

S.W.C.L. Indoor Track
2024 - 2025 as of 2-5-25

Individual Top Marks

Oxford [OXFO]

Number of Top Times: All

Mark	Convert	Rnd	Name	Age/Yr					
Male VAR 50y Dash NB									
1	6.20	F	- LaMountain, Co	11	12/18/2	SWCL	Dual Meet #1	-	NB
2*	6.30	F	- Capistran, Isi	12	1/8/202	SWCL	Dual Meet #2	-	NB
2*	6.30	F	- Davis, Nathan	12	1/8/202	SWCL	Dual Meet #2	-	NB
4	7.80	F	- Monson, Kaius	11	12/18/2	SWCL	Dual Meet #1	-	NB
Male VAR 55m Dash Tan									
1	7.60	P	- LaMountain, Co	11	2/5/202	SWCL	League Championship		
2	7.63	P	- Capistran, Isi	12	2/5/202	SWCL	League Championship		
Male VAR 55m Dash TAN									
1*	7.20	F	- LaMountain, Co	11	1/29/20	SWCL	Dual Meet #5	-	Tan
1*	7.20	F	- Capistran, Isi	12	1/29/20	SWCL	Dual Meet #5	-	Tan
Male VAR 300m Dash									
1	45.80	F	- LaMountain, Co	11	1/29/20	SWCL	Dual Meet #5	-	Tan
2	47.89	F	- Porter, Nathan	09	2/5/202	SWCL	League Championship		
3	51.00	F	- Yunga, Mike	11	1/29/20	SWCL	Dual Meet #5	-	Tan
4	53.50	F	- Melendez, Luis	12	12/18/2	SWCL	Dual Meet #1	-	NB
5	1:04.90	F	- Durand, George	09	1/22/20	SWCL	Dual Meet #4	-	NB
Male VAR 600m Run									
1	1:38.10	F	- Davis, Nathan	12	12/18/2	SWCL	Dual Meet #1	-	NB
2	2:07.10	F	- Melendez, Luis	12	1/22/20	SWCL	Dual Meet #4	-	NB
3	2:08.40	F	- Yunga, Mike	11	1/15/20	SWCL	Dual Meet #3	-	Tan
Male VAR 1000m Run									
1	3:35.90	F	- Holmes, Nathan	10	1/22/20	SWCL	Dual Meet #4	-	NB
Male VAR 1 Mile Run									
1	6:00.00	F	- Holmes, Nathan	10	1/29/20	SWCL	Dual Meet #5	-	Tan
2	7:21.80	F	- Melendez, Luis	12	1/15/20	SWCL	Dual Meet #3	-	Tan
Male VAR High Jump									
1	5-00.00	1.52m F	- LaMountain, Co	11	1/15/20	SWCL	Dual Meet #3	-	Tan
2	4-08.00	1.42m F	- Davis, Nathan	12	12/18/2	SWCL	Dual Meet #1	-	NB
Male VAR Shot Put									
1	32-10.7	10.02m F	- Monson, Kaius	11	1/29/20	SWCL	Dual Meet #5	-	Tan
2	32-08.0	9.95m F	- Quarshie, Devy	09	1/8/202	SWCL	Dual Meet #2	-	NB
Male Open 4x200m Relay									
1	2:01.01	F	A Rela	2/5/2025		SWCL	League Championship Meet		
2	2:02.30	F	A Rela	12/18/20		SWCL	Dual Meet #1	-	NB
3	2:02.50	F	A Rela	1/15/202		SWCL	Dual Meet #3	-	Tan
Male Open 4x400m Relay									
1	4:34.90	F	A Rela	1/22/202		SWCL	Dual Meet #4	-	NB