

2013 Oswego East Distance Track and Field
Outdoor Best List

100m Dash

Rene	11.3	PN/Romeoville
Chase	11.3	PN/Romeoville
Rene	11.4	PS/Min/OE
Justin	11.4	PS/Min/OE
Andrew H	11.5	PN/Romeoville
Chase	11.6	PS/Min/OE
Joe	11.7	PN/Romeoville
Andrew H	11.8	PS/Min/OE
Imari	12.7	OE/OHS
Andrew F	13.4	PS/Min/OE

110m High Hurdles

Justin	15.3	PN/Romeoville
Justin	15.4	Stagg
Justin	15.67	Red Ribbon
Justin	15.97	SPC
Justin	15.9	OE/OHS
Justin	16.13	Sectionals
Justin	16.27	Kaneland
Justin	16.4	PS/Min/OE
Rob	17.0	PS/Min/OE
Rob	17.3	PN/Romeoville
Rob	17.4	OE/OHS
Rob	17.60	Ottawa
Aaron M	19.5	OE/OHS
Aaron M	19.6	PN/Romeoville
Aaron M	20.1	Red Ribbon
Chaz	22.1	OE/OHS

200m Dash

Chase	23.5	PS/Min/OE
Rene	23.5	PS/Min/OE
Rene	23.6	PN/Romeoville

Chase	24.0	PN/Romeoville
Julian	24.3	PE/PC
Andrew H	24.4	PN/Romeoville
Bakari	24.4	PS/Min/OE
Rob	24.6	PS/Min/OE
Danny	24.9	PS/Min/OE
Moran	25.1	PE/PC
Joe	25.6	PN/Romeoville
Danny	25.8	PN/Romeoville
Charles	26.1	PN/Romeoville
Ryan F	26.2	OE/OHS
Mourad	26.8	PE/PC
Charles	27.0	OE/OHS
Tyler	28.0	OE/OHS
Turner	28.5	OE/OHS
Mason	29.5	OE/OHS

300m Hurdles

Justin	39.70	SPC
Justin	40.7	OE/OHS
Justin	41.35	Nalley Invite
Justin	41.45	
Justin	41.6	PN/Romeoville
Justin	41.91	Red Ribbon
Justin	42.32	Kaneland
Rob	43.00	Sectionals
Rob	42.9	PS/Min/OE
Justin	43.4	PE/PC
Rob	43.59	Kaneland
Rob	43.7	PN/Romeoville
Rob	44.10	SPC
Rob	44.20	Nalley Invite
Rob	44.47	Red Ribbon
Rob	44.4	OE/OHS
Justin	44.6	Stagg
Rob	44.79	Ottawa
Rob	44.9	PE/PC
Rob	44.9	Stagg

Aaron M	46.5	PN/Romeoville
Aaron M	46.77	SPC
Aaron M	48.02	Red Ribbon
Chaz	48.55	SPC
Chaz	48.83	Kaneland Frosh
Aaron M	48.9	OE/OHS
Chaz	49.6	PN/Romeoville
Chaz	55.22	Red Ribbon
Chaz	55.2	OE/OHS

400m Dash

Chase	50.23	SPC
Chase	50.75	Nalley Invite
Chase	50.99	Kaneland
Chase	51.24	Red Ribbon
Chase	52.1	PS/Min/OE
Rene	52.3	PS/Min/OE
Andrew H	52.81	Nalley Invite
Julian	53.57	SPC
Moran	53.58	Sectionals
Julian	53.92	Sectionals
Julian	53.9	PN/Romeoville
Moran	54.44	SPC
Rene	54.3	OE/OHS
Justin	54.4	PS/Min/OE
Bakari	54.74	SPC
Julian	54.79	Ottawa
Julian	54.93	Kaneland
Julian	55.0	OE/OHS
Bakari	55.0	PE/PC
Moran	55.11	Red Ribbon
Bakari	55.1	Stagg
Moran	55.5	OE/OHS
Danny	55.82	Red Ribbon
Julian	55.8	PS/Min/OE
Moran	56.0	PE/PC
Moran	56.05	Ottawa
Imari	57.0	PN/Romeoville

Imari	57.0	PS/Min/OE
Sergio	57.2	ATI Invite
Sergio	57.5	OE/OHS
Sergio	57.6	PS/Min/OE
Julian	57.8	Stagg
Andrew H	58.18	Ottawa
Imari	58.1	OE/OHS
Jake	58.43	Kaneland Frosh
Andrew H	58.3	OE/OHS
Mourad	58.7	PE/PC
Mason	58.8	PE/PC
Sergio	58.8	PE/PC
Tyler	59.0	OE/OHS
Greg	59.1	PN/Romeoville
Mourad	59.9	OE/OHS
Mourad	60.0	PN/Romeoville
Kevin	60.6	ATI Invite
Chris	60.7	PN/Romeoville
Chris	61.0	OE/OHS
Greg	61.4	PS/Min/OE
Yousef	61.9	PS/Min/OE
Andrew F	62.1	PN/Romeoville
Chase	62.5	OE/OHS
Andrew	63.0	OE/OHS
Greg	63.42	Kaneland Frosh
Andrew F	64.1	PS/Min/OE
Andrew F	64.4	PE/PC

800m Run

Chase	1:55.13	Race at State
Rene	1:57.74	Sectionals
Rene	1:58.89	Nalley Invite
Rene	1:59.25	SPC
Rene	2:00.29	Race at State
Chase	2:00.1	OE/OHS
Chase	2:00.56	Ottawa
Rene	2:00.57	Kaneland
Rene	2:00.83	Red Ribbon

Andrew H	2:01.31	SPC
Andrew H	2:02.0	OE/OHS
Andrew H	2:02.61	Kaneland
Andrew H	2:02.62	Red Ribbon
Chase	2:02.6	Stagg
Charles	2:03.0	PS/Min/OE
Charles	2:04.1	PN/Romeoville
Rene	2:04.36	Ottawa
Rene	2:06.6	Stagg
Rene	2:07.6	OE/OHS
Turner	2:08.15	Race at State
Tyler	2:08.94	Race at State
Danny	2:10.4	Ottawa
Turner	2:10.97	Red Ribbon
Joe	2:10.8	OE/OHS
Joe	2:11.78	Nalley Invite
Julian	2:11.7	PN/Romeoville
Ryan F	2:11.7	PN/Romeoville
Turner	2:11.7	PS/Min/OE
Andrew B	2:12.2	PS/Min/OE
Trevor	2:14.8	PE/PC
Trevor	2:15.12	Red Ribbon
Bakari	2:15.3	PN/Romeoville
Tanner	2:15.8	PE/PC
Julian	2:16.1	PS/Min/OE
Bakari	2:16.1	PS/Min/OE
Trevor	2:16.55	SPC
Trevor	2:16.5	PS/Min/OE
Nate P.	2:17.27	Race at State
Brandon	2:17.7	PS/Min/OE
Aaron M.	2:18.00	Race at State
Trevor	2:18.7	OE/OHS
Casey	2:21.5	ATI Invite
Danny	2:22.64	SPC
Tanner	2:22.6	OE/OHS
Danny	2:22.98	Kaneland Frosh
Greg	2:31.9	ATI Invite

1600m Run

Charles	4:21.15	Sectionals
Charles	4:23.12	State
Charles	4:27.90	SPC
Charles	4:28.79	Red Ribbon
Charles	4:29.55	Nalley Invite
Charles	4:32.29	Kaneland
Charles	4:33.43	Ottawa
Charles	4:39.7	OE/OHS
Mason	4:40.88	Sectionals
Mason	4:41.06	Nalley Invite
Mason	4:42.83	SPC
Charles	4:43.8	Stagg
Turner	4:45.08	SPC
Mason	4:45.7	PS/Min/OE
Mason	4:46.30	Kaneland
Turner	4:46.8	PN/Romeoville
Turner	4:47.69	Red Ribbon
Ryan F	4:49.5	PE/PC
Mason	4:49.77	Red Ribbon
Turner	4:49.7	OE/OHS
Ryan F	4:50.2	PN/Romeoville
Tanner	4:51.31	SPC
Trevor	4:51.56	Kaneland Frosh
Ryan F	4:52.1	PS/Min/OE
Tanner	4:52.55	Kaneland Frosh
Mason	4:53.7	OE/OHS
Tyler	4:54.3	PS/Min/OE
Turner	4:56.34	Ottawa
Tanner	4:56.67	Red Ribbon
Turner	4:57.6	Stagg
Tanner	4:58.17	Race at State
Andrew B	5:03.3	OE/OHS
Tyler	5:03.70	Ottawa
Ryan F	5:05.9	OE/OHS
Tanner	5:09.8	PS/Min/OE
Andrew B	5:14.0	PN/Romeoville
Tyler	5:14.7	PE/PC

Tanner	5:15.0	PN/Romeoville
Brandon	5:16.2	PE/PC
Brandon	5:18.6	ATI Invite
Brandon	5:26.9	OE/OHS

3200m Run

Charles	9:52.0	OE/OHS
Charles	9:57.63	Ottawa
Ryan F	10:03.18	SPC
Ryan F	10:05.44	Nalley Invite
Ryan F	10:05.48	Kaneland
Ryan F	10:07.42	Red Ribbon
Ryan F	10:08.43	Sectionals
Turner	10:11.06	Sectionals
Turner	10:12.30	Nalley Invite
Turner	10:12.40	Kaneland
Ryan F	10:13.0	OE/OHS
Turner	10:20.1	OE/OHS
Mason	10:28.38	Ottawa
Mason	10:35.1	OE/OHS
Mason	10:35.2	Stagg
Turner	10:43.36	Ottawa
Tyler	11:03.03	SPC
Tyler	11:17.2	Red Ribbon
Tanner	11:38.8	Stagg

Relay Splits

4 x 100m

Chase	11.0	PN/Romeoville
Rene	11.3	PN/Romeoville
Andrew H	11.6	PE/PC
Chase	11.6	PE/PC
Joe	11.6	PE/PC
Joe	11.9	PN/Romeoville
Andrew H	12.0	PN/Romeoville
Rene	12.0	PE/PC

4 x 200m

Andrew H	23.8	PN/Romeoville
Chase	24.0	PN/Romeoville
Rene	24.2	PN/Romeoville
Joe	25.0	PN/Romeoville
Greg	27.1	OE/OHS
Casey	28.5	OE/OHS
Kevin	28.5	OE/OHS
Yousuf	29.6	OE/OHS

4 x 400m

Chase	48.9	SPC
Chase	50.2	Nalley Invite
Chase	50.6	Red Ribbon
Chase	50.7	Kaneland
Andrew H	50.9	Red Ribbon
Justin	51.1	Nalley Invite
Andrew H	51.2	Sectionals
Justin	51.4	Sectionals
Rene	51.4	SPC
Andrew H	51.5	SPC
Chase	51.7	Ottawa
Rene	51.9	Nalley Invite
Andrew H	52.0	Nalley Invite
Andrew H	52.6	Kaneland
Julian	52.8	Sectionals
Justin	52.8	SPC
Rene	52.9	Red Ribbon
Andrew H	53.0	Stagg
Moran	53.2	SPC
Andrew H	53.3	OE/OHS
Rene	53.5	Kaneland
Justin	53.6	Red Ribbon
Justin	53.6	Kaneland
Rene	53.6	Ottawa
Rene	53.7	Stagg
Chase	53.7	Stagg
Chase	53.9	OE/OHS

Justin	53.9	OE/OHS
Justin	53.9	Ottawa
Julian	53.9	Ottawa
Rene	54.0	Sectionals
Rene	54.0	OE/OHS
Bakari	54.2	PN/Romeoville
Rob	54.6	PN/Romeoville
Julian	55.0	PS/Min/OE
Moran	55.0	OE/OHS
Sergio	55.2	SPC
Moran	55.5	PS/Min/OE
Bakari	55.6	Stagg
Danny	56.0	OE/OHS
Charles	56.0	PS/Min/OE
Sergio	56.2	PN/Romeoville
Julian	56.4	PN/Romeoville
Danny	56.7	Red Ribbon
Joe	56.7	PS/Min/OE
Bobby	57.2 (DMR)	Stagg
Danny	57.3	SPC
Moran	57.3	Red Ribbon
Jake	57.4	Kaneland Frosh
Imari	57.4	PN/Romeoville
Chaz	57.4	PN/Romeoville
Mason	57.4	PS/Min/OE
Jake	57.5	PN/Romeoville
Imari	57.5	OE/OHS
Imari	57.6	PS/Min/OE
Tyler	57.8	PS/Min/OE
Mourad	58.2	OE/OHS
Danny	58.3	Kaneland Frosh
Andrew B	58.5	PN/Romeoville
Mason	58.6	PN/Romeoville
Tyler	58.6	PN/Romeoville
Chaz	58.7	Kaneland Frosh
Kevin	59.0	PN/Romeoville
Turner	59.0	PN/Romeoville
Sergio	59.0	OE/OHS

Ryan F	59.1	PS/Min/OE
Ryan F	59.1	SPC
Greg	59.3	Kaneland Frosh
Trevor	59.3	PS/Min/OE
Chaz	59.4	PS/Min/OE
Aaron M	59.5	PN/Romeoville
Kevin	59.5	OE/OHS
Kevin	59.9	PS/Min/OE
Yousuf	60.3	OE/OHS
Chris	60.6	PN/Romeoville
Chaz	60.8	OE/OHS
Chris	60.8	OE/OHS
Casey	61.2	PS/Min/OE
Mourad	61.3	PN/Romeoville
Casey	61.8	PN/Romeoville
Trevor	61.8	Red Ribbon
Greg	61.8	PN/Romeoville
Casey	62.0	OE/OHS
Greg	62.2	OE/OHS
Chaz	62.6	Red Ribbon
Yousef	62.7	PS/Min/OE
Ryan	63.4	PN/Romeoville
Tanner	63.5	PS/Min/OE
Turner	63.7	PS/Min/OE
Andrew F	64.5	PN/Romeoville
Tanner	64.6	PN/Romeoville
Andrew F	64.8	PS/Min/OE
Andrew F	65.2	OE/OHS

4 x 800m

Chase	1:53.9	Nalley Invite
Chase	1:56.2	SPC
Chase	1:56.6	Red Ribbon
Rene	1:57.1	Sectionals
Chase	1:57.7	Kaneland
Rene	1:57.9	OE/OHS
Rene	1:57.9	Kaneland
Chase	1:58.4	OE/OHS

Charles	1:58.6	Sectionals
Chase	1:59.2	Ottawa
Andrew H	1:59.6	
Andrew H	1:59.8	Nalley Invite
Rene	2:00.1	Nalley Invite
Andrew H	2:00.2	Red Ribbon
Andrew H	2:00.3	SPC
Charles	2:01.5	SPC
Charles	2:02.3	Nalley Invite
Andrew H	2:02.3	Ottawa
Charles	2:02.4	Red Ribbon
Charles	2:02.4	Kaneland
Charles	2:03.2	PE/PC
Rene	2:03.4	Stagg
Charles	2:04.1	PN/Romeoville
Rene	2:04.4	Ottawa
Joe	2:06.5	Sectionals
Joe	2:06.5	Red Ribbon
Moran	2:07.4	SPC
Danny	2:07.5	Red Ribbon
Danny	2:08.3	PE/PC
Mason	2:08.4	PE/PC
Mason	2:08.5	PS/Min/OE
Joe	2:08.7	PS/Min/OE
Danny	2:08.7	PS/Min/OE
Turner	2:08.7	PS/Min/OE
Mason	2:08.9	PN/Romeoville
Moran	2:09.4	Red Ribbon
Joe	2:09.5	SPC
Danny	2:09.5	PN/Romeoville
Tyler	2:09.4	PS/Min/OE
Tyler	2:09.5	PN/Romeoville
Tyler	2:09.9	PE/PC
Joe	2:10.1	Ottawa
Joe	2:10.1	Kaneland
Bakari	2:10.3	SPC
Turner	2:10.7	Red Ribbon
Turner	2:10.9	PN/Romeoville

Tyler	2:11.7	OE/OHS
Danny	2:12.0	OE/OHS
Ryan F	2:12.5	PE/PC
Ryan F	2:12.7	PS/Min/OE
Moran	2:12.8	OE/OHS
Julian	2:13.4	PN/Romeoville
Andrew B.	2:13.5	PE/PC
Turner	2:13.6	SPC
Danny	2:14.4	SPC
Ryan F.	2:14.9	Stagg
Tanner	2:15.6	PN/Romeoville
Joe	2:16.4	Stagg
Trevor	2:16.7	Red Ribbon
Tanner	2:17.0	PS/Min/OE
Tyler	2:17.4	Stagg
Trevor	2:17.5	OE/OHS
Tanner	2:19.7	OE/OHS
Kevin	2:19.7	PN/Romeoville
Trevor	2:19.8	PS/Min/OE
Tanner	2:20.6	PE/PC
Trevor	2:21.1	PE/PC
Brandon	2:21.5	OE/OHS
Tyler	2:24.8 (DMR)	Stagg

1200m DMR

Ryan F	3:44.6	Stagg
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1600m DMR

Mason	4:58.2	Stagg
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Relay Times

4 X 100m

Rene, Chase, Joe, Andrew	46.2	PN/Romeoville
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Rene, Chase,

Andrew, Joe 46.7 PE/PC

4 x 200m

Rene, Chase,
Andrew H, Joe 1:37.0 PN/Romeoville

Casey, Kevin,
Greg, Yousuf 1:53.2 OE/OHS

4 x 400m

Rene, Chase,
Justin, Andrew H 2:24.95 SPC

Rene, Chase,
Justin, Andrew H 3:26.22 Nalley Invite

Rene, Chase,
Justin, Andrew H 3:28.92 Red Ribbon

Julian, Andrew H,
Justin, Rene 3:29.73 Sectionals

Rene, Chase,
Justin, Andrew H 3:31.02 Kaneland

Rene, Chase,
Justin, Julian 3:33.60 Ottawa

Rene, Chase,
Justin, Andrew H 3:34.9 OE/OHS

Rene, Chase,
Andrew, Bakari 3:36.0 Stagg

Charles, Joe,
Julian, Tyler 3:45.4 PS/Min/OE

Danny, Moran,

Sergio, Ryan F	3:46.07	SPC
Imari, Julian, Mourad, Bakari	3:49.2	PN/Romeoville
Danny, Kevin, Sergio, Moran	3:49.5	OE/OHS
Aaron M, Kevin, Andrew B, Rob	3:51.6	PN/Romeoville
Danny, Jake, Greg, Chaz	3:54.26	Kaneland Frosh
Trevor, Ryan Tanner, Moran	3:57.3	PS/Min/OE
Danny, Moran, Chaz, Trevor	3:58.27	Red Ribbon
Casey, Sergio, Chaz, Greg	3:59.2	PN/Romeoville
Casey, Yousef, Chaz, Kevin	4:01.2	PS/Min/OE
Jake, Chris, Andrew F, Tyler	4:01.9	PN/Romeoville
Imari, Mourad, Chris, Andrew F	4:03.2	OE/OHS
Mason, Turner, Imari, Andrew F	4:03.4	PS/Min/OE
Chaz, Casey, Greg, Yousuf	4:05.1	OE/OHS

Casey, Kevin, Sergio, Greg	4:07.1	ATI Invite
Mason, Ryan, Turner, Tanner	4:09.9	PN/Romeoville

4 x 800m

Rene, Charles, Chase, Andrew H	7:57.29	Nalley Invite
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Charles, Joe, Rene, Andrew H	8:02.24	Sectionals
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Charles, Joe, Chase, Andrew H	8:05.92	Red Ribbon
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Charles, Joe, Chase, Andrew H	8:08.32	SPC
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Charles, Joe, Rene, Chase	8:09.57	Kaneland
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Chase, Joe, Rene, Andrew	8:16.92	Ottawa
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Danny, Tyler, Chase, Rene	8:19.9	OE/OHS
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Charles, Mason, Tyler, Andrew B	8:34.5	PE/PC
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Charles, Julian, Tyler, Mason	8:35.9	PN/Romeoville
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Joe, Turner,

Mason, Tyler	8:34.8	PS/Min/OE
Danny, Turner, Moran, Trevor	8:44.66	Red Ribbon
Bakari, Danny, Turner, Moran	8:46.08	SPC
Tyler, Rene Ryan F, Joe	8:51.7	Stagg
Danny, Kevin, Turner, Tanner	8:55.6	PN/Romeoville
Danny, Trevor, Tanner, Ryan	8:58.4	PS/Min/OE
Danny, Ryan, Trevor, Tanner	9:01.4	PE/PC
Moran, Trevor, Tanner, Brandon	9:11.1	OE/OHS
Casey, Kevin, Sergio, Brandon	9:33.1	ATI Invite

DMR

Ryan F, Bobby, Tyler, Mason	12:04.3	Stagg
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Pole Vault

Aarin J	12-9	Sectionals
Aaron J	12-9	SPC
Aaron J	12-9	Red Ribbon
Aaron J	12-6	Nalley Invite
Aaron J	12-3	Kaneland
Aaron J	12-0	OE/OHS

Aaron J	11-6	PN/Romeoville
Aaron J	11	PS/Min/OE
Aaron M	10-9	SPC
Aaron M	10-6	PN/Romeoville
Aaron M	10-3	Red Ribbon
Aaron M	9-6	Nalley Invite
Aaron M	9-6	OE/OHS
Aaron M	9-3	Kaneland
Aaron M	8-6	PE/PC
Moran	8-6	PS/Min/OE
Ryan	7-6	PE/PC
Aaron M	7	PS/Min/OE

Team Points

136	Stagg	1 st of 8 teams
116	Ottawa	4 th of 12 teams
96	SPC	3 rd of 8 teams
81.5	Red Ribbon	3 rd of 12 teams
75	Nalley Invite	3 rd of 18 teams
58	Kaneland	3 rd of 16 teams
13	Sectionals	12 th of 16 teams