

# Northern Athletic Conference boys indoor track & field

## —Top 10 Times—

Updated and including meets through 01/18/2008 · Maintained by Andy Devins, NNYTOA

### Boys 3200 Meter Relay

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NAC Record - 8:01.6 Malone [Mulverhill, Lawrence, Taylor, VanEss] 1989				
1	8:41.0	Canton 'A'		01/11/08
		1) French, Colin	2) Anderson, James	
		3) Jones, Jeff	4) Pierce, Matt	
2	8:45.0	South Jefferson 'A'		01/11/08
3	8:59.6	Ogdensburg 'A'		01/18/08
4	9:31.0	Potsdam 'A'		01/04/08
5	9:38.6	Malone 'A'		01/18/08

### Boys 55 Meter Dash

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NAC Record - 6.4 Joe Johnson, Indian River [2002]				
1	6.6	Leffler, Zack	11	Malone 01/18/08
1	6.6	Fisher, Andy	11	Ogdensburg 01/18/08
3	6.7	Abar, Damien	10	Canton 01/18/08
4	6.8	Egeberg, Matt	12	South Jefferson 01/18/08
4	6.8	Maloy, Dan	10	Gouverneur 12/14/07
4	6.8	Brown, Tyler	12	Indian River 12/14/07
7	6.9	Warner, Matt	12	Ogdensburg 12/14/07
7	6.9	Linsky, Zac	9	Norwood-Norfolk 12/14/07
7	6.9	Cook, Carson	11	Canton 12/14/07
10	7.0	Teepie, Jon	12	Malone 12/14/07

### Boys 55 Meter Hurdles

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NAC Record - 7.4 Lucas Kerley, South Jefferson [1989]				
1	8.1	Clark, Zach	12	Norwood-Norfolk 01/04/08
2	8.7	Marlow, Justin	10	Malone 01/11/08
3	8.9	Hall, Corey	11	Indian River 01/18/08
4	9.1	Graves, Josh	11	South Jefferson 01/11/08
4	9.1	Cook, Carson	11	Canton 01/18/08
4	9.1	Perry, Mike	10	Malone 01/18/08
7	9.3	Spangler, Tom	12	Tupper Lake 01/11/08
8	9.4	Graves, Steven	11	South Jefferson 01/04/08
9	9.6	Spicer, Dylan	11	Norwood-Norfolk 12/14/07
10	9.7	Peck, Jarrod	11	Indian River 12/14/07

### Boys 1600 Meter Run

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NAC Record - 4:14.0 Jim Tyler, Norwood-Norfolk [1981]				
1	4:42.0	Pierce, Matt	10	Canton 01/04/08
2	4:42.3	Sanders, Ryan	12	South Jefferson 01/04/08
3	4:46.3	Stone, Graham	10	Norwood-Norfolk 01/11/08
4	4:47.7	Burns, Greg	12	South Jefferson 12/14/07
5	4:55.8	Traynor, Nate	9	South Jefferson 01/11/08
6	4:57.0	Hathaway, Kyle	12	South Jefferson 01/11/08
7	4:57.2	Leffler, Nick	12	Malone 01/11/08
8	5:02.0	Beaudette, Charlie	10	Tupper Lake 12/14/07
9	5:07.2	Morris, George	10	Potsdam 01/11/08
10	5:07.8	DePuy, Ian	10	Malone 12/14/07

**Boys 600 Meter Dash**

NAC Record - 1:22.18 Gino Bisceglia, Norwood-Norfolk [2007]

1	1:30.0	Purvis, James	11	Norwood-Norfolk	01/11/08
2	1:30.6	Disotelle, Josh	11	Malone	01/11/08
3	1:31.7	Fredericks, Jake	11	Ogdensburg	12/14/07
4	1:32.7	Jones, Jeff	12	Canton	01/04/08
4	1:32.7	Kunkel, Jim	12	Malone	01/11/08
6	1:33.1	Ramey, Justin	9	South Jefferson	01/11/08
7	1:33.3	Anderson, James	12	Canton	01/18/08
8	1:33.7	Spicer, Dylan	11	Norwood-Norfolk	12/14/07
8	1:33.7	Porter, Jay	11	South Jefferson	01/11/08
10	1:35.7	Crawford, Spencer	11	Ogdensburg	01/11/08

**Boys 300 Meter Dash**

NAC Record - 35.4 Gino Bisceglia, Norwood-Norfolk [2007]

1	37.5	Fisher, Andy	11	Ogdensburg	01/18/08
2	37.8	Wilson, Curtis	10	South Jefferson	01/11/08
3	38.3	Egeberg, Matt	12	South Jefferson	01/18/08
4	39.3	Teeples, Jon	12	Malone	01/18/08
5	39.6	Doney, Trent	11	South Jefferson	01/18/08
6	39.7	Anderson, James	12	Canton	01/04/08
7	39.8	Jones, Jeff	12	Canton	01/18/08
8	40.5	Maloy, Dan	10	Gouverneur	01/18/08
8	40.5	Linsky, Zac	9	Norwood-Norfolk	01/18/08
10	40.6	Cook, Carson	11	Canton	01/11/08

**Boys 1000 Meter Run**

NAC Record - 2:32.9 Ed Zysik, Massena [1998]

1	2:50.7	Fredericks, Jake	11	Ogdensburg	01/11/08
2	2:51.35	Burns, Greg	12	South Jefferson	12/29/07
3	2:51.9	Anderson, James	12	Canton	12/14/07
4	2:52.0	Stone, Graham	10	Norwood-Norfolk	01/11/08
5	2:55.4	Hathaway, Kyle	12	South Jefferson	01/18/08
6	2:55.6	McCormick, Nick	11	South Jefferson	01/11/08
7	2:56.7	Marlow, Justin	10	Malone	01/18/08
8	2:57.9	French, Colin	12	Canton	01/04/08
9	2:59.6	Rose, Matt	12	Ogdensburg	01/18/08
10	3:02.7	Pierce, Matt	10	Canton	01/11/08

**Boys 3200 Meter Run**

NAC Record - 9:18.66 Jon Pierce, Canton [2002]

1	10:17.1	Sanders, Ryan	12	South Jefferson	01/18/08
2	10:33.5	Pierce, Matt	10	Canton	01/18/08
3	10:44.4	Traynor, Nate	9	South Jefferson	12/14/07
4	10:53.3	Brehm, Alex	12	Potsdam	01/18/08
5	10:57.4	Morris, George	10	Potsdam	01/18/08
6	10:59.3	Bigness, Jon	10	Salmon River	01/18/08
7	10:59.8	Burns, Greg	12	South Jefferson	12/14/07
8	11:00.5	Schram, Mike	11	Tupper Lake	01/11/08
9	11:05.7	Lauzon, Thomas	9	Salmon River	01/18/08
10	11:20.2	Hathaway, Kyle	12	South Jefferson	01/11/08

**Boys 1600 Meter Relay**

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**NAC Record - 3:33.76 Malone [Barnett, Honahan, Moulton, Seymour] 2000**

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1	3:45.6	Malone 'A'		01/18/08
		1) Kunkel, Jim	2) DePuy, Ian	
		3) Disotelle, Josh	4) Marlow, Justin	
2	3:46.3	South Jefferson 'A'		01/11/08
3	3:51.2	Norwood-Norfolk 'A'		01/04/08
4	3:52.9	Canton 'A'		01/04/08
5	3:54.1	Ogdensburg 'A'		01/11/08

**Boys 800 Meter Relay**

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**NAC Record - 1:35.7 Norwood-Norfolk [Bisceglia, Colby, Gay, Wagschal] 2007**

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1	1:39.2	Malone 'A'		01/11/08
		1) Marlow, Justin	2) Leffler, Nick	
		3) Leffler, Zack	4) Teeple, Jon	
2	1:40.5	Ogdensburg 'A'		01/11/08
3	1:40.9	Norwood-Norfolk 'A'		01/18/08
3	1:41.2	South Jefferson 'A'		01/18/08
5	1:41.6	Canton 'A'		01/18/08

**Boys Long Jump**

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**NAC Record - 23-07.00 Lucas Kerley, South Jefferson [1989]**

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1	20-05.00	Bracy, C.J.	12	Ogdensburg	01/11/08
2	19-11.00	Hall, Corey	11	Indian River	01/18/08
3	19-10.50	Warner, Matt	12	Ogdensburg	01/11/08
4	19-02.00	Tuttle, Russ	11	Ogdensburg	01/04/08
5	18-05.00	Jamison, Evan	12	Massena	01/04/08
6	18-04.50	Graves, Josh	11	South Jefferson	01/11/08
7	18-01.50	Abar, Damien	10	Canton	01/11/08
8	17-11.50	Truax, Dan	10	Gouverneur	12/14/07
9	17-08.00	Campbell-Groce, Robert	11	Indian River	01/11/08
10	17-07.50	Nowak, Greg	11	Norwood-Norfolk	01/04/08

**Boys Triple Jump**

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**NAC Record - 46-06.50 Lucas Kerley, South Jefferson [1989]**

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1	41-11.50	Fredericks, Jake	11	Ogdensburg	01/18/08
2	40-00.00	Hall, Corey	11	Indian River	01/04/08
3	38-04.00	Truax, Dan	10	Gouverneur	01/04/08
3	38-04.00	Bracy, C.J.	12	Ogdensburg	01/18/08
5	37-01.50	Porter, Jay	11	South Jefferson	01/11/08
6	36-07.00	Graves, Steven	11	South Jefferson	01/18/08
7	36-05.50	Campbell-Groce, Robert	11	Indian River	01/04/08
8	36-01.00	Hall, D.J.		Indian River	01/18/08
9	35-06.00	Crawford, Spencer	11	Ogdensburg	01/18/08
10	35-05.00	Tanner, Jory	10	South Jefferson	01/18/08

**Boys High Jump**

NAC Record - 6-09.00 Tom Michaud, Massena [1988]

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1	6-04.00	Bracy, C.J.	12	Ogdensburg	12/14/07
2	5-10.00	Jamison, Evan	12	Massena	01/11/08
2	5-10.00	Abar, Damien	10	Canton	01/18/08
4	5-08.00	Tuttle, Russ	11	Ogdensburg	01/04/08
4	5-08.00	Brown, Tyler	12	Indian River	12/14/07
6	5-06.00	Hall, D.J.		Indian River	01/04/08
6	5-06.00	Truax, Dan	10	Gouverneur	12/14/07
6	5-06.00	Hall, Corey	11	Indian River	01/11/08
6	5-06.00	Perry, Mike	10	Malone	01/11/08
10	5-04.00	Hanson, Steven	12	South Jefferson	01/11/08

**Boys Shot Put**

NAC Record - 53-03.00 Frank Grand, Indian River [1998]

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1	45-03.00	Harrington, Than	12	South Jefferson	01/18/08
2	40-00.00	Zanker, Clark		Ogdnesburg	01/18/08
3	39-11.75	Koerick, Kevin	11	Gouverneur	01/04/08
4	39-08.25	Simonds, Casey	11	Massena	01/04/08
5	39-06.50	Leffler, Zach	11	Malone	01/11/08
6	39-03.00	Slate, Tyler	11	Indian River	12/14/07
7	38-11.50	Hanna, Derek	11	Malone	01/11/08
8	38-09.00	Callahan, Travis	12	Indian River	01/04/08
9	37-08.00	Jackson, Ryan	11	South Jefferson	12/21/07
10	36-03.00	Jamison, Evan	12	Massena	01/18/08