

400 Meters			600 Meters			800 Meters			1000 Meters			1600 Meters	
50.40	Qasim Danazumi	2017	1.27.30	Harry Warnick	2011	1.55.80	Harry Warnick	2012	2.32.89	Harry Warnick	2011	4.12.87	Alex Mocarski
51.20	Tobias Hernandez	2017	1.28.04	Alex Petrecca	2014	1.57.64	Alex Mocarski	2017	2.35.70	Charlie Kieffer	2015	4.16.94	Harry Warnick
51.54	Joey Ciccarelli	2017	1.28.63	Charlie Kieffer	2014	1.57.74	Charlie Kieffer	2016	2.40.55	Alex Petrecca	2014	4.22.32	James Maniscalco
52.04	Mohammed Seyal	2014	1.29.02	Miguel Garcia	2007	1.58.42	Joey Ciccarelli	2017	2.41.89	Ryan Muhlenberg	2019	4.23.50	AJ Hutchens
52.79	Alex Mocarski	2017	1.29.05	Nick Gans	2012	1.59.40	AJ Hutchens	2019	2.42.65	Dan Robb	2005	4.28.41	Will Brisman
53.00	Charlie Kieffer	2016	1.29.11	Mike Robb	2009	2.00.31	Alex Petrecca	2015	2.42.88	Greg Vogt	2019	4.29.00	Connor Oday
54.13	Jon Gladstone	2021	1.29.13	AJ Hutchens	2020	2.01.49	Ryan Muhlenberg	2019	2.44.44	AJ Hutchens	2020	4.29.82	Greg Vogt
55.10	Nick Gans	2014	1.29.70	Alex Mocarski	2018	2.02.40	Jackson Stearns	2015	2.45.12	Jackson Stearns	2015	4.30.05	Aidan Fiol
56.20	Diego Galvez	2009	1.31.52	Jackson Stearns	2015	2.02.60	Noah Igram	2019	2.48.07	Danny Jagoe	2018	4.33.12	Dylan Pomer
56.20	James Maniscalco	2017	1.31.52	Philip Galletta	2018	2.02.90	Danny Jagoe	2018	2.48.09	Alex Mocarski	2018	4.34.67	Charlie Kieffer
56.30	Ryan Muhlenberg	2018	1.32.26	Corey Katz	2007	2.03.50	James Maniscalco	2018	2.48.30	Connor O'Day	2013	4.35.47	Noah Igram
56.65	Stuart Peters	2013				2.04.00	Zander Egervari	2021	2.50.83	James Maniscalco	2018	4.36.27	Peter Biegel
						2.05.18	Bryan Stephan	2008				4.37.50	Jeremy Garskof
						2.06.86	Roman Colao	2015				4.37.60	Danny Jagoe
												4.38.0	Ryan Muhlenberg
												4.41.57	Alex Petrecca
												4.41.77	Sam Parton

	1 Mile			3000 Meters			3200 Meters			2 Miles			5000 Meters	
2018	4.14.69	Alex Mocariski	2018	8.36.37	Harry Warnick	2012	9.12.72	Harry Warnick	2012	9.13.55	Will Brisman	2017	15.15.66	James Maniscalco
2012	4.17.78	Harry Warnick	2012	8.39.88	Will Brisman	2017	9.16.04	Will Brisman	2017	9.17.66	Harry Warnick	2012	15.24.22	Will Brisman
2018	4.21.97	AJ Hutchens	2019	8.48.15	AJ Hutchens	2020	9.23.61	Alex Mocariski	2017	9.41.72	James Maniscalco	2018	15.33.80	AJ Hutchens
2019	4.31.85	Greg Vogt	2019	8.48.18	Alex Mocariski	2018	9.26.13	James Maniscalco	2018				15.34.94	Dylan Pomer
2016	4.33.10	Dylan Pomer	2019	8.49.50	Matt Kane	2007	9.26.69	Adian Fiol	2014				15.53.43	Alex Mocariski
2012	4.38.05	Alex Petrecca	2014	8.52.78	Aidan Fiol	2013	9.31.64	Matt Kane	2008				15.53.68	Greg Vogt
2019	4.40.90	Charlie Kieffer	2014	8.59.32	James Maniscalco	2018	9.37.53	Dylan Pomer	2018				16.11.46	Jeremy Garskof
2013				9.07.30	Dylan Pomer	2019	9.44.44	Danny Jagoe	2018				16.12.05	Danny Jagoe
2019				9.14.56	Greg Vogt	2020	9.47.36	AJ Hutchens	2019				16.32.12	Alex Petrecca
2016				9.16.07	Danny Jagoe	2018	9.48.83	Sam Parton	2010				16.32.41	Matt Vogt
2018				9.16.58	Sam Parton	2008	9.52.13	Jeremy Garskof	2019				16.35.00	Joey Callanan**
2019				9.22.76	Jeremy Garskof	2019	9.56.40	Noah Igram	2018				16.36.96	Ryan Muhlenberg
2019				9.25.99	Noah Igram	2018	10.02.45	Greg Vogt	2019				16.50.10	Peter Biegel
2018				9.33.40	Ryan Muhlenberg	2019	10.08.66	Matt Vogt	2018				17.03.55	Charlie Kieffer
2019				9.34.30	Peter Biegel	2019							17.04.82	Roman Colao
2014													17.14.49	Chris Leppla
2009													17.52.00	Anthony Gambuzza**
													17.53.00	Zander Egervari**
													18.00.00	Ben Martin**
													18.01.00	Elliott Schunk**
													18.09.53	Philip Galletta
													18.53.14	Nick Hauptmann
													19.23.00	Johan Moskowitz**
													19.26.00	Nick Munteanu**
													19.27.01	Shane McVeigh
														Ethan Kohn

**XC Covid

