

LHS TRACK & FIELD RECORDS			
BOYS INDOOR(METERS)			
Researched by Alan Wool			
EVENT	MARK	NAME	YEAR
55 m. Dash	6.80	Nick Ford	2005
55 m. High Hurdle	7.87	Andy Barnes	1995
300 m. Dash	40.50	David Collis	2006
600 m. Run	1:25.33	Doug Mercer	2005
1000 m. Run	2:49.00	Sam Wood	2005
1500 m. Run	4:15.83	Paul Durfee	2004
3000 m. Run	9:35.91	Sam Wood	2005
4x160 m. Relay		DNC	
4x200 m. Relay		DNC	
4x400 m. Relay		DNC	
4x800 m. Relay		DNC	
Long Jump	19' 0"	Nick Ford	2005
High Jump	6' 5"	John Baer	1980
Shot Put	49' 1"	Bill Nadon Jr.	1958

Middle board Upper