

<b>100 Meters</b>		
<b>(hand-timed or F.A.T. minus .24 conversion)</b>		
<b>Name</b>	<b>Time</b>	<b>Date</b>
1 Mike Florio	10.84	23-May-15
2 Connor Adkins	11.02	9-May-16
3 Matt Vaccari	11.03	23-May-15
4 Jarett Menzel	11.1	20-May-06
4 Mike Farrell	11.1	14-May-88
4 Kevin Frei	11.1	25-May-96
7 Luke Bussetti	11.14	25-May-19
8 Alex Hajal	11.15	12-May-23
8 Jason Tufo	11.2	6-Apr-98
10 Manuel Carvajal	11.28	2-Jun-23

<b>200 Meters</b>		
<b>(hand-timed or F.A.T. minus .24 conversion)</b>		
<b>Name</b>	<b>Time</b>	<b>Date</b>
1 Luke Bussetti	22.41	10-May-19
2 Manuel Carvajal	22.45	12-May-23
3 Mike Florio	22.49	23-May-15
4 Jarett Menzel	22.50	27-May-06
5 Oliver Gilan	22.60	27-May-16
5 Mike Farrell	22.60	14-May-88
5 Bill Trethway	22.60	
8 Justin Pulgrano	22.80	11-May-06
9 Alex Hajal	22.83	12-May-23
10 Mike Glickman	23.00	12-May-05

<b>400 Meters</b>		
<b>(hand-timed or F.A.T. minus .14 conversion)</b>		
<b>Name</b>	<b>Time</b>	<b>Date</b>
1 Jarett Menzel	49.40	20-May-06
2 Maxwel Gurkovic	49.54	3-Jun-23

	3 Mike DiBella	49.85		29-May-07	
	4 Ryan Kriser	50.60		12-May-03	
	5 Luke Bussetti	50.67		25-May-18	
	6 Cal Gilan	50.98		28-May-13	
	7 Jack Greuter	51.08		18-May-13	
	8 Oliver Gilan	51.31		27-May-16	
	9 Colin Arber	51.34		24-May-19	
	10 Mike Oliver	51.80		9-May-96	
<b>800 Meters</b>					
	<b>Name</b>	<b>Time</b>		<b>Date</b>	
	1 Bob Cassavell	1:54.8		23-May-85	
	2 Nikolajs Batarags	1:55.7		27-May-06	
	3 Joe Oliver	1:58.2		25-May-93	
	4 Will Repole	1:58.4		2-May-87	
	4 Tom Gaidus	1:58.4		17-May-08	
	6 Andrew Gaidus	1:58.5		27-May-06	
	7 Ben Diestel	1:58.9		28-May-05	
	8 Tom Gaidus	1:59.0		2-May-09	
	9 Scott Muhlretter	1:59.1		19-May-84	
	9 Rick Granquist	1:59.1		19-May-84	
<b>1600 Meters</b>					
	<b>Name</b>	<b>Time</b>		<b>Date</b>	
	1 Rick Granquist	4:16.5		2-Jun-84	
	2 Rob Reeder	4:17.6		23-May-92	
	3 Greg Miller	4:18.9		15-May-71	
	4 Ben Diestel	4:19.2		27-May-06	
	5 JP Julian	4:20.53		1-May-14	
	6 Jeff Brown	4:20.8		27-May-86	
	7 Tom Gaidus	4:22.24		30-May-08	
	8 Andrew Gaidus	4:24.82		30-May-06	
	9 James Bryan	4:25.41		25-May-12	
	10 Steve Kaye	4:26.5		28-May-96	
<b>3200 Meters</b>					
	<b>Name</b>	<b>Time</b>		<b>Date</b>	
	1 Rob Reeder	9:09.8		3-Jun-92	
	2 Bill Wraga	9:26.3		15-May-75	

	3 Rick Granquist	9:27.4		18-May-83	
	4 Ben Diestel	9:29.1		20-May-05	
	5 Carl Warner	9:29.7			
	6 Andrew Gaidus	9:32.4		18-May-07	
	7 Joe Oliver	9:34.2		14-May-93	
	8 Jeff Brown	9:39.0		25-May-85	
	9 James Bryan	9:39.47		19-May-12	
	10 Rob Craig	9:42.7		19-May-84	
<b>110 Meters High Hurdles</b>					
(hand-timed or F.A.T. minus .24 conversion)					
	<b>Name</b>	<b>Time</b>		<b>Date</b>	
	1 Ted Leshner	14.30		27-May-06	
	1 John Mounger	14.30		1-May-70	
	3 PJ Picache	14.54		29-May-04	
	4 Dan Monchek	14.61		2-Jun-18	
	5 Nick Picache	14.64		22-May-10	
	6 Dan Pflueger	14.67		27-May-16	
	7 Bobby Gebhard	14.80		26-May-12	
	8 Greg King	15.00		18-May-85	
	9 Liam Moran	15.28		23-May-15	
	10 Justin Shellaway	15.30		25-May-93	
<b>400 Meters Intermediate Hurdles</b>					
(hand-timed or F.A.T. minus .14 conversion)					
	<b>Name</b>	<b>Time</b>		<b>Date</b>	
	1 Bobby Gebhard	55.40		1-Jun-12	
	2 Jack Greuter	55.57		1-Jun-13	
	3 Nick Picache	55.59		20-May-11	
	4 Ted Leshner	55.90		26-May-06	
	5 Greg King	56.10		18-May-85	
	6 Derek Asplint	56.80		21-May-04	
	6 Kyle Bissell	56.80		30-May-15	
	8 PJ Picache	56.90		19-Apr-04	
	8 Justin Shellaway	56.90		8-May-93	
	10 Mike DiBella	57.20		10-May-07	
<b>Pole Vault</b>					
	<b>Name</b>	<b>Height</b>		<b>Date</b>	

1	Mike Sommerville	14-0		1-Jun-13
2	Ian Kerney	13-10		19-May-23
3	Alex Baker	13-6		5-May-13
3	Curt Baer	13-6		11-May-75
5	Andrew Braun	13-0		3-Jun-16
6	Alec Gillinder	12-6		30-Apr-14
6	Steve Rauch	12-6		8-Apr-75
6	Russ Gill	12-6		6-May-82
6	Lucas Khowaylo	12-6		11-May-19
10	Randy Pendergast	12-2		10-May-69

#### High Jump

Name	Height	Date
1 Mike Sommerville	6-4	9-Apr-13
1 Steve Collins	6-4	21-Apr-75
1 Kevin Lisle	6-4	10-May-77
1 Tim DeLorenzo	6-4	27-May-17
4 James Hoag	6-2	25-Apr-11
4 Mark Conway	6-2	21-May-84
4 Kwame Collins	6-2	18-May-05
8 Zach Madison	6-0	19-Jun-21
8 Mike Malizia	6-0	21-Apr-94
8 Matt Gianno	6-0	19-Apr-74
8 Brendan Donahoe	6-0	23-Apr-92
8 Ted Leshner	6-0	25-Apr-04

#### Long Jump

Name	Distance	Date
1 Kwame Collins	23-0 1/4	8-Jun-06
2 Frankie Richard	23-0	3-Jun-16
2 Bobby Gebhard	22-5	25-May-12
4 Dan Monchek	22-4.75	11-Jun-18
5 Luke Bussetti	21-10.5	13-May-19
5 Matt Gianno	21-10	18-May-74
6 Ted Leshner	21-9	27-May-06
7 Len Hoffman	21-5	24-May-75
8 Craig Heilman	21-2	22-May-04
9 Mike Menakis	21 -2.75	1-Jun-13

Triple Jump		
Name	Distance	Date
1 Kwame Collins	47-9 1/2	21-May-05
2 Bobby Gebhard	47-4 1/4	26-May-12
3 Ted Leshner	47-2 1/4	8-Jun-06
4 Frankie Richard	47-0.5	8-Jun-16
5 Dan Monchek	45-1	4-May-18
6 Colin Pierce	44-8 1/2	17-May-03
7 Mike Menakis	43-8.75	6-May-13
8 Tim Delorenzo	43-4	5/20/2016
9 Liam Moran	42-8	5/22/2015
10 Jim White	42-8	5-May-83

Shot Put		
Name	Distance	Date
1 Jim VanMansart	57-2.25	25-May-71
2 Mark Job	51-3.25	10-May-73
3 Stephen Bono	50-2.75	29-May-01
4 Groschart	49-8	2-May-72
5 Jay Young	49-2	5-May-83
6 John Ardia	49-0.25	30-Apr-90
7 Jun Ho Ham	48-2	27-May-05
8 Rob Malizia	48-4	3-May-93
9 John Griffith	47-11.25	11-May-18
10 Palmer	47-9	19-Apr-74

Discus		
Name	Distance	Date
1 John Griffith	174-5	13-Jun-19
2 Jun Ho Ham	148-11 1/2	25-Apr-05
3 PJ Dakes	147-0	15-Apr-02
4 Jim VanMansart	143-0	18-May-71
5 Stephen Bono	139-8	10-May-01
6 Mark Job	139-5	1-May-73
7 Groschart	138-9	16-May-72
8 Jay Young	138-3	2-May-82

<b>Javelin</b>				
<b>Name</b>	<b>Distance</b>		<b>Date</b>	
1 Chase O'Connell	177-7		15-Jun-23	
2 Brian Bovino	173-4		10-May-06	
3 Jim VanMansart	168-1		28-May-71	
4 Max Gold	159-10		13-May-17	
5 Dan McEntee	157		13-Apr-15	
6 Kevin Corn	154-6		13-Apr-15	
7 Joe Katsikotis	155-0		11-May-11	
8 Domenic Iannaccone	149-6		24-Apr-12	
9 Brandon Bovino	148-6		6-May-09	
10 Ken Hoag	146-3		9-Apr-08	