

GMHS Track & Field

2025 Top Performances – Boys'

100m Dash

Drew Contreras	11.24w
Shane Kennedy	11.32w
Bryce Weeks	11.55
Jake Swanson	11.58
Victor Koncurat	11.66
Ben Swanson	11.8
Elijah Weisbender	11.88
Ethyan Polston	12.00
Joaquin McWilliams	12.07
Austin Anderson	12.15
Chase Malingowski	12.65
Royce Pina	12.83
Zayden Fette	13.19
Kaden Henning	13.46
Grant Shimomura	13.87
Connor Monroe	14.16

200m Dash

Bryce Weeks	22.80
Drew Contreras	23.01
Elijah Weisbender	23.73
Shane Kennedy	23.76
Victor Koncurat	24.28
Ethyan Polston	24.82
Noah Garcia	25.25
Zayden Fette	25.27
Austin Anderson	25.36
Joaquin McWilliams	25.47
Kaden Henning	25.95
Chase Malingowski	25.99
Conner Monroe	30.14
Grant Shimomura	30.48

400m Dash

Bryce Weeks	49.63
Jake Swanson	51.89
Nolan Krajewski	53.45
Ben Swanson	53.60
Elijah Weisbender	53.99
Charles Harris	55.18
Austin Anderson	56.28
Shane Kennedy	56.42
Conner Magee	57.10
Ethyan Polston	58.30
Zayden Fette	58.44
Ashton Crawford	1:00.98
Royce Pina	1:00.46
Kaden Henning	1:01.18
Noah Garcia	1:03.45
Grant Shimomura	1:05.66

800m Run

Bryce Weeks	1:56.83
Teegan Heyd	2:02.61
Owen Berg	2:05.12
Conner Magee	2:05.47
Nolan Krajewski	2:08.50
Ashton Crawford	2:25.40
Brogan Williams	2:33.53
Sam Haas	2:37.66
Grant Shimomura	2:42.87

1600m Run

Teegan Heyd	4:34.88
Owen Berg	4:40.67
Conner Magee	4:52.51
Nolan Krajewski	5:14.02
Ashton Crawford	5:16.06
Sam Haas	5:47.29
Brogan Williams	5:49.31
Grant Shimomura	6:40.68

3200m Run

Teegan Heyd	9:46.76
Owen Berg	10:18.07
Ashton Crawford	11:20.33
Conner Magee	11:29.82
Brogan Williams	12:58.24

110m Hurdles

300m Hurdles

4 x 100m Relay

Ben Swanson 45.00
Shane Kennedy
Drew Contreras
Victor Koncurat

Drew Contreras 45.83
Elijah Weisbender
Victor Koncurat
Ethyan Polston

Drew Contreras 45.92
Shane Kennedy
Victor Koncurat
Austin Anderson

Matthew Rickett 48.49
Andrew Bowden
Ben Swanson
Chase Malingowski

Matthew Rickett 48.70
Andrew Bowden
Ben Swanson
Drew Contreras

4 x 200m Relay

Drew Contreras 1:30.02
Shane Kennedy
Jake Swanson
Ethyan Polston

Drew Contreras 1:31.37
Jake Swanson
Elijah Weisbender
Bryce Weeks

Drew Contreras 1:34.30
Shane Kennedy
Ethyan Polston
Victor Koncurat

Gabe Wade 1:47.02
Miles Burke
Clint Nguyen
Kaden Williams

Zayden Fette 1:47.75
Grant Shimomura
Connor Monroe
Noah Garcia

4 x 400m Relay

Nolan Krajewski 3:23.74
Ben Swanson
Jake Swanson
Bryce Weeks

Nolan Krajewski 3:30.66
Ben Swanson
Charles Harris
Jake Swanson

Elijah Weisbender 3:32.24
Jake Swanson
Charles Harris
Bryce Weeks

Ben Swanson 3:41.04
Charles Harris
Nolan Krajewski
Conner Magee

Elijah Weisbender 3:44.01
Jake Swanson
Charles Harris
Austin Anderson

Conner Magee 3:46.40
Nolan Krajewski
Owen Berg
Austin Anderson

Teegan Heyd 3:47.78
Austin Andersen
Nolan Krajewski
Charles Harris

Ben Swanson 3:58.04
Noah Garcia
Austin Anderson
Kaden Henning

Austin Andersen 4:09.72
Ashton Crawford
Grant Shimomura
Connor Monroe

4 x 800m Relay

Teegan Heyd	8:14.15
Bryce Weeks	
Nolan Krajewski	
Owen Berg	

Owen Berg	8:18.74
Teegan Heyd	
Bryce Weeks	
Conner Magee	

Owen Berg	8:25.69
Teegan Heyd	
Nolan Krajewski	
Conner Magee	

Owen Berg	9:14.00
Conner Magee	
Nolan Krajewski	
Ashton Crawford	

Brogan Williams	10:29.85
Connor Monroe	
Sam Haas	
Grant Shimomura	

High Jump

Jacob Swanson	6'5"
Ben Swanson	5'8"
Kaden Henning	4'8"
Connor Monroe	4'6"

Long Jump

Jake Swanson	22'5.5"
Ben Swanson	20'0.5"
Shane Kennedy	16'7.5"
Miles Burke	16'1"
Gabe Wade	15' 7.5"
Conner Monroe	14' 9.75"

Triple Jump

Ben Swanson	43' 1.25"
Miles Burke	32'1.75
Gabe Wade	30'6"

Shot Put

Andrew Bowden	37'5"
Matthew Rickett	36' 9.75"
Drew Contreras	36'0"
Ben Swanson	33'0"

Discus

Matthew Rickett	113' 11"
Andrew Bowden	103' 9"
Ben Swanson	81' 5"
Kaden Henning	38' 7"