

# SuffolkXCTF.com

Last Update: 8/10/2022

## Suffolk, Nassau, NSCHSAA Combined Boys Outdoor Records

100 yd	Willie Smith	Uniondale	9.54 +	6/1/1974	Nassau Country Championships- Greenvale NY
100 m	Leroy Poindexter	Bay Shore	10.55	6/8/1985	Golden West Invitational-CA
110 m Hurdles	Joe Galeano	Centereach	13.46	6/6/1987	New York State Championships- Baldwinsville NY
200 m	Willie Smith	Uniondale	20.72 #	5/18/1974	Hartford Invitational- Hartford CT
400 m	Anthony Tufariello	Hewlett	46.09	6/18/1977	AAU Junior National Championships- Knoxville TN
300 m Hurdles	Harold Schwab	Centereach	36.33 &	6/10/1972	Golden West Invitational- CA
400 m Hurdles	Paul Lankford	Farmingdale	50.52	7/3/1977	USA vs USSR Jr Meet- Richmond VA
800 m	Brian McElroy	Massapequa	1:49.40 *	6/14/1969	Golden West Invitational- CA
1500m (Actual Distance)	John Gregorek	St. Anthony's	3:47.74 +	7/4/1978	USA vs USSR Jr Meet- Donyotsk, Ukraine
1 Mile / 1600m	Mike Brannigan	Northport	4:03.18 / 4:01.77	6/5/2015	Adidas Grand Prix- Icahn Stadium NYC
2K Steeplechase	John Gregorek	St. Anthony's	5:47.34 +	7/11/1978	USA-WG-GB Jr Meet- West Germany
3K Steeplechase	Jim Shields	Chaminade	8:52.84 +	6/9/1976	AAU Junior National Championships- Knoxville TN
3000 m (Actual Distance)	Dan Middleman	WT Clarke	8:15.17	6/13/1987	Golden West Invitational- CA
3200m	Mike Brannigan	Northport	8:42.92	5/9/2015	48th Glenn D. Loucks Games- White Plains NY
2 Mile	John Gregorek	St. Anthony's	8:50.94 +	5/27/1978	CHSAA Championships- St John's University
5000m	Glenn Wortman	Carle Place	14:42.80	1980	TAC Junior National Championships- Knoxville TN
10000m	Jim McCutcheon	Maria Regina	31:17.3	1977	
Pentathlon	Lionel Fortaine	West Babylon	3714 Points	6/5/2010	Section XI State Qual Meet- Port Jefferson NY
Decathlon	Alvin Pearman	Roosevelt	6779 Points	6/2-3/1966	National AAU Championships- Salinas KS
Shot Put	Walter Henning	St. Anthony's	68' 11.75"	5/5/2007	St. Anthony's Invitational- Huntington NY
Discus	Sean Farrell	Westhampton Beach	194' 10" / 195' 5"	4/8 & 4/13/1978	Bay Shore Invitational / Dual Meet vs Rocky Point
Hammer	Walter Henning	St. Anthony's	249' 0"	6/15/2007	Nike Outdoor Nationals- Greensboro NC
Javelin	John Putman	Massapequa	206' 0"	6/15/2014	New Balance Outdoor Nationals- Greensboro NC
High Jump	Tom Thompson	St. John the Baptist	7' 2"	7/19/1992	East Coast Invitational- Towson Md
Long Jump	Greg Flippen	Riverhead	25' 0"	8/2/1970	National Jr AAU Track Championships- Wantaugh NY
Triple Jump	Antonio Davis	Walt Whitman	50' 6.5"	6/1990	Golden West Invitational- CA
Pole Vault	Nicholas Lourenco	St Anthony's	17' 0"	7/2/2022	Vault Factory's Independence Day Jump
4 x 100 m	Uniondale	41.55	6//16/2012	New Balance Outdoor Nationals- Greensboro NC	
	Stephen Muir, William Stabeck, Derrick Ingram, Tresean Goodwin				
4 x 200 m	Amityville	1:27.14	6/14/2002	Adidas Outdoor Nationals- Raleigh NC	
	Omar Logan - Nararda Brooks - Ian Morgan - David Jackson				
4 x 400 m	Huntington	3:10.93	6/19/2016	New Balance Outdoor Nationals- Greensboro NC	
	Kyree Johnson- Lawrence Leake- Shane McQuire- Infinite Tucker				
4 x 800 m	Northport	7:31.62	6/16/2018	New Balance Outdoor Nationals- Greensboro NC	
	Thomas Fodor- Dan O'Connor- Elijah Claiborne- Isaiah Claiborne				
4 x Mile	Northport	17:06.92	6/21/2014	Brooks PR Meet-Seattle WA	
	Mike Branigan - Tim McGowan - Jack McGowan- Justin Leopold				
800m SMR	Bay Shore	1:29.94	6/14/2003	Adidas Outdoor Nationals- Raleigh NC	
	Mike Taylor- Jemel Wilson- Chris Turner- Keith Hinnant				
1000m SMR	Half Hollow Hills West	1:56.42	6/13/2014	New Balance Outdoor Nationals- Greensboro NC	
	Ryan Lyte, Jarried Redwood, Bryce Johnson, Kory Fitzgerald		6/21/2015		
	Raymond Lyte, Llordel Card, Denzel Hardy, Kory Fitzgerald				
1600m SMR	Huntington	3:25.79	6/18/2016	New Balance Outdoor Nationals- Greensboro NC	
	Kyree Johnson- Lawrence Leake- Infinite Tucker-Shane McQuire				
DMR	St. Anthony's	9:59.87	4/28/2018	Penn Relay Carnival- Philadelphia PA	
	Matt Payamps, Brendan Dearie, Michael Barbaro-Barrett, Mason Gatewood				
4 x 110m Shuttle Hurdle Relay	East Meadow	59.85	6/18/2010	New Balance Outdoor Nationals- Greensboro NC	
	Chris Garzia, Tom Ford, Baffour Obiem, Tom Milian				

+ Adjusted hand times (+.24)

& hand time 36.1 + .24 = 36.34 Adjustment from 330yd to 300m = 36.33

# hand time 20.6 + .24 = 20.84 Adjustment from 220 yd to 200m = 20.72

\* hand time 1:49.8 + .24 = 1:50.04 Adjustment from 880yd to 800m = 1:49.40

For the distance events- no conversions or en route conversions were included on this list except for the 1600m.

This is because the 1mie record (a longer distance) was faster than the top 1600m time.

100yd If converted to 100m = 10.43 (Distance is shorter than 100m so conversion cannot be done)