

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

60 Yard High Hurdles

7.45 Jon Ritter 1978
7.6 Mike Siskin 1977, 78

65 Yard High Hurdles

8.8 Brad Gunn 1973

60 Yard Low Hurdles

7.4 Gary Jordan 1970
7.9 Mike Siskin 1978

65 Yard Low Hurdles

7.5 Mike Siskin 1977

70 Yard Low Hurdles

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

55 Meter Dash

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

60 Meter Dash

6.94 Dante White 2020
6.8 Max Williams 2022
6.8 Jeffrey Borchardt 2013
6.8 Michael Smith 2014
7.19 Alvin George 2020
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
7.27 Darwin Dean 2006
7.31 Ryan D'Kae 2011
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 Conzetz 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

16.3 Michael Allen 2022

160 Meter Dash

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

200 Meter Dash

22.94 Michael Smith 2013
23.08 Jeff Tarnowski 1995
23.34 Jeremy Faue 2003
23.2 Markus Whitaker 2009
23.2 Jeffrey Borchardt 2012, 13
23.45 Jett Berg 2018
23.45 Dante White 2019
23.51 Chris Pierson 2013
23.3 Joseph 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 Conzetz 2014
23.81 Alvin George 2020
23.6 Sam Johnson 2007, 08
23.85 Darwin Dean 2006
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
24.4 Dan Perry 1998
24.4 Nick Martin 2012
24.65 Avion Smith 2018
24.67 Alex Haeg 1998
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
36.78 Jeremy Faue 2003
36.7 Tarun Poliboina 2022
36.8 Mitchell Walber 2013
36.8 Tyler Didier 2016
36.9 Jeffrey Borchardt 2013
37.0 Andrew Leisen 2022
37.1 Sean Diedrich 2019
37.2 Obinnaya Wamuo 2014
37.2 Jett Berg 2018
37.4 Max Archbold 2018
37.5 Ethan Tuch 2016
37.6 Max Johnson 2009
37.6 Adam Moline 2009
37.6 Tyler Milkes 2022
37.7 Josh Reeves 2014
37.7 Ethan Wagner 2019
37.7 Owen Dehm 2022

300 Meter Wheelchair

82.0 Michael Allen 2022

400 Meter Dash

50.3 Mark Bennett 1985
51.72 Brian Jarvey 2011
51.9 Ethan Tuch 2016
52.1 Reik Andersen 1985
52.4 Romney Andersen 1981
52.64 Robin Ruth 1992
52.4 Tyler Didier 2015
52.5 Paris Richardson 2006
52.8c Mike Siskin 1977
53.36 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 Steve Hall 1980
54.01 Dan Pease 2002
54.12 Ryan Tuura 2006
53.9 Steve Michalski 1976
53.9 Kent Nelson 1976
53.9 James LaRowe 1989
53.9 Max Martin 2015
53.9 Drake Kapler 2017

500 Yard Dash

64.5 Jay Myers 1978

600 Yard Dash

1:17.0 Tony Vertin 1976

800 Meter Run

1:57.1 Jaret Carpenter 2016
 1:57.78 Khalid Hussein 2018
 1:58.30 Anders Sonnesyn 2018
 1:58.48 Patrick Leonard 2018
 1:58.5 Andrew Millan 2016
 1:58.6 Derek Peterson 2013
 1:58.8 Connor Olson 2015
 1:58.9 Ian Eklin 2015
 1:59.31 James Smith 2013
 1:59.4 Aaron Breyer 2014
 1:59.83 Frank Fetrow 2018
 2:00.08 Adam Moline 2011
 2:00.4 Scott Brown 1974
 2:00.4 Brian Jarvey 2011
 2:01.03 Josh Thorson 2011
 2:01.0 Liban Jama 2017
 2:01.55 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
 2:03.28 Mitchell Tolander 2018
 2:03.2 Chris Wilson 2010
 2:03.3 Nate Heintzeman 2011
 2:03.4r Jake Rugh 1995
2:03.6 Alex Foss 2022
 2:03.6r Jon Ulrich 1971
 2:03.7 Chris Stanek 2017
 2:03.7r Jacob Hallen 1995
 2:03.8r Greg Jordan 1973
 2:03.9 Eric Riggs 1985

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
 4:24.34 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
 4:29.2 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
 4:32.99 Jeff Dezenski 1979
 4:33.2 Kurt Threinen 1979
 4:33.5 Jeremy Gilbertson 2017
 4:33.7 Landon Lozano 2010
 4:35.2 Evan Day 2009
 4:35.3 Mitchell Tolander 2018
 4:35.4 Shuayb Hussein 2019
 4:35.5 Nick Shaleen 2014
 4:35.5 Patrick Leonard 2018

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
 10:10.7 Carl Brakob 1983
 10:10.8 Josh Halverson 2015
 10:10.9 Karl Kabarowski 2009
 10:10.9 Nick Shaleen 2013

4x100 Meter Relay

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

4x160 Meter Relay

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

4x200 Meter Relay

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

4x400 Meter Relay

3:27.8 O Wamuo, T Didier, J Smith, M Smith 2014
 3:30.8 M Walber, C Pierson, J Smith, M Smith 2013
 3:31.7 C Pierson, M Walber, W Long, M Smith 2012
 3:33.2c Jach, Paulson, Siskin, VandeVere 1977
 3:33.94 Miller, Dean, Richardson, Stringham 2005
 3:34.00 Khalid Hussein, Anders Sonnesyn, Patrick Leonard, Frank Fetrow 2018
 3:34.47 Faue, Graebel, Mayo, D Pease 2001
 3:34.4c Kelly, Paulson, Siskin, VandeVere 1977
 3:35.4 Sullivan, Riggs, Anderson, Bennett 1985
 3:35.89 Jackson, Lebewitz, Jarvey, Moline 2011
 3:36.6 Siskin, Paulson, Earl, Nelson 1976
 3:37.16 Matthews, Ruth, Edwards, Thompson 1991
 3:37.30 Bies, Churchill, A VanBenschoten, R Burgmeier 2006
 3:37.1c Langlie, Paulson, Merriam,

Nelson 1975
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
3:55.04 Madgett, Faue, Rutz, D Pease 2000
3:55.11 Ruth, Johnson, Martinek,
Riesgraf 1991
3:55.63 Henkel, Porcaro, Smith, Back 1993
3:55.5 Duerr, Bastiaens, Hansen,
Cumming 1986

4x800 Meter Relay

8:18.7 Young, Jordan, Larkin, Brown 1974
8:23.06 Bies, Churchill, A VanBenschoten,
R Burgmeier 2006
8:25.25 Donahue, White, Thorson,
Jarvey 2011
8:29.0 Threinen, Riley, Nelson,
Dezenski 1979
8:29.2 Krautkremer, Waddell,
Eckerson, Monson 1975
8:32.1 Heintzeman, Wilson,
M Johnson, Wasz 2009
8:34.5 Abendroth, Stein Nagel, 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 Mike Hennessey 1993
20-5 Tyler Berry 2012
20-3.5 Michael Meadowcraft 2022
20-3 Rick Sollie 1979
20-2 Tom Preiss 1980
20-2 Mike Giebenhain 1999
20-2 Nate Agbemedon 2022
20-0 David Navratil 2018
19-11 ¾ Stu Pease 2005
19-11 Mike Melin 1987
19-10 John Taylor 2016
19-10 Nick Hedlund 2019
19-9 ¾ Mike Dorsey 1973
19-8 Elliot Brown 1980
19-8 Darryl Jackson 2002
19-8 Max Davis 2018
19-7 ½ Marty Stovall 1997
19-7 Bruce Johnson 1970
19-6 Wes Jackson 2015
19-5 ½ Tim Shaver 1989
19-5 ¼ Julien Jean-Pierre 2013
19-3 ½ Chris Muras 1991
19-3 Josh Max 1996
19-3 Quinn Hendel 2003
19-3 Josh Gillespie 2012
19-3 Derek Wodnick 2014

Shot Put

54-6 ½ Steve Wright 1977
54-5 Justin Asher 1995
53-1 Dan Sebold 1974
52-5 ½ Mark Mendel 1983
49-11 ¾ Dave Klein 1983
49-8 ¼ Tim Armstrong 1991
49-6 Chris Ashton 1996
49-2 Bruce Breth 1980
49-1 Jon Charest 2006
49-0 ½ Matt Anderson 2001
48-3 ¼ Ryan Schwerin 2001
48-1 ¾ Tom Petrie 2000
47-5 Dan Bonneville 2015

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

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 Navatli 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
38-8 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
12-6 Michael Hsu 1996
12-6 Lucas Jensen 1998
12-6 Dennis Kline 2001
12-3 Kurt Jackson 1981
12-3 Lukas Versaggi 2019
12-0 Mike Plummer 1977
12-0 Nate Page 2000
12-0 Ben Michel 2005
11-9 ¾ Gabe Toso 2017
11-9 Jerry Pietig 1978
11-6 David Thomas 2006
11-6 Grady McNaughton 2018

SOPHOMORE & FRESHMAN INDOOR BESTS

55 Meter High Hurdles

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

60 Meter High Hurdles

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

65 Yard High Hurdles

9.3 David Gaither 1973

65 Yard Low Hurdles

7.8 Mike Siskin 1976

70 Yard Low Hurdles

8.3 Mike Siskin 1976
8.3 Rick Sollie 1978

55 Meter Dash

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

60 Meter Dash

6.9 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 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 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

60 Meter Wheelchair

16.5 Michael Allen 2022

160 Meter Dash

19.7 Mike Quast 1978

Pole Vault

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

200 Meter Dash

23.54 Drake Daniels 2018
23.5 Foster Conzet 2014
23.86 Dante White 2018
23.99 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
24.7 Matt Olson 2005
24.7 Kristian Kaesviharn 2019
24.8 Chris Muras 1990
24.8 Jerry Sisk 1994
24.8 Sam Johnson 2005
24.8 Ryan D'Kae 2009
24.8 Sam Kolpin 2014

280 Yard Dash

32.0 Tim Hoops 1970

300 Yard Dash

34.7 Rick Sollie 1978

300 Meter Dash

36.5 Michael Smith 2012
36.8 Mitchell Walber 2013
37.1 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

300 Meter Wheelchair

82.0 Michael Allen 2022

400 Meter Dash

53.6 Del Johnson 2022

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

600 Yard Dash

1:17.0 Tony Vertin 1976

600 Meter Run

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

800 Meter Run

1:59.5 Patrick Leonard 2017
2:01.6 Connor Olson 2013
2:04.1r 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
2:06.5 Brian Jarvey 2009
2:06.5r Nate Heintzeman 2009
2:07.03 David Frank 1994
2:06.8 Mitchell Tolander
2:06.8 Adam Moline 2009
2:06.8 Matt Adams 2022
2:08.43 Andrew Millan 2014
2:08.3 Brian Strassheim 1987
2:08.5 Aaron Breyer 2012
2:08.7r David Churchill 2006
2:08.8 Jon Ulrich 1970
2:08.9 Andrew Quirk 2013
2:09.0r Matt Jones 1990
2:09.1r Jacob Maentz 1996
2:09.2 Chris Stanek 2015
2:09.3r Chris DesRoches 2002
2:09.4 Tommy Leisen 2015
2:10.0 Kirk Meyer 1983
2:10.0r Adam Stuhlfaut 1992
2:10.2 Greg Scott 2009
2:10.3 Andy Engebretson 1985
2:10.64 Dwan Thompson 1996

1000 Yard Run

2:31.0 Jeff Dezenski 1978

1000 Meter Run

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

1200 Meter Run

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

1600 Meter Run

4:24.95 Connor Olson 2013
4:28.0 Khalid Hussein 2016
4:28.5 Grant Price 2017
4:29.1 Jaret Carpenter 2014
4:31.7 Josh Thorson 2009
4:35.5 Nick Shaleen 2014
4:36.8 Patrick Leonard 2017
4:37.81 Derek Peterson 2011
4:38.09 David Herman 1995

4:38.1 Cameron Arkesteyn 2017
4:40.1 Karl Kabarowski 2009
4:40.54 Stephen Jahn 2000
4:40.7 Zach Miller 2017
4:41.3 Josh Nielsen 2012
4:41.4 Andrew Brandt 2017
4:41.9 Andrew Millan 2014
4:41.9 Mitchell Tolander 2016
4:42.70 Andrew VanBenschoten 05
4:43.4 Danny Ducharme 2007
4:43.4 Oliver Haugland 2008
4:43.4 Jack Prazich 2013
4:43.6 Evan Day 2007
4:43.9 Jacob Hallen 1993
4:44.1 Parker Dietrick 2022
4:44.5 Paul Weiler 2014
4:45.46 Pat Hoard 1991
4:45.3r Mark Harries 2009
4:45.7 Will Weber 2022
4:45.9 Andrew Quirk 2013
4:46.1 Kurt Runzheimer 1988
4:46.1 Blake Buysse 2016
4:46.4 Ian Eklin 2013
4:46.9 Aaron Breyer 2011
4:46.9 Charlie Ernst 2018
4:47.61 Mark Bowden 2000
4:47.8 Brian Strassheim 1987
4:47.9 George Ross 1972
4:48.2 Anders Sonnesyn 2015
4:48.90 Drake Young 2018
4:48.7 Nate Heintzeman 2009
4:49.14 Peter Holmes 2006
4:49.33 Rob Burgmeier 2004
4:49.1 Wes Heal 2014
4:49.2 Matthew Harries 2019
4:49.5 Jack Alexander 1971
4:49.6 Kyle Monson 1974
4:49.89 Chris DesRoches 2002

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
10:27.7 Mike Anderson 1980
10:29.0 Brian Strassheim 1987
10:29.1 Liban Jama 2015
10:30.7 Carl Brakob 1982
10:30.7 Connor Eastman 2012
10:33.44 Dan Gerber 2006
10:34.0 Dennis Sparks 1979
10:35.1 Dan Murphy 1972
10:40.28 Jason Overson 1997
10:43.39 Bobby Rudin 2011

10:44.7 Chris Newcombe 1978
10:46.97 Jon Lambert 2005
10:49.8 Grant Waddell 1973
10:51.0 Josh Gerber 2004
10:53.33 Iain McCrory 2011
10:54.5 Tom LaRowe 1985
10:54.5 Mark Bowden 2000
10:58.37 Taylor Hegarty 2005
10:58.9 Evan Stine 1999

Long Jump

20-11 ½ Dante White 2018
19-11 ¾ Stu Pease 2005
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 Mike Hesse 1982
5-10 Ben Wambhein 2008
5-10 Ethan Zeidler 2010
5-10 Brett Smith 2013
5-9 Mike Melin 1986
5-9 Tim Stenzel 1986
5-9 David Jacobson 2007
5-8 Steve Pederson 1980
5-8 Craig Thompson 1989
5-8 Andrew Tibesar 1996
5-8 Ben Zerman 2003
5-8 Nick Welshons 2009
5-8 Jeremiah Brathwaite 2014

Shot Put

50-0 Justin Asher 1994
49-6 Chris Ashton 1996
46-3 ½ Mark Mendel 1982
46-1 Charlie Smith 2022
45-11 ¾ Rob Bathe 2007
45-1 Nick Tibesar 1998
44-4 ½ Tom Petrie 1998
44-4 John Petrie 2009
42-10 Manny Wilson 2022
42-6 Grant Olson 2008
42-5 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

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