

# GEORGE MASON MEN'S TRACK AND FIELD – TOP ALL-TIME INDOOR PERFORMANCES

## 55 METER DASH

1. Barry Douglas	6.18	1996
2. Patrick O'Connor	6.19	1989
John Myles-Mills	6.19	1992
4. Corey Cokes	6.25	1991
5. Godfrey Eason	6.31	1982
6. Maurice Wignall	6.33	2000
7. Serge Bengono	6.35	2003
8. Rachaunn Ruffin	6.37	2010
9. Eric Akogyiram	6.38	1992
Sam Davis	6.40	1995

## 60 METER DASH

1. Serge Bengono	6.74	2003
2. Rachaunn Ruffin	6.75	2010
3. Maurice Wignall	6.78	2000
4. Mike Garner	6.85	2005
<b>Bernard Freeman</b>	<b>6.85</b>	<b>2016</b>
<b>Ayo Raymond</b>	<b>6.85</b>	<b>2016</b>
7. Richard Phillips	6.88	2005
8. Sammy Sesay	6.89	2006
9. Adrian Vaughn	6.91	2014
10. LaVell Handy	6.92	2012

## 55 METER HURDLES

1. Ricardo Melbourne	7.23	2005
2. Manny Newman	7.32	1990
Maurice Wignall	7.32	1997
4. Chris Stokes	7.33	2001
5. Harold Morton	7.37	1986
6. Brian Hay	7.41	2006
7. Richard Phillips	7.42	2003
8. LaVell Handy	7.52	2010
9. Terrence McCrae	7.57	1995
<b>10. John Seals</b>	<b>7.64</b>	<b>2016</b>

## 60 METER HURDLES

1. Richard Phillips	7.68	2005
2. Chris Stokes	7.71	2001
Maurice Wignall	7.71	2000
4. Brian Hay	7.85	2008
5. Ricardo Melbourne	7.88	2004
6. LaVell Handy	7.89	2011
7. Anthony Williams	8.07	2012
<b>8. John Seals</b>	<b>8.23</b>	<b>2016</b>
9. Teddy Murphy	8.30	2015
<b>10. Kornelius Klah</b>	<b>8.31</b>	<b>2016</b>

## 200 METER DASH

1. Adrian Vaughn	21.19	2013
Rachaunn Ruffin	21.19	2011
3. Patrick O'Connor	21.20	1990
4. Nick Vaughn	21.24	2010
5. John Myles-Mills	21.28	1990
6. David Verburg	21.33	2013
7. Louis Sales	21.40	1995
8. Henry Harris	21.43	2004
<b>9. Bernard Freeman</b>	<b>21.50</b>	<b>2016</b>
10. JaVell Bullard	21.68	2009

## 300 METER DASH

1. JaVell Bullard	33.58	2009
2. John Parker	33.81	1983
3. Nick Vaughn	34.35	2010
4. David Verburg	34.42	2011
<b>5. Xavier King Jr.</b>	<b>34.44</b>	<b>2015</b>
6. Travaughn Baker-Johnson	34.96	2011
<b>7. Bernard Freeman</b>	<b>34.74</b>	<b>2015</b>
<b>8. DaQuan Smalls</b>	<b>34.82</b>	<b>2015</b>
9. Kevin Wilson	34.98	2008
10. Marcus Wyche	35.09	2007

## 400 METER DASH

1. Greg Houghton	45.66	1995
2. David Verburg	45.83	2013
3. Reggie Henderseon	46.30	1983
4. Tim Hesse	46.98	1989
5. George Empty	47.22	2012
6. Louis Sales	47.28	1995
Shawn Vass	47.28	1990
8. JaVell Bullard	47.30	2011
9. Ian Weakly	47.32	1996
10. Barrington Campbell	47.84	1994

## 500 METER DASH

1. George Empty	1:01.24	2013
2. David Verburg	1:01.29	2013
3. Reggie Henderson	1:01.42	1983
4. Ian Weakly	1:02.01	1996
5. Kevin Wilson	1:02.17	2010
6. Shawn Vass	1:02.79	1990
7. Dwight Roberts	1:03.00	1991
8. Alex Morgan	1:03.17	1994
9. Reggie Henderson	1:03.24	1983
10. Mutsa Nyakabau	1:03.25	2008

## 600 METER DASH

1. David Verburg	1:18.06	2012
2. George Empty	1:18.56	2012
3. Kevin Wilson	1:19.96	2010
4. Cody Raphael	1:20.64	2012
5. Tom Troxell	1:21.60	2009
6. Tyler Golden	1:21.70	2011
7. MacGregor Lennarz	1:23.67	2008

## 800 METER RUN

1. Alex Morgan	1:46.70	1996
2. Chris Carrington	1:47.30	2011
3. Mario Vernon-Watson	1:48.00	1995
4. John Cook	1:48.36	1989
5. Julius Achon	1:48.82	1996
6. Miklos Arpasi	1:49.03	1996
7. Ibrahim Okash	1:49.17	1985
8. Simon Bowen	1:49.30	1994
9. Michael Pachella	1:50.05	2009
10. Chris Baker	1:50.53	2002

## 1000 METER RUN

1. Abdi Bile	2:07.07	1985
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2. Dave Romaine	2:15.70	
3. Julius Achon	2:20.54	1997
4. Ibrahim Aden	2:21.44	1996
5. Simon Bowen	2:23.08	1994
6. Ibrahim Okash	2:23.64	1986
7. Parker Boudreau	2:23.85	2011
8. Michael Pachella	2:24.65	2009
9. Sam Horn	2:24.96	2008
10. Mario Vernon-Watson	2:25.74	1994

## MILE

1. Abdi Bile	3:55.77	1986
2. Julius Achon	3:57.66	1996
3. Ibrahim Aden	4:00.92	1996
4. Sam Horn	4:02.00	2010
<b>5. Steven Flynn</b>	<b>4:03.13</b>	<b>2016</b>
6. Parker Boudreau	4:04.52	2012
7. Abdi Abdi	4:04.89	1984
8. Chris Carrington	4:06.09	2011
9. Anthony LaMastro	4:06.96	2010
<b>10. Logan Miller</b>	<b>4:09.28</b>	<b>2015</b>

## 3000 METER RUN

1. Jon Babcock	8:07.60	1983
2. Everett Hackett	8:09.35	2011
3. Michael Conway	8:16.71	2015
<b>4. Steven Flynn</b>	<b>8:17.68</b>	<b>2016</b>
5. Alex Ott	8:24.04	2012
6. Anthony LaMastro	8:28.45	2010
<b>7. Grayson Morgan</b>	<b>8:32.10</b>	<b>2015</b>
<b>8. Brent Coulter</b>	<b>8:34.86</b>	<b>2015</b>
<b>9. Paul Adam</b>	<b>8:37.64</b>	<b>2016</b>
<b>10. Adam LaFemina</b>	<b>8:38.13</b>	<b>2016</b>

## 5000 METER RUN

1. Scott Tekesky	14:37.75	2010
2. John Holt	14:37.81	2012
3. Rob Lotwis	14:43.20	1994
4. Michael Conway	14:48.53	2015
5. James Luehrs	14:51.81	2015
<b>6. Grayson Morgan</b>	<b>14:54.18</b>	<b>2016</b>
7. Philip Blankenship	14:57.15	2011
<b>8. Adam LaFemina</b>	<b>14:58.29</b>	<b>2016</b>
9. James Snyder	15:19.02	2008
<b>10. Brent Coulter</b>	<b>15:30.85</b>	<b>2015</b>

## HIGH JUMP

1. Tony Barton	2.29	1990
2. Alex Rosen	2.21	1994
3. Scott Dunham	2.19	1981
4. Skeeter Jackson	2.14	1984
<b>John Seals</b>	<b>2.14</b>	<b>2016</b>
6. Quentin Matthews	2.12	2006
7. Wayne Wright	2.09	2003
Jon Martin	2.09	2003
9. Kevin Hegel	2.05	2010
10. Jonathan Wright	2.02	2005

## LONG JUMP

1.	John Parker	8.01	1984
2.	Maurice Wignall	7.99	2000
3.	Allen Simms	7.98	2001
4.	Skeeter Jackson	7.89	1984
5.	Adrian Cumberbatch	7.70	1999
	Eugene Koranteng	7.70	1991
7.	Marc Kellman	7.55	2004
8.	LaVell Handy	7.50	2011
	Dwight Webley	7.50	2009
10.	Sam Davis	7.41	1995
	<b>Raeshawn Bishop</b>	<b>7.41</b>	<b>2016</b>

## TRIPLE JUMP

1.	Allen Simms	16.80	2001
2.	Eugene Koranteng	16.66	1990
3.	Marc Kellman	16.43	2006
4.	Trevor Black	16.33	1984
5.	Ryan McCoy	15.88	2005
6.	LaVell Handy	15.83	2012
7.	Skeeter Jackson	15.81	1982
8.	Tony Barton	15.70	1990
9.	Sam Davis	15.30	1995
10.	Dwight Webley	15.09	2009

## SHOT PUT

1.	Perry Gaskins	18.52	1997
2.	Tom Pascoe	16.99	1982
3.	<b>Jared Lewis</b>	<b>14.27</b>	<b>2016</b>
4.	Rick Worthington	13.84	2006
5.	Brandon Holmberg	13.43	2010
6.	Kirk Nguyen	13.05	2011
7.	<b>Garrett Friendly</b>	<b>12.77</b>	<b>2016</b>
8.	<b>Pat Hodge</b>	<b>12.70</b>	<b>2016</b>
9.	Jason Way	12.60	1994
10.	Kenzell Crawford	11.93	2013

## WEIGHT THROW

1.	Kirk Nguyen	16.35	2012
2.	Michael Mingo-Dabney	15.82	2015
3.	Brandon Holmberg	15.26	2010
4.	Michael Foley	14.53	2012
5.	<b>Jared Lewis</b>	<b>14.47</b>	<b>2016</b>
6.	Michael Mezher	13.90	2013
7.	<b>Pat Hodge</b>	<b>13.34</b>	<b>2016</b>
8.	Shaz Usman	12.90	2012
9.	Josh Cole	12.59	2003
10.	Ryan Williams	12.56	2014

## POLE VAULT

1.	Istvan Bagyula	5.82	1992
2.	Zoltan Bujtor	5.05	1996
3.	Jim Shotwell	5.03	1985
4.	Wes Sun	5.00	2011
5.	Mark Spenik	4.90	1982
6.	Zak Sisak	4.81	2010
7.	Patrick Dietrick	4.80	2012
	Sean Daugherty	4.80	2013
9.	Zachary Lawson	4.70	2012
	Lee Oxenford	4.70	2009

## PENTATHLON

1.	Rob Muzzio	4,224	1987
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## HEPTATHLON

1.	<b>John Seals</b>	<b>5,152</b>	<b>2016</b>
2.	David Wellington	4,723	2011
3.	Gustavo Osorio	4,524	2012
4.	Kenzell Crawford	4,429	2013
5.	<b>Trip Chewning</b>	<b>4,316</b>	<b>2016</b>

**BOLD = current student-athlete**

*(Last updated 8/23/16)*