

PENGUINS

TRACK & FIELD

Horizon Titles (8): 2008 Women's Outdoor, 2008 Women's Indoor, 2006 Women's Outdoor, 2005 Women's Outdoor, 2005 Women's Indoor, 2004 Women's Outdoor, 2004 Women's Indoor, 2003 Men's Indoor

Mid-Con Titles (8): 1997 Women's XC, 1997 Women's Outdoor, 1997 Men's Outdoor, 1997 Men's Indoor, 1996 Women's Indoor, 1996 Men's XC, 1995 Men's XC, 1994 Men's XC

JASON ANDERSON

55m	6.82	2/15/08
60m	7.28	3/2/08
200m	23.19	3/2/08
400m	52.33	2/23/08

ERIC BALTPUTNIS

55m	6.63	2/15/08
60m	7.08	3/2/08
200m	22.35	3/2/08

TREVOR CARROLL

200m	22.92	3/2/08
400m	50.34	3/2/08

SAM CASSANO

Shot Put	12.97m (42-6 3/4)	2/25/07
Weight Throw	15.60m (51-2 1/4)	3/2/08

NICK CLOWES

55H	8.40	2/15/08
60H	8.74	3/2/08
200m	23.45	2/8/08
High Jump	1.83m (6-0)	3/2/08

JOHNNY COPLEY

Pole Vault	4.51m (14-9 1/2)	1/25/08
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JOE COPPLOE

800m	2:02.84	3/2/08
Mile	4:33.71	1/11/08

DOM DEFILIPPO

Shot Put	14.49m (47-6 1/2)	1/18/08
Weight Throw	17.22m (56-6)	2/25/07

SCOTT DENHAM

800m	1:59.33	2/8/08
1,000m	2:38.62	2/23/08
Mile	4:41.25	1/18/08

JAKE DIALESANDRO

3,000m	9:22.50	3/2/08
5,000m	16:15.05	3/2/08

JUSTIN DICKMAN

Mile	4:34.51	2/23/08
3,000m	9:00.79	1/18/08
5,000m	15:42.50	12/8/07

BRYIN EHRHARDT

High Jump	1.96m (6-5)	12/8/07
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JEREMIAH FOLGER

Shot Put	15.22m (49-11 1/4)	2/15/08
Weight Throw	16.06m (52-8 1/4)	3/2/08

R.D. GOODRIGHT

800m	1:53.09	2/23/08
1,000m	2:27.70	2/26/06
Mile	4:17.25	3/2/08
3,000m	8:53.28	2/15/08
5,000m	16:55.97	12/8/07

JERRILL HALL

55m Hurdles	7.90	2/15/08
60m Hurdles	8.30	3/2/08
200m	23.78	2/23/08
High Jump	1.93m (6-4)	1/25/08
Long Jump	6.60m (21-8)	3/2/08
Triple Jump	12.79m (41-11 1/2)	1/18/08

CLARENCE HOWELL

55m	6.64	2/18/06
60m	7.10	2/26/06
200m	23.20	2/8/08
Long Jump	6.68m (21-11)	2/25/07
Triple Jump	12.44m (40-9 3/4)	1/27/06

JEROME JEFFEREY

800m	1:58.56	3/2/08
1,000m	2:46.80	2/15/08

HAROLD JONES

200m	24.12	12/10/05
400m	51.49	2/9/07
800m	1:53.53	3/2/08
1,000m	2:34.74	2/4/06
Mile	4:26.83	1/11/08

ADAM KAGARISE

60m	7.26	1/13/07
200m	22.15	3/2/08
400m	48.69	3/2/08
800m	2:06.58	1/11/08

JOE LAHMON

Shot Put	15.43m (50-7 1/2)	2/25/07
Weight Throw	18.44m (60-6)	2/25/07

JAKE LAPE

800m	2:03.73	1/11/08
Mile	4:28.60	2/23/08
3,000m	9:00.63	2/8/08
5,000m	15:39.53	2/2/08

AARON MERRILL

Shot Put	17.47m (57-3 3/4)	3/2/08
Weight Throw	16.46m (54-0)	2/15/08

KYLE MUIR

55m Hurdles	9.09	2/15/08
60m	7.62	2/8/08
60m Hurdles	10.20	1/18/08
High Jump	1.76m (5-9 1/4)	12/8/07
Long Jump	5.42m (17-9 1/2)	2/15/08
Pole Vault	2.75m (9-0 1/4)	2/15/08
Shot Put	12.10m (39-8 1/2)	1/19/07
Weight Throw	14.22m (46-8)	2/17/07
Heptathlon	3,317	3/2/08

DAN NEMERGUT

Mile	4:29.46	2/8/08
3,000m	9:01.88	2/25/07
5,000m	15:36.66	1/13/07

JOHN PALLINI

Shot Put	16.01m (52-6 1/2)	2/2/08
Weight Throw	13.60m (44-7 1/2)	2/15/08

MICHAEL PERRI

400m	49.88	2/23/08
800m	2:01.30	1/11/08
High Jump	1.93m (6-4)	1/19/07
Heptathlon	3,746 points	2/26/06

JIM RAMSON

Mile	4:34.33	1/11/08
3,000m	9:12.45	1/18/08
5,000m	15:41.80	2/2/08

JOHN SHEPPARD

400m	51.95	2/15/08
800m	1:53.63	3/2/08
1,000m	2:34.23	2/25/07
Mile	4:27.33	1/27/06
3,000m	9:15.55	1/13/07

SCOTT STREINER

55m	6.66	2/15/08
60m	7.05	3/2/08
200m	22.21	12/8/08
400m	49.95	2/25/07

MARTIN VIETH

55H	8.30	2/15/08
60H	8.98	3/2/08
High Jump	1.92m (6-3 1/2)	2/26/06
Pole Vault	2.90m (9-6 1/4)	2/15/08
Heptathlon	3,438 points	2/26/06

JEREMIAH WRIGHT

55m	6.54	2/18/06
60m	7.00	2/26/06
200m	23.10	2/29/04

SHAYNE YORK

55m	6.95	1/19/07
60m	7.35	2/8/08
High Jump	1.83m (6-0)	2/18/06
Long Jump	6.80m (22-3 3/4)	1/13/07
Triple Jump	13.69m (44-11)	2/10/07

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JASON ANDERSON

100m _____ 11.48 _____ 4/12/08
 Jason Anderson _____ 23.39 _____ 5/9/08

ERIC BALTPUTNIS

100m _____ 11.10 _____ 5/5/07
 200m _____ 22.11 _____ 5/5/07

JOHN BARBER

High Jump _____ 1.90m (6-2 3/4) _____ 5/9/08
 Long Jump _____ 6.34m (20-9 3/4) _____ 5/9/08

TREVOR CARROLL

200m _____ 22.92 _____ 5/9/08
 400m _____ 51.56 _____ 5/9/08

SAM CASSANO

Discus _____ 44.93m (147-5) _____ 4/19/08
 Hammer _____ 44.47m (145-11) _____ 4/19/08

NICK CLOWES

110m Hurdles _____ 15.79 _____ 5/9/08
 400m Hurdles _____ 58.81 _____ 4/19/08
 High Jump _____ 1.85m (6-0 3/4) _____ 5/9/08

JOHNNY COPLEY

Pole Vault _____ 4.55m (14-11) _____ 4/25/08

JOE COPPLOE

1,500m _____ 4:12.79 _____ 5/9/08
 5,000m _____ 16:53.32 _____ 5/9/08

DOMINIC DEFILIPPO

Shot Put _____ 13.46m (44-2) _____ 4/5/08
 Discus _____ 42.58m (139-8) _____ 4/14/07
 Hammer _____ 48.77m (160-0) _____ 5/11/07
 Javelin _____ 35.95m (117-11) _____ 5/9/08

SCOTT DENHAM

800m _____ 2:00.75 _____ 5/9/08
 1,500m _____ 4:12.60 _____ 4/19/08

JAKE DIALESANDRO

3,000m _____ 9:30.56 _____ 4/12/08
 10,000m _____ 33:29.90 _____ 5/9/08

JUSTIN DICKMAN

1,500m _____ 4:19.61 _____ 5/5/07
 3,000m _____ 9:14.70 _____ 4/14/07
 5,000m _____ 15:49.77 _____ 4/21/07
 10,000m _____ 32:50.94 _____ 4/7/07

BRYIN EHRHARDT

High Jump _____ 1.85m (6-0 3/4) _____ 5/9/08

JEREMIAH FOLGER

Shot Put _____ 14.87m (48-9 1/2) _____ 4/26/08
 Discus _____ 36.30m (119-1) _____ 4/12/08
 Hammer _____ 46.45m (152-5) _____ 5/9/08

R.D. GOODRIGHT

800m _____ 1:53.08 _____ 5/9/08
 1,500m _____ 3:57.05 _____ 5/13/05
 5,000m _____ 16:42.92 _____ 3/26/05

JERRILL HALL

110m Hurdles _____ 14.87 _____ 4/12/08
 High Jump _____ 2.00m (6-6 3/4) _____ 5/9/08
 Long Jump _____ 6.75m (22-1 3/4) _____ 5/9/08

DA'MICHAEL HORNE

100m _____ 11.03 _____ 5/12/06
 200m _____ 22.38 _____ 5/12/06

CLARENCE HOWELL

100m _____ 11.15 _____ 5/11/07
 200m _____ 22.90 _____ 5/5/07
 Long Jump _____ 6.62m (21-8 3/4) _____ 5/12/06
 Triple Jump _____ 12.37m (40-7) _____ 5/6/06

JEROME JEFFEREY

400m _____ 51.65 _____ 4/7/07
 800m _____ 1:57.45 _____ 4/26/08
 1,500m _____ 4:45.24 _____ 4/5/08

HAROLD JONES

400m _____ 52.52 _____ 5/6/06
 800m _____ 1:51.42 _____ 5/31/08
 1,500m _____ 4:09.64 _____ 3/25/06

ADAM KAGARISE

200m _____ 22.12 _____ 4/26/08
 400m _____ 47.53 _____ 4/19/08

JOE LAHMON

Shot Put _____ 14.74m (48-4 1/2) _____ 4/19/08
 Discus _____ 45.82m (150-4) _____ 5/6/06
 Hammer _____ 58.94m (193-4) _____ 4/12/08
 Javelin _____ 51.47m (168-10) _____ 5/9/08

JAKE LAPE

1,500m _____ 4:01.54 _____ 5/9/08
 5,000m _____ 15:49.15 _____ 5/9/08
 Steeplechase _____ 9:43.43 _____ 5/9/08

AARON MERRILL

Shot Put _____ 17.66m (57-11 1/4) _____ 4/12/08
 Discus _____ 46.87m (153-9) _____ 5/9/08
 Hammer _____ 49.45m (162-3) _____ 5/9/08

KYLE MUIR

100m _____ 12.12 _____ 4/12/08
 400m _____ 57.16 _____ 4/19/08
 High Jump _____ 1.78m (5-10) _____ 4/12/08
 Long Jump _____ 5.78m (18-11 3/4) _____ 4/19/08
 Discus _____ 40.70m (133-6) _____ 5/11/07
 Hammer _____ 40.35m (132-4) _____ 4/14/07
 Javelin _____ 41.09m (134-10) _____ 4/19/08

DAN NEMERGUT

1,500m _____ 4:18.04 _____ 5/6/06
 3,000m _____ 9:03.08 _____ 4/7/07
 5,000m _____ 15:47.51 _____ 4/8/06
 Steeplechase _____ 9:51.79 _____ 5/11/07

JOHN PALLINI

Shot Put _____ 15.06m (49-5) _____ 5/9/08
 Discus _____ 38.36m (125-10) _____ 5/9/08

MICHAEL PERRI

100m _____ 11.97# _____ 5/12/06
 110m Hurdles _____ 19.58 _____ 4/22/06
 400m _____ 50.73 _____ 5/3/08
 400m Hurdles _____ 54.88 _____ 5/9/08
 800m _____ 2:01.95 _____ 4/22/06
 5,000m _____ 15:47.51 _____ 4/8/06
 High Jump _____ 1.90m (6-2 3/4) _____ 5/9/08
 Long Jump _____ 5.98m (19-7 1/2) _____ 4/29/06
 Shot Put _____ 8.94m (29-4) _____ 4/22/06
 Javelin _____ 31.75m (104-2) _____ 4/15/06
 Decathlon _____ 5,110 points _____ 5/9/08

JOHN SHEPPARD

800m _____ 1:53.43 _____ 4/15/06
 1,500m _____ 3:57.84 _____ 4/26/08

SCOTT STREINER

100m _____ 10.95 _____ 5/11/07
 200m _____ 21.39 _____ 5/5/07
 400m _____ 49.63 _____ 4/22/06

MARTIN VIETH

High Jump _____ 1.91m (6-3 1/4) _____ 5/12/06
 Long Jump _____ 5.65m (18-6 1/2) _____ 4/29/06

JEREMIAH WRIGHT

100m _____ 10.93 _____ 4/15/06

SHAYNE YORK

100m _____ 11.59 _____ 4/22/06
 110m Hurdles _____ 19.67 _____ 4/26/08
 200m _____ 22.70 _____ 5/11/07
 400m _____ 53.99 _____ 4/19/08
 High Jump _____ 1.85m (6-0 3/4) _____ 4/19/08
 Long Jump _____ 7.03m (23-0 3/4) _____ 5/9/08
 Triple Jump _____ 14.21m (46-7 1/2) _____ 5/9/08
 Javelin _____ 43.80m (143-8) _____ 5/9/08
 Decathlon _____ 5,439 points _____ 5/9/08

TOM ZETTS

Javelin _____ 51.04m (167-5) _____ 5/9/08