



Villanova Men's Outdoor Track & Field

BIG EAST CHAMPIONSHIPS ~ GENEVA, OHIO

Friday-Saturday, May 13-14, 2016



Meet Information

Location:Geneva, Ohio
Venue:Spire Institute
Friday, May 8:10:00 AM - 9:00 PM
Saturday, May 9:10:00 AM - 6:00 PM
Live Coverage:BIG EAST Digital Network

Top Villanova Storylines

- ▶ Villanova has won the team title at the outdoor BIG EAST Championships in each of the past two years, and in each case the Wildcats set a new meet record for the highest team score in the history of the meet. Villanova has won seven outdoor team titles overall, and last year's meet record score was 243 points. Prior to the past two seasons, the Wildcats first five BIG EAST outdoor championships came in a six year span from 1981-86.
- ▶ Earlier this year, Villanova won its third consecutive BIG EAST indoor title while capturing seven individual event championships. The winning score of 208 points for the Wildcats was also a meet record for the third straight season.
- ▶ Villanova has won a conference record 116 events all-time at the outdoor BIG EAST Championships, including 96 individual events and 20 relays. Georgetown has won 104 outdoor events and is the only other current or former conference team to win more than 80 events.
- ▶ Six of the seven athletes who won individual BIG EAST titles for the Wildcats at last year's outdoor meet return this season. The group is headlined by seniors **Patrick Tiernan (Toowoomba, Australia)** and **Jordy Williamsz (Melbourne, Australia)**, who are the two-time defending champions of the 5000 meters and the 1500 meters, respectively. Tiernan ran the second-fastest 5000 meters in school history at the Payton Jordan Invitational earlier this month. His personal best time of 13:25.78 was within a second of the Olympics standard of 13:25 flat. Senior distance runner **Robert Hurlbut (Rochester, N.Y.)** will be looking to defend his 2015 title in the 10000 meters. In all, the Wildcats return 12 of the 20 athletes who earned at least one All-BIG EAST honor during the 2015 outdoor meet.
- ▶ The outdoor season has already been a busy one for seniors and countrymen **Patrick Tiernan (Toowoomba, Australia)** and **Jordy Williamsz (Melbourne, Australia)**, who competed at the Australian Athletics Championships in Sydney earlier in the spring. The meet served as the country's Olympics trials and Tiernan came in fourth in the 5000 meters at the meet. Williamsz ran in both the 800 meters and the 1500 meters at the Olympic trials, recording times of 1:50.14 and 3:43.46, respectively. Villanova's track & field program has been represented by at least one athlete at every Summer Olympics since 1948. Wildcats head coach **Marcus O'Sullivan** competed at four consecutive Olympics in 1984, 1988, 1992 and 1996.
- ▶ The other returning individual champions from 2015 are junior sprinter **Kyle Cartwright (Oyster Bay, N.Y.)** in the 400 meter hurdles, sophomore **James Deutmeyer (Rye, N.Y.)** in the pole vault and senior **Robert Cacace (Yonkers, N.Y.)** in the decathlon. The championships in the pole vault and the decathlon were only the second ever for Villanova at the BIG EAST meet.
- ▶ Entering action at the BIG EAST Championships this week, the Wildcats have the leading marks in the conference in four different events. In addition to **Patrick Tiernan (Toowoomba, Australia)** leading the league in the 5000 meters, **James Deutmeyer (Rye, N.Y.)** is one of two BIG EAST athletes to have cleared a height of 4.85 meters in the pole vault this season. Freshman sprinter **Sterling Pierce (Voorhees, N.J.)** currently leads the BIG EAST with times of 10.78 and 21.34 in the 100 meters and the 200 meters, respectively. Each of those times were recorded at the Colonial Relays last month.
- ▶ Following this week's conference championships, Villanova will turn its attention to the national postseason meets, beginning with the NCAA East Preliminary in Jacksonville from May 26-28. The accepted athletes for the preliminary meet will be announced on Thursday, May 19. The top athletes from the NCAA East Preliminary will advance to the NCAA Championships in Oregon on June 9 and 11.

2015-16 INDOOR SCHEDULE AND RESULTS

Date	Event	Outcome
Dec. 5	Jack Pyrah Invitational	1st of 3
Jan. 8	Villanova Open	1st of 9
Jan. 16	Great Dane Invitational	6th of 19
Jan. 22	Gotham Cup	no team scoring
Jan. 29-30	Penn State National	no team scoring
Jan. 30	Covert Classic	no team scoring
Feb. 6	Villanova Invitational	6th of 9
Feb. 12	FastTrack National Invite	no team scoring
Feb. 20	NYRR Millrose Games	no team scoring
Feb. 26-27	BIG EAST Championships	1st of 7
Mar. 11-12	NCAA Championships	tie-51st of 70

2016 OUTDOOR SCHEDULE AND RESULTS

Date	Event	Outcome
Mar. 26	Penn Challenge	5th of 6
Apr. 1-2	Colonial Relays	tie-12th of 44
April 8-9	Sam Howell Invitational	no team scoring
April 9	Hurricane Alumni Invitational	no team scoring
April 15-16	Princeton Outdoor Invite	5th of 9
April 22-23	Larry Ellis Invitational	no team scoring
April 23	Widener Invitational	no team scoring
April 28-30	Penn Relays	no team scoring
April 30	Lions Invitational	no team scoring
May 1	Payton Jordan Invitational	no team scoring
May 13-14	BIG EAST Championships	Geneva, Ohio
May 26-28	NCAA East Preliminary	Jacksonville, Fla.
June 9, 11	NCAA Championships	Eugene, Ore.

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BIG EAST CHAMPIONSHIPS SCHEDULE OF EVENTS

FRIDAY, MAY 13

<u>Time</u>	<u>Combined Event</u>	<u>Event</u>
10:00 AM	Decathlon	100 Meters
10:35 AM	Decathlon	Long Jump
11:30 AM	Decathlon	Shot Put
12:10 PM	Decathlon	High Jump
TBD	Decathlon	400 Meters

<u>Time</u>	<u>Field Event</u>	<u>Section</u>
1:30 PM	Hammer	Trials and Final
2:30 PM	Long Jump	Trials and Final
3:20 PM	Pole Vault	Trials and Final
4:30 PM	Javelin	Trials and Final
4:30 PM	High Jump	Trials and Final

<u>Time</u>	<u>Track Event</u>	<u>Section</u>
2:15 PM	1500 Meters	Preliminary Heats
2:45 PM	110 Meter Hurdles	Preliminary Heats
3:15 PM	400 Meters	Preliminary Heats
3:45 PM	100 Meters	Preliminary Heats
4:15 PM	800 Meters	Preliminary Heats
4:45 PM	400 Meter Hurdles	Preliminary Heats
5:15 PM	200 Meters	Preliminary Heats
7:45 PM	3000 Meter Steeplechase	FINAL
8:45 PM	10000 Meters	FINAL

SATURDAY, MAY 14

<u>Time</u>	<u>Combined Event</u>	<u>Event</u>
10:00 AM	Decathlon	110 Meter Hurdles
10:40 AM	Decathlon	Discus
11:30 AM	Decathlon	Pole Vault
TBD	Decathlon	Javelin
TBD	Decathlon	1500 Meters

<u>Time</u>	<u>Field Event</u>	<u>Section</u>
12:00 PM	Shot Put	FINAL
2:00 PM	Discus	FINAL
2:00 PM	Triple Jump	FINAL

<u>Time</u>	<u>Track Event</u>	<u>Section</u>
1:10 PM	4x100 Meter Relay	FINAL
1:30 PM	1500 Meters	FINAL
1:50 PM	110 Meter Hurdles	FINAL
2:10 PM	400 Meters	FINAL
2:30 PM	100 Meters	FINAL
2:50 PM	800 Meters	FINAL
3:10 PM	400 Meter Hurdles	FINAL
3:30 PM	200 Meters	FINAL
4:00 PM	5000 Meters	FINAL
4:40 PM	4x800 Meter Relay	FINAL
5:05 PM	4x400 Meter Relay	FINAL
5:40 PM	AWARDS CEREMONY	

VILLANOVA ENTRIES

<u>Event</u>	<u>Athlete</u>	<u>PR (Outdoor)</u>
100 Meters	Sterling Pierce	10.72 (HS)
100 Meters	Donald Urschel	10.78 (HS)
100 Meters	Bryant Herlocker	11.61
200 Meters	Sterling Pierce	21.34
200 Meters	Bryant Herlocker	21.89 (HS)
200 Meters	Donald Urschel	21.95 (22.06)
400 Meters	Harry Purcell	47.33 (HS)
400 Meter Hurdles	Utsav Deshpande	53.92 (HS)
400 Meter Hurdles	Peter Winslow	56.82
800 Meters	Ishmael Muhammad	1:48.31 (USA)
800 Meters	Ville Lampinen	1:48.44 (HS)
800 Meters	Ben Malone	1:48.60
1500 Meters	Josh Lampron	3:42.83
1500 Meters	Elliot Slade	3:48.26
1500 Meters	Harry Warnick	3:52.65
3000 Meter Steeplechase	Drake Johnston	9:27.16
5000 Meters	Patrick Tiernan	13:25.78
5000 Meters	Tom Trainer	14:33.16
5000 Meters	Jordy Williamsz	N/A
10000 Meters	Robert Hurlbut	29:58.12
10000 Meters	Kevin Corbusier	31:10.12
High Jump	Michael Morrow	1.95m (1.88m)
Pole Vault	James Deutmeyer	5.03m (HS)
Pole Vault	Kolby Koeck	4.60m
Pole Vault	PJ Succi	4.41m (HS)
Pole Vault	Robert Cacace	3.85m
Long Jump	Pearson Feagans	7.18m (7.09m)
Triple Jump	Pearson Feagans	13.93m (HS)
Triple Jump	Aaron Elcock	13.45m
Shot Put	Dan Sullivan	15.29m
Shot Put	Henry Sise	14.77m*
Shot Put	Daniel Timko	12.83m* (12.69m*)
Discus	Dan Sullivan	39.57m*
Discus	Henry Sise	36.32m
Discus	John McDonald	33.92m*
Hammer	John McDonald	47.15m
Javelin	Sean Locke	59.94m
Javelin	Paul Sheridan	57.35m*
Javelin	Jack Judge	54.41m
Javelin	Robert Cacace	51.40m
Javelin	Daniel Timko	N/A
Decathlon	Robert Cacace	5,902 Points

* Marks listed are collegiate bests for events where high school standards call for a lighter implement



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VILLANOVA ROSTER

<u>Name</u>	<u>Events</u>	<u>Academic Class</u>	<u>Outdoor Eligibility</u>	<u>Hometown/High School</u>
Lucas Arrivo	Distance	Freshman	Freshman	Ann Arbor, Mich./Pioneer
Kieran Brennan	Distance	Senior	Sophomore	Pearl River, N.Y./Pearl River
Robert Cacace	Multi Events	Senior	Senior	Yonkers, N.Y./Hackley/Holy Cross
Kyle Cartwright	Sprints	Junior	Junior	Oyster Bay, N.Y./Oyster Bay
Casey Comber	Distance	Freshman	Freshman	Maple Glen, Pa./Hatboro-Horsham
Kevin Corbusier	Distance	Senior	Junior	Monkton, Md./Loyola Blakefield
Utsav Deshpande	Sprints	Freshman	Freshman	Ronkonkoma, N.Y./Sachem East
James Deutmeyer	Pole Vault	Sophomore	Sophomore	Rye, N.Y./Fordham Prep
Aaron Elcock	Jumps	Sophomore	Freshman	West Chester, Pa./Delaware County Christian School
Pearson Feagans	Sprints/Jumps	Freshman	Freshman	Dallas, Texas/Highland Park
Jacob Gribb	Throws	Senior	Senior	Pottstown, Pa./Pope John Paul II
Bryant Herlocker	Sprints	Sophomore	Sophomore	Wilmette, Ill./New Trier
Robert Hurlbut	Distance	Graduate Student	Senior	Rochester, N.Y./McQuaid Jesuit
Drake Johnston	Distance	Junior	Sophomore	Santa Monica, Calif./Palisades Charter
Jack Judge	Throws	Freshman	Freshman	Palisades, N.Y./Don Bosco Prep
Kolby Koeck	Pole Vault	Junior	Junior	Altoona, Pa./Altoona Area
Ville Lampinen	Sprints	Freshman	Freshman	Vantaa, Finland/Mäkelänrinteen lukio
Josh Lampron	Distance	Senior	Junior	Mansfield, Mass./Mansfield
Sean Locke	Throws	Junior	Junior	Horsham, Pa./Hatboro-Horsham
Ben Malone	Distance	Junior	Sophomore	River Vale, N.J./Pascack Valley
Andrew Marston	Distance	Freshman	Freshman	Wayne, Pa./Conestoga
John McDonald	Throws	Junior	Junior	New Providence, N.J./New Providence
Michael Morrow	Jumps	Freshman	Freshman	Danbury, Conn./Danbury
Ishmael Muhammad	Sprints	Sophomore	Sophomore	Mays Landing, N.J./Oakcrest
Charlie O'Brien	Sprints	Freshman	Freshman	Orinda, Calif./Miramonte
Colin O'Mara	Distance	Junior	Freshman	Little Rock, Ark./Catholic
Sterling Pierce	Sprints	Freshman	Freshman	Voorhees, N.J./Rancocas Valley
Paul Power	Distance	Freshman	Freshman	Phoenixville, Pa./Spring-Ford
Harry Purcell	Sprints	Freshman	Freshman	Dublin, Ireland/Castleknock College
Alex Reber	Sprints	Senior	Junior	Cherry Hill, N.J./Cherry Hill East
Tyler Rippel	Sprints	Graduate Student	Senior	Lake Zurich, Ill./Prairie Ridge
James Rowen	Throws	Senior	Senior	Rockville Centre, N.Y./Regis
Aaron Sandifer	Sprints	Senior	Senior	Harrisburg, N.C./Hickory Ridge
Paul Sheridan	Throws	Sophomore	Sophomore	Midland Park, N.J./Paramus Catholic
Henry Sise	Throws	Freshman	Freshman	Hawthorn Woods, Ill./Adlai E. Stevenson
Elliot Slade	Distance	Junior	Sophomore	Cardiff, United Kingdom/Bishop Llandaff
PJ Succi	Pole Vault	Junior	Junior	Warminster, Pa./William Tennent
Dan Sullivan	Throws	Junior	Junior	North Hampton, N.H./St. John's Prep
Zach Swenson	Sprints	Sophomore	Sophomore	Boulder, Colo./Fairview
Patrick Tiernan	Distance	Senior	Senior	Toowoomba, Australia/St. Joseph's College
Daniel Timko	Throws	Freshman	Freshman	Shillington, Pa./Governor Mifflin
Tom Trainer	Distance	Graduate Student	Junior	Havertown, Pa./La Salle College
Donald Urschel	Sprints	Senior	Senior	East Brunswick, N.J./East Brunswick
Louis Vazquez	Distance	Freshman	Freshman	Brooklyn, N.Y./Xavier
Harry Warnick	Distance	Senior	Junior	Fairfield, Conn./Fairfield Warde
Logan Wetzel	Distance	Freshman	Freshman	Saline, Mich./Saline
Grant Wiggins	Distance	Sophomore	Freshman	Virginia Beach, Va./Norfolk Academy
Jordy Williamsz	Distance	Senior	Senior	Melbourne, Australia/Haileybury College
Colin Winslow	Sprints	Freshman	Freshman	Parlin, N.J./Sayreville War Memorial
Peter Winslow	Sprints	Junior	Junior	Stratham, N.H./Exeter

Head Coach: Marcus O'Sullivan (Villanova '84) – 18th Season at Villanova (18th Overall)

Associate Head Coach: Anthony Williams (Mississippi '90) – 22nd Season at Villanova (22nd Overall)

Assistant Coach: Mark Carberry (Villanova '04) – Third Season at Villanova (Ninth Overall)

Assistant Coach: Ali Smith (Villanova '11) – Third Season at Villanova (Third Overall)

Assistant Coach: Talen Singer (West Chester '99) – 10th Season at Villanova (10th Overall)

Volunteer Assistant Coach: Mauro Medina - Second Season at Villanova (Second Overall)

Volunteer Assistant Coach: Andrew Golato (Haverford '12) – Third Season at Villanova (Third Overall)



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2016 OUTDOOR SEASON PERFORMANCE LIST

<u>100 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Sterling Pierce	10.78	4/1	Colonial Relays (p)
Donald Urschel	10.95	4/23	Larry Ellis Invitational
Bryant Herlocker	11.61	4/1	Colonial Relays (p)
<u>110 Meter Hurdles</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Robert Cacace	18.04	4/30	Lions Invitational
<u>200 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Sterling Pierce	21.34	4/1	Colonial Relays
Donald Urschel	22.06	4/23	Larry Ellis Invitational
Colin Winslow	22.73	3/26	Penn Challenge
Bryant Herlocker	23.02	4/1	Colonial Relays
Charlie O'Brien	23.16	3/26	Penn Challenge
<u>400 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Harry Purcell	47.82	4/23	Larry Ellis Invitational
Sterling Pierce	48.52	3/26	Penn Challenge
Colin Winslow	48.78	4/23	Larry Ellis Invitational
Donald Urschel	48.79	3/26	Penn Challenge
Charlie O'Brien	50.48	3/26	Penn Challenge
Robert Cacace	57.42	3/26	Penn Challenge
<u>400 Meter Hurdles</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Kyle Cartwright	54.49	4/16	Princeton Outdoor Invite
Utsav Deshpande	56.21	4/1	Colonial Relays
Peter Winslow	57.54	4/16	Princeton Outdoor Invite
<u>800 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Ville Lampinen	1:48.89	4/9	Hurricane Alumni Invitational
Ben Malone	1:50.21	4/9	Hurricane Alumni Invitational
Josh Lampron	1:50.75	4/9	Hurricane Alumni Invitational
Ishmael Muhammad	1:51.02	4/22	Larry Ellis Invitational (e)
<u>1500 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Ben Malone	3:44.66	4/22	Larry Ellis Invitational (e)
Josh Lampron	3:47.35	4/22	Larry Ellis Invitational (e)
Elliot Slade	3:48.26	4/22	Larry Ellis Invitational (e)
Harry Warnick	3:52.65	4/8	Sam Howell Invitational (i)
Grant Wiggins	4:06.88	4/23	Widener Invitational
Drake Johnston	4:08.64	4/1	Colonial Relays (ch)
<i>Casey Comber (Unatt.)</i>	3:55.06	4/8	<i>Sam Howell Invitational (i)</i>
<i>Lucas Arrivo (Unatt.)</i>	4:22.77	4/8	<i>Sam Howell Invitational (i)</i>
<u>3000 Meter Steeplechase</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Drake Johnston	9:27.16	4/22	Larry Ellis Invitational
<i>Casey Comber (Unatt.)</i>	9:17.30	4/22	<i>Larry Ellis Invitational</i>
<u>5000 Meters</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Patrick Tiernan	13:25.78	5/1	Payton Jordan Invitational
(1)			
Robert Hurlbut	14:28.77	4/22	Larry Ellis Invitational
Harry Warnick	14:33.56	4/28	Penn Relays (ch)
Tom Trainer	14:53.66	4/22	Larry Ellis Invitational
Kevin Corbusier	14:54.17	4/22	Larry Ellis Invitational
<i>Paul Power (Unatt.)</i>	15:24.17	4/22	<i>Larry Ellis Invitational</i>
<u>4x100 Meter Relay</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Villanova	41.62	3/26	Penn Challenge
<i>(Pearson Feagans, Sterling Pierce, Donald Urschel, Colin Winslow)</i>			

<u>4x400 Meter Relay</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Villanova	3:13.31	4/9	Hurricane Alumni Invitational
<i>(Ishmael Muhammad, Ville Lampinen, Donald Urschel, Sterling Pierce)</i>			
<u>Sprint Medley Relay</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Villanova	3:22.73	4/2	Colonial Relays
<i>(Donald Urschel, Sterling Pierce, Kyle Cartwright, Ville Lampinen)</i>			
<u>Distance Medley Relay</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Villanova	9:39.10	4/29	Penn Relays (coa)
<i>(Ben Malone, Harry Purcell, Ville Lampinen, Jordy Williamsz)</i>			
<u>4xMile Relay</u>	<u>Time</u>	<u>Date</u>	<u>Event</u>
Villanova	16:34.64	4/30	Penn Relays (coa)
<i>(Elliot Slade, Josh Lampron, Jordy Williamsz, Ben Malone)</i>			
<u>High Jump</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Michael Morrow	1.88m	3/26	Penn Challenge
<u>Pole Vault</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
James Deutmeyer	4.85m	4/22	Larry Ellis Invitational
Kolby Koeck	4.40m	4/8	Sam Howell Invitational
PJ Succi	4.40m	4/16	Princeton Outdoor Invite
<u>Long Jump</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Pearson Feagans	7.09m	4/29	Penn Relays (c)
<u>Triple Jump</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Aaron Elcock	13.45m	4/16	Princeton Outdoor Invite
<u>Shot Put</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Dan Sullivan	15.29m	4/9	Sam Howell Invitational
Henry Sise	14.77m	4/15	Princeton Outdoor Invite
Daniel Timko	12.69m	4/9	Sam Howell Invitational
<u>Discus</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Henry Sise	36.32m	3/26	Penn Challenge
Dan Sullivan	35.56m	3/26	Penn Challenge
Daniel Timko	34.60m	3/26	Penn Challenge
John McDonald	32.79m	3/26	Penn Challenge
<u>Hammer</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
John McDonald	47.15m	4/30	Penn Relays (c)
<u>Javelin</u>	<u>Mark</u>	<u>Date</u>	<u>Event</u>
Paul Sheridan	56.97m	3/26	Penn Challenge
Jack Judge	54.41m	4/16	Princeton Outdoor Invite
Robert Cacace	42.31m	4/1	Colonial Relays (u)
(1)	Section 1		
(c)	College Section		
(ch)	Championship Section		
(coa)	Championship of America		
(e)	Elite Section		
(i)	Invitational Section		
(p)	Preliminary Heats		
(u)	Unseeded Section		



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2016 MEET SUMMARIES

PENN CHALLENGE

March 26, 2016
Franklin Field
Philadelphia, Pa.
5th of 6

<u>100 Meters</u>	<u>Place</u>	<u>Time</u>
Bryant Herlocker	20th of 20	11.87
200 Meters		
Colin Winslow	9th of 28	22.73
Charlie O'Brien	18th	23.16
400 Meters		
Sterling Pierce	2nd of 25	48.52
Donald Urschel	3rd	48.79
Charlie O'Brien	12th	50.48
Robert Cacace	25th	57.42
400 Meter Hurdles		
Utsav Deshpande	12th of 19	57.47
Peter Winslow	15th	59.32
4x100 Meter Relay		
Villanova	2nd of 5	41.62
Pearson Feagans	1st Leg	
Sterling Pierce	2nd Leg	
Donald Urschel	3rd Leg	
Colin Winslow	Anchor	
High Jump		
Michael Morrow	7th of 9	1.88m
Pole Vault		
James Deutmeyer	tie-3rd of 12	4.80m
Kolby Koeck	tie-9th	4.10m
PJ Succì	tie-9th	4.10m
Triple Jump		
Aaron Elcock	7th of 15	13.03m
Shot Put		
Dan Sullivan	8th of 14	14.11m
Henry Sise	11th	13.23m
Daniel Timko	14th	11.69m
Discus		
Henry Sise	13th of 22	36.32m
Dan Sullivan	14th	35.56m
Daniel Timko	15th	34.60m
John McDonald	19th	32.79m
Hammer		
John McDonald	11th of 13	41.76m
Javelin		
Paul Sheridan	5th of 18	56.97m
Jack Judge	12th	51.08m
Robert Cacace	17th	41.06m

COLONIAL RELAYS

April 1-2, 2016
Zable Stadium
Williamsburg, Va.
tie-12th of 44

FRIDAY, APRIL 1

<u>100 Meters - Preliminary Heats</u>	<u>Place</u>	<u>Time</u>
Sterling Pierce	4th of 61	10.78
Donald Urschel	24th	11.07
Bryant Herlocker	56th	11.61
200 Meters		
Sterling Pierce	5th of 88	21.34
Donald Urschel	tie-34th	22.28
Bryant Herlocker	62nd	23.02
400 Meters		
Charlie O'Brien	47th of 90	50.74
400 Meter Hurdles		
Utsav Deshpande	tie-27th of 55	56.21
Kyle Cartwright	tie-27th	56.21
Peter Winslow	49th	59.17
1500 Meters - Championship Section		
Ben Malone	1st of 59	3:45.73
Grant Wiggins	58th	4:07.51
Drake Johnston	59th	4:08.64
5000 Meters - Championship Section		
Tom Trainer	36th of 69	14:58.89
Kevin Corbusier	45th	15:05.39
Long Jump - Championship Section		
Pearson Feagans	4th of 13	6.95m
Shot Put - Unseeded Section		
Henry Sise	7th of 37	14.22m
Dan Sullivan	13th	13.83m
Daniel Timko	tie-31st	12.31m
Hammer - Unseeded Section		
John McDonald	15th of 25	40.05m
Javelin - Championship Section		
Paul Sheridan	13th of 16	53.29m
Javelin - Unseeded Section		
Jack Judge	9th of 24	47.66m
Robert Cacace	15th	42.31m

(continued on next page)



Villanova Men's Outdoor Track & Field

BIG EAST CHAMPIONSHIPS ~ GENEVA, OHIO

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2016 MEET SUMMARIES

COLONIAL RELAYS

April 1-2, 2016
Zable Stadium
Williamsburg, Va.
tie-12th of 44

(continued from previous page)

SATURDAY, APRIL 2

<u>Sprint Medley Relay</u>	<u>Place</u>	<u>Time</u>
Villanova <i>(Donald Urschel, Sterling Pierce, Kyle Cartwright, Ville Lampinen)</i>	1st of 14	3:22.73

<u>Triple Jump - Unseeded Section</u>	<u>Place</u>	<u>Mark</u>
Aaron Elcock	7th of 14	12.96m

<u>Discus - Unseeded Section</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	24th of 27	35.20m

Final Team Scores

Shippensburg 80.75, Rutgers 76, Bucknell 71, William & Mary 70.5, Iona 51, Virginia Union 47, Binghamton 41, Monmouth 38, UMBC 38, Columbia 34, Detroit 34, **Villanova 31**, Saint Joseph's 31, VCU 28, Virginia Tech 28, Duquesne 27, George Mason 26, Rider 23.5, Georgetown 23, Salisbury 21, Providence 19, Mount St. Mary's 18, Fordham 15, Charlotte 12, Johns Hopkins 12, Saint Francis (Pa.) 10.75, Mount Olive 10, New Hampshire 10, Christopher Newport 9, George Washington 9, West Virginia Wesleyan 9, Essex CC 8, Hampton 7, UMass Lowell 7, American 6, Lock Haven 6, Seton Hill 6, La Salle 4, Marist 4, Stony Brook 4, California (Pa.) 2, Norfolk State 1, TCNJ 1, Wagner 0.5

SAM HOWELL INVITATIONAL

April 8-9, 2016
Weaver Stadium/Jadwin Gym
Princeton, N.J.
No Team Scoring

FRIDAY, APRIL 8 (Weaver Stadium)

<u>1500 Meters - Invitational Section</u>	<u>Place</u>	<u>Time</u>
Harry Warnick	8th of 49	3:52.65
Grant Wiggins	46th	4:10.63
<i>Casey Comber (Unattached)</i>	13th	3:55.06
<i>Lucas Arrivo (Unattached)</i>	49th	4:22.77

<u>3000 Meter Steeplechase</u>	<u>Place</u>	<u>Time</u>
Drake Johnston	16th of 19	9:39.05

<u>Pole Vault</u>	<u>Place</u>	<u>Mark</u>
Kolby Koeck	4th of 6	4.40m
PJ Succi	5th	4.25m

<u>Discus</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	7th of 7	32.87m

<u>Hammer</u>	<u>Place</u>	<u>Mark</u>
John McDonald	5th of 5	45.31m

<u>Javelin</u>	<u>Place</u>	<u>Mark</u>
Paul Sheridan	1st of 3	53.07m
Jack Judge	2nd	51.49m

SATURDAY, APRIL 9 (Jadwin Gym)

<u>Shot Put</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	5th of 9	15.29m
Henry Sise	7th	14.48m
Daniel Timko	9th	12.69m



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2016 MEET SUMMARIES

HURRICANE ALUMNI INVITATIONAL

April 9, 2016
Cobb Stadium
Coral Gables, Fla.
No Team Scoring

<u>200 Meters</u>	<u>Place</u>	<u>Time</u>
Sterling Pierce	11th of 75	21.48
Donald Urschel	36th	22.08
<u>400 Meter Hurdles</u>	<u>Place</u>	<u>Time</u>
Kyle Cartwright	9th of 27	54.78
<u>800 Meters</u>	<u>Place</u>	<u>Time</u>
Ville Lampinen	2nd of 30	1:48.89
Ben Malone	5th	1:50.21
Josh Lampron	7th	1:50.75
<u>1500 Meters</u>	<u>Place</u>	<u>Time</u>
Elliot Slade	1st of 27	3:48.91
<u>4x100 Meter Relay</u>	<u>Place</u>	<u>Time</u>
Villanova <i>(Pearson Feagans, Sterling Pierce, Donald Urschel, Kyle Cartwright)</i>	7th of 10	41.96m
<u>4x400 Meter Relay</u>	<u>Place</u>	<u>Time</u>
Villanova <i>(Ishmael Muhammad, Ville Lampinen, Donald Urschel, Sterling Pierce)</i>	2nd of 10	3:13.31
<u>Pole Vault</u>	<u>Place</u>	<u>Mark</u>
James Deutmeyer	4th of 4	4.75m

PRINCETON OUTDOOR INVITE

April 15-16, 2016
Weaver Stadium
Princeton, N.J.
5th of 9

FRIDAY, APRIL 15

<u>Shot Put</u>	<u>Place</u>	<u>Mark</u>
Henry Sise	10th of 15	14.77m
Dan Sullivan	12th	14.60m

SATURDAY, APRIL 16

<u>400 Meters</u>	<u>Place</u>	<u>Time</u>
Colin Winslow	2nd of 13	49.36
<u>400 Meter Hurdles</u>	<u>Place</u>	<u>Time</u>
Kyle Cartwright	5th of 10	54.49
Utsav Deshpande	6th	56.39
Peter Winslow	8th	57.54
<u>4x400 Meter Relay</u>	<u>Place</u>	<u>Time</u>
Villanova <i>(Colin Winslow, Utsav Deshpande, Peter Winslow, Kyle Cartwright)</i>	4th of 9	3:22.30
<u>Pole Vault</u>	<u>Place</u>	<u>Mark</u>
James Deutmeyer	3rd of 10	4.70m
PJ Succi	tie-5th	4.40m
Kolby Koeck	7th	4.25m
<u>Long Jump</u>	<u>Place</u>	<u>Mark</u>
Pearson Feagans	4th of 9	7.07m
<u>Triple Jump</u>	<u>Place</u>	<u>Mark</u>
Aaron Elcock	4th of 5	13.45m
<u>Discus</u>	<u>Place</u>	<u>Mark</u>
Henry Sise	13th of 14	32.94m
Dan Sullivan	14th	31.74m
<u>Javelin</u>	<u>Place</u>	<u>Mark</u>
Jack Judge	1st of 9	54.41m

Final Team Scores

Princeton 245, Monmouth 116.5, Manhattan 85, Binghamton 48, Villanova 42.5, Cornell 10, Dartmouth 8, Rutgers 8, TCNJ 2



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2016 MEET SUMMARIES

LARRY ELLIS INVITATIONAL

April 22-23, 2016
Weaver Stadium
Princeton, N.J.
No Team Scoring

FRIDAY, APRIL 22

800 Meters - Elite Section

	<u>Place</u>	<u>Time</u>
Ville Lampinen	10th of 77	1:48.89
Ishmael Muhammad	21st	1:51.02

1500 Meters - Elite Section

	<u>Place</u>	<u>Time</u>
Ben Malone	11th of 84	3:44.66
Josh Lampron	19th	3:47.35
Elliot Slade	21st	3:48.26

3000 Meter Steeplechase

	<u>Place</u>	<u>Time</u>
Drake Johnston	35th of 46	9:27.16

Casey Comber (Unaffiliated) 22nd 9:17.30

5000 Meters

	<u>Place</u>	<u>Time</u>
Robert Hurlbut	10th of 88	14:28.77
Harry Warnick	20th	14:41.60
Tom Trainer	30th	14:53.66
Kevin Corbusier	33rd	14:54.17

Paul Power (Unattached) 69th 15:24.17

Pole Vault

	<u>Place</u>	<u>Mark</u>
James Deutmeyer	tie-6th of 13	4.85m

Javelin

	<u>Place</u>	<u>Mark</u>
Jack Judge	16th of 24	49.91m

SATURDAY, APRIL 23

100 Meters

	<u>Place</u>	<u>Time</u>
Donald Urschel	19th of 55	10.95

200 Meters

	<u>Place</u>	<u>Time</u>
Donald Urschel	17th of 48	22.06

400 Meters

	<u>Place</u>	<u>Time</u>
Harry Purcell	3rd of 42	47.82
Colin Winslow	15th	48.78

400 Meter Hurdles

	<u>Place</u>	<u>Time</u>
Kyle Cartwright	19th of 31	55.02

4x400 Meter Relay

	<u>Place</u>	<u>Time</u>
Villanova <i>(Colin Winslow, Peter Winslow, Utsav Deshpande, Kyle Cartwright)</i>	15th of 21	3:22.61

Long Jump

	<u>Place</u>	<u>Mark</u>
Pearson Feagans	6th of 20	7.05m

WIDENER INVITATIONAL

April 23, 2016
Leslie C. Quick, Jr. Stadium
Chester, Pa.
No Team Scoring

1500 Meters

	<u>Place</u>	<u>Time</u>
Grant Giggins	29th of 102	4:06.88



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2016 MEET SUMMARIES

PENN RELAYS
April 28-30, 2016
Franklin Field
Philadelphia, Pa.
No Team Scoring

THURSDAY, APRIL 28

<u>5000 Meters - Championship Section</u>	<u>Place</u>	<u>Time</u>
Harry Warnick	34th of 66	14:33.56

FRIDAY, APRIL 29

<u>400 Meter Hurdles (Championship Section)</u>	<u>Place</u>	<u>Time</u>
Kyle Cartwright	36th of 39	56.69

<u>Sprint Medley Relay</u> Championship of America	<u>Place</u>	<u>Time</u>
Villanova	3rd of 28	3:24.31
Donald Urschel	200 Meters	
Sterling Pierce	200 Meters	
Harry Purcell	400 Meters	49.9
Ville Lampinen	800 Meters	1:51.11

<u>Distance Medley Relay</u> Championship of America	<u>Place</u>	<u>Time</u>
Villanova	5th of 13	9:39.10
Ben Malone	1200 Meters	2:57.74
Harry Purcell	400 Meters	47.92
Josh Lampron	800 Meters	1:49.60
Jordy Williamsz	1600 Meters	4:03.84

<u>Pole Vault (College Section)</u>	<u>Place</u>	<u>Mark</u>
James Deutmeyer	tie-12th of 19	4.55m

<u>Long Jump (College Section)</u>	<u>Place</u>	<u>Mark</u>
Pearson Feagans	4th of 35	7.09m

<u>Shot Put (College Section)</u>	<u>Place</u>	<u>Mark</u>
Dan Sullivan	25th of 38	14.90m
Henry Sise	33rd	14.15m

SATURDAY, APRIL 30

<u>4xMile Relay</u> Championship of America	<u>Place</u>	<u>Time</u>
Villanova	5th of 10	16:34.64
Elliot Slade	1st Leg	4:06.4
Josh Lampron	2nd Leg	4:08.4
Jordy Williamsz	3rd Leg	4:11.2
Ben Malone	Anchor	4:08.6

<u>Hammer (College Section)</u>	<u>Place</u>	<u>Mark</u>
John McDonald	28th of 28	47.15m

LIONS INVITATIONAL
April 30, 2016
TCNJ Track & Field Complex
Ewing, N.J.
No Team Scoring

<u>110 Meter Hurdles</u>	<u>Place</u>	<u>Time</u>
Robert Cacace	21st of 25	18.04

<u>400 Meter Hurdles</u>	<u>Place</u>	<u>Time</u>
Utsav Deshpande	19th of 52	57.53

<u>High Jump</u>	<u>Place</u>	<u>Mark</u>
Michael Morrow	tie-22nd of 28	1.82m

<u>Pole Vault</u>	<u>Place</u>	<u>Mark</u>
James Deutmeyer	2nd of 22	4.70m
PJ Succi	7th	4.40m
Kolby Koeck	9th	4.25m

<u>Triple Jump</u>	<u>Place</u>	<u>Mark</u>
Aaron Elcock	16th of 22	12.59m

<u>Shot Put</u>	<u>Place</u>	<u>Mark</u>
Daniel Timko	17th of 43	12.26m

<u>Discus</u>	<u>Place</u>	<u>Mark</u>
Henry Sise	25th of 51	36.04m

PAYTON JORDAN INVITATIONAL
May 1, 2016
Cobb Track and Angell Field
Palo Alto, Calif.
No Team Scoring

<u>5000 Meters - Section 1</u>	<u>Place</u>	<u>Time</u>
Patrick Tiernan	9th of 18	13:25.78



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HEAD COACH MARCUS O'SULLIVAN



Marcus O'Sullivan is in his 18th year as the Frank J. Kelly Endowed Track & Field Coach in 2015-16. He is the head coach of the men's cross country and track & field teams and is also charged with directing the entire program. The track & field program at Villanova is among the most storied in the history of collegiate sports and O'Sullivan is in a unique position as not only a coach to the team's current student-athletes but also the steward of the program's incredible history.

No person could be more qualified to fulfill these dual roles as O'Sullivan, whose accomplishments during his own racing career both for the Wildcats and professionally have helped to strengthen the program's legacy. O'Sullivan was a two-time NCAA champion

as an undergraduate at Villanova, was a part of six Penn Relays titles and also captured a total of 10 BIG EAST crowns. He went on to become a four-time Olympian and is one of just three people ever to run more than 100 sub-four minute miles.

In his 18 years as a head coach O'Sullivan has maintained the program in a place of national prominence. Over the years he has coached 15 national champions, 93 All-Americans and 180 BIG EAST champions. He has also guided Villanova to seven Championship of America titles at the Penn Relays. Meanwhile, his teams have won one national championship while posting five top-10 team finishes at national meets, in addition to winning 11 BIG EAST team titles. O'Sullivan was named the Women's Cross Country National Coach of the Year by the United States Track & Field and Cross Country Coaches Association (USTFCCCA) in his first season as head coach (1998). He is also a six-time USTFCCCA Mid-Atlantic Region Coach of the Year and an 11-time BIG EAST Coach of the Year.

O'Sullivan is leading a Wildcats team that is in the midst of a steady run of success. Beginning with the 2010-11 academic year and continuing through the end of the 2014-15 campaign, Villanova has received a total of 40 All-America honors, 31 of which have come since the start of the 2012-13 academic year.

The success at the national level continued in 2014-15, as the Wildcats tallied a top-10 team finish at the NCAA Championships in cross country for the first time since 2001. Villanova made its program-record eighth straight NCAA appearance in 2014 and sophomore Patrick Tiernan repeated as an All-American. He was also the BIG EAST individual champion for the second straight year and led the Wildcats to their third team title in the past four seasons. During the indoor track & field season, the distance medley relay squad earned a fifth place finish at the NCAA Championships and junior Rob Denault was a second-team All-American in the Mile. Junior Jordy Williamsz was a first team All-American outdoors in the 1500 meters for the second straight year, while Denault (1500 meters) and Tiernan (5000 meters) were each second team All-Americans. O'Sullivan was named the Mid-Atlantic Region Coach of the Year by the USTFCCCA for the outdoor season.

Perhaps the most eye-catching of the accomplishments for Villanova over the past two years are the program's consecutive BIG EAST "triple crowns." The Wildcats captured the team titles at the cross country, indoor track & field and outdoor track & field meets in each of the past two years. This is the first time in the program's 30-plus years in the BIG EAST that the team has swept the three team titles. Each of the last three Villanova champion cross country teams (2011, 2013, 2014) have had six runners earn All-BIG EAST honors. The run of dominance has gone even further during the track seasons. At each of the last four BIG EAST track & field meets -- the 2013-14 indoor and outdoor meets, and the 2014-15 indoor and outdoor meets -- the Wildcats have set meet records for highest team scores. Villanova won seven events at the indoor BIG EAST Championships in 2015 and then set a program record by winning eight events at the outdoor meet.

THE O'SULLIVAN FILE

As a head coach

- ▶ One team national championship (women's cross country - 1998)
- ▶ Five top-10 team finishes at NCAA Championships
- ▶ 11 team BIG EAST championships
- ▶ 15 national champions
- ▶ 93 All-Americans
- ▶ 180 BIG EAST champions
- ▶ Seven Championship of America Penn Relays titles
- ▶ USTFCCCA National Coach of the Year (Women's Cross Country, 1998)
- ▶ Six-time USTFCCCA Mid-Atlantic Region Coach of the Year
- ▶ 11-time BIG EAST Coach of the Year
- ▶ Three Academic All-Americans
- ▶ 453 selections to the BIG EAST All-Academic Team

As a Villanova student-athlete

- ▶ Two-time NCAA relay champion
- ▶ Six Penn Relays titles
- ▶ 10-time BIG EAST Champion

Racing career after Villanova

- ▶ Professional career that spanned more than 15 years
- ▶ One of only three people to run more than 100 sub-4:00 miles
- ▶ Four-time Olympian (1984, 1988, 1992, 1996)
- ▶ Three-time indoor world champion (1500 Meters, 4xMile Relay)
- ▶ Has won numerous medals at the World Championships, European Championships, U.S. Championships and the Goodwill Games

O'Sullivan has also guided Villanova to Championship of America titles at the Penn Relays in each of the past two years. One of the highlights of the 2015 outdoor season was a memorable 4xMile relay in which Williamsz outdueled Oregon anchor Edward Cheserek in the final 200 meters as the Wildcats won a thrilling Championship of America race. It was the program's first 4xMile title since 2001 and came on the heels of Villanova winning the 4x800 meter relay title a year earlier. Additional success at the Penn Relays in 2015 came in the field events, where senior Elbert Maxwell won the championship section of the long jump.

The 2013-14 campaign was one of the best in program history. The Wildcats won their second cross country team title in three years at the BIG EAST Championships, while the team also captured the NCAA Mid-Atlantic Regional title for the first time since 2003. Tiernan, in his first taste of collegiate competition, was the individual winner at both of those events and Villanova earned a team bid to the NCAA Championships for the seventh consecutive season.

The Wildcats won seven different events at the 2014 indoor BIG EAST Championships. With their six titles at the 2015 indoor meet, Villanova has won multiple events at the conference meet in each of the last eight years. The Wildcats have also won back-to-back outdoor BIG EAST titles on their home track while winning a combined 14 events at those two championships.

The 2014 outdoor season culminated with Villanova sending four athletes to the NCAA Championships, the largest contingent the Wildcats have had outdoors since 2002. Tiernan and Williamsz were first team All-Americans in the 5000 meters and the 1500 meters, respectively, with Tiernan running a personal best time of 13:31.25 to become the second-fastest 5000 meters runner in school history. Williamsz also ran consecutive races in the 1500 meters which were the metric equivalent of sub-four minute miles.



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HEAD COACH MARCUS O'SULLIVAN

Villanova produced three first team All-Americans indoors in 2014 and O'Sullivan was chosen as the Mid-Atlantic Region Coach of the Year. Other highlights from the season include Williamsz becoming the 36th runner in school history to run a sub-four minute mile and Tiernan breaking the indoor school record in the 5000 meters. The previous mark had stood for over 30 years and the new mark is the first school record in any individual running event since O'Sullivan coached Adrian Blincoe to the 3000 meters record in 2002.

Villanova and the Four-Minute Mile

One of the trademarks of the Wildcats incredible history is the number of sub-four minute miles run by Villanova athletes. A group that now includes 36 runners, headlined by O'Sullivan himself, has combined to run 348 sub-four minute miles and another 309 equivalent 1500 meters times. O'Sullivan has coached 12 members of this group, including three in recent seasons: Sam McEntee and current Wildcats Rob Denault and Jordy Williamsz. McEntee was the first of those three to achieve the feat when he posted a time of 3:57.86 at the Penn State National in January, 2012. Later that year McEntee added a 1500 meters time of 3:36.81, which at the time ranked as the 10th fastest mark in NCAA history. McEntee is now linked with former Villanova great Sydney Maree, who ran the fastest 1500 meters in collegiate history in 1981. Denault broke the four-minute mark for the first time in March, 2013 at the Alex Wilson Invitational (3:59.39) and Williamsz made his mark with a time of 3:56.84 at the Iowa State Classic in February, 2014. That is the fastest time by a Villanova runner since O'Sullivan ran faster during his own racing career. Only 12 of the 36 members of the Wildcats sub-four group have recorded a faster time.

The trio of McEntee, Denault and Williamsz give the Wildcats seven runners in the last eight years who have broken the sub-four mark. The streak has a definitive starting point, as both Bobby Curtis and Michael Kerrigan ran a sub-four minute mile on the same day at the Swarthmore Last Chance Invitational in May, 2007.

Since then Villanova has added to its legacy with a sub-four equivalent run by Matthew Gibney in the 1500 meters at the NCAA Championships in 2009; Gibney later went on to post a mile time of 3:58.12 at the Flotrack Husky Classic in February, 2011. He was joined on the sub-four list by Carl Mackenzie, who ran a 1500 meters equivalent in 2010, as well as by McEntee in 2012, Denault in 2013 and Williamsz in 2014.

Penn Relays Tradition

Any mention of Villanova track & field quickly invokes the unmatched success that the Wildcats program has had at the Penn Relays. Between the men's and women's teams Villanova has won 133 Championship of America titles in the history of the world-famous meet, dating back to the program's first two relay titles back in 1955.

The Wildcats tradition at the Penn Relays has been a strong one under O'Sullivan's watch, with Villanova most recently winning the Championship of America 4xMile relay in 2015, after capturing the 4x800 relay title in 2014. The latter race was the 11th title in the 4x800 relay for the Wildcats but the first since 1992. Samuel Ellison anchored that relay after having run on the Wildcats previous Penn Relays champion relay as a freshman. Villanova won the distance medley relay in both 2009 and 2011, with Matthew Gibney running the anchor leg both times. Gibney was selected as the Men's Athlete of the Meet for the relay events in 2009.

O'Sullivan has coached seven Championship of America relay winners and nine champions overall. In his second year as head coach, the women's team won the 4x1500 meter relay in 2000 and Mike Brown won an individual championship in the 400 meter hurdles. One year later the men's team won titles in both the distance medley relay and the 4xMile relay. Maxwell won the championship section of the long jump in 2015.

National and BIG EAST Championships

Villanova has had a first team All-American at the outdoor NCAA Championships in each of the past five seasons and eight times in the last nine years overall. Within this stretch Bobby Curtis won the 5000 meters national title in 2008, becoming the Wildcats first outdoor champion in any event since 1981 and only the second person in school history to win the 5000 meters outdoors.

Two-time Olympian Adrian Blincoe helped lead Villanova to a fifth-place finish at the NCAA Indoor Championships in both 2002 and 2003. In 2002 he was the individual national champion in the 3000 meters and anchored the Wildcats to a national title in the distance medley relay. Blincoe was preceded in the championship relay by Mike Brown, Jason Jabaut and Ryan Hayden. One year later Blincoe and Hayden, along with Nic O'Brien and Paul Moser, led Villanova to a repeat national championship in the DMR.

Beginning with the national championship in 2002 and continuing most recently in 2015, the Wildcats have tallied a top-eight finish in the distance medley relay seven times at the NCAA Championships. In 2013 the quartet of Jordy Williamsz, Samuel Ellison, Chris FitzSimons and Sam McEntee raced to a fifth place finish at the national meet. Williamsz anchored a 2015 squad that also included Dusty Solis, Donald Urschel and Elliot Slade to another fifth place showing.

Ellison was a five-time indoor All-American and earned first team honors in 2014 with a sixth place finish in the 800 meters. He was one of three first team All-Americans for the Wildcats during the 2013-14 indoor season, as Patrick Tiernan came in seventh in the 5000 meters and Jordy Williamsz placed eighth in the mile. Williamsz and Tiernan were also first team All-Americans outdoors in the 1500 meters and the 5000 meters, respectively, while Ellison and Elbert Maxwell earned honorable mention All-America honors in the 800 meters and the long jump.

O'Sullivan has also led his Villanova teams to a great deal of success in cross country, including consecutive top-10 finishes at the NCAA Championships in 2000 (6th) and 2001 (8th), as well as a seventh place finish in 2014. The Wildcats have earned a team berth to the national meet in each of the last eight seasons, a new program record for consecutive appearances. During this stretch Villanova has produced four All-Americans, including Bobby Curtis (2007), Mathew Mildenhall (2009) and the duo of Sam McEntee (2013) and Patrick Tiernan (2013, 2014).

During the indoor and outdoor track & field seasons the Wildcats have been dominant at the BIG EAST Championships. Villanova has won at least one event at the indoor conference meet each year dating back to 2001 and the team has won 13 events in the last two years alone.

Williamsz anchored the Wildcats to a conference title in the distance medley relay in 2013 and led a Villanova lineup that also included O'Sullivan, Donald Urschel and Alex Tully in the first three legs of the race. Villanova also had individual champions in the 800 meters (FitzSimons), the Mile (Denault) and the 3000 meters (McEntee) last year.

Four different student-athletes have won at least six BIG EAST championships under O'Sullivan, led by Ryan Hayden with 10 conference titles. Hayden was a four-time BIG EAST champion in the 4x800 meter relay and was the anchor of three of those four winners. He also anchored the Wildcats to a pair of DMR titles and won individual championships in the 800 meters, the 1000 meters and the Mile. Adrian Blincoe and Elvis Lewis each won seven BIG EAST titles during their Villanova careers and Bobby Curtis was a six-time conference champion.



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HEAD COACH MARCUS O'SULLIVAN

Academic Success

During his time as the Wildcats head coach O'Sullivan has ensured that his student-athletes have just as much success in the classroom as they do in athletic competition. Former standouts Matthew Gibney and Drew Eckman were each voted Capital One Academic All-Americans under O'Sullivan's watch and 2014 graduate Samuel Ellison received a prestigious Fulbright Scholarship to continue his academic studies overseas at the University of Birmingham in England. Sam McEntee was selected as the BIG EAST Male Scholar-Athlete of the Year for all sports in 2014-15. Men's track & field student-athletes have also been named the Villanova Senior Student-Athlete of the Year six times and have been named to the BIG EAST All-Academic Team a total of 453 times.

Coaching Villanova Alumni

In addition to continuing Villanova's already strong track & field tradition, O'Sullivan has worked hard to strengthen the program's relationship with a large alumni base. A part of that commitment by O'Sullivan includes working with former Wildcat student-athletes outside of the collegiate ranks as they pursue professional careers. O'Sullivan currently coaches former Villanova standout Frances Koons, who has excelled in the international ranks since finishing her collegiate career and also was a member of the Wildcats coaching staff for two years. Koons won the Olympic Development section of the 5000 meters at the Penn Relays in 2010 and qualified for the USA Outdoor Track & Field Championships. She competed at the national outdoor meet in 2010 and 2011, in addition to running at the 2012 Olympic Trials. O'Sullivan also coached 2012 graduate Sheila Reid, who represented her native Canada at the London Olympics just two months after finishing her Wildcats career.

O'Sullivan previously coached Carmen Douma-Hussar, Marina Muncan and Adrian Blincoe following their collegiate careers for the Wildcats. Muncan joined Reid as a first time Olympian in 2012 and competed for Serbia. She previously was a finalist at the World Student Games in 2007. Blincoe became the 30th member of the men's program at Villanova to compete in the Olympics when he represented his native New Zealand by competing in the 5000 meters at the 2008 Beijing Olympics. Douma-Hussar won a silver medal at the World Indoor Championships in the 1500 meters in 2004 and was a finalist in the event at both the 2004 Olympics and the 2005 Outdoor World Championships. O'Sullivan also coached former American record holder Bob Kennedy to a personal best in the 10000 meters.

Four-Time Olympian

During his own racing career O'Sullivan competed in the Olympics in 1984, 1988, 1992 and 1996. He is also a three-time indoor world champion in the 1500 meters and the 4xMile relay. O'Sullivan's professional career spanned more than 15 years and includes medals at the Goodwill Games, the European Championships, the World Championships and the U.S. Championships. O'Sullivan has the distinction of being one of only three men to run more than 100 sub-four minute miles.

Villanova Career

As a Villanova student-athlete O'Sullivan is one of the most decorated runners in the history of the Wildcats program. He ran the thid leg of a national champion distance medley relay in 1981 and was the anchor of the 1983 two-mile relay squad that also won a national title.

O'Sullivan also won six Penn Relays titles and was a 10-time BIG EAST champion, which is tied for the third most conference titles in school history. He won championships at the Penn Relays in the 4x1500 meter relay three times during his career (1981, 1982, 1984) and was also a two-time champion in the 4x800 meter relay (1982, 1984) in addition to winning a DMR title in 1981.

In BIG EAST competition, O'Sullivan won individual titles in the indoor 1500 meters three times and the outdoor 5000 meters once. He also helped the team win two relay titles each in the DMR, two-mile relay and 4x800 meter relay. Villanova made three appearances in the NCAA Championships for cross country during O'Sullivan's undergraduate career. O'Sullivan was honored for his career accomplishments in 2004 when he was inducted onto the Wall of Fame in Villanova Stadium.

Irish Pipeline

A native of Ireland, O'Sullivan' came to Villanova as part of the "Irish Pipeline" that started at the university in the 1950's. Since then, O'Sullivan is one of more than 30 talented athletes from Ireland that have come to Villanova, a group which includes a number of world-renowned and accomplished athletes.

O'Sullivan holds an undergraduate degree in Accounting from Villanova and received his MBA from the university in 1989. After passing the CPA exam he served as a part-time faculty member for the Villanova marketing department in 1992-93.

O'Sullivan is married to the former Mary Spinks, who earned a Nursing degree from Villanova in 1985. The couple has two children, Laura (27) and Christopher (24).

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Lucas Arrivo
 Freshman/Freshman
 Cross Country/Distance
 Ann Arbor, Mich./Pioneer

PERSONAL BESTS

800 Meters	1:55.69	High School
1500 Meters	4:22.77	4.8.16

CAREER OUTDOOR RESULTS

1500 Meters
 4.8.16 Sam Howell Invitational (I) (UN) 4:22.77

Kieran Brennan
 Senior/Sophomore
 Cross Country/Distance
 Pearl River, N.Y./Pearl River

PERSONAL BESTS

400 Meters	49.1	High School
800 Meters	1:52.72	High School
1000 Meters	2:28.80	High School
1500 Meters	4:08.52	4.19.14
1600 Meters (DMR)	4:17	High School

CAREER OUTDOOR RESULTS

800 Meters
 4/20/13 Widener Invitational (UN) 1:55.58

1500 Meters
 4/19/14 Widener Invitational 4:08.52
 3/29/14 Danny Curran Invitational 4:15.88

Robert Cacace
 Senior/Senior
 Multi Events
 Yonkers, N.Y./Hackley/Holy Cross

PERSONAL BESTS

Heptathlon	4,156	2.27.16
Decathlon	5,902	5.9.15
55 Meters	6.90	12.8.12
60 Meters	7.46	1.5.13
60 Meter Hurdles	9.19	2.8.16
100 Meters	11.94	5.8.15
110 Meter Hurdles	17.49	5.9.15
400 Meters	54.20	5.8.15
1000 Meters	2:58.43	3.1.15
1500 Meters	4:52.54	5.9.15
High Jump	1.82m	2.26.16
Pole Vault	3.85m	4.25.15
Long Jump	6.06m	5.8.15
Shot Put	12.27m	12.1.12
Discus	30.54m	5.9.15
Javelin	51.40m	5.9.15

CAREER OUTDOOR AWARDS

BIG EAST Champion	2015	Decathlon
All-BIG EAST	2015	Decathlon

CAREER OUTDOOR RESULTS
 (Villanova Results Only)

100 Meters
 5.8.15 BIG EAST Championships (DEC) 11.94
 5.10.14 BIG EAST Championships (DEC) 12.12

110 Meter Hurdles
 5.9.15 BIG EAST Championships (DEC) 17.49
 4.25.15 Delaware Classic 17.68
 4.30.16 Lions Invitational 18.04
 3.28.15 Danny Curran Invitational 18.29
 3.21.15 Philadelphia College Classic 18.81

400 Meters
 5.8.15 BIG EAST Championships (DEC) 54.20
 5.10.14 BIG EAST Championships (DEC) 57.32
 3.26.16 Penn Challenge 57.42

1500 Meters
 5.9.15 BIG EAST Championships (DEC) 4:52.54

High Jump
 5.8.15 BIG EAST Championships (DEC) 1.75m
 5.10.14 BIG EAST Championships (DEC) 1.67m

Long Jump
 5.8.15 BIG EAST Championships (DEC) 6.06m
 4.4.14 Colonial Relays 5.92m
 5.10.14 BIG EAST Championships (DEC) 5.76m
 3.29.14 Danny Curran Invitational 5.65m
 3.22.14 Philadelphia College Classic 5.49m

Pole Vault
 4.25.15 Delaware Classic 3.85m
 3.21.15 Philadelphia College Classic 3.80m
 5.8.15 BIG EAST Championships 3.76m
 5.9.15 BIG EAST Championships (DEC) 3.75m

Shot Put
 5.8.15 BIG EAST Championships (DEC) 12.11m
 3.22.14 Philadelphia College Classic 11.46m
 5.10.14 BIG EAST Championships (DEC) 11.40m
 4.11.15 Delaware Open 11.18m

Discus
 5.9.15 BIG EAST Championships (DEC) 30.54m
 5.11.14 BIG EAST Championships (DEC) 26.38m

Javelin
 5.9.15 BIG EAST Championships (DEC) 51.40m
 4.5.14 Colonial Relays 43.86m
 4.25.15 Delaware Classic 43.66m
 4.11.15 Delaware Open 42.88m
 4.1.16 Colonial Relays (U) 42.31m
 3.26.16 Penn Challenge 41.06m

Decathlon
 5.9.15 BIG EAST Championships 5,902

Kyle Cartwright
 Junior/Junior
 Sprints
 Oyster Bay, N.Y./Oyster Bay

PERSONAL BESTS

110 Meter Hurdles	15.26	High School
300 Meters	36.09	12.5.15
400 Meters	49.09	2.12.16
400 Meter Hurdles	53.30	5.9.15
500 Meters	1:07.14	1.17.14

CAREER OUTDOOR AWARDS

BIG EAST Champion	2015	400 Meter Hurdles
All-BIG EAST	2014	400 Meter Hurdles
All-BIG EAST	2015	400 Meter Hurdles
All-BIG EAST	2015	4x100 Meter Relay

CAREER OUTDOOR RESULTS

400 Meter Hurdles
 5.9.15 BIG EAST Championships 53.30
 4.16.16 Princeton Outdoor Invite 54.49
 4.18.15 Larry Ellis Invitational 54.74
 4.9.16 Hurricane Alumni Invitational 54.78
 4.11.15 Hurricane Alumni Invitational 54.82
 4.24.15 Penn Relays (CH) 54.83
 4.23.16 Larry Ellis Invitational 55.02
 5.11.14 BIG EAST Championships 55.20
 5.2.15 Princeton Open 55.56
 4.3.15 Colonial Relays 55.67
 4.19.14 Larry Ellis Invitational 55.72
 4.1.16 Colonial Relays 56.21
 4.29.16 Penn Relays (CH) 56.69
 4.12.14 Delaware Open 57.10
 3.21.15 Philadelphia College Classic 57.57
 4.4.14 Colonial Relays 57.83

4x100 Meter Relay
 4.9.16 Hurricane Alumni Invitational (4) 41.96
 5.9.15 BIG EAST Championships (3) 42.25

4x400 Meter Relay
 4.11.15 Hurricane Alumni Invitational (2) 3:17.15
 4.19.14 Larry Ellis Invitational (4) 3:17.37
 4.24.15 Penn Relays (4) (P) 3:19.33
 4.16.13 Princeton Outdoor Invite (4) 3:22.30
 4.23.16 Larry Ellis Invitational (4) 3:22.61

Sprint Medley Relay
 4.2.16 Colonial Relays (400) 3:22.73

Distance Medley Relay
 4.5.14 Colonial Relays (400) 9:50.37

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Casey Comber
 Freshman/Freshman
 Cross Country/Distance
 Maple Glen, Pa./Hatboro-Horsham

PERSONAL BESTS

1500 Meters	3:55.06	4.8.16
3000 Meters	8:18.61	2.6.16
3000 Meter Steeplechase	9:17.30	4.22.16
5000 Meters	14:39.62	1.16.16

CAREER OUTDOOR RESULTS

1500 Meters
 4.8.16 Sam Howell Invitational (UN) (I) 3:55.06

3000 Meter Steeplechase
 4.22.16 Larry Ellis Invitational (UN) 9:17.30

Kevin Corbusier
 Senior/Junior
 Cross Country/Distance
 Monkton, Md./Loyola Blakefield

PERSONAL BESTS

800 Meters	1:56.60	High School
1500 Meters	3:57.74	3.29.14
Mile	4:15.56	2.14.15
3000 Meters	8:40.00	2.1.14
5000 Meters	14:39.44	4.24.14
10000 Meters	31:10.12	5.10.14

CAREER OUTDOOR RESULTS

1500 Meters
 3.29.14 Danny Curran Invitational 3:57.74
 4.19.14 Widener Invitational 3:58.06

5000 Meters
 4.24.14 Penn Relays (CH) 14:39.44
 4.4.14 Colonial Relays (S) 14:50.03
 4.22.16 Larry Ellis Invitational 14:54.17
 4.17.15 Larry Ellis Invitational 15:04.51
 4.1.16 Colonial Relays (CH) 15:05.39

10000 Meters
 5.8.15 BIG EAST Championships 31:30.02
 5.10.14 BIG EAST Championships 31:10.12

Utsav Deshpande
 Freshman/Freshman
 Sprints
 Ronkonkoma, N.Y./Sachem East

PERSONAL BESTS

400 Meters	51.67	2.6.16
400 Meter Hurdles	53.92	High School
500 Meters	1:07.49	2.26.16
800 Meters	1:58.61	2.12.16
1000 Meters	2:38.76	12.5.15

CAREER OUTDOOR RESULTS

400 Meter Hurdles
 4.1.16 Colonial Relays 56.21
 4.16.16 Princeton Outdoor Invite 56.39
 3.26.16 Penn Challenge 57.47
 4.30.16 Lions Invitational 57.53

4x400 Meter Relay
 4.16.16 Princeton Outdoor Invite (2) 3:22.30
 4.23.16 Larry Ellis Invitational (3) 3:22.61

James Deutmeyer
 Sophomore/Sophomore
 Pole Vault
 Rye, N.Y./Fordham Prep

PERSONAL BEST

Pole Vault	5.03m	High School
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CAREER OUTDOOR AWARDS

BIG EAST Champion	2015	Pole Vault
All-BIG EAST	2015	Pole Vault

CAREER OUTDOOR RESULTS

Pole Vault
 5.2.15 Princeton Open 4.85m
 4.22.16 Larry Ellis Invitational 4.85m
 3.26.16 Penn Challenge 4.80m
 4.11.15 Hurricane Alumni Invitational 4.75m
 4.9.16 Hurricane Alumni Invitational 4.75m
 4.18.15 Larry Ellis Invitational 4.70m
 4.16.16 Princeton Outdoor Invite 4.70m
 4.30.16 Lions Invitational 4.70m
 5.8.15 BIG EAST Championships 4.66m
 4.24.15 Penn Relays (C) 4.65m
 4.29.16 Penn Relays (C) 4.55m

Aaron Elcock

Sophomore/Freshman
 Jumps

West Chester, Pa./Delaware County Christian School

PERSONAL BESTS

60 Meter Hurdles	8.99	High School
110 Meter Hurdles	15.9	High School
High Jump	1.73m	High School
Long Jump	5.61m	High School
Triple Jump	13.45m	4.16.16

CAREER OUTDOOR RESULTS

Triple Jump
 4.16.16 Princeton Outdoor Invite 13.45m
 3.26.16 Penn Challenge 13.03m
 4.2.16 Colonial Relays (U) 12.96m
 4.30.16 Lions Invitational 12.59m

Pearson Feagans

Freshman/Freshman
 Jumps

Dallas, Texas/Highland Park

PERSONAL BESTS

60 Meters	7.20	12.5.15
200 Meters	21.90	High School
Long Jump	7.18m	2.6.16
Triple Jump	13.93m	High School

CAREER OUTDOOR RESULTS

4x100 Meter Relay
 3.26.16 Penn Challenge (1) 41.62
 4.9.16 Hurricane Alumni Invitational (1) 41.96

Long Jump
 4.29.16 Penn Relays (C) 7.09m
 4.16.16 Princeton Outdoor Invite 7.07m
 4.23.16 Larry Ellis Invitational 7.05m
 4.1.16 Colonial Relays (CH) 6.95m

Jacob Gribb
 Senior/Senior
 Throws
 Pottstown, Pa./Pope John Paul II

Bryant Herlocker
 Sophomore/Sophomore
 Sprints
 Wilmette, Ill./New Trier

PERSONAL BESTS

60 Meters	7.32	2.28.15
100 Meters	11.61	4.1.16
200 Meters	21.89	High School
400 Meters	49.18	High School

CAREER OUTDOOR RESULTS

100 Meters
 4.1.16 Colonial Relays (P) 11.61
 3.26.16 Penn Challenge 11.87

200 Meters
 4.1.16 Colonial Relays 23.02

Robert Hurlbut

Graduate Student/Senior
 Cross Country/Distance
 Rochester, N.Y./McQuaid Jesuit

PERSONAL BESTS

1500 Meters	3:56.72	4.19.14
Mile	4:13.91	2.14.15
3000 Meters	8:26.52	2.27.16
5000 Meters	14:25.14	2.26.16
10000 Meters	29:58.12	5.8.15

CAREER OUTDOOR AWARDS

BIG EAST Champion	2015	10000 Meters
All-BIG EAST	2015	10000 Meters

CAREER OUTDOOR RESULTS

1500 Meters
 4.19.14 Widener Invitational 3:56.72
 4.20.13 Widener Invitational 3:57.15
 4.21.12 Widener Invitational (UN) 3:59.46
 4.13.13 Delaware Open 4:03.30
 4.23.13 Haverford Tri-Meet 4:03.37
 3.28.15 Danny Curran Invitational 4:05.58
 3.31.12 Danny Curran Invitational (UN) 4:08.14

5000 Meters
 4.22.16 Larry Ellis Invitational 14:28.77
 4.17.15 Larry Ellis Invitational 14:30.29
 4.3.15 Colonial Relays (S) 14:31.55
 4.24.14 Penn Relays (CH) 14:39.10
 4.4.14 Colonial Relays (S) 14:59.71
 3.2.14 Danny Curran Invitational 15:00.95
 5.9.15 BIG EAST Championships 15:11.92

10000 Meters
 5.8.15 BIG EAST Championships 29:58.12
 5.10.14 BIG EAST Championships 31:06.81

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Drake Johnston

Junior/Sophomore
Cross Country/Distance
 Santa Monica, Calif./Palisades Charter

PERSONAL BESTS

1500 Meters	4:01.89	4.18.15
Mile	4:25.91	2.7.15
3000 Meters	8:37.41	1.30.16
3000 Meter Steeplechase	9:27.16	4.22.16
5000 Meters	15:16.09	2.26.16

CAREER OUTDOOR RESULTS

1500 Meters

4.18.15	Larry Ellis Invitational	4:01.89
4.1.16	Colonial Relays (CH)	4:08.64
3.29.14	Danny Curran Invitational (UN)	4:11.13
3.28.15	Danny Curran Invitational	4:15.97

3000 Meter Steeplechase

4.22.16	Larry Ellis Invitational	9:27.16
5.8.15	BIG EAST Championships	9:33.68
4.8.16	Sam Howell Invitational	9:39.05
4.11.15	Delaware Open	10:01.51

Jack Judge

Freshman/Freshman
Throws
 Palisades, N.Y./Don Bosco Prep

PERSONAL BEST

Javelin	54.41m	4.16.16
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CAREER OUTDOOR RESULTS

Javelin

4.16.16	Princeton Outdoor Invite	54.41m
4.8.16	Sam Howell Invitational	51.49m
3.26.16	Penn Challenge	51.08m
4.22.16	Larry Ellis Invitational	49.91m
4.1.16	Colonial Relays (U)	47.66m

Kolby Koeck

Junior/Junior
Pole Vault
 Altoona, Pa./Altoona Area

PERSONAL BEST

Pole Vault	4.60m	5.11.14
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CAREER OUTDOOR AWARDS

All-BIG EAST	2014	Pole Vault
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CAREER OUTDOOR RESULTS

Pole Vault

5.11.14	BIG EAST Championships	4.60m
4.8.16	Sam Howell Invitational	4.40m
5.8.15	BIG EAST Championships	4.36m
5.3.14	Princeton Elite Meet	4.35m
4.16.16	Princeton Outdoor Invite	4.25m
4.30.16	Lions Invitational	4.25m
4.5.14	Colonial Relays	4.20m
4.18.14	Widener Invitational	4.20m
4.25.15	Delaware Classic	4.15m
3.26.16	Penn Challenge	4.10m

Ville Lampinen

Freshman/Freshman
Sprints
 Vantaa, Finland/Mäkelänrinteen lukio

PERSONAL BESTS

400 Meters	47.85	High School
500 Meters	1:02.59	2.27.16
800 Meters	1:48.44	High School

CAREER OUTDOOR RESULTS

800 Meters

4.9.16	Hurricane Alumni Invitational	1:48.89
4.22.16	Larry Ellis Invitational (E)	1:48.89

4x400 Meter Relay

4.9.16	Hurricane Alumni Invitational (2)	3:13.31
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Sprint Medley Relay

4.2.16	Colonial Relays (800)	3:22.73
4.29.16	Penn Relays (800)	3:24.31

Josh Lampron

Senior/Junior
Cross Country/Distance
 Mansfield, Mass./Mansfield

PERSONAL BESTS

800 Meters	1:49.38	4.11.15
1000 Meters	2:22.66	2.22.14
1500 Meters	3:42.83	4.17.15
Mile	4:02.98	High School
5000 Meters	16:09	High School

CAREER OUTDOOR AWARDS

Penn Relays Champion	2014	4x800 Meter Relay
All-BIG EAST	2014	4x800 Meter Relay
All-BIG EAST	2015	4x800 Meter Relay

CAREER OUTDOOR RESULTS

800 Meters

4.11.15	Hurricane Alumni Invitational	1:49.38
6.6.15	New Jersey International Invitational (RK)	1:50.18
5.17.14	IC4A Championship (P)	1:50.30
4.18.14	Larry Ellis Invitational (E)	1:50.33
5.2.14	Princeton Elite Meet (E)	1:50.54
4.23.13	Haverford Tri-Meet (UN)	1:50.55
4.9.16	Hurricane Alumni Invitational	1:50.75
5.10.14	BIG EAST Championships (P)	1:51.40
4.20.13	Widener Invitational (UN)	1:51.66

1500 Meters

4.17.15	Larry Ellis Invitational (E)	3:42.83
5.13.13	Swarthmore Last Chance Meet (UN)	3:46.09
4.22.16	Larry Ellis Invitational (E)	3:47.35
4.3.15	Colonial Relays (S)	3:47.60
5.9.15	BIG EAST Championships	3:49.42
5.29.15	NCAA East Preliminary (Q)	3:49.70
5.28.15	NCAA East Preliminary (1)	3:50.05
3.28.15	Danny Curran Invitational	3:56.57
4.13.13	Delaware Open (UN)	3:57.10

4x400 Meter Relay

4.11.15	Hurricane Alumni Invitational (3)	3:17.15
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Sprint Medley Relay

4.5.14	Colonial Relays (800)	3:25.14
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4x800 Meter Relay

4.26.14	Penn Relays (1)	7:16.58
4.25.15	Penn Relays (1)	7:18.84
5.9.15	BIG EAST Championships (4)	7:34.52
5.11.14	BIG EAST Championships (4)	7:34.83

Distance Medley Relay

4.24.15	Penn Relays (800)	9:34.36
4.29.16	Penn Relays (800)	9:39.10
4.4.15	Colonial Relays (800)	9:58.05

4xMile Relay

4.30.16	Penn Relays (2)	16:34.64
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Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Sean Locke

Junior/Junior
Throws

Horsham, Pa./Hatboro-Horsham

PERSONAL BEST

Javelin 59.94m 5.8.15

CAREER OUTDOOR AWARDS

All-BIG EAST 2014 Javelin
All-BIG EAST 2015 Javelin

CAREER OUTDOOR RESULTS

Javelin
5.8.15 BIG EAST Championships 59.94m
5.11.14 BIG EAST Championships 56.38m
5.17.15 IC4A Championship 55.03m
4.5.14 Colonial Relays 52.58m
4.3.15 Colonial Relays (CH) 51.97m
4.12.14 Delaware Open 51.62m
3.21.15 Philadelphia College Classic 50.57m
4.19.14 Larry Ellis Invitational 50.11m
4.25.15 Delaware Classic 49.12m
4.26.14 Delaware Classic 48.97m
4.11.15 Delaware Open 45.57m

Ben Malone

Junior/Sophomore
Cross Country/Distance

River Vale, N.J./Pascack Valley

PERSONAL BESTS

400 Meters (Relay)	47.6	High School
400 Meters (Open)	48.94	High School
800 Meters	1:48.60	5.28.15
1000 Meters	2:23.56	High School
1500 Meters	3:44.66	4.22.16
Mile	4:00.72	2.12.16
3000 Meters	8:33.60	1.8.16

CAREER OUTDOOR AWARDS

All-BIG EAST 2015 4x800 Meter Relay

CAREER OUTDOOR RESULTS

800 Meters
5.28.15 NCAA East Preliminary (1) 1:48.60
4.17.15 Larry Ellis Invitational (E) 1:49.13
5.29.15 NCAA East Preliminary (Q) 1:49.28
6.6.15 New Jersey International Invitational (RK) 1:49.88
4.11.15 Hurricane Alumni Invitational 1:49.96
4.9.16 Hurricane Alumni Invitational 1:50.21
5.9.15 BIG EAST Championships (F) 1:50.34
5.8.15 BIG EAST Championships (P) 1:50.55
5.2.14 Princeton Elite Meet (UN) 1:51.92
4.22.14 Haverford Mid-Week Meet (UN) 1:54.58

1500 Meters
4.22.16 Larry Ellis Invitational (E) 3:44.66
4.1.16 Colonial Relays (CH) 3:45.73
4.19.14 Widener Invitational (UN) 3:54.73
4.4.14 Colonial Relays (UN) (S) 3:57.34
3.28.15 Danny Curran Invitational 3:59.77

4x400 Meter Relay
4.11.15 Hurricane Alumni Invitational (3) 3:14.95

4x800 Meter Relay
4.25.15 Penn Relays (2) 7:18.84
4.4.15 Colonial Relays (2) 7:33.29
5.9.15 BIG EAST Championships (3) 7:34.52

Distance Medley Relay
4.29.16 Penn Relays (1200) 9:39.10

4xMile Relay
4.30.16 Penn Relays (4) 16:34.64

Andrew Marston

Freshman/Freshman
Cross Country/Distance

Wayne, Pa./Conestoga

PERSONAL BESTS

3000 Meters 8:24.56 2.6.16

John McDonald

Junior/Junior
Throws

New Providence, N.J./New Providence

PERSONAL BESTS

Weight Throw	14.93m	1.8.16
Discus	40.84m	High School
Hammer	47.15m	4.30.16

CAREER OUTDOOR RESULTS

Discus
4.26.14 Delaware Classic 33.92m
3.21.15 Philadelphia College Classic 32.88m
3.26.16 Penn Challenge 32.79m
5.9.15 BIG EAST Championships 32.66m
4.4.15 Colonial Relays 31.28m

Hammer
4.30.16 Penn Relays (C) 47.15m
4.8.16 Sam Howell Invitational 45.31m
5.8.15 BIG EAST Championships 43.69m
4.25.15 Delaware Classic 41.95m
3.26.16 Penn Challenge 41.76m
4.1.16 Colonial Relays (U) 40.05m
4.11.15 Delaware Open 39.67m
3.21.15 Philadelphia College Classic 39.52m
4.26.14 Delaware Classic 39.17m
3.22.14 Philadelphia College Classic 38.40m
4.3.15 Colonial Relays 38.06m
4.12.14 Delaware Open 38.02m
5.10.14 BIG EAST Championships 37.33m
3.28.15 Danny Curran Invitational 36.66m
3.29.14 Danny Curran Invitational 34.58m
4.4.14 Colonial Relays 33.56m

Michael Morrow

Freshman/Freshman
Jumps

Danbury, Conn./Danbury

PERSONAL BESTS

High Jump	1.95m	2.27.16
Long Jump	5.82m	2.6.16

CAREER OUTDOOR RESULTS

High Jump
3.26.16 Penn Challenge 1.88m
4.30.16 Lions Invitational 1.82m

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Ishmael Muhammad
Sophomore/Sophomore
Sprints
Mays Landing, N.J./Oakcrest

PERSONAL BESTS

400 Meters (relay)	47.1	High School
400 Meters (open)	48.14	5.9.15
400 Meter Hurdles	54.92	High School
500 Meters	1:03.31	2.27.16
600 Meters	1:18.34	1.23.15
800 Meters (Non-VU)	1:48.31	6.27.15
800 Meters (VU)	1:49.56	5.1.15
1000 Meters	2:30.73	1.16.16
Triple Jump	13.90m	High School

CAREER OUTDOOR AWARDS

All-BIG EAST	2015	400 Meters
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CAREER OUTDOOR RESULTS

400 Meters

5.9.15	BIG EAST Championships (F)	48.14
5.8.15	BIG EAST Championships (P)	48.26
4.3.15	Colonial Relays	49.48

800 Meters

5.1.15	Princeton Open	1:49.56
4.11.15	Hurricane Alumni Invitational	1:50.84
6.6.15	New Jersey International Invitational (RK)	1:50.98
4.22.16	Larry Ellis Invitational (E)	1:51.02
4.17.15	Larry Ellis Invitational (E)	1:52.12

4x400 Meter Relay

4.9.16	Hurricane Alumni Invitational (1)	3:13.31
4.11.15	Hurricane Alumni Invitational (4)	3:14.95

Distance Medley Relay

4.24.15	Penn Relays (400)	9:34.36
4.4.15	Colonial Relays (400)	9:58.05

Charlie O'Brien

Freshman/Freshman
Sprints
Orinda, Calif./Miramonte

PERSONAL BESTS

200 Meters	23.16	3.26.16
300 Meters	37.54	12.5.15
400 Meters	50.46	2.26.16

CAREER OUTDOOR RESULTS

200 Meters

3.26.16	Penn Challenge	23.16
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400 Meters

3.26.16	Penn Challenge	50.48
4.1.16	Colonial Relays	50.74

Colin O'Mara

Junior/Freshman
Cross Country/Distance
Little Rock, Ark./Catholic

PERSONAL BESTS

800 Meters	1:57.4	High School
Mile	4:29.00	1.23.15
3000 Meters	9:02.58	High School

Sterling Pierce
Freshman/Freshman
Sprints
Voorhees, N.J./Rancocas Valley

PERSONAL BESTS

60 Meters	6.89	2.27.16
100 Meters	10.72	High School
200 Meters	21.34	4.1.16
400 Meters	48.52	3.26.16

CAREER OUTDOOR RESULTS

100 Meters

4.1.16	Colonial Relays (P)	10.78
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200 Meters

4.1.16	Colonial Relays	21.34
4.9.16	Hurricane Alumni Invitational	21.48

400 Meters

3.26.16	Penn Challenge	48.52
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4x100 Meter Relay

3.26.16	Penn Challenge (2)	41.62
4.9.16	Hurricane Alumni Invitational (2)	41.96

4x400 Meter Relay

4.9.16	Hurricane Alumni Invitational (4)	3:13.31
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Sprint Medley Relay

4.2.16	Colonial Relays (200-2)	3:22.73
4.29.16	Penn Relays (200-2)	3:24.31

Paul Power
Freshman/Freshman
Cross Country/Distance
Phoenixville, Pa./Spring-Ford

PERSONAL BESTS

5000 Meters	15:24.17	4.22.16
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CAREER OUTDOOR RESULTS

5000 Meters

4.22.16	Larry Ellis Invitational (UN)	15:24.17
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Harry Purcell
Freshman/Freshman
Sprints
Dublin, Ireland/Castleknock College

PERSONAL BESTS

400 Meters	47.82	4.23.16
800 Meters	1:49.42	High School

CAREER OUTDOOR RESULTS

400 Meters

4.23.16	Larry Ellis Invitational	47.82
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Sprint Medley Relay

4.29.16	Penn Relays (400)	3:24.31
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Distance Medley Relay

4.29.16	Penn Relays (400)	9:39.10
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Alex Reber
Senior/Junior
Sprints
Cherry Hill, N.J./Cherry Hill East

PERSONAL BESTS

200 Meters	21.64	High School
400 Meters	47.96	High School
400 Meter Hurdles	52.92	High School
500 Meters	1:04.17	2.16.13

CAREER OUTDOOR AWARDS

All-BIG EAST	2013	4x400 Meter Relay
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CAREER OUTDOOR RESULTS

200 Meters

4.5.13	Colonial Relays	22.56
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400 Meters

5.4.13	BIG EAST Championships (P)	48.81
4.23.13	Haverford Tri-Meet	48.82
4.13.13	Hurricane Alumni Invitational	49.19
4.5.13	Colonial Relays	49.55
5.8.15	BIG EAST Championships (P)	49.85
4.20.13	Morgan State Legacy Meet	49.89

4x400 Meter Relay

4.13.13	Hurricane Alumni Invitational (1)	3:12.03
4.27.13	Penn Relays (1) (IC4A)	3:12.38
5.5.13	BIG EAST Championships (1)	3:12.77
4.26.13	Penn Relays (1) (P)	3:13.65
4.6.13	Colonial Relays (3)	3:17.58
4.24.15	Penn Relays (3) (P)	3:19.33

Tyler Rippel
Graduate Student/Senior
Sprints
Lake Zurich, Ill./Prairie Ridge/Illinois State

PERSONAL BESTS

400 Meters	48.79	5.4.13
500 Meters	1:04.11	2.1.13
600 Meters	1:20.18	1.30.15
800 Meters	1:51.57	2.13.15
1500 Meters	4:12.98	4.13.13
Mile	4:25.55	12.5.14

CAREER OUTDOOR AWARDS

All-Missouri Valley	2013	800 Meters
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Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

James Rowen
Senior/Senior
Throws
Rockville Centre, N.Y./Regis

PERSONAL BESTS

Shot Put	14.47m	High School
Weight Throw	14.99m	2.21.14
Hammer	46.25m	3.29.14

CAREER OUTDOOR RESULTS

Shot Put		
4.27.13	Lions Invitational	14.05m
4.5.13	Colonial Relays	13.87m
4.19.13	Widener Invitational	13.86m
4.23.13	Haverford Tri-Meet	13.77m
5.11.14	BIG EAST Championships	13.69m
5.9.15	BIG EAST Championships	13.64m
4.13.13	Delaware Open	13.61m
3.30.13	Danny Curran Invitational	13.39m
4.18.15	Larry Ellis Invitational	13.27m
4.25.15	Delaware Classic	13.19m
4.3.15	Colonial Relays	13.17m
3.22.14	Philadelphia College Classic	12.70m
4.12.14	Delaware Open	12.70m
3.23.13	Philadelphia College Classic	12.61m
3.28.15	Danny Curran Invitational	12.58m
4.18.14	Larry Ellis Invitational	12.54m
3.29.14	Danny Curran Invitational	12.45m
3.21.15	Philadelphia College Classic	12.23m
4.26.14	Delaware Classic	12.14m
4.11.15	Delaware Open	11.97m
4.4.14	Colonial Relays	11.44m

Hammer		
3.29.14	Danny Curran Invitational	46.25m
5.10.14	BIG EAST Championships	46.12m
3.22.14	Philadelphia College Classic	44.44m
4.17.15	Larry Ellis Invitational	44.42m
3.21.15	Philadelphia College Classic	43.76m
4.4.14	Colonial Relays	43.18m
4.26.14	Delaware Classic	41.53m
3.28.15	Danny Curran Invitational	40.71m
5.8.15	BIG EAST Championships	40.40m
4.13.13	Delaware Open	40.23m
4.3.15	Colonial Relays	39.46m
4.25.15	Delaware Classic	38.92m
4.12.14	Delaware Open	38.42m
4.26.13	Lions Invitational	37.34m
4.20.13	Widener Invitational	36.75m
4.11.15	Delaware Open	36.10m

Aaron Sandifer
Senior/Senior
Sprints
Harrisburg, N.C./Hickory Ridge

PERSONAL BESTS

55 Meter Hurdles	7.68	High School
60 Meter Hurdles	8.51	2.27.16
100 Meters	11.6	High School
110 Meter Hurdles	14.56	High School
200 Meters	22.70	High School
400 Meters (open)	52.79	High School
400 Meters (relay)	52.85	High School
400 Meter Hurdles	58.26	High School
800 Meters	2:13.00	High School

CAREER OUTDOOR AWARDS

BIG EAST Champion	2014	110 Meter Hurdles
All-BIG EAST	2014	110 Meter Hurdles
All-BIG EAST	2015	110 Meter Hurdles
All-BIG EAST	2014	4x100 Meter Relay
All-BIG EAST	2015	4x100 Meter Relay

CAREER OUTDOOR RESULTS

100 Meters		
4.3.15	Colonial Relays (P)	11.69
110 Meter Hurdles		
5.11.14	BIG EAST Championships	15.19
4.11.15	Delaware Open	15.42
5.2.15	Princeton Open (P)	15.43
4.18.15	Larry Ellis Invitational (P)	15.48
5.9.15	BIG EAST Championships	15.62
4.3.15	Colonial Relays (P)	15.67
4.12.14	Delaware Open	15.70
4.13.13	Delaware Open	15.81
4.20.13	Widener Invitational	15.81
4.25.15	Delaware Classic	15.82
4.19.14	Larry Ellis Invitational	16.07
3.23.13	Philadelphia College Classic	16.15
3.30.13	Danny Curran Invitational	16.17
3.22.14	Philadelphia College Classic	16.19
4.4.14	Colonial Relays (P)	16.21
200 Meters		
3.22.14	Philadelphia College Classic	23.31
4.12.14	Delaware Open	23.64
4.4.14	Colonial Relays	23.87
3.30.13	Danny Curran Invitational	23.94
4x100 Meter Relay		
5.9.15	BIG EAST Championships (4)	42.25
5.11.14	BIG EAST Championships (4)	42.64

Paul Sheridan
Sophomore/Sophomore
Throws
Midland Park, N.J./Paramus Catholic

PERSONAL BESTS

*Javelin (high school)	57.95m	High School
*Javelin (college)	57.35m	5.8.15

* - high school javelin is a lighter implement

CAREER OUTDOOR RESULTS

Javelin		
5.8.15	BIG EAST Championships	57.35m
3.26.16	Penn Challenge	56.97m
5.2.15	Princeton Open	55.77m
4.25.15	Delaware Classic	55.22m
3.21.15	Philadelphia College Classic	54.67m
4.3.15	Colonial Relays (CH)	54.45m
4.17.15	Larry Ellis Invitational	53.62m
4.1.16	Colonial Relays (CH)	53.29m
4.8.16	Sam Howell Invitational	53.07m
4.11.15	Delaware Open	52.91m

Henry Sise
Freshman/Freshman
Throws
Hawthorn Woods, Ill./Adlai E. Stevenson

PERSONAL BESTS

Shot Put	17.28m	High School
Discus	36.32m	3.26.16

CAREER OUTDOOR RESULTS

Shot Put		
4.15.16	Princeton Outdoor Invite	14.77m
4.9.16	Sam Howell Invitational	14.48m
4.1.16	Colonial Relays (U)	14.22m
4.29.16	Penn Relays (C)	14.15m
3.26.16	Penn Challenge	13.23m
Discus		
3.26.16	Penn Challenge	36.32m
4.30.16	Lions Invitational	36.04m
4.16.16	Princeton Outdoor Invite	32.96m

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Elliot Slade

Junior/Sophomore
Cross Country/Distance
Cardiff, United Kingdom/Bishop Llandaff

PERSONAL BESTS

800 Meters	1:48.91	3.1.15
1000 Meters	2:26.65	2.27.16
1500 Meters	3:48.26	4.22.16

CAREER OUTDOOR RESULTS

800 Meters

4.17.15	Larry Ellis Invitational (E)	1:49.75
5.9.15	BIG EAST Championships (F)	1:51.45
5.8.15	BIG EAST Championships (P)	1:51.98
5.16.15	IC4A Championship (P)	1:57.73

1500 Meters

4.22.16	Larry Ellis Invitational (E)	3:48.26
4.9.16	Hurricane Alumni Invitational	3:48.91

4x800 Meter Relay

4.25.15	Penn Relays (4)	7:18.84
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4xMile Relay

4.30.16	Penn Relays (1)	16:34.64
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PJ Succi

Junior/Junior
Multi Events
Warminster, Pa./William Tennent

PERSONAL BESTS

Heptathlon	4,403	2.22.14
Decathlon	5,462	5.9.15

60 Meters	7.43	2.21.14
60 Meter Hurdles	9.29	2.22.14
100 Meters	11.55	5.10.14
110 Meter Hurdles	16.60	4.11.15
400 Meters	52.22	5.10.14
1000 Meters	2:54.58	2.22.14
1500 Meters	5:14.62	5.9.15
High Jump	1.79m	5.10.14
Pole Vault	4.41m	High School
Long Jump	6.17m	4.4.14
Shot Put	10.47m	1.29.16
Discus	25.28m	5.9.15
Javelin	35.61m	5.9.15

CAREER OUTDOOR AWARDS

BIG EAST Champion	2014	Decathlon
All-BIG EAST	2014	Decathlon
All-BIG EAST	2014	110 Meter Hurdles

CAREER OUTDOOR RESULTS

100 Meters

5.10.14	BIG EAST Championships (DEC)	11.55
5.8.15	BIG EAST Championships (DEC)	11.87
4.12.14	Delaware Open	11.98

110 Meter Hurdles

4.11.15	Delaware Open	16.60
5.11.14	BIG EAST Championships (DEC)	16.63
5.9.15	BIG EAST Championships (DEC)	16.89
5.11.14	BIG EAST Championships	17.19
4.25.15	Delaware Classic	17.34
3.22.14	Philadelphia College Classic	17.36
3.21.15	Philadelphia College Classic	18.57

400 Meters

5.10.14	BIG EAST Championships (DEC)	52.22
5.8.15	BIG EAST Championships (DEC)	54.10
3.28.15	Danny Curran Invitational	55.51

1500 Meters

5.9.15	BIG EAST Championships (DEC)	5:14.62
5.11.14	BIG EAST Championships (DEC)	5:48.59

High Jump

5.10.14	BIG EAST Championships (DEC)	1.79m
5.8.15	BIG EAST Championships (DEC)	1.78m

Pole Vault

4.16.16	Princeton Outdoor Invite	4.40m
4.30.16	Lions Invitational	4.40m
4.8.16	Sam Howell Invitational	4.25m
4.5.14	Colonial Relays	4.20m
3.26.16	Penn Challenge	4.10m
3.28.14	Danny Curran Invitational	4.05m
4.18.14	Widener Invitational	4.05m
5.9.15	BIG EAST Championships (DEC)	4.05m
5.11.14	BIG EAST Championships	4.00m
4.4.15	Colonial Relays	4.00m
5.11.14	BIG EAST Championships (DEC)	3.95m
3.21.15	Philadelphia College Classic	3.95m
4.25.15	Delaware Classic	3.85m
5.8.15	BIG EAST Championships	3.76m

Long Jump

4.4.14	Colonial Relays	6.17m
5.10.14	BIG EAST Championships (DEC)	6.15m
4.12.14	Delaware Open	6.04m
5.3.15	Colonial Relays	6.01m
3.29.14	Danny Curran Invitational	5.89m
5.8.15	BIG EAST Championships (DEC)	5.83m

Shot Put

5.8.15	BIG EAST Championships (DEC)	10.14m
5.10.14	BIG EAST Championships (DEC)	9.71m
3.22.14	Philadelphia College Classic	8.78m

Discus

5.9.15	BIG EAST Championships (DEC)	25.28m
5.11.14	BIG EAST Championships (DEC)	23.15m

Javelin

5.9.15	BIG EAST Championships (DEC)	35.61m
5.11.14	BIG EAST Championships (DEC)	35.14m

Decathlon

5.9.15	BIG EAST Championships	5,462
5.11.14	BIG EAST Championships	5,446

Dan Sullivan

Junior/Junior
Throws
North Hampton, N.H./St. John's Prep

PERSONAL BESTS

Weight Throw	11.13m	12.7.13
Shot Put	15.29m	4.9.16
Discus	42.42m	High School

CAREER OUTDOOR RESULTS

Discus

4.11.15	Delaware Open	39.57m
5.11.14	BIG EAST Championships	37.81m
4.4.15	Colonial Relays	37.81m
4.25.15	Delaware Classic	37.09m
3.2.15	Philadelphia College Classic	37.03m
4.26.14	Delaware Classic	36.49m
4.5.14	Colonial Relays	36.14m
3.27.15	Danny Curran Invitational	36.10m
4.12.14	Delaware Open	36.06m
3.28.14	Danny Curran Invitational	35.93m
3.26.16	Penn Challenge	35.56m
4.2.16	Colonial Relays (U)	35.20m
4.8.16	Sam Howell Invitational	32.87m
4.16.16	Princeton Outdoor Invite	31.74m
5.9.15	BIG EAST Championships	30.08m

Shot Put

4.9.16	Sam Howell Invitational	15.29m
4.29.16	Penn Relays (C)	14.90m
5.9.15	BIG EAST Championships	14.68m
4.15.16	Princeton Outdoor Invite	14.60m
3.26.16	Penn Challenge	14.11m
3.28.15	Danny Curran Invitational	13.99m
4.1.16	Colonial Relays (U)	13.83m
4.25.15	Delaware Classic	13.72m
4.11.15	Delaware Open	13.62m
5.11.14	BIG EAST Championships	13.61m
4.12.14	Delaware Open	13.29m
4.3.15	Colonial Relays	13.25m
3.22.14	Philadelphia College Classic	13.00m
4.4.14	Colonial Relays	12.99m
3.21.15	Philadelphia College Classic	12.87m
3.29.14	Danny Curran Invitational	12.25m
4.26.14	Delaware Classic	11.79m

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Zach Swenson
 Sophomore/Sophomore
 Sprints
 Boulder, Colo./Fairview

PERSONAL BESTS

400 Meters	49.6	High School
500 Meters	1:06.75	2.14.15
800 Meters	1:56.22	5.8.15
1000 Meters	2:37.66	12.6.14
Mile	4:18.99	2.6.16
5000 Meters	16:29	High School

CAREER OUTDOOR RESULTS

800 Meters

5.8.15	BIG EAST Championships (P)	1:56.22
4.18.15	Larry Ellis Invitational	1:56.79
3.21.15	Philadelphia College Classic	1:57.70
4.11.15	Delaware Open	1:59.52

Patrick Tiernan

Senior/Senior
 Cross Country/Distance
 Toowoomba, Australia/St. Joseph's College

PERSONAL BESTS

800 Meters	1:54.34	High School
1500 Meters	3:45.43	4.17.15
3000 Meters	7:48.55	2.12.16
5000 Meters	13:25.78	5.1.16
10000 Meters (Road)	30:34	High School

CAREER OUTDOOR AWARDS

All-American (1st Tm)	2014	5000 Meters
All-American (2nd Tm)	2015	5000 Meters
Penn Relays Champion	2015	4xMile Relay
BIG EAST Champion	2014	5000 Meters
BIG EAST Champion	2015	5000 Meters
All-BIG EAST	2014	5000 Meters
All-BIG EAST	2015	5000 Meters

CAREER OUTDOOR RESULTS

1500 Meters

4.17.15	Larry Ellis Invitational (E)	3:45.43
4.18.14	Larry Ellis Invitational (E)	3:46.27

5000 Meters

5.1.16	Payton Jordan Invitational (S1)	13:25.78
6.13.14	NCAA Championships (F)	13:31.25
5.30.15	NCAA East Preliminary (S)	13:54.00
6.12.15	NCAA Championships (F)	13:55.81
5.11.14	BIG EAST Championships	13:56.01
4.3.15	Colonial Relays (S)	13:59.33
5.31.14	NCAA East Preliminary (S)	14:14.57
5.9.15	BIG EAST Championships	14:36.85

4xMile Relay

4.25.15	Penn Relays (3)	16:18.07
4.26.14	Penn Relays (3)	16:19.98

Distance Medley Relay

4.5.14	Colonial Relays (1600)	9:50.37
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Daniel Timko
 Freshman/Freshman
 Throws
 Shillington, Pa./Governor Mifflin

PERSONAL BESTS

Shot Put	16.01m	High School
Weight Throw	11.10m	12.5.15
Discus	43.20m	High School

CAREER OUTDOOR RESULTS

Shot Put

4.9.16	Sam Howell Invitational	12.69m
4.1.16	Colonial Relays (U)	12.31m
4.30.16	Lions Invitational	12.26m
3.26.16	Penn Challenge	11.69m

Discus

3.26.16	Penn Challenge	34.60m
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Tom Trainer

Graduate Student/Senior
 Cross Country/Distance
 Havertown, Pa./La Salle College

PERSONAL BESTS

1500 Meters	3:57.77	5.13.13
Mile	4:14.48	2.14.15
3000 Meters	8:25.84	2.2.13
5000 Meters	14:33.16	1.18.13

CAREER OUTDOOR RESULTS

1500 Meters

5.13.13	Swarthmore Last Chance Meet	3:57.77
3.29.14	Danny Curran Invitational	3:59.03
3.31.12	Danny Curran Invitational (UN)	3:59.46
4.19.14	Widener Invitational	4:02.54
4.5.13	Colonial Relays	4:03.07

5000 Meters

4.20.12	Larry Ellis Invitational (UN)	14:40.04
4.24.14	Penn Relays (CH)	14:40.82
4.4.14	Colonial Relays (S)	14:46.62
4.19.13	Widener Invitational	14:47.31
4.22.16	Larry Ellis Invitational	14:53.66
4.1.16	Colonial Relays (CH)	14:58.89
5.11.14	BIG EAST Championships	15:00.95
5.9.15	BIG EAST Championships	15:22.13
5.5.13	BIG EAST Championships	15:23.83

Donald Urschel
 Senior/Senior
 Sprints
 East Brunswick, N.J./East Brunswick

PERSONAL BESTS

55 Meter Hurdles	6.56	High School
60 Meters	6.94	2.27.16
100 Meters	10.78	High School
200 Meters	21.95	2.27.16
300 Meters	35.44	12.6.14
400 Meters	48.33	High School

CAREER OUTDOOR AWARDS

BIG EAST Champion	2014	4x400 Meter Relay
All-BIG EAST	2014	4x100 Meter Relay
All-BIG EAST	2015	4x100 Meter Relay
All-BIG EAST	2013	4x400 Meter Relay
All-BIG EAST	2014	4x400 Meter Relay

CAREER OUTDOOR RESULTS

100 Meters

4.23.16	Larry Ellis Invitational	10.95
4.1.16	Colonial Relays (P)	11.07
5.2.15	Princeton Open	11.21
5.9.15	BIG EAST Championships (F)	11.22
5.8.15	BIG EAST Championships (P)	11.26
4.3.15	Colonial Relays (P)	11.29
4.11.15	Hurricane Alumni Invitational	11.29

200 Meters

4.23.16	Larry Ellis Invitational	22.06
4.9.16	Hurricane Alumni Invitational	22.08
5.9.15	BIG EAST Championships	22.28
4.1.16	Colonial Relays	22.28
5.2.15	Princeton Open	22.29
4.5.13	Colonial Relays	22.43
4.3.15	Colonial Relays	22.67
4.4.14	Colonial Relays	22.90

400 Meters

4.13.13	Hurricane Alumni Invitational	48.53
5.11.14	BIG EAST Championships (F)	48.73
3.26.16	Penn Challenge	48.79
5.10.14	BIG EAST Championships (P)	48.99
4.4.14	Colonial Relays	49.57
4.5.13	Colonial Relays	49.60
4.18.15	Larry Ellis Invitational	49.61
5.4.13	BIG EAST Championships (P)	50.71

4x100 Meter Relay

3.26.16	Penn Challenge (3)	41.62
4.9.16	Hurricane Alumni Invitational (3)	41.96
5.9.15	BIG EAST Championships (2)	42.25
5.11.14	BIG EAST Championships (1)	42.64

4x400 Meter Relay

4.13.13	Hurricane Alumni Invitational (4)	3:12.03
5.11.14	BIG EAST Championships (1)	3:12.17
4.27.13	Penn Relays (4) (IC4A)	3:12.38
5.5.13	BIG EAST Championships (4)	3:12.77
4.9.16	Hurricane Alumni Invitational (3)	3:13.31
4.26.13	Penn Relays (3) (P)	3:13.65
5.17.14	IC4A Championship (1) (P)	3:14.04
4.11.15	Hurricane Alumni Invitational (1)	3:14.95
4.25.14	Penn Relays (2) (P)	3:16.11
4.6.13	Colonial Relays (1)	3:17.58
4.24.15	Penn Relays (2) (P)	3:19.33

Sprint Medley Relay

4.2.16	Colonial Relays (200-1)	3:22.73
4.29.16	Penn Relays (200-1)	3:24.31

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Louis Vazquez
 Freshman/Freshman
 Cross Country/Distance
 Brooklyn, N.Y./Xavier

PERSONAL BEST

Mile 4:25.45 2.6.16

Harry Warnick
 Senior/Junior
 Cross Country/Distance
 Fairfield, Conn./Fairfield Warde

PERSONAL BESTS

800 Meters 1:55 High School
 1500 Meters 3:52.65 4.8.16
 Mile 4:03.05 2.12.16
 3000 Meters 8:08.60 1.31.15
 5000 Meters 14:22.65 4.18.14

CAREER OUTDOOR RESULTS

1500 Meters

4.8.16 Sam Howell Invitational (I) 3:52.65
 4.3.15 Colonial Relays (S) 3:54.17
 4.4.14 Colonial Relays (S) 3:54.61
 4.23.13 *Haverford Tri-Meet (UN)* 3:55.47
 5.13.13 *Swarthmore Last Chance Meet (UN)* 3:56.40
 4.13.13 *Delaware Open (UN)* 4:00.67

5000 Meters

4.18.14 Larry Ellis Invitational 14:22.65
 5.17.14 IC4A Championship 14:31.13
 4.28.16 Penn Relays (CH) 14:33.56
 4.22.16 Larry Ellis Invitational 14:41.60
 5.11.14 BIG EAST Championships 14:56.11
 4.19.13 *Widener Invitational (UN)* 14:57.49

Distance Medley Relay

4.5.14 Colonial Relays (1200) 9:52.72
 4.4.15 Colonial Relays (1200) 9:58.05

Logan Wetzel
 Freshman/Freshman
 Cross Country/Distance
 Saline, Mich./Saline

PERSONAL BESTS

400 Meters (relay) 49.50 High School
 800 Meters 1:52.31 High School
 1500 Meters 3:46.49 High School
 Mile 4:02.16 2.12.16

Grant Wiggins
 Sophomore/Freshman
 Cross Country/Distance
 Virginia Beach, Va./Norfolk Academy

PERSONAL BESTS

400 Meters (Relay) 50.7 High School
 800 Meters 1:57 High School
 1000 Meters 2:35 High School
 1500 Meters 4:02 High School
 Mile 4:19 High School

CAREER OUTDOOR RESULTS

1500 Meters

4.23.16 Widener Invitational 4:06.88
 4.1.16 Colonial Relays (CH) 4:07.51
 4.8.16 Sam Howell Invitational (I) 4:10.63

Jordy Williamsz
 Senior/Senior
 Cross Country/Distance
 Melbourne, Australia/Haileybury College

PERSONAL BESTS

800 Meters 1:47.34 High School
 1500 Meters 3:36.74 5.14.12
 1600 Meters (DMR) 3:55.46 3.13.15
 Mile 3:56.84 2.15.14
 3000 Meters 7:59.00 1.30.16

CAREER OUTDOOR AWARDS

All-American (1st Tm) 2014 1500 Meters
 All-American (1st Tm) 2015 1500 Meters
 Penn Relays Champion 2014 4x800 Meter Relay
 Penn Relays Champion 2015 4xMile Relay
 BIG EAST Champion 2014 1500 Meters
 BIG EAST Champion 2015 1500 Meters
 All-BIG EAST 2013 1500 Meters
 All-BIG EAST 2014 1500 Meters
 All-BIG EAST 2015 1500 Meters

CAREER OUTDOOR RESULTS

800 Meters

6.8.13 New Jersey International Invitational 1:49.93

1500 Meters

4.17.15 Larry Ellis Invitational (E) 3:39.43
 6.14.14 NCAA Championships (F) 3:40.25
 6.12.14 NCAA Championships (S) 3:41.23
 6.10.15 NCAA Championships (S) 3:41.42
 4.18.14 Larry Ellis Invitational (E) 3:43.01
 4.19.13 Larry Ellis Invitational (E) 3:44.43
 5.29.15 NCAA East Preliminary (Q) 3:45.23
 5.31.14 NCAA East Preliminary (Q) 3:45.90
 5.11.14 BIG EAST Championships 3:47.16
 5.5.13 BIG EAST Championships (F) 3:47.83
 5.23.13 NCAA East Preliminary (I) 3:47.95
 5.25.13 NCAA East Preliminary (Q) 3:48.15
 5.9.15 BIG EAST Championships 3:48.46
 5.29.14 NCAA East Preliminary (I) 3:49.31
 5.28.15 NCAA East Preliminary (I) 3:50.10
 5.4.13 BIG EAST Championships (P) 3:53.57
 6.12.15 NCAA Championships (F) 3:55.36

4x800 Meter Relay

4.26.14 Penn Relays (3) 7:16.58
 4.27.13 Penn Relays (2) 7:17.37
 4.25.15 Penn Relays (3) 7:18.84

Distance Medley Relay

4.26.13 Penn Relays (1600) 9:26.80
 4.25.14 Penn Relays (1600) 9:28.93
 4.24.15 Penn Relays (1600) 9:34.36
 4.29.16 Penn Relays (1600) 9:39.10
 4.5.14 Colonial Relays (800) 9:52.72
 4.6.13 Colonial Relays (800) 9:56.02
 4.4.15 Colonial Relays (1600) 9:58.05

4xMile Relay

4.25.15 Penn Relays (4) 16:18.07
 4.27.13 Penn Relays (2) 16:18.53
 4.26.14 Penn Relays (4) 16:19.98

Villanova Men's Track & Field

Career Outdoor Profiles For Current Student-Athletes

Colin Winslow

Freshman/Freshman

Sprints

Parlin, N.J./Sayreville War Memorial

PERSONAL BESTS

100 Meters	10.88	High School
200 Meters	21.79	High School
400 Meters	47.69	High School

CAREER OUTDOOR RESULTS

200 Meters

3.26.16	Penn Challenge	22.73
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400 Meters

4.23.16	Larry Ellis Invitational	48.78
4.16.16	Princeton Outdoor Invite	49.36

4x100 Meter Relay

3.26.16	Penn Challenge (4)	41.62
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4x400 Meter Relay

4.16.16	Princeton Outdoor Invite (1)	3:22.30
4.23.16	Larry Ellis Invitational (1)	3:22.61

Peter Winslow

Junior/Junior

Sprints

Stratham, N.H./Exeter

PERSONAL BESTS

400 Meters	52.40	High School
400 Meter Hurdles	56.82	4.18.15
500 Meters	1:04.82	2.14.15
800 Meters	1:57.41	High School
1000 Meters	2:31.55	12.7.13
High Jump	1.83m	High School
Long Jump	6.09m	High School

CAREER OUTDOOR RESULTS

400 Meter Hurdles

4.18.15	Larry Ellis Invitational	56.82
5.9.15	BIG EAST Championships	56.84
4.16.16	Princeton Outdoor Invite	57.54
4.19.14	Larry Ellis Invitational	58.29
4.3.15	Colonial Relays	58.41
4.12.14	Delaware Open	58.75
4.1.16	Colonial Relays	59.17
4.4.14	Colonial Relays	59.24
3.26.16	Penn Challenge	59.32
5.11.14	BIG EAST Championships	59.79
4.11.15	Delaware Open	59.83
3.22.14	Philadelphia College Classic	1:00.36

4x400 Meter Relay

4.16.16	Princeton Outdoor Invite (3)	3:22.30
4.23.16	Larry Ellis Invitational (2)	3:22.61



Villanova Men's Outdoor Track & Field

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BIG EAST OUTDOOR CHAMPIONSHIPS: TEAM HISTORY

ALL-TIME TEAM RESULTS

<u>Year</u>	<u>Site</u>	<u>Champion</u>	<u>Villanova Finish</u>
1980	Jamaica, N.Y.	St. John's	N/A
1981	Villanova, Pa.	Villanova	1st
1982	Villanova, Pa.	Connecticut	3rd
1983	Villanova, Pa.	Villanova	1st
1984	Villanova, Pa.	Villanova	1st
1985	Villanova, Pa.	Villanova	1st
1986	Villanova, Pa.	Villanova	1st
1987	Villanova, Pa.	St. John's	3rd
1988	Villanova, Pa.	Georgetown	4th
1989	Villanova, Pa.	Pittsburgh	4th
1990	Villanova, Pa.	Georgetown	5th
1991	Villanova, Pa.	Georgetown	7th
1992	Villanova, Pa.	Georgetown	7th
1993	Villanova, Pa.	Georgetown	3rd
1994	Villanova, Pa.	Pittsburgh	7th
1995	Villanova, Pa.	Georgetown	3rd
1996	Villanova, Pa.	Georgetown	8th
1997	Villanova, Pa.	Georgetown	3rd
1998	Villanova, Pa.	Georgetown	6th
1999	Villanova, Pa.	Georgetown	8th
2000	Piscataway, N.J.	Notre Dame	9th
2001	Piscataway, N.J.	Georgetown	2nd
2002	Storrs, Conn.	Connecticut	6th (tie)
2003	Storrs, Conn.	Notre Dame	7th
2004	Piscataway, N.J.	Notre Dame	7th
2005	Piscataway, N.J.	Rutgers	4th
2006	Storrs, Conn.	Notre Dame	4th
2007	Storrs, Conn.	Louisville	1st
2008	Villanova, Pa.	Notre Dame	8th
2009	Villanova, Pa.	Notre Dame	8th
2010	Cincinnati, Ohio	Notre Dame	9th
2011	Villanova, Pa.	Connecticut	7th
2012	Tampa, Fla.	Notre Dame	6th
2013	Piscataway, N.J.	Connecticut	9th
2014	Villanova, Pa.	Villanova	1st
2015	Villanova, Pa.	Villanova	1st

ALL-TIME TEAM CHAMPIONSHIPS

Georgetown.....	11
Notre Dame.....	8
Villanova.....	7
Connecticut.....	4
Pittsburgh.....	2
St. John's.....	2
Louisville.....	1
Rutgers.....	1

VILLANOVA SUPERLATIVES

Outstanding Track Performer (awarded since 1993)

1998	Kareem Archer
2007	Elvis Lewis

Outstanding Field Performer (awarded since 1993)

2015	Elbert Maxwell
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Outstanding Performer (awarded 1980-1992)

1981	Brian Dalatri
1983	Carlton Young
1989	Paul Rowbotham
1990	Mark Rainey

Outstanding Performance (awarded 1981-1992)

1984	John Marshall
1989	Mark Rainey

Championship Records

400 Meter Hurdles	Kareem Archer	49.43	1998
1500 Meters	Gerry O'Reilly	3:40.62	1987
4x400 Meter Relay	Villanova Martin Booker Tony Valentine Charles Jenkins, Jr. Edwin Modibedi	3:06.57	1985
4x800 Meter Relay	Villanova Mark Sullivan Howard Jackson Sean O'Neill Bruce Harris	7:23.40	1987

ALL-TIME INDIVIDUAL EVENT AND RELAY TITLES

Villanova.....	116
Georgetown.....	104
Connecticut.....	78
Seton Hall.....	69
Notre Dame.....	59
Syracuse.....	55
Pittsburgh.....	50
St. John's.....	36
Rutgers.....	34
Miami.....	30
Louisville.....	27
Providence.....	23
DePaul.....	17
Cincinnati.....	14
Boston College.....	13
USF.....	13
West Virginia.....	12
Marquette.....	9
Virginia Tech.....	8



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BIG EAST CHAMPIONS

INDIVIDUAL BIG EAST CHAMPIONS

<u>Year</u>	<u>Name</u>	<u>Event</u>	<u>Time</u>
1981	Brian Dalatri	Shot Put	17.01m
1981	Brian Dalatri	Discus	48.28m
1981	John Hunter	1500 Meters	3:45.15
1981	Joe Mitrovich	Javelin	69.44m
1981	Mike Morris	Pole Vault	4.35m
1981	Rodney Wilson	110 Meter Hurdles	14.08
1981	Villanova	4x100 Meter Relay	40.74
	<i>Rodney Wilson, Jim Adams, Willie Sydnor, Carlton Young</i>		
1982	Rodney Wilson	110 Meter Hurdles	13.87
1982	Carlton Young	200 Meters	20.68
1982	Villanova	4x100 Meter Relay	40.88
	<i>Rodney Wilson, Jim Adams, Craig Morris, Carlton Young</i>		
1982	Villanova	4x400 Meter Relay	3:09.1
	<i>Craig Morris, Jim Adams, Carlton Young, John Marshall</i>		
1983	Martin Booker	400 Meter Hurdles	51.79
1983	Russell Palmer	Hammer	52.96m
1983	Rodney Wilson	110 Meter Hurdles	13.89
1983	Carlton Young	400 Meters	45.97
1983	Villanova	4x100 Meter Relay	40.88
	<i>Rodney Wilson, Charles Jenkins, Jr., Martin Booker, Carlton Young</i>		
1983	Villanova	4x400 Meter Relay	3:11.1
	<i>Charles Jenkins, Jr., Martin Booker, John Marshall, Carlton Young</i>		
1983	Villanova	4x800 Meter Relay	7:32.33
	<i>Peter Carroll, J.J. Clarke, Marcus O'Sullivan, Michael England</i>		
1984	Martin Booker	110 Meter Hurdles	13.92
1984	John Marshall	800 Meters	1:47.53
1984	Marcus O'Sullivan	5000 Meters	13:55.24
1984	Tony Valentine	400 Meter Hurdles	50.84
1984	Villanova	4x400 Meter Relay	3:08.3
	<i>Martin Booker, Charles Jenkins, Jr., Jim Adams, Tony Valentine</i>		
1984	Villanova	4x800 Meter Relay	7:27.26
	<i>Kevin Davis, Sean O'Neill, John Borgese, John Marshall</i>		
1985	Martin Booker	110 Meter Hurdles	14.04
1985	John Keyworth	5000 Meters	14:43.0
1985	Bob Lutkewitte	Javelin	66.24m
1985	John Marshall	800 Meters	1:47.41
1985	Edwin Modibedi	400 Meters	45.53
1985	Tony Valentine	400 Meter Hurdles	50.63
1985	Villanova	4x400 Meter Relay	3:06.57
	<i>Martin Booker, Tony Valentine, Charles Jenkins, Jr., Edwin Modibedi</i>		
1986	Martin Booker	110 Meter Hurdles	13.87
1986	John Keyworth	1500 Meters	3:43.42
1986	Edwin Modibedi	400 Meters	46.15
1986	Gerry O'Reilly	5000 Meters	14:28.4
1986	Tony Valentine	400 Meter Hurdles	50.73
1986	Villanova	4x400 Meter Relay	3:08.64
	<i>Martin Booker, Tony Valentine, Edwin Modibedi, Charles Jenkins, Jr.</i>		
1987	Gerry O'Reilly	1500 Meters	3:40.62
1987	Mark Rainey	Long Jump	7.40m
1987	Villanova	4x800 Meter Relay	7:23.40
	<i>Mark Sullivan, Howard Jackson, Sean O'Neill, Bruce Harris</i>		

INDIVIDUAL BIG EAST CHAMPIONS

<u>Year</u>	<u>Name</u>	<u>Event</u>	<u>Time</u>
1988	Mark Rainey	400 Meters	47.17
1988	Villanova	4x800 Meter Relay	7:26.26
	<i>Jan Friedli, Mike Seeger, Finn Kelly, Mark Sullivan</i>		
1989	Salaam Gariba	100 Meters	10.44
1989	Mark Rainey	400 Meters	46.97
1989	Mark Rainey	Long Jump	7.44m
1989	Paul Rowbotham	800 Meters	1:48.23
1989	Villanova	4x800 Meter Relay	7:30.00
	<i>Aidan O'Regan, Mike Seeger, Bruce Harris, Paul Rowbotham</i>		
1990	Gene Mitchell	3000 Meter Steeplechase	9:24.28
1990	Mark Rainey	400 Meters	47.40
1990	Mark Rainey	Long Jump	7.81m
1990	Villanova	4x800 Meter Relay	7:30.15
	<i>Finn Kelly, Aidan O'Regan, Brad Sumner, Mike Seeger</i>		
1991	David Cook	High Jump	2.09m
1991	Salaam Gariba	100 Meters	10.42
1991	Salaam Gariba	200 Meters	20.96
1992	Brad Sumner	800 Meters	1:51.29
1993	Terrence Mahon	10000 Meters	29:45.38
1993	Louie Quintana	5000 Meters	13:53.62
1993	Brad Sumner	1500 Meters	3:42.88
1994	Steve Blais	High Jump	2.06m
1994	David Cook	Javelin	60.65m
1995	David Cook	Javelin	60.04m
1995	Villanova	4x800 Meter Relay	7:39.35
	<i>David Seung, Kyle Watson, Ken Nason, Kevin Christiani</i>		
1996	Kareem Archer	400 Meter Hurdles	50.93
1997	Kareem Archer	400 Meter Hurdles	51.24
1997	Jermaine Deans	Triple Jump	15.58m
1997	Stephen Howard	1500 Meters	3:52.31
1997	Stephen Howard	5000 Meters	14:21.25
1998	Kareem Archer	400 Meter Hurdles	49.43
1998	Jermaine Deans	Long Jump	7.87m
1998	Villanova	4x400 Meter Relay	3:08.85
	<i>Shaun Stanton, Maulan Byron, Mike Brown, Kareem Archer</i>		
2000	Mike Brown	400 Meter Hurdles	51.03
2000	Barry Flicker	Javelin	63.58m
2001	Adrian Blincoe	1500 Meters	3:48.49
2001	Barry Flicker	Javelin	65.40m
2001	Villanova	4x800 Meter Relay	7:31.33
	<i>Brian Anderson, Jason Jabaut, Adrian Blincoe, Ryan Hayden</i>		
2002	Ryan Hayden	800 Meters	1:50.47
2002	Nic O'Brien	400 Meter Hurdles	50.58
2002	Tom Parlapiano	1500 Meters	3:45.41



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INDIVIDUAL BIG EAST CHAMPIONS

<u>Year</u>	<u>Name</u>	<u>Event</u>	<u>Time</u>
2003	Carlos Bedoya	200 Meters	21.01
2003	Nic O'Brien	400 Meter Hurdles	49.90
2003	Tom Parlapiano	1500 Meters	3:49.65
2004	Drew Eckman	400 Meter Hurdles	52.40
2004	Tom Parlapiano	5000 Meters	14:12.89
2005	Drew Eckman	400 Meter Hurdles	52.38
2005	Ryan Hayden	800 Meters	1:52.4
2006	Drew Eckman	400 Meter Hurdles	51.00
2006	Andrew Keino	3000 Meter Steeplechase	9:00.40
2006	Elvis Lewis	400 Meters	46.76
2006	Robert McDade	Shot Put	17.15m
2006	Robert McDade	Discus	51.27m
2006	Villanova	4x400 Meter Relay	3:09.64
	<i>Elvis Lewis, John Wilsman, Carl Hansen, Drew Eckman</i>		
2007	Bobby Curtis	5000 Meters	14:17.02
2007	Elvis Lewis	400 Meters	45.82
2007	Villanova	4x800 Meter Relay	7:29.54
	<i>Kevin Sives, Michael Kerrigan, Dan Tully, Sean Tully</i>		
2008	Bobby Curtis	5000 Meters	14:23.47
2008	Marco Radocaj	Javelin	68.31m
2009	Elvis Lewis	400 Meters	46.14
2009	Sean Tully	800 Meters	1:50.08
2009	Villanova	4x800 Meter Relay	7:25.85
	<i>Cody Harper, Carl Mackenzie, Jason Apwah, Dan Tully</i>		
2012	Samuel Ellison	800 Meters	1:50.99
2012	Sam McEntee	5000 Meters	14:19.75
2013	Samuel Ellison	800 Meters	1:49.90
2014	Elbert Maxwell	Long Jump	7.12m
2014	Aaron Sandifer	110 Meter Hurdles	15.19
2014	PJ Succi	Decathlon	5446 Points
2014	Patrick Tiernan	5000 Meters	13:56.01
2014	Jordy Williamsz	1500 Meters	3:47.16
2014	Villanova	4x400 Meter Relay	3:12.17
	<i>Donald Urschel, Ayomide Obadare, Bryan Murphy, Samuel Ellison</i>		
2015	Robert Cacace	Decathlon	5902 Points
2015	Kyle Cartwright	400 Meter Hurdles	53.30
2015	James Deutmeyer	Pole Vault	4.66m
2015	Robert Hurlbut	10000 Meters	29:58.12
2015	Elbert Maxwell	Long Jump	7.67m
2015	Elbert Maxwell	Triple Jump	14.34m
2015	Patrick Tiernan	5000 Meters	14:36.85
2015	Jordy Williamsz	1500 Meters	3:48.46

VILLANOVA SUPERLATIVES

Villanova BIG EAST Champions by Event

400 Meter Hurdles	13
5000 Meters	11
400 Meters	10
1500 Meters	10
4x800 Meter Relay	10
800 Meters	9
4x400 Meter Relay	8
110 Meter Hurdles	7
Javelin	7
Long Jump	6
200 Meters	3
4x100 Meter Relay	3
100 Meters	2
3000 Meter Steeplechase	2
10000 Meters	2
High Jump	2
Pole Vault	2
Triple Jump	2
Shot Put	2
Discus	2
Decathlon	2
Hammer	1

Villanova BIG EAST Champions by Year

2015	8
1981, 1983, 1985	7
1984, 1986, 2006, 2014	6
1989	5
1982, 1990, 1997	4
1987, 1991, 1993, 1998, 2001, 2002, 2003, 2007, 2009	3
1988, 1994, 1995, 2000, 2004, 2005, 2008, 2012	2
1992, 1996, 2013	1

Three Career Titles in the Same Event (not including relays)

Kareem Archer	400 Meter Hurdles	1996, 1997, 1998
Martin Booker	110 Meter Hurdles	1984, 1985, 1986
Drew Eckman	400 Meter Hurdles	2004, 2005, 2006
Elvis Lewis	400 Meters	2006, 2007, 2009
Mark Rainey	400 Meterse	1988, 1989, 1990
Mark Rainey	Long Jump	1987, 1989, 1990
Tony Valentine	400 Meter Hurdles	1984, 1985, 1986
Rodney Wilson	110 Meter Hurdles	1981, 1982, 1983

Two Career Titles in the Same Event (not including relays)

Dave Cook	Javelin	1994, 1995
Bobby Curtis	5000 Meters	2007, 2008
Samuel Ellison	800 Meters	2012, 2013
Barry Flicker	Javelin	2000, 2001
Salaam Gariba	100 Meters	1989, 1991
Ryan Hayden	800 Meters	2002, 2005
Nic O'Brien	400 Meter Hurdles	2002, 2003
John Marshall	800 Meters	1984, 1985
Elbert Maxwell	Long Jump	2014, 2015
Edwin Modibedi	400 Meters	1985, 1986
Tom Parlapiano	1500 Meters	2002, 2003
Patrick Tiernan	5000 Meters	2014, 2015
Jordy Williamsz	1500 Meters	2014, 2015



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VILLANOVA BIG EAST CHAMPIONS (Including Relays)

Martin Booker.....	9
Carlton Young.....	7
Mark Rainey.....	6
Tony Valentine.....	6
Rodney Wilson.....	6
Charles Jenkins, Jr.....	5
John Marshall.....	5
Jim Adams.....	4
Kareem Archer.....	4
Drew Eckman.....	4
Elvis Lewis.....	4
Edwin Modibedi.....	4
David Cook.....	3
Samuel Ellison.....	3
Salaam Gariba.....	3
Ryan Hayden.....	3
Elbert Maxwell.....	3
Tom Parlapano.....	3
Mike Seeger.....	3
Brad Sumner.....	3
Adrian Blincoe.....	2
Mike Brown.....	2
Bobby Curtis.....	2
Brian Dalatri.....	2
Jermaine Deans.....	2
Barry Flicker.....	2
Bruce Harris.....	2
Stephen Howard.....	2
Finn Kelly.....	2
John Keyworth.....	2
Robert McDade.....	2
Craig Morris.....	2
Nic O'Brien.....	2
Sean O'Neill.....	2
Aidan O'Regan.....	2
Gerry O'Reilly.....	2
Marcus O'Sullivan.....	2
Paul Rowbotham.....	2
Mark Sullivan.....	2
Patrick Tiernan.....	2
Dan Tully.....	2
Sean Tully.....	2
Jordy Williamsz.....	2

VILLANOVA BIG EAST CHAMPIONS (Including Relays)

Brian Anderson.....	1
Jason Apwah.....	1
Carlos Bedoya.....	1
Steve Blais.....	1
John Borgese.....	1
Maulan Byron.....	1
Robert Cacace.....	1
Peter Carroll.....	1
Kyle Cartwright.....	1
Kevin Christiani.....	1
J.J. Clarke.....	1
Kevin Davis.....	1
James Deutmeyer.....	1
Michael England.....	1
Jan Friedli.....	1
Carl Hansen.....	1
Cody Harper.....	1
John Hunter.....	1
Robert Hurlbut.....	1
Jason Jabaut.....	1
Howard Jackson.....	1
Kippy Keino.....	1
Michael Kerrigan.....	1
Bob Lutkewitte.....	1
Carl Mackenzie.....	1
Terrence Mahon.....	1
Sam McEntee.....	1
Gene Mitchell.....	1
Joe Mitrovich.....	1
Mike Morris.....	1
Bryan Murphy.....	1
Ken Nason.....	1
Ayomide Obadare.....	1
Russell Palmer.....	1
Louie Quintana.....	1
Marco Radocaj.....	1
Aaron Sandifer.....	1
David Seung.....	1
Kevin Sives.....	1
Shaun Stanton.....	1
PJ Succi.....	1
Willie Sydnor.....	1
Donald Urschel.....	1
Kyle Watson.....	1
John Wilsman.....	1



Villanova Men's Outdoor Track & Field

BIG EAST CHAMPIONSHIPS ~ GENEVA, OHIO

Friday-Saturday, May 13-14, 2016



ALL-BIG EAST PERFORMERS

VILLANOVA ALL-BIG EAST PERFORMERS

Year	Name	Event	Time	Place
1981	Rodney Wilson	110 Meter Hurdles	14.08	1st
1981	John Hunter	1500 Meters	3:45.15	1st
1981	Villanova	4x100 Meter Relay	40.74	1st
	<i>Rodney Wilson, Jim Adams, Willie Sydnor, Carlton Young</i>			
1981	Mike Morris	Pole Vault	4.35m	1st
1981	Brian Dalatri	Shot Put	17.01m	1st
1981	Brian Dalatri	Discus	48.28m	1st
1981	Joe Mitrovich	Javelin	69.44m	1st

* Full list of 1981 All-BIG EAST performers unavailable; missing potential second and third place Villanova finishers from each event

1982	Rodney Wilson	110 Meter Hurdles	13.87	1st
1982	Carlton Young	200 Meters	20.68	1st
1982	Jim Adams	400 Meters	47.25	3rd
1982	Craig Morris	400 Meter Hurdles	52.99	3rd
1982	John Borgese	800 Meters	1:49.77	2nd
1982	Ross Donoghue	1500 Meters	3:47.73	1st
1982	Marcus O'Sullivan	1500 Meters	3:47.76	2nd
1982	Brian O'Keefe	1500 Meters	3:49.03	3rd
1982	John Hunter	3000 Meter Steeplechase	9:03.6	3rd
1982	Villanova	4x100 Meter Relay	40.88	1st
	<i>Rodney Wilson, Jim Adams, Craig Morris, Carlton Young</i>			
1982	Villanova	4x400 Meter Relay	3:09.1	1st
	<i>Craig Morris, Jim Adams, Carlton Young, John Marshall</i>			
1982	Bill Van Sadars	Discus	43.20m	3rd
1983	Rodney Wilson	110 Meter Hurdles	13.89	1st
1983	Carlton Young	400 Meters	45.97	1st
1983	Martin Booker	400 Meter Hurdles	51.79	1st
1983	John Marshall	800 Meters	1:50.86	2nd
1983	Michael England	1500 Meters	3:43.47	2nd
1983	John Keyworth	1500 Meters	3:44.95	3rd
1983	Villanova	4x100 Meter Relay	40.88	1st
	<i>Rodney Wilson, Charles Jenkins, Jr., Martin Booker, Carlton Young</i>			
1983	Villanova	4x400 Meter Relay	3:11.1	1st
	<i>Charles Jenkins, Jr., Martin Booker, John Marshall, Carlton Young</i>			
1983	Villanova	4x800 Meter Relay	7:32.33	1st
	<i>Peter Carroll, J.J. Clarke, Marcus O'Sullivan, Michael England</i>			
1983	Arthur Azzari	Discus	42.60m	3rd
1983	Russell Palmer	Hammer	52.96m	1st
1983	Anthony Griggs	Javelin	64.30m	2nd
1984	Martin Booker	110 Meter Hurdles	13.92	1st
1984	Jim Adams	400 Meters	47.20	3rd
1984	Tony Valentine	400 Meter Hurdles	50.84	1st
1984	Martin Booker	400 Meter Hurdles	50.97	2nd
1984	John Marshall	800 Meters	1:47.53	1st
1984	John Borgese	800 Meters	1:48.62	2nd
1984	Sean O'Neill	800 Meters	1:48.74	3rd
1984	John Keyworth	1500 Meters	3:44.67	2nd
1984	Brian O'Keefe	1500 Meters	3:45.29	3rd
1984	Marcus O'Sullivan	5000 Meters	13:55.24	1st
1984	Anthony O'Reilly	10000 Meters	29:44.0	2nd
1984	Villanova	4x400 Meter Relay	3:08.3	1st
	<i>Martin Booker, Charles Jenkins, Jr., Jim Adams, Tony Valentine</i>			
1984	Villanova	4x800 Meter Relay	7:27.26	1st
	<i>Kevin Davis, Sean O'Neill, John Borgese, John Marshall</i>			

VILLANOVA ALL-BIG EAST PERFORMERS

Year	Name	Event	Time	Place
1985	Martin Booker	110 Meter Hurdles	14.04	1st
1985	Edwin Modibedi	400 Meters	45.53	1st
1985	Charles Jenkins, Jr.	400 Meters	46.67	3rd
1985	Tony Valentine	400 Meter Hurdles	50.63	1st
1985	Martin Booker	400 Meter Hurdles	50.82	2nd
1985	John Marshall	800 Meters	1:47.41	1st
1985	Gerry O'Reilly	1500 Meters	3:44.65	2nd
1985	John Keyworth	1500 Meters	3:47.42	3rd
1985	John Keyworth	5000 Meters	14:43.0	1st
1985	Gerry O'Reilly	5000 Meters	14:44.2	2nd
1985	Villanova	4x100 Meter Relay	41.94	3rd
	<i>Martin Booker, Charles Jenkins, Jr., Grant Davis, Tony Valentine</i>			
1985	Villanova	4x400 Meter Relay	3:06.57	1st
	<i>Martin Booker, Tony Valentine, Charles Jenkins, Jr., Edwin Modibedi</i>			
1985	Villanova	4x800 Meter relay	7:36.67	2nd
	<i>Mark Sullivan, J.J. Clark, Brian McCarthy, Sean O'Neill</i>			
1985	Bob Lutkewitte	Javelin	66.24m	1st
1986	Martin Booker	110 Meter Hurdles	13.87	1st
1986	Edwin Modibedi	400 Meters	46.15	1st
1986	Charles Jenkins, Jr.	400 Meters	47.20	3rd
1986	Tony Valentine	400 Meter Hurdles	50.73	1st
1986	Martin Booker	400 Meter Hurdles	51.29	3rd
1986	John Keyworth	1500 Meters	3:43.42	1st
1986	Gerry O'Reilly	1500 Meters	3:43.57	2nd
1986	Gerry O'Reilly	5000 Meters	14:28.4	1st
1986	John Keyworth	5000 Meters	14:28.7	2nd
1986	Villanova	4x400 Meter Relay	3:08.64	1st
	<i>Martin Booker, Tony Valentine, Edwin Modibedi, Charles Jenkins, Jr.</i>			
1986	Villanova	4x800 Meter Relay	7:32.61	3rd
	<i>Joe Manion, Joe Tufariello, Mark Sullivan, Bruce Harris</i>			
1986	Bob Lutkewitte	Shot Put	16.22m	2nd
1987	Edwin Modibedi	400 Meters	45.96	2nd
1987	Grant Davis	400 Meters	46.32	3rd
1987	Gerry O'Reilly	1500 Meters	3:40.62	1st
1987	Gerry O'Reilly	5000 Meters	14:22.75	2nd
1987	Villanova	4x100 Meter Relay	41.96	2nd
	<i>Grant Davis, Mark Rainey, Marc Jones, Jeremy Worrell</i>			
1987	Villanova	4x400 Meter Relay	3:08.61	3rd
	<i>Grant Davis, Mark Rainey, Marc Jones, Edwin Modibedi</i>			
1987	Villanova	4x800 Meter Relay	7:23.40	1st
	<i>Mark Sullivan, Howard Jackson, Sean O'Neill, Bruce Harris</i>			
1987	Mark Rainey	Long Jump	7.40m	1st
1987	Jeremy Worrell	Triple Jump	14.88m	3rd
1988	Mark Rainey	400 Meters	47.17	1st
1988	Villanova	4x800 Meter Relay	7:26.26	1st
	<i>Jan Friedli, Mike Seeger, Finn Kelly, Mark Sullivan</i>			

* Full list of 1988 All-BIG EAST performers unavailable; missing potential second and third place Villanova finishers from each event



Villanova Men's Outdoor Track & Field

BIG EAST CHAMPIONSHIPS ~ GENEVA, OHIO

Friday-Saturday, May 13-14, 2016



ALL-BIG EAST PERFORMERS

VILLANOVA ALL-BIG EAST PERFORMERS

Year	Name	Event	Time	Place
1989	Salaam Gariba	100 Meters	10.44	1st
1989	Mark Rainey	400 Meters	46.97	1st
1989	Paul Rowbotham	800 Meters	1:48.23	1st
1989	Quentin Howe	1500 Meters	3:52.31	3rd
1989	Villanova	4x100 Meter Relay	42.38	2nd
	<i>Mark Rainey, Darren Price, Jeremy Worrell, Salaam Gariba</i>			
1989	Villanova	4x400 Meter Relay	3:12.32	2nd
	<i>Darren Price, Howard Jackson, Salaam Gariba, Mark Rainey</i>			
1989	Villanova	4x800 Meter Relay	7:30.00	1st
	<i>Aidan O'Regan, Mike Seeger, Bruce Harris, Paul Rowbotham</i>			
1989	Darren Price	High Jump	203m	3rd
1989	Mark Rainey	Long Jump	7.44m	1st
1989	Jeremy Worrell	Long Jump	7.13m	3rd
1990	Mark Rainey	400 Meters	47.40	1st
1990	Mike Seeger	800 Meters	1:48.85	2nd
1990	Gene Mitchell	3000 Meter Steeplechase	9:24.28	1st
1990	Villanova	4x800 Meter Relay	7:30.15	1st
	<i>Finn Kelly, Aidan O'Regan, Brad Sumner, Mike Seeger</i>			
1990	Mark Rainey	Long Jump	7.81m	1st
1990	Jeremy Worrell	Long Jump	7.25m	3rd
1990	Jeremy Worrell	Triple Jump	14.68m	3rd
1991	Salaam Gariba	100 Meters	10.42	1st
1991	Salaam Gariba	200 Meters	20.96	1st
1991	Brad Sumner	800 Meters	1:49.38	3rd
1991	Finn Kelly	1500 Meters	3:47.10	3rd
1991	David Cook	High Jump	2.09m	1st
1992	Brad Sumner	800 Meters	1:51.29	1st
1992	Ken Nason	800 Meters		3rd
1992	Greg Mirecki	Discus	45.82m	2nd
* Some results for 1992 may be incomplete based on available results				
1993	Brad Sumner	1500 Meters	3:42.88	1st
1993	Louie Quintana	5000 Meters	13:53.62	1st
1993	Terrence Mahon	5000 Meters	14:24.11	2nd
1993	Terrence Mahon	10000 Meters	29:45.38	1st
1993	Villanova	4x800 Meter Relay	7:31.11	2nd
	<i>(Kyle Watson, David Seung, Kevin Christiani, Ken Nason)</i>			
1993	David Cook	High Jump	2.03m	2nd
1993	Greg Mirecki	Discus	44.66m	3rd
1993	David Cook	Javelin	56.88m	2nd
1994	J.R. McIlwain	400 Meters	48.12	2nd
1994	Mike Going	1500 Meters	3:52.78	2nd
1994	Villanova	4x400 Meter Relay	3:16.53	3rd
	<i>Andreas Von Scheele, Chuck Silvester, Kevin Christiani, J.R. McIlwain</i>			
1994	Steve Blais	High Jump	2.06m	1st
1994	David Cook	Javelin	60.65m	1st
1995	J.R. McIlwain	400 Meters	47.05	3rd
1995	Villanova	4x400 Meter Relay	3:14.97	2nd
	<i>Kareem Archer, Chuck Silvester, Andreas Von Scheele, J.R. McIlwain</i>			
1995	Villanova	4x800 Meter Relay	7:39.35	1st
	<i>David Seung, Kyle Watson, Ken Nason, Kevin Christiani</i>			
1995	Steve Blais	High Jump	2.10m	2nd
1995	David Cook	High Jump	2.06m	3rd
1995	Edward Diaz	Discus	45.39m	3rd
1995	David Cook	Javelin	60.04m	1st

VILLANOVA ALL-BIG EAST PERFORMERS

Year	Name	Event	Time	Place
1996	J.R. McIlwain	400 Meters	47.09	3rd
1996	Kareem Archer	400 Meter Hurdles	50.93	1st
1996	Villanova	4x400 Meter Relay	3:09.11	2nd
1997	Kareem Archer	110 Meter Hurdles	13.79	3rd
1997	Kareem Archer	400 Meter Hurdles	51.24	1st
1997	Stephen Howard	1500 Meters	3:52.31	1st
1997	Stephen Howard	5000 Meters	14:21.25	1st
1997	Jermaine Deans	Long Jump	7.34m	3rd
1997	Jermaine Deans	Triple Jump	15.58m	1st
1998	Kareem Archer	110 Meter Hurdles	13.74	2nd
1998	Kareem Archer	400 Meter Hurdles	49.43	1st
1998	Villanova	4x400 Meter Relay	3:08.85	1st
	<i>Shaun Stanton, Maulan Byron, Mike Brown, Kareem Archer</i>			
1998	Jermaine Deans	Long Jump	7.87m	1st
1998	Barry Flicker	Javelin	66.59m	2nd
1998	Steve Bienko	Shot Put	15.92m	3rd
1998	Steve Bienko	Discus	51.01m	3rd
1999	Mike Brown	400 Meter Hurdles	51.38	2nd
1999	Barry Flicker	Javelin	64.2m	2nd
2000	Antoine Johnson	110 Meter Hurdles	13.88	3rd
2000	Mike Brown	400 Meter Hurdles	51.03	1st
2000	Tom Parlapiano	1500 Meters	3:52.17	3rd
2000	Jermaine Deans	Triple Jump	15.36m	2nd
2000	Barry Flicker	Javelin	63.58m	1st
2001	Mike Brown	400 Meter Hurdles	52.60	2nd
2001	Adrian Blincoe	1500 Meters	3:48.49	1st
2001	Ryan Hayden	1500 Meters	3:48.90	2nd
2001	Jon Fasulo	5000 Meters	14:20.41	3rd
2001	Villanova	4x800 Meter Relay	7:31.33	1st
	<i>Brian Anderson, Jason Jabaut, Adrian Blincoe, Ryan Hayden</i>			
2001	Antoine Johnson	Long Jump	7.39m	3rd
2001	Antoine Johnson	Triple Jump	15.12m	2nd
2001	Mark Blattner	Shot Put	16.26m	3rd
2001	Barry Flicker	Javelin	65.40m	1st
2002	Carlos Bedoya	200 Meters	21.15	2nd
2002	Nic O'Brien	400 Meter Hurdles	50.58	1st
2002	Ryan Hayden	800 Meters	1:50.47	1st
2002	Jason Jabaut	800 Meters	1:50.70	3rd
2002	Tom Parlapiano	1500 Meters	3:45.41	1st
2003	Carlos Bedoya	200 Meters	21.01	1st
2003	Nic O'Brien	400 Meter Hurdles	49.90	1st
2003	Tom Parlapiano	1500 Meters	3:49.65	1st
2003	Jon Fasulo	5000 Meters	14:17.80	2nd
2003	Villanova	4x400 Meter Relay	3:11.81	3rd
	<i>Carlos Bedoya, Dan Marzluff, Nic O'Brien, Paul Moser</i>			
2004	Drew Eckman	400 Meter Hurdles	52.40	1st
2004	Tom Parlapiano	5000 Meters	14:12.89	1st
2004	Robert McDade	Discus	48.31m	3rd



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ALL-BIG EAST PERFORMERS

VILLANOVA ALL-BIG EAST PERFORMERS

Year	Name	Event	Time	Place
2005	Drew Eckman	400 Meter Hurdles	52.38	1st
2005	Ryan Hayden	800 Meters	1:52.54	1st
2005	Villanova	4x100 Meter Relay	41.74	2nd
	<i>Francisco Aguirre, Carlos Bedoya, Carl Hansen, Kevin Okolie</i>			
2005	Villanova	4x400 Meter Relay	3:13.11	2nd
	<i>Francisco Aguirre, Carl Hansen, John Wilsman, Drew Eckman</i>			
2005	Villanova	4x800 Meter Relay	7:35.04	2nd
	<i>Sam Carella, Andrew Keino, Ryan Hayden, Mark Korich</i>			
2005	Robert McDade	Shot Put	16.45m	3rd
2005	Robert McDade	Hammer	53.02m	2nd
2006	Kevin Okolie	100 Meters	10.69	3rd
2006	Elvis Lewis	400 Meters	46.76	1st
2006	Drew Eckman	400 Meter Hurdles	51.00	1st
2006	Bobby Curtis	1500 Meters	3:46.94	2nd
2006	Andrew Keino	3000 Meter Steeplechase	9:00.40	1st
2006	Villanova	4x400 Meter Relay	3:09.64	1st
	<i>Elvis Lewis, John Wilsman, Carl Hansen, Drew Eckman</i>			
2006	Villanova	4x800 Meter Relay	7:27.41	3rd
2006	Robert McDade	Shot Put	17.15m	1st
2006	Robert McDade	Discus	57.21m	1st
2007	Elvis Lewis	400 Meters	45.82	1st
2007	Sean Tully	800 Meters	1:52.25	3rd
2007	Bobby Curtis	5000 Meters	14:17.02	1st
2007	Villanova	4x400 Meter Relay	3:12.01	3rd
	<i>Drew Eckman, John Morse, John Wilsman, Elvis Lewis</i>			
2007	Villanova	4x800 Meter Relay	7:29.54	1st
	<i>Kevin Sives, Michael Kerrigan, Dan Tully, Sean Tully</i>			
2007	Robert McDade	Discus	52.49m	3rd
2008	Elvis Lewis	400 Meters	46.33	2nd
2008	Patrick Gazzini	400 Meter Hurdles	51.58	2nd
2008	Bobby Curtis	5000 Meters	14:23.47	1st
2008	Villanova	4x800 Meter Relay	7:28.82	3rd
	<i>Sean Tully, Jason Apwah, Michael Kerrigan, Mark Korich</i>			
2008	Marco Radocaj	Javelin	68.31m	1st
2009	Elvis Lewis	400 Meters	46.14	1st
2009	Sean Tully	800 Meters	1:50.08	1st
2009	Villanova	4x800 Meter Relay	7:25.85	1st
	<i>Cody Harper, Carl Mackenzie, Jason Apwah, Dan Tully</i>			
2010	Carl Mackenzie	1500 Meters	3:57.43	2nd
2010	Dan Lewis	3000 Meter Steeplechase	8:48.28	2nd
2010	Villanova	4x800 Meter Relay	7:28.65	3rd
	<i>Cody Harper, Matthew Wikler, Carl Mackenzie, Jason Apwah</i>			
2010	Robert Sainvil	Triple Jump	15.23m	3rd
2011	Matthew Gibney	800 Meters	1:48.66	3rd
2011	Mathew Mildenhall	5000 Meters	14:17.68	3rd
2011	Keith Capecci	10000 Meters	29:41.65	2nd
2011	Villanova	4x400 Meter Relay	3:09.89	2nd
	<i>Nicoy Hines, Carlton Bowers, Christopher Kearney, Samuel Ellison</i>			
2011	Villanova	4x800 Meter Relay	7:29.72	3rd
	<i>Brian Tetreault, Matthew Wikler, Carl Mackenzie, Matthew Gibney</i>			

VILLANOVA ALL-BIG EAST PERFORMERS

Year	Name	Event	Time	Place
2012	Samuel Ellison	800 Meters	1:50.99	1st
2012	Chris FitzSimons	800 Meters	1:51.24	2nd
2012	Sam McEntee	5000 Meters	14:19.75	1st
2012	Matthew Sidney	High Jump	2.07m	3rd
2012	Frank Anuszewski	Hammer	56.88m	2nd
2013	Samuel Ellison	800 Meters	1:49.90	1st
2013	Jordy Williamsz	1500 Meters	3:47.83	2nd
2013	Rob Denault	1500 Meters	3:48.53	3rd
2013	Villanova	4x400 Meter Relay	3:12.77	3rd
	<i>Alex Reber, Samuel Ellison, Bryan Murphy, Donald Urschel</i>			
2014	Aaron Sandifer	110 Meter Hurdles	15.19	1st
2014	PJ Succi	110 Meter Hurdles	17.19	3rd
2014	Bryan Murphy	400 Meters	47.85	3rd
2014	Joseph Messick	400 Meter Hurdles	54.92	2nd
2014	Kyle Cartwright	400 Meter Hurdles	55.20	3rd
2014	Samuel Ellison	800 Meters	1:49.18	2nd
2014	Jordy Williamsz	1500 Meters	3:47.16	1st
2014	Rob Denault	1500 Meters	3:47.65	2nd
2014	Patrick Tiernan	5000 Meters	13:56.01	1st
2014	Sam McEntee	5000 Meters	14:22.13	2nd
2014	Villanova	4x100 Meter Relay	42.64	2nd
	<i>Donald Urschel, Vince Thompson, Bryan Murphy, Aaron Sandifer</i>			
2014	Villanova	4x400 Meter Relay	3:12.17	1st
	<i>Donald Urschel, Ayomide Obadare, Bryan Murphy, Samuel Ellison</i>			
2014	Villanova	4x800 Meter Relay	7:34.83	2nd
	<i>Charlie Bates, Rob Denault, Chris O'Sullivan, Josh Lampron</i>			
2014	Elbert Maxwell	High Jump	2.04m	3rd
2014	Kolby Koeck	Pole Vault	4.60m	2nd
2014	Chris Dougherty	Pole Vault	4.45m	tie-3rd
2014	Elbert Maxwell	Long Jump	7.12m	1st
2014	Chris Glennie	Javelin	57.59m	2nd
2014	Sean Locke	Javelin	56.38m	3rd
2014	PJ Succi	Decathlon	5446	1st
2015	Aaron Sandifer	110 Meter Hurdles	15.62	2nd
2015	Bryan Murphy	400 Meters	47.91	2nd
2015	Ishmael Muhammad	400 Meters	48.14	3rd
2015	Kyle Cartwright	400 Meter Hurdles	53.30	1st
2015	Cory Serfoss	400 Meter Hurdles	53.59	2nd
2015	Dusty Solis	800 Meters	1:50.05	3rd
2015	Jordy Williamsz	1500 Meters	3:48.46	1st
2015	Rob Denault	1500 Meters	3:49.12	3rd
2015	Patrick Tiernan	5000 Meters	14:36.85	1st
2015	Sam McEntee	5000 Meters	14:39.49	2nd
2015	Robert Hurlbut	10000 Meters	29:58.12	1st
2015	Villanova	4x100 Meter Relay	42.25	2nd
	<i>Bryan Murphy, Donald Urschel, Kyle Cartwright, Aaron Sandifer</i>			
2015	Villanova	4x800 Meter Relay	7:34.52	3rd
	<i>Charlie Bates, Rob Denault, Ben Malone, Josh Lampron</i>			
2015	Elbert Maxwell	High Jump	2.06m	2nd
2015	James Deutmeyer	Pole Vault	4.66m	1st
2015	Elbert Maxwell	Long Jump	7.67m	1st
2015	Elbert Maxwell	Triple Jump	14.34m	1st
2015	Sean Locke	Javelin	59.94m	2nd
2015	Chris Glennie	Javelin	59.59m	3rd
2015	Robert Cacace	Decathlon	5902	1st