



Dakota Cougars Track & Field

Preseason Meeting Agenda



January 28, 2025
2:22 pm
Community Room

I. Welcome /Coaching staff introduction

- a) Coach Timpa-29th year (Coached Dakota to 16 regional Titles, 2 state champions in HJ)
- b) Coach Droski 23rd year (Coached 6 throwers to All State honors)
- c) Coach Roginski 14th year (ran for MSU run club and has the fastest 37 mile race time)
- d) Coach Ciaravino 5th year (school record holder in the LJ, 3 time ALL Stater)
- e) Coach Parker 2nd year (ran at Sienna Heights, won 4 regional titles while at Dakota)
- f) Coach Butkovich 2nd year (school record holder in the 100m Dash)
- g) Coach Missy-3rd year officially (29th year overall, helping as scorekeeper and team Mom/PT)

II. Expectations

- a) Academic (2.0 and pass 4)
- b) Athletic
 - a. Practice (2:30-4:30 daily)
 - b. Meets-Home & Away (bus both ways)
 - i. If you need to take some other form of transportation, you will need to complete a form-see coach Timpa
 - c. Diet /Life of an Athlete
 - d. Varsity /JV/ FS

III. Important Dates

- a) **TEAM MEETING/MEDIA DAY** = Thursday March 6th 2:30 pm-4:00 pm @ Indoor Track (REQUIRED) -Captains will assist with this process
– Vertical Raise /Uniform Handout / Team Pictures / Sway Testing (running shoes & phone)
- b) **SENIOR PICTURES**= Thursday March 6th 4 pm @ Room 200 (\$40) athletes pay for their banner. Hung at the stadium, yours to keep at the end of the season (ENCOURAGED)
(if < \$, ask)

- c) **PARENTS MEETING** = Thursday March 6th 6 pm @ Community Room (REQUIRED)
- d) **1st PRACTICE** = March 10th 2:30 pm @ Indoor Track (REQUIRED)
- e) **TEAM SHOE/SPIKE NIGHT** @ Hanson's running shop = March 10th 6-8 pm
they also have a store sale on March 8th and 9th
- f) **HOSTING BIG MEETS** =SPRING BREAK CLASSIC (need 11th /12th gr. Volunteers (NHS hours are available), DHS INVITE, MAC RED DIVISION MEET, JV MAC Championships at Dakota (**need parent volunteers for hurdles, field events, concessions, coaches' hospitality**)
- g) **Senior Night**- before the meet on April 22 vs. Chippewa. **Need junior parents to organize.**
- h) **DHS Track and Field awards banquet** = Monday June 9th 5pm Dinner @ Dakota's Atrium, Awards in the Auditorium

IV. Business visit www.dakotatrackfield.com to follow the links directly.

- a) **TEAM PICTURES** –March 6th starting around 3:15 pm (must be present) **must wear jersey and shorts for the team picture** (on the indoor track)
- b) **Team dinner** -Possibly April 9th in the atrium. Need a parent to organize.
- c) **FUNDRAISER**-Vertical Raise --Raising money for Roll out runways for indoor track, banquet expenses, state finals expenses, 90-degree hurdles carts, pole vault poles, shot put balls, discus, Finish line upgrades, additional assistant coaches and other equipment.
- d) **SHORTS & JERSEYS**-can be purchased @ <https://bsnteamsports.com/shop/trA7zjfNQI> and <https://bsnteamsports.com/shop/5UtPCxM2nA> from Jan. 13th to 30th. The store will open for the 2nd round of orders in March.
- e) **APPAREL LINK** – **will be sent out via remind soon**
- f) **2025 Captains**- apply by sending a Remind message to Coach Timpa stating that you would like to be considered for captain. An application will then be sent to you.

V. Forms –visit www.dakotatrackfield.com to follow the links directly.

- a) **PLANETHS.COM** - Must be completed BEFORE March 6th (Create an account and link it to your parents' account) There you must upload **both sides** of your current athletic physical and digitally sign the forms. Make sure you check the Track & Field Box.
- b) **PHYSICAL FORM**-must upload to your www.planeths.com account before you can practice. Must be dated after **April 15, 2024**, to be current. If you have one on file from a Fall or Winter sport you do not need a new one.
- c) **PERSONAL INFO, GOALS, TEAM RULES, UNIFORM SIZE REQUEST**—fill out through Google Docs @ <https://forms.gle/aXEBhY6nvrVU6tfk7>
- d) **SWAY TEST** –must complete and pass the Concussion baseline test before you can participate. One test every 2 years unless you have had a concussion. **ONLY SOME EVENTS!**

- e) **LIFE OF AN ATHLETE** –visit this website with your parents <https://www.cvsloa.org/>

VI. Other Handouts

- a) Planeths.com instructions
- b) 2025 Meet schedule /Order of Events
- c) 2025 Practice Calendar
- d) V-Raise incentive sheet
- e) How to earn a Varsity Letter in Track & Field
- f) TOP 15 list
- g) Senior Banner order form

VII. Remind.com (sign up for at least one!)

Text	@sprintdhs	to 81010 for sprinter info
	@dhsbxc	to 81010 for men's distance info
	@dgxc	to 81010 for women's distance info
	@dhshurdles	to 81010 for hurdler info
	@dhshj	to 81010 for high jumper info
	@dhslj	to 81010 for long jumper info
	@dakotapv	to 81010 for pole vaulter info
	@throwdhs	to 81010 for thrower info

VIII. STRENGTH IN NUMBERS...got a friend who can run, jump, or throw? Give them the info or have them stop by! TRACK & FIELD is a fantastic way to get ready for FOOTBALL, BASKETBALL, VOLLEYBALL, SOCCER, etc.

IX. You can contact me at any time mtimpa@cvs.k12.mi.us

X. Adjournment –Thank you for your attendance.

VISIT www.dakotatrackfield.com for more info or use the QR Code

See coaches in their classrooms anytime

Coach Timpa	Room 200
Coach Roginski	Room 240



PlanetHS Account Instructions – New Accounts

- 1) Go to www.planeths.com
- 2) Click sign up at the bottom of the page.
- 3) Fill in your information and click sign up (parents and students)
- 4) **For Parents:** you will be prompted to fill in your child's emergency contact information.
- 5) After you have filled in the emergency contact information link you child's account with yours on the left side of the page. **Please make sure you know which email/phone number your child has used to register.**
- 6) Once everything is linked, go to the blue bar at the top of the page and click on athletic forms.
- 7) At the bottom of the page you will see the following:
 - Health Questionnaire/Physical
 - Insurance Consent Form
 - Parent/Athlete Concussion Form
 - Emergency Contact Form
 - Code of Conduct/ImPACT signature form
 - Impact concussion test (staff upload only)
- 8) Upload a physical dated after 4/15/2024 into the physical space.
- 9) Insurance consent, concussion form, emergency contact form and code of conduct **MUST** be signed electronically. **DO NOT UPLOAD ANYTHING HERE.**

PlanetHS Account Instructions – Previous Accounts

- 1) Go to www.planeths.com and login
- 2) Select sport/s athlete wants to play for school year
- 3) At the bottom of the page you will see the following:
 - a. Health Questionnaire/Physical
 - b. Insurance Consent Form
 - c. Parent/Athlete Concussion Form
 - d. Emergency Contact Form
 - e. Code of Conduct/ImPACT signature form
 - f. Impact concussion test (staff upload only)
- 4) Upload a physical dated after 4/15/2021 into the physical space.
- 5) Insurance consent, concussion form, emergency contact form and code of conduct **MUST** be signed electronically. **DO NOT UPLOAD ANYTHING HERE.**



AKOTA COUGARS

2025 TRACK AND FIELD SCHEDULE



www.dakotatrackfield.com



			who	start time	bus time
Wednesday	March 19, 2025	33rd Annual SVSU Indoor HS Invitational @ SVSU Fieldhouse	V	12:00 PM	9:00 AM
Saturday	April 5, 2025	Spring Classic 9th-10th Invite @ Dakota	FS	12:00 PM	-----
Tuesday	April 8, 2025	Dakota @ Anchor Bay	V JV FS	4:00 PM	2:30 PM
Saturday	April 12, 2025	Hartland Invitational @ Hartland	V	10:00 AM	7:30 AM
Saturday	April 12, 2025	23rd Annual Jefferson 9th-10th Invitational @ Monroe Jefferson	FS	9:30 AM	7:00 AM
Tuesday	April 15, 2025	Fraser @ Dakota	V JV FS	4:00 PM	-----
Saturday	April 19, 2025	Balawajder Coed Relays @ Highland Milford	V	10:00 AM	7:00 AM
Saturday	April 19, 2025	Dragon Coed Track & Field Invitational @ Clintondale	JV	9:00 AM	7:15 AM
Tuesday	April 22, 2025	Chippewa Valley @ Dakota	V JV FS	4:00 PM	-----
Friday	April 25, 2025	Barnyard Distance Invitational @ Romeo	V JV FS	3:00 PM	1:15 PM
Saturday	April 26, 2025	Steve Johnson Relays @ Warren Mott	V	9:30 AM	7:30 AM
Tuesday	April 29, 2025	Dakota & Utica @ Romeo	V JV FS	4:00 PM	2:30 PM
Friday	May 2, 2025	Anchor Bay Invitational @ Anchor Bay	V	3:00 PM	1:15 PM
Tuesday	May 6, 2025	Red Division Meet @ Dakota	V	4:00 PM	-----
Saturday	May 10, 2025	21st Annual Dakota Cougars Invitational @ Dakota	V JV FS	9:00 AM	-----
Wednesday	April 14, 2025	JV MAC/County Championships @ Dakota	JV	4:00 PM	-----
Friday	May 16, 2025	MHSAA Division Regional @ Romeo	V	1:00 PM	11:15 AM
Wednesday	May 21, 2025	Macomb County Meet of Champions @ Fraser	V	2:00 PM	12:00 PM
Friday	May 23, 2025	MITCA D1 Team State Meet @ tbd	V	tbd	tbd
Saturday	May 31, 2025	MHSAA Division 1 State Finals @ East Kentwood	V	9:00 AM	Fri 11 am
Fri/Sat	June 6-7, 2025	3rd Annual Mitca Champions of Champions TF Festival @ Davison		-----	-----
Monday	June 9, 2025	DHS Awards Banquet @ DAKOTA		5:00 PM	-----

<https://dakotaathletics.com/>

<https://www.athletic.net/team/12926/track-and-field-outdoor/2025>

Order of Events

(Dual meets)

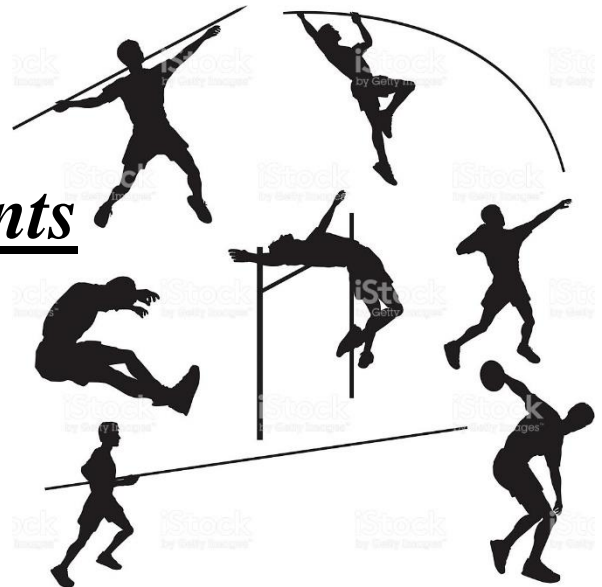
(Girls run first in 2025)

4:00 PM 4 x 800m Relay
100m (33") Hurdles / 110m (39") Hurdles
100m Dash
4 x 200m Relay
1600m Run
4 x 100m Relay
400m Dash
300m Low (30") Hurdles / 300m Intermediate (36") Hurdles
800m Run
200m Dash
3200m Run
4 x 400m Relay

Field Events

4:00 PM High Jump (Girls first)
Shot Put (Girls first)
Pole Vault (Boys first)
Discus (Boys first)
Long Jump (Boys first) *

Most dual meets will run an open pit



2025

February

DAKOTA COUGARS TRACK AND FIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28 TF Preseason Team Meeting 2:22 pm Indoor Track Hallway	29 Lunar New Year	30	31	01	02 Groundhog Day
03	04 Rosa Parks Day	05 National Women in Sports Day	06	07	08	09 Super Bowl Sunday
10	11	12	13	14 1/2 Day Valentine's Day	15	16
17 NO SCHOOL Presidents' Day	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22	23
24 CONDITIONING Indoor Track 2:30-3:30	25 CONDITIONING Indoor Track 2:30-3:30	26 NO CONDITIONING PT Conferences (Virtual) 5:30 -8:00	27 NO CONDITIONING PT Conferences 5:30 -8:00	28 1/2 Day Ramadan Begins CONDITIONING Indoor Track 11:00-12:00	01	02
03	04	Notes:				

2025

March

DAKOTA COUGARS TRACK AND FIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24	25	26	27	28	01	02
03 CONDITIONING Indoor Track 2:30-3:30	04 CONDITIONING Indoor Track 2:30-3:30	05 CONDITIONING Indoor Track 2:30-3:30 ASH WEDNESDAY	06 Team Mtg 2:30 pm Indoor Track 4pm Senior Banner Pics-RM 200 Parents Mtg 6 pm	07 CONDITIONING Indoor Track 2:30-3:30	08	09 Daylight Savings Time (Spring Forward)
10 PRACTICE/TM MTG 2:30-4:30 Indoor Track Team Shoe/Spike Nite at Hanson's	11 PRACTICE 2:30-4:30 Indoor Track	12 PRACTICE 2:30-4:30 Indoor Track	13 PRACTICE 2:30-4:30 Indoor Track	14 PRACTICE 2:30-4:30 Indoor Track	15	16
17 St. Patrick's Day PRACTICE/TM MTG 2:30-4:30 Indoor Track	18 PRACTICE 2:30-4:30 Indoor Track	19 SVSU Invite @ SVSU 12 PM BUS 9:00 AM or Practice 2:30-4:30	20 PRACTICE 2:30-4:30 Indoor Track	21 1/2 Day PRACTICE 10:45-12:30 Indoor Track	22	23
24 No School PRACTICE 10:00-11:30 Indoor Track	25 No School PRACTICE 10:00-11:30 Indoor Track	26 No School PRACTICE 10:00-11:30 Indoor Track	27 No School PRACTICE 10:00-11:30 Indoor Track	28 No School PRACTICE 10:00-11:30 Indoor Track	29	30
31 PRACTICE/TM MTG 2:30-4:30 Stadium	01	Notes:				

2025

April

DAKOTA COUGARS TRACK AND FIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01 PRACTICE 2:30-4:30 Stadium	02 PRACTICE 2:30-4:30 Stadium	03 PRACTICE 2:30-4:30 Stadium	04 PRACTICE 2:30-4:30 Stadium	05 SPRING CLASSIC @ DAKOTA NOON Report 11 am	06
07 PRACTICE/TM MTG 2:30-4:30 Stadium	08 DAKOTA @ ANCHOR BAY 4 PM BUS 2:30 pm	09 PRACTICE 2:30-4:30 Stadium SAT TESTING	10 PRACTICE 2:30-4:30 Stadium SAT TESTING	11 PRACTICE 2:30-4:30 Stadium	12 9TH / 10TH INVITE @ JEFFERSON HS 9 am BUS 7 am OR HARTLAND	13 PALM SUNDAY
14 PRACTICE/TM MTG 2:30-4:30 Stadium	15 FRASER @ DAKOTA 4 PM Report 3 pm	16 PRACTICE 2:30-4:30 Stadium	17 PRACTICE 2:30-4:30 Stadium	18 No School GOOD FRIDAY OPTIONAL PRACTICE	19 BALAWAJDER COED RELAYS @ MILFORD 10 am BUS 7 am	20 EASTER
21 PRACTICE/TM MTG 2:30-4:30 Stadium BOSTON	22 CHIPPEWA @ DAKOTA 4 PM Report 3 pm SENIOR NIGHT 3:30pm	23 NO SCHOOL PRACTICE 2:30-4:30 Stadium	24 PRACTICE 2:30-4:30 Stadium	25 PRACTICE 2:30-4:30 or BARNYARD INVITE @ ROMEO 4 pm	26 STEVE JOHNSON RELAYS @ WARREN MOTT 9:30 AM BUS 7:30 AM	27
28 PRACTICE/ TM MTG 2:30-4:30 Stadium	29 DAKOTA & UTICA @ ROMEO 4 PM BUS 2:30 pm	30 PRACTICE 2:30-4:30 Stadium	01	02	03	04
05	06	Notes:				

2025

May

DAKOTA COUGARS TRACK AND FIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	01 PRACTICE 2:30-4:30 Stadium	02 ANCHOR BAY INVITE 3 PM BUS 1:15 PM	03 OPTIONAL PRACTICE	04
05 PRACTICE/TM MTG 2:30-4:30 Stadium	06 MAC RED @ DAKOTA 4 pm Report 3 pm	07 PRACTICE 2:30-4:30 Stadium	08 PRACTICE 2:30-4:30 Stadium	09 PRACTICE 2:30-4:30 Stadium	10 DHS INVITE @ DAKOTA JV 9 AM VAR 12 PM	11 Mother's Day
12 PRACTICE/TM MTG 2:30-4:30 Stadium	13 PRACTICE 2:30-4:30 Stadium	14 JV MAC/CTY MEET @ DAKOTA 4 pm Report 3 pm	15 PRACTICE 2:30-4:30 Stadium	16 REGIONALS @ ROMEO 1 pm BUS 11:15 am & 3:15 pm	17 OPTIONAL PRACTICE	18
19 PRACTICE/TM MTG 2:30-4:30 Stadium	20 PRACTICE 2:30-4:30 Stadium	21 COUNTY MEET @ FRASER Field 2pm Bus 12pm Track 4pm Bus 2pm	22 PRACTICE 2:30-4:30 Stadium	23 MITCA TEAM STATE FINALS @ tbd **must qualify**	24 MITCA TEAM STATE FINALS @ tbd **must qualify**	25
26 No School PRACTICE 10:00-11:30 Stadium	27 PRACTICE 2:30-4:30 Stadium	28 PRACTICE 2:30-4:30 Stadium <i>JV uniform hand in</i>	29 PRACTICE 2:30-4:30 Stadium	30 PRACTICE 10:30 am Bus to East Kentwood 12 pm	31 STATE FINALS @ EAST KENTWOOD 9 am	01
02	03	Notes:				

2025

June

DAKOTA COUGARS TRACK AND FIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	01
02 PROM	03 Varsity Uniform Hand in CHALLENGE THE COACHES	04	05	06 CHAMPION OF CHAMPIONS @ DAVISON	07 CHAMPION OF CHAMPIONS @ DAVISON	08 Graduation 10 am
09 EXAMS TF BANQUET 5pm Atrium/ Auditorium (all athletes/parents)	10 EXAMS	11 EXAMS	12	13	14	15 FATHER'S DAY
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	01	Notes:				

2025 Dakota Track & Field Vertical Raise Fundraiser



Dates: **March 6 to March 30**

What: Social Donation campaign

Team Goal: Raise \$25,000

Individual Goal: Send 20 emails, 5 texts and 1 social media post

Raising Money for:

Catered Banquet & awards	Track & Field Scholarship
State Finals Expenses	Shots and Discus
Poles for the Vault	Training Equipment
Laser Shot Put measuring	Roll Out Runways
XC camp -transportation	New Discus Cage (long term)

If you have any questions, please contact Coach Timpa at mtimpa@cvs.k12.mi.us

Thanks and Good Luck,

Coach Timpa
Head Coach

Rewards (complete this form by April 1st) **Name** _____

20 EMAILS SENT	Athlete attends the banquet for FREE	
Raise \$75	TF window Decal	
Raise \$150	TF Gloves & Decal	
Raise \$250	TF Gloves & Decal & Vintage T-shirt	Tee: S M L XL XXL XXXL
Raise \$500	all of the above and Parent's attend banquet free as well	

*****Custom Swag for the 6 men and 6 women who raise the most money!!**





Dakota Track and Field Drive 2025

Due Date: 03/06/2025

We will soon be launching our fundraiser with Vertical Raise. Vertical Raise's streamlined online platform allows us to raise funds digitally through email, text & social media. Through these mediums, supporters can visit our fundraiser page and help support our cause. Vertical Raise has helped thousands of programs across the country run successful fundraisers and with your help, we can exceed our fundraising goal!

Thank you so much for your support!

Coach Mike Timpa

Participation Expectations:

- Work with your parents to collect at least **20 emails** of family, friends & supporters.
- Have at least **10 phone numbers** of potential supporters to text on launch day
- Save all emails & contacts in the notes section on your phone!

do not use teacher or peer emails

POTENTIAL SUPPORTER IDEAS

Grandparents, Aunts & Uncles, Other Family, Mom & Dad's Co-Workers, Mom & Dad's Best Friends, Family Friends, Family Doctor & Dentist, Neighbors, Former Coaches & Youth Activity Leaders

Parent & Guardian Info:

- Want to be a **Corporate Sponsor** & get your business logo featured on the fundraiser? Click on the Become a Corporate Sponsor link on any fundraiser landing page.
- **Double your Donation at Check Out!** If your employer utilizes a matching donation program, you can enter your employer's information and our automated system will send your donation info to them to be matched.
- **Safe & Protected:** Vertical Raise is the safest online donation platform available. All information & contacts are private, 100% secure and will never be redistributed.



Dakota Track and Field Drive 2025

CORPORATE SPONSORSHIP OPPORTUNITY

We will be launching our Dakota Track and Field Drive 2025 on 03/06/2025 and are looking for businesses to be corporate sponsors*.

Your sponsorship is a tax-deductible donation supporting both the program as a whole, and the individual fundraising goals of participants.

For a minimum donation of \$500 your business' name and/or logo will be featured on all fundraiser invite emails and webpages in multiple locations:



RECEIVE 4,550 VIEWS OVER 3 WEEKS
ON AVERAGE

LET'S GET STARTED!

1. Scan the QR code to our fundraising page.
2. Make a donation.
3. Upload your logo.

It is that simple!



*each fundraiser is limited to 12 corporate sponsors, contact us today!



Track and Field Banner Order Form

Senior Parent/Guardian:

The Senior members of the Track and Field Team are going to be showcased at the stadium this spring! Coach Timpa has reached out to me to create 3'x5' durable, canvas banners for each senior, complete with their photograph in uniform/warm up suit, name & the year. It will be a keepsake that will be given to your senior at the end of the season. As a parent of 3 Dakota graduates, I know it will be a memorable addition to any graduation party & an incredible memory of their dedication to the team. I will be at Dakota on Thursday, March 6th at 4pm in Coach Timpa's classroom to photograph each senior.

The cost is \$40 per banner. I do need the following information to create the banner specific to your student. **Please print legibly to avoid any errors in spelling.**

Athlete's Name/event:

Parent/Guardian Name:

Email address:

Phone Number:

Payment Type:

cash Check (check number _____) ***Payable to Captivations Photography**
 Venmo @captivationsphotography (see below)

*Email address and phone numbers will NOT be used for solicitation purposes. They are simply for clarification if needed.

**Please note: images may be used for advertising and portfolio purposes for Captivations Photography.

Parent/Guardian Signature

Please include this form with your payment on March 6th.

Questions? I can be reached at captivationsphoto@aol.com or 586.915.4998

Thank you!

MaryAnn Couto



4 x 800 Meter Relay (SR 7:47.28)-2007

Freshman

Sophomore

Junior

Senior

9:15.3 Aaron Taylor 2018
 Matt Singer
 Jacob Harberts
 Andrew Milosavlevski

8:23.7 Rob Mette 2000
 Jimmy Dunn
 Ryan Sucharski
 Brad Schick

8:02.21 Rob Mette 2001
 Jimmy Dunn
 Ryan Sucharski
 Brad Schick

7:53.07 Ryan Sucharski 2002
 Jimmy Dunn
 Ryan Sredzinski
 Brad Schick

4 x 200 Meter Relay (SR 1:29.43)-2014

Freshman

Sophomore

Junior

Senior

1:37.61 Luke Basirico 2013
 Josh Kalahar
 Leland Gales
 De'Shon Collier

1:32.8 Ken Campbell 2012
 Andrew Costie
 Tyler Piekarski
 David Basirico

1:30.7 Ken Campbell 2013
 Zack Flack
 Tyler Piekarski
 David Basirico

1:31.01 Brandon Michalak 2019
 Nathan Parker
 Johnnie Small
 Gabe Holman

4 x 100 Meter Relay (SR 42.71)-2016

Freshman

Sophomore

Junior

Senior

46.6 Leland Gales 2013
 Edward Alfred Jr.
 Luke Basirico
 De'Shon Collier

45.4 Ken Campbell 2012
 Zack Flack
 Tyler Piekarski
 David Basirico

43.61 Richard Ray 2015
 Ed Alfred Jr.
 Willie Harris
 De'Shon Collier

43.73 Leland Gales 2016
 Ed Alfred Jr.
 Jordin Folwer
 De'Shon Collier

4 x 400 Meter Relay (SR 3:25.63)-2015

Freshman

Sophomore

Junior

Senior

3:46.0 Spencer Miller 2008
 Brandon Hein
 Johnny Kaiser
 Nick Culbertson

3:48.6 Scott Fowler 2005
 Mike Puhalla
 Dave Magnotte
 Nick Fowler

3:40.1 Jordan Staley 2010
 Cody Morgan
 Zack Thomas
 Nick Culbertson

3:34.3 Ryan Sredzinski 2002
 Rob Mette
 Jimmy Dunn
 Brad Schick

110 Meter Hurdles

Freshman

Sophomore

Junior

Senior

17.51	Justin Tamplin	2017
17.4	Matt Lukas	2005
17.4	Paul Savage	2005
17.86	Jordan Vernon	2018
17.9	Dave Reling	1997
17.9	Dan Westarb	2013
18.29	Kyle Knight	2014
18.1	Andrew Astromovich	2015
18.40	Casey Carr	2019
18.48	Micah Mikanga	2023
18.3	Joe Cuniberti	2009
18.4	Jim Semos	1999
18.4	Justin Vollbach	2008
18.4	Kyle Kresnak	2016

16.37	Kyle Knight	2015
16.2	Karl Fox	2003
16.6	Dan Westarb	2014
16.7	Matt Lukas	2006
16.8	Dave Reling	1998
17.15	Justin Tamplin	2018
17.53	Kyle Kresnak	2017
17.3	Garrett Holcomb	2003
17.59	Jordan Vernon	2019
17.4	Jason Stafford	2009
17.4	Joe Cuniberti	2010
17.5	Andrew Astromovich	2016
17.6	Ramsey Katynski	2003

15.42	Matt Lukas	2007
15.69	Karl Fox	2004
15.81	Chris Dotson	2024
15.9	Joe Cuniberti	2011
16.15	Dylan Marx	2018
16.0	Dave Reling	1999
16.33	Justin Tamplin	2019
16.3	Carson Kresnak	2022
16.67	Kyle Knight	2016
16.77	Daniel Westarb	2015
16.6	Jason Stafford	2010
16.88	Andrew Astromovich	2017
16.8	Kyle Kresnak	2018
17.1	Billy Malburg	2008
17.5	Ryan Lautner	2001

15.21	Dylan Marx	2019
15.34	Carson Kresnak	2023
15.73	Kyle Kresnak	2019
15.5	Karl Fox	2005
15.5	Joe Cuniberti	2012
15.5	Devin Dove	2016
15.77	Jordan Vernon	2021
16.12	Wyatt Davis	2023
16.15	Kyle Knight	2017
16.28	Matthew Singer	2021
16.1	Matt Lukas	2008
16.42	Andrew Astromovich	2018
16.2	Aaron Cory	2010
16.3	Dave Reling	2000
16.4	Daniel Westarb	2016

300 Meter Hurdles

Freshman

Sophomore

Junior

Senior

43.3	Danny Knapp	2014
43.92	Matt Singer	2018
44.67	Jordan Vernon	2018
44.73	Justin Tamplin	2017
44.6	Jason Stafford	2008
44.7	Mike Puhalla	2004
44.9	Matteo LoPiccolo	1997
45.18	Dan Westarb	2013
45.58	Micah Mikanga	2023
45.8	Matt Lukas	2005
46.9	Joe Cuniberti	2009
47.2	Paul Savage	2005
47.4	Anthony Groves	2011
48.1	Kyle Kresnak	2016

42.19	Matthew Singer	2019
42.2	Daniel Knapp	2015
42.4	Dan Westarb	2014
42.9	Matteo LoPiccolo	1998
42.9	Christopher Dotson	2023
43.18	Justin Tamplin	2018
43.56	Jordan Vernon	2019
43.9	Karl Fox	2003
44.0	Joe Cuniberti	2010
44.74	Kyle Knight	2015
44.79	Cody Shene	2022
44.82	De'Shon Collier	2014
45.37	Micah Mikanga	2024
45.4	Kyle Kresnak	2017
45.6	Jason Stafford	2009
45.7	Brandon Alkazir	2017

40.11	Chris Dotson	2024
40.56	Brandon Michalak	2018
41.75	Daniel Westarb	2015
41.6	Karl Fox	2004
41.8	Joe Cuniberti	2011
42.27	Justin Tamplin	2019
42.35	Tyler Piekarski	2013
42.56	Jacob Sand	2019
42.70	Cody Shene	2023
42.6	Matteo LoPiccolo	1999
42.96	Kyle Kresnak	2018
43.9	Dylan Marx	2018
44.0	Ryan Lautner	2001
44.7	Jason Stafford	2010
44.8	Matt Lukas	2007
45.47	Wyatt Davis	2022

39.74	Brandon Michalak	2019
39.96	Matthew Singer	2021
40.90	Joe Cuniberti	2012
40.8	Karl Fox	2005
41.46	Jordan Vernon	2021
42.1	Brandon Hein	2011
42.6	Kyle Kresnak	2019
42.6	Tyler Piekarski	2014
42.88	Cody Shene	2024
43.01	Devin Dove	2016
43.38	Wyatt Davis	2023
43.2	Ryan Lautner	2002
43.2	Dylan Marx	2019
43.3	Josh Burk	2006
44.1	Kyle Knight	2017
44.48	Carson Kresnak	2023

100 Meter Dash

Freshman

11.2	De'Shon Collier	2013
11.3	Marcus Lancaster	2003
11.3	Jeron Kelley	2015
11.4	Ronye' Walker	2015
11.5	Gerald Jackson	2008
11.5	Louis Azor	2017
11.83	Luke Basirico	2013
11.6	Dawson Sloan	2015
11.7	Jesse Kennedy	1997
11.8	Mark Natale	1996
11.9	Mike Puhalla	2004
11.9	Shelton Williamson	2005
11.9	Brandon Hein	2008
11.9	Zack Flack	2011
11.9	Jeremy Matzinger	2017

Sophomore

10.57	Corey Royster	2021
11.06	De'Shon Collier	2014
11.26	Ronye' Walker	2016
11.29	David Basirico	2008
11.2	Keefe Corley	2012
11.3	Mike Puhalla	2005
11.3	Jeron Kelley	2016
11.55	Cory Franklin	2023
11.4	Koree Micyus	2007
11.4	Ken Campbell	2012
11.71	James Nash	2023
11.5	Mark Natale	1997
11.5	Mark Rivers	2016
11.75	Jack Aranowski	2023
11.81	Tra Von Palmer	2024

Junior

10.47	Corey Royster	2022
10.82	Jeron Kelley	2017
10.8	Marcus Lancaster	2005
10.8	Ken Campbell	2013
10.8	De'Shon Collier	2015
10.9	Jon Magnotte	1999
11.29	Keyone Nixon	2021
11.30	Qur'an Rozier	2017
11.1	Brian Grant	1998
11.1	Mark Natale	1998
11.2	Jason Bakou	2002
11.2	Terrence Shelby	2007
11.2	Gerald Jackson	2010
11.2	Edward Alfred Jr.	2015

Senior

10.69	Jeron Kelley	2018
10.87	De'Shon Collier	2016
10.8	Mike Puhalla	2007
11.16	Ken Campbell	2014
11.0	Jon Magnotte	2000
11.24	Qur'an Rozier	2018
11.1	Ed Alfred	2016
11.2	Dorsey Baker	2006
11.45	Gabe Holman	2019
11.3	Jamal Clayton	2007
11.3	Koree Micyus	2009
11.58	Johnnie Small	2019
11.4	Marcus Lancaster	2006
11.4	Jeremy Nafus	2011

200 Meter Dash

Freshman

23.67	Ronye' Walker	2015
23.6	David Basirico	2011
23.85	Jeron Kelley	2015
23.7	Chris Parslow	1999
24.0	Marcus Lancaster	2003
24.0	De'Shon Collier	2013
24.39	Micah Mikanga	2023
24.41	Andrew Dok	2018
24.2	Gerald Jackson	2008
24.5	Brian Grant	1996
24.79	Cory Franklin	2022
24.6	Jack Stramer	1998
24.6	Spencer Miller	2008
24.6	Tyler Piekarski	2011

Sophomore

22.2	David Basirico	2012
22.7	Mike Puhalla	2005
22.7	Keefe Corley	2008
22.8	Jeff Annessa	2001
23.0	De'Shon Collier	2014
23.36	James Nash	2023
23.54	Ronye' Walker	2016
23.4	Tyler Piekarski	2012
23.69	Cory Franklin	2023
23.5	Juan Hernandez	2010
23.5	Ken Campbell	2012
23.6	Dorsey Baker	2004
23.80	Jordin Fowler	2014
23.84	Tra Von Palmer	2024

Junior

21.59	Corey Royster	2022
22.45	Jeron Kelley	2017
22.4	Marcus Lancaster	2005
22.68	De'Shon Collier	2015
22.5	Brian Grant	1998
22.7	David Basirico	2013
23.25	Edward Alfred Jr.	2015
23.25	Cory Franklin	2024
23.1	Matt Briguglio	2007
23.2	Terrence Shelby	2007
23.2	Zack Flack	2013
23.45	James Nash	2024
23.3	Jon Magnotte	1999
23.3	Jason Bakou	2002
23.3	Kyle DeMaster	2007

Senior

21.87	Jeron Kelley	2018
22.21	De'Shon Collier	2016
22.44	Qur'an Rozier	2018
22.5	Jon Magnotte	2000
22.6	Mike Puhalla	2007
22.91	Gabriel Holman	2019
23.16	Johnnie Small	2019
23.0	Jamal Clayton	2007
23.27	Zack Flack	2014
23.1	Brian Grant	1999
23.2	Terrence Shelby	2008
23.4	Brandon Hein	2011
23.5	Erik Fox	2000
23.74	Ken Campbell	2014

400 Meter Dash

Freshman

Sophomore

Junior

Senior

51.73	Dan Knapp	2014
52.43	Clinton Adeagbo	2014
52.3	Jon Magnotte	1997
53.6	Spencer Miller	2008
53.8	Mark Hernandez	2007
54.29	Andrew Milosavlevski	2018
54.2	Jeff Annessa	2000
54.3	Nick Fowler	2004
54.7	Jack Stramer	1998
54.8	Brenden Andrews	2005
55.1	Evan Combs	2021
55.2	Scott Folwer	2004
55.4	Ryan Perault	2000

49.97	Daniel Knapp	2015
51.6	Jeff Annessa	2001
51.8	Nick Fowler	2005
52.1	Koree Micyus	2007
52.2	Jon Magnotte	1998
52.75	Nathan Parker	2017
53.0	Mark Hernandez	2008
53.0	Chase Fedolak	2015
53.1	Brenden Andrews	2006
53.36	Brandon Parini	2016
53.3	Andrew Milosavlevski	2019
53.3	Scott Folwer	2005
53.6	Nick Culbertson	2009
53.94	Evan Combs	2022

50.51	Jon Magnotte	1999
51.2	Nick Fowler	2006
52.2	Cody Morgan	2010
52.3	Brad Schick	2001
52.3	Corey Royster	2022
52.60	Nathan Parker	2018
52.5	Kyle DeMaster	2007
52.73	James Nash	2024
52.84	Dominic Pacifico	2022
52.9	Scott Fowler	2006
53.20	Chase Fedolak	2016
53.1	Brenden Andrews	2007
53.51	Evan Combs	2023
53.66	Leland Gales	2015
53.6	Dave Magnotte	2006
53.6	Daniel Westarb	2015

50.7	Brad Schick	2002
51.1	Cody Morgan	2011
51.27	Nathan Parker	2019
51.37	Evan Combs	2024
51.3	Nick Fowler	2007
51.51	Clinton Adeagbo	2017
51.92	Jacob Kalahar	2015
52.32	Dan Westarb	2016
52.3	Mike Puhalla	2007
52.49	Andrew Milosavlevski	2021
52.5	Scott Fowler	2007
52.84	Matthew Singer	2021
52.9	Dave Magnotte	2007
53.17	Leland Gales	2016
53.1	Brenden Andrews	2008
53.4	Jon Magnotte	2000

800 Meter Run

Freshman

Sophomore

Junior

Senior

2:01.1	Nick Culbertson	2008
2:02.97	Chase Fedolak	2014
2:08.78	Jacob Harberts	2018
2:08.88	Nicholas Reaume	2021
2:09.0	Mark Hernandez	2007
2:09.5	Brad Schick	1999
2:09.72	Chase Mallory	2024
2:09.6	Nick Fowler	2004
2:09.6	Scott Fowler	2004
2:11.54	Brandon Parini	2015
2:13.87	Nicholas Milosavlevski	2023
2:15.0	Matt Singer	2018
2:15.1	Jeff Annessa	2000
2:15.78	Noah Redman	2022
2:15.98	Brian Orr	2011

2:00.20	Chase Fedolak	2015
2:00.3	Nick Culbertson	2009
2:01.9	Brad Schick	2000
2:03.3	Dave Magnotte	2005
2:03.3	Brenden Andrews	2006
2:04.96	Matthew Singer	2019
2:05.0	Scott Fowler	2005
2:06.08	Nicholas Milosavlevski	2024
2:06.0	Ryan Sucharski	2000
2:06.62	Nicholas Reaume	2022
2:06.9	Nick Fowler	2005
2:08.51	Ian Demrose	2013
2:08.4	Kyle Allinder	2008
2:08.98	Jake Kalahar	2013
2:09.2	Danny Knapp	2015

1:57.62	Brad Schick	2001
1:58.56	Chase Fedolak	2016
1:58.9	Nick Fowler	2006
2:01.1	Dave Magnotte	2006
2:01.9	Nick Culbertson	2010
2:02.33	Josh VanSlambrouck	2017
2:02.8	Kyle Allinder	2009
2:02.8	Jordan Staley	2010
2:03.1	Scott Fowler	2006
2:03.93	Nicholas Reaume	2023
2:04.0	Brenden Andrews	2007
2:04.53	Jacob Sand	2019
2:04.54	Ian Demrose	2014
2:05.39	Jacob Kalahar	2014

1:54.69	Kyle Allinder	2010
1:55.00	Brad Schick	2002
1:56.43	Dave Magnotte	2007
1:56.75	Chase Fedolak	2017
1:58.5	Nick Fowler	2007
1:59.4	Nick Culbertson	2011
1:59.60	Ian Demrose	2015
2:00.18	Carter Fox	2024
2:00.82	Josh VanSlambrouck	2018
2:00.8	Jordan Staley	2011
2:02.1	Scott Fowler	2007
2:02.97	Brendan Mousseau	2017
2:03.04	Cody Morgan	2011
2:03.48	Jacob Harberts	2021

1600 Meter Run

Freshman

Sophomore

Junior

Senior

4:42.34	Will Saiz	2013
4:45.76	Jacob Harberts	2018
4:46.4	Jimmy Dunn	1999
4:47.0	Vince Ferranti	2008
4:48.0	Nick Culbertson	2008
4:49.26	Matt Singer	2018
4:54.47	Chase Mallory	2024
4:59.3	Andrew Burmiester	2010
5:01.0	Alex Fauer	2010
5:02.09	Joseph Jaster	2016
5:02.94	Braden Garrish	2021
5:03.59	Chase Fedolak	2014
5:04.03	Nick Brooks	2012
5:05.0	Mitch Scherman	2006

4:33.5	Nick Culbertson	2009
4:37.11	Colton Howell	2023
4:39.3	Will Saiz	2014
4:39.8	Jimmy Dunn	2000
4:40.5	Chase Fedolak	2015
4:41.92	Jacob Harberts	2019
4:42.48	Ian Demrose	2013
4:43.60	David Walker	2016
4:46.57	Carter Fox	2022
4:46.9	Phil Baldick	2007
4:47.13	Joseph Jaster	2017
4:47.2	Stephen Orr	2010
4:47.3	Kyle Allinder	2008
4:48.46	Chris Villaire	2019
4:49.26	Zack Thomas	2011

4:26.33	Chase Fedolak	2016
4:28.6	Nick Culbertson	2010
4:29.1	Ryan Sucharski	2001
4:31.62	Lucas LaMilza	2024
4:31.86	Joseph Jaster	2018
4:31.9	Rob Mette	2001
4:31.9	Carter Fox	2023
4:36.30	Jack Mathers	2022
4:38.3	Zack Thomas	2012
4:38.51	David Carnago	2017
4:38.77	Simon Davis	2023
4:40.38	Jacob Williams	2018
4:40.70	Colton Howell	2024
4:40.74	Brendan Koch	2015
4:40.7	Ian Demrose	2014

4:19.80	Chase Fedolak	2017
4:21.57	Carter Fox	2024
4:22.04	Joseph Jaster	2019
4:23.08	Jacob Harberts	2021
4:24.6	Nick Culbertson	2011
4:25.3	Ryan Sucharski	2002
4:27.26	Simon Davis	2024
4:28.22	Jack Mathers	2023
4:30.92	Joshua Jaster	2017
4:34.3	Dave Magnotte	2007
4:34.78	David Carnago	2018
4:35.32	Ian Demrose	2015
4:36.96	Brad Bates	2014
4:37.64	Jacob Williams	2019
4:38.0	Jeff Green	2004

3200 Meter Run

Freshman

Sophomore

Junior

Senior

10:36.4	Will Saiz	2013
10:38.0	Vince Ferranti	2008
10:43.15	Joseph Jaster	2016
10:44.89	Matthew Singer	2018
10:47.92	Jacob Harberts	2018
11:01.0	Chris Vagasky	2001
11:10.9	Tommy Szymanski	2014
11:11.0	Blake Ryan	2008
11:11.1	Mitch Scherman	2006
11:11.3	Sawyer Kisha	2014
11:14.1	Alex Fauer	2010
11:15.62	Andrew Scheloske	2023
11:19.0	Rob Mette	1999

10:00.43	Jacob Harberts	2019
10:02.54	Lucas LaMilza	2023
10:06.07	Joseph Jaster	2017
10:11.08	Andrew Scheloske	2024
10:13.64	Colton Howell	2023
10:16.33	Oliver Davis	2024
10:18.56	Joe Kaleto	2024
10:18.82	Jacob Giovannini	2024
10:20.60	David Walker	2016
10:22.20	Jack Mathers	2021
10:23.3	Phil Baldick	2007
10:24.67	Ian Demrose	2013
10:26.59	Mitch MacDonald	2015
10:28.0	Jimmy Dunn	2000
10:29.9	Zach MacDonald	2015

9:38.98	Lucas LaMilza	2024
9:50.89	Carter Fox	2023
10:00.13	Joseph Jaster	2018
10:01.2	Ryan Sucharski	2001
10:04.0	Alex Fauer	2012
10:04.2	Rob Mette	2001
10:06.16	James Hoefler	2015
10:06.42	Jack Mathers	2022
10:11.88	Simon Davis	2023
10:13.72	Ian Demrose	2014
10:16.55	Mitch MacDonald	2016
10:17.54	David Walker	2017
10:18.80	Brendan Koch	2015
10:19.1	Tim Szymanski	2011
10:22.33	Jacob Williams	2018

9:30.23	Carter Fox	2024
9:40.02	Joseph Jaster	2019
9:43.84	Simon Davis	2024
9:45.71	Brendan Koch	2016
9:46.77	Jack Mathers	2023
9:46.7	Nick Culbertson	2011
9:48.68	Zack Thomas	2013
9:50.4	Phil Baldick	2009
9:52.00	Alex Fauer	2013
9:56.0	Ian Demrose	2015
9:56.34	Jacob Harberts	2021
9:56.80	Brennan Buckner	2014
9:57.8	Mitchell MacDonald	2017
9:57.9	Tim Szymanski	2012
9:59.9	Blake Ryan	2011

Shot Put

Freshman

Sophomore

Junior

Senior

44' 2.5"	Brandon Ross	2017
43' 5"	Jason Ribbentrop	2015
43' 1"	Andrew Allen	2001
41' 3"	Tyler Torey	2022
39' 11"	Vinnie Bogovican	2019
39' 6"	Ronnie Vigneau	2003
39' 4"	Rhami Khalil	2015
39' 1"	Cameron Phillips	2023
38' 11"	Jacob Lemelin	2013
38' 4"	Josh Georgen	2004
38' 3.25"	Jack Murray	2018
37' 9"	Brett Droski	2014
37' 3.5"	Joe Engel	2009
36' 5.5"	Griffin McInnes	2018
36' 1"	John Choiniere	2003
36' 1"	Tyler Puggini	2012

51' 4.75"	Brandon Ross	2018
47' 5"	Jason Ribbentrop	2016
46' 10"	Tyler Torey	2023
44' 7"	Jacob Lemelin	2014
44' 1"	Nicholas Battaglia	2023
43' 9"	Ronnie Vigneau	2004
42' 4.5"	Joe Coppola	2002
42' 4.5"	John Choiniere	2004
41' 10.5"	Kyle Cook	2000
41' 7"	Rahmi Khalil	2016
41' 5"	Josh Georgen	2005
41' 0"	Andreas Saucedo	2011
40' 7"	Tyler Puggini	2013
40' 6"	Jack Murray	2019
40' 4"	Sean Chotkowski	2016
39' 10.5"	Stephen Ardanowski	2012

53' 6"	Brandon Ross	2019
50' 9.25"	Jason Ribbentrop	2017
50' 3"	Tyler Torey	2024
47' 10.5"	Mike Smith	2003
47' 3.75"	Josh Georgen	2006
46' 11"	John Choiniere	2005
46' 9.5"	Jacob Lemelin	2015
46' 8.5"	Brendan Meehan	2024
45' 10.5"	Kyle Cook	2001
45' 9.5"	Joe Coppola	2003
45' 9"	Riley Smalarz	2021
45' 2"	Vinnie Bogovican	2021
44' 11"	Jacob Doan	2007
44' 10"	Nicholas Battaglia	2024
44' 3.5"	Tyler Puggini	2014
44' 0"	Andreas Saucedo	2012

52' 10.5"	Kyle Cook	2002
51' 9.5"	Riley Smalarz	2022
51' 6"	Jason Ribbentrop	2018
51' 1.75"	John Choiniere	2006
50' 8.5"	Josh Georgen	2007
48' 9.5"	Jake Lemelin	2016
47' 11"	Mike Smith	2004
47' 10.5"	Joe Coppola	2004
46' 8"	Jack Raymond	2008
46' 4"	Stephen Ardanowski	2014
46' 2"	Steve Korycinski	2008
45' 8.5"	Joel Pfaendtner	2002
45' 8"	Jacob Doan	2008
45' 8"	Joseph Pruchnic	2023
45' 6"	Vinny Bogovican	2022

Discus

Freshman

Sophomore

Junior

Senior

129' 8"	Jack Murray	2018
128' 5"	Brett Droski	2014
123' 7"	Andrew Allen	2001
116' 4"	Brandon Ross	2017
114' 5"	DeVontrey Mosley	2019
110' 3"	Andreas Saucedo	2010
107' 3"	Ian Demrose	2012
104' 9"	Jason Ribbentrop	2015
104' 5"	Cameron Phillips	2023
103' 4"	Charles Horner	2012
102' 10"	Sean Chotkowski	2015
99' 5"	Rhami Khalil	2015
93' 7"	Josh Georgen	2004
92' 5"	Greg Opeth	2003

146' 0"	Brett Droski	2015
141' 5"	Jack Murray	2019
138' 3"	Brandon Ross	2018
136' 8"	Andreas Saucedo	2011
132' 8"	Josh Georgen	2005
132' 2"	Nicholas Battaglia	2023
128' 8"	Billy Eisenhardt	2002
125' 2"	Kyle Cook	2000
124' 7"	Jason Ribbentrop	2016
121' 6"	Adam Majestic	2014
121' 2"	Ryan Tilney	2009
118' 8"	Tony Ellul	1997
115' 6"	Rhami Khalil	2016
114' 11"	Jacob Lemelin	2014

158' 1"	Brandon Ross	2019
153' 11"	Brett Droski	2016
151' 11"	Jason Ribbentrop	2017
148' 7"	Billy Eisenhardt	2003
145' 5"	Ryan Tilney	2010
144' 4"	Andreas Saucedo	2012
143' 8"	Josh Georgen	2006
143' 3"	Quentin Trotter	2006
141' 7"	Nicholas Battaglia	2024
133' 7"	Kyle Cook	2001
133' 6"	Tony Ellul	1998
130' 8"	Brendan Meehan	2024
130' 3"	Riley Smalarz	2021
128' 11"	Greg Opeth	2005
127' 4"	Adam Majestic	2015

164' 11"	Jason Ribbentrop	2018
163' 9"	Brett Droski	2017
157' 9"	Billy Eisenhardt	2004
153' 5"	Riley Smalarz	2022
151' 5"	Ryan Tilney	2011
151' 4"	Andreas Saucedo	2013
150' 7.5"	Josh Georgen	2007
147' 6"	Jack Murray	2021
145' 2"	Greg Opeth	2006
140' 10"	Kyle Cook	2002
140' 4"	Adam Majestic	2016
137' 7"	Charles Martin	2008
135' 8"	Jacob Doan	2008
133' 9"	Mike Smith	2004

High Jump

Freshman

Sophomore

Junior

Senior

6' 2"	Zachary Webb	2018
6' 1"	David Basirico	2011
6' 1"	Kyle Knight	2014
6' 0"	David Reling	1997
5' 10.5"	Jon Skutnik	2006
5' 10"	Jon Magnotte	1997
5' 10"	Paul Savage	2005
5' 8"	Andrew Lesperance	1998
5' 7"	Elijah Warren	2024
5' 6"	Jason Bakou	2000
5' 6"	Nicholas Culbertson	2008
5' 6"	Trevor Self	2013
5' 6"	Daniel Westarb	2013
5' 6"	Nathan Parker	2016
5' 6"	Jordan Vernon	2018

6' 4"	David Basirico	2012
6' 4"	Kyle Knight	2015
6' 4"	Zachary Webb	2019
6' 2"	Austin Julien	2014
6' 2"	David Reling	1998
5' 11"	Zachary Droski	2019
5' 10"	James Trapp	1998
5' 10"	Jon Skutnik	2007
5' 10"	Daniel Westarb	2014
5' 10"	Jalen Whittaker	2022
5' 9"	Andrew Lesperance	1999
5' 9"	Joshua Burk	2004
5' 9"	Kyle Baugh	2005
5' 9"	Trevor Self	2014
5' 9"	Derek Barden	2015
5' 9"	Nathan Parker	2017

6' 5.25"	Kyle Knight	2016
6' 2"	David Reling	1999
6' 1.5"	Kyle Baugh	2006
6' 1"	Nathan Parker	2018
6' 1"	Chris Dotson	2024
6' 0"	Scott Derris	2010
6' 0"	David Basirico	2013
5' 11"	Jon Skutnik	2008
5' 10"	Tyler Riddoch	2013
5' 9"	Kyle DeMaster	2007
5' 9"	Aaron Cory	2009
5' 9"	Keleb Pritchard	2023
5' 8"	Jason Bakou	2002
5' 7"	Joshua Burk	2005

6' 8"	Zachary Webb	2021
6' 4"	Kyle Knight	2017
6' 1"	Zachary Droski	2021
6' 0"	David Reling	2000
6' 0"	Kyle Baugh	2007
6' 0"	Darryl Howard	2007
5' 11"	Colin Swanson	2018
5' 11"	Nathan Parker	2019
5' 10"	Aaron Cory	2010
5' 10"	David Basirico	2014
5' 10"	Alan Browning	2023
5' 9"	Joshua Burk	2006
5' 9"	Kyle DeMaster	2008
5' 9"	Trevor Self	2016
5' 8"	Jordan Vernon	2021

Pole Vault

Freshman

Sophomore

Junior

Senior

12' 6"	Cale Snyder	2014
11' 0"	Brian Hinz	2001
11' 0"	Cody Morgan	2008
10' 9"	Matt Lukas	2005
10' 6"	Tyler Zdybel	2007
10' 6"	Ayden Wisinski	2018
9' 6"	Simon Obarto	2001
9' 0"	Ben Dueweke	2004
9' 0"	Christian Field	2008
9' 0"	Hunter Karam	2009
9' 0"	Garrett Zdybel	2011
9' 0"	Brandon Ball	2011
9' 0"	Noah Murray	2017
9' 0"	Aaron Royster	2022

13' 10"	Cale Snyder	2015
12' 6"	Simon Obarto	2002
12' 6"	Cody Morgan	2009
12' 3"	Brian Hinz	2002
12' 0"	Chris Fisher	2004
12' 0"	Hunter Karam	2010
11' 11"	Tyler Zdybel	2008
11' 11"	Brandon Ball	2012
11' 6"	Danny Mui	2007
11' 6"	Noah Murray	2018
11' 6"	Ayden Wisinski	2019
11' 0"	Matt Lukas	2006
11' 0"	Eric Slivik	2009
10' 6"	Brandon Alkazir	2017
10' 6"	Caden Ott	2019

14' 3"	Cale Snyder	2016
13' 0"	Brian Hinz	2003
13' 0"	Chris Fisher	2005
13' 0"	Tyler Zdybel	2009
13' 0"	Cody Morgan	2010
13' 0"	Noah Murray	2019
12' 6"	Simon Obarto	2003
12' 6"	Hunter Karam	2011
12' 0"	Matt Lukas	2007
12' 0"	Eric Slivik	2010
12' 0"	Brandon Ball	2013
11' 6"	Saarim Iqbal	2022
11' 3"	Tony Francisco	2005
	(3 at 11' 0")	

15' 6"	Cale Snyder	2017
15' 0"	Tyler Zdybel	2010
14' 1"	Brian Hinz	2004
13' 6"	Simon Obarto	2004
13' 2"	Cody Morgan	2011
13' 2"	Eric Slivik	2011
13' 1"	Chris Fisher	2006
13' 0"	Hunter Karam	2012
12' 6"	Garrett Zdybel	2014
12' 0"	Brandon Kaczemarek	2014
11' 11"	Tony Francisco	2006
11' 6"	Caden Ott	2021
11' 3"	Sarrim Iqbal	2023
	(5 at 11' 0")	

Long Jump

Freshman

Sophomore

Junior

Senior

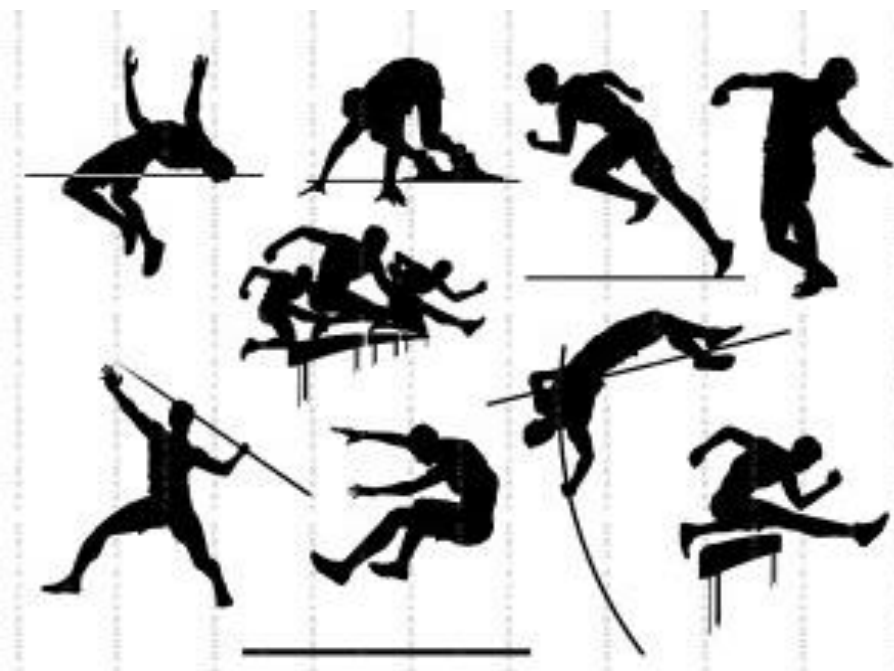
20' 2"	Gerald Jackson	2008
19' 10"	David Basirico	2011
19' 7.75"	Paul Aguila	2013
18' 7"	Aiden Dale	2019
18' 7"	Jeremiah Thomas	2023
18' 4"	Francis Nguyen	2024
18' 3"	Demonte Taylor	2008
18' 1"	Kyle Knight	2014
18' 0.5"	Tyrone Shannon	2014
18' 0.25"	Jim Semos	1999
18' 0"	Brian Grant	1996
17' 10"	Tyler Zdybel	2007
17' 8"	Derek Barden	2014
17' 7.25"	Dan Westarb	2013
17' 6"	Jeff Annessa	2000

20' 4"	Jeremiah Thomas	2024
19' 7.5"	Derek Barden	2015
19' 7"	Mike Puhalla	2005
19' 6"	Jeff Annessa	2001
19' 6"	Kyle Knight	2015
19' 4.5"	Gabriel Holman	2017
19' 2"	Jack Aranowski	2023
19' 1"	David Basirico	2012
19' 0"	Gerald Jackson	2009
19' 0"	Sheldon Khamtean	2017
18' 11"	Preson Jarreau	2022
18' 10.75"	Tyler Piekarski	2012
18' 9"	Paul Aguila	2014
18' 6.5"	Trevor Self	2014
18' 4"	Zachary Droski	2019

21' 5"	Momar Roberson-Wade	2023
20' 7.75"	Kyle DeMaster	2007
20' 2.5"	Tyler Piekarski	2013
20' 2.25"	Tyler Riddoch	2013
20' 0.5"	Dan Westarb	2015
19' 11.5"	Noah Murray	2019
19' 9"	Eric Slivik	2010
19' 6.5"	Gerald Jackson	2010
19' 1.75"	Darryl Howard	2006
19' 0.75"	Sheldon Khamtean	2018
19' 0.5"	Tyler Zdybel	2009
19' 0"	Marcus Lancaster	2005
18' 11"	Alex Dabrowski	2021
18' 10"	Preston Jarreau	2023
18' 9.75"	Scott Derris	2010

21' 10.5"	De'Shon Collier	2016
21' 5"	Kyle DeMaster	2008
21' 1"	Devin Dove	2016
20' 11.5"	Tyler Piekarski	2014
20' 6"	Clinton Adeagbo	2017
20' 5"	Momar Roberson-Wade	2024
20' 4.25"	Eric Slivik	2011
20' 3.25"	Zachary Webb	2021
20' 3"	Paul Aguila	2016
20' 2.5"	Johnnie Small	2019
20' 1.5"	Jamal Clayton	2007
19' 10.5"	Kyle Knight	2017
19' 10"	Tyler Zdybel	2010
19' 10"	Jordan Vernon	2021
19' 4"	Darryl Howard	2007

updated 6-3-24



4 x 800 Meter Relay (SR 9:24.72)-2022

Freshman

11:13.0 Shawna Maeder 2008
Brooke Verlinden
Sophie Kohrman
Hannah Pugh

Sophomore

10:54.05 Lauren Valente 2014
Kaitria LaFleure
Monica Micale
Marisa Weller

Junior

11:04.8 Christina Micale 2012
Emily Gibbings
Rachal Pugh
Lauren Burnett

Senior

12:03.10 Alondra Rosales 2021
Ella Garbarino
Nicole Campbell
Emma Mathers

4 x 200 Meter Relay (SR 1:41.55)-2013

Freshman

1:58.1 Rebecca Fett 2007
Val de la Garza
Alicia Dembeck
Stephanie Cuniberti

Sophomore

1:53.1 Rebecca Fett 2008
Ashley Thomas
Lauren Doherty
Stephanie Cuniberti

Junior

1:56.33 Serenity Fulford 2024
Edna Haskic
Sydney Timpa
Isabella Perry

Senior

2:10.2 Haley Sand 2014
Taylor Slivik
Marisa Cervi
Katelyn Daly

4 x 100 Meter Relay (SR 48.88)-2013

Freshman

55.2 Khrista Pewitt 2011
Samantha Schram
Tanina Grace
Jillian Flint

Sophomore

52.7 Brina Serafino 2014
Destinee Modock
Rebecca Schwandt
Dorothy Bradford

Junior

53.06 Sydney Timpa 2024
Serenity Fulford
Jourdyn Martin
Isabella Perry

Senior

59.3 Alyssa Magnotte 2008
Sarah Kulman
Haley Sanders
Rachael Yelda

4 x 400 Meter Relay (SR 4:01.53)-2018

Freshman

4:38.53 Izabella Gowen 2016
Kaitlyn Knapp
McKenna Wojcick
Angie Zefi

Sophomore

4:20.79 Kaitlyn Knapp 2017
Izabella Gowen
Angie Zefi
McKenna Wojcicki

Junior

4:14.1 Olivia Dunn 2005
Shannon Murray
Kellyn Jackson
Jessica Lobaido

Senior

4:33.0 Alexis Penzien 2016
Kamry Smith
Alexis Stillwell
Kayla Dobies

100 Meter High Hurdles

Freshman

16.9	Erin Miller	1998
16.9	Julia Astromovich	2011
17.32	Alida Tuburcio	2019
17.44	Brianna Schenk	2015
17.3	Christina Micale	2010
17.4	Tracy Shammaly	1996
17.99	McKenna Wojcicki	2016
17.9	Lisa LaPerriere	2004
18.41	Kimberly Martin	2019
18.2	Lisa Mazzola	1996
18.47	Alexa Hempel	2017
18.51	Cassidy Gomes	2019
18.54	Zoë Morris	2019
18.4	Becky Oldani	2002
18.6	Nina Cicchelli	2009

Sophomore

16.1	Lisa LaPerriere	2005
16.47	McKenna Wojcicki	2017
16.5	Erin Miller	1999
17.04	Brianna Schenk	2016
16.9	Christina Micale	2011
17.65	Julia Astromovich	2012
17.69	Shelbie Eastman	2014
17.79	Madison McPeek	2023
17.6	Jenny Buczek	2002
17.7	Lisa Mazzola	1997
17.8	Nina Cicchelli	2010
18.0	Laura Fett	2009
18.0	Shannon Blaszkowski	2018
18.29	Savannah McLauchlan	2017

Junior

15.73	McKenna Wojcicki	2018
15.99	Gabby Jones	2021
16.22	Mariya Howard	2023
16.4	Erin Miller	2000
16.65	Brianna Schenk	2017
16.68	Christina Micale	2012
16.9	Laura Fett	2010
17.0	Sara Baguzis	2010
17.1	Shannon Gmerick	1999
17.2	Jenny Buczek	2003
17.3	Shannon Murray	2005
17.74	Victoria Smitley	2017
17.6	Jennifer Schornak	2010
17.6	Shelbie Eastman	2015
17.6	Savannah McLauchlan	2018

Senior

15.22	McKenna Wojcicki	2019
15.90	Gabby Jones	2022
16.04	Savannah McLauchlan	2019
16.12	Kamry Smith	2016
16.1	Jenny Olszewski	1998
16.50	Brianna Schenk	2018
16.3	Erin Miller	2001
16.3	Laura Fett	2011
16.67	Mariya Howard	2024
16.6	Jenny Buczek	2004
16.7	Sara Baguzis	2011
16.98	Christina Micale	2013
16.98	Zoë Morris	2022
16.8	Shannon Gmerick	2000
16.8	Shannon Murray	2006

300 Meter Hurdles

Freshman

48.7	Christina Micale	2010
49.57	McKenna Wojcicki	2016
49.7	Tracy Shammaly	1996
50.4	Jenny Buczek	2001
51.4	Marija Durakovich	1998
51.4	Kellie Hoehing	2012
52.03	Alexa Hempel	2017
52.21	Gabrielle Jones	2019
52.24	Victoria Smitley	2015
52.87	Zoë Morris	2019
53.0	Andrea Sowislo	1999
53.1	Shannon Gmerick	1997
53.88	Shelbie Eastman	2013
54.7	Marisa Madynski	2011

Sophomore

46.9	Christina Micale	2011
47.74	McKenna Wojcicki	2017
48.8	Jenny Buczek	2002
49.01	Victoria Smitley	2016
50.45	Olivia Ziemba	2013
50.60	Alexa Hempel	2018
51.4	Shannon Gmerick	1998
51.81	Shelbie Eastman	2014
52.1	Laura Fett	2009
52.63	Shannon Blaszkowski	2018
52.9	Shannon Murray	2004
53.10	Madison McPeek	2023
53.26	Reese Carter	2024
53.20	Alexis Penzien	2014

Junior

47.28	McKenna Wojcicki	2018
47.1	Christina Micale	2012
48.21	Gabby Jones	2021
48.6	Jenny Buczek	2003
49.2	Shannon Gmerick	1999
49.53	Mariya Howard	2023
50.36	Victoria Smitley	2017
50.47	Alexa Hempel	2019
50.48	Shannon Blaszkowski	2019
50.5	Laura Fett	2010
51.1	Shannon Murray	2005
51.83	Alexis Penzien	2015
52.2	Sara Baguzis	2010
52.4	Kellie Hoehing	2014
53.4	Jenny Olszewski	1997

Senior

46.02	Gabby Jones	2022
46.3	Jenny Olszewski	1998
47.37	McKenna Wojcicki	2019
47.80	Christina Micale	2013
48.7	Jenny Buczek	2004
48.98	Kamry Smith	2016
49.4	Shannon Gmerick	2000
49.69	Brianna Schenk	2018
49.8	Shannon Murray	2006
50.17	Mariya Howard	2024
50.40	Kellie Hoehing	2015
50.4	Laura Fett	2011
52.33	Zoë Morris	2022
52.4	Sara Baguzis	2011
52.56	Alexis Penzien	2016

100 Meter Dash

Freshman

12.7	Brina Serafino	2013
12.95	Jessica Bennett	2018
13.04	Airiana Louie-Cameron	2017
12.9	Jillian Flint	2011
13.15	Aniyah McMurrian	2024
13.17	Kiara Hill	2016
13.24	Isabella Fitzgerald	2021
13.1	Ashley Junga	2002
13.1	Alexis Zmudczynski	2005
13.36	Jada Tullos	2017
13.2	Tracy Shammaly	1996
13.2	Samantha Schram	2011
13.2	Lynn Blevins	2012
13.44	Sydney Timpa	2022
13.50	Samiah Banks-Oliver	2016
13.3	Sara Snider	2004
13.3	B. Lee	2008

Sophomore

12.53	Danielle Modock	2021
12.56	Brenna Butkovich	2016
12.5	Jada Tullos	2018
12.7	Jillian Flint	2012
12.9	Lynn Blevins	2013
13.13	Sydney Timpa	2023
13.20	Hannah Mueller	2016
13.32	Alexa Hempel	2018
13.1	Tanisha Johnson	2004
13.35	Dorothy Bradford	2014
13.2	Ashley Junga	2003
13.2	Andrea de la Garza	2005
13.2	Samantha Schram	2012
13.2	Brina Serafino	2014
13.3	Ashley Thomas	2008
13.3	Tanina Grace	2012

Junior

12.26	Brenna Butkovich	2017
12.51	Danielle Modock	2022
12.3	Shawntes' Gayden	2012
12.5	Tanisha Johnson	2005
12.6	Dorothy Bradford	2015
12.7	Lynn Blevins	2014
12.7	Brina Serafino	2015
12.99	Jillian Flint	2013
13.12	Nadia Galloway	2018
13.32	Sydney Timpa	2024
13.1	Lisa Mazzola	1998
13.1	Marija Durakovich	2000
13.1	Ashley Junga	2004
13.1	Stephanie Cuniberti	2009
13.43	El Auria Atienza	2022
13.45	Destinee Modock	2015
13.45	Jada Tullos	2019

Senior

12.42	Danielle Modock	2023
12.3	Shawntes' Gayden	2013
12.63	Brenna Butkovich	2018
12.4	Tanisha Johnson	2006
12.6	Lauren Burnett	2013
13.01	El Auria Atienza	2023
13.11	Jillian Flint	2014
13.12	Zyair Clark	2019
12.9	Lisa Mazzola	1999
12.9	Ashley Thomas	2010
13.08	Emma Payne	2022
13.0	Lynn Blevins	2015
13.29	Destinee Modock	2016
13.1	Jackie Braun	2003
13.2	Sara Snider	2007
13.3	Marija Durakovich	2001

200 Meter Dash

Freshman

26.0	Brina Serafino	2013
26.30	Jessica Bennett	2018
26.94	Airiana Louie-Cameron	2017
26.8	Jillian Flint	2011
27.1	Andrea de la Garza	2004
27.1	Alexis Zmudczynski	2005
27.3	Samantha Schram	2011
27.61	Aniyah McMurrian	2024
27.4	Lauren Burnett	2010
27.5	Amanda Fader	2002
27.7	Khey Carter-Berry	2010
28.08	Isabella Fitzgerald	2021
28.21	Samiah Banks-Oliver	2016
28.22	Katelyn Daly	2011
28.0	Ashley Junga	2002
28.1	Chelsea Harvey	2019

Sophomore

26.82	Brina Serafino	2014
26.83	Isabella Perry	2023
26.8	Andrea de la Garza	2005
27.04	Lauren Burnett	2011
27.13	Brenna Butkovich	2016
27.0	Jillian Flint	2012
27.31	Danielle Modock	2021
27.1	Kathryn Ugorowski	2010
27.48	Angelina Isakov	2021
27.3	Amanda Fader	2003
27.4	Shantelle Herring	2007
27.4	Katelyn Daly	2012
27.66	Alayna Vernon	2016
27.72	Airiana Louie-Cameron	2018
27.76	Hannah Mueller	2016

Junior

25.4	Lauren Burnett	2012
25.5	Jillian Flint	2013
25.6	Shanwtes' Gayden	2012
26.2	Tanisha Johnson	2005
26.70	Lynn Blevins	2014
26.73	Brenna Butkovich	2017
27.02	Kathryn Ugorowski	2011
27.15	Nadia Galloway	2018
27.0	Danielle Modock	2022
27.31	Airiana Louie-Cameron	2019
27.36	Isabella Perry	2024
27.37	Alayna Vernon	2017
27.2	Alexa Hempel	2019
27.3	Krysten Mazzola	2001
27.3	Katelyn Daly	2013
27.3	Jordyn VanDeVelde	2015

Senior

25.2	Lauren Burnett	2013
26.41	Jillian Flint	2014
26.5	Shanwtes' Gayden	2013
26.77	Lynn Blevins	2015
26.89	El Auria Atienza	2023
26.8	Tanisha Johnson	2006
27.0	Nicole Provencher	2009
27.29	Danielle Modock	2023
27.3	Jessica Pizzini	2009
27.62	Zyair Clark	2019
27.66	Camryn Ash	2024
27.80	Emma Payne	2022
27.6	Lisa Mazzola	1999
27.7	Marija Durakovich	2001
27.8	Jackie Braun	2003
28.0	Monica Dunn	2002

400 Meter Dash

Freshman

60.09	Jessica Bennett	2018
61.2	Lauren Burnett	2010
61.66	Jaea-Marie Dwyer	2023
62.4	Chelsea Piper	2006
62.63	Kayla Dobies	2013
62.95	Emma Kessler	2024
63.2	Jordyn VanDeVelde	2013
63.39	Natalie Bobowski	2014
63.95	Chelsea Harvey	2019
64.42	Lidia Clancy	2023
64.4	Jillian White	2009
64.6	Katelyn Daly	2011
64.9	LaQwana Dockery	2007
65.2	Kathryn Ugorowski	2009
65.87	Isabella Fitzgerald	2021

Sophomore

57.64	Lauren Burnett	2011
60.22	Airiana Louie-Cameron	2018
60.25	Jaea-Marie Dwyer	2024
60.27	Jordyn VanDeVelde	2014
60.3	Jayden Harberts	2022
61.3	Kathryn Ugorowski	2010
61.7	Kayla Dobies	2014
62.0	Melissa Dunn	2000
62.2	Natalie Bobowski	2015
62.4	Monica Dunn	2000
63.0	Katelyn Daly	2012
63.1	Chelsea Piper	2007
64.02	Kaitlyn Knapp	2017
64.0	Olivia Dunn	2004
64.4	Jessica Lobaido	2004

Junior

57.08	Lauren Burnett	2012
59.32	Jordyn VanDeVelde	2015
60.46	Jillian Flint	2013
61.1	Olivia Dunn	2005
61.1	Kathryn Ugorowski	2011
61.2	Chelsea Piper	2008
61.5	Jennie Froelich	1999
61.73	Airiana Louie-Cameron	2019
61.6	Melissa Dunn	2001
61.7	Monica Dunn	2001
62.0	Jessica Lobaido	2005
62.62	Chelsea Harvey	2021
63.15	Natalie Bobowski	2016
63.20	Katelyn Daly	2013

Senior

55.67	Lauren Burnett	2013
60.9	Jessica Lobaido	2006
61.04	Jillian Flint	2014
61.2	Melissa Dunn	2002
61.84	Jayden Harberts	2024
62.0	Marija Durakovich	2001
62.1	Jenny Olszewski	1998
62.4	Chelsea Piper	2009
62.56	Kathryn Ugorowski	2012
62.5	Rachel Wells	2002
63.0	Monica Dunn	2002
63.6	Jillian White	2012
63.7	Chelsea Harvey	2022

800 Meter Run

Freshman

2:20.64	Jayden Harberts	2021
2:24.72	Kayla Dobies	2013
2:28.77	Mariah Belmont	2021
2:29.98	Lidia Clancy	2023
2:31.43	Natalie Viggiano	2015
2:31.73	Izabella Gowen	2016
2:31.77	Shawna Maeder	2008
2:31.81	Marah Pugh	2011
2:33.5	Hannah Pugh	2008
2:35.0	Sierra Wilson	2012
2:35.89	Katie Slone	2018
2:36.69	Rachel Sliger	2014
2:36.75	Aubrey Rizzo	2024
2:36.9	Kayla Giese	2010
2:37.91	Corey Cojocar	2024

Sophomore

2:14.34	Jayden Harberts	2022
2:19.61	Kayla Dobies	2014
2:24.29	Lidia Clancy	2024
2:27.15	Mariah Belmont	2022
2:28.13	Shawna Maeder	2009
2:28.8	Lauren Burnett	2011
2:29.49	Lindsay Harvey	2021
2:30.8	Hannah Pugh	2009
2:31.38	Natalie Viggiano	2016
2:31.89	Izabella Gowen	2017
2:32.43	Jemma Kelly	2018
2:32.5	Jacqui Culbertson	2002
2:32.8	Jillian White	2010
2:34.2	Olivia Dunn	2004
2:34.4	Julie Sachs	1999

Junior

2:13.62	Lauren Burnett	2012
2:14.13	Kayla Dobies	2015
2:24.08	Jayden Harberts	2023
2:24.2	Monica Dunn	2001
2:24.8	Melissa Dunn	2001
2:26.0	Olivia Dunn	2005
2:26.63	Marah Pugh	2013
2:27.2	Jacqui Culbertson	2004
2:28.71	Shawna Maeder	2010
2:30.0	Hannah Pugh	2010
2:30.83	Jemma Kelly	2019
2:30.93	Ava LaMilza	2022
2:31.0	Jennie Froelich	1999
2:31.18	Mariah Belmont	2023
2:31.27	Lindsay Harvey	2022

Senior

2:09.57	Lauren Burnett	2013
2:18.37	Jayden Harberts	2024
2:20.19	Monica Dunn	2002
2:20.84	Melissa Dunn	2002
2:22.00	Kayla Dobies	2016
2:24.4	Kathryn Ugorowski	2012
2:25.10	Lindsay Harvey	2023
2:26.56	Ava LaMilza	2023
2:27.29	Chelsea Harvey	2022
2:27.57	Emma Myziuk	2021
2:28.0	Chelsea Piper	2009
2:29.1	Jacqui Culbertson	2004
2:29.3	Krysten Neate	2008
2:30.2	Heather Johnston	2003
2:30.70	Izabella Gowen	2019

1600 Meter Run

Freshman

5:07.00	Jayden Harberts	2021
5:23.6	Marah Pugh	2011
5:25.35	Mariah Belmont	2021
5:29.80	Lidia Clancy	2023
5:32.54	Aubrey Rizzo	2024
5:34.56	Izabella Gowen	2016
5:36.93	Hannah Lerner	2016
5:37.67	Natalie Viggiano	2015
5:39.69	Hannah Pugh	2008
5:40.8	Janell Herrick	2006
5:43.68	Emma Myziuk	2018
5:46.81	Hannah Faustyn	2016
5:50.85	Kaitlyn Rizzo	2024
5:56.6	Jenni Culbertson	2000
5:59.3	Marisa Weller	2013

Sophomore

4:56.35	Jayden Harberts	2022
5:15.5	Marah Pugh	2012
5:16.68	Mariah Belmont	2022
5:28.37	Lidia Clancy	2024
5:31.3	Hannah Pugh	2009
5:32.14	Emma Myziuk	2019
5:36.15	Lindsay Harvey	2021
5:37.45	Hannah Faustyn	2017
5:40.5	Janell Herrick	2007
5:41.36	Ava LaMilza	2021
5:43.62	Sarah Ball	2008
5:44.04	Mylene Pham	2023
5:44.5	Julie Sachs	1999
5:47.91	Heidi Palmer	2018
5:49.5	Marisa Weller	2014

Junior

5:07.13	Marah Pugh	2013
5:10.0	Lauren Burnett	2012
5:10.5	Jayden Harberts	2023
5:14.14	Kayla Dobies	2015
5:23.71	Mariah Belmont	2023
5:24.97	Hannah Pugh	2010
5:27.7	Sarah Ball	2009
5:28.77	Lindsay Harvey	2022
5:31.03	Ava LaMilza	2022
5:38.06	Rachal Pugh	2012
5:39.2	Jenni Culbertson	2002
5:43.26	Allyson Slone	2016
5:45.5	Tara Geralt	2009
5:45.6	Julie Sachs	2000
5:46.2	Christina Micale	2012

Senior

4:54.05	Jayden Harberts	2024
5:13.93	Marah Pugh	2014
5:18.45	Ava LaMilza	2023
5:18.84	Mariah Belmont	2024
5:21.55	Lauren Burnett	2013
5:22.02	Kayla Dobies	2016
5:23.21	Emma Myziuk	2021
5:26.3	Jenni Culbertson	2003
5:31.93	Lindsay Harvey	2023
5:35.55	Chelsea Harvey	2022
5:37.1	Angie Giordimaina	2005
5:38.10	Hannah Pugh	2011
5:39.22	Marisa Viggiano	2015
5:39.92	Allyson Slone	2017
5:40.1	Julie Sachs	2001

3200 Meter Run

Freshman

10:48.45	Jayden Harberts	2021
11:36.2	Marah Pugh	2011
11:54.76	Aubrey Rizzo	2024
12:04.1	Janell Herrick	2006
12:29.05	Kaitlyn Rizzo	2024
12:31.73	Hannah Faustyn	2016
12:41.96	Marisa Weller	2013
13:26.23	Lauren Valente	2013
13:29.03	Ryann Smitka	2023
13:41.96	Heidi Palmer	2017
13:45.0	Monica Micale	2013
13:47.64	Sophie Kohrman	2008
13:49.0	Jenni Culbertson	2000
13:50.25	Jenna Billings	2024
14:00.2	Kaitria LaFleure	2013

Sophomore

10:26.16	Jayden Harberts	2022
11:20.21	Mariah Belmont	2022
11:24.95	Marah Pugh	2012
12:04.97	Hannah Faustyn	2017
12:23.6	Monica Micale	2014
12:24.68	Marisa Weller	2014
12:26.99	Ava LaMilza	2021
12:35.42	Lidia Clancy	2024
12:37.02	Ryann Smitka	2024
12:38.28	Rylie Yager	2017
12:43.24	Lindsay Harvey	2021
12:44.2	Lauren Valente	2014
12:44.5	Emma Myziuk	2019
12:46.4	Janell Herrick	2007
12:53.8	Kaitria LaFleure	2014

Junior

10:36.75	Jayden Harberts	2023
11:13.52	Kayla Dobies	2015
11:17.0	Marah Pugh	2013
11:31.13	Mariah Belmont	2023
11:57.09	Lindsay Harvey	2022
11:59.47	Ava LaMilza	2022
12:01.0	Jenni Culbertson	2002
12:13.73	Allyson Slone	2016
12:15.7	Sarah Ball	2009
12:33.38	Rachal Pugh	2012
12:33.59	Heidi Palmer	2019
12:36.51	Monica Micale	2015
12:37.08	Rylie Yager	2018
12:41.7	Emily Gibbings	2012
12:41.8	Tara Geralt	2009

Senior

10:26.20	Jayden Harberts	2024
11:14.90	Marah Pugh	2014
11:16.13	Jenni Culbertson	2003
11:20.59	Ava LaMilza	2023
11:30.17	Emma Myziuk	2021
11:50.21	Mariah Belmont	2024
11:55.24	Hannah Pugh	2011
12:07.83	Emily Gibbings	2013
12:23.34	Dayle Micale	2011
12:31.2	Angie Giordimaina	2005
12:31.68	Lindsay Harvey	2023
12:34.0	Hannah Faustyn	2019
12:36.2	Megan Pittoors	2008
12:41.09	McKenna Goike	2023
12:56.41	Monica Micale	2016

Shot Put

Freshman

32' 1"	Jenny Zaprawa	2018
31' 7"	Kierstin Dunn	2010
31' 4"	Heidi Warczynsky	2002
31' 3.5"	Megan Felcyn	2005
30' 7"	Alexandra Saucedo	2012
29' 10"	Janan Khalil	2018
29' 10"	Gianah Krok	2019
29' 7"	Maygan Stramer	2021
29' 1"	Jada Reese	2016
28' 4"	Monique White	2003
28' 4"	Jill Georgen	1999
27' 8"	Anna Torey	2024
27' 2"	Mariah Rivers	2013
26' 8"	Jumella Hooper	2006
26' 8"	Donnicia Knott	2014

Sophomore

34' 11.5"	Jennifer Zaprawa	2019
32' 9"	Monique White	2004
32' 9"	Megan Felcyn	2006
32' 7.75"	Janan Khalil	2019
32' 2"	Kierstin Dunn	2011
31' 11.5"	Haley Fohey	2024
31' 3"	Adrienne Thomas	2008
31' 3"	Maygan Stramer	2022
30' 9"	Alexandra Saucedo	2013
30' 8"	Donnicia Knott	2015
30' 6.5"	Jill Georgen	2000
29' 10"	Autumn Majestic	2017
29' 7"	Mariah Rivers	2014
29' 5"	Adrian Nelson	2007
29' 2"	Jaclyn Weiss	2000

Junior

37' 9.5"	Emily Kujawski	2009
34' 1.75"	Monique White	2005
34' 0"	Megan Felcyn	2007
32' 11"	Mariah Rivers	2015
32' 5.25"	Alexandra Saucedo	2014
32' 5"	Jill Georgen	2001
31' 11"	Adrienne Thomas	2009
31' 5.5"	Mary Moore	2014
31' 2.5"	Jennifer Schornak	2010
31' 2"	Maygan Stramer	2023
30' 10.5"	Autumn Majestic	2018
30' 9.25"	Gianah Krok	2021
30' 8.5"	Chloe Hadden	2017
30' 2"	Emerson Sauve	2024
29' 8.25"	Jaclyn Weiss	2001

Senior

38' 1.75"	Emily Kujawski	2010
36' 0"	Jennifer Zaprawa	2021
35' 0"	Megan Felcyn	2008
34' 8"	Maygan Stramer	2024
34' 6"	Monique White	2006
34' 4.5"	Mariah Rivers	2016
34' 1"	Gianah Krok	2022
33' 10.25"	Jill Georgen	2002
33' 10"	Donnicia Knott	2017
33' 4.5"	Janan Khalil	2021
33' 0"	Adrienne Thomas	2010
32' 10"	Jennifer Schornak	2011
31' 10"	Jaclyn Weiss	2002
31' 0"	Mary Moore	2015
30' 4.5"	Emily Droski	2018

Discus

Freshman

105' 2.25"	Alexandra Saucedo	2012
104' 7"	Janan Khalil	2018
103' 11"	Megan Felcyn	2005
98' 10"	Jenny Zaprawa	2018
97' 11"	Angelina Chynoweth	2018
97' 10"	Emily Droski	2015
97' 3"	Gianah Krok	2019
94' 6"	Anna Torey	2024
90' 4.5"	Jaclyn Weiss	1999
88' 4"	Chloe Hadden	2015
86' 0"	Kierstin Dunn	2010
83' 2"	Autumn Majestic	2016
81' 4"	Jada Reese	2016
78' 3"	Jill Georgen	1999

Sophomore

130' 10"	Janan Khalil	2019
117' 7"	Emily Droski	2016
113' 3"	Alexandra Saucedo	2013
108' 6"	Jennifer Zaprawa	2019
108' 3"	Megan Felcyn	2006
104' 9.5"	Chloe Hadden	2016
102' 6"	Kierstin Dunn	2011
94' 5"	Angelina Chynoweth	2019
94' 1"	Monique White	2004
97' 3"	Donnicia Knott	2015
92' 2"	Jada Reese	2017
90' 11"	Michelle Teremi	2019
90' 6.5"	Jill Georgen	2000
88' 8"	Amanda Rieser	2003
87' 11"	Autumn Majestic	2017

Junior

134' 6"	Emily Droski	2017
119' 4"	Megan Felcyn	2007
118' 3"	Emily Kujawski	2009
115' 9"	Chloe Hadden	2017
108' 7.5"	Jaclyn Weiss	2001
108' 2"	Alexandra Saucedo	2014
100' 3"	Autumn Majestic	2018
99' 11"	Mary Moore	2014
99' 5"	Monique White	2005
97' 3"	Amanda Rieser	2004
97' 1"	Mackenzie Stayer	2013
96' 3.5"	Jill Georgen	2001

Senior

141' 5"	Janan Khalil	2021
133' 2"	Emily Droski	2018
120' 2"	Emily Kujawski	2010
119' 5"	Megan Felcyn	2008
116' 11"	Jennifer Zaprawa	2021
110' 8"	Gianah Krok	2022
105' 3"	Autumn Majestic	2019
103' 7"	Michelle Teremi	2021
101' 8"	Donnicia Knott	2017
101' 0"	Adrienne Thomas	2010
100' 2"	Jaclyn Weiss	2002
98' 4.25"	Sara Beech	2002
97' 8"	Chloe Hadden	2018
97' 6"	Mackenzie Stayer	2014
97' 4.5"	Jill Georgen	2002

High Jump

Freshman

5' 4"	Kayla Dobies	2013
5' 1"	Tanisha Johnson	2003
5' 1"	Sheila Payne	2015
5' 1"	Zoë Morris	2019
5' 1"	Casey Cojocar	2024
5' 0"	Corrin Craig	2007
5' 0"	Alexis Penzien	2013
5' 0"	Brooke Forrey	2019
4' 11"	Stephanie Cuniberti	2007
4' 10"	Rachel Wells	1999
4' 10"	Liz Beasley	1999
4' 10"	Savannah McLauchlan	2016
4' 10"	Lauren Schlackman	2018
(5 at 4' 9")		

Sophomore

5' 6"	Angelina Isakov	2021
5' 5"	Kayla Dobies	2014
5' 4"	Savannah McLauchlan	2017
5' 2"	Stephanie Cuniberti	2008
5' 2"	Corrin Craig	2008
5' 0"	Ashley Thomas	2008
5' 0"	Raven Adams	2011
5' 0"	Sheila Payne	2016
5' 0"	Kaylee Koch	2017
4' 11"	Tanisha Johnson	2004
4' 11"	LaQwana Dockery	2008
4' 11"	Olivia Ziemba	2013
4' 11"	Alexis Penzien	2014

Junior

5' 7"	Kayla Dobies	2015
5' 3"	Tanisha Johnson	2005
5' 2"	Stephanie Cuniberti	2009
5' 2"	Alexis Penzien	2015
5' 2"	Savannah McLauchlan	2018
5' 2"	Sydney Timpa	2024
5' 0"	LaQwana Dockery	2009
5' 0"	Sheila Payne	2017
4' 11"	Kristin Korycinski	2008
4' 11"	Angelina Isakov	2022
4' 10"	Rachel Wells	2001
4' 10"	Ashley Thomas	2009
4' 10"	Raven Adams	2012
4' 10"	Rebecca Schwandt	2015

Senior

5' 7"	Kayla Dobies	2016
5' 4"	Tanisha Johnson	2006
5' 4"	Stephanie Cuniberti	2010
5' 4"	Savannah McLauchlan	2019
5' 2"	Kim Wilson	2006
5' 0"	Alexis Penzien	2016
5' 0"	Zoë Morris	2022
4' 11"	Liz Beasley	2002
4' 10"	Rachel Wells	2002
4' 10"	Frances Melistas	2002
4' 10"	Ashley Thomas	2010
4' 10"	Kaylee Koch	2019
4' 9"	Jackie Braun	2003
4' 9"	Kristin Korycinski	2009
4' 9"	Sheila Payne	2018

Pole Vault

Freshman

9' 7"	Kelsey Hinz	2006
9' 0"	Jessica Pizzini	2006
9' 0"	Taylor Slivik	2011
8' 9"	Alexa Hempel	2017
8' 6"	Lindsey Bartz	2010
8' 6"	Kayla Dobies	2013
8' 0"	Gwen Scruggs	2006
8' 0"	Jannah Metcalfe	2012
7' 6"	Hannah Scruggs	2009
7' 6"	Kaitlin Singer	2010
7' 6"	Gabrielle Jones	2019
7' 0"	Rachel Wells	1999
7' 0"	Emily Cobbett	2011
7' 0"	Mia Dagati	2019
6' 9"	Sienna Avery	2021

Sophomore

10' 4"	Jessica Pizzini	2007
10' 3"	Taylor Slivik	2012
10' 3"	Kaylee Koch	2017
10' 0"	Kelsey Hinz	2007
9' 6"	Jennifer Schornak	2009
9' 6"	Lindsey Bartz	2011
9' 4"	Gwen Scruggs	2007
9' 3"	Hannah Scruggs	2010
9' 0"	Kaitlin Singer	2011
9' 0"	Alexa Hempel	2018
9' 0"	Anna Lucas	2024
8' 9"	Abby Simms	2018
8' 3"	Stefanie St. Pierre	2019
8' 0"	Rachel Wells	2000
8' 0"	Kellyn Jackson	2004
8' 0"	Lisa LaPerriere	2005
(5 others at 8' 0")		

Junior

11' 3"	Jennifer Schornak	2010
11' 3"	Kaylee Koch	2018
11' 1"	Jessica Pizzini	2008
11' 0"	Taylor Slivik	2013
10' 9"	Kelsey Hinz	2008
10' 9"	Gwen Scruggs	2008
10' 9"	Lindsey Bartz	2012
10' 3"	Alexa Hempel	2019
10' 0"	Hannah Scruggs	2011
9' 3"	Sienna Avery	2023
9' 0"	Abby Simms	2019
8' 9"	Rachel Wells	2001
8' 8"	Kaitlin Singer	2012
8' 6"	Jannah Metcalfe	2014
8' 6"	Angelica Medina	2015

Senior

11' 6"	Jennifer Schornak	2011
11' 3"	Lindsey Bartz	2013
11' 2"	Kelsey Hinz	2009
11' 0"	Jessica Pizzini	2009
11' 0"	Kaylee Koch	2019
10' 6"	Gwen Scruggs	2009
10' 3"	Rachel Wells	2002
10' 3"	Hannah Scruggs	2012
10' 1"	Taylor Slivik	2014
9' 9"	Sienna Avery	2024
9' 6"	Kaitlin Singer	2013
9' 6"	Stefanie St. Pierre	2021
9' 6"	Mia Dagati	2022
8' 0"	Jackie Grove	2001
8' 0"	Lauren Adler	2016
8' 0"	Angelica Medina	2016

Long Jump

Freshman

16' 10.5"	Lisa LaPerriere	2004
16' 6"	Sydney Timpa	2022
16' 4"	Andrea de la Garza	2004
16' 1"	Kiara Hill	2016
15' 11"	Alexis Penzien	2013
15' 7"	Erin Miller	1998
15' 7"	Jillian Flint	2011
15' 7"	Chelsea Harvey	2019
15' 4"	Val de la Garza	2007
15' 4"	Savannah McLaughlan	2016
15' 3"	Gabrielle Jones	2019
15' 1.75"	Kaitlyn Knapp	2016
15' 1"	Tanisha Johnson	2003
15' 0"	Lisa Mazzola	1996
14' 11.5"	Emily Droski	2015

Sophomore

16' 7.75"	Zoe' Galloway	2018
16' 5"	Lisa LaPerriere	2005
16' 5"	Sydney Timpa	2023
16' 4.25"	Andrea de la Garza	2005
16' 4"	Erin Miller	1999
16' 1"	Emily Droski	2016
15' 7.75"	Tanisha Johnson	2004
15' 7"	Amanda Fader	2003
15' 7"	Alexis Penzien	2014
15' 6"	Savannah McLaughlan	2017
15' 2.75"	Olivia Ziemba	2013
15' 1"	Jillian Flint	2012
14' 11"	Rachel Potestato	2008

Junior

17' 6"	Tanisha Johnson	2005
17' 1.5"	Tahvyia Krok	2015
16' 9"	Zoe' Galloway	2019
16' 7"	Nadia Galloway	2018
16' 7"	Alexandra Ruggirello	2024
16' 6.5"	Erin Miller	2000
16' 5"	Alexis Penzien	2015
16' 4"	Sydney Timpa	2024
16' 3.5"	Emily Droski	2017
16' 3"	Danielle Modock	2022
16' 0.75"	Ashley Thomas	2009
16' 0.5"	Gabby Jones	2021
16' 0"	Chelsea Harvey	2021
15' 6"	Andrea de la Garza	2006
15' 4.5"	Chelsea Piper	2008

Senior

18' 2.75"	Tanisha Johnson	2006
17' 3"	Jennifer Schornak	2011
17' 1"	Kamry Smith	2016
16' 10.5"	Ashley Thomas	2010
16' 9.75"	Emily Droski	2018
16' 9"	Danielle Modock	2023
16' 5"	Erin Miller	2001
16' 4.75"	Gabby Jones	2022
16' 2.5"	Alexis Penzien	2016
15' 3.5"	Nadia Galloway	2019
15' 2"	Adrienne Thomas	2010
14' 11"	Hannah Scruggs	2012
14' 10.5"	Stephanie Cuniberti	2010
14' 10.25"	Kelsey Hinz	2009
14' 8.5"	Tara Soho	1999

updated 6-3-24

