



Men's Bios



Redshirt Sophomore: Was the Blue Devils' top javelin thrower in 2009 ... threw his season-best 219'-9" at the ACC Outdoor Championships to finish third ... threw 209'-11" to win the Duke Invitational ... turned in a 209'-8" to win the UNC Elite meet ... NCAA Regional and IC4A qualifier ... **Redshirt**

Freshman: Returned from rehab to improve nearly 18 feet in the javelin ... started season with a personal best 215'-7" to place third at the Wake Forest Open ... improved to 219'-11" to win the Duke Invite, then to 221'-14" to place second at Sun Angel Classic in Tempe, Ariz. ... took second at the ACC Championships, earning all-conference honors ... led a 2-3-6 Duke finish for a team-high 17 points in javelin ... threw 219'-0" to place third at the Penn Relays ... captured IC4A title in 216'-8", becoming only the 10th Blue Devil to win an IC4A championship ... threw lifetime best 225'-5" to secure an NCAA automatic bid at the East Regionals ... earned All-Region honors ... broke Duke record in the javelin ... raised record three times in 2008 ... Eleventh Blue Devil male track athlete to earn NCAA All-America honors in an individual event, and the first in javelin ... **Freshman:** Qualified for NCAA East Regional in first collegiate meet in the javelin with a 207'-8" at the Wake Forest Open ... the throw moved him to second all-time at Duke ... was forced to have season-ending elbow surgery.

PB Outdoors:	
Javelin.....	225'-5"
Honors:	
All-ACC.....	2008, 2009
All-East.....	2008
All-Region.....	2008
All-America.....	2008



Freshman: Consistently the team's top shot putter as a rookie ... named Freshman of the Year at the Duke awards banquet for the indoor and outdoor seasons ... threw 55'-9" at the ACC Indoor Championships, finishing sixth and recording the third-best individual mark in Duke history ... best finish of the season came at the Tar Heel Invitational, where he placed second with a throw of 52'-11" ... finished third at the Carolina Invitational with a throw of 53'-9.25" ... Took seventh-place finish at the ACC Championships with an outdoor personal-best 54'-7.5" in the shot put ... also threw the discus in the outdoor season, finishing 11th at the ACC Championships ... season-best finish came at the Duke Twilight, where his throw of 149'-3" was good for fourth place ... Placed fifth at USATF Juniors in Eugene, Ore., throwing a personal best 62'-2.25" with the six-kilogram shot, which is close to 58 feet with the college implement ... **Prep:** Nike National Indoor Champion in the shot put with a personal best throw of 66'-3" ... improved his personal best three times and by four feet over the course of his six throws in the competition ... threw heavier six-kilogram shot put against college freshmen at the USATF Junior Nationals, placing seventh ... in the discus, threw 177'-1" to win his district meet and had a personal best of 185 feet in the event.

PB Indoors:	
Shot Put.....	55'-9"
Weight.....	42'-1.25"
PB Outdoors:	
Discus.....	151'-1"
Shot Put.....	54'-7.5"
Shot Put (6kg).....	62'-2.25"



Junior: Took seventh at the Terrier Classic indoor meet with a 1:04.48 in the 500m, making him the fourth-fastest performer in school history ... helped the Blue Devils' 4x400m relay team to fourth-place finishes at the Armory Collegiate and Tar Heel Invitational ... finished fourth at the ACC Indoor Championships as the team notched a 9:56.35 in the distance medley relay ... earned All-East honors for that event ... during the outdoor season, helped the squad to a 24th place finish at the Penn Relays with an overall time of 3:28.67 in the sprint medley relay, the fifth-best performance in school history ... helped the 4x400m relay team to a fourth-place finish at the UNC Elite with an overall time of 3:15.54 ... helped the 4x100m relay team finish eighth at the ACC Outdoor Championships with its season-best time of 42.10 ... **Sophomore:** Ran the fastest open 800m time for Duke in 2008 with a 1:53.29 at Carolina Classic ... had three sub-1:55 races outdoors and went sub 0:50 in the open 400m at the Duke Invite ... was a mainstay on the Duke 4x400m that ran 3:15.07 to score at the ACC Championships ... lowered his indoor 500m personal best to 1:06.64 ... **Freshman:** Ran 400m, 500m and 800m indoors ... earned All-East honors indoors on the 4x800m relay, running legs in the trial round and finals at the IC4A Championships ... Duke's third-fastest indoor half-miler as a freshman, clocking 1:56.35 ... remained the third-fastest Blue Devil at 800m outdoors with a 1:55.61 at the ACC Championships ... ran on Duke's 4x400m relays that qualified for the IC4A championships indoors and outdoors.

PB Indoors:	
400m.....	50.33
500m.....	1:04.48
800m.....	1:56.35
PB Outdoors:	
200m.....	22.74
400m.....	48.83
800m.....	1:53.29



Sophomore: A break-through cross-country season led to All-East honors with a 15th-place finish at the IC4A Championships ... helped Duke to the team title at Van Cortland Park as the team's fifth runner at that meet ... team's fourth runner at both the ACC Cross Country Championships and NCAA Southeast Regional ... ran a 3,000m personal-best indoors of 8:37.93 in Boston ... redshirted the outdoor season in 2009 ... **Freshman:** Redshirted in cross country and indoor track ... ran the 10,000m twice outdoors ... first effort of 32:40.83 qualified him for the USATF Junior Nationals in Columbus, Ohio ... Lowered PB by nearly 46 seconds with a 31:54.88 to place eighth at the USATF Junior Nationals ... also covered 5,000m in 15:24.56 and 15:27.58 in two tries ... **Prep:** 6A cross country state champion ... three-time All-State cross country runner ... 2006 state team cross country champion ... state indoor champion and record holder at 3,200m ... fourth at Nike indoor nationals at 5,000m and earned All-America status ... Wendy's Heisman national finalist ... four-year letterwinner and an all-state swimmer.

PB Indoors:	
3,000m.....	8:37.93
PB Outdoors:	
5,000m.....	15:24.56
10,000m.....	31:54.88
Honors:	
All-East XC.....	2008



Men's Bios



Freshman: Duke's Freshman of the Year in cross country was also the top finisher for the team at the IC4A Championships ... his sixth-place overall finish led the Blue Devils to the team title, earning him All-East honors ... was Blue Devils' fifth runner at both the ACC and NCAA Southeast Region meets ... best 8K time was 25:17 and his 10K debut produced a 31:51 ... indoors, qualified for the IC4A meet with a 14:35.67 for 5,000m in New York, which he lowered to a 14:35.00 at the IC4A meet in Boston ... placed second at the Duke Twilight in 14:40.25, two weeks after his ninth-place finish at the ACC Outdoor meet, over 5,000m ... **Prep:** Footlocker National finalist in cross country ... placed ninth in the Northeast Regional meet with a time of 15:36 to qualify for the national meet in San Diego ... runner-up in cross country in New Jersey with second-place finish at the all-groups championship.

PB Indoors:	
5,000m	14:35.00
PB Outdoors:	
5,000m	14:40.25
Honors:	
All-East XC	2008



Freshman: Focused on the 400m during the indoor season, logging a season-best time of 49.87 at the Terrier Classic ... earned All-East honors indoors for his leg of the DMR at the IC4A Championships ... also had the Blue Devils' best 200m dash performance indoors, which came at the Virginia Tech Challenge as he completed it in 22.70 ... in the outdoor season, he helped to post the fifth-best performance in school history in the sprint medley, as the team posted a time of 3:28.67 at the Penn Relays ... came in fourth at the Duke Twilight, running the 400m in 49.50 ... finished 12th in the 200m dash at the UNC Invitational, running 22.23 for that distance ... **Prep:** An experienced sprinter with 22-flat 200m speed, moved up to the 400m and clocked 49.73 last indoor season ... evolved into a strong 800m runner ... split 1:58 for 800m on the Penn Relays distance medley team for Scarsdale ... ran several 1:57 carries on a 4x800m that went on to record a 7:52.43.

PB Indoors:	
200m	22.7
400m	49.73
PB Outdoors:	
200m	22.23
400m	49.50



Freshman: Showed range over his freshman year by running third for Duke at the ACC Cross Country Championships over 8K in 25:26, then splitting 1:50.90 over one-tenth the distance outdoors ... that 800m relay-carry came in the fourth-place Duke finish at the Penn Relay college 4x800m before a crowd of 48,000 in Philadelphia ... the night before, Clark had gone under 1:53 for the first time with a 1:52.60 split to anchor the Blue Devil sprint medley ... that SMR, which won its heat after Clark took the baton in fourth place, is the No. 5 all-time performance in Duke history for the event ... indoors, Clark earned All-East honors with 1:53 splits in both the trials and finals of the IC4A distance medley ... also ran indoor personal bests of 4:11.22 for the mile and 8:28.22 for the 3,000m ... concluded his outdoor season with an additional All-East honor in the 4x800m relay, clocking splits of 1:51.70 in the trials and 1:52.1 in the final ... the team in the finals clocked 7:27.44, the No. 3 all-time performance at Duke ... **Prep:** Footlocker High School All-American in cross country ... placed 12th at the national championships in San Diego ... surprise third-place finisher in the West Regional to qualify for the national finals ... won the 5A race at the state meet in 15:24 for three miles at altitude ... ran only two indoor meets as a senior ... posted a 1:57.15 in the 800m at the Simplot Games ... captured two silvers and a gold at the Utah State Outdoor Championships ... competed in the Golden West meet and placed third in the mile, clocking a then-personal best 4:13.87.

PB Indoors:	
Mile	4:11.22
3,000m	8:28.22
PB Outdoors:	
1,500m	3:51.68
Honors:	
All-East Indoors	2009
All-East Outdoors	2009

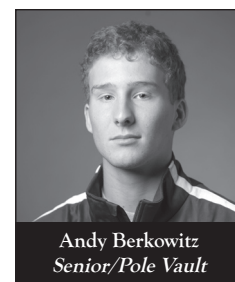


Freshman: Debuted in cross country with a 25:16 8K in his first race for Duke, finishing second for the Blue Devils at Virginia ... missed most of the middle of the season with illness before bouncing back in November with a 24th-place IC4A finish in New York, earning All-East honors and helping Duke to the team title as its seventh runner ... redshirted the indoor campaign in 2009, but his outdoor debut at 3,000m garnered a second-place finish at the Duke Invitational in a personal best 8:25.57 ... his first-ever 5,000m produced a 14:43.97 for a 10th place ACC finish, but just five days later at the Penn Relays he lowered that time to 14:28.38, capturing the third-place bronze medal in the Penn College 5,000m and qualifying for the IC4A championships ... concluded his outdoor season in Eugene, Ore., June 28th at the USATF Juniors ... **Prep:** After winning the California State Division-2 title, high school traveled to Portland, Ore., for the Nike Team Nationals ... placed eighth overall as an individual and led the team to an eighth-place finish.

PB Outdoors:	
1,500m	3:53.53
3,000m	8:25.57
5,000m	14:28.38
Honors:	
All-East XC	2008



Jonathan Bednarz
Junior/Pole Vault



Andy Berkowitz
Senior/Pole Vault



Men's Bios



Junior: Finished seventh at the Tar Heel Indoor Invitational with a jump of 6'-6.25" in the high jump before suffering an injury ... redshirted the remainder of the track season ... **Sophomore:** Equaled his former outdoor record in his indoor opener with a 6'-6.75" clearance at Virginia Tech on Jan. 10 ... qualified for first IC4A championship with a 6'-8.25" jump in New York at the Armory Invitational Feb. 8, moving him into No. 3 all-time in the Duke indoor record book ... jumped clean with no misses through 6'-8.25" height at the ACC Outdoor Championships, placing second and earning an ACC silver medal to go along with All-ACC honors ... the eight points earned in the meet equaled the best by a Blue Devil ... his 6'-8.25" ranks third all-time at Duke in the outdoor high jump ... **Freshman:** Biggest surprise of the freshmen class when the non-recruited walk-on with a high school personal best of 6-2 raised his best nearly five inches to score at his first ACC Championships ... leapt 6'-6.75" to place sixth at the ACC Outdoor meet in College Park ... backed up that personal best with several other clearances of 6-4, and placed as high as fourth at the Duke Twilight meet ... stood at No. 6 all-time at Duke in the outdoor high jump after first season.

PB Indoors:
High Jump..... 6'-8.25"
PB Outdoors:
High Jump..... 6'-8.25"
Honors:
All-ACC Outdoors....2008



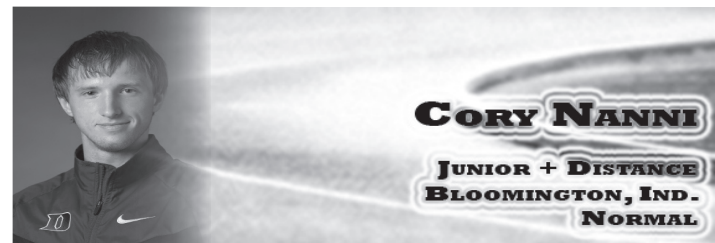
Sophomore: Regional finalist in the steeplechase and No. 2 all-time performer for Duke in that event ... his crowning glory in 2009 was the ACC steeplechase title in Miami ... building his fall strength as a member of the cross country team, earned All-East as Duke's sixth runner on the IC4A Championship team ... indoors, he became No. 4 all-time at Duke with an 8:16.92 clocking over 3,000m, and anchored the ACC fourth-place DMR with a 4:08.40 1,600m split ... in a 25-hour time span, ran an indoor mile personal best of 4:08.77 to earn a spot in the final, then anchored the Duke 4x800m relay in the trials with a 1:53.30 split to send that squad to the finals ... his third race, the IC4A mile final, earned All-East honors with a seventh-place 4:09.72 ... his fourth and final effort was a 1:54.90 anchor 4x800m to close out a 7:33.32 time to earn another All-East distinction and earn the relay the No. 4 all-time indoor performance ... outdoors, he lowered his 3,000 steeplechase personal best three times, first with a 9:00.23 at Duke, then the ACC gold medal effort in 8:56.45 and finally a fifth-place 8:52.36 at the IC4A, earning his fourth All-East honor of the year ... **Freshman:** Penn Relays champion in college steeplechase with a personal best 9:03.24 ... qualified for NCAA East Regional and placed 15th ... ran under the IC4A qualifying time of 9:16.00 four times in 2008 ... indoors, lowered his mile personal best to 4:14.79 and his 3,000m clocking four times, starting with a win in his first collegiate race at UNC in 8:30.97 ... turned in a 8:28.91 in New York, followed by a 8:24.04 at the ACC title meet ... posted Duke freshman record of 8:18.22 in 3,000m at the IC4A Championships, fourth on the all-time Duke indoor list ... his 9:03.24 steeple mark also ranks fourth all-time at Duke ... **Prep:** Nike outdoor national champion in 2,000m steeplechase ... USATF Junior national champion in 3,000m steeple ... ran for Team USA in the Pan-Am Junior Games in Brazil ... two-time high school All-American in steeplechase ... selected to Millrose high school mile run at Madison Square Garden ... All-America team member in 4x800m relay and distance medley relay ... nine-time all-state competitor.

PB Indoors:
Mile..... 4:08.77
3,000m..... 8:16.92
PB Outdoors:
3K Steeplechase 8:52.36
Honors:
All-East XC.....2008
All-East Indoors ..(2x) 2009
All-East Outdoors 2009



Sophomore: Started where he had left off in cross country, running first for Duke in September ... his 24:58 for 8K in the rain and mud at Virginia placed fifth overall on Sept. 6 ... by late October, was found to have extremely low iron and his endurance suffered ... redshirted indoors to regain his strength, and returned to racing outdoors in 2009 ... after opening at Wake Forest with a 4:00.05 (1,500m), in three weeks got down to 3:51.58 at UNC, then made the ACC 1,500m final in Miami the following week ... best race in the mile came the week after on April 25, when he led off Duke's 4xMile relay at Penn before 48,000 fans ... split 4:10.2 for the leadoff leg to start the Blue Devils on their way to a 16:32.40 clocking, the No. 2 all-time performance at Duke, and a sixth-place finish in the Penn Championship of America race ... closed out his season with a 3:51.31 1,500m at the Duke Twilight meet to place fourth ... earned his first All-East honors on the 4x800m relay at the IC4A meet ... clocked a lifetime-best 800m split of 1:52.30 in the finals on Duke's No. 3 all-time performance of 7:27.44 ... **Freshman:** Duke's No. 1 runner in cross country at the NCAA Southeast Regional with a 10K best time of 31:31.50 ... ran in the Blue Devil top-five in five of six races as a freshman ... ran just once indoors due to a sore achilles ... outdoors, lowered his 1,500m times all season, starting with a 3:58.31 April 12 and culminating with a 3:49.16 personal best May 9 ... ran a 3K best time of 8:28.18 at the Duke Invite and a 5K best of 14:59.36 at the Penn Relays ... **Prep:** Division I state cross country runner-up ... state outdoor runner-up at 1,600m ... state outdoor runner-up at 3,200m ... split 1:54 on school record 4x800m relay team, part of state outdoor triple ... two-time captain ... three-time conference champion in 1600m ... two-time conference champion in cross country in 800m and 3,200m.

PB Outdoors:
1,500m 3:49.16
3,000m 8:28.18
5,000m 14:59.36
Honors:
All-East Outdoors 2009



Sophomore: Duke's top track performer for the indoor and outdoor seasons ... IC4A champion in the mile indoors and the 1500m outdoors ... became one of the only three athletes in Duke track & field history to win multiple IC4A titles ... coupled with his All-East in cross country (third man for Duke on the IC4A championship team) and All-East relay carries on the 4x800m indoors and outdoors, Nanni nabbed five total All-East honors in 2008-09 ... his career total of seven now trails only Nick Schneider with nine at Duke ... is No. 2 all-time in the indoor mile with his 4:04.21 run on Feb. 21 in Blacksburg, Va. ... also ran 4:04.97 the next week, again in Blacksburg, to capture seventh in the ACC final, only one second from the gold ... at the IC4A in Boston, clocked 4:04.72 with a final 400m of 58 seconds to earn the title ... ran an outdoor personal-best 3:46.18 to place sixth at ACC's in Miami, then split a 4:03.40 anchor mile before 48,000 fans at the Penn Relays in Philadelphia to close out the No. 2 all-time Duke performance in the 4xMile relay ... lowered his personal



Men's Bios

best to 3:43.81 on May 8 at UNC, before winning the IC4A outdoor crown on May 16 with a 3:49.54 1,500m ... closed with a final 400m of 55 seconds for the win ... personal-bested again in the NCAA East Regional final, when he clocked a 3:43.09 for seventh place in the region and No. 4 all-time at Duke ... completed his outdoor season in June with a fourth-place 1,500m run of 3:43.02 in the High Performance Series in Indianapolis ... **Freshman:** An All-East selection both in cross country and outdoor track ... also had a strong indoor campaign, which earned him Duke's indoor Freshman of the Year honors ... qualified for the IC4A championships as an individual in both the 1,000m (2:27.84) and mile (4:12.09) ... anchored Duke's winning DMR at the Terrier Classic in Boston with a 4:08 split for 1,600m ... ran leadoff on Duke's DMR at ACC Championships ... his 1,200 leg of 3:03 paved the way for a third-place Blue Devil finish ... ran eighth in the ACC mile prelims to qualify for the final ... narrowly missed making the IC4A mile final after his performance at the indoor championships, clocking a 4:12.50 time in the prelims ... his 1:53 point anchor paced the Blue Devils but Duke was the first team left out of the 4x800m final at IC4As... bounced back with strong performance at IC4A outdoor championships, running a personal best 1,500m of 3:47.90 to become the only freshman to make the final ... ran his second best time of the season there, a tactical 3:49.57 that included a 2:00 flat over the last 800 meters ... eighth-place finish earned him All-East honors outdoors ... finished outdoor season at the USATF Jr. Nationals with a 5000m personal best time of 15:01.89 to place seventh.

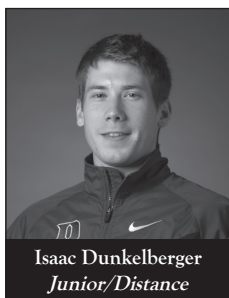
PB Indoors:	
1,000m	2:25.09
Mile	4:04.21
PB Outdoors:	
1,500m	3:43.02
5,000m	15:01.89
Honors:	
All-East XC.....	2007, 2008
All-East Indoors ..(2x)	2009
All-East Outdoors	2008, (2x) 2009



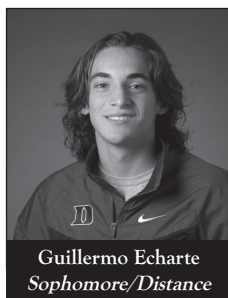
Junior: Elected as a tri-captain for the 2009 cross country team after his breakthrough 2008 harrier season ... All-East and All-Southeast region in cross country, was No. 1 runner for Duke at the Roy Griak meet in Minnesota, and No. 2 runner for the Blue Devils at both the NCAA Southeast Regional, where he ran a 10K best of 31:27, and the IC4A meet ... there, his eighth-place finish helped propel Duke to the team title

PB Indoors:	
3,000m	8:38.31
5,000m	14:28.81
PB Outdoors:	
5,000m	14:41.10
10,000m	31:51.51
Honors:	
All-East XC.....	2008
All-Southeast Region XC	2008

... on the track, Osborne opened the indoor season in Boston with a 3,000m personal-best 8:38.31 ... then in New York, Osborne ran a 5,000m personal best of 14:39.34, which he lowered to 14:28.81 in Boston at the IC4A indoor meet in March, placing 10th overall ... Osborne ran his best outdoor 5K time at the IC4A meet as well ... Made 10K debut at the ACC meet in Miami, taking 11th place with 31:51.51.



Isaac Dunkelberger
Junior/Distance



Guillermo Echarte
Sophomore/Distance



Buzz Moorman
Senior/Multi-Events



Junior: The former Wisconsin quarter-miler has emerged as one of Duke's top middle distance men, especially in relays on the lead-off leg ... ran first on the Duke 4x800m at the IC4As in Boston, which clocked 7:33.32 for the No. 4 all-time indoor mark for the Blue Devils ... ran 1:56.40 split the day before in the 4x800m trial round running the third leg ... outdoors, led off the Penn Relays 4x800m which ran 7:31.92 ... also ran second leg on the winning team at the Duke Invitational ... in the open 800m, ran a personal best of 1:53.50 in the ACC prelims in Miami.

PB Indoors:	
800m	1:55.87
PB Outdoors:	
800m	1:53.50
Honors:	
All-East Indoors	2009



Junior: Notched Duke's top-three pole vault clearances during the indoor season, with a best a jump of 15-11 ... earned 10th place at the 2009 ACC Indoor Championships ... took ninth at the Armory Collegiate with a 15-9 jump, which he matched with a first-place finish at the Terrier Classic ... cleared 14'7.25" on four occasions outdoors, his highest finish of the spring a seventh-place showing at the UNC Invitational in Chapel Hill ... **Sophomore:** IC4A qualifier in the pole vault with his 15-9 clearance at the Sun Angel Track Classic in Tempe, Ariz. ... placed third at the Duke Twilight Meet clearing the bar at 15-7 ... also cleared 15-7 indoors when he placed second at the Virginia Tech meet on Feb. 9.

PB Indoors:	
Pole Vault.....	15'-11"
PB Outdoors:	
Pole Vault.....	15'-9"

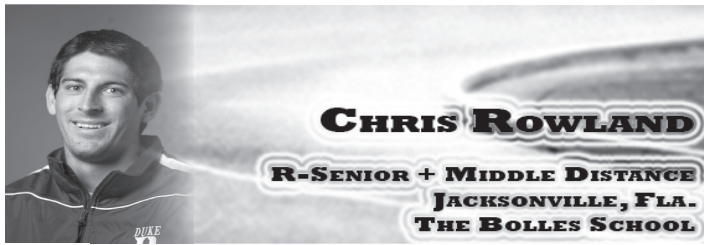


Freshman: IC4A qualifier in the 1,000m with a 2:28.58, placing sixth at the Terrier Classic in Boston ... earned All-East honors with his relay carry on the 4x800m in the trial round of the IC4A indoor championships ... contributed lead-off 1,200m legs on Duke's DMR, which won at UNC in January and placed fourth at the ACC Championships in February ... best 1,200m split was 3:06.30 ... **Prep:** Split 50.4 in the open 400m, 1:06 indoors in the 500m, 1:24 in the 600m indoors and 1:55.35 in the outdoor 800m, as well as several 1:54 point relay carries ... anchored the CBA distance medley relay at the Penn Relays Championship of America, splitting 4:20 for his 1,600-meter carry ... lowered his 1,600m open best to a 4:19 at the New Jersey state group meet.

PB Indoors:	
800m	1:57.87
1,000m	2:28.58
PB Outdoors:	
800m	1:55.35
Honors:	
All-East Indoors	2009



Men's Bios



CHRIS ROWLAND
R-SENIOR + MIDDLE DISTANCE
JACKSONVILLE, FLA.
THE BOLLES SCHOOL

Senior: After redshirting the previous season, returned indoors to the ACC finals with a 1:53.42 800m in the trial round ... tried to steal the final with a bold move that gave him a big lead with a lap to go, but the field came back to him on the homestretch as he faded to 1:53.97 and seventh place ... the next week in Boston, came up big in the 4x800m relay, splitting 1:52.50 on the second leg for Duke in the trial round and then returning the next day with the team's fastest split, a 1:50.70 on the second leg ... that time was a lifetime best for him indoors and contributed to a 7:33.32 Duke clocking, the No. 4 all-time indoor performance ... their seventh-place finish in the loaded IC4A final earned him a third career All-East honor ... outdoors, opened at Raleigh in late March with a 1:51.2 second leg on a 7:30.16 Duke team ... recorded a 1:52.25 open 800m at the Duke Invite to place fourth, then lowered that to 1:52.00 at the Duke Twilight to place third ... wrapped up the outdoor season in style at the IC4A Outdoor Championships in Princeton with the best two-day double of his career ... in the trial round, he split 1:51.10 to anchor a 7:30.33 Duke team which won its heat ... then in the finals he split 1:50.50, his lifetime best, as Duke placed fourth in 7:27.44 ... that time holds up as the No. 3 in Duke history, and earned Rowland, who had the fastest Blue Devil split in both the trials and finals, his fourth career All-East honor ... **Junior:** Redshirted both indoors and outdoors in 2008 ... **Sophomore:** Duke's top half-miler continued to improve in 2007, lowering his personal best to 1:50.96 at the IC4A Outdoor Championships ... made the ACC finals with a 1:52.26 clocking in the prelims before improving to a then-personal-best 1:51.03 in the final to place sixth. ... the first of three 800m personal-bests during the outdoor season came on April 14 with a 1:52.11 clocking at UNC, giving Rowland four marks under 1:52.3 on the season ... anchored the sprint medley relay at Penn, as Duke ran 3:27.37 to move to No. 4 all-time in that event ... indoors, earned All-East honors on the Duke 4x800m relay when he ran on both the trial and final round teams in Boston ... also ran his seasonal-best 800m indoors of 1:53.11 at the IC4A meet in Boston ... **Freshman:** Duke's Freshman of the Year indoors after having a break-out season in the 800m, topped by his personal best 1:52.43 to place seventh at the ACC Championships ... started the season with a 1:57.0 to win the UNC Opener on Chapel Hill's flat 200m surface ... improved almost weekly on relay carries and in open 800m's to enter the ACC's with a personal best of 1:55.81 ... ran 1:53.23 in the prelims to qualify for the final, only to run his 1:52.43 the next day to move into the second spot all-time on the Duke indoor 800m list ... contributed several 1:53 and 1:52 relay splits on Duke's indoor 4x800m and DMR teams, including one in the IC4A DMR final that earned him his first All-East honor ... outdoors, his best time came at the Duke Invitational with a 1:53.18 ... his 1:53.41 in the ACC prelims narrowly missed making the final ... gained valuable big meet experience on the Duke 4x800m at both the Penn Relays and IC4A Outdoor Championships.

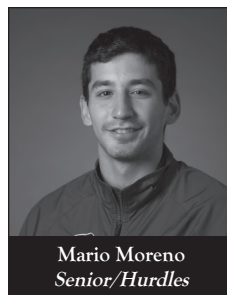
PB Indoors:	
500m	1:06.20
800m	1:52.43
PB Outdoors:	
800m	1:50.96
Honors:	
All-East Indoors	2006, 2007, 2009
All-East Outdoors	2009



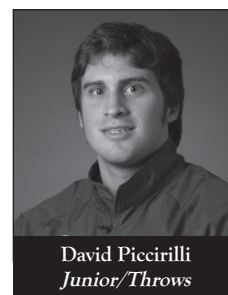
MIKE SCHALLMO
SENIOR + THROWS
FLOSSMOOR, ILL.
HOMWOOD-FLOSSMOOR

Junior: Showed his versatility as a force in the throws, breaking into the Duke record books in four different events ... set the Duke record in the weight throw with a toss of 55'9.25" to take sixth at the ACC Indoor Championships ... Duke's new record-holder in the outdoor discus with a 173'3" to place fifth at the ACC Outdoor Championships ... twice qualified for regionals in the discus, where he placed 11th ... fourth all-time performer in the indoor shotput at Duke with a mark of 53'-1.75" logged at the Carolina Invitational, where he was fourth overall ... second all-time performer at Duke in the hammer throw with a 167-3 notched at the Duke Twilight ... **Sophomore:** Raised his shot put personal best both indoors and outdoor in 2008, and came within two feet of his discus personal best despite a shortened outdoor season ... indoors, again qualified for the IC4A meet in Boston with best toss of 52-4.75 placing him sixth at the Carolina Classic ... outdoors, threw personal best in the shot put at the ACC meet in Atlanta, then the next day in the discus was an ACC scorer with a seventh place finish ... also placed fourth in the discus at both Raleigh and Duke, the latter producing his season best throw of 161-0 ... **Freshman:** Duke's 2007 Freshman of the Year winner both indoors and outdoors ... an IC4A-qualifier in the shot put indoors and the discus outdoors ... shot put of 51'-3.5" was the farthest heave at Duke of the 16-pound ball in over 40 years and ranks him third all-time indoors ... scored in the ACC meet in the discus with a throw of 162'-09", the furthest Duke discus toss in over four decades and No. 2 all-time ... took fifth at the ACC Championships ... threw 160'-0" to make the finals of the Penn Relays college discus ... saved his best for last, throwing 163'-01" at the IC4A Championships in Princeton ... placed sixth overall and earned him his first All-East honors.

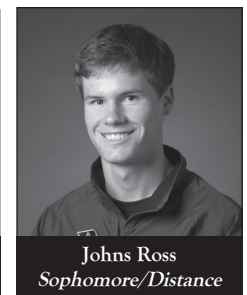
PB Indoors:	
Shot Put	53'-1.25"
Weight	55'-9.25"
PB Outdoors:	
Shot Put	54'-0"
Discus	173'-3"
Hammer	167'-3"
Honors:	
All-East Outdoors	2007



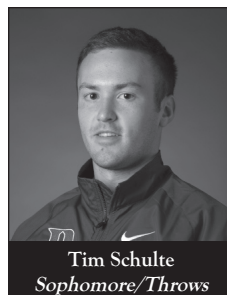
Mario Moreno
Senior/Hurdles



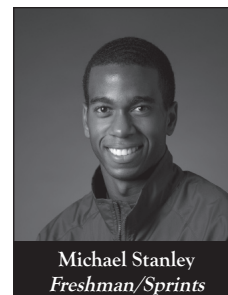
David Piccirilli
Junior/Throws



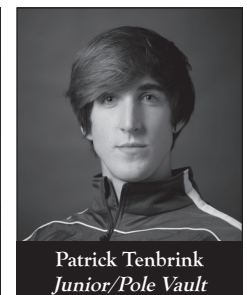
Johns Ross
Sophomore/Distance



Tim Schulte
Sophomore/Throws



Michael Stanley
Freshman/Sprints



Patrick Tenbrink
Junior/Pole Vault



Men's Bios



Freshman: Took 11th at the ACC Indoor Championships, clearing 15'5" ... tied for fifth at the Virginia Tech Challenge ... was fifth at the Terrier Classic ... cleared 16 feet during the outdoor season with a leap of 16'-0.25" to land in sixth place at the ACC Outdoor Championships ... had the team's seven best jumps outdoors ... took ninth at the IC4A Outdoor Champions and third in the college division at the Penn Relays, both with a clearing of 15'-9" ... **Prep:** A premier pole vaulter in the state of Pennsylvania ... armed with a personal best of 15'-6" ... took to the national stage indoors and cleared 15'-2.75" to place high at the Nike Indoor Nationals ... a consistent 15-foot vaulter.

PB Indoors:
Pole Vault..... 15'-5"
PB Outdoors:
Pole Vault..... 16'-0.75"



Junior: After sitting out the 2008 cross country season due to injury ... opened eyes indoors with his best season to date ... began season at the Terrier Classic in Boston with an 8:27.44 for 3,000m ... ran slightly faster two weeks later in New York with an 8:27.30, just a tenth off the IC4A standard ... ran at IC4As in Boston, but instead of the 3,000m, he anchored the Duke distance medley relay in the trials ... responded with a brilliant 4:09.20 1,600m split, eight seconds faster than his previous personal best ... for his efforts, the DMR made the IC4A final and won Smith his first career All-East honors ... outdoors, Smith ran the 3,000m steeplechase, placing eighth at the ACCs in 9:27.05 to score ... lowered his personal best down to 9:20.09 to win the Duke Twilight steeple.

PB Indoors:
Mile4:17.30
3,000 8:27.30
PB Outdoors:
3,000 Steeple.....9:20.09
Honors:
All-East Indoors 2009



Junior: Selected as a senior tri-captain by his teammates for the 2009 season ... 2008 was his best harrier campaign as a Blue Devil by far ... inched his way up the Duke roster as the fall wore on, clinching a spot on the IC4A team with a 12th-place showing at N.C. State on Nov. 8 ... then in New York, had a breakthrough at 8,000m, getting under 26 minutes for the first time with a 25:54 at Van Cortlandt Park ... his 26th-place finish just missed All-East, but as eighth man for Duke, he was a member of the IC4A champion team ... indoors, he ran a mile personal best of 4:15.56 in Boston, a drop of several seconds ... when he

returned to Boston six weeks later for the IC4A indoor championships, ran 3:02.80 on the 1,200m lead-off leg on the Duke DMR to earn All-East honors ... after lowering his 1,500m personal best to 3:51.82 at UNC on May 8, finished his junior campaign with another All-East effort, running lead-off on the Duke 4x800m trial round team.

PB Indoors:
Mile.....4:15.56
PB Outdoors:
1,500m 3:51.82
3,000m 8:36.72
5,000m 15:01.29
Honors:
All-East Indoors2009
All-East Outdoors2009



Sophomore: NCAA individual qualifier in cross country ... led Duke to its most successful season since 2005, running first for the Blue Devils in four of the six races he contested, including the Blue Ridge Open, ACC Championships, NCAA Southeast Regional and NCAA Championships ... at the Blue Ridge Open in Boone, N.C., sped to a fifth-place finish with 24:38, then at the ACCs in Chapel Hill, clocked 24:39 for 8K to place 10th and earn All-ACC honors ... at the NCAA Southeast Regional at Tanglewood, covered 10K in 30:43 to place 11th, earning both All-Southeast Region honors and a trip to the NCAA Championships ... continued his hot running indoors in Boston with a Duke school record in the 3,000m, clocking 8:10.62 at the Terrier Classic ... two weeks later in New York, he ran his 5,000m indoor personal best of 14:21.76, good enough for third all-time at Duke indoors ... placed eighth in the ACC 3,000m in 8:18.02 ... the next week at the IC4A meet in Boston, ran 8:11.20 to place fifth, scoring four points for Duke and earning All-East honors in the 3,000m ... outdoors, focused on improving his speed and anchored the Duke 4x1500m relay to a win at the Raleigh Relays in 15:28.45, the fastest in the U.S. with a 3:53.10 to hold off Virginia ... doubled in the 1,500m and 5,000m at the ACC Outdoors, placing seventh in the 5,000m in 14:27.82 in Miami ... the next week at the Penn Relays, ran a lifetime-best mile split of 4:08.60 on the third leg of Duke's 4xMile relay that recorded a 16:32.40, second-best in school history ... Duke placed sixth in the Championship of America race before a crowd of 48,000 in Philadelphia ... then captured the Duke Twilight 5,000m for the second consecutive year (14:37.63) before concluding his outdoor campaign with a lifetime-best 14:19.20 in the 5,000m at the IC4A Championships in Princeton ... **Freshman:** All-ACC in cross country as a rookie ... turned in a stellar first harrier campaign, also earning All-East honors with his third place finish at the IC4A championships ... Duke's top finisher three times and a top-three Blue Devil runner in all six of his cross-country races ... indoors, he began with a bang, qualifying for the IC4A 3,000m with a personal best 8:27.06 in the season opener ... injury prevented him from racing again until the outdoor season in April, when he again lowered his 3K best to 8:23.89 ... after running a personal best 1,500m of 3:56.83, won the Duke Twilight 5,000m in another best of 14:36.71, enough to qualify at that distance for the IC4A meet ... concluded his freshman track campaign with a 14:37.66 at the IC4As in the rain, before finishing fifth in a tactical 5,000m at the USATF Junior Nationals in his home state of Ohio.

PB Indoors:
3,000m8:10.62
5,000m14:21.76
PB Outdoors:
1,500m3:56.83
3,000m8:23.89
5,000m 14:19.20
Honors:
All-East XC2007
All-ACC XC2008
All-Southeast Region XC ...2008
All-East Indoors (2x) 2009



Men's Bios



Junior: Redshirted indoors and outdoors in 2009 ... 2008 cross country campaign was his best to date, running in the Duke top-five in five of his six meets and top seven in all six ... best effort was his 31:39 10K at the NCAA Southeast Region, running third for Duke as part of the team's fourth-place regional finish ... was a top-10 overall finisher for the Blue Devils at the IC4A Championships in New York, running fourth for the squad to help the team to the title ... was captain of the 2008 cross country team and will serve as a tri-captain for the 2009 squad ... **Sophomore:** Delayed opening his cross country season until Oct. 6, where he ran fourth overall at the Hagan Stone Classic ... came back six days later to run eighth man for Duke at the Blue Ridge Open and earn a spot on the ACC squad ... No. 5 runner for the Blue Devils in Charlottesville, Va., with an 8K time of 25:33, 17 seconds faster than the same race in the previous season on a rugged UVA course ... established two new personal best's indoors in 2008, lowering his mile best to 4:16.56 and shrinking his 3,000m time from 8:42 down to an IC4A qualifying mark of 8:28.69 at New York's Armory Invitational ... outdoors, also added two new personal bests, clocking 3:55.79 for 1,500m and 15:07.05 for 5,000m, both at the ACC Championships in Atlanta ... **Freshman:** Opened his career in cross country with a bang when he finished as Duke's No. 2 man to help lead the team to the title at the season-opening JMU Invitational over four miles ... was the fifth man at the Bill Dellinger meet in Eugene, Ore. ... was the No. 6 Duke scorer at the ACC Championships, perhaps his best effort of the season, when the Blue Devils placed fourth in the 12-team field ... named Duke's Cross Country Freshman of the Year ... indoors, was Duke's second-fastest miler with a 4:19.30 clocking and ran on the All-East 4x800m relay at the IC4A Indoor Championships in Boston ... outdoors, ran a lifetime best for the 1,500m with his 3:56.03 race at UNC on March 30.

PB Indoors:	
Mile	4:18.56
3,000m	8:28.69
PB Outdoors:	
1,500m	3:55.79
5,000m	15:07.05
Honors:	
All-East XC	2008



Prep: In 2008, took second place in shot put at the county meet ... Placed fourth in state semifinals for shot put ... In 2008, threw a personal best of 181'-11" in javelin ... 2008 Winged Foot Award Winner (highest scorer) for outdoor track ... missed senior spring season due to elbow surgery.

Personal Best:	
Javelin	181'-11"



Prep: An up-and-coming half-miler from Illinois ... helped out his 4x800m relay team at the Illinois State meet ... personal best in 400m of 50.6 seconds ... personal best in 800m of 1:56.0.

Personal Bests:	
400m	50.6
800m	1:56.0



Prep: 2008 New England Indoor Champion in the 600m in 1:22.05 ... lowered that time to 1:20.99 as a senior at those same championships ... Regular anchor on Staples High School 4x400m and anchor on 2008 New England champion team ... 400m best of 48.76 FAT and 1:56.7 in the 800m ... Finished third in the Connecticut state meet in the 400m in 2009.

Personal Bests:	
400m	48.76
600m	1:20.99
800m	1:56.10



Prep: Captured a gold medal at the Pan American Junior Championships by winning the decathlon with a score of 7,377 ... 2008-09 Gatorade National Boys Track and Field Athlete of the Year ... won 17 state titles in high school career ... Set national high school record for decathlon performance in 2009... scored 4,127 points in 2009 National Indoor pentathlon, the second best mark in high school history ... 2007 and 2008 Gatorade New Mexico Runner of the Year ... four-time 110m hurdles state champion ... three-time state champion in the long jump ... three-time 300m hurdles state champion ... two-time high jump state champion ... 2007, 2008 and 2009 Indoor National Champion for the pentathlon ... 2009 Academic All-American.

Personal Bests:	
200m	21.84
400m	47.99
800m	1:50.75
1,500m	4:07.85
High Jump	6'-9"
Pole Vault	15'-3"
Decathlon	7,907*
*National High School Record	

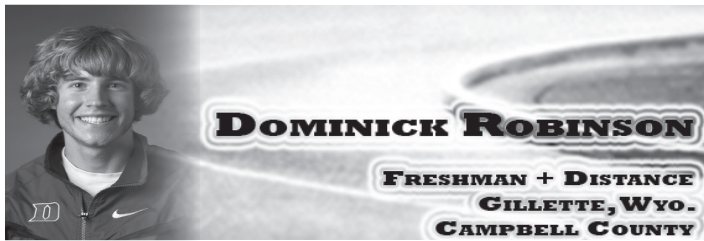


Prep: Footlocker national finalist in cross-country ... Finished 19th in San Diego in December 2008 ... Was sixth at the Footlocker Northeast Regional in N.Y. ... Massachusetts state cross-country champion ... Fourth in the Massachusetts state meet mile as a junior ... Sixth at the New Englands that same season.

Personal Bests:	
Mile	4:16.57
5K XC	15:48*
*Van Cortlandt Park	



Men's Bios



Prep: Golden West Invitational Mile champion as a senior with a time of 4:14.60 and bronze medalist at the GWI as a junior at 3,200m with a time of 9:07 ... rarely ran at sea level during high school career ... was unbeatable in Wyoming, winning the state cross-country title as both a junior and a senior and taking multiple state titles during indoor and outdoor track, including a 3,200m, 4x800m, 800m and 1,600m quadruple at the senior year outdoor state meet ... The last of those four titles was a 4:15 effort at 5,300 feet, probably a 4:09 clocking at sea level for 1,600 meters ... Holds the all-time Wyoming schoolboy records at both 1,600 and 3,200 meters.

Personal Best:	
Mile	4:14.60
3200m	9:07.10



Prep: One of California's most versatile distance runners during his senior year ... led his team to a ninth place finish at the Nike Cross National, finishing 19th individually ... was third in the California state meet in cross country and sixth outdoors in the mile, running a personal best of 4:10.04 in the final ... Holds a 5K cross country personal best of 15:10 set at Woodward Park ... showed range on the long end, while 800m personal best of 1:54.97 indicates his speed ... in between, at perhaps his best distance clocked 9:04.30 for 3,200 meters at Arcadia.

Personal Bests:	
800m	1:54.97
1,600m	4:10.04
3,200m	9:04.30
5K XC	15:10*
*Woodland Park	



Prep: 2009 all-county for indoor track ... 2009 helped 4x800m relay team win state championship ... 2008 ran anchor leg for state champion 4x400m relay team ... 2009 helped team to second place finish in state championships ... Also played varsity football in 2007.

Personal Best:	
400m	49.2



Prep: Joins an ever growing New Jersey contingent on the Duke team with solid credentials from the 800m to cross-country, where he finished second at the New Jersey Prep School Championships ... School record holder at Pingry in the 800m in 1:54.30.

Personal Bests:	
800m	1:54.30
1,600m	4:21.12



Prep: 2008 Telegraph All Star ... 2008 All-State Relay team ... 2008 Indoor Track All-State team member ... 2009 Outdoor Track All-State team member ... 2009 ran 11.02 in 100-meter dash.

Personal Best:	
55m	6.49
100m	11.02
200m	22.27
300m	35.63



Prep: National Merit commended scholar ... 2009 track MVP ... played basketball, football and ran track in high school ... School record holder in 400m ... school record holder in 4x400m relay team ... 2008 track Most Inspirational Award winner.

Personal Best:	
400m	49.72



Prep: 2008 and 2009 all-state honoree in the 55m dash ... in 2009, ran 100m in 10.7 seconds ... in 2008, finished 10th in the state for the 100m dash ... in 2009, finished fifth in state at 55m dash ... in 2009, finished eighth in New England meet in 55m dash ... two-time SCC All-Conference honoree.

Personal Bests:	
100m	10.83
200m	22.25