

Boys Track/Field Records for Milford High School

Individual/Relay	Event	Year	Stats/Mark
Justin Gans	100 Meter	2003	10.85 s
Justin Gans	200 Meter	2004	22.2 s
Doug Crane	400 Meter	1992	49.2 s
Richie Shepherd	800 Meter	1987	1 m 56.6 s
Richie Shepherd	1600 Meter	1988	4 m 13.9 s
John Sence	3200 Meter	1988	9 m 16.5 s
Michael Bode	100 Meter Hurdles	2002	14.3 s
Michael Bode, Jason Babinec	300 Meter Hurdles	2002, 1996	37.7 s
Bryan Carpenter, Justin Gans, Craig Lawson, Ryan Shields	4x100 Meter Relay	2004	43.1 s
Kyle Bails, Craig Lawson, Justin Gans, Paul Chambers	4x200 Meter Relay	2004	1 m 32 s
Bobby Hall, Aaron Hendrix, Mike Gustafson, Aaron Lehman	4x400 Meter Relay	1999	3 m 25.2 s
Chris Crane, David Plank, Jay Kossen, Mark Lewis	4x800 Meter Relay	1992	7 m 57.9 s
Napoleon McCallum	High Jump	1981	6' 8"
Ryan Golden	Long Jump	2011	21' 7.25"
Reggie Carson	Triple Jump	2010	41' 1"
Michael Owens	Shot Put	1976	56' 1"
Michael Leaf	Discus	1972	160' 2"
Elmer Brewer	Pole Vault	1992	14' 7"