



Individual All Time Indoor Track List

				10	Alex Milord	(2010)	7.30
55 (Open)				60 Y HH (Open)			
1	Mike Suarez	(2008)	6.40	1	Obinna Nwafor	(2008)	8.30
2	Shariff Stubbs	(2008)	6.50	2	Rey Lopez	(2008)	8.60
3	Braeden Rembert	(2010)	6.70	3	Kyle Rollins	(2006)	9.70
4	Garrett Ellis	(2007)	6.70	4	Jordan Peru	(2007)	10.00
5	Obafemi Animashaun	(2011)	6.70	5	Jim Harbison	(2006)	10.40
6	Brandon Kelly	(2008)	6.80	6	Mike Beaty	(2007)	10.60
7	Jon Cardadeiro	(2005)	6.80	7	Aaron Pinkard	(2007)	10.70
8	Mike DeAngelis	(2010)	6.90	1.0 mile (Open)			
9	Michael Cowherd	(2009)	6.97	1	DJ Thornton	(2009)	4:20.37
10	Rob Pons	(2010)	7.10	2	Brian Guterl	(2006)	4:29.60
55 HH (Open)				3	Mike Sprague	(2007)	4:46.90
1	Rey Lopez	(2010)	7.90	4	Alex Niziolek	(2008)	4:56.60
2	Alex Sarkodie	(2011)	7.97	5	Evan Gingrich	(2009)	4:59.40
3	Raymond Hyman	(2010)	8.30	6	Danny da Costa	(2007)	5:09.20
4	Kaream Hassan	(2010)	8.30	7	Danny Kilkenny	(2009)	5:09.60
5	Obinna Nwafor	(2008)	8.38	8	Derek Siegal	(2010)	5:10.00
6	Obafemi Animashaun	(2011)	8.40	9	Collin Dube	(2005)	5:11.20
7	Thomas Wang	(2011)	8.50	10	Christian Barbosa	(2010)	5:13.30
8	Daniel Cruz	(2010)	8.91	100 (Relay)			
9	Aaron Pinkard	(2009)	9.58	1	Jordan Peru	(2007)	17.20
10	Kyle Rollins	(2007)	9.75	2.0 miles (Open)			
55 HH (Relay)				1	DJ Thornton	(2008)	10:31.50
1	Alex Sarkodie	(2011)	7.40	2	Brian Guterl	(2007)	10:31.90
2	Rey Lopez	(2010)	7.70	3	Nick Carnet	(2008)	10:59.50
3	Daniel Cruz	(2010)	7.90	4	Mike Sprague	(2006)	11:05.10
4	Thomas Wang	(2011)	7.90	5	Kevin Mulligan	(2008)	11:13.20
5	Raymond Hyman	(2010)	8.00	6	Collin Dube	(2006)	11:17.40
6	Michael Cowherd	(2009)	8.30	7	Alex Niziolek	(2007)	11:58.40
7	Aaron Pinkard	(2009)	8.50	200 (Open)			
8	Brandon Kelly	(2009)	8.70	1	Mike Suarez	(2007)	22.59
9	Obafemi Animashaun	(2011)	8.70	2	Garrett Ellis	(2008)	22.80
10	Andrew Ghizzone	(2011)	8.90	3	Obafemi Animashaun	(2011)	23.70
60 Y (Open)				4	Shariff Stubbs	(2008)	23.80
1	Garrett Ellis	(2007)	6.50	5	Darryl Costello	(2011)	23.90
2	Shariff Stubbs	(2008)	6.60	6	Jon Cardadeiro	(2006)	24.02
3	Mike Suarez	(2007)	6.70	7	Obinna Nwafor	(2007)	24.43
4	Michael Cowherd	(2008)	6.97	8	Alex Milord	(2011)	24.60
5	Brandon Kelly	(2009)	7.00	9	Brandon Kelly	(2009)	24.80
6	Braeden Rembert	(2010)	7.00	10	Nick Morrisey	(2004)	24.80
7	Kyle Rollins	(2006)	7.00				
8	Mike DeAngelis	(2010)	7.20				
9	Rob Pons	(2010)	7.20				



Individual All Time Indoor Track List

				10	Jon Cardadeiro	(2006)	53.65
200 (Relay)				400 (Relay)			
1	Garrett Ellis	(2008)	21.10	1	Garrett Ellis	(2007)	48.10
2	Shariff Stubbs	(2008)	22.00	2	Allen Eke	(2011)	49.80
3	Mike Suarez	(2008)	22.10	3	Mike Suarez	(2008)	50.10
4	Michael Veiksans	(2010)	22.60	4	James Pierce	(2007)	50.50
5	Obinna Nwafor	(2008)	22.60	5	Jon Cardadeiro	(2006)	50.70
6	Jon Cardadeiro	(2006)	22.80	6	Evan Gingrich	(2011)	50.75
7	Evan Gingrich	(2010)	22.90	7	Brandon Kelly	(2011)	51.20
8	Allen Eke	(2010)	22.90	8	Julian Phillips	(2007)	51.50
9	Alex Sarkodie	(2011)	22.90	9	Darryl Costello	(2011)	51.50
10	Brandon Kelly	(2011)	22.90	10	Mike DeAngelis	(2011)	51.60
220 Y (Relay)				440 Y (Open)			
1	Garrett Ellis	(2008)	25.20	1	Garrett Ellis	(2007)	54.70
2	Mike Suarez	(2008)	25.40	2	James Pierce	(2007)	56.00
3	Shariff Stubbs	(2008)	26.20	3	Jon Cardadeiro	(2006)	56.30
4	Jordan Peru	(2008)	26.30	4	Nick Morrisey	(2006)	57.30
5	Brandon Kelly	(2008)	27.00	5	Jordan Peru	(2008)	58.00
6	Danny Kilkenny	(2008)	29.90	6	Julian Phillips	(2006)	58.00
7	Gallo Pozzo	(2008)	30.20	7	Shariff Stubbs	(2006)	1:00.00
8	Miguel Guerrero	(2008)	30.90	8	Michael Cowherd	(2008)	1:00.70
9	Danny da Costa	(2008)	55.90	9	Mike Suarez	(2006)	1:00.90
10	Nick Morrisey	(2006)	56.90	10	Kyle Rollins	(2006)	1:03.50
300 (Open)				440 Y (Relay)			
1	Garrett Ellis	(2008)	35.50	1	Russell Kinney	(2007)	1:00.60
2	Jon Cardadeiro	(2006)	36.50	2	Braeden Rembert	(2010)	1:03.70
3	Mike Suarez	(2008)	36.80	3	Danny Kilkenny	(2009)	1:04.00
4	Nick Morrisey	(2006)	36.90	4	Brendan O'reilly	(2010)	1:04.50
5	Brandon Kelly	(2011)	37.14	5	Brandon Kelly	(2009)	1:04.60
6	Shariff Stubbs	(2009)	37.43	6	Gallo Pozzo	(2009)	1:06.10
7	Michael Veiksans	(2010)	37.45	7	Jon Riedinger	(2009)	1:06.20
8	Julian Phillips	(2007)	37.53	8	Mark Mintel	(2009)	1:06.40
9	Jordan Peru	(2009)	38.00	9	Alex Milord	(2010)	1:06.50
10	Obafemi Animashaun	(2011)	38.27	10	Rob Pons	(2009)	1:08.00
400 (Open)				600 (Open)			
1	Garrett Ellis	(2008)	48.57	1	Allen Eke	(2011)	1:24.18
2	Mike Suarez	(2008)	51.14	2	Mike DeAngelis	(2011)	1:26.85
3	Obafemi Animashaun	(2011)	52.21	3	Danny da Costa	(2009)	1:27.78
4	Allen Eke	(2010)	52.25	4	Mark Mintel	(2011)	1:29.85
5	Brandon Kelly	(2011)	52.41	5	Julian Phillips	(2007)	1:30.10
6	Mike DeAngelis	(2011)	52.89	6	Kenny Evely	(2011)	1:31.87
7	Julian Phillips	(2007)	52.97	7	Jon Pais	(2005)	1:32.83
8	Jordan Peru	(2009)	53.05	8	Collin Johnson	(2011)	1:35.99
9	Michael Veiksans	(2010)	53.60				



Individual All Time Indoor Track List

9	Russell Kinney	(2007)	1:37.00
10	Zach Ghizzone	(2011)	1:39.95

600 (Relay)

1	Arnold Majano	(2009)	1:49.00
---	---------------	--------	---------

800 (Open)

1	Allen Eke	(2011)	1:54.20
2	Evan Gingrich	(2011)	1:59.11
3	Danny da Costa	(2009)	2:00.23
4	Mike Sprague	(2007)	2:03.06
5	Ryan Kilkenny	(2007)	2:03.61
6	Brian Guterl	(2006)	2:03.63
7	Mike DeAngelis	(2011)	2:05.80
8	Mark Mintel	(2011)	2:08.88
9	Matt O'Donnell	(2010)	2:08.90
10	Sean Siburn	(2009)	2:08.93

800 (Relay)

1	Allen Eke	(2011)	1:52.90
2	DJ Thornton	(2010)	1:55.80
3	Sean Siburn	(2011)	1:58.90
4	Mike Sprague	(2007)	2:00.40
5	Matt O'Donnell	(2010)	2:00.80
6	Evan Gingrich	(2011)	2:01.50
7	Brian Guterl	(2006)	2:01.60
8	Mike DeAngelis	(2011)	2:02.70
9	Kevin Mulligan	(2009)	2:02.80
10	Danny da Costa	(2009)	2:02.90

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

1000 (Open)

1	Allen Eke	(2011)	2:33.66
2	Danny da Costa	(2009)	2:40.07
3	Evan Gingrich	(2009)	2:44.66
4	Mike Sprague	(2006)	2:49.70
5	Russell Kinney	(2007)	2:51.20
6	Joe Seebode	(2010)	2:53.98
7	Brendan O' Reilly	(2011)	2:57.85
8	Brian Butterly	(2011)	2:58.92
9	Joey Enright	(2010)	3:00.22
10	Kevin Coughlan	(2010)	3:08.60

1000 (Relay)

1	Mike Cahill	(2010)	2:51.90
2	Joe Seebode	(2011)	2:57.10
3	Christian Barbosa	(2011)	3:02.00
4	Michael Fuchs	(2010)	3:02.40
5	Derek Siegal	(2011)	3:02.40
6	Matt Roberts	(2011)	3:04.00
7	Andrew Ghizzone	(2011)	3:05.40
8	Brian Butterly	(2009)	3:05.50
9	Arnold Majano	(2010)	3:14.60

1000 Y (Relay)

1	Alex Niziolek	(2007)	3:19.50
---	---------------	--------	---------

1200 (Relay)

1	Danny da Costa	(2009)	3:13.30
2	Evan Gingrich	(2010)	3:17.20
3	Matt O'Donnell	(2010)	3:17.30
4	Kevin Mulligan	(2010)	3:18.70
5	Mike Sprague	(2006)	3:18.80
6	Alex Niziolek	(2007)	3:33.00
7	Sean Siburn	(2009)	3:33.30
8	Collin Dube	(2006)	3:33.80
9	Nick Carnet	(2008)	3:34.60
10	Joe Seebode	(2010)	3:36.40

1600 (Open)

1	DJ Thornton	(2010)	4:12.54
2	Allen Eke	(2011)	4:25.65
3	Brian Guterl	(2006)	4:33.60
4	Kevin Mulligan	(2010)	4:34.98
5	Matt O'Donnell	(2010)	4:39.79
6	Evan Gingrich	(2010)	4:41.77
7	Mike Sprague	(2007)	4:43.75



Individual All Time Indoor Track List

8	Danny da Costa	(2009)	4:44.59
9	Russell Kinney	(2008)	4:53.35
10	Joe Seebode	(2011)	4:54.65

1600 (Relay)

1	DJ Thornton	(2010)	4:14.80
2	Allen Eke	(2011)	4:24.00
3	Brian Guterl	(2006)	4:24.60
4	Kevin Mulligan	(2010)	4:36.20
5	Mike Sprague	(2006)	4:40.40
6	Alex Niziolek	(2008)	4:49.80
7	Collin Dube	(2007)	4:55.80
8	Mike Cahill	(2009)	4:56.00
9	Christian Barbosa	(2011)	5:02.90
10	Michael Fuchs	(2009)	5:04.40

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	Mike Cahill	(2010)	10:02.46
3	Brian Guterl	(2006)	10:11.81
4	Joe Seebode	(2011)	10:18.91
5	Nick Carnet	(2008)	10:23.30
6	Mike Sprague	(2006)	10:25.80
7	Kevin Mulligan	(2009)	10:28.34
8	Collin Dube	(2007)	10:39.38
9	Michael Fuchs	(2010)	10:40.96
10	Derek Siegal	(2011)	10:47.50