

Boys All Time SWC Records

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
100 METER DASH	Luke Richardson	Bethel	6/4/2024	10.65	State Open- Prelim
200 METER DASH	Luke Richardson	Bethel	5/19/2025	21.30	SWC
400 METER DASH	Brenan McCabe	IMMACULATE	6/3/2024	46.34	STATE OPEN
800 METER RUN	Soheib Dissa	NEWTOWN	5/13/2023	1:52.65	LOUCKS GAMES
1600 METER RUN	Soheib Dissa	NEWTOWN	6/10/2023	4:10.07	NEW ENGLAND
MILE RUN	Soheib Dissa	NEWTOWN	5/8/2010	4:10.43	NH Distance Festival
3200 METER RUN	Soheib Dissa	NEWTOWN	5/12/2025	8:51.00	Arcadia Invitation
TWO MILE RUN	Mike Regan	BROOKFIELD	6/17/1996	9:17.91	National Scholastic
5000m RUN	Jake Feinstein	NEWTOWN	6/14/2012	15:02.21	NBON
2000M SC	Soheib Dissa	NEWTOWN	6/21/2025	5:49.15	NBNO
3000M SC	Soheib Dissa	NEWTOWN	5/9/2024	9:27.25	LOUCKS GAMES
110M HH	Jeremy Ragsdale	BUNNELL	6/2/2008	14.23	CLASS L
300 M IH	Nicholas Lindblom	NEW MILFORD	6/13/2009	38.95	NEW ENGLAND
400 M IH	Elijah Wright	BETHEL	4/21/2018	57.37	LOUCKS GAMES
4 X 100 M RELAY	D. Cowan, K. Nalley, A. Munoz, J. Vanterpool	BUNNELL	6/14/2025	41.88	NEW ENGLAND
Shuttle HH	C. Johnson, D Rodier, J. Fairchild, A. Ripari	NEW FAIRFIELD	4/26/2014	1:10.33	O'GRADYS
4 X 200M RELAY	M. Zirn, N. Parker, C. Okoro	WESTON	6/19/2015	1:30.80	NBON
4 X 400 M RELAY	M. Zirn, C. Petty, C. Okoro, S. Okoro	WESTON	6/8/2015	3:17.27	NBON
1600m SMR	M. Zirn, C. Petty, S. Okoro, C. Clark	WESTON	6/19/2015	3:29.64	NBON
800 SM Relay	M. Zirn, N. Parker, C. Petty, S. Okoro	WESTON	6/21/2015	1:32.61	NBON
1000m Swedish Medley	C. Okoro, C. Petty, N. Parker, C. Clark	WESTON	6/21/2015	2:00.86	NBON
4 X 800 M RELAY	N. Masters, B. Martin, A. Leuzzi, M. Soennichsen	WESTON	6/7/2025	7:48.61	STATE OPEN
DISTANCE MEDLEY	A. Whitney, C. Davis, C. Reagan, M. Shilleh	MASUK	6/18/2017	10:20.75	NBON
4 X MILE	S. Vento, R. Gilmore, J. Bloom, S. Piscatelli	WESTON	6/18/2010	17:40.38	NBON

* wind aided

<u>Field Events</u>	<u>Performer</u>	<u>School</u>	<u>Year</u>	<u>Dist</u>	<u>Meet</u>
SHOT PUT	Tristin Smith	MASUK	6/8/2024	61'5.0	NEW ENGLAND
JAVELIN	John Wlasuk	NEWTOWN	5/32/11	189'7	SWC
DISCUS	John Wlasuk	NEWTOWN	6/11//11	179'10	NEW ENGLAND
HIGH JUMP	Mark Harrison	BUNNELL	5/9/2009	6'8	HARTFORD PUBLIC
LONG JUMP	Akeem Wright Jr	STRATFORD	5/5/2026	23-8.75	SWC

TRIPLE JUMP	Elijah Henry	BUNNELL	6/4/20018	47'2	STATE OPEN
POLE VAULT	Tim Murphy	NEW FAIRFIELD	5/21/2012	16'3 1/2	USATF-JO
HAMMER	Christopher Ackell	BROOKFIELD	6/10/2011	187'5	CIAC HT
DECATHLON	Vladmir Foster	BUNNELL	6/19/2003	6200	CIAC DEC

Girls SWC All Time Records

<u>Event</u>	<u>Performer</u>	<u>School</u>	<u>Year</u>	<u>Time</u>	<u>Meet</u>
100m	Kyra Mclean	STRATFORD	2026	12.06	CLASS L
200m	Carly Swierbut	NEWTOWN	2018	24.97	Loucks Games
400m	Carly Swierbut	NEWTOWN	2018	55.42	Class LL
800m	Julia Rosenberg	WESTON	2021	2:12.44	STATE OPEN
1600m	Mia Nahom	NEW MILFORD	2017	4:52.75	New Englands
MILE RUN	Mia Nahom	NEW MILFORD	2017	4:58.52	NBNO
3000M	Mia Nahom	NEW MILFORD	2017	9:57.46	Penn Relays
3200m	Kate Wiser	POMPERAUG	2019	10:22.24	New Englands
2 mile	Mia Nahom	NEW MILFORD	2017	10:44.5	NBON
2k Steeple	Katie McMorrow	NEW FAIRFIELD	2025	7:07.02	CIAC SC
5000m	Claire Daniels	NEW MILFORD	2021	17:05.18	CT Distance Festival
100m HH	Lauren Tanz	BROOKFIELD	2007	14.35	State Open
300m IH	Mariella Schweitzer	JOEL BARLOW	2021	43.18	STATE OPEN
400IH	Kaitlyn Whitlock	BETHEL	2004	1:02.71	NON
Shuttle HH	A. Shetty, A. Reyes, E. Anesi, M Corral	NEWTOWN	2024	1:11.84	O'Gradys
4x100m	S. Dash, S. Lora, A. Beeman, C. Boursiquot	BUNNELL	2010	48.74	Class L
4x200m	B. McCarthy, J. Vincent, S. Graham, M. Bray	BROOKFIELD	2026	1:47.62	O'Gradys
4x400m	E. Barricelli, A. McCarthy, H. Snayd, R. Powers	NEWTOWN	2021	3:55.70	Class LL
4x800m	H. Tower S. Grazia S. Grazia H. Bayers	NEW MILFORD	2014	9:13.70	STATE OPEN
800m SMR	E. Hall, S. Howard, A. Daly, E. Barricelli	NEWTOWN	2022	1:53.15	O'Gradys
1000m Swedish Medley	M. Kuck, C. Farina, L. Scott, M. Meyers	POMPERAUG	2014	2:30.67	O'Gradys
1600 SMR	S. Dietzman, E. Martin, C. Arlo, K. Bucaro	WESTON	2011	4:12.68	NBON
DISTANCE MEDLEY	J. Gasparrini, D. Valentine, D. Marcone, A. Saidman	IMMACULATE	2016	12:09.47	Danbury Dream
4 x 1600m	J. Gasparrini, D. Kirkman, D. Marcone, A. Saidman	IMMACULATE	2016	21:50.55	O'Gradys
4 X Mile	A. Saidman, A. Doherty, M. Coyle, T. Mascetta	IMMACULATE	2019	20:37.21	NBON

<u>Field Events</u>	<u>Performer</u>	<u>School</u>	<u>Year</u>	<u>Dist</u>	<u>Meet</u>
Long Jump	Anichka Malachi	New Milford	2021	18'0.25	State Open
Triple Jump	Ashley Matakovich	Bunnell	2008	37'6	Class L
High Jump	Rowan Houston	Notre Dame	2023	5'6 1/4	SWCs
Pole Vault	Emily Savage	Weston	2013	13'2 1/2	New Englands
Shot Put	Allison Bradshaw	Pomperaug	2001	44'9 1/4	State Open
Discus	Taylor Drayton	Oxford	2013	132'10	NBON
Javelin	Shea Greene	Weston	2022	160'0	NB Nation Outdoor
Hammer	Hanna Makowske	Joel Barlow	2012	129'5	Irv Black Invite
Heptathlon	Alisha Beeman	Bunnell	2010	4104	CIAC Hept
Pentathlon	Rosa Linda Volpintesta	Bethel	2023	3384	NBNO

Updated 8/1/26

Any corrections to these records, can be sent to Marty Ogden at info@therunningacademy.com