



# 2005 VCU MEN'S INDOOR TRACK AND FIELD



## RESULTS BY EVENT

^ PRELIM ROUND, **BOLD** = PERSONAL BEST, \* = SCHOOL RECORD, # = NCAA MARK

<b>55m</b>			<b>500m</b>		
1. James Frierson	Navy Invite '04	<b>6.45</b>	10. Ryan Colesar	Carolina Classic	53.09
2. James Frierson	Navy Invite '04	^6.47	11. Paul Henderson	Carolina Classic	53.22
James Frierson	Navy 1/15	^6.47	12. J.P. Giles	Navy Invite '04	53.23
4. James Frierson	Navy 1/15	6.49	13. J.P. Giles	VT Challenge	53.37
5. Jackie DeShazo	Navy Invite '04	<b>6.52</b>	14. Mike Vanderhoof	Carolina Classic	53.42
6. Jackie DeShazo	GMU Winter Open	^6.53	15. Ryan Colesar	Navy 1/15	54.16
7. Derek Altizer	GMU Winter Open	<b>6.54</b>	16. Matthew Brewer	College Classic	54.25
8. Jackie DeShazo	Navy 1/15	^6.55	<b>600m</b>		
9. Jackie DeShazo	Navy 1/15	6.56	1. Mike Vanderhoof	PSU Nat'l	1:08.37
Jackie DeShazo	GMU Winter Open	6.56	2. J.P. Giles	PSU Nat'l	1:09.14
11. Derek Altizer	GMU Winter Open	^6.57	3. Paul Henderson	GMU Winter Open	1:09.64
12. Yaw Owusu-Boamah	VT Challenge	<b>6.58</b>	4. Kyle Miller	GMU Winter Open	1:09.84
13. Jackie DeShazo	Navy Invite '04	^6.60	5. Mike Vanderhoof	Navy 1/15	1:10.66
14. Yaw Owusu-Boamah	GMU Winter Open	^6.61	6. Paul Henderson	Navy 1/15	1:10.81
15. Derek Altizer	Navy 1/15	^6.62	<b>800m</b>		
16. Jackie DeShazo	VT Challenge	6.62	1. Lukasz Matusiewicz	VT Last Chance	1:52.45
17. Yaw Owusu-Boamah	Navy Invite '04	^6.63	2. Lukasz Matusiewicz	Niswonger	1:52.72
18. Yaw Owusu-Boamah	Navy 1/15	^6.64	3. Mariusz Mostrag	VT Last Chance	1:52.82
19. Derek Altizer	Navy 1/15	6.65	4. Lukasz Matusiewicz	VT Challenge	1:52.79
20. Yaw Owusu-Boamah	Navy Invite '04	6.71	5. Mariusz Mostrag	Niswonger	1:53.65
21. Jeff Cuthbertson	Navy 1/15	^6.88	6. Mariusz Mostrag	VT Challenge	1:54.56
<b>60m</b>			7. Riad Ouled	Niswonger	1:57.77
1. James Frierson	Niswonger	<b>6.93</b>	8. Tim Cancro	Niswonger	1:59.68
2. Jackie DeShazo	VT Last Chance	^7.00	9. Nulie Macarthy	Navy 1/15	1:59.91
3. Jackie DeShazo	Niswonger	^7.02	10. Tim Cancro	VT Challenge	2:00.51
4. Yaw Owusu-Boamah	Niswonger	^7.06	11. Nulie Macarthy	Niswonger	2:04.07
Jackie DeShazo	PSU Nat'l	^7.06	12. Paul Henderson	Niswonger	2:06.77
5. Yaw Owusu-Boamah	VT Last Chance	^7.11	13. Paul Henderson	Navy Invite '04	2:06.83
6. Carter Jones	College Classic	^7.40	<b>1000m</b>		
7. Jeff Cuthbertson	College Classic	^7.46	1. Lukasz Matusiewicz	PSU Nat'l	2:24.53
8. Devin Fallen	College Classic	^7.78	2. Mariusz Mostrag	PSU Nat'l	2:28.45
<b>200m</b>			3. Mariusz Mostrag	GMU Winter Open	2:28.49
1. James Frierson	Niswonger	<b>*21.43</b>	4. Mariusz Mostrag	VT Challenge	2:28.97
2. James Frierson	Niswonger	21.82	5. Lukasz Matusiewicz	Navy 1/15	2:31.23
3. Jackie DeShazo	Niswonger	^22.10	6. Tim Cancro	PSU Nat'l	<b>2:32.05</b>
4. Jackie DeShazo	Navy 1/15	22.44	7. Nulie Macarthy	GMU Winter Open	2:34.79
5. Jackie DeShazo	VT Challenge	22.52	8. Tim Cancro	VT Challenge	2:37.88
6. Jackie DeShazo	VT Last Chance	22.67	9. Tim Cancro	GMU Winter Open	2:38.23
7. Yaw Owusu-Boamah	VT Challenge	23.30	10. Tim Cancro	Navy 1/15	2:38.50
8. J.P. Giles	Niswonger	^23.48	<b>1 mile</b>		
9. J.P. Giles	VT Challenge	23.68	1. Lukasz Matusiewicz	GMU Winter Open	4:20.50
10. Ryan Colesar	Carolina Classic	24.11	2. Mariusz Mostrag	Navy 1/15	4:21.97
11. J.P. Giles	Carolina Classic	24.42	3. Lukasz Matusiewicz	Niswonger	4:23.25
12. Carter Jones	Navy Invite '04	24.55	4. Mariusz Mostrag	Niswonger	4:25.93
13. Donovan Lewis	College Classic	25.29	5. Riad Ouled	Navy 1/15	4:28.60
14. Grant Mathews	College Classic	25.41	6. Tim Cancro	Carolina Classic	4:39.49
15. Calvin Cropper	College Classic	26.07	7. Nulie Macarthy	Niswonger	4:40.24
<b>400m</b>			<b>3000m</b>		
1. James Frierson	PSU Nat'l	49.67	1. Riad Ouled	PSU Nat'l	8:25.65
2. Jackie DeShazo	PSU Nat'l	50.14	2. Riad Ouled	Niswonger	8:34.66
3. Kyle Miller	Niswonger	^52.02	3. Riad Ouled	VT Challenge	8:41.97
4. JP Giles	Navy 1/15	52.56			
5. Mike Vanderhoff	Navy Invite '04	52.75			
6. Kyle Miller	Navy Invite '04	52.91			
7. J.P. Giles	Niswonger	^53.04			
Ryan Colesar	Navy Invite '04	53.04			
9. JP Giles	GMU Winter Open	53.08			



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### 55m hurdles

1. Ryan Woolridge	Navy Invite '04	^8.11
2. Cordell Page	Navy Invite '04	^8.11
3. Ryan Woolridge	Navy Invite '04	8.29
4. Cordell Page	Navy 1/15	8.33
5. Kyle Miller	Navy Invite '04	^8.94
6. Grant Mathews	Navy Invite '04	^9.06

### 60m hurdles

1. Cordell Page	Carolina Classic	8.97
2. Ryan Woolridge	College Classic	^9.10
3. Ryan Woolridge	Carolina Classic	9.12
4. Grant Mathews	College Classic	^9.27
5. Kyle Miller	Carolina Classic	9.57

### Distance Medley

1. VCU	Navy Invite '04	10:23.25
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### 4x400m Relay

1. DeShazo Mostrag Matusiewicz Macarthy	PSU Nat'l	3:22.18
2. VCU	Niswonger	3:22.27
3. VCU	Navy Invite '04	3:23.66

### 4x800m Relay

1. VCU	Navy 1/15	8:08.48
2. VCU	Navy Invite '04	8:11.83

### High Jump

1. Brett Frykberg	VT Last Chance	6-8.75
2. Davion Lambert	PSU Nat'l	6-5
Davion Lambert	GMU Winter Open	6-5
4. Davion Lambert	Navy 1/15	6-1.25
Kyle Miller	GMU Winter Open	6-1.25

### Long Jump

1. Davion Lambert	Niswonger	<b>23-11.5</b>
2. Davion Lambert	PSU Nat'l	23-10.25
3. Davion Lambert	VT Last Chance	23-8.75
4. Davion Lambert	Navy Invite '04	23-8
5. Davion Lambert	VT Challenge	23-7.5
6. Davion Lambert	Navy 1/15	23-1.75
7. Davion Lambert	Navy 1/15	22-10.75
8. Brandon Argro	GMU Winter Open	<b>22-1.5</b>
9. Brandon Argro	Navy Invite '04	21-11
10. Tim Jackson	PSU Nat'l	21-9.5
11. Tim Jackson	Navy Invite '04	21-6.25
12. Tim Jackson	GMU Winter Open	20-9.75
13. Brandon Argro	VT Challenge	20-7
14. Brandon Argro	Navy 1/15	20-3
15. Matthew Brewer	GMU Winter Open	19-9
16. Tylen Hazard	Navy Invite '04	19-8.75
17. Kyle Miller	Carolina Classic	19-0.5
18. Matthew Brewer	College Classic	18-11
19. Tylen Hazard	Navy 1/15	18-1.5
20. Grant Mathews	Carolina Classic	17-2.75

21. Jacob Bowers	College Classic	17-2.5
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### Triple Jump

1. Davion Lambert	Niswonger	<b>*49-2.5</b>
2. Davion Lambert	Navy 1/15	49-1.75
3. Davion Lambert	GMU Winter Open	48-3.5
Davion Lambert	VT Last Chance	48-3.5
5. Davion Lambert	Navy Invite '04	48-0
6. Davion Lambert	VT Challenge	45-44.75
7. Brandon Argro	Navy 1/15	41-4.25
8. Tim Jackson	Navy 1/15	41-1.5
9. Matt Brewer	Navy 1/15	40-7.75

### Pole Vault

1. Matt Sandridge	Navy 1/15	13-9.25
2. Matt Sandridge	VT Challenge	13-0
3. Matt Sandridge	Carolina Classic	12-9.5
4. Matt Sandridge	Navy Invite '04	12-6.75
5. Eric Stanckick	Navy Invite '04	12-6.75
6. Eric Stanckick	Navy 1/15	12-3.5
7. Eric Stanckick	College Classic	12-0

### Weight Throw

1. Andrew Bailey	College Classic	44-1
2. Andrew Bailey	Navy 1/15	43-10
3. Andrew Bailey	GMU Winter Open	42-8.25
4. Andrew Bailey	Carolina Classic	42-1.5

### Shot Put

1. James Abraham	College Classic	<b>47-2.5</b>
2. James Abraham	Carolina Classic	46-10.25
3. James Abraham	VT Challenge	46-0
4. James Abraham	Navy Invite '04	45-3.75
5. James Abraham	Navy 1/15	45-0.25
James Abraham	Navy 1/15	^45-0.25
7. Lionel Abrams	GMU Winter Open	44-3.25
8. Lionel Abrams	College Classic	41-5
9. Rodney Sandidge	College Classic	39-5.25
10. Andrew Bailey	GMU Winter Open	39-3
11. Rodney Sandidge	Navy Invite '04	39-2.25
12. Rodney Sandidge	GMU Winter Open	39-1.75
13. Phillip Drake	College Classic	38-1.5
14. Kyle Miller	Carolina Classic	28-8.5