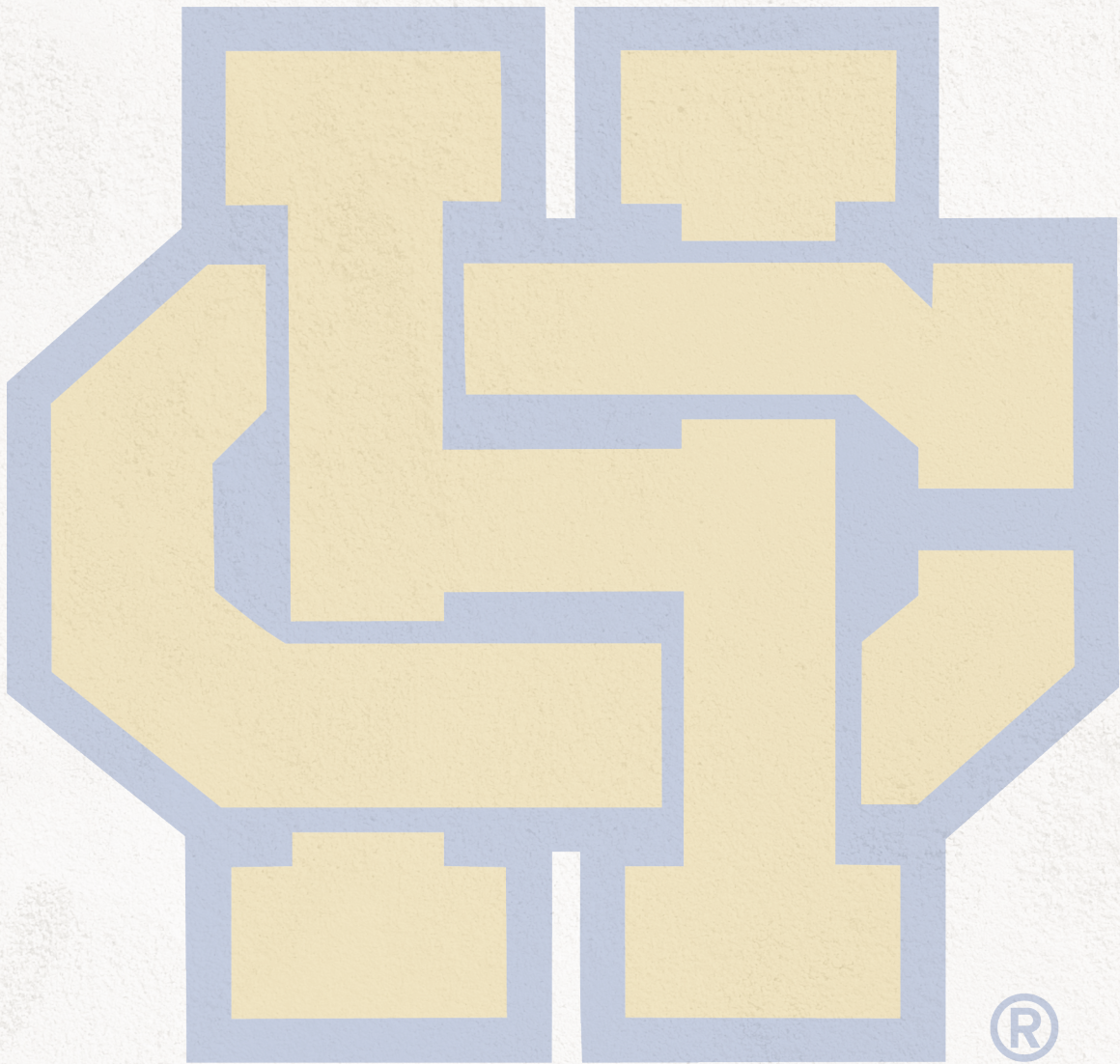


BISHOP HEELAN BOYS TRACK & FIELD GUIDE 2024





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TEAM CHAMPIONSHIPS

City Championships

1974 • 1975 • 1976 • 1977 • 1983 • 1990 • 1991 • 1992 • 1993
1994 • 1995 • 1996 • 1997 • 1998 • 1999 • 2001 • 2002 • 2003 • 2004
2006 • 2008 • 2009 • 2010 • 2011 • 2012 • 2013 • 2014

CYO Championship

1993 • 1994 • 1995 • 1998 • 1999 • 2000 • 2002 • 2004
2007 • 2009 • 2011 • 2012 • 2013 • 2015 • 2019

SIC Championship

(No longer held)

1991 • 1992 • 1993 • 1995 • 1996 • 1997 • 1998

MRAC Championship

2002 • 2007 • 2008 • 2009 • 2011 • 2012 • 2013 • 2014 • 2015

District Championship

1972 • 1975 • 2004 • 2007 • 2009 • 2011 • 2012 • 2014 • 2015

State Runner-Up

1998 • 2004

State Championship

1997 • 2010



2024 BOYS TRACK SCHEDULE

Date	Meet/Location	Competition
3/7	IATC Indoor Meet at Iowa State University	Limited Varsity
3/18	Dan Lennon Invite at University of South Dakota	Limited Varsity
3/22	CYO Meet at Bishop Garrigan	Varsity
3/22	Ruth Marske Invitational at South Dakota State University	Limited Varsity
4/1	Ram Relays at Glenwood	Limited Varsity
4/2	Warrior Relays at Sergeant Bluff	Varsity/Junior Varsity
4/4	Vermillion Athletic Booster Club Invite at University of South Dakota	Varsity
4/8	Crusader Relays at Bishop Heelan	Varsity/Junior Varsity
4/9	SSC JV Meet at South Sioux City	Junior Varsity
4/12	Sioux City Relays at Morningside University	Freshman
4/13	Sioux City Relays at Morningside University	Varsity
4/15	Sergeant Bluff JV Meet at Sergeant Bluff	Junior Varsity
4/16	Sioux Falls Washington Quadrangular Meet at Sioux Falls Washington	Varsity
4/18	East Invite at Morningside University	Varsity
4/23	Lawton Bronson Co-Ed Relays at Lawton	Varsity
4/25	SSC Invite at South Sioux City	Varsity
4/25-4/27	Drake Relays	Qualifiers Only
4/29	Heelan JV Meet at Bishop Heelan	Junior Varsity
5/2	MRAC Meet at Le Mars	Varsity
5/4	Howard Wood Dakota Relays	Qualifiers Only
5/9	3A District Meet	Varsity
5/16-5/18	Iowa High School State Track Meet	Qualifiers Only



2023 VARSITY BOYS BEST PERFORMANCES

Event	Athlete/Athletes	Performance
100m Dash	Sean Schaefer	11.04
200m Dash	Sean Schaefer	22.54
400m Dash	Carson Rose	53.92
800m Run	Eli Otten	2:08.26
1600m Run	Eli Otten	4:46.85
3200m Run	—	—
110m Hurdles	Hunter Wauhob	14.91
400m Hurdles	Quinn Olson	55.98
Long Jump	Sean Schaefer	21-09.75
High Jump	Jaron Bleeker	6-03.00
Shot Put	Carson McInerney	47-11.00
Discus	Carson McInerney	154-07
4x100m Relay	Ricky Feauto • Sean Schaefer Drew Uhl • Kannon Bork	42.99
4x200m Relay	Ricky Feauto • Quinn Olson Drew Uhl • Sean Schaefer	1:32.67
4x400m Relay	James Arlt • Drew Uhl Kannon Bork • Quinn Olson	3:42.55
4x800m Relay	Eli Otten • Karson Fitch Will Bertrand • Ben Walsh	9:03.66
Sprint Medley Relay	Ricky Feauto • Drew Uhl Sean Schaefer • Quinn Olson	1:33.85
Distance Medley Relay	Isaiah Favors • Kannon Bork Talon Sexton • Eli Otten	3:53.92
Shuttle Hurdle Relay - 36 Inches	Lucas LaFleur • Drew Uhl James Arlt • Hunter Wauhob	1:03.05
Weight Man 4x100m Relay	Kasen Thomas • Hayden Overgaard Jacob LaFleur • Carson McInerney	50.10



2023 CHAMPIONSHIP MEET PLACE WINNERS

State Qualifiers

Long Jump

Sean Schaefer

High Jump

Jaron Bleeker

Shot Put

Carson McInerney

Discus

Carson McInerney

200m Dash

Sean Schaefer

110m Hurdles

Hunter Wauhob

400m Hurdles

Quinn Olson

4x100m Relay

Ricky Feauto • Sean Schaefer • Drew Uhl • Kannon Bork

Sprint Medley Relay

Ricky Feauto • Drew Uhl • Sean Schaefer • Quinn Olson

Shuttle Hurdle Relay

Lucas LaFleur • Drew Uhl • James Arlt • Hunter Wauhob

Conference Champions

Long Jump

Sean Schaefer

200m Dash

Sean Schaefer

110m Hurdles

Hunter Wauhob

400m Hurdles

Quinn Olson

4x100m Relay

Ricky Feauto • Sean Schaefer • Drew Uhl • Kannon Bork

Shuttle Hurdle Relay

Lucas LaFleur • Drew Uhl • James Arlt • Hunter Wauhob

State Place Winners

Long Jump

Sean Schaefer • 21-09.75 • 2nd place

High Jump

Jaron Bleeker • 6-03.00 • 3rd place

400m Hurdles

Quinn Olson • 55.98 • 8th place

Sprint Medley Relay

Ricky Feauto • Drew Uhl • Sean Schaefer • Quinn Olson
1:33.85 • 5th place



BISHOP HEELAN POINT SCORERS 2023

Seniors

Eli Otten (73.25)
Lucas LaFleur (6.50)

Juniors

Sean Schaefer (162.50)
Drew Uhl (98.50)
Quinn Olson (80.00)
Jaron Bleeker (69.75)
Kannon Bork (46.25)
Ricky Feauto (37.00)
Isaiah Favors (25.25)
Tiarus Slanger (12.50)

Sophomores

Carson McInerney (127.00)
Hunter Wauhob (119.25)
James Arlt (73.50)
Carson Rose (39.25)
Bill Macharia (17.75)
Fisher Uhl (17.50)
Karson Fitch (16.00)
Will Pattee (9.25)
Colton Barker (1.25)
James Donovan (0.50)

Freshman

Talon Sexton (8.75)
Kasen Thomas (5.00)
Tommy Pattee (4.75)
Ben Walsh (4.00)
Will Bertrand (2.75)
CJ Rooney (0.50)
Caden Lester (0.25)

Top All Time Scorers (Single Season)

- | | |
|------------------------------|------|
| 1. Aidan Kuehl (177.00) | 2022 |
| 2. Sean Schaefer (162.50) | 2023 |
| 3. Carson McInerney (127.00) | 2023 |
| 4. Hunter Wauhob (119.25) | 2023 |
| 5. Conner Ritz (99.00) | 2023 |

Tracked Since 2015



SCHOOL HISTORY

Bishop Heelan High School History

Doors to the high school were opened on September 15th, 1949, which carried over the rich history and pride given by Cathedral High School for girls and Trinity High School for boys. The 1949-50 enrollment consisted of 142 seniors, 142 juniors, 192 sophomores, and 194 freshmen. The first city meet championship Bishop Heelan boys won was in 1955.



All-Time Bishop Heelan Head Track Coaches

1950-1952	Ed Simonich
1953-1956	Steve Garbier
1957-1965	Julius Shkurensky
1966-1968	Don Fleming
1969-1974	Joe Determan
1975-1979	Ken Heying
1980-1987	Brendan Burchard
1988-1998	Dave Fravel
1999-2005	Terry Comstock
2006-2018	Don Oberle
2019-2021	Chad Moseman
2022-Present	Shaun Ryan • Matt LaFleur

BOYS TRACK EXPECTATIONS

Some athletes will be competing in track because they love it and others may be out just to get better for other sports. Our goal is to provide a great experience for both. While track can be considered an individual sport, our focus is still the TEAM. The following information provides expectations for the team.

Attendance - For us to be successful, student-athletes are expected at every meet and practice (on time). Schedules are set and published well in advance. Attendance will be taken at each practice. Student-athletes are expected to schedule work accordingly. Unexcused absences will result in missing meets and/or dismissal.

Excused - An absence is considered excused if :

- The student-athlete is ill and absent from school.
- The student-athlete has an unavoidable and previously arranged reason.
- A coach must be notified by the athlete/parent beforehand to be excused.

Unexcused - Any other absence will be considered unexcused.

Detentions - Athletes will serve detention and report directly to a coach, regardless of time.

School Work - While school is important, so is attendance at practice. When possible, make plans to meet with teachers at a time that does not conflict with practice. (before school) If this is not a possibility, the athlete must have a school pass signed by the teacher, with a date, time and name of the student.

Expectations:

1. Be on time (Be dressed and ready 10 minutes before start time)
If you are going to be late or absent YOU must inform a coach BEFORE.
2. Be coachable- When a coach is speaking, no one else is. Learn to accept criticism.
3. Be responsible for YOUR equipment. You must turn in what is issued to you. Jersey/Coat ##s
- ONLY coaches are allowed in the equipment room.
4. Be prepared for cold weather. Practice locations/time can change at anytime. Dress in layers with sweat tops and pants on days when the temperature falls below 60 degrees.
5. Injured athletes are expected to be at practice, unless involved in rehabilitation.
- See the trainer BEFORE a doctor or a chiropractor!!!
6. No School, No Practice (or meet)

Meets/Travel/Locker Room

1. Meet lineups will be made with the best interest of the team in mind. For example, when determining line-ups, athletes may not always get to run the event they want. Sometimes, the four fastest runners may not be on the same relay. Meet line-ups are created with the team and meet points in mind.
2. Locker room/team camps will be neat at all times, at home and on the road. Be an example.
3. At meets, athletes are expected to stay with the team until the entire meet is completed.
4. Athletes will travel with the team to away meets. A written note/text is required to go home with your parents. (Not someone else)
5. appropriate language, behavior, bullying will not be tolerated.
6. REMEMBER, YOU REPRESENT HEELAN AT ALL TIMES.



VARSITY LETTER REQUIREMENTS

Letter Award Requirements

- I. Minimum requirements for all award candidates:
 - a. Attend practice regularly.
 - b. Care and return of all equipment.
 - c. Contribute to overall welfare and attitude of the team.
 - d. Adhere to the guidelines established for all team members.
 - e. Participate in meets, practices, and other team functions.
 - f. Setting up camp and then clean up after the meet.

- II. An athlete may win a letter award by meeting any one of the requirements:
 - a. Scoring team points in the MRAC or District Track Meet.
 - b. Qualifying for the State Track Meet.
 - c. Becoming on of the top 10 all time performances at Heelan.
 - d. Break or tie an existing school record.
 - e. Compile an average score of 15 or more points in all varsity meets.
 - f. Being an active participant throughout all four years.
 - g. Can be chosen at the coach's discretion based on overall performance and contribution to the team.





CRUSADERS BISHOP HEELAN



IOWA HIGH SCHOOL TRACK & FIELD HISTORY

BY BUD LEGG, IAHSAA

The boy's first state track meet was May 19th, 1906, at Iowa Field in Iowa City for the inaugural State Track Championships conducted by the Iowa High School Athletic Association. Thus, the first ever state sports high school championship was sanctioned by the IHSAA.

Iowa went metric in running events in 1978. The inclusive dates for comparable events ran in yards are as follows: 100 yd. dash, 220 yd. dash, 440 yd., 880 yd. run, mile run, and 120 yd. high hurdles: 1906-1977 each; two-mile relay, 1935-1977 each. The field events of shot put, discus, long jump, and high jump have been contested from 1906 to the present. The 400-meter hurdles started in 1979. Discontinued running and field events from state competition include the hammer, 1906-1910, javelin, 1927-1941, football throw, 1942-1963, and pole vault (1989). Low hurdle distances were run at 220 yd., 200 yd., 180 yd., and in 1977 to 165 meters. A year later the 400-meter low hurdles were added.

A big factor in the growth of the sport was classification based on school enrollment. In 1948 the single class championship became two classes before moving to four in 1953. Events have changed too. The first meets had just two relays – the 880 yd. relay and mile relay. In 1935, the 440-yard, two mile, and mile medley relays were added, and in 2007 the shuttle hurdle relay debuted. In 2009, the hurdle heights in shuttle hurdle were changed from 30 in. to 33 in., and in 2019 the hurdle heights of the shuttle hurdle were again changed to the current height of 36 in. Another relay was added in 2017 with the Sprint Medley Relay.



MRAC BOYS TRACK HISTORY



YEAR	SCHOOL	SCORE	COACH
2001	C.B. Abraham Lincoln	102.5	Jeff Novotny
2002	Sioux City Heelan	151	Terry Comstock
2003	Sioux City West	88	Rick Berthelsen
2004	C.B. Abraham Lincoln	119	Bart Witte
2005	C.B. Abraham Lincoln	141	Bart Witte
2006	C.B. Abraham Lincoln	155	Bart Witte
2007	Sioux City Heelan	145	Don Oberle
2008	Sioux City Heelan	151	Don Oberle
2009	Sioux City Heelan	152	Don Oberle
2010	C.B. Abraham Lincoln	119	Bart Witte
2011	Sioux City Heelan	119	Don Oberle
2012	Sioux City Heelan	155	Don Oberle
2013	Sioux City Heelan	152	Don Oberle
2014	Sioux City Heelan	146	Don Oberle
2015	Sioux City Heelan	118	Don Oberle
2016	Sergeant Bluff-Luton	120	Terry Pomerence
2017	Sergeant Bluff-Luton	168	Terry Pomerence
2018	Sergeant Bluff-Luton	178	Monte Larsen
2019	Sergeant Bluff-Luton	171	Monte Larsen
2020	SEASON CANCELED DUE TO COVID-19		
2021	Sioux City North	143.75	Erv Whitehead
2022	Le Mars	169	Caleb Van Otterloo
2023	Sioux City East	159	Rick Clarahan



<u>2001 at Memorial</u>	<u>SCORE</u>	<u>2007 at Olsen</u>	<u>SCORE</u>	<u>2013 at Olsen</u>	<u>SCORE</u>	<u>2018 at Memorial</u>	<u>SCORE</u>
Abraham Lincoln	102.5	Heelan	145	Heelan	152	Sergeant Bluff-Luton	178
Heelan	92	Thomas Jefferson	134	Abraham Lincoln	124	East	81
West	78	North	98	East	80	Abraham Lincoln	76
Thomas Jefferson	68	Abraham Lincoln	70	Thomas Jefferson	67	Thomas Jefferson	70
North	56.5	East	65	West	66	North	68
East	40	West	40	North	48	Heelan	66
				Sergeant Bluff-Luton	18	West	19
<u>2002 at Roberts</u>	<u>SCORE</u>	<u>2008 at Olsen</u>	<u>SCORE</u>	<u>2014 at Olsen</u>	<u>SCORE</u>	<u>2019 at SBL</u>	<u>SCORE</u>
Heelan	151	Heelan	151	Heelan	146	Sergeant Bluff-Luton	171
East	105	Thomas Jefferson	124	East	105	Heelan	105
Abraham Lincoln	73.5	North	80	Thomas Jefferson	98	East	102
Thomas Jefferson	69	Abraham Lincoln	80	Sergeant Bluff-Luton	70	North	93
North	64	East	77	North	54	Abraham Lincoln	54
West	59.5	West	39	Abraham Lincoln	48	Thomas Jefferson	42
				West	32	West	19
<u>2003 at C.B. Stadium</u>	<u>SCORE</u>	<u>2009 at Olsen</u>	<u>SCORE</u>	<u>2015 at Olsen</u>	<u>SCORE</u>	<u>2020</u>	<u>SCORE</u>
West	88	Heelan	152	Heelan	118	Season Canceled	
Thomas Jefferson	87	Abraham Lincoln	135	North	114		
Heelan	82	Thomas Jefferson	87.5	East	84	<u>2021 at Olsen</u>	<u>SCORE</u>
North	69	West	73	Thomas Jefferson	83	North	143.75
Abraham Lincoln	54	East	61	Sergeant Bluff-Luton	81	Le Mars	133.75
East	34	North	41.5	Abraham Lincoln	48	East	76.75
				West	25	Heelan	75
<u>2004 at C.B. Stadium</u>	<u>SCORE</u>	<u>2010 at Glenwood</u>	<u>SCORE</u>	<u>2016 at Olsen</u>	<u>SCORE</u>	Sergeant Bluff	67.75
Abraham Lincoln	119	Abraham Lincoln	119	Sergeant Bluff-Luton	120	Abraham Lincoln	39
Heelan	88.5	Thomas Jefferson	106	North	118	West	29
North	80.5	Heelan	103	East	116	Thomas Jefferson	14
West	66.5	East	99	Thomas Jefferson	101	<u>2022 at Council Bluffs</u>	<u>SCORE</u>
East	47	West	76	Heelan	49	Le Mars	169
Thomas Jefferson	41.5	North	49	West	37	North	146
				Abraham Lincoln	10	Heelan	107
<u>2005 at Memorial</u>	<u>SCORE</u>	<u>2011 at Olsen</u>	<u>SCORE</u>	<u>2017 at Council Bluffs</u>	<u>SCORE</u>	Sergeant Bluff-Luton	90
Abraham Lincoln	141	Heelan	119	Sergeant Bluff-Luton	168	West	90
Thomas Jefferson	127	West	88	North	105	Abraham Lincoln	54
West	76.5	Thomas Jefferson	86	East	96	Thomas Jefferson	42
North	57.5	North	86	Heelan	79	West	41
East	57	Abraham Lincoln	77	Thomas Jefferson	77	<u>2023 at Memorial Field</u>	<u>SCORE</u>
Heelan	33	East	53	West	50	East	159
		Sergeant Bluff-Luton	47	Abraham Lincoln	14	Le Mars	134
<u>2006 at C.B. Stadium</u>	<u>SCORE</u>	<u>2012 at Olsen</u>	<u>SCORE</u>			Heelan	132.5
Abraham Lincoln	155	Heelan	155			North	108
Thomas Jefferson	127	Abraham Lincoln	113			Sergeant Bluff-Luton	96
North	98	West	78			West	54.5
Abraham Lincoln	70	East	66			Abraham Lincoln	33
East	65	Thomas Jefferson	53			Thomas Jefferson	14
West	40	North	48				
		Sergeant Bluff-Luton	40				

BOYS MRAC INDIVIDUAL CHAMPIONS

Individual	Event	Time/Distance	Year	Individual	Event	Time/Distance	Year
Brett Engle	Discus	142-01	2001	Tommy Thelen	3200 Meter Run	10:50.44	2011
Paul Yaneff	High Jump	6-07.00	2002	Michael Malloy	400 Meter Dash	48.91	2011
Eric Beaver	Discus	149-09	2002	Zach Skibinski	Discus	138-07	2012
Billy Mousel	400 Meter Dash	50.74	2002	Alec DeVries	3200 Meter Run	10:16.09	2012
Ryan Block	800 Meter Run	1:59.41	2002	Alec Pavone	1600 Meter Run	4:38.04	2012
Brett Engle	Discus	160-09	2003	Louis Noel	High Jump	5-10.00	2013
Nick Murphy	3200 Meter Run	10:20.58	2003	Tommy Thelen	3200 Meter Run	10:35.47	2013
Nick Murphy	1600 Meter Run	4:36.39	2003	Alec Pavone	1600 Meter Run	4:41.42	2013
Nick Murphy	800 Meter Run	2:02.40	2003	Alec Pavone	3200 Meter Run	10:03.51	2014
Nick Chicoine	400 Meter Dash	50.21	2003	Alec Pavone	1600 Meter Run	4:42.28	2014
Billy Mousel	400 Meter Dash	49.58	2004	Louis Noel	110 Meter Hurdles	16.45	2014
Billy Mousel	200 Meter Dash	22.18	2004	Odessa Clark	Long Jump	21-04.50	2015
Adam Vondrak	Discus	146-04	2006	Alec Pavone	3200 Meter Run	10:22.48	2015
Nate McKewon	3200 Meter Run	10:13.97	2007	Odessa Clark	Long Jump	21-01.75	2016
Anthony Oberle	1600 Meter Run	4:37.32	2007	Connor Ritz	3200 Meter Run	10:22.39	2016
Brandon Wegher	100 Meter Dash	11.05	2007	Eli Mollet	Discus	162-02	2018
Brandon Wegher	200 Meter Dash	22.69	2007	Kobe Clayborne	Shot Put	50-04.00	2018
Chris Calvillo	400 Meter Dash	51.62	2007	Kobe Clayborne	Shot Put	51-11.50	2019
Brennan Coughill	Shot Put	50-03.50	2008	Aidan Kuehl	Long Jump	21-01.50	2021
Nate McKewon	3200 Meter Run	10:32.84	2008	Aidan Kuehl	Long Jump	21-03.50	2022
Preston Ives	100 Meter Dash	11.71	2008	Aidan Kuehl	100 Meter Dash	11.38	2022
Kyle Poss	800 Meter Run	1:59.57	2008	Sean Schaefer	Long Jump	20-11.25	2023
Brennan Coughill	Shot Put	53-11.50	2009	Sean Schaefer	200 Meter Dash	22.68	2023
Justin Baker	Discus	152-01	2009	Hunter Wauhob	110 Meter Hurdles	15.47	2023
Brendan Dougherty	400 Meter Dash	49.50	2009	Quinn Olson	400 Meter Hurdles	56.98	2023
Christopher Rickert	800 Meter Run	2:02.00	2009				
Justin Baker	Discus	173-05.50	2010				
Preston Ives	400 Meter Dash	50.12	2010				
Matt Lord	800 Meter Run	2:01.80	2010				
Justin Baker	Shot Put	56-11.00	2011				
Justin Baker	Discus	168-08.50	2011				



BOYS MRAC RELAY CHAMPIONS

Relay	Time	Year	Relay	Time	Year
4x800 Meter Relay Ryan Block • Chester Alcaraz • Mike Maxey • Dan Rosauer	8:19.05	2001	1600 Meter Medley Relay Nick Bousquet • Manny Alcarez • Clayton Bengford • Alec DeVries	3:43.70	2012
4x800 Meter Relay Dustin Jones • Dan Rosauer • Mike Maxey • Ryan Block	8:23.28	2002	4x400 Meter Relay Roland Henry • Tony Tobin • Philip Jacobson • Paul Jacobson	3:27.17	2012
4x200 Meter Relay Luke Roder • Pete Johnson • Joe Curran • Nick Chicoine	1:31.70	2004	4x800 Meter Relay Blake Bogenrief • Jake DeJong • Ben Eastman • Alec DeVries	8:26.06	2013
1600 Meter Medley Relay Pete Johnson • Joe Curran • Nick Chicoine • Nick Murphy	3:40.81	2004	1600 Meter Medley Relay Brady Mayo • Shane Graves • John Pithan • Ben Eastman	3:48.18	2013
1600 Meter Medley Relay Preston Ives • Ben Rickord • Chris Cavillo • Matt Lord	3:46.96	2007	4x400 Meter Relay Blake Bogenrief • Tony Tobin • Jake DeJong • Philip Jacobson	3:30.28	2013
4x800 Meter Relay Matt Lord • Christopher Rickert • Matt Casey • Kyle Poss	8:15.43	2008	4x400 Meter Relay Joe Kayl • Tony Tobin • Jake DeJong • Philip Jacobson	3:31.69	2014
4x800 Meter Relay Nate Berger • Matt Skaggs • Matt Casey • Christopher Rickert	8:27.76	2009	4x100 Meter Relay Keyontre Clark • Aidan Kuehl • DeVionne West • Liam Cleary	44.20	2021
1600 Meter Medley Relay Kyle Kinney • Mitch MacGregor • Matt Casey • Matt Lord	3:43.87	2009	4x200 Meter Relay Ricky Feauto • Liam Cleary • Aidan Kuehl • Kannon Bork	1:32.57	2022
4x400 Meter Relay Matt Skaggs • Matt Casey • Nate Berger • Preston Ives	3:28.31	2009	4x100 Meter Relay Ricky Feauto • Sean Schaefer • Drew Uhl • Kannon Bork	43.13	2023
4x800 Meter Relay Adolfo Arenas • Jake DeJong • Ben Eastman • Blake Bogenrief	8:26.54	2012	4x110 Meter Shuttle Hurdle Relay - 36 Inches Lucas LaFleur • James Arlt • Drew Uhl • Hunter Wauhob	1:03.80	2023
4x110 Meter Shuttle Hurdle Relay - 33 Inches Tony Myers • Court MacGregor • Dane Hickman • Nick Sawin	1:00.68	2012			



SIC CONFERENCE CHAMPIONS

Individual	Event	Time/Distance	Year
John Kayl	100 Meter Dash	10.99	1998
John Kayl	200 Meter Dash	21.65	1998
Dan Clayton	Long Jump	20-07.25	1998
Ben LaFleur	Discus	169-05	1998
Jason Cheever	Shot Put	55-00.50	1997
Ryan Godfrey	200 Meter Dash	22.30	1996
Jason Cheever	Shot Put	52-04.50	1996
Russ Albenesius	Discus	149-10	1996
Chad Heying	400 Meter Dash	49.78	1995
Troy Schulte	Long Jump	20-10.00	1995
Russ Albenesius	Discus	158-10	1995
Jason Silva	800 Meter Run	2:01.60	1994
Chris Rooney	Shot Put	53-05.00	1994
Matt Campbell	200 Meter Dash	23.05	1993
Jon LaFleur	Shot Put	56-06.00	1993
Shawn Mansfield	400 Meter Dash	51.26	1992
Jon LaFleur	Shot Put	53-06.00	1992
Matt LaFleur	Discus	156-03	1992
Noel Maxey	800 Meter Run	2:02.61	1991
Nick Harrington	300 Meter Hurdles	38.78	1991
Jim Masteller	Triple Jump	40-10.00	1991
Mickey Verzani	Shot Put	51-06.75	1991
Pat Harrington	110 Meter Hurdles	14.80	1990
Jasen Heaton	High Jump	6-02.00	1990
Brent Olson	110 Meter Hurdles	14.27	1989
Paul Dacres	Shot Put	52-11.25	1989
Pat Kudrna	Shot Put	50-05.25	1987
Greg McCarthy	Discus	147-09.50	1985
Todd McCauley	300 Meter Hurdles	39.86	1983
Bobby Soule	800 Meter Run	2:00.30	1983
Bobby Soule	1600 Meter Run	4:30.80	1983
Bobby Soule	800 Meter Run	1:58.00	1982
Bobby Soule	1600 Meter Run	4:29.50	1982
Tim Iverson	400 Meter Dash	51.18	1981
Doug O'Brien	3200 Meter Run	9:39.29	1981
Tim Iverson	400 Meter Dash	50.70	1980
Wally Emerson	Discus	157-03	1980
Tim Russell	3200 Meter Run	9:43.20	1979
Chris Iverson	440 Yard Dash	50.8	1977
Jim McCauley	One Mile Run	4:26.0	1977
Bob Smith	Two Mile Run	9:30.3	1977
Dan McClure	Pole Vault	13-06.00	1977
Tom Sweeney	High Jump	6-06.00	1977
Jim McCauley	One Mile Run	4:32.3	1976
Dan McClure	Pole Vault	13-06.00	1976
Scott Mead	180 Yard Low Hurdles	19.7	1975
John Hager	Discus	150-01	1975



Relay	Time	Year	Relay	Time	Year
<u>4x200 Meter Relay</u>	1:30.47	1998	<u>1600 Meter Medley Relay</u>	3:40.90	1989
Nick McInerney • Jeff Florke • Noah Johnson • Adam Kuehl			Dick Kennedy • Chad Streeter • Brent Olson • Jess Aesoph		
<u>1600 Meter Medley Relay</u>	3:44.26	1997	<u>4x800 Meter Relay</u>	8:13.25	1989
John Kayl • Adam Kuehl • Jeff Florke • John Klein			Jess Aesoph • Tony Heer • Jasen Heaton • Shane Fitzpatrick		
<u>4x400 Meter Relay</u>	3:23.16	1995	<u>1600 Meter Medley Relay</u>	3:41.77	1988
Chad Heying • Jason Potter • Troy Schulte • Kirk Chamberlain			Dick Kennedy • Chad Streeter • Brent Olson • Jess Aesoph		
<u>1600 Meter Medley Relay</u>	3:41.83	1995	<u>1600 Meter Medley Relay</u>	3:42.20	1986
Ryan Godfrey • Kelsey Young • Aaron Sokolowski • Chad Weatherly			John Greunisen • Jeff Langley • Jim O'Keefe • Dennis Coon		
<u>4x400 Meter Relay</u>	3:22.90	1994	<u>1600 Meter Medley Relay</u>	3:39.94	1983
Matt Campbell • Jason Potter • Kirk Chamberlain • Chad Heying			Jim Weyer • Doug Skinner • Steve Moran • Doug Birdsell		
<u>4x800 Meter Relay</u>	8:15.10	1994	<u>4x800 Meter Relay</u>	8:05.97	1983
Jason Silva • Pete Masteller • Craig Moody • Mike Kramer			Steve Moran • Bart Brown • Doug Birdsell • Bobby Soule		
<u>1600 Meter Medley Relay</u>	3:37.74	1993	<u>1600 Meter Medley Relay</u>	3:40.70	1982
Oliver Fenceroy • Kelsey Young • Chad Holden • Noel Maxey			Dan Feltz • Tim Graves • Steve Moran • Doug Birdsell		
<u>4x800 Meter Relay</u>	8:13.58	1993	<u>1600 Meter Medley Relay</u>	3:43.80	1979
Craig Moody • Mike Kramer • Pete Masteller • John Kennedy			Ed Mahan • Jim Ingram • Tim Iverson • Tim Russell		
<u>4x400 Meter Relay</u>	3:27.17	1992	<u>Distance Medley Relay</u>	3:41.01 *(3:42.3)	1977
John Kennedy • Ben Kirwan • Shawn Mansfield • Nick Harrington			Dan Green • Thad Cosgrove • Randy Norby • Jim McCauley		
<u>4x800 Meter Relay</u>	8:17.96	1992	<u>Distance Medley Relay</u>	3:40.71 *(3:42.0)	1976
John Kennedy • Shawn Mansfield • Craig Moody • Noel Maxey			Thad Cosgrove • Tony Dicus • John Ross • Jim McCauley		
<u>4x400 Meter Relay</u>	3:28.21	1991	<u>Distance Medley Relay</u>	3:36.04 *(3:37.3)	1975
Nick Harrington • Shawn Mansfield • John Kennedy • Travis Heaton			Chris Iverson • Joe Uran • Mike Mahan • Dan O'Brien		
<u>4x100 Meter Relay</u>	43.62	1991	<u>Two Mile Relay</u>	8:05.37 *(8:08.2)	1975
Derek Brand • Jeff Kennedy • Chad Streeter • Kelly Connors			Mike Malone • Tom Pylelo • Mark Morin • Mike Rickord		
<u>4x200 Meter Relay</u>	1:31.24	1991	<u>Distance Medley Relay</u>	3:33.95 *(3:35.2)	1973
Derek Brand • Jeff Kennedy • Chad Streeter • Kelly Connors			Doug Franco • Tony Wiltgen • Don Charlson • Chuck Berger		

*Times in parentheses at right are actual clockings for events run in yards.





DRAKE RELAYS HISTORY

The Drake Relays, initiated in 1910 at Drake University in Des Moines, Iowa, hold a distinguished status as one of the oldest and most revered track and field competitions in the United States. The first meet drew just 100 spectators and 82 athletes, all from Des Moines-area colleges and high schools. The second year attendance grew to 250 athletes and a crowd of some 500 spectators. In 1914, the Relays saw its first world record set.

By 1922, the Relays had expanded to two

days and drew 10,000 fans, becoming the first major track and field event broadcast on radio. For the 1926 Relays, Drake Stadium was built on the site of the prior host, Haskins Field.

Conceived by Bob G. Spaulding, the director of athletics at Drake University, the event was originally centered on relay races, garnering acclaim for its competitive rigor. Over the years, the relays broadened their scope to encompass a diverse range of track and field events, attracting top collegiate and high school athletes from across the nation. Drake Relays earned recognition for hosting legendary athletes and serving as the stage for the establishment of numerous records that have become integral to the history of track and field. Hundreds of Olympic gold medalists have competed at Drake Stadium including Caitlyn Jenner, Michael Johnson, Carl Lewis, Jesse Owens, Wilma Rudolph, Frank Shorter, Gwen Torrence, and Jeremy Wariner. Hundreds more Drake Relays competitors have gone onto compete in the Olympic Games, including 113 at the 2012 Olympic Games.

Drake Stadium, the venue for the relays, is a modern and historic facility that has played a pivotal role in the event's success. Opened in 1925, the 14,557-seat stadium and its famous blue oval have hosted the Relays since 1926. Equipped with state-of-the-art features, the stadium provides an optimal setting for athletes to showcase their skills, and its atmosphere resonates with the cheers of engaged spectators. The relays have transcended being solely a competition, embodying a spirited community ethos that draws fans locally and beyond.

Continuing to captivate the track and field community, the Drake Relays maintain their prominence on the athletic calendar. The event's adaptability to contemporary trends while preserving its historical significance underscores its enduring appeal. Athletes, ranging from emerging talents to established stars, converge on Drake Stadium annually, aspiring to etch their names alongside the greats who have left an indelible mark on this venerable competition. The Drake Relays, with their rich history, inclusive atmosphere, and commitment to excellence, persist as a cornerstone for track and field enthusiasts and a celebration of the sport's enduring legacy.



DRAKE MEDALISTS - INDIVIDUAL

Event	Year	Athlete	Performance	Place
100 Yard Dash	1961	Creighton Fleming	10.1	3rd Place
Long Jump	1966	Jim Shaffer	22-01.00	2nd Place
High Jump	1966	Darold Nellist	5-11.00	5th Place
100 Yard Dash	1972	Eugene Mollet	10.1	1st Place
One Mile Run	1972	Tom Schoberg	4:15.0	3rd Place
One Mile Run	1973	Chuck Berger	4:19.9	2nd Place
One Mile Run	1975	Dan O'Brien	4:19.6	2nd Place
One Mile Run	1977	Jim McCauley	4:16.43	2nd Place
Two Mile Run	1977	Bob Smith	9:23.23	6th Place
400 Meter Hurdles	1979	Tom Sweeney	54.61	3rd Place
1600 Meter Run	1981	Doug O'Brien	4:23.49	6th Place
1600 Meter Run	1982	Bobby Soule	4:25.20	3rd Place
1600 Meter Run	1983	Bobby Soule	4:19.39	2nd Place
High Jump	1986	Mike Graves	6-05.00	5th Place
110 Meter Hurdles	1989	Brent Olson	15.23	4th Place
110 Meter Hurdles	1990	Pat Harrington	15.26	5th Place
Discus	1992	Matt LaFleur	154-07	6th Place
Shot Put	1993	Jon LaFleur	55-11.00	2nd Place
Shot Put	1994	Chris Rooney	52-08.50	2nd Place
Shot Put	1997	Jason Cheever	53-08.00	2nd Place
Discus	1997	Jason Cheever	147-04	6th Place
100 Meter Dash	2008	Brandon Wegher	10.92	2nd Place
Shot Put	2011	Justin Baker	53-11.50	5th Place
Discus	2011	Justin Baker	165-07	3rd Place
100 Meter Dash	2013	Zack Skibinski	11.41	1st Place
Long Jump	2014	Tyler Cropley	21-07.50	5th Place



DRAKE MEDALISTS - RELAYS

Quarter Mile Relay

Dennis Conway • Dennis Walker • Bob Reyes • Creighton Fleming

Performance

44.6

Place

5th Place

Year

1961

One Mile Relay

Leo LaPlante • Tom Aldrich • Bill Shanahan • Dennis Walker

3:32.8

5th Place

1963

Tom Aldrich • Roger Menke • Leon Popevis • William Shanahan

3:27.1

4th Place

1964

Pat Ross • Lynn Hinrichsen • Kevin Kirwan • Eugene Mollet

3:26.9

5th Place

1972

Two Mile Relay

Mike Feisel • Jim Lichty • Chuck Berger • Tom Schoberg

8:07.2

5th Place

1972

Tom Pylelo • Dan O'Brien • Mark Morin • Mike Rickord

8:02.4

4th Place

1975

4x100 Meter Relay

Ryan Godfrey • Kelsey Young • Jay Peterson • Matt Campbell

44.66

6th Place

1994

4x200 Meter Relay

Chad Heying • Jay Peterson • Matt Campbell • Kelsey Young

1:30.46

3rd Place

1994

Chad Heying • Jason Potter • Kirk Chamberlain • Kelsey Young

1:30.62

3rd Place

1995

John Kayl • Noah Johnson • Jeff Florke • Nick McInerney

1:30.46

4th Place

1998

Tim Keane • Nate Berger • Michael Malloy • Preston Ives

1:29.63

4th Place

2010

4x400 Meter Relay

Jason Potter • Matt Campbell • Kirk Chamberlain • Chad Heying

3:26.49

2nd Place

1994

Kelsey Young • Jason Potter • Kirk Chamberlain • Chad Heying

3:24.96

3rd Place

1995

Nick McInerney • Troy Schulte • Adam Kuehl • Josh Otto

3:24.38

5th Place

1997

Adam Kuehl • John Kayl • Jeff Florke • Nick McInerney

3:22.27

2nd Place

1998

4x800 Meter Relay

Steve Moran • Bart Brown • Doug Birdsell • Bobby Soule

8:00.88

2nd Place

1983

Eric Potter • Peter Masteller • Jason Silva • Mike Dramer

8:01.83

3rd Place

1994

Tom Karpuk • John Berger • Justin Funk • Adam Kuehl

8:05.32

4th Place

1999

Nick Murphy • Dan Rosauer • Dustin Jones • Ryan Block

8:12.85

6th Place

2002

Nate Berger • Matt Lord • Matt Casey • Christopher Rickert

8:07.16

5th Place

2009

Distance Medley Relay

Russ Bizzett • Ken Schlezes • Mike Ross • Frank Johnson

3:39.5

6th Place

1969

Doug Frano • Don Charlson • Pat Ross • Chuck Berger

3:36.6

3rd Place

1973

Joe Uran • Pat O'Gara • Mike Mahan • Mike Rickord

3:36.4

6th Place

1974

Chris Iverson • Tony Dicus • John Ross • Jim McCauley

3:32.35

2nd Place

1976

Matt Campbell • Rob Hutchinson • Chad Heying • John Kennedy

3:38.56

6th Place

1993

Ryan Godfrey • Kelsey Young • Kirk Chamberlain • Jason Potter

3:35.63

5th Place

1995

Preston Ives • Nate Berger • Michael Malloy • Matt Lord

3:32.01

3rd Place

2010



High school track and field in the state of Iowa has a storied history that dates back to the early 20th century. The first boys' state meet in track and field was held in 1906; the event marked the first of what would become the nation's largest co-ed state meet. Track and field was sanctioned by the IHSAA before any others, and after more than 100 years of action, the sport easily remains Iowa's biggest high school spring activity. The co-ed state meet is held with the IGHSAU at Drake Stadium in Des Moines each year. The venue has witnessed the rise of numerous notable athletes who have left indelible marks on the sport, with their records becoming integral chapters in the event's storied history.

STATE TRACK MEET HISTORY

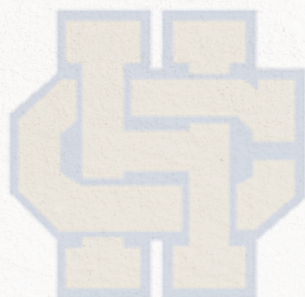
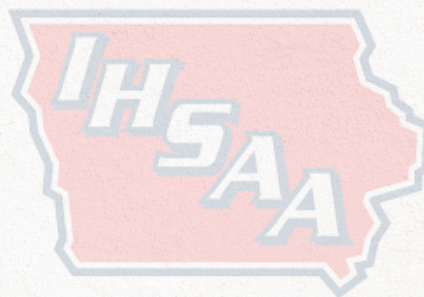
In 1923, the University of Iowa invited high schools from the Midwest states to compete with Iowa high school athletes. In 1930, the IHSAA Board of Control signed an agreement with the university that beginning in 1931, the state meet would be Iowa high schools only and be the certified state meet. There was no meet held in 1943 to 1945 due to rationing during World War II and the meet was cancelled due to weather in 1970. The final meet was held in 1972. Bishop Heelan has two champions in 1963. Dennis Walker won the 440 yd dash in 50.9 seconds and in 1972 Eugene Mollet won the 50 yd dash in 5.5 seconds.



Over the years, the championships have grown in size and significance, evolving into a showcase of the state's top young athletes and their prowess in a wide range of track and field events. The historic Drake Stadium in Des Moines has often served as the hallowed ground for these competitions, providing a stage where records are broken, and rivalries unfold. In 2023, the Iowa High School State Track meet attendance record was broken, hosting 40,567 people over the three day weekend. The championships have not only been a breeding ground for future stars but also a source of community pride, drawing enthusiastic support from families, schools, and local communities. Through the decades, Iowa's high school track and field scene has evolved with the changing landscape of the sport, maintaining its position as a cornerstone of athletic achievement in the state.

Year	Points	Team Place
1950	6	15th
1951	0	N/A
1952	5	23rd
1953	2	28th
1954	2	25th
1955	9.5	9th
1956	14	9th
1957	5	20th
1958	4	19th
1959	1.5	26th
1960	2	22nd
1961	16	8th
1962	5	16th
1963	4	17th
1964	0	N/A
1965	0	N/A
1966	3.5	23rd
1967	0	N/A
1968	3	24th
1969	8	16th
1970	7.5	15th
1971	10	19th
1972	26	6th
1973	7	22nd
1974	16	8th
1975	7	24th
1976	5	23rd
1977	14	12th
1978	0	N/A
1979	0	N/A
1980	2	36th
1981	7	20th
1982	7	20th
1983	18	6th
1984	0	N/A
1985	0	N/A
1986	2	36th

Year	Points	Team Place
1987	0	N/A
1988	0	N/A
1989	5	31st
1990	2	36th
1991	7	16th
1992	13	9th
1993	22	5th
1994	16	8th
1995	29	4th
1996	29	4th
1997	43	1st
1998	43	2nd
1999	10	14th
2000	0	N/A
2001	2	31st
2002	10	16th
2003	14	18th
2004	44.5	2nd
2005	6	28th
2006	13	15th
2007	24	9th
2008	27	7th
2009	46	3rd
2010	51	1st
2011	48	4th
2012	25	9th
2013	26.5	7th
2014	33	11th
2015	24	9th
2016	2	39th
2017	2	37th
2018	2	42nd
2019	20	15th
2020	COVID-19	
2021	12	18th
2022	15	17th
2023	18.5	17th



STATE CHAMPIONS

CHAMPION	TRACK EVENT	YEAR
Bill Cunningham	100 Yard Dash	1958
Creighton Fleming	440 Yard Dash	1961
Dennis Walker	440 Yard Dash (Indoors)	1963
Mike Ross	440 Yard Dash	1969
Eugene Mollet	50 Yard Dash (Indoors)	1972
Eugene Mollet	100 Yard Dash	1972
Eugene Mollet	220 Yard Dash	1972
Doug O'Brien	1600 Meter Run	1981
Bobby Soule	1600 Meter Run	1982
Tony Ramirez	Wheelchair Discus	1990
Tony Ramirez	Wheelchair 100 Meter	1990
Tony Ramirez	Wheelchair 800 Meter	1990
Chad Heying	200 Meter Dash	1995
Chad Heying	400 Meter Dash	1995
Billy Mousel	400 Meter Dash	2004
Anthony Oberle	3200 Meter Run	2007
Michael Malloy	400 Meter Dash	2011

CHAMPION	FIELD EVENT	YEAR
Jim Cahill	Pole Vault	1955
Jon LaFleur	Shot Put	1992
Jon LaFleur	Shot Put	1993
Chris Rooney	Shot Put	1994
Troy Schulte	Long Jump	1996
Jason Cheever	Shot Put	1996
Jason Cheever	Shot Put	1997
Ben LaFleur	Discus	1998
Justin Baker	Shot Put	2011
Justin Baker	Discus	2011
Keyontre Clark	Long Jump	2019

CHAMPION	RELAY	YEAR
Wray Wright • Troy Schulte • Bob Richter • Ryan Godfrey	4x100 Meter	1996
Nick McInerney • Troy Schulte • John Kayl • Josh Otto	4x200 Meter	1997
Jeff Florke • John Kayl • Adam Kuehl • Nick McInerney	4x400 Meter	1998
Mike Forker • Luke Roder • Billy Mousel • Nick Chicoine	4x400 Meter	2004
Preston Ives • Michael Malloy • Nate Berger • Brendan Dougherty	4x400 Meter	2009
Tim Keane • Michael Malloy • Nate Berger • Preston Ives	4x200 Meter	2010
Preston Ives • Nate Berger • Michael Malloy • Matt Lord	Distance Medley	2010
Nate Berger • Matt Lord • Michael Malloy • Preston Ives	4x400 Meter	2010
Nick Bousquet • Brady Mayo • Tony Tobin • Philip Jacobson	4x200 Meter	2014



HISTORICAL TIMES LIST

Data was compiled from 2020-2023.

*Times in parentheses at right are actual clockings for events run in yards.

EVENT	MRAC		STATE MEET			DRAKE RELAYS			School Record
	Placer	Champion	Qualifier	Placer	Champion	Qualifier	Blue Standard	Champion	
100	11.70	11.21	11.75	11.40	10.87	11.1 (32)	10.95	10.73	10.7 (1972)
200	24.50	22.78	23.40	22.80	21.87	x	x	x	21.4 (1972)
400	54.00	50.72	54.00	50.50	49	51.1 (16)	50.2	48.16	48.34 (2011)
800	2:10	1:58.85	2:05	1:59	1:53.93	1:59	1:57.9	1:54.56	1:56.11 (1993)
1600	4:52	4:28.54	4:46	4:27	4:16.28	4:30	4:20	4:17.2	4:13.50 (1972)
3200	10:53	10:27.45	10:25	9:43	9:19.65	9:49	9:35	9:05	9:18.80 (1977)
110 H	17.92	15.99	16.60	15.60	14.4	15.3 (32)	14.9	14.15	14.3 (1989)
400 H	1:03	57.87	58.40	57.00	53.48	55.1 (16)	55	53.16	53.55 (1991)
LJ	18-0	21-0	20-6	21-0	22-7.5	21-4 (24)	22-6	23-6	22-09.75 (2022)
HJ	5-8	6-0	6-1	6-1	6-7	6-4 (24)	6-6	6-8	6-07 (2002)
SP	41-5	56-1	47-6	52-00	59-09.25	52 (24)	54	60-05.00	59-04.75 (2011)
DT	123-00	161-11	136-00	154-00	177-00.25	155 (24)	166-00	188-00.00	191-09 (2011)
SM	1:40-1:47	1:35.93	1:37.00	1:36.00	1:33.53	x	x	x	1:33.85 (2023)
DM	3:43-4:00	3:44.2	3:48	3:34	3:29.81	3:38 (24)	3:37	3:27	3:31.20 (1976)
4x100	44.2-46.2	43.57	45.0	43.60	42.5	45.2 (96)	43.8	42.16	42.74 (2022)
4x200	1:35-1:41	1:32.51	1:34	1:31	1:29.41	1:31.5 (24)	1:30	1:27.86	1:28.34 (2010)
4x400	3:30-3:47	3:27.85	3:33	3:29	3:21.50	3:27	3:26	4:19.14	3:18.24 (2009)
4x800	8:06-9:20	8:27.14	8:41	8:12	7:57.57	8:11	8:06	7:51.00	7:54.30 (1975)
Shuttle Hurdles	1:03-1:16	1:03.38	1:06.00	1:02.30	59.29	59.8 (16)	1:01	58.77	1:03.05 (2023)



CAPTAINS

1971	Dan LaFleur Mike Holincheck	1992	Nick Harrington Noel Maxey	2007	Brady Engle Anthony Oberle
1972	Tom Schoberg Eugene Mollet	1993	Matt LaFleur Noel Maxey	2008	Mike Bisenius Horacio Miranda
1973	Pat Ross Dan Charlson		John Kennedy Jon LaFleur	2009	Kyle Poss Christopher Rickert
1974	Greg Haase Pete Murphy	1994	Matt Campbell Craig Moody	2010	Brendan Dougherty Matt Lord
1975	Dan O'Brien Mike Rickord	1995	Peter Masteller Kirk Chamberlain		Preston Ives Nate Berger
1976	Tom Pylelo John Ross		Jess LaFleur Chad Heying	2011	Justin Baker Nate Ruehle
1977	Chris Iverson Bob Smith	1996	Russ Albenesius Ryan Godfrey	2012	Paul Jacobson Tim Keane
1978	Tim Topf Randy Norby	1997	Chad Weatherly Troy Schulte	2013	Dane Hickman Alec DeVries
1979	Pat Conley Ed Mahan		Wray Wright Nick McInerney	2014	Zach Skibinski Philip Jacobson
1980	Tom Treinen Jim Ingrum	1998	Jeff Florke John Kayl	2015	Tyler Cropley Alec Pavone
1981	Doug O'Brien Tim Iverson	1999	Adam Kuehl Dan Wiltgen	2016	Ben Eastman Odessa Clark
1982	Joe Berger Mike Scobic	2000	Tom Carroll Mike Goodwin	2017	Will Karrer Connor Ritz
1983	Jim Weyer Bobby Soule		Todd Bressler Justin Funk	2018	Jesse Lease
1984	Jim Tritz Paul Berger	2001	Mike Winklepleck Nate LaFleur	2019	— Drew Olson
1985	Bob Joynt Tom Clifford		Aaron Althaus Dustin Jones		Charlie Saulsbury Deonte Walker
1986	Dennis Coon Jeff Langley	2002	Eric Beaver Dan Rosauer	2020	Joe Yaneff SEASON CANCELED
1987	Jim O'Keefe Mark Miller		Ryan Block Mike Maxey	2021	Aidan Kuehl Caden LaFleur
1988	Brent Olson Darin Smith	2003	Brett Engle Graham Lundt	2022	Keyontre Clark Aidan Kuehl
1989	Brent Olson Shane Fitzpatrick	2004	Billy Mousel Mike Forker		Caden LaFleur Carter Ritz
1990	Dick Kennedy Jason Heaton	2005	Nick Chicoine Joe Curran	2023	Sean Schaefer Quinn Olson
1991	Chad Heer Chad Streeter	2006	Nolan Wright Austin Deck		Lucas LaFleur Eli Otten
			Kelvin Hickman		



PRIDE AWARD

1982	Dan Beals
1983	Leo Wiltgen
1984	John Puetz
1985	Jeff Finken
1986	Dan Hansen
1987	George O’Gara
1988	Mike Rixner
1989	Brent Olson
1990	Tony Ramierez
1991	Chad Heer
1992	Nick Harrington
1993	John Kennedy
1994	Matt Campbell
1995	Eric Potter
1996	Bob Richter
1997	Chad Weatherly
1998	Jeff Florke
1999	Shawn Walding
2000	Mike Goodwin
2001	Mike Winklepeck
2002	Dustin Jones
2003	Graham Lundt

2004	Mike Forker
2005	Joe Curran
2006	Alex Lohr
2007	Mike Bisenuis
2008	Matt Casey
2009	Matt Casey
2010	Matt Lord
2011	Joe Hindman
2012	Adolfo Arenas
2013	Alec DeVries
2014	Louis Noel
2015	Joe Fox
2016	John Pithan
2017	Brenden Suhr
2018	——
2019	Deonte Walker
2020	SEASON CANCELED
2021	Brayden Pratt
2022	Liam Cleary
2023	Kannon Bork

NEWCOMER AWARD

2019	Aidan Keuhl
	Caden LaFleur
2020	SEASON CANCELED
2021	Brayden Pratt

2022	Carson McInerney
2023	Bill Macharia



MOST VALUABLE TRACK ATHLETE

1969	Mike Ross	1998	Nick McInerney
1970	Chris Olson	1999	Adam Kuehl
1971	Tom Schober	2000	Matt Rosauer
1972	Eugene Mollet	2001	Nate LaFleur
1973	Chuck Berger	2002	Ryan Block
1974	Pat O'Gara	2003	Nick Chicione
1975	Dan O'Brien	2004	Billy Mousel & Nick Chicione
1976	Tom Pylelo	2005	Anthony Oberle
1977	Jim McCauley	2006	Anthony Oberle
1978	Tim Topf	2007	Anthony Oberle
1979	Tim Russell	2008	Preston Ives
1980	Tim Russell	2009	Brendan Dougherty
1981	Doug O'Brien	2010	Preston Ives
1982	Bobby Soule	2011	Michael Malloy
1983	Bobby Soule	2012	Tim Keane
1984	Tom White	2013	Alec DeVries & Zach Skibinski
1985	Tom Clifford	2014	Philip Jacobson
1986	Dennis Coon	2015	Alec Pavone
1987	Jim O'Keefe	2016	Connor Ritz
1988	Brent Olson	2017	Max Miller
1989	Brent Olson	2018	—————
1990	Pat Harrington	2019	Camden Lee
1991	Chad Streeter	2020	SEASON CANCELED
1992	Shawn Mansfield	2021	Aidan Kuehl
1993	Noel Maxey	2022	Sean Schaefer
1994	Matt Campbell	2023	Sean Schaefer
1995	Chad Heying		
1996	Ryan Godfrey		
1997	Josh Otto		



MOST VALUABLE FIELD EVENT ATHLETE

1969	_____	1998	Ben LaFleur
1970	_____	1999	Dan Clayton
1971	_____	2000	Jared Small
1972	Doug LaFleur & Joe Heffernen	2001	Jared Small
1973	Kurt Davis	2002	Paul Yaneff
1974	John Hager	2003	Brett Engle
1975	Nick Geary & John Hager	2004	Aaron Tweet & Pete Johnson
1976	Dan McClure	2005	Adam Vondrak
1977	Dan McClure	2006	Adam Vondrak
1978	_____	2007	Brady Engle & Sean Keane
1979	Wally Emerson	2008	Sean Keane
1980	Wally Emerson	2009	Brennan Coughill
1981	Kevin Keane	2010	Justin Baker
1982	Dan Feltz	2011	Justin Baker
1983	Steve Moran	2012	Zach Skibinski
1984	Greg McCarthy & John Rossiter	2013	Louis Noel
1985	Greg McCarthy	2014	Tyler Cropley
1986	Mike Graves	2015	Odessa Clark
1987	Pat Kudrna	2016	Odessa Clark
1988	John Walsh	2017	Eli Mollet
1989	Paul Darces	2018	_____
1990	Jason Walding	2019	Keyontre Clark
1991	Mickey Verzani	2020	SEASON CANCELED
1992	Matt LaFleur	2021	Aidan Kuehl & Caden LaFleur
1993	Jon LaFleur	2022	Aidan Kuehl & Caden LaFleur
1994	Chris Rooney	2023	Carson McInerney & Jaron Bleeker
1995	Russ Albenesius		
1996	Russ Albenesius		
1997	Troy Schulte & Jason Cheever		



VARSITY TRACK & FIELD RECORDS

Event	Athlete/Athletes	Year	Performance
100m Dash	Eugene Mollet	1972	10.7
100m Dash	Matt Campbell	1993	10.7
100m Dash	Brandon Wegher	2008	10.7
200m Dash	Eugene Mollet	1972	21.4
400m Dash	Michael Malloy	2011	48.34
800m Run	Noel Maxey	1993	1:56.11
1600m Run	Tom Schoberg	1972	4:13.5
3200m Run	Bob Smith	1977	9:19.9
110m Hurdles	Brent Olson	1989	14.3
400m Hurdles	Nick Harrington	1991	53.55
Long Jump	Aidan Kuehl	2022	22-09.75
High Jump	Paul Yaneff	2002	6-07.00
Shot Put	Justin Baker	2011	59-04.75
Discus	Justin Baker	2011	191-09
4x100m Relay	Ricky Feauto • Aidan Keuhl Liam Cleary • Sean Schaefer	2022	42.74
4x200m Relay	Michael Malloy • Preston Ives Tim Keane • Nate Berger	2010	1:28.34
4x400m Relay	Preston Ives • Michael Malloy Nate Berger • Brendan Dougherty	2009	3:18.24
4x800m Relay	Tom Pylelo • Mark Morin Mike Rickord • Dan O'Brien	1975	7:54.3
Sprint Medley Relay	Ricky Feauto • Drew Uhl Sean Schaefer • Quinn Olson	2023	1:33.85
Distance Medley Relay	Chris Iverson • John Ross Tony Dicus • Jim McCauley	1976	3:31.2
Shuttle Hurdle Relay - 33 Inches	Tony Myers • Court MacGregor Dane Hickman • Nick Sawin	2012	1:00.68
Shuttle Hurdle Relay - 36 Inches	Lucas LaFleur • Drew Uhl James Arlt • Hunter Wauhob	2023	1:03.05



SOPHOMORE TRACK & FIELD RECORDS

Event	Athlete/Athletes	Year	Performance
100m Dash	Ryan Godfrey	1994	10.94
200m Dash	Ryan Godfrey	1994	22.30
400m Dash	Michael Malloy	2010	48.58
800m Run	Tom Schoberg	1970	2:00.1
1600m Run	Tom Schoberg	1970	4:33.2
3200m Run	Anthony Oberle	2005	9:55.56
110m Hurdles	Hunter Wauhob	2023	14.91
400m Hurdles	Brent Olson	1987	58.5
Long Jump	Keyontre Clark	2019	22-09.00
High Jump	Tom Sweeney	1977	6-06.00
Shot Put	Jon LaFleur	1991	52-11.00
Discus	Justin Baker	2009	168-07
4x100m Relay	Bob Richter • Chris Schermerhorn Tony Salmon • Ryan Godfrey	1994	45.10
4x200m Relay	Pat O'Gara • Mike Morley Joe Uran • John Reinbold	1973	1:34.6
4x400m Relay	Mike Rickord • Mike Mahan Scott Mead • John Ross	1973	3:33.9
4x800m Relay	Jim Lichty • Jim Topf Mike Feisel • Tom Schoberg	1970	8:27.8
Distance Medley Relay	Ron Sindelar • Pat Beck Lynn Hinrichsen • Tom Schoberg	1970	3:45.5



FRESHMAN TRACK & FIELD RECORDS

Event	Athlete/Athletes	Year	Performance
100m Dash	Brandon Wegher	2006	11.34
200m Dash	Brandon Wegher	2006	23.10
400m Dash	Michael Malloy	2009	50.45
800m Run	Tom Pylelo	1973	2:04.3
1600m Run	Alec Pavone	2012	4:30.58
3200m Run	Anthony Oberle	2004	10:13.30
110m Hurdles	Tim Clemens	1971	17.0
400m Hurdles	James Arlt	2022	1:01.86
Long Jump	Saybein Clark	2015	21-08.75
High Jump	Tom Sweeney	1975	6-03.00
Shot Put	Jon LaFleur	1990	51-03.00
Discus	Ben LaFleur	1995	151-10
4x100m Relay	Preston Ives • Kyle Kinney Cole Wegher • Nate Berger	2007	46.33
4x200m Relay	Joe Fox • Drew Kasperbauer Tyler Smith • Tony Tobin	2012	1:37.82
4x400m Relay	Tyler Smith • Blake Bogenrief Drew Kasperbauer • Tony Tobin	2012	3:40.64
4x800m Relay	Jeff Murphy • Jeff Berens John Hanus • Mike Lennon	1971	8:53.6
Distance Medley Relay	Pat Poe • Tim Hoefling Mike Callahan • Derek Henkowski	1974	3:55.92
Shuttle Hurdle Relay - 33 Inches	Dane Hickman • Tony Myers Zach Peterson • Nick Sawin	2009	1:10.71



MIDDLE SCHOOL TRACK & FIELD RECORDS

8th Grade Records

<u>Event</u>	<u>Athlete</u>	<u>Year</u>	<u>Performance</u>
100m Dash	Tommy Schiltz	2015	12.21
200m Dash	Carson Rose	2021	24.78
400m Dash	Talon Sexton	2022	55.68
800m Run	Karson Fitch	2021	2:26.31
1600m Run	John Greer	2016	5:22.65
100m Hurdles	Joe Yaneff	2015	16.16
200m Hurdles	Karson Fitch	2021	29.47
Long Jump	Carson Rose	2021	18-04.00
High Jump	Carson Gunderson	2015	5-00.00
Shot Put	Carson McInerney	2021	45-11.00
Discus	Caden LaFleur	2018	161-06
4x100m Relay	Tommy Schiltz • Mike Pithan Andrew Tobin • Joe Yaneff	2015	48.49
4x200m Relay	Tommy Schiltz • Blake Anderson Andrew Tobin • Joe Yaneff	2015	1:43.18
4x400m Relay	Will Pattee • Carson Rose Karson Fitch • Carson McInerney	2021	3:58.66
4x800m Relay	Adam Elks • Fisher Uhl Alex Elks • Karson Fitch	2021	10:03.20
Sprint Medley Relay	Trent Hope • Henry Sealey Ryan Dougherty • Michael Rizk	2016	1:48.57
Distance Medley Relay	Christian Velasquez • RJ Breen Michael Rizk • David Pithan	2016	4:22.25
Shuttle Hurdle Relay	Fisher Uhl • Alex Elks Colton Barker • Karson Fitch	2021	1:17.80

7th Grade Records

<u>Athlete</u>	<u>Year</u>	<u>Performance</u>
Sean Schaefer	2019	12.09
Major Heaton	2015	25.36
Talon Sexton	2021	60.45
William Bertrand	2021	2:30.53
John Greer	2015	5:30.22
Keaton Duncan	2019	17.66
Austin Blakey	2021	31.23
Kannon Bork	2019	15-11.00
Austin Blakey	2021	5-04.00
Ian Gill	2017	37-03.25
Caden LaFleur	2017	134-02
Ryan Dougherty • Michael Rizk Trent Hope • Camden Lee	2015	53.26
Ryan Dougherty • Trent Hope Major Heaton • Camden Lee	2015	1:49.55
Joey Fitzsimmons • Beau Chamberlain Sean Schaefer • Kannon Bork	2019	4:15.51
David Pithan • Cade Block John Greer • Ethan Redmond	2015	10:55.06
Austin Pelster • Talen Peterson Caden Lester • CJ Rooney	2021	2:01.76
Kaleb LaFavor • William Bertrand Caden Lester • CJ Rooney	2021	4:33.76
Caden Lester • Austin Pelster Tommy Pattee • Austin Blakey	2021	1:18.10



SIoux CITY METRO ALL-TIME BEST

Event	Year	Athlete / Athletes	School	Performance
100m Dash	2017	Brady Wall	Sergeant Bluff-Luton	10.2
200m Dash	1969	Dan Fields	Central	21.28 *(21.4)
400m Dash	2011	Michael Malloy	Heelan	48.34
800m Run	2014	Carter Lilly	East	1:51.52
1600m Run	1968	Doug Smith	Central	4:11.13 *(4:12.6)
3200m Run	1967	Doug Smith	Central	9:05.82 *(9:09.0)
110m Hurdles	1972	Scott Beerman	South Sioux City	14.0
400m Hurdles	1994	Eric Strim	West	51.40
Long Jump	2012	Darius Pearson	West	24-00.50
High Jump	1979	John Arnaud	North	6-10.00
Shot Put	1969	Carl Hesse	East	61-01.00
Discus	2011	Justin Baker	Heelan	191-09
4x100m Relay	1966	Merle Hansen • Craig Gjerde Kirk Forney • Rudy Lee	Central	42.25 *(42.5)
	2011	Antonio Anderson • James Burton Datrck Hollis • Darius Pearson	West	42.34
4x200m Relay	2016	Matthew George • Ryley McGregor Drew Girres • Brady Wall	Sergeant Bluff-Luton	1:27.87
4x400m Relay	1983	Lewis Distelzweig • Allen Burns Chris Graham • Todd Winter	East	3:17.94
4x800m Relay	1966	Bill Adams • Steve Koson Greg Coons • Steve Gerkin	Central	7:44.69 *(7:47.4)
800m Medley Relay	2019	Zach Shultz • Sam DeMoss Josh Stangel • Jorma Schwedler	Sergeant Bluff-Luton	1:31.77
1600m Medley Relay	1968	Doug Doran • Bruce Michalski Frank Brienzo • Steve Johnson	East	3:29.88 *(3:31.1)
Shuttle Hurdle Relay - 33 Inches	2010	Nick Mrla • Austin Krohn Logan Shine • Ross Chettinger	Sergeant Bluff-Luton	58.32
Shuttle Hurdle Relay - 36 Inches	2019	Matthew Hansen • Nate Verros Max Murphy • Austin Freiberg	Sergeant Bluff-Luton	59.40

**Times in parentheses are actual clockings for events run in yards.*

IOWA ALL-CLASS RECORDS

Event	Year	Athlete/Athletes	School	Performance
100m Dash	2022	Mikey McClain	West Des Moines Dowling	10.33
200m Dash	2022	Mikey McClain	West Des Moines Dowling	20.97
400m Dash	2019	Darien Porter	Bettendorf	46.99
800m Run	2007	Aaron Stockstell	Mid-Prairie Wellman	1:50.18
1600m Run	2021	Nate Mueller	Adel DeSoto Minburn	4:05.39
3200m Run	2014	Thomas Pollard	Gilbert	8:50.43
110m Hurdles	2022	Jack Latham	Spirit Lake	13.74
400m Hurdles	1996	Dustin Avey	Ames	50.96
Long Jump	2022	Abu Sama	Southeast Polk	24-10.00
High Jump	1981	Brian Tietjens	North Central Manly	7-03.50
Shot Put	1968	Doug Lane	Cedar Rapids Jefferson	70-11.00
Discus	1978	Scott Crowell	Mason City	207-08
4x100m Relay	1996	Dan McMahon • Jason Ringena Mike Richards • Merrill Coleman	Iowa City High	41.33
4x200m Relay	2019	Jon Shaner • JJ Gass Ryan Neu • Jake Keller	West Des Moines Valley	1:26.17
4x400m Relay	2006	Bryan Collins • Zac Sandvig Ryan Keairnes • Brandon McSkimming	West Des Moines Valley	3:13.80
4x800m Relay	2023	Ammon Smith • Ayman Noreldaim Ford Washburn • Truman Thompson	Iowa City High	7:37.66
800m Medley Relay	2023	Tatum Fox • Owen Ellsworth Kaia Fox • Jashua Anglo	Johnston	1:30.15
1600m Medley Relay	2001	Sumaster Newell • Hakim Hill Calvin Davis • Jeremy Mims	Iowa City High	3:22.69
Shuttle Hurdle Relay - 33 Inches	2016	Daniel Gorsich • Nick House Gavren Dochterman • Zeal Baker	Linn-Mar	55.68
Shuttle Hurdle Relay - 36 Inches	2019	Parker Marschel • Urias Gbarjolo Trajen Thornton • Jayden Williams	West Des Moines Valley	57.18



IOWA CLASS 3A RECORDS

Event	Year	Athlete/Athletes	School	Performance
100m Dash	2022	Alex Mota	Marion	10.71
200m Dash	2017	Isaiah Trousil	West Burlington	21.22
400m Dash	2005	Greg Offerman	Charles City	48.11
800m Run	2023	Chase Lauman	Pella	1:52.61
1600m Run	2015	Thomas Pollard	Gilbert	4:09.67
3200m Run	2014	Thomas Pollard	Gilbert	8:50.43
110m Hurdles	2015	Connor Ham	Solon	13.91
400m Hurdles	2005	Greg Offerman	Charles City	51.35
Long Jump	2014	Chandler Diercks	Clear Lake	23-04.25
High Jump	2008	Colten Kelly	Anamosa	6-11.00
Shot Put	2009	Drew Clark	Marion	64-07.75
Discus	2023	Duke Faley	Dubuque Wahlert	195-01
4x100m Relay	2008	Derek Kramer • Derek Wollner Corey Reed • Bryce Colston	Cedar Rapids Xavier	42.18
4x200m Relay	2016	Matthew George • Ryley McGregor Drew Girres • Brady Wall	Sergeant Bluff-Luton	1:27.87
4x400m Relay	2009	Preston Ives • Michael Malloy Nate Berger • Brendan Dougherty	Sioux City Bishop Heelan	3:18.24
4x800m Relay	2011	Alec Baldwin • Keith Byers Kayne Feldick • Will Norris	Spirit Lake Park	7:49.07
800m Medley Relay	2019	Zach Shultz • Sam DeMoss Josh Stangel • Jorma Schwedler	Sergeant Bluff-Luton	1:31.77
1600m Medley Relay	2022	Keaton Jackson • Gavin Todd Daniel Onwurah • Adian Ramsey	Dallas Center-Grimes	3:27.49
Shuttle Hurdle Relay - 33 Inches	2011	Cole Chestnut • Jackson Litterer Blake Willson • Eric Larson	Waverly-Shell Rock	56.74
Shuttle Hurdle Relay - 36 Inches	2023	Quinn Oleson • Will Hacke Coleton Beasler Weber • Grayson Hartman	Cedar Rapids Xavier	58.94



IOWA CLASS 3A STATE MEET RECORDS

Event	Year	Athlete/Athletes	School	Performance
100m Dash	2022	Alex Mota	Marion	10.71
200m Dash	2017	Isaiah Trousil	West Burlington	21.22
400m Dash	2005	Greg Offerman	Charles City	48.11
800m Run	2023	Chase Lauman	Pella	1:52.61
1600m Run	2015	Thomas Pollard	Gilbert	4:09.67
3200 Run	2014	Thomas Pollard	Gilbert	8:50.43
110m Hurdles	2023	Grayson Hartman	Cedar Rapids Xavier	13.96
400m Hurdles	2005	Greg Offerman	Charles City	51.35
Long Jump	2014	Chandler Diercks	Clear Lake	23-04.25
High Jump	2008	Colten Kelly	Anamosa	6-11.00
Shot Put	2009	Drew Clark	Marion	64-07.75
Discus	2023	Duke Faley	Dubuque Wahlert	195-01
4x100m Relay	2008	Derek Kramer • Derek Wollner Corey Reed • Bryce Colston	Cedar Rapids Xavier	42.18
4x200m Relay	2016	Matthew George • Ryley McGregor Drew Girres • Brady Wall	Sergeant Bluff-Luton	1:27.87
4x400m Relay	2009	Preston Ives • Michael Malloy Nate Berger • Brendan Dougherty	Sioux City Bishop Heelan	3:18.24
4x800m Relay	2011	Alec Baldwin • Keith Byers Kayne Feldick • Will Norris	Spirit Lake Park	7:49.07
800m Medley	2019	Zach Shultz • Sam DeMoss Josh Stangel • Jorma Schwedler	Sergeant Bluff-Luton	1:31.77
1600m Medley	2022	Keaton Jackson • Gavin Todd Daniel Onwuramaka • Adian Ramsey	Dallas Center-Grimes	3:27.49
Shuttle Hurdle Relay - 33 Inches	2011	Cole Chestnut • Jackson Litterer Blake Willson • Eric Larson	Waverly-Shell Rock	56.74
Shuttle Hurdle Relay - 36 Inches	2023	Quinn Oleson • Will Hacke Coleton Beasler Weber • Grayson Hartman	Cedar Rapids Xavier	58.94





COLLEGIATE TRACK & FIELD ATHLETES

1960's

Creighton Fleming – Class of 1961 D1 – University of Minnesota
Dennis Walker – Class of 1963 D1 – University of Nebraska

1970's

Tom Schoberg – Class of 1972 D1 – Iowa State University
Dan O'Brien – Class of 1975 D2 – University of South Dakota

1980's

Doug O'Brien – Class of 1981 D2 – University of South Dakota
Bobby Soule – Class of 1983 D1 – Iowa State University
Brent Olson – Class of 1989 D2 – Morningside College
Jess Aesoph – Class of 1989 NAIA – Saint Ambrose University

1990's

Nick Harrington – Class of 1992 D1 – University of Oregon
Matt LaFleur – Class of 1992 D1 – Iowa State University
Matt Campbell – Class of 1994 D2 – Morningside College
Chad Heying – Class of 1995 D1 – Drake University
Jason Potter – Class of 1995 D1 – University of Northern Iowa
Eric Potter – Class of 1995 D1 – University of Northern Iowa
Ryan Godfrey – Class of 1996 D2 – Morningside College
Jason Cheever – Class of 1997 D2 – Morningside College
Troy Shulte – Class of 1997 D3 – Buena Vista University
Nick McInerney – Class of 1998 D1 – Iowa State University
Ben LaFleur – Class of 1998 D1 – University of Northern Iowa
John Kayl – Class of 1998 D2 – University of South Dakota
Adam Kuehl – Class of 1999 D1 – University of Iowa
Dan Wiltgen – Class of 1999 D1 – Iowa State University

2000's

Nick Murphy – Class of 2004 D1 – Iowa State University
Billy Mousel – Class of 2004 NAIA – Briar Cliff University
Adam Hinds – Class of 2006 NAIA – Briar Cliff University
Michael Alcarez – Class of 2006 D3 – Wartburg College
Alex Lohr – Class of 2006 D1 – South Dakota State University
Anthony Oberle – Class of 2007 D1 – University of Nebraska
Kyle Poss – Class of 2008 D1 – University of South Dakota
Brendan Dougherty – Class of 2009 D1 – Notre Dame University
Sean Keane – Class of 2009 D1 – University of South Dakota
Nate McKewon – Class of 2009 D1 – South Dakota State University

2010's

Alex Pick – Class of 2010 NAIA – Briar Cliff University
Kyle Kinney – Class of 2010 NAIA – Morningside University
Justin Baker – Class of 2011 D1 – University of Northern Iowa
Joe Hindman – Class of 2012 D3 – Buena Vista University
Mauricio Marquez – Class of 2012 NAIA – Mount Marty University
Alec DeVries – Class of 2013 NAIA – Morningside University
Tommy Thelen – Class of 2013 NAIA – Briar Cliff University
Louis Noel – Class of 2014 D1 – Rice University
Joe Fox – Class of 2015 NAIA – Briar Cliff University
Nigel Treinen – Class of 2015 NAIA – Grand View University
Connor Ritz – Class of 2017 NAIA – Morningside University
Eli Mollett – Class of 2018 D3 – Saint John's University
Deonte Walker – Class of 2019 NAIA – Northwestern College
RJ Breen – Class of 2020 NAIA – Briar Cliff University
Spencer Pick – Class of 2020 NAIA – Briar Cliff University

2020's

Keyontre Clark – Class of 2021 D1 – University of South Dakota
Caden LaFleur – Class of 2022 D1 – University of South Dakota
Keyan Fulton – Class of 2022 NAIA – Morningside University



TOP 10 INDIVIDUAL PERFORMANCES

100 Meter Dash

Time	Event	Year	Place
1. Matt Campbell 10.68	Heelan-East Dual	1993	1st
2. Brandon Wegher 10.69	Tomahawk Relays	2008	1st
3. Eugene Mollet 10.72 *(9.8)	AA District Meet	1972	1st
4. Connor Niles 10.74	Huskies Invitational	2014	2nd
5. Preston Ives 10.75	MRAC Conference	2010	2nd
6. Ryan Godfrey 10.77	Tomahawk Relays	1994	2nd
7. Kelsey Young 10.79	Tomahawk Relays	1994	3rd
8. Pat Doyle 10.83 *(9.9)	City Meet	1956	1st
9. Pat O'Gara 10.83 *(9.9)	SIC Conference	1974	2nd
10. Michael Malloy 10.83	Tomahawk Relays	2011	2nd

800 Meter Run

Time	Event	Year	Place
1. Noel Maxey 1:56.11	City Meet	1993	1st
2. Bobby Soule 1:56.22	State Meet	1983	1st
3. Kyle Poss 1:56.39	State Meet	2008	3rd
4. Tom Schoberg 1:56.72 *(1:57.4)	AA District Meet	1972	1st
5. Doug Birdsell 1:57.18	State Meet	1983	3rd
6. Alec DeVries 1:57.50	City Meet	2013	2nd
7. Tom Pylelo 1:57.71 *(1:58.4)	AA District Meet	1976	1st
8. Matt Lord 1:57.97	State Meet	2009	4th
9. Ryan Block 1:58.04	City Meet	2002	1st
10. Adam Kuehl 1:59.64	Northwest Relays	1998	1st
10. Matt Rosauer 1:59.64	State Meet	2000	10th

200 Meter Dash

Time	Event	Year	Place
1. Eugene Mollet 21.38 *(21.5)	Warrior Invitational	1972	1st
2. John Kayl 21.65	SIC Conference	1998	1st
3. Nick McInerney 22.02	Fort Dodge Relays	1998	3rd
4. Preston Ives 22.08	3A District Meet	2010	1st
5. Creighton Fleming 22.17 *(22.3)	AA District Meet	1961	1st
6. Chad Heying 22.18	State Meet	1995	1st
6. Billy Mousel 22.18	MRAC Conference	2004	1st
8. Michael Malloy 22.24	MRAC Conference	2010	3rd
9. Ryan Godfrey 22.27	LeMars Invitational	1996	1st
10. Brandon Wegher 22.34	City Meet	2008	1st
10. Tim Keane 22.34	MRAC Conference	2011	3rd

1600 Meter Run

Time	Event	Year	Place
1. Tom Schoberg 4:13.52 *(4:15.0)	Drake Relays	1972	3rd
2. Jim McCauley 4:14.94 *(4:16.43)	Drake Relays	1977	2nd
3. Dan O'Brien 4:15.21 *(4:16.7)	AA District Meet	1975	1st
4. Bobby Soule 4:15.47	State Meet	1983	1st
5. Doug O'Brien 4:17.79	State Meet	1981	1st
6. Chuck Berger 4:18.39 *(4:19.9)	Drake Relays	1973	2nd
7. Nick Murphy 4:26.59	State Meet	2004	3rd
8. Alec Pavone 4:28.94	State Meet	2015	5th
9. Alec DeVries 4:29.22	Sioux City Relays	2013	1st
10. Dennis Coon 4:29.25	SIC Conference	1986	2nd

400 Meter Dash

Time	Event	Year	Place
1. Michael Malloy 48.34	State Meet	2011	1st
2. Mike Ross 48.72 *(49.0)	State Meet	1969	1st
3. Creighton Fleming 48.82 *(49.1)	State Meet	1961	1st
4. Chad Heying 48.91	State Meet	1995	1st
5. Dennis Walker 49.00 *(49.3)	City Meet	1963	1st
6. Adam Kuehl 49.10	LeMars Invitational	1999	1st
7. Billy Mousel 49.18	State Meet	2004	1st
7. Preston Ives 49.18	City Meet	2010	1st
9. Brendan Dougherty 49.28	3A District Meet	2009	1st
10. Nick McInerney 49.55	Crusader Relays	1998	1st

3200 Meter Run

Time	Event	Year	Place
1. Bob Smith 9:19.96 *(9:23.23)	Drake Relays	1977	6th
2. Anthony Oberle 9:26.44	State Meet	2007	1st
3. Dan O'Brien 9:31.27 *(9:34.6)	Cyclone Relays	1975	1st
4. Nick Murphy 9:34.77	State Meet	2003	3rd
5. Doug O'Brien 9:39.29	SIC Conference	1981	1st
6. Tim Russell 9:43.00	SIC Conference	1980	2nd
7. Alec DeVries 9:43.71	East Invitational	2013	1st
8. Alec Pavone 9:47.18	State Meet	2014	8th
9. Connor Ritz 9:48.89	State Meet	2017	7th
10. Leo Wiltgen 9:52.23	SIC Meet	1983	2nd



110 Meter Hurdles					High Jump				
Time	Event	Year	Place		Distance	Event	Year	Place	
1. Brent Olson 14.27	SIC Conference	1989	1st		1. Paul Yaneff 6-07.00	MRAC Conference	2002	1st	
2. Pat Harrington 14.80	SIC Conference	1990	1st		2. Tom Sweeney 6-06.00	SIC Conference	1977	1st	
3. Hunter Wauhob 14.91	SSC Invitational	2023	1st		2. Mike Graves 6-06.00	Dan Lennon Invite	1986	2nd	
4. Curt Vondrak 14.94 *(14.9)	AA District Meet	1972	2nd		4. Craig Kimball 6-03.75	Norwest Relays	1999	1st	
5. Nate LaFleur 15.00	City Meet	2001	1st		5. Mike Hofmeister 6-03.00	SIC Conference	1993	3rd	
6. Nick Harrington 15.03	SIC Conference	1991	3rd		5. Jaron Bleeker 6-03.00	State Meet	2023	3rd	
7. Mike Bisenuis 15.10	SSC Invitational	2007	2nd		7. Darold Nellist 6-02.00	CYO Meet	1965	1st	
8. Pat Conley 15.18 *(15.14)	2A District Meet	1979	1st		7. Joe Heffernan 6-02.00	Tomahawk Relays	1972	1st	
9. Travis Heaton 15.24	SIC Conference	1991	4th		7. Pat Walsh 6-02.00	City Meet	1978	1st	
10. Adam Chicoine 15.26	CYO Meet	1994	1st		7. Mike Calvillo 6-02.00	Tomahawk Relays	1979	2nd	
10. Louis Noel 15.26	Wolverine Invite	2014	2nd		7. John O'Brien 6-02.00	City Meet	1983	1st	
					7. John Rossiter 6-02.00	City Meet	1984	2nd	
					7. Dan Feste 6-02.00	SIC Conference	1985	2nd	
					7. John Walsh 6-02.00	City Meet	1988	2nd	
					7. Jason Heaton 6-02.00	SIC Conference	1990	1st	
					7. Dan Clayton 6-02.00	Triangular Meet	1999	2nd	
					7. Zach Howard 6-02.00	MRAC Conference	2002	3rd	
					7. Chad Moreland 6-02.00	City Meet	2003	1st	
					7. Luke Roder 6-02.00	3A District Meet	2004	1st	
					7. Pete Johnson 6-02.00	State Meet	2004	4th	
					7. Louis Noel 6-02.00	State Meet	2013	6th	
400 Meter Hurdles					Shot Put				
Time	Event	Year	Place		Distance	Event	Year	Place	
1. Nick Harrington 53.55	State Meet	1991	2nd		1. Justin Baker 59-04.75	State Meet	2011	1st	
2. Tom Sweeney 54.61	Drake Relays	1979	3rd		2. Jon LaFleur 57-01.50	City Meet	1993	1st	
3. Brent Olson 54.66	State Meet	1989	6th		3. Bob Luke 57-00.00	AA District Meet	1972	2nd	
4. Louis Noel 55.56	State Meet	2014	10th		4. Jason Cheever 55-09.00	Crusader Relays	1997	1st	
5. Quinn Olson 55.98	State Meet	2023	8th		5. Brennan Cougill 54-09.50	Dan Lennon Invite	2009	1st	
6. Nate LaFleur 56.06	City Meet	2001	1st		6. Dan LaFleur 54-08.50	AA District Meet	1971	1st	
7. Jim O'Keefe 56.16	City Meet	1987	2nd		7. Chris Rooney 53-05.50	Heelan-West Dual	1994	1st	
8. Pat Harrington 56.26	City Meet	1990	1st		8. Kobe Clayborne 53-01.50	OABCIG Invite	2019	1st	
9. Tony Myers 56.27	3A District Meet	2012	2nd		9. Paul Dacres 52-11.25	SIC Conference	1989	1st	
10. Todd McCauley 56.50	City Meet	1983	1st		10. Mickey Verzani 52-05.50	North-West Invite	1991	1st	
Long Jump					Discus				
Distance	Event	Year	Place		Distance	Event	Year	Place	
1. Aidan Kuehl 22-09.75	State Meet	2022	3rd		1. Justin Baker 191-09	3A District Meet	2011	1st	
2. Keyontre Clark 22-09.00	State Meet	2019	1st		2. Ben LaFleur 169-05	SIC Conference	1998	1st	
3. Jim Keane 22-03.75	Holstein Relays	1963	1st		3. Matt LaFleur 165-04	City Meet	1991	1st	
4. Jim Shaffer 22-01.00	Drake Relays	1966	2nd		4. Brett Engle 164-05	Howard Wood	2002	3rd	
5. Troy Schulte 22-00.50	Sioux City Relays	1995	1st		5. Greg Vondrak 163-03	Heelan-East Dual	1971	3rd	
6. Doug LaFleur 21-11.75	State Meet	1972	4th		6. Eli Mollett 162-02	MRAC Conference	2018	1st	
6. Sean Keane 21-11.75	SSC Invitational	2009	2nd		7. Eric Beaver 160-03	Howard Wood	2002	5th	
8. Odessa Clark 21-11.50	LeMars Invite	2015	2nd		8. Russ Albenisius 158-10	SIC Conference	1995	1st	
9. Lynn Becker 21-11.00	CYO Meet	1966	1st		9. Wally Emerson 158-02	City Meet	1980	1st	
10. Tyler Cropley 21-09.75	3A District Meet	2014	1st		10. Zach Skibinski 157-08	Le Mars Invitational	2013	1st	
10. Sean Schaefer 21-09.75	State Meet	2023	2nd						

*Times in parentheses at right are actual clockings for events run in yards.



TOP 10 RELAY PERFORMANCES

4x100 Meter Relay	Time	Event	Year	Place	4x400 Meter Relay	Time	Event	Year	Place
1. Ricky Feauto • Aidan Kuehl Liam Cleary • Sean Schaefer	42.74	3A District Meet	2022	3rd	1. Preston Ives • Michael Malloy Nate Berger • Brendan Dougherty	3:18.24	State Meet	2009	1st
2. Ricky Feauto • Sean Schaefer Drew Uhl • Kannon Bork	42.99	3A District Meet	2023	2nd	2. Nate Berger • Matt Lord Michael Malloy • Preston Ives	3:20.00	State Meet	2010	1st
3. Ryan Godfrey • Jay Peterson Kelsey Young • Matt Campbell	43.00	SIC Conference	1994	2nd	3. Mike Forker • Luke Roder Nick Chicoine • Billy Mousel	3:20.38	State Meet	2004	1st
4. Brady Mayo • Joe Fox Philip Jacobson • Connor Niles	43.10	State Meet	2013	2nd	4. Kelsey Young • Jason Potter Kirk Chamberlain • Chad Heying	3:21.22	State Meet	1995	2nd
5. Zach Skibinski • Dane Hickman Tim Keane • Michael Malloy	43.20	Drake Relays	2011	9th	5. Jeff Florke • John Kayl Adam Kuehl • Nick McInerney	3:21.48	State Meet	1998	1st
6. Pat Doyle • Jack Stanton Bill Cunningham • Bob Murray	43.25* (43.5)	State Meet	1956	2nd	6. Nick McInerney • Troy Schulte Adam Kuehl • Josh Otto	3:22.50	Fort Dodge Relays	1997	1st
6. Saybein Clark • Tony Tobin Joe Fox • Odessa Clark	43.25	State Meet	2015	2nd	7. Matt Campbell • Jason Potter Kirk Chamberlain • Chad Heying	3:22.90	SIC Conference	1994	1st
8. Wray Wright • Troy Schulte Bob Richter • Ryan Godfrey	43.29	State Meet	1996	1st	8. Matt Casey • Preston Ives Nate Berger • Brendan Dougherty	3:24.41	State Meet	2008	3rd
8. Andy Peterson • Troy Schulte John Kayl • Wray Wright	43.29	State Meet	1997	2nd	9. Tony Tobin • Joe Kayl Jake DeJong • Philip Jacobson	3:24.35	Drake Relays	2014	6th
10. Dane Hickman • Connor Niles Manny Alcaarez • Tim Keane	43.34	State Meet	2012	2nd	10. Maurice Uhl • Chris Olson Mike Ross • Ken Schlezes	3:25.00* (3:26.2)	Howard Wood	1969	3rd

4x200 Meter Relay	Time	Event	Year	Place	4x800 Meter Relay	Time	Event	Year	Place
1. Tim Keane • Michael Malloy Nate Berger • Preston Ives	1:28.41	State Meet	2010	1st	1. Tom Pylelo • Mark Morin Mike Rickord • Dan O'Brien	7:54.28 * (7:57.0)	State Meet	1975	3rd
2. Zach Skibinski • Tim Keane Philip Jacobson • Michael Malloy	1:28.98	State Meet	2011	2nd	2. Steve Moran • Bart Brown Doug Birdsell • Bobby Soule	8:00.88	Drake Relays	1983	2nd
3. Noah Johnson • Jeff Florke John Kayl • Adam Kuehl	1:29.94	State Meet	1998	2nd	3. Craig Moody • John Kennedy Mike Kramer • Noel Maxey	8:01.04	State Meet	1993	3rd
4. Nick Bousquet • Brady Mayo Tony Tobin • Philip Jacobson	1:30.06	State Meet	2014	1st	4. Nate Berger • Matt Lord Matt Casey • Christopher Rickert	8:01.32	3A District Meet	2009	1st
5. Dan Watson • Dennis Conway Dennis Walker • Creighton Fleming	1:30.17* (1:30.7)	City Meet	1961	1st	5. Eric Potter • Peter Masteller Jason Silva • Mike Dramer	8:01.83	Drake Relays	1994	3rd
6. Paul Jacobson • Connor Niles Philip Jacobson • Tim Keane	1:30.43	State Meet	2012	4th	6. Tom Karpuk • John Berger Justin Funk • Adam Kuehl	8:01.92	State Meet	1999	3rd
7. Odessa Clark • Tony Tobin Saybein Clark • Joe Fox	1:30.44	3A District Meet	2015	2nd	7. Dan Rosauer • Nick Chicoine Dustin Jones • Ryan Block	8:02.90	State Meet	2002	2nd
8. Chad Heying • Jay Peterson Matt Campbell • Kelsey Young	1:30.46	Drake Relays	1994	3rd	8. Blake Bogenrief • Tommy Thelen Alec Pavone • Alec DeVries	8:03.30	State Meet	2013	2nd
9. Joe Fox • Tony Tobin Connor Niles • Philip Jacobson	1:30.50	State Meet	2013	4th	9. Rick Manderscheid • Tom Rizk Maurice Uhl • Mike Holincheck	8:04.87* (8:07.7)	AA District Meet	1969	1st
10. Nick McInerney • Troy Schulte John Kayl • Josh Otto	1:30.56	State Meet	1997	1st	10. Tom Carroll • Ben Schroeder John Berger • Tom Karpuk	8:06.08	State Meet	1998	3rd



800 Meter Medley Relay Time

Event	Year	Place
1. Ricky Feauto • Drew Uhl Sean Schaefer • Quinn Olson	2023	5th
2. Andrew Tobin • Joe Yaneff Drew Olson • Deonte Walker	2019	9th
3. Andrew Tobin • Timmy Winders Hunter Hope • Max Miller	2017	1st
4. Ricky Feauto • Kannon Bork Sean Schaefer • Aidan Kuehl	2022	7th
5. Drew Olson • Hunter Hope Deonte Walker • Joe Yaneff	2018	6th
6. DeVionne West • Brayden Pratt Liam Cleary • Sir Brandon Watts	2021	4th

1600 Meter Medley Relay Time

Event	Year	Place
1. Chris Iverson • Tony Dicus John Ross • Jim McCauley	1976	2nd
2. Dan Kosse • Joe Uran Mike Mahan • Mike Rickord	1975	4th
3. Preston Ives • Nate Berger Michael Malloy • Matt Lord	2010	1st
4. John Kayl • Jeff Florke Nick McInerney • Adam Kuehl	1998	1st
5. Preston Ives • Michael Malloy Nate Berger • Christopher Rickert	2009	2nd
6. Preston Ives • Nate Berger Brendan Dougherty • Kyle Poss	2008	4th
7. Oliver Fenceroy • Kelsey Young Chad Heying • Noel Maxey	1993	4th
8. Tony Tobin • Connor Niles Philip Jacobson • Alec DeVries	2013	2nd
9. Luke Roder • Joe Curran Nick Chicoine • Nick Murphy	2004	5th
10. Ryan Godfrey • Kelsey Young Kirk Chamberlain • Eric Potter	1995	4th

4x110 Meter Shuttle Hurdle

Relay – 36 Inches	Time	Event	Year	Place
1. Lucas LaFleur • Drew Uhl James Arlt • Hunter Wauhob	1:03.05	3A District Meet	2023	3rd
2. Drew Olson • Deonte Walker Trent Hope • Spencer Pick	1:07.39	CYO Meet	2019	2nd
3. James Arlt • Fisher Uhl Lucas LaFleur • Hunter Wauhob	1:09.03	3A District Meet	2022	5th
4. Lucas LaFleur • Quinn Olson Keaton Duncan • Jacob LaFleur	1:18.01	MRAC Conference	2021	7th

4x110 Meter Shuttle Hurdle

Relay – 33 Inches	Time	Event	Year	Place
1. Tony Myers • Court MacGregor Dane Hickman • Nick Sawin	1:00.68	MRAC Conference	2012	1st
2. Court MacGregor • Tony Myers Dane Hickman • Nick Sawin	1:02.12	3A District Meet	2011	3rd
3. Court MacGregor • Dane Hickman Nick Sawin • Mitch MacGregor	1:02.78	Tomahawk Relays	2010	1st
4. Will Karrer • Joe Kayl Mason Heaton • Louis Noel	1:04.26	MRAC Conference	2014	3rd
5. Louis Noel • Joe Kayl John Pithan • Tyler Cropley	1:04.98	MRAC Conference	2013	3rd
6.	1:05.44	MRAC Conference	2009	3rd
7. Will Karrer • Mason Heaton Jack Boever • Ben Murphy	1:08.94	Le Mars Invite	2015	3rd
8. Drew Olson • Brennan Todd Christian Velaquez • Ben Murphy	1:09.23	SSC Invitational	2017	3rd
9. Drew Olson • Jake Beaulieu Cade Block • Christian Velasquez	1:12.96	Le Mars Invite	2018	7th

Weight Man 4x100

Meter Relay	Time	Event	Year	Place
1. Kasen Thomas • Hayden Overgaard Jacob LaFleur • Carson McInerney	50.10	SSC Invitational	2023	1st
2. Nolan Osburn • Jake Noel Ben Wankum • Christian Brobst	51.35	SSC Invitational	2014	2nd
3. Luke Petty • Keyan Fulton Mason Scott • Caden LaFleur	51.43	LB Invitational	2021	1st
4. Logan Gray • Carson McInerney Jacob LaFleur • Naeron Bisse	51.96	SSC Invitational	2022	1st
5. Christian Brobst • Chris Hackett Nate Koser • Bryce Sweeney	52.25	SSC Invitational	2012	4th
6. Nolan Osburn • Eli Mollet Ben Payer • Jake Noel	52.92	SSC Invitational	2015	4th

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AUTOGRAPHS

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