Embry's All-time best 400m and 4x400m times

	Name	grade	year	OPEN	Name	grade	year	SPLIT	Team	year	4x400
1	Sayfe Jassim	12	05	48.08	Sayfe Jassim	12	05	47.8	**Sudbeck/Bindert/Khan/Belhaj**	**14**	**3:21.24**
2	**Adam Belhaj**	**12**	**14**	**48.39**	Adam Belhaj	12	14	48.2	Meyers/Gebauer/Thompsn/Andrsn	08	3:21.64
3	**Gemechu Godi**	**12**	**12**	**48.54**	Ned Sudbeck	12	15	48.7	Belhaj/P.Leach/Mcknelly/Godi	11	3:22.34
4	**Ned Sudbeck**	**12**	**15**	**48.6**	Brett Anderson	11	08	48.8	Meyers/Thompsn/Johnsn/Anderson	09	3:22.34
5	**Brett Anderson**	**12**	**09**	**48.64**	Dan Kappes	12	00	49.4	Halstenson-Wilch-Kappes-Wiswall	99	3:23.04
6	Collin Schuller	12	18	50.40	Lucas Thompson	11	08	49.4	**Bergstrm/Meyers/Johnsn/Anderson**	**09**	**3:23.48**
7	Zarek Khan	11*	14	50.61	Isaac Bindert	11	15	49.9	Belhah/Leach/Akok/Goeman	12	3:24.98
8	Amadu Meyers	12	09	50.64	Zarek Khan	11*	14	50	Flynn-Johnson-Radigan-Jassim	04	3:25.26
9	Gavin Fischer	10	19	50.69	Patrick Leach	12	12	50.1	**Meyers/Gebauer/Bergstrom/Andrsn**	**08**	**3:25.42**
10	Marcelo Akok	12	12	50.76	Ryan Wilch	12	00	50.1	Harris/Olawsky/Morris/Anderson	06	3:25.56
11	Isaac Bindert	11	15	50.77	Gemechu Godi	11	11	50.2	Wiswall/SimonKD-Wilch-Kappes	00	3:25.65
12	Tony Bergstrom	12	09	50.94	Zach Morris	12	06	50.3	Hurley/Moore/Bindert/Sudbeck	15	3:25.90
13	Brent Olawsky	12	07	51.12	Colin Schuller	12	18	50.3	**Harris/Morris/Goede/Jassim**	**05**	**3:26.06**
14	Josh Schmidt	11	18	51.33	Josh Schmidt	11	18	50.5	**Martens/Gfischer/Schmidt/Auen ******	**19**	**3:26.39**
15	Lucas Thompson	12	09	51.34	Adam Johnson	12	09	50.6	Godi/P Leach/Michels/Gesch	10	3:26.64
16	Patrick Leach	10	10	51.54	Amadu Meyers	11	08	50.6	Fox-Wiswall-Kappes-Neiman	98	3:26.90
17	Adam Johnson	12	09	51.64	Doug Johnson	12	04	50.6	Fraser/Husman/Rossing/Schlepp	02	3:27.57
18	Bubba Furula	10	14	51.74	Drew Goede	12	05	50.7	Olawsky/Muillenberg/Hall/Anderson	07	3:27.60
19	Andrew Moore	12	16	51.74	Andrew Moore	12	16	50.8	Lee/Husman/Jassim/Fraser	03	3:28.25
20	Ryan Wilch	12	00	51.75	Andy Wiswall	11	99	50.8	Christians/Schuler/Jjohnson/Becker	17	3:28.34
21	Jacob Becker	12	18	51.86	Chad Halstenson	12	99	50.8	Brison/Moore/Bindert/Borchert	16	3:28.50
22	Tyson Christians	11	18	52.00	Marcelo Akok	12	12	50.8	Becker/Schuller/Auen/Schmidt DQ	18	3:28.93
23	Joe Katzenberger	12	99	52.04	Mark Rossing	12	02	50.8	Sudbeck/Bork/Foss/Bindert	13	3:29.95
24	Ross Gebauer	11	08	52.24	Nick Radigan	12	04	50.8			
25	Brian Gesch	12	10	52.24	Ross Gebauer	11	08	50.8			
26	Max Kruse	11	06	52.26	Tony Bergstrom	12	09	50.8			
27	Sean Stokke	12	06	52.50	Aaron Neiman	12	98	50.9			
28	Isaac Sarbacker	9	17	52.5	Tyson Christians	10	17	50.9			
29	JoeRab Fraser	12	03	52.54	G. Fischer	10	19	50.9			
30	Nick Radigan	12	04	52.54	Kelly Hall	12	07	51			
31	Nickel Meyers	12	15	52.64	Zach Mcknelly	11	10	51.1			
32	Dan Kappes	10	98	52.64	Collin Brison	10	16	51.2			
33	Ethan Weber	11	15	52.72	Barayona Furula	10	14	51.3			
34	Sam Hurley	12	10	52.84	Brent Olawsky	12	07	51.3			
35	Nick Goeman	12	12	52.84	Jacob Becker	11	17	51.7			
36	Zach Mcknelly	11	10	52.94	Jadon Johnson	12	17	51.9			
37											
38											
39											
40											
41											
42											
43											
44											
45											
46											