



All Time Individual Outdoor Track & Field Records

				10	Daniel Cruz	2010	16.00
1.0 mile (Open)				110 HH (Relay)			
1	Bill Sieben	1900	4:18.70	1	Christoffe Scott	2013	14.00
100 (Open)				2	Obafemi Animashaun	2013	14.20
1	Shariff Stubbs	2008	10.80	2	Taylor McLaughlin	2013	14.20
1	Mike Suarez	2008	10.80	2	Zach Ghizzone	2013	14.20
2	Jordan Jimerson	2012	10.94	3	Tyrell Gibbs	2013	14.70
3	Garrett Ellis	2006	11.00	3	Serge Gilbert	2013	14.70
3	Braeden Rembert	2011	11.00	4	Devine Eke	2013	14.80
4	Michael Veiksans	2010	11.10	5	Andrew Ghizzone	2013	14.90
4	Mike DeAngelis	2011	11.10	6	Raymond Hyman	2010	15.10
5	Jon Cardadeiro	2005	11.20	7	Thomas Wang	2012	15.50
5	Darryl Costello	2012	11.20	8	Alex Sarkodie	2010	15.70
6	Steve Franco	2013	11.27	9	Jamaad Nash	2010	15.80
7	Nick Morrisey	2006	11.40	9	Barrington Palmer	2012	15.80
7	Obafemi Animashaun	2011	11.40	10	Daniel Cruz	2010	16.20
8	Michael Cowherd	2009	11.50	2.0 miles (Open)			
8	Julian Phillips	2007	11.50	1	S Baran	1900	9:31.00
8	Jenner Cole	2005	11.50	200 (Open)			
8	Christoffe Scott	2013	11.50	1	Taylor McLaughlin	2013	21.70
9	Justin Kelly	2010	11.60	2	Garrett Ellis	2008	21.90
10	Brandon Kelly	2011	11.62	2	Jordan Jimerson	2013	21.90
100 (Relay)				3	Shariff Stubbs	2008	22.10
1	Steve Franco	2013	10.80	3	Darryl Costello	2012	22.10
2	Braeden Rembert	2012	10.90	4	Mike Suarez	2008	22.20
3	Zach Ghizzone	2013	11.20	5	Michael Veiksans	2010	22.60
3	Christoffe Scott	2013	11.20	6	Julian Phillips	2006	22.70
4	DaLon Ryles	2013	11.50	6	Steve Franco	2013	22.70
5	Tiago Dos Santos	2013	11.70	7	Mike DeAngelis	2011	22.80
6	Ethan Tidd	2012	11.90	8	Zach Ghizzone	2012	22.90
7	Arthur Wright	2011	12.60	8	Obafemi Animashaun	2013	22.90
8	Barrington Palmer	2011	12.70	9	Raymond Hyman	2010	23.09
9	Brandon Morgan	2012	12.80	10	Jon Cardadeiro	2005	23.10
10	Jp Seebode	2011	13.20	200 (Relay)			
110 HH (Open)				1	Garrett Ellis	2008	20.80
1	Christoffe Scott	2013	14.01	2	Taylor McLaughlin	2013	21.10
2	Obafemi Animashaun	2013	14.19	3	Zach Ghizzone	2013	21.40
3	Zach Ghizzone	2013	14.42	4	Shariff Stubbs	2009	21.50
4	Tyrell Gibbs	2013	14.70	4	Darryl Costello	2012	21.50
5	Raymond Hyman	2010	14.90	4	Jordan Jimerson	2013	21.50
6	Devine Eke	2013	15.10	5	Mike Suarez	2008	21.60
7	Serge Gilbert	2013	15.50	6	Michael Veiksans	2010	21.90
8	Thomas Wang	2013	15.70	6	James Pierce	2007	21.90
9	Jamaad Nash	2010	15.90				



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7	Obinna Nwafor	2008	22.00
7	Obafemi Animashaun	2012	22.00
8	Steve Franco	2013	22.10
9	Julian Phillips	2007	22.20
9	Jon Cardadeiro	2005	22.20
10	Nick Morrisey	2006	22.30

300 (Relay)

1	Darryl Costello	2012	34.50
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400 (Open)

1	Taylor McLaughlin	2013	47.91
2	Jordan Jimerson	2013	48.09
3	Garrett Ellis	2008	48.60
4	Mike Suarez	2008	49.67
5	Darryl Costello	2012	49.85
6	Obafemi Animashaun	2011	50.06
7	Mike DeAngelis	2012	50.08
8	Allen Eke	2010	50.11
9	James Pierce	2007	50.20
10	Zach Ghizzone	2013	50.60

400 (Relay)

1	Zach Ghizzone	2011	25.00
2	Taylor McLaughlin	2013	46.02
3	Jordan Jimerson	2013	47.10
4	Allen Eke	2012	47.50
5	Garrett Ellis	2008	47.80
6	Darryl Costello	2012	48.70
7	Mike DeAngelis	2012	48.80
8	Mike Suarez	2008	48.90
8	James Pierce	2007	48.90
9	Kenny Evely	2013	49.10
10	Obafemi Animashaun	2013	49.50

400 IH (Open)

1	Taylor McLaughlin	2013	52.48
2	Obafemi Animashaun	2013	53.89
3	Zach Ghizzone	2013	54.08
4	Serge Gilbert	2013	56.94
5	Brandon Kelly	2011	57.81
6	Jason Frank	1900	58.04
7	Alex Sarkodie	2011	58.60
8	Brian Flores	2010	59.50
9	Aaron Pinkard	2009	59.93
10	Daniel Cruz	2010	1:00.10

400 IH (Relay)

1	Taylor McLaughlin	2013	53.84
2	Obafemi Animashaun	2012	55.14
3	Zach Ghizzone	2013	56.60
4	Brandon Kelly	2011	58.87
5	Alex Sarkodie	2011	59.60
6	Darryl Costello	2011	59.75
7	Daniel Cruz	2010	59.95
8	Serge Gilbert	2013	59.99
9	Brian Flores	2010	1:00.36
10	Aaron Pinkard	2009	1:01.50

800 (Open)

1	Allen Eke	2012	1:51.36
2	Kenny Evely	2013	1:53.54
3	Brian Guterl	2007	1:54.48
4	Mike Sprague	2007	1:55.95
5	DJ Thornton	2010	1:56.60
6	Andrew Ghizzone	2013	1:56.76
7	Danny da Costa	2009	1:57.08
8	Evan Gingrich	2011	1:57.89
9	Ryan Kilkenny	2008	1:58.11
10	Mike DeAngelis	2013	2:00.02

800 (Relay)

1	Allen Eke	2012	1:49.39
2	DJ Thornton	2010	1:51.61
3	Brian Guterl	2007	1:52.70
4	Kenny Evely	2013	1:55.14
5	Andrew Ghizzone	2012	1:55.20
6	Evan Gingrich	2010	1:57.01
7	Mike Sprague	2007	1:57.90
8	Mike DeAngelis	2012	1:58.10
8	Obafemi Animashaun	2012	1:58.10
9	Danny da Costa	2009	1:58.20
9	Ryan Kilkenny	2008	1:58.20
10	Kevin Mulligan	2010	1:58.21

1000 (Open)

1	Allen Eke	2012	2:26.87
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1200 (Open)

1	DJ Thornton	2008	3:22.00
2	Ryan Kilkenny	2008	3:25.70
3	Danny da Costa	2008	3:26.10
4	Alex Niziolek	2008	3:32.20



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5 Evan Gingrich 2008 3:35.50

1200 (Relay)

1 Allen Eke 2012 3:03.40
2 Andrew Ghizzone 2012 3:09.80
3 DJ Thornton 2009 3:09.90
4 Danny da Costa 2009 3:10.60
5 Derek Siegal 2013 3:12.90
6 Mike Sprague 2007 3:14.20
7 Evan Gingrich 2011 3:14.40
8 Kevin Mulligan 2010 3:18.40
9 Alex Niziolek 2008 3:19.90
10 Arthur Wright 2013 3:23.20

1500 (Open)

1 Andrew Ghizzone 2012 4:19.17

1500 (Relay)

1 Andrew Ghizzone 2012 4:15.10
2 Kenny Evely 2013 4:15.50
3 Derek Siegal 2013 4:19.70
4 DJ Thornton 2008 4:23.40
5 Alex Niziolek 2008 4:25.60
6 Danny da Costa 2008 4:28.40
7 Arthur Wright 2012 4:29.50
8 Joe Seebode 2011 4:31.00
9 Christian Barbosa 2013 4:32.60
10 Russell Kinney 2008 4:38.20

1600 (Open)

1 DJ Thornton 2010 4:09.63
2 Allen Eke 2012 4:11.69
3 Brian Guterl 2007 4:16.11
4 Andrew Ghizzone 2013 4:27.00
5 Kenny Evely 2013 4:27.87
6 Danny da Costa 2009 4:28.66
7 Kevin Mulligan 2010 4:29.39
8 Derek Siegal 2013 4:34.30
9 Evan Gingrich 2011 4:36.91
10 Mike Sprague 2006 4:37.06

1600 (Relay)

1 Allen Eke 2012 4:17.40
2 DJ Thornton 2010 4:20.10
3 Brian Guterl 2006 4:25.10
4 Andrew Ghizzone 2013 4:28.90
5 Derek Siegal 2012 4:35.80

6 Alex Niziolek 2008 4:39.50

7 Mike Cahill 2010 4:40.40

8 Kevin Mulligan 2009 4:41.20

9 Mike Sprague 2006 4:43.30

10 Arthur Wright 2013 4:43.70

3000 (Open)

1 DJ Thornton 2009 8:45.93

3200 (Open)

1 DJ Thornton 2009 9:20.03
2 Brian Guterl 2005 9:52.97
3 Mike Cahill 2010 9:53.23
4 Derek Siegal 2012 9:56.12
5 Kevin Mulligan 2010 10:08.03
6 Matt Roberts 2013 10:13.98
7 Mike Sprague 2006 10:19.60
8 Joe Seebode 2011 10:21.42
9 Joe Perona 2013 10:22.20
10 Christian Barbosa 2012 10:24.00

5000 (Open)

1 Christian Barbosa 2013 16:39.72
2 Matt Roberts 2013 17:13.69

Discus (1.6 kg)

1 Sean Brennan 2013 168' 03.00"
2 Tom Nuara 1900 156' 00.00"
3 Justin Davidson 2013 148' 07.00"
4 Marcus Sancho 2011 145' 09.00"
5 Tommy Freid 2012 144' 11.00"
6 Zaire Ali 2012 130' 09.00"
7 Charles Eke 2008 125' 08.00"
8 Marty Davidson 2012 122' 00.00"
9 Marc Seemon 2006 121' 04.00"
10 AJ Hyppolite 2010 118' 07.00"

High Jump

1 Rich Alexander 1900 6' 09.00"
2 Alex Sarkodie 2011 6' 04.00"
3 Christoffe Scott 2013 6' 02.00"
3 Thomas Wang 2013 6' 02.00"
4 Obinna Nwafor 2008 6' 00.00"
5 Andrew Ghizzone 2012 5' 10.75"
6 Jamaad Nash 2010 5' 10.00"
6 Todd Larkin 2007 5' 10.00"
6 Tyrell Gibbs 2012 5' 10.00"



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7	Kevin Polt	2011	5' 08.00"	3	Sean Brennan	2013	49' 09.25"
7	Serge Gilbert	2013	5' 08.00"	4	Marcus Sancho	2011	49' 06.00"
8	Raymond Hyman	2010	5' 06.00"	5	Charles Eke	2008	48' 00.25"
8	Kaream Hassan	2009	5' 06.00"	6	Tommy Freid	2012	47' 05.75"
8	Tyrell Howard-Franklin	2006	5' 06.00"	7	AJ Hyppolite	2010	46' 02.25"
9	Brian Flores	2010	5' 04.00"	8	Aaron Doherty	2007	44' 10.50"
9	Keith Zukowski	2008	5' 04.00"	8	Zaire Ali	2012	44' 10.50"
9	Stephen Regman	2008	5' 04.00"	9	Marc Seemon	2006	43' 07.75"
9	Zach Ghizzone	2013	5' 04.00"	10	Tom Sagendorf	2013	42' 09.50"
9	DaLon Ryles	2013	5' 04.00"				
10	Taylor McLaughlin	2012	5' 03.00"				

Javelin

1	Tommy Freid	2012	190' 08.00"
2	Alex McDonald	1900	188' 00.00"
3	Brian Sagendorf	2013	176' 07.00"
4	Tom Sagendorf	2013	160' 02.00"
5	DJ Florendo	2013	148' 04.00"
6	Zach Ghizzone	2012	144' 03.00"
7	Ian Donohue	2012	132' 04.00"
8	Andrew Campbell	2010	129' 05.00"
9	Andrew Ghizzone	2012	127' 06.00"
10	Justin Gonzales	2011	122' 06.00"

Long Jump

1	Chris Ganey	1900	23' 02.00"
2	Alex Sarkodie	2011	22' 11.50"
3	Obinna Nwafor	2008	22' 11.00"
4	Christoffe Scott	2012	22' 10.00"
5	Zach Ghizzone	2013	21' 11.50"
6	Kevin Polt	2011	21' 00.50"
7	DaLon Ryles	2013	20' 11.50"
8	Thomas Wang	2013	20' 05.75"
9	Brian Flores	2011	20' 04.75"
10	Jamaad Nash	2010	20' 04.00"

Pole Vault

1	Andrew Ghizzone	2013	13' 07.75"
2	Gene Roche	1900	12' 06.50"
3	Zach Ghizzone	2013	12' 06.00"
4	Brian Sagendorf	2013	11' 06.00"
5	Nick Cuppari	2013	8' 06.00"
6	Chris Lamanna	2013	0' 00.00"

Shot Put (12 lb)

1	Kevin Holt	1900	57' 00.50"
2	Marty Davidson	2012	52' 05.50"

Shot Put (4 kg)

1	Patrice Guillaume	2013	36' 02.00"
2	Matt Lawler	2012	33' 09.50"
3	Alberto Fusco	2013	32' 09.00"
4	Jason Schmalz	2012	32' 04.25"
5	Matt Eastman	2013	32' 02.50"
6	DJ Florendo	2012	31' 08.00"
7	John Morgan	2013	30' 09.00"
8	Steven Guastamacchia	2012	25' 07.50"
9	Tristan Perez	2013	24' 10.00"

Triple Jump

1	Obinna Nwafor	2008	46' 00.75"
2	Jamaad Nash	2011	45' 05.50"
3	Christoffe Scott	2012	44' 07.75"
4	Brian Flores	2011	43' 07.50"
5	Kevin Polt	2011	42' 08.00"
6	Andrew Ghizzone	2013	41' 07.75"
7	Serge Gilbert	2013	40' 09.25"
8	DaLon Ryles	2013	40' 09.00"
9	Steve Franco	2012	40' 06.75"
10	Stephen Regman	2008	40' 03.00"