

# 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

**ERIC BALTPUTNIS**

55m	6.63	2/15/08
60m	7.08	3/2/08
200m	22.72	2/14/09

**SAM CASSANO**

Shot Put	12.97m (42-6 3/4)	2/25/07
Weight Throw	15.60m (51-2 1/4)	3/2/08

**NICK CLOWES**

<b>55H</b>	<b>8.40</b>	<b>2/15/08</b>
<b>60H</b>	<b>8.74</b>	<b>3/2/08</b>
<b>200m</b>	<b>23.45</b>	<b>2/8/08</b>
<b>High Jump</b>	<b>1.83m (6-0)</b>	<b>3/2/08</b>

**JOHNNY COPLEY**

Pole Vault	4.60m (15-1)	12/5/08
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**JOE COPPLOE**

800m	2:02.84	3/2/08
Mile	4:26.51	2/28/09
3,000m	9:02.48	2/14/09
5,000m	16:22.75	2/6/09

**SCOTT DENHAM**

400m	52.95	2/28/09
800m	1:59.33	2/8/08
1,000m	2:38.62	2/23/08
Mile	4:34.10	2/14/09

**JAKE DIALESANDRO**

Mile	4:34.15	2/21/09
3,000m	9:00.94	3/2/08
5,000m	15:31.69	2/28/09

**JUSTIN DICKMAN**

Mile	4:34.51	2/23/08
3,000m	8:59.39	1/30/09
5,000m	15:28.75	1/17/09

**BRYIN EHRHARDT**

High Jump	1.96m (6-5)	12/8/07
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**JEREMIAH FOLGER**

Shot Put	15.22m (49-11 1/4)	2/15/08
Weight Throw	16.06m (52-8 1/4)	3/2/08

**R.D. GOODRIGHT**

800m	1:52.38	2/21/09
1,000m	2:27.70	2/26/06
Mile	4:15.51	12/5/08
3,000m	8:53.28	2/15/08
5,000m	16:55.97	12/8/07

**JERRILL HALL**

55m H	7.90	2/15/08
60m H	8.22	2/28/09
60m	7.41	1/23/09
200m	23.78	2/23/08
High Jump	1.97m (6-5 1/2)	1/26/09
Long Jump	6.95m (22-9 3/4)	1/30/09
Triple Jump	12.79m (41-11 1/2)	1/18/08

**J.R. HODGE**

60m	7.02	2/28/09
200m	22.82	2/14/09

**DA'MICHAEL HORNE**

60m	7.15	2/14/09
200m	23.16	2/14/09

**CLARENCE HOWELL**

55m	6.64	2/18/06
60m	7.10	2/26/06
200m	23.20	2/8/08
Long Jump	6.68m (21-11)	2/25/07
Triple Jump	12.44m (40-9 3/4)	1/27/06

**JEROME JEFFEREY**

400m	52.19	2/14/09
800m	1:58.56	3/2/08
1,000m	2:46.80	2/15/08

**HAROLD JONES**

200m	24.12	12/10/05
400m	51.49	2/9/07
800m	1:53.53	3/2/08
1,000m	2:34.74	2/4/06
Mile	4:26.83	1/11/08

**ADAM KAGARISE**

60m	7.26	1/13/07
200m	21.86	2/14/09
400m	47.62	2/6/09
800m	1:56.14	2/6/09

**JOE LAHMON**

Shot Put	15.43m (50-7 1/2)	2/25/07
Weight Throw	18.73m (61-5 1/2)	2/28/09

**JAKE LAPE**

800m	2:03.73	1/11/08
Mile	4:26.53	2/21/09
3,000m	8:55.41	2/28/09
5,000m	15:30.40	2/28/08

**RICK LAPE**

800m	1:55.56	2/6/09
Mile	4:32.65	12/5/08
3,000m	9:19.75	12/5/08

**MARK LIPINSKY**

60m	8.82	1/23/09
60m H	8.44	2/28/09
200m	23.92	2/21/09

**AARON MERRILL**

Shot Put	17.47m (57-3 3/4)	3/2/08
Weight Throw	16.46m (54-0)	2/15/08

**DAN NEMERGUT**

Mile	4:29.46	2/8/08
3,000m	9:01.88	2/25/07
5,000m	15:36.66	1/13/07

**JOHN PALLINI**

Shot Put	16.01m (52-6 1/2)	2/2/08
Weight Throw	14.80m (48-6 3/4)	2/28/09

**MICHAEL PERRI**

60m	7.41	2/28/09
60m H	9.08	2/28/09
400m	48.66	2/21/09
800m	2:01.30	1/11/08
High Jump	2.01m (6-7)	2/28/09
Pole Vault	2.75m (9-0 1/4)	2/28/09
Long Jump	6.24m (20-5 3/4)	2/28/09
Shot	10.80m (35-5 1/4)	2/28/09
Heptathlon	4,628 points	2/28/09

**ANTONIO QUARTERMAN**

60m	7.37	2/21/09
Long Jump	6.65m (21-10)	12/05/08
Triple Jump	13.24m (43-5 1/4)	2/28/09

**JIM RAMSON**

Mile	4:34.33	1/11/08
3,000m	9:12.45	1/18/08
5,000m	15:41.80	2/2/08

**JOHN SHEPPARD**

400m	51.95	2/15/08
800m	1:53.63	3/2/08
1,000m	2:34.23	2/25/07
Mile	4:27.33	1/27/06
3,000m	9:15.55	1/13/07

**KIPLANGAT TISIA**

Mile	4:14.46	1/7/09
3,000m	8:18.59	2/6/09
5,000m	14:15.10	2/14/09

**MARTIN VIETH**

55H	8.30	2/15/08
60H	8.98	3/2/08
High Jump	1.97m (6-5 1/2)	1/26/09
Long Jump	5.70m (18-8 1/2)	1/17/09
Triple Jump	12.29m (40-4)	1/17/09
Pole Vault	2.90m (9-6 1/4)	2/15/08
Heptathlon	3,438 points	2/26/06

**LENNY WICKS**

60m	7.33	2/6/09
200m	24.05	2/6/09
Long Jump	6.31m (20-8 1/2)	2/21/09

**SHAYNE YORK**

55m	6.95	1/19/07
60m	7.26	12/5/08
Pole Vault	3.44m (11-3 1/2)	12/5/08
High Jump	1.83m (6-0)	2/18/06
Long Jump	6.87m (22-6 1/2)	1/17/09
Triple Jump	14.05m (46-1 1/4)	1/30/09
Shot Put	9.39m (30-9 3/4)	12/5/08
Heptathlon	3,778 points	12/5/08

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## TRACK & FIELD

**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

**ERIC BALTPUTNIS**

100m	11.10	5/5/07
200m	22.11	5/5/07

**SAM CASSANO**

Discus	44.93m (147-5)	4/19/08
Hammer	44.47m (145-11)	4/19/08

**NICK CLOWES**

110m Hurdles	15.79	5/9/08
400m Hurdles	58.81	4/19/08
High Jump	1.85m (6-0 3/4)	5/9/08

**JOHNNY COPLEY**

Pole Vault	4.75m (15-7)	4/18/09
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**JOE COPPLOE**

1,500m	4:12.79	5/9/08
5,000m	16:53.32	5/9/08

**SCOTT DENHAM**

400m	52.64	3/28/09
800m	2:00.75	5/9/08
1,500m	4:12.60	4/19/08

**JAKE DIALESANDRO**

3,000m	9:30.56	4/12/08
5,000m	15:55.62	4/18/09
10,000m	32:24.04	5/1/09

**JUSTIN DICKMAN**

1,500m	4:19.61	5/5/07
3,000m	9:14.70	4/14/07
5,000m	15:47.39	5/1/09
10,000m	32:22.33	5/1/09

**BRYIN EHRHARDT**

High Jump	1.97m (6-5 1/2)	5/1/09
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**JEREMIAH FOLGER**

Shot Put	14.87m (48-9 1/2)	4/26/08
Discus	40.59m (133-2)	5/1/09
Hammer	46.45m (152-5)	5/9/08

**R.D. GOODRIGHT**

800m	1:51.76	5/1/09
1,500m	3:57.05	5/13/05
5,000m	16:42.92	3/26/05

**JERRILL HALL**

110m Hurdles	14.70	4/11/09
High Jump	2.00m (6-6 3/4)	5/9/08
Long Jump	6.75m (22-1 3/4)	5/9/08

**J.R. HODGE**

100m	10.72	5/9/09
200m	22.38	5/1/09

**CLARENCE HOWELL**

100m	11.15	5/11/07
200m	22.90	5/5/07
Long Jump	6.62m (21-8 3/4)	5/12/06
Triple Jump	12.37m (40-7)	5/6/06

**JEROME JEFFEREY**

400m	51.65	4/7/07
800m	1:57.45	4/26/08
1,500m	4:45.24	4/5/08

**HAROLD JONES**

400m	51.67	3/28/09
800m	1:51.42	5/31/08
1,500m	4:09.44	3/28/09

**ADAM KAGARISE**

200m	22.12	4/26/08
400m	47.53	4/19/08

**JOE LAHMON**

Shot Put	14.94m (49-0 1/4)	5/1/09
Discus	46.52m (152-7 1/2)	5/1/09
Hammer	58.94m (193-4)	4/12/08
Javelin	51.47m (168-10)	5/9/08

**JAKE LAPE**

1,500m	4:01.54	5/9/08
5,000m	15:17.94	3/28/09
Steeplechase	9:35.12	4/25/09

**RICK LAPE**

400m	52.55	3/28/09
800m	1:57.29	4/18/09

**MARK LIPINSKY**

110m Hurdles	14.65	5/9/09
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**AARON MERRILL**

Shot Put	17.70m (58-0 3/4)	4/25/09
Discus	47.55m (156-0)	4/11/09
Hammer	49.98m (163-11 3/4)	4/3/09

**DAN NEMERGUT**

1,500m	4:18.04	5/6/06
3,000m	9:03.08	4/7/07
5,000m	15:47.51	4/8/06
Steeplechase	9:51.79	5/11/07

**JOHN PALLINI**

Shot Put	15.91m (52-2 1/2)	4/25/09
Discus	38.36m (125-10)	5/9/08
Hammer	39.89m (130-10 1/2)	5/1/09
Javelin	40.60m (133-2 1/2)	4/18/09

**MICHAEL PERRI**

100m	11.97#	5/12/06
110m Hurdles	19.58	4/22/06
400m	50.73	5/3/08
400m Hurdles	53.26	4/18/09
800m	2:01.95	4/22/06
5,000m	15:47.51	4/8/06
High Jump	1.97m (6-5 1/2)	5/1/09
Long Jump	5.98m (19-7 1/2)	4/29/06
Shot Put	8.94m (29-4)	4/22/06
Javelin	31.75m (104-2)	4/15/06
Decathlon	5,110 points	5/9/08

**ANTONIO QUARTERMAN**

100m	11.40	4/18/09
200m	23.93	4/11/09
Long Jump	6.89m (22-7 1/4)	5/1/09
Triple Jump	14.26m (46-9 1/2)	4/25/09

**JOHN SHEPPARD**

800m	1:53.43	4/15/06
1,500m	3:57.84	4/26/08

**KIPLANGAT TISIA**

800m	1:58.60	5/9/09
1,500m	3:55.37	5/9/09
5,000m	14:36.82	5/1/09
Steeplechase	8:49.25	5/15/09

**MARTIN VIETH**

High Jump	1.91m (6-3 1/4)	5/12/06
Long Jump	5.65m (18-6 1/2)	4/29/06
Triple Jump	12.78m (41-11 1/4)	4/18/09

**SHAYNE YORK**

100m	11.59	4/22/06
110m Hurdles	19.67	4/26/08
200m	22.70	5/11/07
400m	53.99	4/19/08
High Jump	1.85m (6-0 3/4)	4/19/08
Long Jump	7.03m (23-0 3/4)	5/9/08
Triple Jump	14.21m (46-7 1/2)	5/9/08
Javelin	43.80m (143-8)	5/9/08
Decathlon	5,439 points	5/9/08