

**East Suburban Catholic Conference
2003 Men's Track and Field
Conference Meet Results**

Freshman-Sophomore

Pole Vault

1	Tim Foy	Notre Dame	9'6"
2	Matt Miniati	Benet	9'6"
3	Adrian Kosciak	Marist	9'6"
4	Pat Coleman	St Patrick	8'6"
5	Kevin Schaffer	Benet	8'6"
6	Elias Chiamas	St Patrick	7'6"

Shot Put

1	Vince Masciopinto	Notre Dame	45'09.5"
2	Mike Chew	Carmel	44'11"
3	Kyle Knight	St Viator	39'04"
4	Calvin Thomas	St Joseph	38'10"
5	Ed Adamski	Carmel	38'04"
6	Dan Gasior	Marist	37'08"

Discus

1	Vince Masciopinto	Notre Dame	124'03.5"
2	Mike Cahill	Marist	115'01"
3	Paul Costello	St Viator	114'02"
4	Craig Rose	Notre Dame	108'09"
5	Mike Chew	Carmel	105'10"
6	Pat Kinsella	Joliet Catholic	104'03"

High Jump

1	John Hickey	Benet	6'00"
2	Jovaugn Mixon	Notre Dame	5'11"
3	Chris Hardaway	Marian Catholic	5'06"
4	Mike Liwanag	Benet	5'06"
5	Tim Compall	Notre Dame	5'04"
6	Mike Dixon	St Joseph	5'04"

Long Jump

1	Russ McGowan	Benet	19'07"
2	John Hickey	Benet	19'06"
3	Cameron Williams	Marian Catholic	19'05"
4	Ujene Woods	St Joseph	18'01"
5	Kelly O'Brien	Carmel	17'11"
6	Jovaugn Mixon	Notre Dame	17'09"

Triple Jump

1	Cameron Williams	Marian Catholic	40'11"
2	Tim Compall	Notre Dame	38'11"
3	Hector Alphonso	St Patrick	38'06"
4	Brad West	Benet	38'03"
5	Paul Ripsky	Benet	38'00"
6	Cory Kotowicz	St Patrick	36'01"

3200 Meter Relay

1	Notre Dame	08:57.59
2	St Viator	09:04.37
3	Marist	09:08.19
4	Carmel	09:08.20
5	Marian Catholic	09:09.10
6	St Patrick	09:15.88

3200 Meter Run

1	Kevin Donnelly	Marist	10:35.33
2	Doug Guarascio	Benet	10:39.63
3	Alex Bonk	Notre Dame	10:40.07
4	Joe Lill	St Patrick	10:44.83
5	Mike Mesterharm	Marian Catholic	10:48.37
6	Jim Lenahan	Benet	10:59.08

400 Meter Relay

1	Notre Dame	00:45.96
2	St Joseph	00:46.74
3	Benet	00:47.95
4	Marist	00:48.45
5	Marian Catholic	00:48.56
6	Joliet Catholic	00:48.91

100 Meter Dash

1	Brandon Love	St Joseph	00:11.74
2	Zach Vargo	Joliet Catholic	00:11.76
3	Mike Liwanag	Benet	00:12.09
4	Kevin Coleman	Notre Dame	00:12.17
5	Adam Hall	Carmel	00:12.18
6	Cameron Williams	Marian Catholic	00:12.29

110 Meter High Hurdles

1	Russ McGowan	Benet	00:17.61
2	Steve Mazieka	Benet	00:18.49
3	Sam Capelton	St Joseph	00:18.72
4	David Cook	Notre Dame	00:19.06
5	Pat Grenning	St Viator	00:19.08
6	Luke Stortzum	Marist	00:19.14

800 Meter Relay

1	St Joseph	01:38.39
2	Carmel	01:41.59
3	Notre Dame	01:41.69
4	Marist	01:42.39
5	Joliet Catholic	01:42.48
6	Marian Catholic	01:42.50

400 Meter Dash

1	Ujene Woods	St Joseph	00:55.50
2	Matt Lodwich	Marist	00:55.12
3	James Jones	Marian Catholic	00:55.36
4	Tony Marinaro	St Viator	00:55.69
5	Jason Soo	St Patrick	00:55.90
6	Ryan Chmura	Notre Dame	00:57.06

800 Meter Run

1	John Weston	Marist	02:05.39
2	Tom Schulz	Notre Dame	02:07.20
3	Ryan Marino	Holy Cross	02:08.92
4	John Barrett	Notre Dame	02:10.36
5	Dan Ironside	Marist	02:10.38
6	Vince Kelly	St Viator	02:10.39

300 Meter Intermediate Hurdles

1	Russ McGowan	Benet	00:44.30
2	Steve Mazieka	Benet	00:46.20
3	Chris Hardaway	Marian Catholic	00:46.88
4	Pat Grenning	St Viator	00:47.21
5	David Cook	Notre Dame	00:48.08
6	Dan Hillsman	St Joseph	00:48.09

1600 Meter Run

1	Ryan Marino	Holy Cross	04:56.66
2	Doug Guarscio	Benet	05:02.39
3	Dan Ironside	Marist	05:03.23
4	Jim Lenahan	Benet	05:04.72
5	John Barrett	Notre Dame	05:07.71
6	Tom Schulz	Notre Dame	05:08.28

200 Meter Dash

1	Jeff Walsdorg	Notre Dame	00:23.72
2	Mike Dixon	St Joseph	00:23.75
3	Kevin Coleman	Notre Dame	00:24.29
4	DeAndre Jones	St Joseph	00:24.31
5	Neil Severson	Joliet Catholic	00:24.99
6	Adam Hall	Carmel	00:25.48

1600 Meter Relay

1	Benet	03:46.70
2	Marist	03:48.24
3	Marian Catholic	03:49.50
4	St Patrick	03:55.27
5	Notre Dame	03:59.66
6	St Joseph	04:00.11