

# WAYZATA INDOOR HONOR ROLLS

## 55 Meter High Hurdles

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

## 60 Meter High Hurdles

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

## 60 Yard High Hurdles

7.45 Jon Ritter 1978  
7.6 Mike Siskin 1977, 78

## 65 Yard High Hurdles

8.8 Brad Gunn 1973

## 60 Yard Low Hurdles

7.4 Gary Jordan 1970  
7.9 Mike Siskin 1978

## 65 Yard Low Hurdles

7.5 Mike Siskin 1977

## 70 Yard Low Hurdles

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

## 55 Meter Dash

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

## 60 Meter Dash

6.94 Dante White 2020  
7.01 Tyler Milkes 2024  
6.8 Max Williams 2022  
6.8 Jeffrey Borchardt 2013  
6.8 Michael Smith 2014  
7.19 Alvin George 2020  
6.9 Kam Williams 2023  
6.9 Chris Pierson 2013  
6.9 James Smith 2013  
6.9 Lawrence Wilson 2013, 14  
6.9 Dante White 2019  
6.9 Michael Meadowcraft 2022  
7.0 Sam Johnson 2007  
7.0 Markus Whittaker 2009

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

## 60 Meter Wheelchair

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

## 160 Meter Dash

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

## 200 Meter Dash

22.40 Tyler Milkes, 2024  
22.94 Michael Smith 2013  
23.08 Jeff Tarnowski 1995  
23.34 Jeremy Faue 2003  
23.2 Markus Whitaker 2009  
23.2 Jeffrey Borchardt 2012, 13  
22.37 Collin Taper 2024  
23.45 Jett Berg 2018  
23.45 Dante White 2019  
23.51 Chris Pierson 2013  
23.3 Joseph Koplun 2014  
23.3 Tarun Poliboina 2022  
23.54 Drake Daniels 2018  
23.4 AJ Troup 2009  
23.4 Sam Kolpin 2015  
23.5 Daryl Brown 2009  
23.5 Steele Berg 2014  
23.5 Mitchell Walber 2014  
23.5 Foster Conzert 2014  
23.81 Alvin George 2020  
23.6 Sam Johnson 2007, 08  
23.85 Darwin Dean 2006  
23.7 Kam Williams 2023  
23.7 Toju Olu-Onanuga 2023  
23.98 Joe Cyrus 2006  
23.99 Ben Johnson 2005  
24.02 Jon Williams 2002  
23.8 Marty Stovall 1997  
23.8 Brad Roath 1997  
23.8 Drake Kapler 2015

24.13 Marion Barber III 2001  
23.9 Austin Gordon 2013, 15  
24.16 Jacob Boegel 2006  
24.23 Antonio Stringham 2004  
24.0 Derek Wodnick 2014  
24.0 Kam Williams 2022  
24.0 Tyler Milkes 2022  
24.38 Dom Arrington 2011  
24.41 Paul Ashton 1992  
24.43 Chris Haglund 1998  
24.43 Mitch Underhill 2011  
24.2 Tim Cornish 2004  
24.51 Luke Davey 1996  
24.3 Paris Richardson 2004  
24.3 Erik Roti 2012  
24.3 Anthony Clarke 2013  
24.3 Peter Hienz 2013  
24.64 Jon Lance 1994  
24.0 Carter Olson 2023  
24.4 Dan Perry 1998  
24.4 Nick Martin 2012  
24.65 Avion Smith 2018  
24.67 Alex Haeg 1998  
24.5 Xavier Kaesviharn 2023  
24.6 Ben Kerin 2023  
24.6 Nate Graham 2022  
24.70 Geoff Tong 1992

## 280 Yard Dash

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

## 300 Yard Dash

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

## 300 Meter Dash

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

## 300 Meter Wheelchair

61.4 Michael Allen 2023  
82.0 Michael Allen 2022

## 400 Meter Dash

50.3 Mark Bennett 1985  
51.49 Matt Adams, 2024  
51.72 Brian Jarvey 2011  
51.9 Ethan Tuch 2016

**52.28 Del Johnson 2024**

52.1 Reik Andersen 1985  
 52.3 David Nelson 2023  
 52.4 Romney Andersen 1981  
 52.64 Robin Ruth 1992  
 52.4 Tyler Didier 2015  
 52.5 Paris Richardson 2006  
 52.8c Mike Siskin 1977  
 53.0 Matt Adams 2023  
 53.36 Max Archbold 2018  
 53.3 Patrick Egan 2016  
 53.59 Sam Lebewitz 2011  
 53.4 Isaac Bremseth 2015  
 53.4 Owen Dehm 2022  
 53.67 Erik Matthews 1991  
 53.5 Derek Peterson 2013  
 53.6 Jeff Stewart 1996  
 53.6 Del Johnson 2022  
 53.6 Dan Hernandez 1998  
 53.89 Tom Straka 1994  
 53.7 Will Weber 2023  
 53.7 Steve Hall 1980  
 54.01 Dan Pease 2002  
 54.12 Ryan Tuura 2006  
 53.9 Tyler Kissell 2023  
 53.9 Steve Michalski 1976  
 53.9 Kent Nelson 1976  
 53.9 James LaRowe 1989  
 53.9 Max Martin 2015  
 53.9 Drake Kapler 2017

**500 Yard Dash**

64.5 Jay Myers 1978

**600 Yard Dash**

1:17.0 Tony Vertin 1976

**800 Meter Run**

1:57.1 Jaret Carpenter 2016  
 1:57.78 Khalid Hussein 2018  
 1:58.30 Anders Sonnesyn 2018  
 1:58.48 Patrick Leonard 2018  
 1:58.5 Andrew Millan 2016  
 1:58.6 Derek Peterson 2013  
**1:58.91 Will Weber 2024**  
**1:59.02 Tyler Kissell 2024**  
 1:58.8 Connor Olson 2015  
 1:58.9 Ian Eklin 2015  
 1:59.31 James Smith 2013  
 1:59.4 Aaron Breyer 2014  
 1:59.83 Frank Fetrow 2018  
 2:00.08 Adam Moline 2011  
 2:00.4 Scott Brown 1974  
 2:00.4 Brian Jarvey 2011  
 2:01.03 Josh Thorson 2011  
 2:01.0 Liban Jama 2017  
 2:01.3 Hamza Mohamed 2023  
 2:01.55 Adam Stuhlfaut 1994  
 2:01.4 Gemechu Meskele 2016  
 2:01.5 Jack Prazich 2015  
 2:01.5r David Wenell 1994  
 2:01.5r Jeff Stewart 1996  
 2:01.5r David Herman 1997  
 2:01.6 Andrew Brandt 2019  
 2:02.1r Rob Burgmeier 2006  
 2:02.44 Ed Collins 1990  
 2:02.3 Tyler Didier 2016  
 2:02.5 Tommy Leisen 2017  
 2:02.5 Grant Price 2019  
 2:02.7r Eric Nelson 1979  
 2:03.08 Stephen Jahn 2001  
 2:02.9 Max Johnson 2010

**1000 Yard Run**

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

**1000 Meter Run**

2:40.3 Jeff Stewart 1996  
 2:44.0 Frank Steed 1994  
 2:45.1 Russ Woolery 1996  
 2:46.6 Pat Hoard 1992

**1200 Meter Run**

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

**3/4 Mile Run**

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

**1500 Meter Run**

4:20.8 Ron Schlegel 1983

**1600 Meter Run**

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

**1.5 Mile Run**

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

**3000 Meter Run**

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

**3200 Meter Run**

9:12.9 Josh Thorson 2012  
 9:30.4 Pat Hoard 1993  
 9:31.08 Connor Olson 2013  
 9:31.1 Jeremy Drenckhahn 2009

9:35.4 Kurt Runzheimer 1990  
 9:39.2 George Ross 1974  
 9:40.1 Danny Ducharme 2009  
 9:40.6 Oliver Haugland 2009  
 9:41.19 Jaret Carpenter 2014  
 9:44.2 Dan Thour 2004  
 9:46.0 Kurt Threinen 1980  
 9:46.3 Tim Ross 1980  
 9:46.7 Jacob Hallen 1995  
 9:47.1 Eric Nelson 1979  
 9:49.8 Mark Harries 2010  
 9:50.1 Jason Overson 2000  
 9:53.7 Dick Beardsley 1975  
 9:55.9 John Subialka 2010  
 9:56.40 Jeff Pedersen 2005  
 9:57.47 Brock Stepan 2001  
 9:57.67 Taylor Fay 2002  
 9:58.5 Brent Anderson 1977  
 9:59.91 Andrew Quirk 2013  
 10:00.99 Josh Nielsen 2013  
 10:00.8 Kyle Brandt 2015  
 10:01.0 Jon Hackbart 2009  
 10:01.64 Ian Eklin 2013  
 10:01.9 Aaron Demro 2007  
 10:02.47 Thomas Lerdall 2014  
 10:02.86 Chris DesRoches 2004  
 10:03.5 Landon Lozano 2010  
 10:04.3 Jack Prazich 2013  
 10:05.5 Jeff Dezenski 1979  
 10:07.78 Jimmy Hull 2001  
 10:09.1 Khalid Hussein 2015  
 10:09.3 Jack Alexander 1972  
 10:09.74 Robert Rudin 2013  
 10:09.6 Scott Sippel 2012  
 10:09.6 Paul Epland 2015  
 10:09.8 Mike Anderson 1981

**4x100 Meter Relay**

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

**4x160 Meter Relay**

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

**4x200 Meter Relay**

1:34.27 Stringham, Richardson, Cornish, Dean 2005  
 1:36.42 Smallwood, Graebel, Waldon, Anderson 2000  
 1:36.52 Boegel, B Johnson, S Johnson, Luby 2006  
 1:36.6 Skibness, Ritchie, Hoops, Hebert 1972  
 1:37.93 Budolfson, Dovenberg, Porcaro, Hennessy 1992  
**1:38.10 Tapper, Ley, 2024 Tomczik, Ney**

**4x400 Meter Relay**

3:27.8 O Wamuo, T Didier, J Smith, M Smith 2014  
 3:30.8 M Walber, C Pierson, J Smith, M Smith 2013  
 3:31.7 C Pierson, M Walber, W Long, M Smith 2012

3:33.2c Jach, Paulson, Siskin,  
VandeVere 1977  
3:33.94 Miller, Dean, Richardson,  
Stringham 2005  
3:34.00 Khalid Hussein, Anders Sonnesyn,  
Patrick Leonard, Frank Fetrow 2018  
3:34.47 Faue, Graebel, Mayo, D Pease 2001  
3:34.4c Kelly, Paulson, Siskin,  
VandeVere 1977  
3:35.4 Sullivan, Riggs, Anderson,  
Bennett 1985  
3:35.89 Jackson, Lebewitz, Jarvey,  
Moline 2011

#### 800 Medley Relay (100,100,200,400)

1:43.3 Hale, Hennessy, Budolfson,  
Schmidt 1993  
1:45.17 Allen, Dean, Stringham,  
G Pease 2004  
1:45.27 Allen, Zweber, Boegel, Miller 2005  
1:45.4 Muras, Matthews, Schulz, Ruth 1990

#### 1520 Meter Medley (400,160,160,800)

3:39.8 Usset, Merlin,  
Hoops, Stomval 1970  
3:41.9 Collins, Jackson, Lindell,  
Paluson 1977  
3:42.0 Pierson, Quast, Winston,  
Threinen 1980

#### 1600 Meter Sprint Medley

3:45.9 Day, Roberts, D'Kae, Jarvey 2009  
3:47.23 Haux, Redman, Groth, Rugh 1995  
3:49.0 R Burgmeier, Tuura,  
B Johnson, Kalivoda 2005  
3:50.54 Nelson, Ritter, Duerr, Myers 1978  
3:51.34 Henkel, Budolfson, Sisk, Rugh 1994  
3:51.2 Perbix, Silva, Graebel, Klein 2001  
3:54.77 Yeager, Haglund,  
Stender, Madgett 1998  
3:54.6 Meyer, Knapp, Blegen,  
Almquist 1983

#### 4x800 Meter Relay

8:18.7 Young, Jordan, Larkin, Brown 1974  
8:23.06 Bies, Churchill, A VanBenschoten,  
R Burgmeier 2006

#### 8:24.98 Kissel, Dietrick, 2024

#### Young, E. Williams

8:25.25 Donahue, White, Thorson,  
Jarvey 2011

#### 8:27.14 Weber, C Williams, 2024

#### W. Chabot, Kahlstorf

8:29.0 Threinen, Riley, Nelson,  
Dezenski 1979  
8:29.2 Krautkremer, Waddell,  
Eckerson, Monson 1975  
8:32.1 Heintzeman, Wilson,  
M Johnson, Wasz 2009  
8:34.5 Abendroth, Steinmangel, Larson,  
Ulrich 1971  
8:34.5 Farr, B Sondag, Turnquist,  
Brock Stepan 2001  
8:35.9 Moline, Frisbie, Scott, Jarvey 2009  
8:36.5 Steed, Griffith, Frank, Wennell 1994  
8:37.76 Schlichting, Hirschey, Maentz,  
Gilman 1996  
8:37.87 Stuhlfaut, Becker, Jones,  
Riesgraf 1992

#### Distance Medley Relay

11:01.95 Stewart, Gilman, Osgood,  
Herman 1996  
11:02.3 Hirschey, Herman, Stewart,  
Morris 1997  
11:08.1 J Gerber, A VanBenschoten,  
P Holmes, R Burgmeier 2006  
11:09.3 Pedersen, Bryce Stepan,  
A VanBenschoten, B Holmes 2005  
11:16.93 Hawkinson, Madgett,  
Bowden, Overson 2000

11:18.97 Robbie Defren, Zach Miller,  
Blake Buysse, Ben Basten 2018  
11:19.15 Back, Stuhlfaut, O'Rourke,  
Hoard 1992  
11:26.02 Farr, Thour, B Sondag,  
Bowden 2001  
11:26.95 Wennell, Ellingson, Obermiller,  
Hallen 1993  
11:26.9 Ma Harries, Kroeten,  
Donahue, Subialka 2009  
11:27.85 Hallen, Frank, Obermiller,  
Morris 1995  
11:28.20 McCoy, Obermiller, Rhea,  
Steed 1994

#### High Jump

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

#### Long Jump

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

#### Shot Put

54-6 ½ Steve Wright 1977  
54-5 Justin Asher 1995  
53-1 Dan Sebald 1974  
52-5 ½ Mark Mendel 198350  
**50-5 ¼ Derek Christenson 2024**  
49-11 ¾ Dave Klein 1983  
49-8 ¼ Tim Armstrong 1991  
49-6 Chris Ashton 1996  
49-2 Bruce Breth 1980  
49-1 Jon Charest 2006  
49-0 ½ Matt Anderson 2001  
48'9.5" Manny Wilson 2023  
48-3 ¼ Ryan Schwerin 2001  
48-1 ¾ Tom Petrie 2000  
**47-10 Charlie Smith 2024**  
47-5 Dan Bonneville 2015  
47'1" Charlie Smith 2023  
47-0 Rory Nelson 1994  
47-0 Ben Roscoe 2001  
47-0 Zack Barker 2015  
46-9 ½ Mike Trask 1978  
46-9 Ryan Keup 2014  
46-7 Matt Winston 1978  
46-5 ½ Mason Sauer 2017  
46-3 ¼ Rob Hansen 1995  
46-3 Mike Mortenson 1986  
46-2 ¼ Scott Doring 1975

#### Shot Put WheelChair

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

#### Triple Jump

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

## Pole Vault

14-0	Jack Helmich	2022
13-8	Ben Hidani	2018
13-7	Mark VanBenschoten	2010
13-6	Brian Tripp	2004
13-6	Antonio Stringham	2005
13-0	Jeff Jackson	1982
13-0	Matt Chandler	1982
13-0	Eddie Hidani	2013
13-0	Jackson Cramer	2022
12-6	Michael Hsu	1996
12-6	Lucas Jensen	1998
12-6	Dennis Kline	2001
<b>12-6</b>	<b>Cody Meyers</b>	<b>2024</b>
12-3	Kurt Jackson	1981
12-3	Lukas Versaggi	2019
12-0	Mike Plummer	1977
12-0	Nate Page	2000
12-0	Ben Michel	2005
11-9 $\frac{3}{4}$	Gabe Toso	2017
11-9	Jerry Pietig	1978
11-6	David Thomas	2006
11-6	Grady McNaughton	2018

## SOPHOMORE & FRESHMAN INDOOR BESTS

### 55 Meter High Hurdles

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

### 60 Meter High Hurdles

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

### 65 Yard High Hurdles

9.3	David Gaither	1973
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### 65 Yard Low Hurdles

7.8	Mike Siskin	1976
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### 70 Yard Low Hurdles

8.3	Mike Siskin	1976
8.3	Rick Sollie	1978

### 55 Meter Dash

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

### 60 Meter Dash

6.8	Lawrence Wilson	2013
7.0	Tyler Milkes	2022
7.0	Jett Berg	2016
7.0	Sean Diedrich	2019
7.27	Dante White	2018
7.1	Toju Olu-Onanuga	2023
7.1	Jarod Jackson	2010

7.1	Michael Smith	2012
7.1	Foster Conzet	2014
7.1	Drake Kapler	2015
7.1	Owen Michelson	2019
7.36	Anthony Clarke	2013
7.40	Mitch Underhill	2011
7.2	Paris Richardson	2004
7.2	James Smith	2012
7.2	Joseph Koplín	2012
7.2	Josh Gillespie	2013
7.2	Mitchell Walber	2013
7.2	Julien Jean-Pierre	2013
7.2	Rukshen Ambrose	2019
7.53	Sam Johnson	2006
7.3	Sam Booh	2023
7.3	Perry Miles	2023
7.3	Tony Lei	2023
7.3	Uyiosa Osagie	2023
7.3	Tyler Didier	2014
7.3	Samuel Santiago	2014
7.3	Marcus Guy	2015
7.3	Julian Diedrich	2019
7.3	Kristian Kaesviharn	2019
7.3	Travis Salters	2019
7.3	Xavier Kaesviharn	2022
7.3	Miles Kyei	2024

### 60 Meter Wheelchair

16.5	Michael Allen	2022
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### 160 Meter Dash

19.7	Mike Quast	1978
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### Pole Vault

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

### 200 Meter Dash

23.54	Drake Daniels	2018
23.5	Foster Conzet	2014
<b>23.76</b>	<b>Collin Tapper</b>	<b>2024</b>
23.86	Dante White	2018
23.7	Toju Olu-Onanuga	2023
23.99	Ben Johnson	2005
23.8	Drake Kapler	2015
23.8	Sean Diedrich	2019
23.9	Joseph Koplín	2012
23.9	Austin Gordon	2013
23.9	Owen Mickelson	2019
24.0	Daryl Brown	2008
24.0	Tyler Milkes	2022
24.1	Markus Whittaker	2008
24.1	Wes Jackson	2013
24.43	Mitch Underhill	2011
24.2	Chris Haglund	1997
24.2	Julian Diedrich	2019
24.3	Tim Cornish	2004
24.3	Anthony Clarke	2013
24.3	Paris Richardson	2004
24.67	Alex Haeg	1998
24.70	Tyler Didier	2013
24.5	Brendan Roath	1997
<b>24.85</b>	<b>Jaxon Brown</b>	<b>2024</b>
24.7	Matt Olson	2005
24.7	Kristian Kaesviharn	2019
24.8	Chris Muras	1990
24.8	Jerry Sisk	1994

24.8	Sam Johnson	2005
24.8	Ryan D'Kae	2009
24.8	Sam Kolpin	2014

### 280 Yard Dash

32.0	Tim Hoops	1970
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### 300 Yard Dash

34.7	Rick Sollie	1978
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### 300 Meter Dash

36.5	Michael Smith	2012
36.8	Mitchell Walber	2013
37.1	Matt Adams	2023
37.1	Sean Diedrich	2019
37.6	Adam Moline	2009
37.6	Tyler Milkes	2022
37.6	James Smith	2012
37.7	Tyler Didier	2014
37.9	Jett Berg	2016
38.16	Ryan Tuura	2005
38.1	Owen Mickelson	2019
38.3	Tommy Leisen	2016
38.4	Drake Daniels	2018
38.6	Josh Gillespie	2013
38.7	Ryan D'Kae	2009
38.7	Samuel Santiago	2014
38.8	Anthony Clarke	2013
<b>38.9</b>	<b>Even Furcht</b>	<b>2024</b>

### 300 Meter Wheelchair

82.0	Michael Allen	2022
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### 400 Meter Dash

53.0	Matt Adams	2023
53.6	Del Johnson	2022
53.7	Will Weber	2023
<b>54.52</b>	<b>Even Furct</b>	<b>2024</b>
54.5	Erik Matthews	1990
54.6	Mark Wherry	1996
<b>54.92</b>	<b>Tyler Maahs</b>	<b>2024</b>
55.13	DJ Luby	2005
55.0	Kent Nelson	1974
55.0	Chris Kroeten	2008
55.0	Skip Johnson	2009
<b>55.25</b>	<b>Kier Hutton</b>	<b>2024</b>
55.53	Sean Kalivoda	2005
55.3	Robin Ruth	1990
55.4	Jeff Kelly	1977
55.6	Parker Dietrick	2022
55.90	Drake Daniels	2018
55.93	Dan Pease	2000
55.7	Mike Freese	1998

### 600 Yard Dash

1:17.0	Tony Vertin	1976
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### 600 Meter Run

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

### 800 Meter Run

1:59.5	Patrick Leonard	2017
2:01.6	Connor Olson	2013
2:01.9	Will Weber	2023
2:04.1r	Andrew VanBenschoten	05
2:04.5	Frank Fetrow	2016
2:04.7	Parker Dietrick	2022
2:05.0	Stephen Jahn	2000
2:05.9	Will Weber	2022
2:06.3	Kent VandeVere	1972
2:06.3	Peter Holmes	2006
<b>2:06.69</b>	<b>Evan Young</b>	<b>2024</b>
2:06.5	Brian Jarvey	2009
2:06.5r	Nate Heintzeman	2009
2:07.03	David Frank	1994
2:06.8	Mitchell Tolander	

2:06.8 Adam Moline 2009  
2:06.8 Matt Adams 2022  
2:08.43 Andrew Millan 2014  
2:08.3 Brian Strassheim 1987  
2:08.5 Aaron Breyer 2012  
2:08.7r David Churchill 2006  
2:08.8 Jon Ulrich 1970  
2:08.9 Andrew Quirk 2013  
2:09.0r Matt Jones 1990  
2:09.1r Jacob Maentz 1996  
2:09.2 Chris Stanek 2015  
2:09.3r Chris DesRoches 2002  
2:09.4 Tommy Leisen 2015  
**2:09.94 Will Chabot 2024**  
2:10.0 Kirk Meyer 1983  
2:10.0r Adam Stuhlfaut 1992  
2:10.2 Greg Scott 2009  
2:10.3 Andy Engebretson 1985  
2:10.64 Dwan Thompson 1996

#### 1000 Yard Run

2:31.0 Jeff Dezenski 1978

#### 1000 Meter Run

2:52.1 David Frank 1994  
2:56.5 Kelly O'Rourke 1991  
2:56.8 Mike Back 1991

#### 1200 Meter Run

3:26.0 Andrew VanBenschoten 05  
3:29.4 Ben Hackbart 2005

#### 1600 Meter Run

4:24.95 Connor Olson 2013  
4:28.0 Khalid Hussein 2016  
4:28.5 Grant Price 2017  
4:29.0 Will Weber 2023  
4:29.1 Jaret Carpenter 2014  
4:31.7 Josh Thorson 2009  
4:35.5 Nick Shaleen 2014  
4:36.8 Patrick Leonard 2017  
4:37.81 Derek Peterson 2011  
4:38.09 David Herman 1995  
4:38.1 Cameron Arkesteyn 2017  
4:40.1 Karl Kabarowski 2009  
4:40.54 Stephen Jahn 2000  
4:40.7 Zach Miller 2017  
4:41.3 Josh Nielsen 2012  
4:41.4 Andrew Brandt 2017  
4:41.9 Andrew Millan 2014  
4:41.9 Mitchell Tolander 2016  
4:42.70 Andrew VanBenschoten 05  
4:43.4 Danny Ducharme 2007  
4:43.4 Oliver Haugland 2008  
4:43.4 Jack Prazich 2013  
4:43.6 Evan Day 2007  
**4:43.89 Thomas Barrett 2024**  
4:43.9 Jacob Hallen 1993  
4:44.1 Parker Dietrick 2022  
4:44.5 Paul Weiler 2014  
**4:45.11 Abdi Robleh. 2024**  
4:45.46 Pat Hoard 1991  
4:45.3r Mark Harries 2009  
4:45.7 Will Weber 2022  
4:45.9 Andrew Quirk 2013  
4:46.1 Kurt Runzheimer 1988  
4:46.1 Blake Buysse 2016  
4:46.4 Ian Eklin 2013  
4:46.9 Aaron Breyer 2011  
4:46.9 Charlie Ernst 2018  
4:47.61 Mark Bowden 2000  
4:47.8 Brian Strassheim 1987  
4:47.9 George Ross 1972  
4:48.2 Anders Sonnesyn 2015  
4:48.90 Drake Young 2018  
4:48.7 Nate Heintzeman 2009

#### 1.5 Mile Run

7:52.0 Mike Anderson 1980

#### 3000 Meter Run

9:44.1 Stephen Jahn 2000

#### 3200 Meter Run

9:31.08 Connor Olson 2013  
9:40.7 Josh Thorson 2009  
9:41.19 Jaret Carpenter 2014  
9:58.3 Danny Ducharme 2007  
9:59.91 Andrew Quirk 2013  
10:01.64 Ian Eklin 2012  
10:01.6 Mark Harries 2009  
10:04.3 Jack Prazich 2013  
10:05.3 Pat Hoard 1991  
10:09.1 Khalid Hussein 2015  
10:10.0 Jeremy Drenckhahn 2007  
10:10.8 Josh Halverson 2015  
10:10.9 Karl Kabarowski 2009  
10:10.9 Nick Shaleen 2013  
10:13.1 Oliver Haugland 2008  
10:14.7 Wes Heal 2014  
10:17.0 Gemechu Meskele 2015  
10:17.5 Paul Epland 2013  
10:18.03 Derek Peterson 2011  
10:19.7 Kyle Brandt 2014  
10:22.1 Stephen Jahn 2000  
10:22.42 Peter Holmes 2006  
10:25.5 Paul Weiler 2015  
10:26.4 Joe Meister 2010  
**10:26.64 Matt Jenneke 2024**  
10:27.7 Mike Anderson 1980  
10:29.0 Brian Strassheim 1987  
10:29.1 Liban Jama 2015  
10:30.7 Carl Brakob 1982  
10:30.7 Connor Eastman 2012  
10:33.44 Dan Gerber 2006  
10:34.0 Dennis Sparks 1979  
10:35.1 Dan Murphy 1972  
10:40.28 Jason Overson 1997  
10:43.39 Bobby Rudin 2011  
10:44.7 Chris Newcombe 1978  
**10:46.04 Charlie Foss 2024**  
10:46.97 Jon Lambert 2005  
10:49.8 Grant Waddell 1973  
10:51.0 Josh Gerber 2004  
10:53.33 Iain McCrory 2011  
10:54.5 Tom LaRowe 1985  
10:54.5 Mark Bowden 2000  
10:58.37 Taylor Hegarty 2005  
10:58.9 Evan Stine 1999

#### Long Jump

20-11 ½ Dante White 2018  
20'2.75" Perry Miles 2023  
20'2" Collin Tapper 2023  
19-11 ¾ Stu Pease 2005  
**19-0 Kier Hutton 2024**  
19-8 Darryl Jackson 2002  
19-7 Brandon Strickland 2010  
19-5 ½ Chris Kroeten 2008  
19-5 ¼ Julien Jean-Pierre 2013  
19-5 Jarod Jackson 2010  
19-4 Jack Egan 2008  
19-3 Quinn Hendel 2003  
19-3 Josh Gillespie 2012  
19-2 Rick Sollie 1978  
19-1 ½ Mike Melin 1986  
18-11 ¾ Pat Reed 1998  
18-11 Michael Hsu 1994  
18-10 Brad Walker 1988  
18-9 ½ Japel Hook 1991  
18-9 Ben Wahmbein 2008  
18-8 ½ Mike Winston 1984  
18-6 Anthony Clarke 2013  
18-5 ¼ Wes Jackson 2013  
18-5 Dan Lasker 2010  
18-5 Abiyi Agbeh 2012

18-4 Paul Spangrud 1978  
18-4 Adam Kostanecki 2013  
18-2 Mark Schulz 1990  
18-2 Nick Martin 2010

#### High Jump

6-2 Mike Kromer 1984  
6-0 Tom VonderBrink 1991  
6-0 Ben Grosse 2014  
6-0 Dante White 2018  
6-0 Nick Hedlund 2018  
5-10 Sam Booh 2023  
5-10 Mike Hesse 1982  
5-10 Ben Wambhein 2008  
5-10 Ethan Zeidler 2010  
5-10 Brett Smith 2013  
5-9 Mike Melin 1986  
5-9 Tim Stenzel 1986  
5-9 David Jacobson 2007  
5-8 Steve Pederson 1980  
5-8 Craig Thompson 1989  
5-8 Andrew Tibesar 1996  
5-8 Ben Zerman 2003  
5-8 Nick Welshons 2009  
5-8 Jeremiah Brathwaite 2014

#### Shot Put

50-0 Justin Asher 1994  
49-6 Chris Ashton 1996  
46-3 ½ Mark Mendel 1982  
46-1 Charlie Smith 2022  
45-11 ¾ Rob Bathe 2007  
45-1 Nick Tibesar 1998  
44-4 ½ Tom Petrie 1998  
44-4 John Petrie 2009  
**43-0 Eli Diane 2024**  
42-10 Manny Wilson 2022  
42-6 Grant Olson 2008  
42-5 Derek Christenson 2022  
41-10 Matt Anderson 1999  
41-8 Steve Wright 1975  
41-8 Alex King 2003  
41-6 Doug Warren 1989  
41-0 Tim Armstrong 1989  
40-10 Ryan Schwerin 1998  
40-8 Jac Carver 2018  
40-0 ½ Sam Launder 2003

#### Shot Put WheelChair

**17-9 Mac Hedtke 2024**  
11-0 Michael Allen 2022

#### Triple Jump

42-0 Brandon Strickland 2010  
41-6 Cecil Doe 2007  
40-6 Chris Kroeten 2008  
40-6 Dante White 2017  
40-5 Julien Jean-Pierre 2013  
40-1 ½ Nick Hedlund 2018  
39-8 Ethan Zeidler 2010  
39-6 Rick Sollie 1978  
39-2 ½ Mike Kromer 1984  
39-1 ½ Dan Pease 2001  
39-1 Stu Pease 2005  
38-8 Gary Pease 2003  
37-6 ½ Mickael Hsu 1994  
37-4 Bob Moore 1981  
37-1 Ben Wambhein 2008  
36-11 ½ Mike Hesse 1982  
36-11 Paul Spangrud 1978