

100 METER DASH

ALL-TIME HONOR ROLL

1	Tyler Milkes	10.62w	2023
2	Jeff Tarnowski	10.76w	1995
3	Dante White	10.79w	2019
4	AJ Troup	10.81	2009
5	Michael Smith	10.81	2014
6	Tarun Poliboina	10.87	2022
7	Kamron Williams	10.93	2023
x	Tyler Milkes	10.96	2023
8	Derek Wodnick	10.97	2014
9	Jeffrey Borchardt	10.98	2013
10	Sam Johnson	10.99	2007
11	Toju Olu-Onanuga	10.99w	2023
12	Mark Winston	10.8	1982
13	Del Johnson	11.04	2023
x	Jeff Tarnowski	11.04	1996
14	Jon Williams	10.8	2001
15	Markus Whittaker	10.8	2009
16	Josh Reeves	11.05	2015
17	Joey Kolpin	11.06	2014
18	Jarod Jacksn	11.08	2011
19	Koen Bastiaens	11.09	1987
20	Erik Roti	11.11	2011
21	Max Williams	11.12	2022
22	Jon Lance	10.9	1995
23	Ryan D'Kae	11.14	2011
24	James Smith	11.14	2014
25	Tyler Berry	11.16	2012
26	Dan Perry	11.17	1998
x	Dante White	11.19	2018
27	Christian Taylor	11.20	2023
28	Marion Barber III	11.22	2001
29	Anthony Clarke	11.23	2014
30	Darwin Dean	11.0	2006
31	Kamron Williams	11.24	2022
32	Keante' Johnson	11.26	2013
33	Drake Kapler	11.26	2016
34	Pat Reed	11.27	2000
35	Chase Berry	11.27	2013
36	Jett Berg	11.27	2017
37	Kirk Randall	11.30	2008
38	Fritz Rock	11.31	2008
39	Sam Kolpin	11.31	2015
40	Foster Conzet	11.32	2014
41	Ethan Fischer	11.32	2022
42	Mark Mendel	11.1	1982
43	Mike Giebenhain	11.1	1999
44	Jesse Rooney	11.1	2006
45	Jon Knudsen	11.35	1998
46	Michael Meadowcroft	11.37	2021
47	Omar Madkour	11.38	2023
48	Josh Grosser	11.41	2013
49	Sean Diedrich	11.41	2021
50	Lucas Davey	11.42	1996

100 METER SECTION CHAMPIONS

Roy Johnson	1937	10.9y
Ron Amundson	1943	10.5y
Kenny Quast	1950	10.7y
Jeff Tarnowski	1996	11.42

100 METER STATE PLACERS

Jeff Tarnowski	CHAMPION	1995	10.76w
Jeff Tarnowski	6 th	1996	11.05
Sam Johnson	6 th	2007	11.15
AJ Troup	6 th	2009	11.33
Erik Roti	5 th	2011	11.26

SOPHOMORE & FRESHMAN BESTS

1	Toju Olu-Onanuga	10.99w	2023
2	Jon Williams	10.8	2001
3	Dante White	11.19	2018
4	Max Williams	11.19	2021
5	Tyler Milkes	11.20	2022
6	Jarod Jackson	11.22	2010
7	Markus Whittaker	11.24	2008
8	Michael Smith	11.25	2011
9	Foster Conzet	11.32	2014
10	Mark Mendel	11.1	1982
11	Jeffrey Borchardt	11.1	2011
12	Anthony Clarke	11.34	2013
13	Drake Kapler	11.41	2015
14	Mike Melin	11.2	1986
15	Darryl Jackson	11.2	2002
16	John Leggitt	11.2	2002
17	Tim Cornish	11.2	2004
18	Tobi Okuyemi	11.2	2007
19	Mitch Underhill	11.2	2011
20	Chase Berry	11.2	2012
21	Joey Kolpin	11.46	2012
22	Brian Graebel	11.49	2000
23	Dan Perry	11.50	1996
24	Jett Berg	11.51	2016
25	Nathan Osagie	11.51	2023
26	Alex Haeg	11.3	1998
29	Julien Jean-Pierre	11.3	2014
30	Josh Reeves	11.54	2013
31	Anthony Ley	11.63	2023
32	Mark Winston	11.4	1980
33	Tom Weil	11.4	1982
34	John Kapsner	11.4	1984
35	Lawrence Wilson	11.4	2011
36	Corrie King	11.4	2013
37	Tranell Skelton-Wilson	11.4	2013
38	Sam Kolpin	11.4	2014
39	Sam Santiago	11.4	2014

FRESHMAN BESTS

1	Dante White	11.22	2017
2	Drake Kapler	11.43	2014
3	Tobi Okuyemi	11.2	2007
4	Michael Smith	11.2	2011
5	Markus Whittaker	11.47	2007
6	Toju Olu-Onanuga	11.59	2022
7	Corrie King	11.4	2013
8	Brendan Roath	11.4	1997
9	Alex Haig	11.4	1997
10	Jeremy Faue	11.4	2000
11	John Leggitt	11.4	2001
12	James Smith	11.4	2011
13	Josh Reeves	11.4	2012
14	Anthony Clarke	11.64	2012
15	Sam Booh	11.65	2023
16	Mitchell Walber	11.69	2012
17	Sean Diedrich	11.69	2018
18	Deansh Sahoo	11.5	2016
19	Darryl Jackson	11.5	2001
20	Anthony Keller	11.5	2001
21	Daryl Brown	11.5	2007
22	Julien Jean-Pierre	11.76	2013
23	Marschal Hipsag	11.6	2016
24	Pat Reed	11.6	1997
25	Isaac Slater	11.6	2006
26	Jarod Jackson	11.6	2009
27	Josh Grosser	11.6	2011
28	Xavier Kaesviharn	11.85	2021
29	Tim Cornish	11.88	2003
30	Mark Mendel	11.7	1987
31	Robin Ruth	11.7	1989
32	Dan Perry	11.7	1995
33	Wark Wherry	11.7	1995
34	Shep Allen	11.7	2004
35	Ben Johnson	11.7	2004
36	Matt Olson	11.7	2005
37	Zech Roberts	11.7	2006
37	Lawrence Wilson	11.7	2012

4 x 100 METER RELAY

ALL-TIME BESTS

42.28	2022	Max Williams, Kam Williams, Tyler Milkes, Michael Meadowcroft
42.45	2019	Sean Diedrich, Alvin George, Dante White, Owen Michelson
42.47	2013	Keante' Johnson, Steele Berg, Chris Pierson, Jeffrey Borchardt
42.51	2013	Keante' Johnson, Joey Kolpin, Chris Pierson, Jeffrey Borchardt
42.57	2014	Keante' Johnson, Joey Kolpin, Austin Gordon, Derek Wodnick
42.57	2016	Drake Kapler, Jett Berg, Ethan Tuch, Sam Kolpin
42.73	2014	Austin Gordon, Joey Kolpin, Anthony Clarke, Derek Wodnick
42.75	2008	Kirk Randall, Sam Johnson, Matt Olson, Fritz Rock
42.82	2013	Keante' Johnson, Anthony Clarke, Chris Pierson, Jeffrey Borchardt
42.92	2018	Dante White, Jett Berg, Eugene Dixon, Max Archbold
42.94	2008	Kirk Randall, Sam Johnson, Fritz Rock, Markus Whittaker
42.97	1999	Pat Reed, Mike Giebenhain, Chris Haglund, Alex Haeg
43.00	1995	Ryan Porisch, Jon Lance, Aaron Redman, Jeff Tarnowski
43.03	2015	Drake Kapler, Sam Kolpin, Austin Gordon, Ethan Tuch
43.03	2015	Josh Reeves, Sam Kolpin, Austin Gordon, Ethan Tuch
43.06	2011	Mitch Underhill, Erik Roti, Mike Borillo, Ryan D'Kae
43.06	2021	Max Williams, Tarun Poliboina, Sean Diedrick, Rukshen Ambrose
<u>43.06</u>	<u>2023</u>	<u>Christian Taylor, Kam Williams, Anthony Ley, Toju Olu-Onanuga</u>
43.11	2009	Daryl Brown, AJ Troup, Ryan D'Kae, Fritz Rock
43.19	2014	Keante' Johnson, Steele Berg, Anthony Clarke, Joey Kolpin
43.22	2021	Max Williams, Tarun Poliboina, Sean Diedrich, Michael Meadowcroft
43.24	2006	Joe Cyrus, Darwin Dean, Ben Johnson, Jacob Boegel
43.27	2000	Pat Reed, Brendan Roath, Jeremy Faue, Alex Haeg
43.30	2007	Markus Whittaker, Sam Johnson, Ben Johnson, Jesse Rooney
43.34	2007	Joe Cyrus, Sam Johnson, Ben Johnson, Jesse Rooney
43.37	1998	Dan Perry, Mike Giebenhain, Jon Knutsen, Alex Haeg
43.38	2004	Tim Cornish, Will Nwameme, Paris Richardson, Brian Tripp
43.44	2002	Darryl Jackson, Jeremy Faue, Manny Stewart, John Leggitt
43.53	2013	Keante' Johnson, Anthony Clarke, Mitchell Walber, Joey Kolpin
43.53	2015	Josh Reeves, Sam Kolpin, Drake Kapler, Austin Gordon
43.54	2001	Otis Smallwood, Jon Williams, Marion Barber, Brian Graebel
43.55	2013	Joey Kolpin, Anthony Clarke, Chris Pierson, Jeffrey Borchardt
43.57	2014	Josh Reeves, Foster Conzet, Austin Gordon, Derek Wodnick
43.3	2002	Darryl Jackson, Jon Williams, Manny Stewart, Jeremy Faue
43.58	1997	Dan Perry, Marty Stovall, Chris Haglund, Alex Haeg

43.71	2014	Drake Kapler, Josh Grosser, Mitchell Walber, Derek Wodnick
43.74	2012	Anthony Clarke, Jeffrey Borchardt, Joey Kolpin, Tyler Berry
43.84	2021	Max Williams, Tarun Poliboina, Sean Diedrich, Nate Graham
43.87	1994	Ryan Hale, Jon Lance, Aaron Redman, Gabe Hart
43.7	1981	Mark Winston, Mike Brooks, Elliot Brown, Vince Turk
43.99	2005	Tim Cornish, Paris Richardson, Ben Johnson, Darwin Dean
43.8c	1979	Mike Quast, Frank Belline, Mike Duerr, Joe Caticchio

4 x 100 SECTION CHAMPIONS

1994	44.07	Ryan Hale, Jon Lance, Aaron Redman, Gabe Hart
1995	43.21	Ryan Porisch, Jon Lance, Aaron Redman, Jeff Tarnowski
1999	43.38	Pat Reed, Mike Giebenhain, Chris Haglund, Alex Haeg
2000	43.46	Pat Reed, Brendan Roath, Jeremy Faue, Alex Haeg
2002	43.44	Darryl Jackson, Jeremy Faue, Manny Stewart, John Leggitt
2004	43.74	Tim Cornish, Will Nwameme, Paris Richardson, Brian Tripp
2008	42.94	Kirk Randall, Sam Johnson, Fritz Rock, Markus Whittaker
2013	42.51	Keante' Johnson, Joey Kolpin, Chris Pierson, Jeffrey Borchardt
2021	43.22	Max Williams, Tarun Poliboina, Sean Diedrich, Michael Meadowcroft
2022	42.73	Max Williams, Kam Williams, Tyler Milkes, Michael Meadowcroft

4 x 100 STATE MEET PLACERS

1994	7 th	44.38	Ryan Hale, Jon Lance, Aaron Redman, Gabe Hart
1995	CHAMPION	43.63	Ryan Porisch, Jon Lance, Aaron Redman, Jeff Tarnowski
1997	5 th	43.80	Dan Perry, Marty kapsner, Chris Haglund, Alex Haeg
1998	6 th	43.85	Dan Perry, Mike Giebenhain, Jon Knutsen, Alex Haeg
1999	3 rd	42.97	Pat Reed, Mike Giebenhain, Chris Haglund, Alex Haeg
2000	8 th	43.27	Pat Reed, Brendan Roath, Jeremy Faue, Alex Haeg
2002	6 th	43.59	Darryl Jackson, Jeremy Faue, Manny Stewart, John Leggitt
2004	4 th	43.38	Tim Cornish, Will Nwameme, Paris Richardson, Brian Tripp
2007	5 th	43.36	Joe Cyrus, Sam Johnson, Ben Johnson, Jesse Rooney
2008	2 nd	42.75	Kirk Randall, Sam Johnson, Matt Olson, Fritz Rock
2013	2 nd	42.47	Keante' Johnson, Steele Berg, Chris Pierson, Jeffrey Borchardt
2015	7 th	43.03	Josh Reeves, Sam Kolpin, Austin Gordon, Ethan Tuch
2016	4 th	42.79	Drake Kapler, Jett Berg, Ethan Tuch, Sam Kolpin
2018	5 th	43.05	Dante White, Jett Berg, Eugene Dixon, Max Archbold
2019	3 rd	42.61	Sean Diedrich, Alvin George, Dante White, Owen Mickelson
2021	4 th	43.06	Max Williams, Tarun Poliboina, Sean Diedrich, Rukshen Ambrose
2022	4 th	42.28	Max Williams, Kam Williams, Tyler Milkes, Michael Meadowcroft

200 METER DASH

ALL-TIME HONOR ROLL

1	Jeff Tarnowski	21.70w	1995
x	Jeff Tarnowski	21.81	1995
2	Tarun Poliboina	21.90	2021
3	Michael Smith	21.92	2014
4	Dante White	21.94	2019
5	AJ Troup	22.02	2009
6	Tyler Milkes	22.10	2023
7	Kamron Williams	22.16	2023
8	Jon Ritter	22.20c	1978
9	Koen Bastiaens	22.22	1987
10	Jeffrey Borchardt	22.25	2012
11	Sam Johnson	22.26	2007
12	Mark Bennett	22.43	1985
13	Joey Kolpin	22.44	2014
14	Owen Mickelson	22.46	2021
15	Elliot Brown	22.3	1981
16	Jon Williams	22.3	2003
17	Markus Whittaker	22.54	2008
18	Ryan D'Kae	22.62	2011
19	Jonathan Lance	22.4	1995
20	Toju Olu-Onanuga	22.69	2023
21	Tyler Didier	22.73	2015
22	Frank Belline	22.5c	1980
23	Sam Kolpin	22.75	2016
24	Steele Berg	22.80	2014
25	Del Johnson	22.81	2023
26	Dave Schriml	22.6c	1962
27	Mark Winston	22.6	1982
28	Mike Giebenhain	22.6	1999
29	Anthony Clarke	22.84	2015
30	Jett Berg	22.84	2017
31	Mitchell Walber	22.85	2014
32	Ethan Tuch	22.86	2016
33	Jarod Jackson	22.90	2011
34	Drake Kapler	22.90	2015
35	Tim Hoops	22.7c	1970
36	Jeremy Faue	22.7	2003
37	Joe Cyrus	22.96	2007
38	Drake Daniels	22.99	2018
39	Dan Perry	23.00	1998
40	Michael Borillo	23.01	2011
41	Chris Pierson	23.02	2013
42	Ron Amundson	22.8c	1943
43	Ken Hebert	22.8c	1972
44	Mike Duerr	22.8c	1979
45	Tom Weil	22.8	1984
46	Pat Reed	22.8	2000
47	Joe Cyrus	22.8	2006
48	Lawrence Wilson	22.8	2014
49	Marty Stovall	23.06	1997

200 METER SECTION CHAMPIONS

Charles Rice	1931	
Roy Johnson	1937	24.0y
Ron Amundson	1943	23.1y
Mark Bennett	1985	22.43
Koen Bastiaens	1987	22.22
Jeff Tarnowski	1995	22.23
Jeffrey Borchardt	2012	22.25
Tarun Poliboina	2021	21.90
Tyler Milkes	2023	22.40

200 METER STATE MEET PLACERS

Ron Amundson	CHAMPION	1943	22.9y
Jon Ritter	6 th	1978	23.3y
Koen Bastiaens	6 th	1987	22.77
Jeff Tarnowski	CHAMPION	1995	21.70w
Dante White	3 rd	2019	22.33
Tarun Poliboina	8 th	2021	22.43

SOPHOMORE & FRESHMAN BESTS

1	Michael Smith	22.48	2012
2	Markus Whittaker	22.54	2008
3	Toju Olu-Onanuga	22.69	2023
4	Tyler Milkes	22.77	2022
5	Jeffrey Borchardt	22.6	2011
6	Drake Kapler	22.90	2015
7	Dante White	22.93	2018
8	Tim Hoops	22.7c	1970
9	Drake Daniels	22.99	2018
10	Jon Williams	22.8	2001
11	Joey Kolpin	23.12	2012
12	Mitchell Walber	22.9	2012
13	Jett Berg	23.27	2016
14	Tyler Didier	23.33	2014
15	Brendan Roath	23.1	1997
16	Chris Haglund	23.36	1997
17	Jeremy Faue	23.36	2000
18	Nathan Osagie	23.37	2023
19	Elliot Brown	23.2c	1979
20	Craig Budolfson	23.2	1992
21	Darryl Jackson	23.2	2002
22	Ben Johnson	23.3	2005
23	Matt Olson	23.3	2005
24	Toju Olu-Onanuga	23.47	2022
25	Jarod Jackson	23.56	2010
26	Ken Hebert	23.4c	1971
27	Alex Haeg	23.4	1997
28	Darwin Dean	23.4	2004
29	Paris Richardson	23.4	2004
30	Daryl Brown	23.64	2008
31	James Smith	23.4	2011
32	Austin Gordon	23.64	2013
33	Sam Santiago	23.4	2014
34	Tom Weil	23.5	1982
35	Mike Winston	23.5	1984
36	Toby Okuyemi	23.5	2007
37	Anthony Clarke	23.5	2013
38	Lawrence Wilson	23.5	2013
39	Ethan Tuch	23.5	2014
40	Patrick Egan	23.5	2014
41	Anthony Ley	23.74	2023
42	Max Williams	23.80	2021
43	Mark Winston	23.6	1980
44	Chris Muras	23.6	1990
45	Pat Reed	23.6	1997
46	Josh Reeves	23.6	2013
47	Sam Kolpin	23.6	2014

FRESHMAN BESTS

1	Markus Whittaker	22.90	2007
2	Dante White	22.96	2017
3	Michael Smith	22.9	2011
4	Mitchell Walber	22.9	2012
5	Sean Diedrich	23.28	2018
6	Brendan Roath	23.1	1997
7	Jeremy Faue	23.36	2000
8	Toju Olu-Onanuga	23.47	2022
9	Matt Olson	23.3	2005
10	Tyler Didier	23.3	2013
11	Alex Haeg	23.4	1997
12	James Smith	23.4	2011
13	Jett Berg	23.73	2015
14	Drake Daniels	23.73	2017
15	Tobi Okuyemi	23.5	2007
16	Pat Reed	23.6	1997
17	Lawrence Wilson	23.6	2012
18	Marschal Hipsag	23.6	2016
19	Joey Kolpin	23.7	2011
20	Zech Roberts	23.8	2006
11	Josh Reeves	23.8	2012
22	Foster Conzetz	23.8	2013
23	Collin Tapper	24.12	2023
24	Paris Richardson	23.9	2003
25	Ryan Tuura	23.9	2004
26	Sam Booh	24.19	2023
27	Drake Kapler	24.20	2014
28	Elliot Brown	24.0c	1978

4 x 200 METER RELAY

ALL-TIME BESTS

1:26.92	2013	Chris Pierson, Michael Smith, James Smith, Jeffrey Borchardt
1:27.06	2014	Joey Kolpin, Michael Smith, Steele Berg, Mitchell Walber
1:27.48	2014	Tyler Didier, Michael Smith, Steele Berg, Mitchell Walber
1:27.98	2012	Chris Pierson, Michael Smith, James Smith, Jeffrey Borchardt
1:28.02	2014	Tyler Didier, Michael Smith, Steele Berg, Joey Kolpin
1:28.09	2012	Chris Pierson, Michael Smith, Jarod Jackson, Jeffrey Borchardt
1:28.14	2013	Keante' Johnson, Michael Smith, Steele Berg, Jeffrey Borchardt
1:28.46	2016	Sam Kolpin, Tyler Didier, Ethan Tuch, Shawn Miller
1:28.70	2016	Drake Kapler, Tyler Didier, Ethan Tuch, Shawn Miller
1:28.80	2013	Chris Pierson, Michael Smith, James Smith, Jeffrey Borchardt
1:28.84	2023	<u>David Nelson, Tyler Milkes, Matthew Adams, Toju Olu-Onanuga</u>
1:28.98	2011	Ryan D'Kae, Mike Borillo, Sam Lebewitz, Jeffrey Borchardt
1:29.04	2015	Anthony Clarke, Isaac Bremseth, Tyler Didier, Ethan Tuch
1:29.14	2013	Steele Berg, Chris Pierson, Michael Smith, James Smith
1:29.45	2023	<u>David Nelson, Tyler Milkes, Ben Kearin, Toju Olu-Onanuga</u>
1:29.49	2023	<u>Kam Williams, Xavier Kaesviharn, Toju Olu-Onanuga, Tyler Milkes</u>
1:29.52	2015	Sam Kolpin, Isaac Bremseth, Tyler Didier, Ethan Tuch
1:29.61	2013	Anthony Clarke, Joey Kolpin, Chris Pierson, Jeffrey Borchardt
1:29.61	2014	Joey Kolpin, Michael Smith, Steele Berg, Keante' Johnson
1:29.67	2002	Jeremy Klein, Dan Pease, Joey Klein, Jeremy Faue
1:29.71	2018	Eugen Dixon, Dante White, Max Archbold, Jett Berg
1:29.73	2019	Sean Diedrich, Dante White, Own Michelson, Ethan Wagner
1:29.85	2003	Joey Klein, Dan Pease, Jon Williams, Jeremy Faue
1:29.89	2014	Foster Conzet, Mitchell Walber, Joey Kolpin, Michael Smith
1:29.91	2017	Dante White, Jett Berg, Lewis Gibson, Drake Kapler
1:29.95	2011	Ryan D'Kae, Michael Smith, Sam Lebewitz, Jeffrey Borchardt
1:29.97	2012	Mitchell Walber, Michael Smith, Chris Pierson, Jeffrey Borchardt
1:30.00	2014	Keante' Johnson, Steele Berg, Mitchell Walber, Anthony Clarke
1:30.14	2015	Drake Kapler, Isaac Bremseth, Tyler Didier, Ethan Tuch
1:30.19	2014	Mitchell Walber, Tyler Didier, Michael Smith, Steele Berg
1:31.21	2016	Drake Kapler, Tyler Didier, Shawn Miller, Sam Kolpin
1:30.24	2013	Mitchell Walber, Joey Kolpin, Steele Berg, James Smith
1:30.33	2014	Keante' Johnson, Foster Conzet, Steele Berg, Mitchell Walber
1:30.36	2015	Drake Kapler, Sam Kolpin, Tyler Didier, Ethan Tuch
1:30.54	2006	Jacob Boegel, Ben Johnson, Darwin Dean, Paris Richardson
1:30.54	2011	Mike Borillo, Michael Smith, Jeffrey Borchardt, Jarod Jackson
1:30.67	2011	James Smith, Jeffrey Borchardt, Sam Lebewitz, Brian Jarvey
1:30.69	2012	Mitchell Walber, Chris Pierson, Joey Kolpin, James Smith
1:30.66	2022	Toju Olu-Onanuga, Del Johnson, Ethan Fischer, David Nelson
1:31.07	2007	Markus Whittaker, Matt Olson, Ben Johnson, Jesse Rooney
1:31.12	2005	Antonio Stringham, Paris Richardson, Tim Cornish, Darwin Dean
1:31.25	2014	Josh Grosser, Steele Berg, Foster Conzet, Keante' Johnson
1:31.28	2012	Mitchell Walber, Michael Smith, Jeffrey Borchardt, Brian Jarvey

1:31.1	2002	Jon Williams, Dan Pease, Jeremy Klein, Jeremy Faue
1:31.36	2015	Patrick Egan, Isaac Bremseth, Jett Berg, Anthony Clarke
1:31.36	2016	Lewis Gibson, Tyler Didier, Ethan Tuch, Shawn Miller
1:31.39	2007	Fritz Rock, Sam Johnson, Ben Johnson, Jesse Rooney
1:31.46c	1979	Mike Quast, Mike Duerr, Frank Belline, Joe Caticchio
1:31.54	2000	Mike Freese, Brian Graebel, Dan Pease, Joe Waldon
1:31.3	2012	Mitchell Walber, Jeffrey Borchardt, Joey Kolpin, Chris Pearson
1:31.57	2015	Josh Reeves, Sam Kolpin, Drake Kapler, Ethan Tuch
1:31.61	2005	Antonio Stringham, Paris Richardson, Darwin Dean, DJ Luby
1:31.4c	1977	Kevin Smith, Tim Langfitt, Bryan Jackson, Mark Hebeisen
1:31.66	2005	Ben Johnson, Paris Richardson, Tim Cornish, Darwin Dean
1:31.6	2013	Mitchell Walber, Chris Pierson, Joey Kolpin, Jeffrey Borchardt
1:31.86	2019	Drake Daniels, Sean Diedrich, Alvin George, Owen Michelson
1:31.91	2003	Joey Klein, Quinn Hendel, Jon Williams, AJ Hiler
1:32.01	2015	Austin Gordon, Ethan Tuch, Tyler Didier, Sam Kolpin
1:32.06	2015	Patrick Egan, Isaac Bremseth, Jett Berg, Tyler Didier
1:31.9c	1972	Tim Hoops, M. Skibness, Dennis Ritchie, Ken Hebert

4 x 200 SECTION CHAMPIONS

1937	1:36.5y	Charles Freer, Roy Johnson, Eisinger, Hellmin
2002	1:30.18	Jeremy Klein, Dan Pease, Joey Klein, Jeremy Faue
2003	1:30.33	Joey Klein, Dan Pease, Jon Williams, Jeremy Faue
2005	1:31.12	Antonio Stringham, Paris Richardson, Tim Cornish, Darwin Dean
2012	1:28.39	Chris Pierson, Michael Smith, Jarod Jackson, Jeffrey Borchardt
2013	1:26.96	Chris Pierson, Michael Smith, James Smith, Jeffrey Borchardt
2014	1:27.06	Joey Kolpin, Michael Smith, Steele Berg, Mitchell Walber
2022	1:31.50	Toju Olu-Onanuga, Del Johnson, Ethan Fischer, Owen Dehm
2023	1:29.45	<u>David Nelson, Tyler Milkes, Ben Kearin, Toju Olu-Onanuga</u>

4 x 200 STATE MEET PLACERS

2002	4 th	1:29.67	Jeremy Klein, Dan Pease, Joey Klein, Jeremy Faue
2003	CHAMPION	1:29.85	Joey Klein, Dan Pease, Jon Williams, Jeremy Faue
2005	6 th	1:31.66	Ben Johnson, P Richardson, Tim Cornish, Darwin Dean
2011	6 th	1:28.98	Ryan D'Kae, Mike Borillo, Sam Lebewitz, Jeffrey Borchardt
2012	2 nd	1:28.09	Chris Pierson, Michael Smith, Jarod Jackson, Jeffrey Borchardt
2013	CHAMPION	1:26.92	Chris Pierson, Michael Smith, James Smith, Jeffrey Borchardt
2014	CHAMPION	1:28.02	Tyler Didier, Michael Smith, Steele Berg, Joey Kolpin
2015	8 th	1:30.14	Drake Kapler, Isaac Bremseth, Tyler Didier, Ethan Tuch
2016	3 rd	1:28.46	Sam Kolpin, Tyler Didier, Ethan Tuch, Shawn Miller
2018	6 th	1:29.71	Eugene Dixon, Dante White, Max Archbold, Jett Berg
2023	8 th	1:29.60	<u>David Nelson, Tyler Milkes, Matthew Adams, Toju Olu-Onanuga</u>

400 METER DASH

ALL-TIME HONOR ROLL

1	Michael Smith	47.40	2014
2	Tyler Didier	48.86	2015
3	Mark Bennett	48.91	1984
4	James Smith	48.92	2013
5	Lewis Gibson	49.01	2017
6	Reik Andersen	49.13	1985
7	Mike Duerr	49.41	1980
8	Tyler Milkes	50.13	2023
9	Romney Andersen	50.0	1981
10	Max Baker	50.27	2019
11	Scott Langlie	50.1c	1975
12	Del Johnson	50.40	2023
13	Jim Duerr	50.49	1987
14	David Nelson	50.55	2023
15	Jarod Jackson	50.66	2012
16	Bruce Johnson	50.5c	1970
17	Kent Nelson	50.5c	1976
18	Chris Pierson	50.84	2013
19	Matthew Adams	50.84	2023
20	Dave Wenell	50.88	1995
21	Sam Lebewitz	50.92	2011
22	Chris Lund	50.96	1988
23	Jeremy Faue	50.96	2003
24	Brian Graebel	51.03	2002
25	Isaac Bremseth	51.03	2015
26	Jay Myers	51.0c	1979
27	Rick Sollie	51.0c	1979
28	Marc Edwards	51.0	1990
29	Brian Jarvey	51.28	2010
30	Frank Fetrow	51.38	2017
31	Owen Michelson	51.42	2021
32	Joey Klein	51.44	2003
33	Dan Pease	51.45	2003
34	Bob Schroeder	51.3c	1972
35	Greg VandeVere	51.5c	1977
36	Patrick Egan	51.5	2016

400 METER SECTION CHAMPIONS

Charles Freer	1937	56.3y
Mike Duerr	1980	49.4
Mark Bennett	1983	49.4
Mark Bennett	1984	48.96
Michael Smith	2013	48.52
Michael Smith	2014	47.40
Tyler Didier	2015	49.88
Tyler Didier	2016	49.57
Lewis Gibson	2017	49.01

400 METER STATE MEET PLACERS

Mike Duerr	CHAMPION	1980	49.41
Mark Bennett	2 nd	1984	48.91
Reik Andersen	2 nd	1985	49.73
Michael Smith	4 th	2012	48.65
Michael Smith	2 nd	2013	47.89
James Smith	5 th	2013	48.92
Michael Smith	CHAMPION	2014	47.99
James Smith	5 th	2014	49.40
Tyler Didier	3 rd	2015	48.86
Tyler Didier	4 th	2016	49.00
Lewis Gibson	5 th	2017	50.54

SOPHOMORE & FRESHMAN BESTS

1	Michael Smith	48.38	2012
2	Mark Bennett	49.4	1983
3	James Smith	49.89	2012
4	Matthew Adams	50.84	2023
5	Marc Edwards	51.0	1990
6	Brian Jarvey	51.28	2010
7	Tyler Didier	51.28	2014
8	Jeremy Faue	51.46	2001
9	Keshawn Aleksuk	51.75	2015
10	David Wenell	51.85	1993
11	Del Johnson	51.97	2022
12	Kent Nelson	51.8c	1974
13	Mike Duerr	51.8c	1978
14	Tom Straka	52.10	1994
15	Mike Siskin	52.1c	1976
16	Erik Matthews	52.44	1990
17	Tommy Leisen	52.47	2016
18	Lawrence Wilson	52.5	2013
19	Joey Klein	52.75	2001
20	Romney Andersen	52.78c	1979
21	Brian Graebel	52.6	2000
22	Reik Andersen	52.93	1983
23	Jarod Jackson	52.7	2010
24	Jeremy Faue	52.9	2000
25	Chris Pierson	52.9	2011
26	Skip Johnson	53.16	2009
27	Reik Andersen	53.17	1983
28	James LaRowe	53.0	1988
29	Robin Ruth	53.0	1990
30	Jim Duerr	53.29	1985
31	Mark Wherry	53.32	1996

FRESHMAN BESTS

1	James Smith	50.56	2011
2	Michael Smith	51.01	2011
3	Brian Jarvey	51.64	2009
4	Tyler Didier	52.13	2013
5	Mark Bennett	52.1	1982
6	Jeremy Faue	52.9	2000
7	Lawrence Wilson	53.1	2012
8	Evan Furcht	53.64	2023
9	Joey Miller	53.72	2003
10	Matthew Adams	53.86	2022
11	Dan Pease	53.97	2000
12	DJ Luby	54.03	2004
13	Joey Klein	53.8	2000
14	Matt Main	53.8	2009
15	Ethan Tuch	54.07	2013
16	Eric Paulson	54.0c	1974
17	Tom Straka	54.0	1993
18	Chris Pierson	54.1	2010
19	Tommy Leisen	54.42	2015
20	Josh Gillespie	54.2	2012
21	Scott Devens	54.3c	1977
22	Sean Kalivoda	54.5	2004
23	Marcus Guy	54.6	2015
24	Mark Wherry	54.9	1995
25	Mitchell Walber	54.9	2012
26	Jack Ostapeic	54.9	2015
27	Mike Freese	55.34	1998
28	Adam Moline	55.2	2008
29	Gary Pease	55.51	2002
30	Gary O'Fallon	55.3c	1969
31	Kent Nelson	55.3c	1973
32	Bruce Lindberg	55.3c	1973
33	Graham Hedtke	55.3	2023

4 x 400 METER RELAY

ALL-TIME BESTS

3:17.06	2013	Chris Pierson, James Smith, Obi Wamuo, Michael Smith
3:17.98	2011	Michael Smith, Brian Jarvey, Sam Lebewitz, Adam Moline
3:18.36	2012	James Smith, Jarod Jackson, Brian Jarvey, Michael Smith
3:18.57	2014	Obi Wamuo, Michael Smith, Tyler Didier, James Smith
3:19.65	2014	Tyler Didier, Michael Smith, Mitchell Walber, James Smith
3:19.71	2016	Tommy Leisen, Tyler Didier, Lewis Gibson, Ethan Tuch
3:19.95	2017	Tommy Leisen, Lewis Gibson, Frank Fetrow, Jett Berg
3:20.07	2011	Michael Smith, Brian Jarvey, Sam Lebewitz, James Smith
3:20.27	2014	Mitchell Walber, Obi Wamuo, Tyler Didier, James Smith
3:20.60	2002	Dan Pease, Joey Klein, Matt Farr, Jeremy Faue
3:20.6c	1978	Mike Duerr, Greg VandeVere, Jay Myers, Mike Siskin
3:20.6	1981	Elliot Brown, Vince Trammel, Mark Trammel, Romney Andersen
3:20.92	2019	Ethan Wagner, Max Baker, Ian Zukor, Cameron Arkesteyn
3:21.20	2012	James Smith, Brian Jarvey, Chris Pierson, Michael Smith
3:21.37	2013	Obi Wamuo, James Smith, Tyler Didier, Michael Smith
3:21.58	2015	Isaac Bremseth, Tyler Didier, Max Martin, Ethan Tuch
3:21.65	2013	James Smith, Chris Pierson, Obi Wamuo, Michael Smith
3:21.78	2013	Chris Pierson, James Smith, Derek Peterson, Obi Wamuo
3:22.00	2022	Del Johnson, David Nelson, Owen Dehm, Tyler Milkes
3:22.0c	1979	Mike Duerr, Jay Myers, Kirk Flittie, Rick Sollie
3:22.30	2014	Tyler Didier, Obi Wamuo, Mitch Walber, Michael Smith
3:22.61	2019	Ethan Wagner, Max Baker, Ian Zukor, Patrick Leonard
3:22.73	1980	Rick Sollie, Romney Andersen, Steve Hall, Mike Duerr
3:22.99c	1977	Eric Paulson, Brian Earl, Greg VandeVere, Mike Siskin
<u>3:23.77</u>	<u>2023</u>	<u>Matthew Adams, David Nelson, Charlie Tomczik, Hayes McMillan</u>
3:23.04	2015	Isaac Bremseth, Tyler Didier, Jacob Parsons, Ethan Tuch
3:23.11	2003	Dan Pease, Joey Klein, Jon Williams, Jeremy Faue
3:23.95	2014	Isaac Bremseth, 47.4 Michael Smith, Steve Lorbiecki, Obi Wamuo
3:23.96	2014	Tyler Didier, Obi Wamuo, Mitchell Walber, James Smith
3:24.05	2018	Frank Fetrow, Tommy Leisen, Khalid Hussein, Jett Berg
3:24.29	2016	Jett Berg, Tyler Didier, Shawn Miller, Ethan Tuch
3:24.30	2012	Chris Pierson, Jarod Jackson, Brian Jarvey, James Smith
3:24.1	1981	Romney Andersen, Mark Trammel, Elliot Brown, Jay Maxwell
3:24.51	2011	James Smith, Brian Jarvey, Skip Johnson, Adam Moline
3:24.75	2011	Sam Lebewitz, Brian Jarvey, Skip Johnson, Adam Moline
3:25.02	2022	Tyler Milkes, Owen Dehm, Wyatt Baker, David Nelson
3:25.03	2015	Isaac Bremseth, Jacob Parsons, Max Martin, Ethan Tuch
3:25.11	1980	Rick Sollie, Romney Andersen,

3:25.14	1987	Steve Hall, Tim Ross, Jim Bumgardner, Chris Lund, Steve Deters, Jim Duerr
3:25.25	2012	Chris Pierson, Jarod Jackson, James Smith, Will Long
3:25.26	2003	Dan Pease, Joey Klein, Gary Pease, Jeremy Faue
3:25.39	2016	Jett Berg, Tommy Leisen, Shawn Miller, Tyler Didier

4 x 400 SECTION CHAMPIONS

1973	3:30.2y	Rick Lovisollo, Bob Ringer, Jack McClure, Bob Schroeder
1977	3:24.36y	Eric Paulson, Brian Earl, Greg VandeVere, Mike Siskin
1978	3:23.81y	Mike Duerr, Greg VandeVere, Jay Myers, Mike Siskin
1980	3:23.2	Rick Sollie, Romney Anderson, Steve Hall, Mike Duerr
1981	3:23.8	Elliot Brown, Vince Trammel, Mark Trammel, Romney Anderson
2002	3:21.86	Dan Pease, Joey Klein, Matt Farr, Jeremy Faue
2003	3:23.11	Dan Pease, Joey Klein, Jon Williams, Jeremy Faue
2011	3:17.98	Michael Smith, Brian Jarvey, Sam Lebewitz, Adam Moline
2012	3:18.72	James Smith, Jarod Jackson, Brian Jarvey, Michael Smith
2013	3:21.37	Obi Wamuo, James Smith, Tyler Didier, Michael Smith
2014	3:19.65	Tyler Didier, Michael Smith, Mitchell Walber, James Smith
2019	3:22.61	Ethan Wagner, Max Baker, Ian Zukor, Patrick Leonard
2022	3:24.35	Del Johnson, Owen Dehm, Tyler Milkes, David Nelson
<u>2023</u>	<u>3:25.60</u>	<u>Charlie Tomczik, David Nelson, Matthew Adams, Hayes McMillan</u>

4 x 400 STATE MEET PLACERS

1977	tie 6 th	3:25.8y	Eric Paulson, Brian Earl, Greg VandeVere, Mike Siskin
1978	2 nd	3:21.9y	Mike Duerr, Greg VandeVere, Jay Myers, Mike Siskin
1979	3 rd	3:24.15y	Mike Duerr, Jay Myers, Kirk Flittie, Rick Sollie
1980	CHAMPION	3:22.73	Rick Sollie, Romney Anderson, Steve Hall, Mike Duerr
1981	CHAMPION	3:21.75	Elliot Brown, Vince Trammel, M. Trammel, Romney Anderson
2002	CHAMPION	3:20.60	Dan Pease, Joey Klein, Matt Farr, Jeremy Faue
2003	2 nd	3:25.26	Dan Pease, Joey Klein, Gary Pease, Jeremy Faue
2011	2 nd	3:19.46	Michael Smith, Brian Jarvey, Sam Lebewitz, Adam Moline
2012	CHAMPION	3:18.36	James Smith, Jarod Jackson, Brian Jarvey, Michael Smith
2013	CHAMPION	3:17.06	Chris Pierson, James Smith, Obi Wamuo, Michael Smith
2014	CHAMPION	3:18.57	Obi Wamuo, Michael Smith, Tyler Didier, James Smith
2015	4 th	3:21.58	Isaac Bremseth, Tyler Didier, Max Martin, Ethan Tuch
2016	2 nd	3:19.71	Tommy Leisen, Tyler Didier, Lewis Gibson, Ethan Tuch
2017	7 th	3:29.20	Tommy Leisen, Lewis Gibson, Frank Fetrow, Anders Sonnesyn
2018	8 th	3:25.67	Tommy Leisen, Jett Berg, Frank Fetrow, Khalid Hussein
2019	3 rd	3:20.92	Ethan Wagner, Max Baker, Ian Zukor, Cameron Arkesteyn
2022	6 th	3:22.00	Del Johnson, David Nelson, Owen Dehm, Tyler Milkes
<u>2023</u>	<u>7th</u>	<u>3:26.58</u>	<u>Tyler Milkes, David Nelson, Matthew Adams, Hayes McMillan</u>

800 METER RUN

ALL-TIME HONOR ROLL

1	Adam Moline	1:53.56	2011
2	<u>Hayes McMillan</u>	<u>1:54.51</u>	<u>2023</u>
3	Jaret Carpenter	1:54.61	2016
4	Anders Sonnesyn	1:54.87	2018
5	Patrick Leonard	1:54.90	2018
6	John Ulrich	1:55.3c	1971
7	Andrew Millan	1:56.08	2016
8	Ian Eklin	1:56.59	2015
9	Matt Farr	1:56.66	2001
10	Vince Trammel	1:56.67	1981
11	Cameron Arkesteyn	1:56.67	2019
12	Kirk Flittie	1:56.5c	1979
14	<u>Tyler Kissell</u>	<u>1:56.65</u>	<u>2023</u>
15	Frank Fetrow	1:56.79	2017
16	Khalid Hussein	1:56.85	2018
17	David Wenell	1:56.86	1994
18	James Smith	1:57.03	2014
19	Eric Riggs	1:56.9	1985
20	Adam Stuhlfaut	1:56.9	1993
21	Max Johnson	1:57.33	2010
22	Connor Olson	1:57.51	2015
23	Mark Trammel	1:57.3	1980
24	Andrew Wasz	1:57.60	2009
25	Dan Jach	1:57.4c	1977
26	Parker Dietrick	1:57.70	2022
26	Brian Jarvey	1:57.78	2011
27	Andrew Brandt	1:58.14	2019
28	Gemechu Meskele	1:58.34	2016
30	Derek Peterson	1:58.35	2012
31	Tommy Leisen	1:58.50	2018
32	<u>Hamza Mohamed</u>	<u>1:58.65</u>	<u>2023</u>
33	Scott Sippel	1:58.76	2012
34	Chris Stanek	1:58.80	2017
35	Chris DesRoches	1:58.85	2004
36	Tony Vertin	1:58.86c	1978
37	Christopher Wilson	1:58.94	2010
39	Danny Ducharme	1:59.11	2009
30	Eric Paulson	1:59.0c	1977
40	Jack Ostapeic	1:59.0	2016
41	Jeff Stewart	1:59.1	1996
42	David Herman	1:59.42	1996

800 METER SECTION CHAMPIONS

John Ulrich	1971	1:57.8y
David Wenell	1995	1:56.92
Anders Sonnesyn	2018	1:55.24
Cameron Arkesteyn	2019	1:56.83
<u>Hayes McMillan</u>	<u>2023</u>	<u>1:58.06</u>

800 METER STATE MEET PLACERS

John Ulrich	5 th	1971	1:57.4y
Kirk Flittie	3 rd	1979	1:59.23
Vince Trammel	CHAMPION	1981	1:56.89
David Wenell	4 th	1995	1:59.41
Adam Moline	8 th	2010	1:59.14
Adam Moline	2 nd	2011	1:53.56
Patrick Leonard	6 th	2017	1:58.76
Anders Sonnesyn	5 th	2018	1:54.87
Patrick Leonard	6 th	2018	1:54.90
Patrick Leonard	9 th	2019	2:10.82
<u>Hayes McMillan</u>	<u>5th</u>	<u>2023</u>	<u>1:57.93</u>

SOPHOMORE & FRESHMAN BESTS

1	Patrick Leonard	1:55.50	2017
2	Parker Dietrick	1:57.70	2022
3	Khalid Hussein	1:58.38	2016
4	Tommy Leisen	1:58.88	2016
5	Adam Stuhlfaut	1:58.7	1992
6	Jack Ostapeic	1:59.0	2016
7	<u>Will Weber</u>	<u>1:59.45</u>	<u>2023</u>
8	Adam Moline	1:59.72	2009
9	Brian Jarvey	1:59.5	2009
10	Andrew Millan	1:59.5	2014
11	David Wenell	1:59.8	1993
12	Anders Sonnesyn	2:00.34	2016
13	Frank Fetrow	2:00.49	2016

14	Connor Olson	2:00.5	2012
15	Hamza Mohamed	2:00.75	2021
16	Josh Thorson	2:00.6	2010
17	Emil Bojanov	2:01.1	2000
18	Mark Trammel	2:01.1c	1979
19	James Smith	2:01.4	2012
20	Andrew VanBenschoten	2:01.93	2005
21	Stephen Jahn	2:02.27	2000
22	Jaret Carpenter	2:02.30	2014
23	David Herman	2:02.1	1995
24	Derek Peterson	2:02.2	2011
25	Gemechu Meskele	2:02.8	2015
26	Daniel McCollor	2:03.30	2022
27	<u>Dan Salatino</u>	<u>2:03.34</u>	<u>2023</u>
28	Steve Riley	2:03.3c	1978
29	David Frank	2:03.3	1994
30	David Madgett	2:03.3	1998
31	Sam Lebewitz	2:03.3	2009
32	Matt Jones	2:03.76	1990
33	David Churchill	2:04.09	2006
34	Tyler Kissell	2:04.12	2022
35	Tony Vertin	2:03.9c	1976
36	Andy Engebretson	2:03.9	1985
37	Joe Hargreaves	2:03.9	2002
38	Kent VandeVere	2:04.1c	1972
39	Dustin Harris	2:04.1	2006
40	Kirk Meyer	2:04.3	1983
41	Jacob Parsons	2:04.3	2014
42	Chris Stanek	2:04.4	2015
43	Charlie Ernst	2:04.5	2017
44	Jesse Kulberg	2:04.6	2015
45	Jacob Hallen	2:04.7	1993
46	Dylan Johnson	2:05.00	2021
47	Chris DeVine	2:04.8	1985

FRESHMAN BESTS

1	Patrick Leonard	1:59.49	2016
2	Brian Jarvey	1:59.5	2009
3	Connor Olson	2:00.5	2012
4	Emil Bojanov	2:01.1	2000
5	Jack Ostapeic	2:02.3	2015
6	Josh Thorson	2:02.4	2009
7	Anders Sonnesyn	2:03.56	2015
8	Andrew VanBenschoten	2:03.9	2004
9	Will Weber	2:04.1	2022
10	Tommy Leisen	2:04.62	2015
11	Charlie Ernst	2:04.5	2017
12	Logan Anderson	2:04.9	1998
13	Andrew Millan	2:05.39	2013
14	Derek Peterson	2:05.40	2010
15	Evan Day	2:05.7	2006
16	David Churchill	2:06.21	2005
17	Paul Reader	2:06.2c	1972
18	Matt Jones	2:06.5	1989
19	Matthew Adams	2:06.8	2022
20	Parker Dietrick	2:08.06	2021
21	Frank Fetrow	2:08.11	2015
22	Andrew Brandt	2:08.4	2016
23	Graham Maas	2:08.6	2015
24	Quinn McCloughan	2:08.7	2001
25	Gemechu Meskele	2:08.8	2014
26	Nick Shaleen	2:08.9	2013
27	Cameron Arkesteyn	2:08.9	2016
28	Aaron Breyer	2:09.0	2011
29	David Herman	2:09.1	1994
30	Wesley Heal	2:09.2	2013
31	Ben Hackbart	2:09.4	2004
32	Jaret Carpenter	2:09.6	2013
33	Peter Holmes	2:09.93	2005
34	David Frank	2:09.7	1993
35	Abubakar Robleh	2:09.95	2017
36	<u>Evan Young</u>	<u>2:09.99</u>	<u>2023</u>
37	Adam Moline	2:09.8	2008
38	Tyler Carlstrom	2:09.9	2014
39	Daniel McCollor	2:09.9	2021
40	<u>Evan Furcht</u>	<u>2:10.0</u>	<u>2023</u>
41	Preston White	2:10.1	2008
42	T. Cody Turnquist	2:10.35	2000
43	Mark Trammel	2:10.3c	1978

800 IN RELAYS

ALL-TIME HONOR ROLL

1	Brian Earl	1:52.4rc	1977
2	Adam Moline	1:53.5r	2010
3	Brian Jarvey	1:54.0r	2011
4	Andrew Millan	1:55.1r	2015
5	Jaret Carpenter	1:55.4r	2016
6	Kyle Monson	1:55.7rc	1976
7	Adam Stuhlfaut	1:55.9r	1994
8	Hayes McMillan	1:56.0r	2023
9	Khalid Hussein	1:56.1r	2016
10	Cameron Arkesteyn	1:56.2r	2019
11	Anders Sonnesyn	1:56.4r	2017
12	Tommy Leisen	1:56.4r	2017
13	Andrew Wasz	1:56.6r	2009
14	Vince Trammel	1:56.7r	1981
15	Stephen Jahn	1:56.8r	2001
16	Aaron Breyer	1:56.9r	2014
17	Ian Eklin	1:56.9r	2015
18	Derek Peterson	1:57.0r	2012
19	Mark Trammel	1:57.1r	1980
20	Frank Fetrow	1:57.1r	2017
21	Andrew Brandt	1:57.1	2018
22	Dave Wenell	1:57.3r	1994
23	Kirk Flittie	1:57.4rc	1979
24	Mitchell Tolander	1:57.4r	2018
25	Hamza Mohamed	1:57.4r	2022
26	Greg VandeVere	1:57.7rc	1978
27	James Smith	1:57.7r	2012
28	Christopher Wilson	1:57.8r	2010
29	Josh Thorson	1:57.9r	2011
30	Gemechu Meskele	1:57.9r	2016
31	Will Weber	1:58.0r	2023
32	John Ulrich	1:58.1rc	1972
33	David Herman	1:58.1r	1997
34	Matt Farr	1:58.1r	2001
35	Connor Olson	1:58.1r	2015
36	Mike Perbix	1:58.2r	2001
37	Chris Stanek	1:58.2r	2017
38	Patrick Leonard	1:58.2r	2019
39	Ethan Hanold	1:58.2r	2022
40	Tyler Kissell	1:58.3r	2023
41	Tim Ross	1:58.4r	1980
42	Carter Maxwell	1:58.6r	1983
43	Zach Miller	1:58.6r	2019
44	Eric Paulson	1:58.7rc	1977
45	Mark Bennett	1:59.0r	1985
46	Luke Preus	1:59.0r	2004
47	Joe Hargreaves	1:59.0r	2004
48	Nate Heintzeman	1:59.0r	2011
49	Scott Sippel	1:59.0r	2012

SOPHOMORE & FRESHMAN BESTS

1	Khalid Hussein	1:56.1r	2016
2	Tommy Leisen	1:56.8r	2016
3	James Smith	1:57.7r	2012
4	Will Weber	1:58.0r	2023
5	Patrick Leonard	1:58.3r	2016
6	Stephen Jahn	1:59.0r	2000
7	Connor Olson	1:59.4r	2013
8	Anders Sonnesyn	1:59.4r	2016
9	Parker Dietrick	1:59.4r	2022
10	Derek Peterson	1:59.5r	2011
11	Adam Moline	1:59.9r	2009
12	Jaret Carpenter	1:59.9r	2014
13	Hamza Mohamed	2:00.0r	2021
14	Jack Ostapeic	2:00.5r	2016
15	Grant Price	2:00.5	2017
16	Brian Jarvey	2:00.8r	2010
17	Dan Salatino	2:01.6r	2023
18	Mark Trammel	2:01.7r	1979
19	Dave Wenell	2:01.9r	1993
20	Matt Jones	2:02.0r	1990
21	Josh Thorson	2:02.0r	2010
22	Andrew VanBenschoten	2:02.2r	2005
23	Tony Morgan	2:02.9r	2003
24	Nate Heintzeman	2:03.0r	2009
25	Matthew Adams	2:03.0r	2023
26	Kirk Meyer	2:03.1r	1983
27	David Churchill	2:03.4r	2006
28	Andrew Brandt	2:03.4r	2017
29	Andrew Millan	2:03.5r	2014
30	Gemechu Meskele	2:03.7r	2015
32	Tyler Kissell	2:03.7r	2022
33	Daniel McCollor	2:03.9r	2022
34	Kent VandeVere	2:04.1rc	1972
35	Adam Stuhlfaut	2:04.5r	1992
36	Emil Bojanov	2:04.5r	2000
37	Preston White	2:04.6r	2009
38	Eric Paulson	2:04.8rc	1975
39	Andy Engebretson	2:04.8r	1985
40	Joe Hargreaves	2:04.8r	2002
41	David Herman	2:04.9r	1994
42	John Ulrich	2:05.1rc	1970

FRESHMAN BESTS

1	Patrick Leonard	1:58.3r	2016
2	Tommy Leisen	2:00.3r	2015
3	Connor Olson	2:01.7r	2012
4	Brian Jarvey	2:02.9r	2009
5	Anders Sonnesyn	2:03.4r	2015
6	Matthew Adams	2:04.2r	2022
7	Grant Price	2:04.4r	2016
8	Emil Bojanov	2:04.5r	2000
9	Derek Peterson	2:04.5r	2010
10	Jack Ostapeic	2:04.5r	2015
11	David Herman	2:04.9r	1994
12	Logan Anderson	2:04.9r	1998
13	Will Weber	2:07.5r	2022
14	Andrew Millan	2:07.6r	2013
15	David Churchill	2:07.8r	2005
16	Aaron Breyer	2:07.8r	2011
17	Parker Dietrick	2:08.6r	2021

4 x 800 METER RELAY

ALL-TIME BESTS

7:46.13	2016	Khalid Hussein, Andrew Millan, Gemechu Meskele, Tommy Leisen
7:50.59	2019	Andrew Brandt, Zach Miller, Cameron Arkesteyn, Patrick Leonard
7:50.64	2011	Derek Peterson, Nate Heintzeman, Josh Thorson, Brian Jarvey
7:51.50	2017	Mitchell Tolander, Tommy Leisen, Frank Fetrow, Anders Sonnesyn
7:52.56	2012	James Smith, Scott Sippel, Derek Peterson, Brian Jarvey
7:53.87	2010	Christopher Wilson, Nate Heintzeman, Chris Olmanson, Adam Moline
7:54.09	2001	Stephen Jahn, Dan Joyce, Mike Perbix, Matt Farr
7:54.40	2015	Andrew Millan, Tommy Leisen, Jacob Parsons, Ian Eklin
7:54.73	2022	Parker Dietrick, Hamza Mohamed, Ethan Hanold, Nick Cichoski
7:54.92	2018	Andrew Brandt, Mitchell Tolander, Frank Fetrow, Tommy Leisen
7:55.42	2017	Jack Ostapeic, Chris Stanek, Tommy Leisen, Frank Fetrow
<u>7:55.33</u>	<u>2023</u>	<u>Tyler Kissel, Will Weber, Ronan Leonard, Hayes McMillan</u>
7:55.53	2016	Anders Sonnesyn, Jack Ostapeic, Tommy Leisen, Andrew Millan
7:56.19	2009	Adam Moline, Evan Day, Max Johnson, Andrew Wasz
7:56.41	2019	Luke Maly, Zach Miller, Cameron Arkesteyn, Patrick Leonard
7:56.97	2014	Jaret Carpenter, Kevin Myers, Ian Eklin, Aaron Breyer
7:58.76	2004	Luke Preus, Dan Thour, Joe Hargreaves, Chris DesRoches
7:58.78	2016	Patrick Leonard, Anders Sonnesyn, Tommy Leisen, Andrew Millan
7:59.04	2011	Josh Thorson, Preston White, Brian Jarvey, Adam Moline
7:59.37	1994	Adam Stuhlfaut, Jacob Hallen, Frank Steed, David Wenell
7:59.99	2015	Jack Prazich, Jaret Carpenter, Ian Eklin, Connor Olson
8:01.06	2011	Derek Peterson, Nate Heintzeman, Brian Jarvey, Adam Moline
8:01.41	2017	Grant Price, Blake Buysse, Khalid Hussein, Gemechu Meskele
8:02.16	2012	Scott Sippel, Ben Gooley, Elliot Johnson, Derek Peterson
8:02.20	2012	James Smith, Scott Sippel, Elliot Johnson, Derek Peterson
8:02.48	2021	Hamza Mohamed, Abdi Robleh, Alex Foss, Nick Cichoski
8:02.91	2015	Jacob Parsons, Tommy Leisen, Anders Sonnesyn, Andrew Millan
8:03.72	2011	Derek Peterson, Preston White, Nate Heintzeman, Brian Jarvey
8:04.0c	1979	Mark Trammel, Eric Nelson, Jeff Dezenski, Kirk Flittie
8:04.68	2017	Jack Ostapeic, Mitchell Tolander, Patrick Leonard, Anders Sonnesyn
8:04.89	2013	Aaron Breyer, Kevin Myers, Manny Santana, Derek Peterson
<u>8:05.63</u>	<u>2023</u>	<u>Luke Greseth, Dan Salatino, Hamza Mohamed, Tyler Kissell</u>
8:06.07	2008	Andrew Wasz, Danny Ducharme, Jeremy Drenckhahn, Bryce Armbruster
8:06.2	2010	Brian Jarvey, Christopher Wilson, Max Johnson, Adam Moline
<u>8:08.54</u>	<u>2023</u>	<u>Dan Salatino, Will Weber, Matthew Adams, Luke Greseth</u>
<u>8:06.60</u>	<u>2023</u>	<u>Will Weber, Parker Dietrick, Matthew Adams, Tyler Kissell</u>
8:06.74	2004	Chris DesRoches, Tony Morgan, Luke Preus, Joe Hargreaves
8:07.89	2012	Connor Olson, Ben Gooley, Elliot Johnson, Josh Thorson
8:08.11	2007	Ben Hackbart, Danny Ducharme, Jon Lambert, Andrew VanBenschoten
<u>8:08.54</u>	<u>2023</u>	<u>Dan Salatino, Will Weber, Matthew Adams, Luke Greseth</u>
8:08.59	2003	Luke Steck, Tony Morgan, Shaun Tudor, Joe Hargreaves
<u>8:08.71</u>	<u>2023</u>	<u>Luke Greseth, Ronan Leonard, Parker Dietrick, Hamza Mohamed</u>
8:08.72	2014	Andrew Quirk, Kevin Myers, Ian Eklin, Aaron Breyer

8:08.87	2004	Luke Preus, Shaun Tudor, Chris DesRoches, Dan Thour
8:09.33	2015	Jacob Parsons, Tommy Leisen, Jack Prazich, Andrew Millan
8:09.47	2022	Ethan Hanold, Alex Foss, Nick Cichoski, Parker Dietrick
8:09.86	2017	Gemechu Meskele, Frank Fetrow, Grant Price, Anders Sonnesyn
8:10.16	2010	Sam Lebewitz, Brian Jarvey, Nate Heintzeman, Christopher Wilson
8:10.35	2010	Steven Donahue, Brian Jarvey, Chris Olmanson, Christopher Wilson
8:10.43	2010	Steven Donahue, Derek Peterson, Preston White, Chris Olmanson
8:10.3	1993	David Wenell, Mike Back, Cameron Warner, Adam Stuhlfaut
8:11.18	2012	James Smith, Scott Sippel, Ben Gooley, Elliot Johnson
8:11.8	1979	Jeff Dezenski, Steve Riley, Kirk Flittie, Eric Nelson
8:11.8	2013	Manny Santana, Aaron Breyer, Connor Olson, Derek Peterson

4 x 800 SECTION CHAMPIONS

2010	8:00.72	Christopher Wilson, Nate Heintzeman, Chris Olmanson, Adam Moline
2011	8:01.06	Derek Peterson, Nate Heintzeman, Brian Jarvey, Adam Moline
2012	7:57.35	James Smith, Scott Sippel, Derek Peterson, Brian Jarvey
2017	7:51.50	Mitchell Tolander, Tommy Leisen, Frank Fetrow, Anders Sonnesyn
2018	7:55.65	Andrew Brandt, Mitchell Tolander, Frank Fetrow, Tommy Leisen
2019	7:56.41	Luke Maly, Zach Miller, Cameron Arkesteyn, Patrick Leonard
2021	8:02.48	Hamza Mohamed, Abdi Robleh, Lex Foss, Nick Cichoski
2022	8:09.47	Ethan Hanold, Alex Foss, Nick Cichoski, Parker Dietrick
<u>2023</u>	<u>8:01.20</u>	<u>Will Weber, Ronan Leonard, Tyler Kissell, Hayes McMillan</u>

4 x 800 STATE MEET PLACERS

2001	3 rd	7:54.09	Stephen Jahn, Dan Joyce, Mike Perbix, Matt Farr
2004	3 rd	7:58.76	Luke Preus, Dan Thour, Joe Hargreaves, C DesRoches
2009	CHAMPION	7:56.19	Adam Moline, Evan Day, Max Johnson, Andrew Wasz
2010	CHAMPION	7:53.87	Chris Wilson, Nate Heintzeman, Chris Olmanson, Adam Moline
2011	2 nd	7:50.64	Derek Peterson, N Heintzeman, Josh Thorson, Brian Jarvey
2012	CHAMPION	7:52.56	James Smith, Scott Sippel, Derek Peterson, Brian Jarvey
2014	3 rd	7:58.28	Jaret Carpenter, Kevin Myers, Ian Eklin, Aaron Breyer
2015	2 nd	7:54.40	Andrew Millan, Tommy Leisen, Jacob Parsons, Ian Eklin
2016	2 nd	7:46.13	Khalid Hussein, Andrew Millan, Gemechu Meskele, Tommy Leisen
2017	2 nd	7:53.27	Frank Fetrow, Tommy Leisen, Mitchell Tolander, Anders Sonnesyn
2018	2 nd	7:54.92	Andrew Brandt, Mitchell Tolander, Frank Fetrow, Tommy Leisen
2019	CHAMPION	7:50.59	Andrew Brandt, Zach Miller, Cameron Arkesteyn, Patrick Leonard
2021	5 th	8:03.63	Nick Cichoski, Abdi Robleh, Alex Foss, Hamza Mohamed
2022	2 nd	7:54.73	Parker Dietrick, Hamza Mohamed Ethan Hanold, Nick Cichoski
<u>2023</u>	<u>CHAMPION</u>	<u>7:55.33</u>	<u>Tyler Kissell, Will Weber, Ronan Leonard, Hayes McMillan</u>

SPRINT MEDLEY RELAY

ALL-TIME BESTS

3:28.8c	1977	Tim Langfitt, Jon Ritter, Greg VandeVere, Brian Earl
3:33.41	1994	Craig Budolfson, Tom Straka, Dave Wenell, Adam Stuhlfaut
3:33.50	1980	Mike Quast, Elliot Brown, Romney Anderson, Mark Trammel
3:33.8c	1976	Tom Egar, Jon Ritter, Kent Nelson, Kyle Monson
3:35.4	1980	Mike Quast, Joel Caticchio, Romney Anderson, Mark Trammel
3:35.8c	1975	Tom Egar, Scott Langlie, Kent Nelson, Kyle Monson
3:35.8c	1979	Mike Quast, Mike Duerr, Jay Myers, Tim Ross
3:36.46	2011	James Smith, Mike Borillo, Sam Lebewitz, Brian Jarvey
3:36.4	1981	Mike Brooks, Mark Winston, Romney Andersen, Mark Trammel
3:37.13	2013	Anthony Clarke, Jeff Borchardt, Michael Smith, James Smith
3:37.2	1984	Mike Winston, Billy Knapp, Mark Bennett, Kurt Almquist
3:37.4	1983	M. Franzen, Tom Weil, Kevin Blume, Carter Maxwell
3:37.5c	1972	M. Skibness, Dennis Ritchie, Bob Schroeder, Jon Ulrich
3:37.8	1980	Mike Quast, Elliot Brown, Chris Pierson, Tim Ross

SPRINT MEDLEY SECTION CHAMPIONS

1975	3:37.0y	Tom Egar, Scott Langlie, Kent Nelson, Kyle Monson
1976	3:35.2y	Tom Egar, Jon Ritter, Kent Nelson, Kyle Monson
1977	3:32.3y	Jon Ritter, Tim Langfitt, Greg VandeVere, Brian Earl
1980	3:35.2	Mike Quast, Elliot Brown, Romney Anderson, Mark Trammel
1994	3:33.41	Craig Budolfson, Tom Straka, Dave Wenell, Adam Stuhlfaut

SPRINT MEDLEY STATE MEET PLACERS

1975	5 th	3:35.7y	Tom Egar, Scott Langlie, Kent Nelson, Kyle Monson
1977	CHAMPION	3:30.1y	Jon Ritter, Tim Langfitt, Greg VandeVere, Brian Earl
1980	2 nd	3:33.50	Mike Quast, Elliot Brown, Romney Anderson, Mark Trammel
1994	3 rd	3:35.56	Craig Budolfson, Tom Straka, Dave Wenell, Adam Stuhlfaut

DISTANCE MEDLEY RELAY

(800, 400, 1200, 1600)

ALL-TIME BESTS

10:16.21	2015	Andrew Millan, Isaac Bremseth, Ian Eklin, Connor Olson
10:31.57	2010	Adam Moline, Sam Lebewitz, Max Johnson, Josh Thorson
10:42.8c	1972	Mark Abendroth, Jack McClure, George Ross, Jack Alexander
10:52.78	2014	Jaret Carpenter, Ethan Tuch, Ian Eklin, Andrew Millan
10:56.84	2008	Anders Bowman, Robbie Heflin, Danny Ducharme, J. Drenckhahn
10:57.29	2002	Matt Farr, Joey Klein, Mark Bowden, Jimmy Hull
11:01.95 (indoor)	1996	Jeff Stewart, Nate Gilman, Brett Osgood, David Herman
11:02.36	1993	Mike Back, Josh Grigg, Cameron Warner, Pat Hoard
11:02.3 (indoor)	1997	Matt Hirschey, David Herman, Jeff Stewart, Ben Morris
11:04.59	1996	Nate Gilman, R. Graham, Russ Woolery, Brett Osgood
11:05.43	2001	T Cody Turnquist, Matt Farr, Shaun Tudor, Brock Stepan
11:05.61	1995	Tim Klein, Mike Wherry, David Herman, Ben Morris
11:05.96	2011	Elliot Johnson, Skip Johnson, Joe Meister, Mark Harries
11:05.97	1994	Ben Adamson, Cory Henkel, Dave Frank, David Herman
11:08.81	1990	Tim Koyonen, Geoff Seper, Eddie Collins, Todd Anderson

2000 METER STEEPLECHASE

1	Josh Gerber	6:11.83	2005
2	Pat Hoard	6:22.3	1992
3	Mike Back	6:53.4	1992
4	Sean O'Day	6:59.3	1992

3000 METER STEEPLECHASE

1	Pat Hoard	9:29.18	1993
	(#2 All-Time in Minnesota & #1 in U.S. in 1993)		
2	Josh Gerber	10:06.06	2005
3	Kurt Runzheimer	10:13.4	1990

1600 METER RUN

ALL-TIME HONOR ROLL

1	Jaret Carpenter	4:04.30c	2016
2	Khalid Hussein	4:12.57	2017
3	Connor Olson	4:12.72	2015
4	Josh Thorson	4:13.61	2012
5	Andrew Brandt	4:14.88	2019
6	Cameron Arkesteyn	4:15.59	2019
7	Ian Eklin	4:16.84	2015
8	Gemechu Meskele	4:17.91	2016
9	Shuayb Hussein	4:18.04	2019
10	Adam Moline	4:18.53	2011
11	Brian Earl	4:18.6c	1976
12	Dan Thour	4:19.07	2003
13	Danny Ducharme	4:19.90	2009
14	David Herman	4:20.01	1996
15	Adam Stuhlfaut	4:20.24	1993
16	George Ross	4:20.3c	1974
17	Max Johnson	4:20.57	2010
18	Tim Ross	4:20.70	1980
19	Jeremy Drenckhahn	4:21.49	2009
20	Pat Hoard	4:21.75	1993
21	Oliver Haugland	4:21.80	2010
22	Kyle Monson	4:21.9c	1975
23	Grant Price	4:22.40	2017
24	Kurt Runzheimer	4:22.48	1990
25	Jason Overson	4:22.73	2000
26	Tyler Kissell	4:23.16	2023
27	Jeff Stewart	4:23.33	1997
28	Anders Sonnesyn	4:23.1	2018
29	Will Weber	4:23.61	2023
30	Liban Jama	4:23.78	2017
31	Jack Alexander	4:23.7c	1972
32	Vince Trammel	4:23.8	1981
33	Hayes McMillan	4:24.16	2023
34	Alex Foss	4:24.39	2022
35	Eric Nelson	4:24.51c	1978
36	Derek Peterson	4:24.69	2012
37	Andrew Wasz	4:24.9	2009
38	Daniel McCollor	4:25.14	2023
39	Frank Steed	4:25.67	1994
40	Nick Cichoski	4:25.71	2022
41	Hamza Mohamed	4:25.80	2022
42	John Subialka	4:25.89	2010
43	Mark Bowden	4:25.90	2001
44	Riley Piket	4:25.91	2018
45	Jeff Dezenski	4:26.1c	1979
46	Anders Bowman	4:26.38	2008
47	Mitchell Tolander	4:26.48	2017
48	Aaron Breyer	4:26.52	2014
49	Parker Dietrick	4:26.57	2022
50	Chris DesRoches	4:26.66	2004
51	Andrew Quirk	4:26.66	2014
52	Patrick Leonard	4:26.73	2018
53	Jack Prazich	4:26.5	2014
54	Nate Engel	4:26.91	2010
55	Nick Shaleen	4:27.14	2015
56	Grant Matthews	4:27.16	2018
57	Kurt Threinen	4:27.1	1980
58	Blake Buysse	4:27.42	2017
59	Andrew Millan	4:27.43	2016
60	Brock Stepan	4:27.51	2001
61	Jacob Hallen	4:27.60	1995
62	Blake Hayden	4:28.21	2021
63	Jon Lambert	4:28.27	2007
64	Nate Heintzeman	4:28.33	2010
65	Doug Annis	4:28.1c	1973
66	Stephen Jahn	4:28.44	2000
67	Zach Miller	4:28.69	2018
68	Kyle Brandt	4:29.0	2016
69	Steven Donahue	4:29.31	2010
70	Craig Brezonik	4:29.1	1985
71	Peter Holmes	4:29.46	2007
72	Nick Kerbeshian	4:29.4	2017
73	Abdi Robleh	4:29.94	2021
74	Ethan Hanold	4:30.00	2022
75	Jon Hackbart	4:30.01	2009

76	David Frank	4:30.25	1995
77	Alex Knueppel	4:30.46	2018
78	Mark Harries	4:30.49	2010
79	Kent Steinnagel	4:30.3c	1971

1600 METER SECTION CHAMPIONS

Jim Grady	1948	4:47.3y
Jim Grady	1949	4:42.9y
Brian Earl	1977	4:22.86y
Tim Ross	1980	4:23.4
Adam Stuhlfaut	1993	4:24.24
Frank Steed	1994	4:25.67
Jeff Stewart	1996	4:25.23
David Herman	1997	4:25.20
Dan Thour	2003	4:25.23
Danny Ducharme	2009	4:20.53
Max Johnson	2010	4:20.87
Josh Thorson	2012	4:16.88
Jaret Carpenter	2016	4:11.43
Khalid Hussein	2018	4:16.57

1600 METER STATE MEET PLACERS

Jim Grady	3 rd	1948	4:41.2y
Jim Grady	3 rd	1949	
Tim Ross	CHAMPION	1980	4:20.70
Kurt Runzheimer	2 nd	1990	4:26.01
Pat Hoard	3 rd	1992	4:21.90
Adam Stuhlfaut	4 th	1993	4:20.24
Pat Hoard	5 th	1993	4:21.75
Frank Steed	7 th	1994	4:29.92
David Herman	8 th	1996	4:20.01
David Herman	2 nd	1997	4:20.17
Dan Thour	5 th	2003	4:19.07
Danny Ducharme	3 rd	2009	4:19.90
Jeremy Drenckhahn	7 th	2009	4:23.15
Max Johnson	9 th	2010	4:20.57
Josh Thorson	2 nd	2012	4:13.61
Connor Olson	9 th	2013	4:16.99
Connor Olson	3 rd	2015	4:12.84
Jaret Carpenter	4 th	2015	4:14.40
Jaret Carpenter	CHAMPION	2016	4:10.89
Khalid Hussein	2 nd	2017	4:17.17
Khalid Hussein	CHAMPION	2018	4:13.30

8th Grade Bests in a High School Race

1	Aaron Breyer	4:41.1	2010
2	Josh Thorson	4:41.8	2008
3	Patrick Leonard	4:43.3	2015
4	Cameron Arkesteyn	4:48.5	2015
5	Karl Kabarowski	4:49.0	2007
6	Anders Sonnesyn	4:51.4	2014
7	Tommy Leisen	4:52.6	2014
8	Andrew Brandt	4:53.1	2015
9	Grant Price	4:54.3	2015
10	Andrew Millan	4:55.8	2012
11	Tyler Carlstrom	4:56.19	2013
12	Zack Miller	4:56.1	2015
13	Daniel Urke	4:56.52	2013
14	Frank Fetrow	4:56.5	2014
15	Paul Weiler	4:57.38	2013
16	Jaret Carpenter	4:57.4	2012
17	Wes Heal	4:57.7	2012
18	Nick Shaleen	4:57.8	2012
19	Derek Peterson	4:59.1	2009
20	Graham Maas	4:59.7	2014

SOPHOMORE & FRESHMAN BESTS

1	Connor Olson	4:16.99	2013
2	Khalid Hussein	4:20.57	2016
3	Grant Price	4:22.40	2016
4	Jaret Carpenter	4:22.63	2014
5	Will Weber	4:23.61	2023
6	Josh Thorson	4:23.89	2010
7	Parker Dietrick	4:26.57	2022
8	Derek Peterson	4:27.03	2011
9	Hamza Mohamed	4:27.20	2021
10	Deniel McCollor	4:27.54	2022
11	Adam Stuhfaut	4:27.76	1992
12	Andrew Brandt	4:27.79	2017
13	David Herman	4:28.00	1995
14	Stephen Jahn	4:28.44	2000
15	Patrick Leonard	4:28.79	2017
16	Zach Miller	4:29.1	2017
17	Adam Moline	4:29.9	2009
18	Gemechu Meskele	4:31.03	2015
19	Anders Sonnesyn	4:31.15	2016
20	Andrew Quirk	4:31.18	2013
21	Brian Earl	4:31.2c	1975
22	Pat Hoard	4:31.64	1991
23	Mark Bowden	4:31.7	2000
24	Joe Meister	4:31.7	2010
25	Ian Eklin	4:32.18	2013
26	Grant Matthews	4:32.0	2016
27	Jack Ostapeic	4:32.2	2016
28	Nate Heintzeman	4:32.80	2009
29	Mitchell Tolander	4:33.1	2016
30	Andrew Millan	4:33.2	2014
31	Danny Ducharme	4:34.26	2007
32	Nick Shaleen	4:34.44	2014
33	Josh Nielsen	4:34.64	2012
34	Kurt Runzheimer	4:34.8	1988
35	Tyler Kissell	4:35.11	2022
36	David Frank	4:35.19	1994
37	Evan Day	4:35.22	2007
38	Eric Nelson	4:35.0c	1977
39	Liban Jama	4:35.1	2015
40	Peter Holmes	4:35.43	2006
41	Shuayb Hussein	4:35.70	2018
42	Dan Thour	4:35.82	2002
43	Jeff Dezenski	4:35.6c	1978
44	Andrew VanBenschoten	4:36.36	2005
45	Oliver Haugland	4:36.3	2008
46	Mark Harries	4:36.69	2009
47	Doug Annis	4:36.7c	1972
48	Cameron Arkesteyn	4:36.8	2016
49	Jason Overson	4:36.9	1997
50	Jeremy Drenckhahn	4:37.14	2007
51	Todd Anderson	4:37.2	1989
52	Frank Steed	4:37.51	1992
53	Robbie Defren	4:37.62	2017
54	Steven Donahue	4:38.0	2009
55	George Ross	4:38.1c	1972
56	Vince Trammel	4:38.1c	1979
57	Kurt Threinen	4:38.3c	1978
58	Brian Jarvey	4:38.3	2009
59	Jacob Maentz	4:38.5	1996
60	Chris DesRoches	4:38.83	2002
61	Josh Halverson	4:38.6	2015
62	Jacob Hallen	4:38.93	1993
63	Ben Hackbart	4:38.96	2004
64	Ben Morris	4:38.9	1995
65	Nick Kerbeshian	4:38.9	2015
66	Josh Gerber	4:39.0	2004
67	Jeremy Gilbertson	4:39.2	2015
68	Eric Trettel	4:39.3	1984
69	Frank Fetrow	4:39.59	2016
70	Todd Obermiller	4:39.65	1993
71	Paul Weiler	4:39.6	2015
72	Matt Hirschey	4:39.7	1996

FRESHMAN BESTS

1	Connor Olson	4:24.21	2012
2	Grant Price	4:25.89	2016
3	Josh Thorson	4:26.89	2009
4	David Herman	4:30.88	1994
5	Daniel McCollor	4:33.31	2021
6	Andrew Brandt	4:33.3	2016
7	Anders Sonnesyn	4:35.7	2015
8	Ian Eklin	4:36.6	2012
9	Cameron Arkesteyn	4:36.8	2016
10	Jason Overson	4:36.9	1997
11	Parker Dietrick	4:37.25	2021
12	Andrew VanBenschoten	4:37.57	2004
13	Brian Jarvey	4:38.3	2009
14	Andrew Quirk	4:38.7	2012
15	Ben Hackbart	4:38.96	2004

16	Jaret Carpenter	4:39.02	2013
17	Evan Day	4:39.08	2006
18	Mitchell Tolander	4:39.2	2015
19	Kurt Runzheimer	4:39.5	1987
20	Derek Peterson	4:39.7	2010
21	Khalid Hussein	4:40.1	2015
22	Zach Miller	4:40.2	2016
23	Patrick Leonard	4:40.86	2016
24	Adam Moline	4:40.7	2008
25	Joe Meister	4:40.7	2009
26	Will Weber	4:41.05	2022
27	Andrew Millan	4:41.2	2013
28	Matt Jones	4:41.2	1989
29	Jack Ostapeic	4:41.4	2015
30	Nathan Heintzeman	4:41.5	2008
31	Luke Maly	4:41.8	2016
32	Abdi Robleh	4:42.71	2018
33	Nick Shaleen	4:42.6	2013
34	Shaun Tudor	4:42.7	2001
35	Josh Nielsen	4:42.7	2011
36	Karl Kabarowski	4:42.8	2008
37	Paul Weiler	4:43.6	2014
38	Dan Thour	4:44.18	2001
39	Grant Matthews	4:44.2	2015
40	Peter Holmes	4:44.6	2005
41	Nick Kerbeshian	4:45.0	2014
42	Tyler Carlstrom	4:45.3	2014
43	Frank Fetrow	4:45.66	2015
44	Charlie Ernst	4:45.92	2017
45	Josh Halverson	4:46.6	2014
46	Aaron Breyer	4:46.9	2011
47	Matthew Adams	4:46.9	2022
48	Danny Ducharme	4:47.5	2006
49	T. Cody Turnquist	4:48.06	2000
50	Dan Murphy	4:48.6c	1971
51	Pat Hoard	4:49.5	1990
52	Mason Bacso	4:49.9	2004
53	Thomas Lerdall	4:50.0	2012
54	Mark Harries	4:50.2	2008
55	Henry Oswald	4:50.2	2018
56	David Madgett	4:50.4	1997
57	Jack Alexander	4:50.6c	1970
58	Oliver Haugland	4:50.7	2007
59	Connor Viera	4:51.41	2023
60	Graham Maas	4:51.2	2015
61	Jack Bartels	4:51.4	2018
62	Abubakar Robleh	4:51.9	2017
63	Emil Bojanov	4:52.0	2000
64	Wesley Heal	4:52.0	2013
65	Connor Eastman	4:52.1	2011
66	Jimmy Hull	4:52.2	1999
67	Ben Morris	4:52.3	1994
68	Blake Buysse	4:52.3	2015
69	Chris DesRoches	4:52.7	2001
70	Josh Gerber	4:52.9	2003
71	Liban Jama	4:52.9	2014
72	Pat Hayes	4:53.1	2002
73	Sean Sticha	4:53.1	2017
74	Alex Haag	4:53.63	2022
75	Steven Donahue	4:53.4	2008
76	Kent VandeVere	4:54.1c	1971
77	Terry Alexander	4:54.1c	1973
78	Joel Ostapeic	4:54.2	2018
79	Drake Young	4:54.5	2017
80	Arnab Desai	4:54.7	2018
81	Abdirisag Robleh	4:55.22	2023
82	David Frank	4:55.0	1993
83	Aaron Demro	4:55.2	2004
84	Jeremy Drenckhahn	4:55.4	2006
85	Ryan Frisbie	4:55.5	2006
86	Martin Johnson	4:55.5	2012
87	Doug Annis	4:55.4c	1971
88	Luke Preus	4:55.9	2001
89	Iain McCrory	4:56.0	2010
90	Kamas Ahmed	4:56.2	2005
91	Matt Headley	4:56.2	2009
92	Kevin Musliner	4:56.2	2012
93	Colin Freed	4:56.2	2018
94	Calvin Cahill	4:56.4	2013
95	Robert Burgmeier	4:56.5	2003
96	Jacob Smith	4:56.6	2013
97	Blake Hayden	4:56.6	2018
98	Robert Rudin	4:56.8	2010
99	Dennis Yurevich	4:57.0	2018
100	Jacob Maentz	4:57.2	1995
101	Nate Drenckhahn	4:57.2	2001
102	Paul Epland	4:57.3	2012
103	Jim Davidson	4:57.6	1981

3200 METER RUN

ALL-TIME HONOR ROLL

1	Jaret Carpenter	8:59.76	2016
2	Josh Thorson	9:00.80	2012
3	Connor Olson	9:05.56	2015
4	Khalid Hussein	9:07.88	2018
5	Andrew Brandt	9:14.31	2019
6	Grant Price	9:17.81	2019
7	Danny Ducharme	9:18.10	2009
8	Jeremy Drenckhahn	9:18.46	2009
9	Oliver Haugland	9:18.48	2010
10	Alex Foss	9:18.65	2022
11	Will Weber	9:20.07	2023
12	Daniel McCollor	9:20.22	2023
13	Pat Hoard	9:20.8	1993
14	George Ross	9:23.0c	1974
15	Kurt Threinen	9:23.0	1980
16	Gemechu Meskele	9:23.56	2016
17	Kurt Runzheimer	9:23.5	1990
18	Adam Stuhlfaut	9:23.84	1994
19	Blake Buysse	9:25.04	2018
20	Liban Jama	9:25.51	2017
21	Dan Thour	9:26.86	2003
22	Aaron Breyer	9:27.95	2014
23	Jeremy Gilbertson	9:28.24	2017
24	David Herman	9:29.25	1996
25	Shuayb Hussein	9:31.91	2019
26	Jack Prazich	9:32.01	2015
27	Jason Overson	9:33.24	1999
28	Nate Engel	9:33.86	2010
29	Jacob Hallen	9:34.41	1995
30	John Subialka	9:35.46	2010
31	Hamza Mohamed	9:35.67	2023
32	Josh Nielsen	9:36.48	2012
33	Tyler Kissell	9:37.26	2023
34	Brock Stepan	9:37.78	2001
35	Grant Matthews	9:37.79	2017
36	Landon Lozano	9:38.21	2010
37	Jon Lambert	9:39.26	2007
38	Brent Anderson	9:39.6c	1977
39	Mark Harries	9:39.86	2010
40	Jack Alexander	9:40.7c	1973
41	Mike Anderson	9:41.3	1982
42	Riley Piket	9:41.94	2018
43	Ian Eklin	9:42.10	2012
44	Kyle Brandt	9:42.20	2016
45	Stephen Jahn	9:42.53	2001
46	Jon Hackbart	9:42.85	2009
47	Nick Shaleen	9:43.63	2015
48	Carl Brakob	9:43.4	1984
49	Tim Ross	9:43.5	1980
50	Brett Osgood	9:45.00	1996
51	Jimmy Hull	9:46.03	2001
52	Dick Beardsley	9:46.3c	1975
52	Taylor Fay	9:46.54	2002
53	Andrew Quirk	9:46.86	2013
54	Eric Nelson	9:46.7c	1979
55	Zach Miller	9:49.18	2018
56	Tony Kaster	9:49.2	1985
57	Nick Kerbeshian	9:50.11	2016
58	Blake Hayden	9:50.12	2021
59	Derek Peterson	9:50.13	2011
60	Nick Cichoski	9:50.82	2022
61	Parker Dietrick	9:50.94	2022
62	Wes Heal	9:50.96	2015
63	Adam Moline	9:50.8	2010
64	Mitchell Tolander	9:51.20	2016
65	Ben Morris	9:51.22	1996
66	Greg Longstreet	9:51.2	1987
67	Jeff Stewart	9:51.70	1997
68	Josh Gerber	9:51.71	2006
69	Thomas Lerdall	9:51.73	2015
70	Sean O'Day	9:51.8	1993
71	Paul Epland	9:53.16	2015
72	Russ Woolery	9:53.50	1996
73	Paul Weiler	9:54.48	2015
74	Rick Phillips	9:54.9	1983

Revised 02/05/2024

75	Todd Obermiller	9:55.42	1994
76	Jeff Pedersen	9:56.40	2005
77	Luke Maly	9:56.47	2018
78	Peter Holmes	9:57.01	2006
79	Joe Meister	9:57.17	2010
80	Ben Basten	9:57.21	2018
81	Alex Haag	9:57.80	2023
82	Mike Boursier	9:58.3c	1973
83	Steve Johnson	9:58.5c	1977
84	Caden Karn	9:58.77	2021

3200 METER SECTION CHAMPIONS

George Ross	1973	9:30.0y
Kurt Threinen	1980	9:23.0
Kurt Runzheimer	1989	9:42.59
Kurt Runzheimer	1990	9:35.19
Pat Hoard	1992	9:32.39
Pat Hoard	1993	9:36.45
Adam Stuhlfaut	1994	9:37.30
Jacob Hallen	1995	9:36.54
David Herman	1996	9:38.03
Danny Ducharme	2009	9:18.10
Josh Thorson	2012	9:21.44
Connor Olson	2013	9:12.24
Jaret Carpenter	2016	9:05.75
Khalid Hussein	2018	9:09.91
Andrew Brandt	2019	9:14.31

3200 METER STATE MEET PLACERS

Kurt Runzheimer	4 th	1989	9:27.80
Kurt Runzheimer	CHAMPION	1990	9:25.85
Pat Hoard	2 nd	1993	9:23.94
Adam Stuhlfaut	3 rd	1994	9:23.84
David Herman	6 th	1996	9:29.25
Jason Overson	7 th	2000	9:46.04
Dan Thour	8 th	2003	9:26.86
Jeremy Drenckhahn	CHAMPION	2009	9:18.46
Danny Ducharme	3 rd	2009	9:22.29
Oliver Haugland	3 rd	2010	9:18.48
Josh Thorson	4 th	2010	9:18.63
Josh Thorson	8 th	2011	9:20.77
Josh Thorson	CHAMPION	2012	9:06.07
Connor Olson	8 th	2013	9:08.27
Jaret Carpenter	6 th	2014	9:18.72
Jaret Carpenter	2 nd	2015	9:05.51
Connor Olson	4 th	2015	9:10.87
Jaret Carpenter	CHAMPION	2016	9:10.46
Khalid Hussein	4 th	2016	9:19.07
Khalid Hussein	CHAMPION	2018	9:07.88
Andrew Brandt	7 th	2019	9:30.60

8th Grade Bests in a High School Race

1	Aaron Breyer	10:14.7	2010
2	Grant Price	10:29.8	2015
3	Graham Maas	10:40.5	2014
4	Andrew Brandt	10:42.1	2015
5	Zach Miller	10:48.0	2015
6	Paul Weiler	10:52.3	2013
7	Andrew Millan	10:56.9	2012
8	Wes Heal	11:01.9	2012
9	Cameron Arkesteyn	11:04.4	2015

SOPHOMORE & FRESHMAN BESTS

1	Connor Olson	9:08.27	2013
2	Khalid Hussein	9:10.97	2016
3	Jaret Carpenter	9:14.32	2014
4	Josh Thorson	9:18.63	2010
5	<u>Will Weber</u>	<u>9:20.07</u>	<u>2023</u>
6	Andrew Brandt	9:30.27	2017
7	Grant Price	9:31.55	2017
8	David Herman	9:38.34	1995
9	Daniel McCollor	9:40.57	2022
10	Andrew Quirk	9:46.86	2013
11	Oliver Haugland	9:48.12	2008
12	Pat Hoard	9:48.0	1991
13	Kurt Runzheimer	9:48.59	1988
14	Josh Nielsen	9:48.87	2011
15	Danny Ducharme	9:49.04	2007
16	Ian Eklin	9:49.47	2012
17	Jeremy Drenckhahn	9:49.50	2007
18	Nick Shaleen	9:49.67	2014
19	Gemechu Meskele	9:49.68	2015
20	Derek Peterson	9:50.13	2011
21	Dan Thour	9:50.24	2002
22	Blake Buysse	9:50.27	2016
23	Stephen Jahn	9:50.37	2000
24	Jack Alexander	9:50.3c	1971
25	Parker Dietrick	9:50.94	2022
26	Mitchell Tolander	9:51.20	2016
27	George Ross	9:52.1c	1972
28	Jason Overson	9:51.52	1998
29	Paul Weiler	9:54.48	2015
30	Mark Harries	9:54.82	2009
31	Ben Morris	9:54.87	1995
32	Zach Miller	9:55.00	2017
33	Tim Ross	9:56.6c	1978
34	Peter Holmes	9:57.01	2006
35	Joe Meister	9:57.17	2010
36	Tyler Kissell	9:57.50	2022
37	<u>Alex Haag</u>	<u>9:57.80</u>	<u>2023</u>
38	Grant Matthews	9:58.6	2016
39	Eric Nelson	9:59.0c	1977
40	Karl Kabarowski	9:59.1	2027
41	Cameron Arkesteyn	9:59.9	2016
42	Andrew VanBenschoten	10:01.3	2005
43	Connor Eastman	10:01.7	2012
44	Kyle Monson	10:02.3c	1974
45	Dan Murphy	10:02.8c	1972
46	Jack Prazich	10:01.0	2013
47	Jeremy Gilbertson	10:03.45	2015
48	Charlie Ernst	10:04.32	2018
49	Wesley Heal	10:04.86	2014
50	Jon Lambert	10:04.97	2005
51	Liban Jama	10:06.23	2015
52	Chris DesRoches	10:06.71	2002
53	Jimmy Hull	10:07.34	2000
54	Mark Bowden	10:07.51	2000
55	Jon Hackbart	10:07.78	2007
56	Jacob Hallen	10:08.50	1993
57	Josh Gerber	10:09.09	2004
58	Abubakar Robleh	10:10.68	2017
59	Josh Halverson	10:10.75	2015
60	Brent Anderson	10:10.7c	1974
61	Luke Sharpe	10:10.8	2017
62	Nick Kerbeshian	10:10.9	2014
63	Robbie Defren	10:11.0	2017
64	Thomas Lerdall	10:11.1	2012
65	Todd Obermiller	10:11.4	1993
66	Chris Newcombe	10:12.2c	1978
67	Kurt Threinen	10:12.5c	1978
68	Cory Miskowiec	10:13.23	2002
69	Peter Holmes	10:13.53	2005
70	Mike Boursier	10:13.3c	1972
71	Nate Heintzeman	10:14.30	2009
72	Luke Maly	10:14.7	2016
73	Grant Waddell	10:15.1c	1973
74	Rick Phillips	10:15.2	1981

FRESHMAN BESTS

1	Connor Olson	9:24.76	2012
2	Grant Price	9:32.46	2016
3	Josh Thorson	9:35.96	2009
4	Jaret Carpenter	9:39.00	2013
5	Ian Eklin	9:49.47	2012
6	Andrew Brandt	9:52.18	2016
7	Will Weber	9:54.30	2022
8	Daniel McCollor	9:55.27	2021
9	Jason Overson	9:55.41	1997
19	Nick Shaleen	9:57.43	2013
11	Andrew Quirk	9:58.5	2012
12	Josh Nielsen	9:59.93	2011
13	Cameron Arkesteyn	9:59.9	2016
14	Zach Miller	10:03.2	2016
15	Parker Dietrick	10:04.55	2021
16	David Herman	10:06.2	1994
17	Khalid Hussein	10:09.1	2015
18	Danny Ducharme	10:09.5	2006
19	Grant Matthews	10:09.5	2015
20	Abubakar Robleh	10:10.68	2017
21	Nick Kerbeshian	10:10.9	2014
22	Thomas Lerdall	10:11.1	2012
23	Karl Kabarowski	10:13.51	2008
24	Peter Holmes	10:13.53	2005
25	Dan Thour	10:13.8	2001
26	Mark Harries	10:13.9	2008
27	Wesley Heal	10:14.2	2013
28	Paul Weiler	10:14.61	2014
29	Andrew VanBenschoten	10:14.91	2004
30	Luke Maly	10:14.7	2016
31	Jeremy Drenckhahn	10:16.33	2006
32	Charlie Ernst	10:16.33	2017
33	Oliver Haugland	10:16.4	2007
34	Connor Eastman	10:18.46	2011
35	Josh Halverson	10:16.7	2014
36	Abdi Robleh	10:16.7	2018
37	Blake Buysse	10:17.1	2015
38	Frank Fetrow	10:19.3	2015
39	Derek Peterson	10:19.8	2010
40	Anders Sonnesyn	10:21.65	2015
41	Ben Morris	10:21.75	1994
42	Mitchell Tolander	10:22.0	2015
43	Alex Haag	10:23.85	2022
44	Joel Ostapeic	10:26.1	2018
45	Aaron Breyer	10:26.55	2011
46	Sean Sticha	10:28.5	2017
47	Evan Day	10:28.8	2006
48	Drake Young	10:28.8	2017
49	Mark Bowden	10:29.13	1999
50	Ben Hackbart	10:31.1	2004
51	Jacob Smith	10:31.83	2013
52	Mason Bacso	10:34.3	2004
53	Joe Meister	10:34.8	2009
54	Henry Oswald	10:38.4	2018
55	<u>Connor Viera</u>	<u>10:43.07</u>	<u>2023</u>
56	Jack Bartels	10:44.0	2018
57	Shaun Tudor	10:44.7	2001
58	Blake Hayden	10:45.6	2018
59	Josh Gerber	10:47.76	2003
61	Paul Epland	10:48.4	2012
62	Tyler Carlstrom	10:49.4	2014
63	Robert Rudin	10:49.6	2010
64	Jimmy Hull	10:49.9	1999
65	Jon Hackbart	10:54.6	2006
66	Luke Preus	10:55.8	2001
67	Taylor Hegarty	10:55.9	2004
68	Bobby Anderson	10:56.0	2012
69	Kevin Musliner	10:56.1	2012
70	Andrew Millan	10:57.4	2013
71	Casey Gradick	10:57.8	1997
72	Jacob Maentz	10:58.2	1995
73	Colin Freed	10:58.2	2018
74	Ryan Frisbie	11:00.0	2006
75	Dan Gerber	11:01.0	2005
76	Matt Erickson	11:01.1	1997

HIGH JUMP

ALL-TIME HONOR ROLL

1	Nathan Frantz	6-9	1993
2	Tom Vonderbrink	6-8	1993
3	Zach Turner	6-8	2005
4	Ben Grosse	6-7	2017
5	Nick Welshons	6-6	2011
6	Nick Hedlund	6-6	2018-19
7	Michael Meadowcroft	6-6	2022
8	Mike Kromer	6-5.75	1986
9	Gary Jordan	6-5	1970
10	Pedja Bjelogric	6-5	1996
11	Billy Buffington	6-5	2008
12	Ben Wambheim	6-5	2010
13	Brett Smith	6-5	2015
14	Mark Trammel	6-4	1980
15	Paul Spangrud	6-4	1980
16	John Croyle	6-4	2002
17	Ben Zerman	6-4	2005
18	Geremiah Brathwaite	6-4	2016
19	Travis Salters	6-4	2021
20	Gary Gunlock	6-2	1976
21	Steve Pederson	6-2	1982
22	Pete Schroeder	6-2	1983
23	Mike Hesse	6-2	1983-84
24	Nenad Bjelogric	6-2	1997-98
25	Alvin Hebert	6-2	1988
26	Jonas Schwanemann	6-2	2007
27	Sam Gustafson	6-2	2010
28	Ethan Zeidler	6-2	2012
29	Mitchell Faust	6-2	2017
30	Dante White	6-2	2018
31	Curt Hansen	6-1	1990

HIGH JUMP SECTION CHAMPIONS

Ron Amundson	1943	5-7
Gary Jordan	1968	6-2 ½
Gary Jordan	1969	5-10
Tom VonderBrink	1992	6-4
Tom VonderBrink	1993	6-8
Zach Turner	2004	6-5
Nick Welshons	2011	6-5
Ben Grosse	2017	6-6

HIGH JUMP STATE MEET PLACERS

Ron Amundson	5 th (tie)	1943	
Gary Jordan	CHAMPION	1969	6-4
Gary Jordan	CHAMPION	1970	6-5
Mike Kromer	5 th	1986	6-4
Tom VonderBrink	7 th	1993	6-6
Pedja Bjelogric	8 th	1995	6-2
Pedja Bjelogric	7 th	1996	6-1
Billy Buffington	7 th	2008	6-2
Ben Wambheim	9 th	2010	6-4
Nick Welshons	8 th	2011	6-4
Brett Smith	9 th (tie)	2015	6-2
Geremiah Brathwaite	5 th	2016	6-4
Ben Grosse	2 nd	2017	6-7

SOPHOMORE & FRESHMAN BESTS

1	Nick Hedlund	6-6	2018
2	Tom Vonderbrink	6-3	1991
3	Gary Jordan	6-2.5	1968
4	Mike Kromer	6-2	1984
5	Zach Turner	6-2	2003
6	Sam Gustafson	6-2	2010
7	Ben Grosse	6-2	2015
8	Dante White	6-2	2018
9	Ben Wambheim	6-1	2008
10	Nick Welshons	6-1	2009
11	Mark Trammel	6-0	1979
12	Mike Melin	6-0	1986
13	Alvin Hebert	6-0	1987
14	Pedja Bjelogric	6-0	1994
15	John Croyle	6-0	2000
16	Will Klein	6-0	2002
17	Ben Zerman	6-0	2003
18	Chad Potas	6-0	2009
19	Geremiah Brathwaite	6-0	2014-15
20	Sam Booh	6-0	2023
21	Mark Palmer	5-10	1976
22	Mike Hesse	5-10	1982
23	Tim Stenzel	5-10	1985
24	Mark Schlichting	5-10	1993
25	Brett Smith	5-10	2013
26	Daniel Welshons	5-10	2016
27	Tyse Feldmann	5-10	2023

FRESHMAN BESTS

1	Sam Gustafson	6-2	2010
2	Chad Potas	6-0	2009
3	Ben Grosse	6-0	2014
4	Dante White	6-0	2017
5	Sam Booh	6-0	2023
6	Tim Stenzel	5-10	1985
7	Tom VonderBrink	5-10	1990
8	Mark Schlichting	5-10	1993
9	Zach Turner	5-10	2002
10	Ben Wambheim	5-10	2007
11	Nick Welshons	5-10	2002
12	Travis Salters	5-10	2018
13	Elliot Brown	5-9	1978
14	Ulysses Sibomana	5-9	2009
15	Mitchell Faust	5-9	2014
16	John Lang	5-8	1978
17	Steve Pederson	5-8	1979
18	Brian Bonneville	5-8	2002
19	Ben Zweber	5-8	2003
20	Brett Lehman	5-8	2010
21	Parker Harstad	5-8	2012
22	Michael Lawrence	5-8	2021
23	Mark Trammel	5-7	1978
24	Allen	5-7	1978
25	Bruce Lindberg	5-6.5	1972
26	Gary O'Fallon	5-6	1969
27	Geremiah Brathwaite	5-6	2013
28	Mark Palmer	5-6	1975
29	Tyse Feldman	5-6	2022

110 M HIGH HURDLES

ALL-TIME HONOR ROLL

1	David Gaither	14.0y	1975
2	Mike Siskin	14.0y	1977-78
3	Nick Martin	14.71	2012
4	Jon Ritter	14.74y	1978
5	Drake Daniels	14.76	2019
6	Zach Turner	14.84	2005
7	Scott Goodfellow	14.7y	1977
8	Rick Sollie	14.7	1980
9	Max Martin	15.02	2015
10	Gabe Hart	15.12	1994
11	David Nelson	15.12	2022
12	Otis Smallwood	14.9	2000
13	Jim Maxwell	15.0	1981
14	Craig Thompson	15.0	1991
15	Brad Gunn	15.1y	1974
16	Daniel Welshons	15.36	2018
17	Mike Lynch	15.2y	1961
18	Steve Porcaro	15.2	1995
19	Patrick Nelson	15.2	2011
20	Austin Gordon	15.49	2014
21	Mike Bauer	15.3y	1971
22	Aaron Cote	15.61	2015
23	Curt Hansen	15.4	1990
24	Jim Bumgardner	15.66	1987
25	Scott Williams	15.66	2010-11
26	Guy Guenther	15.73	2013
27	Charles Tomczik	15.83	2023
28	Gary Jordan	15.6y	1970

110 M HURDLE SECTION CHAMPIONS

Ray Anderson	1940	16.3y
Dave Gaither	1974	14.8y
Dave Gaither	1975	14.5y
Mike Siskin	1977	14.94y
Mike Siskin	1978	14.44y
Drake Daniels	2018	15.16
David Nelson	2023	15.41

110 M HURDLE STATE MEET PLACERS

Dave Gaither	CHAMPION	1975	14.0y
Mike Siskin	CHAMPION	1977	14.0y
Mike Siskin	CHAMPION	1978	14.6y
Jon Ritter	2 nd	1978	14.8y
Gabe Hart	8 th	1994	15.57
Zach Turner	8 th	2004	15.66
Zach Turner	2 nd	2005	15.03
Nick Martin	7 th	2012	14.86
Drake Daniels	9 th	2018	17.73
Drake Daniels	9 th	2019	15.12
David Nelson	8 th	2022	15.12

SOPHOMORE & FRESHMAN BESTS

1	Drake Daniels	14.86	2018
2	Mike Siskin	14.9	1976
3	Otis Smallwood	15.62	1998
4	Jon Ritter	15.5y	1976
5	Jim Bumgardner	15.5	1986
6	Zach Turner	15.77	2003
7	David Gaither	15.6y	1973
8	Austin Gordon	15.88	2013
9	Steve Porcaro	15.7	1993
10	Patrick Nelson	15.7	2009
11	Gabe Hart	15.99	1992
12	Daniel Welshons	15.8	2016
13	Nick Martin	16.06	2010
14	Brad Gunn	15.9y	1972
15	Scott Goodfellow	15.9y	1975
16	Craig Thompson	15.9	1989
17	David Nelson	16.26	2021
18	Mike Winston	16.1	1984
19	Peter Karn	16.2	2002
20	Michael Dugan	16.45	2016
21	Rishab Madasamy	16.51	2023
23	Aaron Cote	16.61	2013
24	John Gaither	16.4y	1975
25	Mike Wherry	16.4	1990
26	Chris Spencer	16.5	2012
27	Scott Sullivan	16.6	1984

FRESHMAN BESTS

1	Drake Daniels	15.21	2017
2	Otis Smallwood	15.62	1998
3	Zach Turner	15.7	2002
4	Jon Ritter	16.6y	1975
5	Scott Williams	16.8	2008
6	Nick Martin	16.8	2009
7	Matt Coleman	16.9	1995
8	Patrick Nelson	17.3	2008
9	Ben Zweber	17.4	2003
10	Peter Karn	17.5	2001
11	Jonathan Agbemadon	17.81	2023
12	Adam Sorenson	17.91	2007

POLE VAULT

ALL-TIME HONOR ROLL

1	Jack Helmich	15-1	2022
2	Mark VanBenschoten	14-6	2010
3	Dennis Kline	14-3	2001
4	Michael Thompson	14-3	2016
5	Brian Tripp	14-0	2004
6	Antonio Stringham	14-0	2005
7	Eddie Hidani	14-0	2013
8	Ben Yost	14-0	2014
9	Ben Hidani	14-0	2018
10	Lukas Versaggi	13-10	2021
11	Kurt Jackson	13-9	1981
12	Jerry Pietig	13-8	1978
13	Dave Thomas	13-8	2007
14	Ben Michel	13-7	2006
15	Nate Page	13-6	2000
16	Gabe Lockheimer-Toso	13-6	2018
17	Steve LaFean	13-4	1979
18	Mike Plummer	13-3	1977
19	Jeff Jackson	13-0	1981-82
20	Matt Chandler	13-0	1982
21	Jeff Peterson	13-0	1985
22	Tim Delaney	13-0	1986
23	Michael Hsu	13-0	1995-96
24	Alec Spencer	13-0	2010, 12
25	Parker Harstad	13-0	2015
26	Steve Carlston	12-10	1966
27	Don Eicher	12-9	1975
28	Lucas Jensen	12-9	1997-98
29	Grady McNaughton	12-9	2018

POLE VAULT SECTION CHAMPIONS

Ron Amundson	1943	10-6
Jeff Jackson	1981	13-0
Nate Page	2000	13-0
Dennis Kline	2001	13-10
Antonio Stringham	2005	13-6
Mark VanBenschoten	2010	13-11
Eddie Hidani	2013	14-0
Michael Thompson	2016	14-3
Jack Helmich	2021	14-7
Jack Helmich	2022	15-1

POLE VAULT STATE MEET PLACERS

Charles Rice	5 th	1930	
Charles Rice	3 rd	1931	
Don Eicher	5 th	1974	12-6
Nate Page	5 th	2000	13-6
Dennis Kline	CHAMPION	2001	14-3
Brian Tripp	6 th	2004	14-0
Antonio Stringham	9 th	2005	13-0
Mark VanBenschoten	2 nd	2010	14-6
Eddie Hidani	5 th	2013	14-0
Ben Hidani	9 th	2017	13-0
Ben Hidani	4 th	2018	14-0
Jack Helmich	CHAMPION	2021	14-6
Jack Helmich	3 rd	2022	15-0

SOPHOMORE & FRESHMAN BESTS

1	Lukas Versaggi	13-2	2019
2	Alec Spencer	13-0	2010
3	Ben Hidani	13-0	2017
4	Kurt Jackson	12-6	1978-79
5	Jeff Jackson	12-6	1980
6	Gabe Toso	12-3	2016
7	Bob Blushyn	12-0	1966
8	Kyle Lewis	12-0	1982
9	Mark VanBenschoten	12-0	2008
10	Caden Wong	12-0	2023
11	Ben Yost	11-11	2012
12	Nate Page	11-9	1998
13	Antonio Stringham	11-9	2003
14	Brian Tripp	11-7	2002
15	Mike Plummer	11-6	1975
16	Jeff Peterson	11-6	1984
17	Greg Haux	11-6	1986
18	Tim Stenzel	11-6	1986
19	Stephen Smith	11-6	1998
20	Ben Michel	11-6	2004
21	Grady McNaughton	11-6	2017

FRESHMAN BESTS

1	Kurt Jackson	12-6	1978
2	Eddie Hidani	11-9	2016
3	Mark Haukland	11-3	1978
4	Grady McNaughton	11-3	2016
5	Jack Helmich	11-2	2019
6	Lukas Versaggi	11-0	2018
7	Gary Gangstee	10-6	1971
8	Nate Page	10-6	1997
9	Mark VanBenschoten	10-6	2007
10	Sam Cady	10-6	2008
11	Alec Spencer	10-6	2009

300 M INTERMEDIATE HURDLES

ALL-TIME HONOR ROLL

1	Mike Siskin	38.01	1978
2	Drake Daniels	38.77	2019
2	Max Martin	39.06	2015
3	Rick Sollie	39.1	1979-80
4	Jim Maxwell	39.2	1981
5	Nick Martin	39.47	2012
6	Gabe Hart	39.54	1994
7	Matt Coleman	39.63	1998
8	Rob Ringer	39.5	1973
9	Obi Wamuo	39.80	2014
10	Craig Thompson	39.6	1991
11	Brandon Johnson	40.05	2011
12	Steve Deters	40.18	1986
13	Steve Porcaro	40.34	1995
14	Mike Swenson	40.3	1984
15	Paul Ashton	40.54	1992
16	David Nelson	40.62	2023
17	Scott Goodfellow	40.4	1977
18	Ethan Fischer	40.71	2022
19	Charle Tomczik	40.71	2023
20	Ben Grosse	40.74	2017
21	Jim Bumgardner	40.6	1986
22	Daniel Welshons	40.86	2017
23	Chris Spencer	40.88	2014
24	Brian Teresi	40.95	2003
25	Austin Gordon	40.97	2015
26	Mike Wherry	41.00	1992
27	Matt Fetterolf	41.02	2001
28	Josh Gillespie	41.09	2013
29	Jerry Sisk	41.0	1995
30	Otis Smallwood	41.24	2000
31	Wyatt Baker	41.24	2022
32	Aaron Cote	41.37	2015
33	Mark Perry	41.2	1978
34	Scott Williams	41.44	2010
35	Chris Navara	41.59	1985
36	Bob Tetu	41.4	1983

INTERMEDIATE HURDLE SECTION CHAMPIONS

Ray Anderson	1940	24.6 (200y LH)
Rob Ringer	1973	19.8 (180y LH)
Rob Ringer	1974	19.8 (180y LH)
Dave Gaither	1975	19.8 (180y LH)
Mike Siskin	1978	38.01
Rick Sollie	1979	39.2
Rick Sollie	1980	39.1
Jim Maxwell	1981	40.1
Craig Thompson	1990	40.70
Craig Thompson	1991	40.11
Paul Ashton	1992	40.54
Gabe Hart	1994	39.88
Drake Daniels	2018	40.32
Drake Daniels	2019	38.77

INTERMEDIATE HURDLE STATE MEET PLACERS

Bob Ringer	2 nd	1974	19.9 (180y LH)
Dave Gaither	CHAMPION	1975	19.6 (180y LH)
Mike Siskin	2 nd	1976	20.8 (180y LH)
Mike Siskin	2 nd	1977	19.6 (180y LH)
Mike Siskin	CHAMPION	1978	39.2
Jim Maxwell	5 th	1981	39.60
Gabe Hart	2 nd	1994	39.66
Obi Wamuo	6 th	2014	40.26

SOPHOMORE & FRESHMAN BESTS

1	Drake Daniels	40.19	2018
2	Rick Sollie	40.2	1978
3	Mike Siskin	40.3	1976
4	Jim Bumgardner	40.6	1986
5	Josh Gillespie	41.09	2013
6	Rob Ringer	41.1	1972
7	David Nelson	41.59	2021
8	Julian Diedrich	41.73	2019
9	Scott Sullivan	41.5	1984
10	Steve Deters	41.6	1985
11	Nick Martin	41.94	2010
12	Matt Coleman	42.01	1996
13	Gabe Hart	42.2	1992
14	Steve Porcaro	42.2	1993
15	Obi Wamuo	42.45	2012
16	Mike Swenson	42.4	1982
17	Craig Thompson	42.92	1989
18	Mike Wherry	42.7	1990
19	Daniel Welshons	42.8	2016
20	Jerry Sisk	42.9	1994
21	Paul Jungels	43.0	2002
22	Chris Spencer	43.1	2012
23	Marc Edwards	43.3	1990
24	Jeff Kelly	43.4	1977
25	Patrick Nelson	43.4	2009

FRESHMAN BESTS

1	Julian Diedrich	41.73	2019
2	Josh Gillespie	41.89	2012
3	Drake Daniels	42.13	2017
4	Matt Coleman	43.1	1995
5	Nick Martin	44.0	2009
6	Adam Sorenson	44.56	2007
7	Alec Spencer	44.97	2009
8	Zach Turner	44.8	2002
9	Jonathan Agbemadon	45.22	2023
10	Austin Gordon	45.0	2012
11	Patrick Nelson	45.32	2008
12	Guy Guenthner	45.3	2010
13	Mark Wherry	45.5	1995
14	Boyd Mumbuwa	45.94	2015
15	Ben Zweber	45.9	2003
16	Stu Pease	45.9	2004
17	Peter Karn	46.0	2001
18	Dustin Harris	46.0	2005

LONG JUMP

ALL-TIME HONOR ROLL

1	Dante White	23-1	2019
2	Mike Dorsey	22-7	1973
3	Wesley Jackson	22-5.25	2015
4	Bob Moore	22-3.75	1983
5	Dave Schriml	22-3	1962
6	John Taylor	22-1.75	2018
7	Ethan Zeidler	21-10.5	2012
8	Chris Kroeten	21-9.5	2009
9	Mike Brooks	21-9	1981
10	Tyler Berry	21-8	2012
11	Nathanael Agbemadon	21-7	2022
12	Darryl Jackson	21-2.75	2003
13	Tom Stano	21-2	1954
14	Mike Giebenhain	21-1	1999
15	Tom Preiss	21-0	1979
16	Marion Barber III	20-11.75	2001
17	Mike Kromer	20-11.5	1986
18	Ron Schlegel	20-11.25	1983
19	Ben Grosse	20-11.25	2017
20	Connor Vokaty	20-11	2022
21	Michael Meadowcroft	20-10.75	2022
22	Robin Ruth	20-10.5	1991
23	Derek Wodnick	20-10	2014
24	Julien Jean-Pierre	20-10	2013
25	Tim Shaver	20-9	1989
26	Stu Pease	20-8.75	2005
27	Pat Reed	20-8.5	2000
28	Mitchell Walber	20-8.25	2014
29	Colin Tapper	20-8.25	2023
30	Paul Spangrud	20-8	1980
31	Gary Pease	20-7.5	2005
32	Dennis Ritchie	20-7	1973
33	Jack Schulz	20-6.75	2023
34	Mike Melin	20-6.25	1986
35	Mike Hennessey	20-6	1993
36	Kent Nelson	20-5	1976
37	Jonas Schwanemann	20-5	2007
38	Brandon Bluford	20-3.5	2016
39	David Navratil	20-3.5	2018
40	Rick Sollie	20-3	1979

LONG JUMP SECTION CHAMPIONS

Charles Rice	1931	
Tom Stano	1953	20-5
Tom Stano	1954	21-2
Mike Dorsey	1973	21-7
Chris Kroeten	2009	21-9.5

LONG JUMP STATE MEET PLACERS

Johnson	4 th	1925 (Class B)	
Tom Stano	4 th	1954	
Mike Dorsey	2 nd	1973	22-7
Bob Moore	5 th	1983	22-3.75
Ethan Zeidler	2 nd	2012	21-10.5
Wesley Jackson	2 nd	2015	22-0.25
John Taylor	2 nd	2018	21-11.5
Dante White	6 th	2018	21-4.25
Dante White	CHAMPION	2019	22-5

SOPHOMORE & FRESHMAN BESTS

1	Dante White	22-7.75	2018
2	Darryl Jackson	20-11.75	2002
3	Stu Pease	20-8.75	2005
4	Colin Tapper	20-8.75	2023
5	Mike Melin	20-6.25	1986
6	Julien Jean-Pierre	20-4	2013
7	John Taylor	20-4	2016
8	Wesley Jackson	20-3	2013
9	Chris Kroeten	20-1.75	2007
10	Dennis Ritchie	19-11.75	1971
11	Mike Kromer	19-11.5	1984
12	Scott Bairstow	19-11.25	1971
13	Ben Wambheim	19-10.75	2008
14	Robin Ruth	19-10.5	1990
15	Anthony Keller	19-10.5	2002
16	Ethan Zeidler	19-10.5	2010
17	Mitchell Walber	19-10.5	2013
18	Shadeed Crockett	19-9.75	2010
19	Brandon Bluford	19-9.5	2015
20	Bucky Manning	19-9	1973
21	Ron Schlegel	19-9	1981
22	Darryl Jackson	19-9	2001
23	Don Jach	19-7.25	1982
24	Brandon Strickland	19-7	2010
25	Japel Hook	19-6.75	1991
26	Rick Sollie	19-6.5	1987
27	Pat Reed	19-6.5	1998
28	Derrick Lance	19-6	1987
29	Mike Giebenhain	19-5	1997
30	Jarod Jackson	19-5	2010
31	Jack Egan	19-4	2008
32	Brad Walker	19-3.75	1988
33	Brendan Roath	19-3.5	1997
34	Josh Gillespie	19-3	2012
35	Rick Sollie	19-2	1978
36	Adam Kostanecki	19-2	2014
37	Paul Spangrud	19-1.75	1978
38	Pat Reed	19-1.75	1997
39	Kent Nelson	19-1.25	1974
40	Ben Kearin	19-1.25	2022
41	Rich Campbell	19-1	1974
42	Ryan Kanninen	19-1	1993

FRESHMAN BESTS

1	Dante White	21-7.25	2017
2	Colin Tapper	20-8.75	2023
3	Julien Jean-Pierre	20-4	2013
4	Chris Kroeten	20-1.75	2007
5	Stu Pease	19-9.5	2004
6	Darryl Jackson	19-9	2001
7	Rick Sollie	19-6.5	1987
8	John Taylor	19-6.5	2015
9	Brendan Roath	19-3.5	1997
10	Josh Gillespie	19-3	2012
11	Jack Schulz	19-2	2021
12	Pat Reed	19-1.75	1997
13	Paris Richardson	19-1.5	2002
14	DJ Luby	19-0.25	2004
15	Mueller	18-10	1981
16	Michael Lawrence	18-9.75	2021
17	Adam Kostanecki	18-9.5	2013
18	Anthony Clarke	18-8.5	2012
19	AJ Hiler	18-8.25	2001
20	Kevin Potas	18-8.25	2006
21	Mitchell Walber	18-8	2012
22	Ethan Zeidler	18-7	2009
23	Brett Lehman	18-5	2010
24	Mark Wherry	18-4.5	1995

TRIPLE JUMP

ALL-TIME HONOR ROLL

1	Nick Hedlund	47-0	2020
2	Mike Hesse	45-11.5	1983
3	Brandon Strickland	45-5.75	2012
4	Wesley Jackson	45-1.75	2015
5	Ethan Zeidler	44-4.75	2012
6	Michael Shorter	44-4.25	2014
7	John Taylor	44-4	2017
8	Michael Meadowcroft	44-3	2022
9	Dan Pease	43-9.25	2002
10	Jason Alexander	43-8.5	1990
11	Mike Kromer	43-5.5	1985
12	Chris Kroeten	43-4	2010
13	Scott Quist	43-3.5	2000
14	Haug Scharnowski	43-3.25	1988
15	Cecil Doe	43-3.25	2007
16	Nathan Frantz	43-2	1993
17	Bob Moore	43-0.5	1983
18	Nathanael Agbemadon	43-0.5	2022
19	AJ Hiler	42-9.25	2004
20	Abiye Agbeh	42-4.75	2014
21	Michael Hsu	42-3	1996
22	Julien Jean-Pierre	42-2.25	2015
23	Paris Burrell	42-2	2011
24	Andrew Westermeyer	41-11.25	2023
25	Ben Wambheim	41-11	2009
26	Justin Wilmot	41-10.75	1991
27	Deshawn Cockrell	41-9.75	2017
28	Steve Pederson	41-6.75	1982
29	Ben Zerman	41-5	2005
30	Ben Grosse	41-4	2017
31	Adam Kostanecki	41-3.75	2015
32	Reid Johnson	41-2	1991
33	Brian Bratt	41-1	2006
34	Jackson Miller	41-1	2016
35	Darrin Hebert	41-0.75	1984
36	Chase Ullom	41-0.75	2023
37	Gary Pease	40-11.5	2005
38	Gary Gunlock	40-9.75	1976
39	Paul Spangrud	40-9.5	1980
40	Marty Stovall	40-9.25	1997
41	Tyler Dubbin	40-8.75	2006
42	Jeff Kelly	40-8	1978
43	Alvin Hebert	40-7.5	1988
44	Dante White	40-6	2017
45	Japel Hook	40-4	1992
46	Shadeed Crockett	40-4	2010
47	Ben Hidani	40-3.5	2018
48	Scott Goodfellow	40-3	1977

TRIPLE JUMP SECTION CHAMPIONS

Mike Hesse	1982	43-4.25
Mike Hesse	1983	43-7.5
Mike Hesse	1984	44-10.75
John Taylor	2018	43-8

TRIPLE JUMP STATE MEET PLACERS

Mike Hesse	2 nd	1982	43-10.75
Mike Hesse	3 rd	1983	44-5.5
Mike Hesse	2 nd	1984	45-11.25
Dan Pease	5 th	2002	43-3.5
Brandon Strickland	4 th	2012	44-4.75
Wesley Jackson	8 th	2015	44-0.5

SOPHOMORE & FRESHMAN BESTS

1	Nick Hedlund	44-7.75	2018
2	Brandon Strickland	44-1.25	2010
3	Mike Hesse	43-10.75	1981
4	John Taylor	43-7.75	2016
5	Cecil Doe	43-3.25	2007
6	Abiye Agbeh	41-2.5	2012
7	Tyler Dubbin	40-8.75	2006
8	Chris Kroeten	40-6	2008
9	Brandon Bluford	40-6	2015
10	Dante White	40-6	2017
11	Julien Jean-Pierre	40-5	2013
12	Shadeed Crockett	40-4	2010
13	Reid Johnson	40-3	1990
14	Dan Pease	40-3	2001
15	Ben Grosse	40-3	2014
16	AJ Hiler	40-1	2002
17	Ethan Zeidler	40-0.75	2010
18	Perry Miles	39-11.5	2023
19	Alvin Hebert	39-10	1987
20	Ben Hidani	39-8.5	2017
21	Mike Kromer	39-8	1984
22	Japel Hook	39-6.5	1991
23	Rick Sollie	39-6	1978
24	Ben Wambheim	39-4	2008
25	Adam Kostanecki	39-3.25	2014
26	Gary Pease	39-1.5	2002-03
27	Stu Pease	39-1	2005
28	Brett Lehman	39-1	2010
29	Paul Spangrud	38-10.5	1978
30	Bob Moore	38-10.5	1981
31	Michael Hsu	38-7.75	1994
32	Eric Muras	38-6.5	1993
33	Scott Metcalf	38-6	1977
34	Mark Schlichting	38-4	1994
35	Ben Kearin	38-4	2021
36	Jeff Kelly	37-10.5	1977
37	Tom Preiss	37-5.5	1978

FRESHMAN BESTS

1	Brandon Strickland	41-0.75	2009
2	Dante White	40-6	2017
3	Julien Jean-Pierre	40-5	2013
4	Ben Grosse	40-3	2014
5	Dan Pease	40-2.5	2000
6	Gary Pease	39-1.5	2002
7	Brett Lehman	39-1	2010
8	Stu Pease	38-5.5	2004
9	Ben Kearin	38-4	2021
10	Ethan Zeidler	37-10	2009
11	Ben Wambheim	37-9	2007
12	AJ Hiler	37-7	2001

SHOT PUT

ALL-TIME HONOR ROLL

1	Justin Asher	58-5	1996
2	Steve Wright	58-2.5	1977
3	Mark Mendel	55-10	1983
4	David Klein	54-11	1983
5	Tom Petrie	54-11	2000
6	Dan Sebold	54-8.25	1973
7	Ed Bates	54-4	1964
8	Brian Glomstad	54-2.25	2021
9	Tim Armstrong	53-3.5	1991
10	Rob Bathe	53-3.5	2009
11	Emmanuel Wilson	53-2	2023
12	Chris Ashton	52-2	1996
13	Derek Christenson	50-10.25	2023
14	David Vertin	50-9	1990
15	Jon Charest	50-7.25	2006
16	Luke Hegge	50-6.75	1995
17	Matt Anderson	50-4	2001
18	Marcus Coleman	50-3.75	2003
19	Al Hinze	50-3	1986
20	Ryan Schwerin	49-11	2000
21	Jaxon Nelson	49-10.75	2022
22	Ryan Keup	49-7	2014
23	Mike Trask	49-5.5	1978
24	Rob Hansen	49-3.5	1995
25	Bruce Breth	49-2	1980
26	Tom Peterson	49-0.5	1971

SHOT PUT SECTION CHAMPIONS

Steve Wright	1977	56-6
Justin Asher	1994	53-1
Justin Asher	1995	55-11.5
Justin Asher	1996	54-5
Rob Bathe	2008	50-11
Rob Bathe	2009	52-9
Jac Carver	2018	46-5.75
Brian Glomstad	2021	50-4
Emmanuel Wilson	2023	50-6.5

SHOT PUT STATE MEET PLACERS

Steve Wright	2 nd	1977	58-2.5
Mark Mendel	CHAMPION	1984	55-7
Tim Armstrong	6 th	1991	50-10.5
Justin Asher	4 th	1994	52-1.5
Justin Asher	CHAMPION	1995	57-1.75
Justin Asher	2 nd	1996	56-8.5
Tom Petrie	7 th	2000	51-8
Rob Bathe	6 th	2008	53-0
Rob Bathe	5 th	2009	53-3.5
Brian Glomstad	9 th	2021	49-3.25
Emmanuel Wilson	7 th	2023	52-8.75

SOPHOMORE & FRESHMAN BESTS

1	Justin Asher	53-3.75	1994
2	Chris Ashton	52-2	1996
3	Emmanuel Wilson	50-1.5	2022
4	Mark Mendel	49-6	1981
5	Dan Roscoe	47-7	2001
6	Ryan Schwerin	47-6.5	1998
7	Derek Christenson	46-11	2022
8	Alex King	46-6	2003
9	Jac Carver	46-5.75	2018
10	Jon Charest	46-5	2004
11	Nick Tibesar	46-4.5	1998
12	Rob Bathe	45-11.5	2007
13	Steve Wright	45-4.25	1975
14	Ray Shouse	45-3.75	1984
15	Charles Smith	44-8	2022
16	David Klein	44-7	1981
17	Tom Petrie	44-5	1998
18	Dan Bonneville	44-5	2013
19	Greg Elstad	44-4.25	1984
20	Adam Asher	44-4	1997
21	John Petrie	44-4	2009
22	Rory Nelson	43-7	1993
23	Rob Hansen	43-5	1993
24	Steve Hrakal	43-4.25	1982
25	Mike Trask	42-10.5	1976
26	Tim Armstrong	42-9.5	1989
27	Mike Mortenson	42-7.5	1986
28	Rick Lovisolo	42-6.5	1972

FRESHMAN BESTS

1	Ryan Schwerin	47-6.5	1998
2	Chris Ashton	47-1.25	1995
3	John Petrie	43-4	2008
4	Alex King	42-4	2002
5	Tom Petrie	41-6.5	1997
6	Charles Smith	41-3.5	2021
7	Derek Christenson	41-0	2021
8	Sam Laudner	40-9	2002
9	Grant Olson	40-3	2007
10	Nick Tibesar	39-10	1997
11	Andy Tidwell	39-6.5	1998
12	Brandon Strickland	39-2	2009
13	Nick Swanson	38-11	2013
14	Zack Barker	38-10.5	2013
15	Adam Asher	38-8	1996
16	Jon Charest	38-3.75	2003
17	Rob Bathe	38-3	2006
18	Matt Anderson	38-2.5	1998

DISCUS THROW

ALL-TIME HONOR ROLL

1	Mark Mendel	179-8	1984
2	Justin Asher	176-6	1996
3	Steve Wright	167-3	1977
4	David Klein	163-1	1983
5	Paul Heins	160-9	1974
6	Mark Durfee	159-8	1982
7	David Vertin	156-3	1989
8	Dan Jacobson	156-2	2001
9	Tim Armstrong	155-5	1991
10	Marty Rosol	154-6	1983
11	Mike Ehm	154-5	2009
12	Dan Brunsman	153-0	1971
13	Scott Grill	152-2	1975
14	Dick LaBorde	151-0	1987
15	Charles Smith	150-11	2023
15	Dan Bonneville	150-3	2014
16	Scott Seebart	149-11	1990
17	Al Hinze	149-8	1986
18	Alex Moore	148-10	1996
19	Jack Simon	148-10	2023
20	Bennett Fragomeni	148-8	2019
21	John James	148-7	1981
22	Chris Wagener	148-3	2005
23	Charlton Johnston	145-10	2018
24	Don Holmstrom	145-6	1978
25	Ed Bates	145-3	1963

DISCUS SECTION CHAMPIONS

Dan Brunsman	1971	151-1
Mark Mendel	1983	164-11
Justin Asher	1995	162-11
Justin Asher	1996	176-6
Charlton Johnston	2018	145-10

DISCUS STATE MEET PLACERS

Steve Wright	2 nd	1977	167-3
Mark Mendel	2 nd	1983	160-10
David Klein	3 rd	1983	158-10
Mark Mendel	CHAMPION	1984	176-7
Tim Armstrong	6 th	1991	148-2
Justin Asher	6 th	1994	154-5
Justin Asher	CHAMPION	1995	160-4
Justin Asher	4 th	1996	160-3

SOPHOMORE & FRESHMAN BESTS

1	Justin Asher	170-1	1994
2	Dan Bonneville	144-0	2013
3	Charles Smith	144-0	2022
4	Mark Mendel	143-1	1982
5	Dave Vertin	140-5	1988
6	Derek Christenson	136-2	2022
7	Dan Jacobson	136-1	1999
8	Adam Asher	133-9	1997
9	Luke Peterson	133-1	2009
10	Marty Rosol	130-6	1981
11	Mark Durfee	130-3	1980
12	Steve Forsberg	129-6	1980
13	Zach Mitchem	128-3	2012
14	Steve Wright	127-6	1975
15	Steve Hrkal	125-11	1982
16	Steve Greenway	125-8	1973
17	Mark Madland	125-7	2001
18	Scott Seebart	125-3	1988
19	Nick Tibesar	123-11	1998
20	Rob Bathe	123-10	2007
11	Rory Nelson	123-0	1993
22	Chris Ashton	123-0	1996
23	Chris Wagener	122-6	2002
24	Jack Simon	122-3	2021
25	Jesse Simon	122-0	1991
26	Dan Roscoe	122-0	2001
27	Chris Lindsey	121-8	2008
28	Cole Hermann	120-9 ½	2014
29	Scott Grill	120-9	1973
30	Aleksandr Park	119-10	2010
31	Tim Armstrong	119-4	1989
32	Jack Simon	119-4	2022

FRESHMAN BESTS

1	Dan Bonneville	122-8	2012
2	Chris Wagener	122-6	2002
3	Jack Simon	122-3	2021
4	Dan Jacobson	120-6	1998
5	Charles Smith	119-6	2021
6	Tom Petrie	116-7	1997
7	Tom Hegge	112-4	1998
8	Mitchell Faust	111-11	2014
9	Andrew Tidwell-Neal	109-0	1998
10	Adam Asher	108-2	1996
11	Jon Charest	108-2	2003
12	Mike Giebenhain	105-10	1996
13	Ryan Bathe	105-7	2004
14	Alex King	105-1	2002
15	Zach Mitchem	104-10	2011
16	Ethan Faust	103-0	2012
17	Nick Tibesar	101-11	1997
18	Ben Roscoe	101-3	1998