

# State College Area High School Boys Track & Field All-Time Top Performance List

Top 15 performances in each event (Indoor and Outdoor combined), including ties. Some exceptions in relays.

\* Record converted from English to Metric.

## Coaches:

Artie Gilkes (2018-Present)

Steve Shisler

Rusty McCrea

Nabil Mark

Ryan Long

Bob Baumbach

Jackson Horner

This document will constantly be updated with new information.

A 'Verified Mark' is one that has documentation supporting the performance, year, and competition in which the record was set.

We are working to verify every mark on this list and add any that were missed for historical preservation.

If you have any information to help boost the credibility of this content, please share with Coach Gilkes ([asg17@scasd.org](mailto:asg17@scasd.org)).

**Last updated 7/14/2022**

<b>100m (Top FAT Times)</b>					
	<b>Name</b>	<b>Distance</b>	<b>Year</b>	<b>Competition</b>	<b>Verified</b>
1	Alex Kenney	10.63	2010	PIAA D6 Champs (1st)	✓
2	Cohen Russell	10.70	2018	PIAA State Champs (2nd)	✓
3	Tristan Daman	10.77	2016	WCC (1st)	✓
4	Eniayo Ogunranti	10.81	2021	Ship Invite (1 <sup>st</sup> )	✓
5	Carson Franks	11.00	2021	PIAA D6 Champs (2nd)	✓
6	Ron Dickerson	11.07	1988	PIAA State Champs (7th)	✓
7	Luke Knipe	11.10	2018	Central Dauphin Dual (2nd)	✓
8	Sam Knipe	11.11	2019	Ship Invite	✓
9	Rick Williamson	11.11	2000	Ship Invite	✓
10	Larry Johnson	11.14	1997	PIAA State Champs Trials	✓
11	Ryan Lindenberg	11.16	2022	Chambersburg Dual (1 <sup>st</sup> )	✓
12	Phil Hartman	11.19	2008	WCC (4th)	✓
	Nolan Markowski	11.19	2022	Ship Invite (10 <sup>th</sup> )	✓
14	Mike Gahagan	11.22	1995	Ship Invite (2nd)	✓
15	Lokey Howell	11.24	2019	CD East @ State College	✓
<b>100m (Top HAND Times)*retired</b>					
	<b>Name</b>	<b>Distance</b>	<b>Year</b>	<b>Competition</b>	<b>Verified</b>
1	Alex Kenney	10.5	2008	Indian Valley Dual (1st)	✓
2	Ron Dickerson	10.6	1989	Dubois Dual (1st)	✓
	Tristan Daman	10.6	2016	Cumberland Valley Dual (1st)	✓
4	Cohen Russell	10.7	2018	Cumberland Valley Dual (1st)	✓
5	Mike Gahagan	10.8	1995	PIAA D6 Champs (1st)	✓
	Keaton Ellis	10.8	2017	Carlisle Dual (3rd)	✓
7	Scott Lewis	10.9	1981	SC Invite (3rd)	✓
	Derik Ferrell	10.9	1989	SC Invite (1st)	✓
	Duane Reeves	10.9	1996	Altoona Dual (1st)	✓
	Tony Johnson	10.9	2000		
	Phil Hartman	10.9	2008	Indian Valley Dual (3rd)	✓
12	Dick Griffin	11.0*	1965	100yd Converted	
	Tom Szeliga	11.0*	1971	100yd Converted	
	Tom Navalo	11.0	1986	Altoona/Johnstown Tri (1st)	✓
	Rick Williamson	11.0	1998	Hollidaysburg Dual (1st)	✓

\* English converted to Metric (100yd to 100m)

200m (Top FAT Times)					
	Name	Distance	Year	Competition	Verified
1	Alex Kenney	21.42	2010	WCC (1st)	✓
2	Eniayo Ogunranti	21.92	2021	Cumberland Valley @ State College (1 <sup>st</sup> )	✓
3	Alex Shisler	21.94	2012	WCC (1st)	✓
4	Ron Dickerson	21.95	1989	PA Track Classic (1st)	✓
5	Carson Franks	22.16	2021	PIAA State Champs (9th)	✓
6	Tristan Daman	22.21	2016	Ship Invite (3rd)	✓
7	Ryan Lindenberg	22.30	2022	PIAA D6 Champs (1 <sup>st</sup> )	✓
8	Rick Williamson	22.40	2000	PTFCA States (4th)	✓
9	Noah Woods	22.54	2015	PIAA D6 Champs (2nd)	✓
10	Duane Reeves	22.57	1995	PIAA State Champs (?)	✓
11	Tom Mihalik	22.59	2007	PIAA D6 Champs (2nd)	✓
	Gilly Motta	22.59	2010	PIAA D6 Champs (4th)	✓
13	Tristan Daman	22.68	2016	PTFCA State Champs (15th)	✓
14	Cohen Russell	22.70	2018	Kevin Dare (7th)	✓
15	Nolan Markowski	22.71	2021	Mid-Penn Champs (8th)	✓
200m (Top HAND Times)*retired					
	Name	Time	Year	Competition	Verified
1	Alex Kenney	21.4	2007	IndVal/BEA Dual (1st)	✓
2	Ron Dickerson	21.6	1988	PIAA D6 Champs (1st)	✓
3	Tom Szeliga	21.9*	1971	220 time = 22.0	
	Scott Lewis	21.9	1981	Mansfield	✓
5	Bob Cherrington	22.0*	1969	220 time = 22.1	
6	Bruce Carruthers	22.1*	1952	220 time = 22.2	
	Dick Hassinger	22.1*	1955	220 time = 22.2	
	Alex Shisler	22.1	2012	Mifflin County Dual (1st)	✓
	Ebrahim Britton	22.1	2013	SC Invite #2 (1st)	✓
9	Paul Mueller	22.2*	1962	220 time = 22.3	
	Tom Navalo	22.2	1986	22.4?	
	Mike Gahagan	22.2	1995	Igloo Invite (1st)	✓
	Duane Reeves	22.2	1996	WCC (1st)	✓
13	Dave Whitmarsh	22.3	1964	220 time = 22.4	
	Antwon Warden	22.3	1983	Williamsport Dual (1st)	✓
	Noah Woods	22.3	2015	Chambersburg Dual (1st)	✓

\* Converted from English to Metric (220yd to 200m)

400m					
	Name	Distance	Year	Competition	Verified
1	Alex Shisler	48.49	2012	PIAA D6 Champs (1st)	✓
2	Noah Woods	48.95	2016	PIAA State Champs (9th)	✓
3	Jerry Miller	48.9*	1965		
4	Sean Adams	49.49	2022	CD East Dual (1 <sup>st</sup> )	✓
5	Vinny Hood	49.52	2003	PIAA D6 Champs (1st)	✓
6	Mason Post	49.54	2014	Mid Penn Champs (2nd)	✓
7	Randy Moore	49.6	1980	WCC (1st)	✓
8	Noah Oesterling	49.89	2016	PIAA D6 Champs (2nd)	✓
9	Chris Mills	49.7	1984	Altoona Dual (1st)	✓
	Ron Dickerson	49.7	1988	Harrisburg Dual (1st)	✓
11	Paul Mueller	49.9*	1962		
	Eben Frederick	49.9	1997	Dubois Dual (1st)	✓
13	Ryan Lindenberg	50.22	2022	SC Invite # 3 (1 <sup>st</sup> )	✓
14	Zach DeCarmin	50.23	2019	SC Invite # 3 (1st)	✓
15	Jon Ferlez	50.27	2007	PIAA D6 Champs (2nd)	✓

\* Converted from English to Metric (440yd to 400m)

800m					
	Name	Time	Year	Competition	Verified
1	Sean Adams	1:52.02	2022	Mid-Penn Champs (1 <sup>st</sup> )	✓
2	Chris Mills	1:52.28	1984	PIAA State Champs (2nd)	✓
3	Gary Black	1:52.6*	1978	PIAA State Champs (3rd)	✓
4	Randy Moore	1:53.2	1980	Mansfield Relays (1st)	✓
5	Nick Feffer	1:53.50	2016	PIAA State Champs (4th)	✓
6	Brady Bigger	1:53.75	2021	Cumberland Valley @ SC (1 <sup>st</sup> )	✓
7	Will Cather	1:54.04	2014	WCC (1st)	✓
8	Anthony Degleris	1:54.17	2016	PIAA State Champs (8th)	✓
9	Steve Gentry	1:54.1*	1965	PIAA State Champs (2nd)	✓
10	Alex Milligan	1:54.79	2016	Mid Penn Champs (1st)	✓
11	Bob Hudson	1:54.7	1981	WCC (1st)	✓
12	Jerry Miller	1:55.1*	1965		
13	Tom Shiffer	1:55.3	1982		
14	David Adewumi	1:55.73	2004	PIAA State Champs (9th)	✓
15	Steve Gross	1:55.81	1997	PIAA State Champs (7 <sup>th</sup> )- Prelims	✓

\* Converted from English to Metric (880yd to 800m)

1600m					
	Name	Time	Year	Competition	Verified
1	Alex Milligan	4:10.17	2016	PIAA State Champs (1st)	✓
2	Gary Black	4:10.7*	1978	PIAA State Champs (1st)	✓
3	Steve Gentry	4:10.8*	1965	PIAA State Champs (1st)	✓
4	Dave Felice	4:13.2*	1976	PIAA State Champs (1st) - Mile	✓
5	Bob Hudson	4:13.79	1981	PIAA State Champs (2nd)	✓
6	Owen Wing	4:14.68	2017	PIAA State Champs (7th)	✓
7	Jay Harding	4:15.68	2004	PIAA State Champs (5th)	✓
8	Ken Frazier	4:15.57	1984	PIAA State Champs (4th)	✓
9	Steve Gross	4:16.54	1997	PIAA State Champs (4th)	✓
10	Brady Bigger	4:16.62	2021	Shipp Invite (1 <sup>st</sup> )	✓
11	Will Cather	4:16.71	2014	Mid Penn Champs (1st)	✓
12	Nick Sloff	4:17.50	2022	PIAA State Champs (13 <sup>th</sup> )	✓
13	Eric Holmboe	4:17.6*	1977		
14	Nick Kello	4:18.2	1981	WCC (1st)	✓
15	Nick Feffer	4:18.47	2017	Ship Invite (2nd)	✓

\* Converted from English to Metric (Mile to 1600m)

3200m					
	Name	Time	Year	Competition	Verified
1	Eric Holmboe	9:08.2*	1976	PIAA State Champs (1st) - 9:11.4 (2-Mile)	✓
2	Dave Felice	9:11.3*	1976		9:12.1?
3	Matt Colton	9:12.10	1983	PIAA State Champs (3rd)	✓
4	Steve Detuerk	9:16.8	1982		
5	Dan Draper	9:17.14	1980	PIAA State Champs (3rd)	✓
6	Brady Bigger	9:18.43	2021	Bruce Dallas Invite (1 <sup>st</sup> )	✓
7	Drew Sanders	9:19.67	1988	PIAA State Champs (1st)	✓
8	Nick Kello	9:19.8*	1981		✓
9	Charles Endress	9:23.75	2022	Ship Invite (7th)	✓
10	Steve Gentry	9:24.8*	1965		✓
11	Will Cather	9:25.65	2014	Ship Invite (3rd)	✓
12	Trent Dinant	9:26.14	2022	Ship Invite (8th)	✓
13	Alex Milligan	9:26.30	2016	Ship Invite (1st)	✓
14	Mitchell Etter	9:27.65	2017	Ship Invite (2nd)	✓
15	John Coyle	9:31.2*	1979		

\* Converted from English to Metric (2-Mile to 3200m)

<b>110mHH (FAT Times ONLY)</b>					
	<b>Name</b>	<b>Time</b>	<b>Year</b>	<b>Competition</b>	<b>Verified</b>
1	Rick Kleban	14.43	1981	Ship Invite (1st)	✓
2	Lokey Howell	14.53	2019	PIAA D6 Champs (1 <sup>st</sup> )	✓
3	Chase Longenecker	14.56	2018	Mid Penn Champs (2nd)	✓
4	Steven Ellis	14.61	2010	PIAA State Champs (6th)	✓
5	Dan Collins	14.92	2012	WCC (1st)	✓
6	Mike Falk	15.03	1983	PIAA State Champs (8th)	✓
7	Jon Rumbaugh	15.04	2007	Igloo Invite (1st)	✓
8	Nabil Mark	15.15	1990	Ship Invite (4th)	✓
9	Emmanuel Boneza	15.33	2002	PIAA D6 Champs (3rd)	✓
10	Pat O'Brien	15.48	2007	PIAA State Champs (4th)	✓
11	Trevor Smith	15.50	2003	PIAA D6 Champs (2nd)	✓
12	Alex Banerjee	15.68	2014	Mid Penn Champs (5th)	✓
13	Ryan Blood	15.70	1998	Ship Invite (3rd)	✓
14	Tony Drain	15.72	2008	SVC Champs(6th)	✓
15	John Sicree	15.75	2022	PIAA D6 Champs (1 <sup>st</sup> )	✓
<b>110mHH (Top HAND Times)*retired</b>					
	<b>Name</b>	<b>Time</b>	<b>Year</b>	<b>Competition</b>	<b>Verified</b>
1	Carl Granlund	14.7	1976	120? Converted?	
	Mike Shepard	14.7	1977	120? Converted?	
	Rick Kleban	14.7	1981	Mansfield	✓
	Mike Falk	14.7	1983		
	Steven Ellis	14.7	2010	Punxsutawney Dual (1st)	✓
6	Nabil Mark	14.9	1990	Altoona Dual (1st)	✓
7	Dick Ford	15.0	1964	120? Converted?	
8	Doug Edmunds	15.1	1985	WCC	✓
	Chase Longenecker	15.1	2018	Cumberland Valley Dual (1st)	✓
10	Wally Pledger	15.2	1973	120? Converted?	
	Dan Eyster	15.2	1979	Nittany Lion Relays (2nd)	✓
	Brian Rutter	15.2	1999		
	Jon Rumbaugh	15.2	2006	Punxsutawney Dual (1st)	✓
14	Jim French	15.3	1977	120? Converted?	
	DaNean Williams	15.3	1989	PIAA D6 Champs (1st)	✓
	Kirk Miller	15.3	1994	PIAA D6 Champs (1st)	✓
	Emmanuel Boneza	15.3	2002		



**300mIH**

	Name	Time	Year	Competition	Verified
1	Jonathan Smith	38.73	2014	Ship Invite (2nd)	✓
2	Zach DeCarmine	38.79	2019	Ship Invite (1st)	✓
3	Brian Rutter	39.01	1999		
4	Dan Collins	39.03	2012	PIAA State Champs (11th)	✓
5	Pat O'Brien	39.07	2007	PIAA D6 Champs (1st)	✓
6	Ryan Lindenberg	39.19	2022	Ship Invite (3 <sup>rd</sup> )	✓
7	Steven Ellis	39.31	2010	PIAA D6 Champs (2nd)	✓
8	Nabil Mark	39.3	1991	PIAA D6 Champs (2nd)	✓
9	DaNean Williams	39.7	1989	PIAA D6 Champs (1st)	✓
	Mike Shepherd	39.7	1977	330yd? 39.8?	
11	Kirk Miller	39.8	1994	PIAA D6 Champs (1st)	✓
12	Stan Hamilton	40.13	2019	PIAA D6 Champs (2nd)	✓
13	Mike Falk	40.1	1983		
14	Jon Rumbaugh	40.37	2005	PIAA D6 Champs (1st)	✓
15	Ben Jellison	40.2	1992	WCC (1st)	✓

## Long Jump

	Name	Distance	Year	Competition	Verified
1	Ron Dickerson	25-4.5	1988	PIAA State Champs (2nd)	✓
2	Lance Hamilton	23-8.75	2018	PIAA D6 Champs (1st)	✓
3	Mike Gahagan	23-6.5	1995	Altoona Dual (1st)	✓
4	Luke Knipe	23-6	2019	Bruce Dallas Invite (1st)	✓
5	Jake Hefkin	23-4.5	2019	SC Invite # 3 (1st)	✓
6	Kellin Valentine	23-1.75	2016	PTFCA Carnival (1st)	✓
7	Duane Reeves	22-10	1996	PIAA D6 Champs (1st)	✓
	Bryce Williams	22-10	2014	PIAA D6 Champs (1st)	✓
9	Antwon Warden	22-6	1983		
10	DK Osseo-Asare	22-4.25	1998	PIAA D6 Champs (1st)	✓
11	Roger Maurer	22-2.75	1936	PIAA State Champs (1st)	✓
	Stan Hamilton	22-2.75	2019	Susquehanna Classic (2nd)	✓
13	Russ Nesbitt	22-2	1979		
	Ben Jellison	22-2	1992	PSU Invite	✓
15	Nabil Mark	22-0.5	1991	PIAA D6 Champs (2nd)	✓

<b>Triple Jump</b>					
	<b>Name</b>	<b>Distance</b>	<b>Year</b>	<b>Competition</b>	<b>Verified</b>
1	Lance Hamilton	49-8.5	2019	PIAA D6 Champs (1st)	✓
2	Ron Dickerson	48-10.25	1989	PIAA State Champs (1st)	✓
3	Bryce Williams	48-7.5	2014	PIAA D6 Champs (1st)	✓
4	Stan Hamilton	48-3.25	2019	PTFCA Champs (1st)	✓
5	Kellin Valentine	47-3	2014	Mid Penn Champs (3rd)	✓
6	Brandon Clark	46-6.25	2017	PIAA D6 Champs (1st)	✓
7	Ashton Baker	46-5	2009	PIAA D6 Champs (1st)	✓
8	Antwon Warden	46-0.5	1983		
9	John Pressler	45-11	1991	Eastern States	✓
10	Joey Wagner	45-7.75	2010	PIAA D6 Champs (1st)	✓
11	Jake Hefkin	45-7.5	2019	PIAA D6 Champs (3rd)	✓
12	Tom Shade	45-1.75	1967	1965?	
13	Carl Granlund	44-8.75	1976		
14	Sean King	44-3.5	2013	PIAA D6 Champs (3rd)	✓
15	Alex Kenney	44-3	2007	PIAA D6 Champs (3rd)	✓
<b>1*</b>	<b>Lance Hamilton</b>	<b>51-0.25</b>	<b>2019</b>	<b>NB Outdoor Nationals(2<sup>nd</sup>)</b>	<b>✓</b>

## High Jump

	Name	Height	Year	Competition	Verified
1	Conrad Moore	6-10	2021	Mid Penn Champs (1st)	✓
2	Jim French	6-8	1977	PIAA State Champs (3rd)	✓
	CJ Burman	6-8	2002		✓
4	John French	6-7.25	1976		✓
5	Wes Scala	6-7	2004	PIAA D6 Champs (1st)	✓
	Tanner Evak	6-7	2004		
7	Pat Kindlin	6-6.5	1983		
8	Ryan Blood	6-6	1998	PSU Invite (2nd)	✓
	Kellin Valentine	6-6	2016	Chambersburg Dual (1st)	✓
10	D.K. Osseo-Asare	6-5	1998	PTFCA State Champs (5th)	✓
11	Ron Jinks	6-4 5/8	1962	PIAA State Champs (1st) - 6-3.75	
12	Dave Shannon	6-4	1978		
	Darrin Ferrell	6-4	1986	Ship Invite (3rd)	✓
	Mike Seibel	6-4	1988		
	Rob Krimmel	6-4	1994	Williamsport Dual (1st)	✓
	Ken Krimmel	6-4	1998	Williamsport Dual (1st)	✓
	Joe Bevins	6-4	2004	6-3...D6 (3rd)	
	Stan Hamilton	6-4	2019	PTFCA State Champs(9th)	✓

## Pole Vault

	Name	Height	Year	Competition	Verified
1	Griffin Thompson	16-3	2016	PIAA State Champs (1st)	✓
2	Luke Knipe	16-0	2019	PIAA State Champs (1st)	✓
3	Kevin Dare	15-9	2000	PIAA D6 Champs (1st)	✓
4	Nabil Mark	15-6	1991		
5	Ian Dorefice	15-0.25	2022	PIAA D6 Champs (1st)	✓
6	Dave Myers	15-0	1991	PA Track Classic (1st)	✓
	David Wasson	15-0	2019	PIAA State Champs (6 <sup>th</sup> )	✓
8	Chad Manning	14-9	2007	PIAA D6 Champs (2nd)	✓
	Andrew Campolongo	14-9	2007	PIAA D6 Champs (2nd)	✓
10	Lucas Gray	14-8	2016	SC Invite #3 (1st)	✓
11	Austin Romberger	14-6	1997	Kutztown Invite (1st)	✓
12	Matt Monsell	14-3	1995	WCC (2nd)	✓
	Chuck Hamm	14-3	2000	PIAA D6 Champs (3rd)	✓
14	Pat Campolongo	14-1	2005	Indian Valley Dual	✓
	Patrick Osborne	14-1	2018	SC Invite #2 (2nd)	✓

## Shot Put

	Name	Distance	Year	Competition	Verified
1	Erik Ebel	57-1	2016	SC Invite #3 (1st)	✓
2	Matt Suhey	56-10.25	1975		
3	Mick Rehring	56-5.25	2004	PIAA State Champs (5th)	✓
4	Kyle Goss	56-2	1981	Ship Invite (1st)	✓
5	Galen Godbey	54-4	1964		
6	David Gordeuk	53-9.5	2012	PIAA D6 Champs (1st)	✓
7	Steve Suloff	53-5	1993	CR South Invite (1st)	✓
8	Clay Singletary	52-10	1974		
9	Segun Adewumi	52-4	2002	PTFCA State Champs (7th)	✓
10	Dick Maginnis	51-11	1979		
11	Dick Olsen	51-9	1963		
12	Hubert White	51-7.5	1964		
13	Roger Kauffman	51-6	1966		
14	Cory Eck	51-5	2006		
15	Jay Kisslak	51-3.5	1985	PTFCA State Champs	✓

## Discus

	Name	Distance	Year	Competition	Verified
1	David Gordeuk	172-5	2012	Punxsutawney Dual (1st)	✓
2	Mick Rehring	165-2	2004	PIAA D6 Champs (1st)	✓
3	Mitchell Maher	164-1	2022	CD East Dual (1 <sup>st</sup> )	✓
4	Kyle Goss	163-5	1981	Punxsutawney Dual (1st)	✓
5	Hubert White	162-0.5	1964		
6	Matt Suhey	161-2	1976		
7	Steve Suloff	160-0	1994	Igloo Invite (1st)	✓
8	Erik Ebel	159-2	2016	Carlisle Dual (1st)	✓
9	Titus Thompson	157-1	2019	Mid-Penn Champs (2nd)	✓
10	Galen Godbey	157-0	1965		
11	Ben Spencer	156-6	2022	Mifflin County Dual (1st)	✓
12	Andrew Miller	155-10	2016	Ship Invite (6th)	✓
13	Paul Kanagy	154-9	1974		
	Mitchell Maher	154-9	2021	PIAA D6 Champs (2nd)	✓
15	Jake Reeder	154-4	2009	Hollidaysburg Dual (1st)	✓

### Javelin (New Rules - 2002- Present)

	Name	Distance	Year	Competition	Verified
1	Kyle Hefkin	210-7	2010	WCC (2nd)	✓
2	Tanner Evak	191-9	2003	PIAA State Champs (5th)	✓
3	Erik Ebel	183-1	2016	PIAA State Champs (11th)	✓
4	Patrick Irwin	176-0	2014	WCC (3rd)	✓
5	Brady Hart	175-6	2005	PIAA D6 Champs (1st)	✓
6	Dan Siegel	167-4	2008	PIAA D6 Champs (3rd)	✓
7	Nate Pollock-Antos	165-10	2007	IndVal/BEA Tri (1st)	✓
8	Nate Haas	165-1	2022	PIAA D6 Champs (3rd)	✓
9	Kevin Suhey	164-6	2003	PA Track Classic (4th)	✓
10	Jake Reeder	163-11	2009	WCC (4th)	✓
11	Doug Manning	163-9	2004	Central Mt. Dual (1st)	✓
12	Dominic Mills	163-3	2010	WCC (4th)	✓
13	Mike Pechtold	162-1	2009	Ship Invite (6th)	✓
14	Titus Thompson	158-10	2017	WCC (1st)	✓
15	Alec Aspray	157-11	2014	Central Dauphin Dual (1st)	✓

### Javelin (OLD RULES - RETIRED)

	Name	Distance	Year	Competition	Verified
1	Eric Dare	215-9	1999		
2	Randy Hochberg	205-2	1976		
3	Jeff Hochberg	192-6	1977		
4	Mark Lucas	192-6	1978		
5	Charles Bradley	190-8	1965		
6	Mike Clancey	188-7	1964		
7	Kyle O'Brock	184-10	2001	PIAA D6 Champs (1st)	
8	Ralph Hook	184-2	1968		
9	Larry Suhey	182-5	1972		
10	Mike Sweitzer(or Da	177-0	1982	PIAA D6 Champs (1st)	✓
11	Mike Gahagan	175-10	1995	Hollidaysburg Dual (1st)	✓
12	Dave Peacock	173-9	1984	WCC (1st)	✓
13	Rick Brace	173-4	1972		
14	Dwayne Taylor	171-6	1962		
15	H. Donald Musser	167-0	1926	PIAA State Champs (1st)	✓
	Ken Law	165-1	1998	PIAA D6 Champs (5th)	✓



4x100 Relay					
	Time	Year	Competition	Names & Notes	Ver.
1	41.66	2018	PIAA District VI Championships	Cohen Russell, Luke Knipe, Sam Knipe, Isaiah Edwards 1st Place	✓
2	42.19	2021	PIAA District VI Championships	<b>Ryan Lindenberg, Carson Franks, Nolan Markowski, Eniayo Ogunranti</b> 1st Place	✓
3	42.51	2009	PIAA State Championships Trials	Dan Taylor, Gilly Motta, Ashton Baker, Alex Kenney 10th Place	✓
4	42.66	2015	Shippensburg Invitational	Tristan Daman, Maxwell Herbst, Noah Woods, Kellin Valentine 1st Place	✓
5	42.76	1989	PIAA State Championships Trials	Derik Ferrell, Denean Williams, Colby Lintner, Ron Dickerson 43.32 in finals (3rd Place)	✓
6	42.79	2008	PIAA District VI Championships	Phil Hartman, Emmitt Terrell, Moses Mbesha, Alex Kenney 2nd Place - 43.29 @ PIAA States (7th Place)	✓
7	42.83	2019	PIAA District VI Championships	Lokey Howell, Sam Knipe, Luke Knipe, Alex Hynoski 2 <sup>nd</sup> Place	✓
8	42.96	2007	PIAA District VI Championships	Tom Mihalik, Phil Hartman, Andrew Campolongo, Alex Kenney 2nd Place - 42.96 @ PIAA States (13th Place)	✓
9	43.01	2014	PIAA District VI Championships	Tristan Daman, Maxwell Herbst, Noah Woods, Kellin Valentine 2nd Place	✓
10	43.04	2016	Shippensburg Invitational	Kellin Valentine, Maxwell Herbst, Noah Woods, Tristan Daman 2nd Place	✓
11	42.8	1987	Colonial Relays	Kurt Merrill, Dan Tershak, Rich Whitmore, Ron Dickerson 7th Place	✓
12	43.35	2017	PIAA District VI Championships	Cohen Russell, Tanner Reed, Ben Oesterling, Keaton Ellis 3rd Place	✓
13	43.48	2010	West Central Coaches Invitational	Dan Taylor, Jereme Murray, Gilly Motta, Alex Kenney 1st Place	✓
14	43.4	1998	PIAA District VI Championships	Rick Williamson, DK Osseo-Asare, Jon Ganter, Ken Krimmel 2nd Place	✓
15	43.5	1988	PIAA District VI Championships	Ed Kotary, Colby Lintner, Derick Ferrell, Ron Dickerson 3rd Place	✓

16	43.6 43.69?	1995	PIAA District VI Championships	Duane Reeves, Mike Gahagan, Errol Bakker, Ryan Hayes FAT Conversion? - 1st Place	
17	43.9	2000	PA Track Classic	Mike Drenning, Rick Williamson, Kevin Dare, Tony Johnson 1st Place	
18	43.9	1986	CENPAC	Tom Navalo, Ron Dickerson, James Kiely, Todd Delallo 1st Place	✓
19	43.80	1979	PIAA State Championships Semis	Russ Nesbitt, Scott Lewis, Chris Falk, Bob Gold	✓
20	44.1	1981	PIAA District VI Championships	Scott Lewis, Rick Letterman, Scott Delallo, Mike Deglaris 3rd Place	✓
21	44.39	1980	PIAA State Championships Trials	Chris Falk, Rhodes, Kevin Todd, Scott Lewis	✓
22	44.3	1999		Tony Johnson, Eric Dare, Zack Blazer, Tim Riefel	✓

23	44.5	1984	PIAA District VI Championships	Steve Rosenberg, Tom Hammond, Pat Danneker, Eric Heiser 2nd Place	✓
24	44.5	2002	PIAA District VI Championships	Nate Campolongo, Brian Walls, Dave Zweig, Allen Clouser 3rd Place	
25	44.5	2012	Mifflin County Dual	Greg Kellar, Mason Post, Jon Smith, Dan Bonness 1st Place	✓
26	44.79	2011	Penn Relays Carnival	Jereme Murray, Mason Post, Alex Campolongo, Greg Kellar 208th Place - 44.82 @ Districts (2nd Place)	✓
27	44.6	1983	Punxsutawney Dual	Glenn Ray, Mike Falk, Mark Johnson, Scott Delallo 45.82 @ Ship (5th) - 1st Place	✓
28	44.6	1985	PIAA District VI Championships	2nd Place	✓
29	44.88	2013	PIAA District VI Championships	Kyle Margusity, Kellin Valetine, Sean King, Tristan Daman 3rd Place	✓
30	44.7	1994	West Central Coaches	Kirk Miller, Duane Reeves, Joe Ladrigo, Mike Gahagan 45.27 @ Penn Relays - 2nd Place	✓
31	44.99	1996	Shippensburg Invitational	Erroll Bakker, Mark Maclay, Mike Robison, Duane Reeves 3rd Place	✓
32	45.12	2003	PIAA District VI Championships	Nate Campolongo, Rob Albro, Blake Williams, Allen Clouser 3rd Place	✓

33	44.9	1991	PIAA District VI Championships	Ryan Paul, John Pressler, Ben Jellison, Dave Myers 44.9 @ Hollidaysburg Dual - 6th Place	✓
34	45.19	2006	PIAA District VI Championships	Woodward, Campolongo, LeClair, J. Thompson 3rd Place	✓
36	45.29	2005	PIAA District VI Championships	Tom Mihalik, Jon Ferlez, Brady Hart, Joe Bevins 5thPlace	✓

**4x400 Relay (Outdoors)**

<b>Time</b>	<b>Year</b>	<b>Competition</b>	<b>Names &amp; Notes</b>	<b>Ver.</b>
1	3:16.57	2016	PIAA State Championships Noah Oesterling, Tony Deglaris, Alex Milligan, Noah Woods 2nd Place	✓
2	3:20.09	2014	West Central Coaches Invitational Jonathan Smith, Kyle Adams, Mason Post, Will Cather 1st Place - 3:20.34 @ PIAA States (6th Place)	✓
3	3:21.58	2015	PIAA State Championships Trials Josh Rickley (51.78), Alex Milligan (51.03), Maxwell Herbst, (49.69), Noah Woods, (48.89) 10th Place	✓
4	3:22.12	2022	Penn Relays Carnival Ryan Lindenberg (50.3), Matt Staniar (50.7), John Sicree (52.53), Sean Adams (48.6) 1st Place Trial	✓
5	3:22.8	1929	W. Dunaway, H. Dale, C. McQuigg, K. England Converted from 4x440yd	
6	3:23.16	2021	Cumberland Valley Dual <b>Ryan Lindenberg (50.7), Sean Adams (49.1), Brady Bigger (50.7), Bennett Norton (52.7)</b> 2nd Place	✓
7	3:23.8	1982	PIAA District VI Championships Antwon Warden, Tom Shiffer, Bruce Heilman, Chris Mills 1st Place	✓
8	3:23.96*	2019	Kevin Dare Invitational Chase Longenecker, Stan Hamilton, Joe Messner, Zach DeCarmine 2nd Place	✓
9	3:23.9	1979	Bob Gold, Randy Moore, Jim Leslie, Brian Mount	
10	3:24.21	2012	Penn Relays Carnival Dan Collins (52.1), Will Cather (52.1), Paul Wright (51.2), Alex Shisler (48.7) 55th Place	✓
11	3:24.88	2018	Penn Relays Carnival Chase Longenecker, Brandon Clark, Joe Messner (51.19), Zach DeCarmine (50.21) 1st Place	✓
12	3:24.95	2019	PIAA District VI Championships Ryan Lindenberg, Marc Allerheiligen, Stan Hamilton, Zach DeCarmine 1st Place	✓
13	3:25.38	2010	West Central Coaches Invitational Steven Ellis, Alex Kenney, Dan Collins, Alex Shisler 1st Place	✓
14	3:25.1	1996	PIAA District VI Championships Mike Robison (53.0), Andrew Smith (52.6), John Pomeroy (50.9), Duane Reeves (49.2) 2nd Place	✓

15	3:25.2	1998	PIAA District VI Championships	Ken Krimmel (50.6), Jon Ganter (51.6), Eben Frederick (51.5), Steve Gross (51.0) 2nd Place	✓
16	3:25.74	2007	Penn Relays Carnival	Pat O'Brien (52.77), Jon Rumbaugh (51.09), Mike Ferlez (51.22), Jon Ferlez (50.96) 1st in Heat	✓
17	3:25.7	2013	Chambersburg Dual	Jon Smith (52.0), Kyle Adams (51.8), Mason Post (51.8), Will Cather (49.9) 1st Place	✓
18	3:26.0	1987	PIAA District VI Championships	Ron Dickerson (50.8), Mike Clark (52.9), Dan Tershak (52.5), Pete Eberhart (49.8) 2nd Place	✓

19	3:26.33	2017	Mid Penn Championships	Ben Oesterling, Chase Longenecker, Joey Feffer, Nick Feffer 3rd Place	✓
20	3:26.40	2009	PIAA District VI Championships	Gilly Motta (51.9), Ben Rivera (52.6), Matt Thorwart (52.6), Alex Kenney (49.1) 2nd Place	✓
21	3:26.3	1965		Steve Gentry, Dan Guss, Jack Walmer, Jerry Miller	
22	3:26.6	1980	Chambersburg	Bob Hudson (52.0), Jim Leslie (51.9), Tom Shiffer (53.0), Randy Moore (49.5) 1st Place	✓
23	3:26.94	2011	Penn Relays Carnival	Dan Collins (52.23), Abraham Duplaa (53.53), Doug Jordan (51.15), Alex Shisler (50.04)	✓
24	3:26.7	1986	Penn Relays Carnival	Todd Delallo (52.2), Peter Eberhart (52.4), Darin Ferrel (52.2), Tom Navalo (49.6) 1st in Heat	✓
25	3:26.9	1977		Brian Mount, Jeff Coppola, Eric Holmboe, Gary Black	
26	3:27.08	2005	West Central Coaches	Brandon Eck, David Hopey, Peter Wandell, David Adewumi 1st Place	✓
27	3:27.5	1989	PIAA District VI Championships	Matt Davis (52.8), Ben Webster (52.5), Jason Lynch (51.8), Colby Lintner (50.3) 1st Place	✓
28	3:27.7	1994	Little Lion Relays	Joe Ladrado (52.5), John Pomeroy (52.5), Craig Hettche (52.0), Rob Krimmel (50.7) 1st Place	✓
29	3:27.8	1983	Igloo Invitational	Antwon Warden (50.8), Mike Falk (53.4), Kevin Cozzi (52.4), Chris Mills (51.1) 1st Place	✓
30	3:28.1	1981	PIAA District VI Championships	Rick Letterman, Bob Eyster, Scott Delallo, Tom Shiffer 3rd Place	✓
31	3:28.5 Faster?	1988	Little Lion Relays		2nd Place ✓
32	3:28.8	2000	Colonial Relays	Mike Fullington (50.7), Tony Johnson (53.2), Rick Willaimson (51.7), Mike Gabrielle (53.5)	✓
33	3:29.10	2008	PIAA District VI Championships		2nd Place ✓
34	3:29.0	1958		Dan Humell, Dick O'Connell, Howard Spencer, Frank Peikert	

35	3:29.0	1978		Brian Mount, Jeff Coppola, Dan Eyster, Gary Black	
36	3:29.2	1974		Clay Singletary, Terry Weaver, Wilson, Karl Westby	
37	3:29.3	1990	Penn Relays Carnival	Nabil Mark (53.4), Ben Webster (51.6), Leif Steiner (52.1), Jason Lynch (52.0)	✓ 2nd in heat
38	3:29.4? Faster?	1984	Altoona Dual	Dave Wong, Johnston (52.4), Ken Frazier, Chris Mills	✓ 1st Place
39	3:29.6	2006	Punxsutawney Dual	Jon Rumbaugh, Matt Groves, Sean McGann, Peter Wandell	✓ 1st Place
40	3:29.9	1997	Williamsport Dual	Eben Frederick (53.6), DK Osseo-Asare (53.3), Dan Brumbaugh (51.6), Steve Gross (51.5)	✓ 2nd Place
40	3:30.73	2003	Penn Relays Carnival	David Adewumi (52.6), Tyler Smith (53.9), CJ Burman (52.9), Vinny Hood (51.1)	✓ 1st in Section



**4x800 Relay (Outdoors)**

<b>Time</b>	<b>Year</b>	<b>Competition</b>	<b>Names &amp; Notes</b>	<b>Ver.</b>	
1	7:37.25	2016	PIAA State Championships	Owen Wing, Nick Feffer, Anthony Degleris, Alex Milligan 1st Place	✓
2	7:41.42	2017	PIAA State Championships	Owen Wing, Chris DiPerna, Joey Feffer, Nick Feffer 2nd Place	✓
3	7:41.50	2015	PIAA State Championships	Eric Heatwole (1:55.9), Nick Feffer (1:54.7), Anthony Degleris (1:56.9), Alex Milligan (1:53.9) 3rd Place	✓
4	7:41.99	2014	PIAA State Championships	Chris Golembeski, Kyle Adams, Mason Post, Will Cather 1st Place	✓
5	7:42.2*	1969	Penn Relays Carnival	Dick Fortman (1:55.8), John Fulmer (1:55.9), Tim Hershberger (1:55.8), Chris Klotz (1:54.4) Converted from 4x880 - 1st Place (7:52.2 @ States 1st Place - 2-Mile)	✓
6	7:43.57	1981	PIAA State Championships	Jim Leslie, Nick Kello, Bob Hudson, Tom Shiffer 2nd Place	✓
7	7:45.36	2022	PIAA State Championships	Matt Staniar(1:58.6),Nick Sloff(1:56.55), Trent Dinant (1:58.92), Sean Adams (1:51.27) 1st Place	✓
8	7:46.53	2005	PIAA State Championships	David Hopey, Brandon Eck, Peter Wandell, David Adewumi 3rd Place	✓
9	7:47.21	1980	PIAA State Championships	Randy Moore, Nick Kello, Bob Hudson, Jim Leslie 3rd Place	✓
10	7:47.8*	1965	PIAA State Championships	Steve Gentry, Jim Dixon, Jerry Miller, Jack Walmer 1st Place (2-Mile Relay - 7:48.8)	✓
11	7:48.77	1985	PIAA State Championships	Ken Frazier, Mike Clark, Chuck Eisenstein, Matt Colton 1st Place	✓
12	7:49.10	2006	PIAA State Championships	Peter Wandell, Matt Groves, Paul Kernfield, Josh Gainer 6th Place	✓
13	7:50.34	1982	PIAA State Championships	Paul Brode, Kevin Cozzi, Chris Mills, Tom Shiffer 5th Place	✓
14	7:50.56	1995	PIAA State Championships	Ezra Fitz, Sean Dixon, Jason Dixon, Craig Hettche 1st Place	✓

15	7:50.72	2007	PIAA State Championships	Peter Wandell, Sean McGann, Paul Kernfield, Josh Gainer	8th Place	✓
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16	7:50.99	2021	PIAA District VI Champs	Bennett Norton(1:58),Sean Adams(1:56.6),Matt Staniar(1:59.8),Brady Bigger (1:56.2)	1 <sup>st</sup> Place	✓
17	7:51.46	2019	PIAA State Championships	Joe Messner, Marc Allerheiligen, Henry Ballard, Zach DeCarmine	8 <sup>th</sup> Place	✓
18	7:52.50**	2020	PTFCA Championships	Bennett Norton (2:00.20), Sean Adams (1:55.61), Zach DeCarmine (1:59.70), Henry Ballard (1:57.00)	1st Place	✓
19	7:51.76	2012	PIAA State Championships	Brent Juster(1:58.98), Kyle Adams(1:59.21), Will Cather(1:57.27), Paul Wright (1:55.49)	7th Place	✓
20	7:52.51	2013	PIAA State Championships	Sam Bollinger, Chris Golembeski, Kyle Adams, Will Cather	1st Place	✓
21	7:53.45	1998	PIAA State Championships	Eben Frederick (1:58.2), Mike Fullington (1:56.9), Evan Hudson (2:01.3), Steve Goss (1:56.2)	3rd Place	✓
22	7:53.5 7:53.50?	1977	PIAA State Championships	Jeff Coppola, Eric Holmboe, Doug Boyle, Gary Black	4th Place	✓
23	7:54.1	1984	Colonial Relays	Pete Coray, Ken Frazier, Dave Wong, Chris Mills (1:52.1)	4th Place	✓
24	7:54.76	1994	PIAA State Championships	Ezra Fitz (1:59.4), Craig Hettche (1:57.8), Sean Dixon (2:00.9), Jason Dixon (1:56.6)	2nd Place	✓
25	7:54.8 FAT?	1988	PIAA State Championships Trials	Joel Lynch, Jason Lynch, Drew Sanders, Pete Eberhart	7:57.13 in Finals (5th Place)	✓
26	7:54.98	1979	PIAA State Championships	Randy Moore, Nick Kello, Bob Hudson, Brian Mount	3rd Place	✓
27	7:55.5*	1976	PIAA District VI Championships		1st Place (2-Mile Relay)	✓
28	7:55.9	1993	PIAA State Championships Trials	Craig Hettche, Jason Dixon, Sean Will, Tom Shea	7:59.03 in Finals - 4th Place	✓
29	7:57.2*	1972	PIAA State Championships	John Gallagher, Howie Triebold, Bill Kvashay, Steve White	5th Place	✓

30	7:57.2	1989	Penn Relays Carnival	Colby Lintner (1:59.5), Ben Webster (1:59.5), Jon Pritchard (2:00.5), Jason Lynch (1:56.2)	4th in Section	✓
31	7:57.71	2018	PIAA District VI Championships	Joe Messner (2:00.0), Marc Allerheiligen (1:57.9), Henry Ballard (2:01.7), Zach DeCarmine (1:57.9)	2nd Place	✓
32	7:58.1	1990	Colonial Relays	Jason Lynch (1:57.2), Ben Webster (2:00.3), Matt Davis (2:02.4), Leif Steiner (1:58.2)	7:58.7 @ Penn Relays...DQ @ States - 1st Place	✓
33	7:58.26	1996	PIAA State Championships	Steve Gross, Eben Frederick, John Pomeroy, Ezra Fitz (1:56.4)	9th Place	✓
34	7:58.38	1987	PIAA State Championships	Mike Clark, Austin Morrow, Steve Boyd, Pete Eberhart	5 <sup>th</sup> Place	✓
35	7:58.4*	1975	PIAA State Championships	Steve Williams, Eric Holmboe, Steve Summers, Dave Felice	4th Place	✓
36	7:58.4*	1971	PIAA State Championships	Bill Kvashay, Dave Blatt, Steve White, Lincoln Gotshalk	1st Place	✓
37	7:58.66	1999	PIAA State Championships	Ben Goldberg (1:57.5), Leland Cleary (2:01.1), Tom West (2:00.1), Mike Fullington (1:59.6)	Set in Trials - 8:02.4 in Finals (5 <sup>th</sup> Place)	✓

\* 2-Mile Relay  
(4x880yd)

\*\*Indoor Championship

