

Saint Joseph's University



STEPHEN YOUNG



KYLE MURRAY



JONATHAN SCLAFANI



Men's Track and Cross Country 2009-10 Media Guide



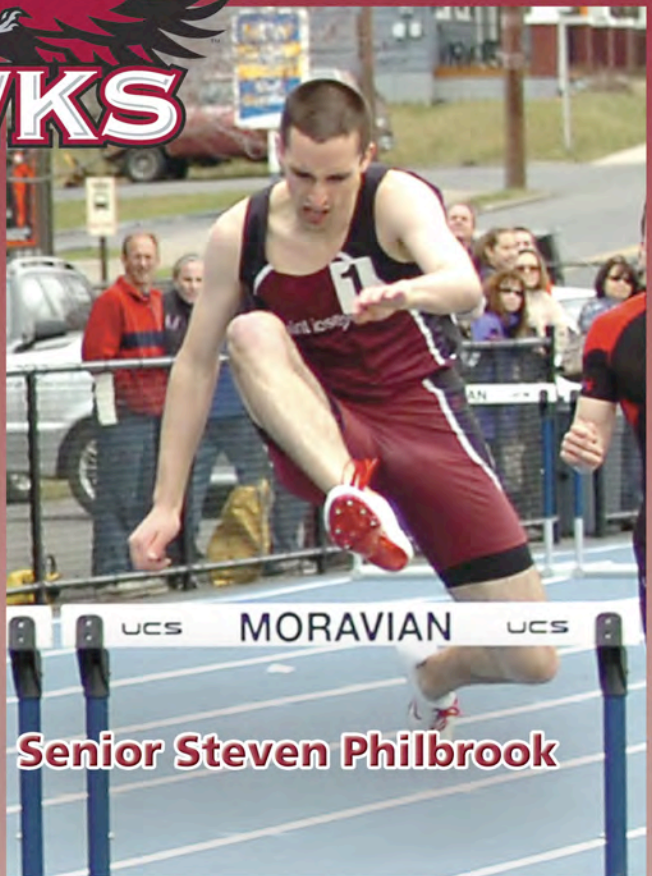
Senior Drew Brandt



Junior Brian Guterl



Senior Jimmy Jennings



Senior Steven Philbrook

2009-10 MEN'S TRACK AND CROSS COUNTRY



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QUICK FACTS

The University

Location Philadelphia, Pa. 19131
 Founded 1851
 Enrollment 4,550
 Denomination Roman Catholic (Jesuit)
 Nickname Hawks
 Colors Crimson and Gray
 Athletic Affiliation NCAA Division I
 Conference Atlantic 10
 Home Track Finnesey Field

The Team

Head Coach Mike Glavin (Saint Joseph's '78)
 Cross Country/Track Office 610-660-1731
 Graduate Assistant Teddy Meyers (Saint Joseph's '07)
 Cross Country Captains Kyle Murray, Jimmy Jennings,
 Jonathan Sclafani
 Track Captains Drew Brandt, Steven Philbrook,
 Steve Young
 Cross Country Letterwinners Returning/Lost 18/4
 Track Letterwinners Returning/Lost 33/13
 2008 Atlantic 10 Cross Country Finish 7th
 2009 Atlantic 10 Indoor Track Finish 7th
 2009 Atlantic 10 Outdoor Track Finish 5th

WWW.SJUHAWKS.COM



www.sjuhawks.com

CREDITS

The 2009-10 Saint Joseph's University Men's Track and Cross Country Media Guide was designed by Kristin Santos and Jeremy Schuyler Fallis. It was written and edited by Kristin Santos. Editorial assistance was provided by Joe Greenwich, Jack Jumper, and Marie Wozniak. Photography by Greg Carroccio of Sideline Photos, LLC, and Dr. Samuel Getty.



2009 CROSS COUNTRY PREVIEW

As head coach Mike Glavin enters his 21st year with the Saint Joseph's men's cross country team, he looks to improve upon last year's seventh-place conference finish. With five of the top seven runners returning and a large group of 12 newcomers, the Hawks are ready to succeed.

Leading the pack is the trio of captains: Kyle Murray, Jonathan Sclafani, and Jimmy Jennings. Murray and Sclafani are both former All-Atlantic 10 performers as Sclafani finished 15th in 2008 and Murray finished ninth in 2007 while also qualifying for the NCAA Championship in 2008. Jennings has become a crucial runner for the Hawks, finishing consistently amongst the top five throughout the year.

Along with the captains, senior leadership is expected to come from Steve Young and George Wittmann. Young is a strong middle distance runner as an All-Conference track athlete, but he can step up to meet the challenge of the cross country distance. Wittmann made big strides in 2008, competing in IC4A's, and has become a more consistent finisher for the Hawks.

A group of six returning juniors, with Brian Guterl leading the way, bring a wealth of experience and will shape the varsity seven. Guterl placed 12th in the A-10 Championships for All-Conference honors and blazed to a third-place finish in the IC4A Championship meet for All-East honors in 2008.

Luke Fischer, Jesse Brooks, Vince Collins, Kevin Donnelly and George Arcarola have consistently improved their times



Sophomore Kevin McDonnell

throughout the last year and will look to keep improving in order to provide quality depth to the squad.

Among the six returning sophomores is standout Kevin McDonnell, who was named Atlantic 10 Rookie of the Week three times in 2008. Also back with a year's experience will be Logan Hohns, David Evans, Murphy O'Donnell, Ian O'Hara, and Ryan Birchmeier.

The Hawks welcome a large group of newcomers to the squad with 12 freshmen donning the Crimson and Gray. Bringing Glavin a wealth of depth to choose from are Conor Logan, Jonathan Mazzio, Vincent Nicastro, Drew Cogley, Ryan Garvin, Andrew Townsend, David Manion, Daniel Da Costa, John Eastman, Gregory Etter, Kyle Gorczyński, and Kyle Lampart.

The Hawks start off the season with local meets at Haverford, Fordham, and UMES in September. October brings a more challenging schedule with nationally-competitive meets at Princeton and Lehigh just before the Atlantic 10 Championship at Saint Louis on October 31. Saint Joseph's will close out the season in November with the NCAA Mid-Atlantic Regional at UMES and the IC4A Championships in New York.



Cross Country Tri-Captain Kyle Murray

The Hawk Will Never Die!



2009-10 TRACK & FIELD PREVIEW

Returning 33 athletes and adding another 17 allocates a very obtainable goal for Saint Joseph's head coach Mike Glavin to lead his charges to SJU's first Atlantic 10 track title.

The Hawks will find their leadership in tri-captains Steve Young, Drew Brandt, and Steven Philbrook. Young emerged in 2008 as one of the top middle distance threats in the region, qualifying for the IC4A Championships in five events (indoor 1,000m, 4x800m, and distance medley relay; outdoor 800m and 4x800m). Young will attempt to surpass great expectations as the 2008-09 track season rolls along. On the other hand, Brandt is the top 400m sprinter on the team, with Philbrook consistently improving his trade in the 400m intermediate hurdles.

The three track captains are joined by a trio of senior cross country captains, Kyle Murray, Jonathan Sclafani, and Jimmy Jennings.

Murray, a 2007 All-Atlantic 10 and a 2008 NCAA All-Region cross country runner, returns as a graduate student. Murray is a top performer in distance and the steeplechase and looks to improve on his impressive fifth place, NCAA Regional-qualifying performance at the A-10s in the steeplechase last season.

Sclafani and Jennings return as top finishers in distance events. Sclafani was a cross country All-Atlantic 10 All-Conference performer and looks to improve his times in distance events, while Jennings looks to improve upon his notable sixth-place finish in the A-10's after being hindered by injury all season.

In addition to the captains, senior leadership will also come from seniors Joseph Glasnovich and George Wittmann, who will look to make a difference on the squad in the middle distance and long distance events.

A solid and talented group of juniors provide Glavin with sufficient depth for the championship meets in most facets of the sport, especially relays.

Brian Guterl leads the junior class as a cross country NCAA Regional team member and a top distance performer. George Arcarola, Jesse Brooks, Luke Fischer, Guterl, Christopher Lau, Jared Sabre, and Brian Smith were featured as the core of the 4x400m, 4x800m, and Distance Medley Relays, earning All-Atlantic-10 Second Team honors last season.

Rising juniors who made big strides last season are Vince Collins and Kevin Donnelly in distance events.

The sophomore class brings back a variety of talent to sprints, jumps, distance, and middle distance events. Returning to the sprint crew with standout Tom DiNatale leading the way are Michael Gallagher, Kevin Myslinski,

David Smith, and Dylan Wenik. Returning jumpers are Victor DiNoia and John DiPersio.

The middle distance lineup is sustained by Adam Drastura, Logan Hohs, Murphy O'Donnell, Ian O'Hara, Royce Scrivano, and Ray Weir, while team Rookie of the Year, Kevin McDonnell leads the way in the long distance sector along with Ryan Birchmeier and David Evans.

The batch of newcomers arriving on Hawk Hill will add much depth to the distance and middle distance variety, while adding a quartet of sprinters and a jumper to the mix.

Joining the middle distance runners will be freshmen Daniel Da Costa, John Eastman, Ryan Garvin, Kyle Gorczynski, Kyle Lampart, David Manion, and Andrew Townsend. Additions to the distance crew are Drew Cogley, Gregory Etter, Conor Logan, Jonathan Mazzio, and Vincent Nicastro.

A trio of freshmen - Garret Barbalinardo, Tyler Gofus, and Connor Hubschman - join the long sprinters, while sophomore transfer Lanre Fajimolu is an addition to short sprints and freshman Vinh Nghi To will join the jumpers.

For the indoor portion of the schedule SJU opens with six one-day meets at Haverford (Dec. 5), Princeton (Dec. 11), Delaware (Jan. 8), Penn State (Jan. 9), Gotham Cup (Jan. 15), and Princeton again (Jan. 23).

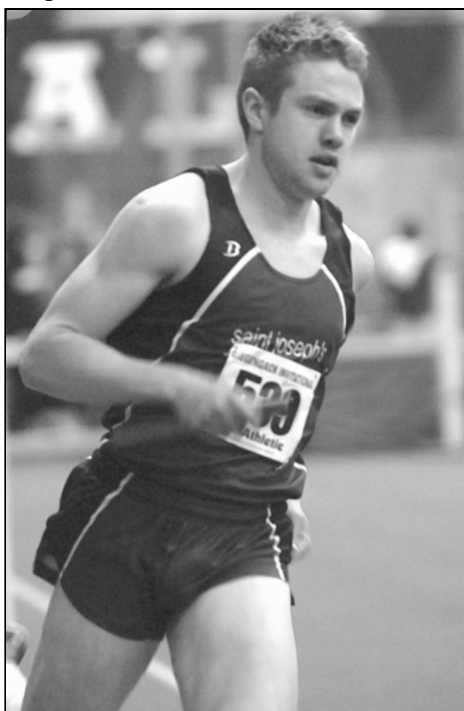
The remainder of the indoor slate includes two-day meets at the Penn State National Invitational (Jan. 29-30) and the Yale Invitational (Feb. 5-6). A trip to the Lafayette-Rider meet and trips back to Delaware and Haverford are among the last qualifying opportunities for the athletes leading into the A-10 Championships.

The two-day Atlantic 10 meet takes place once again at Rhode Island on Feb. 19-20, followed by the NYU Fastrack meet on Feb. 26 and the IC4A Championships on March 6-7.

The Hawks head outdoors to the Leopard Invitational at Lafayette March 27 before traveling south to Williamsburg for the Colonial Relays April 2-3.

Virginia's Onesty Invitational (April 10), Princeton's Larry Ellis Invitational (April 17) and the prestigious Penn Relays (April 23-25) lead up to the A-10 Outdoor Championships at Massachusetts (May 1-2).

Saint Joseph's will participate in the Swarthmore Last Chance meet on May 10 before the ECAC Championships on May 15-16 at Princeton.



Track tri-captain Steve Young



HEAD COACH



Mike Glavin **Head Coach – 21st Year** **Saint Joseph’s ‘78**

Mike Glavin, a 1978 graduate of SJU, is in his 21st year as head men’s cross country and track coach. The 1992, 1998 and 2000 Atlantic 10 Men’s Cross Country Coach of the Year, Glavin has led the men to three A-10 Championship titles. Under his watchful eye, the Hawks have produced 30 All-Conference harriers and two NCAA qualifiers.

Glavin returned to his alma mater after a highly successful 10-year stint as track and cross country coach at Paul VI High School in Haddonfield, N.J. During his tenure there, he led the cross country team to a phenomenal 110-0 record, including three state championships in 1984, 1985 and 1988. His track record was an equally impressive 60-18, which included four South Jersey championships and the 1989 state crown. Glavin was inducted into the Paul VI Alumni Hall of Fame in October 2009.

A stellar performer for the Hawks as an undergrad, Glavin established numerous records, including the outdoor track record for the three-mile, the 5,000-meter runs, and the indoor record for the mile and two-mile. He also held the Belmont Plateau cross country record with a time of 25:36. Glavin qualified for the NCAA Cross Country Championships in both his junior and senior years.

Glavin holds a master’s degree in mathematics from Villanova University and is currently teaching at Haddonfield High School in New Jersey. The 53-year-old resides in Ardmore, Pa., with his wife Julie, and two children, Graeme and Michael.

GLAVIN’S RÉSUMÉ	
Head Coach	Years
Men’s Cross Country/Track	
Saint Joseph’s	1988-present
Boys’ Cross Country/Track	
Paul VI HS	1978-1988
Student-Athlete	Years
Saint Joseph’s	1975-78



Teddy Meyers **Graduate Assistant** **Saint Joseph’s ‘07 - Third Year**

A 2007 graduate and 12-time letterwinner with the men’s track and cross country teams, Teddy Meyers rejoins the Hawk harriers as a graduate assistant for a third season. At Saint Joseph’s, Meyers built an impressive résumé of accomplishments on and off the track.

Meyers was a two-time Atlantic 10 indoor 5,000-meter champion, two-time All-Atlantic 10 cross country honoree, and A-10 outdoor 5,000-meter champion. On top of that, Meyers posted outstanding grades at SJU, earning Academic All-Atlantic 10 honors for cross country, indoor and outdoor track for the 2005-06 and 2006-07 campaigns. The academic honors are the most received by any track member at Saint Joseph’s.

In May 2007, Meyers graduated with his bachelor’s degree in economics. The Bethel Park, Pa., native is currently enrolled in the two-year MBA program at SJU’s Haub School of Business.

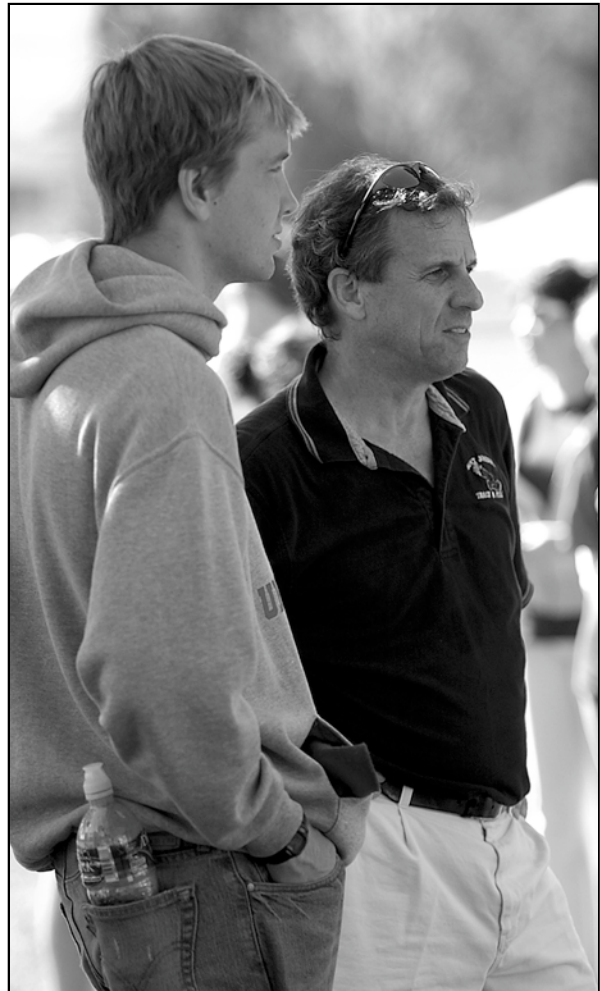


Kevin Quinn **Director of Track & Field** **Saint Joseph’s ‘62 - 44th Year**

Kevin Quinn enters his 44th year directing the Saint Joseph’s track and cross country programs, including the last 22 as the head coach of the women’s programs.

A 1962 graduate of Saint Joseph’s, Quinn joined the Hawk athletic staff as the head coach of the men’s cross country and track squads in the fall of 1966, a position he held for 23 years.

Additionally, Quinn served as associate athletic director of facilities for six years, retiring from the post in 2007.



The Hawk Will Never Die!



FINNESEY FIELD

Finnesey Field has been home to 10 different varsity squads at Saint Joseph's University as it enters its 80th year. Opened in 1929 as home to the SJU football squad, the field has undergone numerous changes over the years and has been home to over a thousand SJU varsity games, matches and track meets.

The most recent upgrade happened in the summer of 2008 as the AstroTurf, laid down in 2001, was replaced with state-of-the-art TigerTurf. Additionally, the track received a new coat of rubber material in 2009 to better suit the athletes who use it for all seasons.

Home to the men's and women's track and field squads, the field has seen other modifications done to it since its inception in 1929. The prospect of a 70,000-seat bowled stadium for football was dashed when the sport was discontinued following the 1939 season.

Baseball re-occupied the space in 1947, calling Finnesey home until 1959. In 1960, the original grandstand as well as the hillside seating near Overbrook Avenue were eliminated as Villiger (now Post) Hall and the Bluett Theatre were built. In the process of the 1960 construction, the field's elevation was raised five feet to its current location.

In 1990, artificial turf replaced the grass, making Finnesey a truly multi-purpose facility. In 1994 the installation of lights furthered the use of the grounds, while new bleachers in 2003 on the hill next to Mandeville Hall were another touch of renovation to a historic stadium.

Saint Joseph's men's soccer started in 1958 and played every season but one (1960) at Finnesey. Additionally, men's and women's lacrosse began in 1993 and have called Finnesey home since their inception, while the women's soccer team began playing there in 1996. The field hockey team wrapped up its last season on Finnesey in 2007.

Overall, the site has seen 1,088 games entering the 2009-10 academic year, and SJU teams put together a total record of 508-532-44 in 80 years.



THE HAWK



The Saint Joseph's Hawk mascot has been flapping its wings for over half a century, having celebrated its golden anniversary in 2005-06.

One of the most famous mascots in college sports, the Hawk is best known for staying in constant motion by flapping its wings throughout every basketball game and representing the Saint Joseph's motto, "The Hawk Will Never Die."

Saint Joseph's athletic teams have been recognized with the nickname "Hawks" since 1929. At that time, the school's yearbook editor initiated a contest among the student body for a symbol. More than 100 submissions were narrowed, with "Hawks" winning out over "Grenadiers" by a slim margin. The name was appropriate because it typified "the fighting spirit of our crimson and gray athletes and it is suggestive of the aerial attack which has made our football team famous." Football, ironically, was discontinued at SJU following the 1939 season.

The Hawk has won numerous accolades and was a nominee for induction to the Mascot Hall of Fame in 2008.



2009-10 ROSTER

Name	Yr.	Event	Ht.	DOB	Hometown	High School / Last College
* George Arcarola	Jr.	XC/Middle Distance	6-0	10/3/89	Richmond Hill, N.Y.	Archbishop Molloy
Garret Barbalinardo	Fr.	Long Sprints	5-9	5/5/91	Glen Ridge, N.J.	Glen Ridge
Ryan Birchmeier	So.	XC/Middle Distance	6-3	7/11/89	Ocean View, N.J.	Ocean City
** Drew Brandt	Sr.	Sprints	5-10	10/28/87	Lansdale, Pa.	Methacton
* Jesse Brooks	Jr.	XC/Middle Distance	5-10	11/2/88	Dover, Del.	Caesar Rodney Senior
Drew Cogley	Fr.	XC/Distance	6-2	12/12/90	Camp Hill, Pa.	Cedar Cliff
* Vince Collins	Jr.	XC/Distance	6-0	8/30/89	Baltimore, Md.	Archbishop Curley
Daniel Da Costa	Fr.	XC/Middle Distance	5-11	7/13/91	Elizabeth, N.J.	Union Catholic Regional
Tom DiNatale	So.	Sprints	5-7	2/19/90	Reading, Mass.	Reading Memorial
Victor DiNoia	So.	Sprints/Jumps	5-11	9/5/89	Jamison, Pa.	Central Bucks East
John DiPersio	So.	Jumps	5-11	2/2/90	Doylestown, Pa.	Central Bucks East
* Kevin Donnelly	Jr.	XC/Distance	5-8	9/9/88	Lansdale, Pa.	La Salle College
Adam Drastura	So.	XC/Middle Distance	6-1	10/9/90	Linden, N.J.	Roselle Catholic
John Eastman	Fr.	XC/Middle Distance	6-1	11/5/91	Medford, Mass.	Boston College
Gregory Etter	Fr.	XC/Distance	5-9	8/12/91	Delran, N.J.	Delran
David Evans	So.	XC/Distance	5-10	6/7/89	Audubon, Pa.	Devon Prep
Lanre Fajimolu	So.	Sprints	6-3	4/21/88	Long Island, N.Y.	Hillcrest/Old Dominion
* Luke Fischer	Jr.	XC/Middle Distance	5-11	1/14/89	Yardley, Pa.	Notre Dame (N.J.)
Michael Gallagher	So.	Long Sprints	5-10	4/13/90	Monroe Township, N.J.	Monroe Township
Ryan Garvin	Fr.	XC/Middle Distance	5-10	6/21/91	Medford, N.J.	Lenape
* Joseph Glasnovich	Sr.	Long Sprints	6-0	11/17/87	Milwaukee, Wisc.	Thomas More
Tyler Gofus	Fr.	Long Sprints	6-1	5/25/90	Pottstown, Pa.	The Hill School
Kyle Gorczynski	Fr.	XC/Middle Distance	6-4	5/14/91	Clementon, N.J.	Highland Regional
* Brian Guterl	Jr.	XC/Middle Distance	6-2	6/9/89	Rahway, N.J.	Union Catholic Regional
Logan Hohs	So.	XC/Middle Distance	5-9	4/20/90	Darien, Conn.	Darien
Connor Hubschman	Fr.	Long Sprints	5-9	3/31/91	Cresskill, N.J.	North Valley Reg.
** Jimmy Jennings	Sr.	XC/Distance	5-10	4/19/88	Kennett Square, Pa.	Salesianum (Del.)
Kyle Lampart	Fr.	XC/Middle Distance	5-11	12/31/90	White Haven, Pa.	Hazleton Area
Christopher Lau	Jr.	Sprints	5-11	1/16/89	Westport, Conn.	Staples
Conor Logan	Fr.	XC/Distance	6-1	6/10/91	Newtown Square, Pa.	Devon Preparatory
David Manion	Fr.	XC/Middle Distance	5-8	10/19/90	Chalfont, Pa.	Central Bucks South
Jonathan Mazzio	Fr.	XC/Distance	5-9	11/19/90	West Chester, Pa.	Salesianum
Kevin McDonnell	So.	XC/Distance	5-10	10/30/89	Moorestown, N.J.	Camden Catholic
Kyle Murray	Gs.	XC/Distance	6-1	4/3/87	Jamison, Pa.	Central Bucks South/Lock Haven
Kevin Myslinski	So.	Sprints	6-0	6/21/90	Philadelphia, Pa.	Archbishop Ryan
Vincent Nicastrro	Fr.	XC/Distance	5-10	12/18/90	Elizabeth, N.J.	Roselle Catholic
Murphy O'Donnell	So.	XC/Middle Distance	5-10	7/18/90	Rumson, N.J.	Rumson-Fair Haven
Ian O'Hara	So.	XC/Middle Distance	6-0	4/2/90	Wallingford, Pa.	Strath Haven
** Steven Philbrook	Sr.	Long Sprints/Hurdles	5-11	5/19/88	Latham, N.Y.	Shaker
* Jared Sabre	Jr.	Long Sprints	6-2	3/21/89	Spring City, Pa.	Owen J. Roberts
** Jonathan Sclafani	Sr.	XC/Distance	5-10	1/18/88	Wayne, Pa.	Devon Prep
Royce Scrivano	So.	Middle Distance	6-5	2/25/90	Holicong, Pa.	Central Bucks East
* Brian Smith	Jr.	Sprints/Hurdles	6-1	8/21/89	Voorhees, N.J.	Eastern Senior
David Smith	So.	Sprints	5-10	10/9/89	Carlisle, Pa.	Trinity
Vinh Nghi To	Fr.	Jumps	5-5	1/1/89	Philadelphia, Pa.	Lower Moreland
Andrew Townsend	Fr.	XC/Middle Distance	6-2	5/4/91	Selbyville, Del.	Sussex Technical
Ray Weir	So.	Long Sprint	5-10	1/10/90	Flanders, N.J.	Mt. Olive
Dylan Wenik	So.	Sprints	5-10	12/24/89	Willow Grove, Pa.	Upper Moreland
** George Wittmann	Sr.	XC/Distance	6-2	6/20/87	Toms River, N.J.	Toms River North
*** Stephen Young	Gs.	XC/Middle Distance	5-9	1/13/87	Edgewater Park, N.J.	Holy Cross

Head Coach: Mike Glavin (Saint Joseph's '78) – 21st year
Graduate Assistant: Teddy Meyers (Saint Joseph's '07) – 3rd year
Cross Country Captains: Jimmy Jennings, Kyle Murray, Jonathan Sclafani

Track Captains: Drew Brandt, Steven Philbrook, Steve Young

The Hawk Will Never Die!

TEAM BREAKDOWN

BY CLASS

Graduate Student (2): Murray, Young
Seniors (6): Brandt, Glasnovich, Jennings, Philbrook, Sclafani, Wittmann
Juniors (9): Arcarola, Brooks, Collins, Donnelly, Fischer, Guterl, Lau, Sabre, B. Smith
Sophomores (17): Birchmeier, DiNatale, DiNoia, DiPersio, Drastura, Evans, Fajimolu, Gallagher, Hohs, McDonnell, Myslinski, O'Donnell, O'Hara, Scrivano, D. Smith, Weir, Wenik
Freshmen (16): Barbalinardo, Cogley, Da Costa, Eastman, Etter, Garvin, Gofus, Gorczynski, Hubschman, Lampart, Logan, Manion, Mazzio, Nicastrro, Nghi To, Townsend

BY STATE

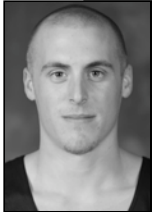
Connecticut (2): Hohs, Lau
Delaware (2): Brooks, Townsend
Maryland (1): Collins
Massachusetts (2): DiNatale, Eastman
New Jersey (17): Barbalinardo, Birchmeier, Da Costa, Drastura, Etter, Gallagher, Garvin, Gorczynski, Guterl, Hubschman, McDonnell, Nicastrro, O'Donnell, B. Smith, Weir, Wittmann, Young
New York (2): Arcarola, Fajimolu, Philbrook
Pennsylvania (22): Brandt, Cogley, DiNoia, DiPersio, Donnelly, Evans, Fischer, Gofus, Jennings, Lampart, Logan, Manion, Mazzio, Murray, Myslinski, O'Hara, Sabre, Sclafani, Scrivano, D. Smith, Nghi To, Wenik
Wisconsin (1): Glasnovich

PRONUNCIATION GUIDE

(Mike) Glavin: GLAV-in
(Joseph) Glasnovich: GLaz-no-vich
(Brian) Guterl: Gut-erl
(Logan) Hohs: HOSS
(Jared) Sabre: SAY-burr
(Jonathan) Sclafani: Skla-FAN-ee
Vinh Nghi To: Vinnie; Too



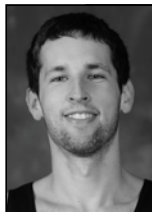
CAPTAINS



Drew Brandt
Senior • 5-10 • Sprints
Lansdale, Pa. • Methacton

Indoor Track 2008-09: Recorded a personal-best time of 50.72 in the 400m at NYC Gotham and season best in the 200m (22.96) at Lafayette/Rider...
2007-08: Turned in a time of 22.79 in 200m at Giegengack...Ran 400m leg of IC4A-qualifying DMR at PSU National...**2006-07:** Ran 50.3 split in the 4x400m at IC4As... Recorded 51.15 in the 400m at A-10s...Ran 6.85 in the 55m at A-10s...**Outdoor Track 2009:** Ran personal bests in 100m (11.53) and 200m (22.47) at Swarthmore and Colonial, respectively...Season best in 400m (49.46) at Atlantic 10...**2008:** Personal-best 400m came at A-10s (49.10)...Member of 4x100m, 4x200m, 4x400m and Distance Medley Relays...**2007:** Ran a 49.0 split in the 4x400m at A10s...Ran season best 49.71 in the 400m at A-10s...Twice anchored the 4x400m relay...**High School/Personal:** Team captain junior and senior year...Won Suburban One League 100m championship senior year...Born October 28, 1987...Majoring in chemistry.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
55	6.85	Atlantic 10	2007	100	11.53	Swarthmore	2009
60	7.36	Giegengack	2007	200	22.47	Colonial	2009
200	22.79	Giegengack	2008	400	49.10	Atlantic 10	2008
400	50.72	NYC Gotham	2009				



Jimmy Jennings
Senior • 5-10 • XC/Distance
Kennett Square, Pa. • Salesianum (Del.)

Cross Country 2008: Competed in seven races... Best 8K (24:52.4) came at Princeton, finishing 24th for the Hawks...**2007:** Top finisher at Haverford (4th) for SJU...Best 8K was run at IC4As (26:55)...
2006: Finished seventh at Haverford...Ran 28:25 at Atlantic 10...
Indoor Track 2008-09: Ran a personal best in the 3000m (8:48.18) at the PSU Relays...Season-best performance in 5000m (14:55.94) came at Giegengack...**2007-08:** Ran 9:18.67 in 3K at Keogh...**2006-07:** Ran season-best 9:04.1 in the 3,000m at Giegengack...**Outdoor Track 2009:** Ran a season-best 10,000m (30:58.55) at Atlantic 10s, qualifying for IC4As...Notched personal bests in 3,000m (8:54.97) and 5,000m (14:54.37) at Onesty and Larry Ellis, respectively...
2008: Turned in a time of 9:30.58 in the 3K Steeplechase at A-10s...Ran personal best 1,500m at Larry Ellis (4:09.91)...**2007:** Ran 5,000m at Monmouth in 15:55.06...**High School/Personal:** Named All-County in cross country and spring track senior year...Second Team All-State in cross country senior year...Team won state championships in cross country and both winter and spring track junior and senior years...Born April 19, 1988...Majoring in accounting.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Mile	4:45.58	Ursinus	2007	1500	4:09.91	Larry Ellis	2008
3000	8:48.18	PSU Relays	2009	3000	8:54.97	Onesty	2009
5000	14:55.94	Giegengack	2009	3000 SC	9:40.58	Atlantic 10s	2008
				5000	14:54.37	Larry Ellis	2009
				10000	30:58.55	Atlantic 10	2009



Kyle Murray
Graduate Student • 6-1 • XC/Distance
Jamison, Pa. • C. Bucks South/Lock Haven

Cross Country 2008: Earned Scholar-Athlete Award and NCAA All-Region honors, finishing in 31:12.6 (145th)...Top finisher for the Hawks in four races...Best finish was fourth at Princeton (24:17.9)...**2007:** Earned All-Atlantic 10 honors with ninth-place finish (25:28)... Best finish was second at Ram Invitational (26:13.5)...Ran fastest 8K race at IC4As in 25:43, good for 19th...Led SJU in all six races run...**2006:** Ran one race at Lafayette as unattached (26:09/17th place)...**At Lock Haven 2005:** Ran two races at LHU...**Indoor Track 2008-09:** Turned in personal bests in the mile (4:13.92 at Giegengack), 3,000m (8:20.32 at NYC Gotham), and 5,000m (14:24.92 at PSU National), all IC4A-qualifying marks...**2007-08:** Logged IC4A-qualifying time of 8:26.75 in 3K at Giegengack...Ran IC4A-qualifying time of 14:39.89 in 5K at A-10s...**2006-07:** Posted time of 14:53.44 in 5,000m at PSU National Meet as an unattached runner...Ran 8:41.50 at Rider-Lafayette as unattached runner in 3,000m...**Outdoor Track 2009:** Two first-place finishes in the steeplechase at the Colonial Relays (9:21.49) and Lafayette (9:19.13)...Set a personal best in steeplechase (9:05.48), placing fifth at A-10's...**2008:** Ran IC4A-qualifying time of 14:35.50 in 5K at A-10s...Notched season-best 10K at Colonial Relays with a time of 31:44.02...Won 5K at Onesty...**2007:** Ran 5,000m at Larry Ellis as an unattached runner (15:17.14)...**High School/Personal:** Served as cross country and track team captain senior year...Was a state medalist senior year in cross country and the indoor mile, as well as being named All-State in cross country...League 3,200m champion as a freshman...Born April 3, 1987...Majoring in management.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Mile	4:13.92	Giegengack	2009	3000 SC	9:05.48	Atlantic 10	2009
3000	8:20.32	NYC Gotham	2009	5000	14:35.50	Atlantic 10	2008
5000	14:24.92	PSU National	2009	10000	31:44.02	Colonial	2008

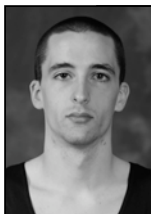


Kyle Murray was a 2008 NCAA All-Region Cross Country Performer

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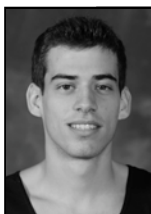
CAPTAINS



Steven Philbrook
Senior • 5-11 • Long Sprints/Hurdles
Latham, N.Y. • Shaker

Indoor Track 2008-09: Recorded personal bests in the 400m (51.69) and 500m (1:07.62) at Lafayette/Rider and Giegengack, respectively...**2007-08:** Turned in personal bests in the 400m (53.27 at Keogh) and 500m (1:08.09 at NYU Fastrack)...**2006-07:** Ran three college indoor bests at Giegengack in 200m (24.52), 400m (53.44), and 4x400m split (52.5)...**Outdoor Track 2009:** Set a personal record in 400m hurdles (56.56) at the Atlantic 10s...**2008:** Set personal record in 400m Intermediate Hurdles (55.18) at A-10s...**2007:** Ran 400m Intermediate Hurdles in five meets with best at A-10s (57.27)...**High School/Personal:** All-American sprinter...Holds school records in three individual hurdling events...Team co-captain senior year...Also lettered in basketball one season...Born May 19, 1988...Natural sciences major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
200	24.52	Giegengack	2007	400 IH	55.18	Atlantic 10	2008
400	51.69	Lafayette/Rider	2009	400H	56.56	Atlantic 10	2009
500	1:07.62	Giegengack	2009				



Jonathan Sclafani
Senior • 5-10 • XC/Distance
Wayne, Pa. • Devon Prep

Cross Country 2008: Earned All-Atlantic 10 honors with a 15th-place finish (24:44.3), his season-best 8K finish...Top finisher (26:22.6) for the Hawks at Bojangles, placing fifth...**2007:** Competed in six events...Best performance came at Leopard (12th/27:11.9)...**2006:** Finished 29th at A-10s...Finished second at Haverford...**Indoor Track 2008-09:** Recorded personal bests in the mile (4:22.02 at Lafayette/Rider) and in 3,000m (8:45.86 at Thomson)...Set a personal-best 15:04.53 in the 5,000m at NYC Gotham...**2007-08:** Best 3K came at A-10s in a time of 8:48.68...**2006-07:** Best mark in the Mile came at A-10s (4:22.28)...Ran a 2:33.62 in the 1,000m at NYU...**Outdoor Track 2009:** Recorded a personal-best 14:53.91 in the 5,000m at Larry Ellis...Set a personal best in the 3,000m (8:45.85) at Onesty...Season-best finish in 1,500m (4:05.31) at Onesty...**2008:** Posted personal bests in the 1,500m (4:02.46 at Onesty), 3,000m Steeplechase (9:47.42 at Colonial Relays), 5,000m (15:10.66 at A-10s)...**2007:** Ran a 4:05.06 in the 1,500m at Larry Ellis...Ran a 1:56 split in the 4x800 at A-10s... Ran 5,000m at Monmouth (15:34.62)...**High School/Personal:** Team MVP three seasons...Placed eighth at PIAA Cross Country Championships senior year...Also served as team captain...Finished third at District Championships junior year...Born Jan. 18, 1988...Political science major.

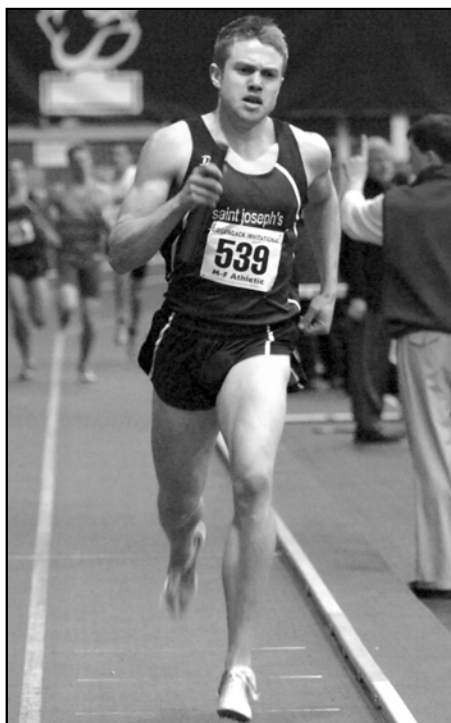
INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Mile	4:22.02	Lafayette/Rider	2009	1500	4:02.46	Onesty	2008
1000	2:33.62	NYU Fastrack	2007	3000	8:45.85	Onesty	2009
3000	8:45.86	Thomson	2009	3000 SC	9:47.42	Colonial	2008
5000	15:04.53	NYC Gotham	2009	5000	14:53.91	Larry Ellis	2009



Steve Young
Graduate Student • 5-9 • XC/Middle Distance
Edgewater Park, N.J. • Holy Cross

Cross Country 2008: Competed in three races...Best 8K finish (25:50.6) came at the A-10s...**2007:** Ran in five races with best time coming at IC4As (76th/26:34)...**2006:** Competed in six meets...Best finish was ninth at Haverford...**Indoor Track 2008-09:** Ran personal-best IC4A qualifying time (2:28.24) at A-10's...Set a personal best in the mile (4:14.07) at NYC Gotham, qualifying for IC4As...**2007-08:** Notched personal-best 1,000m at IC4As with a time of 2:28.30...Ran IC4A qualifying 800m at Giegengack in 1:55.39...**2006-07:** Qualified for IC4As with a 2:29.79 in the 1,000m at NYU Fastrack...Ran indoor personal-best 800m (1:57.16) at Rider/Lafayette...Ran season-best Mile time at Giegengack (4:32.70)...**2005-06:** Placed second in the Mile at Lafayette (4:40.3)...Ran a 2:35.82 in the 1,000m at Yale...**Outdoor Track 2009:** Helped win the gold in 4x800m for an IC4A qualifying combined time of 7:28.10 at the A-10s...**2008:** Posted IC4A qualifying time in 1,500m at Swarthmore (3:49.90)...Personal-best 800m (1:54.50) was run at Larry Ellis...**2007:** Turned in personal best 800m at Monmouth with a time of 1:56.63...Ran 50.9 split in the 4x400 relay at Monmouth...Ran personal best 4:10.21 at Duke in the 1,500m...**2006:** Turned in a 4:10.46 in the 1,500m at Princeton...**High School/Personal:** Distance MVP junior and senior years...Track captain junior and senior years...Ten-time letterwinner in track and cross country...Born January 13, 1987...Majoring in social science.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Mile	4:14.07	NYC Gotham	2009	800	1:54.50	Larry Ellis	2008
800	1:55.39	Giegengack	2008	1500	3:49.90	Swarthmore	2008
1000	2:28.24	Atlantic 10	2009				



Steve Young

The Hawk Will Never Die!

SENIORS AND JUNIORS



Joseph Glasnovich
Senior • 6-0 • Long Sprints
Milwaukee, Wisc. • Thomas More

Indoor Track 2008-09: Recorded a season-best 2:08.59 in 800m at Delaware...**2007-08:** Ran 2:06.82 at Princeton in the 800m...Ran 2:50.50 at PSU Relays in 1,000m...**Outdoor Track 2009:** Ran season bests in the 400m (53.78) and 800m (2:03.82) at Lafayette and Larry Ellis, respectively...**2008:** Did not compete...**2006:** Member of Saint Joseph's men's soccer team...**High School/Personal:** Letterwinner in track...Three-year varsity starter in soccer...Born November 17, 1987...International business major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
800	2:06.82	Princeton	2008	400	53.78	Lafayette	2009
1000	2:50.50	PSU Relays	2008	800	2:03.82	Larry Ellis	2009



George Wittmann
Senior • 6-2 • XC/Distance
Toms River, N.J. • Toms River North

Cross Country 2008: Competed in six races...Best 8K finish (26:02.3) came at Princeton Invitational...**2007:** Competed in six events, best finish came at Haverford (6th)...**2006:** Competed in one meet finishing 10th at Haverford...**Indoor Track 2008-09:**

Recorded personal bests in the mile (4:32.57 at Lafayette/Rider) and in 3,000m (9:04.31 at PSU Relays)...Set a personal-best time of 15:25.93 in 5,000m at Giegengack...**2007-08:** Notched personal best 3K at PSU Relays (9:17.97)...**2006-07:** Best showing in the Mile came at Rider-Lafayette (4:35.52)...Ran 3,000m at Giegengack (9:22.96)...**Outdoor Track 2009:** Ran personal bests in 1,500m (4:09.05 at Larry Ellis) and 3,000m (8:57.15 at Lafayette)...Recorded a season-best time in 5,000m (15:19.45) at Swarthmore...**2008:** Did not compete...**2007:** Ran a season-best time of 4:13.12 at Larry Ellis in the 1,500m...Finished the 3,000m at Lafayette in a time of 9:33.83...**High School/Personal:** Placed sixth in the mile at state championships senior year...First Team All-County in cross country and track as well...Selected as Team MVP and served as team captain for cross country and track as a senior...Born June 20, 1987...Majoring in management.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Mile	4:32.57	Lafayette/Rider	2009	1500	4:09.05	Larry Ellis	2009
3000	9:04.31	PSU Relays	2009	3000	8:57.15	Lafayette	2009
5000	15:25.93	Giegengack	2009	5000	15:19.45	Swarthmore	2009



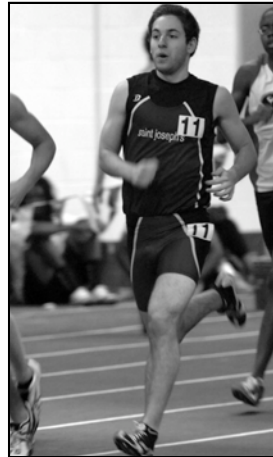
Jonathan Sclafani



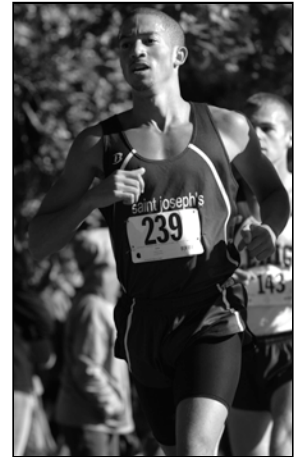
George Arcarola
Junior • 6-0 • XC/Middle Distance
Richmond Hill, N.Y. • Archbishop Molloy

Cross Country 2008: Competed in one race...**Indoor Track 2008-09:** Did not compete...**2007-08:** Ran third-best 800m on team (1:58.43) at Bucknell...Posted season-best times in 400m (52.70 at Keogh) and 500m (1:08.14 at Giegengack)...**Outdoor Track 2009:** Recorded a season-best in the 800m (2:06.06) at Lafayette...**2008:** Ran season-best 800m (1:58.16) at Larry Ellis...**High School/Personal:** Captained indoor track team senior year...Two-time N.Y. Federation indoor track qualifier...Member of 2007 CHSAA Intersectional outdoor track team senior year...Born October 3, 1989...Biology major.

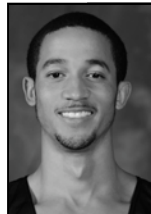
INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
400	52.70	Keogh	2008	800	1:58.16	Larry Ellis	2008
500	1:08.14	Giegengack	2008				
800	1:58.43	Bucknell	2008				



Joseph Glasnovich



Jesse Brooks



Jesse Brooks
Junior • 5-10 • XC/Middle Distance
Dover, Del. • Caesar Rodney Senior

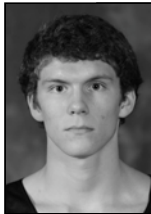
Cross Country 2008: Competed in five races...Best 8K finish (25:56.1) came at Princeton...**2007:** Competed in six meets...**Indoor Track 2008-09:** Ran a season best in 800m (1:59.02) at NYC Gotham...Helped team for a season-best combined time of 3:32.34 in sprint medley relay...**2007-08:** Set season bests in 400m (53.79 at Ursinus), 800m (2:00.90 at Giegengack), and 1,000m (2:34.64 at Bucknell)...Member of IC4A-qualifying 4x800m Relay squad...**Outdoor Track 2009:** Ran a personal-best 800m (1:55.03) at Larry Ellis...Set a personal best in 400m (50.60) at Onesty...Member of the 4x800m relay team which received A-10 First Team for it's 7:28.10 finish at the A-10 Championships...**2008:** Ran 1:57.21 at A-10s in 800m...Member of IC4A-qualifying 4x800m relay team...**High School/Personal:** DIAA runner up in cross country state championship as a senior, third place finisher as a junior...Three year captain...800 meter state champion junior year...Led team to two consecutive county and conference track titles...Born to Jesse and Joyce Brooks on November 2, 1988...Majoring in criminal justice.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
800	1:59.02	NYC Gotham	2009	400	50.60	Onesty	2009
1000	2:34.64	Bucknell	2008	800	1:55.03	Larry Ellis	2009

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JUNIORS



Vince Collins
Junior • 6-0 • XC/Distance
Baltimore, Md. • Archbishop Curley

Cross Country 2008: Competed in five races...Top finisher (16:05.17) for the Hawks, finishing in fifth at Haverford Time Trials three-mile race...Best 8K finish (26:54.0) came at Princeton...**2007:**

Competed in six meets...**Indoor Track 2008-09:** Ran season bests in the mile (4:33.71 at Giegengack) and 3,000m (8:50.95 at Lafayette/Rider)...Set a personal best in 800m in 2:02.11 at Giegengack...**2007-08:** Turned in season bests at Giegengack (4:36.04/Mile) and Princeton (9:27.36/3K)...**Outdoor Track 2009:** Recorded personal bests in 1,500m (4:07.59 at Swarthmore) and 5,000m (15:54.56 at Onesty)...Season bests in 800m (2:07.59/Larry Ellis) and 3,000m (15:54.56/Onesty)...**2008:** Best 1,500m came at Larry Ellis (4:12.75)...Ran season-best 5K (16:07.36) at Onesty...**High School/Personal:** Member of two-time Maryland outdoor track champions...Born August 30, 1989...Majoring in English.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Mile	4:33.71	Giegengack	2009	800	2:07.81	Larry Ellis	2009
800	2:02.11	Giegengack	2009	1500	4:07.59	Swarthmore	2009
3000	8:50.95	Lafayette/Rider	2009	3000	8:57.76	Onesty	2009
				5000	15:54.56	Onesty	2009



Luke Fischer
Junior • 5-11 • XC/Distance
Yardley, Pa. • Notre Dame (N.J.)

Cross Country 2009: Competed in four races...Best 8K finish (26:16) came at Paul Short...**2008:** Appeared in six meets...**Indoor Track 2008-09:** Ran a team-best 1:55.15 in 800m at Giegengack...

Recorded a personal best in 1,000m (2:29.11) at PSU National...Season-best Mile (4:17.52) at NYU Fastrack...**2007-08:** Posted season bests in 800m (1:57.00 at NYU), 1,000m (2:31.38 at A-10s), and Mile (4:26.09 at Giegengack)...**Outdoor Track 2009:** Recorded personal bests in the 800m (1:55.37) at Swarthmore and in 1,500m (3:59.83) at Larry Ellis...**2008:** Ran season-best times in 800m (1:56.59 at Onesty) and 1,500m (4:01.73 at Larry Ellis)...**High School/Personal:** Captain of track and cross country squads...Team won state indoor track championship his senior year and outdoor track championship his junior year...Born January 14, 1989...Business major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Mile	4:17.52	NYU Fastrack	2009	800	1:55.37	Swarthmore	2009
800	1:55.15	Giegengack	2009	1500	3:59.83	Larry Ellis	2009
1000	2:29.11	PSU National	2009				



Kevin Donnelly
Junior • 5-8 • XC/Distance
Lansdale, Pa. • La Salle College

Cross Country 2008: Competed in four races...**2007:** Competed in six meets...Best 8K finish (27:17.1) came at Princeton...Took fifth (16:05.17) in the Haverford 3-mile...**Indoor Track 2008-09:**

Recorded personal-bests in the Mile (4:35.04 at Thomson) and 3,000m (8:54.36 at NYU Fastrack)...Ran a season best in 5,000m (15:55.85) at Collegeville...**2007-08:** Posted season bests in the Mile (4:46.18 at Bucknell) and 3K (9:19.89 at Keogh)...**Outdoor Track 2009:** Ran season bests in 1,500m (4:06.74/Larry Ellis) and 5,000m (15:05.36/Swarthmore)...Set personal bests in 3,000m (8:56.50) and 10,000m (31.34.91) at Lafayette and Atlantic 10, respectively...**2008:** Ran season-best 1,500m (4:26.36) at Larry Ellis and season-best 5K (16:15.96) at Monmouth...**High School/Personal:** Letterwinner in track and cross country...Cousin Kelly Flanagan was a 2006 graduate of SJU...Born September 9, 1988...Business major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Mile	4:35.04	Thomson	2009	1500	4:06.74	Larry Ellis	2009
3000	8:54.36	NYU Fastrack	2009	3000	8:56.50	Lafayette	2009
5000	15:55.85	Collegeville	2009	5000	15:05.36	Swarthmore	2009
				10000	31:34.91	Atlantic 10	2009



Brian Guterl
Junior • 6-2 • XC/Middle Distance
Rahway, N.J. • Union Catholic Regional

Cross Country 2008: Competed in six races...Earned NCAA-All-Region honors with a 22nd place (33:00) finish...Placed third (25:15) at IC4As, earning IC4A All-East honors...Earned All-Atlantic 10

honors with season-best 8K time of 24:34.4 (12th)...Top finisher for the Hawks three times...**2007:** Competed in six meets as No. 2 runner...Finished second at Ram Invitational...Ran 26:30 at A-10s (23rd place)...**Indoor Track 2008-09:** Ran a personal/team-best, IC4A qualifying time of 2:25.84 in the 1,000m and 4:11.38 in the Mile at Giegengack and NYC Gotham, respectively...**2007-08:** Ran season-best times in 1,000m (2:31.16 at Giegengack) and Mile (4:17.44 at Atlantic 10 Championships)...**Outdoor Track 2009:** Earned All-East honors in 800m and part of 4x800m relay team that was named Atlantic 10 First Team...Posted two first-place finishes in 800m (1:55.33) and 1,500m (3:55.02) at Lafayette...Ran a team-best, IC4A and NCAA qualifying time (1:50.15) in the 800m...Personal-best and NCAA qualifying time (3:47.80) in the 1,500m...**2008:** Posted season-best times in 800m (1:59.73 at Onesty) and 1,500m (4:05.81 at Colonial Relays)...**High School/Personal:** First team All-State, All-non Public schools, All-County, All-Area, All-Conference senior year in cross country...Member of All-American sprint medley relay, placing second in nation...Born June 9, 1989...Majoring in criminal justice.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
1000	2:25.84	Giegengack	2009	800	1:50.15	IC4A	2009
Mile	4:11.38	NYC Gotham	2009	1500	3:47.80	Larry Ellis	2009

The Hawk Will Never Die!

JUNIORS



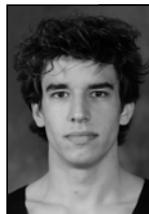
Christopher Lau
Junior • 5-11 • Sprints
Westport, Conn. • Staples

Indoor Track 2008-09: Recorded personal bests in the 200m (23.52) at Collegeville and the 400m (52.27) at NYC Gotham...**2007-08:** Sprinted season bests in 60yd (7.00 at Lafayette), 200m (23.57 at Keogh) and 400m (53.16 at Bucknell)...Member of team-best 4x200m and 4x400m Relays...**Outdoor Track 2009:** Posted a season best in the 200m (22.73) at Lafayette...Ran a season best in the 100m (11.62) at Larry Ellis...**2008:** Notched season bests in 200m (23.40 at Colonial Relays) and 400m (51.23 at Larry Ellis)...**High School/Personal:** First Team All-FCIAC for indoor track season senior year...4x200m relay team won indoor track states...Captained track teams...Indoor team won CIAC Class M Championship senior year...Born January 16, 1989...Social Science major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
200	23.52	Collegeville	2009	100	11.62	Larry Ellis	2009
400	52.27	NYC Gotham	2009	200	22.73	Lafayette	2009
				400	51.23	Larry Ellis	2008



Junior Brian Guterl- 2009 All-Atlantic 10, IC4A All-East, and NCAA All-Region Cross Country Performer



Jared Sabre
Junior • 6-2 • Long Sprints
Spring City, Pa. • Owen J. Roberts

Indoor Track 2008-09: Recorded a personal/team-best, IC4A qualifying time of 1:04.65 in the 500m at Lafayette/Rider...Ran a personal/team best in the 400m (49.67) at Giegengack...Posted a season best in 800m (2:03.12) at Collegeville...**2007-08:** Ran team-best time of 50.76 in 400m at NYU...Posted season bests in 500m (1:08.41 at A-10s) and 800m 2:05.29 at Keogh)...Member of 4x400m Relay squad...**Outdoor Track 2009:** Ran a personal/team-best 48.81 in the 400m at the Colonial Relays...Posted a season best in the 200m (22.40) at Larry Ellis...**2008:** Logged season-best times in 400m (50.43 at Larry Ellis) and 800m (2:02.29 at Monmouth)...**High School/Personal:** All-Conference senior year in 400m...Ran 400m leg of Distance Medley Relay team that broke school record...Earned letter in cross country...Born March 21, 1989...Majoring in actuarial sciences.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
400	49.67	Giegengack	2009	200	22.40	Larry Ellis	2009
500	1:04.65	Laf/Rider	2009	400	48.81	Colonial	2009
800	2:03.12	Collegeville	2009	800	2:02.29	Monmouth	2008



Brian Smith
Junior • 6-1 • Sprints/Hurdles
Voorhees, N.J. • Eastern Senior

Indoor Track 2008-09: Ran a personal best in the 400m (51.01) at Lafayette/Rider...Posted season bests in the 200m (23.80) and 500m (1:07.12) at Collegeville and the A-10s, respectively...**2007-08:** Appeared on team-best 4x400m and Sprint Medley Relays at Penn State...Season bests in 200m (23.56 at Ursinus), 400m (51.18 at NYU), and 500m (1:06.92 at A-10s)...**Outdoor Track 2009:** Recorded a personal-best time of 56.56 in the 400m hurdles at the Atlantic 10 championships...**2008:** Season-best 400m Hurdles (56.82) came at Onesty...Member of team-best 4x100m, 4x200m, and 4x400m Relay squads...**High School/Personal:** All-Conference in 400m hurdles and 4x400m relay...South Jersey Group IV 400m hurdles and 4x400m relay champions...Set school triple jump record...Born August 21, 1989...Business major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
200	23.56	Ursinus	2008	400 IH	56.82	Onesty	2008
400	51.01	Laf/Rider	2009	400 H	56.56	Atlantic 10	2009
500	1:06.92	Atlantic 10	2008				



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SOPHOMORES



Ryan Birchmeier
Sophomore • 6-3 • XC/Middle Distance
Ocean View, N.J. • Ocean City

Cross Country 2008: Did not compete...**Indoor Track 2008-09:** Season-best finish in the 1,000m (2:37.94) at Lafayette/Rider...Season-best 4:24.91 in the mile at A-10s...**Outdoor Track 2009:** Season bests in the 800m (2:02.47) at Onesty and in 1,500m (3:56.25) at A-10s...**High School/Personal:** N.J. Group 3 indoor 1,600m champion and record holder...Group 3 runner-up in cross country senior year...Member of South Jersey Sectional champions...Born July 11, 1989...Business major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
1000	2:37.94	Laf./Rider	2009	800	2:02.47	Onesty	2009
Mile	4:24.91	Atlantic 10	2009	1500	3:56.25	Atlantic 10	2009

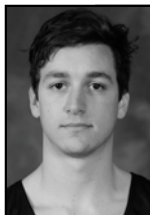


Tom DiNatale
Sophomore • 5-7 • Sprints
Reading, Mass. • Reading Memorial

Indoor Track 2008-09: Team-best finish (32.72) in the 300-yard dash at Lafayette...Season bests in 55m (6.68) and 200m (22.47) at Lafayette/Rider and in the 60m (7.17) at NYC Gotham Cup...

Outdoor Track 2009: Named Atlantic 10 Rookie of the Week for the week ending April 1...Season-best finishes in 100m (11.01) and 200m (22.10) at Larry Ellis and Lafayette, respectively...**High School/Personal:** Member of state champion and record-breaking 4x200m squad and Mass. Division II 55m indoor champion senior year...Division II 200m and 300m champion junior year...10-time Middlesex League All-Star...Born February 19, 1990...Elementary education major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
55	6.68	Laf./Rider	2008	100m	11.01	Larry Ellis	2009
60m	7.17	NYC Gotham	2009	200m	22.10	Lafayette	2009
200m	22.47	Laf./Rider	2009				
300 D	32.72	Lafayette	2008				

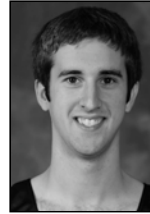


Victor DiNoia
Sophomore • 5-11 • Sprints/Jumps
Jamison, Pa. • Central Bucks East

Indoor Track 2008-09: Season bests in 55m hurdles (6.94) and 300-yard dash (34.90) at Lafayette and in 200m (23.98) at Thomson...Season-best long jump (20'2 1/2") at Collegeville...

Outdoor Track 2009: Season-best finishes in 100m (11.53) and long jump (20'9 1/4") at Atlantic 10 and Larry Ellis, respectively...**High School/Personal:** Captained team junior and senior years...Three-year letterwinner...Earned team MVP honors junior year...Named team's Most Outstanding Sprinter senior year...Teammates with fellow Hawks Tom DiNatale and Royce Scrivano...Born September 5, 1989...Finance major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
55	6.94	Lafayette	2008	100	11.53	Atlantic 10	2009
200	23.98	Thomson	2009	Lo. Jump	20'9 1/4"	Larry Ellis	2009
300 D	34.90	Lafayette	2008				
Lo. Jump	20'2 1/2"	Collegeville	2009				



John DiPersio
Sophomore • 5-11 • Jumps/Sprints
Doylestown, Pa. • Central Bucks East

Indoor Track 2008-09: Ran a season best in the 55m (7.07) at Collegeville...Season-best long jump (19'8") and high jump (41'3") at NYC Gotham and Lafayette, respectively...**Outdoor Track 2009:** Season bests in long jump (19'5 1/4") and high jump (41'1") at Lafayette...**High School/Personal:** Named Honorable Mention for All-Intel Team in triple jump...Indoor Pa. Championship qualifier in triple jump...Indoor track captain senior year...Three-year letter-winner in track, once in cross country...Born February 2, 1990...Majoring in accounting.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Lo. Jump	19'8"	NYC Gotham	2009	Lo. Jump	19'5 1/4"	Lafayette	2009
Hi. Jump	41'3"	Lafayette	2008	Tr. Jump	41'1"	Lafayette	2009
55m	7.07	Collegeville	2009				



Sophomore Tom DiNatale was named Outdoor Track Atlantic 10 Rookie of the Week (April 1).



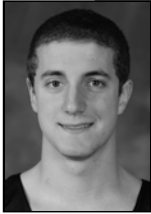
Adam Drastura
Sophomore • 6-1 • XC/Distance
Linden, N.J. • Roselle Catholic

Indoor Track 2008-09: Season best in the 800m (2:02.79) came at NYU Fastrack...**Outdoor Track 2009:** Season-best finishes in 400m (52.40) and 800m (2:03.09) at Larry Ellis and Lafayette, respectively...**Cross Country 2008:** Competed in two races...Season-best finish of 17:19.06 (21st) at Haverford three-mile race...**High School/Personal:** Inducted into French Honors Society and took part in high school Honors Convocation...Born October 9, 1990...Business major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
800	2:02.79	NYU Fastrack	2009	400	52.40	Larry Ellis	2009
				800	2:03.09	Lafayette	2009

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SOPHOMORES



David Evans
Sophomore • 5-10 • XC/Distance
Audobon, Pa. • Devon Prep

Cross Country 2008: Competed in six races...Best 8K finish (26:53.3) came at the A-10 Championship meet...**Indoor Track 2008-09:** Did not compete...

Outdoor Track 2009: Recorded a season best in the 3,000m (9:30.92) at Onesty...**High School/**

Personal: Grandfather and uncles ran collegiately at Seton Hall and West Virginia...Born June 7, 1989...Majoring in elementary and special education.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
		Did Not Compete		3000	9:30.92	Onesty	2009



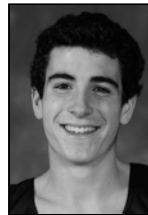
Sophomore Kevin McDonnell was named A-10 Cross Country Rookie of the Week three times.



Logan Hohs
Sophomore • 5-9 • XC/Middle Distance
Darien, Ct. • Darien

Cross Country 2008: Competed in five races...Season-best 8K finish (27:03.1) came at Paul Short...**Indoor Track 2008-09:** Season bests in the 800m (2:02.13) at Thomson and the 1,000m (2:38.62) at A-10s...**Outdoor Track 2009:** Season-best finishes in 800m (52.40) and 1,500m (2:03.09) at A-10's and Larry Ellis, respectively...**School/Personal:** All-FCIAC First Team in cross country and indoor track senior year...Member of three-time Class M indoor track and field champions...Three-time letterwinner in both indoor and outdoor track...Born April 20, 1990...Business major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
800	2:02.13	Thomson	2009	800	1:56.37	Atlantic 10	2009
1000	2:38.62	Atlantic 10	2009	1500	4:05.38	Larry Ellis	2009



Kevin McDonnell
Sophomore • 5-10 • XC/Distance
Moorestown, N.J. • Camden Catholic

Cross Country 2008: Named A-10 Rookie of the Week three times...Season-best 8K finish (24:55.5) came at Princeton...**Indoor Track 2008-09:** Season-best 4:30.99 in the mile at Lafayette/Rider...

Season bests in 3,000m (8:49.57) and 5,000m (14:47.37) at Thomson and A-10s, respectively...**Outdoor Track 2009:** Season-best finish in 5,000m (14:44.13) at Swarthmore...**High School/**

Personal: Earned All-American honors by placing third in the 5K run at Nike Outdoor Nationals...N.J. Parochial A Champion at 3,200m...Won dual meet in which Camden Catholic broke Paul VI's 244 straight dual cross country meet streak started by Coach Glavin in 1979...Born October 30, 1989...Business major.

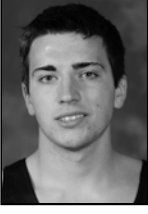
INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Mile	4:30.99	Laf/Rider	2009	5000	14:44.13	Swarthmore	2009
3000	8:49.57	Thomson	2009				
5000	14:47.37	Atlantic 10	2009				



Michael Gallagher
Sophomore • 5-10 • Long Sprints
Monroe Township, N.J. • Monroe Township

Indoor Track 2008-09: Season best in the 400m (2:02.79) and 500m (1:09.30) came at Delaware and NYU Fastrack, respectively...**Outdoor Track 2009:** Season-best finish in 400m (52.45) at Larry Ellis...**High School/Personal:** Two-time letterwinner for indoor and outdoor track, respectively...Member of division-winning teams junior year...Born April 13, 1990...Majoring in chemical biology.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
400	53.81	Delaware	2009	400	52.45	Larry Ellis	2009
500	1:09.30	NYU Fastrack	2009				



Kevin Myslinski
Sophomore • 6-0 • Sprints
Philadelphia, Pa. • Archbishop Ryan

Indoor Track 2008-09: Season bests in the 400m (53.73) at NYU Fastrack and the 500m (1:10.43) at Lafayette/Rider...**Outdoor Track 2009:** Season-best 52.38 in 400m at Onesty...**High School/**

Personal: Three-time All-Catholic team member...Captained squad senior year...Four-year letterwinner...Born June 21, 1990...Criminal justice major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
400	53.73	NYU Fastrack	2009	400	52.38	Onesty	2009
500	1:10.43	Laf/Rider	2009				

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SOPHOMORES



Murphy O'Donnell
Sophomore • 5-10 • XC/Middle Distance
Rumson, N.J. • Rumson-Fair Haven

Cross Country 2008: Best finish (27:16.3) came at Princeton's 8K race...Competed in five races... **Indoor Track 2008-09:** Ran season bests in the 800m (2:00.47), the 1,000m (2:40.95), and the mile (4:36.94) at NYC Gotham, Collegeville, and Thomson, respectively...**Outdoor Track 2009:** Season-best finishes in the 800m (2:00.93) at Lafayette and in the 1,500m (4:09.94) at the A-10's...**High School/Personal:** Member of two-time undefeated division champions...Captain of indoor and outdoor track teams senior year...Lettered in soccer and baseball...Born July 18, 1990...Biology major.

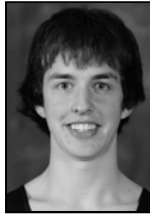
INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
800	2:00.47	NYC Gotham	2009	800	2:00.93	Lafayette	2009
1000	2:40.95	Collegeville	2009	1500	4:09.94	Atlantic 10	2009
Mile	4:36.94	Thomson	2009				



Ian O'Hara
Sophomore • 6-0 • XC/Middle Distance
Wallingford, Pa. • Strath Haven

Cross Country 2008: Competed in the Haverford three-mile race with a 22nd place (18:18.48) finish...**Indoor Track 2008-09:** Season-best finish in 800m (2:06.46) at Thomson...**Outdoor Track 2009:** Did not compete...**High School/Personal:** Born April 2, 1990...Accounting major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
800	2:06.46	Thomson	2009			Did Not Compete	

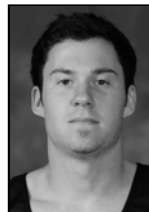


Royce Scrivano
Sophomore • 6-5 • Middle Distance
Holicong, Pa. • Central Bucks East

Indoor Track 2008-09: Ran season bests in the 500m (1:10.71) at NYU Fastrack and the 800m (2:10.51) at Collegeville...**Outdoor Track 2009:** Season-best finishes in the 400m (54.54) at Onesty and in the 800m (2:09.36) at Larry Ellis...**High School/ Personal:**

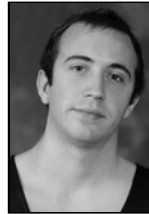
Member of undefeated outdoor track team...Teammates with fellow freshmen Tom DiNatale and Victor DiNoia at C.B. East...Three time letterwinner in swimming and cross country, respectively...Two-time track letterwinner...Born February 26, 1990...Finance major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
500	1:10.71	NYU Fastrack	2009	400	54.54	Onesty	2009
800	2:10.51	Collegeville	2009	800	2:09.36	Larry Ellis	2009



David Smith
Sophomore • 5-10 • Sprints
Carlisle, Pa. • Trinity

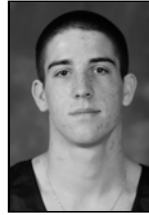
Indoor/Outdoor Track 2008-09: Did not compete...**High School/ Personal:** Was named Central Pennsylvania Track Runner of the Year and earned All-State honors as a senior...Holds school records in the 400m, 4x400, and 4x800...Won state championships in 4x400 as a sophomore and junior...Four-year letterman and two-year captain...Born October 9, 1989...Political science major.



Ray Weir
Sophomore • 5-10 • Long Sprints
Flanders, N.J. • Mt. Olive

Indoor Track 2008-09: Season-best 52.60 in the 400m at Lafayette/Rider...**Outdoor Track 2009:** Ran a season-best finish in the 400m (50.68) at Larry Ellis...**High School/Personal:** Four-time outdoor track, three-time indoor track, and two-time cross country letterwinner...Born January 10, 1990...Finance major.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
400	52.60	Laf/Rider	2009	400	50.68	Larry Ellis	2009



Dylan Wenik
Sophomore • 5-10 • Sprints
Willow Grove, Pa. • Upper Moreland

Indoor Track 2008-09: Ran season bests in the 400m (50.90) at NYU Fastrack and in 500m (1:06.79) at Lafayette/Rider...**Outdoor Track 2009:** Posted season-best finishes in the 200m (23.47) and 400m (49.79) at Swarthmore...Recorded season-best 1:56.36 in 800m at Larry Ellis...**High School/Personal:** Named indoor track MVP two times...Captained track squads senior year...District qualifier in 4x100m, 4x400m and 400m...Four-year track letterwinner, three year in soccer and one year in football...Born December 24, 1989...Business major.

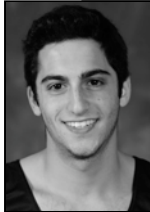
INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
400	50.90	NYU Fastrack	2009	200	23.47	Swarthmore	2009
500	1:06.79	Laf/Rider	2009	400	49.79	Swarthmore	2009
				800	1:56.36	Larry Ellis	2009

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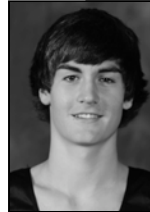


NEWCOMERS



Garrett Barbalinardo
Freshman
5-9
Long Sprints
Glen Ridge, N.J.
Glen Ridge

High School/Personal: Colonial Hills Conference indoor/outdoor 400m champion... Section North 400m, 800m, and cross country champion...Personal bests in 400m (50.02), 800m (1:58.7), and cross country 5K (17:18)... Born May 5, 1991...Majoring in business.



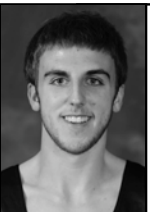
Drew Cogley
Freshman
6-2
XC/Distance
Camp Hill, Pa.
Cedar Cliff

High School/Personal: Senior captain... Earned All-Conference cross country honors... District qualifier in 3,200m...Personal bests in 3K (9:21), 5K (16:46), 1,600m (4:41), and 3,200m (9:54)...Born December 12, 1990... Majoring in food marketing.



Daniel DaCosta
Freshman
5-11
XC/Middle Distance
Elizabethtown, N.J.
Union Catholic Reg.

High School/Personal: Born July 13, 1991... Majoring in interdisciplinary health services.



John Eastman
Freshman
6-1
XC/Middle Distance
Medford, Mass.
Boston College

High School/Personal: Senior cross country captain...Top 25 at Ocean State Invitational... Earned Scholar Athlete and Unsung Hero Award...Born November 5, 1991...Majoring in biology.



Gregory Etter
Freshman
5-9
XC/Distance
Delran, N.J.
Delran

High School/Personal: Named First Team BCSL All-Patriot Division in cross country and second team in track...Two-year cross country captain and senior track captain...Member of National Honor Society...Born August 12, 1991...Majoring in business.



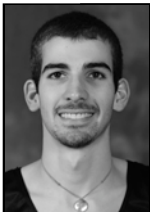
Lanre Fajimolu
Sophomore
6-3
Sprints
Long Island, N.Y.
Hillcrest/Old Dominion

High School/Personal: Ran track as a senior... Part of the winning 4x100 team...Took first in the 110m hurdles while placing second in 100 and 200 meter dash at the championships... Helped team to win State Championships... Four-year basketball and soccer player...Named basketball MVP senior year...Born July 21, 1988.



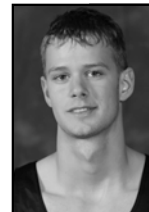
Ryan Garvin
Freshman
5-10
XC/Middle Distance
Medford, N.J.
Lenape

High School/Personal: Two-year track MVP and cross country MVP as a senior...Holds school records in 1,600m indoor and outdoor...Earned First Team All-County and Third Team All-State in cross country...Conference championship in indoor 800m and 1,600m as a senior...Born June 21, 1991...Majoring in natural science.



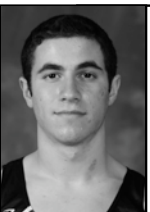
Tyler Gofus
Freshman
6-1
Long Sprints
Pottstown, Pa.
The Hill School

High School/Personal: Personal bests in 400m (52.0), 800m (2:02.8), 5K (17:10) and the mile...Lettered in track and cross country four years...Senior cross country/track captain...Born May 25, 1990...Majoring in finance.



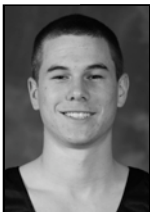
Kyle Gorczyński
Freshman
6-4
XC/Middle Distance
Clementon, N.J.
Highland Regional

High School/Personal: Named All-South Jersey and twice named All-Group 3 in cross country...Helped lead track team to sectional title senior year...Tri-County Conference Champion as junior...Personal-bests of 4:21 in 1,600m, 9:33 in 3,200m and 2:01 in 800m...Born May 14, 1991...Majoring in business.



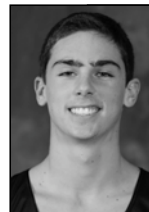
Connor Hubschman
Freshman
5-9
Long Sprints
Cresskill, N.J.
North Valley Regional

High School/Personal: Ran school record time 48.8 to win Bergen County Championships in 2009...Six-time All-League selection and four-year letter winner...Placed first at League and County meets...Finished third at States Sectionals and fourth at State Groups...Born March 31, 1990...Majoring in business.



Kyle Lampart
Freshman
5-11
XC/Middle Distance
White Haven, Pa.
Hazelton Area

High School/Personal: Captain as junior and senior...Personal bests in 800m (1:59) and 5K (16:48)...Born December 31, 1990... Majoring in finance.




Conor Logan
Freshman
6-1
XC/Distance
Newtown Square, Pa.
Devon Prep

High School/Personal: Cross country senior captain...Placed 13th in State Championship... District champion in 3,200m...Born June 10, 1991...Majoring in business.

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NEWCOMERS

David Manion
Freshman
5-8
XC/Middle Distance
Chalfont, Pa.
Central Bucks South



Jonathan Mazzio
Freshman
5-9
XC/Distance
West Chester, Pa.
Salesianum



Vincent Nicastro
Freshman
5-10
XC/Distance
Elizabeth, N.J.
Roselle Catholic

High School/Personal: Helped team to win indoor/outdoor state championships in 4x800 relay...Holds State and National Federation record in relay (7:33.48)...Ran personal-best 1:55.2 in 800m...Placed third at Nike Indoor Nationals in 4x800 relay...Named outdoor track MVP and Most Improved as senior year... Awarded Most Dedicated as a junior...Born October 19, 1990...Majoring in chemistry.

High School/Personal: Named First Team All-State as a junior and senior...Third Team All-State sophomore year...Won the 4x800 in indoor track, earning All-State honors...Placed first in 1,600m (4:29.23) with All-State honors and second in the 3200m (9:51.53) as a senior...Ran personal best 4:22.08 in 1,600m and 9:32.25 in 3,200m...Born November 19, 1990...Majoring in elementary education.

High School/Personal: Three-time All-Conference member...Two-time All-County in cross country and track...Awarded cross country MVP as a junior...Mountain Valley cross country champion junior year...Helped team to win conference all four years...Personal bests in mile (4:30), two-mile (9:56), and 5K (16:46)... Born December 18, 1990...Majoring in business.



Vinn Nghi To
Freshman
5-5
Jumps
Philadelphia, Pa.
Lower Moreland

High School/Personal: First Team All-League sophomore and junior year...Triple jump district champion junior year...Captain and assistant coach of the team as a senior...Born January 1, 1989...Majoring in business.



Andrew Townsend
Freshman
6-2
XC/Middle Distance
Selbyville, Del.
Sussex Technical

High School/Personal: State and conference champion in 800m as a senior...Placed 15th in Cross Country State Meet...Conference champion and state runner-up in 800m junior year...Born May 4, 1991...Majoring in management.



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2008 CROSS COUNTRY REVIEW

The 2008 men's cross country season was one of the most successful in Saint Joseph's history. Outstanding performances throughout the year from a number of different Hawks helped keep SJU in the running for the Atlantic 10 Championship and a place in the NCAA Championship.

After two preseason meets in which the Hawks held out most of their top harriers, SJU traveled down to Charlotte the second weekend of September to run through the newly-unveiled conference championship course in the Bojangles Invitational. Holding out All-Conference senior Kyle Murray and graduate student Will Rowland, the Hawks were led by junior Jonathan Sclafani and newcomer Kevin McDonnell with fifth- and seventh-place finishes, respectively. Overall the shortened squad took third, only 12 points back of the hosting 49ers.

The next weekend the Hawks took their entire squad, minus an ailing Brian Guterl, up to the Bronx to race the very competitive Iona Meet of Champions. Against several nationally-ranked teams, SJU placed 11th out of 24 teams. Murray did not disappoint in his season opener, covering the very hilly eight kilometers in 25:34, good for 39th. Just two seconds behind him in a startling breakthrough race was the freshman, McDonnell, with a performance that would earn him A-10 Rookie of the Week honors. In the end, six Hawks crossed the line under the 27:00 barrier, with a five-man spread of 1:04.

The turning point of the season, however, came two weeks later at the Princeton pre-regional meet, a running of the NCAA Mid-Atlantic course in November. It was the first race of the year in which the entire scoring squad finished the race healthy, and the results showed. Huge personal bests came from Murray and Guterl, who finished fourth and fifth in blazing times of 24:17 and 24:23, respectively. The next three Hawks – Sclafani, Jennings, and

McDonnell – were all under the 25:00 minute barrier as well, leaving the five-man spread at an astounding 38 seconds and placing the Hawks second only to perennial national powerhouse Princeton.

The race earned the Hawks top rankings, including fifth in the region and third in the conference. When they traveled down to Charlotte to compete for the conference title, however, unforeseen setbacks ultimately spoiled SJU's chances. Murray was unable to complete the race due to sudden back discomfort. Guterl and Sclafani managed All-Conference honors in 12th and 15th, with Rowland close behind in 20th, but the Hawks were mired by sickness and bad luck – including several of their runners crashing into a pole a quarter mile into the race and falling – and placed a disappointing seventh.

Spurred on by their defeat, the Hawks entered the regional race focused on success. The day was viciously humid and the course was turned into a slushy, boggy mudpit. The Hawks ran conservatively and the conditions proved to serve as an equalizer as SJU turned in the best regional performance in program history, placing fifth, just 76 points away from earning a berth in the NCAA national meet. Murray's 13th place showing qualified him individually for the race in Indiana.

The next Saturday the Hawks headed up to the IC4A championships at Van Cortlandt Park, where Guterl blazed a 25:15 over the infamous hilly course to place third and earn All-East honors. A few individuals ran well, but the team was tired from a long year. In Indiana, Murray gained valuable experience at the NCAA meet, and it will surely be his goal to return in 2009, this time with the rest of the team. With five of the top seven runners returning, their goal will be nothing less.

2008 CROSS COUNTRY AWARDS

TEAM AWARDS

- SCHOLAR-ATHLETE AWARD** Kyle Murray
- VASQUEZ AWARD** Steve Young
- LEAHY AWARD** Will Rowland
- ACADEMIC AWARD** Vince Collins

OTHER AWARDS

- Atlantic 10 All-Conference** . . . Brian Guterl, Jonathan Sclafani

2008 CROSS COUNTRY RESULTS

DATE	EVENT	FINISH
8/29	Haverford Time Trials (Haverford, Pa.)	No Team Scoring
9/6	Fordham Fiasco Meet (Bronx, N.Y.)	13th of 16
9/13	Bojangles Invitational (Charlotte, N.C.)	3rd of 9
9/20	Paddy Doyle/Iona Meet of Champions (Bronx, N.Y.)	11th of 24
10/3	Paul Short Invitational (Bethlehem, Pa.)	18th of 45
10/18	Princeton Invitational (Princeton, N.J.)	2nd of 13
11/1	Atlantic 10 Championships (Charlotte, N.C.)	7th of 14
11/15	NCAA Mid-Atlantic Regionals (Princeton, N.J.)	5th of 24
11/22	IC4A Championships (Bronx, N.Y.)	10th of 25
11/24	NCAA Championships (Terre Haute, Ind.)	No Team Scoring



Brian Guterl placed third at the IC4A's, earning All-East honors.

The Hawk Will Never Die!



2008-09 TRACK REVIEW

The 2008-09 Saint Joseph's men's track team was comprised of a core group of consistent regional-level talent, which, buoyed by a supporting cast of a few veterans and a slew of bright newcomers, will certainly contribute to the team's performance in the coming years.

The heart of the winter saw some of the most impressive runs of the year, including a stunning conference-leading 2:25 in the 1,000m from Brian Guterl to win at Yale. Distance medleys had been the theme of the night before, when the Hawks entered two separate relays, placing first and third in a display of depth and dominance. The squads finished in very competitive IC4A-qualifying times of 9:57 and 10:03.

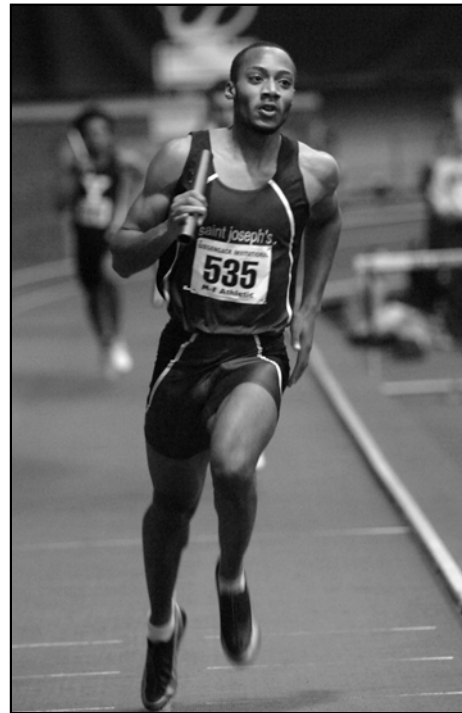
The sprint corps saw major vindication at the Lafayette-Rider Games with junior Jared Sabre leading the charge, turning in a 1:04.65 to qualify for the IC4A meet. He also anchored the 4x400 relay, which qualified for IC4As in 3:19.81.

The Atlantic 10 Indoor Championships a week later saw some excellent performances, including freshman Kevin McDonnell's gutsy fifth-place showing in the 5,000m, Bobby Staten's double silvers in the 60m and 200m, and Nick DeFeo's impressive eighth-place in the 400m. As a team, however, the Hawks were mired by illness and placed a disappointing eighth.

The indoor season demonstrated just how formidable the Hawk middle distance corps could prove to be, qualifying Luke Fischer and Brendan Kearney for IC4As in the 1,000m with a pair of 2:29 finishes in addition to Guterl's 2:25. Distance-wise, Will Rowland and McDonnell captured 5k bids with times of 14:45 and 14:47, in addition to Kyle Murray's 14:24. The highlight of the meet itself was a bronze performance in the 200m from Staten.

The outdoor season saw the continued emergence of the young squad, with freshman Tom DiNatale at the forefront, earning A-10 Rookie of the Week honors following a 22.10 and 11.10 double in the 200m and 100m in the season opener at Moravian. The Colonial Relays the following week provided big wins for the distance squad, as Murray won his second straight steeplechase, and Rowland took home the 10,000m crown, running a personal best of 30:32 to dominate the field. Also of note was Kevin Donnelly's marked 10,000m improvement, to 31:57, good for eighth. In the same meet, Sabre turned in an impressive 48.8 performance in the open 400m.

The next week at Princeton both Staten and Guterl made huge leaps by qualifying for their first NCAA Regional championships.



Bobby Staten broke the school records in both the 100m (first place) and 200m (second) at the Atlantic 10 Championships.

Staten qualified in the 100m with a 10.48, while Guterl qualified in the 1,500m with a time of 3:47.80.

The outdoor Atlantic 10 Championships proved to be a culmination of everything that had been building throughout the entire year. The most exciting performance was the 4x800m relay's upset victory in meet-record fashion. Fischer and Steve Young, sidelined by injury for much of the year, each ran splits of 1:52 while sophomore Jesse Brooks broke through with a stunning 1:51. Guterl anchored the relay home in 1:50, outsprinting La Salle to a 7:28 victory. Staten broke the school record in both the 100m and 200m en route to a win and second place showing, respectively. Guterl and Ryan Birchmeier took second and fifth in the 1,500m while Rowland won the 10,000m with a meet-record time of 29:46. Following Rowland in sixth was junior Jimmy Jennings, turning in a very impressive 30:37 after being injured and unable to race or train for much of the season. Murray also earned his regional bid at the meet with a 9:05 steeplechase, good for fifth place. The Hawks flew to an impressive team showing of fifth.

The IC4A meet was highlighted by Rowland's huge personal best 14:10 in the 5,000m, qualifying him for the regional meet as well, and capping a wildly successful graduate campaign. Guterl also ran a season-best 1:50.15 in the 800m preliminaries and placed fourth in the final. The Hawks are a young team, losing only a few of their senior leaders. Out of their best three relays, the 4x400m, 4x800m and DMR, they return everyone but Staten, and have a dedicated and talented sprint corps that will only improve with time and training. The 2010 season is already shaping up to be one to remember.

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2008-09 TRACK AWARDS	
TEAM AWARDS	
MOST OUTSTANDING PERFORMER	Bobby Staten
SCHOLAR-ATHLETE AWARD	Kyle Murray
ROOKIE OF THE YEAR	Kevin McDonnell
OTHER AWARDS	
INDOOR TRACK	
All-Atlantic 10 First Team	
4x800m Relay	Brooks, Young, Fischer, Guterl
100m	Bobby Staten
10,000m	Will Rowland



2008-09 RESULTS

2008 CROSS COUNTRY

Runner	Haverford Time Trials 3 miles	Fordham Fiasco Meet 8K	Bojangles Invitational 8K	Doyle/Iona MOC 8K	Paul Short Invitational 8K	Princeton Invitational 8K	A-10 Champs. 8K	NCAA Mid-Atl. 10K	IC4A Champs. 8K	NCAA Champs. 10K
George Arcarola	25th/17:41.82									
Jesse Brooks	11th/16:35.55		41st/28:49.5		<i>120th/26:46</i>	86th/25:56.1	80th/26:35.8			
Vince Collins	5th/16:05.17	96th/30:02.31		207th/28:12.2	<i>141st/27:01</i>	130th/26:54.0				
Kevin Donnelly	9th/16:28.67	64th/29:05.20		191st/27:57.6		148th/27:17.1				
Adam Drastura	21st/17:19.06	137th/31:33.65								
David Evans	8th/16:19.56		37th/28:37.0	189th/27:55.6	<i>137th/26:59</i>	125th/26:44.2	90th/26:53.3			
Ryan Fenimore			34th/28:26.3		<i>98th/26:33</i>	89th/25:57.3				
Luke Fischer			38th/28:40.7	148th/27:14.3	<i>76th/26:16</i>	131st/26:54.4				
Matthew Golia	24th/17:41.64									
Brian Guterl			8th/26:39.0		75th/24:57	5th/24:23.7	12th/24:34.4	22nd/33:00	3rd/25:15	
Justin Heinze			43rd/28:50.8	111th/26:43.8	253rd/27:03	110th/26:23.3	65th/26:10.5	131st/36:35		
Logan Hohs	13th/16:36.60	117th/30:42.94		217th/28:23.6	<i>333rd/29:21</i>	137th/27:03.1			74th/26:40	
Jimmy Jennings			13th/26:58.2	90th/26:32.2	132nd/25:27	24th/24:52.4	39th/25:16.8	41st/33:43	68th/26:30	
George Johnson	17th/17:03.08		52nd/29:35.2	198th/28:06.7	<i>161st/27:13</i>					
Brendan Kearney			39th/28:41.1		<i>233rd/27:48</i>	165th/27:59.6				
Kevin McDonnell			7th/26:22.6	42nd/25:36.6	109th/25:10	28th/24:55.5	68th/26:21.1	68th/34:33	118th/27:56	
Kyle Murray				39th/25:34.0	147th/25:36	4th/24:17.9	Did Not Finish	13th/32:28		145th/31:12.6
Murphy O'Donnell	22nd/17:19.92	99th/30:05.85		223rd/28:35.0	<i>193rd/27:25</i>	147th/27:16.3				
Ian O'Hara	28th/18:18.48									
Will Rowland		7th/27:07.21		100th/26:38.5	100th/25:10	47th/25:17.2	19th/24:51.3	49th/34:06	106th/27:20	
Jonathan Sclafani			5th/26:22.6	55th/25:51.8	96th/25:08	20th/24:46.1	15th/24:44.3	34th/33:32	29th/25:56	
George Wittmann			53rd/29:37.3	157th/27:17.2	<i>198th/27:27</i>	99th/26:07.3	97th/27:05.8		108th/27:20	
Steve Young			24th/27:49.4			106th/26:19.8	53rd/25:50.6			

BOLD – Denotes team's top finisher; *Italics* denote runner competed in Collegiate Race at Paul Short

2008-09 INDOOR TRACK

DATE	EVENT	FINISH
12/6	Lafayette Invitational (Easton, Pa.)	No Team Scoring
1/9	Delaware Invitational (Newark, Del.)	No Team Scoring
1/10	Penn State Relays (State College, Pa.)	No Team Scoring
1/16	Gotham Cup (New York City, N.Y.)	No Team Scoring
1/23	Ursinus Invitational (Collegeville, Pa.)	5th of 19
1/30-1	Penn State National (State College, Pa.)	No Team Scoring
1/31	Thomson Invitational (Newark, Del.)	No Team Scoring
2/6-7	Giegengack Invitational (New Haven, Conn.)	No Team Scoring
2/13	Lafayette-Rider Invitational (New York City, N.Y.)	No Team Scoring
2/21	Atlantic 10 Championships (Kingston, R.I.)	8th of 10
2/27	NYU Fastrack Invitational (New York, N.Y.)	No Team Scoring
3/8-9	IC4A Championships (Boston, Mass.)	35th of 50

2008-09 INDOOR SEASON BESTS

EVENT	INDIVIDUAL	RESULT	MEET
55m/60y	Bobby Staten	.6.36	Atlantic 10
60m	Bobby Staten	.6.78	Penn State National
200m	Bobby Staten	.21.52	IC4A
300y	Tom DiNatale	.32.72	Penn State Relays
400m/440y	Jared Sabre	.49.67	Giegengack
500m	Jared Sabre	.1:04.65	Lafayette/Rider
800m/880y	Luke Fischer	.1:55.15	Giegengack
1,000m	Brian Guterl	.2:25.84	Giegengack
Mile	Brian Guterl	.4:11.38	Gotham
3,000m	Kyle Murray	.8:20.32	Gotham
5,000m	Kyle Murray	.14:24.92	Penn State National
4x200m	Tom DiNatale, Paul Barolette, Nick DeFeo, Bobby Staten	.1:28.52	Penn State Relays
4x400m	Tom DiNatale, Brian Smith, Drew Brandt, Jared Sabre	.3:19.81	Lafayette/Rider
4x800m	Steve Young, Brian Guterl, Luke Fischer, Brendan Kearney	.7:41.74	IC4A
4xMile	Jonathan Sclafani, Will Rowland, Kevin McDonnell, Kyle Murray	.17:22.56	Penn State Relays
DMR	Steve Young, Tom DiNatale, Jesse Brooks, Brian Guterl	.9:54.35	Giegengack
SMR	Paul Barolette, Bobby Staten, Brian Smith, Jesse Brooks	.3:32.34	Penn State Relays

Bold denotes school record

2008 OUTDOOR TRACK

DATE	EVENT	FINISH
3/28	Leopard Invitational (Bethlehem, Pa.)	2nd of 8
4/3-4	Colonial Relays (Williamsburg, Va.)	T-15th of 24
4/12	Onesty Invitational (Charlottesville, Va.)	No Team Scoring
4/17-18	Larry Ellis Invitational (Princeton, N.J.)	No Team Scoring
4/23-25	Penn Relays (Philadelphia, Pa.)	No Team Scoring
5/2-3	Atlantic 10 Championships (Charlotte, N.C.)	5th of 11
5/11	Swarthmore Last Chance (Swarthmore, Pa.)	No Team Scoring
5/15-17	IC4A Championships (Princeton, N.J.)	T-29th of 52
5/29-30	NCAA East Regionals (Greensboro, N.C.)	Did Not Score

2009 OUTDOOR SEASON BESTS

EVENT	INDIVIDUAL	RESULT	MEET
100m	Bobby Staten	.10.45	Atlantic 10
200m	Bobby Staten	.21.15	Atlantic 10
400m	Jared Sabre	.48.81	Colonial Relays
400m Hurdles	Brian Smith	.55.36	Atlantic 10
800m	Brian Guterl	.1:50.15	IC4A
1,500m	Brian Guterl	.3:47.80	Larry Ellis
3,000m	Will Rowland	.8:36.98	Leopard Invitational
3,000m Steeple	Kyle Murray	.9:05.48	Atlantic 10
5,000m	Will Rowland	.14:10.62	IC4A
10,000m	Will Rowland	.29:46.66	Atlantic 10
Long Jump	Victor DiNoia	.20-9 1/4	Larry Ellis
Triple Jump	John DiPersio	.41-1	Leopard Invitational
4x100m	Tom DiNatale, Paul Barolette, Drew Brandt, Bobby Staten	.41.54	Larry Ellis
4x200m	Tom DiNatale, Paul Barolette, Drew Brandt, Bobby Staten	.1:26.52	Penn Relays
4x400m	Drew Brandt, Bobby Staten, Dylan Wenik, Jared Sabre	.3:16.17	Penn Relays
4x800m	Luke Fischer, Steve Young, Jesse Brooks, Brian Guterl	.7:28.10	Atlantic 10
4x1,500m	Justin Heinze, Kevin O'Donnell, Jimmy Jennings, Ryan Birchmeier	.16:46.75	Colonial Relays
SMR	Tom DiNatale, Paul Barolette, Brian Smith, Logan Hohs	.3:32.15	Penn Relays
DMR	Brian Guterl, Jared Sabre, Jesse Brooks, Ryan Birchmeier	.10:01.99	Penn Relays

Bold denotes school record

The Hawk Will Never Die!



ATLANTIC 10 CONFERENCE

On March 2, 1975, the idea of what is now the Atlantic 10 Conference was conceived. What started as an eight-school, men's basketball-only affiliation has grown into a 14-university, 21-sport league that is universally hailed as one of the best conferences in the country.

That growth and prominence is a direct result of the ideals and commitments of the member institutions of the Atlantic 10—the University of Dayton, Duquesne University, Fordham University, The George Washington University, La Salle University, University of Massachusetts, University of North Carolina at Charlotte, University of Rhode Island, University of Richmond, St. Bonaventure University, Saint Joseph's University, Saint Louis University, Temple University, and Xavier University.

On June 2, 2008, Bernadette V. McGlade was named the fifth full-time commissioner in Conference history, replacing Linda Bruno, who held the position for 13 years. McGlade's experience in collegiate athletics as a student-athlete, coach and administrator spans more than thirty years.

"Bernadette's deep experience with arguably the class-act athletic conference [Atlantic Coast Conference] in the country makes us incredibly excited to be bringing her on board as commissioner of the Atlantic 10 Conference," said Father Michael Graham, Xavier University president and president of the Atlantic 10 Presidents' Council.

The presidents and chancellors of Atlantic 10 institutions have made a strong commitment to making the academic and athletics equation work. Over the years, the league membership has strived to better recognize the academic accomplishments of its student-athletes. The Commissioner's

Honor Roll, which cites every Atlantic 10 student-athlete with a 3.5 grade point average or better, recognized 1,247 student-athletes in the Fall 2007 while 1,106 were named to the Spring 2008 Honor Roll.

The league sponsors Academic All-Conference teams in each of its sports and honors one student-athlete per sport as the A-10 Student-Athlete of the Year. In 2007-08, 192 student-athletes earned Academic All-Conference recognition. Moreover, the Atlantic 10 provides four postgraduate scholarship grants to qualified student-athletes.

The Atlantic 10 Conference had 34 teams among the 712 Division I sports teams honored by the NCAA with public recognition awards for their latest multi-year Academic Progress Rate scores. These teams posted multi-year APR scores in the top 10 percent of all squads in their respective sports. Saint Louis and Xavier led the Atlantic 10 in the number of high-performing squads receiving awards with six teams each. In twenty of the twenty-one sports sponsored by the Atlantic 10, the league's Academic Progress Rates (APR) were at or above the conference average nationally according to the most recent data released by the NCAA.

The Atlantic 10 Conference, with a total population of nearly 74 million people within its geographic footprint of eight states and the District of Columbia, will crown champions in 21 sports this season: baseball, men's and women's basketball, men's and women's cross country, field hockey, men's golf, women's lacrosse, men's and women's indoor and outdoor track & field, women's rowing, men's and women's soccer, softball, men's and women's swimming & diving, men's and women's tennis, and women's volleyball.

Atlantic 10 Conference Staff Directory

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Director of New Media and Internet
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Director of Championships
Brad Jones



The Track and Field Complex (above) at Massachusetts will be the host of the 2009 Atlantic 10 Outdoor Track & Field Championships.



Mackal Fieldhouse (above) at the University of Rhode Island will serve as host to the 2010 Atlantic 10 Indoor Track & Field Championships. The 2009 Atlantic 10 Cross Country Championships will be hosted by Saint Louis at Forest Park.

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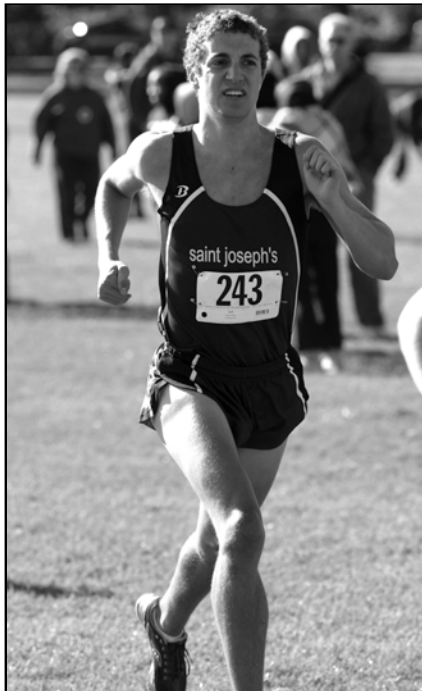
ATLANTIC 10 RESULTS

ATLANTIC 10 CROSS COUNTRY 2008 FINAL RESULTS (Charlotte, N.C.)

1. Massachusetts75
2. Duquesne76
3. Richmond111
4. Charlotte115
5. La Salle122
6. Dayton130
- 7. Saint Joseph's132**
8. Xavier184
9. Temple275
10. Fordham283
11. George Washington313
12. Saint Louis333
13. Rhode Island378

HAWK FINISHERS

12. Brian Guterl24:34.4
15. Jon Sclafani24:44.3
19. Will Rowland24:51.3
39. Jimmy Jennings25:16.8
53. Steve Young25:50.6
65. Justin Heinze26:10.5
68. Kevin McDonnell26:21.1
80. Jesse Brooks26:35.8
90. David Evans26:53.3
97. George Wittmann27:05.8



David Evans

ATLANTIC 10 INDOOR TRACK 2009 FINAL RESULTS (Kingston, R.I.)

1. Charlotte218
2. Rhode Island152
3. La Salle76
4. Temple67
5. Fordham63
6. Richmond55
7. Massachusetts51
- 8. Saint Joseph's50**
9. Saint Louis24
10. Xavier24

HAWK FINISHERS

- 55m**
2. Bobby Staten6.36
- 200m**
2. Bobby Staten22.02
- 400m**
8. Nick DeFeo51.40
- 500m**
9. Brian Smith1:07.12
- 800m.**
9. Brendan Kearney ...2:02.46
- 1,000m**
7. Luke Fischer2:32.03
 9. Steve Young2:33.72
- 3,000m**
4. Will Rowland8:36.16
 11. Kyle Murray8:41.61
 14. Jon Sclafani8:47.46
- Mile**
7. Brian Guterl4:21.09
 12. Ryan Birchmeier ...4:24.91
 16. Justin Heinze4:28.93
- 3,000m**
8. Will Rowland8:42.73
 12. Jonathan Sclafani ...8:48.68
- 4x400m Relay**
7. DiNatale, Brandt,
DeFeo, Sabre3:23.84
- Triple Jump**
13. John DiPersio39-07.25



ATLANTIC 10 OUTDOOR TRACK 2009 FINAL RESULTS (Charlotte, N.C.)

1. Charlotte217.5
2. Rhode Island130
3. Temple127
4. Richmond83
- 5. Saint Joseph's67**
6. Duquesne62
7. Fordham52
8. Xavier32
8. La Salle32
10. Massachusetts29.5

HAWK FINISHERS

- 100m**
1. Bobby Staten10.45
 - NQ. Tom Dinatale11.03
 - NQ. Victor DiNoia11.53
- 200m**
2. Bobby Staten21.15
 13. Paul Barolette22.20
 14. Tom Dinatale22.35
- 400m**
10. Drew Brandt49.46
 14. Jared Sabre49.58
 20. Dylan Wenik50.22
- 400m Hurdles**
6. Brian Smith55.36
 12. Steve Philbrook56.56
- 800m**
18. Brian Guterl1:55.99
 23. Logan Hohs1:56.90
 33. Jesse Brooks2:01.56
- 1,500m**
2. Brian Guterl3:54.43
 5. Ryan Birchmeier ...3:56.25
 25. Murphy O'Donnell ...4:09.94
- 3,000m Steeplecase**
5. Kyle Murray9:05.48
- 5,000m**
6. Kevin McDonnell ...15:00.76
 9. Jonathan Sclafani ...15:08.88
 18. George Wittmann ...16:05.06
- 10,000m**
1. Will Rowland29:46.66
 6. Jimmy Jennings ...30:58.55
 13. Kevin Donnelly ...31:34.91
- 4x400m Relay**
5. Brandt, Smith, B.,
Wenik, Sabre3:20.06
- 4x800m Relay**
1. Fischer, Young,
Brooks, Guterl7:28.10
- Long Jump**
15. Victor DiNoia6.32m

The Hawk Will Never Die!

CROSS COUNTRY RECORD BOOK



ACADEMIC ALL-AMERICAN

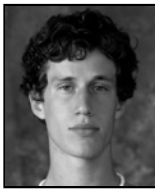
2003Tim Fisher (3rd)

ACADEMIC ALL-DISTRICT

2003Tim Fisher (1st)
 2003Nick Carras (2nd)
 2002Tim Fisher (2nd)

ATLANTIC 10 STUDENT ATHLETE OF THE YEAR

2003Tim Fisher (IT)



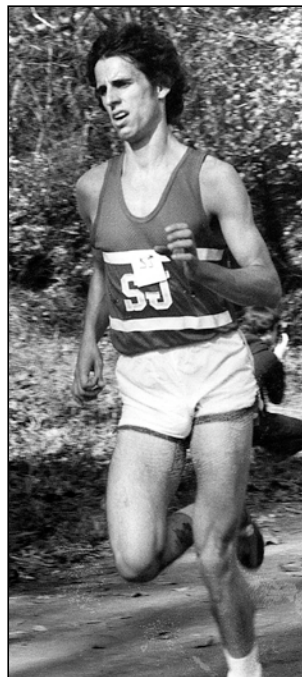
Tim Fisher

ALL-TIME NCAA QUALIFIERS

2008Kyle Murray (45th overall)
 2003Andre Laboy (76th overall)
 2000Karl Savage (67th overall)
 1992Mark des Garenes N/A
 1980Jim Van Blunk (134th overall)
 1977Mike Glavin (125th overall)
 1976Mike Glavin (151st overall)
 1969Joe Brady N/A
 1961Kevin Quinn N/A
 1956Team (5th)
 1955Team (5th)

ATLANTIC 10 ALL-ACADEMIC

2009 ...Will Rowland (XC, IT, OT)
 2007Matt McClure (IT, OT)
Teddy Meyers (XC, IT, OT)
 2006 ..Teddy Meyers (XC, IT, OT)
Matt Petrocci (IT, OT)
Andrew Thomas (IT, OT)
 2004Nick Carras (IT, OT)
Kile Garguilo (OT)
Collin Martin (OT)
 2003Andre Laboy (XC)
Tim Fisher (IT, OT)
Nick Carras (IT, OT)
Doug Rick (IT)
 2002Tim Fisher (IT, OT)
Ben Koch (XC, IT, OT)
 2001Ben Koch (XC, IT, OT)
 2000Ben Koch (OT)
 1999Kevin Beck (OT)
Kris Feeko (OT)
 1997Todd Nettleton (IT, OT)
 1996Mark Novis (XC, IT)
 1995Steve Biggs (IT)
Rob Yochum (IT)
 1994Vince Cieslik (XC, IT)
 1993Anthony Jones (IT)
 1992Gabe Wilson (XC)
 1991Matt Cieslik (XC)
Joe McGinn (XC)
Kevin Sierka (XC)
 1990John Chilkotowsky (XC)
Joe McGinn (XC)
 1986Frank Kolimago (XC)

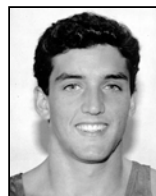


Mike Glavin is the only two-time cross country NCAA qualifier in SJU history.

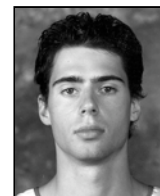
HAWKS AT A-10 CHAMPIONSHIPS

YEAR	CHAMPION	SJU	ALL-CONFERENCE	PLACE
2008	Massachusetts	7th	Brian Guterl12th Jonathan Sclafani15th	
2007	La Salle	5th	Kyle Murray9th	
2006	La Salle	6th	Mike DiDio6th Teddy Meyers7th	
2005	Duquesne	4th	Teddy Meyers2nd Will Rowland15th	
2004	La Salle	8th	Joe Mohn7th	
2003	La Salle	2nd	Andre Laboy1st	
2002	La Salle	2nd	Andre Laboy3rd Joe Mohn9th	
2001	La Salle	2nd	Bill Hoffman5th Ben Koch7th Brian Rosetti8th	
2000	Saint Joseph's	1st	Karl Savage1st Ben Koch2nd Jim Smith5th Joe Lanci7th	
1999	La Salle	3rd	None	
1998	Saint Joseph's	1st	John Williams1st Karl Savage2nd Ross Martinson3rd	
1997	Virginia Tech	3rd	John Cappiello4th Ross Martinson7th	
1996	Virginia Tech	2nd	Matt Byrne1st John Williams9th	
1995	Massachusetts	3rd	Matt Byrne1st John Cappiello10th	
1994	West Virginia	3rd	None	
1993	West Virginia	2nd	Mark des Garenes3rd Vince Cieslik8th Matt Byrne9th	
1992	Saint Joseph's	1st	Mark des Garrenes3rd Gary Morrison4th Vince Cieslik6th Brian McCafferty7th Brian Alling9th Anthony Jones10th	
1991	West Virginia	5th	Vince Cieslik8th	
1990	Penn State	2nd	Gary Morrison2nd John Chilkotowsky10th	
1989	Penn State	4th	None	

Bold indicates Atlantic 10 Champion



Byrne



Savage



Williams

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TRACK RECORD BOOK

SJU INDOOR TRACK RECORDS

EVENT	RECORD HOLDER(S)	TIME/DISTANCE	YEAR
55m	James Scott	.6.36	2001
60y	Euclid Gibson, James Scott	.6.2	1977, 1999
60m	Bobby Staten	.6.78	2009
200m	James Scott	.21.42	2001
300y	Ron Manion	.31.7	1978
440y	Mike Black	.48.2	1973
400m	Andrew Thomas	.47.22	2006
500m	Andrew Thomas	1:01.98	2004
600y	Todd Keaveney	1:10.0	1983
800m	Bob Jackson	1:50.39	1994
1,000y	Joe Genthner	2:10.24	1979
1,000m	Steve Ave	2:22.2	1986
1,500m	Jim Norris	3:44.6	1984
3,000m	Andre Laboy	8:09.7	2004
Mile	Greg Bloom	4:03.5	1983
Two Mile	Jim Van Blunk	8:51.0	1981
5,000m	Joe Abrams	14:07.3	1984
60y Hurdles	Tom Tarpey	.7.2	1972
Mile Relay	Carney, Bierling, Jackson, Conway	3:15.27	1993
4x400m Relay	Carras, Thomas, Koneski, Rick	3:11.60	2004
4x800m Relay	Saint Joseph's	7:29.68	1985
Distance Medley	Dohler, Mahoney, Ave, Norris	9:42.44	1985
High Jump	Ed Lennex	.7'2"	1974
Long Jump	Ed Lennex	.24'1"	1976
Triple Jump	Ed Lennex	.53'3"	1976
Pole Vault	Vince Papale	.14'6"	1968
Shot Put	Rory Landreth	.54'1"	1970

SJU OUTDOOR TRACK RECORDS

EVENT	RECORD HOLDER(S)	TIME/DISTANCE	YEAR
100m	Bobby Staten	.10.45	2009
200m	Bobby Staten	.21.15	2009
400m	Ron Manion, Andrew Thomas	.46.8	1976, 2005
800m	Andy Craycraft	1:48.83	2002
1,500m	Steve Ave	3:42.14	1986
5,000m	Steve Ave	13:57.7	1986
10,000m	John Crooke	29:43.5	1982
110m hurdles	Greg Floyd	.14.21	1985
400m hurdles	Lou Kelly	.50.83	1981
3,000m Steeple	Ben Koch	8:53.13	2002
4x100m Relay	Saint Joseph's	.41.3	—
4x200m Relay	Saint Joseph's	1:26.8	—
4x400m Relay	Carras, Thomas, Puryear, Rick	3:09.07	2003
4x800m Relay	Craycraft, Smith, B. Rosetti, Puryear	7:25.96	2002
4x1500m Relay	Saint Joseph's	15:20.8	1985
Sprint Medley	Magee, Kant, Polis, Nocito	3:22.93	1998
Distance Medley	Saint Joseph's	9:44.6	1984
Shuttle Hurdles	Saint Joseph's	.60.7	1985
High Jump	Mickey Solujich, Steve Trombetta	.7' 1/4"	1981, 1991
Long Jump	Ed Lennex	.24' 10 1/2"	1976
Triple Jump	Ed Lennex	.54' 7 1/2"	1976
Shot Put	Vince Monkiewicz	.55' 2"	1968
Discus	Pete Toughill	.162' 2"	1962
Javelin	Tony DiPastina	.214' 7"	—
Pole Vault	Dan Callaghan	.14' 9"	1973

SJU Track Hall of Fame

Member	Inducted
John Kelly	1975
Frank McLaughlin	1975
Kevin Quinn	1975
John Cunningham	1976
Joe McLaughlin	1976
Jim Gavaghan	1976
Joseph Sloan	1977
Jim Tozar	1977
Mike Black	1977
Ed Nichols	1978
Jim O'Donnell	1978
John Lieb	1978
Bob Schuenemann	1979
Vince Papale	1979
Ed Lennex	1979
John Brand	1980
George Bertelsman	1980
Joe Reilly	1981
Fred Maglione	1982
Mike Glavin	1983
Vic Monkiewicz	1984
Ron Manion	1985
Joe Genthner	1986
Lou Kelly	1987
Dave Cuneo	1988
Jim Van Blunk	1989
Euclid Gibson	1990
Elaine McGillian Van Blunk	1991
Jim Norris	1992
Greg Bloom	1997
John Crooke	1997
Mickey Solujich	1997
Steve Ave	1998
Karen Delaney Wheeler	1998
Dave Van Dusen	1999
Charles Kelly	1999
Donna Crumety Stewart	1999
Joe Abrams	2000
Diane Rafferty Norris	2000
Kelli O'Donnell Twomey	2001
Lou Nicastro	2001
Steve Trombetta	2001
Jim Baldwin	2002
Vicki Boyer	2002
Chris Green	2002
Bob Hagarty	2002
Ed Mather	2002
Jim Morris	2002
Mike Diorka	2003
Sue Yagielski	2003
Bob Jackson	2004
Lisa Syvertson Shanahan	2004
Meghan Busse	2005
Bob Doman	2005
Greg Floyd	2006
Patrice Gallagher	2006
Stephanie Hopkins Muntzer	2006
Tarik Moody	2006
Karl Savage	2007
Christine Kane O'Connell	2007
Bob Farrell	2007

The Hawk Will Never Die!

Bold denotes current member



Coach Kevin Quinn (left) and men's track coach Mike Glavin are members of both the SJU Athletics and Track Halls of Fame.

TRACK RECORD BOOK



ALL-TIME NCAA QUALIFIERS

INDOOR TRACK

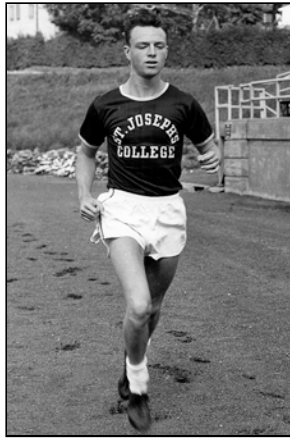
YEAR	NAME	EVENT	PLACE
1971	Fred Maglione	High Jump	—
1971	Tom Tarpey	60 Yard High Hurdles	—
1972	Tom Tarpey	60 Yard High Hurdles	—
1973	Mike Black	440 Yard Dash	7th
1973	Ed Lennex	Triple Jump	—
1974	Ed Lennex	High Jump	—
1975	Ed Lennex	Triple Jump	—
1976	Ed Lennex	Triple Jump	4th
1979	Joe Genther	1,000 Yard Run	—
1984	Jim Norris	1,500 Meter Run	—
1985	Dohler, Mahoney, Ave, Norris	Distance Medley	—
1986	Steve Ave	1,000 Meter Run	—

OUTDOOR TRACK

YEAR	NAME	EVENT	PLACE
1952	Joe McLaughlin	Shot Put	6th
1956	Frank McLaughlin	880 Yard Run	6th
1961	John Lieb	440 Yard Dash	—
1961	Jim Tozar	880 Yard Run	—
1961	Kevin Quinn	Mile Run	—
1970	Fred Maglione	High Jump	—
1973	Ed Lennex	Triple Jump	—
1974	Ed Lennex	Triple Jump	—
1976	Ed Lennex	Triple Jump	3rd
1980	Lou Kelly	400 Yard Int. Hurdles	—
1981	Lou Kelly	400 Yard Int. Hurdles	—
1985	Jim Norris	1,500 Meter Run	—
1986	Steve Ave	1,500 Meter Run	10th



Ed Lennex



Frank McLaughlin

ALL-TIME ATLANTIC 10 TRACK FINISHES

INDOOR TRACK

YEAR	CHAMPION	SJU PLACE	SJU CHAMPIONS	EVENT
2009		8th	None	
2008	Charlotte	7th	None	
2007	Rhode Island	6th	Brendan Kearney	1,000m
2006	Charlotte	4th	Andrew Thomas	500m
			Matt Petrocci	800m
			Teddy Meyers	5,000m
2005	Rhode Island	3rd	Mike DiDio	1 Mile
			Mike DiDio	1,000m
2004	Rhode Island	3rd	Andre Laboy	5,000m
			SJU	DMR
2003	La Salle	3rd	Doug Rick	400m
			Andrew Thomas	500m
			Brian Rosetti	1 Mile
			Tim Fisher	5,000m
			SJU	4x400m
2002	Rhode Island	2nd	James Scott	200m
			Eric Chekemian	500m
			Andy Craycraft	800m
			Brian Rosetti	1 Mile
			Tim Fisher	5,000m
			SJU	4x400m, 4x800m, DMR
2001	Rhode Island	2nd	James Scott	.55m, 200m
			Marc Maccario	400m
			Andy Craycraft	800m
			Brian Rosetti	1000m
			Ben Koch	5,000m
			Karl Savage	1 Mile, 3,000m
			SJU	4x400m, DMR
2000	Virginia Tech	4th	Karl Savage	1 Mile
			SJU	DMR
			SJU	4x400m
1999	Virginia Tech	4th	Karl Savage	1 Mile, 3000m
			SJU	4x400m
1998	Virginia Tech	4th	Pat Nocito	1,000m
			SJU	DMR
1997	Virginia Tech	5th	None	
1996	La Salle	5th	None	
1995	West Virginia	6th	None	
1994			Canceled due to weather	
1993	West Virginia	3rd	SJU	4x800m

OUTDOOR TRACK

YEAR	CHAMPION	SJU PLACE	SJU CHAMPIONS	EVENT
2009		5th	Bobby Staten	100m
			Will Rowland	10,000m
			SJU	4x800m
2008	Charlotte	8th	None	
2007	Rhode Island	7th	None	
2006	Charlotte	4th	Andrew Thomas	400m
			Matt Petrocci	800m
			Mike DiDio	1,500m
			Teddy Meyers	5,000m
			SJU	4x400m
2005	Rhode Island	8th	Doug Rick	400m
			SJU	4x400m
2004	Rhode Island	5th	Andrew Thomas	800m
			Collin Martin	5,000m
			SJU	4x400m
2003	Rhode Island	4th	Brian Rosetti	1,500m
			Jerry Puryear	400m hurdles
			SJU	4x400m
2002	Rhode Island	3rd	Marc Maccario	200m
			Andy Craycraft	800m
			Ben Koch	Steeple, 5,000m
			SJU	4x800m, 4x400m
2001	Rhode Island	3rd	James Scott	100m, 200m
			Ben Koch	Steeple
			Karl Savage	1,500m, 5000m
			SJU	4x400m, 4x800m
2000	Virginia Tech	4th	Karl Savage	1,500m, 5,000m
			SJU	4x800m, 4x400m
1999	Virginia Tech	4th	SJU	4x800m
1998	Virginia Tech	5th	Dave Pollis	400m
1997	Virginia Tech	6th	Pat Nocito	1,500m
			Matt Byrne	5,000m

Bold indicates current athlete

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IC4A TRACK SCORERS

INDOOR TRACK

YEAR	NAME	EVENT	PLACE
1955	Frank McLaughlin	1,000 Yard Run	.4th
1957	Jim Gavanhan	600 Yard Run	.5th
	Jim O'Donnell	1,000 Yard Run	.4th
	---	Mile Relay	.6th
1970	Bob Doman	1,000 Yard Run	.5th
	Fred Maglione	High Jump	.6th
1971	Fred Maglione	High Jump	.4th
1972	Mike Black	440 Yard Dash	.5th
1973	Ed Lennex	Triple Jump	.5th
1974	---	Mile Relay	.4th
	Ed Lennex	High Jump	.1st
1976	Ed Lennex	Triple Jump	.1st
1979	Joe Genter	1,000 Yard Run	.1st
1980	Dave Cuneo	60 High Hurdles	.6th
	Charles Kelly	1,000 Meter Run	.6th
1982	Jim Norris	1,500 Meter Run	.6th
1983	Greg Bloom	Mile Run	.4th
	Jim Norris	3,000 Meter Run	.6th
1984	Joe Abrams	5,000 Meter Run	.3rd
	Jim Norris	Mile Run	.3rd
1985	Norris, Dohler, Ave, Mahoney	Two Mile Relay	.4th
	Jim Norris	Mile Run	.2nd
1986	---	Two Mile Relay	.5th
	Steve Ave	Mile Run	.3rd
	Chris Green	Triple Jump	.4th
1991	Steve Trombetta	High Jump	.2nd
1992	Bob Jackson	500 Meter Dash	.8th
1993	Chris Southcott	High Jump	.5th
	Bierling, Carney, Jackson, Conway	Mile Relay	.6th
1995	Rob Yochum	1,000 Meter Run	.8th
2000	Shawn Magee	500 Meter Dash	.4th
	James Scott	200 Meter Dash	.5th
	Karl Savage	Mile Run	.8th
2001	B. Rosetti, Lanci, Craycraft, Savage	4x800 Meter Relay	.5th
2001	James Scott	200 Meter Dash	.6th
	James Scott	60 Meter Dash	.7th
	Andy Craycraft	500 Meter	.7th
2002	Andy Craycraft	500 Meter Dash	.1st
	Maccario, McCabe	4x800 Meter Relay	.7th
	Garguilo, Chekemian	500 Meter Dash	.8th
	Brian Rosetti	1,000 Meter Run	.9th
2003	Andrew Thomas	500 Meter Run	.4th
	DiDio, Puryear	Distance Medley Relay	.8th
	Schmidt, Laboy		
	Brian Rosetti	Mile Run	.9th
2004	Andre Laboy	3,000 Meter Run	.2nd
	Andrew Thomas	500 Meter Dash	.2nd
	Doug Rick	500 Meter Dash	.4th
	Carras, Thomas,	4x400 Meter Relay	.4th
	Koneski, Rick		
	Anderson, Schmidt,	4x800 Meter Relay	.6th
	Puryear, DiDio		
2005	Andrew Thomas	400 Meter Dash	.3rd
	Doug Rick	500 Meter Dash	.2nd
	Mike DiDio	1,000 Meter Run	.1st
	Rick, Thomas,	4x800 Meter Relay	.7th
	Petrocci, DiDio		
2009	Bobby Staten	200 Meter Dash	.3rd
	Brian Guterl	1,000 Meter Run	.8th

OUTDOOR TRACK

YEAR	NAME	EVENT	PLACE
1950	John Kelly	Two Mile Run	.5th
1953	Joe McLaughlin	Shot Put	.2nd
1955	Ed Mather	880 Yard Run	.4th
1956	Frank McLaughlin	800 Yard Run	---
1957	Bob Farrell	Two Mile Run	.5th
1958	John Brand	Javelin	---
1968	Vic Monkiewicz	Shot Put	.5th
1972	Mike Black	400 Yard Dash	.1st
	Gary Cortina	Discus	.5th
1973	Ed Lennex	High Jump	.4th
	Ed Lennex	Triple Jump	.4th
1974	Mike Black	200 Yard Dash	.3rd
	Ed Lennex	High Jump	.4th
1976	Ron Manion	400 Yard Dash	.5th
	Ed Lennex	Triple Jump	.1st
1977	Ron Manion	400 Yard Dash	.5th
1978	Lou Kelly	400 Meter Int. Hurdles	.6th
1980	Lou Kelly	400 Meter Int. Hurdles	.4th
1981	Lou Kelly	400 Meter Int. Hurdles	.2nd
1983	Todd Keaveney	400 Meter Int. Hurdles	.3rd
1984	Bob Leneweaver	110 High Hurdles	.8th
1986	Steve Ave	1,500 Meters	.4th
	Chris Green	Triple Jump	.4th
1991	Steve Trombetta	High Jump	.5th
1992	Tarik Moody	High Jump	.3rd
1993	Bob Jackson	400 Meter Hurdles	.3rd
	Chris Southcott	High Jump	.6th
	Bierling,Carney, Jackson,Conway	Mile Relay	.7th
1997	Pessoa,Williams, O'Connell,Nocito	4x800 Meter Relay	.5th
1999	Savage, Storch, O'Connell, Tate	4x800 Meter Relay	.4th
2000	James Scott	200 Meter Dash	.5th
	Maccario,McCabe, Magee,Valentine	4x400 Meter Relay	.5th
	Karl Savage	1,500 Meter Run	.6th
2001	Karl Savage	1,500 Meter Run	.6th
	Valentine, Smith, Craycraft, B. Rosetti	4x800 Meter Relay	.2nd
2002	Puryear, Smith, B. Rosetti, Craycraft	4x800 Meter Relay	.1st
	Andrew Craycraft	800 Meter Run	.2nd
	Ben Koch	3,000 Meter Steeplechase	.4th
2003	Jerry Puryear	400m Int. Hurdles	.2nd
	Carras, Thomas, Puryear, Rick	4x400 Meter Relay	.2nd
2003	Anderson, Schmidt, DiDio, B. Rosetti	4x800 Meter Relay	.7th
2004	Andrew Thomas	400 Meter Dash	.4th
2005	Andrew Thomas	400 Meter Dash	.2nd
	Doug Rick	400 Meter Dash	.5th
2009	Will Rowland	5,000 Meter Run	.9th
	Bobby Staten	100 Meter Dash	.6th
	Brian Guterl	800 Meter Run	.4th
	Fischer, Young	4x800 Meter Relay	.8th
	Brooks, Guterl		

Bold indicates current athlete

ALL-TIME ROSTER



A

Joe Abrams	1980-84
Paul Aburrow	1968-69
Dick Adams	1958
Bill Addison	1991-95
Lou Adelman	1956-57
William Adolph	1948-50
James Agger	1960
Richard Agnello	1979-82
Don Alderman	1947
Chris Alexander	2004-06
Brian Alling	1990-94
Bob Amphthor	1977-78
Bob Anderson	1984-86
Cliff Anderson	1971-72
Rich Anderson	2001-05
Ryan Anderson	1997-00
Frank Angiolillo	1969-73
Jim Anthony	1976-78
George Arcarola	2007-09
Mark Armstrong	1972-73
Jim Arnold	1997-00
John Aske	1988-90
Rich Atkins	1983-85
John Atkinson	1943
Russ Atkinson	1949-50
Jim Auch	1934
Jim Augustine	1931-32
Steve Ave	1984-87
Jim Ayrer	1953
Scott Azzolina	1979-80

B

Dino Baca	1982-83
Tim Backus	1985-86
Chris Bagley	1987-90
Steve Bailey	1983-84
Jim Baldwin	1956-59
Harrison Ball	1938-39
John Ball	1928
Jim Bannister	1966-68
Jim Barge	1988-89
Barley	1943
Paul Barollette	2007-09
Richard Battaglini	1973-77
Eric Bayles	1991-92
Kevin Beck	1997-00
Gerry Becker	1934
Tom Beine	1967-69
Joseph Belz	1969-71
Bill Benedict	1988-91
Ryan Bennett	2003
Ed Benson	1973-74
Fred Benton	1974-76
Les Bernard	1993-94
Andrew Berta	2002-04
John Bevilacqua	1950
Joe Bieret	2002-06
Jack Bierling	1989-93
Steve Biggs	1992-95
Don Billibgsley	1980-81
Ryan Birchmeier	2008-present
Bill Black	1966-69
Mike Black	1971-74
Meredith Blind	1935
Greg Bloom	1979-83
Mel Blount	1976-80
Charles Blumenstein	1971-75
Rob Bock	2007-08

Mike Boczar	1977-78
Bob Bodre	1940
Larry Bolger	1963-66
John Bond	1949-52
Ray Boulogne	1935
Quenton Boyer	2004-06
Mike Bradley	1956-57
Pete Bradley	1976-80
Dave Brady	1985-89
Jim Brady	1989-93
Joe Brady	1969-73
Tom Brady	1991-95
W. Brady	1969-70
John Brand	1955-59
Drew Brandt	2006-present
Mike Branley	1985-86
Buddy Brannon	1953
Bob Brennan	1971-74
Dennis Brennan	1960-62
Ray Brennan	1938-40
Clayton Brenneche	1969-70
Joe Breslin	1953-55
Leo Breslin	1954
Jerry Bridge	1974-75
Richard Brinkman	1967-69
Jim Brogan	1972-74
Jesse Brooks	2007-present
Chris Brouder	1991-92
Jim Broughton	1935-36
Bill Brown	1973-77
Shawn Brown	1979-80
Wally Bruchman	1964-66
Dom Bucciarelli	1982-83
Bob Buckley	1982-84
Hank Bufano	1952
Ed Burgoyne	1932-34
Donald Burke	1969-73
Frank Burns	1973-75
John Buttil	1996-99
Norm Butz	1947
Aidan Byrne	2007-08
Matt Byrne	1993-97
Donald Byrnes	1953-55

C

J.C. Calhoun	1969-71
Dan Callaghan	1972-76
Bob Cameron	1949-51
Stuart Campbell	1934
Joe Cann	1936-39
Jim Cannon	1967-68
John Cappiello	1995-98
Christopher Caranante	2006-07
Jack Carey	1943
Mike Carey	1971
Ed Carney	1955
Tim Carney	1989-93
Tom Carney	1962
Charles Carr	1977-78
Tom Carr	1960-62
William Carroll	1969-73
Doug Carter	1995
Tony Carter	1986-88
Maynard Carty	1975-76
Nick Carras	2000-04
Tom Casey	1935-36
Guy Castranora	1979
Fran Caulfield	1974-78
Aldo Cavalli	1972-76

Joe Cerniglia	1988-91
Eric Chekemian	2001-03
Dan Chesney	1990-91
John Chilkotowsky	1987-91
Matt Cieslik	1989-93
Vince Cieslik	1990-94
Mark Cipolletti	1995
Frank Clark	1980-82
Gerry Clark	1979-83
Mike Clark	1974-78
Dick Coagan	1953
Kevin Colby	1973-77
Ed Coleman	1936
Joe Coll	1985-86
Joe Collins	1938-39
Mark Collins	2002-03
Vince Collins	2007-present
Scott Condello	1998
Al Connelly	1958-60
Frank Connelly	1955
Ross Connelly	1959-61
James Connolly	1955-58
Walt Connolly	1958-60
Bob Convery	1987-89
William Conway	1943
Andre Conway	1990-94
Brian Cooper	1982-83
Al Corcoran	1955
Richard Corcoran	1992-93
Frank Corey	1947-50
John Corey	1952
Joe Corneley	1931-34
Al Corona	1956
Joe Correnti	2001-05
Gary Cortina	1969-72
Nick Costantino	1987-91
Ed Costello	1934
Gerald Costello	1928
John Costigan	1935
Jim Coughlin	1941-42
John Crane	1947
Jim Cranney	1974-78
James Crawford	1959-61
Andy Craycraft	2000-02
John Croft	1997
John Croke	1979-83
Ken Cropper	1982-84
Bob Crossin	1970-74
Jim Crossin	1968-70
John Crotty	1982-85
Tom Crow	1964-65
Charlie Crowley	1931-32
Thomas Cubbin	1962-64
Rich Cudahy	1985-90
Jack Cullinan	1941-42
Rich Cullin	2000-04
David Cuneo	1977-81
George Cuneo	1975-76
John Cunify	1928
Fran Cunningham	1976-78
John Cunningham	1949-52
Tim Curran	2001-02
Jim Cutcliff	1969-72
Frank Czajkowski	1953

D

Francis Daily	1942
James Daly	1966-68
Andrew D'Amico	1999

George Dart	1986-90
John Davies	1983-87
James Davis	2000
Mark Dearborn	1979-82
Paul Dearie	1935-38
Ken DeCarlo	1956-60
Dick Decker	1949
Jay Deckman	1990-95
Jack Degatis	1947
Bryan Delaney	2004
Gene Delaney	1955-58
Robert DeLaurentis	1960
John DeLollo	1970
Roberto Del Rios	1980-81
Sean Dempsey	1992-93
Tim Denihan	1955
Gene De Paul	1967
Robert DeSimone	1960
Mark des Garennes	1992-93
Joe Dever	1941-42
Tom Dewey	1965
Eric Diahealy	1966
Dave DiBernardino	1990-93
Mike DiDio	2002-07
Di Ienno	1969-70
Joe Dietz	1956
Tom Dillon	1950
Tom DiNatale	2008-present
Tom Dineen	1935-37
Victor DiNoia	2008-present
Mike Diorka	1968-70
Anthony DiPastina	1975-77
John DiPersio	2008-present
Dan DiSanto	1974-76
Pete Dittmar	2006-08
Edward Dodd	1965-68
Brian Doherty	2006-08
Ed Doherty	1953-56
Frank Doherty	1956
Tom Doherty	1954
Art Doherty	1982-86
Tom Dolan	1968
Vince Dolan	1964
Bob Doman	1969-72
Neal Donaldson	1991-92
Jeff Donges	1932
Donnelly	1926
Edward Donnelly	1960
Kevin Donnelly	2007-present
Kenneth Dossar	1965
Jim Dotter	1985-86
Jim Dougherty	1934-36
Kevin Dougherty	1996-97
Ryan Downs	1999-02
Dan Doyle	1979-82
Jim Doyle	1926
John Doyle	1988-90
John Doyle	1940
Tom Doyle	1960
Bill Drakely	1935-38
Eric Drakeley	1963-67
Bill Draper	???
Adam Drastura	2008-present
Bill Drennan	1972-73
Joe Drennan	1934
Eugene Duchesneau	1951-52
Kevin Dudek	1976-77
John Duffy	1972-76
Tom Duffy	1949-54



ALL-TIME ROSTER

Shawn Duffy2003-07
 Mike Dugan1990-91
 Tom Duggan1979-80
 Kurt Dungan1977-81
 John Dunn1973-77
 James Durkin1967
 Jack Durkin1931-34
 Gene Duscheman1949

E

Francis Earley1942
 David Edgcomb2002-03
 Jim Egan1973-74
 Jim Eirikis1974-78
 Dennis Enderle1977-78
 Norm English1956
 John Ennett1984-85
 Al Erbrich1949-51
David Evans2008-present
 Bill Ezekiel1956

F

Geoff Fahey1999-03
 Scott Fairgrieve1969-71
 Jeremy S. Fallis2003-05
 Tom Fannon1949-51
 Lou Fante1966
 Bernie Farley1934-36
 Jim Farley1983-85
 Bill Farrell1953
 Bob Farrell1956-59
 Kevin Farrell1982-86
 Tom Farrell1969-71
 Joe Fasey1934-36
 Kris Feeke1997-99
 James Feeney1982-86
 Paul Felix1995-98
 Ryan Fenimore2007-09
 Vince Feola1987-91
 Junior Fetlow1983-87
 Pete Fickinger1984-88
 James Finore2004
 Tony Fiorentino1979-83
 Leo Fischer1966-67

Luke Fischer2007-present

Patrick Fiscus1965
 Tim Fisher1999-03
 Pat Fissue1966
 Tim Fitzgerald1984-85
 Larry Fitzhenry1982-86
 Dick Fitzpatrick1955
 John Fitzpatrick1951
 Mike Fitzpatrick1972-74
 Joe Fitzsimmons1935
 Vince Flaherty1934
 John Fleming1935
 Buck Flemming1936-38
 Mark Flemming1977-78
 Gregory Floyd1982-85
 Jim Flynn1982-85
 Tom Foley1948-50
 Al Ford1988-92
 Bob Foster1974-78
 Pat Fowler1951
 Jim Frazier1948-49
 Nate Freeman1969-72
 Frank Fudala1995
 Steve Fuller1931-32
 Henry Fulmer1966-68

Joseph Furey1936
 Bill Furey1959-60
 Ed Furey1954-56
 Joe Furia1975-76
 Tony Fusso1953
 Bill Futsey1958

G

Eric Gajdzis1999
 James Gallagher1942
Michael Gallagher ...2008-present
 Paul Gallagher1979-80
 Jack Galster1936
 Steven Gambescia1976-80
 Kile Garguilo2000-04
 Tony Gatto1935-36
 Jim Gavaghan1955-59
 Frank Gavin1947-49
 Mike Gaynor1975-79
 Joe Genther1975-79
 Austin Gerber1937
 Euclid Gibson1974-78
 John Gibson1926-28
 John Gilligan1938-40
 Tom Gilmore1989-91
 David Gingras1973
 Harry Ginsburg1935
 Reuben Gist1969-72
 John Glah1971-76
 James Glah1970-74
 Kevin Glah2000-03

Joseph Glasnovich .2007-present

Gene Glavin1951-53
 Mike Glavin1974-78
 Tom Glenn1950
 P. Golden1943
 Joe Gooley1934
 Tom Gonzalez2006-09
 Joe Grannantonio1959
 Adam Granito1986-89
 Chris Green1983-87
 Bob Greer1976-78
 Gary Grieco1975-79
 Joe Grill1960-61
 Chuck Grimes1966-69
 Bill Grogan1943
 Tom Groves1982-83
 Ernie Guldin1977-81
Brian Guterl2007-present

H

Len Hacking1969-72
 Mike Haddon1948
 John Hagan1968-73
 Bob Hagarty1955-58
 Jack Hagarty1935-36
 Chris Hageman1985-89
 John Hageman1984-87
 Corey Haith1989-90
 G. Ron Hangey1966
 Brendan Harkins1988-89
 Jerome Harris2003-04
 Joe Hartman1998-02
 Darrell Hayes1985-87
 Jeff Heath1993
 Gordon Heeke1953-54
 Dave Heenan1993-94
 Steve Hefferan1987-91
 Jon Heidelberg1969-72

Keith Heigman1976-78
 Justin Heinze2005-09
 Bill Hemsley1934
 Mike Hemsley1969-72
 Tom Hennessey1949
 James Henry1926
 Tom Hepgran1955
 Harry Hermeny1935-37
 William Hettel1951-53
 Joe Hevener1979-83
 Al Hewitt1949-50
 Rob Hewitt1999-04
 Henry Hiemeny1936
 Tom Higginbotham1951-54
 Daniel Hilferty1936
 Michael Hinton1971-72
 Bill Hoffman1998-02
 Joe Hoffman1955-56
Logan Hohs2008-present
 William Hooven1969-71
 Sean Hopkins1977-80
 Jim Hopta1986-90
 Zach Houck2004-06
 Michael Howanski2005-07
 Bob Hughes1964
 Tom Hughes1982-85
 Bill Hughes1973-74
 Joe Huner1954-55
 Al Hunt1952-54
 Bill Hunt1977-79
 Dave Hunt1984-88
 Robert Hurley1960
 Matt Hutchinson1971-74
 Joe Huver1953
 Vincent Hyatt1975-79
 Bob Hyle1955
 John Hynes1955

I

Dave Iremonger1973-76

J

Bob Jackson1991-95
 Len Jakubezek1955
 Bill James1998-02
 Mike James1962-64

Jeff Jengo2002-06

Jimmy Jennings2006-present

Dave Jenson1982-84
 Robert Jerai1970-71
 Jerry Johansson1982-85
 Bruce Johnson1969-72
 Ken Johnson1982-86
 Chris Johnston1982-86
 Kevin Johnston1969-73
 Anthony Jones1989-93
 Leigh Jones1979-80
 Stan Jones1952
 Rich Joseph1971-72

K

Andy Kalen1926
 Mike Kane1951-54
 Rich Kaniewski1962-64
 Christian Kant1995-98
 Jim Kase1954
 George Kasinkas1977-81
 Tom Katan2005-06
 Fred Kauffman1931-35
 Brendan Kearney2005-09
 Todd Keaveney1982-85
 Steve Keen1983-84
 Joe Kelley1950
 John Kelley1947-50
 Charles Kelly1979-84
 Dave Kelly1969-71
 Edward Kelly1966-69
 Lou Kelly1977-81
 Wally Kempczynski1951-53
 Vince Kempton1960
 Pat Kennelly1986-87
 Joe Kenney1947
 Chris Kessler2003-06
 Joe Kilgariff1934-35
 Tim Killion1987-90
 Ed Kincade1971-74
 Brian Kincaid1979-80
 Rich Kirchner1971-74
 Chuck Kittredge1987-93
 Stephen Kittredge1983-88
 Delmar Knauer1969-70
 Bill Knox1982-86



The 2009 outdoor track team in the 4x400 at Lafayette.

ALL-TIME ROSTER



Colin Knox1993-94
 Shane Kimmons2003-04
 Ben Koch1998-02
 Francis Kolimago1983-87
 Thomas Kolimago1983-87
 Chris Koneski2000-04
 Steve Kratsinger1955-56
 Conrad Krause1951-54
 Jack Krenlen1943
 Tom Kuehn1999
 Gene Krueger1959-61
 Tony Kubicek1978-79
 Joe Kutys1967-69

L
 Andre Laboy2002-05
 Tom Lallen1940
 Jack Lalley1931-34
 Frank Lammer1928
 Joe Lanci1998-00
 Rory Landreth1968-71
 Jeff Lane1977-81
 Herb Lapp1968-69
 Mark Lasrich1972-73
Christopher Lau ...2007-present
 Kyle Laudadio2002-06
 Paul Leary1979-82
 Vince Lee1973-74
 Robert Leneweaver1982-86
 Ed Lennex1972-76
 Ed Leva1950-51
 Matt Lewis1999-03
 John Lieb1960-62
 Larry Livingston1978-80
 Steve Lojewski1982-83
 Jeff Long1987-91
 Nick Loreto1999
 Brian Lyman1977-78
 Art Lynch1963-64
 John Lynch1956-60
 Bill Lyons1973-77
 Dave Lyons1943,1948
 Steve Lyons1972-76

M
 Marc Maccario1998-02
 William MacMurtrie1938-40
 Dave MacNamara1943
 Dick MacPherson1951-52
 Don MacPherson1955
 Bob Madden1962-64
 Shawn Magee1997-00
 Fred Maglione1969-71
 Dan Maguire1968-69
 Louis Maguire1961-63
 Jim Maher1934-35
 John Maher1943
 Fred Mahler1950-51
 Bryan Mahon1996-99
 Steven Mahoney1982-85
 Joe Malinowski1980-81
 Tim Malloy1972-73
 Bob Maloney1947-49
 Doug Mangini1979-80
 John Maniglia1972-76
 Frank Manion1951-54
 Joe Manion1953
 Ron Manion1973-78
 Tom Manion1953

Vic Mankiewicz1966
 Chuck Mannix1977-80
 Joseph Marasciullo1970-72
 Mike Marchesani1959-61
 Mike Marchesani2001-02
 Charles Marcinkiewicz1967-69
 Joe Margre1988-90
 Mark Mariano1982-83
 Ray Marini1953-54
 Tom Markey1972-74
 Brian Markley1983-84
 Jack Marko1969-72
 Enrique Marti1986-90
 Collin Martin2001-05
 Joe Martin1951-53
 Daniel Martinez1971-74
 Bryon Martinsen1979-83
 Ross Martinson1996-99
 Dave Masse2002-06
 Ed Mather1954
 Walter Matteussi1941-42
 Richard Matts1982-85
 Walt Matucci1940
 Jack Max1943
 Dan Mays1999-02
 Kean McAdam1975-79
 Jim McAlpin1955-57
 John McAndrew1942
 Sean McAneny2001-03
 Joe McAndrews1960-62
 Mike McCabe1998-02
 Tom McCabe1943
 Brian McCafferty1992-95
 Jim McCaffrey1973-75
 Tom McCaffrey1947-49
 Jack McCalla1936
 Gregory McCarthy1969-73
 John McCarthy1956-58
 Justin McCarthy2005-06
 Kevin McCarthy1972-76
 Matt McCloskey1989-93
 Phil McCloskey1951-54
 Matt McClure2004-07
 Vincent McCorkle1970-71
 Jon McCormack1991-95
 Curtis McCray1986-90
 Jim McCready1955
 Rich McCreary1955-56
 Pat McCrystal1983-85
 Jimmy McCue2007-08
 Kevin McCullen1963-64
 Jim McDade1952-55
 Paul McDermitt1947-50
 Bill McDermott1932
 Jesse McDonald1999-00
 Jim McDonald1960-6
Kevin McDonnell ...2008-present
 Ed McEldrify1941-43
 Joe McFadden1949-51
 Joe McFalls1940-41
 J.A. McFalls, Jr1965-67
 Dan McGarry1935-36
 Patrick McGinley1989-90
 Bill McGinn1951-55
 Bill McGinn1992
 Joe McGinn1988-92
 Joe McGinn1958-59
 Ronald McGinn1979-83
 Joe McGinnis1936

Tom McGlane1947-48
 Ed McGlenn1947-48
 Gerry McGlenn1947-48
 Bill McGlone1935
 Chris McGoldrick1992-94
 Ken McGrath1947
 Mike McGroerty1970
 Jack McHinn1955-56
 Manus McHugh1956
 Colin McHugh1998
 Terry McHugh1955-58
 Gerald McKeegan1971-75
 Jim McKenna1949-50
 John McKenna1947
 Bud McKeown1943
 George McKernan1947-49
 McKinney1936
 Bill McLain1934-36
 McLaughlin1969-70
 Bob McLaughlin1955
 Joseph McLaughlin1951-53
 Frank McLaughlin1952-56
 Bob McMahon1954-56
 Joe McManus1955-57
 Mike McMonagle1972-76
 Pat McMorrow1982-86
 John McManara1956
 Charles McNulty1975-78
 Don McNulty1956
 John McNulty1970-72
 Steve McNulty1972-76
 Joseph McQuillan1960-64
 Charles McShea1964
 Paul McSorley1949-51
 Dan Mee1975-79
 Jack Mehan1934-36
 Tom Melcher1942-43
 Tom Merchel1985-89
 Jim Merz1982-83
 Robbie Meyer2003-06
 Teddy Meyers2003-07
 Bob Mickalites1971-73
 Mike Miles1998-02
 Andrew Miller2001-02
 Bill Miller1960-63
 Chuck Miller1971
 Brian Mincy1984-88
 John Mitchell1949-51
 Stephen Moffit1980-84
 Joe Mohn2002-06
 Vic Monkiewicz1967-68
 Monty Montague1932
 Tarik Moody1990-94
 Adolph Morales1976-77
 Bob Morgan1954-57
 Marty Morgan1960-63
 Frank Morris1947
 Jim Morris1955-59
 Tom Morrissey1941
 Gary Morrison1988-93
 Ed Mother1954-57
 Jim Mugford1963-65
 Owen Mulhern1934
 Jim Mullen1955-56
 Mike Mullen1982-83
 Frank Mulligan1956
 Charles Murphy1963-66
 Jim Murphy1950-51
 Jim Murphy1958

Christopher Murray1985-89
Kyle Murray2006-09
 Bill Myers1950
 Edward Myers1968-70
 Bart Myler1958

N
 George Nash1934-35
 Tony Natale1970-74
 Fran Naughlan1943
 Kareem Neal1997
 Henry Nealing1955-56
 Todd Nettleton1995-97
 Charlie Newland1978-79
 Mark Nicasastro1982-83
 Ed Nicholas1940-42
 Basil Nichols1934-35
 Julian Nichols1932
 Mike Nickodem1974-75
 Bob Nocito1995-98
 Joe Noone1934-37
 Jim Norris1982-85
 Kevin Norton1991-95
 Mark Novis1992-95
 Andrew Nowlan1997

O
 Joe Oakes1926
 Joe Oakes1935-38
 Brian O'Byrne1971-72
 Bernie O'Connell1947-48
 Bill O'Connell1950-51
 Gerry O'Connell1960-63
 Jerome O'Connell1961-64
 Terry O'Connell2001-04
 Tom O'Connell1997-00
 Pat O'Connor1978-79
 James O'Donnell1955-58
 John O'Donnell1947-48
Murphy O'Donnell ...2008-present
Ian O'Hara2008-present
 Kevin O'Hara1983-84
 Tim O'Keefe1977-78
 Dick Ollman1971-75
 Tom O'Malley1953-56
 Bob O'Neill1947
 Brian O'Neill2003-07
 Frank O'Neill1962-64
 R. O'Neill1943
 Bob Orem1984-88
 Joe Orlando1972-76
 Frank Osborne1992-95
 Kevin O'Sullivan1977-78
 Bill Ott1986-89
 Joe Owens1952-55

P
 Bob Paden1992-95
 Mike Pagano1988-89
 Trevor Palmer1977-78
 Ryan Pambianchi2001-03
 John Panente1978-79
 Vincent Papale1966-68
 Louis Pastore1998-99
 Phil Pessoa1995-97-98
 Mike Petracco1978-80
 Bob Petril1959-61
 Matt Petrocci2002-06
 Bob Pettit1951-53



ALL-TIME ROSTER

Steven Philbrook2006-present

Jim Phillips1985-89
 Mike Pierson1978-82
 Mark Plemming1978-79
 Ben Podurgiel1955-56
 Dave Polis1997-00
 Jim Polinsky1997
 John Ponente1977-81
 Sam Porcelli1953-54
 Al Potts1949
 Klaus Praesent, Jr1960-62
 Mike Previti1993-97
 Charles Price1969-71
 John Price1973-74
 Mike Prindaville1965-67
 Steve Probert1969-71
 Przewoznik1936
 Bernie Pufahl1935
 Jerry Puryear1999-04

Q

Dave Quillen1982-83
 Chris Quinn1991-92
 Francis Quinn1965-70
 Kevin Quinn1960-62

R

Bernie Radomski1985-89
 Nick Raftery1934-36
 Melvin Raymond1995-98
 Bob Readinger1943
 Matt Reddington1953-54
 Jim Redditt1943
 Jim Redditt1973-74
 Harry Reed1934
 Joseph Reilly1960-63
 Joe Reinhardt1967
 Joe Reinhart1974-76
 Bob Reusche1974-77
 Jack Reynolds1948
 Jim Reynolds1977-78
 Doug Rick2001-05
 Joe Ridgway1970
 Tom Ridgway1965-68
 Howard Riley1934-36
 Tom Riley1934-37
 Tom Riley1960
 Christopher Ring1984-88
 Joe Rivelley1962
 Titi Lakeru Rivers1988
 Skip Robbins1980-81
 Jim Rodden1948-50
 James Ronga1970
 Ronald Rook1960
 Chris Rooney1932
 Gerald Rooney1948-50
 Brian Rosetti1998-03
 Greg Rosetti2000-04
 Ron Roskowski1971-74
 Charles Rowland1976-80
 Jim Rowland1979-83
 Will Rowland2004-09
 Joe Ruchala1955
 Jim Rush1980-83
 Ryan1969-70
 Doug Ryan1961-62
 Rich Ryan2004-08

S

Marc Sabo1996-99

William Saborsky1967

Jared Sabre2007-present

Tom Sadowski1973-74
 Joe Sakson1943
 Donald Salmon1972-76
 Dennis Salter1979-83
 Ted Sanchious1986-91
 H. Sandberg1943
 Karl Savage1998-00

Chris Savino2006-present

Paul Saxton1968
 Phil Saxton1978-79
 Brian Scanlon1973-74
 Dick Scanlon1956-58
 Brad Schmidt2001-06
 Bill Scholz1975-76
 Joseph Schramm1969-73
 Bob Schuenemann1947-49
 Bob Schulz1990-94
 John Schwab1934
 Bob Schwartz1951-53

Jonathan Sclafani2006-present

James Scott1998-02

Royce Scrivano2008-present

Ed Scullin1936-39
 Bill Seavey1943
 Bill Shade1967
 Paul Sharp1983-84
 Tim Shay1977-78
 Frank Sheats1982-83
 Joe Sheedy1934
 Bill Sheridan1963-64
 Matt Sherlock2002-03
 Bill Sherwin1966
 John Sherwin1936-37
 Jack Shevlin1969-71
 Joe Shields1964-66
 John Shields1975-78
 Jim Shields1956-59
 Tom Schoenig1984-85
 Van Showell1982-85
 Eric Sierka1985-89
 Kevin Sierka1988-92
 Bernard Skeete1991-92
 Ron Skotleski2003-05
 Bill Slezak1934
 Joe Sloan1956-58

Brian Smith2007-present

Dan Smith1993-97

David Smith2008-present

Ed Smith1931
 Jim Smith1998-02
 Joe Smith1997
 Ken Smith1955
 Rodney Smith1984-88
 Gene Sniklane1978-79
 John Soggs1985-86
 Mickey Solujich1979-83
 Chris Southcott1991-95
 Bob Speck1932
 Gene Spillane1976-80
 Kevin Sproge1993-94
 Bobby Staten2004-09
 George Steinhoff1988-90
 Steve Stewart1992-94
 Jim Still1972-76
 Ed Stobeneau1951
 Jeff Storch1998-02
 Tom Stout1947

Bob Strathon1947-48
 Tom Stubblebine1963-66
 Bill Stuhlman1974-75
 Vincent Stumpo1977-81
 Bruce Suggden1972-76
 John Sullivan1956
 Bill Super1984-89
 Duffy Swantek1997-99
 Reggie Sydnor1968
 Walt Szmidt1949-51

T

Charles Takita1982-83
 Tom Tarpey1969-72
 Mike Tataro2003-08
 Jim Tate1997-00
 Charlie Tempko1951-54
 Leon Tessler1935
 Richard Thoden1951-54
 Andrew Thomas2002-06
 Jim Thomas1965-68
 Hal Thomas1949-50
 Paul Thomas1979-83
 Chris Thompkins1990-92
 Kenneth Thomson1969-70
 Joseph Thorpe1996
 Hal Thorsen1956-60
 Rob Tice1993-94
 Ray Tighe1931-32
 Mark Tobias1980-81
 Joseph Tomczuk1970-74
 Samuel Torchia1960
 Pete Toughill1959-62
 James Tozar1960-63
 Dennis Trimbur1973-74
 Steve Trombetta1988-93
 Gene Tucker1934
 Vince Twomey1982-86
 Tom Tyner1950

U

Kevin Ulfier1976-80
 Ed Ulmer1962-64

V

Geoff Valentine1998-00
 Joe Valley1966-69
 Jim Van Blunk1977-82
 David Van Dusen1966-67
 Andrew Vandegrift2002-05
 Randy Vanderhoof1976-80
 Richard Vassallo1960-63
 Greg Voetsch1997

W

Dennis Waldron1973-74
 John Waldron1934
 John Waldron1969-73
 Wallace1964
 Jack Walsh1974-78
 Joe Walsh1951-53
 Kevin Walsh1985-86
 Tim Walsh2001-02
 John Watzke1955
 Matthew Weaver2004-08
Ray Weir2008-present
 Francis Wellock1982-86
 Richard Welsh1960-62
 Matt Weng1999-00

Dylan Wenk2008-present

Norwood Wentworth1972-73
 Joe Wesner1948
 Harry Whalen1936
 Jim Wharton1974-78
 John Wheeler1988
 Steve Whelan1960-62
 Tom Whitaker1991-92
 Tom Wickens1976-77
 Michael Willert1974-78
 John Williams1996-99
 Bob Williamson1935
 Bob Wilsbach1943
 Wilson1969-71
 Carl Wilson1935
 Gabe Wilson1988-93
 Joe Witiw2003-07
George Wittmann2006-present
 Pete Wolniewicz1953
 Mark Wykle1985-90
 Mike Wynne1962-64

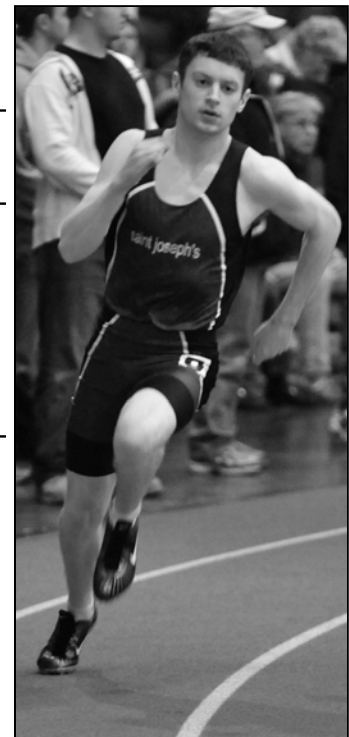
Y

Craig Yambor1986-87
 Rob Yochum1992-95
 Fred Young1935
 Mark Young1985-86
 Steve Young2005-09

Z

Joe Zebro1964

BOLD indicates current athletes
 *Roster includes letterwinners who competed prior to the 2008-09 season



Michael Gallagher

ADMINISTRATION



Timothy R. Lannon, S. J.
University President



Dr. Cary Anderson
Vice President for Student Life



Don DiJulia
Associate Vice President
Athletic Director

ATHLETIC DIRECTORY

Associate Vice President/Athletic Director	Don DiJulia	610-660-1707
Assistant Vice President/Athletic Business Affairs	Jim Brown	610-660-1726
Associate Athletic Director/Varsity Programs	Ellen Ryan	610-660-1714
Associate Athletic Director/Facilities	Al Pendleton	610-660-3292
Associate AD/Marketing/Corporate Partnerships	Tim Curran	610-660-1702
Assistant AD/Recreation & Intramurals	Corey Shannon	610-660-3052
Executive Director of Athletic Development	Katie Shields	610-660-1231
Director of Compliance	Renie Shields	610-660-2584
Director of Academic Services	Janet Greder	610-660-1728
Director of Sports Medicine	Lori Rafferty	610-660-1699
Equipment Manager	Joe DeLacy	610-660-1720
Assistant Athletic Director/Communications	Marie Wozniak	610-660-1727
Athletic Comm. Asst. (XC & Track Contact)	Kristin Santos	610-660-2601
Athletic Office Phone		610-660-1707
Athletic Office Fax		610-660-1716

SAINT JOSEPH'S UNIVERSITY ATHLETICS MISSION STATEMENT



The Mission of the Athletics Department at Saint Joseph's University reflects the Mission of the University by using the programs within Athletics as a way to develop the whole person and preparing men and women for others.

- To educate the whole person by complementing the academic experience with athletic and recreational programs and activities outside the classroom.
- To create an environment for personal growth through openness, respect, and a concern for others.
- To communicate the value of community and family through team work and sportsmanship.
- To provide opportunities for students to learn self-discipline, responsibility, decision-making, and attainment of goals.
- To provide opportunities for students to participate and compete in a first-class manner.
- To provide equitable opportunities for all students and staff, including women and minorities.
- To advance the University regionally and nationally through intercollegiate athletics.

DIRECTIONS TO CAMPUS

From the North: N.J. Turnpike to Exit 6 (Pa. Turnpike connector). Follow Pa. Turnpike to Exit 326 (Rte. 476). Follow 476 South to Rte. 76 East, towards Philadelphia. Follow Rte. 76 East to exit 339 (Rte. 1, City Avenue). Follow two miles to SJU.

From the East: Take either the Ben Franklin Bridge (via Rte. 676) or the Walt Whitman Bridge; Follow Rte. 76 West to Exit 339 (Rte. 1, City Avenue). Follow two miles to SJU.

From the South: I-95 North to 476 North. Follow 476 North to Exit 5 (Rte. 1). Follow Rte. 1 North to SJU, approximately 10 miles.

From the West: Pa. Turnpike to Exit 326 (Valley Forge). Follow Rte. 76 East, toward Philadelphia, to Exit 339 (Rte. 1, City Avenue). Follow two miles to SJU.

From the Airport: I-95 North to Rte. 291 West to Rte. 76 West towards Valley Forge. Follow Rte. 76 West to Exit 339 (Rte. 1, City Avenue). Follow two miles to SJU.

www.sjuhawks.com



SAINT JOSEPH'S UNIVERSITY

Founded in 1851, Saint Joseph's is an independent, Catholic, Jesuit university teaching disciplined reasoning, effective communication and a love of learning. From Willings Alley in Old City Philadelphia to Stiles Street in North Philadelphia to its current location on City Avenue, Saint Joseph's has continued to grow and change with the times. The University combines the Jesuit tradition of academic excellence, a history of service and an ideal campus location to produce successful students who seek to make a good world even better.

Full-time, undergraduate day enrollment is approximately 4,550. Graduate, evening and executive programs push total enrollment to more than 7,400.

THE JESUIT TRADITION OF ACADEMIC EXCELLENCE

Saint Joseph's nationally recognized academic reputation is confirmed by ongoing acknowledgment in Barron's, U.S. News & World Report and Peterson's. The Jesuit tradition of intellectual inquiry and personal concern manifests itself in small, challenging classes taught by a caring faculty. Graduate assistants do not teach, so undergraduates can be sure they are receiving the very best educational experience. One-on-one interaction between students and faculty is a reality at Saint Joseph's.

A solid liberal arts curriculum provides across-the-board learning for every student. Supporting that curriculum are comprehensive academic majors and learning facilities. The result is a broad education which prepares students not only for employment and graduate school, but for life itself.

In the fall of 1998, SJU opened the \$25 million Owen A. Mandeville Hall, which houses the Erivan K. Haub School of Business, the Center for Food Marketing and the region's first "Teletorium" and "Moot Boardrooms." An 87,000-square-foot international academic center featuring state-of-the-art distance learning technology, it is located near the corner of 54th Street and City Avenue.

A HISTORY OF SERVICE

The students of Saint Joseph's University are dedicated to making today's world even better. A natural spirit of volunteerism has enabled the University's community service programs to become the most popular extracurricular activities on campus. In addition, a Service Learning program allows students to receive academic credit for their work outside the classroom.

SJU offers local, national, and international opportunities for student service. From parts of



Philadelphia to New Jersey; from Tijuana, Mexico, to the Appalachian Mountains; and from Ecuador to Tanzania, Saint Joseph's students embrace the Jesuit mission of serving those in need. The Thanksgiving Dinner Dance for area senior citizens and the Hand-in-Hand Festival for the handicapped are two annual student-run events which draw thousands of special visitors to campus for fun and friendship.

IDEAL CAMPUS LOCATION

SJU's City Avenue location combines the best of dynamic Philadelphia with the suburban, residential setting of the elegant Main Line. Saint Joseph's 65 acres span two counties, allowing students literally to enjoy the best of both worlds. The city of Philadelphia, with its tremendous wealth of historical, cultural, social and athletic attractions, is easily accessible, while the safety, serenity and greenery of a suburban campus are right at hand.

The friendly atmosphere and close-knit campus ensure that students don't get lost in either the literal or the figurative sense at Saint Joseph's. Expanded library, computer and athletic facilities add a big-time "feel" to this growing university.

SUCCESSFUL STUDENTS

Men and women leave Saint Joseph's prepared. The University boasts an excellent record of placing its graduates in first-time jobs, professional schools and other advanced degree programs. Part-time work and internships provide real-world experiences, the kind which delight future employers. And with its many diverse student organizations, SJU offers ample opportunities to assume leadership positions.

An extensive on-campus recruitment program provides graduates with a head start in their employment search. Regular meetings with faculty advisors, along with advisory programs in the health professions and in pre-law, assist students who wish to further their schooling.

PHILADELPHIA

SJU's Philadelphia location gives students access to two worlds. The campus resembles a park, surrounded by the stately homes of Philadelphia's historic Main Line suburbs. Yet students have access to the cultural, commercial and recreational activities of downtown Philadelphia - only a short ride away.

SJU's Philadelphia location gives students access to two worlds. The campus resembles a park, surrounded by the stately homes of Philadelphia's historic Main Line suburbs. Center City's cultural, commercial, and recreational activities are only a short ride away. SJU students take frequent advantage of the artistic and cultural resources Philadelphia offers - the Philadelphia Museum of Art, the Franklin Institute Science Museum, and the new Kimmel Center, to name a few. In addition to rooting for their beloved Hawks, SJU students can be found cheering on the professional sports teams in the city, particularly the Eagles, Flyers, Phillies and 76ers.



The Hawk Will Never Die!



2009 MEN'S CROSS COUNTRY AND TRACK SCHEDULES

<u>DATE</u>	<u>CROSS COUNTRY</u>	<u>LOCATION</u>
Sept. 1	Haverford Invitational	Haverford, Pa.
Sept. 12	Fordham Fiasco	Bronx, N.Y.
Sept. 19	Cappy Anderson Invitational	Princess Anne, Md.
Oct. 2	Paul Short Invitational	Bethlehem, Pa.
Oct. 17	Princeton Invitational	Princeton, N.J.
Oct. 31	Atlantic 10 Championships	St. Louis, Mo.
Oct. 14	NCAA Mid-Atlantic Regionals	Princess Anne, Md.
Oct. 21	IC4A Championships	Bronx, N.Y.
Oct. 24	NCAA Championships	Terre Haute, Ind.

<u>DATE</u>	<u>INDOOR TRACK</u>	<u>LOCATION</u>
Dec. 5	Haverford	Haverford, Pa.
Dec. 11	Princeton	Princeton, N.J.
Jan. 8	Delaware	Newark, Del.
Jan. 9	Penn State Relays	State College, Pa.
Jan. 15	Gotham Cup	New York, N.Y.
Jan. 23	Princeton	Princeton, N.J.
Jan. 29-30	Penn State Invitation	State College, Pa.
Jan. 30	Delaware	Newark, Del.
Feb. 5-6	Yale Invitation	New Haven, Conn.
Feb. 6	Haverford	Haverford, Pa.
Feb. 12	Lafayette/Rider	New York, N.Y.
Feb. 19-20	Atlantic 10 Championships	Kingston, R.I.
Feb. 26	NYU Fastrack	New York, N.Y.
Mar. 6-7	IC4A Championships	Boston, Mass.
Mar. 12-13	NCAA Championships	College Station, Texas

<u>DATE</u>	<u>OUTDOOR TRACK</u>	<u>LOCATION</u>
Mar. 27	Lafayette	Easton, Pa.
Apr. 2-3	Colonial Relays	Williamsburg, Va.
Apr. 10	George Mason	Fairfax, Va.
Apr. 17	Princeton	Princeton, N.J.
Apr. 22-24	Penn Relays	Philadelphia, Pa.
May 1-2	Atlantic 10 Championships	Amherst, Mass.
May 10	Swarthmore	Swarthmore, Pa.
May 15-16	IC4A Championships	Princeton, N.J.
May 28-29	NCAA Mid-Atlantic Regionals	Greensboro, N.C.
June 10-12	NCAA Championships	Eugene, Ore.

