



North Shore Schools

Discovering Your Dreams

Samantha Nadel Breaks All-Time NY State Record in 5000m



Congratulations to Samantha Nadel who recently broke the all-time NY STATE RECORD in the 5000m (3.1 miles) with a time of 17:15.38 at the National High School Championship this past weekend. Samantha's time also broke the **NATIONAL FRESHMAN RECORD** by over 25 seconds. Samantha averaged 5:30 per mile for 3 + consecutive miles.

She has now earned All-American status in addition to her All-State, and All-County status received earlier in the season.

Additionally, many thanks go out to Neal Levy, Samantha's coach