

# BINGHAMTON UNIVERSITY ALL-TIME PERFORMANCE LIST

i - Indoor performance

c - Converted from yards

ht - Hand time

## 100 METERS

<b>Kim Williams</b>	<b>12.04</b>	<b>2006</b>	Chris Coleman	10.2ht	1989
Aniecia Modeste	12.33	2002	Alton Bowes	10.6ht	1984
Heather Tassler	12.41	2005	Kyle Jackson	10.6ht	1998
<b>Nina Minasi</b>	<b>12.43</b>	<b>2003</b>	<b>Jimmy Massar</b>	<b>10.6ht</b>	<b>2006</b>
<b>Keisha Short</b>	<b>12.4ht</b>	<b>2006</b>	<b>Joe Flucus</b>	<b>10.86</b>	<b>2006</b>
Susan Ives	12.71	1991	George Archie	10.7htc	1971
Nathaalie Maxwell	12.80	2000	Mike Roux	10.97	1992
Melisa Clarke	12.92	1999	Omar Eldakar	10.99	1999
Melissa Rose	12.93	1980	Richard Griffiths	10.99	2000
Sherie Forbes	12.7ht	1991	Arthur Evans	10.8ht	1988
Gail Fox	12.7ht	1994	Colin Lord	10.8ht	1992

## 200 METERS

<b>Kim Williams</b>	<b>24.48</b>	<b>2006</b>	<b>Joe Flucus</b>	<b>21.62</b>	<b>2005</b>
Heather Tassler	25.21	2005	Jewdyer Osborne	21.85	1997
Aniecia Modeste	25.33	2002	Omar Eldakar	21.87	1999
<b>Keisha Short</b>	<b>25.42</b>	<b>2006</b>	Mike Roux	21.94	1992
Tania Wilson	25.69	1990	George Archie	21.7htc	1971
Larisa Least	25.78	2002	John Ceconi	21.7htc	1965
Susan Ives	25.79	1991	Chris Coleman	21.7ht	1989
Nathalee McKenzie	25.86i	2002	<b>Jimmy Massar</b>	<b>22.07</b>	<b>2006</b>
Kate Mullins (Zanot)	25.92	1999	Brian Hamilton	22.26	1999
Monique Hacker	26.49	1998	Stefan Moorhead	22.27	1999

## 400 METERS

Aniecia Modeste	56.77	2000	Omar Eldakar	48.37	1999
<b>Keisha Short</b>	<b>57.29</b>	<b>2006</b>	Jon Kobrick	48.37	1998
Larisa Least	57.33i	2003	<b>Jimmy Massar</b>	<b>48.47</b>	<b>2006</b>
<b>Dayna Johnson</b>	<b>57.73</b>	<b>2005</b>	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>Kim Williams</b>	<b>59.2ht</b>	<b>2006</b>	Shawn Miley	49.19	1995
Marie Lloyd	59.3ht	2002	George Archie	49.2htc	1971
Freddie Triback	59.68	1994	Mike Tumbarello	49.2ht	1990
Karisa Heisler	59.88i	2004	Mike Roux	49.45	1993

## 800 METERS

<b>Joy Romulus</b>	<b>2:15.26</b>	<b>2003</b>	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	Henry Shuford	1:54.1htc	1971
Dani Riordan	2:17.01	2000	James Jeter	1:54.2ht	1977
<b>Mary Tursi</b>	<b>2:19.55</b>	<b>2004</b>	Travis Von Staden	1:54.55	2002
Betsy Towlson	2:20.3ht	1978	Mark Sittler	1:54.75	1983
Terry Fisenne	2:20.8ht	1982	John Dugan	1:54.87	1993
Kate Mullins (Zanot)	2:21.98	2002	Kevin Kirk	1:55.38	2000
Jocelyn Seybold	2:22.0ht	1984	Gary Wallace	1:55.2htc	1970

### 1500 METERS

Sarah Bunting	4:36.88i	1996	Matt Dresser	3:54.8ht	2002
Alice Willis	4:37.47	1985	Ben Hefferon	3:56.14	1996
Jocelyn Seybold	4:39.77	1986	Chris Craig	3:56.51	1984
Lindsey Bohrer-Yardley	4:40.71	2004	<b>Dan Jordy</b>	<b>3:58.36</b>	<b>2006</b>
<b>Kathryn Murnane</b>	<b>4:41.32</b>	<b>2006</b>	Jose Martinez	3:58.8ht	1980
Kristin Tschinkel	4:46.22	1991	Seth Lane	3:59.3ht	1989
<b>Stacy Kramer</b>	<b>4:46.27</b>	<b>2005</b>	Steve Reese	3:59.3ht	2003
Susie Briggs	4:46.78i	1995	Mark Raybuck	4:00.3ht	1980
Leigh Gantner	4:47.49i	1998	Paul Mucci	4:00.6htc	1973
Jeanne Williams	4:47.4ht	1984	Gary Wallace	4:00.6htc	1970

### 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
<b>Stacy Kramer</b>	<b>10:08.90i</b>	<b>2006</b>
<b>Erica Angell</b>	<b>10:10.88i</b>	<b>2005</b>
Sarah Bunting	10:15.90	1996
<b>Kathryn Murnane</b>	<b>10:18.54i</b>	<b>2004</b>
Jo Ann Burrell	10:25.21i	1981
Lauren Tuchband	10:26.20i	2002

### 3000 STEEPLECHASE

John Luther	9:24.9ht	1979
Jon Lentino	9:35.37	2000
<b>Prahlad Genung</b>	<b>9:36.50</b>	<b>2005</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
Mike Olson	9:51.08	1987
Peter Chambers	9:56.2ht	2002
Chris Greenlee	10:05.82	1995

### 5000 METERS

<b>Katie Radzik</b>	<b>17:04.34i</b>	<b>2006</b>
Alice Willis	17:07.1ht	1985
<b>Erica Angell</b>	<b>17:13.83</b>	<b>2005</b>
<b>Stacy Kramer</b>	<b>17:27.62</b>	<b>2005</b>
Lindsey Bohrer-Yardley	17:47.02i	2004
Jo Ann Burrell	17:56.0htc	1981
Lauren Tuchband	18:11.79	2002
Kim Berlin	18:17.26	1989
Kristine Kirk	18:17.68	1994
Leigh Gantner	18:24.56	1999

Art Gunther	14:24.85	1992
Bob Daniels	14:37.0htc	1976
Kurt Kroemer	14:59.0hti	1983
Don Patrick	14:59.0ht	1983
Jim Head	15:05.81	2001
Mark Raybuck	15:07.1htc	1979
John Luther	15:09.2i	1980
Tom Fusco	15:10.1htc	1977
Ben Hefferon	15:14.12	1996
Gary Wallace	15:20.6htc	1972

### 10000 METERS

<b>Erica Angell</b>	<b>35:57.09</b>	<b>2005</b>
<b>Katie Radzik</b>	<b>37:07.67</b>	<b>2006</b>
Lauren Tuchband	38:16.43	2002
Kristine Kirk	38:29.0ht	1994
Kim Berlin	38:36.30	1991
Allison Furey	39:35.30	2004
Lisa Kemmerer	39:49.91	2003
Nadine Steinberger	40:02.12	1991
Ann Marie Walker	40:05.17	1993
Tricia Rosario	40:33.55	1996

Art Gunther	30:14.99	1992
Bob Daniels	30:45.3htc	1976
Cliff Bills	31:11.7ht	1980
Bill McMullen	31:36.7htc	1977
John Luther	31:47.2htc	1979
Kurt Kroemer	32:04.36	1983
Ken McPherson	32:16.84	1998
Mike Kent	32:20.61	1997
Jim Head	32:26.45	2001
Travis Bashaw	32:30.04	2001

### 100/110 HURDLES

Monique Hacker	14.32	1997
Nathalee McKenzie	14.53	2002
Kate Mullins (Zanot)	14.59	1999
Jamila Glean	14.80	2003
Crystal Joseph	15.84	1986
Lori Rogoff	15.88	1993
Jessica Picha	15.92	2005
Jeanne Nolan	15.96	1986
Lisa Diachenko	15.8ht	1988
MaryAnn San Miguel	16.13	1991

Jewdyer Osborne	14.19	1998
<b>Rory Quiller</b>	<b>14.42</b>	<b>2005</b>
<b>Adam Goldberg</b>	<b>14.77</b>	<b>2005</b>
Neil Case	14.86	2004
<b>Hasani Hampden</b>	<b>15.01</b>	<b>2006</b>
Ed DeMattia	14.9ht	1991
Rob Daher	15.14	1999
Joe Michalski	15.37	1998
Andy Witlin	15.40	1983
Dan Franklin	15.4ht	1991

			Jon Gibraltar	15.4ht	1977
			Jim Skorney	15.4ht	1974
<b>400 HURDLES</b>			<b>Hasani Hampden</b>	<b>52.10</b>	<b>2006</b>
Kate Mullins (Zanot)	1:03.69	1999	Neil Case	52.52	2005
Nathalee McKenzie	1:04.37	2002	Mike Stewart	52.88	2004
Betsy Towlson	1:04.3ht	1981	Joe Michalski	52.95	1998
Karisa Heisler	1:04.84	2004	Jim Skorney	54.4htc	1974
Marie Lloyd	1:04.86	2003	Brian Alm	55.14	1993
MaryAnn San Miguel	1:05.84	1991	Brian Faber	55.14	1983
<b>Jaime Stitt</b>	<b>1:06.14</b>	<b>2006</b>	Keith Beck	55.82	1998
Darielle Olicker	1:06.3ht	1983	Dave Wallace	56.0ht	1980
Willa Payne	1:06.44	2003	Rob Daher	56.30	2000
Jessica Picha	1:06.67	2005			

### LONG JUMP

<b>Dayna Johnson</b>	<b>18-11 1/4</b>	<b>2005</b>	Brian Hamilton	24-3 ½	1999
Nathalee McKenzie	18-9 1/4i	2000	Paul Rosenkrantz	23-10 ¼	1995
Monique Hacker	18-5	1998	Jamaine Green	23-3 ¼i	1992
Marie Lloyd	18-4 1/4i	2002	Rafiq Umar	22-9 1/4i	2004
Tracey Jamieson	18-1 ½i	1981	Mike Roux	22-5 ¾	1992
Nathaalie Maxwell	18-0 1/4	2000	Jon Kobrick	22-3	1998
Monisha Mealing	17-11 1/2	2003	Robert Collins	22-2i	1984
<b>Jessica Nye</b>	<b>17-8 3/4</b>	<b>2003</b>	Jon Gibraltar	22-1	1976
Kate Mullins (Zanot)	17-7	2001	Robert Jones	22-1	1989
<b>Cassie Harris</b>	<b>17-7</b>	<b>2006</b>	<b>Hasani Hampden</b>	<b>21-11 3/4i</b>	<b>2006</b>

### TRIPLE JUMP

Monique Hacker	41-8 ½i	1998	Don Smith	47-7	1986
<b>Dayna Johnson</b>	<b>40-6 1/4i</b>	<b>2005</b>	Brian Hamilton	46-0 ¼i	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>Jessica Nye</b>	<b>37-1 3/4</b>	<b>2005</b>	Glen Roche	45-5 3/4i	2005
Jamila Glean	36-2 3/4i	2001	George Archie	45-1 ½	1971
Nathaalie Maxwell	36-2	1999	Rob Hesketh	44-3 ½	1992
Nathalee McKenzie	36-1 1/4	2002	Frank Appell	44-2 ½	1968
<b>Jazelle Mealing</b>	<b>35-8 1/2i</b>	<b>2006</b>	James Bellew	44-1 1/2	2003
Angela Crawford	34-11 1/4i	2004	Mike Joseph	44-1 1/2i	2003

### HIGH JUMP

Crystal Joseph	5-7	1986	Daye Kaba	6-9	1997
Lindsay Warren	5-6i	2005	<b>Luke Shafer</b>	<b>6-9i</b>	<b>2004</b>
Tracey Canino	5-5i	1995	<b>Nick Tillman</b>	<b>6-9</b>	<b>2003</b>
Monique Hacker	5-5	1999	<b>Adam Goldberg</b>	<b>6-8i</b>	<b>2004</b>
<b>Aja Phipps</b>	<b>5-5</b>	<b>2006</b>	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>2006</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	<b>Hasani Hampden</b>	<b>6-6 1/4i</b>	<b>2005</b>
<b>Dayna Johnson</b>	<b>5-2 1/2</b>	<b>2006</b>	Chris Alliegro	6-6i	1982
Melissa Rose	5-2	1980	Glen Baietti	6-6	1994

## POLE VAULT

Kate Zanut	12-3 1/2i	2002	<i>Rory Quiller</i>	17-6 1/2i	2005
<i>Jaime Stitt</i>	11-11 3/4	2006	Jason Gianotti	16-2 3/4	2000
<i>Katie Wilmer</i>	11-9 3/4i	2006	<i>Kris Yelverton</i>	15-9	2006
Lindsay Warren	11-5 3/4	2005	John DeMatteo	15-7	1997
<i>Lindsay Pine</i>	10-10i	2006	<i>Ryan VanHalle</i>	15-3 1/2	2006
Kate Williams	10-10	2003	Alex Berardi	15-3i	2005
<i>Sara Hoffman</i>	10-4i	2006	<i>Mike Ksionzyk</i>	15-3i	2006
<i>Carly Gross</i>	10-4i	2006	Matt Robinson	15-0 1/4	1997
Rebecca Goldstein	10-4i	2004	<i>Andy Kirsch</i>	14-11 1/2	2003
Erlynn Berg	10-0	2003	Jon Kobrick	14-7	1999

## SHOT PUT

Sharon Quinn	43-6 3/4	1980	<i>Kevin Hall</i>	51-3 3/4	2006
Laura Yelverton	40-8 3/4i	2002	Mike Ventura	50-8i	1995
Karen Hand	39-8 3/4	1981	Mark Winker	50-6 3/4	1996
Brenda Ribarich	36-3 1/2	1985	Gabe Fletcher	50-2 3/4i	2002
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	<i>Justin Halleck</i>	45-4 1/4	2006
Kelly Parry	34-7 1/2	2003	<i>Paddy Hennessy</i>	44-5 1/2i	2006
Kate Zanut	34-4 3/4	2002	John Pavlak	44-0 1/2	1989

## 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	Steven Reynolds	151-4	1979
Karen Hand	117-3 3/4	1981	Gabe Fletcher	150-1	2004
Julie Dermeyer	109-6	1990	Jared Ketchuck	144-3	2003
Sharon Quinn	108-9 1/2	1980	<i>Ben Babcock</i>	143-2	2006
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	<i>Justin Halleck</i>	137-10	2006
Theresa Juhase	96-4	1991	<i>Paddy Hennessy</i>	134-11	2004

## HAMMER

Christine Iannello	156-4	1997	<i>Paddy Hennessy</i>	189-2	2006
Marisa Yelverton	144-5	2001	Andrew Cloud	178-7	2004
Laura Yelverton	137-6	2003	Gabe Fletcher	177-0	2004
Bronwyn Wilke	137-2	1995	Jared Ketchuck	171-8	2005
Kelly Parry	122-0	2003	<i>Justin Halleck</i>	167-10	2006
Kara Lazarus	118-6	1998	<i>Kevin Hall</i>	164-10	2006
Eva Oberdoerster	116-5	1992	Mark Winker	160-4	1996
Tanya Hanke	111-6	2000	Matty Fuchs	158-9	2002
Kristen Mihalik	93-4	1996	Steve Koren	155-8 1/2	1988
Mary Beth Keane	91-9	1996	<i>Ben Babcock</i>	150-7	2006

## JAVELIN

\*\* = old rule javelin

Kate Mullins (Zanut)	125-5	2001	Mike Ventura	207-11	1994
Sharon Eisenstein	123-2**	1992	Keith Beck	181-4	1997
Heather Horan	103-8**	1993	Jerold Bogartz	180-0**	1967
Lauren Caiaccia	102-9**	1997	Jack Kulits	176-7**	1983
Karen Hand	101-8**	1981	Mike Grinnell	176-10 1/2**	1976
Caroline Brady	100-5**	1997	Justin Stein	173-6	1993
Sharon Quinn	98-6**	1980	Dave Klepeis	171-5	2000
Bronwyn Wilke	97-6**	1994	John Pavlak	166-6	1990
Dawn Moore	96-1**	1983	Paul Figura	166-1**	1971
Tracey Canino	88-11**	1995	Scott Frail	160-10 1/2**	1985

#### 4x100

<b>Goldberg, DePaola, Case, Flucus</b>	<b>41.93</b>	<b>2005</b>
Evans, Cluck, Stuerken, Coleman	41.98	1989
Hamilton, Jackson, Moorhead, Osborne	42.18	1998
Hamilton, Eldakar, Moorhead, Kobrick	42.54	1999
<b>Goldberg, Massar, Hampden, Flucus</b>	<b>42.54</b>	<b>2006</b>
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
Roux, Lord, Krill, Tumbarello	42.6ht	1992
Glean, Least, McKenzie, Modeste	47.4ht	2001
<b>Johnson, Minasi, Short, Tassler</b>	<b>47.69</b>	<b>2005</b>
<b>Johnson, Minasi, Short, Williams</b>	<b>48.22</b>	<b>2006</b>
Glean, Minasi, Lloyd, Tassler	48.45	2003
Hacker, Mullins, Clarke, Maxwell	49.13	1999
<b>Johnson, Mealing, Short, Williams</b>	<b>49.33</b>	<b>2006</b>
Glean, Mullins, Maxwell, Modeste	49.37	2000
Glean, Mullins, McKenzie, Modeste	49.49	2001
<b>Payne, Minasi, Heisler, Tassler</b>	<b>49.52</b>	<b>2004</b>
Fox, Perez, Green, Forbes	49.3ht	1992

#### 4x400

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
<b>Case, DePaola, Flucus, Hampden</b>	<b>3:17.86i</b>	<b>2005</b>
Eldakar, Savinon, Stewart, Reese	3:18.14	2002
Alm, Krill, Dugan, Roux	3:18.55	1993
Garvin, Cohen, Higgins, Sittler	3:19.90	1981
<b>DePaola, Massar, Flucus, Hampden</b>	<b>3:20.49i</b>	<b>2006</b>
<b>Short, Johnson, Romulus, Williams</b>	<b>3:50.44</b>	<b>2006</b>
Modeste, Lloyd, Least, McKenzie	3:53.03	2002
Modeste, Least, Maxwell, Mullins	3:53.74	2000
<b>Heisler, Romulus, Johnson, Short</b>	<b>3:53.76</b>	<b>2005</b>
Modeste, Least, Maxwell, Lloyd	3:55.61	2000
<b>Short, Romulus, Stitt, Williams</b>	<b>3:56.48</b>	<b>2006</b>
Modeste, Mullins, Least, McKenzie	3:56.55	2002
<b>Johnson, Picha, Burke, Short</b>	<b>3:56.84i</b>	<b>2005</b>
<b>Heisler, Stitt, Romulus, Least</b>	<b>3:57.79</b>	<b>2004</b>
<b>Heisler, Tursi, Least, Romulus</b>	<b>3:58.58</b>	<b>2004</b>

#### DECATHLON/HEPTATHLON

Kate Mullins (Zanot)	4589	2001	Keith Beck	6461	1998
<b>Dayna Johnson</b>	<b>4286</b>	<b>2006</b>	Jon Kobrick	6450	1998
Tracey Canino	3951	1995	<b>Rory Quiller</b>	<b>6450</b>	<b>2004</b>
Monique Hacker	3928	1998	<b>Nick Tillman</b>	<b>5962</b>	<b>2006</b>
Heather Horan	3775	1992	Mike Roux	5819	1992
Lisa Diachenko	3715	1985	Joe Michalski	5746	1998
Monisha Mealing	3660	2005	<b>Mike Ksionzyk</b>	<b>5588</b>	<b>2006</b>
Willa Payne	3586	2005	Matt Nolan	5392	2003
Amanda Fisk	3445	1996	<b>Chris Iannone</b>	<b>5148</b>	<b>2006</b>
Caroline Brady	3361	1996			