

## Top Ten Performances (*metrics*)

<p><b>4 x 200m Relay</b>            1 – Cleveland Glenville 2004 1:27.31 (Stephon Fuqua, Andre Evans, Jamario O’Neal, Theodore Ginn, Jr.)            2 – Cleveland Glenville 2003 1:27.62            3 – Cleveland Heights 2008 1:27.77            4 – Cleveland Glenville 2005 1:28.40            5 – Cleveland Glenville 2010 1:28.44            6– Cleveland Heights 2007 1:28.49            7– Lakewood St. Edward 2008 1:28.74            8– Cleveland Heights 1998 1:28.90            9– Trotwood Madison 2005 1:28.97            10– Dayton Dunbar 2008 1:29.06</p>	<p><b>4 x 400m Relay</b>            1 – Toronto (Ont.) Central Tech 1987 3:14.09 (Kingsley O’Henhen, Anthony Wilson, Phil Gordon, Carl Folkes)            2 – Dayton Dunbar 1989 3:16.18            3 – Cleveland John Adams 1985 3:17.80            4 – Toronto (Ont.) Central Tech 1984 3:18.20            5 – Cleveland Collinwood 1989 3:18.30            6 – Cleveland Glenville 2009 3:18.41            7 – Toronto (Ont.) Central Tech 1986 3:19.60            8 – Indianapolis Lawrence North 1990 3:19.72            9 – Toronto (Ont.) Central Tech 1985 3:19.80            10– Dayton Dunbar 1988 3:20.29</p>
<p><b>100m Dash (FAT)</b>            1-Tyrone Wheatley, Dearborne Hts. Robichaud, 1990, 10.59            2 – Mario Allman, Cincinnati Princeton, 1990, 10.65            3-Jonathon Burrell, Cleveland John Marshall,1992, 10.66            4 – Duaine Ladejo, Medina, 1988, 10.67            5 – Antwaun Rogers, Middletown, 2000, 10.73            6 – Marc LaTouche, Ajax (Ont.) Pickering, 2005, 10.74            7 – Tony Lee, Dayton Jefferson, 1988, 10.76            8 – Shawn Blanchett, Mt. Clemens (MI), 1988, 10.78            8 – Mike Blevins, Mansfield Madison, 1996, 10.78            10 – Edward Smith, Akron East, 1988, 10.79</p>	<p><b>4 x 800m Relay</b>            1 – Toronto (Ont.) Central Tech 1986 7:47.80 (David Rhone, George Kandelas, Steve Outrige, Grant Hoffman)            2 – Toronto (Ont.) Michael Power 1986 7:49.80            3 – Toronto (Ont.) Central Tech 1984 7:50.60            4 – State College (PA) 1984 7:51.60            5 – Gary (IN) Roosevelt 1986 7:52.10            5 – Toronto (Ont.) Central Tech 1987 7:52.10            7 – Cleveland Benedictine 1986 7:52.40            8 – Toronto (Ont.) Central Tech 1985 7:52.80            9 – Cleveland Heights 2007 7:53.20            10 – Toronto (Ont.) Neil McNeil 1991 7:53.80</p>
<p><b>Medley Relay (800, 200, 400, 1600)</b>            1- Toronto (Ont.) Central Tech 1987 7:25.70 (Silvino Pimentel, Phil Gordon, Carl Folkes, Grant Hoffman)            2 – Toronto (Ont.) Michael Power 1979 7:26.20            3 – Cleveland East Tech 1980 7:28.20            4 – Warren Woods (MI) 1984 7:28.30            5 – Toronto (Ont.) Agincourt 1984 7:29.40            5 – Toronto (Ont.) Michael Power 1984 7:29.40            7 – Cleveland Heights 1984 7:30.50</p>	<p><b>4 x 1600m Relay</b>            1 – Brampton Cardinal Ledger 1985 17:43.00 (John Gill, Tony Palhetas, Andy Von Zuben, Nick Zero)            2 – Lancaster 1980 17:46.20            3 – Monroe (MI) 1987 17:47.50            4 – Toronto Upper Canada College 1987 17:50.30            5 – Toronto Upper Canada College 1986 17:51.40            6 – Toronto (Ont.) Central Tech 1984 17:52.40            7 – Lancaster 1984 17:55.30</p>

<p>8 – Lancaster 1979 7:31.70  9 – Detroit (MI) Northern 1980 7:32.60  10 – Chilicothe 1985 7:32.80</p>	<p>8 – Flint (MI) Kearsley 1981 17:56.90  8 – State College (PA) 1984 17:56.90  10 – Toronto (Ont.) Michael Power 1984 17:57.40</p>
<p><b>High Jump</b>  1 – Erik Kynard, Toledo Rogers, 2009, 7-2 <math>\frac{3}{4}</math> (state record)  2 – Natty Crooks, Toronto West Park, 1983, 7-0 <math>\frac{3}{4}</math>  3 – Noel Ruebel, Highland (IN), 1974, 6-11 <math>\frac{1}{4}</math>  3 – Milton Ottey, Agincourt Timothy Eaton, 1979, 6-11 <math>\frac{1}{4}</math>  4 – Tom Hughes, Dearborn (MI) Edsel Ford, 1983, 6-11  4 – Raynard Gover, Dayton Jefferson, 1983, 6-11  5 – Milton Ottey, Agincourt L’Amoreaux, 1980, 6-10 <math>\frac{3}{4}</math>  6 - Rolando DeMarchi, Toronto Michael Power, 1975 6-10  6 - Anthony Black, Toronto George Harvey, 1988, 6-10  6 – Andrew Cowan, Etobicoke Richview, 1996, 6-10  6 – Ryan Huber, Wauseon, 1998, 6-10  6 – Brandon Woodson, Mansfield Senior, 2001, 6-10</p>	<p><b>200m Dash (FAT)</b>  1-Robert Smith, Euclid, 1990, 21.38  2-Chris Nelloms, Dayton Dunbar, 1989, 21.42  3-Darnell Hall, Detroit (MI) Pershing, 1990, 21.53  4-Dorian Green, Cleveland John Marshall, 1992, 21.67  5-Aki Bradley, Cleveland East Tech, 1990, 21.69  6-Brandon Saine, Piqua, 2006, 21.76  7-Khance Meyers, East Kentwood, Mich, 2016, 21.76  8-Mike Blevins, Mansfield Madison, 1997, 21.86  9-J’Abneb Provitt, Warren G. Harding, 2006, 21.90  10-James Estrada, Fostoria, 1995, 21.91</p>
<p><b>1600m Run</b>  1 – Andrew Jordan, Watkins Memorial, 2016, 4:10.20  2 – Jeff See, Middletown, 2005, 4:11.73  3 – Tony Jordanek, Lexington, 2005, 4:14.51  4 – Jason Hartmann, Rockford (MI), 1998, 4:14.60  5- Daniel Roberts, Vicksburg, 2005, 4:14.97  6 - Samuel Borchers, Yellow Springs, 2007, 4:15.22  7 – Jeff Hojnacki, Solon, 1992, 4:15.96  8 –Kevin Sule, Hemlock (MI), 2000, 4:16.32  9 – Joe Dimambro, Fenton (MI), 2007, 4:17.42  10- Ryan Clark, Eaton, 1999, 4:17.60</p>	<p><b>3200m Run</b>  1-Abdul Alzindani, Dearborn (MI) Fortson, 1996, 9:08.50  2 – Todd Snyder, Ann Arbor Pioneer, 1995, 9:10.30  3 – Jason Hartmann, Rockford (MI), 1998, 9:11.40  4 – Jason Hartmann, Rockford (MI), 1999, 9:13.50  5 – Stephen Walker, Midland Dow (MI), 2009, 9:16.77  6 – Brian Hesson, Caldwell, 1992, 9:16.90  7 – Andy Marsh, Grand Ledge (MI), 2000, 9:17.00  8 – James O’Toole, Mt. Lebanon (PA), 2003, 9:17.60  8 – Jason Mueller, Shelby, 1999, 9:17.60</p>

	9 – Dathan Ritzenhein, Rockford (MI), 1999, 9:17.80
<b>Triple Jump</b> 1-Karl Walters, Toronto Central Tech, 1996, 48-08w 2-Devon Davis, Ajax (Ont)Pickering, 1986, 48-06 ¼ 3-Barnard Francis,Toronto Central Tech,1996,47-8 ¼ w 4 -Barnard Francis, Toronto Pickering, 1997, 47-06 ½ 5- Andrew Channer, Whitby ) Anderson, 1994, 47-05 ¼ 5- Adrian Woodley, Whitby Anderson, 1994, 47-05 ¼ ½ 7- Adrian Woodley, Whitby Anderson, 1993, 47-04 ½ 8- Duaine Ladejo, Medina, 1988, 46-05 ¾ 9-Gary Stanford, Detroit Mumford, 2000, 46-3 ¼ 10-Derrick Johnson, Saginaw Buena Vista, 1993,46- ½	<b>110m High Hurdles (FAT)</b> 1-Chris Nelloms, Dayton Dunbar, 1990, 13.63 2-Darrick Trimble, Warren JFK, 1995, 13.89 3-Glenn Terry, Cincinnati Sycamore, 1988, 14.01 4-Chris Nelloms, Dayton Dunbar, 1989, 14.02 5-Lamarr Hill, Dayton Christian, 1996, 14.07 6-Glenn Terry, Cincinnati Sycamore, 1989, 14.11 7-Martin Maize, Dayton Jefferson, 1988, 14.19 7 - Elbert Turner, Gary Roosevelt, 1987, 14.19 9-Keith Wheeler, Troy (MI), 1987, 14.20 Derek Moore, Dayton Meadowdale, 1988, 14.20
<b>Shot Put</b> 1 – Charles Moye, Akron Ellet, 1987, 70-06 ¼ 2 – Jesse Stuart, Glasgow (KY) 1969, 66-0 ¾ 3 - Ken Lanier, Columbus Marion Franklin, 1977 64-10 ½ 4 – Barry Walker, Lancaster, 1981, 64-08 ¾ 5 – Ron Semkiw, Baldwin (PA), 1972 64-07 ½ 6 – T.J. Duckett, Kalamazoo Loy Norrix, 1998, 62-11 ½ 7 - Johnny Nielsen, Seaforth (Ont.) District, 1980, 62-8 ¼ 8 – Mike Sargent, Flint (MI), 1984, 62-07 ¼ 9 -Mike Mercer, Oskville (Ont.) Trafalgar, 1966, 62-06 ¾ 10 – Ben Gilbert, Lancaster, 1996, 62-04 ½	<b>Discus</b> 1 – Charles Moye, Akron Ellet, 1987, 194-02 2 – Isiah Kent, Colonel Crawford, 2010, 192-05 3 – Mark Debevc, Geneva, 1967, 192-01 4 – Sean Whittington, Lancaster, 1986, 191-11 5 – Ron Semkiw, Baldwin (PA), 1972, 191-05 6 – David Reasons, Xenia, 1981, 191-04 7 – Trevor Detillion, Unioto, 2015, 189-04 8 – John Casler, Ashland Crestview, 1967, 188-01 8 – Pete Miller, Hilliard, 1967, 188-01 9 –John Mitchell, Muskegon (MI), 1983, 187-08 10 -Borys Chambul, Toronto W.A. Porter, 1971, 187-02
<b>Pole Vault</b> 1 – Logan Lynch – Bedford Temperance (MI), 2007, 16’-0” 2 – John Coyne, Medina Buckeye, 1986, 15-08 ¼	<b>Long Jump</b> 1-Todd Bell, Middletown, 1976, 25-05 2-Ra’Mon Johnson, Warrensville Hts., 1996, 25-04 3-Dion Bentley, Pittsburgh Penn Hills, 1988,

<p>3 - Doug Wood, Wingham (Ont.) F.E. Madill, 1985, 15-06  3- Adam Smith, Owensboro Daviess Co., 1989, 15-06  3 – Travis Downey, Tontogany Otsego, 1993, 15-06  3 – Brent Sheffer, Traverse City (MI), 1998, 15-06  7 – David Volz, Bloomington (IN) South, 1979, 15-05 ½  8 – Jim Stokes, Flint (MI) Kearsley, 1974, 15-04  8 – Paul Terek, Livonia (MI) Franklin, 1997, 15-04  10 – Mark Bradley, Scarborough Woburn, 1977, 15-02  10– Bim Scala, Traverse City (MI), 1986, 15-02  10 – Rich Morris, Toronto Michael Power, 1976, 15-02</p>	<p>24-11 ½  4-Mike McMannon, Newport Catholic, 1968, 24-09 ½  5-Mike Lee, Columbus Briggs, 1978, 24-06 ½  6-Leigh Grey, Columbus Bishop Hartley, 1985, 24-05 ¾  6-Lamar Hill, Dayton Christian, 1996, 24-04 ¾  8-Jeff Park, Dayton Roosevelt, 1971, 24-04  9-Bill Prewitt, Willow Run (MI), 1957, 24-03 ¾  10-Brian Carpenter, Flint Southwestern, 1978, 24-03</p>
<p><b>800m Run</b>  1-Brian Bell, Dayton Dunbar, 2015, 1:54.04  2-Wayne Moncriefe, Toronto Central Tech, 1985, 1:51.6  3-Doug Conroy, Lancaster, 1985, 1:52.6  4-Colby Alexander, Strongsville, 2010, 1:53.0  5-Randy Moore, State College (PA), 1980, 1:53.2  6-Richard Wilson, Gary Roosevelt (IN), 1987 1:53.4  7-William McLane, Akron Ellet, 1985, 1:53.8  8-Lawrence Lenin, Cleveland JFK, 1987, 1:53.89  9-Dan Glomb, Middleburgh Hts. Midpark, 1985, 1:54.0  10-David Norman, Detroit Cooley, 1992, 1:54.25</p>	<p><b>300m Intermediate Hurdles</b>  1-Marco Morgan, Youngstown Chaney, 1990, 36.93  2-Keith Wheeler, Troy (MI), 1987, 37.04  3-Calvin Bostic, Cincinnati, Forest Park, 1990, 37.25  4-Eric Brown, Cleveland West Tech, 1990, 37.27  5-Eric Brown, Cleveland West Tech, 1989, 37.5  6-Russ Pernus, Painesville Riverside, 1991, 37.51  7-Glenn Terry, Cincinnati Sycamore, 1989, 37.63  8 – Antonio Blanks, Dayton Dunbar, 2010, 37.87  9-Mike Cox, Dayton Meadowdale, 1990, 38.11  10-Jeff Gibson, Southfield (MI), 1989, 38.19</p>
<p><b>400m Dash</b>  1-Chris Nelloms, Dayton Dunbar, 1990, 46.80  2-Robert Smith, Euclid, 1990, 47.09  3-Chris Nelloms, Dayton Dunbar, 1989, 47.33  4-Robert Smith, Euclid, 1989, 47.75  5 – Matthew Love, Cleveland Hts., 2007,</p>	

<p>47.81 6 -Mark Graham, Hamilton Sir Allen MacNab, 1990, 47.87 7- Wayne Johnson, Jr., Dayton Meadowdale, 2016, 47.92 8 – Andrew Pierce, Yellow Springs, 1997, 47.98 9 – Desmond, Watkins Memorial, 2016, 48.02 10- Latwan Anderson, Cleveland Glenville, 2010, 48.03</p>	
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