

# 2010 Tufts University Men's Track & Field

## Top 3 Performances

### 55m Dash

Vinnie Lee	6.66	Fr
Andrew Longley	6.71	Sr
Marc Soskin	6.75	Sr

### 100m Dash

Andrew Longley	11.16	Sr
Marc Soskin	11.27	Sr
Vinnie Lee	11.30	Fr

### 200m Dash

Andrew Longley	22.28	Sr
Vinnie Lee	22.58	Fr
Lomie Cunningham	22.77	Fr

### 400m Dash

Andrew Longley	49.44	Sr
Jared Engelking	49.77	Sr
Ben Crastnopol	50.09	So

### 600m Dash

Scott Brinkman	1:22.61	Sr
Connor Rose	1:23.50	So
Tobie Reeuwijk	1:24.00	So

### 800m Run

Billy Hale	1:53.49	Sr
Jeff Marvel	1:53.93	Fr
Jason Hanrahan	1:54.50	Sr

### 1000m Run

Billy Hale	2:28.70	Sr
Matt Tirrell	2:29.90	Sr
Sam Haney	2:32.93	Fr

### Mile Run

Jesse Faller	4:09.50 (c)	Sr
Jeff Ragazzini	4:17.60	Jr
Billy Hale	4:17.97 (c)	Sr

### 3000m Run

Jesse Faller	8:28.73	Sr
Nick Welch	8:37.05	Jr
Scott McArthur	8:48.73	So

### 5000m Run

Jesse Faller	14:17.10	Sr
Nick Welch	14:39.65	Jr
Matt Rand	14:52.70	Fr

### 10,000m Run

Jesse Faller	30:13.10	Sr
Matt Rand	31:31.79	Fr
Chris Brunnquell	32:33.20	Jr

### 55m High Hurdles

Jared Engelking	7.71	Sr
Ikenna Acholonu	7.80	Sr
Trevor Donadt	7.82	Sr

### 110m High Hurdles

Jared Engelking	14.61	Sr
Ikenna Acholonu	14.95	Sr
Trevor Donadt	14.98	Sr

### 400m Hurdles

Trevor Donadt	53.07	Sr
Andrew Longley	55.18	Sr
Bobby Bardin	59.44	Sr

### 3000m Steeplechase

Ryan Lena	9:26.93	Sr
Nick Welch	9:34.41	Sr
Brandon Severson	10:17.97	Fr

### 4x100m Relay

Lee (Fr), Soskin (Sr), Ajayi (Fr), Cunningham (Fr)	42.95
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### 4x400m Relay

Crastnopol (So), Longley (Sr), Hale (Sr), Lee (Fr)	3:23.99
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### 4x800m Relay

Hanrahan (Sr), Marvel (Fr), Hale (Sr), Kirschner (Fr)	7:42.67
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### Distance Medley Relay

Tirrell (Sr), Crastnopol (Fr), Hale (Sr), Faller (Sr)	9:56.97
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NCAA Qualifier

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## Top 3 Performances

### High Jump

Isaiah Paramore	6-6.75 (2.00m)	Jr
Mike Blair	6-4 (1.93m)	Fr
Frank DeSalvo	6-4 (1.93m)	Sr

### Pentathlon

Jared Engelking	3513	Sr
Trevor Donadt	3353	Sr
Tobie Reeuwijk	3161	So

### Pole Vault

Brad Nakanishi	15-2.75 (4.64m)	Fr
Sam Read	14-7 (4.45m)	Jr
Jared Engelking	14-7 (4.45m)	Sr

### Decathlon

Jared Engelking	6914	Sr
Frank DeSalvo	5355	Jr
Mike Blair	5178	Fr

### Long Jump

Isaiah Paramore	22-5.25 (6.84m)	Sr
Jonathan Pak	21-10.25 (6.66m)	Sr
Jared Engelking	21-0.75 (6.42m)	Sr

### Triple Jump

Gbola Ajayi	45-0.25 (13.72m)	Fr
Ikenna Acholonu	44-6 (13.56m)	Sr
Frank DeSalvo	43-3 (13.18m)	Jr

### Shot Put

Curtis Yancy	45-7.25 (13.90m)	Fr
David Dormon	43-9 (13.33m)	Jr
Sam Stone	42-0 (12.81m)	Fr

### Weight Throw

Alex Gresham	51-4.25 (15.65m)	So
Curtis Yancy	44-11.5 (13.70m)	Fr
David Dorman	42-11 (13.08m)	Jr

### Hammer Throw

Alex Gresham	172-1 (52.46m)	So
Matt Williams	148-11 (45.39m)	Fr
David Dorman	121-3 (36.96 m)	So

### Javelin Throw

Jared Engelking	175-7 (53.53m)	Sr
Mike Blair	140-4 (42.78m)	Fr
Frank DeSalvo	131-8 (40.13m)	Jr

### Discus Throw

Curtis Yancy	141-5 (43.10m)	Fr
Jared Engelking	134-9 (41.08m)	Sr
Alex Gresham	127-5 (38.84m)	Jr