

Boys All Time SWC Records

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Date</u>	<u>Time</u>
High Jump	Vladmir Foster	Bunnel	2003	6'8
Shot Put	John Wlasuk	Newtown	2011	59'6
Long Jump	Elias Brady	Newtown	2025	22'7.5
Pole Vault	TJ Murphy	New Fairfield	2012	15'6
Weight Throw	John Wlasuk	Newtown	2011	67'11.5
55m	Luke Richardson	Bethel	2025	6.34
tie	Jayson Vanterpool	Bunnell	2025	6.34
60m	Luke Richardson	Bethel	2025	6.85
55HH	Vladmir Foster	Bunnel	2003	7.56
60HH	Jeremy Ragsdale	Bunnell	2008	8.27
200m	Luke Richardson	Bethel	2025	21.62
300m	Jamal Joseph	Notre Dame Prep	2025	34.77
400m	Simeon Okoro	Weston	2015	49.64
500m	Andy Craycraft	Weston	2000	1:06.27
600m	Yee-Jun Ng	Bethel	2025	37:00.00
800m	Soheib Dissa	NBNI	2023	1:56.56
1000m	Soheib Dissa	Newtown	2004	2:28.93
1500m	Jake Feinstein	Newtown	2013	4:03.38
1600m	Soheib Dissa	Newtown	2025	4:05.23
Mile	Soheib Dissa	Newtown	2025	4:04.80
3000m	Soheib Dissa	Newtown	2024	8:25.48
3200m	John Raneri	New Fairfield	2010	9:10.75
Two Miles	John Raneri	New Fairfield	2010	9:11.84
5000m	John Raneri	New Fairfield	2010	14:52.97
4 x 200m	Micah Zirn, Ian Stuebe, Chris Petty, Simeon Okoro	Weston	2015	1:28.98
4 x 400m	Chris Petty, Cole Clark, Patrick Baber, Simeon Okoro	Weston	2015	3:23.80
1600m Sprint Medley	Micah Zirn, Chris Petty, Cameron Okoro, Cole Clark	Weston	2015	3:31.05
Distance Medley	Ryan Lane, Matt Mello, Adam Tobin, John Loeser	Weston	2006	10:29.86
4 x 800m	Nick Masters, Brett Martin, Asher Leuzzi, Markus Soennnichen	Weston	2025	7:58.11
4 x Mile	Ryan Gilmore, Steve Vento, James Bloom, Steven Piscatelli	Weston	2010	18:06.03
Pentathlon	Kyle Kurtz	Bethel	2024'	3208

Girls SWC All Time Records

<u>Event</u>	<u>Performer</u>	<u>School</u>	<u>Year</u>	<u>Time</u>
HIGH JUMP	Nicole Powder, Amy Linderback, Emily Ando	NM, Mas, Wes	95, 02, 09	5'4
SHOT PUT	Allison Bradshaw	Pomperaug	2002	44'3
LONG JUMP	Lauren Tanz	Brookfield	2007	18'6.5
POLE VAULT	Emily Savage	Weston	2013	12'9.0
55m HURDLES	Lauren Tanz	Brookfield	2007	8.27
60 HURDLES	Lauren Tanz	Brookfield	2007	9.25
55m DASH	Carly Swierbut	Newtown	2018	7.26
Tie	Talia Graham	Bethel	2024	7.26
60m	Talia Graham	Bethel	2024	7.92
200m	Djenne Parris	Brookfield	2013	25.67
300m	Carly Swierbut	Newtown	2018	40.48
400m	Carly Swierbut	Newtown	2018	57.99
500m	Kathleen Lianne Saussy	Weston	2022	1:21.40
600m	Riley Powers	Newtown	2024	1:35.38
800m	Maeve Riley	Immaculate	2012	2:15.62
1000m	Julia Rosenberg	Weston	2020	2:56.10
1600m	Gabrielle Richichi	New Fairfield	2015	5:00.01
Mile	Mia Nahom	New Milford	2017	4:54.92
3000m	Lauren Sara	Bunnell	2010	10:03.51
3200m	Jessica Wojnicki	Immaculate	2014	10:57.27
2 mile	Jessica Wojnicki	Immaculate	2014	10:48.01
5000m	Maddie Sweeney	New Milford	2021	17:29.22
4x200m RELAY	Meg Tynan, Ashley Russo, Kasey Moraveck, Theresa Saia	Masuk	2013	1:46.50
4x400m RELAY	Julia Rosenberg, Amelia Rudolph, Ava Zielinski, Nicole Sztachelski	Weston	2020	4:00.84
4x800m RELAY	Kayla Ondy, Ailene Doherty Molly Coyle Taylor Mascetta	Immaculate	2019	9:19.52
Sprint Med RELAY	Sedensky, Audrey, Molly Coyle	Immaculate	2018	4:13.77
200-200-400-800	Dominique Valentine, Emma Connolly			
DMR	Taylor Mascetta, Dominique Valentine,	Immaculate	2018	12:16.5
1200-400-800-1600	Emma Connolly, Angela Saidman			
4 x mile	Alexandra Kaeslin, Maeve Riley	Immaculate	2012	21:11.17
	Jessica Wojnicki, Maggie Christe			
Pentathlon	Rosa Linda Volpintesta	Bethel	2023	3220

Location

State Open

State Open

SWC Championships

SWC

NBIN

State Open

SWC Championships

NBNI

State Open

NCIS

NBNI

Purple Champions Invite

Yale

State Open

New Englands

NBNI

New Englands

New Balance Games

Boston Holiday Challenge

Millrose Games

Yale Invite

State Open

NSIC

NSIC

NBIN

New Englands

NBIN

Yale Invite

NBNI

NBIN

NBNI

Meet

Class L, M, Winterfest

Yale

State Open

Pole Vault Manina

State Open

NIN

State Open

State Open

NBNI

NBIN

Class LL

Yale

Coach Saint Invit

New Englands

NBIN

New Englands

SWC

NBIN

Yale

State Open

NBIN

adidas Indoor Nationals

New Englands

New Englands

New Englands

NBIN

NBIN

NBIN

NBNI