



Individual All Time Outdoor Track List

1.0 mile (Open)

1	Bill Sieben	(????)	4:18.70
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100 (Open)

1	Shariff Stubbs	(2008)	10.80
2	Mike Suarez	(2008)	10.80
3	Garrett Ellis	(2006)	11.00
4	Michael Veiksans	(2010)	11.10
5	Jon Cardadeiro	(2005)	11.20
6	Braeden Rembert	(2009)	11.30
7	Nick Morrisey	(2006)	11.40
8	Michael Cowherd	(2009)	11.50
9	Julian Phillips	(2007)	11.50
10	Jenner Cole	(2005)	11.50

100 (Relay)

1	Mike DeAngelis	(2010)
2	Michael Veiksans	(2010)
3	Braeden Rembert	(2010)
4	Brandon Kelly	(2010)
5	Justin Kelly	(2010)
6	Andrew Hines	(2010)
7	Mark Mintel	(2010)
8	Alex Milord	(2010)
9	Juan Edney	(2010)
10	Barrington Palmer	(2010)

110 HH (Open)

1	Raymond Hyman	(2010)	14.90
2	Jamaad Nash	(2010)	15.90
3	Daniel Cruz	(2010)	16.00
4	Alex Sarkodie	(2009)	16.10
5	Stephen Regman	(2008)	16.70
6	Aaron Pinkard	(2009)	16.80
7	Kevin Polt	(2010)	17.00
8	Kaream Hassan	(2009)	17.60
9	Kyle Rollins	(2007)	18.40
10	Thomas Wang	(2010)	18.80

110 HH (Relay)

1	Raymond Hyman	(2010)	15.10
2	Alex Sarkodie	(2010)	15.70
3	Jamaad Nash	(2010)	15.80
4	Daniel Cruz	(2010)	16.20
5	Aaron Pinkard	(2009)	16.70
6	Kevin Polt	(2010)	16.90

7	Kaream Hassan	(2009)	17.40
8	Brandon Kelly	(2009)	19.50
9	Thomas Wang	(2010)	20.30
10	Darryl Costello	(2010)	20.80

2.0 miles (Open)

1	S Baran	(????)	9:31.00
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200 (Open)

1	Garrett Ellis	(2008)	21.90
2	Shariff Stubbs	(2008)	22.10
3	Mike Suarez	(2008)	22.20
4	Michael Veiksans	(2010)	22.60
5	Julian Phillips	(2006)	22.70
6	Raymond Hyman	(2010)	23.09
7	Jon Cardadeiro	(2005)	23.10
8	Allen Eke	(2010)	23.20
9	Jordan Peru	(2009)	23.20
10	Nick Morrisey	(2006)	23.20

200 (Relay)

1	Garrett Ellis	(2008)	20.80
2	Shariff Stubbs	(2009)	21.50
3	Mike Suarez	(2009)	21.60
4	Michael Veiksans	(2010)	21.90
5	James Pierce	(2007)	21.90
6	Obinna Nwafor	(2008)	22.00
7	Julian Phillips	(2007)	22.20
8	Jon Cardadeiro	(2005)	22.20
9	Nick Morrisey	(2006)	22.30
10	Raymond Hyman	(2010)	22.60

400 (Open)

1	Garrett Ellis	(2008)	48.60
2	Mike Suarez	(2008)	49.67
3	Allen Eke	(2010)	50.11
4	James Pierce	(2007)	50.20
5	Shariff Stubbs	(2008)	50.90
6	Julian Phillips	(2007)	51.30
7	Michael Veiksans	(2010)	52.10
8	Nick Morrisey	(2006)	52.10
9	Evan Gingrich	(2010)	52.13
10	Jon Cardadeiro	(2005)	52.30

400 (Relay)

1	Garrett Ellis	(2008)	47.80
2	Mike Suarez	(2009)	48.90



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3	James Pierce	(2007)	48.90
4	Allen Eke	(2010)	48.90
5	Evan Gingrich	(2010)	49.70
6	Obinna Nwafor	(2008)	49.80
7	Michael Veiksans	(2009)	49.90
8	Shariff Stubbs	(2009)	50.20
9	DJ Thornton	(2010)	50.20
10	Julian Phillips	(2007)	50.40

400 IH (Open)

1	Jason Frank	(????)	58.04
2	Brian Flores	(2010)	59.50
3	Brandon Kelly	(2009)	59.85
4	Aaron Pinkard	(2009)	59.93
5	Daniel Cruz	(2010)	1:00.10
6	Alex Sarkodie	(2009)	1:02.30
7	Paul Latham	(2006)	1:02.80
8	Raymond Hyman	(2009)	1:03.03
9	Stephen Regman	(2008)	1:03.20
10	Michael Cowherd	(2009)	1:04.30

400 IH (Relay)

1	Daniel Cruz	(2010)	59.95
2	Brian Flores	(2010)	1:00.36
3	Aaron Pinkard	(2009)	1:01.50
4	Brandon Kelly	(2009)	1:02.40
5	Raymond Hyman	(2010)	1:03.10
6	Alex Sarkodie	(2009)	1:06.40
7	Kervens Francois	(2005)	1:09.80
8	Tyrell Howard-Franklin	(2005)	1:12.00

800 (Open)

1	Allen Eke	(2010)	1:53.74
2	Brian Guterl	(2007)	1:54.48
3	Mike Sprague	(2007)	1:55.95
4	DJ Thornton	(2010)	1:56.60
5	Danny da Costa	(2009)	1:57.08
6	Ryan Kilkenny	(2008)	1:58.11
7	Evan Gingrich	(2010)	2:00.64
8	Kevin Mulligan	(2010)	2:00.98
9	Garrett Ellis	(2008)	2:01.90
10	Matt O'Donnell	(2009)	2:04.59

800 (Relay)

1	DJ Thornton	(2010)	1:51.61
2	Brian Guterl	(2007)	1:52.70
3	Allen Eke	(2010)	1:55.71

4	Evan Gingrich	(2010)	1:57.01
5	Mike Sprague	(2007)	1:57.90
6	Danny da Costa	(2009)	1:58.20
7	Ryan Kilkenny	(2008)	1:58.20
8	Kevin Mulligan	(2010)	1:58.21
9	Garrett Ellis	(2006)	2:01.20
10	Matt O'Donnell	(2010)	2:01.90

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
5	Evan Gingrich	(2008)	3:35.50

1200 (Relay)

1	DJ Thornton	(2009)	3:09.90
2	Danny da Costa	(2009)	3:10.60
3	Mike Sprague	(2007)	3:14.20
4	Kevin Mulligan	(2010)	3:18.40
5	Evan Gingrich	(2010)	3:19.90
6	Alex Niziolek	(2009)	3:19.90
7	Brian Butterly	(2010)	3:28.70
8	Mike Cahill	(2010)	3:31.90
9	Russell Kinney	(2007)	3:32.10
10	Danny Kilkenny	(2009)	3:34.30

1500 (Relay)

1	DJ Thornton	(2008)	4:23.40
2	Alex Niziolek	(2008)	4:25.60
3	Danny da Costa	(2008)	4:28.40

1600 (Open)

1	DJ Thornton	(2010)	4:09.63
2	Brian Guterl	(2010)	4:16.11
3	Danny da Costa	(2009)	4:28.66
4	Kevin Mulligan	(2010)	4:29.39
5	Mike Sprague	(2006)	4:37.06
6	Mike Cahill	(2010)	4:38.20
7	Alex Niziolek	(2008)	4:39.60
8	Matt Poirier	(2004)	4:41.21
9	Matt O'Donnell	(2009)	4:41.25
10	Evan Gingrich	(2010)	4:43.50

1600 (Relay)

1	DJ Thornton	(2010)	4:20.10
2	Brian Guterl	(2006)	4:25.10



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3	Alex Niziolek	(2008)	4:39.50
4	Mike Cahill	(2010)	4:40.40
5	Kevin Mulligan	(2009)	4:41.20
6	Mike Sprague	(2006)	4:43.30
7	Russell Kinney	(2008)	4:49.20
8	Evan Gingrich	(2008)	4:49.80
9	Matt Poirier	(2004)	4:50.80
10	Joe Seebode	(2010)	4:51.90

3000 (Open)

1	DJ Thornton	(2009)	8:45.93
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3200 (Open)

1	DJ Thornton	(2009)	9:20.03
2	Brian Guterl	(2005)	9:52.97
3	Mike Cahill	(2010)	9:53.23
4	Kevin Mulligan	(2010)	10:08.03
5	Mike Sprague	(2006)	10:19.60
6	Joe Seebode	(2010)	10:25.19
7	Alex Niziolek	(2008)	10:42.80
8	Brian Butterly	(2009)	10:44.57
9	Collin Dube	(2007)	10:51.50
10	Nick Carnet	(2008)	11:01.80