



# TOP TEN PERFORMANCE LIST



## BOYS

STATE CHAMPIONS: 1967, 1968, 1969, 1970, 1972, 1973, 1974, 1975, 1976, 1989, 2014, 2016, 2017, 2018, 2019

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	Time	Year	Year	Time	Year	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 Ingvalstad 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 Ingvalstad 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		Andrew Lauer 9:26.97	2019		
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		Jarvis Jelen 9:29.14*	2004		
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		Luke Jelen 9:29.44*	2012		
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		Todd Sheldon 9:31.14*	1980		

  

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	Year	
Vance Butler 14.54*	1975		Tom Taylor 38.13	1988		Martin Janis 6'9.5	1985		Kirk Oldre 14' 6.25	1983	Hunter Merkley 23'11.5	2019		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	Bill Mattingly 22' 9.75	1984		Malik Redd 46'2.5	2018		
Mack Butler 14.64*	1969		Brian Squillace 39.73*	1989		Nathan Popkes 6'7	2017		Brett Williams 14'2	1987	Mark Beckstrand 22'8	1990		LaVeryl Voss 46' 1	1977		
Brian Squillace 14.64*	1989		Vince Green 39.84*	1981		Paul Hegg 6'7	1986		John Husen 14'	1977	Chris Harner 22'6.25	2011		Leo Kayee 45'7.25	2019		
Mark Holland 14.70*	1979		Andrew Martens 40.01	2019		Rich Arens 6'6.75	1981		Paul Rickert 14'	1977	Eric Looby 22'4	2016		Ochan Furula 45'3.25	2009		
Tom Ripperda 14.75*	1991		Russ Kieffer 40.10*	1984		Chad Kiger 6'6.75	1985		Rich Luther 13'7.75	1974	Ochan Furula 22'3	2010		Jim Shea 44'10.25	1975		
Andrew Martens 14.80	2019		Alex Woods 40.17	2016		Rick Meyers 6'6.75	1975		Mark Greeno 13'6.5	1971	David Bizimana 22'1.5	2018		Mark Holland 44'6.75	1979		
Mel Lips 14.84*	1969		Mack Butler 40.64*	1970		Scott Beckstrand 6'6	1987		Greg Weiking 13'6	1978	Turby Ayres 22'7.5	1983		Chris Harner 44'2.5	2012		
Murray Driggs 14.84*	1976		Steve Ramharter 40.64*	1985		Ryan Higgason 6'6	1989		Brandon Kramer 13'6	2019	Steve Simonson 21'11.5	1968		Scott Shea 43'8	1976		
Mike Boetel 15.04*	1988		Jesse Taylor 41.04*	2001		Craig Dillon 6'6	1988		Brian Roach 12'6	1993	Eric Eidsness 21'10.5	1986		Jason VanVelzen 43'6	1988		
Jim Dawson 15.04*	1972								Tom Miller 12'6	1970							
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			MEDLEY		
Distance	Year	Year	Distance	Year	Year	Time	Year	Year	Time	Year	Time	Year	Year	Time	Year	Year	Time	Year	Year	
Ron Harris 59'2.25	1974		Matt Kiger 187'7	1973		Meyers, Redd 41.98	2018		Schuller, 1:27.90	2018	Felgate, 3:21.14*	1970		Tuch, 7:53.04*	1974		Larson, Tyler 3:27.44*	1973		
Tyler Hiatt 59'1	2019		Tyler Hiatt 182'11	2019		Bizimana, Brison			Redd, Bizimana, Brison		Winegarden, Butler, Wolfe			Mike Bills, Mark Bills, Erickson			Elliot, J. Reinhart			
Jeff Pascoe 56'11.5	1968		Bob Moats 180'11	1967		Merkley, Bologone 42.46	1997		Belhaj, 1:28.14	2012	Sudbeck, 3:21.24	2014		S. Reinhart, 7:55.54*	1973		Larson, Elliot 3:31.94*	1972		
Tom Pascoe 55'5	1969		Mark Arens 168'7	1982		Zitterich, Knudson			Goeman, Akok, Godi		Bindert, Kahn, Belhaj			Erickson, Beck, J. Reinhart			Shade, J. Reinhart			
Mark Arens 54'8	1982		Tom Neibrugge 167'7	1969		Belhaj, Harner 42.84*	2012		McKnelly, 1:28.65	2011	Sudbeck, 3:21.30*	2014		Beacom, 7:56.54*	1980		Bindert, Furula 3:32.74*	2015		
Jeff Ellis 54'4.5	1984		Jed Fritzmeier 166'11	1977		Goeman, Godi			Belhaj, Goeman, Godi		Furula, Bindert, Belhaj			Daschel, Sheldon, VanZweden			Sudbeck, Schroeder			
Doug VanSlotten 53'11.5	1980		Austin Haushild 163'3	2016		DeBerg, Redd 42.95	2017		Merkley, 1:28.65	1997	Bauer, Ellwin 3:21.44*	1969		Rasmussen, 7:56.75	2006		Goede, 3:32.84*	2005		
Mark Wolfe 53'10	1976		Ron Halgerson 161'10	1970		Bizimana, Brison			Garry, Knudson, Zitterich		Hove, Kruse			Werner, Braithwaite, Vandenburg			Patterson, Jassim, Vandenberg			
Scott Jorgenson 52'11.25	1979		Jeff Persigehl 160'	1974		Quintanilla, 43.04*	2011		Brison, 1:29.00	2016	Key, Becker 3:21.54*	1975		Beck, 7:56.84*	1973		Tuch, 3:33.34*	1970		
Dave Sanford 52'10	1969		Russ Dirks 160'	1976		Goeman, Belhaj, Godi			Woods, DeBerg, Furula		Butler, Moats			Gabrielson, Tuch, Erickson			Winegarden, Wolf, Rasmussen			
						Brison, Woods 43.14*	2016		Goede, 1:29.31*	2004	Meyers, 3:21.64*	2009		Cutler, 7:57.18*	1984		Kruse, 3:33.34*	1969		
						DeBerg, B. Furula			Johnson, Flynn, Jassim		Gebauer, Thompson, Anderson			Stottenberg, Lauer, Richard			Froiland, Lips, Ellwin			
						King, O. Furula 43.14*	2010		Belhaj, 1:29.44*	2012	Henjum, 3:22.24*	1971		Anderson, 7:57.23	2007		Lips, Midden 3:34.64*	1968		
						Hoffman, Godi			Leach, Goeman, Godi		Finn, Tyler, Wolfe			Braithwaite, Thielen, Hall			Kruse, Froiland			
						H. Merkley, Popkes			DeBerg, 1:29.45	2017	Myers, 3:22.34*	2009		Richar, 7:57.71*	1985		Olawasky, 3:35.04*	2007		
						Shaw, W. Furula			Redd, Becker, Brison		Thompson, Johnson, Anderson			Walline, Walton, Lauer			Gebauer, Anderson, K. Hall			
						Large, Myers 43.34*	2010		Dierks, 1:29.46*	1989	Belhaj, Leach 3:22.34*	2011		Hoffman, 7:59.24*	1981		McKnelly, 3:35.34*	2011		
						Jones, Furula			Taylor, Godi, Hoffman		McKnelly, Godi			Hailey, Abrahamson, Beacom			Goeman, Leach, T. Hall			
						Quintanilla 43.34*	2010		Morris, 1:29.84*	2013	Kruse, Bauer 3:22.44*	1969		Halstenson, 7:59.44*	1998		Schuller, 3:35.57	2017		
						Arntz, Large, Furula			Bartow, Campbell, Belhaj		Ellwin, Lips			Rave, Simon, Jensen			Salava, Christians, Peters			

## GIRLS

STATE CHAMPIONS: 1974, 1975, 1976, 1987, 2016, 2017, 2019

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	Time	Year	Year	Time	Year	Year	
Ravan Kott 12.20	2013		Kris Meyers 25.74*	1985		Steph Schueler 57.42*	1987		Jasmyne Cooper 2:12.14	2017	Jasmyne Cooper 4:58.15	2016		Courtney Klatt 10:57.76	2017		
Barb Berkeland 12.34*	1975		Steph Schueler 25.78*	1986		Jasmyne Cooper 57.47	2017		Courtney Klatt 2:16.42	2018	Courtney Klatt 5:00.78	2017		Sarah Spencer 11:05.68*	2003		
Lori Beckstead 12.44*	1978		Raven Kott 25.94	2013		Michaela Mohr 59.32	2016		Caroline Sudbeck 2:18.18	2017	Sarah Spencer 5:11.24*	2003		Leah Derenge 11:14.54	2019		
Steph Schueler 12.44*	1986		Kelly Rhodes 26.04*	1986		Caroline Sudbeck 59.34	2018		Kim Kouri 2:19.19*	1987	Caroline Sudbeck 5:12.48	2016		Katie Patrick 11:19.54*	2013		
Mollie Kersten 12.54*	2014		Kristina Timmer 26.06	2004		Alisha Auen 59.44*	2016		Liz Bindert 2:19.46	2016	Leah Derenge 5:15.05	2019		Analise Levesque 11:34.06	2019		
Michaela Mohr 12.64*	2016		Michaela Mohr 26.10	2016		Kim McKeon 59.44*	1976		Kayla Jelen 2:19.51	2005	Analise Levesque 5:16.33	2017		Brooke Infield 11:34.44*	2015		
Liz Bindert 12.64*	2016		Catti Slattery 26.14*	2010		Sandy Squillace 59.83*	1987		Kim McKeon 2:20.24*	1976	Lila Batcheller 5:16.46	2019		Lila Batcheller 11:36.58	2019		
Catti Slattery 12.64*	2010		Jasmyne Cooper 26.24*	2017		Kim Kouri 59.94*	1987		Susie Kerkaert 2:20.64*	1991	Andee Thompson 5:17.14*	1981		Chloe Harbaugh 11:38.34	2017		
Kris Meyers 12.64*	1970		Kim Kouri 26.34*	2009		Courtney Klatt 60.04	2018		Anne Butler 2:21.74*	1980	Hannah Dumansky 5:17.24	2019		Susie Kerkaert 11:40.26*	1990		
Vicki Karstens 12.64*	1972		Sue Songstad 26.44*	1982		Anne Butler 60.24*	1980		Leah Derenge 2:23.19	2019	Kayla Jelen 5:17.42*	2005		Mollie Kelly 11:40.84*	2014		
Julie Dowling 12.64*	1973																

  

100 METER IH			300 METER LM H			HIGH JUMP			LONG JUMP			TRIPLE JUMP			SHOT PUT		
Distance	Year	Year	Distance	Year	Year	Height	Year	Year	Distance	Year	Distance	Year	Year	Distance	Year	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		Izzy VanVeldhuizen 45'0	2016		
Josephine Dal 14.75	2019		Josephine Dal 44.33	2019		Nikki Warrington 5'7	1990		Josephine Dal 18'2	2019	Allie Lahren 37'9.5	2011		Cera Ledbetter 42'7	2011		
Kelly Rhodes 15.04*	1986		Kelly Rhodes 44.73*	1987		Michelle Dornberger 5'5	2002		Ryley Heier 18'1	2017	Meghan Lambert 37'9	2010		Mori Emmons 41'3.5	1980		
Anne Butler 15.24*	1980		Steph Schueler 45.94*	1985		Jacque Alexander 5'5	1989		Michaela Mohr 18'5	2016	Liz Magnuson 37'6.5	2013		Stacy Hagen 39'8.75	1989		
Ryley Heier 15.27																	