

Illinois Wesleyan Men's Indoor Track Bests - 2009

55 Meter Dash			
Aaron Massy	East St. Louis, Ill. (Belleville West HS)	6.7	IWU Dual, 12/5/08
Adam Harrison	Bloomington, Ill. (Central Catholic HS)	6.8	IWU Dual, 12/5/08
Michael Conti	Itasca, Ill. (Driscoll Catholic)	6.98	Monmouth Invitational 1/24/09
Michael Conti	Itasca, Ill. (Driscoll Catholic)	7.02	Monmouth Invitational 1/24/09
Aaron Massy	East St. Louis, Ill. (Belleville West HS)	7.04	Monmouth Invitational 1/24/09
200 Meter Dash			
Aaron Ball	St. Joseph, Ill. (Ogden HS)	23.19	Monmouth Invitational 1/24/09
Aaron Ball	St. Joseph, Ill. (Ogden HS)	23.40	Titan Open, 1/30/09
Michael Conti	Itasca, Ill. (Driscoll Catholic)	23.72	Monmouth Invitational 1/24/09
Adam Harrison	Bloomington, Ill. (Central Catholic HS)	25.0	IWU Dual, 12/5/08
Curtis Cribben	Somonauk, Ill.	25.27	Monmouth Invitational 1/24/09
300 Meter Dash			
Aaron Ball	St. Joseph, Ill. (Ogden HS)	36.66	Monmouth Invitational 1/24/09
Mike Conti	Itasca, Ill. (Driscoll Catholic)	36.8	IWU Dual, 12/5/08
Mike Conti	Itasca, Ill. (Driscoll Catholic)	37.58	Monmouth Invitational 1/24/09
Mike Burgess	Tuscola, Ill. (HS)	38.2	IWU Dual, 12/5/08
Tim Quinn	Palatine, Ill. (Fremd HS)	39.0	IWU Dual, 12/5/08
400 Meter Dash			
Mike Conti	Itasca, Ill. (Driscoll Catholic)	51.81	Keck Invite, 2/7/09
Aaron Ball	St. Joseph, Ill. (Ogden HS)	52.12	Fighting Scotts, 2/14/09
Aaron Ball	St. Joseph, Ill. (Ogden HS)	52.28	Titan Open 1/30/09
Aaron Ball	St. Joseph, Ill. (Ogden HS)	52.33	Rose-Hulman, 1/16/09
Mike Conti	Itasca, Ill. (Driscoll Catholic)	52.36	Rose-Hulman, 1/16/09
600 Meter Dash			
John Maloney	Glenview, Ill. (Glenbrook South HS)	1:33.29	Monmouth Invitational 1/24/09
Danny Burke	Monee, Ill. (Marian Catholic HS)	1:35.96	Monmouth Invitational 1/24/09
1 Mile Run			
Wally Farris	Woodstock, Ill (HS)	4:19.23	Keck Invite, 2/7/09
Wally Farris	Woodstock, Ill (HS)	4:26.70	Monmouth Invitational 1/24/09
Tyler Saunders	Hudson, Ohio (HS)	4:27.52	Titan Open 1/30/09
Tyler Saunders	Hudson, Ohio (HS)	4:29.87	Fighting Scotts,

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Max Lustick	St. Louis, Mo. (Ladue Horton Watkins HS)	4:31.81	Monmouth Invitational 1/24/09
800 Meter Run			
Noah Dunham	Pontiac, Ill (HS)	1:57.94	Keck Invite, 2/7/09
Noah Dunham	Pontiac, Ill. (HS)	1:58.0	IWU Dual, 12/5/08
Noah Dunham	Pontiac, Ill. (HS)	1:58.07	
Noah Dunham	Pontiac, Ill. (HS)	1:59.14	Rose-Hulman, 1/16/09
Noah Dunham	Pontiac, Ill. (HS)	2:00.54	Monmouth Invitational 1/24/09
Jim Fahey	Lombard, Ill. (Glenbard East HS)	2:01.42	Monmouth Invitational 1/24/09
Jim Fahey	Lombard, Ill (Glenbard East HS)	2:02.07	Keck Invite, 2/7/09
Max Lustick	St. Louis, Mo. (Ladue Horton Watkins HS)	2:02.39	Titan Open 1/30/09
3000 Meter Run			
Walter Farris	Woodstock, Ill. (HS)	8:48.55	Fighting Scotts, 2/14/09
Walter Farris	Woodstock, Ill. (HS)	8:53.17	Titan Open 1/30/09
Walter Farris	Woodstock, Ill. (HS)	8:58.92	Rose-Hulman, 1/16/09
Keith Lehuta	Lemont, Ill. (HS)	9:17.39	Keck Invite, 2/7/09
Joe Cambell	Coon Rapids, Minn. (HS)	9:21.96	Keck Invite, 2/7/09
5000 Meter Run			
Joe Campbell	Coon Rapids, Minn. (HS)	16:04.75	Fighting Scotts, 2/14/09
Keith Lehuta	Lemont, Ill. (HS)	16:04.81	Fighting Scotts, 2/14/09
Paul Kwak	Palatine, Ill. (HS)	16:21.69	Keck Invite, 2/7/09
Joe Campbell	Coon Rapids, Minn. (HS)	16:24.2	Titan Open, 1/30/09
Paul Kwak	Palatine, Ill. (HS)	16:29.88	Monmouth Invitational 1/24/09
55 Meter Hurdles			
John Maloney	Glenview, Ill. (Glenbrook South HS)	8.07	Fighting Scotts, 2/14/09
John Maloney	Glenview, Ill. (Glenbrook South HS)	8.08	Keck Invite, 2/7/09
John Maloney	Glenview, Ill. (Glenbrook South HS)	8.09	Monmouth Invitational 1/24/09
John Maloney	Glenview, Ill. (Glenbrook South HS)	8.15	Titan Open 1/30/09
John Maloney	Glenview, Ill. (Glenbrook South HS)	8.17	Monmouth Invitational 1/24/09
4x200 Meter Relay			

4x400 Meter Relay			
IWU "A"		3:24.95	Keck Invite, 2/7/09
IWU "A"		3:28.36	Titan Open 1/30/09
IWU "A"		3:31.3	IWU Dual, 12/5/08
IWU "A"		3:31.52	Rose-Hulman, 1/16/09
IWU "A"		3:32.04	Fighting Scotts, 2/14/09
4x800 Meter Relay			
Distance Medley			
IWU "A"		10:26.32	Titan Open 1/30/09
High Jump			
John Maloney	Glenview, Ill. (Gelnbrook South HS)	1.73m	Titan Open 1/30/09
John Maloney	Glenview, Ill. (Gelnbrook South HS)	1.67m	Monmouth Invitational 1/24/09
Pole Vault			
Alex Lambert	Champaign, Ill. (Tremont HS)	4.68m	Titan Open 1/30/09
Alex Lambert	Champaign, Ill. (Tremont HS)	4.55m	Fighting Scotts, 2/14/09
Alex Lambert	Champaign, Ill. (Tremont HS)	4.53m	Monmouth Invitational 1/24/09
Alex Lambert	Champaign, Ill. (Tremont HS)	4.52m	Keck Invite, 2/7/09
Alex Lambert	Champaign, Ill. (Tremont HS)	4.42m	IWU Dual, 12/5/08
Long Jump			
John Maloney	Glenview, Ill. (Glenbrook South HS)	6.33m	Titan Open 1/30/09
Aaron Massey	East St. Louis, Ill. (Belleville West HS)	6.30m	IWU Dual, 12/5/08
John Maloney	Glenview, Ill. (Glenbrook South HS)	5.95m	Monmouth Invitational 1/24/09
Aaron Massey	East St. Louis, Ill. (Belleville West HS)	5.76m	Rose-Hulman, 1/16/09
Aaron Massey	East St. Louis, Ill. (Belleville West HS)	5.92m	Monmouth Invitational 1/24/09
Triple Jump			
Aaron Massey	East St. Louis, Ill. (Belleville West HS)	13.40m	IWU Dual, 12/5/08
Aaron Massey	East St. Louis, Ill. (Belleville West HS)	13.30m	Keck Invite, 2/7/09
Aaron Massey	East St. Louis, Ill. (Belleville West HS)	13.26m	Titan Open 1/30/09
Aaron Massey	East St. Louis, Ill. (Belleville West HS)	13.25m	Rose-Hulman, 1/16/09
Aaron Massey	East St. Louis, Ill. (Belleville West HS)	12.85m	Monmouth Invitational 1/24/09

Shot Put			
Kindred Cook	Chicago, Ill. (Whitney Young HS)	12.38m	Titan Open 1/30/09
Andrew Petro	Arlington Heights, Ill. (Hersey HS)	12.30m	Keck Invite, 2/7/09
Darien West	Chicago, Ill. (De La Salle Institute)	12.28m	Monmouth Invitational 1/24/09
Darien West	Chicago, Ill. (De La Salle Institute)	12.27m	Rose-Hulman, 1/16/09
Andrew Petro	Arlington Heights, Ill. (Hersey HS)	12.21m	Titan Open 1/30/09
Darien West	Chicago, Ill. (De La Salle Institute)	12.20m	IWU Dual, 12/5/08
Weight Throw			
<i>Darien West</i>	<i>Chicago, Ill. (De La Salle Institute)</i>	<i>17.23m *</i>	<i>Fighting Scotts, 2/14/09</i>
Darien West	Chicago, Ill. (De La Salle Institute)	16.35m	<i>Rose-Hulman, 1/16/09</i>
Darien West	Chicago, Ill. (De La Salle Institute)	16.33m	Monmouth Invitational 1/24/09
Darien West	(Chicago, Ill. (De La Salle Institute)	16.32m	Keck Invite, 2/7/09
Darien West	Chicago, Ill. (De La Salle Institute)	15.55m	Titan Open 1/30/09

* - Indicates school record