

IHSAA Track & Field All-Time Best Performances

Revised & Updated June 11, 2019 – 10:15 A.M.

Coaches who have an individual or team performance from previous seasons that qualify for inclusion on the lists please send the performance to IHSAA – e-mail: blegg@ihsaa.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 43 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 |

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|--------------------------------------|-------------|--------------|
| Nate Kennedy, Glenwood | 2018 | 10.86 |
| Sam, Tim, Ames | 2009 | 10.86 |
| David Knight, Ames | 1989 | 10.86 |
| Nikolai Hill, Iowa City, City | 1997 | 10.86 |

200 Meters (mixed hand-held and FAT)

| | | | |
|----|--|------|-------|
| 1 | Tim Dwight, Iowa City, City | 1994 | 20.8 |
| 2 | 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 | 2019 | 21.61 |
| 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 | Ardell Inlay, Sioux City, East | 2019 | 21.71 |

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|-----------|--|-------------|--------------|
| 28 | Jorma Schwedler, Sergeant Bluff-Luton | 2018 | 21.72 |
| | Tayshaun Cooper, Waterloo, West | 2017 | 21.72 |
| | Jamal Simmons, Burlington | 2009 | 21.72 |
| 31 | Dwayne Wright, Newton | 1989 | 21.73 |
| 32 | Elijah Facey, Urbandale | 2018 | 21.74 |
| | David Knight, Ames | 1989 | 21.74 |
| 34 | Ryan Van Baale, Ankeny Centennial | 2016 | 21.77 |
| | James Kirby, Valley, WDM | 1987 | 21.77 |
| | Bryan Collins, Valley, WDM | 2006 | 21.77 |
| 37 | 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 |
| 45 | Josh Webb, Cedar Falls | 2005 | 21.79 |
| 46 | Lee Elbert. Bishop Garrigan, Algona | 2003 | 21.80 |
| | Aaron Jordan, Des Moines East | 2006 | 21.80 |
| 48 | Kevin Monroe, Muscatine | 1988 | 21.81 |
| | Jason Nolting, Preston-East Central | 2001 | 21.81 |
| 50 | Eric Toole, Lewis Central | 2011 | 21.82 |
| | Jeremy Yates, Lewis Central | 2006 | 21.82 |
| <u>52</u> | <u>Harrison Waylee, Urbandale</u> | <u>2019</u> | <u>21.83</u> |
| 53 | Alden Kuntz, Wahlert Catholic, Dubuque | 2018 | 21.84 |
| | Tavian Smith, Iowa City West | 2013 | 21.84 |
| 55 | Kaleb Kesselring, Des Moines, Lincoln | 2014 | 21.85 |
| 56 | Joe Stein, Spirit Lake | 2019 | 21.86 |
| | Perrion Scott, Linn-Mar | 2013 | 21.86 |
| | Gerald Heiskell, Sioux City, West | 2013 | 21.86 |
| | Baylor Goode, CR Kennedy | 1990 | 21.86 |
| 60 | Jamie Leonard, Dallas Center-Grimes | 1990 | 21.87 |
| 61 | Sam Tim, Ames | 2009 | 21.88 |
| | Quannel McCaleb, Fort Dodge | 1998 | 21.88 |
| | Andy Moser, Guttenberg | 2000 | 21.88 |
| 64 | Sam Tudor, Waterloo, West | 2018 | 21.89 |
| | Trever Ryen, OA-BCIG | 2013 | 21.89 |
| | Jeff Adam, Cardinal, Eldon | 1996 | 21.89 |
| <u>67</u> | <u>Jorma Schwedler, Sergeant Bluff-Luton</u> | <u>2019</u> | <u>21.90</u> |
| | Darius Pearson, Sioux City West | 2011 | 21.90 |
| 69 | Marshall Frazier, Bettendorf | 1996 | 21.91 |
| 70 | 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 |
| 74 | 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 |

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|-----------|---|-------------|--------------|
| 80 | Aaron Taylor, Waterloo West | 2012 | 21.94 |
| | Mike Mitchell, Davenport Central | 2005 | 21.94 |
| | Dwayne Wright, Newton | 2002 | 21.94 |
| 83 | Jake Keller, Valley, West Des Moines | 2019 | 21.95 |
| | Josue Bokoyo, Cedar Rapids, Jefferson | 2018 | 21.95 |
| | Logan Danko, Centerville | 2009 | 21.95 |
| | Brandon McSkimming, Valley, WDM | 2006 | 21.95 |
| 87 | Aaron Smith, Waukee | 2019 | 21.96 |
| | Alonzo Markham, Iowa City West | 2009 | 21.96 |
| | Aaron Stockstell, Mid-Prairie, Wellman | 2008 | 21.96 |
| | Sly Brown, Davenport Central | 1990 | 21.96 |
| 91 | Gabe Caruthers, Iowa City, West | 2017 | 21.97 |
| | Brady Wall, Sergeant Bluff-Luton | 2016 | 21.97 |
| | Tyler Younkin, Bettendorf | 2012 | 21.97 |
| | Adam Benge, Ankeny | 1998 | 21.97 |

400 Meters (mixed hand-held and FAT)

| | | | | |
|----|--|------|-------|---------------------|
| 1 | Darien Porter, Bettendorf | 2019 | 46.99 | – State Meet Record |
| 2 | Calvin Davis, Iowa City, City | 2002 | 47.01 | |
| 3 | Ryan Kedley, North Cedar (also FAT of 47.43) | 2000 | 47.1 | |
| 4 | Kenny Shedd, Davenport West | 1989 | 47.2 | |
| 5 | Yawusa Kinda, DM Roosevelt | 2004 | 47.33 | |
| 6 | Gabe Caruthers, Iowa City, West | 2019 | 47.38 | |
| 7 | Ryan Kedley, North Cedar | 2000 | 47.43 | |
| 8 | David Knight, Ames | 1989 | 47.53 | |
| 9 | Kyle Dunn, Linn-Mar, Marion | 2011 | 47.56 | |
| 10 | Kim Sykes, Waterloo East | 1979 | 47.5 | |
| 11 | Aaron Stockstell, Mid-Prairie, Wellman | 2008 | 47.67 | |
| 12 | Willie Lacy, Davenport West | 1987 | 47.74 | |
| 13 | Kevin Dibbern, Iowa City, City | 2009 | 47.77 | |
| 14 | Kenny Shedd, Davenport West | 1989 | 47.81 | |
| 15 | Alex Kelly, Ottumwa | 2009 | 47.89 | |
| 16 | Austin West, Iowa City, West | 2018 | 47.94 | |
| 17 | Dwayne Wright, Waterloo West | 1989 | 47.9 | |
| | Jeff Fedler, Mount Pleasant | 2001 | 47.9 | |
| 19 | Sam Yeaway, Waukee | 2019 | 48.03 | |
| | Terrence Reid, Davenport Central | 2004 | 48.03 | |
| 21 | Josh Leonard, Ankeny | 2002 | 48.0 | |
| 22 | Kevin Kuchel, Kingsley-Pierson | 1978 | 48.10 | |
| 23 | Jim Turner, Marshalltown | 1986 | 48.11 | |
| | Greg Offerman, Charles City | 2005 | 48.11 | |
| 25 | Jake Keller, Valley, West Des Moines | 2019 | 48.18 | |
| 23 | Jeff Burris, Ames | 1985 | 48.1 | |
| | Tim Dwight, Iowa City, City | 1994 | 48.1 | |
| 25 | Aaron Smith, Waukee | 2019 | 48.24 | |
| | Kaleb Van Cleave, Des Moines Hoover | 2011 | 48.24 | |
| 27 | Ben Lueth, Ames | 2004 | 48.25 | |
| 28 | David Palmer, Waterloo Central | 1983 | 48.26 | |
| 29 | James Harrington, Cedar Falls | 2012 | 48.27 | |
| | Aaron Foreman, CR Washington | 1998 | 48.27 | |
| 31 | Nate Kennedy, Glenwood | 2018 | 48.28 | |
| 32 | Brian Sandvig | 2009 | 48.30 | |
| | John Barnett, Ames | 1991 | 48.30 | |
| | Kevin Roberts, Cedar Falls | 2004 | 48.31 | |
| 35 | Jordan Cornilsen, Preston-East Central | 2007 | 48.32 | |
| 36 | Brody Eischeid, Manson NW Webster | 2013 | 48.33 | |
| 37 | Michael Malloy, Bishop Heelan, SX City | 2011 | 48.34 | |
| | Jesse Davenport, Southeast Polk | 2011 | 48.34 | |
| | Mike Craddick, Assumption, Davenport | 2005 | 48.34 | |
| 40 | Jeff Beelman, Fort Madison | 1980 | 48.36 | |
| | Jeff Fedler, Mount Pleasant | 2001 | 48.36 | |
| 42 | Jorma Schwedler, Sergeant Bluff-Luton | 2019 | 48.39 | |
| 43 | Baylor Goode, CR Kennedy | 1990 | 48.3 | |
| | Adam Haluska, Carroll | 2002 | 48.3 | |
| | Cody Eichmeier, AGWSR, Ackley | 2003 | 48.3 | |
| 46 | Trevor Voelker, Dallas Center-Grimes | 2010 | 48.41 | |
| | Zac Sandvig, Valley, WDM | 2006 | 48.41 | |
| 48 | 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 | Darien Porter, Bettendorf | 2019 | 46.99 – State Meet Record |
| 2 | Calvin Davis, Iowa City, City | 2002 | 47.01 |
| 3 | Yawusa Kinda, DM Roosevelt | 2004 | 47.33 |
| 4 | Gabe Caruthers, Iowa City, West | 2019 | 47.38 |
| 5 | Ryan Kedley, North Cedar | 2000 | 47.43 |
| 6 | David Knight, Ames | 1989 | 47.53 |
| 7 | Kyle Dunn, Linn-Mar, Marion | 2011 | 47.56 |
| 8 | Aaron Stockstell, Mid-Prairie, Wellman | 2008 | 47.67 |
| 9 | Willie Lacy, Davenport West | 1987 | 47.74 |
| 10 | Kevin Dibbern, Iowa City, City | 2009 | 47.77 |
| 11 | Kenny Shedd, Davenport West | 1989 | 47.81 |
| 12 | Alex Kelly, Ottumwa | 2009 | 47.89 |
| 13 | Austin West, Iowa City, West | 2018 | 47.94 |
| 14 | Sam Yeaway, Waukee | 2019 | 48.03 |
| | Terrence Reid, Davenport Central | 2004 | 48.03 |
| 16 | Kevin Kuchel, Kingsley-Pierson | 1978 | 48.10 |
| 17 | Jim Turner, Marshalltown | 1986 | 48.11 |
| | Greg Offerman, Charles City | 2005 | 48.11 |
| 19 | Jake Keller, Valley, West Des Moines | 2019 | 48.18 |
| 20 | Aaron Smith, Waukee | 2019 | 48.24 |
| | Kaleb Van Cleave, Des Moines Hoover | 2011 | 48.24 |
| 22 | Ben Lueth, Ames | 2004 | 48.25 |
| 23 | David Palmer, Waterloo Central | 1983 | 48.26 |
| 24 | James Harrington, Cedar Falls | 2012 | 48.27 |
| | Aaron Foreman, CR Washington | 1998 | 48.27 |
| 26 | Nate Kennedy, Glenwood | 2018 | 48.28 |
| 27 | Brian Sandvig | 2009 | 48.30 |
| | John Barnett, Ames | 1991 | 48.30 |
| | Kevin Roberts, Cedar Falls | 2004 | 48.31 |
| 30 | Jordan Cornilsen, Preston-East Central | 2007 | 48.32 |
| 31 | Brody Eischeid, Manson NW Webster | 2013 | 48.33 |
| 32 | Michael Malloy, Bishop Heelan, SX City | 2011 | 48.34 |
| | Jesse Davenport, Southeast Polk | 2011 | 48.34 |
| | Mike Craddick, Assumption, Davenport | 2005 | 48.34 |
| 35 | Jeff Beelman, Fort Madison | 1980 | 48.36 |
| | Jeff Fedler, Mount Pleasant | 2001 | 48.36 |
| 37 | Jorma Schwedler, Sergeant Bluff-Luton | 2019 | 48.39 |
| 38 | Trevor Voelker, Dallas Center-Grimes | 2010 | 48.41 |
| | Zac Sandvig, Valley, WDM | 2006 | 48.41 |
| 40 | Allen Burns, Sioux City East | 1985 | 48.43 |
| | Kent Terillion, Marshalltown | 1985 | 48.43 |
| 42 | 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 |

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|----|-------------------------------------|------|-------|
| 46 | Brett Pronger, Lawton-Bronson | 2015 | 48.47 |
| | Todd Holm, Tripoli | 1980 | 48.47 |
| 48 | Adam Haluska, Carroll | 2002 | 48.48 |
| 49 | Brennan Davey, Indianola | 2010 | 48.50 |
| | Chris McCullough, Pleasantville | 1998 | 48.50 |
| | Trey Jackson, Newton | 1981 | 48.50 |
| 52 | Jeff Kapler, CR Washington | 1987 | 48.51 |
| 53 | Keshaun Baker, Pleasant Valley | 2017 | 48.53 |
| 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 | Jared Van Wyk, Pella Christian | 2002 | 48.72 |
| 69 | Jagger Gourley, Mediapolis | 2019 | 48.75 |
| | 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 | Joe Schaefer, Johnston | 2019 | 1:52.96 | |
| 18 | Brett Carney, Ames | 1987 | 1:52.9 | |
| 19 | Randy Barrick, Spencer | 1982 | 1:53.00 | |
| 20 | Daniel Chan, Ames | 2014 | 1:53.17 | |
| 21 | Will Teubel, Mount Vernon | 2012 | 1:53.35 | |
| 22 | Brent MacLagan, Jefferson-Scranton | 1995 | 1:53.3 | |
| | Joey Woody, Iowa City, City | 1992 | 1:53.3 | |
| 24 | Nic Scheelhaase, K-P/WC | 2015 | 1:53.32 | |
| 25 | Dave Paulsen, Waverly-Shell Rock | 1999 | 1:53.47 | |
| 26 | Grant Lair, Johnston | 2018 | 1:53.54 | |
| 27 | Tyler Olson, Muscatine | 2018 | 1:53.56 | |
| 28 | Gable Sieperda, Central Lyon | 2018 | 1:53.58 | |
| 29 | David Lantz, Dowling Catholic, WDM | 2006 | 1:53.66 | |
| 30 | Isaac Wendland, Charles City | 2008 | 1:53.74 | |
| 31 | Tysen Vandraska, Prairie, Cedar Rapids | 2016 | 1:53.78 | |
| 32 | Jay Wolfe, Creston | 2014 | 1:53.79 | |
| 33 | Leif Kennedy, Clear Lake | 2000 | 1:53.80 | |
| 34 | Daniel Chan, Ames | 2015 | 1:53.87 | |
| 35 | Aniey Akok, Ames | 2019 | 1:53.90 | |
| 36 | Beau Dielschneider, BCLUW, Conrad | 2007 | 1:54.01 | |
| 37 | Hunter Lavalley, Cedar Falls | 2016 | 1:54.02 | |
| 38 | Quentin Linnan, Indianola | 2018 | 1:54.14 | |
| 39 | Brett Adams, Assumption, Davenport | 2004 | 1:54.16 | |
| 40 | Drew Poland, Cedar Falls | 2008 | 1:54.19 | |
| 41 | Tim Orris, Dubuque Senior | 1999 | 1:54.0 | |
| 42 | Nick Sorbe, Storm Lake | 2004 | 1:54.1 | |
| | Craig Cartier, Marshalltown | 2000 | 1:54.1 | |
| 44 | Derek Manternach, Monticello | 2016 | 1:54.22 | |
| 45 | 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 | |
| 48 | Bill Theissen, Dowling Catholic, WDM | 1980 | 1:54.28 | |
| 49 | Stephen Arvanis, Davenport North | 2007 | 1:54.29 | |
| 50 | Matt Gabrielson, Belmond-Klemme | 1996 | 1:54.2 | |
| 51 | Josh Andrews, Waukee | 2017 | 1:54.31 | |
| | Chad Rutledge, Algona | 2009 | 1:54.31 | |

| | | | |
|----|---|------|---------|
| 53 | Kyle Slaymaker, Cedar Rapids Kennedy | 2009 | 1:54.34 |
| 54 | Karson Sommer, Pleasant Valley | 2016 | 1:54.40 |
| 55 | Roba Bati, Iowa City West | 1992 | 1:54.3 |
| 56 | Matt Mullenix, Woodbine | 1992 | 1:54.4 |
| | John Burris, Ames | 1987 | 1:54.4 |
| 58 | Nolan Teubel, Mount Vernon | 2015 | 1:54.42 |
| 59 | Nate Wall, Adel-DeSoto | 1993 | 1:54.48 |
| 60 | Ryan Krogmann, Northeast, Goose Lake | 2009 | 1:54.62 |
| 61 | Darin Astor, Fort Dodge | 1992 | 1:54.67 |
| 62 | Matt Lorenz, Prairie, Cedar Rapids | 2016 | 1:54.71 |
| 63 | Ben Daumueller, Urbandale | 2018 | 1:54.74 |
| 64 | Jay Marcotte, Urbandale | 2018 | 1:54.75 |
| 65 | Colin Miller, Valley, WDM | 1980 | 1:54.78 |
| 66 | Tyler Mulder, Unity Christian, Org City | 2005 | 1:54.79 |
| 67 | Jeff Burris, Ames | 1985 | 1:54.82 |
| 68 | Tedd Allen, East Marshall | 2001 | 1:54.83 |
| 60 | Michael Melchert, Monticello | 2014 | 1:54.87 |
| 70 | Alec Still, KP/WC | 2016 | 1:54.89 |
| 71 | William Hasken, Northeast, Goose Lake | 2016 | 1:54.97 |
| 72 | Zach Brower, Valley, WDM | 2004 | 1:54.98 |
| 73 | Kevin Conner, Dowling Catholic | 2019 | 1:54.99 |
| 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 | Reece Smith, Garner-Hayfield-Ventura | 2019 | 9:11.33 |
| 21 | Mitch Pritts, Prairie, Cedar Rapids | 2014 | 9:12.07 |
| 22 | Bill Kerkeart, Sheldon | 1980 | 9:12.2 |
| 23 | Johnny Fuller, Glenwood | 2010 | 9:12.34 |
| 24 | Daniel Murphy, Linn-Mar, Marion | 2014 | 9:12.46 |
| 25 | Mike Holms, Valley, WDM | 1985 | 9:12.60 |
| 26 | Dan Taylor, Fort Dodge | 2002 | 9:12.63 |
| 27 | Mike Diment, DM Hoover | 1978 | 9:12.70 |
| 28 | Kevin Morgan, Des Moines Lincoln | 2007 | 9:12.77 |
| 29 | Chris Jones, Iowa City West | 2000 | 9:13.04 |
| 30 | Kolby Greiner, Iowa City, West | 2017 | 9:13.35 |
| 31 | Trent Corey, Dubuque Senior | 1997 | 9:13.42 |
| 32 | Trent Graham, DM Roosevelt | 2000 | 9:13.87 |
| 33 | Karson Sommer, Pleasant Valley | 2016 | 9:13.98 |
| 34 | Charles Mosbrucker, Fort Dodge | 1978 | 9:14.49 |
| 35 | Tim Sindt, Ankeny | 2019 | 9:14.64 |
| | Omet Kak, Des Moines North | 2009 | 9:14.64 |
| 37 | Brogan Austin, Boone | 2010 | 9:14.88 |
| 38 | Ryan Schweizer, Dowling Catholic, WDM | 2015 | 9:15.01 |
| 39 | Blake Schlotzhauer, Davenport Central | 2005 | 9:15.11 |
| 40 | Konnor Sommer, Pleasant Valley | 2018 | 9:15.79 |
| 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 |
| | Kaiphet 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 | Joven Nelson, Nevada | 2019 | 52.02 |
| 11 | Jordan Van Roekel, PCM, Monroe | 2012 | 52.26 |
| 12 | Tim Dwight, Iowa City, City | 1993 | 52.29 |
| 13 | Raheem Black, Fort Madison | 2013 | 52.31 |
| 14 | Tanner Miller, Mid-Prairie, Wellman | 2010 | 52.36 |
| 15 | Darwin Vande Hoef, Rock Valley | 1989 | 52.45 |
| | Gregg Garn, Ames | 1990 | 52.45 |
| 17 | Brian Stegall, Washington | 1999 | 52.46 |
| | Michael Bell, Marshalltown | 2002 | 52.46 |
| | Shaun Benefield, Mason City | 1990-91 | 52.46 |
| 20 | Jacob Smith, West Burlington-N. Dame | 2015 | 52.55 |
| | Dennis Hammel, Davenport Central | 2005 | 52.55 |
| 22 | Nathan Hoy, Cedar Falls | 2017 | 52.57 |
| 23 | Chris Wycoff, Ames | 1994 | 52.5 |
| | Jordan Crosby, Fort Dodge | 2003 | 52.5 |
| 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 | Thai Thompson, Dowling Catholic | 2019 | 53.05 |
| 44 | JoJo Frost, Center Point-Urbana | 2016 | 53.06 |
| 45 | 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 |
| 49 | Elijah Young, Des Moines, Lincoln | 2014 | 53.09 |
| 50 | Derek Jones, Glenwood | 2012 | 53.0 |
| | Brian Rickels, Monticello | 1987 | 53.0 |

| | | | |
|----|------------------------------------|------|-------|
| 52 | Suni Lane, Bettendorf | 2017 | 53.11 |
| 53 | Angelo Romagna, Dubuque, Senior | 2018 | 53.13 |
| 54 | Brett Daley, Treynor | 2016 | 53.17 |
| 55 | 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 |
| 59 | Dallas Wright, Carlisle | 2017 | 53.20 |
| 60 | 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 | Joven Nelson, Nevada | 2019 | 52.02 |
| 9 | Jordan Van Roekel, PCM, Monroe | 2012 | 52.26 |
| 10 | Tim Dwight, Iowa City, City | 1993 | 52.29 |
| 11 | Raheem Black, Fort Madison | 2013 | 52.31 |
| 12 | Tanner Miller, Mid-Prairie, Wellman | 2010 | 52.36 |
| 13 | Darwin Vande Hoef, Rock Valley | 1989 | 52.45 |
| | Gregg Garn, Ames | 1990 | 52.45 |
| | Joey Woody, Iowa City, City | 1992 | 52.45 |
| 16 | Brian Stegall, Washington | 1999 | 52.46 |
| | Michael Bell, Marshalltown | 2002 | 52.46 |
| | Shaun Benefield, Mason City | 1990-91 | 52.46 |
| 19 | Derek Jones, Glenwood | 2013 | 52.51 |
| 20 | Jacob Smith, West Burlington-N. Dame | 2015 | 52.55 |
| | Dennis Hammel, Davenport Central | 2005 | 52.55 |
| 22 | Nathan Hoy, Cedar Falls | 2017 | 52.57 |
| 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 | Thai Thompson, Dowling Catholic | 2019 | 53.05 |
| 41 | JoJo Frost, Center Point-Urbana | 2016 | 53.06 |
| 42 | Tyson Vander Linden, Lynnville-Sully | 2018 | 53.07 |
| | Avery Van Zee, Pella | 2018 | 53.07 |
| | Matt Finn, Hudson | 2009 | 53.07 |
| | Jason Gollhofer, Fort Madison | 1989 | 53.07 |
| 46 | Brett Daley, Treynor | 2016 | 53.09 |
| | Elijah Young, Des Moines, Lincoln | 2014 | 53.09 |
| 48 | Suni Lane, Bettendorf | 2017 | 53.11 |
| 49 | Angelo Romagna, Dubuque, Senior | 2018 | 53.13 |
| 50 | 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 |
| 54 | Dallas Wright, Carlisle | 2017 | 53.20 |
| | Sammy Vance, Solon | 2010 | 53.20 |
| 56 | Justin Koeppe, Storm Lake | 2002 | 53.21 |
| 57 | Pat Gray, Waukee | 2015 | 53.22 |
| 58 | Jordan Sauser, Williamsburg | 2004 | 53.23 |
| | Travis Marsh, Ankeny | 2010 | 53.23 |
| 60 | Gratt Reed, Atlantic | 2018 | 53.24 |
| 61 | Brent Roth, Iowa City, City | 1989 | 53.25 |
| | Tony Leick, St. Albert, Co. Bluffs | 1998 | 53.25 |
| | Kellyn Fogarty, Marshalltown | 2008 | 53.25 |
| 64 | Brian Wassenaar, Unity Christian, OC | 1998 | 53.26 |
| 65 | Dean Fogarty, Marshalltown | 1979 | 53.32 |
| 66 | Colin Seymour, Dubuque, Senior | 2016 | 53.34 |
| 67 | Wade Barclay, Southeast Polk | 2017 | 53.35 |
| | Cameron Crosser, Algona | 2015 | 53.35 |
| | Jackson Litterer, Waverly-Shell Rock | 2011 | 53.35 |
| 70 | Kyle Rippey, Ames | 2002 | 53.36 |
| | Alex Gabrielson, Belmond-Klemme | 2004 | 53.36 |
| 72 | Chris York, Dubuque Senior | 1987 | 53.37 |
| 73 | Dan Cleveland, Belmond | 1981 | 53.38 |
| | Tracy Bainbridge, Ida Grove | 1983 | 53.38 |
| 75 | Bret Younger, Atlantic | 1980 | 53.39 |
| 76 | 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 |
|---|-----------------------------|------|-------|

4 x 100 Meter Relay (mixed hand-held and FAT)

| | | | |
|----|--------------------------|------|---------------------------|
| 1 | Iowa City, City | 1996 | 41.33 |
| 2 | Valley, WDM | 2019 | 41.68 – State Meet Record |
| | Valley, WDM | 2006 | 41.68 |
| 4 | Iowa City, City | 2000 | 41.7 |
| 5 | Southeast Polk | 2019 | 42.83 |
| 6 | Waterloo, West | 2013 | 41.84 |
| 7 | Des Moines East | 2007 | 41.88 |
| 8 | Iowa City, City | 2001 | 41.89 |
| 9 | Cedar Rapids, Jefferson | 2018 | 41.90 (41.894) |
| | Ankeny Centennial | 2018 | 41.90 (41.899) |
| 11 | Burlington | 2008 | 41.8 |
| 12 | Epworth, Western Dubuque | 2017 | 42.00 |
| | Des Moines East | 1989 | 42.00 |
| 14 | Prairie, Cedar Rapids | 2016 | 42.01 |
| 15 | Waukee | 2014 | 42.03 |
| 16 | Valley, WDM | 2006 | 42.04 |
| 17 | Des Moines East | 2002 | 42.05 |
| 18 | Sioux City, East | 2019 | 42.06 |
| | Cedar Rapids, Kennedy | 2018 | 42.06 |
| 20 | Cedar Falls | 2011 | 42.07 |
| 21 | Des Moines, East | 2019 | 42.09 |
| | Cedar Rapids, Washington | 2016 | 42.09 |
| 23 | 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 |
| 28 | Linn-Mar, Marion | 2013 | 42.14 |
| 29 | Cedar Falls | 2012 | 42.17 |
| 30 | Xavier, Cedar Rapids | 2008 | 42.18 |
| 31 | Des Moines East | 2003 | 42.19 |
| 32 | Ottumwa | 2001 | 42.20 |
| 33 | Waterloo Central | 1986 | 42.21 |
| | Iowa City, City | 2005 | 42.21 |
| | Des Moines Roosevelt | 2010 | 42.23 |
| | Davenport Central | 1984 | 42.23 |
| 37 | Cedar Rapids Washington | 2004 | 42.26 |
| 38 | Valley, WDM | 2004 | 42.27 |
| 39 | Johnston | 2013 | 42.29 |
| 40 | Burlington | 2008 | 42.30 |
| | Davenport Central | 1993 | 42.31 |
| 42 | Southeast Polk | 2018 | 42.32 |
| 43 | Xavier, Cedar Rapids | 2012 | 42.32 |
| | Davenport Central | 2005 | 42.32 |
| 45 | Fort Dodge | 2019 | 42.34 |
| | Valley, WDM | 2011 | 42.34 |
| 47 | Iowa City, City High | 2014 | 42.36 |
| | Des Moines, East | 1996 | 42.36 |
| | Des Moines, Lincoln | 2013 | 42.37 |
| 50 | Cedar Rapids Washington | 2011 | 42.39 |
| | Des Moines East | 1988 | 42.39 |

| | | | |
|----|----------------------------|------|-------|
| 52 | Cedar Rapids Jefferson | 1989 | 42.3 |
| | Des Moines East | 1996 | 42.3 |
| | Iowa City, City | 1997 | 42.3 |
| | Newton | 2000 | 42.3 |
| 56 | Des Moines Roosevelt | 1985 | 42.40 |
| | Dowling Catholic, WDM | 1999 | 42.40 |
| | Des Moines East | 2004 | 42.40 |
| 59 | Urbandale | 2018 | 42.41 |
| | Iowa City, City High | 2017 | 42.41 |
| | Cedar Falls | 2015 | 42.41 |
| | Burlington | 1988 | 42.41 |
| 63 | Southeast Polk | 2010 | 42.42 |
| | Waterloo West | 1990 | 42.42 |
| 65 | Waterloo West | 1988 | 42.43 |
| 66 | West Burlington/Notre Dame | 2015 | 42.44 |
| | Iowa City, West | 2012 | 42.44 |
| 68 | Valley, West Des Moines | 2018 | 42.45 |
| 69 | Epworth. Western Dubuque | 2019 | 42.46 |
| 70 | Ankeny Centennial | 2017 | 42.47 |
| | Des Moines North | 2000 | 42.47 |
| 72 | Ames | 2019 | 42.48 |
| | Davenport Central | 1983 | 42.48 |
| 74 | Cedar Rapids Kennedy | 2014 | 42.49 |
| | Cedar Rapids Washington | 2010 | 42.49 |
| | Valley, WDM | 1985 | 42.49 |
| 77 | Valley, WDM | 2000 | 42.4 |

4 x 100 Meter Relay (FAT)

| | | | |
|----|--------------------------|------|---------------------------|
| 1 | Iowa City, City | 1996 | 41.33 |
| 2 | Valley, WDM | 2019 | 41.68 – State Meet Record |
| | Valley, WDM | 2006 | 41.68 |
| 4 | Southeast Polk | 2019 | 41.83 |
| 5 | Waterloo, West | 2013 | 41.84 |
| 6 | Des Moines East | 2007 | 41.88 |
| 7 | Iowa City, City | 2001 | 41.89 |
| 8 | Cedar Rapids, Jefferson | 2018 | 41.90 (41.894) |
| | Ankeny Centennial | 2018 | 41.90 (41.899) |
| 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 | Des Moines, East | 2019 | 42.06 |
| | 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 | Fort Dodge | 2019 | 42.34 |
| | Valley, WDM | 2011 | 42.34 |
| | Iowa City, City High | 2014 | 42.36 |
| | Des Moines East | 1996 | 42.36 |
| 46 | Des Moines, Lincoln | 2013 | 42.37 |
| 47 | Cedar Rapids Washington | 2011 | 42.39 |
| | Des Moines East | 1988 | 42.39 |
| 49 | Des Moines Roosevelt | 1985 | 42.40 |
| | Dowling Catholic, WDM | 1999 | 42.40 |
| | Des Moines East | 2004 | 42.40 |
| 52 | Urbandale | 2018 | 42.41 |
| | Iowa City, City High | 2017 | 42.41 |
| | Ames | 2016 | 42.41 |
| | Cedar Falls | 2015 | 42.41 |
| | Burlington | 1988 | 42.41 |
| 57 | Waterloo West | 1990 | 42.42 |
| | Iowa City High | 1997 | 42.42 |
| | Waterloo West | 1988 | 42.43 |
| 60 | West Burlington/Notre Dame | 2015 | 42.44 |
| | Iowa City West | 2012 | 42.44 |
| 62 | Valley, West Des Moines | 2018 | 42.45 |
| 63 | Epworth, Western Dubuque | 2019 | 42.46 |
| 64 | Ankeny Centennial | 2017 | 42.47 |
| | Des Moines North | 2000 | 42.47 |
| 66 | Ames | 2019 | 42.48 |
| | Davenport Central | 1983 | 42.48 |
| 68 | Linn-Mar, Marion | 2015 | 42.49 |
| | Cedar Rapids Kennedy | 2014 | 42.49 |
| | Valley, WDM | 1985 | 42.49 |
| 71 | Linn-Mar, Marion | 2014 | 42.50 |
| | Central Clinton, De Witt | 2011 | 42.50 |
| | Ames | 1987 | 42.50 |

| | | | |
|-----------|--------------------------------|-------------|--------------|
| | Des Moines East | 2007 | 42.50 |
| 75 | Valley, WDM | 1986 | 42.51 |
| | Waterloo Central | 1988 | 42.51 |
| 77 | Sioux City, East | 2019 | 42.55 |
| 78 | Ankeny | 2000 | 42.56 |
| 79 | Cedar Rapids Kennedy | 2005 | 42.57 |
| | Sioux City West | 1995 | 42.57 |
| 81 | Ankeny Centennial | 2017 | 42.58 |
| | Cedar Rapids Washington | 2011 | 42.58 |
| 83 | Ankeny Centennial | 2018 | 42.59 |
| | Assumption, Davenport | 1998 | 42.59 |
| | Valley, WDM | 2005 | 42.59 |

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

| | | | |
|----|----------------------------|------|-----------------------------|
| 1 | Valley, WDM | 2019 | 1:26.17 – State Meet Record |
| 2 | Iowa City, City | 1997 | 1:26.4 |
| 3 | Des Moines East | 2004 | 1:27.02 |
| 4 | Cedar Falls | 2011 | 1:27.12 |
| 5 | Cedar Rapids Jefferson | 2018 | 1:27.14 |
| | West Burlington/Notre Dame | 2016 | 1:27.14 |
| 7 | Waukee | 2014 | 1:27.26 |
| 8 | Davenport Central | 1992 | 1:27.42 |
| 9 | Waterloo West | 1990 | 1:27.45 |
| 10 | Waterloo West | 2017 | 1:27.48 |
| 11 | Waterloo East | 1989 | 1:27.4 |
| 12 | West Burlington/Notre Dame | 2015 | 1:27.51 |
| 13 | Linn-Mar | 2013 | 1:27.52 |
| 14 | Valley, WDM | 2006 | 1:27.54 |
| 15 | Cedar Rapids, Kennedy | 2017 | 1:27.55 |
| 16 | Iowa City, City | 1996 | 1:27.58 |
| 17 | Burlington | 2010 | 1:27.62 |
| 18 | Epworth, Western Dubuque | 2017 | 1:27.64 |
| | Cedar Rapids Washington | 2009 | 1:27.64 |
| 20 | Valley, WDM | 2011 | 1:27.66 |
| 21 | Iowa City West | 2012 | 1:27.67 |
| 22 | Iowa City, City | 2001 | 1:27.69 |
| 23 | Burlington | 2008 | 1:27.6 |
| 24 | Epworth, Western Dubuque | 2019 | 1:27.76 |
| 25 | Epworth, Western Dubuque | 2017 | 1:27.78 |
| 26 | Ankeny Centennial | 2017 | 1:27.81 |
| 27 | Cedar Rapids Kennedy | 2014 | 1:27.83 |
| | Iowa City, City | 2000 | 1:27.83 |
| 29 | Sergeant Bluff-Luton | 2016 | 1:27.87 |
| | Davenport Central | 1988 | 1:27.87 |
| 31 | Valley, WDM | 2006 | 1:27.88 |
| 32 | Des Moines Lincoln | 2010 | 1:27.93 |
| 33 | Bettendorf | 2019 | 1:27.95 |
| | Valley, WDM | 1986 | 1:27.95 |
| 35 | Valley, WDM | 2009 | 1:27.96 |
| 36 | Des Moines East | 1989 | 1:27.98 |
| 37 | Ankeny Centennial | 2018 | 1:27.99 |
| 38 | Iowa City, City | 1994 | 1:28.00 |
| 39 | Cedar Rapids, Kennedy | 2013 | 1:28.01 |
| 40 | Iowa City West | 2006 | 1:28.03 |
| 41 | Waterloo West | 1989 | 1:28.0 |
| 42 | Waukee | 2019 | 1:28.05 |
| | Albia | 2015 | 1:28.05 |
| 44 | Linn-Mar, Marion | 2014 | 1:28.06 |
| 45 | Valley, WDM | 1998 | 1:28.10 |
| | Iowa City West | 2004 | 1:28.10 |
| 47 | Albia | 2017 | 1:28.14 |
| | Iowa City, City | 2002 | 1:28.14 |
| | Valley, WDM | 2007 | 1:28.14 |
| 50 | Valley, WDM | 2004 | 1:28.17 |
| 51 | Davenport, North | 2017 | 1:28.19 |

| | | | |
|-----------|--------------------------------|-------------|----------------|
| | Des Moines East | 2007 | 1:28.19 |
| 53 | Sioux City West | 1994 | 1:28.1 |
| 54 | Cedar Rapids Washington | 2011 | 1:28.20 |
| | Cedar Rapids Washington | 2001 | 1:28.20 |
| 56 | Waterloo Central | 1986 | 1:28.21 |
| 57 | Iowa City, City | 1991 | 1:28.23 |
| | Iowa City West | 2000 | 1:28.23 |
| 59 | Valley, WDM | 1999 | 1:28.24 |
| | Newton | 2001 | 1:28.24 |
| 61 | Southeast Polk | 2010 | 1:28.25 |
| 62 | Sioux City, East | 2016 | 1:28.28 |
| | Waterloo, West | 2013 | 1:28.28 |
| | Cedar Falls | 1998 | 1:28.28 |
| 65 | Cedar Rapids Washington | 2010 | 1:28.30 |
| 66 | Newton | 2000 | 1:28.33 |

800 Meter Sprint Medley Relay (FAT only)

| | | | | |
|----|------------------------------|------|---------|---------------------|
| 1 | Bettendorf | 2019 | 1:30.92 | – State Meet Record |
| 2 | Bettendorf | 2018 | 1:31.12 | |
| 3 | Dowling Catholic, WDM | 2018 | 1:31.30 | |
| 4 | Waukee | 2019 | 1:31.45 | |
| 5 | Urbandale | 2019 | 1:31.52 | |
| 6 | Valley, WDM | 2018 | 1:31.68 | |
| 7 | Sergeant Bluff-Luton | 2019 | 1:31.77 | |
| 8 | Wahlert Catholic, Dubuque | 2019 | 1:31.97 | |
| | Epworth, Western Dubuque | 2017 | 1:31.97 | |
| 10 | Bettendorf | 2017 | 1:32.09 | |
| 11 | Fort Dodge | 2019 | 1:32.12 | |
| 12 | Ankeny Centennial | 2019 | 1:32.34 | |
| 13 | Cedar Rapids, Kennedy | 2018 | 1:32.41 | |
| 14 | Urbandale | 2018 | 1:32.54 | |
| 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 | Valley, West Des Moines | 2019 | 1:32.81 | |
| 22 | Waukee | 2017 | 1:32.98 | |
| 23 | Cedar Falls | 2018 | 1:32.99 | |
| 24 | Ames | 2017 | 1:33.01 | |
| 25 | Ottumwa | 2018 | 1:33.06 | |
| 26 | Boyd-Hull/Rock Valley | 2019 | 1:33.07 | |
| 27 | Glenwood | 2018 | 1:33.11 | |
| | Waukee | 2018 | 1:33.11 | |
| 29 | Indianola | 2017 | 1:33.12 | |
| 30 | Des Moines, East | 2019 | 1:33.17 | |
| 31 | Des Moines, Roosevelt | 2019 | 1:33.20 | |
| 32 | Marion | 2018 | 1:33.30 | |
| 33 | Center Point-Urbana | 2017 | 1:33.36 | |
| 34 | Epworth, Western Dubuque | 2019 | 1:33.37 | |
| 35 | Pleasant Valley | 2017 | 1:33.52 | |
| 36 | Johnston | 2017 | 1:33.55 | |
| 37 | Nevada | 2019 | 1:33.59 | |
| 38 | Nevada | 2018 | 1:33.60 | |
| | Sergeant Bluff-Luton | 2017 | 1:33.60 | |
| 40 | Des Moines, Roosevelt | 2017 | 1:33.67 | |
| 41 | Iowa City, West | 2019 | 1:33.68 | |
| | Glenwood | 2017 | 1:33.68 | |
| 43 | Beckman Catholic, Dyersville | 2018 | 1:33.69 | |
| 44 | Ankeny Centennial | 2017 | 1:33.74 | |
| 45 | Cedar Falls | 2019 | 1:33.81 | |
| 46 | Lynnville-Sully | 2018 | 1:33.83 | |
| 47 | Pekin | 2018 | 1:33.84 | |
| | Lisbon | 2017 | 1:33.84 | |
| 49 | Benton Community | 2019 | 1:33.93 | |
| 50 | Boyd-Hull/Rock Valley | 2018 | 1:33.95 | |
| 51 | Dowling Catholic, WDM | 2017 | 1:34.07 | |

| | | | |
|----|----------------------------|------|---------|
| 52 | St. Albert, Council Bluffs | 2018 | 1:34.08 |
| | Iowa City, City High | 2017 | 1:34.08 |
| 54 | Dubuque, Senior | 2018 | 1:34.19 |
| 55 | Marion | 2019 | 1:34.21 |
| 56 | Mediapolis | 2018 | 1:34.28 |
| 57 | Davenport, Central | 2018 | 1:34.39 |
| 58 | Southeast Polk | 2019 | 1:34.41 |
| 59 | Oskaloosa | 2019 | 1:34.44 |
| 60 | Muscatine | 2019 | 1:34.46 |
| 61 | Pleasantville | 2018 | 1:34.50 |
| 62 | Epworth, Western Dubuque | 2018 | 1:34.52 |
| 63 | Linn-Mar | 2019 | 1:34.54 |
| 64 | Johnston | 2019 | 1:34.56 |
| 65 | Clinton | 2017 | 1:34.57 |
| | Ottumwa | 2017 | 1:34.57 |
| 67 | Lewis Central | 2018 | 1:34.58 |
| 68 | Ames | 2019 | 1:34.62 |
| 69 | Boone | 2018 | 1:34.65 |
| | Anamosa | 2017 | 1:34.65 |
| 71 | Sergeant Bluff-Luton | 2018 | 1:34.68 |
| 72 | Marion | 2017 | 1:34.73 |
| 73 | Humboldt | 2019 | 1:34.74 |
| 74 | Waterloo, East | 2019 | 1:34.77 |
| 75 | Dallas Center-Grimes | 2017 | 1:34.81 |
| 76 | Sioux City, North | 2017 | 1:34.84 |
| 77 | Dubuque, Senior | 2019 | 1:34.89 |
| | Atlantic | 2018 | 1:34.89 |
| 79 | Iowa City, City High | 2019 | 1:34.92 |
| 80 | Gilbert | 2018 | 1:34.96 |

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

| | | | | |
|----|---------------------------|------|---------|---------------------|
| 1 | Valley, West Des Moines | 2006 | 3:13.80 | – State Meet Record |
| 2 | Waukee | 2019 | 3:14.81 | |
| 3 | Valley, West Des Moines | 2019 | 3:15.25 | |
| 4 | Valley, West Des Moines | 2018 | 3:16.55 | |
| 5 | Cedar Falls | 2016 | 3:16.85 | |
| 6 | Iowa City, City | 1992 | 3:16.9 | |
| 7 | Bettendorf | 2018 | 3:17.19 | |
| 8 | Waukee | 2018 | 3:17.37 | |
| 9 | Iowa City, City High | 2018 | 3:17.48 | |
| 10 | Waukee | 2016 | 3:17.50 | |
| 11 | Waterloo West | 1981 | 3:17.84 | |
| 12 | Cedar Falls | 2017 | 3:17.88 | |
| 13 | Iowa City, City | 2000 | 3:18.01 | |
| 14 | Cedar Falls | 2015 | 3:18.02 | |
| 15 | Ottumwa | 2009 | 3:18.07 | |
| 16 | Albia | 2016 | 3:18.09 | |
| | Waterloo East | 1979 | 3:18.09 | |
| 18 | Indianola | 2010 | 3:18.12 | |
| 19 | Bishop Heelan, Sioux City | 2009 | 3:18.24 | |
| 20 | Cedar Falls | 2014 | 3:18.30 | |
| 21 | Ames | 1991 | 3:18.39 | |
| 22 | Iowa City, City | 1994 | 3:18.3 | |
| 23 | Des Moines East | 1981 | 3:18.54 | |
| 24 | Valley, WDM | 2005 | 3:18.54 | |
| 25 | Dowling Catholic, WDM | 2009 | 3:18.68 | |
| 26 | Waterloo West | 2017 | 3:18.70 | |
| | Valley, WDM | 2011 | 3:18.70 | |
| 28 | Johnston | 2006 | 3:18.73 | |
| 29 | Waukee | 2015 | 3:18.80 | |
| 30 | Iowa City, City High | 2017 | 3:18.87 | |
| 31 | Albia | 2014 | 3:18.90 | |
| 32 | Ames | 1995 | 3:18.93 | |
| 33 | St. Edmond, Fort Dodge | 2010 | 3:18.99 | |
| 34 | Waukee | 2013 | 3:19.04 | |
| | Sioux City East | 1983 | 3:19.04 | |
| | Des Moines Roosevelt | 1996 | 3:19.04 | |
| 37 | Des Moines Hoover | 1998 | 3:19.06 | |
| 38 | Des Moines Roosevelt | 2014 | 3:19.12 | |
| 39 | Iowa City, City | 1991 | 3:19.0 | |
| 40 | Ankeny | 1996 | 3:19.29 | |
| 41 | Ankeny | 2002 | 3:19.32 | |
| 42 | Cedar Falls | 2008 | 3:19.34 | |
| 43 | Ames | 2019 | 3:19.40 | |
| 44 | Cedar Falls | 2013 | 3:19.61 | |
| 45 | Ames | 1996 | 3:19.64 | |
| 46 | Valley, West Des Moines | 2017 | 3:19.65 | |
| 47 | Iowa City, City | 2001 | 3:19.68 | |
| 48 | Waterloo East | 1980 | 3:19.69 | |
| 49 | Burlington | 1983 | 3:19.71 | |
| | Iowa City West | 2006 | 3:19.71 | |
| 51 | Cedar Falls | 2005 | 3:19.72 | |

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

| | | | |
|-----------|--------------------------------|-------------|------------------------------------|
| 1 | Ames | 2015 | 7:41.43 – State Meet Record |
| 2 | Cedar Falls | 2016 | 7:44.00 |
| 3 | Ames | 1987 | 7:44.06 |
| 4 | Marshalltown | 1985 | 7:45.63 |
| 5 | Waukee | 2016 | 7:47.08 |
| 6 | Ames | 1985 | 7:47.46 |
| 7 | Dowling Catholic, WDM | 1980 | 7:47.57 |
| 8 | Marshalltown | 1986 | 7:47.66 |
| 9 | Ames | 1986 | 7:47.72 |
| 10 | Muscatine | 1979 | 7:48.01 |
| 11 | Iowa City, City High | 2013 | 7:48.06 |
| 12 | Linn-Mar, Marion | 2004 | 7:48.26 |
| 13 | Iowa City West | 1986 | 7:48.27 |
| 14 | Linn-Mar, Marion | 2005 | 7:48.55 |
| 15 | Cedar Rapids Washington | 2010 | 7:48.70 |
| 16 | Muscatine | 1981 | 7:48.88 |
| | Valley, WDM | 1990 | 7:48.88 |
| 18 | Iowa City, West | 2013 | 7:48.99 |
| 19 | Spirit Lake Park | 2011 | 7:49.07 |
| 20 | Waukee | 2017 | 7:49.34 |
| 21 | Iowa City, City High | 2018 | 7:49.41 |
| | Monticello | 2013 | 7:49.41 |
| 22 | Prairie, Cedar Rapids | 2014 | 7:49.52 |
| 23 | Indianola | 2016 | 7:49.69 |
| 24 | Waukee | 2012 | 7:49.79 |
| 25 | Ames | 1981 | 7:49.83 |
| 26 | Ames | 2005 | 7:49.86 |
| 27 | Ames | 1983 | 7:49.89 |

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 | Johnston | 2019 | 3:27.19 | |
| 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 | Waukee | 2019 | 3:28.66 | |
| 38 | Cedar Falls | 2005 | 3:28.71 | |
| 39 | Cedar Falls | 2009 | 3:28.77 | |
| | Indianola | 1997 | 3:28.77 | |
| 41 | Mount Pleasant | 2000 | 3:28.80 | |
| 42 | Prairie, Cedar Rapids | 2012 | 3:28.88 | |
| 43 | Dubuque Senior | 1996 | 3:28.91 | |
| 44 | Pleasant Valley | 2014 | 3:28.93 | |
| | Iowa City, City | 1994 | 3:28.93 | |
| 46 | Waterloo East | 1980 | 3:29.01 | |
| 47 | Dike-New Hartford | 2016 | 3:29.14 | |
| 48 | Dowling Catholic, WDM | 1981 | 3:29.22 | |
| 49 | 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 | 57.18 | 2019 | - State Meet Record |
| 2 | Cedar Rapids, Kennedy | 58.20 | 2019 | |
| 3 | Linn-Mar | 57.83 | 2019 | |
| 4 | Ankeny | 57.36 | 2019 | |
| 5 | Ankeny Centennial | 58.45 | 2019 | |
| 6 | Dowling Catholic, WDM | 59.20 | 2019 | |
| 7 | Southeast Polk | 59.29 | 2019 | |
| 8 | Sergeant Bluff-Luton | 59.40 | 2019 | |
| 9 | Epworth, Western Dubuque | 59.41 | 2019 | |
| 10 | Dike-New Hartford | 59.49 | 2019 | |
| 11 | Carlisle | 59.64 | 2019 | |
| 12 | Treynor | 59.76 | 2019 | |
| 13 | Pella | 59.78 | 2019 | |
| 14 | Des Moines Christian | 59.91 | 2019 | |
| 15 | Waukee | 1:00.22 | 2019 | |
| 16 | Iowa City, City High | 1:00.36 | 2019 | |
| 17 | Central Decatur, Leon | 1:00.39 | 2019 | |
| 18 | Pleasant Valley | 1:00.40 | 2019 | |
| 19 | Winterset | 1:00.42 | 2019 | |
| 20 | Prairie, Cedar Rapids | 1:00.52 | 2019 | |
| 21 | Ottumwa | 1:00.61 | 2019 | |
| 22 | BCLUW | 1:00.62 | 2019 | |
| 23 | Fremont-Mills | 1:00.90 | 2019 | |
| 24 | West Liberty | 1:00.91 | 2019 | |
| 25 | Humboldt | 1:00.99 | 2019 | |
| 26 | Mount Pleasant | 1:01.02 | 2019 | |
| 27 | Davis County | 1:01.08 | 2019 | |
| 28 | Tipton | 1:01.10 | 2019 | |
| 29 | North Tama | 1:01.18 | 2019 | |
| 30 | Lake Mills | 1:01.30 | 2019 | |
| | Charles City | 1:01.30 | 2019 | |
| 32 | Des Moines, Roosevelt | 1:01.31 | 2019 | |
| 33 | Indianola | 1:01.34 | 2019 | |
| 34 | South Central Calhoun | 1:01.35 | 2019 | |
| 35 | Sibley-Ocheyedan | 1:01.36 | 2019 | |
| 36 | Benton | 1:01.37 | 2019 | |
| | Oelwein | 1:01.37 | 2019 | |
| 38 | Xavier, Cedar Rapids | 1:01.40 | 2019 | |
| 39 | PCM, Monroe | 1:01.45 | 2019 | |
| 40 | Lake Mills | 1:01.50 | 2019 | |
| 41 | ADM, Adel | 1:01.51 | 2019 | |
| 42 | Fort Dodge | 1:01.60 | 2019 | |
| 43 | Tipton | 1:01.71 | 2019 | |
| 44 | LeMars | 1:01.78 | 2019 | |
| | North Scott | 1:01.78 | 2019 | |
| 46 | Hampton-Dumont | 1:01.81 | 2019 | |
| 47 | Maquoketa Valley | 1:01.92 | 2019 | |
| 48 | OA-BCIG | 1:01.96 | 2019 | |
| 49 | Washington | 1:01.98 | 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 |
| 22 | Grant Brouwer, Sisley-Ocheyedan | 2019 | 6-10 |
| | 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 | Logan Jones, Lewis Central | 2019 | 60-02 |
| 40 | Jake Remsburg, Valley, WDM | 2019 | 60-01.25 |
| 41 | Dalton Ferguson, Solon | 2014 | 60-00.75 |
| | Jeremy Jacobsen, Bettendorf | 2010 | 60-00.75 |
| 43 | Lee Carlson, Dubuque | 1959 | 60-00.50 |
| 44 | Eric Simmons, Madrid | 2011 | 60-00 |
| | Andy Norland, Clarinda | 1986 | 60-00 |
| 46 | Jerry Kamp, Fort Madison | 1959 | 59-11.50 |
| 47 | Layne McDowell, Cedar Rapids Jefferson | 1967 | 59-11.25 |

| | | | |
|----|--------------------------------|------|-------|
| 48 | Robby Beyer, PCM, Monroe | 1999 | 59-11 |
| | Ryan Richards, West Burlington | 1993 | 59-11 |

Shot Put (16 lbs. implement)

| | | | |
|---|-----------------------------------|------|-------|
| 1 | Doug Lane, CR Jefferson (16 lbs.) | 1968 | 59-11 |
|---|-----------------------------------|------|-------|

Discus

Since 1968, by rule, discus measurements are recorded to the neared 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 | Logan Jones, Lewis Central | 2019 | 185-10 | |
| 26 | Cam Jones, Cedar Rapids, Kennedy | 2019 | 185-08 | |
| | Jacob Gannon, Iowa City West | 2010 | 185-08 | |
| 28 | Scott Joens, Prairie, Cedar Rapids | 1982 | 185-04 | |
| | A. J. Schable, Battle Creek-Ida Grove | 2002 | 185-04 | |
| 30 | Seth Snitker, Waukon | 2014 | 185-03 | |
| 31 | Tim Tebrink, MOC-Floyd Valley | 2000 | 185-01 | |
| 32 | David Juehring, Davenport West | 1982 | 184-08 | |
| 33 | Sam Joens, Prairie, Cedar Rapids | 2011 | 184-06 | |
| | Brad Travis, Spirit Lake Park | 1996 | 184-06 | |
| 35 | Tom Knutson, Cedar Rapids Jefferson | 1963 | 184-04 | |
| 36 | Noah Fenske, New Hampton | 2018 | 184-01 | |
| 37 | Randy Lessman, Sioux City East | 1972 | 183-11 | |
| 38 | Steve Wegner, Harlan | 2001 | 183-10 | |
| 39 | Ethan Fenchel, Western Christian | 2014 | 183-08 | |
| 40 | Ryan Lamparek, Prairie, Cedar Rapids | 2007 | 183-06 | |
| 41 | Jackson Coker, Cedar Rapids, Kennedy | 2016 | 183-05 | |
| 42 | Seth Zehr, Fort Dodge | 2002 | 183-03 | |
| 43 | Blake Larsen, Atlantic | 2001 | 182-09 | |
| 44 | Matt Haven, Independence | 1980 | 182-05 | |
| 46 | Joseph Weiner, Dubuque Hempstead | 2013 | 182-03 | |
| 47 | 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 | |
| 51 | Ryan Piche, Linn-Mar, Marion | 2010 | 181-08 | |

| | | | |
|----|-------------------------------|------|--------|
| 52 | Tom Schmeling, Atlantic | 2002 | 181-04 |
| 53 | Jake Goeller, Wapsie Valley | 2015 | 181-02 |
| 54 | Henry Kelley, Waukee | 2010 | 181-00 |
| | Brian Seiler, Garner-Hayfield | 1991 | 181-00 |
| 56 | Eric Varcho, North Scott | 1994 | 180-11 |
| 57 | Norm Balke, Iowa City, City | 1981 | 180-05 |
| | Jon Pelzer, Atlantic | 1989 | 180-05 |
| 59 | Scott Davis, Glenwood | 1988 | 180-02 |
| 60 | Isaac Holtz, Monticello | 2014 | 180-01 |
| | Ross Brockshaus, Spencer | 1981 | 180-01 |

WHEELCHAIR EVENTS

Started in 1990 unless otherwise noted

100 Meters

| | | | |
|----|---|-------------|--------------|
| 1 | Evan Correll, Waukee | 2019 | 16.97 |
| | Correll wheeled a 17.70 for a State Record in 2019 | | |
| 2 | Jon Litzkow, Waterloo West | 2013 | 17.11 |
| 3 | E. J. Runyan, Johnston | 2000 | 17.81 |
| 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 | Evan Correll, Waukee | 2019 | 31.54 |
| 3 | E. J. Runyan, Johnston | 1999 | 32.12 |
| 4 | Wyatt Willand, Northwood-Kensett | 2019 | 33.14 |
| 5 | Brian Wauters, Marshalltown | 2002 | 33.26 |
| 6 | Jordan Houdeshell, Linn-Mar | 2013 | 33.49 |
| 7 | Drake Sachsenmaier, Camanche | 2013 | 34.79 |
| 8 | Matthew Schultz, Southeast Polk | 2019 | 35.00 |
| 9 | Nathan Redlinger, English Valleys | 2004 | 35.28 |
| 10 | Noah Thomas, Roland-Story | 2016 | 35.57 |
| 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 | 1:00.69 |
| 3 | Wyatt Willand, Northwood-Kensett | 2019 | 1:02.08 |
| 4 | Jordan Houdeshell, Linn-Mar | 2013 | 1:03.70 |
| 5 | Nathan Redlinger, English Valleys | 2004 | 1:04.87 |
| 6 | Matthew Schultz, Southeast Polk | 2019 | 1:06.60 |
| 7 | Brian Wauters, Marshalltown | 2003 | 1:08.11 |
| 8 | Drake Sachsenmaier, Camanche | 2014 | 1:09.05 |

800 Meters (1990-2002; reinstated in 2019)

| | | | | |
|---|---|------|---------|--------------------|
| 1 | E. J. Runyan, Johnston | 1999 | 2:06.79 | -State Meet Record |
| 2 | Wyatt Willand, Northwood-Kensett | 2019 | 2:08.19 | |
| 3 | Evan Correll, Waukee | 2019 | 2:13.79 | |
| 4 | Matthew Schultz, Southeast Polk | 2019 | 2:19.25 | |
| 5 | Brian Wauters, Marshalltown | 2002 | 2:19.9 | |
| 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 |