2012-2013 Valparaiso Men's Indoor Track and Field
Top Performances (As of Feb. 16)

60 Meter Dash

Name	Date	Time
Nick Kowaleski	Feb. 9	7.00
Andrew Butts	Jan. 18	7.40
Kevin Adamik	Jan. 26	7.40
Joe Holy	Dec. 1	7.44
Josh Carow	Dec. 1	7.49
Drew Baker	Dec. 1	7.52
Alex Vasile	Dec. 1	7.53
Tyler Crum	Feb. 2	7.55
Alex Vasile	Feb. 9	7.73
Mickey Delcambre	Dec. 1	7.79

200 Meter Dash

Name	Date	Time
Nick Kowaleski	Feb. 23	22.35
Kevin Adamik	Jan.18	22.84
Antwon Hatchett	Feb. 23	23.32
Joe Holy	Feb. 2	23.36
Andrew Butts	Feb. 23	23.45
Tyler Crum	Feb. 23	23.52
Josh Carow	Feb. 9	24.22
Alex Ahlgrim	Feb. 2	24.26
Matt Filipak	Dec. 1	24.40
Drew Baker	Jan. 11	24.68
Mickey Delcambre	Feb. 2	24.72

300 Meter Dash

Name	Date	Time
Kevin Adamik	Jan. 11	35.76
Joe Holy	Jan. 11	37.49
Mickey Delcambre	Jan. 11	39.25

400 Meter Dash

Name	Date	Time
Andrew Butts	Feb. 23	50.57
Joe Holy	Feb. 23	51.27
Antwon Hatchett	Feb. 23	51.86
Kevin Adamik	Feb. 16	51.98
Chad Brooks	Feb. 23	52.39
Tyler Crum	Feb. 23	52.66
Mickey Delcambre	Feb. 2	52.94
Josh Carow	Feb. 2	53.13

Alex Ahlgrim	Jan. 18	53.81
Drew Baker	Feb. 16	55.60

500 Meter Dash

Name	**Date**	**Time**
Antwon Hatchett	Feb. 1	1:09.87
Alex Ahlgrim	Feb. 1	1:10.33

600 Meter Dash

Name	**Date**	**Time**
Antwon Hatchett	Feb. 16	1:27.52
Alex Ahlgrim	Jan. 11	1:28.81
Tyler Crum	Feb. 16	1:29.76

800 Meter Run

Name	**Date**	**Time**
Austin Palombizio	Feb. 23	1:59.48
Chad Brooks	Jan. 18	2:01.89
Eric Loria	Jan. 18	2:03.67
Alex Ahlgrim	Jan. 26	2:10.77
Antwon Hatchett	Jan. 26	2:11.97
Zachary Trimble	Feb. 16	2:08.91

1 Mile Run

Name	**Date**	**Time**
Wally Bradford	Feb. 2	4:14.90
Eric Loria	Feb. 9	4:38.41
Matthew Przybyla	Jan. 26	4:41.64
Chad Brooks	Jan. 11	4:43.91

3000 Meter Run

Name	**Date**	**Time**
Wally Bradford	Feb. 9	8:52.39
Trace Ostergren	Jan. 18	9:02.91
Michael Salguero	Feb. 24	9:05.45
Eric Hickok	Feb. 24	9:07.95
Matthew Przybyla	Feb. 24	9:09.36
David Rutkowski	Jan. 26	9:09.83
Joe Johnson	Feb. 9	9:14.75
Nathan Bluhm	Jan. 26	9:17.70
Zach Digrindakis	Jan. 26	10:19.03
Nathan Gafkjen	Jan. 26	10:38.40
Andrew Whitmyer	Jan. 11	11:05.71

5000 Meter Run

Name	**Date**	**Time**

David Rutkowski	Jan. 18	15:53.23
Matthew Przybyla	Jan. 18	15:54.67
Michael Salguero	Feb. 23	16:00.01
Eric Hickok	Jan. 18	16:10.15
Nathan Bluhm	Jan. 18	16:10.79
Trace Ostergren	Jan. 26	16:18.24
Joe Johnson	Jan. 18	16:50.07
Zach Digrindakis	Feb. 9	17:42.29
Nathan Gafkjen	Feb. 9	18:47.11

60 Meter Hurdles

Name	**Date**	**Time**
Kevin Adamik	Jan. 26	9.21

High Jump

Name	**Date**	**Distance**
Elijah Owen	Feb. 23	6-02.75
Peter Rufo	Dec. 1	6-00.75
Travis Simmons	Dec. 1	5-08.75

Pole Vault

Name	**Date**	**Distance**
Barrett Rehm	Feb. 9	13-07.75

Long Jump

Name	**Date**	**Distance**
Elijah Owen	Feb. 16	19-05.25
Peter Rufo	Feb. 24	18-03.75
Kevin Adamik	Jan. 26	17-00.25
Nick Kowaleski	Jan. 26	16-10.50
Travis Simmons	Feb. 9	15-06.75

Triple Jump

Name	**Date**	**Distance**
Elijah Owen	Feb. 16	38-08.25
Peter Rufo	Feb. 24	37-07.75
Travis Simmons	Feb. 24	36-07.00

Shot Put

Name	**Date**	**Distance**
Andrew Rixon	Dec. 1	48-02.00
David Goad	Dec. 1	43-10.00
Ethan Killian	Jan. 26	41-08.50
Jacob Frey	Dec. 1	41-04.50
Cory Vanarnum	Dec. 1	40-09.50
Jeremy Getz	Jan. 18	39-04.50

Chad Henkel	Feb. 9	35-03.00

Weight Throw

Name	**Date**	**Distance**
Jacob Frey	Jan. 11	50-05.25
Andrew Rixon	Jan. 18	48-06.00
Ryan Stegenga	Dec. 1	47-02.25
Chris Sosnowski	Feb. 23	45-07.00
David Goad	Dec. 1	44-07.00
Jacob Smutz	Feb. 23	40-07.00
Cory Vanarnum	Feb. 16	39-01.25
Ethan Killian	Jan. 26	37-04.50

4x400m Relay

Names	**Date**	**Time**
HL Championship Team	Feb. 24	3:20.91
Crum, Butts, Ahlgrim, Adamik	Jan. 18	3:27.41
Adamik, Ahlgrim, Butts, Carow	Jan. 26	3:30.05
Crum, Carow, Ahlgrim, Adamik	Jan. 11	3:31.14
Butts, Brooks, Adamik, Holy	Feb. 9	3:31.69
Brooks, Butts, Holy, Crum	Feb. 16	3:31.88
Delcambre, Brooks, Palombizio, Hatchett	Jan. 18	3:32.75
Carow, Delcambre, Baker, Ahlgrim	Feb. 16	3:37.85
Hatchett, Delcambre, Filipak, Holy	Jan. 11	3:39.87
Crum, Hatchett, Holy, Loria	Jan. 26	3:42.85
Baker, Crum, Filipak, Hatchett	Dec. 1	3:46.92

Distance Medley Relay

Names	**Date**	**Time**
Loria, Delcambre, Brooks, Johnson	Feb. 23	11:06.99

*** - indicates school record**