

PENGUINS

TRACK & FIELD

Horizon Titles (9): 2009 Women's Outdoor, 2008 Women's Outdoor, 2008 Women's Indoor, 2006 Women's Outdoor, 2005 Women's Outdoor, 2005 Women's Indoor, 2004 Women's Outdoor, 2004 Women's Indoor, 2003 Men's Indoor

Mid-Con Titles (8): 1997 Women's XC, 1997 Women's Outdoor, 1997 Men's Outdoor, 1997 Men's Indoor, 1996 Women's Indoor, 1996 Men's XC, 1995 Men's XC, 1994 Men's XC

100M DASH -- YSU RECORD: 10.29 / NCAA REGIONAL: 10.55

J.R. Hodge	10.72	Campbell/Wright Invitational	5/9/09
Antonio Quarterman	11.40	Sparky Adams Invitational	4/18/09
Eric Baltputnis	11.29	Northeast Ohio Quad	4/11/09
Clarence Howell	12.22	Saint Francis Red Flash Open	4/25/09

200M DASH -- YSU RECORD: 20.68 / NCAA REGIONAL: 21.35

J.R. Hodge	22.38	Horizon League Championships	5/1/09
Adam Kagarise	22.83	Horizon League Championships	5/1/09
Mark Lipinsky	23.10	Northeast Ohio Quad	4/11/09
Antonio Quarterman	23.93	Northeast Ohio Quad	4/11/09

400M DASH -- YSU RECORD: 47.53 / NCAA REGIONAL: 47.20

Adam Kagarise	48.87	Horizon League Championships	5/1/09
Harold Jones	51.67	Raleigh Relays	3/28/09
Rick Lape	52.55	Raleigh Relays	3/28/09
Scott Denham	52.64	Raleigh Relays	3/28/09

800M RUN -- YSU RECORD: 1:50.42 / NCAA REGIONAL: 1:50.40

R.D. Goodright	1:51.76	Horizon League Championships	5/1/09
J.D. Sheppard	1:53.79	Horizon League Championships	5/1/09
Rick Lape	1:57.29	Sparky Adams Invitational	4/18/09
Kiplangat Tisia	1:58.60	Campbell/Wright Invitational	5/9/09
Harold Jones	1:59.11	Sea Ray Relays	4/11/09
Scott Denham	2:00.93	Sparky Adams Invitational	4/18/09

1,500M RUN -- YSU RECORD: 3:47.03 / NCAA REGIONAL: 3:47.80

Kiplangat Tisia	3:55.37	Campbell/Wright Invitational	5/9/09
R.D. Goodright	4:01.66	Sparky Adams Invitational	4/18/09
Harold Jones	4:09.44	Raleigh Relays	3/28/09
Jake Lape	4:09.53	Raleigh Relays	3/28/09
Scott Denham	4:14.56	Sparky Adams Invitational	4/18/09
J.D. Sheppard	4:21.38	Raleigh Relays	3/28/09

STEEPLECHASE -- YSU RECORD: 8:49.25 / NCAA REGIONAL: 9:07.00

Kiplangat Tisia	8:49.25	Louisville Twilight	5/15/09
Jake Lape	9:35.12	Penn Relays	4/25/09

5,000M RUN -- YSU RECORD: 14:36.82 / NCAA REGIONAL: 14:12.00

Kiplangat Tisia	14:36.82	Horizon League Championships	5/1/09
Jake Lape	15:17.94	Raleigh Relays	3/28/09
Justin Dickman	15:47.39	Horizon League Championships	5/1/09
Jake Dialesandro	15:55.62	Sparky Adams Invitational	4/18/09

10,000M RUN -- YSU RECORD: 30:09.40 / NCAA REGIONAL: 29:30.00

Justin Dickman	32:22.33	Horizon League Championships	5/1/09
Jake Dialesandro	32:24.04	Horizon League Championships	5/1/09

110M HURDLES -- YSU RECORD: 14.00 / NCAA REGIONAL: 14.30

Mark Lipinsky	14.65	Campbell/Wright Invitational	5/9/09
Jerrill Hall	14.70	Sea Ray Relays	4/11/09

400M HURDLES -- YSU RECORD: 52.11 / NCAA REGIONAL: 52.51

Michael Perri	53.26	Sparky Adams Invitational	4/18/09
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HIGH JUMP -- YSU RECORD: 2.13M / NCAA REGIONAL: 2.10M

Jerrill Hall	1.97m (6-5 1/2)	Sparky Adams Invitational	4/18/09
Mike Perri	1.97m (6-5 1/2)	Horizon League Championships	5/1/09
Bryin Ehrhardt	1.97m (6-5 1/2)	Horizon League Championships	5/1/09
Marty Vieth	1.82m (5-11 3/4)	Detroit Titan Classic	4/3/09

LONG JUMP -- YSU RECORD: 7.31M / NCAA REGIONAL: 7.34M

Antonio Quarterman	6.89m (22-7 1/4)	Sparky Adams Invitational	4/18/09
Jerrill Hall	6.32m (20-8 3/4)	Raleigh Relays	3/28/09

TRIPLE JUMP -- YSU RECORD: 14.27M / NCAA REGIONAL: 15.00M

Antonio Quarterman	14.26m (46-9 1/2)	Saint Francis Red Flash Open	4/25/09
Marty Vieth	12.78m (41-11 1/4)	Sparky Adams Invitational	4/18/09

POLE VAULT -- YSU RECORD: 4.75M / NCAA REGIONAL: 5.05M

Johnny Copley	4.75m (15-7)	Sparky Adams Invitational	4/18/09
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SHOT PUT -- YSU RECORD: 17.91M / NCAA REGIONAL: 16.80M

Aaron Merrill	17.70m (58 3/4)	Saint Francis Red Flash Open	4/25/09
John Pallini	15.91m (52-2 1/2)	Saint Francis Red Flash Open	4/25/09
Joe Lahmon	14.94m (49 1/4)	Horizon League Championships	5/1/09
Jeremiah Folger	14.84m (48-8 1/4)	Horizon League Championships	5/1/09

DISCUS -- YSU RECORD: 53.37M / NCAA REGIONAL: 51.70M

Aaron Merrill	47.55m (156-0)	Sea Ray Relays	4/11/09
Joe Lahmon	46.52m (152-7 1/2)	Horizon League Championships	5/1/09
Sam Cassano	43.55m (142-10 1/2)	Horizon League Championships	5/1/09
Jeremiah Folger	40.59m (133-2)	Horizon League Championships	5/1/09
John Pallini	37.43m (122-9 1/2)	Detroit Titan Classic	4/3/09

HAMMER -- YSU RECORD: 58.94M / NCAA REGIONAL: 55.80M

Joe Lahmon	58.62m (192-3 1/4)	Horizon League Championships	5/1/09
Aaron Merrill	49.98m (163-11 3/4)	Detroit Titan Classic	4/3/09
Jeremiah Folger	46.08m (151-2 1/4)	Horizon League Championships	5/1/09
Sam Cassano	41.84m (137-3 1/4)	Northeast Ohio Quad	4/11/09
John Pallini	39.89m (130-10 1/2)	Horizon League Championships	5/1/09

JAVELIN -- YSU RECORD: 61.26M / NCAA REGIONAL: 61.60M

Joe Lahmon	47.15m (154-8 1/4)	Horizon League Championships	5/1/09
John Pallini	40.60m (133-2 1/2)	Sparky Adams Invitational	4/18/09