



Crusader

# Men's Track and Field Record Book

(updated through 2016-2017 season)

## Indoor Records

### 55m Dash

NAME	YEAR	TIME
1. Bill Davis	1984	6.34
2. Sam Ingram	1987	6.44
3. Elliot Powell	2005	6.51
4. Chris Daniels	2005	6.52
5. Mike Hall	1971	6.4y
Matt Martin	1977	6.4y
Matt Cowell	1978	6.4y

### 60m Dash

NAME	YEAR	TIME
1. Julian Smith	2012	6.86
2. Elliot Powell	2005	6.94
Jeru Lollis	2016	6.94
4. Chris Daniels	2005	7.00
Nick Kowaleski	2013	7.00

### 200m Dash

NAME	YEAR	TIME
1. Julian Smith	2012	21.59
2. Elliot Powell	2005	22.20
3. Nick Kowaleski	2012	22.33
4. Anthony Franze	2016	22.42
5. Jeru Lollis	2016	22.58

### 300m Dash

NAME	YEAR	TIME
1. Jay Lauer	1974	34.9y
2. Aaron Tidwell	1984	35.1y
3. Kenny Darden	1982	35.9y
4. Paul Kahle	1965	36.5y
5. Kevin Adamik	2012	36.83

### 400m Dash

NAME	YEAR	TIME
1. Charles Hanley	1975	48.8y
2. <b>Brandon Riley</b>	<b>2017</b>	<b>49.23</b>
3. <b>Benjamin Sekuloski</b>	<b>2017</b>	<b>49.38</b>
4. Andrew Butts	2014	49.77
5. Dennis Murray	1974	49.8y

### 600m Dash

NAME	YEAR	TIME
1. Dennis Murray	1974	1:18.2y
2. Chris Rudynski	1982	1:22.5y
3. Kevin Adamik	2012	1:23.32
4. <b>Ben Zibricky</b>	<b>2015</b>	<b>1:25.68</b>
5. Chad Brooks	2014	1:26.67

### 800m Run

NAME	YEAR	TIME
1. Nate Nunnely	2003	1:54.79
2. Kevin Ullman	2001	1:54.85
3. John Stivers	1971	1:55.6y
4. <b>Ben Zibricky</b>	<b>2017</b>	<b>1:56.40</b>
5. Preston Theilig	1998	1:57.29

### 1,000m Run

NAME	YEAR	TIME
1. Dan Ingroff	1969	2:30.3y
2. Nate Nunnely	2001	2:35.20
3. Dave Halter	1979	2:36.9

### One Mile Run

NAME	YEAR	TIME
1. Tom Kilcoyne	1978	4:13.0
2. Chris Honig	2008	4:14.72
3. Wally Bradford	2013	4:14.90
4. Aaron Crague	2000	4:15.38
5. <b>Adam Bruno</b>	<b>2016</b>	<b>4:15.54</b>

### 3,000m Run

NAME	YEAR	TIME
1. Aaron Crague	2001	8:18.49
2. Jeremy Duff	2000	8:30.90
3. Jim Turchyn	2008	8:33.95
4. Chris Honig	2008	8:34.96
5. Nate Iben	1996	8:39.57

### Two Mile Run

NAME	YEAR	TIME
1. Gary Schroeder	1971	9:16.8
2. LeRoy Schramm	1965	10:06.8

### Three Mile Run

NAME	YEAR	TIME
1. Gary Schroeder	1971	14:25.6



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### 5,000m Run

NAME	YEAR	TIME
1. Aaron Crague	2000	14:53.15
2. Nate Iben	1993	14:54.29
3. Nick Fagan	2012	15:10.19
4. Kevin Siek	1993	15:12.29
5. Matt Blume	2003	15:19.62

### 55m Hurdles

NAME	YEAR	TIME
1. Steve Cook	1964	7.6y
Todd Helming	1979	7.6y
3. Bob Balgeman	1979	7.7y
4. Tom Heun	2009	7.84
5. Sean Barfield	2004	7.98

### 60m Hurdles

NAME	YEAR	TIME
1. Steve Cook	1965	8.1y
2. Sean Barfield	2004	8.43
3. Tom Heun	2008	8.50
4. Nathanael Noon	2003	8.69
Adam Wierciak	2004	8.69

### 200m Hurdles

NAME	YEAR	TIME
1. Adam Wierciak	2003	25.94
2. Bryan Bandy	2004	26.80
3. Mark Reddel	2005	26.97

### High Jump

NAME	YEAR	DIST.
1. Brent Bultmeier	1982	6'10"
2. Mark Fisher	1979	6'8"
Mark Massey	1998	6'8"
4. Randy Streicher	1975	6'6"
Ricky Samuel	1977	6'6"

### Pole Vault

NAME	YEAR	DIST.
1. Justin Zosso	2015	16'2 3/4"
2. Alexander Watson	2017	15'3"
3. Jeremy Seiler	2017	15'1.5"
4. Nicholas Stack	2015	14'11"
Zachary Topper	2016	14'11"

### Long Jump

NAME	YEAR	DIST.
1. Jarrett Mickens	2011	24'2 1/4"
2. Jeff Thomas	1976	22'10 1/2"
3. Julian Smith	2012	22'9 1/4"
4. Mark Seeber	2000	22'4 1/2"
5. Joshua Lee	2005	22'3"

### Triple Jump

NAME	YEAR	DIST.
1. Jarrett Mickens	2011	48'10"
2. Jeff Thomas	1976	46'9"
3. Joe Adams	1969	46' 3 3/4"
4. Eric Griffin	1999	45'7 3/4"
5. Montel Hall	2017	45'4.25"

### Shot Put

NAME	YEAR	DIST.
1. Todd Goodrick	2005	52'4"
2. Tim Andrews	1982	52'2"
3. Andrew Guzek	2016	51'1 1/2"
4. Andrew Rixon	2012	50'4"
5. Jeff Middledorf	1974	50'2"

### Weight Throw

NAME	YEAR	DIST.
1. Steve Bartholomew	2008	67'9 3/4"
2. Jacob Smutz	2016	67'2 3/4"
3. Andrew Guzek	2016	61'5"
4. Jacob Frey	2015	59'2 3/4"
5. Chris Sosnowski	2016	56'11 1/2"

### Heptathlon

NAME	YEAR	POINTS
1. Elijah Owen	2015	4,413
2. Kevin Adamik	2014	4,094
3. Connor Hickey	2017	4,076
4. Ricky Laskowski	2012	4,065
5. Alex Ruscitti	2016	3,900



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## Indoor Records

### 4x200m Relay

NAMES	YEAR	TIME
1. Awoseyin, Dwyer, Powell, Moscinski	2004	1:32.01
2. Lee, Kosko, Moscinski, Powell	2005	1:32.80
3. Dwyer, Kosko, Wheeler, Powell	2004	1:32.88

### 4x400m Relay

NAMES	YEAR	TIME
1. Semro, Murray, Lauer, Hanley	1975	3:20.5y
2. Butts, Brooks, Hatchett, Adamik	2013	3:20.91
3. <b>Sekuloski</b> , Franze, <b>Riley, Otterbach</b>	2017	3:22.95
4. Holy, Adamik, Delcambre, Smith	2012	3:24.23
5. Riley, Carow, <b>Zibricky, Slenk</b>	2015	3:24.34

### 4x800m Relay

NAMES	YEAR	TIME
1. Leifheit, Staebler, Haschmeyer, Schilke	1993	8:18.0
2. Reisetter, Kabara, Blume, Iott	2003	8:18.05
3. (names unknown)	2008	8:24.05
4. Gill, Krupar, Lawrence, Martis	2006	8:25.56
5. Luke, Gardow, Kariger, Paul	2002	8:33.6

### Dist. Medley Relay

NAMES	YEAR	TIME
1. Ad. Bruno, Dotts, <b>Zibricky, Al. Bruno</b>	2016	10:06.45
2. <b>Al. Bruno, Otterbach,</b> <b>Zibricky, Mader</b>	2017	10:06.59
3. Nunnelly, Wierciak, Ullman, Crague	2001	10:18.28
4. Fritz, Weaver, Halter, Kilcoyne	1979	10:20.06
5. Nunnelly, Moscinski, Jones, Crague	2003	10:24.46

### 4xMile Relay

NAMES	YEAR	TIME
1. Fronczak, Schroeder, Stivers, Shumate	1971	17:23.6
2. Iben, Stenberg, Sanders, Leifheit	1994	18:05.0
3. Siek, Iben, Leifheit, Staebler	1993	18:25.0



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## Outdoor Records

### 100y Dash

NAME	YEAR	TIME
1. John Knight	1962	9.9
Detlaf Soberay	1966	9.9
Steve Cook	1968	9.9
Jim Wellsand	1968	9.9

### 100m Dash

NAME	YEAR	TIME
1. Julian Smith	2012	10.46
2. Sam Ingram	1986	10.55
3. Nick Kowaleski	2012	10.56
4. Aaron Tidwell	1981	10.6
5. Jeru Lollis	2016	10.65

### 200m Dash

NAME	YEAR	TIME
1. Sam Ingram	1987	20.92
2. Julian Smith	2012	21.24
3. John Knight	1962	21.3y
4. Billy Davis	1983	21.7
5. Nick Kowaleski	2012	21.76

### 400m Dash

NAME	YEAR	TIME
1. Paul Kahle	1965	48.1y
2. Dennis Murray	1974	48.1y
3. Chris Rudynski	1983	48.8
4. <b>Brandon Riley</b>	<b>2015</b>	<b>48.85</b>
5. Matthew Wheeler	2004	49.18

### 800m Run

NAME	YEAR	TIME
1. Dennis Murray	1975	1:50.7y
2. Nate Nunnelly	2003	1:53.73
3. Kevin Ullman	2001	1:53.95
4. Jerry Stoll	1965	1:54.3y
5. <b>Alexander Bruno</b>	<b>2017</b>	<b>1:55.08</b>

### 1,500m Run

NAME	YEAR	TIME
1. Nate Nunnelly	2001	3:49.68
2. Aaron Crague	2003	3:50.72
3. Jeremy Duff	2000	3:54.44
4. Tom Kilcoyne	1979	3:55.1
5. <b>Alexander Burno</b>	<b>2017</b>	<b>3:55.30</b>

### One Mile Run

NAME	YEAR	TIME
1. Tom Kilcoyne	1977	4:14.0
2. Gary Schroeder	1971	4:17.9
3. Roger Anderson	1967	4:20
4. Ted Schroeder	1958	4:21.2
5. LeRoy Schramm	1964	4:27

### Two Mile Run

NAME	YEAR	TIME
1. Gary Schroeder	1971	9:10.2
2. Dave Esterline	1967	9:21.8
3. Steve May	1966	9:32.5
4. LeRoy Schramm	1964	9:38.5
5. Bob Fronczak	1971	9:39.4

### Three Mile Run

NAME	YEAR	TIME
1. Dave Brady	1973	14:16.3
2. Gary Schroeder	1971	14:28.1
3. Bob Fronczak	1971	14:58.5

### 5,000m Run

NAME	YEAR	TIME
1. Aaron Crague	2003	14:16.10
2. Nate Iben	1994	14:28.8
3. Dave Brady	1972	14:47.1
4. <b>Jack Mader</b>	<b>2017</b>	<b>14:59.01</b>
5. Leandro Schultz	2009	15:01.22

### Six Mile Run

NAME	YEAR	TIME
1. Gary Schroeder	1973	30:00.3

### 10,000m Run

NAME	YEAR	TIME
1. Nate Iben	1996	30:53.61
2. Gary Schroeder	1973	31:05.1
3. Scott Sanders	1995	31:33.2
4. Dave Melchior	1983	32:06.78
5. Leandro Schultz	2007	32:11.96



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## Outdoor Records

### Ten Mile Run

NAME	YEAR	TIME
1. Gary Schroeder	1971	56:38

### 110m Hurdles

NAME	YEAR	TIME
1. Steve Cook	1966	14.1y
2. John Mitchell	1968	14.6y
3. Tom Heun	2008	15.02
4. Steve Benz	1962	15.04y
5. Sean Barfield	2004	15.14

### 220y Hurdles

NAME	YEAR	TIME
1. Steve Benz	1964	23.8
2. Don Kendt	1955	25.1
3. Jerry Jeske	1953	25.9

### 330y Hurdles

NAME	YEAR	TIME
1. Steve Cook	1965	38.4

### 400m Hurdles

NAME	YEAR	TIME
1. Dennis Brown	1974	53.0y
2. Adam Wierciak	2004	54.27
3. Dennis Lawton	1971	55.9y
4. Antwon Hatchett	2014	56.00
5. Mark Reddel	2004	56.25

### 3,000m Steeplechase

NAME	YEAR	TIME
1. Jim Black	1972	9:14.2
2. Jeremy Duff	2000	9:16.04
3. Chris Honig	2007	9:24.36
4. Doug Brown	2003	9:25.37
5. Matt Blume	2003	9:29.62

### Pole Vault

NAME	YEAR	DIST.
1. Justin Zosso	2015	16'3 1/4"
2. Alexander Watson	2017	15'3"
3. Philip Lohrmann	2008	14'7 1/4"
Evan Snow	2017	14'7 1/4"
5. Zachary Topper	2017	14'6 1/4"

### High Jump

NAME	YEAR	DIST.
1. Brent Bultmeier	1979	6'10 3/4"
2. Ricky Samuel	1976	6'8 1/2"
3. John Otte	1987	6'8"
Mark Massey	1998	6'8"
5. Jason Scott	1998	6'6 3/4"
Johnathon Heagy	2016	6'6 3/4"

### Long Jump

NAME	YEAR	DIST.
1. Jarrett Mickens	2011	24'6 1/2"
2. Jeff Thomas	1976	24'2"
3. Joshua Lee	2005	23'9 1/2"
4. Antoine Ward	1998	23'0 3/4"
5. Fred Mina	1970	22'11 1/2"

### Triple Jump

NAME	YEAR	DIST.
1. Jeff Thomas	1976	48'4 1/4"
2. Jarrett Mickens	2010	47'3"
3. Bob Hammond	1980	46'11"
4. Nick Ricks	2017	46'9"
5. Steve Schubert	2010 + 2011	45'9"

### Shot Put

NAME	YEAR	DIST.
1. Jeff Middendorf	1975	53'9 1/4"
2. Todd Goodrick	2005	52'3 3/4"
3. Tim Andrews	1982	51'2 1/2"
4. Don Schoenfield	1967	50'4 1/2"
5. Andrew Guzek	2016	50'0 1/2"

### Discus Throw

NAME	YEAR	DIST.
1. Steve Bartholomew	2008	170'10"
2. Jake Rasawehr	2017	162'1"
3. Jacob Smutz	2015	158'0"
4. Chris Sosnowski	2015	157'10"
5. Bill Rixon	2012	157'2"



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## Outdoor Records

### Hammer Throw

NAME	YEAR	DIST.
1. Jacob Smutz	2016	204'11"
2. Steve Bartholomew	2008	201'10"
3. Jacob Frey	2015	195'6"
4. Chris Sosnowski	2016	178'11"
5. Isaiah Cook	2015	174'5"

### Javelin Throw

NAME	YEAR	DIST.
<i>Modern Era</i>		
1. Jeremy Getz	2015	212'9"
2. Kris Schmautz	2003	187'9"
3. Elijah Owen	2016	186'8"
<i>Pre-modern rules</i>		
1. Jim Maryanski	1976	218'4"
2. Bud Sawatzky	1966	210'4"
3. Al Petersen	1971	209'0"

### Decathlon

NAME	YEAR	POINTS
1. Jason Scott	1998	6,225
2. <b>Connor Hickey</b>	<b>2016</b>	<b>5,774</b>
3. Elijah Owen	2015	5,680
4. Kevin Adamik	2015	5,501
5. Joe Dwyer	2004	5,167

### 4x100m Relay

NAMES	YEAR	TIME
1. Mitchell, Wellsand, Mina, Woosley	1968	41.4y
2. Lollis, Franze, <b>Sampson</b> , Dotts	2016	41.84
3. Laskowski, Coan, Holy, Kowaleski	2012	41.85
4. Davis, Darden, Rudynski, Tidwell	1983	42.10
5. Lollis, <b>Sampson</b> Franze, <b>Sekuloski</b>	<b>2017</b>	<b>42.15</b>

### Shuttle Hurdles Relay

NAMES	YEAR	TIME
1. Wierciak, Barfield, Noon, Bandy	2004	1:04.1

### 4x200m Relay

NAMES	YEAR	TIME
1. Cummins, Orndorff, Hedgcock, Ingram	1987	1:28.01
2. Davis, Darden, Rudynski, Tidwell	1983	1:29.0
3. Jewell, Blake, Benz, Knight	1962	1:31.0y
4. Zubeck, Jordan, Fruehling, Jewell	1960	1:31.8y

### 4x400m Relay

NAMES	YEAR	TIME
1. Murray, Brown, Weide, Lauer	1974	3:20.3y
2. Ayres, Stoll, Hinkey, Kahle <b>Riley</b> , Dotts, <b>Yonker</b> , Franze	1965 <b>2016</b>	3:21.0y <b>3:21.08</b>
4. Hatchett, Holy, Slenk, Butts	2014	3:22.05
5. Adamik, Holy, Schnake, Crum	2012	3:22.60

### 4x800m Relay

NAMES	YEAR	TIME
1. Fritz, Weaver, Halter, Kilcoyne	1979	7:57.1y
2. Fritz, Currie, Halter, Hannon	1980	8:15.50
3. Martin, Schalk, Snell, Gill	2007	8:16.34

### Dist. Medley Relay

NAMES	YEAR	TIME
1. Nunnelly, Skytland, Ullman, Crague	2001	10:11.3
2. Neuman, Stokes, Kotik, Leifheit	1995	10:28.0
3. Stivers, Woosley, Fronczak, Schroeder	1971	10:34.0

### 4x1,500m Relay

NAMES	YEAR	TIME
1. Crague, Theilig, Nunnelly, Duff	2000	16:37.39
2. Theilig, Ullman, Duff, Crague	1999	16:38.19

### 4xMile Relay

NAMES	YEAR	TIME
1. Shumate, Black, Schroeder, Fronczak	1971	17:56.0
2. Iben, Leifheit, Siek, Schilke	1993	18:04.0
3. Alelson, Sagendorph, Riley, Lohr	1982	18:06.1