

# 2012 Navy Men's Outdoor Track Performances by Event

## 100-meter Dash

Name	Mark (Pl.)	Meet	Date
<b>IC4A</b>	10.85		
<b>Navy Record</b>	10.41 (Brian Proctor, 1992)		
Brett Bogaard	10.99 (6)	Maryland Invite	3/31/12
Brett Bogaard	11.04 (2)	Navy Five-Team	3/24/12
Rico Goldstone	11.08 (3)	Navy Five-Team	3/24/12
Jalen Elrod	11.08 (4)	Navy Five-Team	3/24/12
Jalen Elrod	11.09 (6)	UNC Hilton/Taylor	4/14/12
Brett Bogaard	11.10 (8p)	PL Championship	5/4/12
Brett Bogaard	11.10 (8p)	Maryland Invite	3/31/12
Jalen Elrod	11.11 (2)	Army-Navy Meet	4/7/12
Brett Bogaard	11.14 (7)	PL Championship	5/5/12
Rico Goldstone	11.14 (10p)	PL Championship	5/4/12
Rico Goldstone	11.14 (9)	UNC Hilton/Taylor	4/14/12
Brett Bogaard	11.17 (3)	Army-Navy Meet	4/7/12
Rico Goldstone	11.17 (12p)	Maryland Invite	3/31/12
Brett Bogaard	11.18 (10)	UNC Hilton/Taylor	4/14/12
Rico Goldstone	11.19 (4)	Army-Navy Meet	4/7/12
Jalen Elrod	11.23 (12p)	PL Championship	5/4/12
Rico Goldstone	11.25 (1)	Point Loma Open	3/17/12
Jalen Elrod	11.30 (17p)	Maryland Invite	3/31/12
Rand Montermini	11.79 (7-dec)	PL Championship	5/4/12
Chris Fowler	11.96 (9-dec)	PL Championship	5/4/12
Mitchell Kempisty	12.40 (6)	Navy Five-Team	3/24/12

## 200-meter Dash

Name	Mark (Pl.)	Meet	Date
<b>IC4A</b>	21.80		
<b>Navy Record</b>	21.00 (Torrance Chaplin, 1999)		
Brett Bogaard	22.10 (5p)	PL Championship	5/4/12
Brett Bogaard	22.14 (2)	Army-Navy Meet	4/7/12
Brett Bogaard	22.20 (6)	Maryland Invite	3/31/12
Brett Bogaard	22.25 (3)	Navy Five-Team	3/24/12
Brett Bogaard	22.26 (6)	UNC Hilton/Taylor	4/14/12
Brett Bogaard	22.37 (7)	PL Championship	5/5/12
Alex Jackson	22.54 (4)	Army-Navy Meet	4/7/12
Alex Jackson	22.55 (11p)	PL Championship	5/4/12
Jalen Elrod	22.56 (12)	PL Championship	5/4/12
Mitch Simmonds	22.60 (5)	Army-Navy Meet	4/7/12
Mitch Simmonds	22.99 (5)	Navy Five-Team	3/24/12
Daniel Gallien	22.99 (6)	Navy Five-Team	3/24/12
Jalen Elrod	23.01 (7)	Navy Five-Team	3/24/12
Jalen Elrod	23.31 (18)	Maryland Invite	3/31/12
Stuart Shrum	23.46	Navy Five-Team	3/24/12
Anthony Covington	24.07	Navy Five-Team	3/24/12

## 400-meter Run

Name	Mark (Pl.)	Meet	Date
<b>IC4A</b>	48.50		
<b>Navy Record</b>	45.68 (Torrance Chaplin, 2000)		
Alex Jackson	48.94 (7)	PL Championship	5/5/12
Kolton Kempel	49.06 (9)	PL Championship	5/5/12
Kolton Kempel	49.30 (10)	UNC Hilton/Taylor	4/14/12
Alex Jackson	49.55 (2)	Army-Navy Meet	4/7/12
Matt Evers	49.62 (3)	Army-Navy Meet	4/7/12
Alex Jackson	49.66 (11)	UNC Hilton/Taylor	4/14/12
Jeremy Cadiente	49.80 (3)	Navy Five-Team	3/24/12
Alex Jackson	49.67 (6)	Maryland Invite	3/31/12
Jeremy Cadiente	50.12 (8)	Maryland Invite	3/31/12
Kolton Kempel	50.28 (11)	Maryland Invite	3/31/12
Daniel Gallien	50.33 (5)	Navy Five-Team	3/24/12
Jeremy Cadiente	50.61 (5)	Army-Navy Meet	4/7/12
Daniel Gallien	51.29 (12)	Maryland Invite	3/31/12
Greg Forrester	51.62 (6)	Navy Five-Team	3/24/12
Chris Fowler	52.41 (5-dec)	PL Championship	5/4/12
Rand Montermini	53.13 (8-dec)	PL Championship	5/4/12

## 800-meter Run

Name	Mark (Pl.)	Meet	Date
<b>IC4A</b>	1:51.80		
<b>Navy Record</b>	1:47.55 (Paul Harris, 2007)		
Matt Evers	1:51.49* (3)	PL Championship	5/5/12
Joshua Kingsland	1:51.87 (5)	PL Championship	5/5/12
Lucas Connelly	1:51.96 (1)	Navy Five-Team	3/24/12
Lucas Connelly	1:52.02 (6)	PL Championship	5/5/12
Lucas Connelly	1:52.14 (16p)	IC4A Champ.	5/12/12
Matt Evers	1:52.38 (19p)	IC4A Champ.	5/12/12
Dominic Della Pelle	1:52.39 (7)	PL Championship	5/5/12
Matt Evers	1:52.55 (3)	Navy Five-Team	3/24/12
Weston Kennedy	1:52.92 (8)	PL Championship	5/5/12
Lucas Connelly	1:53.04 (3)	UNC Hilton/Taylor	4/14/12
Lucas Connelly	1:53.26 (2)	Maryland Invite	3/31/12
Joshua Kingsland	1:53.33 (4)	Navy Five-Team	3/24/12
Weston Kennedy	1:53.45 (3)	Maryland Invite	3/31/12
Joshua Kingsland	1:53.53 (4)	UNC Hilton/Taylor	4/14/12

Matt Evers	1:53.64 (5)	UNC Hilton/Taylor	4/14/12
Matt Evers	1:53.76 (4)	Maryland Invite	3/31/12
Jeremy Haney	1:55.03 (5)	Navy Five-Team	3/24/12
Lucas Connelly	1:55.10 (1)	Army-Navy Meet	4/7/12
Weston Kennedy	1:55.29 (2)	Army-Navy Meet	4/7/12
Joshua Kingsland	1:55.30 (3)	Army-Navy Meet	4/7/12
Ryan Pajor	1:55.70 (8)	Maryland Invite	3/31/12
Cody Thompson	1:55.74	Navy Five-Team	3/24/12
Ryan Pajor	1:56.14	Navy Five-Team	3/24/12
Matt Evers	1:56.63 (1)	Point Loma Open	3/17/12
Joshua Kingsland	1:57.74 (13)	Maryland Invite	3/31/12
Joshua Kingsland	1:57.89 (2)	Point Loma Open	3/17/12
Joshua Shaw	1:59.92 (4)	Point Loma Open	3/17/12

## 1,500-meter Run

Name	Mark (Pl.)	Meet	Date
<b>IC4A</b>	3:51.00		
<b>Navy Record</b>	3:41.99 (Greg Keller, 1992)		
Cody Rome	3:45.56* (2)	IC4A Champ.	5/13/12
Cody Rome	3:46.06* (4p)	IC4A Champ.	5/12/12
Dominic Della Pelle	3:47.69* (5)	UNC Hilton/Taylor	4/14/12
Dominic Della Pelle	3:48.01* (5p)	IC4A Champ.	5/12/12
Jeremy Haney	3:49.22* (26)	Larry Ellis Invite	4/20/12
Dominic Della Pelle	3:51.06 (1)	PL Championship	5/5/12
Dominic Della Pelle	3:51.36 (2)	Maryland Invite	3/31/12
Cody Rome	3:51.62 (2)	PL Championship	5/5/12
Weston Kennedy	3:51.72 (3)	PL Championship	5/5/12
Weston Kennedy	3:51.93 (14)	UNC Hilton/Taylor	4/14/12
Weston Kennedy	3:52.50 (1)	Navy Five-Team	3/24/12
Jeremy Haney	3:52.66 (5)	PL Championship	5/5/12
Cody Rome	3:53.38 (1)	Army-Navy Meet	4/7/12
Kyle Satterwhite	3:53.95 (6)	PL Championship	5/5/12
Kyle Satterwhite	3:53.96 (3)	Maryland Invite	3/31/12
Dominic Della Pelle	3:54.30 (2)	Army-Navy Meet	4/7/12
Dominic Della Pelle	3:54.80 (9)	IC4A Champ.	5/13/12
Michael Sheehan	3:55.63 (72)	Larry Ellis Invite	4/20/12
Jeremy Haney	3:55.96 (25p)	IC4A Champ.	5/12/12
Drew Calcagno	3:56.22 (6)	Larry Ellis Invite	4/20/12
Jeremy Haney	3:58.04 (4)	Army-Navy Meet	4/7/12
Ken Bunnell	3:58.08 (26p)	IC4A Champ.	5/12/12
Michael Sheehan	4:02.21 (16)	Maryland Invite	3/31/12
Kyle Davis	4:02.74 (78)	Larry Ellis Invite	4/20/12
Jeremy Triplet	4:03.85 (6)	Navy Five-Team	3/24/12
Drew Calcagno	4:04.38	Navy Five-Team	3/24/12
Weston Kennedy	4:04.69 (2)	Point Loma Open	3/17/12
Michael Sheehan	4:05.54 (7)	Navy Five-Team	3/24/12
Kyle Davis	4:09.04	Navy Five-Team	3/24/12
Chris Fowler	4:50.63 (5-dec)	PL Championship	5/5/12
Rand Montermini	5:04.47 (9-dec)	PL Championship	5/5/12

## 3,000-meter Run

Name	Mark (Pl.)	Meet	Date
Drew Calcagno	8:41.63 (5)	Maryland Invite	3/31/12
Jeremy Triplet	8:44.01 (6)	Maryland Invite	3/31/12
John Sweeney	8:54.99 (8)	Maryland Invite	3/31/12

## 5,000-meter Run

Name	Mark (Pl.)	Meet	Date
<b>IC4A</b>	14:36.00		
<b>Navy Record</b>	13:45.75 (Ron Harris, 1987)		
Cody Rome	14:01.36* (4)	Larry Ellis Invite	4/20/12
Cody Rome	14:23.72* (2)	PL Championship	5/5/12
Cody Rome	14:25.58* (1)	Navy Five-Team	3/24/12
Kyle Satterwhite	14:27.16* (3)	Penn Relays	4/26/12
Sean Rynning	14:40.73	Navy Five-Team	3/24/12
Chris Burns	14:42.63 (2)	Navy Five-Team	3/24/12
Kyle Satterwhite	14:43.92 (6)	PL Championship	5/5/12
Cody Rome	14:44.03 (1)	Army-Navy Meet	4/7/12
Kyle Satterwhite	14:46.53 (3)	Navy Five-Team	3/24/12
James Pearson	14:47.94 (3)	Army-Navy Meet	4/7/12
Ken Bunnell	14:52.45 (8)	PL Championship	5/5/12
Dominic Della Pelle	14:56.10 (4)	Navy Five-Team	3/24/12
Ryan Kelly	14:56.28	Navy Five-Team	3/24/12
Chris Burns	15:01.38 (11)	PL Championship	5/5/12
Brian De La Mora	15:02.91	Navy Five-Team	3/24/12
Sean Rynning	15:09.72 (15)	PL Championship	5/5/12
Alex Merrill	15:11.05 (2)	Maryland Invite	3/31/12
Kyle Satterwhite	15:14.66 (4)	Army-Navy Meet	4/7/12

## 10,000-meter Run

Name	Mark (Pl.)	Meet	Date
<b>IC4A</b>	31:08.00		
<b>Navy Record</b>	29:00.80 (John Mentzer, 1997)		
James Pearson	30:06.77* (8)	Penn Relays	4/26/12
Chris Burns	31:09.24 (10)	PL Championship	5/4/12
James Pearson	31:11.52 (11)	PL Championship	5/4/12

Sean Rynning	31:23.40 (12)	PL Championship	5/4/12
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## 110-meter Hurdles

Name	Mark (Pl.)	Meet	Date
<b>IC4A</b>	14.85		
<b>Navy Record</b>	14.08 y/c (Anthony Campbell, 1976)		
Mitch Simmonds	14.40* (1p)	PL Championship	5/4/12
Mitch Simmonds	14.42* (2)	Army-Navy Meet	4/7/12
Mitch Simmonds	14.49* (12p)	IC4A Champ.	5/12/12
Mitch Simmonds	14.51* (6)	UNC Hilton/Taylor	4/14/12
Mitch Simmonds	14.60* (4)	PL Championship	5/5/12
Mitch Simmonds	14.78* (2)	Navy Five-Team	3/24/12
Isaac Losee	14.81* (4)	Army-Navy Meet	4/7/12
Mitch Simmonds	14.83* (4p)	Maryland Invite	3/31/12
Mitch Simmonds	14.93 (5)	Maryland Invite	3/31/12
Isaac Losee	15.24 (8)	PL Championship	5/5/12
Isaac Losee	15.26 (8p)	PL Championship	5/4/12
Isaac Losee	15.45 (3)	Navy Five-Team	3/24/12
Isaac Losee	15.65 (7p)	Maryland Invite	3/31/12
Isaac Losee	15.78 (7)	Maryland Invite	3/31/12
Chris Fowler	16.05 (6)	Army-Navy Meet	4/7/12
Chris Fowler	16.22 (5)	Navy Five-Team	3/24/12
Erik Bergstrom	16.65 (9p)	Maryland Invite	3/31/12
Rand Montermini	16.84 (8-dec)	PL Championship	5/5/12
Chris Fowler	17.00 (9-dec)	PL Championship	5/5/12

## 400-meter Hurdles

Name	Mark (Pl.)	Meet	Date
<b>IC4A</b>	53.84		
<b>Navy Record</b>	51.33 (Greg Blanchard, 1984)		
Isaac Losee	55.94 (10)	PL Championship	5/5/12
Joshua Werling	55.94	Navy Five-Team	3/24/12
Joshua Werling	56.08 (3)	Army-Navy Meet	4/7/12
Chris Fowler	56.25 (3)	Navy Five-Team	3/24/12
Chris Fowler	56.52 (4)	Army-Navy Meet	4/7/12
Joshua Werling	56.60 (5)	Maryland Invite	3/31/12
Fleet White	56.63 (4)	Navy Five-Team	3/24/12
Chris Fowler	56.67 (6)	Maryland Invite	3/31/12
Jeremy Duruji	57.09 (5)	Navy Five-Team	3/24/12
Fleet White	57.98 (8)	Maryland Invite	3/31/12
Fleet White	58.20 (6)	Army-Navy Meet	4/7/12
Isaac Losee	58.20 (6)	Navy Five-Team	3/24/12
Erik Bergstrom	59.08	Navy Five-Team	3/24/12
Jeremy Duruji	1:01.03 (5)	Point Loma Open	3/17/12
Jeremy Duruji	1:02.17 (11)	Maryland Invite	3/31/12
Fleet White	1:02.50 (7)	Point Loma Open	3/17/12

## 3,000-meter Steeplechase

Name	Mark (Pl.)	Meet	Date
<b>IC4A</b>	9:15.00		
<b>Navy Record</b>	8:40.4 (Bob Packowski, 1989)		
Ken Bunnell	8:58.09* (13)	Larry Ellis Invite	4/20/12
Ken Bunnell	9:04.14* (1)	PL Championship	5/5/12
Ken Bunnell	9:08.19* (1)	Army-Navy Meet	4/7/12
Ken Bunnell	9:08.87* (1)	Maryland Invite	3/31/12
Ken Bunnell	9:15.28 (1)	Navy Five-Team	3/24/12
Shane O'Donnell	9:33.52 (5)	Army-Navy Meet	4/7/12
Shane O'Donnell	9:33.54 (2)	Maryland Invite	3/31/12
Shane O'Donnell	9:34.73 (3)	Navy Five-Team	3/24/12
Tom Delaney	9:36.83 (4)	Navy Five-Team	3/24/12
Alex Merrill	9:38.82 (5)	Navy Five-Team	3/24/12
Thomas Delaney	9:39.26 (6)	Army-Navy Meet	4/7/12
Thomas Delaney	9:48.91 (6)	Maryland Invite	3/31/12
Brian Davenport	9:54.98 (6)	Navy Five-Team	3/24/12

## High Jump

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# 2012 Navy Men's Outdoor Track Performances by Event

Hank Leslie	1.79m (6)	Navy Five-Team	3/24/12	Derrick Pettet	12.10m (4)	Navy Five-Team	3/24/12	Chris Ricks	58.29m (2)	Point Loma Open	3/17/12
Chris Fowler	1.75m (6-dec)	PL Championship	5/4/12	Tom Buffone	11.85m (10)	Point Loma Open	3/17/12	Aaron Zack	57.91m (1)	Maryland Invite	3/31/12
<b>Pole Vault</b>											
<b>IC4A</b>											
	4.80m							Aaron Zack	57.82m (3)	Army-Navy Meet	4/7/12
<b>Navy Record</b>	5.26m (Tom Delaney, 2002)			<b>Discus Throw</b>	47.50m			Aaron Zack	57.78m (17)	Penn Relays	4/28/12
<b>Name</b>	<b>Mark (Pl.)</b>	<b>Meet</b>	<b>Date</b>	<b>IC4A</b>	<b>Mark (Pl.)</b>	<b>Meet</b>	<b>Date</b>	David Capote	57.02m (2)	Maryland Invite	3/31/12
Mark Vetere	5.08m* (7)	IC4A Champ.	5/12/12	<b>Navy Record</b>	<b>55.33m (Zack Duncavage, 2012)</b>			Aaron Zack	56.58m (3)	Navy Five-Team	3/24/12
Mark Vetere	4.95m* (1)	PL Championship	5/4/12	<b>Name</b>	<b>Mark (Pl.)</b>	<b>Meet</b>	<b>Date</b>	Chris Ricks	56.52m (4)	Army-Navy Meet	4/7/12
Paul Neidhardt	4.92m* (1)	UNC Hilton/Taylor	4/14/12	Zack Duncavage	55.33m* (1)	Army-Navy Meet	4/7/12	Aaron Zack	56.13m (3)	Point Loma Open	3/17/12
Mark Vetere	4.87m* (1)	Maryland Invite	3/31/12	Zack Duncavage	54.07m* (1)	PL Championship	5/5/12	Aaron Zack	56.09m (6)	UNC Hilton/Taylor	4/14/12
Ryan Kochert	4.80m* (2)	PL Championship	5/4/12	Zack Duncavage	52.40m* (1)	Maryland Invite	3/31/12	David Capote	55.72m (7)	UNC Hilton/Taylor	4/14/12
Mark Vetere	4.80m* (1)	Army-Navy Meet	4/7/12	Zack Duncavage	51.89m* (4)	UNC Hilton/Taylor	4/14/12	Craig Stocker	52.65m (3)	Maryland Invite	3/31/12
Mark Vetere	4.80m* (1)	Navy Five-Team	3/24/12	Chris Boniwell	51.40m* (2)	Army-Navy Meet	4/7/12	Chris Ricks	52.12m (7)	PL Championship	5/4/12
Ryan Kochert	4.78m* (14)	IC4A Champ.	5/12/12	Zack Duncavage	50.41m* (11)	Penn Relays	4/27/12	David Capote	52.04m (4)	Navy Five-Team	3/24/12
Ryan Kochert	4.75m (3)	Penn Relays	4/27/12	Chris Boniwell	49.27m* (7)	UNC Hilton/Taylor	4/14/12	David Capote	50.28m (4)	Point Loma Open	3/17/12
Ryan Kochert	4.71m (2)	Maryland Invite	3/31/12	Zack Duncavage	48.32m* (18)	IC4A Champ.	5/12/12	Craig Stocker	50.21m	Navy Five-Team	3/24/12
Paul Neidhardt	4.65m (4)	PL Championship	5/4/12	Chris Boniwell	48.26m* (19)	IC4A Champ.	5/12/12	Jordan Gruber	50.14m (5)	Point Loma Open	3/17/12
Mark Vetere	4.65m (8)	Penn Relays	4/27/12	Chris Boniwell	48.24m* (1)	Navy Five-Team	3/24/12	Michael Rivard	47.28m (8)	Point Loma Open	3/17/12
Paul Neidhardt	4.65m (2)	Army-Navy Meet	4/7/12	Kyle Fortney	47.25m (7)	PL Championship	5/5/12	Jordan Gruber	45.32	Navy Five-Team	3/24/12
Mark Vetere	4.62m (5)	UNC Hilton/Taylor	4/14/12	Kyle Fortney	46.79m (3)	Maryland Invite	3/31/12	Rand Montermini	42.82m (12)	Point Loma Open	3/17/12
Paul Neidhardt	4.56m (4)	Maryland Invite	3/31/12	Kyle Fortney	46.69m (11)	UNC Hilton/Taylor	4/14/12	Chris Fowler	41.54m (6-dec)	PL Championship	5/5/12
Joshua Drablos	4.50m	Navy Five-Team	3/24/12	Chris Boniwell	46.22m (1)	Point Loma Open	3/17/12	Rand Montermini	39.58	Navy Five-Team	3/24/12
Adam Vetere	4.50m	Navy Five-Team	3/24/12	Kyle Fortney	45.92m (2)	Point Loma Open	3/17/12	<b>4x100-meter Relay</b>			
Ray Matelli	4.35m (2)	Navy Five-Team	3/24/12	Chris Boniwell	45.36m (2)	Navy Five-Team	3/24/12	<b>IC4A</b>	42.50		
Adam Vetere	4.26m (5)	Maryland Invite	3/31/12	Chris Boniwell	44.68m (29)	Penn Relays	4/27/12	<b>Navy Record</b>	40.71 y/c (Colson-Dinn-Turner-Campbell, 1976)		
Ray Matelli	4.26m (5)	Maryland Invite	3/31/12	Zack Duncavage	43.88m (4)	Point Loma Open	3/17/12	<b>Name</b>	<b>Mark (Pl.)</b>	<b>Meet</b>	<b>Date</b>
Rand Montermini	4.10m (1-dec)	PL Championship	5/5/12	Chris Boniwell	43.44m (11)	PL Championship	5/5/12	Simmonds, Bogaard, Goldstone, Elrod	41.91* (5)	PL Championship	5/5/12
Chris Fowler	3.70m (6-dec)	PL Championship	5/5/12	Kyle Fortney	43.12m (6)	Army-Navy Meet	4/7/12	Simmonds, Bogaard, Goldstone, Elrod	42.14* (19p)	IC4A Champ.	5/12/12
<b>Long Jump</b>											
<b>IC4A</b>											
	7.10m			<b>Hammer Throw</b>	53.00m			Simmonds, Bogaard, Goldstone, Elrod	42.50* (2)	Army-Navy Meet	4/7/12
<b>Navy Record</b>	7.62m (James Campbell, 1973)			<b>IC4A</b>	66.59m (Ted Bregar, 1974)			Simmonds, Bogaard, Goldstone, Elrod	42.59 (3)	Maryland Invite	3/31/12
<b>Name</b>	<b>Mark (Pl.)</b>	<b>Meet</b>	<b>Date</b>	<b>Name</b>	<b>Mark (Pl.)</b>	<b>Meet</b>	<b>Date</b>	Simmonds, Bogaard, Goldstone, Elrod	42.64 (49)	Penn Relays	4/27/12
Miles Snelgrove	7.05m (2)	Army-Navy Meet	4/7/12	Chris Ricks	57.29m* (6)	IC4A Champ.	5/12/12	<b>4x400-meter Relay</b>			
Rico Goldstone	6.79m (4)	Army-Navy Meet	4/7/12	Chris Ricks	56.81m* (3)	PL Championship	5/4/12	<b>IC4A</b>	3:17.60		
Miles Snelgrove	6.75m (7)	PL Championship	5/4/12	Chris Ricks	55.85m* (4)	Penn Relays	4/28/12	<b>Navy Record</b>	3:08.6 (Prutzman-Sheairs-Bailey-Colvin, 1979)		
Rico Goldstone	6.63m (3)	Navy Five-Team	3/24/12	Billy Grammer	55.25m* (7)	Penn Relays	4/28/12	<b>Name</b>	<b>Mark (Pl.)</b>	<b>Meet</b>	<b>Date</b>
Brandon Carter	6.61m (6)	Army-Navy Meet	4/7/12	Chris Ricks	55.01m* (1)	Maryland Invite	3/31/12	Jackson, Kempel, Kingsland, Evers	3:14.10* (2)	PL Championship	5/5/12
Rico Goldstone	6.60m (3)	Maryland Invite	3/31/12	Chris Ricks	54.75m* (1)	Navy Five-Team	3/24/12	Jackson, Kempel, Kingsland, Evers	3:15.23* (14p)	IC4A Champ.	5/12/12
Rico Goldstone	6.50m (11)	PL Championship	5/4/12	Chris Ricks	54.67m* (2)	Army-Navy Meet	4/7/12	Kempel, Evers, Jackson, Connelly	3:18.55 (1)	Army-Navy Meet	4/7/12
Chris Fowler	6.49m (4-dec)	PL Championship	5/4/12	Chris Ricks	54.75m* (1)	Navy Five-Team	3/24/12	Kempel, Cadiente, Kingsland, Evers	3:19.65 (41)	Penn Relays	4/27/12
Brandon Carter	6.41m (4)	Navy Five-Team	3/24/12	Billy Grammer	54.34m* (2)	Navy Five-Team	3/24/12	Cadiente, Gallien, Kempel, Jackson	3:21.69 (4)	Maryland Invite	3/31/12
Daniel Park	6.40m (5)	Navy Five-Team	3/24/12	Billy Grammer	54.27m* (5)	PL Championship	5/4/12	Evers, Cadiente, Kingsland, Connelly	3:22.76 (1)	Navy Five-Team	3/24/12
Rico Goldstone	6.38m (13)	UNC Hilton/Taylor	4/14/12	Chris Ricks	53.54m* (2)	Point Loma Open	3/17/12	Duruji, Kempel, Jackson, White	3:26.86 (2)	Navy Five-Team	3/24/12
Daniel Park	6.33m (6)	Maryland Invite	3/31/12	Billy Grammer	53.06m* (3)	Army-Navy Meet	4/7/12	Werling, Fowler, White, Duruji	3:31.57 (10)	Maryland Invite	3/31/12
Chris Fowler	6.32m (6)	Navy Five-Team	3/24/12	Chris Ricks	52.74m (1)	UNC Hilton/Taylor	4/14/12	<b>4x800-meter Relay</b>			
Brandon Carter	6.28m (7)	Maryland Invite	3/31/12	Billy Grammer	52.11m (2)	UNC Hilton/Taylor	4/14/12	<b>IC4A</b>	7:43.00		
Rand Montermini	6.22m (7)	Navy Five-Team	3/24/12	Billy Grammer	51.82m (4)	Maryland Invite	3/31/12	<b>Navy Record</b>	7:26.88 (Evers, Stevenson, Ash, Rome, 2010)		
<b>Triple Jump</b>											
<b>IC4A</b>											
	14.50m			Billy Grammer	50.92m (5)	Point Loma Open	3/17/12	<b>Name</b>	<b>Mark (Pl.)</b>	<b>Meet</b>	<b>Date</b>
<b>Navy Record</b>	15.92m (Joel Robertson, 1993)			Zack Duncavage	50.47m (9)	PL Championship	5/4/12	Kennedy, Della Pelle, Kingsland, Evers	7:27.87* (2)	PL Championship	5/4/12
<b>Name</b>	<b>Mark (Pl.)</b>	<b>Meet</b>	<b>Date</b>	Brandon Swindler	50.44m (5)	UNC Hilton/Taylor	4/14/12	Kennedy, Evers, Kingsland, Thompson	7:35.95* (7)	Penn Relays	4/28/12
Daniel Park	13.81m (3)	Army-Navy Meet	4/7/12	Kyle Fortney	50.18m (10)	PL Championship	5/4/12	<b>Distance Medley Relay</b>			
Brandon Carter	13.25m (1)	Navy Five-Team	3/24/12	Brandon Swindler	50.17m (4)	Army-Navy Meet	4/7/12	<b>Navy Record</b>	9:31.25 (Davidson, Greene, Ross, Harris, 1987)		
Brandon Carter	13.23m (5)	Army-Navy Meet	4/7/12	Brandon Swindler	49.80m (16)	Penn Relays	4/28/12	<b>Name</b>	<b>Mark (Pl.)</b>	<b>Meet</b>	<b>Date</b>
Daniel Park	12.88m (3)	Navy Five-Team	3/24/12	Kyle Fortney	49.68m	Navy Five-Team	3/24/12	Kennedy, Jackson, Della Pelle, Rome	9:48.37 (10)	Penn Relays	4/27/12
Chris Fowler	12.85m (6)	Army-Navy Meet	4/7/12	Brandon Swindler	48.59m (3)	Navy Five-Team	3/24/12	<b>Sprint Medley Relay</b>			
Brandon Carter	12.74m (6)	Maryland Invite	3/31/12	Brandon Swindler	46.51m (7)	Point Loma Open	3/17/12	<b>Name</b>	<b>Mark (Pl.)</b>	<b>Meet</b>	<b>Date</b>
Brian Zitterkopf	12.72m (4)	Navy Five-Team	3/24/12	Kyle Fortney	45.94m (10)	Maryland Invite	3/31/12	Bogaard, Jackson, Kempel, Thompson	3:34.76 (25)	Penn Relays	4/27/12
Daniel Park	12.69m (7)	Maryland Invite	3/31/12	Kyle Fortney	45.57m (9)	UNC Hilton/Taylor	4/14/12	<b>Shot Put</b>			
<b>IC4A</b>											
	15.60m			Tom Buffone	44.66m (8)	Point Loma Open	3/17/12	<b>IC4A</b>			
<b>Navy Record</b>	18.59m (Michael Berkowitz, 1964)			David Capote	44.53m (9)	Point Loma Open	3/17/12	<b>Name</b>	<b>Mark (Pl.)</b>	<b>Meet</b>	<b>Date</b>
<b>Name</b>	<b>Mark (Pl.)</b>	<b>Meet</b>	<b>Date</b>	David Capote	44.44m	Navy Five-Team	3/24/12	Chris Boniwell	16.20m* (1)	PL Championship	5/5/12
Chris Boniwell	16.20m* (1)	PL Championship	5/5/12	Derrick Pettet	43.90m (10)	Point Loma Open	3/17/12	Chris Boniwell	15.47m (2)	Army-Navy Meet	4/7/12
Chris Boniwell	15.47m (2)	Army-Navy Meet	4/7/12	Kyle Fortney	42.81m (11)	Point Loma Open	3/17/12	Chris Boniwell	15.14m (2)	Navy Five-Team	3/24/12
Chris Boniwell	15.14m (2)	Navy Five-Team	3/24/12	Tom Buffone	40.49m	Navy Five-Team	3/24/12	Chris Boniwell	14.80m (5)	UNC Hilton/Taylor	4/14/12
Chris Boniwell	14.80m (5)	UNC Hilton/Taylor	4/14/12	<b>Javelin Throw</b>							
Chris Boniwell	14.66m (17)	Penn Relays	4/27/12	<b>IC4A</b>							
Zack Duncavage	14.48m (8)	PL Championship	5/5/12		58.70m						
Zack Duncavage	14.43m (5)	Army-Navy Meet	4/7/12	<b>Navy Record</b>	70.42m (Stan Duplaga, 1993)						
Chris Boniwell	14.36m (2)	Point Loma Open	3/17/12	<b>Name</b>	<b>Mark (Pl.)</b>	<b>Meet</b>	<b>Date</b>				
Derrick Pettet	13.71m (6)	Army-Navy Meet	4/7/12	Miles Snelgrove	66.08m* (1)	Army-Navy Meet	4/7/12				
Derrick Pettet	13.36m (6)	Point Loma Open	3/17/12	Miles Snelgrove	65.81m* (1)	UNC Hilton/Taylor	4/14/12				
Zack Duncavage	13.11m (7)	Point Loma Open	3/17/12	Miles Snelgrove	65.76m* (1)	PL Championship	5/4/12				
A. Wondolowski	12.89m (8)	Maryland Invite	3/31/12	Miles Snelgrove	64.30m* (5)	IC4A Champ.	5/13/12				
Zack Duncavage	12.67m (11)	Maryland Invite	3/31/12	Miles Snelgrove	63.53m* (1)	Point Loma Open	3/17/12				
David Capote	12.45m (13)	Maryland Invite	3/31/12	Miles Snelgrove	62.03m* (1)	Navy Five-Team	3/24/12				
David Capote	12.45m	Navy Five-Team	3/24/12	Chris Ricks	61.06m* (2)	Navy Five-Team	3/24/12				
A. Wondolowski	12.39m (3)	Navy Five-Team	3/24/12	Aaron Zack	60.95m* (2)	PL Championship	5/4/12				
				Aaron Zack	59.22m* (11)	IC4A Champ.	5/12/12				

# 2012 Navy Men's Outdoor Track Performances by Event

## Decathlon

### Navy Record

Name	Points (Pl.)	Meet	Date
Chris Fowler	5859 (7)	PL Championship	5/5/12
Rand Montermini	4791 (11)	PL Championship	5/5/12

Cody Rome	1,500m
Cody Rome	5,000m
Josh Houston	High Jump
Ryan Kochert	Pole Vault
Aaron Zack	Javelin
Jackson, Kempel, Kingsland, Evers	4x400m
Kennedy, Della Pelle, Kingsland, Evers	4x800m

## Top Outdoor Performances (2012)

Event	Athlete	Time/Mark
100m	Brett Bogaard	10.99
200m	Brett Bogaard	22.10
400m	Alex Jackson	48.94
800m	Matt Evers	1:51.49*
1,500m	Cody Rome	3:45.56*
	Dominic Della Pelle	3:47.69*
	Jeremy Haney	3:49.22*
5,000m	Cody Rome	14:01.36*
	Kyle Satterwhite	14:27.16*
10,000m	James Pearson	30:06.77*
110m Hurdles	Mitch Simmonds	14.40*
	Isaac Losee	14.81*
400m Hurdles	Isaac Losee	55.94
	Joshua Werling	55.94
3,000m Steeple	Ken Bunnell	8:58.09*
High Jump	Josh Houston	2.09m*
Pole Vault	Mark Vetere	5.08m*
	Paul Neidhardt	4.92m*
Long Jump	Miles Snelgrove	7.05m
Triple Jump	Daniel Park	13.81m
Shot Put	Chris Boniwell	16.20m*
Discus	Zack Duncavage	55.33m*
	Chris Boniwell	51.40m*
Hammer	Chris Ricks	57.29m*
	Billy Grammer	55.25m*
Javelin	Miles Snelgrove	66.08m*
	Chris Ricks	61.06m*
	Aaron Zack	60.95m*
Decathlon	Chris Fowler	5859
4x100m Relay	Simmonds, Bogaard, Goldstone, Elrod	41.91*
4x400m Relay	Jackson, Kempel, Kingsland, Evers	3:14.10*
4x800m Relay	Kennedy, Della Pelle, Kingsland, Evers	7:27.87*
DMR	Kennedy, Jackson, Della Pelle, Rome	9:48.37

\*Denotes IC4A qualifying mark

## 2012 Awards and Honors

### NCAA East Regional Qualifiers

### 2012 IC4A Outdoor Championship

Tied-19th place; 17 points

### IC4A All-East Performers (Top 8)

Cody Rome	2nd	1,500m
Miles Snelgrove	5th	Javelin
Chris Ricks	6th	Hammer
Mark Vetere	7th	Pole Vault

### 2012 Patriot League Outdoor Championship

#### Final Team Standings

1. Bucknell	167
<b>2. Navy</b>	<b>153</b>
3. Army	149
4. Lehigh	98
5. Lafayette	72
6. Colgate	20
7. American	12
8. Holy Cross	10

### Patriot League Rookie of the Meet

Mark Vetere

### Patriot League Individual/Relay Champions

Dominic Della Pelle	1,500m
Ken Bunnell	3,000m Steeplechase
Zack Duncavage	Discus
Chris Boniwell	Shot Put
Mark Vetere	Pole Vault
Miles Snelgrove	Javelin

### Second-Team All-Patriot League (Runners-up)

## Patriot League Weekly Awards

Zack Duncavage Field-Athlete of the Week (April 9)

## Patriot League All-Academic Team

Cody Rome

## USTFCCA Mid-Atlantic Region Poll

April 3	No. 2
April 10	No. 3
April 17	No. 4
April 23	No. 5
April 30	No. 5
May 7	No. 4

## Army-Navy Star Meet

Navy def. Army, 102.5-100.5

## Individual Star Meet Victories

Lucas Connelly	800m
Cody Rome	1,500m
Cody Rome	5,000m
Ken Bunnell	3,000m Steeplechase
Josh Houston	High Jump
Mark Vetere	Pole Vault
Zack Duncavage	Discus Throw
Miles Snelgrove	Javelin Throw

## Updates to Army-Navy Star Meet Records

### Discus Throw

Zack Duncavage **55.33m, 4/7/12**

## Updates to Navy All-Time Outdoor Record Books

### 1,500m Run

Cody Rome 10th, 3:45.56, 5/13/12

### 5,000m Run

Cody Rome 6th, 14:01.36, 4/20/12

### Pole Vault

Mark Vetere 9th, 5.08m, 5/12/12

### Discus Throw

Zack Duncavage **1st, 55.33m, 4/7/12**

Zack Duncavage 6th, 54.07m, 5/5/12

### 4x800m Relay

Kennedy, Della Pelle, Kingsland, Evers 4th, 7:27.87, 5/4/12

### DMR

Kennedy, Jackson, Della Pelle, Rome 9th, 9:48.37, 4/27/12

# 2011-12 Navy Men's Indoor Track Performances by Event

## 60-meter Dash

**NCAA / IC4A** 6.60 / 6.98  
**Navy Record** 6.87 (Shun White, 2008)

Name	Mark (Pl.)	Meet	Date
Jalen Elrod	7.10 (3)	Army-Navy Meet	2/4/12
Jalen Elrod	7.11 (12s)	PL Champ.	2/18/12
Jalen Elrod	7.11 (6)	Navy Invite	12/3/11
Jalen Elrod	7.13 (13p)	PL Champ.	2/18/12
Jalen Elrod	7.15 (5)	Wesley Brown Inv.	1/28/12
Brett Bogaard	7.16 (4)	Army-Navy Meet	2/4/12
Brett Bogaard	7.17 (15s)	PL Champ.	2/18/12
Jalen Elrod	7.17 (36)	Tiger Paw Inv.	2/11/12
Brett Bogaard	7.18 (16p)	PL Champ.	2/18/12
Jalen Elrod	7.18 (6)	Navy Quad	1/21/12
Brett Bogaard	7.18 (4)	Princeton Dual	1/7/12
Jalen Elrod	7.18 (12p)	Navy Invite	12/3/11
Rico Goldstone	7.18 (13p)	Navy Invite	12/3/11
Jalen Elrod	7.19 (5p)	Wesley Brown Inv.	1/28/12
Brett Bogaard	7.19 (7p)	Navy Quad	1/21/12
Brett Bogaard	7.20 (40)	Tiger Paw Inv.	2/11/12
Jalen Elrod	7.21 (8p)	Navy Quad	1/21/12
Brett Bogaard	7.22 (7)	Wesley Brown Inv.	1/28/12
Brett Bogaard	7.22 (6p)	Wesley Brown Inv.	1/28/12
Brett Bogaard	7.22 (8p)	Navy Six-Team	1/14/12
Brett Bogaard	7.22 (14p)	Navy Invite	12/3/11
Rico Goldstone	7.23 (8p)	Wesley Brown Inv.	1/28/12
Brett Bogaard	7.23 (8)	Navy Quad	1/21/12
Brett Bogaard	7.24 (8)	Navy Six-Team	1/14/12
Chris Troche	7.28 (6)	Princeton Dual	1/7/12
Rico Goldstone	7.30 (6)	Army-Navy Meet	2/4/12
Rico Goldstone	7.31 (9p)	Navy Quad	1/21/12
Jalen Elrod	7.31 (10p)	Navy Six-Team	1/14/12
Isaac Teichgrab	7.33 (11p)	Navy Six-Team	1/14/12
Jalen Elrod	7.37 (7)	Princeton Dual	1/7/12
John Founds	7.37 (21p)	Navy Invite	12/3/11
Rand Montermini	7.37 (4-h)	PL Champ.	2/17/12
Rand Montermini	7.56 (3-h)	Navy Six-Team	1/14/12
Rico Goldstone	7.48 (8)	Wesley Brown Inv.	1/28/12
Chris Troche	7.49 (13)	Navy Quad	1/21/12
Chris Fowler	7.50 (7-h)	PL Champ.	2/17/12
John Kameen	9.40 (9)	Princeton Dual	1/7/12

## 200-meter Dash

**NCAA / IC4A** 20.73 / 22.24  
**Navy Record** 21.48 (Clay Stackhouse, 1989)

Name	Mark (Pl.)	Meet	Date
Brett Bogaard	21.95* (6p)	PL Champ.	2/18/12
Brett Bogaard	22.03* (7)	PL Champ.	2/19/12
Brett Bogaard	22.05* (28p)	IC4A Champ.	3/3/12
Brett Bogaard	22.27 (21)	Tiger Paw Inv.	2/11/12
Brett Bogaard	22.35 (5)	Navy Invite	12/3/11
Brett Bogaard	22.37 (4)	Wesley Brown Inv.	1/28/12
Brett Bogaard	22.37 (5)	Navy Quad	1/21/12
Brett Bogaard	22.39 (2)	Army-Navy Meet	2/4/12
Alex Jackson	22.39 (3)	Army-Navy Meet	2/4/12
Brett Bogaard	22.40 (4)	Navy Six-Team	1/14/12
Daniel Gallien	22.43 (13p)	PL Champ.	2/18/12
Isaac Teichgrab	22.44 (7)	Navy Invite	12/3/11
Alex Jackson	22.44 (8)	Navy Invite	12/3/11
Isaac Teichgrab	22.65 (5)	Army-Navy Meet	2/4/12
Isaac Teichgrab	22.65 (3)	Princeton Dual	1/7/12
Brett Bogaard	22.69 (4)	Princeton Dual	1/7/12
Isaac Teichgrab	22.70 (6)	Wesley Brown Inv.	1/28/12
Jalen Elrod	22.87 (41)	Tiger Paw Inv.	2/11/12
Isaac Teichgrab	22.87 (8)	Navy Six-Team	1/14/12
Jalen Elrod	23.06 (17p)	PL Champ.	2/18/12
Jalen Elrod	23.34 (12)	Navy Quad	1/21/12
John Founds	23.34 (24)	Navy Invite	12/3/11
Mark Vetere	23.40 (13)	Navy Six-Team	1/14/12
Jalen Elrod	23.44 (12)	Wesley Brown Inv.	1/28/12
Stuart Shrum	23.54 (13)	Navy Quad	1/21/12
Jalen Elrod	23.78 (14)	Navy Six-Team	1/14/12
Jalen Elrod	23.90 (8)	Princeton Dual	1/7/12
Stuart Shrum	24.03 (9)	Princeton Dual	1/7/12
Adam Vetere	24.08 (17)	Navy Six-Team	1/14/12

## 400-meter Dash

**NCAA / IC4A** 46.00 / 49.20  
**Navy Record** 46.72 (Eric Porter, 2004)

Name	Mark (Pl.)	Meet	Date
Daniel Gallien	49.08* (3)	PL Champ.	2/19/12
Alex Jackson	49.08* (2)	Princeton Dual	1/7/12
Daniel Gallien	49.26 (1)	Army-Navy Meet	2/4/12
Daniel Gallien	49.66 (9)	Wesley Brown Inv.	1/28/12
Alex Jackson	49.68 (1)	Navy Six-Team	1/14/12
Daniel Gallien	49.74 (23p)	IC4A Champ.	3/3/12
Daniel Gallien	49.85 (5)	Navy Quad	1/21/12
Alex Jackson	49.94 (7)	Navy Invite	12/3/11
Daniel Gallien	50.09 (2)	Navy Six-Team	1/14/12
Kolton Kempel	50.20 (12)	Navy Invite	12/3/11
Daniel Gallien	50.27 (4)	Princeton Dual	1/7/12
Jeremy Cadiente	50.30 (13)	Navy Invite	12/3/11
Alex Jackson	50.34 (3)	Army-Navy Meet	2/4/12
Kolton Kempel	50.58 (14)	Wesley Brown Inv.	1/28/12
Travis Fanning	50.79 (10)	Navy Quad	1/21/12
Jeremy Cadiente	50.84 (4)	Navy Six-Team	1/14/12
Isaac Teichgrab	50.89 (11)	Navy Quad	1/21/12
Jeremy Cadiente	50.95 (17)	Wesley Brown Inv.	1/28/12
Travis Fanning	51.00 (6)	Navy Six-Team	1/14/12
Daniel Gallien	51.31 (22)	Navy Invite	12/3/11
Jeremy Cadiente	51.51 (12)	Navy Quad	1/21/12
Joshua Werling	52.30 (13)	Navy Quad	1/21/12
Greg Hill	53.48 (11)	Navy Six-Team	1/14/12

## 500-meter Run

**NCAA** 1:05.20  
**Navy Record** 1:00.84 (Michael Greene, 1987)

Name	Mark (Pl.)	Meet	Date
Matt Evers	1:03.55* (8p)	IC4A Champ.	3/3/12
Matt Evers	1:03.58* (1)	PL Champ.	2/19/12
Matt Evers	1:03.70* (7)	IC4A Champ.	3/4/12
Matt Evers	1:04.18* (1)	Army-Navy Meet	2/4/12
Matt Evers	1:04.25* (2)	Navy Quad	1/21/12
Joshua Shaw	1:04.92* (3)	Navy Six-Team	1/14/12
Joshua Shaw	1:05.07* (3)	Army-Navy Meet	2/4/12
Joshua Shaw	1:05.14* (1)	Princeton Dual	1/7/12
Joshua Shaw	1:05.26 (6)	PL Champ.	2/19/12
Joshua Shaw	1:05.29 (25p)	IC4A Champ.	3/3/12
Joshua Kingsland	1:05.86 (6)	Tiger Paw Inv.	2/11/12
Max Dunn	1:06.04 (5)	Navy Six-Team	1/14/12
Max Dunn	1:06.09 (4)	Navy Quad	1/21/12
Joshua Kingsland	1:06.10 (5)	Navy Quad	1/21/12
Ryan Pajor	1:06.39 (9)	Tiger Paw Inv.	2/11/12
Max Dunn	1:06.87 (6)	Army-Navy Meet	2/4/12
Ryan Pajor	1:07.18 (6)	Navy Six-Team	1/14/12
Matthew Lord	1:08.23 (9)	Navy Quad	1/21/12
Greg Forrester	1:09.51 (4)	Princeton Dual	1/7/12
Greg Forrester	1:09.94 (10)	Navy Six-Team	1/14/12

## 800-meter Run

**NCAA / IC4A** 1:47.30 / 1:54.90  
**Navy Record** 1:48.46 (Paul Harris, 2007)

Name	Mark (Pl.)	Meet	Date
Lucas Connelly	1:51.14* (10p)	IC4A Champ.	3/3/12
Lucas Connelly	1:53.45* (4)	Navy Invite	12/3/11
Lucas Connelly	1:54.15* (2)	Wesley Brown Inv.	1/28/12
Matt Evers	1:54.48* (5)	Navy Invite	12/3/11
Lucas Connelly	1:54.55* (1)	Navy Quad	1/21/12
Lucas Connelly	1:54.59* (1)	PL Champ.	2/19/12
Weston Kennedy	1:54.75* (3)	PL Champ.	2/19/12
Lucas Connelly	1:54.88* (1)	Army-Navy Meet	2/4/12
Matt Evers	1:55.06 (5)	Wesley Brown Inv.	1/28/12
Weston Kennedy	1:55.11 (2)	Army-Navy Meet	2/4/12
Joshua Kingsland	1:55.15 (3)	Army-Navy Meet	2/4/12
Matt Evers	1:55.42 (8)	Tiger Paw Inv.	2/11/12
Joshua Shaw	1:55.55 (2)	Navy Quad	1/21/12
Joshua Kingsland	1:55.70 (5)	PL Champ.	2/19/12
Joshua Shaw	1:55.86 (11)	Tiger Paw Inv.	2/11/12
Joshua Kingsland	1:55.87 (3)	Navy Six-Team	1/14/12
Matt Evers	1:55.89 (4)	Navy Six-Team	1/14/12
Joshua Shaw	1:56.02 (8)	Navy Invite	12/3/11
Matt Evers	1:56.04 (4)	Princeton Dual	1/7/12
Lucas Connelly	1:56.12 (12)	Tiger Paw Inv.	2/11/12

Joshua Kingsland	1:56.35 (9)	Navy Invite	12/3/11
Ryan Pajor	1:56.76 (4)	Navy Quad	1/21/12
Joshua Kingsland	1:56.97 (15)	Wesley Brown Inv.	1/28/12
Ryan Pajor	1:57.23 (10)	Navy Invite	12/3/11
Joshua Shaw	1:57.38 (16)	Wesley Brown Inv.	1/28/12
Ryan Pajor	1:57.39 (17)	Wesley Brown Inv.	1/28/12
Joshua Kingsland	1:59.30 (5)	Princeton Dual	1/7/12

## 1,000-meter Run

**IC4A** 2:29.95  
**Navy Record** 2:23.51 (Lance Davidson, 1987)

Name	Mark (Pl.)	Meet	Date
Dominic Della Pelle	2:26.88* (1)	PL Champ.	2/19/12
Dominic Della Pelle	2:27.52* (1)	Army-Navy Meet	2/4/12
Jeremy Haney	2:27.92* (2)	Army-Navy Meet	2/4/12
Cody Thompson	2:28.04* (3)	Princeton Dual	1/7/12
Weston Kennedy	2:28.19* (11p)	IC4A Champ.	3/3/12
Cody Thompson	2:28.65* (4)	PL Champ.	2/19/12
Weston Kennedy	2:28.71* (2)	Navy Six-Team	1/14/12
Jeremy Haney	2:28.77* (3)	Navy Six-Team	1/14/12
Caleb Haney	2:28.95* (3)	Millrose Col. Inv.	2/11/12
Weston Kennedy	2:29.06* (4)	Princeton Dual	1/7/12
Cody Thompson	2:29.31* (3)	Army-Navy Meet	2/4/12
Caleb Haney	2:29.41* (13p)	IC4A Champ.	3/3/12
Jeremy Haney	2:29.43* (7)	PL Champ.	2/19/12
Weston Kennedy	2:29.52* (2)	Navy Quad	1/21/12
Cody Thompson	2:30.31* (3)	Navy Quad	1/21/12
Jacob Fox	2:31.23 (5)	Princeton Dual	1/7/12
Caleb Haney	2:31.54 (6)	Princeton Dual	1/7/12
Jeramy Triplett	2:31.65 (6)	Navy Quad	1/21/12
Jacob Fox	2:32.20 (7)	Navy Quad	1/21/12
Kyle Davis	2:33.26 (9)	Navy Quad	1/21/12
Jeramy Triplett	2:34.55 (6)	Navy Six-Team	1/14/12
Jeramy Triplett	2:35.11 (7)	Princeton Dual	1/7/12
Ryan Kelley	2:38.50 (10)	Navy Quad	1/21/12
Rand Montermini	2:52.33 (7-h)	PL Champ.	2/18/12
Chris Fowler	2:53.33 (8-h)	PL Champ.	2/18/12
Rand Montermini	3:03.79 (2-h)	Navy Six-Team	1/14/12

## Mile Run

**NCAA / IC4A** 3:57.90 / 4:14.90  
**Navy Record** 4:01.56 (Erik Schmidt, 2004)

Name	Mark (Pl.)	Meet	Date
Cody Rome	4:08.54* (1)	Army-Navy Meet	2/4/12
Jeremy Haney	4:08.97* (6p)	IC4A Champ.	3/3/12
Ken Bunnell	4:09.92* (1)	PL Champ.	2/19/12
Dominic Della Pelle	4:10.01* (2)	Army-Navy Meet	2/4/12
Ken Bunnell	4:10.59* (5)	Wesley Brown Inv.	1/28/12
Dominic Della Pelle	4:10.61* (2)	PL Champ.	2/19/12
Jeremy Haney	4:10.96* (8)	IC4A Champ.	3/4/12
Kyle Satterwhite	4:12.35* (3)	Army-Navy Meet	2/4/12
Ken Bunnell	4:13.09* (1)	Navy Six-Team	1/14/12
Michael Sheehan	4:13.20* (2)	Navy Quad	1/21/12
Jeremy Haney	4:13.59* (4)	Princeton Dual	1/7/12
James Pearson	4:13.99* (3)	Navy Quad	1/21/12
Michael Sheehan	4:14.34* (3)	Navy Invite	12/3/11
Kyle Satterwhite	4:14.69* (2)	Navy Six-Team	1/14/12
Kyle Satterwhite	4:14.82* (5)	Princeton Dual	1/7/12
Cody Thompson	4:14.86* (3)	Navy Six-Team	1/14/12
Cody Thompson	4:15.12 (4)	Navy Invite	12/3/11
Clay Elward	4:15.13 (4)	Navy Quad	1/21/12
Kyle Satterwhite	4:15.16 (6)	PL Champ.	2/19/12
Cody Thompson	4:15.18 (20p)	IC4A Champ.	3/3/12
Michael Sheehan	4:15.40 (6)	Princeton Dual	1/7/12
Jeremy Haney	4:16.22 (11)	Wesley Brown Inv.	1/28/12
Kyle Davis	4:19.97 (6)	Navy Six-Team	1/14/12
Drew Calcagno	4:23.25 (6)	Navy Invite	12/3/11
Kyle Davis	4:24.29 (18)	Wesley Brown Inv.	1/28/12
Matthew Cecala	4:25.81 (7)	Princeton Dual	1/7/12

# 2011-12 Navy Men's Indoor Track Performances by Event

## 3,000-meter Run

### NCAA / IC4A

7:52.30 / 8:27.20

### Navy Record

7:55.12 (Cody Rome, 2011)

Name	Mark (Pl.)	Meet	Date
Cody Rome	7:55.24* (1)	Alex Wilson Inv.	3/3/12
Cody Rome	8:14.43* (1)	PL Champ.	2/19/12
Cody Rome	8:18.25* (1)	Navy Six-Team	1/14/12
James Pearson	8:19.27* (1)	Army-Navy Meet	2/4/12
Michael Sheehan	8:21.67* (3)	Wesley Brown Inv.	1/28/12
Dominic Della Pelle	8:22.55* (1)	Navy Invite	12/3/11
James Pearson	8:22.56* (2)	PL Champ.	2/19/12
Chris Burns	8:22.62* (6)	Millrose Col. Inv.	2/11/12
Chris Burns	8:23.09* (13)	IC4A Champ.	3/3/12
Ken Bunnell	8:23.10* (2)	Army-Navy Meet	2/4/12
Sean Rynning	8:23.66* (6)	Wesley Brown Inv.	1/28/12
Brian De La Mora	8:24.57* (8)	Wesley Brown Inv.	1/28/12
Chris Burns	8:24.59* (4)	PL Champ.	2/19/12
Sean Rynning	8:25.05* (5)	PL Champ.	2/19/12
Clay Elward	8:25.86* (10)	Wesley Brown Inv.	1/28/12
Michael Sheehan	8:26.42* (3)	Navy Six-Team	1/14/12
Dominic Della Pelle	8:27.19* (2)	Princeton Dual	1/7/12
Sean Rynning	8:27.35 (20)	IC4A Champ.	3/3/12
Michael Sheehan	8:27.39 (7)	PL Champ.	2/19/12
Michael Sheehan	8:28.57 (4)	Army-Navy Meet	2/4/12
Chris Burns	8:29.60 (11)	Wesley Brown Inv.	1/28/12
James Pearson	8:31.26 (4)	Princeton Dual	1/7/12
Clay Elward	8:31.36 (5)	Navy Invite	12/3/11
Sean Rynning	8:31.48 (1)	Navy Quad	1/21/12
Christopher Galvin	8:31.80 (2)	Navy Quad	1/21/12
Michael Sheehan	8:33.97 (24)	IC4A Champ.	3/3/12
Chris Burns	8:36.66 (5)	Navy Six-Team	1/14/12
Brian De La Mora	8:36.82 (27)	IC4A Champ.	3/3/12
Brian De La Mora	8:36.92 (8)	Navy Invite	12/3/11
Chris Burns	8:38.94 (5)	Princeton Dual	1/7/12
Brian De La Mora	8:39.36 (19)	PL Champ.	2/19/12
Clay Elward	8:39.71 (6)	Navy Six-Team	1/14/12
Robert Patterson	8:40.40 (3)	Navy Quad	1/21/12
Brian De La Mora	8:40.54 (6)	Princeton Dual	1/7/12
Shane O'Donnell	8:41.25 (4)	Navy Quad	1/21/12
Dominic Della Pelle	8:42.03 (8)	Navy Six-Team	1/14/12
Ryan Kelley	8:44.12 (15)	Wesley Brown Inv.	1/28/12
Zach Hebda	8:45.97 (10)	Navy Invite	12/3/11
Ryan Kelley	8:47.38 (12)	Navy Invite	12/3/11
Richard Hoyt	8:54.77 (10)	Navy Quad	1/21/12

## 5,000-meter Run

### NCAA / IC4A

13:44.60 / 14:47.40

### Navy Record

14:03.10 (Andrew Hanks, 2011)

Name	Mark (Pl.)	Meet	Date
Cody Rome	14:10.63* (1)	PL Champ.	2/18/12
Cody Rome	14:25.94* (2)	Wesley Brown Inv.	1/28/12
Kyle Satterwhite	14:27.40* (4)	PL Champ.	2/18/12
Christopher Galvin	14:36.08* (1)	Princeton Dual	1/7/12
James Pearson	14:41.93* (6)	Wesley Brown Inv.	1/28/12
Kyle Satterwhite	14:42.69* (8)	Wesley Brown Inv.	1/28/12
Robert Patterson	14:43.52* (2)	Princeton Dual	1/7/12
Christopher Galvin	14:46.57* (10)	Wesley Brown Inv.	1/28/12
Sean Rynning	14:48.10 (3)	Princeton Dual	1/7/12
Kyle Satterwhite	14:50.64 (24)	IC4A Champ.	3/4/12
Brian De La Mora	14:52.19 (2)	Navy Six-Team	1/14/12
Robert Patterson	14:53.44 (12)	Wesley Brown Inv.	1/28/12
John Sweeney	14:57.21 (17)	Wesley Brown Inv.	1/28/12
James Pearson	15:02.09 (26)	IC4A Champ.	3/4/12
Sean Rynning	15:07.75 (2)	Navy Invite	12/3/11
Taylor Compton	15:12.10 (4)	Navy Invite	12/3/11
Chris Burns	15:12.90 (5)	Navy Invite	12/3/11
John Sweeney	15:13.52 (6)	Navy Invite	12/3/11
James Pearson	15:17.06 (13)	PL Champ.	2/18/12
Ryan Kelley	15:19.10 (4)	Princeton Dual	1/7/12
John Sweeney	15:31.65 (5)	Princeton Dual	1/7/12
Shane O'Donnell	15:39.60 (6)	Princeton Dual	1/7/12

## 60-meter Hurdles

### NCAA / IC4A

7.70 / 8.25

### Navy Record

8.07 (Adesina Ekundayo, 2002)

Name	Mark (Pl.)	Meet	Date
Mitch Simmonds	8.10* (5s)	IC4A Champ.	3/4/12
Mitch Simmonds	8.11* (1)	PL Champ.	2/19/12
Mitch Simmonds	8.13* (4p)	IC4A Champ.	3/3/12
Mitch Simmonds	8.14* (7)	Tiger Paw Inv.	2/11/12
Mitch Simmonds	8.20* (2p)	PL Champ.	2/18/12
Mitch Simmonds	8.24* (7p)	Tiger Paw Inv.	2/11/12
Mitch Simmonds	8.27 (2)	Army-Navy Meet	2/4/12
Mitch Simmonds	8.30 (9)	IC4A Champ.	3/4/12
Mitch Simmonds	8.37 (7)	Wesley Brown Inv.	1/28/12
Isaac Losee	8.48 (2)	Princeton Dual	1/7/12
Isaac Losee	8.49 (4)	Army-Navy Meet	2/4/12
Mitch Simmonds	8.55 (8p)	Wesley Brown Inv.	1/28/12
Isaac Losee	8.61 (9p)	Wesley Brown Inv.	1/28/12
Jeremy Duruji	8.66 (6)	Army-Navy Meet	2/4/12
Isaac Losee	8.77 (5p)	Navy Six-Team	1/14/12
Isaac Losee	8.81 (8p)	Navy Quad	1/21/12
Isaac Losee	8.81 (9p)	Navy Invite	12/3/11
Jeremy Duruji	8.89 (6)	Navy Six-Team	1/14/12
Jeremy Duruji	8.91 (7p)	Navy Six-Team	1/14/12
Isaac Losee	8.92 (8)	Navy Quad	1/21/12
Chris Fowler	8.96 (4-h)	PL Champ.	2/18/12
Rand Montermini	9.03 (7-h)	PL Champ.	2/18/12
Rand Montermini	9.04 (4)	Princeton Dual	1/7/12
Jeremy Duruji	9.08 (9p)	Navy Quad	1/21/12
Jeremy Duruji	9.10 (11p)	Navy Invite	12/3/11
Rand Montermini	9.12 (3-h)	Navy Six-Team	1/14/12
Chris Troche	9.12 (12p)	Navy Invite	12/3/11
Jeremy Duruji	9.17 (5)	Princeton Dual	1/7/12
Erik Bergstrom	9.18 (10p)	Navy Six-Team	1/14/12
Chris Fowler	9.20 (13p)	Navy Invite	12/3/11
Erik Bergstrom	9.30 (10p)	Navy Quad	1/21/12
Jeremy Duruji	9.35 (14p)	Wesley Brown Inv.	1/28/12
Brian Zitterkopf	9.38 (12p)	Navy Six-Team	1/14/12
Rand Montermini	9.74 (12p)	Navy Quad	1/21/12

## High Jump

### NCAA / IC4A

2.24m / 2.04m

### Navy Record

2.29m (Leo Williams, 1983)

Name	Mark (Pl.)	Meet	Date
Josh Houston	2.04m* (3)	Army-Navy Meet	2/4/12
Josh Houston	2.00m (4)	Tiger Paw Inv.	2/11/12
Josh Houston	1.99m (11)	IC4A Champ.	3/4/12
Rand Montermini	1.99m (2-h)	PL Champ.	2/17/12
Josh Houston	1.99m (3)	PL Champ.	2/18/12
Rand Montermini	1.99m (4)	Army-Navy Meet	2/4/12
Josh Houston	1.99m (2)	Wesley Brown Inv.	1/28/12
Josh Houston	1.99m (1)	Navy Six-Team	1/14/12
Josh Houston	1.99m (1)	Princeton Dual	1/7/12
Rand Montermini	1.99m (2)	Navy Invite	12/3/11
Rand Montermini	1.94m (4)	Wesley Brown Inv.	1/28/12
Josh Houston	1.94m (4)	Navy Quad	1/21/12
Rand Montermini	1.94m (5)	Navy Quad	1/21/12
Josh Houston	1.94m (7)	Navy Invite	12/3/11
Rand Montermini	1.92m (1-h)	Navy Six-Team	1/14/12
Rand Montermini	1.90m (8)	Tiger Paw Inv.	2/11/12
Rand Montermini	1.89m (11)	PL Champ.	2/18/12
Hank Leslie	1.89m (6)	Army-Navy Meet	2/4/12
Hank Leslie	1.89m (7)	Wesley Brown Inv.	1/28/12
Hank Leslie	1.89m (9)	Navy Quad	1/21/12
Rand Montermini	1.89m (2)	Navy Six-Team	1/14/12
Rand Montermini	1.89m (2)	Princeton Dual	1/7/12
Hank Leslie	1.84m (5)	Princeton Dual	1/7/12
Hunter Gibson	1.84m (9)	Navy Invite	12/3/11
Hank Leslie	1.84m (13)	Navy Invite	12/3/11
Hank Leslie	1.79m (7)	Navy Six-Team	1/14/12
Chris Fowler	1.78m (8-h)	PL Champ.	2/17/12

## Pole Vault

### NCAA / IC4A

5.50m / 4.80m

### Navy Record

5.22m (Matthew Poirier, 1999)

Name	Mark (Pl.)	Meet	Date
Paul Neidhardt	4.95m* (1)	Army-Navy Meet	2/4/12
Paul Neidhardt	4.95m* (1)	Navy Quad	1/21/12
Paul Neidhardt	4.90m* (1)	Tiger Paw Inv.	2/11/12
Ryan Kochert	4.80m* (6)	IC4A Champ.	3/3/12
Mark Vetere	4.80m* (7)	IC4A Champ.	3/3/12
Paul Neidhardt	4.80m* (9)	IC4A Champ.	3/3/12
Mark Vetere	4.80m* (1)	PL Champ.	2/19/12
Paul Neidhardt	4.80m* (3)	PL Champ.	2/19/12
Mark Vetere	4.80m* (2)	Army-Navy Meet	2/4/12
Paul Neidhardt	4.80m* (2)	Wesley Brown Inv.	1/28/12
Ryan Kochert	4.80m* (2)	Wesley Brown Inv.	1/28/12
Ryan Kochert	4.80m* (1)	Navy Six-Team	1/14/12
Mark Vetere	4.75m (2)	Tiger Paw Inv.	2/11/12
Ryan Kochert	4.75m (3)	Tiger Paw Inv.	2/11/12
Ryan Kochert	4.65m (8)	PL Champ.	2/19/12
Mark Vetere	4.65m (6)	Wesley Brown Inv.	1/28/12
Ray Matelli	4.65m (8)	Wesley Brown Inv.	1/28/12
Ryan Kochert	4.65m (4)	Navy Quad	1/21/12
Paul Neidhardt	4.65m (2)	Navy Six-Team	1/14/12
Ryan Kochert	4.65m (2)	Princeton Dual	1/7/12
Paul Neidhardt	4.65m (3)	Princeton Dual	1/7/12
Paul Neidhardt	4.65m (1)	Navy Invite	12/3/11
Ryan Kochert	4.65m (2)	Navy Invite	12/3/11
Ryan Kochert	4.50m (5)	Army-Navy Meet	2/4/12
Michael Rivard	4.50m (9)	Wesley Brown Inv.	1/28/12
Michael Rivard	4.50m (5)	Navy Quad	1/21/12
Michael Rivard	4.50m (3)	Navy Six-Team	1/14/12
Joshua Drablos	4.50m (6)	Princeton Dual	1/7/12
Mark Vetere	4.50m (3)	Navy Invite	12/3/11
Ray Matelli	4.35m (12)	PL Champ.	2/19/12
Matthew Deisher	4.35m (10)	Wesley Brown Inv.	1/28/12
Joshua Drablos	4.35m (5)	Navy Six-Team	1/14/12
Mark Vetere	4.35m (7)	Princeton Dual	1/7/12
Ray Matelli	4.35m (7)	Princeton Dual	1/7/12
Matthew Deisher	4.35m (4)	Navy Invite	12/3/11
Joshua Drablos	4.35m (5)	Navy Invite	12/3/11
Ray Matelli	4.35m (6)	Navy Invite	12/3/11
John Smith	4.20m (7)	Navy Six-Team	1/14/12
Ray Matelli	4.20m (7)	Navy Six-Team	1/14/12
Adam Vetere	4.20m (7)	Navy Six-Team	1/14/12
Michael Rivard	4.20m (10)	Princeton Dual	1/7/12
Adam Vetere	4.20m (10)	Princeton Dual	1/7/12
Michael Rivard	4.20m (7)	Navy Invite	12/3/11
Matthew Deisher	4.20m (10)	Navy Six-Team	1/14/12
Chris Fowler	4.05m (2-h)	PL Champ.	2/18/12
Rand Montermini	4.05m (2-h)	Navy Six-Team	1/14/12
Adam Vetere	4.05m (9)	Navy Invite	12/3/11

## Long Jump

### NCAA / IC4A

8.00m / 7.02m

### Navy Record

7.49m (Jim Campbell, 1973)

Name	Mark (Pl.)	Meet	Date
Miles Snelgrove	7.14m* (2)	Army-Navy Meet	2/4/12
Randon McKain	6.62m (5)	Army-Navy Meet	2/4/12
Rico Goldstone	6.60m (4)	Wesley Brown Inv.	1/28/12
Brandon Carter	6.48m (4)	Navy Invite	12/3/11
Rico Goldstone	6.46m (6)	Army-Navy Meet	2/4/12
Rico Goldstone	6.45m (6)	Navy Invite	12/3/11
Chris Fowler	6.41m (3-h)	PL Champ.	2/17/12
Randon McKain	6.39m (6)	Wesley Brown Inv.	1/28/12
Randon McKain	6.39m (8)	Navy Quad	1/21/12
Brandon Carter	6.34m (6)	Navy Six-Team	1/14/12
Chris Fowler	6.29m (7)	Wesley Brown Inv.	1/28/12
Randon McKain	6.26m (10)	Navy Six-Team	1/14/12
Brandon Carter	6.25m (4)	Princeton Dual	1/7/12
Brandon Carter	6.21m (10)	Navy Quad	1/21/12
Brian Zitterkopf	6.19m (6)	Princeton Dual	1/7/12
Rand Montermini	6.16m (8-h)	PL Champ.	2/17/12
Daniel Park	6.15m (12)	Navy Six-Team	1/14/12
Rand Montermini	6.15m (4-h)	Navy Six-Team	1/14/12
Ryan Kochert	6.08m (12)	Navy Invite	12/3/11
Eric Gibbs	6.04m (13)	Navy Invite	12/3/11
Chris Fowler	6.03m (14)	Navy Invite	12/3/11

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Chris Fowler	6.01m (11)	Navy Quad	1/21/12	Chris Ricks	17.53m* (1)	Navy Six-Team	1/14/12	Navy Quad	1/21/12
Brandon Carter	5.89m (14)	Wesley Brown Inv.	1/28/12	Chris Ricks	17.43m* (13)	IC4A Champ.	3/3/12	Dunn, Cecala, Kingsland, Pajor	7:53.45 (1)
Eric Gibbs	5.89m (13)	Navy Quad	1/21/12	Zack Duncavage	17.43m* (2)	Army-Navy Meet	2/4/12	Navy Invite	12/3/11
Rico Goldstone	5.51m (7)	Princeton Dual	1/7/12	Zack Duncavage	17.42m* (5)	PL Champ.	2/18/12	Pajor, Dunn, Haney, Kennedy	7:54.01 (1)

## Triple Jump

<b>NCAA / IC4A</b>	16.30m / 14.30m
<b>Navy Record</b>	15.79m (Joel Robertson, 1994)

Name	Mark (Pl.)	Meet	Date
Randon McKain	13.76m (6)	Navy Six-Team	1/14/12
Randon McKain	13.72m (3)	Princeton Dual	1/7/12
Randon McKain	13.58m (7)	Navy Invite	12/3/11
Randon McKain	13.55m (3)	Army-Navy Meet	2/4/12
Daniel Park	13.37m (4)	Princeton Dual	1/7/12
Brian Zitterkopf	13.24m (6)	Wesley Brown Inv.	1/28/12
Brandon Carter	13.23m (8)	Navy Six-Team	1/14/12
Chris Fowler	13.22m (4)	Army-Navy Meet	2/4/12
Brandon Carter	13.08m (9)	Navy Quad	1/21/12
Brandon Carter	13.07m (5)	Army-Navy Meet	2/4/12
Randon McKain	13.05m (9)	Wesley Brown Inv.	1/28/12
Brian Zitterkopf	12.94m (9)	Navy Six-Team	1/14/12
Brandon Carter	12.86m (10)	Navy Invite	12/3/11
Daniel Park	12.74m (13)	Navy Six-Team	1/14/12
Randon McKain	12.69m (10)	Navy Quad	1/21/12
Brandon Carter	12.62m (10)	Wesley Brown Inv.	1/28/12

## Shot Put

<b>NCAA / IC4A</b>	19.35m / 15.60m
<b>Navy Record</b>	18.45m (Scott Haney, 1973)

Name	Mark (Pl.)	Meet	Date
Chris Boniwell	16.60m* (1)	Army-Navy Meet	2/4/12
Chris Boniwell	15.47m (8)	Tiger Paw Inv.	2/11/12
Chris Boniwell	15.45m (5)	PL Champ.	2/19/12
Chris Boniwell	15.09m (3)	Wesley Brown Inv.	1/28/12
Chris Boniwell	14.52m (2)	Navy Invite	12/3/11
Zack Duncavage	14.43m (4)	Army-Navy Meet	2/4/12
Zack Duncavage	14.31m (3)	Navy Invite	12/3/11
Zack Duncavage	14.18m (3)	Princeton Dual	1/7/12
Zack Duncavage	14.03m (5)	Wesley Brown Inv.	1/28/12
Zack Duncavage	13.94m (12)	PL Champ.	2/19/12
Andrew Wondolowski	13.80m (6)	Army-Navy Meet	2/4/12
Derrick Petett	13.53m (3)	Navy Six-Team	1/14/12
Andrew Wondolowski	13.50m (4)	Navy Six-Team	1/14/12
Andrew Wondolowski	13.29m (4)	Navy Quad	1/21/12
Derrick Petett	13.18m (5)	Navy Quad	1/21/12
Zack Duncavage	13.05m (5)	Navy Six-Team	1/14/12
Zack Duncavage	13.04m (6)	Navy Quad	1/21/12
Andrew Wondolowski	13.00m (8)	Navy Invite	12/3/11
Andrew Wondolowski	12.93m (8)	Wesley Brown Inv.	1/28/12
Derrick Petett	12.87m (9)	Navy Invite	12/3/11
Thomas Buffone	12.77m (7)	Navy Quad	1/21/12
Derrick Petett	12.77m (5)	Princeton Dual	1/7/12
Chris Maligsa	12.42m (6)	Princeton Dual	1/7/12
Andrew Wondolowski	12.41m (7)	Princeton Dual	1/7/12
Tom Buffone	12.37m (8)	Navy Six-Team	1/14/12
Derrick Petett	12.27m (11)	Wesley Brown Inv.	1/28/12
Christopher Maligsa	12.06m (9)	Navy Quad	1/21/12
Chris Fowler	11.96m (1-h)	PL Champ.	2/17/12
David Capote	11.93m (8)	Princeton Dual	1/7/12
David Capote	11.80m (14)	Navy Six-Team	1/14/12
Chris Maligsa	11.69m (12)	Navy Invite	12/3/11
David Capote	11.51m (13)	Navy Invite	12/3/11
Tom Buffone	11.22m (9)	Princeton Dual	1/7/12
Tom Buffone	10.76m (15)	Navy Invite	12/3/11
Rand Montermini	9.82m (4-h)	Navy Six-Team	1/14/12
Rand Montermini	9.17m (12-h)	PL Champ.	2/17/12

## Weight Throw

<b>NCAA / IC4A</b>	21.50m / 16.80m
<b>Navy Record</b>	20.76m (Ted Bregar, 1973)

Name	Mark (Pl.)	Meet	Date
Chris Ricks	18.20m* (3)	PL Champ.	2/18/12
Chris Ricks	18.11m* (2)	Tiger Paw Inv.	2/11/12
Chris Ricks	18.06m* (2)	Navy Quad	1/21/12
Chris Ricks	17.79m* (1)	Navy Invite	12/3/11
Chris Ricks	17.61m* (1)	Army-Navy Meet	2/4/12
Chris Ricks	17.55m* (1)	Princeton Dual	1/7/12

Brandon Swindler	16.93m* (3)	Navy Quad	1/21/12
Billy Grammer	16.92m* (9)	Tiger Paw Inv.	2/11/12
Billy Grammer	16.80m* (7)	PL Champ.	2/18/12
Brandon Swindler	16.78m (4)	Wesley Brown Inv.	1/28/12
Brandon Swindler	16.75m (3)	Navy Six-Team	1/14/12
Billy Grammer	16.57m (5)	Wesley Brown Inv.	1/28/12
Billy Grammer	16.53m (2)	IC4A Champ.	3/3/12
Kyle Fortney	16.48m (5)	Navy Quad	1/21/12
Kyle Fortney	16.41m (4)	Navy Six-Team	1/14/12
Kyle Fortney	16.15m (2)	Princeton Dual	1/7/12
Brandon Swindler	16.01m (5)	Army-Navy Meet	2/4/12
Zack Duncavage	16.00m (3)	Navy Invite	12/3/11
Brandon Swindler	15.96m (11)	Tiger Paw Inv.	2/11/12
Kyle Fortney	15.87m (4)	Navy Invite	12/3/11
Brandon Swindler	15.85m (29)	IC4A Champ.	3/3/12
Billy Grammer	15.84m (3)	Princeton Dual	1/7/12
Zack Duncavage	15.82m (7)	Navy Quad	1/21/12
Billy Grammer	15.70m (5)	Navy Invite	12/3/11
Brandon Swindler	15.65m (9)	PL Champ.	2/18/12
Kyle Fortney	15.57m (7)	Wesley Brown Inv.	1/28/12
Billy Grammer	15.51m (8)	Navy Quad	1/21/12
Zack Duncavage	15.10m (4)	Princeton Dual	1/7/12
Billy Grammer	15.09m (7)	Navy Six-Team	1/14/12
Brandon Swindler	14.95m (5)	Princeton Dual	1/7/12
Derrick Petett	14.89m (8)	Navy Six-Team	1/14/12
Derrick Petett	14.50m (9)	Wesley Brown Inv.	1/28/12
Daniel Hibert	14.49m (10)	Wesley Brown Inv.	1/28/12
Zack Duncavage	14.17m (10)	Navy Six-Team	1/14/12
Daniel Hibert	14.06m (11)	Navy Six-Team	1/14/12
Brandon Swindler	14.01m (7)	Navy Invite	12/3/11
Derrick Petett	13.92m (12)	Navy Quad	1/21/12
Daniel Hibert	13.64m (13)	Navy Quad	1/21/12
Daniel Hibert	13.40m (8)	Navy Invite	12/3/11
Daniel Hibert	13.38m (8)	Princeton Dual	1/7/12
David Capote	13.10m (9)	Navy Invite	12/3/11
Tom Buffone	13.04m (10)	Navy Invite	12/3/11
Derrick Petett	10.23m (13)	Navy Invite	12/3/11

## 4x400-meter Relay

<b>NCAA / IC4A</b>	3:06.50 / 3:19.90
<b>Navy Record</b>	3:12.07 (Ricks-Meekins-Lindsay-Harris, 2007)

Name	Mark (Pl.)	Meet	Date
Gallien, Evers, Connelly, Shaw	3:16.83* (1)	Army-Navy Meet	2/4/12
Gallien, Connelly, Shaw, Evers	3:17.13* (2)	PL Champ.	2/19/12
Connelly, Fanning, Gallien, Shaw	3:17.68* (2)	Wesley Brown Inv.	1/28/12
Fanning, Gallien, Teichgrab, Evers	3:18.27* (1)	Navy Quad	1/21/12
Kempel, Evers, Gallien, Connelly	3:18.71* (4)	Navy Invite	12/3/11
Gallien, Shaw, Kingsland, Evers	3:20.47 (2)	Navy Six-Team	1/14/12
Jackson, Gallien, Shaw, Evers	3:22.34 (1)	Princeton Dual	1/7/12
Cadiente, Teichgrab, Fanning, Mighty	3:23.32 (7)	Navy Invite	12/3/11

## 4x800-meter Relay

<b>IC4A Qualifying Mark</b>	7:53.00
<b>Navy Record</b>	7:27.39 (Wright, Wolstenholme, Fisher, Roper, 1983)

Name	Mark (Pl.)	Meet	Date
Kennedy, Connelly, Haney, Della Pelle	7:34.81* (1)	PL Champ.	2/18/12
Thompson, Kingsland, Haney, Kennedy	7:39.58* (14p)	IC4A Champ.	3/3/12
Haney, Rome, Kingsland, Della Pelle	7:41.91* (1)		

## Distance Medley Relay

<b>NCAA / IC4A</b>	9:31.00 / 10:19.70
<b>Navy Record</b>	9:39.17 (Lanzel-Porter-Kay-Schmidt, 2002)

Name	Mark (Pl.)	Meet	Date
Bunnell, Evers, Connelly, Della Pelle	9:51.10* (2)	IC4A Champ.	3/4/12
Della Pelle, Evers, Connelly, Bunnell	9:54.36* (2p)	IC4A Champ.	3/3/12
Haney, Kingsland, Kennedy, Bunnell	10:02.28* (1)	PL Champ.	2/19/12
Della Pelle, Jackson, Kennedy, Thompson	10:04.83* (1)	Wesley Brown Inv.	1/28/12
Fox, Mighty, Haney, Davis	10:17.22* (1)	Navy Invite	12/3/11
Fox, Teichgrab, Pajor, Bunnell	10:18.91* (2)	Princeton Dual	1/7/12
Kennedy, Fanning, Dunn, O'Donnell	10:19.69* (2)	Navy Invite	12/3/11

## Heptathlon

<b>NCAA / IC4A</b>	5750 pts / 4800 pts
<b>Navy Record</b>	5311 (Ron Belany, 2008)

Name	Mark (Pl.)	Meet	Date
Chris Fowler	4721 (4)	PL Champ.	2/18/12
Rand Montermini	4498 (2)	Navy Six-Team	1/14/12
Rand Montermini	4086 (10)	PL Champ.	2/18/12

## 2011-12 Awards and Honors

### 2012 Patriot League Indoor Championship

#### Final Team Standings

1. Bucknell	185
2. Navy	176.25
3. Army	106
4. Lehigh	65
5. Lafayette	41.25
6. Colgate	29.50
7. American	10
8. Holy Cross	7

#### Patriot League First Team / Champions

Matt Evers	500m
Lucas Connelly	800m
Dominic Della Pelle	1,000m
Ken Bunnell	Mile
Cody Rome	3,000m
Cody Rome	5,000m
Mitch Simmonds	60m Hurdles
Mark Vetere	Pole Vault
Kennedy, Connelly, Haney, Della Pelle	4x800m Relay
Haney, Kingsland, Kennedy, Bunnell	DMR

#### Patriot League Second Team / Runners-Up

Dominic Della Pelle	Mile
James Pearson	3,000m
Gallien, Connelly, Shaw, Evers	4x400m

#### Major Award Winners

<b>Patriot League Men's Indoor Scholar-Athlete of the Year</b>	Cody Rome
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#### Patriot League All-Academic Team

Cody Rome
James Pearson

#### Patriot League Rookie of the Meet

Mark Vetere
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# 2011-12 Navy Men's Indoor Track Performances by Event

## Patriot League Weekly Awards

Cody Rome	Track-Athlete of the Week (Jan. 16)
	Track-Athlete of the Week (Jan. 30)
Daniel Gallien	Rookie of the Week (Jan. 30)

## 2012 IC4A Indoor Championship

T-21st, 15.5 points

## IC4A All-East Performers (Top Eight)

Matt Evers	500m run, 7th
Matt Evers	DMR, 2nd
Dominic Della Pelle	DMR, 2nd
Lucas Connelly	DMR, 2nd
Ken Bunnell	DMR, 2nd
Ryan Kochert	Pole Vault, 6th
Mark Vetere	Pole Vault, 7th
Jeremy Haney	Mile run, 8th

## USTFCCCA Mid-Atlantic Region Poll

No. 4	Jan. 24
No. 6	Jan. 31
No. 6	Feb. 6
No. 8	Feb. 13
No. 9	Feb. 20
No. 9	Feb. 27
No. 9	March 6

## Army-Navy Indoor Star Meet

Navy def. Army, 98-83

## Individual Star Meet Victories

Daniel Gallien	400m
Matt Evers	500m
Lucas Connelly	800m
Dominic Della Pelle	1,000m
Cody Rome	Mile
James Pearson	3,000m
Paul Neidhardt	Pole Vault
Chris Boniwell	Shot Put
Chris Ricks	Weight Throw

## Updates to Navy All-Time Indoor Record Books

<b>60m Hurdles</b>	
Mitch Simmonds	3rd, 8.10, 3/4/12
	4th, 8.11, 2/19/12
	6th, 8.13, 3/3/12
	7th, 8.14, 2/11/12

## 3,000m Run

Cody Rome	2nd, 7:55.24, 3/3/12
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## 5,000m Run

Cody Rome	3rd, 14:10.63, 2/18/12
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## Heptathlon

Chris Fowler	5th, 4721, 2/18/12
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## Active Midshipmen on the Coach Cooksey Era (1989-Present) Indoor Performance List

### 200m Dash

Brett Bogaard	5th, 21.95, 2/18/12
Isaac Teichgrab	6th, 22.02, 2/19/11

### 400m Dash

Daniel Gallien	9th, 49.08, 2/19/12
Alex Jackson	9th, 49.08, 1/7/12

### 500m Run

Matt Evers	2nd, 1:03.55, 3/3/12
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### 800m Run

Lucas Connelly	4th, 1:51.14, 3/3/12
Matt Evers	5th, 1:51.66, 3/5/11

### 1,000m Run

Cody Rome	3rd, 2:25.33, 2/5/11
Dominic Della Pelle	6th, 2:25.78, 1/15/11

### Mile Run

Cody Rome	6th, 4:05.48, 1/23/10
Dominic Della Pelle	8th, 4:05.98, 2/5/11

### 3,000m Run

Cody Rome	<b>1st, 7:55.12, 3/5/11</b>
Ken Bunnell	7th, 8:12.67, 3/5/11

### 5,000m Run

Cody Rome	3rd, 14:10.63, 2/18/12
Kyle Satterwhite	6th, 14:25.41, 3/6/11

### 60m Hurdles

Mitch Simmonds	3rd, 8.10, 3/4/12
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### High Jump

Josh Houston	10th, 2.04m, 2/19/11
Brian Zitterkopf	10th, 2.04m, 1/9/10

### Pole Vault

Paul Neidhardt	8th, 4.95m, 1/21/12
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### Long Jump

Miles Snelgrove	7th, 7.14m, 2/4/12
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### Shot Put

Chris Boniwell	8th, 16.60m, 2/4/12
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### Weight Throw

Chris Ricks	8th, 18.37m, 2/19/11
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## Top Indoor Performances (2011-12)

Event	Athlete	Time/Mark
60m	Jalen Elrod	7.10
200m	Brett Bogaard	21.95*
400m	Daniel Gallien	49.08*
	Alex Jackson	49.08*
500m	Matt Evers	1:03.55*
	Joshua Shaw	1:04.92*
800m	Lucas Connelly	1:51.14*
	Matt Evers	1:54.48*
	Weston Kennedy	1:54.75*
1,000m	Dominic Della Pelle	2:26.88*
	Jeremy Haney	2:27.92*
	Cody Thompson	2:28.04*
	Weston Kennedy	2:28.19*
	Caleb Haney	2:28.95*
Mile	Cody Rome	4:08.54*
	Jeremy Haney	4:08.97*
	Ken Bunnell	4:09.92*
	Dominic Della Pelle	4:10.01*
	Kyle Satterwhite	4:12.35*
	Michael Sheehan	4:13.20*
	James Pearson	4:13.99*
	Cody Thompson	4:14.86*
3,000m	Cody Rome	7:55.24*
	James Pearson	8:19.27*
	Michael Sheehan	8:21.67*
	Dominic Della Pelle	8:22.55*
	Chris Burns	8:22.62*
	Ken Bunnell	8:23.10*
	Sean Rynning	8:23.66*
	Brian De La Mora	8:24.57*
	Clay Elward	8:25.86*
5,000m	Cody Rome	14:10.63*
	Kyle Satterwhite	14:27.40*
	Christopher Galvin	14:36.08*
	James Pearson	14:41.93*
	Robert Patterson	14:43.52*
60m Hurdles	Mitch Simmonds	8.10*
High Jump	Josh Houston	2.04m*
Pole Vault	Paul Neidhardt	4.95m*
	Ryan Kochert	4.80m*
	Mark Vetere	4.80m*
Long Jump	Miles Snelgrove	7.14m*
Triple Jump	Randon McKain	13.76m
Shot Put	Chris Boniwell	16.60m*
Weight Throw	Chris Ricks	18.20m*
	Zack Duncavage	17.43m*
	Brandon Swindler	16.93m*
	Billy Grammer	16.92m*
Heptathlon	Chris Fowler	4721
4x400m Relay	Gallien, Evers, Connelly, Shaw	3:16.83*
4x800m Relay	Kennedy, Connelly, Haney, Della Pelle	
		7:34.81*
DMR	Bunnell, Evers, Connelly, Della Pelle	9:51.10*

\* Denotes IC4A Qualifying Performances

Running times (200m and up/relays) are converted for Patriot League Championships and Tiger Paw Invite due to track size.