

**2008-2009
UNIVERSITY OF DELAWARE
MEN'S INDOOR TRACK & FIELD
FINAL RESULTS & TOP TIMES**

Dec.	5	Jack Pyrah Invitational at Haverford.....	No Scoring
Jan.	9	Delaware Invitational.....	2nd Place
	16	New York Gotham Cup at NY City Armory	No Scoring
	17	Penn State Open.....	No Scoring
	23	Albany/Great Dane Inv. at NY City Armory.....	22nd Place
	23-24	John Covert Classic at Lehigh.....	4th Place
	31	Thomason Invitational at Delaware	1st Place
Feb.	6-7	New Balance Collegiate Inv. at NY City Armory.....	1st Place
	7	Princeton Open	1st Place
	13	Lafayette/Rider Invitational at NY City Armory	No Scoring
	21	Colonial Invitational at Delaware	2nd Place
	27	New York University Fasttrack at NY City Armory	No Scoring
Mar.	7-8	IC4A Championships at Reggie Lewis Center, Boston, Mass.	51st Place

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

4 x 400 Meter Relay

Delaware	3:17.36 (IC4A)
(Fronczkowski, Morrissey, Molligan, Simkins)	
Delaware	3:19.66 (NYU)
(Fronczkowski, Morrissey, Molligan, Simkins)	

4 x 800 Meter Relay

Delaware	7:42.87 (IC4A)
(Townsend, Tait, Twer, Wall)	
Delaware	7:45.22 (New Balance)
(Townsend, Tait, Twer, Wall)	

Distance Medley Relay

Delaware	10:13.41 (New Balance)
(Townsend, Simkins, Tait, Twer)	
Delaware	10:24.29 (IC4A)
(Sadeghipour, Chou, Brooks, Vernon)	

55 meter hurdles

John Hally	8.12 (Pyrah)
Wes Chandler	8.70 (Pyrah)

60 meter hurdles

John Hally	8.52 (New Balance/Colonial)
Jeremy Simkins.....	8.69 (UD Inv./Colonial)
Wes Chandler	9.11 (Colonial)
Jonathan Santiago	10.24 (Princeton)
Brendan O'Hora.....	10.32 (Lehigh)
Alex Tingue	10.60 (Lehigh)

55 meters

Theo James	6.72 (Pyrah)
Ross Shober	6.73 (Pyrah)
Kyle Nagy	6.78 (Pyrah)
Alex Tingue	6.92 (Pyrah)
Kyle Hackett	7.00 (Pyrah)
Tim Kutchen	7.08 (Pyrah)
Jonathan Santiago.....	7.08 (Pyrah)
Eric Oppenheimer	7.33 (Pyrah)

60 meters

Ross Shober	7.14 (NYU)
Nick Morrissey	7.22 (UD Inv.)
Theo James	7.24 (UD Inv./Lehigh)
Kyle Nagy	7.27 (UD Inv./Penn State)
Alex Tingue	7.35 (UD Inv.)
Kyle Hackett	7.44 (UD Inv.)
Vinny Fronczkowski.....	7.45 (UD Inv.)
Tim Kutchen	7.45 (Lehigh)
Eric Oppenheimer.....	7.50 (Princeton)
Justin Molligan	7.54 (UD Inv.)
Jonathan Santiago	7.64 (Rider/Lafayette)
Brendan O'Hora	7.74 (UD Inv./Lehigh)
Kevin McCove	7.76 (UD Inv.)
Connor Whitesel	8.19 (Thomson)

200 meters

Nick Morrissey.....	22.65 (Rider/Lafayette)
Vinny Fronczkowski	22.84 (Rider/Lafayette)
Jeremy Simkins	22.87 (Rider/Lafayette)
Justin Molligan.....	22.89 (Rider/Lafayette)
Kyle Nagy	23.06 (Penn State)
Alex Tingue	23.42 (Rider/Lafayette)
John Hally	23.45 (Colonial)
Theo James	23.59 (NYU)
Tim Kutchen	23.89 (Colonial)
Wes Chandler	23.93 (UD Inv.)
Adam Cornelisse.....	24.02 (Colonial)
Jonathan Santiago	24.21 (Princeton)
Eric Oppenheimer.....	24.28 (Princeton)
Kyle Hackett	24.32 (UD Inv.)
Brendan O'Hora	24.49 (UD Inv.)

- more -

2-2-2

300 meters

Kyle Nagy	36.80 (Pyr)
Nick Morrissey	37.19 (Pyr)
Alex Tingue	37.71 (Pyr)
Ross Shober	37.92 (Pyr)
John Hally	38.11 (Pyr)
Wes Chandler	38.16 (Pyr)
Theo James	38.68 (Pyr)
Kyle Hackett	39.16 (Pyr)
Jonathan Santiago.....	39.27 (Pyr)
Tim Kutchen	39.37 (Pyr)
Eric Oppenheimer	39.98 (Pyr)

400 meters

Jeremy Simkins	49.84 (Rider/Lafayette)
Vinny Fronczkowski	50.08 (NYU)
Justin Molligan	50.68 (Rider/Lafayette)
Nick Morrissey	51.02 (Rider/Lafayette)
Alex Tingue	51.78 (Gotham)
Kevin Sadeghipour	52.00 (Rider/Lafayette)
Tywan Brooks.....	52.44 (Rider/Lafayette)
Adam Cornelisse.....	52.64 (Rider/Lafayette)
Jonathan Santiago	52.99 (Rider/Lafayette)
Wes Chandler	53.25 (Gotham)
Shane Ordway	54.49 (Princeton)
John Hally	54.80 (UD Inv.)
Eric Oppenheimer	54.96 (Colonial)
Jim Bodalski	55.58 (UD Inv.)

500 meters

Jeremy Simkins.....	1:06.74 (Colonial)
Alex Szela	1:08.03 (Rider/Lafayette)
Mike Tait	1:08.25 (Lehigh)
Vinny Fronczkowski	1:08.98 (Pyr)
Tywan Brooks	1:09.67 (Princeton)
Kyle Chou	1:10.01 (Princeton)
Glenn Puzio	1:10.20 (Colonial)
Justin Molligan.....	1:10.29 (Pyr)
Adam Cornelisse	1:10.31 (Gotham)
Nick Morrissey	1:10.55 (Thomson)
John Hally	1:11.09 (Penn State)
Josh Oppenheimer.....	1:12.37 (Gotham)
Brendan O'Hora	1:13.04 (Pyr)

600 meters

Jeremy Simkins.....	1:23.57 (Penn State)
Corey Wall	1:23.64 (Penn State)

800 meters

Corey Wall	1:55.78 (NYU)
Mike Tait	1:56.22 (Penn State)
James Townsend.....	1:56.42 (NYU)
Glenn Puzio	1:59.56 (Rider/Lafayette)
Kevin Sadeghipour.....	2:01.24 (Thomson)
Tywan Brooks	2:01.80 (Gotham)
Kyle Chou	2:03.93 (Lehigh)
Alex Szela	2:04.22 (Pyr)
George Vernon.....	2:05.47 (UD Inv.)
Matt O'Brian	2:08.69 (Thomson)

1,000 meters

Corey Wall	2:29.74 (Rider/Lafayette)
James Townsend	2:31.03 (Rider/Lafayette)
Nate Twer	2:31.64 (NYU)
Mike Tait	2:35.52 (Pyr)
Kevin Sadeghipour	2:37.05 (Gotham)
Gregg Cantwell	2:37.98 (Colonial)
Glenn Puzio	2:40.05 (Thomson)
Tyan Brooks	2:43.86 (Pyr)
Nick Pyle	2:44.14 (UD Inv.)
Alex Gambogi	2:45.66 (Thomson)
Matt O'Brian	2:46.32 (UD Inv.)
Mike O'Brian.....	2:46.56 (Gotham)
Brendan O'Hora	3:03.60 (Lehigh)
Alex Tingue	3:13.51 (Lehigh)

Mile

Gregg Cantwell	4:16.81 (Rider/Lafayette)
George Vernon	4:22.46 (Colonial)
Nate Twer	4:25.32 (Thomson)
Alex Gambogi	4:27.45 (Rider/Lafayette)
Corey Wall	4:28.60 (Lehigh)
James Townsend	4:29.59 (Thomson)
Matt O'Brian	4:31.52 (Thomson)
Nick Pyle	4:32.03 (UD Inv.)
Mike Tait	4:32.54 (UD Inv.)
Glenn Puzio	4:36.84 (Pyr)
Mike O'Brian.....	4:38.37 (Gotham)
Kevin Sadeghipour	4:41.03 (UD Inv.)
Phil Weigel	4:41.25 (Thomson)

3,000 meters

Gregg Cantwell	8:35.78 (Albany)
Nick Pyle	8:40.87 (Rider/Lafayette)
George Vernon.....	8:46.74 (Thomson)
Mike Ward	8:55.18 (Pyr)
Matt O'Brian	9:03.75 (Rider/Lafayette)
Nate Twer	9:05.98 (UD Inv.)
Phil Weigel	9:11.68 (Colonial)
Alex Gambogi	9:14.54 (Lehigh)
Kevin Kemmerle	9:18.75 (Rider/Lafayette)
Mike O'Brian.....	9:31.26 (Colonial)

- over for more -

3-3-3-3

5,000 meters

Gregg Cantwell	14:46.11 (New Balance)
Nick Pyle	15:02.07 (Gotham)
George Vernon	15:06.26 (NYU)
Matt O'Brian	15:58.19 (NYU)
Kevin Kemmerle	15:59.38 (Colonial)

Pole Vault

Shane Ordway	14-11 1/2 (4.56m) (NYU)
George Vallone	14-3 1/4 (4.35m) (Colonial)
Brendan O'Hora	9-5 3/4 (2.89m) (Lehigh)
Alex Tingue	8-11 3/4 (2.75m) (Lehigh)

High Jump

Jamie Igo	6-4 1/4 (1.94m) (NYU)
Brendan O'Hora	5-10 1/2 (1.79m) (UD Inv.)
Alex Tingue	5-4 1/2 (1.64m) (Lehigh)

Long Jump

Ross Shober	21-10 1/4 (6.66m) (Lehigh)
Alex Tingue	21-6 (6.55m) (Lehigh)
Brendan O'Hora	19-8 1/4 (6.00m) (Lehigh)
Kevin McCove	18-6 (5.64m) (Colonial)

Triple Jump

Jamie Igo	43-9 1/4 (13.34m) (Colonial)
Kevin McCove	43-5 1/4 (13.24m) (Colonial)

Shot Put

John Viotto	53-5 1/2 (16.29m) (Colonial)
Chase Renoll	49-3 (15.01m) (Lehigh)
Nick Alexander	45-3 1/2 (13.80m) (Colonial)
Doug Alpers	44-6 (13.56m) (Lehigh)
Alex Tingue	38-5 (11.71m) (Lehigh)
Connor Whitesel	37-6 (11.43m) (Colonial)
Brendan O'Hora	33-8 1/2 (10.27m) (Lehigh)

Weight Throw

Jim Schwendner	54-10 (16.71m) (NYU)
Connor Whitesel	50-7 1/2 (15.43m) (Colonial)
Gregg Stirparo	48-10 3/4 (14.90) (Penn State)
Doug Alpers	48-5 1/2 (14.77m) (Pyrarh)
Chase Renoll	45-1 3/4 (13.76m) (UD Inv.)
Nick Alexander	42-8 3/4 (13.02m) (Colonial)

Heptathlon

Alex Tingue	3,813 (Lehigh)
Brendan O'Hora	3,761 (Lehigh)