

# IHSAA Track & Field All-Time Best Performances

Revised & Updated May 11, 2019 – 5:00 P.M.

Coaches who have an individual or team performance from previous seasons that qualify for inclusion on the lists please send the performance to Bud Legg at the IHSAA – PO Box 10; Boone, IA 50036 or e-mail: [blegg@iahsaa.org](mailto:blegg@iahsaa.org)

This document was revised in 2012 from the previous all-time best list started in 2002, which included converted times from yards to meters. **Metric and yardage times are now listed separately for all running events.** The yardage times (with no conversion to metric) can be found in a section, starting on page 44 with the best performances plus those of discontinued track events and field events.

All track performances listed are the times recorded at the performance, regardless of wind conditions. **No plus or minus .24 is used since the .24 factor is intended only for seeding and not for record purposes or all-time best consideration.**

**Our high school state meet went from yards to meters in 1978 when Drake University rebuilt its track to meters. The same year a fully automatic timing system was used for State Meets held at Drake.**

Prior to 2012 our all-time metric lists included yardage events with pre-2005 converted metric times, whether hand-held or fully automatic times. The 100-yard dash and 100 meters were always separated due to concerns of what was a fair time conversion between the two. However, after reviewing documentation of different entities relative to converting times, it was decided to report performances on separate metric and yardage all time best lists. Converting times has changed over the years, thus making the application of converted performances with accuracy very difficult. To preserve the excellent linear performances, we have two lists in this document – metric and yardage.

**Special Notes: (1) Times listed in tenths are hand-held and have been rounded up to the nearest tenth; those displayed in hundredths are fully automatic times. (2) Underlined performances are for the current year.**

**The event lists include an individual's all-time best 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. The overall State Meet Record is noted on the event lists.**

## 100 Meters (all hand times no conversion from yards – see 100 yd. dash bests, page 41)

1	Adam Haluska, Carroll	2002	10.1
2	Brady Wall, Sergeant Bluff-Luton	2017	10.2
	Tim Dwight, Iowa City, City	1994	10.2
4	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
	Austin Ebertowski, Co. Bluffs, A. Lincoln	2010	10.3
12	Ryan Van Baale, Ankeny Centennial	2017	10.4
	Isaiah Trousil, West Burlington/N Dame	2016	10.4
	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
	Rumel Monk, Des Moines Lincoln	2001	10.4
	Andy Brodell, Ankeny	2004	10.4
	T.J. James, Des Moines Lincoln	2010	10.4
	Trey Jackson, Newton	1981	10.5 – State Meet Record (ht)
	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	Isaiah Trousil, West Burlington/N. Dame	2017	10.53	
2	Tanner Iske, West Liberty	2018	10.58	- best FAT in State Meet
3	Jarred Herring, Burlington	2008	10.59	
4	Bernard Bell, Jr., Ames	2018	10.60	
	Rico Gafford, Dowling Catholic, WDM	2014	10.60	
5	James Harrington, Cedar Falls	2012	10.61	
6	Patrick Lewis, Xavier, Cedar Rapids	2009	10.62	
7	Marques Simmons, Davenport North	2000-01	10.63	
8	Andy Brodell, Ankeny	2003	10.65	
9	Ryan Van Baale, Ankeny Centennial	2017	10.67	
	Kevin Monroe, Muscatine	1988	10.67	
11	<u>Darin Porter, Bettendorf</u>	<u>2019</u>	<u>10.68</u>	
	Tavares Boykin, Clarinda Academy	2018	10.68	
	Bryant Williams, Waterloo West	1987-88	10.68	
	Robert Thompson, Des Moines East	2004	10.68	
15	Dichon Francis, Des Moines, Hoover	2018	10.70	
	Michael Santi, Madrid	2017	10.70	
	Alonzo Markham, Iowa City West	2009	10.70	
	Trey Jackson, Newton	1981	10.70	
	Kevin Collins, Davenport West	1998	10.70	
20	Ardell Inlay, Sioux City, East	2019	10.71	
	Meliek Meyer, Lynnville-Sully	2013	10.70	
	David Palmer, Waterloo Central	1983	10.71	
23	Jayson Murray, Dowling Catholic, WDM	2018	10.72	
	Cray Washington, Fort Dodge	2014	10.72	
	Joe James, Des Moines East	1989	10.72	
26	Dan Blocker, Waukee	2017	10.73	
	Calvin Davis, Iowa City, City	2002	10.73	

28	Harrison Waylee, Urbandale	2019	10.74
	Curtis Hawkins, Ames	1992	10.74
30	Gage Clay, AHSTW, Avoca	2018	10.75
	Armando Williams, Iowa City West	2012	10.75
	Milton Lanier, CR Washington	2001	10.75
	Mike Fiech, West Lyon, Inwood	2000	10.75
34	Jeff Nielsen, Britt	1980	10.76
	Adam Haluska, Carroll	2002	10.76
	Dwayne Wright, Newton	2002	10.76
37	Tavien Gardner, Urbandale	2017	10.77
	Ryan Tierney, Ames	2008	10.77
	Josh Webb, Cedar Falls	2005	10.77
40	Samonte Bawden, Algona	2019	10.78
	Dichon Francis, Des Moines, Hoover	2017	10.78
	Harris Nuhanovic, Waterloo, West	2012	10.78
	Merrill Coleman, Iowa City, City	1996	10.78
	Terry Gantt, CR Washington	2003	10.78
	Hakim Hill, Iowa City, City	2001	10.79
46	Austyn Casillas, Ottumwa	2018	10.80
	Araf Evans, CR Jefferson	2003	10.80
	Gavin Williams, Southeast Polk	2018	10.81
	David VanDyke, Hartley-Melvin-Sanborn	2016	10.81
	Kaleb Kesselring, Des Moines, Lincoln	2014	10.81
	Will Griffin, Cedar Rapids Washington	2011	10.81
	Kevin Little, Ankeny	1986	10.81
	Mike Mitchell, Davenport Central	2005	10.81
54	Josue Bokoyo, Cedar Rapids, Jefferson	2018	10.82
	Dom Flemister, Sioux City, East	2016	10.82
	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
60	Nick Steingreaber, Xavier, Cedar Rapids	2012	10.83
	Darius Pearson, Sioux City West	2012	10.83
	Aaron Taylor, Waterloo East	2012	10.83
	James Smith, Co. Bluffs Thomas Jeff	2005	10.83
	London Hayes, Des Moines East	2004	10.83
	Demicole Deeds, Des Moines North	2002	10.83
	Rod Edwards, Des Moines Roosevelt	1985	10.83
67	Jalen Rima, Prairie, Cedar Rapids	2016	10.84
	Meliek Meyer, Lynnville-Sully	2014	10.84
	Bryson Runge, Iowa City, City	2014	10.84
	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
74	Kevin Kurth, Davenport Central	2017	10.85
	Eli Hicks, Boone	2016	10.85
	Bryson Runge, Iowa City, City High	2015	10.85
	Cray Washington, Fort Dodge	2015	10.85
	Austin Ebertowski, Co. Bluffs A.L.	2009	10.85
	Tevin Mincy, Southeast Polk	2010	10.85
80	Jorma Schwedler, Sergeant Bluff-Luton	2019	10.86

<b>Nate Kennedy, Glenwood</b>	<b>2018</b>	<b>10.86</b>
<b>Sam, Tim, Ames</b>	<b>2009</b>	<b>10.86</b>
<b>David Knight, Ames</b>	<b>1989</b>	<b>10.86</b>
<b>Nikolai Hill, Iowa City, City</b>	<b>1997</b>	<b>10.86</b>

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

1	Tim Dwight, Iowa City, City	1994	20.8
2	James Harrington, Cedar Falls	2011	21.16
3	Isaiah Trousil, West Burlington/N Dame	2017	21.22
4	Marques Simmons, Davenport North	2001	21.1
5	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
9	Nik Moser, Fort Dodge	2001	21.33
10	Marques Simmons, Davenport North	2001	21.34
11	Calvin Davis, Iowa City, City	2002	21.37
12	Jalen Rima, Prairie, Cedar Rapids	2016	21.40
13	Patrick Lewis, Xavier, Cedar Rapids	2009	21.43
14	Rico Gafford, Dowling Catholic, WDM	2014	21.49
	Kevin Monroe, Muscatine	1988	21.3
16	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

## 200 Meters (automatic timed)

1	James Harrington, Cedar Falls	2011	21.16 – State Meet Record
2	Isaiah Trousil, West Burlington/N Dame	2017	21.22
3	Nik Moser, Fort Dodge	2001	21.33
4	Marques Simmons, Davenport North	2001	21.34
5	Calvin Davis, Iowa City, City	2002	21.37
6	Jalen Rima, Prairie, Cedar Rapids	2016	21.40
7	Patrick Lewis, Xavier, Cedar Rapids	2009	21.43
8	Rico Gafford, Dowling Catholic, WDM	2014	21.49
9	Kevin Little, Ankeny	1986	21.50
10	Treye Jackson, Newton	1981	21.51
	Willie Lacey, Davenport West	1987	21.51
12	Eli Hicks, Boone	2016	21.55
13	Ardell Inlay, Sioux City, East	2018	21.56
	Kenny Shedd, Davenport West	1989	21.56
	Tim Dwight, Iowa City, City	1993	21.56
	Adam Haluska, Carroll	2002	21.56
17	Jason Ringena, Iowa City, City	1997	21.57
18	Andy Brodell, Ankeny	2003	21.58
19	Bernard Bell, Jr., Ames	2018	21.64
20	Max Duggan, Lewis Central	2018	21.65
21	Noah Anderson, PCM, Monroe	2018	21.66
22	Nate Kennedy, Glenwood	2018	21.67
23	Dom Flemister, Sioux City, East	2016	21.68
	Kenny Gilmore, Davenport Central	2011	21.68
25	Darien Porter, Bettendorf	2019	21.69
	Gage Clay, AHSTW	2017	21.69
27	Jorma Schwedler, Sergeant Bluff-Luton	2018	21.72
	Tayshaun Cooper, Waterloo, West	2017	21.72

	Jamal Simmons, Burlington	2009	21.72
30	Dwayne Wright, Newton	1989	21.73
31	Elijah Facey, Urbandale	2018	21.74
	David Knight, Ames	1989	21.74
33	Ryan Van Baale, Ankeny Centennial	2016	21.77
	James Kirby, Valley, WDM	1987	21.77
	Bryan Collins, Valley, WDM	2006	21.77
36	Dan Blocker, Waukee	2017	21.78
	Connor Ham, Solon	2014	21.78
	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
44	Josh Webb, Cedar Falls	2005	21.79
45	Lee Elbert. Bishop Garrigan, Algona	2003	21.80
	Aaron Jordan, Des Moines East	2006	21.80
47	Kevin Monroe, Muscatine	1988	21.81
	Jason Nolting, Preston-East Central	2001	21.81
49	Eric Toole, Lewis Central	2011	21.82
	Jeremy Yates, Lewis Central	2006	21.82
51	Harrison Waylee, Urbandale	2019	21.84
	Alden Kuntz, Wahlert Catholic, Dubuque	2018	21.84
	Tavian Smith, Iowa City West	2013	21.84
	Kaleb Kesselring, Des Moines, Lincoln	2014	21.85
55	Perrion Scott, Linn-Mar	2013	21.86
	Gerald Heiskell, Sioux City, West	2013	21.86
	Baylor Goode, CR Kennedy	1990	21.86
58	Jamie Leonard, Dallas Center-Grimes	1990	21.87
59	Sam Tim, Ames	2009	21.88
	Quennel McCaleb, Fort Dodge	1998	21.88
	Andy Moser, Guttenberg	2000	21.88
62	Sam Tudor, Waterloo, West	2018	21.89
	Trever Ryen, OA-BCIG	2013	21.89
	Jeff Adam, Cardinal, Eldon	1996	21.89
65	Darius Pearson, Sioux City West	2011	21.90
66	Marshall Frazier, Bettendorf	1996	21.91
67	Ronald Nash, Sioux City, East	2014	21.92
	Jesse Davenport, Southeast Polk	2011	21.92
	Austin Ebertowski, Co. Bluffs A, Lincoln	2010	21.92
	Josh Leonard, Ankeny	2002	21.92
71	Jacob Clouse, Albia	2017	21.93
	Kyle Groeneweg, West Lyon	2014	21.93
	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
77	Aaron Taylor, Waterloo West	2012	21.94
	Mike Mitchell, Davenport Central	2005	21.94
	Dwayne Wright, Newton	2002	21.94
80	Josue Bokoyo, Cedar Rapids, Jefferson	2018	21.95
	Logan Danko, Centerville	2009	21.95

	<b>Brandon McSkimming, Valley, WDM</b>	<b>2006</b>	<b>21.95</b>
<b>83</b>	<b>Aaron Smith, Waukee</b>	<b>2019</b>	<b>21.96</b>
	<b>Alonzo Markham, Iowa City West</b>	<b>2009</b>	<b>21.96</b>
	<b>Aaron Stockstell, Mid-Prairie, Wellman</b>	<b>2008</b>	<b>21.96</b>
	<b>Sly Brown, Davenport Central</b>	<b>1990</b>	<b>21.96</b>
<b>87</b>	<b>Gabe Caruthers, Iowa City, West</b>	<b>2017</b>	<b>21.97</b>
	<b>Brady Wall, Sergeant Bluff-Luton</b>	<b>2016</b>	<b>21.97</b>
	<b>Tyler Younkin, Bettendorf</b>	<b>2012</b>	<b>21.97</b>
	<b>Adam Benge, Ankeny</b>	<b>1998</b>	<b>21.97</b>

## 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	– State Meet Record
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	Darien Porter, Bettendorf	2018	47.92	
15	Austin West, Iowa City, West	2018	47.94	
16	Dwayne Wright, Waterloo West	1989	47.9	
	Jeff Fedler, Mount Pleasant	2001	47.9	
18	Terrence Reid, Davenport Central	2004	48.03	
19	Josh Leonard, Ankeny	2002	48.0	
20	Kevin Kuchel, Kingsley-Pierson	1978	48.10	
21	Jim Turner, Marshalltown	1986	48.11	
	Greg Offerman, Charles City	2005	48.11	
23	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	Nate Kennedy, Glenwood	2018	48.28	
31	Brian Sandvig	2009	48.30	
	John Barnett, Ames	1991	48.30	
	Kevin Roberts, Cedar Falls	2004	48.31	
34	Jordan Cornilsen, Preston-East Central	2007	48.32	
35	Brody Eischeid, Manson NW Webster	2013	48.33	
36	Michael Malloy, Bishop Heelan, SX City	2011	48.34	
	Jesse Davenport, Southeast Polk	2011	48.34	
	Mike Craddick, Assumption, Davenport	2005	48.34	
39	Jeff Beelman, Fort Madison	1980	48.36	
	Jeff Fedler, Mount Pleasant	2001	48.36	
41	Jorma Schwedler, Sergeant Bluff-Luton	2019	48.39	
42	Baylor Goode, CR Kennedy	1990	48.3	
	Adam Haluska, Carroll	2002	48.3	
	Cody Eichmeier, AGWSR, Ackley	2003	48.3	
45	Trevor Voelker, Dallas Center-Grimes	2010	48.41	
	Zac Sandvig, Valley, WDM	2006	48.41	
47	Ryan Kedley, North Cedar	2000	47.43	
	Allen Burns, Sioux City East	1985	48.43	
49	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	– State Meet Record
3	Ryan Kedley, North Cedar	2000	47.43	
	Kent Terillion, Marshalltown	1985	48.43	
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	Darien Porter, Bettendorf	2018	47.92	
12	Austin West, Iowa City, West	2018	47.94	
13	Terrence Reid, Davenport Central	2004	48.03	
14	Kaleb Van Cleave, Des Moines Hoover	2011	48.08	
15	Jerod Torrey, Centerville	1999	48.09	
16	Kevin Kuchel, Kingsley-Pierson	1978	48.10	
17	Jim Turner, Marshalltown	1986	48.11	
	Greg Offerman, Charles City	2005	48.11	
19	Kaleb Van Cleave, Des Moines Hoover	2011	48.24	
20	Ben Lueth, Ames	2004	48.25	
21	David Palmer, Waterloo Central	1983	48.26	
22	James Harrington, Cedar Falls	2012	48.27	
	Aaron Foreman, CR Washington	1998	48.27	
24	Nate Kennedy, Glenwood	2018	48.28	
25	Brian Sandvig, Saint Edmond, Ft Dodge	2009	48.30	
	John Barnett, Ames	1991	48.30	
	Josh Leonard, Ankeny	2002	48.30	
28	Kevin Roberts, Cedar Falls	2004	48.31	
29	Jordan Cornilsen, Preston-East Central	2007	48.32	
30	Brody Eischeid, Manson NW Webster	2013	48.33	
31	Michael Malloy, Bishop Heelan, Sx. City	2011	48.34	
	Jesse Davenport, Southeast Polk	2011	48.34	
	Mike Craddick, Assumption, Davenport	2005	48.34	
34	Jeff Beelman, Fort Madison	1980	48.36	
	Jeff Fedler, Mount Pleasant	2001	48.36	
36	Jorma Schwedler, Sergeant Bluff-Luton	2019	48.39	
37	Trevor Voelker, Dallas Center-Grimes	2010	48.41	
	Zac Sandvig, Valley, WDM	2006	48.41	
39	Allen Burns, Sioux City East	1985	48.43	
	Kent Terillion, Marshalltown	1985	48.43	
41	Joe Roden, West Harrison, Mondamin	2011	48.46	
	Alonzo Markham, Iowa City West	2009	48.46	
	Bryan Collins, Valley, WDM	2007	48.46	
	Tony Collins, Assumption, Davenport	1995	48.46	
45	Brett Pronger, Lawton-Bronson	2015	48.47	
	Todd Holm, Tripoli	1980	48.47	
47	Adam Haluska, Carroll	2002	48.48	
48	Brennan Davey, Indianola	2010	48.50	
	Chris McCullough, Pleasantville	1998	48.50	
	Trey Jackson, Newton	1981	48.50	

51	Jeff Kapler, CR Washington	1987	48.51
52	Keshaun Baker, Pleasant Valley	2017	48.53
53	Sam Yeaway., Johnston	2019	48.54
	Jalen Rima, Prairie, Cedar Rapids	2015	48.54
	John Judisch, Tripoli	1994	48.54
56	Jared Ganschow, Clear Creek-Amana	2013	48.57
	Dustin Olson, Iowa Valley, Marengo	1999	48.57
58	Hunter Weldon, Albia	2015	48.61
	Derek Harksen, Camanche	2014	48.61
60	Jason Ringena, Iowa City, City	1996	48.63
	Mike Mansour, Creston	1998	48.63
62	Charlie Johnson, Dowling Catholic	2018	48.64
	Josh Andrews, Waukee	2017	48.64
64	Jason Sweet, Waterloo East	1989	48.65
65	Deshond Robinson, Clinton	2014	48.66
66	Brooks Glasnapp, Roland-Story	1983	48.67
	Tim Bohlman, North Scott	1983	48.67
68	Jacob Keller, Valley, West Des Moines	2018	48.70
69	Jared Van Wyk, Pella Christian	2002	48.72
70	Cody Eichmeier, AGWSR, Ackley	2002	48.75
71	Jase Grant, Dubuque, Senior	2014	48.76
	Scott Vermulm, Johnston	2000	48.76
73	David Wilcox, Prairie, Cedar Rapids	1987	48.77
74	Robby Worrels, Clinton	2001	48.78
	Aaron Egbert, Mediapolis	1994	48.78

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

1	Aaron Stockstell, Mid-Prairie, Wellman	2007	1:50.18	
2	Ryan Schweizer, Dowling Catholic, WDM	2016	1:50.30	– State Meet Record
3	Joseph Kiptanui, Indianola	1990	1:50.97	
5	Josh Evans, Linn-Mar, Marion	2014	1:50.98	
6	Carter Lilly, Sioux City, East	2014	1:51.52	
7	Caesar Smith, Des Moines East	1982	1:52.02	
8	Riley Bauer, North Iowa	2018	1:52.10	
9	Brennan Davey, Indianola	2010	1:52.17	
10	Matt Frazier, Dowling Catholic, WDM	2016	1:52.28	
11	Corbin Miller, Marshalltown	2006	1:52.35	
12	Zach Braff, Linn-Mar, Marion	2008	1:52.45	
13	Blake Irwin, Pleasant Valley	2008	1:52.69	
14	Timauntay Jones, CED Rapids Jefferson	2013	1:52.75	
15	Matt Manternach, Monticello	2016	1:52.77	
16	Logan Gonzales, Boone	2006	1:52.91	
17	Brett Carney, Ames	1987	1:52.9	
18	Randy Barrick, Spencer	1982	1:53.00	
19	Daniel Chan, Ames	2014	1:53.17	
20	Will Teubel, Mount Vernon	2012	1:53.35	
21	Brent MacLagan, Jefferson-Scranton	1995	1:53.3	
	Joey Woody, Iowa City, City	1992	1:53.3	
23	Nic Scheelhaase, K-P/WC	2015	1:53.32	
24	Dave Paulsen, Waverly-Shell Rock	1999	1:53.47	
25	Grant Lair, Johnston	2018	1:53.54	
26	Tyler Olson, Muscatine	2018	1:53.56	
27	Gable Sieperda, Central Lyon	2018	1:53.58	
28	David Lantz, Dowling Catholic, WDM	2006	1:53.66	
29	Isaac Wendland, Charles City	2008	1:53.74	
30	Tysen Vandraska, Prairie, Cedar Rapids	2016	1:53.78	
31	Jay Wolfe, Creston	2014	1:53.79	
32	Leif Kennedy, Clear Lake	2000	1:53.80	
33	Daniel Chan, Ames	2015	1:53.87	
34	Beau Dielschneider, BCLUW, Conrad	2007	1:54.01	
35	Hunter Lavalley, Cedar Falls	2016	1:54.02	
36	Joe Schaefer, Johnston	2019	1:54.13	
37	Quentin Linnan, Indianola	2018	1:54.14	
38	Brett Adams, Assumption, Davenport	2004	1:54.16	
39	Drew Poland, Cedar Falls	2008	1:54.19	
40	Tim Orris, Dubuque Senior	1999	1:54.0	
41	Nick Sorbe, Storm Lake	2004	1:54.1	
	Craig Cartier, Marshalltown	2000	1:54.1	
43	Derek Manternach, Monticello	2016	1:54.22	
44	Neil Flattery, St. Edmond, Fort Dodge	2012	1:54.25	
	Brady Fritz, Iowa City West	2008	1:54.25	
	Mike Craddick, Assumption, Davenport	2005	1:54.25	
47	Bill Theissen, Dowling Catholic, WDM	1980	1:54.28	
48	Stephen Arvanis, Davenport North	2007	1:54.29	
49	Matt Gabrielson, Belmond-Klemme	1996	1:54.2	
50	Josh Andrews, Waukee	2017	1:54.31	
	Chad Rutledge, Algona	2009	1:54.31	
52	Kyle Slaymaker, Cedar Rapids Kennedy	2009	1:54.34	

53	Karson Sommer, Pleasant Valley	2016	1:54.40
54	Roba Bati, Iowa City West	1992	1:54.3
55	Matt Mullenix, Woodbine	1992	1:54.4
	John Burris, Ames	1987	1:54.4
57	Nolan Teubel, Mount Vernon	2015	1:54.42
58	Nate Wall, Adel-DeSoto	1993	1:54.48
59	Joe Schaefer, Johnston	2018	1:54.55
60	Ryan Krogmann, Northeast, Goose Lake	2009	1:54.62
61	Aniey Akok, Ames	2019	1:54.63
62	Darin Astor, Fort Dodge	1992	1:54.67
63	Matt Lorenz, Prairie, Cedar Rapids	2016	1:54.71
64	Ben Daumueller, Urbandale	2018	1:54.74
65	Jay Marcotte, Urbandale	2018	1:54.75
66	Colin Miller, Valley, WDM	1980	1:54.78
67	Tyler Mulder, Unity Christian, Org City	2005	1:54.79
68	Jeff Burris, Ames	1985	1:54.82
69	Tedd Allen, East Marshall	2001	1:54.83
70	Michael Melchert, Monticello	2014	1:54.87
71	Alec Still, KP/WC	2016	1:54.89
72	William Hasken, Northeast, Goose Lake	2016	1:54.97
73	Zach Brower, Valley, WDM	2004	1:54.98
74	Dylan Davis, ADM, Adel	2003	1:55.0
	Guy Potter, Ottumwa	1987	1:55.0

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

1	Ryan Schweizer, Dowling Catholic, WM	2016	4:05.83	
2	Josh Evans, Linn-Mar, Marion	2014	4:06.32	– State Meet Record
3	Thomas Pollard, Gilbert	2015	4:08.00	
4	Jason Thomas, Dowling Catholic	2013	4:10.14	
5	Steve Greiner, Pekin	1979	4:11.57	
6	Karson Sommer, Pleasant Valley	2016	4:13.16	
7	Albert Meier, Boone	2014	4:13.30	
8	Todd Peverill, Waterloo East	1979	4:13.65	
9	Chandler, Austin Boone	2014	4:13.73	
10	Gable Sieperda, Central Lyon	2018	4:13.78	
11	Logan Gonzales, Boone	2005	4:13.98	
12	Jon Thomas, Des Moines Roosevelt	2004	4:14.01	
13	Bill Theissen, Dowling Catholic, WDM	1981	4:14.11	
14	Kevin Lewis, Ottumwa	2011	4:14.20	
15	Brett Adams, Assumption, Davenport	2004	4:14.31	
16	Omet Kak, Des Moines North	2009	4:14.43	
17	Alec Baldwin, Spirit Lake Park	2011	4:14.76	
18	Ryan Murphy, Linn-Mar, Marion	2017	4:15.36	
	Blake Schlotzhauer, Davenport Central	2005	4:15.36	
20	Bobby Soule, Bishop Heelan, Sx City	1983	4:15.47	
21	Darrin Rippey, DM Lincoln	1987	4:15.56	
22	Johnny Fuller, Glenwood	2009	4:15.66	
23	Jim Zinnel, Algona	1979	4:15.74	
24	Tom Caughlan, Mason City	1997	4:15.85	
25	Mike Holms, Valley, WDM	1986	4:15.88	
26	Matt Butler, Bettendorf	2012	4:15.98	
27	Daniel Gardarsson, Iowa City, West	2014	4:16.15	
28	Sam Schillinger, Cedar Falls	2017	4:16.28	
29	Tim Wilson, Clarke, Osceola	1981	4:16.49	
30	Rob Brock, Dubuque, Senior	1996	4:16.50	
31	Mike Diment, DM Hoover	1979	4:16.61	
32	Camden Cox, Ankeny Centennial	2018	4:16.88	
	Chris Francois, Davenport North	1999	4:16.68	
34	Dan Taylor, Fort Dodge	2002	4:16.72	
35	John Schuster, Dowling Catholic, WDM	1986	4:16.82	
36	Stephen Dak, Marshalltown	2007	4:16.92	
	Kiel Uhl, Des Moines Roosevelt	2005	4:16.92	
38	Blake Irwin, Pleasant Valley	2008	4:16.93	
39	Lance Elliott, Montezuma	1989	4:16.99	

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

1	Thomas Pollard, Gilbert	2014	8:50.43 – State Meet Record
2	Chandler Austin, Boone	2014	8:51.74
3	Albert Meier, Boone	2014	8:58.46
4	Ryan Murphy, Linn-Mar, Marion	2017	9:00.79
5	Josh Evans, Linn-Mar, Marion	2014	9:00.97
6	Kevin Lewis, Ottumwa	2011	9:05.25
7	Sam Schillinger, Cedar Falls	2017	9:06.04
8	Kiel Uhl, Des Moines Roosevelt	2005	9:06.54
9	Wally Duffy, Shenandoah	1979	9:07.06
10	Stephen Dak, Marshalltown	2007	9:07.34
11	Cole Decker, Dowling Catholic	2012	9:08.96
12	Matt Butler, Bettendorf	2012	9:09.03
13	Rob Brock, Dubuque Senior	1997	9:09.17
14	Gable Sieperda, Central Lyon	2018	9:09.60
15	Daniel Soto, Valley, West Des Moines	2015	9:09.76
16	Jon Thomas, Des Moines Roosevelt	2005	9:09.85
17	Patrick Bose, Johnston	2017	9:09.96
18	Jeff Jacobs, Clinton	1981	9:10.34
19	Jeff Hammons, Iowa Valley, Marengo	1985	9:10.95
20	Mitch Pritts, Prairie, Cedar Rapids	2014	9:12.07
21	Bill Kerkeart, Sheldon	1980	9:12.2
22	Johnny Fuller, Glenwood	2010	9:12.34
23	Daniel Murphy, Linn-Mar, Marion	2014	9:12.46
24	Mike Holms, Valley, WDM	1985	9:12.60
25	Dan Taylor, Fort Dodge	2002	9:12.63
26	Mike Diment, DM Hoover	1978	9:12.70
27	Kevin Morgan, Des Moines Lincoln	2007	9:12.77
28	Chris Jones, Iowa City West	2000	9:13.04
29	Kolby Greiner, Iowa City, West	2017	9:13.35
30	Trent Corey, Dubuque Senior	1997	9:13.42
31	Trent Graham, DM Roosevelt	2000	9:13.87
32	Karson Sommer, Pleasant Valley	2016	9:13.98
33	Charles Mosbrucker, Fort Dodge	1978	9:14.49
34	Tim Sindt, Ankeny	2019	9:14.64
	Omet Kak, Des Moines North	2009	9:14.64
36	Brogan Austin, Boone	2010	9:14.88
37	Ryan Schweizer, Dowling Catholic, WDM	2015	9:15.01
38	Blake Schlotzhauer, Davenport Central	2005	9:15.11
39	Konnor Sommer, Pleasant Valley	2018	9:15.79
40	Reece Smith, Garner-Hayfield-Ventura	2019	9:15.88
41	Dan Fick, Muscatine	1981	9:16.61
42	Dave Holesinger, Dubuque Hempstead	2019	9:16.64
43	Caleb Drake, Pleasant Valley	2013	9:16.95
	Devin Allbaugh, Pleasant Valley	2007	9:16.95
45	Chris Leonard, Ankeny	1980	9:16.98
46	Tim Wilson, Clarke, Osceola	1980	9:17.21
47	Matthew Carmody, Dowling Catholic	2018	9:17.39
48	Ryan McMahan, Algona	2011	9:17.47
49	Ben Schuteman, Bettendorf	2000	9:17.51
50	Michael Melchert, Monticello	2014	9:17.69
51	Eli Horton, Southeast Polk	2011	9:17.90

52	Camden Cox, Ankeny Centennial	2017	9:17.96
53	Ben Grant, Epworth, Western Dubuque	2004	9:18.04
54	Jon Specht, Dubuque, Hempstead	2014	9:18.07
55	Tom Caughlan, Mason City	1995	9:18.12
56	Paul Barnhart, Gehlen Catholic, LeMars	1986	9:18.22
57	Daniel Gardarsson, Iowa City, West	2014	9:18.26
58	Lance Elliott, Montezuma	1989	9:18.37
59	Tom Penningroth, Tipton	1985	9:18.46
60	Isaac Smith, Cedar Falls	2016	9:18.52
61	Grant Shadden, Marshalltown	2000	9:19.1

## 110 M High Hurdles (since 1978; mixed hand-held and FAT)

1	Riley Moss, Ankeny Centennial	2018	13.85
	Joah Banks, Prairie, Cedar Rapids	2017	13.91 – State Meet Record
3	Bill Betterton, Carlisle	1992	13.8
4	Trent Davis, Linn-Mar	2019	13.99
5	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
9	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
14	Jayvon Matthews, Davenport, Central	2014	14.01
15	Connor Ham, Solon	2015	14.03
16	Jordan Mullen, Atlantic	2008	14.04
17	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
25	Eric Strim, Sioux City West	1994	14.13
26	Bill Betterton, Carlisle	1992	14.15
27	Cole Phillips, Mount Pleasant	2015	14.16
28	Jack Garber, BCLUW	2019	14.20
	Sydne Davis, Des Moines, Roosevelt	2014	14.20
	Kyle Dunn, Linn-Mar, Marion	2010	14.20
31	Terrell Jordan, Cedar Rapids, Kennedy	2018	14.26
32	Michael Santi, Madrid	2017	14.2
	JoJo Frost, Center Point-Urbana	2016 & 17	14.2
	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, Madrid	2011	14.2

## 110 M High Hurdles (FAT)

1	Riley Moss, Ankeny Centennial	2018	13.85
2	Joah Banks, Prairie, Cedar Rapids	2017	13.91 – State Meet Record
3	Trent Davis, Linn-Mar	2019	13.99
4	Jayvon Matthews, Davenport, Central	2014	14.01



5	Connor Ham, Solon	2015	14.03
6	Jordan Mullen, Atlantic	2009	14.04
7	Eric Strim, Sioux City West	1994	14.13
8	Bill Betterton, Carlisle	1992	14.15
9	Cole Phillips, Mount Pleasant	2015	14.16
10	Jack Garber, BCLUW	2019	14.20
	Sydne Davis, Des Moines, Roosevelt	2014	14.20
	Kyle Dunn, Linn-Mar, Marion	2010	14.20
13	Jack Wilson, Valley, West Des Moines	2016	14.23
14	Lantz Reed, Boone	2017	14.24
15	Terrell Jordan, Cedar Rapids, Kennedy	2018	14.26
16	Elijah Young, Des Moines, Lincoln	2014	14.28
17	Gratt Reed, Atlantic	2018	14.31
18	Brandon Ophoff, Linn-Mar	2012	14.32
19	Chris Wycoff, Ames	1994	14.33
	Dean Fogarty, Marshalltown	1979	14.33
21	Michael Santi, Madrid	2017	14.35
	Jared Brdicko, Waukee	2014	14.35
	Dan Roemerman, Iowa City, City High	2012	14.35
	Rashed Tullis, Des Moines Roosevelt	2011	14.35
	Jordan Crosby, Fort Dodge	2003	14.35
26	Nick Kuchel, Kingsley-Pierson	2005	14.36
27	Tyler Donels, Southeast Polk	2011	14.38
28	JoJo Frost, Center Point-Urbana	2017	14.40
	Alonzo Clayton, Fort Dodge	1993	14.40
	Channing Puls, Hudson	2008	14.40
31	Tyler Donels, Southeast Polk	2012	14.41
	Cory Woods, Treynor	1997	14.41
33	Jace Christensen, Southeast Polk	2019	14.42
	Dylan Kalinay, South Tama County	2014	14.42
	Tanner Miller, Mid-Prairie, Wellman	2010	14.42
36	Wade Barclay, Southeast Polk	2017	14.43
	Lloyd Cheatem, Urbandale	2012	14.43
	Roger Craig, Davenport Central	1979	14.43
	Cyrus Nichols, Des Moines Roosevelt	1999	14.43
40	Dallas Wright, Carlisle	2017	14.44
	Derek Stevenson, Belmond	1987	14.44
	Nick Batterson, Eddyville-Blakesburg	2006	14.44
43	Austin Larson, West Fork	2014	14.45
	Matt Zuber, Iowa Valley, Marengo	1985	14.45
	Joey Woody, Iowa City, City	1992	14.45
46	Mason Aschenbrenner, Cardinal, Eldon	2018	14.46
	Hunter Wargo, West Branch	2016	14.46
	Graydon Schmidt, Centerville	2015	14.46
	Jacob Batterson, Eddyville-Blakesburg	2009	14.46
	Craig Nordlie, Nevada	1978	14.46
	Bruce Hackbarth, Algona	1980	14.46
52	Jason McCleary, Newton	1990	14.47
	Dan Davis, Iowa City, West	2008	14.47
54	Dan Kruse, Glenwood	2015	14.48
55	Thomas Brantley, Camanche	2015	14.49
	Brandon Ophoff, Linn-Mar, Marion	2011	14.49
	Dustin Avey, Ames	1996	14.49

58	Ethan Holmes, Clinton	2009	14.50
	Eric White, Burlington	1983	14.50
60	Darius Scott-Crayton, Woodward Academy	2014	14.51
	Deonne Harris, Newton	2014	14.51
	Aaron Abram, Valley, WDM	1995	14.51
63	Randy Booth, Grinnell	1979	14.52
	Blake Flansche, New Hampton	2000	14.52
65	Deyton Love, Waterloo West	2019	14.53
	Bryce Kemp, CMB, Baxter	2014	14.53
	Jon Rus, North Scott, Eldridge	2013	14.53
68	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
72	Duane Sleet, Davenport Central	2016	14.55
	William Parsley, Whiting	2016	14.55
	Trevor Dettman, Emmetsburg	2009	14.55
	Clete Younger, Ankeny	2002	14.55
76	Keaton Floss, Valley, West Des Moines	2017	14.56
	Alonzo Moore, Des Moines Tech	1978	14.56
	Sean Johnson, Clinton	2000	14.56
	Derek Casey, Cherokee	2002	14.56
80	Jake Lowe, Mount Pleasant	2017	14.57
	Cade Kirkpatrick, Madrid	2016	14.57
	Adam Lynn, Ankeny Centennial	2014	14.57
	Noah Larrison, Waukee	2013	14.57
84	Chris Shannon, Wapsie Valley	1993	14.58
	Tim Holcomb, Southeast Polk	2001	14.58
86	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
91	Kalen Renshaw, Waukee	2016	14.60
	Kole Baker, Iowa City, City High	2014	14.60
93	Mason Aschenbrenner, Cardinal, Eldon	2018	14.61
	Danny Gorsich, Linn-Mar, Marion	2016	14.61
	Diondre Gray, West Delaware	2014	14.61
	Jeff Olorundami, Sioux City West	2000	14.61
	Jeff Lahr, West Delaware	2004	14.61
98	Jake Lowe, Mount Pleasant	2018	14.62
	Zeal Baker, Linn-Mar	2017	14.62
	Nick Wessels, Waukee	2015	14.62
	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 – State Meet Record
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	Sydne Davis, Des Moines Roosevelt	2014	51.52
6	Brent MacLagan, Jefferson-Scranton	1995	51.62
7	Joey Woody, Iowa City, City	1992	51.8
8	Eric Strim, Sioux City West	1994	51.89
9	Austin West, Iowa City, West	2018	51.96
10	Jordan Van Roekel, PCM, Monroe	2012	52.26
11	Tim Dwight, Iowa City, City	1993	52.29
12	Raheem Black, Fort Madison	2013	52.31
13	Tanner Miller, Mid-Prairie, Wellman	2010	52.36
14	Darwin Vande Hoef, Rock Valley	1989	52.45
	Gregg Garn, Ames	1990	52.45
16	Brian Stegall, Washington	1999	52.46
	Michael Bell, Marshalltown	2002	52.46
	Shaun Benefield, Mason City	1990-91	52.46
19	Jacob Smith, West Burlington-N. Dame	2015	52.55
	Dennis Hammel, Davenport Central	2005	52.55
21	Nathan Hoy, Cedar Falls	2017	52.57
22	Chris Wycoff, Ames	1994	52.5
	Jordan Crosby, Fort Dodge	2003	52.5
24	Joven Nelson, Nevada	2019	52.69
25	Tracy Pugh, Davenport Central	1994	52.7
26	Jack Bergstrom, Johnston	2014	52.71
	Ethan Holmes, Clinton	2009	52.71
28	Nolan Roethler, Waukee	2018	52.73
	Randy Moore, Cedar Rapids Kennedy	1981	52.73
30	Demari Nicholson, Bettendorf	2018	52.79
31	Nik Moser, Fort Dodge	2001	52.80
32	Jordan Mullen, Atlantic	2009	52.82
33	Ryan Boyington, Hampton-Dumont	1999	52.84
34	Nick Efkamp, Madrid	2011	52.85
35	Kyle Bolejack, Ankeny	1997	52.91
36	Pete Avery, Waverly-Shell Rock	2001	52.92
37	Derek Casey, Cherokee	2002	52.94
38	Isaiah Nimmers, Ced Rapids, Washington	2016	52.96
39	Keaton Rickels, Iowa Falls-Alden	2009	52.98
40	Derek Gruber, CB Thomas Jefferson	1998	52.9
	Justin Koeppe, Storm Lake	2002	52.9
42	Noah Larrison, Waukee	2014	53.00
43	Derek Jones, Glenwood	2012	53.0
	Brian Rickels, Monticello	1987	53.0
45	JoJo Frost, Center Point-Urbana	2016	53.06
46	Tyson Vander Linden, Lynnville-Sully	2018	53.07
	Avery Van Zee, Pella	2018	53.07
	Matt Finn, Hudson	2009	53.07
	Jason Golliher, Fort Madison	1989	53.07
50	Elijah Young, Des Moines, Lincoln	2014	53.09

51	Suni Lane, Bettendorf	2017	53.11
52	Angelo Romagna, Dubuque, Senior	2018	53.13
53	Brett Daley, Treynor	2016	53.17
54	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
58	Dallas Wright, Carlisle	2017	53.20
59	Joel Hartman, Cedar Rapids Kennedy	1985	53.1
	Tom Wierzbicki, Ankeny	1996	53.1
	Tony Leick, St. Albert, Co. Bluffs	1998	53.1

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

1	Dustin Avey, Ames	1996	50.96 – State Meet Record
2	Kyle Dunn, Linn-Mar, Marion	2011	51.04
3	Greg Offerman, Charles City	2005	51.35
4	Sydne Davis, Des Moines Roosevelt	2014	51.52
5	Brent MacLagan, Jefferson-Scranton	1995	51.62
6	Eric Strim, Sioux City West	1994	51.89
7	Austin West, Iowa City, West	2018	51.96
8	Jordan Van Roekel, PCM, Monroe	2012	52.26
9	Tim Dwight, Iowa City, City	1993	52.29
10	Raheem Black, Fort Madison	2013	52.31
11	Tanner Miller, Mid-Prairie, Wellman	2010	52.36
12	Darwin Vande Hoef, Rock Valley	1989	52.45
	Gregg Garn, Ames	1990	52.45
	Joey Woody, Iowa City, City	1992	52.45
15	Brian Stegall, Washington	1999	52.46
	Michael Bell, Marshalltown	2002	52.46
	Shaun Benefield, Mason City	1990-91	52.46
18	Derek Jones, Glenwood	2013	52.51
19	Jacob Smith, West Burlington-N. Dame	2015	52.55
	Dennis Hammel, Davenport Central	2005	52.55
21	Nathan Hoy, Cedar Falls	2017	52.57
22	Joven Nelson, Nevada	2019	52.69
23	Jack Bergstrom, Johnston	2014	52.71
	Ethan Holmes, Clinton	2009	52.71
25	Nathan Roethler, Waukee	2018	52.73
	Randy Moore, Cedar Rapids Kennedy	1981	52.73
27	Jordan Crosby, Fort Dodge	2003	52.77
28	Demari Nicholson, Bettendorf	2018	52.79
29	Nik Moser, Fort Dodge	2001	52.80
30	Jordan Mullen, Atlantic	2009	52.82
31	Ryan Boyington, Hampton-Dumont	1999	52.84
32	Nick Efkamp, Madrid	2011	52.85
33	Tracy Pugh, Davenport Central	1998	52.90
34	Kyle Bolejack, Ankeny	1997	52.91
35	Pete Avery, Waverly-Shell Rock	2001	52.92
36	Derek Casey, Cherokee	2002	52.94
37	Isaiah Nimmers, Cdr Rapids, Washington	2016	52.96
38	Keaton Rickels, Iowa Falls-Alden	2009	52.98

39	Noah Larrison, Waukee	2014	53.00
40	JoJo Frost, Center Point-Urbana	2016	53.06
41	Tyson Vander Linden, Lynnvilleville-Sully	2018	53.07
	Avery Van Zee, Pella	2018	53.07
	Matt Finn, Hudson	2009	53.07
	Jason Gollhofer, Fort Madison	1989	53.07
45	Brett Daley, Treynor	2016	53.09
	Elijah Young, Des Moines, Lincoln	2014	53.09
47	Suni Lane, Bettendorf	2017	53.11
48	Angelo Romagna, Dubuque, Senior	2018	53.13
49	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
53	Dallas Wright, Carlisle	2017	53.20
	Sammy Vance, Solon	2010	53.20
55	Justin Koeppe, Storm Lake	2002	53.21
56	Pat Gray, Waukee	2015	53.22
57	Jordan Sauser, Williamsburg	2004	53.23
	Travis Marsh, Ankeny	2010	53.23
59	Gratt Reed, Atlantic	2018	53.24
60	Brent Roth, Iowa City, City	1989	53.25
	Tony Leick, St. Albert, Co. Bluffs	1998	53.25
	Kellyn Fogarty, Marshalltown	2008	53.25
63	Brian Wassenaar, Unity Christian, OC	1998	53.26
64	Dean Fogarty, Marshalltown	1979	53.32
65	Colin Seymour, Dubuque, Senior	2016	53.34
66	Wade Barclay, Southeast Polk	2017	53.35
	Cameron Crosser, Algona	2015	53.35
	Jackson Litterer, Waverly-Shell Rock	2011	53.35
69	Kyle Rippey, Ames	2002	53.36
	Alex Gabrielson, Belmond-Klemme	2004	53.36
71	Chris York, Dubuque Senior	1987	53.37
72	Dan Cleveland, Belmond	1981	53.38
	Tracy Bainbridge, Ida Grove	1983	53.38
74	Bret Younger, Atlantic	1980	53.39
75	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 – State Meet Record
5	Des Moines East	2007	41.88
6	Iowa City, City	2001	41.89
7	Cedar Rapids, Jefferson	2018	41.90 (41.894)
	Ankeny Centennial	2018	41.90 (41.899)
9	Burlington	2008	41.8
10	Epworth, Western Dubuque	2017	42.00
	Des Moines East	1989	42.00
12	Prairie, Cedar Rapids	2016	42.01
13	Waukee	2014	42.03
14	Valley, WDM	2006	42.04
15	Des Moines East	2002	42.05
16	Cedar Rapids, Kennedy	2018	42.06
17	Cedar Falls	2011	42.07
18	Cedar Rapids, Washington	2016	42.09
19	Cedar Rapids, Washington	2017	42.13
	Davenport, North	2017	42.13
	Iowa City, City High	2012	42.13
	Waterloo West	2012	42.13
	Newton	2001	42.13
24	Linn-Mar, Marion	2013	42.14
25	Des Moines, East	2019	42.16
26	Cedar Falls	2012	42.17
27	Xavier, Cedar Rapids	2008	42.18
28	Des Moines East	2003	42.19
29	Ottumwa	2001	42.20
30	Waterloo Central	1986	42.21
	Iowa City, City	2005	42.21
	Des Moines Roosevelt	2010	42.23
	Davenport Central	1984	42.23
34	Cedar Rapids Washington	2004	42.26
35	Valley, WDM	2004	42.27
36	Johnston	2013	42.29
37	Burlington	2008	42.30
	Davenport Central	1993	42.31
39	Southeast Polk	2018	42.32
40	Xavier, Cedar Rapids	2012	42.32
	Davenport Central	2005	42.32
42	Valley, WDM	2011	42.34
43	Iowa City, City High	2014	42.36
	Des Moines, East	1996	42.36
	Des Moines, Lincoln	2013	42.37
46	Cedar Rapids Washington	2011	42.39
	Des Moines East	1988	42.39
48	Cedar Rapids Jefferson	1989	42.3
	Des Moines East	1996	42.3
	Iowa City, City	1997	42.3
	Newton	2000	42.3

52	Des Moines Roosevelt	1985	42.40
	Dowling Catholic, WDM	1999	42.40
	Des Moines East	2004	42.40
55	Urbandale	2018	42.41
	Iowa City, City High	2017	42.41
	Cedar Falls	2015	42.41
	Burlington	1988	42.41
59	Southeast Polk	2010	42.42
	Waterloo West	1990	42.42
61	Waterloo West	1988	42.43
62	West Burlington/Notre Dame	2015	42.44
	Iowa City, West	2012	42.44
64	Valley, West Des Moines	2018	42.45
65	Southeast Polk	2019	42.46
66	Ankeny Centennial	2017	42.47
	Des Moines North	2000	42.47
68	Valley, WDM	2019	42.48
	Davenport Central	1983	42.48
70	Cedar Rapids Kennedy	2014	42.49
	Cedar Rapids Washington	2010	42.49
	Valley, WDM	1985	42.49
73	Valley, WDM	2000	42.4

#### 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 – State Meet Record
4	Des Moines East	2007	41.88
5	Iowa City, City	2001	41.89
6	Cedar Rapids, Jefferson	2018	41.90 (41.894)
	Ankeny Centennial	2018	41.90 (41.899)
8	Epworth, Western Dubuque	2017	42.00
	Des Moines East	1989	42.00
10	Prairie, Cedar Rapids	2016	42.01
11	Waukee	2014	42.03
12	Cedar Rapids, Kennedy	2018	42.06
13	Cedar Falls	2011	42.07
14	Cedar Rapids, Washington	2016	42.09
15	Cedar Rapids, Washington	2017	42.13
	Davenport, North	2017	42.13
	Iowa City, City High	2012	42.13
	Waterloo West	2012	42.13
	Des Moines East	2002	42.13
	Newton	2001	42.13
21	Linn-Mar	2013	42.14
22	Des Moines, East	2019	42.16
23	Cedar Falls	2012	42.17
	Iowa City, City	2000	42.17
25	Xavier, Cedar Rapids	2008	42.18

26	Des Moines East	1989	42.19
	Des Moines East	2003	42.19
28	Ottumwa	2001	42.20
29	Waterloo Central	1986	42.21
	Iowa City, City	2005	42.21
31	Des Moines Roosevelt	2010	42.23
	Davenport Central	1984	42.23
33	Cedar Rapids Washington	2004	42.26
34	Valley, WDM	2004	42.27
35	Johnston	2013	42.29
36	Burlington	2008	42.30
37	Cedar Rapids Jefferson	1979	42.31
	Davenport Central	1993	42.31
39	Southeast Polk	2018	42.32
	Xavier, Cedar Rapids	2012	42.32
	Davenport Central	2005	42.32
42	Valley, WDM	2011	42.34
	Iowa City, City High	2014	42.36
	Des Moines East	1996	42.36
45	Des Moines, Lincoln	2013	42.37
46	Cedar Rapids Washington	2011	42.39
	Des Moines East	1988	42.39
48	Des Moines Roosevelt	1985	42.40
	Dowling Catholic, WDM	1999	42.40
	Des Moines East	2004	42.40
51	Urbandale	2018	42.41
	Iowa City, City High	2017	42.41
	Ames	2016	42.41
	Cedar Falls	2015	42.41
	Burlington	1988	42.41
56	Waterloo West	1990	42.42
	Iowa City High	1997	42.42
	Waterloo West	1988	42.43
59	West Burlington/Notre Dame	2015	42.44
	Iowa City West	2012	42.44
61	Valley, West Des Moines	2018	42.45
62	Southeast Polk	2019	42.46
63	Ankeny Centennial	2017	42.47
	Des Moines North	2000	42.47
65	Valley, WDM	2019	42.48
	Davenport Central	1983	42.48
67	Linn-Mar, Marion	2015	42.49
	Cedar Rapids Kennedy	2014	42.49
	Valley, WDM	1985	42.49
70	Linn-Mar, Marion	2014	42.50
	Central Clinton, De Witt	2011	42.50
	Ames	1987	42.50
	Des Moines East	2007	42.50
74	Valley, WDM	1986	42.51
	Waterloo Central	1988	42.51
76	Sioux City, East	2019	42.55
77	Ankeny	2000	42.56



<b>78</b>	<b>Cedar Rapids Kennedy</b>	<b>2005</b>	<b>42.57</b>
	<b>Sioux City West</b>	<b>1995</b>	<b>42.57</b>
<b>80</b>	<b>Ankeny Centennial</b>	<b>2017</b>	<b>42.58</b>
	<b>Cedar Rapids Washington</b>	<b>2011</b>	<b>42.58</b>
<b>82</b>	<b>Ankeny Centennial</b>	<b>2018</b>	<b>42.59</b>
	<b>Assumption, Davenport</b>	<b>1998</b>	<b>42.59</b>
	<b>Valley, WDM</b>	<b>2005</b>	<b>42.59</b>

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

1	Iowa City, City	1997	1:26.4	
2	Des Moines East	2004	1:27.02	– State Meet Record
3	Cedar Falls	2011	1:27.12	
4	Cedar Rapids Jefferson	2018	1:27.14	
	West Burlington/Notre Dame	2016	1:27.14	
6	Waukee	2014	1:27.26	
7	Davenport Central	1992	1:27.42	
7	Waterloo West	1990	1:27.45	
8	Waterloo West	2017	1:27.48	
9	Waterloo East	1989	1:27.4	
10	West Burlington/Notre Dame	2015	1:27.51	
11	Linn-Mar	2013	1:27.52	
12	Valley, WDM	2006	1:27.54	
13	Cedar Rapids, Kennedy	2017	1:27.55	
14	Iowa City, City	1996	1:27.58	
15	Burlington	2010	1:27.62	
16	Epworth, Western Dubuque	2017	1:27.64	
	Cedar Rapids Washington	2009	1:27.64	
18	Valley, WDM	2011	1:27.66	
19	Iowa City West	2012	1:27.67	
20	Iowa City, City	2001	1:27.69	
21	Burlington	2008	1:27.6	
22	Valley, WDM	2019	1:27.76	
	<u>Epworth, Western Dubuque</u>	<u>2019</u>	<u>1:27.76</u>	
24	Epworth, Western Dubuque	2017	1:27.78	
25	Ankeny Centennial	2017	1:27.81	
26	Cedar Rapids Kennedy	2014	1:27.83	
	Iowa City, City	2000	1:27.83	
28	Sergeant Bluff-Luton	2016	1:27.87	
	Davenport Central	1988	1:27.87	
30	Valley, WDM	2006	1:27.88	
31	Des Moines Lincoln	2010	1:27.93	
32	Bettendorf	2019	1:27.95	
	<u>Valley, WDM</u>	<u>1986</u>	<u>1:27.95</u>	
34	Valley, WDM	2009	1:27.96	
35	Des Moines East	1989	1:27.98	
36	Ankeny Centennial	2018	1:27.99	
37	Iowa City, City	1994	1:28.00	
38	Cedar Rapids, Kennedy	2013	1:28.01	
39	Iowa City West	2006	1:28.03	
40	Waterloo West	1989	1:28.0	
41	Waukee	2019	1:28.05	
	<u>Albia</u>	<u>2015</u>	<u>1:28.05</u>	
43	Linn-Mar, Marion	2014	1:28.06	
44	Valley, WDM	1998	1:28.10	
	Iowa City West	2004	1:28.10	
46	Albia	2017	1:28.14	
	Iowa City, City	2002	1:28.14	
	Valley, WDM	2007	1:28.14	
49	Valley, WDM	2004	1:28.17	

50	Davenport, North	2017	1:28.19
	Des Moines East	2007	1:28.19
52	Sioux City West	1994	1:28.1
53	Cedar Rapids Washington	2011	1:28.20
	Cedar Rapids Washington	2001	1:28.20
55	Waterloo Central	1986	1:28.21
56	Iowa City, City	1991	1:28.23
	Iowa City West	2000	1:28.23
58	Valley, WDM	1999	1:28.24
	Newton	2001	1:28.24
60	Southeast Polk	2010	1:28.25
61	Sioux City, East	2016	1:28.28
	Waterloo, West	2013	1:28.28
	Cedar Falls	1998	1:28.28
64	Cedar Rapids Washington	2010	1:28.30
65	Newton	2000	1:28.33

## 800 Meter Sprint Medley Relay (FAT only)

1	Bettendorf	2018	1:31.12	
2	Dowling Catholic, WDM	2018	1:31.30	– State Meet Record
3	Urbandale	2019	1:31.52	
4	Valley, WDM	2018	1:31.68	
5	Epworth, Western Dubuque	2017	1:31.97	
6	Bettendorf	2017	1:32.09	
7	Fort Dodge	2019	1:32.12	
8	Bettendorf	2019	1:32.17	
9	Cedar Rapids, Kennedy	2018	1:32.41	
	Wahlert Catholic, Dubuque	2019	1:32.41	
11	Waukee	2019	1:32.47	
12	Urbandale	2018	1:32.54	
13	Sergeant Bluff-Luton	2019	1:32.55	
14	Ankeny Centennial	2019	1:32.60	
15	Lewis Central	2017	1:32.62	
16	Waterloo, West	2017	1:32.68	
17	Iowa City, West	2018	1:32.74	
	Iowa City, West	2017	1:32.74	
19	Cedar Rapids, Kennedy	2017	1:32.77	
20	Valley, West Des Moines	2017	1:32.80	
21	Waukee	2017	1:32.98	
22	Cedar Falls	2018	1:32.99	
23	Ames	2017	1:33.01	
24	Ottumwa	2018	1:33.06	
25	Glenwood	2018	1:33.11	
	Waukee	2018	1:33.11	
27	Indianola	2017	1:33.12	
28	Des Moines, East	2019	1:33.17	
29	Des Moines, Roosevelt	2019	1:33.20	
30	Marion	2018	1:33.30	
31	Center Point-Urbana	2017	1:33.36	
32	Epworth, Western Dubuque	2019	1:33.37	
33	Pleasant Valley	2017	1:33.52	
34	Johnston	2017	1:33.55	
35	Nevada	2018	1:33.60	
	Sergeant Bluff-Luton	2017	1:33.60	
37	Des Moines, Roosevelt	2017	1:33.67	
38	Iowa City, West	2019	1:33.68	
	Glenwood	2017	1:33.68	
40	Beckman Catholic, Dyersville	2018	1:33.69	
41	Ankeny Centennial	2017	1:33.74	
42	Cedar Falls	2019	1:33.81	
43	Valley, West Des Moines	2019	1:33.82	
44	Lynnville-Sully	2018	1:33.83	
45	Pekin	2018	1:33.84	
	Lisbon	2017	1:33.84	
47	Boyden-Hull/Rock Valley	2019	1:33.92	
48	Benton Community	2019	1:33.93	
49	Boyden-Hull/Rock Valley	2018	1:33.95	
50	Dowling Catholic, WDM	2017	1:34.07	

51	St. Albert, Council Bluffs	2018	1:34.08
	Iowa City, City High	2017	1:34.08
53	Dubuque, Senior	2018	1:34.19
54	Mediapolis	2018	1:34.28
55	Davenport, Central	2018	1:34.39
56	Nevada	2019	1:34.40
57	Southeast Polk	2019	1:34.41
58	Muscatine	2019	1:34.46
59	Pleasantville	2018	1:34.50
60	Epworth, Western Dubuque	2018	1:34.52
61	Linn-Mar	2019	1:34.54
62	Clinton	2017	1:34.57
	Ottumwa	2017	1:34.57
64	Lewis Central	2018	1:34.58
65	Ames	2019	1:34.62
66	Boone	2018	1:34.65
	Anamosa	2017	1:34.65
68	Sergeant Bluff-Luton	2018	1:34.68
69	Marion	2017	1:34.73
70	Humboldt	2019	1:34.74
71	Waterloo, East	2019	1:34.77
72	Dallas Center-Grimes	2017	1:34.81
73	Sioux City, North	2017	1:34.84
74	Dubuque, Senior	2019	1:34.89
	Atlantic	2018	1:34.89
76	Iowa City, City High	2019	1:34.92
77	Gilbert	2018	1:34.96
78	Dubuque Hempstead	2017	1:35.00
79	Dallas Center-Grimes	2018	1:35.01
80	Pella	2018	1:35.04
81	Dike-New Hartford	2019	1:35.05
82	Des Moines, Roosevelt	2018	1:35.06
83	Davenport, Central	2019	1:35.10
84	Ankeny Centennial	2018	1:35.11
	Grinnell	2017	1:35.11
86	Urbandale	2017	1:35.12
	Cedar Rapids, Washington	2017	1:35.12
88	Bishop Heelan Catholic, Sioux City	2019	1:35.14
89	Fort Dodge	2018	1:35.17
90	Nevada	2017	1:35.21
91	Benton	2018	1:35.23
82	Humboldt	2019	1:35.24
	Oskaloosa	2019	1:35.24
94	BCLUW	2018	1:35.25
95	St. Albert, Co. Bluffs	2019	1:35.33
96	South Winneshiek	2017	1:35.34
97	North Fayette Valley	2017	1:35.37
99	Winterset	2019	1:35.38
99	Johnston	2019	1:35.39
100	Marion	2019	1:35.41
101	Atlantic	2019	1:35.42
	Oskaloosa	2019	1:35.42

<b>103 South Winneshiek</b>	<b>2017</b>	<b>1:35.44</b>
<b>104 Dallas Center-Grimes</b>	<b>2018</b>	<b>1:35.47</b>
<b>Muscatine</b>	<b>2017</b>	<b>1:35.47</b>
<b>106 Cedar Rapids, Jefferson</b>	<b>2018</b>	<b>1:35.48</b>
<b>107 Des Moines, Lincoln</b>	<b>2018</b>	<b>1:35.49</b>
<b>108 Dunkerton</b>	<b>2018</b>	<b>1:35.50</b>

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

1	Valley, West Des Moines	2006	3:13.80 – State Meet Record
2	Valley, West Des Moines	2018	3:16.55
2	Cedar Falls	2016	3:16.85
4	Iowa City, City	1992	3:16.9
5	Bettendorf	2018	3:17.19
6	Waukee	2018	3:17.37
7	Waukee	2019	3:17.44
8	Iowa City, City High	2018	3:17.48
9	Waukee	2016	3:17.50
10	Waterloo West	1981	3:17.84
11	Cedar Falls	2017	3:17.88
12	Iowa City, City	2000	3:18.01
13	Cedar Falls	2015	3:18.02
14	Ottumwa	2009	3:18.07
15	Albia	2016	3:18.09
	Waterloo East	1979	3:18.09
17	Indianola	2010	3:18.12
18	Bishop Heelan, Sioux City	2009	3:18.24
19	Cedar Falls	2014	3:18.30
20	Ames	1991	3:18.39
21	Iowa City, City	1994	3:18.3
22	Des Moines East	1981	3:18.54
23	Valley, WDM	2005	3:18.54
24	Dowling Catholic, WDM	2009	3:18.68
25	Waterloo West	2017	3:18.70
	Valley, WDM	2011	3:18.70
27	Johnston	2006	3:18.73
28	Waukee	2015	3:18.80
29	Iowa City, City High	2017	3:18.87
30	Albia	2014	3:18.90
31	Ames	1995	3:18.93
32	St. Edmond, Fort Dodge	2010	3:18.99
33	Waukee	2013	3:19.04
	Sioux City East	1983	3:19.04
	Des Moines Roosevelt	1996	3:19.04
36	Des Moines Hoover	1998	3:19.06
37	Des Moines Roosevelt	2014	3:19.12
38	Iowa City, City	1991	3:19.0
39	Ankeny	1996	3:19.29
40	Ankeny	2002	3:19.32
41	Cedar Falls	2008	3:19.34
42	Cedar Falls	2013	3:19.61
43	Ames	1996	3:19.64
44	Valley, West Des Moines	2017	3:19.65
45	Iowa City, City	2001	3:19.68
46	Waterloo East	1980	3:19.69
47	Burlington	1983	3:19.71
	Iowa City West	2006	3:19.71
49	Cedar Falls	2005	3:19.72

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

<b>1</b>	<b>Ames</b>	<b>2015</b>	<b>7:41.43 – State Meet Record</b>
<b>2</b>	<b>Cedar Falls</b>	<b>2016</b>	<b>7:44.00</b>
<b>3</b>	<b>Ames</b>	<b>1987</b>	<b>7:44.06</b>
<b>4</b>	<b>Marshalltown</b>	<b>1985</b>	<b>7:45.63</b>
<b>5</b>	<b>Waukee</b>	<b>2016</b>	<b>7:47.08</b>
<b>6</b>	<b>Ames</b>	<b>1985</b>	<b>7:47.46</b>
<b>7</b>	<b>Dowling Catholic, WDM</b>	<b>1980</b>	<b>7:47.57</b>
<b>8</b>	<b>Marshalltown</b>	<b>1986</b>	<b>7:47.66</b>
<b>9</b>	<b>Ames</b>	<b>1986</b>	<b>7:47.72</b>
<b>10</b>	<b>Muscatine</b>	<b>1979</b>	<b>7:48.01</b>
<b>11</b>	<b>Iowa City, City High</b>	<b>2013</b>	<b>7:48.06</b>
<b>12</b>	<b>Linn-Mar, Marion</b>	<b>2004</b>	<b>7:48.26</b>
<b>13</b>	<b>Iowa City West</b>	<b>1986</b>	<b>7:48.27</b>
<b>14</b>	<b>Linn-Mar, Marion</b>	<b>2005</b>	<b>7:48.55</b>
<b>15</b>	<b>Cedar Rapids Washington</b>	<b>2010</b>	<b>7:48.70</b>
<b>16</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>18</b>	<b>Iowa City, West</b>	<b>2013</b>	<b>7:48.99</b>
<b>19</b>	<b>Spirit Lake Park</b>	<b>2011</b>	<b>7:49.07</b>
<b>20</b>	<b>Waukee</b>	<b>2017</b>	<b>7:49.34</b>
<b>21</b>	<b>Iowa City, City High</b>	<b>2018</b>	<b>7:49.41</b>
	<b>Monticello</b>	<b>2013</b>	<b>7:49.41</b>
<b>22</b>	<b>Prairie, Cedar Rapids</b>	<b>2014</b>	<b>7:49.52</b>
<b>23</b>	<b>Indianola</b>	<b>2016</b>	<b>7:49.69</b>
<b>24</b>	<b>Waukee</b>	<b>2012</b>	<b>7:49.79</b>
<b>25</b>	<b>Ames</b>	<b>1981</b>	<b>7:49.83</b>
<b>26</b>	<b>Ames</b>	<b>2005</b>	<b>7:49.86</b>
<b>27</b>	<b>Ames</b>	<b>1983</b>	<b>7:49.89</b>



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

1	Iowa City, City	2001	3:22.69	
2	Linn-Mar, Marion	2014	3:24.39	– State Meet Record
3	Dowling Catholic, WDM	2015	3:25.27	
4	Charles City	2005	3:25.33	
5	Prairie, Cedar Rapids	2016	3:25.94	
6	Mid-Prairie, Wellman	2008	3:26.16	
7	Dowling Catholic, West Des Moines	2016	3:26.26	
8	Pleasant Valley	2008	3:26.51	
	Indianola	1990	3:26.51	
10	Monticello	2016	3:27.02	
11	Prairie, Cedar Rapids	2015	3:27.08	
12	Iowa City, City	2004	3:27.18	
13	Clinton	1979	3:27.2	
14	Ames	2015	3:27.38	
15	Cedar Falls	2015	3:27.40	
16	Des Moines Roosevelt	1998	3:27.52	
17	Assumption, Davenport	2004	3:27.65	
18	Ames	1987	3:27.66	
19	Dowling Catholic	2017	3:27.74	
20	Marshalltown	2006	3:27.75	
21	Cedar Falls	2016	3:27.85	
22	Urbandale	2018	3:27.91	
23	Mason City	1996	3:27.95	
	Pleasant Valley	2007	3:27.95	
25	Iowa City, West	2014	3:28.07	
26	Dowling Catholic, WDM	2014	3:28.08	
	Cedar Rapids Kennedy	2009	3:28.08	
28	Ames	2014	3:28.09	
29	Boone	2007	3:28.33	
30	Indianola	2017	3:28.37	
31	Urbandale	2019	3:28.53	
32	Cedar Falls	2018	3:28.55	
	Cedar Rapids Kennedy	1985	3:28.55	
34	Davenport North	1998	3:28.56	
35	Dubuque Senior	1999	3:28.59	
36	Pleasant Valley	2016	3:28.65	
37	Cedar Falls	2005	3:28.71	
38	Cedar Falls	2009	3:28.77	
	Indianola	1997	3:28.77	
40	Mount Pleasant	2000	3:28.80	
41	Prairie, Cedar Rapids	2012	3:28.88	
42	Dubuque Senior	1996	3:28.91	
43	Pleasant Valley	2014	3:28.93	
	Iowa City, City	1994	3:28.93	
45	Waterloo East	1980	3:29.01	
46	Dike-New Hartford	2016	3:29.14	
47	Dowling Catholic, WDM	1981	3:29.22	
48	Cedar Rapids Kennedy	2009	3:29.25	
49	Linn-Mar, Marion	2008	3:29.35	
50	Assumption, Davenport	2003	3:29.38	

51	Waukee	2016	3:29.44
	Algona	2015	3:29.4 – also ran 3:29.44 in 2015
53	Marshalltown	1986	3:29.47
54	Ames	1985	3:29.48
	Co. Bluffs Thomas Jefferson	1999	3:29.48
56	Muscatine	1979	3:29.5
57	Urbandale	1999	3:29.6
58	Boone	2006	3:29.62
	Ankeny	2000	3:29.62
60	Waverly-Shell Rock	2000	3:29.69
61	Marshalltown	2010	3:29.72
62	Cedar Falls	2005	3:29.76
63	Waukee	2017	3:29.78
64	Waukee	2006	3:29.82
	Iowa City, City	2000	3:29.83
66	Waukee	2014	3:29.87
67	Dubuque, Hempstead	2014	3:29.91
	Marshalltown	2000	3:29.91
69	Linn-Mar, Marion	2013	3:29.94
70	Dubuque, Senior	2018	3:29.95
71	Algona	2014	3:29.98

## **Shuttle Hurdle Relay (mixed HH and FAT in hundredths – 36-inch hurdles - 2019)**

New Hurdle Height – 2019 (Note: 2007 & 2008 bests at 30" and 2009-18 at 33" are under Discontinued Events)

1	Valley, West Des Moines	58.02	2019
2	Cedar Rapids, Kennedy	58.20	2019
3	Linn-Mar	58.39	2019
4	Ankeny Centennial	58.45	2019
5	Ankeny	58.78	2019
6	Dowling Catholic, WDM	59.31	2019
7	Sergeant Bluff-Luton	59.40	2019
8	Epworth, Western Dubuque	59.41	2019
9	Dike-New Hartford	59.69	2019
10	Des Moines Christian	59.91	2019
11	Southeast Polk	59.97	2019
12	Carlisle	1:00.12	2019
13	Iowa City, City High	1:00.36	2019
14	Prairie, Cedar Rapids	1:00.52	2019
15	Ottumwa	1:00.61	2019
16	BCLUW	1:00.62	2019
17	Pella	1:00.63	2019
18	Pleasant Valley	1:00.80	2019
19	Waukee	1:00.84	2019
20	Fremont-Mills	1:00.90	2019
21	West Liberty	1:00.91	2019
22	Humboldt	1:00.99	2019
23	Davis County	1:01.08	2019
24	Tipton	1:01.10	2019
25	Mount Pleasant	1:01.19	2019
26	Treynor	1:01.26	2019
27	Charles City	1:01.30	2019
28	Des Moines, Roosevelt	1:01.31	2019
26	Indianola	1:01.34	2019
36	Benton	1:01.37	2019
37	North Tama	1:01.38	2019
33	Winterset	1:01.48	2019
33	Humboldt	1:01.43	2019
27	Lake Mills	1:01.50	2019
28	South Central Calhoun	1:01.52	2019
29	Fort Dodge	1:01.60	2019
30	LeMars	1:01.78	2019
	North Scott	1:01.78	2019
32	Hampton-Dumont	1:01.81	2019
33	Maquoketa Valley	1:01.92	2019
34	Washington	1:01.98	2019
35	Davenport, West	1:02.10	2019
36	OA-BCIG	1:02.13	2019
38	ADM, Adel	1:02.14	2019
39	Central Decatur	1:02.15	2019
40	Des Moines, East	1:02.21	2019
41	PCM, Monroe	1:02.22	2019

# FIELD EVENTS

## High Jump

1	Brian Tietjens, North Central	1981	7-03.50 – State Meet Record
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	Jeff Giannettino, W Burlingtn/Notre Dame	2015	7-01
6	Mark Harken, Aplington-Parkersburg	2000	7-01
7	Xavior Williams, W Burlington/Not Dame	2016	7-00
	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
12	Bill McConnaha, West Branch	2001	6-11
	Ehi Oamen, Hinton	2006	6-11
	Colten Kelly, Anamosa	2008	6-11
15	Eddie Berlin, Urbandale	1995	6-10.75
16	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
20	Jordan Cress, Olin	2011	6-10.25
	Steve Kuehl, Clinton	1975	6-10.25
<u>22</u>	<u>Grant Brouwer, Sisley-Ocheyedan</u>	<u>2019</u>	<u>6-10</u>
	Miles Rupiper, Kuemper Catholic, Carroll	2017 & 18	6-10
	J'Von Harris, Oskaloosa	2017	6-10
	Cole Moeller, Calamus-Wheatland	2016	6-10
	Jared Seay, Johnston	2014 & 15	6-10
	Cody Durbin, OA-BCIG	2015	6-10
	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

## Long Jump

1	Chris Walker, Davenport Central	1984	24-09.5
2	Kenny Gilmore, Davenport Central	2011	24-05
5	Jerry Westerfield, Davenport, North	2012	24-04.50
3	Hakim Hill, Iowa City, City	2000	24-04
4	Matt Zuber, Iowa Valley, Marengo	1985	24-03 – State Meet Record
6	Darius Pearson, Sioux City West	2012	24-00.50
7	Tim Dwight, Iowa City, City	1994	23-11
8	Deangelo Jackson, Dubuque, Senior	2016	23-10
	Chandler Diercks, Clear Lake	2014	23-10
	Wade Harrington, Davenport Central	1979	23-10
11	Claude Perkins, Waterloo Central	1980	23-09.50
12	Darnell Robertson, DM Roosevelt	1987	23-09.25
13	Steve Carson, Red Oak	1963	23-08.75
14	Xavior Williams, W Burlington/Not. Dame	2016	23-08.25
15	Todd Madsen, Webster City	1990	23-08
16	Dennis Green, Davenport Central	1973	23-07
17	Trey Washington, Dallas Center-Grimes	2017	23-06.50
18	J'Von Harris, Oskaloosa	2017	23-06
	Rumel Monk, Des Moines, Lincoln	2002	23-06
	Mike Anderson, Waterloo East	1985	23-06
	Jesse Holland, Iowa City, City	1996	23-06
22	Chuck Meyer, North Fayette	1980	23-05.50
	Mark Hewitt, Clear Lake	1981	23-05.50
24	Ken Jackson, Waterloo East	1973	23-05.25
	David Knight, Ames	1989	23-05.25
26	Cooper Koenig, West Branch	2016	23-05
	Adam Haluska, Carroll	2001	23-05
	Ryan Borgwardt, Clinton	2003	23-05
	Ben Evans, Iowa City, City	2005	23-05
30	Kevin Kurth, Davenport Central	2017	23-04.75
	Dequayvious Martin, Waterloo West	2012	23-04.50
	Ken Brauman, Eagle Grove	1965	23-04.50
	Darren Smith, North Scott	1988	23-04.50
34	Jay Frazier, Cedar Rapids Washington	1997	23-04
	Bryan Gilbreath, Waverly-Shell Rock	1997	23-04
36	Tom Landsberg, Ames	1964	23-03.75
	Cody Eichmeier, AGWSR, Ackley	2002	23-03.75
38	Kolby Jones, Dowling Catholic, WDM	1999	23-03.50
39	Austin West, Iowa City, West	2018	23-03
	Marty Borseth, Prairie, Cedar Rapids	2017	23-03
	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
48	Nick Efkamp, Madrid	2011	23-02.50
49	Chase Van Sant, Pella	2016	23-02.25
50	Damon Jaeger, Epworth, West'n Dubuque	2019	23-02

## Shot Put

Since 1968, by rule shot put measurements are recorded to the nearest lesser .25 inch

1	Doug Lane, Cedar Rapids Jefferson	1968	70-11
2	Nick Phelps, KP-WC	2018	67-02 - State Meet Record 66-05.50 (ID)
	Phelps' 67-02 set a new State Meet Record (old mark Doug Lane 65-10.50, 1968)		
3	Tristan Wirfs, Mount Vernon	2017	67-00
4	William Blaser, Epworth, W. Dubuque	2017	66-02
5	Chase Madison, Newton	2004	66-0
6	Steve Settle, Nevada	1978	65-04
7	Jared Brinkman, Regina, Iowa City	2017	65-02.50
8	Brandon Scherff, Denison-Schleswig	2010	65-00
9	Drew Clark, Marion	2009	64-07.75
10	Scott Davis, Glenwood	1988	64-01.50
11	Jackson Coker, Cedar Rapids, Kennedy	2016	63-09.50
12	Chuck Locke, Davis County, Bloomfield	1977	63-08.75
13	Jeff DeVilder, BGM	1977	63-03.50
14	Shane Maier, Storm Lake	2003	63-02
15	Jamie Beyer, PCM, Monroe	1995	62-07.50
16	Bob Feuerbach, Preston	1975	62-04
17	Matt Mai, Gehlen Catholic, LeMars	1997	62-02.75
18	Adam Pinckney, CR, Washington	2006	62-01.75
19	Scott Schaley, Camanche	1993	61-11.50
20	Steve English, Mount Pleasant	1994	61-10.25
21	Mike McCready, Dubuque	1968	61-09.75
22	David Juehring, Davenport West	1982	61-09
23	Caden Fenchel, Western Christian	2017	61-08.25
23	Brent Geringer, Mount Ayr	1974	61-05.50
	Steve Wegner, Harlan	2001	61-05.50
25	Dominic Etherington, Algona	2018	61-05
26	Matt Banse, Starmont, Arlington	2007	61-03.50
27	Ryan Lamparek, Prairie, Cedar Rapids	2006	61-01.50
	Ryan Winters, Iowa Falls	1999	61-01.50
29	Carl Hesse, Sioux City East	1969	61-01
	Phil O'Neil, Co. Bluffs Thomas Jefferson	1978	61-01
31	Rod Dirth, Burlington	1972	61-00.50
32	Noah Fenske, New Hampton	2019	60-11.25
33	Jon Meskimen, Cedar Rapids Jefferson	1965	60-10.75
34	Al Feuerbach, Preston	1966	60-09.50
35	Dalles Jacobus, Cedar Rapids, Kennedy	2016	60-06
36	Nick DeJong, Pella	2019	60-05
37	Maddux Richardson, Marshalltown	2017	60-04
38	John Martin, Mount Vernon	1990	60-03
39	Jake Remsburg, Valley, WDM	2019	60-01.25
40	Dalton Ferguson, Solon	2014	60-00.75
	Jeremy Jacobsen, Bettendorf	2010	60-00.75
42	Lee Carlson, Dubuque	1959	60-00.50
43	Eric Simmons, Madrid	2011	60-00
	Andy Norland, Clarinda	1986	60-00
45	Jerry Kamp, Fort Madison	1959	59-11.50
46	Layne McDowell, Cedar Rapids Jefferson	1967	59-11.25

47	Robby Beyer, PCM, Monroe	1999	59-11
	Ryan Richards, West Burlington	1993	59-11
<b>Shot Put (16 lbs. implement)</b>			
1	Doug Lane, CR Jefferson (16 lbs.)	1968	59-11

## Discus

*Since 1968, by rule, discus measurements are recorded to the nearest lesser inch*

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	Tom Yezek, Northwood-Kensett	2016	197-05	– State Meet Record
5	Nick Phelps, KP-WC	2018	196-02	
6	Tristan Wirfs, Mount Vernon	2017	195-02	
7	Mark Smith, Independence	1972	193-05	
8	Dom Howard, Ames	2010	192-11	
9	Nick Brayton, Iowa City West	2007	192-06	
10	Thomas Reynolds, Iowa City West	2008	191-10	
11	Justin Baker, Bishop Heelan, Sioux City	2011	191-09	
12	Clark Hopp, Glenwood	1984	191-02	
13	Dawson Ellingson, Hudson	2018	190-05	
14	Allan Walz, Bondurant-Farrar	1991	190-04	
15	Ethan Kenkel, Storm Lake	2013	189-05	
16	Adam Judge, Des Moines Lincoln	1998	188-01	
17	Scott Phelps, Kingsley-Pierson	1986	187-10	
18	Tyler Hovey, Atlantic	2012	187-09	
19	Erik Nelson, Waukee	2015	187-08	
20	Brandon Franklin, Des Moines Hoover	2003	187-05	
21	Wallace Carter, Centerville	2008	187-03	
22	Coy Kirkpatrick, Madrid	2017	186-11	
	Chris Hopkins, Denison-Schleswig	2001	186-11	
24	Andy Carman, Jefferson-Scranton	2010	186-06	
25	Jacob Gannon, Iowa City West	2010	185-08	
26	Scott Joens, Prairie, Cedar Rapids	1982	185-04	
	A. J. Schable, Battle Creek-Ida Grove	2002	185-04	
28	Seth Snitker, Waukon	2014	185-03	
29	Tim Tebrink, MOC-Floyd Valley	2000	185-01	
30	David Juehring, Davenport West	1982	184-08	
31	Sam Joens, Prairie, Cedar Rapids	2011	184-06	
	Brad Travis, Spirit Lake Park	1996	184-06	
33	Tom Knutson, Cedar Rapids Jefferson	1963	184-04	
34	Noah Fenske, New Hampton	2018	184-01	
35	Randy Lessman, Sioux City East	1972	183-11	
36	Steve Wegner, Harlan	2001	183-10	
37	Ethan Fenchel, Western Christian	2014	183-08	
38	Ryan Lamparek, Prairie, Cedar Rapids	2007	183-06	
39	Jackson Coker, Cedar Rapids, Kennedy	2016	183-05	
40	Seth Zehr, Fort Dodge	2002	183-03	
41	Blake Larsen, Atlantic	2001	182-09	
42	Matt Haven, Independence	1980	182-05	
43	Joseph Weiner, Dubuque Hempstead	2013	182-03	
44	Matt Vislisel, Mount Vernon	2019	182-00	
	Jackson Coker, Cedar Rapids, Kennedy	2017	182-00	
	John Higgins, Lewis Central	2009	182-00	
	Robbie Utterback, Waukee	2006	182-00	
47	Ryan Piche, Linn-Mar, Marion	2010	181-08	
48	Tom Schmeling, Atlantic	2002	181-04	
49	Jake Goeller, Wapsie Valley	2015	181-02	



<b>50</b>	<b>Henry Kelley, Waukee</b>	<b>2010</b>	<b>181-00</b>
	<b>Brian Seiler, Garner-Hayfield</b>	<b>1991</b>	<b>181-00</b>
<b>52</b>	<b>Eric Varcho, North Scott</b>	<b>1994</b>	<b>180-11</b>
<b>53</b>	<b>Norm Balke, Iowa City, City</b>	<b>1981</b>	<b>180-05</b>
	<b>Jon Pelzer, Atlantic</b>	<b>1989</b>	<b>180-05</b>
<b>55</b>	<b>Scott Davis, Glenwood</b>	<b>1988</b>	<b>180-02</b>
<b>56</b>	<b>Isaac Holtz, Monticello</b>	<b>2014</b>	<b>180-01</b>
	<b>Ross Brockshaus, Spencer</b>	<b>1981</b>	<b>180-01</b>

# WHEELCHAIR EVENTS

*Started in 1990 unless otherwise noted*

## 100 Meters

<u>1</u>	<u>Evan Correll, Waukee</u>	<u>2019</u>	<u>16.97</u>	
2	Jon Litzkow, Waterloo West	2013	17.11	
3	E. J. Runyan, Johnston	2000	17.81	– State Meet Record
4	Jordan Razor, Bondurant-Farrar	2018	18.22	
5	Brian Wauters, Marshalltown	2001	18.27	
6	Wyatt Willand, Northwood-Kensett	2019	18.54	
7	Jordan Houdeshell, Linn-Mar	2013	18.59	
8	Drake Sachsenmaier, Camanche	2013	18.80	
9	Noah Thomas, Roland-Story	2016	18.92	
10	Mark Hauschildt, Greenfield	1996	18.94	
11	Kaiden Woodard, LeMars	2018	19.31	
12	Nathan Redlinger, English Valleys	2004	19.41	
13	Kadin Woodard, LeMars	2019	19.69	
14	Matthew Schultz, Southeast Polk	2019	19.75	
15	Tony Ramírez, Bishop Heelan, Sx City	1990	20.02	

## 200 Meters

1	Jon Litzkow, Waterloo West	2013	30.52	
	Litzkow's 2013 effort of 31.02 is the State Meet Record			
2	E. J. Runyan, Johnston	1999	32.12	
3	Evan Correll, Waukee	2019	32.24	
4	Brian Wauters, Marshalltown	2002	33.26	
5	Jordan Houdeshell, Linn-Mar	2013	33.49	
10	Wyatt Willand, Northwood-Kensett	2019	34.25	
6	Drake Sachsenmaier, Camanche	2013	34.79	
7	Nathan Redlinger, English Valleys	2004	35.28	
8	Noah Thomas, Roland-Story	2016	35.57	
9	Matthew Schultz, Southeast Polk	2018	35.59	
11	Mark Hauschildt, Greenfield	1996	36.27	
12	Jordan Razor, Bondurant-Farrar	2018	36.69	
13	Kadin Woodard, LeMars	2019	37.24	
14	Josh Motwart, Cedar Falls	2002	37.86	
15	Ryan Peyton, Independence	2016	37.87	

## 400 Meters (2003-present)

1	Jon Litzkow, Waterloo West	2013	56.57	– State Meet Record
2	Evan Correll, Waukee	2019	1:02.54	
3	Jordan Houdeshell, Linn-Mar	2013	1:03.70	
4	Nathan Redlinger, English Valleys	2004	1:04.87	
5	Brian Wauters, Marshalltown	2003	1:08.11	
6	Drake Sachsenmaier, Camanche	2014	1:09.05	
7	Wyatt Willand, Northwood-Kensett	2019	1:09.26	
8	Matthew Schultz, Southeast Polk	2019	1:10.09	

## 800 Meters (1990-2002; reinstated in 2019)

1	E. J. Runyan, Johnston	1999	2:06.79	-State Meet Record
2	Evan Correll, Waukee	2019	2:13.79	
3	Wyatt Willand, Northwood-Kensett	2019	2:16.98	
4	Brian Wauters, Marshalltown	2002	2:19.9	
5	Matthew Schultz, Southeast Polk	2019	2:24.38	
6	Tony Ramirez, Bishop Heelan, Sioux City	1990	2:43.01	
7	Mark Hauschildt, Greenfield	1996	2:44.91	
8	Kadin Woodard, LeMars	2019	2:49.59	
9	Jarrett Moehlman, Lisbon	2019	2:55.60	

## Shot Put

1	Alex Gudenkauf, Dubuque Senior	2013	41-02	
	Gudenkauf's 2013 effort of 40-05.50 is the State Meet Record			
2	Matthew Schultz, Southeast Polk	2019	27-10	
3	Nick Lange, Wahlert, Dubuque	2005	25-03.25	
4	Kennedy Feller, Underwood	2015	23-00.50	
5	Sean Eherenman, Waterloo West	2003	21-10	
6	Ryan Peyton, Independence	2016	21-03	
7	Mark Hauschildt, Greenfield	1995	20-08.50	
8	Sheldon Leazer, Ankeny Centennial	2016	20-03.25	
9	Jeromie Meyer, Woodbine	2015	20-01	
10	Brian Davis, Oskaloosa	1994	19-11	
11	Mike Schafer, Rock Valley	1990	19-10	

## ALL-TIME BESTS - YARDAGE EVENTS

*Note: Iowa went from yards to meters in 1978. Prior to 2012 all-time lists include 220, 440, 880, mile and two miles runs performances along with 440, 880, mile, two mile and mile medley relays in mixed hand-held and fully automatic times and the FAT list included conversions to metric equivalents. Those converted times no longer are shown. Performances listed below are those run at the time – no conversion formulas have been applied. In special meets over the last few years, Iowa preps have run the mile and two-mile events. Performances that were State Meet Records in yards are noted.*

### 100 Yards

1	Clyde Duncan, DM North	1964	:09.3
	Duncan & James Kirby (T-3) ran 9.5 in 1964 & 1967 respectively for State Meet Record		
2	Bill Woodhouse, Mason City	1955	:09.4
3	Carl Nelson, Clinton	1933	:09.5
	James Kirby, DM North	1967	:09.5 – see note above
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 – chute start at State
	Gary Scott, DM North	1948	21.3 – chute start at State
	Page Arnold, Ames	1949	21.3
	Bruce McDonald, Scranton	1964	21.3
9	Dick Eisenlauer, DM East	1971	21.4 – State Meet Record
	James Kirby, DM North	1966	21.4 – State Meet Record
	Larry Eischen, West Des Moines	1955	21.4
	Ron Davis, Perry	1965	21.4
	Dan Fields, Sioux City Central	1969	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
	Colglazier in 1967 & Curtis (T-3 below) in 1970 ran 48.0 for State Meet Record		
	Bill Tanner, Eagle Grove	1977	47.9
3	Chuck Curtis, Clinton	1970	48.0
	James Kirby, DM North	1967	48.0
5	Clyde Duncan, DM North	1964	48.3
6	Dick Eisenlauer, DM East	1971	48.4
7	Dennis Roloff, CR Jefferson	1971	48.6
	Brent Slay, Oskaloosa	1966	48.7
9	Bob Covey, Ames	1954	48.8
10	Jay Bradley, Cedar Falls	1977	48.9
11	Gary Hollingsworth, English Valleys	1960	49.0
	Mike Ross, Bishop Heelan, Sioux City	1969	49.0
	Tom Dovel, Red Oak	1973	49.0
	Mike Norton, Anamosa	1976	49.0
	Creighton Fleming, Bishop Heelan, SC	1961	49.0
16	Pat Hansel, Sioux City, East	1961	49.1
17	Don Adams, Washington	1972	49.3
	Gary Scott, Des Moines, North	1949	49.3
	Charles Swink, Valley, Jct.	1937	49.3
	Rich Van Pelt, Panorama	1977	49.3

## 880 Yards

1	David Korir, CR Washington	1975	1:50.0
	Korir ran 1:52.1 for State Meet Record in 1975		
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	Josh Evans, Linn-Mar, Marion	2014	4:04.38
2	Ryan Schweizer, Dowling Catholic, WDM	2016	4:05.10
3	Ed DeLashmutt, Fort Madison	1976	4:07.2
4	Thomas Pollard, Gilbert	2014	4:08.28
5	Jerome Howe, Treynor	1968	4:09.3
6	Chandler Austin, Boone	2014	4:09.06
7	Ryan Murphy, Linn-Mar	2017	4:12.46
8	Doug Smith, Sioux City Central*	1968	4:12.6
9	Gregg Newell, Davenport Central	1972	4:13.4
10	Joe Burke, Columbus, Waterloo	1975	4:13.8 – State Meet Record
11	Jim Eicken, Davenport Central	1975	4:14.0
12	Albert Meier, Boone	2013	4:14.25
13	Bob Connell, Columbus, Waterloo	1972	4:14.3
14	Tom Farrell, Dowling Catholic, WDM	1975	4:14.5
15	Tom Schoberg, Bishop Heelan, Sx City	1972	4:15.0
16	Jon Mathiason, Fort Madison	1977	4:15.1
17	Mike Burke, Columbus, Waterloo	1971	4:15.3
18	Don Akin, Sioux City East	1971	4:15.8
19	Rich Fuller, Davenport, Central	1975	4:16.0
20	Randy Jackson, Iowa City, City	1976	4:16.3
21	Pete Riley, CR Washington	1977	4:16.4
22	Jim McCauley, Bishop Heelan, Sx City	1977	4:16.5
23	Ralph Trimble, CR Jefferson	1959	4:16.7
24	Rick McKean, Missouri Valley	1977	4:17.0
25	Camden Cox, Ankeny Centennial	2017	4:17.61
26	Dan Sanders, Humboldt	1967	4:17.8
27	Dave Krantz, Columbus, Waterloo	1970	4:18.0
28	Jon Marshall, C Bluffs Thomas Jefferson	1977	4:18.2

\* ran 4:15.5 as a freshman

## Two Mile Run

1	Jim Eicken, Davenport Central	1975	8:52.0
	Eicken's 8:58.8 in 1974 was a State Meet Record		
2	Thomas Pollard, Gilbert	2015	8:53.26
3	Randy Jackson, Iowa City, City	1976	9:00.2
4	Mark Johnson, Mason City	1973	9:06.3
5	Jon Thomas, Des Moines, Roosevelt	2005	9:07.53
6	Wally Duffy, Shenandoah	1979	9:08.0
7	Jeff Myers, Davenport West	1974	9:09.1
8	Doug Smith, Sioux City Central	1967	9:09.2
9	Jon Mathiason, Fort Madison	1976	9:12.9
10	Frank Richardson, Sac City	1973	9:13.0
11	Greg Prestemon, Ames	1975	9:13.1
12	Kiel Uhl, Des Moines, Roosevelt	2005	9:15.19
13	Mark Bishop, Indianola	1974	9:15.7
14	Steve Pershing, Cedar Falls	1974	9:16.0
	Barry Lowe, Des Moines Lincoln	1975	9:16.0
16	Mike Cregeen, Clarinda	1974	9:19.2
17	Tim Holton, Cherokee	1977	9:19.6
18	Scott Brink, Estherville	1976	9:19.7

19	Rich Twedt, DM Hoover	1970	9:19.9
20	Roy Clancy, Iowa City, City	1973	9:20.7
21	Jamie Hutcheson, Marshalltown	1977	9:21.46
22	Lynn Lee, Mason City	1968	9:21.5
23	Randy Fitzgerald, Decorah	1977	9:22.51

## 120-Yard High Hurdles

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

## 440 Yard Relay

1	Des Moines Tech	1975	42.2 – State Meet Record (prelims)
2	Des Moines North	1948	42.3
	Sioux City Central	1966	42.3
4	Des Moines East	1975	42.4
	Cedar Rapids Washington	1977	42.4
6	Ames	1972	42.5
	Davenport Central	1974	42.5
	Ames	1975	42.5
9	Sioux City Central	1966 & 67	42.6

## 880 Yard Relay

1	Des Moines North	1948	1:27.6 – chute start at State Meet
2	Cedar Rapids Washington	1977	1:27.9 – State Meet Record
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
7	Davenport Central	1966	1:28.6
8	Cedar Rapids Washington	1966	1:28.7
	Ames	1972	1:28.7
10	Cedar Rapids Washington	1972	1:28.8
	Des Moines, North	1948	1:28.8

## One Mile Relay

1	Indianola	1970	3:17.7 – State Meet Record
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 – State Meet Record
2	Sioux City Central	1966	7:47.4
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 – State Meet Record
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 ALL-TIME BESTS OF DISCONTINUED 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 – chute start at State
5	Mark Votroubeck, Cedar Rapids Kennedy	1968	19.1 – chute start at State
	Dave Moglebust, Eagle Grove	1973	19.1
	Ron Davis, Perry	1964 & 65	19.1 – chute start at State
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
17	Randy Elliott, Charles City	1977	19.4 – State Meet Record

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

1	Francis "Mike" Layden, Davenport	1931	24.1 – State Meet Record
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	22.4 – State Meet Record
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** (contested in Iowa at 1976 Drake Relays) - mixed hand held and FAT)  
 Since 2000, Iowa preps have occasional run 1,500 meters in special meets

1	Ryan Schweizer, Dowling Catholic	2015	3:53.25
2	Blake Irwin, Pleasant Valley	2007	3:58.214
3	Ed DeLashmutt, Fort Madison	1976	3:59.63
4	Brett Adams, Assumption, Davenport	2004	3:59.57
5	Thomas Pollard, Gilbert	2013	3:59.75
6	Brad Cook, Cedar Falls	1976	4:02.7
7	Rich Fuller, Davenport Central	1976	4:03.8
8	Doug Smith (Jr. High-Fr), Sioux City	1965	4:04.9
9	Jon Marshall, CB Thomas Jefferson	1976	4:05.6
	Pete Riley, CR Washington	1976	4:05.6
11	Scott Wulfekuhler, Mason City	1976	4:06.7
12	Tom Teeling, Dubuque Senior	1976	4:06.8
13	Chuck Grato, Ames	1976	4:07.9
14	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 – State Meet Record
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**

1	Iowa City West	2008	56.15 – State Meet Record
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	Mount Pleasant	2008	57.50
12	Muscatine	2007	57.53
13	Ankeny	2008	57.56
14	Waukee	2007	57.62
15	Beckman, Dyersville	2007	57.84
16	Emmetsburg	2008	57.91
17	Pekin	2008	57.93
18	Charles City	2008	58.01
19	Muscatine	2008	58.02
20	Ames	2007	58.06
21	Southeast Polk	2007	58.07
22	Knoxville	2007	58.09
23	Washington	2007	58.12
24	WACO, Wayland	2008	58.15
25	Linn-Mar, Marion	2007	58.17
	Madrid	2008	58.17
27	Boone	2008	58.24
28	Manson-Northwest Webster	2008	58.25
	Washington	2008	58.25
30	Roland-Story	2007	58.30
31	Council Bluffs Thomas Jefferson	2007	58.39
32	Okoboji, Milford	2008	58.49

33	Atlantic	2007	58.57
	Pocahontas Area	2008	58.57
35	Burlington	2008	58.64
	Panorama	2008	58.64
37	West Hancock, Britt	2008	58.69
38	Jefferson-Scranton	2007	58.70
	Vinton-Shellsburg	2008	58.70

## Shuttle Hurdle Relay (all times are FAT – 33-inch hurdles)

New Hurdle Height – 2009

1	Linn-Mar, Marion	2016	55.68	
2	Waukee	2014	55.78	– State Meet Record
3	Waukee	2015	56.02	
4	Waukee	2016	56.09	
	Cedar Rapids Kennedy	2010	56.09	
6	Cedar Rapids, Kennedy	2016	56.11	
7	Cedar Rapids Kennedy	2014	56.12	
8	Ankeny Centennial	2017	56.23	
9	Des Moines, Roosevelt	2014	56.29	
10	Iowa City, City High	2012	56.34	
11	Waukee	2013	56.47	
12	Mount Pleasant	2018	56.49	
13	Cedar Rapids Kennedy	2018	56.59	
14	Waverly-Shell Rock	2011	56.63	
15	Prairie, Cedar Rapids	2016	56.64	
16	Cedar Rapids, Kennedy	2013	56.65	
17	Valley, WDM	2010	56.66	
18	Urbandale	2011	56.74	
19	Carlisle	2017	56.77	
20	Carlisle	2018	56.83	
21	Cedar Rapids, Washington	2016	56.84	
22	Linn-Mar, Marion	2011	56.86	
23	Linn-Mar, Marion	2017	56.90	
24	Valley, West Des Moines	2016	56.94	
25	Linn-Mar	2012	56.98	
26	Sioux Center	2014	56.99	
27	Valley, WDM	2011	57.01	
28	Valley, West Des Moines	2017	57.02	
29	Waukee	2010	57.05	
30	Johnston	2010	57.07	
31	Iowa City, City High	2016	57.09	
32	Clarinda	2016	57.16	
33	Waukee	2018	57.17	
34	Iowa City West	2012	57.18	
35	Southeast Polk	2011	57.19	
36	Prairie, Cedar Rapids	2018	57.22	
37	Linn-Mar, Marion	2015	57.26	
38	Valley, West Des Moines	2018	57.30	
39	Linn-Mar, Marion	2013	57.32	
	Cedar Falls	2013	57.32	
41	Mount Pleasant	2015	57.33	

42	Mount Pleasant	2013	57.34
43	Epworth, Western Dubuque	2017	57.35
44	Southeast Polk	2016	57.37
45	Mount Pleasant	2017	57.39
46	West Branch	2016	57.44
47	Camanche	2015	57.49
48	Cedar Rapids, Washington	2017	57.50
49	Collins-Maxwell-Baxter	2015	57.52
50	Southeast Polk	2012	57.53

## ALL-TIME BESTS IN DISCONTINUED FIELD EVENTS

### Pole Vault (1906-89)

1	Preston Schmidt, Bettendorf	1983	16-06.50 (I)
	Schmidt vaulted 15-06.50 in 1983 for State Meet Record		
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	Shawn Kelly, Charles City	1977	14-10
11	Kelly Pardekooper, Iowa City West	1986	14-08
12	Paul Waglar, Burlington	1984	14-07.75
13	Randy Miller, Iowa City, City	1977	14-07.50
14	Joe Milliken, Ames	1976	14-07
15	Jim Lichty, Columbus, Waterloo	1971	14-06.75
16	Kent Anderson, Ames	1972	14-06.25
17	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	George Weis, Marion	1909	164-05 – State Meet Record
2	Merle N. Alderman, Marion	1907	152-08
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 – State Meet Record
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 – State Meet Record
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

## ALL-TIME BESTS IN DISCONTINUED WHEELCHAIR EVENTS

### Discus (1990-2004)

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