

# BINGHAMTON UNIVERSITY ALL-TIME PERFORMANCE LIST

i - Indoor performance

c - Converted from yards

ht - Hand time

## 100 METERS

<b>Kim Williams</b>	<b>11.94</b>	<b>2007</b>	Chris Coleman	10.2ht	1989
<b>Jasmine Hinson</b>	<b>12.28</b>	<b>2008</b>	Alton Bowes	10.6ht	1984
Aniecia Modeste	12.33	2002	Kyle Jackson	10.6ht	1998
Keisha Short	12.38	2007	Joe Flucus	10.86	2006
Heather Tassler	12.41	2005	<b>Jimmy Massar</b>	<b>10.87</b>	<b>2007</b>
Nina Minasi	12.43	2003	<b>Geoff Campbell</b>	<b>10.89</b>	<b>2007</b>
<b>Krystelle Patrice</b>	<b>12.61</b>	<b>2008</b>	<b>Dan Walker</b>	<b>10.94</b>	<b>2007</b>
Susan Ives	12.71	1991	George Archie	10.7htc	1971
<b>Deahna Vinson</b>	<b>12.70</b>	<b>2008</b>	Mike Roux	10.97	1992
Nathaalie Maxwell	12.80	2000	Omar Eldakar	10.99	1999
			Richard Griffiths	10.99	2000

## 200 METERS

<b>Kim Williams</b>	<b>23.83</b>	<b>2007</b>	Joe Flucus	21.62	2005
<b>Jasmine Hinson</b>	<b>25.18</b>	<b>2007</b>	<b>Cazal Arnett</b>	<b>21.72i</b>	<b>2008</b>
Heather Tassler	25.21	2005	Jewdyer Osborne	21.85	1997
Keisha Short	25.32i	2008	Omar Eldakar	21.87	1999
Aniecia Modeste	25.33	2002	Mike Roux	21.94	1992
<b>Siro Paravithane</b>	<b>25.69</b>	<b>2008</b>	George Archie	21.7htc	1971
Tania Wilson	25.69	1990	John Ceconi	21.7htc	1965
Larisa Least	25.78	2002	Chris Coleman	21.7ht	1989
Susan Ives	25.79	1991	<b>Jimmy Massar</b>	<b>21.98i</b>	<b>2007</b>
Nathalee McKenzie	25.86i	2002	<b>Dan Walker</b>	<b>22.11i</b>	<b>2008</b>

## 400 METERS

<b>Kim Williams</b>	<b>56.34</b>	<b>2008</b>	<b>Cazal Arnett</b>	<b>47.00</b>	<b>2008</b>
Keisha Short	56.46	2007	<b>Jimmy Massar</b>	<b>48.17</b>	<b>2007</b>
Aniecia Modeste	56.77	2000	Omar Eldakar	48.37	1999
Larisa Least	57.33i	2003	Jon Kobrick	48.37	1998
Dayna Johnson	57.73	2005	Ken Krill	48.77	1993
Tania Wilson	58.25	1990	Mark Sittler	49.03	1981
Tamika Medlin	59.07	1997	Stefan Moorhead	49.10	1998
<b>Maureen Metz</b>	<b>59.44</b>	<b>2008</b>	Shawn Miley	49.19	1995
Marie Lloyd	59.3ht	2002	<b>Christian Smith</b>	<b>49.35</b>	<b>2008</b>
Freddie Triback	59.68	1994	George Archie	49.2htc	1971
			Mike Tumbarello	49.2h	1990

## 800 METERS

Joy Romulus	2:15.26	2003	Frank Savinon	1:51.86	2003
Sheila Curran	2:16.3ht	1981	Steve Reese	1:52.29	2003
Alice Willis	2:16.3ht	1983	Chris Alliegro	1:52.6ht	1985
Sarah Bunting	2:16.82	1995	<b>Erik van Ingen</b>	<b>1:53.34</b>	<b>2008</b>
Dani Riordan	2:17.01	2000	Henry Shuford	1:54.1htc	1971
Mary Tursi	2:19.55	2004	James Jeter	1:54.2ht	1977
Betsy Towlson	2:20.3ht	1978	Travis Von Staden	1:54.55	2002
Terry Fisenne	2:20.8ht	1982	Mark Sittler	1:54.75	1983
<b>Marla Kelley</b>	<b>2:21.39</b>	<b>2008</b>	John Dugan	1:54.87	1993
Kate Mullins (Zanot)	2:21.98	2002	Kevin Kirk	1:55.38	2000

### 1500 METERS

Sarah Bunting	4:36.88i	1996	<b>Erik van Ingen</b>	<b>3:49.11</b>	<b>2008</b>
Alice Willis	4:37.47	1985	<b>Adam Hill</b>	<b>3:54.38</b>	<b>2008</b>
Jocelyn Seybold	4:39.77	1986	Matt Dresser	3:54.8ht	2002
Lindsey Bohrer-Yardley	4:40.71	2004	<b>Andrew Ugolino</b>	<b>3:55.25</b>	<b>2008</b>
Kathryn Murnane	4:41.32	2006	Ben Hefferon	3:56.14	1996
<b>Shannon Finnegan</b>	<b>4:45.10</b>	<b>2008</b>	Chris Craig	3:56.51	1984
<b>Kim Law</b>	<b>4:46.03</b>	<b>2008</b>	<b>Chris Gaube</b>	<b>3:57.26</b>	<b>2008</b>
Kristin Tschinkel	4:46.22	1991	<b>Casey Quaglia</b>	<b>3:58.19</b>	<b>2008</b>
Stacy Kramer	4:46.27	2005	Dan Jordy	3:58.36	2006
Susie Briggs	4:46.78i	1995	Jose Martinez	3:58.8ht	1980

### 3000 METERS

Alice Willis	9:55.72	1985
<b>Katie Radzik</b>	<b>9:57.33i</b>	<b>2006</b>
Jocelyn Seybold	10:03.22	1986
Lindsey Bohrer-Yardley	10:05.62i	2004
Stacy Kramer	10:08.90i	2006
Erica Angell	10:10.88i	2005
Sarah Bunting	10:15.90	1996
Kathryn Murnane	10:18.54i	2004
Jo Ann Burrell	10:25.21i	1981
Lauren Tuchband	10:26.20i	2002

### 3000 STEEPLECHASE

<b>Adam Quinn</b>	<b>9:24.42</b>	<b>2008</b>
John Luther	9:24.9ht	1979
<b>Andrew Ugolino</b>	<b>9:25.11</b>	<b>2008</b>
Jon Lentino	9:35.37	2000
Prahlad Genung	9:36.50	2005
<b>John Carroll</b>	<b>9:37.2h</b>	<b>2008</b>
Bobby Heytota	9:43.53	2002
Matt Williams	9:44.1ht	1980
Sergey Shteyn	9:44.39	2005
Jeff Moreland	9:50.68	1996

### 5000 METERS

<b>Katie Radzik</b>	<b>17:04.34i</b>	<b>2006</b>	Art Gunther	14:24.85	1992
Alice Willis	17:07.1ht	1985	Bob Daniels	14:37.0htc	1976
Erica Angell	17:13.83	2005	<b>Chris Gaube</b>	<b>14:47.70i</b>	<b>2008</b>
Stacy Kramer	17:27.62	2005	<b>Adam Hill</b>	<b>14:58.26i</b>	<b>2008</b>
Lindsey Bohrer-Yardley	17:47.02i	2004	Kurt Kroemer	14:59.0hti	1983
Jo Ann Burrell	17:56.0htc	1981	Don Patrick	14:59.0ht	1983
<b>Ashley Horton</b>	<b>18:03.49i</b>	<b>2008</b>	Jim Head	15:05.81	2001
Lauren Tuchband	18:11.79	2002	Mark Raybuck	15:07.1htc	1979
Kim Berlin	18:17.26	1989	<b>Adam Quinn</b>	<b>15:08.53</b>	<b>2008</b>
Kristine Kirk	18:17.68	1994	John Luther	15:09.2i	1980

### 10000 METERS

Erica Angell	35:57.09	2005	Art Gunther	30:14.99	1992
<b>Katie Radzik</b>	<b>36:14.22</b>	<b>2007</b>	Bob Daniels	30:45.3htc	1976
Lauren Tuchband	38:16.43	2002	<b>Chris Gaube</b>	<b>31:01.95</b>	<b>2008</b>
Kristine Kirk	38:29.0ht	1994	Cliff Bills	31:11.7ht	1980
Kim Berlin	38:36.30	1991	Bill McMullen	31:36.7htc	1977
<b>Alicia Finger</b>	<b>39:16.79</b>	<b>2008</b>	John Luther	31:47.2htc	1979
<b>Renee Blair</b>	<b>39:20.24</b>	<b>2008</b>	Kurt Kroemer	32:04.36	1983
Kelda Nelson	39:22.94	2007	<b>Craig Coon</b>	<b>32:09.61</b>	<b>2007</b>
Allison Furey	39:35.30	2004	Ken McPherson	32:16.84	1998
Lisa Kemmerer	39:49.91	2003	<b>Connor Martin</b>	<b>32:17.78</b>	<b>2007</b>

### 100/110 HURDLES

Monique Hacker	14.32	1997	Jewdyer Osborne	14.19	1998
Nathalee McKenzie	14.53	2002	Rory Quiller	14.42	2005
Kate Mullins (Zanot)	14.59	1999	Adam Goldberg	14.77	2005
Jamila Glean	14.80	2003	Neil Case	14.86	2004
Jessica Picha	15.77	2008	Hasani Hampden	15.01	2006
Crystal Joseph	15.84	1986	Ed DeMattia	14.9ht	1991
Lori Rogoff	15.88	1993	Rob Daher	15.14	1999
Jeanne Nolan	15.96	1986	Joe Michalski	15.37	1998
<b>Rosie DeFino</b>	<b>15.98</b>	<b>2008</b>	Andy Witlin	15.40	1983

<b>Sheila Sickau</b>	<b>16.02</b>	<b>2008</b>	Dan Franklin	15.4ht	1991
			Jon Gibraltar	15.4ht	1977
			Jim Skorney	15.4ht	1974

#### 400 HURDLES

<b>Caitlin Wright</b>	<b>1:02.64</b>	<b>2008</b>	Hasani Hampden	52.10	2006
Dayna Johnson	1:02.93	2007	Neil Case	52.52	2005
Kate Mullins (Zanot)	1:03.69	1999	Mike Stewart	52.88	2004
Nathalee McKenzie	1:04.37	2002	Joe Michalski	52.95	1998
Betsy Towlson	1:04.3ht	1981	Jim Skorney	54.4htc	1974
Karisa Heisler	1:04.84	2004	Brian Alm	55.14	1993
Marie Lloyd	1:04.86	2003	Brian Faber	55.14	1983
Jessica Picha	1:04.95	2008	<b>Andrew Cholewa</b>	<b>55.70</b>	<b>2008</b>
MaryAnn San Miguel	1:05.84	1991	Keith Beck	55.82	1998
Jaime Stitt	1:06.14	2006	<b>Travis Nembhard</b>	<b>55.94</b>	<b>2008</b>

#### LONG JUMP

Dayna Johnson	18-11 1/4	2005	Brian Hamilton	24-3 1/2	1999
Nathalee McKenzie	18-9 1/4i	2000	Paul Rosenkrantz	23-10 1/4	1995
Monique Hacker	18-5	1998	<b>Kevin Ralston</b>	<b>23-6 1/4i</b>	<b>2008</b>
Marie Lloyd	18-4 1/4i	2002	Jamaine Green	23-3 1/4i	1992
Tracey Jamieson	18-1 1/2i	1981	Rafiq Umar	22-9 1/4i	2004
Nathaalie Maxwell	18-0 1/4	2000	Mike Roux	22-5 3/4	1992
Monisha Mealing	17-11 1/2	2003	Jon Kobrick	22-3	1998
Jessica Nye	17-8 3/4	2003	Robert Collins	22-2i	1984
Kate Mullins (Zanot)	17-7	2001	Jon Gibraltar	22-1	1976
Cassie Harris	17-7	2006	Robert Jones	22-1	1989

#### TRIPLE JUMP

Monique Hacker	41-8 1/2i	1998	Don Smith	47-7	1986
Dayna Johnson	41-3 3/4	2007	Brian Hamilton	46-0 1/4i	1999
Marie Lloyd	39-1/4	2003	Rafiq Umar	45-7 3/4i	2004
Monisha Mealing	38-0	2003	Ricardo Rivera	45-6	1970
<b>Nandi Dozier-Lewis</b>	<b>37-5</b>	<b>2008</b>	Glen Roche	45-5 3/4i	2005
Jessica Nye	37-1 3/4	2005	George Archie	45-1 1/2	1971
<b>Jazelle Mealing</b>	<b>36-4 3/4</b>	<b>2008</b>	Rob Hesketh	44-3 1/2	1992
Jamila Glean	36-2 3/4i	2001	Frank Appell	44-2 1/2	1968
Nathaalie Maxwell	36-2	1999	James Bellew	44-1 1/2	2003
Nathalee McKenzie	36-1 1/4	2002	Mike Joseph	44-1 1/2i	2003

#### HIGH JUMP

Crystal Joseph	5-7	1986	Daye Kaba	6-9	1997
Lindsay Warren	5-6i	2005	Luke Shafer	6-9i	2004
Tracey Canino	5-5i	1995	Nick Tillman	6-9	2003
Monique Hacker	5-5	1999	Adam Goldberg	6-8i	2004
Aja Phipps	5-5	2006	Ralph Mirabelli	6-7	1991
Heather Horan	5-4 1/4	1991	Matt Cushman	6-6 3/4	2002
<b>Marsha Fiesinger</b>	<b>5-3</b>	<b>2008</b>	Bob Bisberg	6-6 1/2i	1980
Lisa Diachenko	5-3i	1988	Kevin Cleary	6-6 1/2i	1999
Sue Rinde	5-3	1983	Hasani Hampden	6-6 1/4i	2005
Dayna Johnson	5-2 1/2	2006	Chris Alliegro	6-6i	1982
Melissa Rose	5-2	1980	Glen Baietti	6-6	1994

## POLE VAULT

Kate Zanot	12-3 1/2i	2002	Rory Quiller	18-6 1/2i	2008
Jaime Stitt	11-11 3/4	2006	Jason Gianotti	16-2 3/4	2000
Katie Wilmer	11-9 3/4i	2006	Kris Yelverton	15-9	2008
<b>Carly Gross</b>	<b>11-7 3/4</b>	<b>2008</b>	John DeMatteo	15-7	1997
Lindsay Warren	11-5 3/4	2005	Ryan VanHalle	15-3 1/2	2006
<b>Kiki Giff</b>	<b>10-11 3/4</b>	<b>2008</b>	Alex Berardi	15-3i	2005
Lindsay Pine	10-10i	2006	Mike Ksionzyk	15-3i	2006
Kate Williams	10-10	2003	Matt Robinson	15-0 1/4	1997
Sara Hoffman	10-4i	2006	Andy Kirsch	14-11 1/2	2003
Rebecca Goldstein	10-4i	2004	<b>Doug Adams</b>	<b>14-9i</b>	<b>2007</b>
			<b>Tyler Nichols</b>	<b>14-9</b>	<b>2007</b>

## SHOT PUT

Sharon Quinn	43-6 3/4	1980	Kevin Hall	52-5 1/4	2007
Laura Yelverton	40-8 3/4i	2002	<b>Joanel Lopez</b>	<b>52-2 3/4</b>	<b>2008</b>
Karen Hand	39-8 3/4	1981	Mike Ventura	50-8i	1995
<b>Margaret Tinker</b>	<b>38-11 3/4i</b>	<b>2008</b>	Mark Winker	50-6 3/4	1996
<b>Marsha Fiesinger</b>	<b>37-3i</b>	<b>2008</b>	Gabe Fletcher	50-2 3/4i	2002
Brenda Ribarich	36-3 1/2	1985	<b>Justin Halleck</b>	<b>49-5 3/4i</b>	<b>2008</b>
Maria Doherty	36-3i	1999	Jared Ketchuck	48-6	2005
Lauren Caiaccia	35-11 1/2	1997	Jeffrey Marmor	48-4 1/4	1979
Bronwyn Wilke	35-2 3/4	1995	Todd Wassinger	46-10i	2004
Marisa Yelverton	35-2i	2002	Paddy Hennessy	44-5 1/2i	2006

## DISCUS

Laura Yelverton	151-4	2002	Mike Ventura	164-5	1995
Marisa Yelverton	134-4	2002	Mark Winker	160-2	1996
Brenda Ribarich	119-8	1986	<b>Justin Halleck</b>	<b>156-4</b>	<b>2007</b>
Karen Hand	117-3 3/4	1981	Steven Reynolds	151-4	1979
<b>Margaret Tinker</b>	<b>116-5</b>	<b>2007</b>	Gabe Fletcher	150-1	2004
Julie Dermeyer	109-6	1990	Ben Babcock	145-6	2007
Sharon Quinn	108-9 1/2	1980	Jared Ketchuck	144-3	2003
Kara Lazarus	101-1	1998	Brian Anelli	143-0	1999
Kelly Parry	101-0	2003	Paul Simunek	138-5	1994
Tanya Hanke	100-7	2000	Paddy Hennessy	134-11	2004

## HAMMER

Christine Iannello	156-4	1997	Paddy Hennessy	189-2	2006
Marisa Yelverton	144-5	2001	<b>Justin Halleck</b>	<b>188-5</b>	<b>2008</b>
Laura Yelverton	137-6	2003	Andrew Cloud	178-7	2004
Bronwyn Wilke	137-2	1995	Gabe Fletcher	177-0	2004
<b>Margaret Tinker</b>	<b>132-3</b>	<b>2008</b>	Jared Ketchuck	171-8	2005
<b>Brooke Nepo</b>	<b>124-4</b>	<b>2008</b>	Kevin Hall	165-6	2007
Kelly Parry	122-0	2003	<b>Justin Hidalgo</b>	<b>165-1</b>	<b>2008</b>
Kara Lazarus	118-6	1998	Mark Winker	160-4	1996
Eva Oberdoerster	116-5	1992	Matty Fuchs	158-9	2002
Tanya Hanke	111-6	2000	<b>Ben Babcock</b>	<b>154-9</b>	<b>2007</b>

## JAVELIN

\*\* = old rule javelin

Kate Mullins (Zanot)	125-5	2001	Mike Ventura	207-11	1994
Sharon Eisenstein	123-2**	1992	Keith Beck	181-4	1997
<b>Marsha Fiesinger</b>	<b>112-7</b>	<b>2008</b>	Jerold Bogartz	180-0**	1967
Heather Horan	103-8**	1993	Jack Kulits	176-7**	1983
Lauren Caiaccia	102-9**	1997	Mike Grinnell	176-10 1/2**	1976
Karen Hand	101-8**	1981	Justin Stein	173-6	1993
Caroline Brady	100-5**	1997	Dave Klepeis	171-5	2000
Sharon Quinn	98-6**	1980	John Pavlak	166-6	1990
Bronwyn Wilke	97-6**	1994	Paul Figura	166-1**	1971
Dawn Moore	96-1**	1983	Scott Frail	160-10 1/2**	1985

**4x100**

Goldberg, DePaola, Case, Flucus	41.93	2005
Goldberg, Massar, Campbell, Walker	41.97	2007
Evans, Cluck, Stuerken, Coleman	41.98	1989
Hamilton, Jackson, Moorhead, Osborne	42.18	1998
Hamilton, Eldakar, Moorhead, Kobrick	42.54	1999
Goldberg, Massar, Hampden, Flucus	42.54	2006
Hamilton, Kulberg, Campbell, Osborne	42.55	1997
Case, Hampden, Stewart, Flucus	42.61	2004
Hamilton, Michalski, Moorhead, Osborne	42.64	1998
Griffiths, Moorhead, Solomon, Gianotti	42.66	2000

<b>Hinson, Short, Vinson, Williams</b>	<b>46.84</b>	<b>2007</b>
<b>Hinson, Paronavithane, Short, Williams</b>	<b>47.23</b>	<b>2008</b>
<b>Hinson, Paronavithane, Vinson, Williams</b>	<b>47.51</b>	<b>2008</b>
Glean, Least, McKenzie, Modeste	47.4ht	2001
Johnson, Minasi, Short, Tassler	47.69	2005
Johnson, Minasi, Short, Williams	48.22	2006
Glean, Minasi, Lloyd, Tassler	48.45	2003
Hacker, Mullins, Clarke, Maxwell	49.13	1999
Johnson, Mealing, Short, Williams	49.33	2006
Glean, Mullins, Maxwell, Modeste	49.37	2000

**4x400**

<b>C. Smith, Haupt, Massar, Arnett</b>	<b>3:12.43</b>	<b>2008</b>
<b>C. Smith, Obionwu, Massar, Arnett</b>	<b>3:15.45</b>	<b>2008</b>
Kobrick, Eldakar, Reese, Moorhead	3:16.15	1999
Eldakar, Reese, Savinon, Von Staden	3:17.55	2002
Savinon, Hampden, Nolan, Stewart	3:17.72i	2003
Tumbarello, Alm, Krill, Roux	3:17.5ht	1992
Kobrick, Moorhead, Beck, Michalski	3:17.82	1998
Case, DePaola, Flucus, Hampden	3:17.86i	2005
<b>Obionwu, C. Smith, Houghtaling, Arnett</b>	<b>3:17.88i</b>	<b>2008</b>
Eldakar, Savinon, Stewart, Reese	3:18.14	2002

<b>Johnson, Vinson, Short, Williams</b>	<b>3:47.47</b>	<b>2007</b>
<b>H. Wright, Short, Vinson, Williams</b>	<b>3:48.84i</b>	<b>2007</b>
<b>C. Wright, Johnson, Short, Williams</b>	<b>3:49.36</b>	<b>2008</b>
Short, Johnson, Romulus, Williams	3:50.44	2006
<b>H. Wright, Short, C. Wright, Williams</b>	<b>3:50.77i</b>	<b>2007</b>
<b>C. Wright, Vinson, Short, Williams</b>	<b>3:51.41</b>	<b>2008</b>
<b>Johnson, C. Wright, Vinson, Williams</b>	<b>3:51.75</b>	<b>2008</b>
Modeste, Lloyd, Least, McKenzie	3:53.03	2002
Modeste, Least, Maxwell, Mullins	3:53.74	2000
Heisler, Romulus, Johnson, Short	3:53.76	2005

**DECATHLON/HEPTATHLON**

Kate Mullins (Zanot)	4589	2001	Keith Beck	6461	1998
Dayna Johnson	4286	2006	Jon Kobrick	6450	1998
<b>Marsha Fiesinger</b>	<b>3986</b>	<b>2007</b>	Rory Quiller	6450	2004
Tracey Canino	3951	1995	Nick Tillman	5962	2006
Monique Hacker	3928	1998	Mike Roux	5819	1992
Heather Horan	3775	1992	Joe Michalski	5746	1998
<b>Sheila Sickau</b>	<b>3719</b>	<b>2008</b>	Mike Ksionzyk	5588	2006
Lisa Diachenko	3715	1985	Matt Nolan	5392	2003
Monisha Mealing	3660	2005	<b>Chris Kowalski</b>	<b>5334</b>	<b>2008</b>
Willa Payne	3586	2005	<b>Chris Iannone</b>	<b>5148</b>	<b>2006</b>