

Connecticut Boys CIAC M Indoor Track and Field Records

Last Updated: February 23, 2017

Event	Time/Dist	Performer	School	Year
55M Dash	:06.30	Latroy Oliver	Weaver, Hartford	1997
55M Hurdles	:07.48	Conroy Davis	Bassick, Bridgeport	1991
300M Dash	:34.51	Glen McFadden	Hillhouse, New Haven	2001
500M Run	1:05.52	Dave Howley	Valley Regional	1989
600M Run	1:23.07	Tiemarcie Ramos	Wilbur Cross, New Haven	2002
800M Run	1:58.99	Mike Lewis	Cheshire	1985
1000M Run	2:28.07	Mike Remigino	NW Catholic, West Hartford	1987
1600M Run	4:17.64	Jay Koloseus	Guilford	2006
3200M Run	9:19.87	Chris Bendtsen	Wolcott	2010
2 Mile Run	9:18.2	John Flora	Ledyard	1974
4x200m Relay	1:31.75	Micah Zirn, Ian Stuebe, Chris Petty, Simeon Okoro	Weston	2015
4x400m Relay	3:29.01	Micah Zirn, Ian Stuebe, Patrick Baber, Simeon Okoro	Weston	2015
4x800m Relay	8:17.86		Ledyard	1996
1600m Sprint Medley Relay	3:40.23	Cameron Okoro, Cole Clark, Chris Petty, Micah Zirn	Weston	2015
Shot Put	60' 10.75"	Mario Marrero	Bristol Eastern	1980
Long Jump	22' 8"	Evan Rouse	Windham	2011
High Jump	6' 6.75"	Eric Callahan	East Lyme	1990
Pole Vault	15' 0	Joseph Fogarasi	Windham	2014

(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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