



## IC4A/ECAC History

### IC4A Top Team Finishes

|         |  |
|---------|--|
| Indoor  | Runner-Up: 2008, 2011 (Tie), 2018<br>3rd: 2016<br>Tie for 3rd: 1998, 2010            |
| Outdoor | Champions: 1996, 2007 & 2008<br>Runner-Up: 1994, 1995, 1997, 1999, 2000, 2009 & 2010 |

### IC4A Event Champions

#### Listed By Meet

|              |                   |                        |
|--------------|-------------------|------------------------|
| 1992 Outdoor | Ryan Werner       | Decathlon              |
| 1993 Outdoor | Todd Pettyjohn    | Decathlon & Pole Vault |
| 1994 Indoor  | Todd Pettyjohn    | Pole Vault             |
|              | Jacob Swinton     | 55                     |
| 1994 Outdoor | Kevin Coley       | Long Jump              |
|              | Jacob Swinton     | 100 & 200              |
|              | Ryan Werner       | Decathlon              |
| 1995 Outdoor | Kevin Coley       | Long Jump              |
|              | Ryan Werner       | Decathlon              |
| 1996 Outdoor | John Marriott     | 4 x 100 Relay          |
|              | Carlton McDuffie  | 4 x 100 Relay          |
|              | Pete McFadden     | 4 x 100 Relay          |
|              | Jacob Swinton     | 4 x 100 Relay          |
|              | Ryan Werner       | Decathlon & Pole Vault |
| 1997 Indoor  | Chris McGregor    | 3K                     |
| 1997 Outdoor | Carlton McDuffie  | 400                    |
|              | Michael Prettyman | Pole Vault             |
| 1998 Outdoor | Chris McGregor    | Steeplechase           |
| 1999 Indoor  | Michael Decker    | 200                    |
|              | Ken Howell        | Pole Vault             |
| 1999 Outdoor | Michael Decker    | 400 & 4 x 100 Relay    |
|              | James Johnson     | Decathlon              |
|              | Brian Sale        | 4 x 100 Relay          |
|              | Marlon Tanner     | 4 x 100 Relay          |
|              | Jeremy Wagner     | 4 x 100 Relay          |
| 2000 Indoor  | Michael Decker    | 400                    |
| 2000 Outdoor | Michael Decker    | 200 & 400              |
|              | Josh Jones        | Decathlon              |
| 2001 Indoor  | Michael Decker    | 400                    |
| 2001 Outdoor | Michael Decker    | 400                    |
| 2004 Outdoor | Chad Wilson       | Long Jump              |
| 2005 Indoor  | Josh McDougal     | 3K                     |
| 2005 Outdoor | Brandon Hoskins   | Decathlon              |
| 2006 Indoor  | Josh McDougal     | 3K                     |
| 2006 Outdoor | Josh McDougal     | 10K                    |
| 2007 Indoor  | Josh McDougal     | 5K                     |
| 2007 Outdoor | Jon Hart          | Hammer                 |
|              | Brandon Hoskins   | Decathlon              |
|              | Josh McDougal     | 1,500, 5K & 10K        |

|              |                          |                     |
|--------------|--------------------------|---------------------|
| 2008 Indoor  | Jon Hart                 | Weight              |
|              | Brandon Hoskins          | Heptathlon          |
| 2008 Outdoor | Jon Hart                 | Hammer              |
|              | Daniel Newell            | Decathlon           |
| 2009 Outdoor | Sam Chelanga             | 5K                  |
|              | Daniel Newell            | Decathlon           |
|              | Matt Parker              | High Jump           |
| 2010 Indoor  | Evans Kigen              | 5K                  |
|              | Clarence Powell          | High Jump           |
| 2010 Outdoor | Sam Chelanga             | 5K                  |
|              | Evans Kigen              | Steeplechase        |
| 2011 Indoor  | Taylor Courtney          | 500                 |
| 2011 Outdoor | Geren Woodbridge         | Decathlon           |
| 2013 Outdoor | Josh MacDonald           | Steeplechase        |
|              | Isaac Wendland           | 1,500               |
| 2017 Indoor  | Zach Davis               | Heptathlon          |
|              | Azaria Kirwa             | 5K                  |
| 2018 Indoor  | Markus Ballengee         | Heptathlon          |
|              | Jahquez Durham           | 4 x 400 Relay       |
|              | Jeff Jacobs              | 4 x 400 Relay       |
|              | Alejandro Perlaza Zapata | 400 & 4 x 400 Relay |
|              | Michael Todd             | 4 x 400 Relay       |
| 2019 Indoor  | Nick Doan                | 3K                  |

### **Listed By Athlete**

|                  |                           |
|------------------|---------------------------|
| Markus Ballengee | 2018 Indoor Heptathlon    |
| Sam Chelanga     | 2009 Outdoor 5K           |
|                  | 2010 Outdoor 5K           |
| Kevin Coley      | 1994 Outdoor Long Jump    |
|                  | 1995 Outdoor Long Jump    |
| Taylor Courtney  | 2011 Indoor 500           |
| Zach Davis       | 2017 Indoor Heptathlon    |
| Michael Decker   | 1999 Indoor 200           |
|                  | 1999 Outdoor 400          |
|                  | 1999 Outdoor 4 x 100      |
|                  | 2000 Indoor 400           |
|                  | 2000 Outdoor 200          |
|                  | 2000 Outdoor 400          |
|                  | 2001 Indoor 400           |
|                  | 2001 Outdoor 400          |
| Nick Doan        | 2019 Indoor 3K            |
| Jahquez Durham   | 2018 Indoor 4 x 400       |
| Jon Hart         | 2007 Outdoor Hammer       |
|                  | 2008 Indoor Weight        |
|                  | 2008 Outdoor Hammer       |
| Brandon Hoskins  | 2005 Outdoor Decathlon    |
|                  | 2007 Outdoor Decathlon    |
|                  | 2008 Indoor Heptathlon    |
| Ken Howell       | 1999 Indoor Pole Vault    |
| Jeff Jacobs      | 2018 Indoor 4 x 400       |
| James Johnson    | 1999 Outdoor Decathlon    |
| Josh Jones       | 2000 Outdoor Decathlon    |
| Evans Kigen      | 2010 Indoor 5K            |
|                  | 2010 Outdoor Steeplechase |
| Azaria Kirwa     | 2017 Indoor 5K            |
| Josh MacDonald   | 2013 Outdoor Steeplechase |
| John Marriott    | 1996 Outdoor 4 x 100      |

|                     |   |
|---------------------|---|
| Josh McDougal       | 2005 Indoor 3K<br>2006 Indoor 3K<br>2006 Outdoor 10K<br>2007 Indoor 5K<br>2007 Outdoor 1,500<br>2007 Outdoor 5K<br>2007 Outdoor 10K |
| Carlton McDuffie    | 1996 Outdoor 4 x 100<br>1997 Outdoor 400  |
| Pete McFadden       | 1996 Outdoor 4 x 100  |
| Chris McGregor      | 1997 Indoor 3K<br>1998 Outdoor Steeplechase   |
| Daniel Newell       | 2008 Outdoor Decathlon<br>2009 Outdoor Decathlon  |
| Matt Parker         | 2009 Outdoor High Jump  |
| Alejandro P. Zapata | 2018 Indoor 400<br>2018 Indoor 4 x 400  |
| Todd Pettyjohn      | 1993 Outdoor Pole Vault<br>1993 Outdoor Decathlon<br>1994 Indoor Pole Vault   |
| Clarence Powell     | 2010 Indoor High Jump   |
| Michael Prettyman   | 1997 Outdoor Pole Vault   |
| Brian Sale          | 1999 Outdoor 4 x 100  |
| Jacob Swinton       | 1994 Indoor 55<br>1994 Outdoor 100<br>1994 Outdoor 200<br>1996 Outdoor 4 x 100  |
| Marlon Tanner       | 1999 Outdoor 4 x 100  |
| Michael Todd        | 2018 Indoor 4 x 400   |
| Jeremy Wagner       | 1999 Outdoor 4 x 100  |
| Isaac Wendland      | 2013 Outdoor 1,500  |
| Ryan Werner         | 1992 Outdoor Decathlon<br>1994 Outdoor Decathlon<br>1995 Outdoor Decathlon<br>1996 Outdoor Pole Vault<br>1996 Outdoor Decathlon     |
| Chad Wilson         | 2004 Outdoor Long Jump  |
| Geran Woodbridge    | 2011 Outdoor Decathlon  |

### **Listed By Event**

|               |  |
|---------------|--|
| Indoor 55     | 1994 – Jacob Swinton   |
| Outdoor 100   | 1994 – Jacob Swinton   |
| Indoor 200    | 1999 – Michael Decker  |
| Outdoor 200   | 1994 – Jacob Swinton<br>2000 – Michael Decker  |
| Indoor 400    | 2000 – Michael Decker<br>2001 – Michael Decker<br>2018 – Alejandro Perlaza Zapata                  |
| Outdoor 400   | 1997 – Carlton McDuffie<br>1999 – Michael Decker<br>2000 – Michael Decker<br>2001 – Michael Decker |
| Indoor 500    | 2011 – Taylor Courtney   |
| Outdoor 1,500 | 2007 – Josh McDougal<br>2013 – Isaac Wendland  |

|                      |   |
|----------------------|---|
| Indoor 3K            | 1997 – Chris McGregor<br>2005 – Josh McDougal<br>2006 – Josh McDougal<br>2019 – Nick Doan   |
| Indoor 5K            | 2007 – Josh McDougal<br>2010 – Evans Kigen<br>2017 – Azaria Kirwa   |
| Outdoor 5K           | 2007 – Josh McDougal<br>2009 – Sam Chelanga<br>2010 – Sam Chelanga  |
| Outdoor 10K          | 2006 – Josh McDougal<br>2007 – Josh McDougal  |
| Outdoor Steeplechase | 1998 – Chris McGregor<br>2010 – Evans Kigen<br>2013 – Josh MacDonald  |
| Outdoor 4 x 100      | 1996 – Pete McFadden, Jacob Swinton, Carlton McDuffie, John Marriott<br>1999 – Brian Sale, Michael Decker, Marlon Tanner, Jeremy Wagner   |
| Indoor 4 x 400       | 2018 – Jahquez Durham, Michael Todd, Jeff Jacobs, Alejandro Perlaza Zapata  |
| Outdoor Long Jump    | 1994 – Kevin Coley<br>1995 – Kevin Coley<br>2004 – Chad Wilson  |
| Indoor High Jump     | 2010 – Clarence Powell  |
| Outdoor High Jump    | 2009 – Matt Parker  |
| Indoor Pole Vault    | 1994 – Todd Pettyjohn<br>1999 – Ken Howell  |
| Outdoor Pole Vault   | 1993 – Todd Pettyjohn<br>1996 – Ryan Werner<br>1997 – Michael Prettyman   |
| Indoor Weight        | 2008 – Jon Hart   |
| Outdoor Hammer       | 2007 – Jon Hart<br>2008 – Jon Hart  |
| Indoor Heptathlon    | 2008 – Brandon Hoskins<br>2017 – Zach Davis<br>2018 – Markus Ballengee  |
| Outdoor Decathlon    | 1992 – Ryan Werner<br>1993 – Todd Pettyjohn<br>1994 – Ryan Werner<br>1995 – Ryan Werner<br>1996 – Ryan Werner<br>1999 – James Johnson<br>2000 – Josh Jones<br>2005 – Brandon Hoskins<br>2007 – Brandon Hoskins<br>2008 – Daniel Newell<br>2009 – Daniel Newell<br>2011 – Geren Woodbridge |

## ECAC Top Team Finishes

|         |  |
|---------|--|
| Indoor  | Champions: 2018 & 2019<br>Runner-Up: 2017<br>3rd: 2014 |
| Outdoor | 7th: 2007 & 2012                                       |

## ECAC Event Champions

### Listed By Meet

|              |  |  |
|--------------|--|--|
| 2002 Indoor  | Heather Sagan<br>Andrea Wildrick   | Mile<br>Pole Vault   |
| 2002 Outdoor | Heather Sagan<br>Andrea Wildrick   | 1,500<br>Pole Vault  |
| 2004 Indoor  | Danielle McNaney   | Pentathlon   |
| 2005 Indoor  | Danielle McNaney   | Pentathlon   |
| 2005 Outdoor | Danielle McNaney   | Heptathlon   |
| 2008 Indoor  | Jaime Watson   | 800  |
| 2011 Outdoor | Christina Mitchell   | Heptathlon   |
| 2012 Indoor  | Jocelyn Williams   | Weight Throw   |
| 2012 Outdoor | Melinda Bendik   | Hammer   |
| 2013 Outdoor | Mychelle Cumings   | Discus   |
| 2014 Indoor  | Meghan Burggraf<br>Mychelle Cumings  | 800<br>Shot Put  |
| 2016 Indoor  | Erika Jackson  | Pentathlon   |
| 2018 Indoor  | Tanner Ealum<br>Dasiana Larson   | 500<br>Weight Throw  |
| 2019 Indoor  | Ty'Asia Dansbury<br>Cortney Dowling<br>Tanner Ealum<br>Delaney McDowell<br>Kylie Polsgrove | 4 x 400 Relay<br>4 x 400 Relay<br>500 & 4 x 400 Relay<br>4 x 400 Relay<br>Pentathlon |

### Listed By Athlete

|                    |   |
|--------------------|---|
| Melinda Bendik     | 2012 Outdoor Hammer   |
| Meghan Burggraf    | 2014 Indoor 800   |
| Mychelle Cumings   | 2013 Outdoor Discus<br>2014 Indoor Shot Put                                 |
| Ty'Asia Dansbury   | 2019 Indoor 4 x 400   |
| Cortney Dowling    | 2019 Indoor 4 x 400   |
| Tanner Ealum       | 2018 Indoor 500<br>2019 Indoor 500<br>2019 Indoor 4 x 400                   |
| Erika Jackson      | 2016 Indoor Pentathlon  |
| Dasiana Larson     | 2018 Indoor Weight Throw  |
| Delaney McDowell   | 2019 Indoor 4 x 400   |
| Danielle McNaney   | 2004 Indoor Pentathlon<br>2005 Indoor Pentathlon<br>2005 Outdoor Heptathlon |
| Christina Mitchell | 2011 Outdoor Heptathlon   |
| Kylie Polsgrove    | 2019 Indoor Pentathlon  |
| Heather Sagan      | 2002 Indoor Mile<br>2002 Outdoor 1,500                                      |
| Jaime Watson       | 2008 Indoor 800   |
| Andrea Wildrick    | 2002 Indoor Pole Vault<br>2002 Outdoor Pole Vault                           |
| Jocelyn Williams   | 2012 Indoor Weight Throw  |

**Listed By Event**

|                     |  |
|---------------------|--|
| Indoor 500          | 2018 – Tanner Ealum<br>2019 – Tanner Ealum   |
| Indoor 800          | 2008 – Jaime Watson<br>2014 – Meghan Burggraf  |
| Indoor Mile         | 2002 – Heather Sagan   |
| Outdoor 1,500       | 2002 – Heather Sagan   |
| Indoor 4 x 400      | 2019 – Cortney Dowling, Ty'Asia Dansbury, Delaney McDowell, Tanner Ealum                             |
| Indoor Pole Vault   | 2002 – Andrea Wildrick   |
| Outdoor Pole Vault  | 2002 – Andrea Wildrick   |
| Indoor Shot Put     | 2014 – Mychelle Cumings  |
| Outdoor Discus      | 2013 – Mychelle Cumings  |
| Indoor Weight Throw | 2012 – Jocelyn Williams<br>2018 – Dasiana Larson   |
| Outdoor Hammer      | 2012 – Melinda Bendik  |
| Indoor Pentathlon   | 2004 – Danielle McNaney<br>2005 – Danielle McNaney<br>2016 – Erika Jackson<br>2019 – Kylie Polsgrove |
| Outdoor Heptathlon  | 2005 – Danielle McNaney<br>2011 – Christina Mitchell   |