



WAKE FOREST TRACK & FIELD

INDOOR SCHOOL RECORDS

MEN				WOMEN			
Event	Name	Mark	Year	Event	Name	Mark	Year
55m	Reggie Austin	6.39	1999	55m	Chris Rose	7.35	1992
60m	Kevin Marion	6.77	2008	60m	Mytoia Gathings	7.65	2013
200m	Michael Bingham	21.15	2006	200m	Carol Merritt	23.78	2002
300m	Michael Bingham	33.44	2007	300m	Nicole Castronuova	38.76	2009
400m	Michael Bingham	46.12	2009	400m	Nicole Castronuova	54.39	2009
500m	Michael Bingham	1:03.09	2009	500m	Michelle Loyd	1:13.81	2008
600m	Thomas Bojanowski	1:18.33	2014	800m	Nikeya Green	2:05.31	2004
800M	ROBERT HEPPENSTALL	1:46.71	2017	1,000m	Jill Snyder	2:49.87	2001
1,000m	Simon Holden	2:25.09	2015	55m H	Caroline Vaughn	7.26	2008
55m H	Steve Brown	7.26	1991	60m H	Caroline Vaughn	8.43	2009
60m H	Steve Brown	7.77	1991	Mile	Dina Nosenko	4:41.10	2010
Mile	Kyle Graves	4:02.71	2015	3,000m	Anna Nosenko	9:12.02	2011
3,000m	Nolan Swanson	8:03.50	1999	5,000m	Annie Bersagel	15:56.97	2005
2 Mile	Larry Delaplaine	8:59.84	1977	4x400m Relay	Alex Gove, Nicole Castronuova Gwen Ricco, Caroline Vaughn	3:43.66	2010
5,000m	Sean Stevens	14:15.77	2006	4x800m Relay	Kelly Clarke, Molly Pancake Jennifer Finnegan, Kate Weber	8:53.87	1992
4x400m Relay	Michael Bingham, Brent LaRue Willie Idlette, Eric Seely	3:09.20	2006	DMR	Jill Snyder, Carol Merritt Nikeya Green, Sara Day	11:13.69	2001
4x800m Relay	Warren Sherman, Drew Hayes Steve Guerrini, Terry Weik	7:23.59	1992	High Jump	Trina Bindel	1.81m/5-11.25	1995
DMR	Simon Holden, Daniel Harrison, Sebastian Fischbach, Kyle Graves	9:35.05	2015	Pole Vault	Sydney White	4.20m/13-9.25	2016
High Jump	Matt Benson	2.06m/6-9	1993	Long Jump	Alyssa Thompson	6.16m/20-2.5	2014
Pole Vault	Michael Cyphers	5.12m/16-9.5	2015	Triple Jump	Erin Brooks	12.57m/41-3	2012
Long Jump	Luke Orman	7.52m/24-8.25	2002	Shot Put	Lindsay Neuberger	15.84m/52-0	2006
Triple Jump	George Coghill	15.01m/49-3	1992	WEIGHT	ALVA HICKS	19.43M/63-9	2017
Shot Put	Andy Bloom	18.76m/61-6.75	1996	Pentathlon	Alyssa Thompson	3,813	2014
WEIGHT	CHARLIE IONATA	21.11M/69-3	2017				
Pentathlon	Michael Eskind	3,264	2002				
Heptathlon	Brent LaRue	5,672	2009				



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OUTDOOR SCHOOL RECORDS

MEN				WOMEN			
Event	Name	Mark	Year	Event	Name	Mark	Year
100m	Reggie Austin	10.30	2000	100m	Mytoia Gathings	11.88	2013
200m	John Stone	20.61	1999	200m	Nicole Castronuova	23.94	2008
400m	Michael Bingham	45.05	2009	400m	Melissa Council	53.62	2009
800M	ROBERT HEPPENSTALL	1:46.68	2017	800m	Nikeya Green	2:04.46	2003
1,500m	Simon Holden	3:41.92	2015	1,500m	Michelle Sikes	4:16.58	2007
Mile	Kyle Graves	4:00.39	2014	Mile	Michelle Sikes	4:38.38	2007
3,000m	Nolan Swanson	8:10.85	1999	3,000m	Jennifer Rioux	9:21.60	1988
5,000m	David Crowe	13:51.90	1981	5,000m	Michelle Sikes	15:06.28	2007
10,000m	Nolan Swanson	28:31.51	1999	10,000m	Michelle Sikes	32:58.20	2007
110m H	Steve Brown	13.60	1990	100m H	Caroline Vaughn	13.39	2009
400m H	Brent LaRue	50.20	2010	400m H	Caroline Vaughn	57.32	2009
3,000m SC	Nolan Swanson	8:41.72	1998	3,000M SC	ELLIE ABRAHAMSON	9:56.18	2017
4x100m Relay	Michael Bingham, Kerry Major Willie Idlette, Kevin Marion	39.28	2006	4x100m Relay	N. Castronuova, Michelle Loyd Melissa Council, Molly Kennedy	46.25	2008
4x200m Relay	Kevin Marion, Eric Seely Tyler Dodds, Jon Reid	1:24.58	2007	4x200m Relay	Alex Gove, Gwen Ricco, Caroline Vaughn, N. Castronuova	1:38.97	2010
4x400m Relay	Michael Bingham, Brent LaRue Willie Idlette, Eric Seely	3:05.48	2006	4x400m Relay	Caroline Vaughn, Melissa Council Alex Gove, Nicole Castronuova	3:39.26	2009
4x800m Relay	Simon Holden, Kyle Eager Thomas Bojamowski, Kyle Graves	7:20.49	2014	4x800m Relay	Liz Cotter, Jennifer Finnegan Kate Webber, Chrissy Person	8:34.48	1995
4x1600m Relay	Dan Godin, Bruan Ponder Mike Palmer, Ron Rick	16.48.01	1985	4x1500m Relay	Janelle Kraus, Allison Anibaldi Kelly Brady, Jill Snyder	17:39.72	1999
DMR	Nathan Sisco, Ryan Hamilton Paul Singleton, Chris Estwanik	9:40.14	2001	DMR	Nikeya Green, Diane Anderson Shauna Danos, Anna Sherman	11:09.99	2004
High Jump	Jerome White	2.11m/6-11	1972	High Jump	Trina Bindel	1.82m/5-11.75	1996
Pole Vault	Michael Cyphers	5.05m/16-6.75	2015	Pole Vault	Sydney White	4.25m/13-11.25	2016
Long Jump	Kevin Marion	7.56m/24-9.75	2006	Long Jump	Cassy Richards	6.21m/20-6.5	2004
Triple Jump	George Coghill	15.05m/49-2.75	1989	Triple Jump	Erin Brooks	12.80m/42-0	2013
Shot Put	Andy Bloom	19.82m/65-0.5	1996	Shot Put	Lindsay Neuberger	15.90m/52-1.25	2007
Discus	Andy Bloom	64.86m/212-9	1996	DISCUS	CASIDY HOWARD	49.22M/161-5	2017
HAMMER	CHARLIE IONATA	68.02M/223-2	2017	HAMMER	ALVA HICKS	57.61M/189-0	2017
Javelin	Ben Lincoln	75.36m/247-3	2013	Javelin	Jessie Merckle	56.91m/186-8	2016
(old rule)	Herb Brown	64.62m/212-0	1960	(old rule)	Carrie Buckley	47.72m/155-7	1993
Decathlon	J.T. Kuretich	7,340	2001	Heptathlon	Trina Bindel	5,528	1996