

TOP TEN BEST PERFORMANCES IN EVENTS (from 1996 on)

Long Jump

1	21'8 ³ / ₄ "	Martin/Arnold	1971
2	20' ¹ / ₄ "	Scott Stranberg	2001
3	19'5"	Jesse Ronkar	2000
4	19'2" ¹ / ₂ "	Kyle Hilger	2005
4	18'9"	Scott Stranberg	2002
5	18'8"	Gian Gallati	2005
6	18'3 ³ / ₄ "	Chris Dye	2005
7	18' ³ / ₂ "	Tom Rathje	2004
8	18'2 ³ / ₄ "	Dave Battaglia	1996
9	18'2	Jesse Ronkar	1999
10	17'11 ¹ / ₂ "	Mitch Litle	2001

Triple Jump

1	44'7	Martin	1972
2	39' 6 ¹ / ₂ "	Kyle Hilger	2005
3	39' 5 ¹ / ₂ "	Dave Battaglia	1996
4	39'4"	Tom Rathje	2004
5	38'10 ¹ / ₂ "	Tom Rathje	2003
6	38'10	Jeff Schmid	2001
7	38'7	Jeff Schmid	2000
8	38'5 ¹ / ₄ "	Brad Carlson	2001
9	38'4 ³ / ₄ "	Jeff Schmid	2002
10	38'3 ³ / ₄ "	Mitch Litle	2001

High Jump

1	6' 5"	Kim Grubaugh	1977
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Shot Put

1	56'5 ¹ / ₂ "	Cook	1969
2	53'3	Ryan Hough	1996
3	47'6	Daryl Crook	2001
4	46'5	Blaine Hayes	1996
5	45'11	Richard Butters	1998
6	45'8"	Josh Codr	2003
7	45' 3 ³ / ₄ "	Richard Butters	1999
8	44'8	Daryl Crook	2000
9	42' 10"	Danny Colburn	2004
10	42' 4 ¹ / ₄ "	Richard Butters	1997

Discus

1	159'1"	Cook	1969
2	157'6	Daryl Crook	2001
3	144' 8 ¹ / ₂ "	Ryan Hough	1996
4	139' 6"	Daryl Crook	2000
5	132' 7"	Blaine Hayes	1996

	6	128' 1"	Josh Codr	2003
	7	127' 8 ½"	Josh Codr	2002
	8	127'0"	James Reamer	2002
	9	124'3"	Danny Colburn	2004
	10	119'1"	Richard Butters	1998
100 Meter Dash				
	1	10.8	Roberts	1961
	2	10.9	Matt Trowbridge	2000
	3	11.2	Carey Trowbridge	2001
	3	11.2	Nathan Avers	2001
	5	11.4	Carey Trowbridge	2002
	6	11.9	Tom Rathje	2004
	6	11.9	Matt Trowbridge	1999
	8	11.9	Daniel Castillo	2005
	9	12.0	Chris Dye	2005
	9	12.0	Daryl Crook	2001
	9	12.0	Andrew Palomaki	2004
200 Meter Dash				
	1	21.9	Roberts	1961
	2	22.6	Matt Trowbridge	2000
	3	23.1	Nathan Avers	2001
	4	23.5	Chris Dye	2005
	5	24.2	Scott Stranberg	2002
	6	24.4	Matt Trowbridge	1999
	7	24.7	Jeremy Andel	2004
	8	25.0	Daniel Castillo	2005
	9	25.1	Brad Carlson	2001
	10	25.2	Thad Hauck	2005
	10	25.2	Andrew Palomaki	2004
400 Meter Dash				
	1	50.4	Armagost	1954
	1	50.4	Heins	1981
	3	51.4	Kyler Prochaska	2005
	4	52.2	Malachi Behrens	2005
	5	53.5	Nathan Avers	2000
	6	53.7	Kyler Prochaska	2004
	7	54.2	Malachi Behrens	2004
	8	54.4	Gabe Bathen	1997
	9	54.8	Malachi Behrens	2003
	10	54.9	Matt Trowbridge	2005
800 Meter Run				
	1	1:59.0	Chaney	1978
	2	2:01.3	Gabe Bathen	1997
	3	2:02.5	Gabe Bathen	1998
	4	2:06.5	Gabe Bathen	1996
	5	2:08.1	Keaton Prochaska	2005

	6	2:08.2	Ryan Hassebrook	2004
	7	2:08.4	Malachi Behrens	2005
	8	2:10.4	Ryan Hassebrook	2003
	9	2:11.6	Jeff Schmid	2002
	10	2:12.1	Jeff Schmid	2001
1600 Meter Run				
	1	4:30.3	Schroeder	1972
	2	4:43.8	Gabe Bathen	1998
	3	4:45.8	Gabe Bathen	1997
	4	4:55.9	Jared Pickett	2004
	5	4:56.6	Gabe Bathen	1996
	6	4:59.5	Harley Workman	1997
	7	4:59.9	Jared Pickett	2003
	8	5:01.9	Shane McClintic	2001
	9	5:02.5	Shane McClintic	2002
	10	5:03.5	Nick Zoucha	2000
3200 Meter Run				
	1	10:23.6	Wilson	1984
	2	10:43.5	Shane McClintic	2001
	3	10:45.7	Jared Pickett	2004
	4	10:47.5	Harley Workman	1997
	5	10:50.7	Harley Workman	1996
	6	10:55.1	Shane McClintic	2002
	7	10:56.7	Jared Pickett	2003
	8	11:07.0	Shane McClintic	2000
	9	11:16.4	Jared Pickett	2002
	10	11:20.7	Jared Pickett	2001
300 HURDLES				
	1	41.3	Malachi Behrens	2004
	2	41.8	Carey Trowbridge	2001
	2	41.8	Carey Trowbridge	2002
	4	42.0	Malachi Behrens	2005
	5	43.2	Clark Fichtl	1998
	6	43.6	Malachi Behrens	2003
	7	43.9	Meysenburg	1990
	8	44.0	Michael Matulka	1999
	9	44.1	Eric Hruska	2001
	10	44.6	Carey Trowbridge	2000
110 HIGH HURDLES				
	1	15.4	Martin	1972
	2	16.5	Eric Hruska	2001
	2	16.5	Michael Matulka	1999
	4	17.2	Eric Hruska	2000
	5	17.3	Nathan Beringer	2005
	5	17.3	Clark Fichtl	1997

6	17.4	Carey Trowbridge	2000
8	18.3	Nathan Berringer	2004
9	18.9	Michael Palomaki	2005
10	19.0	Carey Trowbridge	1999

400 Meter Relay

1	45.0	Trowbridge, Ronkar, Avers, Trowbridge	2000
2	45.5	Leu, Shockley, McIntyre, Arnold	1989
3	46.3	Trowbridge, Crook, Avers, Trowbridge	2000
4	46.7	Hassebrook, Trowbridge, Stranberg, Schmid	2002
5	46.9	Avers, Shore, Trowbridge, Stranberg	2001
6	47.3	Hauck, Castillo, Magnuson, Dye	2005
6	47.3	Hassebrook, Trowbridge, Stranberg, Schatz	2002
8	47.5	Trowbridge, Hruska, Shore, Stranberg	2001
9	47.6	Rathje, Palomaki, Andel, Hruska	2004
10	47.7	Crook, Shore, Avers, Stranberg	2001

1600 Meter Relay

1	3:28.6	Martin, Petrik, Martin, Marquis	1971
2	3:33.1	Behrens, Prochaska, Hassebrook, D. Zoucha	2004
3	3:37.9	Behrens, Prochaska, Gallati, Hilger	2005
4	3:38.1	Behrens, Prochaska, Hassebrook, Ja.Pickett	2004
5	3:38.8	Behrens, Magnuson, Prochaska, Hilger	2005
6	3:43.1	C.Trowbridge, Hassebrook, Behrens, Schmid	2002
7	3:43.5	C. Trowbridge, Ronkar, M. Trowbridge, Avers	2000
8	3:44.4	C. Trowbridge, Avers, Hruska, Ronkar	2000
9	3:45.4	Avers, Trowbridge, Schmid, Hruska	2001
10	3:45.5	Hruska, Schmid, Trowbridge, Shore	2001

3200 Meter Relay

1	8:18.9	Birkel, Schmale, Dubs, Bell	1993
2	8:40.6	Ja. Pickett, Jr. Pickett, Behrens, Hassebrook	2004
3	8:47.2	Ja. Pickett, Jr. Pickett, Behrens, Greenwood	2004
4	8:54.0	Zoucha, Schmid, Hassebrook, Behrens	2002
5	8:55.0	Hassebrook, Behrens, Prochaska, Pickett	2003
6	8:59.6	Greenwood, Ja. Pickett, Hassebrook, Behrens	2004
7	9:00.0	Zoucha, Schmid, Comte, Prochaska	2002
8	9:04.2	Behrens, Prochaska, Prochaska, Gallati	2005
9	9:13.8	Behrens, Hassebrook, Prochaska, Johnston	2003
10	9:14.7	Schultz, Behrens, Hassebrook, Greenwood	2004
10	9:14.7	Schmid, Shore, Niemann, Zoucha	2001