

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

**Individual Top Marks**

David Prouty [DP]

Number of Top Times: All

	Mark	Convert	Rnd	Name	Age/Yr		
<b>Male Open 50y Dash NB</b>							
1	6.00		F	--- Lawrence Austria	101	1/4/2023	SWCL Dual Meet #3 - NB
2	6.10		F	--- James McNicol	111	1/4/2023	SWCL Dual Meet #3 - NB
3*	6.40		F	--- Matthew McNicol	91	12/14/2022	SWCL Dual Meet #1 - NB
3*	6.40		F	--- Jacob Roldan	91	1/4/2023	SWCL Dual Meet #3 - NB
<b>Male Open 55m Dash Tan</b>							
1*	7.27		P	--- Lawrence Austria	101	1/31/2023	SWCL League Meet
1*	7.27		P	--- James McNicol	111	1/31/2023	SWCL League Meet
<b>Male Open 55m Dash TAN</b>							
1	6.80		F	--- Lawrence Austria	101	1/18/2023	SWCL Dual Meet #5 - Tan
2	6.90		F	--- James McNicol	111	1/18/2023	SWCL Dual Meet #5 - Tan
3	7.30		F	--- James McNicol	111	12/21/2022	SWCL Dual Meet #2 - Tan
4*	7.50		F	--- Jacob Roldan	91	12/21/2022	SWCL Dual Meet #2 - Tan
4*	7.50		F	--- Matthew McNicol	91	12/21/2022	SWCL Dual Meet #2 - Tan
<b>Male Open 300m Dash</b>							
1	43.40		F	--- James McNicol	111	1/18/2023	SWCL Dual Meet #5 - Tan
2	45.26		F	--- Jacob Roldan	91	1/31/2023	SWCL League Meet
3	46.07		F	--- Lawrence Austria	101	1/11/2023	SWCL Dual Meet #4 - Tan
4	47.88		F	--- Matthew McNicol	91	1/11/2023	SWCL Dual Meet #4 - Tan
<b>Male Open 600m Run</b>							
1	1:46.60		F	--- Elijah Barnett	91	1/31/2023	SWCL League Meet
2	2:02.40		F	--- Chris Pinkowski	91	1/18/2023	SWCL Dual Meet #5 - Tan
3	2:03.80		F	--- Matthew McNicol	91	1/18/2023	SWCL Dual Meet #5 - Tan
4	2:08.35		F	--- Aiden Mason	81	12/21/2022	SWCL Dual Meet #2 - Tan
5	2:11.30		F	--- Sean Marsden	91	1/4/2023	SWCL Dual Meet #3 - NB
6	2:11.60		F	--- Jack Hallihan	81	1/18/2023	SWCL Dual Meet #5 - Tan
7	2:18.56		F	--- William Anderson	81	1/11/2023	SWCL Dual Meet #4 - Tan
<b>Male Open 1000m Run</b>							
1	3:13.44		F	--- Charlie Lascom	121	12/21/2022	SWCL Dual Meet #2 - Tan
2	3:13.75		F	--- Cody Landry	71	12/21/2022	SWCL Dual Meet #2 - Tan
3	3:42.70		F	--- Brendan Grenier	111	1/18/2023	SWCL Dual Meet #5 - Tan
4	4:25.80		F	--- Ryan Marsden	71	12/21/2022	SWCL Dual Meet #2 - Tan
<b>Male Open 1 Mile Run</b>							
1	6:24.30		F	--- Logan Josti	111	1/18/2023	SWCL Dual Meet #5 - Tan
2	6:24.50		F	--- Brendan Grenier	111	1/18/2023	SWCL Dual Meet #5 - Tan
3	6:39.63		F	--- Aiden Mason	81	1/11/2023	SWCL Dual Meet #4 - Tan
4	7:09.90		F	--- Nick Hintlian	81	1/4/2023	SWCL Dual Meet #3 - NB
<b>Male Open 2 Mile Run</b>							
1	13:49.80	6:54.90	F	--- Brendan Grenier	111	12/21/2022	SWCL Dual Meet #2 - Tan
<b>Male Open 50y Hurdles NB</b>							
1	9.50		F	--- Chris Pinkowski	91	12/14/2022	SWCL Dual Meet #1 - NB
<b>Male Open 55m Hurdles Tan</b>							
1	11.33		P	--- Chris Pinkowski	91	1/31/2023	SWCL League Meet
<b>Male Open 55m Hurdles TAN</b>							
1	10.90		F	--- Chris Pinkowski	91	1/18/2023	SWCL Dual Meet #5 - Tan
2	11.70		F	--- Chris Pinkowski	91	12/21/2022	SWCL Dual Meet #2 - Tan

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

---

**Individual Top Marks**

**Number of Top Times: All**

	<b>Mark</b>	<b>Convert</b>	<b>Rnd</b>		<b>Name</b>	<b>Age/Yr</b>		
<b>Male Open High Jump</b>								
1	4-10.00	1.47m	F	---	James McNicol	111	1/18/2023	SWCL Dual Meet #5 - Tan
2*	4-09.00	1.44m	F	---	Elijah Barnett	91	1/11/2023	SWCL Dual Meet #4 - Tan
2*	4-09.00	1.44m	F	---	Chris Pinkowski	91	1/11/2023	SWCL Dual Meet #4 - Tan
4	NH		F	---	Jacob Roldan	91	1/11/2023	SWCL Dual Meet #4 - Tan
<b>Male Open Shot Put</b>								
1	37-11.50	11.57m	F	---	Logan Josti	111	1/31/2023	SWCL League Meet
2	30-04.75	9.26m	F	---	Jack Donovan	101	12/21/2022	SWCL Dual Meet #2 - Tan