

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 Moseti, Edina 2017
 1:23.51 Oliver Kitzrow, 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 Barry 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
3:57.46 Bjorn Anderson, Perham 2025
 3:57.67 Wayde Hall, Stillwater 2013
 3:58.13 Robert Mechura, Roseville Area 2024
3:58.14 Matthew Lindgren, Totino-Grace 2025
 3:58.17 Shane Streich, Waseca 2012
 3:58.63 Nolan Sutter, Chaska 2024
 3:59.35i William Skelley, Mounds View 2022
 3:59.39i Noak Breker, Robbinsdale Armstrong 2023
 3:59.69 Derek Mattila, Staples-Motley 1997
3:59.85 Will Ahrens, Redwood Valley 2025
 3:59.98 Kaleb Sharp, Jordan 2023

3000 METERS

8:15.47i Noah Breker, Robbinsdale Armstrong 2023
8:21.25 Sean Fries, Minnetonka 2025
 8:23.54 Robert Mechura, Roseville Area 2024
 8:23.66 Sam Scott, Minneapolis Southwest 2023
 8:27.65 Aidan Jones, Minneapolis Washburn 2023
 8:30.72 Alden Keller, Breck 2023
8:32.71 Sal Wirth, Annandale 2025
 8:42.93i Joe Klecker, Hopkins 2015

5000 METER RUN

14:34.06 Elliot Heath, Winona 2007
 14:36.44 Nolan Sutter, Chaska 2024

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

53.61 Michael Seifu, Cretin-Derham Hall 2025
53.67 Lorenzo Hampton III, Fridley 2025
 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
55.94 Kavari Flowers, Rosemount 2025
56.12 Xavier Sincropi, Minnehaha Academy 2025
 (10)
 56.21 Zach Henke, Brainerd 2018
 56.22 Jordan Lovestrang, Bloomington Jefferson 2012
56.32 Aaron Geiken, Farmington 2025
 56.58 Maki Whelan, Rosemount 2023
 55.65 Abdihafid Sahal, Edina 2016
 56.15 Evan El-Halawaini, Lakeville North 2016
 56.15 Jared Hanson, Hastings 2024
 56.65 Keynan Allee, Maple Grove 2024
 56.90 Ayinde Abanu, DeLaSalle 2015
56.99 Colin Hokanson, Shakopee 2025
 (20)

ONE MILE STEEPLCHASE (no water jumps)

4:43.0 Ron Graham, SP Highland Park 1973

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
 6:08.14 Salman Mohamed, Champlin Park 2024
 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
 (10)
 6:16.00 Keith Donovan, Chaska 1989
 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

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 Tahdooahnippah, St. Paul Central 2002
 9:56.3 Dave Sjogren, Mounds View 1986

HAMMER THROW

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

DECATHALON

5934 Tate Bloch, Eden Prairie 2023
5923 Colin Hokanson, Shakopee 2025
 5873 Brittan Burns, Lakeville South 2018
 5746 James Kruse, Irondale 2013
 5684 Ian O'Connor, Prior Lake 2017
5602 Eli Kuempel, Robbinsdale Armstrong 2025
5448 Landon Wages, Bloomington Jefferson 2025
 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
 17:45.99 Mounds View 2024
 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
 (10)
 18:11.15 Mounds View 2019
 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

10:38.09 Shakopee 2025

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

10:40.79 Marshall 2024

10:40.8 Faribault 1985

10:40.9 Owatonna 1976 (10:44.6y)

(30)

10:41.1 Rochester John Marshall 1980

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

(40)

10:44.5 Mankato West 1983

10:44.6 Mankato West 1985

10:44.9 Faribault 1984

10:45.7 Winona 1983

11/15/2025