

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

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

### 100 Meter Dash

Name	Date	Time
*Julian Smith	4/21	10.46
Nick Kowaleski	4/21	10.56
Logan Coan	4/14	11.14
Drew Baker	4/28	12.06

### 200 Meter Dash

Name	Date	Time
Julian Smith	4/14	21.24
Nick Kowaleski	4/14	21.76
Logan Coan	4/14	22.42
Kevin Adamik	4/14	22.57
Tyler Crum	4/7	24.00
Josh Carow	4/21	24.05
Drew Baker	4/14	24.12
Mickey Delcambre	4/7	24.36

### 400 Meter Dash

Name	Date	Time
Kevin Adamik	4/21	49.47
Joe Holy	4/14	50.47
Tyler Crum	4/14	51.85
Mickey Delcambre	5/5	52.40
Derek Schnake	4/14	52.47
Josh Carow	5/5	53.49
Drew Baker	4/7	56.45

### 800 Meter Run

Name	Date	Time
Eric Loria	4/21	1:58.64
Derek Schnake	4/21	2:01.13
Wally Bradford	3/31	2:05.09
David Rutkowski	3/31	2:06.45

### 1,500 Meter Run

Name	Date	Time
Wally Bradford	4/21	3:58.62
Eric Loria	4/14	4:05.66
Nick Fagan	3/31	4:14.37
David Rutkowski	3/31	4:21.45
Mack Morris	4/28	4:25.99
Derek Schnake	3/31	4:40.56

### **5,000 Meter Run**

<b>Name</b>	<b>Date</b>	<b>Time</b>
Nick Fagan	4/21	15:42.09
Wally Bradford	4/14	15:42.30
Matthew Przybyla	4/21	15:43.71
David Rutkowski	5/6	15:55.03
Nathan Bluhm	4/21	15:59.02
Joe Johnson	4/21	16:03.81
Eric Hickok	4/14	16:13.50
Mack Morris	5/6	16:40.93
Leandro Jaime	4/21	17:58.48

### **10,000 Meter Run**

<b>Name</b>	<b>Date</b>	<b>Time</b>
Matthew Przybyla	5/4	32:54.97
Eric Hickok	5/4	33:21.93
Leandro Jaime	3/31	38:22.36

### **3,000 Meter Steeplechase**

<b>Name</b>	<b>Date</b>	<b>Time</b>
David Rutkowski	4/7	10:27.78

### **400 Meter Hurdles**

<b>Name</b>	<b>Date</b>	<b>Time</b>
Ricky Laskowski	3/31	57.44
Kevin Adamik	4/7	57.63

### **Pole Vault**

<b>Name</b>	<b>Date</b>	<b>Distance</b>
Sean Carey	4/14	11'11 <sup>3</sup> / <sub>4</sub> "

### **High Jump**

<b>Name</b>	<b>Date</b>	<b>Distance</b>
Pete Rufo	4/7	5'8 <sup>3</sup> / <sub>4</sub> "
Travis Simmons	4/14	5'8 <sup>3</sup> / <sub>4</sub> "

### **Long Jump**

<b>Name</b>	<b>Date</b>	<b>Distance</b>
Julian Smith	4/14	22'5 <sup>1</sup> / <sub>4</sub> "
Cy Badertscher	4/21	20'10 <sup>1</sup> / <sub>2</sub> "
Chris Hovan	4/7	20'8"

### **Triple Jump**

<b>Name</b>	<b>Date</b>	<b>Distance</b>
Cy Badertscher	3/31	44'2"
Chris Hovan	4/21	43'10"
Ricky Laskowski	5/6	40'9 <sup>1</sup> / <sub>2</sub> "

**Shot Put**

<b>Name</b>	<b>Date</b>	<b>Distance</b>
Andrew Rixon	5/6	49'3 1/2"
David Goad	4/14	45'7 3/4"
Jacob Frey	4/14	41'10 1/2"

**Javelin Throw**

<b>Name</b>	<b>Date</b>	<b>Distance</b>
Jeremy Getz	3/31	173'3"
Andrew Rixon	4/21	160'4"
Sean Carey	4/7	130'10"
Travis Simmons	5/4	118'9"
Chad Henkel	4/28	115'5"

**Hammer Throw**

<b>Name</b>	<b>Date</b>	<b>Distance</b>
Bill Rixon	4/27	173'7"
Andrew Rixon	4/27	156'6"
Jacob Frey	4/7	139'2"
David Goad	5/5	137'4"
Ryan Stegenga	4/21	136'4"

**Discus Throw**

<b>Name</b>	<b>Date</b>	<b>Distance</b>
Bill Rixon	5/6	157'2"
Jacob Frey	5/6	145'2"
Andrew Rixon	5/6	119'2"
Ryan Stegenga	4/28	104'0"

**4x100m Relay**

<b>Names</b>	<b>Date</b>	<b>Time</b>
Laskowski, Coan, Holy, Kowaleski	4/14	41.85
Laskowski, Holy, Kowaleski, Smith	5/6	41.89
Valpo 'A'	4/7	42.58
Smith, Holy, Adamik, Kowaleski	4/21	42.85
Laskowski, Adamik, Holy, Coan	3/31	43.35

**4x400m Relay**

<b>Names</b>	<b>Date</b>	<b>Time</b>
Valpo 'A'	4/14	3:22.60
Valpo 'A'	4/7	3:22.70
Adamik, Holy, Crum, Delcambre	4/21	3:26.69
Holy, Adamik, Laskowski, Smith	3/31	3:27.65
Valpo 'B'	4/14	3:30.61
Crum, Kowaleski, Delcambre, Carow	3/31	3:33.47
Carow, Loria, Bradford, Baker	4/21	3:37.41
Valpo 'B'	4/7	3:45.50

\* - indicates school record