

# Old Mehock Records

- 100 yard dash** – Herb Washington, Flint, Mich. Central, 1968 – 9.4  
**220 yard dash** – Bob Lawson, Toledo Libby, 1972 – 20.7  
**440 yard dash** – Antone Blair, Alliance, 1977 – 47.2  
**880 yard run** – Andy Johnson, Mansfield Malabar, 1973 – 1:52.9  
**Mile run** – Rudy Chapa, Hammond, Ind., 1976 – 4:13.4  
**Two mile run** – Rudy Chapa, Hammond, Ind., 1975 – 8:59.2  
**1,500 meter run** – George Nicholas, Dayton Meadowdale, 1981 – 3:53.0  
**3,000 meter run** – John Zishka, Lancaster, 1980 – 8:13.9  
**120 yard hurdles** – John Morrison, Detroit, Mich. Redford Union, 1969 – 13.9  
**180 yard low hurdles (straight)** – Dan Oliver, Wooster Triway, 1976 – 18.8  
**220 yard low hurdles** – Harrison Dillard, Cleveland East Tech, 1940 – 24.5  
**880 yard relay** – Cleveland Glenville, 1977 – 1:28.8  
**Mile relay** – Cleveland Glenville, 1977 – 3:19.7  
**Two mile relay** – State College, PA., 1969 – 7:54.5  
**Four mile relay** – Toronto, Ontario Canada Monarch Park, 1973 – 17:55.9  
**Medley Relay (880, 220, 440, mile)** – Grosse Point Mich., 1977 – 7:26.7  
**Medley Relay (800m, 200, 400, 1600)** – Toronto Ontario Central Catholic, 7:25.7  
**Girls Medley Relay (800,200, 400,1600)** - Middleburg Hts. Midpark, 2011, 9:12.81  
**Shuttle Hurdle relay (480 yard low hurdles)** – Flint, Mich. Northern, 1968 – 55.5  
**Shuttle Hurdle relay (440 meters intermediate hurdles)** – Huber Heights Wayne, 2007 – 58.29  
**Girls 4 x 1600 meter relay** – Toronto Msgr. Paul Dwyer, 2005 – 23:19.9  
**Boys 4 x 1600 meter relay** – Brampton Ontario Canada Cardinal Leger Secondary School, 1986 –17:43.0  
**Triple Jump** – Andrew Channer and Adrian Woodley, Whitby (Ont) Anderson CVI, 1994 – 47’ 5 ¼”  
**Girls Triple Jump** - Ray'Chel Wilson, Toledo Notre Dame Academy, 2013 - 31' 4" (only year contested)