

VILLANOVA MEN'S TRACK & FIELD

2023 OUTDOOR SEASON

SCHEDULE AND RESULTS

<u>Date</u>	<u>Meet</u>	<u>Result</u>
3/18	Penn Challenge	no team scoring
3/23	Raleigh Relays (Day 1)	no team scoring
3/24	Raleigh Relays (Day 2)	no team scoring
4/1	Big 5 Invitational	no team scoring
4/7	Duke Invitational	no team scoring
4/7	Hurricane Alumni Invitational (Day 1)	no team scoring
4/8	Hurricane Alumni Invitational (Day 2)	no team scoring
4/14	Larry Ellis Invitational	no team scoring
4/20	Virginia Challenge (Day 1)	no team scoring
4/21	Virginia Challenge (Day 2)	no team scoring
4/21	Widener Invitational (Day 1)	no team scoring
4/22	Virginia Challenge (Day 3)	no team scoring
4/22	Widener Invitational (Day 2)	no team scoring
4/27	Penn Relays (Day 1)	no team scoring
4/28	Penn Relays (Day 2)	no team scoring
4/29	Penn Relays (Day 3)	no team scoring
5/11	BIG EAST Championships (Day 1)	6th of 7
5/12	BIG EAST Championships (Day 2)	4th of 8
5/13	BIG EAST Championships (Day 3)	3rd of 8
5/25	NCAA East Preliminary (Day 1)	no team scoring
5/27	NCAA East Preliminary (Day 3)	no team scoring
6/8	NCAA Championships (Day 1)	no team scoring
6/10	NCAA Championships (Day 3)	tie-61st of 69

MEET VENUES

Penn Challenge

Franklin Field
Philadelphia, Pa.

Raleigh Relays

Paul Derr Track
Raleigh, N.C.

Big 5 Invitational

Franklin Field
Philadelphia, Pa.

Duke Invitational

Durham, N.C.
Morris Williams Stadium

Hurricane Alumni Invitational

Cobb Stadium
Coral Gables, Fla.

Larry Ellis Invitational

Weaver Stadium
Princeton, N.J.

Virginia Challenge

Lannigan Field
Charlottesville, Va.

Widener Invitational

Leslie C. Quick Jr. Stadium
Chester, Pa.

Penn Relays

Franklin Field
Philadelphia, Pa.

BIG EAST Championships

Villanova Stadium
Villanova, Pa.

NCAA East Preliminary

Hodges Stadium
Jacksonville, Fla.

NCAA Championships

Mike A. Myers Stadium
Austin, Texas

VILLANOVA MEN'S TRACK & FIELD

2023 OUTDOOR SEASON

PERFORMANCE LIST

<u>100 Meters</u>	<u>Time</u>	<u>Date</u>
Amiri Prescod	10.64	4/21
<u>200 Meters</u>	<u>Time</u>	<u>Date</u>
Amiri Prescod	21.39	5/12
Jakob Kunzer	22.09	4/22
Sal Barretta	22.41	5/12
Jimmy Milgie	22.59	4/22
William Seijas	22.60	5/12
Luke Rakowitz	22.68	4/22
Ronan O'Neill	22.76	4/22
<u>400 Meters</u>	<u>Time</u>	<u>Date</u>
Jakob Kunzer	48.27	5/13
Jimmy Milgie	48.48	4/8
Luke Rakowitz	48.88	4/22
Ronan O'Neill	49.64	4/22
William Seijas	50.37	4/22
Sal Barretta	51.22	4/21
<u>400 Meter Hurdles</u>	<u>Time</u>	<u>Date</u>
Nicholas Mollica	52.73	5/13
Mac Costonis	54.82	5/13
<u>800 Meters</u>	<u>Time</u>	<u>Date</u>
Sean Dolan	1:47.33	4/14
Miller Anderson	1:50.88	4/14
Trevor Potts	1:52.46	4/22
Chris Weeks	1:57.84	5/12
<u>1500 Meters</u>	<u>Time</u>	<u>Date</u>
Liam Murphy	3:39.42	4/14
Charlie O'Donovan	3:40.68	4/14
Sean Donoghue	3:42.67	4/27
Sean Dolan	3:44.17	4/7
Devon Comber	3:46.55	5/13
Miller Anderson	3:47.68	4/27
Evan Addison	3:48.39	4/1
Henry Myers	3:50.39	4/1
Ben Seiple	3:51.86	4/1
<u>Mile</u>	<u>Time</u>	<u>Date</u>
Marco Langon <i>(Unattached)</i>	3:58.82	4/21
Evan Addison	4:00.08	4/21
Devon Comber	4:00.24	4/21
<u>3000 Meter Steeplechase</u>	<u>Time</u>	<u>Date</u>
Evan Addison	8:50.17	4/7

PERFORMANCE LIST

<u>5000 Meters</u>	<u>Time</u>	<u>Date</u>
Liam Murphy	13:43.32	5/12
Josh Phillips	13:44.93	5/12
Haftu Strintzos	13:45.70	5/12
Marco Langon <i>(Unattached)</i>	13:47.42	4/14
Devon Comber	14:05.69	4/7
Jack Fredian	14:14.44	4/27
Ryan Cutter	14:15.78	4/14
Cole Walker	14:18.47	4/27
Will Merritt	14:25.30	4/7
Ben Seiple	14:26.30	4/27
Henry Myers	14:36.07	4/27
<u>10000 Meters</u>	<u>Time</u>	<u>Date</u>
Haftu Strintzos	28:36.71	3/24
Jack Jennings	28:41.11	3/24
Josh Phillips	28:41.65	3/24
Ryan Cutter	29:02.11	4/27
Will Merritt	29:45.34	4/27
Cole Walker	30:06.96	5/11
Jack Fredian	30:48.93	5/11
<u>4x100 Meter Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	44.03	5/13
<i>William Seijas</i>		<i>1st Leg</i>
<i>Luke Rakowitz</i>		<i>2nd Leg</i>
<i>Ronan O'Neill</i>		<i>3rd Leg</i>
<i>Sanjay Persaud</i>		<i>Anchor</i>
<u>4x400 Meter Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	3:12.15	5/13
<i>Nicholas Mollica</i>		<i>1st Leg</i>
<i>Jimmy Milgie</i>		<i>2nd Leg</i>
<i>Ronan O'Neill</i>	48.73	<i>3rd Leg</i>
<i>Jakob Kunzer</i>	47.23	<i>Anchor</i>
<u>4x800 Meter Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	7:17.96	5/13
<i>Miller Anderson</i>	1:51.85	<i>1st Leg</i>
<i>Sean Donoghue</i>	1:49.06	<i>2nd Leg</i>
<i>Liam Murphy</i>	1:47.88	<i>3rd Leg</i>
<i>Sean Dolan</i>	1:49.18	<i>Anchor</i>
<u>Distance Medley Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	9:34.83	4/28
<i>Charlie O'Donovan</i>	2:53.71	<i>1200 Meters</i>
<i>Jimmy Milgie</i>	47.96	<i>400 Meters</i>
<i>Sean Dolan</i>	1:49.53	<i>800 Meters</i>
<i>Liam Murphy</i>	4:03.65	<i>1600 Meters</i>

VILLANOVA MEN'S TRACK & FIELD

2023 OUTDOOR SEASON

PERFORMANCE LIST

4xMile Relay

<u>Time</u>	<u>Date</u>
Villanova	4/29
<i>Sean Donoghue</i>	<i>1st Leg</i>
<i>Charlie O'Donovan</i>	<i>2nd Leg</i>
<i>Sean Dolan</i>	<i>3rd Leg</i>
<i>Liam Murphy</i>	<i>Anchor</i>

Pole Vault

<u>Mark</u>	<u>Date</u>
Bennett Hemphill	5/13

Long Jump

<u>Mark</u>	<u>Date</u>
Daelyn Nwaobasi	4/1
Sanjay Persaud	5/12

Triple Jump

<u>Mark</u>	<u>Date</u>
Malik Cunningham	6/9

Shot Put

<u>Mark</u>	<u>Date</u>
Liam Anderson	4/22

Discus

<u>Mark</u>	<u>Date</u>
Tristan Bolinsky	5/13
Liam Anderson	3/18

Hammer

<u>Mark</u>	<u>Date</u>
Tristan Bolinsky	5/11

Javelin

<u>Mark</u>	<u>Date</u>
Nick Coffey	4/8
Andrew Grinnell	4/8

VILLANOVA MEN'S TRACK & FIELD

2023 OUTDOOR SEASON

AGGREGATE RESULTS

100 Meters

	<u>Name</u>	<u>Date</u>
10.64	Amiri Prescod	4/21
10.65	Amiri Prescod	5/12
10.76	Amiri Prescod	4/8
10.78	Amiri Prescod	4/1
10.79	Amiri Prescod	5/13

200 Meters

	<u>Name</u>	<u>Date</u>
21.39	Amiri Prescod	5/12
21.84	Amiri Prescod	4/8
21.85	Amiri Prescod	4/1
22.09	Jakob Kunzer	4/22
22.16	Amiri Prescod	5/13
22.41	Sal Barretta	5/12
22.59	Jimmy Milgie	4/22
22.60	William Seijas	5/12
22.68	Luke Rakowitz	4/22
22.76	Ronan O'Neill	4/22
22.77	William Seijas	4/22

400 Meters

	<u>Name</u>	<u>Date</u>
48.27	Jakob Kunzer	5/13
48.48	Jimmy Milgie	4/8
48.50	Jakob Kunzer	5/12
48.55	Jimmy Milgie	4/1
48.88	Luke Rakowitz	4/22
48.96	Jakob Kunzer	4/8
49.05	Jakob Kunzer	4/1
49.06	Jimmy Milgie	5/12
49.20	Jimmy Milgie	4/21
49.29	Jakob Kunzer	4/21
49.32	Jakob Kunzer	3/18
49.37	Luke Rakowitz	4/1
49.40	Luke Rakowitz	5/12
49.64	Ronan O'Neill	4/22
49.92	Ronan O'Neill	3/18
49.95	Ronan O'Neill	5/12
49.96	Luke Rakowitz	4/8
50.23	Ronan O'Neill	4/1
50.37	William Seijas	4/22
50.42	William Seijas	5/12
50.54	Luke Rakowitz	3/18
50.90	William Seijas	4/1
51.22	Sal Barretta	4/21
51.82	William Seijas	3/18

AGGREGATE RESULTS

400 Meter Hurdles

	<u>Name</u>	<u>Date</u>
52.73	Nicholas Mollica	5/13
53.32	Nicholas Mollica	5/12
53.52	Nicholas Mollica	4/1
53.54	Nicholas Mollica	4/27
53.72	Nicholas Mollica	4/8
53.99	Nicholas Mollica	4/22
54.20	Nicholas Mollica	3/18
54.82	Mac Costonis	5/13
55.38	Mac Costonis	3/18
55.38	Mac Costonis	5/12
56.23	Mac Costonis	4/22
56.26	Mac Costonis	4/1

800 Meters

	<u>Name</u>	<u>Date</u>
1:47.33	Sean Dolan	4/14
1:48.34	Sean Dolan	5/24
1:49.89	Sean Dolan	5/26
1:50.45	Sean Dolan	6/7
1:50.60	Sean Dolan	5/13
1:50.88	Miller Anderson	4/14
1:51.51	Miller Anderson	5/12
1:51.75	Sean Dolan	5/12
1:52.46	Trevor Potts	4/22
1:53.23	Trevor Potts	5/12
1:53.60	Miller Anderson	4/7
1:54.38	Trevor Potts	4/1
1:55.82	Trevor Potts	4/14
1:57.84	Chris Weeks	5/12

VILLANOVA MEN'S TRACK & FIELD

2023 OUTDOOR SEASON

AGGREGATE RESULTS

1500 Meters

	<u>Name</u>	<u>Date</u>
3:39.42	Liam Murphy	4/14
3:39.82	Liam Murphy	6/7
3:40.68	Charlie O'Donovan	4/14
3:41.64	Liam Murphy	4/7
3:42.67	Sean Donoghue	4/27
3:42.89	Sean Donoghue	6/7
3:43.94	Sean Donoghue	4/14
3:43.99	Charlie O'Donovan	4/7
3:44.17	Sean Dolan	4/7
3:44.90	Sean Donoghue	5/13
3:45.00	Liam Murphy	5/24
3:45.72	Liam Murphy	6/9
3:46.30	Sean Donoghue	5/24
3:46.55	Devon Comber	5/13
3:47.47	Sean Donoghue	4/7
3:47.68	Miller Anderson	4/27
3:47.91	Devon Comber	5/24
3:47.99	Charlie O'Donovan	5/24
3:48.35	Liam Murphy	5/26
3:48.39	Evan Addison	4/1
3:48.51	Charlie O'Donovan	5/13
3:49.46	Devon Comber	4/1
3:49.50	Sean Donoghue	5/26
3:49.51	Miller Anderson	4/1
3:50.39	Henry Myers	4/1
3:51.86	Ben Seiple	4/1
3:51.87	Ben Seiple	5/13
3:53.44	Henry Myers	5/13
3:53.70	Ben Seiple	4/14

Mile

	<u>Name</u>	<u>Date</u>
3:58.82 <i>(Unattached)</i>	Marco Langon	4/21
4:00.08	Evan Addison	4/21
4:00.24	Devon Comber	4/21

3000 Meter Steeplechase

	<u>Name</u>	<u>Date</u>
8:50.17	Evan Addison	4/7
9:00.71	Evan Addison	5/12
9:07.78	Evan Addison	5/26

AGGREGATE RESULTS

5000 Meters

	<u>Name</u>	<u>Date</u>
13:43.32	Liam Murphy	5/12
13:44.93	Josh Phillips	5/12
13:45.70	Haftu Strintzos	5/12
13:45.85	Josh Phillips	4/27
13:47.42 <i>(Unattached)</i>	Marco Langon	4/14
13:47.54	Haftu Strintzos	4/27
13:51.55	Josh Phillips	4/14
13:53.79	Haftu Strintzos	4/14
14:05.69	Devon Comber	4/7
14:14.44	Jack Fredian	4/27
14:15.78	Ryan Cutter	4/14
14:18.47	Cole Walker	4/27
14:25.30	Will Merritt	4/7
14:26.30	Ben Seiple	4/27
14:31.52	Will Merritt	4/21
14:34.00	Ryan Cutter	5/12
14:36.07	Henry Myers	4/27
14:36.27	Henry Myers	4/14
14:46.75	Cole Walker	4/14

10000 Meters

	<u>Name</u>	<u>Date</u>
28:36.71	Haftu Strintzos	3/24
28:41.11	Jack Jennings	3/24
28:41.65	Josh Phillips	3/24
29:02.11	Ryan Cutter	4/27
29:04.93	Haftu Strintzos	5/24
29:09.39	Ryan Cutter	3/24
29:45.22	Haftu Strintzos	6/7
29:45.34	Will Merritt	4/27
29:45.91	Ryan Cutter	5/24
30:06.96	Cole Walker	5/11
30:16.82	Will Merritt	5/11
30:24.20	Cole Walker	3/24
30:30.36	Josh Phillips	5/24
30:48.93	Jack Fredian	5/11

4x100 Meter Relay

	<u>Name</u>	<u>Date</u>
44.03	Villanova	5/13
	<i>William Seijas</i>	<i>1st Leg</i>
	<i>Luke Rakowitz</i>	<i>2nd Leg</i>
	<i>Ronan O'Neill</i>	<i>3rd Leg</i>
	<i>Sanjay Persaud</i>	<i>Anchor</i>

VILLANOVA MEN'S TRACK & FIELD

2023 OUTDOOR SEASON

AGGREGATE RESULTS

<u>4x400 Meter Relay</u>	<u>Name</u>	<u>Date</u>
3:12.15	Villanova <i>Nicholas Mollica</i> <i>Jimmy Milgie</i>	5/13 <i>1st Leg</i> <i>2nd Leg</i>
48.73	<i>Ronan O'Neill</i>	<i>3rd Leg</i>
47.23	<i>Jakob Kunzer</i>	<i>Anchor</i>
3:12.87	Villanova <i>Luke Rakowitz</i> <i>Jakob Kunzer</i>	4/29 <i>1st Leg</i> <i>2nd Leg</i>
47.82	<i>Nicholas Mollica</i> <i>Jimmy Milgie</i>	<i>3rd Leg</i> <i>Anchor</i>
3:15.48	Villanova <i>Luke Rakowitz</i> <i>Nicholas Mollica</i>	4/8 <i>1st Leg</i> <i>2nd Leg</i>
48.42	<i>Jakob Kunzer</i>	<i>3rd Leg</i>
48.07	<i>Jimmy Milgie</i>	<i>Anchor</i>
3:17.88	Villanova <i>Nicholas Mollica</i> <i>Ronan O'Neill</i>	4/28 <i>1st Leg</i> <i>2nd Leg</i>
49.03	<i>Jakob Kunzer</i>	<i>3rd Leg</i>
48.40	<i>Luke Rakowitz</i>	<i>Anchor</i>
<u>4x800 Meter Relay</u>	<u>Name</u>	<u>Date</u>
7:17.96	Villanova	5/13
1:51.85	<i>Miller Anderson</i>	<i>1st Leg</i>
1:49.06	<i>Sean Donoghue</i>	<i>2nd Leg</i>
1:47.88	<i>Liam Murphy</i>	<i>3rd Leg</i>
1:49.18	<i>Sean Dolan</i>	<i>Anchor</i>
<u>Distance Medley Relay</u>	<u>Name</u>	<u>Date</u>
9:34.83	Villanova	4/28
2:53.71	<i>Charlie O'Donovan</i>	<i>1200 Meters</i>
47.96	<i>Jimmy Milgie</i>	<i>400 Meters</i>
1:49.53	<i>Sean Dolan</i>	<i>800 Meters</i>
4:03.65	<i>Liam Murphy</i>	<i>1600 Meters</i>
<u>4xMile Relay</u>	<u>Name</u>	<u>Date</u>
16:14.03	Villanova	4/29
4:01.24	<i>Sean Donoghue</i>	<i>1st Leg</i>
4:01.80	<i>Charlie O'Donovan</i>	<i>2nd Leg</i>
4:00.81	<i>Sean Dolan</i>	<i>3rd Leg</i>
4:10.20	<i>Liam Murphy</i>	<i>Anchor</i>
<u>Pole Vault</u>	<u>Name</u>	<u>Date</u>
4.07m	Bennett Hemphill	5/13

AGGREGATE RESULTS

<u>Long Jump</u>	<u>Name</u>	<u>Date</u>
6.65m	Daelyn Nwaobasi	4/1
6.55m	Daelyn Nwaobasi	5/12
6.49m	Daelyn Nwaobasi	3/18
5.96m	Sanjay Persaud	5/12
5.70m	Sanjay Persaud	3/18
<u>Triple Jump</u>	<u>Name</u>	<u>Date</u>
16.17m	Malik Cunningham	6/9
16.08m	Malik Cunningham	4/29
15.99m	Malik Cunningham	4/8
15.94m	Malik Cunningham	5/26
15.87m	Malik Cunningham	5/13
<u>Shot Put</u>	<u>Name</u>	<u>Date</u>
13.25m	Liam Anderson	4/22
13.23m	Liam Anderson	4/1
12.98m	Liam Anderson	3/18
12.97m	Liam Anderson	5/13
<u>Discus</u>	<u>Name</u>	<u>Date</u>
48.25m	Tristan Bolinsky	5/13
47.29m	Tristan Bolinsky	4/7
46.83m	Tristan Bolinsky	3/18
45.36m	Tristan Bolinsky	4/1
45.31m	Tristan Bolinsky	4/21
44.44m	Tristan Bolinsky	4/28
40.76m	Tristan Bolinsky	3/24
34.78m	Liam Anderson	3/18
33.21m	Liam Anderson	5/13
31.23m	Liam Anderson	4/1
<u>Hammer</u>	<u>Name</u>	<u>Date</u>
52.58m	Tristan Bolinsky	5/11
52.22m	Tristan Bolinsky	3/18
52.15m	Tristan Bolinsky	4/21
51.37m	Tristan Bolinsky	4/7
50.33m	Tristan Bolinsky	4/1
<u>Javelin</u>	<u>Name</u>	<u>Date</u>
67.90m	Nick Coffey	4/8
66.34m	Nick Coffey	4/21
64.30m	Andrew Grinnell	4/8
63.99m	Nick Coffey	3/23
63.62m	Nick Coffey	4/29
63.52m	Nick Coffey	5/12
61.74m	Nick Coffey	5/24
60.88m	Andrew Grinnell	5/12
60.17m	Andrew Grinnell	3/23
56.96m	Andrew Grinnell	5/24