



ARCHIVES

# MINNESOTA STATE HIGH SCHOOL LEAGUE

## Boys Track and Field State Meet - Class A Records<sup>^</sup>

Event	Record	Record Holder	School	Year
100 Meter Dash	:10.77	Erik Hanson	Mesabi East, Aurora	(In Prelims) 1996
200 Meter Dash	:21.45	Tyler Beehler	Foley	(In Prelims) 2014
400 Meter Dash	:47.66	Tom Gerding	Waconia	1996
800 Meter Run	1:50.72	Jason Owen	Stewartville	1996
1600 Meter Run	4:12.02	Shane Streich	Waseca	2015
3200 Meter Run	8:59.19	Mike Torchia	Rochester Lourdes	2006
110 Meter High Hurdles	:13.92	Jon Tollefson	St. Croix Lutheran, West St. Paul	(In Prelims) 2015
300 Meter Intermediate Hurdles	:37.39	Mitch Potter	St. Michael-Albertville	(In Prelims) 1999
4 x 100 Meter Relay	:42.57	Minneapolis North Community		2022
		Zelaun Black, Kameron Clay, Jayland Baker, Jaivon Hill		
4 x 200 Meter Relay	1:28.93	Hermantown		2004
		Dan Jago, Mike Sumbs, Nikki Holt, Kyle Schmidt		
4 x 400 Meter Relay	3:20.64	St. Michael-Albertville		1999
		Brandon Beaudry, Sven Glaeser, Martin Robeck, Mitch Potter		
4 x 800 Meter Relay	7:56.21	Pine Island		2007
		Denny Meints, Mohamed Hussein, Michael Lambeth, Jake Gabor		
Long Jump	23' 10.25"	John Bodine	Barnesville	1982
Triple Jump	48' 08.50"	Ed Hegland	Appleton/Milan	1987
High Jump	6' 10"	Ken Larson	Fulda	1981
	6' 10"	Yahya Madar	*Mounds Park Academy	2019
Pole Vault	16' 02"	Jarod White	Pine Island	2022
Discus	192' 07"	Mike Yonkey	Wells-Easton	1987
Shot Put	62' 08"	Tim Senjem	Hayfield	1996

### Wheelchair Division

Event	Record	Record Holder	School	Year
100 Meter	16.15	Aidan Gravelle	*Mankato Loyola/Cleveland	2022
200 Meter	30.43	Tyler Gunnarson	St. Charles	2023
800 Meter	2:01.58	Peyton Gunnarson	Lewiston-Altura	2021
1600 Meter	4:13.26	Aidan Gravelle	*Mankato Loyola/Cleveland	2022
3200 Meter	9:25.26	Tyler Shepersky	*United North Central	2019
Shot Put – Category 1	20' 07.50"	Danny Liya	*Moose Lake/Willow River	2019
Shot Put – Category 2	22' 09.25"	Lucas Taylor	Lakeview	2023
Discus – Category 1	48' 02"	Aidan Gravelle	*Mankato Loyola/Cleveland	2021
Discus – Category 2	52' 05"	Lucas Taylor	Lakeview	2023

\*No Meet in 2020: COVID-19 Pandemic

### Events no longer held – Record:

100 Yard Dash	:10.2	Bruce Nielsen	Ivanhoe	1974
220 Yard Dash	:21.7	Ryan Lamppa	Benson	1977
440 Yard Dash	:48.1	Ryan Lamppa	Benson	1977
880 Yard Run	1:56.0	Jeff Browne	Wadena	1978
1 Mile Run	4:18.6	Mike McGowan	Blue Earth	1979
2 Mile Run	9:23.0	Dale Kramer	Glenwood	1974
120 Yard High Hurdles	:14.1	Mike Frericks	Silver Bay	1977
180 Yard Low Hurdles	:19.6	Mike Frericks	Silver Bay	1977
440 Yard Relay	:44.1	Stewartville		1978
		Howard Donohue, Scott Myhre, Steve Woessner, Mark Oakes		
4 X 220 Yard Relay	1:30.7	Silver Bay		1977
		Mike Frericks, Rob Rolando, Joe Bianco, Tom Frericks		
One Mile Relay	3:26.0	Blue Earth		1978
		Steve Howard, Dan True, Craig Henke, Tom Plocker		
One Mile Medley Relay (220-220-440-880)	3:34.0	Blue Earth		1976
		Dan True, Dave Olson, Norm Judd, Bob Mehrhof		
1600 Meter Sprint Medley Relay (200-200-400-800)	3:31.19	Stewartville		(In Prelims) 1995
		Jason Howes, Nate Nagel, Reese Wait, Jason Owen		

<sup>^</sup>With the move to a three-class tournament in 2022, new records were established in Class AA. Class A records remained the same and Class AA records through 2021 were converted to Class AAA records.

## Boys Track and Field State Meet - Class AA Records<sup>^</sup>

Event	Record	Record Holder	School	Year
100 Meter Dash	:10.60	Max Reis	Spectrum	(In Prelims) 2022
200 Meter Dash	:21.87	Max Reis	Spectrum	(In Prelims) 2022
400 Meter Dash	:48.44	Braden Draheim	Winona	2023
800 Meter Run	1:52.79	Cameron Stocke	Rock Ridge	2023
1600 Meter Run	4:11.25	Cameron Stocke	Rock Ridge	2023
3200 Meter Run	9:03.72	Emmett Gerres	Belle Plaine	2023
110 Meter High Hurdles	:14.67	Tayven Peterson	Mora	2023
300 Meter Intermediate Hurdles	:38.22	Tayven Peterson	Mora	2023
4 x 100 Meter Relay	:42.09	Hill-Murray		(In Prelims) 2022
		Rashad McKinley, Gianni Hurley, Simon Seidl, Sawyer Seidl		
4 x 200 Meter Relay	1:27.39	Waseca		2023
		Christian Rodriguez, Damrius Russell, Kaeden Johnson, Kyle Ahlschlager		
4 x 400 Meter Relay	3:22.20	Jordan		2022
		Owen Montreuil, Will Major, Isaac Young, Kaleb Sharp		
4 x 800 Meter Relay	7:52.79	Jordan		2022
		Isaac Young, Owen Montreuil, Aiden Langheim, Kaleb Sharp		
Long Jump	23' 03.00"	Carter Reckelberg	Becker	2023
Triple Jump	45' 07.00"	Anthony Borum	Friley	2022
High Jump	6' 06"	Carter Anderson	Stewartville	2022
	6' 06"	Owen Carlson	Mahtomedi	2023
Pole Vault	15' 06"	Brian Schloeder	Rockford	2023
Discus	174' 11"	Torasbjorn Lunaas	Stewartville	2023
Shot Put	58' 02"	Jackson Weston	Grand Rapids	2022

### Wheelchair Division

Event	Record	Record Holder	School	Year
100 Meter	:18.75	Nelson Remington	Fairmont	2022
200 Meter	:31.78	Nelson Remington	Fairmont	2023
800 Meter	2:10.38	Nelson Remington	Fairmont	2023
Shot Put	20' 03.75"	Devin Filzen	Winona	2023

<sup>^</sup>With the move to a three-class tournament in 2022, new records were established in Class AA. Class A records remained the same and Class AA records through 2021 were converted to Class AAA records.

## Boys Track and Field State Meet - Class AAA Records^

Event	Record	Record Holder	School	Year
100 Meter Dash	:10.49	Ibrahim Kabia	Champlin Park	2004
200 Meter Dash	:20.92	Jon Boyd	Mankato East	(In Prelims) 2004
400 Meter Dash	:47.34	Ramy Ayoub	Farmington	2022
800 Meter Run	1:49.69	Zachary Mellon	Buffalo	2008
1600 Meter Run	4:06.54	Joe Klecker	Hopkins	2015
3200 Meter Run	8:51.44	Noah Breker	Robbinsdale Armstrong	2023
110 Meter High Hurdles	:13.88	Rilwan (RJ) Alowonle	Park, Cottage Grove	(In Prelims) 2012
300 Meter Intermediate Hurdles	:36.59	Rilwan (RJ) Alowonle	Park, Cottage Grove	2012
4 x 100 Meter Relay	:41.52	Eagan Josh Brown, Dallas Krech, Troy Brown, Sam Zenner		2015
4 x 200 Meter Relay	1:25.58	Hopkins Jaylen Champion, Wyatt Lubarski, Sam Leervig, Joe Fahnbulleh		2019
4 x 400 Meter Relay	3:16.69	Stillwater Area Makao Day, Nate Ricci, Marshall Davis, Neal Goff		2011
4 x 800 Meter Relay	7:44.56	Hopkins Hunter Staack, Sam Branson, Jack Henschel, Seth Eliason		2016
Long Jump	24' 09.25"	Von Shepard	St. Paul Central	1982
Triple Jump	49' 05.50"	Michael Sandle	Eden Prairie	2010
High Jump	7' 01"	Rod Raver	Rochester John Marshall	1973
Pole Vault	16' 01.00"	Nathan Nelson	Rochester Century	2023
Discus	207' 00"	Hayden Bills	Rosemount	2023
Shot Put	66' 07.50"	Hayden Bills	Rosemount	2023

### Wheelchair Division

Event	Record	Record Holder	School	Year
100 Meter	19.45	Jayson Gorton	Buffalo	2016
200 Meter	35.70	Blake Eaton	Duluth Denfeld	2019
800 Meter	1:55.85	Mark Braun	Irondale, New Brighton	2012
1600 Meter	4:02.40	Mark Braun	Irondale, New Brighton	2012
Discus	58' 08"	Mark Braun	Irondale, New Brighton	2012
Shot Put	22' 04.75"	Jonathan Laing	Lakeville North	2016

\*No Meet in 2020: COVID-19 Pandemic

### Events no longer held – Record:

100 Yard Dash	:9.9	Terry Lewis	Minneapolis North	1974
		Jeff Byrd	Minneapolis Central	(In Prelims) 1978
220 Yard Dash	:21.7	Paul Otto	Edina East	1977
440 Yard Dash	:48.3	Tom Coles	Hutchinson	1977
880 Yard Run	1:54.1	Jim Leib	Minneapolis Southwest	1974
1 Mile Run	4:12.1	Steve Plasencia	Cooper	1974
2 Mile Run	9:08.7	Lindsay Brown	Stillwater	1978
120 Yard High Hurdles	:14.0	Mike Siskin	Wayzata	1977
180 Yard Low Hurdles	:19.3	George Csathy	Robbinsdale Armstrong	1977
440 Yard Relay	:42.5	Minneapolis Central Kevin Whitlock, Davey Lewis, J. W. Hollins, Jeff Byrd		1978
4 X 220 Yard Relay	1:29.4	Robbinsdale Armstrong Tony Belden, Keith Roloff, Kevin Young, Scott Flolid		1972
Mile Relay	3:21.7	Armstrong Jim Walden, Dan Braun, Greg Hughes, Mark Peterson		1978
Mile Sprint Medley Relay (220-220-440-880)	3:28.7	Edina East Art Horecki, Mike Goblirsch, Andy Overman, Ben Porter		1974
1600 Meter Sprint Medley Relay ... (200-200-400-800)	3:29.16	Bloomington Jefferson Peter Hill, Al Hamilton, Daryl Zachary, Jim Scott		1984

^With the move to a three-class tournament in 2022, new records were established in Class AA. Class A records remained the same and Class AA records through 2021 were converted to Class AAA records.

## Boys Track and Field State Meet - All-Time Records

Event	Record	Record Holder	School	Year
100 Meter Dash	:10.49	Ibrahim Kabia	Champlin Park	2004
200 Meter Dash	:20.92	Jon Boyd	Mankato East	(In Prelims) 2004
400 Meter Dash	:47.34	Ramy Ayoub	Farmington	2022
800 Meter Run	1:49.69	Zachary Mellon	Buffalo	2008
1600 Meter Run	4:06.54	Joe Klecker	Hopkins	2015
3200 Meter Run	8:51.44	Noah Breker	Robbinsdale Armstrong	2023
110 Meter High Hurdles	:13.88	Rilwan (RJ) Alowonle	Park, Cottage Grove	(In Prelims) 2012
300 Meter Intermediate Hurdles	:36.59	Rilwan (RJ) Alowonle	Park, Cottage Grove	2012
4 x 100 Meter Relay	:41.52	Eagan Josh Brown, Dallas Krech, Troy Brown, Sam Zenner		2015
4 x 200 Meter Relay	1:25.58	Hopkins Jaylen Champion, Wyatt Lubarski, Sam Leervig, Joe Fahnbulleh		2019
4 x 400 Meter Relay	3:16.69	Stillwater Area Makao Day, Nate Ricci, Marshall Davis, Neal Goff		2011
4 x 800 Meter Relay	7:44.56	Hopkins Hunter Staack, Sam Branson, Jack Henschel, Seth Eliason		2016
Long Jump	24' 09.25"	Von Shepard	St. Paul Central	1982
Triple Jump	49' 05.50"	Michael Sandle	Eden Prairie	2010
High Jump	7' 01"	Rod Raver	Rochester John Marshall	1973
Pole Vault	16' 02"	Jarod White	Pine Island	2022
Discus	207' 00"	Hayden Bills	Rosemount	2023
Shot Put	66' 07.50"	Hayden Bills	Rosemount	2023

### Wheelchair Division

Event	Record	Record Holder	School	Year
100 Meter	16.24	Peyton Gunnarson	Lewiston-Altura	2021
200 Meter	30.86	Peyton Gunnarson	Lewiston-Altura	2018
800 Meter	1:55.85	Mark Braun	Irondale, New Brighton	2012
1600 Meter	4:02.40	Mark Braun	Irondale, New Brighton	2012
3200 Meter	9:25.26	Tyler Shepersky	*United North Central	2019
Discus – No Category	58' 08"	Mark Braun	Irondale, New Brighton	2012
Discus – Category 1	48' 02"	Aidan Gravelle	*Mankato Loyola/Cleveland	2021
Discus – Category 2	50' 04"	Luke Johnston	Medford	2019
Shot Put – Category 1	22' 04.75"	Jonathan Laing	Lakeville North	2016
Shot Put – Category 2	22' 09.25"	Lucas Taylor	Lakeview	2023

\*No Meet in 2020: COVID-19 Pandemic

### Events no longer held – Record:

100 Yard Dash	:9.9	James McClearie	Brainerd	1933
		Norman Anderson	St. James	1954
		Blaine Chatham	Minneapolis Central	(In Prelims) 1964
		Edward Wade	Minneapolis North	(In Prelims) 1965
		Greg Lokken	Moorhead	1967
		Mark Lutz	Rochester Mayo	1969, 1970
		Greg Geiger	Richfield	1971
		Jim Gravalin	Moorhead	1972
		Terry Lewis	Minneapolis North	1974
		Jeff Byrd	Minneapolis Central	(In Prelims) 1978
220 Yard Dash	:21.4	Mark Lutz	Rochester Mayo	1970
440 Yard Dash	:48.1	Ryan Lamppa	Benson	1977
880 Yard Run	1:51.7	Tim Turnbull	Hopkins	1966
1 Mile Run	4:05.1	Garry Bjorklund	Proctor	1969
2 Mile Run	9:02.7	Dennis Fee	White Bear Lake	1972
120 Yard High Hurdles	:14.0	Mike Siskin	Wayzata	1977
180 Yard Low Hurdles	:19.1	William McNee	Alexander Ramsey, Roseville	1965
440 Yard Relay	:42.5	Minneapolis Central Kevin Whitlock, Davey Lewis, J. W. Hollins, Jeff Byrd		1978
4 X 220 Yard Relay	1:28.4	Moorhead Roby Anderson, Todd Watson, Terry Swanson, Jim Gravalin		1972
Mile Relay	3:19.8	Edina Tom Roch, Paul Dunn, Jeff Strandemo, Jeff Brauchle		1968
Mile Sprint Medley Relay (220-220-440-880)	3:28.7	Edina East Art Horecki, Mike Goblirsch, Andy Overman, Ben Porter		1974
1600 Meter Sprint Medley Relay ... (200-200-400-800)	3:29.16	Bloomington Jefferson Peter Hill, Al Hamilton, Daryl Zachary, Jim Scott		1984