

Oswego State Lakers
Indoor Track and Field
Top 10 Since 1997
(Includes school records set before 1997)

Women

55m (sub 7.96)

1. *Deb Richards- 7.43 2/21/04 Hobart*
2. *Raven Green- 7.45 2/8/03 Rochester*
3. *Megan Boggan- 7.58 2/23/08 Hobart*
4. *Rebekah Grant- 7.68 2/23/07 St Lawrence*
5. *Danielle Washington- 7.72 2/24/06 RIT*
6. *Jessica Crump- 7.77 2/25/05 RIT*
7. *Jessica Hayden- 7.85 2/14/98 Buffalo State*
8. *Khrystyne Tschinkel- 7.89 12/13/08 St Lawrence*
9. *Christine Ripple- 7.89 2/28/09 Hobart*
10. *Jamie Finnegan- 7.91 12/7/07 St Lawrence*

60m (sub 8.50)

1. *Deb Richards- 8.10 2/6/03 Cornell*
2. *Raven Green- 8.16 12/7/02 Cornell*
3. *Rebekah Grant- 8.30 2/9/08 Cornell*
4. *Megan Boggan- 8.31 2/9/08 Cornell*
5. *Christine Ripple- 8.43 2/21/09 Cornell*
6. *Jessica Crump- 8.46 2/12/05 Cornell*
7. *Danielle Washington- 8.50 2/11/06 Cornell*

200m (sub 28.70)

1. *Deb Richards- 26.21 2/28/04 St Lawrence*
2. *Jackie Cianfarano- 26.51 2/16/02 Hobart*
3. *Raven Green- 27.21 2/22/03 Hobart*
4. *Rebekah Grant- 27.45 2/17/07 Hobart*
5. *Jessica Crump- 27.58 2/19/05 Hobart*
6. *Megan Boggan- 27.72 2/9/08 Cornell*
7. *Khrystyne Tschinkel- 27.76 2/28/09 Hobart*
8. *Jill Maskulinski- 28.01 2/25/00 Fredonia*
9. *Jamie Finnegan- 28.40 2/23/08 Hobart*
10. *Christine Ripple- 28.46 1/31/09 Colgate*

300m (sub 47.10)

1. *Megan Boggan- 44.05 2/21/09 Cornell*
2. *Deb Richards- 44.25 12/7/02 Cornell*
3. *Christine Ripple- 44.51 2/21/09 Cornell*
4. *Lindsey Forte- 44.96 2/21/09 Cornell*
5. *Jill Maskulinski- 45.46 12/7/02 Cornell*
6. *Khrystyne Tschinkel- 45.66 12/6/08 Cornell*
7. *Rebekah Grant- 46.07 12/1/07 Cornell*
8. *Kim Dorr- 47.04 12/2/00 Cornell*

400m (sub 65.00)

1. *Jackie Cianfarano- 59.80 2/16/02 Hobart*
2. *Megan Boggan- 60.13 3/9/08 Harvard*
3. *Christine Ripple- 62.64 2/8/09 Syracuse*
4. *Jess Arguinzoni- 63.55 2/23/07 St Lawrence*
5. *Jill Maskulinski- 63.39 1/25/03 St Lawrence*
6. *Darla Tokar- 64.04 2/5/00 Syracuse*
7. *Julie McCloskey- 64.14 2/2/08 Syracuse*
8. *Amy Crain- 64.32 2/21/98 Plattsburgh*
9. *Khrystyne Tschinkel- 64.95 2/7/09 Syracuse*
10. *Kim Dorr- 64.96 2/17/01 Hobart*

500m (sub 1:30.20)

1. *Darla Tokar- 1:21.46 3/4/00 Wheaton*
2. *Jill Maskulinski- 1:22.09 2/22/03 Hobart*
3. *Megan Boggan- 1:22.22 2/7/09 Syracuse*
4. *Renee Coe- 1:24.23 3/1/08 St Lawrence*
5. *Malorie Osypian- 1:25.15 3/1/08 St Lawrence*
6. *Jackie Miller- 1:25.44 12/2/00 Cornell*
7. *Jennifer Bott- 1:25.96 2/9/03 Syracuse*
8. *Alison Tripi- 1:26.89 1/18/01 Hamilton*
9. *PattyAnn Phillips- 1:28.64 12/7/02 Cornell*
10. *Samantha Ratty- 1:30.16 2/2/07 RIT*

800m (sub 2:30.00)

1. *Bridget Wiedl- 2:16.10 3/4/00 Wheaton*
2. *Brittany Streeter- 2:23.97 2/23/08 Hobart*
3. *Amy Crain- 2:24.89 2/13/99 Buffalo State*
4. *Renee Coe- 2:27.74 2/23/08 Hobart*
5. *PattyAnn Phillips- 2:27.77 3/2/03 St Lawrence*
6. *Jackie Miller- 2:28.64 2/15/02 Cornell*
7. *Alison Tripi- 2:29.20 2/17/01 Hobart*

1000m (sub 3:20.00)

1. *Susan McWilliams- 3:06.12 2/7/04 Syracuse*
2. *Jackie Miller- 3:08.45 3/8/03 Tufts*
3. *Brittany Streeter- 3:09.35 2/16/08 Cornell*
4. *Cassandra Paul- 3:11.70 2/14/01 Fredonia*
5. *Carissa Stepien- 3:12.35 2/17/01 Hobart*
6. *Chantel Martin- 3:12.58 2/21/98 Plattsburgh*
7. *Renee Coe- 3:16.87 2/16/08 Cornell*
8. *Maureen Stellrecht- 3:19.11 2/21/04 Hobart*

1500m (sub 5:23.00)

1. *Amy Crain- 4:48.06 3/4/00 Wheaton*
2. *Susan McWilliams- 4:49.29 3/6/04 Bowdon*
3. *Christine Whitman- 4:55.63 3/7/98 Wheaton*
4. *Chantel Martin- 4:57.24 2/21/98 Plattsburgh*
5. *Carissa Stepien- 5:10.82 1/19/02 Hamilton*
6. *Maureen Stellrecht- 5:19.20 1/25/03 St Lawrence*
7. *Lindsay Serokosz- 5:22.08 1/26/02 St Lawrence*

Mile (sub 5:40.00)

1. *Susan McWilliams- 5:09.66 2/7/04 Syracuse*
2. *Amy Crain- 5:23.34 2/5/00 Syracuse*
3. *Carissa Stepien- 5:28.95 2/3/01 Syracuse*
4. *Cassandra Paul- 5:30.19 12/1/01 Cornell*
5. *Christine Whitmore- 5:32.75 2/7/98 St Lawrence*
6. *Jeanne Halloran- 5:38.78 2/7/98 St Lawrence*
7. *Brittany Streeter- 5:39.42 2/9/08 Cornell*

3K (sub 11:09.00)

1. *Susan McWilliams- 10:35.03 12/6/03 Cornell*
2. *Carissa Stepien- 10:41.74 3/2/01 Tufts*
3. *Leann Donnelly- 10:53.42 2/28/04 St Lawrence*
4. *Jeanne Halloran- 10:55.23 2/24/01 Fredonia*
5. *Amy Crain- 11:01.77 12/4/99 Cornell*
6. *Leann Donnelly- 11:08.63 12/4/04 Cornell*

5K (sub 19:47.00)

1. *Susan McWilliams- 18:13.29 12/13/03 St Lawrence*
2. *Carissa Stepien- 18:26.10 3/1/02 Tufts*
3. *Jeanne Halloran- 19:17.46 2/17/01 Hobart*
4. *Melissa Drennan- 19:20.04 2/15/97 Cortland*
5. *Marianna Bartonicek- 19:37.72 2/29/08 St Lawrence*
6. *Jeanne Halloran- 19:43.83 2/27/99 Hamilton*
7. *Maddy Canonico- 19:46.30 2/23/01 Fredonia*

55mH (sub 9.50)

1. Katie Neuberger- 9.05 2/22/03 Hobart
2. Danielle Washington- 9.14 2/23/08 Hobart
3. Jenn Questel- 9.19 2/24/06 RIT
4. Jessica Kinne- 9.45 12/13/03 St Lawrence
5. Jamie Finnegan- 9.50 2/23/08 Hobart

60mH (sub 10.25)

1. Danielle Washington- 10.02 2/14/09 Cornell
2. Katie Neuberger- 10.06 12/7/02 Cornell
3. Jenn Questel- 10.13 2/10/07 Cornell
4. Jamie Finnegan- 10.20 2/16/08 Cornell

Long Jump (4.90m or better)

1. Jackie Cianfarano- 5.29m 2/16/02 Hobart
2. Deb Richards- 5.23m 2/21/04 Hobart
3. Raven Green- 5.20m 2/22/03 Hobart
4. Andrea House- 4.96m 2/16/02 Hobart
5. Cari Randell- 4.90m 2/14/98 Buffalo State

Triple Jump (10.15m or better)

1. Jackie Cianfarano- 10.86m 2/23/02 St Lawrence
2. Shannon Myers- 10:55m 2/21/04 Hobart
3. Andrea House- 10.49m 2/22/03 Hobart
4. Danielle Washington- 10.39m 2/19/07 Hobart
5. Alisia Knight- 10.17m 2/24/01 Fredonia

High Jump (1.50m or better)

1. Shannon Myers- 1.63m 2/19/07 Hobart
2. Alisia Knight- 1.60m 2/16/02 Hobart
3. Darla Tokar- 1.54m 2/12/00 Cornell
4. Heidi Armstrong- 1.53m 2/23/07 St Lawrence
5. Jessica Bauer- 1.52m 12/11/04 St Lawrence

Pole Vault (2.44m or better)

1. Katy Schmidt- 2.90m 2/16/02 Hobart
2. Abby Oliver- 2.90m 2/26/05 RIT
3. Kristin Tuthill- 2.60m 2/26/05 RIT
4. Liz Bender- 2.60m 2/10/01 Cornell
5. Ashley Lindsley- 2.59m 2/23/08 Hobart
6. Kim Kedenburg- 2.45m 2/10/01 Cornell
7. Cora Perhamus- 2.44m 2/24/01 Fredonia

Shot Put (9.77m or better)

1. Jessica Adam- 12.35m 2/19/05 Hobart
2. Heidi Armstrong- 12.18m 3/1/08 St Lawrence
3. Samantha Acevedo- 10.96m 2/22/03 Hobart
4. Danielle Giordano- 10.45m 1/23/99 Roberts Wesleyan
5. Lizz Wetherby- 10.10m 1/17/09 St Lawrence
6. Janelle Wilcox- 9.89m 12/10/05 St Lawrence

Weight Throw (11.00m or better)

1. Heidi Armstrong- 13.92m 2/23/08 Hobart
2. Jessica Adam- 13.81m 2/6/05 Syracuse
3. Erin Kain- 13.25m 1/31/09 Colgate
4. Janelle Wilcox- 12.94m 2/21/09 Cornell
5. Samantha Acevedo- 12.79m 1/25/03 St Lawrence
6. Lizz Wetherby- 12.33m 2/28/09 Hobart
7. Rebecca Bergfjord- 11.18m 2/19/00 Hobart

Men**55m (sub 7.01)**

1. Matt Edmister- 6.57 2/23/01 Fredonia
2. Josh Galletta- 6.71 2/28/09 Hobart
3. Ramon Suarez Jr.- 6.72 2/21/04 Hobart
4. Charlie Moon- 6.82 12/14/02 St Lawrence
5. Geoff Kobuszewski- 6.86 12/13/08 St Lawrence
6. Drew Camelio- 6.88 1/26/08 St Lawrence
7. Anthony Raju- 6.90 12/7/07 St Lawrence
8. Craig Cavotta- 6.96 2/20/99 Plattsburgh
9. Dave Ginannino- 6.97 12/13/08 St Lawrence
10. Ray Richardson- 7.01 1/26/08 St Lawrence

60m (sub 7.45)

1. Josh Galletta- 7.26 12/6/07 Cornell
2. Drew Camelio- 7.31 12/1/07 Cornell
3. Ramon Suarez Jr.- 7.34 2/7/04 Syracuse
4. Charlie Moon- 7.39 12/7/02 Cornell

200m (sub 24.01)

1. Matt Edmister- 22.79 2/3/01 Syracuse
2. Ramon Suarez Jr.- 23.49 2/10/07 Cornell
3. Drew Camelio- 23.61 2/17/07 Hobart
4. AJ Carapella- 23.65 2/28/09 Hobart
5. Josh Galletta- 23.68 1/31/09 Colgate
6. Josh Jones- 23.79 2/10/01 Cornell
7. Geoff Kobuszewski- 23.82 2/28/09 Hobart
8. Anthony Raju- 24.01 2/23/08 Hobart

300m (sub 39.05)

1. Matt Mariani- 36.79 12/1/07 Cornell
2. AJ Carapella- 37.26 12/6/08 Cornell
3. Drew Camelio- 37.35 12/1/08 Cornell
4. Andy English- 37.83 2/21/09 Cornell
5. Justin van Almelo- 38.12 2/9/03 Syracuse
6. Geoff Kobuszewski- 38.18 2/21/09 Cornell
7. Eric Wasacz- 38.37 12/1/08 Cornell
8. Frank Risole III- 38.92 12/6/08 Cornell
9. Spartak Gjeci- 38.93 12/7/02 Cornell
10. Gary Morrison- 39.04 12/2/00 Cornell

400m (sub 53.20)

1. Rob Kurcoba- 50.35 3/4/00 Wheaton
2. Josh Jones- 51.17 3/3/01 Tufts
3. Andy English- 52.32 12/13/08 St Lawrence
4. AJ Carapella- 52.49 2/28/09 Hobart
5. Chris Olsen- 52.51 2/2/08 Syracuse
6. Drew Camelio- 52.63 1/19/08 RIT
7. George Young- 53.07 1/25/03 St Lawrence
8. Julius Wood- 53.17 2/7/04 Syracuse

500m (sub 70.20)

1. Rob Kurcoba- 67.42 1/30/00 Hamilton
2. Josh Jones- 67.47 2/17/01 Hobart
3. Chris Olsen- 67.96 2/9/08 Cornell
4. George Young- 68.24 2/9/02 Cornell
5. Julius Wood- 69.05 1/24/04 St Lawrence
6. Andy English- 69.06 2/14/09 Cornell
7. AJ Carapella- 69.62 2/7/09 Syracuse
8. Phil Panebianco- 70.08 1/19/08 RIT
9. Joey Pekarek- 70.17 3/1/08 St Lawrence

800m (sub 2:01.80)

1. Julius Wood- 1:58.06 2/19/07 Hobart

- George Young- 1:58.45 3/2/02 Tufts
- Phil Panebianco- 1:58.77 2/19/07 Hobart
- Jim Connell- 1:59.88 2/19/00 Hobart
- Brad DePoint- 2:00.96 2/22/03 Hobart
- John Martens- 2:01.52 2/3/01 Syracuse
- Ian Hamilton- 2:01.76 2/16/02 Hobart

1000m (sub 2:40.00)

- Lex Barker- 2:33.29 3/2/02 Tufts
- Chris Reich- 2:35.52 3/1/08 St Lawrence
- Phil Panebianco- 2:36.34 2/2/08 Syracuse
- Brad DePoint- 2:37.23 2/21/04 Hobart
- John Martens- 2:39.24 2/10/01 Cornell
- George Young- 2:39.74 1/28/01 Hamilton

1500m (sub 4:21.50)

- Rich Friedrich- 4:02.49 3/8/03 Tufts
- Lex Barker- 4:09.49 1/26/02 St Lawrence
- Paul Loomis- 4:13.01 2/19/00 Hobart
- Ade Ellis- 4:14.69 1/26/02 St Lawrence
- Paul Loomis- 4:15.76 2/27/99 Hamilton
- Weston Fellows- 4:17.08 1/24/04 St Lawrence
- Matt Hennessy- 4:19.10 2/21/98 Plattsburgh
- JP Kaminski- 4:21.44 1/30/99 Buffalo State

Mile (sub 4:37.00)

- School Record- Fernando Suarez 4:12.2h 1973*
- Rich Friedrich- 4:24.24 2/15/02 Cornell
 - Lex Barker- 4:29.83 2/3/01 Syracuse
 - Matt Densmore- 4:30.26 2/18/06 Hobart
 - Julius Wood- 4:33.15 2/10/07 Cornell
 - Phil Panebianco- 4:33.39 1/27/07 St Lawrence
 - Weston Fellows- 4:34.00 12/11/04 St Lawrence
 - Chris Reich- 4:36.27 2/2/07 RIT
 - Ian Hamilton- 4:36.42 12/8/01 Cornell
 - Jeffrey Beck- 4:36.64 2/15/02 Cornell

3K (sub 9:10.00)

- Jeffrey Beck- 8:39.02 3/2/03 St Lawrence
- Rich Friedrich- 8:49.32 3/2/01 Tufts
- Tony Battista- 8:59.77 2/10/07 Cornell
- Ade Ellis- 9:05.22 2/3/02 Syracuse
- Matt Densmore- 9:06.63 2/24/06 RIT
- Weston Fellows- 9:08.02 2/28/04 St Lawrence

5K (sub 16:00.00)

- Jeffrey Beck- 15:18.60 1/25/03 St Lawrence
- Weston Fellows- 15:22.33 2/27/04 St Lawrence
- Tony Battista- 15:33.47 1/27/07 St Lawrence
- Ade Ellis- 15:46.32 2/28/03 St Lawrence
- Michael Anderson- 15:58.81 3/1/08 St Lawrence

55mH (sub 9.20)

- Josh Duthie- 8.43 2/16/02 Hobart
- Sam Winn- 8.64 2/19/05 Hobart
- Paul Crockett- 8.68 2/7/09 Syracuse
- Greg Somerville- 9.01 1/24/04 St Lawrence
- Ian Priestley- 9.03 12/13/03 St Lawrence
- Eric Wasacz- 9.16 1/21/06 RIT

60mH (sub 10.60)

- Paul Crockett- 9.35 2/21/09 Cornell
- Samuel Winn- 9.38 12/6/03 Cornell
- Greg Somerville- 9.54 2/14/04 Cornell
- Josh Duthie- 9.57 2/9/02 Cornell

- Frank Risole- 9.71 1/31/09 Colgate
- Owen Gayzur- 10.11 12/6/08 Cornell
- Evan Mastaitis- 10.31 2/10/01 Cornell
- Eric Wasacz- 10.55 2/11/06 Cornell

Long Jump (6.20m or better)

- Mike Chamberlin- 6.71m 2/7/09 Syracuse
- Russ Acea- 6.70m 1976
- Josh Galletta- 6.65m 12/6/08 Cornell
- Ray Richardson- 6.56m 2/2/08 Syracuse
- Matt Edmister- 6.53m 2/23/01 Fredonia
- Samuel Winn- 6.32m 12/6/03 Cornell
- Eric Ferrone- 6.30m 2/10/07 Cornell
- Dann Brissenden- 6.29m 2/3/06 RIT
- Dave Giannino- 6.22m 2/10/07 Cornell

Triple Jump (12.50m or better)

- School Record- Tied- Bob Doran 14.26m 1975*
- Ray Richardson- 14.26m 3/8/08 Harvard
 - Mike Chamberlin- 13.63m 2/28/09 Hobart
 - Samuel Winn- 13.02m 2/21/04 Hobart
 - Ramon Suarez Jr.- 12.77m 1/24/04 St Lawrence
 - Dann Brissenden- 12.50m 2/21/04 Hobart
 - Shaun Hurley- 12.50m 12/8/01 St Lawrence

High Jump (1.80m or better)

- Shomari Felder- 2.04m 2/25/05 RIT
- Jon Lagasse- 1.94m 1/26/02 St Lawrence
- Trey Monaco- 1.88m 2/19/07 Hobart
- Mike Chamberlin- 1.87m 1/17/09 St Lawrence
- Samuel Winn- 1.83m 2/7/04 Syracuse
- Shaun Hurley- 1.80m 12/1/01 Cornell

Pole Vault (3.35m or better)

- School Record- Anthony LaPolla 4.03m 1970's*
- Sam Winn- 3.96m 2/19/05 Hobart
 - Vincent McCabe- 3.89m 1/22/05 St Lawrence
 - Justin Schneider- 3.81m 2/23/08 Hobart
 - Alex Principe- 3.66m 2/17/06 Hobart
 - Frank Risole III- 3.55m 12/13/08 St Lawrence
 - Shawn Bersani- 3.40m 2/14/98 Buffalo State
 - Gary Morrison- 3.35m 1/18/01 Hamilton

Shot Put (12.10m or better)

- School record- Wally Yelverton 16.26m 1976*
- Peter Nosel- 15.21m 1/30/99 Buffalo State
 - Kevin McGrath- 14.08m 2/26/05 RIT
 - Cardon McKenzie- 14.81m 2/21/98 Plattsburgh
 - Justen Nestico- 12.77m 2/3/02 Syracuse
 - Sean Bereza- 12.57m 2/28/09 Hobart
 - Steve Kuhn- 12.46m 2/21/09 Cornell
 - Rob Davies- 12.41m 1/25/97 Roberts Wesleyan
 - Josh Colvin- 12.13m 1/19/03 Hamilton

Weight Throw (12.95m or better)

- School Record- Wally Yelverton 16.10m 1977*
- Cardon McKenzie- 15.47m 2/25/00 Fredonia
 - Peter Nosal- 14.16m 2/23/01 Fredonia
 - Justen Nestico- 13.37m 2/15/02 Cornell
 - Alex Lyndaker- 13.35m 1/27/07 St Lawrence
 - Justin Randall- 12.97m 2/11/06 Cornell