

## **INDOOR**

### **55-meter Dash**

Akiel Belfon, 6.51, 2011

### **60-meter Dash**

Dan Dripps, 7.15, 2010

### **200-meter Dash**

Micquelle Burton, 23.27, 2011

### **300-meter Dash**

Don Haggard, 39.76, 2004

### **400-meter Dash**

Micquelle Burton, 49.84, 2011

### **500-meter Run**

Micquelle Burton, 1:08.67, 2011

### **800-meter Run**

Ben Weidner, 1:59.82, 2008

### **1000-meter Run**

Jeff Schroer, 2:51.28, 2008

### **1500-meter Run**

Kurtis Smith, 4:13.89, 2004

### **1600-meter Run**

Jeffrey Schroer, 4:49.98, 2007

### **3000-meter Run**

Jeffrey Schroer, 9:32.93, 2007

### **5000-meter Run**

Jeff Schroer, 16:33.50, 2009

### **1 mile Run**

Ben Weidner, 4:37.34, 2008

### **55-meter Hurdles**

Rayshawn Eastman, 8:13, 2007

### **60-meter Hurdles**

Casey Gilmour, 9.58, 2010

### **High Jump**

Ray Claytor, 6-04.00, 2011

### **Long Jump**

Kameron Knight, 21-11.0, 2011

### **Triple Jump**

Eric Long, 42-11.50, 2006

### **Shot Put**

Randall Mitchell, 52-02.00, 2009

### **Pole Vault**

Paul Brousseau, 12-00.00, 2005

### **Weight Throw**

Randall Mitchell, 60-11.25, 2011

**4x200-Meter Relay**

Akiel Belfon, Micquella Burton, Kameron Knight, Michael Carter, 1:32.08, 2011

**4x400-Meter Relay**

Kameron Knight, Michael Carter, Micquella Burton, Colton Chicketti, 3:39.14, 2011

**4000-Meter Medley**

Ben Weidner, Zach Shaw, Alex Shields, Jeff Schroer, 11:25.78\*, 2008

**Pentathalon**

Casey Gilmour, 2.265 points, 2011

**OUTDOOR****100-meter Dash**

Rashon Lewis, 10.60, 2006

**200-meter Dash**

Rashon Lewis, 22.43, 2005

**400-meter Dash**

Micquella Burton, 48.89, 2011

**800-meter Run**

Kurtis Smith, 1:58.05, 2004

**1500-meter Run**

Kurtis Smith, 4:08.04, 2004

**5000-meter Run**

Jeff Schroer, 16:15.87, 2008

**10000-meter Run**

Jeff Schroer, 34:05.80, 2007

**High Jump**

Eric Long, 6-04.00, 2006

**Long Jump**

Scotty Mayes, 22-06.50, 2009

**Triple Jump**

Rayshawn Eastman, 43-05.25, 2008

**Pole Vault**

Doug Meyer, 13-04.50, 2009

**Shot Put**

Randall Mitchell, 50-08.25, 2009

**Discus Throw**

Randall Mitchell, 161-11.00, 2009

**Hammer Throw**

Randall Mitchell, 171-05.00, 2009

**Javelin Throw**

Ryan Averbeck, 174-08.00, 2009

**100-meter Hurdles**

Casey Gilmour, 17.25, 2011

**110-meter Hurdles**

Rayshawn Eastman, 16.02, 2008

**400-meter Hurdles**

Rayshawn Eastman, 54.10, 2008

**3000-meter Steeplechase**

Ben Weidner, 10:45.63, 2008

**4x100-meter Relay**

Akiel Belfon, David Jagel, Michael Carter, Micquelle Burton, 42.31, 2011

**4x200-meter Relay**

Alan McCoy, Jason Drenkler, Joe Campolongo, Paul Brousseau, 1:40.59, 2005

**4x400-meter Relay**

Ben Weidner, Rayshawn Eastman, James Pursley, Zach Shaw, 3:33.11, 2008

**1600 sprint Medley**

Don Haggard, Paul Brousseau, Jason Drenkler, Joe Grace, 3:51.68, 2005

**Distance Medley**

Dan Hammergren, Alan McCoy, Joe Campolongo, Bob Hammergren, 13:09.38, 2005