

Irondale Boy's Track School Records

Event	Record Holder	Performance	Year
100 Meter Dash	Paul Laclaire	10.5	2003
200 Meter Dash	Mike Sheppard	21.8	2003
400 Meter Dash	Jim Herbert	49.3	1980
800 Meter Run	Mike Van Beusekom	1:54.0	2003
1,600 Meter Run	Mike Van Beusekom	4:13.8	2002
3,200 Meter Run	Mike Van Beusekom	9:29.0	2001
110M HH	Steve Hentges	14.3	1992
300M HH	Steve Hentges	38.8	1992
Long Jump	Kwadwo Mensah	22'4"	2001
Triple Jump	Kwadwo Mensah	47'4"	2000
High Jump	Dan Erickson	6'10"	1987
Pole Vault	Bob Cahow	14'0"	1997
Shot	John Sitarz	57'6"	1983
Discuss	Dave Rasmussen	164'9"	1983
4 X 100 Meter Relay	K. Roberts M. Sheppard S. Leary P. Laclaire	42.8	2003
4 X 200 Meter Relay	P. Bernardy K. Kane J. Sauve R. Burdick	1:31.1	1998
4 X 400 Meter Relay	S. Doherty J. Osmond D. Pihlstrom T. Marks	3:21.9	1991
4 X 800 Meter Relay	J. Osmond B. Wangen S. Doherty D. Pihlstrom	7:56.7	1991
Sprint Medley Relay	M. Mooney R. Hanggi T. Briscoe D. Nelson	3:33.7	1972