

Treynor Jerome Howe Relays Events and Records

Schedule of Events

High Jump Long Jump Shot Put Discus

800m Sprint Medley Relay

3200m Run

4 x 800m Relay

Break

Shuttle Hurdle Relay

100m Dash

1600m Distance Medley Relay

400m Dash

4 x 200m Relay

110m Hurdles

800m Run

200m Dash

400m Hurdles

1600m Run

4 x 100m Relay

4 x 400m Relay

Jerome Howe Relays Event Records

High Jump	Noah James	Treynor	2021	6'9"
Long Jump	Brett Daley	Treynor	2017	21'11.50
Discus	Alex Becthold	Stanton	2016	171' 9"
Shot Put	Gary York	Essex	1990	54' 1"
800m Sprint Medley		Treynor	2021	1:34.79
3200m Run	Bill Blay	Griswold	1992	9:50.38
4 x 800m Relay		Greenfield	1977	8:20.30
Shuttle Hurdle Relay		Underwood	2013	1:01.40
100m Dash	Steve Franks	Essex	1996	10.97
Distance Medley Relay		Hamburg	1977	3:45.00
400m Dash	Sid Schaaf	Treynor	2021	50.59
4 x 200m Relay		Treynor	2023	1:32.93
110m Hurdles	Jason Woods	Treynor	1994	14.74
800m Run	Ray Aranza	Hamburg	1976	2:02.00
200m Dash	Brendan Monahan	St. Alber	2022	22.23
400m Hurdles	Bryan Murray	Treynor	2005	54.82
1600m Run	Rick McKean	Missouri Valley	1976	4:24.40
4 x 100m Relay		Treynor	2005	44.39
4 x 400m Relay		St. Albert Catholic	2016	3:32.35

Discontinued Events

Pole Vault	Mark Martens	Carson-Macedonia	1976	12' 6"
180 Low Hurdles	Ed Blackburn	Malvern	1977	21.30