

RHODE ISLAND HIGH SCHOOL "ALL-TIME" TRACK AND FIELD RECORDS – BOYS' OUTDOOR

100m	10.62	ERIC OSEI, East Providence; (+1.89) State Champs, Brown University Stadium, Providence, RI	4Jun05
200m	21.17	BOBBY YOUNG, Mt. Pleasant, Providence; (3h2/+1.8) USATF Junior Olympics, Tropical Park Stadium, Miami, FL	31Jul03
400m	46.42	DELON GOMES, Hope, Providence; Keebler-International Prep Invitational Meet, Elmhurst, IL	20Jun92
800m (880y)	1:52.0y	PHIL KANE, Rogers, Newport; (3) Eastern States Champs, Downing Stadium, Randall's Island, NYC, NY (=1:51.4 @ m)	73
1,500m	3:45.46 !	ANDREW SPRINGER, Westerly; (1-enr) Midwest Distance Gala, Sports Complex, Benedictine University, Lisle, IL	13Jun09
1,600m	4:01.06 !	SPRINGER (1-enr) Midwest Distance Gala, Sports Complex, Benedictine University, Lisle, IL	13Jun09
Mile	4:02.70	SPRINGER Midwest Distance Gala, Sports Complex, Benedictine University, Lisle, IL	13Jun09
2,000m STP	6:43.5	AMILCAR TAVARIS, Shea, Pawtucket; URI Interscholastic Meet, University of Rhode Island, Kingston, RI	2May93
3,000m	8:23.3	SPRINGER Bishop Hendricken Invitational Meet, Warwick, RI	30May09
3,000m STP	9:46.0	ANDREW FISHER, East Providence; ? ?	74
2 Miles	9:02.93	SPRINGER (10) Nike Outdoor Nationals, Belk Track, North Carolina A + T University, Greensboro, NC	19Jun09
5,000m	14:56.46	SPRINGER (3) Nike Outdoor Nationals, Belk Track, North Carolina A + T University, Greensboro, NC	14Jun07
110mHH (39")	13.98	YUDEHWEH "PETE" GBAA, Hope, Providence; New England Champs, Plymouth South HS, Plymouth, MA	12Jun04
300mIH (36")	38.16	COLIN AINA, East Providence; New England HS Champs, George Martin Track, South Portland, ME	10Jun00
400mIH (36")	55.76	JESSE ANDOSCIA, North Kingstown, Wickford; (3) Hartford Invitational Meet, Public High School Stadium, Hartford, CT	13May00
4x100m Relay	42.20	HOPE, Providence; State Champs, Brown University Stadium, Providence, RI (Tamba Benjamin - Matt Washington - Revelino DeVeiga - Kevin Morgan)	2Jun07
4x200m Relay	1:29.81	HOPE, Providence; (2S2) Nike Outdoor Nationals, Belk Track, North Carolina A + T University, Greensboro, NC (Matt Washington 21.6 -Kevin Morgan 22.4 -Tamba Benjamin 22.9 -Donnell Freeman 22.9)	15Jun07
4x400m Relay	3:18.7	BISHOP HENDRICKEN, Warwick; Titan Invitational Meet, Toll Gate HS, Warwick, RI (Dan O'Brien 48.8 - Mark Gorman 50.7 - Joe Mazzulla 50.5 - Jim Lourence 48.7)	15May04
4x800m Relay	7:55.05	WESTERLY; State Champs, Brown University Stadium, Providence, RI (Drew Castagna 2:02.5 - Tim O'Loughlin 1:57.6 - John DiGangi 1:59.1 - Andrew Springer 1:55.8)	6Jun09
4x1600m Relay	17:59.8	BISHOP HENDRICKEN; Warwick; (2) Knights of Columbus Relays, Conley Stadium, Providence, RI (Joe Williams 4:31.7 - Dave Horn 4:30.4 - Andy Lewis 4:32.8 - Dennis Shine 4:24.9)	11Apr87
4xMile Relay	18:29.45	BISHOP HENDRICKEN, Warwick; (17) Nike Outdoor Nationals, Belk Track, North Carolina A + T Univ., Greensboro, NC (Andrew Palumbo 4:22.8 - Steve Wood 4:25.7 - Derek Henderson 4:50.6 -Tom Webb 4:50.4)	17Mar06
Sprint Medley (@ 800m)	1:41.54	HOPE, Providence; (7S3) Nike Outdoor Nationals, Belk Track, North Carolina A + T University, Greensboro, NC (Tamba Benjamin 100/11.4 - Revelino DeVeiga 100/11.3 - Kevin Morgan 200/23.8 - Donnell Freeman 400/55.0)	16Jun07
Sprint Medley (@ 1,600m)	3:34.47	WESTERLY; (4S3) Nike Outdoor Nationals, Belk Track, North Carolina A + T University, Greensboro, NC (Alex Phelps 200/23.9 - Drew Castagna 200/23.8 - John DiGangi 400/51.9 - Andrew Springer 800/1:54.8)	19Jun09
DistanceMedley10:01.13 (@ 4,000m)		WESTERLY; Glenn D. Loucks Games, Memorial Field, White Plains HS, White Plains, NY (# 20 a-t US HS) (Tim O'Loughlin 1200/3:07.1 - Alex Phelps 400/50.9 - John DiGangi 800/1:59.5 - Andrew Springer 1600/4:03.6)	7May09
High Jump	2.16 7-1	DAVE ARUNDEL, South Kingstown, Wakefield; New England HS Champs, Brown University Stadium, Providence, RI	14Jun97
Pole Vault	4.64 15-3	JAMES STRAWDERMAN, West, Cranston; Bishop Hendricken Invitational Meet, Warwick, RI	30May09
Long Jump	7.325 24-0.5	DON BLOUNT, Moses Brown, Providence; Brown Interscholastic Meet, Brown University Stadium, Providence, RI	30May36
Triple Jump	15.90 51-5.75	ROBERT HOWARD, Shea, Pawtucket; (3) USATF Junior National Champs, Florida State University, Tallahassee, FL	25Jun94
Shot (12)	18.97 62-3	CHARLRES AJOOTIAN, Classical, Providence; Bishop Hendricken Invitational Meet, Warwick, RI	64
Shot (16)	??	??	??
Discus(HS)	60.54 198-7	ALAN BAGINSKI, Classical, Providence; Hartford Invitational Meet, Public High School Stadium, Hartford, CT	12May79
Discus(I)	49.82 163-5	BAGINSKI; ? ?	79
Hammer(12)	77.20 253-3	JACOB FREEMAN, Bishop Hendricken, Warwick; Bishop Hendricken Invitational Meet, Warwick, RI	29May99
Hammer(6k)	64.58 211-10	JOHN FREEMAN, Bishop Hendricken, Warwick; (3) Pan-Am Junior Champs, Windsor, Canada	31Jul05
Hammer(16)	65.89 216-2	JACOB FREEMAN; (5) Penn Relays "Open", River Field, University of Pennsylvania, Philadelphia, PA	24Apr99
Javelin	70.54 231-5	MATT MALONEY, LaSalle, Providence; Hartford Invitational Meet, Trinity College, Hartford, CT	14May05

These "**ALL-TIME**" Rhode Island High School Records [not RIII] are believed to be the best performances ever by Rhode Island secondary school students. It details in order: event, record, record-holder's name, their school and location; placing in the event (a numerical indication appears only when significant, or if not a winning performance), meet, site/location and date. **In relays, the running order by name, and splits (if available).**

Criteria and guidelines established by TRACK & FIELD NEWS for their "National High School Records" are utilized. Meaning that any Rhode Island secondary school students...public, private, parochial—up through 12th grade!...competing in a recognized event in any scheduled meet can, under authorized conditions, establish an "**ALL-TIME**" Rhode Island Record. Membership on, or participation with, the school team is not a prerequisite for the acceptance of an athlete's performance...they need only be a bona fide secondary school student. Also, June graduates [along with all undergrads] remain eligible until August 31st!

In the 100m, 200m, 100mH, Long & Triple Jumps only marks made within allowable wind assistance...2.0mps/4,473 mph or less...are accepted as records!

Performances in 100ths are "**Automatic-Times**"..."AT"...achieved only by an electronic device or system (FinishLynx, Omega, Accu-Track, etc.) that was started automatically by firing of the starter's gun, and the finish time(s) were simultaneously recorded photographically, either by TV, movie or "strip" cameras that "pick" participants for place and time ultra-accurately in hundredths of a second. At the International, National, and Collegiate levels—ONLY "Auto-Times" can be recognized for record purposes in the "short" events [100m-200m-400m-100m/110mH-300m/400mH and 4x100mR]. So, for record purposes, the "AT" performances shown are the best our research has located. **When any "AT" record is "superior" to the best "hand-time" in a particular event...then ONLY the "AT" record will be listed.**

! = In most cases, if a ONE MILE clocking is "superior" to any recorded 1,600m clocking...only the Mile time would serve as the Record for both. However, at 2009 Midwest Distance Gala, FinishLynx timing cameras were placed at 1,500m [a common occurrence at major meets] and at 1,600m [a rare occurrence], and AT performances were officially recorded for both, along with the MILE time. Therefore, both of these "en route" performances will be listed as State Records.

To address the significant variance in response time between the "speed-of-light" reaction of the electronic-timing systems and "human" reaction to the strt (gun flash) and finish, a "**standard differential**" has been adopted between hand (manual) and AUTO-TIMING, as follows:

0.24 - "added" to hand-times for events through 300H Outdoors, and sprints/hurdles/300 Indoors, where starter is NOT proximate to finish-line hand timers.

0.14 - "added" to hand-times for the 400/400H/4x100mR Outdoors and 200/400 Indoors, where starter is adjacent to finish-line and hand timers.

All events over 400m, either Outdoors or Indoors, the "AT" standard differential is NOT A FACTOR !!

All Field Events will carry both the metric mark...converted, when necessary...as well as the feet/inches measurement.

List compiled and maintained by LARRY BYRNE...422 Bryantville Court, Warwick, RI 02886...401-738-4232...LByrne6825@aol.com – Updated: **22Jun09**

RHODE ISLAND STATE HIGH SCHOOL "ALL..IIME" TRACK and FIELD RECORDS - BOYS' INDOOR

45m [=49.2ly]	@	5.49	RUSSELL FRYE, East Providence; State Champs, Mackal Fieldhouse/URI, Kingston, RI	18Feb96
			BOBBY YOUNG, Mt. Pleasant, Providence; State Champs, Mackal Fieldhouse/URI, Kingston, RI	23Feb03
50y [=45.72m]		5.4	SCOTT BENNETT, Moses Brown, Providence;	73
			PHIL HAZARD, East Providence;	74
			KEVIN HUMPHRIES, Rogers, Newport;	75
55m	@	6.34	ERIC OSEI, East Providence; Yale Interscholastic Classic, Coxe Cage, Yale University, New Haven, CT	21Jan06
60m	@	6.94	OSEI; (1S4) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY	12Mar05
200m	@	21.71	FRYE; (1h7) National Scholastic Champs, Reggie Lewis Center, Roxbury Crossing, MA	8Mar97
300y	@	31.85	BILLY McCOY, Central, Providence; (4h2) Eastern States Champs, Jadwin Gymnasium, Princeton, NJ	7Mar83
300m	@	34.77	MATT WASHINGTON. Hope; (2) New England HS Champs, Reggie Lewis Center, Roxbury Crossing, MA	2Mar07
400m	@	47.76	YOUNG; (5) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY	16Mar03
500m		1:05.6	DELON GOMES; Hope, Providence; (3) Brown Invitational, Olney-Margolies Athletic Center, Brown U., Providence, RI	29Dec90
600y		1:12.8	JIM SMELTZER, Barrington;	66
600m		1:20.81	EMMANUEL KARNGOR, Shea, Pawtucket; New England Champs, Reggie Lewis Center, Roxbury Crossing, MA	2Mar01
800m		1:54.99	KARNGOR; (tie-6) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY	11Mar01
1,000y		2:13.7	SMELTZER;	66
1,000m		2:28.97	ANDREW BUTLER, St. Raphael Academy, Pawtucket; (2) Yale Classic, Coxe Cage, Yale University, New Haven, CT	21Jan89
1,500m		3:53.32	ANDREW SPRINGER, Westerly; (1-enr) Junior Mile, Boston Indoor Games, Reggie Lewis Center, Roxbury, MA	7Feb09
Mile		4:08.47	SPRINGER; Nike Indoor Nationals, Reggie Lewis Center, Roxbury Crossing, MA	15Mar09
3,000m		8:27.21	SPRINGER; Brown Classic, Olney-Margolies Center, Brown University, Providence, RI	3Jan09
Two Miles		9:02.58	SPRINGER; New England Champs, Reggie Lewis Center, Roxbury Crossing, MA	6Mar09
5000m		15:13.13	NICK ROSS, East Greenwich; (5) Nike Indoor Nationals, Reggie Lewis Center, Roxbury Crossing, MA	13Mar09
45yH (39")		5.5	STUART PRICE, Central, Providence;	24Feb72
45yH (42")		5.7	PRICE;	28Feb73
45mH (39")	@	6.22	YUDEHWEH "PETE" GBAA, Hope, Providence; State Champs, Mackal Fieldhouse/URI, Kingston, RI	22Feb04
50yH (39")		6.2	PRICE;	73
			JOHN BROADFOOT, Pilgrim, Warwick;	75
55mH (39")	@	7.41	GBAA; New England HS Champs, Reggie Lewis Center, Roxbury Crossing, MA	27Feb04
60mH(39")	@	8.00	GBAA; (2sf2) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY	13Mar04
4x200m Relay	@	1:29.72	HOPE, Providence; Eastern States Champs, Armory Track & Field Center, Manhattan, NY (Matt Washington 21.9 - Kevin Morgan 21.9 - Joao Moreno 22.8 - Donnell Freeman 23.1)	27Feb07
4x220y	@	1:32.19	BISHOP HENDRICKEN, Warwick; New England Champs, Gordon Track/Harvard, Allston, MA [=1:31.66 @ 4x200m]	9Mar96
			(Joel Lampkin - Brian Guardagno - Cliff Lawrence - Alex Sherman [<i>Individual splits are unknown</i>])	
4x400m		3:24.81	HOPE, Providence; (3h1) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY (Jeffrey Martins 50.9 - James Quiah 50.9 - Jonson Saldiver 52.9 - Yudeweh "Pete" Gbaa 50.1)	12Mar04
4x800m		8:04.05	SOUTH KINGSTOWN, Wakefield; (2) New England HS Champs, Reggie Lewis Center, Roxbury Crossing, MA (Kevin Carey 2:00.8 - Daniel McCloskey 2:01.5 - Shawn Stadnick 2:00.2 - Conor McCloskey 2:01.5)	6Mar09
4x880y		8:12.31	BISHOP HENDRICKEN; (4) Eastern States Champs, Jadwin Gymnasium, Princeton, NJ [= 8:09.46 @ 4x800m]	29Feb88
			(<i>Team membership and individual splits are unknown</i>)	
4xMile		17:48.66	BISHOP HENDRICKEN, Warwick; (2) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY (Steve Wood 4:27.6 - Colin McConnell 4:35.5 - Derek Henderson 4:28.4 - Tom Webb 4:17.2)	11Mar06
1,600m Medley		3:35.99	HOPE, Providence; (2S3) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY (Kevin Morgan 200/23.1 - Steven Moses 200/22.4 - Jeffrey Martins 400/50.5 - Joao Moreno 800/1:59.9)	11Mar05
Distance Medley @ 4,000m		10:16.79	WESTERLY; (8) Nike Indoor Nationals, Reggie Lewis Center, Roxbury Crossing, MA (Tim O'Loughlin 1200/3:12.0 - CJ Sanchez 400/52.5 - John DiGangi 800/2:01.7 - Andrew Springer 1600/4:10.5)	14Mar09
High Jump	2.17	7-1.5	TIM WALKER, Rogers, Newport; Eastern States Champs, Jadwin Gymnasium, Princeton, NJ	10Mar75
Pole Vault	4.80	15-9	BRADLEY HOLTZ, Barrington; New Haven Invitational, New Haven Track & Field Center, New Haven, CT	18Dec04
Long Jump	6.985	22-11	DENNIS SOARES, Hope, Providence; (3) Eastern States Champs, Jadwin Gymnasium, Princeton, NJ	29Feb88
Triple Jump	15.21	49-11	ROBERT HOWARD, Shea, Pawtucket; National Scholastic Champs, Manley Fieldhouse, Syracuse, NY	15Mar93
Shot Put	19.035	62-5.5	CHARLES AJOOTIAN, Classical, Providence; Brown Invitational, Howe-Waughtel Fieldhouse, Moses Brown, Prov., RI	22Feb65
25-lb. Weight	24.91	81-8.75	JOSH McCAUGHEY, Bishop Hendricken, Warwick; State Champs, Mackal Fieldhouse/URI, Kingston, RI	20Feb00
35-lb. Weight	19.52	64-0.5	McCAUGHEY; (3) Greater Boston Track Club Invy, Gordon Track/Harvard, Allston, MA	23Jan00
Pentathlon	3635 points		WILLIAM THOMAS, South Kingstown, Wakefield; National Scholastic Champs, Armory Track & Field Center, NYC (60mH: 8.75; LJ: 20-8; SP: 47-11; HJ: 6-4.75; 1000m 3:00.65)	11Mar00

! = Official clocking "en route" to a longer distance; (at 1,500 meters "en route" to one mile)

Performances in 100ths are "Auto-Times"... "AT". The "AT" records listed above are the best our research has located. **If any "Auto-Time" record is "superior" to the best "hand-time" in a particular event..."@"...45m, 55m, 60m, 200m, 300y, 300m, 400m, 45mH, 55mH, 60mH, 4x200m, 4x220y...then ONLY the "Auto-Time" record will be listed.**

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RHODE ISLAND HIGH SCHOOL “ALL-TIME” TRACK AND FIELD RECORDS – GIRLS’ OUTDOOR

100m	12.12	ALEXA MONTI, East Greenwich; (1/-0.4) State Champs, Brown University Stadium, Providence, RI	7Jun08
200m	24.83	KONIQUE BALLAH; Wheeler School, Providence; (4s4/+1.3) USATF Junior Champs, Mumford Stadium, Baton Rouge, LA	24Jun97
400m	56.20	LEAH GRANT, Hope, Providence; State Champs, Brown University Stadium, Providence, RI	5Jun99
800m	2:09.72	SAMANTHA GAWRYCH, Westerly; (6) Nike Outdoor Nationals, Belk Track, North Carolina A + T Univ., Greensboro, NC	18Jun05
1,500m	4:28.54	GAWRYCH; State Champs, Brown University Stadium, Providence, RI	5Jun04
Mile	4:55.06	LAURA TURNER, Portsmouth; (5) National Scholastic Outdoor Champs, Paul Derr Track, NC State University, Raleigh, NC	20Jun98
3,000	9:57.18	TURNER; State Champs, Brown University Stadium, Providence, RI	6Jun98
2 Mile	10:30.42	TURNER; (5) National Scholastic Outdoor Champs, Paul Derr Track, NC State University, Raleigh, NC	19Jun98
5,000m	18:01.07	ERIN LAGASSE, West, Cranston; (5) Nike Outdoor Nationals, Belk Track, North Carolina A + T University, Greensboro, NC	15Mar06
100mH (33")	14.68	MARY SERDAKOWSKI, Chariho, Wood River Junction; (-1.5) New England HS Champs, Martin Track, South Portland, ME	10Jun00
300mH(33")	44.66	EMILY BARRETT, LaSalle Academy, Providence; (3) New England HS Champs, Hill Stadium, Thornton Academy, Saco, ME	14Jun08
400mH(33")	1:03.16	EMILY BARRETT, LaSalle Academy, Providence; (1S1) Nike Outdoor Nationals, No. Carolina A + T Univ., Greensboro, NC	21Jun08
4x100m Relay	47.60	HOPE, Providence; State Champs, Brown University Stadium, Providence, RI (Lakisha DaCruz - Jasmine Marrow - Royal Cheatham - Angie Quiah)	6Jun09
4x200m Relay	1:42.95	HOPE, Providence; (3S2) Nike Outdoor Nationals, Belk Track, North Carolina A + T University, Greensboro, NC (Angie Quiah - Royal Cheatham - Lakisha DaCruz - Mariah Sherrill [splits unobtainable/lane race w/ 4 turn stagger])	19Jun09
4x400m Relay	3:53.73	WESTERLY; New England HS Champs, Veterans' Stadium, Willowbrook Park, New Britain, CT (Tiffany Harris 60.7 - Katie Lima 58.6 - Samantha Gawrych 57.6 - Amber Price 56.8)	14Jun03
4x800m Relay	9:12.66	WESTERLY; (2) Hartford Invitational Meet, Veterans' Stadium, Willowbrook Park, New Britain, CT (Emily Doucette 2:19.6 - MacKenzie Ferreria 2:21.8 - Tori Lima 2:24.2 - Samantha Gawrych 2:07.0)	13May06
4xMile Relay	21:04.19	WESTERLY; (2S2) Nike Outdoor Nationals, Belk Track, North Carolina A + T University, Greensboro, NC (Tori Lima 5:17.2 - Bridget Murphy 5:17.9 - Michon Dinwoodie 5:12.5 - Ryan Murphy 5:16.5)	21Jun08
Sprint Medley (@ 800m)	1:48.60	WESTERLY; (7) Nike Outdoor Nationals, Belk Track, North Carolina A + T University, Greensboro, NC (Rachel Mason/100 - Alyssa Ebright/100 - Amy LaPere/200 - Samantha Gawrych 400/56.5)	18Jun05
Sprint Medley (@ 1,600m)	4:00.40	LA SALLE ACADEMY, Providence; (4) Nike Outdoor Nationals, Belk Track, North Carolina A + T Univ., Greensboro, NC (Lily Kessinger 200/26.8 - Alyssa Limperis 200/26.3 - Lauren Cardarelli 400/56.9 - Jeanne Mack 800/2:10.4)	15Jun07
Distance Medley (@ 4,000m)	12:02.15	LA SALLE ACADEMY, Providence; (5) Penn Relays, Franklin Field, Philadelphia, PA (Jean Christensen 1200/3:45.1 - Lauren Cardarelli 400/59.7 - Nicole Coccozza 800/2:18.9 - Jeanne Mack 1600/4:58.5)	26Apr07
High Jump	1.755	5-9 CHRISTINE ENGERT, Cumberland; ? ?	83
Pole Vault	3.58	11-9 JENNA POGGI, Moses Brown, Providence; Eric Loeschner Memorial Meet, Fitchburg State College, Fitchburg, MA	18Apr09
Long Jump	5.85	19-2.5 PAM HUGHES, Hope, Providence; New England HS Champs, Boston College Stadium, Chestnut Hill, MA	8Jun85
Triple Jump	12.09	39-8.25 MICKY JUSME, Classical, Providence; (1/-0.2) State Champs, Brown University Stadium, Providence, RI	7Jun08
Shot (4kg)	13.665	44-10 EMILY CARLSTEN, Veterans Memorial, Warwick; Boemker Performance Meet, Veteran's Memorial HS, Warwick, RI	25May96
Discus	41.08	134-9 WADUDAH NURAL-ISLAM, Hope, Providence; State Champs, Brown University Stadium, Providence, RI	6Jun98
Hammer	57.98	189-3 KATE JOHNSTON, Veterans Memorial, Warwick, Performance II Meet, Veteran's Memorial HS, Warwick, RI	26May01
Javelin (O)	51.30	168-4 CARLSTEN; National Scholastic Champs, Paul Derr Track, NC State University, Raleigh, NC	14Jun96
Javelin (N)	44.22	145-1 LEIGH PETRANOFF, West, Cranston; Glenn D. Loucks Games, Memorial Field, White Plains HS, White Plains, NY	12May07
Heptathlon	3920 pts.	TAMMY CURTIS, South Kingstown, Wakefield; (7) National Junior Olympics Champs, Univ-Florida, Gainesville, FL	26-27Jul94

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0.24- “added” to hand-times for events through 300H Outdoors, and sprints/hurdles/300 Indoors, where starter is NOT proximate to finish-line hand timers.

0.14- “added” to hand-times for the 400/400H/4x100mR Outdoors and 200/400 Indoors, where starter is adjacent to finish-line and hand timers.

All events over 400m, either Outdoors or Indoors, the “AT” standard differential is NOT A FACTOR !!

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RHODE ISLAND STATE HIGH SCHOOL "ALL-TIME" TRACK and FIELD RECORDS - GIRLS' INDOOR

45m [=49.21y]	@	6.23	LANIECE LEACH, East Providence; State Champs, Mackal Fieldhouse/URI, Kingston, RI	18Feb96
50y [=45.72m]		6.2	TEESHA LAMBERT, Hope, Providence; State Champs, Howe-Waughtel Fieldhouse, Moses Brown, Providence, RI	14Feb91
			LIZ HUGHES, St. Mary's-Bay View, East Providence; Sullivan Div.Champs, Howe-Waughtel Fieldhouse, Moses Brown, RI	6Feb92
			LAMBERT; State Champs, Howe-Waughtel Fieldhouse, Moses Brown, Providence, RI	13Feb92
55m	@	7.15	PAM HUGHES, Hope, Providence; (3) National Scholastic Champs, Jadwin Gym, Princeton, NJ	7Mar85
60m	@	7.90	JENNA POGGI, Moses Brown, Providence; (3h11) Nike Indoor Nationals, Reggie Lewis Cntr, Roxbury Crossing, MA	15Mar09
200m	@	25.35	ALLISON FOGARTY, LaSalle, Providence; (3h2) National Scholastic Champs, Armory T & F Center, Manhattan, NY	13Mar04
300y		37.1	KRYSTEN ADDISON, St. Raphael, Pawtucket; State Champs, Howe-Waughtel Fieldhouse, Moses Brown, Providence., RI	14Feb91
300m	@	40.23	FOGARTY; (2) New England HS Champs, Reggie Lewis Center, Roxbury Crossing, MA	28Feb03
400m	@	56.89	KONIQUE BALLAH; Wheeler School, Providence; Dartmouth Relays, Leverone Fieldhouse, Hanover, NH	10Jan98
500m		1:15.87	BALLAH; Brown Invitational, Olney-Margolies Athletic Center, Providence, RI	30Dec97
600y		1:27.3	ADDISON; (3) Girls' Eastern States Champs, Gordon Track/Harvard, Allston, MA	2Mar91
600m		1:30.87	SAMANTHA GAWRYCH, Westerly, New England HS Champs, Reggie Lewis Center, Roxbury Crossing, MA	3Mer06
800m		2:08.46	GAWRYCH; (2) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY	12Mar06
1,000y		2:41.35	MICHAELLA ROONEY, East Greenwich; (2) Girls' Eastern States Champs, Gordon Track/Harvard, Allston, MA	5Mar94
1,000m		2:47.66	GAWRYCH; State Champs, Mackal Fieldhouse/URI, Kingston, RI	19Feb06
1,500m		4:34.78	GAWRYCH, (3-enr mile) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY	16Mar03
Mile		4:53.02	GAWRYCH; National Scholastic Champs, Armory Track & Field Center, Manhattan, NY	14Mar04
3,000m		10:02.71	JEAN CHRISTENSEN, LaSalle Academy, Providence; (4) Yale Classic, Coxe Cage, New Haven, CT	20Jan07
3,200m		10:45.57	LINDSAY VIEIRA, North Kingstown, Wickford; New England Champs, Reggie Lewis, Roxbury Crsng,MA (=10:49.35 @ 2M)	1Mar02
Two Miles		10:53.96	VIEIRA; (9) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY	10Mar02
45mH	@	7.01	MARY SERDAKOWSKI, Chariho, Wood River Junction; State Champs, Mackal Fieldhouse/URI, Kingston, RI	17Feb02
55mH	@	8.21	SERDAKOWSKI; New England HS Champs, Reggie Lewis Center, Roxbury Crossing, MA	1Mar02
60mH	@	8.90	SERDAKOWSKI; (h3) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY	9Mar02
4x200m Relay		1:43.58	LaSALLE ACADEMY, Providence; (3h3) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY (Lily Kessinger 26.2 - Emily Barrett 25.6 - Stefanie Raiola 26.6 - Lauren Cardarelli 25.1)	15Mar08
4x220y		1:46.47	HOPE, Providence; New England HS Champs, Gordon Track/Harvard, Allston, MA (Michelle Jones 26.4 - Angelina Stewart 26.5 - Krystal Mims 27.8 - Leah Grant 25.8)	[= 1 :45.86 @ 4x200m] 7Mar98
4x400m		3:56.36	LaSALLE ACADEMY, Providence; (2h4) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY (Emily Barrett 58.5 - Lily Kessinger 59.3 - Alyssa Limperis 61.1 - Lauren Cardarelli 57.4)	14Mar08
4x800m		9:16.52	WESTERLY; New England HS Champs, Reggie Lewis Center, Roxbury Crossing, MA (Emily Doucette 2:22.5 - Mackenzie Ferreria 2:20.6 - Tori Lima 2:23.5 - Samantha Gawrych 2:09.9)	3Mar06
4xOne Mile		21:21.38	WESTERLY; (8) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY (Dominique Lee 5:25.0 - Emily Doucette 5:25.0 - Katie Lima 5:27.7 - Samantha Gawrych 5:03.7)	12Mar05
1,600m Medley		4:00.84	WESTERLY; (4) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY (Amy Lapere 200/26.3 - Alyssa Ebright 200/27.0 - Katie Lima 400/61.0 - Samantha Gawrych 800/2:06.5)	11Mar05
Distance Medley (@ 4,000m)		11:52.95	LaSALLE ACADEMY, Providence; (3) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY (Jean Christensen 1200/3:38.7 - Lauren Cardarelli 400/58.9 - Nicola Cocozza 800/2:20.7 - Jeanne Mack 1600/4:54.6)	9Mar07
High Jump	1.68	5-6	LAURA BERMAN, North Kingstown, Wickford; Relay Carnival, Howe-Waughtel Fieldhouse, Moses Brown, Providence, RI	8Dec98
			KATIE ROWINSKI, South Kingstown; Wakefield; (2) Dartmouth Relays, Leverone Fieldhouse, Hanover, NH	8Jan00
			FELICIA TERWILLIGER, West Warwick; (2) Yale Classic, Coxe Cage, Yale University, New Haven, CT	19Jan08
Pole Vault	3.66	12-0	JENNA POGGI, Moses Brown, Providence; (11) National Scholastic Champs, Armory Track/Field Center, Manhattan	13Mar09
Long Jump	5.875	19-3.25	PAM HUGHES, Hope, Providence; National Scholastic Champs, Jadwin Gym, Princeton, NJ	17Mar85
Triple Jump	11.25	36-11	TOLU FAYANJUOLA, Classical, Providence; Brown All-Comers Meet, Olney-Margolies Athletic Center, Providence, RI	27Dec00
			BRITTANY POWERS, LaSalle Academy, Providence; (3) Dartmouth Relays, Leverone Fieldhouse, Hanover, NH	10Jan09
Shot Put	14.11	46-3.75	VICTORIA FLOWERS, Classical, Providence; State Champs, Mackal Field House/URI, Kingston, RI	17Feb08
20-lb Wt	18.945	62-2	VICTORIA FLOWERS, Classical, Providence; New England Weight Throw Meet, Central HS Gym, Providence, RI	3Mar08
Pentathlon	2997 points		SHAYNA DAUGHERTY, Lincoln; (10) National Scholastic Champs, Armory Track & Field Center, Manhattan, NY (60mH/9.69=771 pts; HJ/5-1.75=701; SP/25-3.25=380; LJ/14-8.75=426; 800m/2:27.95=719)	11Mar06

These "ALL-TIME" Rhode Island High School Records [not RIIJ] are believed to be the best performances ever by Rhode Island secondary school students. It details in order: event, record, record-holder's name, their school and location; placing in the event (a numerical indication appears only when significant or if not a winning performance), meet, site/location and date. In relays, the running order by name, and splits (if available).

Criteria and guidelines established by TRACK & FIELD NEWS for their "National High School Records" are utilized. Meaning that any Rhode Island secondary school students...public, private, parochial-- up through 12th grade!...competing in a recognized event in any scheduled meet can, under authorized conditions, establish an "ALL-TIME" Rhode Island Record. Membership on, or participation with, the school team is not a prerequisite for the acceptance of an athlete's performance...they need only be a bona fide secondary school student. Also, June graduates [along with all undergrads] remain eligible until August 31!

AUTOMATIC-TIMING...AUTO-TIMES... "AT"... Achieved only by an electronic photo-time device or system (FinishLynx, Omega, Accu-Track, etc.) that was started automatically by firing of the starter's gun, and the finish and time(s) were simultaneously recorded photographically, either by TV, movie, or "strip" cameras, and that they "pick" each participant's place and time ultra-accurately in hundredths of a second. Times recorded in hundredths of a second MUST be Automatic Times, and a manual time may NOT be recorded if an Auto-Time exists for the same race.

The "Auto-Time" records listed above are the best our research has located. If any "Auto-Time" record is "superior" to the best "handtime" in a particular event; i. e. ... "@"...45m, 55m, 60m, 200m, 300m, 400m, 45mH, 55mH, 60mH...then ONLY the "Auto-Time" record will be listed. (e.g., # = 6.23 is "superior" to 6.0 hand-time)

To address the significant variance in response time between the "speed-of-light" reaction of the electronic-timing systems and "human" reaction to the start (gun flash) and finish, a "standard differential" has been adopted [for conversion purposes] between hand (manual) and AUTO-TIMING, as follows:

0.24 - is "added" to hand-times for sprints/hurdles/300 Indoors (where starter is NOT proximate to finish-line and "hand" timers)

0.14 - is "added" to hand-times for the 200/400 Indoors (where starter is adjacent to finish-line and "hand" timers)

In all events over 400m, either Outdoors or Indoors, the "AT" standard differential is no longer a factor.

All Field Events will carry both the metric mark...converted, when necessary...as well as the feet/inches measurement.

List compiled and maintained by LARRY BYRNE..422 Bryantville Court, Warwick, RI 02886...401-738-4232 ~~ Updated: **16Mar09**

palimmer = is the email and code name for PAUL LIMMER, a long-time [35+ years] close friend and track colleague, who coached for many years at Mepham HS [in Bellmore on Long Island] and who turned out countless regional team champions, as well as many individual stars...principal of whom was MARK BELGER, who as a HS Senior ran 1:50 for 800m and was the first Millrose Mile Champ ['74], and who went on to many collegiate honors at Villanova, primarily at the Penn Relays, where in four years ['75-'78], Mark won TEN Championship Relays watches [in ten tries], an all-time unequalled Carnival Record. As for Paul, he's no longer an active coach...but for the past decade has been a key "cog" in the NON and NIN's conduct of their meets, and who has a tremendous knowledge and insight into the national HS scene, and I value his comments and opinions...especially about Springer herein, and which he [along w/ many other "gurus" at NON] had a lengthy discussion with me...as to WHY Andrew ran the SMR before the 2 Mile?