

## Syracuse Chargers Records for M8589

hammer	David Rider	64ft 11in	6/5/2015
high jump	David Rider	3-5 1/4	7/8/2015
1 mile	Don Hanlon	10:54.2	1/19/2008
1000m	Don Hanlon	6:48.9	1/18/2009
100m	Ed Cox	16.87	7/26/2015
200m	Ed Cox	37.11	7/24/2013
3k	Sam Graceffo	32:49.1	8/13/2024
400m	Ed Cox	1:31.1	8/4/2014
50m	Bob Bruce	7.9	6/7/2013
55m	Ed Cox	10.02	1/27/2013
5k road	Joe Conrad	34:02	2/14/2015
5k	Charles Jorgensen	39:17.0	7/28/2000
8k track	Sam Graceffo	1:08:54	11/10/2021
8k	Sam Graceffo	1:22:41	6/22/2023
10k road	Sam Graceffo	1:28:12	10/16/2021
60m	Ed Cox	10.55	3/23/2013
60m HH	Ed Lukens	19.84	3/29/2008
800m	Don Hanlon	5:01.6	7/20/2009
discus 1kg	Erwin Rice	56-1 1/2	6/8/2009
half marathon	Joe Conrad	2:53:55	10/26/2014
javelin 400g	Ed Lukens	68-8 1/4	6/8/2007
long jump	Ed Lukens	11ft 4in	8/3/2007
pole vault	David Rider	5-5 1/4	7/8/2015
shot put 3kg	David Rider	26ft 2in	6/5/2015
shot put 4kg	Erwin Rice	20-4 1/4	6/7/2008
triple jump	Ed Lukens	23-9	3/30/2008

28 Aug 2024