

University of St. Thomas Men's Track & Field



Top 10 Outdoor Performances

100 M Dash

1. Roman Cress	10.49	2000
2. Leonard Jones	10.53	1993
3. Jeremy Heckman	10.63	2000
4. Frank Webster	10.68	1998
5. Cody Jerabek	10.71	2013
6. James Ewer	10.73	2009
7. Lee Bellfield	10.74	1974
8. Sunday Uzah	10.74w	1978
9. Joe DeFrance	10.75	2009
10. Sam Moen	10.77w	2009

110 METER HURDLES

1. Craig Benson	14.58	2000
2. Bill Hippen	14.64	1985
3. PJ Theisen	14.66	2008
4. Ged Frank	14.74	1978
5. Erik Rosenkranz	14.78	1994
6. Matt Griswold	14.97	2010
7. Jim Murray	15.04	1974
8. Kevin Mencke	15.06	1984
9. Greg Trebnick	15.08	1973
10. Todd Endersbe	15.14	1984

200 METER DASH

1. Carson Glad	21.37	2004
2. Roman Cress	21.47	2000
3. Jeremy Heckman	21.49	1999
4. Patrick Jager	21.50	2010
5. Joe DeFrance	21.63	2009
6. Frank Webster	21.67	1998
7. John Schwartz	21.71	1989
8. Cody Jerabek	21.74	2012
9. James Ewer	21.77	2008
10. Rich Harkwell	21.84	1986
10. Tom Hart	21.84	2002

400 METER DASH

1. Carson Glad	47.15	2004
2. Rich Harkwell	47.66	1987
3. Patrick Jager	47.67	2010
4. Jeremy Heckman	47.77	2001
5. Jason Schwietz	48.24	2004
6. Brian Jarvey	48.25	2014
7. Justin Hall	48.32	2001
8. John Schwartz	48.61	1990
9. Hubert Schearz	48.64	1969
10. James Ewer	48.70	2007

400 METER HURDLES

1. PJ Theisen	51.92	2008
2. Mark Warder	52.19	1998
3. Matt Griswold	52.56	2010
4. Andrew Hilliard	52.86	2001
5. Erik Rosenkranz	52.97	1994
6. Mark Bates	53.70	2000
7. Vince Panuano	53.76	1993
8. Joe Rohlfing	53.80	2010
9. Todd Enderbe	54.09	1982
10. Pete Garber	54.24	1988

800 METER RUN

1. Mike Hutton	1:49.45	2012
2. Brian Sames	1:51.02	2009
3. Mark Defor	1:51.18	1987
4. Eric Pauman	1:51.23	1993
5. Eric Hudson	1:51.31	1996
6. Dan Conners	1:51.33	1983
7. Mike Brown	1:51.44	1989
8. Bryce Beckman	1:51.67	2004
9. Brian Sames	1:51.81	2008
10. Kevin Roth	1:52.04	1977

1500 METER RUN

1. Kyle Brandon	3:49.14	2009
2. Jim Larranaga	3:50.06	1986
3. Chad Guerrero	3:50.52	1989
4. Matt Boumeester	3:50.61	2008
5. Jeff Hyman	3:50.76	1987
5. Mike Brown	3:50.76	1990
7. Ryan Kollmann	3:51.01	2000
8. Pat Kelehan	3:51.84	1977
9. Brian Sames	3:51.92	2009
10. Josh Kath	3:52.30	1998

3000 METER STEEPLECHASE

1. Jeff Hyman	8:50.49	1986
2. Paul King	8:58.44	1979
3. Mark Malander	9:02.82	1980
4. Frank Bielenski	9:02.84	1986
5. Paul Hathaway	9:04.08	1991
6. John Shiller	9:06.14	1984
7. Nick Knuth	9:09.62	1998
8. Mike Johnson	9:10.36	1989
9. Dan Draine	9:12.49	2000
10. Mike Dougherty	9:26.24	1989

5000 METER RUN

1. Jeff Renlund	14:17.20	1994
2. Ben Sathre	14:17.00	2012
3. Jeff Hyman	14:22.00	1986
4. Pete Wareham	14:23.14	1983
5. John Bielinski	14:25.19	1986
6. Nick Manciu	14:26.94	1983
7. Tom Faust	14:27.60	1985
8. Peter King	14:28.03	1980
9. Ben Sathre	14:34.83	2010
10. Chad Guerrero	14:37.31	1990

10000 METER RUN

1. Nick Manciu	29:26.10	1983
2. Jeff Renlund	29:59.19	1994
3. Jeff Hyman	30:26.64	1987
4. Joe Broze	30:30.84	1982
5. Mark Moraczewski	30:31.04	1983
6. Rory Matter	30:34.69	1992
7. Paul Thurmes	30:37.44	1986
8. Pete Wareham	30:42.14	1985
9. Mark Malander	30:42.84	1979
10. Brian Preus	30:46.89	2002

LONG JUMP

1. Leonard Jones	25-10.75	1992
2. Neal Guggemos	24-6	1985
3. Matt Monarski	24-4.25	1992
4. James Ewer	24-1	2009
5. Paul Woodward	24-0	1984
6. Smith Eggleston	24-0	1949
7. PJ Theisen	23-8	2008
8. Dan Krenznel	23-7.25	1995
9. Jeff Schmidt	23-6.75	1997
10. Paul Voss	23-5	1985

TRIPLE JUMP

1. Leonard Jones	51-7.75	1993
2. Eyo Ekpo	50-5.25	2013
3. Steve Luzum	48-8	1990
4. PJ Theisen	47-6.5	2006
5. Dan Lynch	47-5.25	1993
6. Neal Guggemos	47-2.5	1985
7. Kevin Burns	46-11.25	1975
8. Andrew Kisielius	46-7.25	2001
9. Charlie Moss	46-7	1970
10. Joe Thomas	46-6	2003

HIGH JUMP

1. Leonard Jones	7-2.25	1993
2. Eyo Ekpo	6-11	2011
2. Joe Thomas	6-10.75	2003
3. Mike Lutz	6-10.25	1993
4. Steve Luzum	6-8.75	1988
5. Aaron Oliver	6-8	1992
5. Ken Frank	6-8	1983
5. Sean MacLead	6-8	1989
8. Eyo Ekpo	6-7.5	2010
9. Pat Sullivan	6-6	1992
9. Bruce Weidner	6-6	1983
9. Jim Gustafson	6-6	1983
9. Gary Gillard	6-6	1988
10. Joe Rohlfing	6-5	2010

POLE VAULT

1. Connor O'Neill	16-4.75	2014
2. Mike Murray	16-0	1986
3. Matt Schroeder	15-11	2007
4. Jon Nickle	15-9.75	1998
5. Ted Erickson	15-9	1989
6. Jay Schmit	15-5	1994
7. Chris Milton	15-3.5	2001
8. Ken Frank	15-3	1983
8. Josh Berlin	15-3	1994
8. Tom Foote	15-3	2012
9. Max Dunne	15-1.5	2013
10. Andy Dauer	15-1	2006
10. Chris Victor	15-1	2009

SHOT PUT

1. Mark Dienhart	58-7	1975
2. Dave Knezovich	56-2	1984
3. Bryan Bennett	55-11	1985
4. Doug Dietz	55-5	1980
5. Mike Elsen	55-3	1983
6. Jeff Dejno	55-2.25	1988
7. Jim Radford	54-1.25	1988
8. George Huss	53-6.50	1974
9. Pat Ahern	53-3.50	1993
10. Dave McKeag	53-3	1984

DISCUS THROW

1. Pat Ahern	193-3	1992
2. Doug Deitz	183-3	1980
3. Dave Knezovich	178-8	1984
4. Derek Marks	172-2	2008
5. Bob Grimm	171-2	1977
6. Bryan Bennett	170-11	1984
7. Mike Elsen	162-2	1983
8. Fred Espe	161-6	1981
9. Dave McKeag	157-1	1984
10. Aaron Harper	155-6	1997

HAMMER THROW

1. Pat Ahern	202-11	1993
2. Mark O'Connell	191-0	2008
3. Bryan Thell	188-1	2014
4. Andrew Brueggan	186-0	2009
5. Ben Bautch	184-6	1991
6. Joe Bilek	182-5	2000
7. Aaron Harper	180-1	1997
8. Peter Rosholt	179-0	2006
9. Derek Marks	173-9	2008
10. Jim Radford	171-9	1988

JAVELIN

1. Greg Kaiser*	207-6	2000
2. Erik Rosenkranz*	195-9	1995
3. Steve Dolan*	194-10	1991
4. Dave Diercks*	192-6	2005

1. Jim Gustafson	219-11	1982
2. Bob Grimm	207-2	1978
3. Chris Keehn	202-3	1972
4. Paul Whitehead	197-10	1982
5. Rob Halva	197-7	1985
6. Sean O'Malley	189-1	1977
7. Don Roney	189-0	1984
8. Jim Litwin	184-1	1988

* restricted-flight javelin

DECATHLON

1. Erik Rosenkranz	7,212 pts.	1995
2. Steve Dolan	6,981 pts.	1992
3. Max Dunne	6,749 pts.	2014
4. Joe McCarney	6,409 pts.	2002
5. Gary Gillard	6,390 pts.	1990
6. Gavin Yseth	6308 pts.	2013
7. Devin Dirth	6142 pts.	2013
8. Chris Gemlo	6,062 pts.	1988
9. John Murray	5,925 pts.	1995
10. Dave Bogie	5,893 pts.	1995

4 X 100 METER RELAY

1. St. Thomas	40.75	2009
James Ewer, Sam Moen, Joe DeFrance, Patrick Jager		

2. St. Thomas	40.85	2003
Tom Hart, Cassidy Glad, Roman Cress, Carson Glad		

3. St. Thomas	40.97	1998
Shannon Rainey, Frank Webster, Shanti Rainey, Jeremy Heckman		

4. St. Thomas	41.06	2002
Andrew Hilliard, Roman Cress Tom Hart, Carson Glad		

5. St. Thomas	41.25	2000
Nick Stahly, Justin Hall, Jeremy Heckman, Roman Cress		

6. St. Thomas	41.34	2008
Chris Bradford, Sam Moen, Phil Bastron, Joe DeFrance		

7. St. Thomas	41.40	2007
Chris Bradford, Kyle Jepson, Phil Bastron, Sam Moen		

8. St. Thomas	41.40	2004
Jeremy Krentz, Cassidy Glad, Tom Hart, Carson Glad		

9. St. Thomas	41.41	2010
Matt Griswold, Sam Moen, Joe Rohlfing, Pat Jager		

10. St. Thomas	41.42	1993
Vince Paduano, Darrick Cornelius, Shawn Ellingson, Leonard Jones		

4 x 200 METER RELAY

1. St. Thomas	1:26.40	2000
Nick Stahly, Justin Hall, Jeremy Heckman, Roman Cress		

4 x 400 METER RELAY

1. St. Thomas	3:10.60	2009
Matt Griswold, James Ewer, Joe DeFrance, Patrick Jager		

2. St. Thomas	3:11.12	2003
Andrew Hilliard, Carson Glad, Robert Ware, Jason Schwietz		

3. St. Thomas	3:11.83	2009
Phil Bastron, James Ewer, Joe DeFrance, Patrick Jager		

4. St. Thomas	3:11.90	2004
PJ Theisen, Carson Glad, Cassidy Glad, Jason Schwietz		

5. St. Thomas	3:12.31	2001
Andrew Hilliard, Mark Bates, Justin Hall, Jeremy Heckman		

6. St. Thomas	3:12.38	
James Ewer, Patrick Jager, JJ Kirby, PJ Theisen		

7. St. Thomas	3:12.51	2002
Tom Hart, Justin Hall, Jason Schwietz, Andrew Hilliard		

8. St. Thomas		
Andrew Hilliard, Mark Bates, Jeremy Heckman, Justin Hall		

9. St. Thomas	3:13.56	2005
PJ Theisen, Carson Glad, JJ Kirby, Jason Schwietz		

10. St. Thomas	3:13.60	2005
PJ Theisen, Carson Glad, JJ Kirby, Jason Schwietz		

4x800

1. St. Thomas	7:31.40	2009
Kyle Bradon, Brian Sames, Matt Boumeester, Mike Hutton		

2. St. Thomas	7:36.20	2007
Neil Atzinger, Kyle Bradon, Matt Boumeester, Brian Sames		

3. St. Thomas	7:36.40	2008
Neil Atzinger, Greg Dowe, Matt Boumeester, Brian Sames		

4. St. Thomas	7:41.8	2006
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5. St. Thomas	7:42.78	2014
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6. St. Thomas	7:46.1	2005
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7. St. Thomas	7:49.60	2002
Bryan Limmer, Peter Bernardy, Bryce Miler, Shawn Lohman		

8. St. Thomas	7:53.7	2003
Kevin Wright, Robert Ware, Bryce Bekman, Shawn Lohman		

9. St. Thomas	7:53.90	2004
Bryan Limmer, Brian Hauge, Joe Hoovestool, Corey Fusco		

10. St. Thomas	7:54.00	2000
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