

SHERWOOD TRACK CLUB ALL TIME TOP 5 INTERMEDIATE

	BOYS	EVENT MARK		GIRLS	EVENT MARK	
4 X 100	Christian Morris			Harbick		
	Cody Jacot	2009		Johnson	2007	
	Adam Craig		50.52h	Mariman		54.14h
	Brandon Wendell			Oaks		
4 X 400	Cushing			Harbick		
	Holstrom	2005		Johnson	2007	
	Krieger		4:01.87h	Mariman		4:36.0h
	Birch			Schutte		
4 X 800						
100 meters	Christian Morris	2009	11.1h	K. Harbick	2007	13.07h
	Steven Long	2008	11:46h	Mikayla Rowe	2009	14.70h
	Brandon Wendell	2009	12:56h	Janelle Foster	2009	15.33h
	Harris Foster	2009				
200 meters	Christian Morris	2009	23.50a	C. Smurdon	2005	26.60h
	Steven Long	2008	25.87h	Mikayla Rowe	2009	31.55a
	Brandon Wendell	2009	26.72h			
	Daniel Kim	2009	33.58h			
400 meters	Christian Morris	2009	53.93a	K. Lavier	2008	67.92h
	K. Krieger	2005	54.6h	Caitlin Allen	2009	1:22.48h
	Brandon Wendell	2009	58.8h			
	James Boswell	2009	1:18.81h			
800 meters	Andy Holstrom	2009	2:13.7h	K. Pratt	2004	3:10.49h
	K. Krieger	2005	2:15.5h			
1500 meters	Andy Holstrom	2009	4:41.6h	P. Schutte	2007	5:11.8h
	K. Krieger	2006	4:57.2h	Caitlin Allen	2009	6:30.68a
	James Boswell	2009	6:22.8h			
Mile	Andy Holstrom	2009	5:04.2h			

1500 meter racewalk						
3000 meters	Andy Holstrom	2009	9:44.32a	K. Witmer	2005	11:20.1h
	T. Birch	2005	11:10.9h			
2000 meter Steeplechase	Andy Holstrom	2009	6:49.60a			
100 meter Hurdles	B. Stecher	2004	15.75h	C. Smurdon	2005	16.53h
400 meter Hurdles	K. Krieger	2006	54.6h			
Long Jump	K Krieger	2006	19' 11.5"	C. Smurdon	2005	15'4.75"
	Brandon Wendell	2009	14'11.5"			
Triple Jump	Griffin Ruehl	2009	38'11.5"	P. Schutte	2007	29'7"
Pole Vault	K. Krieger	2006	13'5.75"	K. Mariman	2007	10'0"
Shot Put	S. Southwell	2007	38'4.75"	Kimmy Pratt	2009	22'11"
				N. Costley	2004	22'6"

<i>Discus</i>	S. Southwell	2007	104'11"		K. Pratt	2004	66'9.5"
	James Boswell	2009	67'9.6"		Mikayla Rowe	2009	48'7.5"
	Daniel Kim	2009	42'1.75"				
<i>Javelin</i>	J. Maddox	2006	141'11"		N. Costley	2004	103'4"
	Brandon Wendell	2009	97'1.5"		Janelle Foster	2009	43'11"
	Daniel Kim	2009	32'3"				
<i>High Jump</i>	G. Ruehl	2008	6'0.75"		Francis Pavao	2006	5'3"
	Christian Morris	2009	5'1"		Mikayla Rowe	2009	4'1"
<i>Pentathlon</i>							
<i>Decathlon</i>	K. Krieger	2006	5352 pts.				