

Men's indoor track records, updated through 2016

| <u>Track Event</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> |
|--------------------|-----------------------------|-------------|-------------|
| 55-meter dash | Rob DeAngelo/Everett Butler | 6.63 | 2004/2007 |
| 60-meter dash | Jesse Aprile | 7.13 | 2012 |
| 55-meter hurdles | Eli Bisnett-Cobb | 7.72 | 2004 |
| 60-meter hurdles | Hakim Cunningham | 8.13 | 2016 |
| 200-meter dash | Tim Johnson | 22.61 | 2016 |
| 400-meter dash | Brian DeMarco | 49.14 | 2007 |
| 500-meter dash | Brian DeMarco | 1:03.35 | 2007 |
| 800-meter run | David Marthy | 1:52.18 | 2014 |
| 1000-meter run | David Marthy | 2:26.50 | 2014 |
| Mile run | Adam Vess | 4:08.66 | 2009 |
| 3000-meter run | Adam Vess | 8:05.82 | 2009 |
| 5000-meter run | Girma Segni | 14:18.42 | 2009 |

| <u>Relay event</u> | <u>Names</u> | <u>Time</u> | <u>Year</u> |
|--------------------|--|-------------|-------------|
| 4x400 relay | Bamberger, Carroll, Quinn, DeMarco | 3:20.04 | 2007 |
| SMR | T. Johnson , Dodge, Taylor, Buttigieg | 3:42.82 | 2014 |
| | Krupka, McCloskey, Frederickson, Vanzetta | 3:42.82 | 2010 |
| 4x800 relay | Morton, Burns, Taylor, Morrison | 7:44.69 | 2016 |
| DMR | Henderson, Johnson, Burns, Morton | 10:01.03 | 2016 |

| <u>Field event</u> | <u>Name</u> | <u>Mark</u> | <u>Year</u> |
|--------------------|------------------|---|-------------|
| Shot put | Adam Waterbury | 14.58 (47-10) | 2004 |
| 35-pound weight | Adam Waterbury | 13.92 (45-8) | 2003 |
| High jump | Eli Bisnett-Cobb | 2.01 (6-7 1/8) | 2002 |
| Long jump | Tim Murphy | 6.78 (22-3) | 1973 |
| Triple jump | Jamie Palmer | 13.82 (45-4) | 1994 |
| Pole vault | Max Carow | 4.26 (13-11 ³ / ₄) | 2009 |

Bold indicates active team member



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Men's outdoor track records, updated through 2016

| <u>Track event</u> | <u>Name</u> | <u>Mark</u> | <u>Year</u> |
|-------------------------|------------------|-------------|-------------|
| 100-meter dash | Jesse Aprile | 11.08 | 2013 |
| 110-meter hurdles | Hakim Cunningham | 14.50 | 2016 |
| 200-meter dash | Jesse Aprile | 22.34 | 2012 |
| 400-meter dash | Brian DeMarco | 49.30 | 2005 |
| 400-meter hurdles | Hakim Cunningham | 55.62 | 2015 |
| 800-meter run | Keith Millspaugh | 1:49.84 | 1978 |
| 1500-meter run | Adam Vess | 3:49.61 | 2009 |
| 3000-meter steeplechase | Mark Valentino | 9:05.01 | 2016 |
| 5000-meter run | Will Griffin | 14:31.91 | 2011 |
| 10000-meter run | Will Griffin | 29:45.81 | 2011 |

| <u>Relay event</u> | <u>Names</u> | <u>Mark</u> | <u>Year</u> |
|----------------------|--|-------------|-------------|
| 4x100 relay | Cunningham, Cafaro, Johnson, Taylor | 42.75 | 2016 |
| 4x200 relay | Pakiela, Capecci, Stelz, DeAngelo | 1:31.81 | 2003 |
| 4x400 relay | Bamberger, Quinn, Pakiela, DeMarco | 3:20.91 | 2005 |
| 4x800 relay | Vanzetta, Marthy, Panebianco, Griffin | 7:39.27 | 2013 |
| 4x1500 relay | Rynkowski, Walshak, Posch, Salek | 16:17.39 | 2014 |
| Sprint medley relay | Pakiela, DeAngelo, DeMarco, Bamberger | 3:30.15 | 2004 |
| Shuttle hurdle relay | Bisnett-Cobb, Aprahamian, McManus, McClellan | 1:05.27 | 2001 |

| <u>Field event</u> | <u>Name</u> | <u>Mark</u> | <u>Year</u> |
|--------------------|------------------|----------------|-------------|
| Shot put | Adam Waterbury | 14.35 (7-1) | 2002 |
| Hammer | Peter Van Aken | 46.64 (153-1) | 1977 |
| Discus | Hank Blum | 44.24 (145-1¾) | 1971 |
| Javelin | Michael Curran | 62.69 (205-8) | 2003 |
| Pole vault | Max Carow | 4.27 (14-0) | 2009 |
| High jump | Eli Bisnett-Cobb | 1.97 (6-5½) | 2001 |
| Long jump | Tim Murphy | 6.86 (22-6) | 1975 |
| Triple jump | Shaun Kippins | 13.63 (44-8½) | 2006 |

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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

Dietrich Mosel, 14:49.74, 2016

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

Mark Valentino, 14:56.77, 2016

Stefan Morton, 14:58.19, 2016

Ryan Scudato, 14:58.43, 2013

Spencer Johnson, 14:58.46, 2015

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

** outdoor school record holder

Bold indicates current team member



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A Springtime Tradition: Marist Track at USA Junior Championships

The following Marist men's track athletes have qualified for the USATF Junior Championships in outdoor track. The championships are open to all freshmen who do not turn 20 years old in the year of the Junior Championships.

1998:

- **Greg Salamone**, 10,000 meters, University of Richmond

2000:

- **Jamal Padgett**, 10,000 meters, University of North Texas, Denton, Texas

2003:

- **Justin Harris**, 10,000 meters, Stanford University, Stanford, California

2004:

- **Mark Fernandez**, 10,000 meters, Texas A&M, College Station, Texas

2005:

- **Mike Rolek**, 10,000 meters, Home Depot Center, Carson, California

2006:

- **John Keenan**, 3,000 steeplechase, IUPUI, Indianapolis, Indiana

2008:

- **Nick Webster**, 3,000 steeplechase, Ohio State University, Columbus, Ohio
- **Adam Vess**, 5,000 meters, Ohio State University, Columbus, Ohio
- **Tim Keegan**, 10,000 meters, Ohio State University, Columbus, Ohio

2009:

- **Matt Flint**, 10,000 meters, Hayward Field, University of Oregon

2010:

- **Arquimedes Delacruz**, 3,000 steeplechase, 5,000 meters, 10,000 meters, Drake University, Des Moines, Iowa
- **Mike Nicoletti**, 10,000 meters, Drake University, Des Moines, Iowa

2011:

- **Isaiah Miller**, 10,000 meters, Hayward Field, University of Oregon
- **Nick Hughes**, 10,000 meters, Hayward Field, University of Oregon

2012:

- **Mark Valentino**, 3,000 steeplechase, University of Indiana, Bloomington

2013:

- **Johnny Lee**, 10,000 meters, Drake University, Des Moines, Iowa
- **Ryan Colabella**, 10,000 meters, Drake University, Des Moines, Iowa

2014:

- **Spencer Johnson**, 10,000 meters, Hayward Field, University of Oregon

2015:

- **Dietrich Mosel**, 10,000 meters, Hayward Field, University of Oregon

2016:

- **Matt Baffuto**, 10,000 meters, Clovis, California
- **Riley Hughes**, 10,000 meters, Clovis, California



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Women's indoor track records, updated through 2016

| <u>Track event</u> | <u>Name</u> | <u>Mark</u> | <u>Year</u> |
|--------------------|---|---------------|-------------|
| 55-meter dash | Dominique Pino | 7.38 | 1997 |
| 60-meter dash | Danielle Asaro | 7.95 | 2015 |
| 55-meter hurdles | Chrissy McDevitt | 8.32 | 2007 |
| 60-meter hurdles | Chrissy McDevitt | 9.03 | 2007 |
| 200-meter dash | Danielle Asaro | 25.68 | 2015 |
| 300-meter dash | Holly Burns | 42.56 | 2010 |
| 400-meter dash | Debbie Boerke | 58.55 | 2016 |
| 500-meter dash | Molly Weeks | 1:16.08 | 2014 |
| 800-meter run | Susan Golden | 2:11.42 | 2003 |
| 1000-meter run | Susan Golden | 2:52.58 | 2003 |
| Mile run | Kristen Traub | 4:55.31 | 2015 |
| 3,000-meter run | Michelle Gaye | 9:44.48 | 2015 |
| 5,000-meter run | Michelle Gaye | 16:41.89 | 2015 |
| <u>Relay event</u> | <u>Names</u> | <u>Mark</u> | <u>Year</u> |
| 4x200m | Forrest, Craig, Boerke, Weeks | 1:45.88 | 2016 |
| 4x400m | Cartwright, Boerke, Weeks, Craig | 4:00.20 | 2015 |
| 4x800m | Crowe, Coughlin, Meenan, Gamboli | 9:20.43 | 2012 |
| DMR | Gamboli, Harnett, Crowe, Burns | 11:54.75 | 2011 |
| SMR | Haynes, Asaro, Gillespie, Weeks | 4:21.78 | 2014 |
| <u>Field event</u> | <u>Name</u> | <u>Mark</u> | <u>Year</u> |
| Shot put | Jen Stewart | 9.73 (31-11) | 1998 |
| High jump | Fallon Quigley | 1.57 (5-1.75) | 2014 |
| Long jump | Nicole Scicolone | 5.45 (17-10½) | 2012 |
| Triple jump | Brooke Kristensen | 10.69 (35-1) | 2011 |
| Pole vault | Justine Colabraro | 3.10 (10-2) | 2007 |

Bold indicates active team member



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|--------------------|--|---------------|-------------|
| 100-meter dash | Danielle Asaro | 12.48 | 2014 |
| 100-meter hurdles | Chrissy McDevitt | 14.82 | 2007 |
| 200-meter dash | Holly Burns | 25.84 | 2009 |
| 400-meter dash | Holly Burns | 58.32 | 2008 |
| 400-meter hurdles | Debbie Boerke | 1:01.70 | 2016 |
| 800-meter run | Susan Golden | 2:11.57 | 2000 |
| 1,500-meter run | Kristen Traub | 4:33.95 | 2015 |
| 3,000-meter run | Kristen Traub | 9:54.78 | 2016 |
| 3,000 steeplechase | Brittany Burns | 10:43.41 | 2011 |
| 5,000-meter run | Michelle Gaye | 16:33.86 | 2015 |
| 10,000-meter run | Michelle Gaye | 34:20.07 | 2015 |
| <u>Relay event</u> | <u>Names</u> | <u>Mark</u> | <u>Year</u> |
| 4x100m | Haynes, Asaro, Scicolone, Weeks | 48.97 | 2014 |
| 4x200m | Artiano, Thompson, McDevitt, Keller | 1:46.06 | 2004 |
| 4x400m | Cartwright, Craig, Weeks, Horner | 3:58.29 | 2015 |
| 4x800m | Horner, Traub, Robinson, Solviletti | 9:09.91 | 2015 |
| 4x1500m | Traub, Nesi, Gaye, Solviletti | 19:04.69 | 2014 |
| DMR | Nesi, Meenan, Traub, Thompson | 12:24.85 | 2013 |
| SMR | Artiano, Knapp, Thompson, Golden | 4:12.53 | 2002 |
| <u>Field event</u> | <u>Name</u> | <u>Mark</u> | <u>Year</u> |
| Shot put | Lori Keyes | 10.97 (36-0) | 1992 |
| Discus | Jen Kraus | 28.37 (93-1) | 1992 |
| Javelin | Lori Keyes | 39.98 (131-2) | 1992 |
| High jump | Fallon Quigley /Charlene Fields | 1.57 (5-1.75) | 2015/1992 |
| Long Jump | Chrissy McDevitt | 5.59 (18-4) | 2007 |
| Triple Jump | Jen Stewart | 10.87 (35-8) | 2001 |
| Pole Vault | Justine Colabraro | 2.93 (9-7½) | 2007 |

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