

## *Men's South Forsyth Track & Field Records*

<u>Event</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>
<b>100m</b>	10.6	Chris Nelson	2021
<b>200m</b>	21.41	Chris Nelson	2021
<b>400m</b>	50.18	Joshua Nelson	2021
<b>800m</b>	1:57.84	Karthik Kochuparambil	2018
<b>1600m</b>	4:19.86	Nate Verska	2021
<b>3200m</b>	9:26.18	Ben Bergey	2021
<b>110mH/100mH</b>	15.26	Connor Cole	2019
<b>300mH</b>	40.91	Scott Gilbert	1993
<b>High Jump</b>	6' 9"	Anthony Riddle	2012
<b>Long Jump</b>	22' 7"	Chris Nelson	2021
<b>Triple Jump</b>	43'-10.5"	Joshua Nelson	2021
<b>Pole Vault</b>	13' 4"	Jay Garrell	2004
<b>Discus</b>	167' 8"	Garrett Frye	2011
<b>Shot Put</b>	56' 0"	Ridvan Kazimov	2019
<b>4x100m Relay</b>	41.91	Tre'von Green, Joshua Nelson, Nathan Heo, Chris Nelson	2021
<b>4x400m Relay</b>	3:26.09	Jay Li, Chris Duncan, George Najdek, Jared Aikens	2017
<i>400mH</i>	-	-	-
<i>1500m*</i>	-	-	-
<i>1 mile</i>	4:30.85	Josh Hammond	2018
<i>3000m*</i>	-	-	-
<i>2 mile</i>	10:24.68	Taylor Sobczak	2019
<i>2k Steeple Chase</i>	7:04.86	Devin Schmuckal	2021
<i>Hammer Throw</i>	-	-	-
<i>4x200m Relay*</i>	1:35.49	re'Von Green, Bryan Walker, Jax Weaver, Willem Verska	2019
<i>4x800m Relay*</i>	8:14.22	ator Jackson, Dylan Walker, Tyler Curtin, Zach Tyler	2008
<i>4x1600m Relay</i>	18:41.05	re Verska, Adam Zorko, Devin Schmuckal, Ben Bergey	2021
<i>800 SMR</i>	1:36.80	re'Von Green, Nathan Heo, Chris Nelson, Josh Nelson	2021
<i>1600 SMR</i>	3:49.13	Curtis Epps, Chris Duncan, George Najdek, Trevor Kane	2017
<i>4000 DMR</i>	10:46.50	re Verska, Josh Nelson, Sam Gullo, Devin Schmuckal	2021

**Key**

**GHSA Sanctioned Event**

*Non-GHSA Sanctioned Event*

\* USATF or NF Distance