



## Men's Track and Field Records

Event	Time	Name	Club	Location	Date
<b>100m</b>	10.15 (1.8)	Jared Connaughton	Islanders Track and Field	Arlington, TX	2008-05-03
<b>200m</b>	20.30 (0.3)	Jared Connaughton	Islanders Track and Field	Fortaleza, Brazil	2012-05-09
<b>400m</b>	49.04	Spencer Smith	Islanders Track and Field	Calgary, AB	2011-06-22
<b>800m</b>	1:54:00A	Colin MacAdam			
<b>1500m</b>	3:47.65	Alex Cyr	University of Windsor Athletics Club	Hamilton, ON	2018-07-01
<b>3000m</b>	8:06.00A	Alex Neuffer			
<b>5000m</b>	14:20.07	Alex Neuffer	Halifax Road Hammers	Chebucto, NS	2022-07-02
<b>110m H</b>	19.35 (1.5)	Matthew Tanton	Islanders Track and Field	Langley, BC	2022-06-24
<b>400m H</b>	59.00A	Colin MacAdam			
<b>3000m Steeplechase</b>	10:24.07	Michael Rogers	Islanders Track and Field	Saint John, NB	2017-06-25
<b>High Jump</b>	1.96m	Sasho MacKenzie		Moncton, NB	1999
<b>Long Jump</b>	7.49m (2.0)	Kurt McCormack	Islanders Track and Field	Charlottetown, PE	2015-06-13
<b>Triple Jump</b>	15.54m	Kurt McCormack	Islanders Track and Field	Johnson City, TN	2010-03-06
<b>Pole Vault</b>	4.10m	Cameron Davis	Islanders Track and Field	Boston, MA	2022-12-03
<b>Discus</b>	40.65m	Matthew Tanton	Islanders Track and Field	Hamilton, ON	2020-09-20
<b>Hammer Throw</b>	57.77m	Matt Caseley	Sparta Athletics	Tempe, AZ	2012-04-06
<b>Javelin</b>	51.81m	Malcolm Gilman	Islanders Track and Field	Moncton, NB	2019-07-14
<b>Shot Put</b>	13.51m	Matthew Caseley	Sparta Athletics	Oromocto, NB	2008
<b>Decathlon</b>	4798	Matthew Tanton	Islanders Track and Field	Langley, BC	2022-06-24
<b>4x100m</b>	43.26	Owen MacFayden, Daniel Whalen, Zach Wilson, Damon MacDonald	Islanders Track and Field	Winnipeg, MB	2017-07-31
<b>4x400m</b>	3:32.39	Ben Coles, Nathan Mahar, Daniel Whalen, Darcy Norton	Islanders Track and Field	Winnipeg, MB	2017-08-04