

All-Time Top Performances
Lansing Boys Outdoor Track Field

| Event | Season | Athlete | Grade | Mark | | |
|------------|-------------|-----------------------|--------------|-------------------|--|---|
| 100 | 2004 | Zacc Guaragno | 12 | 10.9 | | |
| | 2002 | Charlie Moon | 12 | 11.0 | Top Freshman Time: 12.09 (Sam Panzer, 2017) | |
| | 2002 | Charlie Moon | 12 | 11.10 | 5th Place, NYSPHSAA DII Top Sophomore Time: 11.41 (Sam Panzer, 2018) | |
| | 2019 | Sam Panzer | 11 | 11.29 | Top Junior Time: 11.29 (Sam Panzer, 2019) | |
| | 2021 | Morgan Somchangmavong | 12 | 11.29 | Top Senior Time: 10.9 (Zacc Guaragno, 2004) | |
| | 2021 | Morgan Somchangmavong | 12 | 11.31 | Top 8th Grade Time: 12.5 (Diggy Smith, 2023) | |
| | 2004 | Zacc Guaragno | 12 | 11.34 | | |
| | 2019 | Sam Panzer | 11 | 11.37 | | |
| | 2004 | Zacc Guaragno | 12 | 11.40 | | |
| | 2002 | Charlie Moon | 12 | 11.41 | | |
| | 2018 | Sam Panzer | 10 | 11.41 | | |
| | 2008 | Ken Tillapaugh | 12 | 11.43 | | |
| | 110H | 2006 | Rusty Landon | 11 | 15.4 | |
| | | 2007 | Rusty Landon | 12 | 15.5 | Top Freshman Time: 18.43 (Ethan Burt, 2017) |
| 2007 | | Rusty Landon | 12 | 15.7 | Top Sophomore Time: 17.8 (Rowan Fox, 2023) | |
| 2007 | | Rusty Landon | 12 | 15.75 | Top Junior Time: 15.4 (Rusty Landon, 2006) | |
| 2007 | | Rusty Landon | 12 | 15.78 | Top Senior Time: 15.91 (Ben Rourke, 2014) | |
| 2007 | | Rusty Landon | 12 | 15.80 (3.5 Wind) | 6th Place, NYSPHSAA DII | |
| 2014 | | Ben Rourke | 12 | 15.91 (4.8 Wind) | NYSPHSAA pentathlon | |
| 2007 | | Rusty Landon | 12 | 16.00 | | |
| 2014 | | Ben Rourke | 12 | 16.15 | | |
| 2007 | | Rusty Landon | 12 | 16.24 (-2.3 Wind) | | |
| 200 | 2004 | Zacc Guaragno | 12 | 22.6h | | |
| | 2021 | Morgan Somchanhmvong | 12 | 22.93 | Top Freshman Time: 24.68 (Sam Panzer, 2017) | |
| | 2002 | Charlie Moon | 12 | 22.8h | Top Sophomore Time: 23.33 (Sam Panzer, 2018) | |
| | 2002 | Charlie Moon | 12 | 23.0 | Top Junior Time: 23.36 (Sam Panzer, 2019) | |
| | 2004 | Zacc Guaragno | 12 | 23.1 | Top Senior Time: 22.6 (Zacc Guaragno, 2004) | |
| | 2002 | Charlie Moon | 12 | 23.13 | Top 8th Grade Time: 25.8 (Dylan Quest, 2012) | |
| | 2004 | Zacc Guaragno | 12 | 23.3 | | |
| | 2002 | Charlie Moon | 12 | 23.31 | | |
| | 2018 | Sam Panzer | 10 | 23.33 | | |
| | 2021 | Morgan Somchanhmvong | 12 | 23.34 | | |
| 400 | 2007 | Rusty Landon | 12 | 49.7 | | |
| | 2007 | Rusty Landon | 12 | 49.78 | State Quals Top Freshman Time: 58.56 (Aiden Vooris, 2023) | |
| | 2007 | Rusty Landon | 12 | 49.8 | Top Sophomore Time: 51.72 (Eddy Potter, 2010) | |
| | 2006 | Rusty Landon | 11 | 50.2 | Top Junior Time: 50.2 (Rusty Landon, 2006) | |

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| | 2001 | Jon Van Duren | 12 | 50.56 | 3rd place, NYSPHSAA DII Top Senior Time: 49.7 (Rusty Landon, 2007) |
| | 2006 | Rusty Landon | 11 | 50.8 | Top 8th Grade Time: 56.69 (Luke Field, 2014) |
| | 2003 | Jeff Abbott | 12 | 50.9 | |
| | 1999 | Jon Van Duren | 10 | 51.07 | 5th Place, NYSPHSAA DII |
| | 2001 | Jon Van Duren | 12 | 51.2 | |
| | 2010 | Eddy Potter | 10 | 51.72 | |
| 400H | 1981 | Andy Nedrow | | 56.2 | |
| | 2003 | John Butler | 12 | 57.3 | Top Freshman Time: 1:08.2 (Nathaniel Ronsvalle, 2023) |
| | 2007 | Devin Strehle | 12 | 57.4 | Top Sophomore Time: 1:07.03 (Devin McCartney, 2015) |
| | 2002 | John Butler | 11 | 57.8 | Top Junior Time: 57.8 (John Butler, 2002) |
| | 2007 | Devin Strehle | 12 | 58.1 | Top Senior Time: 56.2? |
| | 2007 | Devin Strehle | 12 | 58.16 | |
| | 2008 | Henry Potter | 12 | 59.11 | |
| | 2008 | Henry Potter | 12 | 59.11 | |
| | 2008 | Henry Potter | 12 | 59.54 | |
| | 2008 | Henry Potter | 12 | 59.54 | |
| 800 | 2010 | Edward Potter | 12 | 1:56.23 | |
| | 2012 | Cameron Bruce | 12 | 1:57.85 | Top Freshman Time: 2:06.4 (Ben Eisenhut, 2012) |
| | 2010 | Edward Potter | 12 | 1:57.90 | Top Sophomore Time: 2:12.16 (Max Austin, 2019) |
| | 2010 | Edward Potter | 12 | 1:58.22 | Top Junior Time: 1:58.93 (Cameron Bruce, 2011) |
| | 2003 | Jeff Abbott | 12 | 1:58.59 | 5th place, NYSPHSAA DII Top Senior Time: 1:58.59 (Jeff Abbott, 2003) |
| | 2003 | Alejandro Papachryssanthou-Bernad | 12 | 1:58.8 | |
| | 2008 | Henry Potter | 12 | 1:58.89 | |
| | 2011 | Cameron Bruce | 11 | 1:58.93 | |
| | 2012 | Cameron Bruce | 12 | 1:58.96 | |
| | 2008 | Henry Potter | 12 | 1:59.42 | |
| 1600 | 2012 | Cameron Bruce | 12 | 4:13.29 | DII State Champion Top 7th Grade Time: 4:53.49 (Ben Eisenhut, 2010) |
| | 2012 | Cameron Bruce | 12 | 4:17.45 | Top 8th Grade Time: 4:52.95 (Trent Thibault, 2022) |
| | 2012 | Cameron Bruce | 12 | 4:18.51 | Top Freshman Time: 4:38.73 (Ben Eisenhut, 2012) |
| | 2011 | Cameron Bruce | 11 | 4:19.36 | 6th place, NYSPHSAA DII Top Sophomore Time: 4:38.0 (Edward Potter, 2008) |
| | 2011 | Cameron Bruce | 11 | 4:19.55 | Top Junior Time: 4:19.36 (Cameron Bruce, 2012) |
| | 2012 | Cameron Bruce | 12 | 4:20.38 | Top Senior Time: 4:13.29 (Cameron Bruce, 2012) |
| | 2003 | Alejandro Papachryssanthou-Bernad | 12 | 4:20.43 | |
| | 2003 | Nate Lockett | 12 | 4:22.0 | |
| | 2012 | Cameron Bruce | 12 | 4:22.9 | |

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| | 2011 | Cameron Bruce | 11 | 4:25.61 | |
| 1 Mile | 2013 | Ben Eisenhut | 10 | 4:41.62 | |
| 3K Steeple | 2003 | Alejandro Papachryssanthou-Bernad | 12 | 9:48.8 | |
| | 2006 | Phil Abbott | 12 | 10:13.2 | Top Freshman Time: 10:37.87 (Ben Eisenhut, 2012) |
| | 2010 | Edward Potter | 12 | 10:21.46 | Top Sophomore Time: 10:46.2 (Josh Barber, 2008) |
| | 2009 | Josh Barber | 11 | 10:22.0 | Top Junior Time: 10:22.0 (Josh Barber, 2009) |
| | 2006 | Phil Abbott | 12 | 10:27.1 | Top Senior Time: 9:48.8 (Alejandro Papachryssanthou-Bernad, 2003) |
| | 2003 | Andrew Barnard | 12 | 10:32.73 | |
| | 2012 | Ben Eisenhut | 9 | 10:37.87 | |
| | 2010 | Jon Cleveland | 12 | 10:43.15 | |
| | 2007 | Frank Massi | 11 | 10:43.8 | |
| | 2008 | Josh Barber | 10 | 10:46.2 | |
| 3200 | 2003 | Nate Lockett | 12 | 9:17.7 | |
| | 2012 | Cameron Bruce | 12 | 9:24.69 | <small>NYSPHSAA 6th Place DIII</small> Top 8th Grade Time: 10:27.32 (Trent Thibault, 2022) |
| | 2012 | Cameron Bruce | 12 | 9:29.25 | Top Freshman Time: 9:58.40 (Trent Thibault, 2023) |
| | 2012 | Cameron Bruce | 12 | 9:34.38 | Top Sophomore Time: 9:51.98 (Ben Eisenhut, 2013) |
| | 2011 | Cameron Bruce | 11 | 9:37.02 | Top Junior Time: 9:37.02 (Cameron Bruce, 2011) |
| | 2011 | Cameron Bruce | 11 | 9:42.97 | Top Senior Time: 9:17.7 (Nate Lockett, 2003) |
| | 2011 | Cameron Bruce | 11 | 9:44.92 | |
| | 2012 | Cameron Bruce | 12 | 9:49.48 | |
| | 2011 | Cameron Bruce | 11 | 9:51.88 | |
| | 2013 | Ben Eisenhut | 10 | 9:51.98 | |
| 2 Miles | 2011 | Cameron Bruce | 11 | 10:04.62 | |
| 400M Relay | 2003 | | | 44.44 | |
| | 2004 | P Corina, Z Guaragno, C Gardner, A Ranta-Aho | | 44.6 | |
| | 2003 | C Gardner, J Butler, Z Davenport, M Munson | | 44.87 | |
| | 2003 | | | 44.9 | |
| | 2002 | | | 45.1 | |
| | 2004 | | | 45.11 | |
| | 2021 | U Igwe, K Reid, A Gallagher, M Somchanhmvong | | 45.51 | |
| | 2005 | | | 45.5h | |
| | 2021 | U Igwe, K Reid, A Gallagher, M Somchanhmvong | | 45.94 | |
| | 2011 | | | 46.03 | |
| 2011 | | | 46.05 | | |

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| 800M Relay | 1999 | | | 1:36.2 | |
| | 2010 | | | 1:36.62 | |
| | 2003 | J Butler, J Abbott, Z Davenport, M Munson | | 1:36.7 | |
| | 2004 | | | 1:37.6 | |
| | 2004 | | | 1:37.7 | |
| | 2005 | | | 1:40.3 | |
| | 2006 | | | 1:40.6 | |
| | 2012 | | | 1:40.93 | |
| | | | | 1:41.25 | |
| 1600M Relay | 2003 | | | 3:26.08 | |
| | 2001 | | | 3:26.47 | NYSPHSAA DII Champions |
| | 2003 | E Herter, J Abbott, J Butler, M Munson | | 3:26.89 | 4th place, NYSPHSAA DII |
| | 2001 | J Davenport, J Abbott, K Zawadski, J Van Duren | | 3:27.46 | |
| | 2007 | | | 3:27.62 | |
| | 2005 | | | 3:28.5 | |
| | 2002 | | | 3:29.1 | |
| | 2007 | K Tillapaugh, H Potter, D Straley, R Landon | | 3:30.3 | |
| | 2000 | | | 3:30.50 | 6th place, NYSPHSAA C/D |
| | 2007 | | | 3:31.8 | |
| 3200M Relay | 2003 | | | 7:59.0 | |
| | 2003 | J Usack, J Abbott, N Lockett, A P-B | | 8:02.07 | NYSPHSAA DII Champions |
| | 1999 | J Ely-Rubik, R Barnard, J Herter, J Dietershagan | | 8:09.17 | 2nd Place, NYSPHSAA DII |
| | 2008 | | | 8:16.11 | |
| | 2003 | | | 8:17.9 | |
| | 2002 | | | 8:19.4 | |
| | 2002 | A Barnard, J Usack, J Butler, J Abbott | | 8:22.68 | |
| | 2010 | | | 8:23.28 | |
| | 2002 | | | 8:24.6 | |
| | 2006 | | | 8:24.9 | |
| 6400M Relay | 2003 | A Barnard, J Abbott, A P-B, N Lockett | | 18:02.7 | |
| | 2005 | | | 19:50.6 | |
| | 2004 | | | 19:52.3 | |
| | 2004 | | | 20:10.1 | |

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| | 2012 | | | 20:22.06 | |
| | 2006 | | | 20:26.9 | |
| | 2013 | | | 20:33.14 | |
| | 2007 | | | 20:47.6 | |
| SMR | 2002 | | | 3:41.8 | |
| | 2003 | E Henne, Z Davenport, M Munson, J Butler | | 3:47.1 | |
| | 2010 | | | 3:47.78 | |
| | 2007 | | | 3:48.6 | |
| | 2007 | | | 3:52.2 | |
| | 2004 | | | 3:52.7 | |
| | 2004 | B Munson, P Corina, C Gardner, P McKay | | 3:54.5 | |
| | 2005 | | | 3:55.1 | |
| | 2006 | | | 3:59.8 | |
| DMR | 2003 | | | 10:42.0 | |
| | 2008 | | | 10:54.6 | |
| | 2003 | A Barnard, E Herter, A P-B, N Lockett | | 11:07.7 | |
| | 2009 | | | 11:19.5 | |
| | 2004 | | | 11:20.2 | |
| | 2006 | | | 11:30.7 | |
| | 2004 | | | 11:41.5 | |
| | 2012 | | | 11:44.92 | |
| | 2005 | | | 11:45.1 | |
| | 2010 | | | 11:57.06 | |
| Shuttle Hur | 2007 | | | 1:09.0 | |
| | 2007 | | | 1:09.3 | |
| | 2007 | | | 1:10.0 | |
| | 2004 | | | 1:14.5 | |
| | 2004 | | | 1:14.7 | |
| | 2006 | | | 1:18.9 | |
| | 2005 | | | 1:23.1 | |
| Steeple Relay | 2007 | | | 9:15.6 | |
| HJ | 2004 | Zacc Guaragno | 12 | 6-5 | |
| | 2004 | Zacc Guaragno | 12 | 6-4 | Top Freshman Jump: 5-6 (Michael LaPar (2015), Cameron Richards (2015)) |
| | 2004 | Zacc Guaragno | 12 | 6-3 | Top Sophomore Jump: 5-8 (Kyle Reid, 2019) |

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| | 2021 | Kyle Reid | 12 | 6-2 | Top Junior Jump: 5-10 (Joey Miller-Labar (2017), Michael LaPar (2017)) |
| | 2014 | Ben Rourke | 12 | 6-0.75 | <small>NYSPHSAA pentathlon</small> Top Senior Jump: 6-5 (Zacc Guaragno, 2004) |
| | 2014 | Ben Rourke | 12 | 6-0 | Top 8th Grade Jump: 5-4 (Diggy Smith, 2023) |
| | 2021 | Kyle Reid | 12 | 6-0 | |
| | 2021 | Sirus Desnoes | 12 | 6-0 | |
| | 2003 | Nick LiVigne | 12 | 5-10 | |
| | 2014 | Ben Rourke | 12 | 5-10 | |
| | 2017 | Joey Miller-Labar | 11 | 5-10 | |
| | 2017 | Michael LaPar | 11 | 5-10 | |
| HJ Relay | 2021 | S Desnoes, K Reid | | 12-0 | |
| LJ | 2018 | Dakota Edwards | 11 | 21-6.5 | |
| | 2019 | Dakota Edwards | 12 | 21-4.5 | Top Freshman Jump: 18-5 (Sam Panzer, 2017) |
| | 2012 | Max Rogan | 12 | 21-1 | Top Sophomore Jump: 19-2 (Dakota Edwards, 2017) |
| | 2008 | Ken Tillapaugh | 12 | 20-9.5 | Top Junior Jump: 21-6.5 (Dakota Edwards, 2018) |
| | 2019 | Dakota Edwards | 12 | 20-8.75 | Top Senior Jump: 21-4.5 (Dakota Edwards, 2019) |
| | 2007 | Ken Tillapaugh | 11 | 20-8.25 | Top 8th Grade Jump: 15-8.75 (Dylan Quest, 2012) |
| | 2010 | Zach Dwyer | 12 | 20-8 | |
| | 2021 | Sirus Desnoes | 12 | 20-7 | |
| | 2021 | Sirus Desnoes | 12 | 20-6.25 | |
| | 2018 | Dakota Edwards | 11 | 20-5 | |
| LJ Relay | 2018 | D. Edwards, S. Panzer | | 38-7 | |
| TJ | 1970 | Lee Lechner | 11 | 44-0 | |
| | 1969 | Lee Lechner | 10 | 42-1 | Top Freshman Jump: 39-6 (Xavier Smith, 2023) |
| | 2002 | Chris Stout | 12 | 41-10.25 | Top Sophomore Jump: 42-1 (Lee Lechner, 1969) |
| | 2002 | Chris Stout | 12 | 41-10 | Top Junior Jump: 44-0 (Lee Lechner, 1970) |
| | 2010 | Zach Dwyer | 12 | 41-8.5 | Top Senior Jump: 41-10.25 (Chris Stout, 2002) |
| | 2011 | Sean Cheatham | 12 | 40-6.5 | |
| | 2010 | Zach Dwyer | 12 | 40-5.75 | |
| | 2011 | Sean Cheatham | 12 | 40-5.5 | |
| | 2002 | Chris Stout | 12 | 40-5.25 | |
| | 2010 | Zach Dwyer | 12 | 40-5 | |
| TJ Relay | 2002 | J. Fuller, C. Stout | | 79-9 | |
| PV | 2014 | Max Jordan | 11 | 14-7 | |

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|-----------------|--------|------------------------|-------|---------|--|
| | 2012 | Max Rogan | 12 | 14-6 | Top Freshman Vault: 10-6 (Ben Rourke (2011), Xavier Gell (2015)) |
| | 2015 | Max Jordan | 12 | 14-6 | Top Sophomore Vault: 13-0 (Max Rogan (2010), Max Jordan (2013)) |
| | 2022 | Aidan Gallagher | 12 | 14-2 | Top Junior Vault: 14-7 (Max Jordan, 2014) |
| | 2011 | Max Rogan | 11 | 14-1 | Top Senior Vault: 14-6 (Max Rogan, 2012) |
| | 2011 | Max Rogan | 11 | 14-0 | |
| | 2012 | Max Rogan | 12 | 14-0 | |
| | 2014 | Dylan Bland | 12 | 14-0 | NYSPHSAA DII State Champion |
| | 2014 | Max Jordan | 11 | 14-0 | 4th place, NYSPHSAA DII |
| | 2015 | Max Jordan | 12 | 14-0 | |
| | 2022 | Aidan Gallagher | 12 | 14-0 | NYSPHSAA DII Runner Up |
| | 2022 | Aidan Gallagher | 12 | 13-10 | |
| | 2011 | Max Rogan | 11 | 13-7 | |
| | 2022 | Aidan Gallagher | 12 | 13-7 | |
| | 2012 | Max Rogan | 12 | 13-6 | |
| | 2013 | Dylan Bland | 11 | 13-6 | |
| | 2014 | Dylan Bland | 12 | 13-6 | |
| | 2014 | Max Jordan | 11 | 13-6 | |
| | 2015 | Max Jordan | 12 | 13-6 | 3rd place, NYSPHSAA DII |
| PV Relay | 2014 | M. Jordan, D. Bland | | 26-0 | |
| SP | 2007 | Andy Lockwood | 12 | 55-8 | |
| | 2007 | Andy Lockwood | 12 | 54-7.5 | Top Freshman Throw: 43-2 (Jeff Swayze, 2006) |
| | 2007 | Andy Lockwood | 12 | 54-0.5 | 3rd place, NYPHSAA Championships |
| | 2009 | Jeff Swayze | 12 | 54-0 | Top Sophomore Throw: 44-6.5 (Andy Lockwood, 2005) |
| | 2009 | Jeff Swayze | 12 | 53-8.75 | Top Junior Throw: 53-0 (Jeff Swayze, 2008) |
| | 2009 | Jeff Swayze | 12 | 53-3 | Top Senior Throw: 55-8 (Andy Lockwood, 2007) |
| | 2007 | Andy Lockwood | 12 | 53-2 | |
| | 2008 | Jeff Swayze | 11 | 53-0 | |
| | 2007 | Andy Lockwood | 12 | 52-7.5 | 2nd Place, NYSPHSAA DII |
| | 2009 | Jeff Swayze | 12 | 52-6.5 | |
| SP Relay | 2007 | A. Lockwood, J. Swayze | | 96-4.5 | |
| Discus | 2007 | Andy Lockwood | 12 | 167-3 | 2nd Place, NYSPHSAA DII |
| | 2007 | Andy Lockwood | 12 | 164-4 | Top Freshman Throw: 105-6 (Anders Presthus, 2011) |
| | 2007 | Andy Lockwood | 12 | 162-9 | Top Sophomore Throw: 152-9 (Andy Lockwood, 2005) |

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| | 2007 | Andy Lockwood | 12 | 161-8 | <small>3rd place, NYSPHSAA Championships</small> Top Junior Throw: 155-9 (Andy Lockwood, 2006) Top Senior Throw: 167-3 (Andy Lockwood, 2007) |
| | 2006 | Andy Lockwood | 11 | 155-9 | |
| | 2005 | Andy Lockwood | 10 | 152-9 | |
| | 2006 | Andy Lockwood | 11 | 152-6 | |
| | 2014 | Anders Presthus | 12 | 150-8 | |
| | 2005 | Andy Lockwood | 10 | 150-6 | |
| | 2006 | Andy Lockwood | 11 | 150-0.75 | |
| Discus Relay | 2007 | A. Lockwood, M. Hartz | | 269-8 | |
| Pentathlon | 2014 | Ben Rourke | 12 | 3165 | <small>4th place, NYSPHSAA DII</small> Top Freshman Performance: Top Sophomore Performance: 2439 (Ethan Burt, 2018) |
| | 2014 | Ben Rourke | 12 | 3078 | |
| | 2014 | Ben Rourke | 12 | 2981 | |
| | 2011 | Mason Golden | 12 | 2729 | |
| | 2011 | Mason Golden | 12 | 2662 | |
| | 2005 | Max Kraft | | 2633 | |
| | 2013 | Ben Rourke | 11 | 2615 | |
| | 2002 | Nick LiVigne | 11 | 2590 | |
| | 2018 | Ethan Burt | 10 | 2439 | |
| | 2018 | Ethan Burt | 10 | 2391 | |