

2012 Valparaiso Men's Indoor Track and Field Top Performances (FINAL)

(times) are track conversions (oversized, banked, etc.)

60 Meter Dash

Name	Date	Time
*Julian Smith	2/4	6.86
Nick Kowaleski	2/25	7.05
Logan Coan	Twice	7.18
Ricky Laskowski	2/4	7.38
Henry Gamamou	2/11	7.44
Drew Baker	1/21	7.54
Chad Henkel	2/25	7.64

200 Meter Dash

Name	Date	Time
*Julian Smith	2/26	21.59
Nick Kowaleski	2/11	22.33
Logan Coan	1/21	22.83
Ricky Laskowski	2/25	23.11
Joe Holy	1/21	24.02
Henry Gamamou	2/11	24.04
Mickey Delcambre	1/28	24.65
Drew Baker	1/21	24.73
Josh Carow	2/4	25.22
Tyler Crum	1/28	25.57

300 Meter Dash

Name	Date	Time
Kevin Adamik	1/14	36.83
Mickey Delcambre	1/14	38.08
Josh Carow	1/14	38.60
Tyler Crum	1/14	38.75

400 Meter Dash

Name	Date	Time
Joe Holy	2/25	50.54
Kevin Adamik	2/4	50.72
Logan Coan	12/3	51.86
Tyler Crum	2/25	52.00
Mickey Delcambre	2/11	52.96
Josh Carow	2/25	53.04

600 Meter Run

Name	Date	Time
Kevin Adamik	2/10	1:23.32
Ricky Laskowski	12/3	1:38.82

800 Meter Run

Name	Date	Time
Eric Loria	2/11	2:00.16
Derek Schnake	1/14	2:03.99

One Mile Run

Name	Date	Time
Wally Bradford	2/11	4:15.77
David Rutkowski	2/11	4:26.80
Eric Loria	2/26	4:28.65
Derek Schnake	2/11	4:32.20
Joe Johnson	2/11	4:34.01
Nick Fagan	1/21	4:34.90
Mack Morris	2/11	4:43.55
Eric Hickok	1/21	4:43.74
Nathan Bluhm	1/14	4:55.77

3,000 Meter Run

Name	Date	Time
Wally Bradford	1/28	8:48.76
Nick Fagan	2/26	8:54.53
David Rutkowski	2/26	8:59.47
Matthew Przybyla	2/11	9:09.31
Trace Ostergren	2/11	9:13.57
Eric Hickok	2/11	9:14.15
Nathan Bluhm	2/26	9:14.23
Joe Johnson	2/4	9:16.65
Mack Morris	2/11	9:19.44
Leandro Jaime	2/26	10:33.27

5,000 Meter Run

Name	Date	Time
Nick Fagan	2/10	15:10.19
Trace Ostergren	2/25	15:52.57
Matthew Przybyla	2/25	15:58.86
Eric Hickok	1/28	16:20.05
Nathan Bluhm	2/25	16:39.50
Mack Morris	1/28	17:10.52
Leandro Jaime	2/25	18:42.98

Pole Vault

Name	Date	Distance
Pete Rufo	2/4	5'8"
Jeremy Getz	2/4	5'6"

Pole Vault

Name	Date	Distance
Sean Carey	12/3	12'11 ³ / ₄ "

Long Jump

Name	Date	Distance
Julian Smith	2/25	22'9 ¹ / ₄ "
Cy Badertscher	12/3	20'7 ³ / ₄ "
Chris Hovan	2/25	19'10 ³ / ₄ "

Triple Jump

Name	Date	Distance
Cy Badertscher	1/14	43'1"
Chris Hovan	2/26	42'0 ³ / ₄ "

Shot Put

Name	Date	Distance
Andrew Rixon	2/26	50'4"
Jacob Frey	2/26	45'0 ¹ / ₂ "
David Goad	2/26	43'5 ¹ / ₄ "

Weight Throw

Name	Date	Distance
Bill Rixon	2/11	53'1 ¹ / ₂ "
Andrew Rixon	1/28	51'9 ¹ / ₄ "
Jacob Frey	2/25	49'7 ³ / ₄ "
David Goad	2/4	44'8 ³ / ₄ "
Ryan Stegenga	2/25	44'2"

4x400m Relay

Names	Date	Time
Holy, Adamik, Delcambre, Smith	2/11	3:24.23
Holy, Crum, Delcambre, Adamik	2/26	3:26.40
Coan, Laskowski, Delcambre, Carow	12/3	3:29.33
Smith, Holy, Delcambre, Schnake	1/14	3:31.54
Adamik, Laskowski, Holy, Crum	2/4	3:33.00
Coan, Holy, Delcambre, Schnake	1/28	3:35.72
Crum, Gamamou, Carow, Loria	2/11	3:36.81
Coan, Schnake, Holy, Smith	1/21	3:38.42
Delcambre, Fagan, Crum, Carow	1/21	3:45.16
Carow, Loria, Crum, Getz	1/14	3:48.93

Distance Medley Relay

Names	Date	Time
Bradford, Crum, Schnake, Rutkowski	2/25	10:33.16

Heptathlon

Names	Date	Points
*Ricky Laskowski	2/25-26	4,065

* - indicates school record