



2011 MEN'S OUTDOOR TRACK & FIELD SEASON BESTS

100m	Time	Meet	5000m	Time	Meet
Jerome Rudolph	10.58	7 Way	Josh Sadlock	14:53.69	Prince
Nick DeRosa	10.90	PLC	William Volkmann	15:12.12	Dual
Nick Hepp	10.95	7 Way	Sam Brinton	16:04.50	Greyhound
David Robinson	11.17	Greyhound	Justin Marcus	16:22.92	Lehigh
Mike DiPietro	11.21	PLC	Stephen Comanto	16:46.20	Greyhound
Nick Carboni	11.63	7 Way			
			10000m		
200m			Josh Sadlock	32:41.65	PLC
Nick DeRosa	21.42	PLC			
Nick Hepp	21.82	PLC	110mH		
Jerome Rudolph	21.92	PLC	Nick Orzol	16.02	Greyhound
David Robinson	22.57	CCU	Nick Carboni	17.08	Dual
Mike DiPietro	22.94	PLC			
Robert Napor	23.57	Lehigh	400mIH		
Nick Marinaro	24.03	7 Way	Ryan McVeigh	54.90	PLC
			Bill Leonard	56.25	PLC
400m			Neil Franzese	56.31	PLC
Nick Hepp	48.63	Dual	Tim Shaw	57.15	PLC
Nick DeRosa	49.59	Prince			
Neil Franzese	51.67	Dual	3000m Steeple		
Robert Napor	53.50	Greyhound	Ryan Stasiowski	9:10.34	Princeton
Nick Marinaro	53.76	Lehigh	Matt Keehn	9:49.15	Dual
			Stephen Comanto	11:11.71	Dual
800m					
Christopher Parker	1:54.08	Lehigh	4x100m Relay		
Chris Pregler	1:54.50	Dual	David Robinson	40.63	PLC
Derrick Hargwood	1:56.73	PLC	Nick DeRosa		
Dayne Mosconi	1:57.16	Greyhound	Nick Hepp		
Ryan Stasiowski	2:02.58	Dual	Jerome Rudolph		
1500m					
Dayne Mosconi	3:55.81	Dual	4x400m Relay		
Derrick Hargwood	4:04.94	Greyhound	Ryan McVeigh	3:17.13	PLC
Christopher Parker	4:09.46	7 Way	Nick DeRosa		
Josh Sadlock	4:10.68	CCU	Nick Hepp		
William Volkmann	4:11.38	CCU	Bill Leonard		
Matt Keehn	4:13.69	CCU			
Derrick Hargwood	4:21.56	7 Way	4x800m Relay		
Sam Brinton	4:29.35	Dual	Chris Pregler	7:44.04	PLC
			Dayne Mosconi		
3000m			Christopher Parker		
Josh Sadlock	8:53.37	7 Way	Derrick Hargwood		
William Volkmann	9:06.43	7 Way			
Matt Keehn	9:10.91	7 Way	DMR		
Sam Brinton	9:28.45	7 Way	Dayne Mosconi	10:17.11	Penn Relay
Stephen Comanto	9:40.90	7 Way	Nick Hepp		
			Chris Preglar		
			Ryan Stasiowski		

Long Jump	Distance	Meet
Nick Orzol	21'4 3/4"	Princeton
Nick Carboni	21'3 1/4"	Dual
Carl Knowles	19'8 1/4"	Lehigh
Triple Jump		
Nick Orzol	46'4"	CCU
Carl Knowles	42'2"	7 Way
Nick Henderson	39'1 1/4"	Dual
High Jump		
Nick Carboni	5'8 3/4"	Dual
Pole Vault		
Greg Stripe	15'3"	PLC
Buddy Thompson	14'9"	PLC
Nick Henderson	14'9"	Lehigh
Drew Williams	14'1 1/4"	CCU
Shot Put		
Mac Maguire	44'6 3/4"	PLC
Matt Crystal	41'5 3/4"	Dual
Chris Luna	39'11 1/2"	Dual
Discus		
Matt Crystal	152'6"	Dual
Mac Maguire	121'7"	7 Way
Chris Luna	103'9"	Dual
Hammer		
Matt Crystal	167'2"	CCU
Mac Maguire	152'8"	Lehigh
Javelin		
Chris Luna	179'6"	7 Way
Derek Ridinger	175'1"	CCU
Nick Carboni	143'8"	Dual
Decathlon		
Nick Carboni	4822 pts	Monds

CCU = 3/18-19/11 Shamrock-Coastal Carolina Invite

7-Way = 4/2/11 Lafayette 7 Way (Home)

Dual = 4/10/11 Lafayette vs Lehigh (Home)

Monds = 4/14-15/11 Monschein Multis (at Kutztown)

Greyhound = 4/16/11 Greyhound Invite (Moravian)

Princeton = 4/22-23/11 Larry Ellis Invite (at Princeton)

ESU = 4/23/11 All American Meet (at East Stroudsburg)

Lehigh = 4/30/11 Lehigh Games (at Lehigh)

PLC = 5/6-7/11 Patriot League Championships (Home)

IC4A = 5/13-14/11 - IC4A Champs (at Princeton)

ECAC = 5/13-14/11 - ECAC Champs (at Princeton)