

Binghamton University Indoor Performance List**2007-08****55 Meters**

Dan Walker	6.50	Binghamton	2/15
Geoff Campbell	6.63	America East	2/22
Chris Amodeo	6.90	Binghamton	2/15
Andy Silva	6.95	Binghamton	2/15
Ryan Smith	7.03	Syracuse	2/2

Jasmine Hinson	7.41	Binghamton	2/15
Siroshini Paronavithane	7.47	America East	2/22
Krystelle Patrice	7.56	NYC Armory	1/25
Cinnamon Thomas	7.90	Binghamton	2/15
Lauren Sanford	8.01	Syracuse	2/2

60 Meters

Dan Walker	7.04	Cornell	12/1
Geoff Campbell	7.12	Cornell	12/1
Chris Amodeo	7.36	Cornell	12/1
Andy Silva	7.43	Cornell	12/1
Ryan Smith	7.52	Cornell	12/1
Dominic Davy	8.08	Cornell	12/1

Kim Williams	7.93	Cornell	12/1
Jasmine Hinson	7.96	Cornell	12/1
Siroshini Paronavithane	7.97	Cornell	12/1
Krystelle Patrice	8.18	Cornell	2/9
Jazelle Mealing	8.45	Cornell	12/1
Lauren Sanford	8.61	Cornell	12/1

200 Meters

Cazal Arnett	21.72	America East	2/23
Dan Walker	22.11	America East	2/22
Geoff Campbell	22.72	America East	2/22
Travis Nembhard	23.67	NYC Armory	1/25
Andy Silva	23.94	NYC Armory	1/25
Cris Ferro	23.97	Cornell	2/9
Chris Amodeo	24.20	Binghamton	2/15
Ryan Smith	24.48	Syracuse	2/2
Dominic Davy	25.24	Syracuse	2/2

Keisha Short	25.32	America East	2/22
Jasmine Hinson	25.62	America East	2/22
Siroshini Paronavithane	25.69	America East	2/22
Caitlin Wright	26.44	Cornell	2/9
Deahna Vinson	26.46	America East	2/22
Krystelle Patrice	26.47	America East	2/22
Jessica Picha	27.30	Syracuse	2/2
Maureen Metz	27.62	Cornell	2/9
Nandi Dozier-Lewis	27.72	Cornell	2/9
Marsha Fiesinger	28.32	Cornell	2/9

Caitlyn Brennan	28.36	Syracuse	2/2
Lauren Sanford	28.70	Syracuse	2/2
Cinnamon Thomas	28.89	Binghamton	2/15

300 Meters

Cazal Arnett	36.02	Cornell	12/1
Junior Obionwu	36.47	Cornell	12/1

Keisha Short	41.61	Cornell	12/1
Caitlin Wright	43.10	Cornell	12/1
Lindsay Nygren	44.02	Cornell	12/1
Jordane Blum	45.85	Cornell	12/1

400 Meters

Cazal Arnett	47.79	IC4A	3/8
Junior Obionwu	50.70	America East	2/22
Christian Smith	50.76	Syracuse	2/2
Dayquan McCall	51.26	America East	2/22
Jason Houghtaling	52.06	NYC Armory	1/25
Travis Nembhard	52.87	Cornell	2/9
Andrew Cholewa	53.27	Syracuse	2/2
Rod Alzmann	53.64	Syracuse	2/2
Kevin Murphy	54.20	Syracuse	2/2
Andrew Grosso	54.55	Cornell	2/9
Andy Silva	54.59	Syracuse	2/2
Ryan Smith	55.94	Cornell	1/19

Keisha Short	57.57	America East	2/23
Maureen Metz	59.81	America East	2/23
Caitlin Wright	1:00.26	Syracuse	2/2
Deahna Vinson	1:00.75	NYC Armory	1/25
Lindsay Nygren	1:01.93	Syracuse	2/2
Jordane Blum	1:06.02	Syracuse	2/2

500 Meters

Christian Smith	1:04.72	America East	2/23
Cazal Arnett	1:05.05	Syracuse	2/2
Jason Houghtaling	1:06.37	America East	2/23
Travis Nembhard	1:07.36	Syracuse	2/2
Junior Obionwu	1:07.72	Syracuse	2/2
Andrew Cholewa	1:09.30	America East	2/22
Jesse Thompson	1:09.30	Syracuse	2/2
Kevin Murphy	1:09.79	Cornell	2/9

Caitlin Wright	1:17.18	America East	2/22
Dayna Johnson	1:17.71	Cornell	12/1
Keisha Short	1:18.53	Syracuse	2/2
Lindsay Nygren	1:19.09	America East	2/22
Maureen Metz	1:19.60	Syracuse	2/2
Jordane Blum	1:25.00	Binghamton	2/15

800 Meters

Jesse Thompson	1:58.40	Cornell	2/9
Mike Wlodarski	1:58.87	Binghamton	2/15
Casey Quaglia	2:00.28	Cornell	1/19
Christian Smith	2:01.31	West Point	1/12
Andrew Jess	2:04.42	Cornell	2/9
Dean Colvin	2:07.85	Cornell	2/9
Kim Law	2:23.08	Binghamton	2/15
Shannon Finnegan	2:27.84	Cornell	1/19
Marla Kelley	2:32.32	Cornell	1/19
Paulina Nunez	2:34.36	Cornell	1/19
Meredith Pascal	2:35.57	Binghamton	2/15

1000 Meters

Mike Wlodarski	2:30.94	America East	2/23
Jesse Thompson	2:31.43	America East	2/23
Casey Quaglia	2:37.14	Syracuse	2/2
Andrew Jess	2:40.53	Syracuse	2/2
Dean Colvin	2:40.57	Binghamton	2/15
Connor Martin	2:45.22	Cornell	1/19
Jack Carroll	2:47.74	Syracuse	2/2
Kim Law	2:58.87	America East	2/23
Shannon Finnegan	3:04.90	Syracuse	2/2
Marla Kelley	3:08.04	Binghamton	2/15
Jamie Schulte	3:08.13	Binghamton	2/15
Meredith Pascal	3:19.85	Syracuse	2/2

Mile

Casey Quaglia	4:16.47	America East	2/23
Chris Gaube	4:20.45	Binghamton	2/15
Adam Hill	4:21.19	Cornell	2/9
Adam Quinn	4:25.27	Binghamton	2/15
Mike Wlodarski	4:25.82	NYC Armory	1/25
Craig Coon	4:32.65	Binghamton	2/15
Jesse Thompson	4:33.37	West Point	1/12
Connor Martin	4:35.15	Cornell	1/19
Jack Carroll	4:37.80	Syracuse	2/2
Shannon Finnegan	5:03.42	America East	2/23
Ashley Horton	5:13.32	Binghamton	2/15
Kim Law	5:18.76	NYC Armory	1/25
Jamie Schulte	5:27.20	Syracuse	2/2
Marla Kelley	5:27.83	Syracuse	2/2
Paulina Nunez	5:39.59	Cornell	2/9
Kelly Billingere	5:40.26	Cornell	1/19
Anne Veith	5:44.77	Syracuse	2/2
Sarah McTague	6:00.77	Binghamton	2/15

3000 Meters

Chris Gaube	8:26.15	America East	2/23
Adam Hill	8:36.24	America East	2/23
Craig Coon	8:47.04	America East	2/23
Connor Martin	8:56.55	Syracuse	2/2
Adam Quinn	8:58.48	Cornell	1/19
Jack Carroll	9:15.65	Cornell	2/9
Chris Raulli	9:19.62	Syracuse	2/2
Mike Wlodarski	9:20.08	West Point	1/12
Adam Zinder	9:26.04	Cornell	12/1
Jonathan Peffley	9:29.96	Binghamton	2/15
Jeff Minucci	9:40.41	Syracuse	2/2
Jesse Thompson	9:45.89	Cornell	12/1

Ashley Horton	10:23.04	America East	2/23
Renee Blair	10:46.19	Binghamton	2/15
Kelly Billingere	10:49.19	Syracuse	2/2
Jamie Schulte	11:04.19	NYC Armory	1/25
Jennifer Hastings	11:17.89	Binghamton	2/15
Alicia Finger	11:18.04	Syracuse	2/2
Paulina Nunez	11:20.84	Syracuse	2/2
Terry Powell	11:22.44	Syracuse	2/2
Anne Veith	11:45.15	Cornell	1/19

5000 Meters

Chris Gaube	14:47.70	America East	2/22
Adam Hill	14:58.26	America East	2/22
Craig Coon	15:22.16	NYC Armory	1/25
Adam Quinn	15:20.31	America East	2/22
Connor Martin	15:45.87	Binghamton	2/15
Chris Raulli	16:32.90	West Point	1/12
Jeff Minucci	16:53.20	West Point	1/12
Jack Carroll	16:09.69	Binghamton	2/15

Ashley Horton	18:03.49	America East	2/22
Renee Blair	18:42.50	America East	2/22
Jen Hastings	18:51.17	America East	2/22
Kelly Billingere	19:04.62	America East	2/22
Alicia Finger	19:22.37	Binghamton	2/15
Terry Powell	19:35.51	Binghamton	2/15

55 Hurdles

Chris Kowalski	8.16	Syracuse	2/2
Cris Ferro	8.22	Syracuse	2/2
Thomas Chen	8.47	Binghamton	2/15

Jessica Picha	8.70	America East	2/22
Marsha Fiesinger	8.99	America East	2/22
Caitlyn Brennan	9.03	Syracuse	2/2
Rosie DeFino	9.33	Binghamton	2/15

60 Hurdles

Chris Kowalski	8.42		West Point	1/12
Cris Ferro	8.79		West Point	1/12
Thomas Chen	9.10		Cornell	12/1

Jessica Picha	9.53		Cornell	2/9
Rosie DeFino	9.70		Cornell	12/1
Marsha Fiesinger	9.76		Cornell	12/1
Caitlyn Brennan	9.91		Cornell	1/19
Sheila Sickau	9.97		Cornell	12/1

Long Jump

Kevin Ralston	7.17	23-6 1/4	IC4A	3/8
Matt Whitman	6.45	21-2	West Point	1/12
Chris Kowalski	6.24	20-5 3/4	Cornell	1/19
Doug Adams	5.95	19-6 1/4	Conell	2/9
Dominic Davy	5.59	18-4	Syracuse	2/2

Dayna Johnson	5.48	17-11 3/4	Cornell	1/19
Rosie Defino	5.20	17-0 3/4	America East	2/22
Marsha Fiesinger	5.17	16-11 1/2	Binghamton	2/15
Nandi Dozier-Lewis	5.14	16-10 1/2	Syracuse	2/2
Brittney Fellows	5.12	16-9 1/4	Syracuse	2/2
Sheila Sickau	4.72	15-6	Cornell	1/18

Triple Jump

No Men

Dayna Johnson	12.42	40-9	NYC Armory	1/25
Jazelle Mealing	10.87	35-8	Cornell	12/1
Nandi Dozier-Lewis	10.55	34-7 1/2	Binghamton	2/15
Brittney Fellows	10.53	34-6 3/4	Binghamton	2/15
Sheila Sickau	10.16	33-4	Cornell	2/9

High Jump

Chris Kowalski	1.84	6-0 1/2	Binghamton	2/15
Marsha Fiesinger	1.60	5-3	NYC Armory	1/25
Dawn Lammert	1.56	5-1 1/4	Binghamton	2/2
Sheila Sickau	1.50	4-11	Cornell	1/19

Pole Vault

Rory Quiller	5.65	18-6 1/2	IC4A	3/8
Kris Yelverton	4.80	15-9	IC4A	3/8
Doug Adams	4.40	14-5 1/4	Binghamton	2/15
Tyler Nichols	4.35	14-3 1/4	Cornell	12/1
Carly Gross	3.45	11-3 3/4	America East	2/22
Katie Wilmer	3.30	10-10	America East	2/22
Kiki Giffit	3.15	10-4	Cornell	1/19
Lindsay Pine	3.00	9-10	America East	2/22
Sheila Sickau	2.75	9-0 1/4	Binghamton	2/15

Weight

Justin Halleck	17.89	58-8 1/2	America East	2/22
Justin Hidalgo	14.70	48-2 3/4	NYC Armory	1/25
Ben Babcock	14.55	47-9	America East	2/22
Joanel Lopez	14.40	47-3	America East	2/22

Margaret Tinker	13.24	43-5 1/4	America East	2/22
Brooke Nepo	12.17	39-11 1/4	Cornell	1/19

Shot Put

Joanel Lopez	15.36	50-4 3/4	NYC Armory	1/25
Justin Halleck	15.08	49-5 3/4	America East	2/23
Justin Hidalgo	13.19	43-3 1/4	Syracuse	2/2

Margaret Tinker	11.88	38-11 3/4	Syracuse	2/2
Marsha Fiesinger	11.35	37-3	Binghamton	2/15

4x400

Obionwu, C. Smith Houghtaling, Arnett	3:17.88		America East	2/23
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Metz, Wright Vinson, Short	3:54.00		America East	2/23
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4x800

Thompson, Quinn Quaglia, Wlodarski	7:55.07		America East	2/23
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Law, Nygren Schulte, Finnegan	9:31.38		America East	2/23
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DMR

Thompson, Walker Wlodarski, Quaglia	10:11.47		IC4A	3/8
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Law, Picha Schulte, Finnegan	12:19.80		America East	2/22
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HEPTATHLON

Chris Kowalski	4302		America East	2/23
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PENTATHLON

Marsha Fiesinger	3195		America East	2/22
Rosie DeFino	2862		America East	2/22
Sheila Sickau	2654		Cornell	1/18