

## IRONDALE BOYS TRACK TOP TEN ALL-TIME

<u>100 Meter Dash</u>				<u>200 Meter Dash</u>			
1	PAUL LACLAIRE	10.5	2003	1	MIKE SHEPPARD	21.9	2003
2	DAMOLA OGUNDIPE	10.79	2006	2	MIKE BROEMER	22.1	1984
3	<b>CHI CHI OJIKA</b>	<b>10.8</b>	<b>2007</b>	3	MIKE MOONEY	22.3	1973
	BRYAN WADE		1983		JIM HERBERT		1980
5	JAKE SAUVE	10.9	1999		TED MARKS		1992
	BILL PAONE		2000	6	<b>CHI CHI OJIKA</b>	<b>22.4</b>	<b>2007</b>
	MIKE SHEPPARD		2003		JIM MARCOTTE		1976
8	MIKE MOONEY	11.0	1974		ROB BURDICK		1998
	JIM MARCOTTE		1976	9	BART MOSEMAN	22.5	1988
	MIKE BROEMER		1984	10	BILL PAONE	22.6	2000
	JOEL GODEKE		1980		BEN MURPHY		2001
<u>400 Meter Dash</u>				<u>800 Meter Run</u>			
1	JIM HERBERT	49.3	1980	1	MIKE VAN BEUSEKOM	1:54.0	2003
2	JIM MARCOTTE	49.7	1976	2	JON OSMOND	1:55.1	1991
3	BART MOSEMAN	49.8	1989	3	BEN OSMOND	1:56.6	1987
	TED MARKS		1992	4	<b>ANDY RICHARDSON</b>	<b>1:56.9</b>	<b>2007</b>
5	PHIL HERBERT	50.1	1982		KESUNG ANDERSON	1:56.9	1997
	MARK BATES		1999	6	JON FRANK	1:58.6	1985
7	<b>Ben Pehling</b>	<b>50.2</b>	<b>2007</b>	7	DAVE OLSON	1:59.2	1983
	MIKE VAN BEUSEKOM		2003	8	Ayube Jiru	1:59.7	2004
9	MIKE BROEMER	50.3	1983	9	ERIC WIGGINS	1:59.9	1988
	BEN OSMOND		1987		BRYCE MILLER	1:59.9	1998
<u>1,600 Meter Run</u>				<u>3,200 Meter Run</u>			
1	MIKE VAN BEUSEKOM	4:13.8	2003	1	MIKE VAN BEUSEKOM	9:29.0	2001
2	<b>ANDY RICHARDSON</b>	<b>4:17</b>	<b>2007</b>	2	<b>ANDY RICHARDSON</b>	<b>9:42.4</b>	<b>2007</b>
3	ART FELGATE	4:23.9	1982	3	PETE SCHLICHTMAN	9:42.8	1982
4	ROB SEIDENKRANZ	4:24.8	1986	4	ROB SEIDENKRANTZ	9:46.3	1986
5	DAN PIHLSTROM	4:25.5	1992	5	GREG FRANK	9:49.3	1973
6	KE-SUNG ANDERSON	4:29.6	1996	6	RANDY RAMSTAD	9:52.6	1982
7	PETE SCHLICHTMAN	4:30.9	1982	7	ART FELGATE	9:52.8	1981
8	DAVE LEONARD	4:31.1	1976	8	JEFF LARSON	9:56.0	1976
9	JACK PICKAR	4:32.1	1974	9	JOEL ANDERSON	9:58.5	2000
10	JOEL ANDERSON	4:32.3	2001	10	BRENT SCHNEIDER	10:16.0	2003
<u>110 Meter high hurdles</u>				<u>300 Meter Hurdles</u>			
1	STEVE HENTGES	14.3	1992	1	STEVE HENTGES	38.8	1992
2	ANDY URECH	14.4	1970	2	BOB HERRON	38.9	1982
3	Tyler McKee	14.77	2005	3	BURT EWING	39.0	1982
4	DAVE WEINKE	14.8	1984	4	SAMMY EL-HALAWANI	39.5	1986
	JOHN FLOSS		1997	5	BRIAN DAHL	39.9	2002
	BRIAN FLAGG		1998	6	JEFF KNAUP	40	1984
7	ADAM JOHNSON	14.9	1993	7	ADAM JOHNSON	40.4	1993
	ERICH KUNZMAN		1989		MATT CASHIN		2003
9	BURT EWING	15.0	1983	9	DAVE WEINKE	40.7	1984
10	TOM BLAKE	15.1	1985	10	ERICH KUNZMAN	41	1988
<u>4 X 100 Meter Relay</u>				<u>4 X 200 Meter Relay</u>			
1	D. OGUNDIPE, M. DAY, D. BERNARDY, C. OJIKA	42.7	2006	1	P. BERNARDY K. KANE J. SAUVE R. BURDICK	1:31.1	1998
2	K. ROBERTS M. SHEPPARD, S. LEARY, P. LACLAIRE	42.8	2003	2	K. ROBERTS M. SHEPPARD, M. CASHIN, P. LACLAIRE	1:31.2	2003
3	A. WINKEL, K. MENSAH, T. ECKEL, & B. PAONE	43.6	2000	3	<b>B. PEHLING, M. DAY, W. CARLSON, C. OJIKA</b>	<b>1:31.4</b>	<b>2007</b>
4	D. OGUNDIPE, M. DAY, D. BERNARDY, S. OLSON	43.7	2005	4	B. PEHLING, M. DAY, D. BERNARDY, C. OJIKA	1:31.7	2006
5	W. CARLSON, T. OGUNDIPE, C. OJIKA, M. DAY	<b>44</b>	<b>2007</b>		S. DAVIS M. BROEMER J. GODEKE J. HERBERT		1982
6	M. GIBSON, J. FLOSS, R. BURDICK, & K. KANE	44.1	1997	6	M. SHEPPARD T. ECKEL B. DAHL B. MURPHY	1:32.1	2001
	A. WINKEL, C. WASHINGTON, T. ECKEL, & B. PAONE	44.1	2000	7	P. BERNARDY M. REKER R. BURDICK J. SAUVE	1:32.2	1998
8	A. WINKEL, T. ECKEL, K. MENSAH, & B. PAONE	44.2	2000	8	A. WINKEL M. REKER B. PAONE J. SAUVE	1:33.7	1999
	K. MAXWELL, M. DAY, D. BERNARDY, S. OLSON	44.2	2005	9	T. MARKS J. WILLIE J. KOENEN S. CARLSON	1:34.0	1991
10	K. ROBERTS, M. SHEPPARD, T. ECKEL, & B. DAHL	44.3	2002		K. KANE A. WINKEL M. REKER R. BURDICK	1:34.1	1998

<u>4 X 400 Meter Relay</u>				<u>4 X 800 Meter Relay</u>			
1	S. DOHERTY J. OSMOND D. PIHLSTROM T. MARKS	3:21.91	1992	1	J. OSMOND B. WANGEN S. DOHERTY D. PIHLSTROM	7:56.7	1991
2	S. DOHERTY J. OSMOND D. PIHLSTROM S. BETKER	3:22.16	1992	2	T. MARKS S. DOHERTY D. PIHLSTROM J. OSMOND	8:00.7	1992
3	E. KUNZMAN A. OSMOND J. OSMOND B. MOSEMAN	3:22.27	1989	3	P. SCHLICHTMANN D. OLSON P. PATEL P. HERBERT	8:03.8	1982
4	B. HERRON R. ANDERSON M. SCHOMMER J. HERBERT	3:22.9	1979	4	J. FRANK B. OLSON B. OSMOND R. SEIDENKRANTZ	8:09.0	1985
5	R. HALVA D. WILKEN B. EWING P. HERBERT	3:23.4	1982	5	B. WANGEN J. WILLS S. DOHERTY J. OSMOND	8:12.7	1991
6	S. DOHERTY B. WANGEN D. PIHLSTROM J. OSMOND	3:23.9	1991	6	P. BERNARDY T. GOKEY C. BARRON B. MILLER	8:16.5	1998
7	S. DOHERTY S. BETKER J. HARMSEN A. JOHNSON	3:24.71	1993	7	C. MOLAND J. BLOOD C. CHESLA B. MILLER	8:16.5	1999
8	B. HERRON D. MEUWISSEN J. HARMSEN A. JOHNSON	3:24.9	1978	8	A. JIRU, J. DAVIS, S. GAVETT, T. MURPHY	8:18.6	2005
9	D. SMITH B. MOSEMAN B. MARTEL B. OSMOND	3:26.1	1987	9	T. GOKEY C. BARRON G. HOLEY C. CHESLA	8:21.2	1999
10	T. MARKS B. WANGEN S. DOHERTY J. OSMOND	3:26.5	2002	10	D. BEASLEY P. GOKEY C. CHESLA K. ANDERSON	8:21.2	2001
<u>Pole Vault</u>				<u>High Jump</u>			
1	BOB CAHOW	14'0	1997	1	DAN ERICKSON	6'10	1988
	<b>JOHN POLLACK</b>	<b>14'0"</b>	<b>2007</b>	2	STEVE CARLSON	6'7	1991
3	CRAIG SWANBERG	13'9	1984		MIKE HESLIN		1989
4	KEVIN BYE	13'6	1979	4	STEVE HENTGES	6'6	1992
5	CURT HORKEY	13'3	1976	5	<b>JAKE MURPHY</b>	<b>6'5"</b>	<b>2007</b>
6	<b>YONI SEEVERS</b>	<b>13'0</b>	<b>2007</b>		JIM HERBERT		1979
	BRIAN SCHAFFER		1996		JERRY JACKMAN		1976
	DOUG OVERTON		1990	8	ERIK WERNER	6'3	1996
	JAMIE BRUDVIG		1976	9	ERIC MERRIMAN	6'2	1998
10	MATT PERRY	12'9	1999		TYLER MCKEE		2004
<u>Shot Put</u>				<u>Discus</u>			
1	JOHN SITARZ	57'6	1983	1	DAVE RASMUSSEN	164'9	1983
2	MICKEY BROWN	55'10	2003	2	BRUCE BAKKE	163'1	1970
3	MARK REAVES	54'5	1979	3	MIKE SCHWARTZ	160'3	1986
4	KEITH GOELAT	54'3	1987	4	BILL PAONE	157'3	2000
5	MARK SAUER	54'0	1983	5	T.J. ZOLLINGER	156'8	2002
6	TIM BATY	53'6	1979	6	MARK SAUER	154'3	1983
7	RICH WONDRA	53'3	1974	7	MICKEY BROWN	153'11	2003
8	MIKE PAONE	53'3	1993	8	MARC PERRY	153'10	2003
9	CHRIS BONAFIELD	53'11	1988	9	BRAD DALBERG	153'0	1998
10	MARC LAURINA I IUS	52'8	1983	10	ANDY MARI IN	152'10	1992
<u>Long Jump</u>				<u>Triple Jump</u>			
1	KWADWO MENSAH	22'4	2001	1	KWADWO MENSAH	47'4	2000
2	STEVE HENTGES	22'1	1992	2	ADAM JOHNSON	47'0	1993
3	BART MOSEMAN	22'0	1989	3	ERIK WERNER	45'1	1996
4	JIM MARCOTTE	21'11	1976	4	MIKE SHEPPARD	44'6	2003
5	BRYAN WADE	21'10	1983	5	DAN ERICKSON	44'1	1989
6	MIKE HESLIN	21'9	1991	6	MIKE SHEPPARD	43'5	2002
7	ADAM JOHNSON		1993	7	JIM HERBERT	43'0	1980
8	TYLER MCKEE	21'3	2004	8	PHIL HERBERT	42'11	1982
9	DAN ERICKSON	21'2	1987	9	TOM GREENWALD	42'6	1977
10	MIKE SHEPPARD	20'11	2003		BURT EWING		1982
					MIKE HESLIN		1991