

# **RED RAIDER RELAYS**

## **MEET RECORDS**

### **GIRLS**

100 Meters	12.26	Shauna Quinn, Uniondale, NY	1995
200 Meters	24.58	Charity Briggs, Cornwall, NY	2003
400 Meters	56.80	Juliet Brown, Ramapo, NY	1995
800 Meters	2:12.43	Nana Hanson-Hall, New Rochelle, NY	2002
1600 Meters	5:01.21	Diane Heiser, Bayport/Bluepoint, NY	2002
3200 Meters	10:51.41	Jennifer Donovan, Half Hollow Hills, NY	1999
100 Meter High Hurdles	14.51	Tichanda Daniels, Arlington, NY	1995
400 Meter Int. Hurdles	1:03.59	Antranique Jackson, Uniondale, NY	1998
4 X 100 Meter Relay	48.73	DeWitt Clinton, New York, NY	2001
4 X 200 Meter Relay	1:43.93	Suffern, NY	2001
4 X 400 Meter Relay	3:56.10	DeWitt Clinton, New York, NY	2001
4 X 800 Meter Relay	9:33.39	Bronxville, NY	2004
Sprint Medley Relay	4:10.54	Half Hollow Hills, NY	2000
Distance Medley Relay	12:40.98	Bronxville, NY	2003
Shot Put	42'06.5"	Janel Foster, New Rochelle, NY	1996
Discus	128'10"	Kerry Miano, Rocky Point, NY	1994
Javelin	125'0"	Margaret Minecki, Washingtonville, NY	1988
Triple Jump	40'0"	Jodi Schlesinger, Clarkstown South, NY	1998
Long Jump	18'05.25"	Keyon Soley, Uniondale, NY	1996
High Jump	5'6"	Carin Knight, Newburgh Free Academy, NY	2004
Pole Vault	11'6"	Lindsey Rosales, Washingtonville, NY	2003
Pentathlon	3319	Alaina Alfano, Hanover Park, NJ	2004

### **BOYS**

100 Meters	10.5	Kenny Bruce, Beacon, NY	1994
200 Meters	21.66	Carlos Bedoya, Archbishop Stepinac, NY	2000
400 Meters	47.70	Elzie Coleman, Newburgh Free Academy, NY	2004
800 Meters	1:53.50	Justin Romaniuk, Suffern, NY	2001
1600 Meters	4:19.08	Kevin Bulla, North Babylon, NY	1995
5000 Meters	15:03.59	Brendan Fennell, Pearl River, NY	2001
110 Meter High Hurdles	14.43	Ricky Gross, Albertus Magnus, NY	1999
	14.43	Ken Frank, North Rockland, NY	1999
400 Meter Int. Hurdles	54.6	Doug Hazel, Nyack, NY	1993
4 X 100 Meter Relay	42.46	Uniondale, NY	2004
4 X 200 Meter Relay	1:30.30	Newburgh Free Academy, NY	2004
4 X 400 Meter Relay	3:20.43	Newburgh Free Academy, NY	2004
4 X 800 Meter Relay	8:03.97	North Rockland, NY	2003
Sprint Medley Relay	3:36.0	Monsignor McClancy, NY	1994
Distance Medley Relay	10:31.38	Saint Anthony's, NY	2001
4 X 1600 Meter Relay	18:07.89	Burnt Hills-Balliston Lake, NY	1995
Shot Put	58'02.5"	John Stephens, North Rockland, NY	1988
Discus	170'09"	Didier Lecorps, Chaminade, NY	2000
Javelin	217'08"	Glenn Haywood, Millbrook, NY	1988
Triple Jump	48'03.5"	Marvin Forde, Uniondale, NY	1993
Long Jump	22'08.75"	Ernest Bowser, Uniondale, NY	1994
High Jump	6'10"	Cedric Hawkins, Nyack, NY	1992
Pole Vault	15'0"	Ryan Dall, North Rockland, NY	1993
	15'0"	Michael Uhelsky, Monroe-Woodbury, NY	1997
Pentathlon	3327	Matt Psaltis, Fairlawn, NJ	1992