

New Chargers Record - June 2026

Congratulations to Charger member **Windy Sebastian-Dean** for setting a new **Age Group** and **Open Women's** record in the **Hammer 4kg**. Windy set this record while competing in the Outdoor Music City Challenge at Vanderbilt University in Nashville, TN on May 2, 2026. Her record replaces the former age group record set by Kathy Cirina of 76-3 in 1996, and the former open women's record of 144-4 set by Monica Ridgeway in 2007. **Great job Windy!**

F 45-49 Hammer 4kg Windy Sebastian-Dean 53.36m(175-1) 05/02/2026

At the Syracuse Chargers Open Track Meet held at Clinton HS on Wednesday, June 24, Windy participated in the Throws Pentathlon and set numerous additional club records. Every event of the evening was a new age group record, except for the Hammer record above. (Her throw of 160-4 was still long enough to break the prior open record.) Here are the rest of the new records:

F 45-49	Shot Put 4kg	Windy Sebastian-Dean	34-9 1/4	06/24/2026
F 45-49	Discus	Windy Sebastian-Dean	133-5	06/24/2026
F 45-49	Javelin	Windy Sebastian-Dean	101-2	06/24/2026
*F 45-49	Weight Throw 20lb	Windy Sebastian-Dean	48-8 1/2	06/24/2026
*F 45-49	Throws Pentathlon	Windy Sebastian-Dean	3104	06/24/2026

***The Weight Throw and Throws Pentathlon marks also set Women's OPEN records (the best mark by a female Charger member in any age group).**

Think that you may have set a new Chargers record?

-Check the records link below to verify the existing record in your event. Then Submit your request for a new record via the form and directions below.

Records are available here: <https://www.syracusechargers.org/club-records/>

Submit a new record here: <https://www.syracusechargers.org/record-submission/>

I look forward to hearing from you!

Cindy Daly
Chargers Record Keeper
6/30/2026