

Sub-15:00 for 5,000 meters

Program history:

The following Marist College men's distance runners have eclipsed the 15-minute barrier for 5,000 meters on the track (indoors or outdoors).

Girma Segni, 14:18.42, 2009*

Will Griffin, 14:23.43, 2013 **

Arquimedes Delacruz, 14:29.82, 2013

Adam Vess, 14:33.41, 2008

Peter Pazik, 14:35.84, 1986

Matt Flint, 14:37.45, 2010

Ken Walshak, 14:37.53, 2011

Michael Melfi, 14:42.36, 1998

Justin Harris, 14:42.88, 2007

David Raucci, 14:42.92, 2006

Michael Nehr, 14:45.61, 2001

David Swift, 14:50.24, 1995

Zak Smetana, 14:50.39, 2011

Kirk Dornton, 14:50.89, 2002

Nick Webster, 14:52.54, 2009

Conor Shelley, 14:52.67, 2008

Joel Moss, 14:54.57, 2012

Greg Salamone, 14:55.79, 2000

Tim Keegan, 14:56.45, 2009

Ryan Scudato, 14:58.43, 2013

* indoor school record and fastest overall time in school history for the distance

** outdoor school record holder

Bold indicates current team member



Director of Track and Field/Cross Country:

Pete Colaizzo (Marist, 1986), 22nd year

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