# Men's Outdoor Records

(through 05-26-15)

<table>
<thead>
<tr>
<th>Event</th>
<th>Time/ Height</th>
<th>Name</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>100M</td>
<td>11.02</td>
<td>Mike Yenkowski</td>
<td>2003</td>
</tr>
<tr>
<td>110HH</td>
<td>15.77</td>
<td>Sean Ciborowski</td>
<td>2010</td>
</tr>
<tr>
<td>200M</td>
<td>21.91</td>
<td>Andrew Nelson</td>
<td>2015</td>
</tr>
<tr>
<td>400M</td>
<td>48.11</td>
<td>Andrew Nelson</td>
<td>2015</td>
</tr>
<tr>
<td>400IH</td>
<td>55.85</td>
<td>Paul Fontana</td>
<td>2004</td>
</tr>
<tr>
<td>800M</td>
<td>1:51.45</td>
<td>Frankie Redmond</td>
<td>2009</td>
</tr>
<tr>
<td>1500M</td>
<td>3:56.20</td>
<td>Mikael Hause</td>
<td>2014</td>
</tr>
<tr>
<td>3000M</td>
<td>9:04.07</td>
<td>Chris Wadas</td>
<td>2004</td>
</tr>
<tr>
<td>3K Steeple</td>
<td>9:54.83</td>
<td>Ryan Garges</td>
<td>2010</td>
</tr>
<tr>
<td>5,000M</td>
<td>15:22.47</td>
<td>Chris Wadas</td>
<td>2005</td>
</tr>
<tr>
<td>10,000M</td>
<td>33:00.44</td>
<td>Chris Wadas</td>
<td>2005</td>
</tr>
<tr>
<td>Long Jump</td>
<td>23' 2 ¾&quot;</td>
<td>Eric Rogers</td>
<td>2008</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>46' 9 ½&quot;</td>
<td>Jim Post</td>
<td>2008</td>
</tr>
<tr>
<td>High Jump</td>
<td>6' 5 ½&quot;</td>
<td>Justin Sandy</td>
<td>2004</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>15' ¼&quot;</td>
<td>Cory Poepperling</td>
<td>2015</td>
</tr>
<tr>
<td>Shot Put</td>
<td>46' 4&quot;</td>
<td>Joe Ardo</td>
<td>2013</td>
</tr>
<tr>
<td>Discus</td>
<td>140' 1&quot;</td>
<td>Angel Guzman</td>
<td>2015</td>
</tr>
<tr>
<td>Hammer</td>
<td>138' 8&quot;</td>
<td>Joe Ardo</td>
<td>2013</td>
</tr>
<tr>
<td>Javelin</td>
<td>192' 5 ¾&quot;</td>
<td>Angelo Scaffido</td>
<td>2013</td>
</tr>
</tbody>
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## Relays

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Team</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>4X100</td>
<td>42.60</td>
<td>S. Meade, M. Harth, T. Lamberson, A. Nelson</td>
<td>2015</td>
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<tr>
<td>4X200</td>
<td>1:34.64</td>
<td>P. Fontana, J. Higgins, B. Jayne, M. Lechniak</td>
<td>2004</td>
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<tr>
<td>4X400</td>
<td>3:18.79</td>
<td>M. Harth, J. Higley, M. Hause, A. Nelson</td>
<td>2015</td>
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<td>4X800</td>
<td>7:46.37</td>
<td>J. Higley, M. Hause, E. Deignan, S. Luzzi</td>
<td>2015</td>
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</table>