# PENN CHALLENGE MARCH 18, 2023 ~ FRANKLIN FIELD ~ PHILADELPHIA, PA.

400 Meters Jakob Kunzer Ronan O'Neill Luke Rakowitz William Seijas	Place 3rd of 21 6th 11th 14th	<u>Time</u> 49.32 49.92 50.54 51.82
400 Meter Hurdles Nicholas Mollica Mac Costonis	Place 3rd of 8 5th	<u>Time</u> 54.20 55.38
Long Jump Daelyn Nwaobasi Sanjay Persaud	Place 6th of 13 12th	<u>Mark</u> 6.49m 5.70m
Shot Put	Place	<u>Mark</u>
Liam Anderson	14th of 14	12.98m
<u>Discus</u>	Place	Mark
Tristan Bolinsky	8th of 19	46.83m
Liam Anderson	15th	34.78m
<u>Hammer</u>	Place	<u>Mark</u>
Tristan Bolinsky	7th of 16	52.22m

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<u>Javelin</u>	<b>Place</b>	<u>Mark</u>
Nick Coffey	7th of 43	63.99m
Andrew Grinnell	14th	60.17m

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10000 Meters Haftu Strintzos Jack Jennings Josh Phillips Ryan Cutter	Place 5th of 122 6th 8th 27th	<u>Time</u> 28:36.71 28:41.11 28:41.65 29:09.39
Cole Walker  Discus	81st Place	30:24.20 Mark
Tristan Bolinsky	33rd of 40	40.76m

# BIG 5 INVITATIONAL APRIL 1, 2023 ~ FRANKLIN FIELD ~ PHILADELPHIA, PA.

100 Meters Amiri Prescod	Place 3rd of 10	<u>Time</u> 10.78
200 Meters Amiri Prescod	Place 4th of 17	<u>Time</u> 21.85
400 Meters Jimmy Milgie Jakob Kunzer Luke Rakowitz Ronan O'Neill William Seijas	Place 2nd of 15 5th 7th 11th 12th	Time 48.55 49.05 49.37 50.23 50.90
400 Meter Hurdles Nicholas Mollica Mac Costonis	Place 1st of 9 7th	<u>Time</u> 53.52 56.26
800 Meters Trevor Potts	Place 15th of 27	<u>Time</u> 1:54.38
1500 Meters Evan Addison Devon Comber Miller Anderson Henry Myers Ben Seiple	Place 2nd of 44 3rd 4th 7th 9th	Mark 3:48.39 3:49.46 3:49.51 3:50.39 3:51.86
Long Jump Daelyn Nwaobasi	Place 6th of 10	<u>Mark</u> 6.65m
Shot Put Liam Anderson	Place 9th of 11	<u>Mark</u> 13.23m
<u>Discus</u> Tristan Bolinsky Liam Anderson	Place 7th of 14 13th	Mark 45.36m 31.23m
Hammer Tristan Bolinsky	Place 3rd of 11	Mark 50.33m

# DUKE INVITATIONAL APRIL 7, 2023 ~ MORRIS WILLIAMS STADIUM ~ DURHAM, N.C.

#### INVITATIONAL SECTION

800 Meters	<b>Place</b>	<b>Time</b>
Miller Anderson	10th of 16	1:53.60
<u>1500 Meters</u>	<b>Place</b>	<u>Time</u>
Liam Murphy	1st of 40	3:41.64
Charlie O'Donovan	7th	3:43.99
Sean Dolan	8th	3:44.17
Sean Donoghue	24th	3:47.47

#### **UNSEEDED SECTIONS**

3000 Meter Steeplechase Evan Addison	Place 1st of 17	<u>Time</u> 8:50.17
5000 Meters	<u>Place</u>	<u>Time</u>
Devon Comber	6th of 69	14:05.69
Will Merritt	18th	14:25.30

## HURRICANE ALUMNI INVITATIONAL APRIL 7, 2023 ~ COBB STADIUM ~ CORAL GABLES, FLA.

<u>Discus</u>	<u>Place</u>	<b>Mark</b>
Tristan Bolinsky	5th of 16	47.29m

HammerPlaceMarkTristan Bolinsky4th of 1351.37m

## HURRICANE ALUMNI INVITATIONAL APRIL 8, 2023 ~ COBB STADIUM ~ CORAL GABLES, FLA.

100 Meters Amiri Prescod	Place 18th of 32	<u>Time</u> 10.76
200 Meters Amiri Prescod	Place 22nd of 41	<u>Time</u> 21.84
400 Meters Jimmy Milgie Jakob Kunzer Luke Rakowitz	Place 11th of 33 14th 20th	Time 48.48 48.96 49.96
400 Meter Hurdles Nicholas Mollica	Place 10th of 16	<u>Time</u> 53.72
4x400 Meter Relay Villanova Luke Rakowitz Nicholas Mollica Jakob Kunzer Jimmy Milgie	Place 2nd of 6 1st Leg 2nd Leg 3rd Leg Anchor	Time 3:15.48 48.42 48.07
Villanova Luke Rakowitz Nicholas Mollica Jakob Kunzer	2nd of 6 1st Leg 2nd Leg 3rd Leg	3:15.48 48.42

# LARRY ELLIS INVITATIONAL APRIL 14, 2023 $\sim$ Weaver Stadium $\sim$ Princeton, N.J.

800 Meters Sean Dolan Miller Anderson Trevor Potts	<u>Place</u> 1st of 51 11th 44th	<u>Time</u> 1:47.33 1:50.88 1:55.82
1500 Meters Liam Murphy Charlie O'Donovan Sean Donoghue Ben Seiple	Place 1st of 56 2nd 7th 36th	Time 3:39.42 3:40.68 3:43.94 3:53.70
5000 Meters Marco Langon (Unattached) Josh Phillips Haftu Strintzos Ryan Cutter	Place 1st of 21 3rd 4th 9th	Time 13:47.42 13:51.55 13:53.79 14:15.78

#### UNSEEDED SECTION

5000 Meters	<u>Place</u>	<u>Time</u>
Henry Myers	8th of 42	14:36.27
Cole Walker	12th	14:46.75

# VIRGINIA CHALLENGE APRIL 20, 2023 ~ LANNIGAN FIELD ~ CHARLOTTESVILLE, VA.

HammerPlaceMarkTristan Bolinsky13th of 2152.15m

# VIRGINIA CHALLENGE APRIL 21, 2023 ~ LANNIGAN FIELD ~ CHARLOTTESVILLE, VA.

100 Meters Preliminary Heats	<u>Place</u>	<u>Time</u>
Amiri Prescod	21st of 50	10.64
400 Meters Jimmy Milgie Jakob Kunzer Sal Barretta	Place 28th of 50 30th 46th	<u>Time</u> 49.20 49.29 51.22
5000 Meters Will Merritt	Place 7th of 33	<u>Time</u> 14:31.52
<u>Discus</u> Tristan Bolinsky	Place 13th of 18	<u>Mark</u> 45.31m
Javelin Nick Coffey	Place 2nd of 15	<u>Mark</u> 66.34m

# WIDENER INVITATIONAL APRIL 21, 2023 ~ LESLIE C. QUICK JR. STADIUM ~ CHESTER, PA.

<u>Mile</u>	<u>Place</u>	<b>Time</b>
Elite Section		
Marco Langon (Unattached)	1st of 10	3:58.82
Evan Addison	3rd	4:00.08
Devon Comber	4th	4:00.24

# VIRGINIA CHALLENGE APRIL 22, 2023 ~ LANNIGAN FIELD ~ CHARLOTTESVILLE, VA.

200 Meters Jakob Kunzer Jimmy Milgie	<b>Place</b> 25th of 44 37th	<u>Time</u> 22.09 22.59
400 Meter Hurdles Nicholas Mollica Mac Costonis	Place 8th of 22 19th	<u>Time</u> 53.99 56.23
800 Meters Trevor Potts	Place 11th of 37	<u>Time</u> 1:52.46
Shot Put Liam Anderson	Place 17th of 21	<u>Mark</u> 13.25m

# WIDENER INVITATIONAL APRIL 22, 2023 ~ LESLIE C. QUICK JR. STADIUM ~ CHESTER, PA.

200 Meters	<u>Place</u>	<b>Time</b>
Luke Rakowitz	20th of 94	22.68
Ronan O'Neill	23rd	22.76
William Seijas	24th	22.77
400 Meters	<u>Place</u>	<b>Time</b>
400 Meters Luke Rakowitz	Place 5th of 73	<u>Time</u> 48.88
Luke Rakowitz	5th of 73	48.88

### **PENN RELAYS**

APRIL 27, 2023 ~ FRANKLIN FIELD ~ PHILADELPHIA, PA.

#### CHAMPIONSHIP SECTIONS

400 Meter Hurdles Nicholas Mollica	Place 19th of 30	<u>Time</u> 53.54
1500 Meters Sean Donoghue Miller Anderson	Place 2nd of 46 24th	<u>Time</u> 3:42.67 3:47.68
5000 Meters Josh Phillips Haftu Strintzos Jack Fredian Cole Walker Ben Seiple Henry Myers	Place 1st of 77 2nd 28th 33rd 41st 51st	Time 13:45.85 13:47.54 14:14.44 14:18.47 14:26.30 14:36.07
10000 Meters Ryan Cutter Will Merritt	Place 3rd of 19 7th	Time 29:02.11 29:45.34

### **PENN RELAYS**

APRIL 28, 2023 ~ FRANKLIN FIELD ~ PHILADELPHIA, PA.

#### CHAMPIONSHIP OF AMERICA

<b>Distance Medley Relay</b>	<b>Place</b>	<b>Time</b>
Villanova	2nd of 13	9:34.83
Charlie O'Donovan	1200 Meters	2:53.71
Jimmy Milgie	400 Meters	47.96
Sean Dolan	800 Meters	1:49.53
Liam Murphy	1600 Meters	4:03.65

#### **COLLEGE SECTIONS**

4x400 Meter Relay	<u>Place</u>	<b>Time</b>
Preliminary Heats		
Villanova	4th of 17	3:17.88
Nicholas Mollica	1st Leg	
Ronan O'Neill	2nd Leg	
Jakob Kunzer	3rd Leg	49.03
Luke Rakowitz	Anchor	48.40
Discus	<u>Place</u>	<u>Mark</u>
Tristan Bolinsky	19th of 22	44.44m

### **PENN RELAYS**

APRIL 29, 2023 ~ FRANKLIN FIELD ~ PHILADELPHIA, PA.

#### CHAMPIONSHIP OF AMERICA

4xMile Relay	<u>Place</u>	<b>Time</b>
Villanova	1st of 14	16:14.03
Sean Donoghue	1st Leg	4:01.24
Charlie O'Donovan	2nd Leg	4:01.80
Sean Dolan	3rd Leg	4:00.81
Liam Murphy	Anchor	4:10.20

#### **CHAMPIONSHIP SECTIONS**

Triple Jump Malik Cunningham	Place 2nd of 13	<u>Mark</u> 16.08m
Javelin Nick Coffey	Place 9th of 14	<u>Mark</u> 63.62m

#### **COLLEGE SECTION**

4x400 Meter Relay	<u>Place</u>	<b>Time</b>
Villanova	8th of 8	3:12.87
Luke Rakowitz	1st Leg	
Jakob Kunzer	2nd Leg	
Nicholas Mollica	3rd Leg	
Jimmy Milgie	Anchor	47.82

### **BIG EAST CHAMPIONSHIPS** May 11, 2023 ~ Villanova Stadium ~ Villanova, Pa.

10000 Meters Cole Walker Will Merritt Jack Fredian	Place 8th of 15 9th 12th	Time 30:06.96 30:16.82 30:48.93
<u><b>Hammer</b></u> Tristan Bolinsky	Place 6th of 11	<u>Mark</u> 52.58m

TEAM SCORES		
<u>Team</u>	<u>Place</u>	<b>Points</b>
Butler	tie-1st of 7	19
DePaul	tie-1st of 7	19
Providence	3rd	16
Connecticut	4th	11
Marquette	5th	6
Villanova	6th	4
Georgetown	7th	3

# BIG EAST CHAMPIONSHIPS MAY 12, 2023 ~ VILLANOVA STADIUM ~ VILLANOVA, PA.

#### SCORED EVENTS

3000 Meter Steeplechase	Place	<u>Time</u>
Evan Addison	8th of 9	9:00.71
5000 Meters	Place	Time
Liam Murphy	1st of 18	13:43.32
Josh Phillips	2nd	13:44.93
Haftu Strintzos	3rd	13:45.70
Ryan Cutter	10th	14:34.00
Long Jump Daelyn Nwaobasi Sanjay Persaud	Place 7th of 10 9th	Mark 6.55m 5.96m
Javelin	Place	Mark
Nick Coffey	4th of 9	63.52m
Andrew Grinnell	5th	60.88m

#### PRELIMINARY HEATS

100 Meters	<u>Place</u>	<b>Time</b>
Amiri Prescod	6th of 19	10.65
200 Meters	<u>Place</u>	<u>Time</u>
Amiri Prescod	5th of 17	21.39
Sal Barretta	10th	22.41
William Seijas	13th	22.60
400 Motors	Place	Time
400 Meters		<u>Time</u>
Jakob Kunzer	8th of 19	48.50
Jimmy Milgie	11th	49.06
Luke Rakowitz	13th	49.40
Ronan O'Neill	14th	49.95
William Seijas	17th	50.42
400 Meter Hurdles	Place	<u>Time</u>
Nicholas Mollica	4th of 12	53.32
Mac Costonis	7th	55.38
800 Meters	<u>Place</u>	<u>Time</u>
Sean Dolan	3rd of 16	1:51.75
Miller Anderson	9th	1:51.51
Trevor Potts	12th	1:53.23
Chris Weeks	16th	1:57.84
C11110 11 <b>C</b> 1110	1041	1.07.01

TEAM SCORES		
<u>Team</u>	<u>Place</u>	<b>Points</b>
Connecticut	1st of 8	96
Butler	2nd	57
Marquette	3rd	46
Villanova	4th	40
Georgetown	5th	24
DePaul	6th	21
Providence	7th	19
Xavier	8th	6

# BIG EAST CHAMPIONSHIPS MAY 13, 2023 ~ VILLANOVA STADIUM ~ VILLANOVA, PA.

100 Meters Amiri Prescod	Place 6th of 7	<u>Time</u> 10.79
200 Meters Amiri Prescod	Place 7th of 8	<u>Time</u> 22.16
400 Meters Jakob Kunzer	Place 4th of 7	<u>Time</u> 48.27
400 Meter Hurdles Nicholas Mollica Mac Costonis	Place 4th of 7 6th	<u>Time</u> 52.73 54.82
800 Meters Sean Dolan	Place 1st of 8	<u>Time</u> 1:50.60
1500 Meters Sean Donoghue Devon Comber Charlie O'Donovan Ben Seiple Henry Myers	Place 1st of 14 5th 8th 9th 11th	<u>Time</u> 3:44.90 3:46.55 3:48.51 3:51.87 3:53.44
4x100 Meter Relay Villanova William Seijas Luke Rakowitz Ronan O'Neill Sanjay Persaud	Place 7th of 7 1st Leg 2nd Leg 3rd Leg Anchor	<u>Time</u> 44.03
4x400 Meter Relay Villanova Nicholas Mollica Jimmy Milgie Ronan O'Neill Jakob Kunzer	Place 3rd of 7 1st Leg 2nd Leg 3rd Leg Anchor	Time 3:12.15 48.73 47.23
4x800 Meter Relay Villanova Miller Anderson Sean Donoghue Liam Murphy Sean Dolan	Place 1st of 8 1st Leg 2nd Leg 3rd Leg Anchor	Time 7:17.96 1:51.85 1:49.06 1:47.88 1:49.18
Pole Vault Bennett Hemphill	Place 5th of 7	<u>Mark</u> 4.07m
Triple Jump Malik Cunningham	Place 1st of 8	<u>Mark</u> 15.87m
Shot Put Liam Anderson	Place 8th of 9	<u>Mark</u> 12.97m
<u>Discus</u> Tristan Bolinsky Liam Anderson	Place 3rd of 11 11th	Mark 48.25m 33.21m

	TEAM SCORES	
<u>Team</u>	<u>Place</u>	<u>Points</u>
Connecticut	1st of 8	284
DePaul	2nd	127
Villanova	3rd	122
Marquette	4th	89
Butler	5th	88
Georgetown	6th	87
Providence	7th	33
Xavier	8th	19

# NCAA EAST PRELIMINARY MAY 24, 2023 ~ HODGES STADIUM ~ JACKSONVILLE, FLA.

#### NATIONAL SEMIFINALS

<u>10000 Meters</u>	<u>Place</u>	<u>Time</u>
Haftu Strintzos	6th of 47	29:04.93
Ryan Cutter	17th	29:45.91
Josh Phillips	32nd	30:30.36

#### NATIONAL FIRST ROUND

800 Meters Sean Dolan	Place 3rd of 48	<u>Time</u> 1:48.34
1500 Meters Liam Murphy	Place 5th of 48	<u>Time</u> 3:45.00
Sean Donoghue	20th	3:46.30
Devon Comber Charlie O'Donovan	33rd 34th	3:47.91 3:47.99
T 1	DI	36.1
<u>Javelin</u> Nick Coffey Andrew Grinnell	Place 37th 48th	<u>Mark</u> 61.74m 56.96m

# NCAA EAST PRELIMINARY MAY 26, 2023 ~ HODGES STADIUM ~ JACKSONVILLE, FLA.

#### NATIONAL QUARTERFINALS

800 Meters	Place	<u>Time</u>
Sean Dolan	5th of 24	1:49.89
1500 Meters Liam Murphy Sean Donoghue	Place 1st of 24 5th	<u>Time</u> 3:48.35 3:49.50
3000 Meter Steeplechase	Place	<u>Time</u>
Evan Addison	35th of 48	9:07.78

#### NATIONAL FIRST ROUND

Triple Jump	<u>Place</u>	<u>Mark</u>
Malik Cunningham	7th of 48	15.94m

### NCAA CHAMPIONSHIPS June 7, 2023 $\sim$ Mike A. Myers Stadium $\sim$ Austin, Texas

#### NATIONAL CHAMPIONSHIP

<u>10000 Meters</u>	<b>Place</b>	<u>Time</u>
Haftu Strintzos	19th of 24	29:45.22

#### NATIONAL SEMIFINALS

800 Meters	<u>Place</u>	<u>Time</u>
Sean Dolan	19th of 24	1:50.45

 1500 Meters
 Place
 Time

 Liam Murphy
 10th of 24
 3:39.82

 Sean Donoghue
 18th
 3:42.89

### **NCAA CHAMPIONSHIPS**

June 9, 2023 ~ Mike A. Myers Stadium ~ Austin, Texas

#### NATIONAL CHAMPIONSHIP

<u>1500 Meters</u>	<u>Place</u>	<b>Time</b>
Liam Murphy	11th of 12	3:45.72

Triple JumpPlaceMarkMalik Cunningham7th of 2216.17m

TEAM SCORES		
Team	<u>Place</u>	<b>Points</b>
Florida	1st of 69	57
Arkansas	2nd	53
Stanford	3rd	44 43
LSU Arizona State	4th 5th	43
Texas Tech	6th	34.5
Georgia	7th	28
Alabama	8th	27
Washington	9th	26.5
BYU Harvard	10th tie-11th	22.5 21
Virginia	tie-11th	21
Texas	13th	18
Houston	14th	17.33
Florida State	tie-15th	17
Wisconsin Arizona	tie-15th tie-17th	17 16
Nebraska	tie-17th	16
Baylor	19th	15.33
Minnesota	20th	15
Miami (Fla.)	21st	13
Oklahoma	tie-22nd	11 11
Tennessee Texas A&M	tie-22nd tie-22nd	11
South Alabama	tie-25th	10
USF	tie-25th	10
Oklahoma State	tie-27th	9
Penn State	tie-27th	9
Southern California Akron	tie-27th tie-30th	9
Montana State	tie-30th	8
California	tie-32nd	9 9 8 8 7 7 7
Louisville	tie-32nd	7
Mississippi State	tie-32nd	7
North Carolina Kentucky	tie-32nd 36th	7 6.33
Cincinnati	tie-37th	6.55
Iowa	tie-37th	ő
Missouri	tie-37th	6
Ohio State	tie-37th	6
Syracuse	tie-37th tie-37th	6 6
UCLA UTEP	tie-37th	6
Gonzaga	tie-44th	6 5 5 5 4 4
South Carolina	tie-44th	5
Wake Forest	tie-44th	5
Alabama State	tie-47th	4
Clemson Drake	tie-47th tie-47th	4
Fairleigh Dickinson	tie-47th	4
Kansas	tie-47th	4 4
Liberty	tie-47th	4
Michigan State	tie-47th	4
Notre Dame Eastern Kentucky	tie-47th tie-55th	4 2
Navy	tie-55th	3
North Carolina A&T	tie-55th	3
Northern Arizona	tie-55th	3
Southeastern Louisiana	tie-55th	3
Princeton Villanova	60th <b>tie-61st</b>	2.5
Butler	tie-61st	2
Cal Poly	tie-61st	2
Iowa State	tie-61st	2
Ole Miss	tie-61st	2
Oregon	tie-61st	2
UTŠA Auburn	tie-61st tie-68th	4 4 3 3 3 3 2.5 <b>2</b> 2 2 2 2 2 2
Southern Utah	tie-68th	1