

Trinity Christian School Track & Field Records

Sr High Men

Updated through 6/6/2026

(Listed in **bold** if new this season)

ALL HAND TIMED MARKS CONVERTED TO FAT TIME

Event - Record Holder - Mark - Date - Meet

100 Wayne Kruzek 11.44 5/13/00 ACSI
100 FAT Dashawn December 11.51 5/11/24 ECCS (formerly ACSI)
200 Wayne Kruzek 23.34 5/15/99 Curran Invitational
200 FAT Jared Kruzek 23.37 5/8/03 ACSI
400 Shawn McKinstry 50.53 5/17/05 Morris County Championships
800 Shawn McKinstry 1:55.66 5/18/05 Morris County Championships
1500 Josiah Hanco 3:56.20 6/08/13 NJ International Meet, Colts Neck
1600 Andrew Hanco 4:13.07 5/12/07 ACSI
3000 Andrew Hanco 8:29.02 4/28/07 Penn Relays
3200 Andrew Hanco 9:00.50 6/06/07 NJ Meet of Champions (note up until April 2022 this was still the Morris County record in the 3200).
3200 (en route) Andrew Hanco 8:58.02 6/15/07 Nike Outdoor Nationals
Two Mile Andrew Hanco 9:01.42 6/15/07 Nike Outdoor Nationals
5000 Jared Hanco 15:39.91 4/30/09 Ironman Invitational
110 HH Timothy Genberg 16.44 5/19/01 ACSI West
110 HH FAT Timothy Genberg 16.53 5/12/01 ACSI
300 IH Timothy Genberg 44.44 5/20/00 Curran Invitational
400 IH Timothy Genberg 1:05.32 4/20/01 Red Raider Relays
Long Jump Paul Sullivan 19'4.75 5/2/12 MACSA
Triple Jump Aaron Hanco 39'4" NJSIAA State Groups
High Jump Paul Sullivan 5'6" 04/14/2012 Ranger Relays, Wallkill Valley
Shot Put Josh Smith 39'2.0 4/13/05 Dual Newark Academy
Discus Jonathan Campbell 146'5" NJSIAA 6/5/13 Meet of Champions
Javelin Jonathan Campbell 150'8" 6/2/12 NJSIAA State Groups
ACSI Javelin Relay (3) 357'0" (Peter Smith, Jared Hanco & Paul Sullivan) 4/4/09 Pawlowski Relays
400 Relay 46.74 5/31/2025 MCAA Championship Yusuf Elmosallamy, Ryan Khan, Jamal Khan, Dashawn December
800 Relay 1:38.27 4/29/00 Randolph Relays Tim Genberg, Jon Daughtrey, Justin Wisz and Wayne Kruzek
1600 Relay 3:36.07 5/18/05 Morris County Championships Josh Smith, Andrew Hanco, Nathaniel Smith, Shawn McKinstry
Sprint Medley 3:54.21 4/09/05 Wallkill Ranger Relays Andrew Hanco, Tyler VanderValk, Gregg Abrahamsen, Shawn McKinstry
3200 Relay 8:45.33 4/30/05 Randolph Relays Andrew Hanco, Ethan Prol, Ryan McKinstry, Shawn McKinstry
6400 Relay 19:48.2 Pawlowski/Ridgewood Relays Jared Hanco, Peter Smith, Ethan Prol, Andrew Hanco
Distance Medley 11:05.30 4/30/05 Randolph Relays Shawn McKinstry, Josh Smith, Ethan Prol, Andrew Hanco

EVENTS IN YARDS RECORDS

100 y Jared Kruzek 11.64 4/28/03 Blair Academy
Calvin Smith 11.64 4/28/04 Blair Academy
Nathaniel Smith 11.64 4/26/05 Blair Academy
220y Jared Kruzek 24.04 4/28/03 Blair Academy
440y Shawn McKinstry 52.64 4/26/05 Blair Academy
880y Shawn McKinstry 2:06.1 4/26/05 Blair
Mile Andrew Hanko 4:48.0 4/26/05 Blair
2 Mile Andrew Hanko 9:01.42 6/15/07 Nike Outdoor Nationals
Mile Relay 3:48.1 4/28/03 Blair Josh Smith, Josh Prol, Shawn McKinstry, Jared Kruzek

INDOOR SENIOR HIGH TRACK RECORDS

600 Shawn McKinstry 1:25.81 12/27/04 DeSchrive, Drew
800 Shawn McKinstry 1:59.97 3/02/05 Eastern States, NYC Armory
1000 Josiah Hanko 2:40.44 1/5/13 Cliff Back Inv., Drew
1000 Shawn McKinstry 2:40.86 1/16/05 MC Championships, Drew
1600 Andrew Hanko 4:16.6 01/31/07 NJ Metropolitan Classic, NYC Armory
3000 Andrew Hanko 8:40.27 1/20/07 Yale University Classic
3200 Andrew Hanko 9:08.03 2/15/07 NJ Group 1 Meet, Toms River, NJ
2 Mile Andrew Hanko 9:09.80 2/27/07 Easterns, NYC Armory
5000 Andrew Hanko 15:04.42 3/09/07 National Scholastics, NYC Armory
THIRD PLACE AND ALL AMERICAN DESIGNATION FROM THIS RACE
Shot Put Josh Smith 38'3(I) 12/4/03 ESU Indoors