

2003
UNIVERSITY OF DELAWARE
MEN'S OUTDOOR TRACK & FIELD
(5-1)

Mar.	22	Navy Invitational	4th Place
	29	Monmouth Season Opener	
		Iona.....	W 102-30
		Sacred Heart.....	W 104-77
		St. Francis (NY)	W 105-43
		Stony Brook	W 98-39
		St. Peter's	W 108-43
		Monmouth	L 71-124
Apr.	4-5	Colonial Relays at William & Mary ..	15th Place
	12	Delaware Invitational #1.....	2nd Place
	18-19	Colonial Athletic Association Championships	
		at Richmond, VA.....	2nd Place
	25-26	Penn Relays	No Scoring
	26	Millersville (PA) Metrics	No Scoring
	26	College of New Jersey Lions Inv.	No Scoring
May	3	Delaware Invitational #2	No Scoring
	10	Jim Thorpe Meet at Penn State	3rd Place
	10	Towson Invitational	No Scoring
	15-18	IC4A Championships at Princeton.....	45th Place
	30-31	NCAAEast Regionals at	
		George Mason.....	No Team score

Head Coach: Jim Fischer (302-831-8846)
 Home Meets at Delaware Mini-Stadium

TOP TIMES

(Based on each athletes top time in event)

4 x 100 Meter relay	
Delaware	41.93 (CAA)
4 x 200 Meter relay	
Delaware	1:30.49 (Penn Relays)
4 x 400 Meter relay	
Delaware	3:19.63 (Colonial Relays)
4 x 800 Meter relay	
Delaware	7:59.77 (Colonial Relays)
110 Meter hurdles	
Jerome Holder.....	14.77 (UD #1)
Eric Schmidt	17.52 (CAA)

400 Meter hurdles	
Brandon Nesbitt	54.81 (CAA)
Phil Smiley	55.46 (CAA)
Jay Pava	55.68 (CAA)
Jerome Holder.....	56.01 (CAA)
Ryan McGlensey.....	57.69 (CAA)

100 Meters	
Sidney Haugabrook.....	10.83 (CAA)
Roger Brown	11.12 (Colonial Relays)
Jerome Holder.....	11.4 (Navy)
Nate Irvin.....	11.11 (CAA)
Dennis Spence.....	11.47 (CAA)

200 Meters	
Roger Brown.....	22.31 (CAA)
Sidney Haugabrook.....	22.31 (CAA)
Nate Irvin	22.36 (CAA)
Jay Pava	22.98 (UD #2)
Jerome Holder.....	23.07 (UD #2)
Dennis Spence	23.09 (Penn State)
Dave Sherman	23.70 (Colonial Relays)
John McNamara.....	23.93 (Colonial Relays)
Ryan McGlensey	24.57 (Colonial Relays)

400 Meters	
Jay Pava	50.36 (UD #2)
Dave Sherman	50.67 (Monmouth)
Jim DelGrosso	51.16 (UD #1)
Pat Boettcher	51.59 (Monmouth)
Ryan McGlensey.....	52.67 (UD #2)
John McNamara.....	53.00 (Colonial Relays)
Luke Billings	53.28 (UD #2)
Phil Smiley.....	53.45 (Monmouth)

800 Meters	
Pat Boettcher	1:53.8 (Millersville)
John Morgan	1:53.54 (Penn State)
Claron Ridge	1:58.3 (Millersville)
Dan Frey	1:59.96 (UD #1)
Andy Talarowski.....	2:00.91 (Colonial Relays)
Phil Smiley.....	2:01.4 (Millersville)
Andy Harrell	2:05.61 (UD #1)
Chris Ward.....	2:05.7 (Millersville)
Luke Billings.....	2:06.21 (UD #1)
Frank Schaefer	2:06.87 (Monmouth)
Jason Gordon.....	2:13.13 (UD #1)

1,500 Meters	
John Morgan	3:59.72 (UD #2)
Dan Frey	4:05.0 (Navy)
Matt Harrell.....	4:08.70 (UD #1)
Carl Kinney	4:11.00 (UD #1)
Dave Finneran	4:12.0 (Navy)
Chris Ward.....	4:13.3 (Millersville)
Pat Boettcher.....	4:15.65 (Monmouth)
Matt Bryden.....	4:16.74 (UD #1)
Andy Talarowski	4:18.4 (Navy)
Jim Catella.....	4:19.23 (UD #2)
Jason Gordon.....	4:24.69 (UD #1)
Mike Manlove	4:30.97

- more -

3,000 Meter Steeplechase

Dave Finneran9:42.87 (UD #2)
Pat Boettcher10:01.44 (Towson)
Dan Frey10:26.77 (Penn State)
Chris Gironda10:56.18 (UD #2)
Matt Moore11:40.05 (UD #2)

3,000 Meters

Mike Sadowsky.....8:41.97 (UD #2)
Jason Gordon.....9:22.24 (UD #2)

5,000 Meters

Mike Sadowsky14:54.63 (Colonial Relays)
Matt Harrell15:09.51 (Colonial Relays)
Carl Kinney15:17.51 (UD #2)
Dave Finneran15:27.17 (Towson)
Kevin DuPrey15:43.74 (UD #2)
Matt Bryden.....16:02.71 (UD #2)
Mike Manlove16:04.56 (UD #2)
Jason Gordon16:10.4 (Millersville)
Matt Moore17:44.90 (UD #1)
Chris Gironda.....17:47.0 (Millersville)

10,000 Meters

Mike Sadowsky31:13.89 (Monmouth)
Kevin DuPrey.....31:44.13 (CAA)
Matt Bryden.....32:15.00 (CAA)
Matt Harrell32:28.83 (CAA)
Mike Manlove34:09.07 (CAA)
Jay Gordon34:38.78 (Monmouth)
Chris Gironda37:43.95 (Monmouth)

Long Jump

Nick Riordan21-4 3/4 (UD #2)
Dennis Spence21-4 1/4 (UD #2)
Jim DelGrosso19-11 1/2 (UD #1)

Triple Jump

Nick Riordan42-9 3/4 (UD #1)

High Jump

Jim DelGrosso6-3 1/4 (UD #1)

Pole Vault

Jon DiNozzi15-9 (CAA)
Matt Johnson14-3 1/4 (Navy/UD #1)
Brett McMonagle.....14-1 1/4 (Penn State)

Shot Put

Mike Yost.....43 1/2 (Navy)
Ben Thuma.....42-8 (UD #2)
Ed Cohen38-8 3/4 (UD #1)
Greg Barker.....38-5 (CAA)

Discus

Mike Yost149-9 (UD #2)
Ben Thuma.....149-7 (UD #1)
Greg Barker139-0 (UD #1)

Hammer

Mike Yost.....167-7 (Penn State)
Joe Patson150-9 (Colonial Relays)
Ryan Benishake129-5 (UD #2)

Javelin

Shawn Watkins178-4 (Monmouth)
Scott Armstrong.....164-8 (UD #2)