

2023 Bay State Games Track & Field Finals - 7/14/2023 to 7/15/2023**Regis College****Meet - Records****1Mixed 3000 Meter Race Walk 18:58.86 7/15/2023 Nolan Allen - Open**

2 Men 5000 Meter Run Open	14:56.0h	1989	Dermot Fitzpatrick - Northeast
3 Boys 3000 Meter Run Scholastic	8:51.9h	1986	Timothy Duncan - Southeast/Coastal
4 Girls 3000 Meter Run Scholastic	10:25.83	1998	Julie Spolidoro - Southeast/Coastal
5 Women 3000 Meter Run Open	9:23.8h	1986	Darlene Bickford - Metro
7 Girls 400 Meter Dash Junior	1:00.26	7/11/2010	Rhyana Freeman - Metro
8 Boys 400 Meter Dash Junior	53.35	7/14/2007	Jared Kadich - Northeast
9 Girls 400 Meter Dash Scholastic	56.7h	1983	Genesis Eddins - Metro
10 Boys 400 Meter Dash Scholastic	50.1h	1988	Unknown - Metro
11 Women 400 Meter Dash Open	53.94	1987	Genesis Eddins - Metro
12 Men 400 Meter Dash Open	47.40	1983	Trevor Garrick - Metro
13 Girls 100 Meter Dash Junior	12.92	7/12/2009	Thaisha Alphonse - Metro
14 Boys 100 Meter Dash Junior	11.77	2001	Michael Haakenstad - Northeast
15 Girls 100 Meter Dash Scholastic	12.21	7/10/2004	Chizoba Ezeigwe - Metro
16 Boys 100 Meter Dash Scholastic	10.7h	1986	Karimben Saunders - Metro
17 Women 100 Meter Dash Open	12.0h	1991	Tiffany Young - Metro
18 Men 100 Meter Dash Open	10.54	1998	James Souder - Northeast
19 Girls 100 Meter Hurdles Scholastic	14.75	7/16/2022	Peyton Rollins - Scholastic
20 Women 100 Meter Hurdles Open	14.58	1996	Andrea Melton - Metro
21 Boys 110 Meter Hurdles Scholastic	14.75	7/10/2004	Kevin MacLeod - Central-West
22 Men 110 Meter Hurdles Open	14.40	1989	Tracey Tillett - Metro
23 Girls 200 Meter Dash Junior	26.34	7/12/2009	Sydney Fisher - Metro
24 Boys 200 Meter Dash Junior	24.15	7/15/2017	Jordan Colon - Central-West
25 Girls 200 Meter Dash Scholastic	24.49	7/10/2004	Chizoba Ezeigwe - Metro
26 Boys 200 Meter Dash Scholastic	21.9h	1986	Karimben Saunders - Metro
27 Women 200 Meter Dash Open	24.6h	1994	Tiffany Young - Metro
28 Men 200 Meter Dash Open	21.07	1987	Everard Samuels - Central/West
29 Women 400 Meter Hurdles Open	1:04.95	7/15/2017	Liz Pellegrini - Metro-North
30 Men 400 Meter Hurdles Open	53.54	1996	Lamonte Brown - Metro
31 Men 3000 Meter Steeplechase Open	9:13.50	7/14/2012	Sean Duncan - Central-West
32 Boys 1 Mile Run Junior	4:47.57	7/12/2009	Colin Bennie - Central West
33 Girls 1 Mile Run Junior	5:27.61	7/16/2005	Emily Lanois - Northeast
34 Boys 1 Mile Run Scholastic	4:23.20	1989	Andy Downin - Southeast/Coastal
35 Girls 1 Mile Run Scholastic	5:04.69	7/20/2015	Clare Martin - Southeast Co
36 Men 1 Mile Run Open	4:12.20	1986	David Vona - Metro
37 Women 1 Mile Run Open	4:57.0h	1983	Linda Detlefson - Southeast/Coastal
38 Boys 800 Meter Run Junior	2:09.56	2000	Chadd Steinhauer - Northeast
39 Girls 800 Meter Run Junior	2:24.43	7/15/2006	Alanna Poretta - Northeast
40 Boys 800 Meter Run Scholastic	1:56.01	1987	David Noble - Southeast/Coastal
41 Girls 800 Meter Run Scholastic	2:16.34	1984	Jennifer Buell - Central/West
42 Men 800 Meter Run Open	1:52.57	7/16/2022	Ryan Wittenburg
43 Women 800 Meter Run Open	2:14.53	1991	Valerie Harris - Metro
44 Boys Long Jump Junior	18-09.50	7/14/2012	Jared Prior - Metro
45 Boys Long Jump Scholastic	23-08	1988	Ramon Neves - Metro
46 Girls Triple Jump Junior	39-03	7/12/2009	Carla Forbes - Metro
47 Girls Triple Jump Scholastic	38-11.50	2014	Mackenzie Gray - Metro-North
48 Boys Shot Put Scholastic	53-09.50	1993	Jan Stevens - Central/West
49 Girls High Jump Scholastic	5-06	1989	Danielle Gilliatt - Central/West
50 Girls Discus Throw Scholastic	139.06	7/15/2023	Kate Powers - Scholastic
51 Boys Javelin Throw Scholastic	197-10	1994	Timothy Lyons - Northeast
52 Boys Pole Vault Scholastic	15-00	7/10/2004	Brad Holtz - Central-West
53 Girls Pole Vault Scholastic	12-00	2000	Molly Lederman - Metro
54 Girls Long Jump Scholastic	18-06	1987	Karen Phillips - Southeast/Coastal
55 Girls Long Jump Junior	18-05	7/12/2009	Carla Forbes - Metro
56 Boys Triple Jump Junior	38-03	2001	Michael Haakenstad - Northeast
57 Boys Triple Jump Scholastic	46-06.75	1987	Tom Campbell - Metro
58 Girls Shot Put Scholastic	39-11.25	1996	Lissa Bloom - Northeast

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59 Boys High Jump Scholastic	6-08.50	1996	Phil McGeoghen - Metro
60 Boys Discus Throw Scholastic	195-11	7/15/2017	Sam Welsh - Metro-North
61 Girls Javelin Throw Scholastic	141-02	7/14/2007	Abbey Karin - Northeast
62 Men Long Jump Open	25-07	1992	Bret Harris - Metro
63 Women Triple Jump Open	38-09.75	1987	Lorna Barrett - Southeast/Coastal
64 Men Shot Put Open	62-04	1985	Art McDermott - Northeast
65 Women High Jump Open	5-10	1986	Erin Sugrue - Metro
66 Women Discus Throw Open	171-08	2014	Sarah Thornton - Metro-North
67 Men Javelin Throw Open	236-00	1994	Kris Theriault - Central/West
68 Men Pole Vault Open	16-11.75	1995	Michael Durmmey - Central/West
69 Women Pole Vault Open	12-03	7/14/2013	Erin Silva - Central-West
70 Women Long Jump Open	19-00.25	1991	Stephanie Pavao - Metro
71 Men Triple Jump Open	50-09.50	7/12/2009	Ugo Nduaguba - Metro
72 Women Shot Put Open	45-08	1984	Lauren Andrews - Northeast
73 Men High Jump Open	7-00	1994	John Thrope - Southeast/Coastal
74 Men Discus Throw Open	191-01	1985	Art McDermott - Northeast
75 Women Javelin Throw Open	147-06	1986	Jennifer Cronin - Southeast/Coastal
76 Women Hammer Throw Open	212-01	7/13/2007	Keelin Godsey - Metro
77 Men Hammer Throw Open	227-01	1983	Andy Bessette - Southeast/Coastal
78 Men 40-59 1 Mile Run Masters	4:47.63	7/15/2023	Andrew Nowicki - Master 1
78 Men 60+ 1 Mile Run Masters	5:49.83	7/16/2022	Robert Collins - Master 2
79 Women 39&U 1 Mile Run Masters	6:36.40	7/20/2015	Madelyn Steeves - Masters
79 Women 40-59 1 Mile Run Masters	5:50.90	7/20/2015	Jennifer Hegarty - Masters
79 Women 60+ 1 Mile Run Masters	7:25.18	7/15/2023	Alda Cossi - Master 2
80 Men 39&U 400 Meter Dash Masters	58.55	7/20/2015	Scott Steeves - Masters
80 Men 40-59 400 Meter Dash Masters	51.18	7/20/2015	Andrew Junas - Masters
80 Men 60+ 400 Meter Dash Masters	58.69	7/20/2015	Carroll Blake - Masters
82 Men 100 Meter Dash Masters	11.64	7/12/2009	Barney Borromeo - Masters
82 Men 40-59 100 Meter Dash Masters	12.60	7/16/22	Steve Edmond - Open
82 Men 60+ 100 Meter Dash Masters	13.93	7/15/2023	Chris McConnell - Master 2
83 Women 40-59 100 Meter Dash Masters	14.90	7/13/2019	Wendy Coutu - Masters
83 Women 60 + 100 Meter Dash Masters	15.91	7/13/2019	Ginny Richburg - Masters
84 Men 40-59 800 Meter Run Masters	2:06.09	7/1/2022	Andrew Nowicki - Master 1
84 Men 60+ 800 Meter Run Masters	2:27.45	7/16/2022	Jim Watts - Master 2
85 Women 40-59 800 Meter Run Masters	2:23.77	7/14/2012	Diane Pomeroy - Masters
86 Men 39&U Long Jump Masters	12-06	7/20/2015	Dino Maye - Masters
86 Men 40-59 Long Jump Masters	18-05.75	7/15/2017	Alan Fetters - Masters
86 Men 60+ Long Jump Masters	15-08.75	7/15/2017	David Richardson - Masters
87 Women 40 59 Long Jump Masters	13 03	7/15/2023	Jen Hudziec - Master 1
88 Men 40-49 Shot Put Masters	42.07	7/14/2012	Rich Hartnett - Masters
88 Men 50-59 Shot Put Masters	51-03.50	7/15/2017	Victor DeMarines - Masters
88 Men 60+ Shot Put Masters	47 09.50	7/15/2023	Victor DeMarines - Master 2
89 Women 40-59 Shot Put Masters	27-01	7/20/2015	Susan Heffernan - Masters
89 Women 60+ Shot Put Masters	27-0.75	7/13/2019	Ginny Richburg - Masters
90 Men 40-59 Discus Throw Masters	167-10	7/20/2015	Victor DeMarines - Masters
90 Men 60+ Discus Throw Masters	167-03	7/15/2023	Victor DeMarines - Master 2
91 Women 40-59 Discus Throw Masters	36-05	7/16/2022	Deborah Ecklund - Master 2
92 Men 40-59 Hammer Throw Masters	176-02	7/15/2022	David DeStefano - Master 1
92 Men 60+ Hammer Throw Masters	150-10	7/19/2015	Bob Cedrone - Masters
93 Women 40-59 Hammer Throw Masters	16.44m	7/14/2023	Crystal Schell - Master 1
93 Women 60+ Hammer Throw Masters	48-11	7/15/2022	Deborah Exklund - Master 2
94 Boys Javelin Throw Turbo Junior	137-06	7/15/2023	Adam Toleos
95 Girls Javelin Throw Turbo Junior	109-11	7/11/2010	Emma Fitzgerald - Metro
96 Men 200 Meter Dash Masters	24.10	7/20/2015	Andrew Junas - Masters
96 Men 40-59 200 Meter Dash Masters	25.43	7/16/2022	Steve Edmond - Open
96 Men 60+ 200 Meter Dash Masters	28.56	7/15/2023	Jim Watts - Master 2
97 Women 40-59 200 Meter Dash Masters	30.83	7/15/2017	Christine Mark - Masters
97 Women 60+ 200 Meter Dash Masters	33.85	7/13/2019	Ginny Richburg - Masters

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99	Girls 400 Meter Hurdles Scholastic	1:07.59	7/12/2009	Melyssa McFayden - Northeast
100	Boys 400 Meter Hurdles Scholastic	58.17	2014	Sebastian Silveira - Metro-North

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101	Boys 100 Meter Dash Para	16.22	7/16/2022	Delmace Mayo - Para
102	Women 3000 Steeplechase Open	12:13.43	7/15/2017	Ciara Camire – Metro-North
103	Boys 200 Meter Dash Para	30.01	7/16/2022	Delmace Mayo - Para
104	Boys 800 Meter Run WC Para	1:58.79	7/16/2022	Delmace Mayo – Para
112	Women 100 Yard Dash Para	13.86	7/16/2022	Femita Ayanbeku - Para