

# LIBERTY LEAGUE OUTDOOR TRACK & FIELD RECORDS

## MEN

<u>Event</u>	<u>Mark</u>	<u>Athlete</u>	<u>School</u>	<u>Site</u>	<u>Year</u>
Hammer	56.76m	Hanrahan	RPI	Hamilton	1998
Shot Put	16.65m	Sievert	Union	RPI	2003
Discus	51.02m	Monette	RPI	Union	2001
Javelin	56.02m	Motzkin	RPI	St. Lawrence	2004
Pole Vault	4.27m	Gordon	RPI	St. Lawrence	2000
High Jump	1.93m	Basta	St. Lawrence	Hamilton	1998
		Gordon	RPI	Hamilton	1998
Long Jump	7.41m	Burgess	St. Lawrence	Hamilton	1998
Triple Jump	13.80m	Alleyne	RPI	Hamilton	2002
100m	10.67	Gilmore	RPI	Hamilton	1998
110m Hurdles	15.25	Alleyne	RPI	St. Lawrence	2004
200m	21.69	Gilmore	RPI	Hamilton	1998
400m	49.68	Homer	St. Lawrence	Hamilton	2002
400m Hurdles	55.44	Salasnyk	RPI	RPI	2003
800m	1:53.52	Enwright	St. Lawrence	Hamilton	2002
1500m	3:57.09	Enwright	St. Lawrence	Hamilton	2002
3000m Steeplechase	9:40.34	Hogan	St. Lawrence	St. Lawrence	2000
5000m	15:27.81	Folsom	St. Lawrence	RPI	1999
10000m	31:32.32	Migonis	St. Lawrence	Union	2001
400m Relay	42.43		Hamilton	St. Lawrence	2004
1600m Relay	3:25.53		St. Lawrence	Union	2001
3200m Relay	7:59.94		St. Lawrence	St. Lawrence	2004

## WOMEN

<u>Event</u>	<u>Mark</u>	<u>Athlete</u>	<u>School</u>	<u>Site</u>	<u>Year</u>
Hammer	50.82m	Tsai	RPI	St. Lawrence	2004
Shot Put	12.24m	Alexander	RPI	RPI	2003
Discus	36.08m	Madden	RPI	St. Lawrence	2004
Javelin	33.72m	Belden	Hamilton	St. Lawrence	2004
Pole Vault	3.21m	Benson	RPI	St. Lawrence	2004
High Jump	1.55m	Lavigne	RPI	RPI	1996
Long Jump	5.58m	Bibb	St. Lawrence	RPI	2003
Triple Jump	11.08m	Bibb	St. Lawrence	Union	2001
100m	12.85	Simpson	St. Lawrence	RPI	2003
100m Hurdles	14.97	Liiva	St. Lawrence	Hamilton	1998
200m	25.78	Nortz	St. Lawrence	Hamilton	2002
400m	57.83	Nortz	St. Lawrence	Hamilton	2002
400m Hurdles	1:05.54	Liiva	St. Lawrence	Hamilton	1998
800m	2:16.37	Chase	Hamilton	Hamilton	2002
1500m	4:39.5	Moran	RPI	RPI	1996
3000m Steeplechase	11:25.02	Cammarano	Hamilton	Hamilton	2002
5000m	17:54.52	Nelson	Hamilton	Union	2001
10000	Never Contested				
400m Relay	49.26		St. Lawrence	Hamilton	2002
1600m Relay	4:07.74		RPI	RPI	2003
3200mbbb Relay	9:57.32		Hamilton	RPI	2003