

# Mount St. Mary's Men's Outdoor Track All-Time Top 10 List

## 100m Dash

Rk.	Time	Name	Date	Location
1.	10.25	Todd Charles	3/31/23	High Point, N.C.
2.	10.40	Justin Kimble	3/29/19	Raleigh, N.C.
3.	10.44c	Anthony Ambush	5/26/72	Ashland, Ohio (NCAA)
4.	10.51	Abdoulaye Bah	4/4/25	High Point, N.C.
5.	10.54c	Barry Stebbins	5/17/74	Emmitsburg, Md.
	10.54c	Andre Smith	5/2/92	Emmitsburg, Md.
7.	10.56	Coby Rosemier-Gussio	5/3/14	Moon Township, Pa. (NEC)
8.	10.58	Chad Brown	4/17/10	Emmitsburg, Md.
9.	10.59	Maximus Zitnay	5/10/25	Lawrenceville, N.J. (MAAC)
10.	10.60	Torian Neblett	5/10/25	Lawrenceville, N.J. (MAAC)

## 200m Dash

Rk.	Time	Name	Date	Location
1.	21.27	Dave Lishebo	5/4/85	Emmitsburg, Md. (MDC)
2.	21.29	Todd Charles	3/31/23	High Point, N.C.
3.	21.31	Coby Rosemier-Gussio	5/3/14	Moon Township, Pa. (NEC)
4.	21.33	Lucas Koon Perez	4/4/25	High Point, N.C.
5.	21.38	Justin Kimble	4/20/18	Emmitsburg, Md.
5.	21.39	Chad Brown	4/3/09	Williamsburg, Va.
	21.39	Daniel Reader	4/12/25	Harrisonburg, Va.
7.	21.41	Clyde Edwards	5/8/94	Lawrenceville, N.J. (NEC)
8.	21.43	Bah Abdoulaye	4/5/24	High Point, N.C.
9.	21.45	Cliff Wong	4/11/98	Baltimore, Md.
10.	21.46	Andre Smith	5/23/92	Dedham, Mass. (IC4A)

## 400m Dash

Rk.	Time	Name	Date	Location
1.	45.64	Dave Lishebo	4/20/86	Atlanta, Ga.
2.	45.75	Jeff White	5/13/84	Charlottesville, Va.
3.	46.65	Newel Scoon	5/23/98	Fairfax, Va. (IC4A)
4.	47.06	Marco Binion	5/6/02	Emmitsburg, Md. (NEC)
5.	47.17	Cliff Wong	5/18/96	Fairfax, Va. (IC4A)
6.	47.36	Malcolm Poole	5/6/89	Salisbury, Md. (MDC)
7.	47.46	Jim Stevenson	4/9/94	Charlottesville, Va.
8.	47.55	Josh Poole	3/31/16	Williamsburg, Va.
9.	47.66	Germain Bryant	5/6/02	Emmitsburg, Md. (NEC)
10.	47.94	Ron Banks	5/4/75	Emmitsburg, Md. (MDC)

## 800m Run

Rk.	Time	Name	Date	Location
1.	1:46.48	Kip Cheruiyot	7/27/86	Caorle, Italy
2.	1:47.95	Daniel Kinyua	5/24/98	Fairfax, Va. (IC4A)
3.	1:48.51	Charles Cheruiyot	5/22/87	Cape Girardeau, Mo. (NCAA)
4.	1:49.42	Gigi Gibilisco	6/16/12	Holmdel, N.J.
5.	1:49.61	Colin Kelly	5/13/22	Williamsburg, Va. (IC4A)
6.	1:49.67	Peter Rono	5/4/91	Emmitsburg, Md.
7.	1:50.54c	Mark Martin	5/7/77	Towson, Md. (MDC)
8.	1:51.54c	Jim Stevenson	5/7/95	Lawrenceville, N.J. (NEC)
9.	1:51.69	Festus Kiprono	5/7/00	Emmitsburg, Md. (NEC)
10.	1:52.44	Kody Wilson	5/3/15	Emmitsburg, Md. (NEC)

## 1500m Run

Rk.	Time	Name	Date	Location
1.	3:33.07	Kip Cheruiyot	8/10/86	Grosseto, Italy
2.	3:35.96	Peter Rono	1988	Seoul, South Korea (Olympics)
3.	3:39.61	Daniel Kinyua	5/9/98	Fairfax, Va.
4.	3:40.17	Charles Cheruiyot	4/26/86	Philadelphia, Pa.
5.	3:48.76	Shawn Day	4/12/03	Charlottesville, Va.
6.	3:49.84c	Gordon Oliver	5/12/73	Pittsburgh, Pa.
7.	3:50.86	Benjamin Finnigan	5/14/18	Swarthmore, Pa.
8.	3:51.38	Brian Rosenberg	5/3/98	Emmitsburg, Md. (NEC)
9.	3:51.49	Steve Ondieki	4/18/98	Emmitsburg, Md.
10.	3:52.03	Aaron Price	5/11/96	Princeton, N.J.

## 3000m Run

Rk.	Time	Name	Date	Location
1.	7:44.10	Charles Cheruiyot	8/13/86	Zurich, Switzerland
2.	8:37.57	John Wang	3/17/22	Myrtle Beach, S.C.
3.	8:41.54c	Ben Amoss	5/18/75	College Park, Md.
4.	8:44.78	Dylan Bernard	4/23/11	Lewisburg, Pa.
5.	8:45.24c	John Nicoletti	4/22/70	Carlisle, Pa. (NCAA)
6.	8:46.76	Nicolas Fransham	4/29/17	Loretto, Pa.
7.	8:50.13	Aaron Price	3/18/95	Chapel Hill, N.C.
8.	8:50.14c	Steve Hanlon	5/9/70	Emmitsburg, Md. (MDC)
9.	8:53.24c	Jim Clarke	5/11/68	Emmitsburg, Md. (MDC)
10.	8:55.35	Kyle Ryan	4/17/10	Emmitsburg, Md.

## 3000m Steeplechase

Rk.	Time	Name	Date	Location
1.	9:09.74c	Mark Landis	5/13/78	Pittsburgh, Pa.
2.	9:11.71	Zach Emerson	5/27/06	Greensboro, N.C. (NCAA)
3.	9:15.04	John Wang	4/9/22	Fairfax, Va.
4.	9:18.84c	Jim Seuffert	3/22/80	Richmond, Va.
5.	9:19.36	Rick Bush	5/5/96	Emmitsburg, Md. (NEC)
6.	9:21.65	Will Merritt	3/14/19	Myrtle Beach, S.C.
7.	9:21.86	Diego Miguelena	5/4/24	Lawrenceville, N.J. (MAAC)
8.	9:22.74	Peter Egwom	5/12/06	IC4A
9.	9:25.30	John Ruona	5/6/23	Emmitsburg, Md. (MAAC)
10.	9:25.92	Mitchell Wileczek	5/4/19	New Britain, Conn. (NEC)

## 5000m Run

Rk.	Time	Name	Date	Location
1.	13:24.13	Charles Cheruiyot	6/23/89	St. Denis, France
2.	14:08.06	Daniel Kinyua	3/27/98	Raleigh, N.C.
3.	14:11.15	Steve Ondieki	4/23/98	Philadelphia, Pa.
4.	14:25.15	Tim Kitching	4/23/98	Philadelphia, Pa.
5.	14:25.32	Brian Rosenberg	4/22/99	Philadelphia, Pa.
6.	14:26.94	Tommy Gruschow	4/4/13	Williamsburg, Va.
7.	14:27.17	Aaron Price	4/24/97	Philadelphia, Pa.
8.	14:29.04c	Gordon Oliver	4/28/73	Philadelphia, Pa.
9.	14:29.51	Dylan Bernard	5/11/12	Princeton, N.J. (IC4A)
10.	14:33.43	Will Merritt	5/11/19	Princeton, N.J. (IC4A)

## 10000m Run

Rk.	Time	Name	Date	Location
1.	29:37.95	Steve Ondieki	3/27/98	Raleigh, N.C.
2.	29:38.69	Bernard Kitur	5/20/94	Fairfax, Va. (IC4A)
3.	29:54.88	Tim Kitching	4/22/99	Philadelphia, Pa.
4.	30:17.98	Nicolas Fransham	4/13/19	Lewisburg, Pa.
5.	30:53.58	Will Merritt	5/12/18	Princeton, N.J. (IC4A)
6.	31:02.34c	Shawn McElhaugh	3/29/96	Raleigh, N.C.
7.	31:04.24c	Gordon Oliver	4/14/73	Emmitsburg, Md.
8.	31:07.19	John Wang	3/16/23	Myrtle Beach, S.C.
9.	31:15.84c	Jim Seuffert	4/7/79	Williamsburg, Va.
10.	31:24.21	Dylan Bernard	4/15/11	Lewisburg, Pa.

## 110m Hurdles

Rk.	Time	Name	Date	Location
1.	13.76	Richard Gilchrist	3/31/23	High Point, N.C.
2.	13.93	Robert Ekpete	6/1/84	Lillehammer, Norway
3.	14.17	Julian Woods	5/7/17	Emmitsburg, Md. (NEC)
4.	14.41	Will Stephenson	4/4/25	High Point, N.C.
5.	14.45	Bob Stebbins	4/14/82	Shippensburg, Pa.
6.	14.49	Morgan Lisby	5/6/02	Emmitsburg, Md. (NEC)
	14.49	Abdulazeez Iyiola	5/10/25	Lawrenceville, N.J. (MAAC)
8.	14.53	Devin Barry	5/14/05	Princeton, N.J. (IC4A)
9.	14.54c	Barry Stebbins	5/28/75	Sacramento, Calif. (NCAA)
10.	14.64c	Rick Mori	4/25/81	Emmitsburg, Md.

c - Converted; y - Yards Converted; h - Hand Timed

# Mount St. Mary's Men's Outdoor Track All-Time Top 10 List

## 400m Hurdles

Rk.	Time	Name	Date	Location
1.	50.60	Dave Lishebo	5/20/89	Villanova, Pa. (IC4A)
2.	51.60	Julian Woods	5/16/14	Princeton, N.J. (IC4A)
3.	52.85	Justyn Seivright	5/1/21	Smithfield, R.I. (NEC)
4.	52.94	Gigi Gibilisco	5/15/09	Princeton, N.J. (IC4A)
5.	53.39	Abdulazeez Iyiola	4/4/25	High Point, N.C.
6.	53.66	Eddison Toby	5/5/96	Emmitsburg, Md. (NEC)
7.	53.74	Robert Ekpete	5/4/85	Emmitsburg, Md. (MDC)
8.	53.82	Morgan Lisby	5/6/02	Emmitsburg, Md. (NEC)
9.	54.68	Will Stephenson	5/6/23	Emmitsburg, Md. (MAAC)
10.	54.74c	Dave Landis	4/23/65	Philadelphia, Pa.

## High Jump

Rk.	Height	Name	Date	Location
1.	2.18m (7' 1.75")	Bill Motti	5/20/85	Los Angeles, Calif. (NCAA)
2.	2.16m (7' 1")	Mark Tobias	5/25/84	Cape Girardeau, Mo. (NCAA)
3.	2.13m (7')	Bob Stebbins	5/16/82	College Park, Md.
4.	2.13m (6' 11.75")	Mike Young	5/9/87	Emmitsburg, Md.
5.	2.11m (6' 11")	Rob Pendergist	3/24/93	Gainesville, Fla.
6.	2.10m (6' 10.75")	Corey Brown	5/6/06	Emmitsburg, Md. (NEC)
7.	2.08m (6' 9.75")	Dylan LaNoue	5/6/23	Emmitsburg, Md. (MAAC)
8.	2.07m (6' 9.5")	Dante Elliot	4/14/23	Princeton, N.J.
9.	2.06m (6' 9")	Knut Gundersen	1985	two times
	2.06m (6' 9"0)	Antonio Morales	5/6/00	Emmitsburg, Md. (NEC)

## Pole Vault

Rk.	Height	Name	Date	Location
1.	5.30m (17' 4.5")	David Hinton	6/17/04	Austin, Texas (NCAA)
2.	5.15m (16' 10.75")	Arran Fahey	4/4/25	High Point, N.C.
3.	5.05m (16' 6.75")	Carter Nave	5/1/21	Smithfield, R.I. (NEC)
4.	4.96m (16' 3.25")	Arran Fahey	5/10/24	Fairfax, Va. (IC4A)
5.	4.92m (16' 1.75")	Carter Holsinger	3/26/22	Annapolis, Md.
6.	4.90m (16' 0.75")	Rob Pendergist	5/15/94	Emmitsburg, Md.
7.	4.88m (16')	Steve Long	5/11/86	Emmitsburg, Md.
8.	4.83m (15' 10.25")	Rick Mori	4/17/82	Emmitsburg, Md.
9.	4.80m (15' 9")	Josh Dzyak	4/19/08	Emmitsburg, Md.
	4.80m (15' 9")	Jason King	5/15/94	Emmitsburg, Md.
	4.80m (15' 9")	Rick Villanova	5/14/10	Princeton, N.J. (IC4A)

## Long Jump

Rk.	Distance	Name	Date	Location
1.	7.63m (25' 0.5")	Bill Motti	7/6/85	Athis-Mons, France
2.	7.57m (24' 10")	D.J. Workcuff	5/5/18	Emmitsburg, Md. (NEC)
3.	7.51m (24' 7.75")	Rob Pendergist	5/9/92	Emmitsburg, Md.
4.	7.49m (24' 7")	Barry Stebbins	5/24/77	Fargo, N.D. (NCAA)
5.	7.46m (24' 5.75")	Corey Brown	5/14/05	Princeton, N.J. (IC4A)
6.	7.45m (24' 5.5")	Mark Tobias	5/7/83	Emmitsburg, Md. (MDC)
7.	7.32m (24' 0.25")	Jim Stevenson	6/2/93	New Orleans, La. (NCAA)
	7.32m (24' 0.25")	Knut Gundersen	5/9/87	Emmitsburg, Md.
9.	7.30m (23' 11.5")	Quinton Huguley	5/1/10	Emmitsburg, Md. (NEC)
10.	7.29m (23' 11")	Mike Barrasso	5/26/77	Fargo, N.D. (NCAA)

## Triple Jump

Rk.	Distance	Name	Date	Location
1.	15.72m (51' 7")	Dylan LaNoue	4/16/21	Emmitsburg, Md.
2.	15.41m (50' 7")	Mark Tobias	5/28/83	Cape Girardeau, Mo. (NCAA)
3.	15.06m (49' 5")	Sean Fahey	4/16/21	Emmitsburg, Md.
4.	14.79m (49' 1.5")	Caleb Nelson	5/10/25	Lawrenceville, N.J. (MAAC)
5.	14.79m (48' 6.25")	D.J. Hamilton	5/14/21	Springfield, Mass. (IC4A)
6.	14.77m (48' 5.5")	Corey Brown	5/14/05	Boston, Mass. (IC4A)
7.	14.37m (47' 2")	Bill Walsh	5/20/67	Emmitsburg, Md. (NCAA)
	14.37m (47' 2")	Bill Motti	5/4/85	Emmitsburg, Md. (MDC)
9.	14.35m (47' 1")	Atebeh Awungjia	5/10/25	Lawrenceville, N.J. (MAAC)
10.	14.26m (46' 9.5")	Cyre Hooper	5/6/23	Emmitsburg, Md. (MAAC)

## Shot Put

Rk.	Distance	Name	Date	Location
1.	15.76m (51' 8.5")	Lowell Brooks	4/10/76	University Park, Pa.
2.	15.73m (51' 7.25")	Gudmund Olsen	9/5/81	Emmitsburg, Md.
3.	15.63m (51' 3.5")	Renaldi Falwell	5/6/23	Emmitsburg, Md. (MAAC)
4.	15.44m (50' 8")	Zachary Delker	4/28/18	Loretto, Pa.
5.	15.40m (50' 6.25")	Matthew Selba	4/9/19	Mechanicsburg, Pa.
6.	15.17m (49' 9.25")	Alex Devine	4/29/17	Loretto, Pa.
7.	15.15m (49' 8.5")	Knut Gundersen	5/20/87	Cape Girardeau, Mo. (NCAA)
8.	15.02m (49' 3.5")	Bill Motti	5/20/85	Los Angeles, Calif. (NCAA)
9.	14.66m (48' 1.25")	Robert Ekpete	5/20/85	Los Angeles, Calif. (NCAA)
10.	14.55m (47' 9")	Ryan Martin	5/4/08	Moon Township, Pa. (NEC)

## Discus Throw

Rk.	Distance	Name	Date	Location
1.	52.76m (173' 1")	Gudmund Olsen	11/8/81	New Rochelle, N.Y.
2.	52.21m (171' 3")	Ryan Martin	3/21/08	Winston-Salem, N.C.
3.	50.92m (167' 1")	Bill Motti	8/9/94	Los Angeles, Calif. (Olympics)
4.	49.95m (163' 10")	Matthew Selba	4/27/19	Loretto, Pa.
5.	48.44m (158' 11")	Josh Martin	4/26/05	Philadelphia, Pa.
6.	47.97m (157' 4")	Alex Devine	4/9/19	Mechanicsburg, Pa.
7.	47.90m (157' 2")	Dan Miller	4/14/06	Charlottesville, Va.
8.	47.12m (154' 3")	Jay Mulholland	5/6/72	Emmitsburg, Md. (MDC)
9.	47.02m (154' 3")	Even Hytten	4/24/91	Philadelphia, Pa.
10.	46.32m (152')	Robert Ekpete	5/21/85	Los Angeles, Calif. (NCAA)

## Hammer Throw

Rk.	Distance	Name	Date	Location
1.	58.15m (190' 9")	Brenden Chavis	5/12/18	Princeton, N.J. (IC4A)
2.	55.81m (183' 1")	Chase Boyle	4/23/16	Lewisburg, Pa.
3.	52.59m (172' 6")	Matthew Selba	5/4/19	New Britain, Conn. (NEC)
4.	52.23m (171' 4")	Jon Fernandez	3/30/13	College Park, Md.
5.	49.34m (161' 10")	Jackson Huddleson	4/25/25	Bethlehem, Pa.
6.	48.71m (159' 10")	Mike Dwyer	3/29/14	College Park, Md.
7.	47.99m (157' 5")	Ryan Martin	5/4/08	Moon Township, Pa. (NEC)
8.	45.85m (150' 5")	Maxfield Davis	3/30/19	Annapolis, Md.
9.	44.99m (147' 7")	Josh Martin	5/7/05	Emmitsburg, Md. (NEC)
10.	44.26m (145' 2")	Sam Shinn	5/4/19	New Britain, Conn. (NEC)

## Javelin Throw (1986 Implement)

Rk.	Distance	Name	Date	Location
1.	71.67m (235' 2")	Brian Sagendorf	5/26/21	Jacksonville, Fla. (NCAA)
2.	69.02m (226' 5")	Brandon Falconer	3/20/25	Myrtle Beach, S.C.
3.	65.13m (213' 8")	Jon Fernandez	5/10/13	Princeton, N.J. (IC4A)
4.	64.14m (210' 5")	Jim Stevenson	8/3/92	Sheffield, England
5.	62.05m (203' 7")	Ryan Martin	5/7/06	Emmitsburg, Md. (NEC)
6.	62.02m (203' 6")	Rob Pendergist	4/6/90	Williamsburg, Va.
7.	59.83m (196' 3")	Knut Gundersen	5/7/88	Fredericksburg, Va. (MDC)
8.	59.61m (195' 7")	Justin Sluiter	5/4/24	Lawrenceville, N.J. (MAAC)
9.	59.17m (194' 1")	Dan Ennis	3/9/10	Winston-Salem, N.C.
10.	58.91m (193' 3")	Tom FitzSimons	4/6/11	Austin, Texas

c - Converted; y - Yards Converted; h - Hand Timed

# Mount St. Mary's Men's Outdoor Track All-Time Top 10 List

## Decathlon

(all scores base on 1985 tables; scores listed in order, 100m, Lj, SP, HJ, 400m, 11mH, DT, PV, JT, 1500m)

Rk.	Score	Name	Results	Date	Location
1.	8306	Bill Motti	11.03, 7.63, 15.11, 2.16, 48.43, 14.75, 45.98, 4.40, 63.38, 4:43.06	7/6-7/85	Athis-Mons, France
2.	8097	Trond Skramstad	10.94, 24' 0.5", 47' 1.75", 6' 6.75", 49.22, 14.52, 134' 11", 14' 9", 200' 5", 4:21.51	6/10-11/84	Emmitsburg, Md.
3.	7875	Rob Pendergist	10.91, 7.39, 13.06, 1.98, 49.10, 15.03, 39.90, 4.40, 60.66, 4:23.86	6/5-6/92	Austin, Texas (NCAA)
4.	7731	Gudmund Olsen	11.3h, 7.03, 15.23, 1.99, 52.5h, 15.1h, 47.62, 4.25, 66.58, 4:34.3h	3/24-25/82	Gainesville, Fla.
5.	7713	Jim Stevenson	10.99, 7.32, 12.86, 2.01, 48.27, 15.12, 36.18, 4.20, 55.18, 4:17.31	6/2-3/93	New Orleans, La. (NCAA)
6.	7709	Robert Ekpete	11.47, 6.96, 14.66, 2.03, 50.83, 14.27, 46.32, 4.50, 47.74, 4:33.7h	5/20-21/85	Los Angeles, Calif (NCAA)
7.	7703	Knut Gundersen	11.19, 7.27, 15.03, 1.98, 50.42, 15.12, 41.86, 4.30, 56.64, 4:35.68	5/18-19/88	San Angelo, Texas (NCAA)
8.	7607	Tom FitzSimons	10.90, 6.82, 11.33, 1.93, 49.20, 14.70, 14.10, 36.88, 4.50, 58.91, 4:17.76	4/5-6/11	Austin, Texas
9.	7507	Bob Stebbins	11.50, 24' 1.75", 42' 10.5", 6'10", 50.69, 14.95, 121' 1", 14' 1.25", 118' 7", 4:43.03	7/24-25/82	Indianapolis, Ind.
10.	7504	Carlos O'Connell	10.7h, 7.25, 12.30, 1.86, 48.8h, 14.6h, 37.74, 4.20, 50.94, 4:18.1h	6/28-29/87	Emmitsburg, Md.

## 4x100m Relay

Rk.	Time	Names	Date	Location
1.	40.81	Matthew Hawksley, Cliff Wong, Jamal Simms, Newel Scoon	5/18/96	Fairfax, Va. (IC4A)
2.	40.88	Trevin McHargh, Todd Charles, Bah Abdoulaye, Miles Moore	4/20/24	Columbia, S.C.
3.	40.89	Richard Gilchrist, Todd Charles, Daniel Reader, Nick Weaver	4/14/23	Princeton, N.J.
4.	41.19	Torian Neblett, Daniel Reader, Lucas Koon Perez, Kalani Pu'uloa	5/10/25	Lawrenceville, N.J. (MAAC)
5.	41.28	Richard Gilchrist, Todd Charles, James Munlyn, Daniel Reader	4/23/22	Lewisburg, Pa.

## 4x200m Relay

Rk.	Time	Names	Date	Location
1.	1:24.05	Jamal Simms, Ed Stroman, Cliff Wong, Newell Scoon	3/28/98	Raleigh, N.C.
2.	1:25.39	Malcolm Poole, Andre Smith, Rob Pendergist, Eric Graham	4/25/92	Philadelphia, Pa.
3.	1:25.54	Jamal Simms, Newel Scoon, Cliff Wong, Clyde Edwards	4/26/96	Philadelphia, Pa.
4.	1:25.64c	Jamal Simms, Ed Stroman, DaVone Chandler, Cliff Wong	4/2/99	Williamsburg, Va.
5.	1:25.7h	Bill Motti, Carlos O'Connell, Victor Saint-Preux, Dave Lishebo	4/20/85	Emmitsburg, Md.

## 4x400m Relay

Rk.	Time	Names	Date	Location
1.	3:09.55	DaVone Chandler, Ed Stroman, Cliff Wong, Newell Scoon	3/28/98	Raleigh, N.C.
2.	3:09.77	Victor Saint-Preux, Fred Owusu, Steve Long, Dave Lishebo	3/29/85	Tampa, Fla.
3.	3:09.98	Jamal Simms, DaVone Chandler, Ed Stroman, Newel Scoon	5/3/98	Emmitsburg, Md. (NEC)
4.	3:10.09	Brett Parler, Jerry Sgrignoli, Jim O'Donnell, Jeff White	5/27/82	Sacramento, Calif. (NCAA)
5.	3:10.30	Victor Saint-Preux, Steve Long, Fred Owusu, Jeff White	4/28/84	Philadelphia, Pa.

## 4x800m Relay

Rk.	Time	Names	Date	Location
1.	7:35.0c	Mark Landis, Ron Banks, Irv Crawl, Mark Martin	3/25/77	Gainesville, Fla.
2.	7:37.5c	Mark Landis, Irv Crawl, Bill Ireland, Mark Martin	4/8/78	Williamsburg, Va.
3.	7:39.89	Sean Fritz, Tommy Gruschow, Chris Swisko, Gigi Gibilisco	4/26/12	Philadelphia, Pa.
4.	7:39.54	Bill Ireland, Mark Landis, Ron Banks, Mark Martin	4/24/76	Philadelphia, Pa.
5.	7:40.00	Shawn Day, Andrew Diffenderfer, Cleophus Koros, Francis Bloom	3/29/03	Raleigh, N.C.

## 4x1500m Relay

Rk.	Time	Names	Date	Location
1.	15:26.56c	Tim Kitching, Daniel Kinyua, Brian Rosenberg, Aaron Price	4/25/98	Philadelphia, Pa.
2.	16:00.86	Donald Harrison, Shawn Day, Cleophus Koros, Andrew Diffenderfer	3/30/02	Raleigh, N.C.
3.	16:08.6h	Geoff Ogden, Mike Berens, Bill Foley, Chuck Quackenbush	4/19/80	Towson, Md.

## Sprint Medley Relay (1600m)

Rk.	Time	Names	Date	Location
1.	3:16.99	Dave Lishebo, Fred Owusu, Jim Keegan, Charles Cheruiyot	4/25/86	Philadelphia, Pa.
2.	3:17.74	Jamal Simms, Cliff Wong, Newel Scoon, Daniel Kinyua	4/24/98	Philadelphia, Pa.
3.	3:18.04	Dave Lishebo, Todd Steel, Malcolm Poole, Peter Rono	4/29/89	Philadelphia, Pa.
4.	3:19.15	Dave Lishebo, Fred Owusu, Jim Keegan, Kip Cheruiyot	4/26/86	Philadelphia, Pa.
5.	3:19.34	Rob Pendergist, Even Hytten, Malcolm Poole, Peter Rono	4/27/91	Philadelphia, Pa.

## Distance Medley Relay (4000m)

Rk.	Time	Names	Date	Location
1.	9:21.44	Peter Rono, Dave Lishebo, Charles Cheruiyot, Kip Cheruiyot	4/28/89	Philadelphia, Pa.
2.	9:29.2h	Kip Cheruiyot, Fred Owusu, Dave Lishebo, Charles Cheruiyot	4/25/86	Philadelphia, Pa.
3.	9:59.10	Aaron Price, Ed Stroman, Brian Rosenberg, Steve Ondieki	4/3/98	Williamsburg, Va.
4.	9:59.8h	Mark Martin, Mike Merritt, Mark Landis, Bill Ireland	4/8/78	Williamsburg, Va.
5.	10:02.30	Tim Kitching, Antonio Morales, Brian Rosenberg, Steve Ondieki	4/2/99	Williamsburg, Va.

## 4x110m Shuttle Hurdle Relay

Rk.	Time	Names	Date	Location
1.	58.59	Trond Skramstad, Bob Stebbins, Robert Ekpete, Jim Sharp	4/2/83	Williamsburg, Va.
2.	59.1h	Bill Motti, Trond Skramstad, Jim Sharp, Robert Ekpete	4/7/84	Williamsburg, Va.
3.	59.66	Carlos O'Connell, Bill Motti, Knut Gundersen, Robert Ekpete	4/20/85	Emmitsburg, Md.
4.	1:00.74	Mark Kilby, Jack O'Donnell, Brad Matthews, Barry Stebbins	4/23/77	Emmitsburg, Md.
5.	1:00.94	Knut Gundersen, Jim Keegan, Carlos O'Connell, Robert Ekpete	4/6/85	Williamsburg, Va.