

TRACK BEAST

MEN'S TRACK & FIELD · HS CLASS OF 2027

Quinn Murray

Avon High School · NOVA · Avon · 62 23 · 3200m / 1600m

1600 Meters	3200 Meters	5000 Meters	GPA
4:15	9:07	15:09.10	3.98

PERSONAL RECORDS — TRACK

1600 Meters Top 44% of D1 signees	4:15
3200 Meters Top 31% of D1 signees	9:07
5000 Meters	15:09.10
800 Meters Top 25% of D1 signees	1:53.1 split
Mile	4:17.01

WHAT I'M LOOKING FOR

I'm a versatile distance and middle distance runner equally at home in XC and track, competing across events from the 800 to the DMR to 3200 to 5K on the grass, with the range to move up to 8K/10K. I have a strong aerobic base built through year-round training at around 50 miles per week including double threshold work and 3 years of a Strength and Speed course. I bring state and national track meet experience and c

VIDEO & LINKS

¶Highlights

ACADEMICS

GPA	Weighted	Class rank
3.98	4.98	19 out of 850

ACT
34

Intended major: Civil Engineering

HIGH SCHOOL COACH

Zach Toothman
avonxctf@gmail.com