

300 METER INTERMEDIATE HURDLES - MINNESOTA ALL-TIME

36.38	Riwan Alowonle, Park 2012	38.42	Niles Deneen, St. Paul Como Park 1994
36.97	Dan Bannister, Mpls North 1987	38.42	Tyler Sealock, Osseo 2018
37.34	Otto Anderson, Alexandria 2025	38.43	Tim Warner, Owatonna 1981
37.38	Blake Nyenati, Andover 2022	38.2	Terry Babler, Borup 1979
37.39	Mitch Potter, St Michael-Albertville 1999	38.2	Rick Steblay, Elk River 1979
37.39	Andrew Jones, Osakis 2025	38.2	Tim Boeck, Westbrook 1982
37.57	Cody Walton, Forest Lake 2013	38.44	Steve Grove, Northfield 1996
37.65	Soliman Sayedi, Burnsville 2001	38.44	Riza Mahmoud, Champlin Park 2001
37.66	Lorenzo Hampton III, Fridley 2024	38.2	Eric Asfeld, Wadena-Deer Creek 2006
37.72	Michael Strong, Totino-Grace 2025	38.45	Scott Ferguson, Alexandria 2000
(10)		(70)	
37.73	Micheal Seifu, Cretin-Derham Hall 2025	38.45	Abdihafid Sahal, Edina 2016
37.78	Peter Stuart, Blaine 2001	38.46	James Kent, Apple Valley 1997
37.79	Jerome Begin, Buffalo 2011	38.47	Jacob Johnson, Owatonna 2016
37.80	Snonsie Boyd-Weah, Park Center 2009	38.48	P.J. Theisen, New Prague 2003
37.81	Joel Smith, Mounds View 2017	38.48	Tyler Christianson, Lakeville North 2024
37.82	Collin Sieffert, East Ridge 2017	38.49	Angus Stoudt, Minnetonka 2012
37.83	C.J. Janu, Spring Lake Park/St. Anthony 2013	38.50	Dave Rarick, Rocori 1981
37.84	Keynan Allee, Maple Grove 2025	38.50	Fran Swenson, Armstrong 1987
37.85	Nick Lagos, White Bear Lake 2001	38.50	Connor Neal, Shakopee 2012
37.86	Milo Stelzer, Mpls South 2023	38.51	Uche Ogbonnaya, Irondale 2008
(20)		(80)	
37.90	Mike Hoven, Bemidji 1982	38.51	Jonathon Santiago, Saint Francis 2014
37.93	Jim Luff, Chisago Lakes 1983	38.51	Keenon Young, Owatonna 2019
37.96	Jon Tollefson, Saint Croix Lutheran 2015	38.52	Andy O'Donnell, Rosemount 2006
37.97	Brian Grand, North Branch 2010	38.52	Zach Vraa, Rosemount 2010
37.98	Davis Eldridge, Eden Prairie 2015	38.3	Bill Tolbert, Moorhead 1978
38.00	Maki Whelan, Rosemount 2024	38.54	Marshall Davis, Stillwater 2011
38.01	Mike Siskin, Wayzata 1978	38.54	Jade Reicks, Saint Peter 2019
38.01	Brent Langford, Fairmont 1984	38.54	Joshua Thomsen, Mounds View 2019
38.03	Reid Pierzinski, Pequot Lakes 2018	38.55	Ryan Parsons, Blaine 2004
38.03	Ben Mosser, Lakeville South 2022	38.55	Zach Henke, Brainerd 2019
(30)		(90)	
37.8	Bob Sobieck, Alexander Ramsey 1981	38.56	Erik Rosenkranz, Anoka 1990
38.07	Evan El-Halawani, Lakeville North 2016 & 2017	38.57	Darrin Babcock, Rocori 1988
38.10	Kevin Constable, Hopkins 1983	38.57	Paul Mallory, Fairmont 2008
38.11	Josh Sampson, Mounds View 2019	38.57	Zach Steffensen, Shakopee 2016
38.12	Kirk Johnson, Mpls Central 1982	38.58	Paul Eischen, Hastings 1987
38.13	Jared Lazer, Sauk Rapids-Rice 2002	38.58	Chris Mattke, Elgin-Millville 2000
38.14	Lawrence Lipsey, Bloomington Kennedy 2004	38.58	Matthew Weeks, Moorhead 2008
38.17	Clayton Johnson, Hastings 2015	38.59	Rupert Bannerman-Thompson, Roseville Area 2005
38.21	Trevon Clay, St. Paul Como Park 2015	38.60	Sean Lumpkin, Benilde-St Margaret 1988
38.22	Adam Kress, Roseville 1996	38.60	Carter Holcomb, Rochester Mayo 2024
(40)		(100)	
38.22	Tayven Peterson, Mora 2023	38.63	Tom Ellingworth, Redwood Valley 2003
38.0	Randy Christopherson, Marshall 1978	38.63	Aaron Geikman, Farmington 2025
38.24	Payton Kasper, Mound-Westonka 2023	38.4	Rick Ratte, Stillwater 1978
38.24	Jonah McCormick, Mahtomedi 2024	38.4	Ryan Melena, Mounds View 1999
38.25	Matt Griswold, Totino-Grace 2007	38.64	B.J. Hermerding, Buffalo 2001
38.29	Craig Fredrickson, Detroit Lakes 1996	38.65	Kavari Flowers, Rosemount 2025
38.29	Jake Lieberg, Sartell-St. Stephen 2016	38.66	Matt Meyer, Richfield 1989
38.30	P.J. Nelson, Grand Rapids 2003	38.68	David Mayhew, Holy Angels 1997
38.30	Seth Johnson, Owatonna 2024	38.68	Afanna Ibekwe, Anoka 2025
38.31	Brian Ferry, St. Michael-Albertville 2013	38.69	Adam Leibman, Minnetonka 1997
(50)		(110)	
38.32	Tim Meyer, Moorhead 1987	38.70	Matt Swenson, Bemidji 1988
38.32	Samuel Lundquist, Minnehaha Academy 2014	38.70	Brady Paulson, Spring Lake Park 2025
38.33	Nicholas Dalske, Coon Rapids 2007	38.71	Chris Cox, Rochester Mayo 1993
38.33	Ryan Gregory, Owatonna 2022	38.71	Donovan Duncan, North St. Paul 2006
38.36	Mosic Greenprice, Buffalo 2007	38.71	Sean Duling, Mounds View 2007
38.37	Grant Fuller, Edina 2017	38.72	Pete Garber, Mahtomedi 1984
38.38	Havis Wade, St. Paul Harding 1989	38.72	Will Darling, Austin 2010
38.39	Roberto Tapiz, Monticello 1999	38.5	Randy Schulz, Mankato East 1978
38.40	George Jackson, Hopkins 2021	38.74	Jeff Spieker, Brainerd 2018
38.41	Tom Peterson, Jefferson, 1978	38.74	De'von Irvin, DeLaSalle 2025
(60)		(120)	

38.75	Eric Rajala, Coon Rapids 1988	39.00	Kris Scherer, Babbitt-Embarass 1999
38.76	Jordan Jarland, Lanesboro/Fillmore Central 2010	39.00	Spencer Hoium, Coon Rapids 2019
38.76	Corbin Herron, Saint Peter 2024	39.01	Mickey Moore, De La Salle 1987
38.77	Jon Lenz, Coon Rapids 2006	39.02	Jack Kocher, Lakeville North 2021
38.77	Drake Daniels, Wayzata 2019	39.02	Peter Asplin, Dassel-Cokato 2017
38.78	Matt Dahlson, Elk River 2017	39.02	Owen Halvorson, Jordan 2025
38.81	Jamie Kunstleben, Holdingford 1996	39.02	Aidan Schuerman, Marshall 2025
38.82	James Butler, Tartan 2009	39.03	Joel Bauman, Benson/Kerkhoven-Murdock-S 2010
38.82	Evan Helgeson, Eagan 2025	39.03	Alex Wagner, Totino Grace 2011
38.83	Brady Johnson, Woodbury 2010	39.04	Jay Constable, Hopkins Lindbergh 1980
(130)		(190)	
38.6	Larry Leerssen, Coon Rapids 1975	38.8	Kevin Johnson, Eden Prairie 1985
38.6	Tony Spandl, Staples 1979	39.04	Michael Thompson, St. Thomas Academy 2023
38.84	Tony Paul, Marshall Co. South 1993	39.04	Owen Meulebroeck, Minnewaska Area
38.84	Adam Lilla, Winona Cotter 1998	39.05	Brett Reinertson, Chaska 1991
38.84	Craig Dahl, Mankato East 2003	39.05	Scott Jones, Anoka 2008
38.84	Cody Pelowski, Jordan 2012	39.05	Nick Spaeth, Montevideo 2008
38.84	Bjorn Olson, New Prague 2025	39.05	Arick Steele, North Branch 2015
38.85	David Booker, Mpls North 1988	39.06	Mike Linnemann, Melrose 2004
38.85	Steve Hentges, Irondale 1992	39.06	James Strand, Brainerd 2006
38.85	Connor McManamon, White Bear Lake 2019	39.06	Max Martin, Wayzata 2015
(140)		(200)	
38.86	Mike Williams, St. Cloud Tech 2002	39.06	Marenono Opiew, Worthington 2023
38.86	Larry Frazier, Robbinsdale Cooper 2010	39.07	Forrest Randall, Lakeville 2005
38.86	Rashad Cohen, Minnetonka 2012	39.08	John Tetrault, Apple Valley 1987
38.86	Grantham Green, Rosemount 2022	39.08	Nathan Schmidt, Redwood Valley 2000
38.87	Mike Leither, St. Cloud Cathedral 2004	39.08	Andrew Gutknecht, Buffalo 2012
38.87	Drew Daggett, Frazee 2007	39.08	Christopher Dean, Coon Rapids 2023
38.87	Davis Johnson, Woodbury 2012	39.09	Mark Jacobson, Park Rapids 1996
38.88	Steve Mathre, Northfield 1985	39.09	Tom Vierkant, Detroit Lakes 2001
38.89	Scott Samounetry, Hopkins 2008	39.09	Josh Tulien, Mounds View 2003
38.90	Aaron Courtright, Blaine 2010	39.09	Mike Kasten, Plainview 2003
(150)		(210)	
38.91	Peder Naatz, Wheaton 1986	39.10	Hube Visse, Mound-Westonka 1982
38.91	Owen Angell, Becker 2024	39.10	Mike Lynch, Eden Prairie 1999
38.92	Jay Adams, Edina 1983	39.10	Cameron Pease, Proctor 2024
38.93	Laquone Robinson, Brooklyn Center 2008	39.11	Caden Turner, Waconia 2018
38.7	Steve Pullens, Blake 1978	39.11	Jack Fischer, Orono 2023
38.7	Pete Birkeland, White Bear Lake 1979	39.12	Charlie Lehmann, United South Central 1997
38.7	Pete Keely, Apple Valley 1983	39.12	David Obwaya, Blaine 2019
38.94	Russ Mark, Alexander Ramsey 1986	39.12	Christopher Hilton, Saint Charles 2023
38.7	Joey Frazier, Robbinsdale Armstrong 2016	39.13	Sam Duffing, Hopkins 2021
38.94	Leroy Kwateh, Maple Grove 2016	38.9	Mark Gilmore, Alexander Ramsey 1970 (39.1y)
(160)		(220)	
38.94	Reid Olson, Forest Lake 2024	38.9	John Thorvilson, Robbinsdale 1974 (39.1y)
38.95	Gathin Veldhuizen, Pipestone 2011	38.9	Bob Herron, Irondale 1979
38.95	Shae Wyszynski, Andover 2024	38.9	Steve Killen, Owatonna 1979
38.95	Trevor Stundahl, Orono 2025	38.9	Bill Sack, Waseca 1979
38.96	Jordan Lovestrand, Bloomington Jefferson 2013	38.9	Mike Simons, Mounds View 1982
38.96	Isiah Clausen, Minneapolis Southwest 2019	38.9	Jay Jorgenson, Detroit Lakes 1984
38.96	Cristian Escobar, Faribault 2024	38.9	John Brieese, Park-Cottage Gr 1985
38.96	Linton McPherson, Osseo 2024	38.9	Marcus Walgrave, Luverne 2003
38.97	Griffin Paulsen, St. Croix Lutheran 2023	39.14	Grant Mosser, Lakeville South 2015
38.98	Tom Phillips, Albert Lea 1984	39.14	Kenny Soderberg, Morris Area-Chokio-Alberta 2021
(170)		(230)	
38.98	Dale Flankey, Cloquet 1987	39.17	Justin Jones, Willmar 2001
38.99	Aaron Wheatcraft, Apple Valley 1992	39.17	Aaron Jefferson, Rochester Lourdes 2003
38.99	Dedric Payne, SP Highland Park 1997	39.17	Dan Koenig, Robbinsdale Armstrong 2006
38.99	Maceo Wright, Burnsville 1999	39.17	Matt Reeve, Fairmont 2007
38.99	Blake Wageman, Austin 2007	39.17	Ryan Heuer, Fairmont 2012
38.99	Kraig Kufahl, Hopkins 2009	39.18	Ross Thompson Esko 1986
38.99	Matt Griffen, Eden Prairie 2012	39.18	Wayne Robke, Owatonna 1990
38.99	Henry Weisman, Chanhassen 2017	39.18	Aron Kramer, Stillwater 1993
39.00	Mike Mueller, Mpls Southwest 1981	39.19	Daren Illikainen, Hermantown 1983
39.00	Tim Hatten, Hastings 1990	39.19	Rob Haedt, Austin 1993
(180)		(240)	

39.19 Jeff Taylor, Roseau 1994
39.20 Brian Linzie, Park-Cottage Gr 1983
39.20 Edgar Kirabira, St. Cloud Tech 2006
39.21 William Turner, St. Paul Central 1984
39.21 Scott Hall, Robbinsdale Armstrong 1989
39.21 Joey Mikes, Willmar 1999

39.21 Emeche Wells, Roseville Area 2010
39.21 Dan Gorghuber, Alexandria 2011
39.21 Mitch Peck, Alexandria 2014
39.21 Mohamud Issack, Saint Peter 2017
39.21 Josiah Hubbard, Clearbrook-Gonvick 2019
(241)

11/12/25