

## Binghamton University Indoor Performance List

2005-06

### 55 Meters

Geoff Campbell	6.67	Binghamton	2/11
Joe Flucus	6.67	America East	2/17
Dan Walker	6.70	Binghamton	2/11

Williams, Kim	7.35	Binghamton	2/11
Nina Minasi	7.50	Binghamton	2/11
Jazelle Mealing	7.69	America East	2/17
Cassie Harris	7.76	Binghamton	2/11

### 60 Meters

Joe Flucus	7.12	Cornell	12/3
Hasani Hampden	7.13	Cornell	12/3
Dan Walker	7.20	West Point	1/14
Geoff Campbell	7.22	West Point	1/14
Sam DePaola	7.40	Cornell	12/3
Nick Tillman	7.54	West Point	1/6

Kim Williams	8.05	Cornell	12/3
Nina Minasi	8.17	Syracuse	2/4
Cassie Harris	8.27	West Point	1/14
Jazelle Mealing	8.31	Cornell	12/3

### 200 Meters

Joe Flucus	22.36	America East	2/17
<b>Jimmy Massar</b>	<b>22.63</b>	<b>America East</b>	<b>2/17</b>
<b>Sam DePaola</b>	<b>22.76</b>	<b>America East</b>	<b>2/17</b>
<b>Geoff Campbell</b>	<b>22.78</b>	<b>America East</b>	<b>2/17</b>
Dan Walker	22.87	America East	2/17

<b>Kim Williams</b>	<b>24.75</b>	<b>America East</b>	<b>2/17</b>
<b>Keisha Short</b>	<b>25.83</b>	<b>America East</b>	<b>2/17</b>
Jessica Picha	27.53	Binghamton	2/11
<b>Cassie Harris</b>	<b>27.87</b>	<b>Armory</b>	<b>1/20</b>
<b>Nina Minasi</b>	<b>27.99</b>	<b>Armory</b>	<b>1/20</b>
Karisa Heisler	28.49	Armory	1/20

### 300 Meters

Jimmy Massar	36.83	Cornell	12/3
Joe Flucus	37.30	Cornell	12/3
Keisha Short	42.21	Cornell	12/3
Karisa Heisler	45.29	Cornell	12/3

### 400 Meters

Jimmy Massar	48.93	America East	2/17
<b>Sam DePaola</b>	<b>50.35</b>	<b>America East</b>	<b>2/18</b>
<b>Hasani Hampden</b>	<b>50.95</b>	<b>Syracuse</b>	<b>2/4</b>
Junior Obionwu	52.04	America East	2/17

Chris Turner	52.82	America East	2/17
<b>Joe Flucus</b>	<b>55.24</b>	<b>West Point</b>	<b>1/14</b>
<b>Keisha Short</b>	<b>57.91</b>	<b>America East</b>	<b>2/18</b>
<b>Joy Romulus</b>	<b>1:01.84</b>	<b>Syracuse</b>	<b>2/4</b>
Karisa Heisler	1:04.67	Colgate	1/28
<b>500 Meters</b>			
Hasani Hampden	1:06.89	West Point	1/14
Junior Obionwu	1:09.02	Cornell	12/3
Dayna Johnson	1:20.09	West Point	1/14
<b>800 Meters</b>			
Andrew Jezik	1:59.34	America East	2/17
Dan Jordy	2:01.91	Colgate	1/28
<b>Kevin Murphy</b>	<b>2:03.48</b>	<b>Armory</b>	<b>1/20</b>
Sean Connors	2:06.19	Colgate	1/28
Joy Romulus	2:17.41	America East	2/18
Kaitlin DiPietro	2:29.22	Binghamton	2/11
Kate Reilly	2:30.90	Colgate	1/28
Carissa DeMelfi	2:35.64	Binghamton	2/11
<b>1000 Meters</b>			
Dan Jordy	2:42.54	Armory	1/20
Sean Connors	2:42.56	Syracuse	2/4
Kevin Murphy	2:43.46	West Point	1/14
Jamie Schulte	3:03.50	Armory	1/20
Kaitlin DiPietro	3:17.03	Syracuse	2/4
Carissa DeMelfi	3:32.55	Armory	1/20
<b>Mile</b>			
Dan Jordy	4:23.06	America East	2/18
Ryan Shon	4:27.89	Binghamton	2/11
Adam Hill	4:30.20	Colgate	1/28
Jeff Herbert	4:36.70	Binghamton	2/11
Andrew Jezik	4:43.40	Colgate	1/28
Kevin Murphy	4:48.79	Colgate	1/28
Connor Martin	4:51.04	Binghamton	2/11
Stacy Kramer	5:13.12	Syracuse	2/4
Kathryn Murnane	5:18.03	Armory	1/20
Katie Radzik	5:19.40	Binghamton	2/11
Jamie Schulte	5:33.80	Colgate	1/28
Carissa DeMelfi	5:58.01	Armory	1/20
<b>3000 Meters</b>			
Ryan Shon	8:53.85	America East	2/18

Adam Hill	9:03.42	Syracuse	2/4
Jeff Herbert	9:14.66	Colgate	1/28
Prahlad Genung	9:15.04	Armory	1/20
Connor Martin	9:22.46	Colgate	1/28

Katie Radzik	9:57.33	America East	2/18
Stacy Kramer	10:08.90	America East	2/18
Kathryn Murnane	10:31.55	West Point	1/14
Carissa DeMelfi	11:21.31	Binghamton	2/11

#### 5000 Meters

Ryan Shon	15:31.06	America East	2/17
<b>Jeff Herbert</b>	<b>15:38.17</b>	<b>America East</b>	<b>2/17</b>
Connor Martin	15:41.05	America East	2/17

<b>Katie Radzik</b>	<b>17:04.34</b>	<b>America East</b>	<b>2/17</b>
Stacy Kramer	17:58.31	America East	2/17

#### 55 Hurdles

Hasani Hampden	7.63	America East	2/17
Adam Goldberg	7.65	America East	2/17
Luke Shafer	8.38	Binghamton	2/11
Nick Tillman	8.46	Colgate	1/28

Jessica Picha	8.82	Binghamton	2/11
Marsha Fiesinger	9.14	Binghamton	2/11

#### 60 Hurdles

Adam Goldberg	8.32	Penn State	1/27
Hasani Hampden	8.48	Syracuse	2/4
Nick Tillman	8.87	Syracuse	2/4
Luke Shafer	9.14	Syracuse	2/4

Jessica Picha	9.61	Cornell	12/3
Marsha Fiesinger	9.99	Syracuse	2/4

#### Long Jump

<b>Hasani Hampden</b>	<b>6.70</b>	<b>21-11 1/2</b>	<b>America East</b>	<b>2/17</b>
Jimmy Massar	6.65	21-10	Binghamton	2/11
Nick Tillman	6.12	20-1	West Point	1/6
Luke Shafer	6.09	19-11 3/4	Binghamton	2/11

Dayna Johnson	5.52	18-1 1/2	Binghamton	2/11
Jessica Nye	5.21	17-1 1/4	Cornell	12/3
Cassie Harris	5.06	16-7 1/4	Bingahmton	2/11

#### Triple Jump

Dayna Johnson	12.35	40-6 1/4	Cornell	12/3
Jessica Nye	10.91	35-9 1/2	Binghamton	2/11

Jazelle Mealing	10.88	35-8 1/2	America East	2/18
Jessica Picha	10.22	33-6 1/2	West Point	1/14

### High Jump

Luke Shafer	2.03	6-8	America East	2/18
Adam Goldberg	2.01	6-7	Armory	1/20
<b>Hasani Hampden</b>	<b>1.99</b>	<b>6-6 1/4</b>	<b>Cornell</b>	<b>12/3</b>
<b>Nick Tillman</b>	<b>1.97</b>	<b>6-5 1/2</b>	<b>America East</b>	<b>2/17</b>
Chris Iannone	1.93	6-4	America East	2/18

Aja Phipps	1.61	5-3 1/4	America East	2/18
Marsha Fiesinger	1.53	5-0 1/4	America East	2/18
Jessica Nye	1.41	4-7 1/2	Binghamton	2/11

### Pole Vault

Ryan VanHalle	4.65	15-3	America East	2/17
Kris Yelverton	4.50	14-9	Penn State	1/27
Andy Kirsch	4.50	14-9	America East	2/17
Tyler Nichols	3.95	12-11 1/2	Colgate	1/28
Hasani Hampden	3.80	12-5 1/2	America East	2/18
Nick Tillman	3.30	10-10	America East	2/18

Katie Wilmer	3.60	11-9 3/4	Syracuse	2/4
Jaime Stitt	3.45	11-3 3/4	America East	2/17
Lindsay Pine	3.30	10-10	America East	2/17
Sara Hoffman	3.15	10-4	America East	2/17
<b>Carly Gross</b>	<b>3.15</b>	<b>10-4</b>	<b>America East</b>	<b>2/17</b>
Corey Angelo	2.85	9-4 1/4	Syracuse	2/4

### Weight

Paddy Hennessy	17.45	57-3	Cornell	12/3
Justin Halleck	17.01	55-9 3/4	Binghamton	2/11
Ben Babcock	14.18	46-6 1/4	Colgate	1/28
Justin Hidalgo	12.26	40-2 3/4	Syracuse	2/4

### Shot Put

Justin Halleck	13.67	44-10 1/4	Syracuse	2/4
Paddy Hennessy	13.55	44-5 1/2	Syracuse	2/4
Justin Hidalgo	12.83	42-1 1/4	West Point	1/14
Nick Tillman	12.26	40-2 3/4	Colgate	1/28
Ben Babcock	12.03	39-5 3/4	West Point	1/14

Marsha Fiesinger	9.80	32-2	Colgate	1/28
------------------	------	------	---------	------

### 4x400

DePaola, Massar Flucus, Hampden	3:20.49		America East	2/18
Johnson, Romulus Williams, Short	3:53.06		America East	2/18

**4x800**

Jordy, Murphy Jezik, Connors	8:07.42	America East	2/18
---------------------------------	---------	--------------	------

Schulte, DiPietro Reilly, DeMelfi	9:50.93	America East	2/18
--------------------------------------	---------	--------------	------

**DMR**

Jordy, Turner Jezik, Hill	10:31.57	America East	2/17
------------------------------	----------	--------------	------

Romulus, Picha Schulte, Murnane	12:46.91	America East	2/17
------------------------------------	----------	--------------	------

**HEPTATHLON**

Hasani Hampden	4910	America East	2/18
----------------	------	--------------	------

Nick Tillman	4536	America East	2/18
--------------	------	--------------	------

Luke Shafer	3797	Cornell	12/3
-------------	------	---------	------

Marsha Fiesinger	2754	Syracuse	2/4
------------------	------	----------	-----