



2005 VCU MEN'S OUTDOOR TRACK AND FIELD



INDIVIDUAL RESULTS

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

NCAA Regional Qualifiers

James Frierson	400m	21.48 @ CAA's
Brett Frykberg	HJ	6-10.75 @ CAA's, Ram Invite
	Javelin	CAA Champ (185-8)
Davion Lambert	HJ	CAA Champ (6-10.75)
	LJ	CAA Champ (24-5.0)

James Abraham

Sr. ~ Richmond, Va./Hermitage

Shot Put

47-9.75	9th/30	Lou Onesty Invite
47-4.25	2nd/8	CNU Invite
47-2.25	2nd/15	CAA Championships
46-0.5	7th/17	Fred Hardy Invite
45-11.75	6th/26	Ram Invite

Discus

121-7	19th/35	Ram Invite
119-9	18th/19	CAA Championships
116-0	31st/37	Lou Onesty Invite
114-7	14th/18	Fred Hardy Invite

Preston Ailor

Sr. ~ Richmond, Va./Douglas S. Freeman

Shot Put

41-1.00	14th/26	Ram Invite
40-4.75	13th/17	Fred Hardy Invite
40-0.50	22nd/30	Lou Onesty Invite
38-8.75	10th/15	CAA Championships

Discus

120-6	17th/19	CAA Championships
118-5	12th/12	CAA Championships
102-11	31st/35	Ram Invite

Hammer

137-07	7th/12	Ram Invite
129-0	8th/10	Fred Hardy Invite
122-7	5th/5	CNU Invite

Derek Altizer

So. ~ Chesterfield, Va./Thomas Dale

100m

10.78	5th/19	CAA Championships
10.83	8th/40	Lou Onesty Invite
10.94^	16th/52	Duke Invite
10.94^	7th/18	Patriot Open
10.98	6th/8	Patriot Open

200m

22.49	11th/26	CAA Championships
22.55	6th/41	Duke Invite

Brandon Argro

So. ~ Richmond, Va./Henrico

Long Jump

22-4.25	5th/14	CAA Championships
20-11.75	5th/5	Patriot Open
20-10.5	8th/15	Fred Hardy Invite
19-4.25	12th/16	Ram Invite

Triple Jump

47-3.50	6th/7	Patriot Open
44-4.00	10th/13	Lou Onesty Invite
44-2.50	5th/15	Ram Invite
43-7.25	7th/12	CAA Championships

Andrew Bailey

Fr. ~ Richmond, Va./Douglas Freeman

Shot Put

40-10.50	6th/6	CNU Invite
37-8.00	14th/15	CAA Championships

Discus

142-8	3rd/8	Patriot Open
138-5	15th/37	Lou Onesty Invite
138-1	6th/19	CAA Championships
136-6	11th/12	CAA Championships
134-8	4th/18	Fred Hardy Invite
131-2	22nd/28	Duke Invite
131-5	12th/35	Ram Invite

Hammer

157-0	12th/21	Duke Invite
145-3	4th/6	Patriot Open
131-11	2nd/5-	CNU Invite
130-7	7th/10	Fred Hardy Invite
127-5	8th/12	Ram Invite
127-1	22nd/23	Lou Onesty Invite

Jacob Bowers

So. ~ Richmond, Va./Collegiate

100m

12.21	37th/39	Ram Invite
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Long Jump

17-7.5	14th/15	Fred Hardy Invite
17-10.75	14th/16	Ram Invite

Shot Put

30-10.25	25th/26	Ram Invite
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Javelin

123-3	4th/5	CNU Invite
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Decathlon

3776 6th/7 CAA Championships

Matt Brewer

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

400m

54.01 39th/54 Ram Invite
54.32 19th/23 Fred Hardy Invite

Long Jump

18-8.5 13th/15 Fred Hardy Invite
18-7.25 13th/16 Ram Invite

Triple Jump

39-8.00 8th/8 CNU Invite
38-6.75 10th/12 CAA Championships

Decathlon

4473 5th/7 CAA Championships

Tim Cancro

So. ~ Mechanicsville, Va./Atlee

800m

1:57.77 46th/70 Lou Onesty Invite
1:58.44 20th/28 CAA Championships
1:59.06 20th/30 Patriot Open
2:00.14 25th/39 Fred Hardy Invite
2:01.43 86th/130 Duke Invite

1500m

4:09.14 28th/61 Ram Invite
4:09.45 13th/25 Fred Hardy Invite

Adam Canning

So. ~ Williamsburg, Va./Bruton

1500m

4:09.27 42nd/59 Lou Onesty Invite
4:14.04 19th/25 Fred Hardy Invite

3000m steeplechase

10:17.11 11th/13 CAA Championships
10:29.32 39th/43 Duke Invite

Brent Carson

So. ~ Mechanicsville, Va./Atlee

5000m

16:51.39 38th/45 Ram Invite
17:23.72 22nd/23 Lou Onesty Invite

Ryan Colesar

Jr. ~ Williamsburg, Va./Lafayette

200m

22.66 17th/26 CAA Championships
22.98 13th/30 Fred Hardy Invite
23.79 30th/53 Ram Invite

400m

50.35 10th/15 CAA Championships
51.83 60th/80 Duke Invite
52.05 12th/23 Fred Hardy Invite

Calvin Cropper

Jr. ~ Hopewell, Va./Richard Bland

200m

26.06 50th/50 Lou Onesty Invite
27.37 52nd/53 Ram Invite

Jeff Cuthbertson

So. ~ Chesapeake, Va./Great Bridge

100m

11.42 26th/40 Lou Onesty Invite
11.44 15th/19 CAA Championships
11.45[^] 22nd/39 Ram Invite
11.66 23rd/29 Fred Hardy Invite

200m

23.17 20th/26 CAA Championships
23.88 40th/50 Lou Onesty Invite
24.38 27th/30 Fred Hardy Invite
24.47 42nd/53 Ram Invite

Jackie DeShazo

Fr. ~ Mechanicsville, Va./Va. Intermont

100m

10.65 4th/19 CAA Championships
10.65 2nd/7 Ram Invite
10.73[^] 2nd/39 Ram Invite
10.91[^] 43rd/59 GT Invite
10.91[^] 6th/18 Patriot Open
10.91 4th/8 Patriot Open
11.07 4th/29 Fred Hardy Invite

200m

21.74 3rd/26 CAA Championships
21.75 35th/63 GT Invite
21.88 9th/40 Duke Invite
22.03 2nd/22 Patriot Open
22.14 2nd/53 Ram Invite
22.30 8th/50 Lou Onesty Invite



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400m
50.14 29th/80 Duke Invite

Long Jump
18-8.00 12th/15 CAA Championships

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

Shot Put
38-5.50 11th/15 CAA Championships
36-5.75 21st/26 Ram Invite

Discus
132-5 8th/19 CAA Championships
126-7 26th/37 Lou Onesty Invite
117-8 12th/18 Fred Hardy Invite
108-0 27th/35 Ram Invite

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

100m
10.56 2nd/19 CAA Championships
10.60 1st/7 Ram Invite
10.66^ 1st/39 Ram Invite
10.85^ 4th/18 Patriot Open
10.86^ 10th/52 Duke Invite
10.94 5th/8 Patriot Open
10.95 46th/59 GT Invite
11.06 3rd/29 Fred Hardy Invite

200m
21.40 2nd/40 Duke Invite
21.48 2nd/26 CAA Championships
21.82 39th/63 GT Invite
21.96 1st/53 Ram Invite
22.03 4th/30 Fred Hardy Invite
22.05 3rd/22 Patriot Open

400m
46.99# 2nd/15 CAA Championships
47.84 3rd/49 Lou Onesty Invite
48.08 21st/25 NCAA East Reg.

Brett Frykberg
Sr. ~ Jacksonville, Fla./Tennessee

High Jump
6-10.75#* 1st/9 Ram Invite
6-10.75#* 2nd/7 CAA Championships
6-8.75 1st/8 Fred Hardy Invite

Javelin
200-09* 3rd/14 Fred Hardy Invite

191-10 4th/27 Duke Invite
185-8 1st/11 CAA Championships
177-05 4th/19 Ram Invite

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

200m
23.82 21st/30 Fred Hardy Invite
24.29 37th/53 Ram Invite

400m
52.45 31st/54 Ram Invite
52.87 16th/23 Fred Hardy Invite

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

200m
23.93 25th/30 Fred Hardy Invite

400m
50.60 11th/18 Patriot Open
50.91 12th/15 CAA Championships
50.92 30th/49 Lou Onesty Invite
50.95 45th/80 Duke Invite
51.23 9th/23 Fred Hardy Invite
51.34 24th/54 Ram Invite

Tim Jackson
So. ~ Fredericksburg, Va./Courtland

Long Jump
22-7.75 4th/16 Ram Invite
21-4.25 8th/14 CAA Championships
15-7 15th/15 Fred Hardy Invite

Triple Jump
40-6.00 8th/12 CAA Championships

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

100m
11.34 14th/19 CAA Championships
11.44 27th/40 Lou Onesty Invite
11.65 22nd/29 Fred Hardy Invite

200m
22.61 14th/26 CAA Championships
23.53 19th/30 Fred Hardy Invite



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Davion Lambert

So. ~ Richmond, Va./Varina

100m

11.04	9th/19	CAA Championships
11.13 [^]	10th/39	Ram Invite
11.18	20th/40	Lou Onesty Invite
11.25 [^]	40th/52	Duke Invite
11.54	14th/29	Fred Hardy Invite

High Jump

6-11.00*	5th/12	NCAA East Reg.
6-10.75#*	1st/7	CAA Championships
6-7.00	5th/14	Duke Invite
6-6.75	14th/15	GT Invite
6-4.75	2nd/8	Fred Hardy Invite
6-4.25	3rd/9	Patriot Open

Long Jump

24-10.50	4th/26	NCAA East Reg.
24-5.00#	1st/14	CAA Championships
24-4.50#	1st/16	Ram Invite
23-11.75	2nd/30	Duke Invite
23-6.75	7th/14	GT Invite
23-6.75	1st/15	Fred Hardy Invite
22-4.25	13th/24	Penn Relays

Triple Jump

48-6.00	1st/13	Lou Onesty Invite
48-5.25	3rd/12	CAA Championships
48-2.75	2nd/15	Ram Invite
48-1.75	4th/7	Patriot Open
45-4.25	2nd/8	Fred Hardy Invite

Donovan Lewis

Fr. ~ Alexandria, Va./Thomas Edison

100m

11.56	32nd/40	Lou Onesty Invite
11.62 [^]	26th/39	Ram Invite
11.66	15th/19	CAA Championships
11.91	24th/29	Fred Hardy Invite

200m

23.91	24th/26	CAA Championships
23.91	23rd/30	Fred Hardy Invite
24.34	43rd/50	Lou Onesty Invite
24.68	42rd/53	Ram Invite

Long Jump

18-7.00	14th/15	CAA Championships
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Nulie Macarthy

So. ~ Alexandria, Va./T.C. Williams

400m

51.65	37th/49	Lou Onesty Invite
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800m

1:57.42	36th/130	Duke Invite
1:57.59	17th/28	CAA Championships
1:58.11	17th/39	Fred Hardy Invite
1:59.75	6th/7	Ram Invite
2:00.84	9th/45	Ram Invite

Grant Mathews

Fr. ~ Chester, Va./Benedictine

High Jump

16-6.5	31st/31	Lou Onesty Invite
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Javelin

156-3	6th/11	CAA Championships
150-8.5	11th/14	Fred Hardy Invite
145-6	13th/19	Lou Onesty Invite
128-9	2nd/5	CNU Invite

Decathlon

4953	4th/7	CAA Championships
4850	2nd/2	Ram Invite

Lukasz Matusiewicz

So. ~ Warsaw, Poland/nv 7 in Warsaw

800m

1:50.60	4th/70	Lou Onesty Invite
1:51.59	7th/40	Duke Invite
1:51.72	2nd/39	Fred Hardy Invite
1:51.92	7th/30	Patriot Open
1:52.16	2nd/28	CAA Championships

1500m

3:53.57	8th/18	CAA Championships
3:54.60	4th/25	Fred Hardy Invite
3:55.28	1st/61	Ram Invite

Kyle Miller

So. ~ Front Royal, Va./Warren County

400m hurdles

55.99	14th/19	Lou Onesty Invite
56.40	11th/37	Duke Invite
56.84	6th/8	Fred Hardy Invite

High Jump

18-1.5	30th/31	Lou Onesty Invite
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Javelin

153-11	8th/19	Ram Invite
145-7	8th/11	CAA Championships

Mike Vanderhoof

So. ~ Purcellville, Va./Loudon Valley

400m

51.79	13th/15	CAA Championships
53.21	17th/23	Fred Hardy Invite

400m hurdles

58.10	7th/8	Fred Hardy Invite
58.24	18th/19	Lou Onesty Invite
58.45	11th/11	CAA Championships
58.90	27th/37	Duke Invite
59.56	9th/13	Ram Invite

Steve Walters

Fr. ~ Virginia Beach, Va./Green Run

1500m

3:54.19	11th/59	Lou Onesty Invite
3:58.31	7th/61	Ram Invite

5000m

14:56.94	30th/137	Duke Invite
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10000m

31:00.39	4th/14	CAA Championships
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Chris Widhalm

Jr. ~ Chesapeake, Va./Great Bridge

Discus

128-11	8th/18	Fred Hardy Invite
121-3	16th/19	CAA Championships
120-02	28th/28	Duke Invite
117-08	20th/35	Ram Invite

Javelin

157-8	4th/11	CAA Championships
156-03	19th/27	Duke Invite
154-9	9th/14	Fred Hardy Invite
152-11	9th/19	Ram Invite

Relays

4x100m

41.02	3rd/6	CAA Championships
(Frierson, DeShazo, Owusu, Altizer)		
41.55	1st/12	Lou Onesty Invite

42.08	1st/5	Fred Hardy Invite
42.48	2nd/8	CNU Invite
43.15	13th/17	Duke Invite

4x400m

3:21.65	4th/6	CAA Championships
(DeShazo, Frierson, Mostrag, Matusiewicz)		
3:26.64	6th/13	Ram Invite
(Henderson, Giles, Vanderhoof, Colesar)		
3:27.07	7th/11	Fred Hardy Invite

4x800m

7:52.40	1st/10	Ram Invite
(Cancro, Mostrag, Ouled, Matusiewicz)		

Sprint Medley

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