

2010 Pinkerton Academy Indoor Track & Field Records

Overall				Senior		Junior		Sophomore		Freshman					
55m	Mike Grella	6.47	1/12/2002	Mike Grella	6.3/6.47	1/12/2002	Ben Guarino	6.72	2/10/2001	Eric Guinto	6.61	2/3/2008	Mike Grella	6.76	2/13/1999
	Eric Guinto	6.54	1/8/2010	Eric Guinto	6.54	1/8/2010	Russ Massahos	6.5	1995	Jason Harris	6.80	2/15/2003	Eric Guinto	6.7/6.89	12/16/2006
	Ed Pomerleau	6.62	2/12/2000	Ed Pomerleau	6.62	2/12/2000	Mike Carace	6.6/6.81	2/5/2006	Mike Rabe	6.7	1/16/1993	Dan Ciampo	6.8	1/28/2006
	Zack Smith	6.4	1/5/2008	Zack Smith	6.4	1/5/2008	Shane McGuines	6.6	1/6/1992	Matt Jordan	6.7	1992			
	Mike Carace	6.4	1/27/2007	Mike Carace	6.4	12/16/2006	Jack LaFleur	6.6	1/6/1992						
							Joe Segreti	6.6	1985						
55m HH	Cody Kretschmer (State Record)	7.44	3/2/2002	Cody Kretschmer	7.44	3/2/2002	Cody Kretschmer	7.4	1/26/2001	Cody Kretschmer	7.79	2/12/2000	Andy Cignoni	8.7	1989
	Fareed Rice	7.6	1995	Fareed Rice	7.6	1995	Andy Cignoni	7.7	1991	Fareed Rice	7.9	1/16/1993	Dan Forsman	9.3	1/26/1994
	Andy Cignoni	7.6	1/31/1992	Andy Cignoni	7.6	1/31/1992	Fareed Rice	7.8	2/5/1994	Pat Dixon	8.0	1988	Chris Graham	9.3	1/6/1993
	Matt Worster	7.7	2/5/1994												
	Pat Dixon	7.8	1990												
300m	Eric Guinto	35.93	2/7/2010	Eric Guinto	35.93	2/7/2010	James Hatch	36.14	2/3/2007	Jason Harris	37.35	2/15/2003	Jason Harris	39.1	1/5/2002
	James Hatch	36.14	2/3/2007	James Hatch	36.16	2/3/2008	Matt Jordan	37.5	2/6/1993	Eric Guinto	37.76	2/3/2008	Andrew Pino	39.3	1/15/2005
	Ed Pomerleau	36.55	2/12/2000	Ed Pomerleau	36.55	2/12/2000	Rory O'Connor	37.9	1/19/2002	Pete DeCosta	38.13	1/2/1999	Brian Castellucci	40.59	2/15/2003
	Jason Harris	36.82	2/6/2005												
	Ralph Fast	36.9	1992												
600m	Andrew Pino	1:23.87	2/3/2008	Andrew Pino	1:23.87	2/3/2008	Ian Taylor	1:24.2	2/3/2001	Andrew Pino	1:27.8	1/16/2006	Bryan Hayes	1:33.1	1/26/2001
	Ian Taylor	1:24.2	2/3/2001	Ryan LaBossiere	1:24.54	2/6/2005	Andrew Pino	1:24.76	2/3/2007	Ryan Busby	1:28.88	1/29/2008	Dave Beattie	1:33.5	1/22/1993
	Ryan LaBossiere	1:24.54	2/6/2005	Alex Kearns	1:24.61	2/4/2006	Ryan LaBossiere	1:26.81	2/7/2004	Ian Taylor	1:29.50	1/15/2000	Ryan Busby	1:33.8	1/27/2007
	Alex Kearns	1:24.61	2/4/2006												
	Jake Hawkins	1:25.9	1/24/2010												
1000m	Chris Pietrocarlo	2:34.0	1/16/2010	Chris Pietrocarlo	2:34.0	1/16/2010	Todd Elliot	2:35.0	1988	Todd Elliot	2:39.2	1987	Charles Perry	2:46.4	2/5/2000
	Todd Elliot	2:35.0	1988	Craig MacPherson	2:36.2	12/30/2006	John Stanley	2:35.6	2/6/1993	Ryan Busby	2:40.54	2/3/2008	Ian French	2:49.1	1997
	John Stanley	2:35.6	2/6/1993	Todd Elliot	2:38.1	1989	Chris Pietrocarlo	2:35.9	1/18/2009	Matt Downin	2:41.8	1/2/1993	Joel Kress	2:52.3	2/1/1992
	Craig MacPherson	2:36.2	12/30/2006												
	Greg Parthum	2:37.10	2/3/1996												
1500m	Jake Hawkins	4:00.6	1/16/2010	Jake Hawkins	4:00.6	1/16/2010	Craig MacPherso	4:08.5	1/22/2006	Matt Downin	4:12.0	2/6/1993	Greg Parthum	4:26.5	2/5/1994
	Matt Downin	4:04.8	1995	Matt Downin	4:04.8	1995	John Stanley	4:09.4	12/26/1992	Brian Schutter	4:15.86	2/3/1996	Mark Blanchard	4:28.4	2/1/1992
	Craig MacPherson	4:08.5	1/22/2006	Chris Pietrocarlo	4:10.1	12/19/2009	Josh Chakarian	4:11.8	2/3/2001	Charles Perry	4:19.9	2/3/2001	John Stanley	4:29.9	1991
	John Stanley	4:09.4	12/26/1992												
	Chris Pietrocarlo	4:10.1	12/19/2009												
3000m	Matt Downin	8:47.32	3/12/1995	Matt Downin	8:47.32	3/12/1995	Craig MacPherso	8:51.15	2/4/2006	Matt Downin	8:57.4	2/6/1993	John Fesh	9:27.3	1/22/1994
	Craig MacPherson	8:51.15	2/4/2006	John Stanley	8:58.3	1/15/1994	John Stanley	8:55.7	2/6/1993	John Stanley	9:18.0	1992	Mark Blanchard	9:29.0	2/1/1992
	John Stanley	8:55.7	2/6/1993	Craig MacPherson	9:02.10	1/12/2007	Chris Pietrocarlo	9:06.4	1/25/2009	Josh Chakarian	9:20.80	2/12/2000	Tim O'Brien	9:37.2	1986
	Chris Pietrocarlo	9:05.7	1/24/2010												
	Josh Chakarian	9:06.9	1/26/2001												

LJ	Brandon Tsetsilas	22'-0.75"	2/11/1989	Brandon Tsetsilas	22'-0.75"	2/11/1989	Fareed Rice	20'-11.25"	2/5/1994	Matt Jordan	20'-3.25"	1992	Eric Guinto	18'-11.5"	12/16/2006																																		
	Brian Scott	21'-5.00"	2/3/2001	Brian Scott	21'-5.00"	2/3/2001	Matt Jordan	20'-5.00"	1993	Eric Guinto	20'-0.50"	1/20/2008	Dana Trahan	18'-6.00"	1994																																		
	Brandon Bennett	21'-1.25"	2/15/2003	Brandon Bennett	21'-1.25"	2/15/2003	Cody Kretschmer	20'-4.00"	2/10/2001	Cody Kretschme	19'-3.75"	1/15/2000	Ryan McMullen	17'-9.75"	1/12/2007																																		
	Matt Jordan	21'-0.25"	1/21/1994				Jim Fitzgibbons	20'-4.00"	1980																																								
	Jim Fitzgibbons	20'-11.50"	12/20/1980																																														
HJ	Trevor Bland	6'-2.00"	12/20/2005	Trevor Bland	6'-2.00"	12/30/2005	Cody Kretschmer	6'-2.00"	12/16/2000	Cody Kretschme	6'-2.00"	2/12/2000	Pat Kenny	5'-6.00"	1/18/2002																																		
	Cody Kretschmer	6'-2.00"	2/12/2000	Cody Kretschmer	6'-2.00"	2/8/2002	Aaron Smith	6'-2.00"	2/6/1993	Andy Cignoni	5'-10.00"	1990	Shawn Thrasher	5'-6.00"	1992																																		
	Brandon Gallant	6'-2.00"	1996	Brandon Gallant	6'-2.00"	1996	Andy Cignoni	6'-2.00"	1991	Pat Kenny	5'-8.00"	2/1/2003	John Fesh	5'-4.00"	12/15/1993																																		
	Aaron Smith	6'-2.00"	1/22/1994	Aaron Smith	6'-2.00"	1/22/1994							Andy Cignoni	5'-4.00"	1989																																		
	Andy Cignoni	6'-2.00"	1992	Andy Cignoni	6'-2.00"	1992																																											
	David Ham	6'-2.00"	1979	David Ham	6'-2.00"	1979																																											
	Peter O'Connell	6'-2.00"	1979	Peter O'Connell	6'-2.00"	1979																																											
Shotput	Ryan Mihalko	58'-7.25"	1987	Ryan Mihalko	58'-7.25"	1987	Ryan Mihalko	52'-8.00"	1986	Joe Berchtold	44'-4.75"	2/7/2004	Brian Deleon	39'-8.50"	1993																																		
	Alec Cobban	50'-7.00"	2/11/1978	Tim Lord	50'-7.00"	2/4/1984	James Saltzman	46'-9.75"	2/5/2000	Steve Pendak	43'-3.50"		Stan Olshefski	36'-5.50"	1976																																		
	Steve Pendak	50'-11.00"	2/18/1978	James Saltzman	49'-7.00"	1/26/2001	Kris Beaudoin	46'-8.50"	2/13/1999	Brian Deleon	41'-8.50"	2/5/1994	Salvadore Pelus	35'-5.25"	12/16/2006																																		
	Tim Lord	50'-7.00"	2/4/1984				2010 Class L Championship Results <table><tr><td>Bishop Guertin</td><td>80</td></tr><tr><td>Merrimack</td><td>78</td></tr><tr><td>Nashua North</td><td>50</td></tr><tr><td>Pinkerton</td><td>46</td></tr><tr><td>Dover</td><td>31</td></tr><tr><td>Concord</td><td>24</td></tr><tr><td>Exeter</td><td>22</td></tr><tr><td>Salem</td><td>15</td></tr><tr><td>Timberlane</td><td>15</td></tr><tr><td>Nashua South</td><td>12</td></tr><tr><td>Manchester Me</td><td>8</td></tr><tr><td>Manchester Ce</td><td>7</td></tr><tr><td>Goffstown</td><td>6</td></tr><tr><td>Winnacunnet</td><td>3</td></tr><tr><td>Trinity</td><td>2</td></tr><tr><td>Alvirne</td><td>2</td></tr><tr><td>Londonderry</td><td>2</td></tr></table>									Bishop Guertin	80	Merrimack	78	Nashua North	50	Pinkerton	46	Dover	31	Concord	24	Exeter	22	Salem	15	Timberlane	15	Nashua South	12	Manchester Me	8	Manchester Ce	7	Goffstown	6	Winnacunnet	3	Trinity	2	Alvirne	2	Londonderry	2
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4x160m (by year)	Jordan, McGuiness, LaFleur, Rabe	1:14.5	2/6/1993	<-- 1993 State Record (broken 1999)			Season Notes: -The year of the seniors: Guinto, Pietrocarlo, Hawkins. They were the only ones to move the chains, but they moved big: 4 school records and 7 top five changes. -Despite the above, it wasn't enough to make a significant push at the state meet, where PA finished 4th. The lack of depth in the sprints and any presence in the field events held them back. Still, 4th is a huge improvement from last year's 12th. -The 1/16/2010 meet had two highlights. Both Hawkins (1500m) and Pietrocarlo (1000m) set huge school records that were both long-standing, and both of them completely ran away from the field. Both won by 12 s. -Breaking Downin's 1500m record by 4 seconds is moderately nuts. -Todd Elliot's 1000m record was the school's oldest record on the track until Pietrocarlo lowered it by a full second. -Mihalko's shotput record (1987) remains the oldest, with the Tsetselas LJ record (1989) being the only other from before 2002. You could also note the 4x160m relay (1993), but that is no longer contested at the championship. There are 2 co-record holders in the long jump from 1979. -Guinto was only an elite 55m guy until he stepped up at the end of the season and gunned a school record in the 300m. -The 4x800 was stacked for breaking that record (and there is nothing wrong with that). I'm not sure anyone on the relay ran any other event. They simply blew the 17 year old record out of the water (almost 20 s), and it hadn't been closely challenged before. -Londonderry scored 2 points in the Class L Championship. I've read that 100 times and still can't believe it. They were 2nd a year ago. -I don't know what happened with the team, but I am missing 3 weeks of meets. They were not apparently at UNH, Dartmouth, USM, or any Massachusetts invite I could find. Are there Friday night meets I'm missing?																																										
	Jordan, McGuiness, Cignoni, Fast	1:15.0	2/7/1992	<-- 1992 State Record (broken 1993)																																													
	1995	1:15.2	2/4/1995																																														
	2002	1:15.27	2/8/2002																																														
	1999	1:15.39	2/13/1999																																														
4x200m (by year)	Guinto, Ciampo, Z. Smith, Howard	1:35.13	2/3/2008																																														
	1999	1:36.29	1/2/1999																																														
	2010	1:36.41	2/7/2010																																														
	2006	1:37.31	2/5/2006																																														
	2005	1:38.10	2/6/2005																																														
4x400m (by year)	Beaudoin, Hatch, Kearns, Pino	3:30.93	2/5/2006	<- Class L Champ Record																																													
	2008	3:32.35	2/3/2008																																														
	French, Taylor, Davis, Decosta	3:34.8	2/5/2000																																														
	2010	3:35.14	1/31/2010																																														
	2004	3:37.82	2/7/2004																																														
4x800m	2010 (Hawkins, Pietrocarlo?)	8:05.30	1/31/2010																																														
	J. Kress, Alizio, Downin, Stanley	8:24.6	1993																																														
	2009	8:27.18	2/8/2009																																														
	2008	8:27.76	1/12/2008																																														
	2005	8:31.66	2/6/2005																																														
Meets included: 12/19/2009 @UNH #1 1/8/2010 Dartmouth Relays 1/16/2010 @UNH #5 1/24/2010 @UNH #6 1/31/2010 @USM				Meets missing: Any held at PA 12/28/2009 #2 1/2/2012 #3 1/10/2010 #4																																													

2/7/2010 Class L Champ @ Dartmouth
3/5/2010 New Englands (Hawkins in 1 Mile)