

55m Dash	21-Dec	3-Jan	11-Jan	17-Jan	24-Jan	1-Feb	7-Feb	15-Feb	21-Feb	1-Mar
Bill Bostick			6.5	6.7		6.6			6.6	
Matt Peterson			6.8	7.2	6.7	6.8			6.7	
Jeff Gryzb				6.89		6.8			6.7	
Montel Williamson				6.9	6.6					
Tom Klein			6.9	7.04						
Ricky Minor				7.25						
Mike Lizik				8.03						
Monica Allen			8.0	8.17		7.7			7.4	
Lindsey Lopusky					8.3	8.4				
Ashley Parker				7.98		7.4			7.6	
55m HH	21-Dec	3-Jan	11-Jan	17-Jan	24-Jan	1-Feb	7-Feb	15-Feb	21-Feb	
Mecca McDavis			9.5	9.91	9.0				9.0	
Nicole LaValle			11.9	11.97	11.9	11.4				
200m	21-Dec	3-Jan	11-Jan	17-Jan	24-Jan	1-Feb	7-Feb	15-Feb	21-Feb	
Bill Bostick	24.1		23.8		23.9	23.4	23.6		23.5	
Matt Peterson	24.6		26.5						24.3	
Montel Williamson	24.8									
Jeff Grzyb			24.9			25.8				
Eric Martin	25.4									
Kevin Gray	25.4				24.9	25.2				
Tom Klein			25.1		24.7				24.2	
Ashley Parker	28.8				28.1	28.6			28.3	
Monica Allen	29.6		29.1		28.1	28.0	27.7		27.2	
Mecca McDavis	31.7						29.7			
Lindsey Lopusky			32.6			31.5	30.8			
Nicole LaValle	32.8						31.9			
400m	21-Dec	3-Jan	11-Jan	17-Jan	24-Jan	1-Feb	7-Feb	15-Feb	21-Feb	
Andrew Fruehan	65.3									
Ricky Minor			59.9						55.3	
Eric Martin			58.9	61.4	55.4	55.8			55.5	
Anthony Mazzaresse				57.6	55.8	57.2				
Mike Lizik				69.3						
Matt Pasquentonio			61.3							

Francine Myers						70.7				
800m	<b>21-Dec</b>	<b>3-Jan</b>	<b>11-Jan</b>	<b>17-Jan</b>	<b>24-Jan</b>	<b>1-Feb</b>	<b>7-Feb</b>	<b>15-Feb</b>	<b>21-Feb</b>	
Anthony Mazzaresse			2:16							
Dan Freuhan			02:16.1	02:16.4		2:16	02:10.9		02:18.7	
John Karichko				02:26.3						
Andrew Freuhan			2:28	2:36	2:30		02:28.3			
Fleetwood						2:32				
Rachel Potosnak			2:42	02:39.1	02:36.4	02:33.7	02:35.8		02:41.2	
Erika Martin			2:49	02:53.1		3:05				
Amanda Conrad				03:06.4						
Francine Myers				03:06.6	3:01		02:52.4			
Mindy Argyle			2:47	2:49	2:52	02:46.4	02:51.2			
Erin Walendziewcz				02:46.2						
1600m	<b>21-Dec</b>	<b>3-Jan</b>	<b>11-Jan</b>	<b>17-Jan</b>	<b>24-Jan</b>	<b>1-Feb</b>	<b>7-Feb</b>	<b>15-Feb</b>	<b>21-Feb</b>	
John Karichko	05:37.4			05:19.6			05:20.1			
Andrew Fruehan	5:42	5:48		05:41.5						
Mike Booth		04:43.6				4:39	4:32		04:35.8	
Dan Tarwacki		6:00				05:38.5	05:34.4			
Jeremy Vargo				5:22						
Anthony Mazzaresse		5:13		5:11		5:08				
Fleetwood		6:06	6:08				6:07			
Amanda Conrad	6:49	6:36	6:37	06:39.2		06:47.6	06:41.2			
Lindsay Wirtz	7:32	7:17	7:32							
Kaitlyn Mihaly						6:57	06:54.3			
Erin Walendziewcz		5:55	5:52	05:49.9		5:58	05:34.4		05:48.6	
3000m	<b>21-Dec</b>	<b>3-Jan</b>	<b>11-Jan</b>	<b>17-Jan</b>	<b>24-Jan</b>	<b>1-Feb</b>	<b>7-Feb</b>	<b>15-Feb</b>	<b>21-Feb</b>	
John Karichko			11:10							
Dan Tarwacki			12:30							
Mike Booth							09:31.6			
Jeremy Vargo							10:55			
Amanda Conrad							13:10			
Lindsay Wirtz							14:23			
Erin Walendziewcz						11:52				

Shot Put	21-Dec	3-Jan	11-Jan	17-Jan	24-Jan	1-Feb	7-Feb	15-Feb	21-Feb		
Alex Lippai			43' 10"	41' 5"	42' 1/2"	45' 5"			43' 10"		
Sean Estep				35' 5"							
Shane Estep				35' 3"	35' 1/4"						
Brooke Coleman			29' 1 1/2"	29' 5"	28' 4 1/2"		28' 8"				
Jenn Pfoertner				26' 4"	24' 8"	22' 6"					
Mary McDavis				25' 3 1/2"	23' 3"	22' 3"	23'				
Antoinette Robinson			22' 3"	22' 9"	21' 6"	19'	19' 11"				
Long Jump	21-Dec	3-Jan	11-Jan	17-Jan	24-Jan	1-Feb	7-Feb	15-Feb	21-Feb		
Sean Ferraro			19'	17' 11 3/4"	18' 11"	19' 2"			18' 11"		
Bill Bostick				21' 2"							
Eric Martin			18' 5"	18' 4 1/4"	19' 7 1/2"				20' 10 1/2"		
Ray Harrison						18' 7"					
Montel Williamson				17' 9"							
Ashley Parker				14' 7"							
Mecca McDavis				9' 10 3/4"							
Monica Allen				12' 1"							
Lindsay Gyke			12' 8 1/2"		12' 8"	12' 1/2"					
Breanna Okain			9' 8"		10' 1/2"	10' 5"					
Danielle Vamn					9' 6"	10' 2"					
Triple Jump	21-Dec	3-Jan	11-Jan	17-Jan	24-Jan	1-Feb	7-Feb	15-Feb	21-Feb		
Lindsay Gyke			25' 10 1/2"		27'	25' 10"					
Breanna Okain			23' 4 1/2"		24' 8 1/4"	24' 8"					
Danielle Vamn					23' 6"	22' 1"					
High Jump	21-Dec	3-Jan	11-Jan	17-Jan	24-Jan	1-Feb	7-Feb	15-Feb	21-Feb		
Sean Ferraro			5' 4"			5' 6"					

4x200m Relay	Time	Date
Peterson, Klein	01:36.3	1-Feb
Gray, Bostick		
Peterson, Klein	1:37	21-Feb
Gray, Bostick		
Peterson, Klein	01:37.3	24-Jan

Williamson, Bostick		
Peterson, Klein	01:37.6	3-Jan
Williamson, Bostick		
Williamson, Klein	01:37.4	17-Jan
Martin, Bostick		
Williamson, Klein	01:37.7	7-Feb
Gray, Peterson		
Minor, Gray	01:39.7	3-Jan
Gryzb, Martin		
Minor, Gryzb	01:41.1	17-Jan
Gray, D. Fruehan		
Gryzb, Peterson	01:41.6	21-Dec
Williamson, Bostick		
Gray, Fruehan	01:43.6	21-Dec
Fruehan, Martin		

4x200m Girls	Time	Date
Allen, Loposky	01:55.5	21-Feb
McDavis, Parker		
Allen, LaValle	01:58.6	1-Feb
Loposky, Parker		
McDavis, Loposky	01:58.9	24-Jan
Allen, Parker		
McDavis, Loposky	01:59.9	17-Jan
Allen, Parker		
McDavis, LaValle	02:01.5	21-Dec
Allen, Parker		
McDavis, LaValle	02:04.7	11-Jan
Magwood, Allen		
McDavis, LaValle	02:07.7	3-Jan
Allen, Parker		

4x400m	Time	Date
Klein, Martin	03:40.2	21-Feb
Booth, Bostick		
DJ, Martin	03:53.9	3-Jan

Gray, Minor		
Minor, Gray	03:56.9	24-Jan
Klein, Martin		
D. Fruehan, Matt	03:57.7	21-Dec
Bostick, Martin		
LaValle, Loposky	05:13.6	3-Jan
Magwood, Allen		

4x800m	Time	Date
D. Fruehan, Pasquentonio	09:39.3	11-Jan
Karichko, Booth		
D. Fruehnan, Karichko	09:42.9	21-Dec
Pasquentonio, Mazzaresse		
D. Fruehan, Mazzaresse	9:58	1-Feb
A. Fruehan, Fleetwood		
Potosnak, Myers	11:01.5	21-Feb
Argyle, Walendziewcz		
Potosnak, Myers	11:03.5	1-Feb
Argyle, Walendziewcz		
Potosnak, Martin	11:37.8	11-Jan
Argyle, Walendziewcz		
Argyle, Walendziewcz	11:45	3-Jan
Mihaly, Potosnak		
Argyle, Walendziewcz	12:19	17-Jan
Mihaly, Potosnak		