

	Event	Record Holder	Record	Date	Region/Category
1	Mixed 3000 Meter Race Walk	Nolan Allen	18:58.86	7/15/2023	Open
2	Men 5000 Meter Run Open	Dermot Fitzpatrick	14:56.0h	7/15/1989	Northeast
3	Boys 3000 Meter Run Scholastic	Timothy Duncan	8:51.9h	1986	Southeast/Coastal
4	Girls 3000 Meter Run Scholastic	Julie Spolidoro	10:25.83	7/25/1998	Southeast/Coastal
5	Women 3000 Meter Run Open	Darlene Bickford	9:23.8h	1986	Metro
7	Girls 400 Meter Dash Junior	Rhyana Freeman	1:00.26	7/11/2010	Metro
8	Boys 400 Meter Dash Junior	Jared Kadich	53.35	7/14/2007	Northeast
9	Girls 400 Meter Dash Scholastic	Genesia Eddins	56.7h	1983	Metro
10	Boys 400 Meter Dash Scholastic	Miles Jeffries	49.52	7/19/2025	West
11	Women 400 Meter Dash Open	Genesia Eddins	53.94	1987	Metro
12	Men 400 Meter Dash Open	Trevor Garrick	47.40	1983	Metro
13	Girls 100 Meter Dash Junior	Janelle White	12.91	7/19/2025	Southeast
14	Boys 100 Meter Dash Junior	Michael Haakenstad	11.77	7/14/2001	Northeast
15	Girls 100 Meter Dash Scholastic	Chizoba Ezeigwe	12.21	7/10/2004	Metro
16	Boys 100 Meter Dash Scholastic	Karimben Saunders	10.7h	1986	Metro
17	Women 100 Meter Dash Open	Tiffany Young	12.0h	7/19/1991	Metro
18	Men 100 Meter Dash Open	James Souder	10.54	7/25/1998	Northeast
19	Girls 100 Meter Hurdles Scholastic	Peyton Rollins	14.75	7/16/2022	Scholastic
20	Women 100 Meter Hurdles Open	Andrea Melton	14.58	1996	Metro
21	Boys 110 Meter Hurdles Scholastic	Nahshon Lubowa	14.39	7/18/2026	Northeast
22	Men 110 Meter Hurdles Open	Tracey Tillett	14.40	7/15/1989	Metro
23	Girls 200 Meter Dash Junior	Sydney Fisher	26.34	7/12/2009	Metro
24	Boys 200 Meter Dash Junior	Elijah Hamilton	23.85	7/19/2025	Southeast
25	Girls 200 Meter Dash Scholastic	Chizoba Ezeigwe	24.49	7/10/2004	Metro
26	Boys 200 Meter Dash Scholastic	Karimben Saunders	21.9h	1986	Metro
27	Women 200 Meter Dash Open	Tiffany Young	24.6h	1994	Metro
28	Men 200 Meter Dash Open	Everard Samuels	21.07	1987	Central/West
29	Women 400 Meter Hurdles Open	Liz Pellegrini	1:04.95	7/15/2017	Metro-North
30	Men 400 Meter Hurdles Open	Lamonte Brown	53.54	1996	Metro

31	Men 3000 Meter Steeplechase Open	Sean Duncan	9:13.50	7/14/2012	Central-West
32	Boys 1 Mile Run Junior	Colin Bennie	4:47.57	7/12/2009	Central West
33	Girls 1 Mile Run Junior	Emily Lanois	5:27.61	7/16/2005	Northeast
34	Boys 1 Mile Run Scholastic	Andy Downin	4:23.20	7/15/1989	Southeast/Coastal
35	Girls 1 Mile Run Scholastic	Clare Martin	5:04.69	7/20/2015	Southeast Co
36	Men 1 Mile Run Open	David Vona	4:12.20	1986	Metro
37	Women 1 Mile Run Open	Linda Detlefson	4:57.0h	1983	Southeast/Coastal
38	Boys 800 Meter Run Junior	Chadd Steinhauser	2:09.56	2000	Northeast
39	Girls 800 Meter Run Junior	Alanna Poretta	2:24.43	7/15/2006	Northeast
40	Boys 800 Meter Run Scholastic	David Noble	1:56.01	1987	Southeast/Coastal
41	Girls 800 Meter Run Scholastic	Jennifer Buell	2:16.34	1984	Central/West
42	Men 800 Meter Run Open	Ryan Wittenburg	1:52.57	7/16/2022	
43	Women 800 Meter Run Open	Valerie Harris	2:14.53	7/19/1991	Metro
44	Boys Long Jump Junior	Jared Prior	18-09.50	7/14/2012	Metro
45	Boys Long Jump Scholastic	Ramon Neves	23-08	1988	Metro
46	Girls Triple Jump Junior	Carla Forbes	39-03	7/12/2009	Metro
47	Girls Triple Jump Scholastic	Mackenzie Gray	38-11.50	7/13/2014	Metro-North
48	Boys Shot Put Scholastic	Josiah Gomes	54-11.00	7/20/2024	Metro
49	Girls High Jump Scholastic	Danielle Gilliatt	5-06	7/15/1989	Central/West
50	Girls Discus Throw Scholastic	Kate Powers	139.06	7/15/2023	Scholastic
51	Boys Javelin Throw Scholastic	Timothy Lyons	197-10	1994	Northeast
52	Boys Pole Vault Scholastic	Brad Holtz	15-00	7/10/2004	Central-West
53	Girls Pole Vault Scholastic	Molly Lederman	12-00	2000	Metro
54	Girls Long Jump Scholastic	Karen Phillips	18-06	1987	Southeast/Coastal
55	Girls Long Jump Junior	Carla Forbes	18-05	7/12/2009	Metro
56	Boys Triple Jump Junior	Michael Haakenstad	38-03	7/14/2001	Northeast
57	Boys Triple Jump Scholastic	Tom Campbell	46-06.75	1987	Metro
58	Girls Shot Put Scholastic	Ainsley Cuthbertson	40-03.75	7/19/2025	Metro
59	Boys High Jump Scholastic	Holden Choma	6-08.75	7/18/2026	Northeast

60	Boys Discus Throw Scholastic	Sam Welsh	195-11	7/15/2017	Metro-North
61	Girls Javelin Throw Scholastic	Abbey Karin	141-02	7/14/2007	Northeast
62	Men Long Jump Open	Bret Harris	25-07	1992	Metro
63	Women Triple Jump Open	Lorna Barrett	38-09.75	1987	Southeast/Coastal
64	Men Shot Put Open	Art McDermott	62-04	1985	Northeast
65	Women High Jump Open	Erin Sugrue	5-10	1986	Metro
66	Women Discus Throw Open	Sarah Thornton	171-08	7/13/2014	Metro-North
67	Men Javelin Throw Open	Kris Theriault	236-00	1994	Central/West
68	Men Pole Vault Open	Michael Durmmey	16-11.75	1995	Central/West
69	Women Pole Vault Open	Erin Silva	12-03	7/14/2013	Central-West
70	Women Long Jump Open	Stephanie Pavao	19-00.25	7/19/1991	Metro
71	Men Triple Jump Open	Ugo Nduaguba	50-09.50	7/12/2009	Metro
72	Women Shot Put Open	Lauren Andrews	45-08	1984	Northeast
73	Men High Jump Open	John Thrope	7-00	1994	Southeast/Coastal
74	Men Discus Throw Open	Art McDermott	191-01	1985	Northeast
75	Women Javelin Throw Open	Jennifer Cronin	147-06	1986	Southeast/Coastal
76	Women Hammer Throw Open	Keelin Godsey	212-01	7/13/2007	Metro
77	Men Hammer Throw Open	Andy Bessette	227-01	1983	Southeast/Coastal
78	Men 40-59 1 Mile Run Masters	Andrew Nowicki	4:47.63	7/15/2023	Master 1
78	Men 60+ 1 Mile Run Masters	Robert Collins	5:49.83	7/16/2022	Master 2
79	Women 39&U 1 Mile Run Masters	Madelyn Steeves	6:36.40	7/20/2015	Masters
79	Women 40-59 1 Mile Run Masters	Jennifer Hegarty	5:50.90	7/20/2015	Masters
79	Women 60+ 1 Mile Run Masters	Alda Cossi	7:25.18	7/15/2023	Master 2
80	Men 39&U 400 Meter Dash Masters	Scott Steeves	58.55	7/20/2015	Masters
80	Men 40-59 400 Meter Dash Masters	Andrew Junas	51.18	7/20/2015	Masters
80	Men 60+ 400 Meter Dash Masters	Carroll Blake	58.69	7/20/2015	Masters
82	Men 100 Meter Dash Masters	Barney Borromeo	11.64	7/12/2009	Masters
82	Men 40-59 100 Meter Dash Masters	Alexander Robinson	11.79	7/18/2026	Masters 1
82	Men 60+ 100 Meter Dash Masters	Chris McConnell	13.93	7/15/2023	Master 2

83	Women 40-59 100 Meter Dash Masters	Jen Hudziec	14.39	7/18/2026	Masters 1
83	Women 60 + 100 Meter Dash Masters	Ginny Richburg	15.91	7/13/2019	Masters
84	Men 40-59 800 Meter Run Masters	Andrew Nowicki	2:06.09	7/1/2022	Master 1
84	Men 60+ 800 Meter Run Masters	Jim Watts	2:27.45	7/16/2022	Master 2
85	Women 40-59 800 Meter Run Masters	Diane Pomeroy	2:23.77	7/14/2012	Masters
86	Men 39&U Long Jump Masters	Dino Maye	12-06	7/20/2015	Masters
86	Men 40-59 Long Jump Masters	Alan Feters	18-05.75	7/15/2017	Masters
86	Men 60+ Long Jump Masters	David Richardson	15-08.75	7/15/2017	Masters
87	Women 40 59 Long Jump Masters	Jen Hudziec Master 1	13-03	7/15/2023	
88	Men 40-49 Shot Put Masters	David Stuhlsatz	44-05.50	7/19/2025	Masters
88	Men 50-59 Shot Put Masters	Victor DeMarines	51-03.50	7/15/2017	Masters
88	Men 60+ Shot Put Masters	Victor DeMarines Master 2	47 09.50	7/15/2023	
89	Women 40-59 Shot Put Masters	Susan Heffernan	27-01	7/20/2015	Masters
89	Women 60+ Shot Put Masters	Ginny Richburg	27-0.75	7/13/2019	Masters
90	Men 40-59 Discus Throw Masters	Victor DeMarines	167-10	7/20/2015	Masters
90	Men 60+ Discus Throw Masters	Victor DeMarines	175-09	7/19/2025	Master 2
91	Women 40-59 Discus Throw Masters	Beth Jzyk Mackenzie	81-09	7/19/2025	Master 2
92	Men 40-59 Hammer Throw Masters	David DeStefano	176-02	7/15/2022	Master 1
92	Men 60+ Hammer Throw Masters	Bob Cedrone	150-10	7/19/2015	Masters
93	Women 40-59 Hammer Throw Masters	Beth Jzyk Mackenzie	113-07	7/19/2025	Master 1
93	Women 60+ Hammer Throw Masters	Crystal Schell	57-04	7/18/2026	
94	Boys Javelin Throw Turbo Junior	Adam Toleos	137-06	7/15/2023	
95	Girls Javelin Throw Turbo Junior	Emma Fitzgerald	109-11	7/11/2010	Metro
96	Men 200 Meter Dash Masters	Andrew Junas	24.10	7/20/2015	Masters
96	Men 40-59 200 Meter Dash Masters	Steve Edmond	25.43	7/16/2022	Open
96	Men 60+ 200 Meter Dash Masters	Jim Watts	28.56	7/15/2023	Master 2
97	Women 40-59 200 Meter Dash Masters	Christine Mark	30.83	7/15/2017	Masters
97	Women 60+ 200 Meter Dash Masters	Ginny Richburg	33.85	7/13/2019	Masters
99	Girls 400 Meter Hurdles Scholastic	Solana Varela	1:05.84	7/19/2025	Metro

100	Boys 400 Meter Hurdles Scholastic	Kyle Lisauskas	55.88	7/19/2025	Northeast
101	Boys 100 Meter Dash Para	Delmace Mayo	16.22	7/16/2022	Para
102	Women 3000 Steeplechase Open	Ciara Camire	12:13.43	7/15/2017	Metro-North
103	Boys 200 Meter Dash Para	Delmace Mayo	28.78	7/19/2025	Para
104	Boys 800 Meter Run WC Para	Delmace Mayo	1:56.20	7/19/2025	Para
112	Women 100 Yard Dash Para	Femita Ayanbeku	13.86	7/16/2022	Para