

2009-10 Central Michigan University Indoor Men's Track and Field Scoreboard

Dec. 4	Saginaw Valley Holiday Classic	Non-scoring
Jan. 8	Chippewa Open	Non-scoring
Jan. 15	Eastern Michigan Quad Dual (at Eastern Michigan)	2nd of 4
Jan. 22-23	Simmons/Harvey Invitational (at Michigan)	Non-scoring
Jan. 30	Chippewa Invitational	2nd of 4; 151.5 pts
Feb. 12-13	Grand Valley Big Meet (at Grand Valley)	Non-scoring
Feb. 19	Jack Skoog Open	Non-scoring
Feb. 26-27	MAC Indoor Championships	5th of 5; 49 pts
March 6-7	Alex Wilson Invitational (at Notre Dame)	
March 13-14	NCAA Indoor Championships (at Arkansas)	

2010 Season Top Times/Marks

Event	Athlete	Distance/Time	Meet
60m	Nana Adomako	6.98	MAC Indoor Championships (2/26-27)
	Daniel Rau	7.05	Saginaw Valley Holiday Classic (12/4)
	Greg Knaus	7.11	Jack Skoog Open (2/19)
200m	Daniel Rau	22.02	Eastern Michigan Quad Dual (1/15)
	David Ashcraft	22.31	Grand Valley Big Meet (2/12-13)
	Chris Thomas	22.41	Grand Valley Big Meet (2/12-13)
400m	Chris Thomas	48.78	Alex Wilson Invitational (3/6-7)
	David Ashcraft	48.82	Grand Valley Big Meet (2/12-13)
	Branden Post	50.47	Chippewa Invitational (1/30)
800m	Branden Post	1:54.75	Grand Valley Big Meet (2/12-13)
	Nathan Sanchez	1:54.86	Grand Valley Big Meet (2/12-13)
	Matt Erdmans	1:55.36	Simmons/Harvey Invitational (1/22-23)
Mile Run	Riak Mabil	4:15.64	Jack Skoog Open (2/19)
	Chris Pankow	4:18.07	Jack Skoog Open (2/19)
	Matt Lutzke	4:26.33	Eastern Michigan Quad Dual (1/15)
3000m	Riak Mabil	8:34.91	Chippewa Invitational (1/30)
	Matt Lutzke	8:42.14	MAC Indoor Championships (2/26-27)
	Chris Pankow	8:44.14	Eastern Michigan Quad Dual (1/15)
5000m	Riak Mabil	14:26.10	Grand Valley Big Meet (2/12-13)
	Matt Lutzke	14:45.63	Grand Valley Big Meet (2/12-13)
	Sammy Kiprotich	14:54.41	Grand Valley Big Meet (2/12-13)
60m hurdles	Renaldo Powell	8.13	Grand Valley Big Meet (2/12-13)
	Charles Stinson	8.22	Chippewa Open (1/8)
	Josh Kettlewell	8.56	Grand Valley Big Meet (2/12-13)
4x400m relay	CMU 'A'	3:16.28	Grand Valley Big Meet (2/12-13)
Distance Medley	CMU 'A'	10:30.42	Chippewa Invitational (1/30)
High jump	Kevin Bacon	6-8 1/4	Chippewa Invitational (1/30)
	Jacob McDonald	6-6 1/4	Grand Valley Big Meet (2/12-13)
	Andrew Kruskamp	6-6 1/4	MAC Indoor Championships (2/26-27)
Long jump	Kevin Bacon	23-1 1/4	Grand Valley Big Meet (2/12-13)
	Mike McGregor	21-4 3/4	Chippewa Invitational (1/30)
	Josh Kettlewell	20-3 3/4	Chippewa Open (1/8)
Triple jump	Kevin Bacon	44-10 3/4	MAC Indoor Championships (2/26-27)
	Renaldo Powell	43-8	Chippewa Invitational (1/30)
Shot put	John Calvert Jr.	55-5 1/2	Chippewa Invitational (1/30)
	Alex Rose	53-10 1/4	Jack Skoog Open (2/19)
	George Flanner	53-3	Jack Skoog Open (2/19)
Weight throw	Kevin Mays II	59-9 3/4	MAC Indoor Championships (2/26-27)
	Greg Pilling	56-4	MAC Indoor Championships (2/26-27)
	Jacob Maloney	52-1 3/4	Jack Skoog Open (2/19)
Heptathlon	Josh Kettlewell	5,003 points	MAC Indoor Championships (2/26-27)

School Records in **BOLD**

^ Denotes NCAA Provisional Qualifier

Pole Vault

Marcus Breidinger
Mike McGregor
Joe Jankowski

17-4 1/2^
16-2 3/4
15-9

Simmons/Harvey Invitational (1/22-23)
Grand Valley Big Meet (2/12-13)
MAC Indoor Championships (2/26-27)

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