

S.W.C.L. Indoor Track  
2016-2017 as of 1-25-17

## Individual Top Marks

Northbridge [NBRD]

Number of Top Times: All

Mark	Convert	Rnd	Name	Age/Yr								
Female Open 50y Dash NB												
1	6.30		F	- Jen Cacciola	SR	12/14/2	SWCL	Dual Meet	#1	East		
2	6.70		F	- Julia Fair	SR	12/14/2	SWCL	Dual Meet	#1	East		
3	6.80		F	- Katie Morrison	SO	01/18/2	SWCL	Dual Meet	#5	East		
4	7.10		F	- Trinity Gibbs	8	12/21/2	SWCL	Dual Meet	#2	East		
5	7.20		F	- Elizabeth Hann	8	01/04/2	SWCL	Dual Meet	#3	East		
6	7.70		F	- Tori Nowlan	8	01/18/2	SWCL	Dual Meet	#5	East		
Female Open 55m Dash TAN												
1	7.60		F	- Jen Cacciola	SR	01/11/2	SWCL	Dual Meet	#4	West		
2	7.80		F	- Julia Fair	SR	01/11/2	SWCL	Dual Meet	#4	West		
3	8.20		F	- Trinity Gibbs	8	01/11/2	SWCL	Dual Meet	#4	West		
4	8.50		F	- Katie Morrison	SO	01/11/2	SWCL	Dual Meet	#4	West		
Female Open 300m Dash												
1	44.50		F	- Jen Cacciola	SR	12/21/2	SWCL	Dual Meet	#2	East		
2	49.10		F	- Julia Fair	SR	01/11/2	SWCL	Dual Meet	#4	West		
3	51.10		F	- Trinity Gibbs	8	01/04/2	SWCL	Dual Meet	#3	East		
4	53.60		F	- Lauren Johnson	FR	01/11/2	SWCL	Dual Meet	#4	West		
Female Open 600m Run												
1	1:59.00		F	- Lily Modica	8	01/25/2	SWCL	League Meet				
2	2:15.00		F	- Megan O'Meara	FR	01/18/2	SWCL	Dual Meet	#5	East		
Female Open 1000m Run												
1	4:00.60		F	- Grace Verra	FR	01/18/2	SWCL	Dual Meet	#5	East		
2	4:04.90		F	- Samantha Chrab	FR	01/04/2	SWCL	Dual Meet	#3	East		
3	4:10.10		F	- Molly Zona	JR	01/18/2	SWCL	Dual Meet	#5	East		
Female Open 1 Mile Run												
1	6:48.00		F	- Samantha Chrab	FR	01/18/2	SWCL	Dual Meet	#5	East		
2	7:10.30		F	- Molly Zona	JR	01/11/2	SWCL	Dual Meet	#4	West		
3	7:23.40		F	- Hailey Bober	FR	01/18/2	SWCL	Dual Meet	#5	East		
Female Open 2 Mile Run												
1	15:20.7	7:40.3	F	- Grace Verra	FR	12/14/2	SWCL	Dual Meet	#1	East		
2	15:27.7	7:43.8	F	- Hailey Bober	FR	01/18/2	SWCL	Dual Meet	#5	East		
Female Open 50y Hurdles NB												
1*	8.80		F	- Haley Trombino	SR	01/18/2	SWCL	Dual Meet	#5	East		
1*	8.80		F	- Josephine Werm	SR	01/18/2	SWCL	Dual Meet	#5	East		
3	9.60		F	- Sophia Shenian	SR	01/18/2	SWCL	Dual Meet	#5	East		
Female Open 55m Hurdles TAN												
1	10.55		P	- Haley Trombino	SR	01/25/2	SWCL	League Meet				
2	10.70		F	- Josephine Werm	SR	01/11/2	SWCL	Dual Meet	#4	West		
3	11.60		F	- Sophia Shenian	SR	01/11/2	SWCL	Dual Meet	#4	West		
Female Open High Jump												
1	4-11.00	1.49m	F	- Jen Cacciola	SR	12/21/2	SWCL	Dual Meet	#2	East		
2	4-02.00	1.27m	F	- Josephine Werm	SR	01/04/2	SWCL	Dual Meet	#3	East		
Female Open Shot Put												
1	30-01.5	9.18m	F	- Sarah Price	JR	01/11/2	SWCL	Dual Meet	#4	West		
Male Open 50y Dash NB												
1	6.00		F	- Timothy Hannon	JR	12/21/2	SWCL	Dual Meet	#2	East		
2	6.60		F	- Troy Giemza	8	12/21/2	SWCL	Dual Meet	#2	East		
3	6.80		F	- Josh Hogue	8	01/18/2	SWCL	Dual Meet	#5	East		
Male Open 55m Dash TAN												
1	6.90		F	- Timothy Hannon	JR	01/11/2	SWCL	Dual Meet	#4	West		
2	7.20		F	- Jason Hardina	SR	01/11/2	SWCL	Dual Meet	#4	West		

3	8.90	F	-	Josh Hogue	8	01/11/2	SWCL	Dual Meet #4	West	
Male Open 300m Dash										
1	41.70	F	-	Jason Hardina	SR	01/04/2	SWCL	Dual Meet #3	East	
2	42.00	F	-	Timothy Hannon	JR	01/11/2	SWCL	Dual Meet #4	West	
3	42.80	F	-	Zachary Merian	SR	01/11/2	SWCL	Dual Meet #4	West	
4	45.40	F	-	Jeffrey Hodson	SR	12/14/2	SWCL	Dual Meet #1	East	
5	54.00	F	-	Josh Hogue	8	12/14/2	SWCL	Dual Meet #1	East	
Male Open 600m Run										
1	1:37.00	F	-	Jake Murray	SR	01/18/2	SWCL	Dual Meet #5	East	
2	1:51.10	F	-	Brennan Hayes	8	01/18/2	SWCL	Dual Meet #5	East	
3	1:56.90	F	-	Aydan Millette	8	01/04/2	SWCL	Dual Meet #3	East	
4	2:03.30	F	-	Justin Hodson	8	01/18/2	SWCL	Dual Meet #5	East	
Male Open 1000m Run										
1	3:04.40	F	-	James Ciras	JR	01/18/2	SWCL	Dual Meet #5	East	
2	3:05.80	F	-	Zachary Merian	SR	01/18/2	SWCL	Dual Meet #5	East	
3	3:28.80	F	-	Aydan Millette	8	12/14/2	SWCL	Dual Meet #1	East	
4	4:50.00	F	-	Josh Hogue	8	01/11/2	SWCL	Dual Meet #4	West	
Male Open 1 Mile Run										
1	5:11.20	F	-	Zachary Merian	SR	01/18/2	SWCL	Dual Meet #5	East	
2	5:37.80	F	-	Aydan Millette	8	01/11/2	SWCL	Dual Meet #4	West	
3	5:57.90	F	-	Jakob Pohlman	JR	01/11/2	SWCL	Dual Meet #4	West	
4	6:16.80	F	-	Jibrán Khan	FR	12/14/2	SWCL	Dual Meet #1	East	
5	6:30.50	F	-	Bart Szymanows	FR	12/14/2	SWCL	Dual Meet #1	East	
Male Open 2 Mile Run										
1	12:32.8	6:16.4	F	-	Jakob Pohlman	JR	01/18/2	SWCL	Dual Meet #5	East
2	12:37.2	6:18.6	F	-	James Ciras	JR	12/21/2	SWCL	Dual Meet #2	East
3	14:51.8	7:25.9	F	-	Jibrán Khan	FR	12/21/2	SWCL	Dual Meet #2	East
Male Open 50y Hurdles NB										
1	6.90	F	-	Jason Hardina	SR	01/18/2	SWCL	Dual Meet #5	East	
2	7.70	F	-	Jeffrey Hodson	SR	01/04/2	SWCL	Dual Meet #3	East	
Male Open 55m Hurdles TAN										
1	8.29	F	-	Jason Hardina	SR	01/25/2	SWCL	League Meet		
2	8.79	F	-	Jeffrey Hodson	SR	01/25/2	SWCL	League Meet		
Male Open High Jump										
1	6-00.00	1.82m	F	-	Jason Hardina	SR	01/18/2	SWCL	Dual Meet #5	East
2	5-01.00	1.54m	F	-	Jeffrey Hodson	SR	01/11/2	SWCL	Dual Meet #4	West
Male Open Shot Put										
1	30-03.0	9.22m	F	-	Luke MacNeil	FR	01/18/2	SWCL	Dual Meet #5	East
2	29-00.0	8.83m	F	-	Joshua VanBate	SO	01/25/2	SWCL	League Meet	
Male Open Shot Put j.v.										
1	19-08.0	5.99m	F	-	Josh Hogue	8	01/11/2	SWCL	Dual Meet #4	West
Female Open 4x200m Relay										
1	2:09.60	F	A	Rela	12/14/20	SWCL	Dual Meet #1	East		
2	2:10.20	F	A	Rela	01/04/20	SWCL	Dual Meet #3	East		
3	2:11.20	F	A	Rela	01/18/20	SWCL	Dual Meet #5	East		
4	2:11.85	F	A	Rela	01/25/20	SWCL	League Meet			
Female Open 4x400m Relay										
1	5:08.60	F	A	Rela	01/11/20	SWCL	Dual Meet #4	West		
2	5:12.65	F	A	Rela	01/25/20	SWCL	League Meet			
3	5:19.10	F	A	Rela	12/21/20	SWCL	Dual Meet #2	East		
Female Open 4x800m Relay										
1	12:18.8	F	A	Rela	01/25/20	SWCL	League Meet			
Male Open 4x400m Relay										
1	4:03.27	F	A	Rela	01/25/20	SWCL	League Meet			
2	4:10.60	F	A	Rela	01/11/20	SWCL	Dual Meet #4	West		
3	4:22.80	F	A	Rela	12/21/20	SWCL	Dual Meet #2	East		
Male Open 4x800m Relay										
1	10:23.1	F	A	Rela	01/25/20	SWCL	League Meet			

