

2004 MEN'S INDOOR TRACK AND FIELD TOP TIMES

55-METER DASH

Gabe Rivera	1/10/04	6.56
Ramon Arrieta	2/21/04	6.92
Les Downing	1/10/04	6.94
Justin Malec	1/10/04	7.10

60-METER DASH

Gabe Rivera	2/29/04	7.09
Chris Williams	1/24/04	7.11
Don Sica	1/24/04	7.28

200-METER DASH

Gabe Rivera	2/29/04	22.96
Chris Williams	1/24/04	23.28
Don Sica	1/10/04	23.51
Ramon Arrieta	2/21/04	23.96
Les Downing	1/10/04	24.63
Justin Malec	2/21/04	25.58
Jeff Simpson	1/31/04	26.47
Matt Blaszczyk	2/14/04	26.91

400-METER DASH

Ramon Arrieta	2/7/04	53.40
Justin Malec	2/29/04	55.83

800-METER RUN

Steve Jeske	2/21/04	2:03.16
Tristan Roche	1/24/04	2:03.63
Graham Waller	1/24/04	2:04.37
Jim Sulzberger	1/31/04	2:07.90
Bob Dron	1/10/04	2:11.07

1000-METER RUN

Rich Daubert	2/21/04	2:31.52
Joe Marren	2/21/04	2:33.35
Graham Waller	2/21/04	2:36.36
Bob Dron	2/29/04	2:46.68

1,500-METER RUN

Bob Dron	1/31/04	4:23.39
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1-MILE RUN

Rich Daubert	2/14/04	4:18.81
Joe Marren	2/14/04	4:21.45
Graham Waller	2/14/04	4:32.98
Billy Poole-Harris	1/24/04	4:33.99
Mikhail Davidyan	1/24/04	4:34.77
Jim Sulzberger	2/21/04	4:34.81
Sam Watson	1/10/04	4:38.46
Tristan Roche	1/10/04	4:49.72
Jose Macias	1/10/04	4:50.08

3,000-METER RUN

Rich Daubert	1/24/04	8:47.62
Joe Marren	1/24/04	8:54.19
Jim Sulzberger	2/29/04	8:55.61
Billy Poole-Harris	1/31/04	9:06.93

5,000-METER RUN

Jim Sulzberger	2/29/04	15:29.38
Mikhail Davidyan	2/14/04	16:02.82

1,600-METER RELAY

2/29/04	3:32.74
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DISTANCE MEDLEY RELAY

2/29/04	10:55.55
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POLE VAULT

Matt Blaszczyk	2/21/04	13'0"
Jeff Simpson	1/24/04	12'6"

SHOT PUT

Nick Gazis	1/24/04	45'3 1/2"
Pat Redden	1/10/04	36'3 3/4"

WEIGHT THROW

Nick Gazis	2/21/04	49'3"
Pat Redden	2/29/04	46'1 1/2"

HIGH JUMP

Kevin Mitchem	2/29/04	6'4"
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LONG JUMP

Chris Williams	1/24/04	22'8 1/2"
Bob Thurnhoffer	2/29/04	21'8 1/4"

TRIPLE JUMP

Bob Thurnhoffer	3/6/04	45' 1/2"*
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* Denotes Most Recent Time