larry Ellis		52.68
Mike Gallagher	3/27	Lafayette 8		52.74
<b>800 meters</b>				<b>(1:51.80)</b>
Andrew Townsend	4/2	Colonial		1:54.20
Steve Young	5/2	Atlantic 10		1:54.27
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
David Manion	4/3	Penn		1:58.35
Jonathan Mazzio	4/17	Larry Ellis		1:59.42
Logan Hohs	4/17	Larry Ellis		2:00.26
Kyle Gorczyński	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 Nicastro	4/17	Larry Ellis		2:09.01
George Arcarola	4/3	Penn		2:15.86

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<b>1,500 meters</b>			<b>(3:51.00)</b>
Luke Fischer	4/17	G. Mason	3:53.22
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 Hohs	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
<b>3,000 meters</b>			<b>(8:27.20)</b>
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
<b>3,000 meter steeplechase</b>			<b>(9:15.00)</b>
Jon Mazzio	5/2	Atlantic 10	9:51.16
Murphy O'Donnell	3/27	Lafayette 8	9:52.16
<b>5,000 meters</b>			<b>(14:36.00)</b>
James Jennings	4/17	Larry Ellis	14:38.72
Jonathan Sclafani	4/17	Larry Ellis	14:56.41
Jon Mazzio	4/2	Colonial	15:09.21
Vince Collins	4/17	Larry Ellis	15:07.41
George Wittman	4/2	Colonial	15:30.13
Vincent Nicaastro	4/3	Penn	15:50.57
Drew Cogley	4/3	Penn	16:31.74
<b>10,000 meters</b>			<b>(31:08.00)</b>
Jonathan Sclafani	4/2	Colonial	30:48.36*
James Jennings	4/2	Colonial	30:55.42*
Kevin Donnelly	4/2	Colonial	32:22.21
<b>Long Jump</b>			<b>(7.10m)</b>
Vinh Nghi To	4/3	Penn	5.98m/ 19'7 1/2"

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Victor DiNoia	4/17	Larry Ellis	20' 1/2"
<b>Triple Jump</b>			<b>(14.5m)</b>
John DiPersio	5/2	Atlantic 10	41' 6 1/2"
Vinh Nghi To	4/10	G. Mason	40' 7"
<b>High Jump</b>			<b>(2.04m)</b>
<b>4x100 Meter Relay</b>			<b>(42.50)</b>
Saint Joseph's	4/17	Larry Ellis	42.99
<b>4x200 Meter Relay</b>			
Saint Joseph's	4/2	Colonial	1:31.07
<b>4x400 Meter Relay</b>			<b>(3:17.60)</b>
Saint Joseph's	5/2	Atlantic 10	3:15.02*
<b>4x800 Meter Relay</b>			
Saint Joseph's	5/2	Atlantic 10	7:34.08
<b>4x1500 Meter Relay</b>			
Saint Joseph's	4/2	Colonial	16:35.68
<b>Distance Medley Relay</b>			
Saint Joseph's	4/24	Penn Relays	10:01.12