



VERTICAL ADVENTURES DECATHLON/HEPTATHLON

JUNE 27-28, 2015

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 27-28, 2015.

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.

Results from the 2014 meet can be found at <http://nj.milesplit.com/meets/117257-vertical-adventures-decathlon-heptathlon#.VRqqJfnF-Ps>

The following link provides a useful scoring calculator:
<https://www.usatf.org/statistics/calculators/combinedEventsScoring/>

Pictures from last year’s meet can be found at
<https://www.flickr.com/photos/lucky856/sets/72157645491142851/>

Sincerely,

Frank Harrison (Meet Director)

Meet website: www.verticaladventures.org

Entry Form
Vertical Adventures Decathlon/Heptathlon
June 27-28, 2015
Lenape High School, Medford, NJ



Name of Athlete: _____

Home Address: _____

City, State, Zip code: _____

Phone: _____

Email Address: _____

School: _____

Year (circle): _____ 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 not done in competition, please indicate estimated performance and place an asterik (*) next to event)

<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 20th to:

Frank Harrison
 170 Stone Hill Road
 Colts Neck, NJ 07722
bharrison6223@gmail.com

Notes:

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

Start times: Day 1, June 27th - 10:30am (Women) 10:45am (Men)

Day 2, June 28th - 10:30am (All)

Medals for Top 6

Decathlon/Heptathlon

Meet Records (through 2014)

MEN'S HIGH SCHOOL DIVISION – DECATHLON (1)

	Athlete	Hometown	Point	Year Set
Meet Record:	Andrew Ghizzzone	Scotch Plains, NJ	6237	2014
Senior Class	Andrew Ghizzzone	Scotch Plains, NJ	6237	2014
Junior Class:	Dan Harrison	Colts Neck, NJ	6013	2012
Sophomore Class:	Preston DeLaurentis	Hightstown, NJ	5068	2012
Freshman Class:	None			

1 st 7 events	Dan Harrison	Colts Neck, NJ	4729	2012 *
--------------------------	--------------	----------------	------	--------

MEN'S OPEN DIVISION – DECATHLON (2)

	Athlete	Hometown	Point	Year Set
Meet Record:	Duane Hynes	NY NY	5716	2011

1 st 7 events	Tim Wunderlich	Marrietta, OH	5164	2013 *
--------------------------	----------------	---------------	------	--------

WOMEN'S HIGH SCHOOL DIVISION - HEPTATHLON (3)

	Athlete	Hometown	Point	Year Set
Meet Record:	Aspen Gaita	Stroudsburg, PA	4474	2014
Senior Class	Brandie Tartza	Sayerville, NJ	3553	2013
Junior Class:	Aspen Gaita	Stroudsburg, PA	4474	2014
Sophomore Class:	Aspen Gaita	Stroudsburg, A	4033	2013
Freshman Class:	Dana Rose Brown	Pinelands, NJ	2945	2012

WOMEN'S OPEN DIVISION – HEPTATHLON (3)

	Athlete	Hometown	Point	Year Set
Meet Record:	Erin LaCosta		3633	2014

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 2014)

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	1585 Points	Ally Doyle	Colts Neck, NJ	2011
100 Meter Hurdles	14.58	Aspen Gaita	Stroudsburg, PA	2014
High Jump	5'2.5" / 1.59M	Aspen Gaita	Stroudsburg, PA	2014
Shot Put	32'5.5" / 9.89M	Ally Doyle	Colts Neck, NJ	2012
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	2:26.79	Dana Rose Brown	Pinelands, NJ	2014

Top Scores

	Athlete	Point Scores	Year	Grade
1)	Aspen Gaita	4474	2014	11
2)	Aspen Gaita	4033	2013	10
3)	Dana Ohlson	3826	2011	11
4)	Gina Bishof	3688	2013	11
5)	Julia Petruch	3678	2011	10
6)	Alanna Hitscherich	3561	2013	11
7)	Brandie Tartza	3553	2013	12
8)	Casey Sturts	3534	2013	12
9)	Dana Rose Brown	3420	2014	11
10)	Brandie Tartza	3395	2012	11
11)	Elly Wardle	3372	2011	11
12)	Maia Hauschild	3330	2014	10

History – Past Winners

Year	Athlete	Point Score	Date/Site
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 2014)



Men's High School Division

Event	Mark/Time	Athlete	Hometown	Year
Decathlon	6237 Points	Andrew Ghizzone	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 Ghizzone	Scotch Plains, 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	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 Ghizzone	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)	Dimitrius Durham	5306	2011	12
10)	Sean Tonnessen	5145	2011	12
11)	Preston DeLaurentis	5068	2012	10
12)	Taylor Cuddequest	5102	2011	11

History – Past Winners

Year	Athlete	Point Score	Grade	Date/Site
2014	Andrew Ghizzone	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 2014)

Women's Open Division

Event	Mark/Time	Athlete	Hometown	Year Set
Heptathlon	3633 Points	Erin LaCosta	Sommerville, NJ	2014
Day 1 Total	2246	Kelsey Lewis	Middletown, NJ	2014
Day 2 Total	1397 Points	Erin LaCosta	Sommerville, NJ	2014
100 M Hurdles	16.37	Erin LaCosta	Sommerville, NJ	2014
High Jump	5'3.75" / 1.62M	Kelsey Lewis	Middletown, NJ	2014
Shot Put	25'3.50" / 7.71M	Kelsey Lewis	Middletown, NJ	2014
200 Meters	28.30	Erin LaCosta	Sommerville, NJ	2014
Long Jump	15'1.25" / 4.60M	Erin LaCosta	Sommerville, NJ	2014
Javelin	66'1" / 20.15M	Kelsey Lewis	Middletown, NJ	2014
800 Meters	2:24.60	Erin LaCosta	Sommerville, NJ	2014

Top Scores

	Athlete	Point Scores	Year
1)	Erin LaCosta	3633	2014
2)	Kelsey Lewis	3371	2014

History – Past Winners

Year	Athlete	Point Score	Date/Site
2014	Erin LaCosta	3633	June 28-29, 2014 / Lenape HS
2013	None		
2012	None		
2011	None		

* Meet suspended after 7 events due to weather.

Decathlon/Heptathlon

Meet Records (through 2014)

Men's Open Division

Event	Mark/Time	Athlete	Hometown	Year
Decathlon	5716 Points	Duane Hynes	New York, NY	2011
Day 1 Total	3573 Points	Tim Wunderlich	Marrietta, OH	2013
Day 2 Total	2508 Points	Evan Stivala	Colts Neck, NJ	2012
100 Meters	11.44	Ryan Hynes	Warrington, PA	2013
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	52.36	Tim Wunderlich	Marrietta, OH	2013
	52.36	Dennie Waite	Middletown, NJ	2014
110 M Hurdles	15.09	Tim Wunderlich	Marrietta, OH	2013
Discus	145'3" / 44.29M	Tim Wunderlich	Marrietta, OH	2013
Pole Vault	14' / 4.27M	Derek Hynes	Princeton, NJ	2012
Javelin	150' / 45.73M	Michael Chitro	Syracuse, NY	2012
1500 Meters	4:17.72	Dennie Waite	Middletown, NJ	2014

Top Scores

	Athlete	Point Scores	Year
1)	Duane Hynes	5716	2011
2)	Evan Stivala	5636	2012
3)	Sam Maniglia	5483	2014
4)	Evan Stivala	5430	2011
5)	Michael Chitro	5311	2012
6)	Evan Stivala	5223	2014
7)	Neal Fox	5211	2014
8)	John Tsihlas	5269	2011
9)	Terry Barresi	4950	2012

History – Past Winners

Year	Athlete	Point Score	Date/Site
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 2014)

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	1.26M / 4'1.5"	Dana Rose Brown	Pinelands, NJ	2012
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	2:35.82	Dana Rose Brown	Pinelands, NJ	2012

Top Scores

	Athlete	Point Scores	Year	Grade
1)	Dana Rose Brown	2945	2012	9

Decathlon/Heptathlon

Class Records (through 2014)

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	1.55M / 5'1"	Aspen Gaita	Stroudsburg, PA	2013
Shot Put	8.44M / 27'8.25"	Aspen Gaita	Stroudsburg, PA	2013
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, NY	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)	Noel Hartman	3156	2014	10
4)	Abby Chrzanowski	2409	2013	10
5)	Danielle Baxter	2186	2013	10

Decathlon/Heptathlon

Class Records (through 2014)

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	1.59M / 5'2.5"	Aspen Gaita	Stroudsburg, PA	2014
Shot Put	9.49M / 31'1.75"	Arianna Melton	Laurel Springs, NJ	2013
200 Meters	25.96	Aspen Gaita	Stroudsburg, PA	2014
Long Jump	5.39M / 17'8"	Dana Ohlson	Manahawkin, NJ	2011
Javelin	30.19M / 99'0.5"	Ally Doyle	Manahawkin, NJ	2011
800 Meters	2:26.79	DanaRose Brown	Little Egg Harbor, NY	2014

Top Scores

	Athlete	Point Scores	Year	Grade
1)	Aspen Gaita	4474	2014	11
2)	Gina Bishof	3688	2013	11
3)	Alanna Hitscherich	3561	2013	11
4)	DanaRose Brown	3420	2014	11
5)	Elly Wardle	3372	2011	11
6)	Alyssa Glover	3207	2012	11
7)	Ally Doyle	3153	2011	11
8)	Aiyana Ware	3020	2013	11
9)	Arianna Melton	2851	2013	11
10)	Breana Vick	2545	2012	11

Bold indicates overall meet record

Decathlon/Heptathlon

Class Records (through 2014)

Women's High School Division – Senior

Event	Mark/Time	Athlete	Hometown	Year Set
Heptathlon	3553 Points	Brandie Tartza	Sayreville, NJ	2013
Day 1 Total	2366 Points	Casey Sturts	Dorothy, NJ	2013
Day 2 Total	1388 Points	Brandie Tartza	Sayreville, NJ	2013
100 M Hurdles	16.07	Casey Sturts	Dorothy, NJ	2013
High Jump	1.55M / 5'1"	Casey Sturts	Dorothy, NJ	2013
Shot Put	9.89M / 32'5.5"	Ally Doyle	Colts Neck, NJ	2012
200 Meters	28.30	Brandie Tartza	Sayreville, NJ	2013
Long Jump	4.70M / 15'5"	Brandie Tartza	Sayreville, NY	2013
Javelin	32.39M / 106'3"	Ally Doyle	Colts Neck, NJ	2012
800 Meters	2:27.54	Catherine Dougherty	Gloucester City, NJ	2012

Top Scores

	Athlete	Point Scores	Year	Grade
1)	Brandie Tartza	3553	2013	12
2)	Casey Sturts	3534	2013	12
3)	Ally Doyle	3055	2012	12
4)	Katherine Wilk	2786	2011	12
5)	Catherine Dougherty	2584	2012	12

Bold indicates overall meet record

Decathlon/Heptathlon

Class Records (through 2014)

Men's High School Division – Sophomore

Event	Mark/Time	Athlete	Hometown	Year
Decathlon	5068 Points	Preston DeLaurentis	Hightstown, NJ	2012
Day 1 Total	2858 Points	David McGriff	Flemington, NJ	2011
Day 2 Total	2601 Points	Preston DeLaurentis	Hightstown, NJ	2012
100 Meters	11.66	Preston DeLaurentis	Hightstown, NJ	2012
Long Jump	6.14M / 20'1.5"	David McGriff	Flemington, NJ	2011
Shot Put	13.70M / 44'11.5"	Dan Harrison	Colts Neck, NJ	2011
High Jump	1.85M / 6'1.5"	Ryan Givens	Ocean City, NJ	2013
400 Meters	53.64	Matt Mutone	Madison, NJ	2013
110 M Hurdles	15.87	Ryan Givens	Ocean City, NJ	2013
Discus	40.64M / 133'4"	David McGriff	Flemington, NJ	2012
Pole Vault	3.47M / 11'4.5"	Preston DeLaurentis	Hightstown, NJ	2012
Javelin	43.46M / 142'7"	Preston DeLaurentis	Hightstown, NJ	2012
1500 Meters	5:14.54	Preston DeLaurentis	Hightstown, NJ	2012

Top Scores

	Athlete	Point Scores	Year	Grade
1)	Preston DeLaurentis	5068 *	2012	10
2)	David McGriff	5063	2011	10

* No Mark in LJ

Decathlon/Heptathlon

Class Records (through 2014)

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	6.23M / 20'5.25"	Dan Harrison	Colts Neck, NJ	2012
Shot Put	13.94M / 45'9"	Dan Harrison	Colts Neck, NJ	2012
High Jump	1.86M / 6'1.25"	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	44.71M / 146'8"	Dan Harrison	Colts Neck, NJ	2012
Pole Vault	3.70M	Kevin Guilfoyle	Jackson, NJ	2014
Javelin	45.58M / 149'6.5"	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)	Sean Tonnesen	5145	2011	11
4)	Taylor Cuddequest	5102	2011	11
5)	Collin Mascola	5011	2011	11

Bold indicates overall meet record

Decathlon/Heptathlon

Class Records (through 2014)

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	6.28M / 20'7.25"	Collin Mascola	Howell, NJ	2012
Shot Put	16.24M / 53'3.5"	David McGriff	Flemington, NJ	2013
High Jump	1.86M / 6'1.25"	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	45.68M / 149'10"	David McGriff	Flemington, NJ	2013
Pole Vault	4.20M / 13'9.25"	Andrew Ghizzone	Union, NJ	2014
Javelin	55.99	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
2)	Ryan Hynes	6032	2012	12
2)	Jimmy O'Connor	5831	2011	12
3)	Mike Cross	5783	2011	12
4)	Collin Mascola	5560	2012	12
5)	Demetrius Durham	5306	2011	12
6)	Ken Damis	5028	2012	12

Bold indicates overall meet record

Decathlon/Heptathlon

Meet Records (through 2014)

Record through 1st 7 events – High School Boys *

	Athlete	Point Scores	Year	Grade
1)	Dan Harrison	4729	2012	11
2)	David McGriff	4708	2013	12
3)	Ryan Hynes	4545	2012	12
4)	Andrew Ghizzzone	4365	2014	12
5)	Mike Cross	4293	2011	12
6)	Jimmy O'Connor	4254	2011	12
7)	Luke Pease	4247	2013	11
8)	Demetrius Durham	4125	2011	12
9)	Sean Tonnesen	4117	2011	11
10)	David McGriff	4115	2011	10
11)	Collin Mascola	4114	2012	12

Record through 1st 7 events – Open Men *

	Athlete	Point Scores	Year
1)	Tim Wunderlich	5164	2013
2)	Raffael Craig	4910	2013
3)	Evan Stivala	4431	2013
4)	Sam Maniglia	4338	2014
5)	Duane Hynes	4308	2011
6)	Evan Stivala	4249	2012
7)	Neal Fox	4170	2014
8)	Scott Lisa	4100	2013
9)	John Tshilas	4089	2011
10)	Ryan Hynes	4062	2013
11)	Jason Dijols	4010	2013
12)	Evan Stivala	4006	2011

* 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.

Decathlon/Heptathlon

Top Performances 2014 (All Divisions)

Decathlon:

Event	Mark/Time	Athlete	Division
100 Meters	11.15	Vincent Lanctot-Reeves	Junior
LJ	6.78M / 22'3"	Vincent Lanctot-Reeves	Junior
SP	12.09M / 39'8"	Evan Stivala	Open
HJ	1.93M / 6'4"	Neal Fox	Open
400 Meters	51.20	Andrew Ghizzone	HS
110MH	15.61	Sam Maniglia	Open
DT	33.04M / 105'1"	Evan Stivala	Open
PV	4.20M / 13'9.25"	Andrew Ghizzone	HS
JT	55.99M / 183'8"	Luke Pease	HS
1500M	4:17.72	Denny Waite	Open

Heptathlon:

Event	Mark/Time	Athlete	Division
100 MH	14.58	Aspen Gaita	HS
HJ	1.62M / 5'3.75"	Kelsey Lewis	Open
SP	9.03M / 29'7.5"	Aspen Gaita	HS
200 Meters	25.96	Aspen Gaita	HS
LJ	5.10M / 16'8.75"	Aspen Gaita	HS
JT	31.39M / 103'	Rachael Adamski	HS
800M	2:24.60	Erin LaCosta	Open