



Belmont Abbey Men's Track & Field Record Book

(updated 7/18/24)

OUTDOOR RECORDS

100 Meters

1.	10.70	Jeremiah Hines	4/13/2024
2.	10.77	Matt Difrancesco	4/27/2019
3.	10.92	Zachary Bolden	4/14/2023
4.	10.95	Kenneth Jensen	4/13/2024
5.	11.16	Abraham Fuentes (Moreno)	4/23/2021
6.	11.24	Ian Hicks	3/02/2024
	11.24	Alex Beckley	4/28/2018
8.	11.29	Garison Coleman	3/02/2024
9.	11.31	Akeem Thompson	4/17/2010
10.	11.45	Sekani Coleman	3/22/2024
	11.45	Dalton Smith	4/23/2022

200 Meters

1.	21.24	Matt Difrancesco	4/27/2019
2.	21.34	Jeremiah Hines	4/06/2024
3.	22.11	Ian Hicks	4/26/2024
4.	22.20	Garison Coleman	3/16/2024
5.	22.23	Abraham Fuentes (Moreno)	4/24/2021
6.	22.28	Zachary Bolden	4/14/2023
7.	22.46	Jesse Coleman	3/02/2024
8.	22.50	Steph-Yves Louis	4/25/2015
9.	22.54	James Thierfelder	3/30/2019
10.	22.56	Kenneth Jensen	4/06/2024

400 Meters

1.	48.19	James Thierfelder	4/02/2022
2.	49.36	Michael Koceja	4/01/2017
3.	49.55	Alex Abalos	4/22/2017
4.	49.57	Garison Coleman	4/28/2023
5.	49.74	Jesse Coleman	4/13/2024
6.	49.77	Thomas Thierfelder	4/14/2023
8.	49.84	Keith Lemay	5/08/2011
9.	49.89	Joe Thierfelder	4/25/2015
0.	50.21	Logan Murphy-Redd	4/21/2023
10.	50.31	Steph-Yves Louis	4/18/2015

800 Meters

1.	1:54.74	Thomas Thierfelder	4/28/2023
2.	1:55.12	Dustin Stewart	4/13/2013
3.	1:56.94	John Hetzel	3/14/2024
4.	1:57.10	Jose Hernandez	4/09/2022
5.	1:57.92	Adam Willett	4/21/2023
6.	1:58.76	Joe Thierfelder	4/16/2016
7.	1:59.14	Connor Buhrmeister	4/30/2016
8.	1:59.32	Dan Grosch	3/30/2019
9.	1:59.65	Patrick Lester	4/29/2016
10.	1:59.66	EJ Cerdeiras	4/29/2016

1500 Meters

1.	3:54.86	Dustin Stewart	4/27/2013
2.	4:01.78	John Hetzel	4/28/2023
3.	4:03.26	Tim Gill	5/01/2014
4.	4:04.87	Zachary Knott	4/21/2023
5.	4:08.24	Jose Hernandez	3/19/2022
6.	4:09.85	Ryan Caulley	3/16/2013
7.	4:09.95	Brian Sause	3/05/2022
8.	4:01.44	Adam Willett	3/15/2024
9.	4:13.68	Nathan Gallman	3/22/2024
10.	4:14.38	Elliot Wunder	4/01/2023

Mile (2012-Present)

1.	4:24.10	Dustin Stewart	3/02/2013
2.	4:27.51	Tim Gill	3/02/2013
3.	4:51.67	David Iverson	3/02/2013
4.	4:54.34	Frank Spicer	3/02/2013
5.	4:55.58	Michael Rogers	3/03/2012
6.	4:57.62	Darren Balkey	3/02/2013

5000 Meters

1.	15:02.45	Zachary Knott	3/01/2024
2.	15:09.75	Nathan Gallman	4/05/2024
3.	15:15.80	Tim Gill	3/29/2014
4.	15:29.06	Brian Sause	3/04/2024
5.	15:32.37	Nick Berrios	3/03/2023
6.	15:32.97	Ryan Caulley	3/23/2013
7.	15:35.41	Elliot Wunder	3/16/2023
8.	15:37.62	Jose Hernandez	3/05/2022
9.	15:42.58	Sam Lynch	3/05/2022
10.	15:43.22	Clement O'Reilly	3/26/2011

10,000 Meters

1.	31:22.62	Nathan Gallman	3/15/2024
2.	31:38.25	Zachary Knott	3/15/2024
3.	32:04.70	Sam Lynch	4/29/2022
4.	32:23.25	Nick Berrios	3/16/2023
5.	32:33.63	Elliot Wunder	3/15/2024
6.	32:38.17	Tim Gill	4/05/2013
7.	33:51.40	Ethan Davis	3/15/2024
8.	34:56.00	Darren Balkey	4/05/2013
9.	35:11.52	Dominic Coffman	3/01/2024
10.	35:25.43	Jack Baird	3/25/2022

3000 Steeplechase

1.	09:29.16	Brian Sause	4/26/2024
2.	09:38.49	Tim Gill	4/26/2014
3.	10:08.95	Elliot Wunder	4/30/2022
4.	10:17.47	Dustin Stewart	4/28/2012
5.	10:20.12	Jack Baird	4/28/2023
6.	10:26.57	Clinton Hubbard	4/05/2024
7.	10:30.87	Ben Casteel	3/19/2022
8.	10:41.97	Tommy Baird	4/08/2022
9.	10:43.44	Thomas Eichorn	4/06/2019
10.	10:43.66	Zachary Melvin	3/19/2016

3000 Open

1.	8.38.68	Zachary Knott	3/22/2024
2.	8:52.58	Nathan Gallman	3/16/2024
2.	9.00.07	Elliot Wunder	3/05/2022
3.	9.01.93	Tim Gill	4/13/2013
4.	9.07.76	Brian Sause	3/05/2022
5.	9.16.24	Ryan Caulley	4/13/2013
6.	9:19.35	Nick Berrios	4/01/2023
7.	9.24.05	Ethan Davis	3/22/2024
9.	9.27.80	Sam Lynch	3/06/2021
10.	9.36.36	David Iverson	4/13/2013

110 Hurdles

1.	14.85	Joshua Gulapa	4/13/2024
2.	14.92	Ayden Thompson	3/22/2024
3.	15.19	Ryan Kohlhagen	4/13/2024
4.	15.53	Cameron Gunn	4/26/2024
5.	16.21	Warren Jones	4/30/2016
6.	16.74d	David Cornwell	3/19/2022
7.	16.81	Jacob Weston	4/7/2018
8.	17.30d	Tomas Cerdeiras	4/29/2017
9.	18.60d	Dustin Stewart	3/26/2011
10.	21.04d	Kelly Hay	3/26/2022

400 Hurdles

1.	54.14	Michael Koceja	4/30/2016
2.	54.69	Cameron Gunn	4/27/2024
3.	55.05	Ryan Kohlhagen	4/27/2024
4.	56.64	Joseph Scott	4/09/2011
5.	56.82	Dustin Stewart	4/12/2014
6.	57.26	Tomas Cerdeiras	4/29/2017
7.	57.68	Frank Gubler	4/23/2021
8.	58.54	Joshua Gulapa	3/22/2024
9.	59.53	Caleb Petersen	3/02/2024
10.	1:02.71	David Cornwell	4/23/2022

Decathlon

1.	5463	Tomas Cerdeiras	4/7-8/2017
2.	5398	Dustin Stewart	3/15-17/2012
3.	4515	David Cornwell	3/25-26/2022
4.	4476	Kelly Hay	3/25-26/2022

High Jump

1.	2.05 (6-8 ³ / ₄)	Orlando Descartes	3/15/2024
2.	1.99 (6-6 ¹ / ₄)	Kaleb Koelling	4/13/2024
3.	1.92 (6-3 ¹ / ₂)	Rexton Thorson	4/28/2023
4.	1.90 (6-2 ³ / ₄)	Joe Thierfelder	4/25/2015
5.	1.86 (6-1 ¹ / ₄)d	Dustin Stewart	3/17/2012
6.	1.85 (6-0 ³ / ₄)	Andrew McCaw III	3/22/2024
	1.85 (6-0 ³ / ₄)	Aspen Dillard	4/08/2017
8.	1.83 (6-0)	Joseph Scott	4/16/2011
9.	1.80 (5-10 ³ / ₄)	Joshua Gulapa	4/21/2023
10.	1.78 (5-10)	Darius Gardner	3/22/2014

Long Jump

1.	6.84 (22-5 ¹ / ₄)	Dominic Pautler	4/06/2019
2.	6.83 (22-5)	Dayzhaun Gooding-Williams	3/15/2024
3.	6.76 (22-2 ¹ / ₄)	Jean-Luc Rolland	4/25/2014
4.	6.72 (22-0 ³ / ₄)	Orlando Descartes	3/22/2024
5.	6.57 (21-6 ³ / ₄)	Elijah Jackson	4/30/2022
6.	6.46 (21-2 ¹ / ₂)	Matt Difrancesco	4/28/2017
7.	6.32 (20-9)	Steve Runciman	4/25/2014
8.	6.30 (20-8)	Joshua Gulapa	3/02/2024
9.	6.28 (20-7 ¹ / ₄)	Peter Heron	4/26/2017
10.	6.24 (20-5 ³ / ₄)	Darius Gardner	4/25/2015

* Elijah Jackson jumped a +2.1 wind-aided 6.68 on 4/28/2023

Triple Jump

1.	14.24 (46-8 ³ / ₄)	Jean-Luc Rolland	4/26/2014
2.	13.78 (45-2 ¹ / ₂)	Sekani Coleman	4/27/2024
3.	13.64 (44-9)	Dayzhaun Gooding-Williams	4/27/2024
4.	13.49 (44-3 ¹ / ₄)	Tarik Amon	4/30/2016
5.	12.81 (42-0 ¹ / ₂)	Tomas Cerdeiras	4/29/2017
6.	12.36 (40-6 ³ / ₄)	Steve Runciman	4/14/2012
7.	12.05 (39-6 ¹ / ₂)	Kelly Hay	4/14/2023
8.	12.00 (39-4 ¹ / ₂)	Joseph Grimes	3/21/2015

Pole Vault

1.	4.73 (13-9 ¹ / ₄)	Kelly Hay	three times
2.	4.06 (13-3 ³ / ₄)	Christopher Duarte	4/28/2023
3.	3.97 (13-0 ¹ / ₄)	Dominic Pautler	4/6/2019
4.	3.80 (12-5 ¹ / ₂)	Steve Runciman	3/5/2011
5.	3.34 (10-11 ¹ / ₂)	Tomas Cerdeiras	4/7/2017
6.	3.15 (10-4)	Dustin Stewart	3/22/2014
7.	2.90 (9-6.25)	David Cornwell	3/26/2022

Shot Put

1.	16.24 (53-3 ¹ / ₂)	Julian Smallwood	4/22/2017
2.	13.28 (43-7)	Davis Powers	4/27/2024
3.	13.16 (43-2 ¹ / ₄)	Manny Thompson	4/14/2023
4.	12.82 (42-0 ³ / ₄)	Andrew Lankau	4/28/2023
5.	12.78 (41-11 ¹ / ₄)	James Schuster	4/28/2023
6.	11.50 (37-8 ³ / ₄)	Kyle Spar	4/16/2011
7.	11.49 (37-8 ¹ / ₂)d	Tomas Cerdeiras	3/25/2017
8.	11.45 (37-6 ³ / ₄)	Jose Villaruel	4/23/2022
9.	10.87 (35-8)	Ezekiel Shabazz	4/13/2024
10.	9.70 (31-10)d	Dustin Stewart	3/15/2013

Discus

1.	43.91 (144-0)	Manny Thompson	3/05/2022
2.	42.22 (138-6)	Ignatius Ginski	4/24/2014
3.	42.19 (138-5)	Max Middleton	4/30/2022
4.	38.14 (125-1)	Jose Villaruel	4/30/2022
5.	35.34 (104-7)	James Schuster	4/23/2022
6.	33.96 (111-5)	Davis Powers	3/22/2024
8.	33.48 (109-10)	Julian Smallwood	3/18/2017
8.	32.02 (105-1)	Harris Moriarity	3/25/2011
9.	31.55 (103-6)d	Dustin Stewart	3/16/2011
10.	31.39 (103-0)	Kyle Spar	4/02/2011

Javelin

1.	64.59 (211-11)	Luke Thierfelder	3/03/2023
2.	50.91 (167-0)	Aiden Gallagher	4/23/2021
3.	50.81 (166-8)	Orlando Descartes	4/26/2024
4.	50.57 (165-11)d	Dustin Stewart	4/13/2012
5.	47.81 (154-9)	Matthew Pinder	4/26/2024
6.	47.34 (155-4)d	Tomas Cerdeiras	4/28/2018
7.	46.79 (153-6)	Dominic Pautler	3/30/2019
8.	46.23 (151-8)	Manny Thompson	3/01/2024
9.	45.96 (150-9)	Zachary Melvin	4/23/2016
10.	43.84 (143-10)	Harris Moriarity	4/02/2011

Hammer

1.	38.80 (127-3)	Manny Thompson	4/01/2023
2.	31.90 (104-8)	Kyle Spar	4/16/2010
3.	31.06 (101--11)	Davis Powers	3/01/2024
4.	30.39 (99-8)	James Schuster	3/03/2023
5.	27.79 (91-2)	Harris Moriarity	4/07/2010
6.	25.78 (84-7)	Jose Villaruel	3/05/2022

4x100 Relay

1.	41.85	Zachary Bolden Kenny Jensen Jeremiah Hines Ian Hicks	4/27/2024
2.	42.27	Pape Ndiaye James Thierfelder Tyler Richardson Matt Difrancesco	4/27/2019
3.	42.31	Tarik Amon Michael Koceja Alex Abalos Matt Difrancesco	4/30/2016
4.	42.52	Zachary Bolden Kenneth Jensen Ryan Kohlhagen Garison Coleman	4/14/2023 and 4/01/2023
5.	42.56	Alex Abalos James Thierfelder Tyler Richardson Matt Difrancesco	4/13/2019
6.	42.91	Michael Koceja Alex Beckley Alex Abalos Matt Difrancesco	4/7/2018
7.	43.03	Frank Gubler Garison Coleman Ryan Kohlhagen James Thierfelder	3/19/2022
8.	43.07	Aspen Dillard Michael Koceja Alex Abalos Matt Difrancesco	4/8/2017
9.	43.37	Tyrik Becton Garison Coleman Zachary Bolden Kenneth Jensen	3/16/2023
10.	43.39	Darius Gardner Steph-Yves Louis Michael Koceja Joe Thierfelder	4/25/2015

4x400 Relay

1.	3:17.81	Garison Coleman Logan Murphy-Redd Thomas Thierfelder James Thierfelder	4/30/2022
2.	3:19.76	Matt Difrancesco Alex Abalos Alex Beckley Michael Koceja	4/28/2018
3.	3:19.82	Garison Coleman Jesse Coleman Jeremiah Hines Thomas Thierfelder	4/27/2024
4.	3:20.74	Michael Koceja Tomas Cerdieras Matt Difrancesco Alex Abalos	4/29/2017
	3:20.74	Michael Koceja Alex Abalos Connor Burhmeister Joe Thierfelder	4/30/2016
6.	3:21.08	Garison Coleman Sekani Coleman Jesse Coleman Jeremiah Hines	3/16/2024
7.	3:21.10	Garison Coleman Kenneth Jensen Logan Murphy-Redd Thomas Thierfelder	4/28/2023
8.	3:21.86	Frank Gubler Garison Coleman Jose Hernandez James Thierfelder	4/23/2022
9.	3:22.18	James Thierfelder Marvelous Okonne Alex Abalos Matt Difrancesco	4/27/2019
10.	3:22.55	Ryan Kohlhagen Logan Murphy-Redd Thomas Thierfelder Jesse Coleman	4/13/2024

4x800 Relay

1.	8:03.96	Thomas Thierfelder John Hetzel Adam Willett Brian Sause	3/16/2024
2.	8:11.76	Ryan Caulley Tim Gill Steph-Yves Louis Dustin Stewart	3/16/2013
3.	8:20.35	Brian Sause Elliot Wunder Ireng Nkere Jose Hernandez	3/18/2023
4.	8:25.06	Ben Casteel Ryan Kohlhagen Brian Sause Elliot Wunder	3/18/2022
5.	8:39.41	EJ Cerdieras David Iverson Patrick Lester Ryan Caulley	4/11/2015
6.	8:51.88	Frank Gubler Frank Condello Tommy Baird Dennis Graveline	3/18/2022

CONFERENCE OUTDOOR CHAMPIONSHIP RESULTS

2024

1.	Mount Olive	185.5
2.	UNC Pembroke	149.5
3.	Belmont Abbey	95
4.	North Greenville	92
5.	Erskine	83
6.	Converse	52
7.	Southern Wesleyan	46
8.	Lees-McRae	28
9.	Barton	26
10.	Emmanuel	8
11.	King	7
12.	Francis Marion	4

2023

1.	Mount Olive	171.50
2.	UNC Pembroke	165
3.	North Greenville	95
4.	Belmont Abbey	89
5.	Southern Wesleyan	55
6.	Barton	48
7.	Erskine	38.50
8.	Lees-McRae	32
9.	Emmanuel	29
10.	Converse	26
11.	King	20

2022

1.	Mount Olive	208
2.	UNC Pembroke	155
3.	North Greenville	91
4.	Belmont Abbey	75
5.	Emmanuel	48
5.	Southern Wesleyan	48
7.	Barton	40
8.	Lees-McRae	36
9.	Erskine	30
10.	King	24
11.	Converse	21

2021

1.	Mount Olive	268
2.	Emmanuel	119
3.	North Greenville	104
4.	Lees-McRae	64
5.	Southern Wesleyan	58
6.	Belmont Abbey	52
7.	Barton	48
8.	King	32
9.	Erskine	25

2020

Cancelled due to Covid-19

2019

1.	Mount Olive	292
2.	Limestone	153
3.	North Greenville	112
4.	Barton	55
5.	Southern Wesleyan	46
6.	Emmanuel	36
7.	King	28
	Lees-McRae	28
9.	Belmont Abbey	27

2018

1.	Mount Olive	260.5
2.	Limestone	120.5
3.	North Greenville	106.5
4.	Barton	102.5
5.	Lees-McRae	61
6.	Southern Wesleyan	52
7.	King	42
8.	Belmont Abbey	34

2017

1. Mount Olive	252
2. Limestone	146
3. Barton	110
4. King	71
5. Southern Wesleyan	61
6. Lees-McRae	50
7. Belmont Abbey	31
8. North Greenville	26
9. Pfeiffer	19

2016

1. Mount Olive	227
2. Limestone	215
3. Barton	86
4. King	72
5. Lees-McRae	71.5
6. North Greenville	67
7. Belmont Abbey	27.5
8. Pfeiffer	11

2015

1. Mount Olive	281.5
2. Limestone	139
3. North Greenville	124
4. Lees-McRae	99.5
5. King	49
6. Barton	39
7. Belmont Abbey	26
8. Pfeiffer	16

2014

1. Mount Olive	172
2. North Greenville	129
3. Limestone	99
4. King	95
5. Belmont Abbey	48
6. Barton	37
7. Lees-McRae	36

2013

1. Limestone	142
2. Mount Olive	132
3. North Greenville	129
4. King	116
5. Lees-McRae	27
6. Belmont Abbey	25
7. Barton	24
8. Queens	11

2012

1. Mount Olive	173
2. King	150
3. Limestone	74
4. Lees-McRae	71
5. North Greenville	67
6. Queens	40
7. Belmont Abbey	21
8. Barton	18

2011

1. Mount Olive	212
2. Limestone	137
3. Lees-McRae	131
4. Belmont Abbey	69
5. Queens	42
6. Barton	20

2010

1. Lees-McRae	223
2. Limestone	112
3. Mount Olive	83
4. Anderson	79
5. Queens	70
6. St. Andrews	45
7. Belmont Abbey	4

ALL-CONFERENCE HONOREES

(Top 3 at Conference Outdoor Championship)

2024

3000m Steeplechase -- Brian Sause (2nd team)
10000m Run -- Nathan Gallman (3rd team)
400m Hurdles -- Cameron Gunn (2nd team), Ryan Kohlhagen (3rd team)
4x100 Meter Relay -- Zachary Bolden, Jeremiah Hines, Ian Hicks, Kenny Jensen (3rd team)
High Jump -- Orlando Descartes (1st team)
Pole Vault -- Kelly Hay (1st team)
Javelin -- Orlando Descartes (3rd team)

2023

400m Dash -- Garison Coleman (3rd team)
800m Run -- Thomas Thierfelder (2nd team)
3000m Steeplechase -- Brian Sause (3rd team)
400m Hurdles -- Cameron Gunn (2nd team)
High Jump -- Rexton Thorson (3rd team)
Javelin -- Luke Thierfelder (1st team)

2022

400m Dash -- James Thierfelder (1st team)
3000m Steeplechase -- Brian Sause (2nd team)
400m Hurdles -- Cameron Gunn (3rd team)
4x400 Meter Relay -- Garison Coleman, Logan Murphy-Redd, Thomas Thierfelder, James Thierfelder (3rd team)
Javelin -- Luke Thierfelder (1st team)

2021

800m Run -- Thomas Thierfelder (1st team)
4x400 Meter Relay -- Abraham Fuentes, Frank Gubler, Ryan Kohlhagen, Thomas Thierfelder (1st team)

2019

2018

400m Hurdles -- Michael Kocejka (3rd team)
Shot Put -- Julian Smallwood (1st team)

2017

Shot Put -- Julian Smallwood (1st team)

2016

400m Hurdles -- Michael Kocejka (1st team)

2015

Discus -- ignatius Ginski (2nd team)

2014

400m Hurdles -- Dustin Stewart (2nd team)
3000m Steeplechase -- Tim Gill (3rd team)
Triple Jump -- Jean-Luc Rolland (2nd team)
Javelin -- Dustin Stewart (3rd team)

2013

1500m Run -- Dustin Stewart (2nd team)
Triple Jump -- Jean-Luc Rolland (3rd team)

INDOOR RECORDS

(2012 to present unless noted)

55 Meters

1.	6.64	Zachary Bolden	01/20/23
2.	6.70	Matt Difrancesco	02/19/16
3.	6.71	Kenny Jensen	01/20/23
4.	6.77	Michael Koceja	02/19/16
5.	6.81	Steph-Yves Louis	01/31/15
6.	6.84	Tarik Amon	02/19/16
7.	6.85	Garison Coleman	01/28/22
8.	6.86	Darius Gardner	01/30/15
9.	6.94	Joe Thierfelder	01/22/14
10.	7.00	Tyrik Becton	01/20/23

60 Meters (2014 to present)

1.	7.04	Matt Difrancesco	02/17/19
2.	7.06	Zachary Bolden	12/02/23
3.	7.12	Josh Wilson	12/02/17
4.	7.14	Abraham (Moreno) Fuentes	02/22/21
5.	7.16	Jeremiah Hines	twice
6.	7.23	Garison Coleman	02/08/24
	7.23	Christian White	12/02/23
8.	7.24	Orlando Descartes	01/13/24
9.	7.25	Steph-Yves Louis	12/06/14
	7.25	Kenny Jensen	twice

200 Meters (2014 to present)

1.	22.31	Matt Difrancesco	02/17/19
2.	22.43	Abraham (Moreno) Fuentes	02/22/21
3.	22.47*	Zachary Bolden	02/20/23
4.	22.56*	Jeremiah Hines	01/19/23
5.	22.60	Kenny Jensen	02/04/23
6.	22.63	Ian Hicks	12/02/23
7.	22.91	Garison Coleman	02/08/24
8.	22.95	Kenny Jensen	02/08/24
9.	23.03	James Thierfelder	02/20/22
10.	23.18	Garison Coleman	02/09/23

300 Meters

1.	36.49	Michael Koceja	12/05/15
2.	36.94	Joe Thierfelder	12/07/13
3.	37.61	Alex Abalos	01/19/18
4.	38.62	Tomas Cerdeiras	01/20/18
5.	38.93	Cameron Gunn	01/28/22
6.	39.11	Zachary Melvin	12/06/14
7.	39.19	Aspen Dillard	01/20/18
8.	39.74	Jacob Weston	01/20/18
9.	39.78	Tyrik Becton	01/28/22
10.	39.81	Ryan Kohlhagen	01/28/22

400 Meters (2013 to present)

1.	49.77*	Jesse Coleman	01/19/24
2.	50.38*	Garison Coleman	02/19/23
3.	50.45	Michael Koceja	02/19/17
4.	50.56*	Ian Hicks	01/19/24
5.	50.64	James Thierfelder	02/21/22
6.	50.89	Alex Abalos	02/19/16
7.	51.15	Joe Thierfelder	02/23/14
8.	51.17	Thomas Thierfelder	02/09/23
9.	51.22	Logan Murphy-Redd	01/20/23
10.	51.30	Kenny Jensen	01/13/24

500 Meters

1.	1:10.3	Steph-Yves Louis	12/01/12
2.	1:11.2	Dimarcus Vilcheck	01/25/19
3.	1:14.7	Connor Johnson	01/25/19
4.	1:15.4	David Gantz	01/25/19

600 Meters (2019 to present)

1.	1:25.23	Logan Murphy-Redd	01/14/23
2.	1:25.55	Thomas Thierfelder	12/03/23
3.	1:26.56	Jesse Coleman	12/03/22
4.	1:26.82	Logan Murphy-Redd	12/02/23
5.	1:27.33	Jose Hernandez	02/04/23
6.	1:29.47	Caleb Petersen	01/13/24
7.	1:29.93	Dimarcus Vilcheck	02/01/19
8.	1:30.08	Thomas Eichorn	02/01/19
9.	1:30.68	Kolbe Zuniga	01/13/24
10.	1:32.73	Joshua Moore	12/03/24

800 Meters

1.	1:56.60	Thomas Thierfelder	02/20/23
2.	1:57.73	Dustin Stewart	02/09/13
3.	1:57.45*	Jose Hernandez	01/19/24
4.	1:57.80	Adam Willett	02/20/23
5.	1:58.64	John Hetzel	02/19/24
6.	2:01.31	Dan Grosch	12/02/17
7.	2:01.32	Brian Sause	02/09/23
8.	2:02.00	Jesse Coleman	02/04/23
9.	2:02.07	James Thierfelder	01/31/20
10.	2:02.28	Tim Gill	02/07/14

1000 Meters

1.	2:31.96	Dustin Stewart	12/01/12
2.	2:35.14	Thomas Thierfelder	01/14/23
3.	2:41.86	Jose Hernandez	01/13/24
4.	2:43.23	Connor Buhrmeister	12/05/15
5.	2:43.76	Adam Willett	01/13/24
6.	2:44.94	Irengé Nkere	02/04/23
7.	2:46.41	Ben Casteel	01/26/24
8.	2:46.95	Zack Knott	01/15/22
9.	2:47.12	Jack Baird	02/04/23
10.	2:49.97	Nick Snell	02/01/19

Mile

1.	4:15.61	Dustin Stewart	02/08/13
2.	4:21.50	Tim Gill	02/14/14
3.	4:26.57	Jose Hernandez	02/10/22
4.	4:26.93	John Hetzel	02/20/23
5.	4:27.77	Brian Sause	02/20/23
6.	4:29.33	Elliot Wunder	02/05/22
7.	4:31.44	Thomas Thierfelder	01/20/23
8.	4:32.95	Ryan Caulley	02/08/13
9.	4:33.82	Clinton Hubbard	01/28/18
10.	4:42.04	Zachary Knott	01/14/23

3000 Meters (2013 to present)

1.	8:44.75	Zackary Knott	02/19/24
2.	8:45.46	Tim Gill	02/23/14
3.	8:50.14	Elliot Wunder	02/20/23
4.	8:53.16	Nathan Gallman	02/19/24
5.	8:56.10	Nick Berrios	02/20/23
6.	8:58.41	Jose Hernandez	01/15/22
7.	9:01.01	Ryan Caulley	02/01/13
8.	9:03.17	Elliot Wunder	02/08/24
9.	9:07.35	Sam Lynch	01/15/22
10.	9:10.49	Dustin Stewart	01/17/13

5000 Meters (2013 to present)

1.	15:08.77	Zackary Knott	02/18/24
2.	15:19.86	Tim Gill	02/14/14
3.	15:31.98	Nathan Gallman	02/19/24
4.	15:34.08	Elliot Wunder	02/18/24
5.	15:42.46	Sam Lynch	01/28/22
6.	15:43.76	Nick Berrios	02/19/23
7.	16:34.07	Ryan Caulley	01/31/14
8.	16:34.68	Dominic Coffman	02/20/22
9.	16:44.19	David Iverson	01/25/13
10.	16:51.07	Ethan Davis	02/04/22

55 Hurdles

1.	8.07	Ryan Kohlhagen	01/20/23
2.	8.39	Cameron Gunn	01/28/22
2.	8.79	David Cornwell	01/28/22
3.	9.05	Dustin Stewart	01/22/14

60 Hurdles

1.	8.39	Ayden Thompson	02/18/24
2.	8.44	Ryan Kohlhagen	01/26/24
3.	8.46	Joshua Gulapa	12/03/22
4.	8.85	Cameron Gunn	02/04/22
5.	8.92	Warren Jones	02/28/16
6.	8.96	Alex Myrin	12/07/19
7.	9.24	Frank Gubler	02/22/21
8.	9.29	David Cornwell	02/04/22
9.	9.37	Triston McDowell	12/07/19
10.	9.39	Tomas Cerdeiras	02/19/17

High Jump (2013 to present)

1.	1.97m (6-5½)	Orlando Descartes	01/13/24
2.	1.94m (6-4¼)	Joe Thierfelder	01/19/14
3.	1.92m (6-3½)	Kaleb Koelling	01/13/24
4.	1.90m (6-2¾)	Rex Thorson	02/19/23
5.	1.85m (6-0¾)	Aspen Dillard	12/03/16
6.	1.84m (6-0½)	Andrew McCaw	01/15/22
7.	1.82m (5-11½)	Darius Gardner	01/17/13
8.	1.80m (5-10¾)	Dustin Stewart	02/23/14
9.	1.79m (5-10½)	Logan Murphy-Redd	02/10/22
10.	1.76m (5-9¼)	Elijah Jackson	02/22/21

Long Jump (2014 to present)

1.	6.84m (22-5¼)	Orlando Descartes	01/19/24
2.	6.78m (22-3)	Dayzhaun Gooding-Williams	02/18/24
3.	6.75m (22-1¾)	Dominic Pautler	02/17/19
4.	6.55m (21-6)	Miles Gutzmer	12/03/22
5.	6.49m (21-3¼)	Jean-Luc Rolland	02/01/14
6.	6.48m (21-3¼)	Elijah Jackson	01/28/22
7.	6.28m (20-7¼)	Darius Gardner	01/30/15
8.	6.11m (20-0½)	Joshua Gulapa	01/14/23
9.	5.90m (19-4¼)	Joe Thierfelder	01/24/16
	5.90m (19- 4¼)	Peter Heron	02/19/17

Triple Jump (2014 to present)

1.	13.93 (45-8½)	Sekhani Coleman	02/19/24
2.	13.82m (45-4¼)	Dayzhaun Gooding-Williams	02/19/24
3.	13.71 (44-11¾)	Jean-Luc Rolland	01/25/14
4.	13.08 (42-11)	Tomas Cerdeiras	02/19/17
5.	12.90 (42-4)	Tarik Amon	02/28/16
6.	12.37 (40-7)	Steve Runciman	02/08/14
7.	12.35 (40-6¼)	Elijah Jackson	02/20/23
8.	11.66 (38-3¼)	Joseph Grimes	02/22/15
9.	11.10 (36-5)	Andrew Bryant	02/22/21

Pole Vault (2019 to present)

1.	4.56m (14-11½)	Kelly Hay	01/19/24
1.	4.30m (14-1¼)	Samuel Wallick	12/07/19
3.	4.10m (14'-5¼)	Chris Duarte	01/26/24
4.	3.59m (11-9¼)	Dominic Pautler	02/22/21
5.	3.35m (10' 11¾)	Syah Huenink	12/03/22

Shot Put (2014 to present)

1.	15.65m (51-4¼)	Julian Smallwood	12/02/17
2.	13.00m (42-8)	Manny Thompson	01/19/24
3.	12.89m (42-3½)	Davis Powers	01/26/24
4.	12.75m (41-10)	James Schuster	02/19/24
5.	12.66m (41-6¼)	Andrew Lankau	02/20/23
6.	11.31m (37-1¼)	Tomas Cerdeiras	01/14/17
7.	10.98m (36-0¼)	Jose Villarruel	01/15/22
8.	10.62m (34-10¼)	Ignatius Ginski	02/22/15
9.	9.51m (31-2½)	Dustin Stewart	01/22/14
10.	8.95m (29-4½)	Matthew Pinder	01/20/23

Weight Throw (2021 to present)

1.	13.44 (44-1¼)	Manny Thompson	12/02/23
2.	11.52 (37-9½)	James Schuster	02/20/22
3.	11.18 (36-8¼)	Jose Villarruel	02/10/22
4.	10.38 (34-0¾)	Davis Powers	01/13/24

4x400 Relay (2013 to present)

1.	3:21.65	Garrison Coleman Kenny Jensen Ian Hicks Jesse Coleman	02/19/24
2.	3:23.77	Kenny Jensen Jesse Coleman Thomas Thierfelder Garrison Coleman	02/20/23
3.	3:25.45	Kenny Jensen Logan Murphy-Redd Jessee Coleman Thomas Thierfelder	02/04/23
4.	3:26.08	Garison Coleman Logan Murphy-Redd Thomas Thierfelder James Thierfelder	02/21/22
5.	3:28.39	Louis Steph-Yves Michael Koceja Darrius Gardner Joe Thiefelder	12/06/14
6.	3:28.42	Kenny Jensen Logan Murphy-Redd Ryan Kohlhagen Thomas Thierfelder	02/20/23
7.	3:28.55	Garison Coleman Logan Murphy-Redd Cameron Gunn Ryan Kohlhagen	02/05/22

8.	3.28.85	Louis Steph-Yves Darrius Gardner Dustin Stewart Joe Thiefelder	02/23/14
9.	3.29.20	Matt Difrancesco Michael Koceja Tomas Cerdeiras Alex Abalos	02/18/18
10.	3.29.31	Michael Koceja Tomas Cerdeiras Matt Difrancesco Alex Abalos	12/02/17

4x800 Relay (2015 to present)

1.	8.18.93	Connor Buhrmeister Thomas Eichorn EJ Cerdieras Patrick Lester	12/05/15
2.	8.51.98	Frank Gubler Irengé Nkere John Hetzel Adam Willett	01/14/23
3.	9.03.42	Jack Baird Ben Casteel Ethan Davis Dominic Coffman	01/15/22

Distance Medley Relay (1200m, 400m, 800m, 1600m)

1.	10.28.30	Brian Sause Jesse Coleman Adam Willett Elliot Wunder	02/19/23
2.	10:29.16	Clinton Hubbard Thomas Thierfelder Jose Hernandez Brian Sause	02/18/24
3.	10.35.46	Tim Gill Louis Steph-Yves Ryan Caulley Dustin Stewart	02/16/13
4.	10.47.16	Adam Willett Jesse Coleman Jack Baird Brian Sause	02/04/23
5.	10.54.73	Adam Willett Frank Gubler Ben Casteel Brian Sause	02/20/22
6.	11.10.18	Frank Condello III Marvelous Okonne James Thierfelder Thomas Thierfelder	02/23/20
7.	11.10.93	Thomas Eichorn Mac Makela Connor Buhrmeister Nick Snell	02/28/16
8.	11.14.96	Elliot Wunder Frank Gubler Thomas Thierfelder Jose Hernandez	02/22/21
9.	11.17.28	Thomas Eichorn James Thierfelder Dimarcus Vichcek Daeton Byars	02/17/19
10.	11.18.31	David Iverson Zachary Melvin EJ Cerdieras Jonah Wilamowski	02/22/15
8.	11.22.47	Steve Runciman Michael Rogers Ryan Caulley Darren Balkey	02/23/14
9.	11.22.72	Thomas Eichorn Dimarcus Vilcheck Patrick Lester Nick Snell	2/3/2018
10.	11.27.13	Adam Willett Jack Baird Ben Casteel Dominic Coffman	02/04/22

CONFERENCE INDOOR CHAMPIONSHIP RESULTS

2024

1.	Mount Olive	164
2.	UNC Pembroke	125
3.	Belmont Abbey	83
4.	North Greenville	53
5.	Southern Wesleyan	48
6.	Erskine	45
7.	Converse	32
8.	Lees-McRae	31
9.	Emmanuel (Ga.)	22
10.	Barton	20
11.	King	1

2023

1.	Mount Olive	146
2.	UNC Pembroke	139
3.	North Greenville	89
4.	Belmont Abbey	48.5
5.	Southern Wesleyan	46
6.	Emmanuel (Ga.)	43.5
7.	Lees-McRae	37
8.	Erskine	28
9.	Barton	19
10.	Converse	14
11.	King	12

2022

1.	Mount Olive	152
2.	UNC Pembroke	115
3.	North Greenville	94
4.	Emmanuel (Ga.)	73.5
5.	Lees-McRae	64
6.	Southern Wesleyan	38
7.	Belmont Abbey	30.5
8.	Erskine	20
9.	Barton	18.5
10.	King	11
11.	Converse	7.5

2021

1.	Mount Olive	167.5
2.	Emmanuel (Ga.)	102
3.	UNC Pembroke	71.5
4.	North Greenville	61
5.	Lees-McRae	56
6.	Belmont Abbey	40
7.	Erskine	38
8.	King	33
9.	Barton	26
	Southern Wesleyan	26

2020

1.	Mount Olive	192
2.	Limestone	129
3.	North Greenville	95
4.	Emmanuel (Ga.)	81
5.	Southern Wesleyan	39
6.	Barton	24
7.	Belmont Abbey	22
8.	Lees-McRae	19
9.	King	18
10.	Erskine	4

2019

1.	Mount Olive	221.5
2.	Limestone	95
3.	North Greenville	88.5
4.	Barton	58
5.	King	40
6.	Emmanuel (Ga.)	39
7.	Southern Wesleyan	34
8.	Lees-McRae	24
9.	Belmont Abbey	19

2018

1.	Mount Olive	237
2.	Limestone	139
3.	Barton	72
4.	North Greenville	68
5.	Southern Wesleyan	36
6.	King	26
7.	Lees-McRae	23
8.	Belmont Abbey	18

2017

1.	Mount Olive	205
2.	Limestone	151
3.	Barton	85
4.	Lees-McRae	57
5.	King	51
6.	North Greenville	29
7.	Southern Wesleyan	18
8.	Belmont Abbey	14
9.	Pfeiffer	9

2016

1.	Limestone	196
2.	Mount Olive	185
3.	North Greenville	79
4.	Barton	54.5
5.	Lees-McRae	39.5
6.	King	26
7.	Belmont Abbey	20
	Pfeiffer	20

2015

1.	Mount Olive	191
2.	Limestone	143
3.	North Greenville	117
4.	King	72
5.	Lees-McRae	44
6.	Barton	27
7.	Pfeiffer	15
8.	Belmont Abbey	12

2014

1.	Mount Olive	131
2.	North Greenville	109
3.	Limestone	86
4.	King	84
5.	Belmont Abbey	33
6.	Barton	30
7.	Lees-McRae	15

2013

1.	King	110
2.	Limestone	103
3.	North Greenville	87
4.	Mount Olive	86
5.	Lees-McRae	51
6.	Queens (N.C.)	25
7.	Belmont Abbey	20
8.	Barton	6

ALL-CONFERENCE HONOREES

(Top 3 at Conference Indoor Championship)

2024

400 Meters - Jesse Coleman (1st team)

800 Meters - Thomas Thierfelder (2nd team)

4x400 Meter Relay - Garison Coleman, Kenny Jensen, Ian Hicks, Jesse Coleman (2nd team)

Distance Medley Relay - Clinton Hubbard, Thomas Thierfelder, Jose Hernandez, Brian Sause (2nd team)

High Jump - Orlando Descartes (3rd team)

Long Jump - Dayzhaun Gooding-Williams (3rd team)

Triple Jump - Sekani Coleman (3rd team)

Pole Vault - Kelly Hay (3rd team)

2023

800 Meters - Thomas Thierfelder (3rd team)

4x400 Meter Relay - Kenneth Jensen, Jesse Coleman, Thomas Thierfelder, Garison Coleman (3rd team)

Distance Medley Relay - Brian Sause, Jesse Coleman, Adam Willett, Elliot Wunder (2nd team)

Pole Vault - Kelly Hay (3rd team)

2022

800 Meters - Thomas Thierfelder (2nd team)

2021

800 Meters - Thomas Thierfelder (1st team)

200 Meters - Abraham Fuentes (2nd team)

2020

Pole Vault - Sam Wallick (1st team)

2018

Shot Put - Julian Smallwood (1st team)

2017

High Jump - Joe Theirfelder (3rd team)

2015

800 Meters - Dustin Stewart (3rd team)

4x400-Meter Relay - Belmont Abbey (1st team)

2014

Distance Medley Relay - Belmont Abbey (1st team)