

Individual Top Marks Outdoors Only

Marks since: 01-Jan-05 Times until: 30-Dec-05

College of William and Mary [W&M]

Number of Top Times: All

	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr		
Men 100m Dash									
1	10.99	+1.1	F	8	1	*I Justin Benabdallah	4/22/2005	Colonial Athletic Association Championships	
2	11.03	+1.4	P	9	---	*I Justin Benabdallah	5/7/2005	Mason Invitational	
3	11.13	+0.0	F	6	---	*I Justin Benabdallah	3/25/2005	Fred Hardy Invitational	
4	11.58	+0.8	F	17	---	*I Steve Nichols	3/25/2005	Fred Hardy Invitational	
5	11.66	+2.8	P	28	---	*I Steve Nichols	3/18/2005	VCU Ram Invitational	
6	13.31	-0.7	F	23	---	*I Justin Benabdallah	4/8/2005	Duke Invitational	
Men 200m Dash									
1*	22.27	+0.3	F	5	---	*I Justin Benabdallah	3/25/2005	Fred Hardy Invitational	
1*	22.27	+0.7	F	9	---	*I Justin Benabdallah	4/22/2005	Colonial Athletic Association Championships	
3	22.45	NWI	F	9	---	*I Justin Benabdallah	5/7/2005	Mason Invitational	
4	23.32	-4.4	F	19	---	*I Eric Baker	3/18/2005	VCU Ram Invitational	
5	24.24	-1.8	F	35	---	*I Steve Nichols	3/18/2005	VCU Ram Invitational	
6	24.35	-3.8	F	38	---	*I Brian Wilber	3/18/2005	VCU Ram Invitational	
7	25.25	-0.4	F	47	---	*I Justin Zamorski	4/15/2005	Lou Onesty Invitational	
Men 400m Dash									
1	48.96		F	6	3	*I Eric Baker	4/22/2005	Colonial Athletic Association Championships	
2	49.85		F	8	---	*I Eric Baker	3/18/2005	VCU Ram Invitational	
3	49.87		F	26	---	*I Eric Baker	4/8/2005	Duke Invitational	
4	49.91		F	17	---	*I Eric Baker	4/15/2005	Lou Onesty Invitational	
5	52.55		F	7	---	*I Brian Wilber	4/30/2005	CNU Invitational	
6	52.63		F	15	---	*I Brian Wilber	3/25/2005	Fred Hardy Invitational	
7	52.79		F	33	---	*I Brian Wilber	3/18/2005	VCU Ram Invitational	
Men 800m Run									
1	1:51.96		F	4	---	*I Matt Warco	3/25/2005	Fred Hardy Invitational	
2	1:53.23		F	5	4	*I Matt Warco	4/22/2005	Colonial Athletic Association Championships	
3	1:53.80		F		---	*I Matt Warco	4/8/2005	Duke Invitational	
4	1:54.54		F	7	2	*I Graham Kearney	4/22/2005	Colonial Athletic Association Championships	
5	1:54.62		F	9	---	*I Bill Tarantino	3/25/2005	Fred Hardy Invitational	
6	1:54.64		F	13	---	*I Matt Wolak	5/7/2005	Mason Invitational	
7	1:54.90		F	8	1	*I Matt Wolak	4/22/2005	Colonial Athletic Association Championships	
8*	1:55.12		F	11	---	*I Eric Baker	3/25/2005	Fred Hardy Invitational	
8*	1:55.12		F		---	*I Matt Wolak	4/8/2005	Duke Invitational	
10	1:55.40		F	9	---	*I David Groff	4/22/2005	Colonial Athletic Association Championships	
11	1:55.59		F	10	---	*I Bill Tarantino	4/22/2005	Colonial Athletic Association Championships	
12	1:55.87		F	29	---	*I Graham Kearney	4/15/2005	Lou Onesty Invitational	
13	1:56.39		F	35	---	*I David Groff	4/15/2005	Lou Onesty Invitational	
14	1:56.72		F	13	---	*I Ian Fitzgerald	4/22/2005	Colonial Athletic Association Championships	
15	1:56.76		F	14	---	*I Sean Anastasia-Murphy	4/22/2005	Colonial Athletic Association Championships	
16	1:56.91		F		---	*I Bill Tarantino	4/8/2005	Duke Invitational	
17	1:56.96		F	38	---	*I Steve Gillard	4/15/2005	Lou Onesty Invitational	
18	1:57.16		F	16	---	*I Steve Gillard	4/22/2005	Colonial Athletic Association Championships	
19	1:57.17		F	41	---	*I Spencer Kirk	4/15/2005	Lou Onesty Invitational	
20	1:57.49		F	16	---	*I Steve Gillard	3/25/2005	Fred Hardy Invitational	
21	1:57.96		F	18	---	*I Steve Gillard	5/7/2005	Mason Invitational	
22	1:58.30		F	19	---	*I Eric Baker	5/7/2005	Mason Invitational	
23	1:58.31		F		---	*I Steve Gillard	4/8/2005	Duke Invitational	
24	1:58.68		F	51	---	*I Matt Wolak	4/15/2005	Lou Onesty Invitational	
25	1:58.75		F	20	---	*I Spencer Kirk	3/25/2005	Fred Hardy Invitational	
26	1:59.03		F		---	*I Ian Fitzgerald	4/8/2005	Duke Invitational	

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	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr		
27	2:00.46		F		---	*I Spencer Kirk		4/8/2005	Duke Invitational
28	2:01.35		F	26	---	*I Matt Wolak		3/25/2005	Fred Hardy Invitational
29	2:02.16		F	29	---	*I David Groff		3/25/2005	Fred Hardy Invitational
30	2:04.96		F		---	*I David Groff		4/8/2005	Duke Invitational
31	2:05.01		F	66	---	*I Brian Wilber		4/15/2005	Lou Onesty Invitational
Men 1500m Run									
1	3:48.51		F		---	*I Matt Warco		4/8/2005	Duke Invitational
2	3:50.77		F	3	6	*I Ed Moran		4/22/2005	Colonial Athletic Association Championships
3	3:51.29		F		---	*I Matt Warco		5/1/2005	Cardinal Invitational
4	3:51.52		F	4	5	*I Christo Landry		4/22/2005	Colonial Athletic Association Championships
5	3:51.76		F	1	---	*I Bill Tarantino		5/7/2005	Mason Invitational
6	3:51.86		P	19	---	*I Bill Tarantino		5/13/2005	IC4A Championships
7	3:52.03		F	5	4	*I Bill Tarantino		4/22/2005	Colonial Athletic Association Championships
8	3:52.62		F	6	3	*I Matt Warco		4/22/2005	Colonial Athletic Association Championships
9	3:52.69		F		---	*I Bill Tarantino		4/8/2005	Duke Invitational
10	3:53.03		F	7	2	*I Ian Fitzgerald		4/22/2005	Colonial Athletic Association Championships
11	3:54.67		F	10	---	*I Sean Anastasia-Murphy		4/22/2005	Colonial Athletic Association Championships
12	3:54.75		P	25	---	*I Matt Warco		5/13/2005	IC4A Championships
13	3:55.86		F	2	---	*I Matt Warco		3/18/2005	VCU Ram Invitational
14	3:56.60		F		---	*I Ian Fitzgerald		4/8/2005	Duke Invitational
15	3:57.00		F	4	---	*I Sean Anastasia-Murphy		3/18/2005	VCU Ram Invitational
16	3:57.52		F	6	---	*I Dave Mock		3/18/2005	VCU Ram Invitational
17	3:57.89		F	4	---	*I David Groff		5/7/2005	Mason Invitational
18	4:00.01		F	8	---	*I Bill Tarantino		3/18/2005	VCU Ram Invitational
19	4:00.31		F		---	*I Graham Kearney		4/8/2005	Duke Invitational
20	4:01.36		F		---	*I David Groff		4/8/2005	Duke Invitational
21	4:02.86		F	30	---	*I Steve Waite		4/15/2005	Lou Onesty Invitational
22	4:03.05		F	12	---	*I Spencer Kirk		3/18/2005	VCU Ram Invitational
23	4:03.22		F		---	*I Spencer Kirk		4/8/2005	Duke Invitational
24	4:04.62		F	15	---	*I Steve Hoogland		3/18/2005	VCU Ram Invitational
25	4:04.77		F	5	---	*I Steve Waite		4/30/2005	CNU Invitational
26	4:04.88		F	33	---	*I Zach Bradford		4/15/2005	Lou Onesty Invitational
27	4:05.79		F	18	---	*I Charlie Hurt		3/18/2005	VCU Ram Invitational
28	4:05.98		F	19	---	*I Steve Waite		3/18/2005	VCU Ram Invitational
29	4:06.30		F	20	---	*I Jon Healey		3/18/2005	VCU Ram Invitational
30	4:06.81		F	22	---	*I David Groff		3/18/2005	VCU Ram Invitational
31	4:07.38		F	6	---	*I Jonna Reinhardt		4/30/2005	CNU Invitational
32	4:08.36		F		---	*I Zach Bradford		4/8/2005	Duke Invitational
33	4:10.21		F	15	---	*I Rob Dennis		3/25/2005	Fred Hardy Invitational
34	4:10.63		F		---	*I James Picard		4/8/2005	Duke Invitational
35	4:10.70		F	32	---	*I James Picard		3/18/2005	VCU Ram Invitational
36	4:11.07		F	7	---	*I Bryce Wilk		4/30/2005	CNU Invitational
37	4:11.55		F	8	---	*I Andrew Press		4/30/2005	CNU Invitational
38	4:11.60		F	9	---	*I Karl Lang		4/30/2005	CNU Invitational
39	4:11.75		F	34	---	*I David Hrynyiak		3/18/2005	VCU Ram Invitational
40	4:12.81		F	10	---	*I Rob Dennis		4/30/2005	CNU Invitational
41	4:12.90		F	17	---	*I Zach Bradford		3/25/2005	Fred Hardy Invitational
42	4:18.44		F	12	---	*I Zach Bradford		4/30/2005	CNU Invitational
43	4:22.37		F	15	---	*I Jon Healey		5/7/2005	Mason Invitational
44	4:23.71		F	13	---	*I Ollie Ehlinger		4/30/2005	CNU Invitational
45	4:24.52		F	51	---	*I Ollie Ehlinger		3/18/2005	VCU Ram Invitational

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Mark	Convert	Rnd	Pl	Pts	Name	Age/Yr	
Men 3000m Run							
1	8:06.13	F	1	---	*I Ed Moran	4/8/2005	Duke Invitational
2	8:06.71	F	2	---	*I Christo Landry	4/8/2005	Duke Invitational
Men 5000m Run							
1	13:25.87	F	7	---	*I Ed Moran	6/23/2005	USAT&F Championships
2	13:39.70	F		---	*I Ed Moran	5/1/2005	Cardinal Invitational
3	13:46.99	F	7	2	*I Ed Moran	6/8/2005	NCAA Championships
4	13:51.78	F	1	10	*I Ed Moran	5/13/2005	IC4A Championships
5	13:52.79	F	3	6	*I Ed Moran	5/27/2005	NCAA East Regional
6	14:01.62	F		---	*I Christo Landry	5/1/2005	Cardinal Invitational
7	14:05.15	F	9	---	*I Christo Landry	5/27/2005	NCAA East Regional
8	14:08.76	P	12	---	*I Christo Landry	6/8/2005	NCAA Championships
9	14:10.40	F	2	---	*I Ed Moran	3/25/2005	Raleigh Relays
10	14:12.31	F	1	10	*I Ed Moran	4/22/2005	Colonial Athletic Association Championships
11	14:13.88	F	2	8	*I Christo Landry	4/22/2005	Colonial Athletic Association Championships
12	14:19.83	F	4	5	*I Keith Bechtol	4/22/2005	Colonial Athletic Association Championships
13	14:20.00	F	2	---	*I Keith Bechtol	4/8/2005	Duke Invitational
14	14:21.35	P	15	---	*I Ed Moran	6/8/2005	NCAA Championships
15	14:22.92	F	9	---	*I Keith Bechtol	5/13/2005	IC4A Championships
16	14:27.98	F	24	---	*I Ian Fitzgerald	4/28/2005	Penn Relay Carnival
17	14:33.93	F	21	---	*I Dave Mock	3/25/2005	Raleigh Relays
18	14:36.41	F		---	*I Anthony Arena	4/28/2005	Penn Relay Carnival
19	14:37.42	F	28	---	*I Sean Anastasia-Murphy	3/25/2005	Raleigh Relays
20	14:41.19	F	5	4	*I Adam Tenerowicz	4/22/2005	Colonial Athletic Association Championships
21	14:42.12	F	19	---	*I Ian Fitzgerald	5/13/2005	IC4A Championships
22	14:44.08	F	38	---	*I Anthony Arena	3/25/2005	Raleigh Relays
23	14:46.65	F	16	---	*I Pat Comstock	4/8/2005	Duke Invitational
24	14:48.38	F	1	---	*I Pat Comstock	3/25/2005	Fred Hardy Invitational
25	14:49.53	F	2	---	*I Jonna Reinhardt	3/25/2005	Fred Hardy Invitational
26	14:49.90	F	3	---	*I Jared Campbell	3/25/2005	Fred Hardy Invitational
27	14:50.84	F	5	---	*I Kyle Pawlaczyk	3/25/2005	Fred Hardy Invitational
28	14:55.67	F	27	---	*I Steve Hoogland	4/8/2005	Duke Invitational
29	14:57.18	F	7	---	*I James Picard	3/25/2005	Fred Hardy Invitational
30	15:01.61	F	8	---	*I David Hryvniak	3/25/2005	Fred Hardy Invitational
31	15:06.18	F	43	---	*I Jon Healey	4/8/2005	Duke Invitational
32	15:07.15	F	9	---	*I Karl Lang	3/25/2005	Fred Hardy Invitational
33	15:09.61	F	55	---	*I Steve Hoogland	3/25/2005	Raleigh Relays
34	15:10.11	F	52	---	*I Jared Campbell	4/8/2005	Duke Invitational
35	15:13.83	F	57	---	*I Charlie Hurt	3/25/2005	Raleigh Relays
36	15:17.80	F	12	---	*I Andrew Press	3/25/2005	Fred Hardy Invitational
37	15:20.01	F	13	---	*I Bryce Wilk	3/25/2005	Fred Hardy Invitational
38	15:23.15	F	14	---	*I Dan Nally	3/25/2005	Fred Hardy Invitational
39	15:23.23	F	15	---	*I Joel Parker	3/25/2005	Fred Hardy Invitational
40	15:23.54	F	72	---	*I Kyle Pawlaczyk	4/8/2005	Duke Invitational
41	15:27.54	F	78	---	*I Dan Nally	4/8/2005	Duke Invitational
42	15:39.56	F	91	---	*I Steve Waite	4/8/2005	Duke Invitational
43	16:12.42	F	3	---	*I Karl Lang	5/7/2005	Mason Invitational
44	16:29.06	F	24	---	*I Ollie Ehlinger	3/25/2005	Fred Hardy Invitational
Men 10000m Run							
1	29:25.02	F	10	---	*I Keith Bechtol	5/1/2005	Cardinal Invitational
2	29:47.43	F	4	---	*I Keith Bechtol	3/25/2005	Raleigh Relays

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3	30:02.12		F	2	8	*I Pat Comstock	5/13/2005	IC4A Championships	
4	30:07.04		F	6	---	*I Adam Tenerowicz	3/25/2005	Raleigh Relays	
5	30:08.10		F	5	4	*I Steve Hoogland	5/13/2005	IC4A Championships	
6	30:14.22		F	20	---	*I Adam Tenerowicz	5/1/2005	Cardinal Invitational	
7	30:44.02		F	1	10	*I Pat Comstock	4/22/2005	Colonial Athletic Association Championships	
8	30:46.89		F	2	8	*I Steve Hoogland	4/22/2005	Colonial Athletic Association Championships	
9	30:51.94		F	3	6	*I Kyle Pawlaczyk	4/22/2005	Colonial Athletic Association Championships	
10	31:05.96		F	19	---	*I Jon Healey	3/25/2005	Raleigh Relays	
11	31:11.74		F	22	---	*I Adam Otstot	3/25/2005	Raleigh Relays	
12	31:12.19		F	5	4	*I Jared Campbell	4/22/2005	Colonial Athletic Association Championships	
13	31:20.94		F	22	---	*I Kyle Pawlaczyk	5/13/2005	IC4A Championships	
14	31:25.88		F		---	*I Charlie Hurt	4/28/2005	Penn Relay Carnival	
15	31:41.52		F	28	---	*I Jared Campbell	5/13/2005	IC4A Championships	
16	31:44.15		F	6	3	*I Jon Healey	4/22/2005	Colonial Athletic Association Championships	
17	32:00.49		F	8	1	*I Dan Nally	4/22/2005	Colonial Athletic Association Championships	
18	32:16.51		F	31	---	*I Jon Healey	5/13/2005	IC4A Championships	
19	32:50.75		F	11	---	*I David Hryniak	4/22/2005	Colonial Athletic Association Championships	
Men 110m Hurdles									
1	15.09	+0.7	F	8	1	*I Steve Nichols	4/22/2005	Colonial Athletic Association Championships	
2	15.38	+2.2	F	18	---	*I Steve Nichols	4/15/2005	Lou Onesty Invitational	
3	16.39	+0.2	F	7	---	*I Steve Nichols	3/25/2005	Fred Hardy Invitational	
4	20.63	+1.2	F	25	---	*I Justin Zamorski	4/15/2005	Lou Onesty Invitational	
Men 3000m StplCh									
1	8:59.26		F	6	3	*I Sean Anastasia-Murphy	5/13/2005	IC4A Championships	
2	9:08.57		F	15	---	*I Adam Otstot	5/13/2005	IC4A Championships	
3	9:10.44		F	2	---	*I Sean Anastasia-Murphy	4/8/2005	Duke Invitational	
4	9:12.44		F	4	---	*I Sean Anastasia-Murphy	4/28/2005	Penn Relay Carnival	
5	9:12.49		F	17	---	*I Adam Otstot	5/27/2005	NCAA East Regional	
6	9:12.62		F	1	10	*I Adam Otstot	4/22/2005	Colonial Athletic Association Championships	
7	9:14.16		F	2	8	*I Anthony Arena	4/22/2005	Colonial Athletic Association Championships	
8	9:16.59		F	6	---	*I Anthony Arena	4/8/2005	Duke Invitational	
9	9:20.90		F	9	---	*I Adam Otstot	4/8/2005	Duke Invitational	
10	9:21.99		F	24	---	*I Anthony Arena	5/13/2005	IC4A Championships	
11	9:25.15		F	3	6	*I Jonna Reinhardt	4/22/2005	Colonial Athletic Association Championships	
12	9:25.55		F	1	---	*I Spencer Kirk	5/7/2005	Mason Invitational	
13	9:25.72		F	4	5	*I Spencer Kirk	4/22/2005	Colonial Athletic Association Championships	
14	9:25.83		F	1	---	*I Bryce Wilk	3/18/2005	VCU Ram Invitational	
15	9:26.36		F	29	---	*I Sean Anastasia-Murphy	5/27/2005	NCAA East Regional	
16	9:29.31		F	3	---	*I Anthony Arena	3/18/2005	VCU Ram Invitational	
17	9:29.49		F	15	---	*I Jonna Reinhardt	4/8/2005	Duke Invitational	
18	9:32.62		F	5	4	*I Rob Dennis	4/22/2005	Colonial Athletic Association Championships	
19	9:33.51		F	4	---	*I Rob Dennis	3/18/2005	VCU Ram Invitational	
20	9:35.91		F	5	---	*I Jonna Reinhardt	3/18/2005	VCU Ram Invitational	
21	9:41.56		F	2	---	*I Jonna Reinhardt	5/7/2005	Mason Invitational	
22	9:43.84		F	25	---	*I Rob Dennis	4/8/2005	Duke Invitational	
23	9:44.83		F	8	1	*I Bryce Wilk	4/22/2005	Colonial Athletic Association Championships	
24	9:44.90		F	9	---	*I Andrew Press	4/22/2005	Colonial Athletic Association Championships	
25	9:47.71		F	28	---	*I Andrew Press	4/8/2005	Duke Invitational	
26	9:48.59		F	3	---	*I Jared Campbell	5/7/2005	Mason Invitational	
27	9:49.98		F	8	---	*I Andrew Press	3/18/2005	VCU Ram Invitational	
28	9:54.10		F	12	---	*I Joel Parker	3/18/2005	VCU Ram Invitational	
29	9:54.93		F	31	---	*I Bryce Wilk	4/8/2005	Duke Invitational	

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30	9:55.95		F	32	---	*I Joel Parker	4/8/2005	Duke Invitational
31	10:01.41		F	14	---	*I Karl Lang	3/18/2005	VCU Ram Invitational
32	10:05.95		F	4	---	*I Bryce Wilk	5/7/2005	Mason Invitational
33	10:08.88		F	16	---	*I Jared Campbell	3/18/2005	VCU Ram Invitational
34	10:13.86		F	10	---	*I Joel Parker	4/22/2005	Colonial Athletic Association Championships
35	10:43.72		F	42	---	*I Karl Lang	4/8/2005	Duke Invitational
Men Pole Vault								
1*	4.15m	13-07.25	F	6	---	*I Nathan Chubb	3/18/2005	VCU Ram Invitational
1*	4.15m	13-07.25	F	7	---	*I Nathan Chubb	3/25/2005	Fred Hardy Invitational
3*	13-06.00	4.11m	F	5	---	*I Justin Zamorski	4/2/2005	Captain's Classic
3*	13-06.00	4.11m	F	4	---	*I Nathan Chubb	4/2/2005	Captain's Classic
5*	4.00m	13-01.50	F	10	---	*I Justin Zamorski	4/22/2005	Colonial Athletic Association Championships
5*	4.00m	13-01.50	F	10	---	*I Justin Zamorski	3/25/2005	Fred Hardy Invitational
7*	12-00.00	3.65m	F	10	---	*I Eric Sandridge	4/2/2005	Captain's Classic
7*	12-00.00	3.65m	F	5	---	*I Eric Sandridge	4/30/2005	CNU Invitational
Men Shot Put								
1	11.52m	37-09.50	F	13	---	*I Tom Mulcahy	4/22/2005	Colonial Athletic Association Championships
2	11.26m	36-11.50	F	17	---	*I Tom Mulcahy	3/25/2005	Fred Hardy Invitational
3	11.23m	36-10.25	F	20	---	*I Tom Mulcahy	3/18/2005	VCU Ram Invitational
Men Discus								
1	41.09m	134-10	F	5	---	*I Tom Mulcahy	4/30/2005	CNU Invitational
2	37.76m	123-11	F	15	---	*I Tom Mulcahy	4/22/2005	Colonial Athletic Association Championships
3	33.38m	109-06	F	26	---	*I Tom Mulcahy	3/18/2005	VCU Ram Invitational