



Men's Track & Field Record Book (updated through 2021-22 season)

Indoor Records

55m Dash

NAME	YEAR	TIME
1. Bill Davis	1984	6.34
2. Sam Ingram	1987	6.44
3. Elliot Powell	2005	6.51
4. Chris Daniels	2005	6.52
5. Mike Hall	1971	6.4y
Matt Martin	1977	6.4y
Matt Cowell	1978	6.4y

60m Dash

NAME	YEAR	TIME
1. Julian Smith	2012	6.86
2. Elliot Powell	2005	6.94
Jeru Lollis	2016	6.94
4. Chris Daniels	2005	7.00
Nick Kowaleski	2013	7.00

200m Dash

NAME	YEAR	TIME
1. Julian Smith	2012	21.59
2. Elliot Powell	2005	22.20
3. Nehemiah Ray	2022	22.27
4. Nick Kowaleski	2012	22.33
5. Anthony Franze	2016	22.42

300m Dash

NAME	YEAR	TIME
1. Jay Lauer	1974	34.9y
2. Aaron Tidwell	1984	35.1y
3. Kenny Darden	1982	35.9y
4. Paul Kahle	1965	36.5y
5. Kevin Adamik	2012	36.83

400m Dash

NAME	YEAR	TIME
1. Ben Sekuloski	2018	48.24
2. Charles Hanley	1975	48.8y
3. Emanuel Daggett	2020	48.96
4. Brandon Riley	2018	49.10
5. Andrew Butts	2014	49.77

600m Dash

NAME	YEAR	TIME
1. Dennis Murray	1974	1:18.2y
2. Chris Rudynski	1982	1:22.5y
3. Kevin Adamik	2012	1:23.32
4. Ben Zibricky	2015	1:25.68
5. Chad Brooks	2014	1:26.67

800m Run

NAME	YEAR	TIME
1. Alexander Bruno	2020	1:52.93
2. Ignacio Veloz Bonilla	2022	1:54.59
3. Nate Nunnely	2003	1:54.79
4. Kevin Ullman	2001	1:54.85
5. Ben Zibricky	2018	1:55.25

1,000m Run

NAME	YEAR	TIME
1. Dan Ingroff	1969	2:30.3y
2. Nate Nunnely	2001	2:35.20
3. Dave Halter	1979	2:36.9

One Mile Run

NAME	YEAR	TIME
1. Alexander Bruno	2018	4:05.75
2. Tom Kilcoyne	1978	4:13.0
3. Chris Honig	2008	4:14.72
4. Wally Bradford	2013	4:14.90
5. Aaron Crague	2000	4:15.38

3,000m Run

NAME	YEAR	TIME
1. Aaron Crague	2001	8:18.49
2. Alexander Bruno	2020	8:20.01
3. Jack Worman	2020	8:26.94
4. Dominic Paoletti	2020	8:28.15
5. Jeremy Duff	2000	8:30.90

Two Mile Run

NAME	YEAR	TIME
1. Gary Schroeder	1971	9:16.8
2. LeRoy Schramm	1965	10:06.8

Three Mile Run

NAME	YEAR	TIME
1. Gary Schroeder	1971	14:25.6



Men's Track & Field Record Book (updated through 2021-22 season)

Indoor Records

5,000m Run

NAME	YEAR	TIME
1. Jack Worman	2020	14:43.69
2. Dominic Paoletti	2020	14:51.00
3. Aaron Crague	2000	14:53.15
4. Nate Iben	1993	14:54.29
5. Jack Mader	2019	15:03.93

55m Hurdles

NAME	YEAR	TIME
1. Steve Cook	1964	7.6y
Todd Helming	1979	7.6y
3. Bob Balgeman	1979	7.7y
4. Tom Heun	2009	7.84
5. Sean Barfield	2004	7.98

60m Hurdles

NAME	YEAR	TIME
1. Steve Cook	1965	8.1y
2. Sean Barfield	2004	8.43
3. Tom Heun	2008	8.50
4. Nathanael Noon	2003	8.69
Adam Wierciak	2004	8.69

200m Hurdles

NAME	YEAR	TIME
1. Adam Wierciak	2003	25.94
2. Bryan Bandy	2004	26.80
3. Mark Reddel	2005	26.97

High Jump

NAME	YEAR	DIST.
1. Brent Bultmeier	1982	6'10"
2. Mark Fisher	1979	6'8"
Mark Massey	1998	6'8"
4. Will Maidment	2020	6'6 3/4"
5. Randy Streicher	1975	6'6"
Ricky Samuel	1977	6'6"

Pole Vault

NAME	YEAR	DIST.
1. Justin Zosso	2015	16'2 3/4"
2. Tristan Malatlian	2022	15'9"
3. Alexander Watson	2018	15'7 1/4"
4. Jeremy Seiler	2019	15'7"
5. Nicholas Stack	2015	14'11"
Zach Topper	2016, 2018	14'11"

Long Jump

NAME	YEAR	DIST.
1. Jarrett Mickens	2011	24'2 1/4"
2. Jeff Thomas	1976	22'10 1/2"
3. Julian Smith	2012	22'9 1/4"
4. Mark Seeber	2000	22'4 1/2"
5. Joshua Lee	2005	22'3"

Triple Jump

NAME	YEAR	DIST.
1. Jarrett Mickens	2011	48'10"
2. Jeff Thomas	1976	46'9"
3. Joe Adams	1969	46'3 3/4"
4. TJ Weinzimmer	2021	45'11 3/4"
5. Eric Griffin	1999	45'7 3/4"

Shot Put

NAME	YEAR	DIST.
1. Todd Goodrick	2005	52'4"
2. Tim Andrews	1982	52'2"
3. Andrew Guzek	2016	51'1 1/2"
4. Andrew Rixon	2012	50'4"
5. Jeff Middledorf	1974	50'2"

Weight Throw

NAME	YEAR	DIST.
1. Steve Bartholomew	2008	67'9 3/4"
2. Jacob Smutz	2016	67'2 3/4"
3. Andrew Guzek	2016	61'5"
4. Jacob Frey	2015	59'2 3/4"
5. Chris Sosnowski	2016	56'11 1/2"

Heptathlon

NAME	YEAR	POINTS
1. Elijah Owen	2015	4,413
2. Zack Fortener	2020	4,308
3. Kevin Adamik	2014	4,094
4. Connor Hickey	2017	4,076
5. Ricky Laskowski	2012	4,065



Men's Track & Field Record Book (updated through 2021-22 season)

Indoor Records

4x200m Relay

NAMES	YEAR	TIME
1. Awoseyin, Dwyer, Powell, Moscinski	2004	1:32.01
2. Lee, Kosko, Moscinski, Powell	2005	1:32.80
3. Dwyer, Kosko, Wheeler, Powell	2004	1:32.88

4x400m Relay

NAMES	YEAR	TIME
1. Semro, Murray, Lauer, Hanley	1975	3:20.5y
2. Butts, Brooks, Hatchett, Adamik	2013	3:20.91
3. Sekuloski, Franze, Riley, Otterbach	2017	3:22.95
4. Sekuloski, Otterbach, Riley, Hickey	2018	3:23.19
5. Daggett, Allen, Otterbach, Sekuloski	2019	3:23.35

4x800m Relay

NAMES	YEAR	TIME
1. Leifheit, Staebler, Haschmeyer, Schilke	1993	8:18.0
2. Reisetter, Kabara, Blume, Iott	2003	8:18.05
3. (names unknown)	2008	8:24.05
4. Gill, Krupar, Lawrence, Martis	2006	8:25.56
5. Luke, Gardow, Kariger, Paul	2002	8:33.6

Dist. Medley Relay

NAMES	YEAR	TIME
1. Mader, Sekuloski, Zibricky, Al. Bruno	2018	9:57.64
2. Ad. Bruno, Dotts, Zibricky, Al. Bruno	2016	10:06.45
3. Al. Bruno, Otterbach, Zibricky, Mader	2017	10:06.59
4. Veloz Bonilla, Sekuloski, Hickey, Worman	2019	10:11.01
4. Nunnelly, Wierciak,	2001	10:18.28

4xMile Relay

NAMES	YEAR	TIME
1. Fronczak, Schroeder, Stivers, Shumate	1971	17:23.6
2. Iben, Stenberg, Sanders, Leifheit	1994	18:05.0
3. Siek, Iben, Leifheit, Staebler	1993	18:25.0



Men's Track & Field Record Book (updated through 2021-22 season)

Outdoor Records

100y Dash

NAME	YEAR	TIME
1. John Knight	1962	9.9
Detlaf Soberay	1966	9.9
Steve Cook	1968	9.9
Jim Wellsand	1968	9.9

100m Dash

NAME	YEAR	TIME
1. Julian Smith	2012	10.46
2. Nehemiah Ray	2022	10.54
3. Sam Ingram	1986	10.55
4. Nick Kowaleski	2012	10.56
5. Aaron Tidwell	1981	10.6

200m Dash

NAME	YEAR	TIME
1. Sam Ingram	1987	20.92
2. Julian Smith	2012	21.24
3. John Knight	1962	21.3y
4. Nehemiah Ray	2022	21.63
5. Billy Davis	1983	21.7

400m Dash

NAME	YEAR	TIME
1. Paul Kahle	1965	48.1y
2. Dennis Murray	1974	48.1y
3. Ben Sekuloski	2018	48.20
4. Emanuel Daggett	2021	48.80
Chris Rudynski	1983	48.8

800m Run

NAME	YEAR	TIME
1. Dennis Murray	1975	1:50.7y
2. Nate Nunnally	2003	1:53.73
3. Kevin Ullman	2001	1:53.95
Alexander Bruno	2018	1:53.95
5. Ignacio Belonz-Bonilla	2022	1:54.04

1,500m Run

NAME	YEAR	TIME
1. Nate Nunnally	2001	3:49.68
2. Aaron Crague	2003	3:50.72
3. Alexander Bruno	2018	3:52.11
4. Jeremy Duff	2000	3:54.44
5. Eric Carothers	2021	3:54.61

One Mile Run

NAME	YEAR	TIME
1. Tom Kilcoyne	1977	4:14.0
2. Gary Schroeder	1971	4:17.9
3. Roger Anderson	1967	4:20
4. Ted Schroeder	1958	4:21.2
5. LeRoy Schramm	1964	4:27

Two Mile Run

NAME	YEAR	TIME
1. Gary Schroeder	1971	9:10.2
2. Dave Esterline	1967	9:21.8
3. Steve May	1966	9:32.5
4. LeRoy Schramm	1964	9:38.5
5. Bob Fronczak	1971	9:39.4

Three Mile Run

NAME	YEAR	TIME
1. Dave Brady	1973	14:16.3
2. Gary Schroeder	1971	14:28.1
3. Bob Fronczak	1971	14:58.5

5,000m Run

NAME	YEAR	TIME
1. Aaron Crague	2003	14:16.10
2. Nate Iben	1994	14:28.8
3. Dominic Paoletti	2021	14:43.40
4. Dave Brady	1972	14:47.1
5. Alexander Bruno	2018	14:55.28

Six Mile Run

NAME	YEAR	TIME
1. Gary Schroeder	1973	30:00.3

10,000m Run

NAME	YEAR	TIME
3. Dominic Paoletti	2021	30:24.58
1. Nate Iben	1996	30:53.61
2. Gary Schroeder	1973	31:05.1
4. Scott Sanders	1995	31:33.2
5. Dave Melchior	1983	32:06.78



Men's Track & Field Record Book (updated through 2021-22 season)

Outdoor Records

Ten Mile Run

NAME	YEAR	TIME
1. Gary Schroeder	1971	56:38

110m Hurdles

NAME	YEAR	TIME
1. Steve Cook	1966	14.1y
2. John Mitchell	1968	14.6y
3. Tom Heun	2008	15.02
4. Steve Benz	1962	15.04y
5. Sean Barfield	2004	15.14

220y Hurdles

NAME	YEAR	TIME
1. Steve Benz	1964	23.8
2. Don Kendt	1955	25.1
3. Jerry Jeske	1953	25.9

330y Hurdles

NAME	YEAR	TIME
1. Steve Cook	1965	38.4

400m Hurdles

NAME	YEAR	TIME
1. Dennis Brown	1974	53.0y
2. Adam Wierciak	2004	54.27
3. Dennis Lawton	1971	55.9y
4. Antwon Hatchett	2014	56.00
5. Mark Reddel	2004	56.25

3,000m Steeplechase

NAME	YEAR	TIME
1. Jim Black	1972	9:14.2
2. Jeremy Duff	2000	9:16.04
3. Chris Honig	2007	9:24.36
4. Doug Brown	2003	9:25.37
5. Matt Blume	2003	9:29.62

Pole Vault

NAME	YEAR	DIST.
1. Justin Zosso	2015	16'3 1/4"
2. Jeremy Seiler	2018	16'0"
3. Alexander Watson	2017	15'3"
4. Tristan Malatlian	2022	15'1"
5. Zach Topper	2018	14'8 1/4"

High Jump

NAME	YEAR	DIST.
1. Brent Bultmeier	1979	6'10 3/4"
2. Ricky Samuel	1976	6'8 1/2"
3. Will Maidment	2021	6'8"
John Otte	1987	6'8"
Mark Massey	1998	6'8"

Long Jump

NAME	YEAR	DIST.
1. Jarrett Mickens	2011	24'6 1/2"
2. Jeff Thomas	1976	24'2"
3. Joshua Lee	2005	23'9 1/2"
4. Antoine Ward	1998	23'0 3/4"
5. Fred Mina	1970	22'11 1/2"

Triple Jump

NAME	YEAR	DIST.
1. Jeff Thomas	1976	48'4 1/4"
2. Jarrett Mickens	2010	47'3"
3. TJ Weinzimmer	2021	47'2.5"
4. Bob Hammond	1980	46'11"
5. Nick Ricks	2017	46'9"

Shot Put

NAME	YEAR	DIST.
1. Jeff Middendorf	1975	53'9 1/4"
2. Todd Goodrick	2005	52'3 3/4"
3. Tim Andrews	1982	51'2 1/2"
4. Andrew Guzek	2018	50'8"
5. Don Schoenfeld	1967	50'4 1/2"

Discus Throw

NAME	YEAR	DIST.
1. Steve Bartholomew	2008	170'10"
2. Jake Rasawehr	2018	167'5 1/2"
3. Eddie Juszczak	2021	159'6"
4. Jacob Smutz	2015	158'0"
5. Chris Sosnowski	2015	157'10"



Men's Track & Field Record Book (updated through 2021-22 season)

Outdoor Records

Hammer Throw

NAME	YEAR	DIST.
1. Jacob Smutz	2016	204'11"
2. Steve Bartholomew	2008	201'10"
3. Jacob Frey	2015	195'6"
4. Alek Trafton	2022	183'5"
5. Chris Sosnowski	2016	178'11"

Javelin Throw

NAME	YEAR	DIST.
<i>Modern Era</i>		
1. Jeremy Getz	2015	212'9"
2. Kris Schmautz	2003	187'9"
3. Elijah Owen	2016	186'8"
<i>Pre-modern rules</i>		
1. Jim Maryanski	1976	218'4"
2. Bud Sawatzky	1966	210'4"
3. Al Petersen	1971	209'0"

Decathlon

NAME	YEAR	POINTS
1. Jason Scott	1998	6,225
2. Connor Hickey	2016	5,774
3. Elijah Owen	2015	5,680
4. Kevin Adamik	2015	5,501
5. Ethan Litavec	2022	5,212

4x100m Relay

NAMES	YEAR	TIME
1. Mitchell, Wellsand, Mina, Woosley	1968	41.4y
2. Lollis, Franze, Sampson, Dotts	2016	41.84
3. Laskowski, Coan, Holy, Kowaleski	2012	41.85
4. Davis, Darden, Rudynski, Tidwell	1983	42.10
5. Lollis, Sampson Franze, Sekuloski	2017	42.15

Shuttle Hurdles Relay

NAMES	YEAR	TIME
1. Wierciak, Barfield, Noon, Bandy	2004	1:04.1

4x200m Relay

NAMES	YEAR	TIME
1. Cummins, Orndorff, Hedgcock, Ingram	1987	1:28.01
2. Davis, Darden, Rudynski, Tidwell	1983	1:29.0
3. Jewell, Blake, Benz, Knight	1962	1:31.0y
4. Zubeck, Jordan, Fruchling, Jewell	1960	1:31.8y

4x400m Relay

NAMES	YEAR	TIME
1. Riley, Otterbach, Helm, Sekuloski	2018	3:17.07
2. Murray, Brown, Weide, Lauer	1974	3:20.3y
3. Ayres, Stoll, Hinkey, Kahle	1965	3:21.0y
4. Riley, Dotts, Yonker, Franze	2016	3:21.08
5. Ray, Veloz-Bonilla, Sibley, Litavec	2022	3:21.97

4x800m Relay

NAMES	YEAR	TIME
1. Fritz, Weaver, Halter, Kilcoyne	1979	7:57.1y
2. Fritz, Currie, Halter, Hannon	1980	8:15.50
3. Martin, Schalk, Snell, Gill	2007	8:16.34

Dist. Medley Relay

NAMES	YEAR	TIME
1. Nunnally, Skytland, Ullman, Crague	2001	10:11.3
2. Neuman, Stokes, Kotik, Leifheit	1995	10:28.0
3. Stivers, Woosley, Fronczak, Schroeder	1971	10:34.0

4x1,500m Relay

NAMES	YEAR	TIME
1. Crague, Theilig, Nunnally, Duff	2000	16:37.39
2. Theilig, Ullman, Duff, Crague	1999	16:38.19

4x1600m Relay

NAMES	YEAR	TIME
1. Veloz Bonilla, Walda, Worman, Carothers	2021	17:22.24
2. Shumate, Black, Schroeder, Fronczak	1971	17:56.0
3. Iben, Leifheit, Siek, Schilke	1993	18:04.0
4. Alelson, Sagendorph, Riley, Lohr	1982	18:06.1