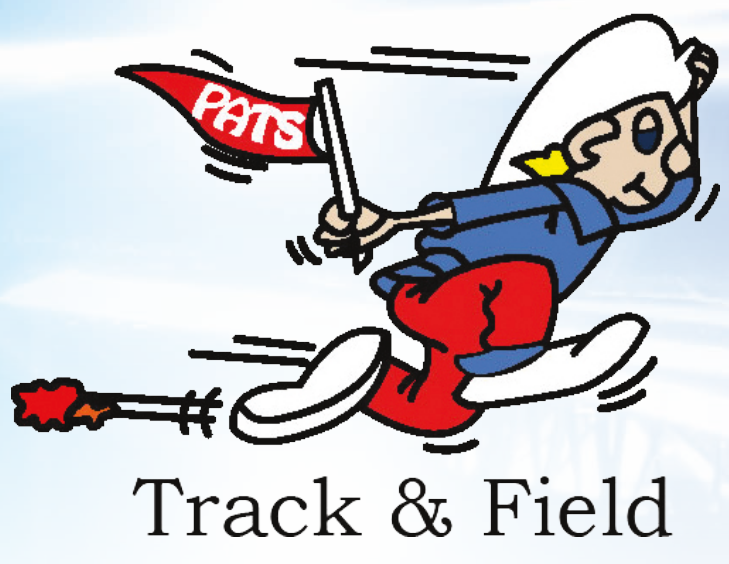


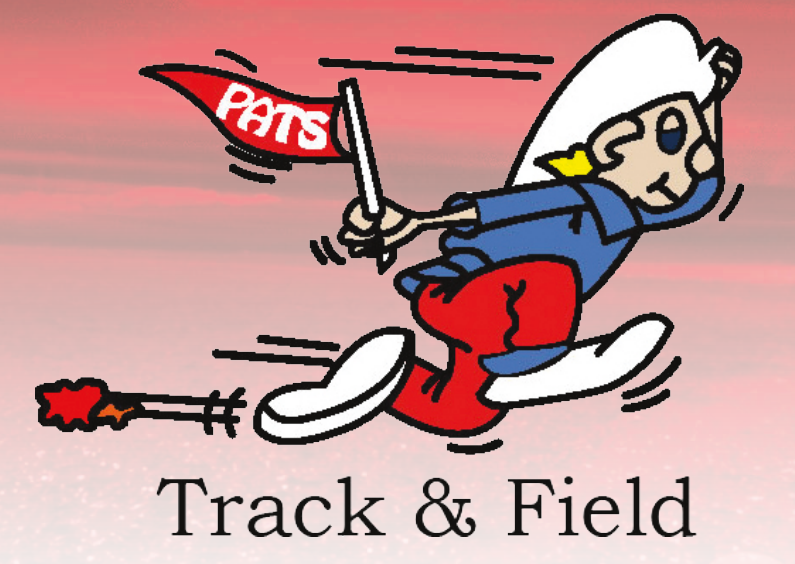
Patriots



TOP TEN PERFORMANCE LIST



Patriots



BOYS

STATE CHAMPIONS: 1967, 1968, 1969, 1970, 1972, 1973, 1974, 1975, 1976, 1989, 2014, 2016, 2017, 2018

100 METER DASH	Time	Year	200 METER DASH	Time	Year	400 METER DASH	Time	Year	800 METER RUN	Time	Year	1600 METER RUN	Time	Year	3200 METER RUN	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
Collin Brison	10.77	2018	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
Scott Ingvolstad	10.84*	1989	Collin Brison	21.84	2018	Gemechu Godi	48.54*	2012	Ned Sudbeck	1:54.86	2015	Gabe Peters	4:16.44	2017	Gabe Peters	9:15.10	2017
Ron Harris	10.84*	1974	Sayfe Jassim	21.89*	2005	Ned Sudbeck	48.60	2015	Brett Anderson	1:54.94*	2009	Steve Reinhart	4:17.04*	1973	Mike Bills	9:20.74*	1975
Adam Belhaj	10.88	2014	Barayona Furula	22.24*	2016	Brett Anderson	48.64*	2009	Matt Kiesow	1:55.54*	1988	Mike Bills	4:17.44*	1973	Jack Elliott	9:25.54	2018
Barayona Furula	10.94	2016	Scott Ingvolstad	22.24*	1989	Mel Lips	49.54*	1969	Tom Castelli	1:55.85*	1990	Robb Rasmussen	4:17.64*	1971	Brian Fendrich	9:26.34*	1978
Paul Marquardt	10.94*	1991	Lucas Thompson	22.24*	2009	Bill Henjum	50.24*	1971	Gabe Peters	1:56.60	2017	Matt Kiesow	4:19.34*	1988	Jarvis Jelen	9:29.14*	2004
Charlie Johnson	11.00*	1974	Paul Marquardt	22.26*	1991	Kevin Evans	50.24*	1990	J. Henrickson	1:56.86	1992	Jack Elliott	4:20.76	2018	Luke Jelen	9:29.44*	2012
Lucas Thompson	11.04*	2009	Dave Froiland	22.34*	1970	Randy Kee	50.34*	1975	Orin Ellwein	1:56.94*	1969	J. Mutschelknaus	4:20.94*	1976	Todd Sheldon	9:31.14*	1980
Wilson Furula	11.04	2018	Colin Schuller	22.51	2018	Colin Schuller	50.40	2018	Aaron Hove	1:56.94*	1969	Mark Bills	4:21.04*	1974	Steve Reinhart	9:31.44*	1973

110 METER HH	Time	Year	300 METER IM H	Time	Year	HIGH JUMP	Height	Year	POLE VAULT	Height	Year	LONG JUMP	Distance	Year	TRIPLE JUMP	Distance	Year
Vance Butler	14.54*	1975	Tom Taylor	38.13	1988	Martin Janis	6'9.5	1985	Kirk Oldre	14' 6.25"	1983	Bill Mattingly	22' 9.75"	1984	David Bizimana	46'9.75	2018
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	Malik Rezz	46'2.5	2018
Mack Butler	14.64*	1969	Brian Squillace	39.73*	1989	Nathan Popkes	6'7	2017	Brett Williams	14'2	1987	Chris Harner	22'6.25	2011	LaVeryl Voss	46' 1"	1977
Brian Squillace	14.64*	1989	Vince Green	39.84*	1981	Paul Hegg	6'7	1986	John Husen	14'	1977	Hunter Merkley	22'6	2018	Ochan Furula	45'3.25	2009
Mark Holland	14.70*	1979	Russ Kieffer	40.10*	1984	Rich Arens	6'6.75	1981	Paul Rickert	14'	1977	Eric Looby	22'4	2016	Jim Shea	44'10.25	1975
Tom Ripperda	14.75*	1991	Alex Woods	40.17	2016	Chad Kiger	6'6.75	1985	Rich Luther	13'7.75	1974	Ochan Furula	22'3	2010	Mark Holland	44'6.75	1979
Mel Lips	14.84*	1969	Andrew Martens	40.41	2018	Rick Meyers	6'6.75	1975	Mark Greeno	13'6.5	1971	David Bizimana	22'1.5	2018	Chris Harner	44'25	2012
Murray Driggs	14.84*	1976	Mack Butler	40.64*	1970	Scott Beckstrand	6'6	1987	Greg Weiking	13'6	1978	Turby Ayres	22'7.5	1983	Scott Shea	43'8	1976
Mike Boetel	15.04*	1988	Steve Ramharter	40.64*	1985	Ryan Higgason	6'6	1989	Brian Roach	12'6	1993	Steve Simonson	21'11.5	1968	Leo Kayee	43'6.25	2018
Jim Dawson	15.04*	1972	Jesse Taylor	41.04*	2001	Craig Dillon	6'6	1988	Tom Miller	12'6	1970	Eric Eidsness	21'10.5	1986	Jason VanVelzen	43'6	1988
Russ Kieffer	15.04*	1984							Paul Mundt	12'6	1970						
Mark Greeno	15.04*	1972							Mike Kavanaugh	12'6	1977						
									Brandon Kramer	12'6	2018						

SHOT PUT	Distance	Year	DISC	Distance	Year	4x100	Time	Year	4x200	Time	Year	4x400	Time	Year	4x800	Time	Year	MEDLEY	Time	Year	
Ron Harris	59'2.25	1974	Matt Kiger	187'7	1973	Meyers, Redd	41.98	2018	Schuller, Schuller	1:27.90	2018	Felgate, Winegarden, Butler, Wolfe	3:21.14*	1970	Tuch, Tuch	7:53.04*	1974	Larson, Tyler	3:27.44*	1973	
Jeff Pascoe	56'11.5	1968	Bob Moats	180'11	1967	Bizimana, Brison			Redd, Bizimana, Brison			Sudbeck, Bindert, Kahn, Belhaj	3:21.24	2014	Mike Bills, Mark Bills, Erickson			Elliot, J. Reinhart			
Tom Pascoe	55'5	1969	Mark Arens	168'7	1982	Merkley, Bologone	42.46	1997	Belhaj, Goeman, Akok, Godi	1:28.14	2012	Bindert, Kahn, Belhaj	3:21.30*	2014	S. Reinhart	7:55.54*	1973	Larson, Elliot	3:31.94*	1972	
Mark Arens	54'8	1982	Tom Neibrugge	167'7	1969	Zitterich, Knudson			Goeman, Akok, Godi			Sudbeck, Bindert, Kahn, Belhaj	3:21.30*	2014	Erickson, Beck, J. Reinhart			Shade, J. Reinhart			
Jeff Ellis	54'4.5	1984	Jed Fritzmeier	166'11	1977	Belhaj, Harner	42.84*	2012	McKnelly, Belhaj, Goeman, Godi	1:28.65	2011	Furula, Bindert, Belhaj	3:21.30*	2014	Beacom, Daschel, Sheldon, VanZweden	7:56.54*	1980	Bindert, Furula	3:32.74*	2015	
Doug						Goeman, Godi			Belhaj, Goeman, Godi			Bauer, Ellwin	3:21.44*	1969	Rasmussen	7:56.75	2006	Sudbeck, Schroeder			
VanSloten	53'11.5	1980	Austin Haushild	163'3	2016	DeBerg, Redd	42.95	2017	McKnelly, Belhaj, Goeman, Godi	1:28.65	2011	Hove, Druse	3:21.54*	1975	Werner, Braithwaite, Vandenburg	7:56.84*	1973	Goede, Kruse,	3:32.84*	2005	
Mark Wolfe	53'10	1976	Ron Halgerson	161'10	1970	Bizimana, Brison			Belhaj, Goeman, Godi			Key, Becker	3:21.54*	1975	Beck, Gabrielson, Tuch, Erickson	7:57.18*	1984	Patterson, Jassim, Vandenberg	3:33.34*	1970	
Scott						Quintanilla,	43.04*	2011	Merkley, Garry, Knudson, Zitterich	1:28.65	1997	Butler, Moats	3:21.64*	2009	Werner, Braithwaite, Vandenburg	7:56.84*	1973	Tuch, Winegarden, Wolf, Rasmussen	3:33.34*	1969	
Jorgenson	52'11.25	1979	Jeff Persigehl	160'	1974	Goeman, Belhaj, Godi			Garry, Knudson, Zitterich			Meyers,	3:21.64*	2009	Stottenberg, Lauer, Richard	7:57.23	2007	Lips, Midden	3:34.64*	1968	
Dave Sanford	52'10	1969	Russ Dirks	160'	1976	Brison, Woods	43.14*	2016	Brison, Woods	1:29.00	2016	Woods, DeBerg, Furula	3:22.24*	1971	Anderson	7:57.23	2007	Lips, Midden	3:34.64*	1968	
Tyler Hiatt	52'6.5	2018	Will Rose	159'8	2014	DeBerg, B. Furula			Goede, Johnson, Flynn, Jassim	1:29.31*	2004	Johnson, Flynn, Jassim	3:22.24*	1971	Kruse, Froiland	7:57.23	2007	Lips, Midden	3:34.64*	1968	
						King, O. Furula	43.14*	2010	Johnson, Flynn, Jassim			Finn, Tyler, Wolfe	3:22.24*	1971	Olawasky,	3:35.04*	2007	Gebauer, Anderson, Hall	3:35.04	2007	
						Hoffman, Godi			Belhaj, 1:29.44*	2012	Leach, Goeman, Godi	3:22.34*	2009	Hoffman,	7:59.24*	1981	McKnelly,	3:35.34*	2011		
						Large, Myers	43.34*	2010	Belhaj, 1:29.44*	2012	Leach, Goeman, Godi	3:22.34*	2009	Hailey Richar,	7:57.71*	1985	Schuller,	3:35.57	2017		
						Jones, Furula	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Thompson, Johnson,	7:59.24*	1981	Hoffman,	7:59.24*	1981	Salava, Christians, Peters		
						Quintanilla	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981	Hailey, Abrahamson, Beacom					
						Large, Myers	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981	Halstenson,	7:59.44*	1998			
						Jones, Furula	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981	Rave, Simon, Jensen					
						Quintanilla	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Large, Myers	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Jones, Furula	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Quintanilla	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Large, Myers	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Jones, Furula	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Quintanilla	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Large, Myers	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Jones, Furula	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Quintanilla	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Large, Myers	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Jones, Furula	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Quintanilla	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Large, Myers	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Jones, Furula	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Quintanilla	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Large, Myers	43.34*	2010	DeBerg, 1:29.45	2017	DeBerg, 1:29.45	2017	Anderson	7:59.24*	1981						
						Jones, Furula															