

# Men's 2010 Season Best by Athlete

## **Martell Buchanan-Sophomore**

200 meters	24.04	Jan 9	EMU Open	
600 meters	1:26.21	Feb 20	WHAC Championship	
1 mile	4:48.61	Jan 29	GVSU Open	**

## **Ryan Burmeister-Sophomore**

1 mile	4:58.59	Feb 5	Findlay Open	**
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## **Will (Garry) Cantrell-Sophomore**

800 meters	2:10.64	Feb 20	WHAC Championship	**
1 mile	4:49.75	Feb 20	WHAC Championship	**

## **Benard Joseph-Freshman**

60 meter dash	7.66	Dec 5	Oiler Opener	
200 meters	25.69	Dec 5	Oiler Opener	
Long jump	18' 7.25	Dec 5	Oiler Opener	

## **Maxime Jospheh-Sophomore**

60 meter dash	7.66	Dec 5	Oiler Opener	
200 meters	24.35	Dec 5	Oiler Opener	
Long Jump	19' 4.75	Dec 5	Oiler Opener	
<i>Triple Jump</i>	<i>43' 5.75</i>	<i>Feb 20</i>	<i>WHAC Championship</i>	<i>&amp; # **</i>

## **Dorian Lancaster-Freshman**

60 meter dash	7.33	Dec 5	Simmons-Harvey Invit...	**
<i>Long jump</i>	<i>21' 3.5</i>	<i>Dec 5</i>	<i>Oiler Opener</i>	<i># **</i>

## **Jordan Muschiama-Sophomore**

200 meters	26.05	Feb 5	Findlay Open	
60m Hurdles-42"	10.09	Feb 20	WHAC Championship	

**(# & \*\*) Maxime Joseph, All Conference, WHAC Triple Jump Champion**

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## Men's 2010 Season Best by Event

### 60 Meter Dash

1. Dorian Lancaster	**	7.33	Fr	Jan. 23	Simmons-Harvey Inv.
2. Maxime Joseph		7.53	Jr	Dec 5	Oiler Opener
3. Benard Joseph		7.66	Fr	Dec 5	Oiler Opener

### 200 meters

1. Martell Buchanan		2.4.04a	So	Jan 9	EMU Open
2. Maxime Joseph		24.35	Jr	Dec 5	Oiler Opener
3. Benard Joseph		25.69	Fr	Dec 5	Oiler Opener
4. Jordan Muschiamama		26.05	So	Feb 5	Findlay Open

### 600 meters

1. *Martell Buchanan		1:26.21	So	Feb. 20	WHAC Championship
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### 800 meters

1. Will Cantrell	**	2:10.64	So	Feb. 20	WHAC Championship
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### 1 Mile Run

1. Martell Buchanan	**	4:48.651	So	Jan. 29	GVSU Open
2. Will Cantrell	**	2:10.64	So	Feb. 20	WHAC Championship
3. Ryan Burmeister	**	4:58.59	So	Feb 5	Findlay Open

### 60m Hurdles-42"

1. Jordan Muschiamama		10.09	So	Feb. 20	WHAC Championship
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### Long Jump

1. Dorian Lancaster	***	21' 3.5	Fr	Dec 5	Oiler Opener
2. Maxime Joseph		19' 4.75	Jr	Dec 5	Oiler Opener
3. Bernard Joseph		18' 7.25	Fr	Dec 5	Oiler Opener
4. Morgan Schwab		16' 11.25"	So	Dec 5	Oiler Opener

### Triple Jump

1. Maxime Joseph & # **		43' 5.75	Jr	Feb.20	WHAC Championship
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&= All Conference Team

# =New School Record

\*\* =Personal Record

# Women's 2010 Season Best

## **60 Meter Dash**

1. Ashley Hart    \*\*    8.78    So    Jan 9    EMU Open

## **200 Meters**

1. Ashley Hart    \*\*    29.71    So    Jan. 29    GVSU Open

## **Long Jump**

1. Ashley Hart    \*\*    14'10.5"    So    Feb    WHAC Championship

# =New School Record

\*\* =Personal Record