

400 METER DASH ALL TIME CLASS RECORDS

Junior

47.56 Sebastian Strauss, Hastings 2025
47.59 Randy Melbourne, Mpls Washburn 1993
47.65 Harlow Tong, St. Paul Central 2023
47.66 Tom Gerding, Waconia 1996
47.78 Calvin Clark, St. Paul Humboldt 2010
47.79 Owete Omodt, Roseville Area 2001
47.79 Nathan Roese, East Ridge 2012
47.89 Michael Smith, Wayzata 2013
47.90 Aaron Buzard, Rochester Mayo 2002
48.10 Albert Ongwenyi, Burnsville 2024
48.13 Ramy Ayoub, Farmington 2021
47.9 Fred Merrill, Orono 1969 (48.2y)
48.14 Liam Schmitz, Woodbury 2025

Sophomore

47.55 Dwyne Smith Jr, Apple Valley 2022
48.0 Tom Coles, Hutchinson 1977 (48.3y)
48.36 Albert Ongwenyi, Burnsville 2023
48.38 Michael Smith, Wayzata 2012
48.72 Cooper Drake, Edina 2024
48.76 Nathan Roese, East Ridge 2011
48.84 Gavin Atherton, Waterville-Elysian-Morristown 2025
48.88 Calvin Clark, Henry Sibley 2009
49.01 Keylan Jackson, St. Paul Johnson 2016
49.02 Mitch Kostelecky, Woodbury 2004
49.06 Aaron Buzard, Rochester Mayo 2001
49.09 Mekhail Martin, Coon Rapids 2025

Freshman

48.71 Calvin Clark, Henry Sibley 2008
48.95 Justin Greathouse, Chaska 2025
49.33 Ashton Allan, Mounds Park Academy 1996
49.36 Thomas Rosengren, Stillwater 2019
49.36 Jordan Gleason, Owatonna 2025
49.37 Casey Grunewald, Barnesville/Rothsay 1996
49.72 Kevin Bradley, Mounds View 2005
49.76 Keylan Jackson, St. Paul Central 2015
49.81 Stephon Day, Fridley 2013
49.8 Jeff Robinson, Mpls Central 1982
50.09 Noah Carlson, Rushford-Peterson 2014
50.28 Mason Anderson, Apple Valley 1998

11/11/25