

# Saint Joseph's University



**CAPTAIN VINCE COLLINS**



**CAPTAIN BRIAN GUTERL**



**CAPTAIN JARED SABRE**



## Men' Cross Country and Track 2010-11 Media Guide



Senior Luke Fischer



Junior Kevin McDonnell



# 2010-11 MEN'S CROSS COUNTRY AND TRACK



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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 . . . . . Finesey Field

### The Team

Head Coach . . . . . Mike Glavin (Saint Joseph's '78)  
 Cross Country/Track Office . . . . . 610-660-1731  
 Assistant Coach . . . . . Teddy Meyers (Saint Joseph's '07)  
 Graduate Assistant . . . . . Kyle Murray (Saint Joseph's '09)  
 Cross Country Captains . . . . . Vince Collins, Brian Guterl  
 Track Captains . . . . . Vince Collins, Brian Guterl, Jared Sabre  
 Cross Country Letterwinners Returning/Lost . . . . . 18/7  
 Track Letterwinners Returning/Lost . . . . . 35/13  
 2009 Atlantic 10 Cross Country Finish . . . . . 1st  
 2010 Atlantic 10 Indoor Track Finish . . . . . 6th  
 2010 Atlantic 10 Outdoor Track Finish . . . . . 11th

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## CREDITS

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# 2010 CROSS COUNTRY PREVIEW

The Saint Joseph's men's cross country team looks to be a strong contender in the Atlantic 10 again this season after winning the conference title last year for the first time since 2000. Head Coach Mike Glavin, the 2009 Coach of the Year, is confident the Hawks have what it takes to be strong competitors again this season.

Saint Joseph's graduated three of its top harriers, but the Hawks return four of their top seven runners, including junior **Kevin McDonnell**, senior captain **Brian Guterl**, sophomore **Jon Mazzio**, and senior **Jesse Brooks**. With a wealth of experience and leadership, along with a strong incoming class of eight newcomers, the team looks to be just as solid as last season.

Senior leadership is expected to come from Guterl, an Atlantic 10 All-Conference, NCAA-All-Region, and IC4A All-East performer. Guidance and experience will also come from senior captain **Vince Collins**, who has become a more consistent runner and integral part of the Hawks' squad.

Along with the captains, Brooks has become one of the top runners, finishing in the top three at IC4A's last season. Seniors **Luke Fischer** and **Kevin Donnelly** are also established runners on the squad, and expected to make an impact this season.

McDonnell will lead the junior class as a notable performer on the team with Atlantic 10 All-Conference and NCAA Mid-Atlantic Regional honors

last season. He will look to improve on his second-place finish that helped lead the Hawks to the conference title and his 19th place showing at regionals. Among the five returning with McDonnell in the junior class are **David Evans** a strong distance competitor, and middle distance runners **Logan Hohs**, **Ryan Birchmeier**, and **Murphy O'Donnell** who all made appearances in the top six last season.

Mazzio broke into the top five in seven meets last season and will lead the large group of returning sophomores. The sophomore distance runners are **Drew Cogley**, **Greg Etter**, **Conor Logan**, and **Vincent Nicastro**, while adding depth

in the middle distance are **John Eastman**, **Kyle Gorczynski**, **Dave Manion**, and **Andrew Townsend**.

The newcomers are comprised of six freshmen - **Aaron Leskow**, **Max Margiotta**, **Tom O'Kane**, **Michael Rankin**, **Sean Staltari**, and **Tom Zamadics**. Senior **Ryan Fenimore** rejoins the Hawk squad while junior **Dan Roark** joins the team after two seasons at Quinnipiac.



**Junior Kevin McDonnell at the 2009 Atlantic 10 Cross Country Championships.**



# 2010-11 TRACK & FIELD PREVIEW

The men's track and field team returns 35 letterwinners and brings in a large and talented group of 16 newcomers. Head coach Mike Glavin, entering his 22nd season, is confident that the squad has the potential to be one of the most successful teams in program history and will be a strong contender in the Atlantic 10 this year.

Leadership will come from tri-captains and distinct leaders on the team **Vince Collins**, **Brian Guterl**, and **Jared Sabre**. Collins and Guterl, a cross country Atlantic 10 All-Conference, NCAA-All-Region, and IC4A All-East performer bring guidance and experience to the middle and distance runners while Sabre, the team's Most Outstanding Performer last season, leads the way in sprints and relays.

"Brian and Vince give a nice blend of both the talented runner who has come into his own, and the runner with modest ability who does everything he can to get as far as he can," said Glavin.

In distance events, Collins and **Kevin Donnelly** are the only senior returnees, while Kevin McDonnell, a cross country Atlantic 10 All-Conference and NCAA All-Region performer last season and **David Evans** return to the junior class while **Dan Roark**, a transfer from Quinnipiac, joins the two. **Jon Mazzio** leads group of sophomore distance harriers including **Drew Cogley**, **Greg Etter**, and **Vincent Nicastro**, while four freshmen **Aaron Leskow**, **Max Margiotta**, **Michael Rankin**, and **Sean Staltari** provide depth to the distance events.

The middle distance corps, led by Guterl, has a strong class of seniors returning, including **George Arcarola**, **Jesse Brooks**, and **Luke Fischer**. Rising juniors are **Ryan Birchmeier**, **Logan Hohs**, **Murphy O'Donnell**, **Dylan Wenik** and junior **Ryan Fenimore** rejoins the Hawks after sitting out a season. Sophomore **Andrew Townsend**, the team's Rookie of the Year last season, returns to the middle distance events along with sophomores **John Eastman**, **Kyle Gorczynski**, and **Dave Manion**. Rookies joining the group are **Ryan Anderson**, **Tommy O'Kane**, and **Thomas Zamadics**.

Returning to sprints, with Sabre leading the way, will be seniors **Christopher Lau** and **Brian Smith**, who also participate in hurdles. **Tom DiNatale** leads the large junior class of Wenik, Lampart, **Steve Dolan**, **Adam Drastura**, **Michael Gallagher**, **Ian O'Hara**, **Royce Scrivano**, and **Ray Weir**. **Garrett Barbalinardo**, **David Smith**, and **Connor Hubschman** make up the talented sophomore class along with newcomer **Jorry Senestant**, while freshman sprinters joining the squad are **Tyler Dougherty**, **Derrick Henry**, **Peter Larmann**, **Ian Klinger**, and **Michael Yap**.

Henry is also a hurdler while Yap will join the Hawk jumpers, including junior **John DiPersio** and sophomore

## Vinh Nghi To.

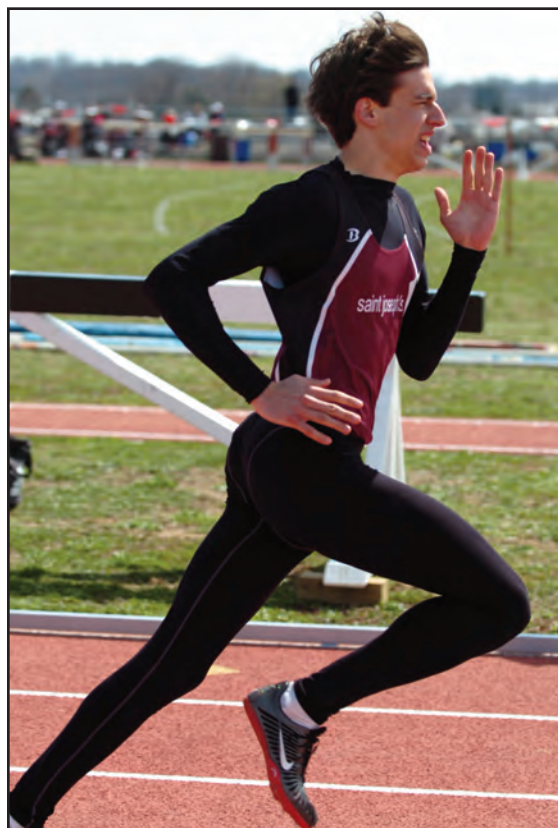
The 4x400m, 4x800m, and distance medley relays will be the Hawks' strong suit once again, only losing two competitors and returning its core group of Brooks, Fischer, Guterl, Lau, Sabre, David Smith, Barbalinardo, and Townsend.

The Hawks' indoor slate begins with six one-day meets at Villanova's Jack Pyrah (Dec. 3), Princeton's New Years (Dec. 11), the Princeton 4-Way (Jan. 7), the Penn State Relays (Jan. 8), NYC Gotham Cup (Jan. 14), and the Princeton Relays (Jan. 22).

The remainder of the indoor schedule includes the Penn State Nationals (Jan. 28-29), Delaware Thompson (Jan. 29), and Yale Giegengack (Feb. 4-5). The Lafayette-Rider meet will be the last qualifying opportunities for the athletes leading into the Atlantic 10 Indoor Championships (Feb. 18-19) at Rhode Island and the IC4A Championships (March 5-6) in Boston, Mass.

The squad's outdoor schedule includes the Leopard Invitational at Lafayette (March 26) before the Colonial Relays in Williamsburg, Virginia on April 1-2.

Princeton's Larry Ellis Invitational (April 22-23) and the prestigious Penn Relays (April 28-30) lead up to the A-10 Outdoor Championships (May 7-8) and the IC4A Championships (May 13-15) at Charlotte. The NCAA Mid-Atlantic Regionals will be on May 20.



Senior Captain Jared Sabre



# HEAD COACH



## Mike Glavin Head Coach – 22nd Season Saint Joseph's '78

**Mike Glavin**, a 1978 graduate of SJU, enters his 22nd year as head men's cross country and track coach in 2010-11. After leading the Hawks to their fourth Atlantic 10 Championship title in cross country last season, he was named Atlantic 10 Men's Cross Country Coach of the Year for the fourth time in his career (1992, 1998, 2000, 2009). Under his watchful eye, the Hawks have produced 32 All-Conference harriers and four 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 54-year-old resides in Ardmore, Pa., with his wife Julie, and two children, Graeme and Michael.



## Teddy Meyers Assistant Coach - Fourth Season Saint Joseph's '07

**Teddy Meyers** enters his fourth season as assistant coach of the Hawks in 2010-11. A 2007 graduate and 12-time letterwinner of the men's track and cross country teams, he 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 athlete at Saint Joseph's.

In addition to his bachelor's degree in economics from Saint Joseph's, the Bethel Park, Pa., native received his masters' in business administration from SJU's Haub School of Business in 2010.



## Kyle Murray Graduate Assistant - First Season Saint Joseph's '09

**Kyle Murray**, a 2009 graduate, enters his first year as an assistant coach of the Saint Joseph's men's track and cross country teams.

Last season Murray was the recipient of the Atlantic 10 Sporting Award, Saint Joseph's first ever. He was tabbed first-team All-Atlantic 10 for the second time in his career after helping the Hawks take the A-10 Cross Country title in 2009 and later earned IC4A All-East honors that season.

In 2008, he earned NCAA All-Region honors and qualified for the NCAA Cross Country Championships. The Jamison, Pa. native earned a bachelor's degree in management at Saint Joseph's and is currently in his second year in the management masters' program.



Mike Glavin was named Atlantic 10 Cross Country Coach of the Year in 2009 for the fourth time in his career.

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 82nd 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 1,120 games entering the 2010-11 academic year, and SJU teams put together a total record of 516-558-46 in 81 years.



## THE HAWK



The Saint Joseph's Hawk mascot has been flapping its wings for 55 years, 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.



# 2010-11 ROSTER

Name	Yr.	Event	Ht.	DOB	Hometown	High School / Last College
*** George Arcarola	Sr.	Middle Distance	6-0	10/3/89	Richmond Hill, N.Y.	Archbishop Molloy
Ryan Anderson	Fr.	Middle Distance	6-0	5/8/92	Mahopac, N.Y.	Mahopac
Garret Barbalinardo	So.	Long Sprints	5-9	5/5/91	Glen Ridge, N.J.	Glen Ridge
Ryan Birchmeier	Jr.	XC/Middle Distance	6-3	7/11/89	Ocean View, N.J.	Ocean City
*** Jesse Brooks	Sr.	XC/Middle Distance	5-10	11/2/88	Dover, Del.	Caesar Rodney Senior
Drew Cogley	So.	XC/Distance	6-2	12/12/90	Camp Hill, Pa.	Cedar Cliff
*** Vince Collins	Sr.	XC/Distance	6-0	8/30/89	Baltimore, Md.	Archbishop Curley
Tom DiNatale	Jr.	Sprints	5-7	2/19/90	Reading, Mass.	Reading Memorial
John DiPersio	Jr.	Jumps	5-11	2/2/90	Doylestown, Pa.	Central Bucks East
Steve Dolan	Jr.	Long Sprints	6-3	5/30/90	Blue Bell, Pa.	La Salle College
*** Kevin Donnelly	Sr.	XC/Distance	5-8	9/9/88	Lansdale, Pa.	La Salle College
Tyler Dougherty	Fr.	Sprints	5-9	03/29/92	Warrington, Pa.	Central Bucks South
Adam Drastura	Jr.	Long Sprints	6-1	10/9/90	Linden, N.J.	Roselle Catholic
John Eastman	So.	XC/Middle Distance	6-1	11/5/91	Medford, Mass.	Boston College
Gregory Etter	So.	XC/Distance	5-9	8/12/91	Delran, N.J.	Delran
David Evans	Jr.	XC/Distance	5-10	6/7/89	Audubon, Pa.	Devon Prep
Ryan Fenimore	Jr.	XC/Middle Distance	5-11	6/16/88	Jackson, N.J.	Jackson Memorial
*** Luke Fischer	Sr.	XC/Middle Distance	5-11	1/14/89	Yardley, Pa.	Notre Dame (N.J.)
Michael Gallagher	Jr.	Long Sprints	5-10	4/13/90	Monroe Township, N.J.	Monroe Township
Kyle Gorczyński	So.	XC/Middle Distance	6-4	5/14/91	Clementon, N.J.	Highland Regional
*** Brian Guterl	Sr.	XC/Middle Distance	6-2	6/9/89	Rahway, N.J.	Union Catholic Regional
Derrick Henry	Fr.	Sprints/Hurdles	5-8	6/2/92	Sicklerville, N.J.	Timber Creek
Logan Hohs	Jr.	XC/Middle Distance	5-9	4/20/90	Darien, Conn.	Darien
Connor Hubschman	So.	Long Sprints	5-9	3/31/91	Cresskill, N.J.	North Valley Reg.
Kyle Lampart	So.	Sprints/Middle Distance	5-11	12/31/90	White Haven, Pa.	Hazleton Area
Peter Larmann	Fr.	Long Sprints	6-2	09/26/91	Fairport, N.Y.	Fairport
Christopher Lau	Sr.	Sprints	5-11	1/16/89	Westport, Conn.	Staples
Aaron Leskow	Fr.	XC/Distance	6-2	12/20/91	Toms River, N.J.	Toms River North
Ian Klinger	Fr.	Long Sprints	6-0	07/11/91	Millersburg, Pa.	Millersburg Area
David Manion	So.	XC/Middle Distance	5-8	10/19/90	Chalfont, Pa.	Central Bucks South
Max Margiotta	Fr.	XC/Distance	5-8	10/27/92	West Windsor, N.J.	West Windsor-Plainsboro
Jonathan Mazzio	So.	XC/Distance	5-9	11/19/90	West Chester, Pa.	Salesianum
Kevin McDonnell	Jr.	XC/Distance	5-10	10/30/89	Moorestown, N.J.	Camden Catholic
Vinny Nicastro	So.	XC/Distance	5-10	12/18/90	Elizabeth, N.J.	Roselle Catholic
Murphy O'Donnell	Jr.	XC/Middle Distance	5-10	7/18/90	Rumson, N.J.	Rumson-Fair Haven
Ian O'Hara	Jr.	Long Sprints	6-0	4/2/90	Wallingford, Pa.	Strath Haven
Tommy O'Kane	Fr.	XC/Middle Distance	5-11	7/15/91	Ambler, Pa.	La Salle College
Michael Rankin	Fr.	XC/Distance	5-11	12/8/91	Turnersville, N.J.	Paul VI
Dan Roark	Jr.	XC/Distance	5-10	9/20/89	Dracut, Mass.	Dracut/Quinnipiac
*** Jared Sabre	Sr.	Long Sprints	6-2	3/21/89	Spring City, Pa.	Owen J. Roberts
Royce Scrivano	Jr.	Long Sprints	6-5	2/25/90	Holicong, Pa.	Central Bucks East
Jorry Senestant	So.	Sprints	5-10	11/8/91	Philadelphia, Pa.	Monsignor Bonner
*** Brian Smith	Sr.	Sprints/Hurdles	6-1	8/21/89	Voorhees, N.J.	Eastern Senior
David Smith	So.	Long Sprints	5-10	10/9/89	Carlisle, Pa.	Trinity
Sean Staltari	Fr.	XC/Distance	6-2	7/27/91	Pittsburgh, Pa.	Mount Lebanon
Vinh Nghi To	So.	Jumps	5-5	1/1/89	Philadelphia, Pa.	Lower Moreland
Andrew Townsend	So.	XC/Middle Distance	6-2	5/4/91	Selbyville, Del.	Sussex Technical
Ray Weir	Jr.	Long Sprint	5-10	1/10/90	Flanders, N.J.	Mt. Olive
Dylan Wenik	Jr.	Sprints/Middle Distance	5-10	12/24/89	Willow Grove, Pa.	Upper Moreland
Michael Yap	Fr.	Sprints/Jumps	5-6	12/27/91	Marlboro, N.J.	Freehold
Tom Zamadics	Fr.	XC/Middle Distance	5-10	10/9/91	West Chester, Pa.	West Chester East

**Head Coach:** Mike Glavin (Saint Joseph's '78) – 22nd season

**Assistant Coach:** Teddy Meyers (Saint Joseph's '07) – 4th season

**Graduate Assistant:** Kyle Murray (Saint Joseph's '09) – 1st season

**Cross Country Captains:** Vince Collins, Brian Guterl

**Track Captains:** Vince Collins, Brian Guterl, Jared Sabre

## TEAM BREAKDOWN

### BY CLASS

**Seniors (9):** Arcarola, Brooks, Collins, Donnelly, Fischer, Guterl, Lau, Sabre, B. Smith

**Juniors (16):** Birchmeier, DiNatale, DiPersio, Dolan, Drastura, Evans, Fenimore, Gallagher, Hohs, McDonnell, O'Donnell, O'Hara, Roark, Scrivano, Weir, Wenik

**Sophomores (14):** Barbalinardo, Cogley, Eastman, Etter, Gorczyński, Hubschman, Lampart, Manion, Mazzio, Nicastro, Senestant, D. Smith, To, Townsend

**Freshmen (12):** Anderson, Dougherty, Henry, Klinger, Larmann, Leskow, Margiotta, O'Kane, Rankin, Staltari, Yap, Zamadics

### BY STATE

**Connecticut (2):** Hohs, Lau

**Delaware (2):** Brooks, Townsend

**Maryland (1):** Collins

**Massachusetts (3):** DiNatale, Eastman, Roark

**New Jersey (19):** Barbalinardo, Birchmeier, Drastura, Etter, Fenimore, Gallagher, Gorczyński, Guterl, Henry, Hubschman, Leskow, Margiotta, McDonnell, Nicastro, O'Donnell, Rankin, B. Smith, Weir, Yap

**New York (3):** Anderson, Arcacola, Larmann

**Pennsylvania (21):** Cogley, DiPersio, Dolan, Donnelly, Dougherty, Evans, Fischer, Klinger, Lampart, Manion, Mazzio, O'Hara, O'Kane, Sabre, Scrivano, Senestant, D. Smith, Staltari, To, Wenik, Zamadics

### PRONUNCIATION GUIDE

**(Mike) Glavin:** GLAV-in

**(Brian) Guterl:** Gut-erl

**(Logan) Hohs:** HOSS

**(Jared) Sabre:** SAY-burr

**Vinh Nghi To:** Vinnie; Too



# CAPTAINS



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

**Cross Country 2009:** Competed in six races...Best 8K finish (27:06.70) came at Princeton...**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 2009-10:** Turned in a personal-best 8:47.93 in 3,000m at Atlantic 10 championships...**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 2010:** Ran personal bests in 3,000m (8:44.59) at Lafayette and 5,000m (14:55.18) at Swarthmore...**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
800	2:02.11	Giegengack	2009	800	2:07.81	Larry Ellis	2009
Mile	4:33.71	Giegengack	2009	1500	4:07.59	Swarthmore	2009
3000	8:47.93	Atlantic 10	2010	3000	8:44.59	Lafayette	2010
5000	15:12.62	Giegengack	2010	5000	14:55.18	Swarthmore	2010



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

**Indoor Track 2009-10:** Scored at IC4A's in sixth with a personal-best 1:03.66...Won the 500m (1:06.45) at Princeton...**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 2010:** Turned in a personal best in 400m (48.52) at Atlantic 10 championships to take fifth..Won the 400m (49.73) at Lafayette...**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...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	1:03.66	IC4A	2010	400	48.52	Atlantic 10	2010
800	2:03.12	Collegeville	2009	800	2:02.29	Monmouth	2008



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

**Cross Country 2009:** Competed in five races...Team's top-finisher in 32nd with a personal-best 8K (24:22) at Paul Short...**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 2009-10:** Recorded season bests in 1,000m (2:29.81 at Atlantic 10) and Mile (4:19.34 at Lafayette/Rider)...**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 2010:** Turned in season bests in 800m (1:54.85) at George Mason and in 1,500m (3:55.13) at Larry Ellis...**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

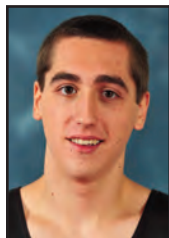


Brian Guterl

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# SENIORS



**George Arcarola**  
Senior • 6-0 • Middle Distance  
Richmond Hill, N.Y. • Archbishop Molloy

**Cross Country 2008:** Competed in one race...  
**Indoor Track 2009-10:** Ran a season-best 1:25.18 in 600m at New Years...**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 2010:** Turned in a season best in 800m (2:15.86) at Penn...**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				
600	1:25.18	New Years	2009				
800	1:58.43	Bucknell	2008				



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

**Cross Country 2009:** Competed in four meets... Season-best 8K (27:58.60) came at Princeton...  
**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 2009-10:** Ran season bests in the 3,000m (9:20.85) and 5,000m (15:57.72) at Delaware...**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 2010:** Set a personal best in 800m (2:06.59) at Larry Ellis...**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
800	2:06.59	Larry Ellis	2010	1500	4:06.74	Larry Ellis	2009
Mile	4:35.04	Thomson	2009	3000	8:56.50	Lafayette	2009
3000	8:54.36	NYU Fastrack	2009	5000	15:05.36	Swarthmore	2009
5000	15:55.85	Collegeville	2009	10000	31:34.91	Atlantic 10	2009



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

**Cross Country 2009:** Competed in five races...Ran a season-best 8K (26:05) at Paul Short...Turned in the team's third-best time (27:02.2) at the IC4A 10K...**2008:** Competed in five races...Best 8K finish (25:56.1) came at Princeton...**2007:** Competed in six meets...  
**Indoor Track 2009-10:** Turned in a personal-best 1:55.92 in 800m at Giegengack...Part of the 4x800 relay squad that scored (9th/7:45.33) at IC4As...**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 2010:** Did not compete...  
**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 its 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
500	1:05.92	Laf/Rider	2010	400	50.60	Onesty	2009
800	1:55.92	Giegengack	2010	800	1:55.03	Larry Ellis	2009
1000	2:34.64	Bucknell	2008				



Jesse Brooks

The Hawk Will Never Die!

# SENIORS



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

**Cross Country 2009:** Competed in five meets... Ran a season-best 8K (27:01.30) at Princeton...  
**2008:** Competed in four races...Best 8K finish (26:16) came at Paul Short...**2007:** Appeared in six meets...**Indoor Track 2009-10:** Turned in a personal and team best to take second (4:17.25) in mile at Lafayette/Rider...Placed third (4:18.35) in mile at Atlantic 10 championships...Part of the 4x800 relay squad that scored (9th/7:45.33) at IC4As...**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 2010:** Led the team in 1,500m with a personal-best 3:52.22 (at Swarthmore)...Won the 1,500m at Lafayette (3:58.77) and at George Mason (3:53.22)...**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
800	1:55.15	Giegengack	2009	800	1:55.14	Larry Ellis	2010
1000	2:29.11	PSU National	2009	1500	3:52.22	Swarthmore	2010
Mile	4:17.25	Laf/Rider	2010				



Luke Fischer



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

**Indoor Track 2009-10:** Season bests in 60m (7.62) at Princeton and in 300m (38.16) at New Years...  
**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 2010:** Turned in season bests in 100m (11.72) at Larry Ellis and in 200m (23.40) at Penn...**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
55	7.03	Jack Pyrah	2009	100	11.62	Larry Ellis	2009
60	7.62	Princeton	2010	200	22.73	Lafayette	2009
200	23.52	Collegeville	2009	400	51.23	Larry Ellis	2008
300	38.16	New Years	2009				
400	52.27	NYC Gotham	2009				



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

**Indoor Track 2009-10:** Turned in a personal-best 37.18 in 300m at Princeton...Part of 4x400m relay squad that took first (3:29.25) at Delaware...**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 2010:** Turned in season best in 400m hurdles (57.84) at Atlantic 10 championships...**2009:** Recorded a personal-best time of 56.56 in the 400m hurdles at the A-10s...**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
300	37.18	Princeton	2010	400 H	56.56	Atlantic 10	2009
400	51.01	Laf/Rider	2009				
500	1:06.92	Atlantic 10	2008				



# JUNIORS



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

**Cross Country 2009:** Ran in three meets...Best 8K finish (26:24.60) came at Princeton...**2008:** Did not compete...**Indoor Track 2009-10:** Turned in a personal best in the mile (4:22.58) at Lafayette/Rider...**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 2010:** Turned in season bests in 800m (2:06.48) at Larry Ellis and in 1,500m (4:22.27) at Lafayette...**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	4:22.58	Laf/Rider	2010	1500	3:56.25	Atlantic 10	2009



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

**Indoor Track 2009-10:** Won the 200m (23.18) at Delaware...**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 2010:** Turned in season bests in 100m (11.20) at George Mason and in 200m (22.46) at A-10s...**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	100	11.01	Larry Ellis	2009
60	7.17	NYC Gotham	2009	200	22.10	Lafayette	2009
200	22.47	Laf./Rider	2009				
300	32.72	Lafayette	2008				



**John DiPersio**  
Junior • 5-11 • Jumps/Sprints  
Doyfestown, Pa. • Central Bucks East

**Indoor Track 2009-10:** Posted the team-best triple jump (43'9") taking seventh at Atlantic 10 championships...**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 2010:** Turned in a personal best in triple jump (41'6 1/2") at A-10s...**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 letterwinner in track, once in cross country...Born February 2, 1990...Majoring in accounting.

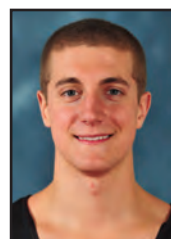
INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Lo. Jump	19'8"	NYC Gotham	2009	Lo. Jump	19'5 1/4"	Lafayette	2009
Hi. Jump	41'3"	Lafayette	2008	Tr. Jump	41'6 1/2"	Atlantic 10	2010
Tr. Jump	43'9"	Atlantic 10	2010				
55	7.07	Collegeville	2009				



**Adam Drastura**  
Junior • 6-1 • Long Sprints  
Linden, N.J. • Roselle Catholic

**Cross Country 2009:** Ran in four meets...Best 8K finish (29:00.36) came at Cappy Anderson...**2008:** Competed in two races...Season-best finish of 17:19.06 (21st) at Haverford three-mile race...**Indoor Track 2009-10:** Turned in a personal best in the 800m (2:00.56) at Lafayette/Rider...Ran a season-best 4:48.74 in the mile at Delaware...**2008-09:** Season best in the 800m (2:02.79) came at NYU Fastrack...**Outdoor Track 2010:** Did not compete...**2009:** Season-best finishes in 400m (52.40) and 800m (2:03.09) at Larry Ellis and Lafayette, respectively...**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	2:00.56	Laf/Rider	2010	400	52.40	Larry Ellis	2009
Mile	4:48.74	Delaware	2010	800	2:03.09	Lafayette	2009



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

**Cross Country 2009:** Ran in four meets...Team's top finisher (11th/16:03.10) in the three mile at Haverford...Season-best 8K (27:17.84) at Cappy Anderson...**2008:** Competed in six races...Best 8K finish (26:53.3) came at the A-10 Championship meet...**Indoor Track 2009-10:** Turned in season bests in 3,000m (9:14.50) at New Years and 5,000m (15:36.28) at Gotham Cup...**2008-09:** Did not compete...**Outdoor Track 2010:** Did not compete...**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
3000	9:14.50	New Years	2009	3000	9:30.92	Onesty	2009
5000	15:36.28	Gotham	2010				



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# JUNIORS



**Ryan Fenimore**  
**Junior • 5-11 • XC/Middle Distance**  
**Jackson, N.J. • Jackson Memorial**

**Cross Country 2009:** Did not compete...**2008:** Competed in six races...Finished 57th at A-10s...**Indoor Track 2008-10:** Did not compete...**2007-08:** Ran season bests in the 1,000m (2:32.49 at NYU) and Mile (4:20.48 at A-10s)...**Outdoor Track 2009-10:** Did not compete...**2008:** Logged season bests in the 800m (2:03.67 at Onesty), 1,500m (4:01.39 at Larry Ellis), and 3K Steeplechase (9:51.40 at Colonial Relays)...Won 1,500m at Monmouth...**High School/Personal:** Finished 17th senior year at cross country N.J. Meet of Champions, leading team to State Championship...Ran leg of All-American indoor 4xMile relay...Ran leg of All-American 4x800 relay team...Letterwinner for basketball and golf...Born June 16, 1988...Majoring in criminal justice.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
1000	2:32.49	NYU Fastrack	2008	800	2:03.67	Onesty	2008
Mile	4:20.48	Atlantic 10	2008	1500	4:01.39	Larry Ellis	2008
				3000 SC	9:51.40	Colonial	2008



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

**Indoor Track 2009-10:** Ran personal bests in 400m (51.94) at Lafayette/Rider and in 500m (1:08.92) at Giegengack...Took second in the 400m (53.60) at Delaware...**2008-09:** Season best in the 400m (2:02.79) and 500m (1:09.30) came at Delaware and NYU Fastrack, respectively...**Outdoor Track 2010:** Had a season best (52.74) in the 400m...**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	51.94	Laf/Rider	2010	400	52.45	Larry Ellis	2009
500	1:08.92	Giegengack	2010				



**Logan Hohn**  
**Junior • 5-9 • XC/Middle Distance**  
**Darien, Ct. • Darien**

**Cross Country 2009:** Ran in five meets...Best 8K finish (27:32.20) came at Princeton...**2008:** Competed in five races...Season-best 8K finish (27:03.1) came at Paul Short...**Indoor Track 2009-10:** Did not compete...**2008-09:** Season bests in the 800m (2:02.13) at Thomson and the 1,000m (2:38.62) at A-10s...**Outdoor Track 2010:** Had season bests in 800m (1:56.87) at Swarthmore and in 1,500m (4:11.08) at Colonial...**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**  
**Junior • 5-10 • XC/Distance**  
**Moorestown, N.J. • Camden Catholic**

**Cross Country 2009:** Named team's Most Outstanding Performer...Earned Atlantic 10 All-Conference honors after finishing second (26:13.9) in the A-10 championship's 8K...Placed 19th (32:38.7) at NCAA Mid-Atlantic Regionals to make the NCAA All-Region team...Teams top finisher three times...**2008:** Named A-10 Rookie of the Week three times...Season-best 8K finish (24:55.5) came at Princeton...**Indoor Track 2009-10:** Led the A-10 in 5,000m with a personal best (14:22.58) at Penn State Nationals...Owned the second fastest time in A-10 with a personal-best (8:16.74) in the 3,000m at Giegengack...Scored at IC4A championships in 5,000m (14:22.67) with a fifth-place finish...**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 2010:** Did not compete...**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	8:16.74	Giegengack	2010				
5000	14:22.58	PSU National	2010				



Junior Kevin McDonnell

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# JUNIORS



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

**Cross Country 2009:** Ran in four meets...Season-best 8K (27:21.80) came at Princeton...**2008:** Competed in five races...Best finish (27:16.3) came at Princeton's 8K race...**Indoor Track 2009-10:** Recorded personal bests in 800m (1:57.74 at Lafayette/Rider), mile (4:25.42 at Princeton), and 3,000m (8:58.68 at Delaware)...**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 2010:** Ran a season-best 4:11.62 in 1,500m at Colonial Relays...Posted a season best in the 3,000m steeplechase (9:52.16) at Lafayette...**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	1:57.74	Laf/Rider	2010	800	2:00.93	Lafayette	2009
1000	2:40.95	Collegeville	2009	1500	4:09.94	Atlantic 10	2009
Mile	4:25.42	Princeton	2010	3000	9:52.16	Lafayette	2010
3000	8:58.68	Delaware	2010				



**Ian O'Hara**  
**Junior • 6-0 • Middle Distance**  
**Wallingford, Pa. • Strath Haven**

**Cross Country 2009:** Competed in three races... Best 8K (30:04.72) came at Cappy Anderson...**2008:** Competed in the Haverford three-mile race with a 22nd-place (18:18.48) finish...**Indoor Track 2009-10:** Turned in a personal best in 800m (2:02.40) at Princeton...**2008-09:** Season-best finish in 800m (2:06.46) at Thomson...**Outdoor Track 2010:** Posted a season-best 2:08.37 at Larry Ellis...**2009:** Did not compete...**High School/Personal:** Born April 2, 1990...Accounting major.

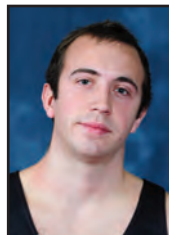
INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
800	2:02.40	Princeton	2010	800	2:08.37	Larry Ellis	2010



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

**Indoor Track 2009-10:** Turned in personal bests in 500m (1:09.72) at Delaware and in 800m (2:04.18) at Princeton...**2008-09:** Ran season bests in the 500m (1:10.71) at NYU Fastrack and the 800m (2:10.51) at Collegeville...**Outdoor Track 2010:** Recorded a personal best in 800m (2:00.84) at Larry Ellis...**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 freshman Tom DiNatale at C.B. East...Three time letterwinner in swimming and cross country, respectively...Two-time track letterwinner...Born February 26, 1990...Finance major.

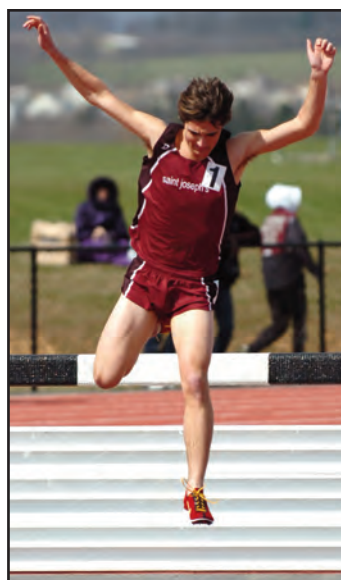
INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
500	1:09.72	Delaware	2010	400	54.54	Onesty	2009
800	2:04.18	Princeton	2010	800	2:00.84	Larry Ellis	2010



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

**Indoor Track 2009-10:** Did not compete...**2008-09:** Season-best 52.60 in 400m at Lafayette/Rider...**Outdoor Track 2010:** Recorded a season-best 52.68 in 400m at Larry Ellis...**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



Murphy O'Donnell



Dylan Wenik



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

**Indoor Track 2009-10:** Recorded a personal best in 800m (2:02.30) at Lafayette/Rider...**2008-09:** Ran season bests in the 400m (50.90) at NYU Fastrack and in 500m (1:06.79) at Lafayette/Rider...Won the 500m (1:08.21) at Delaware...**Outdoor Track 2010:** Posted season bests in 400m (50.58) at Atlantic 10 championships and in 800m (1:56.84) at Colonial Relays...**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	2:02.30	Princeton	2010	800	1:56.36	Larry Ellis	2009

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# SOPHOMORES



**Garrett Barbalinardo**  
Sophomore • 5-9 • Long Sprints  
Glen Ridge, N.J. • Glen Ridge

**Indoor Track 2009-10:** Recorded season bests in 500m (1:05.92) and 800m (1:58.67) at Penn State Relays and Giegengack, respectively...**Outdoor Track 2010:** Posted a season best in 400m (50.91) at Swarthmore...**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.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
500	1:05.92	PSU Relays	2010	400	50.91	Swarthmore	2010
800	1:58.67	Giegengack	2010				



**Gregory Etter**  
Sophomore • 5-9 • XC/Distance  
Delran, N.J. • Delran

**Cross Country 2009:** Did not compete...**Indoor Track 2009-10:** Recorded a season-best 4:49.34 in the mile at Delaware...**Outdoor Track 2010:** Did not compete...**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.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Mile	4:49.34	Delaware	2010			Did Not Compete	



**Drew Cogley**  
Sophomore • 6-2 • XC/Distance  
Camp Hill, Pa. • Cedar Cliff

**Cross Country 2009:** Competed in four races...Best 8K (27:57.42) came at Cappy Anderson...**Indoor Track 2009-10:** Posted a season-best 9:43.69 in 3,000m at Delaware...**Outdoor Track 2010:** Recorded season bests in 1,500m (4:20.82 at Larry Ellis), in 3,000m (9:21.99 at Lafayette), and in 5,000m (16:31.74 at Penn)...**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.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
3000	9:43.69	Delaware	2010	1500	4:20.82	Larry Ellis	2010
				3000	9:21.99	Lafayette	2010
				5000	16:31.74	Penn	2010



**Kyle Gorczynski**  
Sophomore • 6-4 • XC/Middle Distance  
Clementon, N.J. • Highland Regional

**Cross Country 2009:** Did not compete...**Indoor Track 2009-10:** Recorded season bests in 1,000m (2:37.30 at Princeton), in mile (4:30.32 at Gotham Cup) and in 3,000m (8:51.19) at Atlantic 10 championships...**Outdoor Track 2010:** Posted season bests in 800m (2:00.69 at Larry Ellis), in 1,500m (4:01.21 at A-10 championships), and in 3,000m (8:45.14 at Lafayette)...**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.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
1000	2:37.30	Princeton	2010	800	2:00.69	Larry Ellis	2010
Mile	4:30.32	Gotham	2010	1500	4:01.21	Atlantic 10	2010
3000	8:51.19	Atlantic 10	2010	3000	8:45.14	Lafayette	2010



**John Eastman**  
Sophomore • 6-1 • XC/Middle Distance  
Medford, Mass. • Boston College

**Cross Country 2009:** Did not compete...**Indoor Track 2009-10:** Turned in a season-best 4:45.07 in the mile at Giegengack...**Outdoor Track 2010:** Did not compete...**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.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Mile	4:45.07	Giegengack	2010			Did Not Compete	



**Connor Hubschman**  
Sophomore • 5-9 • Long Sprints  
Cresskill, N.J. • North Valley Regional

**Indoor Track 2009-10:** Posted team bests in 300m (36.05) and 400m (49.97) at New Years and Gotham Cup, respectively...Recorded a season-best 23.25 in 200m at Penn State Relays...**Outdoor Track 2010:** Did not compete...**High School/Personal:** Ran school-record time of 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.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
200	23.25	PSU Relays	2010			Did Not Compete	
300	36.05	New Years	2010				
400	49.97	Gotham	2010				

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# SOPHOMORES



**Kyle Lampart**  
**Sophomore • 5-11 • Middle Distance**  
**White Haven, Pa. • Hazelton Area**

**Cross Country 2009:** Competed in three races... Best 8K (29:33.60) came at Cappy Anderson...  
**Indoor Track 2009-10:** Did not compete...**Outdoor Track 2010:** Turned in season best in 800m (2:07.57) at Lafayette...**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.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
		Did Not Compete		800	2:07.57	Lafayette	2010



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

**Cross Country 2009:** Competed in three races... Best 8K (28:21.04) came at Cappy Anderson...  
**Indoor Track 2009-10:** Won the 3,000m (9:14.50) at Princeton New Years...Won the 1,000m (2:35.96) at Delaware...Recorded a season-best 1:59.08 in the 800m at Atlantic 10 championships...**Outdoor Track 2010:** Posted a season-best 1:57.81 in 800m at Swarthmore...**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.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
800	1:59.08	Atlantic 10	2010	800	1:57.81	Swarthmore	2010
1000	2:35.79	Princeton	2010				
3000	9:14.50	New Years	2009				



**Jon Mazzio**  
**Sophomore • 5-9 • XC/Distance**  
**West Chester, Pa. • Salesianum**

**Cross Country 2009:** Competed in seven races... Team's top finisher (15th/27:48.56) at Fordham Fiasco...Best 8K (25:47.91) came at Cappy Anderson...**Indoor Track 2009-10:** Recorded season bests in mile (4:26.09) and 3,000m (8:52.03) at Princeton and in 5,000m (15:27.13) at Giegengack...**Outdoor Track 2010:** Posted season bests in 800m (1:59.42) and 1,500m (4:04.56) at Larry Ellis...Recorded a team-best 9:51.16 in 3,000m steeplechase at Atlantic 10 championships...Ran a season-best 15:01.43 in 5,000m at Swarthmore...**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.

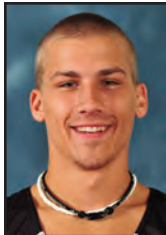
INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Mile	4:26.09	Princeton	2010	800	1:59.42	Larry Ellis	2010
3000	8:52.03	Princeton	2010	1500	4:04.56	Larry Ellis	2010
5000	15:27.13	Giegengack	2010	3000 SC	9:51.16	Atlantic 10	2010
				5000	15:01.43	Swarthmore	2010



Jon Mazzio

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# SOPHOMORES



**Vinny Nicastro**  
**Sophomore • 5-10 • XC/Distance**  
**Elizabeth, N.J. • Roselle Catholic**

**Cross Country 2009:** Competed in four races... Best 8K (27:15.45) came at Cappy Anderson...  
**Indoor Track 2009-10:** Recorded season bests in 3,000m (9:01.37) and 5,000m (15:41.09) at Giegengack and Delaware, respectively...  
**Outdoor Track 2010:** Posted season bests in 800m (2:09.01) and in 1,500m (4:11.54) at Larry Ellis...Ran a season-best 15:18.84 in 5,000m at Swarthmore...  
**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 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.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
3000	9:01.37	Giegengack	2010	800	2:09.01	Larry Ellis	2010
5000	15:41.09	Delaware	2010	1500	4:11.54	Larry Ellis	2010
				3000	9:13.22	Lafayette	2010
				5000	15:18.84	Swarthmore	2010



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

**Indoor Track 2009-10/2008-09:** Did not compete...  
**Outdoor Track 2010:** Turned in a season-best 50.08 at George Mason...Part of 4x400m relay squad that took second in a season-best and IC4A qualifying time of 3:15.02...  
**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.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
				400	50.08	G. Mason	2010



**Vinh Nghi To**  
**Sophomore • 5-5 • Jumps**  
**Philadelphia, Pa. • Lower Moreland**

**Indoor Track 2009-10:** Recorded season bests in long jump (20'5 1/4") at Princeton and in triple (41'5 1/4") at Delaware...  
**Outdoor Track 2010:** Posted a season-best 19'7 1/2" leap in the long jump at Penn...Recorded a season best in triple jump (40'7") at George Mason...  
**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.

INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
Lo. Jump	20'5 1/4"	Princeton	2010	Lo. Jump	19'7 1/2"	Penn	2010
Tr. Jump	41'5 1/4"	Delaware	2010	Tr. Jump	40'7"	G. Mason	2010



**Andrew Townsend**  
**Sophomore • 6-2 • XC/Middle Distance**  
**Selbyville, Del. • Sussex Technical**

**Cross Country 2009:** Competed in four races...Best 8K (28:02.73) came at Cappy Anderson...  
**Indoor Track 2009-10:** Won the 1,000m (2:27.65) at Lafayette/Rider...Posted season bests in 800m (1:57.73) at Princeton and in 1000m (2:27.45) at Atlantic 10 championships...Part of the 4x800 relay squad that scored (9th/7:45.33) at IC4As...  
**Outdoor Track 2010:** Posted a team-best 1:53.45 in 800m at Swarthmore...Ran a season best in 1,500m (4:03.25) at George Mason...  
**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.

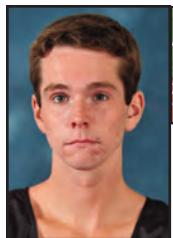
INDOOR				OUTDOOR			
EVENT	BEST	MEET	YEAR	EVENT	BEST	MEET	YEAR
800	1:57.73	Princeton	2010				
1000	2:27.45	Atlantic 10	2010				



Andrew Townsend

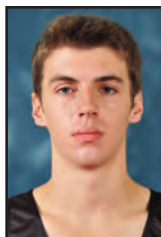


# NEWCOMERS



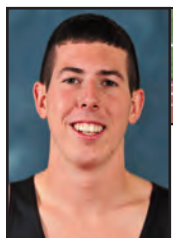
**Ryan Anderson**  
Freshman • 6-0 • Middle Distance  
Mahopac, N.Y. • Mahopac

**High School/Personal:** Captained cross country and track teams as a senior...Recorded personal bests in 800m (1:58.00) and in 400m (.52)...Born May 8, 1992...Majoring in finance.



**Peter Larmann**  
Freshman • 6-2 • Long Sprints  
Fairport, N.Y. • Fairport

**High School/Personal:** Team captain senior year... Two-time Scholar-Athlete...Earned team's Spark Plug award as a senior...Placed second in 4x400m relay at state qualifier senior year...Named All-Conference First Team for winning 4x400m relay...Born September 26, 1991...Lettered two years in track...Majoring in food marketing.



**Steve Dolan**  
Junior • 6-3 • Long Sprints  
Blue Bell, Pa. • La Salle College

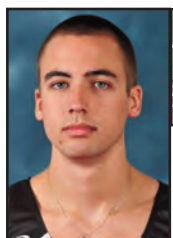
**High School/Personal:** Philadelphia All-Catholic team member junior year...Member of 4x400m and 4x800m relay squads...Member of PCL DMR Champions...Two-time letterwinner in baseball...

Born May 30, 1990...Marketing major.



**Aaron Leskow**  
Freshman • 6-2 • XC/Middle Distance  
Toms River, N.J. • Toms River North

**High School/Personal:** Holds school record in distance medley relay...Disney Cross Country Classic Champion...Father, Thomas, played basketball for Siena...Born December 20, 1991...Majoring in pharmaceutical marketing.



**Tyler Dougherty**  
Freshman • 5-9 • Sprints  
Warrington, Pa. • Central Bucks South

**High School/Personal:** Team captain senior year... State and Penn Relay champion in 4x100m relay as a senior...Placed 4th in 4x200m relay at state meet senior year...Lettered three years in track and one

in cross country...Born March 29, 1992...Majoring in interdisciplinary health services.



**Max Margiotta**  
Freshman • 5-8 • XC/Distance  
West Windsor, N.J. • West Windsor-Plainsboro

**High School/Personal:** Team captain as a senior... Three-time state qualifier...Helped team win Central Jersey Group IV championship...Three-year letterwinner in track...Born October 27, 1992...Business major.



**Derrick Henry**  
Freshman • 5-8 • Sprints/Hurdles  
Sicklerville, N.J. • Timber Creek

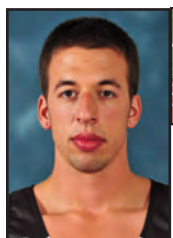
**High School/Personal:** Team captain as a senior... Helped team win conference, sectional and state championships as a senior...Placed fourth in intermediate hurdles at state meet senior year...Won

the 400m at sectionals and placed second at states junior year... Named Athlete of the Month on two occasions...Lettered four years in track and one in basketball...Born June 2, 1992...Majoring in interdisciplinary health services.



**Tommy O'Kane**  
Freshman • 5-11 • XC/Middle Distance  
Ambler, Pa. • La Salle College

**High School/Personal:** All-State, All-Catholic, and All-District honoree...Helped cross country team win four PCL championships...Helped team to second and third-place finishes at cross country state meet...Four-year varsity letterwinner in cross country and track...Born July 15, 1991...Business major.



**Ian Klinger**  
Freshman • 6-0 • Long Sprints  
Millersburg, Pa. • Millersburg Area

**High School/Personal:** Helped team win Tri-Valley League championships...Holds the school record in 4x800m sophomore year...Broke the Pine Grove Invitational 4x800m record as a freshman... Placed

second in 4x800 at district championships as a sophomore... Lettered three years in track, football, and basketball...Born July 11, 1991...Finance major.



**Michael Rankin**  
Freshman • 5-11 • XC/Distance  
Turnersville, N.J. • Paul VI

**High School/Personal:** Earned All-American honors in two-mile as a senior...State champion of 3200m in Non-Public A as a senior...Named All-South Jersey in cross country as a junior... Conference champion in 1600m and 3200m...Four-year varsity letterwinner in cross country and track...Born December 8, 1991... Majoring in elementary education.

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# NEWCOMERS



**Dan Roark**  
**Junior • 5-10 • XC/Distance**  
**Dracut, Mass. • Dracut/Quinnipiac**

**High School/Personal:** Two-time Dracut cross country team captain...Two-time cross country All-State honoree...Named conference's Cross Country Runner of the Year as a senior...State finalist for Wendy's High School Heisman for Massachusetts in senior season...Twice named to *Boston Herald's* cross country All-Scholastic team...Named to *Boston Globe's* All-Scholastic team in cross country as a junior...Two-time indoor conference champion in two-mile race...Born September 20, 1989...Economics major.



**Sean Staltari**  
**Freshman • 6-2 • XC/Distance**  
**Pittsburgh, Pa. • Mount Lebanon**

**High School/Personal:** Two-time state and district qualifier in track and cross country...Lettered four years in cross country and three in track...Born July 27, 1991...Majoring in food marketing.



**Jorry Senestant**  
**Sophomore • 5-10 • Sprints**  
**Philadelphia, Pa. • Monsignor Bonner**

**High School/Personal:** Captain of track team as a senior...Set personal records in 400m (51.12) and 800m (2:04) senior year...Placed second in 400m at division championships as a junior...Took third place in 200m championships as a freshman...Three-year track letterwinner...Born November 8, 1991...Majoring in computer science.



**Michael Yap**  
**Freshman • 5-6 • Sprints/Jumps**  
**Marlboro, N.J. • Freehold**

**High School/Personal:** Two-time team captain...Placed fourth in the long jump at state sectionals senior year...Lettered four years in track, two in football and one in swimming...Helped football team win state championships sophomore year...Born December 27, 1991...Business major.



**Tom Zamadics**  
**Freshman • 5-10 • XC/Middle Distance**  
**West Chester, Pa. • West Chester East**

**High School/Personal:** Two-time cross country team captain...Received cross country team's Most Valuable Player award two times...Named cross country team's Rookie of the Year...Qualified for districts in 4x800m relay as a senior...Lettered four years in cross country and two in track...Born October 9, 1991...Majoring in food marketing.





# 2009 CROSS COUNTRY REVIEW

The 2009 men's cross country team captured the Atlantic 10 Championship title for the first time since 2000 as head coach Mike Glavin, the 2009 A-10 Cross Country Coach of the Year, led his squad to one of the most successful seasons in Saint Joseph's history.

After two preseason meets at the Haverford Trials and the Fordham Fiasco in which the Hawks held out most of their top runners, SJU traveled to Princess Anne, Md., the third weekend of September to run the UMES course in the Cappy Anderson Invitational.

All but one Hawk ran in the pack of 109 runners in the 8K as sophomore Kevin McDonnell, graduate student Kyle Murray, and junior Brian Guterl led SJU placing third, fourth, and eighth, respectively. Following closely behind were senior Jonathan Sclafani (11th) and freshman Jon Mazzio (12th) to help the squad to a second place overall finish of the 11 teams competing in the race.

After a week of rest, the Hawks took some of their best harriers to the highly-competitive Paul Short Invitational in Bethlehem in which 386 runners ran the 8K course in the Lehigh Sports Complex. The Hawks finished 10th of 42 teams as Guterl led the Hawks finishing in 32nd, while Murray placed 40th and McDonnell took 44th. All three ran their fastest times of the season, blazing the course in times of 24:22, 24:28, and

24:32, respectively.

Two weeks later the Hawks competed in the Princeton Invite with a third place showing of 13 teams competing in the 8K. The trio of Murray, Guterl, and McDonnell led the way again as Murray took fourth and Guterl placed seventh while McDonnell finished 20th.

The Hawks entered the Atlantic 10 Championships with confidence and tore through a muddy Forest Park in St. Louis to take the home the 2009 title. McDonnell, Murray, and Sclafani earned All-Conference honors as McDonnell led the way taking second place in 26:13.9, less than a second behind Dayton's first-place finisher (26:13.3). Murray followed closely in 26:40.4 for a fifth-place finish, and Sclafani placed 15th (27:17.9). Jimmy Jennings trailed Sclafani in 16th (27:18.1) while Guterl ran the course with a sore hamstring finishing 18th as the fifth Hawk to finish in the top 20.

The Hawks headed back down to UMES for the NCAA Mid-Atlantic Regionals with a wealth of confidence as they turned in the best regional performance in program history, taking third of the 28 teams competing. McDonnell was the team's top finisher again finishing the 10K course 19th in a field of 197 runners. Murray took 35th and Guterl placed 39th while Sclafani and Jennings came in 41st and 47th, respectively.

The next Saturday the Hawks headed up to the IC4A Championships at Van Cortlandt Park, where Murray flew through the infamous hilly course in 25:44.5 to place 10th and earn All-East honors. A few individuals ran well as the squad took 11th place, but the team was tired from a long year and sat out a few key components to avoid injury. After a successful season the Hawks will look to repeat in 2010.

## 2009 CROSS COUNTRY AWARDS

### TEAM AWARDS

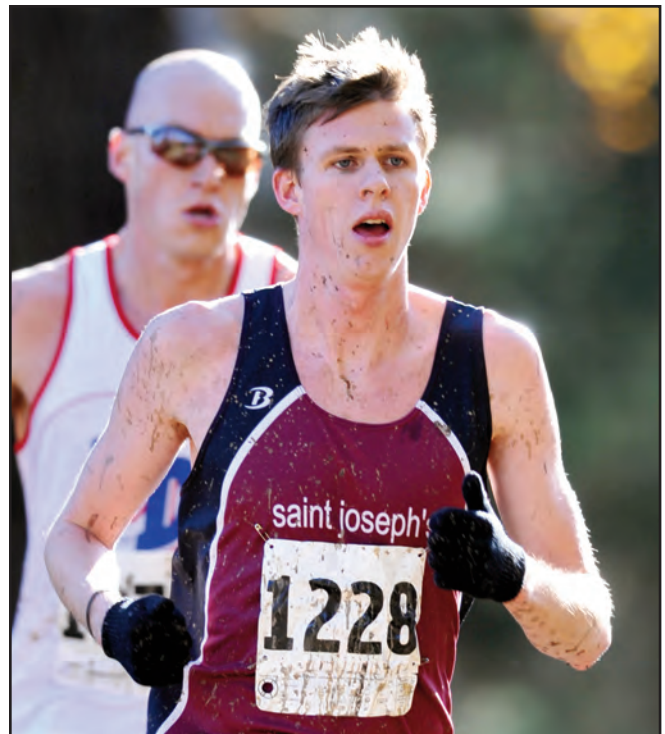
- MOST OUTSTANDING PERFORMER:** Kevin McDonnell
- SCHOLAR-ATHLETE AWARD:** Kyle Murray
- VASQUEZ AWARD:** George Wittmann
- LEAHY AWARD:** Kevin Donnelly
- ROOKIE OF THE YEAR:** Andrew Townsend
- MOST IMPROVED:** Murphy O'Donnell
- ACADEMIC AWARD:** Kyle Murray
- BEST TEAMMATE:** George Wittmann

### OTHER AWARDS

- NCAA Mid-Atlantic Regional Team:** Kevin McDonnell
- IC4A All-East:** Kyle Murray
- Atlantic 10 All-Conference:** Kevin McDonnell (2nd), Kyle Murray (5th), Jonathan Sclafani (15th)
- Atlantic 10 Sporting Award:** Kyle Murray

## 2009 CROSS COUNTRY RESULTS

DATE	EVENT	FINISH
9/1	Haverford Time Trials (Haverford, Pa.)	.....No Team Scoring
9/12	Fordham Fiasco Meet (Bronx, N.Y.)	.....6th of 16
9/19	Cappy Anderson Invitational (Princess Anne, Md.)	.....2nd of 11
10/2	Paul Short Invitational (Bethlehem, Pa.)	.....10th of 42
10/17	Princeton Invitational (Princeton, N.J.)	.....3rd of 13
10/31	Atlantic 10 Championships (Charlotte, N.C.)	.....1st of 14
11/14	NCAA Mid-Atlantic Regionals (Princeton, N.J.)	.....3rd of 28
11/21	IC4A Championships (Bronx, N.Y.)	.....11th of 13



Kyle Murray received 2009 Atlantic 10 All-Conference honors, IC4A All-East, and the 2009-10 Atlantic 10 Sporting award.

The Hawk Will Never Die!

# 2009-10 TRACK REVIEW



The Saint Joseph's 2009-10 men's track season was one of success and also a year for growth as the team suffered injuries as the season progressed, forcing younger talent to step up.

The indoor season was the Hawks' more successful campaign, as they started out strong in their first two meets in December at the Jack Pyrah Invitational at Haverford and the New Years Invitational at Princeton. The freshmen showed their colors right away as Garrett Barbalinardo and Ryan Garvin had second-place showings in the 500m and 800m at Jack Pyrah, respectively.

The Hawks kicked off January winning two events at Delaware and winning a relay at Penn State in the same weekend. Jumpers Victor DiNoia and John DiPersio took first in the long jump and triple jump, respectively at Delaware. At Penn State Jared Sabre placed second in the 500m dash and anchored the 4x400m in the Hawks third-place showing with a season-best, IC4A-qualifying time of 3:19.59 while the sprint medley squad took first.

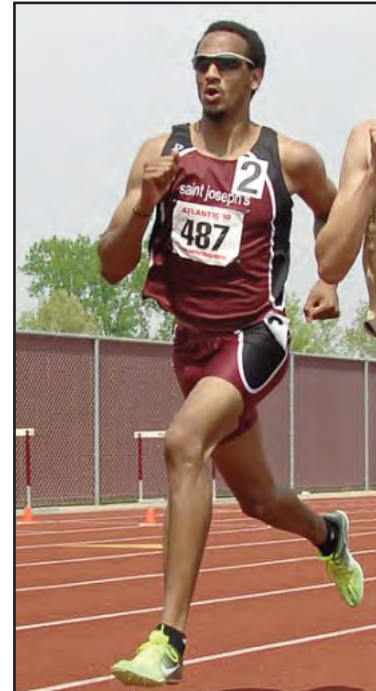
The next weekend Kevin McDonnell took third in the 3,000m at the Gotham Cup and the Hawks wrapped up January with a successful meet at Princeton. Sabre won the 500m dash at Princeton while helping the 4x400m relay squad to another third-place finish. The Hawks also had a pair of second-place finishes by Andrew Townsend in the 800m and Murphy O'Donnell in the mile, while jumpers DiNoia (20'8") and freshman Vinh Nghi To (20'5 1/4") had season bests in the long jump.

The team opened February at the highly competitive Penn State Nationals with three Hawks earning IC4A-qualifying times. McDonnell took third and Kyle Murray placed 10th in the 5,000m while Sabre finished sixth in the 500m.

After earning a qualifying spot in the 5,000m McDonnell raced to another IC4A-qualifying time (8:16.74) in the 3,000m at Yale's Giegengack Invitational. Jonathan Sclafani also earned a qualifying time in the 5,000m, taking second place while the DMR squad of Luke Fischer, Barbalinardo, Garvin, and Townsend ran to a collective 10:10.41, also qualifying for IC4A's.

Townsend paced the Hawks at the squad's last meet before the Indoor Atlantic 10 Championships at Lafayette-Rider. He won the 1,000m with an IC4A qualifying time and then improved his time (2:27.45) a week later in the final round to take third overall at A-10's. Also placing third at the A-10's were McDonnell in the 5,000m and Fischer in the mile. The 4x800m squad took fourth earning an IC4A-qualifying time of 7:50.82 while the distance medley also placed fourth. Overall, the team placed sixth in the conference, improving from last year's seventh-place finish.

McDonnell and Sabre highlighted the Hawks' IC4A performances with a fifth-place showing from McDonnell in the 5,000m and a sixth-place finish from Sabre in the 500m with a personal-best and the team's season-best time of 1:03.66. The 4x800m squad of Townsend, Garvin, Brooks, and Fischer also put in a sea-



**Andrew Townsend was named the team's Rookie of the Year.**

son-best performance (7:36.31) to finish fifth in prelims and took ninth overall.

After a successful indoor season a string of injuries marred the squad's outdoor season including some of the top harriers such as Kyle Murray, Kevin McDonnell, and Brian Guterl.

The Hawks finished fourth of seven teams in the Lafayette 8 Way meet as they won three events including Murray in the 3,000m, Sabre in the 400m, and Fischer in the 1,500m, while Murray also finished second in the 1,500m.

Heading into April the squad competed at the Penn Invite and the Colonial Relays. Jonathan Sclafani was the lone individual scorer at Colonial Relays while both Sclafani and Jennings recorded IC4A qualifying times in the 10,000m, while a fourth-place finish in the 4x800 relay highlighted the Penn Invite.

The next week Fischer paced the team at George Mason, winning the 1,500m while Sabre had another solid performance with a third-place finish in the 400m dash.

Sabre continued with incessant performances, taking fifth in the 400m and anchored the 4x400m relay squad that took third at Larry Ellis and anchored the 4x400m again at Penn Relays as the squad improved its time and took fourth place.

The next week at A-10's the same 4x400m squad of Smith, Philbrook, Barbalinardo, and Sabre took second, qualifying for IC4A's in 3:15.02. Sabre took fifth in the 400m and DiNatale and Brandt also had season-best performances in sprints. Philbrook took eighth in 400m hurdles and Luke Fischer also took eighth in the 1,500m.

At Swarthmore's Last Chance meet, Fischer put in his best time in the 1,500m, just missing the qualifying time by less than two seconds while Townsend and Young also missed qualifying by three seconds or less in the 800m.

At IC4A's the 4x800 squad of Young, Townsend, Garvin, and Fischer took third in prelims with their best time of the season (7:31.49) and placed eighth overall while the 4x400 squad of D. Smith, Philbrook, Barbalinardo, and Sabre took fourth in their heat and 21 of 22 teams. James Jennings and Sclafani placed 12th and 13th, respectively in the 10,000m.

Only losing a few seniors and key elements the Hawks will look to come back strong in the fall and make great strides in the 2010-11 season.

## 2009-10 TRACK AWARDS

### TEAM AWARDS

**MOST OUTSTANDING PERFORMER:** Jared Sabre

**SCHOLAR-ATHLETE AWARD:** Steven Philbrook

**VASQUEZ AWARD:** Tom DiNatale

**DORIE LEAHY AWARD:** Vince Collins

**ACADEMIC AWARD:** Victor DiNoia

**MOST DEDICATED:** Steven Philbrook

**ROOKIE OF THE YEAR:** Andrew Townsend

**MOST IMPROVED:** Murphy O'Donnell

**ACADEMIC AWARD:** Kyle Murray

**BEST TEAMMATE:** George Wittmann

### OTHER AWARDS

**Atlantic 10 Sporting Award:** Kyle Murray

www.sjuhawks.com



# 2009-10 RESULTS

## 2009 CROSS COUNTRY

Race Course:	Haverford Trials	Fordham Fiasco	Cappy Anderson	Paul Short Invite	Princeton Invite	A-10 Champs.	NCAA Regionals	IC4A Champs.
City:	Haverford College	V. Cortlandt Park	UMES	Lehigh University	W. Windsor Fields	Forest Park	UMES	V.Cortlandt Park
Distance (#):	Haverford, Pa. 3 mi. (40 runners)	Bronx, N.Y. 8K (173 runners)	Princess Anne, Md. 8K (109 runners)	Bethlehem, Pa. 8K (386 runners)	Princeton, N.J. 8K (179 runners)	St. Louis, Mo. 8K (141 runners)	Princess Anne, Md. 10K (197 runners)	Bronx, N.Y. 10K (123 runners)
Ryan Birchmeier			77th/29:08.60		69th/26:24.60	81st/28:49.8		
Jesse Brooks			46th/27:09.96	290th/26:05	91st/26:55.00	124th/29:57.6		79th/27:02.2
Drew Cogley	30th/16:51.40	94th/29:56.60	63rd/27:57.42		152nd/28:18.00			
Vince Collins	33rd/17:18.90	93rd/29:52.02	73rd/28:34.25		102nd/27:06.70	129th/31:03.0		102nd/27:38.0
Daniel Da Costa	35th/17:23.50	128th/30:56.70	83rd/29:22.72					
Kevin Donnelly		70th/29:09.76	85th/29:24.56		141st/27:58.60			110th/28:07.5
Adam Drastura	34th/17:22.30	129th/30:58.21	75th/29:00.36		172nd/29:36.30			
David Evans	<b>11th/16:03.10</b>	27th/28:09.42	50th/27:17.84		123rd/27:30.40			
Luke Fischer		58th/28:51.23	58th/27:34.95		98th/27:01.30	125th/30:16.1		120th/29:14.2
Ryan Garvin		91st/29:46.90	60th/27:41.16		129th/27:37.40			
Brian Guterl			8th/25:39.61	<b>32nd/24:22</b>	7th/25:13.00	18th/27:20.0	39th/33:23.3	
Logan Hohs	23rd/16:31.70	50th/28:31.34	62nd/27:54.93		126th/27:32.20			105th/27:46.1
Jimmy Jennings			26th/26:16.32	124th/25:06	26th/25:43.90	16th/27:18.1	47th/33:35.6	
Kyle Lampart	36th/17:27.80	124th/30:51.64	86th/29:33.60					
Conor Logan	29th/16:41.00	77th/29:18.69	61st/27:50.04					
Dave Manion	26th/16:34.10	76th/29:18.42	71st/28:21.04					
Jon Mazzio		<b>15th/27:48.56</b>	12th/25:47.91	282nd/26:02	82nd/26:40.70	55th/28:20.6	75th/34:12.0	82nd/27:06.1
Kevin McDonnell			<b>3rd/25:18.91</b>	44th/24:32	20th/25:37.90	<b>2nd/26:13.9</b>	<b>19th/32:38.7</b>	
Kyle Murray			4th/25:21.58	40th/24:28	<b>4th/25:09.00</b>	5th/26:40.4	35th/33:12.4	<b>10th/25:44.5</b>
Vincent Nicastro	20th/16:23.80	31st/28:14.65	48th/27:15.45		145th/28:06.80			
Murphy O'Donnell	22nd/16:30.70	42nd/28:22.66	59th/27:40.32		121st/27:21.80			
Ian O'Hara		140th/31:31.32	88th/30:04.72		175th/30:23.40			
Jonathan Sclafani			11th/25:47.90	83rd/24:49	48th/26:03.90	15th/27:17.9	41st/33:24.4	
Andrew Townsend	32nd/17:17.00	97th/30:00.76	65th/28:02.73		148th/28:08.40			
George Wittmann				281st/26:01	53rd/26:10.40		86th/34:25.6	73rd/26:56.5
Steve Young			67th/28:09.19		102nd/27:06.70	101st/29:14.4		116th/28:44.6

**BOLD** denotes team's top finisher

## 2009-10 INDOOR TRACK

DATE	EVENT	FINISH
12/5	Haverford Time Trials (Haverford, Pa.)	.No Team Scoring
12/11	Princeton New Years (Princeton, N.J.)	.No Team Scoring
1/8	Delaware Invitational (Newark, Del.)	.3rd of 4
1/9	Penn State Relays (State College, Pa.)	.No Team Scoring
1/15	Gotham Cup (New York, N.Y.)	.No Team Scoring
1/23	Princeton (Princeton, N.J.)	.No Team Scoring
1/29	Penn State Nationals (State College, Pa.)	.No Team Scoring
1/30	Thomson Invitational (Newark, Del.)	.1st of 5
2/6	Giegengack Invitational (New Haven, Conn.)	.No Team Scoring
2/12	Lafayette-Rider Invitational (New York, N.Y.)	.No Team Scoring
2/20	Atlantic 10 Championships (Kingston, R.I.)	.6th of 10
3/7	IC4A Championships (Boston, Mass.)	.T-36th of 52

## 2009-10 INDOOR SEASON BESTS

EVENT	INDIVIDUAL	RESULT	MEET
55m	Tom DiNatale	.6.83	Jack Pyrah
60m	Tom DiNatale	.7.31	Giegengack
200m	Tom DiNatale	.21.52	Lafayette/Rider
300y	Connor Hubschman	.36.05	New Years
400m	Connor Hubschman	.49.97	Gotham
500m	Jared Sabre	.1:03.66	IC4A
800m	Ryan Garvin	.1:55.75	Lafayette/Rider
1,000m	Andrew Townsend	.2:27.45	Atlantic 10
Mile	Luke Fischer	.4:17.25	Lafayette/Rider
3,000m	Kevin McDonnell	.8:16.74	Giegengack
5,000m	Kevin McDonnell	.14:22.58	PSU Nationals
Long Jump	Victor DiNoia	.20'8"	Princeton
Triple Jump	John DiPersio	.43'9"	Atlantic 10
4x400m	D. Smith, C. Hubschman, G. Barbalinardo, J. Sabre	.3:19.59	PSU Relays
4x800m	A. Townsend, J. Brooks, R. Garvin, L. Fischer	.7:36.31	IC4A
SMR	Saint Joseph's	.3:39.26	PSU Nationals
DMR	A. Townsend, C. Hubschman, R. Garvin, B. Guterl	.10:05.84	PSU Nationals

## 2010 OUTDOOR TRACK

DATE	EVENT	FINISH
3/27	Lafayette (Easton, Pa.)	.4th of 7
4/3	Colonial Relays (Williamsburg, Va.)	.T-27th of 30
4/3	Penn Invite (Philadelphia, Pa.)	.No Team Scoring
4/10	George Mason (Fairfax, Va.)	.No Team Scoring
4/17	Larry Ellis Invitational (Princeton, N.J.)	.No Team Scoring
4/24	Penn Relays (Philadelphia, Pa.)	.No Team Scoring
5/2	Atlantic 10 Championships (Charlotte, N.C.)	.11th of 11
5/10	Swarthmore Last Chance (Swarthmore, Pa.)	.No Team Scoring
5/16	IC4A Championships (Princeton, N.J.)	.T-52nd of 52

## 2010 OUTDOOR SEASON BESTS

EVENT	INDIVIDUAL	RESULT	MEET
100m	Tom DiNatale	.11.19	Atlantic 10
200m	Tom DiNatale	.22.46	Atlantic 10
400m	Jared Sabre	.48.52	Atlantic 10
400m Hurdles	Steven Philbrook	.54.77	Atlantic 10
800m	Andrew Townsend	.1:53.45	Swarthmore
1,500m	Luke Fischer	.3:53.22	Swarthmore
3,000m	Kyle Murray	.8:37.40	Lafayette
3,000m SC	Jon Mazzio	.9:51.16	Atlantic 10
5,000m	James Jennings	.14:38.72	Larry Ellis
10,000m	Jonathan Sclafani	.30:48.46	Colonial
Long Jump	Victor DiNoia	.20- 1/2	Larry Ellis
Triple Jump	John DiPersio	.41-6 1/2	Atlantic 10
4x100m	T. DiNatale, B. Smith	.42.99	Larry Ellis
4x200m	D. Brandt, D. Smith, T. DiNatale, D. Brandt	.1:31.07	Colonial
4x400m	S. Philbrook, G. Barbalinardo, D. Smith, S. Philbrook	.3:15.02	Atlantic 10
4x800m	G. Barbalinardo, J. Sabre, S. Young, A. Townsend	.7:31.49	IC4A
4x1,500m	R. Garvin, L. Fischer, K. Gorczynski, B. Guterl	.16:35.68	Colonial
SMR	L. Hohs, S. Young, Saint Joseph's	.3:22.57	Penn Relays
DMR	L. Fischer, J. Sabre, A. Townsend, R. Guterl	.10:01.12	Penn Relays

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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Jill Redmond

**Associate Director of Communications**  
Melissa Kristofak

**Advanced Media & Communications Assistant**  
Molly Gallagher

**Administration/Operations Assistant**  
Pete Woody



The Irwin Belk Track and Field Center (above) at UNC Charlotte will see the conclusion of the 2011 Atlantic 10 Outdoor Track & Field Championships.

The 2010 Cross Country Atlantic 10 Championships will be hosted by Duquesne at Schenley Park.



Mackal Fieldhouse (above) at the University of Rhode Island will serve as host to the 2011 Atlantic 10 Indoor Track & Field Championships.



# ATLANTIC 10 RESULTS

## ATLANTIC 10 CROSS COUNTRY 2009 FINAL RESULTS (St. Louis, Mo.)

1. Saint Joseph's .....56
2. Massachusetts .....67
3. Dayton .....70
4. La Salle .....119
5. Temple .....120
6. Duquesne .....167
7. Charlotte .....171
8. Richmond .....203
9. Xavier .....239
10. George Washington .....279
11. Saint Louis .....313
12. Fordham .....333
13. Rhode Island .....381
14. St. Bonaventure .....469

### HAWK FINISHERS

2. Kevin McDonnell ...26:13.9
5. Kyle Murray .....26:40.4
15. Jon Sclafani .....27:17.9
16. Jimmy Jennings ...27:18.1
18. Brian Guterl .....27:20.0
48. George Wittmann ...28:14.2
55. Jon Mazzio .....28:20.6
81. Ryan Birchmeier ...28:49.8
101. Steve Young .....29:14.4
124. Jesse Brooks .....29:57.6
125. Luke Fischer .....30:16.1
129. Vince Collins .....31:03.0



Ryan Birchmeier and Logan Hohns

## ATLANTIC 10 INDOOR TRACK 2010 FINAL RESULTS (Kingston, R.I.)

1. Charlotte .....207
2. Rhode Island .....129
3. Temple .....126
4. La Salle .....82
5. Massachusetts .....68
6. Saint Joseph's .....45
7. Fordham .....39
8. Xavier .....35
9. Richmond .....32
10. Saint Louis .....17

### HAWK FINISHERS

- 55m**  
 NQ. Drew Brandt .....6.80  
 NQ. Tom DiNatale .....6.85
- 200m**  
 NQ. Bobby Staten .....22.92  
 NQ. Drew Brandt .....23.33  
 NQ. Victor DiNoia .....23.65
- 400m**  
 8. Connor Hubschman .50.62  
 9. David Smith .....51.18  
 NQ. Brian Smith .....53.63
- 500m**  
 4. Jared Sabre .....1:05.50  
 10. Garrett Barbalinardo 1:07.05  
 NQ. Dylan Wenik .....1:08.10
- 800m.**  
 7. Ryan Garvin .....1:56.25  
 NQ. David Manion .....1:59.08  
 NQ. Jesse Brooks .....2:02.14
- 1,000m**  
 3. Andrew Townsend ..2:27.45  
 6. Brian Guterl .....2:30.84
- 1 Mile**  
 3. Luke Fischer .....4:18.35  
 11. Jon Mazzio .....4:29.30  
 17. Ryan Birchmeier ...4:42.48
- 3,000m**  
 13. Kyle Murray .....8:44.66  
 17. Vince Collins .....8:47.93  
 19. Kyle Gorczynski ...8:51.19
- 5,000m**  
 3. Kevin McDonnell .14:47.82  
 9. Jonathan Sclafani .15:11.04  
 14. George Wittmann .15:30.65
- 4x400m Relay**  
 5. Hubschman, D. Smith, Barbalinardo, Sabre .14:47.82
- 4x800m Relay**  
 4. Townsend, O'Donnell Garvin, Fischer ...14:47.82
- Distance Medley**  
 4. O'Donnell, Philbrook Guterl, Fischer ...10:07.36
- Long Jump**  
 13. Vinh Nghi To .....19-04.00  
 14. Victor DiNoia .....19-03.50
- Triple Jump**  
 7. John DiPersio ....43-09.00  
 13. Vinh Nghi To .....38-11.50

## ATLANTIC 10 OUTDOOR TRACK 2010 FINAL RESULTS (Boston, Mass.)

1. Charlotte .....234
2. Temple .....139
3. Rhode Island .....123
4. Massachusetts .....104
5. Duquesne .....47
6. La Salle .....43
7. Richmond .....42
8. Fordham .....39
9. Saint Louis .....37
10. Xavier .....30
11. Saint Joseph's .....20

### HAWK FINISHERS

- 100m**  
 NQ. Drew Brandt .....11.19  
 NQ. Tom DiNatale .....11.34
- 200m**  
 12. Tom DiNatale .....22.46  
 13. Drew Brandt .....22.49
- 400m**  
 5. Jared Sabre .....48.52  
 11. David Smith .....50.15  
 13. Dylan Wenik .....50.58
- 400m Hurdles**  
 8. Steve Philbrook .....54.77  
 16. Brian Smith .....57.84
- 800m**  
 13. Steve Young .....1:54.27  
 21. Andrew Townsend .1:59.72  
 23. Ryan Garvin .....2:02.09
- 1,500m**  
 8. Luke Fischer .....3:56.17  
 13. Kyle Gorczynski ...4:01.21  
 24. Brian Guterl .....4:12.44
- 3,000m SC**  
 9. Jon Mazzio .....9:51.16
- 5,000m**  
 13. Vince Collins .....15:46.20  
 21. George Wittmann .16:33.65
- 10,000m**  
 7. Jonathan Sclafani .30:48.45  
 20. Kevin Donnelly ...33:34.64
- 4x100m Relay**  
 8. Saint Joseph's .....43.02
- 4x400m Relay**  
 2. Saint Joseph's ....3:15.02
- 4x800m Relay**  
 6. Saint Joseph's .....7:34.08
- Triple Jump**  
 12. John DiPersio ....41-06.50  
 15. Vinh Nghi To .....39-04.50

\*Note- Places listed are from finals  
 NQ- denotes non-qualifying time

The Hawk Will Never Die!

# CROSS COUNTRY RECORD BOOK



## ACADEMIC ALL-AMERICAN

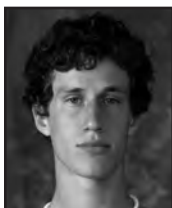
2003 .....Tim Fisher (3rd)

## ACADEMIC ALL-DISTRICT

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

## ATLANTIC 10 STUDENT ATHLETE OF THE YEAR

2003 .....Tim Fisher (IT)



Tim Fisher

## ALL-TIME NCAA QUALIFIERS

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

## ATLANTIC 10 ALL-ACADEMIC

2009 ... Will Rowland (XC, IT, OT)  
2007 ..... Matt McClure (IT, OT) ..... Teddy Meyers (XC, IT, OT)  
2006 .Teddy Meyers (XC, IT, OT) ..... Matt Petrocci (IT, OT) ..... Andrew Thomas (IT, OT)  
2004 ..... Nick Carras (IT, OT) ..... Kile Garguilo (OT) ..... Collin Martin (OT)  
2003 ..... Andre Laboy (XC) ..... Tim Fisher (IT, OT) ..... Nick Carras (IT, OT) ..... Doug Rick (IT)  
2002 ..... Tim Fisher (IT, OT) ..... Ben Koch (XC, IT, OT)  
2001 ..... Ben Koch (XC, IT, OT)  
2000 ..... Ben Koch (OT)  
1999 ..... Kevin Beck (OT) ..... Kris Feeko (OT)  
1997 ... Todd Nettleton (IT, OT)  
1996 ..... Mark Novis (XC, IT)  
1995 ..... Steve Biggs (IT) ..... Rob Yochum (IT)  
1994 ..... Vince Cieslik (XC, IT)  
1993 ..... Anthony Jones (IT)  
1992 ..... Gabe Wilson (XC)  
1991 ..... Matt Cieslik (XC) ..... Joe McGinn (XC) ..... Kevin Sierka (XC)  
1990 ... John Chilkotowsky (XC) ..... Joe McGinn (XC)  
1986 ..... Frank 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
2009	Saint Joseph's	1st	Kevin McDonnell	2nd
			Kyle Murray	5th
			Jonathan Sclafani	15th
2008	Massachusetts	7th	Brian Guterl	12th
			Jonathan Sclafani	15th
2007	La Salle	5th	Kyle Murray	9th
2006	La Salle	6th	Mike DiDio	6th
			Teddy Meyers	7th
2005	Duquesne	4th	Teddy Meyers	2nd
			Will Rowland	15th
2004	La Salle	8th	Joe Mohn	7th
2003	La Salle	2nd	<b>Andre Laboy</b>	<b>1st</b>
2002	La Salle	2nd	Andre Laboy	3rd
			Joe Mohn	9th
2001	La Salle	2nd	Bill Hoffman	5th
			Ben Koch	7th
			Brian Rosetti	8th
2000	Saint Joseph's	1st	<b>Karl Savage</b>	<b>1st</b>
			Ben Koch	2nd
			Jim Smith	5th
			Joe Lanci	7th
1999	La Salle	3rd	None	
1998	Saint Joseph's	1st	<b>John Williams</b>	<b>1st</b>
			Karl Savage	2nd
			Ross Martinson	3rd
1997	Virginia Tech	3rd	John Cappiello	4th
			Ross Martinson	7th
1996	Virginia Tech	2nd	<b>Matt Byrne</b>	<b>1st</b>
			John Williams	9th
1995	Massachusetts	3rd	<b>Matt Byrne</b>	<b>1st</b>
			John Cappiello	10th
1994	West Virginia	3rd	None	
1993	West Virginia	2nd	Mark des Garennnes	3rd
			Vince Cieslik	8th
			Matt Byrne	9th
1992	Saint Joseph's	1st	Mark des Garrennes	3rd
			Gary Morrison	4th
			Vince Cieslik	6th
			Brian McCafferty	7th
			Brian Alling	9th
			Anthony Jones	10th
1991	West Virginia	5th	Vince Cieslik	8th
1990	Penn State	2nd	Gary Morrison	2nd
			John Chilkotowsky	10th
1989	Penn State	4th	None	

Bold indicates Atlantic 10 Champion



Byrne



Savage



Williams



# 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 Genter	.2:10.24	1979
1,000m	Steve Ave	.2:22.2	1986
1,500m	Jim Norris	.3:44.6	1984
3,000m	Andre Laboy	.8:09.07	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

Bold denotes current member

## 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
<b>Mike Glavin</b>	<b>1983</b>
Vic Monkiewicz	1984
Ron Manion	1985
Joe Genter	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
Al Connelly	2008
Bernadette Spear	2008
Bill Super	2008
Pete Toughill	2008
Matt Byrne	2009
Gabby Quezada	2009
Gina Bundy	2010
James Scott	2010



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

The Hawk Will Never Die!

# 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, Steve 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
2010	Charlotte	6th	None	
2009	Charlotte	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	.1Mile
			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	.1Mile
			Tim Fisher	.5,000m
			SJU	.4x400m
2002	Rhode Island	2nd	James Scott	.200m
			Eric Chekemian	.500m
			Andy Craycraft	.800m
			Brian Rosetti	.1Mile
			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	.1Mile, 3,000m
			SJU	.4x400m, DMR
2000	Virginia Tech	4th	Karl Savage	.1Mile
			SJU	.DMR
			SJU	.4x400m
1999	Virginia Tech	4th	Karl Savage	.1Mile, 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
2010	Charlotte	11th	None	
2009	Charlotte	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 Polis	.400m
1997	Virginia Tech	6th	Pat Nocito	.1,500m
			Matt Byrne	.5,000m

**Bold** indicates current athlete



# IC4A TRACK SCORERS

## INDOOR TRACK

YEAR	NAME	EVENT	PLACE
1955	Frank McLaughlin	1,000 Yard Run	.4th
1957	Jim Gavaghan	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 Genthner	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		
	Eric 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, Koneski, Rick	4x400 Meter Relay	.4th
	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, Petrocci, DiDio	4x800 Meter Relay	.7th
2009	Bobby Staten	200 Meter Dash	.3rd
	Brian Guterl	1,000 Meter Run	.8th
2010	Jared Sabre	500 Meter Dash	.6th
	Kevin McDonnell	5,000 Meter Run	.5th
	Townsend, Brooks, Garvin, Fischer	4x800 Meter Relay	.9th

## 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		
2010	Young, Townsend, Garvin, Fischer	4x800 Meter Relay	.8th

**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 Ampthor .....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-present**  
 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 Ayler .....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  
**Garrett Barbalinardo .2009-present**  
 Jim Barge .....1988-91  
 Barley .....1943  
 Paul Barolette .....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 .....2006-10  
 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 Buttill .....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  
**Drew Cogley .....2009-present**  
 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 Crooke .....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 DelCollo .....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 Diahely .....1966  
 Dave DiBernardino .....1990-93  
 Mike DiDio .....2002-07  
 Di lenno .....1969-70  
 Joe Dietz .....1956  
 Tom Dillon .....1950  
**Tom DiNatale .....2008-present**  
 Tom Dineen .....1935-37  
 Victor DiNoia .....2008-10  
 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 Dohler .....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  
 Jim 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  
 Shawn Duffy .....2003-07  
 Mike Dugan .....1990-91



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Tom Duggan .....1979-80  
 Kurt Dungan .....1977-81  
 John Dunn .....1973-77  
 James Durkin .....1967  
 Jack Durkin .....1931-34  
 Gene Duschman .....1949

## E

Francis Earley .....1942  
**John Eastman .....2009-present**  
 David Edgcomb .....2002-03  
 Jim Egan .....1973-74  
 Jim Eirikis .....1974-78  
 Dennis Enderle .....1977-78  
 Norm English .....1956  
 John Ennett .....1984-85  
 Al Erbrich .....1949-51  
**Greg Etter .....2009-present**  
**David Evans .....2008-present**  
 Bill Ezekiel .....1956

## F

Geoff Fahey .....1999-03  
 Scott Fairgrieve .....1969-71  
 Jeremy S. Fallis .....2003-05  
 Tom Fannon .....1949-51  
 Lou Fante .....1966  
 Bernie Farley .....1934-36  
 Jim Farley .....1983-85  
 Bill Farrell .....1953  
 Bob Farrell .....1956-59  
 Kevin Farrell .....1982-86  
 Tom Farrell .....1969-71  
 Joe Fasey .....1934-36  
 Kris Feeko .....1997-99  
 James Feeney .....1982-86  
 Paul Felix .....1995-98  
 Ryan Fenimore .....2007-09  
 Vince Feola .....1987-91  
 Junior Fetlow .....1983-87  
 Pete Fickingner .....1984-88  
 James Finore .....2004  
 Tony Fiorentino .....1979-83  
 Leo Fischer .....1966-67  
**Luke Fischer .....2007-present**  
 Patrick Fiscus .....1965  
 Tim Fisher .....1999-03  
 Pat Fissue .....1966  
 Tim Fitzgerald .....1984-85  
 Larry Fitzhenry .....1982-86  
 Dick Fitzpatrick .....1955  
 John Fitzpatrick .....1951  
 Mike Fitzpatrick .....1972-74  
 Joe Fitzsimmons .....1935  
 Vince Flaherty .....1934  
 John Fleming .....1935  
 Buck Flemming .....1936-38  
 Mark Flemming .....1977-78  
 Gregory Floyd .....1982-85  
 Jim Flynn .....1982-85  
 Tom Foley .....1948-50  
 Al Ford .....1988-92  
 Bob Foster .....1974-78  
 Pat Fowler .....1951  
 Jim Frazier .....1948-49  
 Nate Freeman .....1969-72  
 Frank Fudala .....1995  
 Steve Fuller .....1931-32  
 Henry Fulmer .....1966-68  
 Joseph Furey .....1936

Bill Furey .....1959-60  
 Ed Furey .....1954-56  
 Joe Furia .....1975-76  
 Tony Fusso .....1953  
 Bill Futsey .....1958

## G

Eric Gajdzis .....1999  
 James Gallagher .....1942  
**Michael Gallagher .....2008-present**  
 Paul Gallagher .....1979-80  
 Jack Galster .....1936  
 Steven Gambescia .....1976-80  
 Kile Garguilo .....2000-04  
 Tony Gatto .....1935-36  
 Jim Gavaghan .....1955-59  
 Frank Gavin .....1947-49  
 Mike Gaynor .....1975-79  
 Joe Genther .....1975-79  
 Austin Gerber .....1937  
 Euclid Gibson .....1974-78  
 John Gibson .....1926-28  
 John Gilligan .....1938-40  
 Tom Gilmore .....1989-91  
 David Gingras .....1973  
 Harry Ginsburg .....1935  
 Reuben Gist .....1969-72  
 John Glah .....1971-76  
 James Glah .....1970-74  
 Kevin Glah .....2000-03  
 Joseph Glasnovich .....2007-10  
 Gene Glavin .....1951-53  
 Mike Glavin .....1974-78  
 Tom Glenn .....1950  
 P. Golden .....1943  
 Joe Gooley .....1934  
 Tom Gonzalez .....2006-09  
**Kyle Gorczynski .....2009-present**  
 Joe Grannantonio .....1959  
 Adam Granito .....1986-89  
 Chris Green .....1983-87  
 Bob Greer .....1976-78  
 Gary Grieco .....1975-79  
 Joe Grill .....1960-61  
 Chuck Grimes .....1966-69  
 Bill Grogan .....1943  
 Tom Groves .....1982-83  
 Ernie Guldin .....1977-81  
**Brian Guterl .....2007-present**

## H

Len Hacking .....1969-72  
 Mike Haddon .....1948  
 John Hagan .....1968-73  
 Bob Hagarty .....1955-58  
 Jack Hagarty .....1935-36  
 Chris Hageman .....1985-89  
 John Hageman .....1984-87  
 Corey Haith .....1989-90  
 G. Ron Hangey .....1966  
 Brendan Harkins .....1988-89  
 Jerome Harris .....2003-04  
 Joe Hartman .....1998-02  
 Darrell Hayes .....1985-87  
 Jeff Heath .....1993  
 Gordon Heeke .....1953-54  
 Dave Heenan .....1993-94  
 Steve Hefferan .....1987-91  
 Jon Heidelberger .....1969-72  
 Keith Heigman .....1976-78

Justin Heinze .....2005-09  
 Bill Hemsley .....1934  
 Mike Hensley .....1969-72  
 Tom Hennessey .....1949  
 James Henry .....1926  
 Tom Hepgran .....1955  
 Harry Hermeny .....1935-37  
 William Hettel .....1951-53  
 Joe Hevener .....1979-83  
 Al Hewitt .....1949-50  
 Rob Hewitt .....1999-04  
 Henry Hiemeny .....1936  
 Tom Higginbotham .....1951-54  
 Daniel Hilferty .....1936  
 Michael Hinton .....1971-72  
 Bill Hoffman .....1998-02  
 Joe Hoffman .....1955-56  
**Logan Hohs .....2008-present**  
 William Hooven .....1969-71  
 Sean Hopkins .....1977-80  
 Jim Hopta .....1986-90  
 Zach Houck .....2004-06  
 Michael Howanski .....2005-07  
**Connor Hubschman .....2009-present**  
 Bob Hughes .....1964  
 Tom Hughes .....1982-85  
 Bill Hugues .....1973-74  
 Joe Huner .....1954-55  
 Al Hunt .....1952-54  
 Bill Hunt .....1977-79  
 Dave Hunt .....1984-88  
 Robert Hurley .....1960  
 Matt Hutchinson .....1971-74  
 Joe Huver .....1953  
 Vincent Hyatt .....1975-79  
 Bob Hyle .....1955  
 John Hynes .....1955

## I

Dave Iremonger .....1973-76

## J

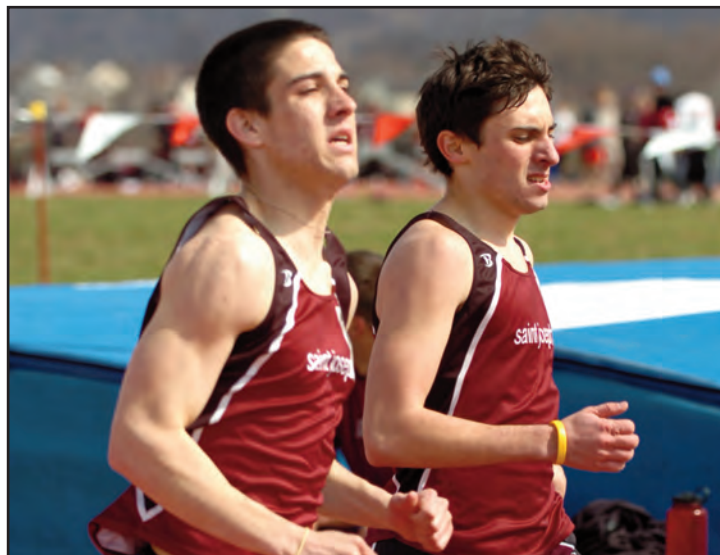
Bob Jackson .....1991-95  
 Len Jakubezek .....1955  
 Bill James .....1998-02  
 Mike James .....1962-64  
 Jeff Jengo .....2002-06

Jimmy Jennings .....2006-10  
 Dave Jenson .....1982-84  
 Robert Jerai .....1970-71  
 Jerry Johansson .....1982-85  
 Bruce Johnson .....1969-72  
 Ken Johnson .....1982-86  
 Chris Johnston .....1982-86  
 Kevin Johnston .....1969-73  
 Anthony Jones .....1989-93  
 Leigh Jones .....1979-80  
 Stan Jones .....1952  
 Rich Joseph .....1971-72

## K

Andy Kalen .....1926  
 Mike Kane .....1951-54  
 Rich Kaniewski .....1962-64  
 Christian Kant .....1995-98  
 Jim Kase .....1954  
 George Kasinkas .....1977-81  
 Tom Katan .....2005-06  
 Fred Kauffman .....1931-35  
 Brendan Kearney .....2005-09  
 Todd Keaveney .....1982-85  
 Steve Keen .....1983-84  
 Joe Kelley .....1950  
 John Kelley .....1947-50  
 Charles Kelly .....1979-84  
 Dave Kelly .....1969-71  
 Edward Kelly .....1966-69  
 Lou Kelly .....1977-81  
 Wally Kempczynski .....1951-53  
 Vince Kempton .....1960  
 Pat Kennelly .....1986-87  
 Joe Kenney .....1947  
 Chris Kessler .....2003-06  
 Joe Kilgariff .....1934-35  
 Tim Killion .....1987-90  
 Ed Kincade .....1971-74  
 Brian Kincaid .....1979-80  
 Rich Kirchner .....1971-74  
 Chuck Kittredge .....1987-93  
 Stephen Kittredge .....1983-88  
 Delmar Knauer .....1969-70  
 Bill Knox .....1982-86  
 Colin Knox .....1993-94  
 Shane Kimmons .....2003-04

The Hawk Will Never Die!



Dylan Wenik and David Manion



# ALL-TIME ROSTER

Ben Koch .....1998-02  
 Francis Kolimago .....1983-87  
 Thomas Kolimago .....1983-87  
 Chris Koneski .....2000-04  
 Steve Kratsinger .....1955-56  
 Conrad Krause .....1951-54  
 Jack Krenlen .....1943  
 Tom Kuehn .....1999  
 Gene Krueger .....1959-61  
 Tony Kubicek .....1978-79  
 Joe Kutys .....1967-69

## L

Andre Laboy .....2002-05  
 Tom Lallen .....1940  
 Jack Lalley .....1931-34  
 Frank Lammer .....1928  
**Kyle Lampart** .....**2009-present**  
 Joe Lanci .....1998-00  
 Rory Landreth .....1968-71  
 Jeff Lane .....1977-81  
 Herb Lapp .....1968-69  
 Mark Lasrich .....1972-73  
**Christopher Lau** .....**2007-present**  
 Kyle Laudadio .....2002-06  
 Paul Leary .....1979-82  
 Vince Lee .....1973-74  
 Robert Leneweaver .....1982-86  
 Ed Lennex .....1972-76  
 Ed Leva .....1950-51  
 Matt Lewis .....1999-03  
 John Lieb .....1960-62  
 Larry Livingston .....1978-80  
**Conor Logan** .....**2009-present**  
 Steve Lojewski .....1982-83  
 Jeff Long .....1987-91  
 Nick Loreto .....1999  
 Brian Lyman .....1977-78  
 Art Lynch .....1963-64  
 John Lynch .....1956-60  
 Bill Lyons .....1973-77  
 Dave Lyons .....1943,1948  
 Steve Lyons .....1972-76

## M

Marc Maccario .....1998-02  
 William MacMurtrie .....1938-40  
 Dave MacNamara .....1943  
 Dick MacPherson .....1951-52  
 Don MacPherson .....1955  
 Bob Madden .....1962-64  
 Shawn Magee .....1997-00  
 Fred Maglione .....1969-71  
 Dan Maguire .....1968-69  
 Louis Maguire .....1961-63  
 Jim Maher .....1934-35  
 John Maher .....1943  
 Fred Mahler .....1950-51  
 Bryan Mahon .....1996-99  
 Steven Mahoney .....1982-85  
 Joe Malinowski .....1980-81  
 Tim Malloy .....1972-73  
 Bob Maloney .....1947-49  
 Doug Mangini .....1979-80  
 John Maniglia .....1972-76  
**David Manion** .....**2009-present**  
 Frank Manion .....1951-54  
 Joe Manion .....1953  
 Ron Manion .....1973-78  
 Tom Manion .....1953

Vic Mankiewicz .....1966  
 Chuck Mannix .....1977-80  
 Joseph Marasciullo .....1970-72  
 Mike Marchesani .....1959-61  
 Mike Marchesani .....2001-02  
 Charles Marcinkiewicz .....1967-69  
 Joe Margre .....1988-90  
 Mark Mariano .....1982-83  
 Ray Marini .....1953-54  
 Tom Markey .....1972-74  
 Brian Markley .....1983-84  
 Jack Marko .....1969-72  
 Enrique Marti .....1986-90  
 Collin Martin .....2001-05  
 Joe Martin .....1951-53  
 Daniel Martinez .....1971-74  
 Bryon Martinsen .....1979-83  
 Ross Martinson .....1996-99  
 Dave Masse .....2002-06  
 Ed Mather .....1954  
 Walter Matteussi .....1941-42  
 Richard Matts .....1982-85  
 Walt Matucci .....1940  
 Jack Max .....1943  
 Dan Mays .....1999-02  
**Jon Mazzio** .....**2009-present**  
 Kean McAdam .....1975-79  
 Jim McAlpin .....1955-57  
 John McAndrew .....1942  
 Sean McAneny .....2001-03  
 Joe McAndrews .....1960-62  
 Mike McCabe .....1998-02  
 Tom McCabe .....1943  
 Brian McCafferty .....1992-95  
 Jim McCaffrey .....1973-75  
 Tom McCaffrey .....1947-49  
 Jack McCalla .....1936  
 Gregory McCarthy .....1969-73  
 John McCarthy .....1956-58  
 Justin McCarthy .....2005-06  
 Kevin McCarthy .....1972-76  
 Matt McCloskey .....1989-93  
 Phil McCloskey .....1951-54  
 Matt McClure .....2004-07  
 Vincent McCorkle .....1970-71  
 Jon McCormack .....1991-95  
 Curtis McCray .....1986-90  
 Jim McCready .....1955  
 Rich McCreary .....1955-56  
 Pat McCrystal .....1983-85  
 Jimmy McCue .....2007-08  
 Kevin McCullen .....1963-64  
 Jim McDade .....1952-55  
 Paul McDermitt .....1947-50  
 Bill McDermott .....1932  
 Jesse McDonald .....1999-00  
 Jim McDonald .....1960-6  
**Kevin McDonnell** .....**2008-present**  
 Ed McEldrify .....1941-43  
 Joe McFadden .....1949-51  
 Joe McFalls .....1940-41  
 J.A. McFalls, Jr .....1965-67  
 Dan McGarry .....1935-36  
 Patrick McGinley .....1989-90  
 Bill McGinn .....1951-55  
 Bill McGinn .....1992  
 Joe McGinn .....1988-92  
 Joe McGinn .....1958-59  
 Ronald McGinn .....1979-83  
 Joe McGinnis .....1936

Tom McGlane .....1947-48  
 Ed McGlenn .....1947-48  
 Gerry McGlenn .....1947-48  
 Bill McGlone .....1935  
 Chris McGoldrick .....1992-94  
 Ken McGrath .....1947  
 Mike McGroerty .....1970  
 Jack McHinney .....1955-56  
 Manus McHugh .....1956  
 Colin McHugh .....1998  
 Terry McHugh .....1955-58  
 Gerald McKeegan .....1971-75  
 Jim McKenna .....1949-50  
 John McKenna .....1947  
 Bud McKeown .....1943  
 George McKernan .....1947-49  
 McKinney .....1936  
 Bill McLain .....1934-36  
 McLaughlin .....1969-70  
 Bob McLaughlin .....1955  
 Joseph McLaughlin .....1951-53  
 Frank McLaughlin .....1952-56  
 Bob McMahan .....1954-56  
 Joe McManus .....1955-57  
 Mike McMonagle .....1972-76  
 Pat McMorrow .....1982-86  
 John McNamara .....1956  
 Charles McNulty .....1975-78  
 Don McNulty .....1956  
 John McNulty .....1970-72  
 Steve McNulty .....1972-76  
 Joseph McQuillan .....1960-64  
 Charles McShea .....1964  
 Paul McSorley .....1949-51  
 Dan Mee .....1975-79  
 Jack Mehan .....1934-36  
 Tom Melcher .....1942-43  
 Tom Merchel .....1985-89  
 Jim Merz .....1982-83  
 Robbie Meyer .....2003-06  
 Teddy Meyers .....2003-07  
 Bob Mickalites .....1971-73  
 Mike Miles .....1998-02  
 Andrew Miller .....2001-02  
 Bill Miller .....1960-63  
 Chuck Miller .....1971  
 Brian Mincy .....1984-88  
 John Mitchell .....1949-51  
 Stephen Moffit .....1980-84  
 Joe Mohn .....2002-06  
 Vic Monkiewicz .....1967-68  
 Monty Montague .....1932  
 Tarik Moody .....1990-94  
 Adolph Morales .....1976-77  
 Bob Morgan .....1954-57  
 Marty Morgan .....1960-63  
 Frank Morris .....1947  
 Jim Morris .....1955-59  
 Tom Morrissey .....1941  
 Gary Morrison .....1988-93  
 Ed Mother .....1954-57  
 Jim Mugford .....1963-65  
 Owen Mulhern .....1934  
 Jim Mullen .....1955-56  
 Mike Mullen .....1982-83  
 Frank Mulligan .....1956  
 Charles Murphy .....1963-66  
 Jim Murphy .....1950-51  
 Jim Murphy .....1958  
 Christopher Murray .....1985-89

Kyle Murray .....2006-10  
 Bill Myers .....1950  
 Edward Myers .....1968-70  
 Bart Myler .....1958

## N

George Nash .....1934-35  
 Tony Natale .....1970-74  
 Fran Naughlan .....1943  
 Kareem Neal .....1997  
 Henry Nealing .....1955-56  
 Todd Nettleton .....1995-97  
 Charlie Newland .....1978-79  
 Mark Nicastro .....1982-83  
**Vince Nicastro** .....**2009-present**  
 Ed Nicholas .....1940-42  
 Basil Nichols .....1934-35  
 Julian Nichols .....1932  
 Mike Nickodem .....1974-75  
 Pat Nocito .....1995-98  
 Joe Noone .....1934-37  
 Jim Norris .....1982-85  
 Kevin Norton .....1991-95  
 Mark Novis .....1992-95  
 Andrew Nowlan .....1997

## O

Joe Oakes .....1926  
 Joe Oakes .....1935-38  
 Brian O'Byrne .....1971-72  
 Bernie O'Connell .....1947-48  
 Bill O'Connell .....1950-51  
 Jerry O'Connell .....1960-63  
 Jerome O'Connell .....1961-64  
 Terry O'Connell .....2001-04  
 Tom O'Connell .....1997-00  
 Pat O'Connor .....1978-79  
 James O'Donnell .....1955-58  
 John O'Donnell .....1947-48  
**Murphy O'Donnell** .....**2008-present**  
**Ian O'Hara** .....**2008-present**  
 Kevin O'Hara .....1983-84  
 Tim O'Keefe .....1977-78  
 Dick Ollman .....1971-75  
 Tom O'Malley .....1953-56  
 Bob O'Neill .....1947  
 Brian O'Neill .....2003-07  
 Frank O'Neill .....1962-64  
 R. O'Neill .....1943  
 Bob Orem .....1984-88  
 Joe Orlando .....1972-76  
 Frank Osborne .....1992-95  
 Kevin O'Sullivan .....1977-78  
 Bill Ott .....1986-89  
 Joe Owens .....1952-55

## P

Bob Paden .....1992-95  
 Mike Pagano .....1988-89  
 Trevor Palmer .....1977-78  
 Ryan Pambianchi .....2001-03  
 John Panente .....1978-79  
 Vincent Papale .....1966-68  
 Louis Pastore .....1998-99  
 Phil Pessoa .....1995-97-98  
 Mike Petracco .....1978-80  
 Bob Petril .....1959-61  
 Matt Petrocci .....2002-06  
 Bob Pettit .....1951-53  
 Steven Philbrook .....2006-10



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Jim Phillips .....1985-89  
 Mike Pierson .....1978-82  
 Mark Fleming .....1978-79  
 Ben Podurgiel .....1955-56  
 Dave Polis .....1997-00  
 Jim Polinsky .....1997  
 John Ponente .....1977-81  
 Sam Porcelli .....1953-54  
 Al Potts .....1949  
 Klaus Praesent, Jr .....1960-62  
 Mike Previti .....1993-97  
 Charles Price .....1969-71  
 John Price .....1973-74  
 Mike Prindaville .....1965-67  
 Steve Probert .....1969-71  
 Przewoznik .....1936  
 Bernie Pufahl .....1935  
 Jerry Puryear .....1999-04

## Q

Dave Quillen .....1982-83  
 Chris Quinn .....1991-92  
 Francis Quinn .....1965-70  
 Kevin Quinn .....1960-62

## R

Bernie Radomski .....1985-89  
 Nick Raftery .....1934-36  
 Melvin Raymond .....1995-98  
 Bob Readinger .....1943  
 Matt Reddington .....1953-54  
 Jim Redditt .....1943  
 Jim Redditt .....1973-74  
 Harry Reed .....1934  
 Joseph Reilly .....1960-63  
 Joe Reinhardt .....1967  
 Joe Reinhart .....1974-76  
 Bob Reusche .....1974-77  
 Jack Reynolds .....1948  
 Jim Reynolds .....1977-78  
 Doug Rick .....2001-05  
 Joe Ridgway .....1970  
 Tom Ridgway .....1965-68  
 Howard Riley .....1934-36  
 Tom Riley .....1934-37  
 Tom Riley .....1960  
 Christopher Ring .....1984-88  
 Joe Rivelley .....1962  
 Titi Lakeru Rivers .....1988  
 Skip Robbins .....1980-81  
 Jim Rodden .....1948-50  
 James Ronga .....1970  
 Ronald Rook .....1960  
 Chris Rooney .....1932  
 Gerald Rooney .....1948-50  
 Brian Rosetti .....1998-03  
 Greg Rosetti .....2000-04  
 Ron Roskowski .....1971-74  
 Charles Rowland .....1976-80  
 Jim Rowland .....1979-83  
 Will Rowland .....2004-09  
 Joe Ruchala .....1955  
 Jim Rush .....1980-83  
 Ryan .....1969-70  
 Doug Ryan .....1961-62  
 Rich Ryan .....2004-08

## S

Marc Sabo .....1996-99  
 William Saborsky .....1967  
 Jared Sabre .....2007-present

Tom Sadowski .....1973-74  
 Joe Sakson .....1943  
 Donald Salmon .....1972-76  
 Dennis Salter .....1979-83  
 Ted Sanchious .....1986-91  
 H. Sandberg .....1943  
 Karl Savage .....1998-00  
 Chris Savino .....2006-09  
 Paul Saxton .....1968  
 Phil Saxton .....1978-79  
 Brian Scanlon .....1973-74  
 Dick Scanlon .....1956-58  
 Brad Schmidt .....2001-06  
 Bill Scholz .....1975-76  
 Joseph Schramm .....1969-73  
 Bob Schuenemann .....1947-49  
 Bob Schulz .....1990-94  
 John Schwab .....1934  
 Bob Schwartz .....1951-53  
 Jonathan Sclafani .....2006-10  
 James Scott .....1998-02

## Royce Scrivano .....2008-present

Ed Scullin .....1936-39  
 Bill Seavey .....1943  
 Bill Shade .....1967  
 Paul Sharp .....1983-84  
 Tim Shay .....1977-78  
 Frank Sheats .....1982-83  
 Joe Sheedy .....1934  
 Bill Sheridan .....1963-64  
 Matt Sherlock .....2002-03  
 Bill Sherwin .....1966  
 John Sherwin .....1936-37  
 Jack Shevlin .....1969-71  
 Joe Shields .....1964-66  
 John Shields .....1975-78  
 Jim Shields .....1956-59  
 Tom Schoenig .....1984-85  
 Van Showell .....1982-85  
 Eric Sierka .....1985-89  
 Kevin Sierka .....1988-92  
 Bernard Skeete .....1991-92  
 Ron Skotleski .....2003-05  
 Bill Slezak .....1934  
 Joe Sloan .....1956-58  
**Brian Smith .....2007-present**  
 Dan Smith .....1993-97  
**David Smith .....2008-present**  
 Ed Smith .....1931  
 Jim Smith .....1998-02  
 Joe Smith .....1997  
 Ken Smith .....1955  
 Rodney Smith .....1984-88  
 Gene Sniklane .....1978-79  
 John Soggs .....1985-86  
 Mickey Solujich .....1979-83  
 Chris Southcott .....1991-95  
 Bob Speck .....1932  
 Gene Spillane .....1976-80  
 Kevin Sproge .....1993-94  
 Bobby Staten .....2004-09  
 George Steinhoff .....1988-90  
 Steve Stewart .....1992-94  
 Jim Still .....1972-76  
 Ed Stobeneau .....1951  
 Jeff Storch .....1998-02  
 Tom Stout .....1947  
 Bob Strathon .....1947-48  
 Tom Stubblebine .....1963-66  
 Bill Stuhman .....1974-75

Vincent Stumpo .....1977-81  
 Bruce Sugden .....1972-76  
 John Sullivan .....1956  
 Bill Super .....1984-89  
 Duffy Swantek .....1997-99  
 Reggie Sydnor .....1968  
 Walt Szmidt .....1949-51

## T

Charles Takita .....1982-83  
 Tom Tarpey .....1969-72  
 Mike Tatara .....2003-08  
 Jim Tate .....1997-00  
 Charlie Tempko .....1951-54  
 Leon Tessler .....1935  
 Richard Thoden .....1951-54  
 Andrew Thomas .....2002-06  
 Jim Thomas .....1965-68  
 Hal Thomas .....1949-50  
 Paul Thomas .....1979-83  
 Chris Thompkins .....1990-92  
 Kenneth Thomson .....1969-70  
 Joseph Thorpe .....1996  
 Hal Thorsen .....1956-60  
 Rob Tice .....1993-94  
 Ray Tighe .....1931-32

## Vinh Nghi To .....2009-present

Mark Tobias .....1980-81  
 Joseph Tomczuk .....1970-74  
 Samuel Torchia .....1960  
 Pete Toughill .....1959-62  
**Andrew Townsend .....2009-present**  
 James Tozar .....1960-63  
 Dennis Trimbur .....1973-74  
 Steve Trombetta .....1988-93  
 Gene Tucker .....1934  
 Vince Twomey .....1982-86  
 Tom Tyner .....1950

## U

Kevin Ulfier .....1976-80  
 Ed Ulmer .....1962-64

## V

Geoff Valentine .....1998-00  
 Joe Valley .....1966-69  
 Jim Van Blunk .....1977-82  
 David Van Dusen .....1966-67  
 Andrew Vandegrift .....2002-05  
 Randy Vanderhoof .....1976-80  
 Richard Vassallo .....1960-63  
 Greg Voetsch .....1997

## W

Dennis Waldron .....1973-74  
 John Waldron .....1934  
 John Waldron .....1969-73  
 Wallace .....1964  
 Jack Walsh .....1974-78  
 Joe Walsh .....1951-53  
 Kevin Walsh .....1985-86  
 Tim Walsh .....2001-02  
 John Watzke .....1955  
 Matthew Weaver .....2004-08  
**Ray Weir .....2008-present**  
 Francis Wellock .....1982-86  
 Richard Welsh .....1960-62  
 Matt Weng .....1999-00  
**Dylan Wenik .....2008-present**  
 Norwood Wentworth .....1972-73

Joe Wesner .....1948  
 Harry Whalen .....1936  
 Jim Wharton .....1974-78  
 John Wheeler .....1988  
 Steve Whelan .....1960-62  
 Tom Whitaker .....1991-92  
 Tom Wickens .....1976-77  
 Michael Willert .....1974-78  
 John Williams .....1996-99  
 Bob Williamson .....1935  
 Bob Wilsbach .....1943  
 Wilson .....1969-71  
 Carl Wilson .....1935  
 Gabe Wilson .....1988-93  
 Joe Witiw .....2003-07  
 George Wittmann .....2006-10  
 Pete Wolniewicz .....1953  
 Mark Wykle .....1986-90  
 Mike Wynne .....1962-64

## Y

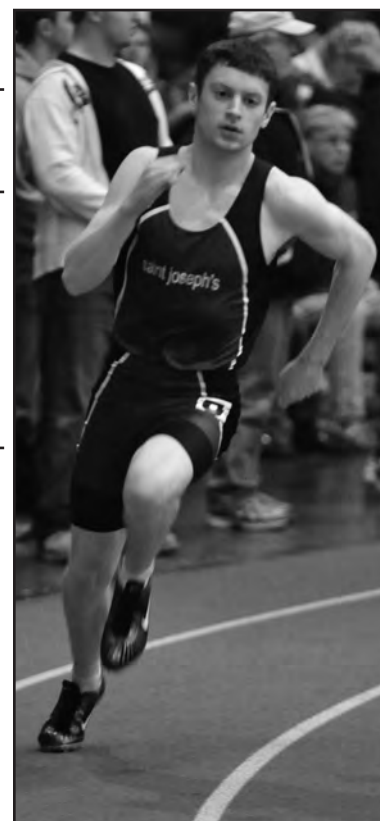
Craig Yambor .....1986-87  
 Fred Yochum .....1992-95  
 Fred Young .....1935  
 Mark Young .....1985-86  
 Steve Young .....2005-09

## Z

Joe Zebro .....1964

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



# THE 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 strive to make a good world even better.

Full-time, undergraduate day enrollment comprises approximately 4,550 students. Graduate, evening and executive programs push total enrollment to more than 8,000 students.

## 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 from trained experts. 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 that 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 North Philadelphia to Camden, N.J.; from New Orleans to the Appalachian Mountains, 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 that 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 to literally 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 students take frequent advantage of the artistic and cultural resources Philadelphia offers, as well. They visit the Philadelphia Museum of Art; the Pennsylvania Academy of the Fine Arts; the Franklin Institute Science Museum; the Academy of Music, which houses ballet and opera; and the new Kimmel Center, home to the Philadelphia Orchestra. In addition, SJU students enjoy rooting for Philadelphia's teams in the four major professional sports leagues.

The Hawk Will Never Die!

# 2010-11 MEN'S CROSS COUNTRY AND TRACK SCHEDULES

<u>DATE</u>	<u>CROSS COUNTRY</u>	<u>LOCATION</u>
Sept. 4	Duquesne Duals	Pittsburgh, Pa.
Sept. 11	Penn State Spiked Shoe	State College, Pa.
Oct. 1	Paul Short Invitational	Bethlehem, Pa.
Oct. 16	Princeton Invitational	Princeton, N.J.
Oct. 30	Atlantic 10 Championships	Pittsburgh, Pa.
Nov. 13	NCAA Mid-Atlantic Regionals	State College, Pa.
Nov. 20	ICAAAA Championships	Bronx, N.Y.
Nov. 22	NCAA Championships	Terre Haute, Ind.

<u>DATE</u>	<u>INDOOR TRACK</u>	<u>LOCATION</u>
Dec. 3	Villanova Jack Pyrah	Haverford, Pa.
Dec. 11	Princeton New Years	Princeton, N.J.
Jan. 7	Delaware	Princeton, N.J.
Jan. 8	Penn State Relays	State College, Pa.
Jan. 14	NYC Gotham Cup	New York, N.Y.
Jan. 22	Princeton Relays	Princeton, N.J.
Jan. 28-29	Penn State Nationals	State College, Pa.
Jan. 29	Delaware Thompson	Newark, Del.
Feb. 4-5	Yale Giegengack	New Haven, Conn.
Feb. 11	Lafayette/Rider	New York, N.Y.
Feb. 18-19	Atlantic 10 Championships	Kingston, R.I.
Feb. 25	TBA	TBA
Mar. 5-6	ICAAAA Championships	Boston, Mass.
Mar. 11	NCAA Championships	TBA

<u>DATE</u>	<u>OUTDOOR TRACK</u>	<u>LOCATION</u>
Mar. 26	Lafayette	Easton, Pa.
Apr. 1-2	Colonial Relays	Williamsburg, Va.
Apr. 9	George Mason	Fairfax, Va.
Apr. 16	TBA	TBA
Apr. 22-23	Larry Ellis	Princeton, N.J.
Apr. 28-30	Penn Relays	Philadelphia, Pa.
May 7-8	Atlantic 10 Championships	Charlotte, N.C.
May 13-15	ICAAAA Championships	Charlotte, N.C.
May 20	NCAA Mid-Atlantic Regionals	TBA
May 25	NCAA Championships	TBA

