

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	Khoal Ly	Bethel	2026	22'8.25	Class L Championships
Pole Vault	TJ Murphy	New Fairfield	2012	15'6	SWC
Weight Throw	John Wlasuk	Newtown	2011	67'11.5	NBIN
55m	Luke Richardson	Bethel	2025	6.34	State Open
tie	Jayson Vanterpool	Bunnell	2025	6.34	SWC Championships
60m	Luke Richardson	Bethel	2025	6.85	NBNI
55HH	Vladmir Foster	Bunnel	2003	7.56	State Open
60HH	Jeremy Ragsdale	Bunnell	2008	8.27	NCIS
200m	Luke Richardson	Bethel	2025	21.62	NBNI
300m	Brenan McCabe	Immaculate	2026	34.50	New Englands
400m	Brenan McCabe	Immaculate	2026	47.92	NBNI
500m	Brenan McCabe	Immaculate	2026	1:04.83	Hall of Fame Invite
600m	Landon Wall	Brookfield	2026	1:21.87	State Open
800m	Soheib Dissa	NBNI	2023	1:56.56	NBNI
1000m	Soheib Dissa	Newtown	2004	2:28.93	New Englands
1500m	Jake Feinstein	Newtown	2013	4:03.38	New Balance Games
1600m	Soheib Dissa	Newtown	2025	4:05.23	Boston Holiday Challenge
Mile	Soheib Dissa	Newtown	2025	4:04.80	Millrose Games
3000m	Soheib Dissa	Newtown	2024	8:25.48	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
1600m SMR	Micah Zirn, Chris Petty, Cameron Okoro, Cole Clark	Weston	2015	3:31.05	NBIN
Distance Medley	Ryan Lane, Matt Mello, Adam Tobin, John Loeser	Weston	2006	10:29.86	Yale Invite
4 x 800m	Nick Masters, Brett Martin, Asher Leuzzi, Markus Soennichsen	Weston	2025	7:58.11	NBNI
4 x Mile	Ryan Gilmore, Steve Vento, James Bloom, Steven Piscatelli	Weston	2010	18:06.03	NBIN
Pentathlon	Kyle Kurtz	Bethel	2024	3208	NBNI

updated 3/14/26

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
POLE VAULT	Emily Savage	Weston	2013	12'9.0	Pole Vault Manina
55m HURDLES	Lauren Tanz	Brookfield	2007	8.27	State Open
60 HURDLES	Lauren Tanz	Brookfield	2007	9.25	NIN
55m DASH	Kyra Mclean	Stratford	2028	7.20	Rust Buster Invitational
Tie	Talia Graham	Bethel	2024	7.26	State Open
60m	Talia Graham	Bethel	2024	7.92	NBNI
200m	Djenne Parris	Brookfield	2013	25.67	NBIN
300m	Carly Swierbut	Newtown	2018	40.48	Class LL
400m	Carly Swierbut	Newtown	2018	57.99	Yale
500m	Kathleen Lianne Saussy	Weston	2022	1:21.40	Coach Saint Invit
600m	Riley Powers	Newtown	2024	1:35.38	New Englands
800m	Maeve Riley	Immaculate	2012	2:15.62	NBIN
1000m	Julia Rosenberg	Weston	2020	2:56.10	New Englands
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	Taylor Mascetta, Dominique Valentine,	Immaculate	2018	12:16.5	NBIN
1200-400-800-1600	Emma Connolly, Angela Saidman				
4 x mile	Alexandra Kaeslin, Maeve Riley Jessica Wojnicki, Maggie Christe	Immaculate	2012	21:11.17	NBIN
Pentathlon	Rosa Linda Volpintesta	Bethel	2023	3220	NBNI