

*City High Track & Field All-Time List*

OUTDOOR

100 meters

	Time	Athlete	Year
1	10.19	Tim Dwight	1994
2	10.41	Calvin Davis	2002
3	10.42	Hakim Hill	2001
4	10.46	Merrill Coleman	1995
5	10.48	Dan McMahon	1995
6	10.58	Jason Ringena	1997
7	10.62	Shubiri Sula	2007
8	10.69	Gerry Coleman	1987
9	10.70	Kevin Dibbern	2008
10	10.72	Donnie Stecher	1991
11	10.74	Mike Richards	1996
12	10.79	Ben Evans	2006
13	10.80	Tim Finley	1968
14	10.80	Brad Gehrke	1986
15	10.82	Sumaster Newell	2000
16	10.84	Bryson Runge	2015
17	10.86	Jeremy Harrod	1994
18	10.90	John Stevens	1960
19	10.90	Bill Asprey	1967
20	10.90	Randy Miller	1977

200 meters

	Time	Athlete	Year
1	<b>20.80 (all-time state record)</b>	Tim Dwight	1994
2	21.18	Jason Ringena	1997
3	21.31	Calvin Davis	2002
4	21.56	Kevin Dibbern	2009
5	21.81	Shubiri Sula	2007
6	21.96	Gerry Coleman	1987

7	21.98	Brad Gehrke	1987
8	22.02	Phil Kenney	2004
9	22.07	Bryson Runge	2014
10	22.08	Donnie Stecher	1991
11	22.10	Chan Coulter	1921
12	22.10	Jason Dwight	1997
13	22.16	Jess Holland	1996
14	22.20	Eric Wilson	1919
15	22.21	Mike Richards	1996
16	22.30	Bob Mauseth	1963
17	22.30	Ryan Grenko	2003
18	22.31	Cory Kendall	1995
19	22.34	Desmond McCalla	2012
20	22.38	Brent Roth	1988

#### 400 meters

	Time	Athlete	Year
1	47.01	Calvin Davis	2002
2	47.77	Kevin Dibbern	2009
3	48.10	Tim Dwight	1994
4	48.55	Ryan Grenko	2004
5	48.63	Jason Ringena	1996
6	49.11	Jason Keese	1992
7	49.16	Brad Gehrke	1987
8	49.32	Kevin Brewer	2000
9	49.50	John Kelley	1963
10	49.68	Joey Woody	1992
11	49.70	Kevin Drake	1980
12	49.80	Jeb McWilliam	1982
13	49.93	Zach Jones	2017
14	50.05	Corey Honore	1994
15	50.06	Ryan Dorman	2013
16	50.18	Max Deprenger	2019

17	50.30	Kevin Michel	1976
18	50.40	Mike Holm	1968
19	50.40	John Stevens	1959
20	50.40	Jess Holland	1995

## 110 High Hurdles

	Time	Athlete	Year
1	14.10	Joey Woody	1992
2	14.30	Brent Roth	1988
3	14.35	Dan Roemerman	2012
4	14.40	Scott VeDepo	1995
5	14.45	Ryan Strang	1999
6	14.60	Kole Butler	2014
7	14.69	Greg Deal	2002
8	14.70	Mike Wilson	1968
9	14.72	Dorian Davis	2006
10	14.75	Tony Burrier	1998
11	14.81	Oisin Leopold	2019
12	14.90	Erick Miller	1983
13	14.99	Scott Sand	1988
14	15.00	Alan Stepflug	1965
15	15.00	Mark Grenko	1981
16	15.03	Jeff Gilmore	2001
17	15.10	Bob McCool	1960
18	15.20	Gary Peters	1960
19	15.20	Mike Vermace	1980
20	15.21	Nic Evans	2006

## 400 Hurdles

	Time	Athlete	Year
1	51.71	Joey Woody	1992
2	52.27	Tim Dwight	1994
3	53.25	Brent Roth	1989

4	53.63	Rob Thein	1995
5	54.00	Mike Vermace	1980
6	54.19	Jason Dwight	1997
7	54.87	Zach Jones	2018
8	54.90	Shamari Scott	2016
9	55.41	John Chelf	2010
10	55.44	Brian Barry	2000
11	55.46	Jimmy Croker	2001
12	55.48	Sean Triplett	1996
13	55.56	Joe Powell	1988
14	55.90	Kole Butler	2014
15	56.09	Greg Deal	2002
16	56.13	Jon Humston	2003
17	56.24	Jeff Gilmore	2001
18	56.27	John Williams	2002
19	56.43	Chris Dunbar	2002
20	56.50	Mohamed Traore	2012

### 800 meters

	Time	Athlete	Year
1	1:53.24	Joey Woody	1992
2	1:53.55	Jeremy Mims	2001
3	1:55.02	Ryan Dorman	2014
4	1:55.47	John Williams	2002
5	1:55.81	John Frahm	1994
6	1:56.28	Jim McMillan	2016
7	1:56.60	Glenn Lomenick	1988
8	1:56.63	Dave Novotny	1992
9	1:57.00	Randy Jackson	1973
10	1:57.19	Tim Dwight	1994
11	1:57.32	Mohamed Traore	2013
12	1:57.36	Daniel Brown	2019
13	1:57.40	Jason Jordan	1997

14	1:57.62	Colin Swaney	2003
15	1:57.80	Jason Keese	1993
16	1:58.25	Pete Simons	1991
17	1:58.41	Scott Gordon	1996
18	1:58.50	Jim Wilson	1978
19	1:58.60	Tim Smith	1984
20	1:58.64	John Paul Rethwisch	2018

## 1600 meters

	Time	Athlete	Year
1	4:14.70	Randy Jackson	1976
2	4:18.00	Glenn Lomenick	1988
3	4:18.61	Bob Moreno	2000
4	4:19.08	Brook Price	2013
5	4:19.21	Colin Swaney	2004
6	4:19.80	Matt Trimble	1978
7	4:21.10	Jim Edwards	1973
8	4:21.40	Wallace Elliott	1924
9	4:22.82	Pete Simons	1990
10	4:23.02	Jeremy Mims	2001
11	4:25.78	Scott Mittman	2010
12	4:26.20	Steve Choice	1986
13	4:27.70	Scott Brooker	1981
14	4:27.80	Michael Berg	2017
15	4:27.80	Joe Ruth	1987
16	4:28.20	Dave Eastland	1987
17	4:28.42	Jon Lamb	2002
18	4:28.50	Mark Trimble	1976
19	4:28.96	Erik Frank	1993
20	4:29.01	Chris Robertson	2010

## 3200 meters

	Time	Athlete	Year
1	8:56.80	Randy Jackson	1976
2	9:17.30	Roy Clancy	1973
3	9:21.14	Scott Mittman	2010
4	9:21.92	Brook Price	2013
5	9:30.77	Pete Simons	1990
6	9:31.65	Chris Robertson	2010
7	9:33.76	Glenn Lomenick	1988
8	9:35.42	Dan Groepper	2004
9	9:35.48	Bob Moreno	2000
10	9:36.48	Steve Kurth	1994
11	9:38.34	Michael Berg	2017
12	9:39.83	Calvin Simmons	2008
13	9:41.20	Matt Trimble	1978
14	9:46.69	Eric Mittman	1998
15	9:47.80	Mark McPherson	1996
16	9:47.80	Joe Ruth	1987
17	9:47.87	Dirk Marple	2004
18	9:49.03	David McKay	2005
19	9:49.50	Steve Choice	1986
20	9:49.57	Matthew Dodge	2017

## Shot Put

	Result	Athlete	Year
1	58-01	Norm Balke	1981
2	57-11.5	Josh Koeppel	2006
3	57-05	Justin Coyer	1999
4	56-06	Joel Jensen	1961
5	56-01	Kevin Harp	2009
6	56-01	Andy Luett	1992
7	55-11	Bill Housel	1958

8	55-06.5	Andy Stewart	1998
9	54-08	Jim Freeman	1952
10	54-03	Andy White	1990
11	54-03	Gary Snook	1962
12	54-01	Mike Kornis	1951
13	53-07.75	Jake Villhauer	2006
14	52-09.5	Adam Prybil	2009
15	52-00	Dick Anciaux	1965
16	51-11	Eric Smith	2001
17	51-07	Dave Heyn	1984
18	51-03	Nick Behlke	2008
19	51-02.25	Darren McNabb	2002
20	50-06	Tim O'Donnell	1988

## Discus

	Time	Athlete	Year
1	180-05	Norm Balke	1981
2	176-05	Warren McDuffie	2002
3	173-02	Josh Koepfel	2006
4	170-11	Adam Nicholson	2007
5	167-02	Andy White	1990
6	160-03	Michael Sabers	2004
7	158-11	Ben McCracken	2003
8	158-03	Jake Villhauer	2005
9	157-11	Kody Dailey	2012
10	157-07	Micah Martin	2016
11	156-10	Tim O'Donnell	1989
12	156-10	Andy Johnson	1994
13	154-00	Andy Luett	1993
14	153-01	Mike Zieglowski	2000
15	152-08	Steve Mauseth	1972
16	151-09	Glen Moss	1975
17	151-00	John Lopos	1987

18	150-08	Levi Sherod	2019
19	148-02	Darren McNabb	2002
20	147-04	Andy Stewart	1998

## High Jump

	Time	Athlete	Year
1	6-10	Paul Marchael	1980
2	6-07	Mike Raffensperger	1985
3	6-07	Jeremy Johnson	2011
4	6-07	Spencer Langtimm	2005
5	6-07	Joel Johnson	1995
6	6-07	Joey Woody	1992
7	6-07	Tom Ward	1984
8	6-07	Bill Knoedel	1972
9	6-06	Brad Gehrke	1987
10	6-06	Don Commings	1980
11	6-06	Andy Knoedel	1972
12	6-05.5	Gary Kruse	1989
13	6-05	Joe Walker	1999
14	6-04.75	Caleb Recker	2003
15	6-04.5	Larry Wilson	1966
16	6-04	Jerry Dewey	1974
17	6-04	Tony Burrier	1998
18	6-03.5	Phil Minnick	1961
19	6-03	Jeff Gilmore	2001
20	6-03	Tevon Williamson	2019

## Long Jump

	Time	Athlete	Year
1	24-04	Hakim Hill	2000
2	23-11	Tim Dwight	1994
3	23-10.5	Jess Holland	1996
4	23-05	Ben Evans	2005



5	23-00.25	Bobby Millard	2010
6	22-10	Greg Deal	2002
7	22-07	Mike Richards	1996
8	22-03	Kaleba Jack	2019
9	22-01.75	Kahlil Hill	1997
10	21-09.75	Tim Smith	1984
11	21-08.75	Kaleba Jack	2019
12	21-07.5	Orville Townsend	1986
13	21-07.5	Leon Davis	1982
14	21-07.25	DaRhon Fouch	2019
15	21-07	Kelly Durian	1986
16	21-06.5	Damien Burnett	2007
17	21-06.25	Jasper Washington	2012
18	21-03	Bill Knoedel	1972
19	21-02.5	Scott Sand	1987
20	21-01	Phil Kenney	2003

## OUTDOOR RELAYS

### 4x100

	Time	Athlete	Year
1	<b>41.33 (all-time state record)</b>	Dan McMahon, Jason Ringena, Mike Richards, Merrill Coleman	1996
2	41.63	Sumaster Newell, Calvin Davis, Ryan Strang, Hakim Hill	2000
3	41.70	Sumaster Newell, Calvin Davis, Matt Wooldrik, Hakim Hill	2001
4	41.99	Dan McMahon, Jason Ringena, Ben Fraga, Mike Richards	1996
5	42.00	Dan McMahon, Kahlil Hill, Ben Fraga, Merrill Coleman	1996
6	42.13	Dan Roemerman, Desmond McCalla, Jasper Washington, Bryson Runge	2012
7	42.17	Frank Abalos, Phil Kenney, Messiah Tutson, Ben Evans	2005
8	42.25	Nikolai Hill, Jess Holland, TJ Kempf, Kahlil Hill	1997
9	42.36	Chuck Riley, Cory Lindsey, Kole Butler, Bryson Runge	2014
10	42.41	Zach Jones, Jack Roggeveen, Rajay Rodney, Vance Dillon	2017
11	42.51	Nikolai Hill, Jason Ringena, TJ Kempf, Kahlil Hill	1997
12	42.55	Travis Gobush, Shubiri Sula, Dorian Davis, Ben Evans	2006

13	42.65	Greg Deal, Tyler Gerard, Rob Duwa, Calvin Davis	2002
14	42.67	Dan McMahon, Scott VeDepo, Cory Kendall, Merrill Coleman	1995
15	42.74	Amos Lavela, Kole Butler, Michael Gloer, Bryson Runge	2013
16	42.75	Adrian Mitchell, Shubiri Sula, Bryan Rohrback, Nate Behlke	2007
17	42.76	Chuck Riley, Rajay Rodney, James Martinez-Burney, Bryson Runge	2015
18	42.80	Andrew Grove, Shubiri Sula, Bryan Rohrbach, Nate Behlke	2007
19	42.86	Zach Jones, Max Deprenger, Malik Kimber, Davonate Foster	2018
20	42.86	Andrew Grove, Travis Gobush, Dorian Davis, Ben Evans	2006

## 4x200

	Time	Athlete	Year
1	1:26.40	Nikolai Hill, Jess Holland, Jason Dwight, Jason Ringena	1997
2	1:27.41	Sumaster Newell, Matt Wooldrik, Calvin Davis, Hakim Hill	2001
3	1:27.47	Nikolai Hill, Jess Holland, Jason Dwight, Kahlil Hill	1997
4	1:27.53	Kahlil Hill, Jess Holland, Jason Dwight, Jason Ringena	1997
5	1:27.58	Dan McMahon, Mike Richards, Jason Ringena, Merrill Coleman	1996
6	1:27.83	Ryan Strang, Matt Wooldrik, Calvin Davis, Hakim Hill	1999
7	1:27.88	Dan McMahon, Kahlil Hill, Mike Richards, Merrill Coleman	1996
8	1:28.00	Jason Ringena, Mike Richards, Merrill Coleman, Tim Dwight	1994
9	1:28.14	Greg Deal, Rob Duwa, Tyler Gerard, Calvin Davis	2002
10	1:28.23	Chad Pate, Jason Keese, Tim Dwight, Donnie Stecher	1991
11	1:28.25	Dan McMahon, Kahlil Hill, Mike Richards, Jason Ringena	1996
12	1:28.36	Travis Gobush, Messiah Tutson, Ben Evans, Phil Kenney	2005
13	1:28.41	Jess Holland, Merrill Coleman, Mike Richards, Jason Ringena	1995
14	1:28.43	Bryson Runge, Javon Duarte, Desmond McCalla, Jasper Washington	2012
15	1:28.69	Ben Ringena, Chad Pate, Jason Keese, Tim Dwight	1992
16	1:28.84	Jess Holland, Kahlil Hill, Jason Dwight, Jason Ringena	1996
17	1:28.93	Brent Roth, Bryan Dixon, Brad Gehrke, Gerry Coleman	1986
18	1:29.08	Ben Ringena, Mike Richards, Corey Honore, Tim Dwight	1993
19	1:29.11	Ben Evans, Shubiri Sula, Phil Kenney, Ryan Grenko	2004
20	1:29.20	Bryson Runge, Peter Krumm, Desmond McCalla, Jasper Washington	2012

## 4x400

	Time	Athlete	Year
1	3:16.84	Jason Keese, Chad Pate, Joey Woody, Tim Dwight	1992
2	3:17.48	Daniel Brown, Lucas Firmstone, Max Deprenger, Zach Jones	2018
3	3:18.01	Tim Triplett, Kevin Brewer, Skyler Moss, Ryan Strang	2000
4	3:18.29	Jason Frahm, Rob Thein, Corey Honore, Tim Dwight	1994
5	3:18.81	Tim Triplett, Kevin Brewer, Calvin Davis, Ryan Strang	2000
6	3:18.87	Daniel Brown, Zach Jones, Jack Roggeveen, Lucas Firmstone	2017
7	3:18.95	Brad Kelley, Jason Keese, Chad Pate, Tim Dwight	1991
8	3:19.60	Mike Richards, Rob Thein, Corey Honore, Tim Dwight	1994
9	3:19.68	Tim Triplett, Skyler Moss, Jeremy Mims, Calvin Davis	2001
10	3:19.77	Nile Heefner, Jason Keese, Joey Woody, Tim Dwight	1994
11	3:19.84	Adam Smith, Connor Jostes, Ryan Grenko, Calvin Davis	2002
12	3:20.23	Jess Holland, Jason Dwight, Mike Richards, Jason Ringena	1996
13	3:20.48	Matt Saur, Jason Dwight, Jess Holland, Jason Ringena	1997
14	3:20.76	Ben Ringena, Rob Thein, Corey Honore, Tim Dwight	1993
15	3:20.85	Rory Triplett, Jason Dwight, Mark Dendlinger, Jason Ringena	1996
16	3:20.99	Shamari Scott, Zach Jones, Lucas Firmstone, Jack Roggeveen	2016
17	3:21.18	Jess Holland, Mike Richards, Rob Thein, Tim Dwight	1994
18	3:21.25	Joe Colangelo, TJ Elbert, Jason Dwight, Jason Ringena	1997
19	3:21.31	Colin Swaney, Jack Butler, Scott Knight, Ryan Grenko	2004
20	3:21.65	Jess Holland, Mike Richards, Rob Thein, Jason Ringena	1995

#### 4x800

	Time	Athlete	Year
1	7:48.06	Ryan Dorman, Mohamed Traore, Rasheem Shivers, Brook Price	2013
2	7:49.41	Jimmy Momberg, Daniel Brown, Lucas Firmstone, John Paul Rethwisch	2018
3	7:50.93	Colin Swaney, Dave Keitel, Jay Herlein, John Williams	2002
4	7:52.85	Skyler Moss, Jeremy Mims, Dave Keitel, Kevin Brewer	2000
5	7:53.20	Bob Wilson, Kim Wilson, Jim Edwards, Steve Dean	1974
6	7:54.30	Devon Cancilla, Bob Wilson, Jim Wilson, Randy Jackson	1975
7	7:54.63	Ryan Dorman, Tom McDowell, Jens Dancer, Rasheem Shivers	2014
8	7:55.23	Jason Frahm, Kjell Aamodt, Nile Heefner, Dave Novotny	1992
9	7:55.33	Daniel Brown, Ry Threlkeld-Wiegand, Matt Taylor, Max Deprenger	2019

10	7:55.55	Josh Briggs, Dave Laughlin, Nile Heefner, Dave Novotny	1992
11	7:57.95	John Paul Rethwisch, Jim McMillan, Jimmy Momberg, Tom McDowell	2016
12	7:58.22	Skylar Moss, Jimmy Croker, John Williams, Jeremy Mims	2001
13	7:58.58	Skylar Moss, Roberto Moreno, Brian Barry, Kevin Brewer	2000
14	7:58.69	Brook Price, Dwight Donahue, Mohamed Traore, Rasheem Shivers	2012
15	7:59.15	Pat Barry, Curt Steyers, Corey Mims, Colin Swaney	2003
16	7:59.29	Rory Triplett, TJ Elbert, Jesse Ammerman, Scott Gordon	1996
17	7:59.49	Rory Triplett, Sean Triplett, Scott Gordon, John McMurry	1995
18	7:59.50	Judd Schlitz, Owen Winder, Joe Ruth, Mark Dawson	1986
19	8:00.11	Jim McMillan, Jimmy Momberg, John Paul Rethwisch, Daniel Brown	2017
20	8:00.36	John Paul Rethwisch, Tom McDowell, Lucas Firmstone, Jim McMillan	2016

## 800 Medley

	Time	Athlete	Year
1	1:34.08	Vance Dillon, Rajay Rodney, Jack Roggeveen, Zach Jones	2017
2	1:34.92	Kaleba Jack, Max Deprenger, Jovan Harris, Daniel Brown	2019
3	1:35.79	Malik Kimber, Bryce Hunger, Max Deprenger, Daniel Brown	2018
4	1:36.10	Malik Kimber, Bryce Hunger, Max Deprenger, Lucas Firmstone	2018
5	1:37.81	Kaleba Jack, Max Deprenger, Jovan Harris, Carter Seaton	2019
6	1:44.49	Tahj Williamson, Kaleba Jack, Sila Lulinda, Daniel Brown	2019
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## 1600 Medley

	Time	Athlete	Year
1	3:22.69 <b>(all-time state record)</b>	Sumaster Newell, Hakim Hill, Calvin Davis, Jeremy Mims	2001
2	3:27.18	Ben Evans, Phil Kenney, Ryan Grenko, Colin Swaney	2004
3	3:28.75	Ben Evans, Scott Knight, Ryan Grenko, Colin Swaney	2004
4	3:28.93	Jason Ringena, Merrill Coleman, Corey Honore, Jason Frahm	1994
5	3:29.83	Calvin Davis, Hakim Hill, Ryan Strang, Roberto Moreno	2000
6	3:30.06	Jess Holland, Jason Dwight, Mike Richards, Rory Triplett	1996
7	3:30.24	Kole Butler, Bryson Runge, Ryan Dorman, Brook Price	2013
8	3:30.37	Ben Ringena, Corey Honore, Tim Dwight, Jason Keese	1993
9	3:30.69	TJ Kempf, Kahlil Hill, Jason Dwight, Jason Jordan	1997
10	3:30.70	Ben Ringena, Merrill Coleman, Corey Honore, Jason Keese	1993
11	3:31.10	Randy Miller, Steve Carew, Kevin Mitchell, Randy Jackson	1976
12	3:31.50	Rob Duwa, Tony Sturgell, Ryan Grenko, John Williams	2002
13	3:31.50	Greg Deal, Tyler Gerard, Colin Swaney, John Williams	2002
14	3:31.70	Bryson Runge, Michael Gloer, Ryan Dorman, Brook Price	2013
15	3:31.77	Rob Duwa, Aaron Grove, Ryan Grenko, Colin Swaney	2003
16	3:31.95	Corey Honore, Ben Waterbury, Chad Pate, Dave Novotny	1992
17	3:32.02	Kole Butler, Corey Lindsey, Ryan Dorman, Rasheem Shivers	2014
18	3:32.11	Kaleba Jack, Jovan Harris, Max Deprenger, Daniel Brown	2019
19	3:32.28	Jess Holland, Corey Kendall, Jason Ringena, John McMurry	1995
20	3:32.28	Kahlil Hill, Mike Richards, Jason Ringena, Scott Gordon	1996

## Shuttle Hurdle Relay (33 inch hurdles)

	Time	Athlete	Year
1	56.34	Mason Greer, Javon Duarte, Jeremy Johnson, Dan Roerman	2012
2	57.07	Zach Jones, Paci Keita, Jason Jones, Sy Butler	2016
3	58.56	Dan Roerman, Javon Duarte, Jeremy Johnson, Mason Greer	2011
4	58.91	Malik Kimber, Max Deprenger, Zach Jones, Oisin Leopold	2018
5	59.10	John Chelf, Dan Roerman, Mason Greer, James Taylor	2010




## Top 10 All-Time Indoor 55 Meters

	Time	Athlete	Year
1	6.32	Jason Ringena	1997
2	6.34	Mike Richards	1996
3	6.40	Merrill Coleman	1996
4	6.48	Jeremy Harrod	1993
5	6.49	Donnie Stecher	1991
6	6.52	Joe Powell	1989
7	6.53	Dan McMahan	1996
8	6.55	Hakim Hill	2001
9	6.60	Brad Gehrke	1987
10	6.60	Desmond McCalla	2012

## 60 Meters

	Time	Athlete	Year
1	6.68	Hakim Hill	2001
2	6.74	Bobby Millard	2010
3	6.80	Kevin Dibbern	2008
4	6.81	Calvin Davis	2002
5	6.86	Shubiri Sula	2006
6	6.88	Sumaster Newell	2001
7	6.88	Bryan Rohrbach	2008
8	6.93	Amos Lavela	2011
9	6.94	Damien Gilchrist	2011

10	7.05	Jasper Washington	2012
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## 55 High Hurdles

	Time	Athlete	Year
1	7.56	Joey Woody	1992
2	7.57	Brent Roth	1988
3	7.60	Dan Roemerman	2012
4	7.68	Scott VeDepo	1994
5	7.70	Fritz Hageboeck	1952
6	7.77	Tony Burrier	1998
7	7.80	Mike Wilson	1968
8	7.80	Eric Miller	1984
9	7.90	Zach Jones	2017
10	7.91	Kole Butler	2013

## 60 High Hurdles

	Time	Athlete	Year
1	8.30	Ryan Strang	2000
2	8.31	Dan Roemerman	2012
3	8.37	John Chelf	2010
4	8.47	Sean Deal	2004
5	8.47	Jeff Gilmore	2001
6	8.52	Bobby Millard	2009
7	8.52	Mason Greer	2010
8	8.63	Greg Deal	2001
9	8.65	John Skay	2000
10	8.65	James Taylor	2009

## 200 Meters

	Time	Athlete	Year
1	21.90	Tim Dwight	1994
2	21.99	Jason Ringena	1997
3	22.70	Kevin Dibbern	2009



4	22.90	Jason Dwight	1997
5	22.92	Ryan Strang	2000
6	23.16	Ryan Grenko	2004
7	23.16	Calvin Davis	2000
8	23.22	Merrill Coleman	1996
9	23.32	Bryson Runge	2015
10	23.36	Rob Duwa	2003

## 400 Meters

	Time	Athlete	Year
1	48.73	Tim Dwight	1994
2	49.45	Jason Ringena	1996
3	50.47	Ryan Grenko	2003
4	51.12	Rob Thein	1994
5	51.40	Leroy Ebert	1950
6	51.50	Paul Ware	1941
7	51.80	Zach Jones	2018
8	51.87	Adam Smith	2002
9	51.94	Jason Keese	1993
10	52.20	Daniel Brown	2019

## 800 Meters

	Time	Athlete	Year
1	1:58.76	John Williams	2002
2	2:00.11	Colin Swaney	2003
3	2:00.80	Leroy Ebert	1950
4	2:00.89	John Paul Rethwisch	2018
5	2:00.92	Brook Price	2013
6	2:01.18	Jim McMillan	2017
7	2:01.20	Kevin Michel	1976
8	2:01.30	Dick Corso	1960
9	2:01.93	Bob Moreno	2000

10	2:02.24	Jason Frahm	1994
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### 1600 Meters

	Time	Athlete	Year
1	4:23.74	Bob Moreno	2000
2	4:24.10	Matt Trimble	1979
3	4:28.15	Pete Simons	1991
4	4:29.80	Jim Edwards	1973
5	4:30.28	Colin Swaney	2004
6	4:30.97	Brook Price	2013
7	4:31.70	Glenn Lomenick	1988
8	4:32.40	Dick Corso	1960
9	4:34.34	Chris Robertson	2010
10	4:35.29	Scott Mittman	2010

### 3200 Meters

	Time	Athlete	Year
1	9:23.50	Randy Jackson	1976
2	9:42.56	Bob Moreno	2000
3	9:46.70	Michael Berg	2017
4	9:49.41	Scott Mittman	2009
5	9:52.00	David McKay	2005
6	9:52.44	Dirk Marple	2004
7	9:55.32	Dan Groepper	2003
8	9:55.40	Glenn Lomenick	1987
9	9:55.60	Roy Clancy	1973
10	9:57.80	Solomon Richards	1997

### Shot Put

	Result	Athlete	Year
1	54-03	Gary Snook	1962
2	53-06	Kevin Harp	2009
3	53-05	Norm Balke	1981

4	53-04.5	Larry Coyer	1999
5	53-04	Bill Housel	1958
6	52-09.75	Andy White	1990
7	52-08	Joel Jensen	1961
8	52-01.5	Andy Luett	1993
9	51-08.75	Andy Stewart	1998
10	51-08	Jim Freeman	1952

## Long Jump

	Result	Athlete	Year
1	23-07	Tim Dwight	1994
2	22-10.75	Jess Holland	1997
3	22-08.75	Hakim Hill	2000
4	22-07.5	Ben Evans	2004
5	22-03	Kaleba Jack	2019
6	21-09.75	Tim Smith	1984
7	21-04	Kelly Durian	1986
8	20-09.5	Andrew Taylor	2004
9	20-09	Brad Gehrke	1987
10	20-08	Bill Knoedel	1972

## High Jump

	Result	Athlete	Year
1	6-07	Spencer Langtimm	2005
2	6-05.75	Bill Knoedel	1972
3	6-05	Joel Johnson	1997
4	6-04.5	Larry Wilson	unknown
5	6-04	Don Commings	1980
6	6-03	Joe Walker	1997
7	6-03	Paul Marchael	1980
8	6-02.75	Mike Raffensperger	1985
9	6-02	Cameron Spears	2013
10	6-02	Jeremy Johnson	2010

## Top 10 All-Time Indoor Relays

### 4x100

	Time	Athlete	Year
1	43.23	Sumaster Newell, Matt McCracken, Ryan Strang, Hakim Hill	2000
2	43.94	Dan McMahon, Kahlil Hill, Ben Fraga, Merrill Coleman	1996
3	44.04	Sumaster Newell, Calvin Davis, Matt Wooldrik, Hakim Hill	2001
4	44.21	Jess Holland, Kahlil Hill, Mike Richards, Jason Ringena	1996
5	44.45	Jeremy Harrod, Merrill Coleman, Cory Kendall, Scott VeDepo	1994
6	44.46	Brian Kempnich, TJ Kempf, Jason Dwight, Jason Ringena	1997
7	44.47	Rob Duwa, Aaron Grove, Connor Jostes, Calvin Davis	2002
8	44.50	Frank Abalos, Phil Kenney, Shubiri Sula, Ben Evans	2005
9	44.61	Dan McMahon, Scott VeDepo, Cory Kendall, Merrill Coleman	1995
10	44.73	Sumaster Newell, Matt Wooldrik, Matt McCracken, Hakim Hill	2000

### 4x200

	Time	Athlete	Year
1	1:31.83	Dan McMahon, Jess Holland, Mike Richards, Merrill Coleman	1996
2	1:32.14	Jess Holland, Kahlil Hill, Mike Richards, Jason Ringena	1996
3	1:32.78	Merrill Coleman, Jeremy Harrod, Corey Honore, Tim Dwight	1994
4	1:32.89	Sumaster Newell, Matt McCracken, Ryan Strang, Hakim Hill	2000
5	1:33.29	Cory Kendall, Mike Richards, Jesse Holland, Jason Ringena	1995
6	1:33.30	Cory Kendall, Jason Ringena, Jesse Holland, Merrill Coleman	1995
7	1:33.86	Mike VeDepo, Corey Honore, Jason Keese, Tim Dwight	1993
8	1:34.29	Ryan Hansen, Ryan Strang, Tolaf Larson, Hakim Hill	1999
9	1:34.49	Matt Saur, Grant Hilton, Jason Dwight, Jess Holland	1997
10	1:34.80	Donnie Stecher, Greg Schnetzler, Jamie Keeter, Brent Roth	1989

### 4x400

	Time	Athlete	Year
1	3:25.34	Mike Richards, Rob Thein, Corey Honore, Tim Dwight	1994
2	3:25.60	Joe Colangelo, Jason Dwight, Jason Jordan, Jason Ringena	1997
3	3:27.64	Rory Triplett, Mark Dendinger, Jason Dwight, Jason Ringena	1996

4	3:28.44	Brad Kelley, Jason Keese, Joey Woody, Tim Dwight	1991
5	3:29.58	Daniel Brown, John Paul Rethwisch, Jimmy Momberg, Zach Jones	2018
6	3:29.85	Joey Woody, Ben Ringena, Jason Keese, Tim Dwight	1992
7	3:29.88	Jesse Holland, Jason Frahm, Corey Honore, Tim Dwight	1994
8	3:30.05	Jesse Holland, Jason Frahm, Corey Honore, Tim Dwight	1995
9	3:30.32	Ben Ringena, Chad Pate, Jason Keese, Tim Dwight	1992
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## 4x800

	Time	Athlete	Year
1	8:12.64	Jesse Ammerman, Sean Triplett, Rory Triplett, TJ Elbert	1996
2	8:13.21	Dave Keitel, Jay Herlein, Colin Swaney, John Williams	2002
3	8:13.63	Jim McMillan, John Paul Rethwisch, Jimmy Momberg, Lucas Firmstone	2017
4	8:15.19	Tim Vermace, Eric Regenwether, Glenn Lomenick, Brad Dawson	1988
5	8:15.30	Jesse Ammerman, John McMurray, Ryan Slebos, Rory Triplett	1995
6	8:16.04	Skyler Moss, Jay Herlein, Dave Keitel, John Williams	2000
7	8:16.16	Jason Keese, Eric Frank, Jason Frahm, Nile Heefner	1993
8	8:16.80	Pat Barry, Curt Steyers, Alexi Schlesinger, Colin Swaney	2003
9	8:16.80	Joe Colangelo, Jason Jordan, Scott Gordon, TJ Elbert	1997
10	8:17.35	Jim McMillan, John Paul Rethwisch, Tom McDowell, Ry Threlkeld-Wiegand	2016

## 1600 Medley

	Time	Athlete	Year
1	3:32.02	Kole Butler, Corey Lindsey, Ryan Dorman, Rasheem Shivers	2014
2	3:35.00	Hakim Hill, Matt McCracken, Ryan Strang, Bob Moreno	2000
3	3:35.17	Andrew Taylor, Rob Duwa, Ryan Grenko, Colin Swaney	2003
4	3:36.23	Bryson Runge, Kole Butler, Ryan Dorman, Rasheem Shivers	2014
5	3:38.89	Connor Jostes, Calvin Davis, Adam Smith, John Williams	2002
6	3:39.01	Donnie Stecher, Jason Keese, Tim Dwight, Pete Simons	1991
7	3:40.02	Kole Butler, Michael Gloer, Ryan Dorman, Mohamed Traore	2013
8	3:40.81	Merrill Coleman, Cory Kendall, Jason Ringena, John McMurray	1995
9	3:40.93	Ryan Hansen, Ryan Strang, Joe Colangelo, Bob Moreno	1999
10	3:40.94	Merrill Coleman, Mike Richards, Corey Honore, Jason Frahm	1994

## Distance Medley Relay (1200, 400, 800, 1600) -- (Indoor or Outdoor)

	Time	Athlete	Year
1	11:16.97	Dave Laughlin, Tim Dwight, Eric Frank, Joshua Briggs	1992
2	11:29.28	Judd Schlitz, Mark Dawson, Owen Winder, Joe Ruth	1986
3	11:33.42	Matt Craig, Nile Heefner, Ryan Cooper, Chad Leistikow	1992
4	11:40.69	Tim Vermace, Kenny Williamson, Brad Dawson, Glenn Lomenic	1986
5	12:43.73	Lance Smith, Aidan Spurgetis, Evan McElroy, Matt Taylor	2018
6	12:47.53	Ilario Balistrieri-Fox, Mohamed Eltuyib, Demetrius Ramirez, Mitchell Wilkes	2018
7	13:27.04	Kelby Anderson, Hayden Beerends, Joe Fischer, Cyden Hotka	2018
8	14:06.94	Noah Weaver, John Momberg, Romey Angerer-Sueppel, AJ Seamans	2018
9	14:15.46	Henry Mildenstein, Thomas McMillan, Omar Paz, Liam Barron	2018
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