

MSUM

TRACK & FIELD



Record Book



Men's Indoor Records

55 Meters

1. Derek Bredy - 6.31 (2011)
2. Starr Roberts - 6.32 (2000)
3. Stephan Richardson - 6.35 (2000)
4. Marc Brown - 6.39 (2004)
5. Chuck Johnson - 6.39 (1981)
6. Scott Anderson - 6.39 (1983)
7. Shawn Grabow - 6.39 (1985)
8. Del Armstrong - 6.41 (1988)
9. Ben Bodom - 6.54 (1977)
10. Greg Kloss - 6.54 (1980)

60 Meters

1. Derek Bredy - 6.75 (2012)
2. David Daniels - 6.83 (2024)
3. Brock Keaton - 6.87 (2010)
3. Ty Dawkins - 6.87 (2022)
5. Greg Kloss - 6.87 (1979)
4. Kurt Erickson - 6.89 (1980)
5. Uche Ogbonnaya - 6.90 (2012)
5. Gary Anderson - 6.90 (1980)
6. Jonathan Demus - 6.94 (2014)
6. Scott Anderson - 6.94 (1983)
7. Skylar Jackson - 6.96 (2011)

200 Meters

1. Derek Bredy - 21.43 (2013)
2. Starr Roberts - 21.58 (2000)
3. Brian Huber - 21.91 (2018)
4. Ty Dawkins - 21.94 (2022)
5. Elliott MacLennan - 21.99 (2023)
6. Stephan Richardson - 22.02 (2000)
6. Jerome Crayton - 22.02 (2024)
8. Keith Turner - 22.18 (2015)
9. Uchenna Ogbonnaya - 22.22 (2012)
10. Jonathan Demus - 22.38 (2015)

300 Meters

1. Scott Anderson - 34.45 (1982)
2. Keith McCarty - 34.9 (1984)
3. Derek Bredy - 34.70 (2012)
4. Aaron Lund - 35.38 (2011)
5. Brad Swanson - 35.59 (1991)
6. Steed Welch - 35.66 (1989)
7. Laquone Robinson - 35.50 (2012)
8. Uche Ogbonnaya - 35.90 (2012)
9. Keith Barnier - 36.1 (1985)
10. Ty Dawkins - 36.06 (2019)

400 Meters

1. Ibrahim Oduong - 47.44 (2024)
2. Derek Bredy - 47.6 (2013)
3. Ty Dawkins - 48.02 (2022)
4. Tommy Kern - 48.58 (2023)
5. Keith McCarty - 48.6 (1984)
6. Keith Turner - 48.67 (2015)
7. Ryan Olson - 48.7 (2015)
8. Scott Anderson - 48.77 (1983)
9. Aaron Lund - 49.05 (2010)
10. Kenny Andri - 49.14 (2016)

600 Meters

1. Braxton Bruer - 1:18.52 (2024)
2. Keith Turner - 1:20.11 (2015)
3. Aaron Lund - 1:21.12 (2011)
4. Donovan Delude - 1:21.74 (2001)
5. Bob Beeson - 1:21.8 (1979)
6. Brad Larson - 1:22.06 (1982)
7. Stu Fox - 1:22.50 (1979)
8. Steve Solum - 1:22.62 (2005)
9. Loren Wendroth - 1:22.64 (1980)
10. Matt Loehr - 1:22.65 (2013)

800 Meters

1. Braxton Bruer - 1:50.85 (2024)
2. Jared Gregoire - 1:50.95 (2023)
3. Clayton Foster - 1:53.41 (2012)
4. John Alin - 1:53.51 (1984)
5. Rogen Thelen - 1:54.19 (1987)
6. Mike Thomas - 1:54.27 (1985)
7. Jim Fay - 1:54.44 (1979)
8. Bob Beeson - 1:54.70 (1979)
9. Jeff Streich - 1:54.71 (1988)
10. Brady Speicher - 1:54.76 (2016)

1000 Meters

1. Bob Beeson - 2:27.43 (1979)
2. Clayton Foster - 2:27.73 (2013)
3. Jared Gregoire - 2:27.76 (2023)
4. Jeff Streich - 2:27.84 (1987)
5. John Alin - 2:27.88 (1983)
6. Keith Haverland - 2:28.29 (1983)
7. Josh Young - 2:28.53 (2017)
8. Jim Fay - 2:29.80 (1980)
9. Braxton Bruer - 2:29.85 (2024)
10. Joel Jorgenson - 2:29.90 (1980)

Heptathlon

1. Laquone Robinson - 5093 (2012)
2. Jonas Matzen - 5005 (2020)
3. Uche Ogbonnaya - 4748 (2012)
4. Luke Buchholz - 4736 (2011)
5. Jacob Minnick - 4580 (2019)
6. Andrew Schonneson - 4567 (2016)
7. Daniel Fetzer - 4445 (2007)
8. Jaden Radcliffe - 4381 (2015)
9. Hunter Miller - 4292 (2024)
10. Colby Larson - 4239 (2023)





Men's Indoor Records Cont.

Mile

1. Brady Speicher - 4:05.18 (2016)
2. John Tiemann - 4:09.20 (1975)
3. Josh Young - 4:09.57 (2017)
4. Clayton Foster - 4:11.30 (2013)
5. Joel Jorgenson - 4:11.95 (1980)
6. Linc Woodbury - 4:12.01 (1976)
7. John Alin - 4:12.08 (1985)
8. Dave Sederquist - 4:12.31 (1982)
9. Nick Marshall - 4:15.48 (2020)
10. Marc Ryan - 4:15.63 (1983)

3000 Meters

1. Nadir Yusuf - 8:19.84 (2022)
1. Dave Sederquist - 8:24.01 (1981)
2. Ron Graham - 8:29.95 (1979)
3. Greg Zahalka - 8:30.10 (1991)
5. Adnew Stueven - 8:30.80 (2024)
6. Mike Neimann - 8:32.74 (1979)
7. Brian Haavisto - 8:33.60 (1983)
8. Pat Billig - 8:34.66 (1983)
9. Chris Erickson - 8:34.80 (1982)
10. Logan Spooner - 8:35.81 (2019)

5000 Meters

1. Nadir Yusuf - 14:14.30 (2021)
2. Greg Zahalka - 14:22.10 (1992)
3. Chris Erickson - 14:38.1 (1992)
4. Dave Sederquist - 14:45.2 (1982)
5. Jason Dowell - 14:54.80 (2015)
6. Cody Christ - 14:55.28 (2016)
7. Marv Denzer - 14:55.5 (1989)
8. Brian Haavisto - 15:06.0 (1983)
9. James Dorado - 15:07.66 (2023)
10. Randy Goblirsch - 15:17.0 (1983)

55 Meter Hurdles

1. Shawn Grabow - 7.29 (1984)
2. Walt Larson - 7.44 (1984)
3. Laquone Robinson - 7.46 (2011)
4. Dale Tucker - 7.5 (1979)
5. Randy Salzwedel - 7.53 (1981)
6. Craig Krupke - 7.54 (1988)
7. Starr Roberts - 7.6 (2000)
8. Tim Kowal - 7.64 (1981)
9. Morris Rau - 7.4 (1989)
10. Keith Doerr - 7.78 (1984)

60 Meter Hurdles

1. Laquone Robinson - 7.93 (2013)
2. Randy Salzwedel - 8.2 (1980)
3. Tim Kowal - 8.21 (1981)
3. Zach Sweep - 8.21 (2017)
4. Dale Tucker - 8.28 (1979)
5. Starr Roberts - 8.31 (2000)
6. Clay Jackson - 8.40 (2021)
7. Marc Thompson - 8.48 (1998)
8. Marty Kesler - 8.5 (1980)
9. Uche Ogbonnaya - 8.55 (2012)
10. Shaquiel Higgs - 8.55 (2023)

Long Jump

1. Brian Huber - 25'2.75" (2018)
2. Shyrone Kemp - 24'11.75" (2024)
3. Brad Swanson - 24'6.5" (1991)
4. Derek Bredy - 24'1.5" (2013)
5. Ken Scarborough - 23'6" (1975)
6. Paul Basuto - 23'4" (1980)
7. Paul Gorshe - 23'3" (1970)
7. Pete Bologna - 23'3" (1978)
8. Tom Musch - 23'2.75" (1974)
8. David Daniels - 23'2.75" (2024)
10. Scott Myhre - 23'1.25" (1980)

Triple Jump

1. Shyrone Kemp - 52'4.75" (2022)
2. Cal Baker - 48'9" (1977)
3. Derek Bredy - 48'0" (2012)
4. Rod McClendon - 47'6.75" (1982)
5. Brad Swanson - 47'4.5" (1989)
6. Friday Matthews - 47'4.25" (2001)
7. Kevin Norville - 47'3.5" (2016)
8. Ken Scarborough - 47'1" (1975)
9. Vince Felche - 46'11.75" (1971)
10. Chris Cook - 46'8" (2022)

High Jump

1. Chris Cook - 7'0.5" (2020)
1. Travis Joseph - 7'0.5" (2022)
3. Brian Rabenberg - 6'11.25" (1992)
4. Dave Bergstrom - 6'11" (1979)
5. Austin Dennis - 6'10.75" (2012)
5. Shyrone Kemp - 6'10.75" (2024)
7. Rod St. Michel - 6'10" (1987)
8. Jonas Matzen - 6'9" (2018)
9. Brad Swanson - 6'9" (1991)
10. Brian Huber - 6'8.75" (2016)
10. Ryan Barnes - 6'8.75" (2013)
10. Laquone Robinson - 6'8.75" (2013)
10. Tyler Missick - 6'8.75" (2024)

Pole Vault

1. Derik Brugger - 17'0" (2009)
2. Dave Robley - 16'1" (1982)
3. Matt Jahnke - 16'0" (2008)
4. Dan Oslage - 16'0" (1989)
5. Logan Storm - 15'10" (2019)
6. Brent Smith - 15'6.5" (1979)
7. Rick Nelson - 15'4" (1980)
8. Jerry Jonas - 15'2.25" (2008)
9. Ryan Church - 15'1.5" (1980)
10. Gary Wageman - 15'0" (1983)





Men's Indoor Records Cont.

Shot Put

1. Brett Ailts - 57'9" (1984)
2. Anthony Enyi - 55'7" (2011)
3. Craig Peterson - 55'6.5" (1987)
4. Dale Robley - 54'3" (1973)
5. Todd Remer - 52'10" (1983)
6. Chris Nulle - 52'6" (2003)
7. Beau Scheving - 51'11.75" (2015)
8. Larron Swanson - 51'10.75" (1969)
9. Jim Anderson - 50'4.75" (1979)
10. Jordan Nolan - 50'3.25" (2023)

Weight Throw

1. Anthony Enyi - 66'8.75" (2011)
2. Chris Heil - 64'9.75" (2011)
3. Chris Nulle - 63'6.75" (2003)
4. Andrew Werk - 59'4.75" (2015)
5. Jackson Henrich - 57'4.75" (2013)
6. Tanner Berby - 56'3" (2020)
7. Andrew Haak - 56'2" (2007)
8. Jose Alba - 53'3.75" (2010)
9. Scott Wavrin - 53'0.5" (2001)
10. Jerron McDonald - 52'10.75" (2020)

4x200 Relay

1. D. Bredy, R. Olson, L. Arnold, A. Lund - 1:28.1 (2012)
2. P. Watson, B. Keaton, U. Ogbonnaya, A. Lund - 1:28.5 (2010)
3. C. Shufelt, A. Lund, U. Ogbonnaya, R. Olson - 1:30.3 (2011)
4. D. Pyatt, K. Burns, T. Larson, S. Richardson - 1:30.8 (2001)
5. G. Kloss, G. Anderson, W. Johnson, B. Bodom - 1:31.0 (1979)

4x400 Relay

1. C. Shufelt, D. Bredy, A. Lund, R. Olson - 3:14.50 (2011)
2. D. Bredy, L. Arnold, R. Olson, A. Lund - 3:14.85 (2012)
3. K. Turner, R. Olson, K. Andri, M. Loehr - 3:15.74 (2015)
4. I. Oduong, K. Major, E. MacLennan, T. Kern - 3:16.53 (2023)
5. L. Arnold, R. Olson, C. Shufelt, A. Lund - 3:16.94 (2012)

4x800 Relay

1. D. Wendt M. Ryan, K. Haverland, J. Alin - 07:53.6 (1983)
2. J. Sampson, M. Ryan, K. Johnson, J. Alin - 7:55.88 (1982)
3. K. Eckhoff, J. Fay, A. Lund, M. McConnell - 07:57.4 (2009)
4. J. Streich, A. Malecha, J. Lavin, R. Thelen - 7:57.61 (1987)
5. A. Lund, K. Eckhoff, C. Foster, M. McConnell - 7:58.10 (2010)

Distance Medley Relay

1. A. Stueven, K. Major, B. Bruer, J. Gregoire - 9:47.29 (2023)
2. B. Bruer, J. Crayton, A. Stueven, C. O'Farrell - 10:08.55 (2024)
3. J. Alin, B. Milbeck, M. Thomas, K. Haverland - 10:10.8 (1985)
4. R. Heley, C. Ericson, J. Poffenberger, G. Zahalka - 10:19.6 (1993)
5. J. Dowell, K. Andri, J. Peterson, B. Speicher - 10:20.93 (2015)





Men's Indoor Accolades

All-Americans

2024 - Ibrahim Oduong (400m)*
2024 - Braxton Bruer (800m)*
2024 - Shyrone Kemp (Triple, Long Jump)
2023 - Braxton Bruer (800m)*
2023 - Jared Gregoire (800m)*
2023 - Shyrone Kemp (Triple Jump)*
2022 - Travis Joseph (High Jump)*
2022 - Shyrone Kemp (Triple Jump)*
2021 - Shyrone Kemp (Triple Jump)*
2020 - Chris Cook (High Jump)*
2020 - Shyrone Kemp (Triple Jump)*
2019 - Chris Cook (High Jump)*
2018 - Brian Huber (Long Jump)*
2017 - Josh Young (Mile)*
2017 - Brian Huber (Long Jump)*
2016 - Brady Speicher (Mile)*
2016 - Brian Huber (Long Jump)*
2013 - Derek Bredy (200m)*
2012 - Laquone Robinson (Heptathlon)*
2012 - Lincoln Arnold, Ryan Olson, Corey Shufelt, Aaron Lund (4x400m Relay)*
2007 - Derik Brugger (Pole Vault)*
2003 - Chris Nulle (Weight Throw)*
2001 - Starr Roberts (100m and 200m)*
1993 - Greg Zahalka (Three Mile)**
1993 - Chris Ericson (Two Mile)**
1991 - Chris Ericson (Three Mile)**
1991 - Paul Heley (880)**
1991 - Brad Swanson (Long Jump)**
1991 - Brad Swanson (High Jump)**
1990 - Dan Oslage (Pole Vault)**
1988 - Jeff Streich (Mile)**
1987 - Craig Peterson (Shot Put)**
1987 - Roger Thelen (Mile)**
1986 - Craig Peterson (Shot Put)**
1985 - John Alin (Mile)**
1985 - John Alin, Brad Milbeck, Mike Thomas, Keith Haverland (Two-Mile Relay)**
1985 - John Alin, Brad Milbeck, Mike Thomas, Keith Haverland (DMR)**
1984 - Keith Haverland (1000)**
1984 - Keith McCarty (440)**
1984 - Scott Anderson (440)**
1984 - Brad Milbeck, John Alin, Marc Ryan, Keith Haverland (Two-Mile Relay)**

1984 - Brett Ailts (Shot Put)**
1983 - Scott Anderson (440)**
1983 - Marc Ryan (1000)**
1983 - Brett Ailts (Shot Put)**
1982 - Dave Sederquist (Mile)**
1982 - Dave Robley (Pole Vault)**
1981 - Dave Robley (Pole Vault)**
1980 - Joel Jorgenson (Mile)**
1980 - Mike Neiman (Two Mile)**
1979 - Ron Graham (Two Mile)**
1979 - Bob Beeson (1000)**
1979 - Jim Fay (880)**
1979 - Dave Bergstrom (High Jump)**
1978 - Dave Bergstrom (High Jump)**
1977 - Dave Bergstrom (High Jump)*
1976 - John Tiemann (880)**

National Champions

2003 - Chris Nulle (Weight Throw)
1993 - Greg Zahalka (Three Mile)
1979 - Ron Graham (Two Mile)

**Denotes NCAA Division II All-American*

***Denotes NAIA All-American*





Men's Indoor Accolades Cont.

NSIC/NIC Champions

1969 - Lloyd Cordner (300-Yard Dash)	1974 - Dan Woodbury (600-Yard Dash)
1969 - Terry Harrington (176-Dash IH)	1974 - Sprint Relay
1969 - Dave Suedel (60-Yard Dash)	1974 - Mile Relay
1969 - Larron Swanson (Discus and Shot Put)	1975 - Bob Berschied (1000-Yard)
1970 - Vince Felchle (Triple Jump)	1975 - Dwight Carlson (600-Yard Dash)
1970 - Paul Gorshe (Long Jump)	1975 - Mike Francis (Two-Mile)
1970 - Dan Holoien (1000-Yard)	1975 - Jim Gravalin (300-Yard Dash)
1970 - Sam Johnson (High Jump)	1975 - Bob Jappe (60-Yard HH/IH)
1970 - Pete Lapka (600-Yard Dash)	1975 - Ken Scarbrough (Long and Triple Jump)
1970 - Dale Robley (Shot Put)	1976 - Dwight Carlson (600-Yard Dash)
1970 - Lloyd Cordner (60-Yard and 300-Yard Dash)	1976 - John Tiemann (Mile)
1970 - Sprint Relay	1976 - Linc Woodbury (1000-Yard)
1970 - Mile Relay	1976 - Mile Relay
1971 - Larry Burfeind (60-Yard LH/HH)	1977 - Cal Baker (Long and Triple Jump)
1971 - Dan Holoien (1000-Yard)	1977 - Dennis Nelson (60-Yard HH/IH)
1971 - Pete Lapka (600-Yard Dash)	1977 - Jerry Brandt (Shot Put)
1971 - John Lindstrom (High Jump)	1977 - Dave Bergstrom (High Jump)
1971 - Dale Robley (Shot Put)	1977 - Phil Solum (600-Yard Dash)
1971 - Greg Staszko (300-Yard Dash)	1977 - Dave Thompson (300-Yard Dash)
1971 - Mile Relay	1977 - Sprint Relay
1972 - Dan Holoien (1000-Yard)	1977 - Mile Relay
1972 - Bob Jappe (60-Yard LH/HH)	1978 - Cal Baker (Triple Jump)
1972 - Pete Lapka (600-Yard Dash)	1978 - Bob Beeson (1000-Yard)
1972 - John Lindstrom (High Jump)	1978 - Dave Bergstrom (High Jump)
1972 - Dale Robley (Shot Put)	1978 - Ben Bodom (60-Yard Dash)
1972 - Greg Staszko (300-Yard Dash)	1978 - Jerry Brandt (Shot Put)
1972 - Sprint Relay	1978 - John Thorvilson (600-Yard Dash)
1972 - Mile Relay	1978 - Mile Relay
1973 - Ray Farwell (300-Yard Dash)	1979 - Dale Tucker (Triple Jump and 55m HH)
1973 - Jerry Johnson (60-Yard HH)	1979 - Gregg Kloss (55m Dash)
1973 - Pete Lapka (1000-Yard)	1979 - Bob Beeson (1000m)
1973 - Dale Robley (Shot Put)	1979 - Jim Fay (800m)
1973 - Ken Scarbrough (Triple Jump)	1979 - Dave Bergstrom (High Jump)
1973 - John Tiemann (Mile)	1979 - Ben Bausto (Long Jump)
1973 - Dan Woodbury (600-Yard Dash)	1980 - Gregg Kloss (55m)
1973 - Sprint Relay	1980 - Jim Fay (800m)
1973 - Mile Relay	1980 - Gary Anderson (200m)
1974 - Gary Ascherman (300-Yard Dash)	1981 - Dave Robley (Pole Vault)
1974 - Bob Jappe (60-Yard HH/IH)	1981 - Scott Anderson (400m and 300m)
1974 - Tom Musch (Long Jump)	1981 - 1600m Relay
1974 - Ken Scarbrough (Triple Jump)	1982 - Tom Campbell (High Jump)
1974 - John Tiemann (1000-Yard and Mile)	1982 - Dave Robley (Pole Vault and 55m IH)
	1982 - Brett Ailts (Shot Put)





Men's Indoor Accolades Cont.

NSIC/NIC Champions

1982 - Dave Sederquist (1500m and 3000m)
1982 - Rod McClendon (Triple Jump)
1982 - Scott Anderson (400m and 300m)
1982 - Pat Thomas (500m)
1982 - Dave Sederquist (800m)
1982 - Kurt Johnson (1000m)
1982 - Sprint Relay
1982 - Mile Relay
1983 - John Alin (800m, 1500m)
1983 - Shawn Grabow (55m IH, 55m HH)
1983 - Gary Wageman (Pole Vault)
1983 - Brett Ailts (Shot Put)
1983 - Brad Larson (500m)
1983 - Keith McCarty (400m)
1983 - Keith Haverland (1000m)
1983 - Pat Billig (3000m)
1983 - Sprint Relay
1983 - Mile Relay
1984 - Steve Moll (Long Jump)
1984 - Brett Ailts (Shot Put)
1984 - Sprint Relay
1984 - Keith Haverland (1500m)
1984 - Keith McCarty (400m)
1984 - Brad Milbeck (500m)
1984 - John Alin (800m)
1984 - Dwight Bordson (Pole Vault)
1984 - Scott Anderson)
1984 - Mile Relay
1984 - Shawn Grabow (55 IM Hurdles)
1985 - Tyrone Ross (High Jump)
1985 - Sprint Medley Relay
1985 - Shawn Grabow (Long Jump and 55m HH and IH)
1985 - Craig Peterson (Shot Put)
1985 - John Alin (1500m and 800m)
1985 - Brad Milbeck (300m and 400m)
1985 - Bob MacLeod (500m)
1985 - Keith Haverland (1000m)
1985 - Mile Relay

1986 - Rob St. Michel (High Jump)
1986 - Paul Moehring (Pole Vault)
1986 - Craig Peterson (Shot Put)
1986 - Roger Thelen (1500m and 3000m)
1986 - Pete Tomhave (400m, 55m and 300m)
1986 - Keith Barnier (500m)
1986 - Brad Milbeck (800m)
1986 - Jeff Streich (1000m)
1986 - Sprint Relay
1986 - Mile Relay
1987 - Rod St. Michel (High Jump)
1987 - Craig Krupke (55m HH and IH)
1987 - Al Malecha (800m)
1987 - Roger Thelen (1500m and 3000m)
1988 - Brad Swanson (Long Jump)
1988 - Rod St. Michel (High Jump)
1988 - Sprint Relay
1988 - Craig Krupke (55m HH/IH)
1988 - Henry Thomas (400m)
1988 - Roger Thelen (800m, 1500m and 3000m)
1988 - Jeff Streich (1500m)
1988 - Mile Relay
1988 - Mike Dewerff (500m)
1988 - Jeff Streich (1000m)
1989 - Brian Rabenberg (High and Triple Jump)
1989 - Sprint Relay
1989 - Morris Rau (55m HH and IH)
1989 - Steed Welch (300m)
1989 - Paul Moehring (Pole Vault)
1989 - Mike Dewerff (500m)
1989 - Marv Denzer (3000m)
1990 - Brian Rabenberg (High Jump)
1990 - Brad Swanson (Long Jump)
1990 - Matt Schumacher (Triple Jump)
1991 - Brad Swanson (High, Long, Triple Jump and 300m)
1991 - Sprint Relay
1991 - Greg Zahalka (1500m)
1991 - Dean Severson (1000m)





Men's Indoor Accolades Cont.

NSIC/NIC Champions

1991 - Chris Ericson (3000m)	2013 - Derek Bredy (60m and Long Jump)
1992 - Brian Rabenberg (High and Triple Jump)	2013 - Clayton Foster (800m and Mile)
1992 - Greg Zahalka (800m and 1500m)	2014 - 4x400m Relay
1992 - Chris Ericson (3000m)	2015 - Ryan Olson (400m)
1993 - Tony Heley (1500m)	2015 - Keith Turner (600m)
1993 - Greg Zahalka (800m)	2015 - Brian Huber (Long Jump)
1993 - Chris Ericson (1000m)	2015 - DMR
1993 - Kelly Mortensen (3000m)	2016 - Brady Speicher (800m and Mile)
1994 - Dan Nelson (Weight Throw)	2016 - Josh Young (1000m)
1995 - Dan Nelson (Shot Put)	2016 - Brian Huber (Long Jump)
1996 - Brad Saville (Weight Throw)	2017 - Brian Huber (Long Jump)
2000 - Starr Roberts (55m and 200m)	2018 - Josh Young (1000m)
2000 - Scott Wavrin (Weight Throw)	2019 - Chris Cook (High Jump)
2001 - Stephan Richardson (200m and 400m)	2020 - Nadir Yusuf (3000m)
2001 - Donovan Delude (600m)	2020 - Shyrone Kemp (Triple Jump)
2001 - Chris Nulle (Weight Throw)	2021 - Nadir Yusuf (5000m)
2001 - Friday Matthews (Triple Jump)	2021 - Shyrone Kemp (Triple Jump)
2001 - 1600m Relay	2022 - Braxton Bruer (800m)
2002 - Chris Nulle (Weight Throw)	2022 - Nadir Yusuf (5000m)
2002 - Keith Knoke (Pentathlon)	2022 - Shyrone Kemp (Long and Triple Jump)
2003 - Chris Nulle (Weight Throw and Shot Put)	2022 - Travis Joseph (High Jump)
2003 - Keith Knoke (Pentathlon)	2023 - Braxton Bruer (800m)
2004 - Matt Jahnke (Pole Vault)	2023 - Jared Gregoire (1000m)
2005 - Matt Jahnke (Pole Vault)	2023 - Shyrone Kemp (Triple Jump)
2006 - Derik Brugger (Pole Vault)	2023 - DMR
2007 - Derik Brugger (Pole Vault)	2024 - Braxton Bruer (800m)
2008 - Scott Egeberg (5000m)	2024 - Shyrone Kemp (High Jump, Triple Jump)
2009 - Percy Watson (400m)	2024 - Ibrahim Oduong (400m)
2009 - Derik Brugger (Pole Vault)	
2009 - 4x400m Relay	
2010 - Aaron Lund (600m)	
2010 - Laquone Robinson (60m Hurdles)	
2010 - Anthony Enyi (Weight Throw)	
2011 - Derek Bredy (60m, 200m and Long Jump)	
2011 - Anthony Enyi (Weight Throw)	
2011 - Laquone Robinson (Heptathlon)	
2011 - DMR	
2012 - Derek Bredy (Long and Triple Jump)	
2012 - Austin Dennis (High Jump)	
2012 - Laquone Robinson (Heptathlon)	
2012 - DMR	
2012 - 4x400m Relay	





Men's Indoor Accolades Cont.

NSIC/NIC Team Championships

1970
1971
1972
1973
1974
1975
1976
1977
1979
1982
1983
1984
1985
1986
1987
1988
1989
1990
1991
1992
2001
2011

NSIC Indoor Athlete of the Year

1991 - Brad Swanson
1992 - Brian Rabenberg
2003 - Chris Nulle
2006 - Derik Brugger
2009 - Derik Brugger
2011 - Derek Bredy/Anthony Enyi
2016 - Brian Huber
2024 - Braxton Bruer/Shyrone Kemp

NSIC Indoor Newcomer of the Year

2010 - Laquone Robinson
2019 - Chris Cook
2020 - Shyrone Kemp
2022 - Travis Joseph
2023 - Jared Gregoire

NSIC Championship High Point Scorer

2011 - Derek Bredy
2012 - Derek Bredy
2013 - Derek Bredy
2016 - Brady Speicher
2022 - Shyrone Kemp
2024 - Shyrone Kemp

NSIC Indoor Coach of the Year

1991 - Gordy Scoles
1992 - Tom Skaar
2001 - James Williams
2011 - Keith Barnier

NSIC Indoor Assistant Coach of the Year

2022 - Trevor Barry





Men's Outdoor Records

100 Meters

1. Derek Bredy - 10.38 (2011)
2. Starr Roberts - 10.40 (2000)
3. Shaquiel Higgs - 10.55 (2022)
4. Ty Dawkins - 10.57 (2022)
5. Greg Kloss - 10.58 (1980)
6. Scott Anderson - 10.6 (1984)
7. Stephen Richardson - 10.64 (2000)
8. Brian Huber - 10.67 (2016)
9. Uche Ogbonnaya - 10.69 (2012)
10. Gary Anderson - 10.7 (1980)

200 Meters

1. Starr Roberts - 20.64 (2000)
2. Scott Anderson - 20.96 (1984)
3. Derek Bredy - 21.18 (2011)
4. Brian Huber - 21.38 (2018)
5. Ty Dawkins - 21.40 (2022)
6. Elliott MacLennan - 21.42 (2022)
7. Jonathan Demus - 21.50 (2014)
8. Stephen Richardson - 21.54 (2000)
9. Uche Ogbonnaya - 21.56 (2012)
10. Shaquiel Higgs - 21.6 (2019)

400 Meters

1. Derek Bredy - 46.61 (2013)
2. Ibrahim Oduong - 46.74 (2024)
3. Keith Turner - 47.86 (20130)
4. Scott Anderson - 47.96 (1985)
5. Percy Watson - 48.02 (2009)
6. Ryan Olson - 48.11 (2015)
7. Keith McCarty - 48.3 (1983)
8. Ty Dawkins - 48.40 (2022)
8. Dave Thompson - 48.4 (1977)
9. Elliott MacLennan - 48.48 (2023)
10. Stephen Richardson - 48.50 (2000)

800 Meters

1. Braxton Bruer - 1:49.45 (2023)
2. Brad Milbeck - 1:49.51 (1986)
3. Jared Gregoire - 1:49.71 (2023)
4. Paul Heley - 1:51.52 (1991)
5. Roger Thelen - 1:52.01 (1988)
6. Josh Young - 1:52.07 (2017)
7. Jeff Streich - 1:52.2 (1987)
8. Brady Speicher - 1:52.70 (2016)
9. Bob Beeson - 1:53.0 (1979)
10. Jim Fay - 1:53.3 (1980)

1500 Meters

1. Jared Gregoire - 3:43.51 (2023)
2. Brady Speicher - 3:44.63 (2016)
3. Josh Young - 3:45.00 (2018)
4. Linc Woodbury - 3:48.0 (1976)
5. Keith Haverland - 3:49.16 (1984)
6. John Alin - 3:49.21 (1985)
7. Joel Jorgenson - 3:49.34 (1980)
8. Colin O'Farrell - 3:50.11 (2024)
9. Kurt Johnson - 3:50.33 (1982)
10. Marc Ryan - 3:50.5 (1983)

3000 Meter

Steeplechase

1. Adnew Stueven - 8:55.93 (2024)
2. Roger Thelen - 9:06.19 (1988)
3. Mike Francis - 9:07.1 (1974)
4. Spencer Ruebke - 9:10.50 (2015)
5. Logan Spooner - 9:12.64 (2018)
6. Ron Graham - 9:18.8 (1977)
7. Greg Brown - 9:19.9 (1977)
8. Brandon Selbig - 9:24.62 (2018)
9. Brian Haavisto - 9:29.17 (1983)
10. Mike Koehn - 9:30.06 (1983)

5000 Meters

1. Nadir Yusuf - 14:12.70 (2022)
2. Cody Christ - 14:19.87 (2017)
3. Greg Zahalka - 14:21.2 (1992)
4. Dave Sederquist - 14:22.2 (1982)
5. Pat Billig - 14:24.4 (1983)
6. Chris Ericson - 14:27.0 (1992)
7. Kelly Mortenson - 14:47.2 (1993)
8. Jason Dowell - 14:50.48 (2015)
9. James Dorado - 14:50.95 (2023)
10. Adnew Stueven - 14:53.98 (2024)

10,000 Meters

1. Nadir Yusuf - 29:03.05 (2022)
2. Cody Christ - 30:05.37 (2015)
3. Greg Zahalka - 30:20.0 (1992)
4. Dave Sederquist - 30:28.0 (1981)
5. Randy Goblirsch - 30:28.3 (1982)
6. Chris Ericson - 30:30.5 (1992)
7. Gary Nordlund - 30:31.0 (1977)
8. Kelly Mortenson - 31:14.0 (1992)
9. Pat Billig - 31:41.4 (1983)
10. Marv Denzer - 31:51.6 (1988)





Men's Outdoor Records Cont.

100 Meter Hurdles

1. Laquone Robinson - 14.04 (2012)
2. Craig Krupke - 14.38 (1988)
3. Randy Salzwedel - 14.42 (1981)
4. Morris Rau - 14.54 (1988)
5. Dale Tucker - 14.54 (1979)
6. Shawn Grabow - 14.64 (1984)
7. Tim Kowal - 14.67 (1981)
8. Dennis Nelson - 14.90 (1977)
9. Starr Roberts - 14.91 (2000)
10. Clay Jackson - 14.92 (2021)

400 Meter Hurdles

1. Laquone Robinson - 53.09 (2012)
2. John Thorvilson - 53 (1976)
3. Moris Rau - 53.2 (1989)
4. Craig Krupke - 53.32 (1987)
5. Keith Barnier - 53.74 (1987)
6. Stu Fox - 53.77 (1979)
7. Jon Hawley - 53.77 (1986)
8. Keith Doerr - 54.39 (19830)
9. Shawn Grabow - 54.5 (1984)
10. Randy Salzwedel - 54.57 (1980)

High Jump

1. Dave Bergstrom - 7' 1.75" (1979)
2. Chris Cook - 7' 0.25" (2021)
3. Brian Rabenberg - 7' 0" (1988)
4. Rod St. Michel - 6' 10.75" (1988)
5. Tyrone Ross - 6' 10.75" (1986)
6. Brian Huber - 6' 10.25" (2015)
7. Tony Tuseth - 6' 10" (1976)
8. Mike Bendix - 6' 9" (2012)
8. Ryan Barnes - 6' 9" (2012)
8. Matt Schumacher - 6' 9" (1992)
8. Shyrone Kemp - 6' 9" (2022)

Long Jump

1. Brian Huber - 26' 2.25" (2018)
2. Derek Bredy - 24' 11" (2013)
3. Brad Swanson - 24' 2.25" (1991)
4. Shyrone Kemp - 24' 1.5" (2022)
5. Laquone Robinson - 23' 11.75" (2012)
6. David Daniels - 23' 11" (2024)
7. Rod McClendon - 23' 8.75" (1980)
8. Paul Gorsche - 23' 6" (1969)
9. Vince Felche - 23' 5" (1971)
10. Wayne Wagner - 23' 4" (1971)

Triple Jump

1. Shyrone Kemp - 51' 8.25" (2022)
2. Rod McClendon - 50' 8.25" (1981)
3. Calvin Baker - 49' 6.5" (1977)
4. Derek Bredy - 48' 6.75" (2012)
5. Matt Schumacher - 48' 0.75" (1992)
6. Brad Swanson - 47' 8.75" (1991)
7. Chris Cook - 47' 7" (2022)
7. Laquone Robinson - 47' 7" (2012)
8. Frank Torson - 47' 5.5" (1961)
9. Vince Felche - 47' 1" (1971)
10. Brian Rabenberg - 47' 0.75" (1990)

Pole Vault

1. Derik Brugger - 16' 8" (2008)
2. Dave Robley - 16' 3" (1982)
3. Matt Jahnke - 15' 9" (2006)
4. Paul Moehring - 15' 6" (1989)
5. Rick Nelson - 15' 6" (1980)
6. Gary Wageman - 15' 4.75" (1980)
7. Ryan Church - 15' 4.25" (1980)
8. Brent Smith - 15' 3" (1978)
9. Logan Storm - 15' 2" (2019)
10. Jerry Jonas - 15' 1" (2009)

Shot Put

1. Brett Ailts - 57' 4.5" (1984)
2. Dale Robley - 55' 7.75" (1973)
3. Anthony Enyi - 54' 8.25" (2011)
4. Todd Renner - 54' 3.25" (1983)
5. Craig Peterson - 53' 1" (1985)
6. Jim Anderson - 52' 10" (1979)
7. Mitch Kleber - 52' 6" (1982)
8. Larron Swanson - 52' 3.75" (1969)
9. Jerry Brandt - 51' 6.5" (1978)
10. Chris Nulle - 51' 2.25" (2003)

Old Javelin

1. Paul Lykken 264-7 (1985)
2. Mark Waldera - 244-9 (1982)
3. Jeff Meland - 222-1 (1984)
4. Tim Fisher - 205-6 (1979)
5. John Vastag - 200-9 (1977)

Javelin

1. Jim Anderson - 216' 1" (1991)
2. Rich Fenno - 207' 9" (1991)
3. Bill Schmitz - 203' 6" (1992)
4. Brad Swanson - 198' 5" (1991)
5. Dean Johnson - 195' 0" (1992)
6. Isaac Friesse - 186' 10" (2024)
7. Ty Ogran - 184' 9" (2024)
8. Tony Duerr - 178' 6" (1999)
9. Luke Buchholz - 175' 10" (2009)
10. Brandon Larson - 174' 1" (2008)





Men's Outdoor Records Cont.

Hammer Throw

1. Anthony Enyi - 211' 2" (2011)
2. Chris Heil - 209' 6" (2012)
3. Chris Nulle - 204' 5" (2003)
4. Andrew Werk - 178' 7" (2016)
5. Jackson Henrich - 171' 9" (2013)
7. Tanner Berby - 167' 10" (2021)
7. Jose Alba - 162' 5" (2010)
8. Scott Warvin - 162' 2" (2000)
9. Brad Saville - 160' 8" (1997)
10. Ben Oie - 160' (2023)

Discus

1. Scott Warvin - 168' 0" (2001)
2. Brett Ailts - 165' 11" (1984)
3. Jackson Henrich - 163' 6" (2012)
4. Chris Heil - 161' 4" (2011)
5. Dale Robley - 159' 0" (1973)
6. Mark Paulson - 159' 0" (1979)
7. Andrew Haak - 157' 6" (2006)
8. Chip Paulson - 157' 5" (1986)
9. Chris Mather - 156' 11" (1993)
10. Jordan Nolan - 156' 8" (2023)

Decathlon

1. Brad Swanson - 7147 (1991)
2. Jonas Matzen - 6547 (2018)
3. Luke Buchholz - 6531 (2012)
4. Keith Knoke - 6340 (2003)
5. Laquone Robinson - 6190 (2011)
6. Andrew Shonneson - 5875 (2016)
7. Daniel Fetzer - 5748 (2007)
8. Dustin Cossette - 5676 (2004)
9. Colby Larson - 5481 (2023)
10. Mark Thompson - 5384 (2001)

4x100 Relay

1. S. Jackson, B. Keator, L. Robinson, D. Bredy - 40.67 (2011)
2. D. Prentice, D. Bredy, L. Robinson, U. Ogbonnaya - 40.79 (2012)
3. S. Jackson, B. Keator, U. Ogbonnaya, D. Bredy - 41.13 (2011)
4. P. Dervin, U. Ogbonnaya, L. Robinson, R. Olson - 41.17 (2012)
5. T. Dawkins, S. Higgs, S. Kemp, E. MacLennan - 41.29 (2022)

4x200 Relay

1. P. Watson, U. Ogbonnaya, D. Bredy, A. Lund - 1:26.79 (2010)
2. C. Shufelt, B. Keaton, A. Lund, S. Jackson - 1:27.2 (2011)
3. C. Shufelt, B. Keaton, U. Ogbonnaya, A. Lund - 1:27.8 (2009)
4. B. Ober, P. Tomhave, K. Barnier, S. Anderson - 1:28.0 (1985)
5. K. McCarty, B. Larson, N. Morgan, B. Milbeck - 1:29.80 (1983)

4x400 Relay

1. D. Bredy, R. Olson, L. Arnold, A. Lund - 3:10.94 (2012)
2. K. Turner, R. Olson, K. Andri, M. Loehr - 3:11.51 (2014)
3. C. Shufelt, P. Watson, A. Lund, D. Bredy - 3:11.65 (2011)
4. I. Oduong, T. Joseph, E. MacLennan, T. Dawkins - 3:11.93 (2022)
5. E. MacLennan, K. Major, T. Kern, I. Oduong - 3:12.07 (2023)

4x800 Relay

1. M. Ryan, B. Milbeck, J. Alin, K. Haverland - 7:29.27 (1985)
2. B. Berscheid, P. Solum, J. Tiemann, L. Woodbury - 7:32.45 (1977)
3. J. Jorgenson, S. Doyle, L. Wendroth, J. Fay - 7:35.99 (1980)

4x1600 Relay

1. S. Ruebke, K. Huot, J. Gehrig, C. Foster - 17:15.97 (2012)
2. J. Jorgenson, M. Neuman, M. Wester, R. Graham - 17:26.0 (1979)
3. M. Thomas, T. Kuglin, T. Everson, R. Goblish - 17:28.3 (1984)

Distance Medley Relay

1. K. Haverland, S. Anderson, J. Alin, M. Ryan - 9:49.94 (1984)
2. K. Haverland, S. Anderson, M. Thomas, J. Alin - 9:53.53 (1985)
3. J. Young, B. Lawrence, T. Hennen, B. Speicher - 10:06.38 (2016)





Men's Outdoor Accolades

All-Americans

2024 - Braxton Bruer (800m)*
2024 - Ibrahim Oduong (400m)*
2023 - Jared Gregoire (1500m)*
2023 - Braxton Bruer (800m)*
2022 - Nadir Yusuf (10,000m)*
2022 - Shyrone Kemp (Triple Jump)*
2021 - Nadir Yusuf (10,000m)*
2021 - Chris Cook (High Jump)*
2019 - Chris Cook (High Jump)*
2018 - Brian Huber (Long Jump)*
2018 - Josh Young (1500m)*
2017 - Josh Young (1500m)
2016 - Brian Huber (Long Jump)*
2016 - Brady Speicher (1500m)*
2015 - Cody Christ (10,000m)*
2013 - Derek Brady (Long Jump and 400m)*
2012 - Christopher Heil (Hammer Throw)*
2008 - Derik Brugger (Pole Vault)*
2006 - Derik Brugger (Pole Vault)*
2003 - Chris Nulle (Hammer Throw)*
1993 - Kelly Mortenson (Marathon)**
1993 - Chris Ericson (10,000m)**
1993 - Bill Schmitz (Javelin)**
1991 - Brad Swanson (Decathlon)**
1991 - Brian Rasbenberg (High Jump)**
1991 - Jim Anderson (Javelin)**
1991 - Kelly Mortenson (10,000m)**
1991 - Bill Schmitz (Javelin)**
1989 - Jim Anderson (Javelin)**
1989 - Marv Denzer (Marathon)**
1988 - Roger Thelen (3000m)**
1986 - Brad Milbeck (800m)**
1986 - Tyrone Ross (High Jump)**
1985 - John Alin (1500m)**
1985 - Paul Lykken (Javelin)**
1984 - Brett Ailts (Shot Put and Discus)**
1984 - Jeff Meland (Javelin)**
1984 - Keith Haverland (1500m)**
1984 - Keith McCarty (440)**
1983 - Pat Billig (5000m)**
1982 - Mark Waldera (Javelin)**
1982 - Dave Sederquist (5000m)**
1981 - Mark Waldera (Javelin)**

1979 - Dave Bergstron (High Jump)***

1977 - Dave Bergstrom (High Jump)*

National Champions

2018 - Brian Huber (Long Jump)

1991 - Brad Swanson (Decathlon)

1985 - John Alin (1500m)

1979 - Dave Bergstrom (High Jump)

**Denotes NCAA Division II All-American*

*** Denotes NAIA All-American*

****Denotes NCAA and NAIA All-American*





Men's Outdoor Accolades Cont.

NSIC/NIC Champions

1968 - Vince Felchle (Long Jump)
1968 - Terry Harrington (120-Yard HH)
1968 - Ron Monsegue (100-Yard and 200-Yard)
1968 - Larron Swanson (Discus and Shot Put)
1970 - Lloyd Cordner (220-Yard and 440-Yard)
1970 - Vince Felchle (Long and Triple Jump)
1970 - Dale Robley (Shot Put and Discus)
1970 - Mile Relay
1971 - Mike Douglas (220-Yard)
1971 - Scott Habstritt (High Jump)
1971 - Dale Robley (Shot Put)
1971 - Vince Felchle (Long Jump)
1971 - Dan Woodbury (440-Yard)
1971 - Mile Relay
1972 - Ray Farwell (440-Yard)
1972 - Bob Jappe (120-Yard HH and 440-Yard IH)
1972 - John Lindstrom (High Jump)
1972 - Andy Stickney (880-Yard)
1972 - 440-Yard Relay
1972 - Mile Relay
1973 - Ray Farwell (440-Yard)
1973 - John Puffer (Pole Vault)
1973 - Dale Robley (Shot Put)
1973 - Ken Scarbrough (Triple Jump)
1973 - John Tiemann (Mile)
1974 - Mike Francis (3000m, Three-Mile, Six-Mile)
1974 - Bob Jappe (120-Yard IH)
1974 - John Marsh (440-Yard)
1974 - Tom Michels (440-Yard IM)
1974 - Ken Scarbrough (Long and Triple Jump)
1974 - John Tiemann (Mile)
1974 - Linc Woodbury (880-Yard)
1974 - 440-Yard Relay
1974 - Mile Relay
1975 - Bob Berscheid (880-Yard)
1975 - Mike Francis (Three and Six-Mile)
1975 - Jim Gravalin (220-Yard)
1975 - Greg Moss (100-Yard)
1975 - Ken Scarbrough (Triple and Long Jump)
1975 - John Thorvilson (440-Yard IM)
1975 - John Tiemann (Mile)
1975 - 440-Yard Relay
1975 - Mile Relay

1976 - Cal Baker (Triple Jump)
1976 - Gary Nordlund (Three and Six-Mile)
1976 - Dave Thompson (440-Yard)
1976 - John Thorvilson (440-Yard IM)
1976 - Tony Tuseth (High Jump)
1976 - Linc Woodbury (880-Yard)
1976 - 440-Yard Relay
1976 - Mile Relay
1977 - Gary Nordlund (Six-Mile)
1977 - Dennis Nelson (120-Yard HH)
1977 - Cal Baker (Triple Jump)
1977 - Dave Bergstrom (High Jump)
1977 - John Thorvilson (440-Yard IH)
1977 - Mile Relay
1978 - Jim Anderson (Discus)
1978 - Cal Baker (Triple Jump)
1978 - Bob Beeson (880-Yard)
1978 - Dave Bergstrom (High Jump)
1978 - Pete Bolgna (Long Jump)
1978 - Brent Smith (Pole Vault)
1978 - John Thorvilson (440-Yard IM)
1978 - Mile Relay
1979 - Dale Tucker (110m HH)
1979 - Dave Robley (Pole Vault)
1979 - Stu Fox (440m IH)
1979 - Dave Bergstrom (High Jump)
1979 - 1600m Relay
1980 - Joel Jorgenson (1500m)
1980 - Gregg Kloss (100m and 200m)
1981 - Rod McClendon (Long and Triple Jump)
1981 - Dave Sederquist (10,000m)
1981 - Mark Waldera (Javelin)
1981 - Dave Robley (Pole Vault)
1982 - Todd Renner (Shot Put)
1982 - Randy Goblirsch (10,000m)
1982 - Brett Ailts (Discus)
1982 - Dave Sederquist (1500m and 5000m)
1982 - Keith McCarty (400m)
1982 - Rod McClendon (Triple Jump)
1982 - Keith Haverland (800m)
1982 - Brad Larson (400m Hurdles)
1982 - Mark Waldera (Javelin)
1982 - Dave Robley (Pole Vault)
1982 - 1600m Relay
1982 - 400m Relay





Men's Outdoor Accolades Cont.

NSIC/NIC Champions

- 1983 - Keith Doerr (400m IH)
1983 - 4x400m Relay
1983 - Pat Billig (5000m, 10,000m)
1983 - Keith McCarty (200m, 400m)
1983 - Todd Renner (Shot Put, Discus)
1983 - Brian Haavisto (3000m Steeplechase)
1983 - Jeff Meland (Javelin)
1983 - Mike Schuetze (Pole Vault)
1983 - John Alin (1500m)
1983 - Shawn Grabow (110m Hurdles)
1983 - Keith Haverland (800m)
1984 - Paul Lykken (Javelin)
1984 - Brett Ailts (Shot Put and Discus)
1984 - Keith Haverland (10,000m and 1500m)
1984 - Doug Anselmin (Pole Vault)
1984 - John Alin (800m)
1984 - Jon Hawley (400 IM Hurdles)
1984 - Scott Anderson (200m)
1984 - Shawn Grabow (110m HH)
1984 - Randy Goblirsch (5000m)
1984 - 4x400m Relay
1985 - Craig Peterson (Shot Put)
1985 - Paul Lykken (Javelin)
1985 - Jeff Paulson (Discus)
1985 - Bruce Schuetze (Pole Vault)
1985 - Keith Haverland (1500m)
1985 - Brad Milbeck (400m)
1985 - Scott Anderson (100m and 200m)
1985 - Mike Thomas (800m)
1985 - Keith Barnier (400m IH)
1985 - 4x400m Relay
1986 - Brent Behmer (3000m Steeplechase)
1986 - Craig Peterson (Shot Put)
1986 - Tyrone Ross (High Jump)
1986 - Chip Paulsen (Discus)
1986 - Roger Thelen (1500m and 5000m)
1986 - Craig Krupke (110m HH and 400m IM Hurdles)
1986 - Pete Tomhave (400m and 200m)
1986 - Brad Milbeck (800m)
1986 - 400m Relay
1986 - 1600m Relay
1987 - Rod St. Michel (Long and High Jump)
1987 - Terry Sajdak (Triple Jump)
1987 - Roger Thelen (5000m)
1987 - Craig Krupke (110m HH)
1988 - Brad Swanson (Long Jump)
1988 - Brian Rabenberg (High and Triple Jump)
1988 - Roger Thelen (3000m Steeple, 800m 1500m)
1988 - Marv Denzer (10,000m)
1988 - Rich Fenno (Javelin)
1988 - Craig Krupke (110m Hurdles)
1988 - Bobby Russell (100m)
1988 - Henry Thomas (200m)
1988 - 4x100m Relay
1988 - Morris Rau (400 IM Hurdles)
1989 - Rob Nelson (Long Jump)
1989 - Jason Fritz (3000m Steeplechase)
1989 - Marv Denzer (10,000m)
1989 - Jim Anderson (Javelin)
1989 - Paul Moehring (Pole Vault)
1989 - Morris Rau (110m and 400m IM Hurdles)
1989 - Brad Swanson (Triple Jump)
1989 - Steed Welch (200m and 400m)
1989 - 4x100m Relay
1990 - Kelly Mortenson (5000m and 10,000m)
1990 - Dan Oslage (Pole Vault)
1990 - Paul Heley (800m)
1991 - Brad Swanson (Long Jump)
1991 - Brian Rabenberg (High Jump)
1991 - Corey Binnebose (3000m Steeplechase)
1991 - Kelly Mortenson (10,000m)
1991 - Jim Anderson (Javelin)
1991 - Greg Zahalka (1500m and 5000m)
1991 - Paul Heney (800m)
1992 - Chris Ericson (10,000m)
1992 - Matt Schumacher (Triple Jump)
1992 - Greg Zahalka (1500m and 5000m)





Men's Outdoor Accolades Cont.

NSIC/NIC Champions

1993 - Joel Pierstaff (3000m Steeplechase)
1993 - Greg Zahalka (10,000m)
1993 - Bill Schmitz (Javelin)
1993 - Kelly Mortensen (5000m)
1993 - Chris Ericson (1500m)
1996 - Chris Larson (100m)
1996 - 4x400m Relay
1996 - Brad Saville (Hammer Throw)
1998 - Brian Heltemes (3000m Steeplechase and
2000 - Starr Roberts (100m and 200m)
2000 - Chris Nulle (Hammer Throw)
2000 - Troy Larson (Long Jump)
2001 - Danny Pyatt (400m)
2001 - Scott Wavrin (Discus)
2001 - Chris Nulle (Hammer Throw)
2001 - Troy Larson (Long Jump)
2001 - Friday Matthews (Triple Jump)
2001 - 4x400m Relay
2001 - 4x800m Relay
2002 - Chris Nulle (Hammer Throw)
2003 - Chris Nulle (Hamme Throw)
2004 - Matt Jahnke (Pole Vault)
2005 - Steve Solum (800m)
2005 - Dane Moreland (1500m)
2005 - 4x800m Relay
2006 - Dane Moreland (1500m)
2006 - Derik Brugger (Pole Vault)
2007 - Derik Brugger (Pole Vault)
2007 - Scott Egeberg (3000m Steeplechase)
2008 - Nick Meseck (Triple Jump)
2009 - Percy Watson (400m)
2009 - 4x400m Relay
2010 - Laquone Robinson (110m Hurdles)
2011 - Derek Bredy (100m and 200m)
2011 - Laquone Robinson (110m Hurdles)
2011 - Christopher Heil (Hammer Throw)
2011 - 4x100m Relay
2011 - 4x400m Relay

2012 - Derek Bredy (100m and Triple Jump)
2012 - Laquone Robinson (110m Hurdles and Long Jump)
2012 - Clayton Foster (1500m)
2012 - Ryan Barnes (High Jump)
2012 - 4x100m Relay
2013 - Clayton Foster (1500m)
2013 - Derek Bredy (Triple and Long Jump)
2014 - 4x400m Relay
2015 - Cody Christ (5000m)
2015 - 4x400m Relay
2016 - Josh Young (800m)
2016 - Brady Speicher (1500m)
2016 - Cody Christ (10,000m)
2017 - Josh Young (1500m)
2017 - Cody Christ (10,000m)
2017 - Brian Huber (Long Jump)
2018 - Josh Young (800m and 1500m)
2018 - Brian Huber (Long Jump)
2019 - Nadir Yusuf (5000m)
2019 - Chris Cook (High Jump)
2021 - Nadir Yusuf (5000m and 10,000m)
2021 - Shyrone Kemp (Triple Jump)
2021 - Chris Cook (High Jump)
2022 - Ty Dawkins (200m and 400m)
2022 - Nadir Yusuf (10,000m)
2022 - Shyrone Kemp (Triple Jump)
2022 - Chris Cook (High Jump)
2022 - 4x400m Relay
2023 - Jared Gregoire (800m and 1500m)
2024 - Adnew Stueven (3000m Steeplechase)
2024 - Braxton Bruer (800m)





Men's Outdoor Accolades Cont.

NSIC/NIC Team Championships

1946
1972
1973
1974
1975
1976
1977
1978
1982
1983
1984
1985
1986
1987
1988
1989
1990
1991
1992
2001
2011

NSIC Outdoor Athlete of the Year

1991 - Brad Swanson
1992 - Greg Zahalka
2003 - Chris Nulle
2011 - Laquone Robinson
2017 - Cody Christ
2018 - Josh Young/Brian Huber
2021 - Nadir Yusuf
2022 - Ty Dawkins
2023 - Jared Gregoire

NSIC Outdoor Newcomer of the Year

2023 - Jared Gregoire

NSIC Championship High Point Scorer

2011 - Derek Bredy
2012 - Derek Bredy/Laquone Robinson
2013 - Derek Bredy

NSIC Outdoor Coach of the Year

1991 - Gordy Scoles
1992 - Tom Skaar
2001 - James Williams

NSIC Outdoor Assistant Coach of the Year

2022 - Trevor Barry





Imperial Distance Records

100 Yards - 9.40 - Ron Monsegue (1968)

220 Yards - 20.40 - Tony Jones (1965)

440 Yards - 47.96 - Scott Anderson (1985)

880 Yards - 1:49.51 - Brad Milbeck (1986)

1-Mile - 4:11.1 - John Tiemann (1974)

Steeplechase - 9:06.19 - Roger Thelen (1988)

3-Mile - 14:02.4 - Clint Chamberlin (1968)

6-Mile - 29:02.6 - Mike Francis (1975)

Marathon - 2:28.06 - Dave Chilko (1975)

120-Yard Hurdles - 14.00 - Bob Jappe (1974)

220-Yard Hurdles - 24.5 - Terry Harrington (1969)

440-Yard Hurdles - 53.0 - John Thorvilson (1978)

440-Yard Relays - 42.7 - Marsh, Kanne, Jappe, Gravalin (1974)

1-Mile Relay - 3:15.8 - Tomhave, MacLeod, Milbeck, Anderson (1985)

880-Yard Relay - 1:28.0 - Ober, Tomhave, Barnier, Anderson (1985)

2-Mile Relay - 7:29.27 - Thomas, Milbeck, Alin, Haverland (1985)

4-Mile Relay - 17:26 - Jorgenson, Neiman, Wester, Graham (1979)

Sprint Medley Relay - 3:22.52 - Ober, Thomas, West, Thelen (1988)

Distance Medley Relay - 9:49.94 - Haverland, Anderson, Alin, Ryan (1984)

360-Shuttle Hurdle Relay - 44.8 - Jappe, Michels, Johnson (1973)

480-Shuttle Hurdle Relays - 1:01.31 - Nelson, Tucker, Fox, Feight (1976)





Ron Masanz Track Records

100 Meters - 10.33 - John Bodine, NDSU (1984)
200 Meters - 20.94 - Norm McGee, UND (1987)
400 Meters - 46.63 - Kempa Busby, Unattached (2000)
800 Meters - 1:50.67 - Aaron Dewald, NDSU (2000)
1500 Meters - 3:47.81 - Curt Bacon, NDSU (1980)
3000 Meters - 8:57.08 - Mike Bollman, Unattached (1980)
5000 Meters - 14:19.50 - Tom Stambaugh, NDSU (1983)
10,000 Meters - 30:20.0 - Greg Zahalka, MSUM (1992)
110 M Hurdles - 14.32 - Rich Bendy, Unattached (1989)
400 M Hurdles - 52.50 - Jeremy Zimney, UND (1999)
High Jump - 7-1 - Marc Sondreal, UND (1999)
Long Jump - 25-11 - John Bodine, NDSU (1986)
Triple Jump - 51-1 - Bamson Fadipe, Unattached (1986)
Pole Vault - 17-2 - Ryan McGlynn, NDSU (1995)
Shot Put - 58-10 - Aaron Banks, Concordia (1996)
Discus - 191-6 - Dave Levos, UND (1986)
Hammer - 204-1 - Darien Moore, VCSU (2012)
Old Javelin - 264-7 - Paul Lykken, MSUM (1985)
400 M Relay - 40.89 - Gerald Forest, John Bodine, Stacy Robinson, Steph Weiland, NDSU (1984)
1600 M Relay - 3:16.52 - Greg Gavitt, Kevin Donalley, Phil Kraemer, Scott Wilkinsin, NDSU (1980)

