

**KNIGHTS OF COLUMBUS**  
**33<sup>rd</sup> ANNUAL VERMONT STATE DECATHLON CHAMPIONSHIPS**  
**MEET RECORDS - 2008**

EVENTS	COMPETITORS	SCHOOL	DISTANCE/TIME	YEAR
110 Meter H.H.	Ray Van Rooyen	Harwood	14.8	1993
100 Meters	Garret Velasquez	Essex Jct.	11.1	1985
400 Meters	David Styronjy	Harwood	50.7	2004
1500 Meters	Nathan Shenk-Boright	Union-32	4:13.2	1998
Shot Put	Steve Yates	Burlington	51'9 3/4" (15.78 M)	1985
Discus	Steve Yates	Burlington	156'4" (47.66 M)	1985
Javelin	Michael Heitcamp	Fair Haven	196'10" (60.00 M)	1999
High Jump	Chris Mailhot	Mt. Anthony	6'6" (1.98 M)	1989
Pole Vault	Chris Wilkins	St. Johnsbury	14'04.75" (4.39 M)	2005
Long Jump	Ken Mailhot	Mt. Anthony	21'2 1/2" (6.46 M)	1996
Total Points	Lee McGranaghan	Windsor	6626	1983

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In 1978 the Decathlon was changed from a 1-day to a 2-day event to be in compliance with the Olympic format. Records (retired) for events held then but no longer continued are listed below:

70 Yard L.H.	Bruce Tobin	Rutland	9.0	1976
120 Yard L.H.	Russ Desilets	St. Johnsbury	13.6	1976
	Bruce Tobin	Rutland	13.6	1976
100 Year Dash	Chris Watkins	St. Johnsbury	10.2	1976
220 Yard Dash	Chris Watkins	St. Johnsbury	23.1	1976
Total Points	Bruce Tobin	Rutland	6730	1976

**PREVIOUS DECATHLON WINNERS**

NAME	SCHOOL	POINTS/YEAR	NAME	SCHOOL	POINTS /YR
Bruce Tobin	Rutland	6730 1976	Kevin Spaulding	Springfield	5337 2000
Zane Rodriguez	Rutland	6680 1977	Linc Bigelow	St. Johnsbury	5914 2001
David Gomez	Lamoille	5762 ** 1978	Thomas Heitkamp	Fair Haven	5634 2002
David Gomez	Lamoille	6040 1979	Paul Reiss	Rice	5930 2003
David Gomez	Lamoille	6458 1980	Ryan Meyers	BFA-St Albans	6058 2004
Sean McDonough	Winooski	5570 1981	Chris Wilkins	St. Johnsbury	5814 2005
Russ Nauceder	Bellows Falls	5838 1982	Tyrone Conley	Burlington	5856 2006
Lee McGranaghan	Windsor	6626 1983	Manual Richards	Fair Haven	5420 2007
Vince Egizi	St. Johnsbury	5942 1984			
Fred Waryas	Bellows Falls	6028 1985			
Fred Waryas	Bellows Falls	5971 1986			
Greg Anthony	St. Johnsbury	5662 1987			
Brad Bellville	Montpelier	5849 1988			
Chris Mailhot	Mt. Anthony	5590 1989			
Rhett Morse	Windsor	5444 1990			
John Dunbar	Vermont Academy	5280 1991			
Ryan LaCasse	Mt. Anthony	5405 1992			
Mike Middleton	St. Johnsbury	5882 1993			
Ryan LaCasse	Mt. Anthony	5533 1994			
Mike Healander	Peoples Academy	5998 1995			
Peter Oliver	North Country	5391 1996			
Nate Cloutier	St. Johnsbury	5283 1997			
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Michael Heitkamp	Fair Haven	5723 1999			

\*\* Metric Distances used for the first time and a 2- day event was initiated.