

Tioga Central Boys Track and Field Records



Event	Time	Athlete(s)	Year	Location
100m Dash	11.09	Brandon Smith	2007	Groton
200m Dash	22.6	Jason Rossi	1994	Ithaca College
400m Dash	50.9	Logan Sowell	2006	Windsor
800m Run	2:01.2	Al Foust	1973	Union Endicott
1600m Run	4:27.4	Jason Zorn	1992	Vestal
3200m Run	10:05.0	Jason Zorn	1992	Vestal
1600m Walk*	8:01.0	Randy Bowen	1980	Ithaca College
110 M Hurdles	14.8	Blake Waterman	1979	SUNY Binghamton
400m Hurdles	58.6	Blake Waterman	1979	SUNY Binghamton
400m Relay	45.6	Brian Dougherty, Roger Olmstead, Rich Pascuzzo, Frank Sherman	1981	Ithaca College
1600m Relay	3:35.7	Brandon Smith, Jon Salisbury, Jake Heggelke, Logan Sowell	2006	Ithaca
3200m Relay	8:22.6	Bruce Eike Bruce Evans Larry Evans Al Foust	1978	Elmira Heights
Sprint Medley Relay	3:43.6	Brandon Smith Jake Heggelke John Salisbury Logan Sowell	2006	Ithaca Relays
Distance Medley Relay	12:28.0	Caleb Moon Ben Hoose Shane Snover Brenden Walker	2012	RWBG Invite
Shot put	43'8"	Matt Bidlack	2000	Trumansburg
Discus	150'8"	Alan Robertson	1968	State Meet
Long Jump	21'10.5"	Don Nash	1971	Tioga
Triple Jump	41'9.5"	Carl Vangelder	1968	State Meet
High Jump	6'4"	Steve Orme	1992	Ithaca College
Pole Vault	12'9"	Dan Morris	1975	Ithaca College
Steeplechase**	11:18.00	Nate Ladue	2010	RWBG Invite
Pentathlon**	2,585 pts.	Tyler Predix	2013	Class C

* As of 1986, no longer an event

** No records available prior to 1997