

2025 Pinkerton Academy Outdoor Track & Field Records

	Overall		Senior		Junior		Sophomore		Freshman						
100m	Jadyn Ruimwijk	10.92	6/3/2017	Eric Guinto	10.7h	5/11/2010	Jadyn Ruimwijk	10.92	6/3/2017	Jadyn Ruimwijk	11.06	5/21/2016	Travis Cavallo	11.20	5/9/2024
	Eric Guinto	10.7h	5/11/2010	Jadyn Ruimwijk	10.98	5/25/2018	Caden Michaud	10.95	5/20/2023	Eric Guinto	11.07	5/16/2008	Kaycee Scheibert	11.54	5/20/2015
	Caden Michaud	10.95	5/20/2023	Jacob Spezzaferri	11.02	5/12/2022	Conor Seleny	11.05	5/24/2019	Ryan McMullen	11.20	5/16/2008	Manny Latimore	11.3h	2011
	Jacob Spezzaferri	11.02	5/12/2022	Eduardo Fernandez	11.04	6/10/2017									
	Eduardo Fernandez	11.04	6/10/2017												
200m	Jadyn Ruimwijk	21.98	6/3/2017	Jadyn Ruimwijk	22.18	5/25/2018	Jadyn Ruimwijk	21.98	6/3/2017	Jadyn Ruimwijk	22.17	5/21/2016	Jadyn Ruimwijk	22.64	6/13/2015
	Eddie Pomerleau	22.0h	2000	Eddie Pomerleau	22.0h	2000	Conor Seleny	22.36	5/24/2019	Jamie Isaac	22.74	5/20/2023	Travis Cavallo	23.31	4/1/2024
	Greg Lutz	22.23	6/12/1999	Greg Lutz	22.23	6/12/1999	Zach Cicio	22.40	6/1/2013	Braydon Parker	23.02	5/9/2023	Braydon Parker	23.40	5/27/2022
	Zach Cicio	22.25	5/24/2014												
	Jacob Spezzaferri	22.35	5/27/2022												
400m	Noah Woodman (NH Rec.)	48.24	6/10/2017	Noah Woodman	48.42	6/2/2018	Noah Woodman	48.24	6/10/2017	Connor Kwiecien	50.26	6/3/2012	Pete DeCosta	51.83	5/30/1998
	Connor Kwiecien	49.30	6/1/2013	Connor Kwiecien	49.91	5/24/2014	Connor Kwiecien	49.30	6/1/2013	Jaydn Ruimwijk	50.66	5/21/2016	Jadyn Ruimwijk	52.67	5/19/2015
	Chris Poggi	49.93	4/16/2013	Chris Poggi	49.93	4/16/2013	Chris Poggi	50.75	5/15/2012	James Hatch	51.10	5/27/2006	Andrew Pino	52.78	5/20/2005
	Andrew Pino	50.17	5/30/2008												
	Joe Poggi	50.37	5/24/2014												
110m HH	Adam Spencer	14.26	6/15/2019	Adam Spencer	14.26	6/15/2019	Cody Kretschmer	14.43	6/9/2001	Adam Spencer	14.90	6/3/2017	Conor Seleny	15.98	5/26/2017
	Cody Kretschmer	14.35	5/25/2002	Cody Kretschmer	14.35	5/25/2002	Adam Spencer	14.72	6/2/2018	Cody Kretschmer	15.03	6/3/2000	Cody Kretschmer	15.98	6/5/1999
	Fareed Rice	14.6h	5/27/1995	Fareed Rice	14.6h	5/27/1995	Andy Cignoni	14.94	1991	Conor Seleny	15.26	5/19/2018	John Child	16.68	5/20/2023
	Andy Cignoni	14.94	1991												
	John Child	14.95	6/8/2024												
300m IH	Adam Spencer	39.26	5/24/2019	Adam Spencer	39.26	5/24/2019	Adam Spencer	39.44	6/2/2018	Adam Spencer	39.89	6/10/2017	Conor Seleny	41.51	6/3/2017
	Conor Seleny	39.49	5/18/2019	Matt Worster	39.4h	5/10/1994	Conor Seleny	39.49	5/18/2019	TJ Urbanik	40.06	6/7/2014	Adam Spencer	42.36	5/27/2016
	Matt Worster	39.4h	5/10/1994	Andy Cignoni	39.55	1992	Cody Kretschmer	39.90	5/26/2001	Conor Seleny	40.7h	6/2/2018	Gavin Edgcomb	44.49	5/9/2024
	Andy Cignoni	39.55	1992												
	Cody Kretschmer	39.90	5/26/2001												
800m	Stephen Connelly	1:55.14	5/27/2021	Stephen Connelly	1:55.14	5/22/2021	Chris Poggi	1:55.25	5/25/2012	Todd Elliot	1:56.5h	6/16/1987	Todd Elliot	1:59.61	6/7/1986
	Chris Poggi	1:55.25	5/25/2012	Chris Poggi	1:55.37	4/9/2013	Zach Plaza	1:55.78	5/24/2019	Nolan Cooney	1:57.10	6/1/2014	Nolan Cooney	2:01.08	6/1/2013
	Craig MacPherson	1:55.53	5/26/2007	Craig MacPherson	1:55.53	5/26/2007	Chris Pietrocarlo	1:57.26	2009	Connor Kwiecien	2:00.56	5/18/2012	Noah Davis	2:04.75	5/18/2013
	Matt Downin	1:55.3h	1995	Matt Downin	1:55.3h	1995									
	Zach Plaza	1:55.78	5/24/2019												
1600m	Matt Downin	4:17.61	6/3/1995	Matt Downin	4:17.61	6/3/1995	Matt Downin	4:18.3h	1994	Matt Downin	4:19.01	6/12/1993	Luke Brennan	4:30.98	5/18/2019
	John Stanley	4:17.5h	1994	Stephen Connelly	4:18.34	5/27/2021	Craig MacPherson	4:20.22	5/27/2006	Tony Anzivino	4:29.57	5/21/2010	Chris Pietrocarlo	4:31.58	5/26/2007
	Stephen Connelly	4:18.34	5/27/2021	John Stanley	4:17.5h	1994	Chris Pietrocarlo	4:20.26	5/29/2009	Chris Pietrocarlo	4:29.81	5/30/2008	Jason Robie	4:38.18	5/25/2024
	Craig MacPherson	4:20.22	5/27/2006												
	Chris Pietrocarlo	4:20.26	5/29/2009												
3200m	Nico Sevilla	9:16.90	5/12/2016	Nico Sevilla	9:16.90	5/12/2016	Tony Anzivino	9:22.87	6/11/2011	Tony Anzivino	9:26.63	5/29/2010	Luke Brennan	9:29.34	5/24/2019
	Tony Anzivino	9:22.87	6/11/2011	Matt Downin	9:24.3h	1995	Nico Sevilla	9:30.72	5/30/2015	Chris Pietrocarlo	9:41.19	5/16/2008	Oscar D'Amelio	9:50.17	5/25/2024
	Matt Downin	9:24.3h	1995	Jake Hawkins	9:25.39	5/14/2010	Chris Pietrocarlo	9:31.4h	2009	Scott Hayward	9:42.5h	5/28/1983	Jason Robie	9:54.01	5/18/2024
	Jake Hawkins	9:25.39	5/14/2010												
	Joe Gagnon	9:27.39	5/24/2019												

NHIAA track distances were measured in meters starting in 1980.

	Overall			Senior			Junior			Sophomore			Freshman		
LJ	Brandon Tsetsilas	22'-2.00"	6/3/1989	Brandon Tsetsilas	22'-2.00"	6/3/1989	Emmitt Smith	21'-4.50"	6/4/2011	Ryan O'Hara	20'-6.50"	5/31/2003	Patrick Cotnoir	19'-11.00"	4/14/2018
	Jim Fitzgibbons	21'-9.00"	1981	Jim Fitzgibbons	21'-9.00"	1981	TJ Urbanik	21'-1.75"	5/14/2015	Matt Jordan	20'-6.00"	1992	Leighton Freytag	19'-5.00"	4/13/2024
	Emmitt Smith	21'-4.50"	6/4/2011	Ryan O'Hara	21'-1.50"	5/28/2005	Matt Jordan	21'-0.00"	6/1/1993	Avery Battle	20'-5.50"	4/21/2018	Matt Jordan	19'-5.00"	1991
	TJ Urbanik	21'-1.75"	5/14/2015	Tom Tusvik	21'-1.50"	1983									
	Ryan O'Hara	21'-1.50"	5/28/2005												
	Tom Tusvik	21'-1.50"	1983												
TJ	Joron Harrell	44'-6.75	4/13/2019	Joron Harrell	44'-6.75	4/13/2019	Brian Scott	44'-1.25"	5/27/2000	Joron Harrell	41'-7.25"	5/26/2017	Joron Harrell	39'-5.00"	5/21/2016
	Brandon Tsetsilas	44'-3.00	4/18/1989	Brandon Tsetsilas	44'-3.00	4/18/1989	Brandon Tsetsilas	42'-1.00"	5/18/1988	Oliver Gould	41'-2.25"	4/30/2024	Dave Brown	37'-8.75"	1988
	Brian Scott	44'-1.25"	5/27/2000	Erik Goulet	43'-1.75"	6/13/2015	Joron Harrell	42'-0.75"	5/25/2018	Erik Goulet	40'-7.00"	5/18/2013	Bill Daniels	37'-7.00"	5/12/2000
	Erik Goulet	43'-1.75"	6/13/2015												
	Bob Hazelton	42'-11.00"	5/2/1985												
HJ	Cody Kretschmer	6'-6.00"	6/1/2002	Cody Kretschmer	6'-6.00"	6/1/2002	Ben Boots	6'-2.50"	1995	Cody Kretschmer	6'-4.00"	6/3/2000	Matt Laughlin	6'-0.00"	1992
	Ben Boots	6'-2.50"	1995	Erik Goulet	6'-2.00"	6/6/2015	Andy Cignoni	6'-2.00"	1991	Matt Laughlin	6'-2.00"	1993	Dave Brown	6'-0.00"	1988
	Erik Goulet	6'-2.00"	6/6/2015	Bill Purcell	6'-2.00"	5/31/2003	Ryan Mihalko	6'-2.00"	5/16/1986	Adam Spencer	6'-0.00"	5/26/2017	Ryan Mihalko	5'-10.00"	4/14/1984
	Bill Purcell	6'-2.00"	5/31/2003	Matt Laughlin	6'-2.00"	5/27/1995				Aaron Smith	6'-0.00"	1992			
	Matt Laughlin	6'-2.00"	1993	Ryan Mihalko	6'-2.00"	1987				Dave Brown	6'-0.00"	1989			
	Andy Cignoni	6'-2.00"	1991	Don Cerri	6'-2.00"	5/26/1984									
	Ryan Mihalko	6'-2.00"	5/16/1986	Jim Fitzgibbons	6'-2.00"	6/21/1981									
	Don Cerri	6'-2.00"	5/26/1984												
	Jim Fitzgibbons	6'-2.00"	6/21/1981												
PV	Jake Radzevich (NH Rec.)	15'-8.00"	6/8/2002	Jake Radzevich	15'-8.00"	6/8/2002	Jake Radzevich	14'-6.00"	6/9/2001	Jake Radzevich	13'-1.00"	2000	Jake Radzevich	11'-0.00"	1999
	Nathan Miller	13'-7.00"	5/8/2018	Nathan Miller	13'-7.00"	5/8/2018	Isaiah Backels	13'-6.00"	5/13/2014	Isaiah Backels	12'-3.00"	6/1/2013	Matt Newcomb	10'-6.00"	1994
	Ben Clough	13'-6.00"	5/20/2017	Ben Clough	13'-6.00"	5/20/2017	Ben Clough	12'-3.00"	6/4/2016	Ed Pomerleau	12'-3.00"	5/19/1998	Nathaniel Marshall	9'-8.00"	5/14/2024
	Isaiah Backels	13'-6.00"	5/13/2014	Isaiah Backels	13'-6.00"	5/30/2015									
	Matt Newcomb	13'-0.00"	5/31/1997												
Shotput	Ryan Mihalko	58'-2.50"	5/2/1987	Ryan Mihalko	58'-2.50"	5/2/1987	Ryan Mihalko	54'-11.00"	5/12/1986	Ryan Mihalko	51'-8.00"	6/8/1985	Eric Langill	42'-1.25"	5/12/1994
	Steve Pendak	51'-6.00"	1977	Rich Schieb	51'-2.00"	1984	Steve Pendak	51'-6.00"	1977	Jordan Chick	46'-8.50"	5/6/2023	Ryan Mihalko	40'-8.50"	4/10/1984
	Rich Schieb	51'-2.00"	1984	Joe Berchtold	51'-0.00"	5/27/2006	Joe Berchtold	48'-10.00"	6/4/2005	Chris Scott	43'-8.00"	1992	Chris Valletta	40'-2.00"	5/14/1993
	Joe Berchtold	51'-0.00"	5/27/2006												
	Matt Folia	48'-5.50"	5/27/1995												
Discus	Steve Pendak	168'-9.00"	1978	Steve Pendak	168'-11.00"	1978	Ryan Mihalko	146'-3.00"	6/7/1986	Todd Balise	123'-3.00"	5/12/1983	Eric Langill	111'-10.50"	5/17/1994
	Ryan Mihalko	153'-7.00"	1987	Ryan Mihalko	153'-7.00"	1987	Matt Folia	133'-8.00"	5/12/1994	Thomas Blaszkza	118'-4.00"	5/18/2024	Kyle Cantalupo	111'-3.00"	5/9/2013
	Owen Smith	145'-6.00"	6/16/1968	Owen Smith	145'-6.00"	6/16/1968	Jordan Chick	132'-11.00"	5/18/2024	Kyle Cantalupo	117'-6.00"	5/20/2014	Chris Valetta	110'-8.00"	1993
	Joe Packowski	144'-8.00"	4/13/2024												
	Matt Folia	142'-7.00"	6/2/1995												
Javelin (2003 imp)	J.J. King	190'-5.00"	5/12/2018	J.J. King	190'-5.00"	5/12/2018	Ryan Mihalko	183'-2.00"	6/28/1986	TJ Urbanik	156'-10.00"	5/15/2014	TJ Urbanik	144'-3.00"	5/18/2013
	Ryan Mihalko	183'-2.00"	6/28/1986	Zachery Sullivan	179'-0.00"	5/27/2016	Charlie Franks	176'-5.00"	6/16/2024	Joe Packowski	148'-10.00"	5/12/2022	Charlie Franks	119'-10.00"	5/17/2022
	Zachery Sullivan	179'-0.00"	5/27/2016	Colin Bigelow	171'-9.50"	5/20/2017	J.J. King	168'-9.00"	6/3/2017	Colin Bigelow	144'-1.00"	5/23/2015	Jacob Northrup	119'-3.00"	5/19/2015
	Charlie Franks	176'-5.00"	6/16/2024												
	Colin Bigelow	171'-9.50"	5/20/2017												

Relay Records											
4x100m	T. Cavallo, J. Isaac, B. Parker, C. Michaud	42.39	6/2/2024	State Record	4x800m	C. Kwiecien, J. Poggi, Lynch, N. Cooney	7:57.01	5/24/2014			
	T. Cavallo, J. Isaac, B. Parker, C. Michaud	42.54	5/25/2024	D1 Record		F. Christensen Fraft, J. Rzasa, A. Dowd, N. Binda	7:58.30	5/25/2024			
	E. Rodgers, K. Baillargeon, J. Ruimwijk, N. Buccie	42.79	6/3/2017			C. Kwiecien, J. Poggi, Lynch, N. Cooney	7:58.56	6/7/2014			
	J. Isaac, B. Parker, Z. Smith, C. Michaud	42.93	6/10/2023			C. Poggi, C. Kwiecien, Keisling, T. Anzivino	8:03.1	5/8/2012			
	J. Brooks, C. Seleny, P. Cotnoir, A. Spencer	43.01	6/1/2019			2005	8:05.26	5/28/2005			
E. Rodgers, Baillargeon, Ruimwijk, Buccieri	43.01	5/26/2017									
4x400m	M. Anzivino, P. Hanlon, J. Ruimwijk, N. Woodn	3:23.17	6/3/2017	*State Record	Electronic times are to .01 and hand times are to 0.1. To convert, subtract 0.24s from electronic and round up to the tenth to get hand time. Corrections? Additions? Please contact Matt at msworster@gmail.com						
Z. Cicio, R. Lynch, J. Poggi, C. Kwiecien	3:23.34	6/14/2014	former State Record								
Kiesling, Kwiecien, C. Poggi, Chip Sullivan	3:23.89	6/9/2012									
Matt Anzivino, P. Hanlon, Ruimwijk, Woodman	3:23.92	5/26/2017									
Cicio, Lynch, J. Poggi, Kwiecien	3:24.45	6/7/2014									

