



All Time Individual Indoor Track & Field Records

55 (Open)

1	Mike Suarez	2008	6.40
2	Shariff Stubbs	2008	6.50
3	Jordan Jimerson	2013	6.52
4	Braeden Rembert	2010	6.70
4	Garrett Ellis	2007	6.70
4	Obafemi Animashaun	2011	6.70
5	Steve Franco	2013	6.74
6	Brandon Kelly	2008	6.80
6	Jon Cardadeiro	2005	6.80
7	Darryl Costello	2012	6.83
8	Mike DeAngelis	2010	6.90
9	Brandon Morgan	2013	6.94
10	Michael Cowherd	2009	6.97

55 HH (Open)

1	Obafemi Animashaun	2013	7.42
2	Zach Ghizzone	2013	7.51
3	Christoffe Scott	2013	7.60
4	Thomas Wang	2011	7.80
5	Tyrell Gibbs	2013	7.84
6	Rey Lopez	2010	7.90
7	Alex Sarkodie	2011	7.97
8	Collin Johnson	2011	8.20
8	Taylor McLaughlin	2012	8.20
9	Raymond Hyman	2010	8.30
9	Kaream Hassan	2010	8.30
10	Obinna Nwafor	2008	8.38

55 HH (Relay)

1	Zach Ghizzone	2013	7.00
1	Christoffe Scott	2013	7.00
2	Obafemi Animashaun	2013	7.30
2	Tyrell Gibbs	2013	7.30
3	Alex Sarkodie	2011	7.40
4	Taylor McLaughlin	2012	7.50
5	Rey Lopez	2010	7.70
6	Thomas Wang	2011	7.80
6	Collin Johnson	2012	7.80
7	Daniel Cruz	2010	7.90
7	Andrew Ghizzone	2012	7.90
8	Raymond Hyman	2010	8.00
9	Michael Cowherd	2009	8.30
10	Aaron Pinkard	2009	8.50

60 HH (Open)

1	Zach Ghizzone	2013	7.99
2	Obafemi Animashaun	2013	8.08
3	Christoffe Scott	2013	8.34

60 Y (Open)

1	Garrett Ellis	2007	6.50
2	Shariff Stubbs	2008	6.60
3	Mike Suarez	2007	6.70
4	Michael Cowherd	2008	6.97
5	Brandon Kelly	2009	7.00
5	Braeden Rembert	2010	7.00
5	Kyle Rollins	2006	7.00
6	Mike DeAngelis	2010	7.20
6	Rob Pons	2010	7.20
7	Alex Milord	2010	7.30
8	Ben Pineda	2006	7.50
8	Estuardo Erazo	2005	7.50
9	DJ Benson	2008	7.52
10	Chinelo Brooks	2009	7.70

60 Y HH (Open)

1	Obinna Nwafor	2008	8.30
2	Rey Lopez	2008	8.60
3	Kyle Rollins	2006	9.70
4	Jordan Peru	2007	10.00
5	Jim Harbison	2006	10.40
6	Mike Beaty	2007	10.60
7	Aaron Pinkard	2007	10.70

1.0 mile (Open)

1	DJ Thornton	2009	4:20.37
2	Brian Guterl	2006	4:29.60
3	Mike Sprague	2007	4:46.90
4	Alex Niziolek	2008	4:56.60
5	Evan Gingrich	2009	4:59.40
6	Danny da Costa	2007	5:09.20
7	Danny Kilkenny	2009	5:09.60
8	Derek Siegal	2010	5:10.00
9	Collin Dube	2005	5:11.20
10	Christian Barbosa	2010	5:13.30

1.0 mile (Relay)

1	Andrew Ghizzone	2012	4:36.80
2	Kenny Evely	2012	4:38.80
3	Christian Barbosa	2012	4:53.20



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4	Joe Perona	2012	5:07.20
5	Alex Ledet	2011	5:12.00
6	Andrew Sikora	2011	5:28.20

100 (Relay)

1	Jordan Peru	2007	17.20
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150 (Open)

1	Tiago Dos Santos	2013	18.90
1	Jamelle Kusi	2013	18.90
2	Joe Marshall	2012	19.40
3	Mike Herron	2013	19.50
3	Darren Fields	2012	19.50
4	Brandon Morgan	2013	19.80
5	Patrice Guillaume	2013	20.20
6	Brandon Acosta	2013	20.30
7	Nick Munoz	2013	21.10
7	Alfred Muhammad	2012	21.10
8	Ken Montilus	2013	21.40
9	Joel Pagan	2013	21.70
10	Ian Brewer	2012	22.80

2.0 miles (Open)

1	DJ Thornton	2008	10:31.50
2	Brian Guterl	2007	10:31.90
3	Nick Carnet	2008	10:59.50
4	Mike Sprague	2006	11:05.10
5	Kevin Mulligan	2008	11:13.20
6	Collin Dube	2006	11:17.40
7	Alex Niziolek	2007	11:58.40

200 (Open)

1	Jordan Jimerson	2013	22.50
2	Mike Suarez	2007	22.59
3	Garrett Ellis	2008	22.80
4	Darryl Costello	2011	23.10
5	Obafemi Animashaun	2011	23.70
6	Shariff Stubbs	2008	23.80
6	Braeden Rembert	2011	23.80
7	Jon Cardadeiro	2006	24.02
8	Taylor McLaughlin	2012	24.10
9	Steve Franco	2012	24.20
10	Brandon Morgan	2013	24.40

200 (Relay)

1	Garrett Ellis	2008	21.10
2	Taylor McLaughlin	2013	21.40

3	Zach Ghizzone	2013	21.70
4	Darryl Costello	2012	21.80
4	Jordan Jimerson	2013	21.80
5	Shariff Stubbs	2008	22.00
6	Mike Suarez	2008	22.10
7	Obafemi Animashaun	2013	22.20
8	Michael Veiksans	2010	22.60
8	Obinna Nwafor	2008	22.60
9	Mike DeAngelis	2012	22.70
10	Jon Cardadeiro	2006	22.80

220 Y (Relay)

1	Garrett Ellis	2008	25.20
2	Mike Suarez	2008	25.40
3	Shariff Stubbs	2008	26.20
4	Jordan Peru	2008	26.30
5	Brandon Kelly	2008	27.00
6	Danny Kilkenny	2008	29.90
7	Gallo Pozzo	2008	30.20
8	Miguel Guerrero	2008	30.90
9	Danny da Costa	2008	55.90
10	Nick Morrisey	2006	56.90

300 (Open)

1	Garrett Ellis	2008	35.50
2	Jordan Jimerson	2013	35.61
3	Taylor McLaughlin	2013	35.66
4	Darryl Costello	2011	35.89
5	Jon Cardadeiro	2006	36.50
6	Obafemi Animashaun	2012	36.67
7	Mike Suarez	2008	36.80
8	Nick Morrisey	2006	36.90
9	Brandon Kelly	2011	37.14
10	Shariff Stubbs	2009	37.43

400 (Open)

1	Garrett Ellis	2008	48.57
2	Taylor McLaughlin	2013	48.75
3	Jordan Jimerson	2013	49.77
4	Mike Suarez	2008	51.14
5	Obafemi Animashaun	2013	51.76
6	Mike DeAngelis	2012	52.17
7	Allen Eke	2010	52.25
8	Brandon Kelly	2011	52.41
9	Julian Phillips	2007	52.97
10	Jordan Peru	2009	53.05



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400 (Relay)

1	Taylor McLaughlin	2013	47.70
2	Garrett Ellis	2007	48.10
3	Jordan Jimerson	2013	48.20
4	Allen Eke	2011	49.80
5	Darryl Costello	2012	49.90
5	Mike DeAngelis	2013	49.90
6	Mike Suarez	2008	50.10
6	Obafemi Animashaun	2013	50.10
7	James Pierce	2007	50.50
8	Zach Ghizzone	2013	50.60
9	Jon Cardadeiro	2006	50.70
10	Evan Gingrich	2011	50.75

440 Y (Open)

1	Garrett Ellis	2007	54.70
2	James Pierce	2007	56.00
3	Jon Cardadeiro	2006	56.30
4	Nick Morrisey	2006	57.30
5	Jordan Peru	2008	58.00
5	Julian Phillips	2006	58.00
6	Shariff Stubbs	2006	1:00.00
7	Michael Cowherd	2008	1:00.70
8	Mike Suarez	2006	1:00.90
9	Kyle Rollins	2006	1:03.50
10	Alex Milord	2010	1:04.40

440 Y (Relay)

1	Russell Kinney	2007	1:00.60
2	Braeden Rembert	2010	1:03.70
3	Danny Kilkenny	2009	1:04.00
4	Brendan O'reilly	2010	1:04.50
5	Brandon Kelly	2009	1:04.60
6	Jon Riedinger	2009	1:06.20
7	Mark Mintel	2009	1:06.40
8	Alex Milord	2010	1:06.50
9	Rob Pons	2009	1:08.00
10	Matt O'Donnell	2007	1:09.20

600 (Open)

1	Allen Eke	2012	1:22.21
2	Andrew Ghizzone	2013	1:24.37
3	Mike DeAngelis	2012	1:25.32
4	Kenny Evely	2013	1:26.64
5	Danny da Costa	2009	1:27.78
6	Mark Mintel	2011	1:29.85

7	Julian Phillips	2007	1:30.10
8	Brian Sagendorf	2012	1:30.69
9	Jon Pais	2005	1:32.83
10	Collin Johnson	2011	1:33.03

600 (Relay)

1	Arnold Majano	2009	1:49.00
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800 (Open)

1	Allen Eke	2012	1:52.24
2	Evan Gingrich	2011	1:59.11
3	Kenny Evely	2013	1:59.40
4	Andrew Ghizzone	2013	2:00.10
5	Danny da Costa	2009	2:00.23
6	Mike DeAngelis	2013	2:02.50
7	Mike Sprague	2007	2:03.06
8	Ryan Kilkenny	2007	2:03.61
9	Brian Guterl	2006	2:03.63
10	Brian Sagendorf	2013	2:06.20

800 (Relay)

1	Allen Eke	2012	1:50.80
2	DJ Thornton	2010	1:55.80
3	Andrew Ghizzone	2012	1:57.90
4	Kenny Evely	2013	1:58.00
5	Mike DeAngelis	2013	1:58.37
6	Sean Siburn	2011	1:58.90
7	Mike Sprague	2007	2:00.40
8	Obafemi Animashaun	2013	2:00.45
9	Matt O'Donnell	2010	2:00.80
10	Evan Gingrich	2011	2:01.50

880 Y (Open)

1	Danny da Costa	2008	2:09.50
2	Ryan Kilkenny	2007	2:10.70
3	Mike Sprague	2007	2:12.00
4	Russell Kinney	2008	2:13.60
5	James Pierce	2006	2:18.00
6	Alex Niziolek	2008	2:18.20
7	Mike DeAngelis	2010	2:24.20
8	Collin Dube	2006	2:25.00
9	Mark Mintel	2009	2:27.90
10	Brandon Kelly	2009	2:28.00

880 Y (Relay)

1	Danny da Costa	2008	2:11.50
2	Alex Niziolek	2008	2:14.10



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3	Garrett Ellis	2008	2:14.90
4	DJ Thornton	2008	2:19.40

1000 (Open)

1	Allen Eke	2011	2:33.66
2	Andrew Ghizzzone	2013	2:34.19
3	Danny da Costa	2009	2:40.07
4	Derek Siegal	2013	2:43.16
5	Evan Gingrich	2009	2:44.66
6	Kenny Evely	2011	2:46.38
7	Arthur Wright	2012	2:49.25
8	Mike Sprague	2006	2:49.70
9	Russell Kinney	2007	2:51.20
10	Joe Seebode	2010	2:53.98

1000 (Relay)

1	Mike Cahill	2010	2:51.90
2	Joe Seebode	2011	2:57.10
3	Joe Perona	2013	3:01.10
4	Christian Barbosa	2011	3:02.00
5	Matt Roberts	2012	3:02.10
6	Michael Fuchs	2010	3:02.40
6	Derek Siegal	2011	3:02.40
7	Alex Ledet	2012	3:04.50
8	Andrew Ghizzzone	2011	3:05.40
9	Brian Butterly	2009	3:05.50
10	Jimmy Perona	2013	3:10.50

1000 Y (Relay)

1	Alex Niziolek	2007	3:19.50
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1200 (Relay)

1	Andrew Ghizzzone	2013	3:12.20
2	Danny da Costa	2009	3:13.30
3	Kenny Evely	2012	3:15.60
4	Evan Gingrich	2010	3:17.20
5	Matt O'Donnell	2010	3:17.30
6	Kevin Mulligan	2010	3:18.70
7	Mike Sprague	2006	3:18.80
8	Alex Niziolek	2007	3:33.00
9	Sean Siburn	2009	3:33.30
10	Collin Dube	2006	3:33.80

1600 (Open)

1	DJ Thornton	2010	4:12.54
2	Allen Eke	2012	4:23.56
3	Andrew Ghizzzone	2013	4:25.30

4	Brian Guterl	2006	4:33.60
5	Kevin Mulligan	2010	4:34.98
6	Derek Siegal	2013	4:36.01
7	Matt O'Donnell	2010	4:39.79
8	Evan Gingrich	2010	4:41.77
9	Mike Sprague	2007	4:43.75
10	Danny da Costa	2009	4:44.59

1600 (Relay)

1	DJ Thornton	2010	4:14.80
2	Allen Eke	2012	4:16.50
3	Brian Guterl	2006	4:24.60
4	Derek Siegal	2013	4:31.20
5	Andrew Ghizzzone	2012	4:33.80
6	Kevin Mulligan	2010	4:36.20
7	Mike Sprague	2006	4:40.40
8	Alex Niziolek	2008	4:49.80
9	Collin Dube	2007	4:55.80
10	Mike Cahill	2009	4:56.00

3000 (Open)

1	DJ Thornton	2007	9:39.92
2	Alex Niziolek	2007	10:08.93

3200 (Open)

1	DJ Thornton	2009	9:19.38
2	Derek Siegal	2013	9:59.60
3	Mike Cahill	2010	10:02.46
4	Brian Guterl	2006	10:11.81
5	Joe Seebode	2011	10:18.91
6	Nick Carnet	2008	10:23.30
7	Christian Barbosa	2013	10:24.30
8	Mike Sprague	2006	10:25.80
9	Kevin Mulligan	2009	10:28.34
10	Collin Dube	2007	10:39.38

High Jump

1	Alex Sarkodie	2011	6' 04.00"
1	Christoffe Scott	2012	6' 04.00"
2	Obinna Nwafor	2008	6' 00.00"
2	Thomas Wang	2012	6' 00.00"
3	Tyrell Gibbs	2012	5' 10.00"
4	Michael Cowherd	2009	5' 08.00"
4	Andrew Ghizzzone	2011	5' 08.00"
5	Kaream Hassan	2010	5' 06.00"
5	Taylor McLaughlin	2011	5' 06.00"
5	Zach Ghizzzone	2012	5' 06.00"



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6	Jordan Peru	2009	5' 03.00"	2	Christoffe Scott	2013	41' 10.00"
7	Allen Eke	2009	5' 02.00"	3	Steve Franco	2012	39' 6'.00"
8	Kevin Hamilton	2009	4' 10.00"	4	Stephen Regman	2008	35' 05.75"
8	Jon Riedinger	2009	4' 10.00"				
9	Joe Nesi	2007	NH' 00.00"				
10	Julian Phillips	2006	0' 00.00"				

Long Jump

1	Zach Ghizzone	2013	22' 08.00"
2	Christoffe Scott	2013	22' 04.00"
3	Alex Sarkodie	2010	20' 02.25"
4	Brandon Morgan	2012	19' 05.00"
5	Thomas Wang	2011	18' 11.00"
6	Taylor McLaughlin	2011	16' 10.00"
7	Darryl Costello	2011	15' 03.00"
8	Braeden Rembert	2011	14' 00.00"

Pole Vault

1	Andrew Ghizzone	2012	13' 00.00"
2	Zach Ghizzone	2013	12' 00.00"
3	Brian Sagendorf	2013	10' 00.00"

Shot Put (12 lb)

1	Marcus Sancho	2011	50' 02.50"
2	Marty Davidson	2012	49' 11.75"
3	Charles Eke	2008	49' 09.25"
4	Tommy Freid	2012	49' 08.00"
5	Marc Seemon	2006	43' 09.50"
6	Zaire Ali	2012	43' 08.00"
7	Sean Brennan	2013	43' 06.50"
8	Chibueke Esomonu	2013	43' 03.50"
9	Tom Sagendorf	2013	41' 11.75"
10	Andrew Campbell	2009	39' 11.25"

Shot Put (4 kg)

1	Owen Igori	2013	35' 00.75"
2	Matt Lawler	2013	32' 10.00"
3	Hunter Goodling	2013	32' 05.50"
4	Mike Eastman	2013	32' 05.00"
5	John Morgan	2013	31' 11.50"
6	Nick Munoz	2013	25' 01.00"
7	Mike Guarnaccia	2013	23' 04.00"
8	Gerard DeToro	2013	21' 10.00"
9	Ryan Johnson	2012	18' 09.00"

Triple Jump

1	Obinna Nwafor	2008	44' 09.50"
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