

# CONCORD HIGH SCHOOL BOYS TRACK

## Team Championships

**NLC Champions – 1979, 1988. 1996, 1997, 2010, 2011, 2018**

**Sectional Champions – 1981, 2010**

**Top Ten at State – 1983(10<sup>th</sup>)**

## Individual Sectional Champions

1978	100 Yard Dash	10.1	Steve Davidson
1982	1600 Meter Relay	3:24.8	T. Williams, R. Swoape, S. Adams, C. Adams
1983	High Jump	6'10-1/2"	Dave Glassburn
1983	800 Meter Run	2:00.9	Tell Williams
1984	800 Meter Run	1:58.3	Dan Bachtel
1988	Long Jump	22'6-1/4"	Bill Heerschop
1989	Long Jump	27'8-1/2"	Chris Robertson
1992	400 Meter Dash	49.79	Jason Kinzler
1993	Pole Vault	13'6'	Ryan Berger
1995	300 Meter Hurdles	38.15	Lon Smith
1996	Discus Throw	170'5"	Jim Myers
1996	3200 Meter Run	9:56.27	Jeff Headrick
1996	300 Meter Hurdles	37.32	Lon Smith
1996	3200 Meter Relay	8:14.90	Jeff Headrick, Eric Chris, J.D. Myers, Amir Tahmassebi
1997	3200 Meter Run	9:33.24	Jeff Headrick
1998	1600 Meter Run	4:29.51	Amir Tahmassebi
1998	300 Meter Hurdles	38.04	Daniel Martin
1998	3200 Meter Run	9:55.49	James Myers
1999	400 Meter Relay	43.59	Donald Jackson, Ricky McKenzie, Daniel Martin, Brian Emerson
1999	300 Meter Relay	38.59	Daniel Martin
2000	300 Meter Hurdles	38.27	Daniel Martin
2000	400 Meter Relay	43.19	Donald Jackson, Ricky McKenzie, Daniel Martin, Justin Smith
2001	Pole Vault	13-6	Casey Swinehart
2001	3200 Relay	8:09.64	Ryan Prael, Adam Garner, Mark Yoder, Justin Smith
2002	Discus Throw	162-03	Mike Casey
2002	4x800 Meter Dash	8:08.63	Ryan Prael, Kyle Clark, Justin Smith, Mark Yoder
2003	400 Meter Dash	49.79	Craig Shafer
2008	200 Meter Dash	22.43	Anthony Harper
2008	100 Meter Dash	10.97	Anthony Harper
2009	300 Meter Hurdles	39.20	Anthony Yoder
2010	4x800 Meter Relay	8:01.13	Keenen Burnett, Brian Willoughby, Daniel Zelaya, Eric McCray
2010	4x400 Meter Relay	3:25.23	Clinton McCray, William Mulroy, Steven Mulroy, Eric McCray
2010	300 Meter Hurdles	38.88	Anthony Yoder
2010	110 Meter Hurdles	14.73	Anthony Yoder
2011	4x400 Meter Relay	3:27.72	William Mulroy, Clinton McCray, Eric McCray, Steven Mulroy
2011	4x100 Meter Relay	43.47	Grant Bass, William Mulroy, Dominique Holt, Steven Mulroy
2011	300 Meter Hurdles	39.45	Grant Bass
2012	Discus Throw	166-00.00	Jason Spriggs
2012	300 Meter Hurdles	39.19	Grant Bass
2012	110 Meter Hurdles	14.89	Grant Bass
2018	100 Meter Dash	10.93	Jakale Conerly
2018	400 Meter Dash	50.01	Harold Moon
2018	110 Meter Hurdles	14.65	Harold Moon
2018	300 Meter Hurdles	39.83	Jamyris Rice

## **Individual Regional Champions**

1979	1600 Meter Run	4:31.2	Walter Bliss
1989	200 Meter Dash	22.26	Eric Latham
1996	1600 Meter Relay	3:23.56	D. Howard, M. Cooks, L. Smith, T. Molnar
1997	3200 Meter Run	9:30.64	Jeff Headrick
1998	300 Meter Hurdles	37.59	Daniel Martin
1999	300 Meter Hurdles	37.63	Daniel Martin
2000	300 Meter Hurdles	37.67	Daniel Martin
2011	4x400 Meter Relay	3:25.18	William Mulroy, Clinton McCray, Eric McCray, Steven Mulroy
2011	300 Meter Hurdles	40.36	Grant Bass
2012	300 Meter Hurdles	39.19	Grant Bass
2018	100 Meter Dash	10.90	Jakale Conerly

## **State Finals Medalists (Places 1-8)**

1983	High Jump	6'11"(1 <sup>st</sup> )	Dave Glassburn
1995	300 Meter Hurdles	(5 <sup>th</sup> )	Lon Smith
1996	Discus Throw	(5 <sup>th</sup> )	Jim Myers
1996	1600 Meter Relay	(4 <sup>th</sup> )	Jeff Headrick, Eric Chris, J.D. Myers, Amir Tahmassebi
1996	300 Meter Hurdles	(5 <sup>th</sup> )	Lon Smith
1997	3200 Meter Run	(4 <sup>th</sup> )	Jeff Headrick
1998	300 Meter Hurdles	(2 <sup>nd</sup> )	Daniel Martin
1999	300 Meter Hurdles	37.43 (1 <sup>st</sup> )	Daniel Martin
2000	300 Meter Hurdles	37.81(2 <sup>nd</sup> )	Daniel Martin
2002	4x400 Meter Relay	3:21.45 (5 <sup>th</sup> )	Tim McGraw, Mark Yoder, CJ Shafer, Justin Smith
2009	300 Meter Hurdles	38.47 (6 <sup>th</sup> )	Anthony Yoder
2010	300 Meter Hurdles	38.88 (3 <sup>rd</sup> )	Anthony Yoder
2010	4x800 Meter Relay	7:52.67 (6 <sup>th</sup> )	Todd Dion, Brian Willoughby, Daniel Zelaya, Eric McCray
2011	4x800 Meter Relay	7:51.00 (6 <sup>th</sup> )	Steven Mulroy, Clinton McCray, Daniel Zelaya, Eric McCray
2011	4x100 Meter Relay	3:19.39 (6 <sup>th</sup> )	Grant Bass, William Mulroy, Dominique Holt, Steven Mulroy
2012	Discus Throw	168-01 (6 <sup>th</sup> )	Jason Spriggs
2012	300 Meter Hurdles	38.95 (7 <sup>th</sup> )	Grant Bass
2018	4x100 Meter Relay	42.55 (8 <sup>th</sup> )	Jamyris Rice, Caleb Smith, William Hayes, and Jakale Conerly