

## FMHS Overall Track Records

Boys	Year	Event	Girls	Year		
Denny Nedd	10.47	2006	100 Meters	Dephanie Adeyemi	11.72	2011
Ryan Bewley	21.66	2004	200 Meters	Dephanie Adeyemi	23.82	2012
Josh Smith	48.17	2009	400 Meters	Elizabeth Osondu	54.93	2014
Freddie Jackson	1:52.91	2016	800 Meters	<b>Anastaysia Davis</b>	<b>2:9.26</b>	<b>2019</b>
<b>Alex Maier</b>	<b>4:09.41</b>	<b>2019</b>	1600 Meters	<b>Natalie Cook</b>	<b>4:50.09</b>	<b>2019</b>
Anthony D'Ambrosio	6:34.25	2006	2000 Steeple			
Alex Maier	8:52.30	2017	3200 Meters	<b>Natalie Cook</b>	<b>10:24.96</b>	<b>2019</b>
Michael Smith	13.87	2004	110/100 Hurdles	Tonia Adeyemi	14.16	2017
Michael Smith	37.44	2004	300 Hurdles	Rachael Grossman	43.80	2014
Reggie Rembert	41.44	2006	4 x 100 Meter Relay	Elli Thornock	48.59	2014
JT McDonald						
Jacob Morris						
Denny Nedd						
Reggie Rembert	1:27.92	2006	4 x 200 Meter Relay	Elli Thornock	1:41.95	2014
JT McDonald						
Bradley Jimmerson						
Jacob Morris						
Tyler Steen	3:21.33	2010	4 x 400 Meter Relay	Nikki Crocco	3:54.03	2005
Matthew Arend						
Anthony Parisi						
Josh Smith						
Justin McMillin	7:52.81	2013	4 x 800 Meter Relay	<b>Natalie Cook</b>	<b>9:20.96</b>	<b>2019</b>
Drew McRae						
Zachariah Hamstra						
Wesley Ward						
Nathan Milles	18:12.24	2004	4 x 1600 Meter Relay	Rebecca Jacobson	21:25.0	2013
JB Lagos						
Brett Olson						
Allen May						
Jacob Morris	3:31.34	2006	1600 Meter SMR		4:21.80	2005
JT McDonald						
Bradley Jimmerson						
Nathan Milles						
Wesley Ward	10:16.75	2014	4000 Meter DMR	Rebecca Jacobson	12:13.30	2013
Freddie Jackson						
Nicholas Costanza						
Zachariah Hamstra						
James McAfee	154' 8"	2018	Discus	Lauren Cox	121' 3"	2013
Jeramey Dockery	52' 10"	2009	Shot Put	Lauren Cox	38' 4"	2013
Conor Hazboun	15' 3"	2012	Pole Vault	Raegan Smith	11' 6"	2016
Jack Spinks	7' 0"	2008	High Jump	Kristen Rice / Melody Criswell	5' 8"	2008
Isaiah Brown	23' 6.5"	2016	Long Jump	Juhi Patel	17' 6.5"	2014
<b>Rahul Batlanki</b>	<b>45' 5.5"</b>	<b>2019</b>	Triple Jump	Stacey Blaylock	37' 0.5"	2006