

Middlesex League Records

Female Indoor Track Records					Male Indoor Track Records				
Female					Male				
	Name	School	Record	Date		Name	School	Record	Date
2 mile	Natasha, Roetter	Lex	10:47.5	12/23/2000	2 mile	Sirchis, Barry	Win	09:14.4	12/21/1983
Shot Put	Oldham, Heather	Wob	44' 0.25 "	2/3/1999	Shot Put	Melkonian, Ron	Stone	60' 01 "	2/1/1975
HJ	Comeau, Andrea	Rdg	5' 07"	12/16/1995	HJ	Duffy, Greg	Rdg	6' 08 "	12/20/1986
1000 m	Bihrlle, Marian	Bel	2:59.3	2/11/2000	1000 m	Nelson, Greg	Bur	6' 08 "	2/1/2006 @Wob
600 m	McCusker, Maura	Stone	1:36.7	2/3/1999	600 m	Willi Ballenthin	Lex	2:35.1	1/14/2006
	Silva, Jessica(RLT)	Rdg	42.6	1/9/2001	300 m	Willi Ballenthin	Lex	02:33.0	1/25/2006 @RLTC
	O'Brien, Sara	Rdg	43.5	1/17/2000	300 m	Meikle Paschal	Lex	1:24.3	1/25/2006 @RLTC
1 mile	Natasha Roetter (RLT)	Lex	04:57.9	1/9/2001	1 mile	Laurits, Brian (RLT)	Wake	36.2	12/29/1999
	Natasha Roetter	Lex	05:01.4	1/3/2001		Borak, Josh	Rdg	36.3	2/15/1997
45 yd H	LeSaffre, Karen	Wake	6.4	2/5/1987	45 yd H	Mabee, Steve	Lex	04:21.8	1/20/1970
	DeSimone, Laura	Wob	6.4	2/13/1986		Szczpanski, John	Win	5.7	2/7/1990
	Marx, Amy	Lex	6.4	2/13/1990					1/29/1997
									1/29/1997 &
55 m H	Comeau, Andrea	Rdg	8.4	2/13/1996	55 m H	Jellison, Mark	Rdg	7.5	12/27/1998
45 yd D	Alfred, Tricia	Lex	5.5	2/9/1988	45 yd D	Jack, Johann	Lex	4.9	2/15/1994
55 m D	Foley, Shannon	Stone	7.2	1/19/1995	55 m D	Hall, Ron	Win	6.5	1/19/1995
					55 m D	Takuya Kojo	Bel	6.5	1/15/2003
					55 m D	Darius Walker	Lex	6.4 (6.57e)	12/20/2005 @RLTC
4x400 m	Lindsay Manfra				4x400 m	Walsh, John			
	Chelsey Canavan					Paige, Jason			
	Emily Nardone					Stenguist, Bryan			RLT
	Christina Izzicupo	Stoneham	04:10.3	1/25/2006		Romano, Justin	Wob	03:29.4	1/9/2001
4x800 m	Caputo, Lauren				4x800 m	Conlan, Brian			
	Bothwell, Laura					O'Connell, Brendan			
	Pizzi, Becca					Given, Scott			
	Cozman, Christina	Bel	10:18.9	2/15/1997		Barry-Snargs, Kevin	Rdg	08:39.8	2/15/1997
		Oldest Records							
Long Jump	Christina Izzicupo	Sto	16' 10"	12/13/2005	Long Jump	Darius Walker	Lex	22' 04.5"	1/25/2006 @RLTC
Revised 2/1/06									
	Alfred, Tricia	Lex	37.7	2/5/1987	300 yd	Crichlow, Eric	Lex	32.1	2/2/1988
Records in Yards	Saunders, Gail	Rdg	01:26.2	1/20/1982	600 yd	Fallon, Mark	Rdg	01:14.1	2/5/1986
Retired	Seabury, Kristen	Stone	02:39.3	1/26/1987	600 yd	Brown, Mike	Bel	01:14.1	2/5/1986
					1000 yd	Graham, Ken	Mel	02:16.5	1/15/1973

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4x440 yds	Marx, Amy	Lex	04:09.9	1/30/1990	4x440 yds	Sommers-Warnick	Lex	03:31.9	1/28/1978
	McQueen, Latisha					Rittenburg-DiGiovanni Rdg			
	Hartshorn, Heather					Skerry-Cowen			
	Dennison, Becky					Berman-Ward			