

## 2010 UW-La Crosse Men's Outdoor Track & Field Results (FINAL)

Date	Event	Place	Score	Location
April 2	at Wartburg Select	3rd/8 teams	157.0 pts.	Waverly, Iowa
April 10	at UW-Platteville Invitational	No Team Scores	---	Platteville, Wis.
<b>April 16</b>	<b>Esten Challenge</b>	<b>1st/7 teams</b>	<b>259.5 pts.</b>	<b>La Crosse, Wis.</b>
April 23-25	at Drake Relays	No Team Scores	---	Des Moines, Iowa
April 24	at St. Mary's Invitational	No Team Scores	---	Winona, Minn.
May 1	at Winona State Warrior Invite	1st/8 teams	162.0 pts.	Winona, Minn.
May 7-8	at WIAC Championships	1st/9 teams	184.5 pts.	River Falls, Wis.
<b>May 14</b>	<b>Eagle Open</b>	<b>No Team Scores</b>	<b>---</b>	<b>La Crosse, Wis.</b>
<b>May 20</b>	<b>UW-L National Qualifier</b>	<b>No Team Scores</b>	<b>---</b>	<b>La Crosse, Wis.</b>
May 27-29	at NCAA III Championships	3rd/85 teams	---	Berea, Ohio

Home meets in **bold**

**Bold** =Team Season-High

	Wartburg Select	UW-P Invite	Esten Challenge	Drake Relays	St. Mary's Invite	Winona State Invite	WIAC Champ.	Eagle Open	UW-L Qualifier	NCAA Champ.
<b>Long Jump</b>										
Brett Davis	21-6 1/4 (6.56)	21-9 1/2 (6.64)	21-10-1/2 (6.67)	---	---	21-4 (6.50)	22-5 (6.83)	21-4 1/4 (6.51)	---	---
Jessie Dengsavang	18-0 1/2 (5.50)	---	21-4 1/4 (6.51)	---	---	---	19-10 3/4 (6.06)	---	---	---
Andy Grossman	19-11 1/2 (6.08)	---	---	---	---	---	19-5 1/2 (5.93)	---	---	---
Kellen McCrary	---	23-5 1/2 (7.15)	23-3 1/2 (7.10)	---	---	---	23-6 3/4 (7.18)	---	---	23-7 1/2 (7.20)
Scott Spexarth	---	---	---	---	---	---	---	---	20-1 1/2 (6.13)	---
Nick Stone	14-5 3/4 (4.41)	---	FOUL	---	19-9 3/4 (6.04)	19-11 (6.07)	20-8 (6.30)	---	---	---
Isaac Vazquez	---	23-2 1/2 (7.07)	22-9 1/4 (6.94)	---	---	22-6 1/2 (6.87)	22-11 3/4 (7.00)	22-8 1/2 (6.92)	<b>23-8 (7.21)</b>	23-2 1/2 (7.07)
<b>Triple Jump</b>										
Brett Davis	43-9 3/4 (13.35)	---	45-4 1/2 (13.83)	---	45-4 1/2 (13.83)	---	46-7 1/2 (14.21)	46-6 1/4 (14.18)	46-5 1/4 (14.15)	---
Jessie Dengsavang	44-8 (13.61)	44-7 1/2 (13.60)	44-2 3/4 (13.48)	---	---	43-9 3/4 (13.35)	42-4 (12.90)	---	---	---
Kellen McCrary	46-4 (14.12)	---	48-2 (14.68)	---	45-5 1/4 (13.85)	---	47-4 1/2 (14.44)	48-0 3/4 (14.65)	---	47-9 (14.55)
Isaac Vazquez	46-4 1/4 (14.13)	---	47-3 1/4 (14.41)	---	45-4 1/2 (13.83)	---	47-3 (14.40)	48-4 (14.73)	---	<b>48-5 1/4 (14.76)</b>
<b>High Jump</b>										
Andy Grossman	---	---	---	---	---	---	5-5 3/4 (1.67)	---	---	---
Dave Stauder	6-7 1/2 (2.02)	6-5 1/2 (1.97)	NH	---	6-4 3/4 (1.95)	<b>6-8 3/4 (2.05)</b>	6-4 3/4 (1.95)	6-7 (2.01)	6-7 (2.01)	6-8 (2.03)
Nick Stone	NH	6-1 1/2 (1.87)	5-10 1/2 (1.79)	---	6-2 3/4 (1.90)	---	6-2 3/4 (1.90)	6-5 (1.96)	NH	---
<b>Shot Put</b>										
Andy Grossman	---	38-8 1/4 (11.79)	---	---	---	---	37-7 1/4 (11.46)	---	---	---
Aaron Johnson	45-1 (13.74)	46-7 1/4 (14.2)	43-11 1/4 (13.39)	---	---	---	45-7 (13.89)	---	---	---
Josh Mendez	39-4 (11.99)	43-6 1/2 (13.27)	---	---	---	45-10 3/4 (13.99)	46-5 1/2 (14.16)	43-2 1/2 (13.17)	---	---
Andy Novak	52-8 3/4 (16.07)	55-10 1/4 (17.02)	---	53-0 3/4 (16.5)	---	45-1 3/4 (13.76)	54-4 (16.56)	51-11 1/4 (15.83)	55-3 (16.84)	<b>56-4 3/4 (17.19)</b>
Adam Poellinger	48-9 (14.86)	48-4 (14.73)	50-2 (15.29)	---	49-3 3/4 (15.03)	51-6 1/4 (15.70)	47-7 (14.50)	48-11 (14.91)	49-10 (15.19)	---
Bill Warren	50-0 1/2 (15.25)	51-5 3/4 (15.69)	52-11 3/4 (16.15)	---	51-9 1/4 (15.78)	51-5 3/4 (15.69)	49-9 1/4 (15.17)	53-0 1/4 (15.88)	54-3 1/4 (16.54)	53-7 (16.33)
<b>Hammer Throw</b>										
Aaron Johnson	163-11 (49.97)	170-4 (51.92)	158-8 (48.36)	---	169-3 1/2 (51.60)	167-10 (51.17)	<b>179-11 (54.83)</b>	157-11 (48.13)	173-3 (52.81)	---
Nick Murray	FOUL	FOUL	FOUL	---	137-1 1/2 (41.80)	158-1 (48.18)	156-7 (47.72)	FOUL	---	---
Ross Von Glahn	---	---	126-4 (38.51)	---	---	155-4 (47.35)	152-7 (46.52)	141-10 (43.23)	---	---
Bill Warren	---	137-8 (41.96)	158-2 1/2 (48.22)	---	---	---	161-6 (49.24)	156-7 (47.72)	---	---
<b>Discus Throw</b>										
Andy Grossman	---	---	---	---	---	93-10 (28.61)	90-4 (27.54)	---	---	---
Andy Novak	---	141-1 (43.01)	136-11 3/4 (41.75)	---	96-0 (28.98)	144-7 (44.07)	140-8 (42.89)	141-6 (43.12)	---	---
Adam Poellinger	---	110-9 (33.76)	128-10 1/2 (39.28)	---	FOUL	129-8 (39.53)	---	---	---	---
Ross Von Glahn	128-8 (39.21)	132-5 (40.36)	<b>151-4 1/4 (46.13)</b>	---	FOUL	138-8 (42.28)	---	148-9 (45.35)	FOUL	---
Bill Warren	138-4 (42.17)	---	142-4 1/2 (43.40)	---	144-3 1/2 (43.98)	143-0 (43.60)	139-3 (42.44)	141-5 (43.11)	---	---

	Wartburg Select	UW-P Invite	Esten Challenge	Drake Relays	St. Mary's Invite	Winona State Invite	WIAC Champ.	Eagle Open	UW-L Qualifier	NCAA Champ.
<b>Javelin Throw</b>										
Andy Grossman	---	155-4 (47.35)	131-2 (39.98)	---	---	---	<b>166-4 (50.70)</b>	---	---	---
Nick Murray	117-10 (35.91)	130-9 (39.85)	---	---	125-7 (38.28)	---	---	---	---	---
Jake Shultz	---	133-11 (39.85)	145-7 1/4 (44.38)	---	144-4 1/4 (44.01)	---	143-9 (43.81)	134-10 (41.11)	---	---
Dave Stauder	---	138-9 (42.29)	145-11 1/4 (44.48)	---	---	---	---	---	---	---
Ross Von Glahn	146-8 (44.71)	145-10 (44.44)	---	---	142-5 1/2 (43.42)	---	134-2 (40.90)	---	---	---
Bill Warren	---	---	---	---	136-7 3/4 (41.65)	---	---	---	---	---
<b>Pole Vault</b>										
Andy Grossman	10-0 (3.05)	---	NH	---	14-11 1/4 (4.55)	11-0 1/4 (3.36)	12-9 1/2 (3.90)	---	---	---
Erik Moser	NH	14-6 (4.42)	14-5 1/2 (4.41)	---	14-11 1/4 (4.55)	---	15-5 1/4 (4.40)	15-7 (4.75)	14-7 1/4 (4.45)	---
Dave Pergande	15-5 (4.70)	NH	15-5 1/4 (4.71)	---	15-5 (4.70)	<b>16-4 3/4 (5.00)</b>	15-5 (4.70)	---	16-0 3/4 (4.90)	NH
<b>100 Meter Dash</b>										
Luke Ackerson	---	---	---	---	11.70	11.53	---	11.57	---	---
Pat Bryan	---	---	---	---	---	12.02	---	---	---	---
Brett Davis	---	11.49	---	---	---	---	---	---	---	---
Jessie Dengsavang	---	12.45	---	---	---	---	---	---	---	---
Andy Grossman	---	---	---	---	---	---	11.90	---	---	---
Aric Hoeschen	---	---	---	---	12.02	---	---	---	---	---
Josh Jackson	11.02	11.07	---	---	11.10	11.02	11.02	---	11.64	---
Zach Lee	---	10.95	11.00	---	---	<b>10.92</b>	10.94	---	---	---
Clark Lundquist	---	---	11.52	---	---	---	---	---	---	---
Michael Marchese	12.07	---	---	---	12.11	---	---	---	---	---
Kellen McCrary	---	11.41	---	---	---	---	---	---	---	---
Ryan Mendez	---	---	---	---	11.84	---	---	---	---	---
Peder Ohlrogge	11.88	11.65	---	---	12.02	11.63	---	---	---	---
Mike Olenek	---	---	---	---	12.00	---	---	---	---	---
Jared Sitte	11.84	11.26	11.19	---	11.42	11.04	11.07	11.00	11.17	---
Isaac Vazquez	---	11.07	---	---	---	---	---	---	---	---
Paul Yerhot	<b>10.92</b>	---	---	---	---	---	---	---	---	---
Tyson Young	11.66	---	11.23	---	11.54	11.27	---	---	---	---
<b>200 Meter Dash</b>										
Luke Ackerson	---	---	---	---	23.47	---	---	23.65	---	---
Pat Bryan	---	24.75	23.45	---	---	24.36	---	24.21	---	---
Andy Grossman	---	---	---	---	---	23.38	---	---	---	---
Aric Hoeschen	---	22.18	---	---	22.27	---	22.23	---	---	---
Josh Jackson	22.82	---	---	---	22.14	22.33	22.42	---	---	---
Zach Lee	---	---	---	---	---	22.18	22.62	22.43	---	---
Michael Marchese	---	---	---	---	---	23.19	---	---	---	---
Kellen McCrary	23.50	---	---	---	---	---	---	---	---	---
Ryan Mendez	---	22.93	---	---	23.15	---	---	---	---	---
Peder Ohlrogge	---	23.04	23.61	---	22.30	23.17	---	---	---	---
Jared Sitte	---	23.23	23.39	---	22.91	22.64	---	22.71	22.58	---
Scott Spexarth	---	---	---	---	23.86	24.93	---	23.88	---	---
Isaac Vazquez	23.32	---	---	---	---	---	---	---	---	---
Paul Yerhot	22.36	22.08	---	---	---	---	<b>21.99</b>	---	---	---
Tyson Young	---	---	22.93	---	---	---	---	---	---	---
<b>400 Meter Dash</b>										
Andy Grossman	---	---	---	---	---	---	53.93	---	---	---
Aric Hoeschen	48.97	48.28	48.81	---	---	---	48.69	---	<b>47.58</b>	47.87
Ryan Mendez	---	49.97	51.31	---	---	50.65	49.88	50.74	49.74	---
Andrew Revak	---	---	53.10	---	51.56	52.03	---	---	---	---
Scott Spexarth	---	---	55.27	---	---	---	---	---	---	---
Paul Yerhot	---	48.78	49.69	---	---	---	49.28	---	48.56	---
Tyson Young	50.85	50.58	---	---	50.34	---	52.01	---	---	---
<b>800 Meter Run</b>										
Tom Isaacs	---	1:58.16	1:59.24	---	1:57.37	1:58.29	1:58.42	---	---	---
McCauley Kraker	---	1:55.28	1:56.32	---	---	1:58.52	1:56.08	---	---	---
Andrew Revak	---	1:59.21	---	---	---	---	---	---	---	---
Bruce Schmitz	---	1:55.72	1:56.77	---	---	1:55.00	1:55.87	<b>1:52.21</b>	---	---
Bill Schuster	2:04.91	2:01.10	2:04.90	---	2:00.50	2:05.31	---	---	---	---
Eric Smits	---	1:56.68	1:58.96	---	---	1:55.27	1:56.94	---	---	---

	Wartburg Select	UW-P Invite	Esten Challenge	Drake Relays	St. Mary's Invite	Winona State Invite	WIAC Champ.	Eagle Open	UW-L Qualifier	NCAA Champ.
<b>1,500 Meters</b>										
Michael Behringer	---	---	---	---	---	4:09.97	---	---	---	---
Scott Dick	4:22.84	4:16.14	4:17.65	---	4:11.01	---	---	---	---	---
Andy Grossman	---	---	---	---	---	---	5:06.58	---	---	---
Sean Harrington	---	---	---	---	---	4:06.00	---	---	---	---
Eric Hill	---	---	4:08.22	---	---	4:07.58	---	---	---	---
Tom Isaacs	4:16.40	---	---	---	---	---	---	---	---	---
Josh Kaul	---	---	---	---	---	4:06.30	---	---	---	---
McCauley Kraker	4:09.60	---	---	---	3:58.42	---	4:10.58	---	---	---
Connor Lonning	---	---	---	---	---	4:11.24	---	---	DNF	---
Ryan Mendez	4:37.30	---	---	---	---	---	---	---	---	---
Paul Moran	---	---	---	---	---	4:00.93	---	---	<b>3:55.56</b>	---
Mark Punzenberger	---	---	---	---	---	4:13.74	---	---	---	---
Andrew Revak	4:26.22	---	---	---	---	---	---	---	---	---
Bruce Schmitz	4:04.00	---	---	---	3:57.79	---	4:00.92	---	---	---
Brian Shonat	---	---	3:58.01	---	---	3:58.71	3:56.31	---	---	---
Eric Smits	4:13.60	---	---	---	4:05.48	---	---	---	---	---

### 3,000 Meter Steeplechase

Eric Hill	---	9:34.0	---	---	---	---	10:01.30	---	---	---
Brian Shonat	---	<b>9:22.0</b>	---	---	DNF	---	9:35.26	---	9:41.85	---
Eric Smits	---	---	---	---	---	---	---	10:01.39	---	---

### 5,000 Meters

Michael Behringer	---	15:08.36	---	---	---	---	---	---	---	---
Chris Glibert	15:46.67	---	---	---	---	---	---	---	---	---
Sean Harrington	15:22.39	15:07.63	---	---	---	---	---	---	---	---
Phill Hernandez	---	15:22.82	---	---	---	---	15:45.49	---	---	---
Josh Kaul	15:22.96	15:02.27	---	---	---	---	15:18.83	---	---	---
Bobbie Laabs	---	15:51.53	---	---	---	---	---	---	---	---
Connor Lonning	---	14:56.59	---	---	---	---	<b>14:47.99</b>	---	---	---
Paul Moran	---	15:04.15	---	---	---	---	---	---	---	---
Mark Punzenberger	15:53.20	15:58.18	---	---	---	---	---	---	---	---
Brian Shonat	15:26.83	---	---	---	---	---	---	---	---	---

### 10,000 Meter Run

Michael Behringer	---	---	31:24.17	---	---	---	31:30.69	---	---	---
Sean Harrington	---	---	31:19.23	---	---	---	31:28.71	---	---	---
Scott Hayden	---	---	31:59.66	---	---	---	32:04.48	---	---	---
Phill Hernandez	---	---	32:38.56	---	---	---	---	---	---	---
Josh Kaul	---	---	31:53.98	---	---	---	---	---	---	---
Connor Lonning	---	---	30:54.15	---	---	---	---	---	---	---
Paul Moran	---	---	<b>30:49.09</b>	---	---	---	31:16.40	---	---	32:38.55
Mark Punzenberger	---	---	32:21.63	---	---	---	33:21.18	---	---	---

### 110 Meter Hurdles

Luke Ackerson	15.95	16.09	15.76	---	15.57	15.32	15.99	15.52	15.53	---
Pat Bryan	16.04	15.19	<b>14.93</b>	---	15.43	15.30	15.12	15.21	---	---
Andy Grossman	---	16.19	15.94	---	16.71	---	16.18	---	---	---
Scott Spexarth	---	---	---	---	---	15.21	15.39	15.28	15.51	---

### 400 Meter Hurdles

Luke Ackerson	---	59.49	1:02.13	---	---	---	---	---	---	---
Michael Marchese	59.22	57.27	58.84	---	1:00.06	---	1:01.09	---	---	---
Michael Olenek	57.95	58.49	58.41	---	---	58.88	<b>56.32</b>	57.62	---	---

### Relays

<b>4x100</b>	44.93	44.25	---	---	---	41.86	42.84	42.47	<b>41.54</b>	41.89
<b>4x400</b>	3:26.72	3:28.35	3:28.37	---	---	3:15.13	3:17.79	3:14.78	---	<b>3:13.65</b>
<b>4x800</b>	---	---	---	---	---	---	<b>7:54.44</b>	---	---	---

### Decathlon

#### WIAC Championships

Andy Grossman **5,682 pts.**