

## 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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