High School Boys Track & Field All-Time Best Performances

For Posting on the Iowa Track & Field Coaches Website

Updated April 17, 2023 –1:30 pm; includes Bound, State Meet Results, U.S. Prep Meets

Coaches who have an individual or relay performance from previous or seasons that qualify for inclusion on the lists please send the performance to Bud Legg: nsbc03@mchsi.com From 2001-2005 Mike Henderson of the IGHSAU and Legg compiled the original ATB lists. After Mike's death in 2005, with the help of coaches and media, Legg and the IHSAA with Jason at the IGHSAU took sole ownership of the respective lists.

NOTES:

**** These lists are to preserve the history of the best performances in Iowa High School Track and Field. State Meet Class and overall Champions on the list are noted along with qualifying performances athletes recorded in their prep career. In order to be fair to the athletes, performances on this list were set in state sanctioned meets or nationally recognized meets (indoor performances are identified). Season performances before and after the State Meet are included to keep those of boys and girls consistent with each other. Performances listed on Bound, Track & Field News, Dye Stat plus other verifiable record keeping groups such as the Drake Relays and other national meet administrations.***

**** The IHSAA State Meet went from yards to meters in 1978 when Drake University reconstructed its facility. The same year a fully automatic timing (FAT) system was used for the State Meets held at Drake.***

**** Performances that follow are the times Recorded,*** regardless of weather conditions, unless the r+ecord keeping group has a minimum wind reading. ***No plus or minus .24 are used since that factor is only for seeding and not for Record purposes or all-time best consideration.***

**** This document was revised from the IHSAA 2012*** *previous all-time best list that included converted times from yards to meters, whether hand held or fully automatic. That list was generated from work done by Mike Henderson and Bud Legg prior to 2005 and continued by Legg.* ***Today, metric and yardage times are listed separately for running events. The yardage best performances (with no conversion to metric) can be found in a section starting on page 30*** *followed by the best performances of discontinued events.*

****** *The 100-yard dash and 100 meters have always been separated due to concerns of what was a fair conversion time. Conversion of times has changed over the years, thus making their accurate application difficult.* ***In order to historically preserve the excellent linear performances, and after reviewing documentation of different entities relative to converting times, the IHSAA decided in 2012 to separate the top metric and yardage performances.***

**** The lists include an individual's all-time best only once even though he may have additional performances that would qualify. A school's best in a relay event that meets the standard is listed by the fastest in a year, since different personnel may have been used.***

** **Times listed in tenths are hand-held and have been rounded up to the nearest tenth. Those displayed in hundredths are fully automatic times.** **Underlined Performances are for those for the current year.***

100 Meters (FAT)

1	**Mikey McClain, Dowling Catholic, WDM**	**2022**	**10.33 – State Meet & Class 4A Record**
		fastest FAT all-time	
2	**Miles Thompson, Cedar Rapids, Washington**	**2022**	**10.53**
	Isaiah Trousil, West Burlington/N. Dame	**2017**	**10.53 – ran 10.74 in '17 for 3A Meet Record**
4	**Tanner Iske, West Liberty**	**2018**	**10.58 – 2A State Record**
5	**Jarred Herring, Burlington**	**2008**	**10.59**
6	**Tyrese Miller, Ankeny**	**2022**	**10.60**
	Brayden Wollan, Underwood	**2021**	**10.60**
	Bernard Bell, Jr., Ames	**2018**	**10.60**
	Rico Gafford, Dowling Catholic, WDM	**2014**	**10.60**
10	**Jack Latham Spirit Lake**	**2022**	**10.61 – also ran 10.68 (ID)**
	James Harrington, Cedar Falls	**2012**	**10.61 – Drake Relays Record**
12	**Patrick Lewis, Xavier, Cedar Rapids**	**2009**	**10.62**
13	**Marques Simmons, Davenport North**	**2000-01**	**10.63**
14	**Andy Brodell, Ankeny**	**2003**	**10.65**
15	**Cooper DeJean, OABCIG**	**2021**	**10.66**
16	**Ryan Van Baale, Ankeny Centennial**	**2017**	**10.67**
	Kevin Monroe, Muscatine	**1988**	**10.67**
18	**Darin Porter, Bettendorf**	**2019**	**10.68**
	Tavares Boykin, Clarinda Academy	**2018**	**10.68**

	Bryant Williams, Waterloo West	1987-88	10.68	
	Robert Thompson, Des Moines East	2004	10.68	
22	Deonte Dean, Marshalltown	2021	10.69	
23	Kael Unruh, North Cedar, Stanwood	2021	10.70	
	Dichon Francis, Des Moines, Hoover	2018	10.70	
	Michael Santi, Madrid	2017	10.70	
	Meliek Meyer, Lynnville-Sully	2013	10.70	
	Alonzo Markham, Iowa City West	2009	10.70	
	Treye Jackson, Newton	1981	10.70	
	Kevin Collins, Davenport West	1998	10.70	
30	Baylor Speidel, Lisbon	2023	10.71	
	Alex Mota, Marion	2022	10.71	– 3A State Meet Record
	Luke Meyers, Iowa City Liberty	2022	10.71	
	Ardell Inlay, Sioux City, East	2019	10.71	
	David Palmer, Waterloo Central	1983	10.71	
35	Jack Riley, West Burlington/Notre Dame	2023	10.72	
	Jayson Murray, Dowling Catholic, WDM	2018	10.72	
	Cray Washington, Fort Dodge	2014	10.72	
	Joe James, Des Moines East	1989	10.72	
39	Dan Blocker, Waukee	2017	10.73	
	Calvin Davis, Iowa City, City	2002	10.73	
41	Brevin Doll, ADM, Adel	2022	10.74	
	Isaiah Trousil, West Burlington/N. Dame	2017	10.74	
	Harrison Waylee, Urbandale	2019	10.74	
	Curtis Hawkins, Ames	1992	10.74	
45	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	
49	Austin Kunkle, ACGC	2023	10.76	
	Jeff Nielsen, Britt	1980	10.76	
	Adam Haluska, Carroll	2002	10.76	
	Dwayne Wright, Newton	2002	10.76	
53	Tavien Gardner, Urbandale	2017	10.77	
	Ryan Tierney, Ames	2008	10.77	
	Josh Webb, Cedar Falls	2005	10.77	
56	Logan Fairchild, Winterset	2023	10.78	
	Brendan Monahan, St. Albert, Co. Bluffs	2020	10.78	
	Samonte Bawden, Algona	2019	10.78	
	Harris Nuhanovic, Waterloo, West	2012	10.78	
	Merrill Coleman, Iowa City, City	1996	10.78	
	Terry Gantt, CR Washington	2003	10.78	
62	Elijah Morris, Washington	2023	10.79	
	Tate Sander, Belmond-Klemme	2022	10.79	
	Titus Christiansen, Southeast Polk	2022	10.79	
	Hakim Hill, Iowa City, City	2001	10.79	
66	Austyn Casillas, Ottumwa	2018	10.80	
	Araf Evans, CR Jefferson	2003	10.80	
	ALSO—Liam Carlson, Tripoli	2022	10.82	– Class 1A State Meet Record

100 Meters (all hand times not converted) – see 100 yd. dash bests, page 30)

*** Hand held times – actually slower than similar FAT**

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	Treye Jackson, Newton	1980	10.3
	Curtis Hawkins, Ames	1992	10.3
	Tom Green, Westwood	1997	10.3
	Milton Lanier, CR Washington	2001	10.3
	Marques Simmons, Davenport North	2001	10.3
	Terry Gantt, CR Washington	2003	10.3
	James Smith, Co. Bluffs Thomas Jeff	2005	10.3
	Austin Ebertowski, Co. Bluffs, A. Lincoln	2010	10.3
12	Ryan Van Baale, Ankeny Centennial	2017	10.4
	Isaiah Trousil, West Burlington/N Dame	2016	10.4
	T.J. James, Des Moines Lincoln	2010	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
21	Treye Jackson, Newton	1981	10.5
	Gary Crouch, Davenport Central	1984	10.5
	Kevin Peters, Ottumwa	1984	10.5
	Rod Edwards, Des Moines Roosevelt	1985	10.5
	Kevin Monroe, Muscatine	1988	10.5
	Antwun Taylor, Davenport Central	1993	10.5
	Lance Hall, Bishop Garrigan, Algona	1994	10.5
	Geovanti Steward, Davenport North	1995	10.5
	Merrill Coleman, Iowa City, City	1995	10.5
	Phil Wagner, North Fayette	1996	10.5
	B. J. Smith, Waterloo West	1997	10.5
	Travis Geopfert, Panorama	1997	10.5
	Adam Benge, Ankeny	1998	10.5
	Geoff Jensen, Grinnell	1998	10.5
	Hakim Hill, Iowa City, City	2000	10.5
	Seth Moulton, Ankeny	2000	10.5
	Rashid Pope, Ottumwa	2001	10.5
	T. J. Klith, Prairie, Cedar Rapids	2001	10.5
	Calvin Davis, Iowa City, City	2002	10.5
	Dwayne Wright, Newton	2002	10.5
	Araf Evans, CR Washington	2003	10.5
	Paul Brown, LeMars	2003	10.5
	Robert Thompson, Des Moines East	2004	10.5
	Mike Mitchell, Davenport Central	2005-06	10.5
	Josh Webb, Cedar Falls	2005	10.5
	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

200 Meters (FAT)

1	Mikey McClain, Dowling Catholic, WDM	2022	20.97 – State Meet & Class 4A Record; fastest FAT ran by an Iowa prep
2	James Harrington, Cedar Falls	2011	21.16
3	Isaiah Trousil, West Burlington/N Dame	2017	21.22 – Class 3A State Meet Record Also ran 21.33 in 2016 for 2A State Record
4	Nik Moser, Fort Dodge	2001	21.33
5	Marques Simmons, Davenport North	2001	21.34
6	Calvin Davis, Iowa City, City	2002	21.37
7	Jalen Rima, Prairie, Cedar Rapids	2016	21.40
8	Patrick Lewis, Xavier, Cedar Rapids	2009	21.43
9	Deonte Dean, Marshalltown	2021	21.45
10	Rico Gafford, Dowling Catholic, WDM	2014	21.49
11	Kevin Little, Ankeny	1986	21.50
12	Treye Jackson, Newton	1981	21.51
	Willie Lacey, Davenport West	1987	21.51
13	Qai Hussey, Spirit Lake	2022	21.55
	Eli Hicks, Boone	2016	21.55
15	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
19	Jason Ringena, Iowa City, City	1997	21.57
20	Tyrese Miller, Ankeny	2022	21.58
	Andy Brodell, Ankeny	2003	21.58
22	Jack Latham, Spirit Lake	2022	21.60
23	Bernard Bell, Jr., Ames	2019	21.61
24	Miles Thompson, Cedar Rapids, Washington	2022	21.65
	Max Duggan, Lewis Central	2018	21.65
26	Noah Anderson, PCM, Monroe	2018	21.66
27	Nate Kennedy, Glenwood	2018	21.67
28	Dom Flemister, Sioux City, East	2016	21.68
	Kenny Gilmore, Davenport Central	2011	21.68
30	Izaiah Loveless, Iowa City, West	2023	21.69
	Darien Porter, Bettendorf	2019	21.69
	Gage Clay, AHSTW	2017	21.69
33	Michael Blank, Cedar Rapids, Washington	2022	21.71
34	Jorma Schwedler, Sergeant Bluff-Luton	2018	21.72
	Tayshaun Cooper, Waterloo, West	2017	21.72
	Jamal Simmons, Burlington	2009	21.72
37	Dwayne Wright, Newton	1989	21.73
38	Elijah Facey, Urbandale	2018	21.74
	David Knight, Ames	1989	21.74
40	Ryan Van Baale, Ankeny Centennial	2016	21.77
	James Kirby, Valley, WDM	1987	21.77
	Bryan Collins, Valley, WDM	2006	21.77
43	Elijah Morris, Washington	2023	21.78
	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

52	Josh Webb, Cedar Falls	2005	21.79
53	Isaiah Johnson, George-Little Rock	2023	21.80
	Lee Elbert. Bishop Garrigan, Algona	2003	21.80 – Class 1A State Meet Record

200 Meters (hand-held)

*** Hand held times – *actually slower than similar FAT***

1	Tim Dwight, Iowa City, City	1994	20.8*
2	Treye Jackson, Newton	1980	21.2*
	David Knight, Ames	1988	21.2*
	Jason Ringena, Iowa City, City	1997	21.2*
	James Smith, Co. Bluffs Thomas Jeff	2005	21.2*
	Marques Simmons, Davenport North	2001	21.2*
7	Kevin Monroe, Muscatine	1988	21.3*
8	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*

400 Meters (FAT)

1	Darien Porter, Bettendorf	2019	46.99 – State Meet & Class 4A 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 (also had 48.1 (h)	2000	47.43 – 2A State Meet Record
6	David Knight, Ames	1989	47.53
7	TJ Tomlyanovich, Cedar Falls	2021	47.54
8	Kyle Dunn, Linn-Mar, Marion	2011	47.56
9	Aaron Stockstell, Mid-Prairie, Wellman	2008	47.67
10	Brayden Wollan, Underwood	2021	47.73
11	Willie Lacy, Davenport West	1987	47.74
12	Kevin Dibbern, Iowa City, City	2009	47.77
13	Kenny Shedd, Davenport West	1989	47.81
14	Qai Hussey, Spirit Lake	2022	47.83 – also ran 48.08 (ID)
15	Alex Kelly, Ottumwa	2009	47.89
16	Tyrese Miller, Ankeny	2022	47.91 – Drake Relays Record
17	Austin West, Iowa City, West	2018	47.94
18	Sam Yeaway, Waukee	2019	48.03
	Terrence Reid, Davenport Central	2004	48.03
20	Kevin Kuchel, Kingsley-Pierson	1978	48.10
21	Greg Offerman, Charles City	2005	48.11 – Class 3A State Meet Record
	Jim Turner, Marshalltown	1986	48.11
23	Jake Keller, Valley, West Des Moines	2019	48.18
24	Aaron Smith, Waukee	2019	48.24
	Kaleb Van Cleave, Des Moines Hoover	2011	48.24
26	Ben Lueth, Ames	2004	48.25
27	David Palmer, Waterloo Central	1983	48.26
28	James Harrington, Cedar Falls	2012	48.27
	Aaron Foreman, CR Washington	1998	48.27
30	Nate Kennedy, Glenwood	2018	48.28

31	Brian Sandvig, St. Edmond, Fort Dodge	2009	48.30
	John Barnett, Ames	1991	48.30
33	Kevin Roberts, Cedar Falls	2004	48.31
34	Jordan Cornilsen, Preston-East Central	2007	48.32 – Class 1A State Meet Record
35	Brody Eischeid, Manson NW Webster	2013	48.33
36	Michael Malloy, Bishop Heelan, SX City	2011	48.34
	Jesse Davenport, Southeast Polk	2011	48.34
	Mike Craddick, Assumption, Davenport	2005	48.34
39	Jeff Beelman, Fort Madison	1980	48.36
	Jeff Fedler, Mount Pleasant (had 49.7 (h)	2001	48.36
41	Jorma Schwedler, Sergeant Bluff-Luton	2019	48.39
42	Trevor Voelker, Dallas Center-Grimes	2010	48.41
	Zac Sandvig, Valley, WDM	2006	48.41
44	Allen Burns, Sioux City East	1985	48.43
	Kent Terillion, Marshalltown	1985	48.43
46	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
50	Brett Pronger, Lawton-Bronson	2015	48.47
	Todd Holm, Tripoli	1980	48.47
52	Adam Haluska, Carroll	2002	48.48
53	Elijah Morris, Washington	2023	48.49
54	Brennan Davey, Indianola	2010	48.50
	Chris McCullough, Pleasantville	1998	48.50
	Treye Jackson, Newton	1981	48.50

400 Meters (hand-held)

*** Hand held times – actually slower than similar FAT**

1	Ryan Kedley, North Cedar (also FAT 47.43)	2000	47.1*
2	Kenny Shedd, Davenport West	1989	47.2*
3	Kim Sykes, Waterloo East	1979	47.5*
	Jeff Fedler, Mount Pleasant	2001	47.9*
5	Josh Leonard, Ankeny	2002	48.0*
6	Jeff Burris, Ames	1985	48.1*
	Tim Dwight, Iowa City, City	1994	48.1*
8	Cody Eichmeier, AGWSR, Ackley	2003	48.3*
	Adam Haluska, Carroll	2002	48.3*
	Baylor Goode, CR Kennedy	1990	48.3*
11	Brennan Davey, Indianola	2010	48.4*
	Bryan Collins, Valley, WM	2007	48.4*
	Jeff Kapler, CR Washington	1987	48.4*

800 Meters (FAT)

1	Aaron Stockstell, Mid-Prairie, Wellman	2007	1:50.18 – ran 1:51.17 in 08 (2A State Record)
	Aaron Stockstell, Mid-Prairie, Wellman	2008	1:51.17 – 2A State Record
2	Ryan Schweizer, Dowling Catholic, WDM	2016	1:50.30 – State Meet & 4A Record
	(Set the Drake Relays mark at 1:51.76 in 2016)		
3	Joseph Kiptanui, Indianola	1990	1:50.97
4	Josh Evans, Linn-Mar, Marion	2014	1:50.98
5	Gabe Nash, Sioux City, North	2022	1:51.23–1:54.31 ID & 1:53.14 OD; 1:53.90, '23
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 – Class 1A State Meet Record
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	Riley Witt, Saint Ansgar	2022	1:52.56
14	Blake Irwin, Pleasant Valley	2008	1:52.69
15	Timauntay Jones, CED Rapids Jefferson	2013	1:52.75
16	Matt Manternach, Monticello	2016	1:52.77
17	Logan Gonzales, Boone	2006	1:52.91
18	Aniey Akok, Ames	2021	1:52.95
19	Joe Schaefer, Johnston	2019	1:52.96
20	Randy Barrick, Spencer	1982	1:53.00
21	TJ Tomlyanovich, Cedar Falls	2021	1:53.08
22	Daniel Chan, Ames	2014	1:53.17
23	Nic Scheelhaase, K-P/WC	2015	1:53.32
24	Will Teubel, Mount Vernon	2012	1:53.35
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 – Class 3A State Meet Record
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	Beau Dielschneider, BCLUW, Conrad	2007	1:54.01
36	Hunter Lavallee, Cedar Falls	2016	1:54.02
37	Quentin Linnan, Indianola	2018	1:54.14
38	Brett Adams, Assumption, Davenport	2004	1:54.16
39	Drew Poland, Cedar Falls	2008	1:54.19
40	Derek Manternach, Monticello	2016	1:54.22
41	Jackson Mace-Maynard, Newton	2022	1:54.25
	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
45	Bill Theissen, Dowling Catholic, WDM	1980	1:54.28
46	Stephen Arvanis, Davenport North	2007	1:54.29
47	Josh Andrews, Waukee	2017	1:54.31
	Chad Rutledge, Algona	2009	1:54.31

800 Meters (hand-held)

*** Hand held times – actually slower than similar FAT)**

1	Brett Carney, Ames	1987	1:52.9*
2	Brent MacLagan, Jefferson-Scranton	1995	1:53.3*
	Joey Woody, Iowa City, City	1992	1:53.3*
4	Tim Orris, Dubuque Senior	1999	1:54.0*
5	Nick Sorbe, Storm Lake	2004	1:54.1*
	Craig Cartier, Marshalltown	2000	1:54.1*
7	Matt Gabrielson, Belmond-Klemme	1996	1:54.2

1,600 Meters (FAT)

1	Nate Mueller, ADM, Adel	2021	4:05.61
2	Ryan Schweizer, Dowling Catholic, WM	2016	4:05.83
3	Josh Evans, Linn-Mar, Marion	2014	4:06.32 – State Meet Record [& 4A]
	(Set Drake Relays mark at 4:10.76 in 2014)		
4	Jackson Heidesch, Dowling Catholic, WDM	2022	4:07.30
5	Thomas Pollard, Gilbert	2015	4:08.00 – ran 4:09.67 for 3A State Rec'd
6	Jason Thomas, Dowling Catholic	2013	4:10.14
7	Steve Greiner, Pekin	1979	4:11.57
8	Karson Sommer, Pleasant Valley	2016	4:13.16
9	Ford Washburn, Iowa City, City High	2022	4:13.24
10	Albert Meier, Boone	2014	4:13.30
11	Todd Peverill, Waterloo East	1979	4:13.65
12	Chandler Austin, Boone	2014	4:13.73
13	Gable Sieperda, Central Lyon	2018	4:13.78 – Class 1A State Meet Record
14	Logan Gonzales, Boone	2005	4:13.98
15	Jon Thomas, Des Moines Roosevelt	2004	4:14.01
16	Aiden Ramsey, Dallas Center-Grimes	2022	4:14.05
17	Bill Theissen, Dowling Catholic, WDM	1981	4:14.11
18	Kevin Lewis, Ottumwa	2011	4:14.20
19	Brett Adams, Assumption, Davenport	2004	4:14.31
20	William Lohr, Sioux City, North	2022	4:14.40
21	Omet Kak, Des Moines North	2009	4:14.43
22	Alec Baldwin, Spirit Lake Park	2011	4:14.76
23	Ryan Murphy, Linn-Mar, Marion	2017	4:15.36
	Blake Schlotzhauer, Davenport Central	2005	4:15.36
25	Bobby Soule, Bishop Heelan, Sx City	1983	4:15.47
26	Darrin Rippey, DM Lincoln	1987	4:15.56
27	Johnny Fuller, Glenwood	2009	4:15.66
28	Jim Zinnel, Algona	1979	4:15.74
29	Tom Caughlan, Mason City	1997	4:15.85
30	Mike Holms, Valley, WDM	1986	4:15.88
31	Matt Butler, Bettendorf	2012	4:15.98
32	Daniel Gardarsson, Iowa City, West	2014	4:16.15
33	Sam Schillinger, Cedar Falls	2017	4:16.28
34	Shane Erb, Marion	2022	4:16.49
	Tim Wilson, Clarke, Osceola	1981	4:16.49
36	Rob Brock, Dubuque, Senior	1996	4:16.50
37	Mike Diment, DM Hoover	1979	4:16.61
38	Camden Cox, Ankeny Centennial	2018	4:16.88
	Chris Francois, Davenport North	1999	4:16.68
40	Dan Taylor, Fort Dodge	2002	4:16.72

41	John Schuster, Dowling Catholic, WDM	1986	4:16.82
42	Stephen Dak, Marshalltown	2007	4:16.92
	Kiel Uhl, Des Moines Roosevelt	2005	4:16.92
44	Blake Irwin, Pleasant Valley	2008	4:16.93
45	Lance Elliott, Montezuma	1989	4:16.99 – Class 2A State Meet Record

3,200 Meters (FAT)

*** Hand held times – actually slower that the FAT above them**

1	Thomas Pollard, Gilbert	2014	8:50.43 – State Meet & Class 3A Record
2	Chandler Austin, Boone	2014	8:51.74
3	Nate Mueller, ADM, Adel	2021	8:56.31 (8:56.309)
4	Aidan Ramsey, Dallas Center-Grimes	2022	8:58.27 – Drake Relays Record
5	Albert Meier, Boone	2014	8:58.46
6	Ford Washburn, Iowa City, City High	2022	8:59.60 – also ran 9:00.73 in 2023
7	Ryan Murphy, Linn-Mar, Marion	2017	9:00.79
8	Josh Evans, Linn-Mar, Marion	2014	9:00.97 – Class 4A State Meet Record
9	Jackson Heidisch, Dowling Catholic, WDM	2022	9:01.29
10	Kevin Lewis, Ottumwa	2011	9:05.25
11	Jackson Mace-Maynard, Newton	2022	9:06.16
12	Hayden Kuhn, Linn-Mar	2022	9:06.04
	Sam Schillinger, Cedar Falls	2017	9:06.04
14	Kiel Uhl, Des Moines Roosevelt	2005	9:06.54
15	Wally Duffy, Shenandoah	1979	9:07.06
16	Stephen Dak, Marshalltown	2007	9:07.34
17	Cole Decker, Dowling Catholic	2012	9:08.96
18	Matt Butler, Bettendorf	2012	9:09.03
19	Rob Brock, Dubuque Senior	1997	9:09.17
20	Gable Sieperda, Central Lyon	2018	9:09.60 – Class 1A State Meet Record
21	Daniel Soto, Valley, West Des Moines	2015	9:09.76
22	Jon Thomas, Des Moines Roosevelt	2005	9:09.85
23	Patrick Bose, Johnston	2017	9:09.96
24	Jeff Jacobs, Clinton	1981	9:10.34
25	Will Ryan, Dowling Catholic, WDM	2022	9:10.72
26	Jeff Hammons, Iowa Valley, Marengo	1985	9:10.95
27	Reece Smith, Garner-Hayfield-Ventura	2019	9:11.33 – Class 2A State Meet Record
28	Alex McKane, Iowa City, West	2022	9:11.65
29	Mitch Pritts, Prairie, Cedar Rapids	2014	9:12.07
30	Johnny Fuller, Glenwood	2010	9:12.34
31	Bill Kerkeart, Sheldon	1980	9:12.36
32	Daniel Murphy, Linn-Mar, Marion	2014	9:12.46
33	Mike Holms, Valley, WDM	1985	9:12.60
34	Dan Taylor, Fort Dodge	2002	9:12.63
35	Quinton Orr, Humboldt	2021	9:12.69
36	Mike Diment, DM Hoover	1978	9:12.70
37	Kevin Morgan, Des Moines Lincoln	2007	9:12.77
38	Chris Jones, Iowa City West	2000	9:13.04
39	Kolby Greiner, Iowa City, West	2017	9:13.35
40	Trent Corey, Dubuque Senior	1997	9:13.42
41	Jacob Mumey, Pleasant Valley	2022	9:13.85
42	Trent Graham, DM Roosevelt	2000	9:13.87
43	Karson Sommer, Pleasant Valley	2016	9:13.98
44	Charles Mosbrucker, Fort Dodge	1978	9:14.49
45	Tim Sindt, Ankeny	2019	9:14.64
	Omet Kak, Des Moines North	2009	9:14.64

47	Brogan Austin, Boone	2010	9:14.88
48	Ryan Schweizer, Dowling Catholic, WDM	2015	9:15.01
49	Blake Schlotzhauer, Davenport Central	2005	9:15.11
50	Chase Lauman, Pella	2023	9:15.30
51	Konnor Sommer, Pleasant Valley	2018	9:15.79
52	William Lohr, Sioux City, North	2022	9:15.98
53	Carson Houg, Des Moines Christian	2022	9:16.03
54	Dan Fick, Muscatine	1981	9:16.61
55	Miles Wilson, Cedar Rapids, Kennedy	2022	9:16.62
56	Dave Holesinger, Dubuque Hempstead	2019	9:16.64
57	Gabe Nash, Sioux City, North	2023	9:16.68
58	Caleb Drake, Pleasant Valley	2013	9:16.95
	Devin Allbaugh, Pleasant Valley	2007	9:16.95
60	Chris Leonard, Ankeny	1980	9:16.98
61	Tim Wilson, Clarke, Osceola	1980	9:17.21
62	Shane Erb, Marion	2022	9:17.32
63	Matthew Carmody, Dowling Catholic	2018	9:17.39
64	Ryan McMahon, Algona	2011	9:17.47
65	Ben Schuteman, Bettendorf	2000	9:17.51
66	Michael Melchert, Monticello	2014	9:17.69

110 M High Hurdles (FAT; Hurdle height 39")

1	Jack Latham, Spirit Lake	2022	13.74(p)–State Meet & 2A Record (13.81 - F)
	(Drake Relays Mark of 13.99 in 2022; also ran 14.12 ID in 2022)		
2	Riley Moss, Ankeny Centennial	2018	13.85
3	Joah Banks, Prairie, Cedar Rapids	2017	13.91 – State Meet Class 4A Record
4	Trent Davis, Linn-Mar	2019	13.99
5	Jayvon Matthews, Davenport, Central	2014	14.01
6	Connor Ham, Solon	2015	14.03 – 3A State Meet Rec. 2014 (p), '15 (p)
7	Jordan Mullen, Atlantic	2009	14.04
8	Eric Strim, Sioux City West	1994	14.13
9	Bill Betterton, Carlisle	1992	14.15
10	Cole Phillips, Mount Pleasant	2015	14.16
11	Jack Garber, BCLUW	2019	14.20
	Sydne Davis, Des Moines, Roosevelt	2014	14.20
	Kyle Dunn, Linn-Mar, Marion	2010	14.20
14	Jaden Domino, Iowa Falls-Alden	2022	14.23
	Drew Bartels, Cedar Rapids, Kennedy	2021	14:23
	Jack Wilson, Valley, West Des Moines	2016	14.23
17	Lantz Reed, Boone	2017	14.24
18	Eric Lucas, Iowa City, Liberty	2022	14.25
19	Kole Becker, Lisbon	2022	14.26
	Terrell Jordan, Cedar Rapids, Kennedy	2018	14.26
21	Elijah Young, Des Moines, Lincoln	2014	14.28
22	Gratt Reed, Atlantic	2018	14.31
23	Brandon Ophoff, Linn-Mar	2012	14.32
24	Chris Wycoff, Ames	1994	14.33
	Dean Fogarty, Marshalltown	1979	14.33
26	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

31	Grayson Hartman, Xavier, Cedar Rapids	2022	14.36 – has run 14.41 in 2023
	Nick Kuchel, Kingsley-Pierson	2005	14.36
33	Nicholas Gorsich, Cedar Rapids, Kennedy	2023	14.38
	Tyler Donels, Southeast Polk	2011	14.38
35	Adam Wright, Dowling Catholic, WDM	2021	14.39
36	Carter Accola, Ankeny	2023	14.40
	JoJo Frost, Center Point-Urbana	2017	14.40
	Alonzo Clayton, Fort Dodge	1993	14.40
	Channing Puls, Hudson	2008	14.40
40	Cory Woods, Treynor	1997	14.41 – Class 1A State Meet Record
41	Jace Christensen, Southeast Polk	2019	14.42
	Dylan Kalinay, South Tama County	2014	14.42
	Tanner Miller, Mid-Prairie, Wellman	2010	14.42
44	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
48	Dallas Wright, Carlisle	2017	14.44
	Derek Stevenson, Belmond	1987	14.44
	Nick Batterson, Eddyville-Blakesburg	2006	14.44
51	Austin Larson, West Fork	2014	14.45
	Matt Zuber, Iowa Valley, Marengo	1985	14.45
	Joey Woody, Iowa City, City	1992	14.45
54	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
60	Jason McCleary, Newton	1990	14.47
	Dan Davis, Iowa City, West	2008	14.47
62	Dan Kruse, Glenwood	2015	14.48
63	Geramie Hardaway, Prairie, Cedar Rapids	2022	14.49
	Thomas Brantley, Camanche	2015	14.49
	Brandon Ophoff, Linn-Mar, Marion	2011	14.49
	Dustin Avey, Ames	1996	14.49
67	Ethan Holmes, Clinton	2009	14.50
	Eric White, Burlington	1983	14.50

110 M High Hurdles (hand-held since 1978; hurdle height 39”)

*** Hand held times – actually slower than FAT**

1	Bill Betterton, Carlisle (also has a 14.15 FAT)	1992	13.8*
2	Brandon Ophoff, Linn-Mar, Marion	2012	13.9*
	Jordan Mullen, Atlantic	2009	13.9*
	Dean Fogarty, Marshalltown	1979	13.9*
	Chris Wycoff, Ames	1994	13.9*
6	Matt Zuber, Iowa Valley, Marengo	1985	14.0*
	Alonzo Clayton, Fort Dodge	1993	14.0*
	Aaron Abram, Valley, WDM	1996	14.0*
	Jordan Crosby, Fort Dodge	2003	14.0*
	Kyle Dunn, Linn-Mar, Marion	2010	14.0*
11	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*
19	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*

400 Meter Low Hurdles (30” hurdles; FAT)

1	Dustin Avey, Ames	1996	50.96 – State Meet & 4A Record; Set Drake Relays Record of 51.94 in 1995
2	Kyle Dunn, Linn-Mar, Marion	2011	51.04
3	Greg Offerman, Charles City	2005	51.35 – Class 3A State Meet Record
4	Sydne Davis, Des Moines Roosevelt	2014	51.52
5	Brent MacLagan, Jefferson-Scranton	1995	51.62 – Class 2A State Meet Record
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	Drew Bartels, Cedar Rapids, Kennedy	2021	52.49
20	Derek Jones, Glenwood	2013	52.51
21	Jacob Smith, West Burlington-N. Dame	2015	52.55
	Dennis Hammel, Davenport Central	2005	52.55
23	Nathan Hoy, Cedar Falls	2017	52.57
24	Jack Bergstrom, Johnston	2014	52.71
	Ethan Holmes, Clinton	2009	52.71
26	Nathan Roethler, Waukee	2018	52.73
	Randy Moore, Cedar Rapids Kennedy	1981	52.73
28	Jordan Crosby, Fort Dodge	2003	52.77
29	Demari Nicholson, Bettendorf	2018	52.79
30	Matthew Kruse, Dubuque, Senior	2022	52.80
	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 – Class 1A State Meet Record
35	Tracy Pugh, Davenport Central	1998	52.90
36	Kyle Bolejack, Ankeny	1997	52.91
37	Pete Avery, Waverly-Shell Rock	2001	52.92
38	Derek Casey, Cherokee	2002	52.94
39	Isaiah Nimmers, CR Rapids, Washington	2016	52.96
40	Keaton Rickels, Iowa Falls-Alden	2009	52.98
41	Noah Larrison, Waukee	2014	53.00
42	Ryce Reynolds, Mount Ayr	2022	53.03
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	Brett Daley, Treynor	2016	53.09
	Elijah Young, Des Moines, Lincoln	2014	53.09

400 Meter Low Hurdles (30" hurdles hand-held)

*** Hand held times – actually slower similar FAT**

1	Eric Strim, Sioux City West	1994	51.4*
2	Joey Woody, Iowa City, City	1992	51.8*
3	Chris Wycoff, Ames	1994	52.5*
	Jordan Crosby, Fort Dodge	2003	52.5*
5	Tracy Pugh, Davenport Central	1994	52.7*
6	Derek Gruber, CB Thomas Jefferson	1998	52.9*
	Justin Koeppe, Storm Lake	2002	52.9*
8	Derek Jones, Glenwood	2012	53.0*
	Brian Rickels, Monticello	1987	53.0*

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

1	Greg Offerman, Charles City	2005	50.61

FIELD EVENTS

High Jump

1	Brian Tietjens, North Central	1981	7-03.50 – State Meet & 2A Record
	(Set Drake Relays Record of 7-03 in 1981)		
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 – Class 4A State Meet Record, '99
	Scott Hudek, Pocahontas	1991	7-00
	Tim Suchan, Cedar Rapids Kennedy	1990	7-00
12	Colten Kelly, Anamosa	2008	6-11 – Class 3A State Meet Record
	Ehi Oamen, Hinton	2006	6-11 – Class 1A State Meet Record
	Bill McConnaha, West Branch	2001	6-11
15	Eddie Berlin, Urbandale	1995	6-10.75
16	T.J. Jackson, Linn-Mar	2023	6-10.50
	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
21	Matt Schaeckenbach, Iowa City, City High	2023	6-10.25
	Jordan Cress, Olin	2011	6-10.25
	Steve Kuehl, Clinton	1975	6-10.25
24	Grant Brouwer, Sibley-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	Abu Sama, Southeast Polk	2022	24-10.00	- went 24-02.75 in 2022 for a new Class 4A State Meet Record; also had a 24-01 (ID)
2	Chris Walker, Davenport Central	1984	24-09.50	Set Drake Relays mark- 23-11.75 also in 1984
3	Kole Becker, Lisbon	2022	24-05.25	
4	Trey Campbell, Cedar Falls	2022	24-05.00	
	Kenny Gilmore, Davenport Central	2011	24-05.00	
6	Jerry Westerfield, Davenport, North	2012	24-04.50	
7	Hakim Hill, Iowa City, City	2000	24-04.00	
8	Matt Zuber, Iowa Valley, Marengo	1985	24-03.00	– State Meet & Class 2A Record
9	Cooper DeJean, OABCIG (also 23-07.50)	2021	24-02.00	
10	Darius Pearson, Sioux City West	2012	24-00.50	
11	Tim Dwight, Iowa City, City	1994	23-11.00	
12	Deangelo Jackson. Dubuque, Senior	2016	23-10.00	
	Chandler Diercks, Clear Lake	2014	23-10.00	– 23-04.25, in ’14; 3A State Record
	Wade Harrington, Davenport Central	1979	23-10.00	
15	Drew Bartels, Cedar Rapids, Kennedy	2021	23-09.75	
16	Claude Perkins, Waterloo Central	1980	23-09.50	
17	Darnell Robertson, DM Roosevelt	1987	23-09.25	
18	Steve Carson, Red Oak	1963	23-08.75	
19	T.J. Jackson, Cedar Rapids, Kennedy	2023	23-08.50	
20	Xavior Williams, W Burlington/Not. Dame	2016	23-08.25	
21	Todd Madsen, Webster City	1990	23-08.00	
22	Dennis Green, Davenport Central	1973	23-07.00	
23	Trey Washington, Dallas Center-Grimes	2017	23-06.50	
24	J’Von Harris, Oskaloosa	2017	23-06.00	
	Rumel Monk, Des Moines, Lincoln	2002	23-06.00	
	Mike Anderson, Waterloo East	1985	23-06.00	
	Jesse Holland, Iowa City, City	1996	23-06.00	
28	Chuck Meyer, North Fayette	1980	23-05.50	
	Mark Hewitt, Clear Lake	1981	23-05.50	
30	Ken Jackson, Waterloo East	1973	23-05.25	
	David Knight, Ames	1989	23-05.25	
32	Cooper Koenig, West Branch	2016	23-05.00	
	Adam Haluska, Carroll	2001	23-05.00	
	Ryan Borgwardt, Clinton	2003	23-05.00	
	Ben Evans, Iowa City, City	2005	23-05.00	
36	Kevin Kurth, Davenport Central	2017	23-04.75	
37	Dequayvious Martin, Waterloo West	2012	23-04.50	
	Ken Brauman, Eagle Grove	1965	23-04.50	
	Darren Smith, North Scott	1988	23-04.50	
40	Jay Frazier, Cedar Rapids Washington	1997	23-04.00	
	Bryan Gilbreaith, Waverly-Shell Rock	1997	23-04.00	
42	Cody Eichmeier, AGWSR, Ackley	2002	23-03.75	
	Tom Landsberg, Ames	1964	23-03.75	
44	Kolby Jones, Dowling Catholic, WDM	1999	23-03.50	
45	Austin West, Iowa City, West	2018	23-03.00	
	Marty Borseth, Prairie, Cedar Rapids	2017	23-03.00	
	Darrion Sanders, Keokuk	2013	23-03.00	
	Aaron Jarosh, Ankeny	2006	23-03.00	
	Kenny Shedd, Davenport West	1989	23-03.00	
	Sam Maxie, Waterloo East	1973	23-03.00	
	Vern Hawkins, Des Moines Tech	1967	23-03.00	
	Dick Warren, Iowa Training Sch., Eldora	1931	23-03.00	
53	Tadyn Brown, Clarinda	2022	23-02.75	

54	Sam Atkins, Dubuque Senior	2022	23-02.50
	Nick Efkamp, Madrid	2011	23-02.50 – Class 1A State Meet Record
56	Chase Van Sant, Pella	2016	23-02.25

Shot Put (*Since 1968, by rule shot put measurements are Recorded to the nearest lesser .25 inch)*

Note: in 2000 – 22 throwers had efforts of 60-00 or better.

1	Doug Lane, Cedar Rapids Jefferson	1968	70-11.00 – Class 4A State Mark of 65-11.50, '68
	Set Drake Relays mark of 67-02.25, in 1968		
2	Nick Phelps, KP-WC (66-05.50 ID)	2018	67-02.00 – State Meet & Class 2A Record
	Phelps' 67-02 was a new State Meet Record (old mark Doug Lane 65-11.50, 1968)		
3	Tristan Wirfs, Mount Vernon	2017	67-00.00
4	William Blaser, Epworth, W. Dubuque	2017	66-02.00
5	Chase Madison, Newton	2004	66-00.00
6	Steve Settle, Nevada	1978	65-04.00
7	Jared Brinkman, Regina, Iowa City	2017	65-02.50
8	Brandon Scherff, Denison-Schleswig	2010	65-00.00
9	Drew Clark, Marion	2009	64-07.75 – State 3A Meet Record
10	Scott Davis, Glenwood	1988	64-01.50
11	Spencer Kessel, Louisa-Muscatine	2023	64-00.50 (also 61-04 ID)
12	Jackson Coker, Cedar Rapids, Kennedy	2016	63-09.50
13	Chuck Locke, Davis County, Bloomfield	1977	63-08.75
14	Brandon VanderSluis, LeMars	2022	63-05.00 (also has a 60-10.75 - ID)
15	Jeff DeVilder, BGM	1977	63-03.50
16	Shane Maier, Storm Lake	2003	63-02.00
17	Jamie Beyer, PCM, Monroe	1995	62-07.50
18	Bob Feuerbach, Preston	1975	62-04.00 – Set 1A State Mark of 60-10.25 in '75
19	Matt Mai, Gehlen Catholic, LeMars	1997	62-02.75
20	Adam Pinckney, CR, Washington	2006	62-01.75
21	Scott Schaley, Camanche	1993	61-11.50
22	Steve English, Mount Pleasant	1994	61-10.25
23	Mike McCready, Dubuque	1968	61-09.75
24	David Juehring, Davenport West	1982	61-09.00
25	Caden Fenchel, Western Christian	2017	61-08.25
26	Steve Wegner, Harlan	2001	61-05.50
	Brent Geringer, Mount Ayr	1974	61-05.50
28	Dominic Etherington, Algona	2018	61-05.00
29	Matt Banse, Starmont, Arlington	2007	61-03.50
30	Ryan Lamparek, Prairie, Cedar Rapids	2006	61-01.50
	Ryan Winters, Iowa Falls	1999	61-01.50
32	Carl Hesse, Sioux City East	1969	61-01.00
	Phil O'Neil, Co. Bluffs Thomas Jefferson	1978	61-01.00
34	Rod Dirth, Burlington	1972	61-00.50
35	Noah Fenske, New Hampton	2019	60-11.25
36	Jon Meskimen, Cedar Rapids Jefferson	1965	60-10.75
37	Al Feuerbach, Preston	1966	60-09.50
38	Matt Kapustka, Waukee	2021	60-06.25
39	Dalles Jacobus, Cedar Rapids, Kennedy	2016	60-06.00
40	Austin Busch, South Hamilton	2022	60-05.75
41	Nick DeJong, Pella	2019	60-05.00
42	Maddux Richardson, Marshalltown	2017	60-04.00
43	Kody Huisman, Pella	2021	60-03.00
	John Martin, Mount Vernon	1990	60-03.00
45	Logan Jones, Lewis Central	2019	60-02.00

46	Jake Remsburg, Valley, WDM	2019	60-01.25
47	Dalton Ferguson, Solon	2014	60-00.75
	Jeremy Jacobsen, Bettendorf	2010	60-00.75
49	Lee Carlson, Dubuque	1959	60-00.50
5o	Eric Simmons, Madrid	2011	60-00.00
	Andy Norland, Clarinda	1986	60-00.00

Shot Put (16 lbs. implement)

1	Doug Lane, CR Jefferson (16 lbs.)	1968	59-11.00

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

Note: In 2000 just 20 athletes had throws of 180-00 or more

1	Scott Crowell, Mason City	1978	207-08	
2	Chase Madison, Newton	2004	206-09	- Set Drake Relays Red at 199-01, '04
3	Mike Goad, Iowa Valley, Marengo	1981	204-10	
4	Walker Whalen, Indianola	2022	204-09	– New State Meet & Class 4A Record
5	Tom Yezek, Northwood-Kensett	2016	197-05	– State Meet Class 1A Record
6	Nick Phelps, KP-WC	2018	196-02	
7	Corey Phillips, Ames	2022	195-10	
8	Tristan Wirfs, Mount Vernon	2017	195-02	–threw 190-10,'17 for a Class 3A Record
9	Mark Smith, Independence	1972	193-05	
10	Dom Howard, Ames	2010	192-11	
11	Nick Brayton, Iowa City West	2007	192-06	
12	Thomas Reynolds, Iowa City West	2008	191-10	
13	Justin Baker, Bishop Heelan, Sioux City	2011	191-09	
14	Clark Hopp, Glenwood	1984	191-02	
15	Dawson Ellingson, Hudson	2018	190-05	
16	Allan Walz, Bondurant-Farrar	1991	190-04	–threw 186-02 in '91 - Class 2A Record
17	Ethan Kenkel, Storm Lake	2013	189-05	
18	Adam Judge, Des Moines Lincoln	1998	188-01	
19	Scott Phelps, Kingsley-Pierson	1986	187-10	
20	Tyler Hovey, Atlantic	2012	187-09	
21	Erik Nelson, Waukee	2015	187-08	
22	Brandon Franklin, Des Moines Hoover	2003	187-05	
23	McKade Jelinek, Lisbon	2022	187-04	
24	Wallace Carter, Centerville	2008	187-03	
25	Coy Kirkpatrick, Madrid	2017	186-11	
	Chris Hopkins, Denison-Schleswig	2001	186-11	
27	Kody Huisman, Pella	2021	186-08	
28	Andy Carman, Jefferson-Scranton	2010	186-06	
29	Brandon Fischer, Pella	2023	186-00	
30	Logan Jones, Lewis Central	2019	185-10	
31	Cam Jones, Cedar Rapids, Kennedy	2019	185-08	
	Jacob Gannon, Iowa City West	2010	185-08	
33	Scott Joens, Prairie, Cedar Rapids	1982	185-04	
	A. J. Schable, Battle Creek-Ida Grove	2002	185-04	
35	Seth Snitker, Waukon	2014	185-03	
36	Tim Tebrink, MOC-Floyd Valley	2000	185-01	
37	Lane Pryor, Woodbine	2021	185-00	
38	Duke Faley, Wahlert, Dubuque	2023	184-11	
39	David Juehring, Davenport West	1982	184-08	
40	Sam Joens, Prairie, Cedar Rapids	2011	184-06	
	Brad Travis, Spirit Lake Park	1996	184-06	

42	Tom Knutson, Cedar Rapids Jefferson	1963	184-04
43	Noah Fenske, New Hampton	2018	184-01
44	Randy Lessman, Sioux City East	1972	183-11
45	Steve Wegner, Harlan	2001	183-10
	Ethan Fenchel, Western Christian	2014	183-08
47	Ryan Lamparek, Prairie, Cedar Rapids	2007	183-06
48	Jackson Coker, Cedar Rapids, Kennedy	2016	183-05
49	Nolan Recker, Muscatine	2022	183-04
50	Seth Zehr, Fort Dodge	2002	183-03
51	Blake Larsen, Atlantic	2001	182-09
52	Spencer Kessel, Louisa-Muscatine	2023	182-05
	Matt Haven, Independence	1980	182-05
54	Joseph Weiner, Dubuque Hempstead	2013	182-03
55	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
59	Ryan Piche, Linn-Mar, Marion	2010	181-08
60	Tom Schmeling, Atlantic	2002	181-04
61	Jake Goeller, Wapsie Valley	2015	181-02
62	Henry Kelley, Waukee	2010	181-00
	Brian Seiler, Garner-Hayfield	1991	181-00
64	Eric Varcho, North Scott	1994	180-11
65	Brandon VanderSluis, LeMars	2022	180-06
66	Norm Balke, Iowa City, City	1981	180-05
	Jon Pelzer, Atlantic	1989	180-05
68	Scott Davis, Glenwood	1988	180-02
69	Isaac Holtz, Monticello	2014	180-01
	Ross Brockshaus, Spencer	1981	180-01
71	Zack McMillian, North Scott	2022	180-00

WHEELCHAIR EVENTS

Started in 1990 unless otherwise noted

*** Hand held times – actually slower that the FAT above them**

100 Meters

1	Evan Correll, Waukee	2021	15.11
	Correll wheeled a 16.07 in 2021 State Meet - State Meet Record		
2	Wyatt Willand, Northwood-Kensett	2021	16.75
3	Jon Litzkow, Waterloo West	2013	17.11
4	E. J. Runyan, Johnston	2000	17.81
5	Jayden Stafford, Mid-Prairie, Wellman	2022	18.10 – has a 19.14 in 2023
6	Jordan Razor. Bondurant-Farrar	2018	18.22
7	Brian Wauters, Marshalltown	2001	18.27
8	Jordan Houdeshell, Linn-Mar	2013	18.59
9	Drake Sachsenmaier, Camanche	2013	18.80
10	Noah Thomas, Roland-Story	2016	18.92
11	Mark Hauschildt, Greenfield	1996	18.94
12	Kaiden Woodard, LeMars	2018	19.31
13	Nathan Redlinger, English Valleys	2004	19.41
14	Kadin Woodard, LeMars	2019	19.69
15	Matthew Schultz, Southeast Polk	2019	19.75

200 Meters

1	Evan Correll, Waukee	2021	27.97
	Correll wheeled a 29.17 in the 2021 State Meet for a State Meet Record		
2	Wyatt Willand, Northwood-Kensett	2021	30.18
3	Jon Litzkow, Waterloo West	2013	30.52
4	E. J. Runyan, Johnston	1999	32.12
5	Jayden Stafford, Mid-Prairie, Wellman	2022	33.25 – has a 35.17 in 2023
6	Brian Wauters, Marshalltown	2002	33.26
7	Jordan Houdeshell, Linn-Mar	2013	33.49
8	Drake Sachsenmaier, Camanche	2013	34.79
9	Matthew Schultz, Southeast Polk	2019	35.00
10	Nathan Redlinger, English Valleys	2004	35.28
11	Noah Thomas, Roland-Story	2016	35.57
12	Mark Hauschildt, Greenfield	1996	36.27
13	Jordan Razor, Bondurant-Farrar	2018	36.69
14	Kadin Woodard, LeMars	2019	37.24
15	Sam Spore, Union, LaPorte City	2022	37.80
16	Josh Motwart, Cedar Falls	2002	37.86

400 Meters (2003-present)

1	Evan Correll, Waukee	2021	51.96 – Drake Relays Record
	Correll wheeled a 56.09 in the 2021 State Meet - Record		
2	Wyatt Willand, Northwood-Kensett	2021	54.57
3	Jon Litzkow, Waterloo West	2013	56.57
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	Jayden Stafford, Mid-Prairie, Wellman	2023	1:07.68
8	Brian Wauters, Marshalltown	2003	1:08.11
9	Drake Sachsenmaier, Camanche	2014	1:09.05

800 Meters (1990-2002; reinstituted in 2019)

1	Evan Correll, Waukee	2021	1:46.08 – State Meet Record
2	Wyatt Willand, Northwood-Kensett	2021	1:53.35
3	E. J. Runyan, Johnston	1999	2:06.79
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	Xander Rentschler, West Lyon	2022	2:43.28 – has a 2:43.87 in 2023
8	Mark Hauschildt, Greenfield	1996	2:44.91
9	Kadin Woodard, LeMars	2019	2:49.59
10	Eli Johnson, Bedford	2023	2:54.00
11	Jarrett Moehlman, Lisbon	2019	2:55.60

Shot Put

1	Alex Gudenkauf, Dubuque Senior	2013	41-02.00
	Gudenkauf's 2013 effort of 40-05.50 is the State Meet Record		
2	Matthew Schultz, Southeast Polk	2019	27-10.00
3	Nick Lange, Wahlert, Dubuque	2005	25-03.25
4	Kennedy Feller, Underwood	2015	23-00.50
5	Sean Eherenman, Waterloo West	2003	21-10.00
6	Ryan Peyton, Independence	2016	21-03.00
7	Mark Hauschildt, Greenfield	1995	20-08.50
8	Sheldon Leazer, Ankeny Centennial	2016	20-03.25
9	Jeromie Meyer, Woodbine	2015	20-01.00
10	Brian Davis, Oskaloosa	1994	19-11.00
11	Mike Schafer, Rock Valley	1990	19-10.00

4 x 100 Meter Relay (FAT)

1	Iowa City, City	1996	41.33
	Dan McMahon, Mike Richards, Merrill Coleman, Jason Ringena		
2	Valley, WDM	2019	41.68 – State Meet Record [& Class 4A]
	Creighton Mitchell, Matt Mahoney, Ryan Neu, Jon Shaner		
	Valley, WDM	2006	41.68
4	Dowling Catholic, WDM	2022	41.76
5	Southeast Polk	2022	41.82 – Drake Relays Record in prelim
	Abu Sama, Titus Christensen, Kyle Sisler, Cole Filloon		
6	Southeast Polk	2019	41.83
7	Waterloo, West	2013	41.84
8	Des Moines East	2007	41.88
9	Iowa City, City	2001	41.89
10	Cedar Rapids, Jefferson	2018	41.90 (41.894)
	Ankeny Centennial	2018	41.90 (41.899)
12	Cedar Rapids, Washington	2022	41.97
13	Epworth, Western Dubuque	2017	42.00
	Des Moines East	1989	42.00
15	Prairie, Cedar Rapids	2016	42.01
16	Waukee	2014	42.03
17	Des Moines, East	2019	42.06
	Cedar Rapids, Kennedy	2018	42.06
19	Southeast Polk	2021	42.07
20	Cedar Falls	2011	42.07
21	Cedar Rapids, Washington	2016	42.09
22	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
28	Linn-Mar	2013	42.14
29	Des Moines, East	2019	42.16
30	Cedar Falls	2012	42.17
	Iowa City, City	2000	42.17
32	Xavier, Cedar Rapids	2008	42.18 – Class 3A State Meet Record
	Derek Kramer, Derek Wollner, Corey Reed, Bryce Colston		
33	Des Moines East	1989	42.19
	Des Moines East	2003	42.19
35	Ottumwa	2001	42.20
36	Valley, West Des Moines	2021	42.21
	Waterloo Central	1986	42.21
	Iowa City, City	2005	42.21
39	Des Moines Roosevelt	2010	42.23
	Davenport Central	1984	42.23
41	Cedar Rapids Washington	2004	42.26
42	Valley, WDM	2004	42.27

Also –	West Burlington/Notre Dame	2015	42.44 – Class 2A State Record
	Timmy Williams, Brant Wrede, Isaiah Trousil, Xavior Williams		
	Lisbon	2003	43.01 (p) – Class 1A State Meet Record
	Marquis Stephens, Nick Dains, Matt Murphy, Derek Stephens		

4 x 100 Meter Relay (Hand-held)

*** Hand held times – actually slower similar FAT**

1	Iowa City, City	2000	41.7*
	D.J. Newell, Calvin Davis, Matt Wooldrik, Hakim Hill		
2	Burlington	2008	41.8*

4 x 200 Meter Relay (FAT)

*** Hand held times – actually slower that the FAT above them**

1	Valley, WDM	2019	1:26.17 – State Meet & Class 4A Record
	Jon Shaner, JJ Glass, Ryan Neu, Jake Keller		
2	Des Moines East	2004	1:27.02
3	Valley, West Des Moines	2021	1:27.06
4	Cedar Falls	2011	1:27.12
5	Cedar Rapids Jefferson	2018	1:27.14 – Drake Relays mark
	Josué Bokoyo, Mitchell Hall, Ezeki Leggins, James Baugh		
	West Burlington/Notre Dame	2016	1:27.14 – Class 2A State Meet Record
	Xavior Williams, Jacob Smith, Spencer Ferguson, Isaiah Trousil		
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	Ankeny Centennial	2021	1:27.49
12	Dowling Catholic, WDM	2022	1:27.50
13	West Burlington/Notre Dame	2015	1:27.51
14	Linn-Mar	2013	1:27.52
15	Cedar Rapids Washington	2022	1:27.53
16	Valley, WDM	2006	1:27.54
17	Cedar Rapids, Kennedy	2017	1:27.55
18	Iowa City, City	1996	1:27.58
19	Burlington	2010	1:27.62
20	Epworth, Western Dubuque	2017	1:27.64
	Cedar Rapids Washington	2009	1:27.64
22	Valley, WDM	2011	1:27.66
23	Iowa City West	2012	1:27.67
24	Iowa City, City	2001	1:27.69
25	Epworth, Western Dubuque	2019	1:27.76
26	Epworth, Western Dubuque	2017	1:27.78
27	Ankeny Centennial	2017	1:27.81
28	Cedar Rapids Kennedy	2014	1:27.83
	Iowa City, City	2000	1:27.83
30	Sergeant Bluff-Luton	2016	1:27.87 – Class 3A State Meet Record
	Matthew George, Ryley McGregor, Drew Girres, Brady Wall		
	Davenport Central	1988	1:27.87
32	Valley, WDM	2006	1:27.88
33	Des Moines Lincoln	2010	1:27.93
34	Bettendorf	2019	1:27.95
	Valley, WDM	1986	1:27.95
36	Valley, WDM	2009	1:27.96
37	Des Moines East	1989	1:27.98
38	Ankeny Centennial	2018	1:27.99
39	Iowa City, City	1994	1:28.00
40	Cedar Rapids, Kennedy	2013	1:28.01

41	Iowa City West	2006	1:28.03
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	Southeast Polk	2022	1:28.11

Also – Panorama **1997** **1:29.62 – Class 1A State Meet Record**
Justin McDermott, Bob McFadden, Shaun Moylan, Travis Geopfert

4 x 200 Meter Relay (Hand-Held)

*** Hand held times – actually slower than similar FAT**

1	Iowa City, City	1997	1:26.4*
	Nikolai Hill, Jess Holland, Jason Dwight, Jason Ringena		
2	Waterloo East	1989	1:27.4*
3	Burlington	2008	1:27.6*
4	Waterloo West	1989	1:28.0*
5	Sioux City West	1994	1:28.1*

800 Meter Sprint Medley Relay (FAT only)

1	Bettendorf	2019	1:30.92	– State Meet & Class 4A Record
	Austin Kalar-Carter Bell-Leo Desequeria-Darien Porter			
2	Bettendorf	2018	1:31.12	
3	Dowling Catholic, WDM	2018	1:31.30	
4	Waukee	2019	1:31.45	
5	Ankeny	2022	1:31.46	
5	Urbandale	2019	1:31.52	
6	Cedar Falls	2021	1:31.53	
7	Valley, WDM	2018	1:31.68	
8	Ankeny Centennial	2021	1:31.72	
9	Unity Christian	2021	1:31.76	– Class 2A State Meet Record
	Tyler Wieringa-Clayton Bosma-Logan Franken-Tanner Schouten			
10	Sergeant Bluff-Luton	2019	1:31.77	– Class 3A State Meet Record
	Zach Shultz-Sam DeMoss-Josh Strangel-Jorma Schwedler			
11	Wahlert Catholic, Dubuque	2019	1:31.97	
	Epworth, Western Dubuque	2017	1:31.97	
13	Bettendorf	2017	1:32.09	
14	Fort Dodge	2019	1:32.12	
15	Ankeny Centennial	2019	1:32.34	
16	Cedar Rapids, Kennedy	2018	1:32.41	
17	Urbandale	2018	1:32.54	
18	Iowa City, City	2021	1:32.61	
19	Lewis Central	2017	1:32.62	
20	Waterloo, West	2017	1:32.68	
21	Iowa City, West	2018	1:32.74	
	Iowa City, West	2017	1:32.74	
23	Spirit Lake	2021	1:32.75	
24	Waukee	2021	1:32.76	
25	Cedar Rapids, Washington	2021	1:32.77	
	Cedar Rapids, Kennedy	2017	1:32.77	
27	Valley, West Des Moines	2017	1:32.80	
28	Valley, West Des Moines	2019	1:32.81	
29	Dowling Catholic, WDM	2022	1:32.87	
29	Urbandale	2021	1:32.94	
30	Waukee	2017	1:32.98	
31	Cedar Falls	2018	1:32.99	
32	Ames	2017	1:33.01	
33	Ottumwa	2018	1:33.06	
34	Boyden-Hull/Rock Valley	2019	1:33.07	
35	Glenwood	2018	1:33.11	
	Waukee	2018	1:33.11	
37	Indianola	2017	1:33.12	
38	Lawton-Bronson	2022	1:33.15	– Class 1A State Meet Record
	Leighton Olesen, Caleb Garnand, Louden Grimsley, Theo Moseman			
39	Des Moines, East	2019	1:33.17	
40	Cedar Falls	2022	1:33.19	
41	Des Moines, Roosevelt	2019	1:33.20	
42	Spirit Lake	2022	1:33.22	
43	Valley, West Des Moines	2021	1:33.27	
44	Marion	2018	1:33.30	

4 x 400 Meter Relay (FAT)

1	Valley, West Des Moines	2006 (p)	3:13.80 – State Meet & Class 4A Record
	Bryan Collins, Zac Sandvig, Ryan Keairnes, Brandon McSkimming		
2	Waukee	2019	3:14.81
3	Valley, West Des Moines	2019	3:15.25
4	Cedar Falls	2021	3:15.85 – Set Drake Relays Record at 3:16.67
	Alexis Mujica, Will Eastman, Joel Burris, TJ Tomlayonvich		
5	Valley, West Des Moines	2018	3:16.55
6	Cedar Falls	2016	3:16.85
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 – Class 2A State Meet Record
	Tony Leshen, Kyle Sinnott, Jacob Clouse, Avery Moore		
	Waterloo East	1979	3:18.09
18	Indianola	2010	3:18.12
19	Bishop Heelan, Sioux City	2009	3:18.24 – Class 3A State Meet Record
	Preston Ives, Michael Malloy, Nate Berger, Brendan Dougherty		
20	Cedar Falls	2014	3:18.30
21	Ames	1991	3:18.39
22	Des Moines East	1981	3:18.54
23	Valley, WDM	2005	3:18.54
24	Ankeny Centennial	2021	3:18.55
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	Ankeny	1996	3:19.29
40	Ankeny	2002	3:19.32
41	Cedar Falls	2008	3:19.34
Also –	North Linn, Troy Mills	2006	3:22.13 – Class 1A State Meet Record
	Ty Sherman, T.D. Holub, Justin Warring, Seth Schuhmacher		

4 x 400 Meter Relay (Hand-held)

1	Iowa City, City	1992	3:16.9*
	Joey Woody, Chad Pate, Jason Keese, Tim Dwight		
2	Iowa City, City	1994	3:18.3*

4 x 800 Meter Relay (FAT)

1	Ames	2015	7:41.43	– State Meet Record [& 4A]
	Lee Grim, Kuol Choi, Atem Akok, Daniel Chen			
2	Cedar Falls	2016	7:44.00	
3	Ames	1987	7:44.06	
4	Sioux City, North	2022	7:44.64	
5	Marshalltown	1985	7:45.63	– Drake Relays Record
	Paul Atha, Charles Grim, Jim Palmer, Kent Terrillion			
6	Waukee	2016	7:47.08	
7	Ames	1985	7:47.46	
8	Dowling Catholic, WDM	1980	7:47.57	
9	Marshalltown	1986	7:47.66	
10	Ames	1986	7:47.72	
11	Iowa City, City High	2023	7:47.84	
12	Muscatine	1979	7:48.01	
13	Iowa City, City High	2013	7:48.06	
14	Linn-Mar, Marion	2004	7:48.26	
15	Iowa City West	1986	7:48.27	
16	Linn-Mar, Marion	2005	7:48.55	
17	Cedar Rapids Washington	2010	7:48.70	
18	Muscatine	1981	7:48.88	
	Valley, WDM	1990	7:48.88	
20	Iowa City, West	2013	7:48.99	
21	Spirit Lake Park	2011	7:49.07	– Class 3A State Meet Record
	Alec Baldwin, Keith Byers, Kayne Feldick, Will Norris			
22	Waukee	2017	7:49.34	
23	Iowa City, City High	2018	7:49.41	
	Monticello	2013	7:49.41	
25	Iowa City Liberty	2021	7:49.45	
26	Prairie, Cedar Rapids	2014	7:49.52	
27	Indianola	2016	7:49.69	
28	Waukee	2012	7:49.79	
29	Ames	1981	7:49.83	
30	Ames	2005	7:49.86	
31	Ames	1983	7:49.89	

Also -	Monticello	2015	7:50.39	– Class 2A State Meet Record
	Jarrett Easton, Jordan Loes, Derek Manternach, Matt Manternach			
	Pekin	2017	7:58.63	– Class 1A State Meet Record
	Chandler Eckley, Sam Roth, Isaiah Wittrock, Ryan Milliken			

1,600 Meter Medley Relay (FAT)

1	Iowa City, City	2001	3:22.69	
	Sumaster Newell, Hakim Hill, Calvin Davis, Jeremy Mims			
2	Linn-Mar, Marion	2014	3:24.39	– State Meet and Class 4A Record
	Austin Flieder, Tim Wolfe, Duggan Trenary, Josh Evans			
3	Dowling Catholic, WDM	2015	3:25.27	
4	Charles City	2005	3:25.33	
5	Cedar Falls	2021	3:25.84	
6	Prairie, Cedar Rapids	2016	3:25.94	– Drake Relays Record
	Trevor Northrup. Marty Borseth, Jalen Rima, Tysen Vandraska			
7	Mid-Prairie, Wellman	2008	3:26.16	– Class 2A State Meet Record
	Tanner Miller, Cody Bontrager, Lance Silbaugh, Aaron Stockstell			

8	Dowling Catholic, West Des Moines	2016	3:26.26
9	Pleasant Valley	2008	3:26.51
	Indianola	1990	3:26.51
11	Monticello	2016	3:27.02
12	Prairie, Cedar Rapids	2015	3:27.08
13	Iowa City, City	2004	3:27.18
14	Johnston	2019	3:27.19
15	Ames	2015	3:27.38
16	Cedar Falls	2015	3:27.40
17	Dallas Center-Grimes	2022	3:27.49 – Class 3A State Meet Record
	Keaton Jackson, Gavin Todd, Daniel Onwuramaka, Aidan Ramsey		
18	Des Moines Roosevelt	1998	3:27.52
19	Assumption, Davenport	2004	3:27.65
20	Ames	1987	3:27.66
21	Dowling Catholic	2017	3:27.74
22	Marshalltown	2006	3:27.75
23	Cedar Falls	2016	3:27.85
24	Urbandale	2018	3:27.91
25	Mason City	1996	3:27.95
	Pleasant Valley	2007	3:27.95
27	Iowa City, West	2014	3:28.07
28	Dowling Catholic, WDM	2014	3:28.08
	Cedar Rapids Kennedy	2009	3:28.08
30	Ames	2014	3:28.09
31	Boone	2007	3:28.33
32	Indianola	2017	3:28.37
33	Urbandale	2019	3:28.53
34	Cedar Falls	2018	3:28.55
	Cedar Rapids Kennedy	1985	3:28.55
36	Davenport North	1998	3:28.56
37	Dubuque Senior	1999	3:28.59
38	Pleasant Valley	2016	3:28.65
39	Waukee	2019	3:28.66
40	Iowa City, City High	2022	3:28.69
41	Cedar Falls	2005	3:28.71
42	Cedar Falls	2009	3:28.77
	Indianola	1997	3:28.77
44	Mount Pleasant	2000	3:28.80
45	Prairie, Cedar Rapids	2012	3:28.88
46	Dubuque Senior	1996	3:28.91
47	Pleasant Valley	2014	3:28.93
	Iowa City, City	1994	3:28.93
49	Waterloo East	1980	3:29.01
50	Dike-New Hartford	2016	3:29.14
Also - Earlham		2022	3:31.48 – Class 1A State Meet Record
	Caleb Smith, Walker Hale, Malakai Hale, Jayden Dickson		

1,600 Meter Medley Relay (Hand-Held))

*** Hand held times – actually slower that the FAT above them**

1	Clinton	1979	3:27.2*
	Todd Garrels, Tom Williams, Kevin Sorensen, Kevin Marshall		

Shuttle Hurdle Relay (FAT times; 36" hurdles since 2019)

New Hurdle Height – 2019
(Note: on page 38 - 2007 & 2008 bests at 30 in. & 2009 thru 2018 bests at 33" in.)

1	Valley, West Des Moines	2019	57.18	– State Meet & Class 4A Record
	Parker Marschal, Urias Gbarjolo, Trajen Thornton, Jayden Williams			
2	Ankeny	2019	57.36	
3	Prairie, Cedar Rapids	2021	57.73	
4	Cedar Rapids, Kennedy	2021	57.83	–Set Drake Rel. Record, 57.95, '21
	Reid Pakkebier, Drew Bartels, Max White, Brody Lovell			
	Linn-Mar	2019	57.83	
6	Dowling Catholic, WDM	2021	58.09	
7	Cedar Rapids, Kennedy	2019	58.20	
8	Ankeny Centennial	2019	58.45	
9	Linn-Mar	2023	58.67	
10	Ankeny Centennial	2021	58.72	
11	Pleasant Valley	2022	58.96	
12	Pleasant Valley	2023	58.97	
13	Dowling Catholic, WDM	2019	59.20	
14	Southeast Polk	2019	59.29	
15	Pella	2022	59.38	
16	Sergeant Bluff-Luton	2019	59.40	
17	Epworth, Western Dubuque	2019	59.41	
18	Epworth, Western Dubuque	2021	59.47	–Class 3A State Meet Record
	Mitchell Ashline, Tanner Nauman, Devin Neuhaus, Logan Brosius			
	Ankeny	2021	59.47	
20	Dike-New Hartford	2019	59.49	–Class 2A State Meet Record
	Cade Fuller, Grant Bixby, Ely Sohn, Seth Eden			
21	Pella	2021	59.50	
22	Carlisle	2021	59.62	
23	Carlisle	2019	59.64	
24	Spirit Lake	2022	59.65	
25	North Polk	2022	59.70	
26	Treynor	2019	59.76	
27	Pella	2019	59.78	
28	Des Moines Christian	2019	59.91	
29	Cedar Falls	2021	1:00.02	
30	Prairie, Cedar Rapids	2022	1:00.07	
31	Linn-Mar	2022	1:00.09	
33	North Polk	2021	1:00.10	
31	Iowa City, City High	2021	1:00.11	
32	Lisbon	2021(p)	1:00.19	–Class 1A State Meet Record (1:00.20 F)
	Cohen Kamaus, Luke Czarnecki, Bryce Clausen, Kole Becker			
33	Waukee	2019	1:00.22	
34	Urbandale	2021	1:00.24	
35	Treynor	2022	1:00.31	
36	Clear Creek-Amana	2022	1:00.34	
37	Iowa City, City High	2019	1:00.36	
38	Lenox	2022	1:00.39	
	Central Decatur, Leon	2019	1:00.39	
40	Pleasant Valley	2019	1:00.40	
41	Belle Plaine	2022	1:00.42	
	Winterset	2019	1:00.42	
43	Underwood	2022	1:00.46	
44	Prairie, Cedar Rapids	2019	1:00.52	
45	Linn-Mar	2021	1:00.54	
46	Ottumwa	2019	1:00.61	

47	BCLUW	2019	1:00.62
48	Central Decatur	2022	1:00.64
	Belle Plaine	2012	1:00.64
50	Cedar Falls	2021	1:00.69
51	Greene County	2022	1:00.73
52	Cedar Rapids, Kennedy	2022	1:00.76
	CAM, Anita	2021	1:00.76
54	Cedar Rapids, Kennedy	2023	1:00.82
55	Mason City	2022	1:00.90
	Fremont-Mills	2019	1:00.90
57	West Liberty	2019	1:00.91
58	Humboldt	2019	1:00.99
59	Humboldt	2022	1:01.01
	North Scott	2021	1.01.01
61	Mount Pleasant	2019	1:01.02
62	Iowa City, City High	2023	1:01.04
63	Spirit Lake	2023	1:01.06
	Xavier, Cedar Rapids	2022	1:01.06
65	Davis County	2019	1:01.08
66	Tipton	2019	1:01.10
67	Treynor	2021	1:01.15 (.142)
	Spirit Lake	2021	1:01.15 (.150)
69	North Tama	2019	1:01.18

ALL-TIME BEST LIST IN YARDAGE EVENTS ERAS

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 lists included conversions to metric equivalents. Those converted times no longer are displayed.

Performances listed below are those run at the time – no conversion formula has been applied. Performances that were State Meet Records in yards are noted in this yardage section. Relays with a chute start not allowed for Record purposes.

The list that follows contains the names of relay runners of State Champion teams in each class. Schools involved can send spelling or athlete corrections to Bud Legg (nsbc03@mchsi.com)

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 and Class AA 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 – also won Drake Relays in 9.8, 1974
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 – Class C State Meet Record
	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
Also,	Dan Fields, Sioux City, Central	1969	:09.8 – at Drake Relays
	Dick Eisenlauer Des Moines, East	1971	:09.8 – at Drake Relays
	Marc Sakamoto, Ames	1973	:09.8 – at Drake Relays
	Fred Lucas, Des Moines, East	1952	:09.9 – at Drake Relays
	Ron Davis, Perry,	1965	:09.9 – Class A State Meet Record
	Jerry Lenz, Cherokee	1966	:09.9 – Class A State Meet Record
	Steve Wolpert, West Monona	1970	:09.9 – Class A State Meet Record
	Mike Shaw, Nevada	1975 (p)	:09.9 – Class A State Meet Record
	Jack Bintz, Sutherland	1964	:09.9 – Class B State Meet Record
	Ron Miller, English Valleys	1965	:09.9 – Class B State Meet Record
	Warren Johnson, West Lyon	1967	:09.9 – Class B State Meet Record
	Dave Harskamp, Sioux Center	1968	:09.9 – Class B State Meet Record
	Larry Miller. Des Moines, Roosevelt	1968	:09.9 – at Drake Relays
	Greg Mick, Cedar Rapids, Kennedy	1975	:09.9 – at Drake Relays

220 Yards

1	Tom Jennings, Marshalltown	1955	20.9
2	Clyde Duncan, DM North	1964	21.1
3	Gary Sanow, Marcus	1968	21.2
	Reggie Kaiser, DM North	1948	21.2

5	Carl Nelson, Clinton	1933	21.3 – chute start at State (single class)
	Gary Scott, DM North	1948	21.3 - chute start at State Class A (2-class)
	Page Arnold, Ames	1949	21.3
	Bruce McDonald, Scranton	1964	21.3
9	Dick Eisenlauer, DM East	1971	21.4 – State Meet & Class AA Record
	James Kirby, DM North	1966	21.4 – State Meet & Class AA 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
Also,	Mike Shaw, Nevada	1976	21.7 – Class A State Meet Record
	Steve Hodges, Laurens	1966	22.1 – Class B State Meet Record
	Vic Lochman, Alden	1976	22.2 – Class C State Meet Record
	Bruce McDonald, Scranton	1964	22.2 – Class C State Meet Record

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 & Class AA 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	Mike Norton, Anamosa	1976	49.0 – Class A State Meet Record
	Tom Dovel, Red Oak	1973	49.0 – Class A State Meet Record
	Mike Ross, Bishop Heelan, Sioux City	1969	49.0
	Gary Hollingsworth, English Valleys	1960	49.0 – Class B State Meet Record
	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
Also,	John Pollock, Havelock-Plover	1965	49.7 – Class C State Meet Record

880 Yards

1	David Korir, CR Washington	1975	1:50.0
	Korir ran 1:52.1 for State Meet & Class AA 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	Jim McGuire, Centerville	1976	1:55.2 – State Meet Class A Record
	John Marshall, CB Thomas Jefferson	1977	1:55.2
	Dennis Schultz, West Delaware	1970	1:55.2
	Mike Elliott, West Branch	1977	1:55.2– '77 ran 1:55.4, Class B State Record
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

Also, Tom Christensen, Ventura 1975 1:57.2 – State Meet Class C Record

One Mile Run (FAT)

*** Similar Hand-held times – actually slower than similar FAT**

1	Jackson Heidesch, Dowling, WDM	2023	4:02.25 - New Balance Ind @ New York C
2	Josh Evans, Linn-Mar, Marion	2014	4:04.38 - Adidas Dream Mile @ New York C
3	Ryan Schweizer, Dowling Catholic, WDM	2016	4:05.10 - Adidas Dream Mile @ Boston
4	Nate Mueller, ADM, Adel	2021	4:07.09 - Festival of Miles in St. Louis
5	Ed DeLashmutt, Fort Madison	1976	4:07.2*
6	Thomas Pollard, Gilbert	2014	4:08.28 - Festival of Miles in St. Louis
7	Chandler Austin, Boone	2014	4:09.06 - Festival of Miles in St. Louis
8	Jackson Mace-Maynard, Newton	2022	4:09.13 - Wisco Mile in Milwaukee
9	Jerome Howe, Treynor	1968	4:09.3*
10	Aidan Ramsey Dallas Center-Grimes	2022	4:10.88
11	Ryan Murphy, Linn-Mar	2017	4:12.46 - Festival of Miles in St. Louis
12	Doug Smith, Sioux City Central	1968	4:12.6*- 4:14.5 in 65 & 67(won State Meet)
13	Ford Washburn, Iowa City	2023	4:13.43 - New Balance Ind @ New York C
14	Gregg Newell, Davenport Central	1972	4:13.4*
15	Joe Burke, Columbus, Waterloo	1975	4:13.8* – State Meet & AA Record
16	Jim Eicken, Davenport Central	1975	4:14.0*
17	Albert Meier, Boone	2013	4:14.25
18	Bob Connell, Columbus, Waterloo	1972	4:14.3*
19	Tom Farrell, Dowling Catholic, WDM	1975	4:14.5*
20	Tom Schoberg, Bishop Heelan, Sx City	1972	4:15.0*
21	Jon Mathiason, Fort Madison	1977	4:15.1*
22	Mike Burke, Columbus, Waterloo	1971	4:15.3*
22	Doug Smith, Sioux City, Central	1965 & 1967	4:15.5*
23	Gabe Nash, Sioux City, North	2022	4:15.86
24	Don Akin, Sioux City East	1971	4:15.8*
25	Rich Fuller, Davenport, Central	1975	4:16.0*

26	Will Ryan, Dowling Catholic, WDM	2022	4:16.13
27	Randy Jackson, Iowa City, City	1976	4:16.3*
28	Pete Riley, CR Washington	1977	4:16.4*
29	Jim McCauley, Bishop Heelan, Sx City	1977	4:16.5*
30	Ralph Trimble, CR Jefferson	1959	4:16.7*
31	Rick McKean, Missouri Valley	1977	4:17.0*
32	Camden Cox, Ankeny Centennial	2017	4:17.61
33	Dan Sanders, Humboldt	1967	4:17.8*
34	Dave Krantz, Columbus, Waterloo	1970	4:18.0*
35	Jon Marshall, C Bluffs Thomas Jefferson	1977	4:18.2*
36	William Lohr, Sioux City, North	2022	4:18.56

Also,	Dennis Modracek, Prairie, Cedar Rapids	1967	4:18.6 – State Meet Class A Record
	Rex Karamitros, Newman Cath, Mason City	1977	4:20.1 – State Meet Class B Record
	Denis Reed, Anita	1964	4:20.1 – State Meet Class B Record
	Jerome Howe, Treynor	1967	4:21.0 – State Meet Class C Record

Two Mile Run

*** Similar Hand-held times – actually slower than similar FAT**

1	Jackson Heidesch, Dowling Catholic	2023	8:42.59 at CYUP Indoor in Chicago
2	Jim Eicken, Davenport Central	1975	8:52.0
	Eicken's 8:58.8 in 1974 was a State Meet & Class AA Record		
3	Thomas Pollard, Gilbert	2015	8:53.26
4	Randy Jackson, Iowa City, City	1976	9:00.2
5	Mark Johnson, Mason City	1973	9:06.3
6	Jon Thomas, Des Moines, Roosevelt	2005	9:07.53
7	Wally Duffy, Shenandoah	1979	9:08.0
8	Jeff Myers, Davenport West	1974	9:09.1
9	Doug Smith, Sioux City Central	1967	9:09.2
10	Jon Mathiason, Fort Madison	1976	9:12.9
11	Frank Richardson, Sac City	1973	9:13.0
12	Greg Prestemon, Ames	1975	9:13.1
13	Ford Washburn, Iowa City, City High	2023	9:14.62 at New Balance Ind @ New York C
14	Kiel Uhl, Des Moines, Roosevelt	2005	9:15.19
15	Mark Bishop, Indianola	1974	9:15.7
16	Steve Pershing, Cedar Falls	1974	9:16.0
	Barry Lowe, Des Moines Lincoln	1975	9:16.0
18	Mike Cregeen, Clarinda	1974	9:19.2 State Class A Record, 9:20.3,1974
19	Tim Holton, Cherokee	1977	9:19.6
20	Scott Brink, Estherville	1976	9:19.7
22	Rich Twedt, DM Hoover	1970	9:19.9
23	Roy Clancy, Iowa City, City	1973	9:20.7
24	Jamie Hutcheson, Marshalltown	1977	9:21.46
25	Lynn Lee, Mason City	1968	9:21.5
26	Randy Fitzgerald, Decorah	1977	9:22.51

Also,	Jim Hansen, Dike	1976	9:36.3 – State Meet Class B Record
	Mark Hughes, Delwood	1974	9:36.8 – State Meet Class C Record

120-Yard-High Hurdles

1	Randy Elliott, Charles City	1977	13.6–ran 14.3('76) &14.1('77) to win AA State
2	Greg Rumple, Urbandale	1974	13.9-Ran 14.0 in '74 for AA 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	Steve Casey, Cherokee	1971	14.2 – set Class A State Record
	Scott Hamilton, Clinton	1971	14.2
	Mark Votroubek, CR Kennedy	1970	14.2
	Kent Wessely, Waterloo, West	1970	14.2
	Dave McCurry, Grinnell	1969	14.2
	Bruce Presley, Fort Dodge	1967	14.2
	Jock Johnson, Des Moines East	1967	14.2
Also -	LeRoy McCuen, Corning	1977	14.5 – set Class B State Record
	Ross Thiedeman, Ar-We-Va	1977	14.5 – set Class C State Record

440 Yard Relay (Hand Held)

1	Des Moines Tech	1975	42.2 – State Meet & Class AA Record (prelims)
	Mike Anderson, Nate Butts, Willis Humphry, Ricardo Duncan		
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
Also,	Glenwood	1966 (p)	43.7 - Class A Record (prelims)
	Dick Keith, Pando Markuly, Kent Asmussen, Kenny Hunter		
	Storm Lake	1967 (p)	43.7 - Class A Record (prelims)
	Alan Bowles, Art Lande, Jim Jorgensen, Gene Lyster		
	West Monona	1969 (p)	43.7 - Class A Record (prelims)
	Bob Bisbee, Dave Brink, Steve Wolpert, Jack Comfort		
	Maurice-Orange City	1973	43.8 - Class B Record (prelims)
	Darwin Vermaat, David Woodward, Garry Brumels, Dan DeKoter		
	Terril	1973	44.1 - Class C Record (prelims)
	Dan Opoien, Bill Gerdeman, Mike Cranston, Steve Olson		

880 Yard Relay (Hand Held)

1	Des Moines North	1948	1:27.6 – chute start at State Meet
	Chute starts not allowed for state record consideration		
2	Cedar Rapids Washington	1977	1:27.9 – State AA Meet Record
	Varrick Wilson, David Facien, C.C. Moore, Vernon Brown		
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

Also, Eagle Grove 1973p 1:29.8 – Class A State Record
Gerald Page, Dave Stockdale, Mike Asche, Mike Koepke
Nevada 1975p 1:29.8 – Class A State Record
Mike Leeper, Earl Stoeffler, Marc Andresen, Mike Shaw
Terril 1973p 1:31.1 – Class C State Record
Dan Opoien, Bill Gerdeman, Mike Cranston, Steve Olson
Maurice-Orange City 1973p 1:31.2 – Class B State Record
Varrick Wilson, David Facien, C.C. Moore, Vernon Brown

One Mile Relay (Hand Held)

1	Indianola	1970	3:17.7 – State Meet & Class AA Record
	Dick Fromm, Steve Patrick, Jim Crawford, Phil Kuehl		
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

Also, Cherokee, Washington 1967 3:23.4 – State Meet & Class A Record
Byron Reed, Jon Hantsbarger, Tom Gravers, Dion Woods
Hamburg 1977 3:27.2 – State Meet & Class A Record
Tom Aranza, Charles Dovel, Joe Livengood, Jeff Barrett
Manson 1966 3:27.3 – State Meet & Class A Record
Tom Sigler, Del Rost, Jim Walstrom, John Walstrom

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

1	Davenport West	1977	7:47.0 – State Meet & Class AA Record
	Jeff Werthmann, Mike Oberhaus, Ken Buesing, Ricci Washburn		
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

Also, Lewis Central 1974 8:01.4 – State Class A Meet Record
Andy Everson, Ed Croson, Don Woods, Boyd Nansel
Britt 1974 8:05.6 – State Class B Meet Record
Dave Zrostilk, Dave Howlett, Jim Dummett, Doug Pooch
Hamburg 1973 8:09.9 – State Class C Meet Record
Ray Aranza. Tom Alstrope, Mark Fletcher, Jay Kirby

One Mile Medley Relay

1	Cedar Rapids Washington	1975	3:27.0 – State Meet & Class AA Record
	Tim Lodwick, Jeff Nissen, Ken Hopkins, David Korir		
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

Also, Anamosa 1975 3:32.5 – State Class A Meet Record
Bill Burhans, Tom Michels, Mike Norton, Kevin Burke
Greene 1975 3:34.0 – State Class B Meet Record
Byron Davis, John Van Eschen, Rich Allison, Brian Frevert
Meriden-Cleghorn 1975 3:36.9 – State Class C Meet Record
Brian Ruppi, Jerry Biezuns, Mike Hurd, Pete Stevenson

OTHER ALL-TIME BESTS OF DISCONTINUED EVENTS

180 Yd. Low Hurdles (1951-1977)

Chute Start not considered for State Meet Record

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 Votroubek, Cedar Rapids Kennedy	1968	19.1 – chute start at State
	Dave Moklebust, 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 & AA State Record
Also,	Chris Nady, Nevada	1977	19.6 - Class A State Meet Record
	LeRoy McCuen, Corning	1977	19.6 - Class B State Meet Record
	Ross Thiedeman, Ar-We-Va	1977	19.7 - Class C State Meet Record

220 Yd. Low Hurdles (1906-1934 – one class)

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 & Class A Record
2	Paul Swanson, Clinton	1937	22.6
3	Dean Deuel, Cherokee	1947-48	22.7 – Class B State Record
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	Don 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 only at 1976 Drake Relays - mixed hand held and FAT)

Since 2000, Iowa preps have occasional run 1,500 meters at other meets

1	Jackson Heidesch, Dowling Catholic, WDM	2022	3:50.12
2	Ryan Schweizer, Dowling Catholic	2015	3:53.25
3	Blake Irwin, Pleasant Valley	2007	3:58.214
4	Ed DeLashmutt, Fort Madison	1976	3:59.63 - Drake Relays Record
5	Brett Adams, Assumption, Davenport	2004	3:59.57
6	Thomas Pollard, Gilbert	2013	3:59.75
7	Brad Cook, Cedar Falls	1976	4:02.7
8	Rich Fuller, Davenport Central	1976	4:03.8
9	Doug Smith (Jr. High-Fr), Sioux City	1965	4:04.9
10	Jon Marshall, CB Thomas Jefferson	1976	4:05.6
	Pete Riley, CR Washington	1976	4:05.6
12	Scott Wulfekuhler, Mason City	1976	4:06.7
13	Tom Teeling, Dubuque Senior	1976	4:06.8
14	Chuck Grato, Ames	1976	4:07.9
15	Jon Pelzer, Tipton	1976	4:14.6

4 x 110 Meter Shuttle Hurdle Relay (mixed hh and FAT in hundredths; 2007-08)

New Event: Started in 2007 – 30-inch hurdles

1	Iowa City West	2008	56.15 – State Meet and Class 4A Record
	Aaron Martin, Peter Dolan, Leonard Sula, Dan Davis		
2	Ames	2008	56.64
3	Dubuque Hempstead	2008	56.78
4	Hudson	2008	57.09 – Class 2A Record
5	Valley, WDM	2007	57.15
	Des Moines Lincoln	2007	57.15
7	Valley, WDM	2008	57.20
8	Atlantic	2008	57.30 – Class 3A Record
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 – Class 1A Record
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

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

Hurdle Height to 33 inches – 2009-2018

1	Linn-Mar, Marion	2016	55.68
2	Waukee	2014	55.78 – State Meet & Class 4A 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 – ran 56.74 for Class 3A Record
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 - Class 2A Record
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
Also, Madrid		2012 (p)	58.48 - Class 1A Record

ALL-TIME BESTS IN DISCONTINUED FIELD EVENTS

Pole Vault (1906-89)

1	Preston Schmidt, Bettendorf	1983	16-06.50 (I)
	Schmidt went 15-06.50 in 1983 - State Meet & AA Record; & Drake Relays Record of 16-00 in 1983		
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 – set Class A Record
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
Also,	Doug Atwood, Pekin	1984	14-02 – Class B State Record
	Darrell Crawford, Lamoni	1976	13-11.05 – Class C State Record

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 throws used 1950-63)

1	Gary Eggers, Audubon	1963	266-05
2	Roger Larson, Underwood	1962	265-08 – Class C State Meet Rec 248-00.05, '63
3	Stan Whitman, Iowa Falls	1963	259-05 – State Meet and Class A Record
4	Gary Snook, Iowa City, City	1961	249-08
5	Steve Soesbe, Ames	1963	245-07– State Meet AA Record at 244-08
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	238-09.05 – State Meet B Record
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

Point System Bests
Mickie Miller, Cherokee & Gerald Dawson, Sigourney 1942 350*
* Miller won in a throw off

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