

FMHS Overall Track Records

Boys		Year	Event	Girls		Year
Denny Nedd	10.47	2006	100 Meters	Dephanie Adeyemi	11.72	2011
			100 Meter Wheelchair	Abigail Counts	18.28	2022
Ryan Bewley	21.66	2004	200 Meters	Dephanie Adeyemi	23.82	2012
Josh Smith	48.17	2009	400 Meters	Elizabeth Osondu	54.93	2014
			400 Meter Wheelchair	Abigail Counts	1:07.54	2022
Freddie Jackson	1:52.91	2016	800 Meters	Samantha Humphries	2:07.68	2022
Alex Maier	4:09.41	2019	1600 Meters	Natalie Cook	4:36.96	2022
Anthony D'Ambrosio	6:34.25	2006	2000 Steeple			
Alex Maier	8:52.30	2017	3200 Meters	Natalie Cook	9:48.25	2022
Alex Maier	14:26.95	2019	5000 Meters	Natalie Cook	15:25.93	2022
Michael Smith	13.87	2004	110/100 Hurdles	Tonia Adeyemi	14.16	2017
Michael Smith	37.44	2004	300 Hurdles	Eva Vreeland	42.85	2022
Reggie Rembert	41.44	2006	4 x 100 Meter Relay	Olivia Worrell	47.15	2022
JT McDonald				London Gray		
Jacob Morris				Eva Vreeland		
Denny Nedd				Dayana Felicien		
Reggie Rembert	1:27.92	2006	4 x 200 Meter Relay	Olivia Worrell	1:40.45	2022
JT McDonald				London Gray		
Bradley Jimmerson				Abigail Black		
Jacob Morris				Dayana Felicien		
Logan Haverkamp	3:20.95	2022	4 x 400 Meter Relay	London Gray	3:50.07	2022
Jeremy Shemi				Mckenzie Shultz		
Tyler Mclean				Abigail Black		
Anshul Ravi				Dayana Felicien		
Justin McMillin	7:52.81	2013	4 x 800 Meter Relay	Natalie Cook	8:57.39	2022
Drew McRae				Samantha Humphries		
Zachariah Hamstra				Virginia Knight		
Wesley Ward				Nicole Humphries		
Nathan Milles	18:12.24	2004	4 x 1600 Meter Relay	Rebecca Jacobson	21:25.0	2013
JB Lagos				Safiya Belbina		
Brett Olson				Kristen Zeller		
Allen May				Catalina Uriarte		
Jacob Morris	3:31.34	2006	1600 Meter SMR	Eva Vreeland	4:03.96	2021
JT McDonald				Dayana Felicien		
Bradley Jimmerson				Emma Hoang		
Nathan Milles				Nicole Humphries		
Wesley Ward	10:16.75	2014	4000 Meter DMR	Rebecca Jacobson	12:13.30	2013
Freddie Jackson				Elizabeth Osondu		
Nicholas Costanza				Kat Bouton		
Zachariah Hamstra				Catalina Uriarte		
James McAfee	154' 8"	2018	Discus	Lauren Cox	121' 3"	2013
Jeramey Dockery	52' 10"	2009	Shot Put	Lauren Cox	38' 4"	2013
			Shot Put Wheelchair	Abigail Counts	17' 10.25"	2021
Conor Hazboun	15' 3"	2012	Pole Vault	Raegan Smith	11' 6"	2016
Jack Spinks	7' 0"	2008	High Jump	Riley Ward	5' 10"	2022
Isaiah Brown	23' 6.5"	2016	Long Jump	Juhi Patel	17' 6.5"	2014
Rahul Batlanki	45' 8.75"	2020	Triple Jump	Stacey Blaylock	37' 0.5"	2006