



2009 UTSA Roadrunners Men's Outdoor Track & Field Season Bests

100 meters

9.90 a (7.8)	Teddy Williams	UTEP Invitational (4/11)
10.26 R	Teddy Williams	Texas Relays (4/4)
10.59 a (5.9)	Eman Fondren	UTEP Invitational (4/11)
10.64 (5.6)	Kevin Hunt	UTSA Relays (3/27)
10.77	Eman Foundren	Texas Twilight (4/18)
10.77	Kevin Hunt	SLC Championships (5/9)
10.88	Edmund Yeboah	SLC Championships (5/9)
11.02	Benga Adeeko	SLC Championships (5/9)
11.08	Tommy Wolfe	SLC Championships (5/8)
11.57	Lucas Neeper	SLC Championships (5/8)

200 meters

20.99 R	Teddy Williams	Texas Twilight (4/18)
21.39	John Matthews	SLC Championships (5/10)
21.73 a (3.8)	Gaston Griffin	UTEP Invitational (4/11)
21.79 a (5.4)	Eman Fondren	UTEP Invitational (4/11)
21.82 a (5.4)	Kevin Hunt	UTEP Invitational (4/11)
22.02	Eman Fondren	Rice Twilight (4/29)
22.17	Kevin Hunt	SLC Championships (5/9)
22.39 a (5.4)	Isah Muhammed	UTEP Invitational (4/11)
22.40 a (6.8)	Caesar Slade	UTEP Invitational (4/11)
22.71	Edmund Yeboah	Texas Twilight (4/18)
22.86 a (6.8)	Terrence Watson	UTEP Invitational (4/11)
23.17	Benga Adeeko	Texas Twilight (4/18)
28.91	Caesar Slade	SLC Championships (5/9)

400 meters

47.03 R	Gaston Griffin	Texas Twilight (4/18)
48.90	Teddy Williams	UC Irvine Invitational (3/21)
50.36	Caesar Slade	SLC Championships (5/9)
51.32	Lucas Neeper	SLC Championship (5/8)
52.18	Tommy Wolfe	SLC Championships (5/8)

800 meters

1:51.59	Bryan Ugochukwu	SLC Championships (5/10)
1:53.58	Michael Cook	Rice Twilight (4/29)
1:55.38	Corey Vargas	Rice Twilight (4/29)
1:55.78	Albert Cardenas	UC Irvine Invitational (3/21)
2:04.44	Dominic Zucconi	UTSA Relays (3/27)
2:05.07 a	Cole Reveal	UTEP Invitational (4/11)

1,500 meters

3:53.03	Michael Cook	SLC Championships (5/10)
3:55.32	Cole Reveal	Texas Twilight (4/18)
3:58.62	Corey Vargas	SLC Championships (5/10)
3:59.57	Brandon Chiuminetta	Rice Twilight (4/29)
4:04.26	Daniel Balbontin	SLC Championships (5/8)
4:10.76	Al Johnson	Trinity Open (2/28)
4:10.97	Dominick Zucconi	Texas Twilight (4/18)
4:12.12	Albert Cardenas	Trinity Open (2/28)
4:12.01	Layne Nixon	UTSA Relays (3/28)
4:17.08	Ivan Garcia	UTSA Relays (3/28)
4:22.75	Jake Orndorff	Texas Twilight (4/18)
4:52.48	Lucas Neeper	SLC Championships (5/9)
5:18.60	Tommy Wolfe	SLC Championships (5/9)

5,000 meters

15:02.52	Layne Nixon	Texas Relays (4/1)
15:21.45	Brandon Chiuminetta	SLC Championships (5/10)
15:37.94	Jake Orndorff	Rice Twilight (4/29)
15:48.63	Cole Reveal	Texas Relays (4/1)
16:40.30	Ivan Garcia	Rice Twilight (4/29)

10,000 meters

32:18.00	Layne Nixon	SLC Championships (5/8)
33:12.20	Jake Orndorff	SLC Championships (5/8)

110-meter hurdles

14.35 (2.8)	John Matthews	SLC Championships (5/10)
14.60	John Matthews	SLC Championships (5/9)
15.11	Tommy Wolfe	UC Irvine Invitational (3/21)
16.88	Lucas Neeper	SLC Championships (5/9)

400-meter hurdles

53.78	Terrence Watson	Texas Twilight (4/18)
53.90	Isah Muhammed	SLC Championships (5/9)

3,000-meter steeplechase

9:16.17	Brandon Chiuminetta	SLC Championships (5/9)
9:36.38	Layne Nixon	Texas Twilight (4/18)

400-meter relay

40.15 R	Hunt, Williams, Matthews, Fondren	Texas Twilight (4/18)
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1,600-meter relay

3:14.58	Williams, Griffin, Muhammed, Slade	UTSA Relays (3/28)
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High jump

2.10m R	Jeffery Herron	Texas Relays (4/4)
2.10m R	Johnathan Whittaker	Texas Relays (4/4)
2.05m	Geulien Brisco	SLC Championships (5/9)
2.05m	Carvey Evans	Rice Twilight (4/29)
2.05m	P.J. McGowen	SLC Championships (5/9)
1.93m	Tommy Wolfe	Texas Relays (4/1)
1.71m	Lucas Neeper	SLC Championships (5/9)

Pole vault

4.95m S	Tommy Wolfe	Texas Twilight (4/18)
4.90m	Greg Gabrisch	SLC Championships (5/10)
4.60m	Kyle Kaase	SLC Championships (5/10)
4.60m	Lucas Neeper	SLC Championships (5/10)
4.40m	Dillard Glass	Rice Twilight (4/29)

Long jump

7.18m	Geulien Brisco	Rice Twilight (4/29)
7.18m	P.J. McGowen	SLC Championships (5/9)
6.94m	Tommy Wolfe	SLC Championships (5/8)
6.92m	Jeffery Herron	UTSA Relays (3/27)
6.71m (3.1)	Vince Abron	UTEP Invitational (4/11)
6.59m	Vince Abron	Texas Twilight (4/18)
5.84m	Lucas Neeper	SLC Championships (5/8)

Triple jump

14.56m	Johnathan Whittaker	SLC Championships (5/10)
14.35m	Geulien Brisco	Texas Twilight (4/18)
13.69m	Alton St. Rose	UTSA Relays (3/28)

Shot put

13.92m	Tommy Wolfe	SLC Championships (5/8)
11.35m	Lucas Neeper	SLC Championships (5/8)

Discus

42.33m	Tommy Wolfe	SLC Championships (5/9)
29.60m	Lucas Neeper	SLC Championships (5/9)
27.06m	Kyle Kaase	UTSA Relays (3/28)

Javelin

59.71m	Tommy Wolfe	SLC Championships (5/9)
56.15m	Kyle Kaase	SLC Championships (5/8)
43.36m	Lucas Neeper	SLC Championships (5/9)

Decathlon

7,204 P	Tommy Wolfe	SLC Championships (5/8-9)
6,098	Lucas Neeper	SLC Championships (5/8-9)

Key: R - NCAA Regional qualifying mark;
P - NCAA Championships provisional qualifying mark;
S - UTSA record; a - altitude; (x.x) wind reading



2009 UTSA Roadrunners Men's Outdoor Track & Field Progressions

Vince Abron

Long jump

6.36m _____ UTSA Relays (March 28)
6.71m (3.1) _____ UTEP Invitational (April 11)
6.56m _____ Texas Twilight (April 18)
6.57m _____ Rice Twilight (April 29)

Benga Adeeko

100 meters

11.17 _____ Rice Twilight (April 29)
11.02 (prelims) _____ SLC Championships (May 9)

200 meters

23.17 _____ Texas Twilight (April 18)

Daniel Balbontin

1,500 meters

4:17.48 _____ Trinity Open (Feb. 28)
4:21.76 _____ UTSA Relays (March 28)
4:07.43 _____ Texas Twilight (April 18)
4:10.02 _____ Rice Twilight (April 29)
4:04.26 (prelims) _____ SLC Championships (May 9)
4:20.47 (final) _____ SLC Championships (May 10)

3,000 meters

9:07.83 _____ UTSA Relays (March 27)

Geulien Brisco

High jump

1.95m _____ UTEP Invitational (April 11)
2.00m _____ SLC Championships (May 9)

Long jump

6.57m _____ UC Irvine Invitational (March 21)
6.82m _____ UTSA Relays (March 27)
6.59m (2.2) _____ UTEP Invitational (April 11)
7.11m (3rd) _____ Texas Twilight (April 18)
7.18m _____ Rice Twilight (April 29)
6.85m _____ SLC Championships (May 9)

Triple jump

14.17m (2nd) _____ UTSA Relays (March 28)
14.33m (4.2/2nd) _____ UTEP Invitational (April 11)
14.25m _____ Texas Twilight (April 18)
14.35m _____ SLC Championships (May 10)

Brandon Chiuminetta

1,500 meters

4:07.75 (2nd) _____ UTSA Relays (March 28)
3:59.57 (3rd) _____ Rice Twilight (April 29)

3,000 meters

8:55.69 (3rd) _____ UTSA Relays (March 27)

5,000 meters

15:21.45 _____ SLC Championships (May 10)

3,000-meter steeplechase

9:45.14 _____ UC Irvine Invitational (March 20)
9:46.35 (4th) _____ Texas Relays (April 1)
9:16.17 (4th) _____ SLC Championships (May 9)

Albert Cardenas

800 meters

1:55.78 _____ UC Irvine Invitational (March 21)
1:58.02 (2nd) _____ UTSA Relays (March 27)
2:02.66 _____ Texas Relays (April 1)
2:10.44 a _____ UTEP Invitational (April 11)

1,500 meters

4:12.12 _____ Trinity Open (Feb. 28)
4:16.07 (1st) _____ UTSA Relays (March 28)

Michael Cook

800 meters

1:58.22 a (1st) _____ UTEP Invitational (April 11)
1:53.58 (3rd) _____ Rice Twilight (April 29)

1,500 meters

3:58.12 _____ UC Irvine Invitational (March 20)
3:56.29 (1st) _____ Texas Relays (April 1)
3:54.79 _____ Texas Twilight (April 18)
4:02.07 (prelims) _____ SLC Championships (May 9)
3:53.03 (1st/final) _____ SLC Championships (May 10)
3:59.23 (prelims) _____ NCAA Midwest Regional (May 29)

3,000 meters

8:52.97 (2nd) _____ UTSA Relays (March 27)

Eric Doll

3,000 meters

9:43.15 _____ UTSA Relays (March 27)

Carvey Evans

High jump

1.99m _____ UTSA Relays (March 27)
2.00m _____ UTEP Invitational (April 11)
2.05m _____ Texas Twilight (April 18)
2.05m (2nd) _____ Rice Twilight (April 29)
2.00m (8th) _____ SLC Championships (May 9)

Eman Fondren

100 meters

10.59 a (5.9) _____ UTEP Invitational (April 11)
10.77 _____ Texas Twilight (April 18)

200 meters

21.79 a (5.4) _____ UTEP Invitational (April 11)
22.02 _____ Rice Twilight (April 29)

Greg Gabrisch

Pole vault

4.45m (2nd) _____ UC Irvine Invitational (March 21)
4.65m _____ Texas Twilight (April 18)
4.85m _____ Rice Twilight (April 29)
4.90m (2nd) _____ SLC Championships (May 10)



2009 UTSA Roadrunners Men's Outdoor Track & Field Progressions

Ivan Garcia

1,500 meters

4:20.53 _____ Trinity Open (Feb. 28)
 4:17.14 _____ Trinity Tigers Relays (March 6)
 4:17.08 (2nd) _____ UTSA Relays (March 28)

3,000 meters

9:10.82 _____ UTSA Relays (March 27)
 8:56.65 _____ Texas Twilight (April 18)

5,000 meters

16:40.30 _____ Rice Twilight (April 29)

Dillard Glass

Pole vault

4.27m _____ UTSA Relays (March 28)
 4.40m _____ Rice Twilight (April 29)

Gaston Griffin

200 meters

21.73 a (3.8) _____ UTEP Invitational (April 11)

400 meters

47.90 (3rd) _____ UC Irvine Invitational (March 21)
 47.03 R (3rd) _____ Texas Twilight (April 18)
 47.21 (prelims) _____ SLC Championships (May 9)
 48.51 (8th/final) _____ SLC Championships (May 10)
 51.31 (prelims) _____ NCAA Midwest Regional (May 29)

Jeffery Herron

Long jump

6.92m _____ UTSA Relays (March 27)

High jump

2.10m R (2nd) _____ UC Irvine Invitational (March 21)
 2.10m R (2nd) _____ Texas Relays (April 4)

Kevin Hunt

100 meters

10.95 (2nd) _____ UC Irvine Invitational (March 21)
 10.64 (5.6/prelims) _____ UTSA Relays (March 27)
 10.98 (final) _____ UTSA Relays (March 28)
 10.69 a (5.9) _____ UTEP Invitational (April 11)
 10.78 _____ Texas Twilight (April 18)
 11.04 _____ Rice Twilight (April 29)
 10.77 (prelims) _____ SLC Championships (May 9)

200 meters

21.82 a (5.4) _____ UTEP Invitational (April 11)
 22.17 (prelims) _____ SLC Championships (May 9)

Al Johnson

1,500 meters

4:10.76 _____ Trinity Open (Feb. 28)
 4:21.33 _____ UTSA Relays (March 28)

Kyle Kaase

Pole Vault

4.60m _____ SLC Championships (May 10)

Discus

27.06m _____ UTSA Relays (March 28)

Javelin

52.88m _____ UC Irvine Invitational (March 21)
 54.29m _____ UTSA Relays (March 28)
 53.33m _____ Texas Twilight (April 18)
 51.98m _____ Rice Twilight (April 29)
 56.15m (8th) _____ SLC Championships (May 8)

John Matthews

200 meters

22.12 a (5.4) _____ UTEP Invitational (April 11)
 21.97 _____ Texas Twilight (April 18)
 21.62 (2nd) _____ Rice Twilight (April 29)
 21.60 (prelims) _____ SLC Championships (May 9)
 21.39 (4th/final) _____ SLC Championships (May 10)

110-meter hurdles

19.83 (5.9/prelims) _____ UTSA Relays (March 27)
 14.99 (2.4/2nd/final) _____ UTSA Relays (March 28)
 15.28 (prelims) _____ Texas Relays (April 3)
 15.02 _____ Texas Twilight (April 18)
 14.77 (2nd) _____ Rice Twilight (April 29)
 14.60 (prelims) _____ SLC Championships (May 9)
 14.35 (2.8/4th/final) _____ SLC Championships (May 10)

P.J. McGowen

High jump

1.90m _____ Texas Twilight (April 18)
 1.95 (2nd) _____ Rice Twilight (April 29)
 2.05 (4th) _____ SLC Championships (May 9)

Long jump

7.14m (2nd) _____ UTSA Relays (March 27)
 7.18m (3rd) _____ SLC Championships (May 9)

Isah Muhammed

200 meters

22.39 a (5.4) _____ UTEP Invitational (April 11)

400-meter hurdles

57.01 (3rd) _____ UTSA Relays (March 27)
 55.14 (prelims) _____ Texas Relays (April 2)
 54.80 _____ Texas Twilight (April 18)
 54.02 _____ Rice Twilight (April 29)
 53.90 (prelims) _____ SLC Championships (May 9)



2009 UTSA Roadrunners Men's Outdoor Track & Field Progressions

Lucas Neeper

100 meters

11.57 (dec) _____ SLC Championships (May 8)

400 meters

51.32 (dec) _____ SLC Championships (May 8)

1,500 meters

4:52.48 (dec) _____ SLC Championships (May 9)

110-meter hurdles

16.88 (dec) _____ SLC Championships (May 9)

High jump

1.71m (dec) _____ SLC Championships (May 8)

Pole vault

4.15m _____ UC Irvine Invitational (March 21)

4.55m _____ Rice Twilight (April 29)

4.45m (dec) _____ SLC Championships (May 9)

4.60m (8th) _____ SLC Championships (May 10)

Long jump

4.65m _____ Rice Twilight (April 29)

5.84m (dec) _____ SLC Championships (May 8)

Shot put

11.33m (dec) _____ SLC Championships (May 8)

Discus

29.40m _____ UTSA Relays (March 28)

29.60m (dec) _____ SLC Championships (May 9)

Javelin

43.36m (dec) _____ SLC Championships (May 9)

Decathlon

6,098 _____ SLC Championships (May 8-9)

Layne Nixon

1,500 meters

4:12.01 _____ UTSA Relays (March 28)

3,000 meters

8:56.40 _____ UTSA Relays (March 27)

5,000 meters

15:02.52 _____ Texas Relays (April 1)

15:12.91 (2nd) _____ Rice Twilight (April 29)

10,000 meters

32:18.00 (5th) _____ SLC Championships (May 8)

3,000-meter steeplechase

9:50.12 _____ SLC Championships (May 9)

Jake Orndorff

1,500 meters

4:25.58 _____ UTSA Relays (March 28)

4:28.77 a _____ UTEP Invitational (April 11)

4:22.75 _____ Texas Twilight (April 18)

3,000 meters

9:17.30 _____ UTSA Relays (March 27)

9:08.19 _____ Texas Twilight (April 18)

5,000 meters

16:13.78 _____ Trinity Open (Feb. 28)

15:37.94 _____ Rice Twilight (April 29)

10,000 meters

33:12.20 _____ SLC Championships (May 8)

Cole Reveal

800 meters

2:05.07 a _____ UTEP Invitational (April 11)

1,500 meters

4:02.89 (1st) _____ UTSA Relays (March 28)

4:20.88 a _____ UTEP Invitational (April 11)

3:55.32 _____ Texas Twilight (April 18)

4:03.17 (prelims) _____ SLC Championships (May 9)

4:15.07 (final) _____ SLC Championships (May 10)

3,000 meters

8:49.51 (1st) _____ UTSA Relays (March 27)

5,000 meters

15:48.63 _____ Texas Relays (April 1)

16:15.27 _____ Rice Twilight (April 29)

Alton St. Rose

Triple jump

13.69m _____ UTSA Relays (March 28)

Caesar Slade

200 meters

22.40 a (6.8) _____ UTEP Invitational (April 11)

28.91 (prelims) _____ SLC Championships (May 9)

400 meters

50.36 _____ Texas Twilight (April 18)

50.36 (prelims) _____ SLC Championships (May 9)

Bryan Ugochukwu

800 meters

1:54.56 _____ Texas Twilight (April 18)

1:51.98 (2nd) _____ Rice Twilight (April 29)

1:54.02 (prelims) _____ SLC Championships (May 9)

1:51.59 (4th/final) _____ SLC Championships (May 10)

Corey Vargas

800 meters

1:59.88 _____ UTSA Relays (March 27)

2:03.00 a _____ UTEP Invitational (April 11)

1:55.38 _____ Rice Twilight (April 29)

1,500 meters

4:06.41 _____ UC Irvine Invitational (March 20)

4:03.45 _____ Texas Relays (April 1)

4:12.98 _____ Texas Twilight (April 18)

4:02.86 (prelims) _____ SLC Championships (May 9)

3:58.62 (5th/final) _____ SLC Championships (May 10)



2009 UTSA Roadrunners Men's Outdoor Track & Field Progressions

Terrence Watson

200 meters

22.86 a (6.8) _____ UTEP Invitational (April 11)

400-meter hurdles

55.51 _____ UC Irvine Invitational (March 21)

55.91 (2nd) _____ UTSA Relays (March 27)

55.27 (prelims) _____ Texas Relays (April 2)

53.78 _____ Texas Twilight (April 18)

54.86 (prelims) _____ SLC Championships (May 9)

Johnathan Whittaker

High jump

2.10m R (2nd) _____ UC Irvine Invitational (March 21)

2.10m R _____ Texas Relays (April 4)

2.05m (2nd) _____ SLC Championships (May 9)

2.05m _____ NCAA Midwest Regional (May 29)

Triple jump

13.97m _____ UTSA Relays (March 28)

14.37m _____ Texas Twilight (April 18)

14.24m _____ Rice Twilight (April 29)

14.56m _____ SLC Championships (May 10)

Teddy Williams

100 meters

10.26 R (4th) _____ Texas Relays (April 4)

9.90 a (7.8/1st) _____ UTEP Invitational (April 11)

10.34 R (1st/prelims) _____ SLC Championships (May 9)

10.50 R (3rd/final) _____ SLC Championships (May 10)

10.69 (prelims) _____ NCAA Midwest Regional (May 29)

200 meters

20.99 (3rd) _____ Texas Invitational (April 18)

21.29 (1st/prelims) _____ SLC Championships (May 9)

400 meters

48.90 _____ UC Irvine Invitational (March 21)

Tommy Wolfe

100 meters

11.24 (dec) _____ Texas Relays (April 1)

11.08 (dec) _____ SLC Championships (May 8)

400 meters

53.35 (dec) _____ Texas Relays (April 4)

52.18 (dec) _____ SLC Championships (May 8)

1,500 meters

5:18.60 (dec) _____ SLC Championships (May 9)

110-meter hurdles

15.11 (2nd) _____ UC Irvine Invitational (March 21)

15.34 (5.9/1st/prelims) _____ UTSA Relays (March 27)

15.34 (3.3/dec) _____ Texas Relays (April 2)

15.41 (2.3/dec) _____ SLC Championships (May 9)

High jump

1.93 (dec) _____ Texas Relays (April 1)

1.92 (dec) _____ SLC Championships (May 9)

Pole vault

4.25m (dec) _____ Texas Relays (April 2)

4.95m s _____ Texas Twilight (April 18)

4.25m (dec) _____ SLC Championships (May 9)

4.90m (3rd) _____ SLC Championships (May 10)

Long jump

6.61m (2.8/dec) _____ Texas Relays (April 1)

6.94m (dec) _____ SLC Championships (May 8)

Shot put

13.72 (dec) _____ Texas Relays (April 1)

13.92m (1st/dec) _____ SLC Championships (May 8)

Discus

39.41m _____ UC Irvine Invitational (March 21)

36.59m _____ UTSA Relays (March 28)

33.80m (dec) _____ Texas Relays (April 2)

42.31m _____ Texas Twilight (April 18)

42.33m (1st/dec) _____ SLC Championships (May 9)

Javelin

59.56m _____ UC Irvine Invitational (March 21)

58.54m (2nd) _____ Texas Twilight (April 18)

58.49m _____ Rice Twilight (April 29)

59.46m (4th) _____ SLC Championships (May 8)

59.71m (1st/dec) _____ SLC Championships (May 9)

Decathlon

7,204 P (3rd) _____ SLC Championships (May 8-9)

Edmund Yeboah

100 meters

11.06 _____ Rice Twilight (April 29)

10.88 (prelims) _____ SLC Championships (May 9)

200 meters

22.71 _____ Texas Twilight (April 18)

Dominick Zucconi

800 meters

2:04.44 _____ UTSA Relays (March 27)

1,500 meters

4:20.11 _____ Trinity Tigers Relays (March 6)

4:19.79 _____ UTSA Relays (March 28)

4:26.01 a _____ UTEP Invitational (April 11)

4:10.97 _____ Texas Twilight (April 18)

*Key: R - NCAA Regional qualifying mark;
P - NCAA Championships provisional qualifying mark;
S - UTSA record; a - altitude; (x.x) wind reading*