

EVENT	INDIVIDUAL OR RELAY MEMBERS	SCHOOL	DISTANCE / TIME	YEAR
SHOT PUT	TRISTAN WIRFS	MT. VERNON	60' 9"	2017
DISCUS	HAVEN	INDEPENDENCE	182' 5"	1980
LONG JUMP	WITT	CENTRAL DEWITT	22' 1"	1988
HIGH JUMP	ANDY STOOKEN	BELLEVUE	6' 8"	2002
100 METER DASH	LAMBERTSEN	ANAMOSA	11.10	1995
200 METER DASH	JOJO FROST	MT. VERNON	22.46	2017
400 METER DASH	BENNIS	MAQUOKETA	49.23	1997
800 METER RUN	MICHAEL MELCHERT	MONTICELLO	1:57.17	2014
1600 METER RUN	COOK	MONTICELLO	4:27.59	1998
3200 METER RUN	PENNINGROTH	TIPTON	9:42.64	1983
110 HIGH HURDLES	RICKLES	MONTICELLO	14.59	1994

400 METER LOW HURDLES	NIC WEERS	ANAMOSA	54.34	1996
4 X 800 METER RELAY		MONTICELLO	8:04.61	2013
1600 METER MEDLEY RELAY		MONTICELLO	3:33.55	2001
800 METER SRPINT MEDLEY		WESTERN DUBUQUE	1:34.46	2017
4 X 100 METER RELAY		DYERSVILLE BECKMAN	42.62	2017
4 X 200 METER RELAY		WESTERN DUBUQUE	1:28.52	2017
4 X 400 METER RELAY		MONTICELLO	3:23.35	2001
SHUTTLE HURDLE RELAY		DYERSVILLE BECKMAN	58.97	2016
