

RONAN O'NEILL CAREER COLLEGIATE RESULTS

INDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
1/14/23	Penn 10-Team Select	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	4x400 Meter Relay (Anchor)	3:21.99	4	
1/21/23	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	400 Meters	50.23	10	
1/28/23	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	200 Meters	22.86	10	Unseeded Section
1/28/23	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	4x400 Meter Relay (1st)	3:16.44	5	
2/11/23	Big Apple Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	200 Meters	22.75	18	
2/11/23	Big Apple Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	400 Meters	50.20	9	
2/24/23	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	200 Meters	22.64	14	Preliminary Heats
2/24/23	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	Distance Medley Relay (400)	9:36.29	1	
2/25/23	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	4x400 Meter Relay (3rd)	3:13.93	3	
1/20/24	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	400 Meters	50.84	14	
1/20/24	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	4x400 Meter Relay (3rd)	3:24.99	8	
2/2/24	Scarlet Knight Open	New York, N.Y.	The Armory	400 Meters	50.81	16	
2/23/24	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	Distance Medley Relay (400)	9:37.24	1	
2/24/24	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	4x400 Meter Relay (3rd)	3:14.33	4	
1/18/25	Quaker Invitational	Philadelphia, Pa.	The Ott Center	500 Meters	1:06.84	17	
1/18/25	Quaker Invitational	Philadelphia, Pa.	The Ott Center	4x400 Meter Relay (2nd)	3:19.35	3	
1/25/25	Penn 10 Elite	Philadelphia, Pa.	The Ott Center	400 Meters	50.08	28	
1/25/25	Penn 10 Elite	Philadelphia, Pa.	The Ott Center	4x400 Meter Relay (3rd)	3:16.51	5	
2/1/25	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	4x400 Meter Relay (2nd)	3:15.33	4	
2/14/25	Eagle Elite Invitational	Boston, Mass.	the TRACK at new balance	400 Meters	49.36	20	
2/28/25	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	Distance Medley Relay (400)	9:42.54	1	
OUTDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
3/18/23	Penn Challenge	Philadelphia, Pa.	Franklin Field	400 Meters	49.92	6	
4/1/23	Big 5 Invitational	Philadelphia, Pa.	Franklin Field	400 Meters	50.23	11	
4/22/23	Widener Invitational	Chester, Pa.	Leslie C. Quick Jr. Stadium	200 Meters	22.76	23	
4/22/23	Widener Invitational	Chester, Pa.	Leslie C. Quick Jr. Stadium	400 Meters	49.64	12	
4/28/23	Penn Relays	Philadelphia, Pa.	Franklin Field	4x400 Meter Relay (2nd)	3:17.88	4	Preliminary Heats / College Section
5/12/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	400 Meters	49.95	14	Preliminary Heats
5/13/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	4x400 Meter Relay (3rd)	44.03	7	
5/13/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	4x400 Meter Relay (3rd)	3:12.15	3	
3/23/24	Penn Challenge	Philadelphia, Pa.	Franklin Field	400 Meters	50.14	5	
3/23/24	Penn Challenge	Philadelphia, Pa.	Franklin Field	4x400 Meter Relay (Anchor)	3:19.40	2	
4/6/24	Penn Invitational	Philadelphia, Pa.	Franklin Field	400 Meters	49.86	8	
4/6/24	Penn Invitational	Philadelphia, Pa.	Franklin Field	400 Meter Hurdles	57.09	9	
4/13/24	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	400 Meter Hurdles	56.85	14	
4/13/24	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	4x400 Meter Relay (1st)	3:17.01	1	
4/20/24	Paul Donahue Invitational	Chester, Pa.	George A. Hansell Track	200 Meters	22.75	41	
4/20/24	Paul Donahue Invitational	Chester, Pa.	George A. Hansell Track	400 Meters	49.63	13	
5/10/24	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	400 Meter Hurdles	56.24	9	Preliminary Heats
3/22/25	Penn Challenge	Philadelphia, Pa.	Franklin Field	400 Meter Hurdles	55.37	5	
3/29/25	Raleigh Relays	Raleigh, N.C.	Paul Derr Track	400 Meter Hurdles	55.58	37	
4/18/25	Virginia Challenge	Charlottesville, Va.	Lannigan Field	400 Meter Hurdles	55.53	19	
4/19/25	Virginia Challenge	Charlottesville, Va.	Lannigan Field	4x400 Meter Relay (3rd)	3:16.17	8	
4/25/25	Penn Relays	Philadelphia, Pa.	Franklin Field	4x400 Meter Relay (Anchor)	3:13.28	6	Preliminary Heats / College Section
5/3/25	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	400 Meter Hurdles	54.56	7	
5/16/25	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	400 Meter Hurdles	55.13	4	Preliminary Heats
5/17/25	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	400 Meter Hurdles	54.63	4	Final