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Indoor Records

55m Dash

	NAME	YEAR	TIME
1.	Bill Davis	1984	6.34
2.	Sam Ingram	1987	6.44
3.	Elliot Powell	2005	6.51
4.	Chris Daniels	2005	6.52
5.	Mike Hall	1971	6.4y
	Matt Martin	1977	6.4y
	Matt Cowell	1978	6.4y

60m Dash

	NAME	YEAR	TIME
1.	**Julian Smith**	**2012**	**6.86**
2.	Elliot Powell	2005	6.94
3.	Chris Daniels	2005	7.00
4.	**Nick Kowaleski**	**2012**	**7.05**
5.	Antoine Ward	1999	7.13

200m Dash

	NAME	YEAR	TIME
1.	**Julian Smith**	**2012**	**21.59**
2.	Elliot Powell	2005	22.20
3.	**Nick Kowaleski**	**2012**	**22.33**
4.	Antoine Ward	1999	22.71
5.	**Logan Coan**	**2012**	**22.83**

300m Dash

	NAME	YEAR	TIME
1.	Jay Lauer	1974	34.9y
2.	Aaron Tidwell	1984	35.1y
3.	Kenny Darden	1982	35.9y
4.	Paul Kahle	1965	36.5y
5.	**Kevin Adamik**	**2012**	**36.83**

400m Dash

	NAME	YEAR	TIME
1.	Charles Hanley	1975	48.8y
2.	Dennis Murray	1974	49.8y
3.	**Joe Holy**	**2012**	**50.54**
4.	Matthew Wheeler	2004	50.71
5.	**Kevin Adamik**	**2012**	**50.72**

600m Dash

	NAME	YEAR	TIME
1.	Dennis Murray	1974	1:18.2y
2.	Chris Rudynski	1982	1:22.5y
3.	**Kevin Adamik**	**2012**	**1:23.32**
4.	Adam Wierciak	2004	1:26.91
5.	**Joe Holy**	**2011**	**1:29.05**

800m Run

	NAME	YEAR	TIME
1.	Nate Nunnelly	2003	1:54.79
2.	Kevin Ullman	2001	1:54.85
3.	John Stivers	1971	1:55.6y
4.	Preston Theilig	1998	1:57.29
5.	Rich Krupar	2008	1:57.61

1,000m Run

	NAME	YEAR	TIME
1.	Dan Ingroff	1969	2:30.3y
2.	Nate Nunnelly	2001	2:35.20
3.	Dave Halter	1979	2:36.9

One Mile Run

	NAME	YEAR	TIME
1.	Tom Kilcoyne	1978	4:13.0
2.	Chris Honig	2008	4:14.72
3.	Aaron Crague	2000	4:15.38
4.	**Wally Bradford**	**2012**	**4:15.77**
5.	Nate Nunnelly	2003	4:16.29

3,000m Run

	NAME	YEAR	TIME
1.	Aaron Crague	2001	8:18.49
2.	Jeremy Duff	2000	8:30.90
3.	Jim Turchyn	2008	8:33.95
4.	Chris Honig	2008	8:34.96
5.	Nate Iben	1996	8:39.57

Two Mile Run

	NAME	YEAR	TIME
1.	Gary Schroeder	1971	9:16.8
2.	LeRoy Schramm	1965	10:06.8

Three Mile Run

	NAME	YEAR	TIME
1.	Gary Schroeder	1971	14:25.6

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5,000m Run

	NAME	YEAR	TIME
1.	Aaron Crague	2000	14:53.15
2.	Nate Iben	1993	14:54.29
3.	**Nick Fagan**	**2012**	**15:10.19**
4.	Kevin Siek	1993	15:12.29
5.	Matt Blume	2003	15:19.62

55m Hurdles

	NAME	YEAR	TIME
1.	Steve Cook	1964	7.6y
	Todd Helming	1979	7.6y
3.	Bob Balgeman	1979	7.7y
4.	Tom Heun	2009	7.84
5.	Sean Barfield	2004	7.98

60m Hurdles

	NAME	YEAR	TIME
1.	Steve Cook	1965	8.1y
2.	Sean Barfield	2004	8.43
3.	Tom Heun	2008	8.50
4.	Nathanael Noon	2003	8.69
	Adam Wierciak	2004	8.69

200m Hurdles

	NAME	YEAR	TIME
1.	Adam Wierciak	2003	25.94
2.	Bryan Bandy	2004	26.80
3.	Mark Reddel	2005	26.97

High Jump

	NAME	YEAR	DIST.
1.	Brent Bultmeier	1982	6'10"
2.	Mark Fisher	1979	6'8"
	Mark Massey	1998	6'8"
4.	Randy Streicher	1975	6'6"
	Ricky Samuel	1977	6'6"

Pole Vault

	NAME	YEAR	DIST.
1.	Philip Lohrmann	2007	14'1 1/4"
2.	John Wood	1986	14'0"
3.	Reed Williams	2003	13'9"
4.	Josh Stamper	2004	13'5 1/4"
5.	Jeff Snemis	1986	13'2"

Long Jump

	NAME	YEAR	DIST.
1.	Jarrett Mickens	2011	24'2 1/4"
2.	Jeff Thomas	1976	22'10 1/2"
3.	**Julian Smith**	**2012**	**22'9 1/4"**
4.	Mark Seeber	2000	22'4 1/2"
5.	Joshua Lee	2005	22'3"

Triple Jump

	NAME	YEAR	DIST.
1.	Jarrett Mickens	2011	48'10"
2.	Jeff Thomas	1976	46'9"
3.	Eric Griffin	1999	45'7 3/4"
4.	Steve Schubert	2010	45'0 1/4"
5.	Brandon Sessler	2002	44'1 1/2"

Shot Put

	NAME	YEAR	DIST.
1.	Todd Goodrick	2005	52'4"
2.	Tim Andrews	1982	52'2"
3.	**Andrew Rixon**	**2012**	**50'4"**
4.	Jeff Middledorf	1974	50'2"
5.	Bryan Bell	2005	47'5 3/4"

Weight Throw

	NAME	YEAR	DIST.
1.	Steve Bartholomew	2008	67'9 3/4"
2.	Bryan Bell	2005	56'11 1/4"
3.	Matt Larson	2005	54'0"
4.	Nick Babbitt	2010	53'9 1/4"
5.	**Bill Rixon**	**2012**	**53'1 1/2"**

Heptathlon

	NAME	YEAR	POINTS
1.	**Ricky Laskowski**	**2012**	**4,065**
2.	Chris Walsh	2009	3,345

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4x200m Relay

	NAMES	YEAR	TIME
1.	Awoseyin, Dwyer, Powell, Moscinski	2004	1:32.01
2.	Lee, Kosko, Moscinski, Powell	2005	1:32.80
3.	Dwyer, Kosko, Wheeler, Powell	2004	1:32.88

4x400m Relay

	NAMES	YEAR	TIME
1.	Semro, Murray, Lauer, Hanley	1975	3:20.5y
2.	**Holy, Adamik, Delcambre, Smith**	**2012**	**3:24.23**
3.	Wierciak, Moscinski, Reddel, Wheeler	2004	3:25.19
4.	Smith, Schnake, Holy, Button	2011	3:25.61
5.	Powell, Moscinski, Wheeler, Bandy	2005	3:26.25

4x800m Relay

	NAMES	YEAR	TIME
1.	Leifheit, Staebler, Haschmeyer, Schilke	1993	8:18.0
2.	Reisetter, Kabara, Blume, Iott	2003	8:18.05
3.	(names unknown)	2008	8:24.05
4.	Gill, Krupar, Lawrence, Martis	2006	8:25.56
5.	Luke, Gardow, Kariger, Paul	2002	8:33.6

Dist. Medley Relay

	NAMES	YEAR	TIME
1.	Nunnelly, Wierciak, Ullman, Crague	2001	10:18.28
2.	Fritz, Weaver, Halter, Kilcoyne	1979	10:20.06
3.	Nunnelly, Moscinski, Jones, Crague	2003	10:24.46
4.	Carter, Holy, Schnake, Bradford	2011	10:29.44
5.	Kotik, Young, Neuman, Leifheit	1996	10:31.09y

4xMile Relay

	NAMES	YEAR	TIME
1.	Fronczak, Schroeder, Stivers, Shumate	1971	17:23.6
2.	Iben, Stenberg, Sanders, Leifheit	1994	18:05.0
3.	Siek, Iben, Leifheit, Staebler	1993	18:25.0

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Outdoor Records

100y Dash

	NAME	YEAR	TIME
1.	John Knight	1962	9.9
	Detlaf Soberay	1966	9.9
	Steve Cook	1968	9.9
	Jim Wellsand	1968	9.9

100m Dash

	NAME	YEAR	TIME
1.	**Julian Smith**	**2012**	**10.46**
2.	Sam Ingram	1986	10.55
3.	**Nick Kowaleski**	**2012**	**10.56**
4.	Aaron Tidwell	1981	10.6
5.	Billy Davis	1983	10.86

200m Dash

	NAME	YEAR	TIME
1.	Sam Ingram	1987	20.92
2.	**Julian Smith**	**2012**	**21.24**
3.	John Knight	1962	21.3y
4.	Billy Davis	1983	21.7
5.	**Nick Kowaleski**	**2012**	**21.76**

400m Dash

	NAME	YEAR	TIME
1.	Paul Kahle	1965	48.1y
2.	Dennis Murray	1974	48.1y
3.	Chris Rudynski	1983	48.8
4.	Matthew Wheeler	2004	49.18
4.	**Kevin Adamik**	**2012**	**49.47**

800m Run

	NAME	YEAR	TIME
1.	Dennis Murray	1975	1:50.7y
2.	Nate Nunnelly	2003	1:53.73
3.	Kevin Ullman	2001	1:53.95
4.	Jerry Stoll	1965	1:54.3y
5.	Bryan Thomas	1985	1:55.1

1,500m Run

	NAME	YEAR	TIME
1.	Nate Nunnelly	2001	3:49.68
2.	Aaron Crague	2003	3:50.72
3.	Jeremy Duff	2000	3:54.44
4.	Tom Kilcoyne	1979	3:55.1
5.	Chris Honig	2008	3:56.15

One Mile Run

	NAME	YEAR	TIME
1.	Tom Kilcoyne	1977	4:14.0
2.	Gary Schroeder	1971	4:17.9
3.	Roger Anderson	1967	4:20
4.	Ted Schroeder	1958	4:21.2
5.	LeRoy Schramm	1964	4:27

Two Mile Run

	NAME	YEAR	TIME
1.	Gary Schroeder	1971	9:10.2
2.	Dave Esterline	1967	9:21.8
3.	Steve May	1966	9:32.5
4.	LeRoy Schramm	1964	9:38.5
5.	Bob Fronczak	1971	9:39.4

Three Mile Run

	NAME	YEAR	TIME
1.	Dave Brady	1973	14:16.3
2.	Gary Schroeder	1971	14:28.1
3.	Bob Fronczak	1971	14:58.5

5,000m Run

	NAME	YEAR	TIME
1.	Aaron Crague	2003	14:16.10
2.	Nate Iben	1994	14:28.8
3.	Dave Brady	1972	14:47.1
4.	Leandro Schultz	2009	15:01.22
5.	Matt Blume	2003	15:08.06

Six Mile Run

	NAME	YEAR	TIME
1.	Gary Schroeder	1973	30:00.3

10,000m Run

	NAME	YEAR	TIME
1.	Nate Iben	1996	30:53.61
2.	Gary Schroeder	1973	31:05.1
3.	Scott Sanders	1995	31:33.2
4.	Dave Melchior	1983	32:06.78
5.	Leandro Schultz	2007	32:11.96

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Outdoor Records

Ten Mile Run

	NAME	YEAR	TIME
1.	Gary Schroeder	1971	56:38

110m Hurdles

	NAME	YEAR	TIME
1.	Steve Cook	1966	14.1y
2.	John Mitchell	1968	14.6y
3.	Tom Heun	2008	15.02
4.	Steve Benz	1962	15.04y
5.	Sean Barfield	2004	15.14

220y Hurdles

	NAME	YEAR	TIME
1.	Steve Benz	1964	23.8
2.	Don Kendt	1955	25.1
3.	Jerry Jeske	1953	25.9

330y Hurdles

	NAME	YEAR	TIME
1.	Steve Cook	1965	38.4

400m Hurdles

	NAME	YEAR	TIME
1.	Dennis Brown	1974	53.0y
2.	Adam Wierciak	2004	54.27
3.	Dennis Lawton	1971	55.9y
4.	Mark Reddel	2004	56.25
5.	Tom Heun	2007	57.24
	Martenzie Johnson	2008	57.24

3,000m Steeplechase

	NAME	YEAR	TIME
1.	Jim Black	1972	9:14.2
2.	Jeremy Duff	2000	9:16.04
3.	Chris Honig	2007	9:24.36
4.	Doug Brown	2003	9:25.37
5.	Matt Blume	2003	9:29.62

Pole Vault

	NAME	YEAR	DIST.
1.	Philip Lohrmann	2008	14'7 1/4"
2.	John Wood	1985	14'6"
3.	Joe Vander Wall	1998	14'0"
4.	Josh Stamper	2005	13'7 1/4"
5.	Paul Smith	1976	13'7"

High Jump

	NAME	YEAR	DIST.
1.	Brent Bultmeier	1979	6'10 3/4"
2.	Ricky Samuel	1976	6'8 1/2"
3.	John Otte	1987	6'8"
	Mark Massey	1998	6'8"
5.	Jason Scott	1998	6'6 3/4"

Long Jump

	NAME	YEAR	DIST.
1.	Jarrett Mickens	2011	24'6 1/2"
2.	Jeff Thomas	1976	24'2"
3.	Joshua Lee	2005	23'9 1/2"
4.	Antoine Ward	1998	23'0 3/4"
5.	Fred Mina	1970	22'11 1/2"

Triple Jump

	NAME	YEAR	DIST.
1.	Jeff Thomas	1976	48'4 1/4"
2.	Jarrett Mickens	2010	47'3"
3.	Bob Hammond	1980	46'11"
4.	Steve Schubert	2010/2011	45'9"
5.	Mark Seeber	1999	45'1 1/2"

Shot Put

	NAME	YEAR	DIST.
1.	Jeff Middledorf	1975	53'9 1/4"
2.	Todd Goodrick	2005	52'3 3/4"
3.	Tim Andrews	1982	51'2 1/2"
4.	Don Schoenfield	1967	50'4 1/2"
5.	Erik Lindamood	2006	49'1 3/4"

Discus Throw

	NAME	YEAR	DIST.
1.	Steve Bartholomew	2008	170'10"
2.	**Bill Rixon**	**2009**	**156'7"**
3.	Al Peterson	1970	154'5"
4.	Bryan Bell	2005	152'8"
5.	Eric Smith	2005	150'6"

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Outdoor Records

Hammer Throw

	NAME	YEAR	DIST.
1.	Steve Bartholomew	2008	201'10"
2.	**Bill Rixon**	**2012**	**173'7"**
3.	Matt Larson	2005	169'7"
4.	Nick Babbitt	2010	167'2"
5.	Bryan Bell	2005	163'1"

Javelin Throw

	NAME	YEAR	DIST.
1.	Jim Maryanski	1976	218'4"*
2.	Bud Sawatzky	1966	210'4"*
3.	Al Petersen	1971	209'0"*
4.	Kris Schmautz	2003	187'9"
5.	Don Jewell	1962	184'2"*

** - pre 1997 javelin rules*

Decathlon

	NAME	YEAR	POINTS
1.	Jason Scott	1998	6,225
2.	Joe Dwyer	2004	5,167
3.	Jeff Moscinski	2004	4,992
4.	Chris Walsh	2009	4,731
5.	Jed Reisetter	2003	4,711

4x100m Relay

	NAMES	YEAR	TIME
1.	Mitchell, Wellsand, Mina, Woosley	1968	41.4y
2.	**Laskowski, Coan, Holy, Kowaleski**	**2012**	**41.85**
3.	Davis, Darden, Rudynski, Tidwell	1983	42.10
4.	**Valpo 'A'**	**2012**	**42.58**
5.	**Smith, Holy, Adamik, Kowaleski**	**2012**	**42.85**

Shuttle Hurdles Relay

	NAMES	YEAR	TIME
1.	Wierciak, Barfield, Noon, Bandy	2004	1:04.1

4x200m Relay

	NAMES	YEAR	TIME
1.	Cummins, Orndorff, Hedgcock, Ingram	1987	1:28.01
2.	Davis, Darden, Rudynski, Tidwell	1983	1:29.0
3.	Jewell, Blake, Benz, Knight	1962	1:31.0y
4.	Zubeck, Jordan, Fruehling, Jewell	1960	1:31.8y

4x400m Relay

	NAMES	YEAR	TIME
1.	Murray, Brown, Weide, Lauer	1974	3:20.3y
2.	Ayres, Stoll, Hinkey, Kahle	1965	3:21.0y
3.	**Valpo 'A'**	**2012**	**3:22.60**
4.	Wierciak, Moscinski, Awoseyin, Wheeler	2004	3:22.7
	Valpo 'A'	**2012**	**3:22.70**

4x800m Relay

	NAMES	YEAR	TIME
1.	Fritz, Weaver, Halter, Kilcoyne	1979	7:57.1y
2.	Fritz, Currie, Halter, Hannon	1980	8:15.50
3.	Martin, Schalk, Snell, Gill	2007	8:16.34

Dist. Medley Relay

	NAMES	YEAR	TIME
1.	Nunnelly, Skytland, Ullman, Crague	2001	10:11.3
2.	Neuman, Stokes, Kotik, Leifheit	1995	10:28.0
3.	Stivers, Woosley, Fronczak, Schroeder	1971	10:34.0

4x1,500m Relay

	NAMES	YEAR	TIME
1.	Crague, Theilig, Nunnelly, Duff	2000	16:37.39
2.	Theilig, Ullman, Duff, Crague	1999	16:38.19

4xMile Relay

	NAMES	YEAR	TIME
1.	Shumate, Black, Schroeder, Fronczak	1971	17:56.0
2.	Iben, Leifheit, Siek, Schilke	1993	18:04.0
3.	Alelson, Sagendorph, Riley, Lohr	1982	18:06.1