

IHSAA Track & Field All-Time Best Performances

Updated thru August 30, 2007

' denotes time converted from yards; times in tenths are hand-held & rounded up; others are fully automatic times. No -.24 has been applied for FATs to hand held or +.24 for hand-held to FAT

An individual's all-time best is listed only once even though he may have had other performances that would fit into the list. A school's best in a relay event is listed by their best in any given year that meets the cut-off.

Coaches who have individual or team performances, past or current, that qualify should send them to

Bud Legg at the IHSAA – PO Box 10; Boone, IA 50036 or e-mail: blegg@iahsaa.org Please note if running events were hand-times or FAT times and the date of the performance. We are indebted to the late Mike Henderson for his assistance in contributing to this list in 2002; and to coaches and media for helping keep the list accurate.

100 Meters

| | | | |
|----|-------------------------------------|------|------|
| 1 | Adam Haluska, Carroll | 2002 | 10.1 |
| 2 | Tim Dwight, Iowa City, City | 1994 | 10.2 |
| 3 | Trey 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 |
| 10 | 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 |
| 15 | Clyde Duncan, Des Moines North | 1964 | 10.5 |
| | 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 |

100 Meters (automatic timed)

| | | | |
|----|--|---------|-------|
| 1 | Marques Simmons, Davenport North | 2000-01 | 10.63 |
| 2 | Andy Brodell, Ankeny | 2003 | 10.65 |
| 3 | Kevin Monroe, Muscatine | 1988 | 10.67 |
| 4 | Bryant Williams, Waterloo West | 1987-88 | 10.68 |
| | Robert Thompson, Des Moines East | 2004 | 10.68 |
| 6 | Trey Jackson, Newton | 1981 | 10.70 |
| | Kevin Collins, Davenport West | 1998 | 10.70 |
| 8 | David Palmer, Waterloo Central | 1983 | 10.71 |
| 9 | Joe James, Des Moines East | 1989 | 10.72 |
| 10 | Calvin Davis, Iowa City, City | 2002 | 10.73 |
| 11 | Curtis Hawkins, Ames | 1992 | 10.74 |
| 12 | Milton Lanier, CR Washington | 2001 | 10.75 |
| | Mike Fiech, West Lyon, Inwood | 2000 | 10.75 |
| 14 | Jeff Nielsen, Britt | 1980 | 10.76 |
| | Adam Haluska, Carroll | 2002 | 10.76 |
| | Dwayne Wright, Newton | 2002 | 10.76 |
| 17 | Merrill Coleman, Iowa City, City | 1996 | 10.78 |
| | Terry Gantt, CR Washington | 2003 | 10.78 |
| 19 | Hakim Hill, Iowa City, City | 2001 | 10.79 |
| 20 | Araf Evans, CR Jefferson | 2003 | 10.80 |
| 21 | Kevin Little, Ankeny | 1986 | 10.81 |
| | Mike Mitchell, Davenport Central | 2005 | 10.81 |
| 23 | Cordell Smith, Waterloo West | 1979 | 10.82 |
| | Randy Thompson, Corwith-Wesley-LuVerne | 1994 | 10.82 |
| | Aaron Greving, Ames | 1997 | 10.82 |
| 26 | 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 |
| 30 | Doug Miller, Mount Pleasant | 1993 | 10.84 |
| | Tim Dwight, Iowa City, City | 1994 | 10.84 |
| | Jeff Adam, Cardinal, Eldon | 1996 | 10.84 |
| 33 | David Knight, Ames | 1989 | 10.86 |
| | Nikolai Hill, Iowa City, City | 1997 | 10.86 |

200 Meters (mixed converted from yards, hand-held and FAT)

| | | | |
|---|----------------------------------|------|-------|
| 1 | Tim Dwight, Iowa City, City | 1994 | 20.8 |
| | Tom Jennings, Marshalltown | 1955 | 20.8' |
| 3 | Clyde Duncan, DM North | 1964 | 21.0' |
| 4 | Reggie Kaiser, DM North | 1948 | 21.1' |
| | Gary Sanow, Marcus | 1968 | 21.1' |
| | Marques Simmons, Davenport North | 2001 | 21.1' |

| | | | |
|----|-------------------------------------|------|-------|
| 7 | Carl Nelson, Clinton | 1933 | 21.2' |
| | Gary Scott, DM North | 1948 | 21.2' |
| | Page Arnold, Ames | 1949 | 21.2' |
| | Bruce McDonald, Scranton | 1964 | 21.2' |
| | Treye 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 |
| 14 | Larry Eischen, West Des Moines | 1955 | 21.3' |
| | Ron Davis, Perry | 1965 | 21.3 |
| | Jim Kirby, DM North | 1966 | 21.3' |
| | Dan Fields, Sioux City Central | 1969 | 21.3' |
| | Dick Eisenlauer, DM East | 1971 | 21.3' |
| | Kevin Monroe, Muscatine | 1988 | 21.3 |
| 20 | Nik Moser, Fort Dodge | 2001 | 21.33 |
| 21 | Calvin Davis, Iowa City, City | 2002 | 21.37 |
| 22 | Hugh Hines, Burlington | 1949 | 21.4' |
| | Page Arnold, Ames | 1949 | 21.4' |
| | Steve Menefee, Aurelia | 1968 | 21.4' |
| | Tom Dovel, Red Oak | 1973 | 21.4' |
| | Greg Mick, CR Kennedy | 1976 | 21.4' |
| | Kent Lester, Clarion | 1980 | 21.4 |
| | Kevin Little, Ankeny | 1986 | 21.4 |
| | Zach Grimm, Iowa Mennonite | 1999 | 21.4 |
| | Milton Lanier, CR Washington | 2001 | 21.4 |
| | Andy Brodell, Ankeny | 2003 | 21.4 |

200 Meters (automatic timed)

| | | | |
|----|----------------------------------|------|-------|
| 1 | Nik Moser, Fort Dodge | 2001 | 21.33 |
| 2 | Marques Simmons, Davenport North | 2001 | 21.34 |
| 3 | Calvin Davis, Iowa City, City | 2002 | 21.37 |
| 4 | Kevin Little, Ankeny | 1986 | 21.50 |
| 5 | Treye Jackson, Newton | 1981 | 21.51 |
| | Willie Lacey, Davenport West | 1987 | 21.51 |
| 7 | Kenny Shedd, Davenport West | 1989 | 21.56 |
| | Tim Dwight, Iowa City, City | 1993 | 21.56 |
| | Adam Haluska, Carroll | 2002 | 21.56 |
| 10 | Jason Ringena, Iowa City, City | 1997 | 21.57 |
| 11 | Andy Brodell, Ankeny | 2003 | 21.58 |
| 12 | Dwayne Wright, Newton | 1989 | 21.73 |
| 13 | David Knight, Ames | 1989 | 21.74 |
| 14 | James Kirby, Valley, WDM | 1987 | 21.77 |
| | Bryan Collins, Valley, WDM | 2006 | 21.77 |
| 16 | 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 |
| 21 | Josh Webb, Cedar Falls | 2005 | 21.79 |

| | | | |
|----|--------------------------------------|------|-------|
| 22 | Lee Elbert, Bishop Garrigan, Algona | 2003 | 21.80 |
| | Aaron Jordan, Des Moines East | 2006 | 21.80 |
| 24 | Kevin Monroe, Muscatine | 1988 | 21.81 |
| | Jason Nolting, Preston-East Central | 2001 | 21.81 |
| 26 | Jeremy Yates, Lewis Central | 2006 | 21.82 |
| 27 | Baylor Goode, CR Kennedy | 1990 | 21.86 |
| 28 | Jamie Leonard, Dallas Center-Grimes | 1990 | 21.87 |
| 29 | Quennel McCaleb, Fort Dodge | 1998 | 21.88 |
| | Andy Moser, Guttenberg | 2000 | 21.88 |
| 31 | Jeff Adam, Cardinal, Eldon | 1996 | 21.89 |
| 32 | Marshall Frazier, Bettendorf | 1996 | 21.91 |
| 33 | Josh Leonard, Ankeny | 2002 | 21.92 |
| 34 | Tim Dodge, Rockwell-Swaledale | 1997 | 21.93 |
| | Aaron Greving, Ames | 1998 | 21.93 |
| 36 | Mike Mitchell, Davenport Central | 2005 | 21.94 |
| | Dwayne Wright, Newton | 2002 | 21.94 |
| 38 | Brandon McSkimming, Valley, WDM | 2006 | 21.95 |
| 39 | Sly Brown, Davenport Central | 1990 | 21.96 |
| 40 | Adam Benge, Ankeny | 1998 | 21.97 |
| 41 | Gary Crouch, Davenport Central | 1984 | 21.98 |
| | Karlos Kirby, Valley, WDM | 1986 | 21.98 |
| | David Harrington, Waterloo Central | 1987 | 21.98 |
| | Cole Honeck, Hampton-Dumont | 1989 | 21.98 |
| 45 | Chad Brewbaker, Indianola | 1998 | 21.99 |
| | Cody Eichmeier, AGWSR, Ackley | 2002 | 21.99 |
| | Jared Graham, Tri-Center, Neola | 2002 | 21.99 |
| | Terry Gantt, Cedar Rapids Washington | 2003 | 21.99 |

400 Meters (mixed converted from yards, 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 | Kim Sykes, Waterloo East | 1979 | 47.5 |
| 6 | David Knight, Ames | 1989 | 47.53 |
| 7 | Roger Colglazier, Davenport Central | 1968 | 47.6' |
| | Bill Tanner, Eagle Grove | 1977 | 47.6' |
| 9 | Jim Kirby, DM North | 1967 | 47.7' |
| | Chuck Curtis, Clinton | 1970 | 47.7' |
| 11 | Willie Lacy, Davenport West | 1987 | 47.74 |
| 12 | Dwayne Wright, Waterloo West | 1989 | 47.9 |
| | Jeff Fedler, Mount Pleasant | 2001 | 47.9 |
| 14 | Josh Leonard, Ankeny | 2002 | 48.0 |
| 15 | Terrence Reid, Davenport Central | 2004 | 48.03 |
| 16 | Kevin Kuchel, Kingsley-Pierson | 1978 | 48.10 |
| 17 | Dick Eisenlauer, DM East | 1971 | 48.1' |
| | Jeff Burris, Ames | 1985 | 48.1 |
| | Tim Dwight, Iowa City, City | 1994 | 48.1 |
| | Aaron Stockstell, Mid-Prairie, Wellman | 2007 | 48.1 |

| | | | |
|----|--|------|----------------------------|
| 20 | Jim Turner, Marshalltown | 1986 | 48.11 |
| | Greg Offerman, Charles City | 2005 | 48.11 |
| 22 | Ben Lueth, Ames | 2004 | 48.25 |
| 23 | David Palmer, Waterloo Central | 1983 | 48.26 |
| 24 | Aaron Foreman, CR Washington | 1998 | 48.27 |
| 25 | John Barnett, Ames | 1991 | 48.30 |
| | Aaron Stockstell, Mid-Prairie, Wellman | 2007 | 48.30 (48.71 indoor, 2007) |
| 26 | Clyde Duncan, DM North | 1964 | 48.3' |
| | Dennis Roloff, CR Jefferson | 1971 | 48.3' |
| | Baylor Goode, CR Kennedy | 1990 | 48.3 |
| | Cody Eichmeier, AGWSR, Ackley | 2003 | 48.3 |
| 30 | Kevin Roberts, Cedar Falls | 2004 | 48.31 |
| 31 | Mike Craddick, Assumption, Davenport | 2005 | 48.34 |
| 32 | Jeff Beelman, Fort Madison | 1980 | 48.36 |
| 33 | Bryan Collins, Valley, WM | 2007 | 48.4' |
| | Pat Hansel, Sioux City East | 1961 | 48.4' |
| | Brent Slay, Oskaloosa | 1966 | 48.4' |
| | Jeff Kapler, CR Washington | 1987 | 48.4 |
| 37 | Zac Sandvig, Valley, WDM | 2006 | 48.41 |
| 38 | Allen Burns, Sioux City East | 1985 | 48.43 |
| | Kent Terillion, Marshalltown | 1985 | 48.43 |
| 40 | Tony Collins, Assumption, Davenport | 1995 | 48.46 |
| | Bryan Collins, Valley, WDM | 2007 | 48.46 |
| 42 | Todd Holm, Tripoli | 1980 | 48.47 |
| 43 | Adam Haluska, Carroll | 2002 | 48.48 |
| 44 | Trey Jackson, Newton | 1981 | 48.50 |
| | Chris McCullough, Pleasantville | 1998 | 48.50 |
| 46 | Bob Covey, Ames | 1957 | 48.5' |
| | Bob Tyson, Waterloo East | 1966 | 48.5' |
| | Tom Dovel, Red Oak | 1973 | 48.5' |
| | James Kirby, Valley, WDM | 1987 | 48.5 |
| | Jerod Torrey, Centerville | 1999 | 48.5 |
| | Cody Baethke, Williamsburg | 2006 | 48.5 |

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 | Willie Lacy, Davenport West | 1987 | 47.74 |
| 6 | Kenny Shedd, Davenport West | 1989 | 47.81 |
| 7 | Terrence Reid, Davenport Central | 2004 | 48.03 |
| 8 | Kevin Kuchel, Kingsley-Pierson | 1978 | 48.10 |
| 9 | Jim Turner, Marshalltown | 1986 | 48.11 |
| | Greg Offerman, Charles City | 2005 | 48.11 |
| 11 | Ben Lueth, Ames | 2004 | 48.25 |
| 12 | David Palmer, Waterloo Central | 1983 | 48.26 |
| 13 | Aaron Foreman, CR Washington | 1998 | 48.27 |

| | | | |
|----|--|------|-----------------------------|
| 14 | John Barnett, Ames | 1991 | 48.30 |
| | Josh Leonard, Ankeny | 2002 | 48.30 |
| | Aaron Stockstell, Mid-Prairie, Wellman | 2007 | 48.30 (48.71, indoor, 2007) |
| 17 | Kevin Roberts, Cedar Falls | 2004 | 48.31 |
| 18 | Jordan Cornilsen, Preston-East Central | 2007 | 48.32 |
| 19 | Mike Craddick, Assumption, Davenport | 2005 | 48.34 |
| 20 | Jeff Beelman, Fort Madison | 1980 | 48.36 |
| | Jeff Fedler, Mount Pleasant | 2001 | 48.36 |
| 22 | Zac Sandvig, Valley, WDM | 2006 | 48.41 |
| 23 | Allen Burns, Sioux City East | 1985 | 48.43 |
| | Kent Terillion, Marshalltown | 1985 | 48.43 |
| 25 | Tony Collins, Assumption, Davenport | 1995 | 48.46 |
| | Bryan Collins, Valley, WDM | 2007 | 48.46 |
| 27 | Todd Holm, Tripoli | 1980 | 48.47 |
| 28 | Adam Haluska, Carroll | 2002 | 48.48 |
| 29 | Treye Jackson, Newton | 1981 | 48.50 |
| | Chris McCullough, Pleasantville | 1998 | 48.50 |
| 31 | Jeff Kapler, CR Washington | 1987 | 48.51 |
| 32 | John Judisch, Tripoli | 1994 | 48.54 |
| 33 | Dustin Olson, Iowa Valley, Marengo | 1999 | 48.57 |
| 34 | Jerod Torrey, Centerville | 1999 | 48.58 |
| 35 | Jason Ringena, Iowa City, City | 1996 | 48.63 |
| | Mike Mansour, Creston | 1998 | 48.63 |
| 38 | Jason Sweet, Waterloo East | 1989 | 48.65 |
| 39 | Brooks Glasnapp, Roland-Story | 1983 | 48.67 |
| | Tim Bohlman, North Scott | 1983 | 48.67 |
| 41 | Jared Van Wyk, Pella Christian | 2002 | 48.72 |
| 42 | Cody Eichmeier, AGWSR, Ackley | 2002 | 48.75 |
| 43 | Scott Vermulm, Johnston | 2000 | 48.76 |
| 44 | David Wilcox, Prairie, CR | 1987 | 48.77 |
| 45 | Aaron Egbert, Mediapolis | 1994 | 48.78 |
| | Robby Worrels, Clinton | 2001 | 48.78 |
| 47 | Dirk Homewood, Cedar Falls | 2000 | 48.82 |
| | Eli Brus, Camanche | 2006 | 48.82 |
| 49 | Tracy McCampbell, Burlington | 1985 | 48.85 |
| 50 | Jason Nolting, Preston-East Central | 2001 | 48.86 |
| 51 | Nick Kuchel, Kingsley-Pierson | 2006 | 48.87 |
| 52 | Lonnie Balmer, Knoxville | 1990 | 48.88 |
| | Jake Nelson, Des Moines Christian | 2000 | 48.88 |

800 Meters (mixed converted from yards, hand-held and FAT)

| | | | |
|---|--|------|---------|
| 1 | David Korir, CR Washington | 1975 | 1:49.3' |
| 2 | Aaron Stockstell, Mid-Prairie, Wellman | 2007 | 1:50.18 |
| 3 | Joseph Kiptanui, Indianola | 1990 | 1:50.97 |
| 4 | Bob Prince, Sioux City East | 1973 | 1:51.6' |
| 5 | Caesar Smith, Des Moines East | 1982 | 1:52.02 |
| 6 | Corbin Miller, Marshalltown | 2006 | 1:52.35 |
| 7 | Mike Hillby, Wahlert, Dubuque | 1975 | 1:52.4' |
| 8 | Steve Gerkin, Sioux City Central | 1966 | 1:52.8' |

| | | | |
|----|--|------|---------|
| 9 | Steve Koson, Sioux City Central | 1968 | 1:52.9' |
| | Scott Gwin, Davenport Central | 1977 | 1:52.9' |
| | Brett Carney, Ames | 1987 | 1:52.9 |
| 12 | Logan Gonzales, Boone | 2006 | 1:52.91 |
| 13 | Blake Irwin, Pleasant Valley | 2007 | 1:52.96 |
| 14 | Randy Barrick, Spencer | 1982 | 1:53.00 |
| 15 | Steve Johnson, Sioux City East | 1969 | 1:53.3' |
| | Joey Woody, Iowa City, City | 1992 | 1:53.3 |
| | Brent MacLagan, Jefferson-Scranton | 1995 | 1:53.3 |
| 18 | Mark Steffen, Davenport West | 1968 | 1:53.6' |
| 19 | David Lantz, Dowling Catholic, WDM | 2006 | 1:53.66 |
| 20 | Leif Kennedy, Clear Lake | 2000 | 1:53.80 |
| 21 | Galen Gunnick, Sioux City North | 1979 | 1:54.0 |
| | Tim Orris, Dubuque Senior | 1999 | 1:54.0 |
| 22 | Beau Dielschneider, BCLUW, Conrad | 2007 | 1:54.01 |
| 23 | Craig Cartier, Marshalltown | 2000 | 1:54.1 |
| | Nick Sorbe, Storm Lake | 2004 | 1:54.1 |
| 25 | Brett Adams, Assumption, Davenport | 2004 | 1:54.16 |
| 26 | Matt Gabrielson, Belmond-Klemme | 1996 | 1:54.2 |
| 27 | Mike Craddick, Assumption, Davenport | 2005 | 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 | Barry Brandt, Mason City | 1974 | 1:54.4' |
| | John Burris, Ames | 1987 | 1:54.4 |
| | Matt Mullenix, Woodbine | 1992 | 1:54.4 |
| 34 | Isaac Wendland, Charles City | 2005 | 1:54.46 |
| 35 | Nate Wall, Adel-DeSoto | 1993 | 1:54.48 |
| 36 | John Graves, Cherokee | 1933 | 1:54.5' |
| | Dennis Schultz, West Delaware | 1970 | 1:54.5' |
| | Jim McGuire, Centerville | 1976 | 1:54.5' |
| | John Marshall, CB Thomas Jefferson | 1977 | 1:54.5' |
| | Mike Elliott, West Branch | 1977 | 1:54.5' |
| 41 | Darin Astor, Fort Dodge | 1992 | 1:54.67 |
| 42 | Colin Miller, Valley, WDM | 1980 | 1:54.78 |
| 43 | Tyler Mulder, Unity Christian, Orange City | 2005 | 1:54.79 |
| 44 | Doug Smith, Sioux City Central | 1967 | 1:54.8' |
| | Brian Frevert, Greene | 1975 | 1:54.8' |
| 46 | Jeff Burris, Ames | 1985 | 1:54.82 |
| 47 | Tedd Allen, East Marshall | 2001 | 1:54.83 |
| 48 | Joel Hodges, Davenport Central | 1965 | 1:54.9' |
| 49 | Zach Brower, Valley, WDM | 2004 | 1:54.98 |
| 50 | Fred Schafer, Clinton | 1969 | 1:55.0' |
| | Guy Potter, Ottumwa | 1987 | 1:55.0 |
| | Dylan Davis, ADM, Adel | 2003 | 1:55.0 |

1,600 Meters (mixed converted from yards, hand-held and FAT)

| | | | |
|----|---------------------------------------|------|----------|
| 1 | Ed DeLashmutt, Fort Madison | 1976 | 4:05.6' |
| 2 | Jerome Howe, Treynor | 1968 | 4:07.7' |
| 3 | Doug Smith, Sioux City Central | 1968 | 4:11.0' |
| 4 | Steve Greiner, Pekin | 1979 | 4:11.57 |
| 5 | Gregg Newell, Davenport Central | 1972 | 4:11.8' |
| 6 | Joe Burke, Columbus, Waterloo | 1975 | 4:12.2' |
| 7 | Jim Eicken, Davenport Central | 1975 | 4:12.4' |
| 8 | Bob Connell, Columbus, Waterloo | 1972 | 4:12.7' |
| 9 | Tom Farrell, Dowling Catholic, WDM | 1975 | 4:12.9' |
| 10 | Tom Schoberg, Bishop Heelan, Sx City | 1972 | 4:13.4' |
| 11 | Jon Mathiason, Fort Madison | 1977 | 4:13.5' |
| 12 | Todd Peverill, Waterloo East | 1979 | 4:13.65 |
| 13 | Mike Burke, Columbus, Waterloo | 1971 | 4:13.7' |
| 14 | Doug Smith (FR) Sioux City Central | 1965 | 4:13.9' |
| 15 | Logan Gonzales, Boone | 2005 | 4:13.98 |
| 16 | Jon Thomas, Des Moines Roosevelt | 2004 | 4:14.01 |
| 17 | Bill Theissen, Dowling Catholic, WDM | 1981 | 4:14.11 |
| 18 | Don Akin, Sioux City East | 1971 | 4:14.2' |
| 19 | Brett Adams, Assumption, Davenport | 2004 | 4:14.31 |
| 20 | Randy Jackson, Iowa City, City | 1976 | 4:14.7' |
| 21 | Pete Riley, CR Washington | 1977 | 4:14.90* |
| 22 | Jim McCauley, Bishop Heelan, Sx City | 1977 | 4:14.94* |
| 23 | Ralph Trimble, CR Jefferson | 1959 | 4:15.1' |
| 24 | Blake Schlotzhauer, Davenport Central | 2005 | 4:15.36 |
| 25 | Bobby Soule, Bishop Heelan, Sx City | 1983 | 4:15.47 |
| 26 | Rick McKean, Missouri Valley | 1977 | 4:15.51* |
| 27 | Darrin Rippey, DM Lincoln | 1987 | 4:15.56 |
| 28 | Jim Zinnel, Algona | 1979 | 4:15.74 |
| 29 | Tom Caughlan, Mason City | 1997 | 4:15.85 |
| 30 | Mike Holms, Valley, WDM | 1986 | 4:15.88 |
| 31 | Dan Sanders, Humboldt | 1967 | 4:16.2' |
| 32 | Dave Krantz, Columbus, Waterloo | 1970 | 4:16.4' |
| 33 | Tim Wilson, Clarke, Osceola | 1981 | 4:16.49 |
| 34 | Rob Brock, Dubuque Senior | 1997 | 4:16.5 |
| 35 | Mike Diment, DM Hoover | 1979 | 4:16.61 |
| 36 | Chris Francois, Davenport North | 1999 | 4:16.68 |
| 37 | Dan Taylor, Fort Dodge | 2002 | 4:16.72 |
| 38 | John Schuster, Dowling Catholic, WDM | 1986 | 4:16.82 |
| 39 | Jon Marshall, CB Thomas Jefferson | 1977 | 4:16.86* |
| 40 | Kiel Uhl, Des Moines Roosevelt | 2005 | 4:16.92 |
| | Stephen Dak, Marshalltown | 2007 | 4:16.92 |
| 42 | Lance Elliott, Montezuma | 1989 | 4:16.99 |

3,200 Meters (mixed converted from yards ('), hand-held and FAT)

| | | | |
|---|----------------------------------|------|---------|
| 1 | Jim Eicken, Davenport Central | 1975 | 8:52.0' |
| 2 | Randy Jackson, Iowa City, City | 1976 | 8:56.8' |
| 3 | Mark Johnson, Mason City | 1973 | 9:02.9' |
| 4 | Jon Thomas, Des Moines Roosevelt | 2005 | 9:04.33 |

| | | | |
|----|--|------|------------------|
| 5 | Wally Duffy, Shenandoah | 1979 | 9:04.6' |
| 6 | Jeff Myers, Davenport West | 1974 | 9:05.7' |
| 7 | Doug Smith, Sioux City Central | 1967 | 9:05.8' |
| 8 | Kiel Uhl, Des Moines Roosevelt | 2005 | 9:06.54 |
| 9 | Stephen Dak, Marshalltown | 2007 | 9:07.34 |
| 10 | Rob Brock, Dubuque Senior | 1997 | 9:09.1 |
| 11 | Jon Mathiason, Fort Madison | 1976 | 9:09.5' |
| 12 | Frank Richardson, Sac City | 1973 | 9:09.6' |
| 13 | Greg Prestemon, Ames | 1975 | 9:09.7' |
| 14 | Kiel Uhl, DM Roosevelt | 2005 | 9:09.78 (indoor) |
| 14 | Jeff Jacobs, Clinton | 1981 | 9:10.34 |
| 15 | Jeff Hammons, Iowa Valley, Marengo | 1985 | 9:10.95 |
| 16 | Bill Kerkeart, Sheldon | 1980 | 9:12.2 |
| 17 | Mark Bishop, Indianola | 1974 | 9:12.3' |
| 18 | Steve Pershing, Cedar Falls | 1974 | 9:12.6' |
| | Barry Lowe, Des Moines Lincoln | 1975 | 9:12.6' |
| | Mike Holms, Valley, WDM | 1985 | 9:12.60 |
| 21 | Dan Taylor, Fort Dodge | 2002 | 9:12.63 |
| 22 | Mike Diment, DM Hoover | 1978 | 9:12.70 |
| 23 | Kevin Morgan, Des Moines Lincoln | 2007 | 9:12.77 |
| 24 | Chris Jones, Iowa City West | 2000 | 9:13.04 |
| 25 | Trent Corey, Dubuque Senior | 1997 | 9:13.42 |
| 26 | Trent Graham, DM Roosevelt | 2000 | 9:13.87 |
| 27 | Charles Mosbrucker, Fort Dodge | 1978 | 9:14.49 |
| 28 | Blake Schlotzhauer, Davenport Central | 2005 | 9:15.11 |
| 29 | Mike Cregeen, Clarinda | 1974 | 9:15.8' |
| 30 | Tim Holton, Cherokee | 1977 | 9:16.26 |
| 31 | Scott Brink, Estherville | 1976 | 9:16.3' |
| 32 | Rich Twedt, DM Hoover | 1970 | 9:16.5' |
| 33 | Dan Fick, Muscatine | 1981 | 9:16.61 |
| 34 | Devin Allbaugh, Pleasant Valley | 2007 | 9:16.95 |
| 35 | Chris Leonard, Ankeny | 1980 | 9:16.98 |
| 36 | Tim Wilson, Clarke, Osceola | 1980 | 9:17.21 |
| 37 | Roy Clancy, Iowa City, City | 1973 | 9:17.3' |
| 38 | Ben Schuteman, Bettendorf | 2000 | 9:17.51 |
| 39 | Ben Grant, Epworth, Western Dubuque | 2004 | 9:18.04 |
| 40 | Jamie Hutcheson, Marshalltown | 1977 | 9:18.06 |
| 41 | Lynn Lee, Mason City | 1968 | 9:18.1' |
| 42 | Tom Caughlan, Mason City | 1995 | 9:18.12 |
| 43 | Paul Barnhart, Gehlen Catholic, LeMars | 1986 | 9:18.22 |
| 44 | Lance Elliott, Montezuma | 1989 | 9:18.37 |
| 45 | Tom Penningroth, Tipton | 1985 | 9:18.46 |
| 46 | Grant Shadden, Marshalltown | 2000 | 9:19.1 |
| 47 | Randy Fitzgerald, Decorah | 1977 | 9:19.11 |

110 M High Hurdles (y=yards; there is no conversion on the distance of 120 yards or 110 meters)

| | | | |
|---|-----------------------------|------|-------|
| 1 | Randy Elliott, Charles City | 1977 | 13.6y |
| 2 | Bill Betterton, Carlisle | 1992 | 13.8 |
| 3 | Greg Ruple, Urbandale | 1974 | 13.9y |

| | | | |
|----|--------------------------------------|------|-------|
| | Dean Fogarty, Marshalltown | 1979 | 13.9 |
| | Chris Wycoff, Ames | 1994 | 13.9 |
| 6 | Kent Wessely, Waterloo West | 1970 | 14.0y |
| | Wayne Franklin, DM Lincoln | 1971 | 14.0y |
| | 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 |
| 12 | John Dvorak, CR Washington | 1965 | 14.1y |
| | Scott Hamilton, Clinton | 1971 | 14.1y |
| | Roy Wigen, Spencer | 1976 | 14.1y |
| | 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 |
| | Jordan Mullen, Atlantic | 2007 | 14.1 |
| 21 | Eric Strim, Sioux City West | 1994 | 14.13 |
| 22 | John Adams, Missouri Valley | 1963 | 14.2y |
| | 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 |
| | Steve Casey, Cherokee | 1971 | 14.2y |
| | 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 |
| | Kaiphay Phaydavong, DM East | 1997 | 14.2 |
| | Jeff Happe, Ames | 1999 | 14.2 |
| | Chris McCullough, Valley, WDM | 2001 | 14.2 |

110 M High Hurdles (auto)

| | | | |
|----|--------------------------------------|------|-------|
| 1 | Eric Strim, Sioux City West | 1994 | 14.13 |
| 2 | Bill Betterton, Carlisle | 1992 | 14.15 |
| 3 | Dean Fogarty, Marshalltown | 1979 | 14.33 |
| | Chris Wycoff, Ames | 1994 | 14.33 |
| 5 | Randy Elliott, Charles City | 1977 | 14.34 |
| 6 | Jordan Crosby, Fort Dodge | 2003 | 14.35 |
| 7 | Nick Kuchel, Kingsley-Pierson | 2005 | 14.36 |
| 8 | Alonzo Clayton, Fort Dodge | 1993 | 14.40 |
| 9 | Cory Woods, Treynor | 1997 | 14.41 |
| 10 | Roger Craig, Davenport Central | 1979 | 14.43 |
| | Cyrus Nichols, Des Moines Roosevelt | 1999 | 14.43 |
| 12 | Derek Stevenson, Belmont | 1987 | 14.44 |
| | Nick Batterson, Eddyville-Blakesburg | 2006 | 14.44 |
| 14 | Matt Zuber, Iowa Valley, Marengo | 1985 | 14.45 |
| | Joey Woody, Iowa City, City | 1992 | 14.45 |

| | | | |
|----|------------------------------------|------|-------|
| 16 | Craig Nordlie, Nevada | 1978 | 14.46 |
| | Bruce Hackbarth, Algona | 1980 | 14.46 |
| 18 | Jason McCleary, Newton | 1990 | 14.47 |
| 19 | Dustin Avey, Ames | 1996 | 14.49 |
| 20 | Eric White, Burlington | 1983 | 14.50 |
| 21 | Aaron Abram, Valley, WDM | 1995 | 14.51 |
| 22 | Randy Booth, Grinnell | 1979 | 14.52 |
| | Blake Flansche, New Hampton | 2000 | 14.52 |
| 24 | 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 |
| 28 | Clete Younger, Ankeny | 2002 | 14.55 |
| 29 | Alonzo Moore, Des Moines Tech | 1978 | 14.56 |
| | Sean Johnson, Clinton | 2000 | 14.56 |
| | Derek Casey, Cherokee | 2002 | 14.56 |
| 32 | Chris Shannon, Wapsie Valley | 1993 | 14.58 |
| | Tim Holcomb, Southeast Polk | 2001 | 14.58 |
| 34 | Darwin Vande Hoef, Rock Valley | 1989 | 14.59 |
| | Chris McCullough, Valley, WDM | 2001 | 14.59 |
| | Marc Eaton, Perry | 2001 | 14.59 |
| 37 | Bill Betterton, Pleasantville | 1990 | 14.60 |
| 38 | Jeff Olorundami, Sioux City West | 2000 | 14.61 |
| | Jeff Lahr, West Delaware | 2004 | 14.61 |
| 40 | 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 | Greg Offerman, Charles City | 2005 | 51.35 |
| 3 | Eric Strim, Sioux City West | 1994 | 51.4 |
| 4 | Brent MacLagan, Jefferson-Scranton | 1995 | 51.62 |
| 5 | Joey Woody, Iowa City, City | 1992 | 51.8 |
| 6 | Tim Dwight, Iowa City, City | 1993 | 52.29 |
| 7 | Darwin Vande Hoef, Rock Valley | 1989 | 52.45 |
| | Gregg Garn, Ames | 1990 | 52.45 |
| 9 | Brian Stegall, Washington | 1999 | 52.46 |
| | Michael Bell, Marshalltown | 2002 | 52.46 |
| | Shaun Benefield, Mason City | 90-91 | 52.46 |
| 12 | Chris Wycoff, Ames | 1994 | 52.5 |
| | Jordan Crosby, Fort Dodge | 2003 | 52.5 |
| | Dennis Hammel, Davenport Central | 2005 | 52.55 |
| 15 | Tracy Pugh, Davenport Central | 1994 | 52.7 |
| 16 | Randy Moore, Cedar Rapids Kennedy | 1981 | 52.73 |
| 17 | Nik Moser, Fort Dodge | 2001 | 52.80 |
| 18 | Ryan Boyington, Hampton-Dumont | 1999 | 52.84 |
| 19 | Derek Gruber, CB Thomas Jefferson | 1998 | 52.9 |
| | Justin Koeppe, Storm Lake | 2002 | 52.9 |
| 21 | Kyle Bolejack, Ankeny | 1997 | 52.91 |
| 22 | Pete Avery, Waverly-Shell Rock | 2001 | 52.92 |

| | | | |
|----|------------------------------------|------|-------|
| 23 | Derek Casey, Cherokee | 2002 | 52.94 |
| 24 | Brian Rickels, Monticello | 1987 | 53.0 |
| 25 | Jason Gollither, Fort Madison | 1989 | 53.07 |
| 26 | Joel Hartman, Cedar Rapids Kennedy | 1985 | 53.1 |
| | Tom Wierzbicki, Ankeny | 1996 | 53.1 |
| | Tony Leick, St. Albert, Co. Bluffs | 1998 | 53.1 |
| 29 | 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 | Greg Offerman, Charles City | 2005 | 51.35 |
| 3 | Brent MacLagan, Jefferson-Scranton | 1995 | 51.62 |
| 4 | Eric Strim, Sioux City West | 1994 | 51.89 |
| 5 | Tim Dwight, Iowa City, City | 1993 | 52.29 |
| 6 | Darwin Vande Hoef, Rock Valley | 1989 | 52.45 |
| | Gregg Garn, Ames | 1990 | 52.45 |
| | Joey Woody, Iowa City, City | 1992 | 52.45 |
| 9 | Brian Stegall, Washington | 1999 | 52.46 |
| | Michael Bell, Marshalltown | 2002 | 52.46 |
| | Shaun Benefield, Mason City | 90-91 | 52.46 |
| 12 | Dennis Hammel, Davenport Central | 2005 | 52.55 |
| 13 | Randy Moore, Cedar Rapids Kennedy | 1981 | 52.73 |
| 14 | Jordan Crosby, Fort Dodge | 2003 | 52.77 |
| 15 | Nik Moser, Fort Dodge | 2001 | 52.80 |
| 16 | Ryan Boyington, Hampton-Dumont | 1999 | 52.84 |
| 17 | Tracy Pugh, Davenport Central | 1998 | 52.90 |
| 18 | Kyle Bolejack, Ankeny | 1997 | 52.91 |
| 19 | Pete Avery, Waverly-Shell Rock | 2001 | 52.92 |
| | Jordan Crosby, Fort Dodge | 2003 | 52.92 |
| 21 | Derek Casey, Cherokee | 2002 | 52.94 |
| 22 | Jason Gollither, Fort Madison | 1989 | 53.07 |
| 23 | 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 |
| 27 | Justin Koeppe, Storm Lake | 2002 | 53.21 |
| 28 | Jordan Sauser, Williamsburg | 2004 | 53.23 |
| 29 | Brent Roth, Iowa City, City | 1989 | 53.25 |
| | Tony Leick, St. Albert, Co. Bluffs | 1998 | 53.25 |
| | Brian Wassenaar, Unity Christian, OC | 1998 | 53.26 |
| 32 | Dean Fogarty, Marshalltown | 1979 | 53.32 |
| 33 | Kyle Rippey, Ames | 2002 | 53.36 |
| | Alex Gabrielson, Belmond-Klemme | 2004 | 53.36 |
| 35 | Chris York, Dubuque Senior | 1987 | 53.37 |
| 36 | Dan Cleveland, Belmond | 1981 | 53.38 |
| | Tracy Bainbridge, Ida Grove | 1983 | 53.38 |

| | | | |
|----|------------------------------------|------|-------|
| 38 | Bret Younger, Atlantic | 1980 | 53.39 |
| 39 | Matt Hollingsworth, Iowa City West | 1987 | 53.40 |

400 Meter Intermediate Hurdles (33" hurdles not contested in Iowa meets)

| | | | |
|---|-----------------------------|------|-------|
| 1 | Greg Offerman, Charles City | 2005 | 50.61 |
|---|-----------------------------|------|-------|

4 x 100 Meter Relay (mixed converted from yards (')), 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 | Des Moines East | 2007 | 41.88 |
| 5 | Iowa City, City | 2001 | 41.89 |
| 6 | Des Moines East | 1989 | 42.00 |
| | Des Moines Tech | 1975 | 42.0' |
| 8 | Valley, WDM | 2006 | 42.04 |
| 9 | Des Moines East | 2002 | 42.05 |
| 10 | Des Moines North | 1948 | 42.1' |
| 11 | Newton | 2001 | 42.13 |
| 12 | Des Moines East | 2003 | 42.19 |
| 13 | Des Moines East | 1975 | 42.2' |
| | Cedar Rapids Washington | 1977 | 42.2' |
| | Ottumwa | 2001 | 42.20 |
| 16 | Waterloo Central | 1986 | 42.21 |
| | Iowa City, City | 2005 | 42.21 |
| 18 | Davenport Central | 1984 | 42.23 |
| 19 | Cedar Rapids Washington | 2004 | 42.26 |
| 20 | Valley, WDM | 2004 | 42.27 |
| 21 | Sioux City Central | 1966 | 42.3' |
| | Ames | 1972 | 42.3' |
| | Davenport Central | 1974 | 42.3' |
| | Ames | 1975 | 42.3' |
| | Cedar Rapids Jefferson | 1979 | 42.3 |
| | Waterloo East | 1989 | 42.3 |
| | Des Moines East | 1996 | 42.3 |
| | Iowa City, City | 1997 | 42.3 |
| | Newton | 2000 | 42.3 |
| 30 | Davenport Central | 1993 | 42.31 |
| 31 | Davenport Central | 2005 | 42.32 |
| 32 | Des Moines East | 1988 | 42.39 |
| 33 | Sioux City Central | 1967 | 42.4' |
| | Des Moines Roosevelt | 1985 | 42.40 |
| | Dowling Catholic, WDM | 1999 | 42.40 |
| | Valley, WDM | 2000 | 42.4 |
| | Des Moines East | 2004 | 42.40 |
| 38 | Burlington | 1988 | 42.41 |
| 39 | Waterloo West | 1990 | 42.42 |
| 40 | Waterloo West | 1988 | 42.43 |
| 41 | Des Moines North | 2000 | 42.47 |
| 42 | Davenport Central | 1983 | 42.48 |

| | | | |
|----|-------------|------|-------|
| 43 | 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 | Des Moines East | 2007 | 41.88 |
| 4 | Iowa City, City | 2001 | 41.89 |
| 5 | Des Moines East | 1989 | 42.00 |
| 6 | Des Moines East | 2002 | 42.13 |
| 7 | Newton | 2001 | 42.13 |
| 8 | Iowa City, City | 2000 | 42.17 |
| 9 | Des Moines East | 1989 | 42.19 |
| | Des Moines East | 2003 | 42.19 |
| 11 | Ottumwa | 2001 | 42.20 |
| 12 | Waterloo Central | 1986 | 42.21 |
| | Iowa City, City | 2005 | 42.21 |
| 14 | Davenport Central | 1984 | 42.23 |
| 15 | Cedar Rapids Washington | 2004 | 42.26 |
| 16 | Valley, WDM | 2004 | 42.27 |
| 17 | Cedar Rapids Jefferson | 1979 | 42.31 |
| | Davenport Central | 1993 | 42.31 |
| 19 | Davenport Central | 2005 | 42.32 |
| 20 | Des Moines East | 1996 | 42.36 |
| 21 | Des Moines East | 1988 | 42.39 |
| 22 | Des Moines Roosevelt | 1985 | 42.40 |
| | Dowling Catholic, WDM | 1999 | 42.40 |
| | Des Moines East | 2004 | 42.40 |
| 25 | Burlington | 1988 | 42.41 |
| 26 | Waterloo West | 1990 | 42.42 |
| | Iowa City High | 1997 | 42.42 |
| 28 | Waterloo West | 1988 | 42.43 |
| 29 | Des Moines North | 2000 | 42.47 |
| 30 | Davenport Central | 1983 | 42.48 |
| 31 | Valley, WDM | 1985 | 42.49 |
| 32 | Ames | 1987 | 42.50 |
| | Des Moines East | 2007 | 42.50 |
| 34 | Valley, WDM | 1986 | 42.51 |
| | Waterloo Central | 1988 | 42.51 |
| 36 | Ankeny | 2000 | 42.56 |
| 37 | Cedar Rapids Kennedy | 2005 | 42.57 |
| | Sioux City West | 1995 | 42.57 |
| 39 | Assumption, Davenport | 1998 | 42.59 |
| | Valley, WDM | 2005 | 42.59 |

4 x 200 Meter Relay (mixed converted from yards, hand-held and FAT)

| | | | |
|---|------------------|------|---------|
| 1 | Iowa City, City | 1997 | 1:26.4 |
| 2 | Des Moines East | 2004 | 1:27.02 |
| 3 | Des Moines North | 1948 | 1:27.1' |

| | | | |
|----|-------------------------|------|---------|
| 4 | Cedar Rapids Washington | 1977 | 1:27.4' |
| | Waterloo East | 1989 | 1:27.4 |
| 6 | Davenport Central | 1992 | 1:27.42 |
| 7 | Waterloo West | 1990 | 1:27.45 |
| 8 | Valley, WDM | 2006 | 1:27.54 |
| 9 | Iowa City, City | 1996 | 1:27.58 |
| 10 | Iowa City, City | 2001 | 1:27.69 |
| 11 | Des Moines East | 1951 | 1:27.7' |
| 12 | Iowa City, City | 2000 | 1:27.83 |
| 13 | Davenport Central | 1988 | 1:27.87 |
| 14 | Valley, WDM | 2006 | 1:27.88 |
| 15 | Davenport Central | 1966 | 1:27.9' |
| | Davenport Central | 1973 | 1:27.9' |
| 17 | Valley, WDM | 1986 | 1:27.95 |
| 18 | Des Moines East | 1989 | 1:27.98 |
| 19 | Des Moines North | 1967 | 1:28.0' |
| | Ames | 1976 | 1:28.0' |
| | Waterloo West | 1989 | 1:28.0 |
| | Iowa City, City | 1994 | 1:28.00 |
| 23 | Iowa City West | 2006 | 1:28.03 |
| 24 | Sioux City West | 1994 | 1:28.1 |
| 25 | Valley, WDM | 1998 | 1:28.10 |
| | Iowa City West | 2004 | 1:28.10 |
| 27 | Iowa City, City | 2002 | 1:28.14 |
| | Valley, WDM | 2007 | 1:28.14 |
| 29 | Valley, WDM | 2004 | 1:28.17 |
| 30 | Des Moines East | 2007 | 1:28.19 |
| 31 | Cedar Rapids Washington | 1966 | 1:28.2' |
| | Ames | 1972 | 1:28.2' |
| | Cedar Rapids Washington | 2001 | 1:28.20 |
| 34 | Waterloo Central | 1986 | 1:28.21 |
| 35 | Iowa City, City | 1991 | 1:28.23 |
| | Iowa City West | 2000 | 1:28.23 |
| 37 | Valley, WDM | 1999 | 1:28.24 |
| | Newton | 2001 | 1:28.24 |
| 39 | Cedar Falls | 1998 | 1:28.28 |
| 40 | Cedar Rapids Washington | 1972 | 1:28.3' |
| 41 | Newton | 2000 | 1:28.33 |

4 x 400 Meter Relay (mixed converted from yards, hand-held and FAT)

| | | | |
|---|-------------------|------|---------|
| 1 | Valley, WDM | 2006 | 3:13.80 |
| 2 | Indianola | 1970 | 3:16.6' |
| 3 | Davenport Central | 1967 | 3:16.9' |
| | Iowa City, City | 1992 | 3:16.9 |
| 5 | Des Moines North | 1967 | 3:17.4' |
| 6 | Clinton | 1970 | 3:17.5' |
| 7 | Des Moines North | 1964 | 3:17.8' |
| 8 | Waterloo West | 1981 | 3:17.84 |
| 9 | Iowa City, City | 2000 | 3:18.01 |

| | | | |
|----|-------------------------|------|---------|
| 10 | Waterloo East | 1979 | 3:18.09 |
| 11 | Sioux City Central | 1967 | 3:18.2' |
| 12 | Des Moines Roosevelt | 1963 | 3:18.3' |
| | Iowa City, City | 1994 | 3:18.3 |
| 14 | Ames | 1991 | 3:18.39 |
| 15 | Ottumwa | 1975 | 3:18.5' |
| 16 | Des Moines East | 1981 | 3:18.54 |
| 17 | Valley, WDM | 2005 | 3:18.54 |
| 18 | Cedar Rapids Washington | 1977 | 3:18.6' |
| | Cedar Falls | 1977 | 3:18.6' |
| 20 | Johnston | 2006 | 3:18.73 |
| 21 | Davenport Central | 1968 | 3:18.9' |
| 22 | Ames | 1995 | 3:18.93 |
| 23 | Iowa City, City | 1991 | 3:19.0 |
| 24 | Sioux City East | 1983 | 3:19.04 |
| | Des Moines Roosevelt | 1996 | 3:19.04 |
| 26 | Des Moines Hoover | 1998 | 3:19.06 |
| 27 | Indianola | 1969 | 3:19.2' |
| 28 | Ankeny | 1996 | 3:19.29 |
| 29 | Ankeny | 2002 | 3:19.32 |
| 30 | Wahlert, Dubuque | 1969 | 3:19.5' |
| | Ames | 1975 | 3:19.5' |
| 32 | Cedar Falls | 1977 | 3:19.6' |
| 33 | Ames | 1996 | 3:19.64 |
| 34 | Iowa City, City | 2001 | 3:19.68 |
| 35 | Waterloo East | 1980 | 3:19.69 |
| 36 | Webster City | 1970 | 3:19.7' |
| 37 | Burlington | 1983 | 3:19.71 |
| | Iowa City West | 2006 | 3:19.71 |
| 39 | Cedar Falls | 2005 | 3:19.72 |
| 40 | Sioux City East | 1972 | 3:19.8' |

4 x 800 Meter Relay (mixed converted from yards, hand-held and FAT)

| | | | |
|----|-----------------------|------|----------|
| 1 | Ames | 1987 | 7:44.06 |
| 2 | Davenport West | 1977 | 7:44.2' |
| 3 | Sioux City Central | 1966 | 7:44.6' |
| 4 | Clinton | 1970 | 7:44.9' |
| 5 | Marshalltown | 1985 | 7:45.63 |
| 6 | Ames | 1966 | 7:45.8' |
| 7 | Bettendorf | 1977 | 7:46.77* |
| 8 | Cedar Falls | 1974 | 7:46.9' |
| 9 | Fairfield | 1977 | 7:47.10* |
| 10 | Dowling Catholic, WDM | 1974 | 7:47.2' |
| 11 | Sioux City Central | 1968 | 7:47.4' |
| 12 | Ames | 1985 | 7:47.46 |
| 13 | Wahlert, Dubuque | 1974 | 7:47.5' |
| 14 | Dowling Catholic, WDM | 1980 | 7:47.57 |
| 15 | Marshalltown | 1986 | 7:47.66 |
| 16 | Des Moines Roosevelt | 1967 | 7:47.7' |

| | | | |
|----|--------------------|------|---------|
| | Davenport Central | 1970 | 7:47.7' |
| 18 | Ames | 1986 | 7:47.72 |
| 19 | Sioux City Central | 1967 | 7:48.0' |
| 20 | Muscatine | 1979 | 7:48.01 |
| 21 | Linn-Mar, Marion | 2004 | 7:48.26 |
| 22 | Iowa City West | 1986 | 7:48.27 |
| 23 | Marshalltown | 1966 | 7:48.3' |
| 24 | Linn-Mar, Marion | 2005 | 7:48.55 |
| 25 | Des Moines North | 1969 | 7:48.8' |
| 26 | Muscatine | 1981 | 7:48.88 |
| | Valley, WDM | 1990 | 7:48.88 |
| 28 | Indianola | 1967 | 7:49.0' |
| 29 | Ottumwa | 1974 | 7:49.1' |
| 30 | Indianola | 1969 | 7:49.8' |
| 31 | Ames | 1981 | 7:49.83 |
| 32 | Ames | 2005 | 7:49.86 |
| 33 | Ames | 1983 | 7:49.89 |
| 34 | Des Moines Lincoln | 1969 | 7:49.9' |

1,600 Meter Medley Relay (mixed converted from yards, hand-held and FAT)

| | | | |
|----|-------------------------|------|----------|
| 1 | Iowa City, City | 2001 | 3:22.69 |
| 2 | Charles City | 2005 | 3:25.33 |
| 3 | Cedar Rapids Washington | 1975 | 3:25.8' |
| 4 | Indianola | 1990 | 3:26.51 |
| 5 | Columbus, Waterloo | 1977 | 3:27.1' |
| 6 | Iowa City, City | 2004 | 3:27.18 |
| 7 | Clinton | 1979 | 3:27.2 |
| 8 | Des Moines Roosevelt | 1998 | 3:27.52 |
| 9 | Assumption, Davenport | 2004 | 3:27.65 |
| 10 | Ames | 1987 | 3:27.66 |
| 11 | Marshalltown | 2006 | 3:27.75 |
| 12 | Davenport Central | 1976 | 3:27.9' |
| 13 | Mason City | 1996 | 3:27.95 |
| | Pleasant Valley | 2007 | 3:27.95 |
| 15 | Boone | 2007 | 3:28.33 |
| 16 | Ottumwa | 1975 | 3:28.4' |
| 17 | Cedar Rapids Kennedy | 1985 | 3:28.55 |
| 18 | Davenport North | 1998 | 3:28.56 |
| 19 | Dubuque Senior | 1999 | 3:28.59 |
| 20 | Cedar Falls | 2005 | 3:28.71 |
| 21 | Indianola | 1997 | 3:28.77 |
| 22 | Mount Pleasant | 2000 | 3:28.80 |
| 23 | Dubuque Senior | 1996 | 3:28.91 |
| 24 | Iowa City, City | 1994 | 3:28.93 |
| 25 | Indianola | 1970 | 3:29.0' |
| 26 | Waterloo East | 1980 | 3:29.01 |
| 27 | Cedar Rapids Washington | 1977 | 3:29.08* |
| 28 | Cedar Rapids Kennedy | 1969 | 3:29.1' |
| | Fort Dodge | 1969 | 3:29.1' |

| | | | |
|----|-----------------------------|------|---------|
| | Davenport Central | 1974 | 3:29.1' |
| 31 | Dowling Catholic, WDM | 1981 | 3:29.22 |
| 32 | Assumption, Davenport | 2003 | 3:29.38 |
| 33 | Co. Bluffs Thomas Jefferson | 1976 | 3:29.4' |
| 34 | Marshalltown | 1986 | 3:29.47 |
| 35 | Ames | 1985 | 3:29.48 |
| | Co. Bluffs Thomas Jefferson | 1999 | 3:29.48 |
| 37 | Muscatine | 1979 | 3:29.5 |
| 38 | Boone | 2006 | 3:29.62 |
| 39 | Cedar Falls | 2005 | 3:29.76 |

Shuttle Hurdle Relay (mixed hand held and FAT in hundredths) New Event - 2007

| | | | |
|----|---------------------------------|------|-------|
| 1 | Valley, WDM | 2007 | 57.15 |
| | Des Moines Lincoln | 2007 | 57.15 |
| 3 | Mount Pleasant | 2007 | 57.37 |
| 4 | Linn-Mar, Marion | 2007 | 57.4' |
| 5 | Waukee | 2007 | 57.5' |
| 6 | Ames | 2007 | 57.7' |
| 7 | Muscatine | 2007 | 57.8' |
| | Council Bluffs Thomas Jefferson | 2007 | 57.8' |
| 9 | Beckman, Dyersville | 2007 | 57.84 |
| 10 | Washington | 2007 | 57.9' |
| 11 | Southeast Polk | 2007 | 58.07 |
| 12 | Knoxville | 2007 | 58.09 |
| 13 | Roland-Story | 2007 | 58.30 |
| 14 | Atlantic | 2007 | 58.4' |
| | Tri-County, Thornburg | 2007 | 58.4' |
| 16 | Jefferson-Scranton | 2007 | 58.70 |
| 17 | Cedar Falls | 2007 | 58.7' |
| 18 | Clinton | 2007 | 58.79 |
| 19 | Pocahontas Area | 2007 | 58.8' |
| 20 | Dubuque Hempstead | 2007 | 58.9' |
| 21 | Cedar Rapids Kennedy | 2007 | 58.93 |
| 22 | Marion | 2007 | 59.0' |
| 23 | Benton Community, Van Horne | 2007 | 59.04 |
| 24 | Burlington | 2007 | 59.1' |
| | Boone | 2007 | 59.1' |
| | North Fayette, West Union | 2007 | 59.1' |
| 27 | Riceville | 2007 | 59.26 |
| 28 | Urbandale | 2007 | 59.3' |
| | Davenport West | 2007 | 59.3' |
| 30 | Iowa City West | 2007 | 59.36 |
| 31 | Humboldt | 2007 | 59.4' |
| | Xavier, Cedar Rapids | 2007 | 59.4' |
| 33 | New Hampton | 2007 | 59.49 |
| 34 | Ankeny | 2007 | 59.5' |
| 35 | Tri-Center, Neola | 2007 | 59.69 |
| 36 | West Hancock, Britt | 2007 | 59.7' |

High Jump

| | | | |
|----|--|------|---------|
| 1 | Brian Tietjens, North Central | 1981 | 7-03.50 |
| 2 | Darwin Vande Hoef, Rock Valley | 1988 | 7-02 |
| | Jaron Van Maanen, Lynnville-Sully | 2003 | 7-02 |
| 4 | Mark Harken, Aplington-Parkersburg | 2000 | 7-01 |
| 5 | 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 |
| 9 | Bill McConnaha, West Branch | 2001 | 6-11 |
| | Ehi Oamen, Hinton | 2006 | 6-11 |
| 11 | K. P. Lansing, Linn-Mar | 1984 | 6-10.50 |
| | Brent Wright, Ballard | 1985 | 6-10.50 |
| 13 | Steve Kuehl, Clinton | 1975 | 6-10.25 |
| 14 | 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 |

Long Jump

| | | | |
|----|------------------------------------|------|----------|
| 1 | Chris Walker, Davenport Central | 1984 | 24-05 |
| 2 | Hakim Hill, Iowa City, City | 2000 | 24-04 |
| 3 | Matt Zuber, Iowa Valley, Marengo | 1985 | 24-03 |
| 4 | Tim Dwight, Iowa City, City | 1994 | 23-11 |
| 5 | Wade Harrington, Davenport Central | 1979 | 23-10 |
| 6 | Claude Perkins, Waterloo Central | 1980 | 23-09.50 |
| 7 | Darnell Robertson, DM Roosevelt | 1987 | 23-09.25 |
| 8 | Steve Carson, Red Oak | 1963 | 23-08.75 |
| 9 | Todd Madsen, Webster City | 1990 | 23-08 |
| 10 | Dennis Green, Davenport Central | 1973 | 23-07 |
| 11 | Mike Anderson, Waterloo East | 1985 | 23-06 |
| | Jesse Holland, Iowa City, City | 1996 | 23-06 |
| 13 | Chuck Meyer, North Fayette | 1980 | 23-05.50 |
| | Mark Hewitt, Clear Lake | 1981 | 23-05.50 |
| 15 | Ken Jackson, Waterloo East | 1973 | 23-05.25 |
| | David Knight, Ames | 1989 | 23-05.25 |
| 17 | Adam Haluska, Carroll | 2001 | 23-05 |

| | | | |
|----|---|------|----------|
| | Ryan Borgwardt, Clinton | 2003 | 23-05 |
| | Ben Evans, Iowa City, City | 2005 | 23-05 |
| 20 | Ken Brauman, Eagle Grove | 1965 | 23-04.50 |
| | Darren Smith, North Scott | 1988 | 23-04.50 |
| 22 | Jay Frazier, Cedar Rapids Washington | 1997 | 23-04 |
| | Bryan Gilbreaith, Waverly-Shell Rock | 1997 | 23-04 |
| 24 | Tom Landsberg, Ames | 1964 | 23-03.75 |
| | Cody Eichmeier, AGWSR, Ackley | 2002 | 23-03.75 |
| 26 | Kolby Jones, Dowling Catholic, WDM | 1999 | 23-03.50 |
| 27 | Dick Warren, Iowa Training School, 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 |

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 | Scott Davis, Glenwood | 1988 | 64-01.50 |
| 5 | Chuck Locke, Davis County, Bloomfield | 1977 | 63-08.75 |
| 6 | Jeff DeVilder, BGM | 1977 | 63-03.50 |
| 7 | Shane Maier, Storm Lake | 2003 | 63-02 |
| 8 | Jamie Beyer, PCM, Monroe | 1995 | 62-07.50 |
| 9 | Bob Feuerbach, Preston | 1975 | 62-04 |
| 10 | Matt Mai, Gehlen Catholic, LeMars | 1997 | 62-02.75 |
| 11 | Adam Pickney, Cedar Rapids Washington | 2006 | 62-01.75 |
| 12 | Scott Schaley, Camanche | 1993 | 61-11.50 |
| 13 | Steve English, Mount Pleasant | 1994 | 61-10.25 |
| 14 | Mike McCready, Dubuque | 1968 | 61-09.75 |
| 15 | David Juehring, Davenport West | 1982 | 61-09 |
| 16 | Brent Geringer, Mount Ayr | 1974 | 61-05.50 |
| | Steve Wegner, Harlan | 2001 | 61-05.50 |
| 18 | Matt Banse, Starmont, Arlington | 2007 | 61-03.50 |
| 19 | Ryan Lamparek, Prairie, Cedar Rapids | 2006 | 61-01.50 |
| | Ryan Winters, Iowa Falls | 1999 | 61-01.50 |
| 21 | Carl Hesse, Sioux City East | 1969 | 61-01 |
| | Phil O'Neil, Co. Bluffs Thomas Jefferson | 1978 | 61-01 |
| 23 | Rod Dirth, Burlington | 1972 | 61-00.50 |
| 24 | Jon Meskimen, Cedar Rapids Jefferson | 1965 | 60-10.75 |
| 25 | Al Feuerbach, Preston | 1966 | 60-09.50 |
| 26 | John Martin, Mount Vernon | 1990 | 60-03 |
| 27 | Lee Carlson, Dubuque | 1959 | 60-00.50 |
| 28 | Andy Norland, Clarinda | 1986 | 60-00 |
| 29 | Jerry Kamp, Fort Madison | 1959 | 59-11.50 |
| 30 | Layne McDowell, Cedar Rapids Jefferson | 1967 | 59-11.25 |
| 31 | 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 | Nick Brayton, Iowa City West | 2007 | 192-06 |
| 6 | Clark Hopp, Glenwood | 1984 | 191-02 |
| 7 | Allan Walz, Bondurant-Farrar | 1991 | 190-04 |
| 8 | Adam Judge, Des Moines Lincoln | 1998 | 188-01 |
| 9 | Scott Phelps, Kingsley-Pierson | 1986 | 187-10 |
| 10 | Brandon Franklin, Des Moines Hoover | 2003 | 187-05 |
| 11 | Chris Hopkins, Denison-Schleswig | 2001 | 186-11 |
| 12 | Scott Joens, Prairie, Cedar Rapids | 1982 | 185-04 |
| | A. J. Schable, Battle Creek-Ida Grove | 2002 | 185-04 |
| 14 | Tim Tebrink, MOC-Floyd Valley | 2000 | 185-01 |
| 15 | David Juehring, Davenport West | 1982 | 184-08 |
| 16 | Brad Travis, Spirit Lake Park | 1996 | 184-06 |
| 17 | Tom Knutson, Cedar Rapids Jefferson | 1963 | 184-04 |
| 18 | Randy Lessman, Sioux City East | 1972 | 183-11 |
| 19 | Steve Wegner, Harlan | 2001 | 183-10 |
| 20 | Ryan Lamparek, Prairie, Cedar Rapids | 2007 | 183-06 |
| 21 | Seth Zehr, Fort Dodge | 2002 | 183-03 |
| 22 | Blake Larsen, Atlantic | 2001 | 182-09 |
| 23 | Matt Haven, Independence | 1980 | 182-05 |
| 24 | Robbie Utterback, Wauke | 2006 | 182-00 |
| 25 | Tom Schmeling, Atlantic | 2002 | 181-04 |
| 26 | Brian Seiler, Garner-Hayfield | 1991 | 181-00 |
| 27 | Eric Varcho, North Scott | 1994 | 180-11 |
| 28 | Norm Balke, Iowa City, City | 1981 | 180-05 |
| | Jon Pelzer, Atlantic | 1989 | 180-05 |
| 30 | Scott Davis, Glenwood | 1988 | 180-02 |
| 31 | Ross Brockshaus, Spencer | 1981 | 180-01 |

WHEELCHAIR EVENTS (started 1990)

100 Meters

| | | | |
|---|--------------------------------------|------|-------|
| 1 | E. J. Runyan, Johnston | 2000 | 17.81 |
| 2 | Brian Wauters, Marshalltown | 2001 | 18.27 |
| 3 | Mark Hauschildt, Greenfield | 1996 | 18.94 |
| 4 | Nathan Redlinger, English Valleys | 2004 | 19.41 |
| 5 | Tony Ramierz, Bishop Heelan, Sx City | 1990 | 20.02 |

200 Meters

| | | | |
|---|-----------------------------------|------|-------|
| 1 | E. J. Runyan, Johnston | 1999 | 32.12 |
| 2 | Brian Wauters, Marshalltown | 2002 | 33.26 |
| 3 | Nathan Redlinger, English Valleys | 2004 | 35.28 |
| 4 | Mark Hauschildt, Greenfield | 1996 | 36.27 |
| 5 | Josh Motwart, Cedar Falls | 2002 | 37.86 |

400 Meters (2003-)

| | | | |
|---|-----------------------------------|------|---------|
| 1 | Nathan Redlinger, English Valleys | 2004 | 1:04.87 |
| 2 | Brian Wauters, Marshalltown | 2003 | 1:08.11 |

Shot Put

| | | | |
|---|-------------------------------|------|----------|
| 1 | Nick Lange, Wahlert, Dubuque | 2005 | 25-03.25 |
| 2 | Sean Eherenman, Waterloo West | 2003 | 21-10 |
| 3 | Mark Hauschildt, Greenfield | 1995 | 20-08.50 |
| 4 | Brian Davis, Oskaloosa | 1994 | 19-11 |
| 5 | Mike Schafer, Rock Valley | 1990 | 19-10 |

DISCONTINUED RUNNING EVENTS

Note: Iowa went from yards to meters in 1978. The previous 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 times with their metric equivalents. The 100 yard dash and 100 meters are separate due to concerns of what is a fair conversion between the two.

100 Yards (discontinued after 1977)

| | | | |
|---|-------------------------------|------|-------|
| 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 |

1,500 Meters (not contested in Iowa)

| | | | |
|----|--------------------------------------|------|---------|
| 1 | Ed DeLashmutt, Fort Madison | 1976 | 3:57.7 |
| 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 |

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 Moklebust, 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 | 1870-71 | 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 | Monti Beauchamp, Winfield | 1925 | 25.7 |

200 Yd. Low Hurdles (1935-1950)

| | | | |
|----|-----------------------------|-------|------|
| 1 | Bob Morris, Clarion | 1940 | 22.4 |
| 2 | Paul Swanson, Clinton | 1937 | 22.6 |
| 3 | Dean Deuel, Cherokee | 47-48 | 22.7 |
| 4 | Lee Hofacre, Clinton | 1944 | 22.8 |
| 5 | Bob O'Dell, Sioux City East | 1939 | 23.0 |
| | Hoarce Peoples, Davenport | 1942 | 23.0 |
| | 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 |

DISCONTINUED FIELD EVENTS

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 |
| | Bill Beavers, Ames | 1981 | 14-06 |
| | Larry Hadley, Waterloo East | 1979 | 14-06 |
| | Tim Jamerson, Columbus Catholic, 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 | Harold 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 | Oscar 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 |