

## 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 (Senior Recognition)

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	Marlin Bryant	Malvern	1983	6'7"
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	2017	1:37.68
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	Nick Pedersen	Underwood	2016	51.10
4 x 200m Relay		Treynor	1992	1:34.18
110m Hurdles	Jason Woods	Treynor	1994	14.74
800m Run	Ray Aranza	Hamburg	1976	2:02.00
200m Dash	Jared Graham	Tri-Center	2001	22.37
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