

**S.W.C.L. Indoor Track  
2022 - 2023 as of 1-31-23**

**RECORDS - SWCI Indoor - Indoor**

**Female**

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

**S.W.C.L. Indoor Track  
2022 - 2023 as of 1-31-23**

**RECORDS - SWCI Indoor - Indoor**

**Male**

	<b>Event</b>	<b>Mark</b>	<b>Date Set</b>	<b>Record Holder</b>	<b>Team Affiliation</b>
Open	50y Dash	5.60	<b>Dec-19-18</b>	Ryan Warner	<b>Grafton</b>
	55m Dash	6.50 *	<b>Jan-22-03</b>	Babe Predella, Brendon Whitson	<b>Tantasqua, Auburn</b>
	55m Dash	6.50 *	<b>Jan-18-23</b>	Aditya Kaki	<b>Grafton</b>
	55m Dash	6.50 *	<b>Feb-6-13</b>	Spencer Duncan	<b>Tantasqua</b>
	300m Dash	37.16	<b>Feb-01-06</b>	Alex Engel	<b>David Prouty</b>
	600m Run	1:24.90	<b>Jan-19-05</b>	Doug Caves	<b>Oxford</b>
	1000m Run	2:45.10	<b>Jan-29-09</b>	Will Faden	<b>Grafton</b>
	1 Mile Run	4:41.83	<b>Feb-04-09</b>	Will Faden	<b>Grafton</b>
	2 Mile Run	9:53.12	<b>Jan-11-23</b>	Aiden Ross	<b>Uxbridge</b>
	50y Hurdles	6.50	<b>Jan-05-02</b>	Justin Hawkes	<b>Oxford</b>
	55m Hurdles	7.80 *	<b>Feb- 6-13</b>	Alex Hellyar	<b>Tantasqua</b>
	55m Hurdles	7.80 *	<b>Feb- 6-13</b>	Alex Hellyar, Cam McGrath	<b>Tantasqu, Auburn</b>
	55m Hurdles	7.80 *	<b>Jan-23-08</b>	Scott Smith,Zach Hellyar,	<b>Shepherd Hill, Tantasqua</b>
	High Jump	6-04.00	<b>Dec-23-09</b>	Billy Callahan	<b>Auburn</b>
	High Jump	17-00.00	<b>Dec-19-02</b>	Relay	<b>Tantasqua</b>
	Long Jump	20-05.50	<b>Dec-30-08</b>	Brendan Whitson	<b>Auburn</b>
	Shot Put	117-00.00	<b>Dec-15-01</b>	Relay	<b>Northbridge</b>
	Shot Put	53-11.00	<b>Jan-29-09</b>	Andrew Piscaelli	<b>Millbury</b>
	4x200m Relay	1:41.10	<b>Jan-31-07</b>		<b>Tantasqua</b>
	4x400m Relay	3:51.77	<b>Feb- 4-09</b>		<b>Shepherd Hil</b>
	4x534.5m Relay	5:41.90	<b>Dec-17-02</b>		<b>Grafton</b>
	4x600m Relay	6:28.60	<b>Dec- 8-10</b>		<b>Tantasqua</b>
	4x800m Relay	8:54.00	<b>Dec-10-03</b>		<b>David Prouty</b>
	932m SptMedlyR	2:04.60	<b>Dec- 8-04</b>		<b>Uxbridge</b>
	1050m SptMedlyR	2:11.70	<b>Dec-15-01</b>		<b>Northbridge</b>
	4x50y ShuHurdIR	23.10	<b>Dec-10-03</b>		<b>Oxford</b>
	4x55m ShuHurdIR	23.50	<b>Dec-15-01</b>		<b>Shepherd Hill</b>