



MEN'S OUTDOOR TRACK & FIELD SCHOOL RECORD PROGRESSION
(Since 2002, As of 5/23/09)

EVENT	NAME	PERFORMANCE	DATE	LOCATION
100 meters	Kwame White	11.73	3/23/02	Disney
	Dan Cain	11.36	4/13/02	West Point
	Art Driscoll	11.04	3/27/04	West Point
	Art Driscoll	11.00	4/3/04	CNU
	Tom O'Neill	10.85	4/29/05	Oneonta
	Tom O'Neill	10.73	4/30/05	Oneonta
	Joe Reed	10.72	4/14/07	TCNJ
	Joe Reed	10.59	5/4/07	Oneonta
200 meters	Lou Mazzarisi	23.19	3/23/02	Disney
	Dan Cain	23.18	4/13/02	West Point
	Kwame White	23.14	5/4/02	Oneonta
	Dan Cain	23.02	5/10/02	Albany
	Art Driscoll	22.97	3/27/04	West Point
	Art Driscoll	22.74	4/3/04	CNU
	Tom O'Neill	22.52	4/17/04	Oneonta
	Tom O'Neill	22.38	4/22/04	Cortland
	Tom O'Neill	22.06	5/1/04	Oneonta
	Art Driscoll	21.84	5/15/04	Williams
	Tom O'Neill	21.65	4/30/05	Oneonta
	Joe Reed	21.52	5/5/07	Oneonta
	Joe Reed	21.35	5/24/07	Oshkosh
400 meters	Chris Smith	52.61	3/23/02	Disney
	Lou Mazzarisi	51.8	4/13/02	West Point
	Kwame White	51.25	5/4/02	Oneonta
	Tim Wood	51.08	4/17/04	Oneonta
	Art Driscoll	49.85	4/23/04	Cortland
	Tom O'Neill	48.47	5/7/05	Oneonta
	Scott Pollard	48.41	4/29/06	Brockport
	Scott Pollard	48.30	5/13/06	Icahn Stadium
800 meters	Matt Valcik	2:04.45	3/23/02	Disney
	Matt Valcik	2:03.35	4/13/02	West Point
	Matt Valcik	2:02.66	5/10/02	Albany
	Matt Valcik	2:00.88	3/29/03	West Point
	Matt Valcik	1:59.56	5/10/03	Albany
	Ryan Wells	1:58.49	4/9/05	Delaware
	Ryan Wells	1:58.25	4/16/05	USMMA
	Fred Romer	1:56.38	4/21/07	Cortland
	Fred Romer	1:55.11	4/25/08	Cortland
	Fred Romer	1:53.93	5/10/08	Icahn Stadium
	Sean Daly	1:53.54	5/11/09	Swarthmore
1500 meters	Brian Suozzo	4:14.1	4/6/02	Ithaca
	Ryan Wells	4:05.64	4/23/05	Oneonta
	Ryan Wells	3:59.08	5/13/05	St. Lawrence
	Alex Grout	3:56.08	5/2/08	Princeton

	Alex Grout	3:55.13	5/10/08	Icahn Stadium
1 Mile	Lee Lurie	5:06.69	4/20/02	Hartwick
3,000 meters	Bryan Reles	10:00.34	3/23/02	Disney
	Brian Suozzo	9:20.13	5/4/02	Oneonta
	Nick Scalfone	9:08.75	4/16/05	USMMA
	Alex Grout	8:57.80	5/3/08	Oneonta
2 Miles	Dan Verdi	10:24.06	5/3/03	Oneonta
5,000 meters	Bryan Reles	17:05.5	3/30/02	Mary Wash.
	Brian Suozzo	16:04	4/13/02	West Point
	Ryan Walter	15:48.94	4/23/05	Oneonta
	Nick Scalfone	15:48.86	4/30/05	Oneonta
	Ryan Walter	15:41.99	5/6/06	Oneonta
	Marty Nicholson	15:37.53	5/10/08	Icahn Stadium
10,000 meters	Lee Lurie	38:23.2	3/30/02	Mary Wash.
	Dan Verdi	34:14.92	4/26/03	Kingston
	Nick Scalfone	33:10.24	4/29/05	Oneonta
	Ryan Walter	32:59.90	5/13/05	St. Lawrence
	Marty Nicholson	32:45.55	4/25/08	Cortland
	Marty Nicholson	32:20.12	5/15/08	Springfield
	Marty Nicholson	31:56.66	4/23/09	Penn Relays
110 meter HH	Bill Dergosits	18.42	5/4/02	Oneonta
	Bill Dergosits	18.11	5/3/03	Oneonta
	Bill Dergosits	17.81	5/1/04	Oneonta
	Tim Moran	16.05	4/16/05	USMMA
	Rich Kardas	15.96	5/13/07	Icahn Stadium
	Matt Weeks	15.94	4/14/09	Delhi
	Matt Weeks	15.93	4/18/09	Cortland
	Matt Weeks	15.71	4/26/09	Cornell
	Matt Weeks	15.65	5/11/09	Swarthmore
400 meter IH	Bill Dergosits	1:00.93	4/13/02	West Point
	Bill Dergosits	1:00.28	5/11/02	Hartwick
	Scott Pollard	57.84	4/17/04	Oneonta
	Scott Pollard	57.14	4/23/05	Oneonta
	Mike Hennessy	57.12	5/3/08	Oneonta
	Sean Wren	56.35	5/1/09	Oneonta
	Sean Wren	56.23	5/2/09	Oneonta
3,000 meter steeplechase	Bryan Reles	10:43.57	4/20/02	Hartwick
	Bryan Reles	10:40.81	4/26/03	Kingston
	Bryan Reles	10:28.78	5/10/03	Albany
	Ryan Wells	9:52.49	4/30/05	Oneonta
	Matt Durkin	9:43.33	4/29/06	Brockport
	Matt Durkin	9:28.55	5/17/07	Oneonta
400 meter relay	Mazzarisi, Verteramo, Curran, White	45.64	3/23/02	Disney
	Mazzarisi, Verteramo, Curran, White	45.55	3/30/02	Mary Wash.
	Cain, Smith, Mazzarisi, White	44.44	4/13/02	West Point
	White, Verteramo, Wood, Smith	44.23	5/3/03	Oneonta
	White, O'Neill, Wood, Driscoll	43.27	4/10/04	Delaware
	O'Neill, Bogdan, Wood, Driscoll	42.75	4/17/04	Oneonta
800 meter relay	Mazzarisi, Verteramo, Smith, White	1:32.8	3/30/02	Mary Wash.

1,600 meter relay	White, Verteramo, Reles, Smith	3:34.50	3/23/02	Disney
	Mazzarisi, Verteramo, Valcik, Smith	3:31.7	3/30/02	Mary Wash.
	Mazzarisi, Cain, Verteramo, Smith	3:26.86	4/20/02	Hartwick
	Mazzarisi, Cain, White, Smith	3:26.13	4/26/02	Penn Relays
	White, O'Neill, Wood, Driscoll	3:22.69	4/17/04	Oneonta
	White, O'Neill, Wood, Driscoll	3:20.77	4/23/04	Cortland
	White, O'Neill, Wood, Driscoll	3:19.76	5/15/04	Williams
	Remillard, Pollard, Reed, Theiss	3:19.30	5/13/06	Icahn Stadium
	Remillard, Pollard, Reed, Theiss	3:18.24	5/19/06	Springfield
	Reed, Romer, Remillard, Theiss	3:15.31	5/18/07	Oneonta
3,200 meter relay	Romer, Pfaffenberger, Greenberg, Daly	8:03.18	4/18/09	Cortland
SMR (200-200-400-800)	Verteramo, Curran, Mazzarisi, Valcik	3:43.04	3/30/02	Mary Wash.
	Reed, Reyes, Romer, Grout	3:31.31	4/12/08	TCNJ
DMR	Walter, Morrissey, Wells, Cortright	11:25.65	3/26/05	Mary Wash.
	Pfaffenberger, Hancock, Bruton, Pampena	10:38.54	4/24/09	Penn Relays
High Jump	Shaun Hurley	1.73m (5' 8")	3/29/03	West Point
	Shaun Hurley	1.83m (6' 0")	4/12/03	Rochester
	Shaun Hurley	1.85m (6' ¾")	4/17/03	Ithaca
	Shaun Hurley	1.91m (6' 3 ¼")	4/19/03	Oneonta
	Shaun Hurley	1.94m (6' 4 ¼")	5/10/03	Albany
	Danny Sullivan	1.95m (6' 4 ¾")	4/26/09	Cornell
Pole Vault	Aaron Payne	3.70m (12' 1 ½")	4/29/06	Brockport
Long Jump	Vin Verteramo	5.72m (18' 9 ¼")	3/23/02	Disney
	Tim Wood	6.03m (19' 9 ½")	4/19/03	Oneonta
	Francis Ukpeh	6.04m (19' 9 ¾")	5/3/03	Oneonta
	Josh Bogdan	6.36m (20' 10 ½")	3/27/04	West Point
	Josh Bogdan	6.61m (21' 8 ¼")	4/17/04	Oneonta
	Shaun Hurley	6.91m (22' 8")	4/29/05	Oneonta
Triple Jump	Enoch Bunche	10.62m (34' 10 ¼")	4/6/02	Ithaca
	Enoch Bunche	10.69m (35' 1")	4/13/02	West Point
	Enoch Bunche	11.03m (36' 2 ¼")	4/20/02	Hartwick
	Enoch Bunche	11.74m (38' 6 ¼")	5/4/02	Oneonta
	Shaun Hurley	12.28m (40' 3 ½")	4/12/03	Rochester
	Shaun Hurley	12.31m (40' 4 ¾")	4/19/03	Oneonta
	Shaun Hurley	13.12m (43' ½")	4/26/03	Kingston
	Shaun Hurley	13.38m (43' 10 ¾")	3/27/04	West Point
	Shaun Hurley	13.45m (44' 1 ½")	5/15/04	Williams
	Shaun Hurley	14.06m (46' 1 ½")	4/30/05	Oneonta
	Shaun Hurley	14.19m (46' 6 ¾")	5/20/05	Springfield
	Shot Put	Chad Calhoun	10.18m (33' 4 ¾")	4/6/02
Kyle Dresser		11.68m (38' 4")	3/29/03	West Point
Kyle Dresser		11.86m (38' 11")	4/19/03	Hartwick
Kyle Dresser		12.07m (39' 7")	4/3/04	CNU
Kyle Dresser		12.32m (40' 5")	4/17/04	Hartwick
Mike DeVasto		13.39m (43' 11 ¼")	4/12/08	TCNJ
Mike DeVasto		13.96m (45' 9 ¾")	4/25/08	Cortland
Mike DeVasto		14.80m (48' 6 ¾")	4/18/09	Cortland
Discus	Chad Calhoun	36.01m (118' 1")	4/6/02	Ithaca
	Chad Calhoun	39.52m (129' 8")	4/13/02	West Point

	Chad Calhoun	39.68m (130' 2")	5/4/02	Hartwick
	Craig Lynch	40.46m (132' 9")	5/2/09	Oneonta
Hammer	Chad Calhoun	31.94m (104' 9")	4/6/02	Ithaca
	Chad Calhoun	36.44m (119' 7")	4/20/02	Hartwick
	Chad Calhoun	39.23m (128' 8")	5/4/02	Hartwick
	Chad Calhoun	39.48m (129' 6")	5/11/02	Hartwick
	Taylor Arnold	43.26m (141' 11")	4/22/04	Cortland
	Mike DeVasto	46.35m (152' 1")	4/25/08	Cortland
	Mike DeVasto	47.14m (154' 8")	4/17/09	Cortland
	Mike DeVasto	47.33m (155' 3")	4/26/09	Cornell
Javelin	Chris Smith	44.71m (146' 8")	3/23/02	Disney
	Chris Smith	48.35m (158' 7")	3/30/02	Mary Wash.
	Chris Smith	49.79m (163' 4")	4/20/02	Hartwick
	Chris Smith	50.56m (165' 10")	5/4/02	Hartwick
	Chris Smith	51.06m (167' 6")	4/26/03	Kingston
	Chris Smith	51.84m (170' 1")	5/10/03	Albany
	Chris Smith	54.81m (179' 10")	3/27/04	West Point
Decathlon	Adam Remillard	5,369 points	5/5/07	Oneonta