

Minimum Standard	
Freshmen	12.9
Sophomores	12.2
Juniors	11.9
Seniors	11.7



All Time Grade Performance List

*CONVERTED 100 Yards
Hand Timed*

4 YEAR TEAM MEMBER

100 Meters (School Record Andrews Bonus 10.69)

	FRESHMAN			SOPHOMORES			JUNIORS			SENIORS		
	Name	Year	Best	Name	Year	Best	Name	Year	Best	Name	Year	Best
1	Richmond Kwaate	2017	11.14	Richmond Kwaate	2018	10.70	Richmond Kwaate	2019	10.77	Andrews Bonus	2019	10.69
2	Ngaiiva Mason	2011	11.54	Nicolau Cury	2013	11.32	Andrews Bonus	2018	11.19	Corey Glass	1994	10.89
3	Alex Kasirye	2010	11.64	Raunny Rosario	1998	11.34	Mike Haakenstad	2003	11.24	Claudious Zorokon	2004	10.94
4	Mike Akon	2015	11.64	Ramsford Kanneh	2013	11.35	Ryan Fitzgerald	2012	11.34	Jeff Ross	2002	11.11
5	Felix Mensah	2006	11.74	Malik Diaz	2016	11.38	Felix Mensah	2008	11.44	Felix Mensah	2009	11.14
6	Mike Haakenstad	2001	11.74	Felix Mensah	2007	11.44	Raunny Rosario	1999	11.44	Ryan Fitzgerald	2013	11.14
7	Ramsford Kanneh	2012	11.84	Bobby Panagiotopol	2014	11.45	Claudious Zorokon	2003	11.44	Mike Haakenstad	2004	11.14
8	Ngaiiva Mason	2010	11.94	Ngaiiva Mason	2012	11.54	Nicolau Cury	2014	11.46	Anthony Doung	2018	11.34
9	Nicolau Cury	2012	11.94	Ryan Fitzgerald	2011	11.54	Melvin Mah	2008	11.54	Joe Harris	2007	11.44
10	Jeff Meehan	1999	11.94	Mike Akon	2016	11.64	Alex Kasirye	2012	11.56	Nicolau Cury	2015	11.44
11	Joe Harris	2004	11.94	Alex Kasirye	2011	11.64	Franco Recto	2019	11.62	Darren Wilson	2003	11.44
12	Nyakeh Koroma	2009	12.04	Anthony Doung	2016	11.66	Mike Akon	2017	11.64	Malik Diaz	2018	11.44
13	Aaron Morris	2019	12.04	Joe Harris	2005	11.74	Jeff Ross	2001	11.64	Bob Panagiotopoulo	2016	11.51
14	Anthony Consolo	2010	12.16	Diontai Almonte	2018	11.79	Bernard Makumbi	2005	11.73	Nyakeh Koroma	2012	11.54
15	Evans Oduro	2016	12.24	Andrews Bonus	2017	11.84	Moses Okonoboh	2008	11.74	Colin Hoey	2013	11.54
16	Alex Quintero	2011	12.34	Jack Galvin	2012	11.84	Corey Brown	2011	11.74	Raunny Rosario	2000	11.54
17	Ethan Imasogie	2015	12.34	Kiki Louis	2008	11.84	Sean Keene	2015	11.74	Nick Czelewicz	2018	11.54
18	Thiago Silva	2007	12.34	Melvin Mah	2007	11.90	Bobby Panagiotopol	2015	11.74	Pat Martin	2005	11.55
19	Kiki Louis	2007	12.44	Anthony Consolo	2011	11.94	Cecil Spencer	2010	11.76	Darin Div	2019	11.59
20	Ndeiiva Mason	2011	12.44	Franco Recto	2018	11.94	Anthony Courtios	2010	11.82	Curtis Gentles	2018	11.63
21	Shan Ramos	2010	12.44	Curtis Gentles	2016	12.04	Joe Harris	2006	11.84	Kiki Louis	2010	11.64
22	Andrew Siafa	2002	12.44	Joe Yeboah	2016	12.04	Colin Hoey	2012	11.84	Sem Sok	1998	11.64
23	Darin Div	2016	12.54	Ricky Underwood	2003	12.04	Musa Mansaray	2013	11.84	Andrew Siafa	2005	11.64
24	Peter Tran	2015	12.54	Darren Wilson	2002	12.04	Anthony Doung	2017	11.84	Bailey Couture	2016	11.68
25	Samuel Mutiso	2017	12.54	Thiago Silva	2008	12.10	Curtis Gentles	2017	11.84	Melvin Mah	2009	11.74
26	Shyheim Cullen	2012	12.54	Egan Ojunga	2013	12.14	Tim McCall	2003	11.84	Cecil Spencer	2011	11.74
27	Armando Rodriguez	2015	12.64	Pat Martin	2003	12.14	Perry Mbonny	2018	11.84	Corey Brown	2012	11.74
28	Egan Ojunga	2012	12.64	Bernard Makumbi	2004	12.14	Anthony Consolo	2012	11.86	Anthony Consolo	2013	11.74
29	Ryan Brousseau	2004	12.64	Marquis Crockett	2009	12.14	Jake Houston	2012	11.88	Craig Lamy	2000	11.74
30	Franco Recto	2017	12.74	Tuan To	2009	12.14	Nyakeh Koroma	2011	11.94	Charlie Dailey	1977	11.74

Minimum Standard	
Freshmen	26.0
Sophomores	25.5
Juniors	24.6
Seniors	24.2



All Time Grade Performance List

**CONVERTED 220 Yards
Hand Timed**
4 YEAR TEAM MEMBER

200 Meters (School Record Andrews Bonus 21.58)

	FRESHMAN			SOPHOMORES			JUNIORS			SENIORS		
	Name	Year	Best	Name	Year	Best	Name	Year	Best	Name	Year	Best
1	Richmond Kwaate	2017	22.54	Richmond Kwaate	2018	22.45	Richmond Kwaate	2019	21.89	Andrews Bonus	2019	21.58
2	Mike Akon	2015	23.74	Mike Akon	2016	22.85	Ryan Fitzgerald	2012	22.54	Ryan Fitzgerald	2013	21.80
3	Ngaiiva Mason	2011	23.94	Raunny Rosario	1998	22.94	Felix Mensah	2008	22.67	Corey Glass	1994	21.99
4	Felix Mensah	2006	24.00	Ryan Fitzgerald	2011	23.12	Raunny Rosario	1999	22.74	Nick Czelewicz	2018	22.58
5	Melvin Mah	2006	24.14	Felix Mensah	2007	23.14	Andrews Bonus	2018	22.74	Jeff Ross	2002	22.64
6	Nyakeh Koroma	2009	24.14	Ramsford Kanneh	2013	23.34	Melvin Mah	2008	22.84	Felix Mensah	2009	22.84
7	Alex Kasirye	2010	24.43	Claudious Zorokon	2002	23.44	A.J. Byard	2017	22.84	Thomas Cannon	2018	22.94
8	Aaron Morris	2019	24.44	Malik Diaz	2016	23.64	Sean Keene	2015	23.24	Curtis Gentles	2018	22.94
9	Jethro Kollie	2006	24.46	Anthony Doung	2016	23.74	Mike Haakenstad	2003	23.24	Anthony Doung	2018	23.04
10	Egan Ojunga	2012	24.64	Kiki Louis	2008	23.84	Malik Diaz	2017	23.25	Mike Jankowski	1979	23.10
11	Ndeiiwa Mason	2011	24.74	Melvin Mah	2007	23.94	Claudious Zorokon	2003	23.34	Cecil Spencer	2011	23.26
12	Ramsford Kanneh	2012	24.84	Bernard Makumbi	2004	23.94	Andrew Sifa	2004	23.34	Malik Diaz	2018	23.28
13	Ethan Imasogie	2015	24.84	Ngaiiva Mason	2012	24.04	Bernard Makumbi	2005	23.34	Anthony Consolo	2013	23.42
14	Emmanuel Wahpo	2018	24.84	Nicolau Coury	2013	24.04	Lucky Sesay	2014	23.39	Melvin Mah	2009	23.43
15	Pat Martin	2002	25.34	Curtis Gentles	2016	24.04	Mike Akon	2017	23.41	Raunny Rosario	2000	23.44
16	Seikha Kim	2010	25.34	Nyakeh Koroma	2010	24.14	Nyakeh Koroma	2011	23.44	Jonathan Bahou	2011	23.54
17	Musa Mansaray	2011	25.34	Diontai Almonte	2018	24.14	Anthony Doung	2017	23.54	Sean Keene	2016	23.54
18	Anthony Consolo	2010	25.40	Alex Kasirye	2011	24.34	Anthony Consolo	2012	23.74	Bernard Makumbi	2006	23.74
19	Nicolau Coury	2012	25.44	Jake Houston	2011	24.44	Franco Recto	2019	23.77	Gayetay Thomas	2007	23.74
20	Thiago Silva	2007	25.47	Musa Mansaray	2012	24.44	Curtis Gentles	2017	23.80	Bailey Couture	2016	23.74
21	Shyheim Cullen	2012	25.54	Bobby Panagiotop	2014	24.44	Anthony Courtios	2010	23.87	Joe Zorokong	2007	23.84
22	Kiki Louis	2007	25.55	Ethan Imasogie	2016	24.44	Anthony Gentles	2008	23.94	Justin Plante	2006	23.88
23	Joe Harris	2004	25.64	Dave Silva	1999	24.44	Ethan Imasogie	2017	23.94	Corey Brown	2012	23.88
24	Darin Div	2016	25.64	Anthony Gentles	2007	24.54	Darren Wilson	2003	23.94	Nyakeh Koroma	2012	23.89
25	Evans Oduro	2016	25.64	Egan Ojunga	2013	24.64	Gil Chantre	2013	24.01	Kiki Louis	2010	23.94
26	Armando Rodrigue	2015	25.84	Darren Wilson	2002	24.84	Alex Kasirye	2012	24.04	Darren Wilson	2004	23.94
27	Franco Recto	2017	26.14	Franco Recto	2018	24.84	Nick Stanalonis	2002	24.04	Joe Harris	2006	24.04
28	Peter Tran	2015	26.14	Ajay Proeung	2015	24.94	Jacob Houston	2012	24.14	Mike Haakenstad	2004	24.04
29	Joee Mom	2016	26.14	Vijet Ros	2015	24.94	Bailey Couture	2015	24.14	Stanley Waithima	2009	24.14
30				Joe Yeboah	2016	25.04	Ajay Proeung	2016	24.14	Bob Panagiotopoulo	2016	24.14

Minimum Standard	
Freshmen	20.0
Sophomores	19.0
Juniors	18.0
Seniors	17.5



All Time Grade Performance List

*CONVERTED 120 Yards
Hand Timed*

4 YEAR TEAM MEMBER

110 Meter High Hurdles (School Record Sam Mutiso 14.42)

	FRESHMAN			SOPHOMORES			JUNIORS			SENIORS		
	Name	Year	Best	Name	Year	Best	Name	Year	Best	Name	Year	Best
1	Jeff Meehan	1999	16.54	Samuel Mutiso	2018	14.64	Sam Mutiso	2019	14.42	Dan Wood	1965	14.67
2	Chigozie Adigwe	2018	16.54	Chigga Adigwe	2019	15.20	Matt Mitchell	2009	14.44	Sem Sok	1999	14.84
3	Matt Griffith	2019	17.34	Matt Mitchell	2008	15.21	Jeff Meehan	2001	14.84	Eddie Alcantara	2017	14.98
4	Matt Mitchell	2007	17.56	Jack Galvin	2012	15.34	Josh McGlaufflin	2010	15.24	Ned Flood	1973	15.17
5	Musa Mansaray	2011	18.54	Jeff Meehan	2000	15.44	Evans Oduro	2018	15.27	Thomas Cannon	2018	15.18
6	Brian O'Connor	2006	18.64	Musa Mansaray	2012	15.79	Eddie Alcantara	2016	15.32	Darin Div	2019	15.25
7	Darin Div	2016	18.64	Dave Stecchi	1952	15.87	Sem Sok	1998	15.44	Josh McGlaufflin	2011	15.27
8	Sebastian Monsalvo	2002	18.64	Evans Oduro	2017	16.05	Dan Wood	1964	15.57	Dave Stecchi	1954	15.27
9	Eustace Conjoh	2002	18.74	Eddie Alcantara	2015	16.11	Musa Mansaray	2013	15.64	Matt Blazon	2006	15.34
10	Josh McGlaufflin	2008	18.84	Darin Div	2017	16.11	Darin Div	2018	15.64	Jeff Meehan	2002	15.34
11	Evans Oduro	2016	18.94	Gilberto Brown	2010	16.14	Gilberto Brown	2011	15.70	Marcos Candido	2018	15.41
12	Mike Holder	2011	19.34	Ambruce Carter	2007	16.14	Henry Kowalewski	1941	15.78	Jose Guzman	2018	15.44
13	Josh Ouellette	2008	19.59	Mike Holder	2012	16.34	Mike Holder	2013	15.82	James Johnson	2001	15.44
14	Mohamed Jones	2011	20.24	Ned Flood	1971	16.38	Mike Owusu	2019	15.91	Mike Holder	2014	15.64
15	Jefferson Phan	2017	20.84	Sebastian Monsalvo	2003	16.74	Jose Guzman	2017	15.94	Joe Suslovich	1978	15.68
16	Melvin Orn	2017	21.44	Ryan Brousseau	2005	16.74	Ryan Brousseau	2006	16.14	Ryan Brousseau	2007	15.71
17	Samuel Mutiso	2017	21.74	Jose Guzman	2016	16.85	Tex Ryan	1968	16.18	Josh Gettings	2016	15.74
18				Josh McGlaufflin	2009	17.04	Matt Blazon	2005	16.24	Julio Faria	2004	15.82
19				Melvin Orn	2018	17.24	Ambruce Carter	2008	16.26	Ikenna Adigwe	2013	15.94
20				Ikenna Adigwe	2011	17.54	Thomas Cannon	2017	16.34	Ambruce Carter	2009	16.02
21				Joe Yeboah	2016	17.64	James Johnson	2000	16.44	Henry Kowalewski	1942	16.48
22				Matt Blazon	2004	17.64	Julio Faria	2003	16.44	Jose Yeboah	2018	16.54
23				Timmy Thok	2004	17.64	Tim McCall	2003	16.54	Alex Osei-Agyema	2016	16.56
24				Josh Ouellette	2009	17.94	Marcos Candido	2017	16.58	Timmy Thok	2006	16.64
25				Matt Krug	2011	18.44	Mike Runion	2004	16.74	Jason Houston	1999	16.94
26				Dave Silva	1999	18.44	Joe Yeboah	2017	16.75	Josh Ouellette	2011	17.64
27				Mohamed Jones	2012	18.74	Ikenna Adigwe	2012	16.92	Jawahn Santiago	2017	17.95
28				Craig Lamy	1998	19.14	Dan Felde	2002	17.14			
29							Sebastian Monsalvo	2004	17.24			
30							Timmy Thok	2005	17.52			

Minimum Standard	
Freshmen	2:20.0
Sophomores	2:18.0
Juniors	2:08.0
Seniors	2:06.0



All Time Grade Performance List

CONVERTED 880 Yards

4 YEAR TEAM MEMBER

800 Meter Run (School Record Brian Gagnon 1:53.81)

	FRESHMAN			SOPHOMORES			JUNIORS			SENIORS		
	Name	Year	Best	Name	Year	Best	Name	Year	Best	Name	Year	Best
1	David Vandt	2019	2:00.92	Brian Gagnon	2003	1:57.7	Brian Gagnon	2004	1:53.81	Brian Gagnon	2005	1:54.04
2	David Lamarre	1986	2:04.5	Pat Coppinger	2011	1:57.83	Mike Giardina	2010	1:55.44	Al Mangan	1967	1:55.84
3	Pat Coppinger	2010	2:06.0	Tyler Richards	2012	1:59.6	Pat Coppinger	2012	1:58.26	Paul McCarthy	1983	1:56.2
4	John Abraham	2011	2:07.4	Anthony Rodrigue	2015	2:00.26	Al Mangan	1966	1:58.8	Mike Kalenoski	2013	1:56.96
5	Tyler Richards	2011	2:07.4	Chris Galarza	2016	2:01.62	Mike Kalenoski	2012	2:00.2	Nathan McCarthy	2012	1:57.56
6	Randy Nong	2011	2:07.5	Andrew Whitney	2012	2:03.4	Chris Galarza	2017	2:00.8	Mike Giardina	2011	1:57.80
7	Jadiel Pinales	2016	2:07.6	Chris Polanco	2015	2:03.4	Tyler Richards	2013	2:01.03	Anthony Rodrigue	2017	1:57.92
8	Joeben Jacobs	2018	2:08.4	Randy Nong	2012	2:03.9	Nathan McCarthy	2011	2:01.42	Nasir Gibson	2018	1:58.03
9	Dan McDermott	2012	2:08.5	Mike Kalenoski	2011	2:04.1	Jadiel Pinales	2018	2:01.91	Chris Polanco	2017	1:58.45
10	Andrew Whitney	2011	2:08.6	Joeben Jacobs	2019	2:05.3	Nasir Gibson	2017	2:02.1	Tyler Richards	2014	1:58.89
11	Brian Gagnon	2002	2:10.74	Dan McDermott	2013	2:05.5	Walter Cabreja	2008	2:02.6	Walter Cabreja	2009	1:59.77
12	Martin Mungai	2015	2:11.5	Thomas Vandy	2007	2:05.9	Juan Giron	2019	2:02.92	Jadiel Pinales	2019	2:00.2
13	Chris Polanco	2014	2:13.5	Matt Theodoros	1998	2:06.2	Pat Morasse	2001	2:03.0	Stephen Wahome	2009	2:00.4
14	Jon Valenzuela	2013	2:13.8	Nasir Gibson	2016	2:07.13	Dan McDermott	2014	2:03.85	Chris Estrella	2009	2:01.08
15	Nathan Petterson	2019	2:15.0	Jadiel Pinales	2017	2:07.3	Anthony Rodrigue	2016	2:03.9	Pat Coppinger	2013	2:01.1
16	Juan Carlos Gonza	2015	2:15.5	Devan Rosa	2016	2:07.5	Tom Abraham	2015	2:04.10	Dan McDermott	2015	2:01.15
17	Ian Kiuna	2016	2:16.1	Pat Garrigan	2009	2:08.0	Kelvin Santana	2019	2:04.24	Chris Galarza	2018	2:01.23
18	Tyrese Ferreras	2016	2:16.8	Luis Gonzalez	2013	2:08.19	Jon Valenzuela	2015	2:04.60	Pat Morasse	2002	2:01.6
19	Casey Sheehy	2014	2:16.9	Juan Giron	2018	2:08.29	Bob Hodge	1972	2:05.0	Alex Andujar	2012	2:01.8
20	Isaiah Molina	2016	2:16.9	Jon Valenzuela	2014	2:08.71	Logan Nadeau	2014	2:05.6	Jon Valenzuela	2016	2:01.96
21				Larry Carney	2013	2:09.4	Carlos Rivera	2017	2:05.9	Randy Nong	2014	2:02.4
22				Pat Morrassse	2000	2:09.9	Jeff Silveria	1998	2:06.0	John Abraham	2014	2:02.7
23				Martin Mungai	2016	2:10.8	Andrew Whitney	2014	2:06.8	Anthony Gentles	2009	2:02.9
24				Paul Gendron	2004	2:10.8	Ian Kiuna	2018	2:07.36	Nick Mullen	2010	2:03.2
25				Ricky Thyne	2018	2:11.9	Sam Grimes	2018	2:08.46	Andrew Whitney	2014	2:03.55
26				Juan Carlos Gonza	2016	2:12.3				Larry Carney	2015	2:03.9
27				Ian Kiuna	2017	2:12.5				Ian Harvey	2012	2:04.0
28				Marcos Candido	2016	2:12.82				Dominic Gonzalez	2010	2:04.11
29				Tyrese Ferreras	2017	2:13.6				Jeff Cimon	1998	2:05.0
30				Carlos Rivera	2016	2:16.6				Matt Theodoros	2000	2:05.0

Minimum Standard	
Freshmen	5:20.0
Sophomores	5:00.0
Juniors	4:55.0
Seniors	4:50.0



All Time Grade Performance List

4 YEAR TEAM MEMBER

Mile Run (School Record Brian Gagnon 4:17.08)

	FRESHMAN			SOPHOMORES			JUNIORS			SENIORS		
	Name	Year	Best	Name	Year	Best	Name	Year	Best	Name	Year	Best
1	Anthony Rodrigue	2014	4:33.61	Anthony Rodrigue	2015	4:24.95	Chris Polanco	2016	4:19.39	Brian Gagnon	2005	4:17.08
2	John Abraham	2011	4:35.86	Pat Coppinger	2011	4:26.08	Pat Coppinger	2012	4:19.86	Chris Polanco	2017	4:17.30
3	Andrew Whitney	2011	4:36.66	Mike Giardina	2009	4:27.21	Anthony Rodrigue	2016	4:24.94	Mike Kalenoski	2013	4:18.34
4	Chris Polanco	2014	4:37.5	Chris Polanco	2015	4:30.04	Mike Giardina	2010	4:25.5	Nasir Gibson	2018	4:18.35
5	David Lamarre	1986	4:38.0	Joeben Jacobs	2019	4:37.18	John Abraham	2013	4:25.86	Randy Nong	2014	4:19.22
6	Nathan McCarthy	2009	4:40.64	Chris Galarza	2016	4:38.11	Mike Kalenoski	2012	4:27.80	Mike Giardina	2011	4:19.43
7	Pat Coppinger	2010	4:40.90	Mike Kalenoski	2011	4:38.8	Nathan McCarthy	2011	4:28.03	Anthony Rodrigue	2017	4:19.53
8	Randy Nong	2011	4:41.5	Andrew Whitney	2012	4:39.3	Pat Morasse	2001	4:28.4	Pat Coppinger	2013	4:20.76
9	Joeben Jacobs	2018	4:42.16	Randy Nong	2012	4:39.9	Nasir Gibson	2017	4:29.89	Carlos Rivera	2018	4:22.37
10	Alex Andujar	2009	4:42.17	Martin Mungai	2016	4:40.24	Bob Wilson	1965	4:30.3	Bob Hodge	1973	4:22.4
11	Martin Mungai	2015	4:42.67	Nasir Gibson	2016	4:40.35	Randy Nong	2013	4:31.09	John Abraham	2014	4:23.99
12	Jadiel Pinales	2016	4:44.8	Nathan McCarthy	2010	4:40.57	Alex Andujar	2011	4:32.0	Jadiel Pinales	2019	4:25.60
13	Chris Galarza	2015	4:48.17	Colin Fitzpatrick	2016	4:41.00	Jadiel Pinales	2018	4:35.64	Alex Andujar	2012	4:27.56
14	Dan McDermott	2012	4:51.8	Jadiel Pinales	2017	4:41.42	Bob Hodge	1972	4:36.0	Nathan McCarthy	2012	4:27.97
15	David Vandí	2019	4:51.8	Larry Carney	2013	4:43.1	Kelvin Santana	2019	4:36.1	Pat Morasse	2002	4:31.02
16	Nathan Petterson	2019	4:52.07	John Abraham	2012	4:43.38	Tom Abraham	2015	4:36.3	Colin Fitzpatrick	2018	4:31.70
17	Larry Carney	2012	4:53.32	Brian Gagnon	2003	4:43.7	Brian Gagnon	2004	4:36.9	Bob Powers	1983	4:32.0
18	Phillippe Candido	2004	4:54.1	Alex Andujar	2010	4:43.98	Nick McArdle	2012	4:37.8	Chris Estrella	2009	4:32.7
19	Paul Gendron	2003	4:54.5	Paul Gendron	2004	4:46.0	Paul Gendron	2005	4:38.05	Matt Theodoros	2000	4:34.1
20	Ricky Thyne	2017	4:54.54	Juan Giron	2018	4:46.70	Colin Fitzpatrick	2017	4:39.12	Jeff Veiga	2008	4:34.2
21	Mike Gendron	2008	4:54.6	Chris Gendron	2014	4:47.48	Ricky Thyne	2019	4:39.2	Larry Carney	2015	4:34.33
22	Stephen Gendron	1977	4:55.0	Sean Bryan	2014	4:47.85	Jose Negron	2009	4:39.36	Bob Wilson	1966	4:34.5
23	Tom Abraham	2013	4:55.1	Logan Nadeau	2012	4:47.9	Carlos Rivera	2017	4:39.69	Andrew Whitney	2014	4:34.7
24	Brandan Gilman	2012	4:55.59	Matt Theodoros	1998	4:48.2	Mike Genron	2010	4:39.7	Randy Brodeur	2000	4:34.8
25	Mike Giardina	2008	4:56.1	Ricky Thyne	2018	4:48.26	Larry Carney	2014	4:39.92	Chris Galarza	2018	4:35.29
26	Tyler Richards	2011	4:57.7	Dan McDermott	2013	4:49.2	Dave D'Urbano	2004	4:42.92	Ricardo Torres	2012	4:36.18
27	Dave D'Urbano	2002	4:57.7	Brandon Gilman	2013	4:50.0	Matt Theodoros	1999	4:43.0	Tommy Carroll	1967	4:36.6
28	Dave D'Urbano	2002	4:57.7	Julio Otero	1998	4:50.0	David Cruger-Cain	2015	4:43.64	Jay Beausoleil	2003	4:36.9
29	Isaiah Molina	2016	4:57.94	Juan Carlos Gozale	2016	4:50.50	Tommy Carroll	1966	4:44.0	Ethan Brown	2003	4:37.6
30	Abdul Traore	2014	4:58.6	Pat Garrigan	2009	4:51.36	Nick Mullen	2009	4:45.0	Paul Gendron	2006	4:37.62

Minimum Standard	
Freshmen	11:00.0
Sophomores	10:55.0
Juniors	10:40.0
Seniors	10:30.0



All Time Grade Performance List

4 YEAR TEAM MEMBER

2 Mile Run (School Record Bob Hodge 9:17.5)

	FRESHMAN			SOPHOMORES			JUNIORS			SENIORS		
	Name	Year	Best	Name	Year	Best	Name	Year	Best	Name	Year	Best
1	David Lamarre	1986	9:41.0	Pat Coppinger	2011	9:40.84	Bob Hodge	1972	9:30.0	Bob Hodge	1973	9:17.5
2	Chris Polanco	2014	9:53.92	Chris Polanco	2015	9:45.32	John Abraham	2013	9:32.69	Lou Silva	1965	9:21.1
3	John Abraham	2011	9:57.17	Martin Mungai	2016	9:51.22	Nasir Gibson	2017	9:36.17	John Abraham	2014	9:23.57
4	Joeben Jacobs	2018	10:01.94	Joeben Jacobs	2019	9:51.97	Alex Andujar	2011	9:36.71	Dave Lamarre	1988	9:26.9
5	Jadiel Pinales	2016	10:18.34	John Abraham	2012	9:53.06	Mike Kalenoski	2012	9:39.04	Colin Fitzpatrick	2018	9:30.05
6	Pat Morasse	1999	10:18.8	Chris Gendron	2014	9:53.56	Brian Gagnon	2004	9:41.0	Carlos Rivera	2018	9:31.38
7	Randy Nong	2011	10:19.22	Colin Fitzpatrick	2016	9:54.70	Carlos Rivera	2017	9:42.43	Mike Giardina	2011	9:31.72
8	David Cremin	1984	10:20.0	Pat Morasse	2000	9:59.0	Pat Morasse	2001	9:44.8	Chris Polanco	2017	9:35.07
9	Andrew Whitney	2011	10:27.0	Bob Hodge	1971	10:01.0	Tom Abraham	2015	9:45.28	Bob Powers	1983	9:38.0
10	Nathan McCarthy	2009	10:28.0	Andrew Whitney	2012	10:01.49	Randy Nong	2013	9:47.89	Ethan Brown	2003	9:42.66
11	Martin Mungai	2015	10:29.0	Anthony Rodrigue	2015	10:04.5	Nathan McCarthy	2011	9:49.01	Jeff Veiga	2008	9:47.34
12	Ricky Thyne	2017	10:29.08	Alex Andujar	2010	10:09.3	Kelvin Santana	2019	9:49.32	Stephen Wahome	2009	9:47.92
13	Nasir Gibson	2015	10:30.35	Mike Giardina	2009	10:09.9	Nick McArdle	2012	9:50.3	Alex Andujar	2012	9:50.0
14	David Vandt	2019	10:32.4	Randy Nong	2012	10:12.34	Larry Carney	2014	9:51.48	Martin Mungai	2018	9:51.38
15	Nathan Petterson	2019	10:35.0	Tom Abraham	2014	10:13.3	Mike Giardina	2010	9:52.6	Jeff Cimon	1998	9:52.0
16	Ethan Brown	2000	10:39.1	Eddie Kane	1998	10:21.0	Colin Fitzpatrick	2017	9:52.71	Chris Gendron	2015	9:52.38
17	Pat Coppinger	2010	10:40.4	Nick McArdle	2011	10:21.1	Anthony Rodrigue	2016	9:54.2	Ricardo Torres	2012	9:53.0
18	Kelvin Santana	2017	10:40.99	Conor Donovan	2015	10:21.47	Chris Gendron	2015	9:55.93	Nick McArdle	2013	9:55.11
19	Anthony Rodrigue	2014	10:41.7	Dave D'Urbano	2003	10:23.2	Ricky Thyne	2019	10:00.20	Steve Torigan	2005	9:55.36
20	Peter Choy	2004	10:42.4	Brandon Gilman	2013	10:24.9	Dave D'Urbano	2004	10:01.62	Tommy Carroll	1967	9:56.0
21	Tom Abraham	2013	10:42.7	Mike Gendron	2009	10:25.3	Nick Mullen	2009	10:05.33	Nick Mullen	2010	9:56.16
22	Dan McDermott	2012	10:47.5	Nasir Gibson	2016	10:27.2	Chris Galarza	2017	10:06.5	Conor Donovan	2017	9:56.50
23	Larry Carney	2012	10:49.7	Larry Carney	2013	10:30.0	David Cruger-Cain	2015	10:10.8	Nasir Gibson	2018	9:57.7
24	Tim Phelps	1977	10:52.0	Julio Otero	1998	10:30.7	Geoff Wahome	2005	10:13.8	Larry Carney	2015	9:57.90
25	John Gallagher	2002	10:53.6	Matt Theodoros	1998	10:31.7	Mike Gendron	2010	10:15.94	Emmanuel Ngoy	2018	9:58.08
26	Brandan Gilman	2012	10:55.3	Dan McDermott	2013	10:32.8	Logan Nadeau	2013	10:17.5	David Cruger-Cain	2016	9:58.87
27	Thomas Skinner	2011	10:59.8	Oudong Chhean	2017	10:33.4	Matt O'Neill	2017	10:17.82	Pat Morasse	2002	10:02.6
28				Chris Galarza	2016	10:33.9	Jose Negron	2009	10:18.4	Mo Kai Kai	2009	10:03.17
29				Logan Nadeau	2012	10:35.1	Mike Carnazzo	2015	10:19.22	Geoff Wahome	2006	10:03.48
30				Anthony Andrews	2012	10:36.9	Eddie Kane	1999	10:19.4	Pat Coppinger	2013	10:03.8

Minimum Standard	
Freshmen	30'
Sophomores	32'
Juniors	37'
Seniors	40'



All Time Grade Performance List

4 YEAR TEAM MEMBER

Shot Put (School Record Justin Robinson 59'6.75")

	FRESHMAN			SOPHOMORES			JUNIORS			SENIORS		
	Name	Year	Best	Name	Year	Best	Name	Year	Best	Name	Year	Best
1	David Santana	2004	42'02.5"	Ryan Davila	2008	2'02.75"	Colin Hoey	2012	59'03"	Justin Robinson	2002	59'06.75"
2	Malik Settles	2013	41'07.5"	Sean Phillips	2012	47'03"	Ryan Davila	2009	54'00"	Ryan Davila	2010	59'00"
3	Hakeem Turay	2010	40'11"	Sean Trott	2016	44'03"	Justin Robinson	2001	53'03.25"	Victor Archambault	1974	54'10.5"
4	Alex Quintero	2011	38'11"	Nicolau Coury	2013	43'11.5"	Chris McGilvery	2002	52'02.5"	Ben Kyeremeh	2019	54'08.5"
5	Steven Thok	2019	38'05.5"	Callen Vail	2011	43'06.5"	Ben Kyeremeh	2018	50'08.75"	Ed Stopyra	1974	54'0.5"
6	Callen Vail	2010	38'02"	Hakeem Turay	2011	43'06.5"	Dan Malavich	1998	49'05"	Colin Hoey	2013	53'05.5"
7	Tim Sweet	2002	37'04"	Tim Sweet	2003	43'06.5"	Sean Trott	2017	49'02"	Chris Horne	2010	51'02.25"
8	Joe Milot	2004	36'03"	Justin Robinson	2000	42'11"	Hakeem Turay	2012	48'10"	Dan Malavich	1999	51'02.25"
9	Sean Trott	2015	36'01.75"	Andy Perez	2000	42'11"	Nick Langathianos	2004	48'02"	Howard Buckley	1934	50'11"
10	Manny Cano	2019	34'11.5"	Ben Kyeremeh	2017	41'08.5"	David Santana	2006	47'07"	Frank Elliot	1967	50'07"
11	Kevin Essien	2018	34'11.0"	Nick Langathianos	2003	41'07.5"	Matt Vigeant	2012	47'02"	Sean Trott	2018	50'06"
12	Philly Marte	2016	34'09.25"	Malik Settles	2014	41'04.5"	Luis Cadime	2019	46'04.5"	Nick Langathianos	2005	50'05"
13	Mookie Kallon	2011	34'01"	Dave Santana	2005	41'01.5"	Jason Houston	1998	46'0"	Dave Mills	1967	50'03"
14	Ethan Hoey	2018	33'08"	Shyheim Cullen	2013	41'00"	Adam Jump	2004	45'10"	David Santana	2007	48'08"
15	Kyle Swenson	2003	33'01"	Luis Cadime	2018	40'07"	Chris Ferreira	2015	44'0.75"	Willie Sanchez	2010	47'10.5"
16	Shyheim Cullen	2012	32'04.5"	Kyle Swenson	2004	40'06"	Dave Kulis	2005	43'07"	Nicolau Coury	2015	47'07"
17	Jeffrey Danquah	2018	31'11"	Kevin Coutu	2007	38'08"	Chris Horne	2009	43'00"	Matt Vigeant	2013	47'05"
18	Raffy Reyes	2019	31'10"	Matt Vigeant	2011	38'07"	Nicolau Coury	2014	42'04"	Connor Campbell	2017	47'00"
19	Nicolau Coury	2012	30'10"	Philly Marte	2017	37'09"	Liam Sullivan	2014	41'09.5"	Chris Ferreira	2016	46'11"
20	Jeremy Chum	2018	30'10"	Matt Furtado	2002	37'07"	Andrew Kulis	2009	41'06.5"	Adam Jump	2005	46'07.75"
21	Nick	2002	30'09"	Adam Jump	2003	37'01"	Kevin Colon	2008	40'10"	Kyle Swenson	2006	46'02.5"
22	Harley Phillippe	2019	29'0"	Jeffrey Danquah	2019	37'0.5"	Philly Marte	2018	40'02.5"	Dave Kulis	2006	46'01.5"
23				Joe Milot	2005	36'08"	Zach Lange	2007	39'08"	Jason Houston	1999	45'10"
24				Kevin Essien	2019	36'07"	Joe Sullivan	2003	39'0.75"	Chris Voutselis	2002	45'08"
25				Malige Kallon	2012	35'07.5"	Ronan Dunn	2017	38'05"	Manny Mensah	2007	45'00"
26				Ronan Dunn	2016	35'05"	Daliano Gonzalez	2011	38'03"	Joe Sullivan	2004	44'11"
27				Chris Voutselis	2000	35'05"	Caleb Gordon	2012	37'04"	Mookie Kallon	2014	44'08.5"
28				Jeremy Chum	2019	34'05.5"	Henry Desmarais	2017	37'04"	Mike Kowalski	1998	44'02"
29				Andrew Kulis	2005	4'03.25"				Zach Lange	2009	43'04.5"
30				Joe Sullivan	2002	33'02"				Liam Sullivan	2015	43'03.5"

Minimum Standard	
Freshmen	70'
Sophomores	75'
Juniors	85'
Seniors	105'



All Time Grade Performance List

4 YEAR TEAM MEMBER

Discus Throw (School Record Ben Kyeremeh 168'8")

	FRESHMAN			SOPHOMORES			JUNIORS			SENIORS		
	Name	Year	Best	Name	Year	Best	Name	Year	Best	Name	Year	Best
1	Ethan Hoey	2018	124'04"	Andy Perez	2000	39'04.5"	Justin Robinson	2001	153'05"	Ben Kyeremeh	2019	168'08"
2	Kevin Essien	2018	113'01"	Chris Horne	2008	132'10"	Ben Kyeremeh	2018	146'01"	Justin Robinson	2002	166'07"
3	Steven Thok	2019	110'03"	Ben Kyeremeh	2017	126'06"	Colin Hoey	2012	143'00"	Colin Hoey	2013	156'10"
4	Malik Settles	2013	102'11"	Matt Vigeant	2011	121'06"	Luis Cadime	2019	142'10"	Chris Horne	2010	150'05"
5	Luis Cadime	2017	102'06"	Kevin Essien	2019	120'03"	Chris Horne	2009	139'06"	Paul Dowling	1970	147'04"
6	Jeremy Chum	2018	96'06"	Luis Cadime	2018	118'09"	Ryan Davila	2009	136'10"	Matt Vigeant	2013	146'01"
7	Justin Robinson	1999	96'04"	Ethan Hoey	2019	117'01"	Adam Jump	2004	135'0"	David Santana	2007	144'00"
8	Kyle Swenson	2003	91'07.5"	Kyle Swenson	2004	114'06"	Nick Langathianos	2004	133'07"	Connor Campbell	2017	141'02"
9	Alex Quintero	2011	91'05"	David Santana	2005	114'06"	Andy Perez	2001	130'06"	Ryan Davila	2010	139'08.25"
10	Joe Milot	2004	91'01"	Justin Robinson	2000	112'10"	Matt Vigeant	2012	130'05.5"	Andy Perez	2002	139'0"
11	Raffy Reyes	2019	87'08"	Ryan Davila	2008	110'08"	Jason Houston	1998	127'01"	Adam Jump	2005	136'07"
12	Adam Jump	2002	87'08.5"	David Diamond	2003	109'07"	Ronan Dunn	2017	124'10"	Jason Houston	1999	134'04"
13	Callen Vail	2010	87'00"	Chris Voutselis	2000	109'02"	Chris McGilvery	2002	124'03"	Ronan Dunn	2018	132'05"
14	Manny Cano	2019	86'05"	Malik Settles	2014	107'01"	David Santana	2006	122'04"	Nick Langathianos	2005	130'08"
15	Collin Wilkey	2018	82'08"	Adam Jump	2003	105'05"	Kyle Swenson	2005	121'03"	Kyle Swenson	2006	128'02"
16	Mike Tanguay	2002	80'05"	Jeremy Chum	2019	104'05"	Ben Petropoulos	2004	116'06"	Daliano Gonzalez	2012	118'07"
17	Devin Carroll	2018	79'11"	Philly Marte	2017	03'08.5"	Daliano Gonzalez	2011	115'08"	Brian Gallagher	2009	118'00"
18	Philly Marte	2016	79'08"	Collin Wilkey	2019	101'03"	Joe Milot	2006	114'00"	Dan Malavich	1999	118'0"
19	Jeffrey Danquah	2018	79'03"	Ronan Dunn	2016	99'11"	Dave Diamond	2004	112'06"	Jonathan Valentin	2008	117'02"
20	Sean Trott	2015	77'01"	Jeffrey Danquah	2019	98'02"	Joe McCreedy	2003	111'05"	Joe Milot	2007	115'05.25"
21	Harley Phillippe	2019	75'0"	Cody Higson	2011	97'07"	Philly Marte	2018	107'04"	Chris Ferreira	2016	114'11"
22	Mookie Kallon	2011	73'04"	Devin Carroll	2019	96'02"	Cody Higson	2012	105'10"	Sean Bryan	2016	113'08.5"
23	Vincent Dalmaso	2017	71'04"	Will Cassella	2019	95'06"	Chris Ferreira	2015	101'11"	Cody Higson	2013	113'05"
24				Callen Vail	2011	92'09"	Henry Desmarais	2017	101'04"	Caleb Gordon	2013	112'11"
25				Robert Allard	2011	91'09"	Connor Williams	2015	97'11"	Patrick Chieh	2016	112'07"
26				Daliano Gonzalez	2010	89'07"	Sean Trott	2017	96'00"	Liam Sullivan	2015	110'11"
27				Thomas Radzik	2017	85'00"	A. Langathanos	2007	95'10"	Justis Peace	2016	109'09"
28				Hakeem Turay	2011	82'05"	Maligie Kallon	2013	93'05"	Zach Lange	2009	109'02"
29				Tim Sweet	2003	81'03"	Zach Lange	2009	93'02"	Mike Kowalkski	1998	106'08"
30				Maligie Kallon	2012	79'09"	Thomas Radzik	2018	87'06"	Mookie Kallon	2014	106'03"

Minimum Standard	
Freshmen	90'
Sophomores	100'
Juniors	110'
Seniors	120'



All Time Grade Performance List

4 YEAR TEAM MEMBER

Javelin Throw (School Record Wilbur Horne *Old Jav 194'3"* & Colin Hoey 185'11")

	FRESHMAN			SOPHOMORES			JUNIORS			SENIORS		
	Name	Year	Best	Name	Year	Best	Name	Year	Best	Name	Year	Best
1	Ethan Hoey	2018	161'0"	Ethan Hoey	2019	156'06"	Roger Lamarche	1996	191'10"	Wilbur Horne	1985	194'03"
2	Collin Wilkey	2018	131'07"	Pat McHale	2010	156'02"	Jason Houston	1998	169'11"	Colin Hoey	2013	185'11"
3	Will Cassella	2018	116'07"	Nick Dokos	2003	155'10"	Pat McHale	2011	161'08"	Barney Blanchard	1972	182'05"
4	Chris Voutselis	1999	116'0"	Collin Wilkey	2019	150'04"	Jeff Richardson	1999	152'06"	Dave Kulis	2006	179'08"
5	Luis Cadime	2017	100'02"	Jeff Richardson	1998	149'11"	Chris Voutselis	2001	148'7"	Pat McHale	2012	175'07"
6	Travis McCarthy	2009	100'0"	Nick Langathianos	2003	138'08"	Dave Kulis	2005	48'07.5"	Dick Gauthier	1968	175'07"
7	Karl St. Phard	2013	99'1"	Shyheim Cullen	2013	128'05"	Walter Cabreja	2008	142'06"	Jeff Richardson	2000	163'10"
8	Joe Zorokong	2004	94'10"	Robert Allard	2011	127'00"	Jon Rosado	2005	40'04.5"	Bob Montgomery	1998	161'10"
9	Sean Trott	2015	93'2"	Joe Zorokong	2005	124'03"	Ryan Garrigan	2011	138'11"	Jason Houston	1999	160'03"
10	Joe Harris	2004	93'06"	Ryan Underwood	2003	124'02"	Brendan Woelfel	2011	138'02"	Shyheim Cullen	2015	160'00"
11	Jon Rosado	2004	92'0"	Will Cassella	2019	124'0"	Ethan Imasogie	2017	137'00"	John Makumbi	2005	154'07.5"
12				Karl St. Phard	2014	123'00"	Mike Giardina	2010	135'09"	Chris Voutselis	2002	152'11"
13				Jose Guzman	2016	21'09.75"	Matt Zouzoumas	2000	130'06"	Sean Bryan	2016	151'03"
14				Kevin Coutu	2007	119'01"	Connor Williams	2015	125'02"	Mark Kino Bailey	2007	147'07"
15				Pat Garrigan	2009	118'04"	Brett Noonan	2009	123'00"	Jon Rosado	2007	147'07"
16				Joe Harris	2005	118'01"	Travis McCarthy	2011	121'11"	A. Langathianos	2008	147'03"
17				Mike Giardina	2009	118'00"	Mark Kino Bailey	2005	121'06"	Walter Cabreja	2009	146'00"
18				Gavin Kim	2019	111'10"	Karl St. Phard	2015	117'05"	Ramon Mojica	2018	143'01"
19				David Nguon	2019	106'0"	Patrick Chieh	2014	116'06"	Ethan Imasogie	2018	141'05"
20				A. Langathianos	2006	103'10"	Henry Desmarais	2017	111'10"	Nick Langathianos	2005	139'04"
21				Patrick Chieh	2013	100'0"	Jose Guzman	2017	111'00"	Pat Martin	2005	137'07"
22							A. Langathianos	2007	110'06"	Peter Romonowsk	2002	137'04"
23									Connor Williams	2016	36'06.5"	
24									Brendan Wellenst	2013	135'07"	
25									Travis McCarthy	2014	135'06"	
26									Ryan Garrigan	2013	134'06"	
27									Mike Giardina	2011	130'02"	
28									Dominic Gonzalez	2010	129'02"	
29									Patrick Chieh	2015	129'02"	
30									Logan Nadeau	2014	127'02"	

Minimum Standard	
Freshmen	15'6"
Sophomores	16'
Juniors	18'
Seniors	18'6"



All Time Grade Performance List

4 YEAR TEAM MEMBER

Long Jump (School Record Tracy Mitchell 23'11.25")

	FRESHMAN			SOPHOMORES			JUNIORS			SENIORS		
	Name	Year	Best	Name	Year	Best	Name	Year	Best	Name	Year	Best
1	Richmond Kwaate	2017	20'09.0"	Tracy Mitchell	1978	23'11.25"	Richmond Kwaateng	2019	23'10.0"	David Ajama	2019	23'06.5"
2	Aaron Morris	2019	19'09.0"	Richmond Kwaate	2018	23'07.0"	Melvin Mah	2008	22'02.25"	Claudious Zorokong	2004	21'09"
3	Nyakeh Koroma	2009	19'06.0"	Ned Flood	1971	20'11"	Ryan Fitzgerald	2012	21'08.5"	Arthur Farris	1968	21'08"
4	Mike Akon	2015	19'05.5"	Mike Akon	2016	20'08.0"	Evans Oduro	2018	21'06.0"	Curtis Gentles	2018	21'03.5"
5	Joe Zorokong	2004	18'10.5"	Claudious Zorokong	2002	20'06.0"	Jethro Kollie	2008	21'05.5"	Bernard Makumbi	2006	21'02.5"
6	Melvin Mah	2006	18'05.5"	Samuel Mutiso	2018	20'02.0"	Mike Haakenstad	2003	21'03.75"	Marcos Candido	2018	20'11.25"
7	Bernard Makumbi	2003	18'03.5"	Jethro Kollie	2007	20'01.0"	Bernard Makumbi	2005	21'03.5"	Andrews Bonsu	2019	20'08.75"
8	Evans Oduro	2016	18'01.0"	Raunny Rosario	1998	20'0"	Gilberto Brown	2011	21'03.25"	Mike Akon	2018	20'08.0"
9	Darin Div	2016	17'09.0"	Bernard Makumbi	2004	19'09.5"	Claudious Zorokong	2003	21'02.5"	Mo Molai	2000	20'07.0"
10	Ramsford Kanneh	2012	17'08.0"	Izaiah Strum	2019	19'09.0"	Arthur Farris	1967	21'01.25"	Sem Sok	1999	20'06.0"
11	Rithy Muth	2011	17'07.5"	Krauch So	1999	19'08.5"	Tracy Mitchell	1979	20'11"	Anthony Consolo	2013	20'04.0"
12	Egan Ojunga	2012	17'03.0"	Nyakeh Koroma	2010	19'07.5"	Mike Akon	2017	20'11.75"	Jeff Ross	2002	20'03.5"
13	Keven Irrizarry	2018	17'03.0"	Evans Oduro	2017	19'03.0"	Ned Flood	1972	20'10"	Thomas Cannon	2018	20'03.0"
14	Jeff Meehan	1999	17'01.5"	Eddie Alcantara	2015	19'02.5"	Sam Mutiso	2019	20'08.5"	Sean Keene	2016	20'03.0"
15	John Makumbi	2002	17'01.0"	Michael Martin	1999	19'01.5"	Sean Keene	2015	20'04.0"	Ajay Proeung	2017	20'03.0"
16	Ethan Imasogie	2015	16'11.5"	Marcos Candido	2016	19'00"	Raunny Rosario	1999	20'03.5"	Charlie Dailey	1977	20'02"
17	Shuaib Ibraheem	2019	16'11.5"	Darren Wilson	2002	18'11.75"	Matt Mitchell	2009	20'02.0"	Ryan Fitzgerald	2013	20'02.5"
18	Shyheim Cullen	2012	16'10.0"	Mike Holder	2012	18'09.5"	Darin Div	2018	20'01.0"	Darren Wilson	2004	20'02.5"
19	Sopaul Choer	2008	16'07.0"	Butler LaFortune	2018	18'08.5"	Nyakeh Koroma	2011	20'0.5"	Darin Div	2019	20'02.0"
20	Ryan Brousseau	2004	16'05.5"	Joe Yeboah	2016	18'08.0"	Anthony Consolo	2012	19'11.0"	Nick Czelewicz	2018	20'01.75"
21	Jon Rosado	2004	16'03.5"	Darin Div	2017	18'07.25"	David Ajama	2018	19'09.75"	Gilberto Brown	2012	19'11.5"
22	Armando Rodriguez	2016	16'03.0"	Egan Ojunga	2013	18'07.0"	Egan Ojunga	2014	19'08.0"	Nelson Boateng	2018	19'11.0"
23	Jethro Kollie	2006	16'01.0"	Pat Martin	2003	18'06.5"	Ajay Proeung	2016	19'08.0"	Eddie Kane	2000	19'10.5"
24	Steven Iem	2002	16'0.5"	Anthony Consolo	2011	18'06.0"	Jeff Ross	2001	19'04.5"	Mike Haakenstad	2004	19'10.25"
25	Felix Mensah	2006	15'09.75"	Ryan Fitzgerald	2011	18'05.0"	Jawahn Santiago	2016	19'04.0"	Larry Wilson	2003	19'10.0"
26	Malcolm Milord	2015	15'08.5"	Thiago Silva	2008	18'04.0"	Dominic Feliz	2018	19'04.0"	Egan Ojunga	2015	19'09.75"
27				Bob Panagiotopou	2014	18'03.5"	Mo Molai	1999	19'03.5"	Anthony Makumbi	2006	19'09.5"
28				Joe Zorokong	2005	18'03.0"	Al Mangan	1966	19'03.5"	Corey Brown	2012	19'09.0"
29				Ajay Proeung	2015	18'02.5"	Anthony Makumbi	2005	19'03.0"	Melvin Mah	2009	19'08.5"
30				Diontai Almonte	2018	18'02.5"	A.J. Byard	2017	18'11.0"	Sothol Chea	1998	19'08.0"

Minimum Standard	
Freshmen	30'
Sophomores	36'
Juniors	37'
Seniors	38'



All Time Grade Performance List

4 YEAR TEAM MEMBER

Triple Jump (School Record David Ajama 46'3.5")

	FRESHMAN			SOPHOMORES			JUNIORS			SENIORS		
	Name	Year	Best	Name	Year	Best	Name	Year	Best	Name	Year	Best
1	Anthony Consolo	2010	38'10"	James Mitchell	1979	43'04"	James Mitchell	1981	45'11.5"	David Ajama	2019	46'3.5"
2	Jeff Meehan	1999	38'04.5"	Gilberto Brown	2010	41'07.75"	Evans Oduro	2018	45'04.25"	Corey Glass	1994	44'07.5"
3	Jethro Kollie	2006	37'11"	Claudious Zorokon	2002	41'07.5"	David Ajama	2018	43'07.5"	Sem Sok	1999	44'03.5"
4	Matt Griffith	2019	37'07"	Richmond Kwaate	2018	40'10"	Gilberto Brown	2011	43'06.25"	Claudious Zorokon	2004	44'0"
5	Mike Akon	2015	37'02"	Jeff Meehan	2000	40'09"	Richmond Kwaate	2019	43'04.5"	Mike Akon	2018	43'10.75"
6	Ramsford Kanneh	2012	36'10"	Bernard Makumbi	2004	40'08"	Sem Sok	1998	43'03.5"	Jeff Meehan	2002	43'10.5"
7	Bernard Makumbi	2003	36'03.25"	Felix Mensah	2007	39'09"	Jethro Kollie	2008	42'10.5"	Gilberto Brown	2012	43'08.5"
8	Gino Oge	2018	35'08"	Mike Akon	2016	39'04"	Jeff Meehan	2001	42'07.5"	Felix Mensah	2009	43'04"
9	Ryan Brousseau	2004	34'08"	Anthony Consolo	2011	39'03.25"	Claudious Zorokon	2003	41'10.5"	Bernard Makumbi	2006	43'0.5"
10	Chigozie Adigwe	2018	34'0"	Mike Holder	2012	39'0.25"	Bernard Makumbi	2005	41'07.75"	Darren Wilson	2004	43'0.0"
11	Mohammed	2011	33'10"	Kiki Louis	2008	38'11"	Jalen Dibbles	2019	41'07.5"	Tyus Pheng	2018	42'08.75"
12	Emmanuel Tetteh	2018	33'08.5"	Mike Haakenstad	2002	38'02"	Tom Beland	1970	41'07.0"	Mo Molai	2000	42'03"
13	Ambruce Carter	2006	33'08"	Samuel Mutiso	2018	37'11"	Felix Mensah	2008	41'06.5"	Tom Beland	1971	42'00"
14	Armando	2015	33'02.5"	John Platt	1998	37'09"	Darren Wilson	2003	40'10.5"	Nick Stanalonis	2003	41'08"
15	Emmanuel Wahpo	2018	33'01.5"	Matt Mitchell	2008	37'06"	Anthony Consolo	2012	40'06.25"	Shyheim Cullen	2015	41'07.75"
16	Jacob Desmond	2018	32'11"	Ramsford Kanneh	2013	37'06"	Mo Molai	1999	40'01.75"	Manny Mensah	2007	41'07.0"
17	Tyrene Pheng	2018	32'04"	Jose Guzman	2016	37'04"	Edwin Chindongo	2000	40'0.5"	Ikenna Adigwe	2013	41'07.0"
18	Tyrell Pheng	2018	32'0"	John Miranda	2000	37'03"	Nick Stanalonis	2002	39'10"	Charlie Dailey	1977	41'04"
19	Daren Uong	2018	31'07"	Mohamed Jones	2012	36'09"	Andrew Siafa	2004	39'09"	Tommy Phy	2016	41'02"
20	Ethan Imasogie	2015	30'10"	Mo Molai	1999	36'08"	Raunny Rosario	1999	39'08"	Rasheed Evans	2019	41'02"
21	Samuel Nyamu	2018	30'09.5"	Diontai Almonte	2018	36'08"	Manny Mensah	2006	39'07.5"	Edwin Chindongo	2001	40'10"
22	Mike Holder	2011	30'05"	Ambruce Carter	2007	36'05"	Mike Akon	2017	39'07.0"	Anthony Consolo	2013	40'09.5"
23	Nathan Doung	2018	30'0"	Marcos Candido	2016	36'05"	Mike Haakenstad	2003	39'06"	Josh McGlaufflin	2011	40'08.5"
24				Steven Iem	2003	36'04.5"	Jose Guzman	2017	39'03.25"	Brian Hicks	2011	40'02"
25				Chigga Adigwe	2019	36'04"	Jawahn Santiago	2016	39'02.25"	Devon Sankoh	2008	40'0.75"
26				Thomas Stephens	2009	36'00"	Joe Harris	2006	38'11.5"	John Miranda	2002	39'11.5"
27				Tony Reppucci	2005	36'0"	Thomas Cannon	2017	38'09.5"	Egan Ojunga	2015	39'08.5"
28							Lucky Sesay	2014	38'09.0"	Jawahn Santiago	2017	39'07"
29							Brian Hicks	2010	38'08"	Mike Haakenstad	2004	39'05.75"
30							Sam Mutiso	2019	38'05"	Ken Onyechyi	2004	39'01.5"

Minimum Standard	
Freshmen	4'10"
Sophomores	5'0"
Juniors	5'2"
Seniors	5'6"



Performance List

4 YEAR TEAM MEMBER

High Jump (School Record David Ajama 6'10.25")

	FRESHMAN			SOPHOMORES			JUNIORS			SENIORS		
	Name	Year	Best	Name	Year	Best	Name	Year	Best	Name	Year	Best
1	Tracy Mitchell	1977	5'10"	Mike Holder	2012	6'02"	David Ajama	2018	6'10"	David Ajama	2019	6'10.25"
2	Matt Mitchell	2007	5'06"	Pat Martin	2003	6'0"	Kofi Boateng	2014	6'02"	Gilberto Brown	2012	6'07"
3	Pat Martin	2002	5'06"	Tex Ryan	1967	6'0"	Jalen Dibbles	2019	6'02"	Chris Burns	1997	6'07"
4	Shyheim Cullen	2012	5'04"	Matt Mitchell	2008	5'11"	Tex Ryan	1968	6'02"	Kingsley Onyechyi	2004	6'04"
5	Egan Ojunga	2012	5'04"	Gilberto Brown	2010	5'10"	Gilberto Brown	2011	6'01"	Mike Pepin	1986	6'04"
6	Brian O'Connor	2006	5'02"	Mike Pepin	1986	5'10"	Matt Mitchell	2009	6'00"	Mike Laferrier	1991	6'04"
7	Ramsford	2012	5'02"	Nathan McCarthy	2010	5'08"	Nathan McCarthy	2011	6'00"	Jawahn Santiago	2017	6'02.25"
8	Evans Oduro	2016	5'02"	Eddie Alcantara	2015	5'08"	Tim McCall	2003	5'11"	Marcos Candido	2018	6'02.0"
9	Eustace Conjoh	2002	5'02"	Shyheim Cullen	2013	5'08"	Mike Holder	2013	5'10"	Tex Ryan	1968	6'02.0"
10	Walter Cabreja	2006	5'00"	Marcos Candido	2016	5'08"	Eddie Alcantara	2016	5'10"	Mike Holder	2014	6'02.0"
11	Ndeiiva Mason	2011	5'00"	Izaiah Strum	2019	5'08"	Jawahn Santiago	2016	5'10"	Matt Blazon	2006	6'02.0"
12	Musa Mansaray	2011	4'10"	Nyakeh Koroma	2010	5'07"	Marcos Candido	2017	5'10"	Nathan McCarthy	2012	6'02.0"
13				John Platt	1998	5'06"	Pat Martin	2004	5'10"	Christian McWhinn	2017	6'02.0"
14				James Johnson	1999	5'06"	Lucky Sesay	2014	5'09"	Kyle Schermerhorn	2005	6'02.0"
15				Brandon Luna	2002	5'06"	Brian Hicks	2010	5'08"	Thomas Cannon	2018	6'01.5"
16				Mike Haakenstad	2002	5'06"	Nyakeh Koroma	2011	5'08"	Shyheim Cullen	2015	6'0"
17				Dan Gonzalez	2002	5'06"	Sem Sok	1998	5'08"	Sem Sok	1999	6'0"
18				Dan Martin	2007	5'04"	James Johnson	2000	5'08"	Jeff Meehan	2002	6'0"
19				Anthony Consolo	2011	5'04"	Dan Gonzalez	2003	5'08"	Mike Gaudette	1977	6'0"
20				Egan Ojunga	2013	5'04"	Mike Haakenstad	2003	5'08"	Nyakeh Koroma	2012	5'10"
21				Curtis Gentles	2016	5'04"	Matt Blazon	2005	5'08"	Pat Martin	2005	5'10"
22				Evans Oduro	2017	5'04"	Justin Villanueva	2018	5'08"	Ryan Brousseau	2007	5'08"
23				Walter Cabreja	2007	5'02"	A.J. Pagan	2015	5'06"	Dan Martin	2009	5'08"
24				Sam Luna	2011	5'02"	Josh Gettings	2015	5'06"	Keith Ameyaw	2017	5'08"
25				Matt Blazon	2004	5'02"	Egan Ojunga	2014	5'06"	Jason Houston	1999	5'08"
26				Ryan Brousseau	2005	5'02"	Kyle Schermerhorn	2004	5'06"	James Johnson	2001	5'08"
27				Samuel Mutiso	2018	5'02"	Essau Austin	2019	5'06"	Matt Welch	2008	5'07"
28				Josh Ouellette	2009	5'00"	Alex Ravelo	2011	5'04"	Brian Hicks	2011	5'06"
29				Ramsford Kanneh	2013	5'00"	Curtis Gentles	2017	5'04"	Eddie Alcantara	2017	5'06"
30				Jose Guzman	2016	5'00"	Edwin Chindongo	2000	5'04"	Eddie Kane	2000	5'06"



All Time Grade Performance List

Minimum Standard	
4x800m	8:10.00

4x800 (School Record 7:48.76 - Chris Polanco (1:56.8), Chris Galarza (1:57.5), Nasir Gibson (1:59.1), Anthony Rodriguez (1:55.2))

4x800m			
	Names	Date/Meet	Time
1	Chris Polanco (1:56.8), Chris Galarza (1:57.5), Nasir Gibson (1:59.1), Anthony Rodriguez (1:55.2)	5/10/2017 NE Championship	7:48.76
2	Chris Polanco (1:57.8), Chris Galarza (1:58.6), Nasir Gibson (1:58.4), Anthony Rodriguez (1:55.2)	6/3/2017 MIAA State Meet	7:51.90
3	Tyler Richards , Andrew Whitney , John Abraham , Randy Nong	6/7/2014 MIAA State Meet	7:52.45
4	Pat Coppinger (1:58.0), Nathan McCarthy (1:59.8), Mike Giardina (1:56.2), Mike Kalenoski (1:55.2)	6/11/2011 NE Championship	7:57.52
5	Tyler Richards (1:58.4), Andrew Whitney (2:00.5), John Abraham (1:59.2), Randy Nong (1:59.2)	6/14/2014 NE Championship	7:57.52
6	Jadiel Pinales (2:01.4), Carlos Rivera (2:01.8), Nasir Gibson (1:56.8), Chris Galarza (1:57.5)	6/2/2018 MIAA State Meet	7:57.80
7	Chris Polanco (1:59.8), Chris Galarza (1:57.8), Nasir Gibson (2:00.4), Anthony Rodriguez (2:00.4)	5/27/2017 MIAA DI East	7:58.46
8	Pat Coppinger (1:57.6), Nathan McCarthy (2:00.2), Mike Giardina (1:57.6), Mike Kalenoski (1:55.2)	6/4/2011 MIAA State Meet	7:58.76
9	Chris Estrella (1:59.5), Stephen Wahome (2:00.4), Mike Giardina (1:58.5), Walter Cabreja (2:00.4)	6/6/2009 MIAA State Meet	7:59.61
10	Chris Estrella (1:59.8), Stephen Wahome (1:59.9), Mike Giardina (1:59.5), Walter Cabreja (2:00.4)	6/12/2009 NE Championship	7:59.88
11	Jadiel Pinales (1:59.5), Carlos Rivera (2:01.5), Nasir Gibson (1:59.1), Chris Galarza (2:00.7)	5/28/2018 MIAA DI East	8:01.12
12	Mike Kalenoski, Tyler Richards, Andrew Whitney, Pat Coppinger	6/15/2012 New Balance Nats	8:01.25
13	Mike Kalenoski (2:00.5), Tyler Richards (2:02.1), John Abraham (2:01.1), Pat Coppinger (1:55.2)	5/18/2013 MVC Championship	8:01.95
14	Jadiel Pinales (1:59.7), Carlos Rivera (2:02.2), Nasir Gibson (1:57.9), Chris Galarza (2:02.4)	6/9/2018 NE Championship	8:02.38
15	Tyler Richards , Andrew Whitney , John Abraham , Randy Nong	5/31/2014 2014 MIAA DI East	8:02.47
16	Jadiel Pinales (2:03.8), Joeben Jacobs (2:01.5), David Vandt (1:59.9), Juan Giron (2:00.2)	5/25/2019 MIAA DI East	8:05.75
17	Chris Estrella (2:01.4), Thomas Vandy (2:04.1), Stephen Wahome (2:01.3), Walter Cabreja (2:00.4)	5/9/2009 Hartford Invitational	8:07.42
18	Tyler Richards (2:00.5), Andrew Whitney (2:03.2), Randy Nong (1:59.8), Dan McDermott (2:00.5)	5/10/2014 MSTCA Coaches	8:07.76
19	Tyler Richards (2:02.0), Andrew Whitney (2:02.3), John Abraham (2:02.8), Randy Nong (2:00.5)	5/24/2014 MVC Championship	8:08.35
20	Jadiel Pinales (2:02.7), Joeben Jacobs (2:02.0), David Vandt (2:03.8), Juan Giron (1:59.7)	6/1/2019 MIAA State Meet	8:08.65
21	Chris Estrella (2:00.0), Stephen Wahome (2:04.0), Mike Giardina (2:01.7), Walter Cabreja (2:00.4)	5/30/2009 MIAA DI East	8:09.52
22	Jon Valenzuela (2:04.9), Martin Mungai (2:05.1), Chris Polanco (1:59.4), Anthony Rodriguez (1:55.2)	5/14/2016 MSTCA Coaches	8:09.64
23			
24			
25			



All Time Grade 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	7/20/2018 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	4/18/2013 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



All Time Grade Performance List

Minimum Standard	
4x400m	3:30.00

4x400 (School Record 3:26.99 -Jose Guzman (51.6), Thomas Cannon (50.9), Malik Diaz (53.2), Nick Czelewicz (51.2))

4x400m			
	Names	Date/Meet	Time
1	Jose Guzman (51.6), Thomas Cannon (50.9), Malik Diaz (53.2), Nick Czelewicz (51.2)	6/2/2018 MIAA State Meet	3:26.99
2	Mike Akon (54.5), Jose Guzman (51.0), Anthony Rodriguez (52.1), A.J. Byard (49.5)	6/3/2017 MIAA State Meet	3:27.41
3	Ryan Fitzgerald (52.0), Gilberto Brown (51.7), Nathan McCarthy (52.3), Pat Coppinger	5/5/2012 Weston Twilight	3:28.10
4	Jose Guzman (51.9), Chris Galarza (53.5), Malik Diaz (52.9), Nick Czelewicz (50.9)	5/28/2018 MIAA DI East	3:29.36
5	Jonathan Bahou (51.8), Ryan Fitzgerald (52.0), Nyakeh Koroma (52.9), Mike Giardina	5/14/2011 MSTCA Coaches	3:29.58
6	Mike Akon (54.2), Jose Guzman (52.8), Anthony Rodriguez (52.8), A.J. Byard (49.8)	5/27/2017 MIAA DI East	3:29.74
7	Claudious Zorokong, Mike Haakenstad, Ryan Underwood, Brian Gagnon	5/8/2004 MSTCA Coaches	3:29.79
8	Mike Akon (53.9), Jose Guzman (51.8), Chris Polanco (54.4), A.J. Byard (50.2)	/20/2017 MVC Championshi	3:30.54
9		5/29/2010 MIAA DI East	3:30.93
10	Nyakeh Koroma (53.3), Tyler Richards (54.0), Ryan Fitzgerald (52.2), Jonathan Bahou	4/12/2011 Dual @ Andover	3:31.14
11	Mike Akon (54.4), Jose Guzman (51.5), Malik Diaz (53.6), Nick Czelewicz (51.5)	/20/2018 MVC Championshi	3:31.15
12	Mike Akon (54.1), Jose Guzman (52.2), Chris Polanco (54.5), A.J. Byard (50.6)	4/30/17 MSTCA Relays	3:31.55
13	Anthony Gentles (52.7), Felix Mensah (53.1), Walter Cabreja (53.8), Melvin Mah (52.1)	5/17/2008 MSTCA Relays	3:31.82
14	Nyakeh Koroma (55.5), Ryan Fitzgerald (50.5), Corey Brown (52.4), Tyler Richards (53.	/17/2012 MVC Championshi	3:32.16
15	Kyle Schermerhorn (54.2), Brian Langlais (53.5), Steven Iem (54.8), Brian Gagnon (49.8)	5/4/2005 Dual v. Brockton	3:32.44
16	Jonathan Bahou, Nyakeh Koroma, Dominic Gonzalez, Mike Giardina	/10/2010 Hartford Invitationa	3:32.62
17	Jonathan Bahou (53.2), Nyakeh Koroma (52.3), Dominic Gonzalez (55.0), Mike Giardin	/24/2010 Nashua North Invit	3:32.64
18	Emmanuel Wahpo (53.3), Chigga Adigwe (52.7), Rickie Kasera (54.7), Jalen Dibles (51	/18/2019 MVC Championshi	3:32.65
19		5/22/2004 MVC Championshi	3:32.76
20	Jonathan Bahou (51.3), Ryan Fitzgerald (55.0), Nyakeh Koroma (52.9), Mike Giardina	6/7/2011 Hartford Invitationa	3:33.06
21		5/29/2004 MIAA DI East	3:33.14
22	Anthony Gentles, Walter Cabreja, Melvin Mah	/24/2008 MVC Championshi	3:33.56
23	Anthony Gentles (52.5), Walter Cabreja (53.0), Thomas Vandy (52.9), Melvin Mah (54.	/9/2009 Hartford Invitationa	3:33.62
24	Abdul Sesay (53.4), Egan Ojunga (52.1), Bobby Panagiotopoulos (54.7), Dan McDermo	/24/2014 MVC Championshi	3:33.68
25	Emmanuel Wahpo (52.9), Chigga Adigwe (52.7), Rickie Kasera (56.0), Jalen Dibles (52	5/25/2019 MIAA DI East	3:33.98