

IC4A CHAMPIONS

60 Yards (5)

Indoor	Name	Time
1958	Ed Collymore	6.2
1959	Ed Collymore	6.2
1960	Frank Budd	6.2
1961	Frank Budd	6.1
1962	Frank Budd	6.0

55 Meter Hurdles (3)

Indoor	Name	Time
1980	Rodney Wilson	7.29
1981	Rodney Wilson	7.28
1982	Rodney Wilson	7.26

60 Yard Hurdles (4)

Indoor	Name	Time
1961	Leon Pras	7.4
1967	Erv Hall	7.4
1968	Erv Hall	7.2
1969	Erv Hall	7.2

100 Yards (5)

Outdoor	Name	Time
1957	Ed Collymore	9.7
1961	Frank Budd	9.6
1962	Frank Budd	9.6
1965	Earl Horner	9.8
1968	Erv Hall	9.5

100 Meters (1)

Outdoor	Name	Time
1989	Salaam Gariba	10.43

120 Yard Hurdles (6)

Outdoor	Name	Time
1960	Leon Pras	14.1
1962	Leon Pras	14.2
1965	Larry Livers	14.2
1967	Erv Hall	14.1
1968	Erv Hall	13.5
1969	Erv Hall	13.7

110 Meter Hurdles (4)

Outdoor	Name	Time
1980	Rodney Wilson	13.87
1982	Rodney Wilson	13.83
1983	Rodney Wilson	13.74
2001	Antoine Johnson	14.06

220 Yards (8)

Outdoor	Name	Time
1957	Ed Collymore	21.0
1958	Ed Collymore	20.3
1959	Ed Collymore	21.0
1961	Frank Budd	21.4
1962	Frank Budd	20.6
1964	Earl Horner	20.9
1965	Earl Horner	21.0
1966	Earl Horner	21.2

400 Meters (7)

Indoor	Name	Time
1981	Carlton Young	47.28
1983	Carlton Young	47.42
1986	Edwin Modibedi	47.14

Outdoor	Name	Time
1976	Tim Dale	45.5
1977	Tim Dale	45.64
1979	Keith Brown	45.56
1986	Edwin Modibedi	45.94

440 Yards (9)

Indoor	Name	Time
1971	Lamotte Hyman	48.5
1978	Tim Dale	47.69
1979	Keith Brown	48.14

Outdoor	Name	Time
1947	George Guida	47.5
1955	Charles Jenkins	47.2
1957	Charles Jenkins	47.4
1968	Larry James	45.5
1969	Larry James	45.5
1970	Larry James	46.2

400 Meter Hurdles (8)

Outdoor	Name	Time
1983	Martin Booker	51.0
1984	Tony Valentine	50.52
1985	Martin Booker	51.03
1986	Tony Valentine	49.93
1988	Tony Valentine	49.67
1997	Kareem Archer	48.80
1998	Kareem Archer	50.14
2003	Nic O'Brien	50.14

500 Meters (1)

Indoor	Name	Time
1986	Charles Jenkins, Jr.	1:01.45

600 Yards (8)

Indoor	Name	Time
1947	George Guida	1:14.2
1955	Charles Jenkins	1:11.2
1956	Charles Jenkins	1:11.9
1957	Charles Jenkins	1:12.1
1968	Larry James	1:10.2
1969	Larry James	1:09.2
1970	Larry James	1:09.2
1978	Glenn Bogue	1:09.6

800 Meters (7)

Indoor	Name	Time
1983	John Marshall	1:50.79
1985	John Marshall	1:49.41
1989	Paul Rowbotham	1:50.08

Outdoor	Name	Time
1978	Mark Belger	1:46.8
1979	Don Paige	1:46.73
1980	Don Paige	1:46.73
1984	John Marshall	1:48.32

880 Yards (13)

Indoor	Name	Time
1973	Ken Schappert	1:54.5
1974	Eamonn Coghlan	1:51.7
1977	Mark Belger	1:50.7
1978	Mark Belger	1:48.7
1979	Don Paige	1:50.21

Outdoor	Name	Time
1957	Ron Delany	1:49.5
1958	Ron Delany	
1961	Jon Dante	1:55.5
1963	Noel Carroll	1:52.4
1965	Noel Carroll	1:50.9
1970	Andy O'Reilly	1:49.7
1973	Ken Schappert	1:51.0
1975	Ed Takacs	1:47.6

1000 Meters (3)

Indoor	Name	Time
1981	John Hunter	2:23.44
1982	John Hunter	2:22.27
1986	Sean O'Neill	2:24.97

1000 Yards (9)

Indoor	Name	Time
1957	Ron Delany	2:14.0
1958	Ron Delany	2:12.8
1963	Noel Carroll	2:11.1
1965	Noel Carroll	2:11.5
1969	Frank Murphy	2:07.1
1970	Andy O'Reilly	2:11.7
1972	Brian McElroy	2:06.9
1977	Don Paige	2:08.6
1978	Don Paige	2:11.2

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1500 Meters (10)

<u>Outdoor</u>	<u>Name</u>	<u>Time</u>
1976	Eamonn Coghlan	3:40.6
1977	Phil Kane	3:45.59
1978	Don Paige	3:45.2
1979	Don Paige	3:43.91
1980	Don Paige	3:43.33
1981	Sydney Maree	3:40.24
1986	Gerry O'Reilly	3:42.53
1992	Louie Quintana	3:47.08
1993	Louie Quintana	3:40.37
2001	Jason Jabaut	3:49.00

Mile (32)

<u>Indoor</u>	<u>Name</u>	<u>Time</u>
1951	Fred Dwyer	4:16.2
1952	Fred Dwyer	4:13.0
1953	Fred Dwyer	4:08.1
1955	Alex Breckenridge	4:19.9
1956	Ron Delany	4:11.4
1962	Vic Zwolak	4:09.3
1964	Tom Sullivan	4:11.8
1965	Tom Sullivan	4:09.2
1966	Dave Patrick	4:06.7
1967	Dave Patrick	4:09.4
1968	Dave Patrick	4:06.1
1969	Marty Liquori	4:05.3
1970	Marty Liquori	4:02.1
1971	Marty Liquori	4:06.1
1974	Tom Gregan	4:00.6
1975	Eamonn Coghlan	4:05.3
1983	Marcus O'Sullivan	4:00.98
1984	Marcus O'Sullivan	4:03.85
1993	Louie Quintana	4:00.19

<u>Outdoor</u>	<u>Name</u>	<u>Time</u>
1951	Fred Dwyer	4:15.6
1956	Ron Delany	4:14.4
1957	Ron Delany	4:08.4
1958	Ron Delany	4:07.8
1963	Pat Traynor	4:07.4
1966	Dave Patrick	4:08.6
1967	Dave Patrick	4:04.9
1968	Dave Patrick	3:56.8
1969	Marty Liquori	4:03.4
1970	Marty Liquori	3:58.5
1971	Marty Liquori	4:00.4
1974	John Hartnett	4:00.4
1975	Eamonn Coghlan	3:59.3

3000 Meters (4)

<u>Indoor</u>	<u>Name</u>	<u>Time</u>
1981	Sydney Maree	7:54.91
1983	John Keyworth	8:01.19
1987	Gerry O'Reilly	7:56.9
1994	Mike Going	8:19.80

Two Miles (9)

<u>Indoor</u>	<u>Name</u>	<u>Time</u>
1957	Ron Delany	9:06.6
1958	Ron Delany	9:17.6
1963	Pat Traynor	9:02.1
1967	Charles Messenger	8:59.7
1970	Dick Buerkle	8:42.2
1974	John Hartnett	8:33.2
1976	Eamonn Coghlan	8:46.4

<u>Outdoor</u>	<u>Name</u>	<u>Time</u>
1951	John Barry	9:24.2
1956	Alex Breckenridge	9:20.1

3000 Meter Steeplechase (9)

<u>Outdoor</u>	<u>Name</u>	<u>Time</u>
1961	Pat Traynor	9:25.3
1962	Pat Traynor	9:19.1
1963	Pat Traynor	9:19.7
1964	Vic Zwolak	9:25.7
1969	Tom Donnelly	8:50.9
1970	Desmond McCormack	8:46.1
1973	John Hartnett	8:54.2
1979	Amos Korir	8:30.3
1980	Amos Korir	8:31.8

Three Miles (7)

<u>Indoor</u>	<u>Name</u>	<u>Time</u>
1979	Sydney Maree	13:23.65

<u>Outdoor</u>	<u>Name</u>	<u>Time</u>
1963	Vic Zwolak	14:05.9
1964	Vic Zwolak	13:53.0
1970	Dick Buerkle	13:34.2
1972	John Hartnett	13:42.8
1974	Eamonn Coghlan	13:26.6
1975	Eamonn Coghlan	13:38.8

5000 Meters (7)

<u>Indoor</u>	<u>Name</u>	<u>Time</u>
1980	Sydney Maree	14:02.88
1992	Terrence Mahon	14:24.77

<u>Outdoor</u>	<u>Name</u>	<u>Time</u>
1976	Eamonn Coghlan	14:00.3
1979	Sydney Maree	13:27.1
1980	Sydney Maree	14:00.7
1986	Gerry O'Reilly	13:59.55
1997	Stephen Howard	14:08.43

Six Miles (3)

<u>Outdoor</u>	<u>Name</u>	<u>Time</u>
1970	Dick Buerkle	28:34.7
1973	John Hartnett	28:07.1
1975	Kevin McCarey	28:41.8

10000 Meters (3)

<u>Outdoor</u>	<u>Name</u>	<u>Time</u>
1979	Amos Korir	29:01.3
1980	Amos Korir	29:34.0
1993	Terrence Mahon	29:28.32

High Jump (8)

<u>Indoor</u>	<u>Name</u>	<u>Mark</u>
1956	Phil Reavis	1.96m
1957 (tie)	Phil Reavis	2.06m
1957 (tie)	Charles Stead	2.06m
1958	Phil Reavis	2.05m
1959	Charles Stead	2.01m

<u>Outdoor</u>	<u>Name</u>	<u>Mark</u>
1956	Phil Reavis	2.00m
1957	Phil Reavis	2.03m
1958	Phil Reavis	2.08m

Pole Vault (14)

<u>Indoor</u>	<u>Name</u>	<u>Mark</u>
1955	Don Bragg	4.27m
1956	Don Bragg	4.63m
1957	Don Bragg	4.58m
1962	Rolando Cruz	4.67m
1963	Rolando Cruz	4.91m
1971	Jerry Klyop	4.99m

<u>Outdoor</u>	<u>Name</u>	<u>Mark</u>
1955	Don Bragg	4.42m
1956	Don Bragg	4.58m
1957	Don Bragg	4.58m
1962 (tie)	Rolando Cruz	4.73m
1963	Rolando Cruz	4.77m
1964	Rolando Cruz	4.97m
1966	Vince Bizzaro	4.73m
1968	Vince Bizzaro	4.98m

Long Jump (4)

<u>Indoor</u>	<u>Name</u>	<u>Mark</u>
1960	John Buckley	7.25m
1990	Mark Rainey	7.42m

<u>Outdoor</u>	<u>Name</u>	<u>Mark</u>
1958	John Buckley	7.79m
1959	John Buckley	7.64m

Triple Jump (6)

<u>Indoor</u>	<u>Name</u>	<u>Mark</u>
1977	Nate Cooper	15.83m
1978	Nate Cooper	16.16m
1998	Jermaine Deans	16.10m

<u>Outdoor</u>	<u>Name</u>	<u>Mark</u>
1977	Nate Cooper	16.16m
1978	Nate Cooper	16.46m
1979	Nate Cooper	16.46m

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Shot Put (2)

<u>Indoor</u>	<u>Name</u>	<u>Mark</u>
1961	Billy Joe	16.63m

<u>Outdoor</u>	<u>Name</u>	<u>Mark</u>
1961	Billy Joe	16.48m

Discus (1)

<u>Outdoor</u>	<u>Name</u>	<u>Time</u>
1951	Cummin Clancy	48.20m

Javelin (1)

<u>Outdoor</u>	<u>Name</u>	<u>Mark</u>
1962	Doug Kerr	68.59m

Pentathlon (1)

<u>Indoor</u>	<u>Name</u>	<u>Points</u>
1994	David Cook	4,101

4x100 Meter Relay (2)

<u>Outdoor</u>	<u>Name</u>	<u>Time</u>
1977	Villanova Keith Brown Al Graves Derrek Harbour Tim Dale	40.08
1980	Villanova Rodney Wilson Keith Brown Willie Sydnor Carlton Young	40.62

4x110 Yard Relay (1)

<u>Outdoor</u>	<u>Name</u>	<u>Time</u>
1968	Villanova Dave Fender Hardge Davis Erv Hall Larry James	41.0

4x400 Meter Relay (8)

<u>Outdoor</u>	<u>Name</u>	<u>Time</u>
1976	Villanova Mark Fallon Ed Takacs Glenn Bogue Tim Dale	3:04.0
1977	Villanova Greg Eckman Al Graves Glenn Bogue Tim Dale	3:04.5
1978	Villanova Keith Brown Al Graves Anthony Tufariello Glenn Bogue	3:04.5
1979	Villanova Derrek Harbour Al Graves Tim Dale Anthony Tufariello	3:08.4
1983	Villanova Charles Jenkins, Jr. Martin Booker Carlton Young John Marshall	3:09.17
1984	Villanova Jim Adams Charles Jenkins, Jr. John Marshall Tony Valentine	3:05.75
1985	Villanova Martin Booker Tony Valentine Charles Jenkins, Jr. Edwin Modibedi	3:08.84
1995	Villanova Kareem Archer Chuck Silvester Andreas Von Scheele J.R. McIlwain	3:11.67

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Mile Relay

(21)

Indoor	Name	Time
1956	Villanova Eugene Maliff Warner Heitman Rowland Simpson Charles Jenkins	3:19.6
1957	Villanova Eugene Maliff John Furlinger Al Peterson Ed Collymore	3:20.6
1960	Villanova Joe Manion Carl Wagner Bob Coffill Bob Raemore	3:18.8
1963	Villanova Ron Hangey Larry Livers Stan Kozlowski Don Webster	3:16.3
1967	Villanova Bill Grant Hal Nichter Ken Prince Bill Heidelberg	3:19.2
1968	Villanova Hardge Davis Hal Nichter Ken Prince Larry James	3:19.9
1969	Villanova Bob Whitehead Lamotte Hyman Hardge Davis Larry James	3:18.7
1970	Villanova Lamotte Hyman Greg Govan Hardge Davis Larry James	3:17.4
1977	Villanova Mark Fallon Al Graves Derrek Harbour Glenn Bogue	3:15.6
1978	Villanova Derrek Harbour Tim Dale Anthony Tufariello Glenn Bogue	3:15.9

Mile Relay

Indoor	Name	Time
1979	Villanova Keith Brown Derrek Harbour Anthony Tufariello Tim Dale	3:14.06
1984	Villanova Jim Adams Tony Valentine Charles Jenkins, Jr. John Marshall	3:15.56
1985	Villanova Brian McCarthy Grant Davis Charles Jenkins, Jr. Edwin Modibedi	3:14.92
1986	Villanova Grant Davis Tony Valentine Edwin Modibedi Charles Jenkins, Jr.	3:12.38
1987	Villanova Paul O'Regan Mark Rainey Marc Jones Edwin Modibedi	3:12.41

Mile Relay

Outdoor	Name	Time
1955	Villanova Jim Moran Eugene Maliff Al Peterson Charles Jenkins	3:15.2
1956	Villanova Eugene Maliff Al Peterson Rowland Simpson Charles Jenkins	3:14.9
1960	Villanova Joe Manion Carl Wagner Nick DeAngelis Bob Raemore	3:12.5
1968	Villanova Hardge Davis Hal Nichter Ken Prince Larry James	3:09.1
1969	Villanova Rene Schlag Lamotte Hyman Larry James Hardge Davis	3:11.1
1970	Villanova Greg Govan Marty Liquori Hardge Davis Lamotte Hyman	3:10.1

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Two Mile Relay (9)

<u>Indoor</u>	<u>Name</u>	<u>Time</u>
1960	Villanova Jerry Hackett Jon Dante Nick DeAngelis Pat Nicastro	7:45.8
1962	Villanova Jerry Hackett Pat Nicastro Jon Dante Al Adams	7:45.2
1968	Villanova Alan McCafferty Andy O'Reilly Craig Nation Ian Hamilton	7:39.2
1971	Villanova Rick Kell Karl Kinscherf Chris Mason Marty Liquori	7:31.6
1978	Villanova Dean Childs Chris Shafer Don Paige Mark Belger	7:33.7
1979	Villanova Dean Childs Michael England Amos Korir Don Paige	7:31.34
1983	Villanova Peter Carroll J.J. Clarke Marcus O'Sullivan John Marshall	7:32.28
1985	Villanova Mark Sullivan Kevin Davis Sean O'Neill John Marshall	7:35.91
1993	Villanova Chuck Silvester Kyle Watson Scott Whiteman Brad Sumner	7:29.68

Distance Medley Relay (10)

<u>Indoor</u>	<u>Name</u>	<u>Time</u>
1974	Villanova Phil Kane Greg Eckman Jerry Bouma John Hartnett	9:45.6
1976	Villanova Charles McCarthy Paul Regan Carey Pinkowski Eamonn Coghlan	9:48.6
1979	Villanova Chris Shafer Al Graves John Burns Sydney Maree	9:50.37
1980	Villanova Carey Pinkowski Tim Robinson Dean Childs Amos Korir	9:57.48
1981	Villanova John Borgese Jim Adams Brian O'Keeffe Sydney Maree	9:56.57
1983	Villanova John Borgese Martin Booker Brian O'Keeffe John Keyworth	9:51.6
1987	Villanova Joe Manion Paul O'Regan Sean O'Neill Gerry O'Reilly	9:44.56
1993	Villanova Mike Going Andreas Von Scheele Ken Nason Louie Quintana	9:47.22
1996	Villanova Brian Lucas Kareem Archer Gabriel Soto Stephen Howard	9:49.07
1997	Villanova Scott Tantino Brock Butler David Hisler Stephen Howard	9:54.45

Cross Country (10)

<u>5 Miles</u>	<u>Name</u>	<u>Time</u>
1962	Vic Zwolak	24:47.3
1963	Vic Zwolak	24:46.8
1966	Charles Messenger	24:15.6
1970	Donal Walsh	24:10.4
1973	John Hartnett	24:00.0
1978	Sydney Maree	24:04.0
1979	Sydney Maree	23:59.4
<u>10K</u>	<u>Name</u>	<u>Time</u>
1991	Terrence Mahon	30:17.25
1992	Louie Quintana	29:57.3
1994	Louie Quintana	30:12

IC4A CHAMPIONS

Indoor (132)

Sprints	27
Middle Distance	39
Distance	14
Relays	34
Jumps	16
Throws	1
Multi Events	1

Outdoor (141)

Sprints	42
Middle Distance	35
Distance	28
Relays	17
Jumps	16
Throws	3

1940-49 (2)

Indoor	1
Outdoor	1

1950-59 (49)

Indoor	24
Outdoor	25

1960-69 (79)

Indoor	33
Outdoor	43
Cross Country	3

1970-79 (78)

Indoor	35
Outdoor	39
Cross Country	4

1980-89 (52)

Indoor	29
Outdoor	23

1990-99 (20)

Indoor	10
Outdoor	7
Cross Country	3

2000-09 (3)

Outdoor	3
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Sprints (69)

Event	IND	OUT	TOT
440 Yards	3	6	9
220 Yards	0	8	8
400 Meter Hurdles	0	8	8
400 Meters	3	4	7
120 Yard Hurdles	0	6	6
60 Yards	5	0	5
100 Yards	0	5	5
60 Yard Hurdles	4	0	4
110 Meter Hurdles	0	4	4
55 Meter Hurdles	3	0	3
100 Meters	0	1	1
500 Meters	1	0	1
600 Yards	8	0	8

Middle Distance (74)

Event	IND	OUT	TOT
Mile	19	13	32
880 Yards	5	8	13
1500 Meters	0	10	10
1000 Yards	9	0	9
800 Meters	3	4	7
1000 Meters	3	0	3

Distance (42)

Event	IND	OUT	TOT
3000 Meter Steeplechase	0	9	9
Two Miles	7	2	9
Three Miles	1	6	7
5000 Meters	2	5	7
3000 Meters	4	0	4
Six Miles	0	3	3
10000 Meters	0	3	3

Relays (51)

Event	IND	OUT	TOT
Mile Relay	15	6	21
Distance Medley Relay	10	0	10
4x400 Meter Relay	0	8	8
Two Mile Relay	9	0	9
4x100 Meter Relay	0	2	2
4x110 Yard Relay	0	1	1

Jumps (32)

Event	IND	OUT	TOT
Pole Vault	6	8	14
High Jump	5	3	8
Triple Jump	3	3	6
Long Jump	2	2	4

Throws (4)

Event	IND	OUT	TOT
Shot Put	1	1	2
Discus	0	1	1
Javelin	0	1	1

Multi Events (1)

Event	IND	OUT	TOT
Pentathlon	1	0	1

Cross Country (10)

(By Academic Year)

1978-79	15
1956-57	14
1967-68	12
1969-70	12
1977-78	11
1979-80	11
1955-56	10
1961-62	10
1962-63	10
1968-69	10
1957-58	9
1976-77	9
1982-83	9
1960-61	8
1985-86	8
1966-67	7
1973-74	7
1954-55	6
1959-60	6
1963-64	6
1964-65	6
1970-71	6
1975-76	6
1980-81	6
1992-93	6
1974-75	5
1983-84	5
1984-85	5
1950-51	4
1958-59	4
1965-66	4
1972-73	4
1981-82	3
1986-87	3
1991-92	3
1996-97	3
1946-47	2
1971-72	2
1988-89	2
1993-94	2
1994-95	2
1997-98	2
2000-01	2
1951-52	1
1952-53	1
1987-88	1
1989-90	1
1995-96	1
2002-03	1

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(12)

<u>Name</u>	<u>IND</u>	<u>OUT</u>	<u>XC</u>
Larry James	6	6	0

(10)

<u>Name</u>	<u>IND</u>	<u>OUT</u>	<u>XC</u>
Ron Delany	5	5	0
Sydney Maree	5	3	2
Don Paige	5	5	0

(9)

<u>Name</u>	<u>IND</u>	<u>OUT</u>	<u>XC</u>
Eamonn Coghlan	4	5	0
Tim Dale	3	6	0

(8)

<u>Name</u>	<u>IND</u>	<u>OUT</u>	<u>XC</u>
Erv Hall	3	5	0
Charles Jenkins	4	4	0
Marty Liquori	4	4	0
John Marshall	5	3	0

(7)

<u>Name</u>	<u>IND</u>	<u>OUT</u>	<u>XC</u>
Frank Budd	3	4	0
Ed Collymore	3	4	0
Hardge Davis	3	4	0
John Hartnett	2	4	1
Charles Jenkins, Jr.	4	3	0
Tony Valentine	2	5	0
Rodney Wilson	3	4	0

(6)

<u>Name</u>	<u>IND</u>	<u>OUT</u>	<u>XC</u>
Glenn Bogue	3	3	0
Don Bragg	3	3	0
Keith Brown	2	4	0
Al Graves	2	4	0
Amos Korir	2	4	0
Edwin Modibedi	4	2	0
Dave Patrick	3	3	0
Louie Quintana	2	2	2
Phil Reavis	3	3	0
Vic Zwolak	1	3	2

(5)

<u>Name</u>	<u>IND</u>	<u>OUT</u>	<u>XC</u>
Martin Booker	1	4	0
Nate Cooper	2	3	0
Rolando Cruz	2	3	0
Derrek Harbour	3	2	0
Lamotte Hyman	3	2	0
Pat Traynor	1	4	0

(4)

<u>Name</u>	<u>IND</u>	<u>OUT</u>	<u>XC</u>
Kareem Archer	1	3	0
Mark Belger	3	1	0
Noel Carroll	2	2	0
Fred Dwyer	3	1	0
Earn Horner	0	4	0
Eugene Maliff	2	2	0
Gerry O'Reilly	2	2	0
Anthony Tufariello	2	2	0
Carlton Young	2	2	0

(3)

<u>Name</u>	<u>IND</u>	<u>OUT</u>	<u>XC</u>
Jim Adams	2	1	0
John Buckley	1	2	0
Dick Buerkle	1	2	0
Dean Childs	3	0	0
Jon Dante	2	1	0
Stephen Howard	2	1	0
Terrance Mahon	1	1	1
Hal Nichter	2	1	0
Sean O'Neill	3	0	0
Andy O'Reilly	2	1	0
Marcus O'Sullivan	3	0	0
Al Peterson	1	2	0
Leon Pras	1	2	0
Ken Prince	2	1	0

(2)

<u>Name</u>	<u>IND</u>	<u>OUT</u>	<u>XC</u>
Vince Bizzaro	0	2	0
John Borgese	2	0	0
Alex Breckenridge	1	1	0
Grant Davis	2	0	0
Nick DeAngelis	1	1	0
Greg Eckman	1	1	0
Mark Fallon	1	1	0
Mike Going	2	0	0
Greg Govan	1	1	0
George Guida	1	1	0
Jerry Hackett	2	0	0
John Hunter	2	0	0
Billy Joe	1	1	0
Phil Kane	1	1	0
John Keyworth	2	0	0
Larry Livers	1	1	0
Joe Manion	1	1	0
Charles Messenger	1	0	1
Pat Nicastro	2	0	0
Brian O'Keeffe	2	0	0
Paul O'Regan	2	0	0
Carey Pinkowski	2	0	0
Bob Raemore	1	1	0
Mark Rainey	2	0	0
Ken Schappert	1	1	0
Chris Shafer	2	0	0
Chuck Silvester	1	1	0
Rowland Simpson	1	1	0
Charles Stead	2	0	0
Tom Sullivan	2	0	0
Ed Takacs	0	2	0
Andreas Von Scheele	1	1	0
Carl Wagner	1	1	0

IND = Indoor Track & Field
OUT = Outdoor Track & Field
XC = Cross Country

150 People
283 Events
436 Honors

Each member of a BIG EAST Champion relay is counted as an individual honor

IC4A CHAMPIONS

(1)

<u>Name</u>	<u>IND</u>	<u>OUT</u>	<u>XC</u>
Al Adams	1	0	0
John Barry	0	1	0
Jerry Bouma	1	0	0
John Burns	1	0	0
Brock Butler	1	0	0
Peter Carroll	1	0	0
Cummin Clancy	0	1	0
J.J. Clarke	1	0	0
Bob Coffill	1	0	0
David Cook	1	0	0
Kevin Davis	1	0	0
Jermaine Deans	1	0	0
Tom Donnelly	0	1	0
Michael England	1	0	0
Dave Fender	0	1	0
John Furlinger	1	0	0
Salaam Gariba	0	1	0
Bill Grant	1	0	0
Tom Gregan	1	0	0
Ian Hamilton	1	0	0
Ron Hangey	1	0	0
Bill Heidelberg	1	0	0
Warner Heitman	1	0	0
David Hisler	1	0	0
Jason Jabaut	0	1	0
Antoine Johnson	0	1	0
Marc Jones	1	0	0
Rick Kell	1	0	0
Doug Kerr	0	1	0
Karl Kinscherf	1	0	0
Jerry Klyop	1	0	0
Stan Kozlowski	1	0	0
Brian Lucas	1	0	0
Joe Manion	1	0	0
Chris Mason	1	0	0
Alan McCafferty	1	0	0
Kevin McCarey	0	1	0
Brian McCarthy	1	0	0
Charles McCarthy	1	0	0
Desmond McCormack	0	1	0
Brian McElroy	1	0	0
J.R. McIlwain	0	1	0
Jim Moran	0	1	0
Frank Murphy	1	0	0
Ken Nason	1	0	0
Craig Nation	1	0	0
Nic O'Brien	0	1	0
Paul Regan	1	0	0
Tim Robinson	1	0	0
Paul Rowbotham	1	0	0
Rene Schlag	0	1	0
Gabriel Soto	1	0	0
Mark Sullivan	1	0	0
Brad Sumner	1	0	0
Willie Sydnor	0	1	0
Scott Tantino	1	0	0
Donal Walsh	0	0	1
Kyle Watson	1	0	0
Don Webster	1	0	0
Bob Whitehead	1	0	0
Scott Whiteman	1	0	0

IC4A CHAMPIONS

Al Adams (1)

Indoor	Event	Time
1962	Two Mile Relay	7:45.2

Jim Adams (3)

Indoor	Event	Time
1981	Distance Medley Relay	9:56.57
1984	Mile Relay	3:15.56

Outdoor	Event	Time
1984	4x400 Meter Relay	3:05.75

Kareem Archer (4)

Indoor	Event	Time
1996	Distance Medley Relay	9:49.07

Outdoor	Event	Time
1995	4x400 Meter Relay	3:11.67
1997	400 Meter Hurdles	48.80
1998	400 Meter Hurdles	50.14

John Barry (1)

Outdoor	Event	Time
1951	Two Miles	9:24.2

Mark Belger (4)

Indoor	Event	Time
1977	880 Yards	1:50.7
1978	880 Yards	1:48.7
1978	Two Mile Relay	7:33.7

Outdoor	Event	Time
1978	800 Meters	1:46.8

Vince Bizzaro (2)

Outdoor	Event	Time
1966	Pole Vault	4.73m
1968	Pole Vault	4.98m

Glenn Bogue (6)

Indoor	Event	Time
1977	Mile Relay	3:15.6
1978	600 Yards	1:09.6
1978	Mile Relay	3:15.9

Outdoor	Event	Time
1976	4x400 Meter Relay	3:04.0
1977	4x400 Meter Relay	3:04.5
1978	4x400 Meter Relay	3:04.5

Martin Booker (5)

Indoor	Event	Time
1983	Distance Medley Relay	9:51.6

Outdoor	Event	Time
1983	400 Meter Hurdles	51.0
1983	4x400 Meter Relay	3:09.17
1985	400 Meter Hurdles	51.03
1985	4x400 Meter Relay	3:08.84

John Borgese (2)

Indoor	Event	Time
1981	Distance Medley Relay	9:56.57
1983	Distance Medley Relay	9:51.6

Jerry Bouma (1)

Indoor	Event	Time
1974	Distance Medley Relay	9:45.6

Don Bragg (6)

Indoor	Event	Mark
1955	Pole Vault	4.27m
1956	Pole Vault	4.63m
1957	Pole Vault	4.58m

Outdoor	Event	Mark
1955	Pole Vault	4.42m
1956	Pole Vault	4.58m
1957	Pole Vault	4.58m

Alex Breckenridge (2)

Indoor	Event	Time
1955	Mile	4:19.9

Outdoor	Event	Time
1956	Two Miles	9:20.1

Keith Brown (6)

Indoor	Event	Time
1979	440 Yards	48.14
1979	Mile Relay	3:14.06

Outdoor	Event	Time
1977	4x100 Meter Relay	40.08
1978	4x400 Meter Relay	3:04.5
1979	400 Meters	45.56
1980	4x100 Meter Reelay	40.62

John Buckley (3)

Indoor	Event	Mark
1960	Long Jump	7.25m

Outdoor	Event	Mark
1958	Long Jump	7.79m
1959	Long Jump	7.64m

Frank Budd (7)

Indoor	Event	Time
1960	60 Yards	6.2
1961	60 Yards	6.1
1962	60 Yards	6.0

Outdoor	Event	Time
1961	100 Yards	9.6
1961	220 Yards	21.4
1962	100 Yards	9.6
1962	220 Yards	20.6

Dick Buerkle (3)

Indoor	Event	Time
1970	Two Miles	8:42.2

Outdoor	Event	Time
1970	Three Miles	13:34.2
1970	Six Miles	28:34.7

John Burns (1)

Indoor	Event	Time
1979	Distance Medley Relay	9:50.37

Brock Butler (1)

Indoor	Event	Time
1997	Distance Medley Relay	9:54.45

Noel Carroll (4)

Indoor	Event	Time
1963	1000 Yards	2:11.1
1965	1000 Yards	2:11.5

Outdoor	Event	Time
1963	880 Yards	1:52.4
1965	880 Yards	1:50.9

Peter Carroll (1)

Indoor	Event	Time
1983	Two Mile Relay	7:32.28

Dean Childs (3)

Indoor	Event	Time
1978	Two Mile Relay	7:33.7
1979	Two Mile Relay	7:31.34
1980	Distance Medley Relay	9:57.48

Cummin Clancy (1)

Outdoor	Event	Mark
1951	Discus	48.20m

IC4A CHAMPIONS

J.J. Clarke (1)

Indoor	Event	Time
1983	Two Mile Relay	7:32.28

Bob Coffill (1)

Indoor	Event	Time
1960	Mile Relay	3:18.8

Eamonn Coghlan (9)

Indoor	Event	Time
1974	880 Yards	1:51.7
1975	Mile	4:05.3
1976	Two Miles	8:46.4
1976	Distance Medley Relay	9:48.6

Outdoor	Event	Time
1974	Three Miles	13:26.6
1975	Mile	3:59.3
1975	Three Miles	13:38.8
1976	1500 Meters	3:40.6
1976	5000 Meters	14:00.3

Ed Collymore (7)

Indoor	Event	Time
1957	Mile Relay	3:20.6
1958	60 Yards	6.2
1959	60 Yards	6.2

Outdoor	Event	Time
1957	100 Yards	9.7
1957	220 Yards	21.0
1958	220 Yards	20.3
1959	220 Yards	21.0

David Cook (1)

Indoor	Event	Points
1994	Pentathlon	4,101

Nate Cooper (5)

Indoor	Event	Mark
1977	Triple Jump	15.83m
1978	Triple Jump	16.16m

Outdoor	Event	Mark
1977	Triple Jump	16.16m
1978	Triple Jump	16.46m
1979	Triple Jump	16.46m

Rolando Cruz (5)

Indoor	Event	Mark
1962	Pole Vault	4.67m
1963	Pole Vault	4.91m

Outdoor	Event	Mark
1962 (tie)	Pole Vault	4.73m
1963	Pole Vault	4.77m
1964	Pole Vault	4.97m

Tim Dale (9)

Indoor	Event	Time
1978	440 Yards	47.69
1978	Mile Relay	3:15.9
1979	Mile Relay	3:14.06

Outdoor	Event	Time
1976	400 Meters	45.5
1976	4x400 Meter Relay	3:04.0
1977	400 Meters	45.64
1977	4x100 Meter Relay	40.08
1977	4x400 Meter Relay	3:04.5
1979	4x400 Meter Relay	3:08.4

Jon Dante (3)

Indoor	Event	Time
1960	Two Mile Relay	7:45.8
1962	Two Mile Relay	7:45.2

Outdoor	Event	Time
1961	880 Yards	1:55.5

Grant Davis (2)

Indoor	Event	Time
1985	Mile Relay	3:14.92
1986	Mile Relay	3:12.38

Kevin Davis (1)

Indoor	Event	Time
1985	Two Mile Relay	7:35.91

Hardge Davis (7)

Indoor	Event	Time
1968	Mile Relay	3:19.9
1969	Mile Relay	3:18.7
1970	Mile Relay	3:17.4

Outdoor	Event	Time
1968	4x110 Yard Relay	41.0
1968	Mile Relay	3:09.1
1969	Mile Relay	3:11.1
1970	Mile Relay	3:10.1

Nick DeAngelis (2)

Indoor	Event	Time
1960	Two Mile Relay	7:45.8

Outdoor	Event	Time
1960	Mile Relay	3:12.5

Jermaine Deans (1)

Indoor	Event	Time
1998	Triple Jump	16.10m

Ron Delany (10)

Indoor	Event	Time
1956	Mile	4:11.4
1957	1000 Yards	2:14.0
1957	Two Miles	9:06.6
1958	1000 Yards	2:12.8
1958	Two Miles	9:17.6

Outdoor	Event	Time
1956	Mile	4:14.4
1957	880 Yards	1:49.5
1957	Mile	4:08.4
1958	880 Yards	
1958	Mile	4:07.8

Tom Donnelly (1)

Outdoor	Event	Time
1969	3000 Meter Steeplechase	8:50.9

Fred Dwyer (4)

Indoor	Event	Time
1951	Mile	4:16.2
1952	Mile	4:13.0
1953	Mile	4:08.1

Outdoor	Event	Time
1951	Mile	4:15.6

Greg Eckman (2)

Indoor	Event	Time
1974	Distance Medley Relay	9:45.6

Outdoor	Event	Time
1977	4x400 Meter Relay	3:04.5

Michael England (1)

Indoor	Event	Time
1979	Two Mile Relay	7:31.34

IC4A CHAMPIONS

Mark Fallon (2)

Indoor	Event	Time
1977	Mile Relay	3:15.6

Outdoor	Event	Time
1976	4x400 Meter Relay	3:04.0

Dave Fender (1)

Outdoor	Event	Time
1968	4x110 Yard Relay	41.0

John Furlinger (1)

Indoor	Event	Time
1957	Mile Relay	3:20.6

Salaam Gariba (1)

Outdoor	Event	Time
1989	100 Meters	10.43

Mike Going (2)

Indoor	Event	Time
1993	Distance Medley Relay	9:47.22
1994	3000 Meters	8:19.80

Greg Govan (2)

Indoor	Event	Time
1970	Mile Relay	3:17.4

Outdoor	Event	Time
1970	Mile Relay	3:10.1

Bill Grant (1)

Indoor	Event	Time
1967	Mile Relay	3:19.2

Al Graves (6)

Indoor	Event	Time
1977	Mile Relay	3:15.6
1979	Distance Medley Relay	9:50.37

Outdoor	Event	Time
1977	4x100 Meter Relay	40.08
1977	4x400 Meter Relay	3:04.5
1978	4x400 Meter Relay	3:04.5
1979	4x400 Meter Relay	3:08.4

Tom Grogan (1)

Indoor	Event	Time
1974	Mile	4:00.6

George Guida (2)

Indoor	Event	Time
1947	600 Yards	1:14.2

Outdoor	Event	Time
1947	440 Yards	47.5

Jerry Hackett (2)

Indoor	Event	Time
1960	Two Mile Relay	7:45.8
1962	Two Mile Relay	7:45.2

Erv Hall (8)

Indoor	Event	Time
1967	60 Yard Hurdles	7.4
1968	60 Yard Hurdles	7.2
1969	60 Yard Hurdles	7.2

Outdoor	Event	Time
1967	120 Yard Hurdles	14.1
1968	100 Yards	9.5
1968	120 Yard Hurdles	13.5
1968	4x110 Yard Relay	41.0
1969	120 Yard Hurdles	13.7

Ian Hamilton (1)

Indoor	Event	Time
1968	Two Mile Relay	7:39.2

Ron Hangey (1)

Indoor	Event	Time
1963	Mile Relay	3:16.3

Derrek Harbour (5)

Indoor	Event	Time
1977	Mile Relay	3:15.6
1978	Mile Relay	3:15.9
1979	Mile Relay	3:14.06

Outdoor	Event	Time
1977	4x100 Meter Relay	40.08
1979	4x400 Meter Relay	3:08.4

John Hartnett (7)

Indoor	Event	Time
1974	Two Miles	8:33.2
1974	Distance Medley Relay	9:45.6

Outdoor	Event	Time
1972	Three Miles	13:42.8
1973	3000 Meter Steeplechase	8:54.2
1973	Six Miles	28:07.1
1974	Mile	4:00.4

XC	Distance	Time
1973	5 Miles	24:00.0

Bill Heidelberger (1)

Indoor	Event	Time
1967	Mile Relay	3:19.2

Warner Heitman (1)

Indoor	Event	Time
1956	Mile Relay	3:19.6

David Hisler (1)

Indoor	Event	Time
1997	Distance Medley Relay	9:54.45

Earl Horner (4)

Outdoor	Event	Time
1964	220 Yards	20.9
1965	100 Yards	9.8
1965	220 Yards	21.0
1966	220 Yards	21.2

Stephen Howard (3)

Indoor	Event	Time
1996	Distance Medley Relay	9:49.07
1997	Distance Medley Relay	9:54.45

Outdoor	Event	Time
1997	5000 Meters	14:08.43

John Hunter (2)

Indoor	Event	Time
1981	1000 Meters	2:23.44
1982	1000 Meters	2:22.27

IC4A CHAMPIONS

Lamotte Hyman (5)

Indoor	Event	Time
1969	Mile Relay	3:18.7
1970	Mile Relay	3:17.4
1971	440 Yards	48.5

Outdoor	Event	Time
1969	Mile Relay	3:11.1
1970	Mile Relay	3:10.1

Jason Jabaut (1)

Outdoor	Event	Time
2001	1500 Meters	3:49.00

Larry James (12)

Indoor	Event	Time
1968	600 Yards	1:10.2
1968	Mile Relay	3:19.9
1969	600 Yards	1:09.2
1969	Mile Relay	3:18.7
1970	600 Yards	1:09.2
1970	Mile Relay	3:17.4

Outdoor	Event	Time
1968	440 Yards	45.5
1968	4x110 Yard Relay	41.0
1968	Mile Relay	3:09.1
1969	440 Yards	45.5
1969	Mile Relay	3:11.1
1970	440 Yards	46.2

Charles Jenkins (8)

Indoor	Event	Time
1955	600 Yards	1:11.2
1956	600 Yards	1:11.9
1956	Mile Relay	3:19.6
1957	600 Yards	1:12.1

Outdoor	Event	Time
1955	440 Yards	47.2
1955	Mile Relay	3:15.2
1956	Mile Relay	3:14.9
1957	440 Yards	47.4

Charles Jenkins, Jr. (7)

Indoor	Event	Time
1984	Mile Relay	3:15.56
1985	Mile Relay	3:14.92
1986	500 Meters	1:01.45
1986	Mile Relay	3:12.38

Outdoor	Event	Time
1983	4x400 Meter Relay	3:09.17
1984	4x400 Meter Relay	3:05.75
1985	4x400 Meter Relay	3:08.84

Billy Joe (2)

Indoor	Event	Mark
1961	Shot Put	16.63m

Outdoor	Event	Mark
1961	Shot Put	16.48m

Antoine Johnson (1)

Outdoor	Event	Time
2001	110 Meter Hurdles	14.06

Marc Jones (1)

Indoor	Event	Time
1987	Mile Relay	3:12.41

Phil Kane (2)

Indoor	Event	Time
1974	Distance Medley Relay	9:45.6

Outdoor	Event	Time
1977	1500 Meters	3:45.59

Rick Kell (1)

Indoor	Event	Time
1971	Two Mile Relay	7:31.6

Doug Kerr (1)

Outdoor	Event	Mark
1962	Javelin	68.59m

John Keyworth (2)

Indoor	Event	Time
1983	3000 Meters	8:01.19
1983	Distance Medley Relay	9:51.6

Karl Kinscherf (1)

Indoor	Event	Time
1971	Two Mile Relay	7:31.6

Jerry Klyop (1)

Indoor	Event	Mark
1971	Pole Vault	4.99m

Amos Korir (6)

Indoor	Event	Time
1979	Two Mile Relay	7:31.34
1980	Distance Medley Relay	9:57.48

Outdoor	Event	Time
1979	3000 Meter Steeplechase	8:30.3
1979	10000 Meters	29:01.3
1980	3000 Meter Steeplechase	8:31.8
1980	10000 Meters	29:34.0

Stan Kozlowski (1)

Indoor	Event	Time
1963	Mile Relay	3:16.3

Marty Liquori (8)

Indoor	Event	Time
1969	Mile	4:05.3
1970	Mile	4:02.1
1971	Mile	4:06.1
1971	Two Mile Relay	7:31.6

Outdoor	Event	Time
1969	Mile	4:03.4
1970	Mile	3:58.5
1970	Mile Relay	3:10.1
1971	Mile	4:00.4

Larry Livers (2)

Indoor	Event	Time
1963	Mile Relay	3:16.3

Outdoor	Event	Time
1965	120 Yard Hurdles	14.2

Brian Lucas (1)

Indoor	Event	Time
1996	Distance Medley Relay	9:49.07

Terrence Mahon (3)

Indoor	Event	Time
1992	5000 Meters	14:24.77

Outdoor	Event	Time
1993	10000 Meters	29:28.32

XC	Distance	Time
1991	10000 Meters	30:17.25

IC4A CHAMPIONS

Eugene Maliff (4)

Indoor	Event	Time
1956	Mile Relay	3:19.6
1957	Mile Relay	3:20.6

Outdoor	Event	Time
1955	Mile Relay	3:15.2
1956	Mile Relay	3:14.9

Joe Manion (2)

Indoor	Event	Time
1960	Mile Relay	3:18.8

Outdoor	Event	Time
1960	Mile Relay	3:12.5

Joe Manion (1)

Indoor	Event	Time
1987	Distance Medley Relay	9:44.56

Sydney Maree (10)

Indoor	Event	Time
1979	Three Miles	13:23.65
1979	Distance Medley Relay	9:50.37
1980	3000 Meters	7:54.91
1980	5000 Meters	14:02.88
1981	Distance Medley Relay	9:56.57

Outdoor	Event	Time
1979	5000 Meters	13:27.1
1980	5000 Meters	14:00.7
1981	1500 Meters	3:40.24

XC	Distance	Time
1978	5 Miles	24:04.0
1979	5 Miles	23:59.4

John Marshall (8)

Indoor	Event	Time
1983	800 Meters	1:50.79
1983	Two Mile Relay	7:32.28
1984	Mile Relay	3:15.56
1985	800 Meters	1:49.41
1985	Two Mile Relay	7:35.91

Outdoor	Event	Time
1983	4x400 Meter Relay	3:09.17
1984	800 Meters	1:48.32
1984	4x400 Meter Relay	3:05.75

Chris Mason (1)

Indoor	Event	Time
1971	Two Mile Relay	7:31.6

Alan McCafferty (1)

Indoor	Event	Time
1968	Two Mile Relay	7:39.2

Kevin McCarey (1)

Outdoor	Event	Time
1975	Six Miles	28:41.8

Brian McCarthy (1)

Indoor	Event	Time
1985	Mile Relay	3:14.92

Charles McCarthy (1)

Indoor	Event	Time
1976	Distance Medley Relay	9:48.6

Desmond McCormack (1)

Outdoor	Event	Time
1970	3000 Meter Steeplechase	8:46.1

Brian McElroy (1)

Indoor	Event	Time
1972	1000 Yards	2:06.9

J.R. McIlwain (1)

Outdoor	Event	Time
1995	4x400 Meter Relay	3:11.67

Charles Messenger (2)

Indoor	Event	Time
1967	Two Miles	8:59.7

XC	Distance	Time
1966	5 Miles	24:15.6

Edwin Modibedi (6)

Indoor	Event	Time
1985	Mile Relay	3:14.92
1986	400 Meters	47.14
1986	Mile Relay	3:12.38
1987	Mile Relay	3:12.41

Outdoor	Event	Time
1985	4x400 Meter Relay	3:08.84
1986	400 Meters	45.94

Jim Moran (1)

Outdoor	Event	Time
1955	Mile Relay	3:15.2

Frank Murphy (1)

Indoor	Event	Time
1969	1000 Yards	2:07.1

Ken Nason (1)

Indoor	Event	Time
1993	Distance Medley Relay	9:47.22

Craig Nation (1)

Indoor	Event	Time
1968	Two Mile Relay	7:39.2

Pat Nicastro (2)

Indoor	Event	Time
1960	Two Mile Relay	7:45.8
1962	Two Mile Relay	7:45.2

Hal Nichter (3)

Indoor	Event	Time
1967	Mile Relay	3:19.2
1968	Mile Relay	3:19.9

Outdoor	Event	Time
1968	Mile Relay	3:09.1

Nic O'Brien (1)

Outdoor	Event	Time
2003	400 Meter Hurdles	50.14

Brian O'Keefe (2)

Indoor	Event	Time
1981	Distance Medley Relay	9:56.57
1983	Distance Medley Relay	9:51.6

Sean O'Neill (3)

Indoor	Event	Time
1985	Two Mile Relay	7:35.91
1986	1000 Meters	2:24.97
1987	Distance Medley Relay	9:44.56

Paul O'Regan (2)

Indoor	Event	Time
1987	Mile Relay	3:12.41
1987	Distance Medley Relay	9:44.56

IC4A CHAMPIONS

Andy O'Reilly (3)

Indoor	Event	Time
1968	Two Mile Relay	7:39.2
1970	1000 Yards	2:11.7

Outdoor	Event	Time
1970	880 Yards	1:49.7

Gerry O'Reilly (4)

Indoor	Event	Time
1987	3000 Meters	7:56.9
1987	Distance Medley Relay	9:44.56

Outdoor	Event	Time
1986	1500 Meters	3:42.53
1986	5000 Meters	13:59.55

Marcus O'Sullivan (3)

Indoor	Event	Time
1983	Mile	4:00.98
1983	Two Mile Relay	7:32.28
1984	Mile	4:03.85

Don Paige (10)

Indoor	Event	Time
1977	1000 Yards	2:08.6
1978	1000 Yards	2:11.2
1978	Two Mile Relay	7:33.7
1979	880 Yards	1:50.21
1979	Two Mile Relay	7:31.34

Outdoor	Event	Time
1978	1500 Meters	3:45.2
1979	800 Meters	1:46.73
1979	1500 Meters	3:43.91
1980	800 Meters	1:46.73
1980	1500 Meters	3:43.33

Dave Patrick (6)

Indoor	Event	Time
1966	Mile	4:06.7
1967	Mile	4:09.4
1968	Mile	4:06.1

Outdoor	Event	Time
1966	Mile	4:08.6
1967	Mile	4:04.9
1968	Mile	3:56.8

Al Peterson (3)

Indoor	Event	Time
1957	Mile Relay	3:20.6

Outdoor	Event	Time
1955	Mile Relay	3:15.2
1956	Mile Relay	3:14.9

Carey Pinkowski (2)

Indoor	Event	Time
1976	Distance Medley Relay	9:48.6
1980	Distance Medley Relay	9:57.48

Leon Pras (3)

Indoor	Event	Time
1961	60 Yard Hurdles	7.4

Outdoor	Event	Time
1960	120 Yard Hurdles	14.1
1962	120 Yard Hurdles	14.2

Ken Prince (3)

Indoor	Event	Time
1967	Mile Relay	3:19.2
1968	Mile Relay	3:19.9

Outdoor	Event	Time
1968	Mile Relay	3:09.1

Louie Quintana (6)

Indoor	Event	Time
1993	Mile	4:00.19
1993	Distance Medley Relay	9:47.22

Outdoor	Event	Time
1992	1500 Meters	3:47.08
1993	1500 Meters	3:40.37

XC	Distance	Time
1992	10000 Meters	29:57.3
1994	10000 Meters	30:12

Bob Raemore (2)

Indoor	Event	Time
1960	Mile Relay	3:18.8

Outdoor	Event	Time
1960	Mile Relay	3:12.5

Mark Rainey (2)

Indoor	Event	Mark
1987	Mile Relay	3:12.41
1990	Long Jump	7.42m

Phil Reavis (6)

Indoor	Event	Mark
1956	High Jump	1.96m
1957 (tie)	High Jump	2.06m
1958	High Jump	2.05m

Outdoor	Event	Mark
1956	High Jump	2.00m
1957	High Jump	2.03m
1958	High Jump	2.08m

Paul Regan (1)

Indoor	Event	Time
1976	Distance Medley Relay	9:48.6

Tim Robinson (1)

Indoor	Event	Time
1980	Distance Medley Relay	9:57.48

Paul Rowbotham (1)

Indoor	Event	Time
1989	800 Meters	1:50.08

Ken Schappert (2)

Indoor	Event	Time
1973	880 Yards	1:54.5

Outdoor	Event	Time
1973	880 Yards	1:51.0

Rene Schlag (1)

Outdoor	Event	Time
1969	Mile Relay	3:11.1

Chris Shafer (2)

Indoor	Event	Time
1978	Two Mile Relay	7:33.7
1979	Distance Medley Relay	9:50.37

Chuck Silvester (2)

Indoor	Event	Time
1993	Two Mile Relay	7:29.68

Outdoor	Event	Time
1995	4x400 Meter Relay	3:11.67

Rowland Simpson (2)

Indoor	Event	Time
1956	Mile Relay	3:19.6

Outdoor	Event	Time
1956	Mile Relay	3:14.9

IC4A CHAMPIONS

Gabriel Soto (1)

Indoor	Event	Time
1996	Distance Medley Relay	9:49.07

Charles Stead (2)

Indoor	Event	Mark
1957 (tie)	High Jump	2.06m
1959	High Jump	2.01m

Mark Sullivan (1)

Indoor	Event	Time
1985	Two Mile Relay	7:35.91

Tom Sullivan (2)

Indoor	Event	Time
1964	Mile	4:11.8
1965	Mile	4:09.2

Brad Sumner (1)

Indoor	Event	Time
1993	Two Mile Relay	7:29.68

Willie Sydnor (1)

Outdoor	Event	Time
1980	4x100 Meter Reelay	40.62

Ed Takacs (2)

Outdoor	Event	Time
1975	880 Yards	1:47.6
1976	4x400 Meter Relay	3:04.0

Scott Tantino (1)

Indoor	Event	Time
1997	Distance Medley Relay	9:54.45

Pat Traynor (5)

Indoor	Event	Time
1963	Two Miles	9:02.1

Outdoor	Event	Time
1961	3000 Meter Steeplechase	9:25.3
1962	3000 Meter Steeplechase	9:19.1
1963	Mile	4:07.4
1963	3000 Meter Steeplechase	9:19.7

Anthony Tufariello (4)

Indoor	Event	Time
1978	Mile Relay	3:15.9
1979	Mile Relay	3:14.06

Outdoor	Event	Time
1978	4x400 Meter Relay	3:04.5
1979	4x400 Meter Relay	3:08.4

Tony Valentine (7)

Indoor	Event	Time
1984	Mile Relay	3:15.56
1986	Mile Relay	3:12.38

Outdoor	Event	Time
1984	400 Meter Hurdles	50.52
1984	4x400 Meter Relay	3:05.75
1985	4x400 Meter Relay	3:08.84
1986	400 Meter Hurdles	49.93
1988	400 Meter Hurdles	49.67

Andreas Von Scheele (2)

Indoor	Event	Time
1993	Distance Medley Relay	9:47.22

Outdoor	Event	Time
1995	4x400 Meter Relay	3:11.67

Carl Wagner (2)

Indoor	Event	Time
1960	Mile Relay	3:18.8

Outdoor	Event	Time
1960	Mile Relay	3:12.5

Donal Walsh (1)

XC	Distance	Time
1970	5 Miles	24:10.4

Kyle Watson (1)

Indoor	Event	Time
1993	Two Mile Relay	7:29.68

Don Webster (1)

Indoor	Event	Time
1963	Mile Relay	3:16.3

Bob Whitehead (1)

Indoor	Event	Time
1969	Mile Relay	3:18.7

Scott Whiteman (1)

Indoor	Event	Time
1993	Two Mile Relay	7:29.68

Rodney Wilson (7)

Indoor	Event	Time
1980	55 Meter Hurdles	7.29
1981	55 Meter Hurdles	7.28
1982	55 Meter Hurdles	7.26

Outdoor	Event	Time
1980	110 Meter Hurdles	13.87
1980	4x100 Meter Reelay	40.62
1982	110 Meter Hurdles	13.83
1983	110 Meter Hurdles	13.74

Carlton Young (4)

Indoor	Event	Time
1981	400 Meters	47.28
1983	400 Meters	47.42

Outdoor	Event	Time
1980	4x100 Meter Reelay	40.62
1983	4x400 Meter Relay	3:09.17

Vic Zwolak (6)

Indoor	Event	Time
1962	Mile	4:09.3

Outdoor	Event	Time
1963	Three Miles	14:05.9
1964	3000 Meter Steeplechase	9:25.7
1964	Three Miles	13:53.0

XC	Distance	Time
1962	5 Miles	24:47.3
1963	5 Miles	24:46.8