

## Juniata College Men's Indoor Track and Field Top-5 All-Time Performance List

### 55m (60 to 55 conversion: -0.48\*)

| Time | Athlete          | Date    | Meet                                 |
|------|------------------|---------|--------------------------------------|
| 6.39 | Anderson, Randy  | 3/9/07  | NCAA DIII National Championship      |
| 6.51 | Sier, Dustin     | 12/2/06 | Dickinson Holiday Meet               |
| 6.63 | West, John       | 2/23/08 | Landmark Championship at Susquehanna |
| 6.67 | Filamor, Patrick | 2/28/09 | Landmark Championship at Susquehanna |
| 6.67 | Ondecko, Gary    | 2/25/06 | MAC Championship at Susquehanna      |

### 200m

| Time  | Athlete         | Date    | Meet                            |
|-------|-----------------|---------|---------------------------------|
| 22.81 | Anderson, Randy | 2/25/06 | MAC Championship at Susquehanna |
| 23.26 | Mort, Ashley    | 1/26/02 | Bucknell Bison Open             |
| 23.64 | Sier, Dustin    | 2/25/06 | MAC Championship at Susquehanna |
| 23.64 | Gray, Jimmie    | 2/23/02 | MAC Championship at Susquehanna |
| 23.97 | Booth, Matthew  | 2/17/06 | Susquehanna Open                |

### 300m

| Time  | Athlete           | Date    | Meet                            |
|-------|-------------------|---------|---------------------------------|
| 37.72 | Breya, Timothy    | 12/2/06 | Dickinson Holiday Meet          |
| 38.34 | Sier, Dustin      | 12/9/05 | Dickinson DuCharme Invitational |
| 38.84 | El-Zahhar, Khaled | 2/20/99 | Albright Invitational           |
| 38.94 | Modak, Mark       | 12/9/05 | Dickinson DuCharme Invitational |
| 39.03 | Ondecko, Gary     | 12/9/05 | Dickinson DuCharme Invitational |

### 400m

| Time  | Athlete        | Date    | Meet                            |
|-------|----------------|---------|---------------------------------|
| 51.27 | Wolfe, Nick    | 2/23/02 | MAC Championship at Susquehanna |
| 52.01 | Breya, Timothy | 2/24/07 | MAC Championship at Susquehanna |
| 53.14 | Cantara, Will  | 2/18/05 | Susquehanna Open                |
| 54.16 | Fredette, Noah | 2/9/02  | F&M Iannicelli Indoor Classic   |
| 54.50 | Beas, Ben      | 2/12/05 | Susquehanna Invitational        |

### 500m

| Time    | Athlete         | Date    | Meet                        |
|---------|-----------------|---------|-----------------------------|
| 1:11.00 | Breya, Timothy  | 2/9/08  | Bucknell Winter Classic     |
| 1:12.95 | Rumery, Shawn   | 2/10/07 | Bucknell Winter Classic     |
| 1:13.51 | Haas, Phil      | 12/7/02 | Bucknell Blue & Orange Open |
| 1:15.24 | Vainio, Garrett | 2/20/99 | Albright Invitational       |
| 1:15.44 | Wolfe, Nick     | 2/19/00 | Albright Invitational       |

### 600m

| Time    | Athlete        | Date    | Meet                   |
|---------|----------------|---------|------------------------|
| 1:31.77 | Freeman, Jason | 12/1/01 | Dickinson Holiday Meet |
| 1:32.61 | Norris, Justin | 12/1/01 | Dickinson Holiday Meet |

### 800m

| Time    | Athlete          | Date    | Meet                                  |
|---------|------------------|---------|---------------------------------------|
| 1:58.93 | Rudolph, Tripp   | 2/28/09 | Landmark Championships at Susquehanna |
| 1:59.28 | Fredette, Noah   | 2/23/02 | MAC Championship at Susquehanna       |
| 2:01.88 | Hartberger, Jake | 2/28/09 | Landmark Championships at Susquehanna |
| 2:03.64 | Rumery, Shawn    | 2/17/06 | Susquehanna Open                      |
| 2:04.09 | Hoover, Eric     | 2/2/08  | WVU State Farm Shell Games            |

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**1000m**

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| <b>Time</b> | <b>Athlete</b>  | <b>Date</b> | <b>Meet</b>                   |
|-------------|-----------------|-------------|-------------------------------|
| 2:39.82     | Rudolph, Tripp  | 1/27/07     | Dickinson Winter Invitational |
| 2:42.98     | Rumery, Shawn   | 2/11/06     | Dickinson Valentine's Meet    |
| 2:43.32     | Sheaffer, Chris | 2/11/06     | Dickinson Valentine's Meet    |
| 2:43.97     | Lampert, Jeremy | 1/19/03     | Robert Morris Invitational    |
| 2:45.47     | Hoover, Jason   | 2/9/08      | Bucknell Winter Classic       |

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**Mile**

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| <b>Time</b> | <b>Athlete</b>  | <b>Date</b> | <b>Meet</b>  |
|-------------|-----------------|-------------|--|
| 4:26.75     | Hoover, Eric    | 2/23/08     | Landmark Championship at Susquehanna                 |
| 4:31.06     | Fredette, Noah  | 2/17/01     | Albright Indoor Invitational *                       |
| 4:32.58     | Vella, Mike     | 2/28/04     | MAC Championship at Susquehanna *                    |
| 4:34.57     | Rudolph, Tripp  | 2/2/08      | WVU State Farm Shell Games                           |
| 4:35.17     | Sheaffer, Chris | 2/11/06     | Dickinson Valentine's Meet<br>* Converted from 1500m |

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**3000m**

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| <b>Time</b> | <b>Athlete</b>   | <b>Date</b> | <b>Meet</b>             |
|-------------|------------------|-------------|-------------------------|
| 9:05.30     | Parker, Ceth     | 2/14/09     | Bucknell Winter Classic |
| 9:07.32     | Bailey, Matthew  | 2/9/08      | Bucknell Winter Classic |
| 9:13.37     | Chirdon, Michael | 2/17/06     | Susquehanna Open        |
| 9:16.71     | Vella, Mike      | 2/21/04     | Susquehanna Open        |
| 9:22.26     | Williams, Samuel | 2/9/08      | Bucknell Winter Classic |

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**5000m**

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| <b>Time</b> | <b>Athlete</b>   | <b>Date</b> | <b>Meet</b>                          |
|-------------|------------------|-------------|--------------------------------------|
| 15:55.78    | Bailey, Matthew  | 2/23/08     | Landmark Championship at Susquehanna |
| 16:01.92    | Chirdon, Mike    | 2/25/06     | MAC Championship at Susquehanna      |
| 16:02.24    | Fritzius, Justin | 2/25/06     | MAC Championship at Susquehanna      |
| 16:16.86    | Williams, Samuel | 2/23/08     | Landmark Championship at Susquehanna |
| 16:34.22    | Vella, Mike      | 2/18/05     | Susquehanna Open                     |

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**55m Hurdles (60 to 55 conversion: -0.54\*)**

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| <b>Time</b> | <b>Athlete</b> | <b>Date</b> | <b>Meet</b>                     |
|-------------|----------------|-------------|---------------------------------|
| 7.69        | Lehr, Dusty    | 2/23/02     | MAC Championship at Susquehanna |
| 8.11        | Beas, Ben      | 2/26/05     | MAC Championship at Susquehanna |
| 8.17        | Modak, Mark    | 2/25/06     | MAC Championship at Susquehanna |
| 8.19        | Breya, Timothy | 2/17/07     | Susquehanna Open                |
| 8.44        | Frenay, Travis | 2/14/98     | Dickinson DuCharme Relays       |

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**4x200m Relay**

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| <b>Time</b> | <b>Athletes</b>               | <b>Date</b> | <b>Meet</b>                     |
|-------------|-------------------------------|-------------|---------------------------------|
| 1:32.80     | Beas, Sier, Ondecko, Cantara  | 2/18/05     | Susquehanna Open                |
| 1:33.58     | Mort, Gray, Wolfe, Lehr       | 2/15/02     | Susquehanna Invitational        |
| 1:34.40     | Mort, Wolfe, Morris, Lehr     | 2/9/02      | F&M Iannicelli Indoor Classic   |
| 1:35.28     | Mort, Gray, Morris, Lehr      | 2/23/02     | MAC Championship at Susquehanna |
| 1:35.74     | Sier, Anderson, Ondecko, Beas | 1/29/05     | Dickinson DuCharme Invitational |

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**4x400m Relay**

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| <b>Time</b> | <b>Athletes</b>                   | <b>Date</b> | <b>Meet</b>                     |
|-------------|-----------------------------------|-------------|---------------------------------|
| 3:28.99     | Gray, Wolfe, Fredette, Beas       | 2/23/02     | MAC Championship at Susquehanna |
| 3:29.67     | Beas, Cantara, Ondecko, Anderson  | 2/26/05     | MAC Championship at Susquehanna |
| 3:33.89     | Gray, Wolfe, Fredette, Mort       | 2/15/02     | Susquehanna Invitational        |
| 3:35.05     | Rudolph, Breya, E. Hoover, Rumery | 2/17/07     | Susquehanna Open                |
| 3:35.16     | Sier, Rudolph, Modak, West        | 2/17/06     | Susquehanna Open                |

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**4x800m Relay**

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| <b>Time</b> | <b>Athletes</b>                       | <b>Date</b> | <b>Meet</b>                          |
|-------------|---------------------------------------|-------------|--------------------------------------|
| 8:09.32     | Rudolph, E. Hoover, Sheaffer, Rumery  | 2/25/06     | MAC Championship at Susquehanna      |
| 8:11.89     | J. Hoover, E. Hoover, Rumery, Rudolph | 2/23/08     | Landmark Championship at Susquehanna |
| 8:12.98     | Klena, Hartberger, Parker, Rudolph    | 2/28/09     | Landmark Championship at Susquehanna |
| 8:13.44     | Klena, Rudolph, Hartberger, Williams  | 2/21/09     | Susquehanna Open                     |
| 8:29.82     | Rudolph, J. Hoover, Bailey, Williams  | 2/16/08     | Susquehanna Open                     |

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**4x1600m Relay**

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| <b>Time</b> | <b>Athletes</b>                    | <b>Date</b> | <b>Meet</b>               |
|-------------|------------------------------------|-------------|---------------------------|
| 19:54.78    | Sheaffer, Fritzius, Vella, Chirdon | 1/24/04     | Dickinson DuCharme Relays |

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**Distance Medley Relay**

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| <b>Time</b> | <b>Athletes</b>                      | <b>Date</b> | <b>Meet</b>                          |
|-------------|--------------------------------------|-------------|--------------------------------------|
| 10:42.42    | Rumery, Rudolph, E. Hoover, Bailey   | 2/24/07     | MAC Championship at Susquehanna      |
| 10:44.08    | Rumery, Rudolph, E. Hoover, Sheaffer | 2/25/06     | MAC Championship at Susquehanna      |
| 10:47.41    | Sheaffer, Cantara, Lampert, Vella    | 2/28/04     | MAC Championship at Susquehanna      |
| 10:47.55    | Bailey, Rudolph, Williams, J. Hoover | 2/23/08     | Landmark Championship at Susquehanna |
| 10:48.73    | Rudolph, Diehl, Williams, Parker     | 2/28/09     | Landmark Championship at Susquehanna |

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**Sprint Medley Relay**

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| <b>Time</b> | <b>Athletes</b>                      | <b>Date</b> | <b>Meet</b>               |
|-------------|--------------------------------------|-------------|---------------------------|
| 3:51.42     | Mort, Szczupakowski, Wolfe, Fredette | 1/29/00     | Dickinson DuCharme Relays |
| 3:54.30     | Sier, Engle, Cantara, Lampert        | 1/24/04     | Dickinson DuCharme Relays |
| 4:04.06     | Mort, Radomsky, Wolfe, Fredette      | 2/25/00     | Slippery Rock Relays      |
| 4:12.44     | Frenay, Wagner, Wall, Ashcroft       | 2/14/98     | Dickinson DuCharme Relays |
| 4:13.56     | Ondecko, Eberly, Freeman, Chabot     | 2004        | Dickinson DuCharme Relays |

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**High Jump**

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| <b>Metric</b> | <b>Imperial</b> | <b>Athlete</b>   | <b>Date</b> | <b>Meet</b>                         |
|---------------|-----------------|------------------|-------------|-------------------------------------|
| 1.98m         | 6 - 6           | Loser, Adam      | 2/11/06     | Dickinson Valentine's Meet          |
| 1.87m         | 6 - 1.75        | Lehr, Dusty      | 3/1/03      | MAC Championship at Susquehanna     |
| 1.77m         | 5 - 9.75        | Barshinger, Chad | 1/23/99     | Lebanon Valley College Invitational |
| 1.72m         | 5 - 7.75        | Mort, Ashley     | 1/23/99     | Lebanon Valley College Invitational |
| 1.72m         | 5 - 7.75        | Hucke, Michael   | 2/17/06     | Susquehanna Open                    |

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**Long Jump**

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| <b>Metric</b> | <b>Imperial</b> | <b>Athlete</b>   | <b>Date</b> | <b>Meet</b>                          |
|---------------|-----------------|------------------|-------------|--------------------------------------|
| 6.97m         | 22' 10.5"       | Weber, Jeremy    | 12/10/04    | Dickinson Holiday Meet               |
| 6.95m         | 22' 9.75"       | Anderson, Randy  | 2/24/07     | MAC Championship at Susquehanna      |
| 6.90m         | 22' 7.75"       | Booth, Matthew   | 2/23/08     | Landmark Championship at Susquehanna |
| 6.77m         | 22' 2.25"       | Filamor, Patrick | 2/28/09     | Landmark Championship at Susquehanna |
| 6.49m         | 21' 3.5"        | Ondecko, Gary    | 2/25/06     | MAC Championship at Susquehanna      |

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**Triple Jump**

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| <b>Metric</b> | <b>Imperial</b> | <b>Athlete</b>  | <b>Date</b> | <b>Meet</b>                     |
|---------------|-----------------|-----------------|-------------|---------------------------------|
| 13.37m        | 43 - 10.5       | Booth, Matthew  | 2/11/06     | Dickinson Valentine's Meet      |
| 13.16m        | 43 - 2          | Weber, Jeremy   | 2/26/05     | MAC Championship at Susquehanna |
| 13.08m        | 42 - 11         | Anderson, Randy | 12/2/05     | Dickinson Holiday Invitational  |
| 12.53m        | 41 - 1.5        | Reppert, Wes    | 2/21/98     | Albright Invitational           |
| 12.49m        | 40 - 11.75      | Ondecko, Gary   | 12/2/05     | Dickinson Holiday Invitational  |

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**Pole Vault**

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| <b>Metric</b> | <b>Imperial</b> | <b>Athlete</b>   | <b>Date</b> | <b>Meet</b>                        |
|---------------|-----------------|------------------|-------------|------------------------------------|
| 4.42m         | 14 - 6          | Lehr, Dusty      | 1/19/02     | Dickinson DuCharme Relays          |
| 4.35m         | 14 - 3.25       | Baird, Ryan      | 2/9/08      | Bucknell Winter Classic            |
| 4.20m         | 13 - 9.5        | Miller, Shawn    | 2/15/03     | Bucknell Winter Classic            |
| 3.50m         | 11 - 6          | Schindler, James | 1/31/09     | DuCharme Invitational at Dickinson |
| 3.20m         | 10 - 6          | Hucke, Michael   | 2/25/06     | MAC Championship at Susquehanna    |

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**Shot Put**

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| <b>Metric</b> | <b>Imperial</b> | <b>Athlete</b>    | <b>Date</b> | <b>Meet</b>                     |
|---------------|-----------------|-------------------|-------------|---------------------------------|
| 13.75m        | 45 - 1.5        | Creuzberger, John | 2/24/01     | MAC Championship at Widener     |
| 13.57m        | 44 - 6.25       | Long, Jon         | 2/14/98     | Dickinson DuCharme Relays       |
| 13.33m        | 43 - 8.75       | Mazur, Kyle       | 2/24/07     | MAC Championship at Susquehanna |
| 12.87m        | 42 - 2.75       | Cole, Ben         | 2/23/02     | MAC Championship at Susquehanna |
| 12.77m        | 41 - 10.75      | Moilan, Blake     | 1/30/99     | Dickinson DuCharme Relays       |

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**Weight Throw**

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| <b>Metric</b> | <b>Imperial</b> | <b>Athlete</b>         | <b>Date</b> | <b>Meet</b>                           |
|---------------|-----------------|------------------------|-------------|---------------------------------------|
| 12.75m        | 41 - 10         | Johnson, Ryan          | 2/28/09     | Landmark Championship at Susquehanna  |
| 11.89m        | 39 - 0.25       | Boback, Jeremy         | 2/23/08     | Landmark Championship at Susquehanna  |
| 11.79m        | 38 - 8.25       | Beideman, Tommy        | 2/23/08     | Landmark Championship at Susquehanna  |
| 11.69m        | 38 - 4.25       | Cavender, Josh         | 2/28/09     | Landmark Championship at Susquehanna  |
| 8.71m         | 28 - 7          | Khoshnevisan, Mohammad | 1/21/05     | Susquehanna Orange and Maroon Classic |

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**Pentathlon**

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| <b>Score</b> | <b>Athlete</b> | <b>Date</b> | <b>Meet</b>         |
|--------------|----------------|-------------|---------------------|
| 3308         | Lehr, Dusty    | 1/31/03     | Bucknell Bison Open |
| 3020         | Frenay, Travis | 1/28/99     | Albright Pentathlon |
| 2681         | Reppert, Wes   | 2/21/98     | Albright Pentathlon |