



Men's Running Event Records

Running Events	Record Holder Time Year	2nd Best Time Year	3rd Best Time Year
100	Jacob "Smith" 10.91 2009	Keron Stoute 11.15 2009	Josh Wilson 11.26 2009
200	Keron Stoute 22.69 2010	Tomas Marcucci 23.03 2010	Chase Moran 23.16 2010
400	Jermaine Chong 53.54 2010	Zach Sabo 55.2 2010	Nick Cagna 55.58 2009
800	Jake Gurzler 02:02.3 2010	David Krinjak 02:04.5 2009	Jake Gurzler 02:08.3 2010
1600	Jake Gurzler 04:30.2 2010	Jake Gurzler 04:39.8 2010	Jake Gurzler 04:40.8 2010
2 Mile	Peter Oviatt 10:39.8 2009	David Krinjak 10:39.9 2009	Tyler Rooke 11:00.4 2009
5,000	John Busque 16:38.5 2010	Peter Oviatt 16:58.9 2009	Kevin Ford 18:00.9 2009
110HH	Jermaine Chong 14.81 2010	Keron Stoute 15.27 2009	Jim Anderson 16.31 2010

Women's Running Event Records

Running Events	Record Holder Time Year	2nd Best Time Year	3rd Best Time Year
100	Marshalee Raynor 12.66 2010	Sierra Davis 13.38 2009	Sierra Davis 13.43 2009
200	Marshalee Raynor 23.68 2010	Priscilla Appiagyei 26.81 2010	Ashley Graves 27.81 2010
400	Ashley Graves 01:03.9 2010	Ashley Moxam 01:06.7 2010	Marvline Carter 01:08.1 2010
800	Meadisha Mitchell 02:33.3 2010	Kara Miffitt 02:46.7 2010	Kara Miffitt 02:51.2 2010
1600	Emily Anderson 05:34.0 2010	Ashley Gurzler 05:34.7 2010	Ashley Gurzler 05:35.1 2010
2 Mile	Alyssa Brigham 11:59.0 2010	Carrie Corbett 12:03.2 2010	
5,000	Emily Anderson 19:44.2 2009		
100H	Ari Rivera 15.88 2010	Marveline Carter 18.69 2010	Anna Maloney 19.91 2010

Men's Field Event Records

Field Events	Record Holder Mark Year	2nd Best Mark Year	3rd Best Mark Year
High Jump	Keron Stoute 6'8" 2010	Keron Stoute 6'7" 2009	Patrick Biggins/ Tevin James 5'10" 2010
Long Jump	Mike Hartfield 22'11" 2009	Keron Stoute 22'9" 2009	Keron Stoute 21'4" 2010
Triple Jump	Mike Hartfield 44'11" 2009	Keron Stoute 43'7" 2009	Brice Edwards 43'0" 2009
Shot Put*	Jacob "Smith" 52'7" 2010	Quinn Dawson 44'10" (16lb) 2010	Andre Hastings 43'7" 2010
Discus*	Quinn Dawson 153'11" (2K) 2010	Andrew Hastings 139'1" 2010	Andrew Hastings 138'0" 2010
Javelin	Eric Hambidge 171'4" 2010	Jacob "Smith" 169'10" 2010	John Joyner 164'2" 2010

Women's Field Event Records

Field Events	Record Holder Mark Year	2nd Best Mark Year	3rd Best Mark Year
High Jump	Preethi Vaidyanathan 5'5.75" 2010	Preethi Vaidyanathan 5'2" 2010	Preethi Vaidyanathan 4'10" 2010
Long Jump	Ari Rivera 15'9" 2010	Priscilla Appiagyei 15'7.5" 2010	Hannah Cook 14'7.5" 2010
Triple Jump	Priscilla Appiagyei 32'10" 2010	Kara Miffitt 30'00" 2010	
Shot Put	Kassandra Holder 29'1" 2010	Chandler Schlupf 26'0" 2010	
Discus	Kassandra Holder 85'6" 2010		
Javelin			

* All implements used are official High School weights (12lb shot put, 1.6K Discus) unless otherwise specified.

