

ST. JOHNS UNIVERSITY INDOOR TRACK MEET RESULTS
1977 - 1978

Meet: St. Johns Freshman and Sophomores at
SUNY- Farmingdale vs Farmingdale,
CW Post, Bronx CC and Essex CC.
Date: Friday December 2, 1977
Site: Nold Hall, SUNY-Farmingdale

Results:

60 Yard Dash

1.	Bethel, Essex	:06.3
2.	KEITH ALLEN, ST. JOHNS	:06.3
3.	Mohamoud, Essex	:06.5
4.	Johnson, Bronx CC	:06.6
Heats:	Allen	:06.3
Semi:	Allen	:06.4

(Keith Allen's performance is the
3rd best ever SJU 60 Yards)

60 Yard High Hurdles

1.	Bethel, Essex	:07.1
2.	Royce, CW Post	:07.6
3.	Peton, Essex	:08.0

No fourth place

600 Yard Run

1.	Easton, Bronx CC	1:14.2
2.	VIN COIRO, ST. JOHNS	1:14.4
3.	Lyons, Essex CC	1:15.0
4.	Beltraz, Bronx CC	1:16.4
11.	MIKE LEWIS, ST. JOHNS	1:19.5

1000 Yard Run

1.	ANDRE LAMBERT, ST. JOHNS	2:24.2
2.	Carmack, CW Post	2:24.9
3.	Oliver, Essex, CC	2:24.9
4.	Ardito, CW Post	2:25.2

Other SJU Finishers:

Jack Morley	2:25.9
Mike Watts	2:26.0

One Mile Run

1.	Riss, CW Post	4:24.0
2.	Infinite, Farmingdale	4:29.0
3.	Tavada, CW Post	4:34.0
4.	MIKE WATTS, ST. JOHNS	4:34.3
7.	JACK MORLEY, ST. JOHNS	4:37.6
8.	RALPH PORZIO, ST. JOHNS	4:42.8
10.	JOHN LYNCH, ST. JOHNS	4:51.3
11.	JOHN DOYLE, ST. JOHNS	4:51.9

300 Yard Dash

1.	Mohamoud, Essex CC	:32.5
2.	Shallhorn, CW Post	:33.0
3.	Leggio, Farmingdale	:33.3
4.	RICHARD BARNES, ST. JOHNS	:33.9
5.	SYDNEY MCINTOSH, ST. JOHNS	:34.0
8.	AL GEPES, ST. JOHNS	:34.8
14.	BOB SOGRINI, ST. JOHNS	:36.1

Two Mile Run

1.	Tyler, CW Post	9:33.3
2.	Bossardt, Farmingdale	9:35.5
3.	CHRIS HEISER, ST. JOHNS	9:46.0
4.	JIM BOEHM, ST. JOHNS	10:00.0

High Jump

1.	Kijewski, Essex CC	6' 1/2"
2.	JOHN CHEASON, ST. JOHNS	6'
	Anderson, CW Post	6'
4.	JOE MORGAN, ST. JOHNS	6'

Shot Put

1.	Jackson, Bronx CC	41' 4 3/4"
2.	Fleet, Farmingdale	40' 9 1/2"
3.	Robinson, CW Post	40' 4"
4.	Haiserer, Farmingdale	39' 9 1/2"
6.	MIKE CAVATAIO, ST. JOHNS	37' 7 1/2"

One Mile Relay

1.	Bronx, CC	3:29.9
2.	Essex CC	3:32.0
3.	CW Post	3:40.0
4.	Farmingdale	3:43.8