

## Syracuse Chargers Records for M8084

high jump	Ed Lukens	4ft	3/16/2002
1 mile	Nate White	8:09.4	12/30/1999
10 mile	Sheldon Kall	2:41:42	5/4/2014
1000m	Charles Jorgensen	5:45.4	1/16/1999
100m	Ed Cox	15.47	6/27/2009
10k road	Sid Zecher	1:02:46	4/26/1999
10k	Russell More	1:14:41.8	12/14/2001
1500m	Wally McRae	7:57.3	11/9/2012
15k	Charles Hackenheimer	1:51:16	7/9/1990
2k	Nate White	11:23.4	3/24/2001
200m	Ed Cox	33.46	7/4/2010
3k road	Wally McRae	18:27	5/1/2016
3k	Nate White	15:23.6	12/17/1999
300m	Ed Cox	56.73	2/1/2009
400m	Ed Cox	1:24.2	12/14/2008
50m	Ed Cox	8.81	6/8/2012
55m	Ed Cox	9.01	12/14/2008
55m HH	Ed Lukens	10.9	3/16/2002
5k road	Wally McRae	28:24.0	9/30/2012
5k	Wally McRae	28:26.1	11/30/2012
60m	Ed Cox	9.82	3/8/2009
60m HH	Ed Lukens	12.23	3/23/2002
800m	Wally McRae	3:48.9	10/12/2012
8k track	Sam Graceffo	61:00.5	11/23/2016
8k	Charles Hackenheimer	51:04.0	5/16/1987
discus 1kg	Chuck Yost	75-0 3/4	6/17/2016
half marathon	Joe Familo	3:53:05	4/10/2004
hammer 3kg	Chuck Yost	82-10	6/5/2015
javelin 400g	Ed Lukens	102-5	8/10/2002
long jump	Ed Lukens	13-1 3/4	3/23/2002
long jump	Ed Lukens	13-1 3/4	8/9/2002
marathon	Joe Familo	7:33:39	10/18/2003
pole vault	David Rider	6-4 3/4	7/23/2010
shot put 3kg	Chuck Yost	32-7 3/4	7/29/2016
shot put 4kg	Sid Zecher	26-1 1/2	6/18/2001
triple jump	Ed Lukens	28-4 1/2	3/30/2002
weight throw 20lb	Gary Crawford	23ft 9 1/2in	1/14/2024

28 Aug 2024