



Top 10 Indoor Performances

55 M Dash

1. Roman Cress	6.20	2000
2. James Ewer	6.34	2008
3. Jeremy Heckman	6.39	1999
4. Leonard Jones	6.44	1993
5. Chris Bradford	6.45	2008
6. Joe DeFrance	6.46	2008
7. Shannon Rainey	6.47	1995
8. Carson Glad	6.49	2003
9. Derrick Cornelius	6.49	1993
10. Harrison Perry	6.53	1997

60 METER DASH

1. Roman Cress	6.70	2000
2. James Ewer	6.85	2008
3. Cody Jerabek	6.86	2012
4. Jeremy Heckman	6.96	2001
5. Chris Bradford	6.99	2009
6. Carson Glad	7.02	2003
7. Aba Omot	7.03	2014
8. Joe DeFrance	7.05	2008
9. Connor Bednarek	7.09	2014
9. Brian Jarvey	7.09	2014
9. Joe Reed	7.09	2015

55 HURDLES

1. PJ Theisen	7.63	2006
2. Erik Rosenkranz	7.68	1994
3. Craig Benson	7.69	2002
3. Bill Hippen	7.69	1985
5. Jon Munson	7.72	1993
6. Matt Griswold	7.73	2009
7. Jim Fuqua	7.84	1989
7. Dan Feely	7.84	1988
9. Travis Birkliid	7.87	2007
10. Parker Gunderson	7.87	2001

60 METER HURDLES

1. Craig Benson	8.40	2002
1. Joe Wistrill	8.40	2012
2. PJ Theisen	8.47	2008
3. Matt Griswold	8.50	2010
4. Parker Gunderson	8.52	2001
5. Travis Birkliid	8.57	2004
6. Connor Gross	8.58	2015
7. Joe McCarney	8.61	2002
8. Connor O'Neil	8.62	2014
9. Max Dunne	8.73	2013
10. Gavin Yseth	8.76	2013

200 METER DASH

1. Joe DeFrance	21.96	2009
2. Carson Glad	21.98	2005
3. Roman Cress	22.00	2003
4. Jeremy Heckman	22.04	2000
5. Patrick Jager	22.28	2009
6. Darrick Cornelius	22.35	1993
7. Cassidy Glad	22.39	2005
8. Brian Jarvey	22.44	2014
9. James Ewer	22.49	2008
10. Brian Jarvey	22.52	2015

400 METER DASH

1. Carson Glad	48.64	2004
2. Jeremy Heckman	48.83	2001
3. Pat Jager	48.90	2009
4. Rich Harkwell	48.99	1988
5. Justin Hall	49.04	2001
6. Brian Jarvey	49.37	2015
7. Doug Thoresen	49.76	2013
8. Robert Ware	49.84	2003
9. PJ Theisen	49.86	2006
10. Jason Schwietz	49.88	2005

600 YARD DASH

1. Mike Hutton	1:10.96*	2011
2. Bryce Beckman	01:12.6	2003
3. Brian Sames	1:12.77*	2007
4. Chris Unger	01:13.0	1985
5. Eric Hudson	01:13.1	1994
6. PJ Theisen	1:13.10*	2008
7. Eric Pauman	1:13.20	1993
8. Matthew Griswold	1:13.65	2010
9. Luke Sames	1:13.74	2009
10. Andrew Hilliard	1:13.86	2002

* conv from 600m

600 METER DASH

1. Mike Hutton	1:19.54	2011
2. Doug Thoreson	1:20.87	2013
3. Mike Gruba	1:21.16	2000
4. Brian Sames	1:21.58	2007
5. PJ Theisen	1:21.95	2008
6. Dan Kremer	1:22.49	2015
7. Doug Mueller	1:22.65	2012
8. Chris Mueller	1:22.76	2015
9. Andrew Hilliard	1:23.03	2001
10. Ryan Queenan	1:23.12	2015

800 METER RUN

1. Mike Hutton	1:50.21*	2012
2. Brian Sames	1:52.70	2009
3. Dan Connors	1:53.24*	1981
4. Bryce Beckman	1:53.92	2005
5. Eric Hudson	1:53.92	1992
6. Cory Fusco	1:54.06	2005
7. Mike Gruba	1:54.10	2001
8. Mike Brown	1:54.45	1990
9. Matt Boumeester	1:54.84	2007
10. Josh Kath	1:54.91	1999

1000 METER RUN

1. Mike Hutton	2:27.09	2012
2. Brian Sames	2:27.15	2009
3. Josh Kath	2:27.56	1998
4. Kyle Brandon	2:29.17	2009
5. Ryan Kollman	2:29.65	1998
6. Addison Kilibarda	2:30.34*	1984
7. Matt Boumeester	2:30.66	2009
8. Cory Fusco	2:30.68	2005
9. Chad Guerrero	2:31.47	1989
10. Neil Atzinger	2:31.67	2008

1500 METER RUN

1. Ryan Kollmann	3:53.52	2000
2. Jim Larranaga	3:53.53	1986
3. Josh Kath	3:53.72	1999
4. Chad Guerrero	3:53.73	1990
5. Colby Linnemann	3:54.94	1996
6. Jeff Renlund	3:55.57	1994
7. Jim Miklausich	3:55.61	1992
8. Mike Brown	3:55.37	1990
9. Glen Williams	3:55.89	1992
10. Tom Faust	3:57.41	1987

MILE RUN

1. Ben Sathre	4:10.59	2012
2. Brian Sames	4:13.17	2009
3. Matt Boumeester	4:14.37	2009
4. Matt Boumeester	4:15.56	2008
5. Neil Atzinger	4:15.94	2008
6. Kyle Brandon	4:16.01	2007
7. Cory Fusco	4:18.13	2005
8. Keaton Wendroth	4:18.60	2014

3000 METER RUN

1. Ben Sathre	8:07.02	2012
2. Pete Wareham	8:24.41**	1985
3. Nick Manciu	8:24.94*	1983
4. John Bielski	8:28.06**	1987
5. Paul King	8:24.24**	1978
6. Brian Preus	8:33.49	2003
7. Joe Broze	8:34.44*	1982
8. Levi Severson	8:34.76	2003
9. Tom Traynor	8:35.35**	1983
10. Colby Linnemann	8:36.89	1996

5000 METER RUN

1. Ben Sathre	14:16.50	2012
2. Jeff Renlund	14:23.92	1993
3. Nick Manciu	14:26.94*	1983
4. Tom Faust	14:27.60	1987
5. Peter Wareham	14:30.65	1985
6. John Bielski	14:36.98	1986
7. Joe Broze	14:43.04*	1982
8. Josh Kath	14:48.22	1998
9. Ryan Kollman	14:49.42	1998
10. Rory Matter	14:49.64	1992

LONG JUMP

1. Leonard Jones	25-1.25	1994
2. Paul Woodward	23-8.50	1984
3. Smith Eggleston	23-8	1949
4. James Ewer	23-6.75	2008
5. PJ Theisen	23-4.5	2006
6. Randy Lacombe	23-2.50	1989
7. Jeff Schmidt	23-1.25	1997
8. Michael Witschen	23-0	2015
9. Eyo Ekpo	22-11	2013
10. Erik Rosenkranz	22-7.25	1995

TRIPLE JUMP

1. Leonard Jones	51-10.50	1993
2. Eyo Epo	50-2	2012
3. Dan Lynch	48-6.75	1990
3. Eyo Ekpo	47-10.75	2010
4. Neal Guggemos	46-11.75	1986
5. PJ Theisen	46-10.75	2005
6. Adam Johnson	46-10.25	1996
7. Steve Luzum	46-9.50	1989
8. Ben Garbe	46-2.75	2004
9. Joe Thomas	45-9.25	2005
10. Andrew Kisielius	45-3.75	2003

HIGH JUMP

1. Leonard Jones	7-1	1993
2. Joe Thomas	6-9.75	2005
2. Eyo Ekpo	6-9.75	2012
3. Steve Luzum	6-8.75	1989
4. Mike Lutz	6-8.25	1993
4. Aaron Oliver	6-8.25	1993
4. Jeff Schmidt	6-8.25	1997
7. Ken Frank	6-8	1983
8. Eyo Ekpo	6-7.5	2011
9. Steve Carlson	6-6.75	1993
10. Connor O'Neil	6-6.25	2014

POLE VAULT

1. Matt Schroeder	16-3.25	2007
2. Jon Nickle	15-8.25	1999
3. Jay Schmitt	15-7.25	1995
4. Josh Berlin	15-7	1994
4. Connor O'Neil	15-7	2014
5. Max Dunne	15-4.25	2013
6. Ted Erickson	15-3.50	1989
8. Mike Murray	15-3	1986
8. Thomas Foote	15-3	2012
8. Jay May	15-3	2012

SHOT PUT

1. Mark Dienhart	56-4	1974
2. Pat Ahern	54-7.50	1992
3. Dave Knezovich	53-3.50	1985
4. Bryan Bennett	52-5	1986
5. Dave McKeag	52-1	1986
6. Matt Schauer	51-11.25	2015
7. Jeff Dejno	51-6.50	1988
8. Bryan Thell	51-3.5	2013
9. Craig Murtha	50-10	2015
10. Aba Omot	50-3.5	2013

35 POUND WEIGHT THROW

1. Pat Ahern	62-10.75	1993
2. Ben Bautch	60-0	1991
3. Bryan Thell	58-8	2014
4. Peter Rosholt	58-0.25	2006
5. Aba Omot	57-11	2014

6. Aaron Harper	57-6.75	1997
7. Joe Bilek	57-2.75	1999
8. Derek Marks	57-1.5	2007
9. Andrew Brueggan	56-1.75	2009
10. Matt McLaughlin	55-9.25	2004

PENTATHLON

1. Erik Rosenkranz	3713 pts.	1993
2. Steve Dolan	3542 pts.	1990
3. Matthew Griswold	3418 pts	2011
4. Gavin Yseth	3410 pts	2011
5. Pete Garger	3409 pts.	1989
6. Devin Dirth	3392 pts	2011
7. Joe McCarney	3315 pts.	2001
8. Dan Feely	3283 pts.	1987
9. Dan Sobiech	3271 pts.	1992
10. Chris Gemlo	3251 pts.	1988

HEPTATHLON

1. Max Dunne	5051 pts.	2013
2. Gavin Yseth	4797 pts.	2013
3. Connor O'Neil	4785 pts.	2014
4. Devin Dirth	4503 pts.	2013
5. Patrick Ecklund	4477 pts.	2013
6. Preston Huddleston	4192 pts.	2015
7. Connor Gross	4060 pts.	2015
8. Todd Gleason	4023 pts.	2012
9. Jeremiah Thayer	3924 pts.	2015
10. Dan Kremer	3786 pts.	2013

4 X 200 METER RELAY

1. St. Thomas	1:27.87	2000	
Nick Stahly, Jeremy Heckman, Justin Hall, Roman Cress			
2. St. Thomas	1:28.88	2004	
Jason Schwietz, Thomas Hart, Cassidy Glad, Carson Glad			
3. St. Thomas	1:29.46	2014	
Cole Boughner, Tremayne Williams, Ryan Queenan, Brian Jarvey			
4. St. Thomas	1:29.67	2015	
Michael Witschen, Joe Reed, Dan Sauro, Cole Boughner			
5. St. Thomas	1:29.70	1999	
Jon Lance, Nick Stahly, Frank Webster, Mark Warder			
6. St. Thomas	1:30.03	2009	
Chris Bradford, Matt Griswold, Sam Moen, Luke Sames			
7. St. Thomas	1:30.09	1992	
Eric Rosenkranz, Matt Manarski, Shawn Ellingson, Eric Johnson			

8. St. Thomas	1:30.11	2004	
Jason Schwietz, Adam Aaro, Kyle Fisher, Tom Hart			

9. St. Thomas	1:30.38	1998	
Jerome Krolak, Levi Osmondson, Nick Stahly, Frank Webster			

10. St. Thomas	1:30.43	2008	
Chris Bradford, Scott Mattke, Sam Moen, Matt Griswold			

4x400 Meter Relay

1. St. Thomas	3:16.19	2005	
PJ Theisen, Carson Glad, Cassidy Glad, Jason Schwietz			
2. St. Thomas	3:16.75	2004	
Carson Glad, PJ Theisen, Shaun Sharpe, Jason Schwietz			
3. St. Thomas	3:18.33	2009	
Phil Bastron, Greg Dowe, Joe DeFrance, Pat Jager			
4. St. Thomas	3:18.38	2003	
Andrew Hilliard, Robert Ware, Carson Glad, Jason Schwietz			
5. St. Thomas	3:18.95	2008	
Joe DeFrance, James Ewer, Phil Bastron, PJ Theisen			
6. St. Thomas	3:19.19	2010	
Matt Griswold, Joe Rohlfing, Mike Hutton, Pat Jager			
7. St. Thomas	3:19.49	2010	
Matt Griswold, Eric Lois, Mike Hutton, Pat Jager			
8. St. Thomas	3:19.50	2011	
Eric Lois, Matt Griswold, Ben Yorkovich, Mike Hutton			
9. St. Thomas	3:19.54	2006	
James Ewer, JJ Kirby, Pat Jager, PJ Theisen			
10. St. Thomas	3:19.76	2015	
Chris Mueller, Ryan Queenan, Cole Boughner, Brian Jarvey			
4 x 800 METER RELAY			
1. St. Thomas	7:53.60	1983	
Amerongen, D. Conners, P. Richter, P. Wareham			
2. St. Thomas	7:56.53	1998	
Joe Graf, Ryan Kollman, Rasheed Harris, Mike Gruba			