

# SPRING LAKE PARK/ST ANTHONY\* HIGH SCHOOL

## TRACK & FIELD OUTDOOR

### TOP 10 ALL-TIME PERFORMERS (MEN)

\*ST ANTHONY HS COOPERATIVELY JOINED WITH SPRING LAKE PARK HS IN 1993, THIS LIST DOES NOT INCLUDE ST ANTHONY HISTORY BEFORE 1993. The SLP/SA co-op ended in 2021.

#### 100 Meter Dash

Chris Norgaard	2008	:10.81
Matt Prebil	1998	:10.94
Mark Buley	2017	:10.96
David Shaddock (STA)	2011	:10.97 HH
Jim Strande	1977	:10.8
Grant Walter	2014	:11.01
Devon Fleck	2010	:11.13
Chris Sellers	1998	:11.0 HH
Robert Zimmer	1973	:11.0 HH
Chad Viesselman	1988	:11.0 HH

#### 200 Meter Dash

David Shaddock (STA)	2012	:21.88
Mark Buley	2016	:22.16
Chris Norgaard	2008	:22.18
Grant Walter	2014	:22.33
Robert Zimmer	1973	:22.3 HH
Jacob Ojile	2013	:22.67
Matt Prebil	1998	:22.72
Chad Viesselman	1988	:22.5 HH
Ryan Sunderland	2006	:22.6 HH
Timothy Dwyer	1980	:22.7 HH
Toby Sunderland	2001	:22.7 HH
Chris Sellers	1998	:22.7 HH
James Strande	1977	:22.7 HH
Dustin Perish	1992	:22.7 HH

#### 400 Meter Dash

Matt Prebil	1998	:49.44
Timothy Dwyer	1980	:49.9 HH
David Shaddock	2012	:50.09
Jacob Ojile	2013	:50.59
Chad Viesselman	1988	:50.1 HH
Dustin Perish	1992	:50.7 HH
Terry Towah	2019	:51.03
Toby Sunderland	2001	:51.09
Zarkpa Tarlue	2009	:51.70
Gavin Spencer	2019	:51.83

#### 800 Meter Run

Isaac Krause STA	2013	1:56.79
Richard Seitz	1978	1:57.2 HH
Nick Cockriel	2009	1:59.55
Lloyd Gbahtuo (STA)	2007	1:59.88
Brian Anderson	1994	2:00.16
Cassidy Duerr	2003	2:00.60
Andrew Hoffman (STA)	2007	2:00.19
Matt Rengo	2007	2:01.49
Nick Lawson (STA)	2014	2:02.29
David Helm	1990	2:02.3 HH

#### 1600 Meter Run

Nick Lawson (STA)	2014	4:27.82
David Helm	1990	4:27.9 HH
Jeff Pulju	1982	4:28.2 HH
Kevin Krusmark	1970	4:28.8 HH
George Elsesser	2017	4:31.55
Michael Rosenberg	2012	4:32.06
Matthew Lindgren	2021	4:33.33
Brian Anderson	1994	4:34.0 HH
Owen Erickson	2021	4:34.74
Andrew Hoffman (STA)	2006	4:34.99

#### 3200 Meter Run

David Helm	1990	9:34.5 HH
Jeff Pulju	1982	9:39.2 HH
Owen Erickson	2021	9:40.65
Nick Lawson (STA)	2015	9:45.00
Jason Rengo	2001	9:51.06
Chris Lawson (STA)	2011	9:52.88
George Elsesser	2017	9:55.87
Thomas McPhail	1973	9:56.6 HH
Derek Sweney	1995	9:58.0 HH
Matthew Lindgren	2021	9:58.30

#### 110 Meter High Hurdles

CJ Janu	2013	:14.32
Kevin Wolf	2007	:14.48
Scott Ochsendorf	1984	:14.8 HH
Antonio Haynie	2011	:15.06
Nate Brever (STA)	1999	:15.1 HH
Bruce DeCarlo	1969	:15.1 HH
Peter Tjelta	1990	:15.2 HH
Justin Wolf	2008	:15.26
Francis Chepsiror	2021	:15.53
Chris Wakefield (STA)	2013	:15.57

#### 300 Meter Intermediate Hurdles

CJ Janu	2013	:37.83
Antonio Haynie	2011	:39.28
Mark Kollar	1974	:39.2 HH
Nate Brever (STA)	1999	:40.11
Anthony Fleischfresser	2017	:41.21
<b>Isaac Ononiwu</b>	<b>2022</b>	<b>:41.24</b>
Kevin Wolf	2007	:40.50
Chris Wakefield (STA)	2013	:40.91
Cam Tran	1993	:40.9 HH
Todd Cook	1997	:41.23

### High Jump

Anthony Fleischfresser	2017	6'11"
Wade Appel	2000	6'5"
Jesse Sills	2019	6'4"
Greg Kugler	1988	6' 4"
Brian Sovari	1986	6' 3 ¾"
Michael Woods	2006	6' 3"
<b>Isaac Ononiwu</b>	<b>2022</b>	<b>6' 2"</b>
Caleb Whitney (SA)	2021	6' 2"
Robert Ben	2012	6' 2"
Jeffrey Parupsky	1981	6' 2"
Jason Cook	1998	6' 0"
Wyatt Justinak	2007	6' 0"
Philip Kagol (SA)	1994	6' 0"
Ondraus McCray	2004	6' 0"
David Shaddock	2012	6' 0"
Kegan Sunderland	2009	6' 0"
Dana Sheppard	1974	6' 0"
Kevin Wolf	2007	6' 0"

### Long Jump

Anthony Fleishfresser	2017	23'4.25"
Duane Lachinski	1973	22' 11"
Dennis Carter	2007	22' 4 ¾"
Robert Cich	1985	22' 3"
David Shaddock	2012	22'
Mark Buley	2017	21'10.75"
Ryan Wold	1998	21'10"
Michael Woods	2007	21' 8 ¾"
Chris Sellers	1998	21' 6 ½"
Eric Carlson	1988	21' 6"
Jeffrey Cich	1989	21' 5 ¾"
Mark Monson	1991	21' 5 ¾"
Brian Sorvari	1986	21' 5 ¾"

### Triple Jump

Ryan Wold	1998	46' 5 ¼"
Anthony Fleischfresser	2017	45' 6.5"
Jason Cook	1999	45' 2"
Chris Sellers	1997	45'
Ejodamen Ejiya	2013	44' 11"
Michael Woods	2007	44' 8 ½"
Tony Hull	2002	44' 4 ¼"
Chris Ambrozich	2011	43' 11 ½"
Robert Cich	1985	43' 8"
Greg Kugler	1988	43' 3"

### Shot Put

Brian Leonhardt	2008	58' 11"
Lee Topic	1982	56' 11 ¼"
Gary Robertson	1964	56' ¾"
Dale Beidleman	1972	55' 10 ¾"
Leif Murphy	1998	54'9½"
Jason Cook	1999	53'3"
David Nordberg	1982	53' 1¾"
<b>Aaron Chanthavong</b>	<b>2022</b>	<b>53' ¼"</b>
Jesse Reemtsma	2009	52' 10 ½"
Cory Polta	2008	52' 8.75"

### Discus

Jason Cook	2000	180' 7"
David Nordberg	1982	176' 1"
Jesse Reemtsma	2009	170' 1"
Brian Leonhardt	2008	168' 8"
Leif Murphy	1997	164' 2"
Zachary Berg	2003	161' 4"
Tanner Hein	2000	161' 2"
Jack Herllofsky	2018	159' 2"
Jordan Waiwaiole	2006	158' 10.5"
Mark Madison	2002	155' 2"

### Pole Vault

Andrew Eggerth	1995	14' 6"
Bailey Kwong	2018	14' 3"
Grant Walter	2014	13' 9"
Bryant Lymburn	2012	13' 6"
Dean Bunkowski	1963	13' 3"
Kenneth Slepica	1976	13' 3"
Ryan Wold	1997	13'
Justin Wolf	2008	13'
Matt Weber	2009	13'
<b>Sebastian Santiago</b>	<b>2022</b>	<b>12' 9"</b>
Ryan Gritti	2006	12' 6"
Dan Lajko	2006	12' 6"
Joseph Cich	1982	12' 6"
Eric Carlson	1988	12' 6"
Peter Koski	1997	12' 6"

### **HIGHLIGHT INDICATES ATHLETE HAS NOT YET GRADUATED**

Electronic times are .24 or 1.4 second faster depending on distance than a hand held time and are reported to the hundredth of a second. Hand held are reported to the tenth of a second.

HH – any time listed 300m or less to the tenth of a second indicates a hand held time, add .24 seconds to make it equivalent to today's electronic times. If the distance is 400m or longer, add 1.4 second.

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