



# Track & Field / Cross Country



## FCS Records

<u>Event</u>	<u>Athlete</u>	<u>Time</u>	<u>Date</u>
Boys 100m Dash	Solomon Brown	11.14	Mar 15, 2018
Boys 200m Dash	Solomon Brown	22.34	Apr 18, 2018
Boys 400m Dash	Ian McClary	53.77	May 2, 2025
Boys 800m Run	Wesley Greene	2:18.01	Mar 29, 2025
Boys 1600m Run	Wesley Greene	5:04.14	May 2, 2025
Boys 3200m Run	Michael King	12:04.21	Mar 18, 2023
Boys 5000m Run	Wesley Greene	19:02.26	Oct 26, 2024
Boys 110m Hurdles	Will Watts	17.28	Mar 8, 2023
Boys 400m Hurdles	Ian McClary	1:05.40	Mar 29, 2023
Boys 4X100m Relay	Relay Team	47.09	May 6, 2017
Boys 4X400m Relay	Relay Team	4:07.00	Mar 14, 2019
Boys 4X800m Relay	Relay Team	11:18.00	Mar 3, 2017
Boys Triple Jump	Hunter Cook	33-11.5	Apr 14, 2016
Boys Long Jump	Solomon Brown	19-8	May 5, 2018
Boys Shot Put	Christian Hewett	39-09.0	Apr 5, 2023
Boys Discus	Christian Hewett	102-06	Apr 19, 2023
Girls 100m Dash	Canvas Good	12.49	Apr 15, 2026
Girls 200m Dash	Canvas Good	25.72	May 2, 2025
Girls 400m Dash	Canvas Good	1:05.08	Apr 23, 2025
Girls 800m Run	Yazlynn Vazquez	2:46.97	Mar 29, 2025
Girls 1600m Run	Ali Seaver	6:06.28	Mar 26, 2025



