 **PALM HARBOR UNIVERSITY HIGH SCHOOL**

**BOYS TRACK and FIELD RECORDS**

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| **4x800m Relay** |
| 2007 | 8:21.31\* | Graham Steele, Shaun McBride, Chris Flick, Alex Gonzalez  |
| **110m Hurdles** |
| 2019 | 15.06\* | Gage Knight |
| **100m Dash** |
| 1999 | 10.89\* | Jeff Eisel |
| **1600m Run** |
| 2007 | 4:24.22\* | Alex Gonzalez |
| **4x100m Dash** |
| 2016  | 45.44\* | Sean Cannon, Joshua Lich, Ryan Ryan Boynton, Tristan Jenkins |
| **400m Dash** |
| 1999 | 55.23\* | David Bossone |
| **300m Hurdles** |
| 2007 | 38.46\* | Matt Brown |
| **800m Dash** |
| 2005 | 1:59.26\* | Kent-Erik Hagman |
| **200m Dash** |
| 2019 | 22.57\* | Gage Knight |
| **3200m Run** |
| 2000 | 9:46.0\* | Andy Myers |
| **4x400m Relay** |
| 1999 | 3:28.14 | Jeff Eisel, David Bossone, K.C. Stengle, Andy Myers |
| **5k** |
| 1999 | 15:47 | Andy Myers |
| **Discus** |
| 2001 | 141’0” | Charles Bell |
| **Shot Put** |
| 2015 | 47’3” | Cam Cleland |
| **Pole Vault** |
| 2019 | 13’11” | Gage Knight |
| **High Jump** |
| 2016 | 6’6” | Gage Knight |
| **Long Jump** |
| 2019 | 22’1” | Gage Knight |
| **Triple Jump** |
| 2016 | 41’6.5” | David Fuller |

**\*= Fully Automatic Time (F.A.T. time) RECORDS thru 2022**

It’s not about how bad you want it. It’s about how HARD you’re willing to WORK for it. Author Unknown