

2009 UW-La Crosse Men's Outdoor Track & Field Results (FINAL)

Date	Event	Place	Score	Location
April 4	at Wartburg Select	2nd/7 teams	134.50 pts.	Waverly, Iowa
April 10	at UW-Platteville Invitational	No Team Scores	---	Platteville, Wis.
April 17	Phil Esten Challenge	1st/7 teams	256.50 pts.	Winona, Minn.
April 23-24	at Gina Relays	No Team Scores	---	Hillsdale, Mich.
April 23-25	at Drake Relays	No Team Scores	---	Des Moines, Iowa
April 24	at Simpson Open	No Team Scores	---	Indianola, Iowa
May 1-2	at WIAC Championships	1st/9 teams	176.50 pts.	Oshkosh, Wis.
May 7-8	at North Central Dr. Keeler Invite	No Team Scores	---	Naperville, Ill.
May 9	at Wisconsin Twilight Invite	No Team Scores	---	Madison, Wis.
May 14	NCAA Qualifier	No Team Scores	---	La Crosse, Wis.
May 15	at Augustana Twilight Meet	No Team Scores	---	Rock Island, Ill.
May 21-23	at NCAA III Championships	5th/81 teams	26.00 pts.	Marietta, Ohio

Home meets in **bold**

Italics=School Record

Bold=Team Season-High

	Wartburg Select	UW-P Invite	Esten Challenge	Gina Relays	Drake Relays	Simpson Open	WIAC Champ.	Keeler Invite	Wisconsin Invite	NCAA Qualifier	Augustana Twilight	NCAA Champ.
Long Jump												
Clark Lundquist	---	---	21-2	---	---	---	17-0 3/4	---	---	---	---	---
Alex Rooker	---	---	---	---	---	---	18-5	---	---	---	---	---
Nick Stone	---	20-0	19-5 1/2	---	---	20-1	19-0 3/4	---	21-11	FOUL	---	---
Derek Wilcox	---	---	18-7 1/4	---	---	---	---	---	---	---	---	---
Triple Jump												
Derek Wilcox	40-9 3/4	---	39-6	---	---	---	---	---	---	---	---	---
High Jump												
Al Chery	6-5 1/2	6-3 1/2	NH	---	---	6-3 1/2	6-4 3/4	---	6-4	6-4 3/4	---	---
Clark Lundquist	---	6-1 1/2	6-2 1/4	---	---	6-3 1/2	---	---	---	---	---	---
David Stauder	6-3 1/2	6-5 1/2	6-4 1/4	---	---	6-7 1/2	6-8 3/4	---	---	6-4 3/4	---	6-9
Nick Stone	6-1 1/2	---	---	---	---	NH	6-2 3/4	---	---	6-0 3/4	---	---
Shot Put												
Luke Crowley	45-6 1/4	43-6	47-4 1/2	---	---	47-6 1/2	46-10 3/4	---	---	46-0 1/2	---	---
Andy Novak	FOUL	52-6	52-6 1/2	---	---	51-1 1/2	47-8 1/2	---	FOUL	50-9 3/4	---	50-10 1/4
Erik Rasmussen	47-2 1/4	---	---	---	---	---	---	---	---	---	---	---
Bobby Riley	55-2 3/4	54-8 1/4	58-4 3/4	---	55-8 1/2	---	57-0 1/4	---	---	---	---	58-9 1/4
Bill Warren	---	50-2 1/2	---	---	---	---	44-11 3/4	---	51-11	49-8 1/4	---	---
Hammer Throw												
Luke Crowley	---	---	135-5	---	---	---	---	---	---	---	---	---
Nick Murray	FOUL	128-0	130-0	---	---	ND	---	---	---	FOUL	---	---
Bill Warren	155-5	---	152-7	---	---	145-11	134-3	---	---	---	---	---
Discus Throw												
Luke Crowley	157-8	160-9	150-9	---	---	149-8	157-1	---	152-3	161-10	---	160-4
Nick Murray	124-5	---	ND	---	---	---	---	---	---	---	---	---
Andy Novak	FOUL	---	ND	---	---	---	---	---	---	---	---	---
Erik Rasmussen	128-4	---	---	---	---	---	---	---	---	---	---	---
Bobby Riley	173-7	169-2	177-0	---	176-2	165-7	171-4	---	FOUL	169-5	---	164-4
Ross Von Glahn	136-10	---	138-2	---	---	132-1	137-1	---	---	136-3	---	---
Bill Warren	144-3	141-0	149-11	---	---	147-2	---	---	---	---	---	---
Javelin Throw												
Luke Crowley	---	---	---	---	---	136-8	143-7	---	---	---	---	---
Nick Murray	130-5	130-3	142-5	---	---	139-4	122-7	---	---	---	---	---
Bobby Riley	---	---	---	---	---	---	178-1	---	---	---	---	---
David Stauder	---	---	124-0	---	---	---	---	---	---	---	---	---
Ross Von Glahn	139-9	121-3	130-5	---	---	134-1	122-11	---	---	119-11	---	---
Pole Vault												
Jeremiah Burish	14-5 1/4	14-9	14-4	---	---	14-11	15-6 1/4	---	15-1 3/4	15-1	14-10 1/4	---
Erik Moser	NH	13-9 1/4	NH	---	---	14-5 1/4	15-0 1/4	---	NH	14-1 1/4	---	---
Jason Prochnow	15-5 #	14-3 1/4	15-3 3/4	---	---	14-5 1/4	15-0 1/4	---	14-2 3/4	15-1	---	---

	Wartburg Select	UW-P Invite	Esten Challenge	Gina Relays	Drake Relays	Simpson Open	WIAC Champ.	Keeler Invite	Wisconsin Invite	NCAA Qualifier	Augie Twilight	NCAA Champ.
100 Meter Dash												
Pat Bryan	---	---	11.68	---	---	---	---	---	---	---	---	---
Matt Gordy	10.89	10.83	10.78	---	---	---	10.80	---	10.75	10.97	10.97	---
Zach Lee	11.04	---	10.91	---	---	---	10.87	---	---	10.96	10.91	---
Alex Rooker	11.21	11.06	10.92	---	---	---	11.08	---	10.98	10.99	11.37	---
David Sikorski	11.32	---	10.85	---	---	11.09	10.85	---	---	11.02	---	---
Jared Sitte	11.69	11.65	11.18	---	---	11.50	11.19	---	---	11.61	---	---
Jordan Stenzel	---	---	11.38	---	---	---	---	---	---	---	---	---
Nick Stone	---	---	11.50	---	---	---	---	---	---	---	---	---
Paul Yerhot	---	---	10.79	---	---	---	---	---	10.81	---	---	---
200 Meter Dash												
Luke Ackerson	---	---	23.50	---	---	---	---	---	---	---	---	---
Matt Gordy	---	22.35	21.94	---	---	---	22.18	---	---	---	---	---
Zach Lee	---	---	22.28	---	---	---	22.13	---	---	22.37	---	---
Ryan Mendez	---	---	22.95	---	---	---	---	---	---	---	---	---
Alex Rooker	---	22.36	22.02	---	---	---	22.02	---	---	---	---	---
William Shuster	24.61	---	---	---	---	---	---	---	---	---	---	---
David Sikorski	---	---	---	---	---	22.79	22.67	---	---	---	---	---
Jared Sitte	---	---	23.10	---	---	---	---	---	---	---	---	---
Scott Spexarth	---	---	23.50	---	---	---	---	---	---	---	---	---
Jordan Stenzel	22.83	---	22.83	---	---	23.40	23.53	---	---	23.09	---	---
Terrence Thigpen	---	---	---	---	---	22.81	23.16	---	---	---	---	---
Paul Yerhot	---	---	22.29	---	---	---	22.13	---	---	---	---	---
400 Meter Dash												
Ryan Mendez	50.39	50.16	---	---	---	---	50.29	---	50.49	---	---	---
William Shuster	53.83	53.59	---	---	---	---	---	---	---	---	---	---
Jordan Stenzel	51.36	51.85	51.36	---	---	51.85	---	---	---	---	---	---
Paul Yerhot	50.56	49.71	---	---	---	---	49.30	---	---	48.40	---	49.11
800 Meter Run												
Ryan Mendez	---	---	1:55.96	---	---	---	2:11.60	---	---	---	---	---
Thomas Reader	2:04.34	---	---	---	---	---	---	---	---	---	---	---
Brian Shonat	---	2:02.94	---	---	---	2:11.32	---	---	---	---	---	---
William Shuster	---	---	2:04.22	---	---	2:03.92	---	---	---	1:58.59	---	---
Mitch Wilson	---	1:56.86	1:56.08	---	---	---	1:57.82	---	---	---	---	---
1,500 Meters												
Sean Harrington	---	---	---	---	---	---	---	---	---	4:02.46	---	---
McCauley Kraker	---	4:08.80	---	---	---	---	---	---	---	---	---	---
Logan O'Grady	---	---	4:15.03	---	---	---	---	---	---	---	---	---
Thomas Reader	---	4:13.32	---	---	---	4:16.77	---	---	---	---	---	---
Brian Shonat	4:11.38	---	---	---	---	4:15.03	4:04.42	---	---	---	---	---
Dallas Vincent	---	---	3:52.87	---	---	---	3:54.80	---	---	3:49.47	---	3:53.64
Zach Wilhelmy	---	---	3:55.56	---	---	---	3:54.29	---	---	---	---	---
Mitch Wilson	4:10.82	---	---	---	---	4:18.55	---	---	---	---	---	---
Paul Zdroik	---	3:56.31	---	---	---	---	---	---	---	3:50.53	---	3:53.94
3,000 Meter Steeplechase												
Logan O'Grady	---	---	---	9:48.92	---	---	9:36.21	9:20.52	---	9:34.33	---	---
Ben Plankis	---	10:06.61	---	---	---	10:16.69	9:57.21	---	---	---	---	---
Broc Vike	10:01.45	---	10:05.73	---	---	10:05.29	9:52.66	---	---	9:57.84	---	---
Zach Wilhelmy	---	---	---	9:30.03	---	---	9:23.75	---	---	---	---	---
Paul Zdroik	9:29.57	---	---	9:05.70	---	---	9:15.01	---	---	---	---	8:57.87
5,000 Meters												
Dan Buvid	16:24.49	---	---	---	---	---	---	---	---	---	---	---
Sean Harrington	15:29.39	---	---	---	---	---	15:58.51	---	---	---	---	---
Connor Lonning	---	14:55.80	---	---	---	---	---	---	---	---	---	---
Logan O'Grady	---	15:15.21	---	---	---	---	15:42.30	---	---	---	---	---
Broc Vike	---	15:14.28	---	---	---	---	15:37.89	---	---	---	---	---
Dallas Vincent	---	14:38.03	---	---	---	---	15:06.86	14:31.01	---	---	---	DNF
Zach Wilhelmy	---	14:38.77	---	---	---	---	---	14:29.11	---	---	---	16:15.98
Paul Zdroik	---	---	---	---	---	---	15:05.92	---	---	---	---	---

	Wartburg Select	UW-P Invite	Esten Challenge	Gina Relays	Drake Relays	Simpson Open	WIAC Champ.	Keeler Invite	Wisconsin Invite	NCAA Qualifier	Augie Twilight	NCAA Champ.
10,000 Meter Run												
Dan Buvid	---	32:59.11	---	---	---	---	34:10.96	---	---	---	---	---
Sean Harrington	---	31:54.63	---	---	---	---	32:53.09	---	---	---	---	---
Connor Lonning	---	---	---	31:37.68	---	---	31:08.36	---	---	---	---	---
Dallas Vincent	---	---	---	30:47.04	---	---	---	---	---	---	---	---
110 Meter Hurdles												
Luke Ackerson	16.31	15.99	15.53	---	---	17.55	16.04	---	16.06	15.99	---	---
Pat Bryan	15.88	15.74	15.48	---	---	17.14	15.42	---	15.29	15.55	---	---
Scott Spexarth	15.75	15.56	15.25	---	---	16.46	15.44	---	15.48	---	---	---
Nick Stone	16.53	16.10	DQ	---	---	---	---	---	---	---	---	---
400 Meter Hurdles												
Luke Ackerson	1:00.63	59.88	---	---	---	---	---	---	1:00.44	---	---	---
Pat Bryan	1:01.39	1:02.73	---	---	---	59.51	---	---	---	---	---	---
Michael Marchese	58.18	---	56.40	---	---	---	58.45	---	57.06	---	---	---
Brad Peterson	54.71	54.21	53.40	---	---	---	55.53	---	53.58	53.48	---	53.20
Scott Spexarth	1:03.54	1:00.72	---	---	---	---	---	---	---	---	---	---
Relays												
4x100	DNF	42.81	41.59	---	41.83	44.00	DNF	---	41.33	DNF	41.59	41.25
4x400	3:24.64	3:20.35	3:29.02	---	3:16.25	---	3:22.41	---	3:16.77	3:13.61	---	3:15.24
4x800	---	---	---	---	---	---	8:10.78	---	---	---	---	---