

**S.W.C.L. Indoor Track
2022 - 2023 as of 1-18-23**

RECORDS - SWCI Indoor - Indoor

Female

	Event	Mark	Date Set	Record Holder	Team Affiliation
Open	50y Dash	6.20 *	Jan-10-07	Jess Felbaum	Grafton
	50y Dash	6.20 *	Jan-20-16	Kristina Morrison	Northbridge
	50y Dash	6.20 *	Jan-20-16	Emily Roxo	Uxbridge
	55m Dash	7.10	Dec-22-10	Tory Miles	Millbury
	300m Dash	42.20	Jan- 4-12	Emily Dawidczyk	Oxford
	600m Run	1:43.39	Feb- 6-13	Andrea St. Jean	Grafton
	1000m Run	3:08.75	Jan-29-14	Stella Worters	Shepherd Hill
	1 Mile Run	5:25.80	Jan-29-14	Stella Worters	Shepherd Hill
	2 Mile Run	11:29.60	Jan-11-17	Sarah Cavanagh	Auburn
	50y Hurdles	7.10	Dec-12-12	Emily Dawidczyk	Oxford
	55m Hurdles	8.30	Feb- 6-13	Emily Dawidczyk	Oxford
	High Jump	13-10.00	Dec-15-01	Relay	Shepherd Hill
	High Jump	5-04.50	Feb- 1-12	Emily Cahill	Uxbridge
	Long Jump	16-05.00	Jan-23-13	Emily Dawidczyk	Oxford
	Shot Put	87-02.00	Dec-10-03	Relay	Tantasqua
	Shot Put	38-01.50	Jan-29-04	Pam Glennon	Tantasqua
	4x200m Relay	1:55.67	Jan-30-13		Millbury
	4x400m Relay	4:24.60	Dec-21-16		Woodstock
	4x534.5m Relay	7:04.00	Dec-10-03		Millbury
	4x600m Relay	7:34.30	Dec- 8-10		Tantasqua
	4x800m Relay	11:03.96	Jan-25-17		Grafton
	932m SptMedlyR	2:25.20	Dec- 5-12		Uxbridge
	1050m SptMedlyR	2:35.00	Dec-15-01		Uxbridge
	4x50y ShuHurdIR	23.10	Dec-10-03		Millbury
	4x55m ShuHurdIR	26.50	Dec-15-01		Shepherd Hill

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RECORDS - SWCI Indoor - Indoor

Male

	Event	Mark	Date Set	Record Holder	Team Affiliation
Open	50y Dash	5.60	Dec-19-18	Ryan Warner	Grafton
	55m Dash	6.50 *	Jan-22-03	Babe Predella, Brendon Whitson	Tantasqua, Auburn
	55m Dash	6.50 *	Jan-18-23	Aditya Kaki	Grafton
	55m Dash	6.50 *	Feb-6-13	Spencer Duncan	Tantasqua
	300m Dash	37.16	Feb-01-06	Alex Engel	David Prouty
	600m Run	1:24.90	Jan-19-05	Doug Caves	Oxford
	1000m Run	2:45.10	Jan-29-09	Will Faden	Grafton
	1 Mile Run	4:41.83	Feb-04-09	Will Faden	Grafton
	2 Mile Run	10:03.80	Jan-11-23	Aiden Ross	Uxbridge
	50y Hurdles	6.50	Jan-05-02	Justin Hawkes	Oxford
	55m Hurdles	7.80 *	Feb- 6-13	Alex Hellyar	Tantasqua
	55m Hurdles	7.80 *	Feb- 6-13	Alex Hellyar, Cam McGrath	Tantasqua, Auburn
	55m Hurdles	7.80 *	Jan-23-08	Scott Smith,Zach Hellyar,	Shepherd Hill, Tantasqua
	High Jump	6-04.00	Dec-23-09	Billy Callahan	Auburn
	High Jump	17-00.00	Dec-19-02	Relay	Tantasqua
	Long Jump	20-05.50	Dec-30-08	Brendan Whitson	Auburn
	Shot Put	117-00.00	Dec-15-01	Relay	Northbridge
	Shot Put	53-11.00	Jan-29-09	Andrew Piscaelli	Millbury
	4x200m Relay	1:41.10	Jan-31-07		Tantasqua
	4x400m Relay	3:51.77	Feb- 4-09		Shepherd Hil
	4x534.5m Relay	5:41.90	Dec-17-02		Grafton
	4x600m Relay	6:28.60	Dec- 8-10		Tantasqua
	4x800m Relay	8:54.00	Dec-10-03		David Prouty
	932m SptMedlyR	2:04.60	Dec- 8-04		Uxbridge
	1050m SptMedlyR	2:11.70	Dec-15-01		Northbridge
	4x50y ShuHurdIR	23.10	Dec-10-03		Oxford
	4x55m ShuHurdIR	23.50	Dec-15-01		Shepherd Hill