

2004
UNIVERSITY OF DELAWARE
MEN'S INDOOR TRACK & FIELD RESULTS

Dec.	6	Jack Pyrah Villanova/Haverford Inv. at HC ..No Score
Jan.	9	Delaware Invitational #1No Score
	17	Delaware Invitational #2.....1st Place
	24	Princeton Relays7th Place
	30-31	Penn State National OpenNo Scoring
	31	Covert Classic at Lehigh5th Place
Feb.	7-8	Thomson Invitational at Delaware.....No Score
	13-14	New Balance Armory Collegiate Invitational at NY City Armory26th Place
	21	Princeton InvitationalNo Score
	27	New York University Last Chance Meet at NY City ArmoryNo Score
Mar.	6-7	IC4A Championships at Boston MANo Score

Head Coach: Jim Fischer (302-831-8846)
 Home Meets at Delaware Field House

TOP TIMES
 (Based on each athletes top time in event)
 *= School Record

4x400 meter relay	
Delaware	3:18.75 (Holder, Williams, Dixon, Smiley)
4x800 meter relay	
Delaware	7:58.12 (NYU)
Distance Medley	
Delaware	10:19.20 (Princeton)
55 meter hurdles	
Jerome Holder	7.76 (Villanova/Haverford)
60 meter hurdles	
Jerome Holder	8.20 (Penn State)*
55 meters	
Sidney Haugabrook	6.40 (Princeton#2)
Roger Brown	6.44 (Princeton #2)
Antwain Flowers	7.13 (Villanova/Haverford)

60 meters	
Rashaad Woodard	6.94 (Princeton)
Roger Brown	6.96 (Princeton/Thomson)
Sidney Haugabrook	6.97 (NYU)
Andrew Cox	7.28 (NYU)
Lonnie Starks	7.38 (Covert)
Dennis Spence	7.45 (Covert)
Germaine Bennett	7.45 (Thomson)
Jerome Holder	7.50 (Princeton)
Antwain Flowers	7.51 (NYU)
Eric Booking	7.54 (Thomson)
Marquez Davis	7.70 (Covert)

200 meters	
Rashaad Woodard	22.04 (Penn State)*
Roger Brown	22.06 (Penn State)
Sidney Haugabrook	22.33 (Armory/Princeton #2)
Jerome Holder	23.28 (Thomson)
Andrew Cox	23.33 (UD Inv. #2)
Dan Schmidt	23.82 (Thomson)
Lonnie Starks	23.86 (Covert)
Antwain Flowers	23.87 (Princeton #2)
Eric Brooking	23.90 (Thomson)
Dennis Spence	23.97 (Covert)
Chris Dixon	24.04 (UD Inv. #2)

300 meters	
Jerome Holder	36.50 (Villanova/Haverford)
Charlie Williams	36.70 (Villanova-Haverford)
Eric Brooking	38.76 (Villanova-Haverford)
Antwain Flowers	38.76 (Villanova-Haverford)
John McNamara	38.85 (Villanova-Haverford)

400 meters	
Charlie Williams	50.53 (NYU)
Jerome Holder	50.56 (NYU)
Andrew Cox	50.63 (NYU)
Chris Dixon	51.29 (NYU)
Antwain Flowers	51.74 (NYU)
Phil Smiley	52.49 (Armory)
Dan Schmidt	53.22 (Princeton)
Ryan McGlensey	53.89 (Princeton)
Eric Brooking	54.35 (Covert)

500 Meters	
John Morgan	1:07.11 (Thomson)
Andrew Cox	1:07.38 (Thomson)
Phil Smiley	1:07.66 (Penn State)
Ryan McGlensey	1:10.62 (Villanova/Haverford)
Mike Zeberkiewicz	1:10.90 (UD Inv. #2)
Dan Schmidt	1:11.21 (Villanova/Haverford)
Ryan McGlensey	1:11.49 (Covert)
Mike Roth	1:12.17 (Thomson)

800 Meters

John Morgan	1:58.97 (UD Inv. #2)
Phil Smiley	2:00.15 (NYU)
Frank Schaefer	2:00.95 (Princeton #2)
Mike Zeberkiewicz	2:01.23 (Thomson)
Brad Dodson	2:02.59 (Thomson)
Kyle Schmid	2:04.27 (Princeton)
Mike Roth	2:04.62 (Princeton #2)
Patrick Riley	2:04.89 (Thomson)
Chris Ward	2:08.26 (UD Inv. #1)
Matt Orensky	2:10.24 (UD Inv. #1)
Clark Ridge	2:12.17 (Princeton)

1,000 Meters

John Morgan	2:30.25 (Penn State)
Charlie Dielemann	2:31.66 (Penn State)
Brad Dodson	2:35.56 (Princeton #2)
Patrick Riley	2:43.04 (UD Inv. #2)
Mike Roth	2:44.42 (UD Inv. #2)
Kyle Schmid	2:44.78 (UD Inv. #1)

Mile

Patrick Riley	4:22.35 (Thomson)
Brad Dodson	4:27.28 (Covert)
Charlie Dielemann	4:31.63 (Thomson)
Mike Zeberkiewicz	4:32.97 (Princeton #2)
Kyle Schmid	4:35.00 (Princeton #2)
Chris Ward	4:42.93 (Covert)
Clark Ridge	4:43.45 (Thomson)
Matt Orensky	4:46.72 (UD Inv. #1)

3,000 Meters

Mike Sadowsky	8:59.21 (UD Inv. #2)
John Morgan	9:16.01 (UD Inv. #1)
Matt Moore	9:29.05 (UD Inv. #2)
Matt Orensky	9:30.43 (Thomson)
Charlie Dielemann	9:49.68 (UD Inv. #1)

5,000 Meters

Patrick Riley	14:35.18 (IC4A)*
Mike Sadowsky	15:07.0 (Penn State)
Matt Moore	16:30.55 (Covert)
Matt Orensky	16:47.78 (Covert)

Pole Vault

Matt Arbaugh	12-9 1/2(Princeton #2)
Brett McMonagle	12-6 (NYU)
Matt Guida	11-5 3/4 (UD Inv. #1)

High Jump

Lonnie Starks	6-2 3/4 (UD Inv. #2)
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Long Jump

Dennis Spence	20-11 3/4 (Princeton #2)
Nick Riordan	20-4 1/4 (Villanova/Haverford)
Marquez Davis	19-7 1/2 (UD Inv. #1)

Triple Jump

Charlie Williams	41-5 3/4 (Thomson)
Nick Riordan	40-7 (Villanova/Haverford)

Shot Put

Mike Yost	44-7 1/2 (Covert)
Andrew Lynch	44-6 (Thomson)
Hao Guan	40-8 3/4 (Princeton)

Weight Throw

Mike Yost	51-5 (Princeton)
Ryan Benishake	45-1 1/2 (UD Inv. #2/Thomson)
Joe Patson	44-11 1/2 (Covert)
Hao Guan	42-2 1/4 (Covert)