

## Syracuse Chargers Records for M1011

high jump	Brent Vinch	4ft 4in	1/23/1983
high jump	Jason Grosvenor	4ft 4in	1/19/1986
high jump	Shawn Wilson	4ft 4in	1/12/2003
high jump	Augustine Panek	4ft 4in	2/12/2017
indoor pentathlon	Shawn Wilson	884	3/16/2003
1 mile	Kevin Bond	5:39.9	x/x/x
10 mile	Kevin Bond	1:18:04	7/29/1977
1000m	John Riordan	3:27.0	1/13/1980
100m	Jordan Lester	13.9	7/14/1996
100m HH	Shawn Wilson	19.0	6/17/2002
10k road	Jesse Contario	41:15.0	5/20/1994
1500m	Jesse Contario	5:16.2	3/6/1994
15k	Brian Hoffman	1:08:34	7/9/1995
2 mile	Dan Wright	12:41.0	4/5/1978
2k	Chris Candido	8:30.0	1/19/1986
200m	Solomon Lawrence	28.39	6/27/2010
200m	Jordan Lester	28.2	2/15/97
220y	Jeff Owens	31.2	4/5/1978
3k	Erik Sauer	11:00.1	1/16/1999
300m	Jordan Lester	46.1	2/9/1997
400m	Solomon Lawrence	63.98	6/27/2010
40y	Jeff Whitehead	5	7/25/1970
440y	Peter Lahm	72.5	2/15/1975
50m	Jordan Lester	7.1	4/13/1996
50m HH	Larry Phillips	10.3	1/23/1983
50y	Ricky Dorsey	6.2	8/1/1979
55m	Jordan Lester	7.8	12/15/1996
55m	Jordan Lester	7.8	2/16/1997
55m	Jordan Lester	7.8	3/15/1997
55m HH	Shawn Wilson	11.14	3/16/2003
55m HH	Jackson Honis	11.1	7/17/2006
5k road	Erik Sauer	18:51	10/4/1998
6 mile road	Matt Riordan	37:53.0	8/15/1976
600m	John Riordan	1:56.5	2/8/1981
60m	James Royal	9.09	1/11/2004
60m HH	Augustine Panek	12.77	2/6/2016
800m	Dan Wright	2:24.6	7/22/1979
80m HH	Shawn Wilson	18.68	7/13/2002
880y	Dan Wright	2:51.6	4/5/1978
8k	Jesse Contario	34:22.0	3/12/1994
discus 1kg	P.J. Foti	69-5	7/15/2002
javelin turbo	Shawn Wilson	96-11 1/2	7/13/2002
long jump	Jeff Owens	15-0	1/29/1978

shot put 4kg

Brenton Spears

29-0 2/13/2005

06 Feb 2024