

# COLONIAL RELAYS ALL-TIME CHAMPIONS

## 100m Dash

**First Event: 1963**

**Most wins (individual): Bob Crute & John Christian & John Gilchrist, 2**

**Consecutive wins: Bob Crute, 2 (1965-66) & John Christian, 2 (1979-80) & John Gilchrist, 2 (1984-85)**

**Most wins (team): Three, Richmond (1964, 1965, 1966) & Norfolk State (1970, 1973, 1978)**

**Meet Record: 10.29 seconds, Renwood Wells (Norfolk Intercollegiate, 1999)**

### 100 Yards

1963.	Dick Harrison	West Virginia.	10.2
1964.	Sam McCormick	Richmond	10.2
1965.	Bob Crute	Richmond	9.9
1966.	Bob Crute	Richmond	9.8
1967.	Rich Trichter	North Carolina State.	9.9
1968.	Mike Fratkin.	William and Mary.	9.6
1969.	Lionel Urgan	North Carolina Central	9.9
1970.	Bill Cuffee	Norfolk State	9.5
1971.	John Allen	Virginia State	9.9
1972.	No race		
1973.	Victor Jackson	Norfolk State	9.9
1974.	Andre Releford	Virginia Tech.	10.0
1975.	Hayward Ray.	North Carolina State.	10.3
1976.	Bob Keroack	William and Mary.	9.7

### 100 Meters

1977.	Dennis Scott.	Virginia Tech.	10.4
1978.	Paul White	Norfolk State	10.5
1979.	John Christian	D.C. International.	10.6
1980.	John Christian	D.C. International.	10.68
1981.	Elliot Tabron	Concerned Athletes.	10.33
1982.	Jeff Gold.	Atlantic Coast Club.	10.55
1983.	Steve Riddick.	Philadelphia Pioneers	10.41
1984.	John Gilchrist.	Temple	10.5
1985.	John Gilchrist.	Converse TC.	10.2
1986.	Al Fennell.	LaSalle.	10.84
1987.	Michael Timpson.	Penn State	10.4
1988.	Steve Johnson.	Hampton.	10.77
1989.	Salaam Gariba.	Villanova	10.87
1990.	Neville Hodge	Maryland-Eastern Shore.	10.75
1991.	James Jett	West Virginia.	10.45
1992.	Jerry Roney	James Madison	10.69
1993.	Lewis Merrick	Unattached	10.63
1994.	David Bobb	Maryland-Baltimore County	10.50
1995.	Jeff Horton.	East Tennessee State	10.59
1996.	Paul Lewis	James Madison	11.10
1997.	Serge Bengona.	Unattached	10.57
1998.	Dwayne McClary	Erie CC.	11.10
1999.	Renwood Wells	Norfolk Intercollegiate	10.29
2000.	Tom Brooks	Indiana	10.82
2001.	Ryan Olkowski.	Penn State	10.67
2002.	Anthony Lordo	Rhode Island.	10.97
2003.	Noel Powell	Bucknell.	11.00
2004.	No meet		

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2005.....	No meet		
2006.....	No meet		
2007.....	Marcel Coleman .....	Rutgers .....	10.56
2008.....	Amaan Siddeeq .....	Cortland State.....	10.56
2009.....	Chad Brown.....	Mount St. Mary's .....	10.62
2010.....	Kenny Mitchell .....	Georgetown.....	10.51
2011.....	Chris Lawson.....	Real Deal TC .....	10.60
2012.....	Brien Berry .....	Hampton.....	10.76
2013.....	Kadeem Douse .....	Rutgers .....	10.80
2014.....	Joshua Washington .....	Richard Bland.....	10.66
2015.....	Saquan Mitchell.....	Wagner .....	10.61

## 200m Dash

**First Event: 2001**

**Most wins (individual): Obra Hogans, 3**

**Consecutive wins: Obra Hogans, 3 (2001-03)**

**Most wins (team): Three, Seton Hall (2001, 2002, 2003)**

**Meet Record: 20.95 seconds, Obra Hogans (Seton Hall, 2001)**

2001.....	Obra Hogans.....	Seton Hall.....	20.95
2002.....	Obra Hogans.....	Seton Hall.....	21.63
2003.....	Obra Hagans.....	Seton Hall.....	21.17
2004.....	No meet		
2005.....	No meet		
2006.....	No meet		
2007.....	Marcel Coleman .....	Rutgers .....	21.57
2008.....	Bruce Owens .....	Rutgers .....	21.41
2009.....	Thomas Speller .....	Norfolk State.....	21.36
2010.....	Thomas Speller .....	Norfolk State.....	21.17
2011.....	Emmanuel Freeland.....	Temple .....	21.49
2012.....	Brien Berry .....	Hampton.....	21.03
2013.....	Jasper Savoy.....	Fairleigh Dickinson .....	21.72
2014.....	Joshua Washington .....	Richard Bland.....	21.25
2015.....	Cameron Shaw .....	UNCW .....	21.25

## 400m Dash

**First Event: 1988**

**Most wins (individual): One (All)**

**Consecutive wins: None**

**Most wins (team): Five, Rutgers (2007, 2008, 2010, 2013, 2014)**

**Meet Record: 46.4 seconds, Johnny Barnes (Hampton, 1990)**

1988.....	Oliver Bridges .....	Unattached .....	47.1
1989.....	Terrance Warren .....	Unattached .....	47.1
1990.....	Johnny Barnes .....	Hampton.....	46.4
1991.....	Mario Small.....	Virginia Military.....	46.91
1992.....	Larry Gardner .....	Unattached .....	47.53
1993.....	Jameson Morton .....	Unattached .....	47.28
1994.....	Shelby Crawley .....	Virginia Commonwealth... ..	47.99
1995.....	Dwight Roberts .....	Unattached .....	47.28
1996.....	No race		
1997.....	No race		

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1998.	.....	No race	
1999.	.....	No race	
2000.	.....	Ken Wilson	Seton Hall 48.32
2001.	.....	Kareen Taylor	Seton Hall 47.11
2002.	.....	Nicholas Brown	Norfolk State 48.07
2003.	.....	Quentin Bowens	Seton Hall 47.09
2004.	.....	No meet	
2005.	.....	No meet	
2006.	.....	No meet	
2007.	.....	Rob Waters	Rutgers 48.16
2008.	.....	Steve Swern	Rutgers 48.45
2009.	.....	Brandon Jones	Hampton 48.13
2010.	.....	Aaron Younger	Rutgers 47.16
2011.	.....	Lesley Hannah	Detroit Mercy 48.48
2012.	.....	Chidi Okezie	Hampton 47.82
2013.	.....	Rajee Dunbar	Rutgers 48.90
2014.	.....	Jermaine Griffith	Rutgers 47.70
2015.	.....	Joshua Poole	Mount St. Mary's 48.36

## 800m Run

**First Event: 1989**

**Most wins (individual): Kraig Cesar & Patrick Roach, 2**

**Consecutive wins: Kraig Cesar, 2 (1990-91)**

**Most wins (team): Two, Seton Hall (1992, 2008)**

**Meet Record: 1:48.72, Patrick Roach (S.W.I.F.T. Racing, 2012)**

1989.	.....	Dave Moore	Pittsburgh 1:51.4
1990.	.....	Kraig Cesar	Unattached 1:51.3
1991.	.....	Kraig Cesar	Unattached 1:48.86
1992.	.....	Gordan Dickenson	Seton Hall 1:51.05
1993.	.....	Ronnie Harris	Sallie Mae 1:50.84
1994.	.....	Mark Dailey	Reebok 1:49.78
1995.	.....	Rob Hogley	Avia 1:51.67
1996.	.....	No race	
1997.	.....	No race	
1998.	.....	No race	
1999.	.....	No race	
2000.	.....	No race	
2001.	.....	Joe Lewis	Rutgers 1:51.26
2002.	.....	Wycliffe Rotich	Norfolk State 1:50.87
2003.	.....	Chris Wilber	William and Mary 1:51.35
2004.	.....	No meet	
2005.	.....	No meet	
2006.	.....	No meet	
2007.	.....	Phillip Burkart	Iona 1:51.22
2008.	.....	Greg Gomes	Seton Hall 1:53.10
2009.	.....	Liam Boylan-Pett	Georgetown 1:50.79
2010.	.....	Patrick Roach	Unattached 1:49.60
2011.	.....	Robby Andrews	Unattached 1:49.58
2012.	.....	Patrick Roach	S.W.I.F.T. Racing 1:48.72
2013.	.....	Monroe Kearns	Rutgers 1:49.80

**College Men**

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2014.....	Patrick Joseph .....	Virginia Tech.....	1:49.92
2015.....	Drew Piazza.....	New Hampshire .....	1:50.25

## 1,500m Run

### First Event: 1967

**Most wins (individual): Jim McKeon & Junior Mitchell & Ross Donoghue & Grant Pollock, 2**

**Consecutive wins: Jim McKeon, 2 (1984-85) & Junior Mitchell, 2 (1996-97)**

**Most wins (team): Six, Virginia Tech (1992, 2009, 2010, 2011, 2012, 2014)**

**Meet Record: 3:40.3, Sos Bitok (Richmond, 1980)**

### Mile Run

1967.....	Bob Zieminski .....	Georgetown.....	4:13.4
1968.....	No race		
1969.....	No race		
1970.....	No race		
1971.....	No race		
1972.....	No race		
1973.....	No race		
1974.....	Howell Michael .....	Quantico Marines.....	4:00.5
1975.....	Dennis Fikes.....	U.S. Marines .....	4:08.6

### 1,500m Run

1976.....	Ron Martin .....	Unattached .....	3:42.8
1977.....	Richard Schwartz .....	Duke .....	3:41.8
1978.....	Russ Smelley .....	Richmond .....	3:44.6
1979.....	Ross Donoghue .....	St. John's .....	3:44.3
1980.....	Sos Bitok .....	Richmond .....	3:40.3
1981.....	Ross Donoghue .....	NYAC .....	3:48.3
1982.....	Matt Centrowitz .....	NYAC .....	3:46.6
1983.....	Todd McAllister.....	Atlantic Coast Club.....	3:46.7
1984.....	Jim McKeon .....	Richmond .....	3:42.0
1985.....	Jim McKeon .....	Richmond .....	3:50.6
1986.....	John Malone .....	NYAC .....	3:51.5
1987.....	Steve Balkley .....	Penn State .....	3:47.9
1988.....	Julian Spooner .....	Atlantic Coast Club.....	3:46.7
1989.....	Quenton Howe .....	Villanova .....	3:48.32
1990.....	Tom Noble.....	NYAC .....	3:46.31
1991.....	Terrance Harrington.....	Unattached .....	3:46.71
1992.....	Phil Kinslow.....	Virginia Tech.....	3:53.3
1993.....	Bob Schmidt .....	Reebok .....	3:56.57
1994.....	Ernesto Perez.....	Seton Hall .....	3:58.93
1995.....	Steve Myers .....	Providence.....	3:56.43
1996.....	Junior Mitchell.....	Norfolk State.....	3:55.48
1997.....	Junior Mitchell.....	Norfolk State.....	3:56.76
1998.....	Saeed Basweidan .....	Virginia Commonwealth... ..	3:56.14
1999.....	Chris McGinness.....	Penn State .....	4:00.40
2000.....	Brendan Fitzgibbon.....	Duke .....	3:48.2
2001.....	Seneca Lassiter .....	Nike.....	3:48.58
2002.....	John O'Connor .....	William and Mary.....	3:51.77
2003.....	Sean Graham.....	William and Mary.....	3:49.46
2004.....	No meet		
2005.....	No meet		

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2006.	.....	No meet	
2007.	.....	David Groff	William and Mary..... 3:46.98
2008.	.....	Ian Fitzgerald.	William and Mary..... 3:50.70
2009.	.....	Billy Berlin	Virginia Tech..... 3:46.01
2010.	.....	William Mulherin	Virginia Tech..... 3:47.07
2011.	.....	Michael Hammond	Virginia Tech..... 3:46.97
2012.	.....	Grant Pollock.	Virginia Tech..... 3:44.79
2013.	.....	Eric Jenkins	Northeastern..... 3:45.44
2014.	.....	Grant Pollock.	Virginia Tech..... 3:46.49
2015.	.....	Josh Lampron	Villanova..... 3:47.60

## 3,000m Run

**First Event: 2011**

**Most wins (individual): One (All)**

**Consecutive wins: None**

**Most wins (team): One (All)**

**Meet Record: 8:19.68, Matt Bayley (Iona, 2011)**

2011.	.....	Matt Bayley	Iona..... 8:19.68
2012.	.....	Andrew Bedford.	Unattached..... 8:21.30
2013.	.....	Jason Skipper	Richmond..... 8:27.69
2014.	.....	Daniel Jaskowak.	Virginia Tech..... 8:28.84
2015.	.....	Daniel Denis	Stony Brook..... 8:37.82

## 5,000m Run

**First Event: 1963**

**Most wins (individual): Ed Moran, 3**

**Consecutive wins: Steve Spence, 2 (1989-90) & Tom Nohilly, 2 (1993-94) & Ed Moran, 2 (2003-07)**

**Most wins (team): Eight, William and Mary (1963, 1964, 1966, 1999, 2002, 2003, 2008, 2010)**

**Meet Record: 13:38.0, Sydney Maree (Villanova, 1979)**

### 3-Mile Run

1963.	.....	Bob Lawson	William and Mary..... 15:05.7
1964.	.....	Jim Johnson	William and Mary..... 14:37.7
1965.	.....	Barry Brown	Providence..... 14:40.5
1966.	.....	Jim Johnson	William and Mary..... 13:54.1
1967.	.....	Carl Hatfield	West Virginia..... 14:04.5
1968.	.....	Steve Stageberg	Georgetown..... 13:44.7
1969.	.....	Carl Hatfield	West Virginia..... 13:58.0
1970.	.....	Ken Voss	East Carolina..... 14:23.6
1971.	.....	Jimmy Howell	North Carolina Central .... 14:02.2
1972.	.....	No race	
1973.	.....	Garth McKay	Georgetown AA..... 13:51.2
1974.	.....	Gordon Oliver	Georgetown AA..... 13:31.3
1975.	.....	Greg Fredericks	Philadelphia Pioneers..... 13:39.4

### 5,000m Run

1976.	.....	George Malley	Penn State..... 13:53.2
1977.	.....	Drew Mearns.	Charlottesville T.C..... 14:11.4
1978.	.....	Charles McGuire.	Philadelphia Pioneers..... 14:03.4
1979.	.....	Sydney Maree	Villanova..... 13:38.0
1980.	.....	Carey Pinkowski	Villanova..... 14:01.2
1981.	.....	Sydney Maree	Villanova..... 14:01.2

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1982.....	Jim Cooper .....	North Carolina .....	14:09.7
1983.....	Brian Harshman .....	Bucknell.....	14:08.4
1984.....	Marcus O'Sullivan.....	Villanova .....	13:51.1
1985.....	Charles Cheruyoit .....	Fork Union Military Acad. ..	14:09.4
1986.....	John Keyworth.....	Villanova .....	13:46.0
1987.....	Dave McCormack .....	adidas .....	14:21.3
1988.....	Rich Nerurkar .....	Nike Boston.....	14:09.0
1989.....	Steve Spence .....	Unattached .....	14:08.5
1990.....	Steve Spence .....	Unattached .....	14:09.2
1991.....	Brian Harshman .....	Nike RR .....	14:05.2
1992.....	Terry Coyle .....	Unattached .....	13:59.56
1993.....	Tom Nohilly.....	Reebok .....	13:56.17
1994.....	Tom Nohilly.....	Reebok .....	14:00.56
1995.....	Chris Fox .....	Brooks .....	13:45.40
1996.....	Jason Bodnar .....	Asics .....	14:03.79
1997.....	Mike Mykytok .....	Etonic .....	14:11.00
1998.....	Ray Pugsley .....	Reebok Enclave.....	13:53.70
1999.....	Matt Lane .....	William and Mary.....	13:54.47
2000.....	Justin Wood .....	Virginia .....	14:10.00
2001.....	Jim Carney.....	Penn State .....	14:33.21
2002.....	Nick Brockway.....	William and Mary.....	14:35.36
2003.....	Ed Moran .....	William and Mary.....	14:21.06
2004.....	No meet		
2005.....	No meet		
2006.....	No meet		
2007.....	Ed Moran .....	Nike.....	14:11.58
2008.....	Ben Massam.....	William and Mary.....	14:21.81
2009.....	Ed Moran .....	Nike.....	14:02.48
2010.....	Colin Leak.....	William and Mary.....	13:53.09
2011.....	Dan Chenoweth.....	Harvard.....	13:57.61
2012.....	Sean Keveren.....	Virginia .....	13:48.34
2013.....	Kevin Williams.....	Oklahoma .....	13:59.77
2014.....	Daniel Clorley .....	Iona .....	14:06.16
2015.....	Patrick Tiernan .....	Villanova .....	13:59.33

## 10,000m Run

**First Event: 1971**

**Most wins (individual): Dave McCormack, 4**

**Consecutive wins: George Buckheit, 2 (1978-79) & Dave McCormack, 2 (1990-91)**

**Most wins (team): Three, Penn State (1976, 1977, 1987) & Bucknell (1978, 1979, 1992)**

**Meet Record: 27:53.1, Greg Meyer (Brooks TC, 1983)**

## 6-Mile Run

1971.....	Garth McKay .....	Georgetown.....	29:38.7
1972.....	No race		
1973.....	Tom Childress .....	Quantico Marines.....	29:01.0
1974.....	Gary Cohen.....	American.....	28:14.7
1975.....	Charles McGuire.....	Philadelphia Pioneers .....	28:07.4

## 10,000m Run

1976.....	Paul Stemmer .....	Penn State .....	28:40.0
1977.....	John Ziegler .....	Penn State .....	29:29.8



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1978.	George Buckheit	Bucknell.	29:24.0
1979.	George Buckheit	Bucknell.	29:08.9
1980.	Sydney Maree	Villanova	28:33.2
1981.	Amos Korir	Unattached	29:45.9
1982.	Dave McCormack	George Mason.	30:00.25
1983.	Greg Meyer	Brooks TC.	27:53.1
1984.	Dave McCormack	George Mason.	29:40.0
1985.	Ken Halla	William and Mary.	29:53.8
1986.	Peter Heeson	Bucks City TC.	29:29.4
1987.	Eric Carter	Penn State	29:36.5
1988.	Fred Ernest.	Columbia	30:12.2
1989.	Richard Stark.	Unattached	30:19.5
1990.	Dave McCormack	adidas	30:13.1
1991.	Dave McCormack	adidas	30:41.3
1992.	Matt Derdorff	Bucknell.	29:56.5
1993.	Tom Lankowicz	Virginia Tech.	30:33.7
1994.	Jim Hamilton	Unattached	30:02.0
1995.	Andy Wedlake	Providence.	30:01.2
1996.	Tony Fraij.	Rochester Inst. of Tech.	30:01.3
1997.	Craig Worster	Asics	30:07.11
1998.	Corey Ricci-Munn.	Iona	30:19.63
1999.	Dave Geesaman.	Delaware.	30:47.40
2000.	Matt Ruhl	Virginia	31:08.8
2001.	Bryan Dunn	Fila TC	30:53.60
2002.	No race		
2003.	No race		
2004.	No meet		
2005.	No meet		
2006.	No meet		
2007.	Andrew Ledwith	Iona	30:41.61
2008.	Joe Parks.	Iona	31:02.80
2009.	Will Rowland.	St. Joseph's	30:32.14
2010.	John Pence	William and Mary.	30:08.64
2011.	Everett Hackett	Unattached	29:40.78
2012.	Caleb Muller	Marietta.	30:16.04
2013.	Shane Quinn	Providence.	29:30.59
2014.	Chris Stadley	Haverford	30:06.33
2015.	Austin Steagall.	Mount Olive	30:17.26

# COLONIAL RELAYS ALL-TIME CHAMPIONS

## 110m Hurdles

**First Event: 1963**

**Most wins (individual): Carl Wood & Rodney Wilson & Wagner Marseille & Daniel Kinney & Charles Foster & Marcus Green, 2**

**Consecutive wins: Carl Wood, 2 (1969-70) & Rodney Wilson, 2 (1980-81) & Wagner Marseille, 2 (1992-93) & Daniel Kinney, 2 (2008-09)**

**Most wins (team): Three, North Carolina Central (1971, 1975, 1977) & Penn State (1974, 1976, 2001) & Villanova (1980, 1981, 1984) & Pittsburgh (1985, 1988, 1989)**

**Meet Record: 13.60, Dominic Berger (Unattached, 2012)**

## 120 Yard High Hurdles

1963.	Fred Beals.	Roanoke	15.0
1964.	Jim Hackett	American.	14.9
1965.	Bob Fogel	Duke	14.4
1966.	Lou Cappi	Old Dominion.	15.1
1967.	Andrew Bell	American.	15.5
1968.	Jim Cargill	East Carolina.	14.6
1969.	Carl Wood	Richmond	14.5
1970.	Carl Wood	Richmond	14.2
1971.	Ron Draper	North Carolina Central	14.5
1972.	No race		
1973.	Charles Dobson	William and Mary.	14.6
1974.	Fred Singleton	Penn State	14.0
1975.	Charles Foster	North Carolina Central	13.8
1976.	Mike Shine.	Penn State	13.9
1977.	Charles Foster	North Carolina Central	13.5

## 110 Meter High Hurdles

1978.	Keith Pope	James Madison	14.0
1979.	Kerry Bethel	Philadelphia Pioneers	13.7
1980.	Rodney Wilson.	Villanova	14.02
1981.	Rodney Wilson.	Villanova	13.77
1982.	Jack Pierce	Morgan State	13.8
1983.	Jeff Powell.	Unattached	13.97
1984.	Martin Booker	Villanova	13.8
1985.	Calvin Holmes.	Pittsburgh	14.0
1986.	David Hightower	Lincoln	14.56
1987.	Harold Morton	George Mason.	13.9
1988.	Elbert Ellis	Pittsburgh	14.23
1989.	Eric Cannon	Pittsburgh	14.21
1990.	Steve Brown.	Wake Forest.	14.10
1991.	Kevin McQueen	Syracuse	14.24
1992.	Wagner Marseille.	Fairleigh Dickinson	14.48
1993.	Wagner Marseille.	Fairleigh Dickinson	14.43
1994.	Brandon Gantt.	Seton Hall	14.1
1995.	Marcus Green	Delaware State	14.76
1996.	Neil Garner	Michigan	14.24
1997.	Gary Gooden.	Unattached	14.75
1998.	Marcus Green	Seton Hall	14.96
1999.	Chris Cobbs.	Lincoln	14.42
2000.	No race		
2001.	Guy Rose	Penn State	13.93



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2002.....	Terrell Jackson .....	Rutgers .....	14.51
2003.....	David Klics .....	Rutgers .....	14.08
2004.....	No meet		
2005.....	No meet		
2006.....	No meet		
2007.....	Avery Wilson .....	Norfolk State.....	14.29
2008.....	Daniel Kinney .....	Howard.....	14.39
2009.....	Daniel Kinney .....	Howard.....	14.29
2010.....	Chris Kinney .....	Georgetown.....	14.07
2011.....	Rob Arent .....	Bucknell.....	14.58
2012.....	Adams Abdulrazaaq .....	Unattached .....	14.00
2013.....	Dominic Berger .....	Unattached .....	13.90
2014.....	Aramis Massenbourg.....	Diamond TC.....	14.35
2015.....	Christian Lupica .....	Bucknell.....	13.94

## 400m Hurdles

**First Event: 1963**

**Most wins (individual): Carl Wood, 4**

**Consecutive wins: Carl Wood, 4 (1969-72)**

**Most wins (team): Six, Penn State (1974, 1975, 1976, 1981, 2001, 2003)**

**Meet Record: 50.5, Mike Shine (Penn State, 1975) (440yd, 50.2 converted)**

### 330 Yards Intermediate Hurdles

1963.....	Henry Cronin .....	VMI .....	39.3
1964.....	Henry Cronin .....	VMI .....	38.6
1965.....	Pat Neary.....	Wake Forest.....	40.7

### 440 Yards Intermediate Hurdles

1966.....	Andrew Bell.....	American.....	54.7
1967.....	Andrew Bell.....	American.....	54.4
1968.....	Andrew Bell.....	American.....	52.5
1969.....	Carl Wood .....	Richmond.....	52.1
1970.....	Carl Wood .....	Richmond.....	52.1
1971.....	Carl Wood .....	Richmond.....	53.0
1972.....	Carl Wood .....	Richmond.....	52.4
1973.....	George Crummel.....	West Virginia State.....	53.8
1974.....	Mike Shine.....	Penn State.....	52.4
1975.....	Mike Shine.....	Penn State.....	50.5
1976.....	Mike Shine.....	Penn State.....	51.3
1977.....	Tim Hanlon.....	St. John's.....	51.7

### 400 Meters Intermediate Hurdles

1978.....	Ron Foreman.....	N.C. State.....	52.0
1979.....	Karl Williams.....	Virginia.....	51.5
1980.....	Tim Hanlon.....	St. John's.....	51.0
1981.....	Paul Lankford .....	Penn State.....	51.0
1982.....	Wayne Angel .....	Concerned Athletes.....	51.7
1983.....	Tony Valentine.....	Plainfield High School .....	51.58
1984.....	Tony Valentine.....	Villanova.....	50.8
1985.....	Martin Booker.....	Villanova.....	52.38
1986.....	Maurice Gordon .....	St. John's.....	52.80
1987.....	David Jones .....	Seton Hall.....	52.4
1988.....	John Branch.....	Howard.....	51.1

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1989.	Sherwin Sterling	C.W. Post	52.04
1990.	Sherwin Sterling	Shore AC.	51.37
1991.	Bill Mobley	Seton Hall	52.87
1992.	Dean Neal	Nike Atlantic Coast	52.1
1993.	Jerry Roney	James Madison	51.69
1994.	William Mobly	Unattached	53.71
1995.	No race		
1996.	Neil Gardner	Michigan	51.18
1997.	Orrel Green	Pittsburgh	51.84
1998.	Paul Tucker	Norfolk State	52.11
1999.	Derwin Jones	Seton Hall	52.19
2000.	James Karanja	Seton Hall	51.66
2001.	Brian Derby	Penn State	51.20
2002.	Mike Roberts	Seton Hall	52.35
2003.	Brian Derby	Penn State	52.69
2004.	No meet		
2005.	No meet		
2006.	No meet		
2007.	Jahmone Duhaney	Rutgers	52.06
2008.	Steve Swern	Rutgers	52.34
2009.	Daniel Kenney	Howard	52.62
2010.	Toby Ulm	Georgetown	51.42
2011.	Adam Durham	Under Armour	52.12
2012.	Ali Arastu	Michigan	51.41
2013.	Daniel Ross	Virginia State	53.11
2014.	Julian Woods	Mount St. Mary's	52.35
2015.	Cody Love	UNCW	51.93

## 3,000m Steeplechase

**First Event: 1964**

**Most wins (individual): John Kellogg, 5**

**Consecutive wins: John Kellogg, 4 (1987-90)**

**Most wins (team): 10, William and Mary (1966, 1967, 1978, 1979, 1984, 1991, 1992, 2007, 2010, 2014)**

**Meet Record: 8:32.5, Hillary Tuwei (Richmond, 1980)**

1964.	Keith Allen	Virginia	9:45.9
1965.	Jim Sinclair	Virginia Military	9:55.0
1966.	George Davis	William and Mary	9:28.0
1967.	George Davis	William and Mary	9:58.0
1968.	Fred Protopappas	Georgetown	9:11.0
1969.	Steve Maieu	Towson	9:32.9
1970.	Joe Lucas	Georgetown	9:22.0
1971.	Joe Lucas	Georgetown	9:09.8
1972.	Joe Lucas	Georgetown	9:06.4
1973.	Dave Reinhart	American	9:21.2
1974.	Charles McGuire	Penn State	9:00.8
1975.	Jim Bray	Delaware	9:15.1
1976.	Bruce Baden	Penn State	8:55.7
1977.	Bruce Baden	Penn State	8:57.3
1978.	Jim Shields	William and Mary	8:51.8
1979.	Jim Shields	William and Mary	8:49.2

# COLONIAL RELAYS ALL-TIME CHAMPIONS

1980.	Hillary Tuwei	Richmond	8:32.5
1981.	Amos Korir	Unattached	8:39.8
1982.	Steve Parker	Pittsburgh-Johnstown	8:40.3
1983.	John Underwood	NYAC	8:46.5
1984.	John Kellogg	William and Mary	8:50.7
1985.	Charles Breaghy	New Balance TC	8:43.6
1986.	Brent Barnhill	Reebok RC	8:49.3
1987.	John Kellogg	Beethoven's	8:53.8
1988.	John Kellogg	Unattached	9:01.9
1989.	John Kellogg	NYAC	8:52.9
1990.	John Kellogg	NYAC	9:00.7
1991.	Andy Wilson	William and Mary	9:01.0
1992.	Andy Wilson	William and Mary	9:03.0
1993.	Mark Manley	Sallie Mae	8:52.0
1994.	Scott Carroll	Albany	9:03.9
1995.	Tom Nohilly	Reebok	8:44.0
1996.	Terrance Armstrong	Unattached	8:53.6
1997.	Casey O'Shea	Unattached	9:00.9
1998.	Francis Rono	Virginia Commonwealth	9:05.1
1999.	Dave Brofenbrenner	Bucknell	9:05.1
2000.	No race		
2001.	Gregg Davis	Penn State	9:16.70
2002.	Matt Moran	Unattached	9:12.51
2003.	Jochen Dieckfoss	Boston University	8:55.61
2004.	No meet		
2005.	No meet		
2006.	No meet		
2007.	Sean Anastasia-Murphy	William and Mary	9:04.23
2008.	Chris Hart	Md-Baltimore County	9:04.62
2009.	Kyle Murray	St. Joseph's	9:21.29
2010.	Harry Miller	William and Mary	8:53.54
2011.	Travis Mahoney	Temple	9:00.68
2012.	Dylan Sorenson	Georgetown	8:54.49
2013.	Benji Szalai	High Point	9:09.14
2014.	Ryan Gousse	William and Mary	9:04.20
2015.	Peter Gelston	Shippensburg	9:03.76

## College Men

### 4x100m Relay

**First Event: 1963**

**Most wins: Five, James Madison (1986, 1988, 1990, 1992, 1993)**

**Consecutive wins: Two, West Virginia (1965-66), Hampton (1984-85), James Madison (1992-93), Seton Hall (1994-95), Norfolk State (1997-98)**

**Meet Record: 40.49, 1995 Seton Hall (Dyer, Cyler, Hampson, Gantt)**

### 440y Relay

1963.	Wake Forest	Craver, Williams, Dunlap, Hartley	43.3
1964.	American	O'Neill, Ball, Campbell, Hackett	43.3
1965.	West Virginia	Moon, Bowman, Campbell, Armstrong	43.0
1966.	West Virginia	Moon, Humphries, Campbell, Armstrong	42.4
1967.	Richmond	Smith, Camden, Bisterfield, Crute	42.3
1968.	William and Mary	Griffin, Fratkin, Anspach, Griffith	41.8

# COLONIAL RELAYS ALL-TIME CHAMPIONS

1969	Notre Dame	Skarstein, Samar, Buckley, Hurd	41.2
1970	Norfolk State	Pugh, Bunts, Rogers, Boyd	41.3
1971	Virginia Tech	Lucas, Gaines, Fleshman, Banks	42.2
1972	No race		
1973	Virginia Union	Leonard, Peay, Wilson, Roberts	41.8
1974	West Chester State	Balliff, Shields, Barr, Reid	42.9
1975	Virginia Tech	Neff, Oderwald, Blueford, Releford	42.9
1976	Virginia	Batty, Miller, Kelly, Witherspoon	
1977	Maryland	Robertson, Rosenberg, Johnson, Lancaster	41.1
1978	Norfolk State	Whites, Jones, Perkins, Ray	41.0
1979	Delaware State	McKnight, Harvey, Peart, Weal	40.9
1980	Morgan State	Leach, Goodwin, Vaughn, Hodge	41.1

## 4x100m Relay

1981	Fairleigh Dickinson	Smith, Serrett, Taitt, Barton	40.9
1982	Delaware State	Reid, Cooke, Jordan, Henry	41.43
1983	George Mason	Brown, Parker, Raines, Lovelace	40.9
1984	Hampton	Dannelly, Delk, Painter, Johnson	41.0
1985	Hampton	Dannelly, Skinner, Reid, Johnson	40.7
1986	James Madison	Rose, Russell, Harris, Walker	41.0
1987	Penn State	Borromeo, Reynolds, Kina, Timpson	41.0
1988	James Madison	Curry, Sheppard, Miller, Mann	41.09
1989	West Virginia	Bell, Leach, Hollimon, Parris	41.80
1990	James Madison	Jones, Duckett, Davis, Roney	40.71
1991	West Virginia	Upshaw, Jett, Saunders, Akinruntan	41.15
1992	James Madison	Foreman, Hawkins, Brunson, Roney	41.33
1993	James Madison	Jones, Hawkins, Phelps, Brunson	41.24
1994	Seton Hall	Dyer, Lyles, Wright, Gantt	40.85
1995	Seton Hall	Dyer, Cyler, Hampson, Gantt	40.49
1996	Lincoln		
1997	Norfolk State	Watts, Mascall, Williams, Duncan	40.71
1998	Norfolk State	Watts, Mascall, Williams, Toukene	40.57
1999	Lincoln		
2000	No race		
2001	Seton Hall		
2002	Rhode Island		
2003	Seton Hall		
2004	No meet		
2005	No meet		
2006	No meet		
2007	No race		
2008	Cortland State	Ma, Riese, Bieringer, Siddeeq	41.50
2009	Hampton	Anderson, Walker, Brown, Jones	41.42
2010	Rutgers	Owens, Robertson, Demko, Werner	41.14
2011	Temple	Dryden, Pensl, McGee, Freeland	41.47
2012	Hampton	Dixon, Berry, Okezie, Hutchison	41.10
2013	Bucknell	Eaton Hall, Hicks, Riley, Lupica	41.53
2014	Rutgers	Dunbar, Griffith, Jordan, Crawford	41.56
2015	Essex CC	Lewis, Jernigan, Davis, Williams	41.43

# COLONIAL RELAYS ALL-TIME CHAMPIONS

## 4x200m Relay

**First Event: 1963**

**Most wins: Nine, Norfolk State (1966, 1968, 1971, 1973, 1974, 1992, 1996, 1997, 1998)**

**Consecutive wins: Three, Norfolk State (1971-74, 1996-98)**

**Meet Record: 1:23.64, 1998 Norfolk State (Mascall, Toukene, Watts, Fault)**

## 880y Relay

1963.	Virginia Tech	Harris, Colavita, Branscome, Simpson	1:31.8
1964.	Wake Forest	Dunlap, Neary, Ernst, Hartley	1:32.6
1965.	West Virginia	Chapman, Bowman, Moon, Armstrong	1:30.3
1966.	Norfolk State	Clemons, Conley, Johnson, Melvin	1:29.9
1967.	Richmond	Smith, Camden, Bisterfield, Crute	1:28.0
1968.	Norfolk State	Harris, Bunts, Josephs, Boyd	1:26.5
1969.	Notre Dame	Skarstein, Breunlin, Buckley, Hurd	1:26.6
1970.	North Carolina Central	Thompson, Dixon, Reed, Black	1:25.4
1971.	Norfolk State	Pugh, Riddick, Colbert, Cuffee	1:25.8
1972.	No race		
1973.	Norfolk State	Jackson, Riddick, Colbert, Cuffee	1:24.9
1974.	Norfolk State	Adams, Colbert, Jackson, Riddick	1:25.7
1975.	Maryland	Johnson, Markin, O'Keefe, Rosenberg	1:26.7
1976.	Maryland	Rosenberg, Nichols, O'Keefe, Basciano	1:25.6
1977.	Hagerstown JC	Jones, Franklin, McCoy, Wright	1:26.4
1978.	North Carolina State	Lanier, Patterson, Foreman, Lomotey	1:24.0
1979.	Villanova	Brown, Graves, Harbour, Dale	1:25.7
1980.	Morgan State	Vaughn, Goodwin, Jones, Hodge	1:24.7

## 4x200m Relay

1981.	Morgan State	Pierce, Lovett, Goodwin, Riddick	1:24.8
1982.	Virginia Military	Horne, Sanchez, Williams, Davis	1:25.3
1983.	George Mason	Brown, Raines, Lovelace, Parker	1:24.76
1984.	Hampton	Dannelly, Delk, Painter, Johnson	1:25.7
1985.	N.Y. Tech	Hastings, Muir, Anderson, Long	1:26.2
1986.	Hampton	Skinner, Dortch, Roundtree, Coleman	1:27.2
1987.	James Madison	Rose, Shepherd, Mann, Miller	1:24.5
1988.	N.Y. Tech	Forbes, Long, Dwyer, Burnett	1:25.3
1989.	Penn State	Timpson, Harris, Strange, Cannon	1:27.39
1990.	Hampton	Fortune, Warren, Warren, Barnes	1:25.38
1991.	Hampton	Hogan, Barnes, Bailey, Warren	1:25.12
1992.	Norfolk State	Ricks, McCant, Davenport, Morris	1:25.3
1993.	James Madison	Jones, Hawkins, Branson, Roney	1:25.09
1994.	Seton Hall		1:24.84
1995.	Seton Hall	Dyer, Hompon, Lyler, Gantt	1:24.34
1996.	Norfolk State	Montgomery, Clay, Lewis, Duncan	1:24.71
1997.	Norfolk State	Mascall, Watts, Ahmad, Duncan	1:24.20
1998.	Norfolk State	Mascall, Toukene, Watts, Fault	1:23.64
1999.	Mount St. Mary's		1:25.4
2000.	No race		
2001.	Penn State		1:26.48
2002.	James Madison		1:27.06
2003.	Seton Hall		1:23.83
2004.	No meet		
2005.	No meet		

# COLONIAL RELAYS ALL-TIME CHAMPIONS

2006.	.....	No meet	
2007.	.....	No race	
2008.	.....	Va. Commonwealth	..... Gallo, Blyden, Wilson, Norvell ..... 1:25.43
2009.	.....	Hampton	..... Anderson, Walker, Brown, Jones ..... 1:26.55
2010.	.....	Rutgers	..... Owens, Robertson, Grady, Werner ..... 1:24.78
2011.	.....	Detroit Mercy	..... Osayande, Landrum, Hanna, Cleary ..... 1:27.28
2012.	.....	Hampton	..... Dixon, Labor-Koroma, Okezie, Hutchison ..... 1:25.09
2013.	.....	Rutgers	..... Jordan, Dunbar, Eze, Crawford ..... 1:26.13
2014.	.....	Delaware State	..... Bowe, Crenshaw, Reid, Mackey ..... 1:28.06
2015.	.....	UNCW	..... Harris, Shaw, McLean, Ragland ..... 1:27.50

## 4x400m Relay

**First Event: 1963**

**Most wins: 10, Seton Hall (1989, 1991, 1993, 1994, 1995, 1999, 2003, 2008, 2009, 2010)**

**Consecutive wins: Four, Seton Hall (2003-10)**

**Meet Record: 3:07.85, 1991 Seton Hall (Simmons, Copeland, Warthun, Mobley)**

## Mile Relay

1963.	.....	William and Mary	.....	3:22.1
1964.	.....	American	.....	3:22.1
1965.	.....	North Carolina State	.....	3:21.1
1966.	.....	America	.....	3:15.8
1967.	.....	North Carolina State	..... Trichter, Prather, Mickleton, England	3:19.1
1968.	.....	Georgetown	..... Adrian, Schwetze, Hickey, Borck	3:15.1
1969.	.....	Virginia Tech	..... Adamson, Lee, Banks, Johnson	3:19.9
1970.	.....	Richmond	..... Gillette, Chowning, Hunsicker, Wood	3:20.2
1971.	.....	Virginia State	..... Allen, Turner, Bolden, Logan	3:17.6
1972.	.....	No race		
1973.	.....	West Virginia	..... Vnuk, Dougherty, Agnew, Griffin	3:18.0
1974.	.....	Georgetown	..... Mighty, Brandeen, Hallinan, Sciacca	3:14.5
1975.	.....	Georgetown	..... Gaffney, Stampieiglia, Brandeen, Mighty	3:17.3
1976.	.....	Catholic	..... Serrail, Robinson, Homan, Musgrove	3:14.2
1977.	.....	Maryland	..... Peniston, Morris, Fields, Johnson	3:13.7
1978.	.....	Hagerstown JC	..... Jones, Johnson, Jules, Curry	3:13.7
1979.	.....	Hagerstown JC	..... White, Tate, Johnson, Curry	3:13.8
1980.	.....	Hampton	..... Ruffin, West, Clary, Brown	3:14.2

## 4x400m Relay

1981.	.....	East Carolina	..... Clark, Rainey, Cephus, Bell	3:12.2
1982.	.....	VMI	..... Davis, Estes, Young, Sanchez	3:12.0
1983.	.....	Howard	..... Charlton, Wilson, Bridges, Skerritt	3:12.9
1984.	.....	Howard	..... Bridges, Louis, Battle, Skerritt	3:08.7
1985.	.....	Dolphin Bronx	..... Graham, Henry, Henry, Gill	3:14.2
1986.	.....	Catonsville CC	..... Rorie, Moore, Serrano, Walker	3:16.6
1987.	.....	Villanova	..... Davis, Rainey, Jones, Modibedi	3:11.1
1988.	.....	Hampton	..... Warren, Roundtree, Eggleston, Barnes	3:08.9
1989.	.....	Seton Hall	..... Palmer, Jones, Barmer, Rollins	3:12.15
1990.	.....	Hampton	..... Warren, Warren, Fortune, Barnes	3:11.08
1991.	.....	Seton Hall	..... Simmons, Copeland, Warthun, Mobley	3:07.85
1992.	.....	St. Joseph's	..... Carney, Bierling, Jackson, Conway	3:15.99
1993.	.....	Seton Hall	..... Copeland, Mapp, Mobely, Lyles	3:10.00
1994.	.....	Seton Hall	..... Roystier, Mapp, Gantt, Lyles	3:08.85



# COLONIAL RELAYS ALL-TIME CHAMPIONS

1995.	Seton Hall	Dillard, Henry, Hampson, Lyles	3:10.87
1996.	Michigan	Wood, Renaldi, Bournham, Townsend.	3:13.50
1997.	Lincoln	Schmidt, Julien, Lyerly, Woolbright	3:12.50
1998.	No race		
1999.	Seton Hall		3:11.19
2000.	No race		
2001.	Penn State		3:12.60
2002.	James Madison.		3:14.62
2003.	Seton Hall		3:08.69
2004.	No meet		
2005.	No meet		
2006.	No meet		
2007.	No race		
2008.	Seton Hall	Smith, Gurr, Williams, Gomes	3:11.87
2009.	Seton Hall	Ellis, Gurr, Smith, Cox	3:11.97
2010.	Seton Hall	Morris, Ellis, Reynolds, Smith.	3:11.54
2011.	Villanova	Hines, Ellison, Kearney, Bowers	3:12.27
2012.	Pierce Sports TC		3:11.98
2013.	Virginia State	Chambers, Ross, Cameron, Owusu-Mensah	3:12.66
2014.	Rutgers.	Griffith, Crawford, Jordan, Dunbar	3:12.18
2015.	Bucknell	Ashkettle, Tapper, Reynolds, Lupica.	3:15.68

## College Men

### 4x800m Relay

#### First Event: 1963

**Most wins: Seven, William and Mary (1963, 1964, 1970, 1973, 1978, 2002, 2003) & Villanova (1979, 1980, 1984, 1985, 1986, 1988, 1989) & Virginia Tech (1987, 2009, 2010, 2011, 2012, 2013, 2014)**

**Consecutive wins: Six, Virginia Tech (2009-14)**

**Meet Record: 7:22.6, 1981 Richmond (Kipkorir, Kimalel, Bitok, Spooner)**

### Two-Mile Relay

1963.	William and Mary	Hurley, Gimmel, Randolph, Raihofer	7:47.3
1964.	William and Mary	Hurley, Brown, Raihofer, Randolph	7:46.5
1965.	VMI	Crotty, Engle, Louthan, Radford	7:43.5
1966.	Bowling Green	Beaverson, Parks, Knoll, Clafen	7:44.7
1967.	Georgetown	Wick, Adrian, Hickey, Urbina.	7:40.2
1968.	Georgetown	Adrian, Schwetze, Hickey, Zieminski	7:33.3
1969.	Notre Dame	Lehner, Brady, McCann, Quigley	7:33.6
1970.	William and Mary	Averett, Watson, Wood, Michael	7:40.6
1971.	Montclair State	Mizzone, Lowing, Schappert, Weiss	7:39.2
1972.	No race		
1973.	William and Mary	Graham, Sharrett, Collins, Clark	7:29.9
1974.	Catholic	Homan, Smith, Blackburn, Robinson	7:32.1
1975.	Maryland	Ohlmacher, Adderly, Garner, Watt	7:31.4
1976.	Richmond	Dobson, Kollum, Perkins, Smelley	7:29.4
1977.	Penn State	Shesky, Smith, Nicholson, Rexmont	7:36.4
1978.	William and Mary	George, Hagon, Rothschild, Hopke	7:32.2
1979.	Villanova	Schafer, Childs, Tufariello, Paige	7:27.3
1980.	Villanova	Kissell, Hunter, England, Paige	7:23.0

### 4x800m Relay

1981.	Richmond	Kipkorir, Kimalel, Bitok, Spooner	7:22.6
1982.	Georgetown	Reilly, McNelis, Caton, Gregorek	7:23.8

# COLONIAL RELAYS ALL-TIME CHAMPIONS

1983.	Pittsburgh.	Moorhead, Gallagher, Brown, Geary	7:25.0
1984.	Villanova	Clarke, Davis, O'Neill, Marshall	7:24.2
1985.	Villanova	Jenkins, Davis, Keyworth, Marshall	7:32.6
1986.	Villanova	Jenkins, Harris, Sullivan, O'Neill	7:32.5
1987.	Virginia Tech	Taylor, Reed, Voight, Cobb	7:26.8
1988.	Villanova	Friedli, O'Regan, Jackson, Sullivan	7:25.2
1989.	Villanova	O'Regan, Jackson, Seeger, Harris	7:30.68
1990.	Iona	Torricella, Pierre-Louis, Menzi, McHugh	7:26.7
1991.	Seton Hall	Ayres, Bell, Dickinson, Daniels	7:29.3
1992.	James Madison	Hundley, Holthaus, Moye, Cheatham	7:39.7
1993.	Seton Hall	Ayres, Bell, Dickinson, Daniels	7:29.3
1994.	N.Y. Tech.	Soltau, Daniel, Elvie, Burlew	7:36.6
1995.	Norfolk State	Mitchell, Omer, Graham, Robinson	7:37.0
1996.	Rutgers	Baloche, Greer, Gibbs, Koranyi	7:36.5
1997.	Georgetown	Dunn, Brennan, Lambert, Pimentel	7:30.74
1998.	No race		
1999.	Seton Hall		7:28.03
2000.	Indiana		7:31.69
2001.	Seton Hall		7:29.10
2002.	William and Mary		7:43.35
2003.	William and Mary	Wolak, O'Connor, Conway, Wilber	7:35.94
2004.	No meet		
2005.	No meet		
2006.	No meet		
2007.	No race		
2008.	Seton Hall	Burney, Novak, Gurr, McKenzie	7:31.46
2009.	Virginia Tech	Judge, Berlin, Miller, Witt	7:26.98
2010.	Virginia Tech	Hagen, McLaughlin, Degfae, Hammond	7:29.80
2011.	Virginia Tech	McLaughlin, Witt, Degfae, Hammond	7:31.39
2012.	Virginia Tech	Hagen, Degfae, Pollock, Hammond	7:32.42
2013.	Virginia Tech	Hagen, DeWillie, Pollock, Degfae	7:34.09
2014.	Virginia Tech	Dally, Ciattei, Joseph, Pollock	7:30.68
2015.	Monmouth	Langille, D'Agostino, Leight, Capwell	7:32.93

## 4x1,500m Relay

### First Event: 1963

**Most wins: 21, William and Mary (1965, 1968, 1969, 1973, 1974, 1975, 1978, 1983, 1986, 1991, 1992, 1994, 1995, 1996, 1999, 2001, 2008, 2009, 2010, 2012, 2013)**

**Consecutive wins: Three, William and Mary (1973-75, 1994-96, 2008-10)**

**Meet Record: 15:34.0, 1993 Iona (Magill, O'Callaghan, Hall, Mulvaney)**

## 4xMile Relay

1963.	West Virginia	Sweeney, Kersey, Meador, Kubic	18:25.0
1964.	West Virginia	Fiertz, Sweeney, Meador, Morrissey	18:26.8
1965.	William and Mary	Ryan, Bernstein, Philpott, Johnson	17:49.2
1966.	Bowling Green	Strominger, Kerns, Carr, Parks	
1967.	Georgetown	Wick, Ryan, Sajewicz, Stageberg	17:33.8
1968.	William and Mary	Davis, Michael, Luzins, Donnelly	17:16.5
1969.	William and Mary	Davis, Frantz, Wood, Michael	17:29.2
1970.	West Virginia	Fosselman, Payne, Scott, Mosser	17:25.0
1971.	North Carolina State	Hayes, Allen, Ackley, Wilkins	17:18.4

# COLONIAL RELAYS ALL-TIME CHAMPIONS

1972.	.....	No race	
1973.	.....	William and Mary	Clark, Gsell, Louy, Martin . . . . . 17:07.4
1974.	.....	William and Mary	Tulou, Moore, Collins, Clark . . . . . 16:38.0
1975.	.....	William and Mary	Courtney, Moore, Collins, Clark. . . . . 17:07.3
1976.	.....	Maryland	Lucas, Burno, Smith, Garner . . . . . 16:47.9
1977.	.....	Penn State	Wyatt, Felice, Baden, Stemmer . . . . . 16:54.6
1978.	.....	William and Mary	Dye, Hagon, Rothschild, Cropp . . . . . 16:52.3
1979.	.....	Villanova	Childs, Burns, Paige, Maree . . . . . 17:00.4
1980.	.....	Villanova	Hunter, Dillon, England, Pinkowski . . . . . 16:49.9

## **4x1,600m Relay**

1981.	.....	Richmond	Kipkorir, Kimalel, Bitok, Spooner . . . . . 16:45.1
1982.	.....	Richmond	Hill, Norgate, Kimalel, Bitok . . . . . 16:56.2
1983.	.....	William and Mary	Noble, Lindsley, Cuff, Whitney . . . . . 17:02.0
1984.	.....	Villanova	O'Neill, Davis, O'Keeffe, Keyworth . . . . . 16:34.8
1985.	.....	St. Joseph's	Farrell, Kattredge, Norris, Ave . . . . . 16:57.4
1986.	.....	William and Mary	Logsdon, McCarthy, Cuevas, Ryan. . . . . 16:55.2
1987.	.....	West Virginia	Hoinville, Carr, Manners, French . . . . . 17:10.6
1988.	.....	Bucknell	West, Ney, Sgambelucci, Sevensky. . . . . 16:33.3
1989.	.....	Providence	Duggan, Mullaney, Scanlan, Conway. . . . . 16:42.6
1990.	.....	Providence	Murphy, Conway, Mullaney, Evans. . . . . 16:36.2

## **4x1,500m Relay**

1991.	.....	William and Mary	Krause, Wilson, Buckley, Hough. . . . . 15:34.6
1992.	.....	William and Mary	Hough, Krause, Swift, Hyde. . . . . 15:46.6
1993.	.....	Iona	Magill, O'Callaghan, Hall, Mulvaney . . . . . 15:34.0
1994.	.....	William and Mary	Mendez, Eigel, Dunn, Hyde . . . . . 15:38.0
1995.	.....	William and Mary	Mendez, Brown, Eigel, Hyde . . . . . 15:34.9
1996.	.....	William and Mary	Moran, Brown, Eigel, Mendez . . . . . 15:50.6
1997.	.....	Georgetown	Benner, Gabremariam, Orenstein, Jermyn. . . . . 15:43.98
1998.	.....	No race	
1999.	.....	William and Mary	Lane, Hogleund, Jutras, Christiansen. . . . . 15:42.30
2000.	.....	No race	
2001.	.....	William and Mary	. . . . . 15:38.43
2002.	.....	Bucknell	. . . . . 16:00.14
2003.	.....	Penn State	. . . . . 15:41.66
2004.	.....	No meet	
2005.	.....	No meet	
2006.	.....	No meet	
2007.	.....	No race	
2008.	.....	William and Mary	Lang, Wilhelm, Massam, Fitzgerald . . . . . 15:35.73
2009.	.....	William and Mary	Woodard, Rosanelli, Dorrell, Fitzgerald . . . . . 15:41.61
2010.	.....	William and Mary	Leak, Sagar, Tennant, Wilhelm. . . . . 15:49.79
2011.	.....	American	Brown, Sullivan, Brannigan, Eustis. . . . . 15:41.99
2012.	.....	William and Mary	Mercado, Gunnerson, Tyson, Gunzenhauser. . . . . 15:49.33
2013.	.....	William and Mary	Gunzenhauser, Waterman, Anastasia-Murphy, Muller. . . . . 15:55.33
2014.	.....	Iona	Raseman, King, Stogsdill, Miller . . . . . 15:41.82
2015.	.....	New Hampshire	Piazza, Prizzi, Moretti, Greene. . . . . 15:58.59

**College Men**

# COLONIAL RELAYS ALL-TIME CHAMPIONS

## Distance Medley Relay

**First Event: 1963**

**Most wins: 12, William and Mary (1964, 1966, 1968, 1969, 1970, 1973, 1978, 1989, 1992, 1994, 1995, 2002)**

**Consecutive wins: Three, William and Mary (1968-70), Philadelphia Pioneers (1975-77), Villanova (1979-81, 1984-86, 2013-15), Virginia Tech (2010-12)**

**Meet Record: 9:32.5, 1986 Villanova (Keyworth, Davis, O'Neill, O'Reilly)**

### 4,400 Yards

1963.	Wake Forest	Neary, Ernst, Taylor, Turner	10:29.2
1964.	William and Mary	Gimmel, Insley, Brown, Johnson	10:28.6
1965.	Providence	Douglas, Ardemic, Brown, Riordan	10:23.8
1966.	William and Mary	McKain, Dillard, Donnelly, Johnson	10:17.4
1967.	Georgetown	Borok, Hickey, Urbina, Stageberg	10:16.0
1968.	William and Mary	Luzins, Findler, Michael, Donnelly	10:03.0
1969.	William and Mary	Wood, Findler, Luzins, Michael	9:51.4
1970.	William and Mary	Averett, Findler, Wood, Michael	9:57.2
1971.	Georgetown	Zieminski, Burrow, Zink, McKay	10:03.7
1972.	Quantico Marines	Norako, Knox, Luzins, Michael	9:57.5
1973.	William and Mary	Clark, Cooke, Sharrett, Collins	9:56.1
1974.	Quantico Marines	Mason, Stolpe, Michael, Sutherland	9:47.7
1975.	Philadelphia Pioneers	Lawrence, Lunne, Fredericks, McAfee	9:47.7
1976.	Philadelphia Pioneers	Unknown, Unknown, Fredericks, Thornton	9:49.6
1977.	Philadelphia Pioneers	McAfee, Ray, Waldrop, Piazza	9:46.5
1978.	William and Mary	Hopke, Keroack, Hagon, Cropp	9:49.4
1979.	Villanova	Tufariello, Dale, Paige, Maree	9:46.1
1980.	Villanova	Hunter, Tufariello, England, Paige	9:35.9

### 4,000 Meters

1981.	Villanova	Borgese, Young, Hunter, Maree	9:40.0
1982.	Richmond	Kipkorir, Spooner, Kimalel, Bitok	9:41.6
1983.	Pittsburgh	Gallagher, Pollock, Colas, Moorhead	9:40.4
1984.	Villanova	O'Sullivan, Jenkins, Marshall, O'Keefe	9:36.4
1985.	Villanova	O'Reilly, Modibedi, Marshall, Keyworth	9:41.1
1986.	Villanova	Keyworth, Davis, O'Neill, O'Reilly	9:32.5
1987.	George Mason	Franke, West, Gambrah, Black	9:44.7
1988.	West Virginia	Hainville, Cureton, Sabatino, Manners	9:40.7
1989.	William and Mary	Cuevas, Waggoner, Campbell, Vandegrift	9:46.2
1990.	Providence	Mullaney, Connors, Evans, Conway	
1991.	Iona		9:50.5
1992.	William and Mary	Vandegrift, Cunningham, Hyde, Reilly	9:52.7
1993.	Fairleigh Dickinson	Bednarz, Flanagan, Wisse, DeGannes	9:55.0
1994.	William and Mary	Mendez, Cuffee, Scully, Hyde	9:50.0
1995.	William and Mary	Mendez, Doane, Brown, Hyde	9:48.33
1996.	James Madison	Menago, Lewis, Lassiter, Foster	9:58.05
1997.	Georgetown	Pimentel, Lamert, Hornsby, Oliver	9:56.29
1998.	Iona	Frazar, Nichols, Brosnan, Santos	9:51.44
1999.	Yale		9:57.75
2000.	No race		
2001.	Penn State		10:09.80
2002.	William and Mary		10:07.80
2003.	Penn State		10:03.73
2004.	No meet		

# COLONIAL RELAYS ALL-TIME CHAMPIONS

2005.....	No meet		
2006.....	No meet		
2007.....	No race		
2008.....	Yale .....	Labosky, Soiles, O'Callaghan, Bell .....	9:56.53
2009.....	Yale .....	Bell, Soiles, Labosky, Gallagher .....	9:59.32
2010.....	Virginia Tech .....	Walizer, Gradley, Miller, Mulherin .....	9:52.23
2011.....	Virginia Tech .....	Hagen, Hoepker, Miller, Mulherin .....	9:57.78
2012.....	Virginia Tech .....	Walizer, Dally, DeWillie, Mulherin .....	9:52.46
2013.....	Villanova .....	O'Sullivan, Messick, Williamsz, Tully .....	9:56.02
2014.....	Villanova .....	Denault, Cartwright, O'Sullivan, Tiernan .....	9:50.37
2015.....	Villanova .....	Warnick, MuhammadLapron, Williamsz .....	9:58.05

## Sprint Medley Relay

**First Event: 1963**

**Most wins: Four, Villanova (1979, 1980, 1981, 1985) & Seton Hall (1990, 1991, 1994, 1995)**

**Consecutive wins: Three, Villanova (1979-81)**

**Meet Record: 3:18.09, 1999 William and Mary (Musiek, Bates, Ashton, Christiansen)**

### 1,760 Yards

1963.....	Wake Forest .....	Ernst, Williams, Hartley, Turner .....	3:34.2
1964.....	Wake Forest .....	Hartley, Dunlap, Ernst, Turner .....	3:33.1
1965.....	William and Mary .....	Hurley, Gronning, Lampe, Johnson .....	3:30.2
1966.....	American .....	Campbell, Bell, Fields, Frye .....	3:28.3
1967.....	Georgetown .....	Borck, Ferrara, Adrian, Zieminski .....	3:27.0
1968.....	Georgetown .....	Borck, Ferrara, Larsen, Zieminski .....	3:27.2
1969.....	Notre Dame .....	Breulin, Skarstein, Hurd, Quigley .....	3:25.4
1970.....	William and Mary .....	Watson, Findler, Duffey, Michael .....	3:26.6
1971.....	Sports International .....	Shuder, Collins, Young, Colburn .....	3:25.0
1972.....	No race		
1973.....	Catholic .....		3:25.0
1974.....	Norfolk State .....	Neely, Davis, Riddick, Diggs .....	3:26.0
1975.....	Penn State .....	Saunds, Hackman, Shine, Rexmont .....	3:26.4
1976.....	Catholic .....	Musgrove, Serrail, Cole, Robinson .....	3:20.0
1977.....	Bucknell .....	Williamson, Depalma, Stilwell, McLean .....	3:22.2
1978.....	Hagerstown JC .....	Jones, Jules, Curry, Campbell .....	3:23.6
1979.....	Villanova .....	Brown, Harbour, Sydnor, Tufariello .....	3:21.6
1980.....	Villanova .....	Wilson, Young, Tufariello, Paige .....	3:19.9

### 1,600 Meters

1981.....	Villanova .....	Wilson, Adams, Young, Hunter .....	3:21.9
1982.....	Adelphi .....	Hinds, Marks, Blue, Pooler .....	3:24.6
1983.....	Howard .....	Charlton, Wilson, Bridges, Battle .....	3:20.6
1984.....	Howard .....	Bridges, Madison, Louis, Battle .....	3:20.3
1985.....	Villanova .....	Davis, Valentine, Modibedi, Marshall .....	3:19.8
1986.....	Lincoln .....	Arthrum, Darby, Guerrier, Johnson .....	3:27.1
1987.....	Penn State .....	Barromeo, Timpson, Levitre .....	3:21.1
1988.....	Howard .....	LeMone, Dallas, Branch, Johnson .....	3:20.9
1989.....	Mount St. Mary's .....	Steel, Poole, Lishebo, Rono .....	3:21.26
1990.....	Seton Hall .....	Worthen, Palmer, Swan, Washington .....	3:23.7
1991.....	Seton Hall .....		3:21.97
1992.....	Glassboro .....		3:25.17
1993.....	Rutgers .....	Stallings, Davis, Novembre, Koranyi .....	3:24.3

**College Men**



# COLONIAL RELAYS ALL-TIME CHAMPIONS

1994.	Seton Hall	Wright, Gantt, Lyles, Daniels	3:21.31
1995.	Seton Hall	Hampson, Gantt, Lyles, Royster	3:20.3
1996.	VCU	Jinadu, Jones, Crawley, Berber	3:20.15
1997.	Lincoln	Whiting, McMillian, Schmidt, Bogle	3:22.35
1998.	Mount St. Mary's	Simms, Wong, Sloon, Kinyua	3:19.81
1999.	William and Mary	Musiek, Bates, Ashton, Christiansen	3:18.09
2000.	No race		
2001.	No race		
2002.	No race		
2003.	No race		
2004.	No meet		
2005.	No meet		
2006.	No meet		
2007.	No race		
2008.	No race		
2009.	No race		
2010.	No race		
2011.	Bucknell	Hicks, Bell, Arent, Donaldson	3:28.15
2012.	Michigan	Oliver, Neuman, Sneller, Blacklaws	3:25.76
2013.	Shippensburg	Kujawski, Shaw, Jones, Dreeman	3:27.19
2014.	Monmouth	Kahana, Dupree, Boyd, Capwell	3:23.28
2015.	UNCW	Shaw, McLean, Love, Combs	3:24.94

## Shuttle Hurdle Relay

**First Event: 1963**

**Most wins: Eight, Pittsburgh (1985, 1989, 1990, 1992, 1993, 1994, 1995, 1997)**

**Consecutive wins: Four, Pittsburgh (1992-95)**

**Meet Record: 56.5, 1988 Hampton**

### 4x120y

1963.	Roanoke	1:03.3	
1964.	VMI	1:02.5	
1965.	VMI	1:02.8	
1966.	West Chester State	1:04.3	
1967.	William & Mary	1:02.6	
1968.	William & Mary	1:01.1	
1969.	Notre Dame	1:02	
1970.	Virginia Tech	1:00.5	
1971.	Virginia Tech	1:01.3	
1972.	No race		
1973.	No race		
1974.	No race		
1975.	No race		
1976.	No race		
1977.	No race		
1978.	NC State	57.4	
1979.	Virginia	Pirtle, Williams, Muth, Williams	59.6

### 4x110m

1980.	Virginia	58.1
1981.	NC State	56.6
1982.	NYIT & Pratt (tie)	1:00.7



# COLONIAL RELAYS ALL-TIME CHAMPIONS

1983.	Mount St. Mary's.	58.59
1984.	Mount St. Mary's.	59.1
1985.	Pittsburgh.	57.3
1986.	No race	
1987.	No race	
1988.	Hampton	56.5
1989.	Pittsburgh. Shields, Walthall, Ellis, Cannon	57.3
1990.	Pittsburgh. Shields, Walthall, Burton, Ellis	59.03
1991.	Norfolk State George, Ricks, Simmons, Green	59.69
1992.	Pittsburgh. Douglas, Jobson, Alexander, Sinelos	59.2
1993.	Pittsburgh. Dixon, Murphy, Alexander, Whitley	1:00.70
1994.	Pittsburgh. Williams, Alexander, Green, Murphy	59.58
1995.	Pittsburgh. Anderson, Alexander, Williams, Murphy	59.52
1996.	Rutgers. Douglas, Garron, Kresterski, Jackson	59.93
1997.	Pittsburgh. Jeremy, Jeffreys, Williams, Green.	58.8
1998.	No race	
1999.	No race	
2000.	No race	
2001.	No race	
2002.	Rutgers.	1:01.09
2003.	Penn State	1:02.90
2004.	No meet	
2005.	No meet	
2006.	No meet	
2007.	No race	
2008.	No race	
2009.	Georgetown Kinney, Gissendanner, Okengwu, Austin	57.55
2010.	Rider Hightower, Moore, Burroughs, Lim	1:00.64
2011.	No race	
2012.	No race	
2013.	No race	
2014.	No race	

## College Men

### High Jump

**First Event: 1963**

**Most wins (individual): Matt Pascuzzo, 5**

**Consecutive wins: Skeeter Jackson, 2 (1979-80) & Joe Patrone, 2 (1985-86)**

**Most wins (team): Three, William and Mary (1963, 1975, 2008) & NYAC (1985, 1986, 1989) & Penn State (1981, 1993, 1999)**

**Meet Record: 7-3.25, Joe Patrone (NYAC, 1985)**

1963.	Bill Jeffries	William and Mary	6-2
1964.	Maurice Moon.	West Virginia.	6-1.25
1965.	Newton Scott	Wake Forest	6-2.5
1966.	Bernard Mitchell	Norfolk State	6-6
1967.	William Napper	Virginia State	6-4.5
1968.	Lonnie Dalton	West Chester	6-5.5
1969.	Mike Neer	Washington & Lee.	6-8
1970.	Frank Costello	Sports International	6-8.5
1971.	Lonnie Dalton	West Chester	6-9.25
1972.	No event		

# COLONIAL RELAYS ALL-TIME CHAMPIONS

1973.	Gene Halton	Shore AC.	6-9.75
1974.	George Horne	Temple	6-9.75
1975.	Al Irving.	William and Mary.	6-10
1976.	Mel Embree	Harvard.	7-0
1977.	Brett Eppert	D.C. Striders	7-0
1978.	Mike Corbin	Maryland T.C.	7-2
1979.	Skeeter Jackson	George Mason.	7-0
1980.	Skeeter Jackson	George Mason.	6-10
1981.	Paul Souza	Penn State	7-0
1982.	Mike Pascuzzo	Hagerstown JC	7-1.5
1983.	Jerome Carter	Unattached	7-2.25
1984.	James Hopson	Unattached	7-2.5
1985.	Joe Patrone.	NYAC	7-3.25
1986.	Joe Patrone.	NYAC	7-2.25
1987.	Mike Pascuzzo	Unattached	6-10.75
1988.	Matt MoVetta	Shippensburg	7-0.25
1989.	Mike Pascuzzo	NYAC	7-0.5
1990.	Joe Patrone.	Unattached	7-2.25
1991.	Steve Trombetta.	St. John's	6-8.5
1992.	Mike Pascuzzo	Unattached	7-0.25
1993.	Aron Gawne	Penn State	6-11.75
1994.	Mike Pascuzzo	Shore AC.	7-3
1995.	Barry Cantrell	Fordham	6-10.5
1996.	No event		
1997.	Thomas Thompson	Lincoln	6-10.75
1998.	No event		
1999.	Ryan Olkowski.	Penn State	6-10.75
2000.	No event		
2001.	Phinel Petit-Frere	Colgate	6-9
2002.	Anthony Butler	Rutgers	6-9
2003.	Garrett Brickner	Virginia Military	6-9.5
2004.	No meet		
2005.	No meet		
2006.	No meet		
2007.	No event		
2008.	Cam Shriver.	William and Mary.	6-10.75
2009.	Nicholas Hruch	Bucknell.	2.04m 6-8.25
2010.	Raphael Hall	Norfolk State	2.09m 6-10.25
2011.	Thomas Butler.	Monmouth	1.99m 6-6.25
2012.	Richard Roethel.	Christopher Newport	2.11m 6-11
2013.	David Fajoyomi	Fordham	2.04m 6-8.25
2014.	Jalen Ramsey	Shippensburg	2.09m 6-10.25
2015.	Jamaal Petty	Virginia Union	2.04m 6-8.25

# COLONIAL RELAYS ALL-TIME CHAMPIONS

## Pole Vault

**First Event: 1963**

**Most wins (individual): Charles Strode & Chris Kolm & Jon Warner & Wes Sun & Chris Wyckoff, 2**

**Consecutive wins: Chris Wyckoff, 2 (2013-14)**

**Most wins (team): Five, West Virginia (1964, 1966, 1969, 1985, 1991)**

**Meet Record: 5.15m/16-10.75, Chris Wyckoff (Rutgers, 2013)**

1963.	Pete Nicholas	Old Dominion.	13-0
1964.	Ed Zurow.	West Virginia.	13-6
1965.	Stuart Corn	N.C. State	14-6
1966.	Jack Carter.	West Virginia.	15-6.25
1967.	Peter Chen.	American.	15-0
1968.	Marshall Stone.	William and Mary.	15-0
1969.	Reg Corbett.	West Virginia.	14-6
1970.	Pete Kowzon	Sports International	15-0
1971.	Charles Strode	William and Mary.	16-1
1972.	No event		
1973.	Harry Woodell.	West Virginia State	13-6
1974.	Charles Strode	William and Mary.	15-6
1975.	Bill Gifford.	Penn State	15-6
1976.	Keith Neff	Virginia Tech.	16-0
1977.	Ed Nuttycombe	Charlottesville T.C.	15-0
1978.	Chris Kolm	Catholic.	16-0
1979.	Joe Schneider.	St. John's	15-0
1980.	Jon Warner.	D.C. International.	16-8
1981.	Chris Kolm	Catholic.	16-0
1982.	Jon Warner.	NYAC	16-0
1983.	Joe Petrillo	Shore A.C.	16-0
1984.	Doug Bushong.	Shippensburg	15-6
1985.	Steve King	West Virginia.	14-6
1986.	Gary Morris.	Virginia Tech.	15-6
1987.	Barry Pryer	D.C. Striders	14-6
1988.	Rick Kleban.	Unattached	16-0.5
1989.	Steve Keating.	Rutgers	16-6
1990.	Mark Algeri	Penn State	15-0
1991.	Jeff Cone	West Virginia.	16-3.5
1992.	Brandon Kurtz.	Fairleigh Dickinson	15-8
1993.	Mason Ternay	Penn State	16-8.75
1994.	Chris Williams	Virginia Tech.	16-6.75
1995.	Mike Drummey	Southern Connecticut.	16-0.75
1996.	No event		
1997.	Jesse Stern	Yale	16-0
1998.	No event		
1999.	Charlie Kubic	Unattached	14-5.25
2000.	No event		
2001.	Rich Fulford.	Foot TC.	16-8.75
2002.	JB Rosson.	Virginia Military	15-3
2003.	Dave Bollinger	Penn State	16-0.75
2004.	No meet		
2005.	No meet		
2006.	No meet		

# COLONIAL RELAYS ALL-TIME CHAMPIONS

2007.....	No event		
2008.....	Logan Lynch .....	Michigan State .....	15-11
2009.....	Brian Duggan .....	Rutgers .....	4.95m 16-2.75
2010.....	Wes Sun .....	George Mason.....	4.80m 15-9
2011.....	Lee Oxenford.....	George Mason.....	4.65m 15-3
2012.....	Wes Sun .....	Unattached .....	4.65m 15-3
2013.....	Chris Wyckoff .....	Rutgers .....	5.15m 16-10.75
2014.....	Chris Wyckoff .....	Rutgers .....	5.10m 16-8.75
2015.....	Sean Daugherty.....	George Mason.....	4.85m 15-11

## Long Jump

**First Event: 1963**

**Most wins (individual): Andrew Hardyk, 3**

**Consecutive wins: 2, Jim Sherrard (1964-65) & Mike Harvey (1968-69) & Aaron Heard (1972-73) & Andrew Hardyk (1994-95) & Ryan Olkowski (2000-01) & Noel Powell (2002-03) & Elbert Maxwell (2014-15)**

**Most wins (team): Four, VMI (1964, 1965, 1967, 1978) & Virginia (1968, 1969, 1979, 1982), Norfolk State (1972, 1973, 1989, 2007)**

**Meet Record: 25-1, Dwayne Reid (Hampton, 1986)**

1963.....	Phil Edwards .....	West Virginia.....	21-5.25
1964.....	Jim Sherrard .....	Virginia Military .....	22-1
1965.....	Jim Sherrard .....	Virginia Military .....	22-1.5
1966.....	John Prentice .....	William and Mary.....	22-6.25
1967.....	John Decher.....	Virginia Military .....	22-1.25
1968.....	Mike Harvey .....	Virginia .....	24-0.5
1969.....	Mike Harvey .....	Virginia .....	24-3.5
1970.....	Scott McLennan .....	William and Mary.....	23-11.5
1971.....	Norman Williams .....	Richmond .....	24-7.5
1972.....	Aaron Heard .....	Norfolk State.....	22-4
1973.....	Aaron Heard .....	Norfolk State.....	22-9.5
1974.....	Bill Rhea .....	Pittsburgh .....	25-0
1975.....	Neville Sinclair.....	Maryland.....	24-7.75
1976.....	John Davenport .....	Maryland.....	23-7
1977.....	Dennis Ivory .....	Maryland.....	24-3.5
1978.....	Malcolm Grimes .....	Virginia Military .....	24-8
1979.....	Mauri Anderson .....	Virginia .....	23-11
1980.....	Keith Witherspoon .....	Charlottesville TC.....	24-3.75
1981.....	Arnold Bell.....	N.C. State .....	24-1
1982.....	Bruce Randolph.....	Virginia .....	23-11
1983.....	Reg Hayes .....	James Madison .....	24-3.75
1984.....	Dwayne Reid .....	Hampton.....	24-8.5
1985.....	Lenny Fraser .....	New York Tech .....	24-8.5
1986.....	Dwayne Reid .....	Hampton.....	25-1
1987.....	Howard Lindsay .....	Maryland-Eastern Shore.....	24-6
1988.....	D.D. Mann.....	James Madison .....	24-2.5
1989.....	Bradley Strachen .....	Norfolk State.....	23-0
1990.....	Kim Bullock.....	Unattached .....	24-6
1991.....	Dedric Jones.....	Syracuse .....	23-11
1992.....	Robert Graham .....	Delaware.....	23-8.75
1993.....	Leslie Hogan .....	Hampton.....	24-4.5

# COLONIAL RELAYS ALL-TIME CHAMPIONS

1994.	Andrew Hardy	Unattached	24-6.5
1995.	Andrew Hardy	Unattached	24-8.25
1996.	Thomas Thompson	Lincoln	23-3.25
1997.	Andrew Hardy	PS Spiked Shoe	25-0.5
1998.	Chauncy Rogers	Atlantic Coast	23-11
1999.	Matt Fenstermacher	Susquehanna	23-03
2000.	Ryan Olkowski	Penn State	24-6
2001.	Ryan Olkowski	Penn State	23-3.5
2002.	Noel Powell	Bucknell	23-9
2003.	Noel Powell	Bucknell	23-11.75
2004.	No meet		
2005.	No meet		
2006.	No meet		
2007.	Marlon Woods	Norfolk State	23-9.5
2008.	Stephen Small-Warner	Howard	23-3.5
2009.	Brian Wallace	VCU	7.22m 23-8.25
2010.	Tim Boeni	Temple	7.61m 24-11.75
2011.	Amire Solomon	Long Island	7.00m 22-11.75
2012.	Corey Crawford	Rutgers	7.50m 24-7.25
2013.	Herman Kirkland	Shippensburg	7.35m 24-1.5
2014.	Elbert Maxwell	Villanova	7.46m 24-5.75
2015.	Elbert Maxwell	Villanova	7.64m 25-0.75

## Triple Jump

**First Event: 1963**

**Most wins (individual): Keith Witherspoon, 5**

**Consecutive wins: 2, Andy Bilmanis (1974-75) & Desmond Kapofu (2002-03) & Kevin Bostick (2012-13) & Kevin Tapper (2014-15)**

**Most wins (team): Three, Charlottesville TC (1977, 1979, 1981) & Norfolk State (1997, 2002, 2003) & Syracuse (1986, 1991, 1993)**

**Meet Record: 52-6.75, Bryan Delsite (Syracuse, 1993)**

1963.	J.W. Carter	Virginia Tech.	44-6.25
1964.	Phil Edwards	West Virginia.	45-6.5
1965.	Jim Sherrard	Virginia Military	46-0.5
1966.	Maurice Moon	West Virginia.	45-0.25
1967.	Rich Conway	William and Mary	45-0.25
1968.	Bill Walsh	Mount St. Mary's	47-2.5
1969.	Kim Piersol	Furman	49-1
1970.	Mike Harvey	Unattached	48-11.5
1971.	Mike Graham	William and Mary	47-5.5
1972.	No event		
1973.	Keith Witherspoon	Unattached	48-11
1974.	Andy Bilmanis	Maryland.	51-2.25
1975.	Andy Bilmanis	Maryland.	48-11
1976.	Ron Livers	Unattached	52-1
1977.	Keith Witherspoon	Charlottesville, T.C.	51-5.5
1978.	Malcolm Grimes	Virginia Military	50-8.25
1979.	Keith Witherspoon	Charlottesville T.C.	49-2
1980.	Frank Alston	C.W. Post.	52-5.5
1981.	Keith Witherspoon	Charlottesville TC.	51-11.5

# COLONIAL RELAYS ALL-TIME CHAMPIONS

1982	David McFagden	Virginia State	52-0
1983	Mark Tobias	Mount St. Mary's	50-0.75
1984	Keith Witherspoon	Virginia T.C.	51-4.25
1985	Earl Gamble	St. John's	51-2.5
1986	Maurice Etheredge	Syracuse	49-5.5
1987	Ray Toppins	Frostburg State	48-2.75
1988	Orrin Barton	Virginia State	50-11
1989	Warren Posey	Appalachian State	51-0
1990	Rick Hall	Penn State	50-8.25
1991	Bryan Delsite	Syracuse	50-9.5
1992	Thomas Brown	Hampton	48-9.5
1993	Bryan Delsite	Syracuse	52-6.75
1994	Jermeine Grant	N.Y. Inst. Tech.	48-5.5
1995	Ricardo Hall	Unattached	51-9
1996	Thomas Claiborne	Lincoln	45-7
1997	Allen Mortimer	Norfolk State	52-1.75
1998	No event		
1999	Russ Holmes	East Stroudsburg	45-10
2000	Greg Yeldell	Indiana	50-10
2001	Jaj Hill	Penn State	47-2.5
2002	Desmond Kapofu	Norfolk State	51-2.75
2003	Desmond Kapofu	Norfolk State	50-10.75
2004	No meet		
2005	No meet		
2006	No meet		
2007	No event		
2008	Kyron Foster	Michigan State	47-5.25
2009	Denis Eradiri	St. Francis (Pa.)	14.91m 48-11
2010	Victor Gilreath	Maryland-Baltimore County	14.98m 49-1.75
2011	Robert Sainvil	Villanova	14.98m 49-1.75
2012	Kevin Bostick	Rutgers	14.95m 49-0.75
2013	Kevin Bostick	Rutgers	15.24m 50-0
2014	Kevin Tapper	Bucknell	14.50m 47-7
2015	Kevin Tapper	Bucknell	14.80m 48-6.75

College Men

## Shot Put

**First Event: 1963**

**Most wins (individual): Joe Zelezniak, 6**

**Consecutive wins: Joe Zelezniak, 6 (1979-84)**

**Most wins (team): Five, New York Athletic Club (1978, 1979, 1980, 1981, 1982)**

**Meet Record: 63-11.75, Joe Zelezniak (Unattached, 1984)**

1963	John Manichan	Virginia Tech.	46-11.5
1964	Joe Green	William and Mary	51-0
1965	Rod Stewart	Duke	53-8.25
1966	Scott Campbell	Delaware	51-1.25
1967	Scott Campbell	Delaware	50-7
1968	Dennis Moody	East Carolina	49-6
1969	Ernie Hearn	Sports International	59-7
1970	Ernie Hearn	Sports International	62-3.5
1971	Ernie Hearn	Sports International	60-0



# COLONIAL RELAYS ALL-TIME CHAMPIONS

## College Men

1972.	No event		
1973.	Jim Keys	West Chester	50-6
1974.	Steve Stone	Hagerstown J.C.	52-9.75
1975.	Knut Hjeltnes	Penn State	59-1.5
1976.	Tom Anderson	Maryland	56-0
1977.	Ian Pyka	Maryland	59-4
1978.	Tony Harlin	NYAC	58-9.5
1979.	Joe Zelezniak	NYAC	57-2.75
1980.	Joe Zelezniak	NYAC	59-2.25
1981.	Joe Zelezniak	NYAC	61-5
1982.	Joe Zelezniak	NYAC	61-2.25
1983.	Joe Zelezniak	Unattached	62-10
1984.	Joe Zelezniak	Unattached	63-11.75
1985.	Brian Donahue	Unattached	60-4
1986.	Dallas Randolph	St. John's	56-10
1987.	Ralph Tamm	West Chester	57-5
1988.	Sal Della Croce	Unattached	58-7
1989.	C.J. Hunter	Penn State	63-8
1990.	C.J. Hunter	Penn State	60-11.25
1991.	John Wojciechowski	Rutgers	55-8.5
1992.	John Stephens	Syracuse	51-11.25
1993.	John Wojciechowski	Rutgers	55-6.25
1994.	Perry Gaskins	George Mason	53-3.75
1995.	Tom Johnson	Virginia Commonwealth	54-0
1996.	Lou Gordon	Fairleigh Dickinson	50-1.75
1997.	Lou Gordon	Fairleigh Dickinson	49-11
1998.	No event		
1999.	Art Dreher	Rutgers	55-1.5
2000.	Mike Minton	Indiana	51-11
2001.	Chris Parsons	William and Mary	50-4.75
2002.	Sam Segond	Rutgers	56-6.75
2003.	Dan Diaz	Penn State	56-8.75
2004.	No meet		
2005.	No meet		
2006.	No meet		
2007.	Jason Brown	Michigan State	54-7.25
2008.	Jason Brown	Michigan State	57-7.75
2009.	Thomas Ciccoli	Monmouth	16.32m 53-6.5
2010.	Vincent Elardo	Monmouth	16.64m 54-7.25
2011.	Tom Barr	Bucknell	15.25m 50-0.5
2012.	Quinten Marcott	Bucknell	15.96m 52-4.5
2013.	Errol Jeffrey	Monmouth	17.15m 56-3.25
2014.	Taylor Frenia	William and Mary	16.81m 55-2
2015.	George Solujich	Rider	16.54m 54-3.25

# COLONIAL RELAYS ALL-TIME CHAMPIONS

## Discus

**First Event: 1963**

**Most wins (individual): Dick Drescher, 4**

**Consecutive wins: Dick Drescher, 4 (1970-74)**

**Most wins (team): Nine, Rutgers (1994, 1997, 1999, 2001, 2002, 2003, 2010, 2011, 2013)**

**Meet Record: 195-9, John Gamble (Charlottesville Track Club, 1979)**

1963.	Kirk Gooding.	William and Mary.	138-7.5
1964.	Fred Vaughan.	Virginia Tech.	152-11
1965.	Fred Vaughan.	Virginia Tech.	149-1
1966.	Bill Wheeler.	Delaware.	153-0.5
1967.	Bill Wheeler.	Delaware.	159-4
1968.	Dan Sedwick.	Virginia Tech.	147-10.5
1969.	Elio Palselli.	Notre Dame.	165-6
1970.	Dick Drescher.	Sports International.	179-9
1971.	Dick Drescher.	Sports International.	184-7
1972.	No event		
1973.	Dick Drescher.	Unattached.	185-2
1974.	Dick Drescher.	Unattached.	185-6
1975.	Knut Hjelnes.	Penn State.	183-1
1976.	Scott Hersh.	Maryland.	173-9
1977.	Scott Hersh.	Maryland.	174-0
1978.	John Gamble.	Charlottesville T.C.	177-10
1979.	John Gamble.	Charlottesville T.C.	195-9
1980.	John Gamble.	Charlottesville T.C.	192-5
1981.	Ken Manahan.	Unattached.	177-4
1982.	Ken Manahan.	Unattached.	170-11
1983.	Jim Reardon.	Ohio T.C.	189-10
1984.	Jim Reardon.	Ohio T.C.	183-2
1985.	Jim Reardon.	Ohio T.C.	183-3
1986.	Bill Robertson.	Towson.	168-0
1987.	Ron Schmidt.	Unattached.	164-0
1988.	Tony Washington.	W. Jones T.C.	189-4
1989.	Mike Mielke.	Stockton.	180-11
1990.	Tony Washington.	Syracuse.	186-4
1991.	Mike Naiphe.	Virginia Military.	162-11
1992.	Brian Dimico.	Delaware.	153-6
1993.	Brian Milne.	Penn State.	194-3
1994.	Scott Reily.	Rutgers.	169-9.5
1995.	Tom Johnson.	Virginia Commonwealth.	155-4
1996.	Brian Wildfong.	Michigan.	159-7
1997.	Kevin Barry.	Rutgers.	164-8
1998.	No event		
1999.	Art Dreher.	Rutgers.	162-5
2000.	Dan Diaz.	Penn State.	175-1
2001.	Marc Wallace.	Rutgers.	151-6
2002.	Sam Segond.	Rutgers.	171-9
2003.	Sam Segond.	Rutgers.	179-6
2004.	No meet		
2005.	No meet		
2006.	No meet		

# COLONIAL RELAYS ALL-TIME CHAMPIONS

2007.....	No event		
2008.....	Ryan Martin	Mount St. Mary's	160-4
2009.....	Ben Maderia	St. Francis (Pa.)	47.60m 156-2
2010.....	James Plummer	Rutgers	56.20m 184-4
2011.....	James Plummer	Rutgers	58.09m 190-7
2012.....	Kirk Nguyen	George Mason	45.14m 148-1
2013.....	James Plummer	Rutgers	57.01m 187-0
2014.....	James Plummer	Shore A.C.	57.99m 190-3
2015.....	Taylor Frenia	William and Mary	49.62m 162-9

## Hammer Throw

### First Event: 1974

**Most wins (individual): Andy Bessette (1974-75) & Robert Drum (1977, 1979) & Jeff Napolitano (1983-84) & Sheldon Johnson (1986, 1988) & Louis Chisari (1994, 1996), 2**

**Consecutive wins: Andy Bessette, 2 (1974-75) & Jeff Napolitano, 2 (1983-84)**

**Most wins (team): Three, William and Mary (1985, 1991, 1995)**

**Meet Record: 252-2, Kevin McMahan (Reebok Enclave, 1997)**

1974.....	Andy Bessette	Connecticut	195-7
1975.....	Andy Bessette	Connecticut	199-3
1976.....	Ted Bregar	Navy	206-10
1977.....	Robert Drum	Virginia Tech	177-6
1978.....	Alvin Jackson	Philadelphia Pioneers	203-4
1979.....	Robert Drum	Charlottesville T.C.	174-2
1980.....	Carl Shields	Cumberland Valley T.C.	188-11
1981.....	Ed Smolenski	Unattached	188-4
1982.....	Eoin Walshe	Lafayette	174-1
1983.....	Jeff Napolitano	Iona	192-5
1984.....	Jeff Napolitano	Iona	195-1
1985.....	Marlon Mattis	William and Mary	191-11
1986.....	Sheldon Johnson	Virginia Military	193-11
1987.....	Chad Stearnes	Duke	180-4
1988.....	Sheldon Johnson	Unattached	199-3
1989.....	Anders Halvorsen	Northeastern	191-6
1990.....	Steve Dering	Syracuse	208-7
1991.....	Mike Howell	William and Mary	185-7
1992.....	Pete Farmer	Unattached	205-1
1993.....	Wade Coleman	Delaware	199-7
1994.....	Louis Chisari	NYAC	213-3
1995.....	Adam Williams	William and Mary	195-1
1996.....	Louis Chisari	NYAC	
1997.....	Kevin McMahan	Reebok Enclave	252-2
1998.....	Neal McNutt	Penn State	201-3
1999.....	Nick Welihozky	Unattached	194-2
2000.....	Bill Johnson	Virginia	183-3
2001.....	Ryan Stairs	Bucknell	194-7
2002.....	William Johnston	Rhode Island	189-7
2003.....	Jason Goulart	St. John's	181-11
2004.....	No meet		
2005.....	No meet		
2006.....	No meet		

# COLONIAL RELAYS ALL-TIME CHAMPIONS

2007.	.....	No event		
2008.	.....	Jesse Doty	Syracuse Chargers	212-2
2009.	.....	Matthew DiBuono	Fordham	62.84m 206-2
2010.	.....	Grant West	Temple	57.58m 188-11
2011.	.....	Robert Keogh	Temple	61.92m 203-2
2012.	.....	Ethan Dennis	Michigan	61.33m 201-2
2013.	.....	Leonard Joseph	Bucknell	59.28m 194-6
2014.	.....	Brian Waterfield	Unattached	58.17m 190-10
2015.	.....	Joseph Velez	Rutgers	63.82m 209-4

## Javelin

**First Event: 1963**

**Most wins (individual): Mike Juskus, 4**

**Consecutive wins: Mike Juskus, 3 (1980-82) & Brandon Heroux, 3 (2009-11)**

**Most wins (team): Five, William and Mary (1970, 2002, 2009, 2010, 2011)**

**Meet Record: 242-5, Mark Fletcher (American Big Guys, 1998)**

1963.	.....	Ken Klein	VMI	184-11
1964.	.....	Steve Stahovic	West Virginia	191-11
1965.	.....	Harold Hudgins	Virginia Tech	204-4
1966.	.....	Steve Stahovic	West Virginia	226-0
1967.	.....	Ben Remondi	Unattached	219-3
1968.	.....	Skip Krombolz	Ft. Eustis	226-1
1969.	.....	Anthony Hall	Norfolk State	209-6
1970.	.....	Bob Daniel	William and Mary	236-6
1971.	.....	Anthony Hall	Norfolk State	236-3
1972.	.....	Russ White	Sports International	229-2
1973.	.....	Russ White	Sports International	235-10
1974.	.....	Dave Reiss	Philadelphia Pioneers	250-5
1975.	.....	Jim Kirby	Maryland	225-8
1976.	.....	Dave Kinney	Harvard	224-4
1977.	.....	Dave Reiss	Bruce TC	265-9
1978.	.....	Scott Sorchik	Bruce TC	262-0
1979.	.....	Scott Sorchik	Bruce TC	253-7
1980.	.....	Mike Juskus	Glassboro State	254-0
1981.	.....	Mike Juskus	Glassboro State	244-10
1982.	.....	Mike Juskus	NYAC	252-9
1983.	.....	Joe Mitrovich	Unattached	245-8
1984.	.....	Mike Mirabelli	Willingboro TC	223-11
1985.	.....	Mike Juskus	NYAC	261-5

## Redesigned

1986.	.....	Dave Reiss	Unattached	205-8
1987.	.....	Dave Reiss	Unattached	213-2
1988.	.....	Ken Beache	Howard	211-1
1989.	.....	Rich Rebeck	Bucknell	206-7
1990.	.....	Bill Barisi	Iona	230-1
1991.	.....	Gary Choy	Rutgers	208-0
1992.	.....	Mike Boone	Glassboro State	206-7
1993.	.....	Rob Austin	Penn State	205-3
1994.	.....	Mark Fletcher	Shore TC	231-7
1995.	.....	Garald Langlois	Shore TC	237-4

# COLONIAL RELAYS ALL-TIME CHAMPIONS

1996.	Chris Sagnella	Rutgers		235-8
1997.	Mark Fletcher	Unattached		241-2
1998.	Mark Fletcher	American Big Guys		242-5
1999.	Jason McMullen	Unattached		221-4
2000.	No event			
2001.	Paul Mongne	Rutgers		210-11
2002.	Chris Parsons	William and Mary		212-9
2003.	Brian Stumpf	Penn State		223-5
2004.	No meet			
2005.	No meet			
2006.	No meet			
2007.	Brandon Burkhardt	Rutgers		216-1
2008.	Scott Beals	Michigan State		196-1
2009.	Brandon Heroux	William and Mary	67.21m	220-6
2010.	Brandon Heroux	William and Mary	66.62m	218-7
2011.	Brandon Heroux	William and Mary	67.55m	221-7
2012.	George Trees	Bucknell	62.62m	205-5
2013.	McLean Lipschutz	Monmouth	62.38m	204-8
2014.	Timothy VanLiew	Unattachd	71.57m	234-10
2015.	Thomas Carr	Rutgers	71.84m	235-8