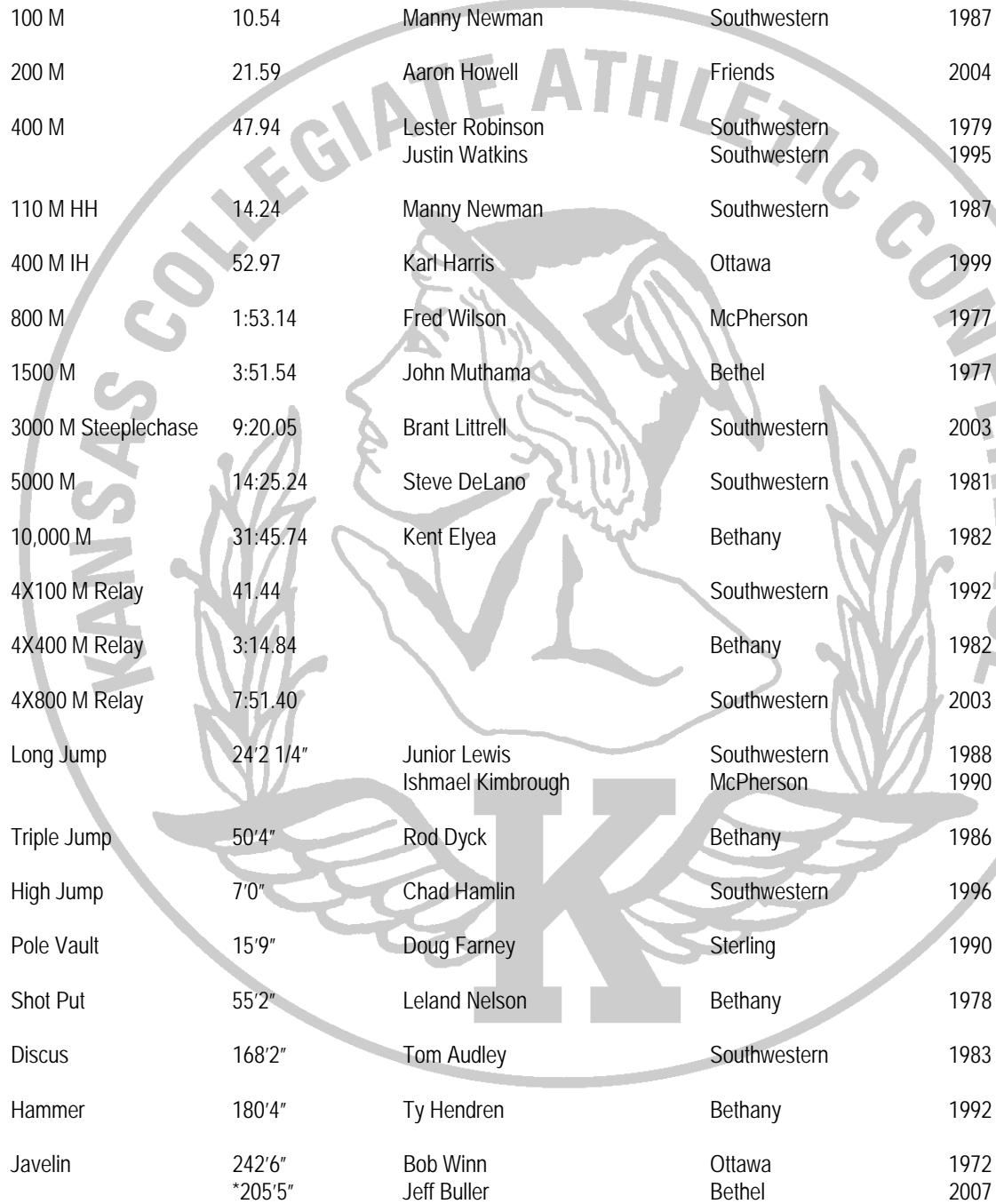


KCAC TRACK AND FIELD CHAMPIONSHIPS

MEN'S MEET RECORDS

NOTE: Includes the Spring 2008 Meet



100 M	10.54	Manny Newman	Southwestern	1987
200 M	21.59	Aaron Howell	Friends	2004
400 M	47.94	Lester Robinson Justin Watkins	Southwestern Southwestern	1979 1995
110 M HH	14.24	Manny Newman	Southwestern	1987
400 M IH	52.97	Karl Harris	Ottawa	1999
800 M	1:53.14	Fred Wilson	McPherson	1977
1500 M	3:51.54	John Muthama	Bethel	1977
3000 M Steeplechase	9:20.05	Brant Littrell	Southwestern	2003
5000 M	14:25.24	Steve DeLano	Southwestern	1981
10,000 M	31:45.74	Kent Elyea	Bethany	1982
4X100 M Relay	41.44		Southwestern	1992
4X400 M Relay	3:14.84		Bethany	1982
4X800 M Relay	7:51.40		Southwestern	2003
Long Jump	24'2 1/4"	Junior Lewis Ishmael Kimbrough	Southwestern McPherson	1988 1990
Triple Jump	50'4"	Rod Dyck	Bethany	1986
High Jump	7'0"	Chad Hamlin	Southwestern	1996
Pole Vault	15'9"	Doug Farney	Sterling	1990
Shot Put	55'2"	Leland Nelson	Bethany	1978
Discus	168'2"	Tom Audley	Southwestern	1983
Hammer	180'4"	Ty Hendren	Bethany	1992
Javelin	242'6" *205'5"	Bob Winn Jeff Buller	Ottawa Bethel	1972 2007

**Javelin specifications new in 1986*