

# WAYZATA INDOOR HONOR ROLLS

## 55 Meter High Hurdles

7.5 David Gaither 1975  
7.83 Zach Turner 2005  
7.6 Mike Bauer 1971  
7.6 Jon Ritter 1978  
7.6 Mike Siskin 1978  
7.95 Patrick Nelson 2011  
8.00 Drake Daniels 2018  
7.8 Paul Ashton 1992  
8.05 Otis Smallwood 2000  
8.09 Scott Williams 2011  
8.11 Gabe Hart 1994  
8.11 Steve Porcaro 1995  
7.9 Rick Sollie 1979  
7.9 Scott Sullivan 1985  
7.9 Mike Winson 1985

## 60 Meter High Hurdles

8.38 Zach Turner 2005  
8.43 Drake Daniels 2018  
8.4 Nick Martin 2012  
8.4 Guy Guenther 2013  
8.74 Daniel Welshons 2018  
8.7 David Nelson 2023

## 60 Yard High Hurdles

7.45 Jon Ritter 1978  
7.6 Mike Siskin 1977, 78

## 65 Yard High Hurdles

8.8 Brad Gunn 1973

## 60 Yard Low Hurdles

7.4 Gary Jordan 1970  
7.9 Mike Siskin 1978

## 65 Yard Low Hurdles

7.5 Mike Siskin 1977

## 70 Yard Low Hurdles

7.9 Mike Siskin 1978  
8.0 Mike Bauer 1971  
8.0 David Gaither 1975

## 55 Meter Dash

6.61 Marion Barber III 2001  
6.61 Ryan D'Kae 2011  
6.61 Dante White 2019  
6.62 Jeff Tarnowski 1995  
6.68 Mitch Underhill 2011  
6.5 Tim Hoops 1972  
6.5 Ken Hebert 1972, 73  
6.5 Mike Winston 1982  
6.5 John Kapsner 1985  
6.74 Dan Perry 1997  
6.74 Darryl Jackson 2002  
6.5 Tim Cornish 2004  
6.5 Paris Richardson 2006  
6.5 Rodney Egwim 2006  
6.5 Sam Johnson 2008  
6.75 Pat Reed 2000

## 60 Meter Dash

6.94 Dante White 2020  
6.8 Tyler Milkes 2023  
6.8 Max Williams 2022  
6.8 Jeffrey Borchardt 2013  
6.8 Michael Smith 2014  
7.19 Alvin George 2020  
6.9 Kam Williams 2023  
6.9 Chris Pierson 2013  
6.9 James Smith 2013  
6.9 Lawrence Wilson 2013, 14  
6.9 Dante White 2019  
6.9 Michael Meadowcraft 2022  
7.0 Sam Johnson 2007  
7.0 Markus Whittaker 2009

7.0 Erik Roti 2012  
7.0 Joseph Kolpin 2013  
7.0 Josh Reeves 2014  
7.0 Derek Wodnick 2014  
7.0 Sam Kolpin 2015  
7.0 Jett Berg 2016, 17, 18  
7.0 Drake Kapler 2016  
7.0 Sean Diedrich 2019  
7.0 Sam Robertson 2019  
7.0 Tarun Poliboina 2022  
7.0 Tyler Wilkes 2022  
7.0 Cameron Taylor 2022  
7.0 Kam Williams 2022  
**7.0 Caden Wong 2024**  
7.27 Darwin Dean 2006  
7.31 Ryan D'Kae 2011  
7.1 Christian Taylor 2023  
7.1 Toju Olu-Onanuga 2023  
7.1 Chase Ullom 2023  
7.1 AJ Troup 2009  
7.1 Jarod Jackson 2010, 11  
7.1 Jon Anderson 2011  
7.1 Anthony Clarke 2013, 14  
7.1 Steele Berg 2014  
7.1 Foster Conzet 2014  
7.1 Keante Johnson 2014  
7.1 Josh Reeves 2015  
7.1 Ethan Tuch 2016  
7.1 Tyler Didier 2016  
7.1 Owen Mickelson 2019  
7.1 Malaki Jackson 2019

## 60 Meter Wheelchair

**12.6 Michael Allen 2024**  
13.6 Michael Allen 2023  
16.3 Michael Allen 2022

## 160 Meter Dash

18.7 Jon Ritter 1978  
19.1 Elliot Brown 1981  
19.3 Mike Duerr 1979  
19.4 Mark Winston 1981

## 200 Meter Dash

22.94 Michael Smith 2013  
23.08 Jeff Tarnowski 1995  
**23.1 Tyler Milkes 2023**  
23.34 Jeremy Faue 2003  
23.2 Markus Whitaker 2009  
23.2 Jeffrey Borchardt 2012, 13  
23.45 Jett Berg 2018  
23.45 Dante White 2019  
23.51 Chris Pierson 2013  
23.3 Joseph Koplín 2014  
23.3 Tarun Poliboina 2022  
23.54 Drake Daniels 2018  
23.4 AJ Troup 2009  
23.4 Sam Kolpin 2015  
23.5 Daryl Brown 2009  
23.5 Steele Berg 2014  
23.5 Mitchell Walber 2014  
23.5 Foster Conzet 2014  
23.81 Alvin George 2020  
23.6 Sam Johnson 2007, 08  
23.85 Darwin Dean 2006  
**23.7 Kam Williams 2023**  
**23.7 Toju Olu-Onanuga 2023**  
23.98 Joe Cyrus 2006  
23.99 Ben Johnson 2005  
24.02 Jon Williams 2002  
23.8 Marty Stovall 1997  
23.8 Brad Roath 1997  
23.8 Drake Kapler 2015  
24.13 Marion Barber III 2001

23.9 Austin Gordon 2013, 15  
24.16 Jacob Boegel 2006  
24.23 Antonio Stringham 2004  
24.0 Derek Wodnick 2014  
24.0 Kam Williams 2022  
24.0 Tyler Milkes 2022  
24.38 Dom Arrington 2011  
24.41 Paul Ashton 1992  
24.43 Chris Haglund 1998  
24.43 Mitch Underhill 2011  
24.2 Tim Cornish 2004  
24.51 Luke Davey 1996  
24.3 Paris Richardson 2004  
24.3 Erik Roti 2012  
24.3 Anthony Clarke 2013  
24.3 Peter Hienz 2013  
24.64 Jon Lance 1994  
**24.0 Carter Olson 2023**  
24.4 Dan Perry 1998  
24.4 Nick Martin 2012  
24.65 Avion Smith 2018  
24.67 Alex Haeg 1998  
**24.5 Xavier Kaesviharn 2023**  
**24.6 Ben Kerin 2023**  
24.6 Nate Graham 2022  
24.70 Geoff Tong 1992

## 280 Yard Dash

31.6 Ken Hebert 1972  
31.6 Scott Langlie 1975  
32.0 Tim Hoops 1970

## 300 Yard Dash

33.4 Mark Bennett 1984  
34.1 Mike Duerr 1980  
34.61 Rick Sollie 1978  
34.62 Steve Hall 1979

## 300 Meter Dash

35.1 Michael Smith 2014  
35.9 James Smith 2013  
**36.1 Matthew Adams 2024**  
36.4 Del Johnson 2023  
**36.4 Tyler Milkes 2024**  
36.78 Jeremy Faue 2003  
36.6 Tyler Milkes 2023  
36.7 Tarun Poliboina 2022  
36.8 Mitchell Walber 2013  
36.8 Tyler Didier 2016  
**36.8 Hayes McMillan 2024**  
36.9 Jeffrey Borchardt 2013  
37.0 Andrew Leisen 2022  
37.1 Matt Adams 2023  
37.1 Sean Diedrich 2019  
37.2 Obinnaya Wamuo 2014  
37.2 Jett Berg 2018  
37.4 Max Archbold 2018  
37.5 Ethan Tuch 2016  
37.6 Max Johnson 2009  
37.6 Adam Moline 2009  
37.6 Tyler Milkes 2022  
37.7 Josh Reeves 2014  
37.7 Ethan Wagner 2019  
37.7 Owen Dehm 2022

## 300 Meter Wheelchair

**61.4 Michael Allen 2023**  
82.0 Michael Allen 2022

## 400 Meter Dash

50.3 Mark Bennett 1985  
51.72 Brian Jarvey 2011  
51.9 Ethan Tuch 2016  
52.1 Reik Andersen 1985  
52.3 David Nelson 2023  
52.3 Del Johnson 2023

52.4 Romney Andersen 1981  
52.64 Robin Ruth 1992  
52.4 Tyler Didier 2015  
52.5 Paris Richardson 2006  
52.8c Mike Siskin 1977  
53.0 Matt Adams 2023  
53.36 Max Archbold 2018  
53.3 Patrick Egan 2016  
53.59 Sam Lebewitz 2011  
53.4 Isaac Bremseth 2015  
53.4 Owen Dehm 2022  
53.67 Erik Matthews 1991  
53.5 Derek Peterson 2013  
53.6 Jeff Stewart 1996  
53.6 Del Johnson 2022  
53.6 Dan Hernandez 1998  
53.89 Tom Straka 1994  
53.7 Will Weber 2023  
53.7 Steve Hall 1980  
54.01 Dan Pease 2002  
54.12 Ryan Tuura 2006  
53.9 Tyler Kissell 2023  
53.9 Steve Michalski 1976  
53.9 Kent Nelson 1976  
53.9 James LaRowe 1989  
53.9 Max Martin 2015  
53.9 Drake Kapler 2017

#### 500 Yard Dash

64.5 Jay Myers 1978

#### 600 Yard Dash

1:17.0 Tony Vertin 1976

#### 800 Meter Run

1:57.1 Jaret Carpenter 2016  
1:57.78 Khalid Hussein 2018  
1:58.30 Anders Sonnesyn 2018  
1:58.48 Patrick Leonard 2018  
1:58.5 Andrew Millan 2016  
1:58.6 Derek Peterson 2013  
1:58.8 Connor Olson 2015  
1:58.9 Ian Eklin 2015  
1:59.31 James Smith 2013  
1:59.4 Aaron Breyer 2014  
1:59.83 Frank Fetrow 2018  
2:00.08 Adam Moline 2011  
2:00.4 Scott Brown 1974  
2:00.4 Brian Jarvey 2011  
2:01.03 Josh Thorson 2011  
2:01.0 Liban Jama 2017  
2:01.3 **Hamza Mohamed 2023**  
2:01.55 Adam Stuhlfaut 1994  
2:01.4 Gemechu Meskele 2016  
2:01.5 Jack Prazich 2015  
2:01.5r David Wenell 1994  
2:01.5r Jeff Stewart 1996  
2:01.5r David Herman 1997  
2:01.6 **Tyler Kissell 2023**  
2:01.6 Andrew Brandt 2019  
2:01.9 **Will Weber 2023**  
2:02.1r Rob Burgmeier 2006  
2:02.44 Ed Collins 1990  
2:02.3 Tyler Didier 2016  
2:02.5 Tommy Leisen 2017  
2:02.5 Grant Price 2019  
2:02.7r Eric Nelson 1979  
2:03.08 Stephen Jahn 2001  
2:02.9 Max Johnson 2010

#### 1000 Yard Run

2:25.7 Kyle Monson 1976  
2:27.0 Eric Nelson 1978  
2:27.6 Jeff Dezenski 1979

#### 1000 Meter Run

2:40.3 Jeff Stewart 1996  
2:44.0 Frank Steed 1994  
2:45.1 Russ Woolery 1996

2:46.6 Pat Hoard 1992

#### 1200 Meter Run

3:16.5 Dan Thour 2004  
3:16.6 Chris DesRoches 2004  
3:21.2 Aaron Demro 2007  
3:21.7r Rob Burgmeier 2006  
3:22.3 Stephen Jahn 2001  
3:22.6 Josh Gerber 2005  
3:24.5 Brock Stepan 2001  
3:24.6 Mark Bowden 2001  
3:24.9 Brian Earl 1976

#### 3/4 Mile Run

3:22.0 Eric Nelson 1979  
3:23.0 Kurt Threinen 1979

#### 1500 Meter Run

4:20.8 Ron Schlegel 1983

#### 1600 Meter Run

4:15.8 Jaret Carpenter 2016  
4:22.8 Connor Olson 2014  
4:23.6 **Hayes McMillian 2024**  
4:23.7 **Will Weber 2024**  
4:23.9 **Tyler Kissell 2024**  
4:24.34 Jeff Stewart 1996  
4:24.7 Ian Eklin 2014  
4:25.1 Josh Thorson 2011  
4:25.3 Kurt Runzheimer 1990  
4:25.6 Gemechu Meskele 2017  
4:26.0 Liban Jama 2017  
4:26.7 Pat Hoard 1993  
4:27.5 Anders Sonnesyn 2017  
4:28.0 Khalid Hussein 2016  
4:28.5 Grant Price 2017  
4:28.5 Andrew Brandt 2019  
4:29.23 Dan Thour 2004  
4:29.0 Tyler Kissell 2023  
4:29.0 Will Weber 2023  
4:29.2 Jeremy Drenckhahn 2009  
4:29.4 Danny Ducharme 2009  
4:30.7 Oliver Haugland 2009  
4:30.7 Adam Moline 2011  
4:30.9 Aaron Breyer 2014  
4:30.9 Andrew Quirk 2014  
4:31.2 Jason Overson 2000  
4:31.2 Derek Peterson 2013  
4:31.3 Aaron Demro 2007  
4:31.4 Jack Prazich 2014  
4:31.7 Tim Ross 1980  
4:31.8 Jack Alexander 1972  
4:32.04 Chris DesRoches 2004  
4:32.1 Kyle Brandt 2016  
4:32.60 Eric Nelson 1979  
4:32.4 Alex Foss 2022  
4:32.6 Hamza Mohamed 2023  
4:32.99 Jeff Dezenski 1979

#### 1.5 Mile Run

7:13.7 Landon Lozano 2010  
7:33.08 Tim Ross 1979

#### 3000 Meter Run

9:14.37 Gemechu Meskele 2017  
9:27.8 Carl Bracob 1983  
9:33.7 Jeff Pedersen 2005  
9:35.1 Rick Phillips 1983

#### 3200 Meter Run

9:12.9 Josh Thorson 2012  
9:30.4 Pat Hoard 1993  
9:31.08 Connor Olson 2013  
9:31.1 Jeremy Drenckhahn 2009  
9:35.4 Kurt Runzheimer 1990  
9:39.2 George Ross 1974  
9:40.1 Danny Ducharme 2009  
9:40.6 Oliver Haugland 2009

9:41.19 Jaret Carpenter 2014  
9:44.2 Dan Thour 2004  
9:46.0 Kurt Threinen 1980  
9:46.3 Tim Ross 1980  
9:46.7 Jacob Hallen 1995  
9:47.1 Eric Nelson 1979  
9:49.8 Mark Harries 2010  
9:50.1 Jason Overson 2000  
9:53.7 Dick Beardsley 1975  
9:55.9 John Subialka 2010  
9:56.40 Jeff Pedersen 2005  
9:57.47 Brock Stepan 2001  
9:57.67 Taylor Fay 2002  
9:58.5 Brent Anderson 1977  
9:59.91 Andrew Qurik 2013  
10:00.99 Josh Nielsen 2013  
10:00.8 Kyle Brandt 2015  
10:01.0 Jon Hackbart 2009  
10:01.64 Ian Eklin 2013  
10:01.9 Aaron Demro 2007  
10:02.47 Thomas Lerdall 2014  
10:02.86 Chris DesRoches 2004  
10:03.5 Landon Lozano 2010  
10:04.3 Jack Prazich 2013  
10:05.5 Jeff Dezenski 1979  
10:07.78 Jimmy Hull 2001  
10:09.1 Khalid Hussein 2015  
10:09.3 Jack Alexander 1972  
10:09.74 Robert Rudin 2013  
10:09.6 Scott Sippel 2012  
10:09.6 Paul Epland 2015  
10:09.8 Mike Anderson 1981

#### 4x100 Meter Relay

45.56 Porisch, Lance, Redman, Tarnowski 1995  
45.63 Chesler, Davey, Roath, Tarnowski 1996  
45.68 Reed, Roath, Freese, Haeg 2000  
45.5 Perry, Stovall, Roath, Wherry 1997  
45.8 Johnson, Swanson, Jones, Bastiaens 1987  
45.8 Chesler, Lance, Redman, Tarnowski 1995

#### 4x160 Meter Relay

1:17.1 Winston, Brooks, Brown, Turk 1981  
1:17.2 Quast, Duerr, Winston, Clayton 1980  
1:17.7 Egar, Ritter, DeCamp, Campbell 1976  
1:17.8 Ritter, Langfitt, Jackson, Hebeison 1977

#### 4x200 Meter Relay

1:34.27 Stringham, Richardson, Cornish, Dean 2005  
1:36.42 Smallwood, Graebel, Waldon, Anderson 2000  
1:36.52 Boegel, B Johnson, S Johnson, Luby 2006  
1:36.6 Skibness, Ritchie, Hoops, Hebert 1972  
1:37.93 Budolfson, Dovenberg, Porcaro, Hennessy 1992

#### 4x400 Meter Relay

3:27.8 O Wamuo, T Didier, J Smith, M Smith 2014  
3:30.8 M Walber, C Pierson, J Smith, M Smith 2013  
3:31.7 C Pierson, M Walber, W Long, M Smith 2012  
3:33.2c Jach, Paulson, Siskin, VandeVere 1977  
3:33.94 Miller, Dean, Richardson, Stringham 2005  
3:34.00 Khalid Hussein, Anders Sonnesyn, Patrick Leonard, Frank Fetrow 2018

3:34.47 Faue, Graebel, Mayo, D Pease 2001  
 3:34.4c Kelly, Paulson, Siskin, VandeVere 1977  
 3:35.4 Sullivan, Riggs, Anderson, Bennett 1985  
 3:35.89 Jackson, Lebewitz, Jarvey, Moline 2011  
**800 Medley Relay (100,100,200,400)**  
 1:43.3 Hale, Hennessy, Budolfson, Schmidt 1993  
 1:45.17 Allen, Dean, Stringham, G Pease 2004  
 1:45.27 Allen, Zweber, Boegel, Miller 2005  
 1:45.4 Muras, Matthews, Schulz, Ruth 1990  
  
**1520 Meter Medley (400,160,160,800)**  
 3:39.8 Usset, Merlin, Hoops, Stomval 1970  
 3:41.9 Collins, Jackson, Lindell, Paluson 1977  
 3:42.0 Pierson, Quast, Winston, Threinen 1980  
**1600 Meter Sprint Medley**  
 3:45.9 Day, Roberts, D'Kae, Jarvey 2009  
 3:47.23 Haux, Redman, Groth, Rugh 1995  
 3:49.0 R Burgmeier, Tuura, B Johnson, Kalivoda 2005  
 3:50.54 Nelson, Ritter, Duerr, Myers 1978  
 3:51.34 Henkel, Budolfson, Sisk, Rugh 1994  
 3:51.2 Perbix, Silva, Graebel, Klein 2001  
 3:54.77 Yeager, Haglund, Stender, Madgett 1998  
 3:54.6 Meyer, Knapp, Blegen, Almquist 1983  
  
**4x800 Meter Relay**  
 8:18.7 Young, Jordan, Larkin, Brown 1974  
 8:23.06 Bies, Churchill, A VanBenschoten, R Burgmeier 2006  
 8:25.25 Donahue, White, Thorson, Jarvey 2011  
 8:29.0 Threinen, Riley, Nelson, Dezenski 1979  
 8:29.2 Krautkremer, Waddell, Eckerson, Monson 1975  
 8:32.1 Heintzeman, Wilson, M Johnson, Wasz 2009  
 8:34.5 Abendroth, Steinnagel, Larson, Ulrich 1971  
 8:34.5 Farr, B Sondag, Turnquist, Brock Stepan 2001  
 8:35.9 Moline, Frisbie, Scott, Jarvey 2009  
 8:36.5 Steed, Griffith, Frank, Wennell 1994  
 8:37.76 Schlichting, Hirschey, Maentz, Gilman 1996  
 8:37.87 Stuhlfaut, Becker, Jones, Riesgraf 1992  
**Distance Medley Relay**  
 11:01.95 Stewart, Gilman, Osgood, Herman 1996  
 11:02.3 Hirschey, Herman, Stewart, Morris 1997  
 11:08.1 J Gerber, A VanBenschoten, P Holmes, R Burgmeier 2006  
 11:09.3 Pedersen, Bryce Stepan, A VanBenschoten, B Holmes 2005  
 11:16.93 Hawkinson, Madgett, Bowden, Overson 2000  
 11:18.97 Robbie Defren, Zach Miller, Blake Buysse, Ben Basten 2018  
 11:19.15 Back, Stuhlfaut, O'Rourke, Hoard 1992  
 11:26.02 Farr, Thour, B Sondag, Bowden 2001  
 11:26.95 Wennell, Ellingson, Obermiller, Hallen 1993  
 11:26.9 Ma Harries, Kroeten, Donahue, Subialka 2009

11:27.85 Hallen, Frank, Obermiller, Morris 1995  
 11:28.20 McCoy, Obermiller, Rhea, Steed 1994

#### High Jump

6-8 Zach Turner 2005  
 6-4 Mike Kromer 1985  
 6-4 Tom VonderBrink 1993  
 6-4 Ben Zerman 2005  
 6-2 Mark Trammel 1980  
 6-2 Paul Spangrud 1980  
 6-2 Steve Pederson 1982  
 6-2 Peter Schroeder 1983  
 6-2 Curt Hansen 1990  
 6-2 Nathan Frantz 1992, 93  
 6-2 Pedja Bjelogric 1995, 96  
 6-2 Nenad Bjelogric 1997  
 6-2 Ben Wambheim 2009  
 6-2 Nick Welshons 2011  
 6-0 Mike Woida 1976  
 6-0 John Hodges 1980  
 6-0 Mike Hesse 1983, 84  
 6-0 Craig Thompson 1990  
 6-0 Brett Smith 2014  
 6-0 Ben Grosse 2014  
 6-0 Dante White 2018  
 6-0 Nick Hedlund 2018  
 6-0 Owen Dehm 2022

#### Long Jump

21-10 Dante White 2019  
 21-6 ½ John Taylor 2018  
 20-10 ½ Robin Ruth 1991  
 20-8 Paul Spangrud 1980  
 20-7 ½ Mike Brooks 1981  
 20-7 ¼ Ethan Zeidler 2012  
 20-6 Jack Schultz 2023  
 20-6 Mike Hennessey 1993  
 20-5 Tyler Berry 2012  
 20-3.5 Michael Meadowcraft 2022  
 20-3 Rick Sollie 1979  
 20-2.75 Perry Miles 2023  
 20-2 Collin Tapper 2023  
 20-2 Tom Preiss 1980  
 20-2 Mike Giebenhain 1999  
 20-2 Nate Agbemedon 2022  
 20-0 David Navratil 2018  
 19-11 ¾ Stu Pease 2005  
 19-11 Mike Melin 1987  
 19-10 John Taylor 2016  
 19-10 Nick Hedlund 2019  
 19-9 ¾ Mike Dorsey 1973  
 19-8 Elliot Brown 1980  
 19-8 Darryl Jackson 2002  
 19-8 Max Davis 2018  
 19-7 ½ Marty Stovall 1997  
 19-7 Bruce Johnson 1970  
 19-6 Wes Jackson 2015  
 19-5 ½ Tim Shaver 1989  
 19-5 ¼ Julien Jean-Pierre 2013  
 19-3 ½ Chris Muras 1991  
 19-3 Josh Max 1996  
 19-3 Quinn Hendel 2003  
 19-3 Josh Gillespie 2012  
 19-3 Derek Wodnick 2014

#### Shot Put

54-6 ½ Steve Wright 1977  
 54-5 Justin Asher 1995  
 53-1 Dan Sebold 1974  
 52-5 ½ Mark Mendel 1983  
 49-11 ¾ Dave Klein 1983  
 49-8 ¼ Tim Armstrong 1991  
 49-6 Chris Ashton 1996  
 49-2 Bruce Breth 1980  
 49-1 Jon Charest 2006  
 49-0 ½ Matt Anderson 2001

48'9.5" Manny Wilson 2023  
 48-3 ¼ Ryan Schwerin 2001  
 48-1 ¾ Tom Petrie 2000  
**47-10 Charlie Smith 2024**  
**47-7 Derek Christenson 2024**  
 47-5 Dan Bonneville 2015  
 47'1" Charlie Smith 2023  
 47-0 Rory Nelson 1994  
 47-0 Ben Roscoe 2001  
 47-0 Zack Barker 2015  
 46-9 ½ Mike Trask 1978  
 46-9 Ryan Keup 2014  
 46-7 Matt Winston 1978  
 46-5 ½ Mason Sauer 2017  
 46-3 ¼ Rob Hansen 1995  
 46-3 Mike Mortenson 1986  
 46-2 ¼ Scott Doring 1975

#### Shot Put WheelChair

**19-0 Michael Allen 2024**  
**17-9 Mac Hedtkke 2024**  
 16-9 Michael Allen 2023  
 11-0 Michael Allen 2022

#### Triple Jump

43-2 ½ Brandon Strickland 2012  
 43-1 John Taylor 2018  
 43-0 Chris Kroeten 2010  
 42-0 Ethan Zeidler 2012  
 41-3 ¾ Mike Hesse 1984  
 41-6 Cecil Doe 2007  
 41-5 Nathan Frantz 1993  
 41-3 Nick Hedlund 2019  
 41-0 ½ Dan Pease 2001  
 41-0 ½ Ben Zerman 2005  
 41-0 ¼ Scott Quist 2000  
 40-9 ½ Paul Spangrud 1980  
 41-8 Nate Agbemedon 2022  
 40-8 AJ Hiler 2004  
 40-6 ½ Julien Jean-Pierre 2015  
 40-6 Ben Wambheim 2009  
 40-6 Dante White 2017  
 40-4 Gary Pease 2005  
 40-3 ½ Ben Hidani 2018  
 40-2 ½ Paris Burrell 2012  
 40-2 Reid Johnson 1992  
 40-0 Michael Meadowcraft 2022  
 39-10 ¾ Abiye Agbeh 2013  
 39-10 David Navatil 2019  
 39-6 Rick Sollie 1978  
 39-6 Adam Kostenecki 2016  
 39-5 Jeff Kelly 1979  
 39-5 Mark Nawrocki 1982  
 39-5 Mike Kromer 1985  
 39-3 Jason Alexander 1990  
 39- ½ Stu Pease 2006  
 39-0 ¼ Marty Stovall 1997  
 38-11 ½ Deshawn Cockrell 2018  
 38-11 Michael Hsu 1996  
 38-10 Eric Muras 1995  
**38'10 Andrew Westermeyer 2023**  
**38'9 Chase Ullom 2023**  
 38-8 ½ Mike Porter 2005  
 38-7 Josh Max 1996  
 38-7 Wes Jackson 2015

#### Pole Vault

14-0 Jack Helmich 2022  
 13-8 Ben Hidani 2018  
 13-7 Mark VanBenschoten 2010  
 13-6 Brian Tripp 2004  
 13-6 Antonio Stringham 2005  
 13-0 Jeff Jackson 1982  
 13-0 Matt Chandler 1982  
 13-0 Eddie Hidani 2013  
 13-0 Jackson Cramer 2022  
 12-6 Michael Hsu 1996  
 12-6 Lucas Jensen 1998

12-6 Dennis Kline 2001  
 12-3 Kurt Jackson 1981  
 12-3 Lukas Versaggi 2019  
 12-0 Mike Plummer 1977  
 12-0 Nate Page 2000  
 12-0 Ben Michel 2005  
 11-9  $\frac{3}{4}$  Gabe Toso 2017  
 11-9 Jerry Pietig 1978  
 11-6 David Thomas 2006  
 11-6 Grady McNaughton 2018

## SOPHOMORE & FRESHMAN INDOOR BESTS

### 55 Meter High Hurdles

8.00 Drake Daniels 2018  
 8.0 Mike Siskin 1976  
 8.1 Jon Ritter 1976  
 8.2 Craig Thompson 1989  
 8.48 Steve Porcaro 1993  
 8.4 David Gaither 1973  
 8.4 Rick Sollie 1978  
 8.4 Jim Baumgartner 1986

### 60 Meter High Hurdles

8.43 Drake Daniels 2018  
 9.2 Michael Dugan 2016  
 9.2 Daniel Welshons 2016

### 65 Yard High Hurdles

9.3 David Gaither 1973

### 65 Yard Low Hurdles

7.8 Mike Siskin 1976

### 70 Yard Low Hurdles

8.3 Mike Siskin 1976  
 8.3 Rick Sollie 1978

### 55 Meter Dash

6.68 Mitch Underhill 2011  
 6.74 Darryl Jackson 2002  
 6.76 Dante White 2018  
 6.6 Andy Fetterer 1988  
 6.6 Markus Whittaker 2008  
 6.92 Tim Cornish 2004  
 6.7 Tim Hoops 1970  
 6.7 Ken Hebert 1971  
 6.7 Mark Winston 1980  
 6.7 Mike Melin 1986  
 6.7 Dan Perry 1996  
 6.7 Chris Haglund 1997

### 60 Meter Dash

6.8 Lawrence Wilson 2013  
 7.0 Tyler Milkes 2022  
 7.0 Jett Berg 2016  
 7.0 Sean Diedrich 2019  
 7.27 Dante White 2018  
 7.1 Toju Olu-Onanuga 2023  
 7.1 Jarod Jackson 2010  
 7.1 Michael Smith 2012  
 7.1 Foster Conzet 2014  
 7.1 Drake Kapler 2015  
 7.1 Owen Mickelson 2019  
 7.36 Anthony Clarke 2013  
 7.40 Mitch Underhill 2011  
 7.2 Paris Richardson 2004  
 7.2 James Smith 2012  
 7.2 Joseph Koplin 2012  
 7.2 Josh Gillespie 2013  
 7.2 Mitchell Walber 2013  
 7.2 Julien Jean-Pierre 2013  
 7.2 Rukshen Ambrose 2019

7.53 Sam Johnson 2006  
 7.3 Sam Booh 2023  
 7.3 Perry Miles 2023  
 7.3 Tony Lei 2023  
 7.3 Uyiosa Osagie 2023  
 7.3 Tyler Didier 2014  
 7.3 Samuel Santiago 2014  
 7.3 Marcus Guy 2015  
 7.3 Julian Diedrich 2019  
 7.3 Kristian Kaesviharn 2019  
 7.3 Travis Salters 2019  
 7.3 Xavier Kaesviharn 2022  
 7.3 Miles Kyei 2024

### 60 Meter Wheelchair

16.5 Michael Allen 2022

### 160 Meter Dash

19.7 Mike Quast 1978

### Pole Vault

12-3 Lukas Versaggi 2019  
 12-1  $\frac{3}{4}$  Ben Hidani 2017  
 12-0 Kurt Jackson 1979  
 12-0 Jeff Jackson 1980  
 11-6 Nate Page 1998  
 11-6 Alex Spencer 2010  
 11-0 Mark VanBenschoten 2008  
 10-6 Brian Tripp 2002  
 10-0 Gary Gangstee 1972  
 10-0 Jerry Pietig 1976  
 10-0 Steve Smith 1998  
 9-6 Steve LaFean 1977  
 9-6 Brandon Dorn 2010

### 200 Meter Dash

23.54 Drake Daniels 2018  
 23.5 Foster Conzet 2014  
 23.86 Dante White 2018  
 23.7 Toju Olu-Onanuga 2023  
 23.99 Ben Johnson 2005  
 23.8 Drake Kapler 2015  
 23.8 Sean Diedrich 2019  
 23.9 Joseph Koplin 2012  
 23.9 Austin Gordon 2013  
 23.9 Owen Mickelson 2019  
 24.0 Daryl Brown 2008  
 24.0 Tyler Milkes 2022  
 24.1 Markus Whittaker 2008  
 24.1 Wes Jackson 2013  
 24.43 Mitch Underhill 2011  
 24.2 Chris Haglund 1997  
 24.2 Julian Diedrich 2019  
 24.3 Tim Cornish 2004  
 24.3 Anthony Clarke 2013  
 24.3 Paris Richardson 2004  
 24.67 Alex Haeg 1998  
 24.70 Tyler Didier 2013  
 24.5 Brendan Roath 1997  
 24.7 Matt Olson 2005  
 24.7 Kristian Kaesviharn 2019  
 24.8 Chris Muras 1990  
 24.8 Jerry Sisk 1994  
 24.8 Sam Johnson 2005  
 24.8 Ryan D'Kae 2009  
 24.8 Sam Kolpin 2014

### 280 Yard Dash

32.0 Tim Hoops 1970

### 300 Yard Dash

34.7 Rick Sollie 1978

### 300 Meter Dash

36.5 Michael Smith 2012  
 36.8 Mitchell Walber 2013  
 37.1 Matt Adams 2023  
 37.1 Sean Diedrich 2019

37.6 Adam Moline 2009  
 37.6 Tyler Milkes 2022  
 37.6 James Smith 2012  
 37.7 Tyler Didier 2014  
 37.9 Jett Berg 2016  
 38.16 Ryan Tuura 2005  
 38.1 Owen Mickelson 2019  
 38.3 Tommy Leisen 2016  
 38.4 Drake Daniels 2018  
 38.6 Josh Gillespie 2013  
 38.7 Ryan D'Kae 2009  
 38.7 Samuel Santiago 2014  
 38.8 Anthony Clarke 2013  
 38.9 Even Furcht 2024

### 300 Meter Wheelchair

82.0 Michael Allen 2022

### 400 Meter Dash

53.0 Matt Adams 2023  
 53.6 Del Johnson 2022  
 53.7 Will Weber 2023  
 54.5 Erik Matthews 1990  
 54.6 Mark Wherry 1996  
 55.13 DJ Luby 2005  
 55.0 Kent Nelson 1974  
 55.0 Chris Kroeten 2008  
 55.0 Skip Johnson 2009  
 55.53 Sean Kalivoda 2005  
 55.3 Robin Ruth 1990  
 55.4 Jeff Kelly 1977  
 55.6 Parker Dietrick 2022  
 55.90 Drake Daniels 2018  
 55.93 Dan Pease 2000  
 55.7 Mike Freese 1998

### 600 Yard Dash

1:17.0 Tony Vertin 1976

### 600 Meter Run

1:33.7 Andrew VanBenschoten 05  
 1:34.1 Steve Riley 1978  
 1:34.3 Aaron Demro 2005

### 800 Meter Run

1:59.5 Patrick Leonard 2017  
 2:01.6 Connor Olson 2013  
 2:01.9 Will Weber 2023  
 2:04.1r Andrew VanBenschoten 05  
 2:04.5 Frank Fetrow 2016  
 2:04.7 Parker Dietrick 2022  
 2:05.0 Stephen Jahn 2000  
 2:05.9 Will Weber 2022  
 2:06.3 Kent Vanderve 1972  
 2:06.3 Peter Holmes 2006  
 2:06.5 Brian Jarvey 2009  
 2:06.5r Nate Heintzeman 2009  
 2:07.03 David Frank 1994  
 2:06.8 Mitchell Tolander  
 2:06.8 Adam Moline 2009  
 2:06.8 Matt Adams 2022  
 2:08.43 Andrew Millan 2014  
 2:08.3 Brian Strassheim 1987  
 2:08.5 Aaron Breyer 2012  
 2:08.7r David Churchill 2006  
 2:08.8 Jon Ulrich 1970  
 2:08.9 Andrew Quirk 2013  
 2:09.0r Matt Jones 1990  
 2:09.1r Jacob Maentz 1996  
 2:09.2 Chris Stanek 2015  
 2:09.3r Chris DesRoches 2002  
 2:09.4 Tommy Leisen 2015  
 2:10.0 Kirk Meyer 1983  
 2:10.0r Adam Stuhlfaut 1992  
 2:10.2 Greg Scott 2009  
 2:10.3 Andy Engebretson 1985  
 2:10.64 Dwan Thompson 1996

**1000 Yard Run**

2:31.0 Jeff Dezenski 1978

**1000 Meter Run**2:52.1 David Frank 1994  
2:56.5 Kelly O'Rourke 1991  
2:56.8 Mike Back 1991**1200 Meter Run**3:26.0 Andrew VanBenschoten 05  
3:29.4 Ben Hackbart 2005**1600 Meter Run**4:24.95 Connor Olson 2013  
4:28.0 Khalid Hussein 2016  
4:28.5 Grant Price 2017  
4:29.0 Will Weber 2023  
4:29.1 Jaret Carpenter 2014  
4:31.7 Josh Thorson 2009  
4:35.5 Nick Shaleen 2014  
4:36.8 Patrick Leonard 2017  
4:37.81 Derek Peterson 2011  
4:38.09 David Herman 1995  
4:38.1 Cameron Arkesteyn 2017  
4:40.1 Karl Kabarowski 2009  
4:40.54 Stephen Jahn 2000  
4:40.7 Zach Miller 2017  
4:41.3 Josh Nielsen 2012  
4:41.4 Andrew Brandt 2017  
4:41.9 Andrew Millan 2014  
4:41.9 Mitchell Tolander 2016  
4:42.70 Andrew VanBenschoten 05  
4:43.4 Danny Ducharme 2007  
4:43.4 Oliver Haugland 2008  
4:43.4 Jack Prazich 2013  
4:43.6 Evan Day 2007  
4:43.9 Jacob Hallen 1993  
4:44.1 Parker Dietrick 2022  
4:44.5 Paul Weiler 2014  
4:45.46 Pat Hoard 1991  
4:45.3r Mark Harries 2009  
4:45.7 Will Weber 2022  
4:45.9 Andrew Quirk 2013  
4:46.1 Kurt Runzheimer 1988  
4:46.1 Blake Buysse 2016  
4:46.4 Ian Eklin 2013  
4:46.9 Aaron Breyer 2011  
4:46.9 Charlie Ernst 2018  
4:47.61 Mark Bowden 2000  
4:47.8 Brian Strassheim 1987  
4:47.9 George Ross 1972  
4:48.2 Anders Sonnesyn 2015  
4:48.90 Drake Young 2018  
4:48.7 Nate Heintzeman 2009**1.5 Mile Run**

7:52.0 Mike Anderson 1980

**3000 Meter Run**

9:44.1 Stephen Jahn 2000

**3200 Meter Run**9:31.08 Connor Olson 2013  
9:40.7 Josh Thorson 2009  
9:41.19 Jaret Carpenter 2014  
9:58.3 Danny Ducharme 2007  
9:59.91 Andrew Quirk 2013  
10:01.64 Ian Eklin 2012  
10:01.6 Mark Harries 2009  
10:04.3 Jack Prazich 2013  
10:05.3 Pat Hoard 1991  
10:09.1 Khalid Hussein 2015  
10:10.0 Jeremy Drenckhahn 2007  
10:10.8 Josh Halverson 2015  
10:10.9 Karl Kabarowski 2009  
10:10.9 Nick Shaleen 2013  
10:13.1 Oliver Haugland 2008  
10:14.7 Wes Heal 2014  
10:17.0 Gemechu Meskele 2015  
10:17.5 Paul Epland 201310:18.03 Derek Peterson 2011  
10:19.7 Kyle Brandt 2014  
10:22.1 Stephen Jahn 2000  
10:22.42 Peter Holmes 2006  
10:25.5 Paul Weiler 2015  
10:26.4 Joe Meister 2010  
10:27.7 Mike Anderson 1980  
10:29.0 Brian Strassheim 1987  
10:29.1 Liban Jama 2015  
10:30.7 Carl Brakob 1982  
10:30.7 Connor Eastman 2012  
10:33.44 Dan Gerber 2006  
10:34.0 Dennis Sparks 1979  
10:35.1 Dan Murphy 1972  
10:40.28 Jason Overson 1997  
10:43.39 Bobby Rudin 2011  
10:44.7 Chris Newcombe 1978  
10:46.97 Jon Lambert 2005  
10:49.8 Grant Waddell 1973  
10:51.0 Josh Gerber 2004  
10:53.33 Iain McCrory 2011  
10:54.5 Tom LaRowe 1985  
10:54.5 Mark Bowden 2000  
10:58.37 Taylor Hegarty 2005  
10:58.9 Evan Stine 1999**Long Jump**20-11 ½ Dante White 2018  
20'2.75" Perry Miles 2023  
20'2" Collin Tapper 2023  
19-11 ¾ Stu Pease 2005  
**19-0 Kier Hutton 2024**  
19-8 Darryl Jackson 2002  
19-7 Brandon Strickland 2010  
19-5 ½ Chris Kroeten 2008  
19-5 ¼ Julien Jean-Pierre 2013  
19-5 Jarod Jackson 2010  
19-4 Jack Egan 2008  
19-3 Quinn Hendel 2003  
19-3 Josh Gillespie 2012  
19-2 Rick Sollie 1978  
19-1 ½ Mike Melin 1986  
18-11 ¾ Pat Reed 1998  
18-11 Michael Hsu 1994  
18-10 Brad Walker 1988  
18-9 ½ Japel Hook 1991  
18-9 Ben Wahmbein 2008  
18-8 ½ Mike Winston 1984  
18-6 Anthony Clarke 2013  
18-5 ¼ Wes Jackson 2013  
18-5 Dan Lasker 2010  
18-5 Abiye Agbeh 2012  
18-4 Paul Spangrud 1978  
18-4 Adam Kostanecki 2013  
18-2 Mark Schulz 1990  
18-2 Nick Martin 2010**High Jump**6-2 Mike Kromer 1984  
6-0 Tom VonderBrink 1991  
6-0 Ben Grosse 2014  
6-0 Dante White 2018  
6-0 Nick Hedlund 2018  
5-10 Sam Booh 2023  
5-10 Mike Hesse 1982  
5-10 Ben Wambhein 2008  
5-10 Ethan Zeidler 2010  
5-10 Brett Smith 2013  
5-9 Mike Melin 1986  
5-9 Tim Stenzel 1986  
5-9 David Jacobson 2007  
5-8 Steve Pederson 1980  
5-8 Craig Thompson 1989  
5-8 Andrew Tibesar 1996  
5-8 Ben Zerman 2003  
5-8 Nick Welshons 2009  
5-8 Jeremiah Brathwaite 2014**Shot Put**50-0 Justin Asher 1994  
49-6 Chris Ashton 1996  
46-3 ½ Mark Mendel 1982  
46-1 Charlie Smith 2022  
45-11 ¾ Rob Bathe 2007  
45-1 Nick Tibesar 1998  
44-4 ½ Tom Petrie 1998  
44-4 John Petrie 2009  
42-10 Manny Wilson 2022  
42-6 Grant Olson 2008  
**42-6 Eli Diane 2024**  
42-5 Derek Christenson 2022  
41-10 Matt Anderson 1999  
41-8 Steve Wright 1975  
41-8 Alex King 2003  
41-6 Doug Warren 1989  
41-0 Tim Armstrong 1989  
40-10 Ryan Schwerin 1998  
40-8 Jac Carver 2018  
40-0 ½ Sam Launder 2003**Shot Put WheelChair****17-9 Mac Hedtke 2024**  
11-0 Michael Allen 2022**Triple Jump**42-0 Brandon Strickland 2010  
41-6 Cecil Doe 2007  
40-6 Chris Kroeten 2008  
40-6 Dante White 2017  
40-5 Julien Jean-Pierre 2013  
40-1 ½ Nick Hedlund 2018  
39-8 Ethan Zeidler 2010  
39-6 Rick Sollie 1978  
39-2 ½ Mike Kromer 1984  
39-1 ½ Dan Pease 2001  
39-1 Stu Pease 2005  
38-8 Gary Pease 2003  
37-6 ½ Mickael Hsu 1994  
37-4 Bob Moore 1981  
37-1 Ben Wambhein 2008  
36-11 ½ Mike Hesse 1982  
36-11 Paul Spangrud 1978