

Syracuse Chargers Records for M7579

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|-------------------|----------------------|-----------|------------|
| discus 1kg | Sid Zecher | 103-8 1/2 | 6/20/1998 |
| high jump | Ed Lukens | 4ft 3in | 8/1999 |
| indoor pentathlon | Ed Lukens | 2724 | 3/25/2000 |
| 1 mile | Nate White | 7:01.6 | 1/21/1995 |
| 10 miles | Nate White | 1:23:50 | 4/9/1995 |
| 1000m | Nate White | 4:25.4 | 1/22/1995 |
| 1000y | Charles Hackenheimer | 4:11.8 | 3/24/1985 |
| 100m | Ed Cox | 14.7 | 6/29/2003 |
| 100m | Ed Cox | 14.83 | 7/26/2003 |
| 10km road | Charles Hackenheimer | 45:43.2 | 6/26/1982 |
| 10km track | Charles Hackenheimer | 46:10.8 | 8/13/1982 |
| 110m HH | Ed Lukens | 15.46 | 7/1997 |
| 1500m | Charles Hackenheimer | 6:20.5 | 2/27/1983 |
| 1500m walk | Howard MacMillan | 11:35.0 | 8/5/2001 |
| 15km road | Ray Kneer | 1:11:33 | 3/26/2017 |
| 15km track | Russell More | 1:26:40.1 | 2/21/1997 |
| 2 miles | Charles Hackenheimer | 15:50.0 | 3/24/1985 |
| 2000m | Charles Hackenheimer | 9:17.4 | 2/2/1985 |
| 2000m | Nate White | 9:17.4 | 3/18/1995 |
| 200m | Ed Cox | 31.4 | 6/29/2003 |
| 200m | Robert Bruce | 31.48 | 8/1/2004 |
| 3000m | Charles Hackenheimer | 13:18.9 | 8/1/1982 |
| 3000m road | Jerry Bisson | 16:37 | 5/4/2008 |
| 3000m walk | Roy Bragger | 21:19.3 | 1/16/2005 |
| 300m | Howard MacMillan | 59.0 | 8/5/2001 |
| 400m | Fritz Schlereth | 1:19.8 | 6/11/2010 |
| 5 miles road | Charles Hackenheimer | 37:02.0 | 9/22/1982 |
| 50km road | Joe Familo | 9:30:59 | 11/21/1999 |
| 55m | Ed Cox | 8.4 | 3/8/2003 |
| 55m | Ed Cox | 8.4 | 2/13/2005 |
| 55m HH | Ed Lukens | 10.0 | 3/15/1997 |
| 55m HH | Ed Lukens | 10.0 | 1/24/1998 |
| 5km road | Ray Kneer | 22:43 | 4/27/2017 |
| 5km track | Charles Hackenheimer | 22:16.4 | 8/14/1982 |
| 5km walk road | Kermit Cadrette | 40:05.0 | 6/16/2013 |
| 600m | Russell More | 2:46.1 | 3/15/1997 |
| 60m | Ed Cox | 9.41 | 3/29/2003 |
| 60m HH | Ed Lukens | 11.05 | 3/28/1998 |
| 800m | Nate White | 3:19.3 | 12/30/1994 |
| 80m HH | Ed Lukens | 15.1 | 8/2/1997 |
| 8km track | Sam Graceffo | 44:54.1 | 1/27/2012 |
| half marathon | Howard Rubin | 2:12:43 | 1/18/2004 |
| hammer 4kg | Gary Crawford | 82-10 | 6/17/2016 |

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|-------------------|-----------------|----------|------------|
| javelin 500g | Ed Lukens | 96-1 1/2 | 7/28/2000 |
| long jump | Ed Lukens | 14-3 1/2 | 1/24/1998 |
| marathon | Kermit Cadrette | 5:08:24 | 10/13/2014 |
| pole vault | Ed Lukens | 7-2 1/2 | 8/6/1999 |
| shot put 4kg | Chuck Yost | 32-8 | 6/12/2010 |
| triple jump | Ed Lukens | 31-4 | 8/2/1997 |
| weight throw 16lb | Gary Crawford | 30-6 1/2 | 1/31/2016 |
| weight throw 35lb | Gary Crawford | 17-5 1/4 | 1/31/2016 |

27 Jun 2018