



RECORD BOOK

EMPIRE 8

[MEN'S INDOOR TRACK AND FIELD]

From Empire 8 Championships Starting in 2004

Track Events

55 Meters	Amaan Siddeeq (Alfred, 2005), :06.67
200 Meters	Amaan Siddeeq (Alfred, 2005), :22.40
400 Meters	Brandon Wheeler (Nazareth, 2008), :50.59
500 Meters	Matt Bango (RIT, 2005), 1:06.30
800 Meters	Nick Stenuf (Nazareth, 2007), 1:54.91
Mile Run	Michael Hardbarger (RIT, 2007), 4:18.95
3,000 Meters	Nate Lowe (RIT, 2007), 8:38.87
5,000 Meters	Nate Lowe (RIT, 2007), 14:48.42
55-Meter Hurdles	Jimmy Sorel (RIT, 2006), :07.74

Field Events

High Jump	Brandon Wheeler (Nazareth, 2008) Kevin Alford (Ithaca, 2004), 1.85
Pole Vault	Steve Robin (Alfred, 2005), 4.71
Long Jump	James Aucoin (Ithaca, 2008), 6.68
Triple Jump	Jimmy Sorel (RIT, 2005), 13.52
Shot Put	Ryan Squillacioti (Alfred, 2007), 14.26
Weight Throw	Tariq Ahmad (Ithaca, 2005), 14.80

Relay Events

1,600-Meter Relay	Ithaca, 2004, 3:23.80 (Robert Pickels, Jim Ruger, Ben Partyka, Jim Ravener)
Distance Medley Relay	RIT, 2007, 10:16.61 (Andrew Varble, Jonathan Sealander, Marc O'Donnell, Michael Hardbarger)