

FORDHAM

MEN'S OUTDOOR TRACK & FIELD 2026 Season Top Times

(as of 4/19/2026)

100m

CJ Weddington	4/4a	10.89
Liam Volz	4/4a	11.03
Menzel Thomas	3/20	11.11
Mario Gradnitzer	3/20	11.30
Kenan Andrews	3/28a	11.60

200m

Sam Freeman	3/20	21.44 [^]
Matthew Nurse	4/11	22.28
Nelson Lindsay	4/11	22.32
Liam Volz	4/3a	22.48

400m

Sam Freeman	3/27	47.64 [^]
Kevin Callaghan	4/11	49.32
Nelson Lindsay	4/11	49.48
Matthew Nurse	4/11	50.51
Trevor Rinn	4/11	51.48

800m

Ben Borchers	4/4	1:52.43
Eric Schleif	3/28	1:54.56
John Corrigan	3/28	1:54.97
Eben Tyre	4/3	1:56.68
Will Spierdowis	4/19	1:56.84

1500m

John Corrigan	4/4	3:56.01
Eric Schleif	4/11	3:56.10
Sean Reidy	4/18	3:57.15
Matthew Febles	4/18	4:01.99
Jimmy Hernandez	3/28a	4:03.67

3.000m

Matthew McCabe	3/28a	9:09.86
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5.000m

Bradford Duchesne	4/4	14:50.80
Jimmy Hernandez	4/18	14:55.58
Jack Boerger	4/18	15:23.20
Nicolas Grabarz	4/3	15:37.73
Matthew McCabe	4/3	15:54.03

10.000m

Bradford Duchesne	4/18	31:33.95
Nicolas Grabarz	4/18	32:59.40

110m Hurdles

Menzel Thomas	4/4a	14.90
George Pomer	3/28a	15.89
James Alati	4/3	16.04
Luke Cramer	4/3	16.21

400m Hurdles

3000m Steeplechase

Daniel DiTunno	4/18	9:24.33
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4x100 Relay

Liam Volz, CJ Weddington, Sam Freeman, Menzel Thomas	4/4a	41.90
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4x200 Relay

4x400 Relay

Darren Croke, Ronan Donnelly, Trevor Rinn, Yariv Simhony	4/11	3:27.31
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4x800 Relay

4x1500 Relay

Sprint Medley Relay

DMR

High Jump

M. Hernandez-Peng	3/20	6' 3 1/4"
George Pomer	4/18	6' 2 3/4"
Patrick Torres	4/18	6' 3/4"

Long Jump

Constentino Proscia	3/20	21' 5 1/4"
Kenan Andrews	4/3	20' 10 3/4"
George Pomer	4/18	19' 2 3/4"

Triple Jump

Luke Cramer	4/3	43' 8 3/4"
Patrick Torres	4/19	42' 1 1/2"

Shot Put

Noah Rubenstein	4/3	47' 7 3/4"
George Pomer	4/19	33' 8"

Discus Throw

Noah Rubenstein	3/28a	144' 11"
George Pomer	4/3	110' 2"

Hammer Throw

Noah Rubenstein	4/3	117' 3"
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Javelin Throw

James Alati	4/18	184' 9"
George Pomer	3/20	167' 1"

Pole Vault

George Pomer	4/19	11' 7 3/4"
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Decathlon

George Pomer	4/19	5,867 pts.
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* - school record

[^] - IC4A qualifier

3/20 - Army West Point Open

3/27-28 - Raleigh Relays

3/28a - Rider 5-Way Invitational

4/3 - Metropolitan Championship

4/3a-4/4a - Dalton Ebanks Invitational

4/4 - Sam Howell Invitational

4/11 - Rutgers Relays

4/18-19 - IC4A Championship