

ALHS Lynx Records

High Jump	6' 8"	Gill Ridenour	2000
Long Jump	22' 08.75"	John Wickman	1974
Shot Put	53' 03.75"	Kelly Comer	1968
Discus	163' 03"	Mike Schrader	1976
100 Meter Dash	10.52	Ed Gregory	2004
200 Meter Dash	21.7	Adam Nelson	1998
400 Meter Dash	48.7	Adam Nelson	1998
800 Meter Run	1:55.87	James Robinson	2005
1600 Meter Run	4:18.16	Greg White	1982
3200 Meter Run	9:23.6	Mike Lee	1982
110 Meter Hurdles	14.60	Nate Kerkman	2001
400 Meter Hurdles	53.77	Zach Milner	2006
Shuttle Hurdle Relay	58.79	Chris White, Dustin Davis Kyle Madsen, and Justin Denton	2007
400 Meter Relay	43.66	Mike Zimmerman, Chris White, Zach Milner, and Jake Fahn	2006
800 Meter Relay	1:31.00	Jake Krabbe, Zach Milner, Jake Ott, and Jake Fahn	2006
1600 Meter Relay	3:25.69	Kevin Spalti, Greg Larsen, Paul Grafelman, and Tim Spalti	1989
1600 Meter Med. Relay	3:34.16	Sid Stowe, Matt Hall, Scott Hamling, and Pat Hughes	1992
3200 Meter Relay	7:55.80	Jim Ratliff, Tom Smith, Bill Opel, and Don McCullough	1968