

Costa Rican Records

110 Meter Hurdles – Manual Timing

16.9	Carlos Bogantes	San José	28 Aug 1971
16.0	Rafael Fonseca	San Jose, Cr	2 Nov 1974
15.5	Arnoldo Monge	San Salvador	2 Dec 1977
15.1	Gilberto Paterking	C. Guatemala	9 Aug 1986
14.3	Alex Foster	C. Guatemala	3 Nov 1995

110 Meter Hurdles – Electronic Timing

15.37	Arnoldo Monge	C Mexico	28 May 1978
14.95	Alex Foster	Xalapa	23 Sep 1990
14.89	Alex Foster	San Salvador	20 Jan 1994
14.56	Alex Foster	Medellin	11 May 1996