



# CBW's Trackies

Park Ridge High School Track and Field

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COACHES

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MEET RESULTS

Girls Records

Boys Records

County, Sectional,  
Relay Records

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### TRACK AND FIELD RECORDS - Boys

Anyone with documented information for missing dates please reply to the email address to the left, thanks!

Download Records [here](#)

100 M	Chris Charles	10.2	2000
200M	Chris Charles	21.45	2000
400M	Chris Charles	49.4	2000
800M	Matt Lingam	1:54.96	2008
1600M	Jeff Rolfe	4:19.7	1974
3200M	Paul Marzan	9:44	1977
110HH	Jason Tuber	15.31	2001
400IH	Jason Tuber	56.62	2001
PV	Greg Hoffman	15'	2009
HJ	Chris Kanya	6' 6"	1974
LJ	Conrad Healy	21' 4"	2006
TJ	Chris Charles	45' 10.75"	2000
Shot Put	Tom Rizzie	53' 6"	2010
Discus	Tom Rizzie	147' 6"	2010
Javelin	Steve Guzek	175' (RT)	2005
Javelin	George Heller	185'	1974
	Chris Cosgrove		
4x100	Chris Entrup	45.8	2008



Nick Bravo  
John Delfin-Skovira

4x200	Chris Cosgrove Chris Entrup Ross Koehler Nick Bravo	1:34.9	2008
4X400	Brian Desmond Ross Koehler Nick Bravo Matt Lingam	3:23.18	2008
4X800	John Carabetta Brian Desmond Sam Janssen Matt Lingam	8:20.4	2007
4X1600	Tom Sanderson Matt Lingam Erik Antokal Sam Janssen	19:10.8	2008
Sprint Medley	400-Matt Lingam 200-Nick Bravo 200-Ross Koehler 800-Sam Janssen	3:38.5	2008
Distance Medley	1200-Mike Biancorosso 400-Conrad Healy 800-Sam Janssen 1600-Matt Lingam	10:58.4	2007
Shuttle Hurdles	Steven Diomede David Diomede Dan Revie Charles Rossi	1:12	2010
400IH Relay	David Diomede Dan Revie Charles Rossi	3:11.6	2010
PV Relay	Chris Cosgrove Greg Hoffman John Delfin-Skovira	35'	2008
Javelin Relay	Steve Guzek Dallas Edwards Andy Perdew	408'	2005
Discus Relay	Kevin Desmond Will Owen Tom Rizzie	344' 8"	2009
Shot Put Relay	Steve Anderson Will Owen Tom Rizzie	136' 6.5"	2010



Triple Jump Relay	John Rankin Conrad Healy Nick Bravo	121' 8.5"	2006
Long Jump Relay	Conrad Healy Nick Bravo John-Delfin Skovira	58' 5.5"	2007
High Jump Relay	Chris Kanya Wayne Stallman George Heller	17' 10"	1974

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