



TOP TEN PERFORMANCE LIST



BOYS

100 METER DASH			200 METER DASH			400 METER DASH			800 METER RUN			1600 METER RUN			3200 METER RUN		
Time	Year	Year	Time	Year	Year	Time	Year	Year	Time	Year	Year	Time	Year	Year	Time	Year	
Gemechu Godi	10.72	2012	Gemechu Godi	21.54*	2012	Sayfe Jassim	48.14*	2005	Jim Reinhart	1:50.74*	1973	Jim Reinhart	4:06.54*	1973	Will Lauer	8:58.49	2015
Scott Ingvolstad	10.84*	1989	Adam Belhaj	21.74*	2014	Adam Belhaj	48.39	2014	Dean Erickson	1:54.34*	1974	Will Lauer	4:14.69	2015	Jim Reinhart	9:06.74*	1973
Ron Harris	10.84*	1974	Sayfe Jassim	21.89*	2005	Gemechu Godi	48.54*	2012	Ned Sudbeck	1:54.86	2015	Steve Reinhart	4:17.04*	1973	Mike Bills	9:20.74*	1975
Adam Belhaj	10.88	2014	Barayon Furula	22.24*	2016	Ned Sudbeck	48.6	2015	Brett Anderson	1:54.94*	2009	Mike Bills	4:17.44*	1973	Brian Bendrich	9:26.34*	1978
Barayon Furula	10.94	2016	Scott Ingvolstad	22.24*	1989	Brett Anderson	48.64*	2009	Matt Kiesow	1:55.54*	1988	Robb Rasmussen	4:17.64*	1971	Jarvis Jelen	9:29.14*	2004
Paul Marquardt	10.94*	1991	Lucas Thompson	22.24*	2009	Mel Lips	49.54*	1969	Tom Castelli	1:55.85*	1990	Matt Kiesow	4:19.34*	1988	Luke Jelen	9:29.44*	2012
Charlie Johnson	11.0*	1974	Paul Marquardt	22.26*	1991	Bill Henjum	50.24*	1971	J. Henrickson	1:56.86	1992	J. Mutschelknaus	4:20.24*	1976	Todd Sheldon	9:31.14*	1980
Lucas Thompson	11.04*	2009	Dave Froiland	22.34*	1970	Kevin Evans	50.24*	1990	Orin Ellwein	1:56.94*	1969	Gabe Peters	4:20.41	2016	Gabe Peters	9:31.42	2016
Drew Goede	11.07*	2005	Tom Taylor	22.54*	1988	Randy Kee	50.34*	1975	Aaron Hove	1:56.94*	1969	Mark Bills	4:21.04*	1974	Steve Reinhart	9:31.44*	1973
Steve Dierks	11.13*	1989	Bill O'Connor	22.54*	1976	Chris Cutler	50.45*	1997	Mike Bills	1:57.14*	1975	Luke Jelen	4:22.44*	2012	Nathan Schroeder	9:32.14*	2012

110 METER HH			300 METER IM H			HIGH JUMP			POLE VAULT			LONG JUMP			TRIPLE JUMP		
Time	Year	Year	Time	Year	Year	Height	Year	Year	Height	Year	Distance	Year	Year	Distance	Year		
Vance Butler	14.54*	1975	Tom Taylor	38.13	1988	Martin Janis	6'9.5	1985	Kirk Oldre	14' 6.25"	1983	B. Mattingly	22' 9.75"	1984	LaVeryl Voss	46' 1"	1977
Dave Sehr	14.54*	1990	Mike Boetel	39.14*	1988	Evan Heiber	6'8	2016	Jim Shea	14'5	1975	Mark Beckstrand	22'8	1990	Ochan Furula	45'3.25	2009
Mack Butler	14.64*	1969	Brian Squillace	39.73*	1989	Paul Hegg	6'7	1986	Brett Williams	14'2	1987	Chris Harner	22'6.25	2011	Jim Shea	44'10.25	1975
Brian Squillace	14.64*	1989	Vince Green	39.84*	1981	Rich Arens	6'6.75	1981	John Husen	14'	1977	Eric Looby	22'4	2016	Mark Holland	44'6.75	1979
Mark Holland	14.70*	1979	Russ Kieffer	40.1*	1984	Chad Kiger	6'6.75	1985	Paul Rickert	14'	1977	Ochan Furula	22'3	2010	Chris Harner	44'25	2012
Tom Ripperda	14.75*	1991	Alex Woods	40.17	2016	Rick Meyers	6'6.75	1975	Rich Luther	13'7.75	1974	Turby Ayres	22'7.5	1983	Malik Redd	44'	2016
Mel Lips	14.84*	1969	Mack Butler	40.64*	1970	Scott Beckstrand	6'6	1987	Mark Greeno	13'6.5	1971	Steve simonson	21'11.5	1968	Scott Shea	43'8	1976
Murray Driggs	14.84*	1976	Steve Ramharter	40.64*	1985	Ryan Higgason	6'6	1989	Greg Weiking	13'6	1978	Eric Eidsness	21'10.5	1986	Jason VanVelzen	43'6	1988
Mike Boetel	15.04*	1988	Jesse Taylor	41.04*	2001	Craig Dillon	6'6	1988	Brian Roach	12'6	1993	Jack Myers	21'7.25	1967	Mark Beckstrand	43'4.25	1989
Jim Dawson	15.04*	1972	Ethan DeCosse	41.14*	2012	Mack Butler	6'5.75	1969	Tom Miller	12'6	1970	Brett Anderson	21'6	2009	Romeo Zino	43'3.25	2015
Russ Kieffer	15.04*	1984							Paul Mundt	12'6	1970						
Mark Greeno	15.04*	1972							Mike Kavanaugh	12'6	1977						

SHOT PUT			DISC			4x100			4x200			4x400			4x800		
Distance	Year	Year	Distance	Year	Year	Time	Year	Year	Time	Year	Time	Year	Time	Year	Time	Year	
Ron Harris	59'2.25	1974	Matt Kiger	187'7	1973	Merkley, Bologone	42.46	1997	Belhaj, Goeman	1:28.14	2012	Felgate, Winegarden	3:21.14*	1970	Tuch, Mike Bills	7:53.04*	1974
Jeff Pascoe	56'11.5	1968	Bob Moats	180'11	1967	Zitterich, Knudson			Akok, Godi			Butler, Wolfe			Mark Bills, Erickson		
Tom Pascoe	55'5	1969	Mark Arens	168'7	1982	Belhaj, Harner	42.84*	2012	McKnolly, Belhaj	1:28.65	2011	Sudbeck, Bindert	3:21.24	2014	S. Reinhart	7:55.54*	1973
Mark Arens	54'8	1982	Tom Neibrugge	167'7	1969	Goeman, Godi			Goeman, Godi			Kahn, Belhaj			Erickson, Beck, J. Reinhart		
Jeff Ellis	54'4.5	1984	Jed Fritzeimer	166'11	1977	Quintinillia	43.04*	2011	Merkley, Garry,	1:28.65	1997	Sudbeck, Furula	3:21.3*	2014	Beacom, Daschel	7:56.54*	1980
Doug VanSlotten	53'11.5	1980	Austin Haushild	163'3	2016	Goeman, Belhaj, Godi			Knudson, Zitterich			Bindert, Belhaj			Sheldon, VanZweden		
Mark Wolfe	53'10	1976	Ron Halgerson	161'10	1970	Brison, Woods	43.14*	2016	Brison, Woods	1:29	2016	Bauer, Ellwin	3:21.44*	1969	Rasmussen	7:56.75	2006
Scott Jorgenson	52'11.25	1979	Jeff Persigehl	160'	1974	DeBerg, B. Furula			DeBerg, Furula	1:29.31*	2004	Hove, Druse			Werner, Braithwaite, Vandenberg		
Dave Sanford	52'10	1969	Russ Dirks	160'	1976	King, O. Furula	43.14*	2010	Goede, Johnson	1:29.31*	2004	Key, Becker	3:21.54*	1975	Beck, Gabrielson	7:56.84*	1973
Austin Haushild	51'9.75	2016	Will Rose	159'8	2014	Hoffman, Godi			Flynn, Jassim			Butler, Moats			Tuch, Erickson		
						DeBerg, Woods	43.3	2016	Belhaj, Leach	1:29.44*	2012	Meyers, Gebauer	3:21.64*	2009	Cutler Stottenberg	7:57.18*	1984
						Brison, Furula			Goeman, Godi			Thompson, Anderson			Lauer, Richard		
						Large, Myers	43.34*	2015	Dierks, Taylor	1:29.46*	1989	Henjum, Finn	3:22.24*	1971	Anderson	7:57.23	2007
						Jones, Furula			Godi, Hoffman			Tyler, Wolfe			Braithwaite, Thielen, Hall		
						Quintinillia	43.34*	2014	Morris, Bartow	1:29.84*	2013	Myers, Thompson	3:22.34*	2009	Richar, Walline	7:57.71*	1985
						Arntz, Large, Furula			Campbell, Belhaj			Johnson, Anderson			Walton, Lauer		
						Merkley, Bologone	43.61*	1989	Myers, Anderson	1:29.94*	2009	Belhaj, Leach	3:22.34*	2011	Hoffman, Hailey	7:59.24*	1981
						Risch, Dierks			Bergstrom, Thompson			McKnolly, Godi			Abrahamson, Beacom		
						DeBerg, Smith	43.69*	2016	Tuch, Winegarden	1:29.94*	1970	Druse, Bauer	3:22.44*	1969	Halstenson, Rave	7:59.44*	1998
						Woods, Furula			Unverzagt, Froiland			Ellwin, Lips			Simon, Jensen		

GIRLS

100 METER DASH			200 METER DASH			400 METER DASH			800 METER RUN			1600 METER RUN			3200 METER RUN		
Time	Year	Year	Time	Year	Year	Time	Year	Year	Time	Year	Year	Time	Year	Year	Time	Year	
Ravan Kott	12.2	2013	Kris Meyers	25.74*	1985	Steph Schueler	57.42*	1987	Jasmyne Cooper	2:12.72	2015	Jasmyne Cooper	4:58.15	2016	Sarah Spencer	11:05.68	2003
Barb Berkeland	12.34*	1975	Steph Schueler	25.78*	1986	Jasmyne Cooper	57.94*	2016	Kim Kouri	2:19.19*	1987	Sarah Spencer	5:11.24*	2003	Katie Patrick	11:19.54*	2013
Lori Beckstand	12.44*	1978	Raven Kott	25.94	2013	Michaela Mohr	59.32	2016	Liz Bindert	2:19.46	2016	Caroline Sudbeck	5:12.48	2016	Brooke Infield	11:34.44*	2015
Steph Schueler	12.44*	1986	Kelly Rhodes	26.04*	1986	Alisha Auen	59.44*	2016	Kayla Jelen	2:19.51	2005	Andee Thompson	5:17.14*	1981	Susie Kerkaert	11:40.26*	1990
Mollie Kersten	12.54*	2014	Kristina Timmer	26.06	2004	Kim McKeon	59.44*	1976	Kim McKeon	2:20.24*	1976	Kayla Jelen	5:17.42	2005	Mollie Kelly	11:40.84*	2014
Michaela Mohr	12.64*	2016	Michaela Mohr	26.1	2016	Sandy Squillace	59.83*	1987	Caroline Sudbeck	2:20.54*	2015	Mary Wright	5:18.84*	1981	Kayla Jelen	11:41.24*	2004
Liz Bindert	12.64*	2016	Catti Slattery	26.14*	2010	Kim Kouri	59.94*	1987	Susie Kerkaert	2:20.64*	1991	Katie Patrick	5:19.44*	2013	Beth Dellman	11:43.05*	1986
Catti Slattery	12.64*	2010	Karmen Nyberg	26.34*	2009	Anne Butler	60.24*	1980	Anne Butler	2:21.74*	1980	Susie Kerkaert	5:20.84*	1991	Lela Lambert	11:48.24*	1985
Kris Meyers	12.64*	1970	Sue Songstad	26.44*	1982	Caroline Sudbeck	60.3*	2016	Kim Haugstad	2:23.77*	1988	Carly Holstrom	5:23.34*	2009	Kendra Eagle	11:48.44*	2013
Vicki Karstens	12.64*	1972	Jennifer Koel	26.52*	1989	Shanice Henderson	60.74*	2009	Berland	2:23.84*	1992	Nancy Kneip	5:25.46	1999	Kelsey Bean	11:49.25	2007
Julie Dowling	12.64*	1973	Sandy Squillace	26.52*	1987												

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Time	Year	Year	Time	Year	Year	Height	Year	Year	Distance	Year	Distance	Year	Distance	Year	Distance	Year	
Nevada Sorenson	13.93*	2009	Nevada Sorenson	44.14*	2009	Mary Wirth	5'10	2010	Allie Lahren	18'5.5	2012	Mary Wirth	37'9.75	2010	I. VanVeldhuizen	45'	2016
Kelly Rhodes	15.04*	1986	Kelly Rhodes	44.73*	1987	Nikki Warrington	5'7	1990	Michaela Mohr	18'5	2016	Allie Lahren	37'9.5	2011	Cera Ledbetter	42'7	2011
Anne Butler	15.24*	1980	Steph Schueler	45.94*	1985	M. Dornberger	5'5	2002	Megahn Lambert	17'10.25	2009	Megahn Lambert	37'9	2010	Mori Emmons	41'3.5	1980
Erin Seidel	15.3	2002	Josephine Dal	46.33	2016	Jacque Alexander	5'5	1989	Angie Butz	17'9.75	1987	Liz Magnuson	37'6.5	2013	Stacy Hagen	39'8.75	1989
Natalie Lindquist	15.34*	1996	Ryley Heier	46.39	2016	Heidi Higgason	5'4	1992	Ryley Heier	17'6	2016	Ryley Heier	37'7.5	2016	Michelle Welder	39'2.75	1983
Steph Schueler	15.44*	1985	Natalie Lindquist	46.6	1998	Shelley Walton	5'3	1981	Kris McKeon	17'4	1976	Carly Chambers	36'7	2009	Lori Dubbelde	38'10.25	1979
Meg McLeod	15.54*	1991	Melissa Olson	46.74*	1982	Anezka Szabo	5'2	2015	Liz Magnuson	17'2.5	2013	Natalie Lindquist	36'2.25	1998	Becca Bindert	38'5	2016
Ryley Heier	15.57	2016	Erin Seidal	47.04	2003	Sarah Quinlvin	5'2	2014	Barb Berkeland	17'2.5	1975	Liberty Justice	35' 5.5	2016	A. Severson	37'7	2015