

WAYNE STATE COLLEGE

Men's Track Indoor Records

Event	Athlete(s)	Mark*	Date
55 meters	Lamart Cooper	6.26	2/11/95
60 meters	Lamart Cooper	6.76	3/1/96
200 meters	Tim Pilakowski	22.10	2/24/07
300 meters	Todd Rolfes	36.4	1991
400 meters	Travis Fredricksen	50.34	3/1/96
500 meters	Travis Fredricksen	1:06.0	2/17/96
600 yards	Korey Kriz	1:16.22	1/24/04
600 meters	Ben Jansen	1:22.49	3/1/08
800 meters	Ben Jansen	1:52.46	2/16/07
1000 meters	Ryan Williams	2:31.89	2/3/07
1500 meters	James McGown	3:57.9	3/7/98
One Mile	James McGown	4:14.7	3/7/98
3000 meters	James McGown	8:41.00	1/24/98
5000 meters	James McGown	14:34.19	3/14/98
55-meter Hurdles	Matt Kneifl	7.55	3/9/01
60-meter Hurdles	Matt Kneifl	8.2	3/3/01
200-meter Hurdles	Matt Kneifl	26.10	2/21/98
4x100 meters	Lamart Cooper, Byron Chamberlain, Lamont Gilchrist, J.C. Lightcap	44.87	2/4/95
4x160 meters	Lamart Cooper, Byron Chamberlain, Lamont Gilchrist, J.C. Lightcap	1:16.7	2/23/95
4x200 meters	Scott Asmus, Cory Prochaska, Adam Brandl, Kellin Bretschneider	1:36.07	1/22/00
4x400 meters	Garrett Flamig, Andy Jansen, Ben Jansen, Mack Baumann	3:22.73	2/20/09
4x800 meters	Matt Schneider, Nate McIntire, Ryan Williams, Ben Jansen	7:56.29	2/10/07
4x1 mile	Mark Merritt, Donnty Thongdy, Chris Garvin, James McGown	18:51.4	1/27/95
Sprint Medley	Gary Black, Mark Bliven, Todd Rolfes, Brian Bergstrom	3:46.95	1992
Distance Medley	Casey Ide, Matt Schaffer, Ben Jansen, Matt Schneider	10:05.29	2/17/06
4x55-meter Shuttle Hurdle Relay	Antonio Jackson, Matt Kneifl, J.T. Miller, Jeremy Murphy	34.30	1/30/98
High Jump	Sam Haase	6'8 1/4"	2/24/07
Long Jump	Lee Harper	7.29 (23'11")	2/13/93
Triple Jump	Mark Vollmer	14.74 (48'4½")	1988
Shot Put	Randy Ditter	15.99 (52'5½")	1985
Weight Throw	Brett Suckstorf	59' 3"	1/26/08
Pole Vault	Matt Doggett	16' 1 1/4"	2/24/07
Pentathlon	Jon Dickey	4,337 points	2/18/08

2009 Indoor Records Highlighted in bold type

Updated 4/27/09