

WEIGHT TRAINING IN TRACK AND FIELD

159ish

AND

PROMOTING SPECTATOR SUPPORT FOR TRACK AND FIELD

BY

Vern Wolfe

Track Coach

North Phoenix High School

Phoenix, Arizona

NORTH PHOENIX HIGH SCHOOL

TRACK RECORDS

EVENT	NAME	MARK	YEAR
100 YD	Waldron	10.0	1956
220 YD	Meyer	22.3	1953
440 YD	Bostock	50.0	1942
880 YD	Ehlers	1:58.7	1958
Mile	Ehlers	4:28.5	1958
120 HH	Waldron	14.5	1956
180 LH	Waldron	19.1	1956
Pole Vault	Brewer	*15' 1/8"	1957
High Jump	Robertson	6' 4 5/16"	1955
Broad Jump	Waldron	23' 1 1/2"	1956
Shot Put	Long	*69' 3 1/8"	1958
Discus	Long	179' 6"	1958

HONORABLE MENTION MARKS

Pole Vault	Brewer (Best ever as a Freshman)	13' 6 1/4"	1954
Pole Vault	Brewer (Best ever as a Sophomore)	14' 2"	1955
Pole Vault	Brewer (Best ever as a Junior)	14' 3 1/8"	1956
Pole Vault	Bullard	13' 6 3/8"	1956
Pole Vault	Davies (2nd in Nation in 1958, 6th best of all time.)	13' 10 1/2"	1958
Discus	Johnstone (2nd in Nation in 1958, 7th best of all time, best ever as a Junior.)	178' 5 3/4"	1958
Shot Put	Long (Best ever as a Junior)	61' 5"	1957

*National Record