

Syracuse Chargers Records for M6569

high jump	Ed Lukens	4ft 8in	1/18/1987
high jump	Ed Lukens	4ft 8in	8/4/1990
outdoor pentathlon	Tim Collins	2757	7/28/2007
1 mile	Ed Stabler	5:40.6	1/21/1995
10 miles road	Howard Rubin	1:07:28	9/19/1993
1000m	Sam Graceffo	3:41.0	1/5/2002
100m	Ed Cox	13.0	7/2/1994
100m HH	Ed Lukens	18.3	7/12/1992
10km road	George Luke	41:46.0	5/25/2008
10km track	Nate White	42:52.1	8/16/1994
10km walk road	Luigi Lombardi	1:40:32	8/1/2004
110m HH	Ed Lukens	18.51	8/4/1990
1500m	Ed Stabler	5:19.6	11/11/1994
1500m walk	Bob Nicholson	9:42.18	7/14/2015
5km walk road	Bob Nicholson	33:06	6/16/2016
15km road	Ed Stabler	1:00:13.0	11/13/1994
15km track	Tom Walnut	70:52.1	2/28/1991
2 miles	Kermit Caddrette	14:55.1	3/13/2008
2000m	Sam Graceffo	7:49.3	3/16/2003
200m	Ed Cox	27.6	6/26/1994
20km	Howard Rubin	1:25:23	8/7/1983
25km road	Ray Deschambeault	2:05:17	9/4/1981
3000m road	Tim Collins	14:21	5/3/2009
3000m	Ed Stabler	11:10.0	1/3/1994
3000m walk	Roy Bragger	20:52.4	2/13/1999
300m	Howard MacMillan	50.2	12/24/1991
300m IH	Ray Panek Sr.	1:22.3	6/18/2016
30km road	Howard Rubin	2:19:12	4/2/1995
400m	Fred Schlereth	62.94	8/1/1998
440y	Howard MacMillan	74.0	7/6/1993
45m	Howard MacMillan	7.1	12/29/1991
5 miles road	Howard Rubin	33:13.0	6/17/1995
500m	Howard MacMillan	1:39.0	3/10/1996
50km track	Don Brown	6:44:22	6/30/1984
50m	Ed Lukens	7.3	2/28/1987
50m	Ed Lukens	7.3	3/22/1987
50m HH	Ed Lukens	8.4	3/22/1987
55m	Ed Cox	7.6	3/5/1994
55m HH	Ed Lukens	9.5	1/15/1989
5km road	John Rastani	19:30	10/20/1985
5km track	Howard Rubin	20:13.8	7/25/1993
5km walk road	Bob Nicholson	34:09	7/15/2015
600m	Sam Graceffo	2:05.1	12/8/2002

60m	Ed Cox	8.58	3/21/1993
60m HH	Ed Lukens	10.14	1/15/1989
60m HH	Ed Lukens	10.14	4/2/1989
60y HH	Ed Lukens	9.48	3/29/1987
800m	John Allen	2:35.9	2/20/2005
8km track	Tom Walnut	38:13.0	1/8/1993
discus 1.6kg	Elmer Shaw	97-1 1/2	10/21/1984
discus 1kg	Harry Schwarze	128-8	7/29/2005
discus 2kg	Elmer Shaw	84-10 3/4	10/21/1984
half marathon	Ed Stabler	1:29:48	8/11/1994
hammer 16lb	Elmer Shaw	96-4	7/13/1983
hammer 5kg	Elmer Shaw	126-0	7/19/1986
hammer 8lb	Elmer Shaw	146-8	4/21/1985
javelin 800g	Ed Lukens	128-3 1/4	8/2/1987
long jump	Ed Lukens	17-4 1/2	3/22/1987
marathon	Ed Stabler	3:09:24	10/1/1994
pole vault	David Rider	8ft	4/6/1996
shot put 12lb	Elmer Shaw	32-5 3/4	10/20/1984
shot put 16lb	Gary Crawford	28-1 1/2	12/31/2006
shot put 4kg	Elmer Shaw	41-11 1/2	4/25/1987
shot put 5kg	Elmer Shaw	38-9	1/5/1985
throw-a-thon	Elmer Shaw	9526	10/21/1984
triple jump	Ed Lukens	35-7 1/2	3/15/1987
weight throw 20lb	Elmer Shaw	46-1	1/19/1986
weight throw 25lb	Elmer Shaw	41-7 1/2	5/4/1985
weight throw 35lb	Gary Crawford	28-6	3/13/2008
weight pentathlon	Elmer Shaw	3650	5/26/1985
weight throw 44lb	Gary Crawford	20-4 3/4	7/21/2007
weight throw 56lb	Gary Crawford	16-10 1/2	7/17/2006

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