

4 x 400 METER RELAY - MINNESOTA ALL-TIME

3:14.47	Mounds View 2007 (Q. Evans, M. Schelendich, K. Bradley, A. Balzar)	3:20.62	Robbinsdale Armstrong 2002
3:16.69	Stillwater Area 2011 (M. Day, N. Ricci, M. Davis, N. Goff)	3:20.4	Robbinsdale Armstrong 1978 (3:21.7y)
3:16.89	Stillwater 1997 (A Runk, L Lumby, N Langer, T Mitchell)	3:20.64	St Michael-Albertville 1999
3:17.06	Wayzata 2013 (C Pierson, J Smith, O Wamuo, M Smith)	3:20.64	Mounds View 2019
3:17.58	Lakeville North 2022 (J Kocher, B Stachewicz, B Licht, A Casey)	3:20.67	Robbinsdale Cooper 2006
3:17.88	Woodbury 2013 (O Lawal, M Waterhouse, A Abodunde, K Lee)	3:20.71	Moorhead 1993
3:17.98	Wayzata 2011	3:20.72	Rosemount 2010
3:18.36	Wayzata 2012	3:20.75	Robbinsdale Armstrong 2010
3:18.57	Wayzata 2014	3:20.77	Minnnetonka 1996
3:18.60	Lakeville North 2023	3:20.77	St. Michael-Albertville 2013
(10)		(70)	
3:18.67	Woodbury 2004	3:20.6	Rochester JM 1974 (3:21.9y)
3:18.5	Edina 1968 (3:19.8y)	3:20.6	Wayzata 1978 (3:21.9y)
3:18.77	Woodbury 2008	3:20.6	Wayzata 1981
3:18.81	Mounds View 2005	3:20.86	Hastings 2023
3:18.88	Hopkins 2001	3:20.87	Park 1985
3:18.94	East Ridge 2017	3:20.90	Apple Valley 2022
3:19.06	Mounds View 2018	3:20.92	Wayzata 2019
3:19.13	Mounds View 2017	3:20.93	Blaine 2016
3:18.9	Edina 1969 (3:20.2y)	3:20.96	Mounds View 2000
3:19.18	Bemidji 2017	3:20.96	Maple Grove 2010
(20)		(80)	
3:19.19	Rosemount 2022	3:20.97	Farmington 2014
3:19.22	Buffalo 2008	3:20.99	Forest Lake Area 2022
3:19.32	Mankato East 2017	3:21.01	Stillwater Area 1999
3:19.37	Hopkins 2019	3:20.8	Edina 1966 (3:22.1y)
3:19.39	Mankato East 2016	3:20.8	Moorhead 1973 (3:22.1y)
3:19.40	Eden Prairie 2015	3:21.05	Mankato West 2008
3:19.2	Moorhead 1971 (3:20.5y)	3:21.08	Woodbury 2012
3:19.44	Apple Valley 1999	3:21.11	Burnsville 2008
3:19.45	Coon Rapids 2001	3:20.9	White Bear Lake 1970 (3:22.2y)
3:19.47	Rosemount 2008	3:20.9	Albert Lea 1976 (3:22.2y)
(30)		(90)	
3:19.4	Alexander Ramsey 1968 (3:20.7y)	3:21.14	Irondale 2015
3:19.64	Edina 2018	3:21.15	Roseville Area 2013
3:19.71	Wayzata 2016	3:21.22	Hopkins 2013
3:19.72	East Ridge 2013	3:21.23	Chaska 2013
3:19.5	Bloom Kennedy 1971 (3:20.8y)	3:21.1	Edina 1965 (3:22.4y)
3:19.75	Buffalo 2011	3:21.35	Elk River 2014
3:19.79	Mounds View 1999	3:21.38	Bloom Jefferson 1999
3:19.83	Farmington 2015	3:21.40	Mounds View 2001
3:19.84	Apple Valley 2001	3:21.41	Rochester Lourdes 2014
3:19.92	Centennial 2017	3:21.2	White Bear Lake 1966 (3:22.5y)
(40)		(100)	
3:19.93	Rosemount 2023	3:21.2	Rochester JM 1969 (3:22.5y)
3:19.95	Wayzata 2017	3:21.2	Owatonna 1974 (3:22.5y)
3:19.97	Mounds View 2023	3:21.2	Mounds View 1987
3:20.00	Buffalo 2006	3:21.48	Mounds View 2022
3:20.07	Stillwater Area 2010	3:21.3	White Bear Mariner 1974 (3:22.6y)
3:20.08	Fairmont 1984	3:21.54	Hopkins 2007
3:19.9	White Bear Lake 1971 (3:21.2y)	3:21.55	Apple Valley 1989
3:20.16	Andover 2022	3:21.55	Eden Prairie 2022
3:20.17	Austin 2010	3:21.58	Wayzata 2015
3:20.19	Stillwater Area 1998	3:21.59	Osseo 2014
(50)		(110)	
3:20.24	Apple Valley 1992	3:21.65	Stillwater 1996
3:20.26	Shakopee 2016	3:21.5	Mounds View 1977 (3:22.8y)
3:20.30	Eden Prairie 2010	3:21.76	Minnnetonka 1985
3:20.37	Edina 2017	3:21.76	Buffalo 2009
3:20.37	East Ridge 2018	3:21.77	Prior Lake 2017
3:20.49	Stillwater Area 2000	3:21.80	Eden Prairie 2023
3:20.51	Rosemount 2011	3:21.81	Hopkins 2011
3:20.53	Eden Prairie 2014	3:21.82	Owatonna 1981
3:20.55	White Bear Lake Area 2010	3:21.6	Robbinsdale Armstrong 1979 (3:22.9y)
3:20.60	Wayzata 2002	3:21.84	Tartan 2007
(60)		(120)	

3:21.88 Eagan 2006
 3:21.88 Hopkins 2012
 3:21.90 Minnetonka 2012
 3:21.91 Irondale 1992
 3:21.92 Rosemount 2009
 3:21.93 Burnsville 2000
 3:21.7 White Bear Lake 1967 (3:23.0y)
 3:21.7 Mankato 1968 (3:23.0y)
 3:21.7 Edina East 1974 (3:23.0y)
 3:21.97 Minnetonka 1989
 (130)
 3:21.97 Alexandria 2005
 3:21.97 Bloomington Jefferson 2014
 3:22.00 Moorhead 2014
 3:22.00 Wayzata 2022
 3:21.8 St Louis Park 1971 (3:23.1y)
 3:21.8 Moorhead 1972 (3:23.1y)
 3:22.08 Albert Lea 1988
 3:22.10 Elk River 2013
 3:22.11 Hastings 2014
3:22.11 Minnetonka 2023
 (140)
3:22.13 Champlin Park 2023
 3:22.17 Rochester Century 2019
 3:22.20 White Bear Lake 1985
 3:22.20 Rochester Mayo 2002
 3:22.20 Jordan 2022
 3:22.21 Edina 2016
 3:22.0 Red Wing 1976 (3:23.3y)
 3:22.0 Eden Prairie 1978 (3:23.3y)
 3:22.0 Wayzata 1979 (3:23.3y)
 3:22.0 Moorhead 1980
 (150)
 3:22.25 Farmington 2013
 3:22.27 Irondale 1989
 3:22.27 Fridley 2008
 3:22.29 Eastview 2005
 3:22.31 Burnsville 2001
 3:22.33 Mounds View 2006
 3:22.1 Rochester JM 1971 (3:23.4y)
 3:22.34 Farmington 2021
 3:22.2 Stillwater 1977 (3:23.5y)
 3:22.2 Albert Lea 1977 (3:23.5y)
 (160)
 3:22.2 Wayzata 1980
 3:22.46 White Bear Lake 2009
 3:22.47 Elk River 2016
 3:22.50 St Francis 1989
 3:22.51 Park Center 2018
 3:22.3 Minnetonka 1968 (3:23.6y)
 3:22.3 White Bear Mariner 1975 (3:23.6y)
 3:22.54 Woodbury 2006
 3:22.54 Mounds View 2014
 3:22.55 Minnetonka 1988
 (170)
 3:22.55 Anoka 2006
 3:22.55 Eagan 2015
 3:22.59 Edina 1999
 3:22.62 LeCenter/Cleveland 1997
 3:22.4 St Louis Park 1967 (3:23.7y)
 3:22.4 Edina 1971 (3:23.7y)
 3:22.4 White Bear Lake 1978 (3:23.7y)
 3:22.4 Blaine 1984
 3:22.70 Apple Valley 2008
3:22.70 Forest Lake 2023
 (180)
 3:22.71 White Bear Lake Area 2011
 3:22.73 Eastview 2019
 3:22.5 St Paul Central 1989
 3:22.5 Mounds View 1973 (3:23.8y)
 3:22.75 Robbinsdale Armstrong 2006
 3:22.77 SP Highland Park 1988
 3:22.77 Osseo 2013
 3:22.81 Brainerd 2000
 3:22.6 St Paul Central 1979 (3:23.9y)
 3:22.6 Apple Valley 1988
 (190)
 3:22.84 White Bear Lake 1999
 3:22.85 Mankato West 2004
 3:22.86 Tartan 2006
 3:22.87 Eden Prairie 1997
 3:22.88 Fairmont 2008
 3:22.88 Prior Lake 2011
 3:22.90 Bloomington Jefferson 2013
 3:22.91 Elk River 1983
 3:22.91 Tartan 1998
 3:22.91 Eastview 2008
 (200)
 3:22.92 Osseo 2011
 3:22.93 Irondale 1979
 3:22.93 Tartan 2005
 3:22.7 Park 1974 (3:24.0y)
 3:22.7 Mounds View 1975 (3:24.0y)
 3:22.7 Rochester JM 1975 (3:24.0y)
 3:22.7 Faribault 1980
 3:22.7 Blaine 1983
 3:22.94 Eden Prairie 2012
 3:22.94 Anoka 2015
 (210)
 3:22.96 Anoka 2016
 3:22.97 Osseo 2001
 3:22.97 Moorhead 2018
 3:23.01 Forest Lake 1993
 3:23.01 Rochester Century 2004
 3:23.01 Holy Angels 2005
 3:22.8 Austin 1975 (3:24.1y)
 3:22.8 Stillwater 1978 (3:24.1y)
 3:22.8 Minnetonka 1984
 3:22.8 Burnsville 1980
 (220)
 3:22.8 Minnetonka 1995
 3:23.04 Alexandria 2011
 3:23.05 Rosemount 1992
 (223)