

# Connecticut Boys CIAC M Indoor Track and Field Records

Last Updated: February 10, 2018

| 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    | Michael 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 | 3:38.99    | Jack Weiss, Kevin Stankiewicz, Bruch Goodman, Tim Lautenbach | Weston                     | 2018 |
| 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) )*

**(c) MySportsResults.com**