



2010-11 MEN'S INDOOR TRACK & FIELD SEASON BESTS

60m	Time	Meet	1000m	Time	Meet
Jerome Rudolph	6.99	PLC	Dayne Mosconi	2:29.77	LCRU
Mike DiPietro	7.10	PLC	Matt Piazza	2:36.53	Princeton
David Robinson	7.27	NYRR	Christopher Parker	2:36.95	Princeton
Nick DeRosa	7.32	MH	Ryan Stasiowski	2:37.97	Princeton
Nick Carboni	7.52	Princeton	Derrick Hargwood	2:38.31	Princeton
			Michael Kelley	2:52.26	Dual
200m			1 Mile Run		
Nick Hepp	22.54	PLC	Ryan Stasiowski	4:13.25	LCRU
Nick DeRosa	22.56	LCRU	William Volkmann	4:33.38	MH
Mike DiPietro	22.71	PLC	Michael Kelley	4:34.03	Dual
David Robinson	22.92	PLC	Josh Sadlock	4:37.22	MH
Neil Franzese	24.44	MH	Justin Marcus	4:40.59	Dual
Nick Marinaro	24.97	MH			
Robert Napor	25.08	MH	3000m Run		
			William Volkmann	8:46.84	PLC
300m			Josh Sadlock	8:57.39	PLC
Nick Hepp	36.80	Princeton	Michael Kelley	9:04.36	PLC
Mike DiPietro	37.82	Princeton	Ryan Stasiowski	9:06.12	Dual
Robert Napor	38.89	Princeton	Matt Keehn	9:07.91	LCRU
Nick Marinaro	39.17	Princeton	Justin Marcus	9:35.18	MH
400m			5000m Run		
Nick Hepp	50.65	NYRR	William Volkman	15:10.87	LCRU
Neil Franzese	51.92	NYRR	Josh Sadlock	15:54.35	LCRU
Ryan McVeigh	52.07	Dual	Sam Brinton	16:35.57	LCRU
Bill Leonard	53.53	Great Dane			
Nick Marinaro	55.38	Covert	60m Hurdles		
Robert Napor	55.84	Covert	Nick Orzol	8.82	Dual
			Nick Carboni	9.34	LCRU
500m			4x400m Relay		
Ryan McVeigh	1:06.14	LCRU	Nick Hepp	3:19.74	PLC
Bill Leonard	1:06.26	PLC	Nick DeRosa		
Chris Pregler	1:07.37	NYRR	Ryan McVeigh		
Neil Franzese	1:08.70	LCRU	Bill Leonard		
Tim Shaw	1:08.38	PLC			
600m			4x800m		
Ryan McVeigh	1:24.79	Princeton	Christopher Parker	8:04.78	NYRR
Bill Leonard	1:25.16	Princeton	Derrick Hargwood		
Tim Shaw	1:26.97	Princeton	Matt Piazza		
Neil Franzese	1:27.42	Princeton	Dayne Mosconi		
800m			DMR		
Chris Pregler	1:55.75	PLC	Dayne Mosconi	10:05.81	PLC
Derrick Hargwood	1:58.68	Dual	Neil Franzese		
Dayne Mosconi	1:59.68	Covert	Derrick Hargwood		
Christopher Parker	2:00.01	NYRR	Ryan Stasiowski		
Matt Piazza	2:00.80	MH			
Justin Marcus	2:08.14	Dual			

Long Jump	Distance	Meet
Julian Delgado	22' 7"	Dual
Nick Orzol	22' 1 1/2"	Dual
Nick Carboni	20' 7 3/4"	Dual
Triple Jump		
Nick Orzol	46' 1/2"	MH
Julian Delgado	43' 1 1/2"	NYRR
Nick Henderson	35' 6 1/2"	Dual
High Jump		
Nick Carboni	5' 5 3/4"	Dual
Pole Vault		
Nick Henderson	15' 9"	PLC
Michael Thompson	15' 3"	PLC
Greg Stripe	14' 9 1/4"	LCRU/PLC
Drew Williams	13' 9 1/4"	Dual/PLC
Pat Scognamiglio	12' 7 1/2"	MH
Nick Carboni	10' 8"	PLC
Shot Put		
Matt Crystal	42' 5 1/2"	MH
Chris Luna	38' 10 1/2"	Dual
Mac MaGuire	36' 11 1/2"	Covert
Nick Carboni	32' 1"	MH
Weight Throw		
Matt Crystal	47' 11 1/4"	MH
Mac Maguire	43' 10 3/4"	Covert
Chris Luna	31' 7"	Princeton
Heptathlon		
Nick Carboni	3958 Pts	PLC

Princeton = 12/11/10 Princeton Invite

Gotham = 1/14/11 Gotham Cup (NYC Armory)

NYRR = 1/15/11 NYRR Collegiate Invite (NYC)

Great Dane = 1/21/11 at NYC Armory

MH = 1/22/11 Mountain Hawk at Lehigh University

Dual = 1/29/11 Lafayette-Lehigh Dual (Lehigh)

Covert = 1/5/11 Invite at Lehigh University

LCRU = 2/11/11 Lafayette-Rider Invite (NYC)

P.L.C. = 2/18-20/11 Patriot League Champs (Navy)

IC4A = 3/6-7/10 Eastern Chams (Boston University)