

# Misericordia Men's Track & Field

## Outdoor Records

<u>Event</u>	<u>Name</u>	<u>Time/Distance</u>	<u>Year</u>
<b>100M</b>	Mike Yenkowski	11.02	2003
<b>100H</b>	Paul Fontana	15.84	2004
<b>200M</b>	Mike Yenkowski	22.28	2003
<b>400M</b>	Mike Yenkowski	48.15	2002
<b>400H</b>	Paul Fontana	55.85	2004
<b>800M</b>	Frankie Redmond	1:51.45	2009
<b>1500M</b>	Jeff Ward	4:02.32	2005
<b>3000M</b>	Chris Wadas	9:04.07	2004
<b>3000SC</b>	Ryan Garges	10:01.44	2008
<b>5000M</b>	Chris Wadas	15:22.47	2005
<b>10000M</b>	Chris Wadas	33:00.44	2005
<b>Long Jump</b>	Eric Rogers	23'2.75"	2008
<b>Triple Jump</b>	Jim Post	46'09.5	2008
<b>High Jump</b>	Justin Sandy	6'5.5"	2004
<b>Pole Vault</b>	Vitaliy Doboni	12'6"	2009
<b>Shot Put</b>	Ryan Kearney	44'9.5"	2007
<b>Hammer</b>	Artie Pupa	133'4"	2008
<b>Discus</b>	George Lazur	128'4"	2004
<b>Javelin</b>	Brian Williams	180'5"	2001
<b>4x100 Relay</b>	B. Jayne - J. Post	43.80	2006
	E. Rogers - B. Osborne		
<b>4x200 Relay</b>	B. Jayne - M. Lechniak	1:34.64	2004
	P. Fontana - M. Lanfrank		
<b>4x400 Relay</b>	B. Jayne - E. Rogers	3:22.96	2006
	J. Ward - B. Osborne		
<b>4x800 Relay</b>	J. Ward - M. Lechniak	8:11.56	2004
	C. Wadas - J. Higgins		
<b>SMR</b>	M. Lanfrank - P. Fontana	1:39.59	2004
	M. Lechniak - J. Higgins		
<b>Decathlon</b>	----	----	----

As of this Date :

5/19/2009