

VILLANOVA MEN'S TRACK & FIELD

2022-23 INDOOR SEASON

SCHEDULE AND RESULTS

<u>Date</u>	<u>Meet</u>	<u>Result</u>
1/14	Penn 10-Team Select	no team scoring
1/21	Villanova Invitational	no team scoring
1/27	Penn State National (Day 1)	no team scoring
1/28	Penn State National (Day 2)	no team scoring
2/4	Scarlet Knight Open	no team scoring
2/11	Big Apple Invitational	no team scoring
2/11	David Hemery Valentine Invitational	no team scoring
2/11	Tiger Paw Invite	no team scoring
2/18	Alex Wilson Invitational	no team scoring
2/24	BIG EAST Championships (Day 1)	2nd of 8
2/25	BIG EAST Championships (Day 2)	2nd of 8
3/10	NCAA Championships (Day 1)	no team scoring

MEET VENUES

Penn 10-Team Select

Ocean Breeze Track & Field Athletic Complex
Staten Island, N.Y.

Villanova Invitational

Ocean Breeze Track & Field Athletic Complex
Staten Island, N.Y.

Penn State National

Horace Ashenfelter III Indoor Track
University Park, Pa.

Scarlet Knight Open

The Armory
New York, N.Y.

Big Apple Invitational

Ocean Breeze Track & Field Athletic Complex
Staten Island, N.Y.

David Hemery Valentine Invitational

Track & Tennis Center
Boston, Mass.

Tiger Paw Invite

Clemson Indoor Track & Field Complex
Clemson, S.C.

Alex Wilson Invitational

Loftus Sports Center
South Bend, Ind.

BIG EAST Championships

Track & Field Center at Gately Park
Chicago, Ill.

NCAA Championships

Albuquerque Convention Center
Albuquerque, N.M.

VILLANOVA MEN'S TRACK & FIELD

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PERFORMANCE LIST

<u>60 Meters</u>	<u>Time</u>	<u>Date</u>
Amiri Prescod	6.86	2/11

<u>200 Meters</u>	<u>Time</u>	<u>Date</u>
Amiri Prescod	22.31	1/28
Nicholas Mollica	22.37	2/11
Ronan O'Neill	22.64	2/24
Mac Costonis	22.69	1/21
Sal Barretta	23.05	1/21
Luke Rakowitz	23.07	2/24
William Seijas	23.19	1/14

<u>400 Meters</u>	<u>Time</u>	<u>Date</u>
Jimmy Milgie	48.81	1/28
Nicholas Mollica	48.99	2/24
Jakob Kunzer	49.46	2/11
Sal Barretta	49.60	2/24
Ronan O'Neill	50.20	2/11
Luke Rakowitz	50.37	2/11
Mac Costonis	51.14	1/14
William Seijas	51.56	2/11

<u>800 Meters</u>	<u>Time</u>	<u>Date</u>
Sean Dolan	1:47.66	2/25
Miller Anderson	1:50.19	2/11
Chris Weeks	1:54.63	1/21
Trevor Potts	1:59.34	2/11

<u>1000 Meters</u>	<u>Time</u>	<u>Date</u>
Sean Dolan	2:20.89	1/21
Miller Anderson	2:23.15	1/21

<u>Mile</u>	<u>Time</u>	<u>Date</u>
Liam Murphy	3:55.58	1/27
Charlie O'Donovan	3:56.08	1/27
Sean Dolan	3:57.79	1/27
Evan Addison	4:03.67	2/25
Devon Comber	4:04.98	2/25
Miller Anderson	4:08.15	1/27
Ben Seiple	4:08.60	2/25

<u>3000 Meters</u>	<u>Time</u>	<u>Date</u>
Liam Murphy	7:45.67	2/11
Charlie O'Donovan	7:46.67	2/11
Jack Jennings	7:56.36	2/11
Haftu Strintzos	8:00.91	2/11
Josh Phillips	8:01.46	2/11
Evan Addison	8:04.99	1/21
Devon Comber	8:10.93	1/28
Cole Walker	8:15.19	2/11
Ben Seiple	8:18.87	2/11
Will Merritt	8:19.99	1/14

PERFORMANCE LIST

<u>5000 Meters</u>	<u>Time</u>	<u>Date</u>
Jack Jennings	13:52.06	2/24
Haftu Strintzos	14:00.39	2/24
Josh Phillips	14:06.17	2/24
Cole Walker	14:27.47	1/27
Will Merritt	14:29.18	2/24
Ben Seiple	14:43.89	1/27

<u>4x400 Meter Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	3:13.93	2/25
Nicholas Mollica	49.51	1st Leg
Jakob Kunzer	48.53	2nd Leg
Ronan O'Neill	48.34	3rd Leg
Jimmy Milgie	47.57	Anchor

<u>4x800 Meter Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	7:30.00	2/25
Miller Anderson	1:54.53	1st Leg
Evan Addison	1:53.14	2nd Leg
Charlie O'Donovan	1:50.88	3rd Leg
Sean Dolan	1:51.46	Anchor

<u>Distance Medley Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	9:20.44	2/18
Liam Murphy	2:52.3	1200 Meters
Jimmy Milgie	48.4	400 Meters
Sean Dolan	1:45.77	800 Meters
Charlie O'Donovan	3:53.97	1600 Meters

<u>Pole Vault</u>	<u>Mark</u>	<u>Date</u>
Bennett Hemphill	4.30m	1/21

<u>Long Jump</u>	<u>Mark</u>	<u>Date</u>
Daelyn Nwaobasi	6.12m	1/14

<u>Triple Jump</u>	<u>Mark</u>	<u>Date</u>
Malik Cunningham	15.98m	2/25

<u>Shot Put</u>	<u>Mark</u>	<u>Date</u>
Liam Anderson	13.59m	2/25

<u>Weight Throw</u>	<u>Mark</u>	<u>Date</u>
Tristan Bolinsky	16.23m	2/24

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AGGREGATE RESULTS

60 Meters

<u>Name</u>	<u>Date</u>
Amiri Prescod	2/11
Amiri Prescod	1/27
Amiri Prescod	2/11
Amiri Prescod	2/24
Amiri Prescod	2/25
Amiri Prescod	1/27
Amiri Prescod	1/14
Amiri Prescod	1/14

200 Meters

<u>Name</u>	<u>Date</u>
Amiri Prescod	1/28
Nicholas Mollica	2/11
Amiri Prescod	1/14
Amiri Prescod	1/21
Ronan O'Neill	2/24
Mac Costonis	1/21
Ronan O'Neill	2/11
Nicholas Mollica	1/14
Ronan O'Neill	1/28
Sal Barretta	1/21
Luke Rakowitz	2/24
Luke Rakowitz	2/11
William Seijas	1/14
Luke Rakowitz	1/14
Luke Rakowitz	1/21

400 Meters

<u>Name</u>	<u>Date</u>
Jimmy Milgie	1/28
Nicholas Mollica	2/24
Nicholas Mollica	2/25
Jimmy Milgie	2/24
Nicholas Mollica	2/11
Jimmy Milgie	1/14
Jakob Kunzer	2/11
Sal Barretta	2/24
Jakob Kunzer	2/24
Nicholas Mollica	1/21
Nicholas Mollica	1/28
Sal Barretta	2/11
Ronan O'Neill	2/11
Ronan O'Neill	1/21
Sal Barretta	1/28
Luke Rakowitz	2/11
Jakob Kunzer	1/14
Sal Barretta	1/14
Mac Costonis	1/14
William Seijas	2/11

AGGREGATE RESULTS

800 Meters

<u>Name</u>	<u>Date</u>
Sean Dolan	2/25
Sean Dolan	2/24
Miller Anderson	2/11
Miller Anderson	2/25
Miller Anderson	2/24
Chris Weeks	1/21
Chris Weeks	2/11
Chris Weeks	1/27
Chris Weeks	2/24
Chris Weeks	1/14
Trevor Potts	2/11

1000 Meters

<u>Name</u>	<u>Date</u>
Sean Dolan	1/21
Miller Anderson	1/21

Mile

<u>Name</u>	<u>Date</u>
Liam Murphy	1/27
Charlie O'Donovan	1/27
Sean Dolan	1/27
Sean Dolan	2/11
Charlie O'Donovan	2/25
Evan Addison	2/25
Evan Addison	1/27
Devon Comber	2/25
Liam Murphy	1/21
Miller Anderson	1/27
Ben Seiple	2/25
Devon Comber	2/24
Ben Seiple	2/24
Miller Anderson	1/14
Evan Addison	2/24
Charlie O'Donovan	2/24
Evan Addison	2/11

VILLANOVA MEN'S TRACK & FIELD

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AGGREGATE RESULTS

3000 Meters

<u>Name</u>	<u>Date</u>
Liam Murphy	2/11
Charlie O'Donovan	2/11
Charlie O'Donovan	1/21
Liam Murphy	2/25
Jack Jennings	2/11
Haftu Strintzos	2/11
Josh Phillips	2/11
Jack Jennings	2/25
Jack Jennings	1/28
Evan Addison	1/21
Haftu Strintos	2/25
Devon Comber	1/28
Devon Comber	2/11
Cole Walker	2/11
Ben Seiple	2/11
Will Merritt	1/14
Will Merritt	2/11
Cole Walker	2/25

5000 Meters

<u>Name</u>	<u>Date</u>
Jack Jennings	2/24
Haftu Strintzos	2/24
Josh Phillips	2/24
Cole Walker	1/27
Will Merritt	2/24
Ben Seiple	1/27

AGGREGATE RESULTS

4x400 Meter Relay

<u>Name</u>	<u>Date</u>
Villanova	2/25
Nicholas Mollica	1st Leg
Jakob Kunzer	2nd Leg
Ronan O'Neill	3rd Leg
Jimmy Milgie	Anchor
Villanova	1/28
Ronan O'Neill	1st Leg
Nicholas Mollica	2nd Leg
Sean Dolan	3rd Leg
Jimmy Milgie	Anchor
Villanova	1/21
	1st Leg
	2nd Leg
	3rd Leg
	Anchor
Villanova	1/14
	1st Leg
	2nd Leg
	3rd Leg
	Anchor
Villanova	1/28
Sal Barretta	1st Leg
Miller Anderson	2nd Leg
Luke Rakowitz	3rd
Chris Weeks	Anchor
Villanova	1/14
	1st Leg
	2nd Leg
	3rd Leg
	Anchor
<u>4x800 Meter Relay</u>	<u>Date</u>
Villanova	2/25
Miller Anderson	1st Leg
Evan Addison	2nd Leg
Charlie O'Donovan	3rd Leg
Sean Dolan	Anchor

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AGGREGATE RESULTS

<u>Distance Medley Relay</u>	<u>Name</u>	<u>Date</u>
9:20.44	Villanova	2/18
2:52.3	Liam Murphy	1200 Meters
48.4	Jimmy Milgie	400 Meters
1:45.77	Sean Dolan	800 Meters
3:53.97	Charlie O'Donovan	1600 Meters
9:36.29	Villanova	2/24
2:58.99	Devon Comber	1200 Meters
48.30	Ronan O'Neill	400 Meters
1:52.24	Evan Addison	800 Meters
3:56.77	Liam Murphy	1600 Meters
9:55.89	Villanova	3/10
3:03.77	Charlie O'Donovan	1200 Meters
48.06	Jimmy Milgie	400 Meters
1:49.84	Sean Dolan	800 Meters
4:14.23	Liam Murphy	1600 Meters
<u>Pole Vault</u>	<u>Name</u>	<u>Date</u>
4.30m	Bennett Hemphill	1/21
4.20m	Bennett Hemphill	1/14
<u>Long Jump</u>	<u>Name</u>	<u>Date</u>
6.12m	Daelyn Nwaobasi	1/14
<u>Triple Jump</u>	<u>Name</u>	<u>Date</u>
15.98m	Malik Cunningham	2/25
15.63m	Malik Cunningham	2/11
15.27m	Malik Cunningham	2/4
<u>Shot Put</u>	<u>Name</u>	<u>Date</u>
13.59m	Liam Anderson	2/25
12.79m	Liam Anderson	1/28
12.72m	Liam Anderson	2/11
12.71m	Liam Anderson	1/21
12.12m	Liam Anderson	1/14
<u>Weight Throw</u>	<u>Name</u>	<u>Date</u>
16.23m	Tristan Bolinsky	2/24
15.55m	Tristan Bolinsky	1/27
15.24m	Tristan Bolinsky	2/11
15.12m	Tristan Bolinsky	1/21
14.94m	Tristan Bolinsky	1/14