



## School Records \* currently contested

### Indoor

<b>55 Meter Dash</b>	Roman Cress	6.20	2000
<b>60 Meter Dash</b>	Roman Cress	6.70	2000
<b>55 Meter Hurdles</b>	PJ Theisen	7.63	2006
<b>60 Meter Hurdles</b>	Craig Benson	8.40	2002
<b>200 Meter Dash</b>	Joe DeFrance	21.96	2009
<b>400 Meter Dash</b>	Carson Glad	48.64	2004
<b>600 Yard Dash</b>	Bryce Beckman	01:12.6	2003
<b>600 Meter Run</b>	Mike Hutton	1:19.54	2011
<b>800 Meter Run</b>	Mike Hutton	1:50.21*	2012
<b>1000 Meter Run</b>	Mike Hutton	2:27.09	2012
<b>1500 Meter Run</b>	Ryan Kollmann	3:53.52	2000
<b>Mile Run</b>	Ben Sathre	4:10.59	2012
<b>3000 Meter Run</b>	Ben Sathre	8:07.02	2012
<b>5000 Meter Run</b>	Ben Sathre	14:16.50	2012
<b>Long Jump</b>	Leonard Jones	25-1.25	1994
<b>Triple Jump</b>	Leonard Jones	51-10.50	1993
<b>High Jump</b>	Leonard Jones	7-1	1993
<b>Pole Vault</b>	Matt Schroeder	16-3.25	2007
<b>Shot Put</b>	Mark Dienhart	56-4	1974
<b>35# Weight Throw</b>	Pat Ahern	62-10.75	1993
<b>Pentathlon</b>	Erik Rosenkranz	3713 pts.	1993
<b>Heptathlon</b>	Max Dunne	5051 pts.	2013
<b>4 x 200 Relay</b>	Nick Stahly Jeremy Heckman Justin Hall Roman Cress	1:27.87	2000
<b>4 x 400 Relay</b>	PJ Theisen Carson Glad Cassidy Glad Jason Schwietz	3:16.19	2005
<b>4 x 800 Relay</b>	Amerongen Dan. Connors P. Richter Pete Wareham	7:53.60	1983

### Outdoor

<b>100 Meter Dash</b>	Roman Cress	10.49	2000
<b>110 Meter Hurdles</b>	Craig Benson	14.58	2000
<b>200 Meter Dash</b>	Carson Glad	21.37	2004
<b>400 Meter Dash</b>	Carson Glad	47.15	2004
<b>400 Meter Hurdles</b>	PJ Theisen	51.92	2008
<b>800 Meter Run</b>	Mike Hutton	1:49.45	2012
<b>1500 Meter Run</b>	Kyle Brandon	3:49.14	2009
<b>3000 Steeplechase</b>	Jeff Hyman	8:50.49	1986
<b>5000 Meter Run</b>	Jeff Renlund Ben Sathre	14:17.20 14:17.20	1994 2012
<b>10000 Meter Run</b>	Nick Manciu	29:26.10	1983
<b>Long Jump</b>	Leonard Jones	25-10.75	1992
<b>Triple Jump</b>	Leonard Jones	51-7.75	1993
<b>High Jump</b>	Leonard Jones	7-2.25	1993
<b>Pole Vault</b>	Connor O'Neill	16-4.75	2014
<b>Shot Put</b>	Mark Dienhart	58-7	1975
<b>Discus</b>	Pat Ahern	193-3	1992
<b>Hammer Throw</b>	Pat Ahern	202-11	1993
<b>Javelin</b>	Greg Kaiser*	207-6	2000
<b>Decathlon</b>	Erik Rosenkranz	7,212 pts.	1995
<b>4 x 100 Relay</b>	James Ewer Sam Moen Joe DeFrance Patrick Jager	40.75	2009
<b>4 x 200 Relay</b>	Nick Stahly Justin Hall Jeremy Heckman Roman Cress	1:26.40	2000
<b>4 x 400 Relay</b>	Matt Griswold James Ewer Joe DeFrance Patrick Jager	3:10.60	2009
<b>4 x 800 Relay</b>	Kyle Bradon Brian Sames Matt Boumeester Mike Hutton	7:31.40	2009