

# LOWELL



## ALL TIME 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 (51.9)	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 (52.5)	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)	5/20/2017 MVC Championship	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 (51.5)	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)	5/20/2018 MVC Championship	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 (53.5)	5/17/2012 MVC Championship	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	5/10/2010 Hartford Invitational	3:32.62
17	Jonathan Bahou (53.2), Nyakeh Koroma (52.3), Dominic Gonzalez (55.0), Mike Giardina (52.0)	4/24/2010 Nashua North Invite	3:32.64
18	Emmanuel Wahpo (53.3), Chigga Adigwe (52.7), Rickie Kasera (54.7), Jalen Dibbles (51.9)	5/18/2019 MVC Championship	3:32.65
19		5/22/2004 MVC Championship	3:32.76
20	Jonathan Bahou (51.3), Ryan Fitzgerald (55.0), Nyakeh Koroma (52.9), Mike Giardina (53.5)	5/7/2011 Hartford Invitational	3:33.06
21		5/29/2004 MIAA DI East	3:33.14
22	Anthony Gentles, Walter Cabreja, Melvin Mah	5/24/2008 MVC Championship	3:33.56
23	Anthony Gentles (52.5), Walter Cabreja (53.0), Thomas Vandy (52.9), Melvin Mah (54.4)	5/9/2009 Hartford Invitational	3:33.62
24	Abdul Sesay (53.4), Egan Ojunga (52.1), Bobby Panagiotopoulos (54.7), Dan McDermott (53.5)	5/24/2014 MVC Championship	3:33.68

25	<b>Emmanuel Wahpo (52.9), Chigga Adigwe (52.7), Rickie Kasera (56.0), Jalen Dibbles (52.3)</b>	5/25/2019 MIAA DI East	3:33.98
26	<b>Jonathan Bahou (52.4), Corey Brown (54.0), Nyakeh Koroma (54.1) Brian Hicks (53.5)</b>	5/21/2011 MVC Championship	3:34.05
27	<b>Mike Akon (53.6), Tommy Phy (53.4), Jose Guzman (54.5), Josh Gettings (52.6)</b>	5/21/2016 MVC Championship	3:34.33
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