

# S.W.C. Track & Field Records

4 x 800 Relay	7:43.5	Sam Pleasant, Keith Brown, James Duckworth Lloyd Pelly	East St. Louis	1977
4 x 100 Relay	41.3	Liddell Appleton Kizer Tabbs	East St. Louis	2007
3200 M Run	9:25.54	Michael Sclarici	O'Fallon	2009
110 High Hurdles	13.7	Artavious Kizer	East St. Louis	2007
100 M Dash	10.5	Detar Anderson Timothy Allen Lamont Oakley	East St. Louis East St. Louis O'Fallon	1996 2005 2009
800 M Dash	1:54.0	Jermaine Jones	Belleville East	2000
4 x 200 Relay	1:26.9	Liddell Appleton McCottrell Tabbs	East St. Louis	2007
400 M dash	48.4	Timothy Allen	East St. Louis	03 & 04
300 M Hurdles	37.3	Matt Harden	O'Fallon	2004
1600 M run	4:11.2	Stephen Pifer	Edwardsville	2003
200 M dash	21.5	Timothy Allen	East St. Louis	2005
4 x 400 Relay	3:16.2	Kizer McCottrell Robinson Johnson	East St. Louis	2007
<i>FIELD EVENTS:</i>				
High Jump	6'8"	Vince Darnell Michael Bolling Don Brazel	Granite City Alton Granite City	1988 1989 1990
Long Jump	24'5"	Larry Perry	Alton	1975
Triple Jump	49'21/2"	Bilah Hameed	ESL	2005
Pole Vault	14'7"	Peter Hollenbeck	O'Fallon	2006
Shot Put	62'6 1/4"	Tom Stock	Belleville West	1970
Discus	176'5"	Tim Robbers	Granite City	1972

