

LHS TRACK & FIELD RECORDS			
BOYS OUTDOOR(METERS)			
Researched by Alan Wool			
EVENT	MARK	NAME	YEAR
100 m. Dash	10.7	Joe Dionne	1987
110 m. High Hurdle	15.3	Andy Barnes	1995
200 m. Dash	22.3	Joe Dionne	1987
300 m. Int. Hurdles	40.3	Rich Irving	1983
400 m. Dash	49.8	Doug Mercer	2005
800 m. Run	1:56.15	Paul Durfee	2004
1600 m. Run	4:28.78	Paul Durfee	2003
3200 m. Run	9:54.0	Scott Davis	1983
4x100 m. Relay	44.7	Chris Phelps Joe Dionne Chris Dunbrack Mike Pilotte	1986
4x200 m. Relay	1:34.85	Doug Mercer Nick Ford Paul Durfee David Collis	2004
4x400 m. Relay	3:30.34	Doug Mercer David Lloyd Paul Durfee David Collis	2004
4x800 m. Relay	8:35.15	David Lloyd Andrew Mercer Doug Mercer Paul Durfee	2002
Long Jump	22' 3 1/2"	Mike Giguere	1969
Triple Jump	42' 8"	Nick Ford	2005
High Jump	6' 7"	John Baer	1980
Pole Vault	13' 9"	Tom Malkoski	1974
Shot Put	55' 5 1/2"	Richard Steady	1979
Discus	159' 6"	Richard Steady	1979
Javelin	200' 1"	Mike Grover	1984
Decathlon	8000 pts.	Mike Giguere	1969
Champion	7290 pts.	Tom Malkoski	1973

Middle board left side
Lower half