

YM

| | 100 Meters | Time | Date |
|---|-----------------|-------|----------|
| 1 | Ali Roosevelt | 10.98 | 07/11/09 |
| 2 | Vivaswan Shetty | 11.02 | 07/11/11 |
| 3 | Ali Roosevelt | 11.05 | 07/09/10 |
| 4 | Matthew Speegle | 11.30 | 06/24/12 |
| 5 | Vitaly Druker | 11.34 | 07/12/08 |

| | 200 Meters | Time | Date |
|---|------------------|-------|----------|
| 1 | CJ Hamilton | 22.23 | 07/11/11 |
| 2 | Ali Roosevelt | 22.72 | 07/09/10 |
| 3 | Vitaly Druker | 22.99 | 06/09/07 |
| 4 | Valdis Birznieks | 23.00 | 06/08/13 |
| 5 | Vitaly Druker | 23.15 | 06/21/08 |

| | 400 Meters | Time | Date |
|---|-------------------|-------|----------|
| 1 | Sulayman Diomande | 51.24 | 07/11/11 |
| 2 | Sulayman Diomande | 51.27 | 07/27/10 |
| 3 | Chance Moses | 51.34 | 07/09/10 |
| 4 | Chance Moses | 51.66 | 06/27/11 |
| 5 | Benjamin Davis | 52.27 | 07/01/08 |

| | 800 Meters | Time | Date |
|---|-------------------|---------|----------|
| 1 | Anthony Matore | 1:56.61 | 07/09/10 |
| 2 | Sulayman Diomande | 2:05.82 | 07/08/10 |
| 3 | Anthony Matore | 2:09.30 | 06/27/11 |
| 4 | Jordan Mackey | 2:28.81 | 05/17/08 |
| 5 | | | |

| | 1500 Meters | Time | Date |
|---|----------------|---------|----------|
| 1 | Anthony Matore | 4:02.33 | 08/01/10 |
| 2 | Anthony Matore | 4:09.26 | 07/09/10 |
| 3 | Norman Weekes | 4:10.78 | 07/09/10 |
| 4 | Matt Lund | 4:29.20 | 07/11/04 |
| 5 | Matt Lund | 4:34.22 | 06/25/05 |

| | 5000 Meters | Time | Date |
|---|-----------------|----------|----------|
| 1 | Joshua McDonald | 15:03.44 | 07/29/10 |
| 2 | Matt Lund | 16:54.81 | 07/31/04 |
| 3 | Matt Lund | 17:33.10 | 06/25/05 |
| 4 | | | |
| 5 | | | |

| | 110M Hurdles | Time | Date |
|---|-------------------|-------|----------|
| 1 | Jordan Mackey | 15.74 | 07/12/08 |
| 2 | Kwame Hudson | 16.15 | 06/27/11 |
| 3 | Sulayman Diomande | 18.14 | 06/19/11 |
| 4 | Sulayman Diomande | 18.63 | 07/09/10 |
| 5 | | | |

| | 400M Hurdles | Time | Date |
|---|---------------|---------|----------|
| 1 | Jordan Mackey | 31:12.0 | 06/07/08 |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |

| | Long Jump | Dist. | Date |
|---|-------------------|------------|----------|
| 1 | Vivaswan Shetty | 22' 0.75" | 07/11/11 |
| 2 | Jonte Grant | 22' | 06/12/10 |
| 3 | Sulayman Diomande | 21' 4" | 07/27/10 |
| 4 | Sulayman Diomande | 20' 11.75" | 06/19/11 |
| 5 | Jacob Mitchell | 20' 4.25" | 06/24/12 |

| | Triple Jump | Dist. | Date |
|---|---------------------|------------|----------|
| 1 | Jonte Grant | 44' | 06/12/10 |
| 2 | Jacob Mttchell | 43' 4.5" | 07/08/12 |
| 3 | Ben Davis | 42' 11.75" | 07/11/11 |
| 4 | Steven Gissentanner | 42' 11.50" | 07/13/13 |
| 5 | Ben Davis | 41' 5.65" | 07/09/10 |

| | High Jump | Dist. | Date |
|---|---------------------|-----------|----------|
| 1 | Steven Gissentanner | 6' 2" | 07/13/13 |
| 2 | Kirk Marciel | 6' 1" | 06/13/04 |
| 3 | Kirk Marciel | 6' 0" | 07/08/05 |
| 4 | Sulayman Diomande | 5' 10.75" | 06/19/11 |
| 5 | Jacob Mitchell | 5' 9.75" | 06/24/12 |

| | Pole Vault | Dist. | Date |
|---|-------------------|------------|----------|
| 1 | Andrew Wiegardt | 12' 11.75" | 06/12/10 |
| 2 | Sulayman Diomande | 11' 5.75" | 06/19/11 |
| 3 | Sulayman Diomande | 10' 10" | 07/28/10 |
| 4 | | | |
| 5 | | | |

| | Decathlon | Pts. | Date |
|---|-------------------|------|----------|
| 1 | Sulayman Diomande | 5700 | 06/19/11 |
| 2 | Sulayman Diomande | 5312 | 07/09/10 |
| 3 | | | |
| 4 | | | |
| 5 | | | |

| | Javelin | Dist. | Date |
|---|-------------------|----------|----------|
| 1 | Jacob Mitchell | 144' 07" | 07/27/12 |
| 2 | Zachary Ross | 139' 05" | 07/27/12 |
| 3 | Sulayman Diomande | 127' 6" | 07/09/10 |
| 4 | Sulayman Diomande | 125' 5" | 06/19/11 |
| 5 | | | |

| | Discus | Dist. | Date |
|---|-------------------|---------|----------|
| 1 | Zachary Ross | 97' 1" | 06/24/12 |
| 2 | Sulayman Diomande | 90' 1" | 06/19/11 |
| 3 | Sulayman Diomande | 87' 11" | 07/28/10 |
| 4 | | | |
| 5 | | | |

| | Shot Put | Dist. | Date |
|---|-------------------|----------|----------|
| 1 | Sulayman Diomande | 36' 5.5" | 07/09/10 |
| 2 | Zachary Ross | 34' 9.5" | 06/24/12 |
| 3 | Sulayman Diomande | 34' 5" | 06/19/11 |
| 4 | | | |
| 5 | | | |

