

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

RECORDS - SLU - Indoor

Men

	Event	Mark	Date Set	Record Holder	Team Affiliation
Open	55m Dash	6.43	87	Tim McCrossen	
	60m Dash	7.14	Feb-17-07	Jay Thornhill	
	200m Dash	22.44	Feb-28-04	Seyamack Afzali	
	300m Dash	34.5h	86	Tim McCrossen	
	400m Dash	48.32	87	Tim McCrossen	
	500m Dash	1:05.0h	85	Kirk Dixon	
	600m Dash	1:23.4h	Jan-20-01	Kyle Bigness	
	800m Run	1:53.20	Mar- 1-02	Kris Enwright	
	1000m Run	2:28.04	84	Dave Elster	
	1500m Run	3:50.69	87	Jukka Tammissuo	
	3000m Run	8:14.6h	84	Jukka Tammissuo	
	5000m Run	14:20.3h	86	Jukka Tammissuo	
	1 Mile Run	4:12.02	Mar-08-08	Erik Donohoe	
	55m Hurdles	7.83	Mar- 5-04	Robert Ames	
	60m Hurdles	8.63	Jan-31-02	Rob Ames	
	High Jump	2.04m	96	Pete Basta	
	Pole Vault	4.89m	89	Alexander Grelland	
	Long Jump	7.32m	97	Chris Burgess	
	Triple Jump	14.18m	85	Mike O'Neil	
	Shot Put	16.54m	Mar-14-08	Geoff Grambo	
	Wght Thr	18.94m	Mar-08-08	Eric Jones	
	In Pent	3701	Feb-19-06	8.06 6.87m 10.95m 2.00m 2:52.61	Zane Buckingham
4x200m	Relay	1:31.38	Feb-23-07	22.70, 23.49, 22.35, 22.84	J Thornhill, D McFarland, K Burrall, S Heiss
4x220y	Relay	1:33.12	Mar-07-08	23.4, 24.0, 23.3, 22.4	N Perzanoski, J Mellinger, D McFarland, J Thornhill
4x400m	Relay	3:20.17	85	T Plimpton, J Disotelle, A Silver, T McCrossen	
4x440y	Relay	3:23.7h	87	T Plimpton, J Disotelle, A Silver, T McCrossen	
4x800m	Relay	7:51.15	87	T Bjork, D Burns, J Tammissuo, J Kiiski	
4x880y	Relay	7:54.14	Mar-08-08	1:59.4, 1:57.8, 1:58.6, 1:58.3	G Millard, B Kenny, T Fox, C Funch
1600m	SptMedlyR	3:40.91	Dec-14-02	R Ames, B Frisch, B Malcolm, R Pollock	
4000m	DisMedlyR	10:02.98	Mar- 7-03	3:04.3, 51.2, 1:53.0, 4:14.4	A Dana, J Kent, K Enwright, M Migonis