

**Lincoln Jets Track Club  
All-Time Top 10 Sub-Bantam Boys**

**100 Meters**

<u>Time</u>	<u>Name</u>	<u>Year</u>
<b>14.5</b>	<b>Matthew Medill</b>	<b>2011</b>
17.3	Logan VandeHoef	2010
22.6	Dominic Kak	2010

**800 Meters**

<u>Time</u>	<u>Name</u>	<u>Year</u>
<b>3:01.79</b>	<b>Conrad Schroeder</b>	<b>2011</b>
3:22.6	Logan VandeHoef	2010

**200 Meters**

<u>Time</u>	<u>Name</u>	<u>Year</u>
<b>33.25</b>	<b>Matt Medill</b>	<b>2010</b>
39.4	Logan VandeHoef	2010

**1500 Meters**

<u>Time</u>	<u>Name</u>	<u>Year</u>
<b>6:01.71</b>	<b>Conrad Schroeder</b>	<b>2011</b>

**400 Meters**

<u>Time</u>	<u>Name</u>	<u>Year</u>
<b>1:18.7</b>	<b>Conrad Schroeder</b>	<b>2011</b>
1:24.6	Matthew Medill	2010
1:25.3	Gavin Greenwood	2011
1:38.5	Logan VandeHoef	2010

**Javelin**

<u>Height</u>	<u>Name</u>	<u>Year</u>
<b>59'4"</b>	<b>Conrad Schroeder</b>	<b>2011</b>
<b>50'9"</b>	<b>Matthew Medill</b>	<b>2010</b>

**Long Jump**

<u>Distance</u>	<u>Name</u>	<u>Year</u>
<b>13'00.50"</b>	<b>Matthew Medill</b>	<b>2011</b>
9'01.00"	Logan VandeHoef	2010
9'00.00"	Gavin Greenwood	2011
5'00.00"	Dominic Kak	2010

**Shot Put**

<u>Distance</u>	<u>Name</u>	<u>Year</u>
<b>24'4.75"</b>	<b>Matt Medill</b>	<b>2011</b>