

## 2004 MEN'S OUTDOOR TRACK AND FIELD TOP TIMES

### 100-METER DASH

Gabe Rivera	5/21/04	10.86*
Don Sica	4/23/04	11.21
Ramon Arrieta	4/3/04	11.68
Justin Malec	3/27/04	11.73

### 200-METER DASH

Gabe Rivera	5/21/04	22.11*
Ramon Arrieta	4/23/04	23.23
Justin Malec	5/6/04	23.26
Don Sica	4/17/04	23.45
Bob Thurnhoffer	3/27/04	24.92
Matt Blaszczyk	3/27/04	25.63
Jeff Simpson	3/27/04	25.73

### 400-METER DASH

Ramon Arrieta	4/17/04	52.89
Justin Malec	4/17/04	53.37
Tristan Roche	5/6/04	54.71

### 400-METER HURDLES

Steve Jeske	5/1/04	1:00.24
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### 800-METER RUN

Rich Daubert	4/17/04	1:55.99
Joe Marren	4/17/04	2:01.23

### 1,500-METER RUN

Rich Daubert	5/7/04	3:53.52
Joe Marren	5/7/04	4:01.00
Sam Watson	4/10/04	4:06.32
Mikhail Davidyan	4/10/04	4:08.71
Jim Sulzberger	5/1/04	4:09.15
Graham Waller	5/7/04	4:11.90
Bob Dron	5/1/04	4:15.27

### 3,000-METER STEEPLECHASE

Bob Dron	5/6/04	9:53.94
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### 5,000-METER RUN

Sam Watson	4/17/04	15:24.00
Rich Daubert	4/3/04	15:32.32
Mikhail Davidyan	4/3/04	15:34.41
Jim Sulzberger	4/17/04	15:41.50

### 10,000-METER RUN

Mikhail Davidyan	5/6/04	33:55.85
Jose Macias	4/10/04	34:02.91

### 4x100 RELAY

4/10/04	44.65
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### 4x400 RELAY

5/7/04	3:32.19
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**POLE VAULT**

Matt Blaszczyk	3/27/04	13'3"
Jeff Simpson	4/17/04	12'6"

**LONG JUMP**

Bob Thurnhoffer	5/6/04	21'10"
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**TRIPLE JUMP**

Bob Thurnhoffer	5/21/04	46'6 3/4"*
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**DISCUS**

Nick Gazis	4/3/04	164'9"
Pat Redden	4/23/04	125'1 1/2"

**SCHOOL RECORD****HAMMER THROW**

Nick Gazis	4/17/04	161'3"
Pat Redden	5/7/04	142'7"
Don Sica	4/17/04	132'0"

**SHOT PUT**

Nick Gazis	4/3/04	44'8"
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**JAVELIN**

Pat Redden	3/27/04	127'4 1/4"
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\* Denotes Most Recent Time