

Syracuse Chargers Records for M89

high jump	Jason Owens	3ft 9in	2/12/1978
high jump	Geoff Greenfield	3ft 9in	3/18/1979
high jump	Ivan Dupree	3ft 9in	3/18/1979
1 mile	Jesse Contario	6:05.9	3/21/1993
10 miles	Benjamin Webster	1:30:34	7/4/1985
100m	Dan Grace	14.4	8/4/1979
10km road	Jesse Contario	46:09.0	3/7/1993
200m	Dan Grace	30.9	7/25/1979
220y	Joey Bollettieri	33.3	4/5/1978
3000m road	Teshale Kelly	13:19	5/3/2015
3000m	Jesse Contario	11:55.7	3/20/1993
300m	Jordan Lester	50.8	1/13/1996
400m	Stephen Younis	77.1	7/18/1979
600m	Jesse Contario	2:06.0	2/21/1993
880y	Matt Riordan	2:50.5	2/15/1975
1000m	Jesse Contario	3:42.9	1/23/1993
1500m	Jesse Contario	5:40.4	2/7/1993
40y	Jeff Hernden	5.2	7/18/1979
50m	Jordan Lester	7.7	6/19/1995
50m HH	Matt Jackson	14.6	3/25/1984
50y	Alton Finch	7.5	8/16/1978
55m	Jamal Johnson	8.0	2/11/2000
5km road	Dan Whitmore	20:34	10/6/1996
60m	Garrett Clarke	9.93	2/6/2005
55m HH	Augustine Panek	13.4	2/1/2015
60m HH	Augustine Panek	15.77	1/25/2015
discus 1kg	Eric Butler	52-9	7/51/81
long jump	John Riordan	13-0	2/4/1979
shot put 6lb	Eric Butler	21-5	8/5/1981
shot put 8lb	Chris Larmondra	17-6 1/2	12/18/1988
indoor pentathlon	Augustine Panek	239	1/25/2015

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