

Irondale Boy's Track

School Records

Event	Recorded Holder	Performance	Year
100 Meter Dash	Chichi Ojika	10.72	2008
200 Meter Dash	Chichi Ojika	21.93	2008
400 Meter Dash	Ben Pheling	49.10	2007
800 Meter Run	Andy Richardson	1:51.3	2008
1,600 Meter Run	Andy Richardson	4:11.2	2008
3,200 Meter Run	Andy Richardson	9:28.5	2008
110M HH	Steve Hentges	14.3	1992
300M HH	Uche Ogbonnaya	38.89	2008
Long Jump	Kwadwo Mensah	22'4"	2001
Triple Jump	Kwadwo Mensah	47'4"	2000
High Jump	Dan Erickson	6'10"	1987
Pole Vault	Peter Erickson	14'4"	2008
Shot	John Sitarz	57'6"	1983
Discuss	Dave Rasmussen	164'9"	1983
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4 X 100 Meter		42.7	2006
	D. Ogundipe, M. Day, D. Bernardy, & C. Ojika		
4 X 200 Meter		1:28.6	2007
	M. Day, U. Ogbonnaya, B. Pehling, & C. Ojika		
4 X 400 Meter		3:21.9	1991
	S. Doherty, J. Osmond, D. Pihlstrom, & T. Marks		
4 X 800 Meter		7:56.7	1991
	J. Osmond , B. Wangen, S. Doherty, & D. Pihlstrom		
Sprint Medley		3:36.3	2007
	M.Day, C. Ojika, B. Pheling, A. Richardson		