



# LSRHS WARRIORS



## BOYS WINTER TRACK & FIELD RECORDS

Event	Performance	Athlete	Year
55m	6.40	Eric Davis	1999
60m	7.37	Brian Holtzman	2011
55m Hurdles	7.59	Ben Colello	2014
60m Hurdles	8.20	Ben Colello	2013
200m	22.90	Brian Holtzman	2012
300m	35.77	Nick Colantouno	2007
400m	49.69	Nick Colantouno	2007
600m	1:20.97	Joseph DeSantis	2017
800m	1:56.44	Robert Roosa	2018
<i>800m Relay FAT</i>	<i>1:53.69</i>	<i>Robert Roosa</i>	<i>2018</i>
1000m	2:29.83	Joshua Kerber	2013
Mile	4:21.41	James Ensley	2019
2 Miles	9:33.60	Tim Robinson	1976
High Jump	6'5.25"	Sam Wuest	2009
Long Jump	21'11.50"	Eric Sax	2005
Shot Put	53'10.50"	George Patterson	1986
Pentathlon	3411	Ben Colello	2013
4x200m	1:32.05	M Rudder, S Papapietro, N Santangelo, A Koenig	2012
4x400m	3:24.49	L Goodrich, J Kerber, B Colello, N Santangelo	2013
4x800m	7:50.10	J Ensley, J Carter, A Shew, R Roosa	2018
1600m Sprint Medley	3:33.11	T Van Leer, A Abdirahmaan, R Roosa, J DeSantis	2017
4000m Distance Medley	10:39.09	A Shew, B Sorbo, R Roosa, J Ensley	2018
Shuttle Dash	22.33	M Sliwkoski, D Sadowsky, B Holtzman, C Halsted	2010
Shuttle Hurdle	31.69	S Kleeman, S Tenure, B Wang, G Yuen	2007
High Jump Relay	17'2.00"	A Sifferlen, A Fotakis, B Kateman	2019
Long Jump Relay	58'8.50"	A Sifferlen, P Lindblom, S Anderson	2018
<b><i>Shot Put Relay</i></b>	<b><i>124'5.50"</i></b>	<b><i>C Yee, J Duggan, J Carty</i></b>	<b><i>2020</i></b>

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## GIRLS WINTER TRACK & FIELD RECORDS

Event	Performance	Athlete	Year
<b>55m</b>	<b>7.42</b>	<b>Rachel Arthur</b>	<b>2021</b>
55m Hurdles	8.64	Lauren Ready	2011
<b>60m</b>	<b>7.98</b>	<b>Rachel Arthur</b>	<b>2021</b>
<b>200m</b>	<b>24.98</b>	<b>Rachel Arthur</b>	<b>2021</b>
300m	40.95	Dana Jamieson	2007
400m	57.48	Dana Jamieson	2007
600m	1:32.95	Andrea Keklak	2011
800m	2:12.04	Ariel Keklak	2015
1000m	2:46.98	Ariel Keklak	2016
Mile	4:49.93	Andrea Keklak	2011
2 Miles	10:54.24	Sydney Clary	2014
<b>5000m</b>	<b>17:42.59</b>	<b>Kylie Oblak</b>	<b>2020</b>
High Jump	5'8.00"	Lucy Alexander	2013
Long Jump	17'4.00"	Dana Jamieson	2007
Triple Jump	36'1.25"	Alessandra Sax	2005
Pole Vault	9'1.75"	Fiona Romeri	2006
Shot Put	35'1.00"	Arianna Gervais	2015
Pentathlon	2921	Jen Noce	2006
<b>4x200m</b>	<b>1:47.38</b>	<b>C Watson, R Arthur, B Findlay, A Quirk</b>	<b>2020</b>
4x400m	3:59.29	J Griffin, M Binder, E Mepham, D Jamieson	2008
4x800m	9:05.95	K Malone, N Kerrigan, A Babick, A Keklak	2016
1600m Sprint Medley	4:16.78	C Conway, H Chen, M O'Brien, M Nevils	2017
4000m Distance Medley	11:42.03**	A Babick, M O'Brien, K Malone, A Keklak	2016
4xMile Relay	21:13.06	K Knightly, M Garrett, S DeFreitas, O Pistorio	2019
Shuttle Dash	25.48		2007
Shuttle Hurdle	32.29	S Johansen, O Vandervelden, S Proctor, M Faucher	2019
High Jump Relay	14'11.00"	L Potter, L Alexander, M Klapper	2012
Long Jump Relay	43'4.25"	S Goodrich, H Chen, L Forman	2016
Shot Put Relay	86'2.00"	A Strileckis, I Kleynerman, A Gervais	2015

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Event	Performance	Athlete	Year
100m	10.6h/10.84	Michael Croel	1986
200m	22.04	Brendan Georges	2002
400m	48.99	Peter Lindblom	2019
800m	1:54.40	Joshua Kerber	2013
1500m	4:03.19	Matthew Barnes	2012
Mile	4:20.10	Jarrod Shoemaker	2000
2 Miles	9:27.00	Tim Robinson	1976
2000m Steeplechase	6:27.39	Nicholas Carter	2019
3000m Steeplechase	10:02.46	Jake Shoemaker	2008
5000m	16:23.69	Ben MacDonald	2014
110m Hurdles	14.29	Ben Colello	2014
300m Hurdles*	38.97	Ben Colello	2013
400m Hurdles	53.65	Ben Colello	2014
High Jump	6'7.00"	Sam Wuest	2009
Long Jump	22'2.00"	Peter Lindblom	2018
Triple Jump	46'8.00"	Tom Campbell	1988
Pole Vault	14'0.00"	Breylan Ammen	2017
Shot Put	57'3.25"	George Patterson	1986
<b>Discus</b>	<b>136'2.00"</b>	<b>Joseph Duggan</b>	<b>2019</b>
Javelin	180'3.00"	Brendan Huntowski	2010
Hammer Throw	112'1.00"	Brendan Huntowski	2010
Pentathlon	3043	Andrew Sifferlen	2019
Decathlon	6352	Ben Colello	2013
4x100m	42.96	G Yuen, N Colantuono, D Klien, M West	2007
4x200m	1:31.60	M West, J Chang, B Wang, N Colantuono	2007
4x400m	3:19.65	B Colello, O Zaccardo, N Virkler, J Kerber	2014
4x800m	7:50.99	R Roosa, A Shew, P Lindblom, J Ensley	2018
1600m Sprint Medley	3:34.86	N Santangelo, B Colello, N Virkler, J Kerber	2013
4000m Distance Medley	10:41.15	C Russell, B Holtzman, A Koenig, A Barnes	2010
4xMile	18:07.71	A Shew, J Carter, R Roosa, J Ensley	2018
Shuttle Hurdle	1:04.09	G Yuen, D Shwartz, S Tenure, B Wang	2007
High Jump Relay	17'5.00"	S West, D Alford, W Mephram	2009
Long Jump Relay	60'8.00"	S Wuest, C Halsted, D Sadowsky	2009
Triple Jump Relay	122'6.25"	T Rhines, S Roth, N Adams	2015
		S Anderson, M Joachim, K Hylton	2019
Pole Vault Relay	34'0.50"	A Corin, B Ammen, A Glaser	2016
		B Ammen, C Bursaw, M Kossuth	2017
Shot Put Relay	117'8.75"	J Halsted, W Mannherz, B Hatfield	2012
<b>Discus Relay</b>	<b>303'2.00"</b>	<b>J Duggan, C Yee, J Carty</b>	<b>2019</b>
Javelin Relay	447'8.00"	B Huntowski, S Kemp, J Halsted	2010

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100m	12.79	Larina Kleynerman	2007
200m	26.14	Katie Zackin	2005
400m	55.80	Dana Jamieson	2007
800m	2:06.39	Andrea Keklak	2007
1500m	4:30.61	Ariel Keklak	2016
Mile	4:46.94	Lindsay Donaldson	2004
3000m	10:17.18	Sydney Clary	2015
2 Miles	10:55.60	Ariel Keklak	2015
2000m Steeplechase	7:51.11	Rachel Potter	2009
100m Hurdles	15.17	Lauren Ready	2010
300m Hurdles*	52.76	Emily Schneider	2009
400m Hurdles	1:09.27	Emily Rudder	2011
High Jump	5'7.00"	Ann Poole	1983
		Lucy Alexander	2013
Long Jump	17'9.00"	Dana Jamieson	2007
Triple Jump	36'10.75"	Lauren Ready	2010
Pole Vault	11'0.00"	Sophia Romeri	2007
Shot Put	36'6.00"	Arianna Gervais	2015
Discus	111'3.00"	Jean Syzmczak	1980
Javelin	122'3.00"	Hillary Jarmulowicz	2005
Hammer Throw	78'4.00"	Elizabeth Hule	2009
Pentathlon	2690	Marielle Faucher	2019
4x100m	49.94	K Zackin, A Sax, A Georges, D Jamieson	2005
4x200m	1:48.50	L Ready, C Georges, T Kohler, E Rudder	2011
4x400m	3:56.42	M Binder, E Mephram, O Reed, D Jamieson	2007
4x800m	9:01.78**	K Broeker, S Mephram, M Crowe, A Keklak	2011
800m Sprint Medley	1:59.30	L Ready, C Georges, T Kohley, E Rudder	2011
1600m Sprint Medley	4:10.73	C Igwe-Kalu, J Marsh, M Binder, E Mephram	2008
4000m Distance Medley	11:54.95	M Crowe, S Mephram, M Broeker, A Keklak	2011
4xMile	20:43.73	A Babick, M Butler, S Clary, A Keklak	2014
Shuttle Hurdles	1:09.51	V Kruiy, M Lynch, J Miller, S Seard	2015
High Jump Relay	15'1.00"	L Potter, L Alexander, M Klapper	2012
Long Jump Relay	47'9.00"	L Ready, J Chen, E Schneider	2009
Triple Jump Relay	102'1.00"	M Fleming, L Ready, C Igwe-Kalu	2009
Pole Vault Relay	24'6.00"	A Nash, D Sperazza, S Gitlin	2010
Shot Put Relay	88'3.25"	I Kleynerman, A Gervais, V Kruiy	2015
Discus Relay	261'6.00"	I Kleynerman, S Bakas, A Gervais	2015
Javelin Relay	281'10.00"	S Johnson, R Gorman, A Strileckis	2016

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