

# Martin Luther School

Small School.  Smart Choice.

## VARSITY INDOOR TRACK & FIELD RECORDS



GIRLS	NAME	RECORD	DATE	BOYS	NAME	RECORD	DATE
<b>1000M RUN</b>	L.LEBRON	3:22	Saturday, December 23, 1995	<b>1000M RUN</b>	P.GIACKETTE	2:38	Saturday, February 10, 2007
<b>600M RUN</b>	C. STAAB	1:50.8	Sunday, March 19, 2000	<b>600M RUN</b>	M.WASHINGTON	1:27	Saturday, December 21, 1991
<b>1600M RUN</b>	L. LEBRON	5:45	Wednesday, January 10, 1996	<b>1600M</b>	P.GIACKETTE	4:31	Monday, December 18, 2006
<b>55M DASH</b>	T. GRIFFIN	7.2	Saturday, December 18, 1993	<b>55M</b>	D. RICHARDSON	23.1	Saturday, January 07, 1989
<b>200M DASH</b>	KIM C. YOUNG	26.9	Sunday, January 05, 1992	<b>400M</b>	M.WASHINGTON	52.7	Saturday, December 18, 1993
<b>300M DASH</b>	G. NIEVES	45.1	Sunday, January 09, 1994	<b>LONG JUMP</b>	D. RICHARDSON	19'6"	Saturday, January 07, 1989
<b>400M DASH</b>	G. NIEVES	64.5	Sunday, December 05, 1993	<b>HIGH JUMP</b>	H. FREEMAN	5'6"	Sunday, December 29, 1991
<b>LONG JUMP</b>	S. WILLIAMS	16'8"	Friday, January 27, 1989	<b>SHOT PUT</b>	H. FREEMAN	28'3"	Sunday, December 29, 1991
<b>HIGH JUMP</b>	S. WILLIAMS	4'10"	Friday, January 06, 1989	<b>800M</b>	P.GIACKETTE	2:01	Friday, January 20, 2006
<b>SHOT PUT</b>	K. O'HARA	29'3"	Sunday, February 18, 1996	<b>PENTATHALON</b>	H. FREEMAN	2100 POINTS	Sunday, December 29, 1991
<b>800M RUN</b>	L. LEBRON	2:29	Tuesday, January 09, 1996	<b>4X200 RELAY</b>	H. FREEMAN	8.8	Sunday, December 29, 1991
<b>PENTATHALON</b>	S. WILLIAMS	2379 POINTS	Sunday, February 12, 1989	<b>1500M</b>	P.GIACKETTE	4:09	Sunday, December 30, 2007
<b>4X200 RELAY</b>	T.GRIFFIN M. MCKOY L. MILLSAPS G. NIEVES	1:52.4	Sunday, January 09, 1994	<b>200M</b>	D. RICHARDSON	23.1	Saturday, January 07, 1989
<b>4X400 RELAY</b>	T.GRIFFIN M. MCKOY L. MILLSAPS G. NIEVES	4:36	Tuesday, December 28, 1993	<b>300M</b>	D. RICHARDSON	36.8	Saturday, January 21, 1989
<b>MILE</b>	C. STAAB	6:00	Friday, December 17, 1999	<b>55M HURDLES</b>	H. FREEMAN	8.8	Sunday, December 29, 1991
<b>55M HURDLES</b>	S. WILLIAMS	9.4	Thursday, February 12, 1987	<b>200M</b>	D. RICHARDSON	23.1	Saturday, January 07, 1989
<b>TRIPLE JUMP</b>	A.FAIRWEATHER	28'10 1/2"	Sunday, December 29, 1991	<b>300M</b>	D. RICHARDSON	36.8	Saturday, January 21, 1989
<b>1500M</b>	L. LEBRON	5:19	Saturday, January 27, 1996	<b>55M HURDLES</b>	H. FREEMAN	8.8	Sunday, December 29, 1991