

FMHS Overall Track Records

| Boys | | Year | Event | Girls | | Year |
|------------------------|----------------|-------------|----------------------|---------------------------|-------------------|-------------|
| Denny Nedd | 10.47 | 2006 | 100 Meters | Dayana Felicien | 11.69 | 2022 |
| | | | 100 Meter Wheelchair | Abigail Counts | 18.10 | 2023 |
| 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 | 1:05.34 | 2023 |
| 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 | 3:19.03 | 2023 | 4 x 400 Meter Relay | London Gray | 3:50.07 | 2022 |
| Tyler McLean | | | | Mckenzie Shultz | | |
| Jacob Cobler | | | | Abigail Black | | |
| Jeremy Shemi | | | | Dayana Felicien | | |
| Justin McMillin | 7:52.81 | 2013 | 4 x 800 Meter Relay | Samantha Humphries | 8:55.8 | 2023 |
| Drew McRae | | | | Alexandra Fox | | |
| Zachariah Hamstra | | | | Abbey Coberly | | |
| 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 Drew | 125' 3" | 2023 |
| Jeramey Dockery | 52' 10" | 2009 | Shot Put | Lauren Drew | 38' 8" | 2023 |
| | | | Shot Put Wheelchair | Abigail Counts | 19' 10.75" | 2023 |
| Conor Hazboun | 15' 3" | 2012 | Pole Vault | Madison Goodin | 12' 0" | 2023 |
| Jack Spinks | 7' 0" | 2008 | High Jump | Riley Ward | 6' 0" | 2023 |
| 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 |