

ESCC Men's Track and Field Championship Meet Records (Current Through May 13, 2016)

Varsity Championship Records

4 X 800 Relay	08:03.3		Marist	1986
			1	
			2	
			3	
			4	
4 X 100 Relay	00:43.12		Marian Catholic	2012
			1 Matthew Simmons	
			2 Dominic Pascale	
			3 Dillon Burns	
			4 Randall Wells	
3200 Meter Run	09:14.0	Ralph Caron	Marist	1980
110 Meter High Hurdles	14.37	Jason Tolliver	Marian Catholic	2003
100 Meter Dash	00:10.6	Nader Mossavi	Holy Cross	1991
		Luke Stenberg	Joliet Catholic	2001
800 Meter Run	01:54.8	Mike Wood	Marist	2001
4 X 200 Relay	01:31.1		Marist	1982
			1	
			2	
			3	
			4	
400 Meter Dash	00:49.2	Maurice Mitchell	Marist	1989
300 Meter Intermediate Hurdles	00:38.9	Patrick Nelson	St Patrick	2010
1600 Meter Run	04:19.9	Tim Phillips	St Viator	1984
200 Meter Dash	00:21.6	Kenyon Pendleton	Carmel	1994
4 X 400 Relay	03:26.6		Carmel	2010
High Jump	6-10	Rob Graham	Carmel	1986
Pole Vault	16-10	Mitchell Erickson	Marian Catholic	2008
Shot Put	60-0.25	Gary Kostrubala	Marist	1982
Discus	185-10.5	Gary Kostrubala	Marist	1982
Long Jump	23-0	Chris Van Tassel	Joliet Catholic	1997
Triple Jump	46-5	Howard Grant	St Patrick	2003