

## Syracuse Chargers Records for M1415

high jump	Nick Wilson	6-0 3/4	7/9/2004
indoor pentathlon	Ray Panek	2916	3/10/1990
outdoor pentathlon	Ray Panek	1929	8/12/1989
1 mile	John Buckley	4:51.0	6/30/1973
1 mile walk	Bill Harvey	9:11.0	5/9/1982
10 mile	Chris Shepardson	57:06.0	7/4/1982
1000m	Connor Nugent	2:54.3	6/9/2008
100m	Joe Gibbons	11.3	6/18/1983
100y	Eugene Norman	10.4	7/x/1977
10k road	Dave Dobrzynski	34:25.0	7/8/1972
110m HH	Jackson Honis	16.9	7/20/2009
120y HH	Eugene Norman	15.8	7/x/1977
1500m	Brent Vinch	4:16.9	7/13/1985
15k	Tom Perry	54:25.0	7/8/1984
2 mile	Rudy Muller	10:39.0	6/26/1976
2k	Martin Nicholson	6:41.9	3/16/2002
200m	Joe Gibbons	23.2	7/13/1983
20k	Richard Stanley Jr.	1:17:39	8/2/1981
220y	Bob Druger	25.3	4/5/1978
25k	Bob Schilly	1:40:41	11/11/1978
300m IH	Matt Squires	58.84	6/30/2021
3k road	Will Von Zagorski	9:59	4/25/1992
3k	Brent Vinch	9:26.2	12/22/1984
300m	Jeff Mikell	38.7	1/8/1984
400m	Brendan Nugent	55.93	6/7/2007
400m IH	Nick Wilson	1:10.4	6/19/2004
40y	Bob Druger	5.1	3/18/1978
440y	Mark Heimberg	57.3	3/18/1978
5 mile	Eric Kimball	32:02.0	7/21/1984
50m	Jeff Mikell	6.0	2/5/1984
50m HH	Bill Lynch	7.9	3/14/1982
55m	Jamal Johnson	6.6	12/12/2004
55m HH	Ray Panek	8.6	3/4/1990
5k road	Andy Carling	15:42	9/3/1994
5k	Chris Shepardson	16:01.0	8/13/1982
600m	Jeff Mikell	1:39.6	1/8/1984
60m	David Utter	9.13	2/6/2005
60m HH	Damian Panek	11.34	2/6/2016
70y HH	Shawn Pinkston	11.2	7/22/1979
800m	Brendan Nugent	2:06.2	6/13/2007
880y	Ray Tetrault	2:15.0	6/30/1973
8k	Michael Godson	29:07.0	6/14/1984
decathlon	Chris Hilfinger	4145	7/25/1992

discus	Mike Donahue	148-4 1/2	6/29/1997
hammer 12lb	Bill Peintka	101-4 1/2	7/20/2002
hammer 16lb	Joe Gibbons	34-6 1/4	7/13/1983
javelin	Bill Pientka	159-1	8/2/2002
long jump	Brian Jackson	20-8	3/9/1986
marathon	Tom Paris	3:03:59	2/x/79
pole vault	Kris Yelverton	12ft	1/29/2001
shot put 12lb	Mike Donahue	44-10 3/4	12/20/1997
shot put 5kg	Mike Donahue	38-9 1/2	3/15/1997
triple jump	Brian Jackson	41-5 1/2	3/9/1986
weight throw 25lb	Bill Pientka	44-6	7/15/2002
weight throw 35lb	Mike Donahue	23-0	3/15/1997
throws pentathlon	Bill Pientka	3156	7/15/2002

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