

XC/Track & Field
PROGRESSION OF MARKS

2005-2006

Doug Paetzell

1/1/1988

	800M Run	1500M Run	1 Mile
SEASON BEST	2:13.13	4:33.42	4:49.81
01/15/06 HARTWICK -		4:33.42*	
01/21/06 NAZARETH &		4:34.61	
01/28/06 COLGATE INV			4:49.81*
02/04/06 SYRACUSE IN	2:13.13*		
02/11/06 LIBERTY LEA			4:52.12

Brendan Petty

1/1/1988

	800M Run	1000M Run	1500M Run	1 Mile	3000M Run
SEASON BEST	2:08.90	2:43.99	4:45.47	5:08.37	10:09.11
01/15/06 HARTWICK -					10:09.11*
01/21/06 NAZARETH &	2:08.90*		4:45.47*		
01/28/06 COLGATE INV				5:08.37*	
02/04/06 SYRACUSE IN		2:43.99*			
02/11/06 LIBERTY LEA	2:09.73				

Jared Pienkos

1/1/1988

	400M Run	500M Run
SEASON BEST	:56.06	1:13.97
01/15/06 HARTWICK -	:58.27*	
01/21/06 NAZARETH &	:56.06*	
01/28/06 COLGATE INV	:56.62	
02/04/06 SYRACUSE IN	:56.40	
02/18/06 CORNELL INV		1:13.97*

James Russell

1/1/1988

	Pole Vault
SEASON BEST	4.05
12/03/05 CORNELL REL	4.05*

Jay Russell

1/1/1985

	55M Dash	60M Dash	200M Dash
SEASON BEST	: 6.87	: 7.44	:24.23
01/15/06 HARTWICK -	: 7.00*		
01/21/06 NAZARETH &	: 6.92*		
01/28/06 COLGATE INV	: 6.87*		:24.23*
02/11/06 LIBERTY LEA	: 6.92		
02/11/06 LIBERTY LEA	: 6.87*		
02/18/06 CORNELL INV		: 7.44*	
02/24/06 NYSCTC INDO	: 6.93		

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Rich Schwam

1/1/1985

	55M Dash	200M Dash	400M Run
SEASON BEST	: 7.28	:24.02	:52.08
01/15/06 HARTWICK -			:54.12*
01/21/06 NAZARETH &	: 7.28*	:24.49*	
01/28/06 COLGATE INV			:52.08*
02/04/06 SYRACUSE IN			:52.27
02/11/06 LIBERTY LEA		:24.02*	:52.35
02/18/06 CORNELL INV			:52.78
02/24/06 NYSCTC INDO			:52.94

Joseph Sullivan

1/1/1986

	800M Run
SEASON BEST	2:07.21
01/21/06 NAZARETH &	2:11.32*
01/28/06 COLGATE INV	2:07.21*
02/04/06 SYRACUSE IN	2:10.94
02/18/06 CORNELL INV	2:12.73

Rob Taylor

1/1/1986

	800M Run	3000M Run	5000M Run
SEASON BEST	2:11.72	9:32.45	16:25.79
01/15/06 HARTWICK -		9:43.32*	
01/21/06 NAZARETH &		9:51.00	
01/28/06 COLGATE INV		9:33.82*	
02/04/06 SYRACUSE IN	2:11.72*		
02/11/06 LIBERTY LEA			16:25.79*
02/18/06 CORNELL INV		9:32.45*	

Brad Vollkommer

1/1/1987

	1000M Run	1500M Run	3000M Run
SEASON BEST	3:08.48	4:41.67	10:30.16
01/15/06 HARTWICK -	3:08.48*	4:41.67*	
01/21/06 NAZARETH &			10:30.16*

Peter Woodruff

1/1/1988

	800M Run	1500M Run	1 Mile
SEASON BEST	2:05.25	4:24.66	4:42.79
01/15/06 HARTWICK -		4:29.80*	
01/21/06 NAZARETH &		4:24.66*	
01/28/06 COLGATE INV			4:42.79*
02/04/06 SYRACUSE IN	2:05.25*		
02/11/06 LIBERTY LEA	2:07.64		4:43.76

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Jon Zellner

1/1/1987

	55M	60M	200M
	Dash	Dash	Dash
SEASON BEST	: 7.35	: 7.92	:26.04
01/15/06 HARTWICK -	: 7.71*		:27.27*
01/21/06 NAZARETH &			:26.72*
01/28/06 COLGATE INV	: 7.53*		:26.73
02/04/06 SYRACUSE IN	: 7.59	: 8.05*	:26.04*
02/11/06 LIBERTY LEA			:26.30
02/11/06 LIBERTY LEA	: 7.35*		
02/18/06 CORNELL INV		: 7.92*	

Claudius Zorokong

1/1/1987

	55M	60M	High Jump	Long Jump
	Dash	Dash		
SEASON BEST	: 6.68	: 7.27	1.75	6.69
02/04/06 SYRACUSE IN		: 7.27*		
02/11/06 LIBERTY LEA	: 6.68*		1.75*	6.52*
02/11/06 LIBERTY LEA	: 6.73			
02/24/06 NYSCTC INDO	: 6.70			6.69*
03/03/06 ECAC INDOOR				6.54