

**St. Lawrence University
Track and Field Team**

RECORDS - Newell - Indoor

Men

Event	Mark	Date Set	Record Holder	Team Affiliation
Open 55m Dash	6.36	Jan-17-04	Tanko Abass	Ottawa Lions
200m Dash	21.96	Mar- 5-05	Sherron Bullock	NJ City Univ
400m Dash	48.62	Feb-28-04	Eric Theiss	Oneonta
500m Dash	1:04.76	Mar- 1-03	Jim Ravener	Ithaca
800m Run	1:53.21	Mar- 1-08	Justin Wager	Cortland
1000m Run	2:27.82	Mar- 1-08	Peter Kosgei	Hamilton
3000m Run	8:29.49	Mar- 1-08	Seth Dubois	Cortland
5000m Run	14:35.05	Dec-13-08	Seth Dubois	Cortland
1 Mile Run	4:10.54	Mar- 1-08	Peter Kosgei	Hamilton
55m Hurdles	7.28	Jan-14-06	Charles Allen	Unattached
High Jump	2.10m	Jan-27-07	Nick Stanisavljevic	Brockport
Pole Vault	4.85m	Dec-13-08	Mike Dempsey / Richard Vaughan	RIT / UNAT
Long Jump	7.07m	Jan-26-02	Ohene Cornelius	St. Lawrence
Triple Jump	14.99m	Mar- 1-03	Allen Simms	Unattached
Shot Put	16.63m	Mar- 5-05	Matt Kuenzel	Geneseo
Wght Thr	21.69m	Dec- 9-06	Jesse Doty	Unattached
In Pent	3523	Mar- 4-05	Zane Buckingham	St. Lawrence
4x200m Relay	1:28.49	Mar- 4-05	S Bullock, A Campbell, A Miles, R Hussey	NJ City Univ
4x400m Relay	3:22.19	Mar- 5-05	R Hussey, A Miles, J Taylor, A Campbell	NJ City Univ
4x800m Relay	7:56.14	Feb-28-04	J Tillipaugh, P Mesi, M Young, C Popovici	Geneseo
4000m DisMedlyR	10:05.30	Feb-28-03	B Cocca, J Ravener, B Mallette, G Wagner	Ithaca