

## Individual Top Marks Indoors Only

Marks since: 01-Jul-05 Times until: 30-Jun-06

College of William and Mary [W&amp;M]

Number of Top Times: All

	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr		
<b>Men 60m Dash</b>									
1	7.14		F	2	---	*I Justin Benabdallah	2/3/2006	Vince Brown Invitational	
2*	7.16		P	2	---	*I Justin Benabdallah	1/28/2006	Patriot Games	
2*	7.16		F	4	---	*I Justin Benabdallah	1/28/2006	Patriot Games	
4	7.18		P	10	---	*I Justin Benabdallah	1/20/2006	CNU Invitational	
5	7.19		P	19	---	*I Justin Benabdallah	2/17/2006	Virginia Tech Challenge	
6	7.24		P	4	---	*I Justin Benabdallah	2/3/2006	Vince Brown Invitational	
7	7.27		P	30	---	*I Justin Benabdallah	2/11/2006	Carolina Classic	
8	7.33		F	7	---	*I Steve Nichols	2/18/2006	Collegiate Open	
9	7.38		P	10	---	*I Steve Nichols	2/3/2006	Vince Brown Invitational	
10	7.41		P	12	---	*I Brandon Evans	2/3/2006	Vince Brown Invitational	
11	7.46		P	11	---	*I Brandon Evans	1/28/2006	Patriot Games	
12	7.58		P	8	---	*I Steve Nichols	2/18/2006	Collegiate Open	
<b>Men 200m Dash</b>									
1	22.65		F	22	---	*I Justin Benabdallah	2/17/2006	Virginia Tech Challenge	
2	22.76		F	1	---	*I Justin Benabdallah	1/28/2006	Patriot Games	
3	22.99		F	7	---	*I Justin Benabdallah	12/4/2005	CNU Lidlifter	
4	23.02		F	3	---	*I Justin Benabdallah	1/20/2006	CNU Invitational	
5	23.11		F	18	---	*I Justin Benabdallah	2/11/2006	Carolina Classic	
6*	24.13		F	9	---	*I Brian Wilber	2/18/2006	Collegiate Open	
6*	24.13		F	7	---	*I Doug Zimmer	1/7/2006	Father Diamond Invitational	
8	24.46		F	28	---	*I Brian Wilber	12/4/2005	CNU Lidlifter	
9	24.72		F	22	---	*I Steve Nichols	2/3/2006	Vince Brown Invitational	
10	25.47		F	37	---	*I Justin Zamorski	12/4/2005	CNU Lidlifter	
<b>Men 400m Dash</b>									
1	52.73		F	9	---	*I Brian Wilber	1/28/2006	Patriot Games	
2	52.87		F	21	---	*I Brian Wilber	2/11/2006	Carolina Classic	
3	52.91		F	8	---	*I Brian Wilber	2/3/2006	Vince Brown Invitational	
4	53.03		F	8	---	*I Brandon Evans	2/18/2006	Collegiate Open	
5	54.91		F	27	---	*I Brian Wilber	12/4/2005	CNU Lidlifter	
6	54.97		F	18	---	*I Brandon Evans	2/3/2006	Vince Brown Invitational	
7	1:00.19		F	37	---	*I Mallory Abney	12/4/2005	CNU Lidlifter	
8	1:02.19		F	18	---	*I Brandon Evans	1/28/2006	Patriot Games	
<b>Men 800m Run</b>									
1	1:51.77		F	6	3	*I Matt Warco	3/4/2006	IC4A Championships	
2	1:52.13		F	1	---	*I Matt Warco	1/28/2006	Patriot Games	
3	1:52.82		P	6	---	*I Matt Warco	3/4/2006	IC4A Championships	
4	1:54.05		F	6	---	*I Matt Wolak	1/28/2006	Patriot Games	
5	1:55.16		F	2	---	*I Ryan Jones	2/4/2006	Carolina Invitational	
6	1:55.83		F	7	---	*I Ryan Jones	1/28/2006	Patriot Games	
7	1:55.99		F	2	---	*I Ryan Jones	2/18/2006	Collegiate Open	
8	1:58.07		F	8	---	*I David Groff	1/28/2006	Patriot Games	
9	2:00.58		F	5	---	*I Spencer Kirk	2/18/2006	Collegiate Open	
10	2:04.67		F	10	---	*I Sean Anastasia-Murphy	2/18/2006	Collegiate Open	
<b>Men 1000m Run</b>									
1	2:27.82		P	12	---	*I David Groff	3/4/2006	IC4A Championships	
2	2:28.35		F	1	---	*I Matt Warco	2/18/2006	Collegiate Open	
3	2:29.07		F	2	---	*I David Groff	2/18/2006	Collegiate Open	
<b>Men 3000m Run</b>									
1	8:20.33		F	1	---	*I Ian Fitzgerald	2/18/2006	Collegiate Open	

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	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr		
2	8:21.00		F	2	---	*I Matt Keally	2/18/2006	Collegiate Open	
3	8:23.49		F	1	---	*I Matt Keally	1/28/2006	Patriot Games	
4	8:31.78		F	2	---	*I Anthony Arena	1/28/2006	Patriot Games	
5	8:34.46		F	3	---	*I James Picard	1/28/2006	Patriot Games	
6	8:38.61		F	5	---	*I Steve Hoogland	1/28/2006	Patriot Games	
7	8:39.84		F	3	---	*I Karl Lang	2/4/2006	Carolina Invitational	
8	8:40.74		F	4	---	*I Colin Leak	2/4/2006	Carolina Invitational	
9	8:43.49		F	7	---	*I Dave Mock	1/28/2006	Patriot Games	
10	8:46.77		F	1	---	*I Harry Miller	2/3/2006	Vince Brown Invitational	
11	8:48.71		F	8	---	*I Joel Parker	2/4/2006	Carolina Invitational	
12	8:49.96		F	2	---	*I Dan MacKay	2/3/2006	Vince Brown Invitational	
13	8:51.13		F	3	---	*I Drew Midland	2/3/2006	Vince Brown Invitational	
14	8:53.54		F	1	---	*I Mike Dominguez	1/20/2006	CNU Invitational	
15	8:53.64		F	11	---	*I Mike Dominguez	2/4/2006	Carolina Invitational	
16	8:53.69		F	12	---	*I Rob Dennis	2/4/2006	Carolina Invitational	
17	8:54.83		F	2	---	*I Drew Midland	1/20/2006	CNU Invitational	
18	8:55.69		F	5	---	*I Andrew Press	2/3/2006	Vince Brown Invitational	
19	8:58.33		F	6	---	*I Steve Waite	2/3/2006	Vince Brown Invitational	
20	9:01.12		F	3	---	*I Andrew Press	1/20/2006	CNU Invitational	
21	9:06.94		F	8	---	*I Spencer Kirk	2/3/2006	Vince Brown Invitational	
22	9:08.01		F	9	---	*I Chris Katilie	2/3/2006	Vince Brown Invitational	
23	9:08.46		F	20	---	*I Charlie Swartz	2/4/2006	Carolina Invitational	
24	9:10.13		F	11	---	*I Jason Tiezzi	2/3/2006	Vince Brown Invitational	
25	9:21.16		F	9	---	*I David Hryvniak	1/20/2006	CNU Invitational	
26	9:22.42		F	15	---	*I Cabell Rosanelli	2/3/2006	Vince Brown Invitational	
<b>Men 5000m Run</b>									
1	14:13.08		F	3	6	*I Ian Fitzgerald	3/4/2006	IC4A Championships	
2	14:17.53		F	2	---	*I Ian Fitzgerald	12/3/2005	Liberty Kickoff	
3	14:17.72		F	5	4	*I Matt Keally	3/4/2006	IC4A Championships	
4	14:26.75		F	7	2	*I Dave Mock	3/4/2006	IC4A Championships	
5	14:30.36		F	12	---	*I Anthony Arena	3/4/2006	IC4A Championships	
6	14:31.08		F	13	---	*I Colin Leak	3/4/2006	IC4A Championships	
7	14:34.04		F	3	---	*I Matt Keally	12/3/2005	Liberty Kickoff	
8	14:35.44		F	1	---	*I Dave Mock	2/18/2006	Collegiate Open	
9	14:35.58		F	2	---	*I Steve Hoogland	2/18/2006	Collegiate Open	
10	14:35.79		F	3	---	*I Colin Leak	2/18/2006	Collegiate Open	
11	14:41.76		F	4	---	*I Anthony Arena	2/18/2006	Collegiate Open	
12	14:49.21		F	4	---	*I Keith Bechtol	12/3/2005	Liberty Kickoff	
13	14:50.45		F	5	---	*I Anthony Arena	12/3/2005	Liberty Kickoff	
14	14:54.90		F	5	---	*I Joel Parker	2/18/2006	Collegiate Open	
15	14:56.49		F	6	---	*I Dan MacKay	2/18/2006	Collegiate Open	
16	14:58.12		F	8	---	*I Sean Anastasia-Murphy	12/3/2005	Liberty Kickoff	
17	14:58.71		F	25	---	*I Steve Hoogland	3/4/2006	IC4A Championships	
18	14:59.64		F	9	---	*I James Picard	12/3/2005	Liberty Kickoff	
19	14:59.82		F	7	---	*I Karl Lang	2/18/2006	Collegiate Open	
20	15:11.90		F	11	---	*I Mike Dominguez	12/3/2005	Liberty Kickoff	
21	15:12.62		F	8	---	*I Rob Dennis	2/18/2006	Collegiate Open	
22	15:21.39		F	12	---	*I Rob Dennis	12/3/2005	Liberty Kickoff	
23	15:24.35		F	13	---	*I Karl Lang	12/3/2005	Liberty Kickoff	
24	15:38.23		F	10	---	*I Dan Nally	2/18/2006	Collegiate Open	
<b>Men 1 Mile Run</b>									
1	4:09.95		P	7	---	*I Matt Wolak	3/4/2006	IC4A Championships	

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2	4:10.14		F	4	5	*I Matt Wolak		3/4/2006 IC4A Championships
3	4:13.83		F	1	---	*I Ian Fitzgerald		1/28/2006 Patriot Games
4	4:14.00		F	1	---	*I Matt Wolak		2/18/2006 Collegiate Open
5	4:14.63		F	1	---	*I Matt Wolak		2/4/2006 Carolina Invitational
6	4:16.18		F	1	---	*I Matt Wolak		1/20/2006 CNU Invitational
7	4:18.63		F	3	---	*I Matt Warco		2/4/2006 Carolina Invitational
8	4:19.18		F	2	---	*I Bryce Wilk		1/20/2006 CNU Invitational
9	4:19.72		F	3	---	*I Matt Warco		1/20/2006 CNU Invitational
10	4:19.87		F	4	---	*I David Groff		1/20/2006 CNU Invitational
11	4:20.12		F	4	---	*I David Groff		2/4/2006 Carolina Invitational
12	4:21.14		F	5	---	*I Ryan Jones		1/20/2006 CNU Invitational
13	4:23.06		F	1	---	*I David Groff		12/3/2005 Liberty Kickoff
14	4:24.46		F	7	---	*I Rob Dennis		1/20/2006 CNU Invitational
15	4:25.84		F	8	---	*I Charlie Swartz		1/20/2006 CNU Invitational
16	4:26.46		F	8	---	*I Dave Mock		2/4/2006 Carolina Invitational
17	4:26.74		F	8	---	*I Sean Anastasia-Murphy		1/28/2006 Patriot Games
18	4:30.79		F	10	---	*I Steve Waite		1/20/2006 CNU Invitational
19	4:32.02		F	13	---	*I David Murphy		2/4/2006 Carolina Invitational
20	4:33.80		F	4	---	*I Harry Miller		2/18/2006 Collegiate Open
21	4:34.39		F	11	---	*I Cabell Rosanelli		1/20/2006 CNU Invitational
22	4:39.06		F	13	---	*I Chris Katilie		1/20/2006 CNU Invitational
<b>Men 60m Hurdles</b>								
1	9.35		F	8	---	*I Doug Zimmer		1/7/2006 Father Diamond Invitational
2	9.41		F	21	---	*I Doug Zimmer		12/4/2005 CNU Lidlifter
3	9.76		P	12	---	*I Doug Zimmer		1/20/2006 CNU Invitational
4	10.99		P	17	---	*I Doug Zimmer		1/28/2006 Patriot Games
<b>Men High Jump</b>								
1*	1.93m	6-04.00	F	10	---	*I Brandon Evans		2/11/2006 Carolina Classic
1*	1.93m	6-04.00	F	4	---	*I Cam Shriver		12/4/2005 CNU Lidlifter
3	1.91m	6-03.25	F	2	---	*I Cam Shriver		1/28/2006 Patriot Games
4*	1.90m	6-02.75	F	2	---	*I Cam Shriver		1/20/2006 CNU Invitational
4*	1.90m	6-02.75	F	2	---	*I Cam Shriver		2/18/2006 Collegiate Open
6	1.88m	6-02.00	F	3	---	*I Cam Shriver		2/3/2006 Vince Brown Invitational
7	1.86m	6-01.25	F	4	---	*I Doug Zimmer		1/7/2006 Father Diamond Invitational
8	1.82m	5-11.50	F	8	---	*I Doug Zimmer		12/4/2005 CNU Lidlifter
9	1.80m	5-10.75	F	6	---	*I Doug Zimmer		1/20/2006 CNU Invitational
<b>Men Pole Vault</b>								
1	4.26m	13-11.75	F	2	---	*I Justin Zamorski		2/3/2006 Vince Brown Invitational
2*	4.11m	13-05.75	F	5	---	*I Nathan Chubb		2/3/2006 Vince Brown Invitational
2*	4.11m	13-05.75	F	2	---	*I Nathan Chubb		12/4/2005 CNU Lidlifter
4*	3.96m	12-11.75	F	4	---	*I Justin Zamorski		1/20/2006 CNU Invitational
4*	3.96m	12-11.75	F	3	---	*I Justin Zamorski		12/4/2005 CNU Lidlifter
6	3.50m	11-05.75	F	7	---	*I Doug Zimmer		1/20/2006 CNU Invitational
<b>Men Long Jump</b>								
1	6.40m	21-00.00	F	6	---	*I Doug Zimmer		1/7/2006 Father Diamond Invitational
<b>Men Shot Put</b>								
1	15.98m	52-05.25	F	11	---	*I Aaron Mitchell		3/4/2006 IC4A Championships
2	15.51m	50-10.75	F	1	---	*I Aaron Mitchell		2/3/2006 Vince Brown Invitational
3	12.65m	41-06.00	F	7	---	*I Tom Mulcahy		2/3/2006 Vince Brown Invitational