

ALL-TIME TOP-10

55m Dash

6.22	Ernest Wiggins	2002
6.22	Jason Green	2003
6.31	Dennis Moore	2012
6.32	Kenneth Herndon	1984
6.32	Frank Allen	1991
6.32	Jason Dalton	1994
6.34	Mike Rigsbee	1984
6.34	Marshall Pitts	1986
6.34	Leander Watts	1994
6.34	Landon Powell	2011

60m Dash

6.72	Ernest Wiggins	2004
6.75	Will Buckley	2016
6.79	Dennis Moore	2011
6.80	Jason Green	2003
6.84	Chris Martin	2005
6.84	Landon Powell	2011
6.85	Marshall McRae	2014
6.86	Charles Derrickson	2007
6.88	Justin Thomas	2013
6.91	Ricky Harris	2009

200m Dash

21.55	Jason McGhinnis	2000
21.60	Will Buckley	2016
21.60	Frank Allen	1991
21.61	Jason Green	2003
21.62	Dennis Moore	2011
21.64	Ernest Wiggins	2004
21.71	Chris Martin	2005
21.88	Marshall McRae	2013
21.89	Jason Dalton	1992
21.91	Leander Watts	1994

300m Dash

34.37	Jason McGhinnis	2000
34.75	Landon Powell	2012
34.89	John Svoboda	2009
34.99	Keith Sims	1999
35.03	Marshall McRae	2014
35.17	Dale Slaughter	2000
35.32	Stanley Broaden	2012
35.58	Greg McCain	2006
35.90	Carlos Carter	2008

400m Dash

48.37	Frank Allen	1988
48.40	Bryan Burney	2005
48.45	Curtis Lowe	1989
48.45	Eric Joe	1989
48.51	Raphael Rojas	2015
48.56	Raphael Rojas	2014
48.77	Allen Brooks	1991
48.82	Marshall Pitts	1985

500m Run

1:02.61	Marshall Pitts	1986
1:02.73	David Carter	1985
1:03.78	Bryan Burney	2005
1:04.58	Ryan Hastings	2016
1:05.34	Will Gillespie	2005
1:05.34	Allen Brooks	1989
1:05.39	Peter Ovendorf	2016
1:05.44	Curtis Lowe	1989
1:05.58	Dale Slaughter	2001
1:05.70	Terrice McClain	1998

600m Run

1:22.34	Allen Brooks	1991
1:23.74	Jeff Gallagher	1991

800m Run

1:50.37	Allen Brooks	1991
1:50.81	Alex Taylor	2013
1:51.77	Ryan Hastings	2016
1:51.98	Brandon Hudgins	2010
1:52.60	Bryan Burney	2005
1:53.07	Jon Austin	1994
1:53.09	Dustin Allred	1994
1:53.18	Andrew Harris	2016
1:53.50	Chris Moen	2011
1:53.60	Raphael Rojas	2012

1000m Run

2:27.64	Todd Goewey	1985
2:27.77	Patrick Morgan	2010
2:28.94	Paul Goewey	1985
2:29.44	Brandon Hudgins	2010
2:29.54	Dustin Allred	1986
2:29.64	Keith Sewell	1986
2:31.14	Mike Curcio	1986
2:31.94	Harry Williams	1985

1500m Run

3:50.7	Paul Goewey	1984
3:50.7	Todd Goewey	1985
3:56.8	Kevin Paulk	1982
3:58.5	Bobby Wilhoit	1985
3:58.8	Mike Curcio	1986

Mile Run

4:01.75	Patrick Morgan	2010
4:05.73	Alex Taylor	2012
4:05.94	Todd Goewey	1984
4:06.54	Paul Goewey	1984
4:06.65	Brandon Hudgins	2011
4:07.44	Adam Van Nortwick	2007
4:08.61	Chris Moen	2011
4:10.98	Josh Houser	2008
4:13.14	Pete Vandenberg	1988
4:14.34	Chris Huffstickler	1994

3000m Run

8:05.88	Chris Moen	2011
8:21.38	Patrick Morgan	2010
8:21.89	Michael Lilley	2013
8:22.65	Will Raby	2012
8:23.56	Joe Halin	2005
8:23.64	Bobby Wilhoit	1985
8:24.05	Brian Deal	2008
8:24.27	Brian Graves	2013
8:24.93	Alex Taylor	2012
8:25.14	Dean Duncan	1989

Three-Mile Run

14:01.3	Bobby Wilhoit	1985
14:05.1	Mark Shea	1985
14:06.4	Carlton Law	1984
14:14.4	Rick Shriver	1976
14:18.3	Gary Cohen	1979

5000m Run

14:21.79	Chris Moen	2013
14:30.43	Will Raby	2012
14:31.90	Kyle McFoy	2015
14:32.99	Sean Soderman	2011
14:37.14	Brad Dodson	1991
14:40.15	Michael Ellis	2015
14:40.54	Tommy Holland	1995
14:40.94	Bobby Wilhoit	1985
14:44.74	Carlton Law	1982
14:45.64	Anthony Famiglietti	1998

55m Hurdles

7.24	Omari Francis	2000
7.31	Walt Foster	1987
7.38	Ryan Linebarger	2002
7.40	Stanley Broaden	2013
7.44	Charles Derrickson	2006
7.48	AJ Dohanic	2012
7.49	Kedrick Ford	1992
7.53	Chris Havner	1986
7.54	James Orr	1982
7.54	Bennett King	1984

60m Hurdles

7.90	Stanley Broaden	2013
7.95	Charles Derrickson	2007
7.98	AJ Dohanic	2012
8.01	Omari Francis	2000
8.05	Daniel Neal	2008
8.07	Ryan Linebarger	2001
8.23	Phillip Bush	2009
8.27	Trey Jones	2010
8.31	Matt Boruff	2010
8.36	Keith Sims	1999

Individual Records

Event	Mark	Athlete	Site	Date
55m	6.22	Ernest Wiggins	Appalachian	2002
	6.22	Jason Green	Appalachian	2003
60m	6.72	Ernest Wiggins	Clemson	2004
200m	21.55	Jason McGhinnis	East Tennessee	2000
300m	34.37	Jason McGhinnis	Kent State	2000
400m	48.37	Frank Allen		1988
500m	1:02.61	Marshall Pitts	Virginia Tech	1986
600m	1:22.34	Allen Brooks	Virginia Tech	1991
800m	1:50.37	Allen Brooks	East Tennessee	1991
1000m	2:27.64	Todd Goewey	Virginia Tech	1985
1500m	3:50.84	Paul Goewey		1984
3000m	8:05.88	Chris Moen	Akron	2011
5000m	14:21.79	Chris Moen	Liberty	2013
55m Hurdles	7.24	Omari Francis	Tennessee	2000
60m Hurdles	7.95	Charles Derrickson	SoCon Championships	2007
300m Hurdles	38.08	Ryan Linebarger	Kent State	2001
Triple Jump	53-10.25	Michael Hanks	Oklahoma City (NCAA)	1987
Long Jump	25-1.25	Michael Hanks		1987
High Jump	7-2.50	Darius Purcell	SoCon Championships	2012
Pole Vault	16-8.75	Todd Poremba	Virginia Tech	1998
Shot Put	56-0.50	Jerod Gardner	Kentucky	2011
35 lb. Weight	63-11.50	Jared Stalling	Virginia Tech	2013
Discus	150-5	Grant Haun	Akron	2007
Heptathlon	5021	Matt Boruff	Clemson	2000
440 yd	47.69	Laffette Jordan	Detroit (NCAA)	1979
600 yd	1:10.00	Laffette Jordan	Virginia Tech	1980
880 yd	1:53.74	Jesse Dingle		1984
1000 yd	2:12.7	Paul Goewey		1984
Mile Run	4:01.75	Patrick Morgan	Akron	2010
Three Mile Run	14:01.3	Bobby Wilhoit		1985

ALL-TIME TOP-10

300m Hurdles

38.08	Ryan Linebarger	2001
39.53	Glenn Hicks	2000
39.78	Randy Marion	2000
40.77	Keith Sims	2001
42.59	Warren Evans	2000

Triple Jump

53-10.25	Michael Hanks	1987
53-3	Warren Posey	1989
52-8	Robert Johnson	1995
51-8.50	Joel Gaddy	2008
51-7.25	Mark Sturgis	2006
51-5	Robbie Mosley	1982
51-3.75	Charles Mahatha	2000
51-1.75	Jamal Tiller	2011
50-6	Josh Cox	2006
50-5	Carl Harris	1986

Long Jump

25-1.25	Michael Hanks	1987
25-0.50	Charles Mahatha	1999
24-10.50	Ricky Harris	2007
24-7.25	Holt McPherson	2003
24-7	Damion McLean	2001
24-6.25	Warren Posey	1989
24-5	Deon Britton	2003
24-3.25	Linell Johnson	1992
24-2	Robbie Mosley	1982
24-1.50	Kimani Hoffman	2015

High Jump

7-2.50	Darius Purcell	2012
7-1.25	John Moss	1996
7-0	Charles Mack	1984
7-0	Jon Fullen	1990
6-11	Daryl Saunders	2012
6-10	Bobby Terry	1980
6-10	Sammie Cunningham	1986
6-9.75	Mike Kroeger	1997
6-9.75	Ken Millender	2001
6-9	Gary Murphy	1976

Pole Vault

16-8.75	Todd Poremba	1998
16-6.75	Ryan Twiford	2011
16-6.75	Tristian Shaver	2016
16-4.50	Phillip Thomas	2016
16-0.75	Dan Queen	2005
16-0.75	Matt Boruff	2010
15-11.25	Wes Pickens	2002
15-9.00	Matt Layne	2014
15-7.75	Jeff Fitzgerald	1997
15-7.25	Mike Wilson	2011

Shot Put

56-9.25	Nathan Milch	2016
56-0.50	Jerod Gardner	2011
55-11.75	Anthony Greer	2005
55-9	Jared Stalling	2012
55-6.50	Bob Smith	2004
54-4	Malcolm Styers	2009
52-11.00	Ellsworth Parham	2015
52-10.50	John Leonard	2016
52-5	Leigh Hawkins	1989
51-11	Steve Schultz	1985

35 Lb. Weight Throw

63-11.50	Jared Stalling	2012
63-9.50	Malcolm Styers	2010
63-7.00	Bob Smith	2004
63-5	Rich Latta	1997
61-2.75	Wes Kiser	2008
60-2.50	John Leonard	2016
59-6.75	Tim Daly	2011
59-3.50	Nathan Milch	2016
59-0.50	Rich Grant	1994
58-2.25	Oscho Ruffy	1981

Discus

150-5	Grant Haun	2007
148-3	Wes Kiser	2007

Heptathlon

5021	Matt Boruff	2009
4770	Jake Goodchild	2011
4700	Josh Cox	2006
4581	Dustin Wright	2005
4571	Dan Queen	2004
4540	Matt Pflugst	2009
3999	Barron Shell	2005

Heptathlon - First Day Points

2847	Josh Cox	2006
2775	Jake Goodchild	2011
2700	Matt Boruff	2009
2666	Dustin Wright	2006
2649	Matt Pflugst	2009

Heptathlon - Second Day Points

2321	Matt Boruff	2009
2133	Jake Goodchild	2009
2056	Josh Cox	2006
2040	Dan Queen	2004
1922	Dustin Wright	2005

60m Dash - Heptathlon

7.09	Josh Cox	2006
7.23	Dustin Wright	2004
7.24	Matt Pflugst	2009
7.26	Jake Goodchild	2009
7.29	Matt Boruff	2009

Long Jump - Heptathlon

21-6.75	Dustin Wright	2005
21-6.75	Jake Goodchild	2011
21-4	Josh Cox	2006
20-6	Matt Boruff	2010
20-5.25	Matt Pflugst	2009

Shot Put - Heptathlon

41-4.50	Dustin Wright	2005
40-6.25	Jake Goodchild	2010
39-3.50	Jackson Powers	2016
37-1.75	Dan Queen	2004
35-8.50	Josh Cox	2006
35-6.50	Matt Boruff	2009

High Jump - Heptathlon

6-6.25	Matt Boruff	2009
6-5.50	Matt Pflugst	2009
6-5	Josh Cox	2006
6-2.75	Jake Goodchild	2011
5-11.25	Dan Queen	2004

60m Hurdles - Heptathlon

8.40	Josh Cox	2006
8.43	Matt Boruff	2010
8.55	Dustin Wright	2006
9.07	Dan Queen	2004
9.40	Jake Goodchild	2010

Pole Vault - Heptathlon

15-2.75	Matt Boruff	2009
15-0	Barron Shell	2005
14-10.75	Jake Goodchild	2009
14-6	Dan Queen	2004
12-11	Dustin Wright	2006

1000m Run - Heptathlon

2:51.37	Jake Goodchild	2011
2:53.76	Matt Boruff	2008
2:57.43	Josh Cox	2006
2:59.71	Matt Pflugst	2009
3:02.57	Dan Queen	2004

440 yd Dash

47.69	Laffette Jordan	1979
47.99	Marshall Pitts	1985
48.41	Darryl Evans	1984
48.44	Eddie Barnes	1982
48.60	David Carter	1984

600 yd Run

1:10.00	Laffette Jordan	1980
1:11.49	David Carter	1985
1:12.00	Joe Dixon	1984
1:12.10	Stanley Harris	1984
1:13.10	John Evans	1982

880 yd Run

1:53.74	Jesse Dingle	1984
1:54.74	John Evans	1982
1:55.64	Ron Caton	1980
1:56.54	Tim Elrod	1979
1:57.34	Steve Whicker	1973

1000 yd Run

2:12.7	Paul Goewey	1984
2:13.1	Kevin Paulk	1980
2:13.6	John Evans	1982
2:14.1	Keith Sewell	1987
2:14.3	Todd Goewey	1984

Relay Records

Event	Mark	Athletes	Site	Date
4x300m	2:20.40	Trey Edgeron, Stanley Broaden Marshall McRae, Raphael Rojas	App State	2014
4x400m	3:14.89	Bryan Burney, Chris Martin Will Gillespie, Keith Curry	ETSU	2004
Mile	3:15.07	Marshall Pitts, Greg McCollum Reggie Littlejohn, David Carter		1985
4x800m	7:47.31	Thayne Harmon, Mike Curcio Don Chapman, Keith Sewell		1987
Two Mile	7:42.04	Thayne Harmon, Mike Curcio Don Chapman, Keith Sewell		1987
4 x 1500m	16:12.2	Paul Goewey, Carlton Law Mike Curcio, Mark Shea		1984
DMR (meters)	10:00.90	Chris Moen, David Riddleberger, Raphael Rojas, Alex Taylor	SoCon	2012
DMR (yards)	10:03.40	Jesse Dingle, Joe Dixon Kevin Paulk, Bobby Wilhoit		1981