

2009 Men's Outdoor Season Best

100 m Dash (A: 10.45 P: 10.65 SR: Rusty Frye (1998) 10.60)

4/04/09	Forrester, Jason	Washington, PA	11.03
4/04/09	Walcott, Andre	Washington, PA	11.14
3/28/09	Little, Mike	Wheeling, WV	11.21
4/11/09	Glover, Tyler	Oxford, OH	11.67

200m Dash (A: 21.08 P: 21.48 SR: Chris Spencer(2003) 20.93)

3/28/09	Forrester, Jason	Wheeling, WV	22.24
4/18/09	Walcott, Andre	Berea, OH	22.25
4/11/09	McKinley, Travis	Oxford, OH	22.57
4/04/09	McKinley, Brandon	Washington, PA	22.81
3/20/09	Little, Mike	Winston Salem, NC	23.17
4/11/09	Glover, Tyler	Oxford, OH	22.20
3/20/09	Neiswanger, Craig	Winston Salem, NC	24.21

400m Dash (A: 46.80 P: 48.00 SR: Daniel Greaves(2008) 47.35)

4/11/09	Walcott, Andre	Oxford, OH	48.70
4/18/09	McKinley, Brandon	Berea, OH	50.15
4/18/09	McKinley, Travis	Berea, OH	50.42
3/28/09	Hamrick, Travis	Wheeling, WV	50.92
3/28/09	Russell, Ethan	Wheeling, WV	52.13
3/28/09	Bratcher, Evan	Wheeling, WV	53.51

800m Run (A: 1:50.00 P: 1:53.00 SR: Travis Hamrick (2009) 1:55.27)

4/04/09	Hamrick, Travis	Washington, PA	1:54.97
4/18/09	Bowman, David	Berea, OH	1:56.42
4/11/09	Bratcher, Evan	Oxford, OH	2:01.55
3/20/09	Henson, Chad	Winston Salem, NC	2:02.16

1500 m Run (A: 3:49.00 P: 3:53.50 SR: Matt Abel (2003) 4:00.23)

3/28/09	Jones, Stewart	Wheeling, WV	4:05.39
4/11/09	Bowman, David	Oxford, OH	4:07.30
3/20/09	Henson, Chad	Winston Salem, NC	4:14.96

3000m Run (SR: Ricky Moore (2004) 8:24.45)

3/28/09	Buck, Steven	Wheeling, WV	10:02.02
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3000 m Steeplechase (A: 9:07.00 P: 9:26.00 SR: Ricky Moore (2004) 9:21.75)

4/18/09	Jones, Stewart	Berea, OH	9:39.69
4/18/09	Ellison, Matt	Berea, OH	10:20.67
3/28/09	Henson, Chad	Wheeling, WV	11:31.46

5000m Run (A: 14:10.00 P: 14:45.00 SR: Ricky Moore (2004) 14:27.44)

4/11/09	Jones, Stewart	Oxford, OH	15:09.82
4/11/09	Ellison, Matt	Oxford, OH	16:32.30
3/20/09	Buck, Steven	Winston Salem, NC	17:09.69
4/18/09	Carter, Adam	Berea, OH	17:11.15
3/20/09	Morris, Levi	Winston Salem, NC	17:27.69

10,000m Run (A: 29:45.00 P: 31:05.00 SR: Ricky Moore (2004) 30:13.89)

4/04/09	Carter, Adam	Washington, PA	36:28.80
4/04/09	Buck, Steven	Washington, PA	36:33.01
4/04/09	Kozusnik, David	Washington, PA	37:28.28
4/04/09	Morris, Levi	Washington, PA	38:58.51

110 m Hurdles (A: 14.15 P: 14.65 SR: Rusty Frye (1998) 13.79)

3/28/09	Law, Quinn	Wheeling, WV	16.00
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400 m Hurdles (A: 51.65 P: 53.45 SR: Daniel Greaves (2008) 51.54)

4/11/09	Law, Quinn	Oxford, OH	1:00.43
3/20/09	Russell, Ethan	Winston Salem, NC	1:01.54

4 x 100 m Relay (A: 40.25 P: 41.35 SR: Pikor, Smith, Johnson, Spencer (2003) 41.10)

4/18/09	T. McKinley, Walcott, Little, Forrester	Berea, OH	41.73
3/28/09	Little, Walcott, Glover, Forrester	Wheeling, WV	42.49

4 x 400 m Relay (A: 3:11.00 P: 3:15.00 SR: Walcott, Goldbaugh, Hamrick, Greaves (2008) 3:15.11)

4/11/09	B. McKinley, Hamrick, T. McKinley, Walcott	Oxford, OH	3:18.24
4/04/09	Lee, Hamrick, Bowman, Bratcher	Washington, PA	3:29.43
3/28/09	Bratcher, Jones, Bowman, Russell	Wheeling, WV	3:32.32
3/20/09	Russell, Hamrick, Lee, Bratcher	Winston Salem, NC	3:33.62
4/11/09	Law, Glover, Bratcher, Lee	Oxford, OH	3:35.90

High Jump (A: 2.12m P: 2.05m (6'11.0") SR: Hong Yong Bi (2001) 2.17m (7'3.0")

3/28/09	Law, Quinn	Wheeling, WV	1.82m
3/20/09	Neiswanger, Craig	Winston Salem, NC	1.72m
3/20/09	Lee, Cameron	Winston Salem, NC	1.72m

Pole Vault (A: 5.02m (15'5.5") P: 4.80m (16'8.0") SR: Eric Haas (2002) 4.89m (15'6.0")

Long Jump (A: 7.50m (23'0.75") P: 7.15m (23'11.0") SR: Nycc Laye (2001) 7.11m (23'7.50")

3/28/09	Law, Quinn	Wheeling, WV	6.50m
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Triple Jump (A: 15.30m (46'11.0") P: 14.45m (49'10.5") SR: Sergei Bykov (1997) 16.85m (55'3.50")

Shot Put (A: 16.90m (52'.0") P: 15.90m (57'1") SR: Eric Faulkner (1999) 16.26m (54'5.0")

3/28/09	Yurko, Steven	Wheeling, WV	13.99m
4/04/09	Sammel, Mike	Washington, PA	11.91m
3/28/09	Kearsh, Eric	Wheeling, WV	11.71m

4/04/09	Neiswanger, Craig	Washington, PA	11.12m
4/04/09	Smider, Daniel	Washington, PA	11.04m
4/11/09	Lee, Cameron	Oxford, OH	10.02m

Discus Throw (A: 53.00m P: 48.40m SR: Eric Faulkner (1998) 47.13m (155'3.75")

4/04/09	Yurko, Steven	Washington, PA	40.75m
3/28/09	Smider, Daniel	Wheeling, WV	34.62m
3/28/09	Kearsh, Eric	Wheeling, WV	33.03m
4/04/09	Neiswanger, Craig	Washington, PA	27.20m

Javelin Throw (A: 63.50m () P: 59.00m () SR: Michael Estes (2006) 66.13m ()

3/20/09	Sammel, Mike	Winston Salem, NC	48.80m
4/11/09	Lee, Cameron	Oxford, OH	37.62m
4/04/09	Neiswanger, Craig	Washington, PA	34.03m

Hammer Throw (A: 59.00m () P: 54.00m () SR: Andy Kidwell (2006) 55.02m ()

3/20/09	Yurko, Steven	Winston Salem, NC	40.75m
3/20/09	Smider, Daniel	Winston Salem, NC	39.18m
3/20/09	Kearsh, Eric	Winston Salem, NC	35.66m

Decathlon (A: 6,920 pts P: 6,300 pts. SR: Aaron Rosier (2007) 6,864 pts.)

3/28/09	Neiswanger, Craig	Wheeling, WV	5443
3/20/09	Lee, Cameron	Wheeling, WV	4918

2009 Men's Indoor Season Best

55m Dash (P: 6.40 A: 6.32 SR: 6.53)

1/17/09	Eades, Wes	Marietta, OH	6.54#
1/17/09	Forrester, Jason	Marietta, OH	6.70#
1/17/09	Little, Mike	Marietta, OH	6.71#
2/7/09	Mc Kinley, Travis	Marietta, OH	6.75#
2/28/09	Glover, Tyler	Marietta, OH	7.02

60m Dash (SR: 7.06)

2/21/09	Little, Mike	Kent, OH	7.14#
2/21/09	Forrester, Jason	Kent, OH	7.19#
2/13/08	Russell, Ethan	Bexley, OH	8.14

55m High Hurdles (P: A: SR: 7.38)

1/17/09	Law, Quinn	Marietta, OH	8.25!
1/17/09	Lee, Cameron	Marietta, OH	8.75!
2/7/09	Neiswanger, Craig	Marietta, OH	9.14!

60m High Hurdles (SR: 7.79)

2/21/09	Law, Quinn	Kent, OH	9.21!
2/21/09	Neiswanger, Craig	Kent, OH	10.26

200m Dash (P: 21.90 A: 21.55 SR: 21.65)

2/21/09	Forrester, Jason	Kent, OH	22.52#
2/14/09	McKinley, Travis	Akron, OH	22.58#
2/21/09	Little, Mike	Kent, OH	22.62!

1/21/09	Eades, Wes	Kent, OH	22.68!
2/21/09	Glover, Tyler	Kent, OH	23.72
2/13/09	Russell, Ethan	Bexley, OH	24.54

300m Dash (SR: 35.87)

2/7/09	McKinley, Travis	Marietta, OH	36.57
2/7/09	Bratcher, Evan	Marietta, OH	39.95

400m Dash (P: 48.85 A: 47.75 SR: 47.89)

2/21/09	Walcott, Andre	Kent, OH	48.79#
2/14/09	Eades, Wes	Akron, OH	50.09#
2/21/09	McKinley, Brandon	Kent, OH	50.21#
2/21/09	McKinley, Travis	Kent, OH	50.77!
2/21/09	Lee, Cameron	Kent, OH	52.11!
2/7/09	Russell, Ethan	Marietta, OH	53.54!
1/17/09	Glover, Tyler	Marietta, OH	56.74

800m Dash (P: 1.53.90 A: 1.52.20 SR: 1.55.49)

1/23/09	Hamrick, Travis	New York, NY	1:55.39#
2/7/09	Jones, Stewart	Marietta, OH	2:02.02!
2/7/09	Bowman, David	Marietta, OH	2:02.79!
2/21/09	Henson, Chad	Kent, OH	2:03.30!
2/21/09	Bratcher, Evan	Kent, OH	2:10.73

500m Dash

1/17/09	McKinley, Brandon	Marietta, OH	1:06.69
1/17/09	Eades, Wes	Marietta, OH	1:07.37
2/7/09	Bratcher, Evan	Marietta, OH	1:12.05

1000m Run (SR: 2:32.66)

2/13/09	Bowman, David	Bexley, OH	2:40.56
1/17/09	Jones, Stewart	Marietta, OH	2:40.92
1/17/09	Henson, Chad	Marietta, OH	2:43.07
1/17/09	Ellison, Matt	Marietta, OH	2:49.90
2/13/09	Bratcher, Evan	Bexley, OH	3:03.97
2/7/09	Lee, Cameron	Marietta, OH	3:27.90
2/7/09	Neiswanger, Craig	Marietta, OH	3: 30.01

3000m Dash (SR: 8.20.86)

2/21/09	Jones, Stewart	Kent, OH	8:39.92#
1/17/09	Hall, Dustin	New York NY	8:56.56#
2/28/09	Ellison, Matt	Marietta, OH	9:30.95#
2/28/09	Morris, Levi,	Marietta, OH	10:14.88
2/28/09	Kozusnik, Dave	Marietta, OH	10:28.89
1/7/09	Buck, Steven	Marietta, OH	10:28.97

5000m Dash (SR: 14.13.52)

2/14/09	Hall, Dustin	Akron, OH	15:01.20#
2/21/09	Carter, Adam	Kent, OH	16:26.76
2/13/09	Morris, Levi,	Bexley, OH	18:29.63
2/13/09	Buck, Steven	Bexley, OH	18:53.93

Mile (P: 4:14.00 A: 4:10.00 SR: 4:17.32)

1/23/09	Jones, Stewart	Akron, OH	4:20.00#
2/7/09	Hall, Dustin	Marietta, OH	4:32.53!
2/21/09	Bowman, David	Kent, OH	4:37.38!
2/13/08	Carter, Adam	Bexley, OH	4:39.27
1/17/09	Morris, Levi,	Marietta, OH	4:41.90
2/21/09	Ellison, Matt	Kent, OH	4:42.32!
1/23/09	Henson, Chad	New York, NY	4:46.98
2/21/09	Buck, Steven	Kent, OH	4:53.23

High Jump (P: 2.05m (6'8.75") A: 2.12m (6'11.0") SR: 2.21m (7'3.0"))

1/17/09	Neiswanger, Craig	Marietta, OH	1.80m!
1/17/09	Lee, Cameron	Kent, OH	1.75m

Long Jump (P: 7.08m (23'0.75") A: 7.30m (23'11.0") SR: 7.21m (23'7.50"))

1/17/09	Law, Quinn	Marietta, OH	6.70m#
1/17/09	Eades, Wes	Marietta, OH	6.44m#
1/17/09	McKinley, Travis	Marietta, OH	6.35m!
1/17/09	McKinley, Brandon	Marietta, OH	6.28m!
1/17/09	Lee, Cameron	Marietta, OH	5.75m
1/17/09	Neiswanger, Craig	Marietta, OH	5.40m

Triple Jump (P: 14.30m (46'11.0") A: 15.20m (49'10.5") SR:15.84m (51'1.25"))

1/17/09	McKinley, Travis	Marietta, OH	12.67m!
1/17/09	Law, Quinn	Marietta, OH	12.38m!
1/17/09	McKinley, Brandon	Marietta, OH	12.09m

Shot Put (P: 15.85m (52'.0") A: 17.40m (57'1") SR: 16.12m (54'5.0"))

1/17/09	Yurko, Steven	Marietta, OH	14.74m#
2/13/09	Kearsh, Eric	Bexley, OH	12.23m
1/17/09	Sammel, Mike	Marietta, OH	11.66m
2/21/09	Smider, Daniel	Kent, OH	11.09m
1/17/09	Neiswanger, Craig	Marietta, OH	10.12m
1/17/09	Lee, Cameron	Marietta, OH	9.29m

Pole Vault (P: 4.75, A: 5.03m,SR: 4.73m)

2/13/09	Boger, Ashton	Bexley, OH	4.12m#
2/7/09	Lee, Cameron	Marietta, OH	3.20m!
2/13/09	Neiswanger, Craig	Bexley, OH	2.75m

Weight Throw (P: 17.20m (56'5.25") A: 19.00m (62'4.0") SR: 16.69m 55'3.75")

1/17/09	Yurko, Steven	Marietta, OH	14.37m#
2/13/09	Smider, Daniel	Bexley, OH	13.71m!
2/21/09	Kearsh, Eric	Kent, OH	13.38m!

Heptathlon

2/14/09	Lee, Cameron	Akron, OH	3815
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4 x 400m Relay (P: 3:18.50 A: 3:14.00 SR: 3:17.41)

2/21/09	Eades, T.McKinley, B.McKinley, Walcott	Kent, OH	3:18.02#
2/14/09	Eades, T.McKinley, B.McKinley, Walcott	Akron, OH	3:18.03#
1/23/09	Forrester, Hamrick, McKinley, Lee	New York, NY	3:29.09!
2/28/09	Henson, Bowman, Bratcher, Buck	Marietta, OH	3:45.41!
1/23/09	Glover, Neiswanger, Russell, Law	New York, NY	3:41.57!
2/7/09	Russell, Glover, Law, McKinley	Marietta, OH	3:45.76
1/17/09	Russell, Henson, Jones, Glover	Marietta, OH	3:46.73

4 x 800m Relay

2/28/09	Henson, Bowman, Bratcher, Buck	Marietta, OH	8:30.29
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DMR (P: 10:10.00 A: 9:55.00 SR: 10:32.48)

2/7/09	Henson, Russell, Bowman, Jones	Marietta, OH	10:56.69
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! -----WVIAC provisional qualifier

-----WVIAC automatic qualifier

@ ---- NCAA provisional qualifier

* ----- NCAA automatic qualifier