

Rush-Henrietta Winter Track and Field 2004-2005

Boys Royal Comet Leader Board

Updated 3/6/05

45 meter boys:

	5.7 auto	6.1 provisional	5.8 elite
5.8 ELITE	Brandon Wilbur	NY Chiropractic	1/29/05
6.1	Calvin Sandlin	Roberts Wesleyan	2/4/05
6.1	Tim Daniels	Roberts Wesleyan	2/4/05
6.1	Odosa Aghayere	Roberts Wesleyan	1/8/05
6.1	Ming Wei Hsu	U of R	1/21/05
6.2	John Au	U of R	1/21/05
6.3	Howard Woodham	U of R	12/10/04
6.5	Chris Schaefer	Roberts Wesleyan	2/4/05
6.6	Patrick Stellman	Roberts Wesleyan	1/8/05
7.6	Tony Miller	U of R	1/21/05

55 meter boys:

	6.6 auto	7.0 provisional	6.8 elite
6.8 ELITE	Brandon Wilbur	Hobart College	12/17/04
6.9	Ming Wei Hsu	Hobart College	12/17/04
7.1	John Gause	Hobart College	12/23/04
7.1	Tim Daniels	Hobart College	12/17/04
7.1	Howard Woodham	Hobart College	12/23/04
7.2	Nick Minter	Hobart College	12/30/04
7.2	Jay Bryant	Hobart College	12/23/04
7.2	Chris Schaefer	Hobart College	12/17/04
7.4	David Lien	Hobart College	12/17/04
7.4	John Au	Hobart College	1/15/05
7.5	Rick Harrold	Hobart College	12/17/04
7.6	Odosa Aghayere	Hobart College	1/15/05
7.7	Nick Conello	Hobart College	12/4/04
7.9	Matt Hudson	Hobart College	1/15/05
7.9	Tim Daniels	Hobart College	12/4/04
7.9	Ken Wooten	Hobart College	12/4/04
8.0	Matt Lawson	Hobart College	1/15/05
8.0	Eric Lundberg	Hobart College	12/17/04
8.1	Adam Drake	Hobart College	1/15/05
8.1	Patrick Stellman	Hobart College	12/23/04
8.5	Tony Miller	Hobart College	12/4/04

40 meter hurdles:

	6.5 auto	6.9 provisional	6.7 elite
6.7 ELITE	David Lien	U of R	12/10/04

50 meter hurdles:

7.8	David Lien	NY Chiropractic	1/29/05
10.6	Howard Woodham	Roberts Wesleyan	2/4/05

55 meter hurdles:	8.8 auto	9.3 provisional	8.5 elite
8.6 (8.84)	David Lien	Hobart College	12/23/04
9.7	Jay Bryant	Hobart College	12/17/04
10.8	Ming Wei Hsu	Hobart College	12/17/04
13.0	Ken Wooten	Hobart College	12/4/04

200 meters:			
25.0	Brandon Wilbur	Hobart College	12/23/04
25.8	John Gause	Hobart College	12/23/04
25.9	Chris Schaefer	Hobart College	12/23/04

300 meters:	38.5 auto	40.6 provisional	40.3 elite
39.7 ELITE	Calvin Sandlin	Hobart College	1/15/05
39.9 (40.25) Elite	Brandon Wilbur	Sectionals	2/12/05
40.9	Jason Esposito	Hobart College	12/30/04
40.9	John Gause	Hobart College	12/17/04
41.7	Will Haskell	Hobart College	12/17/04
42.1	David Lien	Hobart College	1/15/05
42.4	Jay Bryant	Hobart College	12/4/04
42.9	Chris Schaefer	Hobart College	12/4/04
43.6	Brett Dolan	Hobart College	12/17/04
43.7	Chris Freeman	Hobart College	12/30/04
44.3	Matt Prok	Hobart College	12/17/04
44.4	Nick Minter	Hobart College	12/17/04
44.6	Nick Lamanna	Hobart College	12/17/04
44.8	Tim Daniels	Hobart College	12/17/04
45.4	Ben DeGeorge	Hobart College	1/15/05
46.0	Charles Ruhland	Hobart College	12/17/04
46.1	Nick Esposito	Hobart College	12/4/04
46.3	John Au	Hobart College	1/15/05
46.3	Eric Lundberg	Hobart College	12/17/04
46.6	Howard Woodham	Hobart College	12/30/04
46.9	Brad Sauer	Hobart College	1/15/05
47.1	Odosa Aghayere	Hobart College	1/15/05
47.8	Kenny Wooten	Hobart College	12/30/04
48.3	Jason Comstock	Hobart College	12/30/04
50.7	Patrick Stelman	Hobart College	12/30/04
51.1	Tony Miller	Hobart College	12/30/04
51.6	Steffon Penke	Hobart College	12/30/04

400 meter:			
58.2	Will Haskell	Hobart College	12/23/04
59.7	Brett Dolan	Hobart College	12/23/04
62.0	Jon Gauthier	Hobart College	12/23/04
62.1	Matt Prok	Hobart College	12/23/04
68.3	Jason Comstock	Hobart College	12/23/04
69.3	Brad Sauer	Hobart College	12/23/04

600 meter:	1:33.0 auto	1:37.0 provisional	1:32.0 elite
1:33.5 (1:33.73)	Jason Esposito	Hobart College	12/30/04
1:34.9	Will Haskell	Hobart College	12/17/04
1:35.0	Brett Dolan	Hobart College	12/17/04
1:37.7	Charles Ruhland	Hobart College	12/17/04
1:39.1 (1:39.18)	Chris Freeman	Hobart College	12/30/04
1:41.9	Nick Esposito	Hobart College	1/15/05
1:43.2	Matt Prok	Hobart College	12/17/04
1:45.3	Mike Wakefield	U of R	12/10/04
1:49.7	Jason Comstock	U of R	1/21/05
1:47.0	James Kern	Hobart College	1/15/05
1:50.2	Brad Sauer	Hobart College	12/4/04
1:51.31	Eric Lundberg	Roberts Wesleyan	2/4/05
1:52.3	Nick Harness	Hobart College	1/15/05
1:55.2	Steffon Penke	Hobart College	12/30/04
1:56.3	Howard Woodham	Roberts Wesleyan	1/8/05
2:03.0	Alex Ruhland	Hobart College	1/15/05
2:05.2	Kyle Penke	Hobart College	12/4/04

800 meter:			
2:08.25	Will Haskell	Distance Festival @ Hobart	2/20/05
2:09.13	Jason Esposito	Distance Festival @ Hobart	2/20/05
2:09.42	Jon Gauthier	Distance Festival @ Hobart	2/20/05
2:11.8	Brett Dolan	RIT	12/26/04

1000 meters:	2:52.0 auto	2:58.0 provisional	2:45.0 elite
2:48.6	Will Haskell	NY Chiropractic	1/29/05
2:49.7	Jon Gauthier	NY Chiropractic	1/29/05
2:51.1	Jason Esposito	NY Chiropractic	1/29/05
2:52.0 (2:52.44)	Brett Dolan	Hobart College	12/30/04
2:53.90	Charles Ruhland	RIT	2/4/05
2:53.8 (2:54.23)	Ben DeGeorge	Hobart College	12/30/04
2:58.6 (2:58.99)	Matt Prok	Hobart College	12/30/04
3:05.6	Lou Acresti	Hobart College	1/15/05
3:06.2	Kurt Alvut	Hobart College	1/15/05
3:10.23	James Kern	Roberts Wesleyan	2/4/05
3:15.0	Matt Prok	U of R	12/10/04
3:15.4	Chris Freeman	Roberts Wesleyan	1/8/05
3:20.0	Jason Comstock	U of R	12/10/04
3:22.0	Kyle Penke	NY Chiropractic	1/29/05
3:25.3	Brad Sauer	Hobart College	1/15/05
3:29.3	Nick Esposito	U of R	12/10/04
3:34.6	Alex Ruhland	Roberts Wesleyan	2/4/05
3:36.2	Nick Harness	U of R	12/10/04

1500 meters:

4:24.7 (4:42.7)	Will Haskell	Hobart College	12/23/04
4:29.9 (4:47.9)	Jon Gauthier	Hobart College	12/23/04
4:31.5 (4:49.7)	Brett Dolan	Hobart College	12/23/04
4:46.6	Matt Prok	Hobart College	12/23/04
5:05.4	Jason Comstock	Hobart College	12/23/04
5:06.3	Chris Freeman	Hobart College	12/23/04
5:14.1	James Kern	Hobart College	12/23/04
5:21.0	Steffon Penke	Hobart College	12/23/04
5:29.8	Sean Marron	Hobart College	12/23/04
5:30.9	Kyle Penke	Hobart College	12/23/04
5:32.0	Nick Esposito	Hobart College	12/23/04
5:34.3	Alex Ruhland	Hobart College	12/23/04

1600 meters:

	4:53.0 auto	4:59.0 provisional	4:50.0 elite
4:33.02	Will Haskell	NYS Championships	3/6/05
4:36.92 Elite	Will Haskell	Sectionals	2/12/05
4:40.14 Elite	Jon Gauthier	Sectionals	2/12/05
4:45.5 ELITE	Jason Esposito	Hobart College	1/15/05
4:57.54	Matt Prok	Sectionals	2/12/05
4:59.3	Ben DeGeorge	Hobart College	12/17/04
4:49.8	Charles Ruhland	NY Chiropractic	1/29/05
5:04.5	Kurt Alvut	U of R	1/21/05
5:12.0	Lou Acresti	Hobart College	12/17/04
5:13.4	Mike Wakefield	Hobart College	1/15/05
5:21.3	Jason Comstock	Hobart College	1/15/05
5:30.7	James Kern	Hobart College	12/17/04
5:35.70	Steffon Penke	Roberts Wesleyan	2/4/05
5:36.65	Kyle Penke	Roberts Wesleyan	2/4/05
5:42.0	Brad Sauer	NY Chiropractic	1/29/05
5:58.4	Alex Ruhland	NY Chiropractic	1/29/05
6:04.9	Nick Harness	U of R	1/21/05
6:12.4	Sean Marron	Roberts Wesleyan	1/8/05

Mile:

4:37.96 (4:35.9)	Will Haskell	RIT	2/4/05
4:46.30 (4:44.4)	Brett Dolan	Dartmouth	1/8/05
5:01.17 (4:58.9)	Jason Esposito	RIT	2/4/05

3000 meters:

9:54.5 (10:32.5)	Ben DeGeorge	Hobart College	12/23/04
9:56.1 (10:34.1)	Charles Ruhland	Hobart College	12/23/04
10:26.3	Kurt Alvut	Hobart College	12/23/04
10:31.95	Matt Prok	Distance Festival @ Hobart	2/20/05
11:08.4	Jason Comstock	RIT	12/26/04

3200 meters:	10:48 auto	11:07 provisional	10:30.5 elite
9:41.15 ELITE	Jon Gauthier	State Qualifier	2/26/05
9:46.05	Jon Gauthier	NYS Championships	3/6/05
10:03.6 ELITE	Will Haskell	Hobart College	1/15/05
10:24.91 ELITE	Ben DeGeorge	State Qualifiers	2/26/05
10:34.4	Charles Ruhland	Hobart College	1/15/05
10:38.53	Kurt Alvut	Roberts Wesleyan	2/4/05
10:43.10	Lou Acresti	Roberts Wesleyan	2/4/05
10:43.5	Brett Dolan	U of R	12/10/04
10:52.68	Mike Wakefield	Roberts Wesleyan	/4/05
11:09.8	Matt Prok	NY Chiropractic	1/29/05
12:48.3	Steffon Penke	U of R	12/10/04

2-Mile:			
9:58.53 (9:55.2)	Jon Gauthier	Dartmouth	1/8/05

4x200 relays:	1:40.5 elite		
1:42.4	J.Gause,N.Minter,C.Sandlin,B.Wilbur	Hobart College	1/15/05
1:44.34	J.Gause,B.Wilbur,M.Hsu,N.Minter	Sectionals	2/12/05
1:44.5	J.Gause,N.Minter,C.Sandlin,B.Wilbur	Hobart College	12/4/04
1:46.9 JV	M.Hsu,H.Woodham,C.Schaefer,T.Daniels	Hobart College	1/15/05
1:48.8	J.Gause,M.Hsu,C.Schaefer,B.Wilbur	U of R	12/10/04
1:48.9	H.Woodham,N.Minter,N.Lamanna,T.Daniels	Hobart	12/30/04
1:49.4	J.Gause,C.Schaefer,N.Minter,B.Wilbur	Roberts Wesleyan	1/8/05

4x400 relays:	3:48.0 elite		
3:54.7	W.Haskell,C.Ruhland,B.Dolan,M.Prok	Hobart	12/17/04
3:55.8	J.Gause,J.Gauthier,B.Wilbur,W.Haskell	RIT	2/4/05
3:58.4	B.Dolan,B.Wilbur,M.Prok,W.Haskell	Hobart	12/30/04
3:59.7	W.Haskell,B.Dolan,M.Prok,C.Ruhland	U of R	12/10/04

4x800 relays:	8:40.5 elite		
8:23.74	J.Esposito,J.Gauthier,B.Dolan,W.Haskell	State Qualifier	2/26/05
8:35.39	C.Ruhland,J.Esposito,B.Dolan,W.Haskell	RIT	2/4/05
8:35.48	C.Ruhland,J.Esposito,B.Dolan,W.Haskell	Sectionals	2/12/05
8:41.32	C.Ruhland,W.Haskell,J.Gauthier,B.Dolan	Dartmouth	1/8/05
8:41.8	J.Esposito,C.Ruhland,B.Dolan,W.Haskell	Hobart	12/30/04

4 x 1600 relay:			
19:16.85	J.Esposito, J.Gauthier, B.Dolan, W.Haskell	Distance Festival @ Hobart	2/20/05

High Jump:	5' 10" auto	5' 2" provisional	5' 10" elite
5' 10" ELITE	Nick Minter	Roberts Wesleyan	1/8/05
5' 8"	John Gause	Sectionals	2/12/05
5' 0"	Nick Lamanna	Hobart College	12/30/04

Long Jump:	19' 0" auto	16' 9" provisional	18' 6" elite	
18' 5.25"	Calvin Sandlin	Roberts Wesleyan		2/4/05
17' 8"	Nick Minter	Hobart College		12/17/04
17' 3.5"	Howard Woodham	RIT		12/26/04
16' 9.5"	Howard Woodham	Hobart College		12/30/04
16' 9.25"	Chris Schaefer	U of R		1/21/05
14' 7"	Bobby Cole	U of R		12/10/04
14' 0"	Nick Lamanna	Hobart College		1/15/05
13' 6.75"	Eric Lundberg	Hobart College		12/23/04
13' 6"	Odosa Aghayere	Hobart College		12/17/04
12' 11.5"	Kenny Wooten	Hobart College		12/30/04

Triple Jump	39' 0" auto	35' 0" provisional	40' 0" elite	
38' 2.25"	Nick Minter	Sectionals		2/12/05
35' 3.5"	David Lien	Sectionals		2/12/05
32' 5.5"	Nick Lamanna	Roberts Wesleyan		2/4/05

Shot Put:	41' 0" auto	37' 0" provisional	42' 6" elite	
38' 9.5"	Jay Bryant	Sectionals		2/12/05
36' 7"	Louie Nedelkovski	U of R		12/10/04
35' 6"	Matt Hudson	Hobart College		12/4/04
33' 11"	Jay Bryant	Hobart College		1/15/05
31' 4.5"	Matt Lawson	Hobart College		12/4/04
29' 6.5"	Adam Drake	Hobart College		1/15/05
21' 9"	Brett Dolan	Hobart College		1/15/05

Pole Vault:	9' 6" auto	7' 6" provisional	10' 0" elite	
9' 6"	Ming Wei Hsu	U of R		1/21/05