

- 100 yd. Dash: Haden, 9.9, 1976 (Intersectionals)
- 220 yd. Dash: Little, 21.2, (R) 1974 (Queens-Iona)
Little, 22.4, 1973 (Sectionals)
- 440 yd. Dash: A. Clark, 49.3, 1972 (Intersectionals)
D. Everett, 48.8 (R), 1973 (Schenectady)
- 880 yd. Run: Duchini, 1:51.7, 1961 (Intersectionals)
M. Centrowitz, 1:51.5 (R) 1973 (Eastern States)
- Mile Run: A. Colon, 1970, 4:06.0 (Golden West Inv. California)
M. Centrowitz, 1973, 4:02.7 (National Junior AAU, Gainesville, Fl.)
M. Weaver, 1976, 4:09.5 New York State Record
- Two Mile Run: M. Centrowitz, 8:56.2, 1973 (Golden West Invitational)
- 120 yd. High Hurdles: M. Nevrla, 14.0, 1966 (Intersectionals)
- 330 yd. Intermediates: Poney, 42.1, 1974 (Sectionals)
- 440 yd. Relay: (Greaux, Little, Jackson, Lynch) 43.5, 1972 (A.A.U. Meet)
- 880 yd. Relay: (McGee, Ricciardo, Everett, Little) 1:28.5, 1973 (Jersey Invit.)
- Mile Relay: (Little, Ricciardo, Centrowitz, Everett) 3:22.3, 1973 (Suffolk Coach)
- Two Mile Relay: (Walsh, A. 1:59.6, Colon, 1:54.2, P. Lovett 1:54.4, J. Lovett, 1:52.1) 7:40.8, 1969 (Penn Relays Record)
- Distance Medley: ($\frac{1}{2}$, $\frac{1}{4}$, $\frac{3}{4}$, mile) (Centrowitz, Ricciardo, Novak, Cully) 10:09.9, 1973 (Penn Relays)
- Sprint Medley: ($\frac{1}{4}$, 220, 220, 880) (Haden, Maseda, Figueroa, Weaver) 3:27.8, 1976 (Jersey Relays)
- Four Mile Relay: (Stolba 4:25.8, G. Centrowitz 4:21.7, Weaver 4:16.9, Johnston 4:15.2) 17:19.6, 1974 (Jersey Inv.) N.Y. State Rec
- Shuttle Hurdles Relay: (Yanez, Greene, Nevrla) 46.3, 1966 (N.Y. Relays)
- Long Jump Relay: (2 man) (Harris, Rodriguez) 39'8 $\frac{3}{4}$ ", 1976 (Nanuet Relays)
- Long Jump Relay: (3 man) (Harris, Rodriguez, Fkoyd) 57'8 $\frac{1}{2}$ ", 1976 (Relay Carnival)
- Triple Jump Relay: (2 man) (Maffia, Floyd) 85'1", 1976 (Memorial Relays)
- Triple Jump Relay: (3 man) (Maffia, Floyd, Harris) 127'10", 1976 (McClancy Relays)
- Shot Put Relay: (3 man) (Sullivan, Rodriguez, Mirkov) 112'5 $\frac{1}{2}$ ", 1976 (McClancy Meet)
- Discus Relay: (3 man) (Castronuovo, Rodriguez, Sullivan) 353'7", 1976 (McClancy Meet)
- Javelin Relay: (3 man) (Castronuovo, McCabe, Cintron) 467'8", 1976 (McClancy R.)
- Javelin Relay (2 man) (McCabe, Castronuovo) 316'3", 1976 (Iona Relays)
- High Jump Relay: (3 man) (Rodriguez, Henn, Vogel) 14'9", 1975, (Port Richmond R.)
- High Jump: Floyd, 6'2", 1975 (Polar Bear Meet)
- Long Jump: Davis, 23'2 $\frac{1}{2}$ ", 1975 (Sectionals)
- Triple Jump: Davis, 47' $\frac{1}{2}$ ", 1975 (Eastern States)
- Shot Put: Moore, 46'10 $\frac{1}{2}$ ", 1975 (Soph. Sectionals)
- Discus: Castronuovo, 130'7 $\frac{1}{2}$ ", 1975 (McClancy Field Meet)
- 3000 Meter Steeplechase: Jennings, 10:33.8, 1974 (Privates)
- Mile and Half Steeplechase: Jennings, 8:15.0, 1974 (Intersectionals)
- Mile Walk: M. Curran, 9:14.0, 1974 (Intersectionals)
- Javelin: McCabe, 171'10", 1976 (Intersectionals)
- Pole Vault: Gourdin, 9'0", 1973 (Relay Carnival)
- Discus Relay (2 man) (Rodriguez, Castronuovo) 247'5", 1976 (Nanuet Relays)
- 4 x 330 relay: (Figueroa, Bowers, Hellins, Haden) 2:32.4, 1976 (Fordham Relays)
- Metric:
- Dist. Medley: (Demko, Figueroa, Fiorentino, Weaver) 10:02.1, 1976 (Penn Relays) (National Record)
- 400 m. relay: (Hellins, Bowers, Maseda, Haden) 44.6, 1976 (Penn Relays)
- 3200 m. Relay: (Demko, Sullivan, Fiorentino, Weaver) 7:48.8, 1976 (Penn Relays)
- 1600 m. Relay: (Haden, Maseda, Cronly, Figueroa) 3:23.2, 1976 (Penn Relays)
- 1500 m. run: Weaver, 3:50.0, 1976 (Jr. Nationals)
Centrowitz, 3:43.2 1973 (Poland)

- 100 yd. Dash: Haden, 9.9 , 1976 (Intersectionals)
- 220 yd. Dash: Little, 21.2, (R) 1974 (Queens-Iona)
Little, 22.4, 1973 (Sectionals)
- 440 yd. Dash: A. Clark, 49.3, 1972 (Intersectionals)
D. Everett, 48.8 (R), 1973 (Schenectady)
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M. Weaver, 1976, 4:09.5 New York State Record
- Two Mile Run: M. Centrowitz, 8:56.2, 1973 (Golden West Invitational)
- 120 yd. High Hurdles: M. Nevrla, 14.0, 1966 (Intersectionals)
- 330 yd. Intermediates: Poney, 42.1, 1974 (Sectionals)
- 440 yd. Relay: (Greaux, Little, Jackson, Lynch) 43.5, 1972 (A.A.U. Meet)
- 880 yd. Relay: (McGee, Ricciardo, Everett, Little) 1:28.5, 1973 (Jersey Invit.)
- Mile Relay: (Little, Ricciardo, Centrowitz, Everett) 3:22.3, 1973 (Suffolk Coach)
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- Distance Medley: ($\frac{1}{2}$, $\frac{1}{4}$, $\frac{3}{4}$, mile) (Centrowitz, Ricciardo, Novak, Cully) 10:09.9, 1973 (Penn Relays)
- Sprint Medley: ($\frac{1}{4}$, 220, 220, 880) (Haden, Maseda, Figueroa, Weaver) 3:27.8, 1976 (Jersey Relays)
- Four Mile Relay: (Stolba 4:25.8, G. Centrowitz 4:21.7, Weaver 4:16.9, Johnston 4:15.2) 17:19.6, 1974 (Jersey Inv.) N.Y. State Rec
- Shuttle Hurdles Relay: (Yanez, Greene, Nevrla) 46.3, 1966 (N.Y. Relays)
- Long Jump Relay: (2 man) (Harris, Rodriguez) 39'8 $\frac{3}{4}$ ", 1976 (Nanuet Relays)
- Long Jump Relay: (3 man) (Harris, Rodriguez, Fkoyd) 57'8 $\frac{1}{2}$ ", 1976 (Relay Carnival)
- Triple Jump Relay: (2 man) (Maffia, Floyd) 85'1", 1976 (Memorial Relays)
- Triple Jump Relay: (3 man) (Maffia, Floyd, Harris) 127'10", 1976 (McClancy Relays)
- Shot Put Relay: (3 man) (Sullivan, Rodriguez, Mirkov) 112'5 $\frac{1}{2}$ ", 1976 (McClancy Meet)
- Discus Relay: (3 man) (Castronuovo, Rodriguez, Sullivan) 353'7", 1976 (McClancy Meet)
- Javelin Relay: (3 man) (Castronuovo, McCabe, Cintron) 467'8", 1976 (McClancy R.)
- Javelin Relay (2 man) (McCabe, Castronuovo) 316'3", 1976 (Iona Relays)
- High Jump Relay: (3 man) (Rodriguez, Henn, Vogel) 14'9", 1975, (Port Richmond R.)
- High Jump: Floyd, 6'2", 1975 (Polar Bear Meet)
- Long Jump: Davis, 23'2 $\frac{1}{2}$ ", 1975 (Sectionals)
- Triple Jump: Davis, 47' $\frac{1}{2}$ ", 1975 (Eastern States)
- Shot Put: Moore, 46'10 $\frac{1}{2}$ ", 1975 (Soph. Sectionals)
- Discus: Castronuovo, 130'7 $\frac{1}{2}$ ", 1975 (McClancy Field Meet)
- 3000 Meter Steeplechase: Jennings, 10:33.8, 1974 (Privates)
- Mile and Half Steeplechase: Jennings, 8:15.0, 1974 (Intersectionals)
- Mile Walk: M. Curran, 9:14.0, 1974 (Intersectionals)
- Javelin: McCabe, 171'10", 1976 (Intersectionals)
- Pole Vault: Gourdin, 9'0", 1973 (Relay Carnival)
- Discus Relay (2 man) (Rodriguez, Castronuovo) 247'5", 1976 (Nanuet Relays)
- 4 x 330 relay: (Figueroa, Bowers, Hellins, Haden) 2:32.4, 1976 (Fordham Relays)
- Metric:
- Dist. Medley: (Demko, Figueroa, Fiorentino, Weaver) 10:02.1, 1976 (Penn Relays) (National Record)
- 400 m. relay: (Hellins, Bowers, Maseda, Haden) 44.6, 1976 (Penn Relays)
- 3200 m. Relay: (Demko, Sullivan, Fiorentino, Weaver) 7:48.8, 1976 (Penn Relays)
- 1600 m. Relay: (Haden, Maseda, Cronly, Figueroa) 3:23.2 , 1976 (Penn Relays)
- 1500 m. run: Weaver, 3:50.0, 1976 (Jr. Nationals)
Centrowitz, 3:43.2 1973 (Poland)

1976

OUTDOOR TRACK RECORDSPOWER MEMORIALNOVICE EVENTS

- Novice 100 yd. Dash: Kingston, 12.4, 1975 (Novice Intersectionals)
- Novice 220 yd. Dash: S.James, 25.5, 1968 (Novice Intersectionals)
- Novice 440 yd. Dash: B.Horton, 54.6, 1968 (Novice Intersectionals)
- Novice 880 yd. Run: C.Ryan, 2:12.4, 1975 (Novice Intersectionals)
- Novice Mile Run: A.Fiorentino, 4:46.6, 1970 (Intersectionals)
- Novice 2 Mile Run: R.Roberts, 10:53.8, 1968 (Novice Intersectionals)
- Novice 880 yd. Relay: (O'Connor, Lavery, Hastry, Holdomph) 1:37.8, 1948,
(Novice Intersectionals)
- Novice Mile Relay: (Wisnieski,McGrane, Celella, Meuchner) 4:09.2, 1971
(Novice Intersectionals)
- Novice Two Mile Relay: (Lovett,Barbary,O'Brien,Gonzalez) 8:32.7,1966
(Relay Carnival)
- Novice Sprint Medley: (440,220,220,880) (Alexandre,McGeary, Ehrie,Johnston)
3:58.6, 1972 (Relay Carnival)
- Novice Distance Medley: ($\frac{3}{4}$, $\frac{1}{4}$, $\frac{1}{2}$,mile) (Tonery,Jennings,McGrane, Kiely)
11:42.4, 1972 (Relay Carnival)
- Novice Distance Medley: ($\frac{1}{2}$,220, $\frac{1}{4}$,mile) (Vixama, Celella, Curran, O'Malley)
8:40.9, 1973, (Mt. St. Michaels)
- Novice High Jump: Leroy, 5'6", 1975 (Mt. St. Michaels)
- Novice Long Jump: McGee, 19'6 $\frac{3}{4}$ ", 1973 (Novice Intersectionals)
- Novice 180 yd. Low Hurdles: Diego, 24.3, 1968 (Novice Intersectionals)
- Novice 120 yd. High Hurdles: Hines, 18.1, 1973 (Novice Intersectionals)
- Novice 330 yd. Intermediates:
- Novice Shot Put: Rose, 40'11 $\frac{1}{2}$ ", 1976 (Novice Intersectional Champs)
- Novice Triple Jump: Greaux, 41'2", 1970 (Novice Intersectionals)
- Novice Javelin: DeStefano, 144'7", 1973 (Novice Intersectionals)
- Novice Discus: Moore, 107'0", 1975 (Novice Intersectionals)
- Special Medley Relay: ($\frac{1}{2}$,220, $\frac{1}{4}$,mile) (DeSantis,Newkirk, Green, Neville)
8:12.0,1970 (Soph. Champs)
- Combination Shot Put Relay: (Fr.Sotomayor;Soph:T.Sullivan;Nov.J.Rodriquez)
119'2 $\frac{1}{2}$ ",1976 (Relay Carnival)

2nd Place- 1976 - Novice Intersectional Championships

- Soph. 100 yd. Dash: R Jackson, 10.9, 1968 (Soph.Champs)
L.Hewitt, 10.9, 1973 (Soph.Champs)
- Soph. 220 yd. Dash: Little, 23.5, 1972 (Soph. Champs)
R.Maseda, 23.1(R) 1974 (Sectionals)
- Soph. 440 yd Dash: Figueroa, 52.7, 1975 (Soph.Sectionals)
J.Rivera, 50.4 (R), 1973 (Intersectionals)
- Soph. 880 yd.Run: Centrowitz, 1:57.0, 1971 (N.Y. Relays)
1:55.0 (R), 1971 (N.Y. Relays)
- Soph. Mile Run: Weaver, 4:16.2, 1974 (Sectionals)
- Soph. Two Mile Run: Weaver, 9:25.5, 1974 (Eddy Meet, Schenectady)
- Soph. 440 yd. Relay: (P.Melendez, J.Melendez, Henry, Flores) 51.1, 1975,
(Frosh Soph. Mount Meet)
- Soph. 880 yd. Relay:(Crawford, Garay, G.Smith, Ehrie) 1:39.2, 1972 (Soph.Champ)
- Soph.Mile Relay: (Weaver, Haden, Harrington, Maseda) 3:35.9, 1974 (Mt. st.Mich's)
- Soph. Two Mile Relay: (Hogan, Durkan, Donohue, Cotto) 8:29.1, 1976
(Soph. Champs)
- Soph. 180 yd. Low Hurdles: Harris, 24.5, 1969 (Mt. St. Michaels)
- Soph. 120 yd. High Hurdles: Powers, 16.4, 1970 (Sectionals)
- Soph. 330yd. Intermediate Hurdles: Oramus, 45.3, 1972 (Soph. Champs)
- Soph. Medley Relay: ($\frac{1}{4}$, 220, 220, 880) (Fiorentino, DeJesus, D.Kelly, Maseda)
3:44.6, 1974 (Fordham Relays)
- Soph. Distance Medley: ($\frac{1}{2}$, 220, $\frac{1}{4}$, mile) (E.Walsh, Wisnieski, Shepherd, Naudain)
8:04.0, 1969 (Mt.St.Michaels)
- Soph.Distance Medley: ($\frac{3}{4}$, $\frac{1}{4}$, $\frac{1}{2}$, mile) (Cahalin, Hellins, Goh, Michelsen)
11:11.0, 1975 (Soph. Intersectionals)
- 3 time Two mile: (Sullivan 10:09.5, Cahalin 10:23.2, Michelsen 10:25.3)
30:59.0, 1975 (Fordham Relays)
- Soph. Triple Jump:Floyd, 42'4 $\frac{1}{2}$ ", 1974 (Soph. Sectionals)
- Soph. Shot Put: Moore, 46'10 $\frac{1}{2}$ ", 1975 (Soph. Intersectionals)
- Soph. Long Jump: Harris, 19'5 $\frac{1}{4}$ ", 1975 (Intersectionals)
- Soph. High Jump: Floyd, 5 7", 1974 (Mt. St. Michaels)
- Soph. Discus: Moore, 113'10", 1975 (Soph. Sectionals)
- Soph.Javelin: Castronuovo, 168'5", 1974 (Sectionals)
- Soph. Triple Jump Relay:(3 man) (D.Kelly, DeJesus, Vargas) 114'8 $\frac{3}{4}$ " ,
1974, (Relay Carnival)

Championships

- 1970- 2nd Place Sophomore Sectinnals
- 1973- 2nd Place Sophomore Sectionals
- 1974- 1st Place Sophomore Sectionals
- 1975- 3rd Place Sophomore Sectionals
- 1975- 5th Place Sophomore Intersectionals

1976

OUTDOOR TRACK RECORDS

POWER MEMORIAL

WEIGHT EVENTS

Sub-midget 220 : B.Golden, 27.1, 1975 (Mount Meet)
Sub-midget 50yd. Dash: Leavey, 6.4, 1970 (Intersect. Jr.-Mid)
Sub-midget 440 yd. Dash: Kuhn, 62.1, 1975 (Intersect. Jr. Mid)
Sub-midget 440 yd. Relay: (Garay, Carney, Folkes, Kiely) 52.2, 1971 (Sectionals)
Sub-midget 880 yd. Relay: (Garay, Leavey, Folkes, Kiely) 1:50.7, 1971 (Mt. St. Mich)
Midget 50yd. Dash: A. Clark, 6.2, 1969 (Frosh Jr. Mid. Champs)
Midget 880 yd. Run: J. Sullivan, 2:09.2, 1974 (Intersect. Jr. Mid.)
Midget High Jump: Vogel, 4'10½", 1975 (Intersect. Jr. Mid.)
Midget Long Jump: Vogel, 16'3½", 1975 (Fordham Relays)
Midget 440 Relay: (Borges, Palladini, Rafferty, Clark) 51.3, 1969 (Intersect.)
Midget 880 Relay: (Liantonio, Henry, Kuhn, Vogel) 1:51.1, 1975, (Mount Meet)
Midget Mile Relay: (Figueroa, Collazo, Stemmer, Vargas) 4:11.0, 1973 (Mount
Midget Shot Put (5 lbs.): Davitt, 47'10½", 1976 (Fordham Relays) Meet)
Junior 60 yd. Hurdles: Joyce, 9.7, 1971 (Frosh Jr. Mid. Champs)
Junior 100 yd. Dash: Jones, 10.4, 1971 (Fr. Jr. Mid. Champs)
Junior 220 yd. Dash: Little, 24.4, 1971 (Fr. Jr. Mid. Champs)
Junior 880yd. Run: Weaver, 2:02.2, 1973 (Intersectionals)
Junior Mile Run: P. Rafferty, 4:58.5, 1969 (Fr. Jr. Mid. Champs)
Junior High Jump: Floyd, 5'10", 1975 (Jr. Mid. Sectionals)
Junior Shot Put: Floyd, 43'5", 1976 (Fordham Prep Relays)
Junior 880 yd. Relay: (Green, Redgrave, Smith, Clark) 1:37.4, 1970 (Intersect.)
Junior 2 Mile Relay: (Palladini, Clark, Rafferty, Gallagher) 8:28.2, 1971
(Mt. St. Michael Meet)
Combination Medley: (Dobrolski, Boyd, Curran, M. Ryan) 4:01.8, 1973
(Fordham Relays)
Combination Shot Put Relay: (Open, Castronuovo; Jun. Floyd, Mid. Davitt)
133'1½", 1976 (Fordham Relays)
Junior Long Jump: A. Clark, 20'9", 1971 (St. Francis Meet)

Championships

1969- 2nd Place Sectionals

1975- 2nd Place Sectionals

1976

OUTDOOR TRACK RECORDSPOWER MEMORIALFRESHMEN EVENTS

- Frosh 100 yd. Dash: G.Jones, 10.6, 1971 (Fr. Sectionals)
- Frosh 220 yd. Dash: D.Everett, 23.0, 1971 (Privates)
- Frosh 440 yd. Dash: D.Everett, 52.3, 1971 (Frosh Intersectionals)
- Frosh 880 yd. Run: Weaver, 2:02.2, 1973 (Jr.Mid. Intersectionals)
- Frosh Mile Run: C.Marsh, 4:38.0, 1965 (Frosh Sectionals)
- Frosh 2 Mile Run: James Sullivan, 10:20.2, 1976 (Frosh Sectionals)
- Frosh High Jump: M.Davis, 5'8", 1976 (St. Joseph's S.I. Meet)
- Frosh 440yd Relay: (Odom, Miller, Little, Everett) 46.5, 1971 (Coaches Relays)
- Frosh 880 yd. Relay: (Little, Miller, Jones, Everett) 1:34.7, 1971 (Intersect.)
- Frosh Mile Relay: (Boggio, Cully, McGurran, Redgrave) 3:45.0, 1970 (Mt.St. Michaels)
- Frosh Distance Medley: (880, 220, 440, mile) (Fiorentino, Hickey, Maseda, Weaver) 8:08.6, 1973 (Mt. St.Michael's)
- Frosh Two Mile Relay: (Maseda, Harrington, Fiorentino, Weaver) 8:33.8, 1973, (Sectionals)
- Frosh 4 Mile Relay: (Tonery, Stolba, Geisler, Shewmaker) 19:51.6, 1971, (Coaches Relays)
- Frosh 60 yd. High Hurdles: C.Royal, 9.2, 1976 (Mt. St. Michaels)
- Frosh 120yd. High Hurdles: D.Polo, 18.7, 1975 (Mt. Soph-Fr.Meet)
- Frosh 180 yd. Low Hurdles: 26.1, 1972 (Mt. St. Michaels)
- Frosh Discus: Marra, 94'0", 1973 (Novice Intersectionals)
- Frosh Shot Put: Rose, 44'11", 1975 (Frosh Intersectionals)
- Frosh Javelin: Hansen, 124'7", 1976 (Frosh Sectinal Champs)
- Frosh Long Jump: D.Everett, 19'6", 1971 (Frosh Intersectionals)
- Frosh Triple Jump: Davis, 41'9½", 1976 (Iona Frosh Relays)
- Frosh Shot Put Relay: (3 man): (Prodromakis, Ortiz, Fumai) 121'3¼", 1976, (McClancy Relays)
- Frosh Long Jump Relay (2man) (Davis, Suite) 33'4½", 1976 (Sprint Valley Rel.)
- Frosh Long Jump Relays (3 man) Morales, Fumai, Caseres) 50'7½", 1976 (Iona Frosh Relays)
- Frosh HighJump Relays (2 man) (Morales, Davis) 9'10", 1976 (McClaney Relays)
- Frosh Triple Jump Relay (2 man) (Davis, Suite) 74'10½", 1976 (Spping Valley R)
- Frosh Triple Jump Relay (3 man) (Davis, Fumai, Suite) 111'11½", 1976 (Relay Carnival)
- Frosh Sprint Medley (880-220-220-440) (Titus, Morales, Davis, Casares) 4:07.5, 1976 (Iona Prep Meet)