

2015 Oswego East Distance Track and Field Outdoor Best List

100m Dash

11.2	Devonshe	OE Triangle
11.9	Jackson	OE Triangle
12.2	Gabe	OE Triangle
12.6	Ben	OE Triangle
12.8	Jacob S	OE Triangle

110m High Hurdles

14.75	Devonshe	Ottawa
14.86	Devonshe	SPC
14.88	Devonshe	Nalley Invite
14.7	Devonshe	Lion Invite
15.02	Devonshe	Red Ribbon
15.17	Devonshe	Matt Wulf
15.26	Devonshe	Nalley Invite
15.0	Devonshe	OE Triangle
18.1	Ben	Stagg F/S
18.5	Jackson	Stagg F/S
18.66	Ben	Sectionals
18.78	Jackson	SPC
18.85	Ben	Wilcox
18.87	Ben	Wilcox
18.85	Jackson	Red Ribbon
18.88	Ben	Red Ribbon
19.03	Ben	SPC
19.91	Jackson	Wilcox
18.8	Ben	OE Triangle
19.12	Jackson	Wilcox
19.49	Jackson	Minooka
19.53	Ben	Minooka
19.3	Jackson	OE Triangle
19.6	Gabe	Stagg F/S
19.92	Gabe	Wilcox
20.84	Gabe	Minooka

20.95	Gabe	Lion Invite
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200m Dash

22.9	Devonshe	OE Triangle
23.8	Jacob S	OE Triangle
24.5	Aaron	OE Triangle
24.6	Greg	OE Triangle
25.1	Trevor	OE Triangle
25.6	Ryan F	OE Triangle
25.8	Yousef	OE Triangle
26.13	Ryan H	Kaneland F/S
26.1	Turner	OE Triangle
26.6	Chris Q	OE Triangle
26.7	Casey	OE Triangle
26.8	Ben	OE Triangle
29.0	Kijana	OE Triangle

300m Hurdles

41.11	Devonshe	Red Ribbon
41.95	Devonshe	Matt Wulf
42.7	Devonshe	Stagg
43.98	Greg	SPC
44.58	Devonshe	Ottawa
44.63	Greg	Nalley Invite
44.5	Kijana	Stagg
44.90	Greg	Wilcox
45.26	Greg	Sectionals
45.78	Aaron	Ottawa
46.33	Jackson	Red Ribbon
46.37	Greg	Minooka
46.43	Greg	Ottawa
46.67	Aaron	Matt Wulf
46.6	Jackson	OE Triangle
46.89	Aaron	Wilcox
46.8	Jackson	Stagg F/S
46.8	Greg	OE Triangle
47.28	Jackson	Minooka
47.57	Jackson	SPC

47.6	Ben	Stagg F/S
47.79	Jackson	Wilcox
48.68	Ben	Red Ribbon
49.34	Ben	Wilcox
49.76	Gabe	Wilcox
50.11	Alec	Wilcox
50.50	Alec	Minooka
50.77	Nate	SPC
51.1	Gabe	Stagg F/S
52.7	Gabe	OE Triangle
52.04	Ben	Minooka
53.76	Nate	Kaneland F/S
56.48	Liam	Kaneland F/S

400m Hurdles

64.90	Devonshe	Lion Invite
64.94	Kijana	Lion Invite
68.34	Jackson	Lion Invite

400m Dash

52.76	Jacob S	Red Ribbon
52.90	Jacob S	Matt Wulf
53.15	Jacob S	SPC
53.17	Jacob S	Sectionals
53.44	Jacob S	Nalley Invite
53.83	Kijana	Wilcox
54.22	Greg	Red Ribbon
54.28	Greg	Matt Wulf
54.2	Jacob S	Stagg
54.4	Marcus	Stagg F/S
54.4	Trevor	OE Triangle
54.83	Jacob S	Ottawa
54.97	Dan	SPC
55.02	Kijana	Red Ribbon
55.26	Dan	Wilcox
55.32	Marcus	SPC
55.45	Dan	Nalley Invite
55.5	Greg	Stagg

55.89	Marcus	Red Ribbon
55.7	Matt S	Stagg F/S
55.96	Greg	Lion Invite
56.06	Matt S	SPC
56.11	Yousef	Wilcox
56.25	Malcolm	Ottawa
56.27	Matt S	Minooka
56.34	Dan	Sectionals
56.41	Marcus	Kaneland F/S
56.2	Tanner	OE Triangle
56.56	Yousef	Minooka
56.7	Turner	OE Triangle
56.7	Casey	OE Triangle
56.9	Matt S	OE Triangle
57.0	Aaron	OE Triangle
57.1	Yousef	OE Triangle
57.4	Ryan F	OE Triangle
58.7	Christian	OE Triangle
59.78	Nate	Minooka
61.47	Andy	Minooka
61.4	Chris Q	OE Triangle
61.73	Chris Q	Wilcox
62.9	Chris S	Stagg F/S
63.27	Adam	Minooka
63.36	Chris S	Wilcox
63.86	Kyle	Minooka
69.96	Arsel	Minooka
70.38	Arsel	Wilcox
72.50	Ryan H	Kaneland F/S

800m Run

1:59.19	Tanner	Sectionals
2:01.18	Tanner	SPC
2:02.50	Turner	Wilcox
2:03.00	Tanner	Matt Wulf
2:03.44	Trevor	Red Ribbon
2:03.51	Casey	Sectionals
2:04.36	Casey	Nalley Invite

2:05.07	Turner	Lion Invite
2:05.96	Malcolm	Matt Wulf
2:06.21	Turner	SPC
2:06.30	Tanner	Nalley Invite
2:07.09	Tanner	Lion Invite
2:07.13	Dylan	Minooka
2:07.1	Malcolm	Stagg
2:07.14	Turner	Ottawa
2:07.65	Gavin	Minooka
2:08.01	Casey	Ottawa
2:08.12	Ryan F	Red Ribbon
2:09.41	Malcolm	Lion Invite
2:09.6	Tanner	Stagg
2:10.10	Matt S	Kaneland F/S
2:10.2	Kijana	OE Triangle
2:12.58	Malcolm	Kaneland F/S
2:12.6	Gavin	OE Triangle
2:13.5	Dylan	OE Triangle
2:13.82	Marcus	Wilcox
2:14.0	Marcus	OE Triangle
2:14.1	Yousef	Palatine JV
2:14.56	Chase	Wilcox
2:14.57	Dylan	Ottawa
2:15.30	Sean	SPC
2:15.5	Jeyland	OE Triangle
2:15.8	Andy	OE Triangle
2:16.56	Jeyland	Minooka
2:16.7	Alec	Palatine JV
2:16.8	Sean	Stagg F/S
2:17.1	Andy	Stagg F/S
2:18.30	Christian	Red Ribbon
2:18.32	Jeyland	Red Ribbon
2:18.39	Andy	Wilcox
2:19.11	Kyle	Wilcox
2:19.3	Chase	OE Triangle
2:19.81	Chase	SPC
2:20.8	Chase	Stagg F/S
2:22.9	Jackson	Palatine JV

2:24.1	Ryan H	OE Triangle
2:24.4	Gabe	Palatine JV
2:26.9	Ryan H	Palatine JV
2:28.4	Chris S	OE Triangle
2:25.00	Ryan H	Minooka
2:27.34	Ryan H	Wilcox
2:29.6	Nate	OE Triangle
2:29.9	Adam	OE Triangle
2:30.4	Kyle	OE Triangle
2:32.1	Ben	Palatine JV
2:33.3	Rafael	Palatine JV
2:34.31	Gabe	Kaneland F/S

1600m Run

4:23.86	Ryan F	Wilcox
4:28.83	Trevor	Sectionals
4:30.37	Turner	Red Ribbon
4:31.06	Trevor	Matt Wulf
4:31.36	Trevor	SPC
4:31.97	Ryan F	Sectionals
4:36.78	Ryan F	SPC
4:36.91	Ryan F	Nalley Invite
4:36.8	Ryan F	Stagg
4:39.2	Turner	Stagg
4:39.72	Dylan Z	Red Ribbon
4:41.74	Trevor	Ottawa
4:42.01	Trevor	Nalley Invite
4:42.25	Ryan F	Matt Wulf
4:44.18	Trevor	Lion Invite
4:44.68	Ryan F	Ottawa
4:49.19	Dylan Z	Lion Invite
4:51.36	Thomas	Wilcox
4:50.51	Gavin	Lion Invite
4:50.5	Matt S	Palatine JV
4:51.7	Sean	Palatine JV
4:52.3	Malcolm	OE Triangle
4:52.85	Thomas	Kaneland F/S
4:53.40	Yoseph	SPC

4:54.14	Tanner	Ottawa
4:54.33	Hank	Minooka
4:57.0	Yoseph	Stagg F/S
4:57.83	Alex	Wilcox
4:57.9	Yoseph	OE Triangle
4:58.18	Thomas	Minooka
4:58.4	Marcus	Palatine JV
4:58.5	Alex	OE Triangle
4:59.41	Bradley	Minooka
4:59.4	Wes	Stagg F/S
4:59.9	Andy	Palatine JV
5:00.86	Yoseph	Wilcox
5:01.24	Kevin	Wilcox
5:02.24	Sean	Minooka
5:02.3	Liam	Palatine JV
5:03.33	Matt S	Kaneland F/S
5:03.4	Sean	OE Triangle
5:04.0	Brandon	Stagg F/S
5:04.1	Brandon	Palatine JV
5:04.2	Brandon	OE Triangle
5:04.3	Chris L	Palatine JV
5:06.0	Thomas	OE Triangle
5:06.62	Marcus	Minooka
5:06.4	Hank	OE Triangle
5:06.7	Wes	OE Triangle
5:06.9	Matt B	Palatine JV
5:07.12	Yoseph	Red Ribbon
5:07.2	Jeyland	Palatine JV
5:08.31	Kijana	Minooka
5:09.4	Christian	Palatine JV
5:09.5	Kevin	OE Triangle
5:09.78	Alex	SPC
5:09.8	Chase	Palatine JV
5:10.18	Alex	Minooka
5:10.57	Brandon	Kaneland F/S
5:10.69	Liam	Minooka
5:10.5	Erik	Palatine JV
5:11.22	Chris L	Kaneland F/S

5:12.9	Nate	Palatine JV
5:13.1	Liam	OE Triangle
5:14.97	Matt B	Kaneland F/S
5:15.86	Chase	Minooka
5:16.10	Chris	Minooka
5:17.1	Chris	OE Triangle
5:19.4	Adam	Palatine JV
5:20.0	Chris S	Palatine JV
5:20.39	Erik	Wilcox
5:20.74	Brandon	Red Ribbon
5:20.7	Kyle	Palatine JV
5:21.93	Chase	Kaneland F/S
5:28.9	Erik	OE Triangle
5:32.1	Bradley	OE Triangle
5:37.78	Johnny	Kaneland F/S
5:38.14	Kyle	Kaneland F/S
5:38.4	Johnny	Palatine JV
5:40.73	Wes	Kaneland F/S
5:42.31	Johnny	Minooka
5:52.85	Liam	Kaneland F/S
5:59.6	Jacob G	Palatine JV
5:59.7	Johnny	OE Triangle
6:05.92	Jacob G	Kaneland F/S
6:13.00	Nate	Kaneland F/S
6:18.1	Jacob G	OE Triangle
6:19.04	Jacob G	Minooka

1 Mile Run

3200m Run

10:03.04	Ryan F	Ottawa
10:07.18	Turner	Matt Wulf
10:08.7	Trevor	Stagg
10:13.87	Casey	Ottawa
10:15.0	Dylan	OE Triangle
10:22.8	Gavin	OE Triangle
10:27.74	Gavin	SPC
10:28.5	Hank	OE Triangle

10:29.40	Hank	Matt Wulf
10:34.05	Hank	Sectionals
10:34.12	Turner	Sectionals
10:35.89	Gavin	Nalley Invite
10:41.09	Hank	Ottawa
10:41.34	Hank	Red Ribbon
10:41.93	Hank	Lion Invite
10:42.24	Hank	SPC
10:42.93	Thomas	Lion Invite
10:43.8	Thomas	OE Triangle
10:43.90	Daniel	Lion Invite
10:44.0	Thomas	Stagg F/S
10:44.33	Thomas	Red Ribbon
10:47.12	Hank	Nalley Invite
10:49.43	Gavin	Red Ribbon
10:49.48	Bradley	Wilcox
10:54.25	Wes	Wilcox
10:54.42	Wes	Minooka
10:54.97	Thomas	SPC
10:54.9	Alex	Stagg
10:55.3	Tanner	OE Triangle
10:56.16	Alex	Red Ribbon
10:59.5	Bradley	Stagg F/S
11:02.7	Alex	Stagg F/S
11:04.6	Wes	Palatine JV
11:05.6	Bradley	OE Triangle
11:10.32	Bradley	SPC
11:14.40	Liam	Wilcox
11:17.76	Yoseph	Minooka
11:31.00	Chris L	Wilcox
11:31.03	Wes	Kaneland F/S
11:47.11	Liam	Kaneland F/S
13:49.10	Jacob G	Wilcox

Relay Splits

4 x 100m

4 x 200m

4 x 400m

50.8	Devonshe	Matt Wulf
51.0	Devonshe	SPC
51.7	Devonshe	Stagg
52.2	Malcolm	Stagg
52.7	Malcolm	Red Ribbon
52.5	Jacob S	Matt Wulf
53.0	Malcolm	SPC
53.1	Jacob S	Stagg
53.3	Jacob S	Red Ribbon
53.5	Jacob S	SPC
53.5	Greg	Red Ribbon
53.7	Malcolm	Matt Wulf
53.7	Kijana	Stagg
53.8	Malcolm	Sectionals
53.8	Trevor	Ottawa
54.1	Greg	SPC
54.3	Jacob S	Nalley Invite
54.4	Jacob S	Ottawa
54.5	Marcus	Sectionals
54.7	Matt S	Sectionals
54.8	Malcolm	Kaneland F/S
55.0	Marcus	SPC
55.0	Greg	Ottawa
55.0	Greg	Stagg
55.1	Trevor	Red Ribbon
55.3	Jeyland	Sectionals
55.5	Marcus	Wilcox
55.5	Jeyland	Wilcox
55.7	Matt S	Stagg F/S
55.7	Greg	Matt Wulf
55.8	Matt S	Wilcox
56.0	Kijana	Red Ribbon
56.1	Marcus	Kaneland F/S
56.3	Marcus	OE Triangle

56.4	Matt S	Red Ribbon
56.6	Matt S	Kaneland F/S
56.9	Jeyland	Stagg F/S
57.2	Marcus	Stagg F/S
57.4	Matt S	SPC
57.4	Jeyland	OE Triangle
57.6	Marcus	Red Ribbon
57.7	Jeyland	SPC
58.0	Chase	Kaneland F/S
58.2	Christian	SPC
58.2	Christian	Red Ribbon
58.2	Aaron	Ottawa
58.2	Yoseph	OE Triangle
58.3	Christian	Stagg F/S
58.3	Christian	OE Triangle
58.6	Chase	Wilcox
58.6	Nate	Wilcox
58.6	Sean	OE Triangle
58.7	Kevin	Wilcox
59.2	Chase	OE Triangle
59.7	Kevin	OE Triangle
59.8	Ryan H	Wilcox
60.0	Andy	OE Triangle
60.2	Jackson	OE Triangle
60.2	Yoseph	Lion Invite
60.3	Ryan H	OE Triangle
60.9	Andy	Lion Invite
61.1*	Adam	Stagg F/S
61.3	Hank	OE Triangle
62.3	Adam	Wilcox
62.8	Gabe	Lion Invite
63.0	Johnny	OE Triangle
63.4	Adam	OE Triangle
64.0	Nate	OE Triangle
64.7	Erik	OE Triangle
65.0	Thomas	OE Triangle
65.4	Kyle	OE Triangle
65.9	Chris L	Lion Invite

66.0	Alex	OE Triangle
66.9	Brandon	OE Triangle
67.0	Wes	OE Triangle
67.4	Chris S	OE Triangle
67.8	Bradley	OE Triangle
67.3	Chris L	OE Triangle
68.0	Liam	OE Triangle
74.4	Jacob G	OE Triangle
75.4	Gabe	OE Triangle

4 x 800m

2:00.9	Tanner	Nalley Invite
2:01.9	Tanner	Red Ribbon
2:03.9	Casey	SPC
2:03.9	Dylan	Matt Wulf
2:04.9	Turner	OE Triangle
2:05.1	Tanner	Ottawa
2:05.2	Casey	Red Ribbon
2:05.3	Matt S	Sectionals
2:05.3	Gavin	Sectionals
2:05.5	Dylan	Nalley Invite
2:05.6	Kijana	Matt Wulf
2:05.7	Casey	Matt Wulf
2:05.8	Turner	Nalley Invite
2:05.8	Trevor	Nalley Invite
2:05.8	Jacob S	Red Ribbon
2:06.0	Dylan	Sectionals
2:06.0	Trevor	Ottawa
2:06.2	Kijana	Red Ribbon
2:06.2*	Turner	Stagg
2:06.3	Ryan F	Matt Wulf
2:06.3	Casey	OE Triangle
2:06.7	Malcolm	SPC
2:06.8	Dylan	SPC
2:06.9	Tanner	Stagg
2:07.0	Trevor	OE Triangle
2:07.3	Matt S	SPC
2:07.3	Malcolm	Red Ribbon

2:07.4	Dylan	Stagg
2:07.4	Kijana	Lion Invite
2:07.8	Ryan F	OE Triangle
2:07.9	Matt S	Wilcox
2:08.3	Casey	Stagg
2:08.7	Sean	Red Ribbon
2:08.7	Kijana	Stagg
2:08.9	Jacob S	SPC
2:08.9	Ryan F	Lion Invite
2:09.3	Dylan	Ottawa
2:09.5	Matt S	Red Ribbon
2:11.1	Malcolm	Sectionals
2:11.7	Greg	OE Triangle
2:11.9	Marcus	Kaneland F/S
2:11.9	Marcus	Red Ribbon
2:12.4	Sean	Wilcox
2:12.7	Sean	SPC
2:12.7	Gavin	Ottawa
2:13.6	Sean	Stagg F/S
2:14.0	Jeyland	Stagg F/S
2:14.2	Jacob S	OE Triangle
2:14.3	Yoseph	Lion Invite
2:14.7	Chase	Wilcox
2:15.7	Jeyland	SPC
2:15.7	Kijana	OE Triangle
2:15.9	Chase	Kaneland F/S
2:16.1	Chase	SPC
2:16.3	Jeyland	Wilcox
2:16.7	Christian	OE Triangle
2:16.9	Christian	Stagg F/S
2:17.9	Christian	Wilcox
2:18.2	Sean	Lion Invite
2:20.0	Henry	Lion Invite
2:20.5	Nate	Wilcox
2:21.4	Nate	Kaneland F/S
2:22.4	Chase	Stagg F/S
2:23.5	Brandon	Lion Invite
2:25.5	Ryan H	Stagg F/S

2:25.5	Alex	Lion Invite
2:25.9	Adam	Wilcox
2:27.1	Liam	Lion Invite
2:28.5	Kyle	Kaneland F/S
2:28.5	Ryan H	Wilcox

1200m DMR

3:25.2	Gavin	Stagg
3:43.6	Chris L	Stagg F/S

1600m DMR

4:55.7	Hank	Stagg
5:11.3	Liam	Stagg F/S

Relay Times

4 X 100m

4 x 200m

4 x 400m

Jacob S, Devonshe, Greg, Malcolm	3:31.64	SPC
Greg, Devonshe, Malcolm, Jacob S	3:32.88	Matt Wulf
Kijana, Devonshe, Greg, Jacob S	3:34.2	Stagg
Trevor, Jacob S, Greg, Malcolm	3:34.66	Red Ribbon
Matt S, Malcolm, Marcus, Jeyland	3:38.18	Sectionals

Greg, Aaron, Trevor, Jacob S	3:40.73	Ottawa
Matt S, Marcus, Kevin, Jeyland	3:45.61	Wilcox
Matt S, Malcolm, Marcus, Chase	3:45.64	Kaneland F/S
Matt S, Marcus, Jeyland, Christian	3:47.9	Stagg F/S
Matt S, Marcus, Jeyland, Christian	3:48.27	SPC
Matt, Christian, Kijana, Marcus	3:48.28	Red Ribbon
Chase, Adam, Jeyland, Colin O.	3:55.4	OE Triangle
Ryan H, Chase, Adam, Nate	3:59.52	Wilcox
Marcus, Kevin, Erik, Henderson	4:00.0	OE Triangle
Sean, Hank, Bradley, Christian	4:05.8	OE Triangle
Yoseph, Andy, Gabe, Chris L	4:09.8	Lion Invite
Ryan H, Kyle, Nate, Chris S	4:17.1	OE Triangle
Andy, Johnny,		

Liam, Wes	4:18.5	OE Triangle
Yoseph, Chris L, Alex, Jacob G	4:25.9	OE Triangle
Gabe, Brandon, Jackson, Thomas	4:27.4	OE Triangle

4 x 800m

Turner, Tanner, Trevor, Dylan	8:18.24	Nalley Invite
Tanner, Jacob S, Casey, Malcolm	8:20.51	Red Ribbon
Kijana, Dylan, Ryan F, Casey	8:22.03	Matt Wulf
Casey, Dylan, Jacob S, Malcolm	8:25.99	SPC
Casey, Ryan F, Turner, Trevor	8:25.9	OE Triangle
Malcolm, Dylan, Matt S, Gavin	8:29.03	Sectionals
Kijana, Tanner, Dylan, Casey	8:31.5	Stagg
Tanner, Trevor, Gavin, Dylan	8:34.99	Ottawa
Kijana, Matt S, Marcus, Sean	8:36.65	Red Ribbon
Kijana, Ryan F,		

Yoseph, Sean	8:49.35	Lion Invite
Matt S, Sean, Chase, Jeyland	8:51.82	SPC
Jeyland, Christian, Sean, Matt S	8:54.76	Wilcox
Jacob S, Kijana, Greg, Christian	8:58.3	OE Triangle
Christian, Jeyland, Sean, Chase	9:06.8	Stagg F/S
Marcus, Chase, Kyle, Nate	9:18.06	Kaneland F/S
Chase, Ryan H, Adam, Nate	9:29.91	Wilcox
Alex, Henry, Brandon, Liam	9:46.1	Lion Invite
<u>DMR</u>		
Gavin, Malcolm, Turner, Hank	11:19.3	Stagg
Chris L, Adam, Ryan H, Liam	12:21.3	Stagg F/S
<u>Pole Vault</u>		
12' 3"	Aaron	Sectionals
12' 3"	Aaron	SPC
12' 0"	Aaron	Nalley Invite
12' 0"	Aaron	Ottawa
11' 3"	Aaron	Red Ribbon
11' 0"	Aaron	Matt Wulf
11' 0"	Aaron	Lion Invite

10' 0"	Gabe	Kaneland F/S
10' 0"	Aaron	Minooka
9' 6"	Malcolm	Ottawa
9' 0"	Gabe	Wilcox
9' 0"	Malcolm	Matt Wulf
9' 0"	Malcolm	Lion Invite
8' 9"	Gabe	SPC
8' 9"	Alec	SPC
8' 6"	Malcolm	Kaneland F/S
8' 6"	Alec	Wilcox
8' 6"	Dylan	Ottawa
8' 6"	Gabe	OE Triangle
8' 3"	Gabe	Red Ribbon
8' 0"	Yoseph	OE Triangle
8' 0"	Gabe	Lion Invite
7' 6"	Yoseph	Wilcox
7' 6"	Alec	Minooka
7' 6"	Gabe	Minooka

Triple Jump

Long Jump

17' 10"	Gabe	Sectionals
17' 7.5"	Gabe	Wilcox
17' 1"	Gabe	OE Triangle
17' $\frac{3}{4}$ "	Gabe	Minooka
17' $\frac{1}{2}$ "	Gabe	Red Ribbon
16' 10.5"	Gabe	Stagg F/S
16' 10"	Gabe	Kaneland F/S
16' 10"	Gabe	SPC

Team Points

82	Kaneland F/S	2 nd of 8 teams
10	Sectionals	12 th of 15 teams
60	SPC	4 th of 8 teams
19	SPC F/S	8 th of 8 teams
39	Nalley Invite	6 th of 17 teams
104	Red Ribbon	3 rd of 14 teams

38	Red Ribbon F/S	7 th of 13 teams
82	Wilcox F/S	5 th of 6 teams
71	Wilcox	4 th of 7 teams
201	Stagg F/S	1 st of 5 teams
192.5	Ottawa ABC	2 nd of 13 teams
183	Matt Wulf	1 st of 7 teams
102	Stagg	1 st of 11 teams
165	Lion Invite	1 st of 8 teams