

Ashland Indoor Track & Field Top 10 Performance Lists

Girls Top 10	Name	Year	Event	Boys Top 10	Name	Year
7.37s	Alyssa Zee	2016	55m	6.59s	Kyle Rudolph	1998
7.43s	Elena Pellegrini	2019		6.68s	Keshawn Graham	2025
7.67s	Natalia Melnick	2025		6.73s	Cole Lewis	2025
7.67s	Carly Muscaro	2011		6.74s	Johnny Hampson	2020
7.72s	Isabella Tirabassi	2018		6.84s	Brian Mahan	2015
7.80s	Alexandra Kliss	2025		6.88s	Matt Long	2020
7.92s	Meredith Daly	2010		6.86s	Isaac Ayres	2024
7.92s	Allison Waterhouse	2009		6.89s	Michael Long	2023
7.96s	Kala Dawkins	2013		6.95s	Greg Deshommes	2025
7.97s	Emily Finnegan	2016		7.02s	Tom Hamilton	2014
25.92s	Alyssa Zee	2016	200m	22.90s	Matt Long	2020
30.21s	Natalia Melnick	2023		24.01s	Johnny Hampson	2020
31.36s	Ava Elgart	2023		25.09s	Patrick Ezeh	2022
41.44s	Alyssa Zee	2016	300m	35.73s	Michael Long	2023
41.86s	Elena Pellegrini	2019		35.79s	Mathew Long	2020
42.16s	Carly Muscaro	2011		37.3s	Christian Navaro	2012
44.28s	Meredith Daly	2010		37.33s	Justin Davis	2010
44.34s	Sabryna Reyes	2017		37.39s	Tom Hamilton	2014
44.56s	Ava Dittenhafer	2024		38.01s	Declan Vento	2025
45.01s	Madison English	2020		38.42s	Nick Colavita	2016
45.08s	Lauren Donovan	2025		38.49s	Patrick Ezeh	2022
45.54s	Emma Arsenault	2018		38.68s	Johnny Hampson	2020
46.32s	Heather Turner	2018		39.22s	Greg Deshommes	2025
			400m	50.04s	Matt Long	2020
1:38.12	Hannah Daly	2012	600m	1:23.62	Justin Davis	2010
1:44.20	Ava Dittenhafer	2025		1:25.84	Colin Mahoney	2014
1:46.51	Emily Finnegan	2016		1:27.61	Ryan Milewski	2011
1:46.91	Kathryn English	2023		1:28.51	Nathan Weidlich	2025
1:47.33	Alyssa Zee	2016		1:28.83	Hunter Meigs	2025
1:48.33	Kristen Mahoney	2016		1:29.31	Mathew Long	2020
1:49.70	Emma Arsenault	2020		1:30.19	Quincy Carter	2024
1:50.01	Camille Mitjans	2012		1:30.97	Felipe Carvalho	2025
1:51.62	Heather Turner	2018		1:30.50	Brandon Barker	2018
1:52.32	Alissa Brown	2025		1:31.78	Michael Long	2023
2:40.85	Kathryn English	2022	800m	2:09.84	Justin Davis	2010
				2:17.72	David Ball	2020

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3:05.03	Anna Novakowski	2005	1000m	2:39.77	Will Child	2025
3:07.25	Hannah Daly	2010		2:39.80	Colin Mahoney	2013
3:16.64	Kristen Mahoney	2016		2:43.01	James Novakowski	2003
3:20.82	Madeleine Callahan	2025		2:45.43	Hunter Meigs	2025
3:21.96	Kathryn English	2023		2:45.52	Luca Domestico	2025
3:33.56	Alissa Brown	2024		2:49.14	Luca Ugialoro	2025
3:35.91	Charlotte Ellis	2024		2:52.93	Nicholas Davis	2015
3:35.92	Lyndsy Muri	2010		2:55.47	Mike Temple	2024
3:39.02	Sofia Sheppard	2020		2:57.00	Zachory Sweeney	2015
				2:59.45	Daniel Shuhy	2025
5:30.4	Denise Turchi	1987	1 Mile	4:27.0	Bill Bechia	1979
5:34.49	Sarah Poulin	2011		4:29.19	Will Child	2025
5:35.03	Madison Zelif	2014		4:41.99	Ryan Milewski	2013
5:39.56	Madeleine Callahan	2025		4:43.11	Luca Domestico	2024
5:45.16	Genna Heaps	2014		4:45.15	Carson Bozyczko	2025
5:49.29	Meredith Reilly	2023		4:44.85	Alex Mariona	2017
6:01.03	Kathryn English	2020		4:48.31	Hunter Meigs	2024
6:01.31	Sofia Sheppard	2020		4:48.4	___ Hunt	1980
6:01.76	Isha Parasnis	2016		4:50.19	Luca Ugialoro	2025
6:06.46	Alli Chrisafideis	2017		4:51.45	Nicholas Davis	2014
11:15.0	Denise Turchi	1986	2 Mile	9:26.3	Jeff DeAlmeida	1980
11:55.76	Sarah Poulin	2011		10:13.65	Will Child	2024
12:29.76	Diane Laquidara	2013		10:23.87	Carson Bozyczko	2025
12:45.16	Meredith Reilly	2023		10:38.63	Davis Robustelli	2025
13:05.50	Madeleine Callahan	2025		10:42.57	Brody Bosworth	2025
13:35.35	Jane Goss	2025		10:48.05	Gianluca Ugialoro	2025
13:43.49	Alexa Rogers	2025		11:02.67	Tom Norton	2011
13:49.02	Ella Fong	2020		11:15.51	Nicholas Davis	2014
13:50.45	Emma Keegan	2025		11:23.76	David Seniuk	2025
14:01.55	Melanie Schaefer	2010		11:26.02	Austin Zelif	2011
9.25s	Samantha Otten	2010	55m Hurdles	8.47s	Ryan Kaufman	2024
9.98s	Erin Mahan	2020		9.19s	Dimitri Rozakeas	2025
10.20s	Alexandra Kliss	2025		9.34s	John Almeida	2015
10.39s	Nina Gigiliotti	2018		9.71s	Brandon Barker	2017
10.5s	Melanie Fleet	1997		9.84s	Tom Norton	2012
10.60s	Adrianna Kourtelidis	2025		9.93s	Thomas Marsh	2012
10.95s	Ava Dittenhafer	2024		10.10s	Joshwin Gracias	2025
11.02s	Maria Andrade	2017		10.32s	Keshawn Graham	2025
11.39s	Samisha Irizarry	2023		10.48s	Troy Tourville	2022
11.39s	Alanna Firth	2010		10.49s	Chase Fischer	2017

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38-2.25	Julie Phipps	1993	Shot Put	52-5.5	Tom Buckley	1973
34-9.5	Petra Reckert	1983		52-5.5	Eric Traupe	1986
30' 0.5"	Kelis Stapleton	2025		42' 11"	Daniel Zayac	2023
29' 9.25"	Katherine Goldberg	2013		40' 2.25"	Johnny Hampson	2021
29' 3"	Keri Giangrande	1997		38' 6"	Eddie Braganca	2019
29' 0"	Phoebe Reilly	2024		36' 10.25"	Ethan Ciniello	2024
28' 9.75"	Julie Muscato	2011		36' 0"	Nicholas Massauro	2017
27' 0.75"	Elizabeth Stevens	2024		35' 5.25"	Mike Lichtenstein	2012
26' 11.5"	Ella Dickenson	2025		35' 5"	Robert Townsend	2020
26' 9.25"	Carly Muscaro	2011		35' 4.5"	Patrick Dwinnells	2023
18-5	Alyssa Zee	2016	Long Jump	19' 11"	Keshawn Graham	2025
16' 0.5"	Samantha Otten	2010		19-2.5	Michael Long	2023
14' 8"	Alyssa Perkins	2009		18' 5.5"	Declan Vento	2025
14' 7"	Lauren Donovan	2025		17' 7.25"	Ryan Kaufman	2024
14' 01.75"	Alexandra Kliss	2025		17' 5.25"	Dimitri Rozakeas	2025
14' 0.5"	Gina Macdonald	2025		17' 4.5"	Jala Bellofatto Debo	2017
14' 0.5"	Natalia Melnick	2023		16' 10.5"	Zachory Sweeney	2015
13' 3"	Zoila Gonzalez	2025		16' 5.5"	David Ezech	2022
				15' 11.75"	Chase Abrams	2022
				15' 7.25"	Gregory Deshomme	2024
5'7"	Cassandra Wheeler	1986	High Jump	6'6"	Tom Fleet	1978
5' 2"	Kaitlin Dreyer	2010		6' 4"	Jeremy Morse	2003
4' 10"	Natalia Melnick	2024		6' 2"	Cole Lewis	2025
4' 8"	Alyssa Zee	2015		5' 8"	Iain Doucette	2021
4' 6"	Camille Mitjans	2011		5' 6"	Austin Zeliffe	2013
4' 6"	Jessica Bredin	2019		5' 4"	Max Teibel	2013
4' 6"	Ellen Child	2024		5' 4"	Nick Cunningham	2013
4' 4"	Brooke Kulaga	2021		5' 2"	Mathew Long	2021
4' 4"	Charlotte Ellis	2024		5' 2"	John Ciampaglia	2012
4' 4"	Marina Brynes	2020		5' 0"	Ronak Bhagia	2022
4' 4"	Ellie Bredin	2019		5' 0"	Patrick Ezech	2020

Last Update: March 6, 2025