

2020 Red Lion Boys Track & Field Top 10 List

Total Career Points (est 2010)		
Name	Points	Years
1. Jerome Jessup	609	2016-19
2. Ryan Knisely	520	2010-2012
3. Kadan Smith	346	2016-2019
4. Paul Jones	336	2014-17
5. Quincy Palmer	320	2012-15
6. Ethan Gatchell	317	2012-15
7. Mitch Helf	315	2016-19
8. Nate Pardoe	295	2010-13
9. Caleb Gatchell	279	2012-13
10. Seth Haight	259	2010-13

Total Points in a Season (est 2010)		
Name	Points	Year
1. Jerome Jessup	214	2018
2. Ryan Knisely	204	2010
3. Ryan Knisely	167	2011
4. Jerome Jessup	164	2017
5. Dylan McCoy	155	2010
6. Jerome Jessup	154	2019
7. Rashad Washington	152	2010
8. Caleb Gatchell	150	2013
9. Ryan Knisely	149	2012
10. AJ Virata	146	2019

4 x 100 M RELAY		
NAMES	Performance	Year
1. J. Kunce, M. Helf, A. Virata, J. Jessup	43.01	2019
2. I. Wolfe, D. Kessler, R. Washington, R. Knisely	43.25	2010
3. A. Keller, D. Kirkland, N. Orji, Q. Palmer	43.51	2014
4. M. Helf, J. Jessup, G. Helf, P. Jones	43.62	2017
5. Z. Crossland, M. Helf, P. Douglass, J. Jessup	43.64	2018
6. W. Norrie, S. Haight, J. Milton, R. Knisely	43.74	2012
7. B. Smith, D. Land, V. Why, S. Strausbaugh	44.04	1993
7. R. Miller, E. Kiser, T. Gladfelder, G. Taughninbaugh	44.04	2006
9. J. Jackson, P. Jones, N. Orji, Q. Palmer	44.24	2015
10. W. Norrie, J. Milton, T. Landis, R. Knisely	44.34	2011

100M DASH		
Name	Performance	Years
1. Jerome Jessup	10.74	2019
2. Quincy Palmer	10.94	2015
3. Ryan Knisely	11.02	2012
4. Erik Harr	11.14	1985
4. Jeston Bowman	11.14	1996
6. Simmie Strausbaugh	11.24	1994
6. Doug Lane	11.24	1993
6. Jeff Warner	11.24	1980
6. Eddie Kiser	11.24	2006
10. Darrin Kessler	11.34	2010
10. Tim Bupp/Jeremy Smith	11.34	1982/ 1995

200M DASH		
Name	Performance	Years
1. Jerome Jessup	21.74	2019
2. Ryan Knisely	22.14	2012
3. Quincy Palmer	22.32	2015
4. Matt Barshinger	22.54	2005
5. AJ Virata	22.55	2019
6. Eddie Kiser	22.59	2006
7. Ryan Ligget	22.63	2005
8. Simmie Strausbaugh	22.64	1994
9. Darrin Kessler	22.68	2010
10. Erik Harr	22.74	1985

4 x 400 M RELAY		
NAMES	Performance	Year
1. E. Kiser, Z. Tassone, J. Menges, G. Taughninbaugh	3:20.58	2006
2	3:24.84	1983
3	3:26.02	2004
4. P. Douglass, M. Helf, A. Virata, J. Jessup	3:27.30	2019
5	3:27.37	2008
6 M. Walker, P. Jones, M. Helf, J. Jessup	3:27.58	2017
7	3:27.64	2003
8 S. Haight, N. Pardoe, C. Gatchell, R. Knisely	3:27.84	2012
9	3:28.04	2005
10. S. Haight, N. Pardoe, N. McCabe, C. Gatchell	3:28.10	2013

400M DASH		
Name	Performance	Years
1. Eddie Kiser	48.03	2006
2. Jerome Jessup	48.62	2019
3. Ryan Knisely	49.23	2011
4. John Seitz	49.64	1981
5. Paul Jones	50.59	2017
6. Dave Thomas	50.64	1980
7. Greg Kareis	50.74	2008
8. Rashad Washington	50.84	2010
9. Brian Fake	51.04	1986
10. Gary Taughninbaugh	51.07	2008

800M RUN		
Name	Performance	Years
1. Ethan Gatchell	1:53.73	2015
2. Matt Dennish	1:54.70	2004
3. Greg Kareis	1:55.74	2008
4. Caleb Gatchell	1:55.89	2013
5. Doug Mitzel	1:58.04	1996
6. Adam May	1:58.14	2002
7. Andrew Snyder	1:58.34	1999
8. Nate Pardoe	1:58.57	2013
9. Patrick Good	1:58.94	1999
10. Josh Menges	1:59.04	2007

4 x 800 M RELAY		
NAMES	Performance	Year
1. M. Dennish, C. Miller, S. Guillaume, A. May	7:53.34	2002
2. N. McCabe, E. Gatchell, N. Pardoe, C. Gatchell	7:55.93	2013
3	8:00.54	1999
4	8:00.94	2001
5	8:03.24	2007
6. N. McCabe, J. Pardoe, N. Pardoe, C. Gatchell	8:06.91	2012
7	8:07.14	2003
8. A. Erickson, Z. Dutton, K. Wisniewski, E. Gatchell	8:07.20	2014
9	8:15.64	2000
10 M. Bodish, J. Gatchell, B. Haynie, E. Gatchell	8:17.47	2015

1600M RUN		
Name	Performance	Years
1. Greg Kareis	4:12.94	2008
2. Matt Dennish	4:14.86	2003
3. Rob Miller	4:22.34	1979
4. Caleb Gatchell	4:26.24	2013
5. Ed Holland	4:26.26	2009
6. Ethan Gatchell	4:26.59	2013
7. Josh Pardoe	4:28.67	2013
8. Mike Dennish	4:29.80	2001
9. Matt Croft	4:30.17	2011
10. Tristan Mummert	4:30.84	2007

3200M RUN		
Name	Performance	Years
1. Greg Kareis	9:15.74	2007
2. Matt Croft	9:38.00	2011
3. Travis Bailey	9:41.04	2003
4. A.J. Kareis	9:47.14	2005
5. Zach Dutton	9:50.54	2014
6. Joe Emmerheiser	9:52.14	2001
7. Alex Miller	9:55.18	2016
8. Ed Holland	9:58.24	2009
9. Micah Bodish	9:58.45	2015
10. Justin Immel	10:03.64	2001

110M HIGH HURDLES		
Name	Performance	Years
1. Simmie Strausbaugh	14.44	1994
2. Dominic Eyler	14.72	2017
3. Ryan Frey	14.84	1999
4. Kadan Smith	14.95	2019
5. Jeremy Smith	15.14	1996
6. Luke Miller	15.12	1999
7. Rob Miller	15.24	2006
8. Josh Menges	15.34	2006
9. Ben Mann	15.44	1999
10. Bruce Yang	15.52	2010

300M INTERMEDIATE HURDLES		
Name	Performance	Years
1. Simmie Strausbaugh*	38.44	1994
2. Jeremy Smith	39.14	1996
3. Josh Menges	39.53	2007
4. Jerome Jessup	40.34	2017
5. Toni Anders	40.54	1979
6. Luke Miller	40.72	2016
6. Andrew Menges	40.74	2013
8. Mike Walker	40.74	1982
9. Luke Miller	40.84	2000
10. Dylan McCoy	40.86	2010

POLE VAULT		
Name	Performance	Years
1. Greg Potter	15-0	2016
2. Donald Smith	13-9	2013
2. Ben Baltzer	13-9	2003
4. Damon Kopp	13-6	2001
4. Dave Harrington	13-6	1979
6. Dan Silvey	13-3	2005
6. Mike Gillis	13-3	1998
8. Tyler Crawford	13-0	2012
8. Josh Eyler	13-0	1991
10. Chris Gillis	12-9	1995
10. Josh Stafford	12-9	2000
10 Dan Beaver	12-9	2000

HIGH JUMP		
Name	Performance	Years
1. Dan Goodyear *	6-9.75	1974
2. Scott Warner	6-9	1977
3. Terry Daniels	6-7	1994
4. Jeff Haldeman	6-6	1988
5. Adam Buchanan	6-5	1997
5. Chad Sterner	6-5	1991
7. AJ Virata	6-4	2019
7. Sean Kowalik	6-4	2007
7. Mark Metz	6-4	1981
10. Chad Fake	6-2	1996
10. Jim Jones	6-2	1984
10. Brian Almoney	6-2	1989

LONG JUMP		
Name	Performance	Years
1. Scott Fitzkee	22-8.5	1975
2. Jeff Haldeman	21-8.5	1987
3. Judge Kunce	21-7	2015
4. Eddie Kiser	21-3	2006
4. Kirk Ruff	21-3	1999
6. Wit Norrie	21-2.5	2013
7. Ian Wolfe	21-1	2009
8. Jeston Bowman	21-0.25	1996
9. Nate Orji	21-0	2015
10. Seth Haight	20-11	2012

TRIPLE JUMP		
Name	Performance	Years
1. Brian Almoney	45-8	1989
2. Jason Milton	45-3.75	2011
3. Eddie Kiser	44-5.25	2006
4. Mark Metz	43-7.25	1981
5. David Kirkland	43-4.75	2012
6. Kirk Ruff	43-2	1999
7. Judge Kunce	42-9.75	2015
8. Chad Sterner	42-8	1997
9. Phillip Douglass	42-5.5	2019
10. Paul Jones	42-4	2016/17

SHOT PUT		
Name	Performance	Years
1. Blaine Donagher	56-11	1981
2. Dave Dietz	54-7	1988
3. Paul Charbonnier	53-7	1994
4. Chris Furst	53-0.25	1987
5. Tim Roberts	52-8.5	1987
6. Tim Smith	51-1.25	1994
7. Kevin Kriner	50-10.25	2007
8. Chad Donagher	50-8.5	1992
9. Nick Contino	50-7.5	1986
10. Eric Grove	50-3.25	1985

DISCUS		
Name	Performance	Years
1. John Rauma	161-2	1977
2. Rick Metzger	157-5	1983
3. Tyler Burns	156-0	2014
4. Blain Donagher	154-0	1981
5. Dave Dietz	153-7	1988
6. Scott Baer	152-0	1984
7. Chris Furst	148-2	1987
8. Maurice Schwartz	147-9	1985
9. Greg Lutz	145-8	1983
10. Eric Henshaw	145-6	2015

JAVELIN		
Name	Performance	Years
1. Chaz Grove	184-2	2002
2. Chris Rohrbaugh	171-2	2004
3. Greg Anderson	161-11.5	1993
4. Farrell Flinchbaugh	161-0	1985
5. Owen Stine	160-11	2018
6. Matt Ferrell	160-9	1995
7. Dylan McCoy	159-7	2010
8. Ben Robinson	157-5	2011
9. Tim Thompson	157-0	1995
10. Eric Mortoff	156-3	1996