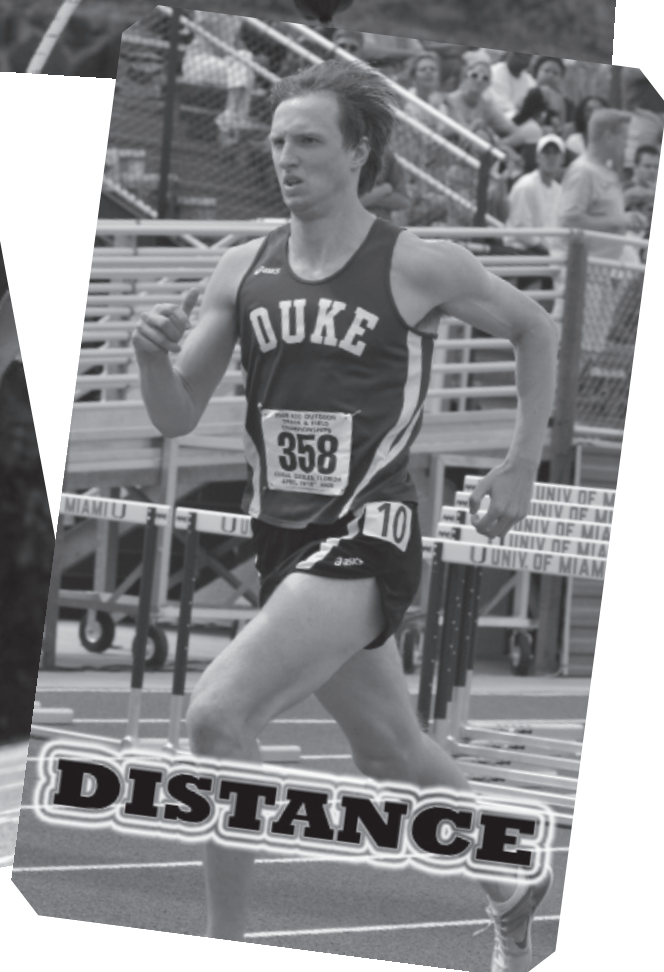
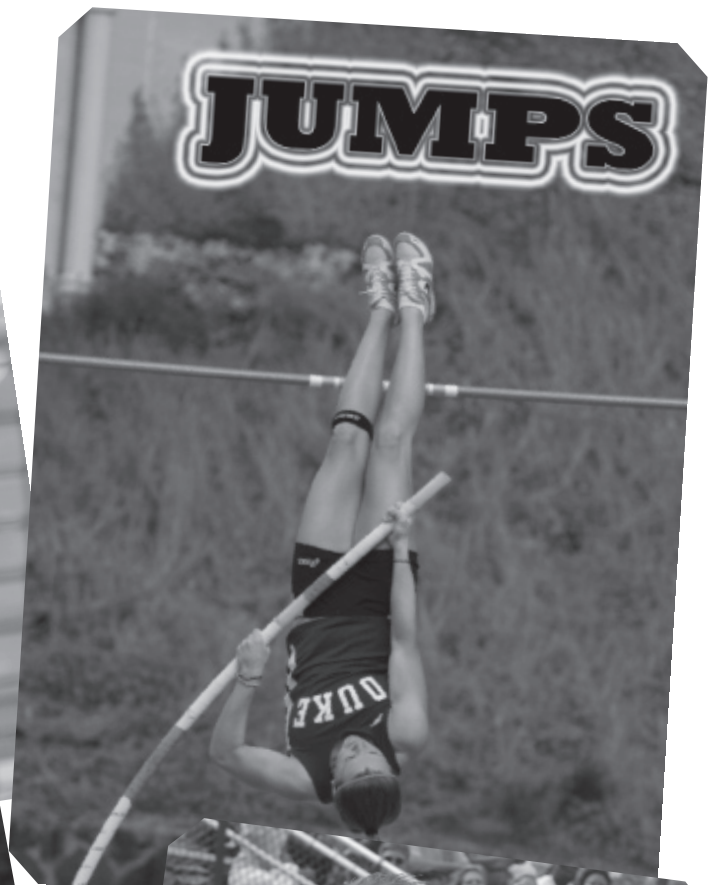
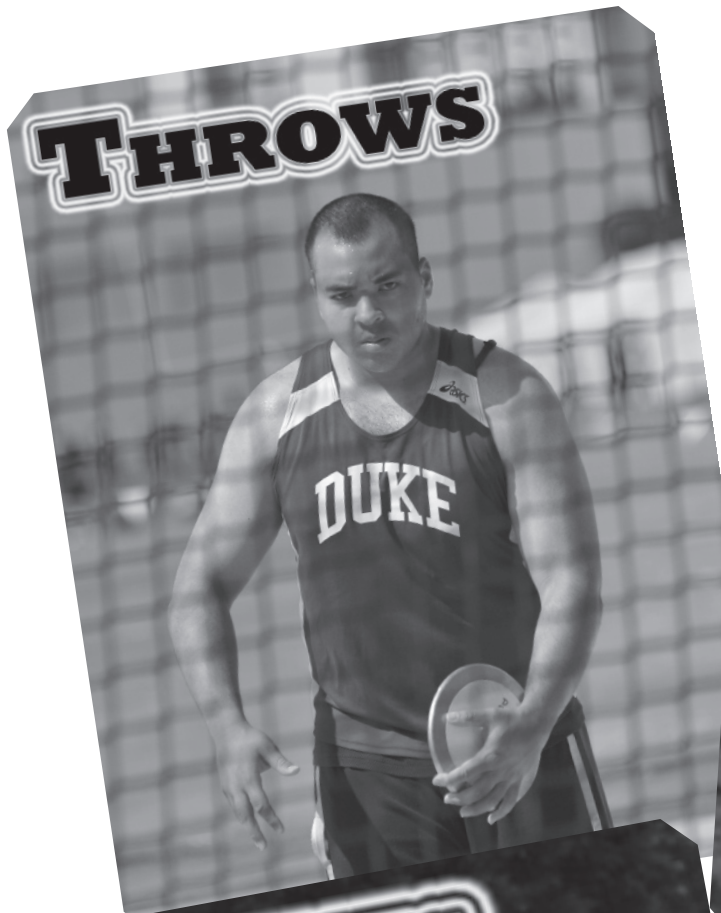




# Track & Field



# 2009 Men's Indoor Track Highlights

Time	Event	Name	Place
<b>Jan. 10, Tar Heel Invitational; Chapel Hill, N.C.</b>			
4:16.21	Mile	Cory Nanni	1st
4:21.21	Mile	Ken Sullivan	3rd
8:29.57	3,000m	Ryan McDermott	1st
8:33.05	3,000m	Andrew Brodeur	3rd
8:33.40	3,000m	Stephen Clark	4th
8:34.92	3,000m	Will Smith	5th
3:24.13	4x400m	Duncanson, Bowler, Moreno, Rowland	4th
10:11.81	DMR	Pierson, Bowler, R. McDermott, Waggoner	1st
6-6.25	HJ	Tyler Clarke	4th
6-6.25	HJ	Mike Kotecki	7th
23-11.75	LJ	Jade Ellis	1st
15-1	PV	Pat Tenbrink	4th
52-11	SP	Michael Barbas	2nd
49-11.75	SP	Mike Schallmo	3rd
43-2.5	WT	Mike Schallmo	3rd

<b>Jan. 23-24, Terrier Classic; Boston, Mass.</b>			
1:04.48	500m	Sam Bowler	7th
2:25.09	1,000m	Cory Nanni	2nd
2:28.58	1,000m	Brendon Pierson	6th
4:10.96	Mile	R. McDermott	13th
4:11.22	Mile	S. Clark	14th
8:10.62	3,000m	Bo Waggoner	9th
9:57.96	DMR	Nanni, Duncanson, Rowland, R. McDermott	1st
23-7.5	LJ	Jade Ellis	2nd
15-9	PV	Sid Palas	1st
53-7.75	SP	Michael Barbas	3rd

<b>Feb. 6-7, Armory Collegiate; New York, N.Y.</b>			
2:26.89	1,000m	Cory Nanni	4th
8:16.92	3,000m	Ryan McDermott	3rd
14:21.76	5,000m	Bo Waggoner	3rd
14:35.67	5,000m	Andrew Brodeur	10th
14:39.34	5,000m	James Osborne	14th
3:18.64	4x400m	Bowler, Duncanson, Moreno, Clark	4th



7:39.44	4x800m	Pierson, Clark, Nanni, R. McDermott	4th
23-11.75	LJ	Jade Ellis	6th
15-9	PV	Sid Palas	9th
50-3.25	TJ	Jade Ellis	12th

<b>Feb. 20-21, Virginia Tech Challenge; Blacksburg, Va.</b>			
4:04.21	Mile	Cory Nanni	2nd
25-2.75	LJ	Jade Ellis	3rd
48-10	TJ	Jade Ellis	2nd
52-0	SP	Michael Barbas	6th
51-9.75	SP	Mike Schallmo	7th
52-2	WT	Mike Schallmo	5th

<b>Feb. 26-28, ACC Indoor Championships; Blacksburg, Va.</b>			
1:53.42	800m	Chris Rowland	8th (pre)
1:53.97	800m	Chris Rowland	7th (finals)
4:04.97	Mile	Cory Nanni	7th (finals)
4:11.13	Mile	Cory Nanni	6th (pre)
8:18.02	3,000m	Bo Waggoner	8th
14:31.67	5,000m	Bo Waggoner	9th
9:56.35	DMR	Pierson, Bowler, Nanni, R. McDermott	4th
24-10	LJ	Jade Ellis	4th
49-8.5	TJ	Jade Ellis	5th
55-9	SP	Michael Barbas	6th
52-8.25	SP	Mike Schallmo	9th
55-9.25	WT	Mike Schallmo	6th
5,402	Heptathlon	Tyler Clarke	6th

<b>March 7-8, IC4A Championships; Boston, Mass.</b>			
4:10.67	Mile	Cory Nanni	3rd (pre)
4:04.72	Mile	Cory Nanni	1st (finals)
4:08.77	Mile	Ryan McDermott	10th (pre)
4:09.72	Mile	Ryan McDermott	7th (finals)
8:11.20	3,000m	Bo Waggoner	5th
14:28.81	5,000m	James Osborne	10th
14:35.00	5,000m	Andrew Brodeur	14th
7:33.32	4x800m	Oswald, Rowland, Nanni, R. McDermott	7th (finals)
7:37.24	4x800m	Pierson, Rowland, Oswald, R. McDermott	8th (pre)
9:55.92	DMR	Sullivan, Duncanson, Clark, Smith	7th (pre)
9:59.93	DMR	Sullivan, Bowler, Clark, Waggoner	7th (finals)
52-0	SP	Michael Barbas	13th

# 2009 Women's Indoor Track Highlights

Time	Event	Name	Place
<b>Jan. 10, Tar Heel Invitational; Chapel Hill, N.C.</b>			
58.51	400m	Nicole Ragucci	6th
2:15.01	800m	Cydney Ross	3rd
4:54.71	Mile	Anna Farias-Eisner	1st
5:08.06	Mile	M.C. Johnston	3rd
9:54.87	3,000m	Molly Lehman	1st
10:02.72	3,000m	Suejin Ahn	2nd
3:58.78	4x400m	Ontko, Ragucci, Whitehead, Morrison	3rd
12:14.59	DMR	Vermeer, Whitehead, Seibert, Loughlin	3rd
5-3	HJ	Karolina Haraldsdottir	3rd
11-11.75	PV	Cassie Ludwig	2nd
11-5.75	PV	Anne Marie Gordon	3rd
17-6.5	LJ	Kelsey Onkto	5th

## Jan. 23-24, Terrier Classic; Boston, Mass.

57.68	400m	Nicole Ragucci	7th
57.77	400m	Brittany Whitehead	9th
1:13.67	500m	Cydney Ross	1st
2:14.38	800m	Devotia Moore	6th
2:51.75	1,000m	Virginia Hine	6th
4:47.68	Mile	Molly Lehman	2nd
9:48.02	3,000m	Patricia Loughlin	13th
9:49.72	3,000m	Suejin Ahn	14th
17:24.04	5,000m	Christy Adamyk	10th
3:48.23	4x400m	Ragucci, Whitehead, Ontko, Ross	1st
8:52.90	4x800m	Moore, Morrison, Hine, Lehman	1st
11:47.91	DMR	Ahn, Ross, Hine, Loughlin	3rd
12-9.5	PV	Amy Fryt	1st
11-5.75	PV	Anne Marie Gordon	4th

## Jan. 30, Carolina Classic; Chapel Hill, N.C.

3,436	Pentathlon	Karolina Haraldsdottir	5th
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## Feb. 6-7, Armory Collegiate; New York, N.Y.

1:15.78	500m	Nicole Ragucci	11th
2:11.70	800m	Cydney Ross	12th
2:13.33	800m	Devotia Moore	16th
2:54.05	1,000m	Anna Farias-Eisner	2nd
2:55.02	1,000m	Leslie Morrison	5th
4:42.44	Mile	Molly Lehman	5th (champ)
4:54.50	Mile	Patricia Loughlin	3rd (college)
5:00.90	Mile	M.C. Johnston	11th (college)
10:02.57	3,000m	M.C. Johnston	7th
10:05.56	3,000m	Christy Adamyk	8th
9:14.78	4x800m	Apibunyopas, Vermeer, Loughlin, Doswell	5th
11:29.57	DMR	Hine, Moore, Ross, Lehman	8th
12-5.5	PV	Amy Fryt	16th (champ)
12-3.5	PV	Anne Marie Gordon	1st (college)
12-3.5	PV	Cassie Ludwig	1st (college)

## Feb. 20-21, Virginia Tech Challenge; Blacksburg, Va.

2:11.12	800m	Devotia Moore	2nd
2:13.22	800m	Cydney Ross	3rd
2:13.25	800m	Leslie Morrison	4th

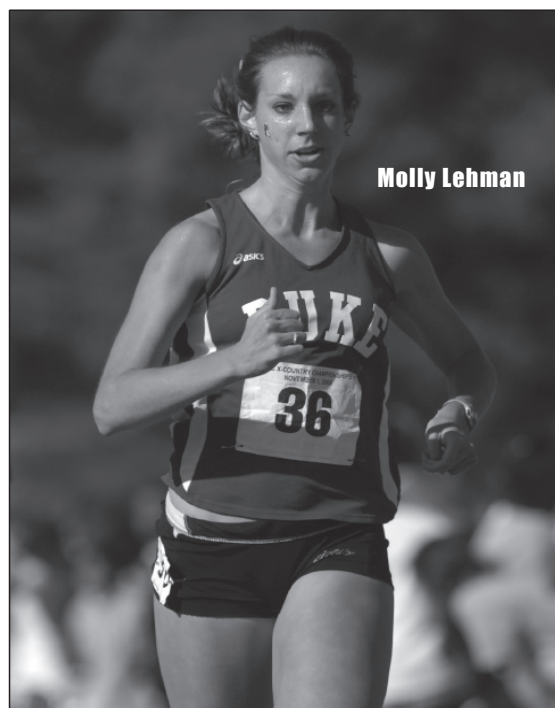
2:54.59	1000m	Esther Vermeer	2nd
4:49.81	Mile	Anna Farias-Eisner	4th
4:56.10	Mile	Suejin Ahn	7th
4:59.29	Mile	Virginia Hine	11th
9:57.38	3000m	Christy Adamyk	4th
12-11.5	PV	Amy Fryt	T-3rd

## Feb. 26-28, ACC Indoor Championships; Blacksburg, Va.

2:11.70	800m	Cydney Ross	10th
4:43.35	Mile	Molly Lehman	3rd (finals)
4:46.02	Mile	Anna Farias-Eisner	6th (finals)
4:52.13	Mile	Anna Farias-Eisner	1st (prelims)
4:59.97	Mile	Molly Lehman	3rd (prelims)
17:02.02	5,000m	Patricia Loughlin	6th
17:02.63	5,000m	Christy Adamyk	7th
11:44.86	DMR	Morrison, Ragucci, Moore, Hine	6th
13-1.5	PV	Amy Fryt	T-2nd
3,688	Pentathlon	Karolina Haraldsdottir	8th

## March 7-8, ECAC Championships; Boston, Mass.

2:51.02	1,000m	Virginia Hine	3rd (prelims)
2:51.04	1,000m	Leslie Morrison	5th (prelims)
2:51.52	1,000m	Esther Vermeer	3rd (finals)
2:52.78	1,000m	Esther Vermeer	6th (prelims)
2:53.15	1,000m	Leslie Morrison	6th (finals)
4:47.75	Mile	Anna Farias-Eisner	1st (finals)
4:49.84	Mile	Patricia Loughlin	3rd (finals)
4:55.02	Mile	Patricia Loughlin	2nd (prelims)
4:55.58	Mile	Anna Farias-Eisner	3rd (prelims)
11:39.90	DMR	Schwitzer, Whitehead, Moore, Lehman	1st (finals)
13-1.5	PV	Amy Fryt	1st
12-9.5	PV	Cassie Ludwig	4th
3,610	Pentathlon	Karolina Haraldsdottir	3rd



# 2009 Men's Outdoor Track Highlights

Time	Event	Name	Place
<b>March 21-22, Wake Forest Open; Winston-Salem, N.C.</b>			
1:53.00	800m	Chris Rowland	4th
8:33.30	3,000m	Ken Sullivan	3rd
15-1	PV	Tony Shirk	3rd
14-7.25	PV	Sid Palas	4th
23-7.25	LJ	Jade Ellis	1st
51-8.5	SP	Mike Schallmo	3rd
160-8	Discus	Mike Schallmo	3rd
196-8	Javelin	Bobby Weinstein	2nd
196-8	Javelin	John Austin	3rd

<b>March 27-28, Raleigh Relays; Raleigh, N.C.</b>			
7:30.16	4x800m	Clark, Rowland, Nanni, R. McDermott	2nd
15:28.45	4x1,500m	Clark, McDermott, Nanni, Waggoner	1st
15-7	PV	Tony Shirk	4th
23-5.5	LJ	Jade Ellis	4th
52-7.5	SP	Michael Barbas	7th
170-2	Discus	Mike Schallmo	2nd

<b>April 3-4, Duke Invitational; Durham, N.C.</b>			
3:51.71	1,500m	Cory Nanni	5th
8:25.57	3,000m	James Kostelnik	2nd
8:36.72	3,000m	Ken Sullivan	4th
14:24.85	5,000m	Bo Waggoner	1st
14.75	110mH	Tyler Clarke	4th (finals)
15.02	110mH	Tyler Clarke	4th (prelims)
54.22	400mH	Mario Moreno	4th
9:00.23	Steeplechase	Ryan McDermott	5th
42.98	4x100m	Moorman, Duncanson, Bowler, Ellis	3rd
7:35.83	4x800m	Clark, Oswald, Rowland, Nanni	1st
7:47.64	4x800m	Kostelnik, Lund, Waggoner, Pierson	2nd
15-7	PV	Tony Shirk	6th
25-0.5	LJ	Jade Ellis	1st
49-5.5	TJ	Jade Ellis	1st
52-5.5	SP	Michael Barbas	5th
52-1.75	SP	Mike Schallmo	6th
167-6	Discus	Mike Schallmo	3rd
209-11	Javelin	John Austin	1st
202-7	Javelin	Bobby Weinstein	3rd

<b>April 11, UNC Invitational; Chapel Hill, N.C.</b>			
3:51.58	1,500m	Joshua Lund	4th
3:52.38	1,500m	Stephen Clark	5th
43.01	4x100m	Moorman, Duncanson, Bowler, Ellis	3rd
15-7	PV	Tony Shirk	3rd
15-1	PV	Jonathan Bednarz	5th
53-3.5	SP	Michael Barbas	2nd
201-8	Javelin	Bobby Weinstein	1st

<b>April 16-18, ACC Outdoor Championships; Coral Gables, Fla.</b>			
3:46.18	1,500m	Cory Nanni	6th (finals)
3:51.95	1,500m	Cory Nanni	8th (prelims)
14:27.82	5,000m	Bo Waggoner	7th
8:56.45	Steeplechase	Ryan McDermott	1st
42.10	4x100m	Moorman, Duncanson, Bowler, Ellis	8th
16-0.75	PV	Tony Shirk	6th
25-6	LJ	Jade Ellis	1st
51-11.75	TJ	Jade Ellis	2nd
54-7.5	SP	Michael Barbas	7th
54-0	SP	Mike Schallmo	9th
163-10	HT	Mike Schallmo	7th
173-3	Discus	Mike Schallmo	5th
219-9	Javelin	John Austin	3rd
202-2	Javelin	Bobby Weinstein	6th
7,326	Decathlon	Tyler Clarke	3rd

<b>April 23-25, Penn Relays; Philadelphia, Pa.</b>			
14:28.38	5,000m	James Kostelnik	3rd
7:31.92	4x800m	Oswald, R. McDermott, Clark, Nanni	4th
16:32.40	4xMile	Lund, R. McDermott, Waggoner, Nanni	6th
15-9	PV	Tony Shirk	3rd
24-10.5	LJ	Jade Ellis	6th
53-7.75	SP	Michael Barbas	6th
53-0	SP	Mike Schallmo	7th
197-7	Javelin	John Austin	8th

<b>May 3, Duke Twilight; Durham, N.C.</b>			
49.50	400m	Caleb Duncanson	4th
1:52.00	800m	Chris Rowland	3rd
1:55.77	800m	Sean Pat Oswald	5th
3:47.42	1,500m	Cory Nanni	2nd
3:51.31	1,500m	Joshua Lund	4th
3:51.68	1,500m	Stephen Clark	5th
14:37.63	5,000m	Bo Waggoner	1st
14:40.25	5,000m	Andrew Brodeur	2nd
14.98	110mH	Tyler Clarke	5th
9:20.09	Steeplechase	Will Smith	1st
15-9	PV	Tony Shirk	2nd
15-3	PV	Jonathan Bednarz	4th
14-9	PV	Tyler Clarke	5th
53-5.75	SP	Mike Schallmo	2nd
53-2.75	SP	Michael Barbas	3rd
43-3.75	SP	David Piccirilli	5th
167-3	HT	Mike Schallmo	4th
149-3	Discus	Michael Barbas	4th
140-5	Javelin	Tyler Clarke	3rd

<b>May 8, UNC Elite; Chapel Hill, N.C.</b>			
3:43.81	1500m	Cory Nanni	2nd
3:15.54	4x400m	Bowler, Clarke, Duncanson, Troxell	4th
54-1.25	SP	Michael Barbas	5th
53-11.75	SP	Mike Schallmo	6th
165-1	HT	Mike Schallmo	6th
162-1	Discus	Mike Schallmo	4th
209-8	Javelin	John Austin	1st

<b>May 15-17, IC4A Championships; Princeton, N.J.</b>			
3:46.07	1,500m	Cory Nanni	5th (prelims)
3:49.54	1,500m	Cory Nanni	1st (finals)
8:52.36	Steeplechase	Ryan McDermott	5th
7:27.44	4x800m	Lund, Clark, Rowland, Nanni	4th (finals)
7:30.33	4x800m	Sullivan, Lund, Clark, Rowland	3rd (prelims)
15-9	PV	Tony Shirk	9th
25-1.25	LJ	Jade Ellis	2nd
48-5.25	TJ	Jade Ellis	9th

<b>May 29-30, NCAA East Regional; Greensboro, N.C.</b>			
3:43.09	1,500m	Cory Nanni	7th (finals)
3:46.97	1,500m	Cory Nanni	7th (prelims)
24-3.75	LJ	Jade Ellis	3rd

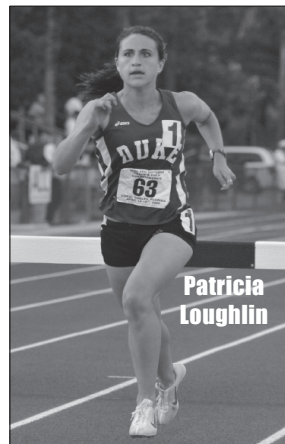
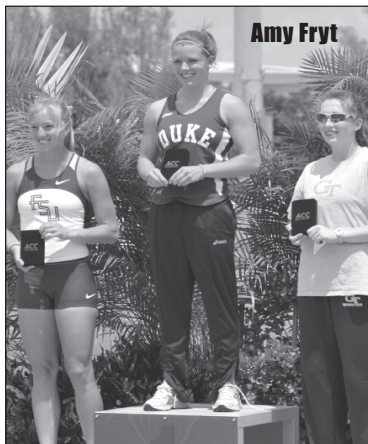
<b>June 10-13, NCAA Outdoor Championships; Fayetteville, Ark.</b>			
25-3.5	LJ	Jade Ellis	15th
7,285	Decathlon	Tyler Clarke	18th

<b>June 25-28, USATF Outdoor Championships, Eugene, Ore.</b>			
3:46.07	1,500m	Cory Nanni	26th (pre)
24-11	LJ	Jade Ellis	19th (pre)
3:53.62	1,500m (Jr)	Steve Clark	9th (pre)
3:55.81	1,500m (Jr)	Steve Clark	9th (final)
62-2.25	SP (Jr, 6kg)	Mike Barbas	5th (final)

# 2009 Women's Outdoor Track Highlights

Time	Event	Name	Place
<b>March 21-22, Wake Forest Open; Winston-Salem, N.C.</b>			
4:33.35	1,500m	Emily Schwitzer	2nd
9:53.09	3,000m	Christy Adamyk	2nd
10:13.40	3,000m	M.C. Johnston	4th
18:03.33	5,000m	Carly Seymour	6th
3:52.76	4x400m	Ontko, Ragucci, Moore, Vermeer	6th
11-11.75	PV	Amy Fryt	1st
10-11.75	PV	Anne Marie Gordon	6th
10-11.75	PV	Sally Liu	7th
150-5	Javelin	Amy Matulewicz	1st

<b>March 27-28, Raleigh Relays; Raleigh, N.C.</b>			
2:12.18	800m	Leslie Morrison	7th
4:31.86	1,500m	Emily Schwitzer	6th
12-3.5	PV	Amy Fryt	1st
11-5.75	PV	Sally Liu	5th



<b>April 3-4, Duke Invitational; Durham, N.C.</b>			
2:08.00	800m	Molly Lehman	4th
2:11.10	800m	Devotia Moore	6th
4:20.40	1,500m	Molly Lehman	1st
4:32.08	1,500m	Patricia Loughlin	7th
10:28.42	3,000m	Priya Khatri	5th
17:57.36	5,000m	Carly Seymour	6th
48.85	4x100m	Ontko, Whitehead, Ragucci, Anglin-Stone	5th
12-11.5	PV	Amy Fryt	1st
11-9.75	PV	Sally Liu	3rd
11-9.75	PV	Anne Marie Gordon	7th
140-0	Javelin	Amy Matulewicz	2nd

<b>April 11, UNC Invitational; Chapel Hill, N.C.</b>			
2:15.31	800m	Katie Apibunyopas	6th
1:05.51	400mH	Wendy Jaglom	7th
10:51.61	Steeplechase	Patricia Loughlin	1st
11:29.13	Steeplechase	Mary Carleton Johnston	3rd
12-11.5	PV	Amy Fryt	1st
12-1.5	PV	Cassie Ludwig	4th
11-7.75	PV	Sally Liu	7th

<b>April 16-18, ACC Outdoor Championships; Coral Gables, Fla.</b>			
2:11.06	800m	Devotia Moore	7th (finals)
2:11.57	800m	Devotia Moore	7th (prelims)
4:21.11	1,500m	Molly Lehman	2nd (finals)
4:33.84	1,500m	Esther Vermeer	8th (finals)
4:33.85	1,500m	Molly Lehman	5th (prelims)
4:36.09	1,500m	Esther Vermeer	9th (prelims)
17:36.76	5,000m	Suejin Ahn	11th (finals)
36:07.13	10,000m	Christy Adamyk	3rd

10:23.74	Steeplechase	Patricia Loughlin	3rd
48.31	4x100m	Ontko, Ragucci, Whitehead, Moore	9th
13-3.35	PV	Amy Fryt	1st

<b>April 23-25, Penn Relays; Philadelphia, Pa.</b>			
16:37.00	5,000m	Christy Adamyk	11th
8:50.95	4x800m	Vermeer, Loughlin, Ahn, Schwitzer	2nd
18:36.96	4x1,500m	Vermeer, Loughlin, Ahn, Schwitzer	5th
11:28.14	DMR	Lehman, Whitehead, Moore, Loughlin	6th
12-7.5	PV	Amy Fryt	4th

<b>May 3, Duke Twilight; Durham, N.C.</b>			
12.90	100m	Deirdra Anglin-Stone	3rd
25.55	200m	Brittany Whitehead	6th
25.56	200m	Nicole Ragucci	7th
56.51	400m	Brittany Whitehead	3rd
57.49	400m	Nicole Ragucci	5th
2:10.96	800m	Leslie Morrison	4th
2:12.48	800m	Esther Vermeer	6th
2:13.30	800m	Devotia Moore	7th
17:19.80	5,000m	Carly Seymour	1st
15.54	100mH	Wendy Jaglom	3rd
16.26	100mH	Caitlin Johnson	4th
1:05.74	400mH	Wendy Jaglom	3rd
11-11.75	PV	Amy Fryt	1st

<b>May 8, UNC Elite; Chapel Hill, N.C.</b>			
2:08.95	800m	Esther Vermeer	2nd
2:09.02	800m	Leslie Morrison	3rd
2:09.07	800m	Devotia Moore	4th
4:17.84	1,500m	Molly Lehman	1st
12-1.5	PV	Amy Fryt	4th

<b>May 15-17, ECAC Championships; Princeton, N.J.</b>			
2:10.54	800m	Esther Vermeer	12th (prelims)
2:14.51	800m	Esther Vermeer	7th (finals)
4:21.41	1,500m	Molly Lehman	1st (finals)
4:24.38	1,500m	Molly Lehman	3rd (prelims)
17:02.26	5,000m	Carly Seymour	8th
35:57.79	10,000m	Christy Adamyk	1st
10:09.77	Steeplechase	Patricia Loughlin	2nd
8:44.11	4x800m	Apibunyopas, Moore, Morrison, Lehman	1st (finals)
8:57.67	4x800m	Apibunyopas, Doswell, Schwitzer, Loughlin	4th (prelims)
11-11.75	PV	Amy Fryt	8th

<b>May 29-30, NCAA East Regional; Greensboro, N.C.</b>			
2:10.49	800m	Devotia Moore	11th (prelims)
2:12.43	800m	Leslie Morrison	19th (prelims)
2:15.15	800m	Esther Vermeer	23rd (prelims)
4:20.58	1,500m	Molly Lehman	5th (prelims)
10:10.61	Steeplechase	Patricia Loughlin	2nd

<b>June 10-13, NCAA Outdoor Championships; Fayetteville, Ark.</b>			
4:15.19	1,500m	Molly Lehman	7th (finals)
4:17.20	1,500m	Molly Lehman	8th (prelims)
10:15.56	Steeplechase	Patricia Loughlin	10th (finals)
10:08.26	Steeplechase	Patricia Loughlin	12th (prelims)

<b>June 25-28, USATF Outdoor Championships, Eugene, Ore.</b>			
4:12.13	1,500m	Molly Lehman	8th (finals)
4:16.54	1,500m	Molly Lehman	12th (prelims)
10:21.77	3K Steeple	Patricia Loughlin	18th (prelims)
17:33.29	5,000m (Jr)	Carly Seymour	5th (final)