



Macalester Scots Men's Track & Field Indoor All-Time Top 10 Performances



As of March 14, 2026

55 METERS

1. Andrew Yokom	6.54	2008
2. Richmond Sarpong	6.55	1995
3. Denis Foo Kune	6.59	1999
4. Sebastian Stefanowicz	6.63	2026
5. Ayikai Quaye	6.64	1998
Kyle Hamblett	6.64	2008
Kevin Williams	6.64	2009
8. Tyler Schwecke	6.65	2006
9. Alex Wise	6.67	2007
10. Mike Nakagawa	6.70	1992
Drew Morral	6.70	2026

60 METERS

1. Arlo Heitler	7.02	2024
2. Jack Schultenover	7.05	2017
3. Dennis Foo Kune	7.07	1999
4. Drew Morral	7.10	2026
6. Sylvain Zong-Naba	7.13	2024
6. Mason Kriegel	7.14	2014
7. Sebastian Stefanowicz	7.15	2025
8. Andrew Yokom	7.16	2008
9. Brent Campbell	7.21	2012
10. Keegan Greaney	7.24	2019

200 METERS

1. Arlo Heitler	22.32	2025
2. Konnor Fleming	22.70	2013
3. Chris Link	22.81	1995
4. David Palmer	22.94	2020
5. Andrew Yokom	22.96	2009
6. Alex Wise	22.97	2005
7. Karson Sammons	23.02	2025
8. Richmond Sarpong	23.19	1994
9. Eric Klinker	23.20	2000
10. Jack Schultenover	23.26	2017

400 METERS

1. Arlo Heitler	48.53	2025
2. David Palmer	48.89	2020
3. Chris Link	50.28	1995
4. Andrew Yokom	50.31	2009
5. Mikhail Higgins	50.87	2004
6. Konnor Fleming	50.91	2014
7. Aj Baehr	51.18	2025
8. Ed West	51.42	1995
Andrew Leza	51.42	1998
10. Pat Buresh	51.51	1988

600 YARDS

1. Scott Meier	1:13.65	1988
2. Tom Plocker	1:14.34	1980
3. Bill Wilson	1:14.34	1970
4. Pat Buresh	1:14.85	1989
5. Dave Hodge	1:14.94	1970
6. Mike Schlick	1:15.34	1983
Tom Swanson	1:15.34	1990
8. Ed West	1:15.78	1994
9. Andrew Leza	1:15.84	1998
10. Devon Rice	1:15.99	1992

600 METERS

1. David Palmer	1:21.27	2020
2. Kalid Ali	1:21.68	2025
3. John Ihrke	1:21.99	2026
4. Sebastian Roemer	1:22.71	2013
5. Nolan Ebner	1:22.94	2016
6. Keegan Greaney	1:23.84	2019
7. Henry Schonebaum	1:24.13	2026
8. Tayeb Zaidi	1:25.23	2015
9. Spencer McNall	1:25.30	2020
10. Arlo Heitler	1:25.40	2023

800 METERS

1. John Ihrke	1:52.31	2026
2. Nolan Ebner	1:55.33	2018
3. Dave Hodge	1:55.70	1969
4. David Palmer	1:56.95	2020
5. Tor Olsson	1:57.23	2025
6. Drew Getty	1:57.38	2024
7. Tom Swanson	1:57.39	1990
8. Andrew Leza	1:57.78	1998
9. Rob Maki	1:58.04	1997
10. Sebastian Roemer	1:58.15	2013

1000 METERS

1. John Ihrke	2:27.43	2026
2. Bob Clark	2:30.84	1983
3. Rob Maki	2:31.10	1987
4. Nate Crider	2:32.30	2005
5. Drew Getty	2:32.70	2024
6. Wade Ekstrom	2:32.88	2010
7. David Augustson	2:33.44	2006
8. Chris Boranian	2:34.38	2018
9. Tom Swanson	2:35.02	1989
10. Donovan Connole	2:35.21	2026



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1500 METERS

1.	Mike Westberg	3:59.61	1985
2.	Jasper Simon	4:03.35	1994
3.	Dan Olson	4:03.54	1988
4.	Brandon Guthrie	4:04.59	1999
5.	Bo Rydze	4:04.73	2004
6.	Rob Maki	4:04.74	1987
7.	Doug Christie	4:06.44	1985
8.	Karl Nystrom	4:07.85	1990
9.	Davie Miller	4:08.24	1984
10.	Sky Brandt	4:08.76	2003

MILE

1.	John Ihrke	4:15.66	2026
2.	Reece McKee	4:16.43	2025
3.	Wade Eckstrom	4:17.32	2010
4.	Quinn Hoisington	4:17.44	2026
5.	Tyler Edwards	4:18.35	2025
6.	Paul Mausling	4:19.10	1980
7.	Ben Crotteau	4:19.98	2024
8.	Joe Giamberdino	4:20.17	2015
9.	Nate Crider	4:21.29	2005
10.	Nick Ihrke	4:22.16	2025

3000 METERS

1.	Reece McKee	8:32.30	2024
2.	Joe Giamberdino	8:34.63	2015
3.	Tor Olsson	8:36.26	2023
4.	Ben Crotteau	8:36.58	2024
5.	Quinn Hoisington	8:38.51	2026
6.	Wade Eckstrom	8:39.01	2009
7.	Tyler Edwards	8:39.31	2024
8.	Brandon Guthrie	8:43.68	1999
9.	Nick Ihrke	8:45.30	2023
10.	Bo Rydze	8:45.23	2005

5000 METERS

1.	Reece McKee	14:59.01	2024
2.	Tyler Edwards	15:02.42	2024
3.	Nick Ihrke	15:08.21	2025
4.	Dylan Keith	15:12.91	2005
5.	Justin Simon	15:13.36	1994
6.	Dave Miller	15:13.64	1984
7.	Wade Eckstrom	15:13.99	2009
8.	Brandon Guthrie	15:18.06	1999
9.	Kevin Corliss	15:25.65	1987
10.	Eric Thomton	15:32.74	1985

55 HURDLES

1.	Eric Klinker	7.66	2001
2.	Sean Heath	7.85	1984
3.	Mike Nakagawa	7.91	1990
4.	Sebastian Stefanowicz	7.96	2026
5.	John Shepard	7.99	2000
6.	Alex Rosselli	8.04	2010
7.	Steve Trkla	8.14	1983
	Eric Emmette	8.14	1984
9.	Carson Gorecki	8.21	2006
10.	Andrew Yokom	8.30	2007

60 HURDLES

1.	Sebastian Stefanowicz	8.51	2026
2.	John Shepard	8.68	1999
3.	Alex Rosselli	8.85	2007
4.	Hamza Mahamud	8.92	2026
5.	Carson Gorecki	9.07	2006
6.	Andrew Yokom	9.09	2007
7.	Brady Thompson	9.23	2020
8.	Tyler Ecklund	9.33	2006
9.	Danny Powell	9.53	2024
10.	Anders Voss	9.57	2016

4x200 METER RELAY

1.	Edwards-Gaherty, Arimi, Kinnucan, Palmer	1:31.20	2020
2.	Williams, Yokom, Andersson, Rosselli	1:31.22	2008
3.	Williams, Hamlett, Andersson, Yokom	1:31.70	2009
4.	Kinnucan, Murphy, Edwards-Gaherty, Palmer	1:31.81	2020
5.	Kinnucan, Wang, Schonebaum, Kogut	1:32.39	2023
6.	Schonebaum, Zhao, Morrall, Stefanowicz	1:32.70	2026
7.	Viele, Khumalo, Moulton, Higgins	1:32.74	2004
8.	Wilson, Occhicone, Shepard, Klinker	1:32.86	2000
9.	Williams, Yokom, Andersson, Honan	1:32.87	2007
10.	Darrow, Nowaczynski, Miller, Kriegel	1:33.03	2014



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As of March 14, 2026



4x400 METER RELAY

1.	Edwards-Gaherty, Reyes Herrera, Kinnucan, Palmer	3:25.13	2020
2.	Wang, Ali, Kinnucan, Heitler	3:26.56	2022
3.	Khumalo, Kleczewski, Wise, Higgins	3:26.68	2004
4.	Schonebaum, Ali, Malecha, Heitler	3:27.10	2024
5.	Schonebaum, Wang, Kinnucan, Heitler	3:27.56	2023
6.	Greaney, Reyes Herrera, Kinnucan, Palmer	3:28.16	2019
7.	Honan, Yokom, Kowalski, Wise	3:28.33	2007
8.	West, Elsinger, K. Hedtke, Link	3:28.34	1995
9.	Meier, Chell, Swanson, Buresh	3:28.34	1988
10.	Greaney, Reyes Herrera, Hunsanger, Palmer	3:28.72	2019

4x800 METER RELAY

1.	West, Jasper Simon, Elsinger, Justin Simon	8:07.59	1994
2.	Westberg, Giannetti, Aas, Tharp	8:09.18	1985
3.	Corliss, Barkan, Olson, Maki	8:11.84	1987
4.	Maki, Christie, Olson, Giannetti	8:13.84	1986
5.	Kleemeier, Bromley, Kortebein, Olson	8:16.84	1988
6.	Leza, Pavlish, J. Anderson, Pavlish	8:18.29	1997
7.	Nystrom, Fritze, Ruddy, Talbot	8:18.60	1990
8.	Reinsch, Hage, S. Anderson, Pavlish	8:19.04	1998
9.	Leza, Elsinger, Copans, Justin Simon	8:22.25	1996
10.	West, Jasper Simon, Justin Simon, Elsinger	8:23.07	1994

DISTANCE MEDLEY RELAY

1.	Crotteau, Heitler, Getty, McKee	10:15.86	2024
2.	Crotteau, Ali, Wiltse, Olsson	10:17.61	2024
3.	Crotteau, Schonebaum, Wiltse, Ihrke	10:18.41	2025
4.	Morgan, Yokom, Springer, Ekstrom	10:20.94	2008
5.	Wiltse, Schonebaum, Connole, Hoisington	10:24.74	2026
6.	Olsson, Kinnucan, Schonebaum, Crotteau	10:34.51	2023
7.	Rydze, Wise, Springer, Crider	10:35.63	2005
8.	Rydze, Higgins, Brown, Brandt	10:35.95	2003
9.	Grant, Reyes Herrera, Ebner, Boranian	10:36.83	2018
10.	Augustson, Kowalski, Springer, Burns	10:37.24	2007

HIGH JUMP

1.	Logan Hovie	6-9.75	2.08m	2016
2.	John Shepard	6-7	2.01m	2000
3.	Andrew Smith	6-6.75	2.00m	2019
4.	Scott Davis	6-3.75		1976
5.	Brad Pospisil	6-3		1986
6.	John Rusterholz	6-2	1.88m	1967
	Mike Arney	6-2	1.88m	1990
	Toby Schwartz	6-2	1.88m	2002
9.	Eric Starkweather	6-1.25	1.86m	1996
10.	Andy Klein	6-1		1987

LONG JUMP

1.	Nelson Jumbe	23-1.75	7.05m	1992
2.	Gil Baldwin	22-10	6.96m	1969
3.	Kajerero Ssebbaale	22-5	6.83m	2001
4.	J.J. Arimi	22-3.5	6.79m	2020
5.	Eric Klinker	22-2.5	6.77m	2001
6.	Greg Moore	21-9	6.63m	1974
	Larry Griffin	21-9	6.63m	1997
8.	Will Murphy	21-6.25	6.56m	2020
9.	Riley Hodin	21-6	6.55m	2025
10.	Brad Pospisil	21-5.25	6.53m	1986
	Brendan Viele	21-5.25	6.53m	2003



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TRIPLE JUMP

1.	Kajerero Ssebbaale	48-1.5	14.66m	2000
2.	Ataa Mensah	46-6.75	14.19m	2026
3.	Will Murphy	46-3.5	14.11m	2020
4.	Ssebbaale Sseremba	46-2.25	14.08m	2005
5.	Riley Hodin	45-0.25	13.72m	2024
6.	J.J. Arimi	44-11.75	13.71m	2020
	Tyler Schwecke	44-11.75	13.71m	2006
8.	Bengo Mrema	44-10.75		1999
9.	Joseph Mukurazita	44-9.75		1998
10.	Jay Cline	43-6.5	13.27m	1992

POLE VAULT

1.	Alex Wise	15-6.25	4.73m	2007
2.	Mason Kriegel	14-11	4.55m	2014
3.	Peter Hay	14-0	4.27m	1987
	Dave Hargrove	14-0	4.27m	1987
5.	George Howe	13-8.25	4.17m	2019
6.	Calvin Hoe	13-6		1966
	Brad Pospisil	13-6		1987
	Ken Okumura	13-6		1987
9.	Nick Honan	13-3.5	4.05m	2005
	Neehar Thankor	13-3.5	4.05m	2012

SHOT PUT

1.	Robin Kleffman	48-11		1969
2.	Jim Lesar	48-1.5		1983
3.	Shannon Whitworth	45-10.5		1991
4.	Frank Keen	45-10		1969
	Paul Olson	45-10		1970
	Artur Porto	45-10	13.97m	2026
7.	Mark Severson	45-9		1975
8.	Doug Kahn	45-8.25		1984
9.	Mike McCheshey	44-11.25		1963
10.	Evan Mitchell	44-6	13.57m	2007

35-LB WEIGHT THROW

1.	Austin Mills	56-7.25	17.25m	2026
2.	Max Menache	51-11.75	15.84m	2025
2.	Gary Carlson	49-11.5		1990
4.	Victor Wright	48-9	14.86m	2023
5.	Evan Mitchell	48-4.75	14.79m	2008
6.	David McNichols	48-2.5	14.69m	2018
7.	Greg Davis	47-3		1988
8.	Chris Pothoven	44-9.75		2010
9.	Aiden Yang	44-2.5	13.47	2025
10.	Wade Miller	43-2.25	13.16m	2008

HEPTATHLON

1.	Martin Anderson	4203		2007
2.	Billy Retza	3743		2019
3.	Tyler Ecklund	3679		2006
4.	Nick Honan	3610		2006

