

City High Men's Track & Field

School Records

Event	Athlete(s)	Result	Year
55m (Indoor)	Jason Ringena	6.32	1997
60m (Indoor)	Hakim Hill	6.68	2001
100m	Tim Dwight	10.19	1994
200m	Tim Dwight	20.80	1994
400m	Calvin Davis	47.01	2002
600m (Indoor)	Ammon Smith	1:25.42	2022
800m	Ammon Smith	1:51.90	2023
1600m	Ford Washburn	4:05.53	2023
3200m	Ford Washburn	8:54.04	2023
110 HH	Joey Woody	14.10	1992
55m HH (Indoor)	Joey Woody	7.56	1992
60m HH (Indoor)	Ryan Strang	8.30	2000
400 Hurdles	Joey Woody	51.71	1992
4x100	Dan McMahon, Jason Ringena, Mike Richards, Merrill Coleman	41.33*	1996
4x200	Nikolai Hill, Jess Holland, Jason Dwight, Jason Ringena	1:26.40	1997
4x400	Jason Keese, Chad Pate, Joey Woody, Tim Dwight	3:16.84	1992
4x800	Ammon Smith, Ayman Noreldaim, Ford Washburn, Truman Thompson	7:36.69*	2023
800 Medley	Sam Rew, Ronnie Major, Isaac Rohret, Jovan Harris	1:32.61	2021
1600 Medley	Sumaster Newell, Hakim Hill, Calvin Davis, Jeremy Mims	3:22.69*	2001

SHR (36")	Matt Schaeckenbach, Isaac Wasphun, Dominic Roe, Austin Rindels	59.84	2023
SHR (33")	Mason Greer, Javon Duarte, Jeremy Johnson, Dan Roerman	56.34	2012
High-Low Shuttle	Brent Roth, Eric Graham, Scott Sand, Joe Powell	58.03	1988
DMR	Truman Thompson, Jovan Harris, Ammon Smith, Ford Washburn	10:20.85	2022
Long Jump	Hakim Hill	24-04	2000
High Jump	Matt Schaeckenbach	6-11	2023
Shot Put	Norm Balke	58-01	1981
Discus	Norm Balke	180-05	1981
Pentathlon	Jeremy Johnson	3364 pts	2012
100 Wheelchair	Jeremy Rew	21.26	2003
200 Wheelchair	Jeremy Rew	37.96	2002
400 Wheelchair	Jeremy Rew	78.29	2003
Season/Career Points	Tim Dwight	533/1864	1993/1991-1994

* = Iowa All-Time Best

Freshman Records

Event	Athlete(s)	Result	Year
100m	Tim Dwight	10.93	1991
200m	Tim Dwight	22.00	1991
400m	Tim Dwight	49.12	1991
800m	Emmett Palmberg	1:59.83	2024
1600m	Colin Swaney	4:30.57	2001
3200m	David Randall	9:51.79	2024
110 HH	Brent Roth	15.27	1986
400 H	Tim Dwight	53.90	1991
4x100	Quan Tran, Jason Dwight, Jess Holland, Jason Ringena	45.88	1995
4x200	Quan Tran, Jason Dwight, Jess Holland, Jason Ringena	1:34.58	1995
4x400	Rory Triplett, Mike Richards, Merrill Coleman, Evan Paul-Peterson	3:33.34	1994
4x800	Emmett Palmberg, Henry Vande Berg, Owen Steffen, David Randall	8:36.03	2024
Medley	Rob Duwa, Drew Dunham, Ryan Hill, Jon Lamb	3:48.97	1999
High Jump	Joe Walker	6-03	
Long Jump	Tim Dwight	22-05.25	1991
Shot Put	Justin Coyer	48-02	
Discus	Adam Nicholson	136-00	
Most Varsity Pts	Tim Dwight	437	1991

Sophomore Records

Event	Athlete(s)	Result	Year
100m	Merrill Coleman	10.78	1994
200m	Tim Dwight	21.59	1992
400m	Tim Dwight	48.19	1992
600m (I)	James Momberg	1:29.94	2016
800m	Ammon Smith	1:55.39	2021
1600m	Ford Washburn	4:23.49	2021
3200m	Glenn Lomenick	9:42.32	1986
110 HH	Brent Roth	14.41	1987
400 H	Tim Dwight	52.27	1992
4x100	Cory Kendall, Merrill Coleman, Scott VeDepo, Mike Richards	44.38	1993
4x200	Andrew Taylor, Phil Kenney, Tony Sturgell, Ryan Grenko	1:32.93	2002
4x400	Jon Garland, Jason Frahm, Bill Moorer, Corey Honore	3:32.70	1991
4x800	Nate Sullivan, Andy Jensen, Zach Hall, Nick Griffin	8:19.10	2004
Medley	Andrew Taylor, Ben Evans, Jack Butler, Corey Mims	3:40.59	2003
Long Jump	Tim Dwight	23-03.5	1992
High Jump	Joel Johnson	6-07	1995
Shot Put	Justin Coyer	55-09.5	1997
Discus	Josh Koeppel	154-05	2004
Pole Vault	Randy Miller	12-06	1975
Most Varsity Pts	Tim Dwight	464	1992

