

2013 Oswego East Distance Track and Field
Indoor Best List

55m Dash

Rene	7.09	WWS Quad
Julian	7.19	WWS Quad
Chase	7.24	WWS Quad
Bakari	7.37	WWS Quad
Rob	7.60	WWS Quad
Moran	7.62	WWS Quad
Imari	7.65	WWS Quad
Danny	7.69	WWS Quad
Sergio	7.70	WWS Quad
Chaz	7.86	WWS Quad
Yousef	7.93	WWS Quad
Andrew F.	8.22	WWS Quad
Corey	8.36	WWS Quad

200m Dash

Corey	27.8	Oswego Tri
Imari	28.8	Oswego Tri
Chaz	28.8	Oswego Tri
Mourad	29.0	Oswego Tri
Chris	29.5	Oswego Tri

400m Dash

Rene	54.19	Gene Armer
Bakari	55.07	ISU Invite
Bakari	55.9	Oswego Tri
Julian	56.39	ISU Invite
Danny	56.99	ISU Invite
Danny	58.02	WWS Quad
Julian	59.0	Oswego Tri
Danny	60.0	Oswego Tri
Julian	60.1	WWS Quad
Mason	62.8	Oswego Tri
Imari	63.9	Oswego Tri

Mourad	64.1	Oswego Tri
Casey	65.8	Oswego Tri
Chris	65.8	Oswego Tri
Andrew F	67.5	Oswego Tri
Chaz	67.9	Oswego Tri
Trevor	67.9	Oswego Tri
Corey	69.1	Oswego Tri

800m Run

Chase	2:00.09	IPTT
Chase	2:00.35	Gene Armer
Chase	2:00.96	ISU Invite
Rene	2:03.61	ISU Invite
Rene	2:05.0	Oswego Tri
Joe	2:15.66	WWS Quad
Joe	2:15.6	Oswego Tri
Ryan F.	2:18.12	WWS Quad
Trevor	2:19.28	ISU Invite
Trevor	2:25.5	Oswego Tri
Brandon	2:27.54	WWS Quad

1600m Run

Charles	4:26.85	Gene Armer
Charles	4:29.26	IPTT
Charles	4:35.36	ISU Invite
Turner	4:41.54	ISU Invite
Charles	4:42.2	Oswego Tri
Tyler	4:57.82	ISU Invite
Tyler	5:06.7	Oswego Tri
Tanner	5:09.07	WWS Quad

3200m Run

Turner	10:10.10	Gene Armer
Turner	10:22.1	Oswego Tri
Tanner	10:53.81	WWS Quad

Relay Splits

4 x 200m

Chase	24.9	WWS Quad
Rene	25.1	WWS Quad
Julian	25.7	WWS Quad
Moran	26.4	WWS Quad
Sergio	27.6	WWS Quad
Turner	27.8	WWS Quad
Rob	28.0	WWS Quad
Mason	28.0	WWS Quad
Chris	28.4	WWS Quad
Mourad	28.5	WWS Quad
Ryan F.	28.6	WWS Quad
Tyler	28.8	WWS Quad
Imari	29.1	WWS Quad
Casey	29.1	WWS Quad
Chaz	29.3	WWS Quad
Yousef	29.4	WWS Quad

4 x 400m

Andrew H.	52.2	IPTT
Chase	52.2	IPTT
Andrew H.	52.2	Gene Armer
Rene	52.7	IPTT
Chase	52.8	Gene Armer
Rene	52.9	Gene Armer
Chase	52.9	ISU Invite
Chase	53.3	WWS Quad
Rene	53.7	ISU Invite
Bakari	54.1	ISU Invite
Rene	54.8	WWS Quad
Julian	55.5	ISU Invite
Danny	56.5	Gene Armer
Rene	56.6	Oswego Tri

Danny	56.9	WWS Quad
Bakari	57.2	Oswego Tri
Julian	57.4	WWS Quad
Joe	57.4	WWS Quad
Moran	58.4	WWS Quad
Tyler	58.5	WWS Quad
Joe	59.3	Oswego Tri
Ryan F.	59.7	WWS Quad
Julian	59.7	Oswego Tri
Danny	61.1	Oswego Tri
Sergio	61.6	WWS Quad
Chris	61.7	WWS Quad
Ryan	61.8	Oswego Tri
Turner	61.9	WWS Quad
Mason	62.5	WWS Quad
Casey	63.1	WWS Quad
Imari	63.6	WWS Quad
Mourad	63.8	WWS Quad
Chaz	64.7	WWS Quad
Tanner	64.8	Oswego Tri
Casey	65.2	Oswego Tri
Yousef	65.9	WWS Quad
Andrew F.	66.0	WWS Quad
Rob	66.3	WWS Quad
Tanner	67.0	WWS Quad

4 x 800m

Chase	2:01.7	Gene Armer
Andrew H.	2:02.1	Gene Armer
Rene	2:02.4	Gene Armer
Charles	2:06.0	WWS Quad
Tyler	2:08.9	Gene Armer
Turner	2:11.7	WWS Quad
Tyler	2:12.0	WWS Quad
Joe	2:12.3	ISU Invite
Mason	2:12.9	WWS Quad
Mason	2:14.1	ISU Invite

Ryan F.	2:14.6	ISU Invite
Tanner	2:14.9	ISU Invite
Mason	2:15.0	Oswego Tri
Tanner	2:18.5	Oswego Tri
Ryan F.	2:22.5	Oswego Tri
Brandon	2:29.3	Oswego Tri

Relay Times

4 x 200m

Rene, Chase,
Julian, Moran 1:42.1 WWS Quad

Mason, Tyler,
Turner, Ryan F. 1:53.1 WWS Quad

Rob, Imari,
Sergio, Mourad 1:53.3 WWS Quad

Chas, Chris,
Yousef, Casey 1:56.1 WWS Quad

4 x 400m

Rene, Chase,
Danny, Andrew H. 3:34.68 Gene Armer

Rene, Chase,
Julian, Bakari 3:36.29 ISU Invite

Rene, Chase,
Julian, Danny 3:42.52 WWS Quad

Rene, Joe,
Julian, Bakari 3:52.2 Oswego Tri

Mason, Tyler,

Turner, Ryan F. 4:02.5 WWS Quad

Moran, Joe,
Tanner, Andrew F. 4:08.7 WWS Quad

Danny, Ryan,
Tanner, Casey 4:13.4 Oswego Tri

Chaz, Chris,
Yousef, Casey 4:15.2 WWS Quad

Rob, Imari,
Sergio, Mourad 4:15.2 WWS Quad

4 x 800m

Rene, Tyler,
Chase, Andrew 8:15.27 Gene Armer

Charles, Turner,
Tyler, Mason 8:42.60 WWS Quad

Joe, Mason,
Tanner, Ryan 8:56.33 ISU Invite

Mason, Ryan,
Tanner, Brandon 9:26.3 Oswego Tri

Pole Vault

Aaron 11'6" Gene Armer

Aaron 11' WWS Quad

Aaron 11' Oswego Tri

Aaron 10' ISU Invite

Ryan 8' WWS Quad

Ryan 8' Oswego Tri

Team Points

66	Oswego Tri	1 st of 3
58	WWS Quad	3 rd of 4
45	Gene Armer	3 rd of 60
4	IPTT	