Empire 8 Men's Outdoor Track and Field Record Book
From Empire 8 Championships Starting in 2004

Track Events

100 Meters	Max Orenstein (Ithaca, 2010), :10.81
200 Meters	Jeff Wetmore (Ithaca, 2008), :22.11
400 Meters	Brandon Wheeler (Nazareth, 2007), :48.79
800 Meters	Nick Stenuf (Nazareth, 2006), 1:51.73
1,500 Meters	Nick Stenuf (Nazareth, 2007), 3:53.53
3,000 Meter Steeplechase	Shawn Calabrese (Ithaca, 2005), 9:19.22
5,000 Meters	Fontana Fluke (Alfred, 2006), 14:53.75
110-Meter Hurdles	Jimmy Sorel (RIT, 2006), :14.58
400-Meter Hurdles	Rob Pickels (Ithaca, 2004), :53.53

Field Events

High Jump	Roman Drymalski (RIT, 2009), 1.95
Pole Vault	Michael Dempsey (RIT, 2010), 4.90
Long Jump	Kyle Devins (Ithaca, 2011), 7.11
Triple Jump	Kyle Devins (Ithaca, 2011), 13.60
Shot Put	Shawn Ross (Alfred, 2011), 14.74
Discus Throw	Tariq Ahmad (Ithaca, 2005), 43.89
Hammer Throw	Brian Walker (RIT, 2011), 54.23
Javelin Throw	Stephen Burns (RIT, 2007), 61.88

Relay Events

400-Meter Relay	Ithaca, 2009, :42.20 (Jon Lin, Chris Covino, Max Orenstein, Jeff Wetmore)
1,600-Meter Relay	RIT, 2009, 3:19.64 (Matt Marion, Jon Sealander, Ryan Warner, Brecht Moulin)