

Binghamton 2007 Outdoor Performance List

100 Meters

Jasmine Hinson	12.28	Cornell	4/27
Keisha Short	12.61	Cornell	4/27
Krystelle Patrice	12.61	Cornell	4/27
Deahna Vinson	12.70	Cornell	4/27
Siroshini Paronavithane	12.85	Bucknell	4/19
Dan Walker	10.99	Virginia	4/12
Geoff Campbell	11.35	America East	5/3
Cris Ferro	11.52	Cornell	4/27
Andy Silva	11.59	Virginia	4/12
Ryan Smith	12.05	Cornell	4/27

200 Meters

Kim Williams	23.99	ECAC	5/17
Keisha Short	25.27	Virginia	4/12
Jasmine Hinson	25.31	Virginia	4/12
Krystelle Patrice	25.88	Cornell	4/27
Siroshini Paronavithane	26.04	Virginia	4/12
Deahna Vinson	26.38	Virginia	4/12
Maureen Metz	27.31	Virginia	4/12
Rosie DeFino	27.65	America East	5/3
Hana Wright	27.71	Cornell	4/27
Marsha Fiesinger	28.00	America East	5/3
Sheila Sickau	28.07	Virginia	4/12
Cazal Arnett	21.90	America East	5/3
Dan Walker	22.29	America East	5/3
Andy Haupt	22.64	Cornell	4/27
Jimmy Massar	22.75	America East	5/3
Dayquan McCall	22.83	Virginia	4/12
Geoff Campbell	22.89	Virginia	4/12
Cris Ferro	23.18	Bucknell	4/19
Jason Houghtaling	23.30	Virginia	4/12
Junior Obionwu	23.33	Cornell	4/27
Andrew Silva	23.60	Cornell	4/27
Ryan Smith	24.25	Cornell	4/27
Chris Kowalski	24.60	Virginia	4/12

400 Meters

Kim Williams	56.34	Virginia	4/12
Keisha Short	57.32	America East	5/3
Maureen Metz	59.44	America East	5/3
Deahna Vinson	59.71	Virginia	4/12
Hana Wright	1:02.68	Bucknell	4/19
Cazal Arnett	47.00	IC4A	5/18
Jimmy Massar	48.72	Cornell	4/27
Christian Smith	49.35	Cornell	4/27

Andy Haupt	49.93	America East	5/3
Junior Obionwu	50.42	America East	5/3
Dayquan McCall	51.29	Princeton	4/5
Jason Houghtaling	51.64	Bucknell	4/19
Chris Kowalski	53.77	Bucknell	4/19
Andy Grosso	55.16	Cornell	4/27

800 Meters

Marla Kelley	2:21.39	Bucknell	4/19
Shannon Finnegan	2:25.14	Bucknell	4/12
Kim Law	2:25.74	Princeton	4/5
Jamie Schulte	2:31.73	Princeton	4/5
Meredith Pascale	2:31.62	Cornell	4/27

Erik van Ingen	1:53.34	Princeton	4/5
Mike Wlodarski	1:56.12	Cornell	4/27
Casey Quaglia	1:57.39	Bucknell	4/12
Adam Zinder	1:59.65	Cornell	4/27
Jimmy Massar	1:59.78	Princeton	4/5
Dean Colvin	2:01.35	Bucknell	4/19
Andrew Jess	2:04.34	Bucknell	4/12
Christian Smith	2:04.37	Princeton	4/5
Jason Houghtaling	2:06.45	Princeton	4/5

1500 Meters

Shannon Finnegan	4:45.10	America East	5/4
Kim Law	4:46.03	Cornell	4/27
Ashley Horton	4:51.33	Cornell	4/27
Jamie Schulte	5:00.00	Princeton	4/5
Alicia Finger	5:03.06	Princeton	4/5
Renee Blair	5:08.91	Princeton	4/5
Terry Powell	5:16.67	Princeton	4/5
Sarah McTague	5:25.87	Cornell	4/27

Erik van Ingen	3:49.11	IC4A	5/17
Adam Hill	3:54.38	Bucknell	4/19
Andrew Ugolino	3:55.25	Bucknell	4/19
Chris Gaube	3:57.26	Cornell	4/27
Casey Quaglia	3:58.19	America East	5/4
Gerald McDonald	4:00.26	Cornell	4/27
Mike Wlodarski	4:04.47	Bucknell	4/12
Adam Quinn	4:06.94	Princeton	4/5
Jack Carroll	4:09.97	Cornell	4/27
Adam Zinder	4:14.19	Bucknell	4/12
Craig Coon	4:18.62	Princeton	4/5
Chris Raulli	4:19.73	Princeton	4/5

Steeplechase

Ashley Horton	11:04.14	America East	5/3
Jamie Schulte	11:50.3h	Bucknell	4/11

Adam Quinn	9:24.42	America East	5/3
Andrew Ugolino	9:25.11	America East	5/3
John Carroll	9:37.2h	Bucknell	4/11

5000 Meters

Renee Blair	18:47.48	Cornell	4/27
Alicia Finger	18:48.41	Cornell	4/27
Paulina Nunez	19:23.50	Cornell	4/27
Terry Powell	19:47.27	Cornell	4/27

Chris Gaube	15:01.07	America East	5/4
Adam Quinn	15:08.53	America East	5/4
Gerald McDonald	15:14.08	Bucknell	4/11
Adam Hill	15:15.27	Bucknell	4/11
Jon Peffley	15:54.03	Cornell	4/27

10000 Meters

Alicia Finger	39:16.79	Bucknell	4/11
Renee Blair	39:20.24	Bucknell	4/11
Terry Powell	40:27.09	Bucknell	4/11
Jen Hastings	40:39.01	Bucknell	4/11

Chris Gaube	31:01.95	Bucknell	4/11
Craig Coon	32:33.80	Bucknell	4/11
Chris Raulli	34:46.72	Bucknell	4/12

100/110 Hurdles

Jessica Picha	15.77	Virginia	4/12
Rosie DeFino	15.98	America East	5/3
Sheila Sickau	16.02	Cornell	4/27
Caitlin Wright	16.34	Virginia	4/12
Marsha Fiesinger	16.58	Cornell	4/27
Caitlyn Brennan	16.77	Virginia	4/12

Cris Ferro	15.90	Cornell	4/27
Thomas Chen	16.56	Cornell	4/27

400 Hurdles

Caitlin Wright	1:02.64	Cornell	4/27
Dayna Johnson	1:03.80	Virginia	4/12
Jessica Picha	1:04.95	America East	5/3
Lindsay Nygren	1:06.51	Cornell	4/27
Jordane Blum	1:11.47	Cornell	4/27

Andrew Cholewa	55.70	Cornell	4/27
Travis Nembhard	55.94	Cornell	4/27
Rod Alzmann	56.66	Virginia	4/12
Kevin Murphy	58.21	Virginia	4/12
Junior Obionwu	1:01.39	Princeton	4/5

Long Jump

Dayna Johnson	5.46	17-11	America East	5/3
Nandi Dozier-Lewis	5.32	17-5 1/2	Cornell	4/27
Brittney Fellows	5.22	17-1 1/2	Cornell	4/27
Sheila Sickau	4.98	16-4 1/4	Cornell	4/27

Kevin Ralston	7.06	23-2	Cornell	4/27
Matt Whitman	6.25	20-6 1/4	Virginia	4/12
Chris Kowalski	5.98	19-7 1/2	Bucknell	4/19

Triple Jump

Dayna Johnson	12.10	39-8 1/2	Cornell	4/27
Nandi Dozier-Lewis	11.40	37-5	Bucknell	4/19
Jazelle Mealing	11.09	36-4 3/4	Cornell	4/27
Brittney Fellows	10.35	34-3 1/2	Cornell	4/27

High Jump

Dawn Lammert	1.55	5-1	Bucknell	4/19
Marsha Fiesinger	1.55	5-1	Bucknell	4/19
Rosie DeFino	1.55	5-1	Bucknell	4/19

Pole Vault

Carly Gross	3.55	11-7 3/4	Princeton	4/4
Kiki Gifft	3.35	10-11 3/4	Cornell	4/27
Katie Wilmer	3.20	10-6	Cornell	4/27
Sheila Sickau	2.90	9-6 1/4	Bucknell	4/19

Kris Yelverton	4.80	15-9	Virginia	4/12
Doug Adams	4.35	14-3 1/4	Bucknell	4/19

Shot Put

Margaret Tinker	11.59	38-0 1/4	Bucknell	4/19
Marsha Fiesinger	11.07	36-4	Cornell	4/27

Joanel Lopez	15.92	52-2 3/4	America East	5/4
Justin Halleck	13.79	45-3	Cornell	4/27
Justin Hidalgo	12.35	40-6 1/4	Cornell	4/27
Chris Kowalski	10.64	34-11	Cornell	4/27

Discus

Margaret Tinker	35.41	116-2	Cornell	4/27
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Ben Babcock	44.11	144-9	Cornell	4/27
Justin Halleck	43.45	142-7	Cornell	4/27
Justin Hidalgo	39.16	128-6	Cornell	4/27
Joanel Lopez	33.92	111-3	Cornell	4/27

Hammer

Margaret Tinker	40.32	132-3	Cornell	4/27
Brooke Nepo	37.90	124-4	Cornell	4/27

Justin Halleck	57.42	188-5	IC4A	5/17
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Justin Hidalgo	50.89	166-11	America East	5/3
Ben Babcock	47.73	156-7	America East	5/3
Joanel Lopez	45.30	148-7	Cornell	4/27

Javelin

Marsha Fiesinger	34.33	112-7	America East	5/3
Rosie DeFino	27.89	91-6	Cornell	4/27
Sheila Sickau	24.60	80-8	America East	5/4
Chris Kowalski	37.92	124-5	Cornell	4/27

Decathlon/Heptathlon

Marsha Fiesinger	3869		America East	5/4
Sheila Sickau	3719		America East	5/4
Rosie DeFino	3412		America East	5/4
Chris Kowalski	5334		America East	5/4

4x100

Hinson, Paranavithane Short, Williams	47.23		ECAC	5/17
Walker, Massar Campbell, Arnett	42.83		Virginia	4/12

4x400

C. Wright, Johnson Short, Williams	3:49.36		ECAC	5/17
Smith, Haupt Massar, Arnett	3:12.43		East Regionals	5/31

4x800

Kelley, Nygren Finnegan, Law	9:28.92		America East	5/4
Ugolino, Nembhard Quaglia, van Ingen	7:49.25		America East	5/4