



2005 VCU MEN'S INDOOR TRACK AND FIELD



INDIVIDUAL RESULTS

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

James Abraham
Sr. ~ Richmond, Va./Hermitage

<u>Shot Put</u>		
47-2.5	3rd/22	College Classic
46-10.25	12th/27	Carolina Classic
46-0	25/26	VT Challenge
45-3.75	4th/14	Navy Invite '04
45-0.25	8th/8	Navy 1/15
^45-0.25	8th/12	Navy 1/15

Lionel Abrams
Sr. ~ Richmond, Va./Hermitage

<u>Shot Put</u>		
44-3.25	2nd/4	GMU Winter Open
41-5	14th/22	College Classic

Derek Altizer
So. ~ Chesterfield, Va./Thomas Dale

<u>55m</u>		
6.54	5th/6	GMU Winter Open
6.57^	5th/9	GMU Winter Open
6.62^	6th/19	Navy 1/15
6.65	6th/7	Navy 1/15

Brandon Argro
So. ~ Richmond, Va./Henrico

<u>Long Jump</u>		
22-1.5	3rd/5	GMU Winter Open
21-11	5th/12	Navy Invite '04
20-3	13th/16	Navy 1/15

<u>Triple Jump</u>		
41-4.25	10th/13	Navy 1/15

Andrew Bailey
Fr. ~ Richmond, Va./Douglas Freeman

<u>Shot Put</u>		
39-3	3rd/4	GMU Winter Open

<u>Weight Throw</u>		
44-1	6th/10	College Classic
43-10	8th/12	Navy 1/15
42-8.25	1st/1	GMU Winter Open
42-1.5	11th/17	Carolina Classic

Jacob Bowers
So. ~ Richmond, Va./Collegiate

<u>Long Jump</u>		
17-2.5	22nd/23	College Classic

Matt Brewer
Fr. ~ Richmond, Va./J.R. Tucker

<u>400m</u>		
54.25	26th/35	College Classic

<u>Long Jump</u>		
19-9	5th/5	GMU Winter Open
18-11	16th/23	College Classic

<u>Triple Jump</u>		
40-7.75	13th/13	Navy 1/15

Tim Cancro
So. ~ Mechanicsville, Va./Atlee

<u>800m</u>		
1:59.68	22nd/55	Niswonger Invite
2:00.51	55th/67	VT Challenge

<u>1000m</u>		
2:32.05	22nd/30	Penn State National
2:37.88	20th/29	VT Challenge
2:38.50	11th/14	Navy 1/15

<u>1 mile</u>		
4:39.49	31st/33	Carolina Classic

Ryan Colesar
Jr. ~ Williamsburg, Va./Lafayette

<u>200m</u>		
24.11	35th/43	Carolina Classic

<u>400m</u>		
53.04	12th/21	Navy Invite '04
53.09	18th/22	Carolina Classic
54.16	15/17	Navy 1/15

Calvin Cropper
Jr. ~ Hopewell, Va./Richard Bland

<u>200m</u>		
26.07	44th/48	College Classic



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Jeff Cuthbertson
So. ~ Chesapeake, Va./Great Bridge

55m
6.88^ 16th/19 Navy 1/15

60m
7.46^ 31st/48 College Classic

Jackie DeShazo
Fr. ~ Mechanicsville, Va./Va. Intermont

55m
6.52 2nd/6 Navy Invite '04
6.53^ 4th/9 GMU Winter Open
6.55^ 2nd/19 Navy 1/15
6.56 4th/7 Navy 1/15
6.56 6th/6 GMU Winter Open
6.60^ 2nd/8 Navy Invite '04
6.62^ 34th/61 VT Challenge

60m
7.00^ 5th/11 VT Last Chance
7.02^ 37th/98 Niswonger Invite
7.06^ 19th/31 Penn State National

200m
22.10^ 17th/126 Niswonger Invite
22.44 1st/16 Navy 1/15
22.52 28th/81 VT Challenge
22.67 9th/15 VT Last Chance

400m
50.14 32nd/36 Ram Invite

Philip Drake
Fr. ~ Alexandria, Va./Thomas Edison

Shot Put
38-1.5 18th/26 College Classic

Devin Fallen
Fr. ~ Roanoke, Va./William Byrd

60m
7.78^ 44th/48 College Classic

James Frierson
So. ~ Richmond, Va./Highland Springs

55m
6.45 1st/6 Navy Invite '04
^6.47 1st/8 Navy Invite '04
^6.47 1st/19 Navy 1/15

6.49 1st/7 Navy 1/15

60m
^6.93 21st/98 Niswonger Invite

200m
21.43^* 5th/126 Niswonger Invite
21.82 6th/6 Niswonger Invite

400m
49.67 29th/36 Penn State National

Brett Frykberg
Sr. ~ Jacksonville, Fla./Tennessee

High Jump
6-8.75 3rd/4 VT Last Chance

Jean-Pierre Giles
Fr. ~ Hampton, Va./Bethel

200m
23.48^ 91st/126 Niswonger Invite
23.68 68th/81 VT Challenge
24.42 39th/43 Carolina Classic

400m
52.56 10th/17 Navy 1/15
53.04 85th/112 Niswonger Invite
53.08 4th/6 GMU Winter Open
53.23 14th/21 Navy Invite '04
53.37 61st/62 VT Challenge

500m
1:09.14 27th/28 Penn State National

Tylen Hazard
Jr. ~ Hampton, Va./Bethel

Triple Jump
40-6.75 5th/7 Navy Invite '04

Long Jump
19-8.75 9th/12 Navy Invite '04
18-1.5 16th/16 Navy 1/15

Paul Henderson
So. ~ Suffolk, Va./Nansemond River

400m
53.22 20th/22 Carolina Classic

500m
1:09.64 1st/2 GMU Winter Open
1:10.81 12th/13 Navy 1/15



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600m
1:27.02 14th/14 Penn State National

800m
2:06.77 42nd/55 Niswonger Invite
2:06.83 13th/16 Navy Invite '04

Tim Jackson
So. ~ Fredericksburg, Va./Courtland

Long Jump
21-9.5 10th/14 Penn State National
21-6.25 6th/12 Navy Invite '04
20-9.75 4th/5 GMU Winter Open

Triple Jump
41-1.25 11th/13 Navy 1/15

Carter Jones
Jr. ~ Hampton, Va./Hampton Univ.

60m
7.40^ 24th/48 College Classic

200m
24.55 8th/11 Navy Invite '04

Davion Lambert
So. ~ Richmond, Va./Varina

Triple Jump
49-2.5* 5th/24 Niswonger Invite
49-1.75 1st/13 Navy 1/15
48-3.5 7th/12 VT Last Chance
48-3.5 2nd/3 GMU Winter Open
48-0 1st/7 Navy Invite '04
45-11.75 14th/22 VT Challenge

Long Jump
23-11.5 6th/23 Niswonger Invite
23-10.25 1st/14 Penn State National
23-8.75 7th/13 VT Last Chance
23-8 1st/12 Navy Invite '04
23-7.25 3rd/37 VT Challenge
23-1.75 1st/8 Navy 1/15
^22-10.75 1/16 Navy 1/15

High Jump
6-5 7th/12 Penn State National
6-5 3rd/5 GMU Winter Open
6-1.25 7th/10 Navy 1/15

Donovan Lewis

Fr. ~ Alexandria, Va./Thomas Edison

200m
25.29 36th/48 College Classic

Nulie Macarthy
Alexandrie, Va./T.C. Williams

600m
1:23.41 6th/14 Penn State National

800m
1:59.91 5th/11 Navy 1/15
2:04.07 34th/55 Niswonger Invite

1000m
2:34.79 3rd/4 GMU Winter Open
2:38.23 4th/7 GMU Winter Open

1 mile
4:40.24 25th/56 Niswonger Invite

Grant Mathews
Fr. ~ Chester, Va./Benedictine

55m hurdles
^ 9.06 11th/11 Navy Invite '04

60m hurdles
9.27^ 16th/21 College Classic

200m
25.41 38/48 College Classic

Long Jump
17-2.75 27th/27 Carolina Classic

Lukasz Matusiewicz
So. ~ Warsaw, Poland/nv 7 in Warsaw

800m
1:52.45 2nd/25 VT Last Chance
1:52.72 5th/24 Niswonger Invite
1:52.79 7th/67 VT Challenge

1 mile
4:20.50 2nd/4 GMU Winter Open
4:23.25 12th/15 Niswonger Invite

1000m
2:24.53 2nd/30 Penn State National
2:31.23 4th/14 Navy 1/15

Kyle Miller



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So. ~ Front Royal, Va./Warren County

55m hurdles

^8.94 10th/11 Navy Invite '04

60m hurdles

9.57 25th/25 Carolina Classic

400m

52.02 60th/112 Niswonger Invite

52.91 11th/21 Navy Invite '04

500m

1:09.84 2nd/2 GMU Winter Open

600m

1:23.80 9th/14 Penn State National

High Jump

6-1.25 5th/5 GMU Winter Open

Long Jump

19-0.5 26th/27 Carolina Classic

Shot Put

28-8.5 27th/27 Carolina Classic

Mariusz Mostrag

So. ~ Krajnik, Poland/Z.S. na. 3 in Krajnik

800m

1:52.82 3rd/25 VT Last Chance

1:53.65 8th/24 Niswonger Invite

1:54.56 13th/67 VT Challenge

1000m

2:28.45 11th/30 Penn State National

2:28.49 1st/4 GMU Winter Open

2:28.97 3rd/29 VT Challenge

1 mile

4:21.97 4th/12 Navy 1/15

4:25.93 15th/15 Niswonger Invite

Riad Ouled

Jr. ~ Fontainebleau, France/Francois Couperin

800m

1:57.77 20th/24 Niswonger Invite

1mile

4:28.60 8th/12 Navy 1/15

3000m

8:25.65 12th/31 Penn State National

8:34.66 9th/16 Niswonger Invite
8:41.97 20th/70 VT Challenge

Yaw Owusu-Boamah

Fr. ~ Woodbridge, Va./Norfolk State

55m

6.58^ 30th/61 VT Challenge

6.61^ 8th/9 GMU Winter Open

6.64^ 9th/19 Navy 1/15

^6.63 3rd/8 Navy Invite '04

6.71 5th/6 Navy Invite '04

60m

7.06^ 43rd/98 Niswonger Invite

7.11^ 9th/11 VT Last Chance

200m

23.30 56th/81 VT Challenge

Cordell Page

Fr. ~ Richmond, Va./Manchester

55m hurdles

^8.11 8th/11 Navy Invite '04

^8.33 10th/13 Navy 1/15

60m hurdles

8.97 20th/25 Carolina Classic

Rodney Sandidge

So. ~ Amherst, Va./Amherst County

Shot Put

39-5.25 17th/22 College Classic

39-2.25 11th/14 Navy Invite '04

39-1.75 4th/4 GMU Winter Open

Matt Sandridge

Fr. ~ Mechanicsville, Va./Atlee

Pole Vault

13-9.25 6th/10 Navy 1/15

13-0 4th/8 CNU Winter Frolic

12-9.5 23rd/23 Carolina Classic

12-6.75 t-3rd/6 Navy Invite '04

Eric Stanchick

So. ~ Miami, Fla./Miami Southridge

Pole Vault

12-6.75 t-3rd/6 Navy Invite '04



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12-3.5	10th/10	Navy 1/15
12-0	8th/8	College Classic

Mike Vanderhoff

So. ~ Purcellville, Va./Loudon Valley

400m

52.75	8th/21	Navy Invite '04
53.42	21st/22	Carolina Classic

500m

1:08.37	24th/28	Penn State National
1:10.66	11th/13	Navy 1/15

Ryan Woolridge

Fr. ~ Amelia, Va./Amelia County

55m hurdles

[^] 8.11	7th/11	Navy Invite '04
8.29	6th/6	Navy Invite '04

60m hurdles

9.10 [^]	14th/21	College Classic
9.12	22nd/25	Carolina Classic

Relays

Distance Medley

10:23.25	3rd/6	Navy Invite '04
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4x400m

Jackie DeShazo, Lukasz Matusiewicz, Mariusz Mostrag, Nulie Macarthy

3:22.18	19th/23	Penn State National
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3:22.27	13th/19	Niswonger Invite
3:23.66	4th/8	Navy Invite '04

4x800m

8:08.48	3rd/5	Navy 1/15
8:11.83	5th/5	Navy Invite '04