

## Syracuse Chargers Records for M7074

high jump	Ed Lukens	4ft 4in	3/22/1992
indoor pentathlon	Tim Collins	2860	1/26/2014
1 mile	Ray Kneer	6:37.3	3/1/2015
10 miles	Ray Kneer	1:16:30	7/4/2013
1000m	Wally McRae	3:58.8	1/12/2003
100m	Robert Bruce	14.0	5/11/1999
100m HH	Ed Lukens	15.1	7/5/1992
10km road	Nate White	44:18.0	9/23/1989
10km track	Nate White	45:45.0	7/30/1989
10km walk road	Jim Brown	1:12:05	5/28/1995
12km	Howard Rubin	1:01:46	2/26/2000
1500m	Charles Jorgensen	6:00.0	3/22/1987
1500m walk	Bob Nicholson	9:58.1	6/17/2017
15km road	Ray Kneer	1:07:26	10/12/2014
15km track	Tom Walnut	17:11.2	2/23/1996
2 miles	Ray Kneer	14:23	2/8/2015
2000m	Wally McRae	8:38.4	3/16/2003
200m	Howard MacMillan	28.24	3/9/1997
20km	Howard Rubin	1:38:54	8/1/1998
20km walk road	Jim Brown	2:35:49	7/16/1995
3000m	Nate White	12:47.7	3/22/1990
3000m steeple	Don Baum	15:01.6	7/25/2008
300m	Howard MacMillan	49.8	3/15/1997
30km road	Howard Rubin	3:09:07	11/23/2002
400m	Fritz Schlereth	69.32	7/26/2003
45m	Howard MacMillan	7.0	2/24/1997
5 miles road	Ray Kneer	35:21.0	9/8/2013
500m	Ray Deschambault	1:58.7	3/27/1988
55m	Ed Cox	8.0	12/20/1997
55m HH	Ed Lukens	9.1	1/22/1994
5km road	Ray Kneer	21:31	8/3/2013
5km track	Ray Kneer	21:26	1/11/2015
5km walk road	Bob Nicholson	33:39	6/15/2017
600m	Howard MacMillan	2:06.7	2/9/1997
60m	Howard MacMillan	9.05	3/22/1997
60m HH	Ed Lukens	10.24	3/17/1996
800m	Fritz Schlereth	2:56.5	7/25/2003
80m HH	Ed Lukens	14.2	8/6/1994
8km track	Nate White	37:59.7	1/8/1993
discus	Elmer Shaw	125-0	8/6/1988
half marathon	Ray Kneer	1:43:14	8/6/2012
hammer 4kg	Elmer Shaw	129-6	6/18/1988
hammer 8lb	Elmer Shaw	135-11	6/25/1988

javelin	Ed Lukens	112-5 1/2	7/5/1992
long jump	Ed Lukens	15-3 1/2	3/21/1993
marathon	Kermit Cadrette	3:53:51	10/11/2009
pole vault	David Rider	7ft 6in	5/13/2000
shot put 12lb	Elmer Shaw	35-0	10/25/1987
shot put 16lb	Elmer Shaw	23-5 1/4	2/17/1989
shot put 4kg	Elmer Shaw	41-7 1/2	1/22/1989
shot put 5kg	Elmer Shaw	36-9 3/4	3/25/1990
triple jump	Ed Lukens	32-8 1/2	2/7/1993
triple jump	Ed Lukens	32-8 1/2	3/20/1993
weight pentathlon	Elmer Shaw	4183	7/12/1987
weight throw 25lb	Elmer Shaw	39-11	10/25/1987
weight throw 35lb	Chuck Yost	17-7 1/4	3/20/2005
weight throw 56lb	Elmer Shaw	16-9 1/2	4/30/1988

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