

## 2014 Oswego East Distance Track and Field Indoor Best List

### 55mH

Justin A	8.1	Oswego Tri
Ben	9.3	Oswego Tri
Aaron	10.0	Oswego Tri
Chaz	10.1	Oswego Tri

### 60mH

Justin A	8.50	Top Times
Justin A	8.53	Gene Armer
Justin A	8.62	Gene Armer
Justin A	8.67	ISU
Justin A	8.75	ISU
Ismael	10.26	ISU

### 55m Dash

#### 200m Dash

Justin R	27.4	Oswego Tri
Sergio	27.8	Oswego Tri
Aaron	28.1	Oswego Tri
Ernesto	29.6	Oswego Tri
Jackson	29.2	Oswego Tri
Ben	29.5	Oswego Tri
Gavin	30.3	Oswego Tri
Jake K	31.8	Oswego Tri
Josh	32.9	Oswego Tri

#### 400m Dash

Justin A	51.25	Top Times
Justin A	51.85	Gene Armer
Justin A	52.31	ISU
Justin A	53.8	Oswego Tri
Julian	54.24	ISU
Bakari	54.91	ISU

Dan	56.3	Oswego Tri
Jacob S	59.0	Oswego Tri
Greg	59.6	Oswego Tri
Chaz	61.5	Oswego Tri
Ryan S	61.9	Oswego Tri
Jackson	63.5	Oswego Tri
Justin R	64.6	Oswego Tri
Ernesto	64.9	Oswego Tri
Gavin	64.9	Oswego Tri
Aaron	65.7	Oswego Tri
Ben	67.4	Oswego Tri
Jake K	72.0	Oswego Tri
Josh	78.0	Oswego Tri

### **800m Run**

Mike D	1:57.07	Top Times
Mike D	1:57.71	Gene Armer
Mike D	2:01.5	Oswego Tri
Hank	2:23.9	Oswego Tri
Sean	2:29.7	Oswego Tri

### **1600m Run**

Charles	4:32.09	Gene Armer
Charles	4:34.74	Top Times
Charles	4:40.50	ISU
Ryan	4:45.53	ISU
Charles	4:53.0	Oswego Tri
Ryan	4:57.5	Oswego Tri
Mason	4:58.0	Oswego Tri
Tanner	5:04.3	Oswego Tri
Bradley	5:07.15	ISU
Bradley	5:07.4	Oswego Tri
Alex	5:51.3	Oswego Tri
Eric	5:56.7	Oswego Tri
Adam	5:58.2	Oswego Tri

### 3200m Run

Ryan F	9:55.34	Gene Armer
Ryan F	10:00.97	Top Times

### Relay Splits

#### 4 x 200m

#### 4 x 400m

Mike D	50.6	Gene Armer
Mike D	51.0	Top Times
Justin A	51.7	Top Times
Mike D	52.2	ISU
Mike M	52.3	Gene Armer
Justin A	52.6	Gene Armer
Julian	52.7	Gene Armer
Mike M	52.9	Top Times
Julian	53.2	Top Times
Justin A	53.3	ISU
Mike D	53.4	Oswego Tri
Julian	54.0	ISU
Bakari	54.6	ISU
Justin A	55.3	Oswego Tri
Dan	58.0	Oswego Tri
Jacob S	59.5	Oswego Tri
Greg	60.2	Oswego Tri
Mason	60.9	Oswego Tri
Chaz	62.9	Oswego Tri
Ryan S	66.1	Oswego Tri

#### 4 x 800m

Tyler	2:02.7	Top Times
Tyler	2:03.7	Gene Armer
Mason	2:04.9	Top Times
Tanner	2:05.1	Top Times

Turner	2:07.3	Gene Armer
Mason	2:07.5	Gene Armer
Tanner	2:08.9	Gene Armer
Turner	2:09.1	Top Times
Mason	2:09.1	ISU
Turner	2:09.4	ISU
Tanner	2:10.8	ISU
Mason	2:12.8	Oswego Tri
Tanner	2:13.4	Oswego Tri
Tyler	2:13.7	Oswego Tri
Trevor	2:16.7	ISU
Ryan	2:16.7	Oswego Tri
Jacob	2:17.8	Oswego Tri
Chaz	2:20.8	Oswego Tri
Casey	2:23.6	Oswego Tri
Bradley	2:24.4	Oswego Tri

## Relay Times

### 4 x 200m

### 4 x 400m

Julian, Mike D, Justin A, Mike M	3:28.43	Gene Armer
Julian, Mike D, Justin A, Mike M	3:28.81	Top Times
Julian, Mike D, Justin, Bakari	3:34.22	ISU
Mason, Mike D, Justin A, Dan	3:47.5	Oswego Tri
Chaz, Greg, Jacob S, Ryan S	4:09.5	Oswego Tri

### **4 x 800m**

Tyler, Mason, Turner, Tanner	8:22.25	Top Times
Tyler, Mason, Turner, Tanner	8:27.70	Gene Armer
Mason, Trevor, Tanner, Turner	8:45.96	ISU
Mason, Ryan, Casey, Tyler	9:06.1	Oswego Tri
Tanner, Jacob S, Bradley, Chaz	9:17.8	Oswego Tri

### **Pole Vault**

Aaron	10'	Oswego Tri
Greg	7' 6"	Gene Armer
Ryan	7'	Oswego Tri
Greg	6' 6"	Oswego Tri

### **Triple Jump**

Justin A	40' 2"	Gene Armer
Justin A	38' 9"	ISU
Justin A	36' 4"	Oswego Tri
Justin R	30' 6"	ISU

### **Team Points**

71	Oswego Tri	1 <sup>st</sup> of 3
63.5	Gene Armer	1 <sup>st</sup> of 28