



Illinois Wesleyan Men's Outdoor Track 2010 Season Bests

100 Meter Dash

Aaron Ball (St. Joseph, Ill. Ogden HS)	11.32	CCIW, May 8
Aaron Ball (St. Joseph, Ill. Ogden HS)	11.35	Rhodes, March 20
Aaron Ball (St. Joseph, Ill. Ogden HS)	11.46	Wheaton, April 17
Ross Munsterman (Onarga, Ill. Crescent-Iroquois HS)	11.47	CCIW, May 8
Eddie Johnson III (San Antonio, Texas Hopkins HS)	11.79	CCIW, May 8

200 Meter Dash

Aaron Ball (St. Joseph, Ill. Ogden HS)	22.86	CCIW, May 8
Aaron Ball (St. Joseph, Ill. Ogden HS)	22.94	Rhodes, March 20
Aaron Ball (St. Joseph, Ill. Ogden HS)	23.02	Wash U., April 10
Jordan Kilpatrick (El Paso, Ill. El Paso-Gridley HS)	24.02	Wheaton, April 17
Anthony Uy (Springfield, Ill. Sacred Heart Griffin HS)	24.14	Wheaton, April 17
Anthony Uy (Springfield, Ill. Sacred Heart Griffin HS)	24.22	Rhodes, March 20

400 Meter Dash

Aaron Ball (St. Joseph, Ill. Ogden HS)	51.10	DePauw, April 3
Mike Burgess (Tuscola, Ill. HS)	51.50	DePauw, April 3
Branden Neihaus (Butler, Ill., Hillsboro HS)	51.58	Wash U., April 10
Mike Burgess (Tuscola, Ill. HS)	51.59	CCIW, May 8
Branden Neihaus (Butler, Ill., Hillsboro HS)	51.97	CCIW, May 8

800 Meter Run

Max Lustick (St. Louis, Mo. Ladue Horton Watkins HS)	1:56.13	
Tyler Saunders (Hudson, Ohio HS)	1:56.97	Wheaton, April 17
Tyler Saunders (Hudson, Ohio HS)	1:57.46	DePauw, April 3
Max Lustick (St. Louis, Mo. Ladue Horton Watkins HS)	1:58.26	Wheaton, April 17
Noah Dunham (Pontiac, Ill. HS)	1:59.18	Wheaton, April 17

1500 Meter Run

Tyler Saunders (Hudson, Ohio HS)	3:59.72	Wheaton, April 17
Tyler Saunders (Hudson, Ohio HS)	3:59.79	Wash U., April 10
Max Lustick (St. Louis, Mo. Ladue Horton Watkins HS)	4:02.62	Wheaton, April 17
Max Lustick (St. Louis, Mo. Ladue Horton Watkins HS)	4:04.56	Rhodes, March 20
Max Lustick (St. Louis, Mo. Ladue Horton Watkins HS)	4:05.34	Wash U., April 10

5000 Meter Run

T.J. Luby (Wheaton, Ill. North HS)	15:28.46	Wheaton, April 17
T.J. Luby (Wheaton, Ill. North HS)	15:37.2	CCIW, May 8
T.J. Luby (Wheaton, Ill. North HS)	15:58.73	Rhodes, March 20
Paul Kwak (Palatine, Ill. HS)	15:59.79	Wheaton, April 17
Paul Kwak (Palatine, Ill. HS)	16:07.5	CCIW, May 8

10,000 Meter Run

Paul Kwak (Palatine, Ill. HS)	33:16.23	CCIW, May 8
T.J. Luby (Wheaton, Ill. North HS)	33:29.90	Eastern Ill., April 2
Keith Lehuta (Lemont, Ill. HS)	34:19.09	Eastern Ill., April 2
Paul Kwak (Palatine, Ill. HS)	34:31.29	Eastern Ill., April 2

110 Meter Hurdles

Adam Harrison (Bloomington, Ill. Central Catholic HS)	15.98	Wash U., April 10
Adam Harrison (Bloomington, Ill. Central Catholic HS)	16.42	Wheaton, April 17
Adam Harrison (Bloomington, Ill. Central Catholic HS)	16.42	Rhodes, March 20

400 Meter Hurdles

Adam Harrison (Bloomington, Ill. Central Catholic HS)	55.93	Wash U., April 10
Adam Harrison (Bloomington, Ill. Central Catholic HS)	57.61	DePauw, April 3
Adam Harrison (Bloomington, Ill. Central Catholic HS)	57.62	Wheaton, April 17
Adam Harrison (Bloomington, Ill. Central Catholic HS)	59.38	Rhodes, March 20

3000 Meter Steeplechase

Wally Farris (Woodstock, Ill. HS)	9:33.51	CCIW, May 8
Keith Lehuta (Lemont, Ill. HS)	9:57.18	CCIW, May 8
Keith Lehuta (Lemont, Ill. HS)	9:57.83	Wheaton, April 17
T.J. Luby (Wheaton, Ill. North HS)	10:10.33	Wash U., April 10
Keith Lehuta (Lemont, Ill. HS)	10:22.22	Rhodes, March 20
Jim Fahey (Lombard, Glenbard East HS)	10:45.18	Wheaton, April 17
Jim Fahey (Lombard, Glenbard East HS)	10:45.53	Wash U., April 10

4x100 Meter Relay

Burgess, Ball, Harrison, Munsterman	43.38	Wheaton, April 17
IWU 'A'	44.43	CCIW, May 8

4x400 Meter Relay

Harrison, Ball, Burgess, Dunham	3:21.57	Wash U., April 10
IWU 'A'	3:24.69	CCIW, May 8
Niehaus, Burgess, Dunham, Ball	3:27.07	Wheaton, April 17
IWU 'A'	3:29.55	DePauw, April 3
IWU 'B'	3:31.43	Wash U., April 10

4x800 Meter Relay

IWU 'A'	8:05.67	Rhodes, March 20
IWU 'B'	8:57.29	Rhodes, March 20

High Jump

Phil Johnson (Chenoa, Ill. Prairie Central HS)	1.73m	DePauw, April 3
Phil Johnson (Chenoa, Ill. Prairie Central HS)	1.70m	Rhodes, March 20

Pole Vault

Alex Lambert (Champaign, Ill. Tremont HS)	4.70m	CCIW, May 8
Alex Lambert (Champaign, Ill. Tremont HS)	4.65m	Rhodes, March 20
Alex Lambert (Champaign, Ill. Tremont HS)	4.55m	Wash U., April 10
Alex Lambert (Champaign, Ill. Tremont HS)	4.55m	Wheaton, April 17
Daniel LaRocca (Palatine, Ill. HS)	4.40m	Wash U., April 10

Long Jump

Aaron Massey (E. St. Louis, Ill. Belleville West HS)	6.05m	Rhodes, March 20
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Triple Jump

Aaron Massey (E. St. Louis, Ill. Belleville West HS) 12.48m Rhodes, March 20

Shot Put

Kindred Cook (Chicago, Ill. Whitney Young HS) 13.35m CCIW, May 8
Darien West (Chicago, Ill. De La Salle Institute) 13.20m CCIW, May 8
Kindred Cook (Chicago, Ill. Whitney Young HS) 13.15m DePauw, April 3
Kindred Cook (Chicago, Ill. Whitney Young HS) 12.91m Rhodes, March 20
Josh Smart (Tinley Park, Ill. HS) 12.85m CCIW, May 8

Discus Throw

Steven Kirk (Chicago, Ill. Hyde Park HS) 41.94m Wash U., April 10
Andrew Petro (Arlington Heights, Ill. Hersey) 41.54m Wash U., April 10
Andrew Petro (Arlington Heights, Ill. Hersey) 41.17m CCIW, May 8
Darien West (Chicago, Ill. De La Salle Institute) 40.61m Wheaton, April 17
Darien West (Chicago, Ill. De La Salle Institute) 40.52m Wash U., April 10

Hammer Throw

Darien West (Chicago, Ill. De La Salle Institute) 51.48m Wheaton, April 17
Darien West (Chicago, Ill. De La Salle Institute) 51.03m CCIW, May 8
Darien West (Chicago, Ill. De La Salle Institute) 49.96m Wash U., April 10
Darien West (Chicago, Ill. De La Salle Institute) 47.25m Rhodes, March 20
Kindred Cook (Chicago, Ill. Whitney Young HS) 46.87m CCIW, May 8

Javelin Throw

Steven Kirk (Chicago, Ill. Hyde Park HS) 38.55m CCIW, May 8
Steven Kirk (Chicago, Ill. Hyde Park HS) 36.40m DePauw, April 3
Curtis Cribben (Somonauk, Ill. Indian Creek HS) 35.13m Wash U., April 10
Steven Kirk (Chicago, Ill. Hyde Park HS) 34.82m Wheaton, April 17
Curtis Cribben (Somonauk, Ill. Indian Creek HS) 30.21m Wheaotn, April 17
Curtis Cribben (Somonauk, Ill. Indian Creek HS) 30.11m DePauw, April 3

Last Updated: May 10, 2010 by Brett Moore