

Kent City Boys' Track and Field SCHOOL RECORDS

EVENT	NAME	RESULT	YEAR	TIMING
Shot Put	Ben Wildeboer	54'6 ½"	2015	
Discus	Tom LaPonsie	150'1"	1993	
High Jump	Nathan Niedzwiecki	6'4"	2003	
Long Jump	Logan Howe	23'3"	2011	
Pole Vault	Isaac Austin (2x State Champion)	16'	2011	
100M	Logan Howe	10.7	2009	MT
200M	Giovanni Weeks	22.9	2017	MT
110M HH	Chad Mouthaan	14.7	1989	MT
400M	Rick Castenholtz	50.45	1994	FAT
800M	Will Wilson	1:54.97a	2013	FAT
1600M	Alex Wilson (2x State Champion)	4:14.5	2010	MT
3200M	Fraser Wilson	9:20.87a	2017	FAT
300M IH	Ben Cebelak	39.59a	2013	FAT
4 X 100M	Chad Brown, Isaac Austin, Justin Taylor, Logan Howe	44.42a	2011	FAT
4 X 200M	B. Kahrs, J. Wellman, C. Murphy, K. Freeland	1:31.3	1979	MT
4 X 400M	B. Kahrs, J. Wellman, J. Sturdavant, K. Freeland	3:25.1	1980	MT
4 X 800M	J. Ebers, J. Miron, J. Barbachyn, S. Morales State Champions	8:10.57a	1998	FAT
Per NFHS: MT + 0.24 = FAT; FAT - .24 = MT Round up to nearest tenth, MT				