

**St. Lawrence University  
Track and Field Team**

**RECORDS - SLU - Outdoor**

**Men**

Event		Mark	Date Set	Record Holder	Team Affiliation
Open	100m Dash	10.2h	<b>87</b>	Tim McCrossen	
	200m Dash	21.23	<b>87</b>	Tim McCrossen	
	400m Dash	46.68	<b>87</b>	Tim McCrossen	
	800m Run	1:51.1h	<b>86</b>	Tom Thorp	
	1500m Run	3:46.65	<b>84</b>	Dave Elster	
	5000m Run	14:25.19	<b>84</b>	Marc Gosselin	
	10000m Run	30:00.10	<b>83</b>	Sandy Hulme	
	1 Mile Run	4:11.5h	<b>74</b>	Lee Pollock	
	2 Mile Run	9:19.9h	<b>73</b>	Lee Pollock	
	110m Hurdles	14.99	<b>May-17-02</b>	Rob Ames	
	400m Hurdles	52.8h	<b>88</b>	Andy Silver	
	3000m StplCh	9:19.6h	<b>85</b>	Jukka Tammissuo	
	High Jump	2.06m	<b>78</b>	Myles Odaniel	
	Pole Vault	4.90m	<b>89</b>	Alexander Grelland	
	Long Jump	7.42m	<b>May- 1-98</b>	Chris Burgess	
	Triple Jump	14.30m	<b>96</b>	Chris Burgess	
	Shot Put	16.38m	<b>Apr-12-08</b>	Geoff Grambo	
	Discus	47.36m	<b>87</b>	Chris Dunlay	
	Hammer	62.54m	<b>88</b>	Rich Wright	
	Javelin	62.00m	<b>96</b>	Kirk Winters	
	Decathlon	6613	<b>May-19-05</b>	Zane Buckingham 1140 683 1102 198 4979	<b>1578 3005 362 4339 43985</b>
	4x100m Relay	42.18	<b>May-14-09</b>	11.4, 10.3, 10.7, 9.8 J. Thornhill, D. McFarland, K. Burrall, J. Roberts	
	4x200m Relay	1:30.79	<b>Mar-23-07</b>	23.1, 22.9, 22.5, 22.1 J. Thornhill, C. DiGiovanni, K. Burrall, S. Heiss	
	4x400m Relay	3:15.54	<b>88</b>	T. Plimpton A. Silver T. McCrossen J. Disotelle	
	4x800m Relay	7:39.69	<b>May-2-08</b>	1:55.9, 1:56.1, 1:53.8, 1:53.7 D. Lloyd, T. Fox, E. Donohoe, M. Burnham	
	4x1500m Relay	16:59.22	<b>Mar-22-07</b>	4:11.4, 4:10.4, 4:11.5, 4:25.8 M. Burnham, D. Lloyd, G. Millard, B. Aucter	
	1600m SptMedlyR	3:48.59	<b>Mar-23-07</b>	25.8, 24.7, 53.3, 2:04.7 C. LaVack, D. Lloyd, G. Millard, M. Burnham	
4000m DisMedlyR	10:21.80	<b>Apr-24-08</b>	3:09.0, 57.7, 1:55.6, 4:19.6 T. Fox, B. Kenny, M. Burnham, E. Donohoe		