

Irondale Boy's Track Sophomore Records

Event	Record Holder	Performance	Year
100 Meter Dash	Mike Sheppard	11.0	2002
200 Meter Dash	Mike Sheppard	22.5	2002
400 Meter Dash	Bart Moseman	50.0	1987
800 Meter Run	Jon Osmond	1:56.4	1990
1,600 Meter Run	Mike Van Beusekom	4:17.5	2001
3,200 Meter Run	Mike Van Beusekom	9:29.0	2001
110M HH	Dave Weinke	15.6	1982
300M HH	Steve Betker	41.3	1992
Long Jump	Bart Moseman	21'10"	1987
Triple Jump	Kwadwo Mensah	46'2.5"	1999
High Jump	Mike Heslin	6'7"	1987
Pole Vault	Doug Overton	12'6"	1988
	Craig Swanberg	12'6"	1982
Shot	Mark Reaves	50'9"	1977
Discuss	Dave Rasmussen	147'2"	1981
4 X 100 Meter Relay	A. Ospies T. Leary D. Meuwissen B. Wade	46.2	1981
4 X 200 Meter Relay	W. Carlson J. Murphy I. Davis M. Day	1:37.9	2005
4 X 400 Meter Relay	D. Olson T. Leary D. Meuwissen R. Halva	3:38.9	1981
4 X 800 Meter Relay	J. Moseman R. Winters P. Schippits P. Osewalt	9:00.3	1992
Sprint Medley Relay	S. Betz S. Davis P. Herbert P. Tenney	3:46.3	1981