

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 STOEKEN	BELLEVUE	6' 8"	2002
	BOHNSACK	VINTON		1984
100 METER DASH	LAMBERTSEN	ANAMOSA	11.10	1995
200 METER DASH	JOJO FROST	CPU	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	WEERS	ANAMOSA	54.34	1996

LOW HURDLES				
4 X 800 METER RELAY		MAQUOKETA	8:03.34	1979
1600 METER MEDLEY RELAY		MONTICELLO	3:33.55	2001
800M SPRINT MEDLEY		WESTERN DUBUQUE	1:35.46	2017
4 X 100 METER RELAY		WESTERN DUBUQUE	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
