

Updated - May 30, 2026

Edits, Additions & Suggestions Welcome & ***Encouraged!***

Only Personal Bests Listed

Jack McDonald (BC '73)

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2025-26 Performances in Gold

**Men's Outdoor Track & Field
Records and Top Performances**

Rank	Time/Distance	Athlete	Meet	Year
100 Yards				
1 Record	9.6	Don Schneider '73	-	1971
2	9.6	Phil Hazard '78	-	1977
3	9.7	Larry Flynn '63	-	1963
4	9.7	Lucien Tessier '65	-	1965
5	9.7	Mike Johnson '70	-	1970
6	9.7	Neil Green '79	-	1979
7	9.7	Mike Johnson '70	-	1970
8	9.7	Lou Tessier '65	-	1964
9	9.8	Manny Myers '76	-	1976
9	9.8	Mike Curry '81	-	1977
	9.9	Larry Jeffers '68	BC-Northeastern Dual Meet	1968
	9.9	Tom Greehan '48	-	1948
	9.9	Harry Fish '67	-	1967
	9.9	Bill Doherty '68	-	1968
	9.9	Bill Fitzmaurice '74	-	1972
	9.9	F. V. Hussey	-	1926
100 Meters				
1 Record	10.56	Jeff Smith '10	UMass Invitational	2008
2	10.64+ (10.4)	Mike Curry '81	-	1980
3	10.66	Max Deane '28	at MIT- 4-18-26	2026
4	10.71	Jalon Williams '25	ACC Championships - 5-13-22	2022
5	10.7	Rob Davis '88	New England Championships	1987
6	10.73	Ray Hawkins '88	-	1987
7	10.73	Colin Kravitz '27	at UCONN - 4-4-25	2025
8	10.73	Max Deane '28	at UCONN - 4-4-25	2025
9	10.74+ (10.5)	Phil Hazard '78	-	1978
10	10.84+ (10.6)	Craig Coffey '85	-	1983
	10.85	Viggo Knudson '97	-	1996
	10.85	Damon Frabotta '26	at Uconn - 4-1-23	2023
	10.86	Colin Kravitz '27	at MIT - 4/20/24	2024
	10.87	Chris Fonnss '99	Blue Devil Invitational	1999
	11.00	Max McQuide '25	at Uconn - 4-1-23	2023
	11.04	Doug Alston '81	-	1980
	11.24	Bryan Sadowski '90	-	1987
	11.24	Adrian Munoz-Bennett '83	-	1980
200 Meters				
1 Record	20.82+ (20.8)	Larry Jeffers '68	-	1968
2	21.02+ (21.0)	Larry Flynn '63	-	1963
2	21.02+ (21.0)	Phil Hazard '78	Greater Boston Championships	1977
4	21.19	Colin Kravitz '27	at Princeton - 5-3-25	2025
5	21.42+ (21.4)	Mike Curry '81	-	1980
6	21.44	Max McQuide '25	at UCONN - 4-4-25	2025
7	21.51+ (21.5)	Craig Coffey '85	-	1983
8	21.51	Jeff Smith '10	UMass Invitational	2008
9	21.53	Ramon Neves '93	I.C.A.A.A Championships	1993
10	21.61+ (21.6)	Herb McKinley '	New England Championships	1944
10	21.61+ (21.6)	McAllister '55	-	1955
10	21.61+ (21.6)	Don Schneider '73	-	1971
	21.62	Max Deane '28	at MIT- 4-18-26	2026
	21.7y	Lou Tessier '65	-	1965
	21.74	Damon Frabotta '26	at Uconn - 4-1-23	2023

	21.75	Max McQuide '25	at Georgia Tech - 4-23-22	2023
	21.87	Chris Fonss '99	New England Championships	1999
	21.8	Rob Davis		1987
	21.8y	Jack Casey '68		1967
	21.8	Rob Rickard '82		1980
	21.92	Jalon Williams '25	at Georgia Tech - 4-23-22	2022
	21.9	Doug Alston '81		1981
	21.9	Rob Lanney '81		1981
	21.9	Dave Nelson '79		1979
	22	Jim O'Brien '72		1972
	22	Neil Green '79		1978
	22	Mike Johnson '70		1970
	22.1y	Tom Greehan '48		1948
	22.1	Adrian Munoz-Bennett '83		1981
	22.1y	Joe Kopka '68		1967
	22.2	Ray Hawkins '87		1985
	22.45	Stephen Colleran '24	at Northeastern - 4/27/24	2024
	22.57	Ryan Russell	Yellow Jacket Inv. At Georgia Tech	2021
	23.25	Stephen Windisch	Yellow Jacket Inv. At Georgia Tech	2021
1 Record	21.4	J. E. McManus		1933
	21.5	Larry Jeffers '68	BC-Northeastern Dual Meet	1968
		400 Meters/440 Yards		
1 Record	46.55m	Max McQuide '25	at ACC Championships - 4-16-25	2025
2	46.9y	Larry Jeffers '68	BC - Northeastern Dual Meet	1968
3	46.9m (47.2y)	Larry Flynn '63	New England Championships at Umaine	1963
4	46.96m	Colin Kravtiz '26	at ACC Championships - 4-16-25	2025
5	47.56+ (47.7)	Herb McKinley '	National Junior Championships	1942
6	47.67	Max McQuide '25	at Azusa Pacific - 4-14-23	2023
7	47.86+ (48.0)	Bob Gilvey '65	-	1965
8	47.86+ (48.0)	Mark Murray '70	New England Championships	1970
9	47.94	Obinna Nwankwo '17	ACC Championships	2017
10	47.97	Nick Nash '17	Georgia Tech Invitational	2017
	48.05+ (48.2)	Jim O'Brien '73	-	1973
	48.12	Mark Domaracki '11	New England Championships	2009
	48.15+ (48.3)	Jack Casey '68	-	1967
	48.18	Colin Kravtiz	at Texas State - 3-27-24	2024
	49.0 (49.3y)	Mark Murray '70	GBC's	1967
	48.3 (49.1y)	Ken Ryan '71	Greater Boston's	1968
	48.53	Jack Hennessy '14	ACC Championships	2013
	48.55	Bennett Valencia '02	Big East Championships	1999
	48.81	Max McQuide '25	Yellow Jacket Inv. At Georgia Tech	2023
	48.84	Stephen Colleran '24	at MIT - 4/20/24	2024
	48.93	Peter Vaglio	New England Championships	1999
	48.96	Max McQuide '25	ACC Championships 5-13-22	2022
	49.14	Marcus Manson	Yellow Jacket Inv. At Georgia Tech	2021
	49.2	Roc Graca '84		1982
	49.2	Bill Charland '74		1974
	49.3	D.A Fleet		
	49.3	John Cowden '83		1983
	49.4y	Joe Kopka '68		1968
	49.4y	Cliff O'Brien		1968
	49.4y	Bill Putnam '68		1967
	49.42m	Eddie Kelly '25	at Providence - 4-12-24	2024
	49.69m	Damon Frabotta '26	Yellow Jacket Inv. At Georgia Tech	2023
	49.7	Paul Trovato '75		1974
	49.8y	Jim Murnane '56		1956
	49.8	Kevin Murphy '80		1980
	49.8	Edwin Drakes '85		1984
	49.9	Bob Scales		1976
	50.09	Stephen Windisch	Yellow Jacket Inv. At Georgia Tech	2021
	50.12	Stephen Colleran '24	Yellow Jacket Inv. At Georgia Tech	2023
	50.14	Eddie Kelly	Yellow Jacket Inv. At Georgia Tech	2022
	50.22	Bennett Valencia '02	New England Championships	1999
	50.43	Jackson Sigalove '24	Yellow Jacket Inv. At Georgia Tech	2023
	50.56	Denis Gallagher	at UMASS	2021
	50.89	Ryan Russell	Yellow Jacket Inv. At Georgia Tech	2021
		800 Meters/880 Yards		
1 Record	01:46.2	Keith Francis '76	A.A.U. National Championships	1975
2	01:47.7	Bill Martin	-	1976

	03:47.40	Jack Higgins '27	at Azusa Pacific 4-18-26	2026
	03:47.6	Jeremy Zagorski '08	New England Championships	2007
	03:47.9	Tom Carleo '87	-	1987
	03:47.97	Ryan Beegle '27	at Azusa Pacific 4-14-23	2024
	03:48.0	Bill Gajewski '78	-	1976
	3:48.--	Darren Keenan '97	-	1994
	03:48.26	David Sherrer '22	at ACC Championships - 5-12-22	2022
	03:49.31	Sean Sullivan '20	Yellow Jack Inv. At Georgia Tech	2021
	03:49.50	John Clopeck '86		1986
	03:49.80	Joe Rocha '88		1987
	03:49.80	John Wavro '83		1982
	03:50.90	Steve Walter '84		1983
	03:51.20	John Hogan '82		1979
	03:51.30	Todd Renehan '85		1983
	03:51.44	Edward Tristine '23	at Azusa Pacific 4-14-23	2023
	03:52.04	Tom Flynn '28	at Duke Twilight - 5-3-26	2026
	04:01.60	Leo Finucane '79		1979
	03:52.77	Alexander Cruz Brown '26	at Wake Forest - 4-18-25	2025
	03:53.00	Fernando Braz '86		1982
	03:53.65	Ben Ruffing	ACC Championships 5/13/21	2021
	03:53.70	John Carter	Raleigh Relays	2021
	03:54.27	Sean Fleming '29	at MIT - 4-18-26	2026
	03:54.50	David O'Connell '88		1987
	03:54.60	George Grant '89		1986
	03:54.58	Colin Shaver '26	at MIT - 4/19/24	2024
	03:55.95	Roman Sierpina '30	at MIT - 4-18-26	2026
	03:56.06	Owen Pett '26	at UCONN - 4-4-25	2025
	03:56.30	Tony Sullivan '83		1980
	03:53.45	Justin Burdon	New England Championships	1999
	03:55.93	Bryon Gartrell '04	Brown Invitational	2002
	03:56.82	Eero Helenius '25	at Azusa Pacific 4-14-23	2023
	03:56.98	Sam Ellis '26	at Northeastern - 4/27/24	2024
	03:58.52	Denis Gallagher	Yellow Jack Inv. At Georgia Tech	2021
	03:59.13	John Wacker '23	at Georgia Tech - 3-22-22	2022
	03:59.87	Nick Loffredo '27	at Northeastern - 4/27/24	2024
	04:00.99	Aidan McHugh '27	at MIT - 4-18-26	2026
		1 Mile		
1 Record	04:00.8	Keith Francis '76	-	1974
2	04:06.1	Bill Gajewski '78	-	1978
3	04:06.4	Charlie Diehl '73	-	1970
4	04:06.4	Ed Becker '76	-	1975
5	04:06.4	Bill Martin '77	-	1976
6	04:07.0	Larry Rawson '63	IC4A's at Villanova	1962
7	04:07.0	Jack McDonald '73	New England's at Umass	1972
8	04:07.45	Ryan Beegle '27	at MIT - 4-18-25	2025
9	04:09.0	Bernie Lancaster '77	-	1977
10	04:09.4	Phil Jutras '65	-	1965
	04:09.6	Robert O'Leary '60	-	1960
	04:09.8	Bill Norris '65		1965
	04:11.0	Mike Conley '66		1966
	04:14.5	Jim Goggin '75	Greater Boston's at BC	1975
	04:14.99	Tom Flynn '28	at MIT - 4-18-25	2025
	04:15.91	Colin Shaver '26	at Providence - 4/11/24	2024
	04:16.03	Sean Fleming '28	at MIT - 4-18-25	2025
	04:17.4	T.F. Cavanaugh		1924
	04:20.00	Jack Higgins '27	at MIT - 4-18-25	2024
		2,000 Meter Steeplechase		
	06:22.38	Kyle Faddis	Yellow Jacket Inv. At Georgia Tech	2021
	06:30.13	Yahya Soliman	Yellow Jacket Inv. At Georgia Tech	2021
	06:37.07	John Fitzpatrick '25	Yellow Jacket Inv. @ Georgia Tech	2022
		3000 Meter		
1 Record	08:08.5	Brian Murphy '93	BC Relays	1991
2	08:24.85	Will Purnell	at Providence - 4/11/24	2024
3	0:08:34	Sam Ellis	at Providence - 4/11/24	2024
4	0:08:40	Eero Helenius	at Providence - 4/11/24	2024
5	08:40.21	John Fitzpatrick '25	at UCONN - 4-4-25	2025
6	0:08:41	Nick Loffredo	at Providence - 4/11/24	2024
7	0:08:51	Sean Fortunar\to	at Providence - 4/11/24	2024
8	09:03.29	Jack Nauman '28	at UCONN - 4-4-25	2025

			220 Yard High Hurdles	
1 Record	25.3??	J.P. Murphy		1926
			220 Yard Low Hurdles	
1 Record	25.3	J.P Sullivan		1924
			400 Meter Hurdles	
1 Record	51.89	Damon Frabotta '26	USA T&F U20 Championships - 7-8-23	2023
2	51.98	Marcus Manson	ACC Championships - 5-14-22	2022
3	52.2	Troy Sempler '97	-	1997
4	52.4	Fred Kirk '83	-	1983
5	52.43# (52.6)	Dan Burke '71	-	1971
6	52.68	Kellen MacDonald '14	NEICAAA Champs	2013
7	53.09	Dave Nelson '79	-	1979
8	53.33# (53.5)	Chuck Zaitkowski '67	-	1967
9	53.33# (53.5)	Bill Charland '74	-	1974
10	53.95	Khalfani Green '21	Miami Hurricane Invitational	2018
	53.96	Jeff Normant '01	Harvard Open	2001
	54.44	Michael Saxon '19	Raleigh Relays	2016
	54.62	Rob Williams '93	-	1992
	54.82# (55.0)	Jim Riordan '71	-	1971
	55.04+ (54.9)	Tim O'Neil '84	-	1982
	55.4y	Gary Emond '75		1975
	55.46	Khalfani Green '21	at Army Twilight	2021
	55.70	Jackson Sigalove '24	at Azusa Pacific 4-14-23	2023 '24
	55.9	Fred de Wysocki '84		1980
	56.3y	Mike Helbig		1973
	56.19	Jackson Sigalove	at Georgia Tech - 4-22-22	2022
	56.7y	Tom McNamara '67		1967
	57.3y	John Treacy '69		1968
	57.3	Dave Vento '89		1986
	57.32	Jackson Sigalove	ACC Championships 5-13-21	2021
			400 Meter Relay	
1 Record	41.00* (41.1)	Johnson '70, Casey '68, Doherty '68, Jeffers '68	-	1968
2	41.10* (41.2)	Johnson '70, Casey '68, Doherty '68, Jeffers '68	New England Championships	1968
3	41.19* (41.3)	Johnson '70, Casey '68, Doherty '68, Jeffers '68	-	1968
4	41.19* (41.3)	Nelson '79, Curry '80, Alston '81, Hazzard '78	-	1978
5	41.29* (41.4)	Green '77, Watts '77, Curry '80, Hazzard '78	New England Championships	1977
6	41.39* (41.5)	Curry '80, Watts '77, Nelson '79, Hazzard '78	-	1977
7	41.81	Greene '92, Harris '93, Williams '93, Neves '93	New England Championships	1992
8	41.84+ (41.7)	Grant '84, Lanney '81, Muniz-Bennett '83, Alston '81	-	1981
9	41.89* (42.0)	Finnegan '82, Jordan '83, Alston '81, Curry '80	-	1980
10	42.14+ (42.0)	Finnegan '82, Munoz-Bennett '83, Alston '81, Curry '80	-	1981
	42.2m	Greenwood '81, Lanney '81, Munoz-Bennett '83, Alston '81		
	42.3m	Graca '84, Nance '83, Munoz-Bennett '83, Coffey '85		
	42.5	??	New England Championships	1999
	42.64m	Davis '88, Maniscalco '87, Moody '89, Sadowski '90		
	42.74m	Hawkins '87, Coffey '85, Drakes '85, Davis '88		
	42.74	Nance '83, Jones '83, Munoz-Bennett '83, Coffey '85		
			800 Meter (4 x 200) Relay	
1 Record	01:25.7	Doherty '68, Murray '70, Casey '68, Jeffers '68		
2	1:28.7m	Hawkins '87, Coffey '85, Drakes '85, Davis '88		
			1600 Meter Relay (4 x 400)	
1 Record	03:11.0	Nick Nash '17, Darren James '17 Oliver Boucher '19, Obinna Nwankwo '17	ACC Championships	2017
2	3:11.9* (3:13.1)	Kopka '68, Zaitkowski '67, Casey '68, Jeffers '68	-	1967
3	03:12.50		ACC Championships - 5-13-23	2023
4	3:12.6* (3:13.8)	O'Brien '73, Keegan '73, Walsh '71, Catano '71	-	-
5	03:12.9	Ashenden, James, Hennessey, O'Neill	NEICAAA Championships	2014
6	03:13.4	Harris '93, Neves '92, Greene '92, Williams '93	I.C.A.A.A.	1992
7	03:13.8	Daniel Ashenden, Connor O'Neill, Kellen MacDonald, Jack Hennessy	NEICAAA Championships	2013
8	3:14.5* (3:15.7)	Trovato '75, Charland '74, Foltzmaurice '74, Francis '76	-	1974
9	3:14.6* (3:15.8)	Casey '68, Murray '70, C. O'Brien '68, Jeffers '68	-	-
10	03:14.7	Brian Smith, Connor O'Neill, Kellen MacDonald, Jack Hennessy	NEICAAA Championships	2012
	3:15.2* (3:16.4)	Vercollone '77, Martin, Scales '77, Francis '76	-	1976
	03:15.4	Nance '83, Coffey '85, Jones '83, Kirk '83	-	-
	03:15.42	Colin Kravitz '27, Max McQuide '25, Stephen Colleran '24, Eddie Kelly '25	at Texas Relays - 3-29-24	2024
	03:15.5m / (3:16.8y)	Gilbey '65, Rinella '63, Owens '63, Flynn '63	Greater Boston's at Brandeis	1963
	03:15.5	Nash '17, Saxon '19, Nwankwo '17, Morano '19	ACC Championships	2016

	03:15.7	Nash '17, Nwankwo '17, James '17, Morano '19	Penn Relays	2017
	3:15.8* (3:17.0y)	Ryan '71, O'Brien '73, McDonald '73, Murray '70	New Englands at BC	1970
	03:16.0	Atkins '05, Caulfield '07, Montiero '05, Weyr '07	I.C.A.A.A.A.	2004
	03:16.1	Nance '83, Moorehead '85, Jones '83, Kirk '83	-	-
	3:16.4m	Hawkins '87, Davis '88, Drakes '85, Coffey '85		
	3:16.8m	Kirk '83, Muscato '85, Graca '84, Cowden '83		
	3:17.0m	Davis '88, Hawkins '87, Drakes '85, Muscato '85		
	03:17.94	Manson '22, Windisch '21, Sigalove, Green '21	Georgia Tech Invitational	2021
	3:18.8m	Murphy '80, Horton '80, Cowden '83, Jones '83		
	3:19.2m	Nelson '79, Murphy '80, Mullen '80, Horton '80		
	03:19.88		at Georgia Tech - 3-23-22	2022
	03:19.8	Windisch, Olsen, Green, Manson	BU Season Opener	2019
	03:19.9	Mark Murray '70, Cliff O'Brien '68, Clint O'Brien '68, Larry Jeffers '68	Colby Invitational	1968
	03:20.0	??	New England Championships	1999
		3200 Meter Relay (4 x 800)		
1 Record	7:29.2* (7:31.9)	Vercollone '77, Lowell '77, Goggin '75, Francis '76	-	1975
2	07:32.3	McKenzie '02, Wallace '03, Mickle '03, MacIssac '05	Big East Championships	2002
3	07:33.3	Mellea '08, Zagorski '08, LaFave '07, DiVittorio '07	Penn Relays	2007
4	07:33.7	McEllin, Yuen, Prince, Murphy		1992
5	07:39.92	Steven Jackson '24 John Wacker '24, Erik Linden '22, David Scherrer '22	at Penn Relays - 2022	2022
6	07:39.97	Larry Mathis '27, Owen Pett '26, Aiden McHugh '27, Sean Fleming '28	Penn Relays - 4-25-26	2026
7	7:47.6y	McKillop '27, Mahoney, Welch '25, Cavanaugh	Penn Relays (World Record)	1924
		Sprint Medley Relay (400-200-200-800)		
1 Record	3:19.5* (3:20.7)	Trovato '75, Green '79, Hazzard '78, Francis '76	Penn Relays Champions	1975
2	3:24.7* (3:25.9)	Trovato '75, McCrory '75, Leppo, Francis '76	Penn Relays	1974
3	3:25.7* (3:27.0)	J. O'Brien '73, Charland '74, Fitzmaurice '74, McDonald '73	Penn Relays	1973
4	03:28.40	Jalon Williams '25, Max McQuide '25, Jackson Sigalove '24, Ed Kelly '25	at Penn Relays - 2022	2022
		Distance Medley Relay (800-400-1200-1600)		
1 Record	09:48.6	Horton '80, Nelson '79, Finucane '79, Gajewski '78	Penn Relays	1978
2	09:48.90	Cruz Brown '26, Stephen Colleran '24, Steven Jackson '24, Patrick Mulryan '27	at Texas Relays - 3-29-24	2024
3	09:49.0	Grant '89, Boland '91, Hogan '89, Dugan '89	Penn Relays	1989
4	09:49.8	McEllin, Williams, Prince, Yuen		1992
5	09:50.7		Duke Invitational	2000
6	09:56.61	Steve Jackson '24, Max McGuide '26, Eddie Kelly '26, Jackson Brown '26	at Penn Relays - 2023	2023
7	09:57.0	Owens '63, Gilbey '65, Jutras '65, Rawson '63 Penn Relay Champions	at Penn Relays 4-28-63	1963
8	09:57.43	David Scherrer '23, Marcus Manson '23, Denis Gallagher '25, Steven Jackson '24	at Penn Relays - 2022	2023
9	09:58.99	Roman Sierpina '29, Max Deane '28, Owen Pett '26, Cruz Brown '26	Penn Relays	2026
		4 x Mile Relay		
1 Record	16:53.60	Colin Peattie 'GR, Theodor Schucht '28, Mateo Bianchi '27, Jack Higgins '27	Penn Relays -4-24-26	2026
		Long Jump		
1 Record	26'6 1/2" (8.09m)	Ray Hawkins '88	I.C.A.A.A.A.	1988
2	25'7"	Brett Harris '93	-	1992
3	25'2 1/2"	Rob Davis '88	I.C.A.A.A.A.	1988
4	24'10" (7.57m)	George White '00	I.C.A.A.A.A.	1997
5	24'1 1/4"	Henry Keller '64	-	1964
6	23'11"	Dan Mahoney '73	-	1973
7	23'10 1/2"	Frank Ziemetz '39	-	1940
8	23'10"	Chris Nance '83	Big East Championships	1983
9	23'8"	Ken Moody '89	New England Championships	1988
10	7.15 (23'5.5")	Max McQuide '25	Yellow Jacket Inv. At Georgia Tech 3-18-22	2022
	23'5 1/4" [7.14]	Matt Adetula '12	Brown Springtime Invitational	2009
	23'2"	Dan Burke		1970
	23'1"	Adrian Munoz-Bennett '83		1982
	22'11"	Amjad Ghori '80		1980
	22'7 1/4"	Bill Doherty '68		1967
	22'7"	Bryon Sadowski '90		1987
	22'3"	W. Nolan		1922
	6.59m (21'7")	Michael Oduro '21	at UMASS	2021
	21'6"	Dave Nelson '79		1976
		Triple Jump		
1 Record	50'4"	A. Munoz-Bennett '83	Penn Relays	1983
2	50'3 1/2"	Samir Vincent '63	at NCAA's	1962
3	50'1 3/4" (15.28m)	Avery McKenzie '20	ACC Championships - 5-14-21	2021
4	49'11 3/4"	Ray Hawkins '88	-	1986
5	49'1" [14.96]	Matt Adetula '12	UMass Invitational	2010
6	48'9 1/2" [14.87]	Anthony DiCosmo '99	Big East Championships	1998
7	48'4"	Ken Moody '89	New England Championships	1988

