

SAINT JOSEPH'S UNIVERSITY MEN'S TRACK & FIELD 2009 OUTDOOR PERFORMANCE LIST

Updated: May 17, 2009



Season bests only on list

^ – Event run in yards; # – School record

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

& – NCAA Regional qualifying mark

100 Meters			(10.85)
Bobby Staten	5/3/09	Atlantic 10 Championships	10.45 #&
Tom DiNatale	4/18/09	Larry Ellis Invitational	11.01
Paul Barolette	4/18/09	Larry Ellis Invitational	11.11
Drew Brandt	5/11/09	Swarthmore Last Chance	11.53
Victor DiNoia	5/2/09	Atlantic 10 Championships	11.53
Christopher Lau	4/18/09	Larry Ellis Invitational	11.62
200 Meters			(21.80)
Bobby Staten	5/3/09	Atlantic 10 Championships	21.15 #&
Tom DiNatale	3/28/09	Lafayette 8 Way	22.10
Paul Barolette	5/3/09	Atlantic 10 Championships	22.20
Jared Sabre	4/18/09	Larry Ellis Invitational	22.40
Nick DeFeo	4/4/09	Colonial Relays	22.46
Drew Brandt	4/4/09	Colonial Relays	22.47
Christopher Lau	3/28/09	Lafayette 8 Way	22.73
Dylan Wenik	5/11/09	Swarthmore Last Chance	23.47
400 Meters			(48.50)
Jared Sabre	4/4/09	Colonial Relays	48.81
Drew Brandt	5/3/09	Atlantic 10 Championships	49.46
Dylan Wenik	5/11/09	Swarthmore Last Chance	49.79
Nick DeFeo	4/18/09	Larry Ellis Invitational	49.60
Jesse Brooks	4/11/09	Onesty Invitational	50.60
Ray Weir	4/18/09	Larry Ellis Invitational	50.68
Kevin Myslinski	4/11/09	Onesty Invitational	52.38
Adam Drastura	4/18/09	Larry Ellis Invitational	52.40
Michael Gallagher	4/18/09	Larry Ellis Invitational	52.45
Joseph Glasnovich	3/28/09	Lafayette 8 Way	53.78
Royce Scrivano	4/11/09	Onesty Invitational	54.54
Roland Tilar	3/28/09	Lafayette 8 Way	57.30
400-Meter Hurdles			(53.84)
Brian Smith	5/3/09	Atlantic 10 Championships	55.36
Steven Philbrook	5/3/09	Atlantic 10 Championships	56.56
800 Meters			(1:51.80)
Brian Guterl	5/15/09	ICAAAA Championships	1:50.15 &*
Jesse Brooks	4/18/09	Larry Ellis Invitational	1:55.03

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Luke Fischer	5/11/09	Swarthmore Last Chance	1:55.37
Dylan Wenik	4/18/09	Larry Ellis Invitational	1:56.36
Logan Hohs	5/3/09	Atlantic 10 Championships	1:56.90
Brendan Kearney	3/28/09	Lafayette 8 Way	2:00.27
Murphy O'Donnell	3/28/09	Lafayette 8 Way	2:00.93
Ryan Birchmeier	4/11/09	Onesty Invitational	2:02.47
Adam Drastura	3/28/09	Lafayette 8 Way	2:03.09
Justin Heinze	4/18/09	Larry Ellis Invitational	2:03.57
Joseph Glasnovich	4/18/09	Larry Ellis Invitational	2:03.82
George Arcarola	3/28/09	Lafayette 8 Way	2:06.06
Vince Collins	4/18/09	Larry Ellis Invitational	2:07.81
Royce Scrivano	4/18/09	Larry Ellis Invitational	2:09.36

1,500 Meters **(3:51.00)**

Brian Guterl	4/18/09	Larry Ellis Invitational	3:47.80 &
Ryan Birchmeier	5/3/09	Atlantic 10 Championships	3:56.25
Luke Fischer	4/18/09	Larry Ellis Invitational	3:59.83
Brendan Kearney	4/11/09	Onesty Invitational	4:04.70
Jonathan Sclafani	4/11/09	Onesty Invitational	4:05.31
Logan Hohs	4/18/09	Larry Ellis Invitational	4:05.38
Kevin Donnelly	4/18/09	Larry Ellis Invitational	4:06.74
Vince Collins	5/11/09	Swarthmore Last Chance	4:07.59
George Wittmann	4/18/09	Larry Ellis Invitational	4:09.05
Murphy O'Donnell	5/3/09	Atlantic 10 Championships	4:09.94
Justin Heinze	4/4/09	Colonial Relays	4:10.84

3,000 Meters

Will Rowland	3/28/09	Lafayette 8 Way	8:36.98
Jonathan Sclafani	4/11/09	Onesty Invitational	8:45.85
Jimmy Jennings	4/11/09	Onesty Invitational	8:54.97
Kevin Donnelly	3/28/09	Lafayette 8 Way	8:56.50
George Wittmann	3/28/09	Lafayette 8 Way	8:57.15
Vince Collins	4/11/09	Onesty Invitational	8:57.76
Justin Heinze	4/11/09	Onesty Invitational	9:01.62
David Evans	4/11/09	Onesty Invitational	9:30.92

3,000-Meter Steeplechase **(9:15.00)**

Kyle Murray	5/2/09	Atlantic 10 Championships	9:05.48 &
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5,000 Meters **(14:34.00)**

Will Rowland	5/15/09	ICAAAA Championships	14:10.62 &*
Kevin McDonnell	5/11/09	Swarthmore Last Chance	14:44.13
Jonathan Sclafani	4/18/09	Larry Ellis Invitational	14:53.91
Jimmy Jennings	4/18/09	Larry Ellis Invitational	14:54.37
Kevin Donnelly	5/11/09	Swarthmore Last Chance	15:05.36
George Wittmann	5/11/09	Swarthmore Last Chance	15:19.45
Vince Collins	4/4/09	Colonial Relays	15:54.56

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10,000 Meters (31:08.00)

Will Rowland	5/2/09	Atlantic 10 Championships	29:46.66 *
Jimmy Jennings	5/2/09	Atlantic 10 Championships	30:58.55 *
Kevin Donnelly	5/2/09	Atlantic 10 Championships	31:34.91

Long Jump (23-3½)

Victor DiNoia	4/18/09	Larry Ellis Invitational	20-9 ¼
John DiPersio	3/28/09	Lafayette 8 Way	19-5¼

Triple Jump (47-7)

John DiPersio	3/28/09	Lafayette 8 Way	12.52m (41-1)
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4x100m Relay (42.50)

DiNatale, Barolette, Brandt, Staten	4/18/09	Larry Ellis Invitational	41.54 *
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4x200m Relay

DiNatale, Barolette, Brandt, Staten	4/25/09	Penn Relays	1:26.52
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4x400m Relay (3:17.60)

Brandt, Staten, Wenik, Sabre	4/24/09	Penn Relays	3:16.17 *
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4x800m Relay (7:43.00)

Fischer, Young, Brooks, Guterl	5/2/09	Atlantic 10 Championships	7:28.10 *
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4x1,500m Relay

Heinze, O'Donnell, Jennings, Birchmeier	4/4/09	Colonial Relays	16:46.75
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Sprint Medley Relay

DiNatale, Barolette, Smith, Hohs	4/24/09	Penn Relays	3:32.15
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Distance Medley Relay

Guterl, Sabre, Brooks, Birchmeier	4/24/09	Penn Relays	10:01.99
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2009 OUTDOOR TRACK & FIELD WINS

Brian Guterl

800 Meters	3/28/09	Lafayette 8 Way	1:55.33
1,500 Meters	3/28/09	Lafayette 8 Way	3:55.02

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Kyle Murray

3,000m Steeplechase	3/28/09	Lafayette 8 Way	9:19.13
3,000m Steeplechase	4/4/09	Colonial Relays	9:21.49

Will Rowland

3,000 Meters	3/28/09	Lafayette 8 Way	8:36.98
10,000 Meters	4/4/09	Colonial Relays	30:32.14 *
10,000 Meters	5/2/09	Atlantic 10 Championships	29:46.66 *

Bobby Staten

100 Meters	3/28/09	Lafayette 8 Way	10.64 *
100 Meters	4/11/09	Onesty Invitational	10.65 *
100 Meters	4/18/09	Larry Ellis Invitational	10.48 &
100 Meters	5/3/09	Atlantic 10 Championships	10.45 #&

4x400m Relay

Saint Joseph's	3/28/09	Lafayette 8 Way	3:21.02
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4x800m Relay

Fischer, Young, Brooks, Guterl	5/2/09	Atlantic 10 Championships	7:28.10 *
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2009 OUTDOOR TRACK & FIELD HONOR ROLL

Tom DiNatale

Atlantic 10 Rookie of the Week	4/1/09
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Brian Guterl

All-East (800m)	5/16/09
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Bobby Staten

Atlantic 10 First Team (100m Champion)	5/3/09
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Will Rowland

Atlantic 10 First Team (10,000m Champion)	5/2/09
Academic All-Atlantic 10	5/13/09

4x800m Relay (Luke Fischer, Steve Young, Jesse Brooks, Brian Guterl)

Atlantic 10 First Team	5/2/09
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