



Montclair State Men's Top Performances

Note: This is a list of top performances in all events. No conversions are applied. Wind-aided marks are excluded.

100 Meters

RANK	ATHLETE	YEAR	TIME	MEET	MEET DATE
2598	Hargrove, Terea	FR-1	11.69	Ramapo College Invitational	Apr 3, 2010

200 Meters

RANK	ATHLETE	YEAR	TIME	MEET	MEET DATE
3010	Esperance, Jarman	FR-1	23.75	2010 CTC Outdoor Championships	Apr 17, 2010

400 Meters

RANK	ATHLETE	YEAR	TIME	MEET	MEET DATE
3636	Gershey, Eric	SO-2	54.24	Ramapo College Invitational	Apr 3, 2010
3747	Lynch, Timothy	FR-1	54.49	2010 CTC Outdoor Championships	Apr 17, 2010

800 Meters

RANK	ATHLETE	YEAR	TIME	MEET	MEET DATE
1930	Iavarone, Terry	SR-4	1:58.52	Ramapo College Invitational	Apr 3, 2010

1500 Meters

RANK	ATHLETE	YEAR	TIME	MEET	MEET DATE
5206	Iavarone, Terry	SR-4	4:31.05	Farmingdale State Invitational	Mar 27, 2010

110 Hurdles

RANK	ATHLETE	YEAR	TIME	MEET	MEET DATE
130	Brown, Will	JR-3	14.36	2010 Lions Last Chance	May 20, 2010
284	Jean-Phillippe, Adenford	SR-4	14.76	2010 Lions Last Chance	May 20, 2010

400 Hurdles

RANK	ATHLETE	YEAR	TIME	MEET	MEET DATE
1385	Lynch, Timothy	FR-1	59.95	NJAC OUTDOOR CHAMPIONSHIPS	May 8, 2010
1579	Jean-Phillippe, Adenford	SR-4	1:01.59	NJAC OUTDOOR CHAMPIONSHIPS	May 8, 2010

4 x 400 Relay

RANK	TIME	MEET	MEET DATE
545	3:26.34	Penn Relays	Apr 20, 2010

High Jump

RANK	ATHLETE	YEAR	MARK	CONV	MEET	MEET DATE
587	Adenugba, Niyi	JR-3	1.94m	6' 4.25"	Princeton Elite Meet	May 1, 2010
1398	Forsthoff, Michael	SO-2	1.75m	5' 8.75"	Fairleigh Dickinson Classic	Apr 10, 2010

Long Jump

RANK	ATHLETE	YEAR	MARK	CONV	MEET	MEET DATE
311	Hargrove, Terea	FR-1	7.06m	23' 2"	Fairleigh Dickinson Classic	Apr 10, 2010
1256	Adenugba, Niyi	JR-3	6.38m	20' 11.25"	Fairleigh Dickinson Classic	Apr 10, 2010

Triple Jump

RANK	ATHLETE	YEAR	MARK	CONV	MEET	MEET DATE
596	Adenugba, Niyi	JR-3	13.55m	44' 5.5"	Ramapo College Invitational	Apr 3, 2010
741	Hargrove, Terea	FR-1	13.27m	43' 6.5"	2010 CTC Outdoor Championships	Apr 17, 2010

Shot Put

RANK	ATHLETE	YEAR	MARK	CONV	MEET	MEET DATE
183	Asimou, Eugene	SR-4	16.48m	54' 1"	2010 Lions Last Chance	May 20, 2010
516	Morrison-Bird, Mario	JR-3	14.90m	48' 10.75"	2010 CTC Outdoor Championships	Apr 17, 2010
527	Tancer, John	SR-4	14.85m	48' 8.75"	2010 CTC Outdoor Championships	Apr 17, 2010
1168	Luginsland, James	JR-3	12.91m	42' 4.25"	2010 CTC Outdoor Championships	Apr 17, 2010

Discus

RANK	ATHLETE	YEAR	MARK	CONV	MEET	MEET DATE
552	Morrison-Bird, Mario	JR-3	45.33m	148' 9"	Ramapo College Invitational	Apr 3, 2010
1015	Asimou, Eugene	SR-4	40.94m	134' 4"	NJAC OUTDOOR CHAMPIONSHIPS	May 8, 2010
2091	Luginsland, James	JR-3	32.56m	106' 10"	Ramapo College Invitational	Apr 3, 2010

Hammer

RANK	ATHLETE	YEAR	MARK	CONV	MEET	MEET DATE
861	Asimou, Eugene	SR-4	44.60m	146' 4"	NJAC OUTDOOR CHAMPIONSHIPS	May 8, 2010
1715	Luginsland, James	JR-3	29.29m	96' 1"	2010 CTC Outdoor Championships	Apr 17, 2010
1799	Johnson, Michael	JR-3	26.00m	85' 4"	2010 CTC Outdoor Championships	Apr 17, 2010
1811	Helterbran, III, David	SR-4	25.21m	82' 8"	2010 CTC Outdoor Championships	Apr 17, 2010

Javelin

RANK	ATHLETE	YEAR	MARK	CONV	MEET	MEET DATE
270	Gingerelli, Joseph	JR-3	58.27m	191' 2"	Ramapo College Invitational	Apr 3, 2010
1510	Palazzo, Mike	SR-4	42.48m	139' 4"	NJAC OUTDOOR CHAMPIONSHIPS	May 8, 2010
2547	Johnson, Michael	JR-3	26.50m	86' 11"	2010 CTC Outdoor Championships	Apr 17, 2010

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