

# IHSAA Track & Field All-Time Best Performances

Corrected & Updated June 11, 2013

*The following is a new document created in 2013 from the previous all-time best list. Iowa went from yards to meters in 1978. Prior to 2013 our all-time lists include yardage 220, 440, 880, mile and two mile run performances along with 440, 880, mile, two mile and mile medley relays with conversions of mixed hand-held and fully automatic times adjusted to metric equivalents. The 100 yard dash and 100 meters were always separate due to concerns of what was a fair time conversion between the two. After a review of additional documentation some minor adjustments have been made in this new list.*

*All track times are now listed by the performances actually run in meters or yards. In essence the performances in yards are no retired and historically preserved in this document.*

*Special Notes: (1) Times listed in tenths are hand-held & rounded up to the nearest tenth; others are fully automatic times. (2) No + or -.24 has been applied to any performance, since such performances are not used for record or all-time best listings.*

*Since the lists were started in 2002, an individual's all-time best is listed only once even though he may have additional performances that would fit into the list. A school's best in a relay event, that meets the cut-off is listed by their best in a year, since different personnel may have been used.*

*Coaches who have an individual or team performance that qualify for inclusion on the yardage or metric lists or a field event please send the performance to Bud Legg at the IHSAA – PO Box 10; Boone, IA 50036 or e-mail: [blegg@ihsaa.org](mailto:blegg@ihsaa.org) Underlined performances are for the current year.*

## **100 Meters** (all hand times no conversion from yards – see 100 yd. dash bests)

1	Adam Haluska, Carroll	2002	10.1
2	Tim Dwight, Iowa City, City	1994	10.2
3	Treye Jackson, Newton	1980	10.3
	Curtis Hawkins, Ames	1992	10.3
	Tom Green, Westwood	1997	10.3
	Milton Lanier, CR Washington	2001	10.3
	Marques Simmons, Davenport North	2001	10.3
	Terry Gantt, CR Washington	2003	10.3
	James Smith, Co. Bluffs Thomas Jeff	2005	10.3
	Austin Ebertowski, Co. Bluffs, A. Lincoln	2010	10.3
11	Kenny Shedd, Davenport West	1989	10.4
	Corey Willie, North Scott	1995	10.4
	Eric Weiford, Oelwein	1996	10.4
	A. D. Ward, Des Moines East	2001	10.4
	Rumeal Monk, Des Moines Lincoln	2001	10.4
	Andy Brodell, Ankeny	2004	10.4
	T.J. James, Des Moines Lincoln	2010	10.4
18	Gary Crouch, Davenport Central	1984	10.5
	Kevin Peters, Ottumwa	1984	10.5
	Rod Edwards, Des Moines Roosevelt	1985	10.5
	Kevin Monroe, Muscatine	1988	10.5
	Antwun Taylor, Davenport Central	1993	10.5
	Lance Hall, Bishop Garrigan, Algona	1994	10.5
	Geovanti Steward, Davenport North	1995	10.5
	Merrill Coleman, Iowa City, City	1995	10.5
	Phil Wagner, North Fayette	1996	10.5
	B. J. Smith, Waterloo West	1997	10.5

Travis Geopfert, Panorama	1997	10.5
Adam Benge, Ankeny	1998	10.5
Geoff Jensen, Grinnell	1998	10.5
Hakim Hill, Iowa City, City	2000	10.5
Seth Moulton, Ankeny	2000	10.5
Rashid Pope, Ottumwa	2001	10.5
T. J. Klith, Prairie, Cedar Rapids	2001	10.5
Calvin Davis, Iowa City, City	2002	10.5
Dwayne Wright, Newton	2002	10.5
Araf Evans, CR Washington	2003	10.5
Paul Brown, LeMars	2003	10.5
Robert Thompson, Des Moines East	2004	10.5
Mike Mitchell, Davenport Central	2005-06	10.5
Josh Webb, Cedar Falls	2005	10.5
Jerred Herring, Burlington	2008	10.5
Ronnie Henderson, CR Washington	2008	10.5
James Harrington, Cedar Falls	2009	10.5
Nick Efkamp, Madrid	2011	10.5
Tyrell Martin, Waterloo, West	2012	10.5

### 100 Meters (automatic timed)

1	James Harrington, Cedar Falls	2012	10.61
2	Patrick Lewis, Xavier, Cedar Rapids	2009	10.62
3	Marques Simmons, Davenport North	2000-01	10.63
4	Andy Brodell, Ankeny	2003	10.65
5	Kevin Monroe, Muscatine	1988	10.67
6	Bryant Williams, Waterloo West	1987-88	10.68
	Robert Thompson, Des Moines East	2004	10.68
8	Jarred Herring, Burlington	2008	10.69
9	Alonzo Markham, Iowa City West	2009	10.70
	Trey Jackson, Newton	1981	10.70
	Kevin Collins, Davenport West	1998	10.70
	Meliek Meyer, Lynnville-Sully	2013	10.70
13	David Palmer, Waterloo Central	1983	10.71
14	Joe James, Des Moines East	1989	10.72
15	Calvin Davis, Iowa City, City	2002	10.73
16	Curtis Hawkins, Ames	1992	10.74
17	Armando Williams, Iowa City West	2012	10.75
	Milton Lanier, CR Washington	2001	10.75
	Mike Fiech, West Lyon, Inwood	2000	10.75
20	Jeff Nielsen, Britt	1980	10.76
	Adam Haluska, Carroll	2002	10.76
	Dwayne Wright, Newton	2002	10.76
23	Ryan Tierney, Ames	2008	10.77
24	Harris Nuhanovic, Waterloo, West	2012	10.78
	Merrill Coleman, Iowa City, City	1996	10.78
	Terry Gantt, CR Washington	2003	10.78
27	Hakim Hill, Iowa City, City	2001	10.79

28	Araf Evans, CR Jefferson	2003	10.80
29	Will Griffin, Cedar Rapids Washington	2011	10.81
	Kevin Little, Ankeny	1986	10.81
	Mike Mitchell, Davenport Central	2005	10.81
32	Will Griffin, Cedar Rapids Washington	2012	10.82
	Cordell Smith, Waterloo West	1979	10.82
	Randy Thompson, CWL, Corwith	1994	10.82
	Aaron Greving, Ames	1997	10.82
36	Nick Steingreaber, Xavier, Cedar Rapids	2012	10.83
	Darius Pearson, Sioux City West	2012	10.83
	Aaron Taylor, Waterloo East	2012	10.83
	Rod Edwards, Des Moines Roosevelt	1985	10.83
	Demicole Deeds, Des Moines North	2002	10.83
	London Hayes, Des Moines East	2004	10.83
	James Smith, Co. Bluffs Thomas Jeff	2005	10.83
43	Perrion Scott, Linn-Mar	2013	10.84
	Doug Miller, Mount Pleasant	1993	10.84
	Tim Dwight, Iowa City, City	1994	10.84
	Jeff Adam, Cardinal, Eldon	1996	10.84
47	Austin Ebertowski, Co. Bluffs A.L.	2009	10.85
	Tevin Mincy, Southeast Polk	2010	10.85
49	Sam, Tim, Ames	2009	10.86
	David Knight, Ames	1989	10.86
	Nikolai Hill, Iowa City, City	1997	10.86

## **200 Meters (mixed hand-held and FAT)**

1	Tim Dwight, Iowa City, City	1994	20.8
2	Marques Simmons, Davenport North	2001	21.1'
3	James Harrington, Cedar Falls	2011	21.16
4	Trey Jackson, Newton	1980	21.2
	David Knight, Ames	1988	21.2
	Jason Ringena, Iowa City, City	1997	21.2
	James Smith, Co. Bluffs Thomas Jeff	2005	21.2
8	Kevin Monroe, Muscatine	1988	21.3
9	Nik Moser, Fort Dodge	2001	21.33
10	Calvin Davis, Iowa City, City	2002	21.37
11	Kent Lester, Clarion	1980	21.4
	Kevin Little, Ankeny	1986	21.4
	Zach Grimm, Iowa Mennonite School	1999	21.4
	Milton Lanier, CR Washington	2001	21.4
	Adam Haluska, Carroll	2001	21.4
	Andy Brodell, Ankeny	2003	21.4
	James Harrington, Cedar Falls	2010	21.4

## **200 Meters (automatic timed)**

1	James Harrington, Cedar Falls	2011	21.16
2	Nik Moser, Fort Dodge	2001	21.33
3	Marques Simmons, Davenport North	2001	21.34
4	Calvin Davis, Iowa City, City	2002	21.37
5	Patrick Lewis, Xavier, Cedar Rapids	2009	21.43
6	Kevin Little, Ankeny	1986	21.50
7	Trey Jackson, Newton	1981	21.51
	Willie Lacey, Davenport West	1987	21.51
9	Kenny Shedd, Davenport West	1989	21.56
	Tim Dwight, Iowa City, City	1993	21.56
	Adam Haluska, Carroll	2002	21.56
12	Jason Ringena, Iowa City, City	1997	21.57
13	Andy Brodell, Ankeny	2003	21.58
14	Kenny Gilmore, Davenport Central	2011	21.68
15	Jamal Simmons, Burlington	2009	21.72
16	Dwayne Wright, Newton	1989	21.73
17	David Knight, Ames	1989	21.74
18	James Kirby, Valley, WDM	1987	21.77
	Bryan Collins, Valley, WDM	2006	21.77
20	Jarred Herring, Burlington	2008	21.78
	Jeff Nielsen, Britt	1980	21.78
	Alvin Myles, DM Roosevelt	1982	21.78
	David Palmer, Waterloo Central	1983	21.78
	Demicole Deeds, DM North	2002	21.78
	Yawusa Kinda, DM Roosevelt	2004	21.78
26	Josh Webb, Cedar Falls	2005	21.79
27	Lee Elbert. Bishop Garrigan, Algona	2003	21.80
	Aaron Jordan, Des Moines East	2006	21.80

29	Kevin Monroe, Muscatine	1988	21.81
	Jason Nolting, Preston-East Central	2001	21.81
31	Eric Toole, Lewis Central	2011	21.82
	Jeremy Yates, Lewis Central	2006	21.82
33	Tavian Smith, Iowa City West	2013	21.84
34	Perrion Scott, Linn-Mar	2013	21.86
	Gerald Heiskell, Sioux City, West	2013	21.86
	Baylor Goode, CR Kennedy	1990	21.86
37	Jamie Leonard, Dallas Center-Grimes	1990	21.87
38	Sam Tim, Ames	2009	21.88
	Quennel McCaleb, Fort Dodge	1998	21.88
	Andy Moser, Guttenberg	2000	21.88
41	Trever Ryen, OA-BCIG	2013	21.89
	Jeff Adam, Cardinal, Eldon	1996	21.89
43	Darius Pearson, Sioux City West	2011	21.90
44	Marshall Frazier, Bettendorf	1996	21.91
	Jesse Davenport, Southeast Polk	2011	21.92
	Austin Ebertowski, Co. Buffs Abr. Lincoln	2010	21.92
	Josh Leonard, Ankeny	2002	21.92
48	Aaron Taylor, Waterloo, East	2013	21.93
	Kaleb Van Cleave, Des Moines Hoover	2011	21.93
	Tim Dodge, Rockwell-Swaledale	1997	21.93
	Aaron Greving, Ames	1998	21.93
52	Aaron Taylor, Waterloo West	2012	21.94
	Mike Mitchell, Davenport Central	2005	21.94
	Dwayne Wright, Newton	2002	21.94
55	Logan Danko, Centerville	2009	21.95
	Brandon McSkimming, Valley, WDM	2006	21.95
56	Alonzo Markham, Iowa City West	2009	21.96
	Aaron Stockstell, Mid-Prairie, Wellman	2008	21.96
	Sly Brown, Davenport Central	1990	21.96
59	Tyler Younkin, Bettendorf	2012	21.97
	Adam Benge, Ankeny	1998	21.97

## 400 Meters (mixed hand-held and FAT)

1	Calvin Davis, Iowa City, City	2002	47.01
2	Ryan Kedley, North Cedar	2000	47.1
3	Kenny Shedd, Davenport West	1989	47.2
4	Yawusa Kinda, DM Roosevelt	2004	47.33
5	Ryan Kedley, North Cedar	2000	47.43
6	Kim Sykes, Waterloo East	1979	47.5
7	David Knight, Ames	1989	47.53
8	Kyle Dunn, Linn-Mar, Marion	2011	47.56
9	Aaron Stockstell, Mid-Prairie, Wellman	2008	47.67
10	Willie Lacy, Davenport West	1987	47.74
11	Kevin Dibbern, Iowa City, City	2009	47.77
12	Kenny Shedd, Davenport West	1989	47.81
13	Alex Kelly, Ottumwa	2009	47.89
14	Dwayne Wright, Waterloo West	1989	47.9
	Jeff Fedler, Mount Pleasant	2001	47.9
16	Terrence Reid, Davenport Central	2004	48.03
17	Josh Leonard, Ankeny	2002	48.0
18	Kevin Kuchel, Kingsley-Pierson	1978	48.10
21	Jim Turner, Marshalltown	1986	48.11
	Greg Offerman, Charles City	2005	48.11
22	Jeff Burris, Ames	1985	48.1
	Tim Dwight, Iowa City, City	1994	48.1
25	Kaleb Van Cleave, Des Moines Hoover	2011	48.24
26	Ben Lueth, Ames	2004	48.25
27	David Palmer, Waterloo Central	1983	48.26
28	James Harrington, Cedar Falls	2012	48.27
	Aaron Foreman, CR Washington	1998	48.27
30	Brian Sandvig	2009	48.30
	John Barnett, Ames	1991	48.30
	Kevin Roberts, Cedar Falls	2004	48.31
33	Jordan Cornilsen, Preston-East Central	2007	48.32
34	<u>Brody Eischeid, Manson NW Webster</u>	<u>2013</u>	<u>48.33</u>
35	Michael Malloy, Bishop Heelan, SX City	2011	48.34
	Jesse Davenport, Southeast Polk	2011	48.34
	Mike Craddick, Assumption, Davenport	2005	48.34
38	Jeff Beelman, Fort Madison	1980	48.36
	Jeff Fedler, Mount Pleasant	2001	48.36
40	Clyde Duncan, DM North	1964	48.3'
	Baylor Goode, CR Kennedy	1990	48.3
	Adam Haluska, Carroll	2002	48.3
	Cody Eichmeier, AGWSR, Ackley	2003	48.3
44	Trevor Voelker, Dallas Center-Grimes	2010	48.41
	Zac Sandvig, Valley, WDM	2006	48.41
46	Allen Burns, Sioux City East	1985	48.43
	Kent Terillion, Marshalltown	1985	48.43
48	Brennan Davey, Indianola	2010	48.4
	Bryan Collins, Valley, WM	2007	48.4'
	Jeff Kapler, CR Washington	1987	48.4

## 400 Meters (automatic timed)

1	Calvin Davis, Iowa City, City	2002	47.01
2	Yawusa Kinda, DM Roosevelt	2004	47.33
3	Ryan Kedley, North Cedar	2000	47.43
4	David Knight, Ames	1989	47.53
5	Kyle Dunn, Linn-Mar, Marion	2011	47.56
6	Aaron Stockstell, Mid-Prairie, Wellman	2008	47.67
7	Willie Lacy, Davenport West	1987	47.74
8	Kevin Dibbern, Iowa City, City High	2009	47.77
9	Kenny Shedd, Davenport West	1989	47.81
10	Alex Kelly, Ottumwa	2009	47.89
11	Terrence Reid, Davenport Central	2004	48.03
12	Kaleb Van Cleave, Des Moines Hoover	2011	48.08
13	Kevin Kuchel, Kingsley-Pierson	1978	48.10
14	Jim Turner, Marshalltown	1986	48.11
	Greg Offerman, Charles City	2005	48.11
16	Ben Lueth, Ames	2004	48.25
17	David Palmer, Waterloo Central	1983	48.26
18	James Harrington, Cedar Falls	2012	48.27
	Aaron Foreman, CR Washington	1998	48.27
20	Brian Sandvig, Saint Edmond, Ft Dodge	2009	48.30
	John Barnett, Ames	1991	48.30
	Josh Leonard, Ankeny	2002	48.30
23	Kevin Roberts, Cedar Falls	2004	48.31
24	Jordan Cornilsen, Preston-East Central	2007	48.32
25	Brody Eischeid, Manson NW Webster	2013	48.33
26	Michael Malloy, Bishop Heelan, Sx. City	2011	48.34
	Jesse Davenport, Southeast Polk	2011	48.34
	Mike Craddick, Assumption, Davenport	2005	48.34
29	Jeff Beelman, Fort Madison	1980	48.36
	Jeff Fedler, Mount Pleasant	2001	48.36
31	Trevor Voelker, Dallas Center-Grimes	2010	48.41
	Zac Sandvig, Valley, WDM	2006	48.41
33	Allen Burns, Sioux City East	1985	48.43
	Kent Terillion, Marshalltown	1985	48.43
35	Joe Roden, West Harrison, Mondamin	2011	48.46
	Alonzo Markham, Iowa City West	2009	48.46
	Tony Collins, Assumption, Davenport	1995	48.46
	Bryan Collins, Valley, WDM	2007	48.46
39	Todd Holm, Tripoli	1980	48.47
40	Adam Haluska, Carroll	2002	48.48
41	Brennan Davey, Indianola	2010	48.50
	Trey Jackson, Newton	1981	48.50
	Chris McCullough, Pleasantville	1998	48.50
44	Jeff Kapler, CR Washington	1987	48.51
45	John Judisch, Tripoli	1994	48.54
46	Jared Ganschow, Clear Creek-Amana	2013	48.57
	Dustin Olson, Iowa Valley, Marengo	1999	48.57
48	Jerod Torrey, Centerville	1999	48.58

<b>49</b>	<b>Jason Ringena, Iowa City, City</b>	<b>1996</b>	<b>48.63</b>
	<b>Mike Mansour, Creston</b>	<b>1998</b>	<b>48.63</b>
<b>51</b>	<b>Jason Sweet, Waterloo East</b>	<b>1989</b>	<b>48.65</b>
<b>52</b>	<b>Brooks Glasnapp, Roland-Story</b>	<b>1983</b>	<b>48.67</b>
	<b>Tim Bohlman, North Scott</b>	<b>1983</b>	<b>48.67</b>
<b>54</b>	<b>Deshond Robinson, Clinton</b>	<b>2013</b>	<b>48.71</b>
<b>55</b>	<b>Jared Van Wyk, Pella Christian</b>	<b>2002</b>	<b>48.72</b>
<b>56</b>	<b>Cody Eichmeier, AGWSR, Ackley</b>	<b>2002</b>	<b>48.75</b>
<b>57</b>	<b>Scott Vermulm, Johnston</b>	<b>2000</b>	<b>48.76</b>
<b>58</b>	<b>David Wilcox, Prairie, CR</b>	<b>1987</b>	<b>48.77</b>
<b>59</b>	<b>Aaron Egbert, Mediapolis</b>	<b>1994</b>	<b>48.78</b>
	<b>Robby Worrels, Clinton</b>	<b>2001</b>	<b>48.78</b>



## **800 Meters** (mixed hand-held and FAT)

1	Aaron Stockstell, Mid-Prairie, Wellman	2007	1:50.18
2	Joseph Kiptanui, Indianola	1990	1:50.97
3	Caesar Smith, Des Moines East	1982	1:52.02
4	Brennan Davey, Indianola	2010	1:52.17
5	Corbin Miller, Marshalltown	2006	1:52.35
6	Zach Braff, Linn-Mar, Marion	2008	1:52.45
7	Blake Irwin, Pleasant Valley	2008	1:52.69
8	Timauntay Jones, Ced Rapids Jefferson	2013	1:52.75
9	Logan Gonzales, Boone	2006	1:52.91
10	Brett Carney, Ames	1987	1:52.9
11	Randy Barrick, Spencer	1982	1:53.00
12	Will Teubel, Mount Vernon	2012	1:53.35
13	Joey Woody, Iowa City, City	1992	1:53.3
	Brent MacLagan, Jefferson-Scranton	1995	1:53.3
15	David Lantz, Dowling Catholic, WDM	2006	1:53.66
16	Isaac Wendland, Charles City	2008	1:53.74
17	Leif Kennedy, Clear Lake	2000	1:53.80
18	Tim Orris, Dubuque Senior	1999	1:54.0
19	Beau Dielschneider, BCLUW, Conrad	2007	1:54.01
20	Craig Cartier, Marshalltown	2000	1:54.1
	Nick Sorbe, Storm Lake	2004	1:54.1
22	Brett Adams, Assumption, Davenport	2004	1:54.16
23	Drew Poland, Cedar Falls	2008	1:54.19
24	Matt Gabrielson, Belmond-Klemme	1996	1:54.2
25	Neil Flattery, St. Edmond, Fort Dodge	2012	1:54.25
	Mike Craddick, Assumption, Davenport	2005	1:54.25
	Brady Fritz, Iowa City West	2008	1:54.25
28	Bill Theissen, Dowling Catholic, WDM	1980	1:54.28
29	Stephen Arvanis, Davenport North	2007	1:54.29
30	Roba Bati, Iowa City West	1992	1:54.3
31	Chad Rutledge, Algona	2009	1:54.31
32	Kyle Slaymaker, Cedar Rapids Kennedy	2009	1:54.34
33	John Burris, Ames	1987	1:54.4
	Matt Mullenix, Woodbine	1992	1:54.4
35	Nate Wall, Adel-DeSoto	1993	1:54.48
36	Ryan Krogmann, Northeast, Goose Lake	2009	1:54.62
37	Darin Astor, Fort Dodge	1992	1:54.67
38	Colin Miller, Valley, WDM	1980	1:54.78
39	Tyler Mulder, Unity Christian, Org City	2005	1:54.79
40	Jeff Burris, Ames	1985	1:54.82
41	Tedd Allen, East Marshall	2001	1:54.83
42	Zach Brower, Valley, WDM	2004	1:54.98
43	Guy Potter, Ottumwa	1987	1:55.0
	Dylan Davis, ADM, Adel	2003	1:55.0

## **1,600 Meters** (mixed hand-held and FAT)

<b>1</b>	<b>Jason Thomas, Dowling Catholic</b>	<b>2013</b>	<b>4:10.14</b>
<b>2</b>	<b>Josh Evans, Linn-Mar, Marion</b>	<b>2013</b>	<b>4:10.86</b>
<b>3</b>	<b>Steve Greiner, Pekin</b>	<b>1979</b>	<b>4:11.57</b>
<b>4</b>	<b>Todd Peverill, Waterloo East</b>	<b>1979</b>	<b>4:13.65</b>
<b>5</b>	<b>Logan Gonzales, Boone</b>	<b>2005</b>	<b>4:13.98</b>
<b>6</b>	<b>Jon Thomas, Des Moines Roosevelt</b>	<b>2004</b>	<b>4:14.01</b>
<b>7</b>	<b>Bill Theissen, Dowling Catholic, WDM</b>	<b>1981</b>	<b>4:14.11</b>
<b>8</b>	<b>Kevin Lewis, Ottumwa</b>	<b>2011</b>	<b>4:14.20</b>
<b>9</b>	<b>Brett Adams, Assumption, Davenport</b>	<b>2004</b>	<b>4:14.31</b>
<b>10</b>	<b>Omet Kak, Des Moines North</b>	<b>2009</b>	<b>4:14.43</b>
<b>11</b>	<b>Alec Baldwin, Spirit Lake Park</b>	<b>2011</b>	<b>4:14.76</b>
<b>12</b>	<b>Blake Schlotzhauer, Davenport Central</b>	<b>2005</b>	<b>4:15.36</b>
<b>13</b>	<b>Bobby Soule, Bishop Heelan, Sx City</b>	<b>1983</b>	<b>4:15.47</b>
<b>14</b>	<b>Darrin Rippey, DM Lincoln</b>	<b>1987</b>	<b>4:15.56</b>
<b>15</b>	<b>Austin Chandler, Boone</b>	<b>2013</b>	<b>4:15.65</b>
<b>16</b>	<b>Johnny Fuller, Glenwood</b>	<b>2009</b>	<b>4:15.67</b>
<b>17</b>	<b>Albert Meier, Boone</b>	<b>2013</b>	<b>4:15.69</b>
<b>18</b>	<b>Jim Zinnel, Algona</b>	<b>1979</b>	<b>4:15.74</b>
<b>19</b>	<b>Tom Caughlan, Mason City</b>	<b>1997</b>	<b>4:15.85</b>
<b>20</b>	<b>Mike Holms, Valley, WDM</b>	<b>1986</b>	<b>4:15.88</b>
<b>21</b>	<b>Matt Butler, Bettendorf</b>	<b>2012</b>	<b>4:15.98</b>
<b>22</b>	<b>Tim Wilson, Clarke, Osceola</b>	<b>1981</b>	<b>4:16.49</b>
<b>23</b>	<b>Mike Diment, DM Hoover</b>	<b>1979</b>	<b>4:16.61</b>
<b>24</b>	<b>Chris Francois, Davenport North</b>	<b>1999</b>	<b>4:16.68</b>
<b>25</b>	<b>Dan Taylor, Fort Dodge</b>	<b>2002</b>	<b>4:16.72</b>
<b>26</b>	<b>John Schuster, Dowling Catholic, WDM</b>	<b>1986</b>	<b>4:16.82</b>
<b>27</b>	<b>Kiel Uhl, Des Moines Roosevelt</b>	<b>2005</b>	<b>4:16.92</b>
	<b>Stephen Dak, Marshalltown</b>	<b>2007</b>	<b>4:16.92</b>
<b>29</b>	<b>Blake Irwin, Pleasant Valley</b>	<b>2008</b>	<b>4:16.93</b>
<b>30</b>	<b>Lance Elliott, Montezuma</b>	<b>1989</b>	<b>4:16.99</b>

### **3,200 Meters** (mixed hand-held and FAT)

1	Jon Thomas, Des Moines Roosevelt	2005	9:04.33
2	Kevin Lewis, Ottumwa	2011	9:05.25
3	Wally Duffy, Shenandoah	1979	9:07.06
4	Kiel Uhl, Des Moines Roosevelt	2005	9:06.54
5	Stephen Dak, Marshalltown	2007	9:07.34
6	Cole Decker, Dowling Catholic	2012	9:08.96
7	Matt Butler, Bettendorf	2012	9:09.03
8	Rob Brock, Dubuque Senior	1997	9:09.1
9	Jeff Jacobs, Clinton	1981	9:10.34
10	Jeff Hammons, Iowa Valley, Marengo	1985	9:10.95
11	Thomas Pollard, Gilbert	2013	9:10.97
12	Josh Evans, Linn-Mar, Marion	2013	9:11.49
13	Bill Kerkeart, Sheldon	1980	9:12.2
14	Johnny Fuller, Glenwood	2010	9:12.34
15	Mike Holms, Valley, WDM	1985	9:12.60
16	Dan Taylor, Fort Dodge	2002	9:12.63
17	Mike Diment, DM Hoover	1978	9:12.70
18	Kevin Morgan, Des Moines Lincoln	2007	9:12.77
19	Chris Jones, Iowa City West	2000	9:13.04
20	Trent Corey, Dubuque Senior	1997	9:13.42
21	Trent Graham, DM Roosevelt	2000	9:13.87
22	Charles Mosbrucker, Fort Dodge	1978	9:14.49
23	Omet Kak, Des Moines North	2009	9:14.64
24	Brogan Austin, Boone	2010	9:14.88
25	Blake Schlotzhauer, Davenport Central	2005	9:15.11
26	Dan Fick, Muscatine	1981	9:16.61
27	Caleb Drake, Pleasant Valley	2013	9:16.95
	Devin Albaugh, Pleasant Valley	2007	9:16.95
29	Chris Leonard, Ankeny	1980	9:16.98
30	Tim Wilson, Clarke, Osceola	1980	9:17.21
31	Ryan McMahon, Algona	2011	9:17.47
32	Ben Schuteman, Bettendorf	2000	9:17.51
33	Eli Horton, Southeast Polk	2011	9:17.90
34	Ben Grant, Epworth, Western Dubuque	2004	9:18.04
35	Tom Caughlan, Mason City	1995	9:18.12
36	Paul Barnhart, Gehlen Catholic, LeMars	1986	9:18.22
37	Lance Elliott, Montezuma	1989	9:18.37
38	Tom Penningroth, Tipton	1985	9:18.46
39	Albert Meier, Boone	2013	9:18.93
40	Grant Shadden, Marshalltown	2000	9:19.1

**110 M High Hurdles** (mixed hand-held and FAT; there's no conversion for 120 yd HH to 110 meters HH; yardage list appears later)

1	Bill Betterton, Carlisle	1992	13.8
2	Brandon Ophoff, Linn-Mar, Marion	2012	13.9
	Jordan Mullen, Atlantic	2009	13.9
	Dean Fogarty, Marshalltown	1979	13.9
	Chris Wycoff, Ames	1994	13.9
6	Matt Zuber, Iowa Valley, Marengo	1985	14.0
	Alonzo Clayton, Fort Dodge	1993	14.0
	Aaron Abram, Valley, WDM	1996	14.0
	Jordan Crosby, Fort Dodge	2003	14.0
	Kyle Dunn, Linn-Mar, Marion	2010	14.0
11	Jordan Mullen, Atlantic	2008	14.04
12	Joey Woody, Iowa City, City	1992	14.1
	Jason Woods, Treynor	1994	14.1
	Cyrus Nichols, DM Roosevelt	1998	14.1
	Kyle Rippey, Ames	2002	14.1
	Derek Casey, Cherokee	2002	14.1
	Nick Batterson, Eddyville-Blakesburg	2006	14.1
	Tanner Miller, Mid-Prairie, Wellman	2010	14.1
	Tyler Donels, Southeast Polk	2012	14.1
20	Eric Strim, Sioux City West	1994	14.13
21	Blaine Carroll, Newton	1989	14.2
	Julian Young, Davenport Central	1994	14.2
	Brian Dunn, Glenwood	1995	14.2
	Dustin Avey, Ames	1996	14.2
	Kaipheth Phaydavong, DM East	1997	14.2
	Cory Woods, Treynor	1997	14.2
	Jeff Happe, Ames	1999	14.2
	Chris McCullough, Valley, WDM	2001	14.2
	Channing Puls, Hudson	2008	14.2
	Ryan Sander, Xavier, Cedar Rapids	2010	14.2
	Nick Efkamp	2011	14.2

**110 M High Hurdles (FAT)**

1	Jordan Mullen, Atlantic	2009	14.04
2	Eric Strim, Sioux City West	1994	14.13
3	Bill Betterton, Carlisle	1992	14.15
4	Kyle Dunn, Linn-Mar, Marion	2010	14.20
5	Brandon Ophoff, Linn-Mar	2012	14.32
6	Dean Fogarty, Marshalltown	1979	14.33
	Chris Wycoff, Ames	1994	14.33
8	Randy Elliott, Charles City	1977	14.34
9	Dan Roemerman, Iowa City, City High	2012	14.35
	Rashed Tullis, Des Moines Roosevelt	2011	14.35
	Jordan Crosby, Fort Dodge	2003	14.35
12	Nick Kuchel, Kingsley-Pierson	2005	14.36
13	Tyler Donels, Southeast Polk	2011	14.38

14	Alonzo Clayton, Fort Dodge	1993	14.40
	Channing Puls, Hudson	2008	14.40
16	Tyler Donels, Southeast Polk	2012	14.41
	Cory Woods, Treynor	1997	14.41
18	Tanner Miller, Mid-Prairie, Wellman	2010	14.42
19	Lloyd Cheatem, Urbandale	2012	14.43
	Roger Craig, Davenport Central	1979	14.43
	Cyrus Nichols, Des Moines Roosevelt	1999	14.43
22	Derek Stevenson, Belmont	1987	14.44
	Nick Batterson, Eddyville-Blakesburg	2006	14.44
24	Matt Zuber, Iowa Valley, Marengo	1985	14.45
	Joey Woody, Iowa City, City	1992	14.45
26	Jacob Batterson, Eddyville-Blakesburg	2009	14.46
	Craig Nordlie, Nevada	1978	14.46
	Bruce Hackbarth, Algona	1980	14.46
29	Jason McCleary, Newton	1990	14.47
	Dan Davis, Iowa City, City	2008	14.47
31	Brandon Ophoff, Linn-Mar, Marion	2011	14.49
	Dustin Avey, Ames	1996	14.49
33	Ethan Holmes, Clinton	2009	14.50
	Eric White, Burlington	1983	14.50
35	Aaron Abram, Valley, WDM	1995	14.51
36	Elijah Young, Des Moines, Lincoln	2013	14.52
	Randy Booth, Grinnell	1979	14.52
	Blake Flansche, New Hampton	2000	14.52
39	Jon Rus, North Scott, Eldridge	2013	14.53
40	Brian Biggerstaff, Sioux City West	1987	14.54
	Jason Woods, Treynor	1994	14.54
	Greg Offerman, Charles City	2004	14.54
	James Ruen, Decorah	2005	14.54
44	Trevor Dettman, Emmetsburg	2009	14.55
	Clete Younger, Ankeny	2002	14.55
46	Alonzo Moore, Des Moines Tech	1978	14.56
	Sean Johnson, Clinton	2000	14.56
	Derek Casey, Cherokee	2002	14.56
49	Sydne Davis, Des Moines, Roosevelt	2013	14.57
	Noah Larrison, Waukee	2013	14.57
51	Chris Shannon, Wapsie Valley	1993	14.58
	Tim Holcomb, Southeast Polk	2001	14.58
53	Conrad Thompson, Benton	2012	14.59
	Darwin Vande Hoef, Rock Valley	1989	14.59
	Chris McCullough, Valley, WDM	2001	14.59
	Marc Eaton, Perry	2001	14.59
	Terrance Roberts, Waterloo West	2008	14.59
	Bill Betterton, Pleasantville	1990	14.60
59	Jeff Olorundami, Sioux City West	2000	14.61
	Jeff Lahr, West Delaware	2004	14.61
61	Nic Wynia, Roland-Story	1998	14.62

### **400 Meter Low Hurdles (30" hurdles; mixed hand-held and FAT)**

1	Dustin Avey, Ames	1996	50.96
2	Kyle Dunn, Linn-Mar, Marion	2011	51.04
3	Greg Offerman, Charles City	2005	51.35
4	Eric Strim, Sioux City West	1994	51.4
5	Brent MacLagan, Jefferson-Scranton	1995	51.62
6	Joey Woody, Iowa City, City	1992	51.8
7	Logan Dengler, Ankeny	2013	51.91
8	Jordan Van Roekel, PCM, Monroe	2012	52.26
9	Tim Dwight, Iowa City, City	1993	52.29
10	Tanner Miller, Mid-Prairie, Wellman	2010	52.36
11	Raheem Black, Fort Madison	2012	52.45
	Darwin Vande Hoef, Rock Valley	1989	52.45
	Gregg Garn, Ames	1990	52.45
14	Brian Stegall, Washington	1999	52.46
	Michael Bell, Marshalltown	2002	52.46
	Shaun Benefield, Mason City	1990-91	52.46
17	Chris Wycoff, Ames	1994	52.5
	Jordan Crosby, Fort Dodge	2003	52.5
	Dennis Hammel, Davenport Central	2005	52.55
20	Tracy Pugh, Davenport Central	1994	52.7
21	Ethan Holmes, Clinton	2009	52.71
22	Randy Moore, Cedar Rapids Kennedy	1981	52.73
23	Nik Moser, Fort Dodge	2001	52.80
24	Jordan Mullen, Atlantic	2009	52.82
25	Ryan Boyington, Hampton-Dumont	1999	52.84
26	Nick Efkamp, Madrid	2011	52.85
27	Derek Gruber, CB Thomas Jefferson	1998	52.9
	Justin Koeppel, Storm Lake	2002	52.9
29	Kyle Bolejack, Ankeny	1997	52.91
30	Pete Avery, Waverly-Shell Rock	2001	52.92
31	Derek Casey, Cherokee	2002	52.94
32	Jack Bergstrom, Johnston	2013	52.96
33	Keaton Rickels, Iowa Falls-Alden	2009	52.98
34	Derek Jones, Glenwood	2012	53.0
	Brian Rickels, Monticello	1987	53.0
36	Matt Finn, Hudson	2009	53.07
	Jason Golliher, Fort Madison	1989	53.07
38	Joel Hartman, Cedar Rapids Kennedy	1985	53.1
	Tom Wierzbicki, Ankeny	1996	53.1
	Tony Leick, St. Albert, Co. Bluffs	1998	53.1
41	Kevin Sorenson, Clinton	1980	53.19
	Vernon Johnson, Ames	1984	53.19
	Kevin Stuart, Ankeny	1988	53.19
	Champ Davis, Valley, WDM	2001	53.19

### **400 Meter Low Hurdles (30" hurdles; FAT)**

1	Dustin Avey, Ames	1996	50.96
2	Kyle Dunn, Linn-Mar, Marion	2011	51.04

3	Greg Offerman, Charles City	2005	51.35
4	Brent MacLagan, Jefferson-Scranton	1995	51.62
5	Eric Strim, Sioux City West	1994	51.89
6	Logan Dengler, Ankeny	2013	51.91
7	Jordan Van Roekel, PCM, Monroe	2012	52.26
8	Tim Dwight, Iowa City, City	1993	52.29
9	Raheem Black, Fort Madison	2013	52.31
10	Tanner Miller, Mid-Prairie, Wellman	2010	52.36
11	Darwin Vande Hoef, Rock Valley	1989	52.45
	Gregg Garn, Ames	1990	52.45
	Joey Woody, Iowa City, City	1992	52.45
14	Brian Stegall, Washington	1999	52.46
	Michael Bell, Marshalltown	2002	52.46
	Shaun Benefield, Mason City	1990-91	52.46
17	Derek Jones, Glenwood	2013	52.51
18	Dennis Hammel, Davenport Central	2005	52.55
19	Ethan Holmes, Clinton	2009	52.71
20	Randy Moore, Cedar Rapids Kennedy	1981	52.73
21	Jordan Crosby, Fort Dodge	2003	52.77
22	Nik Moser, Fort Dodge	2001	52.80
23	Jordan Mullen, Atlantic	2009	52.82
24	Ryan Boyington, Hampton-Dumont	1999	52.84
25	Nick Efkamp, Madrid	2011	53.04
26	Tracy Pugh, Davenport Central	1998	52.90
27	Kyle Bolejack, Ankeny	1997	52.91
28	Pete Avery, Waverly-Shell Rock	2001	52.92
29	Derek Casey, Cherokee	2002	52.94
30	Jack Bergstrom, Johnston	2013	52.96
31	Keaton Rickels, Iowa Falls-Alden	2009	52.98
32	Matt Finn, Hudson	2009	53.07
	Jason Gollither, Fort Madison	1989	53.07
34	Kevin Sorenson, Clinton	1980	53.19
	Vernon Johnson, Ames	1984	53.19
	Kevin Stuart, Ankeny	1988	53.19
	Champ Davis, Valley, WDM	2001	53.19
38	Sammy Vance, Solon	2010	53.20
39	Justin Koeppe, Storm Lake	2002	53.21
40	Jordan Sauser, Williamsburg	2004	53.23
	Travis Marsh, Ankeny	2010	53.23
42	Brent Roth, Iowa City, City	1989	53.25
	Tony Leick, St. Albert, Co. Bluffs	1998	53.25
	Kellyn Fogarty, Marshalltown	2008	53.25
45	Brian Wassenaar, Unity Christian, OC	1998	53.26
46	Dean Fogarty, Marshalltown	1979	53.32
47	Jackson Litterer, Waverly-Shell Rock	2011	53.35
48	Kyle Rippey, Ames	2002	53.36
	Alex Gabrielson, Belmond-Klemme	2004	53.36
50	Chris York, Dubuque Senior	1987	53.37
51	Dan Cleveland, Belmond	1981	53.38
	Tracy Bainbridge, Ida Grove	1983	53.38

53	Bret Younger, Atlantic	1980	53.39
54	Ben Boesen, Dowling Catholic, WDM	2010	53.40
	Matt Hollingsworth, Iowa City West	1987	53.40

#### 400 Meter Intermediate Hurdles (36" hurdles not contested in Iowa)

1	Greg Offerman, Charles City	2005	50.61
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#### 4 x 100 Meter Relay (mixed hand-held and FAT)

1	Iowa City, City	1996	41.33
2	Valley, WDM	2006	41.68
3	Iowa City, City	2000	41.7
4	Waterloo, West	2013	41.84
5	Des Moines East	2007	41.88
6	Iowa City, City	2001	41.89
7	Burlington	2008	41.8
8	Des Moines East	1989	42.00
9	Valley, WDM	2006	42.04
10	Des Moines East	2002	42.05
11	Cedar Falls	2011	42.07
12	Iowa City, City High	2012	42.13
	Waterloo West	2012	42.13
	Newton	2001	42.13
15	Linn-Mar, Marion	2013	42.14
16	Cedar Falls	2012	42.17
17	Xavier, Cedar Rapids	2008	42.18
18	Des Moines East	2003	42.19
19	Ottumwa	2001	42.20
20	Waterloo Central	1986	42.21
	Iowa City, City	2005	42.21
	Des Moines Roosevelt	2010	42.23
	Davenport Central	1984	42.23
24	Cedar Rapids Washington	2004	42.26
25	Valley, WDM	2004	42.27
26	Johnston	2013	42.29
27	Burlington	2008	42.30
28	Davenport Central	1993	42.31
29	Xavier, Cedar Rapids	2012	42.32
	Davenport Central	2005	42.32
31	Valley, WDM	2011	42.34
32	Des Moines, Lincoln	2013	42.37
33	Cedar Rapids Washington	2011	42.39
	Des Moines East	1988	42.39
35	Sioux City Central	1966	42.3'
	Cedar Rapids Jefferson	1989	42.3
	Des Moines East	1996	42.3
	Iowa City, City	1997	42.3
	Newton	2000	42.3



40	Des Moines Roosevelt	1985	42.40
	Dowling Catholic, WDM	1999	42.40
	Des Moines East	2004	42.40
	Valley, WDM	2000	42.4
44	Burlington	1988	42.41
45	Southeast Polk	2010	42.42
	Waterloo West	1990	42.42
47	Waterloo West	1988	42.43
48	Iowa City, West	2012	42.44
49	Des Moines North	2000	42.47
50	Davenport Central	1983	42.48
51	Cedar Rapids Washington	2010	42.49
	Valley, WDM	1985	42.49

### 4 x 100 Meter Relay (FAT)

1	Iowa City, City	1996	41.33
2	Valley, WDM	2006	41.68
3	Waterloo, West	2013	41.84
4	Des Moines East	2007	41.88
5	Iowa City, City	2001	41.89
6	Des Moines East	1989	42.00
7	Cedar Falls	2011	42.07
8	Iowa City, City High	2012	42.13
	Waterloo West	2012	42.13
	Des Moines East	2002	42.13
	Newton	2001	42.13
12	Linn-Mar	2013	42.14
13	Cedar Falls	2012	42.17
	Iowa City, City	2000	42.17
15	Xavier, Cedar Rapids	2008	42.18
16	Des Moines East	1989	42.19
	Des Moines East	2003	42.19
18	Ottumwa	2001	42.20
19	Waterloo Central	1986	42.21
	Iowa City, City	2005	42.21
21	Des Moines Roosevelt	2010	42.23
	Davenport Central	1984	42.23
23	Cedar Rapids Washington	2004	42.26
24	Valley, WDM	2004	42.27
25	Johnston	2013	42.29
26	Burlington	2008	42.30
27	Cedar Rapids Jefferson	1979	42.31
	Davenport Central	1993	42.31
29	Xavier, Cedar Rapids	2012	42.32
	Davenport Central	2005	42.32
	Valley, WDM	2011	42.34
32	Des Moines East	1996	42.36
33	Des Moines, Lincoln	2013	42.37
34	Cedar Rapids Washington	2011	42.39

	Des Moines East	1988	42.39
36	Des Moines Roosevelt	1985	42.40
	Dowling Catholic, WDM	1999	42.40
	Des Moines East	2004	42.40
39	Burlington	1988	42.41
40	Waterloo West	1990	42.42
	Iowa City High	1997	42.42
	Waterloo West	1988	42.43
43	Iowa City West	2012	42.44
44	Des Moines North	2000	42.47
45	Davenport Central	1983	42.48
46	Valley, WDM	1985	42.49
47	Central Clinton, De Witt	2011	42.50
	Ames	1987	42.50
	Des Moines East	2007	42.50
50	Valley, WDM	1986	42.51
	Waterloo Central	1988	42.51
52	Ankeny	2000	42.56
53	Cedar Rapids Kennedy	2005	42.57
	Sioux City West	1995	42.57
55	Cedar Rapids Washington	2011	42.58
56	Assumption, Davenport	1998	42.59
	Valley, WDM	2005	42.59

## **4 x 200 Meter Relay (mixed hand-held and FAT)**

<b>1</b>	<b>Iowa City, City</b>	<b>1997</b>	<b>1:26.4</b>
<b>2</b>	<b>Des Moines East</b>	<b>2004</b>	<b>1:27.02</b>
<b>3</b>	<b>Cedar Falls</b>	<b>2011</b>	<b>1:27.12</b>
<b>4</b>	<b>Davenport Central</b>	<b>1992</b>	<b>1:27.42</b>
<b>5</b>	<b>Waterloo West</b>	<b>1990</b>	<b>1:27.45</b>
<b>6</b>	<b>Waterloo East</b>	<b>1989</b>	<b>1:27.4</b>
<b>7</b>	<b>Valley, WDM</b>	<b>2006</b>	<b>1:27.54</b>
<b>8</b>	<b>Linn-Mar</b>	<b>2013</b>	<b>1:27.52</b>
<b>9</b>	<b>Iowa City, City</b>	<b>1996</b>	<b>1:27.58</b>
<b>10</b>	<b>Burlington</b>	<b>2010</b>	<b>1:27.62</b>
<b>11</b>	<b>Cedar Rapids Washington</b>	<b>2009</b>	<b>1:27.64</b>
<b>12</b>	<b>Valley, WDM</b>	<b>2011</b>	<b>1:27.66</b>
<b>13</b>	<b>Iowa City West</b>	<b>2012</b>	<b>1:27.67</b>
<b>14</b>	<b>Iowa City, City</b>	<b>2001</b>	<b>1:27.69</b>
<b>15</b>	<b>Burlington</b>	<b>2008</b>	<b>1:27.6</b>
<b>16</b>	<b>Iowa City, City</b>	<b>2000</b>	<b>1:27.83</b>
<b>17</b>	<b>Davenport Central</b>	<b>1988</b>	<b>1:27.87</b>
<b>18</b>	<b>Valley, WDM</b>	<b>2006</b>	<b>1:27.88</b>
<b>19</b>	<b>Des Moines Lincoln</b>	<b>2010</b>	<b>1:27.93</b>
<b>20</b>	<b>Valley, WDM</b>	<b>1986</b>	<b>1:27.95</b>
<b>21</b>	<b>Valley, WDM</b>	<b>2009</b>	<b>1:27.96</b>
<b>22</b>	<b>Des Moines East</b>	<b>1989</b>	<b>1:27.98</b>
<b>23</b>	<b>Iowa City, City</b>	<b>1994</b>	<b>1:28.00</b>
<b>24</b>	<b>Cedar Rapids, Kennedy</b>	<b>2013</b>	<b>1:28.01</b>
<b>25</b>	<b>Iowa City West</b>	<b>2006</b>	<b>1:28.03</b>
<b>26</b>	<b>Waterloo West</b>	<b>1989</b>	<b>1:28.0</b>
<b>27</b>	<b>Valley, WDM</b>	<b>1998</b>	<b>1:28.10</b>
	<b>Iowa City West</b>	<b>2004</b>	<b>1:28.10</b>
<b>29</b>	<b>Iowa City, City</b>	<b>2002</b>	<b>1:28.14</b>
	<b>Valley, WDM</b>	<b>2007</b>	<b>1:28.14</b>
<b>31</b>	<b>Valley, WDM</b>	<b>2004</b>	<b>1:28.17</b>
<b>32</b>	<b>Des Moines East</b>	<b>2007</b>	<b>1:28.19</b>
<b>33</b>	<b>Sioux City West</b>	<b>1994</b>	<b>1:28.1</b>
<b>34</b>	<b>Cedar Rapids Washington</b>	<b>2011</b>	<b>1:28.20</b>
	<b>Cedar Rapids Washington</b>	<b>2001</b>	<b>1:28.20</b>
<b>36</b>	<b>Waterloo Central</b>	<b>1986</b>	<b>1:28.21</b>
<b>37</b>	<b>Iowa City, City</b>	<b>1991</b>	<b>1:28.23</b>
	<b>Iowa City West</b>	<b>2000</b>	<b>1:28.23</b>
<b>39</b>	<b>Valley, WDM</b>	<b>1999</b>	<b>1:28.24</b>
	<b>Newton</b>	<b>2001</b>	<b>1:28.24</b>
<b>41</b>	<b>Southeast Polk</b>	<b>2010</b>	<b>1:28.25</b>
<b>42</b>	<b>Waterloo, West</b>	<b>2013</b>	<b>1:28.28</b>
	<b>Cedar Falls</b>	<b>1998</b>	<b>1:28.28</b>
<b>44</b>	<b>Cedar Rapids Washington</b>	<b>2010</b>	<b>1:28.30</b>
<b>45</b>	<b>Newton</b>	<b>2000</b>	<b>1:28.33</b>

## **4 x 400 Meter Relay (mixed hand-held and FAT)**

<b>1</b>	<b>Valley, WDM</b>	<b>2006</b>	<b>3:13.80</b>
<b>2</b>	<b>Iowa City, City</b>	<b>1992</b>	<b>3:16.9</b>
<b>3</b>	<b>Waterloo West</b>	<b>1981</b>	<b>3:17.84</b>
<b>4</b>	<b>Iowa City, City</b>	<b>2000</b>	<b>3:18.01</b>
<b>5</b>	<b>Ottumwa</b>	<b>2009</b>	<b>3:18.07</b>
<b>6</b>	<b>Waterloo East</b>	<b>1979</b>	<b>3:18.09</b>
<b>7</b>	<b>Indianola</b>	<b>2010</b>	<b>3:18.12</b>
<b>8</b>	<b>Bishop Heelan, Sioux City</b>	<b>2009</b>	<b>3:18.24</b>
<b>9</b>	<b>Ames</b>	<b>1991</b>	<b>3:18.39</b>
<b>10</b>	<b>Iowa City, City</b>	<b>1994</b>	<b>3:18.3</b>
<b>11</b>	<b>Des Moines East</b>	<b>1981</b>	<b>3:18.54</b>
<b>12</b>	<b>Valley, WDM</b>	<b>2005</b>	<b>3:18.54</b>
<b>13</b>	<b>Dowling Catholic, WDM</b>	<b>2009</b>	<b>3:18.68</b>
<b>14</b>	<b>Valley, WDM</b>	<b>2011</b>	<b>3:18.70</b>
<b>15</b>	<b>Johnston</b>	<b>2006</b>	<b>3:18.73</b>
<b>16</b>	<b>Ames</b>	<b>1995</b>	<b>3:18.93</b>
<b>17</b>	<b>St. Edmond, Fort Dodge</b>	<b>2010</b>	<b>3:18.99</b>
<b>18</b>	<b>Waukee</b>	<b>2013</b>	<b>3:19.04</b>
	<b>Sioux City East</b>	<b>1983</b>	<b>3:19.04</b>
	<b>Des Moines Roosevelt</b>	<b>1996</b>	<b>3:19.04</b>
<b>21</b>	<b>Des Moines Hoover</b>	<b>1998</b>	<b>3:19.06</b>
<b>22</b>	<b>Iowa City, City</b>	<b>1991</b>	<b>3:19.0</b>
<b>23</b>	<b>Ankeny</b>	<b>1996</b>	<b>3:19.29</b>
<b>24</b>	<b>Ankeny</b>	<b>2002</b>	<b>3:19.32</b>
<b>25</b>	<b>Cedar Falls</b>	<b>2008</b>	<b>3:19.34</b>
<b>26</b>	<b>Cedar Falls</b>	<b>2013</b>	<b>3:19.61</b>
<b>27</b>	<b>Ames</b>	<b>1996</b>	<b>3:19.64</b>
<b>28</b>	<b>Iowa City, City</b>	<b>2001</b>	<b>3:19.68</b>
<b>29</b>	<b>Waterloo East</b>	<b>1980</b>	<b>3:19.69</b>
<b>30</b>	<b>Burlington</b>	<b>1983</b>	<b>3:19.71</b>
	<b>Iowa City West</b>	<b>2006</b>	<b>3:19.71</b>
<b>32</b>	<b>Cedar Falls</b>	<b>2005</b>	<b>3:19.72</b>

#### **4 x 800 Meter Relay (mixed hand-held and FAT)**

<b>1</b>	<b>Ames</b>	<b>1987</b>	<b>7:44.06</b>
<b>2</b>	<b>Marshalltown</b>	<b>1985</b>	<b>7:45.63</b>
<b>3</b>	<b>Ames</b>	<b>1985</b>	<b>7:47.46</b>
<b>4</b>	<b>Dowling Catholic, WDM</b>	<b>1980</b>	<b>7:47.57</b>
<b>5</b>	<b>Marshalltown</b>	<b>1986</b>	<b>7:47.66</b>
<b>6</b>	<b>Ames</b>	<b>1986</b>	<b>7:47.72</b>
<b>7</b>	<b>Muscatine</b>	<b>1979</b>	<b>7:48.01</b>
<b>8</b>	<b>Iowa City, City High</b>	<b>2013</b>	<b>7:48.06</b>
<b>9</b>	<b>Linn-Mar, Marion</b>	<b>2004</b>	<b>7:48.26</b>
<b>10</b>	<b>Iowa City West</b>	<b>1986</b>	<b>7:48.27</b>
<b>11</b>	<b>Linn-Mar, Marion</b>	<b>2005</b>	<b>7:48.55</b>
<b>12</b>	<b>Cedar Rapids Washington</b>	<b>2010</b>	<b>7:48.70</b>
<b>13</b>	<b>Muscatine</b>	<b>1981</b>	<b>7:48.88</b>
	<b>Valley, WDM</b>	<b>1990</b>	<b>7:48.88</b>
<b>15</b>	<b>Iowa City, West</b>	<b>2013</b>	<b>7:48.99</b>
<b>16</b>	<b>Spirit Lake Park</b>	<b>2011</b>	<b>7:49.07</b>
<b>17</b>	<b>Monticello</b>	<b>2013</b>	<b>7:49.41</b>
<b>18</b>	<b>Waukee</b>	<b>2012</b>	<b>7:49.79</b>
<b>19</b>	<b>Ames</b>	<b>1981</b>	<b>7:49.83</b>
<b>20</b>	<b>Ames</b>	<b>2005</b>	<b>7:49.86</b>
<b>21</b>	<b>Ames</b>	<b>1983</b>	<b>7:49.89</b>

## **1,600 Meter Medley Relay (mixed hand-held and FAT)**

<b>1</b>	<b>Iowa City, City</b>	<b>2001</b>	<b>3:22.69</b>
<b>2</b>	<b>Charles City</b>	<b>2005</b>	<b>3:25.33</b>
<b>3</b>	<b>Mid-Prairie, Wellman</b>	<b>2008</b>	<b>3:26.16</b>
<b>4</b>	<b>Pleasant Valley</b>	<b>2008</b>	<b>3:26.51</b>
	<b>Indianola</b>	<b>1990</b>	<b>3:26.51</b>
<b>6</b>	<b>Iowa City, City</b>	<b>2004</b>	<b>3:27.18</b>
<b>7</b>	<b>Clinton</b>	<b>1979</b>	<b>3:27.2</b>
<b>8</b>	<b>Des Moines Roosevelt</b>	<b>1998</b>	<b>3:27.52</b>
<b>9</b>	<b>Assumption, Davenport</b>	<b>2004</b>	<b>3:27.65</b>
<b>10</b>	<b>Ames</b>	<b>1987</b>	<b>3:27.66</b>
<b>11</b>	<b>Marshalltown</b>	<b>2006</b>	<b>3:27.75</b>
<b>12</b>	<b>Mason City</b>	<b>1996</b>	<b>3:27.95</b>
	<b>Pleasant Valley</b>	<b>2007</b>	<b>3:27.95</b>
<b>14</b>	<b>Cedar Rapids Kennedy</b>	<b>2009</b>	<b>3:28.08</b>
<b>15</b>	<b>Boone</b>	<b>2007</b>	<b>3:28.33</b>
<b>16</b>	<b>Cedar Rapids Kennedy</b>	<b>1985</b>	<b>3:28.55</b>
<b>17</b>	<b>Davenport North</b>	<b>1998</b>	<b>3:28.56</b>
<b>18</b>	<b>Dubuque Senior</b>	<b>1999</b>	<b>3:28.59</b>
<b>19</b>	<b>Cedar Falls</b>	<b>2005</b>	<b>3:28.71</b>
<b>20</b>	<b>Cedar Falls</b>	<b>2009</b>	<b>3:28.77</b>
	<b>Indianola</b>	<b>1997</b>	<b>3:28.77</b>
<b>22</b>	<b>Mount Pleasant</b>	<b>2000</b>	<b>3:28.80</b>
<b>23</b>	<b>Prairie, Cedar Rapids</b>	<b>2012</b>	<b>3:28.88</b>
<b>24</b>	<b>Dubuque Senior</b>	<b>1996</b>	<b>3:28.91</b>
<b>25</b>	<b>Iowa City, City</b>	<b>1994</b>	<b>3:28.93</b>
<b>26</b>	<b>Waterloo East</b>	<b>1980</b>	<b>3:29.01</b>
<b>27</b>	<b>Dowling Catholic, WDM</b>	<b>1981</b>	<b>3:29.22</b>
<b>28</b>	<b>Cedar Rapids Kennedy</b>	<b>2009</b>	<b>3:29.25</b>
<b>29</b>	<b>Linn-Mar, Marion</b>	<b>2008</b>	<b>3:29.35</b>
<b>30</b>	<b>Assumption, Davenport</b>	<b>2003</b>	<b>3:29.38</b>
<b>31</b>	<b>Marshalltown</b>	<b>1986</b>	<b>3:29.47</b>
<b>32</b>	<b>Ames</b>	<b>1985</b>	<b>3:29.48</b>
	<b>Co. Bluffs Thomas Jefferson</b>	<b>1999</b>	<b>3:29.48</b>
<b>34</b>	<b>Muscatine</b>	<b>1979</b>	<b>3:29.5</b>
<b>35</b>	<b>Urbandale</b>	<b>1999</b>	<b>3:29.6</b>
<b>36</b>	<b>Boone</b>	<b>2006</b>	<b>3:29.62</b>
<b>37</b>	<b>Marshalltown</b>	<b>2010</b>	<b>3:29.72</b>
<b>38</b>	<b>Cedar Falls</b>	<b>2005</b>	<b>3:29.76</b>
<b>39</b>	<b>Waukee</b>	<b>2006</b>	<b>3:29.82</b>
<b>40</b>	<b>Linn-Mar, Marion</b>	<b>2013</b>	<b>3:29.94</b>

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## Shuttle Hurdle Relay (mixed HH and FAT in hundredths – 33 inch hurdles) - new cut

off of 58.69 with next posting

New Hurdle Height – 2009 (Note: 2007 and 2008 bests are under Discontinued Events)

1	Cedar Rapids Kennedy	2010	56.09
2	Iowa City, City High	2012	56.34
3	Waukee	2013	56.47
4	Waverly-Shell Rock	2011	56.63
5	Cedar Rapids, Kennedy	2013	56.65
6	Valley, WDM	2010	56.66
7	Linn-Mar	2012	56.98
8	Urbandale	2011	56.74
9	Linn-Mar, Marion	2011	56.86
	Valley, WDM	2011	57.01
11	Waukee	2010	57.05
12	Johnston	2010	57.07
13	Iowa City West	2012	57.18
14	Southeast Polk	2011	57.19
15	Linn-Mar, Marion	2013	57.32
	Cedar Falls	2013	57.32
17	Mount Pleasant	2013	57.34
18	Southeast Polk	2012	57.53
19	Linn-Mar, Marion	2010	57.63
20	Ankeny	2010	57.64
21	Ankeny	2013	57.65
22	Marion	2013	57.77
23	Fort Madison	2013	57.78
24	Des Moines Lincoln	2012	57.82
25	Cedar Rapids Kennedy	2009	57.85
26	Cedar Rapids Kennedy	2012	57.87
27	Des Moines Roosevelt	2011	57.95
28	Iowa City West	2011	57.98
29	Waverly-Shell Rock	2010	57.99
30	Waukee	2012	58.01
31	Cedar Rapids Washington	2009	58.06
33	Ames	2009	58.0
	Linn-Mar	2009	58.0
34	Glenwood	2013	58.11
35	Norwalk	2013	58.16
	Bettendorf	2009	58.16
37	North Polk	2013	58.17
38	Collins-Maxwell-Baxter	2011	58.20
39	Harlan Community	2013	58.25
40	Jefferson-Scranton	2011	58.26
41	Cedar Rapids Washington	2011	58.28
42	Madrid	2012	58.29
	Epworth, Western Dubuque	2012	58.29
44	Sergeant Bluff-Luton	2010	58.32
45	Pella	2012	58.33
46	Ames	2009	58.36

47	North Scott	2013	58.37
48	Eddyville-Blakesburg	2010	58.41
49	Xavier, Cedar Rapids	2010	58.43
50	Beckman Catholic, Dyersville	2012	58.47
	Cedar Rapids Kennedy	2011	58.47
	Southeast Polk	2010	58.47
53	Ankeny	2009	58.49
54	Waukee	2011	58.50
55	Hudson	2009	58.52
	Bettendorf	2010	58.52
57	Iowa City, City	2011	58.56
58	Okoboji, Milford	2012	58.59
	Jefferson-Scranton	2010	58.59
60	Prairie, Cedar Rapids	2013	58.61
61	Emmetsburg	2013	58.62
62	Earlham	2012	58.63
	Sioux Central, Sioux Rapids	2012	58.63
	Hudson	2010	58.63
65	Epworth, Western Dubuque	2013	58.64
66	North Scott. Eldridge	2012	58.66
67	Norwalk	2012	58.67
	Urbandale	2012	58.67
	Des Moines Roosevelt	2010	58.67
70	Hudson	2011	58.69
71	Dike-New Hartford	2010	58.6

### **Shuttle Hurdle Relay (FAT list; 33" hurdles) - new cut off of 58.69 with this posting**

New Hurdle Height – 2009; (Note: 2007 and 2008 bests are under Discontinued Events)

1	Cedar Rapids Kennedy	2010	56.09
2	Iowa City, City High	2012	56.34
3	Waukee	2013	56.47
4	Waverly-Shell Rock	2011	56.63
5	Cedar Rapids, Kennedy	2013	56.65
6	Valley, WDM	2010	56.66
7	Urbandale	2011	56.74
8	Linn-Mar, Marion	2011	56.86
9	Linn-Mar, Marion	2012	56.98
10	Valley, WDM	2011	57.01
11	Waukee	2010	57.05
12	Johnston	2010	57.07
13	Iowa City West	2012	57.18
14	Southeast Polk	2011	57.19
15	Linn-Mar, Marion	2013	57.32
	Cedar Falls	2013	57.32
17	Mount Pleasant	2013	57.34
18	Southeast Polk	2012	57.53
19	Linn-Mar, Marion	2010	57.63
20	Ankeny	2010	57.64



21	Ankeny	2013	57.65
22	Marion	2013	57.77
23	Fort Madison	2013	57.78
21	Des Moines Lincoln	2012	57.82
22	Cedar Rapids Kennedy	2009	57.85
23	Cedar Rapids Kennedy	2012	57.87
24	Des Moines Roosevelt	2011	57.95
25	Iowa City West	2011	57.98
26	Waverly-Shell Rock	2010	57.99
28	Waukee	2012	58.01
29	Cedar Rapids Washington	2009	58.06
30	Glenwood	2013	58.11
31	Norwalk	2013	58.16
	Bettendorf	2009	58.16
33	North Polk	2013	58.17
34	Collins-Maxwell-Baxter	2011	58.20
35	Harlan Community	2013	58.25
36	Jefferson-Scranton	2011	58.26
37	Cedar Rapids Washington	2011	58.28
38	Madrid	2012	58.29
	Epworth, Western Dubuque	2012	58.29
40	Sergeant Bluff-Luton	2010	58.32
41	Pella	2012	58.33
42	Cedar Falls	2013	58.34
43	Ames	2009	58.36
44	North Scott	2013	58.37
45	Xavier, Cedar Rapids	2010	58.43
46	Beckman Catholic, Dyersville	2012	58.47
	Cedar Rapids Kennedy	2011	58.47
	Southeast Polk	2010	58.47
	Ankeny	2009	58.49
50	Waukee	2011	58.50
51	Hudson	2009	58.52
	Bettendorf	2010	58.52
53	Iowa City, City	2011	58.56
54	Okoboji, Milford	2012	58.59
	Jefferson-Scranton	2010	58.59
56	Prairie, Cedar Rapids	2013	58.61
57	Emmetsburg	2013	58.62
58	Earlham	2012	58.63
	Sioux Central, Sioux Rapids	2012	58.63
60	Epworth, Western Dubuque	2013	58.64
61	Ames	2010	58.65
62	North Scott, Eldridge	2012	58.66
63	Norwalk	2012	58.67
	Urbandale	2012	58.67
	Des Moines Roosevelt	2010	58.67
66	Eddyville-Blakesburg	2010	58.68
67	Hudson	2011	58.69

## FIELD EVENTS

### High Jump

1	Brian Tietjens, North Central	1981	7-03.50
2	Tyler Donels, Southeast Polk	2011	7-02
	Jaron Van Maanen, Lynnville-Sully	2003	7-02
	Darwin Vande Hoef, Rock Valley	1988	7-02
5	Mark Harken, Aplington-Parkersburg	2000	7-01
6	Marc Meierotto, Fort Madison	2006	7-00
	Andy Kohler, Ames	1999	7-00
	Scott Hudek, Pocahontas	1991	7-00
	Tim Suchan, Cedar Rapids Kennedy	1990	7-00
10	Bill McConnaha, West Branch	2001	6-11
	Ehi Oamen, Hinton	2006	6-11
	Colten Kelly, Anamosa	2008	6-11
13	Eddie Berlin, Urbandale	1995	6-10.75
14	Trey Sathoff, Pekin	2011	6-10.50
	K. P. Lansing, Linn-Mar	1984	6-10.50
	Brent Wright, Ballard	1985	6-10.50
	Jordan Sathoff, Pekin	2008	6-10.50
18	Jordan Cress, Olin	2011	6-10.25
	Steve Kuehl, Clinton	1975	6-10.25
<u>20</u>	<u>Jeff Giannettino, West Burlington/ND</u>	<u>2013</u>	<u>6-10</u>
	John Arnaud, Sioux City North	1979	6-10
	Kirk Hoff, Ames	1980	6-10
	Paul Marcheal, Iowa City, City	1980	6-10
	Leon Wilson, Burlington	1982	6-10
	Pat Meade, North Linn	1984	6-10
	Randy White, Columbus, Waterloo	1984	6-10
	Scott Burke, West Delaware	1984	6-10
	Pat Conlon, Clarion	1986	6-10
	Alan Brewer, West Monona	1988	6-10
	Tom Dunham, West Marshall	1988	6-10
	Steve Daugherty, Prairie, Cedar Rapids	1989	6-10
	Peter Herber, Dubuque Senior	1990	6-10
	Todd Johnston, Waterloo West	1992	6-10
	Joey Brunkhorst, Iowa Falls	1997	6-10
	Bobby Gatts, Olin	1998	6-10
	Luke Thompson, Montezuma	2007	6-10
	Travis Leuer, Laurens-Marathon	2007-08	6-10
	TrayVonn Wright, Waterloo West	2008	6-10
	Noah Kittleson, Indianola	2009-10	6-10
	Tyler Donels, Southeast Polk	2010	6-10

## Long Jump

1	Chris Walker, Davenport Central	1984	24-09.5
2	Kenny Gilmore, Davenport Central	2011	24-05
3	Hakim Hill, Iowa City, City	2000	24-04
4	Matt Zuber, Iowa Valley, Marengo	1985	24-03
5	Jerry Westerfield, Davenport, North	2012	24-01
6	Darius Pearson, Sioux City West	2012	24-00.50
5	Tim Dwight, Iowa City, City	1994	23-11
6	Wade Harrington, Davenport Central	1979	23-10
7	Claude Perkins, Waterloo Central	1980	23-09.50
8	Darnell Robertson, DM Roosevelt	1987	23-09.25
9	Steve Carson, Red Oak	1963	23-08.75
10	Todd Madsen, Webster City	1990	23-08
11	Dennis Green, Davenport Central	1973	23-07
12	Mike Anderson, Waterloo East	1985	23-06
	Jesse Holland, Iowa City, City	1996	23-06
14	Chuck Meyer, North Fayette	1980	23-05.50
	Mark Hewitt, Clear Lake	1981	23-05.50
16	Ken Jackson, Waterloo East	1973	23-05.25
	David Knight, Ames	1989	23-05.25
18	Adam Haluska, Carroll	2001	23-05
	Ryan Borgwardt, Clinton	2003	23-05
	Ben Evans, Iowa City, City	2005	23-05
21	Dequayvious Martin, Waterloo West	2012	23-04.50
	Ken Brauman, Eagle Grove	1965	23-04.50
	Darren Smith, North Scott	1988	23-04.50
24	Jay Frazier, Cedar Rapids Washington	1997	23-04
	Bryan Gilbreath, Waverly-Shell Rock	1997	23-04
26	Tom Landsberg, Ames	1964	23-03.75
	Cody Eichmeier, AGWSR, Ackley	2002	23-03.75
28	Kolby Jones, Dowling Catholic, WDM	1999	23-03.50
29	Darrion Sanders, Keokuk	2013	23-03
	Dick Warren, Iowa Training Sch., Eldora	1931	23-03
	Vern Hawkins, Des Moines Tech	1967	23-03
	Sam Maxie, Waterloo East	1973	23-03
	Kenny Shedd, Davenport West	1989	23-03
	Aaron Jarosh, Ankeny	2006	23-03
35	Nick Efkamp, Madrid	2011	23-02.50

## Shot Put

1	Doug Lane, Cedar Rapids Jefferson	1968	70-11
2	Chase Madison, Newton	2004	66-0
3	Steve Settle, Nevada	1978	65-04
4	Brandon Scherff, Denison-Schleswig	2010	65-00
5	Drew Clark, Marion	2009	64-07.75
6	Scott Davis, Glenwood	1988	64-01.50
7	Chuck Locke, Davis County, Bloomfield	1977	63-08.75
8	Jeff DeVilder, BGM	1977	63-03.50
9	Shane Maier, Storm Lake	2003	63-02
10	Jamie Beyer, PCM, Monroe	1995	62-07.50
	Bob Feuerbach, Preston	1975	62-04
12	Matt Mai, Gehlen Catholic, LeMars	1997	62-02.75
13	Adam Pickney, Cedar Rapids Washington	2006	62-01.75
14	Scott Schaley, Camanche	1993	61-11.50
15	Steve English, Mount Pleasant	1994	61-10.25
16	Mike McCready, Dubuque	1968	61-09.75
17	David Juehring, Davenport West	1982	61-09
18	Brent Geringer, Mount Ayr	1974	61-05.50
	Steve Wegner, Harlan	2001	61-05.50
20	Matt Banse, Starmont, Arlington	2007	61-03.50
21	Ryan Lamparek, Prairie, Cedar Rapids	2006	61-01.50
	Ryan Winters, Iowa Falls	1999	61-01.50
23	Carl Hesse, Sioux City East	1969	61-01
	Phil O'Neil, Co. Bluffs Thomas Jefferson	1978	61-01
25	Rod Dirth, Burlington	1972	61-00.50
26	Jon Meskimen, Cedar Rapids Jefferson	1965	60-10.75
27	Al Feuerbach, Preston	1966	60-09.50
28	John Martin, Mount Vernon	1990	60-03
29	Jeremy Jacobsen, Bettendorf	2010	60-00.75
30	Lee Carlson, Dubuque	1959	60-00.50
31	Eric Simmons, Madrid	2011	60-00
	Andy Norland, Clarinda	1986	60-00
32	Jerry Kamp, Fort Madison	1959	59-11.50
33	Layne McDowell, Cedar Rapids Jefferson	1967	59-11.25
34	Doug Lane, CR Jefferson (16 lbs.)	1968	59-11
	Ryan Richards, West Burlington	1993	59-11
	Robby Beyer, PCM, Monroe	1999	59-11

## Discus

1	Scott Crowell, Mason City	1978	207-08
2	Chase Madison, Newton	2004	206-09
3	Mike Goad, Iowa Valley, Marengo	1981	204-10
4	Mark Smith, Independence	1972	193-05
5	Dom Howard, Ames	2010	192-11
6	Nick Brayton, Iowa City West	2007	192-06
7	Thomas Reynolds, Iowa City West	2008	191-10
8	Justin Baker, Bishop Heelan, Sioux City	2011	191-09
9	Clark Hopp, Glenwood	1984	191-02
10	Allan Walz, Bondurant-Farrar	1991	190-04
11	Ethan Kenkel, Storm Lake	2013	189-05
12	Adam Judge, Des Moines Lincoln	1998	188-01
13	Scott Phelps, Kingsley-Pierson	1986	187-10
14	Tyler Hovey, Atlantic	2012	187-09
15	Brandon Franklin, Des Moines Hoover	2003	187-05
16	Wallace Carter, Centerville	2008	187-03
17	Chris Hopkins, Denison-Schleswig	2001	186-11
18	Andy Carman, Jefferson-Scranton	2010	186-06
19	Jacob Gannon, Iowa City West	2010	185-08
20	Scott Joens, Prairie, Cedar Rapids	1982	185-04
	A. J. Schable, Battle Creek-Ida Grove	2002	185-04
22	Tim Tebrink, MOC-Floyd Valley	2000	185-01
23	David Juehring, Davenport West	1982	184-08
24	Sam Joens, Prairie, Cedar Rapids	2011	184-06
	Brad Travis, Spirit Lake Park	1996	184-06
26	Tom Knutson, Cedar Rapids Jefferson	1963	184-04
27	Randy Lessman, Sioux City East	1972	183-11
28	Steve Wegner, Harlan	2001	183-10
29	Ryan Lamparek, Prairie, Cedar Rapids	2007	183-06
30	Seth Zehr, Fort Dodge	2002	183-03
31	Blake Larsen, Atlantic	2001	182-09
32	Matt Haven, Independence	1980	182-05
33	Joseph Weiner, Dubuque Hempstead	2013	182-03
34	Ethan Fenchel, Western Christian	2013	182-00
	John Higgins, Lewis Central	2009	182-00
	Robbie Utterback, Waukee	2006	182-00
	Ryan Piche, Linn-Mar, Marion	2010	181-08
38	Tom Schmeling, Atlantic	2002	181-04
39	Henry Kelley, Waukee	2010	181-00
	Brian Seiler, Garner-Hayfield	1991	181-00
41	Eric Varcho, North Scott	1994	180-11
42	Norm Balke, Iowa City, City	1981	180-05
	Jon Pelzer, Atlantic	1989	180-05
44	Scott Davis, Glenwood	1988	180-02
45	Ross Brockshaus, Spencer	1981	180-01

## WHEELCHAIR EVENTS (started 1990)

### 100 Meters

1	<u>Jon Litzkow, Waterloo West</u>	<u>2013</u>	<u>17.11</u>
2	E. J. Runyan, Johnston	2000	17.81
3	Brian Wauters, Marshalltown	2001	18.27
4	<u>Jordan Houdeshell, Linn-Mar</u>	<u>2013</u>	<u>18.59</u>
5	<u>Drake Sachsenmeier, Camanche</u>	<u>2013</u>	<u>18.80</u>
6	Mark Hauschildt, Greenfield	1996	18.94
7	Nathan Redlinger, English Valleys	2004	19.41
8	Tony Ramierz, Bishop Heelan, Sx City	1990	20.02

### 200 Meters

1	<u>Jon Litzkow, Waterloo West</u>	<u>2013</u>	<u>30.52</u>
2	E. J. Runyan, Johnston	1999	32.12
3	Brian Wauters, Marshalltown	2002	33.26
4	<u>Jordan Houdeshell, Linn-Mar</u>	<u>2013</u>	<u>33.49</u>
5	<u>Drake Sachsenmeier, Camanche</u>	<u>2013</u>	<u>34.79</u>
6	Nathan Redlinger, English Valleys	2004	35.28
7	Mark Hauschildt, Greenfield	1996	36.27
8	Josh Motwart, Cedar Falls	2002	37.86

### 400 Meters (2003-)

1	<u>Jon Litzkow, Waterloo West</u>	<u>2013</u>	<u>56.57</u>
2	<u>Jordan Houdeshell, Linn-Mar</u>	<u>2013</u>	<u>1:03.70</u>
3	Nathan Redlinger, English Valleys	2004	1:04.87
4	Brian Wauters, Marshalltown	2003	1:08.11

### Shot Put

1	<u>Alex Gudenkauf, Dubuque Senior</u>	<u>2013</u>	<u>41-02</u>
2	Nick Lange, Wahlert, Dubuque	2005	25-03.25
3	Sean Eherenman, Waterloo West	2003	21-10
4	Mark Hauschildt, Greenfield	1995	20-08.50
5	<u>Kennedy Feller, Underwood</u>	<u>2013</u>	<u>20-02.75</u>
6	Brian Davis, Oskaloosa	1994	19-11
7	Mike Schafer, Rock Valley	1990	19-10

## RETIRED RUNNING YARDAGE EVENTS

*Note: Iowa went from yards to meters in 1978. Prior to 2013 all-time lists include 220, 440, 880, mile and two mile runs performances along with 440, 880, mile, two mile and mile medley relays with conversions of mixed hand-held and fully automatic times including metric equivalents. The 100 yard dash and 100 meters were always separate due to concerns of what was a fair time conversion between the two.*

### 100 Yards

1	Clyde Duncan, DM North	1964	:09.3
2	Bill Woodhouse, Mason City	1955	:09.4
3	Carl Nelson, Clinton	1933	:09.5
	Jim Kirby, DM North	1967	:09.5
5	Dennis Obregon, DM Tech	1961	:09.6
	Bob Kohl, CR Jefferson	1967	:09.6
	Jim Henderson, Waterloo East	1970	:09.6
	Fred Parks, Davenport Central	1974	:09.6
9	Charles Hoyt, Greenfield	1913	:09.7
	Jack Saggau, Denison	1933	:09.7
	Gary Scott, DM North	1949	:09.7
	Charles Taylor, DM North	1961	:09.7
	Jim Cave, Dexfield	1964	:09.7
	Steve Mott, Southeast Polk	1970	:09.7
	Al Morgan, Burlington	1973	:09.7
	Rick Freeburg, Pocahontas	1973	:09.7
	Ron Altenberg, Marion	1956	:09.7

### 220 Yards

1	Tom Jennings, Marshalltown	1955	20.9
2	Clyde Duncan, DM North	1964	21.1
3	Reggie Kaiser, DM North	1948	21.2
	Gary Sanow, Marcus	1968	21.2
5	Carl Nelson, Clinton	1933	21.3
	Gary Scott, DM North	1948	21.3
	Page Arnold, Ames	1949	21.3
	Bruce McDonald, Scranton	1964	21.3
9	Larry Eischen, West Des Moines	1955	21.4
	Ron Davis, Perry	1965	21.4
	Jim Kirby, DM North	1966	21.4
	Dan Fields, Sioux City Central	1969	21.4
	Dick Eisenlauer, DM East	1971	21.4
14	Hugh Hines, Burlington	1949	21.5
	Page Arnold, Ames	1949	21.5
	Steve Menefee, Aurelia	1968	21.5
	Marc Sakamoto, Ames	1973	21.5
	Tom Dovel, Red Oak	1973	21.5
	Greg Mick, CR Kennedy	1976	21.5
	Kent Lester, Clarion	1980	21.5

## 440 Yards

1	Roger Colglazier, Davenport Central	1968	47.9
	Bill Tanner, Eagle Grove	1977	47.9
3	Jim Kirby, DM North	1967	48.0
	Chuck Curtis, Clinton	1970	48.0
5	Dick Eisenlauer, DM East	1971	48.4
6	Clyde Duncan, DM North	1964	48.6
	Dennis Roloff, CR Jefferson	1971	48.6
	Pat Hansel, Sioux City East	1961	48.7
	Brent Slay, Oskaloosa	1966	48.7
10	Jay Bradley, Cedar Falls	1977	48.9
11	Tom Dovel, Red Oak	1973	49.0
	Mike Norton, Anamosa	1976	49.0

## 880 Yards

1	David Korir, CR Washington	1975	1:50.0
2	Bob Prince, Sioux City East	1973	1:52.3
3	Mike Hillby, Wahlert, Dubuque	1975	1:53.1
4	Steve Gerkin, Sioux City Central	1966	1:53.5
5	Steve Koson, Sioux City Central	1968	1:53.6
	Scott Gwin, Davenport Central	1977	1:53.6
7	Steve Johnson, Sioux City East	1969	1:54.0
8	Mark Steffen, Davenport West	1968	1:54.3
9	Galen Gunnick, Sioux City North	1979	1:54.7
10	Barry Brandt, Mason City	1974	1:55.1
	Jon Marshall, C Bluffs Thomas Jefferson	1977	1:55.1
12	Dennis Schultz, West Delaware	1970	1:55.2
	Jim McGuire, Centerville	1976	1:55.2
	John Marshall, CB Thomas Jefferson	1977	1:55.2
	Mike Elliott, West Branch	1977	1:55.2
16	Doug Smith, Sioux City Central	1967	1:55.5
	Brian Frevert, Greene	1975	1:55.5
18	Fred Schaefer, Clinton	1969	1:55.7

## One Mile Run

1	Ed DeLashmutt, Fort Madison	1976	4:07.2
2	Jerome Howe, Treynor	1968	4:09.3
3	Josh Evans, Linn-Mar, Marion	2013	4:10.79
4	Doug Smith, Sioux City Central	1968	4:12.6
5	Gregg Newell, Davenport Central	1972	4:13.4
6	Joe Burke, Columbus, Waterloo	1975	4:13.8
7	Jim Eicken, Davenport Central	1975	4:14.0
8	Albert Meier, Boone	2013	4:14.25
9	Bob Connell, Columbus, Waterloo	1972	4:14.3
10	Tom Farrell, Dowling Catholic, WDM	1975	4:14.5
11	Tom Schoberg, Bishop Heelan, Sx City	1972	4:15.0
12	Jon Mathiason, Fort Madison	1977	4:15.1



13	Mike Burke, Columbus, Waterloo	1971	4:15.3
14	Doug Smith (FR) Sioux City Central	1965	4:15.5
15	Chandler Austin, Boone	2013	4:15.87
16	Don Akin, Sioux City East	1971	4:15.8
17	Randy Jackson, Iowa City, City	1976	4:16.3
18	Pete Riley, CR Washington	1977	4:16.4
19	Jim McCauley, Bishop Heelan, Sx City	1977	4:16.5
20	Ralph Trimble, CR Jefferson	1959	4:16.7
21	Rick McKean, Missouri Valley	1977	4:17.0
22	Dan Sanders, Humboldt	1967	4:17.8
23	Dave Krantz, Columbus, Waterloo	1970	4:18.0
24	Jon Marshall, C Bluffs Thomas Jefferson	1977	4:18.2

## Two Mile Run

1	Jim Eicken, Davenport Central	1975	8:52.0
2	Randy Jackson, Iowa City, City	1976	9:00.2
3	Mark Johnson, Mason City	1973	9:06.3
4	Wally Duffy, Shenandoah	1979	9:08.0
5	Jeff Myers, Davenport West	1974	9:09.1
6	Doug Smith, Sioux City Central	1967	9:09.2
7	Jon Mathiason, Fort Madison	1976	9:12.9
8	Frank Richardson, Sac City	1973	9:13.0
9	Greg Prestemon, Ames	1975	9:13.1
10	Mark Bishop, Indianola	1974	9:15.7
11	Steve Pershing, Cedar Falls	1974	9:16.0
	Barry Lowe, Des Moines Lincoln	1975	9:16.0
13	Mike Cregeen, Clarinda	1974	9:19.2
14	Tim Holton, Cherokee	1977	9:19.6
15	Scott Brink, Estherville	1976	9:19.7
16	Rich Twedt, DM Hoover	1970	9:19.9
17	Roy Clancy, Iowa City, City	1973	9:20.7
18	Jamie Hutcheson, Marshalltown	1977	9:21.5
	Lynn Lee, Mason City	1968	9:21.5
20	Randy Fitzgerald, Decorah	1977	9:22.5

## 120 Yard High Hurdles (there is no conversion for 120 yd HH to 110 meters HH)

1	Randy Elliott, Charles City	1977	13.6y
2	Greg Rumple, Urbandale	1974	13.9y
3	Kent Wessely, Waterloo West	1970	14.0y
	Wayne Franklin, DM Lincoln	1971	14.0y
5	John Dvorak, CR Washington	1965	14.1y
	Scott Hamilton, Clinton	1971	14.1y
	Roy Wigen, Spencer	1976	14.1y
8	Bruce Presley, Fort Dodge	1967	14.2y
	Jock Johnson, Des Moines East	1967	14.2y
	Dave McCurry, Grinnell	1969	14.2y
	Mark Votroubek, CR Kennedy	1970	14.2y

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**440 Yard Relay**

1	Des Moines Tech	1975	42.2
2	Des Moines North	1948	42.3
3	Des Moines East	1975	42.4
	Cedar Rapids Washington	1977	42.4
5	Ames	1972	42.5
	Davenport Central	1974	42.5
	Ames	1975	42.5
8	Sioux City Central	1967	42.6

**880 Yard Relay**

1	Des Moines North	1948	1:27.6
2	Cedar Rapids Washington	1977	1:27.9
3	Des Moines East	1951	1:28.2
4	Davenport Central	1973	1:28.4
5	Des Moines North	1967	1:28.5
	Ames	1976	1:28.5
6	Cedar Rapids Washington	1966	1:28.7
	Ames	1972	1:28.7
8	Cedar Rapids Washington	1972	1:28.8

**One Mile Relay**

1	Indianola	1970	3:17.7
2	Davenport Central	1967	3:18.0
3	Des Moines North	1967	3:18.5
4	Clinton	1970	3:18.6
5	Des Moines North	1964	3:18.9
6	Sioux City Central	1967	3:19.3
7	Des Moines Roosevelt	1963	3:19.4
8	Ottumwa	1975	3:19.6
9	Cedar Rapids Washington	1977	3:19.7
	Cedar Falls	1977	3:19.7
11	Davenport Central	1968	3:20.0
12	Indianola	1969	3:20.3
13	Wahlert, Dubuque	1969	3:20.6
	Ames	1975	3:20.6
15	Cedar Falls	1977	3:20.7
16	Webster City	1970	3:20.8
17	Sioux City East	1972	3:20.9

## **Two Mile Relay (mixed hand-held and FAT from Drake Relays)**

1	Davenport West	1977	7:47.0
2	Sioux City Central	1966	7:47.7
3	Clinton	1970	7:47.7
4	Ames	1966	7:48.6
5	Davenport West	1977	7:48.68
6	Bettendorf	1977	7:49.57
7	Cedar Falls	1974	7:49.7
8	Fairfield	1977	7:49.90
9	Dowling Catholic, WDM	1974	7:50.0
10	Sioux City Central	1968	7:50.2
11	Wahlert, Dubuque	1974	7:50.3
12	Des Moines Roosevelt	1967	7:50.5
	Davenport Central	1970	7:50.5
14	Sioux City Central	1967	7:50.8
15	Marshalltown	1966	7:51.1
16	Des Moines North	1969	7:51.6
17	Indianola	1967	7:51.8
18	Ottumwa	1974	7:51.9
19	Indianola	1969	7:52.6
20	Des Moines Lincoln	1969	7:52.7

## **One Mile Medley Relay**

1	Cedar Rapids Washington	1975	3:27.0
2	Columbus, Waterloo	1977	3:28.3
3	Davenport Central	1976	3:29.1
4	Ottumwa	1975	3:29.6
5	Indianola	1970	3:30.2
6	Cedar Rapids Washington	1977	3:30.28
7	Cedar Rapids Kennedy	1969	3:30.3
	Fort Dodge	1969	3:30.3
	Davenport Central	1974	3:30.3
10	Co. Bluffs Thomas Jefferson	1976	3:30.6

## **OTHER DISCONTINUED YARDAGE & METRIC EVENTS**

### **180 Yd. Low Hurdles (1951-1977)**

1	Dan Wierson, Ames	1972	18.8
2	Gary Osborn, Winterset	1962	18.9
	Jerry Heston, Ankeny	1970	18.9
4	Denny Murphy, Assumption, Davenport	1971	19.0
5	Mark Votroubeck, Cedar Rapids Kennedy	1968	19.1
	Dave Moglebust, Eagle Grove	1973	19.1
	Ron Davis, Perry	1964-65	19.1
8	Dick Fowler, Ames	1951	19.2
	Bob Brandt, Denison	1956	19.2
	Rich Gauger, Charles City	1968	19.2

	Ray Davis, Urbandale	1968	19.2
	Charles Cross, Wahlert, Dubuque	1969	19.2
	Dave McCurry, Grinnell	1969	19.2
	Paul Schuette, Ames	1974	19.2
	Ray Sheppard, Waterloo East	1970-71	19.2
16	Rick Defenbaugh, Mount Ayr	1964	19.3
	Jerry Hermson, Kuemper Catholic, Carroll	1971	19.3

### 220 Yd. Low Hurdles (1906-1934)

1	Francis Layden, Davenport	1931	24.1
2	Frank Cuhel, Cedar Rapids	1924	24.3
3	Leonard Kenney, Mason City	1930	24.4
4	Tom Neal, Sioux City Central	1933	24.8
5	John Beckner, Clarinda	1928	24.9
6	Dick Crayne, Fairfield	1932	25.2
7	Leonard Moulton, CB Abraham Lincoln	1929	25.4
8	Monte Beauchamp, Winfield	1925	25.7

### 200 Yd. Low Hurdles (1935-1950)

1	Bob Morris, Clarion	1940	2.4
2	Paul Swanson, Clinton	1937	22.6
3	Dean Deuel, Cherokee	1947-48	22.7
4	Lee Hofacre, Clinton	1944	22.8
5	Bob O'Dell, Sioux City East	1939	23.0
	Hoarce Peoples, Davenport	1942	3.0
	Don Davis, Burlington	1949	23.0
	Earl Ault, Des Moines East	1949	23.0
9	Barnes, Grinnell	1936	23.1
	Junior Franck, Davenport	1941	23.1
	Ray Kaiser, Des Moines East	1950	23.1
12	Albert Ruble, Ottumwa	1935	23.2
	Harry Vollenweider, Dubuque	1938	23.2
14	Fred Eno, Villisca	1943	23.3

### 1,500 Meters (not contested in Iowa; except at 1976 Drake Relays) - mixed hand held and FAT)

1	Ed DeLashmutt, Fort Madison	1976	3:59.63
2	Brett Adams, Assumption, Davenport	2004	3:59.57
3	Brad Cook, Cedar Falls	1976	4:02.7
4	Rich Fuller, Davenport Central	1976	4:03.8
5	Doug Smith (Jr. High-Fr), Sioux City	1965	4:04.9
6	Jon Marshall, CB Thomas Jefferson	1976	4:05.6
	Pete Riley, CR Washington	1976	4:05.6
8	Scott Wulfekuhler, Mason City	1976	4:06.7
9	Tom Teeling, Dubuque Senior	1976	4:06.8
10	Chuck Grato, Ames	1976	4:07.9
11	Jon Pelzer, Tipton	1976	4:14.6

## **4 x 110 Meter Shuttle Hurdle Relay** (mixed hh (') and FAT in hundredths;

New Event: Started in 2007 – 30 inch hurdles

1	Iowa City West	2008	56.15
2	Ames	2008	56.64
3	Dubuque Hempstead	2008	56.78
4	Hudson	2008	57.09
5	Valley, WDM	2007	57.15
	Des Moines Lincoln	2007	57.15
7	Valley, WDM	2008	57.20
8	Atlantic	2008	57.30
9	Center Point-Urbana	2008	57.34
10	Mount Pleasant	2007	57.37
11	Linn-Mar, Marion	2007	57.4'
12	Mount Pleasant	2008	57.50
13	Waukee	2007	57.5'
14	Muscatine	2007	57.53
15	Ankeny	2008	57.56
16	Valley, WDM	2008	57.6'
	Ankeny	2008	57.6'
	Boone	2008	57.6'
19	Waukee	2007	57.62
20	Ames	2007	57.7'
21	Council Bluffs Thomas Jefferson	2007	57.8'
22	Beckman, Dyersville	2007	57.84
23	Washington	2007	57.9'
24	Emmetsburg	2008	57.91
25	Pekin	2008	57.93
26	Charles City	2008	58.01
27	Muscatine	2008	58.02
28	Southeast Polk	2007	58.07
29	Knoxville	2007	58.09
30	WACO, Wayland	2008	58.15
31	Linn-Mar, Marion	2007	58.17
	Madrid	2008	58.17
33	Manson-Northwest Webster	2008	58.25
	Washington	2008	58.25
35	Southeast Polk	2008	58.3'
36	Roland-Story	2007	58.30
37	Atlantic	2007	58.4'
	Tri-County, Thornburg	2007	58.4'
39	Okoboji, Milford	2008	58.49
40	Cedar Rapids Kennedy	2008	58.5'
	Pocahontas Area	2008	58.57
42	Burlington	2008	58.6'
	Okoboji, Milford	2008	58.6'

## **4 x 110 Meter Shuttle Hurdle Relay (FAT; 30" hurdles) 2007-2008**

<b>1</b>	<b>Iowa City West</b>	<b>2008</b>	<b>56.15</b>
<b>2</b>	<b>Ames</b>	<b>2008</b>	<b>56.64</b>
<b>3</b>	<b>Dubuque Hempstead</b>	<b>2008</b>	<b>56.78</b>
<b>4</b>	<b>Hudson</b>	<b>2008</b>	<b>57.09</b>
<b>5</b>	<b>Valley, WDM</b>	<b>2007</b>	<b>57.15</b>
	<b>Des Moines Lincoln</b>	<b>2007</b>	<b>57.15</b>
<b>7</b>	<b>Valley, WDM</b>	<b>2008</b>	<b>57.20</b>
<b>8</b>	<b>Atlantic</b>	<b>2008</b>	<b>57.30</b>
<b>9</b>	<b>Center Point-Urbana</b>	<b>2008</b>	<b>57.34</b>
<b>10</b>	<b>Mount Pleasant</b>	<b>2007</b>	<b>57.37</b>
<b>11</b>	<b>Mount Pleasant</b>	<b>2008</b>	<b>57.50</b>
<b>12</b>	<b>Muscatine</b>	<b>2007</b>	<b>57.53</b>
<b>13</b>	<b>Ankeny</b>	<b>2008</b>	<b>57.56</b>
<b>14</b>	<b>Waukee</b>	<b>2007</b>	<b>57.62</b>
<b>15</b>	<b>Beckman, Dyersville</b>	<b>2007</b>	<b>57.84</b>
<b>16</b>	<b>Emmetsburg</b>	<b>2008</b>	<b>57.91</b>
<b>17</b>	<b>Pekin</b>	<b>2008</b>	<b>57.93</b>
<b>18</b>	<b>Charles City</b>	<b>2008</b>	<b>58.01</b>
<b>19</b>	<b>Muscatine</b>	<b>2008</b>	<b>58.02</b>
<b>20</b>	<b>Ames</b>	<b>2007</b>	<b>58.06</b>
<b>21</b>	<b>Southeast Polk</b>	<b>2007</b>	<b>58.07</b>
<b>22</b>	<b>Knoxville</b>	<b>2007</b>	<b>58.09</b>
<b>23</b>	<b>Washington</b>	<b>2007</b>	<b>58.12</b>
<b>24</b>	<b>WACO, Wayland</b>	<b>2008</b>	<b>58.15</b>
<b>25</b>	<b>Linn-Mar, Marion</b>	<b>2007</b>	<b>58.17</b>
	<b>Madrid</b>	<b>2008</b>	<b>58.17</b>
<b>27</b>	<b>Boone</b>	<b>2008</b>	<b>58.24</b>
<b>28</b>	<b>Manson-Northwest Webster</b>	<b>2008</b>	<b>58.25</b>
	<b>Washington</b>	<b>2008</b>	<b>58.25</b>
<b>30</b>	<b>Roland-Story</b>	<b>2007</b>	<b>58.30</b>
<b>31</b>	<b>Council Bluffs Thomas Jefferson</b>	<b>2007</b>	<b>58.39</b>
<b>32</b>	<b>Okoboji, Milford</b>	<b>2008</b>	<b>58.49</b>
<b>33</b>	<b>Atlantic</b>	<b>2007</b>	<b>58.57</b>
	<b>Pocahontas Area</b>	<b>2008</b>	<b>58.57</b>
<b>35</b>	<b>Burlington</b>	<b>2008</b>	<b>58.64</b>
	<b>Panorama</b>	<b>2008</b>	<b>58.64</b>
<b>37</b>	<b>West Hancock, Britt</b>	<b>2008</b>	<b>58.69</b>
<b>38</b>	<b>Jefferson-Scranton</b>	<b>2007</b>	<b>58.70</b>
	<b>Vinton-Shellsburg</b>	<b>2008</b>	<b>58.70</b>

## RETIRED FIELD EVENTS - DISCONTINUED

### Pole Vault (1906-89)

1	Preston Schmidt, Bettendorf	1984	16-06.50
2	Owen Buckley, Sioux City North	1978	15-06.25
3	Bob Edwards, Fort Dodge	1987	15-04
4	Steve Ford, Cedar Falls	1971	15-03
5	Dave Nielsen, Iowa City West	1971	15-01.50
6	Tom Pratt, Cherokee	1976	15-00.50
7	Ted Burgmeier, Wahlert, Dubuque	1974	15-00
	Kevin Welu, Wahlert, Dubuque	1982	15-00
9	Phil Wertman, Villisca	1967	14-10.50
10	Kelly Pardekooper, Iowa City West	1986	14-08
11	Paul Waglar, Burlington	1984	14-07.75
12	Randy Miller, Iowa City, City	1977	14-07.50
13	Joe Milliken, Ames	1976	14-07
14	Jim Lichty, Columbus, Waterloo	1971	14-06.75
15	Kent Anderson, Ames	1972	14-06.25
16	Tom Keating, Bettendorf	1985	14-06
	Robert Grimes, North Scott, Eldridge	1983	14-06
	Bill Beavers, Ames	1981	14-06
	Larry Hadley, Waterloo East	1979	14-06
	Tim Jamerson, Columbus Cath, Waterloo	1977	14-06
	Ron Bultje, Sioux City North	1976	14-06
	Curt Broek, Sioux Center	1975	14-06

### Hammer Throw – 12 lbs. (1906-10)

1	Martin Weiss, Marion	1909	164-05
2	Merle Alderman, Marion	1908	154-05
3	Rudolph Hoper, Hartley	1910	146-10
4	Glenn Simons, Des Moines North	1908	143-08
5	Locke Macomber, Des Moines West	1906	140-03

### Javelin (1927-41)

1	Bruce Erickson, Traer	1939	195-08.25
2	George Gast, Osage	1940	194-10
3	Paul Fagerlind, Waterloo East	1941	184-11.5
4	Dick Hoerner, Dubuque Senior	1940	182-08.5
5	Elmo "Swede" Nelson, Clearfield	1928	181-07.25
6	Gail Davis, Perry	1935	180-10.25
7	Paul Kanellis, Cedar Rapids Franklin	1939	180-9.05
8	Robert Bowne, Cedar Rapids Franklin	1939	179-05
9	Ira Lund, Clinton	1939	177-04

## Football Throw (1942-63)

*(Point System used 1942-49; Yardage used 1950-63)*

1	Gary Eggers, Audubon	1963	266-05
2	Roger Larson, Underwood	1962	265-08
3	Stan Whitman, Iowa Falls	1963	259-05
4	Gary Snook, Iowa City, City	1961	249-08
5	Steve Soesbe, Ames	1963	245-07
6	Dave Magrane, Ottumwa	1960	244-02
7	Duane Avey, Adair-Casey	1963	243-10
8	Mike Reilly, Dubuque	1960	242-00
9	Pat Batten, Eldora	1960	241-10
10	Gordon Haack, Webster City	1952	240-02
11	Dave Anderson, Ottumwa	1956	239-00
12	Glen Banks, Ainsworth	1963	238-09
13	Mike Saresky, Iowa City University	1963	238-08
14	Bob Walker, Iowa Training School, Eldora	1957	238-00
15	Tom Hertz, Creston	1959	237-07
16	Henry Ehler, Newton	1960	236-04
17	Ron Smith, Chariton	1963	236-02
18	Charles Butler, Waterloo East	1961	234-05
19	Frank Swaney, Garner-Hayfield	1963	233-00
	Norman Schroeder, Manning	1963	233-00
21	Jerry Jobe, Mount Ayr	1960	232-02
	Terry Fox, Perry	1963	232-02
23	Jim Galles, Kingsley-Pierson	1963	232-01

## DISCONTINUED WHEELCHAIR EVENTS

### 800 Meters (1990-2002)

1	E. J. Runyan, Johnston	1999	2:06.79
2	Brian Wauters, Marshalltown	2002	2:19.9
3	Tony Ramirez, Bishop Heelan, Sx City	1990	2:43.01
4	Mark Hauschildt, Greenfield	1996	2:44.91

### Discus (1990-2004)

1	Nick Lange, Wahlert, Dubuque	2003	85-10
2	E. J. Runyan, Johnston	2000	72-04
3	Mark Hauschildt, Greenfield	1996	71-03
4	Sean Eherenman, Waterloo West	2003	63-07