**The Metuchen Relays**

**Meet Records - Boys**

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| **Events** | **Name** | **Time/Performance** | **School** | **Year** |
| 4x100 Relay |  | 43.28 | Plainfield | 2016 |
| 4x200 Relay |  | 1:29.67 | Old Bridge | 2013 |
| 4x400 Relay |  | 3:21.96 | Union Catholic | 2013 |
| 4x800 Relay |  | 7:59.2 | Freehold Twp | 2011 |
| Distance Medley |  | 10:21.52 | Voorhees | 2018 |
| Sprint Medley | 2-2-4-8 | 3:33.83 | Red Bank Catholic | 2013 |
| Shuttle Hurdles |  | 59.57 | Union Catholic | 2013 |
| 800 SMR | 1-1-2-4 | 1:33.84 | Rahway | 2018 |
|  |  |  |  |  |
| 110HH | Jaheen Hayles | 14.59 | Roselle | 2019 |
| 400 IH | Mark Cooke | 54.72 | JP Stevens | 2014 |
| 200 Meters | New Event |  |  |  |
| 400 Meters | Haig Rickerby | 49.34 | McNair Academy | 2017 |
| 800 Meters | New Event |  |  |  |
| 1600 Meters | Marco Langon | 4:21.71 | Bridge-Water Raritan | 2019 |
| 5000 Meters | Sean Lyons | 15:02.09 | Morristown | 2014 |
|  |  |  |  |  |
| Shot Put | Chris Stanton | 61-1 | Franklin | 2013 |
| Discus | Sam Mattis | 191-6 | East Brunswick | 2012 |
| Javelin | Anthony Ragusa | 177-6 | Old Bridge | 2018 |
| Long Jump | Damon Ellis | 21’6 ½  | Freehold Twp | 2011 |
| Triple Jump | Eric Bethea | 45’11 ¾  | Piscataway | 2015 |
| High Jump | Stephan Staklinski | 6’6 | Freehold  | 2017 |