

# RHODE ISLAND HIGH SCHOOL "ALL-TIME" TRACK AND FIELD RECORDS – BOYS' OUTDOOR

100m	10.55	KADEEM KUSHIMO, LaSalle Academy, Providence; (4/+1.0) New Balance Nationals, NC A+T Univ., Greensboro, NC	18Jun10
200m	21.17	BOBBY YOUNG, Mt. Pleasant, Providence; (3h2/+1.8) USATF Junior Olympics, Tropical Park Stadium, Miami, FL	31Jul03
400m	46.42	DELON GOMES, Hope, Providence; Keebler-International Prep Invitational Meet, Elmhurst, IL	20Jun92
800m (880y)	1:52.0y	PHIL KANE, Rogers, Newport; (2) Eastern States Champs, Downing Stadium, Randall's Island, NYC, NY (=1:51.4 @ m)	6Jun73
1,500m	3:45.46 !	ANDREW SPRINGER, Westerly; (1-enr) <b>Midwest Distance Gala, Sports Complex, Benedictine University, Lisle, IL</b>	13Jun09
1,600m	4:01.06 !	SPRINGER (1-enr) <b>Midwest Distance Gala, Sports Complex, Benedictine University, Lisle, IL</b>	13Jun09
Mile	4:02.70	SPRINGER <b>Midwest Distance Gala, Sports Complex, Benedictine University, Lisle, IL</b>	13Jun09
2,000m STP	6:43.5	AMILCAR TAVARIS, Shea, Pawtucket; URI Interscholastic Meet, University of Rhode Island, Kingston, RI	2May93
3,000m	8:23.3	SPRINGER Bishop Hendricken Invitational Meet, Warwick, RI	30May09
3,000m STP	9:46.0	ANDREW FISHER, East Providence; (5) Gleen D. Loucks Games, Memorial Field, White Plains HS, White Plains, NY	11May74
2 Miles	9:00.90	MIKE MARSELLA, Chariho, Wood River Junction; (2) Virginia Challenge, Lannigan Field, UVA, Charlottesville, VA	12May12
5,000m	14:56.46	SPRINGER (3) Nike Outdoor Nationals, Belk Track, North Carolina A + T University, Greensboro, NC	14Jun07
110mHH (39")	13.98	YUDEHWEH "PETE" GBAA, Hope, Providence; New England Champs, Plymouth South HS, Plymouth, MA	12Jun04
300mIH (36")	38.16	COLIN AINA, East Providence; New England HS Champs, George Martin Track, South Portland, ME	10Jun00
400mIH (36")	54.05	JARELL FORBES, Classical, Providence; (1S1) New Balance Nationals, Belk Track, NC A+T Univ., Greensboro, NC	18Jun11
4x100m Relay	42.20	HOPE, Providence; State Champs, Brown University Stadium, Providence, RI (Tamba Benjamin - Matt Washington - Revelino DeVeiga - Kevin Morgan)	2Jun07
4x200m Relay	1:29.81	HOPE, Providence; (2S2) Nike Outdoor Nationals, Belk Track, North Carolina A + T University, Greensboro, NC (Matt Washington 21.6 - Kevin Morgan 22.4 - Tamba Benjamin 22.9 - Donnell Freeman 22.9)	15Jun07
4x400m Relay	3:18.7	BISHOP HENDRICKEN, Warwick; Titan Invitational Meet, Toll Gate HS, Warwick, RI (Dan O'Brien 48.8 - Mark Gorman 50.7 - Joe Mazzulla 50.5 - Jim Lourenco 48.7)	15May04
4x800m Relay	7:46.26	CHARIHO, Wood River Junction; (4) Penn Relays, Franklin Field, University of Pennsylvania, Philadelphia, PA (Dan Kilcoyne 1:59.14 - Bryce Kelley 1:53.10 - Jake Kilcoyne 2:00.60 - Mike Marsella 1:53.44)	28Apr12
4xMile Relay	17:21.59	BISHOP HENDRICKEN, Warwick; (2) New Balance Nationals, Belk Track, North Carolina A+T University, Greensboro, NC (Ryan Meehan 4:24.49 - Mark Vuono 4:24.36 - Jake Sienko 4:17.00 - Brian Doyle 4:15.74) (# 20 a-t US HS)	19Jun10
Sprint Medley (@ 800m)	1:33.06	CENTRAL, Providence; Emerging Elite-New Balance Nationals, Belk Track, No. Carolina A+T Univ, Greensboro, NC (Aleno Gomes 100/11.49 - Edward Pupoh 100/11.01 - Jose Ortiz 200/22.20 - Craig Amado 400/48.36)	17Jun10
Swedish Medley (@ 1,000m)	2:00.28	CENTRAL, Providence; (3S1) New Balance Nationals, Belk Track, North Carolina A+T University, Greensboro, NC (Raniel Isaac 100 - Napoleon Askie 200 - Joel Ikuejamofa 300 - Jose Ortiz 400/48.41 [I-3 legs splits are unavailable])	14Jun12
Sprint Medley (@ 1,600m)	3:28.59	EAST GREENWICH; (1S1) New Balance Nationals, Belk Track, North Carolina A+T University, Greensboro, NC (Brian Doyle 200/23.41 - Dillon Danforth 200/22.62 - Andrew Keene 400/51.41 - Nick Ross 800/1:51.16)	18Jun10
Distance Medley (@ 4,000m)	10:01.13	WESTERLY; Glenn D. Loucks Games, Memorial Field, White Plains HS, White Plains, NY (Tim O'Loughlin 1200/3:07.1 - Alex Phelps 400/50.9 - John DiGangi 800/1:59.5 - Andrew Springer 1600/4:03.6)	7May09
High Jump	2.16 7-1	DAVE ARUNDEL, South Kingstown, Wakefield; New England HS Champs, Brown University Stadium, Providence, RI	14Jun97
Pole Vault	4.75 15-7	JAMES STRAWDERMAN, West, Cranston; Class "A" Divisional Champs, West HS Stadium, Cranston, RI	22May10
Long Jump	7.325 24-0.5	DON BLOUNT, Moses Brown, Providence; Brown Interscholastic Meet, Brown University Stadium, Providence, RI	30May36
Triple Jump	15.90 51-5.75	ROBERT HOWARD, Shea, Pawtucket; (3) USATF Junior National Champs, Florida State University, Tallahassee, FL	25Jun94
Shot (12)	18.92 62-1	LEN RAO, LaSalle Academy, Providence; Class "A" Divisional Champs, Bishop Hendricken HS, Warwick, RI	15May71
Shot (16)	? ?	??	??
Discus(HS)	60.54 198-7	ALAN BAGINSKI, Classical, Providence; Hartford Invitational Meet, Public High School Stadium, Hartford, CT	12May79
Discus(I)	49.82 163-5	BAGINSKI; ??	79
Hammer(5k)	68.65 225-3	ADAM KELLY, Barrington, (3) USATF World Youth Champs, Southern Illinois University, Edwardsville, IL	27Jun13
Hammer(12)	77.20 253-3	JACOB FREEMAN, Bishop Hendricken, Warwick; Bishop Hendricken Invitational Meet, Warwick, RI	6Aug99
Hammer(6k)	65.07 213-6	CHARLES IONATA, Barrington; (4) USATF Junior Champs, Jim Duncan Track, Drake University, Des Moines, IA	21Jun13
Hammer(16)	65.89 216-2	JACOB FREEMAN: (5) Penn Relays "Open", River Field, University of Pennsylvania, Philadelphia, PA	24Apr99
Javelin	70.54 231-5	MATT MALONEY, LaSalle, Providence; Hartford Invitational Meet, Trinity College, Hartford, CT	14May05
Decathlon	5537 pts	BEN STEWART, North Kingstown, Wickford; USATF Region I-New England Junior Olympic Trials, Scarborough, ME (100 11.82, LJ 6.20/20-4, SP 9.04/29-8, HJ 1.74/5-8.5, 400 52.24; 110H 16.41, DT 23.70/77-4, PV 3.35/10-11.75, JT 34.28/112-6, 1500/4:41.97)	22-23Jun13

These "ALL-TIME" Rhode Island High School Records [not RIII] are believed to be the best performances ever by Rhode Island secondary school students. It details in order: event, record, record-holder's name, his school and location; placing in the event (a numerical indication appears only when significant, or if not a winning performance), meet, site/location and date. In relays, the running order by name, and splits (if available).

Criteria and guidelines established by TRACK & FIELD NEWS for their "National High School Records" are utilized. Meaning that any Rhode Island secondary school students...public, private, parochial—up through 12<sup>th</sup> grade!...competing in a recognized event in any scheduled meet can, under authorized conditions, establish an "ALL-TIME" Rhode Island Record. Membership on, or participation with, the school team is not a prerequisite for the acceptance of an athlete's performance...they need only be a bona fide secondary school student. Also, June graduates [and all undergrads] remain eligible until August 31<sup>st</sup>!

In the 100m, 200m, 100mH, Long & Triple Jumps only marks made within allowable wind assistance...2.0 mps/4.473 mph or less...are accepted as records!

Performances in 100ths are "Automatic-Times" "AT" achieved only by an electronic device or system (FinishLynx, Omega, Accu-Track, etc.) that was started automatically by firing of the starter's gun, and the finish time(s) were simultaneously recorded photographically, either by TV, movie or "strip" cameras that "pick" participants for place and time ultra-accurately in hundredths of a second. At the International, National, and Collegiate levels—ONLY "Auto-Times" can be recognized for record purposes in the "short" events [100m-200m-400m-100m/110mH-300m/400mH and 4x100mR]. So, for record purposes, the "AT" performances shown are the best our research has located. When any "AT" record is "superior" to the best "hand-time" in a particular event, then ONLY the "AT" record will be listed.

! = In most cases, if a ONE MILE clocking is "superior" to any recorded 1,600m clocking...only the Mile time would serve as the Record for both. However, at 2009 Midwest Distance Gala, FinishLynx timing cameras were placed at 1,500m [a common occurrence at major meets] and at 1,600m [a rare occurrence], and AT performances were officially recorded for both, along with the MILE time. Therefore, both of these "en route" performances will be listed as State Records.

To address the significant variance in response time between the "speed-of-light" reaction of the electronic-timing systems and "human" reaction to the start (gun flash) and finish, a "standard differential" has been adopted between hand (manual) and AUTO-TIMING, as follows:

0.24 - "added" to hand-times for events through 300H Outdoors, and sprints/hurdles/300 Indoors, where starter is NOT proximate to finish-line hand timers.

0.14 - "added" to hand-times for the 400/400H/4x100mR Outdoors and 200/400 Indoors, where starter is adjacent to finish-line and hand timers.

All events over 400m, either Outdoors or Indoors, the "AT" standard differential is NOT A FACTOR !!

All Field Events will carry both the metric mark...converted, when necessary...as well as the feet/inches measurement.

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