



## VERTICAL ADVENTURES DECATHLON/HEPTATHLON

JUNE 24-25, 2017

LENAPE HIGH SCHOOL, MEDFORD, NJ

Dear Interested Athletes, Coaches, Parents and Friends,

We are pleased to announce that we will be hosting a Decathlon (HS and Open Men) and Heptathlon (HS and Open Women) competition at Lenape HS on June 24-25, 2017.

The competition is based on international scoring tables where the performance in each event earns a point score. The winner is the athlete who amasses the most points over all the events. The meet is held over two days, as follows:

		<u>Start Time</u>
Men –	Day 1: 100M, LJ, SP, HJ, 400M	10:45 AM
	Day 2: 110MH, DT, PV, JT, 1500M	10:30 AM
Women –	Day 1: 100MH, HJ, SP, 200M	10:30 AM
	Day 2: LJ, JT, 800M	10:30 AM

All levels are invited. We anticipate having athletes who have never tried some of the events in a competition. The meet is designed for developing athletes and for those interested in competing in a decathlon or heptathlon. That said, we are also inviting a number of athletes who have excelled in multiple events, so it should be a good meet for beginners and for advanced athletes. This is a USATF sanctioned event. Results will be posted on NJRunners.com (MileSplit).

Entry form is attached. Entry fee is payable to “Vertical Adventures.” For questions and contact information, please email Frank Harrison at [bharrison6223@gmail.com](mailto:bharrison6223@gmail.com).

Results from the 2016 meet can be found at:

[http://nj.milesplit.com/meets/233497/results#.WM\\_Y5m\\_ythF](http://nj.milesplit.com/meets/233497/results#.WM_Y5m_ythF)

The following link provides a useful scoring calculator:

<https://www.usatf.org/statistics/calculators/combinedEventsScoring/>

Sincerely,

Frank Harrison (Meet Director)

Meet website: [www.verticaladventures.org](http://www.verticaladventures.org)

**Entry Form**  
**Vertical Adventures Decathlon/Heptathlon**  
**June 24-25, 2017**  
**Lenape High School, Medford, NJ**



**Name of Athlete:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

**City, State, Zip code:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Year (circle):**  
 (Note: Year as of Jan. 1, 2017)                      9              10              11              12              Open

**How did you hear about meet?** \_\_\_\_\_

**Athlete T-Shirt Size:**  
 (circle)    S              M              L              XL              XXL

**Please Check Box**                       Decathlon                       Heptathlon

List personal record. If never performed event in competition, please indicate best guess on estimated performance, and place an asterik (\*) next to event.

**Decathlon**

**Heptathlon**

<u>Day 1</u>	<u>Day 2</u>	<u>Day 1</u>	<u>Day 2</u>
100M _____	110MH _____	100MH _____	LJ _____
LJ _____	DT _____	HJ _____	JT _____
SP _____	PV _____	SP _____	800M _____
HJ _____	JT _____	200M _____	
400M _____	1500M _____		

**Athlete or Parent Signature:** \_\_\_\_\_

**Entry Fee: \$60 per athlete**

Please make check payable to: **"Vertical Adventures"**

**Return Entry Form and Fees by June 16<sup>th</sup> to:**

Frank Harrison  
 170 Stone Hill Road, Colts Neck, NJ 07722  
[bharrison6223@gmail.com](mailto:bharrison6223@gmail.com)

**Notes:**

*Please bring your own implements (they will be weighed and checked)*

*Start times: Day 1, June 24th - 10:30am (Women) 10:45am (Men)*

*Day 2, June 25th - 10:30am (All)*

*Medals for Top 6*

# Decathlon/Heptathlon

## Meet Records (through 2016)



### MEN'S HIGH SCHOOL DIVISION – DECATHLON (1)

	<b>Athlete</b>	<b>Hometown</b>	<b>Points</b>	<b>Year Set</b>
Meet Record:	Andrew Ghizzone	Scotch Plains, NJ	6237	2014
Senior Class:	Andrew Ghizzone	Scotch Plains, NJ	6237	2014
Junior Class:	Dan Harrison	Colts Neck, NJ	6013	2012
Sophomore Class:	Decker Barborek	Fairfax, VA	5477	2016
Freshman Class:	Philippe Jallow	Livingston, NJ	4871	2016

1 <sup>st</sup> 7 events:	Dan Harrison	Colts Neck, NJ	4729	2012 *
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### MEN'S OPEN DIVISION – DECATHLON (2)

	<b>Athlete</b>	<b>Hometown</b>	<b>Points</b>	<b>Year Set</b>
Meet Record:	Will Fountain	Edgewater, MD	5725	2016

1 <sup>st</sup> 7 events:	Tim Wunderlich	Marrietta, OH	5164	2013 *
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### WOMEN'S HIGH SCHOOL DIVISION - HEPTATHLON (3)

	<b>Athlete</b>	<b>Hometown</b>	<b>Points</b>	<b>Year Set</b>
Meet Record:	Aspen Gaita	Stroudsburg, PA	4474	2014
Senior Class:	Kari DiTonno	Livingston, NJ	4146	2016
Junior Class:	Aspen Gaita	Stroudsburg, PA	4474	2014
Sophomore Class:	Aspen Gaita	Stroudsburg, PA	4033	2013
Freshman Class:	Dana Rose Brown	Pinelands, NJ	2945	2012

### WOMEN'S OPEN DIVISION - HEPTATHLON (3)

	<b>Athlete</b>	<b>Hometown</b>	<b>Points</b>	<b>Year Set</b>
Meet Record:	Cristina Cristea	Garfield, NJ	4256	2015

#### Notes:

- (1) Use HS implements (12lb Shot, 1.6kg Discus, 39" Hurdles, 800g Javelin); Int'l Decathlon Rules Apply.
- (2) International Rules and implements (16lb Shot, 2.0kg Discus, 42" Hurdles, 800g Javelin).
- (3) Int'l and HS implements are same (4kg Shot, 33" Hurdles, 600g Javelin); Int'l Heptathlon Rules Apply.

\* First 7 events are tracked separately to honor 2013 athletes whose meet was suspended after 7 events due to weather. Top 10 ranking of 1st 7 events is kept separately (see exhibit).

# Decathlon/Heptathlon

Meet Records (through 2016)

## Women's High School Division

Event	Mark/Time	Athlete	Hometown	Year
Heptathlon	4474 Points	Aspen Gaita	Stroudsburg, PA	2014
Day 1 Total	2889 Points	Aspen Gaita	Stroudsburg, PA	2014
Day 2 Total	1716 Points	Kari DiTonno	Livingston, NJ	2016
100 Meter Hurdles	14.58	Aspen Gaita	Stroudsburg, PA	2014
High Jump	5'4.25" / 1.63M	Reilly Wagner Madison Meise	Crofton, MD Tomes River, NJ	2015 2016
Shot Put	38'7.75" / 11.78M	Amy Bruno	Barneгат, NJ	2015
200 Meters	25.96	Aspen Gaita	Stroudsburg, PA	2014
Long Jump	17'8" / 5.39M	Dana Ohlson	Manahawkin, NJ	2011
Javelin	106'3" / 32.39M	Ally Doyle	Colts Neck, NJ	2012
800 Meters	2:25.91	Rose Ciriello	Madison, NJ	2015

## Top Scores

	Athlete	Point Scores	Year	Grade
1)	Aspen Gaita	4474	2014	11
2)	Kari DiTonno	4146	2016	12
3)	Madison Meise	4043	2016	11
4)	Aspen Gaita	4033	2013	10
5)	Kari DiTonno	3955	2015	11
6)	Dana Ohlson	3826	2011	11
7)	Reilly Wagner	3808	2015	12
8)	Kali Dawson	3713	2015	12
9)	Gina Bishof	3688	2013	11
10)	Julia Petruch	3678	2011	10

## History – Past Winners

Year	Athlete	Point Score	Date/Site
2016	Kari DiTonno	4146	June 25-26, 2016 / Lenape HS
2015	Kari DiTonno	3955	June 27-28, 2015 / Lenape HS
2014	Aspen Gaita	4474	June 28-29, 2014 / Lenape HS
2013	Aspen Gaita	4033	June 29-30, 2013 / Lenape HS
2012	Brandie Tartza	3395	June 16-17, 2012 / Lenape HS
2011	Dana Ohlson	3826	June 18-19, 2011 / Colts Neck HS

# Decathlon/Heptathlon Meet Records (through 2016)



## Men's High School Division

Event	Mark/Time	Athlete	Hometown	Year
Decathlon	6237 Points	Andrew Ghizzzone	Scotch Plains, NJ	2014
Day 1 Total	3266 Points	Dan Harrison	Colts Neck, NJ	2012
Day 2 Total	3053 Points	Luke Pease	Haddonfield, NJ	2014
100 Meters	10.94	Ryan Hynes	Doylestown, PA	2012
Long Jump	20'7.25" / 6.28M	Collin Mascola	Howell, NJ	2012
Shot Put	53'3.5" / 16.24M	David McGriff	Flemington, NJ	2013
High Jump	6'1.25" / 1.86M	Jimmy O'Connor	Ocean City, NJ	2011
	6'1.25" / 1.86M	Jonathan Pangborn	Jackson, NJ	2011
	6'1.25" / 1.86M	Ryan Givens	Ocean City, NJ	2013
400 Meters	51.20	Andrew Ghizzzone	Scotch Plains, NJ	2014
110 M Hurdles	14.90	Ryan Hynes	Doylestown, PA	2012
Discus	151'2" / 46.08M	Adam Hunt	Haddon Twp, NJ	2016
Pole Vault	13'9.25" / 4.20M	Andrew Ghizzzone	Scotch Plains, NJ	2014
Javelin	183'8" / 55.99M	Luke Pease	Haddonfield, NJ	2014
1500 Meters	4:24.9 (hand)	Mike Cross	Hopewell Valley, NJ	2011

## Top Scores

	Athlete	Point Scores	Year	Grade
1)	Andrew Ghizzzone	6237	2014	12
2)	Luke Pease	6126	2014	12
3)	Ryan Hynes	6032	2012	12
4)	Dan Harrison	6013	2012	11
5)	Jimmy O'Connor	5831	2011	12
6)	Mike Cross	5783	2011	12
7)	Collin Mascola	5560	2012	12
8)	Jonathan Pangborn	5489	2011	11
9)	Decker Barborek	5477	2016	10
10)	Qudratullah Qadiri	5456	2016	12

## History – Past Winners

Year	Athlete	Point Score	Grade	Date/Site
2016	Decker Barborek	5477	10	June 25-26, 2016 / Lenape HS
2015	Qudratullah, Qadiri	5258	12	June 27-28, 2015 / Lenape HS
2014	Andrew Ghizzzone	6237	12	June 28-29, 2014 / Lenape HS
2013	David McGriff	4708 *	12	June 29-30, 2013 / Lenape HS
2012	Ryan Hynes	6032	12	June 16-17, 2012 / Lenape HS
2011	Jimmy O'Connor	5831	12	June 18-19, 2011 / Colts Neck HS

\* Meet suspended after 7 events due to weather.

# Decathlon/Heptathlon



## Meet Records (through 2016)

### Women's Open Division

Event	Mark/Time	Athlete	Hometown	Year Set
Heptathlon	4256 Points	Cristina Cristea	Garfield, NJ	2015
Day 1 Total	2589 Points	Cristina Cristea	Garfield, NJ	2015
Day 2 Total	1667 Points	Cristina Cristea	Garfield, NJ	2015
100 M Hurdles	15.48	Cristina Cristea	Garfield, NJ	2015
High Jump	5'4.25" / 1.63M	Kelsey Lewis	Middletown, NJ	2015/2016
Shot Put	31'4" / 9.55M	Cristina Cristea Lucienne Ford	Garfield, NJ Hartwick, NY	2015 2016
200 Meters	27.01	Cristina Cristea	Garfield, NJ	2015
Long Jump	16'9.75" / 5.12M	Kelsey Lewis	Middletown, NJ	2016
Javelin	86'5" / 26.35M	Cristina Cristea	Garfield, NJ	2015
800 Meters	2:24.60	Erin LaCosta	Sommerville, NJ	2014

### Top Scores

	Athlete	Point Scores	Year
1)	Cristina Cristea	4256	2015
2)	Cristina Cristea	3897	2016
3)	Kelsey Lewis	3661	2016
4)	Erin LaCosta	3633	2014
5)	Kelsey Lewis	3538	2015

### History – Past Winners

Year	Athlete	Point Score	Date/Site
2016	Cristina Cristea	3897	June 25-26, 2016 / Lenape HS
2015	Cristina Cristea	4256	June 27-28, 2015 / Lenape HS
2014	Erin LaCosta	3633	June 28-29, 2014 / Lenape HS

# Decathlon/Heptathlon

## Meet Records (through 2016)

### Men's Open Division

Event	Mark/Time	Athlete	Hometown	Year
Decathlon	5725 Points	Will Fountain	Edgewater, MD	2016
Day 1 Total	3573 Points	Tim Wunderlich	Marrietta, OH	2013
Day 2 Total	2587 Points	Will Fountain	Edgewater, MD	2016
100 Meters	11.28	Will Fountain	Edgewater, MD	2016
Long Jump	21'9" / 6.63M	Duane Hynes	New York, NY	2011
Shot Put	49'1.5" / 14.97M	Tim Wunderlich	Marrietta, OH	2013
High Jump	6'4.75" / 1.95M	Evan Stivala	Colts Neck, NJ	2013
400 Meters	51.40	Steven Swern	Mt. Laurel, NJ	2015
110 M Hurdles	15.09	Tim Wunderlich	Marrietta, OH	2013
Discus	145'3" / 44.29M	Tim Wunderlich	Marrietta, OH	2013
Pole Vault	14'0" / 4.27M	Derek Hynes	Princeton, NJ	2012
Javelin	153'7" / 46.81M	Will Fountain	Edgewater, MD	2015
1500 Meters	4:11.49	Kyle Price	North Brunswick, NJ	2016

### Top Scores

	Athlete	Point Scores	Year
1)	Will Fountain	5725	2016
2)	Duane Hynes	5716	2011
3)	Evan Stivala	5657	2016
4)	Evan Stivala	5636	2012
5)	Will Fountain	5490	2015
6)	Sam Maniglia	5483	2014
7)	Evan Stivala	5430	2011
8)	Michael Chitro	5311	2012
9)	Steven Swern	5291	2015
10)	John Tsihlas	5269	2011

### History – Past Winners

Year	Athlete	Point Score	Date/Site
2016	Will Fountain	5725	June 25-26, 2016 / Lenape HS
2015	Will Fountain	5490	June 27-28, 2015 / Lenape HS
2014	Sam Maniglia	5483	June 28-29, 2014 / Lenape HS
2013	Tim Wunderlich	5164	June 29-30, 2013 / Lenape HS
2012	Evan Stivala	5636	June 16-17, 2012 / Lenape HS
2011	Duane Hynes	5716	June 18-19, 2011 / Colts Neck HS

# Decathlon/Heptathlon

Class Records (through 2016)

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## Women's High School Division – Freshman

Event	Mark/Time	Athlete	Hometown	Year Set
Heptathlon	2945 Points	Dana Rose Brown	Pinelands, NJ	2012
Day 1 Total	1695 Points	Dana Rose Brown	Pinelands, NJ	2012
Day 2 Total	1250 Points	Dana Rose Brown	Pinelands, NJ	2012
100 M Hurdles	20.19	Dana Rose Brown	Pinelands, NJ	2012
High Jump	4'3.25" / 1.30M	Georgia Larzelere	Medford, NJ	2015
Shot Put	7.23M / 23'8.75"	Dana Rose Brown	Pinelands, NJ	2012
200 Meters	27.28	Dana Rose Brown	Pinelands, NJ	2012
Long Jump	4.22M / 13'10"	Dana Rose Brown	Pinelands, NJ	2012
Javelin	18.91M / 62'0.5"	Dana Rose Brown	Pinelands, NJ	2012
800 Meters	2:33.75	Georgia Larzelere	Medford, NJ	2015

## Top Scores

	Athlete	Point Scores	Year	Grade
1)	Dana Rose Brown	2945	2012	9
2)	Georgia Larzelere	2649	2015	9



# Decathlon/Heptathlon

## Class Records (through 2016)

### Women's High School Division – Sophomore

Event	Mark/Time	Athlete	Hometown	Year Set
Heptathlon	4033 Points	Aspen Gaita	Stroudsburg, PA	2013
Day 1 Total	2682 Points	Aspen Gaita	Stroudsburg PA	2013
Day 2 Total	1476 Points	Maia Hauschild	Princeton, NJ	2014
100 M Hurdles	15.27	Aspen Gaita	Stroudsburg, PA	2013
High Jump	5'1" / 1.55M	Aspen Gaita	Stroudsburg, PA	2013
Shot Put	27'11" / 8.51M	Staci Jett	Lumberton, NJ	2015
200 Meters	26.32	Aspen Gaita	Stroudsburg, PA	2013
Long Jump	5.09M / 16'8.5"	Julia Petruch	Colts Neck, NJ	2011
Javelin	30.25M / 99'3"	Noel Hartman	Little Egg Harbor, NJ	2014
800 Meters	2:28.50	Maia Hauschild	Princeton, NJ	2014

### Top Scores

	Athlete	Point Scores	Year	Grade
1)	Aspen Gaita	4033	2013	10
2)	Maia Hauschild	3330	2014	10
3)	Gabby Paulina-Hamill	3384	2016	10
4)	Noel Hartman	3156	2014	10
5)	Staci Jett	3098	2015	10
6)	Abby Chrzanowski	2409	2013	10
7)	Danielle Baxter	2186	2013	10

# Decathlon/Heptathlon

Class Records (through 2016)

## Women's High School Division – Junior

Event	Mark/Time	Athlete	Hometown	Year Set
Heptathlon	4474 Points	Aspen Gaita	Stroudsburg, PA	2014
Day 1 Total	2889 Points	Aspen Gaita	Stroudsburg, PA	2014
Day 2 Total	1585 Points	Aspen Gaita	Stroudsburg, PA	2014
100 M Hurdles	14.58	Aspen Gaita	Stroudsburg, PA	2014
High Jump	5'4.25" / 1.63M	Madison Meise	Toms River, NJ	2016
Shot Put	38'7.75" / 11.78M	Amy Bruno	Barnegat, NJ	2015
200 Meters	25.96	Aspen Gaita	Stroudsburg, PA	2014
Long Jump	17'8" / 5.39M	Dana Ohlson	Manahawkin, NJ	2011
Javelin	99'0.5" / 30.19M	Ally Doyle	Manahawkin, NJ	2011
800 Meters	2:26.79	DanaRose Brown	Little Egg Harbor, NJ	2014

## Top Scores

	Athlete	Point Scores	Year	Grade
1)	Aspen Gaita	4474	2014	11
2)	Madison Meise	4043	2016	11
3)	Gina Bishof	3688	2013	11
4)	Alanna Hitscherich	3561	2013	11
5)	DanaRose Brown	3420	2014	11
6)	Elly Wardle	3372	2011	11
7)	Alyssa Glover	3207	2012	11
8)	Ally Doyle	3153	2011	11
9)	Aiyana Ware	3020	2013	11
10)	Judlynn Julceus	2975	2016	11

# Decathlon/Heptathlon

Class Records (through 2016)

## Women's High School Division – Senior

Event	Mark/Time	Athlete	Hometown	Year Set
Heptathlon	4146 Points	Kari DiTonno	Livingston, NJ	2016
Day 1 Total	2430 Points	Kari DiTonno	Livingston, NJ	2016
Day 2 Total	1716 Points	Kari DiTonno	Livingston, NJ	2016
100 M Hurdles	15.89	Kali Dawson	Edgewater, MD	2015
High Jump	5'4.25" / 1.63M	Reilly Wagner	Crofton, MD	2015
Shot Put	32'5.5" / 9.89M	Ally Doyle	Colts Neck, NJ	2012
200 Meters	26.55	Kari DiTonno	Livingston, NJ	2016
Long Jump	16'11.25" / 5.16M	Kari DiTonno	Livingston, NJ	2016
Javelin	106'3" / 32.39M	Ally Doyle	Colts Neck, NJ	2012
800 Meters	2:25.91	Rose Ciriello	Madison, NJ	2015

## Top Scores

	Athlete	Point Scores	Year	Grade
1)	Kari DiTonno	4146	2016	12
2)	Reilly Wagner	3808	2015	12
3)	Kali Dawson	3713	2015	12
4)	Brandie Tartza	3553	2013	12
5)	Casey Sturts	3534	2013	12
6)	DanaRose Brown	3402	2015	12
7)	Rose Ciriello	3065	2015	12
8)	Ally Doyle	3055	2012	12
9)	Katherine Wilk	2786	2011	12
10)	Cassidy Marquette	2598	2016	12

# Decathlon/Heptathlon

Class Records (through 2016)

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## Men's High School Division – Freshman

Event	Mark/Time	Athlete	Hometown	Year
Decathlon	4871 Points	Philippe Jallow	Livingston, NJ	2016
Day 1 Total	2700 Points	Philippe Jallow	Livingston, NJ	2016
Day 2 Total	2221 Points	Decker Barborek	Fairfax, VA	2015
100 Meters	11.69	Philippe Jallow	Livingston, NJ	2016
Long Jump	19'4.25" / 5.90M	Philippe Jallow	Livingston, NJ	2016
Shot Put	32'3.0" / 9.83M	Philippe Jallow	Livingston, NJ	2016
High Jump	5'2.5" / 1.59M	Philippe Jallow	Livingston, NJ	2016
400 Meters	55.24	Decker Barborek	Fairfax, VA	2015
110 M Hurdles	17.27	Philippe Jallow	Livingston, NJ	2016
Discus	103'11" / 31.67M	Philippe Jallow	Livingston, NJ	2016
Pole Vault	9'9.25" / 2.98M	Philippe Jallow	Livingston, NJ	2016
Javelin	124'8" / 38.01M	John Rosero	Livingston, NJ	2016
1500 Meters	4:43.32	Decker Barborek	Fairfax, VA	2015

## Top Scores

	Athlete	Point Scores	Year	Grade
1)	Philippe Jallow	4871	2016	9
2)	Decker Barborek	4617	2015	9
3)	John Rosero	3696	2016	9



# Decathlon/Heptathlon

## Class Records (through 2016)

### Men's High School Division – Sophomore

Event	Mark/Time	Athlete	Hometown	Year
Decathlon	5477 Points	Decker Barborek	Fairfax, VA	2016
Day 1 Total	2896 Points	Decker Barborek	Fairfax, VA	2016
Day 2 Total	2601 Points	Preston DeLaurentis	Hightstown, NJ	2012
100 Meters	11.65	Decker Barborek	Fairfax, VA	2016
Long Jump	20'1.5" / 6.14M	David McGriff	Flemington, NJ	2011
Shot Put	44'11.5" / 13.70M	Dan Harrison	Colts Neck, NJ	2011
High Jump	6'1.5" / 1.85M	Ryan Givens	Ocean City, NJ	2013
400 Meters	51.67	Decker Barborek	Fairfax, VA	2016
110 M Hurdles	15.87	Ryan Givens	Ocean City, NJ	2013
Discus	133'4" / 40.64M	David McGriff	Flemington, NJ	2012
Pole Vault	12'3.5" / 3.75M	Jacob Metheny	Mullica, Hill, NJ	2015
Javelin	43.46M / 142'7"	Preston DeLaurentis	Hightstown, NJ	2012
1500 Meters	4:45.99	Decker Barborek	Fairfax, VA	2016

### Top Scores

	Athlete	Point Scores	Year	Grade
1)	Decker Barborek	5477	2016	10
2)	Preston DeLaurentis	5068 *	2012	10
3)	David McGriff	5063	2011	10
4)	Jacob Metheny	4157	2015	10
5)	Luke Schraer	3958	2016	10
6)	Andrew Novotny	3752	2015	10

\* No Mark in LJ

# Decathlon/Heptathlon

## Class Records (through 2016)

### Men's High School Division – Junior

Event	Mark/Time	Athlete	Hometown	Year
Decathlon	6013 Points	Dan Harrison	Colts Neck, NJ	2012
Day 1 Total	3266 Points	Dan Harrison	Colts Neck, NJ	2012
Day 2 Total	2747 Points	Dan Harrison	Colts Neck, NJ	2012
100 Meters	11.43	Dan Harrison	Colts Neck, NJ	2012
Long Jump	20'5.25" / 6.23M	Dan Harrison	Colts Neck, NJ	2012
Shot Put	45'9" / 13.94M	Dan Harrison	Colts Neck, NJ	2012
High Jump	6'1.25" / 1.86M	Jonathan Pangborn	Jackson, NJ	2011
400 Meters	52.5 (hand)	Taylor Cuddequest	Montvale, NJ	2011
110 M Hurdles	15.49	Nicholas Medway	Whippany, NJ	2013
Discus	151'2" / 46.08M	Adam Hunt	Haddon Twp, NJ	2016
Pole Vault	12'1.5" / 3.70M	Kevin Guilfoyle	Jackson, NJ	2014
Javelin	149'6.5" / 45.58M	Jonathan Pangborn	Jackson, NJ	2011
1500 Meters	4:31.2 (hand)	Daniel Lee	Plainsboro, NJ	2011

### Top Scores

	Athlete	Point Scores	Year	Grade
1)	Dan Harrison	6013	2012	11
2)	Jonathan Pangborn	5489	2011	11
3)	Tim Youtkus	5343	2016	11
4)	Qudratullah Qadiri	5258	2015	11
5)	Sean Tonnesen	5145	2011	11
6)	Taylor Cuddequest	5102	2011	11
7)	Collin Mascola	5011	2011	11

# Decathlon/Heptathlon

## Class Records (through 2016)

### Men's High School Division – Senior

Event	Mark/Time	Athlete	Hometown	Year
Decathlon	6237 Points	Andrew Ghizzone	Union, NJ	2014
Day 1 Total	3246 Points	David McGriff	Flemington, NJ	2013
Day 2 Total	3053 Points	Luke Pease	Haddonfield, NJ	2014
100 Meters	10.94	Ryan Hynes	Doylestown, PA	2012
Long Jump	20'7.25" / 6.28M	Collin Mascola	Howell, NJ	2012
Shot Put	53'3.5" / 16.24M	David McGriff	Flemington, NJ	2013
High Jump	6'1.25" / 1.86M	Jimmy O'Connor	Ocean City, NJ	2011
400 Meters	51.20	Andrew Ghizzone	Union, NJ	2014
110 M Hurdles	14.90	Ryan Hynes	Doylestown, PA	2012
Discus	149'10" / 45.68M	David McGriff	Flemington, NJ	2013
Pole Vault	13'9.25" / 4.20M	Andrew Ghizzone	Union, NJ	2014
Javelin	183'8.25" / 55.99M	Luke Pease	Haddonfield, NJ	2014
1500 Meters	4:24.9 (hand)	Mike Cross	Hopewell Valley, NJ	2011

### Top Scores

	Athlete	Point Scores	Year	Grade
1)	Andrew Ghizzone	6232	2014	12
2)	Luke Pease	6126	2014	12
3)	Ryan Hynes	6032	2012	12
4)	Jimmy O'Connor	5831	2011	12
5)	Mike Cross	5783	2011	12
6)	Collin Mascola	5560	2012	12
7)	Qudratullah Qadiri	5456	2016	12
8)	Demetrius Durham	5306	2011	12
9)	DeShawn Lamar-Baldwin	5242	2016	12
10)	Matt Mutone	5126	2015	12

# Decathlon/Heptathlon

## Meet Records (through 2016)

### Record through 1<sup>st</sup> 7 events – High School Boys \*

	<b>Athlete</b>	<b>Point Scores</b>	<b>Year</b>	<b>Grade</b>
1)	Dan Harrison	4729	2012	11
2)	David McGriff	4708	2013	12
3)	Ryan Hynes	4545	2012	12
4)	Qudratullah Qadiri	2544	2016	12
5)	Decker Barborek	4513	2016	10

### Record through 1st 7 events – Open Men \*

	<b>Athlete</b>	<b>Point Scores</b>	<b>Year</b>
1)	Tim Wunderlich	5164	2013
2)	Raffael Craig	4910	2013
3)	Will Fountain	4714	2016
4)	Evan Stivala	4566	2016
5)	Evan Stivala	4431	2013

\* The 2013 meet was suspended after 7 events due to heavy rain. Consequently, we track the historical performances of each year's competition through the first 7 events as a basis for comparison with the 2013 year. Performances were exceptional in 2013 and, although the athletes were denied the opportunity to finish the meet, their marks through 7 events are appropriately compared here to other years.