

**Lindsey Wilson College
Men's Indoor Track & Field Records**

Updated: 4/14/11

Event	Athlete	Result	Date
55 meters	Pascal Milien	6.51	2/17/07
60 meters	Pascal Milien	6.96	3/9/07
200 meters	Ian Lindo	21.83	3/5/04
400 meters	Ian Lindo	49.51	3/5/04
600 meters	Jamie Southland	1:23.97	2/27/98
800 meters	Jackson Ochako	1:52.27	3/1/97
1,000 meters	Jackson Ochako	2:31.49	2/27/98
1,500 meters	Mike Westwood	4:18.49	2/8/03
Mile	Jackson Ochako	4:07.00	3/1/97
3,000 meters	Levis Anyega	8:13.66	2/14/98
5,000 meters	James Birir	14:49.00	2/14/98
1,600 meters Race Walk	Ricardo Vergara	6:41.69	1/30/09
3,000 meters Race Walk	Ricardo Vergara	12:54.98	3/4/11
55 meters Hurdles	Josh Bevil	8.14	3/1/02
60 meters Hurdles	Josh Bevil	8.83	2/16/02
200 meters Hurdles	Norgie Rivera	27.40	2/10/01
4x160 meters Relay	Akmal Grant Hines Kirk Gordon	1:23.50	2/12/00
4x200 meters Relay	Carl Morgan Zanman Graham Adam Cecil Carlos Morgan	1:33.62	2/11/06
4x400 meters Relay	Carl Morgan Ian Lindo Zanman Graham Carlos Morgan	3:24.11	2/5/05
4x800 meters Relay	Levis Anyega Mark Wilson Kelly Jackson Ochako	7:44.51	2/27/98
Distance Medley Relay	Levis Anyega Mark Wilson Kelly Jackson Ochako	10:05.02	2/26/98
High Jump	Michael McDonald	6-5.0 feet 1.96 meters	1/29/00
Long Jump	Jamaine Gordon	23-6.25 feet 7.17 meters	3/5/05
Triple Jump	Jamaine Gordon	49-4.25 feet	3/11/06

		15.04 meters	
Shot Put	Joshua Kles	46-0.75 feet 14.04 meters	2/11/11
Weight Throw	Andy Olson	47-11.25 feet 14.61meters	2/21/04
Pole Vault	Benjamin Joseph	11-5.75 feet 3.50 meters	2/13/10
Pentathlon	Norgie Rivera	2,771 points	1/31/04

