

55m

1	Matt Morrison	2/11/2024	6.46
2	Mike Grella	1/13/2002	6.47
3	Eric Guinto	1/8/2010	6.54
4	Caden Michaud	2/11/2024	6.56
5	Travis Cavallo	2/3/2024	6.58
6	Benjamin Fleming	2/1/2020	6.61
7	Ed Pomerleau	2/12/2000	6.62
8	Zack Smith	1/5/2008	6.4h
9	Mike Carace	1/27/2007	6.4h
10	Zach Cicio	2/2/2014	6.65
10	Emmitt Smith	2/13/2011	6.5h
10	Greg Lutz	2/6/1999	6.5h
10	Russ Massahos	4/1/1995	6.5h

55m HH

1	Cody Kretschmer	3/1/2002	7.44
2	Conor Seleny	2/9/2020	7.57
3	Matt Morrison	2/11/2024	7.61
4	Adam Spencer	3/2/2019	7.66
5	Fareed Rice	2/4/1995	7.6h
5	Andy Cignoni	2/1/1992	7.6h
7	John Child	2/11/2024	7.88
7	TJ Urbanik	1/25/2015	7.7h
7	Matt Worster	2/5/1994	7.7h
10	Evan Rodgers	2/5/2017	7.94
10	Pat Dixon	4/1/1990	7.8h

300m

1	Jadyn Ruimwijk	3/3/2018	35.14
2	Matt Morrison	2/11/2024	35.63
3	Conor Seleny	2/9/2020	35.64
4	Eric Guinto	2/7/2010	35.93
5	James Hatch	2/3/2007	36.14
6	Zach Cicio	2/2/2014	36.22
7	Ed Pomerleau	2/12/2000	36.55
8	Benjamin Fleming	2/1/2020	36.67
9	Jason Harris	2/6/2005	36.82
10	Ryan Dane	2/3/2019	37.00

High Jump

1	Mark Franklin	3/2/2013	6' - 3"
2	Matt Small	2/3/2019	6' - 2"
2	Adam Spencer	12/13/2017	6' - 2"
2	Pete O'Connell	4/1/1979	6' - 2"
2	Aaron Smith	1/21/1994	6' - 2"
2	Andy Cignoni	1/7/1991	6' - 2"
2	Ben Curry	1/18/2015	6' - 2"
2	Cody Kretschmer	2/8/2002	6' - 2"
2	David Ham	4/1/1979	6' - 2"
2	Trevor Bland	12/30/2005	6' - 2"
2	Brandon Gallant	4/1/1996	6' - 2"
2	Pat Kenny	4/1/2005	6' - 2"

Long Jump

1	Brandon Tsetsilas	4/1/1989	22' - 0.75"
2	Ryan Dane	2/3/2019	21' - 9.00"
3	Caden Michaud	2/11/2024	21' - 6.00"
4	Brian Scott	2/3/2001	21' - 5.00"
5	Brandon Bennett	2/8/2003	21' - 1.25"
6	Matt Jordan	1/21/1994	21' - 0.25"
7	Jim Fitzgibbons	12/20/1980	20' - 11.50"
8	Fareed Rice	2/5/1994	20' - 11.25"
9	Zack Smith	1/20/2008	20' - 10.75"
10	Emmitt Smith	1/29/2012	20' - 9.50"

Shot Put

1	Ryan Mihalko	4/1/1987	58' - 7.25"
2	Alec Cobban	2/11/1978	51' - 3.25"
3	Steve Pendak	2/18/1978	50' - 11.00"
4	Tim Lord	2/4/1984	50' - 7.00"
5	James Saltzman	1/26/2001	49' - 7.00"
6	Joe Packowski	1/20/2024	49' - 4.00"
7	Joe Berchtold	1/13/2006	48' - 9.50"
8	Caleb Thibeault	4/1/1998	48' - 8.50"
9	Jordan Chick	2/11/2024	48' - 5.00"
10	Matt Folia	1/9/1995	47' - 6.50"
11	Rich Schieb	2/10/1990	47' - 6.00"
12	Luke DeLangie	2/11/2024	47' - 3.75"

600m

1	Chris Poggi	1/27/2013	1:21.82
2	Connor Kwiecien	2/2/2014	1:23.12
3	Andrew Pino	2/3/2008	1:23.87
4	Ian Taylor	2/3/2001	1:24.2h
5	Ryan LaBossiere	2/6/2005	1:24.54
6	Alex Kearns	2/4/2006	1:24.61
7	Ryan Lynch	2/2/2014	1:24.66
8	Noah Woodman	2/5/2017	1:24.73
9	Joe Poggi	1/26/2014	1:24.74
10	Nathan Binda	2/11/2024	1:24.93

1500m

1	Jake Hawkins	1/16/2010	4:00.6h
2	Matt Downin	4/1/1995	4:04.8h
3	Jeff Reddy	2/7/2016	4:05.46
4	Tom Hanlon	1/31/2016	4:05.96
5	Craig MacPherson	1/22/2006	4:08.5h
6	Nico Sevilla	1/31/2016	4:09.06
7	John Stanley	12/26/1992	4:09.4h
8	Chris Pietrocarlo	12/19/2009	4:10.1h
9	Matt Dowdy	1/23/1999	4:10.6h
10	Mat Cote	2/12/2000	4:11.08

1000m

1	Chris Poggi	1/12/2013	2:33.52
2	Zach Plaza	2/9/2020	2:33.79
3	Chris Pietrocarlo	1/16/2010	2:34.0h
4	Todd Elliot	4/1/1988	2:35.0h
5	Tom Hanlon	2/28/2016	2:35.79
6	John Stanley	1/22/1993	2:35.6h
7	Craig MacPherson	12/30/2006	2:36.2h
8	Jason Rzasz	2/11/2024	2:36.38
9	Nolan Cooney	2/2/2014	2:36.46
10	Greg Parthum	12/21/1996	2:36.5h

3000m

1	Matt Downin	3/10/1995	8:47.32
2	Nico Sevilla	2/7/2016	8:47.80
3	Craig MacPherson	2/4/2006	8:51.15
4	Tony Anzivino	1/22/2012	8:55.7h
4	John Stanley	2/6/1993	8:55.7h
6	Finn Christianson-Kraft	2/11/2024	8:56.80
7	Joe Gagnon	2/4/2018	8:59.67
8	Grant Langevin	2/5/2012	9:00.15
9	Jeff Reddy	12/21/2014	9:02.4h
10	Chris Pietrocarlo	1/24/2010	9:05.7h