

2009
UNIVERSITY OF DELAWARE
MEN'S OUTDOOR TRACK & FIELD
RESULTS & TOP TIMES

Mar.	20-21	Coastal Carolina Shamrock Invitational	No Scoring
	21	Richard Stockton Invitational.....	No Scoring
	28	Towson Invitational.....	No Scoring
Apr.	3-4	Colonial Relays at William & Mary	15th Place
	4	Penn Invitational	No Scoring
	11	Rider Invitational	2nd Place
	17-18	Colonial Athletic Association Championships at Towson	5th Place
23-25	Penn Relays	No Scoring	
	24	West Chester Last Chance Meet	No Scoring
May	2	Delaware Open	Canceled (flu)
	11	Tuppeny Twilight Meet at Swarthmore	No Scoring
15-17	IC4A Championships at Princeton	53rd Place	
	29-30	NCAA East Regionals	tba
	June 10-13	NCAA Championships at University of Arkansas.....	tba

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

Delaware	42.16 (CAA)
(Shober, Nagy, Simkins, Morrissey)	
Delaware	42.88 (Towson)
(Fronczkowski, Molligan, Morrissey, Nagy)	

4 x 200 Meter Relay

Delaware	1:29.79 (Penn Relays)
(Fronczkowski, Shober, Nagy, Morrissey)	
Delaware	1:29.82 (Colonial Relays)
(Fronczkowski, Shober, Molligan, Morrissey)	

4 x 400 Meter Relay

Delaware	3:20.20 (IC4A)
(Fronczkowski, Molligan, Simkins, Morrissey)	
Delaware	3:23.38 (CAA)
(Fronczkowski, Morrissey, Molligan, Simkins)	

4 x 800 Meter Relay

Delaware	7:32.89 (IC4A)*
(Wall, Twer, Tait, Townsend)	
Delaware	7:39.25 (Penn Relays)
(Wall, Twer, Tait, Townsend)	

4 x 1,500 Meter Relay

Delaware	16:31.09 (Colonial Relays)
(Bourke, Vincent, Cantwell, Pyle)	

Distance Medley Relay

Delaware	10:04.30 (Penn Relays)
(Twer, Simkins, Wall, Cantwell)	

110 meter high hurdles

Jeremy Simkins	15.18 (CAA)
John Hally	15.36 (CAA)
Brendan O'Hora	18.86 (CAA)
Alex Tingue	19.59 (CAA)

400 intermediate hurdles

Jeremy Simkins	53.17 (CAA)
John Hally	57.61 (West Chester)
Jonathan Santiago	57.87 (West Chester)
Wes Chandler	59.74 (Rider)

100 meters

Nick Morrissey	10.97 (CAA)
Ross Shober	11.00 (CAA)
Theo James	11.08 (CAA)
Kyle Nagy	11.24 (Swarthmore)
Alex Tingue	11.31 (CAA)
Wes Chandler	11.56 (Towson)
Tim Kutchen	11.72 (Penn Inv.)
Brendan O'Hora	11.91 (CAA)
Jonathan Santiago.....	12.16 (Towson/Penn Inv.)
Kevin McCove	12.19 (Stockton)

200 meters

Nick Morrissey	22.08 (CAA)
Vinny Fronczkowski	22.41 (CAA)
Ross Shober	22.42 (CAA)
Kyle Nagy	22.44 (CAA)
Theo James	22.81 (CAA)
Justin Molligan	22.82 (CAA)
Wes Chandler	22.94 (Rider)
Alex Tingue	23.10 (Penn Inv.)
John Hally	23.40 (Towson)
Tim Kutchen	23.51 (Penn Inv.)
Brendan O'Hora	24.25 (Penn Inv.)
Jonathan Santiago.....	24.27 (Stockton)

400 meters

Vinny Fronczkowski	49.57 (Swarthmore)
Jeremy Simkins.....	50.22 (Coastal)
Justin Molligan	50.22 (CAA)
Nick Morrissey.....	50.54 (CAA)
Alex Tingue	51.50 (CAA)
Corey Wall	53.56 (Rider)
Brendan O'Hora	54.39 (CAA)

- over for more -

2-2-2-2

800 meters

Nate Twer	1:53.56 (Swarthmore)
Corey Wall	1:53.94 (Swarthmore)
Mike Tait	1:55.63 (Swarthmore)
James Townsend	1:55.83 (CAA)
Kevin Sadeghipour	1:57.40 (Swarthmore)
Jeremy Simkins.....	1:57.78 (Swarthmore)
Glenn Puzio	1:58.96 (CAA)
Tywan Brooks	1:57.98 (Swarthmore)
Chris Bourke	2:02.36 (Towson)
Andy Weaver	2:03.32 (Towson)
Steve Vincent	2:03.61 (Towson)
Justin Molligan.....	2:08.75 (West Chester)

1,500 meters

James Townsend	3:56.93 (Swarthmore)
Nate Twer	4:03.68 (Towson)
Chris Bourke	4:03.73 (Towson)
Gregg Cantwell	4:04.34 (Rider)
Corey Wall	4:06.38 (Stockton)
Andy Weaver	4:06.40 (Towson)
Steve Vincent	4:07.11 (Towson)
Mike Tait	4:07.62 (Towson)
George Vernon	4:09.28 (Towson)
Glenn Puzio	4:09.65 (West Chester)
Kevin Sadeghipour.....	4:09.96 (West Chester)
Alex Gambogi	4:15.78 (Rider)
Matt O'Brian	4:20.45 (Stockton)
Tywan Brooks.....	4:23.19 (Stockton)
Kevin Kemmerle	4:29.67 (Rider)
Brendan O'Hora	5:08.92 (CAA)
Alex Tingué	5:35.35 (CAA)

3,000 meter steeplechase

Gregg Cantwell	9:23.47 (CAA)
Nick Pyle	9:50.68 (Stockton)
Chris Bourke	9:51.30 (CAA)
Alex Gambogi	9:54.67 (Stockton)
Kevin Kemmerle	10:27.60 (West Chester)

5,000 meters

Chris Bourke	15:02.16 (Colonial Relays)
Andy Weaver	15:03.53 (Penn Inv.)
Gregg Cantwell	15:11.95 (Penn Relays)
George Vernon	15:23.32 (Penn Inv.)
Matt O'Brian	15:30.40 (Swarthmore)
Kevin Kemmerle	15:34.73 (Swarthmore)
Nick Pyle	15:55.09 (Colonial Relays)
Steve Vincent	16:00.28 (Colonial Relays)
Phil Weigel	16:23.11 (Stockton)

10,000 meters

Chris Bourke	30:56.47 (CAA)
Kevin Kemmerle	33:12.13 (CAA)

Pole Vault

Shane Ordway	14-11 (4.54m) (CAA/Swarthmore)
George Vallone	14-1 1/4 (4.30m) (Coastal/Penn Inv./WCU)
D.J. Lehr	13-11 1/4 (4.24m) (CAA)
Steven Theroux	13-5 1/4 (4.10m) (Swarthmore)

High Jump

Jamie Igo	6-4 1/2 (1.95m) (West Chester)
Brendan O'Hora	5-7 1/4 (1.70m) (CAA)
Alex Tingué	5-4 1/4 (1.63m) (Stockton)

Long Jump

Ross Shober	21-2 (6.45m) (Coastal)
Alex Tingué	20-3 3/4 (6.19m) (Stockton)
Kevin McCove	19-10 3/4 (6.06m) (CAA)
Tim Kutchen	19-4 1/4 (5.90m) (West Chester)
Brendan O'Hora	18-10 (5.74m) (CAA)
John Hally	18-8 1/2 (5.70m) (West Chester)

Triple Jump

Kevin McCove	43-5 (13.23m) (CAA)
Jamie Igo	43 1/2 (13.12m) (CAA)

Shot Put

John Viotto	53-3 3/4 (16.24m) (Penn Relays)
Chase Renoll	51-5 1/2 (15.68m) (Swarthmore)
Nick Alexander.....	45-3 (13.79m) (Penn Inv.)
Alex Tingué	38-3 1/2 (11.67m) (CAA)
Brendan O'Hora	36-5 1/2 (11.11m) (CAA)

Discus

John Viotto	156-3 (47.63m) (Stockton)
Chase Renoll	153-8 (46.85m) (Rider)
Jim Schwendtner	133-1 (40.56m) (CAA)
Ryan Braunagel.....	132-4 (40.35m) (Stockton)
Nick Alexander	138-2 (42.12m) (West Chester)
Theo Lusardi	139-3 (42.45m) (West Chester)
Seth Rohrbaugh.....	129-11 (39.61m) (Stockton)
Connor Whitesel	112-2 (34.19m) (Rider)
Alex Tingué	99-7 (30.35m) (CAA)
Brendan O'Hora	79-1 (24.10m) (CAA)

Hammer

Jim Schwendtner	176-3 (53.72m) (Stockton)
Connor Whitesel	172-8 (52.63m) (Colonial Relays)
Ryan Braunagel	154-9 (47.18m) (Swarthmore)
Theo Lusardi	145-8 (44.39m) (CAA)

3-3-3-3

Javelin

Jonathan Gomez	209-5 (63.84m) (Colonial Relays)*
Brendan O'Hora	141-5 (43.10m) (West Chester)
Alex Tingue	128-4 (39.13m) (Towson)
George Vallone.....	108-1 (32.91m) (Rider)

Decathlon

Brendan O'Hora	5061 (CAA)
Alex Tingue	4550 (CAA)