

# Tioga Central Boys Track and Field Records



<b>Event</b>	<b>Time</b>	<b>Athlete(s)</b>	<b>Year</b>	<b>Location</b>
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	56.83	Jonny Polo Rankin	2017	Class C Meet
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	47' 10.75"	Josh Kithcart	2015	State Qualifier
Discus	150'8"	Alan Robertson	1968	State Meet
Long Jump	21' 10.5"	Don Nash	1971	Tioga
Triple Jump	42' 4.75"	DeMario Cambers	2017	IAC Meet
High Jump	6' 4"	Steve Orme	1992	Ithaca College
Pole Vault	14' 6"	Gage Lubertowicz	2016	Moravia Relays
Steeplechase**	10:45.46	Ezra Steele	2018	Union Endicott
Pentathlon**	2,769 pts.	Tyler Predix	2015	IAC Meet

\* As of 1986, no longer an event

\*\* No records available prior to 1997