

**LOCK HAVEN UNIVERSITY TRACK AND FIELD
MEN'S INDOOR TOP 5 PERFORMANCE LIST
(3/05/08)**

55 Meters

| | | | |
|---|-----------------------|-------------|-----------|
| 1 | Anesu Mushonga | 6.41 | 03 |
| 2 | Justin Lockley | 6.42 | 08 |
| 3 | Greg Mock | 6.46 | 07 |
| 4 | Teon Higgs | 6.59 | 01 |
| 5 | Chelston Anderson | 6.61 | 02 |

60 Meters

| | | | |
|---|-------------------------|-------------|-----------|
| 1 | Justin Lockley | 6.98 | 07 |
| 2 | Anesu Mushonga | 7.00 | 04 |
| 3 | Greg Mock | 7.04 | 07 |
| 4 | Jonathan Chichilitti | 7.13 | 00 |
| | Preston Faulkner | 7.13 | 08 |

55 Hurdles

| | | | |
|---|--------------------|-------------|--------------|
| 1 | Paul Martin | 7.57 | 07/08 |
| 2 | Matt Stinson | 7.67 | 03 |
| 3 | Carl Fisher | 7.76 | 90 |
| 4 | Shawn Clancy | 7.83 | 06 |
| 5 | Keith Veldhuis | 7.87 | 05 |

60 Hurdles

| | | | |
|---|--------------------|-------------|-----------|
| 1 | Paul Martin | 8.25 | 08 |
| 2 | Matt Stinson | 8.38 | 03 |
| 3 | Keith Veldhuis | 8.56 | 05 |
| 4 | Shawn Clancy | 8.57 | 07 |
| 5 | Nathan Fiala | 8.73 | 02 |

200 Meters

| | | | |
|---|----------------|-----------|----|
| 1 | Anesu Mushonga | 21.98 (o) | 03 |
| 2 | Joe Webster | 22.28 | 03 |
| 3 | Keith Veldhuis | 22.43 (o) | 04 |
| 4 | Paul Martin | 22.41 (o) | 07 |
| 5 | Justin Lockley | 22.56 (o) | 07 |

300 Meters

| | | | |
|---|------------------|-----------|----|
| 1 | Anesu Mushonga | 36.48 | 04 |
| 2 | Shawn Clancy | 37.08 (o) | 07 |
| 3 | Ben McConnell | 37.33 | 06 |
| 4 | Shawn Wilkinson | 37.36 (o) | 07 |
| 5 | Matt Worthington | 37.39 (o) | 07 |

300 meter hurdles

| | | | |
|---|-------------|-----------|----|
| 1 | Mike Brito | 38.66 (o) | 04 |
| 2 | Ben Elder | 41.40 (o) | 07 |
| 3 | Matt Walter | 42.80 (o) | 07 |
| 4 | Matt Bitten | 42.46 (o) | 06 |

400 Meters

800 Meter Relay

| | | | |
|---|--|--------------------|-----------|
| 1 | Webster, M. Smith Stinson, Chichilitti | 1:29.98 (b) | 00 |
| 2 | Faulkner, Lockley Edelman, Martin | 1:30.90 (b) | 08 |
| 3 | Higgs, Webster M. Smith, Chichilitti | 1:31.97 | 01 |
| 4 | Brito, Skrivanek Clancy, Hite | 1:33.77 (b) | 05 |
| 5 | Kravitz, Thurman, May, Ivie | 1:34.05 | 93 |

1600 Meter Relay

| | | | |
|---|---|--------------------|-----------|
| 1 | Webster, Stinson Mushonga, Veldhuis | 3:17.54 (o) | 03 |
| 2 | Edelman, Martin McConnell, Lockley | 3:18.49 (b) | 08 |
| 3 | Veldhuis, Skrivanek Brito, Mushonga | 3:19.40 (o) | 04 |
| 4 | Clancy, McConnell Hite, Martin | 3:19.62 (o) | 06 |
| 5 | Hite, Skrivanek Brito, Mushonga | 3:21.11 | 04 |

3200 Meter Relay

| | | | |
|---|--|----------------|-----------|
| 1 | Amy, McConnell Spidell, Pomerantz | 7:47.29 | 08 |
| 2 | Lightfoot, Mortensen, Gomes, Sauls | 7:49.52 | 99 |
| 3 | Spidell, Pates McConnell, Horbal | 7:49.89 | 06 |
| 4 | Lightfoot, Gomes Eagler, Mortensen | 7:49.97 | 00 |
| 5 | Smolenski, Wiegner Cowan, Hallman | 7:50.11 | 04 |

6400 Meter Relay

| | | | |
|---|--------------------------------------|----------|----|
| 1 | Cowan, Blood Spidell, Moore | 17:29.44 | 05 |
| 2 | Buckenmeyer, Benson Robson, Deitz | 18:31.81 | 05 |

Distance Medley Relay

| | | | |
|---|---|--------------|----|
| 1 | Spidell, Martin McConnell, Pomerantz | 9:55.59 (b) | 07 |
| 2 | Blood, Hite Spidell, Cowan | 9:57.71 (b) | 05 |
| 3 | Spidell, Martin McConnell, Blood | 10:00.38 (b) | 07 |

| | | | |
|---|----------------------|------------------|-----------|
| 1 | Joe Webster | 49.05 (o) | 03 |
| 2 | Paul Martin | 49.14 | 08 |
| 3 | Chris Edelman | 49.30 (b) | 08 |
| 4 | Steve Reeser | 49.35 (o) | 91 |
| 5 | Anesu Mushonga | 49.38 (b) | 04 |

500 Meters

| | | | |
|---|----------------------|--------------------|-----------|
| 1 | Chris Edelman | 1:04.49 (b) | 08 |
| 2 | Matthew Sauls | 1:04.77 | 01 |
| 3 | Ben McConnell | 1:05.79 (b) | 07 |
| 4 | Jacob Merrill | 1:06.83 | 03 |
| 5 | Joe Smolenski | 1:07.17 | 03 |
| | Paul Hallman | 1:07.36 | 02 |

600 meters

| | | | |
|---|-------------------|-------------|----|
| 1 | Brandon Pomerantz | 1:24.47 (o) | 07 |
| 2 | Cory Spidell | 1:27.34 (o) | 06 |

800 Meters

| | | | |
|---|------------------|-------------|----|
| 1 | Matt Sauls | 1:52.64 (b) | 00 |
| 2 | Steve Reeser | 1:54.44 | 91 |
| 3 | Paul Hallman | 1:55.32 (o) | 04 |
| 4 | Chris Cowan | 1:55.39 (o) | 04 |
| 5 | Kristofer Horbal | 1:55.83 (o) | 06 |

1000 Meters

| | | | |
|---|---------------------|--------------------|-----------|
| 1 | Cory Spidell | 2:29.09 (b) | 08 |
| 2 | Brandon Pomerantz | 2:30.27 (b) | 07 |
| 3 | Michael Gomes | 2:31.13 | 00 |
| 4 | Rob Mortensen | 2:33.39 | 99 |
| 5 | Joe Wiegner | 2:33.61 | 05 |

1500 Meters

| | | | |
|---|-----------------|---------|----|
| 1 | Scott Susten | 4:06.65 | 94 |
| 2 | Rick Clendaniel | 4:12.54 | 03 |
| 3 | Ben Steward | 4:13.21 | 95 |
| 4 | Ron McMichael | 4:13.44 | 93 |
| 5 | Mike Rohl | 4:14.04 | 03 |

Mile Run

| | | | |
|---|--------------------------|--------------------|-----------|
| 1 | Robert Mortensen | 4:07.21 | 00 |
| 2 | Chris Cowan | 4:11.39 (b) | 05 |
| 3 | Brandon Pomerantz | 4:14.52 (b) | 08 |
| 3 | Ryan Blood | 4:14.72 (b) | 07 |
| 4 | Cory Spidell | 4:16.20 | 07 |
| 5 | Paul Hallman | 4:18.22 | 02 |

3000 Meters

| | | | |
|---|------------------|-------------|----|
| 1 | Ryan Blood | 8:13.90 (o) | 07 |
| 2 | Bill Buckenmeyer | 8:25.63 (b) | 06 |
| 3 | Chris Cowan | 8:25.73 (o) | 05 |
| 4 | Chris Robson | 8:32.25 (b) | 07 |
| 5 | Aaron Benson | 8:34.88 | 05 |

| | | | |
|---|--|--------------|----|
| 4 | Spidell, Edelman McConnell, Pomerantz | 10:05.36 (b) | 07 |
| 5 | Blood, Wiegner Hallman, Cowan | 10:07.51 | 04 |

Sprint Medley Relay

| | | | |
|---|---|--------------------|-----------|
| 1 | Lockley, Wilkinson Clancy, Spidell | 3:34.87 (b) | 07 |
| 2 | Lockley, Faulkner Wilkinson, Amy | 3:41.25 (b) | 08 |

Long Jump

| | | | |
|---|----------------|-------------|----|
| 1 | Gary Fisher | 23' 10-1/2" | 02 |
| 2 | Matt Stinson | 23' 6-1/4" | 03 |
| 3 | Carl Fisher | 23' 4" | 90 |
| 4 | Ben Ommiegbe | 23' 2-1/2" | 77 |
| 5 | Keith Veldhuis | 22' 11-1/2" | 04 |

Triple Jump

| | | | |
|---|----------------|-------------|----|
| 1 | Jacob Merrill | 47' 11-3/4" | 01 |
| 2 | Carl Fisher | 46' 11" | 90 |
| 3 | Byron Monts | 46' 6-3/4" | 77 |
| 4 | Jeff Mills | 45' 0-1/2" | 99 |
| | Jeremy Bradley | 45' 0-1/2" | 01 |

High Jump

| | | | |
|---|---------------|-----------|----|
| 1 | Jim Dempsey | 7' 1-3/4" | 06 |
| 2 | Ivars Lurops | 6' 9" | 06 |
| 3 | Aaron Wynings | 6' 8-1/2" | 97 |
| | Glen Allison | 6' 8-1/2" | 94 |
| 5 | Paul Martin | 6' 8" | 06 |
| | Stan Burke | 6' 8" | 77 |

Pole Vault

| | | | |
|---|---------------|--------|-------|
| 1 | Andy Pollison | 15' 9" | 03 |
| 2 | Matt Brousse | 14' 9" | 01 |
| 3 | Eric Robinson | 14' 7" | 00/02 |
| 4 | Glen Allison | 14' 6" | 94 |
| 5 | Mark Alles | 14' 0" | 79 |

Shot Put

| | | | |
|---|--------------------|-------------------|-----------|
| 1 | Tom Burns | 50' 7-3/4" | 76 |
| 2 | Fieldon Daubert | 49' 11" | 05 |
| 3 | Bob Wright | 49' 8" | 71 |
| 4 | Kyle Waite | 48' 9" | 96 |
| 5 | Logan Wolfe | 48' 2-1/2" | 08 |

Weight Throw

| | | | |
|---|---------------------|-------------------|-----------|
| 1 | Randy Sylvia | 57' 9-1/2" | 08 |
| 2 | Fieldon Daubert | 51' 2-1/4" | 06 |
| 3 | Julius Magrino | 50' 6" | 04 |
| 4 | Logan Wolfe | 49' 2-1/4" | 08 |
| 5 | Tom Carey | 48' 11" | 01 |

5000 Meters

| | | | |
|---|------------------|--------------|----|
| 1 | Ryan Blood | 14:19.61 (b) | 07 |
| 2 | Chris Cowan | 14:40.05 | 04 |
| 3 | Aaron Benson | 14:52.12 (b) | 05 |
| 4 | Bill Buckenmeyer | 14:58.27 | 06 |
| 5 | Steve Moyer | 14:59.31 | 00 |

Pentathlon

| | | | |
|---|----------------|------|----|
| 1 | Matt Stinson | 3885 | 03 |
| 2 | Keith Veldhuis | 3663 | 05 |
| 3 | Shawn Clancy | 3649 | 06 |
| 4 | Jeremy Bradley | 3507 | 01 |
| 5 | Paul Martin | 3348 | 06 |

Heptathlon

| | | | |
|---|----------------|------|----|
| 1 | Shawn Clancy | 4617 | 06 |
| 2 | Keith Veldhuis | 4496 | 05 |
| 3 | Paul Martin | 4345 | 06 |