

# STATE MEET RECORD INFORMATION

Corrected and updated April 17, 2019

Performances recorded in tenths or an "h" are hand-timed rounded to the next nearest tenth per timing regulations.

*Those performances in hundredths are FAT, which began in 1978.*

*State Meet Records & Class Records are those established at the State Meet and only in meters.*

*An All-Time Best can be established in any sanctioned meet by the IHSAA or the NFHS*

## 100 METER DASH

**Iowa State Meet Record:** 10.5h, Treye Jackson, Newton, 1981 prelims

**Iowa All-time Best:** 10.1h, Adam Haluska, Carroll, 2002; FAT - 10.53, Isaiah Trousil, West Burlington/Notre Dame, 2017

**Class 4-A Record:** 10.5h, Treye Jackson, Newton, 1981 prelims

**Class 3-A Record:** 10.74, Isaiah Trousil, West Burlington/Notre Dame, 2017

**Class 2-A Record:** 10.58, Tanner Iske, West Liberty, 2018

**Class 1-A Record:** 10.84, Jeff Adam, Cardinal, Eldon, 1996

## 200 METER DASH

**Iowa State Meet Record:** 21.16, James Harrington, Cedar Falls, 2011

**Iowa All-time Best:** 20.8h, Tim Dwight, Iowa City, City, 1994; FAT - 21.16, James Harrington, Cedar Falls, 2011

**Class 4-A Record:** 21.16, James Harrington, Cedar Falls, 2011

**Class 3-A Record:** 21.22, Isaiah Trousil, West Burlington/Notre Dame, 2017

**Class 2-A Record:** 21.33, Isaiah Trousil, West Burlington/Notre Dame, 2016

**Class 1-A Record:** 21.80, Lee Elbert, Bishop Garrigan, Algona, 2003

## 400 METER DASH

**Iowa State Meet Record:** 47.33, Yawusa Kinda, Des Moines Roosevelt, 2004

**Iowa All-time Best:** 47.01, Calvin Davis, Iowa City, City, 2002

**Class 4-A Record:** 47.33, Yawusa Kinda, Des Moines Roosevelt, 2004

**Class 3-A Record:** 48.11, Greg Offerman, Charles City, 2005

**Class 2-A Record:** 47.43, Ryan Kedley, North Cedar, Stanwood, 2000

**Class 1-A Record:** 48.32, Jordan Cornilsen, Preston-East Central, 2007

## 800 METER RUN

**Iowa State Meet Record:** 1:50.30, Ryan Schweizer, Dowling Catholic, WDM, 2016

**Iowa All-time Best:** 1:50.18, Aaron Stockstell, Mid-Prairie, 2007

**Class 4-A Record:** 1:50.30, Ryan Schweizer, Dowling Catholic, WDM, 2016

**Class 3-A Record:** 1:53.74, Isaac Wendland, Charles City, 2008

**Class 2-A Record:** 1:51.17, Aaron Stockstell, Mid-Prairie, Wellman, 2008

**Class 1-A Record:** 1:52.10, Riley Bauer, North Union, 2018

## 1,600 METER RUN

**Iowa State Meet Record:** 4:06.32, Josh Evans, Linn-Mar, Marion, 2014

**Iowa All-time Best:** 4:06.32, Josh Evans, Linn-Mar, Marion, 2014

**Class 4-A Record:** 4:06.32, Josh Evans, Linn-Mar, Marion, 2014

**Class 3-A Record:** 4:09.67, Thomas Pollard, Gilbert, 2015

**Class 2-A Record:** 4:16.99, Lance Elliott, Montezuma, 1989

**Class 1-A Record:** 4:13.78, Gable Sieperda, Central Lyon, 2018

## 3,200 METER RUN

**Iowa State Meet Record:** 8:50.43, Thomas Pollard, Gilbert, 2014

**Iowa All-time Best:** 8:50.43, Thomas Pollard, Gilbert, 2014

**Class 4-A Record:** 9:00.97, Josh Evans, Linn-Mar, Marion 2014

**Class 3-A Record:** 8:50.43, Thomas Pollard, Gilbert, 2014

**Class 2-A Record:** 9:17.69, Michael Melchert, Monticello, 2014

**Class 1-A Record:** 9:09.60, Gable Sieperda, Central Lyon, 2018

## 110-METER HIGH HURDLES

**Iowa State Meet Record:** 13.91, Joah Banks, Prairie, Cedar Rapids, 2017 (p)

**Iowa All-time Best:** 13.85, Riley Moss, Ankeny Centennial 2018; 13.8h by Bill Betterton, Carlisle, 1992; 13.6h (y) Randy Elliott, Charles City, 1974

**Class 4-A Record:** 13.91, Joah Banks Prairie, Cedar Rapids, 2017 (p)

**Class 3-A Record:** 14.03, Connor Ham, Solon, 2014 (p) & 2015 (p)

**Class 2-A Record:** 14.1h Matt Zuber, Iowa Valley, Marengo, 1985

**Class 1-A Record:** 14.41, Cory Woods, Treynor, 1997

#### 400-METER HURDLES

**Iowa State Meet Record:** 50.96, Dustin Avey, Ames, 1996

**Iowa All-time Best:** 50.96, Dustin Avey, Ames, 1996

**Class 4-A Record:** 50.96, Dustin Avey, Ames, 1996 (low hurdle height)

**Class 3-A Record:** 51.35, Greg Offerman, Charles City, 2005 (low hurdle height)

**Class 2-A Record:** 51.62, Brent MacLagan, Jefferson-Scranton, 1995 (low hurdle height)

**Class 1-A Record:** 52.85, Nick Efkamp, Madrid, 2011 (low hurdle height)

#### 4 x 100 METER RELAY

**Iowa State Meet Record:** 41.84, Waterloo West (Jamie Medina, Dequayvious Martin, Jason Millett, Lance Dunn, Jr.) 2013

**Iowa All-time Best:** 41.33, Iowa City, City (Dan McMahan, Jason Ringena, Mike Richards, Merrill Coleman), 6-16-96, Raleigh, NC

**Class 4-A Record:** 41.84, Waterloo, West (Jamie Medina, Dequayvious Martin, Jason Millett, Lance Dunn, Jr.), 2013

**Class 3-A Record:** 42.18, Xavier, Cedar Rapids (Derek Kramer, Derek Wollner, Corey Reed, Bryce Colston), 2008

**Class 2-A Record:** 42.44, West Burlington/N Dame (Timmy Williams, Brant Wrede, Isaiah Trousil, Xavior Williams) 2015 (p)

**Class 1-A Record:** 43.01, Lisbon (Marquis Stephens, Nick Dains, Matt Murphy, Derek Stephens), 2003 prelims

#### 4 x 200 METER RELAY *(Chute start listed if faster)*

**Iowa State Meet Record:** 1:27.02, Des Moines East (Daiyon Daniels, London Hayes, Paris Thomas, Robert Thompson) '04

**Iowa All-time Best:** 1:26.4, Iowa City, City High (Nikolai Hill, Jesse Holland, Jason Dwight, Jason Ringena), 1997

**Class 4-A Record:** 1:27.02, Des Moines East (Daiyon Daniels, London Hayes, Paris Thomas, Robert Thompson), 2004

**Class 3-A Record:** 1:27.87, Sergeant Bluff-Luton (Matthew George, Ryley McGregor, Drew Girres, Brady Wall), 2016

**Class 2-A Record:** 1:27.14, West Burlington/N. Dame (Xavior Williams, Jacob Smith, Spencer Ferguson, Isaiah Trousil) '16

**Class 1-A Record:** 1:29.62, Panorama (Justin McDermott, Bob McFadden, Shaun Moylan, Travis Geopfert), 1997

#### 4 x 400 METER RELAY

**Iowa State Meet Record:** 3:13.80, Valley, WDM (Bryan Collins, Zac Sandvig, Ryan Keairnes, Brandon McSkimming) '06 (p)

**Iowa All-time Best:** 3:13.80, Valley, WDM (Bryan Collins, Zac Sandvig, Ryan Keairnes, Brandon McSkimming), 2006 (p)

**Class 4-A Record:** 3:13.80, Valley, WDM (Bryan Collins, Zac Sandvig, Ryan Keairnes, Brandon McSkimming), 2006 (p)

**Class 3-A Record:** 3:18.24, Bishop Heelan, Sioux City (Preston Ives, Michael Malloy, Nate Berger, Brendan Dougherty) 2009 (p)

**Class 2-A Record:** 3:18.09, Albia (Tony Leshen, Kyle Sinnott, Jacob Clouse, Avery Moore), 2016

**Class 1-A Record:** 3:22.13, North Linn, Troy Mills (Ty Sherman, T.D. Holub, Justin Waring, Seth Schuhmacher) 2006

#### 4 x 800 METER RELAY

**Iowa State Meet Record:** 7:41.43, Ames (Lee Grim, Kuol Chol, Atem Akok, Daniel Chan), 2015

**Iowa All-time Best:** 7:41.43, Ames (Lee Grim, Kuol Chol, Atem Akok, Daniel Chan), 2015

**Class 4-A Record:** 7:41.43, Ames (Lee Grim, Kuol Chol, Atem Akok, Daniel Chan), 2015

**Class 3-A Record:** 7:49.07, Spirit Lake Park (Alec Baldwin, Keith Byers, Kayne Feldick, Will Norris), 2011

**Class 2-A Record:** 7:50.39, Monticello (Jarrett Easton, Jordan Loes, Derek Manternach, Matt Manternach), 2015

**Class 1-A Record:** 7:58.63, Pekin (Chandler Eckley, Sam Roth, Isaiah Wittrock, Ryan Millikin), 2017

#### 1,600 METER MEDLEY RELAY

**Iowa State Meet Record:** 3:24.39, Linn-Mar, Marion (Austin Flieder, Tim Wolfe, Duggan Trenary, Josh Evans), 2014

**Iowa All-time Best:** 3:22.69, Iowa City, City (Sumaster Newell, Hakim Hill, Calvin Davis, Jeremy Mims), 2001 (June 13-01; Nike Invitational; Raleigh, NC)

**Class 4-A Record:** 3:24.39, Linn-Mar, Marion (Austin Flieder, Tim Wolfe, Duggan Trenary, Josh Evans), 2014

**Class 3-A Record:** 3:27.65, Assumption, Davenport (Ben Irmen, Joe Conklin, Mike Craddick, Brett Adams), 2004

**Class 2-A Record:** 3:26.16, Mid-Prairie, Wellman (Tanner Miller, Cody Bontrager, Lance Silbaugh, Aaron Stockstell) 2008

**Class 1-A Record:** 3:32.40, West Marshall (Brian Karsjens, Bob Kilker, Richard Affeldt, Brian Smith), 1994

#### **4 x 110 METER SHUTTLE HURDLE RELAY (33" hurdles in 2009; New Event in 2019 with 36" hurdles)**

**Iowa State Meet Record:** 55.78, Waukee (Josh Brdicko, Kalen Renshaw, Scott Stanley, Jared Brdicko), 2014

**Iowa All-time Best:** 55.68, Linn-Mar, Marion (Daniel Gorsich, Nick House, Gavren Dochterman, Zeal Baker), 2016

**Class 4-A Record:** 55.78, Waukee (Josh Brdicko, Kalen Renshaw, Scott Stanley, Jared Brdicko), 2014

**Class 3-A Record:** 56.74, Waverly-Shell Rock (Cole Chestnut, Jackson Litterer, Blake Willson, Eric Larson), 2011

**Class 2-A Record:** 56.99, Sioux Center (Christian Rozeboom, Alex Bakker, Derek Hooyer, Dylan Van't Hof), 2014 (p)

**Class 1-A Record:** 58.48, Madrid (Nick Novotny, Tanner Adams, CJ Manthe, Jeremy Johnson), 2012 prelims

#### **800 Sprint Medley Relay (New Event in 2017)**

**Iowa State Meet Record:** 1:31.30, Dowling Cath. (Nate Steenblock, Quentin Wellmaker, Jack Lyman, Charlie Johnson), '18

**Iowa All-time Best:** 1:31.12, Bettendorf (Leo Desequira, Austin Kaler, Demari Nicholson, Darien Porter), 2018

**Class 4-A Record:** 1:31.30, Dowling Catholic (Nate Steenblock, Quentin Wellmaker, Jack Lyman, Charlie Johnson), 2018

**Class 3-A Record:** 1:33.11, Glenwood (Joey Saddler, Jon Lee, Kohen Watson, Nate Kennedy), 2018

**Class 2-A Record:** 1:33.69, Beckman Catholic, Dyersville (Riley Fangman, Joe Vaske, Mark Brown, Evan Wulfekuhle), 2018

**Class 1-A Record:** 1:33.83, Lynnville-Sully (Sage Zylstra, Nate Stock, Corey McCoy, Tyson Vander Linden), 2018

#### **DISCUS**

**Iowa State Meet Record:** 197-05, Tom Yezek, Northwood-Kensett, 2016

**Iowa All-time Best:** 207-08, Scott Crowell, Mason City, 1978

**Class 4-A Record:** 192-06, Nick Brayton, Iowa City West, 2007

**Class 3-A Record:** 190-10, Tristan Wirfs, Mount Vernon, 2017

**Class 2-A Record:** 186-02, Allan Walz, Bondurant-Farrar, 1991

**Class 1-A Record:** 197-05, Tom Yezek, Northwood-Kensett, 2016

#### **SHOT PUT**

**Iowa State Meet Record:** 67-02, Nick Phelps, KP-WC, 2018

**Iowa All-time Best:** 70-11, Doug Lane, Cedar Rapids, Jefferson, 1968

**Class 4-A Record:** 65-11.50, Doug Lane, Cedar Rapids, Jefferson, 1968

**Class 3-A Record:** 64-07.75, Drew Clark, Marion, 2009

**Class 2-A Record:** 67-02, Nick Phelps, KP-WC, 2018

**Class 1-A Record:** 60-10.25, Bob Feuerbach, Preston, 1975

#### **HIGH JUMP**

**Iowa State Meet Record:** 7-03.5, Brian Tietjens, North Central, Manly, 1981

**Iowa All-time Best:** 7-03.5, Brian Tietjens, North Central, Manly, 1981

**Class 4-A Record:** 7-0, Andy Kohler, Ames, 1999

**Class 3-A Record:** 6-11, Colten Kelly, Anamosa, 2008

**Class 2-A Record:** 7-03.5, Brian Tietjens, North Central, Manly, 1981

**Class 1-A Record:** 6-11, Ehi Oamen, Hinton, 2006

#### **LONG JUMP**

**Iowa State Meet Record:** 24-03, Matt Zuber, Iowa Valley, Marengo, 1985

**Iowa All-time Best:** 24-09.50, Chris Walker, Davenport, Central, 1984 (Golden West Invit'l; Sacramento, CA, 1984)

**Class 4-A Record:** 24-01, Jerry Westerfield, Davenport, North, 2012 and Chris Walker, Davenport, Central, 1983

**Class 3-A Record:** 23-04.25, Chandler Diercks, Clear Lake, 2014

**Class 2-A Record:** 24-03, Matt Zuber, Iowa Valley, Marengo, 1985

**Class 1-A Record:** 23-02.50, Nick Efkamp, Madrid, 2011

### **STATE MEET WHEELCHAIR EVENT RECORDS**

*(Started in 1990 unless otherwise noted)*

#### **100 METERS**

**State Meet Record:** 17.81, E. J. Runyan, Johnston, 2000

**Iowa All-Time Best:** 17.11, Jon Litzkow, Waterloo, West, 2013

#### **200 METERS**

**State Meet Record:** 31.01, Jon Litzkow, Waterloo, West, 2013

**Iowa All-Time Best:** 30.52, Jon Litzkow, Waterloo, West, 2013

### **400 METERS – Started in 2003**

**State Meet Record:** 56.57, Jon Litzkow, Waterloo, West, 2013

**Iowa All-Time Best:** 56.57, Jon Litzkow, Waterloo, West, 2013

### **800 METERS (1990-2002; resumed in 2019)**

**State Meet Record:** 2:06.79, E. J. Runyan, Johnston, 1999

**Iowa All-Time Best:** 2:06.79, E. J. Runyan, Johnston, 1999

### **Shot Put**

**State Meet Record:** 40-05.50, Alex Gudenkauf, Dubuque Senior, 2013

**Iowa All-Time Best:** 41-02, Alex Gudenkauf, Dubuque Senior, 2013

## **STATE MEET RECORDS of DISCONTINUED EVENTS**

### **HAMMER THROW (1906-1910)**

**State Meet Record:** 164-05, George Weis, 1909

**Iowa All-Time Best:** 164-05, George Weis, Marion, 1909

### **JAVELIN (1927-1941)**

**State Meet Record:** 195-08.25, Bruce Erickson, Traer, 1939

**Iowa All-Time Best:** 195-08.25, Bruce Erickson, Traer, 1939

### **FOOTBALL THROW (1942-1963)**

**State Meet Record:** (Point System) 350, Mickie Miller, Cherokee & Gerald Dawson, Sigourney, 1942 (Miller in throw-off)  
(Distance Record) 259-05, Stanley Whitman, Iowa Falls, 1963

**Iowa All-Time Best:** 266-05, Gary Eggers, Audubon, 1963

**Class 4-A Record:** 244-08, Steve Soesbe, Ames, 1963

**Class 3-A Record:** 259-05, Stanley Whitman, Iowa Falls, 1963

**Class 2-A Record:** 238-09.5, Glen Banks, Ainsworth, 1963

**Class 1-A Record:** 248-00.5, Roger Larson, Underwood, 1963

### **POLE VAULT (1906-1989)**

**State Meet Record:** 15-06.5, Preston Schmidt, Bettendorf, 1983

**Iowa All-Time Best:** 15-06.5, Preston Schmidt, Bettendorf, 1983 (Schmidt vaulted 16-06.5, indoors in 1984)

**Class 4-A Record:** 15-06.5, Preston Schmidt, Bettendorf, 1983

**Class 3-A Record:** 15-00.5, Tom Pratt, Cherokee, Washington, 1976

**Class 2-A Record:** 14-02, Doug Atwood, Pekin, Packwood, 1984

**Class 1-A Record:** 13-11.5, Darrell Crawford, Lamoni, 1976

### **100 YARD DASH (1906-77)**

**State Meet Record:** 9.5, Clyde Duncan, Des Moines North, 1964; James Kirby, Des Moines, North, 1967

**Iowa All-Time Best:** 9.3 by Clyde Duncan, Des Moines North, 1964

**Class 4-A Record:** 9.5, Clyde Duncan, Des Moines North, 1964; James Kirby, Des Moines, North, 1967

**Class 3-A Record:** 9.9, Ron Davis, Perry, 1965; Jerry Lenz, Cherokee, 1966; Steve Wolpert, West Monona, 1970; Mike Shaw, Nevada, 1975 (p)

**Class 2-A Record:** 9.9, Jack Bintz, Sutherland, 1964; Ron Miller, English Valleys, 1965; Warren Johnson, West Lyon, 1967; Dave Harskamp, Sioux Center, 1968

**Class 1-A Record:** 9.7, Jim Cave, Dexfield, Redfield, 1964

### **220 YARD DASH (1906-1977 one turn)**

**State Meet Record:** 21.4, James Kirby, Des Moines, North, 1966; Dick Eisenlauer, Des Moines, East, 1971

**Iowa All-Time Best:** 20.9 Tom Jennings, Marshalltown, 1955

**Class 4-A Record:** 21.4, James Kirby, Des Moines, North, 1966; Dick Eisenlauer, Des Moines, East, 1971

**Class 3-A Record:** 21.7, Mike Shaw, Nevada, 1976

**Class 2-A Record:** 22.1, Steve Hodges, Laurens, 1966

**Class 1-A Record:** 22.2, Bruce McDonald, Scranton, 1964; Vic Lochman, Alden, 1976

### **440 YARD DASH (1906-1977)**

**State Meet Record:** 48.0, Roger Colglazier, Davenport, Central, 1967; Chuck Curtis, Clinton, 1970

**Iowa All-Time Best:** 47.9, Roger Colglazier, Davenport, Central, 1968

**Class 4-A Record:** 48.0, Roger Colglazier, Davenport, Central, 1967; Chuck Curtis, Clinton, 1970

**Class 3-A Record:** 49.0, Tom Dovel, Red Oak, 1973; Mike Norton, Anamosa, 1976

**Class 2-A Record:** 49.0, Gary Hollingsworth, English Valleys, 1960

**Class 1-A Record:** 49.7, John Pollock, Havelock-Plover, 1965

### **880 YARD RUN (1906-1977)**

**State Meet Record:** 1:52.1, David Korir, Cedar Rapids, Washington, 1975

**Iowa All-Time Best:** 1:50.0, David Korir, Cedar Rapids, Washington, 1975

**Class 4-A Record:** 1:52.1, David Korir, Cedar Rapids, Washington, 1975

**Class 3-A Record:** 1:55.2, Jim McGuire, Centerville, 1976

**Class 2-A Record:** 1:55.4, Mike Elliott, West Branch, 1977

**Class 1-A Record:** 1:57.2, Tom Christensen, Ventura, 1975

### **MILE RUN (1906-1977)**

**State Meet Record:** 4:13.8, Joe Burke, Columbus Catholic, Waterloo, 1975

**Iowa All-Time Best:** 4:04.38, Josh Evans, Linn-Mar, Marion, 2014

**Class 4-A Record:** 4:13.8, Joe Burke, Columbus Catholic, Waterloo, 1975

**Class 3-A Record:** 4:18.6, Dennis Modracek, Prairie, Cedar Rapids, 1967

**Class 2-A Record:** 4:20.1, Dennis Reed, Anita, 1964; Rex Karamitros, Newman Catholic, Mason City, 1977

**Class 1-A Record:** 4:21.0, Jerome Howe, Treynor, 1967

### **2 MILE RUN (1968-1977)**

**State Meet Record:** 8:58.8, Jim Eicken, Davenport, Central, 1974

**Iowa All-Time Best:** 8:52.0, Jim Eicken, Davenport, Central, 1975

**Class 4-A Record:** 8:58.8, Jim Eicken, Davenport, Central, 1974

**Class 3-A Record:** 9:20.3, Mike Cregen, Clarinda, 1974

**Class 2-A Record:** 9:36.3, Jim Hansen, Dike, 1976

**Class 1-A Record:** 9:36.8, Mark Hughes, Delwood, Elwood, 1974

### **120-YARD HIGH HURDLES (1906-1977)**

**State Meet Record:** 14.0, Greg Rumples, Urbandale, 1974

**Iowa All-Time Best:** 13.6, Randy Elliott, Charles City, 1977

**Class 4-A Record:** 14.0, Greg Rumples, Urbandale, 1974

**Class 3-A Record:** 14.2, Steve Casey, Cherokee, Washington 1971

**Class 2-A Record:** 14.5, LeRoy McCuen, Corning, 1977

**Class 1-A Record:** 14.5, Ross Thiedeman, Ar-We-Va, 1977

### **220-YARD LOW HURDLES (1906-1934)**

**State Meet Record:** 24.1, Francis Layden, Davenport, 1931

**Iowa All-Time Best:** 24.1, Francis Layden, Davenport, 1931

### **200-YARD LOW HURDLES (1935-1950)**

**State Meet Record:** 22.4, Bob Morris, Clarion, 1940

**Iowa All-Time Best:** 22.4, Bob Morris, Clarion, 1940

**Class A Record:** 22.7 Dean Duel, Cherokee, 1948

**Class B Record:** 23.6, Arden Heisdorffer, Keota, 1949

### **180-YARD LOW HURDLES (1951-1977 one turn)**

**State Meet Record:** 19.4, Randy Elliott, Charles City, 1977

**Iowa All-Time Best:** 18.8, Dan Wierson, Ames, 1972

**Class 4-A Record:** 19.4, Randy Elliott, Charles City, 1977

**Class 3-A Record:** 19.6, Chris Nady, Nevada, 1977

**Class 2-A Record:** 19.6, LeRoy McCuen, Corning, 1977

**Class 1-A Record:** 19.9, Ross Thiedeman, Ar-We-Va, Westside, 1977

### **165-METER LOW HURDLES (1978)**

**State Meet Record & Iowa All-Time Best:** 20.3, Jon Hutch, Clinton, 1978

### **440-YARD RELAY (1935-1977)**

**State Meet Record:** 42.2, Des Moines, Tech (Mike Anderson, Nate Butts, Willis Humphry, Ricardo, Duncan), 1975 (p)

**Iowa All-Time Best:** 42.2, Des Moines, Tech (Mike Anderson, Nate Butts, Willis Humphry, Ricardo, Duncan), 1975 (p)

**Class 4-A Record:** 42.2, Des Moines, Tech (Mike Anderson, Nate Butts, Willis Humphry, Ricardo, Duncan), 1975 (p)

**Class 3-A Record:** 43.7, Glenwood (Dick Keith, Pando Markuly, Kent Asmussen, Kenny Hunter), 1966 (p); Storm Lake (Alan Bowles, Art Lande, Jim Jorgensen, Gene Lyster), 1967; West Monona (Bob Bisbee, Dave Brink, Steve Wolpert, Jack Comfort), 1969

**Class 2-A Record:** 43.8, Maurice-Orange City (Darwin Vermaat, David Woodward, Garry Brumels, Dan DeKoter), 1973 (p)

**Class 1-A Record:** 44.1, Terril (Dan Opoien, Bill Gerdeman, Mike Cranston, Steve Olson), 1973 (p)

### **880-YARD RELAY (1906-1977)**

**State Meet Record:** 1:27.9, Cedar Rapids, Washington (Varrick Wilson, David Facien, C.C. Moore, Vernon Brown), 1977

**Iowa All-Time Best:** 1:27.9, Cedar Rapids, Washington (Varrick Wilson, David Facien, C.C. Moore, Vernon Brown), 1977

**Class 4-A Record:** 1:27.9, Cedar Rapids, Washington (Varrick Wilson, David Facien, C.C. Moore, Vernon Brown), 1977

**Class 3-A Record:** 1:29.8, Eagle Grove (Gerald Page, Dave Stockdale, Mike Asche, Mike Koepke), 1973 (p); Nevada (Mike Leeper, Earl Stoeffler, Marc Andresen, Mike Shaw), 1975 (p)

**Class 2-A Record:** 1:31.2, Maurice-Orange City (Gary Brumels, David Woodward, Doug DeHaan, Dan DeKoter), 1973 (p)

**Class 1-A Record:** 1:31.1, Terril (Dan Opoien, Bill Gerdeman, Mike Cranston, Steve Olson), 1973 (p)

### **MILE RELAY (1906-1977)**

**State Meet Record:** 3:17.7, Indianola (Dick Fromm, Steve Patrick, Jim Crawford, Phil Kuehl), 1970

**Iowa All-Time Best:** 3:17.7, Indianola (Dick Fromm, Steve Patrick, Jim Crawford, Phil Kuehl), 1970

**Class 4-A Record:** 3:17.7, Indianola (Dick Fromm, Steve Patrick, Jim Crawford, Phil Kuehl), 1970

**Class 3-A Record:** 3:23.4, Cherokee, Washington (Byron Reed, Jon Hantsbarger, Tom Graves, Don Woods), 1967

**Class 2-A Record:** 3:27.3, Manson (Tom Sigler, Del Rost, Jim Walstrom, John Walstrom), 1966

**Class 1-A Record:** 3:27.2, Hamburg (Tom Arzana, Charles Dovel, Joe Livengood, Jeff Barrett), 1977

### **2-MILE RELAY (1935-1977)**

**State Meet Record:** 7:47.0, Davenport, West (Jeff Werthmann, Mike Oberhaus, Ken Buesing, Ricci Washburn) 1977

**Iowa All-Time Best:** 7:47.0, Davenport, West (Jeff Werthmann, Mike Oberhaus, Ken Buesing, Ricci Washburn) 1977

**Class 4-A Record:** 7:47.0, Davenport, West (Jeff Werthmann, Mike Oberhaus, Ken Buesing, Ricci Washburn) 1977

**Class 3-A Record:** 8:01.4, Lewis Central (Andy Everson, Ed Croson, Don Woods, Boyd Nansel), 1974

**Class 2-A Record:** 8:05.6, Britt (Dave Zrostilk, Dave Howlett, Jim Dummett, Doug Pooch), 1974

**Class 1-A Record:** 8:09.9, Hamburg (Ray Aranza, Tom Alstrope, Mark Fletcher, Jay Kirby), 1973

### **MILE MEDLEY RELAY (1935-1977)**

**State Meet Record:** 3:27.0, Cedar Rapids, Washington (Tim Lodwick, Jim Nissen, Ken Hopkins, David Korir), 1975

**Iowa All-Time Best:** 3:27.0, Cedar Rapids, Washington (Tim Lodwick, Jim Nissen, Ken Hopkins, David Korir), 1975

**Class 4-A Record:** 3:27.0, Cedar Rapids, Washington (Tim Lodwick, Jim Nissen, Ken Hopkins, David Korir), 1975

**Class 3-A Record:** 3:32.5, Anamosa (Bill Burhans, Tom Michels, Mike Norton, Kevin Burke), 1975

**Class 2-A Record:** 3:34.0, Greene (Byron Davis, John Van Eschen, Rich Allison, Brian Frevert), 1975

**Class 1-A Record:** 3:36.9, Meriden-Cleghorn (Brian Ruppi, Jerry Biezuns, Mike Hurd, Pete Stevenson), 1975

### **4 x 110 METER SHUTTLE HURDLE RELAY (30" hurdles – 2007, 2008)**

**Iowa State Meet Record:** 56.15, Iowa City West (Aaron Martin, Peter Dolan, Leonard Sula, Dan Davis), 2008

**Iowa All-time Best:** 56.15, Iowa City West (Aaron Martin, Peter Dolan, Leonard Sula, Dan Davis), 2008

**Class 4-A Record:** 56.15, Iowa City West (Aaron Martin, Peter Dolan, Leonard Sula, Dan Davis), 2008

**Class 3-A Record:** 57.30, Atlantic (John Cord, JD Reason, Alex Schelling, Jordan Mullen), 2008

**Class 2-A Record:** 57.09, Hudson (Matt Finn, Tanner Wright, Jeff Dunwald, Channing Puls), 2008

**Class 1-A Record:** 58.15, WACO, Wayland (Doug McIntyre, Tad Morrow, Chase Roth, Austin McBeth), 2008

**4 x 110 METER SHUTTLE HURDLE RELAY (33" hurdles in 2009; New Event in 2019 with 36" hurdles)**

**Iowa State Meet Record:** 55.78, Waukee (Josh Brdicko, Kalen Renshaw, Scott Stanley, Jared Brdicko), 2014

**Iowa All-time Best:** 55.68, Linn-Mar, Marion (Daniel Gorsich, Nick House, Gavren Dochterman, Zeal Baker), 2016

**Class 4-A Record:** 55.78, Waukee (Josh Brdicko, Kalen Renshaw, Scott Stanley, Jared Brdicko), 2014

**Class 3-A Record:** 56.74, Waverly-Shell Rock (Cole Chestnut, Jackson Litterer, Blake Willson, Eric Larson), 2011

**Class 2-A Record:** 56.99, Sioux Center (Christian Rozeboom, Alex Bakker, Derek Hooyer, Dylan Van't Hof), 2014 (p)

**Class 1-A Record:** 58.48, Madrid (Nick Novotny, Tanner Adams, CJ Manthe, Jeremy Johnson), 2012 prelims

**Wheelchair Discus (1990-2004)**

**State Meet Record:** 85-10, Nick Lange, Wahlert Catholic, Dubuque, 2003

**Iowa All-Time Best:** 85-10, Nick Lange, Wahlert Catholic, Dubuque, 2003

**IHSAA STATE MEET BESTS**

**Most Team Championships Won by a School**

20 – Ames

15 – Davenport, Davenport, Central

11 – Des Moines, East

11 – Iowa City, City

**Most Team Championships Won by a Coach**

10 – John Raffensperger, Iowa City, City

9 – John Sletten, Ames

9 – Mike Augustine, Des Moines, East

8 – Hi Covey, Ames

7 – Ira Dunsworth, Davenport; Davenport Central

**Most Consecutive Team Titles Won by A School**

6 - Ames (1986-91); Iowa City, City (1992-97)

5 - Des Moines, West (1910-1914); Cedar Rapids (1921-25)

4 - Ames (1955-58); Hamburg (1974-77)

**Most Team Points Scored by a Championship Team**

Class 4-A: 87 – Prairie, Cedar Rapids, 2016

Class 3-A: 100.50 – Xavier, Cedar Rapids, 2008

Class 2-A: 107 – West Burlington/Notre Dame, 2015

Class 1-A: 89 – Lisbon, 2017

**School Winning Five Relays, Single Meet (6 max starting in 2007; 7 in 2017)**

**Davenport** (1952) [440-880-Mile-2 Mile-Mile Medley]

**Prairie, Gowrie** (1968) [440-880-Mile-2 Mile-Mile Medley]

**Iowa City, City High** (2001) [4x100, 4x200, 4x400, 4x800, 1,600 Meter Medley]

**School with Most Consecutive Relay Victories**

10 – Iowa City, City (2000-2002)

**Schools with the Most State Meet Event Champions**

122 – Ames

114 – Davenport, Davenport Central

97 – Des Moines East

81 – Iowa City; Iowa City, City

**School with Most Individual Running Event Champions**

45 – Des Moines East

**School with the Most Relay Champions**

45 – Ames

**School with the Most Field Event Champions**

43 – Davenport, Davenport, Central

**School Winning Same Event 6 or More Consecutive Years**

6 years – Des Moines, North – 100-yard dash & 220-yard dash, 1962-67

### **School Winning Same Relay, 5 Consecutive Years**

**Lake City** – Mile Relay (1950-51-52-53-54)

**Hamburg** – Mile Relay (1973-74-75-76-77)

**Albia** – 4 x 400 (2013-14-15-16-17)

### **Four Event Individual Champions, Single State Meet**

1907 – **Carl Harris, Des Moines West** (100, 220, 440 and Long Jump)

1926 – **Vane Snorf, Des Moines Roosevelt** (100, High Hurdles, Low Hurdles, Long Jump)

1956 – **Bob Brandt, Denison** (100, 220, Low Hurdles, Long Jump)

1976 – **LeRoy McCuen, Corning** (High Hurdles, Low Hurdles, High Jump, Long Jump)

2002 – **Adam Haluska, Carroll** (100, 200, 400, Long Jump)

2011 – **Nick Efkamp, Madrid** (Long Jump, 400 hurdles, 110-Meter High Hurdles, 100 Meter Dash)

### **Wheelchair 4 Event Champions, Single State Meet**

#### **4 Years, 4 First Each Year**

1997, 98, 99, 2000 each – **E.J. Runyan, Johnston** (100, 200, 800, Discus)

#### **4 Event Wins, Same Year**

1992 – **Tom Rodruck, Winfield-Mt. Union** (100, 200, 800, Discus)

1996 – **Mark Hauschildt, Nodaway Valley, Greenfield** (100, 200, 800, Discus)

2014 – **Drake Sachsenmaier, Camanche** (100-200-400-Shot Put)

### **Individuals, Schools Winning Same Event 4 Consecutive Years (does not include those who won 5)**

**Randy Thompson, Corwith-Wesley-LuVerne** - (100 Meters Dash, 1991-92-93-94)

**Nate Smith, West Hancock, Britt** - (100 Meter Dash, 1991-92-93-94)

**Tim Dwight, Iowa City, City** - (200 Meter Dash, 1991-92-93-94)

**Rob Brock, Dubuque Senior** - (3,200 Meter Run, 1994-95-96-97)

**Isaac Wendland, Charles City** - (1,600 Meter Run, 2005, 06, 07, 08)

**Conner Smock, Lisbon** - (3,200 Meter Run, 2009, 10, 11, 12)

**Albert City** - (Mile Medley Relay, 1952-53-54-55)

**Iowa City, City** - (4 x 200 Meter Relay, 1994-95-96-97)

**St. Edmond, Fort Dodge** - (4 x 400 Meter Relay, 2007-08-09-10)

**Madrid** – (400 Hurdles, 2009-10-11-12)

**West Burlington/Notre Dame** – (High Jump, 2013-16)

**Monticello** – (4x800 Meter Relay, 2013-16)

**Waukee** – (Shuttle Hurdle Relay, 2013-16)

**Cedar Falls** – (4x400 Meter Relay, 2014-15-16-17)

### **Wheelchair Individuals Winning Same Event 4 Consecutive Years**

**E. J. Runyan, Johnston** - (Wheelchair 100, 200, 800, & Discus: 1997-98-99-2000)

### **Schools Winning Four or More Relays in Same State Meet**

#### **Won Five Relays**

1952 - **Davenport** (440, 880, Mile, 1,600 Meter Medley, Two Mile)

1968 - **Prairie, Gowrie** (440, 880, Mile, 1,600 Meter Medley, Two Mile)

2001 - **Iowa City, City High** (4x100, 4x200, 4x400, 4x800, 1,600 Meter Medley)

#### **Won Four Relays**

1951 - **Des Moines, East** (440, 880, Mile, Two Mile)

1957 - **Ames** (440, 880, Mile, Two Mile)

1965 - **Eagle Grove** (880, Mile, Medley, Two Mile)

1966 - **Glenwood** (440, 880, Mile, Mile Medley)

1974 - **Davenport, Central** (440, 880, Mile, Mile Medley)

1981 - **NUH, Cedar Falls** (800, 1600, 1,600 Meter Medley, 3200)

1997 - **Iowa City, City High** (4x100, 4x200, 4x400, 4x800)

2000 - **Iowa City, City High** (4x100, 4x200, 4x400, 4x800)

2017 - **Lisbon** (4x200, 4x400, 1,600 Meter Medley, 800 Meter Sprint Medley)



## **ATHLETES WHO WON THREE INDIVIDUAL EVENTS IN A SINGLE STATE MEET**

|      |  |  |
|------|--|--|
| 1907 | Merle Alderman, Marion                 | 12 lbs Hammer Throw, Shot Put, Discus          |
| 1912 | Charles Hoyt, Greenfield               | 100, 220, 120 High Hurdles                     |
| 1913 | Lawrence Dutton, Anamosa               | Long Jump, Discus, Pole Vault                  |
| 1921 | Morgan Taylor, Sioux City              | 120 High Hurdles, 220 Low Hurdles, Long Jump   |
| 1924 | Frank Cuhel, Cedar Rapids              | 100, 120 High Hurdles, 220 Lows                |
| 1949 | Gary Scott, Des Moines, North          | 100, 220, 440                                  |
| 1951 | Les Stevens, Lovilia                   | 180 Lows, 120 High Hurdles, High Jump          |
| 1953 | Tom Ecker, Waverly                     | 180 Lows, 120 High Hurdles, Long Jump          |
| 1953 | Bob Ash, Oelwein                       | 220, 440, 880                                  |
| 1954 | Tom Burrows, Belle Plaine              | 100, 220, 440                                  |
| 1954 | Ted Harvey, Toledo Juvenile Home       | 100, 120 High Hurdles, High Jump               |
| 1955 | Tom Burrows, Belle Plaine              | 100, 220, 440                                  |
| 1957 | Ron Walter, Farragut                   | 180 Lows, 120 High Hurdles, Shot               |
| 1961 | John Pletcher, Clarion                 | 100, 180 Lows, 120 High Hurdles                |
| 1962 | Clyde Duncan, Des Moines, North        | 100, 220, 440                                  |
| 1963 | Clyde Duncan, Des Moines, North        | 100, 220, 440                                  |
| 1963 | Harry Alley, Winterset                 | 100, 220, 440                                  |
| 1963 | Jon Reimer, George                     | 220, 180 Lows, 120 High Hurdles                |
| 1964 | Clyde Duncan, Des Moines, North        | 100, 220, 440                                  |
| 1965 | Ron Davis, Perry                       | 100, 220, LH                                   |
| 1966 | Jim Kirby, Des Moines, North           | 100, 220, 440                                  |
| 1966 | Jerry Lenz, Cherokee, Washington       | 100, 220, 440                                  |
| 1974 | Greg Capell, Fayette                   | 180 Lows, 120 High Hurdles, Long Jump          |
| 1977 | Rich Van Pelt, Panorama, Panora        | 100, 220, 440                                  |
| 1977 | LeRoy McCuen, Corning                  | 180 Lows, 110m High Hurdles, Long Jump         |
| 1978 | Owen Buckley, Sioux City, North        | 100m, 200m, Pole Vault                         |
| 1980 | Scott Harms, Wellsburg                 | 100m, 200m, 400m                               |
| 1981 | Trey Jackson, Newton                   | 100m, 200m, 400m                               |
| 1981 | Keith Willey, Osage                    | 100m, 200m, 400m                               |
| 1981 | Tim Wilson, Clarke, Osceola            | 800m, 1600m, 3200m                             |
| 1985 | Matt Zuber, Iowa Valley, Marengo       | 400m Lows, 110m High Hurdles, Long Jump        |
| 1986 | Paul Barnhart, Gehlen Catholic, LeMars | 800m, 1600m, 3200m                             |
| 1987 | Rob Wise, West Liberty                 | 100m, 200m, 400m                               |
| 1989 | Darwin VandeHoef, Rock Valley          | 400m Lows, 110m High Hurdles, High Jump        |
| 1990 | Jamie Leonard, Dallas Center-Grimes    | 100m, 200m, Long Jump                          |
| 1991 | Bill Betterton, Carlisle               | 400m, 110m High Hurdles, High Jump             |
|      | Enrique Flores, Wapello                | 200m, 110m High Hurdles, Lows                  |
| 1992 | Tim Dwight, Iowa City, City High       | 200m, Lows, Long Jump                          |
| 1993 | Randy Thompson, CWL, Corwith           | 100m, 200m, 400m                               |
| 1998 | Chris McCullough, Pleasantville        | 200m, 400m, Long Jump                          |
|      | Mike Pope, West Burlington, Arnold     | 100m, 200m, 400m                               |
| 2001 | Jason Nolting, Preston-East Central    | 100m, 200m, 400m                               |
|      | Adam Haluska, Carroll                  | 100m, 200m, Long Jump                          |
| 2003 | Dylan Davis, ADM, Adel                 | 800m, 1600m, 3200m                             |
|      | Jordan Crosby, Fort Dodge              | 110m High Hurdles, 400m Low Hurdles, Long Jump |
| 2004 | Jake Berns, MFL, MarMac                | 800m, 1600m, 3200m                             |
| 2005 | Nick Kuchel, Kingsley-Pierson          | 110m High Hurdles, 100m, 200m                  |
|      | Greg Offerman, Charles City            | 200m, 400m, 400m Low Hurdles                   |
| 2006 | Nick Kuchel, Kingsley-Pierson          | 110m High Hurdles, 200m, 400m                  |
| 2008 | Aaron Stockstell, Mid-Prairie, Wellman | 200m, 400m, 800m                               |
| 2012 | James Harrington, Cedar Falls          | 100m, 200m 400m                                |
| 2014 | Josh Evans, Linn-Mar, Marion           | 800m, 1600m, 3200m                             |
|      | Derek Harksen, Camanche                | 100m, 200m, 400m                               |
| 2015 | Ryan Schweizer, Dowling Catholic       | 800m, 1600m, 3200m                             |
| 2016 | Ryan Schweizer, Dowling Catholic       | 800m, 1600m, 3200m                             |
|      | Jalen Rima, Prairie, Cedar Rapids      | 100m, 200m, 400m                               |

### **SCHOOLS THAT WON THREE RELAYS IN A SINGLE STATE MEET (4 and 5 above)**

|      |                                    |                                    |
|------|------------------------------------|------------------------------------|
| 1940 | Des Moines, East                   | 440, 880, Mile                     |
| 1948 | Des Moines, North                  | 440, 880, Mile                     |
| 1955 | Des Moines, Roosevelt              | 440, Mile, Mile Medley             |
| 1956 | Ames                               | 440, 880, Mile                     |
| 1956 | Primghar                           | 880, Medley, Two Mile              |
| 1956 | Clarinda                           | Mile, Medley, Two Mile             |
| 1959 | West Chester                       | 440, 880, Mile                     |
| 1962 | Moville                            | Mile, Medley, Two Mile             |
| 1963 | Dexfield, Redfield                 | 440, 880, Mile                     |
| 1965 | Pomeroy                            | 880, Mile, Mile Medley             |
| 1966 | Sioux City, Central                | 440, Medley, Two Mile              |
| 1966 | Manson                             | 440, 880, Mile                     |
| 1967 | Villisca                           | 440, 880, Mile                     |
| 1970 | Clear Lake                         | 440, 880, Mile                     |
| 1974 | Iowa Falls                         | 440, 880, Mile                     |
| 1974 | Britt                              | 440, 880, Two Mile                 |
| 1975 | Hamburg                            | 880, Mile, Two Mile                |
| 1977 | Cedar Rapids, Washington           | 440, 880, Mile                     |
| 1979 | Kanawha                            | 4x100, 4x200, 4x400                |
| 1983 | Davenport, Central                 | 4x100, 4x200, 1,600 Meter Medley   |
| 1984 | Marshalltown                       | 4x200, 4x400, 1,600 Meter Medley   |
| 1986 | Maurice-Orange City                | 4x100, 4x200, 4x400                |
| 1987 | Ames                               | 4x100, 4x800, 1600 Meter Medley    |
|      | CAL-Dows                           | 4x400, 4x800, 1,600 Meter Medley   |
| 1989 | North Mahaska, New Sharon          | 4x100, 4x200, 1,600 Meter Medley   |
| 1990 | North Mahaska, New Sharon          | 4x100, 4x200, 1,600 Meter Medley   |
| 1991 | Ames                               | 4x400, 4x800, 1,600 Meter Medley   |
| 1994 | Iowa City, City High               | 4x200, 4x400, 1,600 Meter Medley   |
|      | Cherokee, Washington               | 4x200, 4x400, 1,600 Meter Medley   |
| 1996 | Garner-Hayfield                    | 4x400, 4x800, 1,600 Meter Medley   |
| 1997 | Panorama, Panora                   | 4x100, 4x200, 4x400                |
| 1999 | Mount Pleasant                     | 4x200, 4x400, 1,600 Meter Medley   |
|      | Beckman, Dyersville                | 4x200, 4x400, 4x800                |
| 2004 | Treynor                            | 4x100, 4x200, 4x400                |
| 2005 | Wahlert, Dubuque                   | 4x200, 4x800, 1,600 Meter Medley   |
| 2007 | Beckman, Dyersville                | 4x100, 4x200, Shuttle Hurdle       |
| 2009 | St. Edmond, Fort Dodge             | 4x200, 4x400, 4x800                |
| 2010 | Bishop Heelan Catholic, Sioux City | 4x200, 4x400, 1,600 Meter Medley   |
| 2012 | Manson Northwest Webster           | 4x100, 4x200, 4x400                |
| 2013 | Manson Northwest Webster           | 4x100, 4x200, 4x400                |
| 2014 | Mount Ayr                          | 4x800, 1,600 Meter Medley, 4x400   |
|      | Waukee                             | Shuttle Hurdle Relay, 4x100, 4x200 |
| 2015 | Alta-Aurelia                       | 4x400, 4x800, 1,600 Meter Medley   |
| 2017 | Albia                              | 4x100, 4x200, 4x400                |
| 2018 | Pekin                              | 4x100, 4x800, 1,600 Meter Medley   |
|      | Atlantic                           | 4x400, 4x800, 1,600 Meter Medley   |

### **3-Event Wheelchair Winners – Single State Meet**

|      |   |                    |
|------|---|--------------------|
| 1990 | Tony Ramirez, Bishop Heelan, Sioux City     | 100m, 800m, Discus |
| 1993 | John Jeter, Iowa City, West                 | 100m, 200m, 800m   |
| 1995 | Mark Hauschildt, Greenfield, Nodaway Valley | 200m, shot, Discus |
| 2001 | Brian Wauters, Marshalltown                 | 100m, 200m, 800m   |
| 2002 | Brian Wauters, Marshalltown                 | 100m, 200m, 800m   |
| 2003 | Brian Wauters, Marshalltown                 | 100m, 200m, 400m   |
| 2004 | Nathan Redlinger, English Valleys           | 100m, 200m, 400m   |
| 2005 | Nathan Redlinger, English Valleys           | 100m, 200m, 400m   |

|      |                                  |                  |
|------|----------------------------------|------------------|
| 2006 | Cory Behrendt, Boone.....        | 100m, 200m, 400m |
| 2007 | Cory Behrendt, Boone.....        | 100m, 200m, 400m |
| 2010 | Jon Litzkow, Waterloo West.....  | 100m, 200m, 400m |
| 2011 | Jon Litzkow, Waterloo West.....  | 100m, 200m, 400m |
| 2012 | Jordan Houdeshell, Linn-Mar..... | 100m, 200m, 400m |
| 2013 | Jon Litzkow, Waterloo West.....  | 100m, 200m, 400m |
| 2015 | Jeromie Meyer, Woodbine .....    | 100m, 200m, 400m |
| 2016 | Noah Thomas, Roland-Story.....   | 100m, 200m, 400m |

### **Individuals & School Relay Teams Winning the Same State Event 3 Consecutive Years**

Following individuals and schools do include those who won the same event four or five consecutive years

#### **Individual Events**

|  |                             |                |
|--|-----------------------------|----------------|
| Plato Redfern, Council Bluffs & DM West.....   | Mile Run .....              | 1908, 09, 10   |
| Charles Hoyt, Greenfield.....                  | 100 Yd. Dash.....           | 1911, 12, 13   |
|  | 220 Yd. Dash.....           | 1911, 12, 13   |
| Glenn Tenny, Des Moines West .....             | Mile Run .....              | 1912, 13, 14   |
| Theodore Packer, Marshalltown .....            | 120 High Hurdles.....       | 1914, 15, 16   |
| Harrison Barnes, Cedar Rapids .....            | 880 Yd. Run.....            | 1919, 20, 21   |
| Hoyer Jensen, Cedar Rapids .....               | Mile Run .....              | 1919, 20, 21   |
| Orville Madsen, Ames .....                     | High Jump .....             | 1930, 31, 32   |
| John Graves, Cherokee .....                    | 880-Yard Run .....          | 1932, 33, 34   |
| Bruce Erickson, Traer .....                    | Javelin .....               | 1937, 38, 39   |
| Joe Paulsen, Davenport.....                    | Football Throw.....         | 1945, 46, 47   |
| Dean Deuel, Cherokee .....                     | Low Hurdles .....           | 1946, 47, 48   |
| Larry Strickler, Sigourney .....               | Discus .....                | 1959, 60, 61   |
| Joel Harris, Carroll .....                     | Shot Put .....              | 1961, 62, 63   |
| Clyde Duncan, Des Moines, North .....          | 100-Yard Dash .....         | 1962, 63, 64   |
|  | 220-Yard Dash .....         | 1962, 63, 64   |
|  | 440-Yard Dash .....         | 1962, 63, 64   |
| Bruce McDonald, Scranton .....                 | 220-Yard Dash .....         | 1962, 63, 64   |
| Tom Tiernan, Allison-Bristow .....             | One Mile Run .....          | 1962, 63, 64   |
| Jim Kirby, Des Moines, North .....             | 220-Yard Dash .....         | 1965, 66, 67   |
| Phil Wertman, Villisca .....                   | Pole Vault .....            | 1965, 66, 67   |
| Jerome Howe, Treynor .....                     | One Mile Run .....          | 1966, 67, 68   |
| Doug Lane, Cedar Rapids, Jefferson .....       | Shot Put .....              | 1966, 67, 68   |
| Doug Smith, Sioux City, Central .....          | One Mile Run .....          | 1966, 67, 68   |
| Tom Dovel, Red Oak .....                       | 440-Yard Dash .....         | 1972, 73, 74   |
| Brent Geringer, Mount Ayr .....                | Shot Put .....              | 1972, 73, 74   |
| Mark Hughes, Delwood, Elwood .....             | Two Mile Run .....          | 1973, 74, 75   |
| Jeff DeVilder, BGM, Brooklyn .....             | Shot Put .....              | 1975, 76, 77   |
| Chuck Locke, Davis County, Bloomfield .....    | Shot Put .....              | 1975, 76, 77   |
| Rick McKean, Missouri Valley .....             | One Mile Run .....          | 1975, 76, 77   |
| Darrell Crawford, Lamoni .....                 | Pole Vault .....            | 1976, 77, 78   |
| Chris Nady, Nevada .....                       | Low Hurdles .....           | 1976, 77, 78   |
| Jeff Nielsen, Britt .....                      | 100-Meter Dash .....        | 1978, 79, 80   |
| Brad Bartelt, West Branch .....                | 400-Meter Dash .....        | 1982, 83, 84   |
| Chris Walker, Davenport, Central .....         | Long Jump .....             | 1982, 83, 84   |
| Darwin VandeHoef, Rock Valley .....            | High Jump .....             | 1987, 88, 89   |
| Nate Smith, Britt.....                         | 100 Meters.....             | 1991, 92, 93   |
| Phil Hasenkamp, Saint Albert, Co. Bluffs ..... | 1600-Meter Run .....        | 1991, 92, 93   |
| Aaron Egbert, Mediapolis .....                 | 400-Meter Run .....         | 1992, 93, 94   |
| Tim Dwight, Iowa City, City .....              | Long Jump .....             | 1992, 93, 94   |
| Brent MacLagan, Jefferson-Scranton .....       | 400 Meter Low Hurdles ..... | 1993, 94, 95   |
| Cyrus Nichols, Des Moines Roosevelt.....       | 110m High Hurdles .....     | 1997, 98, 99   |
| Pat O'Hea, Wahlert, Dubuque.....               | Wheelchair Shot Put .....   | 1998, 99, 2000 |
| Adam Haluska, Carroll .....                    | Long Jump.....              | 2000, 01, 02   |

|  |                              |              |
|--|------------------------------|--------------|
| Dylan Davis, ADM, Adel.....                        | 3,200 Meter Run .....        | 2001, 02, 03 |
| 1,600 Meter Run .....                              | 2001, 02, 03                 |              |
| Brian Wauters, Marshalltown .....                  | Wheelchair 100 .....         | 2001, 02, 03 |
| Brian Wauters, Marshalltown .....                  | Wheelchair 200 .....         | 2001, 02, 03 |
| Kiel Uhl, Des Moines Roosevelt.....                | 3,200 Meter Run .....        | 2003, 04, 05 |
| Greg Offerman, Charles City.....                   | 200 Meter Dash.....          | 2003, 04, 05 |
| 400 Meter Low Hurdles.....                         | 2003, 04, 05                 |              |
| Nick Lange, Wahlert, Dubuque .....                 | Wheelchair Shot Put .....    | 2003, 04, 05 |
| Nick Kuchel, Kingsley-Pierson .....                | 110m High Hurdles .....      | 2004, 05, 06 |
| Matt Banse, Starmont, Arlington .....              | Shot Put.....                | 2005, 06, 07 |
| Aaron Stockstell, Mid-Prairie, Wellman.....        | 400 Meter Dash.....          | 2006, 07, 08 |
|  | 800 Meter Run.....           | 2006, 07, 08 |
| Isaac Wendland, Charles City.....                  | 800 Meter Run.....           | 2006, 07, 08 |
| Jordan Mullen, Atlantic.....                       | 110m High Hurdles .....      | 2007, 08, 09 |
| Kenny Gilmore, Davenport Central .....             | Long Jump.....               | 2009, 10, 11 |
| Nick Efkamp, Madrid.....                           | 400 Meter Hurdles.....       | 2009, 10, 11 |
| Kyle Dunn, Linn-Mar, Marion .....                  | 400 Meter Low Hurdles .....  | 2009, 10, 11 |
| James Harrington, Cedar Falls .....                | 200 Meter Dash.....          | 2010, 11, 12 |
| Alex Gudenkauf, Dubuque. Senior .....              | Wheelchair Shot Put .....    | 2011, 12, 13 |
| Jeff Giannettino, West Burlington/Notre Dame ..... | High Jump .....              | 2013, 14, 15 |
| Chandler Diercks, Clear Lake .....                 | Long Jump.....               | 2013, 14, 15 |
| Connor Ham, Solon.....                             | 110-Meter-High Hurdles ..... | 2013, 14, 15 |
| Kyle Dolecheck, Mount Ayr.....                     | 800 Meter Run.....           | 2014, 15, 16 |
| Cole Moeller, Calamus-Wheatland .....              | High Jump .....              | 2015, 16, 17 |
| Isaiah Trousil, West Burlington/Notre .....        | 100 Meter Dash.....          | 2015, 16, 17 |
|  | 200 Meter Dash .....         | 2015, 16, 17 |
| Tristan Wirfs, Mount Vernon .....                  | Discus .....                 | 2015, 16, 17 |
| Myles Bach, Marion & Center Point-Urbana .....     | 3,200 .....                  | 2016, 17, 18 |
| Nick Phelps .....                                  | Discus .....                 | 2016, 17, 18 |

**Relay Events (does not include schools who won four or five straight)**

|                                    |                   |                |
|------------------------------------|-------------------|----------------|
| Cedar Rapids .....                 | 880-Yard .....    | 1921, 22, 23   |
| Cedar Rapids .....                 | One Mile .....    | 1921, 22, 23   |
| Des Moines, North .....            | 880-Yard .....    | 1934, 35, 36   |
| Des Moines, East .....             | 880-Yard .....    | 1938, 39, 40   |
| Des Moines, Roosevelt .....        | One Mile .....    | 1944, 45, 46   |
| Albert City .....                  | Two Mile .....    | 1952, 53, 54   |
| Valley, West Des Moines .....      | 440-Yard .....    | 1953, 54, 55   |
| Ames .....                         | 880-Yard .....    | 1955, 56, 57   |
| Ames .....                         | 440-Yard .....    | 1956, 57, 58   |
| Ames .....                         | One Mile .....    | 1956, 57, 58   |
| Davenport, Central .....           | One Mile .....    | 1966, 67, 68   |
| Indianola.....                     | One Mile .....    | 1969, 70, 71   |
| Eagle Grove .....                  | Mile Medley ..... | 1970, 71, 72   |
| Hamburg .....                      | Two Mile .....    | 1973, 74, 75   |
| NUH, Cedar Falls .....             | 800-Meter .....   | 1980, 81, 82   |
| Saint Albert, Council Bluffs ..... | 400-Meter .....   | 1982, 83, 84   |
| Woodbine .....                     | 4 x 800 .....     | 1988, 89, 90   |
| North Mahaska, New Sharon.....     | 4 x 200.....      | 1989, 90, 91   |
| Davenport, Central.....            | 4 x 100 .....     | 1992, 93, 94   |
| Mediapolis .....                   | 4 x 100 .....     | 1992, 93, 94   |
| Gehlen Catholic, LeMars .....      | 4 x 200 .....     | 1993, 94, 95   |
| Beckman, Dyersville.....           | 4 x 200.....      | 1997, 98, 99   |
| West Lyon, Inwood.....             | 4 x 100.....      | 1998, 99, 2000 |
| Iowa City, City High.....          | 4 x 400.....      | 1999, 2000, 01 |
| Iowa City, City High.....          | 4 x 200.....      | 2000, 01, 02   |
| Tipton .....                       | 4 x 800.....      | 2000, 01, 02   |

|                           |                         |              |
|---------------------------|-------------------------|--------------|
| Ankeny .....              | 4 x400 .....            | 2002, 03, 04 |
| Beckman, Dyersville.....  | 4 x 200.....            | 2005, 06, 07 |
| Valley, WDM.....          | 4 x 400.....            | 2005, 06, 07 |
| Charles City.....         | 1,600 Meter Medley..... | 2006, 07, 08 |
| Mid-Prairie, Wellman..... | 1,600 Meter Medley..... | 2006, 07, 08 |
| West Marshall.....        | 4 x 200.....            | 2010, 11, 12 |
| Dowling Catholic .....    | 1,600 Meter Medley..... | 2015, 16, 17 |

### **Most Individual State Event Championships in a Career**

#### **9 – Clyde Duncan, Des Moines, North (1962-64)**

(100, 220, 440 in 1962-63-64)

#### **8 – Tim Dwight, Iowa City, City (1991-94)**

(200 in 1991; 200, 400 H, LJ in 1992, 200, LJ in 1993; 200, LJ in 1994)

#### **8 – LeRoy McCuen, Corning (1975-77)**

(HJ in 1975; 120 HH, 180 LH, HJ, LJ in 1976; HH, LH, LJ in 1977)

#### **8 – Adam Haluska, Carroll (2000-2002)**

(LJ in 2000; 100, 200, LJ in 2001; 100, 200, 400, LJ in 2002)

#### **7 – Conner Smock, Lisbon (2009-12)**

(3,200 Meter Run, 2009, 10, 11, 12; 1,600 Meter Run 2009, 10, 12)

#### **7 – Aaron Stockstell, Mid-Prairie, Wellman (2005-08)**

(400 in 2006, 07, 08; 800 in 2006, 07, 08; 200 in 2008)

#### **7 – Isaac Wendland, Charles City (2005-08)**

(1,600 in 2005, 06, 07, 08; 800 in 2006, 07, 08)

#### **7 – Nick Kuchel, Kingsley-Pierson (2004-06)**

(110 M HH, 2004, 05, 06; 100m – 2005; 200m – 2005, 2006; 400m - 2006)

#### **7 – Randy Thompson, Corwith-Wesley-LuVerne (1991-94)**

(100 in 1991; 100, 200 in 1992; 100, 200, 400 in 1993; 100 in 1994)

#### **7 – Greg Offerman, Charles City (2002-05)**

(400H in 2003, 04, 05; 200 meters in 2003, 04, 05; 400 meters in 2005)

#### **7 – Dylan Davis, ADM, Adel (2000-03)**

(3,200 meters in 2001, 02, 03; 1,600 meters in 2001, 02, 03; 800 meters in 2003)

#### **7 – Charles Hoyt, Greenfield (1911-13)**

(100, 220 in 1911, 12, 13; 120 HH in 1912)

#### **6 – Isaiah Trousil, West Burlington/Notre Dame (2015-17)**

(100 Meter Dash, 2015-16-17; 200 Meter Dash, 2015-16-17)

#### **6 – Ryan Schweizer, Dowling Catholic, WDM (2014-16)**

(800 – 2015, 16; 1,600 – 2015, 16; 3,200 – 2015, 16)

#### **6 – James Harrington, Cedar Falls (2010-12)**

(100 in 2011, 12; 200 in 2010, 11, 12; 400 in 2012)

#### **6 – Nick Efkamp, Madrid (2009-11)**

(400 H in 2009, 10; 100, 110 M HH, 400 H, LJ in 2011)

#### **6 – Tom Burrows, Belle Plaine (1953-55)**

(100, 220, 440 – 1954; 100, 200, 440 - 1955)

#### **6 – Bob Brandt, Denison (1954-56)**

(180 LH, LJ in 1955; 100, 220, 180 LH, LJ in 1956)

#### **6 – James Kirby, Des Moines, North (1965-67)**

(100 – 1966, 1967; 220 in 1965, 66, 67; and 440 in 1966)

#### **6 – Darwin Vande Hoef, Rock Valley (1987-89)**

(HJ in 1987, 88, 89; 110 m High Hurdles 1988, 89; 400 m Hurdles in 1989)

#### **6 – Rob Brock, Dubuque Senior (1994-97)**

(1,600 meters in 1996; 800 meters in 1997; 3,200 meters in 1994-95-96-97)

### **Most State Event Championships in a Career**

(8 or more; includes Relay Events)

**12 – Tim Dwight, Iowa City, City (1991-94)**

(200 – 1991, 92, 93, 94; LJ – 1992, 93, 94; 400 H – 1992; 4x200 – 1991, 94; 4x400 – 1993, 94)

**11 – Aaron Stockstell, Mid-Prairie, Wellman (2005-08)**

(400 in 2006, 07, 08; 800 in 2006, 07, 08; 200 in 2008; 1,600 M Medley Relay 2006, 2007, 2008; 4x400 Relay 2005)

**11 – Isaac Wendland, Charles City (2005-08)**

(1,600 in 2005, 06, 07, 08; 800 in 2006, 07, 08; 1,600 M Medley Relay 06, 07, 08; 4x400 Relay 05)

**10 – Isaiah Trousil, West Burlington/Notre Dame (2015-17)**

(100 – 2015, 16, 17; 200 – 2015, 16, 17; 4x100 Relay – 2015, 16; 4x200 Relay – 2015, 16)

**9 – James Harrington, Cedar Falls (2010-12)**

(100 in 2011, 12; 200 in 2010, 11, 12; 400 in 2012; 4x100 Relay 2011, 2012; 4x200 Relay 2011)

**9 – Clyde Duncan, Des Moines, North (1962-64)**

(100, 220, 440 in 1962-63-64)

**8 – Ryan Schweizer, Dowling Catholic, WDM (2014-16)**

(800 – 2015, 16; 1,600 – 2015, 16; 3200 – 2015, 16; 1,600 M Medley Relay – 2015, 16)

**8 – Conner Smock, Lisbon (2009-12)**

(3,200 Meter Run, 2009, 10, 11, 12; 1,600 Meter Run 2009, 10, 12; 1,600 M Medley Relay 2012)

**8 – Greg Offerman, Charles City (2002-05)**

(400H in 2003, 04, 05; 200 meters in 2003, 04, 05; 400 meters 2005; 4x400 Relay 2005)

**8 – Adam Haluska, Carroll (2000-2002)**

(LJ in 2000; 100, 200, LJ in 2001; 100, 200, 400, LJ in 2002)

**8 – LeRoy McCuen, Corning (1975-77)**

(HJ in 1975; 120 HH, 180 LH, HJ, LJ in 1976; HH, LH, LJ in 1977)

**8 – James Kirby, Des Moines, North (1965-67)**

(100 – 1966, 1967; 220 in 1965, 66, 67; and 440 in 1966; 880-Yard Relay 1965; Mile Relay 1965)

### **Most Career Wheelchair State Event Championships**

**16 – E.J. Runyan, Johnston (1997-2000)**

(100, 200, 800, Discus 1997-98-99-2000 each)

**9 – Jon Litzkow, Waterloo West (2010-11)**

(100, 200, 400 each in 2010, 2011, 2013)

**9 – Brian Wauters, Marshalltown (2001-2003)**

(100 meters and 200 meters, in 2001, 02, 03; 800 in 2001, 02; 400 meters in 2003)

**7 – Mark Hauschildt, Nodaway Valley, Greenfield (1994-96)**

(SP, Discus, 200 in 1995; 100, 200, 800, Discus in 1996)

**6 – Tom Rudruck, Winfield-Mt. Union (1991-92)**

(Discus, 800 in 1991; 100, 200, 800, Discus in 1992)

**6 – Nathan Redlinger, English Valleys, North English**

(100-200-400 meters in 2004, 05)

**6 – Cory Behrendt, Boone**

(100-200-400 meters in 2006, 07)