

## OWATONNA SOPHOMORE TRACK AND FIELD RECORDS

Shot Put.....	57' 3-1/2"	Casey Dehn .....	2007
Discus .....	169' 7"	Casey Dehn .....	2007
Pole Vault.....	12' 6"	Pete Landherr .....	1993
High Jump .....	6' 5"	Ryan Boeddeker .....	2005
Long Jump.....	20' 2"	Lao Xiong/Matt Partridge .....	2004/2008
Triple Jump.....	42' 8"	Mark Striemer .....	1973
110m High Hurdles.....	15.16	Jacob Johnson.....	2014
300m Intermediate Hurdles .....	41.2	Tom DeLaitsch.....	1978
100m Dash .....	11.1	Matt Wordelman.....	1994
200m Dash .....	22.3	Dave Halvorson .....	1975
400m Dash .....	51.5	Paul Matchan .....	1973
800m Run.....	1:59	Paul Matchan .....	1973
1600m Run .....	4:26.48	Ted Gustafson .....	1998
3200m Run .....	9:36.54	Ted Gustafson .....	1998
4 x 100m Relay.....	45.95	Matt Rex, Justin Johnson.....	1994
		Adam Bohrer, Matt Wordelman	
4 x 200m Relay.....	1:35.15	Zach Barrett, David Keller .....	2017
		Steve Ekard, Jason Williamson	
Sprint Medley Relay .....	3:57.7	Wade Jessop, Dan Wick.....	1990
		Ryan Czok, Kevin Eisen	
4 x 400m Relay.....	3:36.2	Chris Zak, Eric Jacobson .....	1988
		Wayne Robke, Eric Christianson	
Steeplechase.....	5:08.2	Ted Gustafson .....	1998
4 x 800m Relay	8:37.0	Cam Peterson, Collin Buck, Mark	
		Holzerland, and Specer Versteg	