

Binghamton 2006 Outdoor Performance List

100 Meters

Kim Williams	12.04	West Point	3/25
Keisha Short	12.4h	West Point	4/8
Nina Minasi	12.80	America East	5/6
Jazelle Mealing	13.05	West Point	3/25
Cassie Harris	13.17	Virginia	4/15
Joe Flucus	10.86	West Point	3/25
Jimmy Massar	10.6h	West Point	4/8
Dan Walker	11.16	America East	5/6
Geoff Campbell	11.19	America East	5/6
Adam Goldberg	11.3h	West Point	4/8
Chris Iannone	11.44	Cornell	4/30
Nick Tillman	11.57	America East	5/6

200 Meters

Kim Williams	24.48	America East	5/7
Keisha Short	25.42	Cornell	4/30
Dayna Johnson	26.50	America East	5/6
Cassie Harris	27.14	Virginia	4/15
Jazelle Mealing	27.16	Virginia	4/15
Marsha Fiesinger	28.0h	West Point	4/8
Joe Flucus	21.82	America East	5/7
Jimmy Massar	22.07	America East	5/6
Geoff Campbell	22.53	America East	5/6
Dan Walker	22.83	West Point	3/25
Junior Obionwu	23.72	Virginia	4/15
Chris Iannone	24.29	Bucknell	4/22

400 Meters

Keisha Short	57.29	America East	5/6
Kim Williams	59.2h	West Point	4/8
Jimmy Massar	48.47	America East	5/6
Sam DePaola	50.97	Coastal Carolina	3/18
Junior Obionwu	51.64	America East	5/6
Nick Tillman	52.92	America East	5/6
Chris Turner	53.59	West Point	3/25

800 Meters

Joy Romulus	2:15.29	America East	5/7
Jamie Schulte	2:23.53	Virginia	4/15
Kathryn Murnane	2:25.45	Cornell	4/30
Kaitlin DiPietro	2:27.63	West Point	3/25
Dayna Johnson	2:29.58	America East	5/7
Kate Reilly	2:31.30	West Point	3/25
Stacy Kramer	2:32.7h	West Point	4/8

Andrew Jezik	1:58.24	Cornell	4/30
Ben Hebdon	1:58.81	Cornell	4/30
Dan Jordy	2:02.26	West Point	3/25
Kevin Murphy	2:02.74	Virginia	4/15
Sean Connors	2:03.25	Bucknell	4/22
Adam Hill	2:06.80h	West Point	4/8

1500 Meters

Kathryn Murnane	4:41.32	Bucknell	4/14
Stacy Kramer	4:46.6h	West Point	4/8
Katie Radzik	4:59.31	West Point	3/25
Joy Romulus	5:01.9h	West Point	4/8
Jamie Schulte	5:10.1h	West Point	4/8
Erica Angell	5:11.85	Cornell	4/30
Kaitlin DiPietro	5:25.7h	West Point	4/8
Carissa DeMelfi	5:26.6h	West Point	4/8

Dan Jordy	3:58.36	Cornell	4/30
Adam Hill	4:03.1h	West Point	4/8
Connor Martin	4:13.1h	West Point	4/8
Ryan Shon	4:14.3h	West Point	4/8
Ben Hebdon	4:17.0h	West Point	4/8
Jeff Herbert	4:17.08	Cornell	4/30
Kevin Murphy	4:20.5h	West Point	4/8
Andrew Jezik	4:37.9h	West Point	4/8

Steeplechase

Jaime Schulte	12:18.96	America East	5/6
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5000 Meters

Katie Radzik	17:08.42	Bucknell	4/14
Stacy Kramer	17:47.57	Bucknell	4/14
Kathryn Murnane	18:40.59	Coastal Carolina	3/18
Erica Angell	19:07.29	Bucknell	4/22
Carissa DeMelfi	19:16.21	Bucknell	4/22

Ryan Shon	15:23.76	Bucknell	4/14
Adam Hill	15:36.76	West Point	3/25
Jeff Herbert	15:52.24	Bucknell	4/22
Connor Martin	16:24.31	Bucknell	4/22

10000 Meters

Katie Radzik	37:07.67	Coastal Carolina	3/17
Erica Angell	40:59.07	America East	5/6

Connor Martin	32:49.69	Bucknell	4/14
Ryan Shon	32:53.12	America East	5/6

100/110 Hurdles

Jessica Picha	16.12	West Point	3/25
Dayna Johnson	16.34	Cornell	4/30

Marsha Fiesinger	17.22		West Point	3/25
Rory Quiller	14.69		America East	5/6
Adam Goldberg	14.86		America East	5/6
Hasani Hampden	15.01		Cornell	4/30
Nick Tillman	16.21		America East	5/7
Chris Iannone	16.29		Cornell	4/30
Mike Ksionzyk	17.29		America East	5/6

400 Hurdles

Jaime Stitt	1:06.14		America East	5/6
Jessica Picha	1:07.56		Coastal Carolina	3/18

Hasani Hampden	52.10		Virginia	4/15
Kevin Murphy	58.48		America East	5/6
Nick Tillman	1:00.89		Bucknell	4/22

Long Jump

Dayna Johnson	5.61	18-5	America East	5/6
Cassie Harris	5.36	17-7	Cornell	4/30
Jessica Nye	5.17	16-11 1/2	Cornell	4/30

Mike Ksionzyk	6.22	20-5	America East	5/6
Nick Tillman	6.05	19-10	America East	5/6
Jimmy Massar	6.04	19-9 3/4	Coastal Carolina	3/18

Triple Jump

Dayna Johnson	12.09	39-8	America East	5/7
Jessica Nye	10.93	35-10 1/2	West Point	3/25
Cassie Harris	9.86	32-4 1/4	West Point	4/8

High Jump

Aja Phipps	1.65	5-5	Cornell	4/30
Marsha Fiesinger	1.60	5-3	Virginia	4/15
Dayna Johnson	1.59	5-2 1/2	America East	5/6

Luke Shafer	2.04	6-8 1/4	Cornell	4/30
Adam Goldberg	2.03	6-8	America East	5/6
Chris Iannone	1.90	6-2 3/4	Virginia	4/15

Pole Vault

Jaime Stitt	3.65	11-11 3/4	ECAC	5/13
Katie Wilmer	3.50	11-5 3/4	Cornell	4/30
Sara Hoffman	3.00	9-10	West Point	3/25
Carly Gross	3.00	9-10	West Point	4/8
Corey Angelo	2.87	9-5	West Point	3/25

Rory Quiller	5.25	17-2 3/4	IC4A	5/13
Kris Yelverton	4.80	15-9	Virginia	4/15
Ryan Van Halle	4.66	15-3 1/2	West Point	3/25
Mike Ksionzyk	4.65	15-3	Virginia	4/15

Andy Kirsch	4.35	14-3 1/4	Virginia	4/15
Tyrler Nichols	4.06	13-3 1/4	West Point	3/25

Shot Put

Kevin Hall	15.64	51-3 3/4	America East	5/7
Justin Halleck	13.82	45-4 1/4	America East	5/7
Justin Hidalgo	12.63	41-5 1/4	West Point	3/25
Alan Coombe	12.61	41-4 1/2	West Point	3/25
Nick Tillman	12.49	40-11 3/4	America East	5/6

Discus

Alyssa Tong	28.30	92-10	West Point	4/8
Ben Babcock	43.63	143-2	America East	5/7
Justin Halleck	42.02	137-10	Cornell	4/30
Paddy Hennessy	41.14	135-0	America East	5/7
Justin Hidalgo	37.59	123-4	West Point	3/25
Alan Coombe	36.54	119-10	West Point	3/25
Nick Tillman	35.77	117-4	America East	5/7

Hammer

Paddy Hennessy	57.66	189-2	America East	5/6
Justin Halleck	51.16	167-10	America East	5/6
Kevin Hall	50.25	164-10	America East	5/6
Ben Babcock	45.89	150-7	America East	5/6
Justin Hidalgo	42.84	140-7	Cornell	4/30

Javelin

Dayna Johnson	23.88	78-4	America East	5/7
Mike Graziosi	47.68	156-5	West Point	3/25
Nick Tillman	40.93	134-3	Cornell	4/30

Decathlon/Heptathlon

Dayna Johnson	4286		America East	5/7
Nick Tillman	5962		America East	5/7
Mike Ksionzyk	5588		America East	5/7
Chris Iannone	5148		America East	5/7

4x100

Johnson, Mealing Short, Williams	48.22		Cornell	4/30
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Goldberg, Massar Hampden, Flucus	42.54		America East	5/7
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4x400

Short, Romulus Johnson, Williams	3:50.44	ECAC	5/13
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Massar, Hampden Flucus, Obionwu	3:21.64	America East	5/7
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4x800

Hebdon, Jezik Connors, Jordy	7:55.90	America East	5/7
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