

## 400 METER DASH - MINNESOTA ALL-TIME

|              |                                                        |              |                                                           |
|--------------|--------------------------------------------------------|--------------|-----------------------------------------------------------|
| 46.87        | Dwyne Smith Jr, Apple Valley 2024                      | 48.60        | Taevon Wells, Greenway/Nashwauk-K 2022                    |
| 46.98        | Harlow Tong, St. Paul Central 2024                     | 48.61        | Brian Meyer, Bloomington Jefferson 1997                   |
| 47.18        | Quinn Evans, Mounds View 2007                          | 48.61        | Rashon Powers-Neal, Cretin-Derham Hall 2001               |
| <b>47.19</b> | <b>Henry Risser, Hopkins 2025</b>                      | 48.61        | Hans Storvick, Mankato West 2004                          |
| 47.28        | Jack Markstrom, Mound-Westonka 2024                    | 48.61        | Kyle Groven, Pine Island 2016                             |
| 47.34        | Ramy Ayoub, Farmington 2022                            | 48.61        | Tysen Schmidt, Plainview-Elgin-Millville 2017             |
| 47.40        | Michael Smith, Wayzata 2014                            | 48.62        | Obai Hussein, Rosemount 2008                              |
| 47.42        | Genuine Matthews, Saint Francis 2017                   | 48.63        | Rich Harkwell, Totino Grace 1984                          |
| 47.56        | Nathan Reese, East Ridge 2013                          | 48.63        | Mike Thomas, Apple Valley 1989                            |
| <b>47.56</b> | <b>Sebastian Strauss, Hastings 2025</b>                | 48.4         | Mitch Potter, St Michael-Albertville 1998                 |
| (10)         |                                                        | (70)         |                                                           |
| 47.59        | Randy Melbourne, Mpls Washburn 1993                    | 48.64        | Gus Langford, DeLaSalle 2021 & 2022                       |
| 47.66        | Tom Gerding, Waconia 1996                              | 48.65        | Ryan Noreen, Bloom Jefferson 1999                         |
| 47.66        | Adam Steele, Eden Prairie 1999                         | 48.65        | Josh Tracy, St. Michael-Albertville 2015                  |
| 47.72        | Scott Beadle, Moorhead 1993                            | 48.66        | Zach Gearman, Burnsville 2010                             |
| <b>47.77</b> | <b>Oliver Thompson, St. Paul Academy &amp; SS 2025</b> | 48.68        | Melvin Carter, SP Central 1997                            |
| 47.78        | Calvin Clark, St. Paul Humboldt 2010                   | 48.68        | E.J. Houston, Cretin-Derham Hall 2005                     |
| 47.79        | Owete Omodt, Roseville Area 2001                       | 48.68        | Graham Zuehlke, Annandale 2023                            |
| 47.82        | Austin Salargo, Hopkins 2012                           | 48.69        | Wesley DeLong, Pillager 2012                              |
| 47.86        | Adam Freed, Duluth Marshall 1996                       | 48.69        | Maximilian Comfere, Rochester Century 2022                |
| 47.90        | Aaron Buzard, Rochester Mayo 2002                      | 48.70        | Paul DeSalvo, Robbinsdale Armstrong 2010                  |
| (20)         |                                                        | (80)         |                                                           |
| 48.02        | Nick Ebert, Chaska 2013                                | 48.71        | Matthew Shannon, Mpls Washburn 2000                       |
| 47.8         | Ryan Lampka, Benson 1977 (48.1y)                       | 48.71        | Troy Pollard, St. Paul Highland Park 2009                 |
| 48.06        | Greg Kimbrough, Bloomington Jefferson 1992             | 48.72        | Cooper Drake, Edina 2024                                  |
| 48.10        | Albert Ongwenyi, Burnsville 2024                       | <b>48.72</b> | <b>Zackery Bruder, Osakis 2025</b>                        |
| 48.11        | Jamal Alkins, Coon Rapids 2001                         | 48.73        | Jesse Posusta, Glencoe-Silver Lake 2005                   |
| 48.12        | Jonathan Webb, Minnehaha Academy 2015                  | 48.73        | Soel Riser, Stillwater Area 2024                          |
| 48.13        | Tyce Smith, Blaine 2023                                | 48.74        | Leon Cheneyon, Robbinsdale Cooper 2008                    |
| 47.9         | Fred Merrill, Orono 1969 (48.2y)                       | <b>48.74</b> | <b>Gunner Hanstad, Hastings 2025</b>                      |
| 47.9         | Mark Lutz, Rochester Mayo 1970 (48.2y)                 | 48.76        | Dan Guelle, Hastings 2010                                 |
| 48.14        | Trent Riter, Mounds View 2001                          | 48.77        | Robb Merritt, Hopkins 2000                                |
| (30)         |                                                        | (90)         |                                                           |
| <b>48.14</b> | <b>Liam Schultz, Woodbury 2025</b>                     | 48.77        | Caden Wheeler, Andover 2022                               |
| <b>48.16</b> | <b>Pierce Petersohn, Triton 2025</b>                   | 48.78        | Andy Wiberg, Totino Grace 1997                            |
| 48.22        | Paul Otto, Edina East 1977 (48.50y)                    | 48.78        | Ben Nauman, Rochester Mayo 1999                           |
| 48.23        | Beau Bofferding, Marshall 2012                         | 48.78        | Morris Dennis, Elk River 2014                             |
| 48.0         | Tom Coles, Hutchinson 1977 (48.3y)                     | 48.79        | Diahn Zeon, Richfield 2008                                |
| 48.26        | Leron Norton, Eastview 2015                            | 48.80        | Jason Bruce, Burnsville 1983                              |
| 48.27        | Emmanuel Egbujor, Champlin Park 2013                   | 48.80        | Ryan Wolke, Belle Plaine 2015                             |
| 48.28        | Riwan Alowonie, Park-CG 2012                           | 48.81        | Alex Kelner, Irondale 2015                                |
| 48.30        | Jacob Baldus, Anoka 2016                               | 48.81        | Ahmed Khadar, Osseo 2023                                  |
| 48.31        | Keylan Jackson, St. Paul Johnson 2018                  | 48.82        | Tanner Grubb, Farmington 2014                             |
| (40)         |                                                        | (100)        |                                                           |
| 48.33        | Thomas Rosengren, Stillwater 2022                      | 48.83        | Jon Gibbs, Bloom Jefferson 1999                           |
| 48.1         | Leo Bond, Faribault School for Deaf 1972 (48.4y)       | 48.6         | Ray Dunn, Edina 1966 (48.9y)                              |
| 48.34        | Eric Gebeke, White Bear Lake 2012                      | 48.6         | Charles Walker, Mpls Central 1973 (48.9y)                 |
| 48.35        | Frank Falzone, Stillwater 2010                         | 48.6         | John Lawton, Minnetonka 1983                              |
| 48.36        | Jerrell Hancock, Anoka 2007                            | 48.84        | Steve Bangh, Albert Lea 1988                              |
| 48.39        | Julian Wright, DeLaSalle 2019                          | 48.84        | Andy Wohlin, Concordia Academy 1998                       |
| 48.41        | Brett Lawrence, Moorhead 2014                          | 48.84        | Kendall Strandlund, Christ's Household of Faith 2013      |
| 48.42        | Rashawn Fountain, Eden Prairie 2011                    | <b>48.84</b> | <b>Gavin Atherton, Waterville-Elysian-Morristown 2025</b> |
| 48.2         | Steve Makie, Eden Prairie 1977 (48.5y)                 | 48.85        | Shane Hall, Burnsville 1997                               |
| 48.44        | Brayden Draheim, Winona 2023                           | 48.85        | George Dudley, Hopkins 2007                               |
| (50)         |                                                        | (110)        |                                                           |
| 48.47        | Sam Johnson, Monticello 2014                           | 48.86        | Tyler Didier, Wayzata 2015                                |
| 48.48        | Erik Hanson, Mesabi East 1996                          | <b>48.86</b> | <b>Haevian Cole, Blaine 2025</b>                          |
| 48.49        | Reece Vega, Dover-Eyota/St. Charles 2002               | 48.87        | Jason Max, Minnetonka 1989                                |
| 48.50        | Paul Harris, Woodbury 2004                             | 48.87        | Neuby Ras, Alexandria 1999                                |
| 48.52        | Joseph Manser, Edina 2022                              | 48.87        | Adewole Adebayo, Rochester Century 2004                   |
| 48.54        | Roy Allen, SP Highland Pk 1990                         | 48.87        | Eli Stevens, Pipestone Area 2016                          |
| 48.54        | Craig Kotsmith, Milaca 2002                            | 48.88        | Chris Stoks, Virginia 2008                                |
| 48.55        | Tim VanVoorhis, Apple Valley 1993                      | 48.88        | Tyler Beehler, Foley 2014                                 |
| 48.57        | Kevin Bradley, Mounds View 2007                        | 48.88        | Cody Roder, Bemidji 2017                                  |
| 48.59        | Caleb Anderson, White Bear Lake Area 2024              | 48.89        | Cory Kessler, St. Michael-Albertville 2007                |
| (60)         |                                                        | (120)        |                                                           |

48.89 David Shaptala, Rogers 2018  
 48.89 Darius Irvin, DeLaSalle 2024  
 48.90 Brady Johnson, Saint Francis 2023  
**48.90 Josiah Young, Totino-Grace 2025**  
 48.91 Mark Bennett, Wayzata 1984  
 48.91 Tyrone Hale, Mpls Washburn 2000  
 48.91 John Schuster, United South Central 2015  
 48.91 Andrew Casey, Lakeville North 2023  
 48.92 Mark Jundt, Woodbury 2001  
 48.92 James Smith, Wayzata 2013  
 (130)  
 48.92 Josh Prater, Chaska 2016  
 48.92 Cal Wright, Mora 2018  
 48.93 Lance Moen, Stewartville 2001  
 48.93 Eltedric Greenprice, Buffalo 2006  
 48.93 Derek Ludwig, Alexandria 2006  
 48.7 Mike Gilham, St Louis Park 1963 (49.0y)  
 48.7 Ron Watters, White Bear Lake 1968 (49.0y)  
 48.7 Pat Schultz, Owatonna 1981  
 48.7 Ken Rothenberger, Jordan 1984  
 48.7 Jim Grebin, Austin Pacelli 1984  
 (140)  
 48.95 Charlie Voller, Monticello 2016  
 48.95 Josh Phelps, Stillwater 2017  
**48.95 Justin Greathouse, Chaska 2025**  
 48.97 Todd Lewis, Duluth East 1983  
 48.97 Alvin Thomas, Champlin Park 2023  
 48.98 Dan Samion, Minnetonka 1991  
 48.98 Logan Stroman, Chaska 2006  
 48.98 Mitch Piehl, Hutchinson 2022  
 48.99 Quinn Walker, Roseville Area 2019  
**48.99 Lane Hoffman, Hastings 2025**  
 (150)  
 49.00 Ray Spann, Edina 1984  
 49.00 Mitchell Hechsel, Apple Valley 2012  
 49.01 Trevor Mitchell, Stillwater 1997  
 49.01 Cody Stenberg, Monticello 2004  
 49.01 Harun Abda, Fridley 2009  
 49.01 Henry Darling, Austin 2010  
 49.01 Roderick Miller, Mankato East 2016  
 49.01 Joel Woja, Simley 2016  
 49.01 Lewis Gibson, Wayzata 2017  
 49.02 Mitch Kostecky, Woodbury 2004  
 (160)  
 49.02 John McCoy, White Bear Lake 2011  
 49.02 Michael Gross, Eden Prairie 2022  
 49.03 Ryan Murray, St Thomas Academy 1990  
 48.8 Bill Stock, Rochester Mayo 1981  
 48.8 Mike Murphy, Frank Kellogg 1985  
 48.8 Clem Dabney, SP Highland Park 1986  
 49.05 Brant Grimes, Bloomington Jefferson 1995  
 49.05 Josh Wiseman, Champlin Park 2007  
 49.05 Abner Moseti, Edina 2018  
 49.05 Jack Kocher, Lakeville North 2022  
 (170)  
 49.05 Payton Lee-Dean, Hastings 2024  
**49.05 Elliott Kent, Alexandria**  
 49.06 Redd Overton, Mpls North 1980  
 49.06 Jordan Johnson, Tartan 2007  
 49.06 Odell Howard, Fridley 2014  
**49.06 Colin Johnston, Stillwater Area 2025**  
 49.07 Tony Gulyard, Mpls Henry 1988  
 49.07 John Person, Elk River 1998  
 49.07 Josh Nielsen, Forest Lake 2010  
 49.08 John Hviding, Princeton 2023  
 (180)

49.09 Rod Smith, Roseville 1988  
**49.09 Mekhai Martin, Coon Rapids 2025**  
 49.10 Neal Goff, Stillwater 2011  
 49.11 Scott Anderson, Breckinridge 1980  
 49.11 Ernest Dorsett, Woodbury 2008  
 49.11 James McFarlin, Minnetonka 2012  
 49.11 Phillip Moore, Delano 2022  
**49.11 Jez Jones, East Grand Forks 2025**  
 49.12 Goaner Deng, Rosemount 2011  
**49.12 Justin Richard, Blaine 2025**  
 (190)  
 49.13 Reik Andersen, Wayzata 1985  
 49.13 Josh Smith, Staples-Motley 2004  
 49.13 William Hairston, Minnetonka 2024  
 49.13 Austin Kehr, Belle Plaine 2024  
 48.9 John Larson, Mpls Marshall 1961 (49.2y)  
 48.9 Cicero McGee, St. Paul Central 1975 (49.2y)  
 48.9 Al Hutchinson, Bloomington Jefferson 1976 (49.2y)  
 48.9 Mark Simunds, Albert Lea 1976 (49.2y)  
 49.14 Dave Guinn, Bloomington Jefferson 1978 (49.42y)  
 48.9 Sam Ocel, Mpls South 1978 (49.2y)  
 (200)  
 48.9 Greg Heinecke, Hopkins 1989  
 48.9 John Wahlstrom, Rosemount 1992  
 49.14 Jerald Burton, Osseo 2003  
 49.14 Pat Leaf, Winona Cotter 2004  
 49.15 Randy Roeske, Atwater-Grove C 1989  
 49.15 Akeem Sirleaf, North St. Paul 2015  
 49.15 Grant Nelson, Providence Academy 2022  
**49.15 Cooper Fellman, Mounds View 2025**  
 49.17 James Paske, Hopkins 2013  
 49.19 Tate Songstad, St. Michael-Albertville 2024  
 (210)  
 49.20 Marcus Barto, Chisholm 2001  
 49.20 Michael Cloud-Granger, Champlin 2016  
 49.20 RJ Sylak, Zumbrota-Mazeppa 2023  
**49.20 Fischer Wait, Caledonia/Spring Grove 2025**  
 49.21 Brady Flies, Plainview 2006  
 49.22 Aaron Banks, Robbinsdale Cooper 1998  
 49.22 Jerry Freeman Jr, Coon Rapids 2024  
 49.23 Mason Anderson, Apple Valley 1999  
 49.23 Zachary Kulstad, Prior Lake 2017  
 49.23 Matt Notch, Eden Valley-Watkins/Kimball 2018  
 (220)  
 49.0 Terry Larson, Stillwater 1968 (49.3y)  
 49.0 Tim Kamholz, Madison 1968 (49.3y)  
 49.0 Jay Mountain, St. Paul Cretin 1977  
 49.0 Jeff Weber, Mound-Westonka 1977 (49.3y)  
 49.24 Aduo Omot, Worthington 2009  
 49.24 Marcus Haskins, East Ridge 2017  
 49.24 Matthew Van Eps, Central MN Christian 2017  
 49.25 Tommy Ray, Minneapolis North 2003  
 49.25 Brian Boakye-Ansah, Rosemount 2019  
 49.26 Mason Albright, Andover 2011  
 (230)  
**49.26 Judah Zinter, Concordia Academy 2025**  
 49.27 Jack Henkemeyer, Robbinsdale Armstrong 2002  
 49.28 Ojullo Madho, Richfield 2005  
 49.28 Nicholas Pfeile, Southwest MN Christian 2008  
 49.28 Zach Hoffman, Staples-Motley 2015  
 49.29 Jason Schwietz, Forest Lake 2001  
 49.29 Patrick Marx, Grand Rapids, 2009  
 49.29 Tyler Olson, Buffalo 2012  
 49.29 August Ollrich, East Ridge 2013  
**49.29 Simeon Donaldson, Eden Prairie 2025**  
 (240)

**49.29 George Nelson, Providence Academy 2025**  
49.30 Dan Sondgeroth, Deer River 1996  
49.30 Roshon Roomes, Woodbury 2015  
49.30 Wryott Gerson, Duluth Denfeld 2019  
49.31 Brandon Stark, Brainerd 2023  
49.32 Terry Haley, St Paul Cretin-Derham Hall 1993  
49.32 Doug Aho, Dassel-Cokato 2005  
49.32 Jake Swedlund, Blaine 2005  
49.32 Ben Pehling, Irondale 2007  
49.33 Ashton Allan, Mounds Park Academy 1996  
49.33 Cory Johnson, Moorhead 2005  
49.33 Brady Wright, Monticello 2021  
(252)

**11/11/2025**