



WISCONSIN TRACK CLUB

2013 MEN'S OUTDOOR TRACK & FIELD PERFORMANCES

100 METERS

11.20	Max Krueger	Platteville Invite (4/13)
11.48	Adam Luepke	Wisconsin Open (5/4)
11.75	Jeremy Riekana	NIRCA Nationals (4/6)
11.82	Patrick O'Grady	Platteville Invite (4/13)
12.32	Kenny Wirkuty	NIRCA Nationals (4/6)
12.56	Jeff Frerks	Wisconsin Open (5/4)
12.81	Colin Sinnott	NIRCA Nationals (4/6)
13.52	Zach Plachinski	NIRCA Nationals (4/6)

200 METERS

22.94	Max Krueger	Wisconsin Open (5/4)
23.39	Adam Luepke	Wisconsin Open (5/4)
24.22	Eric Chanos	Platteville Invite (4/13)
24.81	Patrick O'Grady	NIRCA Nationals (4/6)
25.10	Kenny Wirkuty	NIRCA Nationals (4/6)
25.48	Colin Sinnott	NIRCA Nationals (4/6)

400 METERS

51.02	Keegan Parrott	Wisconsin Open (5/4)
53.50	Patrick O'Grady	Wisconsin Open (5/4)
54.99	Colin Sinnott	Wisconsin Open (5/4)

800 METERS

1:56.81	Keegan Parrott	Eagle Open (5/10)
1:57.11	Brian Drout	Wisconsin Open (5/4)
2:02.48	Blake Helton	Wisconsin Open (5/4)
2:04.46	Josh Choe	Wisconsin Open (5/4)
2:07.38	Zach Plachinski	NIRCA Nationals (4/6)
2:15.56	Edgar Garcia	Wisconsin Open (5/4)

1500 METERS

4:11.64	Brian Drout	NIRCA Nationals (4/6)
4:18.10	Matt Mixdorf	NIRCA Nationals (4/6)
4:19.12	Blake Helton	Platteville Invite (4/13)
4:32.07	Brant Birrenkott	NIRCA Nationals (4/6)

5000 METERS

15:23.90	Matt Mixdorf	Wisconsin Open (5/4)
15:47.27	Dustin Baldwin	Wisconsin Open (5/4)
15:54.88	Joe Binder	Platteville Invite (4/13)
16:42.03	Brant Birrenkott	NIRCA Nationals (4/6)
16:44.24	Kenny Haferkorn	Wisconsin Open (5/4)
17:16.47	Jason Chiang	Wisconsin Open (5/4)

110 HURDLES

16.89	Ben Koeppen	Platteville Invite (4/13)
17.56	Keegan Parrott	NIRCA Nationals (4/6)

400 HURDLES

59.72	Ben Koeppen	NIRCA Nationals (4/6)
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4x100 RELAY

45.22	Krueger, Riekana, O'Grady, Wirkuty	NIRCA Nationals (4/6)
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4x400 RELAY

3:32.05	Drout, Sinnott, Crook, Parrott	NIRCA Nationals (4/6)
3:44.99	Helton, Choe, Chiang, Koeppen	NIRCA Nationals (4/6)

4x800 RELAY

8:20.42	Helton, Choe, Plachinski, Parrott	NIRCA Nationals (4/6)
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LONG JUMP

6.41m	Eric Chanos	Platteville Invite (4/13)
6.04m	Max Krueger	NIRCA Nationals (4/6)
5.86m	Jeremy Riekana	NIRCA Nationals (4/6)

TRIPLE JUMP

12.94m	Keegan Parrott	NIRCA Nationals (4/6)
12.50m	Max Krueger	NIRCA Nationals (4/6)
11.73m	Eric Chanos	Platteville Invite (4/13)

SHOT PUT

8.89m	Jeremy Riekana	NIRCA Nationals (4/6)
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HALF MARATHON

1:17:27	Joe Vergeront	NIRCA Nationals (4/6)
1:21:22	Jason Chiang	NIRCA Nationals (4/6)