



# 2005 VCU MEN'S OUTDOOR TRACK AND FIELD



## RESULTS BY EVENT

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### 100m

James Frierson	CAA's	<b>10.56</b>	Jackie DeShazo	Lou Onesty Invite	22.30
James Frierson	Ram Invite	10.60	Derek Altizer	CAA's	<b>22.49</b>
Jackie DeShazo	Ram Invite	<b>10.65</b>	Derek Altizer	Duke Invite	22.55
Jackie DeShazo	CAA's	<b>10.65</b>	Carter Jones	CAA's	22.61
James Frierson	Ram Invite	^10.66	Yaw Owusu-Boamah	CAA's	22.65
Jackie DeShazo	Ram Invite	^10.73	Ryan Colesar	CAA's	22.66
Derek Altizer	CAA's	<b>10.78</b>	Ryan Colesar	Duke Invite	22.86
Yaw Owusu-Boamah	Lou Onesty Invite	10.82	Ryan Colesar	Fred Hardy Invite	22.98
Derek Altizer	Lou Onesty Invite	10.83	Jeff Cuthbertson	CAA's	23.17
James Frierson	Patriot Open	^10.85	Yaw Owusu-Boamah	Lou Onesty Invite	23.18
Yaw Owusu-Boamah	Ram Invite	^10.85	Carter Jones	Fred Hardy Invite	23.53
James Frierson	Duke Invite	^10.86	Ryan Colesar	Ram Invite	23.79
Jackie DeShazo	Patriot Open	^10.91	Jean-Pierre Giles	Fred Hardy Invite	23.82
Jackie DeShazo	Patriot Open	10.91	Jeff Cuthbertson	Lou Onesty Invite	23.88
Jackie DeShazo	GT Invite	^10.91	Donovan Lewis	CAA's	23.91
James Frierson	Patriot Open	10.94	Donovan Lewis	Fred Hardy Invite	23.91
Derek Altizer	Patriot Open	^10.94	Paul Henderson	Fred Hardy Invite	23.93
Derek Altizer	Duke Invite	^10.94	Jean-Pierre Giles	Ram Invite	24.29
James Frierson	GT Invite	^10.95	Donovan Lewis	Lou Onesty Invite	24.34
Derek Altizer	Patriot Open	10.98	Jeff Cuthbertson	Fred Hardy Invite	24.38
Davion Lambert	CAA's	11.04	Jeff Cuthbertson	Ram Invite	24.47
James Frierson	Fred Hardy Invite	11.06	Donovan Lewis	Ram Invite	24.68
Yaw Owusu-Boamah	CAA's	11.07	Calvin Cropper	Lou Onesty Invite	26.06
Jackie DeShazo	Fred Hardy Invite	11.07	Calvin Cropper	Ram Invite	27.37
Davion Lambert	Ram Invite	^11.13			
Davion Lambert	Lou Onesty Invite	11.18			
Davion Lambert	Duke Invite	^11.25			
Carter Jones	CAA's	11.34			
Jeff Cuthbertson	Lou Onesty Invite	11.42			
Carter Jones	Lou Onesty Invite	11.44			
Jeff Cuthbertson	CAA's	11.44			
Jeff Cuthbertson	Ram Invite	^11.45			
Davion Lambert	Fred Hardy Invite	11.54			
Donovan Lewis	Lou Onesty Invite	11.56			
Donovan Lewis	Ram Invite	^11.62			
Carter Jones	Fred Hardy Invite	11.65			
Donovan Lewis	CAA's	11.66			
Jeff Cuthbertson	Fred Hardy Invite	11.66			
Donovan Lewis	Fred Hardy Invite	11.91			
Jacob Bowers	Ram Invite	^12.21			
John Rollins	Lou Onesty Invite	12.48			

### 400m

James Frierson	CAA's	<b>#46.99</b>
James Frierson	Lou Onesty Invite	47.84
James Frierson	NCAA East Reg.	48.08
Jackie DeShazo	Duke Invite	50.14
Ryan Colesar	CAA's	50.35
Paul Henderson	Patriot Open	50.60
Paul Henderson	CAA's	50.91
Paul Henderson	Lou Onesty Invite	50.92
Paul Henderson	Duke Invite	50.95
Paul Henderson	Fred Hardy Invite	51.23
Paul Henderson	Ram Invite	51.34
Nulie Macarthy	Lou Onesty Invite	51.65
Mike Vanderhoof	CAA's	51.79
Ryan Colesar	Duke Invite	51.83
Ryan Colesar	Fred Hardy Invite	52.05
Jean-Pierre Giles	Ram Invite	52.45
Jean-Pierre Giles	Fred Hardy Invite	52.87
Mike Vanderhoof	Fred Hardy Invite	53.21
John Rollins	Ram Invite	53.94
Matthew Brewer	Ram Invite	54.01
Matthew Brewer	Fred Hardy Invite	54.32
John Rollins	Lou Onesty Invite	55.69

### 800m

Lukasz Matusiewicz	Lou Onesty Invite	1:50.60
Mariusz Mostrag	GT Invite	1:51.48
Lukasz Matusiewicz	Duke Invite	1:51.59
Mariusz Mostrag	Patriot Open	1:51.67

### 200m

James Frierson	Duke Invite	21.40
James Frierson	CAA's	21.48
Jackie DeShazo	CAA's	<b>21.74</b>
Jackie DeShazo	GT Invite	21.75
James Frierson	GT Invite	21.82
Jackie DeShazo	Duke Invite	21.88
James Frierson	Ram Invite	21.96
James Frierson	Fred Hardy Invite	22.03
Jackie DeShazo	Patriot Open	22.03
James Frierson	Patriot Open	22.05
Jackie DeShazo	Ram Invite	22.14



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Lukasz Matusiewicz	Fred Hardy Invite	1:51.72
Lukasz Matusiewicz	Patriot Open	1:51.92
Lukasz Matusiewicz	CAA's	1:52.16
Lukasz Matusiewicz	GT Invite	1:52.31
Mariusz Mostrag	Duke Invite	1:52.36
Mariusz Mostrag	CAA's	1:52.57
Mariusz Mostrag	Fred Hardy Invite	1:53.39
Nulie Macarthy	Duke Invite	1:57.42
Nulie Macarthy	CAA's	1:57.59
Tim Cancro	Lou Onesty Invite	1:57.77
Nulie Macarthy	Fred Hardy Invite	1:58.11
Tim Cancro	CAA's	1:58.44
Tim Cancro	Patriot Open	1:59.06
Nulie Macarthy	Ram Invite	1:59.75
Tim Cancro	Fred Hardy Invite	2:00.14
Nulie Macarthy	Ram Invite	2:00.84
Tim Cancro	Duke Invite	2:01.43

### 1500m

Mariusz Mostrag	Lou Onesty Invite	3:53.15
Mariusz Mostrag	GT Invite	3:53.24
Lukasz Matusiewicz	CAA's	3:53.57
Mariusz Mostrag	Fred Hardy Invite	3:53.75
Mariusz Mostrag	CAA's	3:54.00
Steve Walters	Lou Onesty Invite	3:54.19
Lukasz Matusiewicz	Fred Hardy Invite	3:54.60
Lukasz Matusiewicz	Ram Invite	3:55.28
Riad Ouled	Lou Onesty Invite	3:55.32
Mariusz Mostrag	Ram Invite	3:57.04
Steve Walters	Ram Invite	3:58.31
Riad Ouled	Fred Hardy Invite	4:00.69
Tim Cancro	Ram Invite	4:09.14
Adam Canning	Lou Onesty Invite	4:09.27
Tim Cancro	Fred Hardy Invite	4:09.45
Riad Ouled	Ram Invite	4:10.63
Adam Canning	Fred Hardy Invite	4:14.04
Riad Ouled	CAA's	4:18.70

### 5000m

Steve Walters	Duke Invite	14:56.94
Brent Carson	Ram Invite	16:51.39
Brent Carson	Lou Onesty Invite	17:23.72

### 10000m

Steve Walters	CAA's	31:00.39
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### 110m hurdles

Cordell Page	CAA's	15.81
Cordell Page	Fred Hardy Invite	16.76

### 400m hurdles

Kyle Miller	Lou Onesty Invite	55.99
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Kyle Miller	Duke Invite	56.40
Kyle Miller	Fred Hardy Invite	56.84
Mike Vanderhoof	Fred Hardy Invite	58.10
Mike Vanderhoof	Lou Onesty Invite	58.24
Mike Vanderhoof	CAA's	58.45
Mike Vanderhoof	Duke Invite	58.90
Mike Vanderhoof	Ram Invite	59.56

### 3000m steeplechase

Riad Ouled	CAA's	9:35.57
Riad Ouled	Duke Invite	9:42.96
Riad Ouled	Fred Hardy Invite	9:46.32
Adam Canning	CAA's	10:17.11
Adam Canning	Duke Invite	10:29.32

### 4x100m Relay

VCU "A"	CAA's	41.02
(James Frierson, Jackie DeShazo, Yaw Ouwus-Boamah, Derek Altizer)		
VCU "A"	Lou Onesty Invite	41.55
VCU "A"	Fred Hardy Invite	42.08
VCU "A"	CNU Invite	42.48
VCU "A"	Duke Invite	43.15

### 4x400m Relay

VCU "A"	CAA's	3:21.65
(Jackie DeShazo, James Frierson, Mariusz Mostrag, Lukasz Matusiewicz)		
VCU "A"	Ram Invite	3:26.64
(Paul Henderson, JP Giles, Mike Vanderhoof, Ryan Colesar)		
VCU "A"	Fred Hardy Invite	3:27.07

### 4x800m Relay

VCU "A"	Ram Invite	7:52.40
(Tim Cancro, Mariusz Mostrag, Riad Ouled, Lukasz Matusiewicz)		

### Sprint Medley Relay

VCU "A"	Penn Relays	3:29.98
(Frierson, DeShazo, Matusiewicz, Mostrag)		

### High Jump

Davion Lambert	NCAA East Reg.	<b>*6-11.00</b>
Brett Frykberg	Ram Invite	<b>*#6-10.75</b>
Brett Frykberg	CAA's	<b>*#6-10.75</b>
Davion Lambert	CAA's	<b>*#6-10.75</b>
Brett Frykberg	Fred Hardy Invite	6-8.75
Davion Lambert	Duke Invite	6-7.00
Davion Lambert	GT Invite	6-6.75
Davion Lambert	Fred Hardy Invite	6-4.75
Davion Lambert	Patriot Open	6-4.25

### Pole Vault



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Matthew Sandridge	Patriot Open	<b>13-11.25</b>
Eric Stanchick	Ram Invite	<b>13-7.25</b>
Eric Stanchick	CAA's	<b>13-7.25</b>
Matthew Sandridge	Fred Hardy Invite	13-7.25
Matthew Sandridge	CAA's	13-7.25
Matthew Sandridge	CNU Invite	13-6.00
Matthew Sandridge	Ram Invite	13-1.50
Eric Stanchick	Fred Hardy Invite	12-7.50
Eric Stanchick	CNU Invite	12-6.00

### Long Jump

Davion Lambert	NCAA East Reg	<b>24-10.50</b>
Davion Lambert	CAA's	#24.-5.0-0
Davion Lambert	Ram Invite	#24-4.50
Davion Lambert	Duke Invite	23-11.75
Davion Lambert	Fred Hardy Invite	23-6.75
Davion Lambert	GT Invite	23-6.75
Tim Jackson	Ram Invite	22-7.75
Brandon Argo	CAA's	<b>22-4.25</b>
Davion Lambert	Penn Relays	22-4.25
Tim Jackson	CAA's	21-4.25
Brandon Argo	Patriot Open	20-11.75
Brandon Argo	Fred Hardy Invite	20-10.5
Brandon Argo	Ram Invite	19-4.00
Matthew Brewer	Fred Hardy Invite	18-8.50
Jackie DeShazo	CAA's	18-8.00
Matthew Brewer	Ram Invite	18-7.25
Donovan Lewis	CAA's	18-7.00
Kyle Miller	Lou Onesty Invite	18-1.50
Jacob Bowers	Fred Hardy Invite	17-7.50
Grant Mathews	Lou Onesty Invite	16-6.50
Tim Jackson	Fred Hardy Invite	15-7.00

### Triple Jump

Davion Lambert	Lou Onesty Invite	<b>48-6.00</b>
Davion Lambert	CAA's	48-5.25
Davion Lambert	Ram Invite	48-2.75
Davion Lambert	Patriot Open	48-1.75
Brandon Argo	Patriot Open	47-3.50
Davion Lambert	Fred Hardy Invite	45-4.50
Brandon Argo	Lou Onesty Invite	44-4.00
Brandon Argo	Ram Invite	44-2.50
Brandon Argo	CAA's	43-7.25
Tim Jackson	CAA's	40-6.00
Matthew Brewer	CNU Invite	39-8.00
Matthew Brewer	CAA's	38-6.75

### Shot Put

James Abraham	Lou Onesty Invite	<b>47-9.75</b>
James Abraham	CNU Invite	47-4.25
James Abraham	CAA's	47-2.25
James Abraham	Fred Hardy Invite	46-0.50
James Abraham	Ram Invite	45-11.75
Allen Sandidge	Patriot Open	44-0.75

Allen Sandidge	CNU Invite	43-10.00
Allen Sandidge	CAA's	43-3.00
Allen Sandidge	Fred Hardy Invite	41-7.75
Allen Sandidge	Ram Invite	41-1.00
Andrew Bailey	CNU Invite	40-10.50
Allen Sandidge	Lou Onesty Invite	40-5.50
Preston Ailor	Fred Hardy Invite	40-4.75
Preston Ailor	Ram Invite	40-2.75
Preston Ailor	Lou Onesty Invite	40-0.50
Preston Ailor	CAA's	38-8.75
Phillip Drake	CAA's	38-5.50
Andrew Bailey	CAA's	37-8.00
Phillip Drake	Ram Invite	36-5.75
Jacob Bowers	Ram Invite	30-10.25

### Discus

Andrew Bailey	Patriot Open	142-08
Andrew Bailey	Lou Onesty Invite	138-05
Andrew Bailey	CAA's	138-01
Andrew Bailey	Fred Hardy Invite	134-08
Phillip Drake	CAA's	132-05
Andrew Bailey	Duke Invite	131-02
Andrew Bailey	Ram Invite	131-05
Chris Widhalm	Fred Hardy Invite	128-11
Phillip Drake	Lou Onesty Invite	126-07
Allen Sandidge	Patriot Open	125-04
James Abraham	Ram Invite	121-07
Chris Widhalm	CAA's	121-03
Preston Ailor	CAA's	120-06
Chris Widhalm	Duke Invite	120-02
James Abraham	CAA's	119-09
Chris Widhalm	Ram Invite	117-08
Phillip Drake	Fred Hardy Invite	117-08
James Abraham	Lou Onesty Invite	116-00
James Abraham	Fred Hardy Invite	114-07
Allen Sandidge	Lou Onesty Invite	113-11
Allen Sandidge	Ram Invite	111-08
Allen Sandidge	Fred Hardy Invite	111-03
Allen Sandidge	CAA's	110-09
Phillip Drake	Ram Invite	108-00
Preston Ailor	Ram Invite	102-11

### Hammer

Andrew Bailey	Duke Invite	<b>157-00</b>
Andrew Bailey	Patriot Open	145-03
Preston Ailor	Ram Invite	137-07
Andrew Bailey	CAA's	136-06
Andrew Bailey	CNU Invite	131-11
Andrew Bailey	Fred Hardy Invite	130-07
Preston Ailor	Fred Hardy Invite	129-00
Andrew Bailey	Ram Invite	127-05
Andrew Bailey	Lou Onesty Invite	127-01
Preston Ailor	CNU Invite	122-07
Preston Ailor	CAA's	118-05



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### Javelin

Brett Frykberg	Fred Hardy Invite	*200-09
Brett Frykberg	Duke Invite	191-10
Brett Frykberg	CAA's	185-08
Brett Frykberg	Ram Invite	177-05
Chris Widhalm	CAA's	157-08
Chris Widhalm	Duke Invite	156-03
Grant Mathews	CAA's	156-03
Chris Widhalm	Fred Hardy Invite	154-09
Eric Stanchick	Ram Invite	153-11
Chris Widhalm	Ram Invite	152-11
Grant Matthews	Fred Hardy Invite	150-8.5
Eric Stnachick	CAA's	145-07
Grant Matthews	Lou Onesty Invite	145-06
Grant Matthews	CNU Invite	128-09
Jacob Bowers	CNU Invite	123-03
Kyle Miller	CNU Invite	119-4.50