



MEN'S OUTDOOR TRACK & FIELD 1997 Season Top Times

(FINAL)

100m dash

Joe Lampkin	4/19	10.84^
Trevor Jerideau	3/29	11.9

200m dash

Joe Lampkin	5/9	21.85^
Joe Ward	3/29	22.6
David Carreiras	3/29	27.4

400m dash

Joe Ward	3/22	50.5
Rob Weitzman	5/3	50.57
Adam Donegan	5/3	51.34
Chris Zuckerman	5/3	53.84
David Carreiras	3/29	1:01.1

800m

John McDermott	5/4	1:56.52
Adam "Toby" Lynch	3/29	1:58.8
Steve Maheu	3/29	1:59.2
Rob Weitzman	4/19	2:01.2
Adam Donegan	3/22	2:02.3

1500m

Adam "Toby" Lynch	4/5	3:59.34
John McDermott	3/29	4:04.5
Steve Maheu	3/29	4:04.5
Vincent Keaveny	3/29	4:11.1
Hencok Assefa	3/29	4:11.5

3000m

5000m

Adam "Toby" Lynch	4/19	15:37.6
Mike Henry	4/4	15:41
Henock Assefa	4/19	15:46.3
Juan Estrella	3/22	16:01.9

10,000m

Matt DiPretore	5/9	33:39.7
Mike Henry	5/3	34:25.0
Juan Estrella	5/3	34:55.0

110m HH

400m IntH

Chris Zuckerman	5/9	1:03.25
-----------------	-----	---------

3,000m steeplechase

Matt DiPretore	4/19	10:21.0
----------------	------	---------

long jump

Trevor Jerideau	5/9	22' 3 3/4"
-----------------	-----	------------

high jump

triple jump

shot put

Mike Galkoski	5/4	46' 2"
Rich Herr	5/9	43' 1/2"

discus

Mike Galkoski	3/29	120' 8"
Rich Herr	3/29	116' 9"

javelin

hammer throw

pole vault

decathlon

4x100m relay

	5/9	43.63
Joe Lampkin, Trevor Jerideau, Joe Ward, Rob Weitzman	4/4	1:29.32

4x400m relay

Joe Ward, Joe Lampkin, John McDermott, Rob Weitzman	4/5	3:25.04
--	-----	---------

4x800m relay

	4/5	7:52.45
--	-----	---------

4x1500m relay

Adam "Toby" Lynch, Steve Maheu, Henock Assefa, Mike Henry	4/5	16:49.4
--	-----	---------

SMR

Joe Lampkin, Joe Ward, Rob Weitzman, John McDermott	4/4	3:32.07
--	-----	---------

DMR

	5/9	10:22.94
--	-----	----------

3/22 - UPenn Invitational
3/29 - Light Blue Classic
4/4-5 - Colonial Relays
4/12 - Columbia Invitational
4/19 - Red Storm Classic
4/24-26 - Penn Relays
5/3-4 - Atlantic 10 Championship
5/9 - Metropolitan Championship
5/16 - St. John's Invite
5/24-25 - IC4A Championship

^ - IC4A qualifier