

UNCG Outdoor Track - 2007 Season Results

49er Classic (Charlotte, NC – March 16-17)

Men's Results:

1500 meters: 19. Nicolas Vaccaro 4:02.19

5000 meters: 20. Keith Gruchacz 15:37.84

800 meters: 52. T.J. Wyatt 2:04.97, 54. Tim Kwak 2:05.79

3000 meters: 3. Xavier Rutz 8:38.42, 22. Josh Wyatt 9:02.42, 56. Lincoln Bennett 10:00.22

3000 meter steeplechase: 10. Ryan Rodd 9:59.64, 17. Justin Ruppe 10:56.37

Women's Results:

1500 meters: 41. Kathy Oldham 5:09.91

3000 meters: 18. Jess Weber 11:04.26

3000 meter steeplechase: 6. Carly Magin 12:35.60

Wake Forest Open (Winston-Salem, NC – March 23-24)

Men's results:

800 meters: 95. Tim Kwak 2:02.58, 96. T.J. Wyatt 2:03.66;

5000 meters: 31. Xavier Rutz 15:37.49, 54. Justin Ruppe 16:48.69, 60. Ryan Solomon 18:10.07;

10,000 meters: 23. Josh Wyatt 32:14.15, 29. Keith Gruchacz 32:37.43.

1500 meters: 18. Nick Vaccaro 3:57.20, 72. Ryan Rodd 4:12.17, 98. Lincoln Bennett 4:21.70.

Women's results:

5000 meters: 43. Tessa Dispennette 19:52.54

10,000 meters: 12. Naomi D'Amours 42:50.89.

1500 meters: 41. Jess Weber 4:50.87, 74. Kathy Oldham 5:09.23, 83. Carly Magin 5:17.19.

UNC Invitational (Chapel Hill, NC – March 30-31)

Women's Results

1500 meters: 13. Jess Weber 4:53.80, 16. Carly Magin 5:12.74, 17. Naomi D'Amours 5:13.64, 18. Tessa Dispennette 5:15.56.

800 meters: 16. Jess Weber 2:25.27, 20. Kathy Oldham 2:29.51.

Men's Results

1500 meters: 17. Xavier Rutz 4:02.89; 28. Josh Wyatt 4:08.88; 29. Keith Gruchacz 4:14.43; 33. Justin Ruppe 4:15.71; 38. Lincoln Bennett 4:20.93; 39. Tim Kwak 4:24.93; 42. David Fulp 4:36.61; 43. Ryan Solomon 4:38.83.

3000 meter steeplechase: 6. Ryan Rodd 9:46.83.

800 meters: 13. Nicolas Vaccaro 1:56.75.

Long Jump: 6. Ramon Jobson-Brown 6.49 meters.

Shot Put: 10. Scott Snyder 11.60 meters.

Duke Asics Invitational (Durham, NC – April 6-7)

Men's Results

1500 meters (seeded): 28. Nick Vaccaro 3:57.78,

5000 meters (Seeded): 40. Xavier Rutz 14:52.88, 80. Josh Wyatt 15:23.28, 89. Keith Gruchacz 15:27.93, 156. Ryan Solomon 17:17.28

Steeplechase: 24. Ryan Rodd 10:00.41, 30. Justin Ruppe 10:19.92

800 meters (developmental): 77. T.J. Wyatt 2:05.67, 79. Tim Kwak 2:05.98

1500 meters (developmental): 61. Lincoln Bennett 4:14.49

Women's Results

100 meters (prelim.): 66. Heather Deutschle 14.32

5000 meters (Seeded): 82. Tessa DisPennette 19:32.95, 90. Naomi D'Amours 20:45.37, 94. Mary Ann Rutz 22:41.50

Steeplechase: 19. Carly Magin 12:23.97

800 meters: 38. Jess Weber 2:27.07, 82. Kathy Oldham 2:37.70

1500 meters (developmental): 15. Jess Weber 4:52.95, 45. Kathy Oldham 5:09.44, 61. Sherrika Jordan 5:19.29, 73.

Courtney Fawcett 5:29.13, 78. Amy Carnell 5:44.62

Carolina Fast Times (Chapel Hill, NC – April 14)

Men's Results

800 meters: 25. Ryan Rodd 1:58.90, 28. Xavier Rutz 1:59.33, 32. Josh Wyatt 2:00.21
1500 meter: 24. Keith Gruchacz 4:12.65, 27. Justin Ruppe 4:15.42, 32. David Fulp 4:29.15
3000 meters: 17. Ryan Solomon 10:00.16
4x400 meter relay: 13. UNCG "A" 3:28.79, 16. UNCG "B" 3:37.08
Shot Put: 16. Ramon Jobson-Brown 7.37 meters (24-0.25).

Women's Results

100 meters: 28. Heather Deutsche 13.98
1500 meters: 21. Tessa Dispennette 5:06.34, 22. Sherrika Jordan 5:08.11, 27. Carly Magin 5:16.97, 32. Naomi D'Amours 5:28.74, 33. Courtney Fawcett 5:35.75
3000 meters: 20. Mary Ann Rutz 12:46.99
4X400 meter relay: 9. UNCG 4:23.16.

Southern Conference Outdoor Track Championships (Boone, NC – April 21 and 22)

Men's Results

1500 Meters: 7. Nick Vaccaro 4:02.75, 16. Lincoln Bennett 4:32.23.
5000 Meters: 8. Xavier Rutz 15:52.79, 13. Josh Wyatt 16:01.33, 16. Ryan Rodd 16:32.93, 19. Keith Gruchacz 16:49.61, 21. Justin Ruppe 17:00.84.
4x400 Meter Relay: 5. UNCG 3:31.14.
800 Meters: 11. T.J. Wyatt 1:57.16, 17. Tim Kwak 1:59.48;
10,000 Meters: 5. Josh Wyatt 32:42.99
Steeplechase: 6. Ryan Rodd 9:56.10, 11. Justin Ruppe 10:35.75
Long Jump: 8. Ramon Jobson-Brown 21-3/4 (6.42 meters)

Women's Results

1500 Meters: 9. Jess Weber 4:48.59, 16. Sherrika Jordan 5:03.99, 18. Kathy Oldham 5:08.01.
5000 Meters: 16. Tessa Dispennette 19:59.72, 22. Naomi D'Amours 20:50.50.
4x400 Meter Relay: 10. UNCG 4:24.52.
Steeplechase: 12. Carly Magin 12:46.93

UNCG Outdoor Track – Top 2007 Season Performances

Women's		Men's	
100 meters		800 meters	
Heather Deuschle	13.98	Nick Vaccaro	1:56.75
		Ryan Rodd	1:58.90
800 meters		Xavier Rutz	1:59.33
Jess Weber	2:25.27	Josh Wyatt	2:00.21
Kathy Oldham	2:29.51	Tim Kwak	2:02.58
		T.J. Wyatt	2:03.66
1500 meters		1500 meters	
Jess Weber	4:48.59	Nick Vaccaro	3:57.20
Tessa Dispennette	5:06.34	Xavier Rutz	4:20.89
Sherrika Jordan	5:03.99	Josh Wyatt	4:08.88
Kathy Oldham	5:08.01	Ryan Rodd	4:12.17
Carly Magin	5:12.74	Keith Gruchacz	4:12.65
Naomi D'Amours	5:28.74	Lincoln Bennett	4:14.49
Courtney Fawcett	5:29.13	Justin Ruppe	4:15.42
Amy Carnell	5:44.62	Tim Kwak	4:24.93
3000 meters		David Fulp	4:29.15
Jess Weber	11:04.26	Ryan Solomon	4:38.83
Mary Ann Rutz	12:46.99		
5000 meters		3000 meters	
Tessa Dispennette	19:32.95	Xavier Rutz	8:38.42
Naomi D'Amours	20:45.37	Josh Wyatt	9:02.42
Mary Ann Rutz	22:41.50	Lincoln Bennett	10:00.22
10,000 meters		5000 meters	
Naomi D'Amours	42:50.89	Xavier Rutz	14:52.88
		Josh Wyatt	15:23.28
Steeplechase		Keith Gruchacz	15:27.93
Carly Magin	12:23.97	Justin Ruppe	16:48.69
		Ryan Solomon	17:17.28
4x400 Relay		10,000 meters	
UNCG	4:23.16	Josh Wyatt	32:14.15
		Keith Gruchacz	32:37.43
		Steeplechase	
		Ryan Rodd	9:46.83
		Justin Ruppe	10:19.92
		Long Jump	
		Ramon Jobson-Brown	6.49 meters
		Shot Put	
		Scott Snyder	11.60 meters
		Ramon Jobson-Brown	7.37 meters
		4 x 400 Relay	
		UNCG	3:31.14

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		UNCG	3:31.14