

SWC BOYS INDOOR TRACK AND FIELD ALL-TIME RECORDS (Updated 3/5/17)

<u>Event</u>	<u>Record</u>	<u>Date</u>	<u>Location</u>	<u>Name(s)</u>	<u>School</u>
55 Meter Dash	6.58	2008	SWC	Thaddeus Bennett	Notre Dame
300 Meter Dash	34.89	2015	State Open	Simeon Okoro	Weston
400 Meter Dash	49.64	2015	Yale Invite	Simeon Okoro	Weston
500 Meter Dash	1:06.27	2000	State Open	Andy Craycraft	Weston
600 Meter Run	1:22.16	2000	New England	Erik Benson	Pomperaug
800 Meter Run	1:57.44	2000	NSIC	Erik Benson	Pomperaug
1000 Meter Run	2:31.53	2017	New England	Stephen Tyler	Weston
1500 Meter Run	4:03.38	2013	New Balance Games	Jake Feinstein	Newtown
1600 Meter Run	4:17.17	2010	State Open	Steve Piscatelli	Weston
Mile	4:16.44	2002	NSIC	Joe Mohn	Immaculate
3000 Meter Run	8:44.06	2013	Yale Invite	Jake Feinstein	Newtown
3200 Meter Run	9:10.75	2010	State Open	John Raneri	New Fairfield
2 Mile	9:11.84	2010	NSIC	John Raneri	New Fairfield
5000 Meter Run	14:52.97	2010	NSIC	John Raneri	New Fairfield
55 M Hurdles	7.56	2003	State Open	Vladimir Foster	Bunnell
4 x 200 M Relay	1:28.98	2015	NBIN	Micah Zirn, Ian Stuebe, Chris Petty, Simeon Okoro	Weston
4 x 400 M Relay	3:23.80	2015	New England	Micah Zirn, Chris Petty, Patrick Baber, Simeon Okoro	Weston
4 x 800 M Relay	8:04.48	2010	Yale Invite	Ryan Gilmore, Steve Vento, James Bloom, Steven Piscatelli	Weston
4 x Mile Relay	18:06.3	2010	NBIN	Ryan Gilmore, Steve Vento, James Bloom, Steven Piscatelli	Weston
Sprint Medley Relay	3:31.05	2015	NSIC	Micah Zirn, Ian Stuebe, Simeon Okoro, Cole Clark	Weston
Distance Medley 1200-400-800-1600	10:29.86	2006	Yale Invite	Ryan Lane, Matt Mello, Adam Tobin, John Loeser	Weston
Shot Put	59'6"	2011	State Open	John Wlasuk	Newtown
Long Jump	22'00"	2007	SWC	John Chernesky	Masuk
High Jump	6'8"	2003	State Open	Vladimir Foster	Bunnell
Pole Vault	15'6"	2012	SWC (FLAC)	Tim Murphy	New Fairfield