

# ***NYSCTC MEET RECORDS***

Updated: 1/23/2004

1	Men 55 Meter Dash	6.40	1997	Krishawn Gilmore - Rensselaer
2	Women 55 Meter Dash	7.22	1986	Michelle Mazurick - U of Rochester
3	Men 55 Meter Hurdles	7.58	1982	Carl Boykin - Colgate
4	Women 55 Meter Hurdles	8.44	1995	Cathy Bush - Geneseo
5	Men 200 Meter Dash	22.35	2002	Marcus Allen - Buffalo State
6	Women 200 Meter Dash	26.16	2002	Sheri Kelleher - Hartwick
7	Men 400 Meter Dash	48.94	1989	Willie Mitchell - Colgate
8	Women 400 Meter Dash	57.29	2002	Sheri Kelleher - Hartwick
9	Men 500 Meter Dash	64.76	2003	Jim Ravener - Ithaca
10	Women 500 Meter Dash	78.41	2000	Noyelum Nwosa - Hartwick
11	Men 800 Meter Run	1:53.24	1990	Tim Smith - Colgate
12	Women 800 Meter Run	2:13.89	1985	Marie Bernard - Stonybrook
13	Men 1000 Meter Run	2:28.04	1984	Dave Elster - St. Lawrence
14	Women 1000 Meter Run	2:59.02	2002	Amanda Laytham - Ithaca
15	Men 1500 Meter Run	3:50.69	1987	Jukka Tammissuo - St. Lawrence
16	Women 1500 Meter Run	4:36.9h	1988	Josepha Benzoni - U of Rochester
17	Men 3000 Meter Run	8:26.6h	1980	Tom Dalton - Siena
18	Women 3000 Meter Run	9:44.7h	1984	Trisha Lacasse - Cortland
19	Men 5000 Meter Run	14:40.41	1983	Glenn Lamb - U of Rochester
20	Women 5000 Meter Run	16:47.36	2003	Melissa White - Geneseo
21	Men 4x200 Meter Relay	1:31.27	2003	- Buffalo State E Overton D Conti C Lape J Muise
22	Women 4x200 Meter Relay	1:45.85	2003	- St. Lawrence A Nortz K DePuy A Bibb K Simpson
23	Men 4x400 Meter Relay	3:19.97	1990	- Albany L Richardson W Rodriquez D Westbrook H Sellers
24	Women 4x400 Meter Relay	3:58.83	2003	- Hartwick S Moreau S Wilson A Luomo S Kelleher
25	Men 4x800 Meter Relay	7:50.73	1985	- Union M Reed W Britton J Barker R Mohlar
26	Women 4x800 Meter Relay	9:29.10	2003	- Geneseo J Rettke J Zieno K Smith K Reale
27	Men Distance Medley	10:05.30	2003	- Ithaca B Cocca J Ravener B Mallette G Wagner
28	Women Distance Medley	11:51.27	2003	- Ithaca K Cravatta L Janovich E Maston A Laytham
29	Men High Jump	2.13m	1985	Kym Orr - Fredonia
30	Women High Jump	1.75m	1999	Ria Megnin - Hartwick
31	Men Pole Vault	4.81m	1993	James Nixon - Albany
32	Women Pole Vault	3.41m	2003	Allison Benson - Rensselaer
33	Men Long Jump	7.39m	1993	Bob Jones - Buffalo
34	Women Long Jump	5.84m	2003	Kate DePuy - St. Lawrence
35	Men Triple Jump	14.89m	1994	Geoffrey Rono - Roberts Wesleyan
36	Women Triple Jump	12.23m	1997	Monique Hacker - Binghamton
37	Men Shot Put	17.33m	1983	Dan Mlodozeniec - Fredonia
38	Women Shot Put	13.63m	2003	Renata Williams - Hartwick
39	Men Weight Throw 35#	18.65m	1994	Trevor Hitchcock - Fredonia
40	Women Weight Throw 20#	16.20m	2003	Heather Hughes - Brockport
41	Men Indoor Pentathlon	3624	1994	Ron Przybocki - Fredonia
42	Women Indoor Pentathlon	3380	1995	Carol Senn - Stonybrook