



MEN'S INDOOR TRACK & FIELD SCHOOL RECORD PROGRESSION

(Since 2002, As of 3/14/09)

EVENT	NAME	PERFORMANCE	DATE	LOCATION
55 meters	Kwame White	7.10	1/19/02	Hamilton
	Dan Cain	6.74	1/26/02	St. Lawrence
	Tom O'Neill	6.53	12/11/04	St. Lawrence
	Joe Reed	6.46	12/10/05	St. Lawrence
	Joe Reed	6.40	12/8/07	St. Lawrence
	Joe Reed	6.38	3/8/08	Harvard
	Joe Reed	6.34	3/14/08	Ohio Northern
	Joe Reed	6.30	3/15/08	Ohio Northern
	60 meters	Dan Cain	7.36	12/8/01
Dan Cain		7.31	2/9/02	Cornell
Lou Mazzarisi		7.29	12/7/02	Cornell
Josh Jenkins		6.97	12/6/03	Cornell
Joe Reed		6.93	12/2/06	Cornell
Joe Reed		6.91	2/16/08	Cornell
200 meters	Lou Mazzarisi	24.48	1/19/02	Hamilton
	Dan Cain	23.8	1/26/02	St. Lawrence
	Chris Smith	23.90	2/9/02	Cornell
	Lou Mazzarisi	23.89	1/25/03	St. Lawrence
	Lou Mazzarisi	23.65	2/1/03	E. Stroudsburg
	Lou Mazzarisi	23.60	2/15/03	Tufts
	Kwame White	23.49	2/22/03	Hobart
	Lou Mazzarisi	23.45	2/28/03	NY Armory
	Tom O'Neill	23.41	1/31/04	Wesleyan
	Art Driscoll	22.74	2/14/04	MIT
	Art Driscoll	22.64	2/21/04	Hobart
	Tom O'Neill	22.41	12/4/04	Cornell
	Tom O'Neill	22.40	2/5/05	Colgate
	Tom O'Neill	22.15	2/19/05	Hobart
	Joe Reed	22.08	2/23/08	Hobart
	Eric Theiss	21.87	2/7/09	Syracuse
	300 meters	Dan Cain	37.75	12/8/01
Chris Smith		36.92	12/7/02	Cornell
Scott Pollard		34.97	12/3/05	Cornell
Eric Theiss		34.16	2/21/09	Cornell
400 meters	Brian Connolly	56.53	1/19/02	Hamilton
	Brian Connolly	55.73	1/26/02	St. Lawrence
	Lou Mazzarisi	52.85	2/3/02	Syracuse
	Chris Smith	52.59	2/1/03	E. Stroudsburg
	Vin Verteramo	52.49	2/22/03	Hobart
	Chris Smith	51.99	2/28/03	NY Armory
	Art Driscoll	50.76	2/27/04	NY Armory
	Art Driscoll	50.56	12/11/04	St. Lawrence

	Tom O'Neill	48.94	2/12/05	Boston U.
	Eric Theiss	48.62	12/13/08	St. Lawrence
	Eric Theiss	47.62	2/14/09	Boston U.
500 meters	Matt Valcik	1:13.91	1/19/02	Hamilton
	Matt Valcik	1:13.21	1/18/03	Rochester
	Matt Valcik	1:11.03	2/9/03	Syracuse
	Scott Pollard	1:06.91	1/21/06	St. Lawrence
	Fred Romer	1:06.28	12/1/07	Cornell
600 meters	Eric Duffy	1:36.23	2/15/03	Tufts
	Matt Durkin	1:29.12	2/11/06	MIT
	Nick Pampena	1:28.06	2/16/08	Cornell
800 meters	Matt Valcik	2:09.09	2/3/02	Syracuse
	Matt Valcik	2:05.66	2/9/02	Cornell
	Matt Valcik	2:05.12	2/1/03	E. Stroudsburg
	Matt Valcik	2:01.23	2/15/03	Tufts
	Alex Grout	1:58.42	1/27/07	Colgate
	Fred Romer	1:55.51	2/9/07	Boston U.
	Fred Romer	1:54.72	2/9/08	Boston U.
	Fred Romer	1:52.71	3/8/08	Harvard
1,000 meters	Matt Valcik	2:46.33	1/26/02	St. Lawrence
	Matt Valcik	2:41.77	1/25/03	St. Lawrence
	Ryan Wells	2:35.12	1/22/05	St. Lawrence
	Matt Durkin	2:34.42	2/24/06	NY Armory
	Alex Grout	2:31.92	2/2/07	Syracuse
	Alex Grout	2:31.12	2/2/08	Syracuse
1,500 meters	Brian Suozzo	4:16.96	1/19/02	Hamilton
	Brian Suozzo	4:12.89	1/26/02	St. Lawrence
	Ryan Wells	4:01.08	2/19/05	Hobart
Mile	Bryan Reles	4:56.26	2/3/02	Syracuse
	Ryan Wells	4:20.48	2/5/05	Colgate
	Alex Grout	4:15.43	2/9/07	Boston U.
	Alex Grout	4:14.08	2/23/07	NY Armory
	Alex Grout	4:12.38	2/9/08	Boston U.
3,000 meters	Anthony Cordero	11:14.18	1/19/02	Hamilton
	Brian Suozzo	9:01.11	2/3/02	Syracuse
	Brian Suozzo	8:59.39	2/9/02	Cornell
	Nick Scalfone	8:57.70	1/28/06	Colgate
	Nick Scalfone	8:53.39	2/24/06	NY Armory
	Alex Grout	8:49.72	2/16/08	Cornell
	Nick Pampena	8:44.30	3/7/09	Tufts
5,000 meters	Bryan Reles	17:45.22	2/9/02	Cornell
	Dan Verdi	16:39.50	2/7/04	Colgate
	Dan Verdi	16:16.87	2/14/04	MIT
	Nick Scalfone	15:54.52	2/12/05	MIT
	Nick Scalfone	15:38.26	2/25/05	NY Armory
	Nick Scalfone	15:36.52	2/9/07	Boston U.
	Marty Nicholson	15:27.42	2/14/09	Boston U.
55 meter HH	Vin Verteramo	10.75	1/19/02	Hamilton
	Austin Walker	8.36	12/13/03	St. Lawrence

	Tye Thompson	7.93	2/17/07	Hobart
60 meter HH	Kyle Northrop	9.25	12/6/03	Cornell
	Rich Kardas	9.23	12/3/05	Cornell
	Rich Kardas	9.15	12/2/06	Cornell
	Tye Thompson	9.01	12/2/06	Cornell
	Rich Kardas	9.01	2/23/07	NY Armory
	Rich Kardas	8.96	2/16/08	Cornell
800 meter relay	Mazzarisi, Connolly, Smith, Verteramo	1:38.51	1/19/02	Hamilton
	Durena, Wood, Curran, Smith	1:38.27	1/12/03	Dartmouth
	Mazzarisi, Verteramo, White, Smith	1:37.29	1/18/03	Rochester
	Mazzarisi, Verteramo, White, Smith	1:34.34	1/25/03	St. Lawrence
	Driscoll, O'Neill, Palermo, Wood	1:32.11	12/11/04	St. Lawrence
Sprint Medley	Palermo, Mandell, Steele, DeCarr	3:57.28	12/13/03	St. Lawrence
	Sullivan, Steinhofner, Beyer, Sneed	3:53.06	12/8/07	St. Lawrence
1,600 meter relay	Smith, Valcik, Connolly, Mazzarisi	3:36.74	1/26/02	St. Lawrence
	Smith, Cain, Verteramo, Mazzarisi	3:30.46	2/3/02	Cornell
	Smith, Cain, Verteramo, Mazzarisi	3:30.25	2/9/02	Syracuse
	Mazzarisi, Verteramo, White, Smith	3:28.23	2/15/03	Tufts
	Mazzarisi, Verteramo, White, Smith	3:26.93	2/28/03	NY Armory
	Pollard, Wood, Driscoll, White	3:26.63	2/27/04	NY Armory
	Pollard, Driscoll, Wood, White	3:26.55	3/6/04	Bowdoin
	Driscoll, Wood, Pollard, Wells	3:25.05	2/5/05	Colgate
	Driscoll, Pollard, Wood, O'Neill	3:24.26	2/19/05	Hobart
	Driscoll, Pollard, Wood, O'Neill	3:18.08	2/25/05	NY Armory
	Reed, Romer, Reyes, Theiss	3:16.65	2/9/08	Boston U.
3,200 meter relay	Suozzo, Verdi, Lurie, Reles	9:21.60	1/19/02	Hamilton
	Valcik, Verdi, Reles, Lurie	9:07.24	2/9/02	Cornell
	Valcik, Duffy, Melanson, Walcott	8:43.61	12/7/02	Cornell
	Valcik, Walcott, Duffy, Verdi	8:40.65	2/15/03	Tufts
	Valcik, Walcott, Duffy, Verdi	8:34.93	2/22/03	Hobart
	Valcik, Walcott, Duffy, Verdi	8:21.25	2/28/03	NY Armory
	Romer, Pampena, Durkin, Grout	8:01.44	2/23/07	NY Armory
	Grout, Pampena, Sneed, Pfaffenberger	7:59.35	2/29/08	NY Armory
DMR	Verdi, Verteramo, Valcik, Reles	11:48.98	12/8/01	Cornell
	Valcik, Connolly, Verteramo, Lurie	11:45.08	2/3/02	Syracuse
	Valcik, Duffy, Melanson, Walcott	11:45.05	12/7/02	Cornell
	Melanson, Wood, Duffy, Walcott	11:36.25	2/22/03	Hobart
	Valcik, Palermo, DeCarr, Verdi	11:07.56	2/21/04	Hobart
	Walter, Durena, Valcik, Scalfone	10:52.64	2/19/05	Hobart
	Durkin, Palermo, DeCarr, Walter	10:47.62	2/18/06	Hobart
	Durkin, Theiss, Romer, Grout	10:05.87	2/10/07	Boston U.
	Pfaffenberger, Theiss, Romer, Grout	10:01.68	2/8/08	Boston U.
Long Jump	Dan Cain	5.85m (19' 2 1/2")	1/26/02	St. Lawrence
	Tim Wood	6.00m (19' 8 1/4")	2/9/03	Syracuse
	Ryan Schaible	6.19m (20' 3 3/4")	12/13/03	St. Lawrence
	Josh Bogdan	6.40m (21' 0")	1/31/04	Wesleyan
	Josh Bogdan	6.70m (21' 11 3/4")	2/21/04	Hobart
	Shaun Hurley	6.93m (22' 9")	2/19/05	Hobart
Triple Jump	Dan Cain	11.89m (39' 1/4")	2/9/02	Cornell
	Enoch Bunche	12.26m (40' 2 3/4")	12/7/02	Cornell

	Shaun Hurley	12.94m (42' 5 1/2")	12/6/03	Cornell
	Shaun Hurley	13.20m (43' 3 3/4")	1/16/04	NY Armory
	Shaun Hurley	13.59m (44' 7")	2/21/04	Hobart
	Shaun Hurley	13.97m (45' 10")	12/4/04	Cornell
	Shaun Hurley	14.01m (45' 11 3/4")	12/11/04	St. Lawrence
	Shaun Hurley	14.32m (46' 11 3/4")	2/12/05	Boston U.
High Jump	Matt Altman/Jordan Kline	1.63m (5' 4 1/4")	1/18/03	Rochester
	Shaun Hurley	1.91m (6' 3 1/4')	12/6/03	Cornell
	Shaun Hurley	1.93m (6' 4")	1/16/04	NY Armory
	Shaun Hurley	1.94m (6' 4 1/4")	2/7/04	Colgate
	Shaun Hurley	1.98m (6' 6")	2/14/04	MIT
	Shaun Hurley	2.03m (6' 8")	2/21/04	Hobart
Pole Vault	Drew Brewer	3.06m (10' 1/2")	1/25/03	St. Lawrence
	Aaron Payne	3.65m (11' 11 3/4")	12/10/05	St. Lawrence
	Aaron Payne	3.75m (12' 3 1/2")	2/4/06	Syracuse
Shot Put	John English	8.08m (26' 6 1/4")	12/8/01	Cornell
	Mark Stanard	9.87m (32' 4 3/4")	1/19/02	Hamilton
	Chad Calhoun	10.99m (36' 3/4")	2/9/02	Cornell
	Chad Calhoun	11.15m (36' 7")	2/23/02	Plattsburgh
	Kyle Dresser	11.42m (37' 5 3/4")	12/7/02	Cornell
	Kyle Dresser	11.57m (37' 11 1/2")	1/25/03	St. Lawrence
	Kyle Dresser	12.22m (40' 1 3/4")	12/6/03	Cornell
	Kyle Dresser	12.46m (40' 10 1/2")	12/13/03	St. Lawrence
	Kyle Dresser	12.70m (41' 8")	2/14/04	MIT
	Mike DeVasto	12.99m (42' 7 1/2")	12/8/07	St. Lawrence
	Steve Brandis	13.21m (43' 4 1/4")	2/16/08	Cornell
	Mike DeVasto	13.40m (43' 11 3/4")	12/6/08	Cornell
	Mike DeVasto	13.41m (44' 0")	1/24/09	St. Lawrence
	Mike DeVasto	13.71m (44' 11 3/4")	2/7/09	Syracuse
	Mike DeVasto	14.37m (47' 1 3/4")	2/21/09	Cornell
	Mike DeVasto	14.38m (47' 2 1/4")	2/28/09	Hobart
Weight Throw	Taylor Arnold	9.77m (32' 1/4")	12/7/02	Cornell
	Taylor Arnold	12.30m (40' 4 1/4")	1/25/03	St. Lawrence
	Taylor Arnold	12.39m (40' 7 3/4")	12/13/03	St. Lawrence
	Taylor Arnold	14.40m (47' 3")	2/7/04	Colgate
	Taylor Arnold	14.79m (48' 6 1/4")	1/22/05	St. Lawrence
	Taylor Arnold	14.96m (49' 1")	2/5/05	Colgate
	Taylor Arnold	15.61m (51' 2 3/4")	2/25/05	Manhattan
	Mike DeVasto	16.19m (53' 1 1/2")	2/28/09	Hobart