

300 METER INTERMEDIATE ALL TIME CLASS RECORDS

Junior

37.32 Riwan Alowonle, Park 2011
37.81 Joel Smith, Mounds View 2017
37.85 Nick Lagos, White Bear Lake 2001
37.94 C.J. Janu, Spring Lake Park/St. Anthony 2012
38.07 Jerome Begin, Buffalo 2010
38.07 Evan El-Halawani, Lakeville North 2016
38.17 Clayton Johnson, Hastings 2015
38.21 Trevon Clay, St. Paul Como Park 2015
38.32 Jon Tollefson, Saint Croix Lutheran 2014
38.32 Samuel Lundquist, Minnehaha Academy 2014
38.33 Nicholas Dalske, Coon Rapids 2007
38.33 Davis Eldridge, Eden Prairie 2014

Sophomore

37.89 Riwan Alowonle, Park 2010
38.30 Clayton Johnson, Hastings 2014
38.41 George Jackson, Hopkins 2019
38.54 Joshua Thomsen, Mounds View 2019
38.89 Roberto Tapiz, Monticello 1997
39.00 Johnathon Santiago, Saint Francis 2013
39.03 Jerome Begin, Buffalo 2009
39.03 Davis Eldridge, Eden Prairie 2013
39.04 Mitchell Potter, St Michael-Albertville 1997
39.12 Christopher Hilton, Saint Charles 2023
38.9 Paul Eischen, Hastings 1985
39.16 Josh Sampson, Mounds View 2017

Freshman

39.6 Jim Grebin, Austin Pacelli 2005
40.03 Lorenzo Hampton III, Fridley 2023
40.23 Rashad Cohen, Minnetonka 2009
40.31 Clayton Johnson, Hastings 2013
40.51 Jonathan Mann, Rosemount 2017
40.59 Trevon Clay, Saint Paul Como Park 2013
40.62 Scott Ferguson, Alexandria 1997
40.63 Chris Ashby, Luverne 2005
40.80 Gavin Skelton, Mesabi East 2018
40.6 Emmanuel Phoulom-Smith, Eastview 2015
40.85 Jack Kocher, Lakeville North
40.88 Chris Mattke, Elgin-Millville 1998

9/15/23