

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	4.28.98	Parker Broderick
53.27	Maximo Rivano	2022	1.29.13	AJ Hutchens	2020	2.01.49	Ryan Muhlenberg	2019	2.44.44	AJ Hutchens	2020	4.29.00	Connor Oday
54.13	Jon Gladstone	2021	1.29.70	Alex Mocarski	2018	2.02.40	Jackson Stearns	2015	2.45.12	Jackson Stearns	2015	4.29.82	Greg Vogt
54.46	Declan Hunter	2022	1.31.52	Jackson Stearns	2015	2.02.60	Noah Igram	2019	2.46.47	Joey Callanan	2022	4.30.05	Aidan Fiol
55.10	Nick Gans	2014	1.31.52	Philip Galletta	2018	2.02.90	Danny Jagoe	2018	2.48.07	Danny Jagoe	2018	4.33.12	Dylan Pomer
56.20	Diego Galvez	2009	1.32.26	Corey Katz	2007	2.03.42	Anthony Gambuzza	2022	2.48.09	Alex Mocarski	2018	4.34.67	Charlie Kieffer
56.20	James Maniscalco	2017				2.03.50	James Maniscalco	2018	2.48.30	Connor O'Day	2013	4.35.47	Noah Igram
56.30	Ryan Muhlenberg	2018				2.04.00	Zander Egervari	2021	2.48.77	James Cunningham	2022	4.36.27	Peter Biegel
56.65	Stuart Peters	2013				2.05.18	Bryan Stephan	2008	2.50.83	James Maniscalco	2018	4.37.50	Jeremy Garskof
						2.06.61	Parker Broderick	2022				4.37.50	Joey Callanan
						2.06.81	Alex Kieffer	2022				4.37.60	Danny Jagoe
						2.06.86	Roman Colao	2015				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 Mocarski	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 Mocarski	2017	9.41.72	James Maniscalco	2018	15.33.80	AJ Hutchens
2019	4.31.85	Greg Vogt	2019	8.48.18	Alex Mocarski	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 Mocarski
2022	4.38.05	Alex Petrecca	2014	8.52.78	Aidan Fiol	2013	9.31.64	Matt Kane	2008				15.53.68	Greg Vogt
2012	4.40.90	Charlie Kieffer	2014	8.59.32	James Maniscalco	2018	9.37.53	Dylan Pomer	2018				16.11.46	Jeremy Garskof
2019				9.07.30	Dylan Pomer	2019	9.44.44	Danny Jagoe	2018				16.12.05	Danny Jagoe
2013				9.14.56	Greg Vogt	2020	9.47.36	AJ Hutchens	2019				16.32.12	Alex Petrecca
2019				9.16.07	Danny Jagoe	2018	9.48.83	Sam Parton	2010				16.32.41	Matt Vogt
2016				9.16.58	Sam Parton	2008	9.52.13	Jeremy Garskof	2019				16.35.00	Joey Callanan**
2018				9.22.76	Jeremy Garskof	2019	9.56.40	Noah Igram	2018				16.36.96	Ryan Muhlenberg
2019				9.25.99	Noah Igram	2018	10.01.29	James Cunningham	2022				16.50.10	Peter Biegel
2019				9.33.40	Ryan Muhlenberg	2019	10.02.45	Greg Vogt	2019				17.03.55	Charlie Kieffer
2022				9.34.30	Peter Biegel	2019	10.08.66	Matt Vogt	2018				17.04.82	Roman Colao
2018													17.14.49	Chris Leppla
2019													17.52.00	Anthony Gambuzza**
2014													17.53.00	Zander Egervari**
2009													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





