

Syracuse Chargers Track Club

Duke Invitational Results

April 3-4, 2009

LoPiccolo Sets Two Chargers Records - 800 & 1500m

Amanda LoPiccolo set two personal bests and in the process two Syracuse Chargers Track Club records in the 1500 and 800 meter runs at the Duke Invitational. In the 1500 on Friday, she posted a time of 4:23.19 which broke her existing personal best/club record of 4:24.86 she set at the US Indoor Championships last month in Boston where she placed 6th. This weekend at Duke she placed 3rd. Molly Lehman of Duke won the race in 4:20.40. "I was 5th with a lap to go," said LoPiccolo, "I think I had a bit too much left. I didn't get out like I should have. I have to work on that."

In the 800, the following day, LoPiccolo powered to a 2:10.34 clocking eclipsing one of the club's longest standing records of 2:12.3 set by Chris Schilly 35 years ago on April 6, 1974. "That one hurt. I just kept pressing. My PR was only 2:14 and that was in college."

LoPiccolo's next focus is the 5000 meters at the Penn Relays April 25 where she'll attempt to run 15:50 or better. That time would qualify her for the U.S. Outdoor Championships in June.

Women's 800 meters – 5th - Amanda LoPiccolo, 2:10.34 (PR, Charger Record)

31.6	
32.2	63.8
32.2	1:36.0
34.0	2:10.0 (2:10.34 FAT)

Women's 1,500 meters – 3rd - Amanda LoPiccolo, 4:23.19 (PR, Charger Record)

71.6	
71.6	2:23.2
70.8	3:34.0
48.8	4:22.8 (4:23.19 (FAT))

Doty Qualifies for US Championships in Hammer Throw

Jesse Doty qualified for the US Championships this weekend at the Duke Invitational in the Hammer Throw. His winning performance for of 68.14m (223-07) was well over the qualifying mark of 65.0m (213-03). The US Track & Field Championships will be held at Hayward Field on the campus of the University of Oregon June 25-28.

"It was great getting my qualifier this early in the season. Now I can focus solely on peaking at Nationals. It's really a great feeling," said Doty. Doty placed 13th in the 2008 Olympic Trials which was also held at Hayward Field.

Personal Best for Stenuf in 1500

Nick Stenuf competed in the 1500 and 800 meter runs. His 3:51.11 performance in the 1500 was a personal best and placed him 4th overall. Additionally, he placed 4th in the 800 in 1:52.31. Coach LoPiccolo was pleased with his performances. "Nick is in a hard training phase right now. His mileage is up and he is doing longer intervals. I'm pleased with what he accomplished this weekend. His training now will pay bigger dividends in the future."

Men's 800 meters – 5th - Nick Stenuf, 1:52.31

26.9

29.6 56.5

27.5 1:34.0

28.0 1:52.0 (1:52.31 FAT)

Men's 1,500 meters – 4th - Nick Stenuf, 3:51.11 (PR)

61.8

62.8 2:04.6

60.4 3:05.0

45.8 3:50.8 (3:51.11 FAT)

Full results of the Duke Invitational can be found at www.flashresults.com.

To read more about the Syracuse Chargers Elite Development Program and these athletes go to: syracusechargers.org/EDC