

VILLANOVA MEN'S TRACK & FIELD

2024 OUTDOOR SEASON

SCHEDULE AND RESULTS

<u>Date</u>	<u>Meet</u>	<u>Result</u>
3/22	Knights Invite (Day 1)	no team scoring
3/23	Knights Invite (Day 2)	no team scoring
3/23	Penn Challenge	no team scoring
3/28	Raleigh Relays	no team scoring
3/30	Sam Howell Invitational	no team scoring
4/5	Hurricane Alumni Invitational (Day 1)	no team scoring
4/6	Hurricane Alumni Invitational (Day 2)	no team scoring
4/6	Penn Invitational	no team scoring
4/12	Bryan Clay Invitational (Day 1)	no team scoring
4/12	Larry Ellis Invitational (Day 1)	no team scoring
4/13	Bryan Clay Invitational (Day 2)	no team scoring
4/13	Larry Ellis Invitational (Day 2)	no team scoring
4/19	Paul Donahue Invitational (Day 1)	no team scoring
4/19	Virginia Challenge (Day 1)	no team scoring
4/20	Paul Donahue Invitational (Day 2)	no team scoring
4/20	Virginia Challenge (Day 2)	no team scoring
4/25	Penn Relays (Day 1)	no team scoring
4/26	Penn Relays (Day 2)	no team scoring
4/27	Penn Relays (Day 3)	no team scoring
5/9	BIG EAST Championships (Day 1)	2nd of 7
5/10	BIG EAST Championships (Day 2)	3rd of 8
5/11	BIG EAST Championships (Day 3)	2nd of 9
5/22	NCAA East Preliminary (Day 1)	no team scoring
5/24	NCAA East Preliminary (Day 3)	no team scoring
6/5	NCAA Championships (Day 1)	no team scoring
6/7	NCAA Championships (Day 3)	tie-52nd of 71

MEET VENUES

Knights Invite

UCF Track and Field Complex
Orlando, Fla.

Penn Challenge

Franklin Field
Philadelphia, Pa.

Raleigh Relays

Paul Derr Track
Raleigh, N.C.

Sam Howell Invitational

Weaver Stadium
Princeton, N.J.

Hurricane Alumni Invitational

Cobb Stadium
Coral Gables, Fla.

Penn Invitational

Franklin Field
Philadelphia, Pa.

Bryan Clay Invitational

Cougar Athletic Stadium
Azusa, Calif.

Larry Ellis Invitational

Weaver Stadium
Princeton, N.J.

Paul Donahue Invitational

George A. Hansell Track
Chester, Pa.

Virginia Challenge

Lannigan Field
Charlottesville, Va.

Penn Relays

Franklin Field
Philadelphia, Pa.

BIG EAST Championships

Villanova Stadium
Villanova, Pa.

NCAA East Preliminary

UK Outdoor Track & Field Complex
Lexington, Ky.

NCAA Championships

Hayward Field
Eugene, Oregon

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PERFORMANCE LIST

<u>100 Meters</u>	<u>Time</u>	<u>Date</u>
Amiri Prescod <i>(final)</i>	10.475	5/11
Parker Turner	10.78	4/6
Connor Dunning <i>(prelim)</i>	10.98	5/10
Derrick Smith	11.09	3/23

<u>200 Meters</u>	<u>Time</u>	<u>Date</u>
Parker Turner	21.45	4/20
Amiri Prescod <i>(final)</i>	21.46	5/11
Jakob Kunzer	21.55	4/20
Connor Dunning <i>(prelim)</i>	21.97	5/10
Imevar Justice <i>(prelim)</i>	22.50	5/10
Ronan O'Neill	22.75	4/20
Derrick Smith	22.76	3/23
William Seijas	22.77	4/20
Ethan Walls	22.78	4/20
Sal Barretta	22.83	4/20

<u>400 Meters</u>	<u>Time</u>	<u>Date</u>
Luke Rakowitz	48.23	3/23
Nicholas Mollica	48.31	3/23
Jimmy Milgie <i>(prelim)</i>	48.61	5/10
Jakob Kunzer	48.69	4/19
Ethan Walls <i>(prelim)</i>	49.24	5/10
Ronan O'Neill	49.63	4/20
Sal Barretta	49.74	4/20
Matthew Griffin	49.90	4/6
William Seijas <i>(prelim)</i>	50.46	5/10

<u>400 Meter Hurdles</u>	<u>Time</u>	<u>Date</u>
Nicholas Mollica <i>(final)</i>	52.51	5/11
Sal Barretta <i>(final)</i>	55.43	5/11
Luke Rakowitz	55.95	4/20
Ronan O'Neill <i>(prelim)</i>	56.24	5/10

<u>800 Meters</u>	<u>Time</u>	<u>Date</u>
Sean Dolan <i>(final)</i>	1:45.83	5/11
Dan Watcke <i>(final)</i>	1:47.00	5/11
Jamie Moreland <i>(elite)</i>	1:49.76	4/19
Chris Weeks <i>(open)</i>	1:58.74	4/20

PERFORMANCE LIST

<u>1500 Meters</u>	<u>Time</u>	<u>Date</u>
Liam Murphy	3:36.48	4/13
Charlie O'Donovan	3:39.65	3/28
Sean Donoghue	3:41.02	4/13
Devon Comber	3:41.32	4/13
Xian Shively <i>(championship)</i>	3:46.01	4/25
Jamie Moreland	3:56.17	3/30
Jack Fredian	3:57.66	3/30
Cole Walker	4:06.13	4/6

<i>UNATTACHED</i>		
<i>Christopher Sullivan</i>	3:54.12	3/23
<i>Nicholas Sullivan</i>	3:56.47	3/23
<i>Brian Theobald</i>	4:04.41	3/23

<u>5000 Meters</u>	<u>Time</u>	<u>Date</u>
Marco Langon <i>(invite heat 1)</i>	13:28.44	4/12
Devon Comber	13:45.90	3/28
Xian Shively	13:53.61	3/28
Jack Fredian <i>(seeded)</i>	14:12.01	4/12
Henry Myers <i>(championship)</i>	14:17.91	4/25
Jack Tavaglione	14:35.52	5/10
Ryan Kredell <i>(seeded)</i>	14:42.20	4/12
Cole Walker	15:04.99	3/30

<u>10000 Meters</u>	<u>Time</u>	<u>Date</u>
Jack Fredian	29:22.57	5/9
Henry Myers	30:07.73	5/9
Cole Walker	30:49.05	5/9

<u>4x100 Meter Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	41.41	4/13
<i>Derrick Smith</i>		<i>1st Leg</i>
<i>Connor Dunning</i>		<i>2nd Leg</i>
<i>Imevar Justice</i>		<i>3rd Leg</i>
<i>Parker Turner</i>		<i>Anchor</i>

<u>4x400 Meter Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	3:10.92	5/11
<i>Nicholas Mollica</i>		<i>1st Leg</i>
<i>Jimmy Milgie</i>		<i>2nd Leg</i>
<i>Ethan Walls</i>	48.32	<i>3rd Leg</i>
<i>Jakob Kunzer</i>	47.51	<i>Anchor</i>

<u>4x800 Meter Relay</u>	<u>Time</u>	<u>Date</u>
Villanova <i>(championship of america)</i>	7:17.28	4/27
<i>Sean Donoghue</i>	1:52.07	<i>1st Leg</i>
<i>Dan Watcke</i>	1:48.05	<i>2nd Leg</i>
<i>Jamie Moreland</i>	1:48.90	<i>3rd Leg</i>
<i>Sean Dolan</i>	1:48.37	<i>Anchor</i>

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PERFORMANCE LIST

Distance Medley Relay

<u>Time</u>	<u>Date</u>
Villanova (<i>championship of america</i>)	4/26
Sean Dolan	1200 Meters
Luke Rakowitz	400 Meters
Dan Watcke	800 Meters
Liam Murphy	1600 Meters

4xMile Relay

<u>Time</u>	<u>Date</u>
Villanova (<i>championship of america</i>)	4/27
Sean Donoghue	1st Leg
Charlie O'Donovan	2nd Leg
Marco Langon	3rd Leg
Liam Murphy	Anchor

Long Jump

<u>Mark</u>	<u>Date</u>
Justin Miller	4/20
Daelyn Nwaobasi	5/10
Sanjay Persaud	4/20

Triple Jump

<u>Mark</u>	<u>Date</u>
Kelechi Eziri	4/19

Shot Put

<u>Mark</u>	<u>Date</u>
Tristan Bolinsky	5/11
Liam Anderson	5/11
Temi Ajiroutu	5/11

Discus

<u>Mark</u>	<u>Date</u>
Tristan Bolinsky (<i>college</i>)	4/26
Jonathan Evans	4/6
Temi Ajiroutu	5/11

Hammer

<u>Mark</u>	<u>Date</u>
Tristan Bolinsky	5/9
Liam Anderson	5/9
Jonathan Evans	5/9

Javelin

<u>Mark</u>	<u>Date</u>
Andrew Grinnell	5/10
Nick Coffey	4/6
Justin Miller	4/6

VILLANOVA MEN'S TRACK & FIELD

2024 OUTDOOR SEASON

AGGREGATE RESULTS

100 Meters

	<u>Name</u>	<u>Date</u>
10.475	Amiri Prescod	5/11
10.62	Amiri Prescod	5/10
10.68	Amiri Prescod	4/6
10.70	Amiri Prescod	4/26
10.78	Parker Turner	4/6
10.78	Parker Turner	4/19
10.87	Amiri Prescod	4/19
10.98	Connor Dunning	5/10
11.07	Connor Dunning	4/6
11.09	Derrick Smith	3/23
11.24	Derrick Smith	4/20
11.27	Derrick Smith	5/10
11.32	Derrick Smith	4/6
11.41	Derrick Smith	4/13

200 Meters

	<u>Name</u>	<u>Date</u>
21.45	Parker Turner	4/20
21.46	Amiri Prescod	5/11
21.55	Jakob Kunzer	4/20
21.70	Amiri Prescod	4/20
21.76	Amiri Prescod	4/6
21.79	Amiri Prescod	5/10
21.94	Parker Turner	4/6
21.97	Connor Dunning	5/10
22.19	Connor Dunning	4/13
22.23	Connor Dunning	3/23
22.27	Connor Dunning	4/6
22.50	Imevar Justice	5/10
22.63	Connor Dunning	5/11
22.75	Ronan O'Neill	4/20
22.76	Derrick Smith	3/23
22.77	William Seijas	4/20
22.78	Ethan Walls	4/20
22.83	Sal Barretta	4/20
22.85	Imevar Justice	4/6
22.93	Derrick Smith	5/10
23.09	Derrick Smith	4/6
23.47	Imevar Justice	4/13

AGGREGATE RESULTS

400 Meters

	<u>Name</u>	<u>Date</u>
48.23	Luke Rakowitz	3/23
48.31	Nicholas Mollica	3/23
48.61	Jimmy Milgie	5/10
48.69	Jimmy Milgie	4/6
48.69	Jakob Kunzer	4/19
48.72	Jimmy Milgie	5/11
48.84	Jakob Kunzer	3/23
48.96	Jakob Kunzer	5/10
49.00	Jakob Kuner	4/6
49.06	Jimmy Milgie	3/23
49.21	Jimmy Milgie	4/19
49.24	Ethan Walls	5/10
49.29	Ethan Walls	4/20
49.54	Ethan Walls	4/6
49.63	Ronan O'Neill	4/20
49.74	Sal Barretta	4/20
49.86	Ronan O'Neill	4/6
49.90	Matthew Griffin	4/6
49.95	Ethan Walls	3/23
50.14	Ronan O'Neill	3/23
50.21	Matthew Griffin	4/13
50.29	Matthew Griffin	5/10
50.46	William Seijas	5/10
50.63	Matthew Griffin	3/23
50.74	William Seijas	4/20
50.96	William Seijas	3/23
51.19	William Seijas	4/6
51.28	William Seijas	4/13

400 Meter Hurdles

	<u>Name</u>	<u>Date</u>
52.51	Nicholas Mollica	5/11
53.04	Nicholas Mollica	4/20
53.40	Nicholas Mollica	4/6
53.58	Nicholas Mollica	5/10
53.59	Nicholas Mollica	3/22
53.91	Nicholas Mollica	4/25
55.43	Sal Barretta	5/11
55.58	Sal Barretta	5/10
55.77	Sal Barretta	4/13
55.95	Luke Rakowitz	4/20
56.09	Luke Rakowitz	4/6
56.18	Sal Barretta	4/6
56.24	Ronan O'Neill	5/10
56.61	Luke Rakowitz	3/22
56.78	Sal Barretta	3/23
56.85	Ronan O'Neill	4/13
57.09	Ronan O'Neill	4/6

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AGGREGATE RESULTS

800 Meters

<u>Name</u>	<u>Date</u>
1:45.83 <i>(final)</i>	Sean Dolan 5/11
1:45.89 <i>(national championship)</i>	Sean Dolan 6/7
1:46.50 <i>(national quarterfinal)</i>	Sean Dolan 5/24
1:46.91 <i>(national semifinal)</i>	Sean Dolan 6/5
1:47.00 <i>(final)</i>	Dan Watcke 5/11
1:47.11 <i>(invite)</i>	Sean Dolan 4/12
1:48.08 <i>(national quarterfinal)</i>	Dan Watcke 5/24
1:48.11 <i>(national first round)</i>	Sean Dolan 5/22
1:48.50 <i>(national first round)</i>	Dan Watcke 5/22
1:48.55 <i>(invite)</i>	Dan Watcke 4/12
1:48.70	Dan Watcke 3/30
1:48.78 <i>(prelim)</i>	Sean Dolan 5/10
1:48.98 <i>(prelim)</i>	Dan Watcke 5/10
1:49.76 <i>(elite)</i>	Jamie Moreland 4/19
1:50.46 <i>(elite)</i>	Jamie Moreland 4/12
1:51.44 <i>(prelim)</i>	Jamie Moreland 5/10
1:58.74 <i>(open)</i>	Chris Weeks 4/20
2:00.82 <i>(prelim)</i>	Chris Weeks 5/10
2:00.88	Chris Weeks 4/6
2:02.29	Chris Weeks 3/23
2:03.18	Chris Weeks 4/13

1500 Meters

<u>Name</u>	<u>Date</u>
3:36.48	Liam Murphy 4/13
3:38.30 <i>(national quarterfinal)</i>	Liam Murphy 5/24
3:39.00	Liam Murphy 5/11
3:39.65	Charlie O'Donovan 3/28
3:39.68 <i>(national semifinal)</i>	Liam Murphy 6/5
3:39.99 <i>(national quarterfinal)</i>	Charlie O'Donovan 5/24
3:40.31 <i>(national semifinal)</i>	Charlie O'Donovan 6/5
3:40.36	Charlie O'Donovan 5/11
3:41.02	Sean Donoghue 4/13
3:41.32	Devon Comber 4/13
3:41.78	Sean Donoghue 5/11
3:41.90	Charlie O'Donovan 4/13
3:42.69 <i>(national first round)</i>	Liam Murphy 5/22
3:42.90 <i>(national championship)</i>	Liam Murphy 6/7
3:42.91 <i>(national first round)</i>	Charlie O'Donovan 5/22
3:43.25 <i>(championship)</i>	Devon Comber 4/25
3:45.17 <i>(national first round)</i>	Sean Donoghue 5/22
3:46.01 <i>(championship)</i>	Xian Shively 4/25
3:50.34	Sean Donoghue 3/28
3:56.17	Jamie Moreland 3/30
3:57.66	Jack Fredian 3/30
4:06.13	Cole Walker 4/6

UNATTACHED

3:54.12	Christopher Sullivan 3/23
3:56.47	Nick Sullivan 3/23
4:04.41	Brian Theobald 3/23

AGGREGATE RESULTS

5000 Meters

<u>Name</u>	<u>Date</u>
13:28.44 <i>(invite heat 1)</i>	Marco Langon 4/12
13:45.50	Marco Langon 5/10
13:45.90	Devon Comber 3/28
13:53.61	Xian Shively 3/28
13:57.90 <i>(invite heat 3)</i>	Xian Shively 4/12
13:58.89 <i>(national semifinal)</i>	Marco Langon 5/24
14:02.80	Devon Comber 5/10
14:10.41 <i>(national championship)</i>	Marco Langon 6/7
14:12.01 <i>(seeded)</i>	Jack Fredian 4/12
14:12.44	Xian Shively 5/10
14:14.64 <i>(championship)</i>	Jack Fredian 4/25
14:17.91 <i>(championship)</i>	Henry Myers 4/25
14:28.69 <i>(national semifinal)</i>	Devon Comber 5/24
14:35.52	Jack Tavaglione 5/10
14:42.20 <i>(seeded)</i>	Ryan Kredell 4/12
14:43.92 <i>(championship)</i>	Ryan Kredell 4/25
14:55.44	Ryan Kredell 5/10
15:04.99	Cole Walker 3/30

10000 Meters

<u>Name</u>	<u>Date</u>
29:22.57	Jack Fredian 5/9
30:07.73	Henry Myers 5/9
30:49.05	Cole Walker 5/9
31:00.28	Henry Myers 3/30

4x100 Meter Relay

<u>Name</u>	<u>Date</u>
41.41	Villanova 4/13
	<i>Derrick Smith 1st Leg</i>
	<i>Connor Dunning 2nd Leg</i>
	<i>Imevar Justice 3rd Leg</i>
	<i>Parker Turner Anchor</i>
41.71	Villanova 5/11
	<i>Derrick Smith 1st Leg</i>
	<i>Connor Dunning 2nd Leg</i>
	<i>Imevar Justice 3rd Leg</i>
	<i>Justin Miller Anchor</i>

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AGGREGATE RESULTS

4x400 Meter Relay

3:10.92	Villanova	5/11
	Nicholas Mollica	1st Leg
	Jimmy Milgie	2nd Leg
48.32	Ethan Walls	3rd Leg
47.51	Jakob Kunzer	Anchor

3:11.43 (college final)	Villanova	4/27
	Nicholas Mollica	1st Leg
	Jimmy Milgie	2nd Leg
47.48	Jakob Kunzer	3rd Leg
47.73	Luke Rakowitz	Anchor

3:11.98	Villanova	4/6
	Nicholas Mollica	1st Leg
	Jimmy Milgie	2nd Leg
47.88	Jakob Kunzer	3rd Leg
47.76	Luke Rakowitz	Anchor

3:14.13 (college heats)	Villanova	4/26
	Nicholas Mollica	1st Leg
	Jimmy Milgie	2nd Leg
48.59	Ethan Walls	3rd Leg
48.34	Jakob Kunzer	Anchor

3:17.01	Villanova	4/13
	Ronan O'Neill	1st Leg
	Ethan Walls	2nd Leg
	Sal Barretta	3rd Leg
	Matthew Griffin	Anchor

3:18.10	Villanova	4/6
	William Seijas	1st Leg
	Ethan Walls	2nd Leg
48.69	Sal Barretta	3rd Leg
49.18	Matthew Griffin	Anchor

3:19.40	Villanova	3/23
	William Seijas	1st Leg
	Matthew Griffin	2nd Leg
49.30	Ethan Walls	3rd Leg
48.79	Ronan O'Neill	Anchor

AGGREGATE RESULTS

4x800 Meter Relay

7:17.28 (championship of america)	Villanova	4/27
1:52.07	Sean Donoghue	1st Leg
1:48.05	Dan Watcke	2nd Leg
1:48.80	Jamie Moreland	3rd Leg
1:48.37	Sean Dolan	Anchor

7:24.09	Villanova	5/11
1:52.39	Marco Langon	1st Leg
1:50.36	Liam Murphy	2nd Leg
1:51.28	Devon Comber	3rd Leg
1:50.07	Jamie Moreland	Anchor

Distance Medley Relay

9:35.90 (championship of america)	Villanova	4/26
3:00.27	Sean Dolan	1200 Meters
47.67	Luke Rakowitz	400 Meters
1:48.34	Dan Watcke	800 Meters
3:59.63	Liam Murphy	1600 Meters

4xMile Relay

15:51.91 (championship of america)	Villanova	4/27
3:59.32	Sean Donoghue	1st Leg
4:00.09	Charlie O'Donovan	2nd Leg
3:58.18	Marco Langon	3rd Leg
3:54.32	Liam Murphy	Anchor

Long Jump

7.36m	Justin Miller	4/20
6.95m	Justin Miller	4/5
6.82m (college)	Justin Miller	4/26
6.80m	Justin Miller	3/22
6.28m	Daelyn Nwaobasi	4/6
6.07m	Daelyn Nwaobasi	4/13
5.89m	Sanjay Persaud	4/20
5.84m	Sanjay Persaud	4/6

Triple Jump

13.69m	Kelechi Eziri	4/19
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Shot Put

16.42m	Tristan Bolinsky	5/11
14.84m	Tristan Bolinsky	4/6
14.81m	Tristan Bolinsky	4/20
14.79m	Tristan Bolinsky	4/13
14.33m	Liam Anderson	5/11
13.41m	Liam Anderson	4/20
13.20m	Liam Anderson	4/6
12.91m	Temi Ajirrotutu	5/11
11.99m	Liam Anderson	3/23

VILLANOVA MEN'S TRACK & FIELD

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AGGREGATE RESULTS

<u>Discus</u>	<u>Name</u>	<u>Date</u>
48.70m <i>(college)</i>	Tristan Bolinsky	4/26
48.62m	Tristan Bolinsky	5/11
47.11m	Tristan Bolinsky	4/19
46.08m	Tristan Bolinsky	4/5
45.11m	Tristan Bolinsky	4/13
44.99m	Tristan Bolinsky	3/23
38.23m	Jonathan Evans	4/6
34.98m	Jonathan Evans	5/11
33.25m	Temi Ajirotutu	5/11
28.60m	Jonathan Evans	3/23

<u>Hammer</u>	<u>Name</u>	<u>Date</u>
58.56m	Tristan Bolinsky	5/9
55.58m	Tristan Bolinsky	4/20
52.70m	Tristan Bolinsky	3/22
52.30m	Tristan Bolinsky	4/5
35.82m	Liam Anderson	5/9
35.34m	Liam Anderson	4/6
33.66m	Jonathan Evans	5/9
29.81m	Jonathan Evans	4/6

<u>Javelin</u>	<u>Name</u>	<u>Date</u>
67.86m	Andrew Grinnell	5/10
65.46m	Nick Coffey	4/6
64.85m	Andrew Grinnell	4/19
63.64m	Nick Coffey	3/22
63.15m <i>(national first round)</i>	Andrew Grinnell	5/22
62.87m	Nick Coffey	4/19
62.01m <i>(national first round)</i>	Nick Coffey	5/22
58.08m	Nick Coffey	5/10
57.21m <i>(championship)</i>	Nick Coffey	4/27
50.22m	Justin Miller	4/6
49.67m	Justin Miller	5/10
48.84m	Justin Miller	4/19