



Liberty League Outdoor Track & Field – Association Records

MEN

100 Meters	10.59	Kemar Brown, RPI	2006
200 Meters	21.52	Krishawn Gilmore, RPI.....	1997
400 Meters	48.18	Neil Casimir, RPI	5/15/2019
800 Meters	1:50.76	Timothy Boyce, St. Lawrence.....	5/18/2022
1,500 Meters	3:46.84	Scott Sikorski, Rochester	4/15/2022
5,000 Meters	14:07.76	Ben Fazio, RPI	4/27/2017
10,000 Meters	29:19.53	Grant O'Connor, RPI.....	4/14/2018
110 Meter Hurdles	14.44	Jake Fredericks, St. Lawrence	5/16/2013
400 Meter Hurdles	52.42	Nicholas Crawford, St. Lawrence	5/28/2016
3,000 Meter Steeplechase	9:09.75	John Blake, Ithaca.....	5/13/2019
4x100 Meter Relay	41.41	RIT (M. Lienhard, M. Gloskey, S. Morrissey, C. Geiger).....	4/18/2019
4x400 Meter Relay	3:16.90	Rochester (W. Coalfleet, C. Dalke, L. Orsini, D.K. Banchale)	5/15/2019
Long Jump	7.42m	Chris Burgess, St. Lawrence.....	5/1/1998
Triple Jump	14.94m	Matt Vitagliano, RPI.....	5/5/2018
Pole Vault	5.11m	Dominic Mikula, Ithaca	4/23/21
Hammer	61.32m	Ja'Mar Watson, RPI	2011
Discus	54.11m	Tyler Yeastedt, RPI	5/21/2015
Javelin	65.60m	Michael Goldstock, Union	5/15/2014
Shot Put	16.65m	Justin Sievert, Union.....	2003
High Jump	2.06m	Stephen Silber, RPI.....	5/15/2014
Decathlon	6,750	Trevor Tersmette, RPI.....	2005

(updated 11/28/22)