

## Boys Junior High Track Records:

Long Jump: 2000  
Johnny Sysourath 17'5"

Shot Put: 1997  
Matt Aker 44'4"

Discus: 2013  
Cameron Phrakonekham 128' 9"

High Jump: 2010  
Kruzer Lunos 5'10"

Triple Jump: 2001      **2016**  
Ryan Orvis 31'10.25"    **\*Koby Phongsavath 32'2"**

Pole Vault: 2012  
Quincy George 12'6"

100 m Dash: 2014  
Willy George 11.9

100 m Hurdles: 2000    **2016**  
Jason Hilligoss 16.0    **\*Koby Phongsavath 15.6**

200 m Dash: 2000  
Johnny Sysourath 24.3

300 m Hurdles: 2012  
Anthony Paradis 45.2

400 m Dash: 2004  
Josiah Head 53.97

800 m Dash: 2005  
Eric Mohrbacher 2:07.7

1600 m Run: 2005  
Moses Heppner 4:35.1

4x100 m Relay: 2010  
Ryder Eklie, Quincy George, Kruzer Lunos, Alex Perius 51.8  
**\*2016 Keagan Lunos, Arthur Phosy, Koby Phongsavath, Jett Shoen 51.4**

4x200 m Relay: 2012  
Quincy George, Willy George, Anthony Paradis, Kirk Pearson 1:48.3

4x400 m Relay: 2005  
Moses Heppner, Johnny Phommavonga, Eric Mohrbacher, Alex Johnston 3:54.9