**Ballston Spa Indoor Track & Field Sectional Champions**

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| **Girls** | **Event** | **Boys** |
|  | **55m** | Rob Carr (2007) 6.85  Mike Villano (2009) 6.6h  Mike Villano (2010) 6.5h |
|  | **55m Hurdles** | John Russo (2008) 8.49  Chris Russo (2010) 8.5h |
|  | **300m** | Rob Carr (2007) 37.71  Brian Yingling (2008) 37.50  Brian Yingling (2009) 38.2h  Mike Villano (2010) 37.3h |
|  | **600m** | Evan Grey (2008) 1:28.58 |
| Bailey Kowlaczyk (2010) 3:02.9h | **1000m** |  |
|  | **1500m/1600m** | Nick O’Neil (2006) 4:35.27 |
|  | **3000m/3200m** | Max Groves (2010) 10:04.7h |
| Jacqueline Cinella, Katie Valder, Jenna Heffernan, Anna Politano (2007) 1:52.6 | **800m Relay** | Rob Carr, Matt Pastore, Eric Marciano, Brian Yingling (2007) 1:38.76 |
|  | **1600m Relay** | Logan Franks, Matt Pastore, Nick O’Neil, Rob Carr (2006) 3:40.54  Phil Michael Williams, Devin Bennett, Adam Custer, Mike Villano (2010) 3:36.3h |
|  | **3200m Relay** |  |
| Rachael Crose (2014) 15-01 | **Long Jump** | Brian Yingling (2008) 21-04  Brian Yingling (2009) 20-02.50 |
|  | **Triple Jump** |  |
| Anna Bertrand (2012) 5-2 | **High Jump** | Drew Fitzgerald (2007) 5-10 |
| Danielle Moriarity (2008) 10-00 | **Pole Vault** | Tim Schmitt (2009) 10-06 |
| Kaitlyn Staulters (2006) 33-00  Kaitlyn Staulters (2007) 35-07 | **Shot Put** | R.J Wait (2010) 48-06.5  Elijah Washington (2016) 47-3 |
|  | **Weight Throw** | Tony Franks (2008) 49-06  Tony Franks (2009) 54-08.5  Joe King (2015) 46-05.75 |
| Eileen Gray (2011) 10:03.55 | **1500m Racewalk** |  |