
Individual Top Marks Indoors Only

Marks since: 01-Jul-12 Times until: 30-Jun-13

College of William and Mary [W&M]

Number of Top Times: All

	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr	
Men 200m Dash								
1	22.21		F	6	---	Bob Smutsky	2/15/2013	Virginia Tech Challenge
2	22.32		P	39	---	Bob Smutsky	3/2/2013	IC4A Championships
3*	22.57		F	5	---	Bob Smutsky	1/26/2013	Wes Brown Invitational
3*	22.57		F	2	---	Bob Smutsky	2/8/2013	Lafayette/Rider Winter Games
5	24.53		F	17	---	Paul Wahlman	1/20/2013	CNU Captain's Invitational
6	25.08		F	21	---	Jomar Aryee	1/20/2013	CNU Captain's Invitational
7	25.13		F	61	---	Jomar Aryee	12/8/2012	CNU Holiday Open
Men 400m Dash								
1	50.88		F	11	---	Bob Smutsky	2/15/2013	Virginia Tech Challenge
2	51.72		F	22	---	Bob Smutsky	12/1/2012	Navy Invitational
3	51.79		F	23	---	Mark Moran	12/1/2012	Navy Invitational
4	51.94		F	9	---	Bob Smutsky	1/20/2013	CNU Captain's Invitational
5	52.24		F	17	---	Paul Wahlman	2/15/2013	Virginia Tech Challenge
6	52.95		F	8	---	Paul Wahlman	1/26/2013	Wes Brown Invitational
7	53.76		F	9	---	Jomar Aryee	1/26/2013	Wes Brown Invitational
8	54.01		F	35	---	Paul Wahlman	12/1/2012	Navy Invitational
9	54.34		F	17	---	Paul Wahlman	1/20/2013	CNU Captain's Invitational
10	54.65		F	19	---	Jomar Aryee	1/20/2013	CNU Captain's Invitational
Men 500m Dash								
1	1:05.39		F	5	---	Mark Moran	2/8/2013	Lafayette/Rider Winter Games
2	1:08.50		F	12	---	Jomar Aryee	2/8/2013	Lafayette/Rider Winter Games
Men 600m Dash								
1	1:24.55		F	9	---	Ricky Cappetta	2/15/2013	Virginia Tech Challenge
2	1:25.19		F	11	---	David Gunnerson	2/15/2013	Virginia Tech Challenge
3	1:26.69		F	13	---	Jomar Aryee	2/15/2013	Virginia Tech Challenge
4	1:27.22		F	9	---	Jomar Aryee	12/8/2012	CNU Holiday Open
5	1:28.37		F	11	---	Paul Wahlman	12/8/2012	CNU Holiday Open
6	1:32.06		F	14	---	Bob Smutsky	12/8/2012	CNU Holiday Open
Men 800m Run								
1	1:54.28		F	11	---	Mark Moran	2/15/2013	Virginia Tech Challenge
2	1:58.25		F	11	---	David Gunnerson	1/26/2013	Wes Brown Invitational
3	1:58.28		F	22	---	David Gunnerson	2/15/2013	Virginia Tech Challenge
4	1:59.63		F	5	---	Mark Moran	1/20/2013	CNU Captain's Invitational
5	2:01.52		F	5	---	David Gunnerson	12/8/2012	CNU Holiday Open
6	2:02.05		F	7	---	Ian MacFawn	12/8/2012	CNU Holiday Open
7	2:03.75		F	15	---	Mark Moran	1/26/2013	Wes Brown Invitational
8	2:04.51		F	21	---	Jomar Aryee	12/1/2012	Navy Invitational
9	2:07.59		F	16	---	Ricky Cappetta	1/26/2013	Wes Brown Invitational
Men 1000m Run								
1	2:30.48		F	3	---	Ricky Cappetta	2/8/2013	Lafayette/Rider Winter Games
2	2:31.58		F	4	---	David Gunnerson	2/8/2013	Lafayette/Rider Winter Games
3	2:31.85		F	11	---	David Barney	2/15/2013	Virginia Tech Challenge
4	2:33.68		F	1	---	Ricky Cappetta	1/20/2013	CNU Captain's Invitational
5	2:34.40		F	2	---	David Gunnerson	1/20/2013	CNU Captain's Invitational
6	2:35.01		F	4	---	David Barney	1/20/2013	CNU Captain's Invitational
7	2:35.92		F	15	---	Ian MacFawn	2/15/2013	Virginia Tech Challenge
8	2:40.41		F	16	---	Ricky Cappetta	2/15/2013	Virginia Tech Challenge

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	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr		
Men 1500m Run									
1	4:02.44		F	5	---	Dmitri Zuccarello		12/1/2012	Navy Invitational
2	4:06.84		F	9	---	David Pennesi		12/1/2012	Navy Invitational
3	4:07.77		F	10	---	Paul Gates		12/1/2012	Navy Invitational
4	4:08.68		F	11	---	David Barney		12/1/2012	Navy Invitational
Men 3000m Run									
1	8:05.72		F	4	5	Alex McGrath		3/2/2013	IC4A Championships
2	8:10.71		F	3	---	Alex McGrath		1/26/2013	Wes Brown Invitational
3	8:14.87		F	5	---	John Muller		1/26/2013	Wes Brown Invitational
4	8:16.23		F	1	---	Rad Gunzenhauser		2/15/2013	Virginia Tech Challenge
5	8:23.90		F	22	---	John Muller		3/2/2013	IC4A Championships
6	8:26.16		F	1	---	*1 John Muller		12/1/2012	Navy Invitational
7	8:28.05		F	26	---	Rad Gunzenhauser		3/2/2013	IC4A Championships
8	8:30.30		F	14	---	Nathan Hermsmeier		2/8/2013	Lafayette/Rider Winter Games
9	8:31.81		F	15	---	Ryan Gousse		2/8/2013	Lafayette/Rider Winter Games
10	8:32.50		F	9	---	Rad Gunzenhauser		1/26/2013	Wes Brown Invitational
11	8:33.58		F	5	---	Ryan Gousse		12/1/2012	Navy Invitational
12	8:33.78		F	6	---	Nathan Thomas		12/1/2012	Navy Invitational
13	8:34.85		F	9	---	Nathan Hermsmeier		2/15/2013	Virginia Tech Challenge
14	8:34.94		F	10	---	Ryan Gousse		2/15/2013	Virginia Tech Challenge
15	8:36.54		F	21	---	Dmitri Zuccarello		2/8/2013	Lafayette/Rider Winter Games
16	8:37.79		F	1	---	Dmitri Zuccarello		12/8/2012	CNU Holiday Open
17	8:37.83		F	11	---	Nathan Thomas		2/15/2013	Virginia Tech Challenge
18	8:39.18		F	12	---	Joe LoRusso		12/1/2012	Navy Invitational
19	8:40.12		F	23	---	David Waterman		2/8/2013	Lafayette/Rider Winter Games
20	8:43.47		F	13	---	Jack Anderson		2/15/2013	Virginia Tech Challenge
21	8:43.80		F	14	---	Paul Gates		2/15/2013	Virginia Tech Challenge
22	8:44.80		F	25	---	Nathan Thomas		2/8/2013	Lafayette/Rider Winter Games
23	8:46.39		F	16	---	David Waterman		2/15/2013	Virginia Tech Challenge
24	8:48.30		F	2	---	Will Bass		12/8/2012	CNU Holiday Open
25	8:52.20		F	3	---	David Pennesi		12/8/2012	CNU Holiday Open
26	8:55.98		F	4	---	David Barney		12/8/2012	CNU Holiday Open
27	8:57.89		F	18	---	Dmitri Zuccarello		2/15/2013	Virginia Tech Challenge
Men 5000m Run									
1	14:05.95		F	1	---	Rad Gunzenhauser		3/2/2013	IC4A Championships
2	14:24.20		F	2	---	Alex McGrath		12/1/2012	Navy Invitational
3	14:27.20		F	9	---	Josh Hardin		3/2/2013	IC4A Championships
4	14:32.90		F	4	---	Rad Gunzenhauser		2/8/2013	Lafayette/Rider Winter Games
5	14:36.10		F	4	---	Josh Hardin		12/1/2012	Navy Invitational
6	14:41.00		F	5	---	Rad Gunzenhauser		12/1/2012	Navy Invitational
7	14:48.84		F	3	---	Ryan Gousse		1/26/2013	Wes Brown Invitational
8	15:06.40		F	9	---	Will Bass		12/1/2012	Navy Invitational
9	15:06.65		F	5	---	Ryan Gousse		2/15/2013	Virginia Tech Challenge
10	15:10.60		F	8	---	Nathan Thomas		1/26/2013	Wes Brown Invitational
11	15:18.98		F	11	---	Jack Anderson		2/8/2013	Lafayette/Rider Winter Games
12	15:20.70		F	12	---	Jack Anderson		12/1/2012	Navy Invitational
13	15:23.27		F	6	---	Nathan Thomas		2/15/2013	Virginia Tech Challenge
14	15:38.37		F	9	---	Jack Anderson		2/15/2013	Virginia Tech Challenge
15	15:58.28		F	12	---	Joshua Mercado		2/15/2013	Virginia Tech Challenge
Men 1 Mile Run									
1	4:07.97		F	5	---	John Muller		2/15/2013	Virginia Tech Challenge

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	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr		
2	4:08.14		F	6	---	Alex McGrath		2/15/2013	Virginia Tech Challenge
3	4:19.93		F	4	---	Nathan Hermsmeier		1/26/2013	Wes Brown Invitational
4	4:21.01		F	12	---	David Barney		2/8/2013	Lafayette/Rider Winter Games
5	4:22.10		F	3	---	David Gunnerson		12/8/2012	CNU Holiday Open
6	4:22.35		F	19	---	David Barney		2/15/2013	Virginia Tech Challenge
7	4:23.37		F	7	---	Paul Gates		1/26/2013	Wes Brown Invitational
8	4:23.88		F	2	---	David Waterman		1/20/2013	CNU Captain's Invitational
9	4:24.79		F	3	---	Paul Gates		1/20/2013	CNU Captain's Invitational
10	4:25.01		F	8	---	David Waterman		1/26/2013	Wes Brown Invitational
11	4:25.20		F	4	---	Nathan Thomas		1/20/2013	CNU Captain's Invitational
12	4:25.69		F	14	---	Paul Gates		2/8/2013	Lafayette/Rider Winter Games
13	4:27.82		F	6	---	Jack Anderson		1/20/2013	CNU Captain's Invitational
14	4:32.32		F	11	---	Ricky Cappetta		12/8/2012	CNU Holiday Open
15	4:42.11		F	22	---	Ian MacFawn		12/8/2012	CNU Holiday Open
Men High Jump									
1	1.96m	6-05.00	F	6	---	Ben Katz		2/15/2013	Virginia Tech Challenge
2*	1.94m	6-04.25	F	3	---	Ben Katz		2/8/2013	Lafayette/Rider Winter Games
2*	1.94m	6-04.25	F	4	---	Ben Katz		12/1/2012	Liberty Kickoff
4	1.90m	6-02.75	F	7	---	Ben Katz		1/25/2013	Patriot Games
5	1.85m	6-00.75	F	14	---	Ben Katz		12/8/2012	CNU Holiday Open
Men Pole Vault									
1	4.80m	15-09.00	F	1	---	Austin Vegas		1/25/2013	Patriot Games
2*	4.65m	15-03.00	F	2	---	Austin Vegas		2/8/2013	Lafayette/Rider Winter Games
2*	4.65m	15-03.00	F	1	---	Greg Gallagher		1/20/2013	CNU Captain's Invitational
4	4.61m	15-01.50	F	3	---	Austin Vegas		12/8/2012	CNU Holiday Open
5	4.60m	15-01.00	F	11	---	Greg Gallagher		2/15/2013	Virginia Tech Challenge
6	4.50m	14-09.00	F	3	---	Austin Vegas		1/20/2013	CNU Captain's Invitational
7	4.46m	14-07.50	F	5	---	Greg Gallagher		12/8/2012	CNU Holiday Open
8	4.45m	14-07.25	F	5	---	Greg Gallagher		1/25/2013	Patriot Games
9*	4.35m	14-03.25	F	6	---	Austin Vegas		12/1/2012	Liberty Kickoff
9*	4.35m	14-03.25	F	6	---	Greg Gallagher		12/1/2012	Liberty Kickoff
Men Long Jump									
1	6.11m	20-00.50	F	16	---	Ben Katz		12/1/2012	Liberty Kickoff
Men Shot Put									
1	14.95m	49-00.75	F	3	---	Taylor Frenia		12/8/2012	CNU Holiday Open
2	14.93m	48-11.75	F	4	---	Taylor Frenia		2/8/2013	Lafayette/Rider Winter Games
3	14.91m	48-11.00	F	2	---	Taylor Frenia		1/25/2013	Patriot Games
4	14.86m	48-09.00	F	5	---	Taylor Frenia		2/15/2013	Virginia Tech Challenge
5	14.71m	48-03.25	F	3	---	Taylor Frenia		1/20/2013	CNU Captain's Invitational
6	14.70m	48-02.75	F	6	---	Taylor Frenia		12/1/2012	Navy Invitational
Men Wght Thr									
1	16.14m	52-11.50	F	6	---	Taylor Frenia		2/15/2013	Virginia Tech Challenge
2*	15.62m	51-03.00	F	2	---	Taylor Frenia		12/8/2012	CNU Holiday Open
2*	15.62m	51-03.00	F	5	---	Taylor Frenia		1/25/2013	Patriot Games
4	15.32m	50-03.25	F	8	---	Taylor Frenia		12/1/2012	Navy Invitational
5	15.18m	49-09.75	F	7	---	Taylor Frenia		2/8/2013	Lafayette/Rider Winter Games
6	14.51m	47-07.25	F	6	---	Taylor Frenia		1/20/2013	CNU Captain's Invitational
7	12.69m	41-07.75	F	13	---	Matt Renn		1/25/2013	Patriot Games
8	12.67m	41-07.00	F	16	---	Matt Renn		1/20/2013	CNU Captain's Invitational
9	12.55m	41-02.25	F	15	---	Matt Renn		12/1/2012	Navy Invitational
10	12.19m	40-00.00	F	9	---	Matt Renn		12/8/2012	CNU Holiday Open