

## NON-CHAMPIONSHIP EVENTS - MINNESOTA ALL-TIME

### 600 METER RUN

1:22.34 David Platner, Eden Prairie 2009  
1:22.39 Frank Falzone, Stillwater 2009  
1:22.3 Mark Becker, Edina 1969 (1:22.7y)  
1:22.60 Cal Lawton, Eden Prairie 2014  
1:22.80 Isaac Krahn, Stillwater 2019  
1:23.41 Abner Mosesti, Edina 2017  
1:23.51 Oliver Kitzerow, Eden Prairie 2015  
1:23.4 Jim Lieb, Mpls Southwest 1974 (1:23.8y)  
**1:23.71 Jake Heimkes, Eden Prairie 2023**  
1:23.9 Bary Papermaster, St Louis Park 1972 (1:24.3y)  
1:23.9 Skip Chalker, Edina East 1974 (1:24.3y)  
Convert yards to meters- multiply by 0.9942

### 1500 METER RUN

3:51.11 Ben Blankenship, Stillwater 2007  
**3:55.77 Aidan Jones, Mpls Washburn 2023**  
3:55.87 Andy Richardson, Irondale 2005  
3:57.67 Wayde Hall, Stillwater 2013  
3:58.17 Shane Streich, Waseca 2012  
3:59.35i William Skelley, Mounds View 2022  
**3:59.39i Noak Breker, Robbinsdale Armstrong 2023**  
3:59.69 Derek Mattila, Staples-Motley 1997  
**3:59.98 Kaleb Sharp, Jordan 2023**

### 3000 METERS

**8:15.47i Noah Breker, Robbinsdale Armstrong 2023**  
**8:23.66 Sam Scott, Minneapolis Southwest 2023**  
**8:25.97 Robert Mechura, Roseville Area 2023**  
**8:27.65 Aidan Jones, Minneapolis Washburn 2023**  
**8:30.72 Aiden Keller, Breck 2023**  
8:42.93i Joe Klecker, Hopkins 2015

### 5000 METER RUN

14:34.06 Elliot Heath, Winona 2007

### 110 METER 42" HIGH HURDLES

14.08 Niles Deneen, St Paul Como Park 1994  
14.97 Rupert Bannerman-Thompson, Roseville Area 2005

### 400 METER HURDLES

53.81 Clayton Johnson, Hastings 2015  
53.99 Collin Seifert, East Ridge 2017  
55.02 Peter Stuart, Blaine 2001  
55.07 Adam Stoudt, Minnetonka 2012  
55.17 Niles Deneen, St Paul Como Park 1994  
55.81 Joshua Thomsen, Mounds View 2019  
56.21 Zach Henke, Brainerd 2018  
56.22 Jordan Lovestrang, Bloomington Jefferson 2012  
**56.58 Maki Whelan, Rosemount 2023**  
55.65 Abdihafid Sahal, Edina 2016  
(10)  
56.15 Evan El-Halawaini, Lakeville North 2016  
56.90 Ayinde Abanu, DeLaSalle 2015  
57.27 Grant Fuller, Edina 2016  
57.27 Tyler Sealock, Osseo 2017  
57.42 Steve Floyd, Park Center 2000  
57.46 Michael Williams, St. Cloud Tech 2002  
57.48 Jacob Johnson, Owatonna 2015  
**57.49 David Allred, Minnetonka 2023**  
**57.58 Corbin Herron, St. Peter 2023**  
57.60 Chris Mattke, Elgin-Millville 2000  
(20)

### ONE MILE STEEPLECHASE (no water jumps)

4:43.0 Ron Graham, SP Highland Park 1973

### 3000 METER STEEPLECHASE

9:28.2 Tim O'Donnell, Simley 1975  
9:29.18 Pat Hoard, Wayzata 1993  
9:34.87 Luke Watson, Stillwater 1998  
9:39.3 Ben Husaby, Eden Prairie 1984  
9:42 Bob Fahey, Cretin 1976  
9:48.10 Derek Mattila, Staples-Motley 1997  
9:51.19 Forrest Tahdoahnippah, St. Paul Central 2002  
9:56.3 Dave Sjogren, Mounds View 1986

### 2000 METER STEEPLECHASE (with water jumps)

5:54.04 Luke Watson, Stillwater 1998  
5:57.78 Jake Watson, Stillwater 2004  
6:02.5 Derek Mattila, Staples-Motley 1997  
6:10.44 Eric Klingaman, Staples-Motley 1998  
6:11.2 Scott Hebel, Burnsville 1986  
6:11.83 Josh Gerber, Wayzata 2005  
6:11.98 Jon Francis, Stillwater 2000  
6:14.53 Parker Phillips, Eden Prairie 2016  
6:14.75 Ryan Kollman, Centennial 1996  
6:16.00 Keith Donovan, Chaska 1989  
(10)  
6:20.61 Jackson Wiley, Eden Prairie 2007  
6:20.87 John Davis, Eden Prairie 2007  
6:22.3 Ben Husaby, Eden Prairie 1984  
6:22.3 Pat Hoard, Wayzata 1992  
6:25.3 Dave Sjogren, Mounds View 1985

### HAMMER THROW

166-10 Kaden Elder, Windom 2017  
162-11 Kieran McKeag, Apple Valley 2014

### DECATHALON

**5934 Tate Bloch, Eden Prairie 2023**  
5873 Brittan Burns, Lakeville South 2018  
5746 James Kruse, Irondale 2013  
5684 Ian O'Connor, Prior Lake 2017  
5418 Kevin Wolf, Spring Lake Park/ St. Anthony 2007

### 4 x MILE RELAY (w/ Baton)

17:17.45 Stillwater 2013 (E. Krahn, W. Hall, E. Colvin, S. Bjork)  
17:29.09 Willmar 2007 (K. Adeys, M. Hassan, M. Yusuf, M. Bedel)  
17:38.26 Lakeville North 2006  
**17:42.66 Minneapolis Washburn 2023**  
17:45.71 Edina 2016  
17:50.5 Stillwater 2004 (17:44.3m)  
17:56.0 Stillwater 1998 (17:49.8m)  
18:00.7 Osseo 1985 (17:54.5m)  
18:05.6 Minneapolis Southwest 2022  
18:10.5 Mpls Central 1964  
18:11.15 Mounds View 2019  
(10)  
**18:11.19 Big Lake 2023**  
18:18.5 Rosemount 2011 (18:12.3m)  
18:25.7 Mpls Southwest 1974  
18:27.3 Stillwater 2006 (18:21.1m)  
18:27.9 Mounds View 1969  
18:29.2 Osseo 1972  
Convert meter to yards - multiply by 1.0058

### DISTANCE MEDLEY RELAY (4000 m)

10:10.68 Willmar 2007 (K. Adeys, Z. Coquyt, A. Awale, M. Yusuf)  
10:12.67 Lakeville South 2007  
10:13.43 Winona 2004  
10:16.21 Wayzata 2015  
10:22.23 Stillwater Area 1998  
10:23.4 Rochester Mayo 1976 (10:27.0y)  
10:29.3 Austin 1986  
10:31.57 Wayzata 2010  
10:31.4 Rochester John Marshall 1976 (10:35.0y)  
10:33.53 Burnsville 2005  
(10)  
10:34.3 Rochester John Marshall 1974 (10:37.9y)  
10:34.4 Winona 1985  
10:34.82 Burnsville 2006  
  
10:35.85 Rosemount 2011  
10:35.8 Mpls Southwest 1974 (10:39.4y)  
10:36.3 Mounds View 1969 (10:39.9y)  
10:35.5 Winona 1974 (10:40.1y)  
10:36.57 Mounds View 2000  
10:38.0 St Louis Park 1964 (10:41.7y)  
10:38.8 Rochester John Marshall 1978 (10:42.5y)  
(20)  
10:38.9 Winona 1978 (10:42.6y)

10:39.0 Rochester John Marshall 1986  
10:39.1 Rochester John Marshall 1981  
10:39.2 Owatonna 1981  
10:39.94 Winona 2007  
10:39.8 North St Paul 1969 (10:43.5y)  
10:39.9 Rochester Mayo 1980  
10:40.8 Faribault 1985  
10:40.9 Owatonna 1976 (10:44.6y)  
10:41.1 Rochester John Marshall 1980  
(30)  
10:42.33 Andover 2012  
10:42.38 Farmington 2015  
10:42.5 Winona 1977 (10:46.2y)  
10:42.86 Minnetonka 2012  
10:42.7 Rochester Mayo 1978 (10:46.4y)  
10:42.8 Albert Lea 1978 (10:46.7y)  
10:42.8 Rochester JM 1986  
10:43.2 Wayzata 1972 (10:46.9y)  
10:44.0 Winona 1986  
10:44.5 Mankato West 1983  
(40)  
10:44.6 Mankato West 1985  
10:44.9 Faribault 1984  
10:45.7 Winona 1983

**9/17/2023**