

2009 Connecticut College Spring Invitational  
New London, CT - 3/21/2009  
Results

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Men - Team Rankings - 18 Events Scored

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|-----------------|-----|----------------------|-----|
| 1) Coast Guard  | 332 | 2) Wesleyan          | 105 |
| 3) Conn College | 88  | 3) Eastern Conn. St. | 88  |

Men 100 Meter Dash

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| Name               | Year School          | Finals | Wind | H# | Points |
|--------------------|----------------------|--------|------|----|--------|
| 1 Bennett, Pat     | JR Coast Guard       | 11.52  | -2.0 | 2  | 10     |
| 2 Wofford, Josh    | SO Coast Guard       | 11.60  | -2.0 | 2  | 8      |
| 3 Ricketts, Andrew | FR Eastern Conn. St. | 11.68  | -2.0 | 2  | 6      |
| 4 DeShields, Alex  | FR Conn College      | 11.71  | -2.0 | 2  | 5      |
| 5 Lagdon, Dan      | JR Coast Guard       | 11.96  | -2.0 | 2  | 4      |
| 6 Webbe, Rob       | SO Conn College      | 12.31  | -3.4 | 1  | 3      |
| 7 Burke, Mike      | SO Coast Guard       | 12.33  | -2.0 | 2  | 2      |
| 8 Iwamoto, Alex    | FR Wesleyan          | 12.41  | -2.0 | 2  | 1      |
| 9 Amendolara, Mark | JR Coast Guard       | 12.42  | -2.0 | 2  |        |
| 10 Brown, Everett  | FR Coast Guard       | 12.64  | -3.4 | 1  |        |
| 11 Hall, Romaine   | FR Wesleyan          | 13.14  | -3.4 | 1  |        |

Men 200 Meter Dash

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| Name                | Year School          | Finals | Wind | H# | Points |
|---------------------|----------------------|--------|------|----|--------|
| 1 Bennett, Pat      | JR Coast Guard       | 23.32  | -1.9 | 2  | 10     |
| 2 Pates, Nicholas   | FR Eastern Conn. St. | 23.59  | -1.9 | 2  | 8      |
| 3 Ricketts, Andrew  | FR Eastern Conn. St. | 23.87  | -1.9 | 2  | 6      |
| 4 Lark, Tommie      | SO Wesleyan          | 24.11  | -1.9 | 2  | 5      |
| 5 Hula, Matt        | SR Conn College      | 24.22  | -1.9 | 2  | 4      |
| 6 Amendolara, Mark  | JR Coast Guard       | 24.71  | -1.9 | 2  | 3      |
| 7 Webbe, Rob        | SO Conn College      | 24.75  | -1.9 | 2  | 2      |
| 8 Knight, Micah     | JR Coast Guard       | 25.25  | -1.9 | 2  | 1      |
| 9 Brown, Everett    | FR Coast Guard       | 25.67  | -2.0 | 1  |        |
| 10 Shin, Kyle       | SO Wesleyan          | 25.96  | -2.0 | 1  |        |
| 11 Monacelli, Chris | FR Coast Guard       | 26.47  | -2.0 | 1  |        |
| 12 Stewart, Alex    | FR Coast Guard       | 26.98  | -2.0 | 1  |        |
| 13 Hall, Romaine    | FR Wesleyan          | 27.37  | -2.0 | 1  |        |

Men 400 Meter Dash

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| Name                | Year School          | Finals | H# | Points |
|---------------------|----------------------|--------|----|--------|
| 1 Boyle, David      | SO Coast Guard       | 50.90  | 3  | 10     |
| 2 Pates, Nicholas   | FR Eastern Conn. St. | 51.20  | 3  | 8      |
| 3 Adams, Thomas     | SR Coast Guard       | 51.46  | 3  | 6      |
| 4 Coleman, Chris    | JR Wesleyan          | 51.90  | 3  | 5      |
| 5 Atta-Krah, Kenton | SR Wesleyan          | 52.62  | 3  | 4      |
| 6 Hula, Matt        | SR Conn College      | 52.74  | 3  | 3      |
| 7 Litchfield, Brad  | SR Wesleyan          | 52.83  | 3  | 2      |
| 8 Miller, Dan       | SO Coast Guard       | 53.06  | 2  | 1      |

|                       |                 |         |   |
|-----------------------|-----------------|---------|---|
| 9 Knight, Micah       | JR Coast Guard  | 53.65   | 3 |
| 10 Chevalier, Joseph  | SO Coast Guard  | 54.47   | 2 |
| 11 Sridhar, Avinash   | JR Wesleyan     | 54.61   | 2 |
| 12 Cole, Scott        | JR Wesleyan     | 54.81   | 2 |
| 13 Norsworthy, Nelson | JR Wesleyan     | 54.94   | 2 |
| 14 Hafferkamp, Seth   | FR Wesleyan     | 54.95   | 2 |
| 15 Gabay, Jadeene     | JR Wesleyan     | 55.63   | 2 |
| 16 Shin, Kyle         | SO Wesleyan     | 55.67   | 1 |
| 17 Howd, Tommy        | SO Conn College | 56.12   | 1 |
| 18 Monacelli, Chris   | FR Coast Guard  | 56.35   | 1 |
| 19 Stewart, Alex      | FR Coast Guard  | 56.42   | 1 |
| 20 Leath, Michael     | FR Coast Guard  | 57.03   | 2 |
| 21 Hall, Charles      | FR Coast Guard  | 57.49   | 1 |
| 22 Smith, Jesuar      | FR Coast Guard  | 1:02.44 | 1 |
| Men 800 Meter Run     |                 |         |   |

| Name                   | Year School          | Finals  | Points |
|------------------------|----------------------|---------|--------|
| 1 Haas, Mike           | SR Coast Guard       | 2:00.09 | 10     |
| 2 Coleman, Kyle        | SO Coast Guard       | 2:00.20 | 8      |
| 3 Foster, Chris        | SR Wesleyan          | 2:00.77 | 6      |
| 4 Spring, Justin       | JR Wesleyan          | 2:01.55 | 5      |
| 5 Mrkvicka, Michael    | JR Coast Guard       | 2:01.89 | 4      |
| 6 Morris, Bret         | FR Coast Guard       | 2:02.51 | 3      |
| 7 Lawrence, James      | FR Wesleyan          | 2:04.25 | 2      |
| 8 Tignonsini, Dave     | JR Eastern Conn. St. | 2:04.33 | 1      |
| 9 Fernandez, Pat       | SR Coast Guard       | 2:04.76 |        |
| 10 Kaplan, Henry       | JR Wesleyan          | 2:05.78 |        |
| 11 Katz, Matt          | SO Wesleyan          | 2:06.94 |        |
| 12 Hurtt, Matt         | FR Coast Guard       | 2:07.18 |        |
| 13 Price, Andrew       | SO Coast Guard       | 2:07.98 |        |
| 14 Blumstein, Jonah    | SR Wesleyan          | 2:08.19 |        |
| 15 Deitel, Jeff        | SR Coast Guard       | 2:08.56 |        |
| 16 Clayton, Steven     | FR Eastern Conn. St. | 2:08.60 |        |
| 17 Auth, Trevor        | FR Coast Guard       | 2:09.04 |        |
| 18 Link, Kenneth       | FR Coast Guard       | 2:09.14 |        |
| 19 Marquis, Chris      | SO Coast Guard       | 2:09.28 |        |
| 20 Noheimer, Nicholas  | SR Eastern Conn. St. | 2:09.47 |        |
| 21 Hennighausen, Zach  | SR Coast Guard       | 2:10.32 |        |
| 22 Walters, Kevin      | FR Wesleyan          | 2:10.92 |        |
| 23 Crum, Nathanael     | SO Coast Guard       | 2:10.99 |        |
| 24 Nichols, Scott      | SO Coast Guard       | 2:11.70 |        |
| 25 Lang, Charles       | SO Wesleyan          | 2:13.09 |        |
| 26 Stanek, Adam        | JR Coast Guard       | 2:13.24 |        |
| 27 Sorrell, Kevin      | JR Coast Guard       | 2:13.94 |        |
| 28 McCarthy, Myles     | FR Coast Guard       | 2:14.08 |        |
| 29 O'Brien, Kevin      | FR Coast Guard       | 2:14.77 |        |
| 30 Hunt, David         | JR Eastern Conn. St. | 2:15.02 |        |
| 31 Eyler, Matt         | SR Coast Guard       | 2:15.80 |        |
| 32 Zenker, Fred        | SR Wesleyan          | 2:17.14 |        |
| 33 Martinez, Chris     | FR Coast Guard       | 2:17.74 |        |
| 34 Johnson, Sven       | JR Coast Guard       | 2:17.88 |        |
| 35 Van Cleave, William | JR Coast Guard       | 2:17.88 |        |
| 36 Siperek, Trevor     | FR Coast Guard       | 2:18.99 |        |
| 37 Fagan, Cory         | SO Coast Guard       | 2:19.73 |        |
| 38 Croypley, Alex      | FR Coast Guard       | 2:20.16 |        |

|                    |                      |         |
|--------------------|----------------------|---------|
| 39 Perucki, Joseph | SO Eastern Conn. St. | 2:20.52 |
| 40 Zanowicz, Mark  | FR Coast Guard       | 2:29.81 |
| 41 Lapinel, John   | JR Coast Guard       | 2:34.26 |
| 42 Feller, Chase   | JR Coast Guard       | 2:35.05 |

Men 1500 Meter Run

| Name                  | Year School          | Finals  | Points |
|-----------------------|----------------------|---------|--------|
| 1 Haas, Mike          | SR Coast Guard       | 4:06.79 | 10     |
| 2 Spring, Justin      | JR Wesleyan          | 4:08.14 | 8      |
| 3 Blumstein, Jonah    | SR Wesleyan          | 4:09.13 | 6      |
| 4 Mrkvicka, Michael   | JR Coast Guard       | 4:11.56 | 5      |
| 5 Katz, Matt          | SO Wesleyan          | 4:12.68 | 4      |
| 6 Lawrence, James     | FR Wesleyan          | 4:13.46 | 3      |
| 7 Fernandez, Pat      | SR Coast Guard       | 4:15.49 | 2      |
| 8 Price, Andrew       | SO Coast Guard       | 4:15.93 | 1      |
| 9 Orum, Andrew        | FR Eastern Conn. St. | 4:16.23 |        |
| 10 Gallant, Colin     | FR Conn College      | 4:16.29 |        |
| 11 Aigler, David      | SO Conn College      | 4:16.89 |        |
| 12 Kurtis, Sam        | JR Wesleyan          | 4:17.48 |        |
| 13 Lang, Charles      | SO Wesleyan          | 4:17.53 |        |
| 14 Hennighausen, Zach | SR Coast Guard       | 4:19.03 |        |
| 15 Clayton, Steven    | FR Eastern Conn. St. | 4:19.29 |        |
| 16 Marquis, Chris     | SO Coast Guard       | 4:23.57 |        |
| 17 O'Brien, Kevin     | FR Coast Guard       | 4:23.68 |        |
| 18 Nichols, Scott     | SO Coast Guard       | 4:24.14 |        |
| 19 Herrick, Brett     | SO Conn College      | 4:24.44 |        |
| 20 Eyler, Matt        | SR Coast Guard       | 4:24.82 |        |
| 21 Noheimer, Nicholas | SR Eastern Conn. St. | 4:25.25 |        |
| 22 Siperek, Trevor    | FR Coast Guard       | 4:25.56 |        |
| 23 Hunt, David        | JR Eastern Conn. St. | 4:25.83 |        |
| 24 Sorrell, Kevin     | JR Coast Guard       | 4:28.00 |        |
| 25 Crum, Nathanael    | SO Coast Guard       | 4:29.88 |        |
| 26 McCarthy, Myles    | FR Coast Guard       | 4:30.66 |        |
| 27 Stanek, Adam       | JR Coast Guard       | 4:31.89 |        |
| 28 Zenker, Fred       | SR Wesleyan          | 4:32.89 |        |
| 29 Fagan, Cory        | SO Coast Guard       | 4:33.17 |        |
| 30 Sheehan, Brendan   | SO Wesleyan          | 4:37.64 |        |
| 31 Zanowicz, Mark     | FR Coast Guard       | 4:46.39 |        |
| 32 Perucki, Joseph    | SO Eastern Conn. St. | 4:46.93 |        |
| 33 Post, Dan          | FR Conn College      | 4:57.11 |        |
| 34 Lapinel, John      | JR Coast Guard       | 5:15.75 |        |
| 35 Feller, Chase      | JR Coast Guard       | 5:27.16 |        |

Men 5000 Meter Run

| Name                | Year School          | Finals   | Points |
|---------------------|----------------------|----------|--------|
| 1 Murtagh, Brian    | SR Conn College      | 14:59.15 | 10     |
| 2 Wright, Douglas   | FR Conn College      | 15:39.98 | 8      |
| 3 Spranzo, Stephen  | FR Eastern Conn. St. | 16:37.96 | 6      |
| 4 Buczek, Sam       | JR Eastern Conn. St. | 16:43.72 | 5      |
| 5 McLaughlin, Sean  | SR Eastern Conn. St. | 16:58.25 | 4      |
| 6 Noonan, James     | SR Conn College      | 18:06.44 | 3      |
| 7 Manuzzi, Dan      | FR Conn College      | 18:23.10 | 2      |
| -- Fitzgerald, Adam | Unattached           | XDNF     |        |
| -- Mendes, Anthony  | SR Eastern Conn. St. | DNF      |        |

Men 110 Meter Hurdles

| Name                | Year School          | Finals | Wind | Points |
|---------------------|----------------------|--------|------|--------|
| 1 Coleman, Kyle     | SO Coast Guard       | 17.21  | -1.7 | 10     |
| 2 Lenzi, Mickey     | JR Conn College      | 17.57  | -1.7 | 8      |
| 3 Burke, Mike       | SO Coast Guard       | 18.13  | -1.7 | 6      |
| 4 King, Bryan       | FR Eastern Conn. St. | 19.02  | -1.7 | 5      |
| 5 Lungren, Benjamin | FR Eastern Conn. St. | 19.04  | -1.7 | 4      |

Men 400 Meter Hurdles

| Name            | Year School          | Finals  | Points |
|-----------------|----------------------|---------|--------|
| 1 D'Elia, Mike  | SO Eastern Conn. St. | 59.69   | 10     |
| 2 Luai, Andres  | SR Coast Guard       | 1:00.36 | 8      |
| 3 Lenzi, Mickey | JR Conn College      | 1:03.41 | 6      |

Men 4x100 Meter Relay

| School                | Finals                  | Points |
|-----------------------|-------------------------|--------|
| 1 Coast Guard 'A'     | 44.40                   | 10     |
| 1) Tolliver, Matt SO  | 2) Bennett, Pat JR      |        |
| 3) Adams, Thomas SR   | 4) Wofford, Josh SO     |        |
| 2 Wesleyan 'A'        | 45.81                   | 8      |
| 1) Iwamoto, Alex FR   | 2) Atta-Krah, Kenton SR |        |
| 3) Gabay, Jadeene JR  | 4) Lark, Tommie SO      |        |
| 3 Conn College 'A'    | 46.07                   | 6      |
| 1) DeShields, Alex FR | 2) Hula, Matt SR        |        |
| 3) Webbe, Rob SO      | 4) Lenzi, Mickey JR     |        |

Men 4x400 Meter Relay

| School                   | Finals                 | Points |
|--------------------------|------------------------|--------|
| 1 Coast Guard 'A'        | 3:34.01                | 10     |
| 1) Adams, Thomas SR      | 2) Boyle, David SO     |        |
| 3) Coleman, Kyle SO      | 4) Cremeans, Jesse SO  |        |
| 2 Wesleyan 'B'           | x3:35.69               |        |
| 1) Kaplan, Henry JR      | 2) Litchfield, Brad SR |        |
| 3) Norsworthy, Nelson JR | 4) Sridhar, Avinash JR |        |
| 3 Coast Guard 'C'        | x3:35.70               |        |
| 1) Monacelli, Chris FR   | 2) Leath, Michael FR   |        |
| 3) Morris, Bret FR       | 4) Hall, Charles FR    |        |
| 4 Wesleyan 'A'           | 3:36.60                | 8      |
| 1) Cole, Scott JR        | 2) Coleman, Chris JR   |        |
| 3) Foster, Chris SR      | 4) Hafferkamp, Seth FR |        |
| 5 Wesleyan 'C'           | x3:39.61               |        |
| 1) Akita, Tom JR         | 2) Lark, Tommie SO     |        |
| 3) Walters, Kevin FR     | 4) Gabay, Jadeene JR   |        |
| 6 Coast Guard 'B'        | x3:42.14               |        |
| 1) Chevalier, Joseph SO  | 2) Knight, Micah JR    |        |
| 3) Wofford, Josh SO      | 4) Miller, Dan SO      |        |
| 7 Conn College 'A'       | 3:54.73                | 6      |
| 1) Aigler, David SO      | 2) Herrick, Brett SO   |        |
| 3) Gallant, Colin FR     | 4) Post, Dan FR        |        |

Men High Jump

| Name              | Year School          | Finals | Point      |
|-------------------|----------------------|--------|------------|
| 1 Jaskot, John    | SO Coast Guard       | 1.86m  | 6-01.25 10 |
| 2 Ashner, Tyler   | SR Coast Guard       | 1.81m  | 5-11.25 8  |
| 3 Cremeans, Jesse | SO Coast Guard       | J1.81m | 5-11.25 6  |
| 4 Lenzi, Mickey   | JR Conn College      | J1.81m | 5-11.25 5  |
| 5 Iwamoto, Alex   | FR Wesleyan          | 1.76m  | 5-09.25 4  |
| 6 King, Bryan     | FR Eastern Conn. St. | 1.56m  | 5-01.25 3  |
| -- Shields, Chad  | JR Coast Guard       | NH     |            |
| -- James, Jevon   | SO Coast Guard       | NH     |            |
| Men Pole Vault    |                      |        |            |

| Name                  | Year School          | Finals | Point       |
|-----------------------|----------------------|--------|-------------|
| 1 Kellam, Jordan      | SO Coast Guard       | 3.89m  | 12-09.00 10 |
| 2 Pyne, Matt          | SR Eastern Conn. St. | 3.59m  | 11-09.25 7  |
| 2 Wiseman, Owen       | SO Conn College      | 3.59m  | 11-09.25 7  |
| 4 Gordon, Mike        | JR Coast Guard       | J3.59m | 11-09.25 5  |
| 5 Imbriale, Peter     | FR Coast Guard       | 3.44m  | 11-03.50 4  |
| 6 Cassidy, Ryan       | JR Coast Guard       | 2.84m  | 9-03.75 3   |
| 7 Signarello, Anthony | FR Coast Guard       | 2.51m  | 8-02.75 2   |
| -- Comerford, Michael | SR Coast Guard       | NH     |             |
| Men Long Jump         |                      |        |             |

4 attempts - No Finals

| Name                | Year School          | Finals | Wind          |
|---------------------|----------------------|--------|---------------|
| 1 Luxhoj, Carl      | SO Coast Guard       | 6.67m  | 1.5 21-10.75  |
| 2 Cremeans, Jesse   | SO Coast Guard       | 6.47m  | +0.0 21-02.75 |
| 3 Tolliver, Matt    | SO Coast Guard       | 6.23m  | 2.1 20-05.25  |
| 4 Lungren, Benjamin | FR Eastern Conn. St. | 6.05m  | 1.2 19-10.25  |
| 5 DeShields, Alex   | FR Conn College      | 5.93m  | 0.9 19-05.50  |
| 6 Iwamoto, Alex     | FR Wesleyan          | 5.83m  | +0.0 19-01.50 |
| 7 King, Bryan       | FR Eastern Conn. St. | 5.62m  | -0.8 18-05.25 |
| 8 Jokela, Nick      | JR Coast Guard       | 4.66m  | +0.0 15-03.50 |
| Men Triple Jump     |                      |        |               |

4 attempts - No Finals

| Name             | Year School    | Finals | Wind         |
|------------------|----------------|--------|--------------|
| 1 Luxhoj, Carl   | SO Coast Guard | 14.00m | 2.1 45-11.25 |
| 2 Tolliver, Matt | SO Coast Guard | 12.76m | 0.2 41-10.50 |
| 3 Ashner, Tyler  | SR Coast Guard | 12.72m | 1.9 41-08.75 |
| 4 Jaskot, John   | SO Coast Guard | 12.27m | 2.5 40-03.25 |
| Men Shot Put     |                |        |              |

4 Throws - No Finals

| Name               | Year School          | Finals | Point       |
|--------------------|----------------------|--------|-------------|
| 1 Stokes, Carl     | JR Coast Guard       | 13.37m | 43-10.50 10 |
| 2 Hoffman, Newman  | SR Wesleyan          | 12.73m | 41-09.25 8  |
| 3 Kauffman, Andrew | SR Coast Guard       | 12.02m | 39-05.25 6  |
| 4 Page, Pat        | SO Coast Guard       | 11.40m | 37-05.00 5  |
| 5 Hair, Thomas     | FR Eastern Conn. St. | 10.73m | 35-02.50 4  |
| 6 Beache, Kemron   | FR Coast Guard       | 10.70m | 35-01.25 3  |
| Men Discus Throw   |                      |        |             |

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4 Throws - No Finals

| Name               | Year School          | Finals | Point     |
|--------------------|----------------------|--------|-----------|
| 1 Stokes, Carl     | JR Coast Guard       | 41.39m | 135-09 10 |
| 2 Kauffman, Andrew | SR Coast Guard       | 38.50m | 126-04 8  |
| 3 Kuwahara, Derek  | SR Wesleyan          | 37.77m | 123-11 6  |
| 4 Hipe, Sean       | FR Coast Guard       | 32.09m | 105-03 5  |
| 5 Page, Pat        | SO Coast Guard       | 31.88m | 104-07 4  |
| 6 Hair, Thomas     | FR Eastern Conn. St. | 31.67m | 103-11 3  |
| 7 Hoffman, Newman  | SR Wesleyan          | 31.44m | 103-02 2  |
| 8 Gazda, Cortland  | SR Coast Guard       | 26.14m | 85-09 1   |
| 9 Beache, Kemron   | FR Coast Guard       | 24.61m | 80-09     |
| 10 Adams, Devin    | SO Coast Guard       | 24.53m | 80-06     |
| 11 Alley, Dan      | SO Coast Guard       | 19.36m | 63-06     |

Men Hammer Throw

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4 Throws - No Finals

| Name              | Year School          | Finals | Point     |
|-------------------|----------------------|--------|-----------|
| 1 Hunt, Chris     | Unattached           | 47.74m | 156-07 10 |
| 2 Bonner, Tim     | FR Coast Guard       | 40.85m | 134-00 8  |
| 3 Adams, Devin    | SO Coast Guard       | 40.33m | 132-04 6  |
| 4 Moody, Mike     | JR Wesleyan          | 38.44m | 126-01 5  |
| 5 Page, Pat       | SO Coast Guard       | 35.41m | 116-02 4  |
| 6 Gazda, Cortland | SR Coast Guard       | 34.67m | 113-09 3  |
| 7 Kuwahara, Derek | SR Wesleyan          | 32.66m | 107-02 2  |
| 8 Hair, Thomas    | FR Eastern Conn. St. | 30.10m | 98-09 1   |
| 9 Hoffman, Newman | SR Wesleyan          | 27.31m | 89-07     |

Men Javelin Throw

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4 Throws - No Finals

| Name              | Year School     | Finals | Point     |
|-------------------|-----------------|--------|-----------|
| 1 Kealy, Al       | SO Coast Guard  | 48.98m | 160-08 10 |
| 2 Kuwahara, Derek | SR Wesleyan     | 44.00m | 144-04 8  |
| 3 Wiseman, Owen   | SO Conn College | 40.26m | 132-01 6  |
| 4 Shockey, Dan    | SO Coast Guard  | 31.28m | 102-07 5  |