

2004
UNIVERSITY OF DELAWARE
MEN'S OUTDOOR DOOR TRACK & FIELD
RESULTS

Mar.	26-27	Raleigh Relays at North Carolina State.....	No Score
	27	Monmouth Season Opener	3rd Place
Apr.	3	University of Maryland Invitational.....	5th Place
	10	Delaware Invitational #1	3rd Place
	16-17	Colonial Athletic Association Champ. at Richmond, VA (VCU Host).....	4th Place
	22-24	Penn Relays at Philadelphia, PA	No Score
	24	Lions' Invitational at College of New Jersey	No Score
May	1	Delaware Invitational #2.....	1st Place
	9	Towson Invitational	No Score
	14-15	IC4A Championships at Yale.....	55th Place

Head Coach: Jim Fischer (302-831-8846)

Home Meets at Delaware Mini-Stadium

TOP TIMES

(Based on each athletes top time in event)

* = School Record

4 x 100 meter relay

Delaware42.19 (Delaware #1)

4 x 400 meter relay

Delaware3:17.76 (CAA)
(Sherman, Williams, Holder, Dixon)

4 x 800 meter relay

Delaware7:50.80 (Penn Relays)

Distance Medley relay

Delaware10:23.77 (Penn Relays)

Sprint Medley relay

Delaware3:36.78 (N.C. State)

110 Meter Hurdles

Jerome Holder14.78 (CAA)

Chris Dixon.....15.17 (CAA)

400 Meter Hurdles

Chris Dixon.....54.03 (CAA)

Jerome Holder54.55 (CAA)

Phil Smiley55.78 (CAA)

Ryan McGlensey56.99 (Towson)

Andrew Cox.....57.36 (Delaware #1)

100 Meters

Roger Brown10.84 (N.C. State)

Sidney Haugabrook10.92 (CAA)

Rashaad Woodard11.16 (CAA)

Antwain Flowers.....11.62 (CofNJ)

200 meters

Charlie Williams22.92 (CAA)

Dan Schmidt23.12 (Monmouth)

Chris Fusco.....23.26 (Monmouth)

Antwain Flowers.....23.40 (CofNJ)

Jerome Holder.....23.40 (Delaware #2)

Dennis Spence.....23.58 (CofNJ)

Eric Brooking.....23.59 (Monmouth)

Mike Zeberkiewicz.....24.51 (Towson)

400 meters

Charlie Williams48.92 (CAA)

Dave Sherman.....50.14 (Delaware #2)

Andrew Cox.....50.53 (Delaware #1)

Antwain Flowers51.90 (Delaware #1)

Dan Schmidt52.57 (Delaware #1)

Chris Fusco.....52.65 (Monmouth)

Eric Brooking.....52.80 (Delaware #1)

Phil Smiley.....52.89 (Maryland)

Ryan McGlensey.....53.55 (Maryland)

Jason Gordon58.30 (Towson)

800 Meters

John Morgan.....1:55.04 (Delaware #1)

Charlie Dielmann1:55.77 (Delaware #1)

Mike Zeberkiewicz.....1:56.10 (CAA)

Frank Schaefer1:58.74 (CAA)

Brad Dodson.....1:59.21 (Delaware #1)

Dan Frey1:59.77 (Delaware #1)

Mike Roth2:00.78 (Delaware #1)

Chris Ward2:02.56 (Delaware #1)

Kyle Schmid2:02.74 (CofNJ)

Clark Ridge.....2:06.03 (Delaware #1)

Jason Gordon.....2:08.95 (Delaware #1)

Jeremy Lambert2:11.44 (CofNJ)

1,500 Meters

Patrick Riley3:59.84 (Delaware #1)

Brad Dodson.....4:00.69 (Delaware #1)

John Morgan4:03.43 (Monmouth)

Patrick Wilcox.....4:04.44 (Delaware #1)

Charlie Dielmann4:05.02 (N.C. State)

Kyle Schmid4:06.32 (Delaware #1)

Dan Frey4:08.87 (Delaware #1)

Kevin DuPrey4:09.32 (Delaware #1)

Chris Ward4:12.51 (Delaware #1)

Matt Bryden.....4:14.28 (Delaware #1)

Mike Roth4:15.94 (Delaware #2)

Jason Gordon.....4:18.25 (Delaware #1)

Jeremy Lambert4:20.26 (Towson)

Eugene McAuliffe4:23.80 (Delaware #2)

Peter Kane4:30.41 (Towson)

3,000 Meters

Mike Sadowsky.....8:46.89 (Delaware #2)
Mike Manlove9:33.75 (Delaware #2)

3,000 Meter Steeplechase

Kevin DuPrey9:56.59 (CofNJ)
Peter Kane.....10:08.32 (Monmouth)
Patrick Wilcox.....10:12.07 (Towson)
Matt Orensky.....10:13.09 (Towson)
Dan Frey10:30.45 (Towson)
Mike Zeberkiewicz10:32.71 (Delaware #2)
Chris Ward10:51.26 (Towson)
Phil Smiley11:31.00 (Towson)

5,000 Meters

Patrick Riley.....14:48.79 (CAA)
Mike Sadowsky14:59.3 (Maryland)
Patrick Wilcox15:01.19 (CAA)
Matt Harrell.....15:35.85 (Monmouth)
Tyler Mayforth.....15:49.06 (Delaware #2)
Brad Dodson16:03.3 (Maryland)
Mike Manlove16:05.33 (Delaware #1)
Matt Orensky.....16:10.57 (CofNJ)
Jeremy Lambert16:22.42 (Delaware #1)
Eugene McAuliffe.....16:23.16 (Maryland)
Matt Bryden.....16:24.0 (Towson)
Jason Gordon.....16:49.4 (Towson)
Kyle Schmid16:50.54 (Delaware #2)

10,000 Meters

Patrick Riley30:48.20 (Penn Relays)
Mike Sadowsky31:08.13 (Monmouth)
Kevin DuPrey.....31:52.90 (Monmouth)
Tyler Mayforth32:33.65 (Monmouth)
Jason Gordon.....33:34.22 (Monmouth)
Matt Bryden34:23.73 (Monmouth)
Matt Moore37:42.0 (Towson)

Long Jump

Dennis Spence.....21-8 (CAA)
Nick Riordan17-2 3/4 (Delaware #1)

Pole Vault

Matt Arbaugh.....13-5 1/4 (Towson)
Matt Guida12-11 3/4 (Delaware #2/Towson)
Brett McMonagle12-11 1/2 (CAA)

Shot Put

Andrew Lynch44-3 3/4 (Delaware #2)
Mike Yost43-10 3/4 (CAA)
Ed Cohen42-9 (Delaware #2)
Scott Armstrong.....40-1 1/2 (Towson)
Hao Guan35-3 3/4 (Monmouth)

Discus

Mike Yost150-2 (Monmouth)
Andrew Lynch127-10 (CofNJ)
Hao Guan123-1 1/2 (Delaware #1)
Joe Patson.....116-5 1/2 (Delaware #1)

Hammer

Mike Yost175-4 (CAA)
Joe Patson.....142-8 (Delaware #1)
Ryan Benishake.....139-4 (CofNJ)
Hao Guan132-10 (Maryland)

Javelin

Adam Cianfichi.....178-9 (CofNJ)
Scott Armstrong.....175-0 (Delaware #1)
Eric Lehrer.....167-3 (CofNJ)