

**2009-10 UALBANY MEN'S INDOOR TRACK & FIELD
BEST OF THE YEAR**

55-Meter Dash

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	6.50	Jake Rachiele	2/20/10, America East Championship
2	6.54	Earnest Waters	2/19/10, America East Championship
3	6.55	Tristan Akong	2/12/10, Binghamton Tri-Meet
4	6.56	Germain Smith	2/12/10, Binghamton Tri-Meet
5	6.60	Taylor Chaney	2/19/10, America East Championship
6	6.80	Freddie Wills	3/6/10, IC4A Championship
7	6.83	Jeffery Barnes	2/12/10, Binghamton Tri-Meet
8	6.92	Kevin O'Riley	2/12/10, Binghamton Tri-Meet
9	6.96	Jordan Pollock	2/12/10, Binghamton Tri-Meet
10	6.99	Sean Cooper	2/19/10, America East Championship

60-Meter Dash

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	7.06	Tristan Akong	1/30/10, Saturday Night at the Armory II
2	7.09	Jake Rachiele	1/9/10, Yale Intercollegiate Track Classic
3	7.14	Germain Smith	2/5/10, New Balance Collegiate Invitational
4	7.16	Earnest Waters	2/5/10, New Balance Collegiate Invitational
5	7.18	Fred Casimo	1/9/10, Yale Intercollegiate Track Classic
6	7.22	Taylor Chaney	1/9/10, Yale Intercollegiate Track Classic
7	7.25	Nasim Siddeeq	1/9/10, Yale Intercollegiate Track Classic
8	7.29	Valete Graham	1/9/10, Yale Intercollegiate Track Classic
9	7.34	Freddie Wills	1/8/10, Army's Carleton Crowell Open
10	7.40	Kyle Nadler	1/9/10, Yale Intercollegiate Track Classic
11	7.44	Shane Wagner	1/8/10, Army's Carleton Crowell Open
12	7.54	Sean Cooper	1/8/10, Army's Carleton Crowell Open
13	7.64	Kevin O'Riley	1/8/10, Army's Carleton Crowell Open

200-Meter Dash

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	21.67 (IC4A)	Jeffery Barnes	2/20/10, America East Championship
2	21.93 (IC4A)	Jonathan Santana	2/20/10, America East Championship
3	22.07 (IC4A)	Taylor Chaney	3/6/10, IC4A Championship
4	22.19 (IC4A)	Jake Rachiele	2/19/10, America East Championship
5	23.05	Tristan Akong	1/30/10, Saturday Night at the Armory II
6	23.34	Earnest Waters	2/12/10, Binghamton Tri-Meet
7	23.71	Germain Smith	1/30/10, Saturday Night at the Armory II

400-Meter Dash

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	48.06 (IC4A)	Jonathan Santana	2/20/10, America East Championship
2	48.36 (IC4A)	Alie Beauvais	1/22/10, Great Dane Classic
3	49.00 (IC4A)	Jeffery Barnes	2/5/10, New Balance Collegiate Invitational
4	49.76	Ebube Abara	2/20/10, America East Championship
5	50.38	Peter Rowell	1/9/10, Yale Intercollegiate Track Classic
6	51.37	Alex Petit-Frere	1/30/10, Saturday Night at the Armory II
7	51.56	Alan Nimblette	1/9/10, Yale Intercollegiate Track Classic

500-Meter Dash

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	1:02.32 (IC4A)	Alie Beauvais	2/20/10, America East Championship
2	1:04.22 (IC4A)	Peter Rowell	2/19/10, America East Championship
3	1:04.67 (IC4A)	Jonathan Santana	1/16/10, Penn State Northeast Challenge
4	1:04.72 (IC4A)	Alex Petit-Frere	2/19/10, America East Championship
5	1:05.05 (IC4A)	Alan Nimblette	2/19/10, America East Championship
6	1:06.61	Ebube Abara	1/22/10, Great Dane Classic
7	1:07.08	Nick Santos	2/12/10, Binghamton Tri-Meet

55-Meter High Hurdles

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	7.74 (IC4A)	Garrett Askew	2/19/10, America East Championship
2	7.78	Freddie Wills	2/19/10, America East Championship
3	7.79	Shane Wagner	1/22/10, Great Dane Classic
4	7.97	Mohamed Kanu	2/19/10, America East Championship
5	8.17	Alfred Pryor	1/22/10, Great Dane Classic
6	8.19	Sean Cooper	1/22/10, Great Dane Classic 2/12/10, Binghamton Tri-Meet

60-Meter High Hurdles

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	8.30	Garrett Askew	1/16/10, Penn State Northeast Challenge
2	8.47	Shane Wagner	2/26/10, NYU Fastrack Invitational
3	8.51	Freddie Wills	1/30/10, Saturday Night at the Armory II
4	8.58	Mohamed Kanu	1/30/10, Saturday Night at the Armory II
5	8.59	Alfred Pryor	1/30/10, Saturday Night at the Armory II
6	8.67	Nick Assini	2/5/10, New Balance Collegiate Invitational
7	8.84	Sean Cooper	1/9/10, Army's Carleton Crowell Open
8	9.74	Kevin O'Riley	1/9/10, Army's Carleton Crowell Open

800-Meter Run

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	1:50.86 (IC4A)	Tyler Fogarty	2/6/10, New Balance Collegiate Invitational
2	1:50.87 (IC4A)	John Moore	1/30/10, Saturday Night at the Armory II
3	1:51.95 (IC4A)	Nick Santos	2/20/10, America East Championship
4	1:54.62 (IC4A)	Aaron Lozier	1/22/10, Great Dane Classic
5	1:55.02	Sean Halpin	1/30/10, Saturday Night at the Armory II
6	1:58.71	Ryan Florkiewicz	1/30/10, Saturday Night at the Armory II
7	1:59.02	Peter Rowell	2/12/10, Binghamton Tri-Meet
8	2:01.97	Alan Nimblette	2/12/10, Binghamton Tri-Meet

1,000-Meter Run

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	2:22.36 (IC4A)	John Moore	1/16/10, Penn State Northeast Challenge
2	2:26.26 (IC4A)	Tyler Fogarty	1/16/10, Penn State Northeast Challenge
3	2:26.87 (IC4A)	Sean Halpin	1/16/10, Penn State Northeast Challenge
4	2:26.92 (IC4A)	Nick Santos	1/22/10, Great Dane Classic
5	2:27.81 (IC4A)	Paul Lagno	1/22/10, Great Dane Classic
6	2:29.42 (IC4A)	Ian Ellis	2/20/10, America East Championship
7	2:31.62	Ryan Florkiewicz	1/30/10, Saturday Night at the Armory II
8	2:35.98	Aaron Lozier	2/5/10, New Balance Collegiate Invitational
9	2:39.94	Cory Greczyn	2/12/10, Binghamton Tri-Meet
10	2:53.96	Sean Cooper	1/9/10, Army's Carleton Crowell Open
11	2:54.55	Freddie Wills	3/7/10, IC4A Championship
12	3:12.86	Shane Wagner	1/9/10, Army's Carleton Crowell Open
13	3:19.81	Freddie Wills	1/9/10, Army's Carleton Crowell Open
14	3:55.33	Kevin O'Riley	1/9/10, Army's Carleton Crowell Open

Mile Run

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	4:05.63 (IC4A)	John Moore	3/6/10, IC4A Championship
2	4:06.35 (IC4A)	Tyler Fogarty	3/6/10, IC4A Championship
3	4:08.77 (IC4A)	Sean Halpin	1/22/10, Great Dane Classic
4	4:13.60 (IC4A)	Paul Lagno	1/16/10, Penn State Northeast Challenge
5	4:17.54	Nick Santos	1/30/10, Saturday Night at the Armory II
6	4:20.55	R.J. Sniffen	2/12/10, Binghamton Tri-Meet
7	4:22.40	Alex Leuchanka	2/12/10, Binghamton Tri-Meet
8	4:24.42	Ryan Florkiewicz	2/26/10, NYU Fastrack Invitational
9	4:25.52	Ian Ellis	1/9/10, Yale Intercollegiate Track Classic
10	4:27.36	Cory Greczyn	1/30/10, Saturday Night at the Armory II
11	4:28.38	Ethan Clary	2/12/10, Binghamton Tri-Meet
12	4:31.95	Chris Manico	2/12/10, Binghamton Tri-Meet
13	4:33.86	Craig Weiss	2/12/10, Binghamton Tri-Meet
14	4:35.22	Jared Leslie	1/9/10, Yale Intercollegiate Track Classic
15	4:38.30	Aaron Lozier	2/6/10, New Balance Collegiate Invitational

3,000-Meter Run

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	8:28.96	Alex Leuchanka	2/20/10, America East Championship
2	8:38.78	Paul Lagno	1/30/10, Saturday Night at the Armory II
3	8:46.52	Ethan Clary	1/22/10, Great Dane Classic
4	8:49.74	R.J. Sniffen	1/30/10, Saturday Night at the Armory II
5	8:50.09	Chris Manico	1/22/10, Great Dane Classic
6	8:56.10	David Rothman	1/30/10, Saturday Night at the Armory II
7	9:05.56	Craig Weiss	1/22/10, Great Dane Classic

5,000-Meter Run

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	14:51.64	Alex Leuchanka	2/19/10, America East Championship
2	15:40.64	David Rothman	2/19/10, America East Championship

High Jump

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	6-8	Freddie Wills	3/6/10, IC4A Championship
2	6-3.50	Sean Cooper	1/8/10, Army's Carleton Crowell Open
3	6-1.25	Tim McGreevy	1/22/10, Great Dane Classic
4	5-8-75	Kevin O'Riley	2/12/10, Binghamton Tri-Meet
5	5-8.50	Shane Wagner	1/8/10, Army's Carleton Crowell Open

Long Jump

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	24-6.50 (IC4A)	Valete Graham	1/22/10, Great Dane Classic
2	24-5.75 (IC4A)	Fred Casimo	2/5/10, New Balance Collegiate Invitational
3	23-5.25 (IC4A)	Nasim Siddeeq	2/19/10, America East Championship
4	23-4.75 (IC4A)	Freddie Wills	1/30/10, Saturday Night at the Armory II
5	22-10.50	Dong Ning Hu	2/12/10, Binghamton Tri-Meet
6	22-8.50	Kyle Nadler	1/122/10, Great Dane Classic
7	21-11	Kadeem Howell	1/9/10, Yale Intercollegiate Track Classic
8	21-4	Sean Cooper	2/12/10, Binghamton Tri-Meet
9	21-3.50	Kevin O'Riley	2/12/10, Binghamton Tri-Meet
10	20-7.25	Jordan Pollock	1/9/10, Yale Intercollegiate Track Classic
11	17-5.25	Shane Wagner	1/8/10, Army's Carleton Crowell Open

Triple Jump

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	51-0.25 (Prov.)	Nasim Siddeeq	3/7/10, IC4A Championship
2	47-10 (IC4A)	Valete Graham	2/20/10, America East Championship
3	47-0.75 (IC4A)	Kadeem Howell	1/22/10, Great Dane Classic
4	46-10.25	Dong Ning Hu	2/12/10, Binghamton Tri-Meet
5	46-9	Jordan Pollock	1/22/10, Great Dane Classic

Pole Vault

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	17-7 (Prov.)	Luke Schoen	1/22/10, Great Dane Classic
2	14-1.25	Freddie Wills	3/7/10, IC4A Championship
3	13-3.50	Ben Brunjes	1/30/10, Saturday Night at the Armory II
4	12-7.50	Shane Wagner	1/9/10, Army's Carleton Crowell Open
5	10-4	Sean Cooper	1/9/10, Army's Carleton Crowell Open

Shot Put

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	47-5.25	Cory Thomas	2/12/10, Binghamton Tri-Meet
2	43-9.25	Jordan Meikle	1/9/10, Army's Carleton Crowell Open
3	38-3.25	Freddie Wills	3/6/10, IC4A Championship
4	33-11.25	Kevin O'Riley	1/8/10, Army's Carleton Crowell Open
5	31-10.25	Sean Cooper	1/8/10, Army's Carleton Crowell Open
6	27-8	Shane Wagner	1/8/10, Army's Carleton Crowell Open

Weight Throw

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	62-4.50 (IC4A)	Wilfredo de Jesus Elias	2/19/10, America East Championship
2	46-8	Jordan Meikle	1/9/10, Army's Carleton Crowell Open
3	45-3	Cory Thomas	2/12/10, Binghamton Tri-Meet

Heptathlon

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	5,217 (IC4A)	Freddie Wills	3/6-7/10, IC4A Championship
2	4,465	Sean Cooper	2/19-20/10, America East Championship
3	4,045	Shane Wagner	1/8-9/10, Army's Carleton Crowell Open
4	3,147	Kevin O'Riley	1/8-9/10, Army's Carleton Crowell Open

4x200-Meter Relay

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	1:28.74	Jonathan Santana, Jake Rachiele, Tristan Akong, Jeffery Barnes	2/6/10, New Balance Invitational

4x400-Meter Relay

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	3:11.31 (IC4A)	Jonathan Santana, Peter Rowell, Jeffery Barnes, Sean Halpin	3/7/10, IC4A Championship
2	3:14.17 (IC4A)	Jonathan Santana, Jeffery Barnes, Ebube Abara, Alie Beauvais	1/22/10, Great Dane Classic
3	3:14.87 (IC4A)	Jeffery Barnes, Ebube Abara, Jonathan Santana, Alie Beauvais	2/6/10, New Balance Invitational
4	3:18.02 (IC4A)	Peter Rowell, Jonathan Santana, Ebube Abara, Alie Beauvais	1/9/10, Yale Track Classic
5	3:18.83 (IC4A)	Peter Rowell, Alan Nimblette, Ebube Abara, Jeffery Barnes	1/30/10, Saturday at the Armory II
6	3:21.31	Mohamed Kanu, Alan Nimblette, Alex Petit-Frere, Peter Rowell	1/22/10, Great Dane Classic
7	3:24.90	Jonathan Santana, Alan Nimblette, Peter Rowell, Alie Beauvais	1/29/10, Millrose Games
8	3:33.23	Alex Petit-Frere, Kevin O'Riley, Sean Cooper, Shane Wagner	2/12/10, Binghamton Tri-Meet

4x800-Meter Relay

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	7:28.18 (IC4A)	Tyler Fogarty, Sean Halpin, Nick Santos, John Moore	3/7/10, IC4A Championship
2	7:33.97 (IC4A)	Sean Halpin, Nick Santos, John Moore, Tyler Fogarty	1/16/10, Penn State Challenge
3	7:37.02 (IC4A)	Aaron Lozier, Sean Halpin, Nick Santos, John Moore	3/6/10, IC4A Championship
4	7:42.66 (IC4A)	Ian Ellis, Sean Halpin, Paul Lagno, Nick Santos	2/20/10, A-East Championship
5	7:44.35 (IC4A)	Nick Santos, Sean Halpin, Tyler Fogarty, John Moore	1/9/10, Yale Track Classic
6	7:56.43	Ryan Florkiewicz, Cory Greczyn, Ian Ellis, Paul Lagno	2/6/10, New Balance Invitational
7	8:08.97	Cory Greczyn, Ian Ellis, Jared Leslie, Ryan Florkiewicz	1/9/10, Yale Track Classic

Distance Medley Relay (1,200m/400m/800m/1,600m)

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	9:53.09 (IC4A)	Sean Halpin, Alie Beauvais, Tyler Fogarty, John Moore	2/5/10, New Balance Invitational
2	9:54.94 (IC4A)	Tyler Fogarty, Alie Beauvais, John Moore, Paul Lagno	2/19/20, A-East Championship
3	10:19.41 (IC4A)	Sean Halpin, Ebube Abara, Nick Santos, Cory Greczyn	1/9/10, Yale Track Classic
4	10:20.24	John Moore, Alex Petit-Frere, Mitchel Troise, Ryan Florkiewicz	1/9/10, Yale Track Classic
5	10:23.67	Cory Greczyn, Alex Petit-Frere, Jared Leslie, Ian Ellis	1/22/10, Great Dane Classic
6	10:40.51	Craig Weiss, Alex Petit-Frere, Aaron Lozier, Chris Manico	1/30/10, Saturday at the Armory II