

## Syracuse Chargers Records for M3539

high jump	Dennis Rhoads	6ft 8in	6/14/1997
indoor pentathlon	Steve Suto	2499	2/4/1987
outdoor pentathlon	Al Walton	2897	8/22/1987
1 mile	Tom Carter	4:17.2	7/17/1988
1 mile walk	Jim Miner	8:09.0	7/19/1987
10 mile	Tom Carter	51:46.0	4/30/1988
1000m	Scott Weeks	2:29.7	2/2/2007
100m	Al Walton	10.7	4/22/1987
100m	Al Walton	10.7	8/2/1987
100m	Al Walton	10.7	8/8/1987
100m	Al Walton	10.7	7/31/1988
10k road	Joe Contario	31:25.0	9/24/1989
10k	Joe Contario	32:19.6	7/26/1991
10k walk road	Jim Miner	54:23.0	5/30/1987
110m HH	Brian Lange	16.6	7/15/1996
12 hour run road	Jason Fahy	49.020 mi.	5/15/2010
1500m	Charles Duggan	4:01.0	1/27/1991
15k	Tom Carter	48:17.0	3/24/1991
15k	John View	55:14.5	4/11/1986
15k walk road	Jim Miner	1:25:53	4/5/1987
2 mile	John Trowse	9:43.0	12/8/2002
2k	John Dwyer	5:42.2	2/2/1985
200m	Al Walton	21.7	8/9/1987
20k	Tom Carter	1:05:33	6/18/1988
20k walk road	Nick Wetter	1:51:59	7/30/1987
220y	David Wright	29.6	4/5/1978
25k	Charles Duggan	1:24:45	9/25/1988
3k road	Tim Otis	9:07	4/30/1994
3k	Tom Carter	8:35.9	12/19/1987
3k walk	Jim Miner	15:20.2	3/20/1988
300m	Al Walton	36.5	3/27/1988
300y	Al Walton	32.79	3/29/1987
30k	Ron Gay	1:45:08	3/20/1983
400m	Tyrone Guiden	51.08	8/6/1995
400m IH	Robin Wheelless	1:06.3	6/28/1995
45m	Al Walton	5.3	1/11/1987
45m	Al Walton	5.3	2/5/1989
5 mile	Scott Bagley	25:10.0	3/16/2002
500m	Jasper Royal	1:09.9	3/27/1988
50k road	Sam Paris	3:30:31	x/x/1977
50m	Al Walton	5.8	3/20/1988
50m HH	Steve Suto	8.4	3/22/1987
50y	Al Walton	5.6	3/8/1987

55m	Al Walton	6.2	3/15/1989
55m HH	Steve Suto	8.9	1/13/1983
5k road	Tom Carter	14:54	8/12/1988
5k	John Trowse	15:09.0	6/28/2003
5k walk road	Jim Miner	26:40.0	9/12/1987
600m	Jasper Royal	1:25.5	3/18/1984
600y	Jasper Royal	1:17.6	3/25/1985
60m	Al Walton	7.24	4/2/1989
60m HH	Steve Suto	9.8	3/19/1989
800m	Scott Weeks	1:55.4	2/12/2010
880y	Bruce Fredrikson	2:15.0	2/27/1975
8k	Tom Carter	24:57.0	8/15/1987
8k track	Steve Nix	30:12.0	1/8/1993
8k walk	Jim Miner	43:34.0	8/15/1987
decathlon	Brian Lange	6550	7/18/1996
discus	Chris Sickler	138ft 8in	6/30/2021
half marathon	Robin Wheelless	1:11:15	9/22/1996
hammer	Gary Bartell	153-5 1/2	8/10/1985
javelin	Steve Suto	166-2	7/8/1990
long jump	Al Walton	21-10 3/4	3/27/1988
marathon	Bruce Fredrikson	2:34:00	5/16/1976
pole vault	Mike Thompson	16-1 1/4	1/26/2002
shot put 16lb	Norman Deep	44-0	8/2/2002
triple jump	Bob Doran	43-1 1/2	6/28/1989
weight throw 35lb	Joe Benoit	51-3	1/18/1997
throws pentathlon	Norman Deep	2741	7/18/2003
weight throw 56lb	Chris Sickler	27-0	7/22/2020
weight throw 98lb	Chris Sickler	12-9	7/01/2020
weight throw 200lb	Chris Sickler	5-3	6/29/2022

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