

Lebanon Valley College

Men's Indoor Track & Field Record Book

Current as of 3/1/2010

55m Dash

LVC Record:	Ken McKellar	6.29	1984
ASC Record:	Thomas Walker (Milton Hershey HS)	6.30	1/9/2010
	Scott Mack (Millersville)	6.44	1994

Top 10 Performers

1	Ken McKellar	6.29	1984
2	Nate Hillegas	6.39	1994
3	Miles	6.6	1984
4	Greg Glembocki	6.61	1994
5	Josh Light	6.62	3/6/2009
6	Rob Dekle	6.64	1994
7	Ron Gassert	6.65	1975
7	Darnell McKenzie	6.65	1998
9	Alan Newsome	6.66	2004, 05
10	Dave Kerr	6.71	1981
10	Jeremy Zettle-moyer	6.71	1999

55m Hurdles

LVC Record:	Jordan Newell	7.92	3/1/2003
ASC Record:	Manny Morris (Octorara H.S.)	7.53	2008
	Eric Hess (Lock Haven)	7.74	1995

Top 10 Performers

1	Jordan Newell	7.92	2003
2	Bryon Laird	7.95	2007
3	Bryan Phanthavong	7.98	2/28/2009
4	Jerome Duncan	8.00	2/14/2009
5	Jeremy Zettle-moyer	8.19	1999
6	Nate Hillegas	8.21	1995
7	Frank Ruggieri	8.25	1978
8	Matt Hauk	8.3	2003
9	Ken Breitenstein	8.37	1979
10	Nate Davis	8.44	1997

200m Dash

LVC Record:	Alan Newsome	23.11	2/26/2005
ASC Record:	Tony Brown (Widener)	22.88	2000

Top 10 Performers

1	Alan Newsome	23.11	2005
2	Jerome Duncan	23.34	12/5/2009
3	Nate Hillegas	23.54	1995
4	Darnell McKenzie	23.6	1998

5	Steve Raab	23.64	1998
6	Rob Dekle	23.65	1998
7	Josh Light	23.80	2/21/2009
8	Tom Kuhn	23.82	2001
9	Josh Martin	23.9	2002
9	Mitch Gibson	23.9	2002
10	Pat O'Brien	23.96	2002

300m Dash

LVC Record:	Justin Hutchinson	38.43	2006
ASC Record:	Phelan Shea (Goucher)	40.07	1/30/2010

Top 10 Performers

1	Justin Hutchinson	38.43	2006
2	Nate Yinger	39.8	2006
3	Bill Gardner	41.48	2/20/2010
4	Courtland Hoose	41.52	1/30/2010
5	Caleb Wiley	42.63	1/30/2010
6	Chris Clements	42.65	1/30/2010
7	Will Everhard	43.72	2006
8	Mike Palmer	44.84	2006

400m Dash

LVC Record:	Ben Mellish	50.45	3/1/2003
ASC Record:	Ray Crooms (Widener)	51.44	2000

Top 10 Performers

1	Ben Mellish	50.45	2003
2	Josh Martin	51.32	2002
3	Nate Hillegas	51.7	1995
4	Pat O'Brien	51.93	2002
5	Chris Bauer	52.35	2006
6	Matt Franks	52.66	1999
7	Matt Hauk	52.81	2005
8	Chris Burd	53.04	1992
9	Brian Blanford	53.14	1997
10	Justin Hutchinson	53.58	2007

500m Dash

LVC Record:	Chris Bauer	1:09.75	2006
ASC Record:	Brian Norte (Catholic)	1:13.44	1/30/2010

Top 10 Performers

1	Chris Bauer	1:09.75	2006
2	Adam Devine	1:14.08	2007

800m Run

LVC Record:	John Hibshman	1:57.24	1987
ASC Record:	Josh Heebner (Moravian)	2:00.53	1999

Top 10 Performers

1	John Hibshman	1:57.24	1987
2	Braden Snyder	2:01.20	1999
3	Jeff Anderson	2:03.57	2008
4	Mike McGinley	2:03.87	2003
5	Dan Palopoli	2:04.78	1997
6	Ben Mellish	2:05.60	2003
7	Jeremy Ansbach	2:05.65	2007
8	Brandon Snyder	2:05.74	1994
9	Sean Carney	2:06.60	2002

1000m Run

LVC Record:	Braden Snyder	2:39.17	1999
ASC Record:	n/a	n/a	n/a

Top 10 Performers

1	Braden Snyder	2:39.17	1999
2	Bob Horn	2:49.10	1998
3	Jerry Reilly	3:05.40	1998
4	Jason Badman	3:06.40	1998

1500m Run

LVC Record:	Bob Stachow	3:54.94	1978
ASC Record:	Tim Pfluger (Moravian)	4:07.12	2000

Top 10 Performers

1	Bob Stachow	3:54.94	1978
2	Bill Casey	4:07.24	1979
3	Joel Carpenter	4:08.14	1979
4	Lyle Trumbull	4:08.44	1984
4	John Hibshman	4:08.44	1987
6	Scott Young	4:08.66	1991
7	Lee Pelton	4:14.44	1979
8	Jeremy Rea	4:15.98	2004
9	Dan Palopoli	4:16.10	1996
10	Greg College	4:16.84	1979

1 Mile Run

LVC Record:	Jeremy Ansbach	4:32.46	2007
ASC Record:	Ryan Bell (Franklin)	4:43.69	2008

Top 10 Performers

1	Jeremy Ansbach	4:32.46	2007
2	Kyle Himmelreich	4:33.80	2007
3	James O'Brien	4:37.11	2007
4	Alex Talarico	4:42.18	2/13/2010
5	Eli Galan	4:44.94	2007
6	Nick D'Angelo	4:46.06	1/30/2010
7	Courtland Hoose	4:49.04	2/7/2009

8	Matt Nesmith	4:49.09	2/13/2010
9	Jeff Anderson	4:52.99	2007
10	Israel Lucena	4:55.51	2007

3000m Run

LVC Record:	Jeff Koegel	8:56.24	1993
ASC Record:	Nebiyu Osman (Mercersburg HS)	9:16.0	1/9/2010

Top 10 Performers

1	Jeff Koegel	8:56.24	1993
2	Kyle Himmelreich	9:08.01	2007
3	Tres Nolett	9:26.60	2001
4	Ed Brignole	9:35.80	1997
5	Alex Talarico	9:35.92	1/30/2010
6	Matt Nesmith	9:36.94	1/23/2010
7	Nick D'Angelo	9:38.24	1/23/2010
8	John Wallace	9:38.90	1/23/2010
9	Jeremy Rea	9:45.00	2004
10	Scott Lewandowski	9:47.33	1998

5000m Run

LVC Record:	Scott Young	15:17.34	1990
ASC Record:	Brian Sell (Messiah)	15:39.44	1998

Top 10 Performers

1	Scott Young	15:17.34	1990
2	Jeff Koegel	15:26.90	1993
3	Kyle Himmelreich	15:47.08	2007
4	Ed Brignole	16:08.24	1997
5	Jeremy Ansbach	16:10.97	2007
6	Tres Nolett	16:16.00	2001
7	Nick D'Angelo	16:17.12	2/13/2010
8	James O'Brien	16:20.53	2007
9	John Wallace	16:27.73	2/13/2010
10	Scott Lewandowski	16:39.31	2000

4x200m Relay

LVC Record:	Tom Kuhn, Ben Mellish, Mitch Gibson, Josh Martin	1:33.19	2/23/2002
ASC Record:	Ray Crooms, Nate Tuttle, Miguel Pen, Tony Brown (Widener)	1:33.75	1999

Top 10 Performers

1	Tom Kuhn, Ben Mellish, Mitch Gibson, Josh Martin	1:33.19	2002
2	Tom Kuhn, Doyne Sumner, Mitch Nyman, Ben Mellish	1:33.64	2003
3	Josh Light, Justin Hutchinson,	1:34.50	2007

4	Chris Bauer, Bryon Laird Matt Franks, Rob Dekle, Darnell McKenzie, Steve Raab	1:34.64	1998
5	Josh Light, Bryon Laird, Justin Hutchinson, Joe Brennan	1:34.97	2007
6	Josh Light, Justin Lee, Jerome Duncan, Tyler Ciserik	1:35.57	12/5/2009
7	Chris Bauer, Josh Light Jerome Duncan, Tyler Ciserik	1:35.63	2/21/2009
8	Mortez Sellers, Darnell McKenzie, Nate Davis, Steve Raab	1:35.74	1997
9	Chris Bauer, Josh Light, Justin Hutchinson, Joe Brennan	1:35.74	2007
10	Matt Hauk, Bryon Laird, Jimmy Buckson, Alan Newsome	1:35.93	2005

4x400m Relay

LVC Record:	Pat O'Brien, Ben Mellish, Mitch Gibson, Josh Martin	3:28.20	3/2/2002
ASC Record:	NA (Essex)	3:32.00	1993

Top 10 Performers

1	Pat O'Brien, Ben Mellish, Mitch Gibson, Josh Martin	3:28.20	2002
2	Ben Mellish, Mitch Nyman, Matt Hauk, Josh Martin	3:31.29	2003
3	Brian Blanford, Aaron Rush, Brandon Snyder, Nate Hillegas	3:34.36	1995
4	Brian Blanford, Jeremy Zettlemoyer, Braden Snyder, Darnell McKenzie	3:35.24	1997
5	George Rankin, Nick Kalathus, Frank Ruggieri, Tim Kriebel	3:35.94	1978
6	Chris Bauer, Adam Devine, Nate Yinger, Justin Hutchinson	3:37.28	2007
7	Nate Hillegas, Aaron Rush, Brian Blanford, Dave Cook	3:37.78	1994
8	Tim Stringfellow, Matt Kantner, Jeremy Zettlemoyer, Jeremy Snyder	3:38.84	1999
9	Chris Bauer, Tyler Ciserik Jessie Kriner, Mike Vo	3:39.88	2/28/2009
10	Brian Blanford, Brandon Snyder, Jeremy Zettlemoyer, Nate Hillegas	3:40.75	1996

4x800m Relay

LVC Record:	Reilly, Ed Slagle, Royer, John Hibshman	8:25.64	1984
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ASC Record:	Dave McGuire, Carmine Gentile, Bobby Ward, Will Brownback (Widener)	8:17.30	2000
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Top 10 Performers

1	Reilly, Ed Slagle, Royer, John Hibshman	8:25.64	1984
2	Ed Brignole, Bob Horn, Dan Palopoli, Jason Badman	8:32.69	1997
3	Kyle Himmelreich, Jeff Anderson, Jeremy Ansbach, Mark Fersch	8:34.30	2007
4	Scott Young, Chris Esh, Jeff Koegel, Jon Anderson	8:35.84	1992
5	Jeremy Ansbach, Jeff Anderson Kyle Himmelreich, Courtland Hoose	8:38.41	2/28/2009
6	Pete LoBianco, Sean Carney, Braden Snyder, Doug Wallis	8:38.43	2000
7	Braden Snyder, Brandon Snyder, Dan Palopoli, Jason Badman	8:38.71	1997
8	Dan Palopoli, Brandon Snyder, Kubacke, Jason Badman	8:42.24	1995
9	Braden Snyder, Matt Kantner, Jerry Reilly, Tres Nolett	8:45.54	1999
10	Scott Young, Jon Anderson, Chris Esh, Dave Sandler	8:50.34	1991

Distance Medley Relay

LVC Record:	Ed Slagle, Ed Smith, John Hibshman, unknown	10:46.24	1987
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ASC Record:	Damon Rutherford, Josh Heebner, George Wacker, Tim Pfluger (Moravian)	10:57.23	2000
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Top 10 Performers

1	Ed Slagle, Ed Smith, John Hibshman, unknown	10:46.24	1987
2	Jeremy Ansbach, Nate Yinger, Jeff Anderson, Kyle Himmelreich	10:48.83	2007
3	Alex Talarico, Courtland Hoose Matt Nesmith, Nick D'Angelo	11:02.03	2/27/2010
4	Courtland Hoose, Chris Bauer Jeff Anderson, Jeremy Ansbach	11:04.52	2/21/2009
5	Alex Talarico, Justin Lee Matt Nesmith, Nick D'Angelo	11:10.18	2/20/2010
6	Eli Galan, Justin Hutchinson, Jeff Anderson, Jeremy Ansbach	11:11.55	2007
7	Tres Nolett, Matt Kantner, Pete LoBianco, Scott Lewandowski	11:32.50	1999
8	Jeremy Ansbach, Hung Vo Jeff Anderson, Courtland Hoose	11:33.8	2009

9	Israel Lucena, Chris Bauer, Jeff Anderson, Eli Galan	11:37.77	2006
10	Dan Palopoli, Tony Thoman, Jason Badman, Pete LoBianco	11:42.89	1998

Sprint Medley Relay

LVC Record:	Matt Kantner, Matt Franks Tim Stringfellow, Braden Snyder	3:49.80	1999
ASC Record:	n/a	n/a	n/a

Top 10 Performers

1	Matt Kantner, Matt Franks Tim Stringfellow, Braden Snyder	3:49.80	1999
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Pole Vault

LVC Record:	Greg Kutz	14-1 1/4	1992
ASC Record:	CJ Brown (Moravian)	15-1 3/4	1996

Top 10 Performers

1	Greg Kutz	14-1 1/4	1992
2	Michael Landshof	14-0	2/28/2009
2	Jake Tshudy	14-0	1998
2	Jimmy Buckson	14-0	2004
5	Jeff Rhone	13-9	1999
6	Andy Ulsh	13-6	1994
6	Andy Tamez	13-6	2008
8	Bob Kreider	13-0	1990
7	Nate Davis	13-0	1998
10	Mike Lemons	11-6	1976
10	Kevin Uhland	11-6	2007

High Jump

LVC Record:	Rick Hopf	6-8 1/4	12/7/1996
ASC Record:	Ryan Fritz (Octorara HS)	7-0	2005
	Chris Boyles (Messiah)	6-8 1/4	2000

Top 10 Performers

1	Rick Hopf	6-8 1/4	1996
2	Matt Hall	6-6	1980
3	Mark Edwards	6-4	1977
3	Erik Olson	6-4	1996
3	Jordan Newell	6-4	2002, 03, 04
6	Mike Gadd	6-2	1979
6	J.D. Kline	6-2	1993
8	Dan Reichenbach	6-0	1987
8	Nate Davis	6-0	1997
10	Josh Martin	5-10	2001, 2003

Long Jump

LVC Record:	Dan Reichenbach	22-10 3/4	1988
ASC Record:	Shane Whitmyer (Wilson HS)	23-3 3/4	2008
	Joseph Okafor (Cheyney)	22-2 1/2	2006

Top 10 Performers

1	Dan Reichenbach	22-10 3/4	1988
2	Ben Mellish	21-11 3/4	2001
3	Rob Dekle	21-9 1/2	1994
4	John Halbleib	21-5 1/2	1975
4	Jeremy Snyder	21-5 1/2	1998
6	Jason Piazza	21-5 1/4	1997
7	Dave Cook	21-3	1991
8	Kevin Uhland	20-11 3/4	2006
9	Erik Olson	20-7	1995
10	Andy Shatto	20-5	1994

Triple Jump

LVC Record:	Ben Mellish	44-3 1/4	2/24/2001
ASC Record:	Nate McNitt (Susquehanna)	45-11	1995

Top 10 Performers

1	Ben Mellish	44-3 1/4	2001
2	Monte Bryant	43-11 1/4	1993
3	Jeremy Snyder	43-4 1/2	1998
4	Terrence Brown	43-3 1/2	1978
5	Tom Seddon	42-2	1991
6	Bill Krammes	41-6 1/2	1977
7	Justin Lee	41-2 1.4	2/27/2010
8	Josh Martin	40-11 /12	2001
9	Matt Hougentogler	40-6 1/2	2008
10	Erik Brandt	40-6	1/23/2010

Shot Put

LVC Record:	Nick Orfanella	49-3	3/2/2007
ASC Record:	Toby Colyer (East Juniata HS)	57-0	1996
	Seth McGuffin (unattached)	51-10	2000

Top 10 Performers

1	Nick Orfanella	49-3	2007
2	Ross Denisco	48-5 1/4	1995
3	Andrew Scott	48-1 3/4	2/27/2010
4	Zach Bleiler	47-11	2/13/2010
5	Eric Huyett	46-9 3/4	1996
6	Ron Gassert	46-5	1977
7	Rick Hurst	46-0	1979
8	Andy Zinkan	45-2 1/4	2006
9	Bill Rosenberger	43-10 3/4	1984
10	Bill Markley	43-9 3/4	1999

Weight Throw

LVC Record:	Nick Orfanella	55-5 1/2	2/24/2007
ASC Record:	Sean Dugan (Catholic)	54-0	1993

Top 10 Performers

1	Nick Orfanella	55-5 1/2	2/24/2007
2	Zach Bleiler	54-3 1/4	2/13/2010
3	Steve Forster	39-11	2005
4	Clint Surgeoner	39-7	2/7/2009
5	Jason Brandle	39-3	2003
6	Mitch Nyman	38-9 1/4	2004
7	Andy Zinkan	38-2 3/4	2006
8	Andy Shaffer	37-3 1/4	1999
9	Bob Wentzel	36- 1/4	1998
10	Joe Deibert	34-9 1/2	1998

Pentathlon

LVC Record:	Jeremy Snyder	2876	1/29/1998
ASC Record:	n/a	n/a	n/a

Top 10 Performers

1	Jeremy Snyder	2876	1998
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*Thanks to Marlin Fureman for initial compilation of Top 10's
Year listed is the spring of that academic year, i.e. 2008 is 2007-08*