

# 2011 Navy Men's Outdoor Track Performances by Event

## 100-meter Dash

IC4A			
Name	Mark (Pl.)	Meet	Date
Patrick Edmond	10.60* (2)	Navy Quad Meet	3/26/11
Brett Bogaard	10.94 (3)	Navy Quad Meet	3/26/11
Brett Bogaard	11.03 (6p)	PL Champ.	5/6/11
Patrick Edmond	11.06 (3)	Army (Star Meet)	4/8/11
Patrick Edmond	11.08 (10p)	PL Champ.	5/6/11
Wynton El	11.08 (1)	Point Loma Open	3/19/11
Brett Bogaard	11.14 (8)	PL Champ.	5/7/11
Isaac Teichgrab	11.15 (11p)	PL Champ.	5/6/11
Wynton El	11.17 (4)	Army (Star Meet)	4/8/11
Brett Bogaard	11.18 (5)	Army (Star Meet)	4/8/11
Patrick Edmond	11.28 (4)	Sam Howell Inv.	4/2/11
Brett Bogaard	11.28 (7)	Point Loma Open	3/19/11
Brett Bogaard	11.35 (5)	Sam Howell Inv.	4/2/11
Wynton El	11.37 (7)	Sam Howell Inv.	4/2/11
Brett Bogaard	11.39 (13)	Widener Invite	4/22/11
Wynton El	11.47 (14)	Widener Invite	4/22/11
Blake Bowell	11.51 (12)	Sam Howell Inv.	4/2/11
Wynton El	11.57 (4)	Navy Quad Meet	3/26/11
Christopher Fowler	11.60 (7-dec)	PL Champ.	5/6/11
Robert Andon	11.60 (5)	Navy Quad Meet	3/26/11
Rand Montermini	11.62 (8-dec)	PL Champ.	5/6/11
Blake Bowell	11.67 (6)	Navy Quad Meet	3/26/11

## 200-meter Dash

IC4A			
Name	Mark (Pl.)	Meet	Date
Alexander Jackson	21.68* (5)	PL Champ.	5/7/11
Alexander Jackson	21.92 (5p)	PL Champ.	5/6/11
Alexander Jackson	21.97 (1)	Navy Quad Meet	3/26/11
Isaac Teichgrab	22.11 (3)	Navy Quad Meet	3/26/11
Alexander Jackson	22.13 (5)	Sam Howell Inv.	4/2/11
Alexander Jackson	22.20 (29)	Tom Jones Mem.	4/16/11
Alexander Jackson	22.20 (2)	Army (Star Meet)	4/8/11
Alexander Jackson	22.32 (2)	Point Loma Open	3/19/11
Alexander Jackson	22.33 (22p)	IC4A Champ.	5/14/11
Patrick Edmond	22.34 (7)	Sam Howell Inv.	4/2/11
Patrick Edmond	22.37 (11p)	PL Champ.	5/6/11
Isaac Teichgrab	22.38 (12p)	PL Champ.	5/6/11
Brett Bogaard	22.52 (13p)	PL Champ.	5/6/11
Patrick Edmond	22.55 (4)	Army (Star Meet)	4/8/11
Patrick Edmond	22.55 (4)	Navy Quad Meet	3/26/11
Brett Bogaard	22.58 (9)	Widener Invite	4/22/11
Brett Bogaard	22.59 (8)	Sam Howell Inv.	4/2/11
Kolton Kempel	22.63 (5)	Navy Quad Meet	3/26/11
Kolton Kempel	22.65 (10)	Sam Howell Inv.	4/2/11
Wynton El	22.74 (4)	Point Loma Open	3/19/11
Brett Bogaard	22.84 (5)	Point Loma Open	3/19/11
Brett Bogaard	22.88 (6)	Army (Star Meet)	4/8/11
Wynton El	23.03 (14)	Widener Invite	4/22/11
Lorenzo Armijo	23.14 (6)	Navy Quad Meet	3/26/11
Lorenzo Armijo	23.14 (10)	Point Loma Open	3/19/11
Ernesto Sanchez	23.96 (21)	Point Loma Open	3/19/11
Kolton Kempel	24.05 (21p)	PL Champ.	5/6/11
Isaac Losee	24.18 (25)	Point Loma Open	3/19/11

## 400-meter Run

IC4A			
Name	Mark (Pl.)	Meet	Date
Alexander Jackson	48.75 (2)	PL Champ.	5/7/11
Alexander Jackson	48.97 (2)	Army (Star Meet)	4/8/11
Alexander Jackson	49.09 (20)	Tom Jones Mem.	4/16/11
Alexander Jackson	49.11 (3)	Sam Howell Inv.	4/2/11
Kolton Kempel	49.39 (3)	Army (Star Meet)	4/8/11
Alexander Jackson	49.62 (1)	Point Loma Open	3/19/11
Kolton Kempel	49.82 (1)	Navy Quad Meet	3/26/11
Kolton Kempel	49.85 (7)	Sam Howell Inv.	4/2/11
Lorenzo Armijo	50.18 (5)	Army (Star Meet)	4/8/11
Kolton Kempel	50.24 (21)	Tom Jones Mem.	4/16/11
Lorenzo Armijo	50.45 (2)	Point Loma Open	3/19/11
Lorenzo Armijo	50.79 (3)	Navy Quad Meet	3/26/11
Travis Fanning	50.95 (8)	Widener Invite	4/22/11
Lorenzo Armijo	50.99 (19)	Sam Howell Inv.	4/2/11
Lorenzo Armijo	51.06 (11)	Widener Invite	4/22/11
Travis Fanning	51.58 (4)	Navy Quad Meet	3/26/11
Christopher Fowler	52.41 (2-dec)	PL Champ.	5/6/11
Andrew Mighty	52.52 (25)	Widener Invite	4/22/11
Rand Montermini	54.55 (9-dec)	PL Champ.	5/6/11

## 800-meter Run

IC4A			
Name	Mark (Pl.)	Meet	Date
Lucas Connelly	1:52.00 (2)	PL Champ.	5/7/11
George Stevenson	1:52.14 (2)	Point Loma Open	3/19/11
Dominic Della Pelle	1:52.50 (1)	Army (Star Meet)	4/8/11
David Ash	1:52.64 (6)	PL Champ.	5/7/11
David Ash	1:52.69 (2)	Army (Star Meet)	4/8/11
Lucas Connelly	1:52.72 (6)	Tom Jones Mem.	4/16/11
George Stevenson	1:52.75 (3)	Army (Star Meet)	4/8/11
George Stevenson	1:52.86 (8)	PL Champ.	5/7/11
David Ash	1:52.86 (1)	Sam Howell Inv.	4/2/11
David Ash	1:53.07 (7)	Tom Jones Mem.	4/16/11
Weston Kennedy	1:53.40 (11)	PL Champ.	5/7/11
Lucas Connelly	1:53.40 (3)	Point Loma Open	3/19/11
Lucas Connelly	1:53.79 (3)	Sam Howell Inv.	4/2/11
Weston Kennedy	1:53.87 (2)	Widener Invite	4/22/11
George Stevenson	1:54.51 (5)	Sam Howell Inv.	4/2/11
Lucas Connelly	1:54.63 (2)	Navy Quad Meet	3/26/11
George Stevenson	1:54.72 (11)	Tom Jones Mem.	4/16/11
David Ash	1:54.87 (5)	Point Loma Open	3/19/11
Joshua Shaw	1:55.55 (3)	Widener Invite	4/22/11
Joshua Shaw	1:56.15 (7)	Point Loma Open	3/19/11
George Stevenson	1:56.26 (4)	Navy Quad Meet	3/26/11
Joshua Shaw	1:56.56 (5)	Navy Quad Meet	3/26/11
Max Dunn	1:56.78 (6)	Widener Invite	4/22/11
Sean Murphy	1:57.21 (7)	Navy Quad Meet	3/26/11
Weston Kennedy	1:57.45 (9)	Navy Quad Meet	3/26/11
Caleb Haney	1:57.74 (10)	Widener Invite	4/22/11
Sean Murphy	1:57.78 (11)	Point Loma Open	3/19/11
Max Dunn	1:57.82 (10)	Navy Quad Meet	3/26/11
Sean Murphy	1:57.92 (11)	Widener Invite	4/22/11
Eamonn McCarey	2:00.18 (20)	Widener Invite	4/22/11

## 1,500-meter Run

IC4A			
Name	Mark (Pl.)	Meet	Date
Andrew Hanko	3:47.39* (1)	PL Champ.	5/7/11
Dominic Della Pelle	3:48.92* (8)	IC4A Champ.	5/15/11
Cody Rome	3:49.70* (2)	PL Champ.	5/7/11
Andrew Hanko	3:50.43* (4)	Sam Howell Inv.	4/1/11
Dominic Della Pelle	3:51.98 (1)	Widener Invite	4/22/11
Andrew Hanko	3:52.30 (1)	Army (Star Meet)	4/8/11
Cody Rome	3:52.25 (2)	Army (Star Meet)	4/8/11
Jeremy Haney	3:54.42 (3)	Widener Invite	4/22/11
Dominic Della Pelle	3:55.07 (4p)	IC4A Champ.	5/14/11
Dominic Della Pelle	3:55.49 (6)	PL Champ.	5/7/11
Dominic Della Pelle	3:55.67 (16)	Sam Howell Inv.	4/1/11
Jeremy Haney	3:55.94 (24p)	IC4A Champ.	5/14/11
Jeremy Haney	3:56.61 (4)	Army (Star Meet)	4/8/11
Kenneth Bunnell	3:57.28 (6)	Widener Invite	4/22/11
Jeremy Haney	3:57.33 (8)	PL Champ.	5/7/11
Michael Sheehan	3:57.94 (7)	Widener Invite	4/22/11
Michael Sheehan	3:58.19 (8)	Tom Jones Mem.	4/16/11
Kenneth Bunnell	3:59.11 (33)	Sam Howell Inv.	4/2/11
Andrew Shellgren	3:59.17 (3)	Navy Quad Meet	3/26/11
Michael Sheehan	3:59.87 (4)	Navy Quad Meet	3/26/11
Andrew Shellgren	4:00.15 (36)	Sam Howell Inv.	4/2/11
Cody Thompson	4:00.36 (10)	Widener Invite	4/22/11
Cody Thompson	4:01.61 (40)	Sam Howell Inv.	4/2/11
Michael Sheehan	4:02.59 (47)	Sam Howell Inv.	4/2/11
Cody Thompson	4:03.01 (5)	Navy Quad Meet	3/26/11
Andrew Cocco	4:05.43 (19)	Widener Invite	4/22/11
Andrew Cocco	4:06.27 (10)	Navy Quad Meet	3/26/11
Eamonn McCarey	4:06.76 (9)	Point Loma Open	3/19/11
Eamonn McCarey	4:06.93 (11)	Navy Quad Meet	3/26/11
Christopher Fowler	4:40.66 (2-dec)	PL Champ.	5/7/11
Rand Montermini	5:00.21 (9-dec)	PL Champ.	5/7/11

## 3,000-meter Run

IC4A			
Name	Mark (Pl.)	Meet	Date
Sean Rynning	9:09.50 (3)	Tom Jones Mem.	4/16/11
Robert Patterson	9:19.28 (5)	Tom Jones Mem.	4/16/11

## 5,000-meter Run

IC4A			
Name	Mark (Pl.)	Meet	Date
Andrew Hanko	13:56.93* (3)	War Eagle Inv.	4/16/11
Andrew Hanko	14:00.11* (1)	IC4A Champ.	5/13/11
Cody Rome	14:01.81* (2)	Larry Ellis Inv.	4/22/11
Cody Rome	14:10.89* (10)	IC4A Champ.	5/13/11
Andrew Hanko	14:16.90* (20)	NCAA East Reg.	5/28/11
Cody Rome	14:18.19* (1)	Sam Howell Inv.	4/1/11
Kenneth Bunnell	14:21.92* (13)	IC4A Champ.	5/13/11
Cody Rome	14:22.24* (1)	Army (Star Meet)	4/8/11
Kenneth Bunnell	14:22.57* (2)	Army (Star Meet)	4/8/11
Andrew Hanko	14:25.52* (3)	Army (Star Meet)	4/8/11
Kyle Satterwhite	14:28.28* (18)	IC4A Champ.	5/13/11
Andrew Hanko	14:30.62* (1)	PL Champ.	5/7/11
Kyle Satterwhite	14:31.07* (5)	Penn Relays	4/28/11
Jeremy Haney	14:34.40* (9)	Sam Howell Inv.	4/1/11
Cody Rome	14:35.31* (30)	NCAA East Reg.	5/28/11
Cody Rome	14:43.99 (3)	PL Champ.	5/7/11
Kenneth Bunnell	14:46.78 (4)	PL Champ.	5/7/11
James Pearson	14:55.68 (4)	Widener Invite	4/22/11
Clay Elward	14:58.00 (24)	Penn Relays	4/28/11
Clay Elward	15:04.03 (5)	Navy Quad Meet	3/26/11
Robert Alvarado	15:05.17 (8)	Widener Invite	4/22/11
Robert Patterson	15:06.05 (6)	Navy Quad Meet	3/26/11
Christopher Burns	15:06.18 (9)	Widener Invite	4/22/11
Matthew De Villers	15:26.25 (7)	Navy Quad Meet	3/26/11
Jeremy Haney	15:29.34 (15)	PL Champ.	5/7/11
Alexander Merrall	15:29.38 (16)	Widener Invite	4/22/11

## 10,000-meter Run

IC4A			
Name	Mark (Pl.)	Meet	Date
Christopher Galvin	30:56.12* (4)	PL Champ.	5/6/11
Christopher Galvin	30:59.00* (1)	Widener Invite	4/22/11
Andrew Shellgren	30:59.71* (2)	Widener Invite	4/22/11

## 110-meter Hurdles

IC4A			
Name	Mark (Pl.)	Meet	Date
Mitch Simmonds	14.59* (2)	Army (Star Meet)	4/8/11
Mitch Simmonds	14.61* (4)	PL Champ.	5/7/11
Mitch Simmonds	14.66* (7)	Tom Jones Mem.	4/16/11
Mitch Simmonds	14.68* (4p)	PL Champ.	5/6/11
Mitch Simmonds	14.72* (15p)	IC4A Champ.	5/14/11
Mitch Simmonds	14.78* (8p)	Tom Jones Mem.	4/16/11
Mitch Simmonds	15.32 (1)	Point Loma Open	3/19/11
Isaac Losee	15.60 (4)	Army (Star Meet)	4/8/11
Christopher Fowler	15.91 (4-dec)	PL Champ.	5/7/11
Christopher Fowler	16.17 (6)	Army (Star Meet)	4/8/11
Christopher Fowler	16.33 (8)	Widener Invite	4/22/11
Isaac Losee	16.37 (8)	Point Loma Open	3/19/11
Isaac Losee	16.48 (10)	Widener Invite	4/22/11
Rand Montermini	16.54 (2)	Navy Quad Meet	3/26/11
Isaac Losee	16.72 (3)	Navy Quad Meet	3/26/11
Rand Montermini	16.79 (7-dec)	PL Champ.	5/7/11
Christopher Fowler	16.95 (11)	Point Loma Open	3/19/11

## 400-meter Hurdles

IC4A			
Name	Mark (Pl.)	Meet	Date
Fleet White	56.01 (9)	Sam Howell Inv.	4/2/11
Fleet White	56.28 (4)	Army (Star Meet)	4/8/11
Mitch Simmonds	56.40 (55)	Penn Relays	4/29/11
Mitch Simmonds	56.41 (4)	Point Loma Open	3/19/11
Christopher Fowler	56.81 (5)	Army (Star Meet)	4/8/11
Christopher Fowler	56.88 (8)	Widener Invite	4/22/11
Fleet White	57.21 (1)	Navy Quad Meet	3/26/11
Isaac Losee	57.72 (6)	Army (Star Meet)	4/8/11
Isaac Losee	57.80 (12)	Widener Invite	4/22/11
Fleet White	57.89 (58)	Penn Relays	4/29/11
Christopher Fowler	58.14 (2)	Navy Quad Meet	3/26/11
Isaac Losee	58.57 (3)	Navy Quad Meet	3/26/11
Christopher Fowler	58.65 (9)	Point Loma Open	3/19/11
Fleet White	58.72 (10)	Point Loma Open	3/19/11

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## 3,000-meter Steeplechase

IC4A			
Name	Mark (Pl.)	Meet	Date
Dean Black	8:54.94* (15)	NCAA East Reg.	5/27/11
Dean Black	8:58.35* (3)	IC4A Champ.	5/13/11
Dean Black	8:58.57* (7)	Penn Relays	4/28/11
Dean Black	9:04.17* (1)	Army (Star Meet)	4/8/11
Robert Alvarado	9:09.53* (2)	Army (Star Meet)	4/8/11
Dean Black	9:09.61* (1)	PL Champ.	5/7/11
Dean Black	9:11.94* (8)	Sam Howell Inv.	4/1/11
Robert Alvarado	9:12.70* (18)	IC4A Champ.	5/13/11
Dean Black	9:20.04 (1)	Navy Quad Meet	3/26/11
Robert Alvarado	9:21.50 (11)	Penn Relays	4/28/11
Robert Alvarado	9:25.43 (6)	PL Champ.	5/7/11
Robert Alvarado	9:32.20 (19)	Sam Howell Inv.	4/1/11
Robert Alvarado	9:33.56 (3)	Navy Quad Meet	3/26/11
Brian Davenport	9:41.70 (1)	Widener Invite	4/22/11
Aaron Foote	9:43.20 (5)	Army (Star Meet)	4/8/11
Aaron Foote	9:45.68 (4)	Navy Quad Meet	3/26/11
John Skillman	9:46.01 (5)	Navy Quad Meet	3/26/11
Brian Davenport	9:46.20 (6)	Navy Quad Meet	3/26/11
Sean Rynning	10:11.46 (7)	Navy Quad Meet	3/26/11

## High Jump

IC4A			
Name	Mark (Pl.)	Meet	Date
Joshua Houston	2.04m* (7)	PL Champ.	5/7/11
Joshua Houston	2.00m (9)	Penn Relays	4/29/11
Rand Montermini	1.99m (2)	Army (Star Meet)	4/8/11
Rand Montermini	1.98m (2)	Point Loma Open	3/19/11
Joshua Houston	1.98m (2)	Point Loma Open	3/19/11
Rand Montermini	1.95m (2-dec)	PL Champ.	5/6/11
Joshua Houston	1.95m (5)	Tom Jones Mem.	4/16/11
Joshua Houston	1.94m (3)	Army (Star Meet)	4/8/11
Rand Montermini	1.94m (1)	Navy Quad Meet	3/26/11
Hunter Gibson	1.89m (5)	Army (Star Meet)	4/8/11
Joshua Houston	1.89m (4)	Sam Howell Inv.	4/2/11
Rand Montermini	1.89m (5)	Sam Howell Inv.	4/2/11
Hunter Gibson	1.83m (4)	Widener Invite	4/22/11
Christopher Fowler	1.80m (5-dec)	PL Champ.	5/6/11
Christopher Fowler	1.79m (2)	Navy Quad Meet	3/26/11
Greg Forrester	1.64m (3)	Navy Quad Meet	3/26/11

## Pole Vault

IC4A			
Name	Mark (Pl.)	Meet	Date
Paul Neidhardt	4.80m* (2)	Army (Star Meet)	4/8/11
Ryan Kochert	4.65m (1)	Widener Invite	4/22/11
Ryan Kochert	4.60m (5)	Sam Howell Inv.	4/2/11
Paul Neidhardt	4.50m (5)	PL Champ.	5/6/11
Nathan Woodason	4.50 (7)	PL Champ.	5/6/11
Nathan Woodason	4.50m (12)	Penn Relays	4/29/11
Paul Neidhardt	4.40m (1)	Point Loma Open	3/19/11
Ryan Kochert	4.35m (9)	PL Champ.	5/6/11
Ryan Kochert	4.35m (3)	Army (Star Meet)	4/8/11
Nathan Woodason	4.35m (4)	Army (Star Meet)	4/8/11
John Smith	4.25m (2)	Widener Invite	4/22/11
John Smith	4.25m (2)	Point Loma Open	3/19/11
John Smith	4.20m (1)	Navy Quad Meet	3/26/11
Nathan Woodason	4.05m (2)	Navy Quad Meet	3/26/11
Christopher Fowler	3.65m (5-dec)	PL Champ.	5/7/11
Rand Montermini	3.35m (9-dec)	PL Champ.	5/7/11

## Long Jump

IC4A			
Name	Mark (Pl.)	Meet	Date
Miles Snelgrove	7.05m (3)	Army (Star Meet)	4/8/11
Daniel Park	6.63m (4)	Army (Star Meet)	4/8/11
Ryan Kochert	6.49m (3)	Point Loma Open	3/19/11
Christopher Fowler	6.42m (6-dec)	PL Champ.	5/6/11
Randon McKain	6.37m (6)	Army (Star Meet)	4/8/11
Christopher Fowler	6.35m (5)	Widener Invite	4/22/11
Randon McKain	6.29m (1)	Navy Quad Meet	3/26/11
Rand Montermini	6.23m (7-dec)	PL Champ.	5/6/11
Isaac Losee	6.15m (4)	Point Loma Open	3/19/11
Hunter Gibson	6.05m (2)	Navy Quad Meet	3/26/11
Isaac Losee	5.92m (3)	Navy Quad Meet	3/26/11
Ernesto Sanchez	5.75m (11)	Point Loma Open	3/19/11
Ernesto Sanchez	5.68m (4)	Navy Quad Meet	3/26/11
Greg Forrester	5.61m (12)	Point Loma Open	3/19/11
Joshua Houston	5.60m (14)	Point Loma Open	3/19/11

## Triple Jump

IC4A			
Name	Mark (Pl.)	Meet	Date
Randon McKain	13.59m (1)	Navy Quad Meet	3/26/11
Daniel Park	13.42m (4)	Army (Star Meet)	4/8/11
Daniel Park	13.32m (2)	Point Loma Open	3/19/11
Daniel Park	13.24m (3)	Sam Howell Inv.	4/2/11
Brian Zitterkopf	12.87m (5)	Army (Star Meet)	4/8/11
Randon McKain	12.86m (6)	Army (Star Meet)	4/8/11
Randon McKain	12.81m (4)	Widener Invite	4/22/11
Randon McKain	12.81m (8)	Sam Howell Inv.	4/2/11
Brian Zitterkopf	12.44m (2)	Navy Quad Meet	3/26/11
Brian Zitterkopf	12.28m (9)	Point Loma Open	3/19/11

## Shot Put

IC4A			
Name	Mark (Pl.)	Meet	Date
Chris Boniwell	16.43m* (1)	PL Champ.	5/7/11
Chris Boniwell	16.09m* (1)	Army (Star Meet)	4/8/11
Chris Boniwell	15.56m (8)	Penn Relays	4/29/11
Jeffrey Steinmetz	15.31m (3)	Army (Star Meet)	4/8/11
Chris Boniwell	15.04m (29)	IC4A Champ.	5/15/11
Jeffrey Steinmetz	14.94m (7)	PL Champ.	5/7/11
Zachary Duncavage	14.52m (5)	Army (Star Meet)	4/8/11
Chris Boniwell	14.41m (1)	Navy Quad Meet	3/26/11
Jeffrey Steinmetz	14.36m (2)	Navy Quad Meet	3/26/11
Zachary Duncavage	13.89m (9)	PL Champ.	5/7/11
Jeffrey Steinmetz	13.69m (6)	Widener Invite	4/22/11
Jeffrey Steinmetz	13.67m (16)	Penn Relays	4/29/11
Zachary Duncavage	13.30m (4)	Point Loma Open	3/19/11
Zachary Duncavage	13.06m (2)	Point Loma Invite	3/12/11
Zachary Duncavage	12.95m (3)	Navy Quad Meet	3/26/11
Andrew Wondolowski	12.79m (4)	Navy Quad Meet	3/26/11
Jason Darby	12.64m (5)	Navy Quad Meet	3/26/11
Zachary Duncavage	12.38m (15)	Sam Howell Inv.	4/2/11
Patrick Norwood	12.18m (3)	Point Loma Invite	3/12/11
Nicholas Porter	12.38m (4)	Point Loma Invite	3/12/11
Patrick Norwood	11.68m (6)	Navy Quad Meet	3/26/11
Christopher Folwer	11.66m (2-dec)	PL Champ.	5/6/11
Nicholas Porter	11.61m (7)	Navy Quad Meet	3/26/11
Garrett Patrick	11.60m (8)	Navy Quad Meet	3/26/11
Miles Snelgrove	11.37m (6)	Point Loma Invite	3/12/11
Christopher Fowler	11.07m (8)	Point Loma Invite	3/12/11
Greg Forrester	9.94m (10)	Point Loma Invite	3/12/11
Rand Montermini	9.42m (8-dec)	PL Champ.	5/6/11
Rand Montermini	9.16m (11)	Point Loma Invite	3/12/11

## Discus

IC4A			
Name	Mark (Pl.)	Meet	Date
Zachary Duncavage	52.32m* (2)	Point Loma Open	3/19/11
Zachary Duncavage	49.68m* (7)	IC4A Champ.	5/14/11
Zachary Duncavage	49.54m* (1)	Point Loma Invite	3/12/11
Zachary Duncavage	49.11m* (9)	Tom Jones Mem.	4/16/11
Chris Boniwell	48.94m* (11)	IC4A Champ.	5/14/11
Zachary Duncavage	48.92m* (36)	NCAA East Reg.	5/28/11
Zachary Duncavage	48.63m* (2)	PL Champ.	5/7/11
Chris Boniwell	48.22m* (11)	Tom Jones Mem.	4/16/11
Zachary Duncavage	48.10m* (1)	Navy Quad Meet	3/26/11
Chris Boniwell	47.60m* (1)	Widener Invite	4/22/11
Chris Boniwell	47.10m (4)	PL Champ.	5/7/11
Chris Boniwell	47.03m (2)	Army (Star Meet)	4/8/11
Kyle Fortney	46.78m (3)	Army (Star Meet)	4/8/11
Zachary Duncavage	45.69m (10)	Penn Relays	4/29/11
Chris Boniwell	45.56m (4)	Sam Howell Inv.	4/2/11
Kyle Fortney	45.14m (6)	PL Champ.	5/7/11
Kyle Fortney	44.44m (3)	Widener Invite	4/22/11
Zachary Duncavage	44.29m (6)	Army (Star Meet)	4/8/11
Brandon Swindler	43.23m (2)	Navy Quad Meet	3/26/11
Kyle Fortney	42.97m (2)	Point Loma Invite	3/12/11
Chris Boniwell	41.44m (28)	Penn Relays	4/29/11
Chris Boniwell	41.37m (3)	Navy Quad Meet	3/26/11
Kyle Fortney	41.28m (5)	Point Loma Open	3/19/11
Jeffrey Steinmetz	41.09m (4)	Navy Quad Meet	3/26/11
Miles Snelgrove	40.78m (3)	Point Loma Invite	3/12/11
Brandon Swindler	40.14m (7)	Widener Invite	4/22/11
Patrick Norwood	39.29m (4)	Point Loma Invite	3/12/11
Brandon Swindler	39.21m (12)	Sam Howell Inv.	4/2/11
Nicholas Porter	38.83m (6)	Point Loma Invite	3/12/11
Jason Darby	34.97m (5)	Navy Quad Meet	3/26/11
Greg Forrester	33.00m (8)	Point Loma Invite	3/12/11
Christopher Fowler	32.81m (3-dec)	PL Champ.	5/7/11
Christopher Fowler	32.28m (16)	Point Loma Open	3/19/11
Christopher Fowler	31.14m (12)	Point Loma Invite	3/12/11

Greg Forrester	30.25m (18)	Point Loma Open	3/19/11
Rand Montermini	25.34m (9-dec)	PL Champ.	5/7/11
Rand Montermini	23.40m (15)	Point Loma Invite	3/12/11

## Hammer Throw

IC4A			
Name	Mark (Pl.)	Meet	Date
Patrick Norwood	56.52m* (6)	Sam Howell Inv.	4/2/11
Nicholas Porter	55.65m* (1)	Navy Quad Meet	3/26/11
Christopher Ricks	54.52m* (2)	PL Champ.	5/6/11
Christopher Ricks	54.35m* (7)	Sam Howell Inv.	4/2/11
Patrick Norwood	54.08m* (13)	Penn Relays	4/30/11
Nicholas Porter	54.00m* (18)	IC4A Champ.	5/14/11
Nicholas Porter	53.88m* (1)	Army (Star Meet)	4/8/11
Christopher Ricks	53.82m* (2)	Navy Quad Meet	3/26/11
Patrick Norwood	53.69m* (8)	Tom Jones Mem.	4/16/11
Christopher Ricks	53.57m* (20)	IC4A Champ.	5/14/11
Patrick Norwood	53.54m* (3)	Navy Quad Meet	3/26/11
Patrick Norwood	53.51m* (4)	PL Champ.	5/6/11
Patrick Norwood	53.25m* (2)	Army (Star Meet)	4/8/11
Christopher Ricks	53.15m* (3)	Army (Star Meet)	4/8/11
Christopher Ricks	53.11m* (1)	Point Loma Open	3/19/11
Patrick Norwood	52.92m (1)	Point Loma Invite	3/12/11
Nicholas Porter	52.81m (9)	Tom Jones Mem.	4/16/11
Nicholas Porter	52.44m (9)	Sam Howell Inv.	4/2/11
Christopher Ricks	52.31m (1)	Widener Invite	4/22/11
Patrick Norwood	52.17m (22)	IC4A Champ.	5/14/11
Nicholas Porter	52.11m (19)	Penn Relays	4/30/11
Nicholas Porter	52.05m (5)	PL Champ.	5/6/11
Nicholas Porter	52.03m (2)	Point Loma Open	3/19/11
Nicholas Porter	51.30m (2)	Point Loma Invite	3/12/11
Christopher Ricks	50.83m (23)	Penn Relays	4/30/11
Patrick Norwood	50.81m (3)	Point Loma Open	3/19/11
Christopher Ricks	50.56m (11)	Tom Jones Mem.	4/16/11
Christopher Ricks	48.90m (3)	Point Loma Invite	3/12/11
Brandon Swindler	46.72m (4)	Navy Quad Meet	3/26/11
Brandon Swindler	46.64m (2)	Widener Invite	4/22/11
Brandon Swindler	45.74m (17)	Sam Howell Inv.	4/2/11
Zachary Duncavage	45.70m (4)	Point Loma Invite	3/12/11
Zachary Duncavage	45.66m (18)	Sam Howell Inv.	4/2/11
William Grammer	45.29m (5)	Navy Quad Meet	3/26/11
Kyle Fortney	45.26m (6)	Navy Quad Meet	3/26/11
William Grammer	44.84m (5)	Widener Invite	4/22/11
Zachary Duncavage	44.56m (14)	PL Champ.	5/6/11
William Grammer	44.04m (5)	Point Loma Open	3/19/11
Daniel Hibert	43.91m (6)	Widener Invite	4/22/11
Daniel Hibert	43.84m (7)	Navy Quad Meet	3/26/11
Zachary Duncavage	43.46m (8)	Navy Quad Meet	3/26/11
Kyle Fortney	43.07m (19)	Sam Howell Inv.	4/2/11
Kyle Fortney	43.03m (5)	Point Loma Invite	3/12/11
Daniel Hibert	42.27m (6)	Point Loma Open	3/19/11
Zachary Duncavage	41.16m (8)	Point Loma Open	3/19/11
Kyle Fortney	36.98m (9)	Point Loma Open	3/19/11

## Javelin Throw

IC4A			
Name	Mark (Pl.)	Meet	Date
Miles Snelgrove	66.18m* (1)	Sam Howell Inv.	4/2/11
Miles Snelgrove	64.15m* (1)	Point Loma Invite	3/12/11
Miles Snelgrove	59.72m* (1)	Point Loma Open	3/19/11
Miles Snelgrove	55.56m (1)	Army (Star Meet)	4/8/11
Christopher Ricks	54.25m (3)	PL Champ.	5/6/11
Aaron Bankus	53.26m (1)	Navy Quad Meet	3/26/11
Aaron Bankus	53.14m (3)	Army (Star Meet)	4/8/11
Christopher Ricks	52.48m (4)	Army (Star Meet)	4/8/11
Christopher Ricks	52.13m (3)	Point Loma Invite	3/12/11
Christopher Ricks	51.96m (6)	Widener Invite	4/22/11
Aaron Bankus	51.31m (4)	Point Loma Open	3/19/11
Craig Stocker	50.79m (7)	Widener Invite	4/22/11
Aaron Bankus	49.93m (7)	PL Champ.	5/6/11
Aaron Bankus	49.91m (5)	Point Loma Invite	3/12/11
Aaron Bankus	49.79m (9)	Widener Invite	4/22/11
Aaron Bankus	49.70m (8)	Sam Howell Inv.	4/2/11
Craig Stocker	49.50m (2)	Navy Quad Meet	3/26/11
Jordan Gruber	49.45m (3)	Navy Quad Meet	3/26/11
Jordan Gruber	48.58m (11)	Sam Howell Inv.	4/2/11

# 2011 Navy Men's Outdoor Track Performances by Event

Rand Montermini	38.44m (12)	Point Loma Invite	3/12/11
Greg Forrester	32.25m (18)	Point Loma Open	3/19/11
Greg Forrester	22.60m (14)	Point Loma Invite	3/12/11

## 4x100-meter Relay

<b>IC4A</b>	42.50		
<b>Navy Record</b>	40.71 y/c (Colson-Dinn-Turner-Campbell, 1976)		

Name	Mark (Pl.)	Meet	Date
Edmond, Jackson, Bogaard, Teichgrab	42.31* (5)	PL Champ.	5/7/11
Edmond, Jackson, Bogaard, Teichgrab	42.70 (21p)	IC4A Champ.	5/14/11
Edmond, El, Bogaard, Teichgrab	42.73 (51p)		
Bowell, El, Bogaard, Teichgrab	42.93 (5)	Penn Relays	4/29/11
	Sam Howell Inv.		4/2/11
Simmonds, El, Bogaard, Kochert	43.41 (2)	Point Loma Open	3/19/11

## 4x200-meter Relay

Name	Mark (Pl.)	Meet	Date
Edmond, El, Bogaard, Jackson	1:27.60 (6f)	Penn Relays	4/30/11
Edmond, El, Bogaard, Jackson	1:27.74 (26p)	Penn Relays	4/29/11

## 4x400-meter Relay

<b>IC4A</b>	3:17.60		
<b>Navy Record</b>	3:08.6 (Prutzman-Sheairs-Bailey-Colvin, 1979)		

Name	Mark (Pl.)	Meet	Date
Kempel, Connelly, Ash, Jackson	3:15.28* (6)	Tom Jones Mem.	4/16/11
Kempel, Connelly, Ash, Jackson	3:16.12* (27p)	Penn Relays	4/29/11
Kempel, Connelly, Ash, Jackson	3:16.13* (16p)	IC4A Champ.	5/14/11
Kempel, Connelly, Ash, Jackson	3:16.42* (8f)	Penn Relays	4/30/11
Fanning, Ash, Kempel, Connelly	3:17.68 (2)	Army (Star Meet)	4/8/11
Connelly, Ash, Stevenson, Kempel	3:19.67 (4)	PL Champ.	5/7/11
White, Shaw, Armijo, Jackson	3:20.62 (1)	Point Loma Open	3/19/11
Fanning, Shaw, Dunn, Armijo	3:22.41 (1)	Widener Invite	4/22/11
Evers, Stevenson, Ash, Murphy	3:22.72 (3)	Point Loma Open	3/19/11
Ash, Connelly, Shaw, Fanning	3:23.02 (1)	Navy Quad Meet	3/26/11
Mighty, Fowler, White, Teichgrab	3:29.45 (3)	Navy Quad Meet	3/26/11

## 4x800-meter Relay

<b>IC4A</b>	7:43.00		
<b>Navy Record</b>	7:26.88 (Evers, Stevenson, Ash, Rome, 2010)		

Name	Mark (Pl.)	Meet	Date
Connelly, Ash, Della Pelle, Stevenson	7:27.55* (4)	IC4A Champ.	5/15/11
Connelly, Kennedy, Ash, Stevenson	7:30.46* (7p)	IC4A Champ.	5/14/11
Ash, Connelly, Stevenson, Kennedy	7:32.94* (4)	PL Champ.	5/6/11
Connelly, Ash, Kennedy, Stevenson	7:33.67* (10)	Penn Relays	4/30/11

## 4xMile-meter Relay

Name	Mark (Pl.)	Meet	Date
Rome, Della Pelle, Haney, Hanko	16:32.59 (6)	Penn Relays	4/30/11

## Decathlon

<b>IC4A</b>		6,600 pts	
<b>Navy Record</b>	7,449 (Richard Smith 1981)		

Name	Mark (Pl.)	Meet	Date
Christopher Fowler	6,237 (6)	PL Champ.	5/9/11
Rand Montermini	5,692 (8)	PL Champ.	5/9/11

## Top Outdoor Performances (2011)

Event	Athlete	Time/Mark
100m	Patrick Edmond	10.60*
200m	Alexander Jackson	21.68*
400m	Alexander Jackson	48.75
800m	Lucas Connelly	1:52.00
1,500m	Andrew Hanko	3:47.39*
	Dominic Della Pelle	3:48.92*
	Cody Rome	3:49.70*
5,000m	Andrew Hanko	13:56.93*
	Cody Rome	14:01.81*
	Jeremy Haney	14:34.40*
10,000m	Christopher Galvin	30:56.12*
	Andrew Shellgren	30:59.71*
110m Hurdles	Mitch Simmonds	14.59*
400m Hurdles	Fleet White	56.01
3,000m Steeple	Dean Black	8:54.94*
	Robert Alvarado	9:09.53*
High Jump	Joshua Houston	2.04m*
Pole Vault	Paul Neidhardt	4.80m*
Long Jump	Miles Snelgrove	7.05m
Triple Jump	Randon McKain	13.59m
Shot Put	Chris Boniwell	16.43m*
Discus	Zachary Duncavage	52.32m*
	Chris Boniwell	48.22m*
Hammer	Patrick Norwood	56.52m*
	Nicholas Porter	55.65m*
	Christopher Ricks	54.35m*
Javelin	Miles Snelgrove	66.18m*
4x100m Relay	Edmond, Jackson Bogaard, Teichgrab	42.31*
4x400m Relay	Kempel, Connelly, Ash, Jackson	3:15.28*
4x800m Relay	Connelly, Ash Della Pelle Stevenson	7:27.55*

\*Denotes IC4A qualifying mark

## 2011 Patriot League Outdoor Championship

### Final Team Standings

1. Bucknell	186
2. Army	157
<b>3. Navy</b>	<b>132.5</b>
4. Lehigh	91
5. Lafayette	49
6. American	36.50
7. Colgate	16
8. Holy Cross	14

## 2011 IC4A Outdoor Championship

T-13th place, 24 points  
4 All-East Individuals and one relay team  
1 Individual Champion

## 2011 Awards and Honors

### NCAA East Regional Qualifiers

Dean Black, 3,000m Steeplechase, 15th, 8:54.94  
Andrew Hanko, 5,000m, 20th, 14:16.90  
Cody Rome, 5,000m, 30th, 14:35.31  
Zachary Duncavage, Discus, 36th, 48.92m

### IC4A Individual Champion

Andrew Hanko, 5,000m, 14:00.11

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

Andrew Hanko, 5,000m (1st)  
Dean Black, 3,000m Steeple (3rd)  
4x800m Relay (Connelly-Ash-Della Pelle-Stevenson, 4th)  
Zachary Duncavage, Discus (7th)  
Dominic Della Pelle, 1,500m (8th)

### Patriot League Individual/Relay Champions

Andrew Hanko - 1,500m (3:47.39), 5,000m (14:30.62)  
Dean Black - 3,000m Steeplechase (9:09.61)  
Chris Boniwell - Shot Put (16.43m)

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

Alexander Jackson - 400m (48.75)  
Lucas Connelly - 800m (1:52.00)  
Cody Rome - 1,500m (3:49.70)  
Zachary Duncavage - Discus (48.63m)  
Christopher Ricks - Hammer (54.52m)

### Patriot League Weekly Awards

Zachary Duncavage Rookie of the Week (March 28)  
Rookie of the Week (April 18)  
Andrew Hanko Track-Athlete of the Week (April 18)  
Cody Rome Track-Athlete of the Week (April 25)  
Dean Back Track-Athlete of the Week (May 2)

## Patriot League All-Academic Team

Cody Rome

## USTFCCA Mid-Atlantic Region Poll

Week 1 (April 5)	No. 5
Week 2 (April 12)	No. 4
Week 3 (April 19)	No. 3
Week 4 (April 26)	No. 3
Week 5 (May 3)	No. 3
Week 6 (May 10)	No. 5
Week 7 (May 17)	No. 7

## Individual Star Meet Victories

Dominic Della Pelle	800
Andrew Hanko	1,500
Cody Rome	5,000
Dean Black	3,000 Steeplechase
Chris Boniwell	Shot Put
Nicholas Porter	Hammer Throw
Miles Snelgrove	Javelin

## Updates to Navy All-Time Outdoor Record Books

5,000m	Andrew Hanko	3rd (13:56.93)
	Andrew Hanko	4th (14:00.11)
	Cody Rome	6th (14:01.81)
	Cody Rome	9th (14:10.89)

## 4x800m Relay

Connelly-Ash-Della Pelle-Stevenson 2nd (7:27.55)

# 2010-11 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
Brett Bogaard	7.07 (7s)	PL. Champ.	2/19/11
Brett Bogaard	7.11 (4)	Army (Star Meet)	2/5/11
Brett Bogaard	7.14 (7)	PL. Champ.	2/20/11
Brett Bogaard	7.16 (10p)	PL. Champ.	2/19/11
Mitch Simmonds	7.17 (13p)	PL. Champ.	2/19/11
Brett Bogaard	7.17 (49)	Iowa St. Classic	2/12/11
Brett Bogaard	7.17 (5)	Navy Four-Team	1/22/11
Wynton El	7.17 (3)	Navy Six-Team	1/15/11
Mitch Simmonds	7.18 (13s)	PL. Champ.	2/19/11
Brett Bogaard	7.18 (9p)	Wesley Brown Inv.	1/29/11
Brett Bogaard	7.18 (5p)	Navy Four-Team	1/22/11
Brett Bogaard	7.18 (5)	Navy Six-Team	1/15/11
Isaac Teichgrab	7.19 (15s)	PL. Champ.	2/19/11
Patrick Edmond	7.20 (5)	Army (Star Meet)	2/5/11
Wynton El	7.21 (50)	Iowa St. Classic	2/12/11
Brett Bogaard	7.21 (5p)	Navy Six-Team	1/15/11
Brett Bogaard	7.21 (15p)	Navy Invitational	12/4/10
Brett Bogaard	7.23 (5)	Princeton Dual	1/8/11
Isaac Teichgrab	7.24 (15p)	PL. Champ.	2/19/11
Wynton El	7.24 (8p)	Navy Six-Team	1/15/11
Patrick Edmond	7.25 (9p)	Navy Four-Team	1/22/11
Isaac Teichgrab	7.25 (9p)	Navy Six-Team	1/15/11
Isaac Teichgrab	7.26 (10p)	Navy Four-Team	1/22/11
Wynton El	7.27 (6)	Army (Star Meet)	2/5/11
Patrick Edmond	7.27 (11p)	Wesley Brown Inv.	1/29/11
Patrick Edmond	7.28 (11p)	Navy Six-Team	1/15/11
Patrick Edmond	7.29 (24p)	Navy Invitational	12/4/10
Wynton El	7.30 (11p)	Navy Four-Team	1/22/11
Isaac Teichgrab	7.30 (6)	Princeton Dual	1/8/11
Isaac Teichgrab	7.34 (25p)	Navy Invitational	12/4/10
Patrick Edmond	7.36 (7)	Princeton Dual	1/8/11
Robert Andon	7.40 (9)	Princeton Dual	1/8/11
Robert Andon	7.43 (17p)	Navy Six-Team	1/15/11
John Founds	7.43 (10)	Princeton Dual	1/8/11
John Founds	7.47 (30p)	Navy Invitational	12/4/10
Rand Montermini	7.49 (4h)	PL Champ.	2/18/11
Ernesto Sanchez	7.49 (18p)	Navy Six-Team	1/15/11
Blake Bowell	7.49 (19p)	Navy Six-Team	1/15/11
Robert Andon	7.52 (32p)	Navy Invitational	12/4/10
Rand Montermini	7.56 (3h)	Navy Six-Team	1/15/11
Christopher Fowler	7.62 (5h)	PL Champ.	2/18/11
Christopher Fowler	7.63 (9h)	PL Champ.	2/18/11
Greg Forrester	7.70 (6h)	Navy Six-Team	1/15/11

## 200-meter Dash

NCAA / IC4A		20.83 / 22.24	
Navy Record		21.48 (Clay Stackhouse, 1989)	
Name	Mark (Pl.)	Meet	Date
Isaac Teichgrab	22.02* (3p)	PL. Champ.	2/19/11
Isaac Teichgrab	22.11* (22p)	IC4A Champ.	3/5/11
Brett Bogaard	22.16* (5p)	PL. Champ.	2/19/11
Brett Bogaard	22.22* (2)	Wesley Brown Inv.	1/29/11
Brett Bogaard	22.30 (4)	PL. Champ.	2/20/11
Brett Bogaard	22.35 (3)	Army (Star Meet)	2/5/11
Isaac Teichgrab	22.36 (3)	Navy Four-Team	1/22/11
Isaac Teichgrab	22.38 (4)	Army (Star Meet)	2/5/11
Isaac Teichgrab	22.38 (5)	Wesley Brown Inv.	1/29/11
Kolton Kempel	22.41 (10p)	PL. Champ.	2/19/11
Brett Bogaard	22.46 (62)	Iowa St. Classic	2/12/11
Brett Bogaard	22.46 (5)	Navy Four-Team	1/22/11
Isaac Teichgrab	22.51 (7)	PL. Champ.	2/20/11
Alexander Jackson	22.52 (12p)	PL. Champ.	2/19/11
Brett Bogaard	22.56 (6)	Navy Six-Team	1/15/11
Patrick Edmond	22.58 (10)	Navy Invitational	12/4/10
Patrick Edmond	22.61 (6)	Navy Four-Team	1/22/11
Isaac Teichgrab	22.62 (74)	Iowa St. Classic	2/12/11
Isaac Teichgrab	22.67 (3)	Princeton Dual	1/8/11
Isaac Teichgrab	22.70 (7)	Navy Six-Team	1/15/11
Issac Teichgrab	22.71 (13)	Navy Invitational	12/4/10
Brett Bogaard	22.81 (14)	Navy Invitational	12/4/10
Alexander Jackson	22.82 (4)	Princeton Dual	1/8/11
Patrick Edmond	22.87 (5)	Princeton Dual	1/8/11
Patrick Edmond	22.88 (9)	Navy Six-Team	1/15/11
Patrick Edmond	22.91 (9)	Wesley Brown Inv.	1/29/11
Alexander Jackson	22.92 (10)	Navy Six-Team	1/15/11
Mitch Simmonds	22.98 (8)	Navy Four-Team	1/22/11
Brett Bogaard	23.17 (7)	Princeton Dual	1/8/11
Wynton El	23.21 (11)	Wesley Brown Inv.	1/29/11
Travis Fanning	23.28 (13)	Wesley Brown Inv.	1/29/11
Wynton El	23.36 (5)	Army (Star Meet)	2/5/11
Robert Andon	23.67 (12)	Princeton Dual	1/8/11
Ernesto Sanchez	23.93 (26)	Navy Invitational	12/4/10
Ernesto Sanchez	24.29 (22)	Navy Six-Team	1/15/11

## 400-meter Dash

NCAA / IC4A		46.15 / 49.20	
Navy Record		46.72 (Eric Porter, 2004)	
Name	Mark (Pl.)	Meet	Date
Kolton Kempel	49.33 (3)	PL. Champ.	2/20/11
Alexander Jackson	49.42 (4)	PL. Champ.	2/20/11
Kolton Kempel	49.67 (13)	Iowa St. Classic	2/12/11
Alexander Jackson	49.74 (2)	Navy Four-Team	1/22/11
Alexander Jackson	49.89 (15)	Iowa St. Classic	2/12/11
Kolton Kempel	49.93 (4)	Navy Four-Team	1/22/11
Kolton Kempel	49.95 (2)	Army (Star Meet)	2/5/11
Alexander Jackson	50.00 (4)	Wesley Brown Inv.	1/29/11
Alexander Jackson	50.08 (2)	Navy Six-Team	1/15/11
Kolton Kempel	50.19 (5)	Wesley Brown Inv.	1/29/11
Kolton Kempel	50.19 (3)	Navy Six-Team	1/15/11
Lorenzo Armijo	50.53 (4)	Army (Star Meet)	2/5/11
Alexander Jackson	50.55 (5)	Army (Star Meet)	2/5/11
Lorenzo Armijo	50.98 (4)	Navy Six-Team	1/15/11
Lorenzo Armijo	51.04 (6)	Navy Four-Team	1/22/11
Travis Fanning	51.05 (2)	Princeton Dual	1/8/11
Lorenzo Armijo	51.06 (8)	Navy Invitational	12/4/10
Lorenzo Armijo	51.14 (3)	Princeton Dual	1/8/11
Kolton Kempel	51.23 (13)	Navy Invitational	12/4/10
Gregory Hill	51.23 (4)	Princeton Dual	1/8/11
Branden Roy	51.62 (15)	Navy Invitational	12/4/10
Kolton Kempel	51.79 (5)	Princeton Dual	1/8/11
Jeremy Cadiente	51.80 (8)	Navy Four-Team	1/22/11
Jeremy Cadiente	52.00 (8)	Navy Six-Team	1/15/11
Jeremy Cadiente	52.12 (8)	Princeton Dual	1/8/11
Andrew Mighty	52.30 (11)	Navy Six-Team	1/15/11
Andrew Mighty	53.50 (9)	Princeton Dual	1/8/11

## 500-meter Run

NCAA / IC4A		1:05.20	
Navy Record		1:00.84 (Michael Greene, 1987)	
Name	Mark (Pl.)	Meet	Date
Matthew Evers	1:04.24* (1)	PL. Champ.	2/20/11
Matthew Evers	1:04.99* (3)	Navy Six-Team	1/15/11
Lucas Connelly	1:05.55 (4)	Navy Four-Team	1/22/11
Joshua Shaw	1:05.61 (3)	Army (Star Meet)	2/5/11
Lucas Connelly	1:05.75 (4)	Army (Star Meet)	2/5/11
David Ash	1:05.79 (6)	Army (Star Meet)	2/5/11
Fleet White	1:06.18 (2)	Princeton Dual	1/8/11
George Stevenson	1:06.27 (8)	PL. Champ.	2/20/11
George Stevenson	1:06.36 (4)	Princeton Dual	1/8/11
Fleet White	1:06.50 (5)	Navy Six-Team	1/15/11
Joshua Shaw	1:06.79 (5)	Navy Four-Team	1/22/11
Fleet White	1:07.59 (6)	Navy Four-Team	1/22/11
Sean Murphy	1:08.10 (7)	Navy Four-Team	1/22/11
Branden Roy	1:08.62 (6)	Princeton Dual	1/8/11
Branden Roy	1:09.15 (8)	Navy Six-Team	1/15/11

## 800-meter Run

NCAA / IC4A		1:48.00 / 1:54.90	
Navy Record		1:48.46 (Paul Harris, 2007)	
Name	Mark (Pl.)	Meet	Date
Matthew Evers	1:51.66* (14p)	IC4A Champ.	3/5/11
David Ash	1:52.73* (24p)	IC4A Champ.	3/5/11
David Ash	1:52.88* (1)	Navy Four-Team	1/22/11
George Stevenson	1:52.91* (29p)	IC4A Champ.	3/5/11
Matthew Evers	1:53.05* (20)	Iowa St. Classic	2/12/11
Matthew Evers	1:53.14* (2)	Navy Four-Team	1/22/11
Matthew Evers	1:53.54* (1)	Wesley Brown Inv.	1/29/11
David Ash	1:53.97* (26)	Iowa St. Classic	2/12/11
Dominic Della Pelle	1:54.10* (1)	Army (Star Meet)	2/5/11
David Ash	1:54.26* (5)	Wesley Brown Inv.	1/29/11
Matthew Evers	1:54.34* (2)	Army (Star Meet)	2/5/11
David Ash	1:54.43* (5)	PL. Champ.	2/20/11
George Stevenson	1:54.47* (6)	Iowa St. Classic	2/12/11
Matthew Evers	1:54.54* (2)	Princeton Dual	1/8/11
David Ash	1:54.59* (1)	Navy Six-Team	1/15/11
George Stevenson	1:54.64* (3)	Army (Star Meet)	2/5/11
Matthew Evers	1:54.93 (2)	Navy Invitational	12/4/10
George Stevenson	1:55.16 (7)	Wesley Brown Inv.	1/29/11
George Stevenson	1:55.29 (3)	Navy Four-Team	1/22/11
David Ash	1:55.44 (3)	Princeton Dual	1/8/11
Lucas Connelly	1:56.42 (6)	Princeton Dual	1/8/11
George Stevenson	1:56.42 (4)	Navy Invitational	12/4/10
Weston Kennedy	1:56.58 (9)	PL. Champ.	2/20/11
Lucas Connelly	1:56.91 (5)	Navy Invitational	12/4/10
Joshua Shaw	1:57.16 (4)	Navy Six-Team	1/15/11
Joshua Shaw	1:57.47 (6)	Princeton Dual	1/8/11
Joshua Shaw	1:58.24 (8)	Navy Invitational	12/4/10
Max Dunn	1:58.26 (7)	Princeton Dual	1/8/11
Sean Murphy	1:58.29 (6)	Navy Six-Team	1/15/11
Sean Murphy	1:59.36 (8)	Princeton Dual	1/8/11
Joshua Shaw	1:59.58 (11)	Wesley Brown Inv.	1/29/11
Lucas Connelly	2:00.77 (14)	Wesley Brown Inv.	1/29/11
Weston Kennedy	2:00.89 (15)	Navy Invitational	12/4/10

## 1,000-meter Run

NCAA / IC4A		2:23.51	
Navy Record		(Lance Davidson, 1987)	
Name	Mark (Pl.)	Meet	Date
Cody Rome	2:25.33* (1)	Army (Star Meet)	2/5/11
Dominic Della Pelle	2:25.78* (1)	Navy Six-Team	1/15/11
Jeremy Haney	2:27.29* (3)	Army (Star Meet)	2/5/11
Jeremy Haney	2:27.63* (3)	Navy Six-Team	1/15/11
Dominic Della Pelle	2:28.33* (5)	PL. Champ.	2/20/11
Kenneth Bunnell	2:28.67* (4)	Army (Star Meet)	2/5/11
Jeremy Haney	2:29.62* (2)	Princeton Dual	1/8/11
John Satterwhite	2:30.63 (6)	Navy Six-Team	1/15/11
Cody Thompson	2:30.91 (7)	Navy Six-Team	1/15/11
Caleb Haney	2:30.97 (4)	Navy Four-Team	1/22/11
Cody Thompson	2:33.07 (3)	Princeton Dual	1/8/11
Eamonn McCarey	2:33.64 (5)	Navy Four-Team	1/22/11
Andrew Coco	2:35.31 (7)	Navy Four-Team	1/22/11
Caleb Haney	2:35.33 (8)	Navy Six-Team	1/15/11
Eamonn McCarey	2:35.97 (9)	Navy Four-Team	1/22/11
Sean Rynning	2:37.99 (9)	Navy Six-Team	1/15/11
Rand Montermini	2:49.91 (4h)	PL Champ.	2/19/11
Christopher Fowler	2:50.28 (5h)	PL Champ.	2/19/11
Rand Montermini	2:57.99 (3h)	Navy Six-Team	1/15/11
Greg Forrester	2:59.32 (4h)	Navy Six-Team	1/15/11
Christopher Fowler	3:00.15 (5h)	Navy Six-Team	1/15/11

## Mile Run

NCAA / IC4A		3:59.00 / 4:14.90	
Navy Record		4:01.56 (Erik Schmidt, 2004)	
Name	Mark (Pl.)	Meet	Date
Cody Rome	4:05.85* (1)	Army (Star Meet)	2/5/11
Dominic Della Pelle	4:05.98* (2)	Army (Star Meet)	2/5/11
Andrew Hanko	4:06.08* (1)	Wesley Brown Inv.	1/29/11
Cody Rome	4:06.72* (1)	Navy Six-Team	1/15/11
Andrew Hanko	4:08.04* (2)	Navy Six-Team	1/15/11
Jeremy Haney	4:08.12* (8p)	IC4A Champ.	3/5/11
Dominic Della Pelle	4:08.84* (3)	Wesley Brown Inv.	1/29/11
Jeremy Haney	4:08.85* (5)	IC4A Champ.	3/6/11
Jeremy Haney	4:08.97* (4)	Wesley Brown Inv.	1/29/11
Dominic Della Pelle	4:09.66* (1)	PL. Champ.	2/20/11
Andrew Hanko	4:09.71* (2)	PL. Champ.	2/20/11
Jeremy Haney	4:10.09* (3)	PL. Champ.	2/20/11
Dominic Della Pelle	4:10.34 (21)	Alex Wilson Inv.	3/5/11
Andrew Hanko	4:12.95* (3)	Princeton Dual	1/8/11
Kenneth Bunnell	4:13.94* (1)	Navy Four-Team	1/22/11
Jeremy Haney	4:14.66* (1)	Navy Invitational	12/4/10
Michael Sheehan	4:14.70* (5)	Navy Six-Team	1/15/11
Robert Alvarado	4:15.27 (7)	Navy Six-Team	1/15/11
Michael Sheehan	4:15.59 (2)	Navy Four-Team	1/22/11
Matthew De Villers	4:15.81 (3)	Navy Four-Team	1/22/11
Cody Thompson	4:15.89 (4)	Navy Four-Team	1/22/11
Cody Thompson	4:16.48 (11)	Wesley Brown Inv.	1/29/11
Cody Thompson	4:17.32 (6)	Army (Star Meet)	2/5/11
Kenneth Bunnell	4:18.02 (4)	Princeton Dual	1/8/11
Alexander Merrall	4:22.64 (4)	Navy Invitational	12/4/10
Eamonn McCarey	4:22.88 (18)	Wesley Brown Inv.	1/29/11
Clay Elward	4:24.82 (5)	Princeton Dual	1/8/11

## 3,000-meter Run

NCAA / IC4A		7:54.50 / 8:27.20	
Navy Record		7:55.12 (Cody Rome, 2011)	
Name	Mark (Pl.)	Meet	Date
Cody Rome	7:55.12* (1)	Alex Wilson Inv.	3/5/11
Cody Rome	8:07.51* (1)	PL. Champ.	2/20/11
Kenneth Bunnell	8:12.67* (2)	IC4A Champ.	3/5/11
Cody Rome	8:12.91* (1)	Wesley Brown Inv.	1/29/11
Andrew Hanko	8:15.75* (1)	Army (Star Meet)	2/5/11
Kenneth Bunnell	8:18.38* (4)	PL. Champ.	2/20/11
John Satterwhite	8:19.33* (3)	Wesley Brown Inv.	1/29/11
Dominic Della Pelle	8:20.01* (1)	Navy Invitational	12/4/10
Michael Sheehan	8:22.42* (7)	Wesley Brown Inv.	1/29/11
Kenneth Bunnell	8:22.48* (1)	Navy Six-Team	1/15/11
Clay Elward	8:22.50* (15)	IC4A Champ.	3/5/11
Dominic Della Pelle	8:22.59* (1)	Princeton Dual	1/8/11
Cody Rome	8:22.65* (2)	Princeton Dual	1/8/11
Clay Elward	8:25.83* (3)	Navy Six-Team	1/15/11
Robert Alvarado	8:26.42* (2)	Navy Four-Team	1/22/11
Matthew De Villers	8:26.80* (4)	Navy Six-Team	1/15/11
Alexander Merrall	8:26.85* (3)	Navy Four-Team	1/22/11
Alexander Merrall	8:27.20* (5)	Navy Six-Team	1/15/11
Michael Sheehan	8:27.42 (8)	PL. Champ.	2/20/11
Alexander Merrall	8:27.49 (25)	IC4A Champ.	3/5/11
John Satterwhite	8:27.64 (3)	Army (Star Meet)	2/5/11
Dean Black	8:27.89 (4)	Navy Four-Team	1/22/11
Clay Elward</			

# 2010-11 Navy Men's Indoor Track Performances by Event

Robert Patterson	8:49.18 (7)	Navy Four-Team	1/22/11
Robert Patterson	8:54.89 (9)	Navy Invitational	12/4/10
Andrew Cocco	9:01.07 (10)	Navy Invitational	12/4/10
Aaron Foote	9:01.34 (11)	Navy Invitational	12/4/10
John Skillman	9:05.85 (12)	Navy Invitational	12/4/10
Eamonn McCarey	9:11.19 (15)	Navy Invitational	12/4/10

## 5,000-meter Run NCAA / IC4A

13:47.00 / 14:47.40			
<b>Navy Record</b>			
<b>14:03.10 (Andrew Hanko, 2011)</b>			
Name	Mark (Pl.)	Meet	Date
Andrew Hanko	14:03.10* (1)	PL. Champ.	2/19/11
John Satterwhite	14:25.41* (9)	IC4A Champ.	3/6/11
Dean Black	14:26.29* (10)	IC4A Champ.	3/6/11
Andrew Hanko	14:29.32* (1)	Navy Invitational	12/4/10
Robert Alvarado	14:33.40* (5)	PL. Champ.	2/19/11
Dean Black	14:33.77* (6)	PL. Champ.	2/19/11
Dean Black	14:36.98* (2)	Wesley Brown Inv.	1/29/11
John Satterwhite	14:40.83* (1)	Princeton Dual	1/8/11
Robert Alvarado	14:42.69* (5)	Wesley Brown Inv.	1/29/11
Dean Black	14:42.83* (1)	Navy Six-Team	1/15/11
Robert Alvarado	14:44.58* (2)	Princeton Dual	1/8/11
Matthew De Villers	14:45.77* (5)	Wesley Brown Inv.	1/29/11
Matthew De Villers	14:46.32* (3)	Princeton Dual	1/8/11
Robert Alvarado	14:50.20 (2)	Navy Invitational	12/4/10
Dean Black	14:51.43 (4)	Princeton Dual	1/8/11
John Satterwhite	14:53.54 (10)	PL. Champ.	2/19/11
Matthew De Villers	14:57.41 (20)	IC4A Champ.	3/6/11
Matthew De Villers	14:57.56 (12)	PL. Champ.	2/19/11
Dean Black	15:00.20 (5)	Navy Invitational	12/4/10
Chris Burns	15:04.51 (3)	Navy Six-Team	1/15/11
Robert Alvarado	15:10.52 (22)	IC4A Champ.	3/6/11
Ross Hughes	15:17.53 (10)	Navy Invitational	12/4/10
Cody Thompson	15:24.13 (11)	Navy Invitational	12/4/10
Robert Patterson	15:25.46 (14)	Wesley Brown Inv.	1/29/11
Sean Rynning	15:12.65 (18)	Wesley Brown Inv.	1/29/11

## 60-meter Hurdles NCAA / IC4A

7.70 / 8.25			
<b>Navy Record</b>			
<b>8.07 (Adesina Ekundayo, 2002)</b>			
Name	Mark (Pl.)	Meet	Date
Mitch Simmonds	8.17* (9p)	IC4A Champ.	3/6/11
Mitch Simmonds	8.21* (8)	IC4A Champ.	3/6/11
Mitch Simmonds	8.21* (3p)	PL. Champ.	2/19/11
Mitch Simmonds	8.21* (2)	Army (Star Meet)	2/5/11
Mitch Simmonds	8.22* (1)	Navy Four-Team	1/22/11
Mitch Simmonds	8.23* (1)	Navy Six-Team	1/15/11
Mitch Simmonds	8.25* (3)	PL. Champ.	2/20/11
Mitch Simmonds	8.27 (20)	Iowa St. Classic	2/12/11
Mitch Simmonds	8.27 (2)	Wesley Brown Inv.	1/29/11
Mitch Simmonds	8.29 (5)	Navy Invitational	12/4/10
Mitch Simmonds	8.30 (1)	Princeton Dual	1/8/11
Mitch Simmonds	8.36 (4p)	Wesley Brown Inv.	1/29/11
Mitch Simmonds	8.39 (2p)	Navy Six-Team	1/15/11
Mitch Simmonds	8.47 (7p)	Navy Invitational	12/4/10
Mitch Simmonds	8.74 (1p)	Navy Four-Team	1/22/11
Isaac Losee	8.87 (8p)	Navy Six-Team	1/15/11
Isaac Losee	8.92 (11p)	Wesley Brown Inv.	1/29/11
Isaac Losee	8.93 (5)	Army (Star Meet)	2/5/11
Isaac Losee	9.05 (5p)	Navy Four-Team	1/22/11
Isaac Losee	9.07 (5)	Navy Four-Team	1/22/11
Isaac Losee	9.10 (13p)	Navy Invitational	12/4/10
Rand Montermini	9.18 (6)	Army (Star Meet)	2/5/11
Christopher Fowler	9.18 (6p)	Navy Four-Team	1/22/11
Christopher Fowler	9.20 (6)	Navy Four-Team	1/22/11
Isaac Losee	9.20 (4)	Princeton Dual	1/8/11
Christopher Fowler	9.23 (2h)	Navy Six-Team	1/15/11
Rand Montermini	9.26 (3h)	Navy Six-Team	1/15/11
Rand Montermini	9.32 (6h)	PL. Champ.	2/19/11
Rand Montermini	9.33 (18p)	Navy Invitational	12/4/10
Christopher Fowler	9.34 (7h)	PL. Champ.	2/19/11
Rand Montermini	9.42 (5)	Princeton Dual	1/8/11
Rand Montermini	9.47 (7)	Navy Four-Team	1/22/11
Rand Montermini	9.59 (7)	Navy Four-Team	1/22/11
Greg Forrester	9.62 (5h)	Navy Six-Team	1/15/11
Greg Forrester	9.78 (21p)	Navy Invitational	12/4/10

## High Jump NCAA / IC4A

2.24m / 2.04m			
2.29m (Leo Williams, 1983)			
Name	Mark (Pl.)	Meet	Date
Joshua Houston	2.04m* (2)	PL. Champ.	2/19/11
Joshua Houston	2.04m* (2)	Army (Star Meet)	2/5/11
Joshua Houston	2.04m* (1)	Navy Six-Team	1/15/11
Joshua Houston	2.04m* (1)	Princeton Dual	1/8/11
Rand Montermini	2.02m (2h)	PL. Champ.	2/18/11
Joshua Houston	2.01m (5)	Iowa St. Classic	2/12/11
Joshua Houston	1.99m (14)	IC4A Champ.	3/6/11
Rand Montermini	1.99m (3)	Army (Star Meet)	2/5/11

Joshua Houston	1.99m (6)	Wesley Brown Inv.	1/29/11
Joshua Houston	1.99m (3)	Navy Four-Team	1/22/11
Joshua Houston	1.99m (4)	Navy Invitational	12/4/10
Rand Montermini	1.95m (1)	Navy Six-Team	1/15/11
Rand Montermini	1.94m (6)	Navy Four-Team	1/22/11
Rand Montermini	1.94m (2)	Princeton Dual	1/8/11
Rand Montermini	1.94m (7)	Wesley Brown Inv.	1/29/11
Hunter Gibson	1.89m (7)	Navy Four-Team	1/22/11
Rand Montermini	1.89m (8)	Navy Invitational	12/4/10
Hunter Gibson	1.84m (5)	Army (Star Meet)	2/5/11
Hunter Gibson	1.84m (8)	Wesley Brown Inv.	1/29/11
Brian Zitterkopf	1.84m (9)	Navy Four-Team	1/22/11
Hunter Gibson	1.84m (12)	Navy Invitational	12/4/10
Christopher Fowler	1.77m (3h)	Navy Six-Team	1/15/11
Christopher Fowler	1.75m (7h)	PL. Champ.	2/18/11
Greg Forrester	1.68m (5h)	Navy Six-Team	1/15/11

## Pole Vault NCAA / IC4A

5.50m / 4.80m			
5.22m (Matthew Poirier, 1999)			
Name	Mark (Pl.)	Meet	Date
Ryan Kochert	4.80m* (1)	PL. Champ.	2/20/11
Paul Neidhardt	4.80m* (8)	Iowa St. Classic	2/12/11
Ryan Kochert	4.75m (9)	IC4A Champ.	3/5/11
Paul Neidhardt	4.75m (9)	IC4A Champ.	3/5/11
Nathan Woodason	4.65m (3)	PL. Champ.	2/20/11
Nathan Woodason	4.65m (13)	Iowa St. Classic	2/12/11
Nathan Woodason	4.65m (2)	Army (Star Meet)	2/5/11
Nathan Woodason	4.65m (3)	Wesley Brown Inv.	1/29/11
Ryan Kochert	4.65m (4)	Wesley Brown Inv.	1/29/11
Ryan Kochert	4.65m (2)	Princeton Dual	1/8/11
Paul Neidhardt	4.50m (10)	PL. Champ.	2/20/11
Ryan Kochert	4.50m (3)	Army (Star Meet)	2/5/11
Paul Neidhardt	4.50m (5)	Wesley Brown Inv.	1/29/11
Paul Neidhardt	4.50m (3)	Navy Four-Team	1/22/11
Nathan Woodason	4.50m (4)	Navy Four-Team	1/22/11
Ryan Kochert	4.50m (1)	Navy Six-Team	1/15/11
Nathan Woodason	4.50m (2)	Navy Six-Team	1/15/11
Nathan Woodason	4.50m (1)	Navy Invitational	12/4/10
Paul Neidhardt	4.50m (3)	Princeton Dual	1/8/11
Paul Neidhardt	4.35m (4)	Army (Star Meet)	2/5/11
Paul Neidhardt	4.35m (3)	Navy Invitational	12/4/10
John Smith	4.20m (6)	Wesley Brown Inv.	1/29/11
John Smith	4.20m (6)	Navy Four-Team	1/22/11
John Smith	4.20m (4)	Navy Six-Team	1/15/11
John Smith	4.20m (4)	Princeton Dual	1/8/11
Ryan Kochert	4.20m (4)	Navy Invitational	12/4/10
John Smith	4.20m (6)	Navy Invitational	12/4/10
Rand Montermini	4.15m (2h)	PL. Champ.	2/19/11
Rand Montermini	3.95m (2h)	Navy Six-Team	1/15/11
Christopher Fowler	3.75m (4h)	PL. Champ.	2/19/11
Christopher Fowler	3.65m (4h)	Navy Six-Team	1/15/11
Greg Forrester	2.95m (5h)	Navy Six-Team	1/15/11

## Long Jump NCAA / IC4A

7.90m / 7.02m			
7.49m (Jim Campbell, 1973)			
Name	Mark (Pl.)	Meet	Date
Miles Snelgrove	7.03m* (3)	PL. Champ.	2/19/11
Miles Snelgrove	6.94m (2)	Princeton Dual	1/8/11
Miles Snelgrove	6.89m (3)	Army (Star Meet)	2/5/11
Miles Snelgrove	6.79m (3)	Navy Four-Team	1/22/11
Miles Snelgrove	6.78m (5)	Navy Invitational	12/4/10
Miles Snelgrove	6.75m (4)	Navy Six-Team	1/15/11
Miles Snelgrove	6.66m (2)	Wesley Brown Inv.	1/29/11
Miles Snelgrove	6.46m (28)	IC4A Champ.	3/5/11
Randon McKain	6.44m (4)	Army (Star Meet)	2/5/11
Randon McKain	6.39m (10)	Navy Six-Team	1/15/11
Miles Snelgrove	6.36m (33)	Iowa St. Classic	2/12/11
Christopher Fowler	6.32m (7)	Navy Four-Team	1/22/11
Randon McKain	6.32m (7)	Navy Four-Team	1/22/11
Christopher Fowler	6.31m (5h)	PL. Champ.	2/18/11
Christopher Fowler	6.30m (4h)	Navy Six-Team	1/15/11
Randon McKain	6.28m (5)	Princeton Dual	1/8/11
Isaac Losee	6.24m (13)	Navy Six-Team	1/15/11
Rand Montermini	6.23m (8h)	PL. Champ.	2/18/11
Daniel Park	6.20m (6)	Princeton Dual	1/8/11
Rand Montermini	6.18m (5h)	Navy Six-Team	1/15/11
Daniel Park	6.12m (6)	Army (Star Meet)	2/5/11
Isaac Losee	6.02m (20)	Navy Invitational	12/4/10
Isaac Losee	5.94m (10)	Navy Four-Team	1/22/11
Greg Forrester	5.88m (6h)	Navy Six-Team	1/15/11
Daniel Park	5.87m (17)	Navy Six-Team	1/15/11

Wesley Brown Inv.	1/29/11	Triple Jump	16.15m / 14.30m
Navy Four-Team	1/22/11	NCAA / IC4A	
Navy Invitational	12/4/10	Navy Record	15.79m (Joel Robertson, 1994)
Name	Mark (Pl.)	Meet	Date
Daniel Park	14.00m (4)	Navy Four-Team	1/22/11
Daniel Park	13.72m (1)	Wesley Brown Inv.	1/29/11
Daniel Park	13.68m (6)	Navy Invitational	12/4/10
Daniel Park	13.55m (4)	Army (Star Meet)	2/5/11
Randon McKain	13.38m (6)	Navy Four-Team	1/22/11
Daniel Park	13.25m (11)	PL. Champ.	2/20/11
Randon McKain	13.21m (3)	Wesley Brown Inv.	1/29/11
Randon McKain	13.14m (5)	Army (Star Meet)	2/5/11
Randon McKain	13.13m (8)	Navy Invitational	12/4/10
Daniel Park	13.07m (8)	Navy Six-Team	1/15/11
Daniel Park	12.94m (3)	Princeton Dual	1/8/11
Hunter Gibson	12.09m (15)	Navy Invitational	12/4/10
Hunter Gibson	12.05m (6)	Army (Star Meet)	2/5/11

## Shot Put NCAA / IC4A

19.30m / 15.60m			
18.45m (Scott Haney, 1973)			
Name	Mark (Pl.)	Meet	Date
Chris Boniwell	15.68m* (1)	Army (Star Meet)	2/5/11
Chris Boniwell	15.44m (2)	Navy Six-Team	1/15/11
Jeffrey Steinmetz	15.09m (5)	PL. Champ.	2/20/11
Chris Boniwell	14.91m (6)	PL. Champ.	2/20/11
Jeffrey Steinmetz	14.79m (4)	Navy Six-Team	1/15/11
Jeffrey Steinmetz	14.73m (3)	Wesley Brown Inv.	1/29/11
Chris Boniwell	14.71m (4)	Navy Invitational	12/4/10
Chris Boniwell	14.70m (3)	Navy Four-Team	1/22/11
Jeffrey Steinmetz	14.67m (5)	Army (Star Meet)	2/5/11
Chris Boniwell	14.62m (3)	Princeton Dual	1/8/11
Chris Boniwell	14.57m (4)	Navy Brown Inv.	1/29/11
Zachary Duncavage	14.42m (6)	Army (Star Meet)	2/5/11
Jeffrey Steinmetz	14.42m (4)	Navy Four-Team	1/22/11
Chris Boniwell	14.18m (29)	IC4A Champ.	3/6/11
Jeffrey Steinmetz	13.58m (7)	Navy Invitational	12/4/10
Zachary Duncavage	13.27m (8)	Navy Six-Team	1/15/11
Zachary Duncavage	13.02m (6)	Navy Four-Team	1/22/11
Zachary Duncavage	12.90m (5)	Princeton Dual	1/8/11
Jason Darby	12.86m (10)	Navy Invitational	12/4/10
Andrew Wondolowski	12.84m (11)	Navy Invitational	12/4/10
Andrew Wondolowski	12.83m (11)	Navy Four-Team	1/22/11
Zachary Duncavage	12.82m (12)	Navy Invitational	12/4/10
Jason Darby	12.66m (7)	Navy Four-Team	1/22/11
Jason Darby	12.42m (6)	Princeton Dual	1/8/11
Andrew Wondolowski	12.31m (7)	Princeton Dual	1/8/11
Christopher Fowler	11.93m (1h)	PL. Champ.	2/18/11
Jason Darby	11.66m (10)	Navy Six-Team	1/15/11
Christopher Fowler	11.62m (1h)	Navy Six-Team	1/15/11
Zachary Duncavage	11.49m (12)	Wesley Brown Inv.	1/29/11
Andrew Wondolowski	11.20m (13)	Navy Six-Team	1/15/11
Greg Forrester	10.35m (4h)	Navy Six-Team	1/15/11
Greg Forrester	9.95m (19)	Navy Invitational	12/4/10
Rand Montermini	9.38m (10h)	PL. Champ.	2/18/11
Rand Montermini	8.87m (6h)	Navy Six-Team	1/15/11
Rand Montermini	8.18m (20)	Navy Invitational	12/4/10

## Weight Throw NCAA / IC4A

21.50m / 16.80m			
20.76m (Ted Bregar, 1973)			
Name	Mark (Pl.)	Meet	Date
Christopher Ricks	18.37m* (1)	PL. Champ.	2/19/11
Nicholas Porter	17.39m* (2)	PL. Champ.	2/19/11
Christopher Ricks	17.02m* (12)	IC4A Champ.	3/5/11
Christopher Ricks	16.94m* (1)	Army (Star Meet)	2/5/11
Nicholas Porter	16.85m* (2)	Army (Star Meet)	2/5/11
Patrick Norwood	16.80m* (5)	PL. Champ.	2/19/11
Nicholas Porter	16.78m (15)	IC4A Champ.	3/5/11
Patrick Norwood	16.73m (14)	Iowa St. Classic	2/12/11
Nicholas Porter	16.73m (1)	Princeton Dual	1/8/11
Nicholas Porter	16.71m (3)	Wesley Brown Inv.	1/29/11
Nicholas Porter	16.64m (4)	Navy Four-Team	1/22/11
Christopher Ricks	16.61m (4)	Wesley Brown Inv.	1/29/11
Nicholas Porter	16.47m (1)	Navy Six-Team	1/15/11
Christopher Ricks	16.45m (18)	Iowa St. Classic	2/12/11
Patrick Norwood	16.33m (2)	Princeton Dual	1/8/11
Patrick Norwood	16.21m (6)	Navy Four-Team	1/22/11
Nicholas Porter	16.19m (21)	Iowa St. Classic	2/12/11
Patrick Norwood	16.16m (3)	Army (Star Meet)	2/5/11
Nicholas Porter	16.15m (1)	Navy Invitational	12/4/10
Patrick Norwood	16.13m (20)	IC4A Champ.	3/5/11
Patrick Norwood	15.82m (2)	Navy Six-Team	1/15/11
Patrick Norwood	15.75m (5)	Wesley Brown Inv.	1/29/11
Zachary Duncavage	15.31m (3)	Princeton Dual	1/8/11
Patrick Norwood	15.17m (2)	Navy Invitational	12/4/10
Zachary Duncavage	15.16m (29)	Iowa St. Classic	2/12/11
Zachary Duncavage	14.83m (5)	Navy Invitational	12/4/10
Zachary Duncavage	14.76m (7)	Navy Four-Team	1/22/11

# 2010-11 Navy Men's Indoor Track Performances by Event

William Grammer	14.46m (4)	Princeton Dual	1/8/11
Zachary Duncavage	14.37m (5)	Navy Six-Team	1/15/11
Kyle Fortney	14.24m (9)	Wesley Brown Inv.	1/29/11
William Grammer	13.95m (8)	Navy Four-Team	1/22/11
Brandon Swindler	13.80m (5)	Princeton Dual	1/8/11
Kyle Fortney	13.58m (11)	Navy Four-Team	1/22/11
Brandon Swindler	13.50m (12)	Navy Four-Team	1/22/11
Brandon Swindler	13.47m (9)	Navy Six-Team	1/15/11
Brandon Swindler	13.37m (8)	Navy Invitational	12/4/10
William Grammer	13.32m (10)	Navy Six-Team	1/15/11
William Grammer	13.01m (10)	Navy Invitational	12/4/10
Lance Gillsepie	12.46m (11)	Navy Invitational	12/4/10
Kyle Fortney	11.44m (13)	Navy Invitational	12/4/10

## 4x400-meter Relay

NCAA / IC4A 3:06.50 / 3:19.90

Navy Record 3:12.07 (Ricks-Meekins-Lindsay-Harris, 2007)

Name	Mark (Pl.)	Meet	Date
Jackson, Kempel, Ash, Evers	3:16.21* (19)	Iowa St. Classic	2/12/11
Jackson, Kempel, Ash, Evers	3:16.91* (14p)	IC4A Champ.	3/5/11
Jackson, Kempel, Ash, Evers	3:17.40* (1)	PL. Champ.	2/20/11
Kempel, Jackson, Ash, Evers	3:17.65* (2)	Army (Star Meet)	2/5/11
Kempel, Jackson, Ash, Evers	3:18.25* (2)	Wesley Brown Inv.	1/29/11
Armijo, Kempel, Jackson, Ash	3:19.14* (3)	Navy Four-Team	1/22/11
Stevenson, Evers, Connelly, Ash	3:20.84 (7)	Navy Invitational	12/4/10
Armijo, White, Stevenson, Kemple	3:23.07 (2)	Navy Six-Team	1/15/11
Roy, White, Mighty, Cadiente	3:28.17 (2)	Princeton Dual	1/8/11
Armijo, Roy, Kempel, White	3:30.55 (13)	Navy Invitational	12/4/10

## 4x800-meter Relay

IC4A Qualifying Mark 7:53.00

Navy Record 7:27.39 (Wright, Wolstenholme, Fisher, Roper, 1983)

Name	Mark (Pl.)	Meet	Date
Ash, Kennedy, Stevenson, Evers	7:34.80* (3)	PL. Champ.	2/19/11
Sheehan, Kennedy, Della Pelle, Rome	7:51.65* (1)	Army (Star Meet)	2/5/11
Burns, Rynning, Connelly, Stevenson	7:53.60 (1)	Navy Four-Team	1/22/11
Ash, Connelly, Shaw, Evers	8:04.06 (2)	Navy Six-Team	1/15/11

## Distance Medley Relay

NCAA / IC4A 9:32.00 / 10:19.70

Navy Record 9:39.17 (Lanzel-Porter-Kay-Schmidt, 2002)

Name	Mark (Pl.)	Meet	Date
Haney, Stevenson, Rome, Hanko	9:56.23* (1)	PL. Champ.	2/20/11
Thompson, Armijo, Kennedy, Sheehan	9:59.16* (10p)	IC4A Champ.	3/5/11
Burns, Armijo, Kennedy, Merrall	10:13.94* (1)	Wesley Brown Inv.	1/29/11
Poser, White, C. Haney, Galvin	10:30.15 (5)	Wesley Brown Inv.	1/29/11
Huang, Hill, Murphy, Burns	10:31.41 (3)	Navy Invitational	12/4/10
Poser, Jackson, Stevenson, Merrall	10:37.55 (2)	Princeton Dual	1/8/11
Haney, White, Dunn, Rynning	10:37.61 (5)	Navy Invitational	12/4/10

## Heptathlon

NCAA / IC4A 5,675 pts / 4,800 pts

Navy Record 5,311 (Ron Belany, 2008)

Name	Mark (Pl.)	Meet	Date
Rand Montermini	4,725 pts (3)	PL. Champ.	2/18/11
	60m Dash	7.49 / 716	
	Long Jump	6.23m / 637	
	Shot Put	9.38m / 448	
	High Jump	2.02m / 822	
	60m Hurdles	9.32 / 677	
	Pole Vault	4.15m / 659	
	1,000m Run	2:49.91 / 766	
Christopher Fowler	4,498 pts (6)	PL. Champ.	2/18/11
	60m Dash	7.63 / 671	
	Long Jump	6.31m / 655	
	Shot Put	11.93m / 602	
	High Jump	1.75m / 585	

	60m Hurdles	9.34 / 673	
	Pole Vault	3.75m / 549	
	1,000m Run	2:50.28 / 763	
Rand Montermini	4,473 pts (3)	Navy Six-Team	1/15/11
	60m Dash	7.56 / 694	
	Long Jump	6.18m / 626	
	Shot Put	8.87m / 418	
	High Jump	1.95m / 758	
	60m Hurdles	9.26 / 690	
	Pole Vault	3.95m / 603	
	1,000m Run	2:57.99 / 684	
Christopher Fowler	4,393 pts (4)	Navy Six-Team	1/15/11
	60m Dash	7.62 / 675	
	Long Jump	6.30m / 652	
	Shot Put	11.62m / 583	
	High Jump	1.77m / 602	
	60m Hurdles	9.23 / 696	
	Pole Vault	3.65m / 522	
	1,000m Run	3:00.15 / 663	
Greg Forrester	3,877 pts (5)	Navy Six-Team	1/15/11
	60m Dash	7.70 / 650	
	Long Jump	5.88m / 561	
	Shot Put	10.35m / 507	
	High Jump	1.68m / 528	
	60m Hurdles	9.62 / 615	
	Pole Vault	2.95m / 345	
	1,000m Run	2:59.32 / 671	

## Top Indoor Performances (2010-11)

Event	Athlete	Time/Mark
60m	Brett Bogaard	7.07
200m	Isaac Teichgrab	22.02*
	Brett Bogaard	22.16*
400m	Kolton Kempel	49.33
500m	Matthew Evers	1:04.24*
800m	Matthew Evers	1:51.66*
	David Ash	1:52.73*
	George Stevenson	1:52.91*
	Dominic Della Pelle	1:54.10*
1,000m	Cody Rome	2:25.33*
	Dominic Della Pelle	2:25.78*
	Jeremy Haney	2:27.29*
	Kenneth Bunnell	2:28.67*
1 Mile	Cody Rome	4:05.85*
	Dominic Della Pelle	4:05.98*
	Andrew Hanko	4:06.08*
	Jeremy Haney	4:08.97*
	Kenneth Bunnell	4:13.94*
	Michael Sheehan	4:14.70*
3,000m	Cody Rome	7:55.12*
	Kenneth Bunnell	8:12.67*
	Andrew Hanko	8:15.75*
	John Satterwhite	8:19.33*
	Dominic Della Pelle	8:20.01*
	Michael Sheehan	8:22.42*
	Clay Elward	8:22.50*
	Robert Alvarado	8:26.42*
	Matthew De Villers	8:26.80*
	Alexander Merrall	8:26.85*
5,000m	Andrew Hanko	14:03.10*
	John Satterwhite	14:25.41*
	Dean Black	14:26.29*
	Robert Alvarado	14:33.40*
	Matthew De Villers	14:45.77*
60m Hurdles	Mitch Simmonds	8.17*
High Jump	Joshua Houston	2.04m*
Pole Vault	Ryan Kochert	4.80m*
	Paul Neidhardt	4.80m*
Long Jump	Miles Snelgrove	7.03m*
Triple Jump	Daniel Park	14.00m
Shot Put	Chris Boniwell	15.68m*
Weight Throw	Christopher Ricks	18.37m*
	Nicholas Porter	17.39m*
	Patrick Norwood	16.80m*
4x400m Relay	Kempel, Jackson, Ash, Evers	3:16.21*
4x800m Relay	Ash, Kennedy, Stevenson, Evers	7:34.80*
DMR	Haney, Stevenson, Rome, Hanko	9:56.23*
Heptathlon	Rand Montermini	4,725 pts

\* Denotes IC4A Qualifying Performances

## 2011 Patriot League Indoor Championship

### Final Team Standings

1. Navy	171
2. Army	165
3. Bucknell	151
4. Lehigh	46.50
5. American	29.50
6. Lafayette	29
7. Colgate	20
8. Holy Cross	8

## 2011 IC4A Indoor Championship

T-20th place, 13 points  
3 All-East Individuals

## 2010-11 Awards and Honors

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

Kenneth Bunnell, 3,000m (2nd)  
Jeremy Haney, Mile (5th)  
Mitch Simmonds, 60m Hurdles (8th)

### Patriot League Indoor Coach of the Year

Stephen Cooksey

### Patriot League Individual/Relay Indoor Champions

Matthew Evers - 500m (1:04.24)  
Dominic Della Pelle - Mile Run (4:09.66)  
Cody Rome - 3,000m (8:07.51)  
Andrew Hanko - 5,000m (14:03.10)  
Ryan Kochert - Pole Vault (15-9)  
Christopher Ricks - Weight Throw (60-3¼)  
4x400 - Jackson, Kempel, Ash, Evers (3:17.40)  
DMR - Haney, Stevenson, Rome, Hanko (9:56.23)

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

Andrew Hanko - Mile Run (4:09.71)  
Joshua Houston - High Jump (6-8¼)  
Weight Throw - Nicholas Porter (57-¾)

### New Patriot League Championship Records

Cody Rome - 3,000m Run (8:07.51)

### Patriot League Scholar-Athlete of the Year

Cody Rome

### Patriot League Weekly Awards

Dominic Della Pelle	Track-Athlete of the Week (Jan. 10)
Clay Elward	Rookie of the Week (Jan. 17)
David Ash	Track-Athlete of the Week (Jan. 24)
Cody Rome	Track-Athlete of the Week (Jan. 31)

### USTFCCCA Mid-Atlantic Region Poll

Week 1 (Jan. 25)	No. 2
Week 2 (Feb. 1)	No. 3
Week 3 (Feb. 8)	No. 3
Week 4 (Feb. 15)	No. 4
Week 5 (Feb. 22)	No. 4
Week 6 (March 1)	No. 4
Week 7 (March 8)	No. 4

### Individual Star Meet Victories

Dominic Della Pelle	800
Cody Rome	1,000, Mile
Andrew Hanko	3,000
Chris Boniwell	Shot Put
Christopher Ricks	Weight Throw
Sheehan, Kennedy, Della Pelle, Rome	4x800

### Updates to Navy All-Time Indoor Record Books

60m Hurdles	Mitch Simmonds	7th (8.17)
		T-9th (8.21)
3,000m	Cody Rome	1st (7:55.12)
5,000m	Andrew Hanko	1st (14:03.10)
Heptathlon	Rand Montermini	4th (4,725 pts.)