



2011-12 STONY BROOK MEN'S INDOOR TRACK & FIELD LIST
AS OF 2/20/12



60m Auto 6.60

1 Tahj Evans (Fr.)	7.0 SR	12/2
7.0 H) Fordham Season Opener		12/2/11
7.41 29) Met Champs.		1/27/12
7.47 17) Long Island Champs.		1/20/12
7.51 17) Giegengack Invite		2/3/12
7.66 21) America East Champs.		2/17/12
2 Paul deQuillfeldt (Fr.)	7.03 SR	12/8
7.03+ H) Bill Ward Invite		12/8/11
7.21 5) Bill Ward Invite		12/8/11
7.33 20) America East Champs		2/17/12
7.4 H) Fordham Season Opener		12/2/11
7.52 7) Long Island Champs.		1/20/12
7.52 18) Giegengack Invite		2/3/12
3 Stephen Reilly (Jr.)	7.1	12/2
7.1 H) Fordham Season Opener		12/2/11
7.24 16) America East Champs.		2/17/12
7.28 12) Giegengack Invite		2/3/12
7.34 H) Bill Ward Invite		12/8/11
7.36 12) Giegengack Invite		2/3/12
7.37 28) Met Champs.		1/27/12
7.98 32) Long Island Champs.		1/20/12
4 Lamar Hayes (Fr.)	7.22	1/20
7.22 5) Long Island Champs.		1/20/12
7.26 5) Long Island Champs.		1/20/12
7.41 15) Giegengack Invite		2/3/12
5 Adam Davies (Fr.)	7.77	2/3
7.77 20) Giegengack Invite		2/3/11

200m Auto 21.38

1 Lamar Hayes (Fr.)	21.99 SR	2/17
21.99! 4) America East Champs.		2/17/12
22.14! 5) America East Champs.		2/18/12
22.23+! 2) Long Island Champs.		1/20/12
22.5+ H) Fordham Season Opener		12/2/11
22.56+ 6) Giegengack Invite		2/3/12
2 Terry Martin (Fr.)	22.81	2/3
22.81 13) Giegengack Invite		2/3/12
23.2 H) Fordham Season Opener		12/2/11
Stephen Reilly (Jr.)	23.2	12/2
23.2 H) Fordham Season Opener		12/2/11
23.60 22) Giegengack Invite		2/3/12
24.09 15) Bill Ward Invite		12/8/11
24.35 15) Long Island Champs.		1/20/12
4 Stephan Jones (Fr.)	23.3	12/2
23.3 H) Fordham Season Opener		12/2/11
23.70 11) Bill Ward Invite		12/8/11
24.24 31) Met Champs.		1/27/12
5 Paul deQuillfeldt (Fr.)	23.5	12/2
23.5 H) Fordham Season Opener		12/2/11
23.85 11) Long Island Champs.		1/20/12
24.08 28) Met Champs.		1/27/12
6 Tajh Evans (Fr.)	24.29	1/27
24.29 32) Met Champs.		1/27/12
24.69 19) Long Island Champs.		1/20/12
7 Adam Davies (Fr.)	24.3	12/2
24.3 H) Fordham Season Opener		12/2/11
25.15 24) Long Island Champs.		1/20/12

400m Auto 47.00

1 Matt Granata (So.)	51.18	2/10
51.18 85) Valentine Invite		2/10/12
2 Robert Taylor (So.)	51.86	2/3
51.86 14) Giegengack Invite.		2/3/12
52.5 H) Fordham Season Opener		12/2/11
52.58 18) Met Champs.		1/27/12
53.13 6) Long Island Champs.		1/20/12
3 Andrew Bellinger (So.)	52.20	2/17
52.20 18) America East Champs.		2/17/12
52.5 H) Fordham Season Opener		12/2/11
53.82 24) Met Champs.		1/27/12
4 Chris Priore (So.)	53.30	1/20
53.30 7) Long Island Champs.		1/20/12
53.94 16) Bill Ward Invite		12/8/11
54.04 18) Giegengack Invite		2/3/12
5 Frank Gravano (Fr.)	53.9	12/2
53.9 H) Fordham Season Opener		12/2/11
6 Nicholas Steel (So.)	55.0	12/2
55.0 18) Fordham Season Opener		12/2/11
55.86 15) Long Island Champs.		1/20/12

500m

1 Matt Granata (So.)	1:05.08	2/18
1:05.08 7) America East Champs.		2/18/12
1:05.53 7) America East Champs.		2/17/12
1:07.01 13) Giegengack Invite		2/3/12
2 Adam Jacobs (So.)	1:06.69	2/17
1:06.69 14) America East Champs.		2/17/12
1:07.32 10) Met Champs.		1/27/12
1:09.11 3) Long Island Champs.		1/20/12
3 Frank Gravano (Fr.)	1:09.15	1/27
1:07.97 17) America East Champs.		2/17/12
1:09.15 14) Met Champs.		1/27/12
1:09.44 17) Giegengack Invite		2/3/12
1:10.96 9) Long Island Champs.		1/20/12
4 Michael Lopizzo (Jr.)	1:10.06	1/20
1:10.06 8) Long Island Champs.		1/20/12
5 Andrew Bellinger (Sr.)	1:13.86	1/20
1:13.86 12) Long Island Champs.		1/20/12

800m Auto 1:48.60

1 Adam Jacobs (So.)	1:57.48	2/10
1:57.48 84) Valentine Invite		2/10/12
1:59.41 16) Giegengack Invite		2/3/12
2:07.1 5) Fordham Season Opener		12/2/11
2 Shamell Forbes (Sr.)	1:58.62	1/27
1:58.62 11) Met Champs.		1/27/12
2:00.89 1) Bill Ward Invite		12/8/11



2011-12 STONY BROOK MEN'S INDOOR TRACK & FIELD LIST
AS OF 2/20/12



1000m			
1	Eric Speakman (So.)	2:24.86	2/3
	2:24.86+! 1) Giegengack Invite		2/3/12
2	Shamell Forbes (Sr.)	2:29.50	2/3
	2:29.50+! 4) Giegengack Invite		2/3/12
	2:29.89! 5) America East Champs.		2/18/12
	2:35.63 1) Long Island Champs		1/20/12
3	Michael Lopizzo (Jr.)	2:32.19	2/18
	2:32.19 11) America East Champs.		2/18/12
	2:33.60+ 12) Giegengack Invite		2/3/12
	2:35.04 7) Met Champs.		1/27/12
4	James Snak (So.)	2:32.96	2/3
	2:32.96+ 10) Giegengack Invite		2/3/12
	2:33.37 12) America East Champs.		2/18/12
	2:38.51 2) Long Island Champs		1/20/12
5	Sam Kimmey (So.)	2:34.80	2/18
	2:34.80 16) America East Champs.		2/18/12
	2:37.16 18) Giegengack Invite		2/3/12

Mile				Auto 4:00.20
1	Eric Speakman (Fr.)	4:04.00 SR	2/10	
	4:04.00+!12) Valentine Invite		2/10/12	
	4:12.59+! 1) Yale Season Opener		12/3/11	
2	Daniel Denis (So.)	4:14.89	2/10	
	4:14.89+!48) Valentine Invite		2/10/12	
	4:23.94+ 1) Long Island Champs.		1/20/12	
	4:29.23 17) America East Champs.		2/18/12	
	4:29.92 19) Met Champs.		1/27/12	
3	Tom Rammelkamp (Sr.)	4:26.27	1/20	
	4:26.27 1) Long Island Champs.		1/20/12	
4	Shamell Forbes (Sr.)	4:28.2	12/2	
	4:28.2 5) Fordham Season Opener		12/2/11	
5	Derek Rammelkamp (Sr.)	4:28.07	1/27	
	4:28.07 17) Long Island Champs.		1/27/12	
	4:28.58 16) America East Champs.		2/18/12	
6	Matt Zampariello (Fr.)	4:30.93	2/3	
	4:30.93 17) Long Island Champs.		2/3/12	
	4:34.44 21) Met Champs.		1/27/12	
7	Sam Kimmey (So.)	4:31.2	12/2	
	4:31.2 8) Fordham Season Opener		12/2/11	
8	Forest Gilbakian (Fr.)	4:39.29	2/3	
	4:39.29 24) Giegengack Invite		2/3/11	
9	Michael Lopizzo (Jr.)	4:43.8	12/2	
	4:43.8 24) Fordham Season Opener		12/2/11	

3,000m				Auto 7:56.30
1	Eric Speakman (Fr.)	8:16.97	2/18	
	8:16.97! 1) America East Champs.		2/18/12	
	8:22.51+! 1) Harvard Open		12/10/11	
2	Tom Rammelkamp (Sr.)	8:33.24	2/18	
	8:33.24 15) America East Champs.		2/18/12	
	8:39.32+ 7) Giegengack Invite		2/3/12	
	9:05.5 4) Fordham Season Opener		12/2/11	
3	Daniel Denis (So.)	8:37.24	2/3	
	8:37.24+ 5) Giegengack Invite		2/3/12	
4	Carlos Roa (So.)	8:42.03	2/18	
	8:42.03 21) America East Champs.		2/18/12	
	8:51.13+ 12) Giegengack Invite		2/3/12	
	9:01.39 1) Long Island Champs.		1/20/12	
5	Derek Rammelkamp (Sr.)	8:52.09	2/18	
	8:52.09 25) America East Champs.		2/18/12	
	9:00.47 15) Giegengack Invite		2/3/12	
6	Nicholas Lemon (So.)	8:54.59	2/3	
	8:54.59+ 13) Giegengack Invite		2/3/12	
	8:58.49 29) America East Champs.		2/18/12	
	9:02.50 2) Long Island Champs.		1/20/12	
	9:09.07 5) Fordham Season Opener		12/2/11	
7	Mark Appledorf (Sr.)	8:55.69	2/18	
	8:55.69 28) America East Champs.		2/18/12	
	9:00.03 14) Giegengack Invite		2/3/12	
	9:26.76 6) Long Island Champs.		1/20/12	
8	Tyler Frigge (Fr.)	8:57.65	12/10	
	8:57.65+ 10) Harvard Open		12/10/11	
	9:00.4 2) Fordham Season Opener		12/2/11	
9	Matt Zampariello (Fr.)	9:23.09	1/20	
	9:23.09 4) Long Island Champs.		1/20/12	
10	Forest Gilbakian (Fr.)	9:33.28	1/27	
	9:33.28 17) Met Champs.		1/27/12	
	9:41.7 10) Fordham Season Opener		12/2/11	

5,000m				Auto 13:44.60
1	Thomas Rammelkamp (Sr.)	15:04.42	2/18	
	15:04.42 14) America East Champs.		2/18/12	
2	Carlos Roa (So.)	15:15.41	2/18	
	15:15.41 20) America East Champs.		2/18/12	
3	Nicholas Lemon (So.)	15:24.49	2/18	
	15:24.49 22) America East Champs.		2/18/12	
4	Shamell Forbes (Sr.)	15:39.82	2/18	
	15:39.81 24) America East Champs.		2/18/12	



2011-12 STONY BROOK MEN'S INDOOR TRACK & FIELD LIST
AS OF 2/20/12



60m Hurdles Auto 7.70

1 Terry Martin (Fr.)	8.32 SR	2/18
8.3	1) Fordham Season Opener	12/2/11
8.32	4) America East Champs.	2/18/12
8.34	4) America East Champs.	2/17/12
8.35+	1) Met Champs.	1/27/12
8.36+	2) Long Island Champs.	1/20/12
8.38+	2) Met Champs.	1/27/12
8.41+	2) Giegengack Invite	2/3/12
8.42+	3) Long Island Champs.	1/20/12
8.55+	1) Giegengack Invite	2/3/12
2 Stephan Jones (Fr.)	8.8	12/2
8.8	10) Fordham Season Opener	12/2/11
9.32	11) Giegengack Invite	2/3/12
9.37	13) Giegengack Invite	2/3/12

4x400 Relay Auto 3:10.50

A Stony Brook	3:17.15 SR	2/18
3:17.15!	Martin, Taylor, Hayes, Granata	3) America East 2/18/12
A Stony Brook	3:22.15	2/11
3:22.15	Martin, Taylor, Jacobs, Gravano	5) Millrose 2/11/12
A Stony Brook	3:22.30	2/3
3:22.30	Martin, Hayes, Taylor, Gravano	2) Giegengack 2/3/12
A Stony Brook	3:23.22	12/8
3:23.22	Martin, Hayes, Taylor, Jacobs	1) Bill Ward 12/8/11
3:26:17	Hayes, Martin, Taylor, Jacobs	2) Met Champs 1/27/12
B Stony Brook	3:28.69	2/3
3:28.69	Granata, Jacobs, Priore, Bellinger	2) Giegengack 2/3/12
A Stony Brook	3:35.52	1/20
3:35.52	Taylor, Jacobs, Forbes, Lopizzo	2) LI Champs. 1/20/12
B Stony Brook	3:38.90	1/20
3:38.90	Bellinger, Priore, Steel, Gravano	2) LI Champs. 1/20/12

4x800 Relay

A Stony Brook	7:45.97	2/18
7:45.97!	Jacobs, Forbes, Denis, Lopizzo	6) America East 2/18/12
A Stony Brook	7:56.09	1/27
7:56.09	Snak, Lopizzo, Forbes, Kimmey	4) Met Champs. 1/27/12

Distance Medley Relay 9:31.00

A Stony Brook	9:59.94	2/18
9:59.94	Speakman, Taylor, Forbes, Denis	3) America East 2/18/12

4000m Distance Medley Relay

A Stony Brook	10:28.82	1/27
10:28.82	Speakman, Priore, Granata, Frigge	4) Met Champs. 1/27/12

Long Jump Auto 8.00m

1 Terry Martin (Fr.)	7.24m SR	12/8
23-09	7.24+!	3) Bill Ward 12/8/11
22-10.5	6.97+	1) Fordham Season Opener 12/2/11
22-5.25	6.84+	8) Met Champs. 1/27/12
22-05	6.83	6) America East Champs. 2/17/12
2 Lamar Hayes (Fr.)	7.13m sr	12/8
23-04.75	7.13+!	4) Bill Ward 12/8/11
22-5.75	6.85+	7) Met Champs. 1/27/12
21-7.5	6.59+	2) Fordham Season Opener 12/2/11
19-04.75	5.91	19) America East Champs. 2/17/12
3 Stephan Jones (Fr.)	6.75m	12/8
22-1.75	6.75+	7) Bill Ward Invite 12/8/11
20-9	6.32	5) Fordham Season Opener 12/2/11
20-05.75	6.24	16) America East Champs. 2/17/12
4 Adam Davies (Fr.)	6.41m	1/20
21-0.5	6.41+	10) Long Island Champs. 1/20/12
20-8	6.30	6) Fordham Season Opener 12/2/11
19-8	5.99	14) Giegengack Invite 2/3/12
18-10.5	5.75	21) Met Champs. 1/27/12
18-08	5.69	21) America East Champs. 2/17/12
5 Jordan Seymore (Fr.)	6.35m	1/27
20-10	6.35	16) Met Champs. 1/27/12
20-9.75	6.34	4) Fordham Season Opener 12/2/11
20-3.75	6.19	12) Giegengack Invite 2/3/12
20-03	6.17	18) America East Champs. 2/17/12

Triple Jump Auto 16.30

1 Terry Martin (Fr.)	13.79m	1/20
45-3	13.79+	1) Long Island Champs. 1/20/12
43-09	13.33	10) America East Champs. 2/17/12
2 Jordan Seymore (Fr.)	12.76m	2/3
41-10.5	12.76	4) Giegengack Invite 2/3/12
40-11	12.47	9) Met Champs. 1/27/12
40-09.50	12.43	16) America East Champs. 2/17/12
40-0	12.19	3) Fordham Season Opener 12/2/11

Shot Put Auto 19.35

1 Anthony Fratto (So.)	13.23m	12/2
43-5	13.23	2) Fordham Season Opener 12/2/11
42-08.75	13.02	11) America East Champs. 2/18/12
41-4.5	12.61	11) Giegengack Invite 2/3/12
2 Chris Hand (Fr.)	12.20m	2/18
40-0.5	12.20	12) America East Champs. 2/18/12
39-3	11.96	6) Fordham Season Opener 12/2/11
37-8	11.48	14) Giegengack Invite 2/3/12
37-4.5	11.39	13) Long Island Champs. 1/20/12
3 Bari Dar (Fr.)	12.06m	12/2
39-7	12.06	5) Fordham Season Opener 12/2/11
4 Tom Harty (Fr.)	11.20m	12/2
36-9	11.20	16) Giegengack Invite 2/3/12
36-1.5	11.01	10) Fordham Season Opener 12/2/11



2011-12 STONY BROOK MEN'S INDOOR TRACK & FIELD LIST
AS OF 2/20/12



Weight Throw **Auto 21.50**

1 Chris Hand (Fr.)		15.06m	1/20
49-5	15.06+	5) Long Island Champs.	1/20/12
48-0.75	14.65	11) America East Champs.	2/17/12
46-6.25	14.18	2) Fordham Season Opener	12/2/11
45-10	13.97	7) Bill Ward Invite	12/8/11
45-0.5	13.73	9) Giegengack Invite	2/3/12
43-3	13.18	12) Met Champs.	1/27/12
2 Anthony Fratto (So.)		14.78m	2/17
48-06	14.78	10) America East Champs.	2/18/12
45-4.25	13.82	3) Fordham Season Opener	12/2/11
44-10.25	13.67	11) Giegengack Invite	2/3/12
44-6.25	13.57	10) Met Champs.	1/27/12
3 Tom Harty (Fr.)		14.65m	12/8
48-0.75	14.65+	4) Bill Invite Ward	12/8/11
46-7.5	14.21+	7) Long Island Champs.	1/20/12
44-8.75	13.63	12) Giegengack Invite	2/3/12
44-2.5	13.47	4) Fordham Season Opener	12/2/11
4 Bari Dar (Fr.)		14.74m	12/2
48-4.5	14.74+	1) Fordham Season Opener	12/2/11
46-2.75	14.09+	5) Bill Ward Invite	12/8/11