

WAYZATA INDOOR HONOR ROLLS

2011 Update

55 Meter Dash

6.61 Marion Barber III 2001
6.62 Ryan D'Kae 2011
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
6.76 Jon Williams 2002

60 Meter Dash

7.0 Sam Johnson 2007
7.0 Markus Whittaker 2009
7.27 Darwin Dean 2006
7.1 AJ Troup 2009
7.1 Jarod Jackson 2010, 11
7.1 Ryan D'Kae 2011
7.1 Jon Anderson 2011
7.35 Rodney Egwim 2006
7.40 Joe Cyrus 2006
7.2 Paris Richardson 2004
7.2 John Bryson 2007
7.2 Mitch Underhill 2011
7.2 Brandon Johnson 2011
7.2 Alex Carlson 2011

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

23.08 Jeff Tarnowski 1995
23.34 Jeremy Faue 2003
23.2 Markus Whitaker 2009
23.4 AJ Troup 2009
23.5 Daryl Brown 2009
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
24.13 Marion Barber III 2001
24.16 Jacob Boegel 2006
24.23 Antonio Stringham 2004
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
24.64 Jon Lance 1994
24.4 Dan Perry 1998
24.67 Alex Haeg 1998
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

300 Meter Dash

36.78 Jeremy Faue 2003
37.6 Max Johnson 2009
37.6 Adam Moline 2009

400 Meter Dash

50.3 Mark Bennett 1985
51.72 Brian Jarvey 2011
52.1 Reik Andersen 1985
52.4 Romney Andersen 1981
52.64 Robin Ruth 1992
52.5 Paris Richardson 2006
52.9 Mike Siskin 1977
53.59 Sam Lebewitz 2011
53.67 Erik Matthews 1991
53.6 Jeff Stewart 1996
53.6 Dan Hernandez 1988
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
54.0 Bruce Johnson 1970

500 Yard Dash

64.5 Jay Myers 1978

600 Yard Dash

1:17.0 Tony Vertin 1976

800 Meter Run

2:00.08 Adam Moline 2011
2:00.4 Scott Brown 1974
2:00.4 Brian Jarvey 2011
2:01.55 Adam Stuhlfaut 1994
2:01.5r David Wenell 1994
2:01.5r Jeff Stewart 1996
2:01.5r David Herman 1997
2:02.1r Rob Burgmeier 2006
2:02.44 Ed Collins 1990
2:02.7r Eric Nelson 1979
2:03.08 Stephen Jahn 2001
2:02.9 Max Johnson 2010
2:03.2 Chris Wilson 2010
2:03.3 Nate Heintzeman 2011
2:03.4r Jake Rugh 1995
2:03.6r Jon Ulrich 1971
2:03.7r Jacob Hallen 1995
2:03.8r Greg Jordan 1973
2:03.9 Eric Riggs 1985
2:04.0 Andy Engebretson 1986
2:04.1r Luke Preus 2004
2:04.1r Andrew VanBenschoten 2005
2:04.2r Evan Day 2009
2:04.3 Ron Schlegel 1983
2:04.7r Joe Hargreaves 2004

1000 Yard Run

2:25.7 Kyle Monson 1976
2:27.0 Eric Nelson 1978

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

1500 Meter Run

4:20.8 Ron Schlegel 1983

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
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 Winston 1985

60 Meter High Hurdles

8.38 Zach Turner 2005

1600 Meter Run

4:24.34 Jeff Stewart 1996
4:25.1 Josh Thorson 2011
4:25.3 Kurt Runzheimer 1990
4:26.7 Pat Hoard 1993
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
4:31.2 Jason Overson 2000
4:31.3 Aaron Demro 2007
4:31.7 Tim Ross 1980
4:31.8 Jack Alexander 1972
4:32.04 Chris DesRoches 2004
4:33.0 Eric Nelson 1979
4:33.2 Kurt Threinen 1979
4:33.3 Jeff Dezenski 1980
4:33.7 Landon Lozano 2010
4:35.2 Evan Day 2009
4:36.1 Anders Bowman 2008
4:36.2 Ed Collins 1990
4:36.5 Mark Harries 2010
4:37.1 Brian Earl 1976
4:37.44 Stephen Jahn 2001
4:38.09 David Herman 1995
4:37.9 Adam Stuhlfaut 1994
4:38.9 Preston White 2010
4:39.27 Ben Morris 1996
4:39.37 Taylor Fay 2002
4:39.76 Jimmy Hull 2001
4:39.8 Jacob Hallen 1995
4:40.1 Karl Kabarowski 2009
4:40.7 Ron Schlegel 1983
4:40.9r Jeff Pedersen 2005
4:41.3 Doug Annis 1974
4:41.55 Matt Hirschey 1998
4:41.4r Frank Steed 1994
4:41.4 Jon Lambert 2007
4:41.81 Josh Gerber 2005
4:41.6 Chris Wilson 2010
4:41.85 Nate Heintzeman 2011
4:41.7 Derek Peterson 2011
4:42.70 Andrew VanBenschoten 05
4:42.4 Jon Hackbart 2009
4:43.54 Brock Stepan 2000

4:43.4 Grant Waddell 1975
4:43.5 Dick Beardsley 1975
4:43.5 Carl Brakob 1983

1.5 Mile Run

7:13.7 Landon Lozano 2010
7:43.0 Rick Phillips 1982

3000 Meter Run

9:27.8 Carl Brakob 1983
9:33.7 Jeff Pedersen 2005
9:35.1 Rick Phillips 1983
9:44.1 Stephen Jahn 2000

3200 Meter Run

9:26.45 Josh Thorson 2011
9:30.4 Pat Hoard 1993
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
9:44.2 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
10:01.0 Jon Hackbart 2009
10:01.9 Aaron Demro 2007
10:02.86 Chris DesRoches 2004
10:03.5 Landon Lozano 2010
10:05.5 Jeff Dezenski 1979
10:07.78 Jimmy Hull 2001
10:09.3 Jack Alexander 1972
10:09.8 Mike Anderson 1981
10:10.7 Carl Brakob 1983
10:10.9 Karl Kabarowski 2009

65 Yard High Hurdles

8.8 Brad Gunn 1973

60 Yard Low Hurdles

7.4 Gary Jordan 1970

65 Yard Low Hurdles

7.5 Mike Siskin

70 Yard Low Hurdles

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

4x100 Meter Relay

45.56 Porisch, Lance, Redman, Tarnowski '95
45.63 Chesler, Davey, Roath, Tarnowski '96
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 '95

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 '76
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, BJohnson, SJohnson, Luby

2006

1:36.6 Skibness, Ritchie, Hoops, Hebert '72
1:37.93 Budolfson, Dovenberg, Porcaro, Hennessy 1992

4x400 Meter Relay

3:33.2 Jach, Paulson, Siskin, VandeVere '77
3:33.94 Miller, Dean, Richardson, Stringham 2005
3:34.47 Faue, Graebel, Mayo, D Pease 2001
3:34.7 Kelly, Paulson, Siskin, VandeVere '77
3:35.4 Sullivan, Riggs, Anderson, Bennett '85
3:36.6 Siskin, Paulson, Earl, Nelson 1976

3:35.89 Jackson, Lebewitz, Jarvey, Moline 2011

3:37.16 Matthews, Ruth, Edwards, Thompson 1991
3:37.30 Bies, Churchill, VanBenschoten, Burgmeier 2006
3:37.1 Langlie, Paulson, Merriam, Nelson '75

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, Stromval 1970
3:41.9 Collins, Jackson, Lindell, Paluson '77
3:42.0 Pierson, Quast, Winston, Threinen '80

1600 Meter Sprint Medley

3:45.9 Day, Roberts, D'Kae, Jarvey 2009
3:47.23 Haux, Redman, Groth, Rugh 1995
3:49.0 Burgmeier, Tuura, B Johnson, Kalivoda 2005
3:51.34 Henkel, Budolfson, Sisk, Rugh 1994
3:51.2 Perbix, Silva, Graebel, Klein 2001
3:54.77 Yeager, Haglund, Stender, Madgett '98
3:54.6 Meyer, Knapp, Blegen, Almquist '83
3:55.04 Madgett, Faue, Rutz, Pease 2000
3:55.11 Ruth, Johnson, Martinek, Riesgraf '91
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, VanBenschoten, Burgmeier 2006
8:29.0 Threinen, Riley, Nelson, Dezinski '79
8:29.2 Krautkremer, Waddell, Eckerson, Monson 1975
8:32.1 Heintzeman, Wilson, M Johnson, Wasz 2009
8:34.5 Abendroth, Steinnagel, Larson, Ulrich 1971
8:34.5 Farr, 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 '92

Distance Medley Relay

11:01.95 Stewart, Gilman, Osgood, Herman '96
11:02.3 Hirschey, Herman, Stewart, Morris '97
11:08.1 J Gerber, VanBenschoten, P Holmes, Burgmeier 2006
11:09.3 Pedersen, Bryce Stepan, VanBenschoten, B Holmes 2005
11:16.93 Hawkinson, Madgett, Bowden, Overson 2000
11:19.15 Back, Stuhlfaut, O'Rourke, Hoard '92
11:26.02 Farr, Thour, 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 '95
11:28.20 McCoy, Obermiller, Rhea, Steed '94

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 Bjelogrić 1995, 96
6-2 Nenad Bjelogrić 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 Nick Welshons 2010

Long Jump

20-10.5 Robin Ruth 1991
20-8 Paul Spangrud 1980
20-7.5 Mike Brooks 1981
20-6 Mike Hennessey 1993
20-3 Rick Sollie 1979
20-2 Tom Preiss 1980
20-2 Mike Giebenhain 1999
19-11.75 Stu Pease 2005
19-11 Mike Melin 1987
19-9.75 Mike Dorsey 1973
19-8 Elliot Brown 1980
19-8 Darryl Jackson 2002
19-7.5 Marty Stovall 1997
19-7 Bruce Johnson 1970
19-5.5 Tim Shaver 1989
19-3.5 Chris Muras 1991
19-3 Josh Max 1996
19-3 Quinn Hendel 2003

Shot Put

54-6.5 Steve Wright 1977
54-5 Justin Asher 1995
53-1 Dan Sebold 1974
52-5.5 Mark Mendel 1983
49-11.75 Dave Klein 1983
49-8.25 Tim Armstrong 1991
49-6 Chris Ashton 1996
49-2 Bruce Breth 1980
49-1 Jon Charest 2006
49-0.5 Matt Anderson 2001
48-3.25 Ryan Schwerin 2001
48-1.75 Tom Petrie 2000
47-0 Rory Nelson 1994
47-0 Ben Roscoe 2001
46-9.5 Mike Trask 1978
46-7 Matt Winston 1978
46-3.25 Rob Hansen 1995
46-3 Mike Mortenson 1986
46-2.25 Scott Doring 1975

Pole Vault

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
12-6 Michael Hsu 1996
12-6 Lucas Jensen 1998
12-6 Dennis Kline 2001
12-3 Kurt Jackson 1981
12-0 Mike Plummer 1977
12-0 Nate Page 2000
12-0 Ben Michel 2005
11-9 Jerry Pietig 1978
11-6 David Thomas 2006

Triple Jump

43-0 Chris Kroeten 2010
42-11 Brandon Strickland 2011
41-3.75 Mike Hesse 1984
41-6 Cecil Doe 2007
41-5 Nathan Frantz 1993
41-2 Ethan Zeidler 2011
41-0.5 Dan Pease 2001
41-0.5 Ben Zerman 2005
41-0.25 Scott Quist 2000
40-9.5 Paul Spangrud 1980
40-8 AJ Hiler 2004
40-6 Ben Wambheim 2009
40-4 Gary Pease 2005
40-2 Reid Johnson 1992
39-6 Rick Sollie 1978
39-5 Jeff Kelly 1979
39-5 Mark Nawrocki 1982
39-5 Mike Kromer 1985
39-3 Jason Alexander 1990
39-1.5 Stu Pease 2006
39-0.25 Marty Stovall 1997
38-11 Michael Hsu 1996
38-10 Eric Muras 1995
38-8.5 Mike Porter 2005
38-7 Josh Max 1996

SOPHOMORE & FRESHMAN INDOOR BESTS

55 Meter Dash

6.68 Mitch Underhill 2011
6.74 Darryl Jackson 2002
6.6 Andy Fetterter 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

7.1 Jarod Jackson 2010
7.2 Paris Richardson 2004
7.2 Mitch Underhill 2011
7.53 Sam Johnson 2006
7.3 Darwin Dean 2004
7.3 Ryan D'Kae 2009
7.55 Tim Cornish 2004

160 Meter Dash

19.7 Mike Quast 1978

200 Meter Dash

23.99 Ben Johnson 2005
24.0 Daryl Brown 2008
24.1 Markus Whittaker 2008
24.43 Mitch Underhill 2011
24.2 Chris Haglund 1997
24.3 Tim Cornish 2004
24.4 Paris Richardson 2004
24.67 Alex Haeg 1998
24.5 Brendan Roath 1997
24.7 Matt Olson 2005
24.8 Chris Muras 1990
24.8 Jerry Sisk 1994
24.8 Sam Johnson 2005
24.8 Ryan D'Kae 2009

280 Yard Dash

32.0 Tim Hoops 1970

300 Yard Dash

34.7 Rick Sollie 1978

300 Meter Dash

37.6 Adam Moline 2009
38.16 Ryan Tuura 2005
38.7 Ryan D'Kae 2009
39.0 Skip Johnson 2009

400 Meter Dash

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
55.5 Jeff Kelly 1977
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

55 Meter High Hurdles

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

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

800 Meter Run

2:04.1r Andrew VanBenschoten 05
2:05.0 Stephen Jahn 2000
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 Adam Moline 2009
2:08.3 Brian Strassheim 1987
2:08.7r David Churchill 2006
2:08.8 Jon Ulrich 1970
2:09.0r Matt Jones 1990
2:09.1r Jacob Maentz 1996
2:09.3r Chris DesRoches 2002
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
2:10.4r Dan Thour 2001

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

4:31.7 Josh Thorson 2009
4:38.09 David Herman 1995
4:40.1 Karl Kabarowski 2009
4:40.54 Stephen Jahn 2000
4:41.7 Derek Peterson 2011
4:42.70 Andrew VanBenschoten 05
4:43.4 Danny Ducharme 2007
4:43.4 Oliver Haugland 2008
4:43.6 Evan Day 2007
4:43.9 Jacob Hallen 1993
4:45.46 Pat Hoard 1991
4:45.3r Mark Harries 2009
4:46.1 Kurt Runzheimer 1988
4:46.9 Aaron Breyer 2011
4:47.61 Mark Bowden 2000
4:47.8 Brian Strassheim 1987
4:47.9 George Ross 1972
4:48.7 Nate Heintzeman 2009
4:49.14 Peter Holmes 2006
4:49.33 Rob Burgmeier 2004
4:49.5 Jack Alexander 1971
4:49.6 Kyle Monson 1974
4:49.89 Chris DesRoches 2002
4:50.3 Jeremy Drenckhahn 2007
4:51.4 Ben Morris 1995
4:52.09 Jon Lambert 2005
4:52.12 Jimmy Hull 2000
4:51.9 Todd Obermiller 1993
4:52.0 Brian Earl 1975
4:52.52 Frank Steed 1992
4:52.3 Jason Overson 1997

High Jump

6-2 Mike Kromer 1984
6-0 Tom VonderBrink 1991
5-10 Mike Hesse 1982
5-10 Ben Wambheim 2008
5-10 Ethan Zeidler 2010
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

1.5 Mile Run

7:52.0 Mike Anderson 1980

3000 Meter Run

9:44.1 Stephen Jahn 2000

3200 Meter Run

9:40.7 Josh Thorson 2009
9:58.3 Danny Ducharme 2007
10:01.6 Mark Harries 2009
10:05.3 Pat Hoard 1991
10:10.0 Jeremy Drenckhahn 2007
10:10.9 Karl Kabarowski 2009
10:13.1 Oliver Haugland 2008
10:18.03 Derek Peterson 2011
10:22.1 Stephen Jahn 2000
10:22.42 Peter Holmes 2006
10:26.4 Joe Meister 2010
10:27.7 Mike Anderson 1980
10:29.0 Brian Strassheim 1987
10:30.7 Carl Brakob 1982
10:33.44 Dan Gerber 2006
10:34.0 Dennis Sparks 1979
10:35.1 Dan Murphy 1972
10:40.28 Jason Overson 1997
10:44.7 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
10:53.36 Bobby Rudin 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

Shot Put

50-0 Justin Asher 1994
49-6 Chris Ashton 1996
46-3.5 Mark Mendel 1982
45-11.75 Rob Bathe 2007
45-1 Nick Tibesar 1998
44-4.5 Tom Petrie 1998
44-4 John Petrie 2009
42-6 Grant Olson 2008
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
40-0.5 Sam Launder 2003

Long Jump

19-11.75 Stu Pease 2005
19-8 Darryl Jackson 2002
19-7 Brandon Strickland 2010
19-5.5 Chris Kroeten 2008
19-5 Jarod Jackson 2010
19-4 Jack Egan 2008
19-3 Quinn Hendel 2003
19-2 Rick Sollie 1978
19-1.5 Mike Melin 1986
18-11.75 Pat Reed 1998
18-11 Michael Hsu 1994
18-10 Brad Walker 1988
18-9.5 Japel Hook 1991
18-9 Ben Wahmbein 2008
18-8.5 Mike Winston 1984
18-5 Dan Lasker 2010
18-4 Paul Spangrud 1978
18-2 Mark Schulz 1990
18-2 Nick Martin 2010

Triple Jump

42-0 Brandon Strickland 2010
41-6 Cecil Doe 2007
40-6 Chris Kroeten 2008
39-8 Ethan Zeidler 2010
39-6 Rick Sollie 1978
39-2.5 Mike Kromer 1984
39-1.5 Dan Pease 2001
39-1 Stu Pease 2005
38-8 Gary Pease 2003
37-6.5 Mickael Hsu 1994
37-4 Bob Moore 1981
37-1 Ben Wambhein 2008
36-11.5 Mike Hesse 1982
36-11 Paul Spangrud 1978

Pole Vault

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