

Connecticut Boys CIAC L Indoor Track and Field Records

Last Updated: February 23, 2017

Event	Time/Dist	Performer	School	Year
55M Dash	:06.33	Sheldon Simpson	East Hartford	2000
55M Hurdles	:07.52	Aaron Haynes Jerome Harris	Wilbur Cross, New Haven Hamden	1994 2003
300M Dash	:34.75	Daundre Barnaby	Weaver, Hartford	2009
500M Run	1:06.18	Aaron Haynes	Wilbur Cross, New Haven	1993
600M Run	1:20.98	Daundre Barnaby	Weaver, Hartford	2009
800M Run	1:53.71	Norm McHugh	Westhill, Stamford	1986
1000M Run	2:28.67	John Fraser	Wm. Hall, West Hartford	1999
1600M Run	4:18.17	Daniel Nestor	Daniel Hand, Madison	2011
1 Mile Run	4:16.0	Steve Sholtes	Danbury	1973
3200M Run	9:16.84	Ahmed Haji	Conard, West Hartford	2004
2 Mile Run	9:16.5	Charles Duggan	Hartford Public, Hartford	1969
4x200m Relay	1:32.04	P Cavaliere, P Oware, J Harris, J Harris	Wethersfield	2004
4x400m Relay	3:27.76	Y. Clarke, A. Smith, S. Earlington, D. Barnaby	Weaver, Hartford	2009
4x800m Relay	8:06.24		Xavier, Middletown	1999
1600m Sprint Medley Relay	3:39.73	J. Smith, J Green, R.Strickland, M. Torro	New Britain	1988
Shot Put	63' 3"	Melmoth Taylor	Hartford Public, Hartford	1969
Long Jump	23' 6.75"	Rich Edwards	New Britain	1976
High Jump	6' 10.25"	Gardner Lewis	Hamden	1992
Pole Vault	15' 7"	Jordan Thull	East Lyme	2006

(Performances in a meet with 5 or more schools, run in accordance with CIAC and National Federation Rules or in post-season competition. Complete Procedures and policies available at [MySportsResults.com RecordsBooks](http://MySportsResults.com/RecordsBooks))

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