

# 100 METER DASH

## ALL-TIME HONOR ROLL

1	Jeff Tarnowski	10.76w	1995
2	Dante White	10.79w	2019
3	AJ Troup	10.81	2009
4	Michael Smith	10.81	2014
<b>5</b>	<b>Tarun Poliboina</b>	<b>10.92</b>	<b>2021</b>
6	Derek Wodnick	10.97	2014
7	Jeffrey Borchartd	10.98	2013
8	Sam Johnson	10.99	2007
9	Mark Winston	10.8	1982
x	Jeff Tarnowski	11.04	1996
10	Jon Williams	10.8	2001
11	Markus Whittaker	10.8	2009
12	Josh Reeves	11.05	2015
13	Joey Kolpin	11.06	2014
14	Jarod Jackson	11.08	2011
15	Koen Bastiaens	11.09	1987
16	Erik Roti	11.11	2011
17	Jon Lance	10.9	1995
18	Ryan D'Kae	11.14	2011
19	James Smith	11.14	2014
20	Tyler Berry	11.16	2012
21	Dan Perry	11.17	1998
x	Dante White	11.19	2018
<b>22</b>	<b>Max Williams</b>	<b>11.19</b>	<b>2021</b>
23	Marion Barber III	11.22	2001
24	Anthony Clarke	11.23	2014
25	Darwin Dean	11.0	2006
26	Keante' Johnson	11.26	2013
27	Drake Kapler	11.26	2016
28	Pat Reed	11.27	2000
29	Chase Berry	11.27	2013
30	Jett Berg	11.27	2017
31	Kirk Randall	11.30	2008
32	Fritz Rock	11.31	2008
33	Sam Kolpin	11.31	2015
34	Foster Conzet	11.32	2014
35	Mark Mendel	11.1	1982
36	Mike Giebenhain	11.1	1999
37	Jesse Rooney	11.1	2006
38	Jon Knudsen	11.35	1998
<b>39</b>	<b>Michael Meadowcroft</b>	<b>11.37</b>	<b>2021</b>
41	Josh Grosser	11.41	2013
<b>42</b>	<b>Sean Diedrich</b>	<b>11.41</b>	<b>2021</b>
43	Lucas Davey	11.42	1996
44	John Kapsner	11.2	1985
45	Mike Melin	11.2	1986
46	Marty Stovall	11.2	1997
47	Darryl Jackson	11.2	2002
48	John Leggitt	11.2	2002
49	Tim Cornish	11.2	2004
50	Tobi Okuyemi	11.2	2007
51	Mitch Underhill	11.2	2011

## 100 METER SECTION CHAMPIONS

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

## 100 METER STATE PLACERS

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

## SOPHOMORE & FRESHMAN BESTS

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

## FRESHMAN BESTS

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

## 4 x 100 METER RELAY

### ALL-TIME BESTS

42.45 2019 Sean Diedrich, Alvin George, Dante White, Owen Michelson  
42.47 2013 Keante' Johnson, Steele Berg, Chris Pierson, Jeffrey Borchardt  
42.51 2013 Keante' Johnson, Joey Kolpin, Chris Pierson, Jeffrey Borchardt  
42.57 2014 Keante' Johnson, Joey Kolpin, Austin Gordon, Derek Wodnick  
42.57 2016 Drake Kapler, Jett Berg, Ethan Tuch, Sam Kolpin  
42.73 2014 Austin Gordon, Joey Kolpin, Anthony Clarke, Derek Wodnick  
42.75 2008 Kirk Randall, Sam Johnson, Matt Olson, Fritz Rock  
42.82 2013 Keante' Johnson, Anthony Clarke, Chris Pierson, Jeffrey Borchardt  
42.92 2018 Dante White, Jett Berg, Eugene Dixon, Max Archbold  
42.94 2008 Kirk Randall, Sam Johnson, Fritz Rock, Markus Whittaker  
42.97 1999 Pat Reed, Mike Giebenhain, Chris Haglund, Alex Haeg  
43.00 1995 Ryan Porisch, Jon Lance, Aaron Redman, Jeff Tarnowski  
43.03 2015 Drake Kapler, Sam Kolpin, Austin Gordon, Ethan Tuch  
43.03 2015 Josh Reeves, Sam Kolpin, Austin Gordon, Ethan Tuch  
43.06 2011 Mitch Underhill, Erik Roti, Mike Borillo, Ryan D'Kae  
43.06 2021 Max Williams, Tarun Poliboina, Sean Diedrich, Rukshen Ambrose  
43.11 2009 Daryl Brown, AJ Troup, Ryan D'Kae, Fritz Rock  
43.19 2014 Keante' Johnson, Steele Berg, Anthony Clarke, Joey Kolpin  
**43.22 2021 Max Williams, Tarun Poliboina, Sean Diedrich, Michael Meadowcroft**  
43.24 2006 Joe Cyrus, Darwin Dean, Ben Johnson, Jacob Boegel  
43.27 2000 Pat Reed, Brendan Roath, Jeremy Faue, Alex Haeg  
43.30 2007 Markus Whittaker, Sam Johnson, Ben Johnson, Jesse Rooney  
43.34 2007 Joe Cyrus, Sam Johnson, Ben Johnson, Jesse Rooney  
43.37 1998 Dan Perry, Mike Giebenhain, Jon Knutsen, Alex Haeg  
43.38 2004 Tim Cornish, Will Nwameme, Paris Richardson, Brian Tripp  
43.44 2002 Darryl Jackson, Jeremy Faue, Manny Stewart, John Leggitt  
43.53 2013 Keante' Johnson, Anthony Clarke, Mitchell Walber, Joey Kolpin  
43.53 2015 Josh Reeves, Sam Kolpin, Drake Kapler, Austin Gordon  
43.54 2001 Otis Smallwood, Jon Williams, Marion Barber, Brian Graebel  
43.55 2013 Joey Kolpin, Anthony Clarke, Chris Pierson, Jeffrey Borchardt  
43.57 2014 Josh Reeves, Foster Conzet, Austin Gordon, Derek Wodnick  
43.3 2002 Darryl Jackson, Jon Williams, Manny Stewart, Jeremy Faue  
43.58 1997 Dan Perry, Marty Stovall, Chris Haglund, Alex Haeg  
43.71 2014 Drake Kapler, Josh Grosser, Mitchell Walber, Derek Wodnick  
43.74 2012 Anthony Clarke, Jeffrey Borchardt, Joey Kolpin, Tyler Berry  
**43.84 2021 Max Williams, Tarun Poliboina, Sean Diedrich, Nate Graham**  
43.87 1994 Ryan Hale, Jon Lance, Aaron Redman, Gabe Hart

43.7 1981 Mark Winston, Mike Brooks, Elliot Brown, Vince Turk  
43.99 2005 Tim Cornish, Paris Richardson, Ben Johnson, Darwin Dean  
43.8c 1979 Mike Quast, Frank Belline, Mike Duerr, Joe Caticchio

### 4 x 100 SECTION CHAMPIONS

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

### 4 x 100 STATE MEET PLACERS

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

## 200 METER DASH

### ALL-TIME HONOR ROLL

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

### 200 METER SECTION CHAMPIONS

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

### 200 METER STATE MEET PLACERS

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

### SOPHOMORE & FRESHMAN BESTS

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

### FRESHMAN BESTS

1	Markus Whittaker	22.90	2007
2	Dante White	22.96	2017
3	Michael Smith	22.9	2011
4	Mitchell Walber	22.9	2012
5	Sean Diedrich	23.28	2018
5	Brendan Roath	23.1	1997
6	Jeremy Faue	23.36	2000
7	Matt Olson	23.3	2005
8	Tyler Didier	23.3	2013
9	Alex Haeg	23.4	1997
10	James Smith	23.4	2011
11	Jett Berg	23.73	2015
12	Drake Daniels	23.73	2017
13	Tobi Okuyemi	23.5	2007
14	Pat Reed	23.6	1997
15	Lawrence Wilson	23.6	2012
16	Marschal Hipsag	23.6	2016
17	Joey Kolpin	23.7	2011
18	Zech Roberts	23.8	2006
19	Josh Reeves	23.8	2012
20	Foster Conzet	23.8	2013
21	Paris Richardson	23.9	2003
22	Ryan Tuura	23.9	2004
23	Drake Kapler	24.20	2014
24	Elliot Brown	24.0c	1978
25	Anthony Keller	24.0	2001
26	DJ Luby	24.0	2004
27	Daniel Samuel-Ojo	24.0	2008
28	Anthony Clarke	24.0	2012
<b>29</b>	<b>Xavier Kaesviharn</b>	<b>24.24</b>	<b>2021</b>
30	Marcus Guy	24.26	2015

# 4 x 200 METER RELAY

## ALL-TIME BESTS

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

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Jeffrey Borchardt, Brian Jarvey  
1:31.1 2002 Jon Williams, Dan Pease, Jeremy Klein, Jeremy Faue  
1:31.36 2015 Patrick Egan, Isaac Bremseth, Jett Berg, Anthony Clarke  
1:31.36 2016 Lewis Gibson, Tyler Didier, Ethan Tuch, Shawn Miller  
1:31.39 2007 Fritz Rock, Sam Johnson, Ben Johnson, Jesse Rooney  
1:31.46c 1979 Mike Quast, Mike Duerr, Frank Belline, Joe Caticchio  
1:31.54 2000 Mike Freese, Brian Graebel, Dan Pease, Joe Waldon  
1:31.3 2012 Mitchell Walber, Jeffrey Borchardt, Joey Kolpin, Chris Pearson  
1:31.57 2015 Josh Reeves, Sam Kolpin, Drake Kapler, Ethan Tuch  
1:31.61 2005 Antonio Stringham, Paris Richardson, Darwin Dean, DJ Luby  
1:31.4c 1977 Kevin Smith, Tim Langfitt, Bryan Jackson, Mark Hebeisen  
1:31.66 2005 Ben Johnson, Paris Richardson, Tim Cornish, Darwin Dean  
1:31.6 2013 Mitchell Walber, Chris Pierson, Joey Kolpin, Jeffrey Borchardt  
1:31.86 2019 Drake Daniels, Sean Diedrich, Alvin George, Owen Michelson  
1:31.91 2003 Joey Klein, Quinn Hendel, Jon Williams, AJ Hiler  
1:32.01 2015 Austin Gordon, Ethan Tuch, Tyler Didier, Sam Kolpin  
1:32.06 2015 Patrick Egan, Isaac Bremseth, Jett Berg, Tyler Didier  
1:31.9c 1972 Tim Hoops, M. Skibness, Dennis Ritchie, Ken Hebert  
1:32.23 2007 Joe Cyrus, Markus Whittaker, Ben Johnson, Jesse Rooney  
1:32.2 2006 Paris Richardson, Ben Johnson, Joe Cyrus, Darwin Dean  
1:32.62 2005 Antonio Stringham, Paris Richardson, Tim Cornish, Ben Johnson  
1:32.62 2010 Ryan D'Kae, Chad Trapp, Adam Gooley, Jarod Jackson  
1:32.63 2015 Drake Kapler, Ethan Tuch, Sam Santiago, Sam Kolpin  
1:32.69 2006 Paris Richardson, Ben Johnson, Sam Johnson, Ryan Tuura  
1:32.5c 1973 Jack McClure, Dennis Ritchie, Mike Dorsey, Ken Hebert

## 4 x 200 SECTION CHAMPIONS

1937 1:36.5y Charles Freer, Roy Johnson, Eisinger, Hellmin  
2002 1:30.18 Jeremy Klein, Dan Pease, Joey Klein, Jeremy Faue  
2003 1:30.33 Joey Klein, Dan Pease, Jon Williams, Jeremy Faue  
2005 1:31.12 Antonio Stringham, Paris Richardson, Tim Cornish, Darwin Dean  
2012 1:28.39 Chris Pierson, Michael Smith, Jarod Jackson, Jeffrey Borchardt  
2013 1:26.96 Chris Pierson, Michael Smith, James Smith, Jeffrey Borchardt  
2014 1:27.06 Joey Kolpin, Michael Smith, Steele Berg, Mitchell Walber

## 4 x 200 STATE MEET PLACERS

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

# 400 METER DASH

## ALL-TIME HONOR ROLL

1	Michael Smith	47.40	2014
2	Tyler Didier	48.86	2015
3	Mark Bennett	48.91	1984
4	James Smith	48.92	2013
5	Lewis Gibson	49.01	2017
6	Reik Andersen	49.13	1985
7	Mike Duerr	49.41	1980
8	Romney Andersen	50.0	1981
9	Max Baker	50.27	2019
10	Scott Langlie	50.1c	1975
11	Jim Duerr	50.49	1987
12	Jarod Jackson	50.66	2012
13	Bruce Johnson	50.5c	1970
14	Kent Nelson	50.5c	1976
15	Chris Pierson	50.84	2013
16	Dave Wenell	50.88	1995
17	Sam Lebewitz	50.92	2011
18	Chris Lund	50.96	1988
19	Jeremy Faue	50.96	2003
20	Brian Graebel	51.03	2002
21	Isaac Bremseth	51.03	2015
22	Jay Myers	51.0c	1979
23	Rick Sollie	51.0c	1979
24	Marc Edwards	51.0	1990
25	Brian Jarvey	51.28	2010
26	Frank Fetrow	51.38	2017
27	Owen Michelson	51.42	2021
28	Joey Klein	51.44	2003
29	Dan Pease	51.45	2003
30	Bob Schroeder	51.3c	1972
31	Patrick Egan	51.57	2016
32	Greg VandeVere	51.5c	1977

## 400 METER SECTION CHAMPIONS

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

## 400 METER STATE MEET PLACERS

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

## SOPHOMORE & FRESHMAN BESTS

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

## FRESHMAN BESTS

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

# 4 x 400 METER RELAY

## ALL-TIME BESTS

3:17.06 2013 Chris Pierson, James Smith, Obi Wamuo, Michael Smith  
3:17.98 2011 Michael Smith, Brian Jarvey, Sam Lebewitz, Adam Moline  
3:18.36 2012 James Smith, Jarod Jackson, Brian Jarvey, Michael Smith  
3:18.57 2014 Obi Wamuo, Michael Smith, Tyler Didier, James Smith,  
3:19.65 2014 Tyler Didier, Michael Smith Mitchell Walber, James Smith  
3:19.71 2016 Tommy Leisen, Tyler Didier, Lewis Gibson, Ethan Tuch  
3:19.95 2017 Tommy Leisen, Lewis Gibson, Frank Fetrow, Jett Berg  
3:20.07 2011 Michael Smith, Brian Jarvey, Sam Lebewitz, James Smith  
3:20.27 2014 Mitchell Walber, Obi Wamuo Tyler Didier, James Smith  
3:20.60 2002 Dan Pease, Joey Klein, Matt Farr, Jeremy Faue  
3:20.6c 1978 Mike Duerr, Greg VandeVere, Jay Myers, Mike Siskin  
3:20.6 1981 Elliot Brown, Vince Trammel, Mark Trammel, Romney Andersen  
3:20.92 2019 Ethan Wagner, Max Baker, Ian Zukor, Cameron Arkesteyn  
3:21.20 2012 James Smith, Brian Jarvey, Chris Pierson, Michael Smith  
3:21.37 2013 Obi Wamuo, James Smith, Tyler Didier, Michael Smith  
3:21.58 2015 Isaac Bremseth, Tyler Didier, Max Martin, Ethan Tuch  
3:21.65 2013 James Smith, Chris Pierson, Obi Wamuo, Michael Smith  
3:21.78 2013 Chris Pierson, James Smith, Derek Peterson, Obi Wamuo  
3:22.0c 1979 Mike Duerr, Jay Myers, Kirk Flittie, Rick Sollie  
3:22.30 2014 Tyler Didier, Obi Wamuo Mitch Walber, Michael Smith  
3:22.61 2019 Ethan Wagner, Max Baker, Ian Zukor, Patrick Leonard  
3:22.73 1980 Rick Sollie, Romney Andersen, Steve Hall, Mike Duerr  
3:22.99c 1977 Eric Paulson, Brian Earl, Greg VandeVere, Mike Siskin  
3:23.04 2015 Isaac Bremseth, Tyler Didier, Jacob Parsons, Ethan Tuch  
3:23.11 2003 Dan Pease, Joey Klein, Jon Williams, Jeremy Faue  
3:23.95 2014 Issac Bremseth, 47.4 Michael Smith Steve Lorbiecki, Obi Wamuo  
3:23.96 2014 Tyler Didier, Obi Wamuo, Mitchell Walber, James Smith  
3:24.05 2018 Frank Fetrow, Tommy Leisen, Khalid Hussein, Jett Berg  
3:24.29 2016 Jett Berg, Tyler Didier, Shawn Miller, Ethan Tuch  
3:24.30 2012 Chris Pierson, Jarod Jackson, Brian Jarvey, James Smith  
3:24.1 1981 Romney Andersen, Mark Trammel, Elliot Brown, Jay Maxwell  
3:24.51 2011 James Smith, Brian Jarvey, Skip Johnson, Adam Moline  
3:24.75 2011 Sam Lebewitz, Brian Jarvey, Skip Johnson, Adam Moline  
3:25.03 2015 Isaac Bremseth, Jacob Parsons, Max Martin, Ethan Tuch  
3:25.11 1980 Rick Sollie, Romney Andersen, Steve Hall, Tim Ross  
3:25.14 1987 Jim Bumgardner, Chris Lund, Steve Deters, Jim Duerr  
3:25.25 2012 Chris Pierson, Jarod Jackson, James Smith, Will Long  
3:25.26 2003 Dan Pease, Joey Klein, Gary Pease, Jeremy Faue

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3:25.39 2016 Jett Berg, Tommy Leisen, Shawn Miller, Tyler Didier  
3:25.68 2013 Tyler Didier, James Smith Obi Wamuo, Chris Pierson  
3:25.90 2011 James Smith, Ryan D'Kae, Sam Lebewitz, Adam Moline  
3:25.7 1983 Kevin Blume, Carter Maxwell, Paul Halgren, Mark Bennett  
3:25.98 2015 Isaac Bremseth, Tyler Didier, Max Martin, Ethan Tuch  
3:26.01 2017 Tommy Leisen, Lewis Gibson, Jack Ostapeic, Frank Fetrow  
3:26.11 2001 Dan Pease, Brian Graebel, Jeremy Faue, Matt Farr  
3:26.14 2010 Sam Lebewitz, Max Johnson, Chris Olmanson, Adam Moline

## 4 x 400 SECTION CHAMPIONS

1973 3:30.2y Rick Lovisolo, Bob Ringer, Jack McClure, Bob Schroeder  
1977 3:24.36y Eric Paulson, Brian Earl, Greg VandeVere, Mike Siskin  
1978 3:23.81y Mike Duerr, Greg VandeVere, Jay Myers, Mike Siskin  
1980 3:23.2 Rick Sollie, Romney Anderson, Steve Hall, Mike Duerr  
1981 3:23.8 Elliot Brown, Vince Trammel, Mark Trammel, Romney Anderson  
2002 3:21.86 Dan Pease, Joey Klein, Matt Farr, Jeremy Faue  
2003 3:23.11 Dan Pease, Joey Klein, Jon Williams, Jeremy Faue  
2011 3:17.98 Michael Smith, Brian Jarvey, Sam Lebewitz, Adam Moline  
2012 3:18.72 James Smith, Jarod Jackson, Brian Jarvey, Michael Smith  
2013 3:21.37 Obi Wamuo, James Smith Tyler Didier, Michael Smith  
2014 3:19.65 Tyler Didier, Michael Smith, Mitchell Walber, James Smith  
2019 3:22.61 Ethan Wagner, Max Baker, Ian Zukor, Patrick Leonard

## 4 x 400 STATE MEET PLACERS

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

## 800 METER DASH

### ALL-TIME HONOR ROLL

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

### 800 METER SECTION CHAMPIONS

John Ulrich	1971	1:57.8y
David Wenell	1995	1:56.92
Anders Sonnesyn	2018	1:55.24
Cameron Arkesteyn	2019	1:56.83

### 800 METER STATE MEET PLACERS

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

## SOPHOMORE & FRESHMAN BESTS

1	Patrick Leonard	1:55.50	2017
2	Khalid Hussein	1:58.38	2016
3	Tommy Leisen	1:58.88	2016
4	Adam Stuhlfaut	1:58.7	1992
5	Jack Ostapeic	1:59.0	2016
6	Adam Moline	1:59.72	2009
7	Brian Jarvey	1:59.5	2009
8	Andrew Millan	1:59.5	2014
9	David Wenell	1:59.8	1993
10	Anders Sonnesyn	2:00.34	2016
11	Frank Fetrow	2:00.49	2016
12	Connor Olson	2:00.5	2012
<b>13</b>	<b>Hamza Mohamed</b>	<b>2:00.75</b>	<b>2021</b>
14	Josh Thorson	2:00.6	2010
15	Emil Bojanov	2:01.1	2000
16	Mark Trammel	2:01.1c	1979
17	James Smith	2:01.4	2012
18	Andrew VanBenschoten	2:01.93	2005
19	Stephen Jahn	2:02.27	2000
20	Jaret Carpenter	2:02.30	2014
21	David Herman	2:02.1	1995
22	Derek Peterson	2:02.2	2011
23	Gemechu Meskele	2:02.8	2015
24	Steve Riley	2:03.3c	1978
25	David Frank	2:03.3	1994
26	David Madgett	2:03.3	1998
27	Sam Lebewitz	2:03.3	2009
28	Matt Jones	2:03.76	1990
29	David Churchill	2:04.09	2006
30	Tony Vertin	2:03.9c	1976
31	Andy Engebretson	2:03.9	1985
32	Joe Hargreaves	2:03.9	2002
33	Kent VandeVere	2:04.1c	1972
34	Dustin Harris	2:04.1	2006
35	Kirk Meyer	2:04.3	1983
36	Jacob Parsons	2:04.3	2014
37	Chris Stanek	2:04.4	2015
38	Charlie Ernst	2:04.5	2017
39	Jesse Kulberg	2:04.6	2015
40	Jacob Hallen	2:04.7	1993

### FRESHMAN BESTS

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

# 800 IN RELAYS

## ALL-TIME HONOR ROLL

1	Brian Earl	1:52.4rc	1977
2	Adam Moline	1:53.5r	2010
3	Brian Jarvey	1:54.0r	2011
4	Andrew Millan	1:55.1r	2015
5	Jaret Carpenter	1:55.4r	2016
6	Kyle Monson	1:55.7rc	1976
7	Adam Stuhlfaut	1:55.9r	1994
8	Khalid Hussein	1:56.1r	2016
9	Cameron Arkesteyn	1:56.2r	2019
10	Anders Sonnesyn	1:56.4r	2017
11	Tommy Leisen	1:56.4r	2017
12	Andrew Wasz	1:56.6r	2009
13	Vince Trammel	1:56.7r	1981
14	Stephen Jahn	1:56.8r	2001
15	Aaron Breyer	1:56.9r	2014
16	Ian Eklin	1:56.9r	2015
17	Derek Peterson	1:57.0r	2012
18	Mark Trammel	1:57.1r	1980
19	Frank Fetrow	1:57.1r	2017
20	Andrew Brandt	1:57.1	2018
21	Dave Wenell	1:57.3r	1994
22	Kirk Flittie	1:57.4rc	1979
23	Mitchell Tolander	1:57.4r	2018
24	Greg VandeVere	1:57.7rc	1978
25	James Smith	1:57.7r	2012
26	Christopher Wilson	1:57.8r	2010
27	Josh Thorson	1:57.9r	2011
28	Gemechu Meskele	1:57.9r	2016
29	John Ulrich	1:58.1rc	1972
30	David Herman	1:58.1r	1997
31	Matt Farr	1:58.1r	2001
32	Connor Olson	1:58.1r	2015
33	Mike Perbix	1:58.2r	2001
34	Chris Stanek	1:58.2r	2017
35	Patrick Leonard	1:58.2r	2019
36	Tim Ross	1:58.4r	1980
37	Carter Maxwell	1:58.6r	1983
<b>38</b>	<b>Zach Miller</b>	<b>1:58.6r</b>	<b>2021</b>
39	Eric Paulson	1:58.7rc	1977
40	Mark Bennett	1:59.0r	1985
41	Stephen Jahn	1:59.0r	2000
42	Luke Preus	1:59.0r	2004
43	Joe Hargreaves	1:59.0r	2004
44	Nate Heintzeman	1:59.0r	2011
45	Scott Sippel	1:59.0r	2012

## 4 x 800 SECTION CHAMPIONS

2010 8:00.72 Christopher Wilson, Nate Heintzeman,  
Chris Olmanson, Adam Moline  
2011 8:01.06 Derek Peterson, Nate Heintzeman,  
Brian Jarvey, Adam Moline  
2012 7:57.35 James Smith, Scott Sippel,  
Derek Peterson, Brian Jarvey  
2017 7:51.50 Mitchell Tolander, Tommy Leisen,  
Frank Fetrow, Anders Sonnesyn  
2018 7:55.65 Andrew Brandt, Mitchell Tolander,  
Frank Fetrow, Tommy Leisen  
2019 7:56.41 Luke Maly, Zach Miller,  
Cameron Arkesteyn, Patrick Leonard  
**2021 8:02.48 Hamza Mohamed, Abdi Robleh,  
Lex Foss, Nick Cichoski**

## SOPHOMORE & FRESHMAN BESTS

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

## FRESHMAN BESTS

1	Patrick Leonard	1:58.3r	2016
2	Tommy Leisen	2:00.3r	2015
3	Connor Olson	2:01.7r	2012
4	Brian Jarvey	2:02.9r	2009
5	Anders Sonnesyn	2:03.4r	2015
6	Grant Price	2:04.4r	2016
7	Emil Bojanov	2:04.5r	2000
8	Derek Peterson	2:04.5r	2010
9	Jack Ostapeic	2:04.5r	2015
10	David Herman	2:04.9r	1994
11	Logan Anderson	2:04.9r	1998
12	Andrew Millan	2:07.6r	2013
13	David Churchill	2:07.8r	2005
14	Aaron Breyer	2:07.8r	2011
<b>15</b>	<b>Parker Dietrick</b>	<b>2:08.6r</b>	<b>2021</b>
16	Peter Holmes	2:10.1r	2005
17	Dan Thour	2:10.4r	2001



## 4 x 800 METER RELAY

### ALL-TIME BESTS

7:46.13 2016 Khalid Hussein, Andrew Millan, Gemechu Meskele, Tommy Leisen  
7:50.59 2019 Andrew Brandt, Zach Miller, Cameron Arkesteyn, Patrick Leonard  
7:50.64 2011 Derek Peterson, Nate Heintzeman, Josh Thorson, Brian Jarvey  
7:51.50 2017 Mitchell Tolander, Tommy Leisen, Frank Fetrow, Anders Sonnesyn  
7:52.56 2012 James Smith, Scott Sippel, Derek Peterson, Brian Jarvey  
7:53.87 2010 Christopher Wilson, Nate Heintzeman, Chris Olmanson, Adam Moline  
7:54.09 2001 Stephen Jahn, Dan Joyce, Mike Perbix, Matt Farr  
7:54.40 2015 Andrew Millan, Tommy Leisen, Jacob Parsons, Ian Eklin  
7:54.92 2018 Andrew Brandt, Mitchell Tolander, Frank Fetrow, Tommy Leisen  
7:55.42 2017 Jack Ostapeic, Chris Stanek, Tommy Leisen, Frank Fetrow  
7:55.53 2016 Anders Sonnesyn, Jack Ostapeic, Tommy Leisen, Andrew Millan  
7:56.19 2009 Adam Moline, Evan Day, Max Johnson, Andrew Wasz  
7:56.41 2021 Luke Maly, Zach Miller, Cameron Arkesteyn, Patrick Leonard  
7:56.73 2015 Jacob Parsons, Tommy Leisen, Andrew Millan, Ian Eklin  
7:56.97 2014 Jaret Carpenter, Kevin Myers, Ian Eklin, Aaron Breyer  
7:58.76 2004 Luke Preus, Dan Thour, Joe Hargreaves, Chris DesRoches  
7:58.78 2016 Patrick Leonard, Anders Sonnesyn, Tommy Leisen, Andrew Millan  
7:59.04 2011 Josh Thorson, Preston White, Brian Jarvey, Adam Moline  
7:59.37 1994 Adam Stuhlfaut, Jacob Hallen, Frank Steed, David Wenell  
7:59.99 2015 Jack Prazich, Jaret Carpenter, Ian Eklin, Connor Olson  
8:01.06 2011 Derek Peterson, Nate Heintzeman, Brian Jarvey, Adam Moline  
8:01.41 2017 Grant Price, Blake Buysse, Khalid Hussein, Gemechu Meskele  
8:02.16 2012 Scott Sippel, Ben Gooley, Elliot Johnson, Derek Peterson  
8:02.20 2012 James Smith, Scott Sippel, Elliot Johnson, Derek Peterson

### **8:02.48 2021 Hamza Mohamed, Abdi Robleh,**

#### **Alex Foss, Nick Cichoski**

8:02.91 2015 Jacob Parsons, Tommy Leisen, Anders Sonnesyn, Andrew Millan  
8:03.72 2011 Derek Peterson, Preston White, Nate Heintzeman, Brian Jarvey  
8:04.0c 1979 Mark Trammel, Eric Nelson, Jeff Dezenski, Kirk Flittie  
8:04.68 2017 Jack Ostapeic, Mitchell Tolander, Patrick Leonard, Anders Sonnesyn  
8:04.89 2013 Aaron Breyer, Kevin Myers, Manny Santana, Derek Peterson  
8:06.07 2008 Andrew Wasz, Danny Ducharme, Jeremy Drenckhahn, Bryce Armbruster  
8:06.2 2010 Brian Jarvey, Christopher Wilson, Max Johnson, Adam Moline  
8:06.74 2004 Chris DesRoches, Tony Morgan, Luke Preus, Joe Hargreaves  
8:07.89 2012 Connor Olson, Ben Gooley, Elliot Johnson, Josh Thorson  
8:08.11 2007 Ben Hackbart, Danny Ducharme, Jon Lambert, Andrew VanBenschoten  
8:08.59 2003 Luke Steck, Tony Morgan, Shaun Tudor, Joe Hargreaves  
8:08.72 2014 Andrew Quirk, Kevin Myers, Ian Eklin, Aaron Breyer  
8:08.87 2004 Luke Preus, Shaun Tudor, Chris DesRoches, Dan Thour

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8:09.33 2015 Jacob Parsons, Tommy Leisen, Jack Prazich, Andrew Millan  
8:09.86 2017 Gemechu Meskele, Frank Fetrow, Grant Price, Anders Sonnesyn  
8:10.16 2010 Sam Lebewitz, Brian Jarvey, Nate Heintzeman, Christopher Wilson  
8:10.35 2010 Steven Donahue, Brian Jarvey, Chris Olmanson, Christopher Wilson  
8:10.43 2010 Steven Donahue, Derek Peterson, Preston White, Chris Olmanson  
8:10.3 1993 David Wenell, Mike Back, Cameron Warner, Adam Stuhlfaut  
8:11.18 2012 James Smith, Scott Sippel, Ben Gooley, Elliot Johnson  
8:11.8 1979 Jeff Dezenski, Steve Riley, Kirk Flittie, Eric Nelson  
8:11.8 2013 Manny Santana, Aaron Breyer, Connor Olson, Derek Peterson  
8:12.32 2014 Andrew Quirk, Kevin Myers, Andrew Millan, Aaron Breyer  
8:12.40 2009 Jeremy Drenckhahn, Evan Day, Andrew Wasz, Danny Ducharme  
8:12.46 2015 Jack Prazich, Gemechu Meskele, Jacob Parsons, Andrew Millan  
8:12.97 2006 Brian Bies, David Churchill, Rob Burgmeier, Andrew VanBenschoten  
8:13.10 2012 Scott Sippel, Brian Jarvey, Ben Gooley, Elliot Johnson  
8:13.2c 1976 Steve Michalski, Tony Vertin, Eric Paulson, Kyle Monson  
8:13.58 2002 Mark Bowden, Joe Hargreaves, Shaun Tudor, Matt Farr  
8:13.6 1990 Todd Anderson, Tim Koyonen, Matt Jones, Eddie Collins  
8:14.09 2009 Nate Heintzeman, Evan Day, Andrew Wasz, Max Johnson  
8:14.41 2000 Stephen Jahn, Will Ploehn, Emil Bojanov, Dave Madgett  
8:14.48 2004 Luke Preus, Peter Karn, Shaun Tudor, Joe Hargreaves  
8:14.6c 1977 Dan Jach, Eric Paulson, Tony Vertin, Brian Earl  
**8:15.05 2021 Alex Williams, Dylan Johnson, Noah Kaster, Connor von Holdt**  
8:15.2c 1975 Eric Paulson, Dick Beardsley, Brian Larkin, Kyle Monson  
8:15.90 2004 Luke Preus, Tony Morgan, Shaun Tudor, Joe Hargreaves  
8:15.96 2005 Andrew VanBenschoten, Ben Hackbart, Josh Gerber, Rob Burgmeier

### 4 x 800 STATE MEET PLACERS

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

## SPRINT MEDLEY RELAY

### ALL-TIME BESTS

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

### SPRINT MEDLEY SECTION CHAMPIONS

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

### SPRINT MEDLEY STATE MEET PLACERS

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

## DISTANCE MEDLEY RELAY

(800, 400, 1200, 1600)

### ALL-TIME BESTS

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

### 2000 METER STEEPLECHASE

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

### 3000 METER STEEPLECHASE

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

## 1600 METER RUN

### ALL-TIME HONOR ROLL

1	Jaret Carpenter	4:04.30c	2016
2	Khalid Hussein	4:12.57	2017
3	Connor Olson	4:12.72	2015
4	Josh Thorson	4:13.61	2012
5	Andrew Brandt	4:14.88	2019
6	Cameron Arkesteyn	4:15.59	2019
7	Ian Eklin	4:16.84	2015
8	Gemechu Meskele	4:17.91	2016
9	Shuayb Hussein	4:18.04	2019
10	Adam Moline	4:18.53	2011
11	Brian Earl	4:18.6c	1976
12	Dan Thour	4:19.07	2003
13	Danny Ducharme	4:19.90	2009
14	David Herman	4:20.01	1996
15	Adam Stuhlfaut	4:20.24	1993
16	George Ross	4:20.3c	1974
17	Max Johnson	4:20.57	2010
18	Tim Ross	4:20.70	1980
19	Jeremy Drenckhahn	4:21.49	2009
20	Pat Hoard	4:21.75	1993
21	Oliver Haugland	4:21.80	2010
22	Kyle Monson	4:21.9c	1975
23	Grant Price	4:22.40	2017
24	Kurt Runzheimer	4:22.48	1990
25	Jason Overson	4:22.73	2000
26	Jeff Stewart	4:23.33	1997
27	Anders Sonnesyn	4:23.1	2018
28	Liban Jama	4:23.78	2017
29	Jack Alexander	4:23.7c	1972
30	Vince Trammel	4:23.8	1981
31	Eric Nelson	4:24.51c	1978
32	Derek Peterson	4:24.69	2012
33	Andrew Wasz	4:24.9	2009
34	Frank Steed	4:25.67	1994
35	John Subialka	4:25.89	2010
36	Mark Bowden	4:25.90	2001
37	Riley Piket	4:25.91	2018
38	Jeff Dezenski	4:26.1c	1979
39	Anders Bowman	4:26.38	2008
40	Mitchell Tolander	4:26.48	2017
41	Aaron Breyer	4:26.52	2014
42	Chris DesRoches	4:26.66	2004
43	Andrew Quirk	4:26.66	2014
44	Patrick Leonard	4:26.73	2018
45	Jack Prazich	4:26.5	2014

### 1600 METER SECTION CHAMPIONS

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

## SOPHOMORE & FRESHMAN BESTS

1	Connor Olson	4:16.99	2013
2	Khalid Hussein	4:20.57	2016
3	Grant Price	4:22.40	2016
4	Jaret Carpenter	4:22.63	2014
5	Josh Thorson	4:23.89	2010
6	Derek Peterson	4:27.03	2011
7	<b>Hamza Mohamed</b>	<b>4:27.20</b>	<b>2021</b>
8	Adam Stuhlfaut	4:27.76	1992
9	Andrew Brandt	4:27.79	2017
10	David Herman	4:28.00	1995
11	Stephen Jahn	4:28.44	2000
12	Patrick Leonard	4:28.79	2017
13	Zach Miller	4:29.1	2017
14	Adam Moline	4:29.9	2009
15	Gemechu Meskele	4:31.03	2015
16	Anders Sonnesyn	4:31.15	2016
17	Andrew Quirk	4:31.18	2013
18	Brian Earl	4:31.2c	1975
19	Pat Hoard	4:31.64	1991
20	Mark Bowden	4:31.7	2000
21	Joe Meister	4:31.7	2010
22	Ian Eklin	4:32.18	2013
23	Grant Matthews	4:32.0	2016
24	Jack Ostapeic	4:32.2	2016
25	Nate Heintzeman	4:32.80	2009

### FRESHMAN BESTS

1	Connor Olson	4:24.21	2012
2	Grant Price	4:25.89	2016
3	Josh Thorson	4:26.89	2009
4	David Herman	4:30.88	1994
5	<b>Daniel McCollor</b>	<b>4:33.31</b>	<b>2021</b>
6	Andrew Brandt	4:33.3	2016
7	Anders Sonnesyn	4:35.7	2015
8	Ian Eklin	4:36.6	2012
9	Cameron Arkesteyn	4:36.8	2016
10	Jason Overson	4:36.9	1997
11	Parker Dietrick	4:37.25	2021
12	Andrew VanBenschoten	4:37.57	2004
13	Brian Jarvey	4:38.3	2009
14	Andrew Quirk	4:38.7	2012
15	Ben Hackbart	4:38.96	2004
16	Jaret Carpenter	4:39.02	2013
17	Evan Day	4:39.08	2006
18	Mitchell Tolander	4:39.2	2015
19	Kurt Runzheimer	4:39.5	1987
20	Derek Peterson	4:39.7	2010
21	Khalid Hussein	4:40.1	2015
22	Zach Miller	4:40.2	2016
23	Patrick Leonard	4:40.86	2016
24	Adam Moline	4:40.7	2008

### 1600 METER STATE MEET PLACERS

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

# 3200 METER RUN

## ALL-TIME HONOR ROLL

1	Jaret Carpenter	8:59.76	2016
2	Josh Thorson	9:00.80	2012
3	Connor Olson	9:05.56	2015
4	Khalid Hussein	9:07.88	2018
5	Andrew Brandt	9:14.31	2019
6	Grant Price	9:17.81	2019
7	Danny Ducharme	9:18.10	2009
8	Jeremy Drenckhahn	9:18.46	2009
9	Oliver Haugland	9:18.48	2010
10	Pat Hoard	9:20.8	1993
11	George Ross	9:23.0c	1974
12	Kurt Threinen	9:23.0	1980
13	Gemechu Meskele	9:23.56	2016
14	Kurt Runzheimer	9:23.5	1990
15	Adam Stuhlfaut	9:23.84	1994
16	Blake Buysse	9:25.04	2018
17	Liban Jama	9:25.51	2017
18	Dan Thour	9:26.86	2003
19	Aaron Breyer	9:27.95	2014
20	Jeremy Gilbertson	9:28.24	2017
21	David Herman	9:29.25	1996
22	Shuayb Hussein	9:31.91	2019
23	Jack Prazich	9:32.01	2015
24	Jason Overson	9:33.24	1999
25	Nate Engel	9:33.86	2010
26	Jacob Hallen	9:34.41	1995
27	John Subialka	9:35.46	2010
28	Josh Nielsen	9:36.48	2012
29	Brock Stepan	9:37.78	2001
30	Grant Matthews	9:37.79	2017
30	Landon Lozano	9:38.21	2010
31	Jon Lambert	9:39.26	2007
32	Brent Anderson	9:39.6c	1977
33	Mark Harries	9:39.86	2010
34	Jack Alexander	9:40.7c	1973
35	Mike Anderson	9:41.3	1982
36	Riley Piket	9:41.94	2018
37	Ian Eklin	9:42.10	2012
38	Kyle Brandt	9:42.20	2016
39	Stephen Jahn	9:42.53	2001
40	Jon Hackbart	9:42.85	2009
41	Nick Shaleen	9:43.63	2015
42	Carl Brakob	9:43.4	1984
43	Tim Ross	9:43.5	1980
44	Brett Osgood	9:45.00	1996
45	Jimmy Hull	9:46.03	2001
46	Dick Beardasley	9:46.3c	1975

## 3200 METER SECTION CHAMPIONS

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

## SOPHOMORE & FRESHMAN BESTS

1	Connor Olson	9:08.27	2013
2	Khalid Hussein	9:10.97	2016
3	Jaret Carpenter	9:14.32	2014
4	Josh Thorson	9:18.63	2010
5	Andrew Brandt	9:30.27	2017
6	Grant Price	9:31.55	2017
7	David Herman	9:38.34	1995
8	Andrew Quirk	9:46.86	2013
9	Oliver Haugland	9:48.12	2008
10	Pat Hoard	9:48.0	1991
11	Kurt Runzheimer	9:48.59	1988
12	Josh Nielsen	9:48.87	2011
13	Danny Ducharme	9:49.04	2007
14	Ian Eklin	9:49.47	2012
15	Jeremy Drenckhahn	9:49.50	2007
16	Nick Shaleen	9:49.67	2014
17	Gemechu Meskele	9:49.68	2015
18	Derek Peterson	9:50.13	2011
19	Dan Thour	9:50.24	2002
20	Blake Buysse	9:50.27	2016
21	Stephen Jahn	9:50.37	2000
22	Jack Alexander	9:50.3c	1971
23	Mitchell Tolander	9:51.20	2016
24	George Ross	9:52.1c	1972
25	Jason Overson	9:51.52	1998

## FRESHMAN BESTS

1	Connor Olson	9:24.76	2012
2	Grant Price	9:32.46	2016
3	Josh Thorson	9:35.96	2009
4	Jaret Carpenter	9:39.00	2013
5	Ian Eklin	9:49.47	2012
6	Andrew Brandt	9:52.18	2016
7	<b>Daniel McCollor</b>	<b>9:55.27</b>	<b>2021</b>
8	Jason Overson	9:55.41	1997
9	Nick Shaleen	9:57.43	2013
10	Andrew Quirk	9:58.5	2012
11	Josh Nielsen	9:59.93	2011
12	Cameron Arkesteyn	9:59.9	2016
13	Zach Miller	10:03.2	2016
14	Parker Dietrick	10:04.55	2021
15	David Herman	10:06.2	1994
16	Khalid Hussein	10:09.1	2015
17	Danny Ducharme	10:09.5	2006
18	Grant Matthews	10:09.5	2015
19	Abubakar Robleh	10:10.68	2017
20	Nick Kerbeshian	10:10.9	2014
21	Thomas Lerdall	10:11.1	2012
22	Karl Kabarowski	10:13.51	2008
23	Peter Holmes	10:13.53	2005
24	Dan Thour	10:13.8	2001
25	Mark Harries	10:13.9	2008

## 3200 METER STATE MEET PLACERS

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

# HIGH JUMP

## ALL-TIME HONOR ROLL

1	Nathan Frantz	6-9 1993
2	Tom Vonderbrink	6-8 1993
3	Zach Turner	6-8 2005
4	Ben Grosse	6-7 2017
5	Nick Welshons	6-6 2011
6	Nick Hedlund	6-6 2018-19
7	Mike Kromer	6-5 ¾ 1986
8	Gary Jordan	6-5 1970
9	Pedja Bjelogric	6-5 1996
10	Billy Buffington	6-5 2008
11	Ben Wambheim	6-5 2010
12	Brett Smith	6-5 2015
13	Mark Trammel	6-4 1980
14	Paul Spangrud	6-4 1980
15	John Croyle	6-4 2002
16	Ben Zerman	6-4 2005
17	Geremiah Brathwaite	6-4 2016
<b>18</b>	<b>Travis Salters</b>	<b>6-4 2021</b>
<b>19</b>	<b>Michael Meadowcroft</b>	<b>6-4 2021</b>
20	Gary Gunlock	6-2 1976
21	Steve Pederson	6-2 1982
22	Pete Schroeder	6-2 1983
23	Mike Hesse	6-2 1983-84
24	Nenad Bjelogric	6-2 1997-98
25	Alvin Hebert	6-2 1988
26	Jonas Schwanemann	6-2 2007
27	Sam Gustafson	6-2 2010
28	Ethan Zeidler	6-2 2012
29	Mitchell Faust	6-2 2017
30	Dante White	6-2 2018
31	Curt Hansen	6-1 1990

## HIGH JUMP SECTION CHAMPIONS

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

## HIGH JUMP STATE MEET PLACERS

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

## SOPHOMORE & FRESHMAN BESTS

1	Nick Hedlund	6-6 2018
2	Tom Vonderbrink	6-3 1991
3	Gary Jordan	6-2 ½ 1968
4	Mike Kromer	6-2 1984
5	Zach Turner	6-2 2003
6	Sam Gustafson	6-2 2010
7	Ben Grosse	6-2 2015
8	Dante White	6-2 2018
9	Ben Wambheim	6-1 2008
10	Nick Welshons	6-1 2009
11	Mark Trammel	6-0 1979
12	Mike Melin	6-0 1986
13	Alvin Hebert	6-0 1987
14	Pedja Bjelogric	6-0 1994
15	John Croyle	6-0 2000
16	Will Klein	6-0 2002
17	Ben Zerman	6-0 2003
18	Chad Potas	6-0 2009
19	Geremiah Brathwaite	6-0 2014-15
20	Mark Palmer	5-10 1976
21	Mike Hesse	5-10 1982
22	Tim Stenzel	5-10 1985
23	Mark Schlichting	5-10 1993
24	Brett Smith	5-10 2013
25	Daniel Welshons	5-10 2016

## FRESHMAN BESTS

1	Sam Gustafson	6-2 2010
2	Chad Potas	6-0 2009
3	Ben Grosse	6-0 2014
4	Dante White	6-0 2017
5	Tim Stenzel	5-10 1985
6	Tom VonderBrink	5-10 1990
7	Mark Schlichting	5-10 1993
8	Zach Turner	5-10 2002
9	Ben Wambheim	5-10 2007
10	Nick Welshons	5-10 2008
11	Travis Salters	5-10 2018
11	Elliot Brown	5-9 1978
12	Ulysses Sibomana	5-9 2009
13	Mitchell Faust	5-9 2014
14	John Lang	5-8 1978
15	Steve Pederson	5-8 1979
16	Brian Bonneville	5-8 2002
17	Ben Zweber	5-8 2003
18	Brett Lehman	5-8 2010
19	Parker Harstad	5-8 2012
<b>20</b>	<b>Michael Lawrence</b>	<b>5-8 2021</b>
21	Mark Trammel	5-7 1978
22	Allen	5-7 1978
23	Bruce Lindberg	5-6 ½ 1972
24	Gary O'Fallon	5-6 1969
25	Geremiah Brathwaite	5-6 2013
26	Mark Palmer	5-6 1975

# 110 M HIGH HURDLES

## ALL-TIME HONOR ROLL

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

## 110 M HURDLE SECTION CHAMPIONS

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

## 110 M HURDLE STATE MEET PLACERS

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

## SOPHOMORE & FRESHMAN BESTS

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

## FRESHMAN BESTS

- 1 Drake Daniels 15.21 2017
- 2 Otis Smallwood 15.62 1998
- 3 Zach Turner 15.7 2002
- 4 Jon Ritter 16.6y 1975
- 5 Scott Williams 16.8 2008
- 6 Nick Martin 16.8 2009
- 7 Matt Coleman 16.9 1995
- 8 Patrick Nelson 17.3 2008
- 9 Ben Zweber 17.4 2003
- 10 Peter Karn 17.5 2001
- 11 Adam Sorenson 17.91 2007
- 12 Alec Spencer 17.7 2009

# POLE VAULT

## ALL-TIME HONOR ROLL

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

## POLE VAULT SECTION CHAMPIONS

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

## POLE VAULT STATE MEET PLACERS

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

## SOPHOMORE & FRESHMAN BESTS

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

## FRESHMAN BESTS

1	Kurt Jackson	12-6	1978
2	Eddie Hidani	11-9	2016
3	Mark Haukland	11-3	1978
4	Grady McNaughton	11-3	2016
5	Jack Helmich	11-2	2019
6	Lukas Versaggi	11-0	2018
7	Gary Gangstee	10-6	1971
8	Nate Page	10-6	1997
9	Mark VanBenschoten	10-6	2007
10	Sam Cady	10-6	2008
11	Alec Spencer	10-6	2009
12	Stephen Bruce	10-0	2003

# 300 M INTERMEDIATE HURDLES

## ALL-TIME HONOR ROLL

1	Mike Siskin	38.01	1978
2	Drake Daniels	38.77	2019
2	Max Martin	39.06	2015
3	Rick Sollie	39.1	1979-80
4	Jim Maxwell	39.2	1981
5	Nick Martin	39.47	2012
6	Gabe Hart	39.54	1994
7	Matt Coleman	39.63	1998
8	Rob Ringer	39.5	1973
9	Obi Wamuo	39.80	2014
10	Craig Thompson	39.6	1991
11	Brandon Johnson	40.05	2011
12	Steve Deters	40.18	1986
13	Steve Porcaro	40.34	1995
14	Mike Swenson	40.3	1984
15	Paul Ashton	40.54	1992
16	Scott Goodfellow	40.4	1977
17	Ben Grosse	40.74	2017
18	Jim Bumgardner	40.6	1986
19	Daniel Welshons	40.86	2017
20	Chris Spencer	40.88	2014
21	Brian Teresi	40.95	2003
22	Austin Gordon	40.97	2015
23	Mike Wherry	41.00	1992
24	Matt Fetterolf	41.02	2001
25	Josh Gillespie	41.09	2013
26	Jerry Sisk	41.0	1995
27	Otis Smallwood	41.24	2000
28	Aaron Cote	41.37	2015
29	Mark Perry	41.2	1978
30	Scott Williams	41.44	2010
31	Chris Navara	41.59	1985
<b>32</b>	<b>David Nelson</b>	<b>41.59</b>	<b>2021</b>
33	Bob Tetu	41.4	1983

## INTERMEDIATE HURDLE SECTION CHAMPIONS

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

## INTERMEDIATE HURDLE STATE MEET PLACERS

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

## SOPHOMORE & FRESHMAN BESTS

1	Drake Daniels	40.19	2018
2	Rick Sollie	40.2	1978
3	Mike Siskin	40.3	1976
4	Jim Bumgardner	40.6	1986
5	Josh Gillespie	41.09	2013
6	Rob Ringer	41.1	1972
7	David Nelson	41.59	2021
8	Julian Diedrich	41.73	2019
9	Scott Sullivan	41.5	1984
10	Steve Deters	41.6	1985
11	Nick Martin	41.94	2010
12	Matt Coleman	42.01	1996
13	Gabe Hart	42.2	1992
14	Steve Porcaro	42.2	1993
<b>15</b>	<b>David Nelson</b>	<b>42.42</b>	<b>2021</b>
16	Obi Wamuo	42.45	2012
17	Mike Swenson	42.4	1982
18	Craig Thompson	42.92	1989
19	Mike Wherry	42.7	1990
20	Daniel Welshons	42.8	2016
21	Jerry Sisk	42.9	1994
22	Paul Jungels	43.0	2002
23	Chris Spencer	43.1	2012
24	Marc Edwards	43.3	1990
25	Jeff Kelly	43.4	1977
26	Patrick Nelson	43.4	2009

## FRESHMAN BESTS

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



# LONG JUMP

## ALL-TIME HONOR ROLL

1	Dante White	23-1	2019
2	Mike Dorsey	22-7	1973
3	Wesley Jackson	22-5 ¼	2015
4	Bob Moore	22-3 ¾	1983
5	Dave Schriml	22-3	1962
6	John Taylor	22-1 ¾	2018
7	Ethan Zeidler	21-10 ½	2012
8	Chris Kroeten	21-9 ½	2009
9	Mike Brooks	21-9	1981
10	Tyler Berry	21-8	2012
11	Darryl Jackson	21-2 ¾	2003
12	Tom Stano	21-2	1954
13	Mike Giebenhain	21-1	1999
14	Tom Preiss	21-0	1979
15	Marion Barber III	20-11 ¾	2001
16	Mike Kromer	20-11 ½	1986
17	Ron Schlegel	20-11 ¼	1983
18	Ben Grosse	20-11 ¼	2017
19	Robin Ruth	20-10 ½	1991
20	Derek Wodnick	20-10	2014
21	Julien Jean-Pierre	20-10	2013
22	Tim Shaver	20-9	1989
23	Stu Pease	20-8 ¾	2005
24	Pat Reed	20-8 ½	2000
25	Mitchell Walber	20-8 ¼	2014
26	Paul Spangrud	20-8	1980
27	Gary Pease	20-7 ½	2005
28	Dennis Ritchie	20-7	1973
29	Mike Melin	20-6 ¼	1986
30	Mike Hennessey	20-6	1993
31	Kent Nelson	20-5	1976
32	Jonas Schwanemann	20-5	2007
33	Brandon Bluford	20-3 ½	2016
34	David Navratil	20-3 ½	2018
35	Rick Sollie	20-3	1979

## LONG JUMP SECTION CHAMPIONS

Charles Rice	1931
Tom Stano	1953 20-5
Tom Stano	1954 21-2
Mike Dorsey	1973 21-7
Chris Kroeten	2009 21-9 ½

## LONG JUMP STATE MEET PLACERS

Johnson	4 <sup>th</sup>	1925 (Class B)
Tom Stano	4 <sup>th</sup>	1954
Mike Dorsey	2 <sup>nd</sup>	1973 22-7
Bob Moore	5 <sup>th</sup>	1983 22-3 ¾
Ethan Zeidler	2 <sup>nd</sup>	2012 21-10 ½
Wesley Jackson	2 <sup>nd</sup>	2015 22-0 ¼
John Taylor	2 <sup>nd</sup>	2018 21-11 ½
Dante White	6 <sup>th</sup>	2018 21-4 ¼
Dante White	CHAMPION	2019 22-5

## SOPHOMORE & FRESHMAN BESTS

1	Dante White	22-7 ¾	2018
2	Darryl Jackson	20-11 ¾	2002
3	Stu Pease	20-8 ¾	2005
4	Mike Melin	20-6 ¼	1986
5	Julien Jean-Pierre	20-4	2013
6	John Taylor	20-4	2016
7	Wesley Jackson	20-3	2013
8	Chris Kroeten	20-1 ¾	2007
9	Dennis Ritchie	19-11 ¾	1971
10	Mike Kromer	19-11 ½	1984
11	Scott Bairstow	19-11 ¼	1971
12	Ben Wambheim	19-10 ¾	2008
13	Robin Ruth	19-10 ½	1990
14	Anthony Keller	19-10 ½	2002
15	Ethan Zeidler	19-10 ½	2010
16	Mitchell Walber	19-10 ½	2013
17	Shadeed Crockett	19-9 ¾	2010
18	Brandon Bluford	19-9 ½	2015
19	Bucky Manning	19-9	1973
20	Ron Schlegel	19-9	1981
21	Darryl Jackson	19-9	2001
22	Don Jach	19-7 ¼	1982
23	Brandon Strickland	19-7	2010
24	Japel Hook	19-6 ¾	1991
25	Rick Sollie	19-6 ½	1987
26	Pat Reed	19-6 ½	1998
27	Derrick Lance	19-6	1987
28	Mike Giebenhain	19-5	1997
29	Jarod Jackson	19-5	2010
30	Jack Egan	19-4	2008
31	Brad Walker	19-3 ¾	1988
32	Brendan Roath	19-3 ½	1997
33	Josh Gillespie	19-3	2012
34	Rick Sollie	19-2	1978
35	Adam Kostanecki	19-2	2014
36	Paul Spangrud	19-1 ¾	1978
37	Pat Reed	19-1 ¾	1997
38	Kent Nelson	19-1 ¼	1974
39	Rich Campbell	19-1	1974
40	Ryan Kannianen	19-1	1993

## FRESHMAN BESTS

1	Dante White	21-7 ¼	2017
2	Julien Jean-Pierre	20-4	2013
3	Chris Kroeten	20-1 ¾	2007
4	Stu Pease	19-9 ½	2004
5	Darryl Jackson	19-9	2001
6	Rick Sollie	19-6 ½	1987
7	John Taylor	19-6 ½	2015
8	Brendan Roath	19-3 ½	1997
9	Josh Gillespie	19-3	2012
<b>10</b>	<b>Jack Schulz</b>	<b>19-2</b>	<b>2021</b>
11	Pat Reed	19-1 ¾	1997
12	Paris Richardson	19-1 ½	2002
13	DJ Luby	19-0 ¼	2004
14	Mueller	18-10	1981
15	Michael Lawrence	18-9 ¾	2021
16	Adam Kostanecki	18-9 ½	2013
17	Anthony Clarke	18-8 ½	2012
18	AJ Hiler	18-8 ¼	2001
19	Kevin Potas	18-8 ¼	2006
20	Mitchell Walber	18-8	2012
21	Ethan Zeidler	18-7	2009
22	Brett Lehman	18-5	2010
23	Mark Wherry	18-4 ½	1995

# TRIPLE JUMP

## ALL-TIME HONOR ROLL

1	Nick Hedlund	47-0	2019
2	Mike Hesse	45-11 ½	1983
3	Brandon Strickland	45-5 ¾	2012
4	Wesley Jackson	45-1 ¾	2015
5	Ethan Zeidler	44-4 ¾	2012
6	Michael Shorter	44-4 ¼	2014
7	John Taylor	44-4	2017
8	Dan Pease	43-9 ¼	2002
9	Jason Alexander	43-8 ½	1990
10	Mike Kromer	43-5 ½	1985
11	Chris Kroeten	43-4	2010
12	Scott Quist	43-3 ½	2000
13	Haug Scharnowski	43-3 ¼	1988
14	Cecil Doe	43-3 ¼	2007
15	Nathan Frantz	43-2	1993
16	Bob Moore	43-0 ½	1983
17	AJ Hiler	42-9 ¼	2004
18	Abiye Agbeh	42-4 ¾	2014
19	Michael Meadowcroft	42-4	2021
20	Michael Hsu	42-3	1996
21	Julien Jean-Pierre	42-2 ¼	2015
22	Paris Burrell	42-2	2011
23	Ben Wambheim	41-11	2009
24	Justin Wilmot	41-10 ¾	1991
25	Deshawn Cockrell	41-9 ¾	2017
26	Steve Pederson	41-6 ¾	1982
27	Ben Zerman	41-5	2005
28	Ben Grosse	41-4	2017
29	Adam Kostanecki	41-3 ¾	2015
30	Reid Johnson	41-2	1991
31	Brian Bratt	41-1	2006
32	Jackson Miller	41-1	2016
33	Darrin Hebert	41-0 ¾	1984
34	Gary Pease	40-11 ½	2005
35	Gary Gunlock	40-9 ¾	1976
36	Paul Spangrud	40-9 ½	1980
37	Marty Stovall	40-9 ¼	1997
38	Tyler Dubbin	40-8 ¾	2006
39	Jeff Kelly	40-8	1978
40	Alvin Hebert	40-7 ½	1988
41	Dante White	40-6	2017
42	Japel Hook	40-4	1992
43	Shadeed Crockett	40-4	2010
44	Ben Hidani	40-3 ½	2018
45	Scott Goodfellow	40-3	1977
46	Paris Burrell	40-2 ½	2012

## TRIPLE JUMP SECTION CHAMPIONS

Mike Hesse	1982	43-4 ¼
Mike Hesse	1983	43-7 ½
Mike Hesse	1984	44-10 ¾
John Taylor	2018	43-8

## TRIPLE JUMP STATE MEET PLACERS

Mike Hesse	2 <sup>nd</sup>	1982	43-10 ¾
Mike Hesse	3 <sup>rd</sup>	1983	44-5 ½
Mike Hesse	2 <sup>nd</sup>	1984	45-11 ¼
Dan Pease	5 <sup>th</sup>	2002	43-3 ½
Brandon Strickland	4 <sup>th</sup>	2012	44-4 ¾
Wesley Jackson	8 <sup>th</sup>	2015	44-0 ½

## SOPHOMORE & FRESHMAN BESTS

1	Nick Hedlund	44-7 ¾	2018
2	Brandon Strickland	44-1 ¼	2010
3	Mike Hesse	43-10 ¾	1981
4	John Taylor	43-7 ¾	2016
5	Cecil Doe	43-3 ¾	2007
6	Abiye Agbeh	41-2 ½	2012
7	Tyler Dubbin	40-8 ¾	2006
8	Chris Kroeten	40-6	2008
9	Brandon Bluford	40-6	2015
10	Dante White	40-6	2017
11	Julien Jean-Pierre	40-5	2013
12	Shadeed Crockett	40-4	2010
13	Reid Johnson	40-3	1990
14	Dan Pease	40-3	2001
15	Ben Grosse	40-3	2014
16	AJ Hiler	40-1	2002
17	Ethan Zeidler	40-0 ¾	2010
18	Alvin Hebert	39-10	1987
19	Ben Hidani	39-8 ½	2017
29	Mike Kromer	39-8	1984
21	Japel Hook	39-6 ½	1991
22	Rick Sollie	39-6	1978
23	Ben Wambheim	39-4	2008
24	Adam Kostanecki	39-3 ¼	2014
25	Gary Pease	39-1 ½	2002-03
26	Stu Pease	39-1	2005
27	Brett Lehman	39-1	2010
28	Paul Spangrud	38-10 ½	1978
29	Bob Moore	38-10 ½	1981
30	Michael Hsu	38-7 ¾	1994
31	Eric Muras	38-6 ½	1993
32	Scott Metcalf	38-6	1977
33	Mark Schlichting	38-4	1994
<b>34</b>	<b>Ben Kearin</b>	<b>38-4</b>	<b>2021</b>
35	Jeff Kelly	37-10 ½	1977
36	Tom Preiss	37-5 ½	1978

## FRESHMAN BESTS

1	Brandon Strickland	41-0 ¾	2009
2	Dante White	40-6	2017
3	Julien Jean-Pierre	40-5	2013
4	Ben Grosse	40-3	2014
5	Dan Pease	40-2 ½	2000
6	Gary Pease	39-1 ½	2002
7	Brett Lehman	39-1	2010
8	Stu Pease	38-5 ½	2004
<b>9</b>	<b>Ben Kearin</b>	<b>38-4</b>	<b>2021</b>
10	Ethan Zeidler	37-10	2009
11	Ben Wambheim	37-9	2007
12	AJ Hiler	37-7	2001

# SHOT PUT

## ALL-TIME HONOR ROLL

1	Justin Asher	58-5	1996
2	Steve Wright	58-2 ½	1977
3	Mark Mendel	55-10	1983
4	David Klein	54-11	1983
5	Tom Petrie	54-11	2000
6	Dan Sebold	54-8 ¼	1973
7	Ed Bates	54-4	1964
<b>8</b>	<b>Brian Glomstad</b>	<b>54-2 ¼</b>	<b>2021</b>
9	Tim Armstrong	53-3 ½	1991
10	Rob Bathe	53-3 ½	2009
11	Chris Ashton	52-2	1996
12	David Vertin	50-9	1990
13	Jon Cherest	50-7 ¼	2006
14	Luke Hegge	50-6 ¾	1995
15	Matt Anderson	50-4	2001
16	Marcus Coleman	50-3 ¾	2003
17	Al Hinze	50-3	1986
18	Ryan Schwerin	49-11	2000
19	Ryan Keup	49-7	2014
20	Mike Trask	49-5 ½	1978
21	Rob Hansen	49-3 ½	1995
22	Bruce Breth	49-2	1980
23	Tom Peterson	49-0 ½	1971

## SHOT PUT SECTION CHAMPIONS

Steve Wright	1977	56-6
Justin Asher	1994	53-1
Justin Asher	1995	55-11 ½
Justin Asher	1996	54-5
Rob Bathe	2008	50-11
Rob Bathe	2009	52-9
Jac Carver	2018	46-5 ¾
<b>Brian Glomstad</b>	<b>2021</b>	<b>50-4</b>

## SHOT PUT STATE MEET PLACERS

Steve Wright	2 <sup>nd</sup>	1977	58-2 ½
Mark Mendel	CHAMPION	1984	55-7
Tim Armstrong	6 <sup>th</sup>	1991	50-10 ½
Justin Asher	4 <sup>th</sup>	1994	52-1 ½
Justin Asher	CHAMPION	1995	57-1 ¾
Justin Asher	2 <sup>nd</sup>	1996	56-8 ½
Tom Petrie	7 <sup>th</sup>	2000	51-8
Rob Bathe	6 <sup>th</sup>	2008	53-0
Rob Bathe	5 <sup>th</sup>	2009	53-3 ½
<b>Brian Glomstad</b>	<b>9<sup>th</sup></b>	<b>2021</b>	<b>49-3 ¼</b>

## SOPHOMORE & FRESHMAN BESTS

1	Justin Asher	53-3 ¼	1994
2	Chris Ashton	52-2	1996
3	Mark Mendel	49-6	1981
4	Dan Roscoe	47-7	2001
5	Ryan Schwerin	47-6 ½	1998
6	Alex King	46-6	2003
7	Jac Carver	46-5 ¾	2018
8	Jon Charest	46-5	2004
9	Nick Tibesar	46-4 ½	1998
10	Rob Bathe	45-11 ½	2007
11	Steve Wright	45-4 ¼	1975
12	Ray Shouse	45-3 ¾	1984
13	David Klein	44-7	1981
14	Tom Petrie	44-5	1998
15	Dan Bonneville	44-5	2013
16	Greg Elstad	44-4 ¼	1984
17	Adam Asher	44-4	1997
18	John Petrie	44-4	2009
19	Rory Nelson	43-7	1993
20	Rob Hansen	43-5	1993
21	Steve Hrakal	43-4 ¼	1982
21	Mike Trask	42-10 ½	1976
22	Tim Armstrong	42-9 ½	1989
23	Mike Mortenson	42-7 ½	1986
24	Rick Lovisolo	42-6 ½	1972

## FRESHMAN BESTS

1	Ryan Schwerin	47-6 ½	1998
2	Chris Ashton	47-1 ¼	1995
3	John Petrie	43-4	2008
4	Alex King	42-4	2002
5	Tom Petrie	41-6 ½	1997
<b>6</b>	<b>Charles Smith</b>	<b>41-3.5</b>	<b>2021</b>
<b>7</b>	<b>Derek Christenson</b>	<b>41-0</b>	<b>2021</b>
8	Sam Laudner	40-9	2002
9	Grant Olson	40-3	2007
10	Nick Tibesar	39-10	1997
11	Andy Tidwell	39-6 ½	1998
12	Brandon Strickland	39-2	2009
13	Nick Swanson	38-11	2013
14	Zack Barker	38-10 ½	2013
15	Adam Asher	38-8	1996
16	Jon Charest	38-3 ¾	2003
17	Rob Bathe	38-3	2006
18	Matt Anderson	38-2 ½	1998

# DISCUS THROW

## ALL-TIME HONOR ROLL

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

## DISCUS SECTION CHAMPIONS

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

## DISCUS STATE MEET PLACERS

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

## SOPHOMORE & FRESHMAN BESTS

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

## FRESHMAN BESTS

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