

Lebanon Valley College

Men's Outdoor Track & Field Record Book

Current as of 5/18/2009

Hand times are FAT converted (rounded up to nearest tenth + .24)

100m Dash

LVC Record:	Ken McKellar	10.81	1984
AF Record:	Ken McKellar	10.81	1984

Top 10 Performers

1	Ken McKellar	10.81	1984
2	Ron Gassert	10.89	1994
3	Rob Dekle	10.93	1994
4	John Wenzel	10.99	1994
4	Larry Priester	10.99	1999
6	Darnell McKenzie	11.01	1994
7	Josh Light	11.02	5/1/2009
8	David Evans	11.09	1975
8	Donald Debenedett	11.09	1998
8	John Halblieb	11.09	2004, 05
10	Dave Kerr	11.11	1981

110m Hurdles

LVC Record:	Bryon Laird	14.68	2007
AF Record:	Bryon Laird	14.74	2007

Top 10 Performers

1	Bryon Laird	14.68	2007
2	Terry Herr	14.71	1965
3	Larry Priester	14.81	1975
4	Frank Ruggieri	15.04	1978
5	Jerome Duncan	15.09	5/15/2009
6	Jordan Newell	15.14	2002
7	Frank Rutherford	15.21	1974
8	Nate Hillegas	15.44	1994
9	Jeremy Zettle-moyer	15.52	1997
10	Keith Youst	15.61	1978

200m Dash

LVC Record:	John Wenzel	21.94	5/23/1970
AF Record:	Larry Priester	22.44	1974

Top 10 Performers

1	John Wenzel	21.94	1970
2	Ken McKellar	22.14	1984
3	Alan Newsome	22.30	2004
4	Aubrey Kerschner	22.34	1958
4	Larry Priester	22.34	1974
6	Rob Dekle	22.51	1994

7	Matt Franks	22.53	1999
8	David Evans	22.54	1914
8	Terry Herr	22.54	1963
8	Ron Gassert	22.54	1975
8	Darnell McKenzie	22.54	1998

400m Dash

LVC Record:	Nate Hillegas	48.84	6/19/1997
AF Record:	Tim Kriebel	49.67	1976

Top 10 Performers

1	Nate Hillegas	48.84	1997
2	Tim Kriebel	49.38	1978
3	Ben Mellish	49.49	2002
4	Henry Hoff	50.04	1977
5	Tyler Ciserik	50.41	5/2/2008
6	George Rankin	50.63	1977
7	Greg Miller	50.64	1965
8	Matt Leonard	50.74	1997
9	Josh Martin	50.90	2002
10	Chris Burd	51.02	1992

400m Hurdles

LVC Record:	Nate Hillegas	53.36	1997
AF Record:	Nate Hillegas	55.24	1997

1	Nate Hillegas	53.36	1997
2	Matt Hauk	54.35	2005
3	Jeremy Zettle moyer	54.46	1999
4	Chris Bauer	55.58	5/3/2008
5	Ken Breitenstein	55.94	1979
6	Bob Fullenlove	56.47	1980
7	Chris Bauer	56.75	2008
8	Larry Priester	56.94	1975
9	Ted Jones	57.74	1992
10	Chris Hanna	57.94	1974
10	Keith Youst	57.94	1978

800m Run

LVC Record:	Bob Stachow	1:54.40	1979
AF Record:	Dick Williams	1:57.74	1968

Top 10 Performers

1	Bob Stachow	1:54.40	1979
2	John Gilman	1:56.14	1971
3	Braden Snyder	1:56.65	1999
4	Mike McGinley	1:56.89	2003
5	John Hibshman	1:57.12	1987
6	Dick Williams	1:57.74	1968

7	Bill Casey	1:57.84	1979
8	Larry Painter	1:58.18	1965
9	Bryan Jones	1:58.84	1980
9	Ron Wheeler	1:58.84	1979

1500m Run

LVC Record:	Bob Stachow	3:51.84	1978
AF Record:	Bob Stachow	3:56.66	1979

Top 10 Performers

1	Bob Stachow	3:51.84	1978
2	John Hibshman	4:00.89	1987
3	Dick Williams	4:01.64	1968
4	Bill Casey	4:04.24	1980
5	Jeremy Ansbach	4:04.31	5/11/2009
6	Lyle Trumbull	4:06.54	1983
7	Dan Palopoli	4:07.26	1996
8	Mike Verna	4:07.34	1981
9	Braden Snyder	4:08.51	1999
10	Jeremy Rea	4:09.68	2004

3000m Run

LVC Record:	n/a		
AF Record:	Brian Sell (Messiah)	9:20.9	1997

3000m Steeplechase

LVC Record:	Scott Young	9:13.84	1997
AF Record:	Brian Sell (Messiah)	9:38.8	1998

Top 10 Performers

1	Scott Young	9:13.84	1991
2	Jeremy Rea	9:40.84	2004
3	Lee Pelton	9:48.34	1980
4	Ed Brignole	9:57.54	1996
5	Tres Nolett	10:04.24	2001
6	Pete LoBianco	10:06.55	1999
7	Rob Lemke	10:29.24	1981
8	Eli Galan	10:41.68	2007
9	Bob Horn	10:46.00	1996
10	Jim Curry	10:59.64	2003

5000m Run

LVC Record:	Joel Carpenter	15:02.44	1981
AF Record:	Eric Holmboe (Franklin and Marshall)	15:05.94	1980

Top 10 Performers

1	Joel Carpenter	15:02.44	1979
2	Bob Stachow	15:09.71	1979
3	Lee Pelton	15:14.84	1979

4	Scott Young	15:17.78	1991
5	Jeff Koegel	15:29.02	1994
6	Kyle Himmelreich	15:39.43	2006
7	Ed Brignole	15:48.24	1996
8	Jeremy Ansbach	15:53.07	2007
9	Scott Lewandowski	15:56.10	2000
10	Dan Palopoli	16:02.24	1996

10000m Run

LVC Record:	Joel Carpenter	30:34.04	6/3/1981
AF Record:	Brian Sell (Messiah)	32:13.3	1998

Top 10 Performers

1	Joel Carpenter	30:34.04	1981
2	Scott Young	31:44.49	1980
3	Jeff Koegel	31:50.64	1995
4	Kyle Himmelreich	32:49.43	2006
5	Tres Nolett	33:14.05	2001
6	Greg College	33:41.57	1979
7	James Mentzer	34:08.40	1999
8	Scott Lewandowski	34:08.51	2000
9	Lee Pelton	34:33.24	1980
10	Eli Galan	35:05.20	4/4/2009

4x100m Relay

LVC Record:	Matt Franks, Nate Hillegas Matt Leonard, Steve Raab	42.71	1997
AF Record:	Ben Mellish, Josh Martin, Mitch Gibson, Tom Kuhn	42.94	2002

Top 10 Performers

1	Matt Franks, Nate Hillegas Matt Leonard, Steve Raab	42.71	1997
2	Ben Mellish, Josh Martin, Mitch Gibson, Tom Kuhn	42.94	2002
3	Nate Hillegas, Brian Blanford Dave Cook, Rob Dekle	43.04	1994
4	Matt Franks, Morteze Sellers Darnell McKenzie, Steve Raab	43.25	1998
5	Larry Priestster, Ron Gassert John Gibbons, John Halblieb	43.34	1974
6	Mitch Gibson, Josh Martin Ben Mellish, Tom Kuhn	43.49	2001
7	Matt Hauk, Alan Newsome Jimmy Buckson, Mitch Nyman	43.59	2004
8	n/a	43.63	1982
9	Steve Angeli, Dave Moyer Dave Kerr, Ken McKellar	43.64	1981

10	Josh Light, Justin Lee Tyler Ciserik, Jerome Duncan	43.72	5/15/2009
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4x200m Relay

LVC record:	Matt Franks, Jeremy Zettlemyer Matt Leonard, Steve Raab	1:30.59	1997
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4x400m Relay

LVC Record:	George Rankin, Bob Stachow Henry Hoff, Tim Kriebel	3:20.14	1977
AF Record:	Pat O'Brien, Mitch Gibson, Ben Mellish, Josh Martin	3:26.84	2002

Top 10 Performers

1	George Rankin, Bob Stachow Henry Hoff, Tim Kriebel	3:20.14	1977
2	Pat O'Brien, Mitch Gibson, Ben Mellish, Josh Martin	3:20.81	2002
3	Brian Blafor, Matt Leonard Nate Hillegas, Jeremy Zettlemyer	3:21.18	1997
4	George Rankin, Bob Stachow Bill Casey, Tim Kriebel	3:21.72	1978
5	Greg Miller, Art McAdams, Joe Foster, Larry Light	3:23.54	1965
6	Brandon Snyder, Jeremy Zettlemyer Nate Hillegas, Brian Blanford	3:24.27	1996
7	Brian Blanford, Aaron Rush, Brandon Snyder, Nate Hillegas	3:25.24	1995
8	Josh Martin, Mike McGinley Mitch Nyman, Matt Hauk	3:25.48	2003
9	Brian Blanford, Aaron Rush, Dave Cook, Nate Hillegas	3:26.38	1994
10	Tom Kuhn, Josh Martin Pete LoBianco, Braden Snyder	3:26.91	2000

4x800m Relay

LVC Record:	N/A	8:35.85	2003
AF Record:	N/A (Steven's Tech)	8:16.8	1998

Top 10 Performers

1	n/a	8:35.85	2003
2	Dan Palopoli, Jason Badman, Braden Snyder, Tom Mace	8:42.54	1998

Long Jump

LVC Record:	Dan Reichenbach	23-3 1/2	1989
AF Record:	Bill Womersley (Towson)	23-5	1975

Top 10 Performers

1	Dan Reichenbach	23-3 1/2	1989
2	Doug Emanuel	22-11 1/2	1984
3	Dave Cook	22-7 1/4	1992
4	John Halbeib	22-5 1/2	1974
5	Truman Cassell	22-5	1950
6	Erik Olsen	22-3 1/2	1995
7	Terrence Brown	21-10 1/2	1977
7	Bill Krammes	21-10 1/2	1977
9	Jeremy Snyder	21-10	1999
10	Mike Kamuyu	21-9	1967

Triple Jump

LVC Record:	Dan Reichenbach	45-11 1/2	1989
AF Record:	Tom Knieriem (Western Maryland)	45-5	1979

Top 10 Performers

1	Dan Reichenbach	45-11 1/2	1989
2	Ben Melish	45-0 1/4	2001
3	Jason Piazza	44-8 3/4	1997
4	Mark Sypher	44-3	1979
5	Bill Krammes	44-0	1977
6	Josh Martin	43-6 1/2	2002
7	Jeremy Snyder	43-5	1998
8	Terrence Brown	43-4	1977
9	Mike Kamuyu	43-1	1967
10	Matt Hall	42-11	1979

High Jump

LVC Record:	Rick Hopf	6-9	6/20/1998
AF Record:	Glenn Wall (Stevens Tech)	6-10	1993

Top 10 Performers

1	Rick Hopf	6-9	1998
2	Matt Hall	6-8 1/2	1979
3	Erik Olson	6-7	1996
4	Mike Gadd	6-6 3/4	1981
4	Dan Reichenbach	6-6 3/4	1988
6	J.D. Kline	6-6	1994
7	Mark Edwards	6-5 1/4	1977
8	Joe Meehan	6-4	4/25/2009
9	Jordan Newell	6-2 1/4	2002
10	Ken Bunting	6-1	1968

Pole Vault

LVC Record:	Jeff Rhone	14-6	1998
AF Record:	Jake Tshudy	14-4	1998

Top 10 Performers

1	Jeff Rhone	14-6	1998
2	Jake Tshudy	14-4	1998
3	Greg Kutz	14-1 1/2	1992
4	Mike Landshof	13-11 1/4	4/25/2009
5	Andy Ulsh	13-9	1994
6	Bob Kreider	13-8 1/4	1990
7	Jimmy Buckson	13-7 1/4	2004
8	Bill Joraskie	13-6	1976
8	Andy Tamez	13-6	4/26/2008
9	Glen Horst	13-1 3/4	1966

Shot Put

LVC Record:	Ross DeNisco	51-1 1/2	6/17/1995
AF Record:	Todd Haugen (Western Maryland)	50-11	1972

Top 10 Performers

1	Ross DeNisco	51-1 1/2	1995
2	Nick Orfanella	50-3 1/2	2007
3	Ron Gassert	48-5	1978
4	Mike Shanfelder	47-11	1969
5	Eric Huyett	47-7 1/2	1996
6	Rich Hurst	46-11 3/4	1979
7	Andrew Scott	46-7	4/18/2009
8	Zach Bleiler	46-2	5/1/2009
9	John Witter	46-0 1/2	1963
10	Fred Meiselman	45-11	1960

Discus

LVC Record:	Nick Orfanella	166-6	4/28/2007
AF Record:	Scott Orens (Muhlenberg)	154-9	1975
	Seth McGuffin (unattached)	51-10	2000

Top 10 Performers

1	Nick Orfanella	166-6	2007
2	Ross Denisco	150-8	1995
3	Zack Bleiler	149-3	4/25/2009
4	Jay Stanton	141-3	1966
5	John Witter	139-8	1961
6	Leon Miller	139-6	1952
7	Charles Blevins	137-1	1977
8	Eric Huyett	136-8	1996
9	Andy Shatto	135-11	1995
10	William Tomilen	135-10	1951

Javelin

LVC Record:	Scott Davis	208-10	1992
AF Record:	Scott Davis	208-9	1992

Top 10 Performers

1	Scott Davis	208-10	1992
2	Ken Hendershot	207-10	1981
3	Robert Greiner	206-0	1970
4	Tony Bernarduci	205-9	1998
5	Charles Wagner	199-9	1960
6	Pat Loughney	199-2	1998
7	Dave Kramer	196-5	1974
8	Dave Kujiaka	193-10	1985
9	Tm Kuhn	190-5	2000
10	Kurt Amlung	190 1/2	1980

Hammer

LVC Record:	Nick Orfanella	175-8	4/21/2007
AF Record:	Troy Herr (Unattached)	172-0.5	2006
	Tim Johnson (York, Pa.)	170-5	2002

Top 10 Performers

1	Nick Orfanella	175-8	2007
2	Zack Bleiler	159-06	5/2/2009
3	Steve Foster	143-7	2005
4	Clint Surgeoner	124-5	4/18/2009
5	Mitch Nyman	122-11	2004
6	Pat Loughney	119-9	2002
7	Jason Brandle	111-9	2002
8	Bob Wentzel	110-0	1998
9	Joe Deibert	104-11	1998
10	Tom Kuhn	99-7	2000

Decathlon Points

LVC Record	Jeremy Snyder	5, 750	1999
AF Record	Jeremy Snyder	5, 678	1998
1	Jeremy Snyder	5750	1999
2	Nate Davis	5170	1997
3	Kevin Uhland	4094	2007
4	Andrew Young	3440	5/2/2009

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