

2014 Oswego East Distance Track and Field
Outdoor Best List

100m Dash

Mike	11.4	PC/PE
Julian	11.7	PC/PE
Davon	11.7	PC/PE
Justin A	12.0	PC/PE
Kijana	12.4	PC/PE
Tyler	12.8	PC/PE

110m High Hurdles

Justin A	14.8	Stagg
Davon	15.0	Stagg
Justin A	15.0	Stagg
Justin A	15.33	Matt Wulf
Davon	15.1	Stagg
Justin A	15.37	Ottawa
Davon	15.40	Nalley
Davon	15.48	Ottawa
Justin A	15.52	SPC
Davon	15.52	Nalley
Justin A	15.3	Lion Invite
Davon	15.53	Matt Wulf
Justin A	15.63	Matt Wulf
Davon	15.73	Matt Wulf
Davon	15.4	Lion Invite
Devonshe	16.07	Nalley
Devonshe	16.16	Red Ribbon
Davon	16.18	Red Ribbon
Devonshe	16.46	Nalley
Davon	17.69	SPC
Davan	17.7	Oswego
Ben	19.0	PC/PE
Ben	19.07	Wilcox
Ben	19.19	SPC
Ben	19.2	Oswego

Kijana	19.45	Ottawa
Ben	19.7	Stagg F/S
Ben	19.81	Wilcox
Kijana	19.8	Lion Invite
Ben	20.58	Red Ribbon
Demetri	21.1	Oswego
Demetri	21.4	PC/PE
Yousef	21.9	Oswego
Yousef	22.7	PC/PE

200m Dash

Mike D	22.4	PN/RO
Davon	23.6	PN/RO
Devonshe	24.0	PN/RO
Sergio	24.7	PN/RO
Tyler	24.7	PN/RO
Aaron	25.1	PN/RO
Charles	25.2	PN/RO
Trevor	25.8	PN/RO
Ryan F	25.8	PN/RO
Demetri	25.9	PN/RO
Hank	27.2	PN/RO
Gavin	27.5	PN/RO
Andy	28.4	Oswego
Christian	28.7	PC/PE
Yoseph	29.3	PC/PE
Josh	30.0	PN/RO
Matt	32.0	PN/RO
Matt	32.7	PC/PE

300m Hurdles

Justin A	39.34	SPC
Justin A	39.52	Red Ribbon
Justin A	39.74	Nalley
Justin A	39.88	Matt Wulf
Justin A	40.28	Ottawa
Justin A	40.9	Stagg
Devonshe	43.0	PN/RO

Devonshe	43.91	Red Ribbon
Davon	44.05	Ottawa
Kijana	44.56	Ottawa
Devonshe	44.61	SPC
Kijana	44.96	SPC
Devonshe	45.38	Nalley
Chaz	45.3	Oswego
Kijana	45.3	Stagg
Chaz	45.5	PC/PE
Kijana	45.6	Oswego
Chaz	45.91	SPC
Chaz	46.4	Stagg F/S
Chaz	46.97	Red Ribbon
Yousef	47.3	PC/PE
Chaz	47.87	Wilcox
Yousef	48.52	Wilcox
Yousef	48.7	Oswego
Ben	49.4	Oswego
Davon	50.9	Oswego
Ben	51.6	Stagg F/S
Demetri	52.46	Wilcox

400m Hurdles

Justin A	57.90	Lion Invite
Kijana	65.70	Lion Invite
Chaz	66.50	Lion Invite

400m Dash

Mike D	49.92	SPC
Mike D	49.96	Kaneland
Mike D	50.19	Matt Wulf
Mike D	50.4	Lion Invite
Mike D	50.5	Stagg
Mike D	51.1	PN/RO
Julian	51.93	Matt Wulf
Julian	52.15	Nalley
Julian	52.38	SPC
Julian	52.48	Ottawa

Julian	52.7	Lion Invite
Nico	53.2	PN/RO
Julian	53.29	Red Ribbon
Jacob	53.7	Oswego
Sergio	53.98	Wilcox
Jacob	54.05	SPC
Sergio	54.1	PN/RO
Tyler	54.2	PN/RO
Jacob S	54.48	Ottawa
Jacob S	54.4	PC/PE
Jacob S	54.4	Stagg
Greg	54.8	Oswego
Tyler	54.8	PC/PE
Kijana	54.8	PC/PE
Jacob S	54.8	Lion Invite
Sergio	55.08	Nalley
Sergio	55.1	Oswego
Greg	55.1	PC/PE
Jacob S	55.35	Red Ribbon
Charles	55.3	PN/RO
Kijana	55.62	Red Ribbon
Yousef	55.9	PN/RO
Sergio	55.7	PC/PE
Greg	56.45	
Greg	56.57	Red Ribbon
Sergio	57.47	Ottawa
Ryan S	57.6	Oswego
Sean	57.8	Oswego
Sean	58.4	PC/PE
Kevin	59.3	Kaneland
Kevin	59.4	Oswego
Ryan S	59.4	PC/PE
Demetri	59.8	Oswego
Hank	59.9	Oswego
Kevin	59.9	PC/PE
Kevin	60.20	Wilcox
Demetri	60.5	PC/PE
Gavin	60.7	Oswego

Christian	61.2	PC/PE
Hank	61.2	PC/PE
Dylan	61.4	Oswego
Christian	61.4	Oswego
Andy	61.4	Oswego
Jackson	61.4	PC/PE
Jake	61.7	Oswego
Andy	61.9	PC/PE
Gavin	62.1	PC/PE
Andy	62.54	Wilcox
Yoseph	63.30	Wilcox
Jake	63.34	Wilcox
Yoseph	64.2	PN/RO
Jake	64.4	Stagg F/S
Jake	64.9	PC/PE
Matt	65.4	Oswego
Josh	67.8	Stagg F/S
Josh	62.4	PC/PE
Matt	67.7	PC/PE

800m Run

Mike D	1:57.66	Red Ribbon
Charles	2:00.54	Nalley
Tyler	2:01.02	SPC
Tyler	2:01.05	Matt Wulf
Charles	2:01.57	Red Ribbon
Tyler	2:02.50	Lion Invite
Charles	2:03.9	PC/PE
Tyler	2:04.30	Ottawa
Mason	2:04.41	Nalley
Turner	2:04.6	PN/RO
Mason	2:06.1	PN/RO
Charles	2:06.20	Lion Invite
Mason	2:06.25	SPC
Julian	2:06.99	Wilcox
Tanner	2:07.25	Ottawa
Tyler	2:07.3	Stagg
Tanner	2:07.60	Wilcox

Tanner	2:07.65	Kaneland
Tanner	2:07.85	Matt Wulf
Mason	2:08.0	Oswego
Julian	2:08.5	Oswego
Tanner	2:08.6	PC/PE
Mason	2:08.9	PC/PE
Ryan F	2:09.3	PN/RO
Tyler	2:09.76	Kaneland
Tanner	2:10.10	Lion Invite
Tanner	2:10.3	Stagg
Mike D	2:10.98	Ottawa
Trevor	2:11.2	PC/PE
Ryan	2:12.0	PC/PE
Casey	2:13.3	PN/RO
Gavin	2:13.99	SPC
Casey	2:14.4	Oswego
Trevor	2:14.5	PN/RO
Gavin	2:16.63	Wilcox
Ryan S	2:17.0	PN/RO
Hank	2:18.0	PN/RO
Kevin	2:18.3	PN/RO
Gavin	2:18.3	PN/RO
Casey	2:18.5	PC/PE
Sean	2:18.82	Wilcox
Ryan S	2:19.73	SPC
Hank	2:20.2	Stagg F/S
Sean	2:20.9	PN/RO
Sean	2:21.3	Stagg F/S
Dylan	2:24.17	Wilcox
Alex	2:29.81	Red Ribbon
Adam	2:41.85	Red Ribbon

1600m Run

Charles	4:28.68	SPC
Charles	4:30.80	Ottawa
Charles	4:32.48	Kaneland
Ryan	4:38.8	Oswego
Trevor	4:39.28	Matt Wulf

Turner	4:39.31	Red Ribbon
Ryan	4:39.73	Red Ribbon
Mason	4:39.84	Matt Wulf
Tyler	4:40.30	Nalley
Turner	4:41.06	Wilcox
Charles	4:43.0	Stagg
Trevor	4:43.97	Ottawa
Trevor	4:44.20	SPC
Mason	4:44.87	Ottawa
Mason	4:46.49	Wilcox
Turner	4:48.76	Kaneland
Tanner	4:49.03	SPC
Mason	4:49.10	Lion Invite
Tanner	4:49.98	Red Ribbon
Turner	4:50.3	Oswego
Tanner	4:51.4	PN/RO
Turner	4:51.7	Stagg
Ryan	4:53.30	Lion Invite
Ryan	5:01.93	SPC
Bradley	5:02.01	Wilcox
Casey	5:02.54	Wilcox
Trevor	5:05.87	Nalley
Tanner	5:08.0	Oswego
Bradley	5:10.0	PC/PE
Bradley	5:14.3	PN/RO
Bradley	5:15.2	Oswego
Alex	5:19.8	PC/PE
Eric	5:19.29	Wilcox
Eric	5:20.4	PC/PE
Alex	5:20.7	PN/RO
Eric	5:26.4	PN/RO
Eric	5:26.4	Oswego
Bradley	5:30.0	Stagg F/S
Eric	5:30.73	Red Ribbon
Adam	5:31.1	PC/PE
Alex	5:31.3	Oswego
Alex	5:33.0	Stagg F/S
Eric	5:39.0	Lion Invite

Adam	5:40.4	PN/RO
Adam	5:49.9	Oswego

1 Mile Run

3200m Run

Charles	9:43.52	Matt Wulf
Ryan	9:47.62	SPC
Ryan	9:51.67	Nalley
Ryan	9:54.01	Ottawa
Ryan	10:09.00	Lion Invite
Turner	10:11.22	Nalley
Mason	10:18.56	Ottawa
Mason	10:20.47	Red Ribbon
Ryan	10:23.8	Stagg
Turner	10:34.09	Ottawa
Mason	10:49.3	Stagg
Bradley	10:58.71	SPC
Casey	10:59.33	SPC
Bradley	10:59.80	Lion Invite
Bradley	11:00.1	Stagg F/S
Casey	11:08.64	Matt Wulf
Bradley	11:11.86	Red Ribbon
Eric	11:18.71	SPC
Alex	11:32.15	Wilcox
Alex	11:40.4	Stagg F/S
Alex	12:01.10	Lion Invite
Adam	12:40.57	Wilcox

Relay Splits

4 x 100m

4 x 200m

4 x 400m

Mike D	48.1	SPC
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Mike D	49.5	Stagg
Mike D	49.8	Ottawa
Mike D	49.8	Matt Wulf
Mike D	49.9	Lion Invite
Justin A	50.9	Stagg
Mike D	51.0	Red Ribbon
Justin A	51.2	Ottawa
Mike D	51.3	PC/PE
Justin	51.5	SPC
Julian	51.5	Ottawa
Julian	51.5	Matt Wulf
Julian	51.5	PC/PE
Julian	51.9	PN/RO
Justin A	52.0	PC/PE
Julian	52.2	Lion Invite
Julian	52.2	Oswego
Julian	52.4	SPC
Nico	52.5	PN/RO
Justin	52.7	Matt Wulf
Nico	53.3	SPC
Tyler	53.3	Matt Wulf
Jacob S	53.3	Stagg
Tyler	53.5	PC/PE
Jacob S	53.6	Ottawa
Julian	53.7	Red Ribbon
Jacob S	53.7	Red Ribbon
Bakari	53.7	Lion Invite
Jacob	53.8	PN/RO
Greg	54.1	PN/RO
Dan	54.1	Lion Invite
Greg	54.2	Oswego
Kijana	54.2	Oswego
Tyler	54.4	Stagg
Tyler	54.6	Red Ribbon
Jacob	54.8	SPC
Jacob	54.9	Oswego
Kijana	54.9	Stagg
Kijana	54.9	PC/PE

Kijana	55.0	Red Ribbon
Greg	55.0	Wilcox
Davon	55.0	PC/PE
Kijana	55.2	SPC
Kijana	55.3	PN/RO
Greg	55.6	PN/RO
Chaz	55.9	Oswego
Charles	55.9	PC/PE
Tyler	55.9	Kaneland
Mason	56.0	PC/PE
Chaz	56.1	PC/PE
Greg	56.2	Red Ribbon
Greg	56.4	SPC
Sergio	56.4	Wilcox
Sean	56.5	Wilcox
Tanner	56.6	PC/PE
Chaz	56.7	SPC
Chaz	56.7	PN/RO
Mason	57.2	PN/RO
Tanner	57.2	Red Ribbon
Charles	57.3	Kaneland
Yousef	57.4	Wilcox
Trevor	57.6	PC/PE
Turner	57.9	PN/RO
Sean	57.9	Oswego
Ryan F	58.1	PN/RO
Yousef	58.2	Oswego
Sergio	58.2	Oswego
Sean	58.4	PN/RO
Demetri	58.6	Wilcox
Casey	58.6	Oswego
Tanner	58.6	Kaneland
Tanner	58.7	Oswego
Sean	59.1	Red Ribbon
Turner	59.2	Kaneland
Casey	59.3	PN/RO
Demetri	59.3	Stagg F/S
Ryan F	59.4	PC/PE

Sean	59.5	Kaneland
Christian	59.5	Stagg F/S
Kevin	60.0	PC/PE
Sergio	60.0	PC/PE
Yousef	60.0	PC/PE
Hank	60.5	Oswego
Chaz	60.6	Wilcox
Kevin	60.9	Wilcox
Ryan S	60.9	Oswego
Gavin	60.8	Stagg F/S
Casey	61.0	PC/PE
Ryan S	61.0	PC/PE
Andy	61.0	PC/PE
Casey	61.3	Wilcox
Kevin	61.6	Oswego
Christian	62.1	PN/RO
Jake	62.1	Oswego
Demetri	62.2	Oswego
Andy	62.5	Stagg F/S
Andy	63.0	PN/RO
Eric	63.0	PC/PE
Gavin	63.0	PC/PE
Hank	63.6	Kaneland
Jake	64.0	PN/RO
Dylan	64.0	PC/PE
Jake	64.0	PC/PE
Dylan	64.1	PN/RO
Dylan	64.1	Oswego
Eric	65.3	Oswego
Bradley	66.7	Kaneland
Yosef	66.8	Stagg F/S
Alex	67.0	PC/PE
Adam	67.1	Oswego
Adam	68.2	Kaneland
Bradley	68.3	Oswego
Josh	69.0	PC/PE
Alex	71.5	Oswego

4 x 800m

Mike D	1:54.2	Matt Wulf
Mike D	1:55.2	Nalley
Mike D	1:55.5	Ottawa
Mike D	1:55.9	Red Ribbon
Mike D	1:57.5	SPC
Tyler	1:59.6	Nalley
Tyler	2:00.2	Kaneland
Charles	2:00.9	Nalley
Justin	2:01.7	SPC
Justin	2:01.7	Nalley
Charles	2:01.8	Red Ribbon
Charles	2:01.9	SPC
Justin	2:02.5	Red Ribbon
Charles	2:02.5	Kaneland
Charles	2:02.6	Ottawa
Tyler	2:03.1	Ottawa
Mason	2:03.3	SPC
Justin A	2:03.9	Matt Wulf
Charles	2:04.0	PC/PE
Julian	2:04.4	Oswego
Tyler	2:04.6	Red Ribbon
Tanner	2:05.5	SPC
Mason	2:06.6	Lion Invite
Charles	2:07.1	Stagg
Julian	2:07.2	PC/PE
Tanner	2:07.4	Kaneland
Trevor	2:07.8	Ottawa
Turner	2:07.8	Lion Invite
Tanner	2:07.9	PC/PE
Ryan	2:07.9	Matt Wulf
Turner	2:08.1	Kaneland
Mason	2:08.2	PC/PE
Mason	2:08.4	Oswego
Turner	2:08.4	Matt Wulf
Jacob	2:08.8	SPC
Trevor	2:08.9	SPC
Ryan	2:09.5	PC/PE

Tanner	2:09.5	Stagg
Trevor	2:10.1	Lion Invite
Greg	2:10.4	SPC
Turner	2:10.4	Stagg
Dan	2:10.7	Stagg
Turner	2:10.8	Oswego
Trevor	2:10.8	Stagg
Tanner	2:10.8	Lion Invite
Trevor	2:10.9	PC/PE
Tanner	2:12.6	Oswego
Casey	2:13.9	PC/PE
Greg	2:15.0	PC/PE
Chaz	2:15.1	Stagg F/S
Chaz	2:15.6	Red Ribbon
Chaz	2:17.3	Wilcox
Hank	2:17.7	Kaneland
Ryan S	2:18.0	Wilcox
Ryan S	2:18.9	Stagg F/S
Hank	2:19.0	Wilcox
Hank	2:19.9	Red Ribbon
Ryan S	2:20.7	Red Ribbon
Dylan	2:21.0	Stagg F/S
Hank	2:21.7	Kaneland
Dylan	2:25.2	Red Ribbon
Dylan	2:26.5	Wilcox
Bradley	2:26.9	Oswego
Eric	2:27.8	Oswego
Alex	2:27.8	Kaneland
Eric	2:27.9	Kaneland
Bradley	2:28.9	PC/PE
Eric	2:29.1	PC/PE
Eric	2:29.6	Stagg F/S
Alex	2:30.0	PC/PE
Adam	2:32.0	Stagg F/S
Alex	2:32.3	Oswego
Adam	2:33.0	Oswego
Adam	2:38.0	PC/PE

1200m DMR

Ryan	3:28.0	Stagg
Bradley	3:32.0	Stagg F/S

1600m DMR

Mason	4:53.5	Stagg
Eric	5:28.0	Stagg F/S

Relay Times

4 X 100m

4 x 200m

4 x 400m

Julian, Nico, Justin A, Mike D	3:25.66	SPC
Julian, Jacob S, Justin A, Mike D	3:26.42	Ottawa
Julian, Tyler, Justin A, Mike D	3:27.51	Matt Wulf
Jacob, Tyler, Justin A, Mike D	3:28.4	Stagg
Julian, Dan, Bakari, Mike D	3:29.70	Lion Invite
Julian, Nico, Jacob, Greg	3:32.24	Nalley
Julian, Tyler, Jacob, Mike D	3:33.33	Red Ribbon

Greg, Julian, Jacob, Kijana	3:35.8	Oswego
Greg, Kijana, Chaz, Jacob	3:43.26	SPC
Chaz, Greg, Kijana, Sean	3:45.9	PN/RO
Kijana, Greg, Sean, Tanner	3:47.64	Red Ribbon
Greg, Chaz, Sean, Demetri	3:50.86	Wilcox
Tyler, Charles, Tanner, Turner	3:51.12	Kaneland
Mason, Ryan, Turner, Casey	3:52.3	PN/RO
Tanner, Ryan, Chaz, Hank	3:55.9	Oswego
Sergio, Kevin, Casey, Yousef	3:56.12	Wilcox
Casey, Kevin, Sergio, Yousef	3:56.6	Oswego
Sean, Dylan, Jake, Demetri	4:07.1	Oswego
Demetri, Andy, Gavin, Yosef	4:09.3	Stagg F/S
Andy, Jake,		

Dylan, Christian	4:13.1	PN/RO
Sean, Hank, Bradley, Adam	4:18.25	Kaneland
Bradley, Eric, Alex, Adam	4:32.2	Oswego
<u>4 x 800m</u>		
Justin, Tyler, Charles, Mike D	7:57.59	Nalley
Justin, Charle, Mason, Mike D	8:04.13	SPC
Justin, Tyler, Charles, Mike D	8:05.15	Red Ribbon
Tyler, Trevor, Charles, Mike D	8:08.51	Ottawa
Justin A, Turner, Mike D, Ryan	8:15.50	Matt Wulf
Tyler, Charles, Tanner, Turner	8:18.47	Kaneland
Tanner, Trevor, Jacob, Greg	8:33.5	SPC
Mason, Tanner, Turner, Trevor	8:35.80	Lion Invite
Julian, Turner, Mason, Tanner	8:36.0	Oswego
Julian, Mason, Ryan, Trevor	8:36.0	PC/PE

Tanner, Charles, Casey, Greg	8:41.3	PC/PE
Ryan S, Chaz, Hank, Dylan	9:20.73	Wilcox
Chaz, Ryan S, Hank, Dylan	9:21.30	Red Ribbon
Hank, Bradley, Alex, Eric	9:35.45	Kaneland
Chaz, Eric, Ryan S, Adam	9:36.5	Stagg F/S
Bradley, Eric, Alex, Adam	9:58.8	Oswego
Bradley, Eric, Alex, Adam	10:06.4	PC/PE
<u>DMR</u>		
Tyler, Justin, Mike, Charles	10:42.4	York DMR
Ryan F, Kijana, Charles, Mason	11:23.9	Stagg
Bradley, Christian, Dylan, Eric	12:35.6	Stagg F/S

Pole Vault

Aaron	11' 0"	Nallet
Aaron	10' 9"	SPC
Aaron	10' 9"	Red Ribbon
Aaron	10' 6"	PC/PE

Aaron	10' 0"	Ottawa
Aaron	10' 0"	Matt Wulf
Greg	8' 6"	Nalley
Greg	8' 3"	SPC
Greg	8' 0"	Oswego
Greg	8' 0"	Ottawa
Ryan	8' 0"	Ottawa
Greg	8' 0"	Matt Wulf
Greg	7' 9"	Red Ribbon
Ryan	7' 6"	Oswego
Ryan	7' 6"	PC/PE
Greg	7' 6"	Lion Invite
Ryan	7' 0"	Lion Invite
Eric	6' 8"	PC/PE

Triple Jump

Justin A	39' 9 $\frac{1}{2}$ "	Ottawa
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Team Points

255.5	Lion Invite	1 st of 11 teams
177	Ottawa	2 nd of 12 teams
149	Matt Wulf	1 st of 8 teams
147	Stagg	1 st of 10 teams
59	Wilcox	7 th of 7 teams
59	Stagg F/S	4 th of 7 teams
53	Red Ribbon	4 th of 11 teams
25	Kaneland	9 th of 17 teams