



MEN'S OUTDOOR TRACK & FIELD SCHOOL RECORD PROGRESSION
(Since 2002, As of 05/18/12)

EVENT	NAME	PERFORMANCE	DATE	LOCATION
100 meters	Kwame White	11.73	3/23/02	Disney
	Dan Cain	11.36	4/13/02	West Point
	Art Driscoll	11.04	3/27/04	West Point
	Art Driscoll	11.00	4/03/04	CNU
	Tom O'Neill	10.85	4/29/05	Oneonta
	Tom O'Neill	10.73	4/30/05	Oneonta
	Joe Reed	10.72	4/14/07	TCNJ
	Joe Reed	10.59	5/04/07	Oneonta
	Sean Bernstein	10.47	4/07/12	Cornell
	200 meters	Lou Mazzarisi	23.19	3/23/02
Dan Cain		23.18	4/13/02	West Point
Kwame White		23.14	5/04/02	Oneonta
Dan Cain		23.02	5/10/02	Albany
Art Driscoll		22.97	3/27/04	West Point
Art Driscoll		22.74	4/03/04	CNU
Tom O'Neill		22.52	4/17/04	Oneonta
Tom O'Neill		22.38	4/22/04	Cortland
Tom O'Neill		22.06	5/01/04	Oneonta
Art Driscoll		21.84	5/15/04	Williams
Tom O'Neill		21.65	4/30/05	Oneonta
Joe Reed		21.52	5/05/07	Oneonta
Joe Reed		21.35	5/24/07	Oshkosh
Sean Bernstein		21.16	3/24/12	Point Loma
400 meters		Chris Smith	52.61	3/23/02
	Lou Mazzarisi	51.8	4/13/02	West Point
	Kwame White	51.25	5/04/02	Oneonta
	Tim Wood	51.08	4/17/04	Oneonta
	Art Driscoll	49.85	4/23/04	Cortland
	Tom O'Neill	48.47	5/07/05	Oneonta
	Scott Pollard	48.41	4/29/06	Brockport
	Scott Pollard	48.30	5/13/06	Icahn Stadium
	800 meters	Matt Valcik	2:04.45	3/23/02
Matt Valcik		2:03.35	4/13/02	West Point
Matt Valcik		2:02.66	5/10/02	Albany
Matt Valcik		2:00.88	3/29/03	West Point
Matt Valcik		1:59.56	5/10/03	Albany
Ryan Wells		1:58.49	4/09/05	Delaware
Ryan Wells		1:58.25	4/16/05	USMMA
Fred Romer		1:56.38	4/21/07	Cortland
Fred Romer		1:55.11	4/25/08	Cortland
Fred Romer		1:53.93	5/10/08	Icahn Stadium
Sean Daly		1:53.54	5/11/09	Swarthmore
Sean Daly		1:52.31	4/24/10	TCNJ

1500 meters	Brian Suozzo	4:14.1	4/06/02	Ithaca
	Ryan Wells	4:05.64	4/23/05	Oneonta
	Ryan Wells	3:59.08	5/13/05	St. Lawrence
	Alex Grout	3:56.08	5/02/08	Princeton
	Alex Grout	3:55.13	5/10/08	Icahn Stadium
Mile	Lee Lurie	5:06.69	4/20/02	Hartwick
3,000 meters	Bryan Reles	10:00.34	3/23/02	Disney
	Brian Suozzo	9:20.13	5/04/02	Oneonta
	Nick Scalfone	9:08.75	4/16/05	USMMA
	Alex Grout	8:57.80	5/03/08	Oneonta
2 Miles	Dan Verdi	10:24.06	5/03/03	Oneonta
5,000 meters	Bryan Reles	17:05.5	3/30/02	Mary Wash.
	Brian Suozzo	16:04	4/13/02	West Point
	Ryan Walter	15:48.94	4/23/05	Oneonta
	Nick Scalfone	15:48.86	4/30/05	Oneonta
	Ryan Walter	15:41.99	5/06/06	Oneonta
	Marty Nicholson	15:37.53	5/10/08	Icahn Stadium
	Nick Pampena	15:18.14	4/15/11	Bucknell
	John Longo	15:16.72	3/24/12	Point Loma
10,000 meters	Lee Lurie	38:23.2	3/30/02	Mary Wash.
	Dan Verdi	34:14.92	4/26/03	Kingston
	Nick Scalfone	33:10.24	4/29/05	Oneonta
	Ryan Walter	32:59.90	5/13/05	St. Lawrence
	Marty Nicholson	32:45.55	4/25/08	Cortland
	Marty Nicholson	32:20.12	5/15/08	Springfield
	Marty Nicholson	31:56.66	4/23/09	Penn Relays
110 hurdles	Bill Dergosits	18.42	5/04/02	Oneonta
	Bill Dergosits	18.11	5/03/03	Oneonta
	Bill Dergosits	17.81	5/01/04	Oneonta
	Tim Moran	16.05	4/16/05	USMMA
	Rich Kardas	15.96	5/13/07	Icahn Stadium
	Matt Weeks	15.94	4/14/09	Delhi
	Matt Weeks	15.93	4/18/09	Cortland
	Matt Weeks	15.71	4/26/09	Cornell
	Matt Weeks	15.65	5/11/09	Swarthmore
	Jermaine Miller	15.62	4/22/11	Cortland
	Jermaine Miller	15.43	5/07/11	Geneseo
	Jermaine Miller	15.36	5/14/11	Oneonta
	Rob Farrell	15.32	5/05/12	Oneonta
	Jermaine Miller	15.31	5/12/12	Oneonta
400 hurdles	Bill Dergosits	1:00.93	4/13/02	West Point
	Bill Dergosits	1:00.28	5/11/02	Hartwick
	Scott Pollard	57.84	4/17/04	Oneonta
	Scott Pollard	57.14	4/23/05	Oneonta
	Mike Hennessy	57.12	5/03/08	Oneonta
	Sean Wren	56.35	5/01/09	Oneonta
	Sean Wren	56.23	5/02/09	Oneonta
	Sean Wren	55.7h	4/17/10	Cortland
	Sean Wren	54.33	4/24/10	TCNJ
	Sean Wren	54.00	5/20/10	Oneonta
	Sean Wren	52.68	5/05/12	Oneonta

3,000 steeplechase	Bryan Reles	10:43.57	4/20/02	Hartwick
	Bryan Reles	10:40.81	4/26/03	Kingston
	Bryan Reles	10:28.78	5/10/03	Albany
	Ryan Wells	9:52.49	4/30/05	Oneonta
	Matt Durkin	9:43.33	4/29/06	Brockport
	Matt Durkin	9:28.55	5/17/07	Oneonta
	Chris Harvey	9:26.52	4/14/12	Bucknell
	Chris Harvey	9:08.33	5/17/12	RPI
4x100 relay	Mazzarisi, Verteramo, Curran, White	45.64	3/23/02	Disney
	Mazzarisi, Verteramo, Curran, White	45.55	3/30/02	Mary Wash.
	Cain, Smith, Mazzarisi, White	44.44	4/13/02	West Point
	White, Verteramo, Wood, Smith	44.23	5/03/03	Oneonta
	White, O'Neill, Wood, Driscoll	43.27	4/10/04	Delaware
	O'Neill, Bogdan, Wood, Driscoll	42.75	4/17/04	Oneonta
	Wren, Bernstein, Farrell, Dobson	42.67	3/24/12	Point Loma
	Lee, Bernstein, Farrell, Dobson	42.65	4/27/12	Penn Relays
	Lee, Bernstein, Farrell, Dobson	42.27	5/05/12	Oneonta
4x200 relay	Mazzarisi, Verteramo, Smith, White	1:32.8	3/30/02	Mary Wash.
4x400 relay	White, Verteramo, Reles, Smith	3:34.50	3/23/02	Disney
	Mazzarisi, Verteramo, Valcik, Smith	3:31.7	3/30/02	Mary Wash.
	Mazzarisi, Cain, Verteramo, Smith	3:26.86	4/20/02	Hartwick
	Mazzarisi, Cain, White, Smith	3:26.13	4/26/02	Penn Relays
	White, O'Neill, Wood, Driscoll	3:22.69	4/17/04	Oneonta
	White, O'Neill, Wood, Driscoll	3:20.77	4/23/04	Cortland
	White, O'Neill, Wood, Driscoll	3:19.76	5/15/04	Williams
	Remillard, Pollard, Reed, Theiss	3:19.30	5/13/06	Icahn Stadium
	Remillard, Pollard, Reed, Theiss	3:18.24	5/19/06	Springfield
	Reed, Romer, Remillard, Theiss	3:15.31	5/18/07	Oneonta
	Farrell, Bernstein, Wren, Dobson	3:15.25	4/20/12	Cortland
	Farrell, Bernstein, Wren, Dobson	3:13.63	5/12/12	Oneonta
4x800 relay	Romer, Pfaffenberger, Greenberg, Daly	8:03.18	4/18/09	Cortland
	Haskins, Gallant, Bruton, Weber	8:02.66	4/14/12	Vassar
	Weber, D.Bohunicky, Howerton, Bruton	7:46.24	5/18/12	RPI
SMR (200-200-400-800)	Verteramo, Curran, Mazzarisi, Valcik	3:43.04	3/30/02	Mary Wash.
	Reed, Reyes, Romer, Grout	3:31.31	4/12/08	TCNJ
DMR	Walter, Morrissey, Wells, Cortright	11:25.65	3/26/05	Mary Wash.
	Pfaffenberger, Hancock, Bruton, Pampena	10:38.54	4/24/09	Penn Relays
High Jump	Shaun Hurley	1.73m (5' 8")	3/29/03	West Point
	Shaun Hurley	1.83m (6' 0")	4/12/03	Rochester
	Shaun Hurley	1.85m (6' 3/4")	4/17/03	Ithaca
	Shaun Hurley	1.91m (6' 3 1/4")	4/19/03	Oneonta
	Shaun Hurley	1.94m (6' 4 1/4")	5/10/03	Albany
	Danny Sullivan	1.95m (6' 4 3/4")	4/26/09	Cornell
Pole Vault	Aaron Payne	3.70m (12' 1 1/2")	4/29/06	Brockport
	Jermaine Miller	3.75m (12' 3 1/2")	4/22/11	Cortland
	Nick Perugini	4.05m (13' 3 1/2")	4/14/12	Vassar
Long Jump	Vin Verteramo	5.72m (18' 9 1/4")	3/23/02	Disney
	Tim Wood	6.03m (19' 9 1/2")	4/19/03	Oneonta
	Francis Ukpeh	6.04m (19' 9 3/4")	5/03/03	Oneonta
	Josh Bogdan	6.36m (20' 10 1/2")	3/27/04	West Point

	Josh Bogdan	6.61m (21' 8¼")	4/17/04	Oneonta
	Shaun Hurley	6.91m (22' 8")	4/29/05	Oneonta
Triple Jump	Enoch Bunche	10.62m (34' 10¼")	4/06/02	Ithaca
	Enoch Bunche	10.69m (35' 1")	4/13/02	West Point
	Enoch Bunche	11.03m (36' 2¼")	4/20/02	Hartwick
	Enoch Bunche	11.74m (38' 6¼")	5/04/02	Oneonta
	Shaun Hurley	12.28m (40' 3½")	4/12/03	Rochester
	Shaun Hurley	12.31m (40' 4¾")	4/19/03	Oneonta
	Shaun Hurley	13.12m (43' ½")	4/26/03	Kingston
	Shaun Hurley	13.38m (43' 10¾")	3/27/04	West Point
	Shaun Hurley	13.45m (44' 1½")	5/15/04	Williams
	Shaun Hurley	14.06m (46' 1½")	4/30/05	Oneonta
	Shaun Hurley	14.19m (46' 6¾")	5/20/05	Springfield
Shot Put	Chad Calhoun	10.18m (33' 4¾")	4/06/02	Ithaca
	Kyle Dresser	11.68m (38' 4")	3/29/03	West Point
	Kyle Dresser	11.86m (38' 11")	4/19/03	Hartwick
	Kyle Dresser	12.07m (39' 7")	4/03/04	CNU
	Kyle Dresser	12.32m (40' 5")	4/17/04	Hartwick
	Mike DeVasto	13.39m (43' 11¼")	4/12/08	TCNJ
	Mike DeVasto	13.96m (45' 9¾")	4/25/08	Cortland
	Mike DeVasto	14.80m (48' 6¾")	4/18/09	Cortland
Discus	Chad Calhoun	36.01m (118' 1")	4/06/02	Ithaca
	Chad Calhoun	39.52m (129' 8")	4/13/02	West Point
	Chad Calhoun	39.68m (130' 2")	5/04/02	Hartwick
	Craig Lynch	40.46m (132' 9")	5/02/09	Oneonta
	Chris Rollo	41.34m (135' 7")	4/30/11	TCNJ
	Ian Kelley	42.61m (139' 9")	4/14/12	Vassar
Hammer	Chad Calhoun	31.94m (104' 9")	4/06/02	Ithaca
	Chad Calhoun	36.44m (119' 7")	4/20/02	Hartwick
	Chad Calhoun	39.23m (128' 8")	5/04/02	Hartwick
	Chad Calhoun	39.48m (129' 6")	5/11/02	Hartwick
	Taylor Arnold	43.26m (141' 11")	4/22/04	Cortland
	Mike DeVasto	46.35m (152' 1")	4/25/08	Cortland
	Mike DeVasto	47.14m (154' 8")	4/17/09	Cortland
	Mike DeVasto	47.33m (155' 3")	4/26/09	Cornell
	Pat Weinert	48.84m (160' 3")	3/24/12	Point Loma
	Pat Weinert	49.50m (162' 5")	4/20/12	Cortland
Javelin	Chris Smith	44.71m (146' 8")	3/23/02	Disney
	Chris Smith	48.35m (158' 7")	3/30/02	Mary Wash.
	Chris Smith	49.79m (163' 4")	4/20/02	Hartwick
	Chris Smith	50.56m (165' 10")	5/04/02	Hartwick
	Chris Smith	51.06m (167' 6")	4/26/03	Kingston
	Chris Smith	51.84m (170' 1")	5/10/03	Albany
	Chris Smith	54.81m (179' 10")	3/27/04	West Point
Decathlon	Adam Remillard	5,369 points	5/05/07	Oneonta