

Boys All Time SWC Records

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
High Jump	Vladmir Foster	Bunnel	2003	6'8	State Open
Shot Put	John Wlasuk	Newtown	2011	59'6	State Open
Long Jump	Marcus Guyton	Bethel	2020	22'1.25	Yale Invite
Pole Vault	TJ Murphy	New Fairfield	2012	15'6	SWC
Weight Throw	John Wlasuk	Newtown	2011	67'11.5	NBIN
55m	Conor Mahony	Masuk	2019	6.52	New Englands
60m	Nolan Freeman	New Milford	2022	7.19	NBNI
55HH	Vladmir Foster	Bunnel	2003	7.56	State Open
60HH	Jeremy Ragsdale	Bunnel	2008	8.27	NSIC
300m	Simeon Okoro	Weston	2015	34.89	State Open
400m	Simeon Okoro	Weston	2015	49.64	Yale
500m	Andy Craycraft	Weston	2000	1:06.27	State Open
600m	Erik Benson	Pomperaug	2000	1:22.16	New Englands
800m	Soheib Dissa	Newtown	2023	1:56.56	NBNI
1000m	Steven Tyler	Weston	2017	2:31.53	New Englands
1500m	Jake Feinstein	Newtown	2013	4:03.38	New Balance Games
1600m	Steve Piscatelli	Weston	2010	4:17.17	State Open
Mile	Joe Mohn	Immaculate	2002	4:16.44	NSIC
3000m	Jake Feinstein	Newtown	2013	8:44.06	Yale Invite
3200m	John Raneri	New Fairfield	2010	9:10.75	State Open
Two Miles	John Raneri	New Fairfield	2010	9:11.84	NSIC
5000m	John Raneri	New Fairfield	2010	14:52.97	NSIC
4 x 200m	Micah Zirn, Ian Stuebe, Chris Petty, Simeon Okoro	Weston	2015	1:28.98	NBIN
4 x 400m	Chris Petty, Cole Clark Patrick Baber, Simeon Okoro	Weston	2015	3:23.80	New Englands
Sprint Medley 200-200-400-800m	Micah Zirn, Chris Petty, Cameron Okoro, Cole Clark	Weston	2015	3:31.05	NBIN
Distance Medley 1200-400-800-1600	Ryan Lane, Matt Mello, Adam Tobin, John Loeser	Weston	2006	10:29.86	Yale Invite
4 x 800m	Ryan Gilmore, Steve Vento, James Bloom, Steven Piscatelli	Weston	2010	8:04.48	Yale Invite
4 x Mile	Ryan Gilmore, Steve Vento, James Bloom, Steven Piscatelli	Weston	2010	18:06.03	NBIN

Girls SWC All Time Records

<u>Event</u>	<u>Performer</u>	<u>School</u>	<u>Year</u>	<u>Time</u>	<u>Meet</u>
HIGH JUMP	Nicole Powder, Amy Linderback, Emily Ando	NM, Mas, Wes	95, 02, 09	5'4	Class L, M, Winterfest
SHOT PUT	Allison Bradshaw	Pomperaug	2002	44'3	Yale
LONG JUMP	Lauren Tanz	Brookfield	2007	18'6.5	State Open
TRIPLE JUMP	Anichka Malachi	New Milford	2022	37'1.5	New Balance Games
POLE VAULT	Emily Savage	Weston	2013	12'4.75	NBIN
55m HURDLES	Lauren Tanz	Brookfield	2007	8.27	State Open
60 HURDLES	Mariella Schweitzer	Joel Barlow	2022	9.17	NBIN
55m DASH	Carly Swierbut	Newtown	2018	7.26	State Open
60m	Chelsea Boursiquot	Bunnell	2010	7.93	NBIN
200m	Djenne Parris	Brookfield	2013	25.67	NBIN
300m	Mariella Schweitzer	Joel Barlow	2022	40.32	Stanner Games
400m	Carly Swierbut	Newtown	2018	57.99	Yale
500m	Kathleen Lianne Saussy	Weston	2022	1:21.40	Coach Saint Invitational
600m	Riley Powers	Newtown	2023	1:35.38	New Englands
800m	Maeve Riley	Immaculate	2012	2:15.62	NBIN
1000m	Julia Rosenberg	Weston	2020	2:56.10	New Englands
1500m	Mia Nahom	New Milford	2017	4:36.97	NBIN
1600m	Gabrielle Richichi	New Fairfield	2015	5:00.01	SWC
Mile	Mia Nahom	New Milford	2017	4:54.92	NBIN
3000m	Lauren Sara	Bunnell	2010	10:03.51	Yale
3200m	Jessica Wojnicki	Immaculate	2014	10:57.27	State Open
2 mile	Jessica Wojnicki	Immaculate	2014	10:48.01	NBIN
5000m	Maddie Sweeney	New Milford	2021	17:29.22	adidas Indoor Nationals
4x200m RELAY	Meg Tynan, Ashley Russo, Kasey Moraveck, Theresa Saia	Masuk	2013	1:46.50	New Englands
4x400m RELAY	Julia Rosenberg, Amelia Rudolph, Ava Zielinski, Nicole Sztachelski	Weston	2020	4:00.84	New Englands
4x800m RELAY	Kayla Ondy, Ailene Doherty Molly Coyle Taylor Mascetta	Immaculate	2019	9:19.52	New Englands
Sprint Med RELAY	Sedensky, Audrey, Molly Coyle	Immaculate	2018	4:13.77	NBIN
200-200-400-800	Dominique Valentine, Emma Connolly				
DMR 1200-400-800-1600	Taylor Mascetta, Dominique Valentine, Emma Connolly, Angela Saidman	Immaculate	2018	12:16.5	NBIN
4 x mile	Alexandra Kaeslin, Maeve Riley, Jessica Wojnicki, Maggie Christe	Immaculate	2012	21:11.17	NBIN

Updated 3/22/23