

CENTURY HS TRACK & FIELD HONOR ROLL

	100m Dash	Time	Date	Notes
1	Isaiah Huber	10.85	6/12/2021	State Meet Participant 2021, Big Nine Champion
2	Samuel Amusan	10.87	5/16/2019	
3	Wole Adebayo	10.90	5/30/2003	State Meet Participant 2002
4	Jaecan Fratzke	11.05	6/12/2021	
5	Joe Clark	11.10	5/27/2005	
6	Darryl Martin	11.11	5/30/2015	State Meet Participant 2015
7	Brendan Coker	11.34	4/16/2010	
8	Steven Nah	11.35	5/7/2019	
9	Zeeshan Haq	11.39	5/23/2008	
10	Derek Shamblin	11.48	5/4/2021	
11	Brian Trolander	11.48	5/17/2002	
12	Jonathan Muhs	11.49	5/25/2017	
13	Dustin Andrist	11.50	5/25/2001	
14	Joe Weinmann	11.51	5/27/2005	
15	Kyle Riggott	11.54	4/16/2010	

	200m Dash	Time	Date	Notes
1	Samuel Amusan	21.61	7/7/2019	2nd in State 2019, 7th at USATF Nationals 2019
2	Wole Adebayo	22.08	5/30/2003	State Meet Participant 2002
3	Isaiah Huber	22.10	5/27/2021	
4	Darryl Martin	22.12	5/30/2015	9th in State Meet 2015
5	Jaecan Fratzke	22.39	5/27/2021	
6	Steven Nah	22.87	5/24/2018	
7	Kyle Riggott	22.98	4/21/2011	
8	Justin Horner	23.13	5/25/2007	
9	Brendan Coker	23.26	5/8/2010	
10	David Grissom	23.34	4/19/2008	
11	Grant Kruisselbrink	23.40	5/23/2014	
12	Jordan Ruchotzke	23.44	5/15/2003	
13	Joe Clark	23.45	5/7/2005	

14	Zak Chike	23.47	5/27/2005	
15	Miguel Benjamin	23.48	5/9/2017	

	400m Dash	Time	Date	Notes
1	Wole Adebayo	48.87	6/5/2004	State Meet Participant 2003, 3rd place 2004
2	Samuel Amusan	50.32	5/8/2019	
3	Joshua Buettner	50.81	5/30/2015	State Meet Participant 2015
4	Steven Nah	50.95	5/23/2019	
5	David Grissom	51.16	5/30/2008	State Meet Participant 2008
6	Ryan Raver	51.26	6/5/2004	
7	Michael Allen	51.32	5/24/2013	
8	Silas Green	51.40	4/27/2021	
9	Operolim Marcellino	51.43	4/19/2008	
10	Kyle Russell	51.58	6/3/2006	
11	Joe Weinmann	51.75	5/27/2005	
12	Pat Welle	51.89	5/31/2001	
13	Collin Gustafson	52.01	5/27/2011	
14	Evan Eising	52.09	6/4/2011	
15	Tyler White	52.19	5/18/2021	

	800m Run	Time	Date	Notes
1	Silas Green	1:56.22	5/13/2021	Big Nine Champion
2	Michael Allen	1:58.24	6/7/2013	State Meet Participant 2013
3	Brian Wille	1:58.49	5/30/2008	
4	Antonio Judson Red-Elk	1:58.79	5/9/2017	
5	Brandon Nee	1:59.44	6/9/2017	State Meet Participant 2017
6	Nathan Hickey	1:59.88	6/2/2007	
7	Jackson Murray	2:00.19	5/14/2019	
8	Kyle Russell	2:00.28	5/26/2006	
9	Dominick Jacobs	2:00.85	6/4/2011	
10	Operolim Marcellino	2:01.25	5/23/2008	
11	Graham Massot	2:01.30	5/5/2012	

12	Adam Nishimura	2:01.42	6/1/2002	State Meet Participant 2002
13	Jacob Mussell	2:01.90	5/28/2015	
14	Erik Sveum	2:02.04	6/1/2006	
15	Kyle Philpott	2:02.42	5/7/2019	

	1600m Run	Time	Date	Notes
1	Brian Wille	4:20.88	6/8/2008	6th at State 2008
2	Ben Puhl	4:21.48	5/21/2004	State Meet Participant 2004
3	Antonio Judson Red-Elk	4:22.82	6/10/2017	4th in state meet 2017
4	Nathan Larson I	4:29.36	5/28/2010	
5	Ryan Horton	4:30.35	5/27/2021	
6	Sam Nelson	4:30.83	5/15/2015	
7	Seth Hill	4:31.62	5/27/2021	
8	Shane Steele	4:32.91	5/23/2008	
9	Seth Massot	4:33.31	4/24/2015	
10	Jackson Murray	4:33.88	6/1/2018	
11	Graham Massot	4:35.41	5/8/2012	
12	David Will	4:35.43	6/3/2017	
13	Colin Eakins	4:35.65	6/2/2012	
14	Dominick Jacobs	4:35.66	5/28/2010	
15	Kevin Pollock	4:36.73	5/26/2006	

	3200m Run	Time	Date	Notes
1	Seth Massot	9:20.97	4/29/2016	8th in state meet 2016, participant 2015
2	Antonio Judson Red-Elk	9:22.38	4/28/2017	4th in state meet 2017, participant 2016
3	Ben Puhl	9:28.94	5/4/2004	State Meet Participant 2004
4	Shane Steele	9:40.89	3/22/2008	
5	Sam Nelson	9:47.51	5/28/2015	State Meet Participant 2015
6	Brian Wille	9:52.72	5/25/2007	
7	Paul Hale	9:53.16	4/21/2012	
8	Ryan Horton	9:53.91	6/12/2021	
9	Seth Hill	9:54.46	6/12/2021	

10	Jackson Murray	9:59.23	4/18/2019	
11	David Will	9:59.71	5/25/2017	
12	Matthew Ryan	10:02.95	5/10/2016	
13	Jason Stevens	0.0069929	5/27/2011	
14	Graham Massot	10:05.20	6/3/2010	
15	Sam Schroeder	10:07.90	5/24/2013	

	110m High	Time	Date	Notes
1	Caleb Hedlund	14.99	6/1/2018	7th at State 2018, participant 2017
2	Josh Bavlnka	15.21	5/6/1999	State Meet Participant 1999
3	Tyler Lamb	15.32	5/23/2008	
4	John Amusan	15.38	6/12/2021	
6	Elijah Swift	15.40	5/16/2019	
5	Andrew Coleman	15.56	6/1/2019	
7	John Meier	15.80	5/19/2016	
8	Matthew Marks	15.90	5/15/2012	
9	Conner Nee	15.97	6/1/2017	
10	Liam Kolb	16.00	5/4/2013	
11	Seth Leimer	16.05	5/31/2008	
12	Dominique Layfield	16.13	5/22/2009	
13	Lucas Will	16.14	5/4/2004	
14	Josh Lee	16.18	5/25/2007	
15	Bobby Osborn	16.21	5/8/2003	

	300m IM Hurdles	Time	Date	Notes
1	Caleb Hedlund	39.85	6/1/2018	
2	John Dougherty	40.52	5/27/2016	
3	Josh Lee	40.81	5/25/2007	
4	Nathan Marks	40.87	6/1/2012	
5	Brian Welle	40.91	6/5/2004	
6	Josh Rasmussen	41.14	5/15/2003	
7	Joel Nielsen	41.47	5/25/2017	

CENTURY HS TRACK & FIELD HONOR ROLL

	4x100m Relay	Time	Date	Notes
1	Isaiah Huber, Colin Smith, Steven Nah, Sam Amusan	41.79	6/8/2019	2nd at State 2019, Section Record
2	Isaiah Huber, Colin Smith, Jack Fisher, Sam Amusan	42.78	6/8/2018	6th at State 2018
3	Cole Elbing, Ashton Olson, Jaecan Fratzke, Isaiah Huber	43.25	6/12/2021	
4	Isaiah Huber, Jack Fisher, Isaiah Tamte, Colin Smith	43.61	5/23/2019	Big 9 Champions
5	Yaw Aning, Dan Lorenz, Brian Trolander, Wole Adebayo	43.62	6/1/2002	
6	Isaiah Huber, Colin Smith, Jack Fisher, Steven Nah	43.64	4/26/2019	Hamline Elite Meet Participants
7	Kuniah Silikpoh, Jaecan Fratzke, Cole Elbing, Isaiah Huber	43.98	5/13/2021	
8	Miguel Benjamin, Lucas Fisher, Steven Nah, Sam Amusan	43.99	42889	
9	Isaiah Huber, Jon Muhs, Isaiah Tamte, Colin Smith	44.16	5/25/2018	
10	Dustin Andrist, Brian Trolander, Travis Howe, Pat Welle	44.36	5/25/2001	
11	Zak Chike, Joe Clark, Tim Williams, Sy Veerasaeng	44.40	5/27/2005	
12	Yaw Aning, Dan Lorenz, Jordan Ruchotzke, Wole Adebayo	44.44	5/15/2003	
13	Derek Grissom, Correy Bushman, Nate Tlougan, Justin Horner	44.51	6/2/2007	
14	Kuniah Silikpoh, Jaecan Fratzke, Cole Elbing, Ashton Olson	44.56	5/27/2021	
15	Justin Paz, Correy Bushman, Nate Tlougan, Justin Horner	44.64	5/25/2007	

	4x200m Relay	Time	Date	Notes
1	Isaiah Huber, Colin Smith, Steven Nah, Sam Amusan	1:29.33	5/14/2019	
2	Isaiah Huber, Jack Fisher, Colin Smith, Steven Nah	1:29.55	6/1/2019	State Qualifiers 2019, Section Record
3	Miguel Benjamin, Josh Buettner, Grant Kruisselbrink, Darryl Martin	1:29.60	5/22/2015	State Participants 2015
4	Miguel Benjamin, Lucas Fisher, Steven Nah, Sam Amusan	1:29.88	6/3/2017	State Participants 2017
5	Isaiah Huber, Zachary Man, Colin Smith, Steven Nah	1:30.44	6/7/2019	State Participants 2019
6	Isaiah Huber, Jon Muhs, Colin Smith, Sam Amusan	1:31.18	5/25/2018	
7	Colin Smith, Zachary Man, Jack Fisher, Steven Nah	1:31.75	5/23/2019	
8	Sam Batterson, Miguel Benjamin, Grant Kruisselbrink, Darryl Martin	1:32.05	5/15/2015	
9	Isaiah Huber, Steven Nah, Jack Fisher, Sam Amusan	1:32.14	5/15/2018	
10	Isaiah Huber, Jack Fisher, Colin Smith, Sam Amusan	1:32.33	4/16/2019	
11	Sam Batterson, Randy Ta, Grant Kruisselbrink, Josh Buettner	1:32.67	5/31/2014	
12	Derek Grissom, David Grissom, Justin Horner, Nate Tlougan	1:32.72	6/2/2007	
13	Dan Gannon, David Grissom, Justin Horner, Nate Tlougan	1:32.83	5/15/2007	
14	Kyle Riggott, Austin Gray, James Allen, Brendan Coker	1:33.27	5/14/2010	
15	Colin Smith, Cole Elbing, Jack Fisher, Steven Nah	1:33.55	5/16/2019	

	4x400m Relay	Time	Date	Notes
1	Isaiah Huber, Kyle Philpott, Sam Amusan, Steven Nah	3:22.17	6/1/2019	6th at State 2019
2	Ryan Raver, Brian Welle, Joe Weinmann, Wole Adebayo	3:23.01	6/12/2004	3rd place State Meet 2004
3	Evan Eising, Collin Gustafson, Aaron Weckwerth, Kyle Riggott	3:26.42	5/27/2011	
4	Sam Amusan, Silas Green, Kyle Philpott, Steven Nah	3:28.27	4/26/2019	Hamline Elite Meet Participants
5	Joe Weinmann, Ryan Raver, Josh Rasmussen, Wole Adebayo	3:29.04	5/15/2003	
6	Steven Kaptzan, Ryan Knapp, Sam Amusan, Steven Nah	3:29.22	5/17/2018	
7	Operolim Marcellino, Brian Wille, Kyle Stone, David Grissom	3:29.32	5/23/2008	
8	Steven Kaptzan, Kyle Philpott, Sam Amusan, Steven Nah	3:29.85	5/8/2018	
9	Kyle Philpott, Ben Larson, Silas Green, Steven Nah	3:29.88	5/15/2019	
10	Steven Kaptzan, Ryan Knapp, Kyle Philpott, Sam Amusan	3:30.15	6/1/2018	
11	Josh Buettner, David Daugherty, Mikey Allen, Alex Donadio	3:30.27	5/24/2013	
12	Austin Gray, Nathan Larson, Evan Eising, Kyle Riggott	3:30.80	5/28/2010	
13	Ryan Raver, Kyle Russell, Brian Welle, Joe Weinmann	3:30.82	5/28/2004	
14	Kyle Stone, Kyle Weinmann, Nathan Hickey, Kyle Russell	3:30.89	5/26/2006	
15	Dave Grissom, Kyle Stone, Nathan Hickey, Kyle Russell	3:30.96	6/3/2006	

	4x800m Relay	Time	Date	Notes
1	Tyler White, Seth Hill, Ryan Horton, Silas Green	8:01.54	6/17/2021	4th at State Meet 2021
2	Michael Allen, Evan Eising, Mark Hopper, Dominick Jacobs	8:10.05	5/27/2011	
3	Kyle Russell, Erik Sveum, Brian Wille, Nate Choma	8:11.17	5/26/2006	
4	Antonio Judson, Mark Lucivansky, Matt Ryan, Seth Massot	8:11.65	6/4/2016	
5	Jackson Murray, Silas Green, Ian Thompson, Kyle Philpott	8:11.99	6/1/2019	
6	Joshua Brunholz, Seth Hill, Ryan Horton, Tyler White	8:13.91	5/18/2021	
7	Jacob Mussell, Matt Ryan, Andrew Schweyen, Seth Massot	8:14.58	5/22/2015	
8	Michael Allen, Graham Massot, Hunter Huntoon, Dominick Jacobs	8:14.86	5/25/2012	State Participants 2012
9	Matt Ryan, Andrew Schweyen, Mark Lucivansky, Seth Massot	8:15.34	5/27/2016	
10	Erik Sveum, Nathan Hickey, Nate Choma, Kyle Russell	8:16.37	6/3/2006	
11	Kyle Russell, Erik Sveum, Owen Wade, Nate Choma	8:18.26	5/10/2006	
12	Joshua Brunholz, Richard Kariuki, Cardon Leske, Tyler White	8:18.53	5/27/2021	
13	Hunter Huntoon, Michael Wagner, Chase Eder, David Daugherty III	8:18.85	5/31/2014	State Participants 2014
14	Silas Green, Ian Thompson, Gabe Hanson, Kyle Philpott	8:18.90	5/23/2019	
15	Tyler Kennedy, Mark Mickow, John Thompson, Nathan Hickey	8:21.37	6/2/2007	

	4x1600 Meters (4 times added together)	Time	Date	Notes
1	Dustin Harford, David Benson, Nate Choma, Owen Wade	19:30.04	5/8/2004	
2	Adam Nishimura, Nick Thompson, David Benson, Brennan Kratky	19:46.54	5/3/2003	
3	Nathan Hickey, Josh Wold, Andrew Weckwerth, Vince Rotty	20:13.24	5/6/2006	
4	Andrew Petz, Brennan Kratky, Dustin Harford, Dan Choma	20:13.44	5/5/2001	
5	Nick Thompson, Nate Choma, Owen Wade, Phil Mann	20:13.74	5/7/2005	
6	Aaron Bertsinger, Matt Thibodeau, Gabe Yapuncich, Andy Petz	20:17.34	5/6/2000	
7	Andy Petz, Aaron Freeman, Bjorn Bernhardsen, Aaron Bertsinger	20:37.74	5/4/2002	
8	Aaron Bertsinger, Aaron Freeman, Bjorn Bernhardsen, Dave Karon	20:54.24	4/13/2002	

	Distance Medley Relay (8,4,12,16)	Time	Date	Notes
1	Kyle Russell, Nathan Hickey, Brian Wille, Kevin Pollock	11:02.24	5/6/2006	
2	Kyle Russell, Dylan Boyd, Bjorn Bernhardsen, Ben Puhl	11:02.73	5/8/2004	
3	Jackson Robelia, Brandon Nee, Kyle Philpott, Antonio Judson-Red Elk	11:13.87	4/29/2017	
4	John Thompson, Nathan Larson, Mark Mickow, Shane Steele	11:15.49	5/3/2008	
5	Muhammed Jiru, Matt Jones, David Benson, Kevin Pollock	11:19.80	5/7/2005	
6	Joe Weinmann, Dylan Boyd, Bjorn Bernhardsen, Ben Puhl	11:21.44	5/3/2003	
7	Keith Purrington, Wole Adebayo, Tony Nelson, Ben Puhl	11:22.67	5/5/2001	
8	Brijend Shrestha, Aaron Weckwerth, Mark Hopper, Graham Massot	11:34.32	5/8/2010	
9	Jacob Mussell, Hunter Huntoon, Sam Nelson, Michael Wagner	11:41.76	5/3/2014	
10	Nathan Larson, Evan Eising, Mark Mickow, Graham Massot	11:43.33	5/2/2009	

CENTURY HS TRACK & FIELD HONOR ROLL

	Shot Put	Distance	Date	Notes
1	Karl Erickson	60-6	4/24/2001	State Champion 2001
2	Peter Miller	56-3.75	6/1/2002	9th at State Meet 2002
3	Logan Lafferty	53-9.75	6/3/2010	8th at State Meet 2010
4	Dave Koch	53-5	5/20/2004	
5	Evan Vickers	51-10	5/17/2002	
6	Jonathan Dicke	51-4.5	5/5/2015	
7	Jesse Gentling	50-10.25	5/17/2002	
8	Evan Holets	48-3	5/26/2006	
9	Pat Sveum	47-7.75	5/25/2007	
10	Paul Weavers	47-6.75	5/14/2004	
11	Tyler Schultz	47-6.25	5/5/2009	
12	Taylor Carlson	46-6.5	5/15/2003	
13	Alex Ney	46-3.5	5/28/2015	
14	Alex Plunkett	45-09	5/9/2008	
15	Lincoln Buege	45-2.25	5/28/2010	

	Discus	Distance	Date	Notes
1	Karl Erickson	201-7	4/21/2001	State Champion
2	Peter Miller	166-5	5/31/2003	State Meet Participant 2002
3	Pat Sveum	163-1	5/25/2007	4th at State 2007
4	Kevin Hein	158-7	5/6/2006	3rd at State 2005
5	Josh Yocum	157-8	5/4/2002	
6	Jason Scrimshaw	151-0	6/5/2004	
7	Jesse Gentling	147-9	5/9/2002	
8	Zach Ellefson	145-6	5/9/2012	
9	Justin Porter	145-3	2000	
10	Brice Hemmer	144-1	5/27/2005	
11	Tony Brown	142-8	5/25/2007	
12	Casey Neumann	142-06	4/26/2018	
13	Carter Jensen	141-02	5/8/2018	
14		140-00		
15				

	High Jump	Height	Date	Notes
1	Aalix Dydell	6-07	5/17/2007	6th at State 2006, 4th at State 2007
2	Zak Chike	6-06	4/18/2006	State Meet Participant 2006
2	Clint Frandsen	6-06	6/8/2013	2nd at State 2013
4	Elijah Anderson	6-04	5/10/2016	State Meet Participant 2016
4	London Thurman	6-04	3/26/2011	
4	Julian Chike	6-04	5/17/2007	
7	Josh Rasmussen	6-03	5/30/2003	
8	Ty Eder	6-02	3/25/2017	
8	Bennett Robelia	6-02	5/10/2016	State Meet Participant 2016
8	Jacob Riggott	6-02	5/1/2012	
8	Andres Hernandez	6-02	5/14/2004	
8	Bobby Osborn	6-02	4/10/2003	
13	Brady Newell	6-00	5/16/2019	
13	Jacob Frandsen	6-00	3/25/2017	
13	Brandon Bocanegra	6-00	5/1/2012	
13	Karl Erickson	6-00	6/5/1999	State Meet Participant 1999
13	Nate Lovik	6-00	6/24/2005	

	Pole Vault	Height	Date	Notes
1	Michael Adkins	14-6	5/30/2013	6th at State 2013
2	Nathan Nelson	14-3	6/17/2021	3rd at State Meet 2021
3	Liam Kolb	14-3	6/7/2013	State Meet Participant 2012, 3rd at State 2013
4	Tristan Trejo	13-6	6/9/2017	8th in state meet 2017
5	Dante Fitzsimmons	13-3	5/2/2017	
5	Hayden Ashworth	13-3	5/13/2014	State Meet Participant 2014
7	Nils Boyum	12-8	5/23/2014	
8	Jacob Frandsen	12-6	5/17/2018	
8	Skyler Harms	12-6	5/31/2007	
8	Garrett Spencer	12-6	5/18/2006	
8	Joe Weinmann	12-6	5/14/2004	
12	Kurtis Haider	12-1	5/22/2009	

13	Riley Leif	12-0	4/18/2019	
13	David Jacobson	12-0	5/14/2015	
13	Samuel Prosser	12-0	5/9/2013	
13	Kevin Westland	12-0	5/31/2007	
13	John Franklin	12-0	5/27/2005	
13	David Diez	12-0	2001	

	Long Jump	Distance	Date	Notes
1	Derek LeBlanc	22-4	5/7/2005	
2	Darryl Martin	21-11.75	5/15/2015	State Meet Participant 2015
3	Jaecan Fratzke	21-10	6/12/2021	
4	Kyle Riggott	21-5.5	5/10/2011	
5	Joe Clark	20-11.5	5/10/2006	
6	Derrick Malone	20-11	5/18/2000	
7	Pat Welle	20-9.75	5/25/2001	
8	Jack Fisher	20-9.25	6/1/2019	State Participant, Section Champion
9	Zak Chike	20-8.5	5/10/2006	
10	Aalix Dydell	20-8	5/9/2007	
10	Bobby Osborn	20-7	5/23/2003	
10	Bennett Robelia	20-6.75	6/4/2016	
13	Jordan Ruchotzke	20-6.75	5/3/2003	
14	Andres Hernandez	20-6.75	6/3/2004	
15	Julian Chike	20-6.5	5/6/2006	

	Triple Jump	Distance	Date	Notes
1	London Thurman	45-2	6/10/2011	6th at State Meet 2011
2	Emmanuel Marcellino	45-1.25	5/31/2008	9th at State Meet 2008
2	Bobby Osborn	44-6	5/3/2003	
4	Julian Chike	44-4.75	6/2/2007	7th at State 2007
5	Aalix Dydell	44-1.5	5/17/2007	
6	Adam Will	43-10.5	6/1/2002	State Meet Participant 2002
7	Bennett Robelia	43-10	6/10/2016	8th at State Meet 2016, participant 2015
8	Patrick Welle	43-9.25	5/17/2001	State Meet Participant

9	Josh Rasmussen	43-8	5/15/2003	
10	Andres Hernandez	43-0.75	5/14/2004	
11	Alex Frandsen	42-8	6/8/2012	State Meet Participant 2012
12	Austin Gray	42-7.75	5/28/2010	
13	Naftali Medina	42-5.75	5/31/2018	
14	Chris Brakke	42-3	5/28/2015	
15	Isaiah Huber	42-1.25	4/27/2021	