



ALL TIME PERFORMANCE LIST

Hand Timed

Minimum Standard	
4x100m	44.00

4x100 (School Record 42.35 - Anthony Doung, Richmond Kwaateng, Nick Czelewicz, Andrews Bonsu)

4x100m			
	Names	Date/Meet	Time
1	Anthony Doung, Richmond Kwaateng, Nick Czelewicz, Andrews Bonsu	6/2/2018 MIAA State Meet	42.35
2	Anthony Doung, Richmond Kwaateng, Nick Czelewicz, Andrews Bonsu	4/24/2018 Dual v. Andover	42.44
3	Anthony Doung, Richmond Kwaateng, Nick Czelewicz, Andrews Bonsu	6/9/2018 NE Championship	42.47
4	Anthony Doung, Richmond Kwaateng, Nick Czelewicz, Andrews Bonsu	5/28/2018 MIAA DI East	42.63
5	Franco Recto, Richmond Kwaateng, Darin Div, Andrews Bonsu	4/28/2019 MSTCA Relays	42.72
6	Franco Recto, Richmond Kwaateng, Darin Div, Andrews Bonsu	4/10/2019 Dual v. Cenral	42.74
7	Anthony Gentles, Felix Mensah, Ambruce Carter, Matt Mitchell	6/13/2009 NE Championship	42.79
8	Anthony Doung, Richmond Kwaateng, Nick Czelewicz, Andrews Bonsu	5/20/2018 MVC Championship	42.87
9	Anthony Doung, Richmond Kwaateng, Nick Czelewicz, Andrews Bonsu	5/2/2018 Dual v. Methuen	42.94
10	Franco Recto, Richmond Kwaateng, Darin Div, Andrews Bonsu	4/3/2019 Dual v. Haverhill	43.04
11	Pat Martin, Mike Haakenstad, Darren Wilson, Claudious Zorokong	6/5/2004 MIAA State Meet	43.10
12	Anthony Doung, Richmond Kwaateng, Nick Czelewicz, Andrews Bonsu	4/28/2018 MSTCA Relays	43.12
13	Mike Haakenstad, Jeff Meehan, Claudious Zorokong, Jeff Ross	6/1/2002 MIAA State Meet	43.13
14	Sam Mutiso, Andrews Bonsu, Darin Div, Franco Recto	5/25/2019 MIAA DI East	43.14
15	Sam Mutiso, Andrews Bonsu, Darin Div, Franco Recto	6/1/2019 MIAA State Meet	43.16
16	Sam Mutiso, Andrews Bonsu, Darin Div, Franco Recto	5/18/2019 MVC Championship	43.23
17	Anthony Doung, Richmond Kwaateng, Curtis Gentles, Malik Diaz	5/27/2017 MIAA DI East	43.42
18	Anthony Gentles, Felix Mensah, Ambruce Carter, Matt Mitchell	6/6/2009 MIAA State Meet	43.42
19	Mike Haakenstad, Jeff Meehan, Claudious Zorokong, Jeff Ross	6/8/2002 NE Championship	43.44
20	Sam Mutiso, Andrews Bonsu, Darin Div, Franco Recto	4/24/2019 Dual v. N. Andover	43.53
21	Ryan Fitzgerald, Ramsford Kanneh, Colin Hoey, Nicolau Coury	5/18/2013 MVC Championship	43.55
22	Anthony Gentles, Felix Mensah, Ambruce Carter, Matt Mitchell	5/30/2009 MIAA DI East	43.58
23	Pat Martin, Mike Haakenstad, Darren Wilson, Claudious Zorokong	6/12/2004 NE Championship	43.68
24	Ryan Fitzgerald, Ramsford Kanneh, Colin Hoey, Nicolau Coury	4/28/2013 MSTCA Relays	43.80

25	Anthony Gentles, Felix Mensah, Ambruce Carter, Matt Mitchell	5/13/2009 Dual v. Haverhill	43.84
26	Anthony Doung, Richmond Kwaateng, Curtis Gentles, Malik Diaz	5/20/2017 MVC Championship	43.85
27	Pat Martin, Mike Haakenstad, Andrew Siafa, Darren Wilson	5/15/2004 MSTCA Relays	43.90
28	Anthony Doung, Richmond Kwaateng, Curtis Gentles, Malik Diaz	6/3/2017 MIAA State Meet	43.90
29	Sam Mutiso, Andrews Bonsu, Darin Div, Franco Recto	6/8/2019 NE Championship	43.93
30	Anthony Consolo, Ramsford Kanneh, Colin Hoey, Nicolau Coury	5/1/2013 Dual @ Central	43.94
31	Anthony Gentles, Felix Mensah, Melvin Mah, Matt Mitchell	5/9/2009 Hartford Invitational	43.96
32	Anthony Doung, Richmond Kwaateng, Curtis Gentles, Andrews Bonsu	4/14/18 Mini Meet @ Cawley	44.04
33		5/10/2003 MSTCA Coaches	44.08
34	Anthony Gentles, Felix Mensah, Melvin Mah, Matt Mitchell	5/30/2008 MIAA DI East	44.11
35	Anthony Doung, Eddie Alcantara, Richmond Kwaateng Malik Diaz	4/15/2017 Mini Meet	44.14
36	Bailey Couture, Bob Panagiotopoulos, Anthony Doung, Malik Diaz	5/21/2016 MVC Championship	44.19
37	Greg Koulaheras, Jeff Crowley, Pat Farmer, Corey Glass	6/4/1994 MIAA State Meet	44.22
38	Bailey Couture, Bob Panagiotopoulos, Anthony Doung, Malik Diaz	4/27/2016 Dual v. Andover	44.24
39	Pat Martin, Mike Haakenstad, Bernard Makumbi, Darren Wilson	5/29/2004 MIAA DI East	44.26
40	Claudious Zorokong, Darren Wilson, Larry Wilson, Mike Haakenstad	5/17/2003 MSTCA Relays	44.34
41	Ngaiiva Mason, Alex Kasirye, Corey Brown, Colin Hoey	5/2/2012 Dual @ Central	44.34
42		5/25/2002 MIAA DI East	44.36
43	Mike Haakenstad, Jeff Meehan, Claudious Zorokong, Jeff Ross	5/11/2001 MSTCA Coaches	44.37
44		5/11/2002 MSTCA Coaches	44.37
45	Ryan Fitzgerald, Ramsford Kanneh, Colin Hoey, Nicolau Coury	4/3/2013 Dual v. Haverhill	44.44
46	Ngaiiva Mason, Ryan Fitzgerald, Alex Kasirye, Corey Brown	5/9/2012 Dual @ Chelmsford	44.44
47		5/31/ MIAA DI East	44.45
48	Cecil Spencer, Corey Brown, Ngaiiva Mason, Nyakeh Koroma	5/28/2011 MIAA DI East	44.49
49	Pat Martin, Darren Wilson, Larry Wilson, Mike Haakenstad	5/14/2003 Dual v. Central	44.54
50	Ajay Proeung, Bob Panagiotopoulos, Anthony Doung, Malik Diaz	5/29/2016 MIAA DI East	44.54
51	Bob Panagiotopoulos, Nicolau Coury, Mike Akon, Shyheim Cullen	5/30/2015 MIAA DI East	44.58
52	Anthony Gentles, Felix Mensah, Melvin Mah, Matt Mitchell	6/14/2008 NE Championship	44.62
53	Bob Panagiotopoulos, Mike Akon, Anthony Doung, Malik Diaz	5/14/2016 MSTCA Coaches	44.63
54	Ajay Proeung, Ethan Imasogie, Curtis Gentles, Malik Diaz	4/27/2017 Dual @ Andover	44.64
55		5/18/2002 MVC Championship	44.64
56	Ajay Proeung, Richmond Kwaateng, Curtis Gentles, Malik Diaz	4/30/17 MSTCA Relays	44.66
57	Anthony Gentles, Felix Mensah, Melvin Mah, Matt Mitchell	6/7/2008 MIAA State Meet	44.68
58	Anthony Gentles, Felix Mensah, Ambruce Carter, Matt Mitchell	5/24/2008 MVC Championship	44.69

59	Shyheim Cullen, Nicolau Coury, Colin Hoey, Anthony Consolo	4/10/2013 Dual @ Andover	44.74
60	Anthony Doung, Ajay Proeung, Richmond Kwaateng, Malik Diaz	4/12/2017 Dual v. Central	44.74
61	Ngaiiva Mason, Alex Kasirye, Anthony Consolo, Ramsford Kanneh	5/17/2012 MVC Championship	44.74
62		5/22/2004 MVC Championship	44.76
63	Moses Okonoboh, Joe Harris, Ryan Brousseau, Felix Mensah	4/28/2007 MSTCA Relays	44.79
64	Nyakeh Koroma, Alex Kasirye, Anthony Consolo, Corey Brown	5/5/2012 Weston Twilight	44.83
65	Rory Peters, Mike Haakenstad, Claudious Zorokong, Jeff Ross	2/27/2002 MSTCA Relays	44.84
66	Bob Panagiotopoulos, Mike Akon, Anthony Doung, Malik Diaz	4/13/2016 Dual v. Central	44.84
67	Pat Martin, Bernard Makumbi, Andrew Sifa, Darren Wilson	5/8/2004 MSTCA Coaches	44.91
68	Moses Okonoboh, Joe Harris, Ryan Brousseau, Felix Mensah	5/12/2007 MSTCA Invitational	44.92
69	Ngaiiva Mason, Alex Kasirye, Anthony Consolo, Colin Hoey	4/28/2012 MSTCA Relays	44.97
70	Moses Okonoboh, Joe Harris, Ryan Brousseau, Felix Mensah	5/19/2007 MVC Championship	44.98
71	Cecil Spencer, Ryan Fitzgerald, Ngaiiva Mason, Alex Kasirye	5/14/2011 MSTCA Coaches	44.99
72	Abdul Sesay, Nicolau Coury, Bobby Panagiotopoulos, Egan Ojunga	5/18/2014 MSTCA Relays	45.00
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