

RECORD BOOK

EMPIRE 8 CONFERENCE

[MEN'S INDOOR TRACK & 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, 2007), :51.00
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	Kevin Alford (Ithaca, 2004), 1.85
Pole Vault	Steve Robin (Alfred, 2005), 4.71
Long Jump	Kevin Alford (Ithaca, 2004), 6.67
Triple Jump	Jimmy Sorel (RIT, 2005), 13.52
Shot Put	Ryan Squillacioti (Alfred, 2007), 14.26
Weight Throw	Tariq Ahmad (Ithaca, 2005), 14.80
Pentathlon	Kevin Alford (Ithaca, 2004), 3470

Relay Events

800-Meter Relay	Alfred, 2005, 1:33.93 (Nate Corney, Steve Robin, Rich Coyne, Amaan Siddeeq)
1,600-Meter Relay	Ithaca, 2004, 3:23.80 (Robert Pickels, Jim Ruger, Ben Partyka, Jim Ravener)
3,200-Meter Relay	RIT, 2004, 7:56.33 (Adam Cross, Scott Williamson, Ryan Pancoast, Curtis Howard)
Distance Medley Relay	RIT, 2007, 10:16.61 (Andrew Varble, Jonathan Sealander, Marc O'Donnell, Michael Hardbarger)