



Liberty League Outdoor Track & Field – Championship Records

MEN

100 Meters	10.67	Krishawn Gilmore, RPI.....	1998
200 Meters	21.69	Krishawn Gilmore, RPI.....	1998
400 Meters	48.41	Neil Casimir, RPI	5/4/2019
800 Meters	1:52.88	Ayden Gann, Vassar	5/4/2019
1,500 Meters	3:50.78	Peter Kosgei, Hamilton	4/12/2008
5,000 Meters	14:29.29	John Reed, RPI	5/7/2022
10,000 Meters	30:13.51	Miles Takiguchi, Vassar	5/6/2022
110 Meter Hurdles	14.76	Jake Fredericks, St. Lawrence	4/21/2012
400 Meter Hurdles	53.03	Nate Oczkowski, Ithaca.....	5/7/2022
3,000 Meter Steeplechase	9:20.87	Aidan Mayer, Vassar	5/7/2022
4x100 Meter Relay	41.62	RIT (M. Lienhard, M. Gloskey, S. Morrissey, C. Geiger).....	5/4/2019
4x400 Meter Relay	3:18.12	RIT (J. Walter, C. Callejo, R. Dalheim, D. Giuliano)	5/5/2018
Long Jump	7.41m	Chris Burgess, St. Lawrence.....	1998
Triple Jump	14.94m	Matt Vitagliano, RPI.....	5/5/2018
Pole Vault	4.81m	Dominic Mikula, Ithaca	5/4/2019
Hammer	56.76m	Paul Hanrahan, RPI.....	1998
Discus	51.02m	Bill Monette, RPI	2001
Javelin	61.54m	Jim Motzkin, RPI	4/16/2005
Shot Put	16.65m	Justin Sievert, Union.....	2003
High Jump	2.04m	Stephen Silber, RPI	4/21/2012
Decathlon	6,094	Seth Abbott, Ithaca.....	5/5/2018

(updated 11/28/22)