



**2016
Southern Regional
Track & Field
HAMMER top 10 lists**

Hammer Top Ten 2000-2016

100m

12.34	Caitlin Adams	2001
12.3	Michelle Simmons	2012
12.4	Chelsea Cox	2007
12.65	Pam Harder	2005
12.66	Bailey Gellis	2015
12.76	Jessica Bergin	2006
12.83	Bailey Decker	2013
12.84	Kelly Fay	2013
12.6	Erika Slingerland	2004
12.6	Brianna Angellella	2012

200m

24.96	Chelsea Cox	2009
25.63	Brianna Angellella	2013
25.74	Caitlin Adams	2001
25.78	Mikaela Hammel	2012
25.87	Michelle Simmons	2012
26.09	Carolyn Gray	2004
26.26	Bailey Decker	2013
26.40	Carly Burnup	2013
26.41	Jessica Bergin	2006
26.42	Jenna Ritchie	2013

Senior

12.34	Caitlin Adams	2001
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Junior

12.71	Michelle Simmons	2011
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Sophomore

12.66	Bailey Gellis	2015
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Frosh

12.4	Chelsea Cox	2007
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Senior

25.43	Chelsea Cox	2010
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Junior

24.96	Chelsea Cox	2009
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Sophomore

26.01	Chelsea Cox	2008
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Frosh

25.6	Chelsea Cox	2007
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400m

55.18	Chelsea Cox	2010
57.78	Carolyn Gray	2004
58.08	Carly Burnup	2014
58.42	Caitlin Adams	1999
58.66	Brianna Angellella	2013
59.20	Michelle Simmons	2012
59.21	Christina Gray	2002
59.25	Mikaela Hammel	2011
59.7	Jenna Ritchie	2013
60.04	Elizabeth Chartier	2015

Senior

55.18	Chelsea Cox	2010
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Junior

55.44	Chelsea Cox	2009
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Sophomore

57.69	Chelsea Cox	2008
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Frosh

57.57	Chelsea Cox	2007
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Hammer Top Ten 2000-2016

800m

2:04.67	Jillian Smith(09)	2009
2:09.21	Danielle Tauro	2007
2:09.57	Chelsea Cox	2008
2:11.36	Lauren Lewis	2004
2:12.35	Elizabeth Chartier	2015
2:14.39	Melena Hammel	2013
2:16.51	Erin Horleman	2010
2:16.71	Brianna Angellella	2014
2:17.93	Elissa Knight	2011
2:18.01	Taylor Mulch	2016

1600m

4:37.45	Danielle Tauro	2006
4:46.87	Jillian Smith(09)	2007
4:52.41	Kaitlyn Mooney	2016
5:01.53	Corrie Gethard	2010
5:04.01	Elizabeth Chartier	2015
5:04.1	Lauren Lewis	2003
5:05.35	Kathryn Wardenski	2001
5:06.18	Taylor Mulch	2016
5:06.24	Rachel Heussner	2012
5:10.92	Jillian Smith(13)	2012

Senior

2:04.67	Jillian Smith (09)	2009
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Junior

2:05.26	Jillian Smith (09)	2008
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Sophomore

2:08.80	Jillian Smith (09)	2007
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Frosh

2:12.16	Jillian Smith (09)	2006
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Senior

4:44.35	Danielle Tauro	2007
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Junior

4:37.45	Danielle Tauro	2006
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Sophomore

4:46.87	Jillian Smith(09)	2007
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Frosh

4:52.79	Danielle Tauro	2004
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3200m

10:28.25	Kaitlyn Mooney	2016
10:41.40	Danielle Tauro	2007
10:55.41	Corrie Gethard	2010
10:56.06	Jillian Smith(09)	2008
11:04.74	Jillian Smith(13)	2012
11:17.94	Rachel Heussner	2012
11:19.1	Kathryn Wardenski	2002
11:21.61	Kate Armstrong	2008
11:28.4	Rachel Ruggiano	2006
11:34.9	Kegga Schaffer	2002

Senior

10:28.25	Kaitlyn Mooney	2016
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Junior

10:50.88	Danielle Tauro	2006
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Sophomore

10:43.01	Danielle Tauro	2005
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Frosh

10:45.45	Danielle Tauro	2004
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Hammer Top Ten 2000-2016

100m Hurdles

14.40	Samantha Rodriguez	2011
14.69	Dana Ohlson	2012
14.83	Jessica Carlson	2010
15.06	Amaysia Lake	2014
15.17	Elisha Tegeder	2004
15.22	Brittany Knowles	2006
15.50	Darian Daniels	2014
15.55	Julia Beekman	2008
15.57	Ashley Furlong	2006
15.58	Pam Harder	2005

Senior

14.58	Samantha Rodriguez	2012
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Junior

14.40	Samantha Rodriguez	2011
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Sophomore

14.98	Samantha Rodriguez	2010
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Frosh

15.22	Samantha Rodriguez	2009
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400m Hurdles

63.86	Christina Gray	2002
64.05	Julia Beekman	2008
64.66	Chelsea Cox	2009
64.89	Mikaela Hammel	2012
65.32	Kate Rubel	2008
65.35	Morgan Koeppen	2016
65.40	Ashley Furlong	2007
65.47	Amaysia Lake	2014
66.20	Sabrina Woodlee	2016
66.39	Samantha Rodriguez	2009

Senior

64.05	Julia Beekman	2008
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Junior

63.86	Christina Gray	2002
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Sophomore

64.78	Chelsea Cox	2008
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Frosh

66.39	Samantha Rodriguez	2009
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Hammer Top Ten 2000-2016

Pole Vault

12'6.75	Chelsea Vaughan	2012
12'	Ashley Furlong	2007
11'	Tracy Sawczak	2003
10'6	Sam Burns	2012
10'6	Nicola Dragonetti	2014
10'6	Kristina Raylman	2016
10'	Kate Wymbs	2008
9'6	Brooke Angellella	2010
9'6	Emma Maschal	2010
9'6	Morgan Koeppen	2016

Senior

12'6.75	Chelsea Vaughan	2012
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Junior

12'3.25	Chelsea Vaughan	2011
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Sophomore

11'6	Chelsea Vaughan	2010
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Frosh

11'	Chelsea Vaughan	2009
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Triple Jump

38'10.5	Samantha Rodriguez	2012
36'11.5	Jessica Carlson	2010
36'10.5	Julia Beekman	2008
36'4.5	Emily Policastro	2007
36'4	Dana Ohlson	2012
35'9.5	Lizzy Schmoll	2014
35'8.5	Elisha Tegeder	2004
35'8.25	Morgan Koeppen	2016
35'5.5	Meagan Simmons	2010
35'3	Bailey Gellis	2015

Senior

38'10.5	Samantha Rodriguez	2012
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Junior

36'3.25	Samantha Rodriguez	2011
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Sophomore

36'7	Samantha Rodriguez	2010
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Frosh

35'0.5	Dana Ohlson	2009
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Long Jump

18'10	Dana Ohlson	2012
17'11.25	Julia Beekman	2008
17'8.75	Bailey Gellis	2015
17'7.75	Carleigh Greco	2016
17'6.5	Samantha Rodriguez	2010
17'3.75	Caitlin Adams	2001
17'3	Maggie Kleber	2011
17'1.5	Sam Burns	2013
17'1.5	Brianna Angellella	2014
17'0.5	Meagan Simmons	2010
17'0.5	Kelly Knudsen	2015

Senior

18'10	Dana Ohlson	2012
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Junior

18'6.25	Dana Ohlson	2011
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Sophomore

18'1	Dana Ohlson	2010
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Frosh

16'10	Dana Ohlson	2009
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High Jump

5'4	Alexis Wachter	2008
5'4	Brooke Angellella	2009
5'4	Dana Ohlson	2012
5'4	Brianna Angellella	2013
5'2	Jaime Taylor	2000
5'2	Emily Policastro	2006
5'2	Julia Beekman	2007
5'2	Tatiana Pero	2011
5'2	Samantha Rodriguez	2012
5'2	Becca Phillips	2013
5'2	Rachel Ornstein	2014

Senior

5'4	Brooke Angellella	2011
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5'4	Dana Ohlson	2012
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Junior

5'4	Alexis Wachter	2009
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5'4	Brianna Angellella	2013
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Sophomore

5'4	Alexis Wachter	2008
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5'4	Brooke Angellella	2009
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Frosh

5'2	Brooke Angellella	2008
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5'2	Rachel Ornstein	2014
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Hammer Top Ten 2000-2016

Shot Put

39'9	Isabel Barsch	2014
37'10.25	Justine Hosszu	2015
37'8.5	Grace Bohn	2008
37'3	Sam Spencer	2015
36'7	Hailey Shapiro	2006
36'6.5	Brianna Marchal	2011
36'2	Danielle Sprague	2006
35'	Karly Kennard	2011
34'7.25	Barbara Simovic	2010
34'5.75	Annette Breitling	2011

Senior

37'8.5	Grace Bohn	2008
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Junior

39'9	Isabel Barsch	2014
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Sophomore

38'5	Isabel Barsch	2013
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Frosh

34'2.75	Isabel Barsch	2012
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Javelin

142'6	Barbara Simovic	2009
122'8	Lovell Connelly	2003
120'10	Jenna Kulinski	2016
120'	Carly DellaValle	2014
119'10	Victoria Caiazzo	2015
119'	Danielle Spague	2006
118'7	Mindy Foster	1999
110'7	Madison Skeie	2016
108'10	Jenna Lombardo	2006
108'	Maggie Kaszuba	2011

Senior

124'	Barbara Simovic	2010
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Junior

142'6	Barbara Simovic	2009
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Sophomore

130'3	Barbara Simovic	2008
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Frosh

108'	Barbara Simovic	2007
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Discus

117'2	Breanna Wood	2013
112'3	Justine Hosszu	2016
112'	Brianna Marchal	2011
110'3	Hailey Shapiro	2005
110'3	Renee Chambers	2013
108'11	Karly Kennard	2011
108'9	Amanda Nasr	2004
107'8	Grace Bohn	2008
106'10	Erika Ferringo	2013
102'2	Madison Skeie	2015

Senior

110'7	Breanna Wood	2014
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Junior

117'2	Breanna Wood	2013
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Sophomore

110'3	Hailey Shapiro	2005
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Frosh

99'2	Hailey Shapiro	2004
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Hammer Top Ten 2000-2016

4x400

3:49.57	Beekman Jennings Cox Smith	2008
3:49.74	Knight Hammel Simmons Cox	2010
3:50.92	Knight Jennings Smith Cox	2009
3:51.14	Bergin Cox Smith Tauro	2007
3:52.05	Hammel Burnup Angellella Simmons	2012
3:53.72	Bergin Furlong Smith Tauro	2006
3:54.21	Burnup Ritchie Hammel Angellella	2014
3:54.27	Simmons Cox Jennings Smith	2008
3:54.96	Knight Jennings Simmons Cox	2010
3:55.47	Tomczuk Gray Tauro Lewis	2004

4x100

48.75	Ritchie Decker Fay Angellella	2014
49.37	Lake Decker Fay Gellis	2015
49.75	Koeppen Johnson Raylman Gellis	2016
49.82	Johnson Decker Fay Rizzo	2014
49.84	Harder Gray Tegeder Gray	2002
49.92	Koeppen Johnson Raylman Hambor	2016
49.95	Rodriguez Ohlson Ritchie Simmons	2011
49.97	Rodriguez Ohlson Strohmeier Simmons	2011
50.08	Ritchie Decker Fay Burns	2013
50.12	Harder Gray Tegeder Slingerland	2004

Frosh

4:20.1	Angellella Miller Knight Jennings	2008
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Novice/JV

4:17.68	Johnson Charles Decker Gellis	2014
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Frosh

55.2	Baurta Daugherty Hurle Haywood	2013
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Novice/JV

52.9	Carlson Phillips Zingarelli Simkins	2013
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4x200

1:44.58	Bergin Cox Furlong Knowles	2007
1:44.75	Rodriguez Hammel Angellella Simmons	2012
1:45.51	Rodriguez Strohmeier Simmons Hammel	2011
1:45.54	Harder Gray Tegeder Gray	2002
1:45.61	Lake Fay Decker Angellella	2013
1:45.5	Kerstner Gray Gray Adams	2001
1:45.92	Hammel Jennings Simmons Rodriguez	2010
1:46.13	Ritchie Fay Decker Angellella	2014
1:46.23	Lake Ritchie Johnson Angellella	2014
1:46.2	Rodriguez Phillips Angellella Simmons	2012

Frosh

1:54.0	Carlson Daniels Lake Zingarelli	2012
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Novice/JV

1:53.1	Alessi Carlson Charles Zingarelli	2013
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Hammer Top Ten 2000-2016

Distance Medley

11:40.81	Smith Bergin Cox Tauro	2007
11:47.16	Armstrong Beekman Cox Smith	2008
11:56.60	Lewis Gray Tomczuk Tauro	2004
11:58.74	Cox Knight Horleman Smith	2009
12:00.32	Chartier Koeppen Mulch Mooney	2016
12:01.34	Cox Simmons Horleman Gethard	2010
12:04.68	Huessner Hammel Hammel Smith	2012
12:10.56	Heussner Simmons Muraczewski Smith	2012
12:12.75	Chartier Laurence Woodlee Mooney	2016
12:20.25	Muraczewski Burnup Hammel Mooney	2013

Sprint Medley

3:54.37	Bergin Cox Smith Tauro	2007
4:03.21	Gray Tegeder Gray Lewis	2002
4:03.97	Rubel Ohlson Cox Smith	2009
4:04.76	Bergin Knowles Furlong Smith	2006
4:07.00	Bergin Furlong Smith Tauro	2006
4:11.69	Hambor Johnson Laurence Chartier	2016
4:12.5	Slingerland Tegeder Gray Lewis	2004
4:14.2	Knowles Cox Furlong Smith	2007
4:14.27	Simmons Hammel Knight Horleman	2010
4:16.62	Decker Fay Burnup Angellella	2013

Frosh

13:59.8	Muraczewski Burns Smolyn Smith	2010
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Novice/JV

13:53.8	Smolyn Charles Neustadt McHugh	2011
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Frosh

5:11.9	Breitling Kinney Chiodi Bosch	2008
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Novice/JV

4:24.4	Miller Rodriguez Ciardelli Neustadt	2009
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4x800

8:52.80	Knight Horleman Cox Smith	2009
9:08.15	Mooney Mulch Woodlee Chartier	2016
9:10.06	Hammel Chartier Burnup Angellella	2014
9:21.21	Bergin Horleman Cox Smith	2008
9:23.65	Heussner Smolyn Hammel Muraczewski	2012
9:25.29	Mooney Ornstein Woodlee Chartier	2016
9:27.23	Hammel Chartier Mooney Angellella	2014
9:27.25	Burnup Mooney Chartier Hammel	2014
9:34.7	Cox Bergin Patrick Tauro	2007
9:35.74	Wardenski Hagler Scully Lewis	2001

Super Sprint Medley

1:47.84	Simmons Beekman Cox Smith	2008
1:47.96	Simmons Jennings Simmons Cox	2010
1:49.73	Johnson Burnup Rizzo Angellella	2014
1:50.65	Carlson Beekman Bergin Cox	2007
1:50.79	Fay Knudsen Simmons Angellella	2012
1:51.69	Hambor Raylman Gellis Koeppen	2016
1:52.30	Simmons Strohmeier Hammel Knight	2011
1:54.23	Phillips Simkins Burns Ritchie	2013
1:54.68	Ohlson Simmons Jennings Knight	2009
1:54.79	Decker Fay Lake Woodlee	2015

Frosh

10:40.8	Smith Smolyn Simkins Muraczewski	2010
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Novice/JV

10:22.1	Smith Smolyn McHugh Difilippo	2011
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Hammer Top Ten 2000-2016

Shuttle Hurdles

1:02.09	Daniels Raylman Knudsen Lake	2015
1:02.66	Ohlson Lake Knudsen Rodriguez	2012
1:02.76	Daniels Knudsen Charles Lake	2014
1:03.51	Ohlson Seddon Carlson Rodriguez	2010
1:04.10	Furlong Johnson Bergin Knowles	2006
1:04.5	Ohlson Angellella Carlson Rodriguez	2010
1:04.76	Beekman Angellella Carlson Rubel	2008
1:05.0	Ohlson Pero Lake Rodriguez	2012
1:05.65	Harder Foster Knowles Tegeder	2004
1:05.6	Harder Furlong Foster Knowles	2005

Frosh

1:13.7	Angellella Volk Decerbo Bernard	2008
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Novice/JV

1:09.06	Raylman Laubach McBride Reilly	2014
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3x400Hurdles

3:20.3	Cox Wymbs Rubel	2008
3:23.44	Charles Lake Daniels	2014
3:24.48	Hammel Lake Zingarelli	2012
3:24.9	Beekman Wymbs Rubel	2008
3:27.99	Rubel Rodriguez Hammel	2009
3:29.4	Rubel Wymbs Lahullier	2008
3:30.9	Slingerland Tegeder Furlong	2004
3:31.38	Hammel Miller Simkins	2010
3:31.63	Lake Charles Carlson	2013
3:31.94	Burnup Daniels Charles	2014

Frosh

3:35.2	Furlong Slingerland Knowles	2004
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Novice/JV

3:47.6	Belowsky Decerbo Kleber	2009
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4x1500

19:35.16	Patrick Bergin Smith Tauro	2007
19:36.81	Gethard Bergin Cox Smith	2009
20:29.09	Chartier Mulch Forsman Mooney	2015
20:29.61	Smith Forsman Smolyn Mooney	2013
20:41.7	Ruggiano Glowacki Patrick Tauro	2005
20:49.03	Smolyn Difilippo McHugh Smith	2011

4xMile

20:58.00	Wardenski Hagler Schaffer Lewis	2002
22:43.90	MacMaster Citarella Topchev Mulch	2016

4x1600

21:10.44	Wardenski Hagler Schaffer Lewis	2002
21:29.38	Wardenski Hagler Scully Lewis	2001
22:03.5	Smolyn Difilippo Heussner Smith	2012
22:06.2	Forsman Smolyn Muraczewski Mooney	2013
22:17.8	Difilippo Smolyn Heussner Smith	2011
22:23.6	Hommel Ruggiano Bergin Smith	2006
22:25.2	Tauro Tomczuk Alvarez Ruggiano	2004
22:40.7	Armstrong Dodds Ridsen Smith	2007
22:41.64	Uberti Ciardelli Ridsen Armstrong	2008
22:44.3	Patrick Glowacki Tauro Ruggiano	2005