



WAKE FOREST TRACK & FIELD

MEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

100m		
Reggie Austin	10.30	2000
John Stone	10.32	2000
Kevin Marion	10.39	2006
Robert Johnson	10.48	1980
Mike Loyd	10.48	2004
Jon Reid	10.53	2010
Michael Bingham	10.54	2006
Kerry Major	10.55	2008
Willie Idlette	10.60	2004
Jack Dolbin	10.69	1970

200m		
John Stone	20.61	1999
Michael Bingham	20.75	2009
Kevin Marion	20.79	2006
Eric Seely	21.05	2006
Jon Reid	21.08	2010
Mike Loyd	21.14	2004
Reggie Austin	21.38	1999
Willie Idlette	21.54	2004
Jack Dolbin	21.62	1970
Kerry Major	21.66	2008

400m		
Michael Bingham	44.74	2009
Jon Reid	46.31	2010
Willie Idlette	46.62	2006
Brent LaRue	46.79	2010
Mike Guegan	47.01	1988
Ryan Hamilton	47.18	2001
Eric Seely	47.32	2006
Tyler Dodds	47.48	2010
John Danforth	47.68	1970
Daniel Harrison	47.71	2015

800m		
Robert Heppenstall	1:46.68	2017
Warren Sherman	1:46.74	1995
Simon Holden	1:48.04	2016
Thomas Bojanowski	1:48.79	2014
Mike Guegan	1:49.14	1991
Terry Weik	1:49.30	1992
Paul Singleton	1:49.84	2001
Chris Cattton	1:49.87	2005
Kyle Graves	1:49.94	2014

1,500m		
Simon Holden	3:41.92	2015
Kyle Graves	3:42.71	2014
Robert Heppenstall	3:43.22	2017
Nathan Sisco	3:43.37	2002
Darryl Robinson	3:43.81	1982
Sebastian Fischbach	3:44.86	2015
Nolan Swanson	3:45.26	1999
Brad Wharton	3:45.08	2006
David Crowe	3:45.90	1981
Mike Altieri	3:45.92	2003

3,000m		
Nolan Swanson	8:03.50	1999
Brant Armentrout	8:05.88	1994
Alex Rose	8:15.10	2012
Sean Stevens	8:16.30	2006
Kyle Armentrout	8:17.50	1994
Sebastian Fischbach	8:17.97	2016
John Sence	8:18.00	1993
Paul Kinser	8:18.18	1994
Paul Loeser	8:20.03	2012
Kyle Graves	8:21.78	2013

5,000m		
David Crowe	13:51.91	1981
Nolan Swanson	13:54.57	1999
Jon Russell	13:57.81	1997
Ron Rick	13:58.18	1985
Alex Rose	13:59.07	2014
Brant Armentrout	14:00.69	1994
Steve Kartalia	14:07.53	1986
Thomas Sorenson	14:09.14	1984
Sean Stevens	14:09.49	2005
Bill Babcock	14:10.06	1989

10,000m		
Nolan Swanson	28:31.51	1999
Ben Schoonover	29:11.98	1991
Eric Lorenz	29:17.08	1992
John Sence	29:20.02	1992
Kyle Armentrout	29:21.34	1995
Jon Russell	29:23.07	1997
Steve Kartalia	29:38.71	1988
Stuart Burnham	29:43.53	1994
Craig Longhurst	29:45.30	1995
Garick Hill	29:46.14	2003

110m HURDLES		
Steve Brown	13.60	1990
Brent LaRue	13.96	2010
Mike Loyd	13.97	2004
Joe Ladapo	14.38	2000
JT Kuretich	14.55	2001
Dexter Hawkins	14.55	1980
Malcolm Nunley	14.56	2012
John Bull	14.78	1999
Michael Bingham	14.80	2005
Alexander Krall	14.86	2016

400m HURDLES		
Brent LaRue	50.20	2010
Phillip Warsaw	51.60	2007
Sean Lunkenheimer	52.14	2013
Michael Bingham	53.34	2006
Bobby Jacowleff	53.90	2016
Malcolm Nunley	53.95	2011
Branston Williams	54.10	2002
Josh Smith	54.80	1994
Garrett Putnam	54.98	1998
George Yohrling	55.37	1992

3,000m STEEPLECHASE		
Nolan Swanson	8:41.72	1998
Steve Guerrini	8:48.20	1994
Marcus Dillon	8:55.50	2011
Jon Russell	8:56.89	1998
Paul Loeser	8:57.21	2012
Tom Rae	8:57.70	1974
Paul Sklar	8:58.64	1992
Joseba Sarriegui	9:07.63	1989
Pat Phillips	9:08.79	1991
Jack Bishop	9:11.06	1998

HIGH JUMP		
Jerome White	2.11m/6-11	1972
Matt Benson	2.06m/6-9	1994
Fabian Davis	2.05m/6-8.75	1999
Jesse Richert	2.03m/6-8	2005
Jeong-Hwan Kang	2.03m/6-8	2001
John Bull	2.03m/6-8	2000
Brent LaRue	2.02m/6-7.5	2010
TJ Thompson	2.01m/6-7	2001
Seth Yetter	2.00m/6-6.75	2006
Aaron Payne	2.00m/6-6.75	2009
Michael Ruffano	2.00m/6-6.75	2014

POLE VAULT		
Michael Cyphers	5.12m/16-9.5	2015
Scott Marshall	5.00m/16-4.75	2014
Brent LaRue	5.00m/16-4.75	2010
Ryan Turner	4.85m/15-11	1999
Trey Blanton	4.85m/15-7	2009
Ed Smith	4.80m/15-9	1994
Luke Annichiarico	4.77m/15-7.75	2016
Taylor Wildman	4.70m/15-5	2007
Scott Holmes	4.70m/15-5	2000
Zach Hamilton	4.60m/15-1	2001
JT Kuretich	4.55m/14-11	2001

LONG JUMP		
Kevin Marion	7.58m/24-10.5	2006
Kerry Major	7.53m/24-8.5	2006
Luke Orman	7.53m/24-8.5i	2002
Joe Ladapo	7.29m/23-11	2000



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MEN'S ALL-TIME PERFORMANCE LIST

Fabian Davis	7.22m/23-8.25	1999	John Bull	6983 pts	1999
Oderah Nwaeze	7.21m/23-8	2007	Alex Hill	6902 pts	2012
Brent LaRue	7.20m/23-7.5	2010	Tyler Dodds	6715 pts	2009
Mike Lewis	7.14m/23-5.25	1965	Mike Eskind	6704 pts	2003
Lee Evans	7.13m/24-5	1971	Joe Ladapo	6692 pts	2000
Michael Bingham	7.16m/23-6	2005	Matt Udvari	6521 pts	2000

TRIPLE JUMP

George Coghill	15.01m/49-3	1989
Fabian Davis	14.65m/48-0.75	1999
George Kahle	14.61m/47-11.25	1966
Javin Hutchinson	14.40m/47-3	2008
Jerome White	14.38m/47-2.25	1974
William Ray	14.37m/47-1.75	2014
Michael Bingham	14.32m/46-11.75	2006
Lee Evans	14.12m/46-4	1973
Darryl France	14.10m/46-3.25	1989
Chuck Drake	13.92m/45-8	1973

SHOT PUT

Andy Bloom	19.82m/65-0.5	1996
John Maurins	18.73m/61-5.5	2015
Thomas Sensing	17.22m/56-6	2009
Tylor Harris	16.79m/55-1	2016
Max Adams	16.69m/54-9.25	2015
Tom Tymann	16.38m/53-9	2003
Steve Michaelson	16.17m/53-0.75	2015
Boomer Peterson	15.92m/52-2.75	2006
Keith Carter	15.82m/51-11	1975
Ed Bradley	15.75m/51-8.25	1970

DISCUS THROW

Andy Bloom	64.86m/212-9	1996
Max Adams	55.41m/181-9	2016
Thomas Sensing	51.99m/170-7	2009
Steve Michaelson	51.84m/170-1	2013
Ed George	51.12m/167-8	1970
Brad Perkins	50.43m/165-5	1999
Mike Wooten	49.38m/162-0	2012
Steve Michaelson	49.00m/160-09	2015
John Maurins	48.45m/158-11	2015
Da'Vaughn Mellerson	47.56m/156-0	1999

JAVELIN THROW

Ben Lincoln	75.36m/247-3	2013
Thomas Sensing	67.93m/222-10	2009
Patrick Donelan	65.32m/214-4	2013
Elijah Shalaway	64.37m/211-2	2017
Michael Belardia	62.30m/204-5	2013
Alan Susi	62.83m/206-1	2001
Mike Hauck	61.96m/203-3	2007
Luke Hadden	61.20m/200-9	2010
Stephen Castillejo	57.47m/188-6	2010
Charlie Ionata	57.01m/187-0	2014

OLD RULE JAVELIN

Herb Brown	212-0	1960
Jack Ladner	208-2	1956
John Monarek	200-8	1961
Tom Rae	188-2	1973
Henry Newton	188-0	1960
John Dupree	186-5	1930
Dave Garber	184-7	1963

HAMMER THROW

Charlie Ionata	68.02m/223-2	2017
Kyle Johnson	61.85m/202-11	2017
Cliff Neal	59.40m/194-10	2002
Teddy Mottola	54.05m/177-4	2014
John Maurins	53.99m/177-1	2015
Nate Wooten	52.83m/173-4	2014
Adam Gabrault	52.31m/171-7	2005
Kevin Barrett	52.04m/170-9	2014
Andy Bloom	51.47m/168-10	1996
Keith Barrett	47.10m/154-6	2012

DECATHLON

JT Kuretich	7340 pts	2001
Michael Bingham	7162 pts	2005
Brent LaRue	7066 pts	2006
Alexander Krall	7013 pts	2016



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WOMEN'S ALL-TIME PERFORMANCE LIST

100m

Mytoia Gathings	11.88	2013
Carol Merritt	11.97	2001
Nicole Castronuova	12.00	2000
Myesha Barr	12.17	2013
Cassy Richards	12.20	2003
Tina Lane	12.22	1991
Ashley Spooner	12.30	2006
Erin Brooks	12.40	2010
Chris Rose	12.41	1994
Johanna Hawkins	12.43	2006
Hunter Roberts	12.43	2017

200m

Carol Merritt	23.78	2002
Nicole Castronuova	23.94	2008
Melissa Council	24.11	2007
Caroline Vaughn	24.19	2009
Diane Anderson	24.46	2004
Gwen Ricco	24.52	2010
Mytoia Gathings	24.55	2013
Molly Kennedy	24.61	2008
Cassy Richards	24.71	2004
Alyssa Thompson	24.73	2014

400m

Melissa Council	53.62	2009
Nicole Castronuova	54.39	2009
Carol Merritt	54.60	2004
Myesha Barr	54.63	2010
Diane Anderson	55.48	2005
Brianna Dekine	55.96	2013
Molly Pancake	55.96	1991
Summer Shaw	56.08	2001
Michelle Loyd	56.54	2008
Nikeya Green	56.59	2002

800m

Nikeya Green	2:04.46	2003
Kelly Clarke	2:06.26	1993
Jill Snyder	2:06.88	1999
Liz Cotter	2:07.12	1996
Chrissy Person	2:07.14	1997
Summer Shaw	2:07.50	2000
Dina Nosenko	2:07.68	2010
Kate Weber	2:07.75	1994
Alison Anibaldi	2:08.04	1999
Molly Pancake	2:08.13	1993

1,500m

Michelle Sikes	4:16.58	2007
Jennifer Finnegan	4:17.51	1995
Anna Sherman	4:17.80	2004
Jill Snyder	4:19.40	1999
Dina Nosenko	4:20.45	2010
Kathryn Lazarchick	4:20.83	2017
Anna Nosenko	4:21.19	2010
Liz Cotter	4:21.27	1997
Nikeya Green	4:21.58	2004
Chrissy Person	4:22.27	1998

3,000m

Anna Nosenko	9:12.02	2011
Michelle Sikes	9:13.33	2007
Annie Bersagel	9:20.06	2005
Jennifer Rioux	9:21.60	1988
Karen Dunn	9:22.51	1985
Liz Becker	9:22.93	1988
Sue Vander Wagen	9:27.22	1987
Janelle Kraus	9:27.61	2000
Nicole Stevenson	9:32.21	1996
Samantha Jones	9:30.93	2016

5,000m

Michelle Sikes	15:06.28	2007
Annie Bersagel	15:56.97	2005
Elie Abrahamson	16:01.35	2017
Janelle Kraus	16:06.43	1999
Anna Nosenko	16:09.05	2009
Samantha Jones	16:12.44	2015
Nicole Irving	16:15.35	2013
Jill Miller	16:21.85	2003
Caitlin Chrisman	16:29.61	2005
Sue Vander Wagen	16:30.48	1987

10,000m

Michelle Sikes	32:58.20	2007
Annie Bersagel	33:02.13	2005
Sara Day	33:29.26	2001
Jennifer Rioux	33:58.69	1988
Anna Nosenko	34:03.27	2010
Anne Marie Letko	34:21.78	1988
Nicole Irving	34:23.75	2013
Mary Powell	34:35.55	1990
Kathleen Darling	34:42.32	2015
Cynthia Moreshead	34:47.84	1996

100m HURDLES

Caroline Vaughn	13.39	2009
Hunter Roberts	13.73	2017
Cassy Richards	14.05	2004
Hunter Roberts	14.15	2014
Alex Gove	14.23	2009
Erika Martin	14.24	2014
Montasia Golden	14.27	2012
Molly Kennedy	14.29	2008
Michelle Duffey	14.35	2008
Gwen Ricco	14.41	2010

400m HURDLES

Caroline Vaughn	57.32	2009
Michelle Loyd	58.06	2008
Alex Gove	58.67	2010
Jen Esposito	58.78	2017
Allison Johnson	1:01.05	2011
Montasia Golden	1:03.42	2013
Alyssa Thompson	1:01.43	2014
Mia Wilson	1:02.00	2016
Emma Gallagher	1:03.08	2017
Trina Bindel	1:03.43	1996

3,000m STEEPLECHASE

Elie Abrahamson	9:56.18	2017
Selina Sekulic	10:34.72	2004
Michelle Sikes	10:35.73	2005
Erin Reddan	10:37.97	2010
Elie Abrahamson	10:38.26	2015
Kara Mullin	10:42.39	2003
Sarah Fahmy	10:52.45	2017
Catherine Fortin-Major	10:53.58	2003
Beatrice Boylan	10:56.30	2017
Gabrielle Merritt	11:02.65	2015

HIGH JUMP

Trina Bindel	1.82m/5-11.5	1996
Nyki Caldwell	1.79m/5-10.5	2013
Alexandria Florent	1.78m/5-10	2016
Amy Collins	1.71m/5-7.25	2014
Vickie Peek	1.69m/5-6.5	1992
Caroline Vaughn	1.69m/5-6.5	2010
Amy Collins	1.68m/5-6	2016
Christina Strasner	1.68m/5-6	1982
Cynthia Kennedy	1.66m/5-5.25	2005
Samantha Howell	1.65m/5-5	2009



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WOMEN'S ALL-TIME PERFORMANCE LIST

POLE VAULT

Sydney White	4.25m/13-11.25	2016
Kathleen Adair	4.18m/13-8.5	2015
Tesia Kempfski	3.93m/12-10.75	2017
Jill Ahrens	3.80m/12-5.5	2008
Michelle Lange	3.75m/12-3.5	2010
Madison Bragg	3.65m/11-11.75	2016
Anna Tessiatore	3.62m/11-10.50	2012
Jill Kovalcik	3.50m/11-5.75	2002
Sara Small	3.40m/11-1.75	2013
Elizabeth Washam	3.35m/10-11.75	2001

LONG JUMP

Cassy Richards	6.21m/20-6.5	2004
Alyssa Thompson	6.16m/20-2.50	2014
Erin Brooks	6.10m/20-0.25	2013
Amy Collins	5.79m/19-0	2017
Montasia Golden	5.75m/18-10.50	2013
Caroline Vaughn	5.64/18-6	2010
Melissa Council	5.63m/18-5.5	2006
Trina Bindel	5.63m/18-5.5	1996
Molly Kennedy	5.62m/18-5	2008
Maddy Ricco	5.59m/18-4.25	2010

TRIPLE JUMP

Erin Brooks	12.80m/42-0	2013
Montasia Golden	12.49m/40-11.75	2012
Molly Kennedy	12.20m/40-0.5	2008
Alyssa Thompson	12.14m/39-10	2014
Phoebe Kershaw	11.84m/38-10.25	2014
Kirsten Holmboe	11.07m/36-4	1993
Cathy Richards	11.00m/36-0.25	1994
Kristin Rumpf	10.77m/35-4	1990
Sarah Johnston	10.40m/34-1.5	1987

SHOT PUT

Lindsay Neuberger	15.90m/52-1.25	2007
Jessica Molina	14.16m/46-5.5	2017
Sandra Jenkins	13.93m/45-8.5	2001
Catherine Meuhlieb	13.92m/45-8	2006
Trina Bindel	13.90m/45-7.25	1995
Andrea Vahoua	13.50m/44-3.5	2016
Sarah Brobeck	13.50m/44-3.5	2011
Casidy Howard	13.16m/43-2.25	2014
Jen Leesman	13.03m/42-9	2002
Emily Campbell	13.00m/42-8	2015

DISCUS THROW

Casidy Howard	49.22m/161-5	2017
Alva Hicks	48.13m/157-11	2016
Emily Campbell	47.37m/155-05	2015
Britt Boshamer	45.83m/150-4	1992
Lindsay Neuberger	45.15m/148-1	2004
Carmen Green	45.05m/147-9	2011
Catherine Meuhlieb	44.08m/144-7	2006
Sandra Jenkins	41.82m/137-4	2002
Dania Douglas	41.32m/135-8	1995
Sarah Brobeck	41.09m/134-9	2011

HAMMER THROW

Alva Hicks	57.61m/189-0	2017
Casidy Howard	52.90m/173-7	2014
Andrea Vahoua	52.85m/175-3	2016
Jessica Molina	50.82m/166-8	2017
Lindsay Neuberger	50.45m/165-6	2005
Carmen Green	46.49m/152-6	2010
Carly Mauch	42.11m/138-2	2010
Jen Leesman	38.11m/125-0	2002
Dania Douglas	31.44m/103-2	1996

JAVELIN THROW

Jessie Merckle	56.91m/186-8	2016
Carly Mauch	45.49m/149-3	2008
Sarah Brobeck	43.09m/141-4	2012
Megan Reardon	41.28m/135-5	2015
Alyssa Thompson	39.33m/129-0	2014
Kayla Gassman	38.83m/127-4	2005
Erika Martin	37.97m/124-7	2013
Tasha Pickney	36.59m.120-0	1999
Jamie Grayzer	35.80m/117-5	2002
Amy Collins	33.68m/110-6	

OLD RULE JAVELIN

Carrie Buckley	47.43m/155-7	1993
Trina Bindel	38.62m/126-8	1995

HEPTATHLON

Trina Bindel	5433 pts	1995
Amy Collins	5387 pts	2017
Alyssa Thompson	5343 pts	2014
Molly Kennedy	5269 pts	2008
Caroline Vaughn	5038 pts	2009
Erika Martin	4973 pts	2014
Gwen Ricco	4954 pts	2010
Jamie Grayzer	4882 pts	2002
Alex Gove	4761 pts	2010
Melissa Council	4692 pts	2006